

# tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.

## HAPPY MOTHER'S DAY!

10 MOMPOWER MANTRAS

## HEALTHY KIDS:

IDENTIFYING & MANAGING ASTHMA  
SUMMER SUN SAFETY  
SAFETY TIPS FROM A PEDIATRIC EMERGENCY DOC

## BACKYARD GARDEN RECIPES

## KIDS EAT FREE!

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# EXPLORE



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# Join Us for TulsaKids 30th Birthday Bash & Kickoff to Summer

Saturday, June 2, 2018

2-5 p.m.

Guthrie Green

**30** YEARS

## TULSAKIDS IS CELEBRATING 30 YEARS AS THE AREA'S ONLY PARENTING PUBLICATION WITH A FREE PARTY FOR EVERYONE!

Live Music provided by kindie favorite Spaghetti Eddie! and local musician Symon Hajjar of Hot Toast Music Co. (Dancing, singing and wiggling encouraged!)

- Kid-friendly activities & booths include:
- A Soccer Zone provided by SoccerCity
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- TCCL Summer Reading Program sign-ups with special guest Buddy Bookworm
- Tulsa HUB Bike Safety Rodeo
- Stroke of Color Face Painting
- Vehicles for your Summer Travel
- Photo Booth
- YMCA
- HOMMA Camp Company

Food Trucks, Giveaways, Birthday Cake (of course) and much more!

**Our Annual Cover Kid Contest**  
(NOTE: must sign up online at [www.tulsakids.com](http://www.tulsakids.com) to participate in this)

### Community Partners

Emerson Orthodontics, Route 66 Nissan, TARE

### Supporting Partners

Miller Swim School, Tulsa Pediatric Urgent Care

### Local Partners

Oklahoma Aquarium, Primrose School of South Tulsa, INCOG-Ozone Alert Program, SoccerCity, OU-Tulsa

Interested in being a vendor at our event?

Visit [www.tulsakids.com](http://www.tulsakids.com) or call 918.582.8504 for information.

Sign up for our award-winning e-newsletter for up-to-the-minute information at [www.tulsakids.com](http://www.tulsakids.com). Join TulsaParents Facebook page.





# The Time Is Ripe

to Visit the Farmers Market

Whether you're a frequent visitor or farmers-market first-timer, use these tips to make your next trip your best trip.

1

**Arrive early.** You'll have the best selection, plus it's a great way to get moving in the morning.

2

**Be spontaneous.** Try a fruit or veggie you've never had!

3

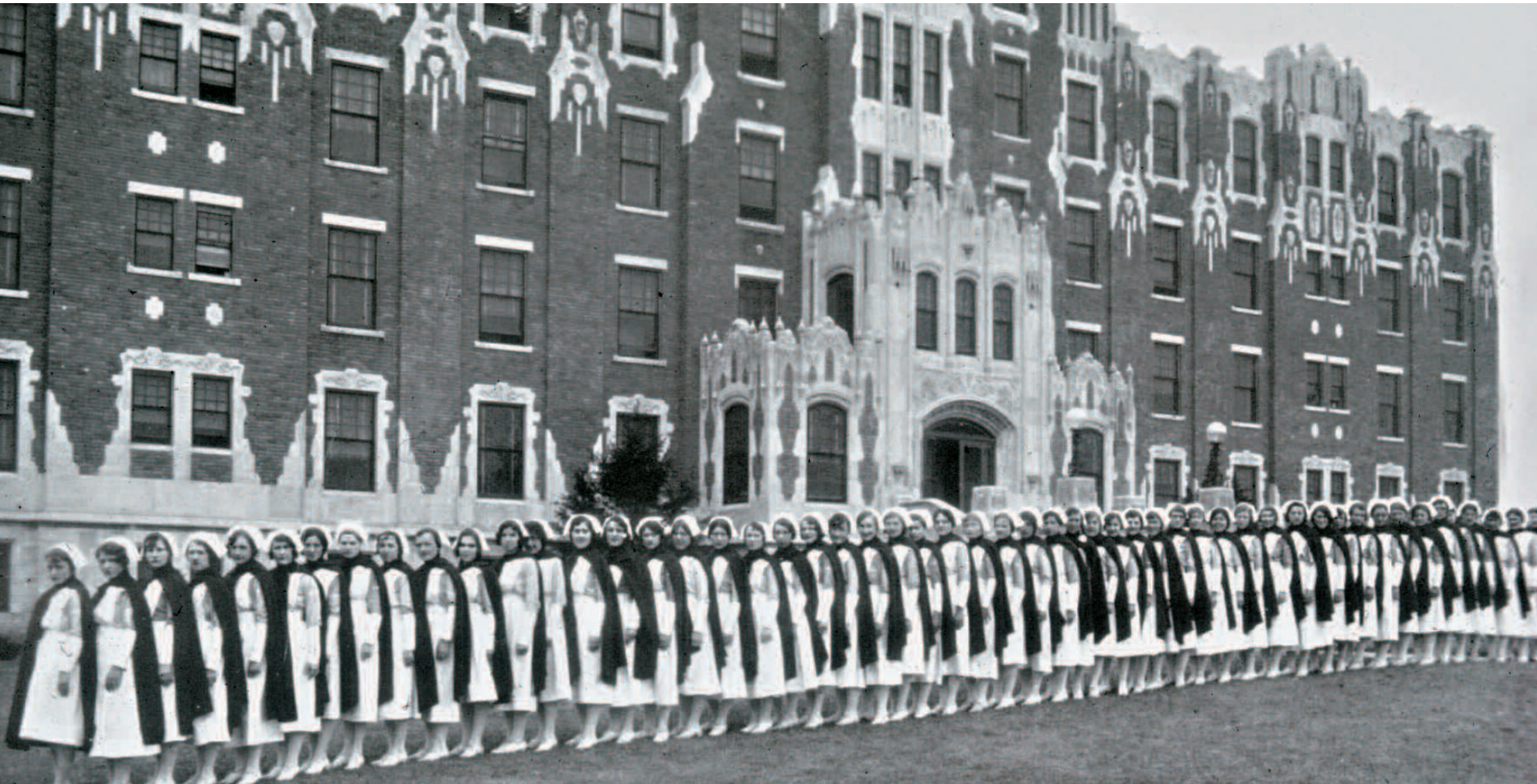
**Ask questions.** Learn where your food comes from and ask about the best ways to prepare it.

See what's in season, and find a long list of Oklahoma farmers market locations at

 [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)

 TSET

Hillcrest has been proudly serving the Tulsa community since we opened our doors in 1918.

