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PHOTO BY STEPHEN PINGRY.

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Ages 6 – 9

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Bike 1/2 mile
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10:30 a.m. Registration
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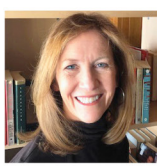
TO GET OUR cover shot, we let cover model, Emma Schnoor, loose to enjoy the gardens at Philbrook as photographer Andrea Murphy captured her playful spirit. We wanted our image to embody the feeling of spring, of children playing outdoors, of the freedom and innocence of just taking off, whether it's across a garden or across the state. Not only are we unbundling from the winter, we're just beginning to spring forth from the restrictions of Covid. Let's go!

You may feel an urge to get out and get away. If that's the case, you'll find some fun ideas for family trips in this issue. Writer Natalie Mikles lined up some drivable destinations, whether you have a day, a weekend or week to spend.

Tara Rittler, our web and social media editor, gathered up a mammoth list of attractions in the area that will keep you busy all summer. And, if you want more ideas, she keeps a list on the website. But wait! There's more! We're currently putting together our annual digital Summer Family Fun Guide, so watch for the new edition coming out toward the end of the month. Sign up for Tara's award-winning e-newsletter to stay up to date on contests, activities and extra information that you'll want to know.

We can't leave out the moms this month. You'll find some delicious recipes that even older kids might be able to make for breakfast or brunch. And some of our Facebook friends provided adorable quotes about moms from kids. We picked a few to print. (If you're not following us on FB, be sure to like us — we want to be your friend!)

Happy Mother's Day to all the moms out there who are doing the most important job on the planet. Enjoy the beautiful spring weather with your families!



Betty Casey

ASSOCIATE PUBLISHER AND EDITOR-IN-CHIEF

tulsakids

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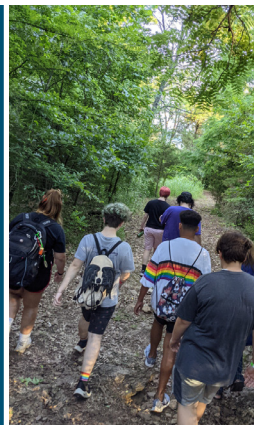
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PHOTOS COURTESY OF JOEL SARTORE.

NAT GEO PHOTO ARK AT GATHERING PLACE

Guests to Gathering Place will have an opportunity to view the stunning wildlife photography of the National Geographic Photo Ark. The exhibit, composed of pictures taken all over the world, will be on exhibit beginning April 30 through July 31, 2022, in the ONEOK Boathouse.

The National Geographic Photo Ark is a multiyear effort to raise awareness of and find solutions to some of the most pressing issues affecting wildlife and their habitats. Led by National Geographic Explorer and photographer Joel Sartore, the project aims to document every species living in the world's zoos, aquariums, and wildlife sanctuaries, inspire action through education, and help save wildlife by supporting on-the-ground conservation efforts.

Watch for free, weekly events and activities that correlate with the exhibit, as well as curriculum offerings for all grade levels and summer camp groups.

YOUTH PROGRAMS FOR KIDS WITH PHYSICAL CHALLENGES

The Center for Individuals with Physical Challenges (The Center) offers youth programming year-round with activities such as wheelchair basketball, wheelchair softball, power soccer, boccia ball, arts and crafts and adaptive rock climbing.

"The Center's Youth Programming offers youth with physical challenges opportunities that promote self-esteem, confidence and independence," said Youth Programming Coordinator Kelly Evans. "Children with different abilities deserve the same opportunities and representation as their peers without physical challenges. The Center makes that possible."

The Center offers afterschool and homeschool programming as well as fall, spring break and summer camps.

To learn more about youth programming or to register, contact Kelly Evans at 918.794.4526 or kevans@tulsacenter.org.



MITA'S FOUNDATION BANQUET

Mita's Foundation, a non-profit organization whose mission is to improve the living standards of children, will hold its annual Charity Banquet on May 21, 2022, at the Mayo Hotel. The event features dinner, dancing, live and silent auctions, Orgullo Hispano awards and entertainment.

The foundation is involved in projects such as establishing a clinic, school, soup kitchen and playground; building pre-fab homes; collecting toys, school supplies and medical items; and serving the community locally and in Peru.

To donate or for ticket information, go to mitasfoundation.org. For information, contact MitasFoundationTulsa@gmail.com or call 918.381.8610.

RIVERFIELD BREAKING GROUND ON **CREATIVE FACILITY**

Riverfield Country Day School recently broke ground on the Center for Creativity, a facility which will enlarge the existing Clark Gymnasium and house the creative arts programs for all students.

"The enlarged gym will allow our teams to practice concurrently and the expanded seating means we can host tournaments and OSSAA playoffs," said Athletic Director Jason Bogle.

The 15,000-square-foot Center for Creativity will house visual arts, drama, music, STEM and filmmaking classes and extracurricular programs for all Riverfield students. A black box theater will host plays, concerts and speakers' series. The facility will include an art gallery and several recording studios and practice rooms that will provide the Riverfield Rocks school rock band program space to flourish.

The Center will also include a severe weather space, designed to meet ICC 500 standards for storm shelters. The space will hold up to 800 people.

Riverfield is a non-profit, independent school with no religious affiliation for students preschool–high school.



Mother's Day Love from Kids

In anticipation of Mother's Day, we asked our TulsaKids Facebook followers to share some sweet or funny things their kids have said to them. Here are some of the answers!

LUCY, 11

"Mom, you are my oxygen."

Emily Wolff McFatridge

"'Mommy, you're so big!' With stars in his eyes — Because being 'BIG' is the best compliment a 3-year-old can get!"

Sarah Keywood

HARLOW, 5

"Mama, you're a cantaloupe and I just want to eat you up!" She then proceeded to nibble on my arm lol.

Heather Jones Collins

"'You can have some love, Mama' (as my 2-year-old gives me a hug)."

Brittani Simmons

"My youngest asked my mom, 'Do you know how long I've loved you?' She said, 'How long?' He said, 'From the very first minute I met you.'"

Mary Lowe Marlin

AMELIA, 6

"I love you as much as I can."

Denise Sidner Burns

DAHLIA, 4

"Mami, you are prettier than a raccoon."

Rosa HD

Always Something New to Discover: **Why Kids Love Discovery Lab**

By **Staff**

Discovery Lab opened the doors of its new location at Gathering Place in January 2022. We visited recently to speak with some young Discovery Lab visitors about their favorite places to play in the new museum!

According to Dare Krywicki, public relations and marketing manager with Discovery Lab, in general, Ballapalooza and the Tape Tunnels are the most popular features. In Ballapalooza, kids can vacuum, launch and sort plastic balls, which are pulled through tubes into bins suspended from the ceiling. When the bins are full — watch out! The balls will drop down, back onto the floor — and anyone standing in their way.

Newly opened areas include the HydroLab, where kids can play at water tables and shoot water guns, as well as Rock It!, which goes in-depth about Oklahoma geology and earthquakes.

"MY **FAVORITE THING** IS..."

Discovery Lab is a fantastic place to play and learn. But don't take it from us — here are some solid recommendations Discovery Lab guests.



"She likes to fill up the ball containers because they explode."

ISLA, 2.5



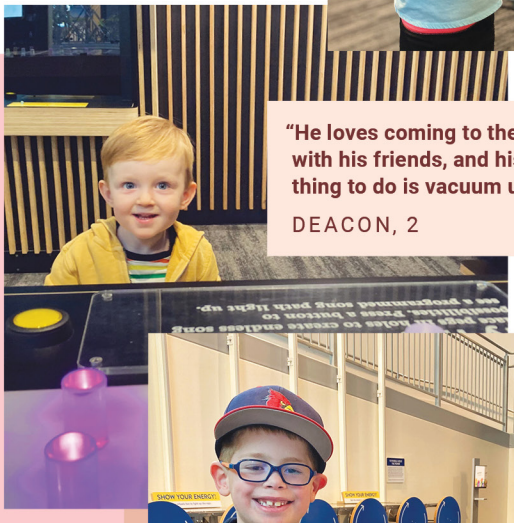
"The water table." His mom said he also loves the microphone in the Math + Music section.

BRIGGS, 3 with mom Kathryn and Lyla, 19 months



"Go in the tape tunnel!"

CORA, 4



"He loves coming to the museum with his friends, and his favorite thing to do is vacuum up the balls."

DEACON, 2



"The train." (The light-powered rollercoaster.)

CONNOR, 7

PLACES TO **EXPLORE:**

Exhibit Areas:

Math and Music: Dive into the world of soundwaves, chords and more.

Energy: Learn about different kinds of energy, like solar and wind energy.

HydroLab: Explore water and pressure through water tables, water-powered rockets and more.

Ballapallooza: Sort bright, plastic balls to learn how systems work.

Central Gallery: Run through the tape tunnels and experience other climbing and building features. Plus, there's plenty of seating for weary parents and guests who need a snack break.

Featured Hall: The current exhibit is Rock It! Learn about earthquakes and Oklahoma rocks and minerals.

Imaginarium: Find yourself in a virtual, immersive environment that reacts when you move in relation to the screen.

High-Facilitation Areas:

The WorkShop: Use tools and materials to tackle various challenges.

Science Lab: Explore different scientific concepts through facilitated demonstrations.

Little Lab: Kids ages 4 and under can climb, slide and discover!

And don't forget:

BeanSprouts Café: Make your taste buds happy with a kid-friendly menu featuring lots of healthy options.

Gizmo's Gift Shop: Shop for STEAM-oriented gifts and Discovery Lab merch.

The Amphitheater: Keep an eye out for information about concerts and other outdoor activities.

Plan your visit at discoverylab.org.

WHAT'S GOING ONLINE?



PHOTO COURTESY TULSA DRILLERS

TAKE ME OUT TO THE BALLGAME PHOTO CONTEST, SPONSORED BY TULSA DRILLERS

Tulsa Drillers' 2022 season is underway! Throughout May, submit photos of your family enjoying a baseball game, playing baseball, hanging out with Hornsby — you name it! All baseball-themed photos accepted.

One lucky winner will receive four tickets to a Tulsa Drillers game, plus a first pitch at the June 12 game and on-field photo with Hornsby!

TIMELY TOPICS FROM **TULSAKIDS.COM**

tulsakids.com/a-stay-at-home-mothers-day-celebration

tulsakids.com/my-five-favorite-tulsa-parks

tulsakids.com/how-to-tornado

tulsakids.com/is-your-child-twice-exceptional

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LESIA_G/GETTY



$5,000 **SWEEPSTAKES**

What could you do with $5,000? Finish a home improvement project? Plan an extra-special summer vacation? Enter to win $5,000 through May 23. This is part of a national sweepstakes.

PHOTO: DENIS_VERMENKO/GETTY

CONTESTS & GIVEAWAYS

SCAN THE QR CODE and find entry links at **tulsakids.com/contests.**



VOTE FOR YOUR **FAMILY FAVORITES: MAY 1–15**

Our readers nominated their Family Favorites, and now it's time to VOTE! Everyone who completes at least 75% of our Family Favorites Runoff Ballot is entered to win a Family 4-Pack to FROZEN, courtesy of Celebrity Attractions.

CAROLINE BOWMAN AS ELSA AND CAROLE INNERBICHLER AS ANNA IN THE FROZEN NORTH AMERICAN TOUR. PHOTO BY DEEN VAN MEER ©DISNEY.

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THANK YOU FOR ENTERING OUR **SIGNS OF SPRING PHOTO CONTEST,** SPONSORED BY TULSA BOTANIC GARDEN!

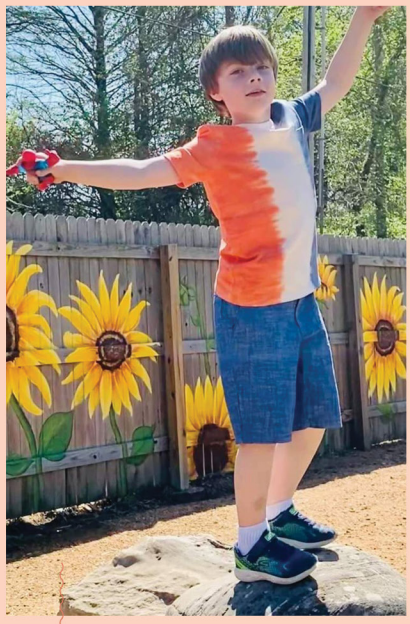
Thank you to everyone who entered last month's photo contest! Here are a few of the wonderful entries:



Jr. Miss Central United States, Dayann Pineda (11), smiling at the spring of life during a **Food On The Move** planting event.
PHOTO BY PATRICIA PINEDA



Stella is enjoying the warm sun and beautiful flowers at **Gathering Place.**
PHOTO BY BREE DECKER



Sunflowery Spring Day at **Honor Heights Park:** Eli is standing tall and following the sun!
PHOTO BY ASHLEY LOHMANN

COMING SOON

TULSAKIDS' SUMMER FAMILY FUN GUIDE!

Featuring refreshing recipes; places to swim, splash and play; road trip inspiration and so much more.

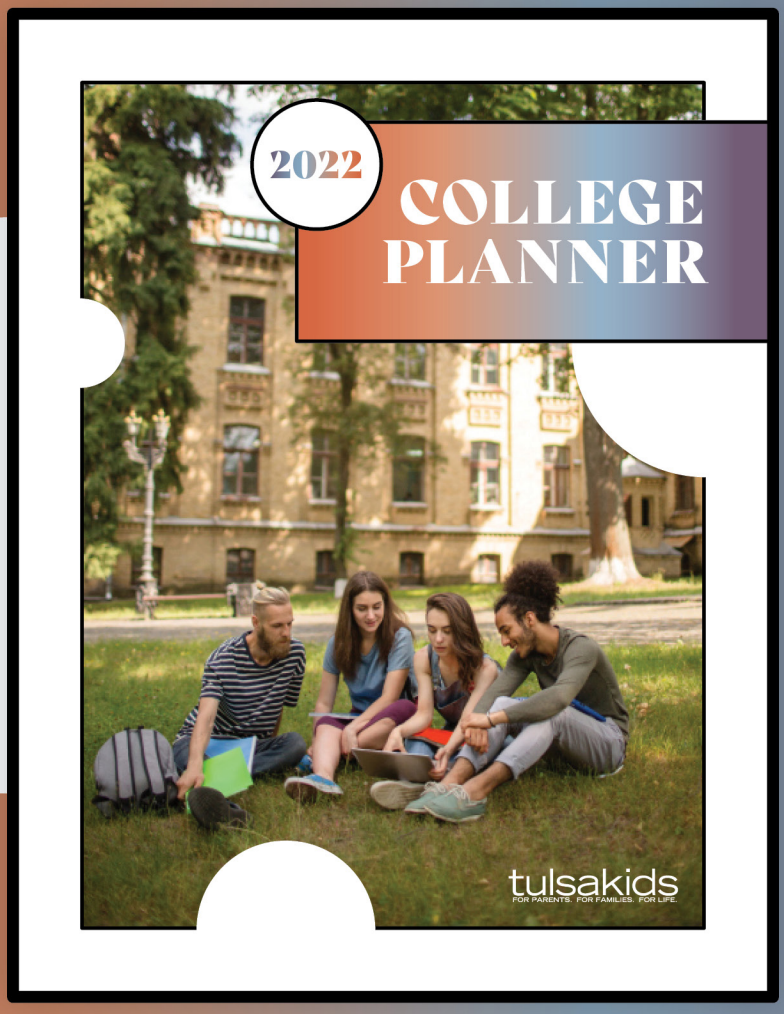
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TULSAKIDS Family Favorites 2022 VOTE



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Survival Tips for Dining Out with Babies & Toddlers

By **Alicia Kobilnyk**





TATYANA_TOMSICKOVA/GETTY

There is **nothing more *Desperado*-esque than two tired parents and their two hangry children** strolling into a fast-casual, Asian-fusion chain restaurant at 7:15 p.m. on a Wednesday.

