tulsakids

NOT BORED:
Fun Activities for Every Age



- The Greatest Gifts from Grandparents
- Babies: Introducing Solid Food
- Route 66 Festival Rolls into Tulsa
- Special Section: 2022 Party Planner!



8TH ANNUAL HEALTH ZONE MINI TRIATHLON 2022

When you sign up your little athlete for this fitness event,
you both help other kids, as all proceeds benefit The Children's Hospital at Saint Francis.
Registration fee includes a T-shirt and post-race celebration.

SATURDAY, JUNE 18, 2022

YOUTH
Ages 10 – 13

Swim 100 yards *(4 laps)*
Bike 1 mile
Run 1/2 mile *(6 laps)*

8:30 a.m. Registration
9:00 a.m. Start Time

CHILD
Ages 6 – 9

Swim 50 yards *(2 laps)*
Bike 1/2 mile
Run 1/4 mile *(3 laps)*

10:30 a.m. Registration
11:00 a.m. Start Time
Must be 49" tall to participate

Registration is **$25** in advance; **$30** day of event.
Gold, silver and bronze prizes will be awarded for girls and boys in both age categories;
all participants receive a medal.

For more information, contact Jennifer Daley at **918-494-8263**,
email **events@saintfrancis.com** or visit **saintfrancis.com/healthzone**.

HealthZone
at Saint Francis
5353 East 68th Street | Tulsa, Oklahoma







CONGRATULATIONS

Ike Walker on being named a 2022 U.S. Presidential Scholar

Ike — one of a very few honored — is an outstanding Holland Hall senior, excelling in academics, as well as in the arts and athletics.

At Holland Hall, students have the freedom to explore it all.

For more information call **918-879-4739** or visit **hollandhall.org**.

HOLLAND HALL 100 CENTENNIAL 1922 – 2022

Holland Hall

Tulsa's PreK through Grade 12 Independent Episcopal School

Contents

June 2022
VOLUME XXXV | ISSUE 6

NOT BORED:
Fun Activities for Every Age
P. 20



PHOTOGRAPHY BY ANDREA MURPHY



SUMMER FESTIVALS | P. 32



2022 PARTY PLANNER | P. 35

Features

18
FAMILY FUN
Route 66 Celebrates 100 Years with Inaugural Festival
By Brandon Schmitz

19
GRANDPARENTING
The Greatest Gifts from Grandparents
By Natalie Mikles

24
KID CULTURE
Taking Kids to the Theater?
By Natalie Mikles

In Every Issue

5
NEWS & NOTES

7
WHATS GOING ON**LINE**?

8
BABIES & TODDLERS
When and How to Start Feeding Solid Foods
By Haley Billings

10
SCHOOL AGE
Every Child's Birthday Party
By Dr. Tamecca Rogers

11
TWEENS & TEENS
Teen Expresses Creativity by Baking Cakes
By Julia Wenger Watson

12
GET COOKING
A Stargazing Picnic Menu
By Natalie Mikles

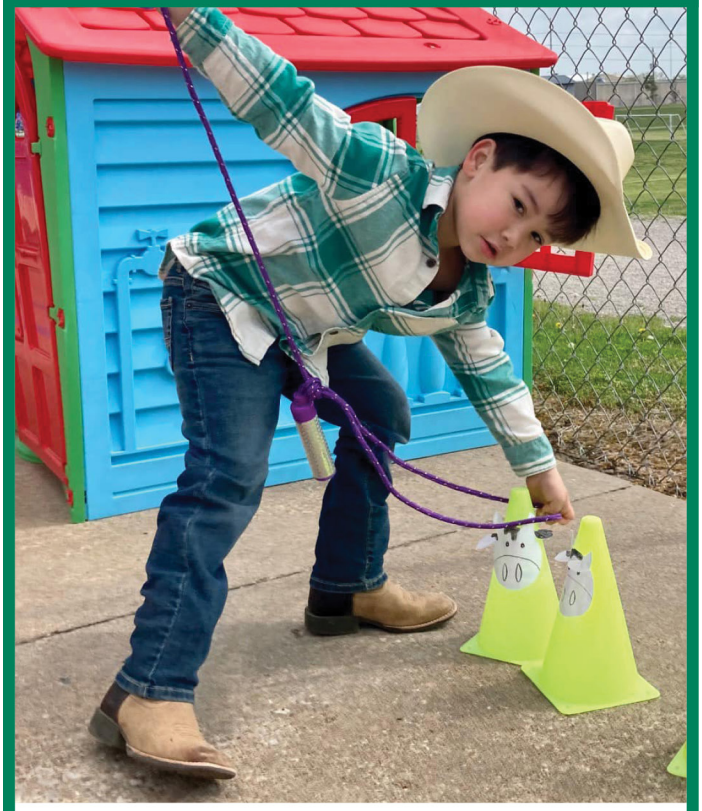
14
GREEN COUNTRY GROWN-UP
Cyndi Kane: Simplifying Suppertime
By Nancy A. Moore

16
BOOKS
Reading Picture Books Without Reading the Text
By Stephanie Huaman

26
SPONSORED SECTION
Ask the Experts

27
COMMUNITY CALENDAR
By Tara Rittler

Now Enrolling for Summer and Fall!



MISS HELEN'S PRIVATE SCHOOL

tulsakids family favorites 2021 FINALIST

918-622-2327 | director@misshelens.com
MissHelens.com | 4849 South Mingo, Tulsa

Training tomorrow's leaders today!

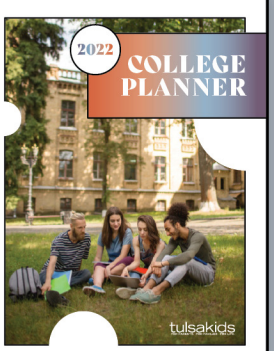
❶ Nurturing, responsive teachers
❷ Academic curriculum: math, science, phonics, art, and Spanish
❸ Age-appropriate learning centers in each classroom

RHEMA Child Development Center

Call to enroll your child today!
918-258-0594
1025 W. Kenosha
Broken Arrow, OK 74012
RhemaChildCare.com







TulsaKids' College & Career Plan can help your high school student stay on track, from their freshman year through graduation.

Read it today at tulsakids.com/college.

tulsakids
TULSAKIDS.COM

Ruminations on Celebrations & Other Stuff

DR. TAMECCA ROGERS' column about inclusiveness and birthday parties hit me particularly hard. It made me reflect on whether I had been purposefully inclusive with my kids' birthday parties. I wasn't. We never had big blow-out parties, so leaving people out of a huge event wasn't the issue. But, still, there was always the pull of keeping things small versus inviting the entire class. So, there was always the issue of potentially leaving someone out. I can attest to my own hurt feelings when I knew that one of my children had been left out of something. But the strategic inclusion that Dr. Rogers writes about is something I never really considered, and I should have. I hope you will read her column for some terrific suggestions on this topic.

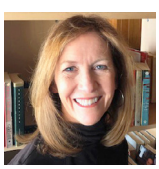
Of course, birthday gifts are great, but when it comes to grandparents giving gifts, it can sometimes be a bone of contention. Grandparents may be overly generous, or they may be uncertain about what to give grandchildren. Natalie Mikles' article outlines potential pitfalls but provides some wonderful advice from grandparents who have been there. The advice is great for parents, too!

And, by now school is out. As you plan your summer, you may be looking around for some ideas for activities for your kids, no matter what their age. Our feature this month outlines a few things to do with kids from toddlers to teens.

You'll also want to check out our digital Summer Family Fun Guide. It's jam-packed with everything you need to know to keep the entire family busy with fun events, activities, places to go and more! You can download it and refer to it all summer.

Finally, be sure to sign up for our e-newsletter. You'll get even more fresh content each week — and maybe opportunities to enter some cool contests.

I also want to thank our hundreds of readers who filled out the Family Favorites ballot. The winners and finalists have been tabulated, and we'll be devoting the entire July issue to Family Favorites winners and the School Guide, for those of you who are looking for schools this fall. TK



Betty Casey

ASSOCIATE PUBLISHER AND EDITOR-IN-CHIEF



Hutch Akins made modeling look easy while he played with balloons and slime at our June Cover shoot.

PHOTOGRAPHY BY ANDREA MURPHY.

tulsakids

Volume XXXV | Number 6
©TK Publishing, Inc. 2022.
All Rights Reserved.
TulsaKids is published monthly by
TK Publishing, Inc.
1622 S. Denver Ave., Tulsa, OK 74119
Phone: 918-582-8504
Fax: 918-583-1366
tulsakids.com

TK PUBLISHING inc.

Publisher
Charles Foshee
publisher@tulsakids.com

Associate Publisher & Editor-In-Chief
Betty Casey
editor@tulsakids.com

Web Editor & Calendar
Tara Rittler
tara.rittler@gmail.com

Treasurer & Comptroller
Debbie Talley

Advertising Sales
Brandi Moore
Lindsey Copes

Graphic Designer
Annie Tyndall

Distribution
Joan Ross

Contributing Writers
Haley Billings
Natalie Mikles
Brandon Schmitz
Nancy A. Moore
Dr. Tamecca Rogers
Julie Wenger Watson
Stephanie Huaman
Laura Raphael, MA, MLIS

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

PMA PARENTING MEDIA ASSOCIATION
MEMBER

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Digital Media Awards Competition
PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Editorial Awards Competition
PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner General Excellence Awards Competition

FAB LAB TULSA
GRAND OPENING

Fab Lab Tulsa (fablabtulsa.org), a not-for-profit makerspace, has a new 14,000 square-foot facility, located at 501 S. Lewis Ave. The new facility will provide more equipment and programming to Tulsa and Northeastern Oklahoma.

The open studio-style floor plan encourages collaboration, while offering an industrial workshop, an informal classroom and an art gallery.

The space includes a main studio with innovative technologies, a wood shop, a new metal shop and two dedicated learning spaces.

Fab Lab serves members, youth, the workforce, business and the community, and hosts events such as Maker Faire Tulsa and Magic Wheelchair. The lab provides open and equatable community access to advanced manufacturing and digital fabrication tools, equipment, technology and resources.





PHOTO COURTESY: THE DOLLYWOOD FOUNDATION.

DOLLY PARTON PROJECT **EXPANDS TO OKLAHOMA**

The Oklahoma State Department of Education and the Superintendent of Public Instruction Joy Hofmeister join Dolly Parton to announce the Oklahoma statewide expansion of her namesake Imagination Library book-gifting program. Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books each month to children from birth to age 5, free of charge through funding shared by local community partners.

Dolly Parton started the program in 1995 as a way to distribute books to the impoverished Tennessee county where she grew up. The state of Tennessee quickly adopted the program statewide. Since then, the nonprofit program has expanded into five countries. Oklahoma is the twelfth state to commit to achieving statewide coverage,

Dolly Parton's Imagination Library of Oklahoma will be funded through June 30, 2024.

To register a child, go to **imaginationlibrary.com**.

ROUTE 66 **CHILDREN'S BOOK**

For a fun way to introduce young children to Route 66 and its many attractions, pick up the book *ABC, What Do You See? Rolling Along Route 66* by Annette LaFortune Murray; illustrated by Joyce Harbin Cole. Murray is an elementary school teacher and librarian in Tulsa, and Cole lives a few blocks from Route 66 in Pontiac, IL. The book takes children on a colorful road trip down Route 66, pointing out the quirky attractions, birds, animals, plants and fun stops along the way. Before you take your trip, read the book and then let children identify the places and things they read about. Whether you take a real road trip, or an imaginary one with the book, you'll enjoy learning more about Route 66.

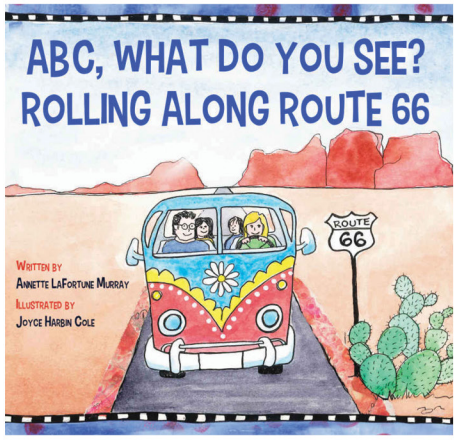




PHOTO COURTESY: JUST KIDS PEDIATRICS

ADVERTISER IN THE NEWS

JUST KIDS PEDIATRICS TO OPEN SECOND **TULSA LOCATION**

Just Kids Pediatrics
3516 E. 31st St. S. | justkidspeds.com
Opening in fall or early winter: 21st & Garnett

Just Kids Pediatrics was founded by Dr. Angela Yaffe and her husband, Alex Yaffe, in 2014 in south Oklahoma City. Dr. Yaffe graduated from OU Medical School and completed her pediatric residency at The Children's Hospital of Oklahoma. After a couple of years there, she yearned to serve the communities where she and Alex grew up and opened the first Just Kids Pediatrics. The practice quickly grew to three clinics by 2016, and during 2020, they added Mustang, Bethany, Midwest City, Edmond and Tulsa. Don Grunden joined the Yaffes as an owner.

There are currently eight clinics in the OKC metro area and one in Tulsa, with a second location under construction.

"We have loved getting to serve our families in the Tulsa metro area and look forward to seeing even more of Tulsa's families soon," Dr. Yaffe said. "Our current medical staff in Tulsa includes two physicians and two nurse practitioners and is growing as we seek great people to care for our kiddos."

Just Kids Pediatrics' mission is to provide improved access to essential healthcare for busy families and partner with them for on-going health needs with an emphasis on preventative care. Impacting health and wellness at the pediatric level is tantamount in our desire to make a positive impact on the health and well-being of our population as a whole. It is our desire to walk alongside our mamas, whom we lovingly refer to as "Sheroes," as they navigate the health of their children. That's why Just Kids Pediatrics strives to be the easiest, fastest, friendliest and most convenient option for reliable, high-quality pediatric care for Sheroes and their families.