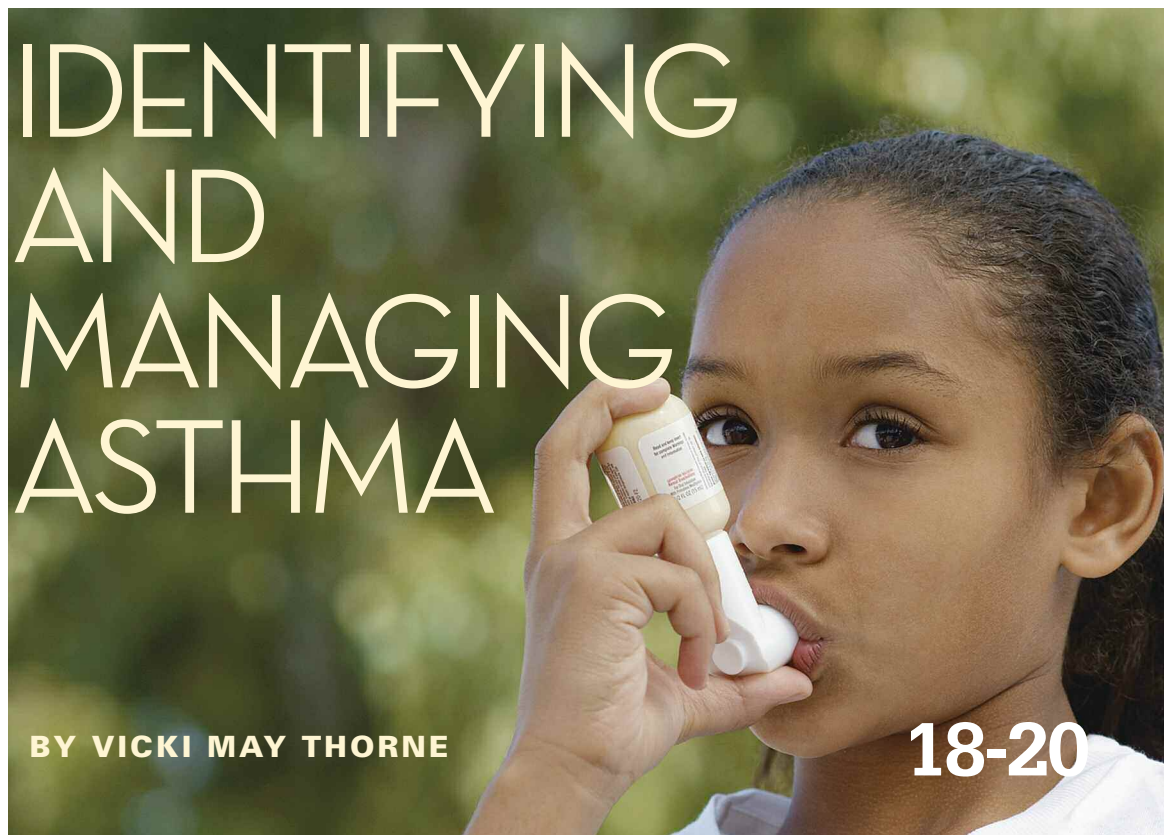


For 100 years, Hillcrest has been a health care leader providing an environment of hope, health and healing to our patients and their families. During that time, we have developed a full spectrum of services to include advanced cardiovascular and neurological programs, specialized women's health care, innovative approaches to surgery and primary care across north-eastern Oklahoma.

Many things have changed over the years, but our commitment to providing medical excellence and compassionate care has remained unchanged.

*We are honored to be celebrating a century of changing lives.*





BY VICKI MAY THORNE

18-20



42-43 10 Mompower Mantras



26 Summer Safety Advice from a Pediatric Emergency Specialist



36-37 Growing Good Food in Containers



46-47 Ainsley's Angels

**SHORTS**

6-8 **NEWS & NOTES**  
 Events, happenings,  
 news & readers' letters

**FEATURES**

18-20 **HEALTH FEATURE**  
 Identifying and Managing Asthma  
 by Vicki May Thorne

22 **HEALTH & SAFETY**  
 Here Comes the Sun:  
 Summer Sun Safety  
 by Betty Casey

24 **HEALTH & SAFETY**  
 Top Summer Safety Tips  
 Provided by Beth Washington,  
 Safe Kids, Tulsa Area

26 **HEALTH & SAFETY**  
 Summer Safety Advice from a  
 Pediatric Emergency Specialist

42-43 **MOTHER'S DAY**  
 10 Mompower Mantras  
 by Christina Katz

46-47 **COMMUNITY**  
 Ainsley's Angels  
 by Danielle Hill

49 **KIDS EAT FREE**

50-51 **MUSEUM ROUNDUP**

**IN EVERY ISSUE**

12 **STAGES: Babies & Toddlers**  
 Real Tips for Grocery  
 Shopping with Kids  
 by Kiley Roberson

14-15 **STAGES: School Age**  
 Will Your Child Be Having a Virtual  
 Summer or a Real One?  
 by Mary Beth Ritchie

16 **STAGES: Tweens & Teens**  
 9 Summer Tips to Smooth the  
 Transition to College  
 by Julie Wenger Watson

27-32 **OUT & ABOUT:**  
**COMMUNITY CALENDAR**  
 (Includes Festivals)  
 by Tara Rittler

34-35 **FROM THE HIP**  
 Hip Ways for Pushing Back the Blues  
 by Jill VanTrease

36-37 **GET COOKING**  
 Growing Good Food in Containers  
 by Natalie Mikles

40-41 **BOOKS**  
 2018 Award-Winner for Young  
 Readers' Literature  
 by John Fancher

44 **SHOWTIMES**  
 Shows and Performances In and  
 Around Tulsa  
 by Tara Rittler

48-49 **GREEN COUNTRY GROWN-UP**  
 Amy Lewis: Encouraging Moms  
 to Pursue Their Passions  
 by Nancy A. Moore

52 **I'M A TULSA KID**  
 Sai Lakkimsetti  
 by Sheeba Atiqi

## An Ounce of Prevention...

When my son was 6, he had what his doctor would later call an asthma attack. He woke up and couldn't get his breath. Not in the stuffy nose kind of way, but in the concave chest kind of way. Not being good in a kid-related emergency, I put in a panicked call to my son's pediatrician. Fast-forward through visits to an allergy specialist, allergy tests and all things allergy, my son was put on a regimen for allergy-triggered asthma. To be honest, I never understood it very well. He had shots for a while. I guess they helped. He had a nebulizer, an inhaler and regular visits to the allergist, but eventually all of that stopped. He doesn't use anything on a regular basis now. I don't know exactly why, but I do know that kids who have trouble breathing need to be evaluated by a doctor. Asthma is serious. And, even though my son's problems were triggered by certain allergies, that's not the only cause. Writer Vicki May Thorne talked with a specialist at OU-Tulsa to help us understand asthma, and how doctors work with asthma patients and their families to manage the disease.

Awareness, preparation and prevention can go a long way in managing health, but it is also true as we look forward to the summer months. Routines and activities change. Daylight hours increase. As I put together this issue, I thought about reminding families to play it safe this summer. Pools, lakes, bikes, skateboards and outdoor activities are all fun, but they also give rise to accidents, many of which are preventable with a little knowledge and planning.

No one wants to think about injuries, but take a few minutes to read through our health and safety section to make sure that you have thought of every way to minimize accidents this summer.

Of course, Mother's Day is this month. I hope all you moms get the attention you deserve, but I also hope that you are giving yourselves the attention you deserve every day. I chose to include an article this month about how we moms can turn some of our nurturing inward to give ourselves a little care and love.