MY HUSBAND AND I made eye contact as we parked, drawing deep breaths and steeling ourselves for what was to come. Stepping out of the car, I liberated the hangry toddler from a car seat covered in stickers and an absurd amount of cracker crumbs. He wrestled the fussy baby from her seat and grabbed the diaper bag I'd tossed into the backseat only hours ago. As we hoisted unwilling but curious children from their unhappy confinement after an afternoon spent running errands, we made eye contact again. I felt myself smirk as he nodded and said, "We can do this."

There is nothing more *Desperado*-esque than two tired parents and their two hangry children strolling into a fast-casual, Asian-fusion chain restaurant at 7:15 p.m. on a Wednesday.

After negotiating with the toddler and selecting the most blasé, unseasoned variety of fried chicken for her, I ordered my own food and took the baby to find a seat while my husband finished the order and got us water. I reminded him to ask for lids. He did not hear me, of course, because the toddler was around his ankles, inquiring to ensure her food would be as familiar and tasteless as possible.

As I sat down, the baby suddenly stopped fussing and made the noise one learns can only mean one thing: Whatever had been plaguing my child was now outside of her body and filling her seat. I scooped her and the diaper bag up as my husband sat down with three open water cups and a toddler clamoring for crayons. He took one look at the grimy table and asked me to hand him a baby wipe. I managed this with one hand and took off before my absence could be objected to by my eldest. Once at the changing table, I discovered not only that my child must have consumed something truly legendary but that we had only two baby wipes left.

When I returned to the table with a diaper-only baby, my husband informed me that my eldest was upset that something green had touched her chicken and now refused to eat it. He shoved a bite of curry into his mouth before heading to retrieve extra clothes from our back-up stash in the trunk. He returned after an incredibly long time with a seasonably inappropriate onesie and some 2T pants. By this time the table was covered in discarded chopsticks, sticky rice and crayon wrappers.

We sat in a grumpy silence as we alternatively shoveled food into our faces, cajoled the biggest kiddo to eat something and chopped up tiny pieces of food for the baby, who was happily gobbling up anything and everything in reach. A young couple came into the otherwise deserted restaurant dressed for a school formal and sat not terribly far from us. My husband and I watched them with a mixture of nostalgia, bitterness and mirth as our children proceeded to provide them and everyone in the kitchen with plenty of reminders that taking tiny humans out to eat, while sometimes necessary



Dining out with small children, while always a bit of a gamble, is a **vital piece of maintaining one's sanity** in a world often consumed by Daniel Tiger and freezer chicken nuggets.

and occasionally fun, is often messy and inglorious. Realizing we were sharing the same dark thoughts, we laughed and managed to enjoy the rest of our meal before packing up and vowing (unsuccessfully) never to do this again.

With that badge of honor on my Mama vest, I wish to share my secrets for more peaceably eating out with infants and toddlers:

PLAN AHEAD

Have small, kid-friendly snacks packed, along with ample baby wipes and an empty plastic bag in case you need to transport messy bibs or clothing home. I've been to many restaurants with my family, and no one has ever objected to me providing my small children with their personal water bottle or a small baggie of cereal while we peruse the menu.

THE ART OF DISTRACTION

I emptied out an expired plastic first aid kit and filled it with small books from Happy Meals, tiny blank notebooks, stickers and a ziplock baggie of crayons, along with a few novel minifigures from the Target Dollar Spot and a couple of Hot Wheels. I decorated it with a picture of Mo Willems' Pigeon (my children's personal role model at that stage of their life) before sticking it under my seat, leaving it in the car for emergencies and dining-out situations only. To this day, my daughters cheer if we reach for "Pigeon box" and utilize it while waiting for their food, especially at restaurants that *gasp* do not provide coloring materials to young diners.

ACCEPT HELP

When servers offer you small packets of crackers or a passing grandmother speaks to your cheerful and increasingly loud child, be gracious and appreciative. It's likely a parenting veteran who remembers their own time in the dine-out trenches.

TIP GENEROUSLY

It should be noted that while it is part of a server's job to bus your table and clean the floor underneath, it is not polite to scatter rice and chewed-up bread all over creation. Clean up as best you can and apologize if you simply have to bail. Make a habit of leaving a generous tip, not just to compensate for your mess but to model respect for others. You just got a hot meal while an arguably busy server asked your toddler their favorite dinosaur and retrieved your baby's "accidentally" dropped rattle 10 times.

Dining out with small children, while always a bit of a gamble, is a vital piece of maintaining one's sanity in a world often consumed by Daniel Tiger and freezer chicken nuggets. Be brave, fellow parenting warrior. Adventure and hot food you didn't cook is out there. TK

Alicia Kobilnyk

Alicia is an Early Childhood Educator who works with young toddlers. She finds joy and inspiration to write in their cheeky shenanigans, as well as those of her two daughters.

Keep Your Hands to Yourself:

Don't Touch Our Hair!

By **Dr. Tamecca Rogers**



While friends, colleagues and peers may not mean any harm, **Black people's feelings matter.** It doesn't matter what the intent is if it negatively affects a person.

WHAT WOULD IT feel like if a stranger came up to you, invaded your space and touched your hair? This experience is very common with most, if not all, Black people at some time in their lives. I'm no different, and I have several stories of my own. In 2012, my friend Lara and I were at a Technology Center Leadership Administrator program. I had known Lara for eight years. We often talked, laughed and even cried together.

During a break, she reached out to touch my hair. I grabbed her hand and said, "Excuse me, ma'am, what are you doing? You are never supposed to touch a Black woman's hair!" She looked shocked and said, "Tamecca, your hair is so pretty. I wish my hair could do something like that. I just need to know how it feels." She didn't realize my grade school memories had come rushing back to me. I was teased because of my hair. Kids dared each other to touch my hair, then ran back to tell their friends how it felt. One boy even attempted to set my hair on fire by throwing a book of lit matches in the hood of my coat.

Of course, she did not know what I had been through. These are experiences we try to forget, but the memory usually lingers. The fact is, getting in anyone's personal space without their permission is a violation. Lara meant well and is the sweetest, strongest, most loving woman I know. So, I have learned we have to give each other grace. I had to educate her about why it was not okay to touch my hair, and she has respected my wishes.

While friends, colleagues and peers may not mean any harm, Black people's feelings matter. It doesn't matter what the intent is if it negatively affects a person. Often, this problem is described as an adult-only one. However, Black children share these experiences (and feelings) when other kids or adults touch their hair. For this reason, it's important to educate everyone about respecting personal boundaries.

DON'T TOUCH OUR HAIR

I can empathize with any Black person who has had their hair touched without permission. This shared experience comes from the idea that our hair is a novelty because it differs from white people's hair, which is considered the norm. When a Black person's hair is touched, it's not only a violation of their personal space but signifies that being different allows them to be singled out and treated differently.

The act opens the door for uncomfortable or micro-aggressive behaviors, like more unwanted touching, rude comments, unnecessary attention and feeling like you can't say "no." This is because it can unfairly direct attention to us and make us seem like we're being difficult, rude or aggressively protective of our hair. It can be uncomfortable to tell a person not to touch, especially for a child. It's hurtful when your personal space isn't respected, but it's even worse when it may lead to further isolation, discomfort or ridicule from other kids. Beyond this, a child may be even less comfortable telling an adult, like a teacher or a friend's parent, not to touch their hair as they wish to respect authority and seem kind. When other kids see an adult touching a Black person's hair, they will probably believe it is acceptable and violate that Black child's space, too.

YOU MAY NOT MEAN ANY HARM, BUT IT DOESN'T CHANGE HOW WE FEEL

Being curious about Black hair is perfectly okay. We are very proud of our hair and understand the curiosity — it's beautiful and unique, and it's natural to want to understand something unfamiliar. Kind comments, like telling a Black person how beautiful or cool their hair is, are always welcomed and respected.

TOUCHING OUR HAIR IS A BIG DEAL

Invading our personal space by touching us without permission is not right. But touching our hair is disrespectful for more profound reasons. Treating our hair like it is different and strange is treating us like outsiders. Black children and adults deserve to feel safe and respected in any public environment. Children should have complete autonomy over their bodies, just like adults. It's crucial that Black children do not internalize the idea they are commodities, able to be treated differently, touched against their will, and wrong for saying "no." This can too easily grow into poor self-identity, difficulty having or enforcing boundaries, and thinking it's their fault they are treated as strange.

IT'S IMPORTANT TO EDUCATE NON-BLACK PEOPLE ON BLACK HAIR

White people may not understand why it is so upsetting for Black people to experience people touching their hair. Touching our hair isn't just rude, it's a racial microaggression. Harvard professor Chester M. Pierce coined the term 'microaggression' in the 1970s to refer to everyday behaviors, insults, slights and questions that refer to a person's membership in a group that is discriminated against (such as race, ethnicity or sexual orientation). A microaggression, like touching a Black person's hair without permission, promotes the idea that we are free to be treated differently, used and not afforded basic respect.

We have a protectiveness over our hair because it has long been treated as abnormal. Much worse, our hair is sometimes referred to as "messy," "dirty," "nappy," or "unkept" within the white community, and many Black children have dealt with bullies who use this language. Unfortunately, this often follows Black people throughout their lives, where they will be denied employment or schooling, entry to social circles and events, or other opportunities based on wearing natural hair styles.

LEARN ABOUT THE CROWN ACT

Some people may think that our hair really isn't a big deal and that we tend to blow it out of proportion. If that was so, do you think there would have been a law made telling people not to discriminate based on our hair? The CROWN Act (Creating a Respectful and Open World for Natural Hair) is a law that prohibits race-based hair discrimination, including the denial of employment and K-12 public and charter school educational opportunities because of hair texture or the wearing of protective styles like braids, locks, Bantu knots or twists ("The Crown Act," 2019). This law has been passed in California, New York, New Jersey, Virginia, Michigan, Wisconsin, Illinois, Kentucky, Colorado, Washington, Maryland, Connecticut, New Mexico, Delaware and Nebraska. In Oklahoma, the CROWN Act has been filed but not passed. There is still more work to be done to have it passed in the other 34 states, but this is a necessary start to better protect Black people from hair-based racial discrimination.

It's important that all teachers, caregivers and adults know about the CROWN Act and why it's so necessary, especially to protect our children and ensure they get the opportunities they deserve. This is, of course, only one small part of the battle. The sentiment of the law, though, should be adopted by all — Black hair does not make us unworthy, or unfit for opportunity and fair treatment, and our hair does not make us different.

Reasons to Keep Your Hands to Yourself

1. **Doesn't it sound silly to tell people to keep their hands to themselves?** It's a lesson young children learn. Nobody wants to be touched against their will and honoring anyone's personal space is necessary.
2. **Because we said so.** Nobody is owed an explanation for why someone doesn't want their hair touched and wants their personal space respected.
3. **Excuse me, but we don't know where your hands have been.** Not only are public spaces often infested with germs and bacteria, but many Americans don't even wash their hands after going to the bathroom. According to a YouGov poll, only 58 percent of adults (from a poll of over 24,000 Americans) reported always washing their hands with soap after using the bathroom at home.
4. **We're not an attraction at the Tulsa State Fair.** A co-worker once boldly touched my hair and said, "Oh, it feels like a poodle. I love poodles." Wait. What? No! Stop it. That's not okay. We're not animals, and we're not on display for people to just touch us.
5. **It perpetuates racial inequality.** Because white people's hair is considered the norm, they do not usually experience having their hair touched against their will. If their hair is touched against their will, it's most likely the toucher has a poor concept of personal boundaries — not because their hair is so different or commodified by society. This stark difference in experience speaks to the fact that white people's hair is considered normal and Black hair is seen as a deviation, perpetuating the racial divide and making us feel like outsiders.
6. **It makes us feel uncomfortable.** Adults will often refrain from saying "no" to having their hair touched or voicing their discomfort to avoid being perceived as aggressive or rude. Children typically won't express discomfort, as they may not be able to identify and name their true feelings, or they might get teased or seen as rude or overly sensitive. If an adult or teacher touches them, they'll likely feel too uncomfortable to let an authority figure know they have a problem.
7. **Consider the historical significance of Black hair.** The texture of Black hair was used as a justification for enslaving Blacks. Europeans viewed Black hair as "wool" and likened it to the fur of animals, suggesting that because whites have "real hair," Blacks are therefore inferior, like how we view animals. Aside from this, Black hair has had a vital significance in African cultures, especially before the slave trade, where certain hairstyles could mean anything from social status to marital status or whether you had gone through puberty.

Kind comments, like telling a Black person how beautiful or cool their hair is, **are always welcomed and respected.**



PHOTO CREDIT: DENICE TOOMBS-DOTSON

Although this is a children's story, it will enlighten both kids and adults about how to respect Black girls and not alienate them by touching or quizzing them about their hair. This may be an excellent book to read or share with your students or children.

STOP THE MADNESS AND TAKE ACTION

While it's imperative for non-Black folks to understand why this is such a hurtful and common experience for us, it's just as important to prevent these things from happening through education, support and allyship. This is especially true in settings involving children, like classrooms, to ensure Black children are safe and protected.

- In schools, teachers have a role in ensuring their books, learning materials and profiled figures reflect the diversity of our multiracial, multi-textured society. The children's book, *Who Said You Can Touch My Hair?* is a funny story about the sensitivities of touching a Black girl's hair. The main character feels stressed when people try to touch her hair. However, she uses humor to teach others why it is not okay to touch a Black girl's hair and how some compliments can be insulting. Although this is a children's story, it will enlighten both kids and adults about how to respect Black girls and not alienate them by touching or quizzing them about their hair. This may be an excellent book to read or share with your students or children.
- School administrators and hiring managers should hire people of all races and ethnicities who wear all different hairstyles. This is important in chipping away at the idea that white people's hair is the norm. Also, it will allow children and adults to feel represented in their spaces, at school or work, because they know that there are people who look like them. It's imperative to show all different skin colors and hair textures in imagery depicting what a successful person looks like, so Black children can have the confidence they will be successful regardless of having Black hair.
- Discuss the importance of respecting personal boundaries in the classroom or any environment that includes children. Point out that hair is a part of the body that only the person it belongs to should touch. If a student tells the teacher their hair was touched, it's imperative the teacher listens, takes it seriously and has a conversation with the offending student about why the behavior isn't okay.
- Teach diversity, inclusion, and respect for everyone's differences in the classroom. Work hair into it by showing images of hairstyles and textures from cultures around the world and impart that our differences in appearance do not equal differences in our worth as humans. Rather, our differences make us unique and beautiful.

FINAL THOUGHTS

Wearing our natural hair and different hairstyles is not only special, it's an important expression of breaking free from Western norms of beauty and acceptability. Representing different hair textures will help dismantle the biases, discrimination and microaggressions Black people face. Our hair is a part of us, our personal property and space, and deserves respect and the honoring of our boundaries. It's wrong to touch our hair, and it communicates that our differences somehow set us up to be showcased as the "other," inferior to the norm. We (and our hair) are just as deserving of respect as any other person. Tell us you love our hair and how we've styled it, but please, do not touch our hair. TK

Dr. Tamecca Rogers
Dr. Rogers is Director of Diversity, Equity and Inclusion at Tulsa Technology Center. She is a writer and mom to three boys who love adventures.

