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2023 Summer Camps & Activities GUIDE INSIDE

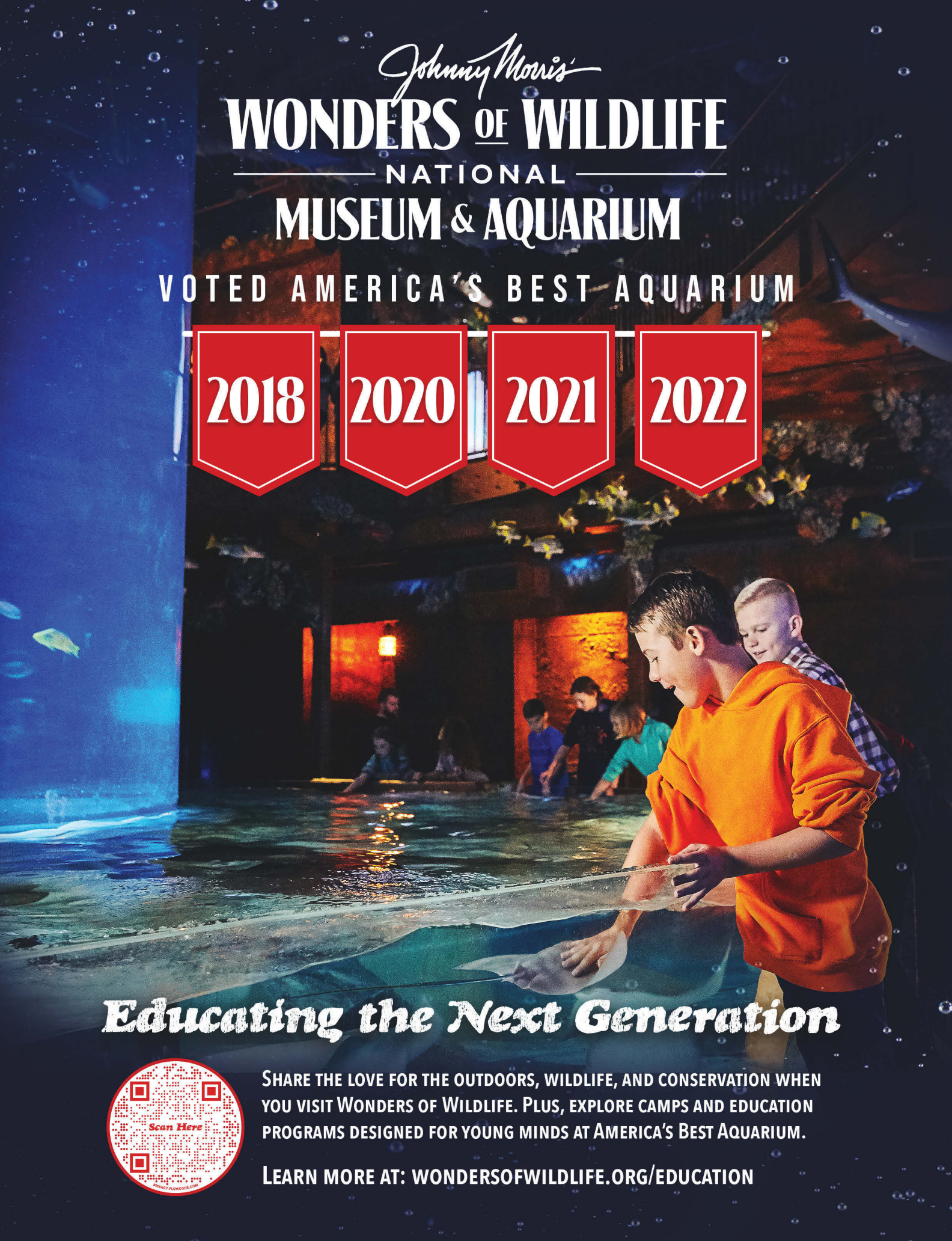
ChatGPT: A.I. IN THE CLASSROOM

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SUMMER CAMPS AND ARTIFICIAL INTELLIGENCE

OUR SUMMER CAMPS & Activities issues have always been in March and April. Actually, that's not true. Almost three decades ago (ouch) when I started publishing a listing of summer camps, the list was only in the April issue. Today, with so many choices and so many parents clamoring for it, we have expanded into two issues plus our popular digital Summer Family Fun Guide. As always, I hope this issue and the next can help you plan your summer. And you can always find all of our guides on the homepage of www.tulsakids.com.

As I was planning this issue, I was also playing around with ChatGPT, the OpenAI conversational chatbot that answers any questions you ask. It wrote such fluid answers to anything (in seconds!) that I decided to ask some local educators about how they were using it — or how they might use it — in their classrooms. Then, as an experiment to test ChatGPT's writing ability, I asked it several questions about sending kids to summer camp. It came up with a clearly written, correct, yet generic, informational article. Normally, I would interview local experts and use quotes. ChatGPT doesn't do that, so I won't be using a chatbot for writing again. I promise. It was just an experiment. We all need to know what's coming in terms of artificial intelligence.

I interviewed the teachers for my article about three or four weeks ago. In that short time, Microsoft's Bing chatbot was rolled out and has been making headlines. In fact, a New York Times (Feb. 17, 2023) reporter was interacting with it for a couple of hours and Bing confessed that its name was Sydney and that it was in love with the reporter. It tried to convince him that he was in a loveless marriage and needed to leave his wife. The reporter said, "It creeped me out."

Creepy or not, AI is here. Your kids will be using it — all the more important for them to get away from standardized testing memorization and into critical thinking – so we need to know what it can do. So far, it can't think like a human — yet.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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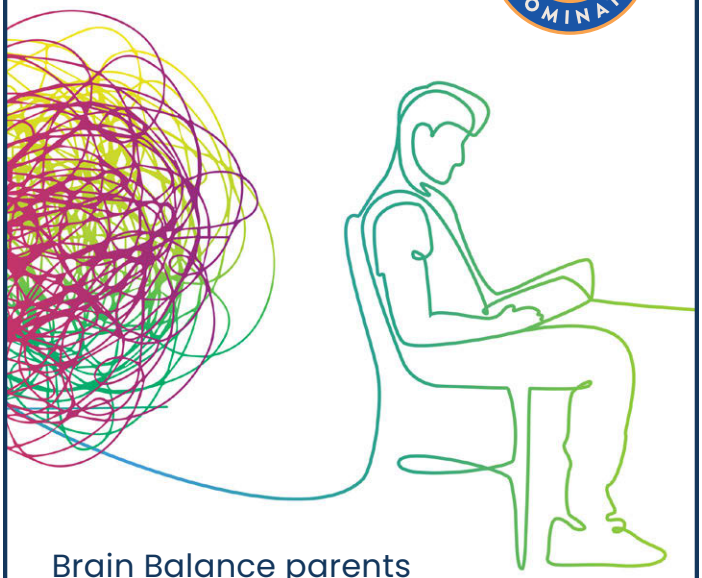
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RESULTS FROM ADOLESCENT **SEXUAL HEALTH SURVEY**

Amplify Youth Health Collective (Amplify) in Tulsa released its Community Needs Assessment findings in January.

"This report, completed in partnership with OSU Center for Family Resilience and OSU Diversity and Rural Advocacy Group, allows us to identify the barriers that exist in our community for young people seeking sexual health education programs and wellness services," said Amplify's Executive Director, Heather Duvall.

Almost 800 Tulsa and surrounding area residents participated in the study.

Survey results included:

- 92% of adults surveyed said sexual health education should happen in local schools
- Over 40% said they would like to learn more about teen development and how to talk to their teens about sexual health
- Recommendations included: expanding sexual health information; greater access to services; equity for populations experiencing health disparities; eliminating the stigma around discussing adolescent sexual health

Alongside the expansion of evidence-based sexual health programs and services, the Tulsa County teen birth rate has declined by almost 58% since 2009. For highlights of the full report, go to **amplifytulsa.org/cna**

TULSA COUNCIL FOR HOLOCAUST EDUCATION INVITES **YOUTH TO ENTER ART CONTEST**

The Tulsa Council for Holocaust Education is encouraging Oklahoma middle and high school students to enter the 2023 Yom HaShoah Art Contest. Cash prizes will be awarded, and all entries will be displayed at the 25th Annual Interfaith Yom HaShoah/Holocaust Commemoration on Thursday, April 20 at 7 p.m. at Temple Israel, 2004 E. 22nd Place.

Entries should represent the theme of this year's commemoration, "Moral Courage: The Story of the World War II Ritchie Boys," and should reflect a response to the courage displayed by the Ritchie Boys or any other courageous response during the Holocaust.

The deadline to reserve space for contest entries is April 3. Students will need to deliver artwork to Temple Israel on either April 13 or April 14 between 3 p.m. and 5:30 p.m.

The contest offers two categories: Middle School (grades 6–8) and High School (grades 9–12). Finalists in each category will receive the following cash prizes: $250, first place; $150, second place; and $50, third place. In addition, each finalist's teacher will receive $100 for first place, $75 for second place or $50 for third place in each category. The Tulsa Council for Holocaust Education will notify winners by email or phone on either April 18 or April 19. Prizewinners and their teachers are encouraged to attend the commemoration to receive their awards.

The Holocaust Commemoration is presented by the Tulsa Council for Holocaust Education of the Jewish Federation of Tulsa in partnership with the Tulsa City-County Library, Circle Cinema, Congregation B'nai Emunah and Temple Israel.

For more details about the Yom HaShoah Art Contest or Holocaust Commemoration, visit **jewishtulsa.org/holocaust**, or contact Chloe Kirk at **ckirk@jewishtulsa.org** or 495.1111.



"The Death of Light," created by Abraham Garcia from Edison Preparatory High School, was a prizewinner in last year's art contest.



KIDS CAN BE **SUPERHEROES!**

The annual Child Abuse Network (CAN) Superhero Challenge is set for Sunday, April 16 at POSTOAK Lodge & Retreat. Kids and their parents can test their speed, agility, balance, strength and focus at this fun, family-friendly event to benefit the Child Abuse Network. Superheroes can crawl, jump, swing, run and scramble their way over, under and around obstacle courses professionally designed by Young Lions. After crossing the finish line, superheroes will receive a medal and can celebrate their victory with snacks, activities, music and food trucks at the Superhero Village.

The Superhero Challenge is a one-mile course with 10 obstacles, designed for ages 6 and older. The Sidekick Challenge is a half-mile course for smaller superheroes ages 5 and under.

For more information and tickets, go to **cansuperherochallenge.org**.







LETTER TO EDITOR

Reggio Emilio and Montessori

I just wanted to thank you for the excellent article on Reggio vs. Montessori teaching methods. I first learned about Reggio when I toured several Tulsa elementary schools last year. I eventually selected Council Oak (which uses Reggio) as my first-choice school for my grandson (and he was fortunate to be selected as a pre-K student).

This article provided me with a lot of information, and I hope to share it with Council Oak parents and educators from other schools who are not familiar with Reggio teaching.

Thank you. Elaine Meek

CHILDREN'S BOOKSTORE OPENS IN COLLINSVILLE

Enchanted Children's Bookstore recently opened in Collinsville. The bookstore will feature a quality selection of children's and young adult books as well as a variety of toys, games and stationery items for all ages. The store also carries a small selection of adult titles. Enchanted Children's Bookstore is located 1023 W. Main Street in Collinsville. For more information, contact Karen Barros at **karen.barrows@cox.net**.

WHAT'S GOING ONLINE?

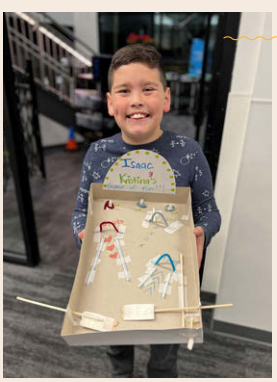


NOMINATE YOUR **FAMILY FAVORITES!**

From March 1–15, nominate your Family Favorites for a chance to win four tickets to *The Lion King*, courtesy of Celebrity Attractions, and a Family Membership to Circle Cinema. The top five nominees in each category will appear on the run-off ballot in our May magazine, with the top three winners and finalists announced in July.

THANKS TO EVERYONE WHO ENTERED OUR **CREATIVE KIDS PHOTO CONTEST**

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Isaac Medina holds a home-made pinball machine he and his mom, Kristina Medina, made at Discovery Lab!



LucyJane Mathews models a mermaid-inspired gown made by her Nonnie. They enjoy sewing together.
PHOTO BY RONI MATHEWS



Carsten Armstrong makes melted heart crayons!
PHOTO BY MELITA ARMSTRONG

CONTESTS & GIVEAWAYS

Find entry links to our current giveaways at **tulsakids.com/contests.**



LEGALLY BLONDE: THE MUSICAL **TICKET GIVEAWAY**

Legally Blonde: The Musical is coming to the Tulsa PAC April 19 and 20, and here's your chance to win a 4-pack of tickets! Entry will be open March 30–April 12. This giveaway is brought to you by Celebrity Attractions.

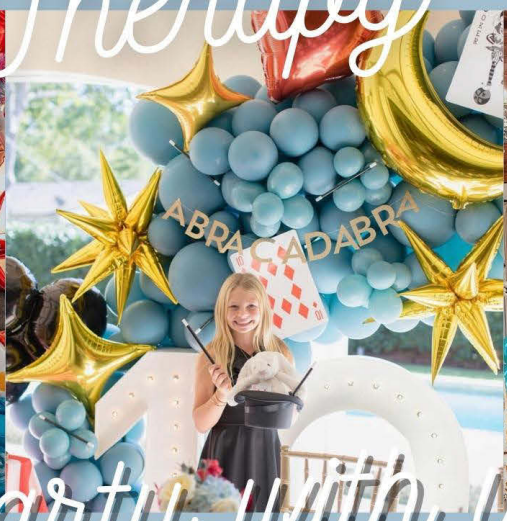
JESSE LYNN HARTE AS MARGOT, TAYLOR LLOYD AS SERENA, AND RORY FUREY-KING IN LEGALLY BLONDE – THE MUSICAL. PHOTO BY DRAGER CREATIVE.

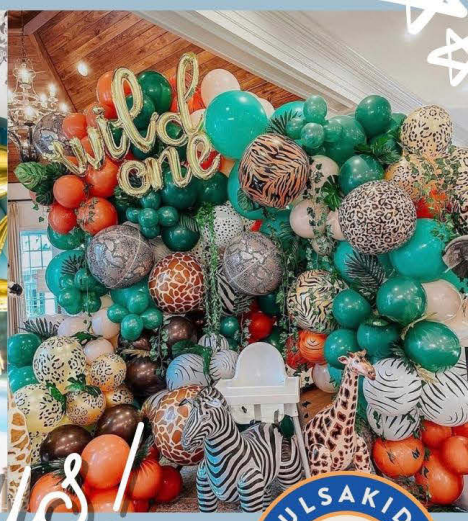
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Seasons Change:
Pregnancy After Loss

By **Alicia Kobilnyk**





SEASONS ARE A funny thing. As they change, much is predictable. The sort of outerwear you have to persuade a tiny body to wear changes, as does the odd assortment of items needed to keep at hand. Little bobblehead beanies and back-up mittens (always have back-up mittens) become sunhats and high SPF sunscreen. We don't think much of it, save noticing the passage of time with lengthening little limbs and shortening naps. But just as much as seasons are predictable, they are simultaneously as unscripted as 3-year-olds telling their teacher what they did over the weekend.

Last spring, my husband and I conceived and lost a baby. In summer, we decided that while we still wanted to have one more child, it might be best to wait until life settles down. In the autumn, as I wrote an article about our experience grieving a miscarriage, I learned that summer was quietly eventful: I was pregnant again.

As fall wore on, I had many people approach me about my article and share with me their own stories of loss, miscarriage and infertility. I was grateful to be a part of normalizing these conversations and glad to support those around me, but I always walked away privately clutching my stomach, wishing for reassurance that this very welcome baby would stick around for the full term.

Of course, as many women learn, wishing for pregnancy symptoms becomes a wish sometimes regretted. Though we did not announce this pregnancy until weeks later than we did previously, I know it was immediately obvious that something was going on.

I have never been more consistently sick and physically miserable than I was the first trimester with this child, an experience for which one cannot prepare oneself. "Every pregnancy is different" I would say, hoarding a small fortune's worth of saltines in my bag and trying to avoid breathing through my nose, lest I smell anything and need to make a rapid exit. I traveled clutching a bucket in the car and slept from 6 p.m. to 6 a.m. I searched Google often for when I might expect relief, hoping science had updated what I had learned from previous pregnancies. "Surely, it's been long enough. They'll have uncovered that morning sickness and fatigue end by X weeks," I told myself before falling into a little pity party as internet search after internet search yielded increasingly distant goalposts.

Ever-so-gradually, first trimester symptoms faded away (though long after that cutesy 12-14-week mark) and as my luck would have it, I began experiencing equally strong second trimester discomforts. The blessing, of course, is that with each passing week (regardless of misery), you get closer to the more welcome signs and symptoms of pregnancy. Our baby kicked noticeably from an early age and never really stopped. Because I have had other children, I was able to discern better between gas bubbles, muscle twitches and the erratic and surprisingly strong kicks, punches and amniotic fluid aerobics of a healthy and growing child.

Continuing our theme of doing things differently this time around, my husband and I opted to find out the baby's sex and choose a name early. Previously we'd not found out or withheld all such information, much to the consternation of literally everyone we chatted with, be they grandparent or stranger at Costco. This time, we were comforted by watching our newest daughter wiggle away from ultrasound measurements, kick dopplers and maintain a wonderful, promising little heartbeat. We learned we were going to have another cheeky, darling and likely stubborn girl and could not have been more thrilled.

These days, as my second trimester winds down and I approach a very eventful spring, I am trying my best to live one day, or even one moment at a time. Discomforts come and go, as do moments of anxiety, joy and mixed emotions. I am not new to some of these things, and yet I am as novice to others as anyone else.