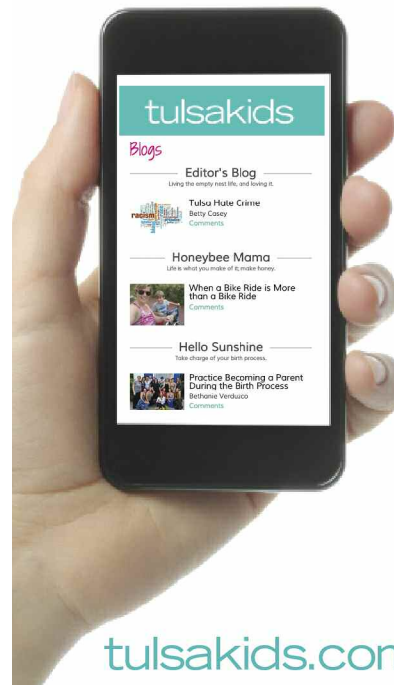
Betty Casey, editor



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



Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.



tulsakids.com

**tulsakids**  
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PUBLISHER: CHARLES FOSHEE  
EDITOR: BETTY CASEY  
WEB EDITOR: TARA RITTLER  
ADVERTISING SALES: BRANDI MOORE  
GENA McNALLY  
JOANNA SHATWELL  
PRODUCTION: CHARLES FOSHEE  
COVER PHOTO: LESLIE HOYT  
PHOTOGRAPHY  
DISTRIBUTION: JOAN PEREZ  
CONTRIBUTING WRITERS:

Vicki May Thorne  
Beth Washington,  
Christina Katz  
Danielle Hill  
Kiley Roberson  
Mary Beth Ritchie  
Julie Wenger Watson  
Jill VanTrease  
Natalie Mikles  
John Fancher  
Nancy A. Moore  
Sheeba Atiqi

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PUBLISHER  
publisher@tulsakids.com  
EDITOR-IN-CHIEF  
editor@tulsakids.com

CALENDAR  
(submit by 10th of the month prior)  
calendar@tulsakids.com

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ON OUR COVER:  
AMELIA IS READY FOR  
MOTHER'S DAY.

PHOTO BY: LESLIE HOYT  
PHOTOGRAPHY

MEMBER OF  
**PMA**  
PARENTING MEDIA ASSOCIATION



## RIB CRIB GOLF TOURNAMENT RAISES \$105,000 FOR TULSA CHARITIES

Rib Crib BBQ & Grill presented \$105,000 to five local Tulsa charities April 4 from proceeds of its 15th annual golf invitation, the 2017 Pitmasters Golf Tournament presented by Prosperity Bank.

More than 144 golfers participated in the annual golf event to support the five local nonprofit organizations: The Foundation for Tulsa Schools, The Children's Hospital at Saint Francis, Pet Adoption League (PAL), Emergency Infant Services, and 12&12.

"We are so thankful to the sponsors, golfers and employees who helped raise this money for us to give back to these charities who provide wonderful services to our community," said Marc Chastain, Rib Crib President.

Chastain and Danielle Palm, Rib Crib tournament director, presented oversized checks to each of the agencies and their representatives, which included: Bryan Day, CEO, and Clayton Woodrum, board member, of 12&12; Tom Neff, Senior Vice President of Saint Francis Health System and Kacie Frazier, Coordinator at The Children's Hospital Foundation; Sherri Hardy, Pet League Adoption President; and Bill Andoe, Executive Director, and Ranan Gangel, Board Secretary, for Emergency Infant Services.



## TULSA PARKS HAS OPENINGS FOR LIFEGUARDS, DAY CAMP COUNSELORS

Teens who are looking for summer employment might find a job with Tulsa Parks. They have openings for lifeguards, a pool cashier and day camp counselors. Tulsa Parks will operate four pools for the summer of 2018: Berry, McClure (reopening with new pool), Reed and Whiteside. Lacy pool is under construction and will not open this season.

Day camps will be held at Hicks, Lacy, Reed and Whiteside parks.

Lifeguards will receive pre-season training and training that continues throughout the season. The pools will open in early June and close during the second week of August. Lifeguard pay ranges from \$9.00 to \$9.36 per hour; pool cashier pay will be \$8.65/hour. The schedule is 40 hours per week, six days per week, or part-time positions are available.

Lifeguard applicants need to be at least 16 years old and obtain current certification in Red Cross Lifeguarding, CPR for Pro-Rescuer, and First Aid. YMCA Lifeguarding certification also is accepted. Lifeguards who would like to teach American Red Cross swim lessons need to have Water Safety Instructor certification. To apply, fill out the application online at [www.tulsaparks.org](http://www.tulsaparks.org) or request an application by calling the aquatics coordinator at 918.596.2526 or email at [bworley@cityoftulsa.org](mailto:bworley@cityoftulsa.org)

Day camps offer activities for children ages 6 to 12, including sports, games, arts and crafts, special events, swimming, field trips and more. Counselors will lead and supervise all aspects of the day camp program. Tulsa Parks' day camps are accredited by the American Camping Association.

Camp counselor orientation is scheduled for May 30 through June 2. Day camps run from June 5 through Aug. 11. Counselor pay is \$8.65 per hour, with a 40-hour work week. Counselors are paid for orientation. Camp counselor applicants need to be high school graduates – one year of college preferred. To apply, fill out the application online or request an application by calling customer service at **918.596.PARK**.

## DWIGHT MISSION OFFERS HALF-PRICE SUMMER CAMPS TO CHILDREN OF OKLAHOMA TEACHERS

Dwight Mission Camp and Conference Center seeks to serve the families of Oklahoma educators by providing a summer camp experience to the children of local teachers at a 50 percent discount.

The overnight camp located outside of Vian, Oklahoma is offering teachers' families a 50 percent discount for the first two campers from a family and a 100 percent discount for additional campers from the same family attending during the same week.

"Summer camp can be a transformative and enriching experience, but often times, it can also be a financial challenge that many families might not be able to undertake," says Dwight Mission Board of Directors' Secretary Colleen Thurston. "With the Teachers' Family Discount, more Oklahoma children will have the opportunity to engage in an unplugged week of outdoor exploration, arts and crafts, games and activities in a peaceful and unique setting."

The Oklahoma Teachers' Family Discounts are available during the following weeks:

- June 24 -30 – Discounts are available for up to 50 Campers
- July 8-14 – Discounts are available for up to 50 Campers
- July 15-21 – Discounts are available for up to 100 Campers

Camps are intended for youth entering grades 3 – 12. Specific camp descriptions as well as registration forms are available on the Dwight Mission website at [www.DwightMission.org](http://www.DwightMission.org).

continued next page

## CASCIA HALL STUDENTS EARN AWARDS AT STATE SCIENCE AND ENGINEERING FAIR

The Cascia Hall Science Research Team, led by Mrs. Sally Fenska, earned many first place and special awards at the Oklahoma State Science and Engineering Fair held recently at East Central University in Ada, Oklahoma. Earlier this spring, the team earned the Regional First Place Team Sweepstakes Award, and all projects advanced to State competition. Members of the research team develop independent student driven research projects on topics ranging from designing novel methods to remediate heavy metals to creating a machine learning predictive model to assess hospital-acquired infections.