TULSA TRANSIT **OFFERS FREE FARES**

Tulsa Transit is offering free fares for all fixed bus routes through June 30.

With the increase in gas prices and more people returning to in-person work, Tulsa Transit is offering this free fare program to encourage current and new riders to "Get on Board and Try Transit for Free."

Riders can download the SPOT app to track their bus in real time. More information about the app can be found at **tulsatransit.org/the-spot-app-is-here**.

The free fares are available for all fixed routes but do not include the LIFT program.

For more information, call 918.582.2100 or visit **tulsatransit.org**.



TULSA VISITOR CENTER OPENS

The official Visit Tulsa of Tulsa Regional Tourism's visitor center opened last month inside Gambill's Coffee in the Shops at Mother Road Market, 1102 S. Lewis Ave.

"There definitely is something to be said about giving a warm welcome. We figured a fresh cup of Gambill's Coffee on us is a nice start," said Ashleigh Bachert, Interim SVP of Tulsa Regional Tourism. "The moment someone enters, visitor center staff will be happy to answer questions, offer tips and share great attraction insights. If they need to refuel before their adventuring, there happens to be an incredible food hall within walking distance."

Visitors to the center will find print and digital visitor assets such as the official visitor guide and attraction information as well as help from TRT and Gambill's Coffee staff.

FATHER'S DAY **QUOTES**

We asked our Facebook followers to share some of the heartwarming or hilarious things their kids have said to their dads. Happy Father's Day from TulsaKids!

"My daughter always says, 'Daddy, I am your princess, and you are my big king that always protects me!' He always replies, 'Until the end of days!!' They have said this since she could talk. Now 8 years old."

JACQUELYN RENEE GONZALEZ

"My grandson Landon, who is 6 years old, heard his parents having a loud disagreement and he looked at them and said, 'Am I going to have to separate you two?!' At least it got them to laugh!"

LINDA ROWLAND

"When my son was 3, he liked to rub my husband's face and say, 'I like petting your fur' [stubble]."

KACI WHEELER

"My son (7) walked past my husband the other day and nonchalantly said, 'Looks like you missed leg day bro.' Hubby hit the gym that night, lol!"

KILEY ROBERSON

"My son after 'grading' the drawings my husband and I made of the cartoon character he challenged us to do: 'Do you know how you could beat Mommy next time? By doing a better job!'"

INDIRA JONES

CONTESTS & GIVEAWAYS

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

HEALTHY KIDS COOKING CONTEST, SPONSORED BY SHAPE YOUR FUTURE

Let your kids put their taste buds and imaginations to the test. Entries are open June 1-20 for the 2022 Healthy Kids Cooking Contest! Get your little ones in the kitchen and excited about eating healthy, and you could win a $50 Visa gift card, Discovery Lab membership, Bean Sprouts Cafe cookbook and a free kid's meal at Bean Sprouts Cafe! Visit ShapeYourFutureOK.com to enter.



SUMMER FAMILY **FUN GUIDE**

We want to help your family have the best summer possible! Find 100s of summer activities in our Summer Family Fun Guide, available at **tulsakids.com/summer**.

CONNECT WITH US!

- tulsakids.com
- tulsakidsmagazine
- tulsakids
- tulsakids
- tulsakids
- tulsakids.com/newsletter

WHAT'S GOING ONLINE?



PHOTO COURTESY: MILLER SWIM SCHOOL.

MAKE A SPLASH **PHOTO CONTEST**

Splash pads and swimming pools are opening this month! From June 1-30, submit photos of your family cooling off in the water, for a chance to win a Birthday Party at Miller Swim School, plus some swim-sational Miller swag!

SPONSORED BY

Miller swim school

THANK YOU FOR ENTERING OUR **TAKE ME OUT TO THE BALLGAME PHOTO CONTEST**



Ezekiel's first tournament and he couldn't have been happier to make it around the bases! The joy of baseball at 6 years old.
PHOTO BY EZEKIEL E. PHOTOGRAPHY.



"Best buds" Luke and Silas enjoy a Tulsa Drillers game.
PHOTO BY LAURA KNAPP



Game Day Hugs — Eli and Amelia have a great day at the ballpark.
PHOTO BY CHRIS HARDBARGER

SPONSORED BY

Drillers

When and How to Start Feeding Solid Foods

By **Haley Billings**



OTHER IMPORTANT INFORMATION

- Avoid foods that are choking hazards. Cut foods up into appropriately sized pieces. Common choking hazards include nuts/seeds, raw fruits and vegetables, whole grapes, hot dogs, peanut butter, marshmallows, popcorn and other foods that may be challenging to eat.
- Include iron-rich foods such as fortified cereal, meat/chicken, beans, cooked eggs and other iron-rich foods.
- It is not recommended to give children under the age of 12 months fruit juice. If fruit juice is offered, it should not be more than 4 oz (1/2 cup) per day.
- Cow's milk should not be introduced before the age of 12 months.
- Honey should not be offered before the age of 12 months.

INTRODUCING SOLIDS

can be stressful for parents and caregivers. With the current formula shortage, this topic seems to be even more relevant as many parents face difficult decisions on how to consistently feed their babies.

WHEN TO START?

Babies generally start solids around the age of 6 months; however, timing may vary depending on your baby's development. It is crucial that your baby can sit upright and support his or her head with little to no support. Your baby should also show interest in food by opening their mouth during feedings, showing curiosity or reaching for food that others are eating, or showing signs of hunger after meeting formula/breast milk recommendations.

HOW TO START?

There are a variety of ways to progress from formula/breast milk to solid foods. Consider your comfort level, your baby's ability and interest, and available food options before deciding which method might be best. The two most common methods are advancing by stages and baby-led weaning, but a combination of the two can be used.

1. **Advancing by stages** slowly introduces baby foods based on their texture and complexity. Stage one usually consists of single-ingredient purees. Stage two includes one or more foods that are strained instead of pureed, which provides a thicker texture. Stage three includes one or more foods that contain small chunks to promote chewing. And lastly, stage four is when table foods can be introduced. Commercially prepared baby food has recommended ages included on the packaging, however, remember to base the decision on your baby's readiness.
2. **Baby-led weaning** is the process of introducing solid foods starting with age-appropriate versions of the food the rest of the family is eating instead of commercially prepared baby food. Start by offering soft foods that are cut into finger-sized pieces. Ideal first foods can include spears of banana, avocado, roasted or steamed vegetables, and small chunks of ground meat. While baby-led weaning does not rely on purees, foods like yogurt, oatmeal and baby cereal should also be included. Foods that are offered should be bland and exclude or minimize added sugar, salt and other seasonings.

HOW MUCH IS MY BABY SUPPOSED TO EAT?

It can be challenging to determine how much a baby is eating as their diet diversifies. The best way to ensure that your baby is eating enough is to create a meal and snack time routine where food is offered about every three hours. Understand that your baby's appetite will vary meal to meal and day to day; this is normal. Offer a variety of foods and allow your child to self-regulate their appetite. Aim to provide meals and snacks undistracted at the table so that your child can focus on the meal. If you have questions or concerns about your child's intake or growth, talk with your pediatrician or a registered dietitian. TK

Haley Billings is a pediatric registered dietitian. She works with nutrition concerns such as failure to thrive, selective eating, tube feeding, obesity and more. She also works at Oklahoma State University for a program that offers trauma-informed training for teachers. She is a PhD candidate for Human Development and Family Science.



Serving Oklahoma Since 1975

Stephen Brownlee, MD
Jeremy Foon, MD
David Hall, MD
Anthony Loehr, MD
Landon Massoth, MD
Evan Moore, MD
William Sawyer, MD
Chris Siemens, MD
Atul Vaidya, MD
David White, MD

tulsakids family favorites 2021 WINNER

68th & Yale | 93rd & Mingo
918-492-3636 | www.eoent.com

Eastern Oklahoma Ear, Nose & Throat, Inc.

Janell Whitby school of music



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

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

Music School Coupon Expires 6/30/2022

SAVE $8.00

Summer Two-Week Pre Piano Course for 2021-2022 preschool or kindergarten child with parent.

Offer limited one per family. Must be applied to existing class schedule.

918-743-4339 • JanellWhitby.com
Facebook.com/JanellWhitbySchoolofMusic
51st & Harvard, Country Club Plaza

DAVE'S CLAREMORE RV

Annual JUNE FREE SHOW & SALE 6/6-6/18

See More, Save More, In Claremore!

Door Prizes
Discounts on new & used RVs!



Chance to WIN a brand new 2022 Salem FSX 179DBK

davesrv.com
24655 S. Highway 66 • Claremore, OK 74019 • 918/341-0114

Every Child's Birthday Party

All You Need to Know!

By **Dr. Tamecca Rogers**



ALL CHILDREN DESERVE to have fun at birthday parties. However, for some, a few extra measures need to be taken into consideration to ensure everyone can enjoy this special event.

When planning a birthday party, ensuring everyone is included and having a good time can be both stressful and tiring.

I have been through it all, so I am sharing a few key ways to place inclusion at the forefront of your child's special day.

When you host a child's birthday party, you may become overwhelmed with the planning and the thought of something going wrong. You can find yourself thinking about how many guests there will be, whether you have a full first-aid kit should someone get injured, whether you have planned for everyone's allergies, and ultimately, whether your child will be happy at their birthday party.

Personally, I find it relatively easy to go overboard with planning and activities. However, this is where it is essential to implement effective planning strategies. I want to make sure everyone is included and feels welcome, and nobody feels left out.

With that being said, catering to guests with disabilities can be rather tricky. I have compiled a few suggestions to ensure that everyone enjoys the special occasion.

INCLUDE THE GUARDIANS

I never realized the importance of reaching out to the guests' guardians until I found myself lost in how to successfully include their children. At one of my son's birthday parties, one of his friends said, "I am not able to jump in the bouncy house. Is there something else for me to do to have fun?" This broke my heart. Why? Because I did not plan adequately to include everyone, and the last thing I wanted to do was make anyone feel left out.

From that point on, I knew I had to change how I planned my children's birthday parties. I typically call the child's guardians to inform them of all the activities scheduled for the day and ask whether their child will be comfortable participating. Therefore, I can determine if any guests need special accommodations.

If you know that a guest has a disability, don't fear making it a big deal when calling their parents. The contrary rings true! The parents may feel more loved and included that you have taken the time and effort to understand their child's needs.

If you fear being insensitive when asking whether a guest has a disability, an easy way to bypass this is to include a simple line in the RSVP. An example is, "We want everyone to have fun, so please let us know if your child has any specific needs we need to be mindful of."

LEAD BY EXAMPLE

Ensure that your child is included in all the welcoming festivities on their special day. When I planned my 11-year-old's birthday party, I asked him what he believed would be suitable to ensure everyone at the party would feel welcome and included.

Surprisingly, small children often understand the concept of "inclusion" better than adults. They interact with others without judgment or bias, ensuring a positive tone throughout the day.

I find that having a chat with the group about being welcoming and inclusive before the party starts helps all the guests enjoy themselves much more!

DO NOT FORGET TO FOCUS ON THE PARENTS

When you welcome both the parents and the guests, it provides comfort that lowers all stigmas and barriers that may have been put up before attending the party.

Children with disabilities may feel more comfortable if their mom or dad can attend the party. Heck, even parents enjoy the company of other adults at a child's party! Welcome everyone, and everyone will be happy. It will be a win-win!

BECOME THE NEXT MASTERCHEF

You may need to become the next MasterChef at your child's birthday party. This means having food available that caters to different religions, spiritual groups and body intolerances.

Personally, I have found myself at parties where pork was the only source of protein. Not only did I feel excluded, but I cannot imagine how a child must feel, especially one of the Islamic or Judaic faith, who is now publicly excluded from the entire meal.

Many children with disabilities have very specific dietary requirements. Take children with autism as an example. Research has shown that avoiding dairy and gluten enhances sleep, behavior, mood and speech.

BE AWARE OF SENSORY OVERLOAD

Not all children enjoy the razzle-dazzle of bright lights and loud music. I remember throwing my son's party at Incredible Pizza, and a friend of his was walking around with his hands over his ears. He even had his eyes closed at times!

I knew the environment was too much for him, so I asked him to go outside for a few minutes to decompress. It is easy for kids to become overwhelmed with so much going on.

I found that those with a disability like autism or sensory processing disorder do not react well to chaos. This is why it is so necessary to plan for every possible type of child, whether they have a visible disability or not.

ALWAYS ENSURE ADEQUATE ACCESS

Ask yourself whether the entirety of the birthday party's location is easily accessible to all guests. Are there ways for those with crutches or wheelchairs to access the entire party?

I always make sure that I speak to all the guardians. A child may not necessarily be physically disabled but may have had an injury that has compromised their physical functioning and mobility.

IN SUMMARY

You want everyone to have fun! After all, that is the point of a party, isn't it? I promise that if you take all the above into consideration, making sure everyone at the birthday party feels welcome and included will be easy! The little bit of effort that it takes to chat with the guardians before the party can go a long way to making sure everyone has a fun and comfortable experience. 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.





Ellen Dale's hamburger cake from third grade, and an example of more current cake creations.

PHOTOS COURTESY OF ELLEN DALE.

Teen Expresses Creativity by Baking Cakes

By **Julie Wenger Watson**



"IT'S FUNNY because I actually don't like cake," says 15-year-old baker and Bishop Kelly High School student Ellen Dale.

Although she might not enjoy consuming the end product, Dale definitely loves the process, which is a good thing. It can take up to seven hours to bake and decorate each of her edible works of art. Somehow, Dale manages to squeeze her baking time into an already busy schedule: juggling flour, sugar and eggs right alongside her homework, basketball and student council.

Dale discovered her passion for baking as a first grader helping her aunt make cookies for family gatherings in Arkansas. Back in her family's kitchen in Tulsa, she baked and decorated her first cake in third grade — a dessert in the form of a hamburger.

