

tulsakids

FOR ACTIVE PARENTS & SURROUNDING COMMUNITIES

KNOW YOUR TK NEIGHBORS
SAND SPRINGS

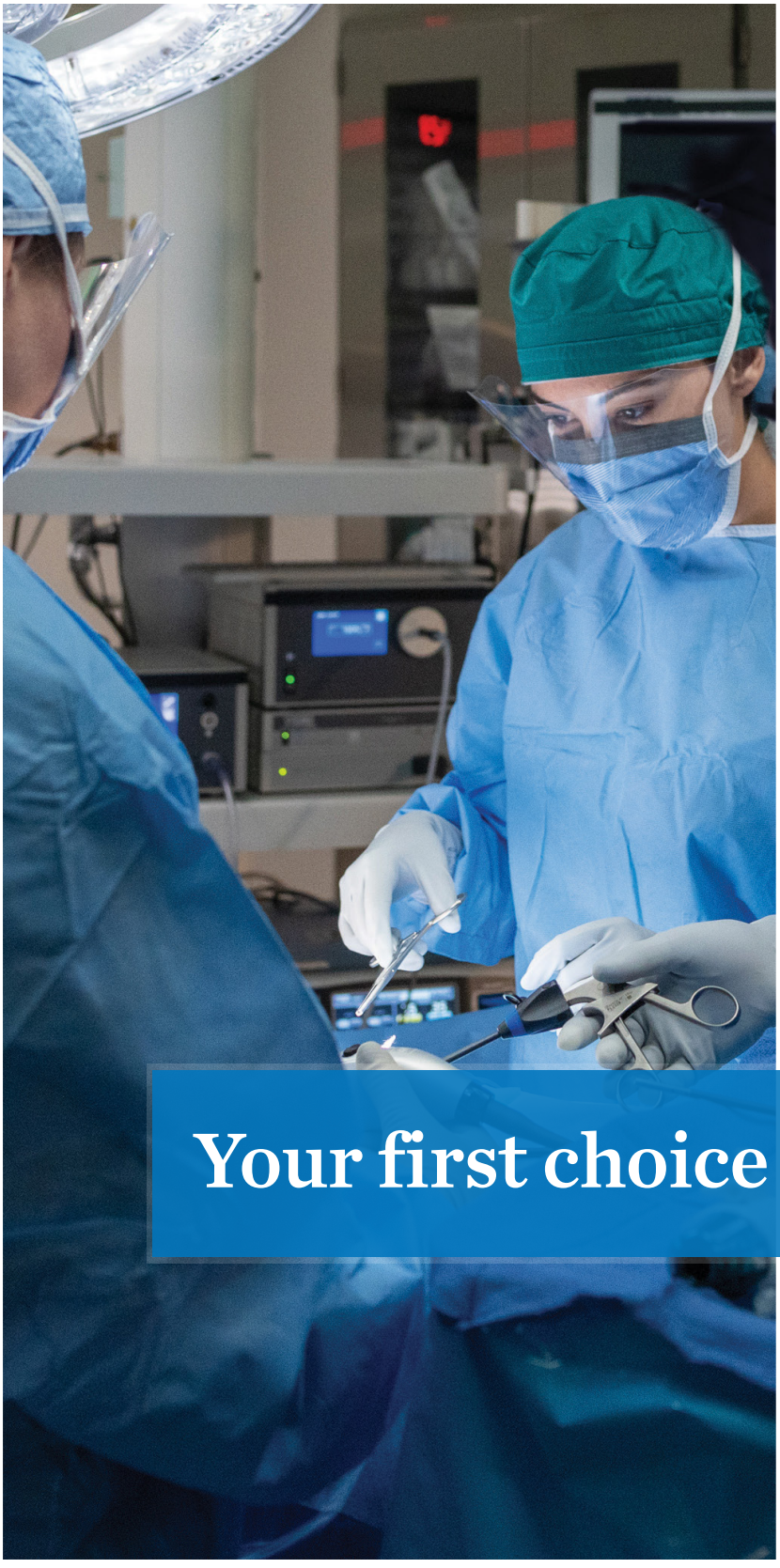
Taylor Hanson's Passion Project: **FOOD ON THE MOVE**

Dolly Parton's **IMAGINATION LIBRARY** IS HERE!

Summer **CAMPS & ACTIVITIES** GUIDE

EXPLORING KIDS' UNIQUE HOBBIES

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner General Excellence Awards Competition



Finding the best care for you starts with a conversation between you and an Ascension St. John doctor.
What sets us apart is our unrelenting commitment to advanced and high-quality care in our community.

- Experienced heart care for **routine and advanced heart care**
- **Leading brain and spine specialists**, caring for movement disorders, spine care and more
- **Advanced cancer treatment and surgery** with you from diagnosis through recovery
- ER care teams available 24/7, including our **Joint Commission-certified Comprehensive Stroke Center**

And you'll find we excel just as much in the things that can't be measured — listening more closely and caring more compassionately.

Your first choice for leading care

Ascension
St. John

ascension.org

Our facilities are currently taking precautions to help keep patients and visitors safe, which may include conducting screenings, restricting visitors, masking in areas of high community transmission and practicing distancing for compassionate, safe care. We continuously monitor COVID-19 guidance from the Centers for Disease Control and Prevention (CDC) and adjust our safety practices and safeguards accordingly.
© Ascension 2023. All rights reserved.

SUMMER PROGRAMS

HOLLAND HALL

Spend the summer at Holland Hall!

With more than 160 one-week classes and camps designed for both fun and education, Holland Hall has tons of options for 3-year-olds to adults.





PLAY



7 One-Week Camp Sessions

May 30 – July 21, 2023

9 a.m. – 12 p.m. and 12:30 – 3:30 p.m.

Choose between morning or afternoon sessions ... or sign up for both & stay all day!

CREATE





Coming Soon!

Register online and view camp schedules & descriptions:

hollandhall.org/summer



EXPLORE





(918) 481-1111
5666 E. 81st Street
Tulsa, OK 74137

Contents

April 2023
VOLUME XXXVI | ISSUE 4



PHOTOGRAPHY BY ANDREA MURPHY





PHOTO COURTESY OF FOOD ON THE MOVE.

4
EDITOR'S NOTE

6
NEWS & NOTES

8
WHATS GOING ONLINE?

9
SPONSORED CONTENT
Ask the Experts

10
BABIES & TODDLERS
Protect Your Peace of Mind
By Alicia Kobilnyk

12
TWEENS & TEENS
Sanicle: Normalizing a Normal Female Function — One Dad at a Time
By Julie Wenger Watson

14
SCHOOL AGE
When the Teacher is the Bully: 5 Steps to Advocate for your Child
By Dr. Tamecca Rogers, Ph.D.

16
GREEN COUNTRY GROWN-UP
Taylor Hanson: Creating a Movement through Food
By Nancy A. Moore

18
BOOKS
Steve Sheinkin: "Football Hair," Weird Facts & Tough Truths
By Laura Raphael, MA, MLIS

20
GET COOKING
Teaching Kids to Cook at Every Age and Stage
By Natalie Mikles

22
COMMUNITY
Child Abuse Network Gives Wrap-around Care for Children Traumatized by Abuse
By Mikaela LeBlanc

24
FEATURE
From Fun to Future: Local Kids Discuss How Hobbies Shape Their Lives
By Tara Rittler

30
EDUCATION
Dolly Parton Spreads Love of Reading in Tulsa
By Natalie Mikles

32
KNOW YOUR NEIGHBORS
Sand Springs, Oklahoma
By Natalie Mikles

41
TULSAKIDS' 2023
Summer Camps & Activities Guide

55
APRIL 2023
Community Calendar
By Tara Rittler

64
I'M A TULSA KID
Adira Punekar Discovers Love of Hiking While Visiting National Parks
By Betty Casey

USA BMX FOUNDATION



SPIN INTO SUMMER WITH BMX

Spend a week at BMX Camp with a physically active STEAM curriculum.



WEEKLY CAMPS: JUNE - AUGUST

- Meet a USA BMX Olympian
- Daily lunch and multiple snacks
- Lessons on assembling a bike
- Loaner bikes and helmets available
- T-shirt, water bottle and BMX membership
- Field trips to Greenwood Rising and Gathering Place

ALL SKILL LEVELS

4th to 8th Grades
No equipment needed

SIGN UP TODAY

usabmxfoundation.org

Many scholarships are available!

Hardesty National BMX Stadium

490 N. Lansing Ave. East | Tulsa



CURIOUS KIDS LOVE COLLECTING

MY DAUGHTER MARY was the family collector. If she could have collected every animal, she would have. She had tadpoles, toads, rabbits, birds…and she was the one begging for a cat and a dog. In elementary school, she took an interest in rocks and fossils, scouring riverbeds and pebble landscaping for treasures. A nice adult in the Tulsa Rock and Mineral Society gave her some geodes. She loved to take her findings to the Nature Exchange at the Tulsa Zoo. If you haven't been, kids can exchange natural items that they've found with items in the zoo's collection. Kids can get points for the items, but also for their knowledge about the item.

Collecting is a normal — and fun! — part of child development. Kids typically become collectors between the ages of 6 and 10. Your child, like Mary, may enjoy the outdoors and learning about natural items. Other kids may love to collect things that their friends are collecting, developing friendships and belonging along the way. Or conversely, they may want to express their unique interests through a collection that no one else has. Whatever the reason, don't dismiss your child's urge to collect. Kids are proud of their collections. They learn from them.

Whether it's rocks, dinosaurs, miniature cars or seashells, encourage your child's interests and enjoy the fun of being involved. Read our feature article in this issue. Childhood interests often tell us what path kids may take as they grow.

You'll also find the second part of our Summer Camps & Activities Guide in this issue, learn about Dolly Parton's literacy nonprofit, and read about Taylor Hanson's passion project — Food on the Move.

And, throughout this year, we're visiting towns surrounding Tulsa to find out what draws families to them. This month, you'll learn more about Sand Springs. Just a short drive from Tulsa, Sand Springs maintains its unique small-town character — and offers some hidden gems for families.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

tulsakids

Volume XXXVI | Number 4
©TK Publishing, Inc. 2023.
All Rights Reserved.

TulsaKids is published monthly by
TK Publishing, Inc.
1622 S. Denver Ave., Tulsa, OK 74119
Phone: 918-582-8504
Fax: 918-583-1366
tulsakids.com

TK PUBLISHING inc.

Publisher
Charles Foshee
publisher@tulsakids.com

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

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

Treasurer & Comptroller
Debbie Talley

Advertising Sales
Brandi Moore
Lindsey Copes

Graphic Designer
Annie Tyndall

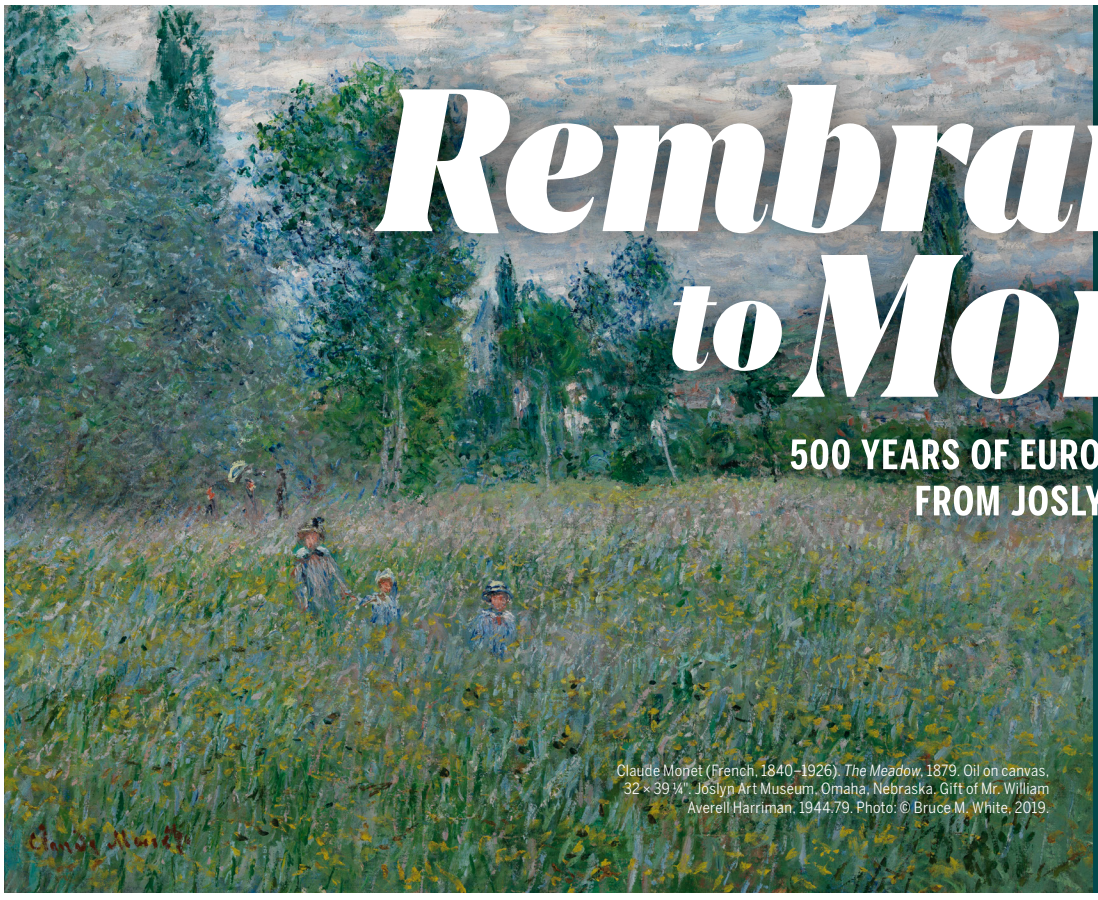
Distribution
Joan Ross

Contributing Writers
Alicia Kobilnyk
Julie Wenger Watson
Tamecca Rogers
Nancy A. Moore
Laura Raphael
Natalie Mikles
Mikaela LeBlanc

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

parentingmedia association

2021 GOLD Award Winner — Digital Media Awards Competition
2021 GOLD Award Winner — Editorial Awards Competition
2021 GOLD Award Winner — General Excellence Awards Competition



Rembrandt to Monet

500 YEARS OF EUROPEAN PAINTING
FROM JOSLYN ART MUSEUM

FEB 22–
MAY 28

Philbrook

Claude Monet (French, 1840–1926). *The Meadow*, 1879. Oil on canvas, 32 × 39 ¼". Joslyn Art Museum, Omaha, Nebraska. Gift of Mr. William Averell Harriman, 1944.79. Photo: © Bruce M. White, 2019.

• CASCIA HALL SUMMER CAMP • MAY - JULY 2023 •

SUMMER AT CASCIA

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

STUDENTS FROM ALL SCHOOLS ARE WELCOME TO ATTEND

• SOCCER • BASKETBALL • FOOTBALL • VOLLEYBALL

ENRICHMENT • KEYBOARDING • PERFORMING ARTS •

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

SOCIETY OF CHILDREN'S BOOK WRITERS AND ILLUSTRATORS HOLDS CONFERENCE IN TULSA

Professionals from established publishing companies and literary agencies will share their insights about children's literature at the upcoming Society of Children's Book Writers and Illustrators Spring Conference.

The Oklahoma/Arkansas Chapter of SCBWI, a professional organization of writers, illustrators, editors, publishers, agents, librarians, educators, booksellers and others involved with literature for young people holds an annual conference to allow aspiring writers and illustrators to meet publishing professionals in person. This year's conference will be held April 28–29 at the DoubleTree Hilton Hotel, Warren Place, 6110 S. Yale Ave. in Tulsa.

Conference attendees will have the opportunity to learn publishing tips and tricks from speakers, attend a "Mingle with the Speakers" event on Friday and dinner with speakers on Saturday, participate in pitch and illustration contests with a chance to win a face-to-face consultation with a speaker, and meet local published authors and illustrators.

Attendees will also be able to submit to the conference faculty after the conference. For an additional fee, attendees may choose to purchase critiques on their own work or consultations with speakers.

Attendees who have previously been published may also sign up for space to sell their own books at a book signing on Saturday.

Registration for the conference is now open at **oklahoma.scbwi.org**.

DOVE SCIENCE ACADEMY TULSA EXPANDS

Dove Science Academy Tulsa recently held a ribbon cutting for their new school building, located at 4343 S. 118th E. Ave. in Tulsa. The ceremony marked the move of Dove's flagship campus, before it expands to include several schools across Tulsa and Oklahoma City. The building will provide more STEM curriculum opportunities, including a new STEM lab, updated classrooms, outdoor space for drone training and a more spacious learning environment for students in kindergarten through eighth grade.