Top awards at the State Level included:

- Best of Fair (Braden Milford)
- First Place in Environmental and Earth Sciences (Braden Milford)
- First Place in the Stockholm Junior Water Prize (Braden Milford)
- First Place in Medicine and Health Sciences (Erika Ravitch)
- First Place in Computer Science (Jason Alfrey)
- Best Project in Computer Science (Jason Alfrey)
- First Place in Chemistry (Logan Roach)
- First Place in Social and Behavioral Sciences (Joseph Barbour)
- First Place in Botany and Plant Sciences (Jennifer Merrifield)
- First Place in Junior High Environmental and Earth Sciences

(Ashlyn Milford)

Braden Milford and Erika Ravitch were selected to present their research at the Intel International Science and Engineering Fair (ISEF) this May in Pittsburgh, PA.

## WOODY GUTHRIE CENTER NOW OFFERING FREE MEMBERSHIPS FOR OKLAHOMA TEACHERS

The Woody Guthrie Center strives to be an education facility first, with resources for teachers, free tours and outreach for most schools and after-school and summer camps open to all students. The Center is now expanding those benefits to give Oklahoma teachers and students ample opportunity to experience Woody's work and message.

Any K-12 teacher in Oklahoma is eligible for a special teacher's membership, which will include free admission for them and a guest – a benefit the Center has always offered to all teachers – plus discounts on merchandise and access to special exhibit openings and VIP events. The policy change will also include free admission to anyone 17 and younger.

The Center will continue to offer a variety of programs and benefits for students and teachers, including free lesson plans and grants available for participation in the afterschool and summer Youth Rocks! Music Experience. The expanded benefits will allow more people to access what the Center has to offer. The Center will continue to provide free admission to all teachers and a guest, regardless of the state in which they teach.

To enroll and start your membership or for more information about the policy change, visit the Center at 102 E. M.B. Brady St., or call 918.574.2710.

## letters to the editor

I just thumbed through the recent edition of TulsaKids that I picked up yesterday and an article about graphic novels caught my eye. My kids are interested in reading graphic novels and so I read the article. I was disturbed to find that it was about an author who "identifies" as no particular gender and refers to "themselves" as just that.

The more the media tries to popularize the LGBT lifestyle is greatly disturbing to a parent raising children in America today. I am entirely on my own in directing their moral compass, and I am sorry to say that articles like this cause me to censor certain media entirely. Please don't jump on the bandwagon and continue this promotion of confusion among children. I would have the same reaction if your magazine were encouraging my children to smoke, drink, or steal. Wrong is wrong. I say these things with the understanding that I am in the unpopular, silent crowd these days but I have to voice my opinion where I can. Raising my kids is up to me and I would like to see positive influences in their development from media. Having a child question their own gender or asking what they "identify" as does not constitute positive development, but confusion. It is challenging enough trying to raise a child in the digital age with smart phones and social media, let alone in a country that's losing the morals it was founded on.

Thank you for listening.  
Alison Webb  
Tulsa



*"You were so tired from planning our vacation, you put the diaper on the dog."*



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Mathnasium can transform your child's summer with a balance of constructive learning and fun. We'll design a custom plan for your child to work on topics such as fractions, multiplication, algebra readiness, geometry readiness, and more. We help kids avoid the academic "summer slide" and give them an edge for the next school year ... and beyond.

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**Mathnasium of Broken Arrow**  
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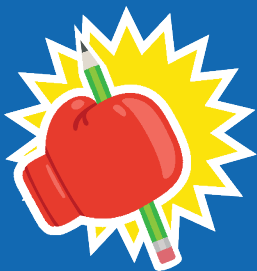
[www.discoveryok.org](http://www.discoveryok.org),  
Call 918-960-3131 for More Information  
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## WRITE LIKE A CHAMP SUMMER CAMP

July 23 - 27

9:00a - 12:00p

Kindergarten - 5<sup>th</sup> grade



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# Kravavis



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Deadline: May 18, 2018, \$200**

Early Bird Special: \$150  
if paid by April 20, 2018

Payment required upon registration

### For scholarship information:

Tulsa Public Schools families may submit a scholarship form online or request a form by calling 918-925-1145. For online registration, please visit the Tulsa Public Schools webpage at [www.tulsaschools.org](http://www.tulsaschools.org)



## Summer Art Camp 2018

**June 11-Aug. 10**  
9 a.m. - 12 p.m. & 1 - 4 p.m.

Explore different forms of art, museum galleries and our surrounding gardens with half and full-day classes for children ages 5-12.

Register at  
[gilcrease.org/summercamp](http://gilcrease.org/summercamp)



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BY KILEY ROBERSON



# real tips for grocery shopping with kids

**W**hen I had my second child, honestly, grocery shopping with the kids became torture. I felt exhausted before we even left the house. Shopping with a toddler in tow is enough to make any parent throw up their hands and order take-out for the foreseeable future. But the fact that the fridge is never truly bare and that we continue to eat every day is proof that shopping with kids is doable.

First, can we just talk about how more and more grocery stores are offering pick-up services? This wonderful new service is a dream come true for parents. I simply go online at night after the kids are in bed, do my grocery shopping and then schedule a pick-up time for the next day. I get a text message when my order is ready, and then I load up the kids and drive to the store. The store employee brings me my groceries and loads them in my car. I shut my trunk and head home. It is truly magical. But I know not every store offers this service, and if you're like me and hit up the bulk item stores once a month, you're still toting around kiddos in the cart. So how can you make the tip less torturous for everyone? Here are a few tips:

**Get yourself organized.** I know you've heard it before, but having a meal plan and making a list before shopping makes it easier.



**Make the kids' grocery lists.** Let your child make her own "shopping list" at home with a few items. If she's older, she can use this as an opportunity to work on her spelling, think A-P-P-L-E-S. If she's younger, she can draw pictures. At the store, let her be responsible for reading items on her list.

**Don't shop on an empty stomach.** This goes for both of you! Nothing is worse than a hungry toddler meltdown, and if you shop while you're famished

you'll be more likely to make unplanned (and unhealthy) purchases.

**Set up expectations in advance.** Before you go into the supermarket, tell your child that you won't be buying any treats, but he can choose one new fruit to try or a box of granola bars for snack time.

**Park smart.** Don't automatically look for a parking spot closest to the entrance. Instead, choose a space near the cart corals. You can load your kids up by

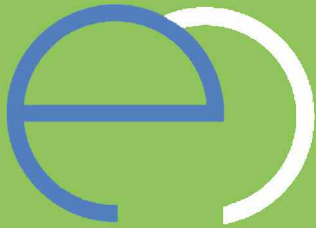
the car and avoid abandoning your cart when you're finished shopping.

**Play I-Spy.** Whether your little one is spying "something green" or spinach across the produce department, encourage your kids to look around and be engaged with their surroundings.

**Have an action plan for tantrums and fights.** This will depend on your kids and your needs. The most common problem I have at the store is my two start arguing. This is a great time to give jobs of spotting a grocery item you need or to start playing Grocery Store I-Spy.

**Give yourself time and reframe your mind.** It's so much easier to be patient when you're not having to rush. If you can get into the mental mode of this being a playful adventure, it's easier to relax.

While you're likely to experience a transition period, and not every shopping trip will be a dream, getting groceries doesn't have to be hard. And, while I do love the local grocery pick-up options that I mentioned earlier, there is something to be said for making grocery time a fun time for kids. Sparking your child's curiosity in food can help lead to a lifelong interest in healthful eating, cooking, or even farming. It's never too early or too late to begin.



