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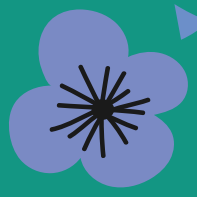
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what's inside

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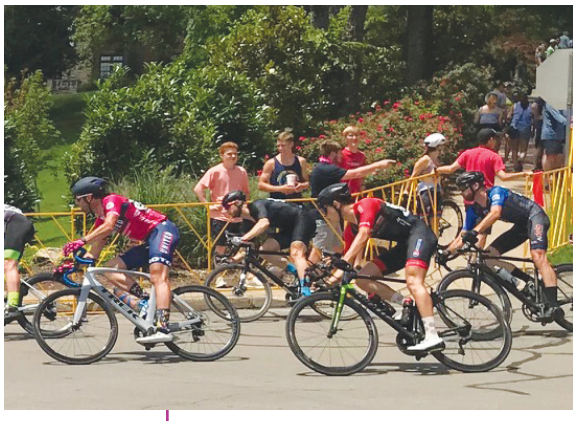
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Red-eared Slider.
Photo Credit: Greg Silva.
Taken at Oxley Nature Center.



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editor's note

REASON TO CELEBRATE!

In planning last year's June issue, we were scrambling to think of ways that families could celebrate birthdays, graduations and Father's Day during the pandemic. Drive-by birthday parties, driveway concerts, celebratory yard signs—a plethora of creative solutions popped up that will stay with us even as we begin to gather in more traditional ways.

But it's nice to begin to get back to normal. Because all of us have had the vaccine, my husband, his brothers and extended family members were able to safely gather for an outdoor birthday lunch last weekend. That hasn't happened for over a year!

As a mom, I just want to be able to see my kids without worrying that we might be passing around a deadly virus.

Until a few weeks ago, we hadn't seen our son in 10 months. We'll now be able to celebrate his birthday in person in a couple of weeks. I look forward to taking a road trip soon to visit our daughters.

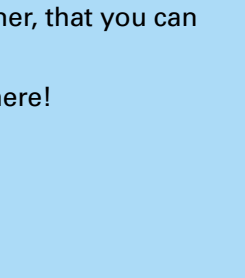
It's certainly a time to celebrate as the COVID-19 vaccine makes it possible for families and friends to begin to gather in person. Father's Day celebrations will certainly look different this year!

If you're planning a party soon, take a look through our Party Planner in this issue and on our website. You'll find some great party ideas for all ages.

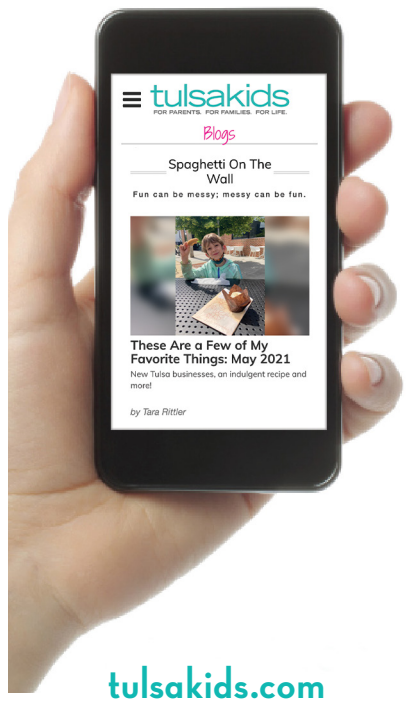
Also in this issue, writer Natalie Mikles takes you off the beaten path to some fun, local spots where you and the kids can get active, whether it's hiking, biking or skating. Or, if you want to play in your own backyard, we have some classic game suggestions for you.

If festivals are your thing, most of them are back this year. Our calendar editor has the lowdown on what's going on. Speaking of things to do, you'll want to take a look at our annual Summer Family Fun Guide, a digital magazine filled with things to do and places to go all summer, that you can find this month on our website.

Happy Father's Day to all the dads out there!



Betty Casey
associate publisher and
editor in chief



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

ON THE COVER:

TWINS JAYDA AND JORDAN LOGAN SHARE A BIRTHDAY CAKE. BALLOONS PROVIDED BY BALLOON THERAPY.

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TULSA HEALTH DEPARTMENT TO ADMINISTER COVID-19 VACCINE TO AGES 12-15

The Tulsa Health Department began administering the Pfizer-BioNTech COVID-19 vaccine to individuals age 12-15 on Thursday, May 13, following the recommendations by the CDC Advisory Committee on Immunization Practices authorizing the use of the vaccine for this age group.

"We welcome the opportunity to expand the protection offered by the COVID-19 vaccine to more community members," said THD Executive Director Dr. Bruce Dart. "The Tulsa Health Department and local health care providers have administered more than 417,595 doses in Tulsa County. By expanding eligibility to 12-15 year olds, we will be able to prevent more infections, hospitalizations and deaths within our community."

The Pfizer COVID-19 vaccine will be available on an appointment basis at the following Tulsa Health Department locations. To make an appointment, visit vaccinate918.com. Masks are required to be worn and clients will be screened for COVID-19 symptoms upon arrival. Those 17 and younger must have parent or guardian present for consent to receive the vaccine.

James O. Goodwin Health Center | 5051 S. 129 E. Ave., Tulsa, OK

Central Regional Health Center | 315 S. Utica, Tulsa, OK

North Regional Health and Wellness Center | 5635 N. Martin Luther King Jr. Blvd., Tulsa OK

Sand Springs Health Center | 306 E. Broadway, Sand Springs, OK

Parents can also walk-in with their adolescent at the Community Vaccination Center (CVC) at the Tulsa Community College Northeast Campus, 3727 E Apache St, Tulsa, OK 74115. The Community Vaccination Center is available with no appointment with convenient hours from 10am-7pm, Tuesday through Sunday.

"Vaccinations will continue to be available through existing locations, including not only THD clinics, but also local pharmacies and health centers to provide multiple avenues and opportunities for immunization," added Dart. "The vaccine is safe and effective. It's more convenient than ever to receive one. It's normal to have questions, and I encourage parents to turn to trusted resources like your child's pediatrician."

More information regarding vaccine clinic locations in Tulsa County can be found at vaccinate918.com. THD continues to offer specimen collection for COVID-19 testing by appointment only. Appointments can be scheduled online. Call 918-582-9355 to speak to a public health professional. For more information about COVID-19, please visit tulsa-health.org/COVID19.





OK PROMISE APPLICATION DEADLINE IS JUNE 30

Current 8th, 9th and 10th grade students who qualify are encouraged to apply for Oklahoma's Promise before the end of the school year. Administered by the Oklahoma State Regents for Higher Education, the program gives qualified students college tuition to any institution in the state. Students must have a GPA of 2.5 or higher and their family annual income must be $55,000 or less to qualify.

Students must apply before the last day of school in 10th grade in order to meet the state's deadline.

For more information, visit okhighered.org/okpromise.

Applications must be postmarked by June 30, 2021 (homeschool applications must be postmarked before the student's 16th birthday).



COMMUNITY LIBRARY UNVEILED ON OSU-TULSA CAMPUS

Oklahoma State University-Tulsa unveiled a new literacy initiative that provides free access to books to neighborhood children.

The "'Stache of Books Community Library" is a repurposed Tulsa World newspaper box located on the OSU-Tulsa campus near the neighboring Sunset Plaza apartments, making it easy for residents to find something new to read.

"Our new library will be located west of Parking Lot E just right by the fence line in the front, and anyone can get a book any time," said Alnetta Morris, OSU-Tulsa community engagement specialist. "Just look for the orange newspaper vending machine, select a book or two, and it is yours to keep."

The box has been painted bright orange and decorated with "'Stache of Books" decals, making it easy to spot—and appealing for young readers. While most of the books in the library are geared toward elementary and middle-school children, books for teenagers and even adults will also be available.

The goal is not only to provide free and convenient access to books to encourage reading, but also encourage members of the surrounding community to feel at home on the OSU-Tulsa campus.

To donate to the 'Stache of Books Community Library, contact Alnetta Morris at alnetta@okstate.edu or 918-594-8305.

CYCLIST RIDES FOR SUICIDE PREVENTION

Former Tulsa City Councilor Eric Gomez, co-founding member and co-captain for Team Suicide Prevention Cycling, is participating in a nationwide advocacy effort to support suicide prevention efforts. Team Suicide Prevention will compete June 19 in The Race Across America, a 3100-mile bicycle race that traverses the United States from the West Coast to Annapolis, Maryland. Team Suicide Prevention will be racing to spread hope and save lives while raising awareness and funds for The Coffee Bunker, Hope Is Oxygen, The America Foundation for Suicide Prevention and The Mental Health Association of Oklahoma.

Donations may be made by check, payable to "Air Assurance Team Suicide Prevention." Mail to 7107 S Yale, box 405, Tulsa, OK 74136. On the memo line of your check, please note: "2020 TSP RAAM Race." All donations to Team Suicide Prevention are tax deductible. If you have questions or desire more information, please contact the development office at teamsuicidprevention@gmail.com or call 918.378.0992 or visit www.teamsuicideprevention.com.

RACE ACROSS AMERICA RAAM



SUSTAINABLE TULSA PLANTS TREES TO COMMEMORATE TULSA RACE MASSACRE CENTENNIAL

In commemoration of the 1921 Tulsa Race Massacre Centennial, Sustainable Tulsa partnered with Up With Trees to honor the lives lost by planting trees along the Osage Prairie Trail.

Up With Trees will plant more than 20 trees that are sponsored by Sustainable Tulsa's partners as the first phase of this 100-tree planting goal.

"As we move toward healing and reconciliation, our community is still feeling the impact of the 1921 Tulsa Race Massacre 100 years later," Corey Williams, Executive Director of Sustainable Tulsa, said. "Each tree is to honor lives lost while returning value back to the community. Trees improve air quality, public health and property value, while also creating beauty and quality of life."

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What's Going On(line)?

CONTESTS + GIVEAWAYS

Find entry links to all these contests at tulsakids.com/contests. Or subscribe to our mailing list (tulsakids.com/newsletter) to get links directly to your inbox!



2021 Healthy Kids Cooking Contest

Shape Your Future and TulsaKids have partnered to host the 2021 Healthy Kids Cooking Contest. It is important that kids learn to choose healthy options at a young age to create positive habits for a lifetime. What better way than to create their own masterpiece filled with healthy ingredients? Let the most delicious, nutritious recipe win!

Kids 14 and younger are encouraged to submit their own original recipes. Fruits, veggies, lean protein, whole grains, and low-fat dairy are sure to make their dish outstanding. Recipes will be judged based on taste, creativity, originality and healthful ingredients. The winner will be announced in the TulsaKids August issue with a featured story and photo. Just be sure to submit your recipe before June 20th.

Age group: 14 years of age or younger

Just Between Friends Giveaway

Visit TulsaKids.com/contests for details about a special giveaway with Just Between Friends! Just Between Friends—Broken Arrow is returning to the Ninowski Recreation Center July 9-11! Follow @jbfbrokenarrow on Facebook for updates.





TULSAKIDS' SUMMER FAMILY FUN GUIDE

We've mentioned around the office how quickly summer will fly by compared to the never-ending summer of 2020! Make the most of every moment with the help of TulsaKids' Summer Family Fun Guide, available at tulsakids.com/summer!

MOMMY + ME PHOTO CONTEST SUBMISSIONS

Thank you to everyone who entered our Mommy & Me Photo Contest, sponsored by Just Between Friends! Here are a few of the amazing entries! Photos submitted by:



ASHLEY N., PC NYAH SIMPSON



BRITTANY M., PC SARAH JANE BARNETT PHOTOGRAPHY



ERICA D., PC KAYLA WILLIAMS



PATTI PINEDA, PC PATTI PINEDA

BY KILEY ROBERSON

big feelings: helping sensitive kids

To say that our world has been overwhelming lately would be an understatement. If we as adults are feeling the pressure from the pandemic, imagine the strain on our kiddos, especially those who are more sensitive already. My children both teeter on the sensitive side. Feelings are felt in big ways and not just their own. Our home is never at a loss for empathy, and while this can be a good trait to have, it also means breakdowns over slightly sad books or movies that are almost debilitating — I'm talking to you Lion King. It also means that when you live in Oklahoma and the tornado sirens start going off, your little one might need more than even a storm shelter to feel safe. Sometimes it's a baseball helmet and a support puppy to calm those big fear feelings.

According to Jadzia Jagiellowicz, Ph.D., founder of the Highly Sensitive Society, up to 33 percent of the population is considered "sensitive," meaning that they feel things intensely and can become overwhelmed by emotional and physical stimuli. Dr. Jagiellowicz, who provides mental health services to clients all over the world and conducts research on the neuroscience of sensitive individuals, says that their brains are both more receptive to incoming stimuli and more reactive to physiological cues—like an upset stomach or rapid breathing—than their less-sensitive peers.



VALIDATE SENSITIVE CHILDREN'S FEELINGS AND HELP THEM NAME THEIR EMOTIONS.

Dr. Jagiellowicz also admits that there are many benefits to being a highly sensitive person. Sensitivity leads to empathy, self-awareness and creativity.

Here are some ways to help your child manage their deep feelings in ways that also teach them coping skills.

Validate: Sensitive children frequently feel that their emotional reactions are misunderstood or dismissed by their parents and peers. So one of the most valuable, influential things that you can do for kids with big feelings is to just validate them and let them know it's okay to feel that way. This will help them recover from big feelings faster and learn to better cope with them in the future.

Name Those Feelings: Identifying and naming feelings can go a long way toward helping kids regulate their emotional ups and downs. Teach kids feeling words and then model how to express those feelings appropriately. If they're shutting down

and having a hard time speaking, make that explicit connection for them about what happened and the feeling that they're experiencing.

Be Prepared: Sensitive kids thrive on routine and prefer to know exactly what to expect. Before the first day of school, for example, try to bring your child to meet the teacher and see the classroom, so the environment feels more familiar right away.

Create Safe Spaces: Because sensitive children take in more information from their environment and are more reactive to it, a little prevention is worth a pound of cure. Try to create opportunities for downtime after busy and stimulating activities. Help them set boundaries that enable them to safely process tough emotions.

Practice Gentle Discipline: Among the characteristics of highly sensitive children is a strong awareness of hypocrisy and morality. Approach discipline carefully "because they're already going to criticize themselves if they've done something wrong," says Dr. Jagiellowicz. Communicate limits clearly and without judgment; and make sure consequences are fair and connected to family rules and norms. Above all, don't make it personal: "You can't have iPad time because you haven't finished your homework yet" is preferable to "This iPad's off-limits because you're a bad kid."

As parents, our first instinct when our children are struggling with their emotions is to jump in and rescue them from those yucky feelings. But Dr. Jagiellowicz says that would do them a great disservice. Instead, support them, be mindful of their emotional needs and give them the skills to manage life's inevitable challenges.

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Make Some Waves



BY MARY BETH RITCHIE, LCSW

raising responsible adults begins in childhood

Are you raising your children to become responsible adults? This is a goal of most parents, but some may not know how to achieve success in this area. There are a variety of things parents can do, even when their children are quite young, to reach for this goal. It is vital to begin this process early and remain consistent with these practices through the years.

Because we love our children, we want to see them succeed. Sometimes parents want this so badly that they don't allow their children to learn valuable lessons that would assist in developing a sense of responsibility. Teaching children to be responsible often necessitates that parents take a step back and even let their children experience some failures.

There are times that parents do need to be involved in order to help children succeed. For example, parents need to participate in their child's education. But strive for balance. Parents can provide guidance without doing the work for the child. As a teacher, I have witnessed both extremes during the recent period of distance learning. Some parents have obviously done assignments and even taken tests for their child, while others have not even helped their child look for any missing assignments. Fortunately, most have discovered a good balance. Those who haven't have not taught their children anything about being responsible. Parents who have done too much haven't allowed their children to learn valuable life lessons. Those who haven't done enough have not been responsible parents, leaving their child without a good role model. The advice I frequently give to parents is to have children do their homework independently, but to look it over when they are done. This teaches children to work independently, but the parent also holds them accountable. There is the added benefit of parents being able to help children in areas in which they are struggling.