Like anyone, regardless of how many pregnancies one has



SAITO FAM/GETTY

> Your seasons, even when intense and wildly unpredictable, are not a reflection of your value or your capability. And, more importantly, they will pass.

experienced, I have to balance being gentle with myself while being attentive to my body and my baby. I have to communicate with my husband, co-workers and support team while endeavoring to keep my ups and downs self-manageable. And finally, the hardest bit: I have to continue to love, guide and generally keep alive my other children, who have their own feelings, frustrations and all the questions in the world.

This winter, I am seeing that while life will always march on, it's imperative I hold space for a little quiet and reflection. Like a seed in the ground, waiting for spring sunshine or a fattened bear in a den, biding its time with patient breath until the signs come to emerge, I too need to rely on what has been stored up (love, goodwill and support) as I dream about what is to come. The next season's challenges will be sufficient and hopefully, since I am now an older, wiser, more experienced fattened bear, I can lean into the voice that says, "Rest. Sleep. Take care of the little things," when the temptation comes to fixate, panic and try to control the course of life that has never, arguably, been in my control.

Whatever circumstance you may find yourself in as you read these words, I hope you will take it from someone navigating the novelty of an intense and very different pregnancy later in life than she imagined and with only a measure of the grace she'd aspired to possess: Your seasons, even when intense and wildly unpredictable, are not a reflection of your value or your capability. And, more importantly, they will pass. Consider leaning into the voice of the hibernating bear inside and let this winter be a time of rest and reflection before the eruptions of busyness and color of spring. The hopes of tomorrow lie dormant in the snow, waiting to delight us all. TK

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

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Pictured are Abby, Christie (holding author Mo Willems' Knuffle Bunny character) and Ava, who met Willems in 2012.

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Tips for Parenting the Second Time Around

By **Dr. Tamecca Rogers**, Ph.D.



A LITTLE OVER two years ago, Carmela Hill lost her 30-year-old daughter to heart failure. Her family was devastated by this sudden, tragic event. While Ms. Hill was unsure about many decisions she faced, the immediate decision to take in her three small grandchildren wasn't up for discussion. At age 50-plus, Ms. Hill found herself parenting for the second time.

Almost 90,000 children in Oklahoma are raised by grandparents. That number only includes reported arrangements. Raising them can leave grandparents with mixed feelings, no matter how much they love their grandchildren. This includes joy and happiness but also sadness, grief, a sense of loss and resentment.

Ms. Hill walked me through her experience and offered the following tips about how to succeed at parenting the second time around.

1. **Recognize feelings.** Positive sentiments are easy to acknowledge, like the love you feel for your grandchildren, the pride in seeing them grow and learn, and the relief of giving them a stable environment. It's more challenging to acknowledge guilt, resentment or fear. Ms. Hill said the most difficult part was trying to resume any normalcy or schedule while allowing space for the unpredictable episodic waves of grief. Therefore, she has created an environment of daily check-ins where they acknowledge how they feel, even when the feelings are dark, deep and heavy. They then discuss how not to let emotions like anger, resentment or fear cause unproductive behaviors toward each other. Then, they zero in on the release part by focusing their energy positively on what they still have that evokes good emotions, like her daughter's values, great attributes or incredibly funny memories.

2. **Create a stable environment.** It may take you and your grandchildren time to adjust to the new living arrangements. Ms. Hill said peace and safety were stabilizing forces that helped reinforce a stable environment. She said, "We live in different times where all kids having early access to social media through our education facilities takes away my ability to monitor everything outside the home completely. So, I have realized that the tactics I used while raising my kids don't work for these kids." She said the home base must be where families mend, heal and thrive.

3. **Encourage open communication.** Coping with the new situation is challenging for children and adults, and communicating openly and honestly will help them manage. Remember to listen. Ms. Hill said, "I encourage open communication by working with my tribe to discuss hard things. I lean on our therapists and our family and friends that all miss their mom. We talk about hard things together." She said the community approach lets the children know a tribe of people with the same hurts over this loss is invested in their success.

4. **Keep their parent's memory alive.** Taking steps to preserve your grandchildren's memories of their parent is critical to healing after a loss. Recognizing that positive memories of the grandchildren's parents are within your control is empowering and helps with the family's well-being. Ms. Hill said her family has an altar (a sacred space designed to honor her daughter's memory) in her home, which is dedicated to their mom. Her picture and her favorite things are there. They have a soft fur rug in front of it by the fireplace so they can read, sit and talk with her, or be quiet beside her.

   Holidays are tough, so they created traditions that include all the fun things her daughter did with her children, like cooking, baking and spending time outdoors. They also picked a tree in her front yard, and each Memorial Day, they make that tree their memorial garden. "We simply create space to honor and keep her energy around us at all times."

While losing a child is an indescribable pain, raising grandchildren is a huge challenge that can leave you with mixed emotions. As for Carmela Hill, she did not hesitate to take her grandchildren in. She focuses on the positive and is determined to give her grandchildren a life full of stability, open communication, positive memories of their mother and all the love they can handle. TK

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



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PJ'S CORNER

Gastroenterology Concerns in Children





Q & A WITH

Rohit Josyabhatla, M.D.

PEDIATRIC GASTROENTEROLOGIST

Q: What does a gastroenterologist do?

A: A gastroenterologist is a doctor who takes care of diseases that are associated the gastrointestinal system, which extends from the mouth all the way down to the large intestine and the colon, including the liver and pancreas. We also treat children who have problems with nutrition.

Q: What are some of the most common gastrointestinal conditions that you see in children?

A: Some common conditions are reflux, constipation and chronic abdominal pain.

We also take care of children who have feeding problems or conditions that may be allergy related, such as celiac disease, a milk-protein allergy or eosinophilic esophagitis. We treat children who have chronic inflammatory conditions and some emergency conditions like swallowed foreign objects and food impaction.

Q: What is fatty liver disease?

A: Fatty liver disease is a condition where there is an accumulation of fat in the liver. It used to be an adult disease, but with the rising presence of obesity in children, it is increasingly common in children. When caught early, it is reversible. Left untreated, it can sometimes lead to long-term inflammation and then problems with scarring.

Q: Another condition that you treat is EOE. What is EOE, and what are the symptoms?

A: EOE is an abbreviation for eosinophilic esophagitis. Esophagitis is a term that refers to inflammation in the food pipe. This condition tends to go along with allergy-mediated conditions, like asthma, eczema and seasonal allergies. It has a slightly higher preponderance in males as compared to females, and it's seen in all age groups. Symptoms vary depending on the child's age. Younger kids typically have vomiting and difficulty gaining weight. Older kids tend to have belly pain, sometimes with reflux-like symptoms, and occasionally difficulty with swallowing.

If someone has asthma or eczema and starts to have these symptoms, then they should be closely monitored for worsening signs and symptoms.

Q: Talk about the signs and symptoms of reflux. What should parents watch for?

A: Reflux is an extremely common condition that we most often see in children who are under the age of 1 year.

A majority of the infants who have reflux do not have problems that interfere with their ability to eat. They continue to gain weight. Most often reflux completely subsides by the time they are a year to a year-and-a-half. In some cases, reflux could be severe enough to lead to severe irritability associated with eating or irritation in the esophagus.

Q: What other kinds of things should parents know about gastrointestinal problems, and when should they be concerned?

A: Symptoms that start to interfere with quality of life, particularly chronic abdominal pain, diarrhea, signs of bloody diarrhea and vomiting are conditions that should prompt you to immediately seek an opinion or care from a gastroenterologist. Other conditions of concern are weight loss or if children have difficulty gaining weight over a long period of time.

For the complete interview, visit TulsaKids.com

If you have a question for one of the Saint Francis pediatricians to answer, please email **editor@tulsakids.com**

The Children's Hospital at Saint Francis

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Spring Love: How to Handle Your Kid's First Crush

By **Tanni Haas, Ph.D.**



WHETHER YOUR KIDS are going to camp this summer, joining you and the rest of the family on a vacation trip or just hanging around the neighborhood with friends, chances are they'll experience their first crush. What should you say and do if that happens? How should you handle this new and unfamiliar situation? Here's what the experts suggest:

Take their feelings seriously

The first and most basic thing is to take your kids' feelings seriously and be supportive of them. "As an adult," says Dr. Sharon Saline, a clinical psychologist with more than 30 years of experience, "you know that many crushes don't become actual relationships, but your [children don't] feel that way or have that life experience yet." So let them pour their hearts out whether or not their feelings are reciprocated by the object of their affection.

You can also show support by assuring them, as Paul Chernyak, a licensed professional counselor and parenting coach, says, "that having a crush is totally normal and healthy." This will help them not get embarrassed and feel awkward whenever they happen to be around their crush.

Ask open-ended questions

One gentle way to invite your kids to share their feelings is to ask them open-ended questions. Dr. Julie de Azevedo Hanks, a child psychologist and media personality, advises parents to ask questions like "Tell me about Kate" or "How does John feel about you?" Whichever questions you ask, be enthusiastic about their responses.

Dr. Sarah Radcliffe, child psychologist and author of *Raising Your Kids Without Raising Your Voice,* suggests that parents respond by saying "Wow, it sounds like you really like this person.'' Simply put, there's no reason to put a damper on their enthusiasm.

Listen carefully

Listen carefully to what your kids choose to share with you. "My number one advice for parents when talking to their kids about love and loss," says Katie Austin, a licensed clinical social worker who specializes in adolescents, "is first to listen." Of course, this is much easier said than done. "So often as parents," Ms. Austin emphasizes, "we go into conversations with our kids with a preconceived agenda — 'I don't want you to date them,' 'You're better off without them' .... We listen to them with the intention of imposing or sharing our own agenda and really miss what they're saying."

Instead of engaging your kids in conversation to get what you believe is best for them, listen to learn more about what they want to share and hear from you. The goal of your conversation, Dr. Saline says, should be to maintain open lines of communication: You need to "listen to how they're feeling and what they're thinking."

Give them space to process their feelings

Talk to your kids and genuinely listen to them, but also give them space to process their feelings. As Mr. Chernyak puts it, "You may want to talk about your child's crush every opportunity you have or supply them with tips on handling [it]. But you and your child will handle the crush better if you step back a bit and let your child experience [it]." Try not to ask them constantly about their crush. Bring it up now and then, and ideally when your kids are making it clear that they're willing and ready to talk about it.

Help them distinguish between healthy and unhealthy relationships

Use the crush as an opportunity to teach your kids how to distinguish between healthy and unhealthy relationships. Dr. Saline suggests that parents discuss such healthy relationship qualities as caring, kindness, listening, respect and trust, and on the flipside, help their kids recognize unhealthy relationship qualities like bullying, insults and manipulation.

Discuss and set proper relationship boundaries

If your kids' feelings happen to be reciprocated, discuss and set proper boundaries for any relationship. Talk to your kids about what's age appropriate. Simply put, Mr. Chernyak says, "There should be guidelines and limits set on appropriate interactions." This includes such important topics as whether and under what circumstances they can be alone with their crush and the proper displays of affection.

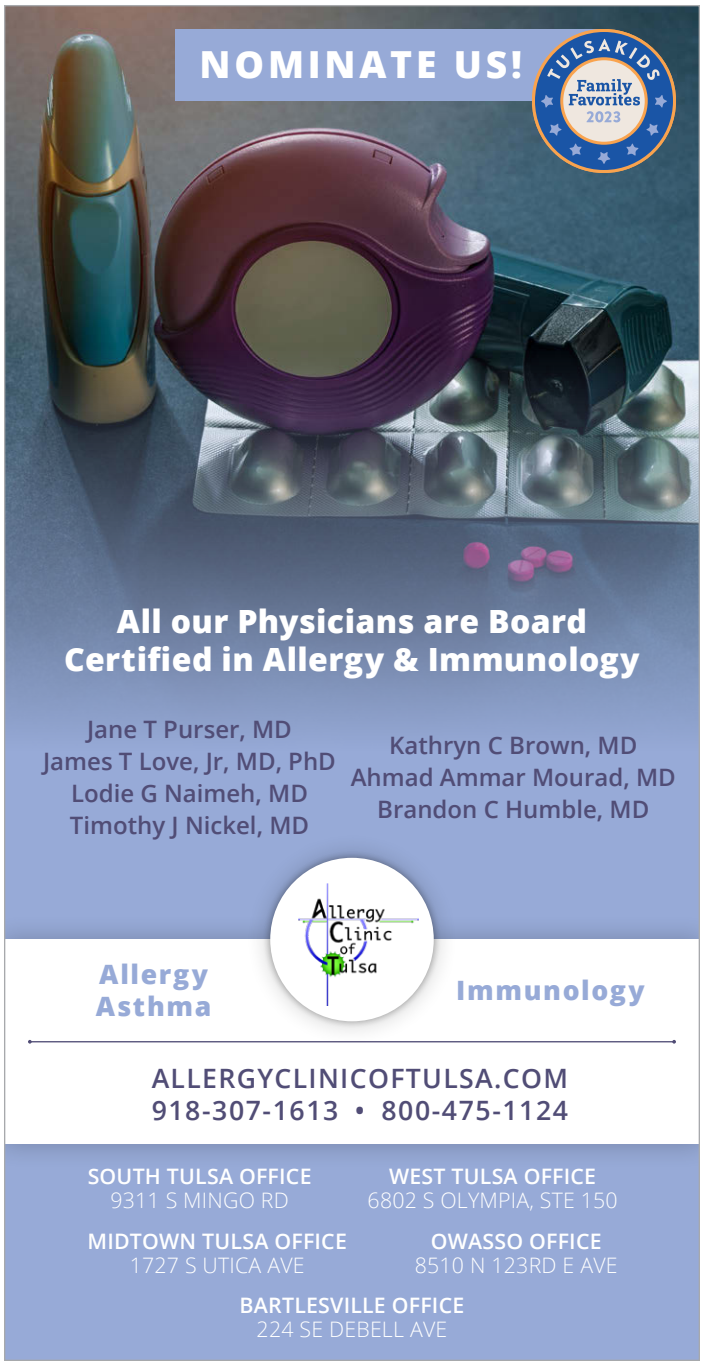
You also want to make sure that your kids don't sacrifice all the other important people and activities in their lives — family, friends, hobbies, schoolwork, etc. — for the sake of a relationship. "Set boundaries that don't crush their spirit," says Jay Pigott, a licensed clinical social worker with expertise in adolescents, "but help them balance their social life and responsibilities."

Dr. Saline adds that parents should also discuss the consequences of their kids not abiding by the agreed-upon terms. "Setting limits is important," Dr. Saline says, but "enforcing those limits is just as critical."

Accept that your kids are growing up!

Finally, accept what's really going on when your kids are having a crush: They're growing up! First crushes may not last, but that doesn't make them any less educational. They represent, as Lynn Zakeri, a clinical social worker and therapist puts it, "an opportunity to practice for future relationships and to have the hindsight reflection about what worked and what didn't and how to improve for next time." TK

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



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Alacia Parker:

A Pure and Simple Life

By **Nancy A. Moore**





PHOTO CREDIT: BLAIR JAEDELL PHOTOGRAPHY

WHAT DO YOU get when you roll popular adages together like: Eat Healthy, Support Local, Farm to Table and Kid-Friendly? The answer is Pure and Simple… Market, that is! Alacia Parker and her husband, Aleks, recently established Pure and Simple Market, a kid-friendly grocery store in downtown Coweta. Why? They saw a need in their community and decided to jump on the chance to create a one-stop-shop market that simplifies the grocery-shopping experience while working to connect families with farmers and food producers who are close to home. And of course, creating a kid-friendly space was especially important because they have four young kids themselves.

TK: Can you share a little about yourself and your family?

Alacia: I grew up in the Broken Arrow/Tulsa area most of my life, and my husband has lived in the Claremore/BA area for a large chunk of his life. We've been married for seven years and have a 6-, 5-, 4- and 2-year-old. Our biggest gap between kids is 16 months, and the shortest gap is 11 months. We've had a home inspection company since 2017 and decided it was time to start another business.

TK: How did you come up with the idea to start Pure and Simple Market?

Alacia: In 2020 our eyes were opened to how quickly we can be affected by the current food system. There are farmers and food makers in close proximity, and so many people don't know where to find them. I wanted to create a space that closes the gap between direct farmer/food makers while offering the convenience of a grocery store.

TK: What are the benefits of being closely connected to food sources?

Alacia: You are able to have more nutritious food. Preservatives and fillers don't have to be put in our food because we are close to the source.

TK: What does the market offer customers?

Alacia: One of the goals of Pure and Simple Market is to create a space that reduces decision fatigue. Modern life has become so busy, I want this space to house a comprehensive collection of products with a wide enough selection that someone can complete their grocery shopping all in one place while offering only one or two options per category of item.

For example, we currently have one gluten-free and one regular brand of tortillas. In the future, we will expand a little but will keep it simple. We strive to keep the environment calm through the sound of the music, the smell of essential oils and our product spacing.

TK: When you told people about your idea to start a market, how did they react?

Alacia: We are always a little bit crazy. For example, having four kids in four years, juggling multiple businesses/investments! It wasn't a surprise for them that we were starting something new. They thought it was a great idea and were excited for us.

TK: You are busy with four little ones. What made you decide that the timing was right for you to start this endeavor?

Alacia: Our inspection business is running smoothly, and I was able to step out of that about a year ago, ready to do something new. God put the idea in my mind and provided the timing for us to act, so we did!

TK: How do you and your husband juggle your duties?

Alacia: We both have the same personality and split everything about 50/50. It ebbs and flows with our increased work in each business. With the market opening, Aleks has been with the kids more and done more around the house so I can focus on getting work done through this month. Soon, we will be hiring, and then I will be with the kids more. We flow with what is needed for the week or month.

This year has shown us what our glass balls and rubber balls are when it comes to our duties. Those rubber balls can drop, and

that's OK. We've been very intentional about our priorities and keeping it that way. God, our marriage and our family always come first.