"Now, when I look back on it, it was really bad, but I was in third grade, and it was my first-ever cake," she laughs. "Growing up, my mom was always in the kitchen, and I was always helping her. She was right there next to me when I baked it. I remember when I put the cake in the oven. I was terrified! After that, I was perfectly fine."

Dale continued to bake cakes, watching plenty of YouTube videos and improving with every effort. According to her, cakes are fundamentally an expression of her creativity.

"I've always been creative, but growing up, everyone around me could draw," she explains. "I'm so bad at drawing and painting, so it was another way for me to express my creativity in a non-traditional way."

The baking and decorating process takes time, patience and attention to detail. Dale bakes alone, focusing closely on the task at hand. It's a craft for which she's well suited.

"I like cake baking. It gets really intense, and it's a very long process," Dale says. "It's a weird kind of escape for me to be on my own. I'm in control the entire time. No one else is changing what I'm trying to do."

Like any artist, Dale has accumulated quite a few tools over the years. Between trips to Michaels and Hobby Lobby, she's amassed enough to fill a few boxes and several kitchen drawers. That all came in handy this spring, when graduation cakes were in high demand. Among those seniors celebrating with one of Dale's creations was her own sister, Anna Dale. For her older sibling, Dale made dozens of cake pops, perfect for a drop-in reception.

When contemplating her own graduation in a few years, Dale is certain baking will continue to be a part of her life.

"I think throughout my life, no matter what I end up doing, if baking isn't full time, I definitely see myself having a side hustle or just doing it for family and friends. I'm definitely never going to stop." 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.

A Stargazing Picnic Menu

By **Natalie Mikles**



This is a fun chance for a little stargazing on a moonlit walk.

FULL STRAWBERRY MOON WALK

When: June 14, 7-8:30 p.m.

Where: Oxley Nature Center, 6700 Mohawk Blvd.

A walk to celebrate the transition into summer nights. All ages welcome. Registration is required two days before the walk. Call 918.596.9054. $3 for members and $5 for nonmembers. oxleynaturecenter.org

TURN YOUR HEAD to the sky this summer. Skygazing creates lifelong memories for kids and magical moments that can lead to a lifetime of curiosity and appreciation for astronomy.

Seeing the night sky through a child's eyes is one of the joys of parenting and not to be missed. If you're an armchair astronomer, you already know this and are well prepared for what to teach your kids. But even if you can't tell the moon from the Milky Way, you can still spread a blanket on the lawn, put your hands behind your head and look up with your kids.

Talk about what you see, what you imagine it looks like on other planets and whether you would ever want to take a rocket ship to outer space. Check out a calendar of astronomical events to find the best nights this summer for stargazing. Two of those events will take place in June, including the first supermoon of the year on June 14 and the alignment of five planets on June 23.

If you have a decent telescope, you can stargaze in your own backyard. If you live in a big neighborhood or near city lights, you might take your telescope to a more remote area for stargazing. Check the Tulsa Botanic Garden for some of their summertime evening events, as that's a good spot away from lights.

Friends or family who dabble in astronomy are often happy to spend an evening pointing out stars in the night sky. Invite them over, and then feed them a late-night dinner or snacks. If you're leaving the house for a stargazing experience, pack a cooler for dinner (check out our suggestions here) to make the night even more fun.

One more tip for a memorable night of stargazing: Add to the experience by having a moon-rock hunt. Paint some rocks with glow-in-the-dark paint, then hide them around the yard. When the sun goes down, the kids can hunt for rocks. This is core memory making.

Kids may surprise you with how much they like this salad. It may be because of the sweetness of the cranberries. It's a good one to pack for a stargazing picnic.

SUMMERTIME ORZO

- 1 pound dry orzo pasta
- ½ cup olive oil
- 2 cups fresh spinach, torn into pieces
- 4 ounces crumbled feta cheese
- ½ cup dried cranberries
- 8 fresh basil leaves, torn
- ½ cup toasted pine nuts
- 3 tablespoons lemon juice
- 1 ½ teaspoons salt
- 1 teaspoon ground black pepper
- 1 carton cherry tomatoes, halved

1. Cook orzo in a large pot of boiling salted water, stirring occasionally for 8 to 10 minutes or until tender but still firm to the bite. Drain pasta and rinse with cold water to cool.
2. Transfer pasta to a large serving bowl. Add all remaining ingredients and toss gently to combine. Serve chilled.

On the go: Pack in a container with a tight lid and keep cool with an ice pack. Stir before serving.

This twist on chicken salad includes a kids' favorite — barbecue sauce.

BARBECUED CHICKEN SALAD

- 1 cup plain Greek yogurt
- ¼ cup barbecue sauce
- 1 tablespoon honey
- 1 tablespoon spicy brown mustard
- 4 cups shredded, cooked chicken
- 1 large apple, peeled and chopped
- 1 tablespoon chopped red onion, optional
- Salt and pepper, to taste

1. Combine yogurt, barbecue sauce, honey and mustard. Add chicken, stirring to coat. Add apple, onion, salt and pepper. Cover, and refrigerate until chilled.
2. Serve on brioche or buns. Drizzle with a little barbecue sauce.

On the go: Pack the chicken salad in a cooler or ice chest. Spoon between buns when it's time to eat.

These sweet bites are great for a portable dessert.

TOFFEE BLONDIES

- ½ cup unsalted butter, softened
- ⅓ cup sugar
- ½ cup brown sugar
- 1 egg
- ½ teaspoon pure vanilla extract
- 1 ⅓ cups all-purpose flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 (8-ounce) bag toffee bits
- ½ cup white chocolate chips

1. Preheat oven to 375 degrees. Beat butter and sugars until fluffy. Beat in egg and vanilla. Add flour, salt and baking soda, and mix until combined. Stir in toffee and white chocolate chips.
2. Transfer to a greased and floured 9-inch square pan. Bake 18 to 23 minutes or until light brown. Be careful not to overcook. TK

Natalie Mikles 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.

DEPRESSION IN TEENS & ADULTS IS ON THE RISE

Join a paid research study for you or your teen to help us improve treatment options.

918-502-5100



LIBR
Laureate Institute for Brain Research

www.laureateinstitute.org

TICKETS NOW ON SALE

PHILBROOK.ORG/FRIDA

Philbrook

Frida Kahlo

DIEGO RIVERA, & MEXICAN MODERNISM

The Exhibition is organized by the Vergel Foundation and MondoMostre in collaboration with the Instituto Nacional de Bellas Artes y Literatura (INBAL).

Support for this project is provided in part by a grant from the National Endowment for the Humanities, a grant from the Flint Family Foundation, and support from donors to Philbrook's Exhibition Series.

GOBIERNO DE MÉXICO | CULTURA SECRETARÍA DE CULTURA | INBAL | MoMo Mondo Mostre | NATIONAL ENDOWMENT FOR THE HUMANITIES

MEMBER PREVIEW: June 25–July 3, 2022
PUBLIC: July 6–September 11, 2022

Cyndi Kane

Simplifying Suppertime

By **Nancy A. Moore**



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

THE START OF summer ushers in feelings of bright, happy days and a slower pace that is conducive to creating special memories. The extra family time is wonderful, especially around the dinner table, but that can add an additional layer of complexity to meal planning and preparation. Enter Cyndi Kane's new cookbook, *Save-It-Forward Suppers*. Her unique concept simplifies meal planning and is a game-changer that considers budget and time. It even helps with recipes that include those ever-important vegetables!

As a mother of four, Cyndi will be the first to admit that getting dinner on the table every night can be daunting, but she has devised a way to make it easier with just a little strategic planning. And she discovered this first-hand while planning meals for the past 30-plus years! During that time, she simplified her meal planning and is now spilling the beans on the techniques she uses to make meals with ease. Even her best friend, Ree Drummond, The Pioneer Women, sings her praises as the home cook that she most aspires to be like!

TK: Tell us about the "Save-It-Forward" concept in your cookbook, *Save-It-Forward Suppers*.

Cyndi: Instead of warming up leftovers, this cookbook provides a way to reimagine your leftovers into something entirely new! The book tackles meal planning and provides components for one meal to be the basis of the next meal. There are 15 weekly menus along with 130 recipes.

TK: What contributed to the idea of saving items forward in meal planning?

Cyndi: My mother was a child during the Depression. Sadly, my grandmother became a widow and was left with four kids to raise during the Depression. So, I believe it was in my DNA to be budget-minded and resourceful with meal-planning.

TK: How does this cookbook target those who are budget-friendly?

Cyndi: The cost of groceries is so frightening for families! I didn't want to have people buy unnecessary or specialty items or waste a bunch of food. If there are expensive ingredients at the beginning of the week, I incorporate less expensive items at the end of the week. I also made sure to incorporate vegetables, but in tasty, kid-friendly ways.

TK: How did your interest in cooking come about?

Cyndi: I have spent the last 20 years homeschooling my kids, so I joke that feeding them three meals a day became the accidental fodder for a cookbook. In an effort to make dinners new and provide that comfort of sitting down to a good meal, especially at supper time, I really had to plan if I wanted to save my sanity. My kids range in age from 31 to 17, so I've made a lot of meals in my 36 years of marriage!

TK: When did you decide to write your cookbook?

Cyndi: My passion in feeding my family gave me the idea to help others enjoy their family mealtime. I know it's a grind to get a meal on the table every night. During the last two years of the pandemic, life slowed down and gave me time to organize the recipes and tricks that I've been doing for years. Just remember, meals don't have to be elaborate, and if you are strategic, you can get a great meal on the table with much less effort.

TK: Do you have a favorite week of recipes?

Cyndi: Big Ol' Honkin' Ham Week! It's very economical to buy a big ham. The book has different ways to use different pieces of ham. My kids love eggs benedict — it seems like a special restaurant meal, and my cookbook shares several shortcuts — including tips on making packaged hollandaise sauce taste fresh. Another favorite of theirs in "Ham Week" is Jambalaya, and they are also big fans of Shepherd's Pie.

TK: Do you have any tips about kids helping in the kitchen?

Cyndi: You have to remind yourself that it will take twice as long and make twice the mess to let your kids "help" you. BUT — if you can look at that as an investment in the future, I promise it will pay off — you will eventually have kids who will not only cook for themselves, but, believe it or not, will even cook for their parents one day!

TK: Do you have any advice for parents who have children who are picky eaters?

Cyndi: Just keep presenting them with the things that they don't like, trying to cajole/persuade/trick them into taking "just one bite." You have to do it enthusiastically and with a spirit of fun. Whatever you do, don't make mealtime turn into a battle. You may win a few battles, but you will lose the war. You want mealtimes to be their safe haven, not a battlefield. Their tastes will likely broaden a bit over time unless it becomes a battle of wills.

TK: What did you enjoy about publishing the cookbook and sharing these recipes?

Cyndi: It's been fun to hear from people who are using the cookbook!

TK: Who inspires you in the kitchen?

Cyndi: My friend Ree Drummond has certainly been a huge inspiration for me! Everything she makes is so delicious — it's always good!

TK: What do you enjoy about sharing meals with your family?

Cyndi: My daughter asked me if I enjoyed cooking, and it made me realize that I really don't love the process of cooking, but I do love the results. Meals are a time of relaxation and connectivity and conducive to ideas. Sharing meals is a good way to do it around the family dinner table. So, it's worth the effort!

TK: When you're not in the kitchen, what do you enjoy doing?

Cyndi: I have an entrepreneurial streak, and I have a business where I sell kitchen products at my website www.houseofhyacinth.com. I have a collaboration with an Influencer known as "Reluctant Entertainer," where we design and manufacture really wonderful, American-made charcuterie boards. So, that excites me! I also love to read and putter in my flower beds. Now that I am on the



PORTRAIT CREDIT: AMY TEAGUE PORTRAITS AND FILMS

brink of being an empty nester, I would love to travel more.

TK: What are you passionate about right now?

Cyndi: Right now, I'm working on getting the word out about my book, and I love hearing from people who are using the cookbook to help with their family meals! I'm also helping my 17-year-old navigate his path to college — my last act as a homeschool mom, so that's bittersweet. TK

You can find Cyndi online at: houseofhyacinth.com and on Instagram: @therealcyndikane. She also has a Facebook community called Save It Forward Suppers where people cook along with each other from the cookbook.

Her cookbook, *Save-It-Forward Suppers*, can be found everywhere books are sold.









Reading Picture Books Without Reading the Text

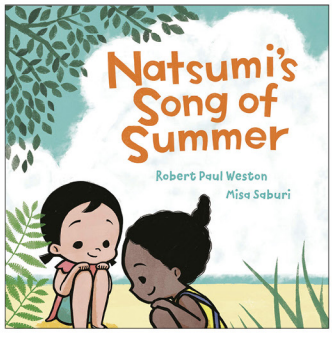
(Yes, You Can Do That!): Summer Edition

By **Stephanie Huaman**

TEEN ASSOCIATE
MARTIN REGIONAL LIBRARY









DID YOU KNOW there is no right or wrong way to read with your child?

With summer around the corner, we all have lots of plans and activities. Sometimes sitting down with a busy toddler to read a book may be a challenge. And if they don't want to read today, hey, that is OK!

But sometimes we have moments where we can read books together, and guess what? That is OK, too! If you have ever attended one of our Build a Reader Storytimes, you know we sing our Build a Reader song: **Talk, Sing, Read, Write** and **Play!**

So, **Talk** with your children about the pictures. Ask them what they see. Ask them if there is anything familiar. Relate it to your lives, what you do daily, weekly or monthly. See something in a book that reminds you of a song? **Sing** about it! **Read** some of the texts in the book or just a word—it is OK! Practice **writing** by tracing a word with your fingers. **Play** and have fun with the story; make silly voices and sound effects as you read. Make reading at home fun and unique for both you and your child with moments that your child will remember.

Here are some books for all to enjoy. These are super fun even if you're just reading the pictures with your kiddos this summer:

Summer Babies by Katheryn O. Galbraith and illustrated by Adela Pons

Follow along with this story (or the pictures) and see what these babies see on a summer day filled with adventure.