TEACH CHILDREN SKILLS AND ALLOW THEM TO BE RESPONSIBLE FOR TASKS.

One thing parents need to remember when raising responsible children is to not do things for them that they are able to do themselves. Teach children the skills they need in order to do tasks, praise them and then expect them to do these things for themselves. School-aged children can learn to dress themselves, pack their lunches, do their homework, and pack their backpacks the night before school. You may not mind doing these things for them but allowing them to do things for themselves will help them grow into responsible individuals.

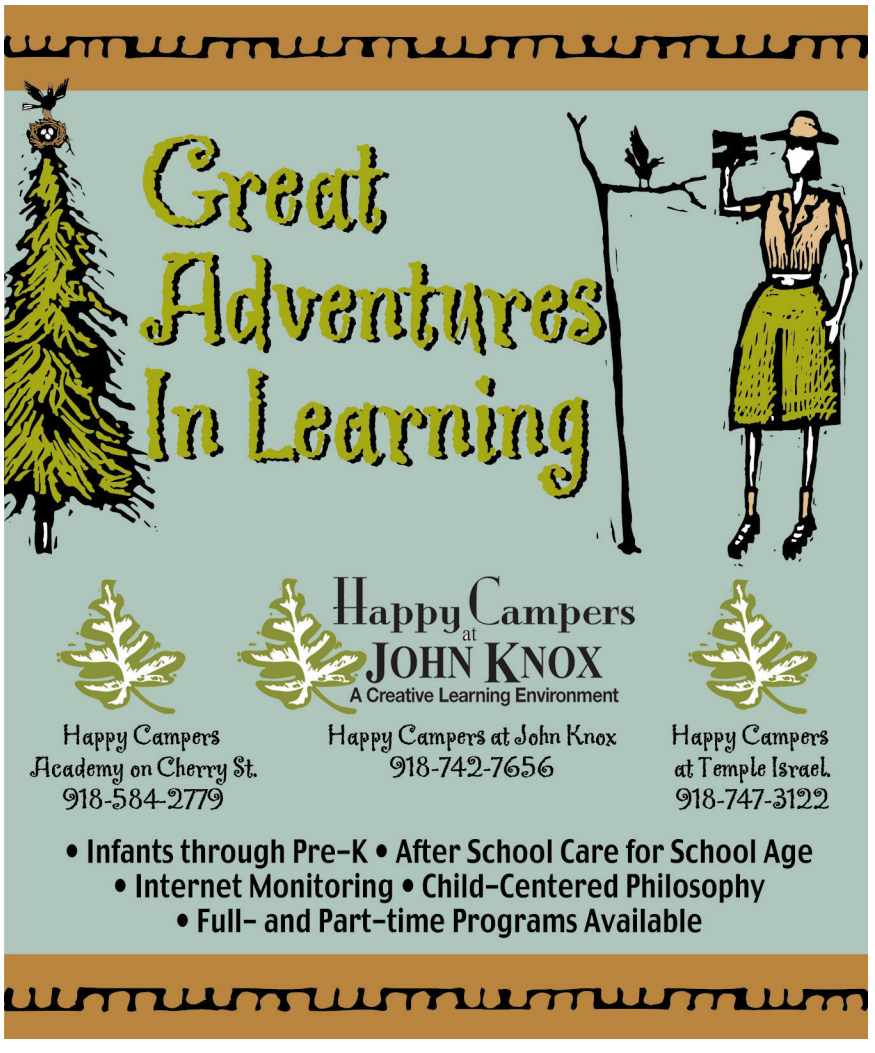
Children can be taught at a young age that we are all responsible for cleaning up our own messes. In my third-grade classroom, children frequently spill their water or items from their breakfasts. I don't fuss at them. I just hand them the paper towels. They are aware

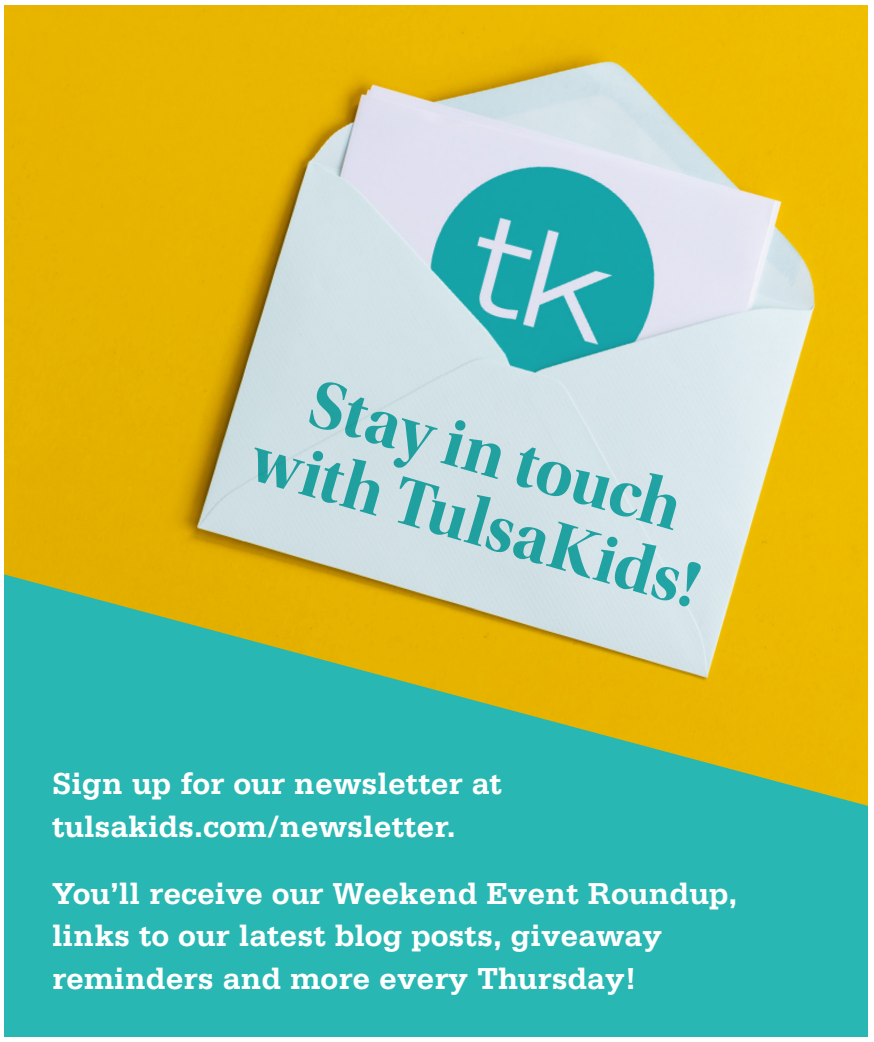
that they are expected to clean up their own messes. Younger children may need help with the cleanup, but children in elementary school can clean up most of their messes independently.

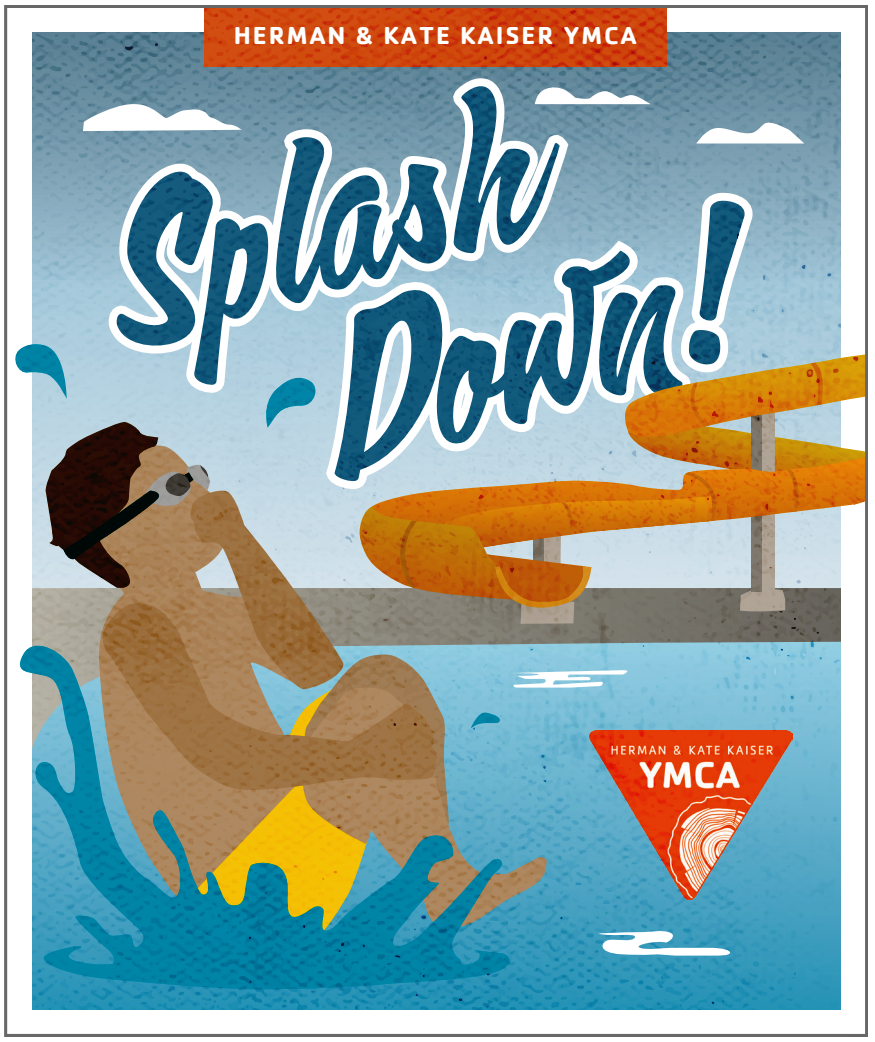
Parents can also help their children learn to be responsible with money. When children break something that doesn't belong to them, they need to learn to replace these items. If the child breaks a neighbor's window with his baseball, he does need to be held accountable for the replacement window. One of my sons kicked through my sliding glass door when he was young. He obviously didn't have the money to replace the expensive glass door, but he did end up paying for it. He did jobs around the house for me until the debt was repaid.

One of the most important ways parents can teach their children to be responsible is to lead by example. When you make a promise to your child, be sure to keep it. If you promise to play a game with your child after dinner, don't make any excuses. Be sure to keep your word. If you don't keep your promises, your child will likely grow up thinking she doesn't need to either. Use "teachable moments" that happen every day. Explain to your child why you aren't parking in the close parking spots marked for handicapped parking. Have discussions with your child about why we recycle and why we don't litter.

Raising your child to be responsible is not always easy. There will be times it would be simpler for you to do some things for your child. There will also be times that you don't want your child to experience failure. However, children learn from challenges and disappointments. Let children learn from the natural consequences of their actions. While it can be tough for parents in the short term, the rewards are worth it.







BY JULIE WENGER WATSON

young songwriter inspired by retro roots

This April, Tulsa teen, Aubree Garcia, turned passion into profit with her award-winning performance at the Community Food Bank of Eastern Oklahoma's Battle of the Bands. The 15-year-old guitarist received a beautiful cherry red Vox Bobcat V90 from Tulsa Band & Guitars, one of the event's sponsors, for her "People's Choice" award. It was the first time Garcia had played her own material in public. It won't be the last.

"I was a little nervous, but as the songs went on, I got more comfortable being up there," she says. "It was really fun, and I had a good time. It just made me realize that's what I want to do in the future."

Garcia first picked up an instrument in fifth grade. Her grandmother gave her a toy ukulele, but Garcia quickly realized what she really wanted was an acoustic guitar. Lessons soon followed, along with a respectable cover of the Beatles' classic, "Help."

Several guitars later, Garcia discovered she had a taste for punk and an admiration for female-led bands like Canadian heavy metal outfit, Kittie, or British rockers Siouxsie and the Banshees, as well as strong female artists like PJ Harvey.

"Ever since I was in fifth grade, I had this hatred of Top 40. I just couldn't listen to the radio, so I just regressed back into older music," she says. "I feel like it has so much more heart in it. I know there are some amazing bands now that I listen to, but I just feel like this older music is different."



SINGER/SONGWRITER AUBREE GARCIA WON PEOPLE'S CHOICE AWARD AT BATTLE OF THE BANDS. PHOTO CREDIT: THE FOOD BANK OF EASTERN OKLAHOMA

Her retro musical taste extends to her growing record collection, which includes albums by Joy Division and Sonic Youth. It's a generation-jumping array that would make any vinyl aficionado proud. Garcia prefers the medium to its modern digital counterpart.

"I love listening to vinyl. It's more personal," she says. "It's something you buy. Not just something you have on your phone."

For Garcia, music is not just a hobby, it's also a way to connect to other people, whether by playing with other musicians, or simply commenting on someone's concert t-shirt. It has also helped her get through the pandemic. She's learned to use video chats for jam sessions, and songwriting has become a useful tool for expression during a challenging time.

"I feel like it's been something to help me get my words out, a way to use my words more. It's hard to explain. It's just something that I love to do," she says. "I'll just pick up a guitar and play something really quick and build on it. I can sit there for hours doing that."

Garcia, who believes music will be a part of her life forever, is looking forward to the next opportunity to play in front of an audience. She encourages other young musicians to give it a try, too.

"It's a cliché, but just try to really not care what people think," she advises. "If you want to go out there and freaking go crazy, then do it, because you know you only live once. It will be an awesome experience, and people will love it. Never give up on your dreams."

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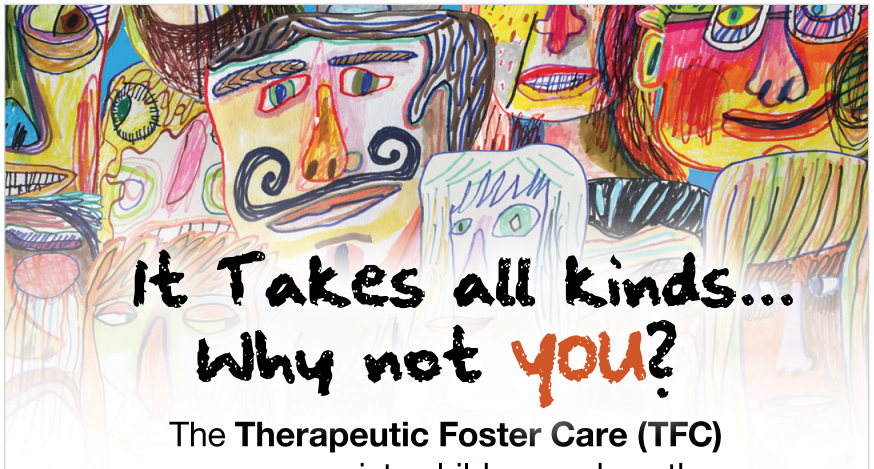
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BY NANCY A. MOORE

Coach Paul Mills:

PRACTICING INTENTIONAL COMMUNICATION ON AND OFF THE COURT

In honor of Father's Day, we visited with Paul Mills, Head Basketball Coach at Oral Roberts University, who seems to be winning in life on and off the court. Despite the pandemic, Coach Mills led his team through an impressive season, which garnered national attention, and earned ORU a spot in the Sweet Sixteen. Making it that far was part of his plan, but that loss was bitter-sweet. Forced to move on, he is already focusing on next season.