WANT TO VISIT A NATIONAL PARK? GRAB THESE BOOKS

If you're thinking of taking a family trip to U.S. National Parks this summer, here are a couple of books to enhance your trip. *Where Should We Camp Next? National Parks*, by Stephanie & Jeremy Puglisi, is packed with tips about taking kids camping, whether in a tent or an RV. They'll give you the lowdown on which places have super-scenic campgrounds and which do not. You can find suggestions for favorite hikes, campgrounds outside the park, best times to go, places that are likely to be crowded, gear to take, even places to eat or grab some ice cream. You'll want this book to plan your trip.

Once you're there, *The National Parks Scavenger Hunt: A Family-Friendly Way to Explore all 63 Parks*, by Stacy Tornio, will keep your kids entertained — and it's a great way to learn facts about flora, fauna, history and animals of the park.

RENOVATED MCCULLOUGH PARK NOW OPEN

McCullough Park, renovated through a $3.6 million Vision Tulsa project, is now open. In addition to the existing baseball diamonds and dugouts, the 11-acre park, located at 11534 E. 25th St., now features a new main entrance with a larger parking lot, walking trails, a restroom, picnic shelters, a plaza, splash pad, playground, pump track bike park and a multi-use sports court.



Guests watch a student performance at **Dove Science Academy**.



Ritchie Boys soldiers Guy Stern, Walter Sears and Fred Howard. Photo from ***The Ritchie Boys*** 2004 documentary.

"MORAL COURAGE: THE STORY OF THE WORLD WAR II RITCHIE BOYS"

During World War II, an elite division of the U.S. Army known as the "Ritchie Boys" greatly aided Allied forces in their fight against Germany and other Axis nations. These soldiers, who trained at Camp Ritchie in Maryland between 1942 and 1945, provided about 60 percent of the advanced intelligence on Germany's war plans and tactics, which contributed to ending the war.

The Tulsa Council for Holocaust Education invites the public to the 25th Annual Interfaith Yom HaShoah/Holocaust Commemoration on Thursday, April 20 at 7 p.m. at Temple Israel, 2004 E. 22nd Place. Featured speaker Landon Grove, director and curator of the Ritchie History Museum in Cascade, MD, will address the topic "Moral Courage: The Story of the World War II Ritchie Boys." The commemoration is free and recommended for ages 12 and older.

Grove, a historian who trained at Indiana University Bloomington, will speak about the Ritchie Boys and their commitment to defeat the German aggression at great risk to themselves. Of the nearly 20,000 Ritchie Boys soldiers, about 2,000 of them were Jewish German-speaking immigrants who fled Nazi-controlled Germany, which was systematically killing Jews. In 2022, The United States Holocaust Memorial Museum recognized the Ritchie Boys with the Elie Wiesel Award, the highest award given by the museum, for the "unique role they played serving the United States and advancing our victory over Germany."

The commemoration also will feature an exhibit of entries from the 2023 Yom HaShoah Art Contest created by Oklahoma students of the Holocaust and a candle lighting ceremony in honor of six Oklahoma Jewish Ritchie Boys.

In addition, Elliott Wulff, outreach artist with Tulsa Opera; Kara Staiger, owner of Overture Music Theatre Training; and Rick Fortner, music director for All Souls Unitarian Church, will perform a selection of theme-related music. Tulsa City-County Library will also have many Holocaust books and media available for checkout.

To complement the commemoration, Circle Cinema, 10 S. Lewis Ave., will screen the 2004 documentary *The Ritchie Boys* on Sunday, April 16 at 2 p.m.; Monday, April 17 at 10 a.m., 2 p.m. and 7 p.m.; Tuesday, April 18 at 10 a.m. and 2 p.m.; and Wednesday, April 19 at 2 p.m. Ticket cost is $5; middle and high school students, teachers, military and seniors get in free.

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, Sherwin Miller Museum of Jewish Art, Circle Cinema, Congregation B'nai Emunah and Temple Israel.

WHAT'S GOING ONLINE?



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.

HANNAH BONNETT AS ELLE WOODS IN *LEGALLY BLONDE – THE MUSICAL*. PHOTO BY DRAGER CREATIVE.

COMING SOON…

Our Family Favorites Runoff Ballot will be available starting May 1! Find it in our May issue and vote online at **tulsakids.com/contests**.



PEOPLEIMAGES/GETTY

Keep an eye out for our **Summer Family Fun Guide**, coming late May.



Subscribe to our email list (**tulsakids.com/newsletter**) to stay in the know!

CONTESTS & GIVEAWAYS

Find entry links to the following at **tulsakids.com/contests**.

FOLLOW **@TULSAKIDS ON INSTAGRAM** FOR WEEKEND FUN

Are you on Instagram? If so, make sure you're following **@tulsakids**! We share top weekend events every Thursday morning, parenting tips, community pics and much more.



VALERII APETROAIEI/GETTY

TIMELY TOPICS AT **TULSAKIDS.COM**

tulsakids.com/8-nature-inspired-earth-day-crafts

tulsakids.com/5-ways-to-celebrate-earth-day

tulsakids.com/7-ways-to-celebrate-easter-with-kids

tulsakids.com/farmers-markets-in-tulsa

CONNECT WITH US!

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

BUNDY LAW OFFICE



Danya Bundy
Trial Lawyer

Which parent may obtain a passport for our minor child?

Issuance of a passport to a minor child is a matter governed by federal law. State trial courts have the authority and ability to enter orders permitting or restricting the travel of a minor child and obtaining a passport by either parent. Generally, both parents or legal guardians of a child under age 16 must sign a passport application for the child. Exceptions include: a birth certificate listing only one parent, a court order giving one parent sole custody of the child, or a court order that expressly authorizes one parent to apply for a child's passport without the involvement of the other parent.

It is a federal crime under the International Parental Kidnapping Crime Act for one parent to take a child outside of the country against the other's wishes. However, the United States does not have exit controls at its borders. Once a passport has been issued, the Department of State will not revoke it. It may be difficult to prevent a child's international travel once their passport is issued. If your minor child may travel internationally, addressing international travel protocol in your child custody order is important.

Our website's FAQ section answers many questions like this: **bundylawoffice.com/faq/**

2509 E. 21st Street,
Tulsa, OK 74114
918.208.0129
BundyLawOffice.com

BUNDY LAW OFFICE

HTR PEDIATRIC THERAPY



Gunner King,
HTR Pediatric Therapy
Patient Ambassador

How can I help my children approach kids with different types of abilities?

Gunner King has a rare, genetic skin disorder called Recessive Dystrophic Epidermolysis Bullosa that causes the skin to slough off the body, leaving blisters and wounds. He deals first-hand with people staring or asking questions regarding his skin and bandages. Gunner has some tips on how to approach someone with different abilities:

Please don't stare. I am a kid just like you. I would prefer if someone would say, "Hi, my name is so-and-so, what's your name?" instead of, "What's wrong with you? What happened?" Questions like that are upsetting and make me feel like something is wrong with me. I don't want them to focus on my skin or bandages, I want them to get to know me.

A lot of times, people see me in my power wheelchair and bend down to talk to me in a voice like you would talk to a baby. But I'm 11 years old. Just because someone is in a wheelchair, that doesn't mean they're younger than you or like a baby. Treat that person the way you would want to be treated. It makes them feel included, and they may end up being your friend.

6846 S Canton Ave Suite 120,
Tulsa, OK 74136
918.806.0106
HTRPediatrics.com

HTR PEDIATRIC THERAPY

RIDDLE LAW, PLLC.



Trevor Riddle

How do I nominate legal guardians for my children?

Nominating legal guardians may be the most important thing parents can do for their minor children.

You generally nominate guardians in a will as part of your estate plan, and there are two types of guardians you want to select. The first type is a temporary guardian. If, for example, you are ever hospitalized or stranded while away on vacation, a temporary guardian will step in and provide care for your children until you can.

The second type of guardian you want to nominate is a permanent guardian. This person will step into your shoes and provide long-term care and support for your children if you should die or become permanently unable to provide care. While a court must appoint a permanent guardian, it will typically defer to your decision.

When choosing guardians, it is important to consider factors such as the potential guardian's values, parenting style, and ability to provide for the children's physical and emotional needs.

110 S. Hartford Ave., Suite 2548
Tulsa, OK 74120
918.779.1446
trevor.riddle@riddle.law

RIDDLE LAW

MILLER SWIM SCHOOL



Sarah Clavin

I want to start a family conversation about water safety and drowning, but it's such a scary topic! Where do I begin?

Statistics tell us that drowning is still the leading cause of unintentional injury-related death among children between 1 and 4 years of age. This means we have to make pool and water safety a key point of focus in conversations with our kids.

Here are a few tips to get the conversation started:

- **Be truthful about danger:** Be honest, but age-appropriate. Share facts rather than emotionally charged stories. Let them know how quickly drowning can happen, and that even if they're a strong swimmer, they could still slip near a pool and be in danger.
- **Discuss family rules:** Keep your rules short and memorable. Talk about them prior to any event near water. It can be easy for children to get caught up in fun and forget safety guidelines, so talk about them often.
- **Enroll in swim class:** An important line of defense for your children is having the ability to swim on their own. If your kids are not already enrolled in swim class, there's no better time than the present to get them started.

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

Miller swim school

DENTAL DEPOT



Dr. Caytlin Eidson

What are dental sealants, and what else should I know about them?

Dental sealants are used to prevent tooth decay. Most back teeth have grooves or fissures that can easily get a cavity if not cleaned properly. Placing sealants can prevent these types of cavities from forming.

Sealants are applied similarly to a filling, except the patient does not have to be numb. First, the tooth is polished using a pumice solution to clean the tooth thoroughly. Then an etch is applied to roughen up the surface of the tooth for the bonding agent. A bonding agent is then applied and lightly cured. Lastly, the sealant is painted on and cured, which allows the sealant to harden. This process does not hurt.

Sealants are meant to be placed upon eruption of permanent molars. First molars usually erupt around 6 years old, and second molars erupt around 12 years old. Placing sealants around these ages can help prevent these molars from decay.

Sealants are not meant to last forever. Dentists recommend that you get your sealants checked every two years and replace as needed.

Six Convenient Tulsa Metro Locations
DentalDepot.net

DENTAL DEPOT

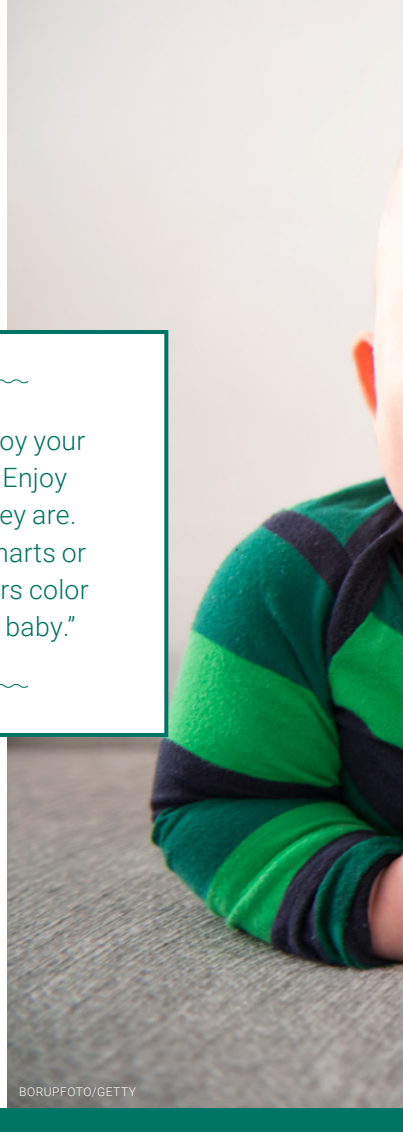
WANT TO SEE YOUR MESSAGE HERE?

Contact us at 918.582.8504

Protect Your Peace of Mind

By **Alicia Kobilnyk**





BORUPFOTO/GETTY

> "Take a deep breath. Enjoy your baby for who they are. Enjoy other babies for who they are. Don't let the scale, the charts or the expectations of others color your enjoyment of your baby."

AS A PARENT, one of the most valuable things you can have is the feeling of having done your best at the end of each exhausting day. Since this peace often comes with herculean effort, it should be guarded as a precious resource. Here are some ways that parents of young children can protect their peace and enjoy their children right where they are.

AVOID THE COMPARISON TRAP

When I had my second child, there were many ways I felt I was amply prepared and downright chill. My friend put it this way: "You've learned that babies bounce." This parenting savoir-faire did not last, however, as my darling baby began falling off her growth curve and answers eluded us. With our doctor's help, we found a solution and our petite (but healthy) baby course-corrected. Our fears settled, though her smallness continued to worry me for years. (To this day, she is still petite, still eats like it's going out of style and still meets all developmental expectations. Turns out, some kids are just small.)

During this time, we had a playdate with friends and their little one, a boy two weeks younger than my daughter. I was struck by the comparison before me as two healthy 7-month-olds played side by side and charmed everyone in a 10-mile radius. He was in 12-month clothes, crawling competently and pulled to standing, but did not sit himself up. She rolled all over the room in her 3- to 6-month clothing, sitting up proper and dainty as she reached her destination. Her posture would make the Queen blush. He easily weighed between 15 and 20 pounds, while she hovered around 12 (hard-fought) pounds.

Both children were breastfed on demand and ate solids off and on throughout the day. They were each robust and joyful, meeting milestones and behaving as only well-nourished and well-loved children can. Before I could remark with admiration over the boy's crawling or size, his mother chimed in. "Look at her sitting up so prim and proper! I love how she rolls to get around. I wish my son would sit up. He has me worried. And he's so big!"

Later, musing about this moment, I posted the following on social media: "Take a deep breath. Enjoy your baby for who they are. Enjoy other babies for who they are. Don't let the scale, the charts or the expectations of others color your enjoyment of your baby."

The moral is, if you want to protect your peace, don't fall into the comparison trap. Comparing yourself or your children to others often robs us of a true appreciation of what we *do* have.

DON'T MISS THE FUN IN THE CHALLENGING STAGES

Parenting often comes with mixed blessings. Mobile infants are happier and get less frustrated when you aren't available to transport them, but they also have a knack for getting into shenanigans. We all eagerly wait for our toddlers to speak, only to be massively overstimulated by the explosion of chatter that comes between 12 and 18 months.

Each stage is rife with changes, challenges and joys. Try not to get so caught up in surviving a particularly taxing



Getting lost in "shoulds" robs everyone of what you're already doing naturally and easily. Life is messy, complex and full of variety. Your kids need you, not someone else.

developmental stage (like night terrors, sleep regression or separation anxiety) that you miss the happy moments (new skills, silly moments and the thrill of accomplishment on a child's face).

BE CHOOSY WITH ADVICE

The most readily available and often the most dangerous feature of our modern day and age, in my humble opinion, is bad advice. It's incredibly easy to state something simple and completely mundane about your life, your child or even the weather only to be bombarded with the most audacious and frankly bizarre suggestions for fixes. This is a particularly tricky area for parents of young children, who are often sleep deprived, struggling with performance anxiety and looking for a golden ticket to smooth sailing.

When asking for or offered unprofessional advice, take what you receive with a grain of salt. If the suggestion seems drastic, overly simplistic, far-fetched or plays on your fears, set it aside. Sleep on it and take it to your trusted sources for feedback. Even the most well-meaning offering of advice can rob you of so much peace and rest.

BE AUTHENTIC

If you're not the "up at 5 a.m. for a family hike" family, don't feel you're depriving your children of vital experiences. If you cringe at the thought of planning monthly family photos in matching outfits, accept that you'll find your own way to preserve memories that does not give you an aneurysm. If you see a parent out in the wild, wrangling a gaggle of children and improvising elaborate play scenarios with quality voice acting and clever props, know that you can still be a fun and engaged parent if you'll never be able to function that way.

Getting lost in "shoulds" robs everyone of what you're already doing naturally and easily. Life is messy, complex and full of variety. Your kids need you, not someone else. We want our children to grow and become who they are, so model that for them by accepting the authentic ways you make the world better.

EVEN SUPERHEROES REST

No one is meant to do everything alone, all the time and without error. Each of us needs a village of sorts, full of people to step in and contribute when we're coming up short. Make time to nourish your body and your mind so that you're pouring into your children from a full cup. This often requires the uncomfortable act of self-reflection, asking for help and accepting that the help you get may not be the exact form you'd anticipated. Sometimes it's hard to find a village, but keep searching. Someone out there is looking for you, too.