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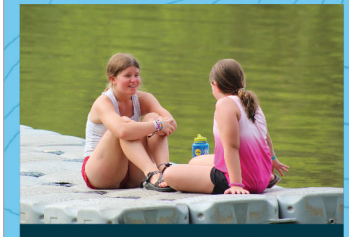
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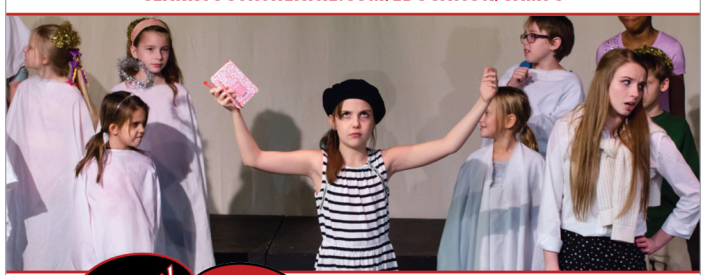
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Nurturing the Next Generation of Musicians

By **Julie Wenger Watson**



> Not only do emerging artists need to be **encouraged by our presence** and **positive feedback;** they all need our financial investments in their projects and the development of industry in our area. **The future is only as strong as our commitment to supporting young musicians.**



Battle of the Bands Judge's Choice winner She Hates Me Not band members with Singer/Songwriter winner Madi McGuire (far right).
PHOTO CREDIT: MICHAEL FLEEMAN

"I DON'T REALLY care where it takes me," says musician Jett Fleeman. "It's just a matter of I want to do this and want to do it for a living."

After competing last month in the Community Food Bank of Eastern Oklahoma's (CFBEO) annual Battle of the Bands fundraiser, the 13-year-old Victory Christian student may be one step closer to realizing his dream. Not only did he perform on the stage of the legendary Cain's Ballroom, Fleeman and his band, She Hates Me Not, won the Judge's Choice Award in the Band category. In addition to bragging rights, the honor comes with 10 hours of studio time in the state-of-the-art recording facility in the newly renovated Church Studio.

Fleeman, who plays guitar and sings, moved to Tulsa from Benton, Arkansas, a year ago, picking up the guitar shortly after he arrived. He met his bandmates, brothers 14-year-old Machai (drums) and 13-year-old Ryder Burggraf (bass & backup vocals), and 12-year-old Nico Stevens (lead guitar) at Oklahoma Music Academy (OMA).

The group plans to record at least four original songs during their studio time. They're already hard at work crafting the new singles. It's a collaborative process aided by modern technology.

"We all kind of write stuff, then we send it in a group chat," Fleeman explains. "When we practice, we just all play it and then put it together."

In addition to their individual lessons at OMA, the band practices every Sunday at Fleeman's home. Fleeman's parents, Christy and Mike, are happy to support their son's music.

"He has two older siblings, and they both went to college on athletic scholarships," explains Fleeman's father, Mike. "We did everything we could to help them, so it's kind of our mindset that, if this is his deal, then we're going to do everything we can to help him with it."

The Fleemans were both excited and anxious about the competition.

"The last thing I said to him before they left the house was, 'Look. It's fine to go into something wanting to win, but the main thing is just do your best and get the experience.' And then when they announced them as the winners, we just all went to tears," Mike says.

Additional winners included Madi McGuire in the Judge's Choice Singer/Songwriter category, Private Skool Kidz in the People's Choice Band category, and Cia Chatterjee in the People's Choice Singer/Songwriter category.

The CFBEO's Junior Ambassadors, high school students committed to fighting hunger in Oklahoma, organized the all-ages event, the proceeds from which support CFBEO's mission. CFBEO is one of the largest, private hunger-relief organizations in the state.

Most of the event's volunteer judges work in the music industry, including Deana McCloud, an owner and partner in Museum Collective. It was McCloud's first year to participate in the event, and she was impressed with the performers.

"I was blown away by the incredible talent and energy that the young musicians brought to the stage, as well as their confidence and stage presence," McCloud says. "The future of Tulsa music



is safe in these talented hands, and what a joy it was to see them on the iconic Cain's Ballroom stage!"

McCloud stresses the importance of supporting younger Tulsa talent through events like this.

"As a former educator as well as being a music programmer and producer, I consider this my personal and professional passion project," she says. "The future is only as solid as our investment in nurturing and encouraging the next generation. Not only do emerging artists need to be encouraged by our presence and positive feedback; they all need our financial investments in their projects and the development of industry in our area. The future is only as strong as our commitment to supporting young musicians."

If the Battle of the Band winners are any indication, the future of Tulsa's music community looks promising.

"It was such an honor to be part of this event and see this new generation of creatives performing in support of such a worthy cause. If we intend to have Tulsa become a true music city, we need to continue supporting our creatives, providing them the space to explore and simply BE, and connect them with the resources that enable them to focus on their craft," McCloud says. "This is just the beginning, but it requires a community to support and nurture in order to build something incredible." TK

Julie Wenger Watson is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.

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Session 5: Creative Dramatics with Cara Cox (August 9-12)



Introduce Your Kid to Golf: Make It Fun

By **Betty Casey**





AS THE PGA Championship returns to Tulsa, parents may be dreaming of raising the next generation of professional players. Kids may be begging to learn to play like the pros. Even parents who don't play may be looking for ways to involve their children in a sport they can enjoy for a lifetime.

Patrick McCrate, director of golf for Tulsa County at LaFortune and South Lakes Golf Courses, says that golf is a great sport for kids because "it checks all the boxes." Kids can be outside, away from screens, and there are beneficial physical and social aspects to golf. It improves focus, coordination and fine motor skills.

"It's an individual sport," McCrate says, "but there's the social aspect, which is fantastic. You can play with your family or a pal."

McCrate recalls one of his favorite memories was playing golf with his friend when they were 12 years old. His friend's dad would drop them off at the golf course, they would play, and then when the dad came to pick them up, he would play nine more holes with the boys.

WHAT AGE SHOULD KIDS START?

McCrate says that kids are starting golf lessons at younger ages than in the past. Some of the kids in LaFortune and South Lakes golf camps have been as young as 5 years old, but the majority fall into the 7- to 9-year-old and older category.

"Every kid is different," he says. "You have to know your own kid. They will need to be able to pay attention, have eye-hand coordination and be able to be outside. Parents usually know when their kid is ready to participate."

INTRODUCING KIDS TO GOLF

One of the best ways to pique a child's interest in golf is to take them with you if you play. Watching you play and riding the golf cart can be enough to encourage some kids.

While there's no hard-and-fast rule to choosing group lessons over private coaching, McCrate recommends group lessons to introduce kids to the sport because it's fun for them to be with others of their skill level as they learn to play. Both LaFortune and South Lakes offer golf camps as well as the Lil' Hooks program, which meets once a week for eight or 10 weeks. Kids may start with a camp, which is usually three hours a day, Monday through Thursday, and then participate in Lil' Hooks, which is a step up for 9-, 10-, 11- and 12-year-olds.

The two locations also offer the PGA Junior League, a national program that McCrate calls "non-competitive competition." A team concept, PGA Junior League has teams of 10 or 12 kids that play matches with each other.

"It's fantastic," McCrate says. "Everybody's rooting for everybody. It introduces them to competition, but it's also fun."

The group lessons have a 6:1 ratio of kids to instructor. To help the pros with camps, McCrate says he uses girls from the Union High School golf team, and boys from the Jenks team as well as college student golfers.

"First and foremost, in my staff, I look for energy and enthusiasm," McCrate says. "If you're going through the motions, then you're not good. You've also got to care if the kid has a good time. We also have some specific rules, such as no phones, and you've got to be in constant interaction with the kids."

McCrate says he learned a lesson from watching how engaged tennis coach Melissa McCorkle's kids were. "I thought I was putting on a good program," he says, "but watching Melissa, these kids were going wild. I'm not in her league. She gave me a great tip. For every year old the child is, that's how often you change activities. So, if a kid is 6, you do something for six minutes, and


KIANKHOON/GETTY

You have to know your own kid. They will need to be able to **pay attention, have eye-hand coordination** and **be able to be outside.**

then you change. I incorporated that, and it was a huge game-changer for me."

EQUIPMENT

LaFortune and South Lakes camps provide equipment for the kids, or parents can buy clubs at LaFortune or elsewhere. They also provide a lease program where clubs can be leased for $75 from March 1–Oct. 31.

McCrate says it can be an advantage to lease clubs because you can take them home with you, which will often encourage kids to play. He says he learned this by getting clubs for his youngest daughter. He came home one day to find her waiting for him with her clubs, ready to play.

ADVICE TO PARENTS

"My advice would be, don't expect Tiger Woods at 7 years old," McCrate says. "When you're introducing your kids to golf, the age thing is huge. If they're only interested in hitting balls for seven minutes and then want to chase butterflies, that's fine. Maybe they'll play a little, then stack the balls, take a drink and then hit a few more."

Finding a course that, like LaFortune, is not intimidating for children or even adult beginners is a good start.

"It's designed so I could take my 6-year-old out there, and we could enjoy it," he says. "LaFortune is not overly intimidating and it's a fantastic place to get started."

Above all, it has to be a fun place to go. You also have to be willing to take your kids when they want to go. McCrate says that the time his 10-year-old daughter was waiting for him with her clubs when he got home from work, he knew she would probably only be good to play for 30 minutes or so, but he took her.

"They'll ask you to go.," he says. "You'll know." TK

Betty Casey

Betty is the Associate Publisher and Editor-in-Chief of TulsaKids Magazine. She has been with TulsaKids for over 20 years.





Amy Siegfried

Consistently Curious about Sports

By **Nancy A. Moore**



> I'm focusing on helping the younger generation. For me, that's key. I love celebrating others' success and growth. **Collaboration is key.** We're all in this together, and we can go further together.

SPORTS AND POP culture go hand-in-hand, and Amy Siegfried, co-founder of Last Night's Game, is eager to connect you with both. She has made it her business to watch from the sideline, so others don't always have to. Her goal is to educate people about the wide world of sports by connecting them with trending topics to maximize conversations that people engage in throughout the day, including those around the water cooler.

Through this endeavor, she is working to help level the playing field for those who don't have the time or interest in following athletics by providing a quick dose of content on trending topics through her podcast, Sports Curious.

In addition to this, she and her husband, Raegen, have a son whom Amy lovingly refers to as the "Tiny Human" on her social media. In this visit, you'll learn a little more about how she defines success, her interest in helping others and what her family likes to do around Tulsa.

TK: You've found a way to easily connect sports with pop culture in your podcast, Sports Curious. What do you hope people will learn from listening?

Amy: In this weekly podcast, I want to teach people enough about sports to be able to visit with others and sound somewhat knowledgeable about current topics and also share how it relates to pop culture. Each episode is only about five minutes and packs a lot of information about current events that they can discuss with friends, family or business acquaintances.

TK: As a master of small talk, what tip or tips would you give to someone who isn't?

Amy: Now that we're out socially following Covid, remembering a few tips helps me in everyday situations. I recommend contributing what you know to a conversation. You can steer the topic of sports or any subject, for that matter, into a different conversation — one that you're more knowledgeable or comfortable with, like food, music or travel.

TK: How do you define success?

Amy: Everybody has their definition on this one. I think it's important to find fulfillment in doing something great, but more importantly, when I go to bed at night, I try to consider the good things I've done that day and how I've contributed to making a positive impact.

TK: Is there something that you are focusing on right now?

Amy: I'm focusing on helping the younger generation. For me, that's key. I love celebrating others' success and growth. Collaboration is key. We're all in this together, and we can go further together.

TK: What drives you in your work?

Amy: I love to create, and that's something I didn't know I had when I was working in the corporate world. I enjoy the creative aspect of writing and owning a business. I also love hearing from people and what they want (about Last Night's Game).

I always saw myself becoming an entrepreneur. For me, the flexibility in my work schedule has been helpful. I work more than I ever did in the corporate world, but the flexibility has been vital in raising my family and taking on more, like going back to get my MBA out of state. I still struggle with shutting down at night, knowing how much I still have to get done.

TK: Shutting down can be difficult. What do you do to unplug?

Amy: When I was in graduate school, I was getting four hours of sleep a night, which wasn't enough. I'm trying to shut down my laptop by 9 p.m. I also try to do some sort of workout daily to keep my sanity. It doesn't always happen, but I'm trying to prioritize myself that way.

TK: You have admitted that you don't sweat the small stuff. How do you accomplish that?

Amy: Living overseas, my husband and I used the phrase, "It is what it is." You can't get



Amy and Raegen Siegfried with their son, Rory.

PHOTO CREDIT: EMILY BURNEY.

over-stroked about things you cannot change. I try to focus on what I can impact, like prioritizing time as a family. Sometimes that's only 15 minutes at the end of the day. Having a child makes that phrase a little more challenging, as the mom guilt is real, but at the end of the day, I try to let go of what I can't control and remember that we're all doing the best we can.

TK: Tell me about your "Water Me Wednesday" concept and one thing you've learned from it.

Amy: It started as a way I reminded myself to water my plants on our Instagram since I have a knack at killing all things green. Long story short, that turned into a weekly interview series where our audience has a chance to learn and grow from our guests. Our guests are creators, movers and shakers from all across the country who share insights and success stories with our audience. Some of my favorites are the ones where I am super curious. One was about brain mapping; another was about the importance of nutrition for children.

TK: As a parent — what tips can you share that maximize your productivity?

Amy: I strive to be present, but that's hard in today's interconnected world. Now that I work from home, when I'm working, I don't touch the dishes or do laundry; I focus on work. The same goes for my time with my family. At work, I set a timer for 20 minutes and focus on one project until the timer goes off instead of multitasking. That is monumental when I'm working on a writing or design project because you can get so much done when you focus, even for 20 minutes.

TK: What are some of your family's favorite things to do around Tulsa?

Amy: We love to spend time outside, including heading out for neighborhood walks, to our pecan farm outside of town or visiting the Gathering Place. The Tiny Human loves the Discovery Lab. My husband and I enjoy trying out new, locally-owned restaurants, so please share any good ones we need to try. And of course, we love to watch sports, from football to Formula One Racing to hockey (go Golden Knights).

TK: You've traveled the world, were a TEDx speaker and recently earned an MBA. What's next for you?

Amy: I strive to keep growing, learning and improving. I once saw a quote that said, "Evolve or die," which really resonated with me. I went back to get my MBA because, as a journalism major, I wasn't as well versed with finance, legal or technology as I'd like to be — I never had to be when working in the corporate world. There was a department for that. The beauty of starting a business is you're in charge of everything, so you have no choice but to figure it out. I feel like I'm learning every day, and I love that. I'm not sure what's next for me at this moment, but it'll definitely fit into that learning and evolving category.

TK: What are you passionate about right now?

Amy: Growing others into the best version of themselves. That's what I do every day with Last Night's Game and what I strive to do to support those whom I mentor, my family and friends to do the same. Through my work with IrishAngels, in our community and mentoring startups across the country, I want to help cultivate the next generation of leaders and global citizens. TK

To learn more about Amy or Last Night's Game, visit lastnightsgame.com or follow @lastnightsgame on Instagram.

You can listen to this visit with Amy on the Sharing Passion and Purpose Podcast: sharingpassionandpurpose.com.

Nancy A. Moore

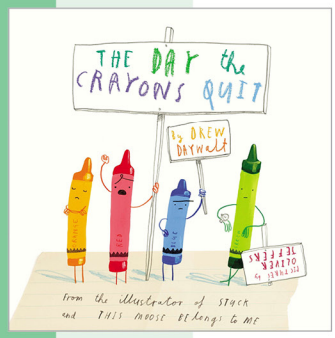
Nancy is a Public Relations Coordinator at Montereau, Adjunct Professor at Tulsa Community College, and has been writing for TulsaKids for almost 20 years.