Learning a little more about the man behind his position revealed his genuine love of the game, passion for developing players on and off the court, and his focus on faith and family. His immediate family includes wife, Wendy, and two teenage daughters, Audrey and Abbey. So how does he handle the demands of his career while successfully managing his personal life? Coach Mills admits that he is intentional with his time and prioritizes communication.



COACH PAUL MILLS WITH HIS WIFE, WENDY, AND DAUGHTERS, AUDREY AND ABBEY. PHOTO CREDIT: ORU ATHLETICS

TK: Tell us a little about your background growing up.

Coach Mills: I grew up in a poor neighborhood in Houston, Texas. My dad was a pastor of a church and made $100 a week, so we didn't have much money. To me, basketball is the sport of the poor in America. I couldn't afford a baseball glove and bat or a helmet and shoulder pads but could go down at the end of the street with a basketball and play with 20 other kids. I loved being around other people, the joy, and the competition. All those things drove me to get better. For a lot of us who lived in that area, sports were a great avenue to get out of that socio-economic situation. I knew in order to improve my life, it would have to happen either academically or athletically, so I worked hard at both—making straight A's while playing basketball.

TK: Why did you go into coaching?

Coach Mills: After my freshman year of college basketball, I realized that the NBA was not a realistic plan for me. And eventually I got to a point where I realized my gift was not playing; my gift was helping others. I also realized that I wanted to serve and assist others with similar backgrounds in their dreams and their endeavors. I definitely feel I'm doing what I was called to do.

TK: How did the pandemic influence this season?

Coach Mills: Because of COVID, at the beginning of the season, our players were tested three times a week and then as the season progressed, we were tested every day. One of the things I told my players at the beginning of the season is that this will favor mature people. If we had one person out of 35 who tested positive, it would make a number of people suffer.

It goes back to the movie It's a Wonderful Life about our need to make decisions that benefit the greater good. Each of those decisions, whether they

understood them or not, was made for the greater good.

TK: Would you agree that you are coaching them in life as well as basketball?

Coach Mills: At the end of the day if all you talk about is a 12-ounce ball, you're probably in trouble. There are important intangibles in order to be competitive. You have to have integrity. You have to have humility. You have to think of the greater good. You have to have a strong work ethic. You have to have a willingness to love your teammates.

TK: How do you help your team handle a loss?

Coach Mills: We do understand in life that everything isn't always going to go our way. We use the analogy of a ball dropping but then bouncing back up. We have something internally in us, a core belief, a resiliency, so on the bounce back up, we think about the take-aways including what we can learn from it.

TK: Is there a favorite saying you reference? Why do you like it?

Coach Mills: The New Zealand All Blacks rugby team has a saying, "Good people make good players." I 100% believe that. It takes a team in order to get things done. It works that way in your family and in your organizations.

TK: What are some ways that coaching and parenting are alike?

Coach Mills: One of the things you'll hear me say a lot is, "Communication prevents disaster." It works that way on the basketball court, and it also works that way at home. I'm very intentional about communicating. My daughters are 15 and 13. Every single day I ask my children to tell me one thing that happened during the day that I would know only if they told me. Sometimes it leads to something small, but other times it leads to something bigger. We've been doing this five nights a week since they were 3 years old. I do have to be very intentional about our communication.

TK: How would your girls describe you as a dad?

Coach Mills: The first thing I hope they would say is that my dad loves me based on his level of interaction with me. Secondly, they would probably say, given my age, is that I'm really corny. And third, there's nothing I can't talk with him about. There's nothing I couldn't approach my dad with and he wouldn't help me with whatever it is.

TK: What's your favorite part about being a father?

Coach Mills: I think it's watching their growth, development and maturation process over time. One of the things I've done since they were in kindergarten is to write them a letter at the end of each school year. In it, I share what I've seen in them over the course of the year and acknowledge how they've grown. I get great joy out of watching them grow! And children just love to get mail! Now, my daughters are in 10th grade and 8th grade, but they still like getting mail!

TK: How did the idea of writing them a handwritten note come about?

Coach Mills: Years ago, I started writing a letter every single day to people I know. I write 365 notes a year to let people know that I am thinking about them. Because I would write a letter every day, I started writing to my children. From my perspective, it takes some time to actually sit down and write something out. It's more than sending a text with an emoji. At the end of the day, it's a five-minute procedure. I can promise you that those people on the other end of it are usually going to get more out of it than you did writing it.

I think we need to be very deliberate and intentional in our communication, not only at home, but with our colleagues. We can communicate in a loving way that expresses belief in that person!

TK: What is some of the best advice you've received?

Coach Mills: Some of the best advice I've gotten is to 'Sleep on it.' Sometimes we get in a mode and realize that if you make a decision at that point, it may be different if you'd slept on it. I do know if a decision is keeping me awake at night, I might need to take another 24 hours to think about it before I make that decision. I try to make rational decisions rather than emotional, reactionary decisions.

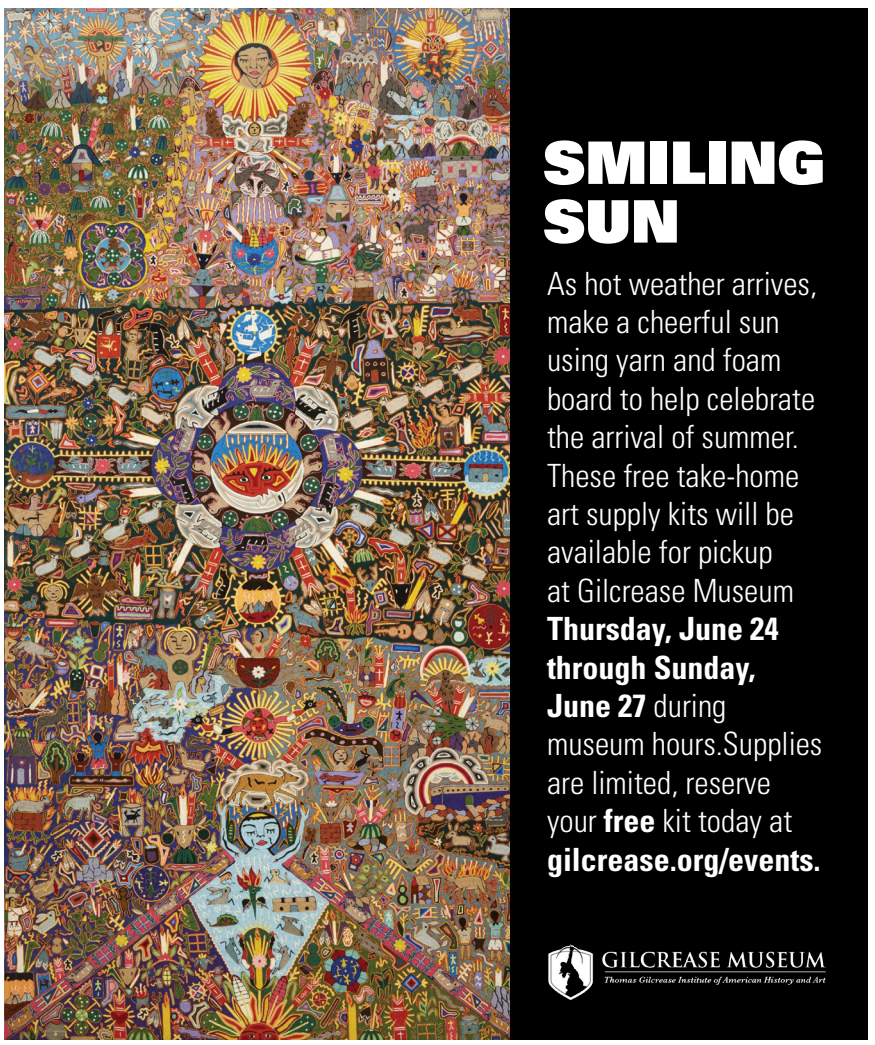
Also, my father was diagnosed with early onset Alzheimer's at 58 and ended up dying at 62. I attribute that to a lack of sleep. He regularly went to bed at 11 p.m. and woke up at 2 a.m. He was a pastor and drove a truck to make ends meet. I watched him go to bed late and wake up early all for his family. So, I would tell you to prioritize sleep for many reasons.

TK: What are you thankful for right at this moment?

Coach Mills: Being a person where faith is important, it would be Jesus Christ. I'm so thankful that someone loved me enough to die for me. God demonstrated his love for us. We are not here to talk about this love, we are here to demonstrate it. Not only am thankful for that example, I am thankful for that reality.

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on your favorite podcasting platform.



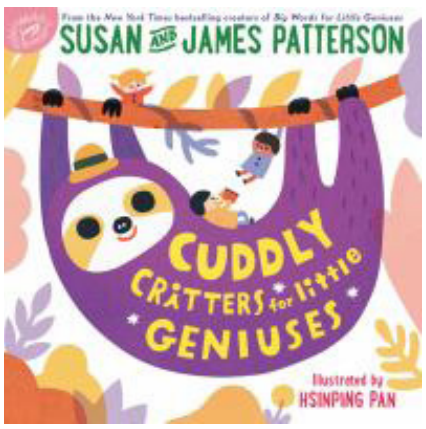


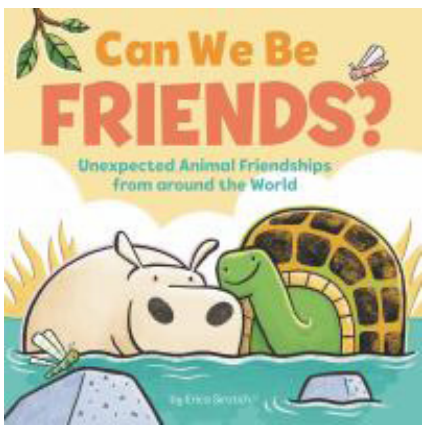
BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

read like an animal this summer!

"TAILS & TALES" 2021 SUMMER READING PROGRAM







Summer 2021 at the library isn't quite what Summer 2019 was, with big inside events and crowded buildings, but fortunately, neither is it exactly like Summer 2020!

One big difference this year: The Tulsa City-County Library begins a more robust Summer Reading Program for all ages beginning June 1 and ending July 31.

Coupon books are back! Medals! Grand prizes! And READING, of course!

AWESOME ANIMAL BOOKS, PART 1: LITTLES (BIRTH—PREK)

Reading about animals with your Littles can run the gamut from complex picture books with wide-ranging stories and characters to simple board books, like three of my favorites focusing on animal body parts. Help your babies and young children in an animal guessing game with the books "Feet," "Noses" and "Tails."

AWESOME ANIMAL BOOKS, PART 2: CHILDREN'S FICTION

Every year, the Association for Library Service to Children (ALSC, www.ala.org) creates summer book lists for children. Here are some of my favorite ALSC entries for 2021 (descriptions by ALSC):

SUMMER READING PROGRAM IN A NUTSHELL

- "Tails & Tales" is the theme (animals!)
- June 1–31
- Four program categories:
  1. Littles; 2. Children; 3. Tween/Teen; 4. Adult
- Register at www.tulsalibrary.beanstack.org or at any of the 24 branch libraries
- Read eight books (Littles and Children's), six books (Tween/Teen), or four books (Adult) to complete
- Littles and Children earn a commemorative medal and coupon book for completing and are entered to win grand prizes
- Tweens/Teens and Adults earn coupon books and are entered to win a variety of grand prizes
- Be sure to pick up an SRP Event & Activity guide at any library: This expanded guide includes activities to do at home, a special magazine section with articles for school-aged children, coloring pages, bingo cards, and more!
- Learn more at www.tulsalibrary.org/summer

"Baloney and Friends" by Greg Pizzoli

This funny graphic novel for beginning readers stars Baloney the pig alongside his friends Bizz (a bee), Peanut (a horse), and Krabbit (a very cranky rabbit).

"Milo Imagines the World" by Matt de la Peña and illustrated by Christian Robinson

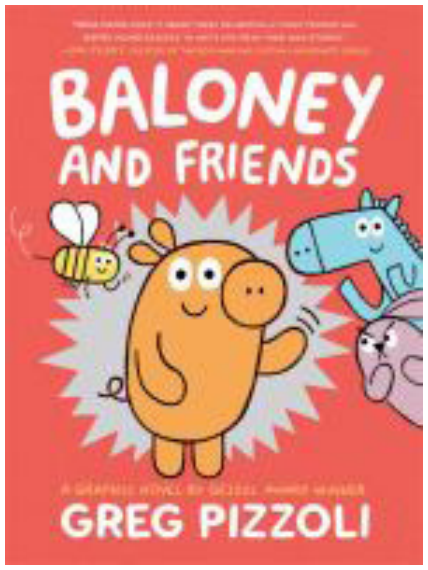
While on the subway, Milo imagines different stories for the people he sees, but he soon realizes you can't tell who people really are just by their appearance.

"Skunk and Badger" by Amy Timberlake, illustrated by Jon Klassen

No one wants a skunk as a roommate, but Badger doesn't have a choice. His quiet, solitary life is turned upside down by cheery Skunk in this odd-couple tale of friendship.

AWESOME ANIMAL BOOKS, PART 3: CHILDREN'S NONFICTION

Stories are awesome, but nonfiction books that give children FACTS about the world deserve your child's attention. Finding these books in the library is as easy as going to the 591s in the Juvenile Nonfiction section (just ask your friendly local librarian). If you're searching online, use the keywords

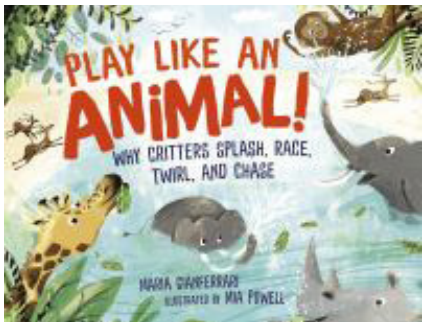


"Animals—Juvenile Literature" for tons of great books.

A few to get you started:

"Cuddly Critters for Little Geniuses" by Sue and James Patterson

That's right—your favorite adult suspense writer has been on a crusade to get kids to read, and this adorable book identifies lesser-known animals like the pink fairy armadillo and parrot-fish and explains why they are worth learning more about.



"Play Like an Animal! Why Critters Splash, Race, Twirl, and Chase" by Maria Gianferrari

Figuring out how animals play is endlessly fascinating, whether it's splashing, dashing, or hiding! This will be sure to inspire outdoor play of all animal kinds in your children this summer.

"Can We Be Friends? Unexpected Animal Friendships Around the World" by Erica Sirotich

Unlikely animal friendships is one of my top go-to YouTube searches, but this book gathers five especially interesting animal friendships from around the world that will pique your child's curiosity and have them wanting to learn more.







BY NATALIE MIKLES

birthday recipes that take the cake

I've never been to a kids' birthday party that was Pinterest perfect.

Sure, I've seen bits and pieces of it. Tall cylinders of bright candy, little flags designating the mustard from the mayonnaise by the hot dogs, place cards at a children's tea party.

But even at the cutest, most organized party, red punch is spilled on the white tablecloth, someone totally forgets to buy plastic spoons for the ice cream—you get the idea. Something "off" is bound to happen when a dozen or more kids are involved.

But that's OK. That's the real life stuff that kids will never notice and moms and dads will understand.



The cake is typically the centerpiece of a birthday party, so if you can get that right, you're good to go. You can't go wrong with a traditional bakery birthday cake, but it can also be fun to try something different.

Here are some ideas to tuck away when you're planning the next birthday party for your kiddo.

I suppose I've raised chocoholics, since my kids would prefer this brownie cake over traditional birthday cake.