Summer Days by Kate Colley and illustrated by Dale Nigel Goble

Summer weather and summer fun! Lots of pictures to talk about and wonderful illustrations. This book is also flippable, meaning you flip it and there is another story talking about fall and everything fun about fall.

Summer Adventures for Groot! by Brendan Deneen and illustrated by Cale Atkinson

Who doesn't enjoy a Groot story? Follow Groot and the rest of the group on some summer fun! You will see some familiar Avengers characters throughout the story, which should be fun to point out.

Natsumi's Song of Summer by Robert Paul Weston and illustrated by Misa Saburi

Summertime is for traveling and visiting family from different states and sometimes different countries. Natsumi's cousin Jill visits her from America. Natsumi shows Jill the beaches, festivals and beauty of Japan.

Sunrise Summer by Matthew Swanson and Robbi Behr

Not everyone is enjoying their summer at the beach. Some family vacations are just different from others, and that's OK! Follow this story of a girl who spends time with her family in Alaska for that special time of year to catch salmon and be a part of a fishing crew.

Goodbye Summer, Hello Autumn by Kenard Pak

While we talk about summer fun, we should also mention welcoming autumn weather. Kenard Park has some beautifully written and illustrated books about the changing weather and all we can expect. TK

Stephanie Huaman is the Teen Associate at the Martin Regional Library and past Children's Associate at both the Martin Regional Library and Broken Arrow Library. She is currently in graduate school to earn a Master's in Library and Information Studies (MLIS).



PHOTO COURTESY: STEPHANIE HUAMAN

Why We Love Ms. Stephanie!



By **Laura Raphael, MA, MLIS**
CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

TWO WORDS: Baby Prom. (Isn't that wonderful!)

That's just one brilliant idea that was brilliantly executed a few years ago by Stephanie Huaman, currently the Teen Associate at the Martin Regional Library but previously a Children's Associate at the Broken Arrow Library and at Martin.

Ms. Stephanie wanted to give parents and children a special, "grown-up" experience with music, dancing and other literacy fun and learning, and, boy, did she deliver.

But Ms. Stephanie ALWAYS delivers, and that is just one reason we love her!

From special programs like Baby Prom (pre-pandemic) and Llama Llama storytime to delightful weekly storytimes on Facebook and YouTube during the pandemic, Ms. Stephanie has been a consistent, loving and joyful presence in the lives of many children — and now teens.

Also consistent? Ms. Stephanie's changing hair color! That and an irrepressible optimism that shines from her a thousand feet away — take "sparkly" and expand that a hundred times.

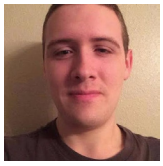
Even though teens are her main beat these days, you can still experience Ms. Stephanie in short storytime videos on the Build A Reader app. She also pops up at occasional children's programs around the library system. TK

Laura Raphael is the Children's Services Coordinator for the Tulsa City-County Library. She hopes to entice Ms. Stephanie to return to children's services at some point in the future.





Route 66 Celebrates 100 Years with Inaugural Festival



By **Brandon Schmitz**



TIAGO_FERNANDEZ/GETTY

2026 WILL MARK 100 years since Route 66's establishment, but what's wrong with kicking off the festivities a little early? The AAA Route 66 Road Fest is poised to build up to the centennial in style, beginning at Oklahoma City's Bennett Event Center June 18 and 19. From there, the festival will move to Tulsa's SageNet Center at Expo Square June 25 and 26. With this being an inaugural event, the festival will return annually through at least 2026.

"There's been a real revival of Route 66 recently, and we've been watching that closely from a AAA perspective," said AAA Oklahoma Executive Jared Peterson. "It was a natural fit for us, given our support for road trips in particular. It's a great place for us to be, supporting Route 66."

Road Fest will feature its fair share of family activities, not the least of which being a Pinewood Derby track. Not only will sanctioned races for Boy Scouts be available, but guests can also race friends and family using pre-built cars.

Other activities include an 18-hole, Route 66-themed miniature golf course, four virtual reality arenas, robotics and drones, and an interactive art space. Here, guests can color various pieces of Route 66 iconography and take guided painting classes.

Additionally, it wouldn't be a Route 66 event without a car show. This particular one is appropriately retro-themed and will showcase 14 classes of cars from the years 1926 to 1986.

"We're trying to draw attention to the stops people saw along the way, as that's what Route 66 was built upon," Peterson said. "That said, the cornerstone of the event that will really stand out is the Route 66 Journey."

Consisting of seven octagon-shaped exhibits, the Journey will be a trip through time that illustrates the history of the world-famous road. It will start in the 1920s and progress until modern day, with the last octagon specifically highlighting the centennial.

The exhibit will feature not only photos and videos, but also fashion and vehicles to represent each era. Live actors will help sell the vibe and atmosphere of their respective time periods.

"It's been a huge project — not just good for Route 66, but Oklahoma in general," the AAA executive said. "As word gets out, I'm confident this event will really put this state on the map for visitors."

Given the sheer ambition of this festival, it's been in the planning stages for several years.

"The event overall is quite immense," Peterson said. "I'm just excited to see people from different generations coming together to enjoy this event."

For Peterson, the process of putting Road Fest together has been an invaluable learning experience.

"I knew about Route 66 beforehand, of course, but to see the passion behind this — to see all these people who live and breathe this has just been extraordinary," he said. "We're coming in on the tail end of it; we just want to make something that's already a big deal even bigger." TK

For more information, visit route66roadfest.com.

Brandon Schmitz is an entertainment reporter located in Tulsa, Oklahoma.

The Greatest Gifts from Grandparents

By **Natalie Mikles**



"**SPOIL THEM AND** send them home." Whether it brings a smile or a smirk, it's a saying that grandparents and parents understand.

There's a certain amount of indulging that's expected from grandparents. It can be as simple as letting the kids get double dip ice cream cones — something parents might never let the kids do, and something that makes the kids' eyes light up.

But many a parent can tell tales of spoiling that goes too far. On a local online parenting group, one mom said she stopped letting her kids stay overnight with her parents because they came home little monsters. They were crabby from staying up way past their bedtimes and had stomach aches from all the junk food they ate. Letting the kids have fun with grandma and grandpa wasn't worth it to her.

Another parent mentioned the excess "stuff" taking over her kids' playroom. Toys given to the kids by her parents were everywhere. And for someone who preferred basic wooden blocks and simple toys, the loud toys with flashing lights were driving her crazy. She wondered how she could gently let her parents know that enough was enough with all the toys.

Of course, not every parent feels this way. Some parents will tell you that letting their kids feel like they're getting away with something or breaking harmless rules while at their grandparents' house is perfectly fine. Or, if giving gifts is the grandparents' love language, so be it.

Setting boundaries and then respecting the parents' wishes is key to keeping a healthy grandparent-parent-child relationship. And there's a difference between grandma letting the kids pick out a new toy at Target and grandma letting the kids watch a movie she knows they're not allowed to watch.

Patty Banes is a grandmother of three boys who has spent 35 years in early childhood education. She said the idea of "spoiling them and sending them home" is becoming a thing of the past.

"My generation of grandparents is not that way so much. We have a different twist on what's good for kids. We don't want to send them back so that their parents have to undo what we just did," she said.

For Banes and her husband, Jim, creating an emotional connection has always been a priority over giving gifts or money.

Their idea of indulging the kids is letting them stay up a little later to take late night walks with flashlights with their grandpa while on family vacation. They call them Papa Walks, and it's a time for the boys to bond with their grandpa and do something they don't normally get to do with their mom and dad.

Being long-distance grandparents, Patty and Jim have worked to create ideas to bond with their grandchildren, making them feel loved and special across the miles.

This type of indulgence in emotional love is healthy and just what kids need. Doing things parents may not want to do or have time to do, which may feel like spoiling to kids, builds a bond and creates memories between grandparents and grandchildren. Taking the kids to the movie theater and sharing a big popcorn, taking them sledding, working on a craft together, building something with your hands or growing something together are all ways to build relationships with children.

Patty and Jim have a weekly Skype call with the grandkids to stay connected, but they've also found extra special things to do for the kids to make them feel loved and a little spoiled.

"We have sent them puppets and let them write the story and name the characters. Then we would watch the puppet show on Skype," Banes said.

Another fun tradition she created is to ask the kids to pick out a book, and then they all read it and discuss. Talking about the book and what they did or didn't like about it gives them something to talk about besides the standard, "How was school this week?"

Grandparenting love through emotional connection isn't as easy as typical spoiling. But the gift of time — of reading the same book your grandchild is reading or helping them create a puppet show — is a gift more meaningful than something store-bought.

Banes recommends finding ways to create a one-on-one connection. This could be something as simple as splashing in the puddles after it rains. Kids will remember that grandma or grandpa let them have fun and make a mess. Or it could be something more elaborate like the holiday care packages Banes sends her grandsons. She creates a maze puzzle for the kids to fill in the blanks to learn about the holiday. For Cinco de Mayo, Patty filled the box with Mexican coins and snacks.

One gift kids may need to be older to appreciate but that's important nonetheless is family history.

"Grandparents are one of the few links to the past," Banes said. "We send letters about what pets we had growing up, our first cars, jobs we had, what schools we went to. I send a letter every so often with photos. It gives them a reference to our past."

No one's ever been spoiled by letters from their grandmother. But if it's an excess of candy, toys or TV watching that's worrying parents, it may be time to talk boundaries. Gently reminding grandparents of your own family rules rather than accusing them of doing something wrong is helpful. And letting grandparents know that their most valuable gifts are time and connection can make them feel empowered. TK

Natalie Mikles 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.

OVER-GIFTING IS A REAL THING

Kids who end up with an excess of toys, electronics and other gifts on their birthdays can sometimes end up not appreciating what they have or will come to expect the same year after year.

When the grandparents ask what they can give the kids for their birthdays, consider experience gifts rather than more stuff. Here are some ideas.

1. **Lessons.** An instrument and lessons for the year is a great gift and takes a major financial load off parents. Art workshops/classes, swim, tennis, golf or soccer lessons might be a good fit.
2. **Museum membership.** A membership to the Discovery Lab, Tulsa Zoo, Tulsa Botanic Garden, Philbrook, Gilcrease, Oklahoma Aquarium or the Tulsa Air and Space Museum makes a great gift. If you're a local grandparent, include a promise to the parents to take the kids for a fun day out using the membership. Often, museum memberships offer reciprocal admission to museums around the country (check narmassociation.org).
3. **Savings account.** Even little children can understand the concept of saving, and having their own savings account is a great way for them to appreciate it. Adding money for birthdays and holidays to grandkids' savings accounts adds up and will be ever more important as the kids get closer to college age.
4. **Books.** Find out if there's a book series the grandkids are into, and surprise them by completing the set. For little kids, buy a stuffed animal to go with a favorite book. *Paddington Bear, Clifford the Big Red Dog* and *Madeline* never go out of style. For the full experience, read the books together.
5. **Vacation.** This is a big one, but if you want to feel like grandparent of the year, give your grandkids the gift of time away together. It can be as big as a Disney cruise or as simple as a weekend away at a nearby campground. Check out sites like roadscholar.org.



CHOREOGRAPH/GETTY

NOT BORED: Fun Activities for Every Age

When school's out for the summer, parents are met with a mix of relief and dread.

By Natalie Mikles

WE REMEMBER OUR own childhood summers and the fun we had swimming, bicycling, going to camp and staying up late with friends. What's a little fuzzier is the work our parents put in planning these pursuits, driving us here and there and lining up babysitters. For some of us growing up in the freewheeling 1980s, our parents gave us a pretty long leash, not always knowing where we were or how long we would be gone. But the pendulum has swung so that many parents are planning kids' summer activities down to the hour.

There's a happy medium between throwing caution to the wind and overpacking kids' days to the point of stress. Keeping kids busy in the summer is necessary, to a point. Having some indolent days is perfectly fine, but when days turn into weeks, kids can turn bored, and parents can turn weary.

With some planning, parents can turn simply keeping their kids busy into a summer full of memory making, accomplishments and fun.

Some summer fun knows no age. But middle schoolers aren't always going to want to do what their preschool siblings are doing. So let's start there.

LITTLE KIDS

Some of these ideas are no brainers, but on days when you don't know how you're going to keep the kids entertained, check back in on this list.

WATER PLAY

Morning is the best time for water play for little ones. Lather them with sunscreen, and don't forget cold drinks. No pool, no problem. When it comes to splashing in the water, they don't need an entire pool to have fun. Little blow-up pools or plastic kiddie pools are tons of fun for toddlers and preschoolers. Remember always to stay right with them since even shallow water can be dangerous for children.

Fill your kid-size pool with collected objects—like shells, rocks, plastic rings or big Legos. Then let the kids go on a treasure hunt. You can make this extra fun with snorkeling gear. Or make it a learning game by having the kids sort the objects by color or shape. Counting out the objects once they're collected is also fun.

If there's not space for a kid-size pool, a water table also works great. It doesn't take much water to fill it up, and it's just the right height for kids to splash their hands in.

BIG KIDS



JARABEE123/GETTY

Naptime is a thing of the past, and that leaves many hours in the day to play and learn for elementary school-aged kids. Talk to your kids about what they might want to learn or accomplish over the summer. Maybe they want to build, create or design something. Let them think big and help them accomplish the goal by the end of the summer. For kids who don't have anything in particular in mind, here are some ideas.

GOING ON A BEAR HUNT

Read the wonderful book *We're Going on a Bear Hunt* by Michael Rosen, then go on your own bear hunt! The destination really doesn't matter. It can be your own neighborhood, a park, the Philbrook gardens—the fun will be in the preparation and anticipation of what you may find. Remind the kids of lines from the book, asking them what the grass feels like, whether they're hot or cold and, of course, whether or not they think you'll find a bear. You can remind kids who might be fearful that it's pretend and that you're not going to find a real bear.