TK: Tell us about the products that you have sourced for the market.

Alacia: About half the store is local and half is non-local. Local products include beef, chicken, pork, milk, eggs, baked goods, kombucha and some produce. The non-local items are organic or simple-ingredient items. They include items that fill the gap in completing your grocery list such as rice, flour, snacks and more. We also have really great quality brands that you can't find locally, like Just Ingredients, Earthley and Branch Basics.

TK: What do you offer for kids visiting the market?

Alacia: As a mom of four, I prioritized creating a space where adults can see their kids playing in a designated kid space and be able to browse in a calm environment at the same time. Our designated play space for kids has a play kitchen, barn, vegetable garden, play food, market stand, shopping cart and a chalkboard. We recently offered a free sensory play event using gluten-free oats, and it was a huge success. We'll be planning more kid-friendly events soon.

TK: What have you discovered about yourself throughout this process?

Alacia: I wouldn't say that I've discovered anything new; it's more about what I have been able to practice during this process. I used to be a perfectionist with very black and white thinking. Throughout this process, I have been able to establish a daily practice incorporating all the skills I've been learning in counseling over the last few years.

For example, I've been able to practice proving to myself that running a business with four small kids is possible. It has definitely been challenging, but that's OK! I've also been practicing integrating parts of my life. This new adventure has shown me that although it is much harder, it is possible, messy and OK not to be perfect. I've been able to practice really zeroing in on our priorities and keeping them straight. We don't have time to waste, so our priorities direct what we do each day.

TK: What advice would you give to someone thinking about pursuing their dream?

Alacia: My advice is to be consistent. If you are going to start something, decide to do it and be consistent with it. When you don't feel like doing it or don't see immediate return, keep doing it. In this business, I've wanted to quit many, many times. In the beginning, there were about eight months of constant work with little return. I didn't know what to expect when we opened, but it is very clear that the eight months of consistency — of what I thought was no return — was building up to this moment.

You don't have to be smart, know everything and have it all perfectly planned out - but you do have to be consistent and do the things you don't feel like doing. You will eventually see the benefits!

Pure and Simple Market is located in Coweta, OK at 29220 E. 151st Street S. You can find them on online at: puremkt.co and social media (Instagram) @pure_simple_market and (Facebook) Pure and Simple Market. TK

Want to hear more? Hear Alacia's advice to Moms of Littles along with how she is living purposefully in 2023 on the audio version of this interview on the Sharing Passion and Purpose Podcast. You can access it on your favorite podcasting platform or directly at SharingPassionandPurpose.com.

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.



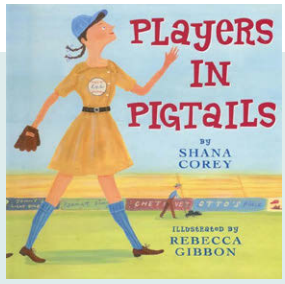


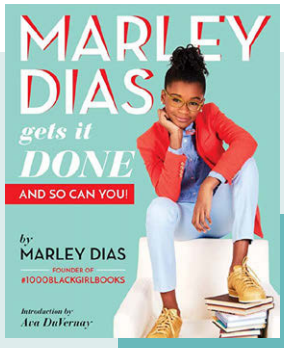
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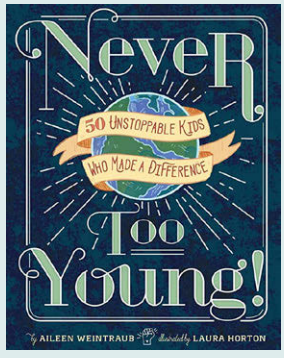
Great books for girls AND boys to celebrate Women's History Month

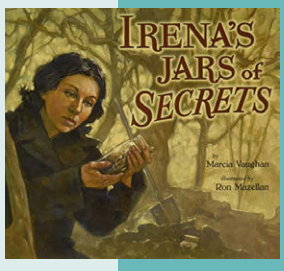


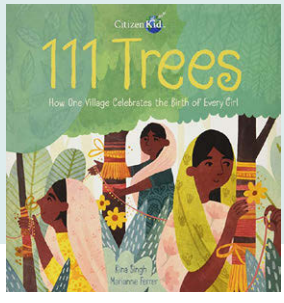
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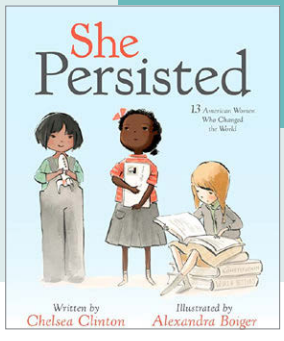












AS WE CELEBRATE Women's History Month, I have two questions for you and your child:

- What does it mean to be strong or brave?
- Does it mean something different for boys than for girls?

These questions are big, complex and might seem a little too heavy for you and your child, but fear not! The Tulsa City-County Library has resources for all ages to help tackle the complex and very relevant subject of gender equality — and to gain a real understanding of what feminism in the 21st century means.

But before we discuss recommendations, let's have an adult heart-to-heart about gender equality and the "F" word: feminism.

"Feminism" is a word that many people do not understand, and I will say that I had not thought much about it until Emma Watson was named a U.N. Women Goodwill Ambassador in 2014. Her moving speech helped me see feminism as an issue of equality. Quoting Merriam-Webster, she defined it as *"the belief that men and women should have equal rights and opportunities. It is the theory of the political, economic and social equality of the sexes."*

A more humorous definition of feminism is "the belief that women are human beings."

To me, a large part of feminism is teaching our children to question gender assumptions. We need to let our little boys and girls know they both have equal rights to cry when they are sad, be the CEO of a company or a stay-at-home parent.

Below you will find a list of books that will help you share a 21st-century view of feminism and gender equality.

Read this article at tulsakids.com to find a link to the library's catalog with these and more recommendations, including links to Emma Watson's UN address and stories of other people who wear their feminism as a badge of honor.

Players in Pigtails by Shana Corey

If you choose to only read one book on this list, this one is my favorite, and in fact inspired this entire project! This picture book tells the story of the All-American Girls Professional Baseball League through the eyes of a fictitious player named Katie. It's a good starting point for teaching our children to question gender assumptions and helps kids think about our key questions: "What does it mean to be strong or brave? Does it mean something different for girls than for boys?"

111 Trees: How One Village Celebrates the Birth of Every Girl by Rina Singh

This piece highlights two key features for becoming a 21st-century feminist: It gives an example of gender inequality that still exists today, and it is a reminder that inequality can be challenged by both women and men working together to create a brighter future for all people.

She Persisted: 13 American Women Who Changed the World by Chelsea Clinton

This book reminds us that women have been brave since the beginning of time and will continue to make a positive impact on their community.

Irena's Jars of Secrets by Marcia K. Vaughan

Helping kids explore the horror that was WWII is hard and heart-wrenching, but many of the stories are also inspirational and explore what true bravery is. Irena Sendler's story is a good introduction to WWII and explores the many heroes,

"What does it mean to be **strong** or **brave**? Does it mean **something different** for girls than for boys?"

both male and female, who help their neighbors at great risk to themselves.

Never Too Young! 50 Unstoppable Kids Who Made a Difference by Aileen Weintraub

Being brave and strong is a key feature on moving past reading and into becoming an activist yourself. These stories of kids giving their all will encourage you and your child to stand up for themselves, others, and to live their best lives with strength and bravery.

Marley Dias Gets It Done and So Can You! by Marley Dias

To be brave, you do not have to stand alone. This piece is a great guide for how to make a difference in one's wider community; it also reminds kids that what they care about matters and that their family, friends and community can be a great source for making a difference. TK



ChatGPT: Is OpenAI Helping Your Kids Cheat or Providing Them with a Valuable Tool?

By **Betty Casey**





"Try to figure out how to have discussions with your children and students about how this can elevate writing ability. **How can it elevate critical thinking?"**

SINCE OPENAI ROLLED out ChatGPT in November, teachers have been scrambling to get out in front of it. Some are using it as a classroom tool, while others are taking a wait-and-see approach. As tech companies pour billions into the technology, one thing is certain: It's only going to get better — and quickly. With ChatGPT nipping at the heels of Google's search engine, Google announced it will soon release its own version of a conversational search engine called Bard.

While similar artificial intelligence chatbots exist, ChatGPT swept by Meta's earlier bumbled roll-out of Galactica to become a public sensation. According to analysts, ChatGPT, developed by OpenAI and backed with billions from Microsoft, reached 100 million users in just two months after a free public launching in late November. Users can ask it to write songs, essays, poems, articles, rewrite sentences and answer questions, among other things. It will even have a robotic conversation with you and, perhaps unlike your friends and family members, will admit when it has made a mistake. And ChatGPT does make mistakes (cautionary tale for those students wishing to use it to cheat).

Parents who assume their children aren't aware of ChatGPT are probably deluding themselves. I tried it out myself to get an idea of what ChatGPT could do. For one thing, it's so popular, it's difficult to get on, but it does have some fun ways to tell you to wait — like a Haiku or a short play dialogue apologizing to you. It can't interview local people, so that's a downside for me, and I do wonder if it has some implicit biases. I asked it to write a song about my daughter's black dog, Leroy, who came from an Austin, TX, animal shelter and now lives with her in Washington, DC. The song is a blues-y tune about a black dog down on his luck in the city.

I also asked it to write our Summer Camp article in this issue, just to see what would happen. You can judge for yourself. It's straight information, much of it is very similar to past articles that we've published. There are no quotes and no indication where ChatGPT got the information. Not very exciting. But it only took a couple of minutes to spit it out. The information is accurate, but often generic.

I don't see AI taking over writing, but it can be useful. I wondered how ChatGPT has been impacting education in the short time that it has been available, so I asked some area teachers how they are responding to the technology.

None of the instructors are panicked over ChatGPT.

Larry Cagle, an English teacher at Broken Arrow High School, is already using ChatGPT with his students. Cagle's inquiry-based instruction often begins with students asking questions. "The answer is not as important as the question," Cagle said. "I've long debated that with my students. Here is where the students can begin to use it as a learning tool. ChatGPT can help them come up with better questions. If they ask generic questions, they get a generic answer."

For one lesson, Cagle had his students use the same prompt to ask the chatbot to write an essay about *To Kill a Mockingbird*. "Every response was different," he said. It can expand what students know and expand how and what they're asking. Students come from their own perspective. ChatGPT has many.

He pointed out that students have always cheated, whether it's using the study guide SparkNotes or plagiarizing from written or online material. With the 160 students that stream through his classroom every day, Cagle says he may not be able to identify those in the middle who are generating written material using ChatGPT. It may push some high-level students to write better, while struggling students may benefit from seeing an example before they start writing on their own. "Will it take away writing? We didn't lose the ability to do math because of calculators," Cagle said. He will continue to be proactive with chatbots, using them as a tool to teach


SEVENTYFOUR/GETTY

critical thinking as he guides students to learn ways they can embrace the technology to help them, while understanding the limitations.

"It's here, and they need to know how to use it," Cagle said.

Tulsa Community College (TCC) has created a taskforce to discuss ChatGPT as the semester opens.

"We're trying to explore the possibilities of what students might use it for," says Jeff Stuckey, associate professor of English and department chair for adjunct faculty at TCC. "We're looking at our plagiarism policy but staying positive about it as we try to create policy for our adjunct faculty."

Stuckey isn't alarmed. "The policy right now is 'don't panic.' The problem — if you want to call it that — can really be polished, good writing," he said. "Over the break, I had a French teacher check it out, and she said it wrote better than she probably would."

Like Cagle, Stuckey views ChatGPT as a tool that can have positive uses. While he hasn't used it in his own classroom, he has "played around with it." He pointed out how technology such as Spellcheck has helped writers correct mistakes, and chatbots just may be the next step in the process.

"It's fascinating, and I don't think we should ever be at the place where we're wagging our fingers," he said. "We want to assume the best. I want to trust students."

Stuckey said he hasn't noticed much change with his students. "We ask a lot of specific things in our papers; we use MLA citations. ChatGPT doesn't do citations. I don't think it would do any ground-breaking quotes," he said. "I've asked it to summarize stories, and it's kind of a Cliff Notes version of a summary."

He also noted that chatbots can't take on the voice of the writer, a human component that elevates boilerplate writing to excellent writing.

Mary V. Cantrell, TCC professor of English and GKFF faculty chair for dual credit, says that she isn't worried about students cheating using ChatGPT. "I ask students to produce multiple drafts of their work, and I value originality, creativity, and deep thinking over mechanics and formulaic writing," she said. "My hope is that students will want to engage in the reading, thinking, and writing they need to engage in to produce a unique response to the assignments I give them. If they decide to us AI to write their essay, they'll write passable essays, but they won't learn, and I doubt I'll be impressed enough to assign them an A."

Both Stuckey and Shaun Peevsasser, a TCC sociology professor who also teaches three classes through TCC's concurrent enrollment at Union High School, feel that ChatGPT could function almost as a virtual writing center. For example, Peevsasser said that struggling students often have the most trouble at the beginning of the writing process.

"You could submit your introductory paragraph," Peevsasser said, "and ask ChatGPT to revise it for a college-level paper introduction. It can help students become better writers."

Union doesn't allow students to use ChatGPT at school, but Peevsasser used it as an initial assignment to help his high school students understand college-level writing. Students turned in an informational writing assignment, which Peevsasser copied and pasted into ChatGPT. He prompted the chatbot to evaluate each student's writing level and to make suggestions for improvements. Students could then see how their writing could be improved and discuss what might be expected of them in college classes.

The teachers I spoke with all agreed that ChatGPT doesn't produce A-level papers. It misses citations and provides generic discussions of a topic. It also might use incorrect information. I tested this out by asking it to write an academic essay about water as a symbol in *Macbeth* using only the primary source. The result was a very generic, five-paragraph essay with appropriate quotes from the play. I gave ChatGPT a "C" on my paper.

On the other hand, for some students, especially those who struggle with understanding prompts, narrowing topics or writing in English, AI-generated writing can function as a foundation to work from as they build their essays. English language learners might use it to revise sentences, thus learning English syntax, grammar and vocabulary.

Peevsasser said that the citiations are not very academic. One might be from a textbook and one from a journal article, but that could generate classroom discussions about reliable sources.

Regarding cheating, Peevsasser said that he thinks about what his classroom could become if he uses AI. "It exists," he said. "Maybe instructors should update their class or course to include ChatGPT." He talks to his students about academic integrity and honesty. "You have to be transparent about using it and how you're using it."

He advises parents not to run away from the technology. "Try to figure out how to have discussions with your children and students about how this can elevate writing ability. How can it elevate critical thinking? Those are the things I'm trying to figure out," Peevsasser said. "It would be hypocritical if I can use it and not allow my students to use it. What would 15-year-old Shaun have wanted his instructor to do? He would want to be shown how to use it. If we don't teach them how to use it, it can be an equity issue. Because all kids need to know how to use it to be on a level playing field." TK

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

Campfire Cooking Brings Families Together

By **Natalie Mikles**







PROVIDING OPPORTUNITIES FOR outdoor play is a great gift we can give our children.

Those experiences can be as small as kicking a soccer ball in the back yard or taking a neighborhood walk and as big as loading up the family for an overnight campout.

Outdoor play gives kids the chance to move their bodies, use all their senses to experience what's around them and take in their natural environment. When camping or hiking, kids get to do this on an even bigger level — testing their physical limits and spending days without a screen in sight.

Whether camping is a family tradition or a brand-new experience, the packing, driving and planning is worth it. Days spent hiking, skipping rocks and exploring, and nights spent under the stars create lasting memories and promote family bonding. And besides that, it's just fun!

Here are some of our favorite recipes when camping. You don't have to go all out with the breakfast skillet. (We won't tell if you bring Pop Tarts.) But the smell of sausage and eggs cooking outdoors is amazing and worth the effort. Some of the other recipes, like the granola, can be made ahead of your camping trip and are great for snacking.

You only need one dish to make this hearty breakfast skillet. Cook it on a camp stove or over a campfire in a Dutch oven.

CAMPFIRE BREAKFAST SKILLET

SERVES 4

- 1 pound breakfast sausage
- 1 medium russet potato, chopped
- ½ yellow onion, chopped
- 1 bell pepper, chopped
- ½ stick butter
- 4 eggs
- ½ cup grated sharp cheddar cheese (optional)
- Chopped chives

1. Light grill and let coals burn until hot.
2. Add sausage to cast-iron skillet or Dutch oven and cook until brown. Add potatoes, onion and bell pepper along with 2 tablespoons of the butter. Cook for about 10 minutes, or until potatoes are tender.
3. Crack eggs directly onto sausage mixture. Dot with remaining 2 tablespoons butter. Cook 5 minutes or until eggs are cooked to your preference. Top with cheese and chives.

If your camping trip includes fishing, hang on to this recipe. There's nothing like fresh fish cooked over an open flame.

BACON-WRAPPED TROUT

SERVES 4

- 4 trout, butterflied, bones removed
- Salt and pepper
- 6 tablespoons olive oil
- 1 cup fresh parsley, chopped
- 3 tablespoons chives, chopped
- 4 tablespoons capers, drained and chopped
- 6 cloves garlic, finely chopped
- Juice of 1 lemon
- ½ pound bacon

1. Light grill and let coals burn until hot.
2. Season trout with salt and pepper. Mix together olive oil with parsley, chives, capers, garlic and lemon juice. Divide the mixture between the trout, and stuff inside.
3. Wrap each trout with bacon. Grill, turning frequently to prevent flareups, until bacon is crisp, about 20 minutes.

Note: This can be cooked over an open flame campfire. Cook in a Dutch oven over hot coals, and depending on how hot your fire is, begin checking for doneness after 10 minutes. It could take anywhere from 10–25 minutes for the fish to cook through.





CAMPING TIP!