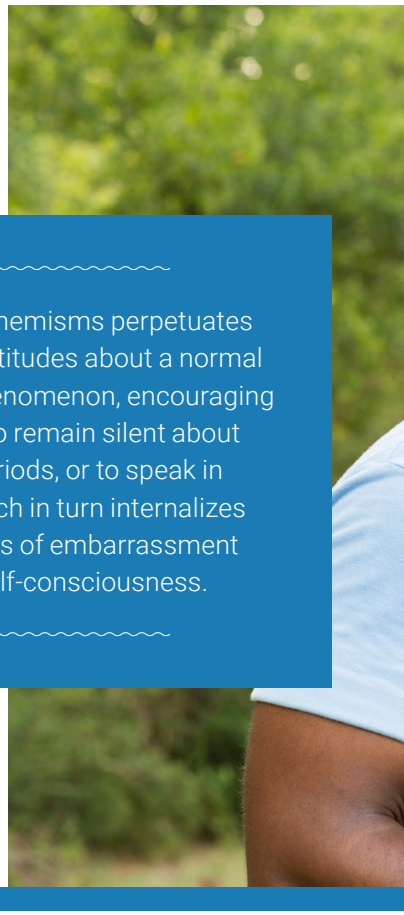
Protect your peace and protect your view of yourself. You're capable and irreplaceable, especially to the tiny humans in your life. TK

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.

Sanicle: Normalizing a Normal Female Function—One Dad at a Time

By **Julie Wenger Watson**





Using euphemisms perpetuates negative attitudes about a normal physical phenomenon, encouraging women to remain silent about their periods, or to speak in code, which in turn internalizes messages of embarrassment and self-consciousness.

DESPITE THE FACT that half of the human population was, is or will be menstruating at one point in their life, the topic of menstruation is too often shrouded in mystery, shame and ignorance. Euphemisms for women's menstrual cycles, ranging from "on the rag" to "that time of the month," add to the perception the subject is somehow "taboo," inappropriate or even repellent, even though it's a normal part of female development and biology. The consequences of our societal discomfort in dealing with this reality go well beyond mild embarrassment to more damaging repercussions on women's health and their ability to fully reach their potential in all areas of their lives. Education, particularly as it relates to the other 50% of the population, is key to normalizing what is, literally, a fact of life.

WORDS AND THEIR IMPACT

A survey conducted by Clue, a period-tracking app, and The International Women's Health Coalition found 5,000 slang terms and euphemisms used across the world for periods. Euphemisms are indirect figures of speech that "protect" the listener from the reality a given word represents, in this case the act of menstruation. Even if the phrases appear funny or innocent at first glance, they can be seen more broadly as a reflection of society's attitudes toward the topic, and thus, indirectly, toward women.

Psychology professors Joan C. Chrisler and Ingrid Johnston-Robledo, as well as other scholars, have suggested that the inability to communicate clearly about menstruation often leads to the failure to disclose information about reproductive, sexual and physical health, with harmful consequences for women. Using euphemisms perpetuates negative attitudes about a normal physical phenomenon, encouraging women to remain silent about their periods, or to speak in code, which in turn internalizes messages of embarrassment and self-consciousness.

Acknowledging menstruation without hiding behind slang or euphemism helps de-stigmatize something that is completely natural. Ultimately, there is nothing shameful, dirty or abnormal about menstruation. More importantly, none of us would be here without it.

SANICLE

Roxanne Stewart is the CEO and co-founder, along with her husband, Chaste Inegbedion, of Sanicle, a healthcare and wellness organization that helps fathers of adolescent girls understand issues related to menstruation health. The company aims to be the "Google" for periods by providing accurate information about the topic to males and females alike. Among Sanicle's offerings are plant-based organic subscription period boxes with monthly supplies and educational resources like the book *The Period Passport*, co-authored by Inegbedion, which Stewart describes as "a how-to for dads and general knowledge for the girls to find out what's happening in their body at that time."

"We're trying to bridge the gap between fathers and daughters on menstruation each month, helping them talk about their cycle, making it less taboo and more of a normal conversation, instead of something that needs to be hidden," she explains.

Stewart believes this lack of knowledge about menstruation can lead to a lack of empathy. The logical place to start to change that is with fathers, whom she encourages to be open and willing to have that conversation.

"When you start with fathers, that's your first role model," she says. "If he can have that conversation with you, it trickles down


DIGITALSKILLET/GETTY

into your family, with your uncle, your brother, your boyfriend, your spouse. It becomes a norm instead of something that causes shame or that you're only talking to your mom or your girlfriend about."

According to Stewart, if men are more knowledgeable about and comfortable with the subject, girls and women will face fewer challenges when dealing with their periods at school or on the job with male teachers, colleagues and bosses.

"At school, you shouldn't be looked at as a troubled kid if you're raising your hand and needing to go to the bathroom multiple times, if you've been diagnosed with menorrhagia (abnormally heavy bleeding with menstruation), for example. If your male teacher, or your female teacher, understands what's happening, then you're able to be open about it. It's not going to be something that causes those extra problems," she says. "If you're in a workplace, you should be able to have access to everything you need and be able to turn to your coworker, even if he is male, and say, 'This is happening. How can you help me?'"

For more information, visit sanicle.us.

Despite the fact women have been menstruating since the beginning of human existence, social taboos around the topic remain, with harmful consequences to women's health, status and more. The best way to change societal attitudes is with education and open conversation. For more information, visit womenshealth.gov. TK

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

VOTE FOR YOUR TULSAKIDS' 2023
FAMILY FAVORITES
VOTING IS MAY 1–15
TULSAKIDS Family Favorites 2023
Find the ballot link at **tulsakids.com/contests**
Fill out the ballot for a chance to win tickets to *Bluey* at the Tulsa Performing Arts Center!
tulsakids

When the Teacher is the Bully:

5 Steps to Advocate for your Child

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





Students enjoy a day outside the classroom at **Harral Park**.

PHOTO COURTESY OF TAMECCA ROGERS.

BULLYING IS NOT only an issue in Oklahoma but also a national issue. Approximately 40 to 80 percent of school-age children experience bullying during their school careers. However, only 20 to 40 percent of bullying victims actually report it. As parents and caretakers, we entrust teachers, school counselors and coaches with the well-being and safety of our children. But what happens if the school employee is the bully? What should you do if the coach, counselor, teacher or other school employee betrays your trust by abusing or harassing your children?

When my son told me he felt his teacher was bullying him and he felt targeted, I took it with a grain of salt. Sometimes, the word bullying is used too often, so I asked more questions to make sure he was not confusing being bullied or targeted with the teacher doing her job of encouraging him to do his work, answer questions and participate in class. Not for a second did I think his teacher was verbally abusive toward him. My son explained that after working hard on an assignment, his teacher snatched his work and, in front of the entire class, hollered at the top of her lungs, "Is this the best you can do? Because this is horrible."

At this point, the situation was a teachable moment. I helped my son unpack his feelings and spoke to him about speaking to the teacher privately and explaining how that loud display made him feel. Later, I asked him if he had talked to his teacher, and he said the situation was worsening. Issues persisted and escalated.

After talking to him more about the situation, I realized it was time to give his teacher a call. After speaking to his teacher, I instantly felt what my son was experiencing. The instructor's tone was extremely aggressive and defensive, and I noticed his teacher was displaying less than favorable behavior. In fact, as an educator, her behavior with my son was a disruption to his learning process. Bullying by school authorities is far more complex to identify, address and rectify because there is a false narrative that only children, not the adults in charge, are bullies. So, what do you do?

1. **Open Communication:** Always have an open, trusting dialogue with your children. Just asking them if they had a good day is not good enough. They typically all say "yes." Try questions like: "What is something interesting you did today?"; "What was challenging for you today?"; "Who did you help today?"; "Who helped you today?"; "What did you talk about in geography class today?" and "Who did you play with at recess?" Keep the dialogue going, and make sure they know they are always in a safe place when they speak to you.

2. **Teach Communication:** Students can start being bullied by authority figures as early as elementary school and continue to have experiences in high school. Unfortunately, people tend to think older kids must learn how to deal with this behavior. Schools should be safe places, and children should focus on learning and not worry about being bullied by people hired to keep them safe. As parents and caretakers, we must equip our children with the ability to recognize when they are feeling uncomfortable and the courage to communicate that. Specifically, I told my son to say, "I am uncomfortable with you yelling at me. Please stop, or I must leave to talk to a counselor and call my mother."

3. **Document:** Document your communication with the school authorities and all instances of bullying. Write down the time, date and what



happened. Stay objective and stick with the facts.

4. **Take Action:** This is a battle in which your child will need your full support. Ensure you have supportive parents within the school to talk to who will listen and lend advice or share their experiences. Follow the chain of command, meaning reach out to the teacher first and voice your concern. It's always best to start with an email and request a meeting. Sometimes the situation can be handled with a simple meeting with the teacher.

5. **Escalate:** If the bullying continues, email the assistant principal and the principal and voice your concerns. Explain the steps you have already taken and inform them of the outcome. Refer to your notes and evidence. Typically, they will set up a meeting with you, themselves, the instructor, a counselor and your child. If they don't set up the meeting, request it. If the problem persists, escalate it to the superintendent and then to school board members.

I followed the above steps when my son was bullied by his teacher. So far, things have been better. Sadly, when school authorities bully children, students are in a vulnerable position, making it impossible for them to fight on their own. There is no silver lining in this situation, but there are action steps you can take. Protecting your child from a bullying school employee is challenging. Still, it is crucial to safeguard your child from continued trauma that can ultimately make them dislike the educational environment. 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.

Brain Balance®



Brain Balance parents report a 51% improvement in their child's school performance and test scores.

TULSAKIDS Family Favorites 2022 FINALIST

Brain Balance of Tulsa
6022 S Yale Ave
(918) 488-8991

Brain Balance of Oklahoma City
3545 W Memorial Rd
(405) 492-6800

Call 800-877-5500 or visit BrainBalance.com

Brain Balance Achievement Centers are independently owned and operated. Individual results may vary. ©2021 Brain Balance Achievement Centers

KONA ICE® OF MIDTOWN TULSA
Mobile Gourmet Shaved Ice!
For booking inquiries, sponsorship requests, or fundraising options, visit Kona-Ice.com.



PHONE: 918-984-1727 | EMAIL: tulsamidtown@kona-ice.com

Taylor Hanson: Creating a Movement through Food

By **Nancy A. Moore**





Taylor poses with students from **Monroe Demonstration Academy**
PHOTO COURTESY OF FOOD ON THE MOVE.

TAYLOR HANSON is an award-winning musician, father of seven, as well as the founder of local non-profit, Food on the Move, Inc. Taylor started this grassroots organization in 2014 to provide food to people in need. Over the years, it has gained tremendous momentum and grown into a movement. In fact, since its inception, the program has grown in partnerships and programming with a forward-thinking model. We caught up with Taylor to discuss the Food on the Move organization and how it is reimagining our food growth and distribution system through a new program called The Food Home.

TK: Tell us about why you started Food on the Move.

Taylor: I felt there was another way I needed to engage in my own life – a greater effort beyond music. Food on the Move has been an unbelievable journey for me. I felt the call to do what we're trying to do was very much about being a person in the universe and trying to do the most I can with what I've been given.

TK: You mentioned that former U.S. Ambassador Edward J. Perkins was instrumental in guiding you on this journey. Tell us about that.

Taylor: I couldn't have done this on my own. A good friend of mine introduced me to former U.S. Ambassador Perkins, and he became a mentor whom I admired and learned from. He was very familiar with Tulsa and Iron Gate Soup Kitchen because the former executive director of Iron Gate co-authored a book with him. When I asked him about his thoughts on how Tulsa could be better, specifically how our community could grow and improve, he understood the issues in Tulsa and told me to start with food.

TK: Before you started Food on the Move, you educated yourself on the food needs in our community. What did you learn?

Taylor: The Food on the Move concept started with me calling people and learning more about our community, its needs and finding the gaps. I learned about food deserts and food insecurity. It's not just about hunger. People who are barely making ends meet live in neighborhoods that have gone into decline and have lost resources, including grocery stores. As a result, the few dollars they have can't be reinvested in their neighborhood or in feeding their family better because everything's gone. Many times, they go to the corner gas station and feed themselves and their kids whatever they can buy, but all the healthy stuff, like vegetables, is not available there. This is a trend across the nation.

TK: How is Food on the Move working to help those in need?

Taylor: We have developed a concept to bring grocery stores back to these food deserts and do it holistically. It was important to be mobile - so we launched using a food truck concept. We take the food to them!

TK: Share a little more about the food truck concept with the Community Food and Resource Festival.

Taylor: We learned that we have to go where the people in need are located and not expect them to go somewhere, so that's what we do! Food and Resource Festivals are basically pop-up festivals in food deserts that bring everything to the people, and we make it fun. We have a DJ, music and a fun atmosphere. Food trucks enable us to provide a great, hot meal right on the spot. Everyone is invited and treated the same with a pay-as-you-can model. In addition to the hot meal, there is fresh produce and groceries. We've built a variety of foundational partnerships which provide key community resources.

TK: Why do you think this program has been so impactful?

Taylor: Bringing fresh produce to people changes everything. It changes people's economics. Making better food available can even change their health over time. The statistics show that people in these areas (food deserts) have higher rates of diet-related diseases, like diabetes and heart disease, which are preventable.

TK: Tell us about why you're trying to rebuild the food system.



COMMUNITY FOOD AND RESOURCE FESTIVALS IN APRIL

Chamberlain Park,
Tuesday, April 18, 5:30–7:30 p.m.

TCC Northeast,
Thursday, April 20, 11:30 a.m.–1:30 p.m.

Greenwood Cultural Center,
Tuesday, April 25, 5:30–7:30 p.m.

Visit **foodonthemoveok.com** to contribute to their capital campaign supporting The Food Home, sign-up to volunteer or to learn more. Find them on Facebook, Twitter, Instagram and LinkedIn: **@foodonthemoveok**.

Taylor: We have an incredible CEO and president, Kevin Harper, who has really moved us in growing our team and implementing some programs that are changing the food system. This starts with teaching people to grow food and working on a distribution system that, over time, will help provide future grocery stores able to access locally grown produce that is fresh and affordable. We are currently working with Oasis Market in north Tulsa. They are able to purchase our fresh, locally grown food and avoid transportation costs.

TK: Food on the Move is now working with students at Monroe Demonstration Academy. Tell us about that partnership and what the kids are learning.

Taylor: In 2021, we started working with Monroe Demonstration Academy in a program to spark young people's interest in fresh produce. This model is the first in the state that we are planning to replicate. The program provides food-related education coupled with teaching students how to grow produce using new technologies such as aquaponics and hydroponics. Principal Kaiser has been instrumental in this process and really invested in this mission. He shared that kids have connected with growing things and feel a sense of ownership in this process. He's seen students bring their families back to the school on the weekends to work in the raised garden beds. Also, school attendance for students in the program has dramatically improved! Within the first couple of months of being in the school, Principal Kaiser confirmed that our concept is working.

We now have students who started this program in middle school in 2021, and are now in high school, interning and working as a part of our team. They are beginning to teach other middle school students and it's one of the most incredible things to watch. We currently have 161 students in the class at Monroe and this summer we will have five interns as teachers who will be employed interns. The takeaway is that there's a lot we're doing, and Food on the Move is working holistically to invest in lasting change. And we're beginning to see that it's really possible.

TK: Tell us about the recently launched concept known as The Food Home.

Taylor: The Food Home is a major project to combat food insecurity and strengthen local food systems in Oklahoma. It will eventually be a four-phase local food campus including an Urban Farm, Food Hub, Community Hub and Market that will be located in north Tulsa. This is a major step to reinvest in once-neglected neighborhoods while making an impact on us all.

The first phase of the project, known as Urban Farm, is working to create a growing revolution by incorporating education with food technologies like hydroponics, aquaponics and aeroponics. Our hope is to build the groundwork of a future industry for individuals to be in the food business. There are opportunities for students to eventually run a successful business, like growing microgreens or tomatoes.

TK: How can people in our community get involved?