To make the adventure more fun, bring along binoculars, hiking sticks or vests, water bottles and a map. Letting the kids help draw a map, anticipating where they might find the bear, adds to the fun.

SLIME DAY

Making slime can be such a mess. Surprise your kids with a "yes to slime" day, pulling out everything they need to make different varieties of slime. Depending on the age of your kids, some slime can be made without any help. Other recipes will need an adult present.

One of our favorites is foaming slime. You can find recipes online or try this one.

FOAMING SLIME

- 1 (8-ounce) plastic water bottle
- Sheet of paper to make a funnel
- 1 teaspoon detergent containing Borax
- 5 teaspoons baking soda
- Paper cups
- 2 generous tablespoons glue
- 2 tablespoons vinegar
- Food coloring

1. Remove the label from the water bottle, then remove about 2 ounces of the water.
2. Using a paper funnel, add detergent and baking soda to the water bottle. Put the lid on and shake well.
3. In a paper cup, mix together vinegar and glue (and food coloring, if desired). Mix well with a stick or spoon. Pinch the side of the cup to make a spout.
4. Shake bottle, and place on a tray or plate. Immediately pour all the vinegar solution into the water bottle. Do this quickly.
5. Watch the chemical reaction create foaming slime. When your bottle has stopped erupting, squeeze the foamy slime out of the bottle.

QUADRAT SAMPLING

Let the kids become scientists with this ecological escapade. Find a wooded area near your house or in a park to observe the plant life over the course of the summer.

Let the kids do as much of the work as possible, giving them four stakes or popsicle sticks, measuring tape, string or yarn, a notebook and a plant identification book or app. The kids can become amateur ecologists, creating a square with the four stakes and tying string between each, creating about a 3-foot observational area. Then let the kids identify what plants or trees they see in their sample. Coming back to this area is an interesting way to observe nature in action. Encourage them to take notes or photos about their observations.



MONKEYBUSINESSIMAGES/GETTY

This is a good age for a talk about the rule of eight. Remind kids that, generally speaking, we all have eight hours in a day to work or go to school and eight hours in a day to sleep. The other eight are for reading, dreaming, planning and creating. Especially in these pre-teen and teen years, help kids understand that wasting those hours on social media and video games is just that—a waste. These are hours best used for fostering their interests, defining goals and preparing for their futures. And that doesn't mean it can't be fun!

DOG WALKING

Create a summer side hustle. Even if your kids aren't yet ready or don't have time for full-fledged jobs, a side hustle is a great way to earn a little income and responsibility. One fun way to get started is with a dog-walking business. You may be surprised by how many neighbors will say yes to having someone walk their dogs. Help your kids get organized by making cards or setting up an email or group dog-walking text to advertise their business. Then help guide them in being on time, using manners and treating the dogs well.

If you know of someone who can't afford to pay, use this as a volunteer opportunity. Brainstorm with your kids to think of someone in the neighborhood (or within your family) who could use some help with dog walking, yard work or inside chores. Your kids might complain, but they will remember the days they spent helping and how it made them feel.



GEORGE DOYLE/GETTY

GARDENING

This is a perfect project for pre-teens or teens, but really, it's great for kids of any age. Carve out a little space for a kids' garden. Teens might complain, but many will end up enjoying the time they've spent in their own little garden space. Experienced teen gardeners won't need help, but most kids will need some guidance on tilling the dirt and picking out plants. Take a walk through a nursery, and let them choose what interests them, reminding them of whether they will need shade or sun plants.

Having a garden of their own teaches kids responsibility and offers something to do on days when they're bored. Plus, it's something you can work on side by side, allowing time to talk while staying busy—a great way to communicate with pre-teens and teens. **TK**

TULSA ER & HOSPITAL

71st & Hwy 75 • tulsaer.com • 918-517-6300







HOW EMERGENCY & HOSPITAL
CARE SHOULD BE

Tulsa ER & Hospital was created to bring around the clock, concierge-level, quality adult & pediatric care for our community.

We strive to provide our patients with the best experience with short wait times in a comfortable & efficient environment.

Now enrolling!

- Small class sizes – 6.3:1 student-teacher ratio.
- Nine University School alumni are National Merit Scholarship semifinalists this year.
- Two University School alumni are 2022 U.S. Presidential Scholars candidates.

UTULSA.EDU/USCHOOL
918-631-5060
PreK3-8th grade gifted children



THE UNIVERSITY OF TULSA
University School

TU is an EEO/AA institution.

Taking Kids to the Theater?

Read This First

Edited version of an article originally written by **Natalie Mikles**


RYAN MCVAY/GETTY

A PARENT'S VISION of taking children to their first live theater experience doesn't always meet reality.

Dressing up and taking photos in the lobby is part of the fun. But it's not so fun when your 3-year-old whispers he needs to go potty and there's still a long way to go until intermission. Or when your 6-year-old, whom you thought could handle the show, is too scared to sit through "The Lion King". Or when a sibling fight over who gets to hold the box of Skittles erupts in the quiet theater.

But then there are the moments that make it all worth it. When you look to the left and see the huge smile on your child's face. When your toddler squeezes your hand because she's so excited about what's happening on stage. When your teenager announces after the curtain drops that he wants to be on Broadway one day.

Taking kids to the theater can be life changing, and creating life-long theater lovers can begin very early. The key is knowing what they're ready for and preparing them for the experience.

In the coming months, Tulsa has many opportunities for family theater experiences, from shows for the very young to teens.

Planning for the experience and talking to your kids about theater etiquette can go a long way to make the show a smash hit. TK

UPCOMING FAMILY THEATER AT THE TULSA PERFORMING ARTS CENTER

For information and tickets for the following productions, go to tulsapac.com. The Tulsa PAC is located at 110 E. 2nd St.

Shrek the Musical Jr.
July 15–17

Into the Woods Jr.
July 22–24

Anastasia
July 19–24

Frozen
Oct. 20–30

Spamalot: School Edition
Nov. 4–6

Pirate School
Nov. 11

SPOTLIGHT CHILDREN'S THEATRE PRODUCTIONS

The listing includes audition dates for adults and children interested in trying out for any of the productions. Located at 1381 Riverside Drive.

And Then What Happened?!
Performances June 17–26

Characters
Auditions Aug. 15 & 16,
Performances Sept. 30–Oct 9

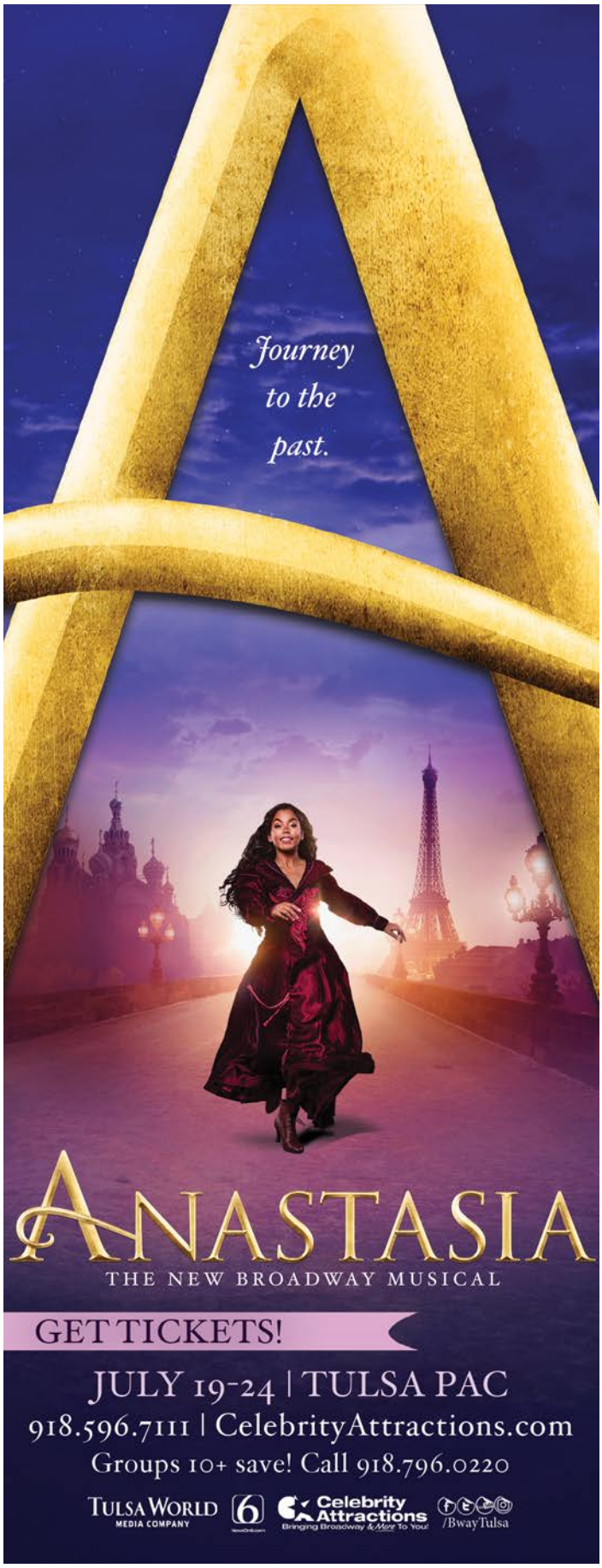
The Enchanted Bookshop
Auditions Oct. 10 & 11,
Performances Dec. 2–11

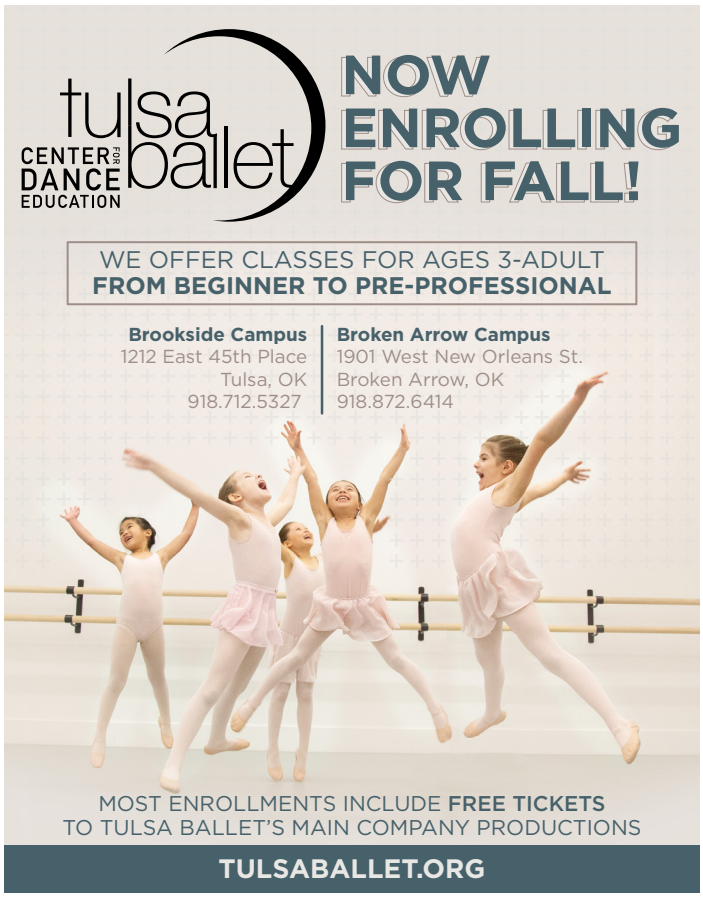
For information and tickets, go to tulsaspotlighttheater.com

BEFORE YOU GO…

Here are some tips for making the show a better experience for you and your kids.

- Arrive on time. Better yet, arrive early.
- Go to the bathroom before the performance begins.
- Take your seat a few minutes early and read the program aloud so kids will know what to expect.
- If you have time, walk the kids toward the front of the stage or to look in the orchestra pit before the show or at intermission.
- Remind kids not to speak — and that includes whispering — during the show.
- Keep your feet on the floor. No one likes kicks to the backs of their seats.
- Show appreciation to the performers by laughing when it's funny and clapping when the show is over.
- In the days before the show, give kids something to look forward to. Pick a short piece of music that will be played and let them listen or explain the plot or characters so they will be familiar.
- When the production is over, talk about it on the car ride home. Ask the kids questions. What was their favorite part? What surprised them, made them sad or made them laugh?


Journey
to the
past.
ANASTASIA
THE NEW BROADWAY MUSICAL
GET TICKETS!
JULY 19-24 | TULSA PAC
918.596.7111 | CelebrityAttractions.com
Groups 10+ save! Call 918.796.0220
TULSA WORLD
MEDIA COMPANY
Celebrity Attractions
Bringing Broadway & More To You!
/BwayTulsa


tulsa ballet
CENTER FOR DANCE EDUCATION
NOW ENROLLING FOR FALL!
WE OFFER CLASSES FOR AGES 3-ADULT
FROM BEGINNER TO PRE-PROFESSIONAL
Brookside Campus
1212 East 45th Place
Tulsa, OK
918.712.5327
Broken Arrow Campus
1901 West New Orleans St.
Broken Arrow, OK
918.872.6414
MOST ENROLLMENTS INCLUDE FREE TICKETS
TO TULSA BALLET'S MAIN COMPANY PRODUCTIONS
TULSABALLET.ORG


Drillers
JOIN HORNSBY'S BULLPEN!
THE COOLEST KID'S CLUB IN TOWN
PRESENTED BY tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.
• EXCLUSIVE ACCESS TO HORNSBY'S BULLPEN DEALS
• BIRTHDAY BONUSES, CONTESTS, AND DISCOUNTS
• FREE TICKETS TO SUNDAY DAY GAMES!
FREE TO JOIN!

GREENHOUSE PEDIATRIC THERAPY



Kassie Allison, MOT, OTR/L

I work at a daycare, and kids seem to be struggling more with behaviors than in previous years. What can we do to help?