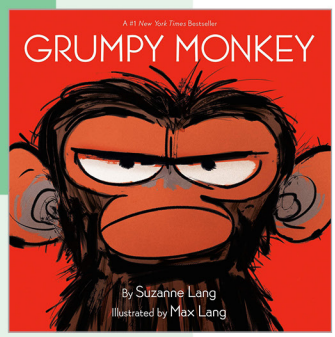
How Are You Feeling?

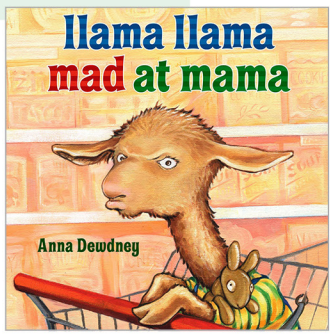
By **Tiffany Willis**

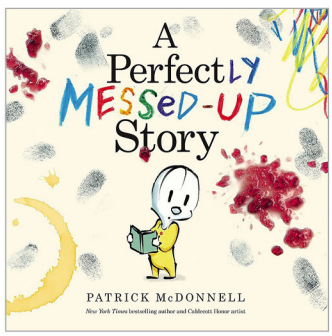
YOUTH ASSOCIATE (CHILDREN'S & TEEN)
SUBURBAN ACRES LIBRARY

When children are taught **emotional intelligence,** they are able to **pay better attention,** are **more engaged** in school, have **better relationships** and are **more empathetic.**









HOW ARE YOU feeling today? As adults, we often answer this question with "fine" or some other generic response. Or, if we decide to engage in conversation, we can use our words to describe whatever emotional state we're in at that moment. What about when you were a child? As a parent, how often can your children articulate the emotions they are feeling?

When children are taught emotional intelligence, they are able to pay better attention, are more engaged in school, have better relationships and are more empathetic. I have listed some books that not only help teach children about emotional intelligence, but are fun to read as well!

The Day the Crayons Quit by Drew Daywalt

From tired and frustrated, to determined and pleased, this book gives a whole rainbow of emotions to talk about with your child. Encourage your child to look at the body language of the crayons. How would they make this crayon feel better? What can they say out loud in times when they feel similar to this particular crayon? This book can spark creative individuality in children as well as encourage them to be open with how they are feeling.

Grumpy Monkey by Suzanne Lang, illustrated by Max Lang

We all wake up on the wrong side of the bed sometimes. Sometimes, we do not even know why! This book explores unexplained frustrations and how we should not repress them. Children aren't always bubbly and upbeat, and that's OK. It's healthy to recognize what we feel. Negative feelings can pass and, like Jim Panzee, we'll feel better soon enough. Your child will love the colorful illustrations in this book and the funny dialogue between the animals trying to cheer up the grumpy monkey. Encourage your child to show empathy as they engage with trying to cheer Jim up.

Llama Llama Mad at Mama by Anna Dewdney

Aside from the beautiful illustrations, the fun rhyming and repeating words, and the elegantly written humor, this book is a great reminder that sometimes the outside world can be too much for little ones. Encourage your child to discuss the proper ways to display and respond to anger or frustration.

A Perfectly Messed-Up Story by Patrick McDonnell

This fun and hilariously interactive book is engaging as it teaches your child to embrace life's messes. Little Louie wants to tell a story, but how can he tell a story if the story isn't perfect? Use this book as an example of teaching your child to just take a moment and breathe — everything will be OK. TK

Tiffany Willis is the Youth Associate at the Suburban Acres Library. She has been in the Tulsa City-County Library for 15 years.



Why We Love Ms. Tiffany!



By **Laura Raphael**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

AS A DEEPLY doting aunt myself, I am naturally drawn to Tiffany Willis, youth associate (which means she caters to both children and teens) at the Suburban Acres Library, because she is FULL AUNT TIFFANY. You can't have a conversation with her without mentioning one of her nieces, nephews AND great-nieces and nephews. (I can relate. Sorry, Emma and Ben.)

But what stands out about Ms. Tiffany is her undying curiosity about the young people who flock to her side every day — and her desire to do everything she can to connect with them. Her warm smile and gentle presence draw kids and teens in; her knowledge of books and interest in who they are keep them coming back.

She learned this lesson well from one of the library's greatest children's librarians ever, Ms. Beverly Jemison, who retired last spring. Tiffany worked with Beverly for nearly 15 years before stepping into her shoes.

"Ms. Beverly always seemed to enjoy working with the children," says Tiffany. "With every program or storytime she did, it really looked like she was having as much fun as the they were!"

This is now her guiding light: What Would Ms. Beverly Do? — with a fun Ms. Tiffany twist.

In addition to bringing back storytimes and various drop-in events (recently, a candle-making program for all ages), Tiffany has been showcasing the newest books in colorful displays with extra, crafty bookmarks attached.

Oh, and did I mention she is a devoted aunt? Her oldest niece's 3-year-old twins are the inspiration for many of her book displays and storytime songs ("Roly Poly" is a BIG favorite), and her tween/teen nieces (ages 12 and 14) keep her up to date on the latest crafts. Because of them, she'll be starting a book and craft club based on the Goddess Girls book series.

During the Summer Reading Program ("Oceans of Possibilities") this year, which starts June 1, Ms. Tiffany gives us one more reason to love her: She is creating a life-sized aquarium in the children's area for families to "swim" through and find books and materials that will enrich their lives.

Drop on by — Ms. Tiffany's welcome knows no bounds, and that's one of the many reasons we love her! **TK**

Laura Raphael is the Children's Services Coordinator for the Tulsa City-County Library.

Little Luxuries to Make for Mom

By **Natalie Mikles**





BHOFACK2/GETTY

MARGOUILLATPHOTOS/GETTY

IT'S THE LITTLE luxuries that make Mother's Day special. Sleeping in, drinking the first cup of coffee snuggled in bed, taking a long walk with the family, letting someone else worry about what's for dinner. The more you can take off mom's plate, the more refreshed and appreciated she will feel.

Start with breakfast so she can start the day feeling loved. While mom stays in bed, bring her hot coffee, a bowl of fresh berries and homemade cards. For an extra touch, bring her a favorite magazine or new book, turn on some music and fluff her pillows. While she relaxes, the kids or a spouse can make breakfast.

It's not as easy for single moms to abandon responsibilities on Mother's Day, so we're including a few recipes easy enough for older kids to make on their own.

Older kids can make this recipe themselves. It's easy to make but is full of delicious smoky-sweet flavor.

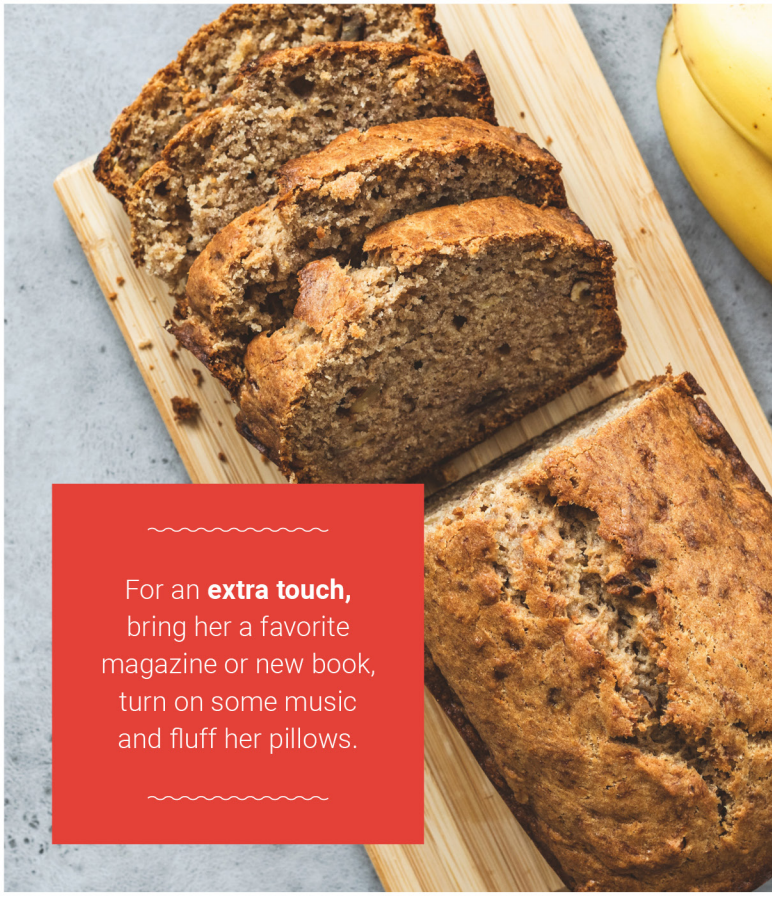
QUICK CANDIED BACON

SERVES 8

- 1 pound bacon
- ¼ cup maple syrup
- ¼ cup brown sugar

1. Preheat oven to 375 degrees. Line a baking sheet with foil.
2. Cut strips of bacon in half. Place bacon on foil and bake 10 minutes or until the bacon is about halfway done.
3. Remove pan from the oven, pour off excess fat, and wipe clean. Brush each piece of bacon with maple syrup, then sprinkle with brown sugar.
4. Return to the oven and bake 12 to 15 minutes or until bacon is browned and crispy. Allow to cool slightly before serving.

Making breakfast the night before frees up more time to spend together on Mother's Day. These enchiladas are easy to put together. Serve with cheesy potatoes, fruit and a mimosa for mom.



For an **extra touch,** bring her a favorite magazine or new book, turn on some music and fluff her pillows.



OVERNIGHT BRUNCH ENCHILADAS

SERVES 10

- 1 cup cubed ham (fully cooked)
- ¼ cup chopped green onions
- 10 (8-inch) flour tortillas
- 2 cups shredded cheddar cheese, divided
- 1 tablespoon all-purpose flour
- 2 cups half and half
- 6 large eggs, lightly beaten
- ¼ teaspoon salt

1. In a large bowl, combine ham and onions. Place ¼ cup ham and onion mixture down the center of each tortilla. Then place 2 tablespoons cheese on top of each. Roll up and place seam side down in a greased 9-by-13-inch baking dish.
2. In another bowl, combine the flour, cream, eggs and salt until smooth. Pour over tortillas. Cover and refrigerate overnight.
3. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350 degrees for 25 minutes. Uncover, and bake for 10 minutes. Sprinkle with remaining cheese and bake 3–5 minutes longer or until cheese is melted. Let stand 10 minutes before serving.

Make the morning super sweet with this coffee cake that both mom and the kids will love.

CINNAMON-BANANA COFFEE CAKE

SERVES 8-10

- ⅓ cup butter, softened
- 1 ⅓ cups sugar
- 2 eggs
- ¼ cup water
- 2 bananas, coarsely chopped
- 1 ⅔ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ cup chopped pecans
- 2 tablespoons sugar mixed with ½ teaspoon cinnamon

1. Preheat oven to 325 degrees. Beat together butter and sugar until well blended. Add eggs and water, mixing until fully incorporated. Stir in bananas, flour, baking powder, baking soda, cinnamon, nutmeg and cloves, mixing well.
2. Spread butter into a greased Bundt pan, then sprinkle with pecans and the cinnamon-sugar mixture. Bake 40 minutes or until toothpick inserted in center comes out clean. Allow to cool 15 minutes in pan before turning out onto a cooling rack.



ARX0NT/GETTY

These decadent potatoes are great with ham, sausage or eggs on Mother's Day. It makes enough that you may have leftovers so Mom doesn't have to make dinner.

CHEESY HASHBROWN POTATOES

SERVES 8 TO 10

- 1 (26-ounce) package frozen hashbrown potatoes
- 2 cups shredded cheddar cheese
- 1 cup half and half
- ½ cup chicken broth
- 2 tablespoons butter, melted
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon garlic powder
- Garnish: crispy cooked bacon, crumbled

1. Preheat oven to 425 degrees. Combine potatoes and cheese in a large bowl. Set aside.
2. Mix remaining ingredients, except garnish of bacon, in a separate bowl. Stir into potato mixture until well blended. Spoon into a greased 9-by-13-inch baking dish. Bake 45 to 60 minutes. Garnish with bacon.

Make this baked French toast the night before, then pop it in the oven to bake on Mother's Day morning.

CARAMEL FRENCH TOAST

SERVES 6

- 1 cup brown sugar, packed
- 1 stick butter
- 2 tablespoons heavy whipping cream
- 8-10 slices French bread
- 6 eggs, beaten
- 1 ½ cups milk
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

1. Combine brown sugar, butter and cream in a small saucepan. Cook over medium heat until thickened, stirring constantly. Pour into a 9-by-13-inch baking dish.
2. Arrange bread to fit in dish. This could be between 6-10 slices of bread, depending on the size. Cut larger pieces to fit so that all the bottom is covered.
3. Whisk eggs, milk, vanilla and salt. Pour evenly over bread. Cover, and place in refrigerator overnight.
4. Uncover and bake at 350 degrees 40 to 45 minutes or until golden. Serve immediately.

Slightly sweetened fruit makes this fruit salad special.

MOM'S FAVORITE FRUIT SALAD

SERVES 6

- 3 cups sliced strawberries
- 2 mangoes, diced
- 2 cup blueberries
- 1 orange, juiced
- 1 teaspoon lime zest
- 1 teaspoon agave nectar or honey

1. Stir together strawberries, mango and blueberries. Add orange juice, lime zest and agave nectar or honey. Serve immediately or within a few hours for best taste. TK

Natalie Mikles

Natalie is a mom of three — 12-year-old twin girls and an 11-year-old boy. She writes about food, sharing recipes for busy families and picky eaters.

Fun Drivable Destinations

FOR A DAY, A LONG WEEKEND OR A WEEK

BY NATALIE MIKLES



It's not too late to make summer travel plans!

SOME PARENTS have had their family vacations scheduled a year in advance, and others still don't know if a vacation will be in the cards this summer. For some, work and sports schedules make it difficult to plan too far ahead.

But packing up the car and heading out on the road on a whim can be a ton of fun. It doesn't have to take weeks of planning and can actually make it more of an adventure to fly by the seat of your pants. A summer road trip is fun whether it's a day trip, a long weekend or an entire week out of town.

Here are a few ideas for drivable destinations, with some suggestions to make it even more fun for the kids. Choose your own adventure!

THIS PAGE: TALLGRASS PRAIRIE: MARINE2844/GETTY. PAGOSA SPRINGS: DANIELLE STALDER/GETTY. BENTONVILLE: PHOTO COURTESY OF CRYSTAL BRIDGES MUSEUM OF AMERICAN ART.

OPPOSITE PAGE: THE MERCANTILE: COURTESY OF THE MERCANTILE. BLUESTEM FALLS: COURTESY OF CHRIS HARRINGTON. PIANO: COURTESY OF WOOLAROC MUSEUM & WILDLIFE PRESERVE. ICE CREAM: COURTESY OF THE MERCANTILE.



Visiting The Mercantile is just one of the many family activities in and around Pawhuska.







DAY TRIP: Pawhuska

REE DRUMMOND put Pawhuska on the map. But even before the Pioneer Woman skyrocketed to fame, Oklahoma families have been making the trip to Pawhuska for fun family days.

There's so much summer fun to be had in Pawhuska, from a drive through the Tallgrass Prairie to a swim in Bluestem Lake. Leave early to make the one-hour drive from Tulsa to Pawhuska. You can pack a picnic if you plan on spending part of the day at Bluestem, or better yet stop for breakfast or lunch at the Pioneer Woman Mercantile.

CAN'T MISS: The Mercantile has been a gift to Pawhuska. Originally constructed in 1910, the Drummond family renovated the historic building to its original beauty and beyond. It's now filled with kitchenware, clothes, jewelry, gifts and toys, curated by Drummond. Fans of the Pioneer Woman will love the Lodge tour. The Lodge is where Drummond's Food Network show is filmed, and it's a fun place to poke around, even for the kids.