HOT FUDGE BROWNIE CAKE

- 1 cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup semisweet chocolate chips
- 1 1/4 cups granulated sugar, divided
- 1/2 cup milk, at room temperature
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1/2 cup firmly packed light brown sugar
- 1/4 cup unsweetened cocoa
- 1 1/2 cups boiling water

1. Preheat oven to 350 degrees. Stir together flour, cocoa powder, baking powder, salt, chocolate chips and 3/4 cup granulated sugar in a large bowl. Stir in milk, oil and vanilla. Spread batter in a lightly greased 8-inch square pan.
2. Combine brown sugar, cocoa and remaining 1/2 cup granulated sugar in a small bowl; sprinkle over batter in pan. Using a spoon, gently drizzle 1 1/2 cups boiling water over batter, being careful not to disturb layers. (Do not stir.)
3. Bake for 45 minutes or until a cake layer forms on top and layer springs back when touched. Let cool on a wire rack 25 minutes. Serve warm with ice cream.

Use your favorite buttercream frosting to decorate this cake. It makes enough for about 10 people.

BIRTHDAY COOKIE CAKE

- 6 tablespoons (3/4 stick) butter, softened
- 1/2 cup granulated sugar
- 1/4 cup packed brown sugar
- 1/2 teaspoon vanilla extract
- 1 egg
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1 2/3 cups semisweet or milk chocolate chips

4. Heat oven to 350 degrees. Line a 12-inch metal pizza pan with foil.
5. Beat butter, granulated sugar, brown sugar and vanilla in medium bowl until fluffy; add egg, beating well. Stir together flour and baking soda; stir into mixture with chocolate chips. Spread batter evenly in prepared pan, spreading to 1-inch from edge.
6. Bake 18 to 22 minutes or until lightly brown and set. Cool completely; carefully lift cookie from pan and remove foil. Decorate with frosting. Cut into wedges to serve.

This marshmallow-y, crispy cake is easy to make and a favorite for young kids.

RICE KRISPIES TREATS CAKE

- 3 tablespoons butter
- 4 cups mini marshmallows
- 6 cups Rice Krispies cereal
- Frosting and candies

7. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add cereal. Stir until well coated.
8. Using buttered spatula or wax paper, evenly press mixture into a 9-by-13-inch pan lined with foil and coated with cooking spray. You can also do this with 2 (9-inch) round cake pans. Cool. Remove from pan. Remove foil.
9. Decorate with frosting and candies. Best if served the same day.

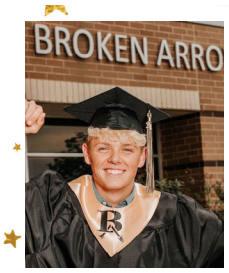


From swimming to splashing to sleeping under the stars...make the most of summer with TulsaKids' **Summer Family Fun Guide!**

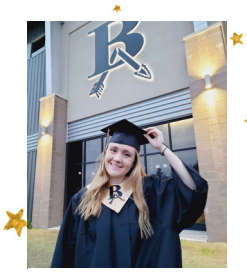
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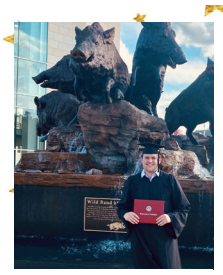
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Erica Frescott
Photo by Barbara Frescott



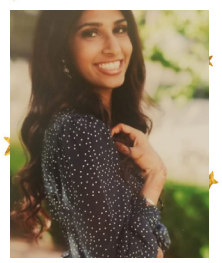
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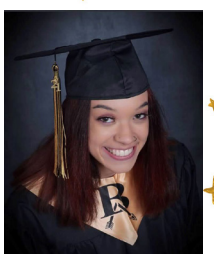
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Silas Newkirk
Photo by Robin Tobin



Alexandra
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Dillon Smith
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BY BRANDON SCHMITZ

tulsa-based family film arrives in time for summer

"The Sneak Over," a Tulsa-based movie in the vein of "Diary of a Wimpy Kid," recently released at both Walmart and on major streaming platforms such as Amazon.

Set during the summer before fifth grade, the film follows Henry Hudson, a boy struggling to fit in among his peers. That is, until he meets a group of like-minded geeks who, throughout the course of the film, help him muster the courage to stand up against the neighborhood bullies. Given its motif as a summer movie, "The Sneak Over" couldn't have debuted at a more fitting time.

"It's funny how this movie even came to be because I'm actually a teacher by degree," said Producer Tracie Burgess. "I worked in the classroom for about 10 years, but when my second child went to pre-school, I decided to be a stay-at-home mom."

As her daughter, Katie, earned more roles in local theater productions, Burgess conducted her own research and connected with a talent agency in Oklahoma City. From there, Katie secured a commercial gig and was noticed by a crew who had been producing a film in Oklahoma.

"That was about 10 years ago, and since then, Katie has been in multiple films," Burgess said. "As a result, I spent a lot of time on set. For many of those films, much of that budget was sweat equity, so just by being present, I pitched in wherever they needed me."



Eventually, Burgess received a call from the person who had cast Katie in her first film.

"He said, 'you've been on so many sets and—at this point—probably have a bigger rolodex than me,'" Burgess recalled. "It turns out I'd been networking this whole time and didn't even know it."

From there, work on "The Sneak Over" began in earnest. According to the producer, the decision to film in Tulsa specifically was a no-brainer.

"The director, Brandon Bergin, has a nine-to-five job, so we shot the film on-and-off for about two weeks," she said. "Some scenes were filmed at his house, and some at mine. It comes down to budget, and you want to be able to go home and sleep at night."

Burgess mentioned that Bergin—as a parent himself—was disappointed in today's selection of children's movies.

"For 'The Sneak Over,' we wanted to provide something that was wholesome, but not so wholesome that it was unrelatable," she said. "Everybody needs a group—the

people who they call their people. And with middle school being as tough as it is, you've got a lonely kid whose parents are divorced. He had to get out of his comfort zone and overcome his social anxiety. Everybody goes through that trial and error of trying to be part of something."

Through this adventure, Burgess founded her own LLC: Fat Cat Skinny Dog Productions.

"I'm in my early 50s, and I was seeing the end of a chapter in my life," she said. "I really didn't know what my purpose was going to be. And when Brandon reached out to me, I knew I had to give 100 percent. I showed myself that I don't have to be done. Being 50 years old—and being a woman who sacrificed a career to take care of her kids—it doesn't have to be over. You're not just a wife or a stay-at-home mom. At the end of the day, those skills can be transferred to something else, and I transferred them to a film set."









BY STAFF

hillcrest burn center doctor offers **summer safety tips**

During the summer months, families' schedules and activities change with the season. Campouts, fireworks and cookouts are fun, but they also come with the potential for accidents. Armed with knowledge about hazards and how to prevent them, your family can navigate the summer injury-free.

We asked Dr. Tara Wilson, medical director with the Alexander Burn Center at Hillcrest, what families should be aware of in order to avoid burn accidents both in the summertime and throughout the year.

Q: What is the most common pediatric burn injury that you see?

Dr. Wilson: The most common pediatric burn is a scald injury that results from tipping over of hot liquids in children under 3 years of age, followed by kitchen and bathroom accidents in older children.

Q: As families head into the summer months, older children may be home alone. Families will be spending more time outdoors and enjoying activities such as cookouts or outdoor celebrations.

What are some of the most common pediatric injuries you see at the burn center during the summer months?

Dr. Wilson: We see an increase in burns related to outdoor activities. As camping and bonfires become more common, we see contact burns as a result of children falling into the campfire. We also see an increase in adult burns related to camping/bonfires/grilling when a fire accelerant is used to start fires resulting in flash burns.



As celebrations start to occur more, we will see an increase in flame/contact burns related to playing with fireworks, which are always scary as they burn at a higher temperature and the hands are almost always involved.

Q: What ages, if any, have the most injuries, or are there certain injuries that are more common in different age groups?

Dr. Wilson: The majority of burns in the toddler age group are consistently due to scald injury throughout the year.

Flame burns in male children between the ages of 5-10 become more common due to playing with fire and risk-taking behaviors.

Burns in female children between the ages of 5-10 are still more likely to be scald injury due to activities in the kitchen and/or bathroom.

During adolescence, flame burns start to take over due to male peer-group activities involving gasoline such as YouTube pranks and the use of fireworks.

Q: Do sunburns count as injuries you see in the burn center? How do you know if it's serious? Why is it important to avoid sunburn?

Dr. Wilson: A superficial (1st degree) burn is anything that turns the skin pink. When blistering occurs that is a partial thickness (2nd degree) burn. Sunburns are absolutely seen in the burn center and can be treated with the same materials and in the same fashion as scald/flame/contact burns. The body's response to the burn is the same. Any sunburn that blisters is serious and increases that person's risk/lowers their threshold to have a blistering sunburn again in the future. Appropriate treatment for a severe sunburn can shorten the recovery period. It is important to avoid sunburn due to the immediate consequences of pain and wound issues but also for avoidance of heat injury and long-term susceptibility of it occurring again combined with increased risk for skin cancer associated with blistering sunburns.

TIPS FOR AVOIDING BURN INJURIES

Dr. Tara Wilson, medical director with the Alexander Burn Center at Hillcrest offers the following tips for parents:

Parental supervision is one of the top priorities when discussing scald/flame/contact burns. Kids are quick and oftentimes one step ahead of us. Accidents happen, and we are here to help when they do. Prevention is key.

Keep kids out of the kitchen when cooking. Keep at least three feet of distance between hot fluids and children.

In the bathroom purchase a thermometer for the bathtub to ensure that the bathwater is at an appropriate temperature before placing a child in the water.

Keep the house water heater set at 120 degrees or lower to decrease risk for scald injuries.

No horseplay around campfires/bonfires.

Do not use fire accelerant/gasoline when starting campfires/bonfires/grilling.

If using fireworks, make sure children are supervised by adults and the fireworks are age-appropriate.

Q: What other advice to you have for families regarding pediatric burn injuries?

Dr. Wilson: The Alexander Burn Center at Hillcrest Medical Center and the Utica Park Outpatient Burn Clinic are here to assist with any burn injury. We have an experienced multidisciplinary burn team ready to assist in triage and subsequent treatment of all burns. We are available 24 hours per day, 7 days per week, 365 days out of the year. The sooner we are able to assess and initiate treatment for a burn, the sooner your burn will be on the road to recovery. Delay in burn treatment increases the risk for infection, which subsequently increases pain and delays healing.

KEEP YOUR FAMILY SAFE THIS SUMMER WITH THESE PREVENTION TIPS

Safe Kids Worldwide, a nonprofit organization working to help families and communities keep kids safe from injuries, offers the following tips to prevent accidents and injuries during the summer months and beyond.



WATER

Among preventable injuries, drowning is the leading cause of death for children 1–4 years old. Watch kids when they are in or around water, without being distracted. Keep young children and weak swimmers within arm's reach of an adult. Make sure older children swim with a partner every time.

Choose a Water Watcher. When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another Water Watcher.

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready—consider their age, development and how often they are around water.

Make sure kids learn water survival skills. Children should be able to: 1. Step or jump into water over their head and return to the surface; 2. Turn around in the water and orient to safety.; 3. Float or tread water; 4. Combine breathing with forward movement in the water; 5. Exit the water.



HEATSTROKE

On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car. A car can heat up 19 degrees in just 10 minutes. Cracking a window doesn't help. Young children's bodies heat up three to five times faster than an adult's.

Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.

Create reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.

Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.



BIKES

Wear a properly fitted helmet to prevent head injuries and death.

Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.

Use hand signals and follow the rules of the road.

Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Source: Safe Kids Worldwide
For more safety tips and further information, visit safekids.org.

BY REP. JOHN WALDRON

flipping the script:

CHANGING THE NARRATIVE ABOUT TEACHING

Our teaching corps is in trouble. Lots of teachers are heading for the doors, in part because the pandemic has made conditions much harder. Those eligible for retirement are incentivized to go by the 2018 teacher raises, which will boost what they earn in retirement. Graduation numbers in our teaching colleges have fallen from 2,000 a few years ago to about 1,350 today. We can make up this shortfall by hiring teachers under alternative or emergency certification, but the data show that university trained teachers are more likely to stay and make a career in teaching.

There's another, older problem: Our teaching corps isn't diverse enough to meet all the needs of our students. Combine these factors with all the challenges of technology, pandemic and budgetary woes and we have a crisis within the larger education crisis. The problem is made worse by the way we talk about education in Oklahoma. This legislative session featured a slew of bills targeting teachers, backed up by unflattering rhetoric about teachers and the work that they do.

In a sense, this crisis is also an opportunity. Our schools are changing very quickly, thanks to technology and new approaches



to education. The factory model is outmoded, certainly, but that only underscores the need for caring, competent empathetic individuals who are knowledgeable in their content areas and can build relationships with students. A new corps of teachers like those prepared by our colleges and universities can use new models to teach critical thinking, social-emotional learning and 21st century skill sets. At the same time, if we adjust incentives and remove barriers to entry, we can recruit a more diverse set of teachers so that students are presented with role models that look like them. This would be a tremendous boost.

I think it's time we flipped the script and treated the crisis as an opportunity to build a new and strong teaching corps. This means politicians have to stop bashing the profession and public schools to score cheap political points. I'm thinking of the authors of bills that imposed new requirements on civics teachers or accused them of making students feel guilty for their race. We have to stop blaming teachers for the pandemic lockdowns or for public protests. We need a unified effort to celebrate the contributions teachers make in every community in Oklahoma. We need laws that nourish the teaching corps, like paid internships for student teachers, stipends for career educators, and bonuses for teachers that complete the National Board program. If we sent out a positive message from the State Capitol, more young people would embrace their natural ambitions to become teachers in Oklahoma—as they have in every generation.

We need to think of the teaching corps as a precious state resource and a way for idealistic young people to give back to their beloved state. It will take some investment of money, but more importantly, it will take a political rethink. Politicians have to stop viewing our public school system as an example of big government that needs to be disrupted, or as a funding stream that can be diverted through privatization. They have to stop accusing teachers of indoctrinating students. They need to see public education as the best way to prepare for the future, and to lay the foundations for economic growth. And they have to value our teachers and give them the tools to make every classroom successful.

If talk is cheap, then changing the way we talk about teachers and public schools may be one of the greatest bargains we can make.

Off the Beaten Path: Summer Fun Adventure

FAMILY FUN | BY NATALIE MIKLES



Photo Credit: Amy Morris. Taken at Oxley Nature Center.

SPONSORED BY GEARHEAD OUTFITTERS AT UTICA SQUARE



Tuck this breathable, quick drying nylon Islander Blanket into a backpack, beach bag or diaper bag. Light and versatile, this 6'1" x 5'1" spread packs into a small bag and includes 4 stakes for breezy days. **Emo Islander Blanket**



This lightweight, odor-reducing and sun-blocking tee paired with cool board shorts will have your kid ready for water play and more. **Patagonia**



A sturdy, kid-sized backpack with a purpose, 1% of the purchase price goes to The Arctic Fox Initiative. **Fjällräven**

Summertime is the perfect time to do things outside of your routine.

Continuity is great for kids, but so is adventure! And you don't have to book a ticket anywhere to create fun and lasting memories. It can be as simple as spending the morning at a new park, riding bicycles on a path in a nearby town or watching the sunset and skipping rocks at a lake.

Finding some of these outdoor adventures just off the beaten path makes it even more fun. Great hiking spots, bike trails and skate parks, some less known than others, are all around Tulsa.

Here are some of our favorite spots for outdoor sports and play to get your summer rolling.

Keystone Ancient Forest

About a 20-minute drive from downtown Tulsa is the Keystone Ancient Forest, a tucked away, wooded hiking trail park near Keystone Lake in Sand Springs. A few things make it a great spot for family hiking. One, the first trail, closest to the parking lot, is a smooth surface asphalt, making it great for families who need to bring a baby in a stroller or for anyone in a wheelchair. This .6-mile trail is easy to walk with gentle inclines, but it still allows you to feel that you're entering into nature. It's also a great beginner's hiking trail for toddlers and young children.