There are many reasons little ones are struggling more. We've had multiple kids kicked out of daycare recently for behaviors that could have been prevented/supported. For starters, have developmentally appropriate expectations. For example, 3-year-olds are not supposed to have impulse control, sit still in a circle or write their letters. Anticipate what might be challenging for a child. Provide more supervision during the most challenging times of the day, such as transitions from outside to inside. Provide more warning about transitions. Allow for time to recover. Allow supports (blankies, binkies, water bottle, weighted animals, tent) whenever needed or requested, not just when a child has a meltdown. Acknowledge emotions while still providing a clear boundary ("You can be sad, but you still have to come inside;" "You can be mad, but you may not hurt people") and a safe adult for support ("It is okay to be mad. I will be with you to help your body calm down"). We provide staff training for daycares — give us a call!

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

I've noticed that my son sometimes writes letters backwards even though he knows them. Could this be dyslexia?

Letter reversals are commonly thought of as a sign of dyslexia. However, not everyone who has dyslexia will have difficulties with reversing letters or numbers, and vice versa. Dyslexia is a language processing disorder. Letter reversals are typically due to spatial awareness (knowing how to put parts together to create an image) or ocular motor dysfunction (eye muscles working together to steady an object for visual interpretation). Both of these are separate from and not associated with the language processing centers of the brain. Left untreated, frequent letter or number reversals can make reading, writing, spelling, and math challenging and frustrating. An evaluation with an occupational therapist can help identify why he is writing letters backwards and with developing 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

How do you do a proper lice check at home?

The simplest solution is to have a professional conduct a head check, but if you want to screen at home, it's important to get the right tools. You will need a proper professional lice comb, available at Lice Clinics of America. Low-quality pharmacy combs have poor tines that lack the strength, spacing, or grooves to promote friction necessary for lice removal.

Fill a small white plastic container with water. Comb through the hair from root to tip, and then aggressively rinse the comb in the water. Make sure you are scraping along the scalp with each pass. With proper lighting and magnification, examine any dark, floating items to see if you have removed eggs or bugs. Eggs have a teardrop shape, and bugs will look jagged due to their legs and antenna.

Lice and eggs can be VERY small, so when it doubt, schedule an appointment with a professional.

Lice Clinics of America—Midsouth

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

MILLER SWIM SCHOOL



Sarah Clavin

What do I need to know about swimming supervision?

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

Miller Swim School

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

AMPLIFY YOUTH HEALTH COLLECTIVE



Dr. Lauren Conway, Pediatrician and Amplify Youth Health Collective Board Member

As a pediatrician, why are conversations about sexual health important to you? What are a few tips you have for parents?

Conversations between pediatricians and youth about puberty and sexual health provide opportunities to build trust, share critical health information, and encourage healthy behaviors. Parents are the primary educators, and pediatricians play an essential role for adolescent patients and their caregivers. A few tips I share with caregivers are:

- From an early age, talk to kids about their bodies using medically accurate terms and avoid slang.
- Listen and answer questions without shame or judgment.
- Kids talk about things they see on social media and hear about from their peers. Ensure that you are a trusted source of accurate information, dispel any myths, and let them know you are willing to have open and honest conversations.
- Talk to your child's pediatrician for guidance as they grow and need more support.

Amplify Youth Health Collective

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

JUNE 2022

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

OKLAHOMA!
JUNE 17–19
Details p. **30**



Gabrielle Hamilton and the company.

PHOTO BY MATT MURPHY – MURPHYMADE.

KIDS MINI TRIATHLON
JUNE 18
Details p. **30**



Swim, bike and run at the **8th Annual Health Zone Mini Triathlon.**

PHOTO COURTESY OF HEALTH ZONE AT SAINT FRANCIS.

ZOORASSIC WORLD WALKING TOUR
WEEKLY
Details p. **31**



This Parasaurolophus is ready to greet you at **Zoorassic World!**

PHOTO COURTESY OF TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO

June 1 Wednesday

SUMMER READING PROGRAM 2022 KICKOFF (F)

Ages 0-12, 9 a.m.-9 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Kids ages 12 and younger can stop in all day for a scavenger hunt, crafts, stickers and door prizes!

GUSTAFER YELLOWGOLD: SONGWRITING WORKSHOP (F)

Ages 13-18, 4-5 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Learn songwriting techniques with two-time Grammy-nominated songwriter Morgan Taylor.



Will Parker brings "Music for kids ages 1-100" to **Tulsa City-County Library** locations this summer as part of **TCCL's Summer Reading Program.**

PHOTO COURTESY TULSA CITY-COUNTY LIBRARY

June 2 Thursday

SAFE KIDS TULSA CAR SEAT CHECK (F)

10 a.m.-12 p.m., Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, safekidstulsa.com

Experts will help make sure your child's car seat is installed correctly!

SUMMER'S FIFTH NIGHT AT UTICA SQUARE (F) (W)

All ages, 7-9 p.m., Utica Square, 21st and Utica, uticasquare.com

Head to Utica Square every Thursday through August 4 for an evening of free musical entertainment!

June 3 Friday

ANIMAL ENCOUNTER (F) (W)

All ages, 10 a.m.-12 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Meet animals up close and learn more about their place in our world and how you can be a wildlife hero!

HORTICULTURE TOUR

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

Join a horticulturist for a tour of the Garden. Free with admission

MIGHTY KIDS: PARENT'S NIGHT OUT

6-9 p.m., Kirk of the Hills, 4102 E. 61st St., thekirk.com/ministries/special-needs

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 evening of movies, snacks, crafts, games and other fan activities. Pre-restristration required.

June 4 Saturday

TREE FORT STORY TIME

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

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

TULSA MASTER GARDENERS 2022 GARDEN TOUR

All ages, 9 a.m.-5 p.m., tulsamastergardeners.org

Tulsa Master Gardeners' Showcase Garden Tour allows locals to explore some of Tulsa's most beautiful backyard gardens. Tickets are $10 in advance, $15 the day of. Repeats Sunday, June 5, 11 a.m.-5 p.m.

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.

DOG DAYS OF SUMMER (F)

All ages, 10 a.m.-3 p.m., Meadowgold District (11th and Peoria), meadowgolddistrict.com

Bring your furbaby for a day of pet-themed events, including a dog agility course and pet costume contest. There will also be balloon artists, face painting and other family fun.

June 5 Sunday

NATIVE CULTURAL ARTS: COOKING TRADITIONAL NATIVE FOODS (F)

All ages, Virtual, youtube.com/tulsalibrary

Join Carol Tiger as she demonstrates how to make sofke, sour cornbread, plus a surprise recipe!

June 6 Monday

PROFESSOR UNIVERSE: INTO THE DEEP (F)

Ages 6+, 10:30-11:30 a.m., Jenks Library, 523 W. B St., Jenks, tulsalibrary.org

Professor Universe keeps kids laughing while learning. Scientific concepts are conveyed through fun, play and audience participation via a cast of kooky characters.

MOVE IT! AT DISCOVERY LAB (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!

June 7 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES (F) (W)

10:30-11 a.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español.

TEEN TUESDAY: OCEANIC ORIGAMI (F)

Ages 12-18, 2-3 p.m., Broken Arrow Library/South, 3600 S.

Chestnut Ave., Broken Arrow, tulsalibrary.org

Create a mermaid or whale using the art of paper folding. Pre-register online, call 918-549-7323, or visit the South Broken Arrow Library to sign up!

June 8 Wednesday

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.

WILL PARKER: MUSIC FOR KIDS AGES 1-100 F

All ages, 11 a.m.-12 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Join musician Will Parker for a fun, interactive show for the whole family!

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.

June 9 Thursday

CAPTURE THE CREATURE F

Ages 10-18, 11 a.m.-12 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Try to capture the other team's creature without getting hit by a water balloon. Participants should wear clothes that can get wet.

DISCOVERY AFTER DARK

Ages 21+, 6 p.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Be a kid again at Discovery Lab's only 21+ event for adults! Educators will demonstrate weather experiments for guests as they interact with exhibits.

June 10 Friday

MUSIC WITH STEVE WEEKS F

Ages 0-10, 10-10:45 a.m., Redbud Festival Park, 109 N. Main St., Owasso, tulsalibrary.org

Steve Weeks performs with both a boisterous sense of humor and a deep sense of purpose.

June 11 Saturday

LIFE-SIZE WHALE CHALK DRAWING F

Ages 5-10, 10 a.m.-12 p.m., Pratt Library, 3219 S. 113th W. Ave., Sand Springs, tulsalibrary.org

Have you ever wondered how big a blue whale REALLY is? Join TCCL to draw a life-size blue whale in the parking lot.

SUCCULENT BOWL WORKSHOP

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

Design and create your own succulent bowl to take home. Registration required. $35/$40

DOG DAY

10 a.m.- 5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic, Dr, tulsabotanic.org

Four-legged family members can join you for a walk. Regular admission, $4/dog.

June 12 Sunday

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.

June 13 Monday

STORYTELLING WITH WILL HILL: OCEAN SEAS! F

All ages, 11 a.m.-12 p.m., Collinsville Public Library, 1223 W. Main St., Collinsville, tulsalibrary.org

Will Hill will present "Wee Hut Kah American Indian Stories About the Ocean Seas."



PHOTOS COURTESY OF TULSA DRILLERS

201 N. Elgin Ave., tulsadrillers.com

Kids 12 and under are invited to join the FREE Hornsby's Bullpen to receive free tickets to Family FUNday Sunday games and other perks. Sign up at tulsadrillers.com/kids.

6/7, 7:05 p.m. vs. NW Arkansas
6/8, 12:05 p.m. vs. NW Arkansas
6/9, 7:05 p.m. vs. NW Arkansas
6/10, 7:05 p.m. vs. NW Arkansas*
6/11, 7:05 p.m. vs. NW Arkansas
6/12, 1:05 p.m. vs. NW Arkansas**
6/14, 7:05 p.m. vs. Wichita
6/15, 7:05 p.m. vs. Wichita
6/16, 7:05 p.m. vs. Wichita
6/17, 7:05 p.m. vs. Wichita*
6/18, 7:05 p.m. vs. Wichita*
6/19, 1:05 p.m. vs. Wichita**
6/28, 7:05 p.m. vs. Arkansas
6/29, 7:05 p.m. vs. Arkansas
6/30, 7:05 p.m. vs. Arkansas

*Fireworks nights **Family FUNday Sunday



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



Starlight Concerts presents themed, open-air concerts Tuesday evenings at **Guthrie Green,** starting June 14.

PHOTO COURTESY STARLIGHT CONCERTS.

June 14 Tuesday

DIY JUNETEENTH DECORATIONS (F)

Ages 4-10, 2-3 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Prepare for your Juneteenth celebrations by making your own Juneteenth poster.

FULL STRAWBERRY MOON WALK

All ages, 7-8:30 p.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

Take a hike under the beautiful full moon at Oxley Nature Center. Registration is required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register.

June 15 Wednesday

DND PROGRAMMING WITH WES ROSE: DUNGEONS AND DRAGONS 'LITE' (F)

Ages 3-18, 3-4 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Join DnD MC's Wes Rose for a fast-paced, team-based RPG based in the Dungeons and Dragons 5e world! Space is limited; pre-register at tulsalibrary.org/events.

June 16 Thursday

GARDEN PLAY THURSDAY (F) (W)

Ages 5-10, 10-11 a.m., Central Library, 400 Civic Center, tulsalibrary.org

Head to Central Library's garden for outside fun and games!

BUBBLES AND BALLOONS DANCE PARTY (F)

Ages 0-10, 2-3 p.m., Suburban Acres Library, 4606 N. Garrison Ave., tulsalibrary.org

Join Dustin Reudelhuber for music, games, and an awesome balloons and bubbles dance party.

June 17 Friday

OKLAHOMA!

8 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Stripped down to reveal the darker psychological truths at its core, Daniel Fish's production tells a story of a community circling its wagons against an outsider, and the frontier life that shaped America. Additional showtimes through June 19.

FOWLER AUTOMOTIVE FILM ON THE LAWN: *TITANIC*

6-10:20 p.m. (Movie begins at 8:45 p.m.), Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Celebrate the 25th anniversary of *Titanic* with an evening of snow cones and other fun activities — including, of course, the feature film.

June 18 Saturday

KIDS MINI TRIATHLON

Ages 6-13, 8:30 a.m., Health Zone at Saint Francis, 5353 E. 68th St. S., saintfrancis.com/health-zone

When you sign up your little athlete for this fitness event, you also help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt, a medal and post-race celebration.

FAMILY DAY AT THE BIRTHPLACE RANCH (F)

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

Watch how baseball started with a real 19th-century baseball game.

June 19 Sunday

Happy Father's Day from TulsaKids!

NATIVE CULTURAL ARTS: COMANCHE BOW AND ARROWS (F)

All ages, Virtual, youtube.com/tulsalibrary

Join Willie Pekah as he shares his wealth of knowledge about making Comanche bows and arrows.

June 20 Monday

DUNGEONS AND DRAGONS 101 (F)

Ages 13-18, 3-4 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

If you've been curious about Dungeons and Dragons but not sure where to start, Wes Rose of Tulsa's DnD MC will tell you all about it.

MONDAY NIGHT TINY TOTS (F)

Ages 0-6, 6-8 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Skate, play, ride and jump at this special play time for younger kids. Don't forget your socks!

June 21 Tuesday

LAURA DOHERTY DUO: SING, SING A SONG! (F)

Ages 2-10, 11 a.m.-12 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Laura Doherty gets kids engaged from the first strum of her acoustic guitar as she performs songs from her five award-winning children's CDs.

TULSA ZOO PRESENTS: MYSTERIOUS AND FASCINATING OCEANS (F)

Ages 4-10, 1-2 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Join a Tulsa Zoo educator and take a "deep dive" into the many species of animals that inhabit or heavily rely on water for their survival. Pre-register at 918.549.7323.