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BY MARY BETH RITCHIE

# will your child be having a virtual Summer or a real one?

## IT'S UP TO PARENTS TO MAKE A PLAN

**S**chool-age children are spending an increasing amount of time on computers, tablets and smartphones. Parents need to be cautious about the hours children are spending in front of screens because every hour spent in front of a screen is an hour not participating in real-life activities. Limiting screen time is only part of the equation, however. Parents also need to pay attention to the quality of screen time to which their children are being exposed.

The U.S. Department of Health and Human Services estimates that American children are spending more than seven hours daily with computers, video games and televisions.

Experts, including the American Academy of Pediatrics (AAP), recommend that children under the age of 2 not be exposed to electronic screens at all because it impedes rather than enhances brain development.

Between the ages of 2 and 5, the AAP recommends limiting screen time to one hour of high quality exposure daily. In older

children, an hour a day with tablets or smartphones may actually improve coordination, quicken reflexes, and develop some types of language skills. Educational programming, such as "Sesame Street," can provide wonderful learning opportunities.

As children enter the elementary school years, the recommended amount of screen time becomes much less clear. Decisions are more complicated for several reasons. Some experts include screen time at school as well as time used for homework. Others don't. And how children are using screens becomes as important as the amount of time spent with them, so it is up to parents to gauge the effects on their individual children. Even regular, moderate amounts of screen time can begin to cause serious symptoms in some children. Common negative symptoms include irritability, low frustration tolerance, poor eye contact, anxiety, shortened attention span and argumentativeness. Other effects can include obesity,

sleep issues, impaired social skills, aggression and violent activity. These children may have trouble managing their emotions and comforting themselves.

Symptoms of too much screen time can mimic behavioral disorders, learning disabilities, and even mental health disorders such as Attention Deficit Hyperactivity Disorder (ADHD). The amount of time spent in front of a screen should never be allowed to interfere with social interaction, physical activity or sleep.

What can parents do to help their children navigate the digital world? Children can be taught to think of digital devices as tools. Children can access these tools to help with homework. They can also facilitate communication in some cases. Some devices and applications offer an abundance of creativity. Parents can discuss and impose rules in the virtual world that are similar to the real world, such as teaching children to be kind online as they would be face-to-face. Parents also must be aware of the activities in

which the child is engaging. They must also know with whom the child is interacting online. One of the best ways a parent can monitor these things is to spend time playing right alongside the child.

School-age children are on the internet at school and at home, and they do need supervision and guidance from adults. However, do not think parental supervision and filters will solve all issues. I remember doing a google search for images of a "hamburger" for one of my sons, and was shocked at one of the images this brought up. I have also been made aware of several occasions that students have found their way to pornographic sites on school devices. Schools are careful to use the strongest filters available, but no filter is perfect, even in a school or library setting.

There are, however, some steps that parents can take to minimize problems with digital media and devices. Parents can make sure that devices are powered off at night. The AAP recom-

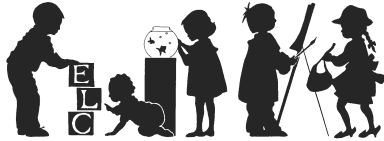
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mends keeping electronic devices out of the bedrooms of children. Not only do children stay awake using the devices, the light that is emitted delays the release of melatonin, which can interfere with sleep. By keeping devices in a common living area, parents can also supervise activities more closely, and ensure that homework is completed before allowing entertainment activities on devices.

To help you define and implement a plan for your family, the AAP offers an online tool to individualize media use. You may access this tool at [www.HealthyChildren.org/MediaUsePlan](http://www.HealthyChildren.org/MediaUsePlan).

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BY JULIE WENGER WATSON

# 9 Summer tips to smooth the transition to college

It's the final stretch for high school seniors - just a few more hurdles before the door closes on one significant chapter of life and opens on the next. For those entering college in the fall, there are a few things you can do this summer to prepare for the semester ahead.

## 1. Orient Yourself

Take advantage of your school's summer orientation program. Not only is it an opportunity to get the first pick of classes and learn your way around campus, it's also a chance to meet other freshman and get to know the town where you'll be living for the next few years.

## 2. Develop a College Mindset

If mom has been your alarm clock, cook and laundress, now is the time to learn some basic skills you'll need for living on your own. The hand-holding days of high school are behind you. Use the summer to take responsibility for and control of your life. Set a schedule and develop the tools you'll need to live independently.

## 3. Polish Foreign Language or Weak Academic Skills

Most universities require two years of a foreign language. While you may have studied one in high school, college classes move at a faster pace. Brushing up on your chosen foreign language will help you excel in your coursework and take some of the academic pressure off your first year. Free podcasts are available

in a multitude of tongues. The Tulsa library system is a great resource for study aids, too. If you're a Spanish student, you're in luck living in Tulsa with its large and vibrant Spanish-speaking community. The city boasts several Spanish language radio stations and bi-lingual papers, which make it easy and fun to

If you'll be living on campus, make a list of the things you'll need for your new room. Consider purchasing smaller items (towels, sheets, etc.) in advance while selections are good and you can shop sales.

practice your skills.

Additionally, if you know you struggle with algebra or need to brush up on academic writing, stay in the game by enrolling in some academic tutoring, taking a class at Tulsa Community College, or exploring free resources at the Tulsa City-County Library.

## 4. Seek a Growth Experience

This is a good time to pursue a new passion or explore a hidden talent. Summer jobs and internships provide opportunities to both pad the bank account and learn a new skill. Volunteering at a hospice, hospital, food bank or homeless shelter can give you experience helping others. If you're fortunate enough to travel abroad, it can be a transformative adventure, boosting self-confidence and providing a more global outlook. Challenge yourself

to grow and learn.

## 5. Prepare to Pack

If you'll be living on campus, make a list of the things you'll need for your new room. Consider purchasing smaller items (towels, sheets, etc.) in advance while selections are good and you can shop sales. To save some money, look for duplicate items you can

take from home. Consult with your roommate(s) to coordinate bigger purchases like mini-fridges, printers and microwaves. Big box stores will also let you order at home and pick up items in your college town.

## 6. Get to Know your Roommate

Try to move in with a friend, rather than a stranger. Use the break to get to know your roommate. Email, texts and social media make this easier than ever, but a regular phone call is a good thing, too. Asking your roommate about his or her habits, preferences and schedule will make this transition much easier.

## 7. Budgets, Insurance and Adulting

Freshman year may be the first time you are responsible for your own finances. Estimate costs for books, supplies, food,

clothes and entertainment. Consider a part-time job on or near campus to offset expenses. If your parents are part of your financial equation, work with them to understand what support they will be providing. Learn about your healthcare insurance and obtain a copy of your insurance card. Explore health insurance options through your school, as well as what services are available on campus.

## 8. Continue Outside Reading

If you've settled on a major, use the summer to read in that area. When available, take a look at the syllabus or requirements for your upcoming classes and choose articles, books or podcasts that enhance your understanding of the topics. Preview textbooks if possible. A good foundation will go a long way toward achieving academic success.