Taylor: Volunteers definitely play a key role in this organization! And there are so many opportunities to get involved. You can visit Foodonthemoveok.com and register through the volunteer link. Ways people can get involved include helping to maintain our active farm or one of the multiple community garden grow beds that we that we manage around north Tulsa. Also, community team members pass out flyers and/or work at our Food and Resource Festivals. We're inviting people to come and join us. We would love to see you! TK

You can listen to the full interview on the Sharing Passion and Purpose Podcast by Nancy Moore on your favorite podcasting platform or directly at: SharingPassionandPurpose.com.

Food on the Move also has a podcast that you should definitely check out! It's called Movers and Shakers Podcast.

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.

Steve Sheinkin:

"Football Hair," Weird Facts & Tough Truths



By **Laura Raphael, MA, MLIS**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY



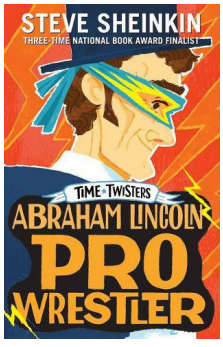
MEET STEVE SHEINKIN!

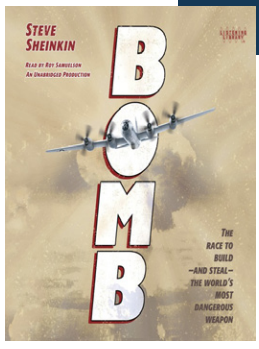
Winner of the 2023 Anne V. Zarrow Award for Young Readers' Literature

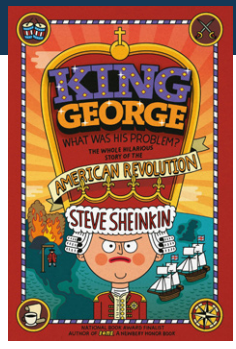
Friday, May 5, 2023, 6 p.m.

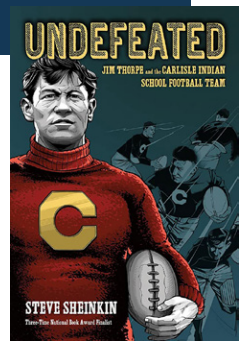
Hardesty Regional Library — Connor's Cove

Sheinkin will receive the Zarrow Award, give a public presentation about his writing process and hand out awards to winners of the 2023 Young People's Creative Writing Contest.









NONFICTION WRITERS — particularly nonfiction writers of history — have a reputation for being dry and, well, boring.

But prolific nonfiction history writer Steve Sheinkin is anything but. He is the master of writing fast-paced yet detail-rich historical accounts of everything from making the atomic bomb to the adventures of early female pilots to the story of Oklahoman Jim Thorpe and his extraordinary football career with Glenn "Pop" Warner at the Carlisle Indian School in Pennsylvania. (Presidents Teddy Roosevelt and Dwight D. Eisenhower even make notable appearances.)

That would be enough to make Sheinkin the winner of the 2023 Anne V. Zarrow Award for Young Readers' Literature, this year given by the Tulsa City-County Library through the Zarrow Foundation at the Hardesty Regional Library on Friday, May 5 at 6 p.m.

But Steve Sheinkin has one more quality that makes this award even more inevitable: He can find — and share — the weird detail in history that makes young readers sit up and pay attention while unlocking the tough truths of that history.

Case in point: In *Undefeated: Jim Thorpe and the Carlisle Indian School Football Team,* Sheinkin writes about the bloody and violent early days of football in the late 19th and early 20th centuries. There were no helmets or other padding, players often openly "slugged" each other on the field, and fans would even shoot their revolvers in the air if their teams made a good play. To try to reduce at least some injuries, players would grow their hair longer in order to have some protection on the field. "Football hair"!

His more serious books (like *Undefeated,* but also *Bomb,* a history of the making of the atomic bomb, and *Most Dangerous,* about Daniel Ellsberg secretly releasing the Pentagon Papers related to the Vietnam War) all have funny details like this...and his funnier books all have real historical facts. Sure, Abraham Lincoln was never a pro-wrestler, but what if he came back to today to rule the ring? It wouldn't make his accomplishments in the Civil War any less admirable.

Sheinkin's very first book for young readers — *King George: What's His Problem?* — takes this "funny but true" approach to the royalty that our fledgling young country revolted against. As a textbook writer, Sheinkin says that he collected lots of funny bits and bobs that the textbook company wouldn't let him include in the more boring schoolbooks — and this was the result.

In the world of online nonfiction readers, Sheinkin is also known for creating a wonderful video series called "Author-Fan Face-Off" where young fans "face off" with their favorite authors to see who knows the topics of their books better. Find it on YouTube @AuthorFanFaceoff. (youtube.com/@AuthorFanFaceoff/playlists)

No matter where you start with Steve Sheinkin — the lighter, sillier books with real history, or the real history books sprinkled with funny, weird facts — the reading experience will help your 5th grade and up reader get a firmer grasp on history...and an appreciation for what makes it fascinating.

Find a full curriculum guide and educator resources on "Undefeated" on the library's website at tulsalibrary.org/mr-henrys-books-educator-workshop-steve-sheinkin TK

Books To Treasure MEMORIES

"[Meeting Harrison] was one of the most magical moments of my life, and I'll never forget that day."



Pictured here is Marylove, who was in second grade when she met author Hannah Harrison in 2017.

Since 2003, Books To Treasure has helped Tulsa County celebrate the beauty and power of children's literature annually in November. We're celebrating its 20th anniversary with memories shared by YOU!

Through Books To Treasure, Tulsa County second graders make positive, lasting memories related to reading through a free copy of a treasured illustrator's book, and the chance to meet that illustrator and receive a special library card with their artwork.

LEARN MORE:

tulsa LIBRARY TRUST

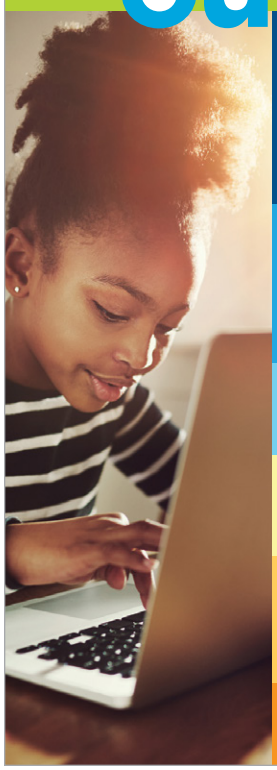
tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.

Tulsa City-County LIBRARY

Thank you, Tulsa Library Trust and the Anne and Henry Zarrow Foundation, for supporting Books To Treasure!

check this out

AT TULSA CITY-COUNTY LIBRARY



Homework Help Now!

POWERED BY BRAINFUSE

Featuring Live Tutors

(2-11 p.m., daily CST) Get EXPERT one-to-one subject-specific help for students in grades K-12 ... plus college! Spanish-speaking tutors available too!

FREE Brainfuse App

Available in App Store or Google Play

Visit www.TulsaLibrary.org/homeworkhelp and use your Tulsa City-County Library card to access Homework Help Now!

DON'T HAVE A LIBRARY CARD?

Apply online at www.TulsaLibrary.org/application and get instant access to this service and more!

Tulsa City-County LIBRARY

tulsakids www.tulsakids.com



The post-pandemic literacy crisis: 5 easy ways to help

CURRENTLY, ONLY ABOUT 30% of local 3rd graders read at grade level. Given the educational disruptions of the pandemic and insufficient funding for public schools, we are facing a literacy crisis. From PreK through grade 3, students learn to read; beyond grade 3, they read to learn; therefore, 3rd graders who are proficient readers are much more likely to learn, earn good grades, graduate, attend college or technical training, participate in the workforce, and contribute to the community.

HOW CAN YOU HELP?

1. **Read to children** — When you read to a child, you connect books with love and attention and also nurture language acquisition, build vocabulary, stimulate imagination, and share knowledge.
2. **Get caught reading** — When children see adults reading, they learn that reading is important, universal, and fun.
3. **Volunteer** — Most schools welcome visitors to read to students while others work collaboratively with organizations like Reading Partners to provide one-on-one, literacy tutoring.
4. **Vote** — Support literacy by voting for leaders and policies that increase education funding, encourage teachers, and prioritize literacy.
5. **Donate** — Give generously to organizations that support childhood literacy.

If the entire community aligns to support literacy, both students and our region will enjoy a brighter future. TK

READING PARTNERS

Visit **readingpartners.org** or call **(918) 949-1979** to get started.

Teaching Kids to Cook at Every Age and Stage

By **Natalie Mikles**



LET'S GET COOKING

If your kids show interest in spending time in the kitchen or cooking their own food, here are some first-step foods for kids to make. Some will require an adult's assistance.

- Toast
- Scrambled eggs
- Blueberry muffins
- Grilled cheese
- Smoothies
- Macaroni and cheese from a box
- Tortilla wrap
- Pasta salad
- Fried rice



ROBYNMAC/GETTY

INTRODUCING KIDS TO cooking is something that can be done at any age or stage.

Many parents do it naturally and incrementally as their kids are hanging out with them in the kitchen. They let the kids stir the batter, wash the strawberries or spread the peanut butter on the toast. Small jobs like these help kids feel successful and purposeful, often leading them to want to do more. For parents, this is a win-win! Teaching your kids to cook gives them some independence in a hands-on way rather than a burdensome lecture. Plus, it can ultimately help you as a parent as the kids get older and you need help peeling the carrots or making rice.

Cooking is also one of those household duties that serves a dual purpose of both necessity and hobby, a lifelong skill kids can take with them for life.

Here are some ideas for getting your kids involved in the kitchen. Start with the simplest tasks for your youngest kiddos.

Easy

This one is so simple, it hardly needs a recipe. Fruit skewers are easy enough for even toddlers to make. Pushing strawberries, grapes and banana slices onto wooden skewers strengthens kids' fine motor skills and gives them a delicious treat they've made themselves.

FRUIT SKEWERS

- 3 tablespoons honey
- 1 lime
- ⅔ cup plain yogurt
- 1 banana, sliced
- 2 peaches, cut into chunks
- 1 cup halved strawberries
- Wooden skewers

1. In a small bowl, combine honey, zest and juice of a lime and yogurt. Set aside.
2. Thread fruit onto wooden skewers. Serve with yogurt mixture.

Medium

Stand by, parents, kids will need help with the boiling liquid. What an accomplishment they'll feel after making this one — their very own jar of homemade pickles!

REFRIGERATOR PICKLES

- 6 mini seedless cucumbers
- 4 sprigs fresh dill
- 1 cup water
- 1 cup cider vinegar
- 1 bay leaf
- 6 cloves garlic, crushed
- 2 teaspoons kosher salt
- ½ teaspoon whole black peppercorns

1. Pack cucumbers and dill into a clean quart-size jar.
2. In a small saucepan, combine water, vinegar, bay leaf, garlic, salt and peppercorns. Heat to a boil over medium heat. Reduce heat to low, and simmer 1 minute.
3. Carefully pour vinegar mixture through a funnel over the cucumbers. Cover and let stand until completely cool.
4. Put covered pickle jar into refrigerator and leave it there for at least 8 hours or up to 5 days.



VESELOVAELENA/GETTY



NATALIA KHIMICH/GETTY



Difficult

Little kids will need quite a bit of help making these cupcakes from *Sesame Street's Let's Cook* cookbook. If your child has done some baking, like making muffins from a mix, and is ready for the next level, this is a good step up. Frosting isn't required. Instead, a little melted chocolate is drizzled on top with raspberries and powdered sugar as a final garnish.

ELMO'S SURPRISE CHOCOLATE RASPBERRY CUPCAKES

- 1 cup all-purpose flour
- ½ cup sugar
- ⅓ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ⅛ teaspoon salt
- 2 eggs
- ½ cup plain yogurt
- ½ cup milk
- ⅓ cup vegetable oil
- ½ teaspoon vanilla extract
- ¼ cup seedless raspberry jam
- ½ cup semisweet chocolate chips
- ½ pint raspberries
- Confectioners' sugar

1. Preheat oven to 350 degrees. Line 12 muffin pan cups with paper liners.
2. Whisk together the flour, sugar, cocoa powder, baking soda and salt in a large bowl.
3. Whisk together the eggs and yogurt in a medium bowl. Whisk in the milk, oil and vanilla until smooth. Pour into the flour mixture, using a spatula to scrape the side of the bowl. Whisk just until blended.
4. Spoon the batter evenly into the lined muffin cups, filling each about ⅔ of the way full.
5. Bake 18 minutes or until a cake tester inserted in the center of a cupcake comes out clean. Transfer the pan to a rack to cool 10 minutes. Turn the cupcakes out onto the rack to cool completely.
6. When the cupcakes are cool, use a small knife to cut out a small cone shape from the top of each. Fill each hollow with 1 teaspoon jam and replace the cone.
7. In a small microwave-safe bowl, microwave the chocolate chips for 20 to 30 seconds, until they start to melt. Stir until smooth. Spread about 1 teaspoon of melted chocolate over the center of each cupcake.
8. Top each cupcake with 3 raspberries. Dust with confectioners' sugar. TK

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

Child Abuse Network Gives Wrap-around Care for Children Traumatized by Abuse

By **Mikaela LeBlanc**



CAN SUPERHERO CHALLENGE

Sunday, April 16, 2023, 11 a.m.–3 p.m.

POSTOAK Lodge

Tickets & Information:
cansuperherochallenge.org

FOR MORE THAN 30 years, the Child Abuse Network (CAN) in Tulsa has been helping children impacted by abuse. This month will be the 10th anniversary of the Superhero Challenge, a fun, family event that benefits CAN. TulsaKids spoke with Bob Beard, chief development officer at CAN, about what the organization does and what makes it unique.

Q: What is the Child Abuse Network, and what does it do?

A: Child Abuse Network is a comprehensive intervention service. We have a central facility that houses the Children's Advocacy Center here in Tulsa, and that's where we really perform our duties for Child Abuse Network. It's a multi-disciplinary approach. We provide services that wrap around the child so when they come to the campus, they can feel safe. They can feel love and caring from our staff.

When a child must report what's happened, in really one of the most traumatizing events of their lives, they can now just tell it one time to a forensic interviewer. What they used to have to do was tell that story over and over to each entity.

From there, the surrounding services — such as the medical forensics, the legal aspect, the law enforcement, DHS — can surround that interview and help the child the best that they can.

We have our police officers on site that work as part of our team. We have our professionally certified doctors for forensic medical exams. There are only a handful across the nation — maybe 370 of them — and we have two of them on site here in Tulsa.

Q: Why is CAN unique?

A: It is unique because of the model. We're only one of 13 such facilities in the entire world that provide a model like this that surrounds the child with the multiple safety measures that we take when providing the services for the child. It really lessens the trauma.

Children impacted by trauma may experience effects such as impaired brain development, chronic health concerns, psychological problems, poor academic outcomes or juvenile crime. So, when we're able to seize that trauma early on with the child, we're really able to lessen these other effects. We are the initial point of contact to immediately bring protection and safety to the child during the trauma.

Q: Why is it important?

A: We found through major statistics and research that CAN's approach absolutely lessens the trauma, which lessens the trauma in children's lives, and they can continue on and have hope. The child's healing starts a lot faster.

Q: What does it cost?

A: We provide these types of intervention services free of charge. We would never charge a family for what they need. They're able to come in and really meet the challenge of what's taken place with their child.

Q: How is it funded?

A: We receive our funding from generous donors in the community, grants from foundations here in the community, government grants, the National Children's Alliance. It's a private nonprofit. We have to raise all the funding for staff services and for all the programs and services that we provide.

Q: What other services do you provide?

A: We have a family advocate. Once everything is done with

TO REPORT ABUSE

Oklahoma Hotline: **800.522.3511**

National Hotline: **800.4ACHILD** (800.422.4453)

State law requires every person who has reason to believe that a child under 18 is a victim of abuse to report the suspicion of abuse immediately to the Oklahoma Department of Human Services (DHS). If you have questions, call CAN. A specialist can help you through the reporting process. Call a child specialist at 918.624.0200.



the actual interviewing process, children are then assigned to a family case manager. That case manager then sits with them and lets them know of all the many services within our community that are available to them to provide support.

We provide a blanket, a stuffed animal, a backpack. If they need diapers or clothes, anything that would be of urgent care, we immediately provide all that through the family advocate. That family advocate then follows up with them to see how they're healing, how they're doing, and to make sure that they're getting the services they need once they leave our location.

Q: Do you serve outside of Tulsa as well?

A: We serve 28 counties in Oklahoma. Because of the model we have, families come from surrounding states as well. A child is a child. The only thing that is different is that the law enforcement must take place within [their state], but our law enforcement connects with theirs to be able to provide the information.