June 22 Wednesday

READ AND CRAFT WITH SARAH BOWEN: BLUE HORSE (F)

Ages 2-5, 10:30-11:30 a.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Read and craft with Sarah Bowen from Tiny Things by YOU! Listen to Eric Carle's *The Artist Who Painted a Blue Horse,* then learn how to draw some animals and practice the art of "stippling" with colorful markers!

TEEN CONNECTION (F)

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

June 23 Thursday

SENSITIVE STORYTIME (F)

11 a.m.-1 p.m., Rose District Plaza, 418 S. Main St., Broken Arrow, facebook.com/rosedistrict

The City of Broken Arrow and the BA Rose District are partnering with Autism Oklahoma to provide a special storytime, complete with your favorite superheroes and princesses.

FROM TRASH TO ART: RADICAL RECYCLING FOR TEENS (F)

For teens, 6-7:30 p.m., Jenks Library, 523 W. B St., Jenks, tulsalibrary.org

Join a community of teens to create art from recycled materials and discuss the environmental impact of trash on our planet.

June 24 Friday

WILL ROGERS MOVIE NIGHT: *ROUTE 66 — AN AMERICAN ODYSSEY* (F)

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

Make movie-themed crafts and play games from 6-7 p.m.; the movie begins at 7. Free popcorn and admission.

June 25 Saturday

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!

June 26 Sunday

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.

June 27 Monday

TOMMY TERRIFIC: OCEAN MAGIC (F)

Ages 3-8, 2-3 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

From seashells and fishing boats to pelicans and an octopus, Tommy has a fun, wild and interactive show kids of all ages will enjoy.

June 28 Tuesday

STORIES AND AMERICAN INDIAN SIGN LANGUAGE FOR KIDS! (F)

All ages, 10:30-11:30 a.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Join Mike Pahsetopah as he teaches simple sign language for kids from the hand talk Indians once used.

STARLIGHT BAND SUMMER CONCERT (F)

All ages, 8 p.m., Guthrie Green, 111 E. Reconciliaton Way, starlightconcerts.org

Starlight Band and special guest, the 145th Army Band "The Governor's Own," present a patriotic concert under the stars. Other June Starlight Concerts occur on June 14 and 21.

June 29 Wednesday

TOMMY TERRIFIC: TUSKEGEE AIRMEN (F)

Ages 3-10, 10:30-11:30 a.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Join Tommy for magic tricks with things that fly — from balloons and planes to rocket ships. Tommy will explore the legacy and accomplishments of the Tuskegee Airman, who defended our country during World War II.

June 30 Thursday

MIDTOWN SCHOOL OF PERFORMING ARTS: BOUNCE'N BEETHOVENS (F)

Ages 0-5, 11 a.m.-12 p.m., Broken Arrow Library/South, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Children explore music through movement and instruments as they play with egg shakers, bells, rhythm sticks, drums and maracas.



Bring your dog friends along to **Tulsa Botanic Garden** on June 11.

PHOTO COURTESY OF TULSA BOTANIC GARDEN.

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

Family Friendly Summer Festivals

BARTLESVILLE SUNFEST

JUNE 3-5

Sooner Park, located at Madison Blvd. and Tuxedo Ave. in Bartlesville

Bartlesville Sunfest is a three-day arts and crafts festival, featuring music, art food and fun activities. bartlesvillesunfest.org

ROOSTER DAYS

JUNE 9-12

Broken Arrow

Rooster Days is Oklahoma's longest-running festival! Activities include: the Rooster Days Parade, 5K and Fun Run on June 11. roosterdays.com

OKMULGEE PECAN FESTIVAL

JUNE 16-18

Okmulgee, Oklahoma

Okmulgee's annual Pecan Festival celebrates this delicious nut with three days of family friendly activities! okmulgeechamber.org

TULSA VEGFEST

JUNE 4, 10 A.M.

Guthrie Green, 111 E. Reconciliation Way

Tulsa VegFest promises a day full of delicious plant-based food, informative speakers, awesome vendors and exhibitors, interesting demonstrations and fun surprises! Swag bags for the first 500 with a suggested donation of two cans of beans, fruit or veg or $5 donation to the Restore Hope Ministries food pantry. tulsavegfest.org

OKM MUSIC FESTIVAL

JUNE 9-13

Bartlesville, Oklahoma

This 5-day festival, named for Wolfgang Amadeus Mozart, showcases musicians from a variety of genres. Special events for kids include Disney Karaoke, puppet theater, a Mad Hatter Prince and Princess Tea Party and more. okmmusic.org

SAINT FRANCIS TULSA TOUGH

JUNE 10-12

Blue Dome District (June 10); Tulsa Arts District (June 11); Riverside Dr. (June 12)

Saint Francis Tulsa Tough is a unique, three-day cycling festival for racers, riders, and spectators. Don't miss the FREE, 5.8-mile family-friendly Townie Ride on Sunday, June 12, or the opportunity to cheer on young cyclists at the Kids and Junior's Races on Saturday and Sunday! tulsatough.com

JUNETEENTH

JUNE 16-18

Historic Greenwood Disctrict

Juneteenth celebrates the end of slavery in the U.S. Enjoy a weekend of music and other entertainment. Special features include an interactive art installation and community wellness classes. tulsajuneteenth.org

BIXBY GREEN CORN FESTIVAL

JUNE 23-25

Charley Young Event Park, 50 W. Dawes Ave., Bixby

Bixby's Green Corn Festival is good, old fashioned, family-oriented fun. The Green Corn parade entertains the crowds Saturday morning before a day of great games and contests for the young and young at heart. bixbyoptimist.com

TULSA PRIDE CELEBRATION

JUNE 24-26

Downtown Tulsa

Tulsa Pride is the longest running Gay, Lesbian, Bisexual, and Transgender Pride festival in Oklahoma. Don't miss the Family PRIDE Picnic on June 26; the Rainbow Run on June 24; or the Festival and Parade on June 25. okeq.org/tulsa-pride.html



PHOTO CREDIT: CHRIS BARNES.

ASIAN-AMERICAN FESTIVAL

JUNE 25, 11 A.M.-4 P.M.

Martin Regional Library, 2601 S. Garnett Rd.

Celebrate and learn about Asian American cultures and traditions. The festival will feature live performances, local vendors, arts and crafts, and activities for all ages. Visit tulsalibrary.org/asianfestival for more details.

AAA ROUTE 66 ROAD FEST

JUNE 25-26

Expo Square, 4145 E. 21st St.

Counting down to The Mother Road's 100th birthday, AAA Oklahoma will present the first annual AAA Route 66 Road Fest, a weeklong celebration beginning in Oklahoma City (June 18-19) and ending in Tulsa (June 25-26). route66roadfest.com

KIDSFEST

JUNE 25-26

Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville

This traditional event features arts and crafts, games, live music, inflatables and so much more! Included with regular admission. Train rides and craft and food vendors are an additional cost. woolaroc.org

Find more information at **tulsakids.com**

OPEN HOUSE

Tour the studio, purchase shoes, tights, leotards, spirit wear and more!

Sunday, August 7th and 14th from 1-4pm & Wednesday, August 10th from 10-1pm and 4-7pm



South Tulsa DANCE Co.

Fall Classes begin Monday, August 15th!

Located at 101st and Yale in Shoppes of Seville
(918) 369-5299 - keally@southtulsadanceco.com
www.southtulsadanceco.com

South Tulsa Dance Co. | southtulsadanceco | @southtulsadanceco

RAMSEY THERAPY



OUR GOAL IS SIMPLE... FEEL BETTER

Occupational, Physical, and Speech Therapy Tulsa Residents Trust

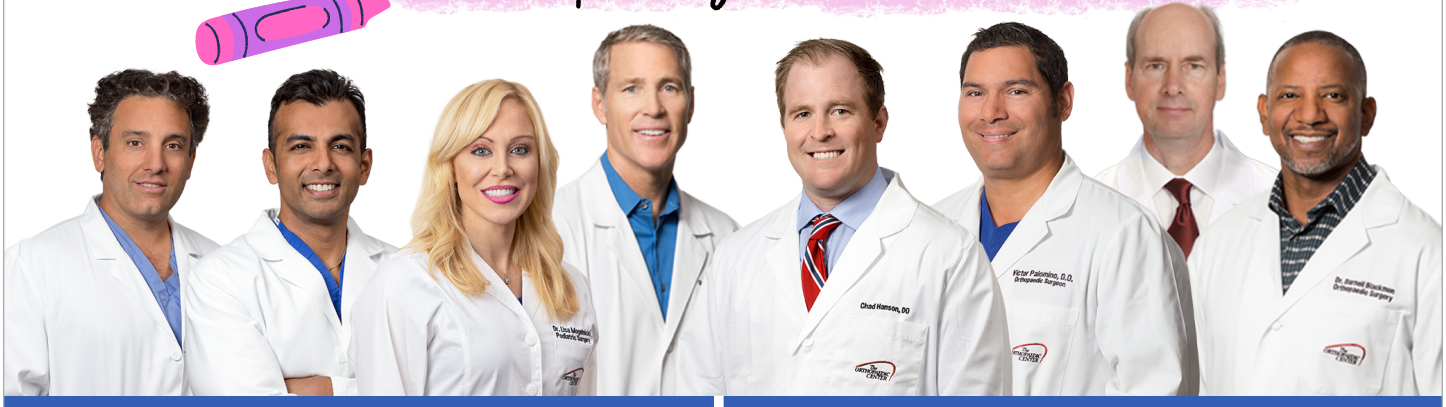
Speech Therapy • Physical Therapy • Occupational Therapy

RamseyTherapyGroup.com • 918.681.7555
2840 E 101st St. • Tulsa OK 74137
Also serving Bixby, Checotah, Muskogee, Stigler and Tahlequah

The ORTHOPAEDIC CENTER

SOLVE OUR RIDDLE:

What do Pediatric Orthopaedists and Nephrologists have in common?



ALWAYS ACCEPTING PEDIATRIC PATIENTS

(918) 582-6800 | toctulsa.com

Answer: Both treat KID KNEES (kidneys)



BIRTHDAY PACKAGES FOR KIDS & TEENS

Our birthday party packages are a low-stress way to plan the ultimate celebration–whether your kid is 6 or going on 16.

Andy B's BOWL SOCIAL

8711 S Lewis Ave Tulsa, OK 74137

918.299.9494 • bowlandybs.com

Soccer City TULSA

REGISTER NOW FOR SUMMER LIL' KICKERS
June 6 – August 6

SUMMER CAMPS AVAILABLE:

MIDDLE OF SUMMER CAMPS
Dates will be added by mid June!

END OF SUMMER CAMPS
August 8 – 12 (5-day)





tulsakids family favorites 2021 WINNER

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

Northeastern Oklahoma's Only State-of-the-Art
Summer Camps | Indoor Soccer Facility
Birthday Parties | Lock-ins | Adult & Youth Leagues

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



SWIM WITH MILLER YEAR-ROUND!
Now Enrolling For Summer and School Year Classes
millerswimschool.com | 918-254-1988

LIVING ARTS

2022 New Arts Summer Camp!

SESSION 1: ONGOING WAITLIST

Session 2: Sound and Self-Expression with Natty Watson (June 14-17)

Session 3: Creatures of the Sea with Madison Clary (July 12-15)

Session 4: Exploration in Resin and Silicone with Emily Simonds (July 19-22)

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



2022 PARTY PLANNER



DISCOVERY LAB

3123 S. Riverside Dr., Tulsa
918.295.8144 Ext. 2509
rentals@discoverylab.org
discoverylab.org/birthday-parties

Discover the Best Birthday Party!

Your scientist will discover their birthday in The Lab! Birthday parties take place in one of our private party rooms with a birthday coordinator to assist you. You bring the cake, refreshments, and supplies, and we handle the clean-up. During museum hours, party guests can enjoy unlimited playtime in the museum and explore our exciting line-up of exhibits. Add a sweet treat for your Mastermind! The birthday scientist will assist with an experiment that includes ice cream and super-cold, liquid Nitrogen. A recipe that normally takes an hour is done in just seconds! Small cups of ice cream will be available for every guest to enjoy at the party. Members receive a 10 percent discount!



TULSA ZOO

Contact: Amy Watson
6421 E. 36th St. North, Tulsa
918.669.6609
awatson@tulsazoo.org
tulsazoo.org/your-events

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



SOCCERCITY TULSA BIRTHDAY FUN

5817 South 118th East Ave., Tulsa
918.249.0044
kendall@soccercitytulsa.com
soccercitytulsa.com/parties-events

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



ANDY B'S

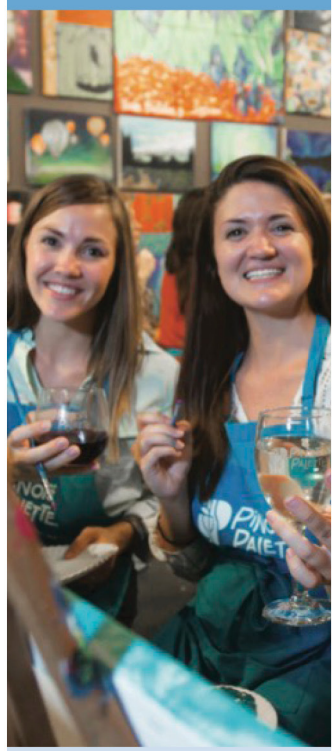
8711 S. Lewis Ave., Tulsa
918.299.9494
bowlandybs.com/tulsa

Looking for kids' birthday party places? Andy B's is the place for you! We're talking delicious food and drinks, attentive event staff, and a variety of attractions like bowling, escape rooms, arcade games, laser tag and more. Our birthday party packages are a low-stress way to plan the ultimate celebration — whether your kid is 6 or going on 16.

From kids' birthday parties to other family-friendly events, planning your next celebration at Andy B's is easy! Give a member of our team a call at 918.299.9494 to get started. Hours: Mon.-Thurs.: 12-11 p.m.; Fri: 12 p.m.-1 a.m.; Sat: 10 a.m.-1 a.m.; Sun: 10 a.m.-11 p.m.