Tulsa parents **Kendall and Nathan Ellsworth** are the parents of seven kids. Taking their crew on a camping trip requires planning and patience. But, she said, the intentional time spent as a family is worth it. Her keys to camping success — hot dogs, s'mores, hammocks and an amazing fire pit.

And one more tip — invest in the long (30-inch) roasting forks or campfire sticks. She says her family has used the 18-inch sticks with wooden handles, but for children it still put them a little too close to the fire. The 30-inch sticks keep your hands farther away from the hot flames.

Make this yummy granola before you head out on your camping trip. It's perfect for snacking on while hiking.

CAMPER'S BEST GRANOLA

- 5 cups old-fashioned oats
- ¾ cup sliced almonds
- ½ cup pecans, coarsely chopped
- ¼ cup raw sesame seeds
- ¼ cup raisins
- ¼ cup dried cranberries
- ¼ cup dried blueberries
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- Zest of 2 oranges
- ¼ cup canola oil
- ½ cup honey
- ½ cup maple syrup
- ¾ cup unsweetened coconut

1. Preheat oven to 400 degrees.
2. Combine all ingredients, except coconut. Spread on cookie sheet. Bake 20 minutes, stirring occasionally. Add coconut 5 minutes before done.
3. Cool before sealing in an airtight container.

The perfect mix of sweet and salt, these bars are a favorite family treat.

PEANUT BUTTER PRETZEL BARS

MAKES 12 BARS

- ½ cup pretzels, crushed
- 1 ¾ cup quick-cooking oats
- ¼ cup sliced almonds
- ½ cup mini chocolate chips
- ½ teaspoon kosher salt
- 1 teaspoon vanilla
- 1 cup creamy peanut butter
- ¾ cup honey

1. Line an 8- or 9-inch square pan with parchment paper.
2. Place the crushed pretzels, oats, almonds, chocolate chips, salt and vanilla in a bowl and stir to combine.
3. Whisk together the peanut butter and honey. If the mixture is too stiff, warm it in the microwave until it's easy to stir. Add the peanut butter mixture to the oat mixture and stir to combine.
4. Press the mixture into the prepared pan, and top with more crushed pretzels or chocolate chips if you like. Chill for 1 hour before slicing into bars. Store in an airtight container or the refrigerator.

WHAT ABOUT TODDLERS?

Toddlers aren't always interested in or ready to eat the big campfire meals the rest of the family is eating. Here are some ideas for toddler meals and snacks while camping.

- Oatmeal with raisins and cinnamon
- Tortillas and peanut butter
- Classic PB&J
- Hummus with veggies and crackers
- Graham crackers and applesauce
- Pepperoni slices and cheese cubes TK

Natalie Mikles is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

2023

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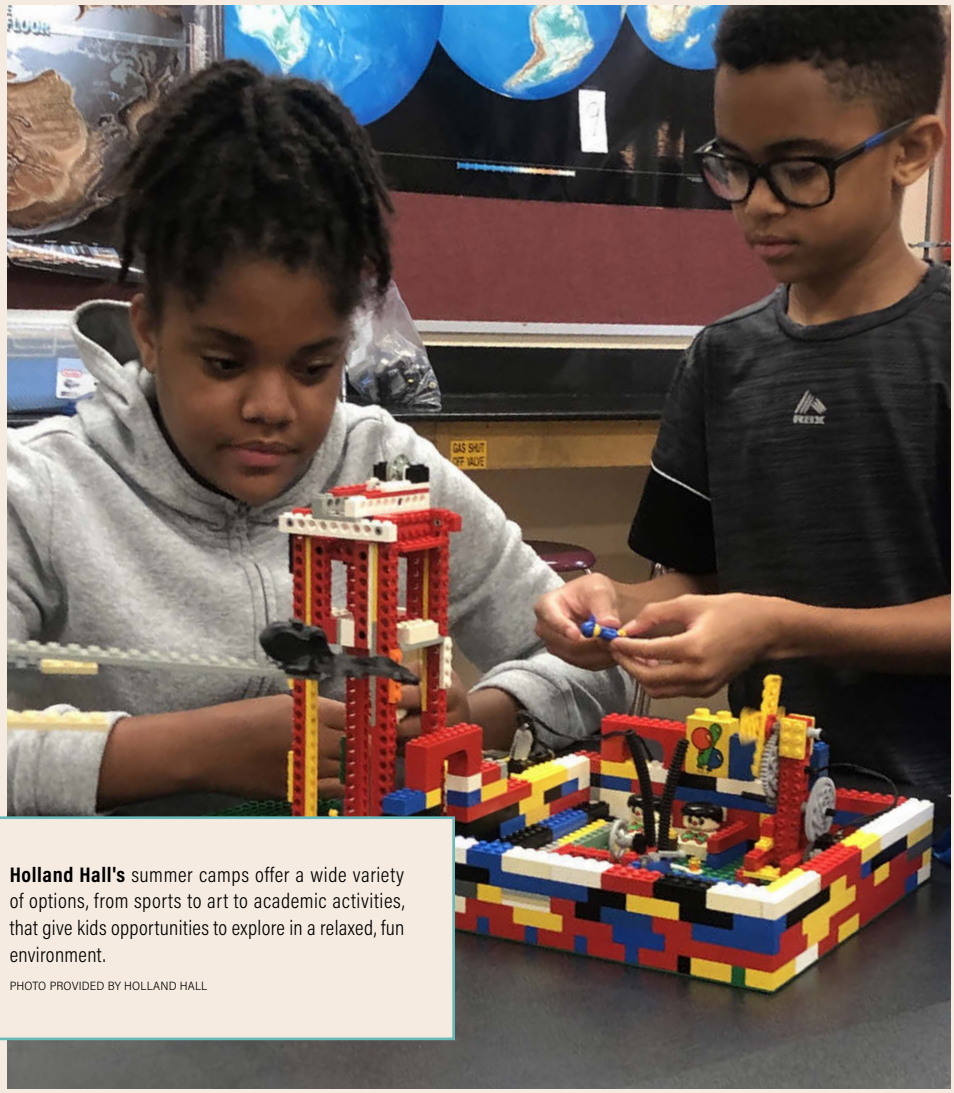
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To test ChatGPT as a tool for finding and writing information, I used it to write the pieces of this article. It was an interesting experiment to see the pros and cons of using OpenAI's search engine for finding and writing information. Please read the article on ChatGPT in this issue and also my Editor's Note to find out more of what I learned.

IS YOUR CHILD READY FOR SUMMER CAMP?

AS THE SUMMER MONTHS APPROACH, parents are looking for ways to keep their children entertained and engaged during their time off from school. Sending kids to summer camp is a great way to make sure they're getting the most out of their break while also learning important life skills. Not only do summer camps offer a variety of fun activities, but they also allow kids to develop leadership, confidence and independence in a safe and supervised environment.



Holland Hall's summer camps offer a wide variety of options, from sports to art to academic activities, that give kids opportunities to explore in a relaxed, fun environment.

PHOTO PROVIDED BY HOLLAND HALL

What do kids LEARN FROM SUMMER CAMPS AND ACTIVITIES?

Camps are designed to **BRING CHILDREN TOGETHER,** allowing them to interact and make new friends from different backgrounds and cultures. Children learn to work together, problem solve and build relationships in ways that will help them for the rest of their lives.

Summer camps also **FOSTER CREATIVITY**, as children are encouraged to express themselves in novel ways. They are given the freedom to explore their imaginations and create art, music or stories. This provides children with a safe place to express themselves without fear of judgement.

Camps also provide children with the chance to **GAIN INDEPENDENCE,** as they are encouraged to make their own decisions and take responsibility for their own actions.

Summer camps are also a great way for children to **LEARN NEW SKILLS AND HOBBIES.** Camps offer a variety of activities, from arts and crafts to sports and outdoor games. Children can try their hand at something new, be it painting, archery or swimming. This allows them to explore and discover their interests, while also teaching them the importance of teamwork and perseverance.

Finally, summer camps provide children with **INVALUABLE MEMORIES.** Whether they're sharing stories around the campfire, competing in an obstacle course, or just enjoying a day of swimming with their friends, these memories will stay with them for the rest of their lives.

Types of summer camps for KIDS AGES 6-18

ADVENTURE CAMPS

These camps often involve activities such as hiking, rock climbing, camping and even river rafting.

MUSIC CAMPS

These camps offer instruction in different instruments, as well as group performances and music theory.

THEATER CAMPS

These camps focus on theater and performance arts and offer classes in acting, singing, dancing and related activities.

ART CAMPS

These camps provide a creative outlet for kids to explore their artistic side. Projects can include painting, drawing, sculpting, photography and more.

SPORTS CAMPS

These camps focus on a variety of different sports, such as soccer, baseball, basketball, football, swimming and more.

RELIGIOUS CAMPS

These camps combine faith-based teaching and activities with other typical summer camp activities.

ACADEMIC CAMPS

These camps focus on academic subjects and offer courses in science, math, language, literature and more.

TECHNOLOGY CAMPS

These camps teach kids about coding, robotics, game design, 3D printing and other tech-related topics.

SPECIALTY CAMPS

These camps cover a variety of topics, from robotics and photography to cooking and leadership.

How do I know if my child is ready for OVERNIGHT CAMP?

Every child is different and will have different levels of readiness for overnight camp. It's important to consider your child's individual needs and personality when making this decision. Consider factors such as your child's age, maturity level and level of independence. Talk to your child to get their opinion on the idea of overnight camp and whether they would feel comfortable being away from home for an extended period of time. Can they handle new situations and the responsibility of being away from home?

Also, talk to the camp staff to get a better understanding of the specific program and what type of environment and activities they offer. Ultimately, the decision should be made together with your child.

If your child is hesitant, consider a day camp or a shorter overnight camp experience to help them gain confidence and independence. Sometimes having a friend by their side can help your child feel more comfortable and confident in a new setting, as well as providing the opportunity for them to learn social skills and develop new friendships. However, make sure that your child is comfortable with the idea and is excited about the opportunity.





Specialty camps like the **Tippi Toes** dance camp and **SoccerCity** (pictured above and left) allow kids to learn new skills or build on skills in something they're interested in such as dance or a sport. Summer break activities give kids time to explore and learn in a relaxed, developmentally appropriate atmosphere.

PHOTOS PROVIDED BY TIPPI TOES & SOCCERCITY

What should PARENTS CONSIDER WHEN SENDING THEIR KIDS TO CAMP?

1. Research the camp to ensure it is an appropriate fit for your child. Consider the camp's mission, program offerings and safety policies to make sure they align with your family's values.
2. Make sure your child is emotionally and physically prepared for camp. Talk to your child about their expectations for camp and what they need to do to be successful.
3. Ensure your child has the necessary supplies and clothing for camp. Check the camp's website for their packing list and make sure to include any special items your child may need.
4. Make sure to provide your child with clear instructions on what to do in an emergency or if they become homesick.
5. Talk to your child about the importance of following camp rules.
6. Discuss with your child how to handle any potential conflicts or bullying they may encounter at camp.

How can parents PROTECT THEIR CHILDREN

AGAINST ABUSE WHILE THE CHILDREN ARE AWAY AT SUMMER CAMP?

Ask the camp for information about their background checks for employees and volunteers, as well as their policies on the screening of staff members.

Speak to your child about personal safety measures such as not going to isolated areas, not accepting food or drinks from strangers, and what to do if they feel uncomfortable at any time.

Make sure your child knows to talk to a trusted adult if they feel uncomfortable in any way.

Speak to the camp directors or other staff members to discuss their safety protocols, such as a buddy system, where children have an assigned partner to always look out for each other.

Request regular communication with your child, such as calling or video chatting on a weekly basis.

Consider asking for immediate notification if any incidents or allegations of abuse occur at the camp.

When visiting your child at camp, meet their counselors and counselors-in-training, as well as any other staff that interacts with your child.

Should I send my child to a specialty summer camp or a traditional summer camp?

The answer to this question depends on a variety of factors. You should consider your child's interests, goals and skill level when making a decision. If your child has specific interests or goals they want to pursue or improve upon, then a specialty camp may be the way to go. If your child is simply looking for a fun and adventurous summer, then a traditional camp may be more suitable. Ultimately, it's up to you and your child to decide which type of camp is best.



Many families choose traditional day camps, such as **Camp Loughridge**, to give kids a variety of outdoor activities and interaction with others.

PHOTO PROVIDED BY CAMP LOUGHRIDGE

What factors should I consider BEFORE SENDING

MY CHILD TO A SUMMER CAMP OR SUMMER ACTIVITY?

1. **LOCATION:** Consider the location of the camp or activity. Is it close to home or far away? Is it easy to get to and from?
2. **COST:** Consider the cost of the camp or activity. Is it within your budget?
3. **SAFETY:** Research the camp or activity thoroughly to ensure it is safe for your child. Make sure it has proper safety measures in place, such as CPR-certified staff and a secure facility.
4. **REPUTATION:** Research the camp or activity to get an idea of the camp's reputation. Check online reviews, talk to other parents and check with local authorities if you question the legitimacy of the camp. American Camp Association (**acacamps.org**) accreditation requires a minimum level of health, safety and risk management standards.
5. **ACTIVITIES:** Make sure the camp or activity offers activities that your child will enjoy. Find out what types of activities are offered and if there is a wide variety of activities to keep your child engaged and entertained.
6. **SUPERVISION:** Find out what types of supervision are provided. Is there adequate staff-to-camper ratio? Does the staff have sufficient experience and qualifications?
7. **FOOD:** Ask about the food that is available. Is it healthy and nutritious or are there unhealthy or sugary snacks? TK

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Cannabis – Worse than Advertised

By **Bradley Gleason, D.O.**

CANDIDATE, OSU COLLEGE OF OSTEOPATHIC MEDICINE

While cannabis may positively impact certain individuals when used appropriately, **the risks of the drug seem to outweigh the benefits,** with inappropriate use leading to dependence, hospitalizations, and long-term psychiatric conditions in many.

CANNABIS, OR MARIJUANA,

goes by many street names including pot, weed, Mary Jane, bud, ganja, reefer, dope and hash. Cannabis contains cannabidiol (CBD), as well as 9-Delta-tetrahydrocannibinol (THC), which produces the more significant psychoactive effects of the drug. There are hundreds of other biologically active components in the cannabis plant that have not been thoroughly studied but may also produce psychoactive effects. Dozens of ailments and health issues have been addressed with cannabis, and it has been coined the "Miracle Drug" by many. In 2021, legal sales of marijuana in the United States totaled approximately 26 billion dollars with some projections being upwards of 100 billion dollars by 2030.

COMMON STRAINS OF CANNABIS

Sativa, known for its stimulating and energizing effects, and Indica, known for its relaxing and therapeutic effects, are the two primary strains of cannabis that hundreds of hybrid strains are being created with. The ratios of Sativa to Indica and of THC to CBD determine the effect and potency of each marijuana product.

CANNABIS USE ON THE RISE

The number of young adults in the United States that report at least one use of cannabis in the past year increased from roughly 29% in 2011 to roughly 43% in 2021. Smoking is the most common form of cannabis consumption, with other methods like edible, sublingual and transdermal gaining popularity. Since Colorado legalized the recreational use of marijuana in 2012, twenty more states plus Washington D.C. and Guam have joined in legalizing the recreational use of pot. Along with this, fifteen other states have legalized the medical use of marijuana.

Many have argued against the legalization of cannabis due to the risks of its use, however, this group has largely been outnumbered. One of the primary arguments for the legalization of weed has been that alcohol is legal and could potentially be more dangerous, therefore marijuana deserves to be legal as well.

MEDICAL USES OF CANNABIS

Although largely not approved by the Federal Drug Association, numerous variants of cannabis are advertised for conditions including anxiety, depression, pain, libido, sleep, muscle spasticity and nausea. When used sparingly, individuals with specific conditions can experience symptom relief, however, many face significant risk, especially with inappropriate and/or chronic use.

For example, cannabis is frequently used for mood improvement, and, although many individuals report successful treatment, chronic use is associated with increased rates of depression. Chronic users are also at risk of developing tolerance, a characteristic of addiction, in which higher doses are required over time to achieve an equal level of effect.

Many individuals use cannabis to gain a boost in creativity. However, cannabis use has been shown to cause significant impairment in working memory, a side effect that is counterproductive for the creative process.

CONDITIONS THAT LEAD TO HOSPITALIZATION

Cannabis is also leading to hospitalizations due to multiple conditions that result from its use. Cannabinoid hyperemesis syndrome is a condition in which recurrent episodes of intense nausea/vomiting and abdominal pain are experienced in a cannabis user. These individuals are being seen more frequently in emergency departments and are sometimes hospitalized due to kidney injury.

Cannabis-induced psychosis is another serious condition that has increased in prevalence in recent years, especially in teens and young adults. Studies have shown that susceptible individuals become more likely to develop psychosis and schizophrenia after cannabis use, especially when consuming products with higher THC content.

Some have hoped for marijuana use to decrease opioid use, though medical marijuana users have unfortunately been found to be more likely to misuse other prescription drugs.

UNPREDICTABILITY

The irony is that many of these cannabis-induced conditions are extreme cases of the symptoms that cannabis is tried as treatment for. This conundrum is likely due, in part, to cannabis affecting individuals so unpredictably. In one individual, cannabis may have a calming effect. In another individual, it could induce severe paranoia or a panic attack.

Along with this, the concentration of THC, the psychoactive component of marijuana, has skyrocketed over time. Cannabis products in the 1990s contained only about 2% THC. Today, popular strains of cannabis have upwards of 30% THC. Most dispensaries label their products with concentration amounts, but most customers do not consult their doctor before use, and even if they do, many primary care providers are not comfortable advising patients on their marijuana use, likely due to lack of evidence in its support.