Q: What is the Superhero Challenge?

A: We're celebrating our 10th anniversary for Superhero Challenge. It's during Child Abuse Awareness month, which is in April. We run a half-mile course for children 5 years old and under. If you're 6 years old [and older], we provide a mile course, which has 10 obstacles throughout.

Different superheroes are running around. We have a Superhero Village as well. We have inflatables and entertainment and food trucks.

It really raises awareness for child abuse in our community. TK





From Fun

Local Kids Discuss How Hobbies Shape Their Lives

From helping them *de-stress to guiding them toward a future career, hobbies can benefit kids in a variety of ways. Here, local students talk about their hobbies, what they've gained from them and local community organizations that have helped support their interests.*



A younger Ian Kirk participates in the Mount Ida Quartz Dig Competition.

A Local Rock Star:

Ian Kirk

Fluorescent Rocks

Ian Kirk discovered his passion for geology at an early age. "When I was 5 or 6, we went to the salt plains. And that's when we got the selenite crystals," he says. It's an interest he shares with his mom, a molecular biologist. "My mom actually got into sand, which I would say wasn't interesting at first," Ian explains. However, that interest has taken them to Hawaii, to see a rare green sand beach—composed of olivine—and they are currently planning a trip to New York to visit the garnet sand beach.

Now 18 and a freshman at the University of Tulsa studying chemical engineering, Ian's interest in geology continues to be a big part of his life. Eventually, he hopes to get a master's degree in environmental engineering. He is a Boy Scout merit badge counselor for geology and mining in society and regularly returns to his middle school to talk to seventh graders about geology.

PEBBLE PUPS

The Tulsa Rock and Mineral Society (TRMS) had a significant role in Ian's geological education. He joined in fifth grade. Their Pebble Pups program for kids 18 and younger is a patch-based system similar to Boy Scouts, which allows participants to explore a variety of interests.

This system helped Ian discover his primary interest: fluorescents. "What I liked about fluorescent rocks is, it wasn't just the minerals we were looking at. We were looking at the process of hitting them with the light and making them glow. And that was very different because I had seen rocks, I had seen crystals, but I hadn't seen fluorescent rocks as much."

Julia Allende, who facilitates Pebble Pups, helped Ian build a fluorescent display case, which he enters in the competitive display case category at TRMS's annual Rock, Gem, Mineral and Jewelry Show. She also gave him one of his prized fluorescent specimens. Although many Pebble Pups activities are geared toward younger kids, Ian appreciates that Julia helps the older kids explore their own interests.

"There's so many different ways to look at geology," Ian says.

THE VALUE OF HOBBIES

"I'd say hobbies have helped me figure out what I like," Ian says. In fact, he graduated high school having participated in 18 different clubs and organizations. "I'm one of those people that doesn't like to sit still. I just can't do it," he says.

Practically, Ian says hobbies look good to colleges and businesses. They can also teach students about leadership and expose them to various leadership roles.

SUPPORTING YOUR BUDDING ROCKHOUND

- Join TRMS for just $15 per month per family.
- Attend TRMS' annual Rock and Mineral Show, July 15–16, 2023, at Expo Square.
- Visit the Cox Nature Exchange at Tulsa Zoo.
- Take short trips, starting with the selenite crystals at the Great Salt Plains.
- Keep an eye out for interesting rocks on the side of the road—or wherever you are!

to Future:

BY TARA RITTLER

Blown Away: Autumn O'Leary

Glassblowing





Fifteen-year-old Autumn O'Leary's interest in glass began by collecting glass pieces from places like Hobby Lobby and Home Goods. However, it wasn't until she saw Netflix's glassblowing competition show, *Blown Away,* that she considered pursuing glassblowing herself.

With her mom's help, she discovered Tulsa Glassblowing School (TGS), which offers "experience" classes, where you can make your own glass work in a single setting. After making ornaments, a paperweight and more, Autumn is ready to take her first six-week class at TGS. And, although she is early in her glassblowing career, she already sees it as being an important part of her future.

TERRIFYING FRAGILITY

Glassblowing is a hobby unlike any other. It brings you into close contact with extreme heat and, inevitably, broken shards of glass. But Autumn loves it. "The risk factor adds even more excitement to it. Because you're right next to the furnace, and you can feel so much heat blowing on your face. And you're like, 'I'm sweating, but I love this!' It's pretty incredible."

The fragility of glass, she says, is "terrifying." But because of this, "You put more care into it. You try to be more delicate with it, so you don't break this thing that you spent like an hour making."

TRY EVERYTHING

Although she didn't take her first glassblowing class till her teenage years, Autumn appreciates that this reinforced the idea that you're never too old to pick up a hobby.

Autumn's mom, Delina O'Leary, says she tries to give her daughter opportunities to try new things and explore interests as much as possible. In the past, Autumn did dance, but "That's just not her," Delina says. "But giving them the experiences that we can, when we can. I feel like it narrows down for her what she's really interested in and likes."

GETTING INTO GLASS

- Try one of TGS's glassblowing experience classes.
- Visit TGS to see the work on display, possibly at one of their annual studio sales.
- Visit Oklahoma City Museum of Art or Crystal Bridges, which have fabulous Chihuly exhibits.
- Philbrook Museum also has some glass pieces in their collection.

A Creative Equestrian:

Elizabeth Zurita

Horseback Riding





"I have loved horses for as far back as I can remember," recounts Elizabeth Zurita, age 12. This began at age 3, when she chose horse-themed bedding for her first "big girl bed." "From then on, I begged for lessons, began drawing [horses] and, as I got older, reading everything I could about horses," she says.

But it wasn't until February 2021 that Elizabeth finally began riding at Saddle Time in Broken Arrow. Now, she takes weekly lessons and has progressed to the point where she can compete. Her first competition in September 2022 was a success. Elizabeth and her horse, Nala, took home several first-place ribbons and won the title of overall Grand Champion.

FUNDING YOUR HOBBY — AND THINKING OUTSIDE THE BOX

"Riding is very expensive," says Elizabeth. Her first competition cost about $500, which included horse rental, transportation and multiple entry fees.

To raise the funds, she and her family came up with a plan incorporating one of Elizabeth's other hobbies, drawing horses. She sold her drawings for $1 each, with her mom using social media to spread the word. "After about 6 weeks, I had reached my goal [of $500], and it felt amazing!" says Elizabeth. "Seeing what I was able to accomplish made me feel so proud and strengthened my determination to do my best at the competition!"

Her parents also contributed by purchasing the required competition clothing, and her aunt custom-made her riding jacket.

OTHER WAYS TO ENGAGE

Beyond drawing and riding horses, Elizabeth makes custom leather saddles for her horse collection, hoping to someday make her own full-size tacking gear.

She also reads everything she can about horses, researching horse breeds, horse anatomy and famous horses such as National Velvet and Seabiscuit.

"Horseback riding is my passion," she says, "and there is no better feeling than knowing what you were born to do."





A Rewarding Hobby:

Sparrow Jaris

Fencing

After her karate studio quit offering lessons, 15-year-old Sparrow Jaris's dad started looking for a sport for her to do to supplement her other hobbies: robotics, hiking, playing Dungeons & Dragons and video games. His search led him to the Tulsa Fencing Club. "The reason I started fencing is because my dad encouraged me to," Sparrow says, "And I'm really glad he did!"

TULSA FENCING CLUB

Tulsa Fencing Club (TFC) meets Tuesdays and Thursdays at Southminster Presbyterian Community Center (3500 S. Peoria). Their one-month Beginning Fencing class, a pre-requisite for club membership, costs $85. TFC supplies equipment for beginners.

Sparrow estimates that she spends about two hours at TFC each week and tries to practice at home when possible. Recently, she participated in her first tournament, placing high in the Mixed Open Sabre category.

If you're considering fencing as a hobby, Sparrow recommends that you give it a try. "I really like how nice the other fencers are!" she says. "Fencing is very rewarding but very difficult."

Dancing Out of Your Comfort Zone:

Anna Gatz

Swing Dancing

Homeschooled senior Anna Gatz has been dancing with The Oklahoma Swing Syndicate (TOSS) since 2016. Originally, she went with her family to TOSS's bi-monthly swing dances, held at the Southminster Presbyterian Community Center. Now, she typically goes by herself or with a group of friends, making the drive from Coweta. Each class begins with a 30-minute beginner lesson, followed by a social dance for all ages.

GAINING CONFIDENCE

Anna credits swing dancing with helping her overcome shyness by consistently getting her out of her comfort zone. "I was a very shy child," she says. "After I started swing dancing, I kind of bloomed. I would have lots of different people come and dance with me, and I had to talk to them. So it really brought me out of my shell."

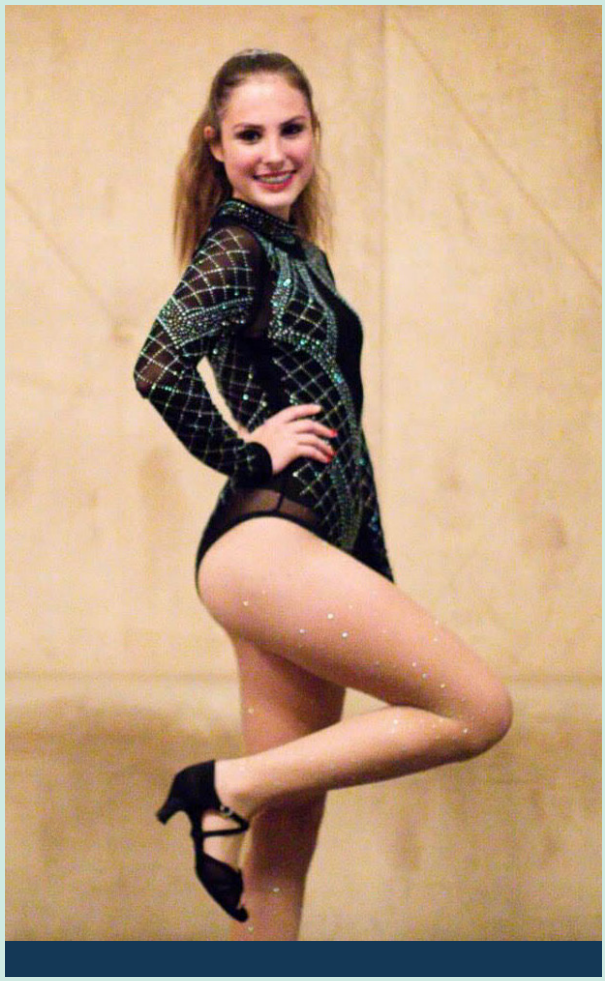
More than that, she says that this newfound confidence gave her the push she needed to audition for a musical theater production, something that had always been in the back of her mind but that she hadn't tried until last year. Now, she plans to major in musical theater, with a goal of possibly starting her own theater company someday.



From COVID Quarantine to Community:

Alaura Prentice

Latin Dance



Alaura Prentice's father introduced her to Latin dance during the pandemic. Already a member of Latin Dance 918, he needed someone to practice with during quarantine. As life got back to normal, 17-year-old Alaura stuck with her new hobby. Although Alaura is not currently enrolled in a Latin Dance 918 class, she has been in the past and still enjoys going to Friday night social dances.

LATIN DANCE 918

The mission of Latin Dance 918 is "to offer everyone the opportunity to experience the joy and collective healing of Afro-Caribbean/Latin dancing in an inclusive community." The non-profit does this in a variety of ways, from providing dance classes to weekly social dances, connecting with local DJs and musicians, etc. They also perform at community events, such as the Pride Parade.

"A year ago," recounts Alaura, "there was a performance at Gathering Place. It was one of my first performances, and there were so many different styles of dancing going on. We were dancing on stage, and then everyone around started dancing. It was such a great experience."

Most people who take classes with Latin Dance 918 are adults, so Alaura recommends families with younger children start by attending social dances. "If a young one is interested and you show up there," she says, "everyone would be so welcoming to teach them and to get them resources on other dance classes they can take."

A LOCAL AND GLOBAL COMMUNITY

This welcoming spirit is part of what she loves about Latin dance. Not only has Latin Dance 918 created a strong local Latin dance community, but Alaura is also now connected to a global community of dancers.

"There are dance socials all around the world that people would travel to just to dance," Alaura says. "I definitely see myself in the future traveling and dancing around the world."

In fact, Alaura sees community as a key reason why hobbies can be good for kids. "As a teenager," she explains, "sometimes you feel that you don't belong in certain areas, and then you get to experience the hobby and you're, like, really good at something or you have a passion for it. It makes you feel like, 'This is something I would like to do. This is where I belong.'" TK

WEBSITES:

latindance918.org

saddletime.net

theoklahomaswingsyndicate.org

tulsafencing.com

tulsaglassblowing.org

tulsarockandmineralsociety.org


MAD SCIENTIST Ball
BENEFITTING DISCOVERY LAB
3123 RIVERSIDE DRIVE
TULSA, OKLAHOMA
Save the Date
APRIL 29, 2023
Scan me!
discovery LAB


Get the Party Started with the TulsaKids Party Planner!
Your guide to the best birthday entertainers, venues and more in the Tulsa area.
tulsakids.com/guides
tulsakids

EDUCATION

Dolly Parton Spreads Love of Reading in Tulsa

BY NATALIE MIKLES



DOLLY Parton's Imagination Library is now open to Tulsa kids.

All kids ages birth through 5 in Tulsa County are eligible for the program that puts books in the hands of children, giving them access to their own book collections.

Children registered in the program will receive a free book in the mail once a month until their 5th birthday. Families with more than one child age birth through 5 may register each child, so that each young family member receives their own books.

Parton has said the creation of the Imagination Library was inspired by her father. She says that though he was a smart man, he never learned to read well. In interviews, Parton has said her father was prouder of her for her creation of the Imagination Library than anything else she had accomplished.

Many studies, including a two-decades study published in the journal Social Science Research, have shown that access to a home library with a wide selection of literature helps to build vocabulary and comprehension, supporting kids through school and into adulthood.

"TCCL is thrilled to partner with Dolly Parton's Imagination Library to embark on another endeavor in developing early literacy skills for children throughout Tulsa County. Like TCCL's Build A Reader program, which inspires a love of reading through activities, events and workshops, the Imagination Library recognizes that adult primary caregivers play a critical role in their child's literacy skills and in forming positive associations with reading. By building a home library and experiencing stories together, the Imagination Library helps children establish positive connections with reading and with those who read to them," said Kimberly Johnson, CEO, Tulsa City-County Library.

Dolly Parton's Imagination Library launched 28 years ago in Tennessee under Parton's vision to create a lifelong love of reading and, through books, to inspire children to learn, care and dream big. The Imagination Library became a national initiative in 2000. Parton was recently awarded the Carnegie Medal of Philanthropy for her charitable work.

The Imagination Library of Tulsa City-County Library is paid for through a partnership with the Oklahoma State Department of Education and private funding through the Birth through Eight Strategy for Tulsa, an initiative of the George Kaiser Family Foundation.



PHOTO COURTESY OF DOLLY PARTON'S IMAGINATION LIBRARY

WHO IS ELIGIBLE?

Any child age birth through 5 living in Tulsa County is eligible. Children will receive their last books on their 5th birthday.

WHAT IS THE COST?

The program is completely free.

HOW DO I SIGN UP?

Find the Dolly Parton Imagination Library tab on the Tulsa Library website **(tulsalibrary.org/imagination-library**). Or pick up and return a paper form to any Tulsa City-County Library location.

WHAT KINDS OF BOOKS WILL MY CHILD RECEIVE?

High-quality books are chosen for the child's age, from board books for babies to picture books for toddlers and pre-K. Past titles include *Corduroy, The Very Hungry Caterpillar, The Tale of Peter Rabbit* and *Llama, Llama Red Pajama.*

WHEN WILL I RECEIVE MY BOOKS?

Your child will receive his or her first book in the mail six to 12 weeks after registration.

CAN I HAVE HELP WITH REGISTRATION?

Go to any TCCL location or contact Rebecca Harrison at **imaginationlibrary@tulsalibrary.org**.

TIPS FOR READING TO YOUNG CHILDREN

Read every day! Make reading a part of your daily routine and something your kids will look forward to.

Make books accessible. Keep books handy by placing them in baskets, on the coffee table and other places kids can easily find them. Keep a stack on the kitchen table to encourage looking through books any time of day.

Read books over and over again. If you find a book your child especially likes, read it multiple times. You might be tired of *Little Blue Truck,* but the repetition of the story and words is great for your kids' understanding of words and phrasing.