Check the Pioneer Woman website to find out the Lodge tour dates. Back at the Mercantile, take the kids upstairs to the bakery where they can watch bakers and pastry chefs roll out pie dough and decorate cookies behind the kitchen windows. This is also a great spot for sipping lemonade or an iced coffee while people watching.

TRY THIS: Pack a change of clothes and a towel, and let the kids splash around at Lake Pawhuska. The falls at Bluestem Lake are also worth making a trip. Kids will love the roar of the falls.

ADD ON: If you want to add on a little something to this trip, you could start early with breakfast at the Merc. You can't go wrong with Edna Mae's Pancake Breakfast — $12 for a short stack, two eggs, bacon, sage sausage and infused syrups. Once you've tooled around downtown, you can make the 45-minute drive east to Woolaroc, where kids can explore the wildlife preserve, visit the petting zoo and then wander the museum in the welcome cool air conditioning.



A short drive from Tulsa, Bentonville, AR, offers art at Crystal Bridges Museum, fun for kids at the Amazeum children's museum, hiking, biking and more!

LONG WEEKEND: Bentonville

NORTHWEST ARKANSAS has become a top family travel destination—and luckily for Tulsans it's just about a two-hour drive. There's plenty to do in Bentonville and the surrounding towns. Make a mini vacation out of it, spending a couple of nights for a long-weekend getaway.

Bentonville is best known for two things: the birthplace and headquarters of Walmart and the home of the renowned Crystal Bridges Museum of American Art. Crystal Bridges is a must when visiting Northwest Arkansas. Even if you've been before, there's always something new to see, whether a new exhibit or wandering the grounds to explore a new path in the Ozark Woods surrounding the museum.

It may be on the higher end of your budget, but for a splurge the 21C Museum Hotel is a great hotel that's both kid friendly and sophisticated, a feat to pull off. But if you know your kids will want to swim in the hotel pool—one of the best things about family vacation for many kids—there are big-name hotels with pools for the kids.

CAN'T MISS: The Amazeum is one of the best children's museums around. Kids will love the interactive exhibits, play labs, homestead cabin and farm, cloud theater and outdoor play space. With a focus on science, this museum lets kids explore their world through learning and play. If you have time, plan to spend the day, allowing the kids to play without being rushed. There's plenty of space for toddler play, as well as areas for older kids. The Tinkering Lab is for kids ages 7 and older and allows them to use a variety of materials and technology to explore and create.

TRY THIS: Bentonville is known for having some of the best bike trails in the country. Load up your bicycles so that you can spend a day riding, whether it be on paved pathways or off-road mountain bike trails.

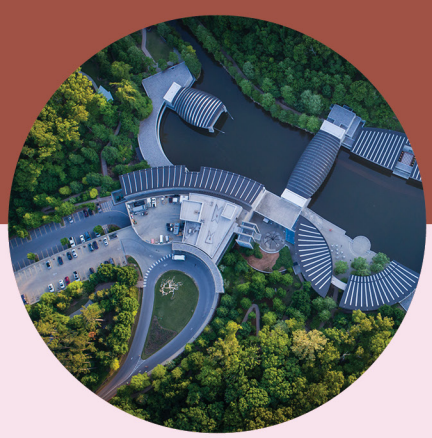
Ride downtown and stop for lunch at the fun Crepes Paulette, a quirky and delicious restaurant with savory and sweet crepes. Kids will love the banana and Nutella crepe or the simple butter and sugar crepe.

ON THE WAY: If you have the time, stop in Siloam Springs at Natural Falls State Park. The park is just outside Siloam Springs in Colcord. It's worth the stop to hike to the 77-foot waterfall. A railed observation platform is a great spot for a photo and to take in the view. Kids who have read the book *Where the Red Fern Grows* will be interested to know that scenes from the movie were filmed in the park.

AMAZEUM: COURESY OF SCOTT FAMILY AMAZEUM. SCULPTURE & AERIAL VIEW: PHOTOS COURTESY OF CRYSTAL BRIDGES MUSEUM OF AMERICAN ART. CREPE: PHOTO COURTESY OF CREPES PAULETTE.

OPPOSITE PAGE: TREASURE FALLS: MICHAELSCHOBER/GETTY. PINK CAVE: KATE RUSSEL | COURTESY OF MEOW WOLF. CROISSANTS: COURTESY OF PAGOSA BAKING CO. AERIAL VIEW OF PAGOSA SPRINGS: ROSCHETZKYISTOCKPHOTO/GETTY.













ONE WEEK: Pagosa Springs

A ROAD TRIP to Colorado is the ultimate escape from the oppressing Oklahoma heat. As you inch further north, eventually winding through Wolf Creek Pass, you'll roll down your windows for a cool breeze and beautiful mountain view and be immediately glad you decided on this destination.

Pagosa Springs is a great town for families, with walking trails, campgrounds, rafting, fishing and hikes easy enough for kids. And for the less outdoorsy, there are downtown shops, mineral water hot spring pools, artist collectives, bakeries and many restaurants with patio seating to enjoy the nice weather and pretty views.

Even compared to other laid-back Colorado towns, Pagosa is particularly easy breezy, with a slow pace and relaxed vibe.

It's pretty easy to find a house, cabin or condo to rent, or if you're looking for something more full service, there are several inns and hotels.

CAN'T MISS: Treasure Falls is a one-mile roundtrip hike to a 105-foot waterfall. The views are gorgeous, and kids will love the adventure of the climb plus feeling the spray and mist of the water the further up they go. This is a must for scenic photos and will be something kids and parents will store in their memory banks.

TRY THIS: Start your day at the Pagosa Baking Co. Grab a table on the patio and sip a mocha (made with housemade ganache) as you nibble on freshly made croissants, green chile and cheddar quiche or a slice of berry pie. Situated in the heart of downtown, this is a good starting point for a walk through downtown along the San Juan River. Jump off the trail, and walk down near the river-bank so the kids can explore the environment along the bank and wade in the water. It's easy to find little hot springs pools to soak your feet.

ON THE WAY: There are a few routes you can take from Tulsa to Pagosa Springs. But for added fun, take the route through Santa Fe, stopping overnight to take a break from the road and to enjoy the city, where you could easily spend a week. At the top of our picks for Santa Fe is the Meow Wolf psyche-delic, immersive art museum where kids can explore the nooks and crannies of imagina-tion. The Georgia O'Keefe Museum is another not to miss — one parents will love but kids will also appreciate, as the museum has many kid-friendly activities, including giving children sketchbooks when they enter. TK



Natural beauty, hot springs, hikes, shops and restaurants all await you in laid-back Pagosa Springs, CO.

Family Friendly Museums & Attractions

MUSEUMS offer unique opportunities to learn about art, history, science and more outside of the classroom. When planning summer travel and activities, add these educational experiences to your bucket list! Find even more options at **tulsakids.com/oklahoma-and-area-family-friendly-museums-are-exciting-destinations.**

TULSA AND SURROUNDING AREAS

AHHA TULSA

101 E. Archer St., Tulsa
ahhatulsa.org

Not only can visitors enjoy vibrant exhibitions of contemporary art, they can create their own works in THE STUDIO. Ahha supplies recycled art materials, creative prompts and inspiration. Don't miss THE EXPERIENCE: IMAGINE, an immersive exhibition that takes you through outer space, a lichen-covered forest and more.

BOB DYLAN CENTER

116 E. Reconciliation Way, Tulsa
bobdylancenter.com

Opens May 10 Located a couple doors down from the Woody Guthrie Center, the Bob Dylan Center will offer a fascinating, in-depth look into the life and work of the famous songwriter.

DISCOVERY LAB

3123 S. Riverside Dr., Tulsa
discoverylab.org

Discovery Lab's new Gathering Place location features seven separate exhibit areas, plus three high-facilitation areas where kids can engage in their own scientific experiments. And of course, the ever-popular tape tunnels are still a hit!

OKLAHOMA AQUARIUM

300 Aquarium Dr., Jenks
okaquarium.org

Even in land-locked Oklahoma you can get a taste of the ocean at the Oklahoma Aquarium! Visit Sea Turtle Island, walk through a tunnel of bull sharks and learn more about key aquatic ecosystems.

PHILBROOK MUSEUM OF ART

2727 S. Rockford Rd., Tulsa
philbrook.org

Explore the galleries and grounds of the beautiful Philbrook Museum! Ongoing outdoor nature-based activities, like a fort-making station, will keep kids engaged for hours. Don't miss Frida Kahlo, Diego Rivera, and Mexican Modernism, opening July 6.

SHERWIN MILLER MUSEUM OF JEWISH ART

2021 E. 71st St., Tulsa
jewishmuseumtulsa.org

Boasting the largest collection of Judaica in the southwest, the SMMJA offers a glimpse into the history and traditions of the Jewish people. The museum also features the Herman and Kate Kaiser Holocaust Exhibition.

THE MUSEUM BROKEN ARROW

400 S. Main St., Broken Arrow
brokenarrowmuseum.org

Explore the history of Broken Arrow. Notable permanent features include the Old Town Hall Jail Cell and Childers Cabin, as well as a "Made in Oklahoma" gift shop.



PHOTO BY ANDREA MURPHY PHOTOGRAPHY

PHILBROOK MUSEUM OF ART



TULSA AIR & SPACE MUSEUM AND PLANETARIUM

3624 N. 74th E. Ave., Tulsa
tulsamuseum.org

Learn about the history and future of aviation from an Oklahoma-specific lens, through hands-on experiences like a flight simulator, aircraft you can climb aboard and more.

TULSA BOTANIC GARDEN

3900 Tulsa Botanic Dr., Tulsa
tulsabotanic.org

Tulsa Botanic Garden features a delightful Children's Garden (complete with tree fort!), a paved walking trail and the art deco-inspired Tandy Floral Terrace Gardens as well as many family friendly activities.

TULSA HISTORICAL SOCIETY & MUSEUM

2445 S. Peoria Ave., Tulsa
tulsahistory.org

Located in the beautiful Travis Mansion, the Tulsa Historical Society & Museum offers an excellent way to explore Tulsa's past.

TULSA ZOO

6421 E. 36th St. N., Tulsa
tulsazoo.org

The newest major attraction at Tulsa Zoo is the incredible Helmerich Playground: Behaving Like Animals. In addition to visiting their favorite creatures, zoo guests can enjoy train and carousel rides, animal demonstrations and plenty of food options.

VINTAGE SEWING CENTER AND MUSEUM

5528 S. Peoria Ave., Tulsa
facebook.com/vintage-sewingcenterandmuseum

Learn about the history of sewing machines at this hands-on museum housing hundreds of sewing machines from the 1800s and later.

WILL ROGERS MEMORIAL MUSEUM AND BIRTHPLACE RANCH

Memorial Museum: 1720 W. Will Rogers Blvd., Claremore
Birthplace Ranch: 9501 E. 380 Rd., Oologah
willrogers.com

Explore the biography of the man who "Never met a man [he] didn't like." Young visitors to the Memorial Museum will enjoy the interactive children's exhibit, where they can play dress-up, create a puppet show and more! The Birthplace Ranch is home to hiking trails, livestock and other attractions.

WOODY GUTHRIE CENTER

102 E. Reconciliation Way, Tulsa
woodyguthriecenter.org

The Woody Guthrie Center honors Woody Guthrie's legacy of music and activism. Don't miss the Dust Bowl virtual reality experience or the Music Bar, where you can listen to Guthrie's musical catalogue.

OKLAHOMA CITY AREA

FIRST AMERICANS MUSEUM

659 First Americans Boulevard, Oklahoma City
famok.org

Dive into the histories of the 39 First American Nations living in Oklahoma.

MYRIAD BOTANICAL GARDENS

301 W. Reno, Oklahoma City
myriadgardens.org

Ride a carousel and get your wriggles out in the free gardens at Myriad. The gardens house playground equipment as well as plants and sculpture. The Crystal Bridge Conservatory is currently closed for renovation.

NATIONAL COWBOY & WESTERN HERITAGE MUSEUM

1700 NE 63rd St., Oklahoma City
nationalcowboymuseum.org

Western History comes alive through fine art, a walk-through, turn-of-the-century town and interactive spaces where kids can engage in educational play.

OKLAHOMA CITY MUSEUM OF ART

415 Couch Dr., Oklahoma City
okcmoa.com

In addition to an impressive collection of fine art, OKCMOA offers frequent fun and educational events for the whole family.

THE OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM

620 N. Harvey, Oklahoma City
oklahomacitynational memorial.org

The outdoor memorial gives visitors a space to reflect and to honor "those who were killed, those who survived and those changed forever" by the Oklahoma City bombing. The museum offers an interactive, self-guided tour sharing the stories of those affected.

OKLAHOMA CITY ZOO

2101 NE 50th St., Oklahoma City
okczoo.org

Go to okczoo.org/rides-and-attractions to learn more about daily activities offered at the zoo, such as Keeper Connections, Sea Lion Presentations, Giraffe Feedings and more!

OKLAHOMA HALL OF FAME AND GAYLORD-PICKENS MUSEUM

1400 Classen Dr., Oklahoma City
oklahomahof.com

Learn about famous, community-driven Oklahomans. Notable Hall of Famers include Gene Autry, Maria Tallchief Paschen and Elizabeth Warren.

OKLAHOMA HISTORY CENTER

800 Nazih Zuhdi Dr., Oklahoma City
okhistory.org/historycenter

A neighbor to the Oklahoma State Capitol, the Oklahoma History Center hosts galleries full of Oklahoma memorabilia and hands-on activities. The outdoor space includes an oilfield exhibit and a journey through the Red River Valley.

SAM NOBLE MUSEUM OF NATURAL HISTORY

2401 Chautauqua Ave., Norman
samnoblemuseum.ou.edu

This natural history museum houses 10 million specimens and artifacts in its permanent collection. Ongoing exhibitions include the Hall of Ancient Life, which gives visitors a chance to get up close to dinosaur and mammoth bones.

SCIENCE MUSEUM OKLAHOMA

2100 NE 52nd, Oklahoma City
sciencemuseum oklahoma.com

Science Museum Oklahoma boasts 350,000 square feet of hands-on science experiences, art and history! Attractions include CurioCity, with eight "neighborhoods" that expose kids to science through fun activities.

SKELETONS: MUSEUM OF OSTEOLOGY

10301 S. Sunnylane Rd., Oklahoma City
skeletonmuseum.com

No bones about it, SKELETONS: MUSEUM OF OSTEOLOGY is sure to be a hit with kids who want to get an inside view of the natural world.



THE OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM

MTCURADO/GETTY



WOOLAROC MUSEUM & WILDLIFE PRESERVE

OTHER ATTRACTIONS

CHICKASAW CULTURAL CENTER

867 Cooper Memorial Rd., Sulphur
chickasawculturalcenter.com

Learn about the history of the Chickasaw people through reenactments, exhibits and more.

CHOCTAW CULTURAL CENTER

1919 Hina Hanta Way, Calera
choctawculturalcenter.com

A living village, activity center, traditional food at the Campuli Café all give visitors insight into the lives and history of the Choctaw people.

JASMINE MORAN CHILDREN'S MUSEUM

1714 W. Wrangler Blvd., Seminole
jasminemoran.com

The Jasmine Moran Children's Museum offers kids an opportunity to explore the world of work through many of their career-based exhibits.

LEONARDO'S CHILDREN'S MUSEUM AND ADVENTURE QUEST

200 E. Maple Ave., Enid
leonardos.org

When you're finished exploring the indoor exhibitions, head outside to Adventure Quest, a three-story wooden castle and outdoor science playground!