BEST NIGHT EVER!

CREATED BY YOU

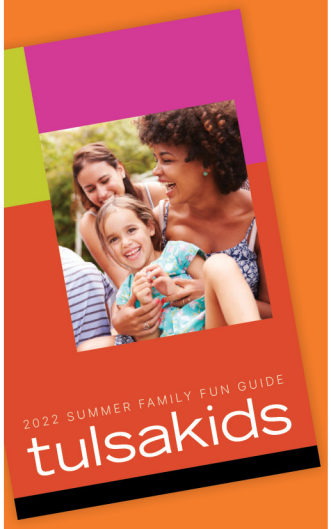


GIRLS NIGHT
DATE NIGHT
CORPORATE EVENTS

PINOT'S PALETTE
PAINT. DRINK. HAVE FUN.

CHERRY STREET
RIVERWALK
BROKEN ARROW

COMING SOON!



Your 2022 Summer Family Fun Guide will be available at **tulsakids.com/summer.**

tulsakids

Discover the Difference



Now Enrolling Summer Camps

Riding Lessons
Showing
Parties
Hunters
Jumpers
Equitation

River Run Farm
www.riverrunfarmok.com
9300 S. 51st West Ave.
918-855-5032
Follow us on Facebook

MILLER SWIM SCHOOL



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

JENKS
525 W. 91st St. S., Tulsa
(NW corner of 91st and Elwood)

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

PINOT'S PALETTE



Three Tulsa-area Locations:

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

RIVERWALK
300 Riverwalk Terrace
#160, Jenks
918.518.5433

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

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

REWIND ESPORTS



Contact: Timothy Anderson
411 W. Stone Wood Dr.,
Broken Arrow

918.269.6808
team@rewindesports.com
rewindesports.com

Rewind eSports gaming arcade provides gamers with state-of-the-art computer hardware and accessories and food and beverages served from our café. A social gaming experience designed for you to play the latest video games with the best hardware and accessories. Whether you're a casual gamer looking for a fun and relaxing experience, or a pro gamer looking to increase your skills, Rewind eSports is the place for you!

RIVER RUN FARM



9300 S. 51st W. Ave., Tulsa
918.855.5032

barnmanager@riverrunfarmok.com
riverrunfarmok.com

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



TINY THINGS BY BOWEN

Tulsa, OK
918.973.4089
tinythingsbybowen@gmail.com
tinythingsbybowen.com

The artist behind Tulsa's own Tiny Things by Bowen is combining her passion for arts education and accessible creativity into polymer clay parties for all ages! Invite Sarah out to your gathering, and your guests will be engaged in a miniature-making activity so inviting that even the "but I'm not creative!" folks will love joining in. Each guest will leave with a gift bag of two unique items they made themselves!

A wide variety of examples will be available to inspire crafters, and Sarah can make "Tinies" to match ANY theme. All materials and cleanup are provided as well as the tiny toaster oven that does the baking (of course).

Ask about specials for scouts and homeschool groups, and be sure to check the calendar for public crafting opportunities!



TULSA AIR AND SPACE MUSEUM

3624 N. 74th E. Ave., Tulsa
918.834.9900
tulsamuseum.org

Looking to plan a party that's out of this world? Book your child's next birthday at Tulsa Air and Space Museum! Bookings include 3 hours in the private birthday party room, access to the Museum and a planetarium show ticket for all guests! See a real F-14 Tomcat, pilot a hot air balloon, land a space shuttle, explore an American Airlines MD-80, take your picture in a Ranger 2000 and so much more!

For more information, visit tulsamuseum.org/birthday-parties or call 918.834.9900.



WHEELS AND THRILLS

10637 N. Garnett, Owasso
918.272.7537
tammy@wheelsandthrills.com
facebook.com/wheelsandthrills
wheelsandthrills.com

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

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

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

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

When it's time, your Party Pal will take a group photo, lead your guests in the "Happy Birthday Song," then cut and serve your cake. They will interact with your guests and, once the party has been dismissed, your Party Pal will take care of all the clean-up.

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



YELLOWHOUSE KIDS BOUTIQUE

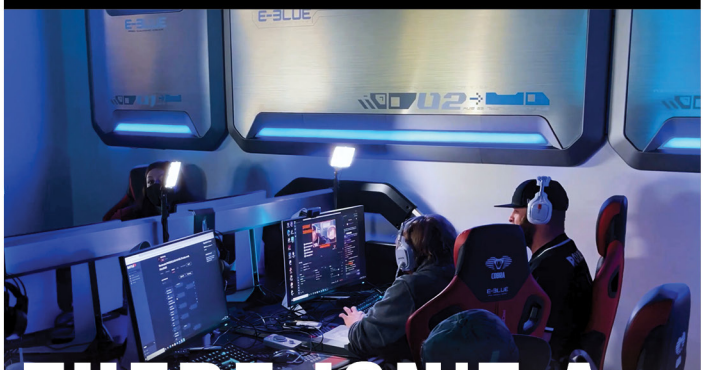
Contact: Lisa Miller
14 W. 2nd St., Sand Springs
918.720.3238
yhkidsboutique@gmail.com
yhkidsboutique.com

The perfect intimate setting for Baby Showers, Birthday Parties, Bridal Showers, Engagement Parties and more! We provide tables, chairs, linens and dishes in a beautiful setting and allow your guests private shopping while at your event. An exclusive vendor list is also included to help you bring in all those special touches at a discounted price. Baby registry is available online and in store. We also offer birthday boxes that the birthday boy or girl can come in and fill up the week of the party for guests to come in and shop out of when gift buying! A party host will always be on sight to help make your event an amazing experience!





REWIND eSports



THERE ISN'T A PARTY LIKE A REWIND PARTY!

Take the hassle out of party planning and book your party at Rewind today! 🎉🎂



Call (918) 269-6808 or visit rewindesports.com to reserve your party spot 🤗
411 W Stone Wood Dr, Broken Arrow, OK 74012

INDOOR SKATING | LASER TAG
ARCADES | PLAY ZONE FOR KIDS
CONCESSIONS AND MORE!





Thursday Morning is for **Tiny Tots,** 10 a.m.–1 p.m.: the entire facility is reserved for kids 6 and under. Visit Facebook for additional special events such as **Dance Parties, Sensory Skate and more.**

Summer birthday party?

Wheels and Thrills provides everything from food to entertainment, plus a Party Pal to help with set-up, serving and cleanup, etc. Learn more at **wheelsandthrills.com/birthday-parties**.

Wheels and Thrills
10637 N. Garnett Rd., Owasso
918-272-7535 | wheelsandthrills.com
facebook.com/wheelsandthrills

ROCK, GEM, MINERAL & JEWELRY SHOW

Sat. July 16, 9am–6pm & Sun. July 17, 10am–5pm
Exchange Center at Expo Square, Tulsa, OK

Adults: $7; Two Day Pass: $10
Kids, 12 and under: FREE with paid adult
Scouts in uniform: FREE
Police, Fire & Military: FREE with ID

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





YELLOW HOUSE KIDS BOUTIQUE

We offer quality products from Preemie to Tween including Maternity & a shopping experience that families can enjoy!

14 West 2nd Street
Sand Springs, OK
918-720-3238
YHKidsBoutique.com

JOIN TULSA CITY-COUNTY LIBRARY'S 2022

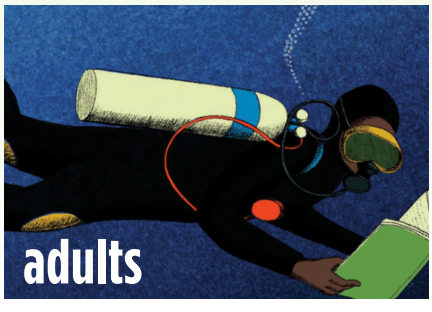
Summer Reading Program

OCEANS OF POSSIBILITIES!
JUNE 1-JULY 31

Earn great prizes and coupons for food and local recreation!
Enjoy exciting events! Read for the fun of it!

Learn more at **www.TulsaLibrary.org/Summer**
or call **918-549-7323**.

For all ages!







Tulsa City-County Library
tulsa Library Trust
Mazzio's
Oklahoma Libraries
Safari Joe's H2O
tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.
Drillers
Tulsa
Tulsa State Fair 11 Days of Awesome Sep 29 - Oct 9, 2022
Tulsa World Media Company
Tulsa Zoo Living Museum
Whataburger
Williams



WE'LL SHOW YOU AROUND SPRINGFIELD!

Whether it's classic cars, old-fashioned burgers or a museum that brings history to life, you can relive the glory days of Route 66 in its birthplace. Get extra "kicks" at the Birthplace of Route 66 Festival, August 11-13, 2022. We love our city and know the best places to eat, drink and play.

See you in Springfield, Missouri!

EXPLORE SPRINGFIELD AT
SPRINGFIELDMO.ORG

Springfield

Point your smartphone camera at this QR code to find out more about Route 66 in Springfield.

WHAT WILL YOU DISCOVER THIS SUMMER?

discLABvery

SUMMER CAMPS

Weekly Camps
June 6 to August 12

When school is out, Discovery Lab is in!
Students Pre-K to 6th Grade
Half- to Full-Day Based on Grade Level
Lunch Provided for Full-Day Campers
Before- and After-Care Available

10% Member Discount

DISCOVERY AFTER DARK

21+ Event

Stop by the Lab for STEAM exploration!
Food Trucks and Adult Beverages
Big Science Demos in the Amphitheater

$35 per Person / $65 per Couple

10% Member Discount

MONDAY MORNING PROGRAMMING

Every Monday at 11:00 a.m.

Listen, Sing Along, and Learn

For Early Learners & their Caregivers

Included in Admission

SENSORY FRIENDLY FAMILY TIME

2nd Sunday of Each Month
9:30-11:30 a.m.

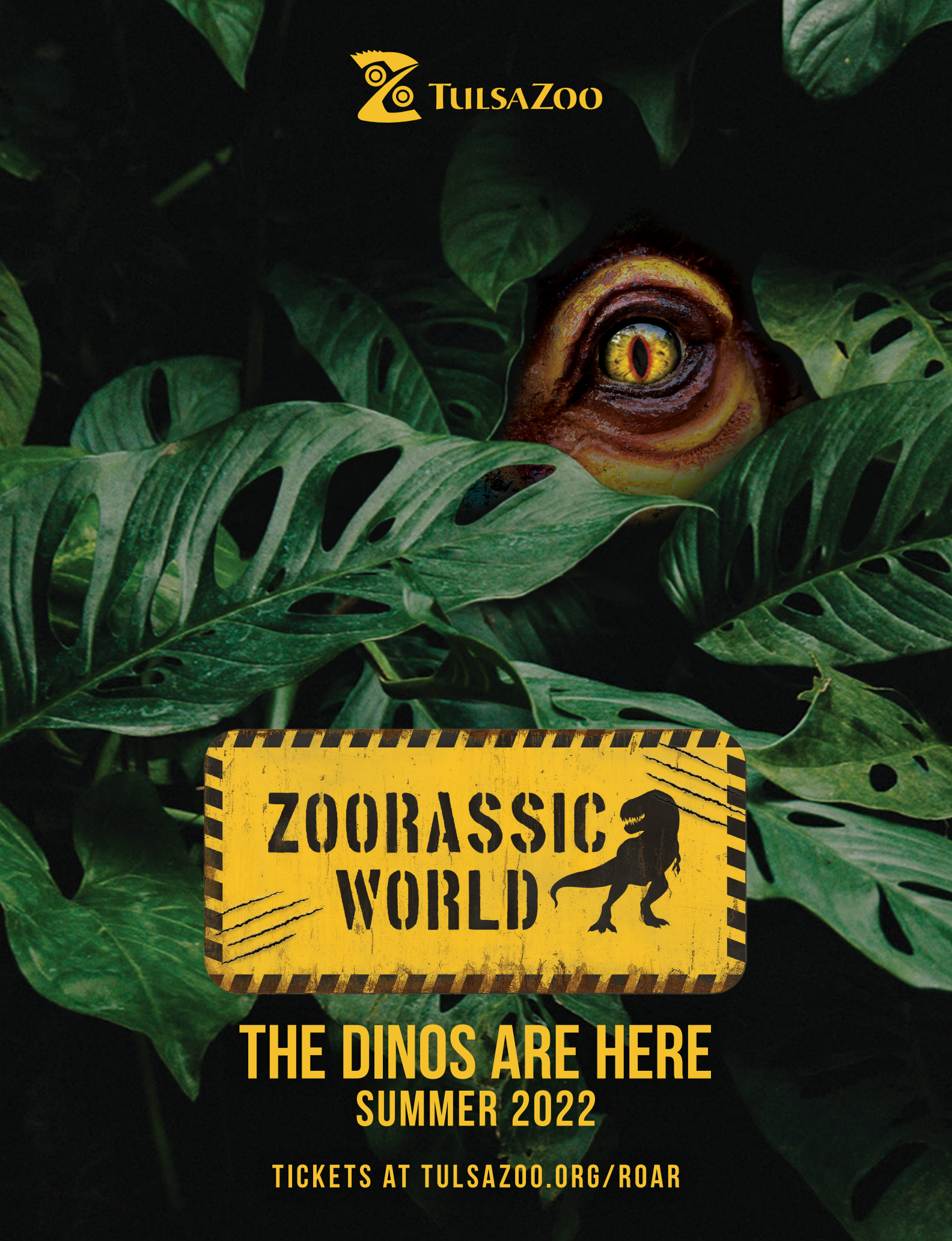
Enjoy a Quieter, Less Crowded Morning at Discovery Lab

Regular Admission



discoverylab.org
918.295.8144

3123 South Riverside Drive
Tulsa, OK 74105


TulsaZoo
ZOORASSIC WORLD
THE DINOS ARE HERE
SUMMER 2022
TICKETS AT TULSAZOO.ORG/ROAR