Associate reading with pleasure. Snuggle with your kiddos or let them sit in your lap while you read. Read while eating a snack or swinging on the porch swing.



SHIRONOSOV/GETTY

KNOW YOUR TK NEIGHBORS

Sand SPRINGS Oklahoma

Written by Natalie Mikles
Photography by Ian Upton



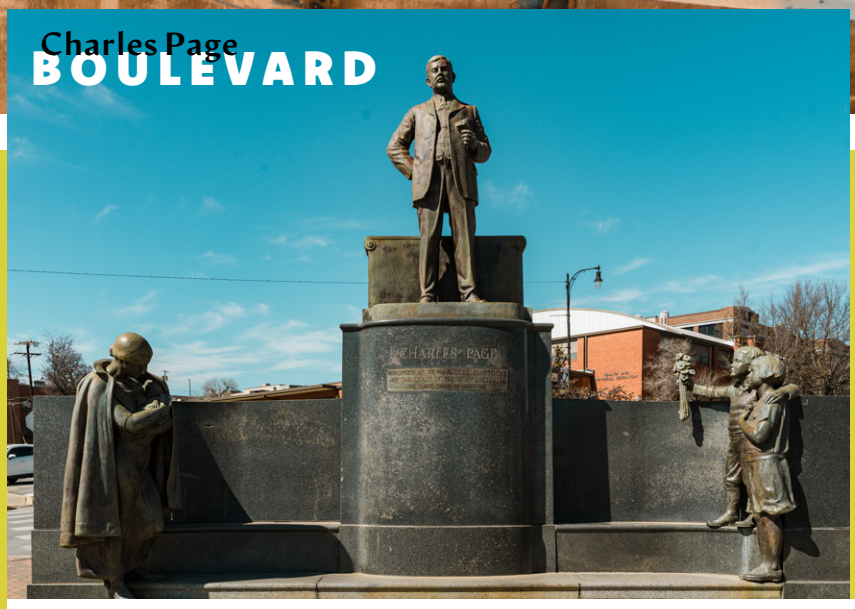


TULSA IS HOME to around 415,000 people, but the reach of the Tulsa metro extends to more than 1 million. That's a lot of families living, going to school and playing in Tulsa suburbs. TulsaKids will explore some of those suburbs and small towns in coming issues. Read along with us as we explore why people choose to live where they do and what fun or interesting things draw or keep them there. We will be highlighting the communities surrounding Tulsa throughout the year. We hope you enjoy exploring them along with us.

SAND SPRINGS DRAWS FAMILIES TO LIVE, PLAY & SHOP IN HISTORIC SURROUNDINGS

Around 20,000 people call Sand Springs home. Its proximity to downtown Tulsa, retro downtown charm, schools and parks are draws for many families.





HISTORY

Sand Springs has a truly unique history. In 1908, philanthropist **Charles Page** set out to create a community for orphans and widows in the land that is now Sand Springs. The first 27 orphaned children, whom Page became the guardian of, lived in a tent on his land until a proper home was built. By 1918, a large estate home was built where children lived in a dorm-style setting, with fireplaces, a kitchen, library and bowling alley. Page never referred to the house as an orphanage, but "The Home," so that children would feel they had a home to which they belonged.

Page's legacy remains today. "The Home" is now made up of individual family houses, and the **Charles Page Family Village** provides housing, with no cost for rent or utilities, for more than 100 single mothers and their children.



WHY SAND SPRINGS?

Amy and Rex Duncan didn't grow up in Sand Springs, but when it came to finding a place to raise their family, they chose Sand Springs. Their four daughters, Ava, Elise, Grace and Elliott, attend Sand Springs Public Schools.

"We choose to live in Sand Springs for its small-town charm and friendly people. We love the parks, libraries and community theater for the kids," Amy said. "Our schools are large enough to offer a wide variety of courses and extracurricular activities to meet the needs of all students but small enough to still have a personal connection with students and families."

HERBAL AFFAIR

Every April, thousands make their way to the **Sand Springs Herbal Affair**. From 8 a.m. to 4 p.m. on April 15, downtown Sand Springs will be transformed into a gardeners' paradise, with booths of plant growers, food and craft vendors lining the street.

Many come to the event for specialty plants, heirloom vegetables and herbs galore. Mid-April tends to be the perfect time to start putting herbs and perennials in the ground. It's also a great place to get advice from knowledgeable growers.

Listen to live music (with hay bales for chairs) at the **Basil Street Theater** in the center of town, and take the kids by the Kids Zone where you'll find hands-on projects, games and activities.

The Herbal Affair began as a small, downtown street sale in 1989 and has since grown to become the state's premier herb festival.



PHOTO COURTESY OF SAND SPRINGS WEBSITE.





FUN AND YUM!

Downtown Sand Springs has several spots for families to enjoy shopping and eating. **Big Dipper Creamery** makes small-batch ice creams that kids and their parents will like. Try Honeycomb Lavender, Ooey Gooey Butter Cake or A Walk at the Fair, a cotton candy-flavored kids' favorite. A bright pink neon sign with the words Ice Cream tops the door to the Big Dipper. You can't miss it!

For a casual family night out, there's **Napoli's Italian**, located in a historic brick building. It's a place where kids can enjoy spaghetti and meatballs while the grownups have a glass of wine and lasagna. For upscale Italian, there's **Little Venice**, which has quickly become a Tulsa-area favorite. Many diners drive in from Tulsa and beyond for the old-school elegance of tableside Caesar salads and flambéed bananas foster and the knowledge and kindness of Walter Munaretto, known by many as the former and longtime general manager of the **Summit Club**. He and his wife, Candi, have put Little Venice, and Sand Springs, on the culinary map.

Saturdays are often a busy time downtown, with shopping at **OkieSpice**, a fun food and kitchen store. OkieSpice has many gourmet products, but also down-home favorites like chili seasoning and cookie mixes. True to its name, OkieSpice has an entire wall of spices. It's also a great place to find candy, gifts and even homemade cheese and sausages.

For cute clothes, shoes and gifts, there's **YellowHouse Market**. There's a little bit of everything in this shop, from home décor to jewelry.

Antique shoppers will enjoy **Dog and Duck Antiques**, a curated shop of nostalgia, antiques and even some Oklahoma and Sand Springs centric history. The shop is sometimes the site of community events, like a mini concert by the **Highway 97 Bluegrass Band**.





CYCLING & MORE

Sand Springs is a staple for those in the Tulsa-area bicycling community. The hills of Sand Springs' north side and cyclers' favorite **Avery Drive** on the south side make Sand Springs a mainstay for road bikes. The **Wednesday Night Ride**, where groups of Tulsa cyclists ride together, typically includes a ride through Sand Springs—and sometimes a stop at the **Big Dipper** for an ice cream cone.

Those strenuous rides are too intense for kids, but Sand Springs still offers great riding paths for kids. The **Sand Springs Lake Park** offers a paved riding trail with a little elevation and a small bridge that kids enjoy crossing over. It also has picnic shelters and shade for families who want to take a break. If you like to fish, bring your fishing poles. The Sand Springs Lake Park (1401 E. Park Road) is also a popular fishing spot. It's the former site of an amusement park and zoo where, in the 1920s to 1950s, people would ride the trolley from Tulsa to Sand Springs to swim and play at the park.

Another great place for cycling is **Case Community Park.** Here, you'll find both a paved trail and the **Sand Springs BMX track**. Actually, it's a great place for kicking a soccer ball, walking a dog, skateboarding at the skate park, playing in the splashpad or hitting a homerun. This large park offers space to roam for family fun.



KEYSTONE ANCIENT FOREST

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

Walk deeper into the Ancient Forest and you'll find longer trails in this cross timbers forest that take you through ancient cedar and 300-year-old post oak trees up to a great view of the **Arkansas River**, where a marker shows hikers the spot where **Washington Irving** trekked through in 1832.

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

The trails are usually open 7 a.m. to 2 p.m. Thursdays and 7 a.m. to 6 p.m. Fridays through Sundays. Check social media for most current hours.

WHY SAND SPRINGS?

Whitney and Neal French moved to Sand Springs a year ago. They were looking to build a home with acreage for their three children, 5-year-old Haisley and 2-year-old twins Ashton and Avery-Rose, to play. Whitney said her family has taken advantage of Sand Springs' parks and other outdoor opportunities for fun.

"What we loved about moving to Sand Springs is the country feel, yet it's close to Tulsa, so we can live both the city life and slow, small-town living life," Whitney said. "The friendly people, quiet backroads and beautiful scenery that encompasses many natural hiking trails makes me excited to raise my kids in a place where we can appreciate what God's sweet nature has to offer."





SAND SPRINGS MUSEUM

Fans of architecture will enjoy a walk through the **Sand Springs Cultural and Historical Museum**. Built in 1930 to honor Charles Page's wife, Lucile, the building served as the **Page Memorial Library** for many years until a new Tulsa City-County Library was constructed in 2001.

The art deco design includes many interesting interior and exterior features. It is listed on the **National Register of Historic Places**. The museum has a permanent exhibit of the history of Sand Springs as well as temporary and traveling exhibits. Admission is free.

Readers' FAVORITES

We asked TulsaKids readers on Facebook to share their Sand Springs must-dos. Here's what some of them had to say!

"Go to the **Big Dipper**! Go to **Little Venice**! Do the **herb festival** in the spring."
AMY J.

"Splash pad at **Case Community** (bonus that it's wheelchair-accessible) and **Keystone Ancient Forest**—again, bonus that it has a paved trail, but friends in wheelchairs may still need an occasional slingshot."
KELLY R.
[Editor's Note: Keystone Ancient Forest responded, saying they have all-terrain mobility chairs that can be reserved for free through the city's website.]

"BMX at **Sand Springs BMX**, **softball**, playing at **Case Community Park**, hiking **Keystone Ancient Forest**, visiting the **library**, fishing at **Keystone**, boating at Keystone and grabbing ice cream at **Big Dipper**!"
ASHLEY B.

"I love going to **Riddle Plant Farm**. It is right next to grandma's house."
KARA JOY M.

"**Herbal Affair**, walking at the **Case Community Park** and hiking at **Keystone Ancient Forest**, **Charles Page Public Library**, **OkieSpice**, **Little Venice Restaurant**, **Dean's Coney Island**."
GAYLE L.

"Painting classes at **ZegART Studios**!"
LORI V.

"Taking art workshops at **ZegART Studios**!!"
SHEILA B.

"**Sand Springs BMX** is the best for family fun."
ANNETTE N.

"Watch my grandkids race on **Sand Springs BMX racetrack**."
JUDY N.

"We love to dance with **Miss Tirita's Dance and Performing Arts Studio**."
SARAH T.

"Love the libraries, the **Charles Page Museum**, the **flea market by 81st Street**"
DEBBIE G.

"**Big Dipper Creamery** for sure!"
MANDY H.

"**Big Dipper Creamery**, **Keystone Ancient Forest**, **Case Community Park**, **Herbal Affair**, local shopping on **Main Street**, **Boulder Coffee**."
BECKY G.



Keystone Ancient FOREST



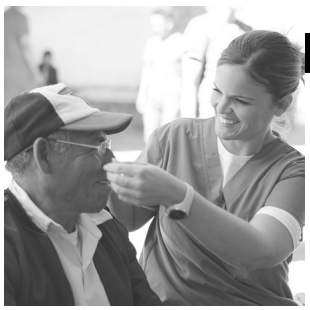


Case COMMUNITY Park



KNOW YOUR TK NEIGHBORS

Sand Springs
OKLAHOMA



Dr. Presley & Associates

Tulsa's home for comprehensive and affordable eyecare. Walk-ins Welcome.

In addition to providing eye care to patients in Oklahoma, Dr. Presley and Associates is involved in short-term medical missions. Providing glasses for people in need while also sharing the gospel of Jesus Christ.

230 South Highway 97, Suite B
Sand Springs, OK 74063
(918) 241-2020
drpresley.com

Dr. Presley & ASSOCIATES



Sand Springs BMX

FREE One-Day Trial

FREE One-Day Trial at SSBMX includes FREE loaner bikes and helmets! New Rider package ONLY $105 ($185 VALUE!) includes 12 month USABMX membership ($80), Jersey ($25), 5 races ($60), and Group Coaching Session ($20). Get started anytime!

2600 S River City Park Rd
Sand Springs, OK 74063
(918) 271-1219
sandspringsbmx.com

SS BMX



CrossFit 1055

Contact us about a free week!

CrossFit 1055 is fitness for everyone. We offer several coached class options throughout the week. All abilities are welcomed. We have a kids room available (unsupervised) with Netflix and Wifi. Come check us out!

106 Wellston Park Rd, Sand Springs, OK 74063
(918) 948-7291
info@crossfit1055.com
crossfit1055.com

CROSSFIT 1055



Meadow Lake Ranch

Fishing, Log Cabins, Dude Ranch Activities, & more!

Plan your stay in one of our authentic log cabins complete with private patios & waterfront views. Enjoy bank fishing, walking trails, & plenty of ranch activities. Find adventure for the whole family at Meadow Lake Ranch!

Contact: Sue Warren
3450 S 137th W Ave, Sand Springs, OK 74063
(918) 494-6000
meadowlakeranch.com

Meadow Lake Ranch

Want your ad included in our next KNOW YOUR NEIGHBORS section?

Contact us at 918.582.8504

TULSAKIDS

BIRTHDAY CLUB

It's free!



TULSAKIDS WANTS TO CELEBRATE YOUR KID'S BIRTHDAY!

Parents will get major discounts at the best birthday party venues and businesses.

Kids will get free treats and more on their special day!

Visit **tulsakids.com** for signup information. (Coming soon!)

tulsakids

Make this summer INCREDIBLE!



USchool Camp Incredible 2023

- Six sessions available June 5 - July 21
- For children entering grades 1-8

Call 631-5060, email uschool@utulsa.edu or register online.

THE UNIVERSITY of TULSA
University School

UTULSA.EDU/USCHOOL
918-631-5060



TU is an EEO/AA institution, including disability/veteran. TU#23095

TulsaKids' 2023 SUMMER CAMPS & ACTIVITIES GUIDE

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

CAMP NINJA WARRIOR

Contact: Ashley Baker
12810 S. Memorial Ave., Suite 107, Bixby
918.894.5714
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
5817 S. 118th E. Ave., Tulsa
918.249.0044
dustin@soccercitytulsa.com
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

May 30–June 2 (4-day)

July 17–21 (5-day)

August 14–18 (5-day)

½ day options: 9am–12pm or 1pm–4pm

Full Day: 9am–4pm

Comfy clothes and tennis shoes are all that are required.

Summer Lil' Kickers — Dates to be announced

For more information, please contact dustin@soccercitytulsa.com. To register, please visit www.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, 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

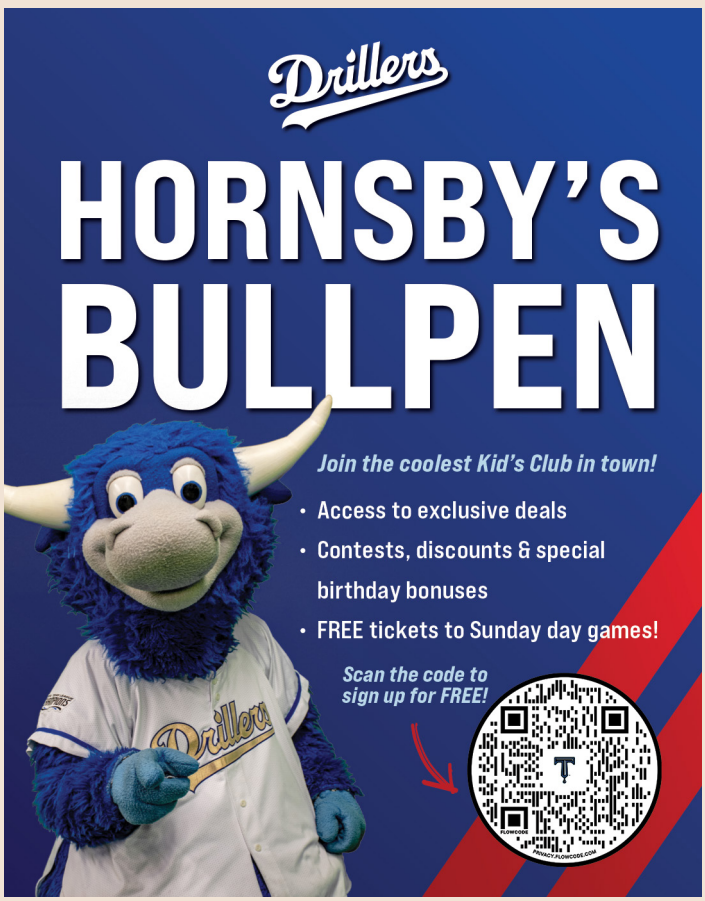
706 S. Boston Ave., Tulsa

info@tulsacampfire.org

tulsacampfire.org/camp

Ages: entering 3rd Grade to 12th grade





CAMP LUTHERHOMA
Outdoor Adventures
Christ-Centered Community
Week long sessions June 11-July 28
Ages 7-18 and family programs
Lutherhoma.com
918-458-0704
Tahlequah, OK






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.