Walk deeper into the Ancient Forest and you'll find longer trails that take you through ancient cedar and post oak trees up to a great view of the Arkansas River where a marker shows hikers the spot where Washington Irving trekked through in 1832.

Volunteer trail guides are helpful and patient with families and are good to talk to children about the trails, plants and wildlife in the area.

160 Ancient Forest Drive in Sand Springs

Off of 209th West Avenue on US 64 West

Usually open 8 a.m. to 2 p.m. Thursdays and 8 a.m. to 6 p.m. Fridays through Sundays. Check social media for most current hours.

Yellow-Crowned Night Heron. Photo Credit: Glen Smith. Taken at Oxley Nature Center.

Jenks Skate Park

Located at the west end of Veterans Park in Jenks, the Jenks Skate Park is a great spot for skateboarders and scooter riders. With 8,000 square feet, the park has space for both beginners and advanced riders. There's also plenty of room for kids on bicycles to practice simple tricks or ride over ramps without getting in the way of more serious skateboarders.

Perhaps the best skate park in the Tulsa area is at the Gathering Place, but once your kids have visited it, they may want to try another park, and Jenks is a good second step. It has a classic skateboarding bowl for tricks like barspins and tailwhips. It's also a fun place to watch serious riders do their thing. Kids often gather around to watch as skateboarders fly through the air.

305 S. Birch St. in Jenks

Lubell Park

A once overgrown park, Lubell is truly a little hidden treasure for cyclists and mountain bikers.

Kids who have only ridden their bikes on the street will love this spot for a first-time, off-road biking adventure. The trails are wooded with lots of twists and turns to make it fun. But they're not so complex that a beginner couldn't give it a try to ride over some of the small mounds or simply follow the path through the entire park.

The approximately 1-mile loop was built as an introductory mountain bike trail by Bike Club Tulsa. And even though it's a nicely wooded area, it's an easy drive from anywhere in Tulsa.

2910 W. 53rd St.

Oxley Nature Center

If you want outdoor adventure at a slower pace, Oxley is it. A trip to Oxley certainly feels like a getaway. To get there, you drive down the winding road past the Tulsa Zoo, past Mohawk Park, past the golf course until you meet the entrance.

Oxley is a wonderful place for slow hiking, nature gazing and bird watching. Bring binoculars if your kids are into birding. And if you have a sturdy case around your phone or ipad, let the kids carry it with them to take pictures of wildlife and interesting plants they see along the trail.

For kids, one of the most fun part of a walk at Oxley is making it to the lookout. Climb the steep stairs to the tower that overlooks the trails. Then back down you go, over small bridges spanning ponds, through muddy banks, through deeply wooded paths and eventually to sunshine overhead. Oxley gives kids a taste of a serious hike without the intensity.

If the indoor Interpretive Center is open, definitely give it a look. Children will love exploring the hands-on exhibits, beehives, insect wings and taxidermied animals.

6700 Mohawk Blvd.

Trails open 8 a.m. to 5 p.m. daily. Check website for Nature Center hours.

Ray Harral Nature Park

The first time at Ray Harral Nature Park will leave you wondering why you had not yet made a trip here. This 40-acre park in Broken Arrow is great for spending a day with kids. It has three miles of trails in varying degrees of difficulty, a natural spring, picnic shelters, bike trails and even fishing.

If you have a family of children in a wide age range, this is a good park since everyone can find something to do. Mountain bike trails here are easy enough for even beginners to give it a go. Small children will like the nature walks. And kids of all ages will have fun bringing their fishing poles for a morning spent baiting their hooks and sitting under a shade tree.

Kid will also love running across the suspension bridge — always fun for kids and their grownups.

7101 S. Third St. in Broken Arrow

Park is open 7 a.m. to 11 p.m. daily. Nature Center is open 10 a.m. to 7 p.m. Monday through Saturday.



Photo Credit: Margaritte Arthrell-Knezek, founder of Under the Canopy

Claremore Mountain Bike Trails

If you're looking to get outside of Tulsa, the Claremore Mountain Bike Trails, along the east bank of Claremore Lake, are great fun.

The course accommodates beginners to more advanced riders, but this one would better suit kids who are ready for a challenge. More than 15 miles of trails are available, with five loops for trail running, hiking, nature walks and mountain biking.

The trails are maintained by the Oklahoma Earthbike Fellowship, and are impressive both for how well they're maintained as well as both the functionality and fun of the design.

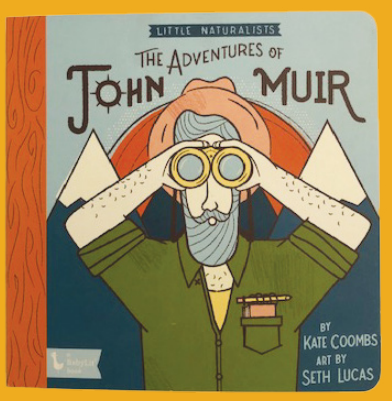
15011 E. 470 Road in Claremore



Photo Credit: Amy Morris. Taken at Oxley Nature Center.



Tiny Tevas will take your toddlers anywhere and everywhere — outdoors and in! **Teva**



Introduce your littlest nature lover to the famous naturalist John Muir with this adorable board book. **Gibbs Smith**



Take your youngest along on hikes and other outdoor adventures with this lightweight, comfortable baby carrier. **Osprey**

SPONSORED BY GEARHEAD OUTFITTERS AT UTICA SQUARE



DO YOUR KIDS LOVE BOOKS AND GETTING OUTSIDE? HEAD TO THE PHILBROOK GARDENS THURSDAY MORNINGS FOR STORYTIME IN THE GARDEN! ADVANCE TICKETS REQUIRED. PHOTO COURTESY OF PHILBROOK MUSEUM.

This information is correct to the best of our knowledge. However, check with the organizer before attending events, as information can change.

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

June 1 Tuesday

ONLINE AQUA TOTS STORY TIME [FREE]

Join the Oklahoma Aquarium for a virtual storytime by the sea! 9:30 a.m. Watch live at facebook.com/okaquarium.

FAMILY CRAFT TIME: WOLF MASKS AND FUN FACTS [FREE]

Did you know that gray wolves are the largest living wild canine species? Join TCCL on Pratt Library's Facebook page, www.facebook.com/tcclprattlibrary, to learn about wolves and how to make your own gray wolf mask. Pick up a take-home kit with a mask pattern at the Pratt Library (3219 S. 113th W. Ave., Sand Springs). Video instructions for mask are available here: www.youtube.com/tulsalibrary. For all ages.

LEARN THE HISTORY OF THE CHEYENNE INDIANS [FREE, ONGOING]

Join Dr. Henrietta Mann for an enlightening overview of traditional and modern Cheyenne culture. Join here: www.youtube.com/TulsaLibrary. The presentation will be available on TCCL's YouTube channel through June 30. Presented by the American Indian Resource Center. For ages 10 to adult.

June 2 Wednesday

DEDICATION OF GREENWOOD RISING [FREE]

Join the 1921 Tulsa Race Massacre Centennial Commission for the dedication of Greenwood Rising, a new state-of-the-art history center located at 10 N. Greenwood Ave., Suite 2021. tulsa2021.org/rising

FOOD TRUCK WEDNESDAY [W]

Head to Guthrie Green each Wednesday to grab lunch from some of Tulsa's favorite food trucks! Guthrie Green, 111 E. Reconciliation Way, 11 a.m.-2 p.m. guthriegreen.com

June 3 Thursday

DRAWING WITH ARTIST SARAH BOWEN: MONSTER EMOTIONS [FREE]

Draw some emotional monsters. There will be talk about how they feel and what these monsters can do to feel better! This art project features basic drawing and color theory as well as emotional learning. Requires only paper and any pencil, pen, chalk, marker, paint you prefer. Join here: www.youtube.com/tulsalibrary. For ages 12 and younger.

STORYTIME IN THE PARK: BUBBLES! PRESENTED BY DUSTIN REUDELHUBER OF TULSA BALLOONS [FREE]

It's the craziest, most creative bubble show around. Mixing comedy, music and interactive bubble magic, Dustin engages and delights audiences of all ages. Come and dance in bubbles and let artists paint your face into magic. Hosted by Tulsa City-County Library's Imagination Station. RiverParks 41st St. Plaza, 41st and Riverside, 10-11 a.m. tulsalibrary.org

TAKE-HOME ACTIVITY KIT: GRASSLANDS AROUND THE GLOBE [FREE]

Stop by Kendall-Whittier Library (21 S. Lewis Ave.) to pick up an environment activity kit featuring grasslands around the globe and its animals. For ages 5-12. 10 a.m.-3 p.m. tulsalibrary.org

June 4 Friday

GIRL SCOUTS OF EASTERN OKLAHONMA COOKIE BLOWOUT SALE

Girl Scouts of Eastern Oklahoma (GSEOK) will host a two-day cookie blowout event June 4 and 5. The 2021 cookie season was impacted by winter weather and COVID, and this event will give cookie lovers another chance to purchase their favorite flavors of cookies and support the direct services the council provides to girls such as STEM programming, summer camp and financial assistance to members in need. Two locations will be set up as a drive-thru event and the council is hoping to sell roughly 15,000 boxes. Cookies can be picked up at two locations: Girl Scouts of Eastern Oklahoma Hardesty Leadership Center (4810 S. 129th E. Ave.) and the Elks Lodge (5335 S. Harvard Ave.). The Blow Out Sale will take place on June 4 and 5, 10 a.m.-7 p.m. gseok.org

CONSERVATION ON TAP

Join Tulsa Zoo to sip beer and save species. All proceeds benefit the American Burying Beetle Project. The American Burying Beetle is an endangered species found in Oklahoma, which plays a vital role in our ecosystem. Help the Zoo ensure these unique and beautiful beetles are here for future generations to explore!

Tulsa Zoo will be following all state/local & CDC guidelines. The event takes place entirely outdoors, and Zoo staff will ensure proper distancing measures are in place. Masks will be required in event areas where social distancing is not possible. Additional information will be sent out to guests on any changes in safety protocol closer to the event date. Ages 21+. Tulsa Zoo, 6421 E. 36th St. N., 6:30-9 p.m. tulsazoo.org/zoo-events/conservation-on-tap

TULSA 21! BLACK WALL STREET

This original production about the history of Tulsa's Black Wall Street, the 1921 Massacre, and the experiences of Tulsa today as a result of this history will take you on an emotional ride through a variety of true stories. The play weaves the narrative of the historical account of the Massacre with true stories of people who live in Tulsa today. These stories were collected in 2017 and are told by a company of all-black actors living in Tulsa. The historical narratives were collected by Mary E. Jones Parrish in 1921 just weeks after the disastrous event. All stories are based on factual archival research. Presented by World Stage Theatre Company. Tulsa PAC, 110 E. 2nd St. 8 p.m. Additional showtimes available, June 3-13. tulsapac.com

June 5 Saturday

SATURDAY MORNING BIRDING [FREE]

Enjoy birding at Oxley Nature Center! Bring binoculars if you have them. For all ages. Oxley Nature Center, 6700 Mohawk Blvd., 8-9:45 a.m. oxleynaturecenter.org

STORYTIME AT LAVENDER'S BLEU LITERACY MARKET [FREE, W]

Enjoy Saturday morning storytime at Lavender's Bleu Literacy Market, 8210 S. Harvard Ave., 11 a.m. lbliteracymarket.com

June 6 Sunday

Find more family fun at tulsakids.com/calendar.

June 7 Monday

CRAFT CLUB: DIY PET TOYS [FREE]

Come by Central Library (400 Civic Center) to pick up a free DIY pet toy kit (one per household) while supplies last. Then join on Zoom for a night of chatting and crafting! Learn how to upcycle old clothes and other household items into exciting new toys for your cat or dog. Register online at www.tulsalibrary.org/events or email cas@tulsalibrary.org to sign up for the Zoom crafting hangout. For adults and teens.

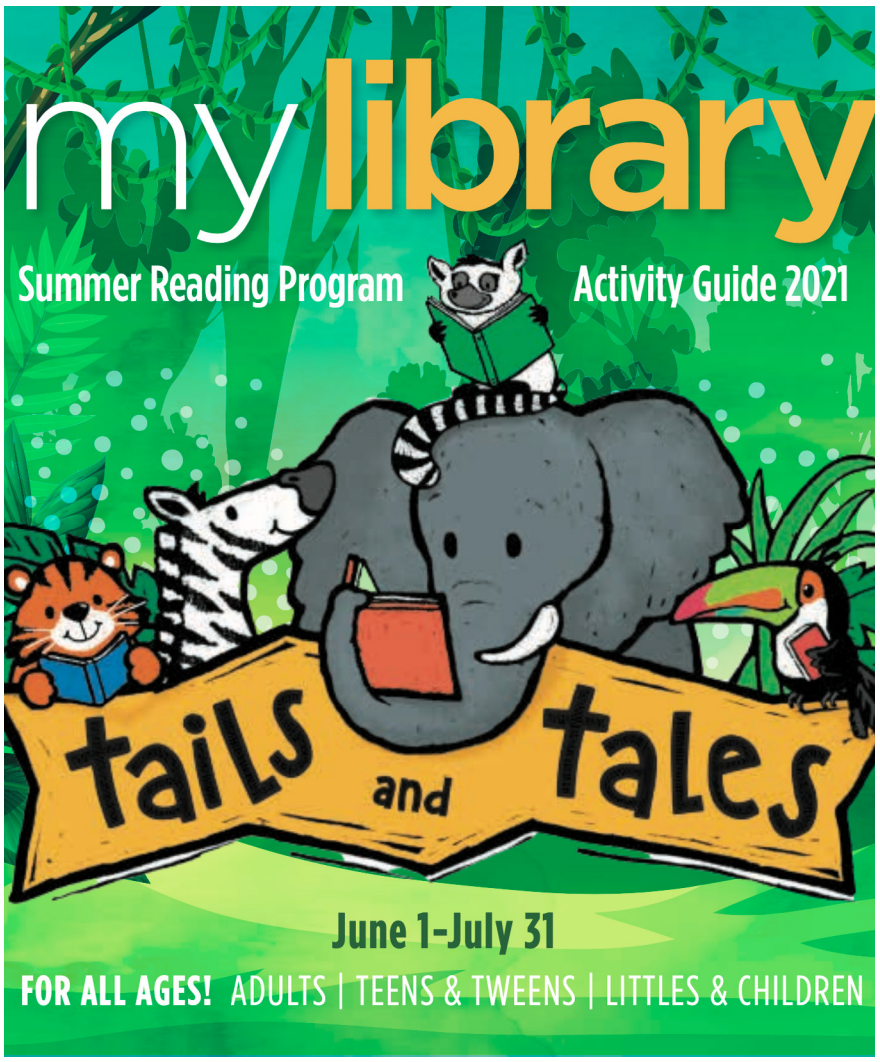
June 8 Tuesday

MR. STINKY FEET PRESENTS: DINOSAUR TALES & TAILS [FREE]

Join Mr. Stinky Feet (Jim Cosgrove) for a tail-wagging dance party with lots of movement and laughter featuring his book "Bop Bop Dinosaur." Watch on TCCL's YouTube channel, www.youtube.com/TulsaLibrary. For all ages.

STORYTIME AT ELEANOR'S BOOKSHOP [FREE, W]

Eleanor's Bookshop hosts a daily storytime (excluding Mondays) at 11:30 a.m. No RSVP required! Eleanor's Bookshop, 1102 S. Lewis Ave., Suite D, 11:30 a.m. eleanorsbookshop.com



TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM IS JUNE 1-JULY 31! REGISTER AND FIND THE TAILS AND TALES ACTIVITY GUIDE AT TULSALIBRARY.ORG/SUMMER.