## 9. Spend Time with Family and Friends

When you're sitting in class, it seems to take forever for summer to arrive. Once it's here, it flies by quickly. Before you and your friends head out across the country this fall, make time to see them regularly. If you're leaving the state for college, it may be months before you're reunited with your family, too. When possible, try to spend quality time with your parents and your siblings before you leave the nest. Your family appreciates it more than you know.

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# IDENTIFYING AND MANAGING ASTHMA

BY VICKI MAY THORNE

**W**hen my little sister was about 7, her room got a makeover, of sorts. No, Paige Davis from “Trading Spaces” didn’t come over or anything fun like that, but rather all her stuffed animals went into trash bags, her bookshelves were replaced with locking white storage cabinets,

and her double closet doors were lined with plastic sheeting. Her mattress and pillows were zipped into protective encasings and a giant air purifier took up residence on top of the new storage cabinets, constantly whirring. The reason? An asthma diagnosis.

Like many other children diagnosed with asthma, my sister

had countless sick visits for bronchitis, double pneumonia and infections that went straight to her lungs and stayed there. We also saw a pediatric allergist, who filled her arms and back with tiny doses of allergens, and checked off the reactions against a clipboard full of reactions and severity scales. Turns out she was allergic to a host of outdoor pol-

lens, dust, molds and pet dander. She had ‘allergic asthma’ the most common type of asthma, which means that an allergic reaction to an environmental stimulus could and would trigger an asthmatic response. The bedroom makeover was recommended by the allergist to limit her exposure to allergens, along with weekly allergy shots.

*continued next page*

In Tulsa, as in most cities, the majority of children with asthma are treated by their pediatrician or general family doctor. Since the first national guidelines for treating asthma were released in 1997 by the National Heart Blood and Lung Institute, asthma diagnoses have been on the rise, from 3 percent of the pediatric population to 8 percent. While earlier disease recognition and effective treatment have benefited patients with asthma, the prevalence of asthma has continued to rise since the 1980s. Many asthma experts will point to environmental issues as contributors to poor lung health.

While asthma patients come from all social sectors, race and ethnicities, families who live in poverty do tend to be diagnosed with asthma and other lung conditions more often. Environmental factors can intensify symptoms; factors include exposure to secondhand smoke, mold in housing and living closer to highways (which increases exposure to nitric oxide). Many families lack the resources to 'makeover' their environment, says Dr. Nancy Inhofe, a physician with the Pediatric Asthma Clinic at OU-Tulsa. While there are some grant funds available for remediation, many families cannot access those funds.

Dr. Inhofe is an associate professor of pediatrics and medical director of the Pediatric Asthma Clinic at OU Physicians Clinics on the Schusterman Campus in Tulsa. She is an Academic Generalist whose practice focuses on treating children with asthma, while advocating for the use of evidence-based treatment guidelines for long-term control of this disease. Dr. Inhofe sees patients from the OU clinic as well as those referred to her from outside healthcare providers.

Her patients regularly credit her with improving the quality of their family and child's life, while she credits this to longer, more focused patient visits and better parent/patient education. An average pediatrician visit is 15 min-

utes, although many will book a double slot for asthma patients; Dr. Inhofe spends 45-60 minutes spent evaluating and counseling her asthma patients and families.

Working through the complicated condition with patients and their families requires extra time and on-going monitoring by a healthcare professional. The natural history of asthma is variable and not well understood. Asthma is a chronic condition, like diabetes, which means that it cannot be cured, but can be managed through the use of appropriate medications and non-medicinal interventions. Some very young patients will "outgrow" their lung condition around age 6, while others may have fewer symptoms and better lung function as they reach adulthood. Patients who are no longer exposed to environmental triggers also may see symptoms improve. For example, my sister moved to a different area of the country for college and was able to taper off her regular allergy shots; many of her environmental allergic triggers were no longer a problem. However, she still uses her prescribed rescue inhaler before exercise and on an as-needed basis.

While many pediatric asthma patients are triggered by their allergies, not all children with allergies necessarily have asthma.

Symptoms of asthma include:

- shortness of breath or a feeling of not being able to get enough air
- nighttime

cough

- multiple instances of "wheezy bronchitis", persistent or recurring cough or wheeze with viral respiratory infections

- being unable to keep up with classmates during activities or sports

Asthma affects the lungs two ways. First, the function of the lungs is compromised by the body's own immune system that causes inflammation inside the breathing tubes; the airways in the lungs become narrower due to swelling and mucus production. Second, the smooth muscle around the lungs constricts and squeezes, further impeding the function of the lungs to move air in and out of one's body.

If your child has chronic breathing issues or suffers from lung infections on a regular basis, ask your pediatrician if asthma is a possibility. You can also take an asthma control test, like the one on the right. If your child scores a

19 or lower, ask your pediatrician to investigate.

If a child is diagnosed with asthma, educating the child and the family on monitoring the condition and using proper medication becomes part of the treatment. Nearly every patient visit with Dr. Inhofe begins with her asking patients to demonstrate their inhaler technique, so that she can see whether or not the medication is being properly administered. She insists that proper use of the inhaler (including a spacer), good posture, and correct dosage are essential to treating the patient's asthma.

Patient education can also include a detailed explanation of the roles of the different medications, the importance of adherence to the medication regimen and regular follow up, symptom awareness, trigger avoidance, treating asthma flares at home and, importantly, discussion of when to go to the emergency

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1. Answer each question and write the answer number in the box to the right of each question.
2. Add your answers and write your total score in the TOTAL box shown below.
3. Discuss your results with your doctor.

<p>1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or at home?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20%;">All of the time</td> <td style="width: 10%;">1</td> <td style="width: 20%;">Most of the time</td> <td style="width: 10%;">2</td> <td style="width: 20%;">Some of the time</td> <td style="width: 10%;">3</td> <td style="width: 20%;">A little of the time</td> <td style="width: 10%;">4</td> <td style="width: 20%;">None of the time</td> <td style="width: 10%;">5</td> </tr> </table>	All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5	<p><b>SCORE</b></p> <input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>
All of the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5		
<p>2. During the past 4 weeks, how often have you had shortness of breath?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20%;">More than once a day</td> <td style="width: 10%;">1</td> <td style="width: 20%;">Once a day</td> <td style="width: 10%;">2</td> <td style="width: 20%;">3 to 6 times a week</td> <td style="width: 10%;">3</td> <td style="width: 20%;">Once or twice a week</td> <td style="width: 10%;">4</td> <td style="width: 20%;">Not at all</td> <td style="width: 10%;">5</td> </tr> </table>	More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5	<input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>
More than once a day	1	Once a day	2	3 to 6 times a week	3	Once or twice a week	4	Not at all	5		
<p>3. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20%;">4 or more nights a week</td> <td style="width: 10%;">1</td> <td style="width: 20%;">2 or 3 nights a week</td> <td style="width: 10%;">2</td> <td style="width: 20%;">Once a week</td> <td style="width: 10%;">3</td> <td style="width: 20%;">Once or twice</td> <td style="width: 10%;">4</td> <td style="width: 20%;">Not at all</td> <td style="width: 10%;">5</td> </tr> </table>	4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5	<input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>
4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5		
<p>4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20%;">3 or more times per day</td> <td style="width: 10%;">1</td> <td style="width: 20%;">1 or 2 times per day</td> <td style="width: 10%;">2</td> <td style="width: 20%;">2 or 3 times per week</td> <td style="width: 10%;">3</td> <td style="width: 20%;">Once a week or less</td> <td style="width: 10%;">4</td> <td style="width: 20%;">Not at all</td> <td style="width: 10%;">5</td> </tr> </table>	3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5	<input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>
3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5		
<p>5. How would you rate your asthma control during the past 4 weeks?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 20%;">Not controlled at all</td> <td style="width: 10%;">1</td> <td style="width: 20%;">Poorly controlled</td> <td style="width: 10%;">2</td> <td style="width: 20%;">Somewhat controlled</td> <td style="width: 10%;">3</td> <td style="width: 20%;">Well controlled</td> <td style="width: 10%;">4</td> <td style="width: 20%;">Completely controlled</td> <td style="width: 10%;">5</td> </tr> </table>	Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5	<input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>
Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Completely controlled	5		
<p><b>IF YOUR SCORE IS 19 OR LESS, YOUR ASTHMA MAY NOT BE UNDER CONTROL. BE SURE TO TALK WITH YOUR DOCTOR ABOUT YOUR RESULTS. THE ANSWERS BELOW SHOULD NOT BE ADDED TO YOUR TOTAL SCORE. THESE ANSWERS SHOULD BE DISCUSSED WITH YOUR DOCTOR.</b></p>	<p><b>TOTAL</b></p> <input style="width: 40px; height: 30px; border: 1px solid #ccc;" type="text"/>										