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.

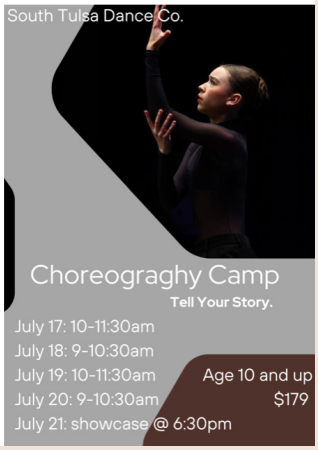
Camps at Clark Youth Theatre focus on acting, dance and music skills, with a performance at the end of camp. Each session of camp is taught by industry professionals. Visit Clark's website or Facebook page for more details and pricing.













SUMMER CAMPS &

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

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

5147-D S. Harvard, Tulsa

918.743.4339

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

Ages: 7–12

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)

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.







SUMMER CAMPS &

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.

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 **918.254.1988**

Jenks: 525 W. 91st St. S., Tulsa **miller@millerswimschool.com**

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

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







SUMMER CAMPS &

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.

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

PRIMROSE SCHOOL OF BROKEN ARROW

Contact: Gia Patel

1701 W. Albany St., Broken Arrow

918.355.6827

GPatel@PrimroseBA.com

primroseba.com

Ages: K-3rd Grade

Dates: May 30 - August 17

Cost: $285 a week

ACTIVITIES GUIDE

At Primrose Schools Summer Adventure Club, there's so much to discover. Every week, children explore new themes – like sports, arts, robotics, coding, culinary including STEAM, and more - through fun, hands-on activities that encourage learning and new ways of thinking. We offer fun activities throughout the time, such as water activities, pet parades, chess and more. Children become engineers, artists, explorers and more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments and themed activities await as children unlock new ways of thinking—all while having a blast! Join us, and together we'll create active minds, healthy bodies and happy hearts.

Learn more at primroseschools.com/balanced-learning/summer-adventure-club.

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."







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

the YMCA

SUMMER CAMP FOR ALL.

We make summer fun at the YMCA of Greater Tulsa with four great summer camp locations. Treat your kids to an exciting season of countless activities and adventures, like sports, arts and crafts, STEM projects, the great outdoors and the freedom of just being a kid. It's an experience that will stay with them a lifetime. 100 Activities. 1 Summer.

To view camp schedules and register your camper, visit: ymcatulsa.org/camps

Tandy / Herman & Kate / Owasso / Daily
Y Accepts DHS Subsidy • Scholarship/Financial Assistance Available
Before and After Care Included

SUMMER CAMPS &

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.

ST. CRISPIN'S SUMMER CAMP

Contact: Teresa Phares
36302 St Hwy 9, Wewoka
269.317.8237
tphares@epiok.org
stcrispins.org/camp
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.

Contact: Keally Lilly, Owner
10031 S. Yale Ave., Suite 105, (101st and Yale) Tulsa
918.369.JAZZ (5299)
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! This summer we are offering four camps and an 8-week session in June and July.

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

SUMMER AT CASCIA

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

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

300 Aquarium Drive, Jenks

918.528.1501

tschmidt@okquarium.org

okaquarium.org

Ages: Seafari — 7–11, Marine Biologist For A Day — 12–17

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.





Now Enrolling for Summer 2023



MISS HELEN'S PRIVATE SCHOOL

TULSAKIDS Family Favorites 2022 FINALIST

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

Tippi Toes

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

@tulsatippitoes
www.TippiToes-Dance.com/Tulsa





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

SUMMER CAMPS & ACTIVITIES GUIDE

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.

TULSA YOUTH SYMPHONY

Contact: Alex Crawford, Marketing Director

918.807.6250

marketing@tulsayouthsymphony.org

tulsayouthsymphony.org

Camp dates: July 17-21

Join the Sound of Tulsa's Future for our 60th season! We have a full orchestral calendar including three ticketed performances, one free community concert, and supplemental programs like the Prestige Performance Series and a Summer Strings Camp!

Audition registration for TYS's 60th season will open on April 10, and auditions will be held the week of May 22. Our Summer Strings Camp runs from July 17-21 at the University of Tulsa! All details and updates can be found on our website: tulsayouthsymphony.org or via our social channels!

The Tulsa Youth Symphony is a 501(c)(3) organization founded in 1963 with a mission to provide advanced musical training and exceptional performance opportunities to our community's future leaders. Our goal is to improve problem-solving skills, stimulate creativity, expand the imagination, and instill a love and passion for music thereby developing an ability to recognize beauty and formulate an appreciation for the arts.

Learn more about TYS and its legacy at tulsayouthsymphony.org. To reach Executive Director RaeAnn Dowd or Music Director Richard Wagner, contact Marketing Director Alex Crawford at marketing@tulsayouthsymphony.org or 918.807.6250.

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

APRIL 2023

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

CAN SUPERHERO CHALLENGE
APRIL 16
Details p. **58**



Superheroes, assemble! Show off your skills at the annual **Superhero Challenge** obstacle course fundraiser.

PHOTO COURTESY CHILD ABUSE NETWORK



LEGALLY BLONDE THE MUSICAL
APRIL 19–20
Details p. **59**

Hannah Bonnett as Elle Woods in *Legally Blonde — The Musical*.

PHOTO BY DRAGER CREATIVE.



TULSA ZOORUN
APRIL 22
Details p. **59**

Pandai the baby siamang is ready to cheer on runners of all ages during the **Tulsa ZooRun**!

PHOTO COURTESY TULSA ZOO

BROUGHT TO YOU BY
TULSA ZOO



Celebrate literacy at **Read Across Oklahoma**, coming to **OKC Zoo** April 11.

PHOTO COURTESY OF OKLAHOMA DEPARTMENT OF LIBRARIES

April 1 Saturday

AQUARIUM RUN

All ages, 8 a.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

Offering a half marathon, 10K, 5K, and Fun Run, the Aquarium Run starts and finishes at the Oklahoma Aquarium.

BUILD A READER STORYTIME: FAMILY/ STAY AND PLAY (F)

Ages 0-5, 10-11 a.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Bring the whole family for this storytime featuring Ms. Jayme and Marlow the Pig!

TOSS DANCE

All ages, 7-10 p.m., Southmisnter Presbyterian Community Center, 3500 S. Peoria Ave., theoklahomaswingsyndicate.org

Join TOSS for an all-ages, all-levels swing dance every first and third Saturday of the month! There will be a lesson from 7-7:30, followed by the dance.

April 2 Sunday

SENSORY SKATE SUNDAY

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

Sensory Skate Sunday means no loud noises or flashing music, and the arcade and laser tag are suspended.

PETER PAN

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

Watch the 1927 silent version of *Peter Pan* accompanied by live music by organist Peter Krasinski.

April 3 Monday

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

For preschoolers, 10:30-10:55 a.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler.

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.

YUCHI LANGUAGE CLASS (F) (W)

For elementary schoolers to adults, 6:30-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

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

April 4 Tuesday

CROCHET AND CRAFT CLUB (F)

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

Work on crochet or crafting projects, learn new skills and meet other crafters!

SENSORY AWARENESS NIGHT

All ages, 6-9 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

Oklahoma Aquarium hosts Sensory Awareness events on the first Tuesday of each month.

COVER TO COVER BOOK CLUB (F)

For adults, 6:30-7:15 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Enjoy a lively discussion exploring *Fallout: Spies, Superbombs, and the Ultimate Cold War Showdown* by Steve Sheinkin, winner of the 2023 Anne V. Zarrow Award for Young Readers' Literature.

AIN'T TOO PROUD

Recommended ages 12+, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Ain't Too Proud — The Life and Times of the Temptations is the electrifying new Broadway musical that follows The Temptations' extraordinary journey. Additional showtimes through April 9.

April 5 Wednesday

LITTLE GARDEN EXPLORERS (W)

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

Spark wonder at this easygoing, drop-in play invitation.

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/ DOLLY PARTON'S IMAGINATION LIBRARY ENROLLMENT (F)

Ages 0-5, 10:30-11:30 a.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Come for storytime, then learn about Dolly Parton's Imagination Library and register your children under age 5 for this free book gifting program.

April 6 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!

HOMESCHOOL SKATE

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

Enjoy some Easter-themed fun at this month's Homeschool Skate!k

NATURE CRAFT DROP-IN (F) (W)

Ages 2+, 2-3 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, baparks.org

Drop in for a new nature-themed craft every Thursday afternoon!

FULL PINK MOON WALK

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

Hike beneath the Full Pink Moon, named after the phlox wildflower that blooms in early spring. Registration required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register.

April 7 Friday

ART BABIES

For 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. Space is limited; tickets must be purchased in advance. Repeats April 8.

ART IN BLOOM

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

Art in Bloom is a museum-renowned experience that features stunning structures made by local floral designers, inspired by the architecture and art of Philbrook. Repeats April 8-9, 9 a.m.-5 p.m.

1-2-3 PLAY WITH ME: PARENT-CHILD WORKSHOP (F)

For parents and children ages 1-3, 10-11:15 a.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

As children play, early childhood specialists will be available to talk about child development, speech and hearing, and music and movement. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

April 8 Saturday

BREAKFAST WITH THE BUNNY

All ages, 9 a.m. and 12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/bunny

Enjoy a scrumptious breakfast, an up-close animal encounter and meet the bunny. This special event will take place at 9 a.m. and 12:00 p.m. inside the H.A. Chapman Event Lodge.

BUILD A READER STORYTIME: FAMILY/ STAY AND PLAY — HOPPY EASTER! (F)

Ages 0-5, 12:30-1:30 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Join Ms. Kristina to celebrate Easter and all things springtime and bunnies!

TULSA SINGS! AMERICAN JUKEBOX

7:30 p.m., VanTrease PACE, 10300 E. 81st St., signaturesymphony.org

The biggest American hits of the past half century are coming to the annual Tulsa Sings! Competition, where the future Tulsa's talent takes the stage, and YOU get a chance to vote on the winner.

April 9 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.

April 10 Monday

CHILDREN'S DAY/ BOOK DAY: DIGGING INTO LATINX HISTORY/PERUVIAN RETABLOS (F)

All ages, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Explore Peruvian history and folk art with a bilingual children's book and making your own Peruvian retablo painting.

TULSA ROCK AND MINERAL SOCIETY CLUB MEETING

All ages, 7 p.m., 712 S. Columbia Ave., tulsarockandmineralsociety.org

Visitors and chaperoned kids are welcome to TRMS's monthly club meetings. Kids 18 and under can participate in the Pebble Pups program at 6:15 p.m.



TULSA DRILLERS HOME GAMES

Baseball season is BACK! Cheer for Tulsa Drillers as they play ball at ONEOK Field, 201 N. Elgin Ave. Kids ages 14 and under are invited to join Hornsby's Bullpen for free tickets to select games and other great perks! Details and tickets available at **tulsadrillers.com**.

4/6, 7:05 p.m. vs. San Antonio
4/7, 7:05 p.m. vs. San Antonio
4/8, 7:05 p.m. vs. San Antonio
4/18, 6:05 p.m. vs. Wichita
4/19, 11:05 a.m. vs. Wichita
4/20, 7:05 p.m. vs. Wichita
4/21, 7:05 p.m. vs. Wichita
4/22, 7:05 p.m. vs. Wichita
4/23, 1:05 p.m. vs. Wichita*

*Kids Eat Free day

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

April 11 Tuesday

READ ACROSS OKLAHOMA

For preschool and early grade children, 9 a.m.-1 p.m., Oklahoma City Zoo, 2000 Remington Pl., OKC, oklahoma.gov

This year's Read Across Oklahoma event will feature the book *That is a Hat* by author and illustrator Betty Selakovich Casey. The first 1,600 children that day with paid Zoo admission or ZOOfriends membership will receive a free book and are invited to participate in a variety of interactive learning stations and special performances.

April 12 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.

PARACHUTE PLAY! (F)

For ages 3-6 and caregivers, 11:30 a.m.-12 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Join for fun, cooperative parachute games and activities that help develop cognitive, motor and social skills.

April 13 Thursday

TEEN SCENE (F)

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

Hang out, play games, create art or study.

April 14 Friday

HELMERICH LIBRARY ANNUAL BOOK SALE (F)

All ages, 10 a.m.-5 p.m., Helmerich Library, 5131 E. 91st St., tulsalibrary.org

The Friends of the Helmerich Library's annual book sale features thousands of gently used books and media. Repeats April 15, 21 and 22.

STUDIO C: TEEN ART HANGOUT (F)

Ages 14+, 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. Reserve a free youth ticket to attend.

April 15 Saturday

ORBIT ARTS FESTIVAL (F)

All ages, Tulsa PAC, 110 E. 2nd St., tulsapac.com

Celebrate community arts organizations at this free, all-day event. See website for details.

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.

KIDS SWING DANCE WORKSHOP

Ages 8-18, 12:30-4 p.m., Southminster Presbyterian Community Center, 3500 S. Peoria Ave., theoklahomaswingsyndicate.org

Introduce your kids to swing dancing with this fun and easy workshop by The Oklahoma Swing Syndicate. $15 for the first family member, $5 for each additional family member. Show off your skills at the FREE live band dance at 7 p.m.

TULSA SYMPHONY PRESENTS *THE PRINCESS BRIDE* IN CONCERT

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

Experience one of the most beloved films of all time as never before… with the power of a full symphony orchestra performing the entire musical score live-to-picture!

April 16 Sunday

CAN SUPERHERO CHALLENGE

All ages, 11 a.m.-3 p.m., POSTOAK Lodge, 5232 W. 31st St. N., cansuperherochallenge.org

This family-friendly day of fun includes two obstacle courses; a pre-event VIP brunch option; Superhero Village with inflatables, kids' activities and entertainment; food trucks; and, of course, plenty of superheroes! Proceeds benefit the mission of Child Abuse Network.

April 17 Monday

MONDAY NIGHT TINY TOTS

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

It's Mario night at Tiny Tots! Skate, play, ride and jump — and don't forget your socks!

April 18 Tuesday

DÍA! CHILDREN'S DAY/BOOK DAY: ART LAB EXPLORING LATINX MURALISMO (F)

All ages, 4-5 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Join TCCL's Hispanic Resource Center for an art activity all about Latin American Muralismo.

HOBBY CLUB: CROSS-STITCH (F)

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

Learn the basics of cross-stitch and take home an awesome craft!







Celebrate I**nternational Dance Day** with a FREE live band swing dance on April 15!

PHOTO COURTESY THE OKLAHOMA SWING SYNDICATE

April 19 Wednesday

CHESS PARTY (F)

For upper elementary and middle schoolers, 5-6:30 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Meet other chess players, browse strategy books, enjoy snacks and explore the idea of a recurring chess club!

LEGALLY BLONDE THE MUSICAL

Recommended for ages 10+, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Fabulously fun, *Legally Blonde — The Musical* is the ultimate Broadway tribute to Girl Power! Repeats April 20.

April 20 Thursday

OPEN MIC NIGHT (F)

All ages, 5:30 p.m., Owen Park Community Center, 650 N. Maybelle Ave., facebook.com/owenparkcentertulsa

If you have a talent and want to share, come celebrate Poetry Month by signing up for Open Mic Night. Sign-ups start at 5:30 p.m., with readings beginning at 6 p.m.

THE SECRET GARDEN

7:30 p.m., Clark Youth Theatre, 4825 S. Quaker Ave., clarkyouththeatre.com

The Secret Garden follows Mary as she survives a deadly plague in India that kills her parents and forces her to live with her grief stricken Uncle Archibald in England. Additional showtimes through April 30.

April 21 Friday

JACK AND THE BEANSTALK

All ages, 10 and 11:45 a.m., Zarrow Performance Studio, 1901 W. New Orleans St., Broken Arrow, tulsaballet.org

Jack and his new friends (and of course one big Ogre…) return for another season of fantastical fun on stage! Repeats April 22 at 11:45 a.m. and 1:30 p.m.