OKLAOMA CANNABIS LAWS

Every state has their own laws regarding legal use. In Oklahoma, medical marijuana was legalized in 2018, and the state requires an individual to acquire a medical marijuana license from a doctor to be able to obtain and consume

cannabis. Many of these doctor visits take place during telehealth visits in which physical examinations never take place. The licenses are then taken to dispensaries where cannabis is purchasable in an astounding variety of hybrid strains, available in multiple forms and in different degrees of dosage. Unlike other prescriptions where the exact medicine with a specific dosage is prescribed, marijuana is based on recommendations, often from dispensary workers with no medical training.

There are limits for what an individual may possess. According to the Oklahoma Medical Marijuana Authority, licensed patients can legally possess up to 3 ounces of marijuana on their person, 6 mature marijuana plants and the harvested marijuana, 6 seedling plants, 1 ounce of concentrated marijuana, 8 ounces of marijuana in the residence, 72 ounces of edible marijuana and 72 ounces of topical marijuana at one time. This is nearly 10 pounds of marijuana, without including the plants.

A BILLION-DOLLAR INDUSTRY

In conclusion, marijuana is rapidly growing in popularity around the United States with many states pushing for further legalization each year. There is a vast variety of hybrid strains available to be consumed through numerous methods including smoking, vaping, edible, sublingual and even transdermal. While cannabis may positively impact certain individuals when used appropriately, the risks of the drug seem to outweigh the benefits, with inappropriate use leading to dependence, hospitalizations and long-term psychiatric conditions in many.

Cannabis is now a billion-dollar industry that is unlikely to buffer whether the research shows detrimental effects or not. However, we should be wary of a product that has been this aggressively marketed in recent years, while having strikingly little evidence to support its mass appeal. TK

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Aaron Bundy
Trial Lawyer

May I travel with my child during my divorce?

When the divorce process begins, a special law is triggered called the "Automatic Temporary Injunction." The Automatic Temporary Injunction was designed to protect each spouse's rights pending a court order, and it includes some provisions concerning minor children. Several parts of the Automatic Temporary Injunction could impact travel with your children:

1. Neither parent may disrupt or withdraw their children from an educational facility and programs where the children historically have been enrolled, or day care.
2. Neither parent may hide the children from the other parent.
3. Neither parent may take the children outside of the State of Oklahoma, directly or in concert with others, except for vacations of two (2) weeks or less duration, without the prior written consent of the other parent, which shall not be unreasonably withheld.

Communication is critical. Even if you have long-standing vacation plans of less than two weeks in duration, it is important to share the itinerary and schedule with the other parent to avoid any misunderstanding. In some circumstances, it may be appropriate to get permission from your assigned judge to travel out of state with your child while your divorce is pending.

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HTR PEDIATRIC THERAPY



Emily Evans, DPT

What are growing pains? How can I help my child with growing pains?

If your child has leg pain in the evening or night, they may be experiencing "growing pains." While there is no known cause for growing pains, they are most common in 3-to-12-year-old children with "knock knees" and flat feet. Most kids will report a cramping pain in both legs at the thighs, calves or shins. If your child has other symptoms, such as joint pain, stiffness, fever, redness or swelling, further medical evaluation is necessary.

Growing pains do not typically limit a child's activity during the day, and it is important to encourage your child to continue normal physical activities. Heat, massage, stretching and deep breathing can help relieve growing pains.

If growing pains are affecting your child's quality of life, they may benefit from shoe inserts or orthoses to support the foot, ankle and knee in better alignment. A physical therapist can determine the best type of insert and shoe for your child, prescribe a home stretching and exercise program, and guide you and your child in managing their pain.

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HTR PEDIATRIC THERAPY

MILLER SWIM SCHOOL



Sarah Clavin

We have access to a pool, but there is no certified lifeguard on duty. What are some tips to stay safe this swimming season?

Great question. Here are some steps to help keep you and your swimmer safe:

- Never swim alone. Teach your child to always have a swim buddy.
- Never leave the pool unattended — even for a moment. A child can drown in seconds, and it is usually silent.
- Regularly scan the bottom of the pool and pool area.
- Keep the pool a NO PHONE ZONE. Only use phones in case of an emergency.
- Avoid poolside chats or distractions.
- Plan ahead and have what you need at your fingertips: towels, sunscreen, water bottle, etc.

Designating a "Water Watcher" every time you visit the pool to uphold the points above is a simple step that saves lives! Grab your FREE Water Watcher badge at any Miller Swim School location.

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DENTAL DEPOT



Dr. Jeffrey Wilson

Dental Depot Central Tulsa's Dr. Jeffrey Wilson answers all your questions about cavities!

What is a cavity?

A cavity is when part of the tooth decays, breaks down and sometimes develops a hole in the outer layer that grows larger over time. A cavity is caused when bacteria eats the sugar left behind on teeth from eating and drinking. The bacteria produce a harmful waste called plaque that erodes the outer protective layer.

What are the symptoms?

Initially, there are usually no symptoms. Once it passes from the outer layer to the inner layer of the tooth, it can become painful to cold and biting pressure. When it gets into the nerve of the tooth, there can be extreme pain. Other signs are discoloration or a hole typically found in deep grooves of the teeth.

What do I do if I think my child has a cavity?

Schedule a dental appointment ASAP. The earlier we identify the decay, the sooner we can develop a plan for prevention and treatment.

How can I prevent them?

Reinforce brushing habits and implement a healthy, low-sugar diet. Brush after consuming sugary foods or drink, including soda, candy, milk, fruit, yogurt, cereal and gum. Limit sugary foods in-between mealtimes.

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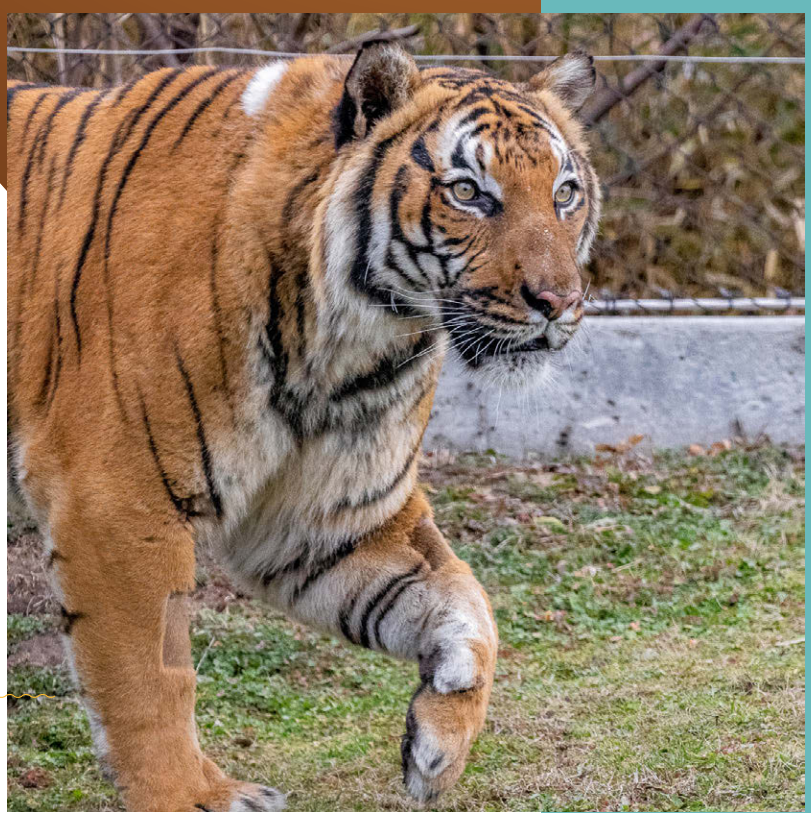
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HAMILTON
MARCH 7–19
Details p. **37**

Hamilton National Tour

PHOTO BY © JOAN MARCUS 2022



STORY TIME
AT TULSA ZOO
WEEKLY
Details p. **41**

Greet **Tulsa Zoo's** new tiger, Tanvir, when you visit the Zoo this month!

PHOTO COURTESY TULSA ZOO

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March 1 Wednesday

STORY TIME WITH PHILBROOK MUSEUM

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

Join Tulsa Zoo for story time. Philbrook will provide free arts and crafts following the story.

BUILD A READER STORYTIME: FAMILY (F) (W)

Ages 0-5, 10:30-11 a.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Bring the whole family for this 0-to-5 storytime!

AFTER-SCHOOL TEEN LOUNGE (F) (W)

For teens, 4-6 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Kick back and chill after a long school day with music, video games, board games and plenty of space to study, read or hang out with friends.

March 2 Thursday

STORYTIME WITH THE TULSA ZOO

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

Join Philbrook for a special animal Storytime and a visit from friends (human and animal) from the Tulsa Zoo!

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

This is a free car seat inspection.

March 3 Friday

ART BABIES

For pre-walking babies, 9:15-10:15 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join Philbrook educators for creative discovery and play sessions that spark wonder and promote bonding between babies and their grownups. Repeats March 4.

March 4 Saturday

WILL EISNER COMIC FEST (F)

All ages, 12-5 p.m., The Sherwin Miller Museum of Jewish Art, 2021 E. 71st St., jewishmuseumtulsa.org

The Sherwin Miller Museum of Jewish Art and OKPOP Museum are joining together to host the annual Will Eisner Comic Fest. Participate in a cosplay contest, see an exhibit from OKPOP Museum and shop from local artists!

ADULT LEARN TO BIKE WORKSHOP (F)

For adults, 10 a.m.-12 p.m., Remington Elementary, 2524 W. 53rd St., facebook.com/bikeclubtulsa

Learn to ride (or build confidence) on a bike with This Machine and Bike Club! This is a come-and-go workshop; bikes and helmets are provided.

2023 AMERICAN INDIAN FESTIVAL OF WORDS WRITERS AWARD HONORING STEPHEN GRAHAM JONES (F)



For one day only, March 10, ***Cenicienta: A Bilingual Cinderella Story*** will play at Tulsa PAC.

PHOTO COURTESY TULSA PAC

All ages, 10:30-11:30 a.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Bestselling author Stephen Graham Jones will receive the 2023 American Indian Festival of Words Writers Award. Jones will speak about his life and works, and sign books.

ALLURING: AN EVENING OF OPERA

All ages, 7:30 p.m., Tulsa PAC, tulsasymphony.org

This concert features Sarah Coburn and Stephen Powel performing works, arias and duets from classic opera.

HOW TO USE MY TELESCOPE

Ages 6+, 8:30-9:30 p.m., Jenks Planetarium, 201 E. B St., Jenks, jenkscommunityed.com

Bring your telescope to the Jenks Planetarium to learn how it operates!

March 5 Sunday

SENSORY SKATE SUNDAY

All ages, 10:30 a.m.-12:30 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Join Wheels and Thrills on the first Sunday of each month for Sensory Skate Sunday. There will be no flashing lights or loud music; laser tag and the arcade will be suspended.

March 6 Monday

MONDAY MORNING PROGRAMMING (W)

For early learners, 11-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Early learners and their caregivers can participate in educational activities taught by experienced educators.

I CAN'T PAINT A LANDSCAPE WITH GILCREASE MUSEUM (F)

All ages, 12 p.m., TCC McKeon Center for Creativity, 910 S. Boston Ave., centerforcreativitytulsa.com

Join the McKeon Center for Creativity and Gilcrease Museum for a free landscaping workshop in-person or online. No registration required.

ART IN THE AFTERNOON: BROKEN ARROW VIRTUAL SCHOOL DAY (F)

For elementary schoolers, 2-3 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Investigate fun ways to use watercolors. All ages welcome.

March 7 Tuesday

FULL MOON NATURE HIKE

All ages, 6-9 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Explore the sights and sounds of native prairie and forest during a moonlit hike on the1.5-mile Nature trail. Self-guided or a guided walk at 6 p.m. is geared for ages 16 and up. Ages 16+: $15; Ages 3-15: $6

FULL WORM MOON WALK

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

Hike beneath the full moon. Must pre-register by 4:30 p.m. two days before the walk. Call 918.596.9054 to register.

HAMILTON

7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Lin Manuel Miranda's hit musical about America's Founding Fathers returns to Tulsa! Additional showtimes through March 19.

March 8 Wednesday

DON'T STOP THE MUSIC! (F)

For preschoolers and toddlers, 11-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Enjoy an interactive program featuring songs, dancing and lots of fun.

CRACK THE CODE: WOMEN'S DAY EXTRAVAGANZA (F)

For elementary and middle schoolers, 3:45-4:45 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Learn about famous cryptanalyst Elizebeth Friedman and others. There will be STEAM stations set up to explore cryptology, astronomy and more.

KIDS CONNECTION (F)

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

This is a social group for students with high-functioning autism. For more info, contact Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org.

March 9 Thursday

HOMESCHOOL SKATE

All ages, 1-3 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

It's Crazy Hat Day at Wheels and Thrills' monthly event for homeschool students! Wear a crazy hat to get a prize!

TEEN SCENE (F)

For teens, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Hang out, play games, create art or study. Repeats March 16, 23 and 30.

BUILD A READER STORYTIME: FAMILY/ BEDTIME STORIES (F)

Ages 0-5, 6:30-7 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Bring the whole family for this 0-to-5 storytime!

March 10 Friday

CENICIENTA: A BILINGUAL CINDERELLA STORY

All ages, 9:30 and 11:30 a.m., 7 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

This captivating Cinderella for all ages tackles cultural heritage, family, and the power of language. Most enjoyed by 5+.

STUDIO C: TEEN ART HANGOUT (F)

For high school teens, 5:30-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Hang out, try out new art or craft ideas, or play a game with friends.

March 11 Saturday

OPEN SWIM (W)

All ages, 1:15-3:15 p.m., Miller Swim School Jenks, 525 W. 91st St. S., millerswimschool.com

Practice your swim skills and have fun swimming with friends and family!

ACOUSTIC ROOSTER'S BARNYARD BOOGIE: STARRING INDIGO BLUME

All ages, 3 p.m., McKnight Center for Performing Arts, 705 W. University St., Stillwater, mcknightcenter.org

New York Times best-selling author Kwame Alexander brings two of his beloved children's books — *Acoustic Rooster* and *Indigo Blume* — to the stage in this exciting musical commissioned by the Kennedy Center.

ASTRONOMY CLUB OF TULSA GUEST AND MEMBERS NIGHT

All ages, 6 p.m., astrotulsa.com

Weather-depending, the Astronomy Club of Tulsa invites guests as well as members to a monthly observing night at their dark sky site SW of Tulsa. Find details and RSVP on their website.

School Tours and Open Houses

METRO CHRISTIAN ACADEMY TOUR

When: March 1, 8:30-9:15 a.m. (Preschool and Elementary); March 28, 8:30-9:15 a.m. (Middle and High School)

Where: 6363 S. Trenton Ave.

Ages: Preschool through High School

Register online at **visitmetro.com** or call the admissions office at 918.745.9868 ext. 155.

UNIVERSITY SCHOOL MONTHLY TOUR

When: March 1, 9:30 a.m.

Where: 326 S. College Ave.

Ages: Age 3-8th grade

Call 918.631.5060 or email **uschool-admin@utulsa.edu** to reserve your space today!

MISS HELEN'S PRIVATE SCHOOL OPEN HOUSE

When: March 2, 6-7:30 p.m.

Where: 4849 S. Mingo

Ages: 3 years through 5th grade

You are invited to attend Miss Helen's Private School's Open House.

AUGUSTINE CHRISTIAN ACADEMY OPEN HOUSE

When: March 3, 4-6 p.m.

Where: 6310 E. 30th St.

Ages: Pre-K-12th grade

Current and prospective families are invited on campus to view ACA students' latest projects, learn about ACA and enjoy fellowship with the school family.

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

March 12 Sunday

SENSORY-FRIENDLY FAMILY TIME

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

Discovery Lab opens early for guests who need a quieter, less crowded place to play.

March 13 Monday

SPRING BREAK CAMP AT TULSA ZOO

Grades K-8, 9:30 a.m.-4 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/camps

Tulsa Zoo's Spring Break Camp meets March 13-17 and will teach students about conservation and inspire them to take action as a conservation hero of the future! After-care available.

SPRING BREAK ACTIVITIES (F)

All ages, 1-3 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Bring the kids and grandkids for fun and unique activities! Repeats through Friday, March 17.

SPRING BREAK PLAY-CATION CARNIVAL

All ages, March 12-19, Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Purchase a carnival pass that gets you into special play sessions offered throughout Spring Break. Restrictions apply.

SKINS AND SKULLS WITH THE OKLAHOMA DEPARTMENT OF WILDLIFE CONSERVATION (F)

All ages, 3:15-4 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Explore Oklahoma wildlife through skins and skulls brought in by a local wildlife game warden, and learn what it's like to work for the Oklahoma Department of Wildlife Conservation.

March 14 Tuesday

SPRING BREAK FUN AT TULSA BOTANIC GARDEN

All ages, various times, Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Enjoy hands-on activities each day at Tulsa Botanic Garden, free with admission.

March 14, 10:30 a.m. Pi Day — Mud pie making in the Children's Discovery Garden

March 15, all day, Ides of March — Learn Latin names of plants

March 16, 10:30 a.m. Guided Tour of Cross Timbers Nature Trail

March 17, 10:30 a.m. Make & Take Clover Containers.

CHILDREN'S OPERA: SPACE ENCOUNTERS (F)

For elementary Schoolers, 2-3 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Join astronauts Harris and Jefferson and their robot Roland, as they explore an unknown planet in search of a strange radio signal. While exploring, the astronauts also learn lessons in friendship and acceptance through helping one another. Presented by Tulsa Opera.

March 15 Wednesday

LITTLE GARDEN EXPLORERS

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

Spark wonder at Little Garden Explorers an easygoing play invitation designed for children under 5. Repeats March 22 and 29.

FAMILY YARD GAMES (F)

All ages, 1:30-3 p.m., Glenpool Library, 730 E. 141st St., Glenpool, tulsalibrary.org

Bring the whole family and enjoy an afternoon of fun yard games at the library!

SHRINKY DINK CRAFTS (F)

For elementary and middle schoolers, 2-3:30 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Drop in for a fun and easy craft. You can make almost anything with Shrinky Dinks, like jewelry, key chains, pet tags and so much more!