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# health feature

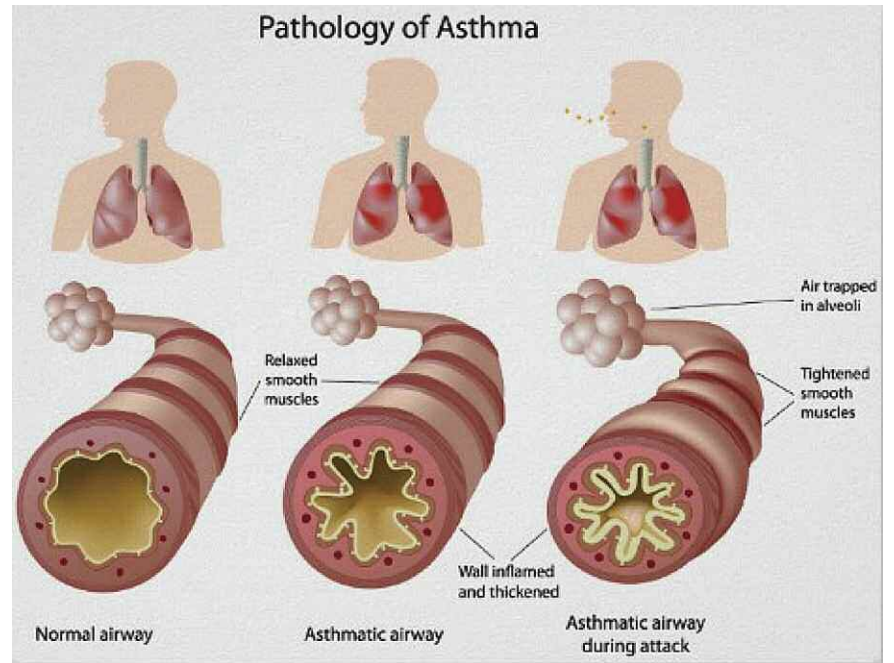
room. Each visit concludes with an individualized written home management plan. The home management plan functions on a familiar “Green light/Yellow light/Red light” scale and includes bullet points of how the child should feel or symptoms associated with each “zone” as well as treatment actions.

Dr. Inhofe has also developed a “low literacy” version of the home management plan, which relies more on visual communication. For example, using a smiley or frown-y face instead of “green” or “yellow” zones. It has color pictures of the child’s inhalers and which spacer type should be used with every dose of inhaled medicine at morning and/or night. The goal is to clarify and simplify instructions.

While patients’ correct use of medications is key, Dr. Inhofe also strongly advocates for the use of national guidelines in the treatment of asthma. These

guidelines are expert-supported and evidence-based on wide-scale studies. Following national guidelines can be irksome for many general practitioners, because they are admittedly complicated. The complexity is really about the time needed to correctly grade the severity or control of the asthma, prescribe appropriate medications, teach inhaler with spacer technique and provide education on the roles of each medication. However, much like her development of a “low literacy” asthma management plan, Dr. Inhofe is also developing a “decision support” template to help her colleagues and students make quicker and more specific asthma diagnoses.

A quick reference template based on guidelines from the National Heart Lung and Blood Institute and recent updates from GINA, give the health care provider recommended treatments based on the impairment



and risk from asthma for each individual. This could mean that patients with persistent asthma will receive daily controller medications sooner.

**To Learn More...**  
**The American Lung Association:** [www.lung.org](http://www.lung.org)  
**The Center for Disease Control:** [www.cdc.gov/asthma](http://www.cdc.gov/asthma)

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BY BETTY CASEY

# here comes the sun: Summer Sun Safety

**S**pending time outdoors in the sunshine is one of the great pleasures of summer. But, before you end up with burns and blisters that can lead to a lifetime of damage, arm yourself with some information that will help protect you and your family.

"It's important for kids to get in the sun, to get outside and play," says Dr. Robert Wittrock, a pediatrician with St. John Clinic, Pediatric and Adolescent Medicine. "It helps vitamin D levels and can help skin conditions."

However, Dr. Wittrock urges parents to take precautions so that children can safely enjoy the sun. "Sun damage lasts your entire life," he said. "Even damage in early infancy can affect you until you're 80 or 90."

Sun damage can lead to skin cancers, skin aging and rashes that get worse with sun exposure. Dr. Wittrock warns that the worse the sunburn, and the more often someone is burned, the greater the damage. And, if you have a teen who wants to use a tanning bed, Dr. Wittrock says this is a definite no-no. Tanning beds increase damaging rays 10 to 15-fold.

"Malignant melanoma is what we're trying to prevent," he said. "You live with it the rest of your life."

Parents can do a lot to prevent these lifelong problems by taking a few precautions with



DR. ROBERT WITTRUCK EXAMINES A PATIENT.

their children. Dr. Wittrock explains that children younger than 6 months are extremely vulnerable to sun damage. Infants should be dressed to protect them from the sun, including using hats and sunglasses. If there is any exposed skin, Dr. Wittrock recommends using a very light SPF 15 sunscreen.

For children older than 6 months, parents should apply SPF 15, or SPF 30 if children have fair skin. Sun protection is important for everyone, including those with dark skin.

"Only about one-third of children use sunscreen," Dr. Wittrock said, "and they don't apply it as

liberally as they should. Apply an ounce worth for the entire body, and wait 15 to 30 minutes before going outside. Reapply every two to three hours, or every one to one-and-a-half hours if swimming or sweating."

Dr. Wittrock explains that there are two different kinds of UV light, A and B, and B is the most dangerous, so look for a sunscreen that protects against both. Sun lotions with titanium oxide or zinc oxide create an extra barrier against the sun's rays. Also, be aware that the hours when UV rays are the strongest are between 10 a.m. and 4 p.m., and clouds do not offer protection

from UV rays.