April 22 Saturday

TULSA ZOORUN

All ages, 7 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/run

Tulsa Zoo celebrates 53 years of family run fun with 2023 Ascension St. John ZooRun Presented by CommunityCare. The event will include a 5k, 10k and the Ascension St. John 1-mile Fun Run. Runners may choose from in-person or virtual options.

SATURDAY TINY TOTS (W)

Ages 0-6, 9-11 a.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Visit with your favorite characters while skating, playing, riding and jumping at Wheels and Thrills!

STEAM SATURDAY: MINECRAFT GAMING EDUCATION EDITION (F)

Ages 9-14, 2-3 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Put your imagination to the test by building your own world in the popular game Minecraft. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

AVIATOR BALL

4:30-9:30 p.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

Dance the night away at this spectacular fundraising event for TASM.

April 23 Sunday

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

April 24 Monday

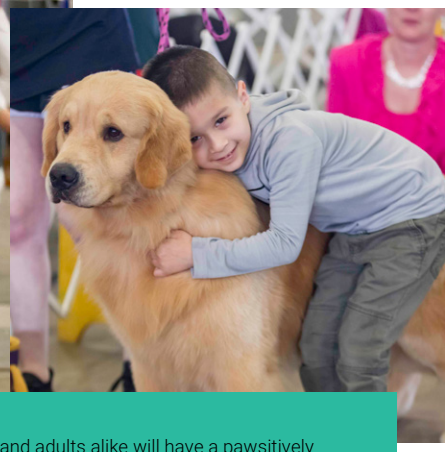
BUILD A READER STORYTIME: FAMILY (F) (W)

Ages 0-5, 11-11:30 a.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

There's something for everyone — simple songs and books for the little ones, more interactive stories and activities for your older children.

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





Kids and adults alike will have a pawsitively amazing time at **Mid-Continent Kennel Club of Tulsa's All-Breed Dog Show**, April 29-30.

PHOTOS COURTESY OF MIKE TEDFORD

April 25 Tuesday

BUILD A READER STORYTIME: BILINGUAL/ DOLLY PARTON'S IMAGINATION LIBRARY ENROLLMENT (F)

Ages 0-5, 11-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

After storytime, learn about Dolly Parton's Imagination Library and register your children under age 5 for this free book gifting program.

April 26 Wednesday

STORYTIME WITH MS. HOLLY (F)

All ages, 10:30-11 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Ms. Holly will sing songs and read interactive stories to all who wish to listen.

TEEN CONNECTION (F)

Grades 6-12, 4:30-6 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, thearcok.org

This is a social group for middle and high school students with high-functioning autism.

April 27 Thursday

SAFE KIDS TULSA CAR SEAT CHECK (F)

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

Make sure your child's car seat is installed correctly.

9TH ANNUAL GLOBAL BASH

All ages, April 27-29, downtown Tulsa, okrootsmusic.org

This multi-genre event features bellydancing, African drumming, family activities, local cuisine and more. Free events take place at Guthrie Green. Ticketed events at LowDown.

April 28 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAY (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.

BABY PROM (F)

Ages 0-5, 11 a.m.-12 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Dress in your fanciest clothes or come in whatever is comfortable. There will be light snacks, music, bubbles and crafts.

SPRING CARNIVAL (F)

Ages 0-8, 6-8 p.m., Whiteside Community Center, 4009 S. Pittsburg Ave., cityoftulsa.org

Enjoy carnival games, inflatables and other fun on the west lawn next to the community center.

April 29 Saturday

MID-CONTINENT KENNEL CLUB OF TULSA ALL-BREED DOG SHOW (F)

April 29-30, Expo Square, 4145 E. 21st St., mckctulsa.com

Join the Mid-Continent Kennel Club of Tulsa for an All-Breed Dog Show! Visit the free kid zone where kids can participate in fun activities promoting responsible dog ownership.

TREASURES OF TULSA

All ages, 3:30 p.m., Zink Park, 1467 E. 33rd St., fosteringconnectionsok.org

Complete a fun scavenger hunt on Brookside for a chance to win incredible prizes while supporting Fostering Connections.

CITYWIDE BABY SHOWER (F)

All ages, 10 a.m.-2 p.m., Emergency Infant Services, 1110 S. Denver Ave., eistulsa.org

Citywide Baby Shower is a diaper drive benefitting Emergency Infant Services. Donations will be dropped off at EIS downtown and ALDI stores across the city. Visit eistulsa.org/citywide for additional information.

JENKS AMERICA FOOD TRUCK FESTIVAL (F)

All ages, 11 a.m.-6 p.m., Downtown Jenks, facebook.com/jenkschamber

This event features a variety of food trucks and other vendors. While you eat, explore Main Street Jenks!

April 30 Sunday

OPEN SWIM AT MILLER SWIM SCHOOL (W)

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

Sharpen your swim skills while having fun swimming with friends and family!

EGG-CELLENT EGG HUNTS



PHOTO COURTESY OF WHEELS AND THRILLS

Hop over to **tulsakids.com/tulsa-area-easter-egg-hunts-activities** for more Easter fun!

TINY TOTS EASTER EGG HUNT AT WHEELS AND THRILLS

10637 N. Garnett Rd.
April 6, 10 a.m.-1 p.m.

The Easter Bunny will visit, along with egg hunts for 3 different age groups. Don't forget your basket! There will be egg decorating as well.

The Easter Bunny will also hop into the Tiny Tots session on Saturday, April 8, 9-11 a.m. **wheelsandthrills.com**

OWEN COMMUNITY CENTER

560 N. Maybelle Ave.
April 1, 11 a.m.

Bring the whole family for activities and games, followed by an Egg Hunt! The Egg Hunt is for ages 3-10.
facebook.com/owenparkcentertulsa

ROUTE 66 VILLAGE

3700 Southwest Blvd.
April 1, 12 p.m.

Who will find this year's golden eggs? Bring your kids out to hunt 10,000 eggs at Route 66 Village's 2nd annual easter egg hunt. **facebook.com/route66village**

REED PARK

4233 S. Yukon Ave.
April 4, 6:30-7 p.m.

Kids ages 2-12 will hunt for the Easter Bunny's lost eggs. Bring your basket and keep what you find. The Easter Bunny will be available for pictures. The egg hunt will be canceled in the event of rain. **cityoftulsa.org**

RAYOLA PARK

8300 N. Owasso Expy., Owasso
April 8, 8 a.m.-12 p.m.

10,000 Eggs will be scattered across the park with the hunt divided into age groups. The Easter Bunny will be on-hand for pictures! **pathwayowasso.church/events**

WILL ROGERS MEMORIAL MUSEUM

1720 W. Will Rogers Blvd., Claremore
April 8, 11:30 a.m.-12 p.m.

Bring the kids to one of the biggest and most fun Easter Egg Hunts around. 20,000 eggs will be gone in a matter of minutes, with prizes and candy in each one, thanks to Cedar Point Church. **willrogers.com**

OKLAHOMA AQUARIUM

300 Aquarium Dr., Jenks
April 8, 2 p.m.

This hunt will take place in Oklahoma Aquarium's riverfront backyard and will be separated by age group. Rather than traditional single-use plastic eggs, this hunt will feature eco-friendly bags with candy inside! **okaquarium.org**

LACY PARK

2134 N. Madison Place
April 8, 6:30-7 p.m.

Kids, ages 12 and under, will hunt for colorful eggs filled with candy and toys. Bring a basket for your candy and a canned food donation for a local food bank.
facebook.com/LacyParkTulsa

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

EARTH DAY & SPRINGTIME EVENTS

GREAT TULSA CLEANUP

April 1-30
Various Locations

Play your part in protecting Tulsa's waterways and green spaces! Register and find more information at **cityoftulsa.org/cleanup**

SPRINGFEST

April 7-8, 9 a.m.-3 p.m.
Tulsa Garden Center, 2435 S. Peoria Ave.

This popular springtime event lets gardening enthusiasts shop from a variety of plant vendors while supporting educational programs at Tulsa Garden Center!
tulsagardencenter.org/springfest

PLANT SWAP

April 8, 10 a.m.-12 p.m.
Owasso Library,
103 W. Broadway St., Owasso

Bring your surplus plants, seedlings, bulbs, cuttings and usable gardening tools and exchange them with other gardeners.
tulsalibrary.org

ART FOR YOUR GARDEN

April 11-15, 9 a.m.-4 p.m.
Tulsa Glassblowing School, 7440 E. 7th St.

Purchase unique, hand blown glass ornaments for your garden and home, made by Tulsa Glassblowing School staff and students. **tulsaglassblowing.org**

SAND SPRINGS HERBAL AFFAIR

April 15, 8 a.m.-4 p.m.
Downtown Sand Springs

Purchase herbs, perennials, natives and heirloom plants and more while enjoying LIVE music and great food!
herbalaffairandfestival.com

BEE KIND: A FAMILY EARTH DAY ADVENTURE

April 15, 10 a.m.-12 p.m.
Philbrook Museum, 2727 S. Rockford Rd.

Expand your knowledge of bees, then stay to craft your very own bug hotel. **philbrook.org**

PARTY FOR THE PLANET

April 22, 9 a.m.-3 p.m.
Tulsa Zoo, 6421 E. 36th St. N

Discover what Tulsa Zoo and their conservation partners are doing to conserve and protect wildlife with specialty keeper chats from the zoo's animal care experts and other activities throughout the day.
tulsazoo.org/planet

EARTH DAY CELEBRATION

April 22
Guthrie Green, 111 E. Reconciliation Way

Celebrate Earth Day with educational and crafts booths, circus arts, live art and art activities, face painting and more.
okrootsmusic.org



PHOTO COURTESY OF TULSA GLASSBLOWING SCHOOL

EARTH DAY CELEBRATION

April 22, 10 a.m.-2 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow

Connect with local organizations, play games and participate in themed activities to learn about recycling, water conservation, pollinators and more!
facebook.com/rayharralnaturecenter

PLANT SWAP

April 22, 10:30 a.m.-4:30 p.m.
Charles Page Library, 551 E. 4th St., Sand Springs

Did you get too many plants at the Herbal Affair? Got extra seedlings ready to transplant or cuttings from houseplants you'd like to share? Bring them by to swap for something new! **tulsalibrary.org**

SPRING SWAP, SPRING CLEAN, SPRING FLING: HAPPY EARTH DAY!

April 22, 10:30 a.m.-4:30 p.m.
Nathan Hale Library, 6038 E. 23rd St.

Bring plants and garden items to swap, share surplus art and hobby supplies, and enjoy fun activities for the whole family!
tulsalibrary.org

LAWN AND GARDEN SPRING FLING

April 22, 1-4 p.m.
Redbud Festival Park, 109 N. Main St., Owasso

This free, family friendly event features Master Gardener seminars, product demonstrations, plant sales, kids crafts and food trucks.
facebook.com/redbudfestivalpark

JENKS HERB AND PLANT FESTIVAL

April 22
Downtown Jenks

The Jenks Herb & Plant Festival is widely anticipated as the official signal of the start of Spring. There are fun events for kids as well as plenty of vendors to shop from.
jenksgardenclub.com

Welcome Cody Buchanan D.O.



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

EOENT
EASTERN OKLAHOMA
EAR, NOSE & THROAT, Inc

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

TULSAKIDS Family Favorites 2022 FINALIST
TULSAKIDS Family Favorites 2022 WINNER

A Great First Impression.

Get your child's teeth off to a great start by helping them establish healthy dental habits from age one. During their important first visit, your child can sit on your lap to ensure their total comfort. An ounce of dental prevention *is* truly worth a pound of cure.

Call today to schedule your child's first dental visit or go to onthecuspdds.com



on the cusp
PEDIATRIC DENTISTRY & ORTHODONTICS

918.921.6778
Midtown: 4444 S. Harvard Ave. Suite 100
South Tulsa: 8222 E. 103rd St.



andrea | murphy
PHOTOGRAPHY

MATERNITY | NEWBORN | FAMILY
918.488.6180 | amurphyphoto.com

Adira Punekar Discovers Love of Hiking While Visiting National Parks

By **Betty Casey**





PHOTO BY ANDREA MURPHY PHOTOGRAPHY

ADIRA PUNEKAR is only 6 years old, but the Miss Helen's Private School kindergartener is an avid hiker who has already earned several National Park Service Junior Ranger badges. The U.S. National Park Service invites kids to complete some fun activities while visiting the parks, answer questions with the rangers and recite a pledge to earn a badge. Kids can even visit parks virtually and fill out activity books online at nps.gov. Adira discovered her love of hiking while visiting national parks with her family.

TK: What is the best part about going on hikes?

Adira: The best part about hiking is that I get to see beautiful nature. Some places have different colored rocks, big valleys, and some places have sand. I also like that we get to see wildlife and squirrels. My dad says you cannot feed them anything from your pocket. I enjoy climbing different rocks. Sometimes, I use my binoculars to watch birds in the jungle.

TK: What is the hardest part about hiking?

Adira: Sometimes a few hikes are very steep. If we do not have enough snacks and water, then it becomes tiresome. I sing songs with my mumma when hikes get harder.

TK: Who do you hike with?

Adira: I love to go hiking with my family. My little sister also hiked with me at most of the parks last year. I like to go with my friends for nearby hikes.

TK: What places have you been? Do you have a favorite? Why?

Adira: I started hiking when we went on our family trip to Hawaii in 2021. I hiked through Haleakalā National Park and Hawaii Volcanoes National Park.

In August 2022, we went on a big trip throughout six national parks in Colorado and Utah. I quite enjoyed Arches National Park. There were some amazing arches and landscapes there. We stayed there to watch the Milky Way at night. It was a very unique experience. We got to see beautiful waterfalls and lakes in Rocky Mountain National Park.

My favorite place among all is Hawaii. I would like to go there every year for hiking. I feel there is magic in the air at Hawaii. I never got tired while hiking there.

TK: Can you tell me about the Junior Ranger badges? What did you do to earn those?

Adira: To earn a Junior Ranger badge, I completed the books that were given by National Park Services. Each book had information about the national park, the different types of plants that we found there and different animals. I had to complete some puzzles and games based on those. Once I completed those, I took them to park rangers. The park rangers recited the pledge to protect the parks and nature with me. That's how I received each of my Junior Ranger badges. I have four so far.

TK: Do you and your family have any plans on where you will go next?

Adira: We might go to India this year. I am excited about it. India has beautiful weather all year round. I am ready to explore new places in India.

TK: Do you hike at any places nearby? If so, where do you like to go?

Adira: When we are in Tulsa, I like to go to Gathering Place, Ray Harral Nature Park and Oxley Nature Center. We have also been to Turkey Mountain. It has very nice trails.

TK: Besides hiking, what other things do you like to do?

Adira: I love dancing and gymnastics. I am learning an Indian classical dance called Bharatnatyam with Priya aunty (my dance guru). I have received two trophies so far for my dance performances on stage. I do enjoy making a lot of arts and crafts with my mom. I always try new things and then decide what brings me the most fun.

TK: Can you tell us something about yourself that might surprise people?

Adira: Umm... this is a really fun question. I can speak two languages, and I am learning the third one at school. I have been fortunate to travel to six countries so far. My parents love to travel and try different cuisines from all around the world. TK

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


Johnny Morris'
WONDERS OF WILDLIFE
NATIONAL
MUSEUM & AQUARIUM
VOTED AMERICA'S BEST AQUARIUM
2018
2020
2021
2022
2023
Dive Into The Wonder
Scan Here
LET YOUR LITTLE ONE EXPERIENCE THE SIGHTS, SOUNDS AND SMELLS OF SOME OF THE WILDEST PLACES ON EARTH WHILE LEARNING ABOUT THE CRITTERS THAT CALL WONDERS OF WILDLIFE HOME! WITH 35,000 LIVE FISH, MAMMALS, REPTILES, AMPHIBIANS, AND BIRDS, JOHNNY MORRIS' WONDERS OF WILDLIFE IS THE LARGEST, MOST IMMERSIVE CONSERVATION ATTRACTION IN THE WORLD. VOTED AMERICA'S BEST AQUARIUM FOR A RECORD-BREAKING FIFTH TIME, IT'S A MUST-VISIT FOR THE WHOLE FAMILY!
WONDERSOFWILDLIFE.ORG



TULSA ZOO

TULSA ZOO CAMP

Camps available all summer long!

RESERVE YOUR SPOT AT TULSAZOO.ORG/CAMPS