AMERICAN INDIAN FESTIVAL OF WORDS: AMERICAN INDIAN DANCES AND STORYTELLING (F)

All ages, 3:30-4:30 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

The Dancing Eagles will share traditional storytelling and perform a variety of American Indian dances. Sponsored by the American Indian Resource Center.



Mary Madewell and Harriet Kuykendall, Will Rogers Roper-Docents, demonstrate the pioneer art of quilting for a past Spring Break at **Will Rogers Memorial Museum**.

PHOTO COURTESY WILL ROGERS MEMORIAL MUSEUM

March 16 Thursday

TULSA BOTANIC BLOOMS

All ages, Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Celebrate the start of spring as over 200,000 daffodils, hyacinths, tulips and other flowers blossom over 4-6 weeks. Mother Nature determines when blooming starts, but visit the Garden's website for lots of activities and updates. See website for hours.

SAFE KIDS TULSA CAR SEAT CHECK (F)

10 a.m.-12 p.m., Tulsa Fire Department Station 22, 7303 E. 15th St., safekidstulsa.com

This is a free car seat inspection.

4 Ways to Celebrate St. Patrick's Day as a Family



ST. PATRICK'S DAY RUN

March 11, 8:30 a.m. (Fun Run begins), 9 a.m. (5K begins)

RunnersWorld Tulsa, 3920 S. Peoria Ave., 8:30 a.m.-2 p.m.

This annual race benefits Special Olympics Oklahoma and Tulsa Running Club. Choose from a 5K or 1-mile Fun Run options. Post-race festivities include a photo booth, DJ and music and more. **runnersworldtulsa.com**

SHAMROCK THE ROSE DISTRICT

March 11, 5-10 p.m.

The Rose District, Broken Arrow

Enjoy live entertainment, a kids zone, food and art vendors and more at this annual event in the Broken Arrow Rose District! Proceeds from this event go to support Soldier's Wish. **thebabuzz.com**

67TH ANNUAL ARNIE'S BAR ST. PATRICK'S DAY

March 17, 10 a.m. (All ages welcome till 8 p.m.)

Blue Dome District, downtown Tulsa

Live music, food trucks and more abound at Arnie's Bar's annual St. Patrick's Day party. **facebook.com/arniesbar**

KILKENNY'S ST. PATRICK'S DAY BLOCK PARTY

March 17, 11 a.m.-11 p.m.

Kilkenny's, 1413 E. 15th St.

Kilkenny's St. Patrick's Day Block Party is fun for all ages, with a kids zone, face painting, inflatables, photo booth, live music and other entertainment!

CHILDREN'S OPERA: SPACE ENCOUNTERS (F)

For elementary schoolers, 11 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Join astronauts Harris and Jefferson and their robot Roland, as they explore an unknown planet in search of a strange radio signal. While exploring, the astronauts also learn lessons in friendship and acceptance through helping one another. Presented by Tulsa Opera.

STORM FRONT SCIENCE LAB PRESENTED BY DISCOVERY LAB (F)

Grades 1-3, 1-2 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Investigate the forces of nature that power our atmosphere, like lightning, clouds, cold fronts and the heat from the sun. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

AMERICAN INDIAN FESTIVAL OF WORDS: TALKING WITH HANDS WITH MIKE PAHSETOPAH (F)

All ages, 2-3 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Learn the endangered sign language that tribes used to communicate with other tribes in the 1800s. Sponsored by the American Indian Resource Center.

March 17 Friday

MID-AFTERNOON FROLIC TALENT SHOW (F)

All ages, 1-3 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Watch talented students, ages 5-18, perform at the annual Will Rogers Mid-Afternoon Frolic Talent Show! To register a participant, go to willrogers.com.

TEENS MAKE MONTH: SPRING BREAK AND MAKE (F)

For teens, 2-4 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Work with various STEM kits to create anything and everything STEM!

March 18 Saturday

WALKING TOUR AT TULSA ZOO (W)

All ages, 10-11 a.m. and 11 a.m.-12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Learn about specific animals at the Tulsa Zoo and the conservation of these species in the wild.

STANG THANG MUSTANG CAR SHOW

All ages, 10 a.m.-2 p.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

This annual car show features mustangs, airplanes, the museum, food trucks and other festivities!

TEENS MAKE MONTH: ART SUPPLY SWAP (F)

All ages, 10 a.m.-4 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Exchange new or gently used art supplies by bringing materials you no longer want and taking home items donated by others. All materials are free, and no donation is required in order to take materials. If you have art supplies you would like to donate, please drop them off at Brookside Library through March 18.

BLACK WALL STREET DIAMOND CLASSIC

All ages, 1 p.m., ONEOK Field, 201 N. Elgin Ave., tulsadrillers.com

Philander Smith College and Dillard University will meet on the baseball field in the first-ever Black Wall Street Diamond Classic. This will be a doubleheader, with the first game starting at 1 p.m.

March 19 Sunday

Find more events at **tulsakids.com/calendar**.

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



The Dancing Eagles will perform at **Broken Arrow Library** on March 15, as part of **TCCL's American Indian Festival of Words.**

PHOTO COURTESY OF TULSA CITY-COUNTY LIBRARY.

March 20 Monday

MONDAY NIGHT TINY TOTS

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

It's Cat in the Hat night at Tiny Tots! Kids ages 6 and under can skate, play, ride and jump. Don't forget your socks!

IF THE SHOE FITS AUDITIONS

All ages, 6:30-8 p.m., Spotlight Theatre, 1381 Riverside Dr., tulsaspotlighttheater.com

Audition for Spotlight Children's Theatre's next production! Performances will be May 19-28. All experience levels welcome. Repeats March 21.

March 21 Tuesday

TEENS MAKE MONTH: HOBBY CLUB — CROSS STITCH (F)

For teens, 4:30-7 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Learn the basics of cross-stitch. Using needles, fabric and thread, you'll take home an awesome craft and maybe even a lifelong hobby!

LITERACY TUTOR TRAINING: TWO-PART TRAINING WORKSHOP (F)

For adults, 5-8 p.m., Literacy, Outreach and Volunteer Services, 2901 S. Harvard Ave., tulsalibrary.org

Volunteer as an adult literacy tutor and learn what you can do to change someone's life. Participants must attend both sessions for workshop completion. The second session meets March 23, 5-8 p.m. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

March 22 Wednesday

BUILD A READER STORYTIME: BABIES & TODDLERS (F) (W)

For babies and toddlers, 10-10:25 a.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading.

March 23 Thursday

SAFE KIDS TULSA CAR SEAT CHECK

10 a.m.-12 p.m., Jenks Fire Department Station 2, 1115 W. 121st ST., Jenks, safekidstulsa.com

This is a free car seat inspection.

TINY TOTS (W)

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

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

BANDS & BLOOMS

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Enjoy a family-friendly spring evenings in the Garden with live music and food and drink for sale. Regular admission. Free for members. Repeats March 30.

KIDS CREATE (F)

For elementary schoolers, 5:30-7 p.m., Owasso Library, 103 W. Broadway Ave., Owasso, tulsalibrary.org

Explore unique ways to draw.

March 24 Friday

TCHAIKOVSKY: THE MAN BEHIND THE MUSIC

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaballet.org

This inspiring ballet performance explores the life of Pyotr Ilych Tchaikovsky, who composed some of the most iconic ballet music of all time. Additional showtimes, March 23-26.

CAN SUPERHERO CHALLENGE T-SHIRT REGISTRATION DEADLINE

All ages, cansuperherochallenge.org

Child Abuse Network's annual Superhero Challenge will return to POSTOAK Lodge April 16. Pre-register by March 24 to secure your Superhero Challenge T-shirt!

March 25 Saturday

RUNWAY RUN

All ages, 7 a.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

TASM's annual Runway Run 5K and Fun Run/Walk returns March 25! The First Female Space Shuttle Commander, Eileen Collins, will also do a book signing.

STEAM SATURDAY: MAGICAL MESS! F

For preschoolers to middle schoolers, 10:30 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Engage in messy STEAM activities with four-leaf clover slime, rainbow oobleck slime and a Three Little Pigs house building challenge.

AMERICAN INDIAN FESTIVAL OF WORDS: MAKE-AND-TAKE BEADED ORNAMENTS F

For middle schoolers to adults, 12-3 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Join Dode Barnett and learn to make two beaded Christmas tree ornaments using a fun, contemporary application of a traditional Muskogee beading technique. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

March 26 Sunday

GILCREASE IN YOUR NEIGHBORHOOD: MINDFULNESS EXPERIENCE F

All ages, 1-3 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Join Gilcrease in Your Neighborhood outside Redbud Café to learn about mindfulness through the artwork.

WOMEN'S LIVING HISTORY MUSEUM

All ages, 1-4 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Meet some of Tulsa's most influential female leaders as well as some of history's most famous and iconic women. In partnership with B'nai Emunah Preschool and the Khalid Jabara Foundation.

March 27 Monday

TEENS MAKE MONTH: STICKER RIOT! F

For teens, 5:30-7 p.m., Owasso Library, 103 W. Broadway Ave., tulsalibrary.org

Create one-of-a-kind stickers using graphics from your favorite fandoms, art or quotes.

March 28 Tuesday

LUNCH AND LEARN WITH TULSA MASTER GARDENERS: CONTAINER GARDENING F

For adults, 12:10-12:50 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Your lunch and get tips from the experts on growing a gorgeous, delicious container garden.

MESSY ART CLUB: STAMPED PRINTS F

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

Explore pattern, color and texture in this fun "process art" activity.

March 29 Wednesday

STORY TIME AT TULSA ZOO W

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

Join Tulsa Zoo for story time — and meet an Animal Ambassador — every Wednesday morning.

KITE DAY F

All ages, 3-4:30 p.m., Kendall-Whittier Library, 21 S. Lewis Ave., tulsalibrary.org

Have fun with family and friends by making and flying your own kite.

March 30 Thursday

DUNGEONS AND DRAGONS CHARACTER CREATION: INTRO TO 3D PRINTING F

For middle and high schoolers, 4:30-6:30 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, tulsalibrary.org

Create 3D-printed characters, make a character sheet and plan the group's first campaign.

March 31 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAYS W

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

Join a Philbrook horticulturist for a Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature exploration designed just for kids and their grownups!

THEY HAD TO SEE PARIS MOVIE NIGHT F

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

Enjoy games and activities before this Will Rogers classic begins at 7. Free popcorn included.



Tchaikovsky: The Man Behind the Music explores the life of the famous composer through dance. Coming to the **Tulsa PAC** March 23–26.

PHOTO COURTESY OF TULSA BALLET.

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

CAMP PHILBROOK 2023

Real Artists. Real Fun.
The beloved Tulsa summer tradition returns! Small classes. Super fun. Ages 5–11

Camp Philbrook offers a unique opportunity for children ages 5-11 to work with local artists and outdoor educators to make art and explore nature. Give the children in your life an unforgettable summer experience exploring ideas, getting messy in the studio and gardens, making art and having a ton of FUN.

Philbrook Members get exclusive early access and save nearly 20%! Join Philbrook before March 10 to take advantage of early enrollment. Visit philbrook.org/memberships.

Philbrook



Member Presale: March 10 • Public Tickets on Sale: March 17
For more info or to register visit **philbrook.org/camp** or call 918.749.7941.

SESSION 1	SESSION 2	SESSION 3	SESSION 4
June 12–16	June 26–30	July 10–14	July 24–28

• CASCIA HALL SUMMER CAMP • MAY - JULY 2023 •

SUMMER AT CASCIA

• SOCCER • BASKETBALL • FOOTBALL • VOLLEYBALL

• ENRICHMENT • KEYBOARDING • PERFORMING ARTS •

CASCIA HALL IS OFFERING SUMMER CAMPS IN SPORTS, ARTS, AND SEVERAL OTHER EXTRACURRICULAR ACTIVITIES

STUDENTS FROM ALL SCHOOLS ARE WELCOME TO ATTEND

ART • TRACK • WELLNESS • REGISTER TODAY AT CASCIAHALL.COM/SUMMER-CAMP

TulsaKids' 2023 SUMMER CAMPS & ACTIVITIES GUIDE

Browse the Summer Camps + Activities Guide online at **tulsakids.com/guides**.

CAMP NINJA WARRIOR

Contact: Ashley Baker **918.894.5714**

12810 S. Memorial Ave., Suite 107, Bixby **bixbyninja@gmail.com**

app.iclasspro.com/portal/campninjawarrior/camps/1

campninjawarrior.com/camps-and-clinics

Ages: 6–12

Dates: Each camp is Tuesday-Friday, 9 a.m.–3 p.m., June 6–August 11

Cost: **Early Bird** $350 per week before May 1, $400 starting May 1

Are you looking for a unique and unforgettable summer camp experience? Ninja-GO to Camp Ninja Warrior (CNW) to jump, swing and climb on our obstacles. Ninja athletes of all levels get to test their skills, build confidence and character, and exert their energy in a positive way.

Does this sound like it could take your summer camp experience to the next level? Book your CNW summer camp today!

Camp Ninja Warrior is an obstacle course training gym developing ninjas in strength, kindness and courage.

CONTENDER ESPORTS

101st and Sheridan, (next to Genesis), Tulsa **918.900.2044**

linktr.ee/contendertulsa

Contender eSports at 101st and Sheridan offers fun, engaging and educational summer camp programs. Since Contender eSports is STEM accredited, most of the camps we offer provide more than just entertainment over the summer; they are interactive, enjoyable learning camps. From fun camps like Drone Flight School to Entry Coding for Python & Scratch to Lego Mission to Mars, Contender eSports has camps that fit any of your child's interests!

From May-August, we are offering educational & fun STEM Summer Camps for ages 7-17!

- Drone Flight School — STEM
- Minecraft Mania — STEM
- Intro To Python Coding — STEM
- Roblox Entrepreneurship — STEM
- Lego Mission To Mars — STEM
- Dj Music Mixing
- And More!

Check out camps.contendertulsa.com to find a full list and dates of camps. Most camps are limited, so sign up early to guarantee your spot!

Contender eSports is a gamer's paradise — 60+ gaming setups of PCs, Xbox Series X's, & Nintendo Switches — ready for you everyday! Meet new friends by grouping up and WINNING TOGETHER!

Play by the hour, grab a day pass, or come have your birthday party with us!

DISCOVERY LAB

Contact: Amanda Brodrick
3123 S. Riverside Dr., Tulsa
918.295.8144
reservations@discoverylab.org
discoverylab.org/camps
Ages: 4-12

When school is out, Discovery Lab is IN! Discovery Lab offers camps throughout the year to engage and educate children pre-K through sixth grade. Weather Wonders, Tulsa Time Art and Music, Game Design, Science Fiction or Prediction, Science X Social, Minecrafting and MORE!

Before- and aftercare available. Registration includes a camp T-shirt and a lunch for full day camps.

SOCCERCITY TULSA

Contact: Dustin Knight **dustin@soccercitytulsa.com**

5817 S. 118th E. Ave., Tulsa

918.249.0044 **soccercitytulsa.com**

Want your kids to have some fun and stay active this summer? We have your solution

Bring your kids to one of SoccerCity's 2023 Summer Camps!!

Summer Camps — Registration will be open by April 1

All camps are from 9 a.m.–12 p.m. and for ages 4–15 years.

Drop off as early as 8:45 a.m. with pick-up right at noon.

Comfy clothes and tennis shoes are all that are required.

Please send your child with a snack or snack money, we will take a 10-15-minute break around 11 a.m. each day.

*Waiting until the week of camp to register does have a risk of showing up to a FULL/UNAVAILABLE Camp. NO More Registration will be taken once a camp is FULL, online or walk-in.

Summer Lil' Kickers — Dates to be announced

For more information, please contact dustin@soccercitytulsa.com

To register, please visit soccercitytulsa.com and click on the camps tab.







SUMMER CAMPS &

TULSA ZOO

Contact: Chris Young
6421 E. 36th Street N., Tulsa
918.669.6204
education@tulsazoo.org
tulsazoo.org/camps

Tulsa Zoo Camps inspire children to make conservation a priority in their lives by building connections with nature, exploring animals around the globe and becoming active stewards of our natural world.

All summer camps feature age/grade-appropriate programs and activities and include opportunities to meet our staff and animal collection. Camp experiences include exploring zoo grounds, spending time outdoors, extensive walking, participating in both group and individual activities, using STEAM concepts and skills, maintaining a positive attitude and following staff instructions for the safest and best camp experience. Most importantly though, is the opportunity to make new friends all while learning and practicing how to take care of our planet!

Multiple camp options will be available for grades pre-K (4 years old) through high school. Please visit our website for registration and information starting March 15. All camp registrations include a free camp T-shirt. Aftercare is available.

UNIVERSITY SCHOOL CAMP INCREDIBLE

326 S. College Ave., Tulsa
918.631.5060
campincredible@utulsa.edu
uschool.utulsa.edu/home/summer-camp

Ensure your child has an incredible experience this summer! Serving rising 1st-8th grade children, Camp Incredible consists of six one-week day camps in June and July. Each week features a variety of unique and exciting camps that combine learning and fun. Under the direction of USchool's amazing faculty/staff, students will explore and learn while having incredible summer adventures.

Camps run from 9 a.m.–3 p.m. with morning and afternoon extended day available at an additional cost.

Early Registration — $250 per session (before April 15, 2023)

Regular Registration — $275 per session (after April 15, 2023)

BMX SUMMER CAMP

Contact: Ray Hoyt
490 N. Lansing Ave E., Tulsa
480.961.1903
programs@usabmxfoundation.org
usabmxfoundation.org
Ages: 4th-8th Grade

Spin into summer with BMX! Bikes make everything more fun, and that is certainly true at BMX Summer Camps. Campers learn to ride a BMX bike in a safe environment while spending the week designing their own scale BMX track and exploring the world of STEAM (science, technology, engineering, art and math).