OKLAHOMA ROUTE 66 MUSEUM

2229 W. Gary Blvd., Clinton
route66.org

Get your kicks at Oklahoma's Route 66 Museum, and discover the history of the Mother Road, from the Dust Bowl through its heyday in the 1950s and beyond.

RURAL OKLAHOMA MUSEUM OF POETRY

416 E. Main St., Locust Grove
rompoetry.com

The Rural Oklahoma Museum of Poetry, or ROMP, invites visitors to experience poetry through exhibitions, hands-on activities and more. Find writing prompts on their website.

SPRINGFIELD, MISSOURI

springfieldmo.org

From hiking through breathtaking trails in the Ozarks to shopping or savoring culinary treats, families can find something to love in Springfield, the big city with small town hospitality. Visit the Dickerson Park Zoo (and maybe help feed the giraffes), the Route 66 Car Museum and the 1984 Arcade (for the tweens & teens in the family), or take in a Cardinals game or explore Crystal Cave. Kids will love the Itty Bitty City and Discovery Center, both offering plenty of hand-on activities to spark their imaginations.

TOY AND ACTION FIGURE MUSEUM

111 S. Chickasaw St., Pauls Valley
toyandactionfiguremuseum.com

Toys and childhood go hand-in-hand. Kids will love this impressive collection of pop culture nostalgia.

WOOLAROC MUSEUM & WILDLIFE PRESERVE

1925 Woolaroc Ranch Rd., Bartlesville
woolaroc.org

Native and exotic wildlife, western art and artifacts—Woolaroc has it all! Don't leave without visiting the Mountain Man Camp and Animal Barn!

WONDERS OF WILDLIFE NATIONAL MUSEUM & AQUARIUM

500 W. Sunshine St., Springfield, Missouri
wondersofwildlife.org

Special features of this jaw-dropping museum and aquarium include Great Oceans Hall, which holds a 300,000-gallon tank housing sea turtles, zebra sharks and more, and the Out to Sea Shark Dive, where guests can meet sharks face-to-face from the safety of a metal diving cage.

PHOTO COURTESY OF WOOLAROC MUSEUM & WILDLIFE PRESERVE.

GREENHOUSE PEDIATRIC THERAPY



Kassie Allison, MOT, OTR/L

My 3-year-old son has a lot of words, but it is hard to understand him most of the time. I know some sounds develop when kids are older, so I don't know if this is normal for his age. Does he need speech therapy?

The main consideration is whether difficulty being understood is causing increasing or persistent challenges with daily function (frustration, difficulty getting needs and wants met). Some sounds continue to develop into early elementary school. Three-year-olds should be able to say k, g, f, t, d and n sounds the right way in words most of the time. Parents can typically understand about 80% of what their 3-year-old says, and other people should understand 50-75%. If he struggles with the above letter sounds, or his speech isn't understandable by others at least half of the time, I recommend a hearing screening and an evaluation by a Speech-Language Pathologist.

Greenhouse Pediatric Therapy

2033 W. Houston, Broken Arrow
11211 N. Garnett, Suite B, Owasso
918.994.7799 | GreenHousePeds.com

DYSLEXIA CENTER OF TULSA



Dr. Penny Stack
Founder & Owner

My 16-year-old daughter has always struggled academically. She was diagnosed with ADD and did much better after getting on Vyvanse in middle school, but she's continued to struggle with spelling and reading, despite being smart. Could she have dyslexia? If so, is it too late to get an assessment, and would she have to get on an IEP?

Diagnostic testing does not directly require an IEP. Many families get testing and treatment outside of school without choosing to seek IEP or 504 services from the school. At this time in your daughter's life, the importance of testing is twofold. First, it will permit her to request increased time and perhaps have questions read to her via audio on the ACT, and it will open the door to seek accommodations in higher education. Second, it opens the door for treatment to begin now. It is never too late to improve our brain's ability to process what we see and hear for reading to become easier. A diagnostic test is recommended by a neuropsychologist or clinical psychologist. An evaluation through DCT will enable us to develop a treatment plan.

Dyslexia Center of Tulsa

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

LICE CLINICS OF AMERICA – MIDSOUTH



Wade Huntsman
Owner

Are lice really common at summer camps? How do I protect my child?

The prevalence of lice depends a great deal on the age and gender of the campers. Lice is most common in girls aged 4 to 12. At Lice Clinics of America, we have screened camps where more than 10% of campers were positive, but it's usually closer to 5-8%.

If you are concerned your child may have lice, have them professionally treated BEFORE arriving at camp to avoid the embarrassment of being sent home. To protect your child from exposure, use peppermint repellant sprays on jackets, backpacks, caps, as well as campers. Peppermint makes your child less inviting to lice looking to spread.

Before your child returns from camp, it would be wise to have them screened by a professional before reintroducing them to the home. Remember, cheer, dance, and gymnastics have the highest level of lice, followed closely by church camp. Stay alert!

Lice Clinics of America—Midsouth

3421 E 21 st Street, Tulsa, OK 74114
918.779.0001 | LiceClinicsMidsouth.com

MILLER SWIM SCHOOL



Sarah Clavin

National Water Safety Month – What does it mean for us?

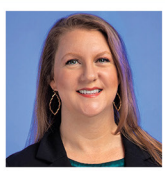
May is National Water Safety Month, and the American Red Cross wants to ensure that every member of your family becomes water competent, parents and children alike. This means being water smart, having swimming skills and knowing how to help others. Children and adults should learn to swim so they at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

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

Miller Swim School

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

AMPLIFY YOUTH HEALTH COLLECTIVE



Heather Duvall, Executive Director

May is Sex Ed for All Month. Why is sexual health education important for young people and what role can parents play?

Parents are the first and primary educators about health and relationships. Caregivers should talk with their children early, in age-appropriate ways, as they learn, grow, and begin to ask questions about their bodies. Sex ed deepens a young person's understanding and provides the knowledge and skills to make healthy decisions. High-quality, medically accurate, inclusive sexual health education supports positive health outcomes in the future. Sex Ed for All month is an opportunity to raise awareness and call for real investment in sex education in schools and communities across the country. Sex education is about so much more than risk reduction and disease prevention; young people deserve holistic sex education that equips them to develop healthy relationships, make healthy decisions, and plan for their futures. Positive sexual health education and meaningful conversations with trusted adults at home provide the support young people need as they grow into young adults.

Amplify Youth Health Collective

1601 South Main St., Suite 200, Tulsa, OK 74119
918.794.9073 | AmplifyTulsa.org
info@amplifytulsa.org

MAY 2022

SCAN THE QR CODE
to find more events at
tulsakids.com/calendar!



MCKNIGHT CENTER FAMILY SERIES: DAN AND CLAUDIA ZANES

MAY 14

Details p. **44**

Dan and Claudia Zanes bring their kid-friendly, interactive musical performance to Stillwater!

PHOTO COURTESY OF ANNA ZANES, THE MCKNIGHT CENTER



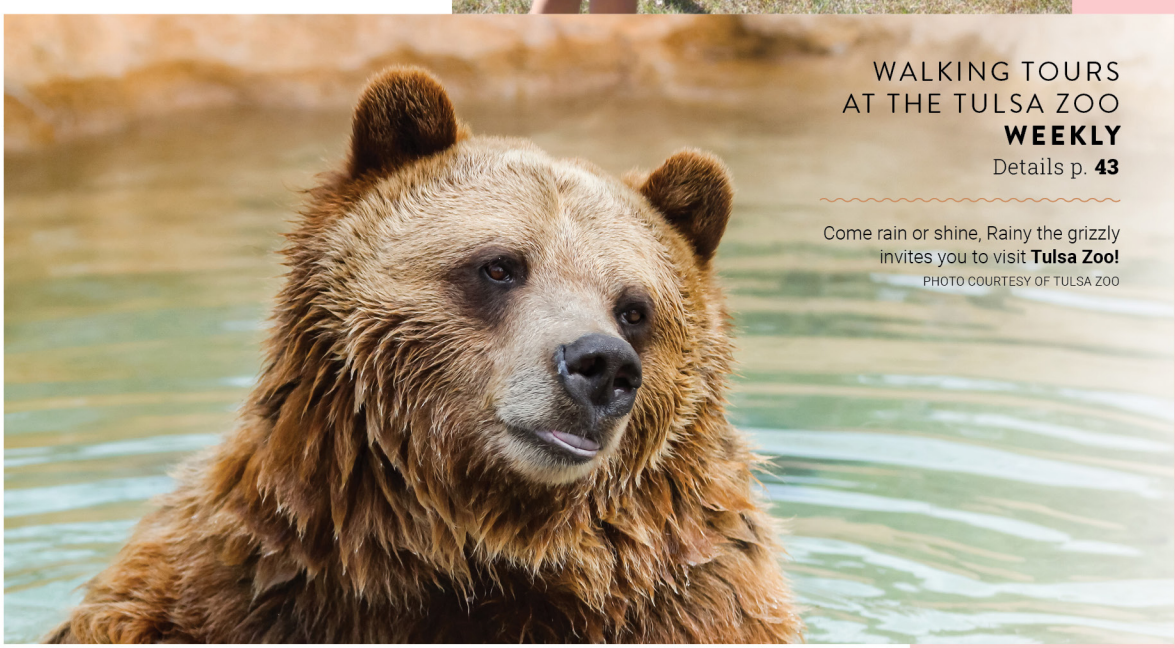
20 MILES FOR $20: LET'S RIDE RIVERSIDE

MAY 14

Details p. **44**

Support **Oklahoma Flyers** and **Family Hope House of Tulsa** while enjoying a family bike ride on May 14.

PHOTO COURTESY OF OKLAHOMA FLYERS.



WALKING TOURS AT THE TULSA ZOO

WEEKLY

Details p. **43**

Come rain or shine, Rainy the grizzly invites you to visit **Tulsa Zoo!**

PHOTO COURTESY OF TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO

Sunday, May 1

WIZARD OF OZ: THE DELETED SCENE

All ages, 2 p.m., Spotlight Theatre, 1381 Riverside Dr., tulsaspotlighttheater.com

Spotlight Children's Theatre performs a new take on "The Wizard of Oz"! For reservations call 918.587.5030.

FLINT FAMILY FOUNDATION CONCERT SERIES: STRIKE, SCRAPE, SHAKE (F)

All ages, 5 p.m., Guthrie Green, 111 E. Reconciliation Way, tulsasymphony.org

Enjoy an evening of engaging music and fun activities, courtesy of the Tulsa Symphony Orchestra. Pre-show activities and food trucks available at 4 p.m.

Monday, May 2

MOVE IT! (W)

Ages 0-4, 11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

The youngest Discovery Lab visitors are invited to enjoy special programing in the Little Lab each Monday morning!

Tuesday, May 3

FLOWER POUNDING: HADMADE CARDS (F)

All ages, 4-5 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Using fresh flowers and your own creativity, create unique cards to give to someone you love.

NOS APOYAMOS! (F)

For parents, 6-7 p.m., Catholic Charities of Eastern Oklahoma, 2450 N. Harvard Ave., thearcok.org

A support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918.582.8272.

Wednesday, May 4

STORY TIME AT TULSA ZOO (W)

All ages, 10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Listen to a story and meet an animal ambassador each Wednesday morning inside the Cox Nature Exchange.

MAY THE FOURTH (F)

Ages 5-15, 4:30-6 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Test your Jedi abilities and learn to use your power to defend the galaxy ... or perhaps you will choose a darker path? There will be a variety of activities; cosplay is encouraged.

SPRING FEVER: OPEN MIC (F)

Ages 14-18, 5:30-7:30 p.m., Hicks Park, 3443 S. Mingo Rd., facebook.com/tulsaparks

This Open Mic Night aims to spotlight local teens while also promoting access to sex education and resources. Families welcome.

Thursday, May 5

OWASSO GATHERING ON MAIN (F)

All ages, 6-9 p.m., Owasso Main Street, owassogathering.com

Bring the whole family out for an evening of music, a Kids Zone, street vendors and entertainment, food trucks and more!

Friday, May 6

TULSA INTERNATIONAL MAYFEST (F)

All ages, May 6-8, Tulsa Arts District, tulsamayfest.org

This popular arts festival showcases local and national arts vendors, plus plenty of fun for the kids!

GERMANFEST (F)

All ages, May 6-8, GAST Center, 2301 E. 15th St., gastulsa.org

Enjoy authentic German food and entertainment, like live polka dancing, plus fun activities for the whole family.

ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE CEREMONY FEATURING NIKKI GRIMES (F)

All ages, 6-8 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Nikki Grimes will receive the Tulsa Library Trust's 2022 Anne V. Zarrow Award for Young Readers' Literature, speak about her life and works, answer questions from the audience and sign books.

MIGHTY KIDS: PARENT'S NIGHT OUT

For children, 6-9 p.m., Kirk of the Hills Church,4102 E. 61st St., thekirk.com

Parent's Night Out is open to families that have a child with a developmental disability. While parents have a night out, their children enjoy a fun. Must pre-register at thekirk.com/ministries/special-needs.



The **Mayfest Youth Art Gallery** is on view at **ahha** through May 22.
PHOTO BY STEPHEN PINGRY.

Saturday, May 7

TULSA INTERNATIONAL MAYFEST (F)

All ages, May 6-8, Tulsa Arts District, tulsamayfest.org

Don't miss the Mayfest Youth Art Gallery and the Gallery @ Mayfest on view at ahha Tulsa through May 22.

SUPERFUN SATURDAYS: BUBBLES & BOXFORTS

All ages, 9:30 a.m.-2 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Build towering boxforts, blow giant bubbles and honor the creativity of young artists across Oklahoma in this closing party for The BIG Show: Work by Young Artists.



Huzzah! Journey to **Castle of Muskogee's Renaissance Festival** each weekend in May, plus Memorial Day.

TREE FORT STORYTIME

All ages, 11 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Join Chuck Lamson, Garden CEO for a story reading in the Children's Discovery Garden. Bring a picnic to enjoy afterward! Free with admission.

CINCO DE MAYO FIESTA (F)

All ages, 12-9 p.m., Broken Arrow Rose District, facebook.com/rosedistrict

Celebrate Hispanic culture through authentic Mexican food, dancing, music, shopping and more.

Sunday, **May 8**

TULSA INTERNATIONAL MAYFEST (F)

All ages, May 6-8, Tulsa Arts District, tulsamayfest.org

Bring the kids to THE STUDIO @ Mayfest for art-making opportunities and other hands-on activities.

SENSORY-FRIENDLY FAMILY TIME

All ages, 9:30-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Discovery Lab opens early for families with children on the spectrum and other sensory needs.

TULSA YOUTH SYMPHONY SPRING SERENADE

All ages, 3-4:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsayouthsymphony.org

Support the talented musicians of the Tulsa Youth Symphony — and enjoy an afternoon of beautiful music — at their Spring Serenade.

Monday, **May 9**

ZOORASSIC WORLD OPENS

All ages, May 9-September 5, Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Walk among more than 25, life-sized animatronic dinosaurs! Not included with general admission.

Tuesday, **May 10**

SPRING ONLINE PLANT SALE

May 8-15, Virtual, tulsabotanic.org

Shop over 100 plant varieties and order online at TulsaBotanic.org. Proceeds benefit the Garden.

BETWEEN THE PAGES (F)

Ages 10-12, 6-7:30 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Watch a fun family-friendly movie and talk about what stories you've enjoyed reading lately.

Wednesday, **May 11**

LITTLE GARDEN EXPLORERS (W)

Ages 0-5, 9:30-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Spark wonder at this easygoing play invitation designed for children under 5. Drop in anytime.

BOOKMARKED! IN PERSON OR ONLINE (F)

Ages 14+, 6-7 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Join other book lovers as we discuss Shadow of the Fox by Julie Kagawa in person or on Zoom — your choice. Must pre-register at tulsalibrary.org/events or contact Rebecca.mcwilliams@tulsalibrary.org to receive the Zoom link.