June 9 Wednesday

BUBBLES! PRESENTED BY DUSTIN REUDELHUBER OF TULSA BALLOONS [FREE]
Join Tulsa City-County Library at Charley Young Park in downtown Bixby! It's the craziest, most creative bubble show around. Mixing comedy, music and interactive bubble magic, Dustin engages and delights audiences of all ages. Charley Young Event Park, 50 W. Dawes Ave., Bixby, 10:30-11:30 a.m. tulsalibrary.org

LIVE OUTDOOR MUSIC PERFORMANCE: HOT TOAST MUSIC COMPANY [FREE]
Come and join Mr. Symon and the Hot Toast Music Band for a morning of singing and dancing to groovy tunes that will even have the grown-ups on their feet! This is an outdoor event that will take place at the Redbud Festival Park across the street from the Owasso Library. For all ages. Redbud Festival Park, 109 N. Main St., Owasso, 10:30-11:30 a.m. tulsalibrary.org



TWEENS AND TEENS ARE INVITED TO JOIN SARAH BOWEN ON TULSA CITY-COUNTY LIBRARY'S YOUTUBE CHANNEL ON JUNE 23 TO LEARN HOW TO MAKE POLYMER CLAY CREATIONS BASED ON THEIR FAVORITE FANDOMS! PHOTO COURTESY OF SARAH BOWEN.

June 10 Thursday

VISIT LINNAEUS TEACHING GARDEN [ONGOING]
The Linnaeus Teaching Garden is a beautiful, peaceful place to take your kids! They reopened May 1 after closing due to the pandemic. They have a small, indoor children's corner with garden-themed books and other activities. Hours are 9 a.m.-4 p.m., Tuesday to Saturday. Linnaeus Teaching Garden, 2435 S. Peoria Ave., linnaeusteachinggarden.org

June 11 Friday

MUSIC WITH WILL PARKER: LAND [FREE]
Children's songwriter and teaching artist Will Parker makes music for "kids ages 1-100." In this program, he takes the audience on a journey across forests, jungles, deserts and grasslands as he sings about land animals. Songs include "Amanda the Dancing Panda," "Hip-Hop Bunny Hop" and "Why Am I Not a Monkey?" During Will's whimsical, interactive show, he plays guitar and harmonica, and sings songs that open us up to the world of imagination while simultaneously validating the human experience. Watch on TCCL's YouTube channel, www.youtube.com/TulsaLibrary. Ideal for ages 1-8. Available June 6-12.

June 12 Saturday

SECOND SATURDAY SILENTS
Join Circle Cinema for their monthly Second Saturday Silents event! Enjoy a silent movie accompanied by live organ. Adults are $5, children just $2. Circle Cinema, 10 S. Lewis Ave., 11 a.m.-12:45 p.m. circlecinema.org

FAMILY STORYTIME YOGA
Philbrook is partnering with I AM KIDS Yoga to bring a bit of mindfulness and fun to Saturdays this spring. Stretch, breathe, sing, and play in the gardens during Family Storytime Yoga. Bring your own yoga mats, or borrow one of Philbrook's Turkish towels. Advance registration required. Philbrook Museum, 2727 S. Rockford Rd., 11-11:45 a.m. philbrook.org

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

STICKBALL DEMONSTRATION [FREE]
Join Gilcrease Museum to learn about the game of stickball that is played by many Indigenous people. Learn about how the game is played and participate in a hands-on activity. The game will be played on the field behind the Helmerich Center for American Research. This program will be outside; please bring a lawn chair or blanket. Food will be available for purchase from food trucks. Preregistration is required for this free event. Space is limited so register today! Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. my.gilcrease.org/stickball2021

June 13 Sunday

TINA GUO
It's time to get your 'Game-On' with Grammy Award-nominated cellist Tina Guo in this unique, fun performance. Featuring music from popular video games, movie and television soundtracks such as Halo, Skyrim, Super Mario Brothers, Wonder Woman, Game of Thrones, and more. Learn more at tulsapac.com/events/2021/tina-guo. Tulsa PAC, 110 E. 2nd St., 4 p.m.

June 14 Monday

TOMMY TERRIFIC'S BLACK COWBOYS OF THE OLD WEST [FREE]
Tommy presents a magical history with exciting stories of Black cowboys and the Old West. Watch on TCCL's YouTube channel, www.youtube.com/user/TulsaLibrary. Ideal for ages 0-7.

TAKE-HOME KIT: SUMMER FUN IN THE WATER [FREE]
Pick up a take-home kit at the Kendall-Whittier Library (21 S. Lewis Ave.) and make your own fun water toy to share with your pet and friends. For all ages. 10 a.m.-3 p.m. tulsalibrary.org

June 15 Tuesday

TAKE-HOME ACTIVITY KIT: CELEBRATING JUNETEENTH [FREE]
Stop by Rudisill Regional Library (1520 N. Hartford Ave.) this week to pick up an activity kit, while supplies last, and prepare for your own Juneteenth celebration at home! For toddlers to elementary-aged kids. tulsalibrary.org

June 16 Wednesday

DRAWING WITH DOTS AND SARAH BOWEN: COLORFUL ANIMALS [FREE]
Follow along as artist Sarah Bowen makes some colorful animals through the art of stippling. Learn fun animal facts and sign language while you create from dots. You



REGISTER FOR AUTISMOKLAHOMA'S PIECEWALK AT PIECEWALK.ORG. PHOTO COURTESY OF AUTISMOKLAHOMA.

will need paper, pencil and markers for your very own creations! Check it out at www.youtube.com/Tulsalibrary. For elementary students.

SUMMER SEAFARI

Spend summer break under the sea and learn all about the amazing animals at the Oklahoma Aquarium! Campers ages 7-11 will spend the day alongside aquarium staff learning about the animals and their care. With introductory, microscopy, comprehensive behind-the-scenes tours, and opportunities to feed and handle animals, your camper will get a well-rounded introduction to wildlife biology and animal husbandry. Register at okaquarium.org. Oklahoma Aquarium, 300 Aquarium Dr., 8:30 a.m.-3 p.m.

June 17 Thursday

YOGA IN THE PARK [FREE]

Join in for Yoga in the Park, presented by 10 GYM of Owasso! This FREE 45-minute group class is open to all ages and welcomes those who are beginners, experts or anywhere between. Be sure to bring your own mat and a bottle of water! Redbud Festival Park, 8-8:45 a.m. facebook.com/redbudfestivalpark

STORYTIME AT GATHERING PLACE [FREE, W]

Head to Gathering Place's Reading Tree every Thursday at 4 p.m.! Each week will feature a different guest reader. Gathering Place, 2600 S. Riverside Dr., 4 p.m. gatheringplace.org

June 18 Friday

FAMILY CRAFT TIME: FATHER'S DAY CRAFTS [FREE]

Join on Pratt Library's Facebook page, www.facebook.com/tcclprattlibrary, to share love for the men who help raise us with book suggestions and crafts. For preschoolers and elementary-aged kids.

LIVE OUTDOOR MUSIC PERFORMANCE: HOT TOAST MUSIC COMPANY [FREE]

Join Mr. Symon and the Hot Toast Music Band for a morning of singing and dancing to groovy tunes that will even have the grown-ups on their feet! Hot Toast Music Company is the product of dad, educator and musician Symon Hajjar who writes irresistible kids' music, all with purpose. This is an outdoor event that will take place on the lawn behind the library. For all ages. Helmerich Library, 5131 E. 91st St., 10:30-11:30 a.m. tulsalibrary.org

June 19 Saturday

GILCREASE GARDENS TOUR [FREE, W]

Free public tours of the Gilcrease Gardens are offered every Saturday in June. Learn about the history, design, and plantings of each garden, find out about artworks on the grounds and enjoy the beauty of nature. Reservations are not required for these free tours. Guests should meet their Garden Docent at the main entrance of the museum at 11 a.m. Tours last 30-45 minutes. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 11 a.m. gilcrease.org/events

THE GREENWOOD FARMERS AND ARTISANS MARKET [FREE, W]

Shop the Greenwood Farmers and Artisans Market each Saturday during the season. It is located by N. Greenwood Place between E Pine and E. Queen St (behind Rudisill Library). 8:30-11:30 a.m. facebook.com/greenwoodmarkettulsa

FAMILY DAY AT WILL ROGERS MUSEUM

The Will Rogers Memorial Museum is officially kicking off summer with Lawn Games and Lemonade! Pack a picnic lunch and spend the afternoon garden side. Squeeze Me Lemonade will be on site, serving up some refreshing lemonade to cool you down while you choose a relaxing game to play under one of the museum's many shade trees! Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1-3 p.m. willrogers.com

SENSORY- AND AUTISM-FRIENDLY EVENTS

AUTISMOKLAHOMA PIECEWALK, VIRTUAL 5K AND TOTO TROT

When: Saturday, June 5, 6 p.m.
Where: River West Festival Park, 2100 S. Jackson Ave.
This Wizard of Oz-themed event supports AutismOklahoma. In addition to the PieceWalk, there will be a resource fair, food trucks, Chill Zone and Kidz Zone. autismoklahoma.org and piecewalk.org

SENSORY SENSITIVE SUNDAY

When: Sunday, June 6
Where: Chuck E. Cheese, 7108 S. Memorial Dr.
On the first Sunday of the month, Chuck E. Cheese opens 2 hours early for children with autism and other special needs. This includes reduced lighting and noise, a trained and caring staff, and food and games. chuckecheese.com/events/sensory-sensitive-sundays

SENSORY SKATE AT WHEELS AND THRILLS

When: Sunday, June 6, 10:30 a.m.-12:30 p.m.
Where: Wheels and Thrills, 10637 N. Garnett Rd., Owasso
Wheels and Thrills in Owasso hosts regular Sensory Skate events. No flashing lights or loud noises; laser tag and arcade suspended. $7 admission includes skate rental, skate mate and playzone. wheelsandthrills.com

KIDS CONNECTION

When: Thursday, June 10, 4:30-5:30 p.m.
This is a social group designed for children, grades K - 5, with high-functioning autism For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. thearcok.org

TEEN CONNECTION

When: Wednesday, June 24, 4:30-6 p.m.
This is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. thearcok.org





FIND A PEACEFUL ESCAPE AT THE LINNAEUS TEACHING GARDEN AT WOODWARD PARK, TUESDAY THROUGH SATURDAY, 9 A.M.-4 P.M.

June 20 Sunday

HAPPY FATHER'S DAY FROM TULSAKIDS MAGAZINE!

June 21 Monday

TOMMY TERRIFIC'S MAGIC OF SCIENCE [FREE]
Check out Tommy's mix of science and magic! Family fun! Watch on TCCL's YouTube channel, www.youtube.com/TulsaLibrary. For elementary-aged kids.

June 22 Tuesday

BABY YODA PIÑATA KIT FOR TEENS [FREE]
Stop by the Kendall-Whittier Library (21 S. Lewis Ave.) and pick up a take-home kit to make your own Baby Yoda piñata, while supplies last. For ages 10-18. 10 a.m.-3 p.m. tulsalibrary.org

June 23 Wednesday

TINY FANDOMS: POLYMER CLAY [FREE]
Join artist Sarah Bowen to make tiny clay creations based on your favorite books. Participants can make a little something from Harry Potter, Alice in Wonderland and much more. Join in with polymer or air dry clay. Clay can be colored or you can paint it later. Check it out on www.youtube.com/Tulsalibrary. For ages 10-18.

CITIZEN SCIENCE PROJECT FORUM
Discovery Lab is hosting a forum for its Citizen Science project that involved collecting rainwater over a period of weeks. The forum is for those who participated in the project but is open to guests attending the museum that day as well. The forum will include a panel of meteorologists, a city engineer, and an arborist who will discuss the results from our Citizen Scientists around the city, compare the data to years of intense flooding in our area, answer questions about extreme precipitation, and lead conversation about recommendations for community resiliency. At this time, the panelists will be participating virtually with an in-person audience at the museum. Discovery Lab, 560 N. Maybelle Ave., 1:30 p.m. discoverylab.org

June 24 Thursday

STORYTIME IN THE GARDEN [W]
Enjoy Storytime in the Philbrook gardens each Thursday. Geared towards kids 10 and under. Advance tickets required. Philbrook Museum, 2727 S. Rockford Rd., 10-10:30 a.m. philbrook.org.

SUMMER MOVIE CLUB: "JURASSIC PARK" (PG-13) [FREE]
Join the Jenks Library for a discussion of the classic movie "Jurassic Park." Watch the film before the meeting and then join on Zoom to share your thoughts and memories of seeing the film for the first time. Email jenks.library@tulsalibrary.org to receive Zoom link. For adults and teens.

FULL STRAWBERRY MOON WALK
Walk beneath the beautiful full strawberry moon at Oxley Nature Center. Registration is required; call 918-596-9054 to register. For all ages. $3 for Oxley Nature Center members; $5 for non-members. Oxley Nature Center, 6700 N. Mohawk Blvd., 7-8:30 p.m. oxleynaturecenter.org

June 25 Friday

OUT-LIT: YA BOOK CLUB [FREE]
D fun activities and chat about "Catfishing on CatNet" by Naomi Kritzer. How much does the internet know about YOU? Because her mom is always on the move, Steph hasn't lived anyplace longer than six months. Her only constant is an online community called CatNet—a social media site where users upload cat pictures—a place she knows she is welcome. What Steph doesn't know is that the admin of the site, CheshireCat, is a sentient A.I. When a threat from Steph's past catches up to her and ChesireCat's existence is discovered by outsiders, it's up to Steph and her friends, both online and IRL, to save her. 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.

June 26 Saturday

CARIBBEAN VIBES: A REGGAE CARNIVAL [FREE]
Gathering Place is bringing the island state of mind to Tulsa with Caribbean Vibes—A Reggae Carnival! Catch tropical waves with a weekend packed full of live dancing, Caribbean music, food and more dancing. Enjoy a calypso-inspired reggae carnival with unique vibes only found at Gathering Place. Don't miss an action-packed day of paradise at Caribbean Vibes! Gathering Place, 2600 S. Riverside Dr. gatheringplace.org

IDEA LAB WORKSHOP: CAPTURING LIGHT WITH SERAE AVANCE
Join From the Limitations of Now artist, Serae Avance, in the Idea Lab and experiment with the power of color and light in photography. Create photographs that explore color therapy as a critical component to visual expression of ideas and feelings. Advance tickets required. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.-2 p.m. philbrook.org

June 27 Sunday

Find more events at tulsakids.com/calendar!

June 28 Monday

HOW DO YOU DRAW A...? [FREE, W]
Join TCCL for this weekly sketchbook prompt hosted on Zoom as participants learn to draw different types of animals. Submit your favorite sketch of the week to be included in an online art exhibit in July! Participants will draw mammals, amphibians, reptiles and more in a variety of styles. Join to learn new drawing techniques! Register online at www.tulsalibrary.org/events to receive Zoom link. For ages 10-18. 1-2 p.m.

June 29 Tuesday

MR. STINKY FEET: COOKIE TIME! [FREE]
Who's hungry? Join Mr. Stinky Feet (Jim Cosgrove) for songs about cookies, pizza, pickles and other yummy treats! Mr. Stinky Feet will get the whole family rocking! With a healthy dose of clever fun and a whole lot of heart, his music inspires the childlike nature of kids. Watch on TCCL's YouTube channel, www.youtube.com/TulsaLibrary. For all ages.

June 30 Wednesday

MUSIC ON THE LAWN WITH RED DIRT RANGERS [FREE]
Join Cedar Rock In for this FREE outdoor music event at Cedar Rock Inn. This week is featuring The Red Dirt Rangers! Bring your own chairs and blankets. Food and drinks (beer, soda, wine, water, lemonade) will be available to purchase. Coolers are also welcome. Sorry, no pets.

Online pre-registration available at: www.cedarrockinn.com/events. Cedar Rock Inn, 4501 W. 41st St., 6-8 p.m.