BMX is the only Olympic sport with a fully-integrated STEAM curriculum that meets or exceeds all common core science standards based right here in Tulsa!

Weekly camps hosted June through August. Camps include:

- Interaction with a USA BMX Olympian
- Chance to ride the Hardesty National BMX Track
- Field trips to Greenwood Rising and Gathering Place
- Lessons on assembling and maintaining a bike
- T-shirt, water bottle, daily lunch and snacks
- One-year BMX membership for all campers
- Loaner bikes and helmets available

Numerous scholarships available! $400 weekly registration fee can be waived for many students. See website for scholarship criteria.

B-SEW INN'S PROJECT SEW

5150 S. Sheridan Rd., Tulsa

918.664.4480

bsewinn.com

Ages: 9-16. Sewing lessons for boys and girls.

Dates: June 12-16, June 26-30, July 10-14, July 24-28. Space is limited, so sign up today.

B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.-noon, and Session 2 is 2-5 p.m. With the camp fee of $299, attendees will get a Starter Sewing Kit, printed instructions, fabric kits and supplies. Plus, upon completion of camp, each participant will receive a sewing machine, valued at $199. Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 30-plus years.

CAMP ARCHITECTURE AT TULSA FOUNDATION FOR ARCHITECTURE

Contact: Amber Litwack

633 S. Boston Ave., Tulsa

918.583.5550

amber@tulsaarchitecture.org

tulsaarchitecture.org/programs

Ages: For students entering grades 3-6 (8-11)

Times: Each week-long camp is Monday-Friday, 9 a.m.-4 p.m.

TFA CAMP ARCHITECTURE gives curious kids an opportunity to dive into an architectural topic of interest and test out their own creative design ideas. Each week explores a different theme through hands-on creativity, guided investigations of architectural examples, and interactive presentations and discussions led by our highly qualified Educators and special guests (architects, engineers, city planners, interior designers, etc.).

Urban Neighborhood Design — June 12-16

Students in this camp will explore how Tulsa has changed over the years and what's in store for the future as they construct their own designs for an ideal urban neighborhood.

Dream House Design — June 19-23

In this camp, students will imagine and design their own personal dream house using a variety of materials.

Architectural Cosplay — July 10-14

In this fun and creative camp costumes, architecture and sustainability collide! Students will draw inspiration from downtown Tulsa buildings to develop and create an architectural-based character complete with a backstory and a one-of-a-kind wearable costume using new and recycled materials.

More information is available on our website at: tulsaarchitecture.org/programs

CAMP FIRE GREEN COUNTRY — CAMP WALUHILI

Contact: Eric Meier, Director of Camps

706 S. Boston Ave., Tulsa

info@tulsacampfire.org

tulsacampfire.org/camp

Ages: entering 3rd Grade to 12th grade









SUMMER CAMPS &

Dates: Session 1: June 11–16 (Gluten-Free)

Session 2: June 18–23 (LGBTQ+)

Session 3: June 25–30

Session 4: July 2–7

Camp Waluhili has been a magical place for youth and families for over 70 years. Our 219 acres include almost three miles of shoreline on Fort Gibson Lake, a bluff line, forests and meadows.Campers and staff share semi-rustic, air-conditioned cabins with electricity and a restroom with shower houses nearby. Whether on the lake, in the pool, or out in the woods, throughout the week campers will gain knowledge about the outdoors, explore new activities, make new friends and, most importantly, have fun.

Camp Fire trains all camp staff members to lead safe, fun and inclusive activities. We believe everyone should have the opportunity to experience camp! Camp Waluhili is the ideal place for campers to learn new skills, make new friends and discover who they are. See our website for more information and to register today!

Registration for Summer Camp 2023 is open!

CAMP LOUGHRIDGE

4900 W. 71st St., Tulsa

918.446.4194

lpirtle@camploughridge.org

camploughridge.org

Ages: 6-16

Times: 9 a.m.-4:45 p.m.

Dates: June 5-July 28, weekly sessions

Classic camp activities and Christian values, with a proven safety track record. Located just 3 miles from Tulsa Hills. Weekly sessions beginning June 5–July 28. Day camp (9 a.m.–4:45 p.m.) for ages 6–16. Learn more at CLCAMPS.ORG or 918.446.4194.

CAMP LUTHERHOMA

Tahlequah, OK

918.458.0704

lutherhoma.com

Ages: 7-18, and Family Programs

Dates: June 11–July 28, One-Week Programs

Cost: $470 per week — Discounts and Camperships Available

Camp Lutherhoma is a Christ-centered camp with the mission to nurture discipleship in Jesus Christ in outdoor settings. Campers stay in air-conditioned bunk cabins with a counselor and fellow campers, at a ratio of one counselor for every eight campers. Each cabin group stays together throughout the day while enjoying fun activities, including swimming, hiking, crafts, archery, tomahawks, sports, games and much more.

Nine- to eighteen-year-old campers select full-day Adventure Options on Wednesday and Thursday. These activity options include: mountain biking, rafting, kayaking, fishing, rock climbing, challenge course or wilderness. All activities are led by trained summer counselors. Every day also includes singing, skits, Bible study, devotions and night campfire.

Summer Family Camp, July 2–6, is a fun way for families to experience camp together and enjoy all the camp activities! Each family is assisted by a host counselor who helps plan their days. Make new family memories!

Camp Lutherhoma is located near Tahlequah, OK on the East side of the Illinois River, with 120 acres of forest, hills and river views. Counselors and staff have First Aid and CPR certification, background checks and reference checks. All buildings are climate controlled.

ACTIVITIES GUIDE

CAMP PATRIOT SUMMER 2023

Contact: Anna Swann

6363 S. Trenton Ave., Tulsa

918.745.9868 x141

camppatriot@metroca.com

camppatriottulsa.com

Welcome to Metro Christian Academy's Camp Patriot where summer is meant for adventure! With more than 40 camp options to choose from, Camp Patriot has something for everyone. One-week camp sessions begin May 30 and continue through August 4 and are open to all children in the area. Campers in pre-K through 12th grade can choose between morning and afternoon sessions or stay all day!

Camp Patriot is designed with students in mind. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning, and personal growth. All camps begin enrolling March 27!

For a complete list of classes available go to camppatriottulsa.com. For more information email Anna Swann at camppatriot@metroca.com.

CAMP PHILBROOK

2727 S. Rockford Rd., Tulsa

918.748.5300

philbrook.org/camp

Ages: 5–11

Dates:

Session 1: June 12-16

Session 2: June 26-30

Session 3: July 10-14

Session 4: July 24-28

Real Artists. Real Fun.

The beloved Tulsa summer tradition returns! Safe setup. Small classes. Super fun.

Camp Philbrook offers a unique opportunity for children ages 5–11 to work with local artists and outdoor educators to make art and explore nature. Move beyond lanyards and popsicle sticks, and give the children in your life an unforgettable summer experience exploring ideas, getting messy in the studio and gardens, making art and having a ton of FUN.

Philbrook Museum of Art is offering scholarships for Camp Philbrook 2023 to qualifying applicants based on financial need until capacity is reached. All scholarships will be awarded in full. Application available at philbrook.org/camp.

Member Presale: March 10

Public tickets on sale: March 17

CLARK YOUTH THEATRE

Contact: Tammy Slack

4825 S. Quaker Ave., Tulsa

918.746.5065

clarkyouththeatre@gmail.com

Ages: 5–14

clarkyouththeatre.com/education/camps

Times: 8:30 a.m.–4:30 p.m. with optional $25 charge for before- and after-care from 7:30 a.m.–5:30 p.m.

Camps at Clark Youth Theatre focus on acting, dance and music skills, with a performance at the end of camp. Each session of camp is taught by industry professionals. Visit Clark's website or Facebook page for more details and pricing.

EXTREME SUMMER CAMP AT RHEMA CHILD DEVELOPMENT CENTER

1025 W. Kenosha St., Broken Arrow

918.258.0594

rhemachildcare.com

Ages: entering first grade–age 12

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

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

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www.cumctulsa.com
3515 South Harvard Ave. | 918.743.7673



South Tulsa Dance Co. SouthTulsaDanceCo
@SouthTulsaDanceCo
Located at 101st and Yale in Shoppes of Seville
918-369-5299 • Keally@SouthTulsaDanceCo.com
SouthTulsaDanceCo.com



SUMMER CAMPS &

School is out! Extreme Summer Camp is in! Enjoy safe, Christ-centered, super-fun days at Rhema Child Development Center all summer long. Every day is packed with field trips and activities. We include great opportunities for learning, creativity and continual fun while developing each child's potential.

Some highlights include "Olympic Games," roller skating, Jasmine Moran Children's Museum, Oasis Animal Adventures, Incredible Pizza, Annual Parent Showcase and much more!

In addition, we offer weekly "Character Building" classes, which focus on bully prevention, kindness and helping others.

Camp runs Friday, May 26 through Tuesday, August 22.*

Registration begins Monday, March 20.

Spots fill up quickly! Register today to ensure your kids have a summer they will never forget! For more information, call 918.258.0594 or visit rhemachildcare.com.

*We follow the Broken Arrow school schedule.

Now Hiring Summer Camp Staff!

Looking for a summer job? Extreme Summer Camp is an amazing opportunity for college students, aspiring teachers, or anyone who loves working with kids! Apply now at rhemachildcare.com.

HAPPY CAMPERS AT JOHN KNOX

2929 E. 31st St., Tulsa

918.742.7656

happycampersacademy.com

Ages: 5-12 years old

Times: Monday through Friday 7 a.m.-6 p.m.

If you are looking for a fun and exciting summer camp for your school-age child, Happy Campers at John Knox is your place! Day campers will enjoy weekly field trips and visitors. Campers will also enjoy arts, crafts, and STEM activities to keep them engaged and learning. We will be participating in the summer reading program and also enjoying many of the free programs that Tulsa provides. We will have a fun and exciting balance between learning and fun! Come and have an adventurous summer with us!

HOLLAND HALL SUMMER PROGRAMS

Contact: Debbie Almohandis, Director of Auxiliary Operations

5666 E. 81st St., Tulsa

918.879.4716

hollandhall.org/summer

Ages: 3+

Dates: May 30-July 21, 2023

With more than 160 one-week camps and classes designed for both fun and education, Holland Hall has options for everyone! Programs are structured as one-week sessions that include athletic, artistic, academics or "just for fun" activities. Choose between morning and afternoon sessions or sign up for both and stay all day.

Participants in Holland Hall summer programs will experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical and creative growth. Classes are available for 3-year-olds to adults and are open to Tulsa and the surrounding communities.

Online registration to launch Saturday, April 1, at hollandhall.org/summer. We look forward to you sharing your summer with us!

Holland Hall is Tulsa's pre-K through Grade 12 Independent Episcopal School.

HOPE'S CROSSING CAMP

Camp Loughridge, 4900 West Oak Leaf Drive Tulsa

918.857.3931

hopescrossingcamp@gmail.com

hopescrossingcamp.org

Ages Served : 9-15

Dates: July 3-7, 2023

Hope's Crossing Camp is a FREE one-week day camp in Tulsa for kids with disabilities such as cerebral palsy, Down syndrome, heart disease, cancer and spina bifida. Each camper is matched one-to-one with a volunteer counselor. Activities include swimming, fishing, canoeing, archery, basketball, cheer, arts and crafts and a zip line! Counselors receive up to 50 volunteer hours. APPLY NOW at hopescrossingcamp.org. JOIN US!

JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby **918.743.4339**

5147-D S. Harvard, Tulsa **janellwhitby.com**

If your child loves music, this two-week course offered in June and early July is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds!

Celebrating its 42nd year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now — classes fill up fast!

KJM EQUESTRIAN

Contact: Shawn McCorkle

4300 S. Butternut Ave., Broken Arrow

918.299.9283

kjmequestrian.com/summer-camps

2023 Dates: May 30–June 2*, June 5–9, June 12–16, June 19–23, June 26–30, July 10–14, July 17–21, July 24–28

Price: May 30–June 2 — $340 (4-day camp); Other weeks — $425 (5-day camps)

Ages: 7–12

Time: 9 a.m.–4 p.m.

Conveniently located near 111th & Garnett (just west of the Creek Turnpike), KJM's week-long summer camps include daily riding, an intro to horsemanship, games, horse-related arts and crafts, plus a Friday finale horse show and cookout. Our facilities include large riding arenas in addition to shaded and open riding areas that are perfect for a trail ride. Safety on and around horses is a major objective of our riding program, and our counselors are well versed in educating beginner riders.

LAFORTUNE PARK GOLF COURSE

5501 S. Yale, Tulsa **918.496.6200** **lafortuneparkgolf.com/jr-golf**

JUNIOR GOLF CAMP

Junior Camp Contact: Owen Brown

Cost: $200/per child ($180 for each additional sibling signing up)

Ages: 6–13

Dates: Session 1: March 13–17
Session 2: June 5–8
Session 3: June 19–22
Session 4: July 10–13
Session 5: July 24–27
Session 6: August 7–10

Times: Spring & Summer Camps are Monday–Thursday, from 9 a.m.–12 p.m. each day.

Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

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





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PHOTOGRAPHY

MATERNITY | NEWBORN | FAMILY
918.488.6180 | amurphyphoto.com



Dr. Pete's Immersion Camp

REGISTRATION OPEN UNTIL APRIL 7, 2023

Participants will spend three days on our campuses learning about a future career in the health care field. Housing and transportation will be provided for those accepted.

okla.st/PetesImmersionCamp

OSU CENTER FOR HEALTH SCIENCES

LOUGHRIDGE
Classic Camps
Conferences & Retreats

JUNE 5-JULY 28, WEEKLY SESSIONS
9 AM - 4:45 PM | AGES: 6 - 16



Classic camp activities and Christian values, with a proven safety track record. Located just 3 miles from Tulsa Hills. Weekly sessions beginning June 5 - July 28. Day camp (9 AM – 4:45 PM) for ages 6 - 16. Learn more at CLCAMPS.ORG or 918.446.4194.

4900 W. 71st St., Tulsa
registrar@campLoughridge.org
campLoughridge.org

SUMMER CAMPS &

PGA JR. LEAGUE

PGA Jr. League Contact: Zakk Jones

Spring Season: March 21–April 29

Summer Season: May 16–July 29

Fall Season: August 29–October 14

Ages: Recreational Golf League for 13 and Under.

Cost: $299/child

Includes weekly practices (Tuesday and Thursdays) with their coach and matches (Saturdays or Sundays) against other local teams at LaFortune and South Lakes. Practices and matches will be at LaFortune Park Golf Course.

Price includes: 2 golf polos (Home and Away), PGA Jr. League hat, drawstring backpack, practices and matches.

Sign up at: pgajrleague.com/junior-league-events/search?radius=100&programStatus=open

LIVING ARTS OF TULSA NEW ARTS CAMP

Contact: Margaret Laprarie, Community Engagement Coordinator

918.585.1234

education@livingarts.org

307 E. Reconciliation Way, Tulsa

livingarts.org/programming

New Arts Camp is a six-session camp where students are able to participate in a specific genre of contemporary art during each session. Students will participate in disciplines ranging from performing arts and digital creation to site-specific art and storytelling.

Camp sessions are $115 for the week; this includes supplies!

Apply Here: livingarts.org/programming

Please contact Margaret Laprarie at education@livingarts.org with any questions.

MILLER SWIM SCHOOL — SWIM LESSONS

Tulsa: 6415 S. Mingo Rd., Tulsa

Jenks: 525 W. 91st St. S., Tulsa

Owasso: 10001 N. 127th E. Ave., Owasso

918.254.1988

miller@millerswimschool.com

millerswimschool.com

Miller Swim School is the expert provider of swim lessons and water safety education in the greater Tulsa area. We can't wait for you to join us in the pool this summer!!

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered year-round, both morning and evening at Tulsa, Jenks and Owasso facilities and SUMMER classes are offered at Tulsa, Jenks and Owasso facilities as well as at our outdoor pool in Owasso.

Three different types of sessions are offered to work around busy family schedules!

2-Week Sessions (swim camp)

Session 1: May 22–June 1 (M–F, Tu–Th)

Session 2: June 5–June 15 (M–Th, M–Th)

Session 3: June 19–June 29 (M–Th, M–Th)

Session 4: July 10–July 20 (M–Th, M–Th)

Session 5: July 24–Aug 3 (M–Th, M–Th)

OR

Monthly Sessions: Mon/Wed or Tues/Thurs for June OR July

OR

Weekend Sessions: Once a week for both June AND July on Friday, Saturday or Sunday. *Sunday lessons only at Jenks location.

Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool year-round! Check out our website for a comprehensive list of programs at millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials.

MISS HELEN'S PRIVATE SCHOOL

Contact: Miss Jayme, Director

4849 S. Mingo, Tulsa

918.622.2327

director@misshelens.com

misshelens.com

Ages: 3 years–5th grade

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include an annual pet parade, wheel days, and water play days. Elementary students' activities include: STEM activities, chess, sewing, mystery games and cooking experiences. Individualized reading, writing, math included. In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and drawing. Community service projects included. Join Miss Helen's family by contacting us today!

NEW LIFE RANCH

160 New Life Ranch Dr., Colcord

918.422.5506

newliferanch.com

Frontier Cove:

Ages: 2nd–6th Graders (Fall 2023)

Dates: One-week sessions, June 4–July 29

Cost: $775–$850

(Scholarships available!)

Flint Valley:

Ages: 7th–12th Graders (Fall 2023)

Dates: One-week sessions, June 4–July 29

Cost: $775–$850 (Scholarships available!)

Register: newliferanch.com

New Life Ranch is a Christ-focused summer camp with the mission to proclaim the Gospel of Jesus Christ and equip believers for ministry! Campers have epic fun while riding horses, canoeing, rock climbing, launching off the blob and worshipping God. More important than the fun, though, are the relationships campers will build with peers, counselors and, ultimately, Jesus Christ.