KIDS CONNECTION (F)

Grades K-5, 4:30-5:30 p.m., The Arc of Oklahoma, 2516 E. 71st St. A, thearcok.org

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.

Thursday, **May 12**

ARIA YOGA

All ages, 6 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Enjoy inspiring opera music paired with a guided yoga session. Members of the Tulsa Opera will perform a mini-concert afterward. All ages and skill levels are welcome. Garden admission required.

COLLINSVILLE CHAMBER OF COMMERCE SUMMERFEST (F)

All ages, 6-8 p.m., Collinsville City Plaza, 1126 W. Main St., Collinsville, collinsvillechamber.org

Enjoy family fun and great food while learning about local vendors and businesses.

Friday, **May 13**

SIGNATURE SERIES

All ages, 7:30 p.m., Lorton Performance Center, 550 S. Gary Pl., tulsaballet.org

Tulsa Ballet closes out their season with a night of exuberant, entertaining choreography.

Additional showtimes, May 12-15.

Saturday, **May 14**

WALKING TOUR AT TULSA ZOO (W)

All ages, 10 -11 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

On this walk, visitors will not only learn about specific animals at the Tulsa Zoo, but about the conservation of these species in the wild.

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



Tulsa Farmers' Market is back at Kendall-Whittier, Saturday mornings from 7-11 a.m.!

PHOTO COURTESY OF TULSA FARMERS' MARKET.

20 MILES FOR $20: LET'S RIDE RIVERSIDE

All ages, 4-8 p.m., The Yard Bar, 1924 Riverside Dr., oklahomaflyers.com

Oklahoma Flyers and Family Hope House of Tulsa are partnering together for this fun event! Choose from 20-, 10- or 3-mile adventure rides on Riverside Dr. Pre-register and learn more at bikereg.com/letsrideriverside.

PIECEWALK PALOOZA (F)

All ages, 6:30 p.m., River West Festival Park, 2100 S. Jackson Ave., piecewalk.org

This resource fair helps families affected by autism connect with helpful resources.

MCKNIGHT CENTER FAMILY SERIES: DAN AND CLAUDIA ZANES

All ages, 7:30 p.m., McKnight Center, 705 W. University St., Stillwater, mcknightcenter.org

Grammy Award winner Dan Zanes and Haitian-American jazz vocalist Claudia Zanes perform a mix of old and new songs from near and far at this concert that's aimed toward young children.

Sunday, May 15

Find more family friendly events at tulsakids.com/calendar.

Monday, May 16

YUCHI LANGUAGE CLASS (F)

All ages, 6:30-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

All skill levels are welcome to join this language revitalization class, led by Yuchi language instructor Brent Deo from the zOyaha School of Language.

Tuesday, May 17

BIXBY TEEN MANGA/ ANIME CLUB (F)

For 6th-12th graders, 6-7 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Discuss your favorite manga and anime and do a fun activity.

SHELF HELP BOOK CLUB (F)

For adults, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

This is a monthly discussion on titles aimed at helping you thrive and achieve your personal goals. This month, read and discuss The Phantom Tollbooth by Norton Juster. Reserved copies of the book are available by request. Email tiffany.howard@tulsalibrary.org to receive a copy.

Wednesday, May 18

YOGA WITH LIZ LORD (F) (W)

All ages, 5:30-6:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

A certified YMCA instructor leads a free yoga class focused on mindful movement.

Thursday, May 19

STORYTIME IN THE GARDENS (W)

Ages 0-10, 10-10:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Philbrook hosts a weekly Storytime in the Garden, featuring imaginative stories geard for kids 10 and under.

TINY TOTS (W)

Ages 0-6, 10 a.m.-1 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Kids ages 6 and under are invited to skate, play, ride and jump. Don't forget your socks!

Friday, May 20

FAMILY NATURE WALK + NATURE FUN FRIDAYS (W)

All ages, 10-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join Philbrook each Friday for a nature walk, followed by a special activity.

MOANA, JR.

All ages, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., theatretulsa.org

Theatre Tulsa presents the family-friendly story of Moana, based on the Disney movie. Additional showtimes available.

Saturday, May 21

TULSA FARMERS' MARKET (F) (W)

All ages, 7-11 a.m., Kendall-Whittier District, tulsafarmersmarket.org

Shop for fresh produce, homemade bread, dairy and protein products, handmade gifts and more at the Tulsa Farmers' Market.

BOTANICAL WORDS SIGN LANGUAGE

All ages, 11 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic, Dr, tulsabotanic.org

Learn sign language for some botanical words with members of the Tulsa Speech and Hearing Association. Free with admission.

CAMP BANDAGE (F)

All ages, 12-4 p.m., Broken Arrow Events Park, 21101 E. 101st St., Broken Arrow, campbandage.org

Camp Bandage is a free showcase of local safety professionals and exhibitors that will teach you tips and tricks to keep your family safe, all in a fun, carnival type atmosphere.

FAMILY DAYS AT THE BIRTHPLACE RANCH (F)

All ages, 1-3 p.m., Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, willrogers.com

Bring the family out for fun, 19th-century activities, crafts and games.

Sunday, **May 22**

IRONMAN TULSA

All ages, All day, Various locations, ironman.com/im-tulsa

IRONMAN returns to Tulsa! Find the schedule on their website to learn where and when to watch these inspiring athletes.

Monday, **May 23**

YOGA FOR EVERY BODY (F)

For adults, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Take a beginner-friendly yoga class taught by certified yoga instructor Beth Richmond. Registration is required and limited. Register at tulsalibrary.org/events. Repeats May 2, 9 and 16.

Tuesday, **May 24**

SPRING FITNESS WITH BARRE3 (F)

All ages, 6-7 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Meet on the QuikTrip Great Lawn for a free fitness class combining strength conditioning, cardio and mindfulness. Repeats May 3, 10 and 17.

Wednesday, **May 25**

TEEN CONNECTION (F)

For middle and high schoolers, 4:30-6 p.m., The Arc of Oklahoma, 2516 E. 71st St. A, the arcok.org

Social group for middle and high school students with high functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272.

Thursday, **May 26**

STORY TIME AT GATHERING PLACE (F) (W)

All ages, 4 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Hear from a new guest reader each week! Meet beneath the PSO Reading Tree or, in case of inclement weather, the Williams Lodge.

WALKIN' AND TALKIN' BOOKS WITH SARA AND BRAD (F)

For adults and teens, 6-7 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Enjoy fresh air and fresh conversation while walking around the neighborhood discussing a different book every other week. Repeats May 12.

Friday, **May 27**

CHICKS KNIT AND LIT (F) (W)

For adults and teens, 1-3 p.m., Glenpool Library, 730 E. 141st St., tulsalibrary.org

Have fun crafting while chatting about movies and literature. Bring your own project!

WILL ROGERS MOVIE NIGHT: FIELD OF DREAMS (F)

All ages, 6-9 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Enjoy "Horsing Around with Will" from 6-7 p.m. — with movie-themed crafts, fun and snacks. The movie starts at 7.

MOVIE ON THE LAWN: LILO & STITCH (F)

All ages, 8 p.m., Central Park Community Center, 1500 S. Main St., Broken Arrow, facebook.com/centralparkcommunitycenter

It's summer movie season! Enjoy a free movie with refreshments available for purchase.

Saturday, **May 28**

ROUTE 66 PATRIOTFEST

All ages, 8 a.m., Route 66 Historical Village, 3770 Southwest Blvd., rt66patriotfest.com

This annual event includes a car and motorcycle show, food trucks, live music and much more!



Cheer for the elite athletes competing in the **2022 Certified Piedmontese Beef IRONMAN Tulsa.** Course details and schedule available at ironman.com.

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

ZOORASSIC WORLD WALKING TOUR (W)

All ages, 9-10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Take a guided tour through Tulsa Zoo's Zoorassic World!

SPRINKLER SATURDAYS

All ages, 10 a.m.-12 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Sprinkler Saturdays are back at Philbrook! Don't forget your towel!

OKLAHOMA RENAISSANCE FESTIVAL (W)

All ages, 10:30 a.m.-6 p.m., Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee, okcastle.com

Travel back to the time of knights, pirates and more. Jousting tournaments, falconry demonstrations, food and shopping and an array of other entertainment is available.

Sunday, **May 29**

OPEN SWIM AT MILLER SWIM SCHOOL (W)

All ages, 4-6 p.m., Miller Swim School, 6415 S. Mingo Rd., millerswimschool.com

Practice your swim skills or just have fun at Miller's weekly Open Swim sessions.

Monday, **May 30**

ZUMBA WITH TESS MACK (F) (W)

All ages, 5:30-6:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Join a certified YMCA instructor for this free, outdoor fitness class that feels just like a dance party!

Tuesday, **May 31**

JOB LAB (F) (W)

For adults, 2-3 p.m., Central Library, 400 Civic Center, tulsalibrary.org

TCCL staff will help you set up an email account, create or update a résumé, and search and apply for jobs. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

Vote for your Family Favorites **May 1-15** for a chance to win tickets to **FROZEN,** courtesy of Celebrity Attractions!

TULSAKIDS Family Favorites 2022

The ballot is available at **tulsakids.com/contests**



WE'LL PITCH YOU AN IDEA FOR FAMILY FUN... GO TO A TULSA DRILLERS GAME!

The following home games take place at ONEOK Field, 201 N. Elgin Ave. Purchase tickets at tulsadrillers.com.

And don't forget — Kids 12 and under are invited to join Hornsby's Bullpen, for free tickets to Family FUNday Sunday games and other perks. Sign up for FREE at tulsadrillers.com/kids.

5/1, 1:05 p.m. vs. Corpus Christi*
5/10, 6:05 p.m. vs. Frisco
5/11, 11:05 a.m. vs. Frisco
5/12, 7:05 p.m. vs. Frisco
5/13, 7:05 p.m. vs. Frisco**
5/14, 7:05 p.m. vs. Frisco
5/15, 1:05 p.m. vs. Frisco*
5/14, 7:05 p.m. vs. Springfield
5/25, 7:05 p.m. vs. Springfield
5/26, 7:05 p.m. vs. Springfield
5/27, 7:05 p.m. vs. Springfield**
5/28, 7:05 p.m. vs. Springfield**
5/29, 7:05 p.m. vs. Springfield**

*Family FUNday Sunday
**Fireworks Show



PHOTOS COURTESY OF TULSA DRILLERS



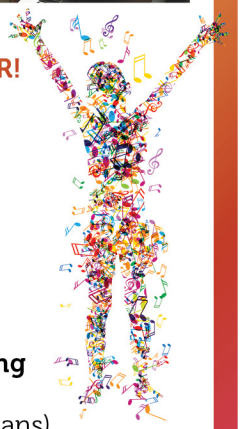
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Photo: Fairy Dust Teaching

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THURSDAYS

Storytime 10 a.m., **Fish Feeding** 10:30 a.m.

FRIDAYS

Family Nature Walk + Nature Fun Fridays
10–11:30 a.m.

SATURDAYS

Creative Play Saturdays
All-ages family fun in the galleries & gardens.

Super Fun Saturday: Bubbles & Boxforts
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TULSAKIDS Family Favorites 2022 VOTE

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IT'S TIME TO **VOTE!**

Readers have nominated their family favorites. Now it's time to vote!

TULSAKIDS Family Favorites 2022

Vote **May 1–15** for a chance to win four tickets to FROZEN! Courtesy of Celebrity Attractions Bringing Broadway & *More* To You!

The ballot is available at **tulsakids.com/2022-family-favorites**

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FAVORITE KID'S PARTY ENTERTAINER

Balloon Man Neil
Dustin the Balloon Guy of Tulsa Balloons
Go Dino
Hot Toast Music Co.
Next Level Balloons

FAVORITE BIRTHDAY PARTY VENDOR

BA Bounce Houses
Balloon Therapy Tulsa
Buzy Beez Party Rentals
Homma Camp Co.
Next Level Balloons

FAVORITE BIRTHDAY PARTY VENUE

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Aim High Academy
Crooked Oak Studio
Go Ballistic
Tulsa's Incredible Pizza Company

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OKCookieMomster
Cookiedoodle
Little J's Bakeshoppe & Coffee

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Tulsa Toy Depot

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Curb Confetti
Next Level Balloons
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TULSAKIDS Family Favorites 2022 VOTE

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Discovery Lab
Gilcrease Museum
Philbrook Museum of Art
Tulsa Air and Space Museum & Planetarium

FAVORITE LOCAL ATTRACTION
Buck Atom's Cosmic Curios on 66
Discovery Lab
Gathering Place
Oklahoma Aquarium
Tulsa Zoo

FAVORITE LOCAL PRO/SEMI-PRO SPORTS TEAM
Tulsa Athletic
FC Tulsa
Oklahoma City Thunder
Tulsa Drillers
Tulsa Oilers

FAVORITE PARK/ PLACE TO GET OUTSIDE
Gathering Place
LaFortune Park
Ray Harral Nature Park
Sand Springs BMX
Tulsa Zoo

FAVORITE STATE PARK
Broken Bow
Greenleaf State Park
Keystone State Park
Robbers Cave State Park
Sequoyah State Park

FAVORITE PLACE TO CAMP
Broken Bow
Greenleaf State Park
Keystone State Park
Marval Resort
Robbers Cave State Park

FAVORITE HOTEL IN TULSA
Ambassador Hotel Tulsa
The Campbell Hotel
The Mayo Hotel
Renaissance Tulsa Hotel & Convention Center
River Spirit Casino Resort

FAVORITE WEEKEND GETAWAY
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Branson, MO
Broken Bow
Dallas, TX
Oklahoma City

FAVORITE PLACE TO BUY AN RV
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Camping World of Tulsa
Dave's Claremore RV
Route 66 RV
Wade's RV

FAVORITE PLACE TO PLAY INDOORS
Adventure Avenue
Discovery Lab
Main Event Tulsa
Tulsa's Incredible Pizza Company
Urban Air Trampoline and Adventure Park

FAMILY DINING

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Howdy Burger
Ron's Hamburgers & Chili
Smitty's Garage Burgers & Beer
Society Burger

FAVORITE PLACE TO GET PIZZA

Andolini's
East Village Bohemian Pizza
Hideaway Pizza
Pie Hole Pizzeria
Savastano's

FAVORITE PLACE TO GET ICE CREAM

Andy's Frozen Custard
Big Dipper Creamery
Braum's
Rose Rock Microcreamery
STG Gelateria

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Lanna Thai
Mondo's Ristorante Italian
My Thai Kitchen
Saffron Mediterranean Cuisine

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McAlister's Deli
McDonald's
Red Robin Gourmet Burgers and Brews