SUMMER FESTIVALS

BARTLESVILLE SUNFEST

When: June 4-6, 2021
Where: Sooner Park, located at Madison Blvd. and Tuxedo Ave. in Bartlesville
Sunfest is an annual arts and craft three-day festival held at Sooner Park in Bartlesville, OK the weekend after Memorial Day. Sunfest continues the tradition of bringing you the best mix of music, art, food, and activities available in Green Country. bartlesvillesunfest.org

OKMULGEE PECAN FESTIVAL

When: June 10-12, 2021
Where: Okmulgee, Oklahoma
Okmulgee's annual Pecan Festival celebrates this delicious nut with three days of family friendly activities, including a Pet Parade, Splash and Dash 5K Fun Run/Walk, a Best Ever Cookie Contest, Great American Turtle Race, Water Ball Contest and BBQ Competition! Most of these events take place on Saturday, June 12. okmulgeechamber.org

AMERICAN HERITAGE MUSIC FESTIVAL

When: June 10-12, 2021
Where: Grove Civic Center and Snider's Camp, Grove, OK
Love some good ol' fiddle playin'? Don't miss Grove's American Heritage Music Festival, which features plenty of live entertainment by Jana Jae and others, as well as the 2021 Fiddle Fest! www.grandlakefestivals.com/ahmf.htm

OKM MUSIC FESTIVAL

When: June 10-17, 2021
Where: Various locations, Bartlesville
This 7-day festival, named for Wolfgang Amadeus Mozart, showcases musicians from a variety of genres. Special events for kids include storytimes, Native American Culture and Dance with the Delaware Tribe and a Royal Tea Party. Learn more at okmmusic.org.

deadCenter Film Festival

When: June 10-20, 2021
Where: Oklahoma City, OK
deadCenter Film has selected a record-breaking slate of more than 175 films to screen during the 21st annual deadCenter Film Festival, June 10-20. This year's celebration will be a hybrid attraction, with movies available online for the duration of the festival and will offer limited outdoor screenings and events for passholders, sponsors, and the public over the first weekend, June 10-13.

Following a quick pivot due to COVID-19 and the international success of its first online festival format, deadCenter Film received more than 800 submissions from around the world. Of the all-time high selection rate, the 21st annual event boasts twenty-eight feature films which will join 150 short films grouped into various programs by theme (like a mixtape!). This year's slate spotlights a diverse range of perspectives for a wide variety of ages, from stories set during the pandemic to documentaries revisiting the past.

Also returning this year are deadCenter's Community Showcase, featuring short films that are free and available to the public online, family-favorite kidsFest, and techCenter, bringing film technologies and virtual reality films to Tower Theatre on June 11-12. Learn more at deadcenterfilm.org.

TULSA TOUGH

When: June 11-13, 2021
Where: Blue Dome District (June 11); Tulsa Arts District (June 12); Riverside Dr. (June 13)
Saint Francis Tulsa Tough is a unique three-day cycling festival experience for racers, riders, and spectators, all centered in beautiful downtown Tulsa and along the banks of the Arkansas River.

Don't miss the FREE, 5.8-mile family-friendly Townie Ride on Sunday, June 13, or the opportunity to cheer on young cyclists at the Kids and Junior's Races on Saturday and Sunday! Get the schedule and additional information at tulsatough.com.

JUNETEENTH

When: June 17-19, 2021
Where: Greenwood
Juneteenth celebrates the end of slavery in the U.S. Enjoy a weekend of music and other entertainment with an emphasis on education and celebrating the heritage of Greenwood. tulsajuneteenth.org

BIXBY GREEN CORN FESTIVAL

When: June 24-26, 2021
Where: Charley Young Event Park, 50 W. Dawes Ave., Bixby
Bixby's Green Corn Festival is designed as good, old fashioned, family-oriented fun. Starting at 6 p.m. Thursday night it features live music, arts and crafts, food and a carnival. A talent show, to highlight area youth, is held on Friday at the Bixby Community Center. The Green Corn parade entertains the crowds Saturday morning before a day of great games and contests for the young and young at heart. Get more information at bixbyoptimist.com/bixby-green-corn-festival.

TULSA PRIDE CELEBRATION

When: June 25-26, 2021
Where: Downtown Tulsa
Tulsa Pride is the longest running Gay, Lesbian, Bisexual, and Transgokeender Pride festival in Oklahoma. This 2020, Tulsa Pride Celebrates its 38 years with a whole weekend of pride, with the Tulsa Pride Parade, Tulsa Pride Celebration, and Picnic in the Park. Tulsa Pride is a registered trademark of Oklahomans for Equality. okeq.og/tulsa-pride.html

KIDSFEST

When: June 26-27, 2021
Where: Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville
This traditional event features arts and crafts, games, live music, inflatables and so much more! There is no extra charge for Kidsfest, which is covered under the price of regular admission. Train rides and craft and food vendors are an additional cost. woolaroc.org



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unionps.org/enrollment

We're saving a seat for YOU!

Union Public Schools has:

- Early Childhood program for 3-year-olds
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Scan QR code to enroll

HOTTEST SALE OF THE SUMMER!!!



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PRESALE: July 8 SALE: July 9-11

Broken Arrow

25,000 sq. ft. of all things baby & kids!

Free Admission

~50%-90% OFF RETAIL

on everything you need for kids!

Rhema Rec Center • 1421 W. Kenosha St.

Tulsa Rock and Mineral Society's

ROCK, GEM, MINERAL & JEWELRY SHOW

Saturday, July 17, 2021, 9am–6pm

Sunday, July 18, 2021, 10am–5pm

Exchange Center at Expo Square, Tulsa, OK

Adults: $6; Two Day Pass: $10

Kids, 12 and under: FREE with paid adult

Scouts in uniform: FREE

Police, Fire & Military: FREE with ID

Covid-19 Protocols will be in place

Gems	Exhibits
Beads	Free Kid's Zone
Fossils	Fluorescent Room
Jewelry	Door Prizes
Crystals	Demonstrations



TulsaRockandMineralSociety.org | Tulsa Rock and Mineral

RTM

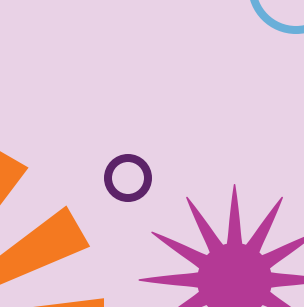
Twenty Twenty-one Party Planner Guide



TULSA ZOO

Contact: Carissa Hon
6421 E. 36th St. North
Tulsa, OK
918.669.6609
chon@tulsazoo.org
tulsazoo.org/your-events

From birthday parties, to company celebrations, to weddings, the Tulsa Zoo offers just the right setting for your special event. Zoo staff will cater to your wildest instincts, helping you plan and customize your unique zoo experience. From the total package to our a la carte options, you'll find plenty of ways to party at the zoo. Find out how you can plan the party of the year at your Tulsa Zoo by visiting tulsazoo.org/your-events or by calling 918.669.6609.



BALLOON THERAPY TULSA

hello@balloontherapytulsa.com
balloontherapytulsa.com

Balloon Therapy Tulsa is Oklahoma's premier Balloon Installation and Event Rental Company. Located in the heart of Tulsa, we are a nationally renowned event company, having served celebrity and corporate clients all over the country! From intimate birthday parties to huge celebrations, we are your one-stop shop for all things party! You deserve some Balloon Therapy — Book us for your next event!



BOUNCERS KINGDOM

918.813.7498
bouncerskingdom@outlook.com
bouncerskingdom.com

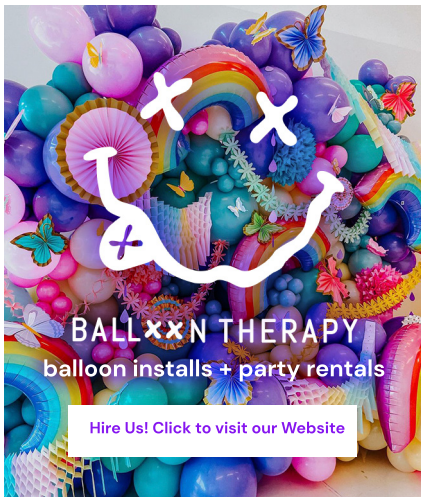
Let the PARTY come to you! Bouncers Kingdom is the leading service provider for inflatable rentals in Tulsa and surrounding areas. With our many years of services, our inflatables and other such products have captured the attention of our customers. We have become a premium inflatable company that specializes in company events, house parties, picnics, school and church events.



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TULSA, OKLAHOMA

Backyard Slumber Parties
Picnic Styling
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...and more!

HOMMACAMPCOMPANY.COM
HELLO@HOMMACAMPCOMPANY.COM





Twenty Twenty-one

DISCOVERY LAB



Contact: Alex Waetjen **539.664.5557**
560 N. Maybelle Ave. **discoverylab.org/parties**
Tulsa, OK **reservations@discoverylab.org**

Tulsa's Discovery Lab offers the best place for your kid's next birthday party! During museum hours, you and your guests can enjoy unlimited play time in the museum and explore our exciting line-up of exhibits. Birthday parties are held in a private party room with a birthday party coordinator to assist you. Want the museum to yourself? We also have affordable after-hours private party options. At Discovery Lab, we make birthday party planning simple, affordable, and fun!

HOMMA CAMP CO



Contact: Jessica Brent **hello@hommacampcompany.com**
Tulsa, OK | 918.892.1637 **hommacampcompany.com**

We specialize in unique outdoor experiences: Slumber Parties, Family Camp Outs, and Picnic Parties.

Our Backyard Slumber Party Package is our most popular service for kids and families. It includes a canvas bell tent lightly furnished and ready for kids to pile in. Add a festive balloon garland, outdoor movie, s'mores kits, or a fire pit for full camp vibes.

This year we've added Indoor Camp Outs for those bad-weathered days that make it hard to get outside. Each camper gets their own custom-made wood frame tent with sleeping pad, pillows, throw blankets and themed decor. Choose a dainty Floral Forest or rugged Home on the Range theme.

Add a delightfully styled Picnic Party to your celebration. Featuring pillow seating and well-appointed tables, we have a variety of menu options: enjoy an English-inspired High Tea, or linger over a shared cheese and charcuterie spread. Feeling adventurous? We love helping families plan and set up camp outs at state parks!

KJM EQUESTRIAN



Contact: Shawn McCorkle **918.299.9283**
9801 S. Sheridan, Tulsa, OK **kjmequestrian.com**

Have a Pony Party in Pony Park!!!
Pony Park is a large, fenced, private park with mature trees located at the front of our facility at 98th and Sheridan overlooking scenic Mill Creek Pond. Pony Park includes a large, covered picnic table, small playset, with lots of room to run and play. Bring your party supplies and enjoy Pony Park for a total of three hours, which includes pony rides with an experienced small pony lead by a staff member for one hour. If children over 7 attend, a larger pony will be substituted. A party in Pony Park is $195 for up to 15 children. A non-refundable $75 deposit is required to reserve your party. We allow a small amount of treats (apples and carrots cut into 8 pieces, not provided by KJM) to be fed to the pony by the children under staff supervision. You may bring your own food and beverages or have it catered. Adults should bring their own bag chairs. There is also a bathroom on site.

To inquire about pony parties or to schedule a party, please e-mail office@kjmequestrian.com or call 918.299.9283.

PARTY AT THE LAB

Birthdays
- 1 hour in private party room
- Discovery Lab shirt for child
- Party Coordinator
- Add-On Activities Available
- Fillable Invitations

After Hours Rentals
- 2 or 3 hour private museum rental
- Rental Coordinator
- Discovery Lab shirt for host
- Great for personal, school, or corporate events



discovery LAB
539-664-5557 | discoverylab.org/parties

HAVE A PONY PARTY IN PONY PARK!
- Enjoy your Pony party for 3 hours, for $195 for up to 15 children
- Included play set and lots of room to play
- Large covered picnic table to host your party

To inquire about pony parties or to schedule a party, please e-mail office@kjmequestrian.com or call 918.299.9283.



KJM EQUESTRIAN
9801 S. Sheridan,
Tulsa, OK 74133
KJMEquestrian.com

Party Planner Guide



MILLER SWIM SCHOOL

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

JENKS
525 W 91st St South, Tulsa, OK
(NW corner of 91st and Elwood)

Parties at Miller Swim School are a BLAST! You can party year-round — rain or shine — our indoor heated pool is perfect any time! All parties are two hours and are scheduled at both Tulsa and Jenks locations, on Saturday and Sunday afternoons. The basic party package includes party room and a T-shirt for the birthday child. All your guests will receive a pass to come back to a family swim and, of course, we provide a lifeguard. To view party package options and prices, go to our home page at www.millerswimschool.com — and choose birthday detail information. To reserve your party, call Miller Swim School at 918.254.1988 and plan to make a big splash! Gift certificates are also available — what better gift could you give than the skills that could someday save your loved one's life?



OKLAHOMA AQUARIUM

300 South Aquarium Dr.
Jenks, OK
918.528.1532
okaquarium.org

Kids love the aquatic life at the Oklahoma Aquarium, so we want you to celebrate your child's birthday with us! We offer several different party packages including a Mermaid Party Package with a mermaid visit and other mermaid-themed treasures, and a Shark Party Package with a behind-the-scenes tour above our shark tank and more shark-themed treats. All party packages include general admission and unlimited time in the aquarium to enjoy the fish and their habitats. Visit okaquarium.org for more details about all of our party packages, and make your reservation today at 918.528.1532 or events@okaquarium.org.



PINOT'S PALETTE

Three Tulsa-area Locations:

CHERRY STREET
1621 E. 15th St., Tulsa
918.794.7333

RIVERWALK
300 Riverwalk Terrace #160, Jenks
918.518.5433

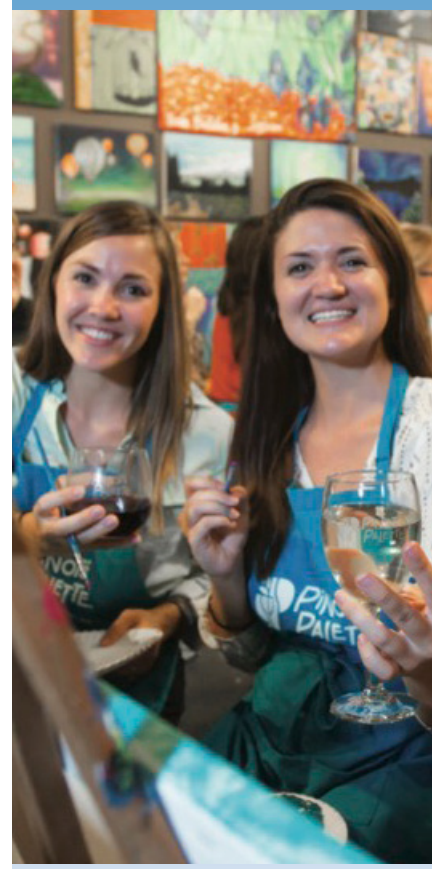
BROKEN ARROW
212 S. Main St., Broken Arrow
918.893.6447

pinotspalette.com

Pinot's Palette is the BEST night out for adults and the most fun for kids during the day! At Pinot's Palette we Paint. Drink. And Have Fun. We walk you step by step through a full canvas painting in 2-3 hours while adults sip libations and we listen to super fun music. We are mainly for Ladies Night Out, Date Night, Corporate Team Buildings and so many private parties! We do offer classes for ages 6 and up during some afternoons each month! No experience needed. Just make your reservation online at www.pinotspalette.com and be ready to have the BEST time!

BEST NIGHT EVER!

CREATED BY YOU



GIRLS NIGHT
DATE NIGHT
CORPORATE EVENTS

PINOT'S PALETTE
PAINT. DRINK. HAVE FUN.