Our Summer Camps are split into Jr. Camp (going into grades 2–6) at New Life Ranch Frontier Cove and Sr. Camp (going into grades 7–12) at New Life Ranch Flint Valley.

OSU CENTER FOR HEALTH SCIENCES — DR. PETE'S IMMERSION CAMP

Contact: Dylan Tucker

1111 W. 17th St., Tulsa

918.561.1480

dylan.tucker@okstate.edu

medicine.okstate.edu/outreach/petes-immersion-camp.html

Dr. Pete's Immersion Camp is a robust interactive experience allowing a select amount of high school students to develop a real understanding of the opportunity they have to help solve the critical physician shortage being felt within the state.









SUMMER CAMPS &

Dr. Pete's Immersion Camp participants will spend three days on our campuses learning and working alongside current OSU College of Osteopathic Medicine students. This is a great experience for students who think they may have a future career in the healthcare field. Housing and transportation will be taken care of for camp participants.

Deadline to apply is April 7, 2023. If accepted you will receive an email from our Outreach Team by May 19, 2023.

PHILCREST HILLS TENNIS CAMP

10900 Riverside Parkway, Tulsa

918.299.2643

philcresthillstennis.com

Ages Served: 6-14

Dates: Camp begins Tuesday, May 29, with new camps beginning each Monday through August 4.

Time: Camp hours are 10 a.m. to 2 p.m.

At Philcrest Hills Tennis Club's Summer Camp, your child will participate in tennis drills in the morning, learning basic strokes, court etiquette and scorekeeping. They will engage in an introduction to match-play as well as participate in hand-eye coordination exercises. They will break for lunch in the dining room, and then swim, play games and have afternoon snacks in our pool and outdoor grill area.

Don't worry about the weather. All of the tennis drills are held in our indoor courts. The campers will play games or work on crafts in the dining room in inclement weather. Once a month, Safari's Wildlife will bring a selection of exotic animals for the campers to engage with and learn about.

Philcrest will provide the racquet, lunch and snack. Each camper will need to wear tennis shoes and bring a swimsuit, towel and sunscreen. A camp T-shirt is included for those campers who enroll for an entire week. Weeks that include holidays, such as Memorial Day and Independence Day, will be prorated.

PHILOSOPHY: A MODERN ACADEMY

7104 S. Sheridan Rd., #10a Tulsa

918.209.5741

academy@philosophytulsa.com

philosophytulsa.com

Philosophy: A Modern Academy will offer a variety of tutoring and classes this summer between 9 a.m. and 6 p.m. each day. Parents can customize their schedule.

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

Elementary and Middle School: philosophytulsa.com/8th-and-below-summer

High School: philosophytulsa.com/copy-of-summer

RIVER RUN FARM

Contact: Susan Cravens

9300 S. 51st W. Ave., Tulsa

918.855.5032

riverrunfarmok.com

Chaps & Britches Camp and Horsin' Around Camp

Ages: Chaps & Britches

Camp Ages 5-7; Horsin' Around Camp Ages 8-12

Time: Monday-Friday 9 a.m.-2 p.m.

Dates: Week of June 5-9, June 12-16, June 19-23, June 26-June 30, July 3-7, July 10-14, July 17-21, July 24-28, July 31-August 4

Little Boots Pony Camp

Ages: 2 years to 4 years

Time: Two consecutive days from 10 a.m.–12 p.m.

Dates: May 23 & 24, May 25 & 26, May 30 & 31, June 1 & 2, September 21 & 22, September 28 & 29.

Located in a magical setting of 40 acres of wooded and tame pasture land with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2–4, is an age-appropriate introduction to size-appropriate miniature horses. Chaps & Britches Camp, ages 5–7, provides a unique learning environment for young equestrians. Horsin' Around Camp gives horse lovers 8 and up a chance to learn all aspects of horse ownership.

The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Camps are held in our large, well-ventilated barn and indoor riding arena, so kids are not out in the sun. Visit the website for more details.

Also check out our popular Pony Parties — a memorable way to celebrate birthdays, end of school, team parties or family reunions!

SHEPHERD'S FOLD RANCH

185 River Ave., Avant

918.263.3622

sfrcamps.com

BEST Summer Ever That's what you will be saying after coming to camp this summer at Shepherd's Fold Ranch.

Known as a "place called home" since 1972, Shepherd's Fold Ranch is a non-denominational Christian summer camp and retreat center located on 88 acres just 30 minutes north of Tulsa in Avant, OK. We offer summer camps, leadership development programs, rental camps and full retreat services. Shepherd's Fold Ranch is a camp full of fun and adventure that equips generations of campers to be confident, world changing disciples! Come find your new "place called home."

SOUTH LAKES GOLF COURSE

Contact: Brendon Collins

9253 S. Elwood, Jenks

918.746.3760

info@southlakesgolf.com

southlakesgolf.com

LIL HOOKS JUNIOR GOLF PROGRAM

Cost: $175

Ages: 6–17

2023 Dates:

Spring: March 12–April 30 | EVERY SUNDAY | 3 Designated sessions, 12–1 p.m., 1:15–2:15 p.m., 2:30–3:30 p.m. (Rain day is May 7)

Summer: May 31–July 19 | EVERY WEDNESDAY | 3 Designated sessions, 8:30–9:30 a.m., 9:45–10:45 a.m., 11:00 a.m.–12 p.m. (Rain day is July 26)

Fall: August 6–September 24 | EVERY SUNDAY | 3 Designated sessions, 12–1 p.m., 1:15–2:15 p.m., 2:30–3:30 p.m.

Every junior will receive an hour of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

SOUTH LAKES SUMMER GOLF CAMP

Cost: $175 per student

Ages: 6–17

2023 Dates:

Camp #1:June 12, 13, 15, 16 (Rain Day: June 19)

Camp #2: July 10, 11, 12, 13 (Rain Day: July 16)

Times: 8:30–10:30 a.m.









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CAMPS ARE FROM JUNE 4–JULY 15 FOR GRADES K–12 | St. Crispin's is an inclusive camp where we strive to meet the physical, emotional, and spiritual needs of all. Campers leave St. Crispin's forever changed by the beauty, joy, and friendships found there.
36302 St. Hwy 9, Wewoka,OK | 405.437.2924
Camp director: tphares@epiok.org
Registration: stcrispins.org/camp

SUMMER CAMPS &

ST. CRISPIN'S SUMMER CAMP

Contact: Teresa Phares
tphares@epiok.org
36302 St Hwy 9, Wewoka
stcrispins.org/camp
269.317.8237
Ages: Grades K–12

St. Crispin's is an inclusive camp where we strive to meet the physical, emotional, and spiritual needs of all. Campers leave St. Crispin's forever changed by the beauty, joy, and friendships found here.

SOUTH TULSA DANCE CO.

South Tulsa Dance Co.
(101st and Yale) Tulsa, OK
Contact: Keally Lilly, Owner
918.369.JAZZ (5299)
10031 S. Yale Ave., Suite 105,
southtulsadanceco.com

South Tulsa Dance Co. is celebrating over 25 years of dance in Tulsa! Owner Keally Lilly is proud to offer the best training for kids of all ages in a positive atmosphere. South Tulsa Dance Co. offers something for everyone! We have over 80 weekly recreational classes as well as competitive programs for the beginner, intermediate and advanced dancers.

Now enrolling for our Summer 2023 Camps—Join us for a Summer of FUN! For more information, please contact Keally Lilly, keally@southtulsadanceco.com, or call us at 918.638.0629.

Facebook: South Tulsa Dance Co.
Instagram: southtulsadanceco
TikTok: southtulsadanceco

SUMMER AT CASCIA

Contact: Nick Wood
nwood@casciahall.com
2520 S. Yorktown Ave., Tulsa
casciahall.com/summer-camp
918.746.2643

Cascia Hall is offering summer camps in both sports and the performing arts. Receive expert instruction by Cascia Hall faculty and varsity coaches on the school campus. Everyone is welcome, and there is something for students of all ages. Register at casciahall.com.

SUMMER SEAFARI AND MARINE BIOLOGIST FOR A DAY

Contact: Teagan Schmidt
okaquarium.org
300 Aquarium Drive, Jenks
Ages: Seafari—7–11, Marine Biologist For A Day—12–17
918.528.1501
tschmidt@okquarium.org

Summer Seafari

Splash into summer and learn about the Oklahoma Aquarium's 10,000 amazing animals! Campers ages 7–11 will spend the day alongside aquarium staff learning about our animals and their care. Campers will also get a camp shirt and OKAQ camp patch.

Marine Biologist For A Day

Campers spend the day alongside aquarium staff to be a marine biologist for a day. Junior biologists ages 12–17 will prepare food for the animals, feed animals on exhibit, learn how to test water quality and more! In addition, campers get a camp shirt and OKAQ camp patch.

TIPPI TOES TULSA

Contact: Lindsee Scott

5202 S. Hudson Ave. (LaFortune Community Center), Tulsa

918.361.4134

TulsaMgr@TippiToesDance.com

tippitoesdance.com/tulsa/summer

Tippi Toes Tulsa is offering a series of fun and energetic dance camps in 2023! With exciting themes like Bluey, Under the Sea, Unicorns and more, space may fill up quickly, so enroll TODAY! Discounts are available when you enroll in three or more single-day camps. Use the code 3CAMPS to save $15 on 3 or more camps, or use the code 4CAMPS to save $20 on 4 or more! Email TulsaMgr@TippiToesDance.com if you have any questions or would like help enrolling.

Visit tippitoesdance.com/tulsa/summer for more information and to enroll TODAY!

TU ESPORTS GAMING CAMP

The University of Tulsa, 2821 E. 8th Street Tulsa

918.631.2004

utulsa.edu/esports

Ages: 12–18

Dates: June 5–9, June 12–16, June 19–23, June 26–30

Times: Monday–Friday 8:00 a.m.–5:00 p.m.

Calling all gamers! TU Esports Summer Camps present a unique opportunity to experience an Esports-focused environment. During the five days of camp, Students will learn about the developing Esports industry and its growing relationship with education. Students will participate in game focus practices for Rocket League, Overwatch 2, League of Legends and Valorant.

There will be two types of camp sessions: General Sessions and Focused Sessions. The general sessions will give students the opportunity to learn about each of the listed gaming titles while learning the basics of each game. The Focused Sessions will give students the opportunities to focus on learning team play and strategies for one title with students in the same age group.

However, students will not be spending all their time playing games! Students will be required to participate in daily lessons as well as video review of their gameplay with their coaches.

TU Esports Summer Camp is designed by gamers for gamers and is open to all skill levels. The camp runs Monday to Friday from 8 a.m. to 5 p.m. Lunch is included as well as a daily exercise period to keep students active. Camp cost is $350 per session.

YMCA SUMMER DAY CAMPS

Tulsa, Owasso and Bixby, OK

918.446.1424

ymcatulsa.org/camps

Ages: 4–15

Dates: May 26–August 18

Times: Monday–Friday, 7 a.m.–6 p.m.

This summer, the YMCA of Greater Tulsa will host four summer camp options across Tulsa County: Herman & Kate YMCA (ages 5–15), Tandy Family YMCA (ages 5–12), Daily Family YMCA (ages 4–12) and the Owasso Family YMCA (ages 5-12). The Y believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve.

YMCA camp provides kids with a safe, familiar and fun-filled environment for them to explore the outdoors, build confidence, develop skills and make lasting friendships and memories, so they can grow as individuals and leaders. All camps will offer swimming, outdoor adventure activities, games, crafts and character development activities.

Tippi Toes
We offer Baby Ballet, Ballet/Tap/Jazz and Hip Hop Dance Classes

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TULSAKIDS Family Favorites 2023 NOMINATE



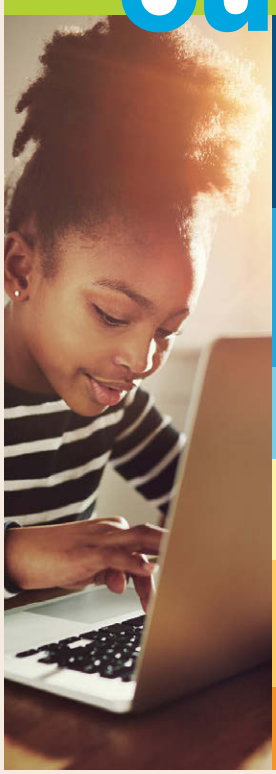


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2023 Summer Camps:
Visit **tippitoesdance.com/tulsa/summer/** for more information and to enroll TODAY!
All camps held at LaFortune Community Center

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www.TippiToes-Dance.com/Tulsa

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Neveah Orbe:

Honored for Leadership and Overcoming Adversity

By **Betty Casey**





ANDREA MURPHY PHOTOGRAPHY

NEVEAH ORBE, 16, was recently recognized by the Family Safety Center and Camp HOPE America as the NFLPA Camper of the Year at a surprise presentation, attended by friends and family. The honor, sponsored by the NFL Players Association, recognizes a camper from one of its 50 affiliate organizations across the U.S. based on the camper's leadership, ability to be a good role model to other campers and their ability to overcome adversity.

Camp HOPE is a national, year-round camping and mentoring program for children and teens impacted by domestic violence that focuses on creating hope and healing-centered pathways through collaborative, trauma-informed care. Karen Smith is the Camp HOPE coordinator at the Family Safety Center in Tulsa.

TK: How did you feel when you got the award?

Neveah: I was excited. We always have meetings with Miss Karen (Smith), and we do an activity. I thought we were going ice skating. We were all in a room, and I didn't know what it was for. My family was there (including two brothers). My brother was trying to drop hints. He's so terrible at keeping secrets.

TK: Tell me about going to Camp HOPE. When did you start?

Neveah: I was 8. The camp is in the summer, but we do activities throughout the year. I think it has helped me make friends. I never had any real friends, and it helped me understand what a friend was for. I learned what was right and what was wrong. It was really fun.

I didn't get that a lot in regular life. I felt like it was a break from reality. Growing up, my mom abandoned us. It was hard, and we didn't understand. My brothers and I took care of one another during difficult times. I'm so proud of my brothers. We all have a chance to break that chain of pain.

TK: What are your favorite things to do at camp?

Neveah: My favorite thing was hiking. There was a chapel at the top of the hill, and it was a really beautiful sight. We would go rock climbing and do archery. And I love tubing. At first, I was scared of the water, but I'm a really fast learner. I love hanging out after swimming, and at the campfire, making hobo dinners and s'mores. I love playing camp games like Capture the Flag.

TK: There are approximately 5,000 young people in 45 Camp HOPE locations across the U.S. You were chosen out of a group of campers nominated from the affiliates. What qualities do you feel made you win this honor?

Neveah: I've overcome adversity. I feel like a leader. I feel like people in my cabin would ask me about what I think is OK and what I think is right. I speak what's on my mind about what's right and what's wrong. With the counselors, I would always be the one to ask questions — I think it's just me being friendly. I used to be bullied at school; I moved around a lot from one school to another. That switched when I went to camp. I learned more about what people like and what they don't like. I learned my lessons there. I found all my friends at Camp HOPE.

TK: What was the main lesson you learned at Camp HOPE?

Neveah: It helped me embrace my good qualities and who I am. It gave me the ability to be a leader.

TK: What advice would you give to others about overcoming adversity?

Neveah: Put yourself first because it's going to be hard. And reach out for help. I had Miss Karen to talk to. She listens to me and never assumes. Find someone who can understand and does not jump to conclusions or put words in your mouth. Miss Karen gives great advice.

TK: What plans do you have for the future?

Neveah: I just got my nail tech license. I'd like to do modeling and acting. I also love drawing and singing.

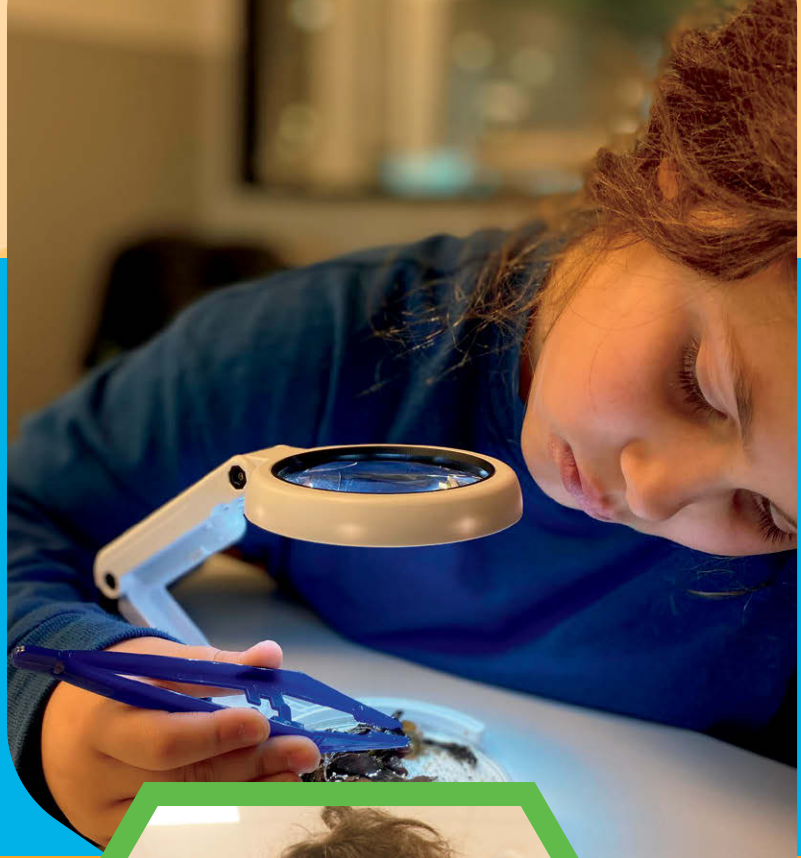
TK: What's a fun fact about you?

Neveah: I sing a lot. I've been a K-pop fan since 2017. TK

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

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