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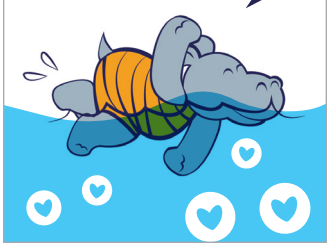
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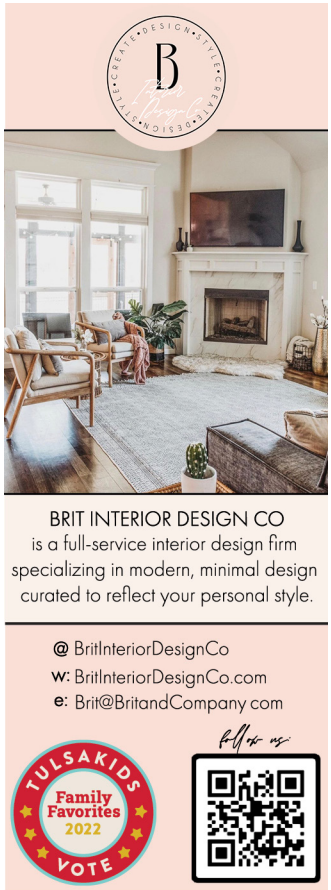
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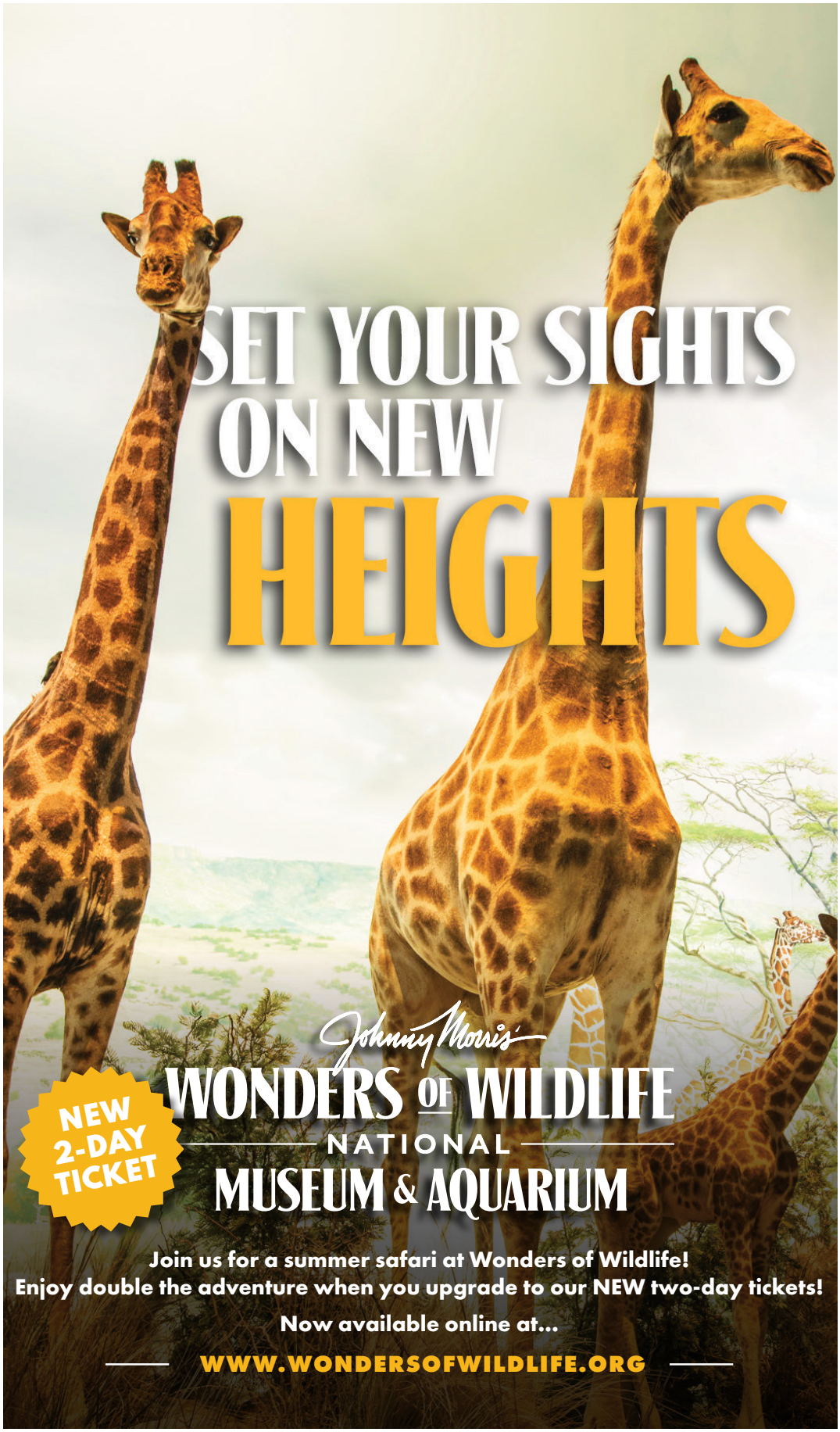


DON'T FORGET TO **VOTE!**

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TULSAKIDS Family Favorites 2022

The ballot is available at **tulsakids.com/2022-family-favorites**



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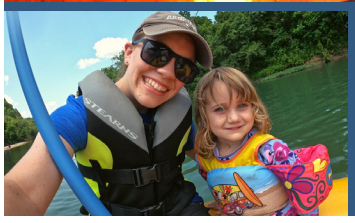


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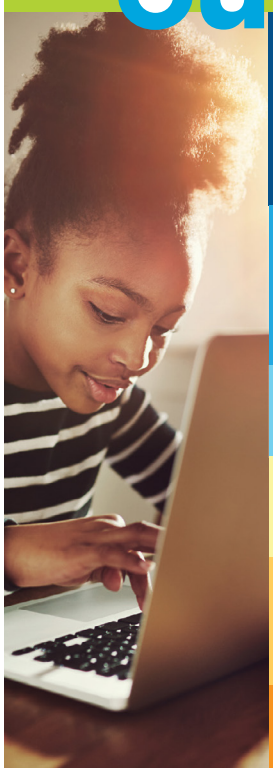
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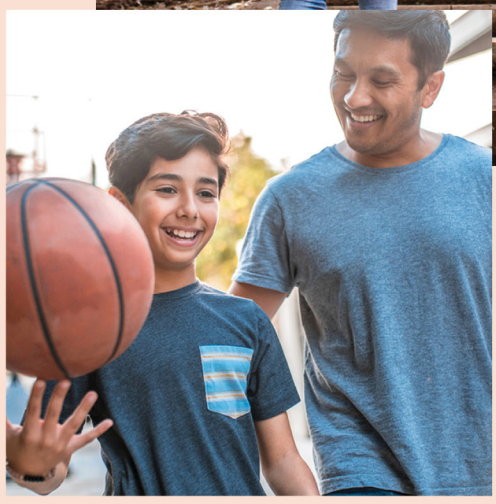
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Fun Summer Activities for the Whole Family

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LONG DAYS AND sunny afternoons are here! Here are some of our favorite ways to keep the family active and have fun all summer long. The best part? Many of these activities require little to no equipment at all!

LET'S CHALK ART:

Hopscotch: All you need is chalk and a sidewalk!

The Ground is Lava: Draw rocks on your sidewalk to safely hop to and from — everything else is lava!

Off to the Races: Draw any objects you want — animals, spaceships, smiley faces — then call out which one for the kids to race to!

Chalk Obstacle Course: Practice letters, numbers and coordination with Kym and Palmer.

HOOFING AROUND:

Hike: Take a look at what Oklahoma has to offer!

Bug Hunt: Nature's classroom is teeming with creepy-crawly friends.

Walkabout: Head out the door with no destination in mind. At every intersection, play Rock Paper Scissors and let the winner decide which direction to go!

SPORTY:

Bike: Self-powered transportation! Pack a healthy snack and plenty of water.

Basketball: Hoop it up!

Frisbee: It's all in the wrist! Ready to add some competitive flair? Try frisbee tennis or frisbee golf.

Rollerblading: Pad up and roll out!

Sprinkler Fun: Try playing the sponge game! Give each kid a sponge. Have them fill their sponges and squeeze them empty into a bowl, The first one to fill their bowl to the top wins!

Swimming: Throw a splish-splash bash!

Yoga Outside: Unroll a beach towel and try these yoga poses!

LEISURE:

Picnic: Pack some healthy snacks and head to your favorite park — or backyard!

MINDFULNESS:

Sunny summer days are perfect for practicing mindfulness exercises. Use the beautiful weather as an opportunity to deal with stress in a healthy — and relaxing — way.

Here's one way to practice mindfulness. Close your eyes and imagine yourself in a relaxing place. While you're in this place, imagine how the breeze feels and what the birds sound like.

Be aware of your lungs as they fill with air. Then feel how the air leaves your mouth.

Focus on how it feels to be in the present moment. Don't fight negatives thoughts. Instead, acknowledge them before returning to focusing on your breathing as the air enters and exits your lungs.

FOR GROUPS:

Soccer: You don't need a big goal to get your kicks. Set up a couple of cones (or water bottles) and get to it!

Wiffleball: Anyone can flex their inner slugger with this classic twist on baseball.

Kickball: Another twist on baseball? Sign us up!

Volleyball: Bump. Set. Spike. Rinse, repeat.

NO BALLS? NO WORRIES!

Freeze tag: Tag, you're frozen!

Duck, Duck, Goose: A timeless classic.

Hide-and-seek: Yet another game that never goes out of style.

Making the most of a summer's day is deeply satisfying. Don't forget to cap it all off with a healthy summer snack! •



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Caiden Morales: Union Redhawks Logo Designer

Words & photo by **Sheeba Atiqi**



"Build Union up to be the **best it can be, get involved,** and make yourself useful."

UNION PUBLIC SCHOOLS retired its Redskins logo in 2020 and started a hunt for a new mascot and logo. When the community overwhelmingly chose Redhawks as a mascot, it was time to find the best image to portray the name. Caiden Morales, a 17-year-old junior at Union High School, submitted a concept to Chris Payne, Union's Chief Communications Officer. Payne showed the design to others and soon Morales was working on honing his original design into the final version. An overwhelmingly positive vote from the students and then the school board made Morales' new Redhawks logo the image for the next generation of Union students and beyond. His logo will be on school buildings, T-shirts and uniforms, and will become a memory for all those who attended Union Public Schools.

TK: How did it feel that your drawing was chosen to be the new logo for Union Public Schools Redhawks?

Morales: Very unreal to me. I never thought it would even be seriously looked at when I first submitted the design last year.

TK: How did you come up with the idea for the drawing?

Morales: It took me about one to two weeks to come up with the initial logo concepts that I first submitted, but the entire design process that led to the final product took several months.

TK: How long have you been drawing?

Morales: I've been drawing for as long as I can remember, probably since I first learned how to use a pencil.

TK: What was your inspiration for the new logo?

Morales: My inspiration for the new logo was pictures of the red-tailed hawk and certain other designs I found across the internet. I just wanted it to look cool and not be boring for future Union students.

TK: Who inspires you?

Morales: I can't say that I have one person who just truly inspires me in everything I do. What I can say is my inspiration stems from entertainment and different art forms. I see movies and play games all the time. One movie that really has pushed me into more complex animation was the *Spider-Man: Into the Spider-Verse* movie. There was so much life/color/smoothness in the animation of that film, and I want to be able to recreate that when I practice and improve my animation skills. I've looked at many abstract pieces of art in museums. These all push me to try new things and experiment with art to grow and be better.

TK: What other hobbies do you have?

Morales: I do a lot of art, which is probably not surprising, but it's true. I consistently try to create new things and utilize different techniques to get better. For the most part, I sketch and animate short clips. I also listen to music and go for runs outside of the time I dedicate to working on art.

TK: What do you want to be when you grow up?

Morales: I want to be some sort of a graphic designer. I want to help promote businesses, not just logo-making but advertising, using animations and complex drawings/concept art to do so.

TK: What advice to you have for future Union Redhawks?

Morales: Build Union up to be the best it can be, get involved, and make yourself useful. It opens up opportunities for your future career and helps Union be the best it can be.

TK: What is a fun fact about you?

Morales: I ran a marathon with my friend Andreas Kant. TK

Sheeba Atiqi has been writing and photographing for TulsaKids since 2011. She works in emergency services and loves to travel and spend time with family and friends.

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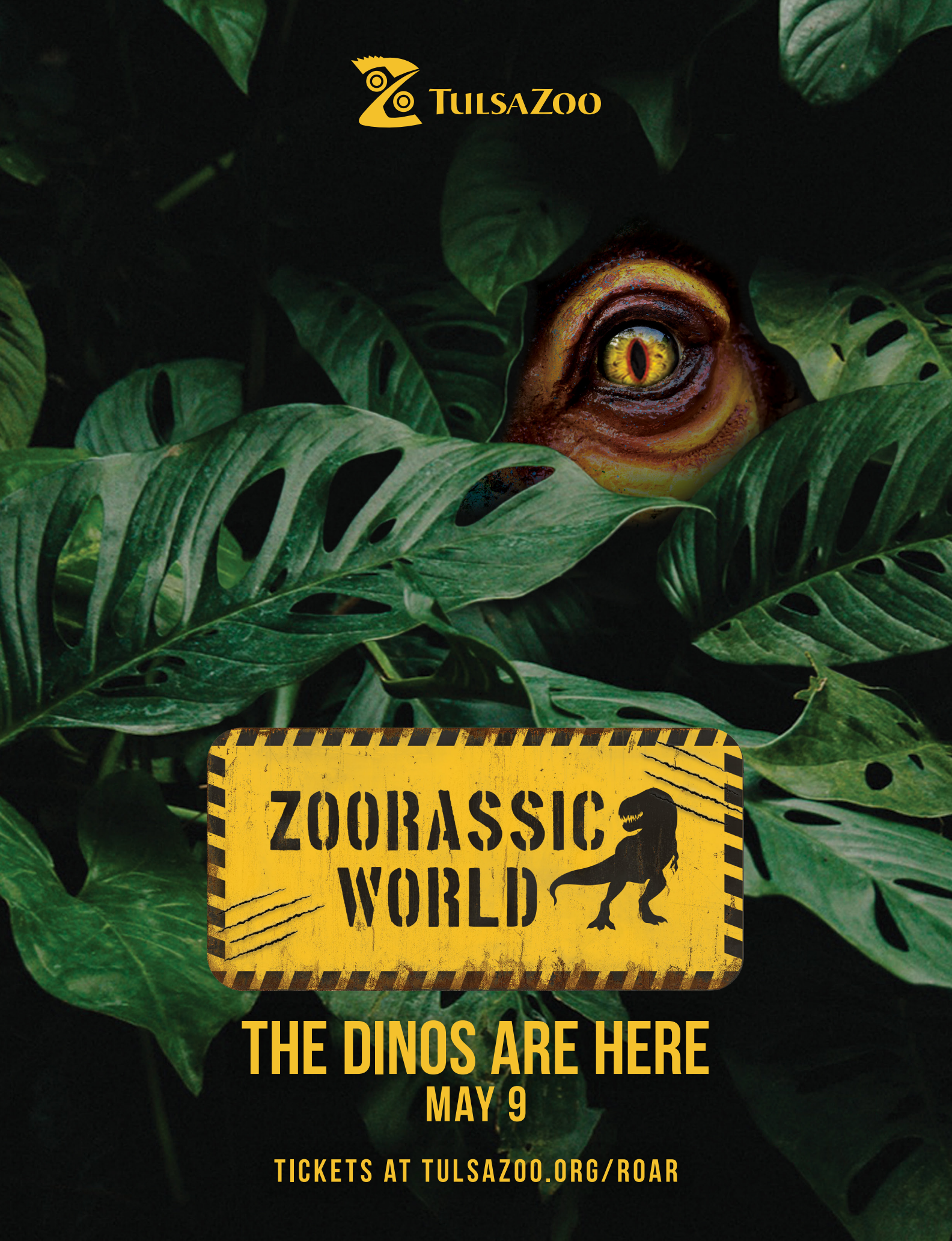


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Overlap Camp	May 28-31
AsburyKids Summer Playday	June 1
Summer Song	June 6-10
Asbury Students Half Night Blast	June 17
Vacation Bible School	June 21-24
AsburyKids Summer Playday	July 13
AsburyKids Josh's Sno Cone Day	July 20
Asbury Students Summer Fun Night	July 20
AsburyKids Laser Tag	July 27
Children's Music Camp	August 2-4
Middle School Retreat	August 19
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