CHERRY STREET
RIVERWALK
BROKEN ARROW

Twenty Twenty-one

Bring your cake, party supplies and gifts then let Purple Glaze provide the awesome ceramic painting fun. For only $99.00 PLUS a "Per Painter Fee," parties will include all of your ceramic painting supplies, instructions and birthday invitations.



BROOKSIDE
3303 South Peoria Ave.
Tulsa, OK 74105
918.592.6900

SOUTH TULSA
6528 East 91st Street
Tulsa, OK 74133
918.491.6900

PurpleGlazeStudio.com

Purple Glaze Studio
...a pottery painting and mosaic-making space.

PURPLE GLAZE STUDIOS



BROOKSIDE
3303 South Peoria Ave.
Tulsa, OK
918.592.6900
purpleglazestudio.com

SOUTH TULSA
6528 East 91st St.
Tulsa, OK
918.491.6900

Purple Glaze painting parties promote creativity, combining the activity and party favor into one unique experience everyone will remember forever. Bring your cake, party supplies and gifts, then let Purple Glaze provide the awesome ceramic painting fun. For only $99.00 PLUS a "Per Painter Fee," parties will include all of your ceramic painting supplies, instructions and birthday invitations. Parties last up to two hours for older kids and about an hour and a half for kids ages four to eight.

RIVER RUN FARM



9300 S. 51st W. Ave.
Tulsa, OK

918.855.5032
riverrunfarmok.com

Our Pony Parties delight both kids and parents. We specialize in parties with our miniature horses for young horse lovers, but also offer parties with ponies and horses for older horse enthusiasts. Our parties are held in the beautiful, wooded setting of a working stable. We hold the party inside our nice, clean barn and provide the pony rides in our indoor riding arena. Parties are fun, entertaining, and include hands-on activities like petting, brushing, and learning fun information about horses. Our parties are much more than games and a pony ride and provide a wonderful experience for horse lovers of all ages. Party times are limited, so plan ahead to reserve your space for this memorable party.

SOCCERCITY TULSA BIRTHDAY FUN



5817 S. 118th E. Ave.
Tulsa, OK
918.249.0044
soccercitytulsa.com

Your child will have a blast bouncing off the walls at our house. Let us do the work while you have the fun. With hundreds of age-appropriate Lil' Kickers games to choose from and our high-energy coaches, you can't go wrong. Youth, adult, and Lil' Kickers packages available. All party packages include field time, time in our party room and unlimited number of guests. Let your imagination run wild with endless possibilities of what you can do with your individual field time or have a birthday party hosted by a Lil' Kickers coach. Our Lil' Kickers child development program — ages 18 months to 9 years, camps, parties, and lock-ins are offered year-round as well.
Please contact kendall@soccercitytulsa.com for party booking and availability.
See: www.soccercitytulsa.com/index.php/parties-events/

Party Planner Guide



T-TOWN TEEPEES

Contact: Courtnay Grider and Michelle Evans
918.884.8448

TtownTeepees@gmail.com
ttownteepees

Host a truly memorable and magical indoor teepee slumber party of your dreams. We deliver, set up and help style your event. You dream it, and we help your dream party come to life! A fun sleepover party every age will enjoy!



TINY THINGS BY YOU!

Tulsa, OK
918.973.4089

getcreative@tinythingsbyyou.com
tinythingsbyyou.com

Invite Tiny Things by YOU to your event, and we'll engage your guests in getting creative with polymer clay! Everyone will get to make TWO unique items to take home after a short bake in our tiny toaster oven! Item creation can be open-ended or made to fit your party's theme, and each guest may choose to turn their creations into something functional like a magnet, key chain, necklace, or pin! Don't feel "creative enough"? Owner and artist Sarah Bowen will be there to help every step of the way, and she can find the creativity in anyone. Great for kids' parties, grown-up get-togethers, and even events. Ask about special scout and homeschool pricing, and check out public events happening near you at www.tinythingsbyyou.com!



WHEELS AND THRILLS

10637 N. Garnett
Owasso, OK
918.272.7537

tammy@wheelsandthrills.com
wheelsandthrills
wheelsandthrills.com

We're your one-stop shop for hassle-free birthday parties. We've got it all!

Our party packages include food, drinks, and fun all rolled into one! We'll make the birthday boy or girl feel like this day was created just for them! With many custom birthday packages to choose from, you'll be the hero as we help you host the perfect party for the big day. We have 3 attractions to choose from: Skating, Playzone, and Laser Tag!

What's our secret to the perfect party? Your Party Pal!

Your Party Pal will set up your party supplies and paper products which are included with your package. When it's time to gather for your celebration, your Party Pal will greet your guests and escort you to your party destination and serve your pizza and drinks.

When it's time, your Party Pal will take a group photo, cut and serve your cake, and lead your guests in the "Happy Birthday Song." Your Party Pal will then assist the birthday child in opening gifts and record the gifts on the gift register to assist you when filling out Thank You cards.

They will play fun games with your guests and once the party has been dismissed your Party Pal will take care of all the clean-up.

Please visit our website, www.wheelsandthrills.com for complete package details or contact tammy@wheelsandthrills.com.

Host a truly memorable and magical indoor teepee slumber party of your dreams. We deliver, set up and help style your event. You dream it, and we help your dream party come to life! A fun sleepover party every age will enjoy!



Contact: Courtnay Grider & Michelle Evans
918.884.8448 | ttownteepees
TtownTeepees@gmail.com







Birthday Games

6 PARTY GAMES THAT TAKE IT OUTSIDE!

It's summer, so why not have your child's birthday party outside? Outdoor parties have obvious advantages. Kids can get messy. Really messy. A cupcake with red icing dropped on the grass does much less damage than one dropped on a clean carpet. Games can be more expansive and noisy outside, which means kids can play and run off energy without breaking your grandmother's antique lamps.

Here are a few fun outdoor games to get you started. Most don't require much, if any, investment. A trip to the dollar store will take care of most of the equipment needs. Think of the games you loved to play as a kid. Your kids will probably love them, too.

LIMBO

You know this one. Get a pole, a pool noodle or even a jump rope and have someone hold the ends. The object is for kids to get under the pole as it gets lower and lower with each pass. The child who makes it under at the lowest point wins. Play some fun music to accompany the game.



RELAYS

Relays can be set up in a variety of ways. They can be straight running events where teams pair off and run from the start to a turnaround point to tag the next person in line. Or change it up by having kids jump rope or hop on one foot around the course to hand off to the next person in line. Or do an egg and spoon race where players must carry an egg (raw eggs are fun) to the turnaround point and get it back to the next teammate without dropping or breaking it. Kids can have fun thinking up their own variations for relay races.

THE CLASSICS

Kids still love games like Kick the Can, Green Light/Red Light, Simon Says, Flashlight Tag and Freeze Tag.

CAPTURE THE FLAG

Divide kids into two teams. You'll need two flags, which can be anything — you could even have flags that fit the theme of your party. Beanbags, bright bandanas, small stuffed toys or socks all work well. The larger area kids have to run, the better. Try to create even teams (include parents!). Mark the "territories" for each team. This can be done with chalk or cones or tape, or just use landmarks such as trees or sidewalks. Place one flag in each team's territory. It can be partially hidden, but once placed, it can't be moved. The object of the game is to capture the opponent's flag. Team members are "safe" when in their own territory. Outside of their territory, they may be tagged (captured) by opposing team members. If captured, they must remain in the opposing team's territory unless a member of their own team tags them to free them. The game ends when one team has grabbed the opposing team's flag and taken it to their territory.

TUG-OF-WAR

You can play th is game with teams pulling at the ends of a rope or do a one-on-one version that could be set up as a tournament. Make the challenge more fun by having teams pull opponents through a sprinkler spray.

WATER BALLOON TOSS

A cool game for a hot day. Split kids into duos and have them toss a water-filled balloon back and forth. Start with the teams close together and move one step farther apart with each toss. The last pair to keep their balloon intact wins.

ASK THE EXPERTS

Miller Swim School | Sarah Clavin

Q. What do I need to know about swimming supervision?



A. According to the American Academy of Pediatrics, active supervision is one of the best defenses against drowning; however, many parents aren't sure what that means. Here are some key tips: 1. Parents of kids younger than age 5 (or those who are older but lack swim skills) need to be within arm's length of their kids. 2. They also need to be watching closely. Common distractions include cell phones, conversations, and "quick" tasks like running inside to grab a drink of water. 3. No one should swim completely on their own – no matter their age or swimming proficiency. Older kids and teens should have a competent "buddy" with them at all times. 4. Designate a Water Watcher and never assume that "someone else" is watching the kids in the pool. Ultimately, the more layers of protection you have, the better. This includes pool fences, self-latching gates, alarms on doors that open to the outside, designated "water watchers" and parents/caregivers certified in CPR. As experts say, "Drowning incidents often occur not because of a lack of supervision, but because of a lapse in supervision."

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

HTR Pediatric Therapy | Nicole DeWitt MOTR/L, CKTP

Q: Can the TheraSuit really help to improve my child's postural alignment? How?



A: Yes, it can! Children with neurological disorders often present with abnormal postural alignment. This affects the child's center of gravity, which in turn affects their ability to engage in many common daily activities. The TheraSuit is a soft orthosis with both upper and lower portions that cover the shoulder and hip joints, connecting the trunk as one unit. Bungees are then utilized to realign the trunk into a neutral position, providing tension in the opposite direction to counter pathological patterns. The bungees also provide stability to the hips, facilitate pelvic tilt and activate abdominal muscles to further assist with postural alignment. When the body is in a more neutral alignment, it is more "ready" to learn or relearn movement patterns. Establishing a good postural alignment through the trunk is the base for all arm, leg, and head control/movement. Other benefits of the TheraSuit include supporting weak muscles, improving bone density, helping to decrease contractures, normalizing tone, re-training the central nervous system, providing tactile stimulation, influencing the vestibular system, improving spatial awareness, and improving speech production.

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

Eastern Oklahoma Ear, Nose and Throat | Evan R. Moore, M.D.

Q: My child keeps having nose bleeds. Why is this happening, and what can I do to help?



A: Nose bleeds can range from mild spotting to profuse bleeding that requires emergent care. The vast majority of children's nose bleeds are due to dryness and are common, especially during the winter. Nasal dryness leads to small breaks in the lining of the nose, and underlying vessels can open. Increasing nasal moisture with saline gel frequently as well as a bedside humidifier can often help. If nose bleeds persist, it's important to visit with an ENT for possible cautery and to rule out more serious nasal conditions.

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 do I keep my kids safest around water?



A: Drownings are a leading cause of injury-related deaths in children. Never leave a child unattended around water, including bathtubs and creeks. When swimming or on the lake, make sure to be in the water holding young children and using the appropriate flotation device. Make sure to teach your child how to swim when the age is appropriate. If your property includes a pool or a pond, having safety precautions such as door locks and alarms, pool alarms, and standard pool fences could save your child's life. Be safe in the water this summer!

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. What are the primary advantages of using a travel advisor over online travel "discounters" like Travelocity or Expedia, or simply planning a trip yourself?

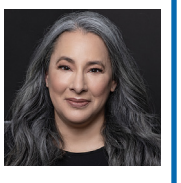


A. Some of the more obvious reasons for using one of our experienced travel advisors are time and cost savings as well as greater access to special rates and upgrades. However, the overarching advantage is that travel advisors have a vested interest in you personally and work with you to customize your trip. The rigidity of booking through Travelocity, Expedia or figuring things out on your own too often results in minimal to no assistance with changes and does not offer much wiggle room for "mistakes." Once you hit "send," it's on you to navigate and figure things out in an ever more complicated booking environment. The prevailing good news is that travel advisors have deep relationships with suppliers, thus allowing for adjustments and providing peace of mind and security in this new age of travel.

World Travel Service
918.743.8856 | WorldTravelToday.com

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

Q: My child seems to have overcome reading struggles over the years. But math! No matter what we try or how hard she studies, she still struggles with simple math calculations, remembering formulas, etc. We are at a loss.



A: Dyscalculia is often associated with persistent math struggles that seem to defy tutoring or extended math support. About 2-5 percent of the population have Dyscalculia. It is often associated with Dyslexia or ADHD, but it does not necessarily mean if you have one you will have the other.

Dyscalculia is understood as having difficulties with comprehending arithmetic, manipulation of numbers, math fluency, learning math facts or performing mathematical calculations, which can be linked to difficulty with working memory and visual perceptual skills. Working memory helps us hold on to information so we can use it later in real life, or, in this case, to work out a mathematical problem. Visual perceptual skills help us interpret what we see, such as manipulating pieces of a puzzle together. If you suspect Dyscalculia, it is important to include testing for working memory and visual perceptual skills. Both skills are essential for math success.

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

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

SIXTH-GRADER REMINDS OTHERS TO BE AWARE AND INCLUSIVE



If being a 6th grader isn't hard enough, 12-year-old Lia Van Buskirk lives with celiac disease, an invisible disorder that requires Lia to follow strict dietary guidelines. Celiac disease is an uncurable autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damages in the small intestine. It is estimated that 1 in 100 people have the disease, as many people live undiagnosed.

Q: At what age were you diagnosed with celiac disease, and what is it?

Lia: I was 2 ½. Celiac disease is an autoimmune disease where your immune system attacks itself whenever you ingest foods that contain gluten, which is a protein found in grains such as wheat, barley or rye because it thinks the grains are a foreign invader. Your body's reaction to the gluten breaks down the villi in your intestines making it hard to collect nutrients from food. If you go for a long time without knowing you have celiac disease it can cause rashes, infertility, nerve damage and much more.

Q: In what ways has this changed your life?

Lia: Because I have been lucky enough to know about this disease since I was young, I don't really remember what foods tasted like or how big of a change it was for me. But it still affects my everyday life. For as long as I can remember, I have had to bring my own food to birthday parties. I will bring a gluten-free cupcake and sometimes even pizza.

Another thing that people don't really think about is sharing. A lot of times someone will ask me if I want some pretzels or Oreos and I always have to say no. I know some people have a hard time remembering, but it still bothers me. When I go out to eat, I have to ask a lot of questions about any gluten-free options and how they prepare the food in the kitchen to see if it is safe for me to eat. And there are a lot of places I can't eat at because they don't offer gluten free. In the last year, we found out about a donut place called Big Baby Rolls & Donuts. They have a safe gluten free section of donuts. Going into their store was the first time I ever walked into a donut store and actually could pick a donut that was safe for me to eat.

Q: What kind of questions do your friends ask regarding celiac disease?

Lia: A lot of my friends ask me, "Is it contagious?" When people hear disease, they automatically think of something that could impact them and their lives. I have probably said, "No. celiac disease is not contagious" about a million times. Another thing is people ask me what gluten is. It is surprising the amount of people who don't really know what is inside of their food. Wheat is pretty normal, but barley isn't a common thing sixth graders use in their vocabulary, so people ask, "What the heck is barley?"

Q: What is something you wish people would know about celiac disease?

Lia: I wish people would know that celiac disease isn't an allergy, but a disease. It does not define me, but is a part of me.

Q: How can people be more inclusive when interacting with people who suffer from celiac disease?

Lia: If people were to just reach out before an event or party, I could bring my own treat. But whenever someone at school or church brings cinnamon rolls or cupcakes, it is awkward being the only person not eating anything. And I love sweets and want to enjoy them with everyone, too.

Q: How would you like to increase awareness regarding celiac disease?

Lia: My plan this summer is to start a small cupcake business with gluten-free cupcakes. I am going to donate 15 percent of my profits to the Celiac Disease Foundation.

Q: What hobbies do you have?

Lia: I love to bake different cakes and desserts, and experiment with flavors. I also play competitive soccer. I am also obsessed with books.

Q: What do you want to do in the future?

Lia: My dream is to attend Stanford and get my bachelor's in youth counseling and my master's in psychology.

Q: What is a fun fact about you?

Lia: I am obsessed with reading. In a schoolwide competition I read over 14,000 pages in three months.



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