Besides using sunscreen, Dr. Wittrock says that clothing works to protect the skin. "Fabric, fiber and thread count does matter," he says. "Cover your kids with clothing, especially if you have a fair child."

If your child does get a sunburn, Dr. Wittrock says to apply cool, wet wraps to the area, and allow it to air dry. Alovera can help with the pain, but if the sunburn is deep and big enough, have your child's doctor look at it.

## "Slip, Slop, Slap!"

■ **Slip on a shirt.** When you are out in the sun, wear clothing to cover your skin. Many companies now make clothing that's lightweight, comfortable, and protects against UV exposure even when wet.

■ **Slop on sunscreen.** Ideally, about 1 ounce of sunscreen should be used to cover the arms, legs, neck, and face of the average adult. Sunscreen needs to be reapplied at least every two hours to maintain protection.

■ **Slap on a hat.** A hat with at least a 2- to 3-inch brim all around is ideal because it protects areas that are often exposed to intense sun, such as the ears, eyes, forehead, nose, and scalp.

Source:

*The American Cancer Society*






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PROVIDED BY BETH WASHINGTON, COORDINATOR, TULSA AREA SAFE KIDS

# top summer safety tips to help kids have fun and stay injury-free

**T**he summer is one of the most exciting times of the year for your kids, but it's also a time when kids can be at risk for injuries. Give kids your undivided attention by actively supervising them throughout the summer, whether it's at the playground or in and around water. By reminding ourselves of a few safety tips, the summer can be safer and fun for everyone.

**Educate your children about swimming safety.** Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children to swim with an adult and always ensure there is a designated caregiver supervising them.



**Wear life jackets.** Always



have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports and that it fits snugly.

**Apply sunscreen rated SPF 15 or higher.** Always apply sunscreen rated SPF 15 or higher to your children 15 to 30 minutes before going outside. Remember to reapply frequently.

**Drink water during sports.** Have your kids bring a water bot-

tle to practice and games and drink plenty of water before, during and after play. This is especially important in summer months to avoid dehydration.

**Wear a helmet for biking and other wheeled sports.** We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bike crashes. Kids should wear a helmet

when riding anything on wheels.

**Never leave your child alone in a car, not even for a minute.** Reduce the number of deaths from heatstroke by remembering to ACT – avoid heatstroke, create reminders, and take action if you see a child left alone.

For more information, contact 918-494-7233 or visit [safekidstulsa.com](http://safekidstulsa.com)



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To learn more about Resource Recovery, including how to dispose of hazardous materials, special pick-ups and other problems, go to [tulsarecycles.com](http://tulsarecycles.com) or call 918.596.9777

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BY STAFF

# summer safety advice from a pediatric emergency specialist

As the days get longer and warmer, families spend more time outdoors, which means parents need to become more vigilant in watching their children as well as preparing for possible accidents that could occur.

“The summer brings a change in the reasons parents bring their children into the pediatric emergency center,” said Kent Denmark, M.D., pediatric emergency specialist at Saint Francis Hospital. “As you can imagine, this is related to an increase in outdoor activities and sometimes distractions for those in charge of supervising the activities.”

Dr. Denmark outlined some of the most common injuries and dangers that he sees in the emergency room during the summer months, and how to avoid them.

**Submersion injuries:** Pools, bath tubs, buckets as well as natural bodies of water present drowning dangers for children of all ages. Drowning is the leading cause of death of children between 1 and 4 years of age. It is the third leading cause of injury-related death for children under 19 years of age.

To avoid tragedies, Dr. Denmark advises that parents and caregivers should never leave a child alone in or near water. The majority of infant drownings occur in bathtubs or large buckets, and an infant can drown in as little as an inch of water.

Swimming pools are the most common site for drowning



to occur in children between 1 and 4 years of age. More than 5,000 children sustain non-fatal but significant submersion-related injuries every year

Whenever there are infants or toddlers around the pool, an attentive adult should be within arm's reach. This is not the time for multi-tasking. When multiple adults are present, it is important to implement something like the Water Watcher card, where an adult is designated for a 15-minute span to be the primary person responsible for supervising kids in the pool or body of water.

Do not rely on water wings or pool noodles for safety.

“Your toddler will eventually breach all barriers and make it to the pool/pond/creek,” Dr. Denmark said. “The goal in prevention is to place enough barriers and alarms to catch them before they get there.”

**Bicycles:** 60 percent of all bicycle injuries occur in children, and for those between ages 5 and 14, bicycles are the most common sport leading to emergency department visits.

An appropriately sized helmet with a strap fastened is the most effective safety equipment.

Children should be taught to ride on the right side of the road (with traffic), to always wear bright-colored clothing and use appropriate hand signals to let vehicles know their intentions. Up until the age of 10, it is most appropriate for children to ride on the sidewalk, not the roadway. Teach children to know and respect traffic laws.

**Fireworks:** While many parents may think that sparklers are harmless and child-friendly, that is not the case. Little arms are too short to hold sparklers, which can get as hot as 1200 degrees. Glow sticks are a nice substitute that are safe for younger children. If you are using fireworks, never wear loose clothing while in contact with them.

If an eye injury should occur, do not allow the child to touch the eye as this might make it worse.

**Take the time to learn CPR:** “It doesn't take very long to learn,” said Dr. Denmark, “and is the best intervention when given early in improving outcomes for children who stop breathing or have their hearts stop beating.”

Taking a few precautions to prevent accidents before they happen will help families enjoy a safe and healthy summer.

*The Saint Francis Pediatric Emergency Center is the area's only 24/7 ER dedicated to serving children. It is located adjacent to the Saint Francis Hospital Trauma Emergency Center at 6161 South Yale.*



Tulsa Botanic Garden will host its sixth annual DIG: Day In the Garden on Saturday, May 12th, from 4-8 p.m. This family-friendly event includes a train ride, face painters, balloon artists, crafts, photo booth and live music from Klondike 5 String Band and Desi & Cody. Tickets are \$60 per adult and include food, drink and all activities (children are free with a paid adult). Garden member discount tickets are \$40 per adult. All proceeds from the event benefit the Children's Discovery Garden. Ticket reservations can be made by calling 918-289-0330 or online at [TulsaBotanic.org](http://TulsaBotanic.org).

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

## May 1 Tuesday

### BIKES AND BALLS [W]

This open gym time for preschoolers (1-5 years) is a great way to socialize with other kids. Bring a riding toy. Tuesdays and Thursdays 9:30-11 a.m. Cost is 50 cents per child/visit. Whiteside Community Center, 4009 S. Pittsburgh Ave., [www.cityoftulsa.org](http://www.cityoftulsa.org)

### FOSTER FAMILY RESOURCE CENTER OPEN HOUSE [FREE]

Do you want to learn more about how TAPC Foster Family Resource Center is helping more foster families and children this year? Tulsa Advocates for the Protection of

Children invites you to an Open House on Tuesday, May 1st from 5:00pm -7:00pm. Visit the Center, meet staff and volunteers, have a snack, and bring donations! TAPC Foster Family Resource Center, 3326 E. 51st St., [www.tapchelps.org](http://www.tapchelps.org)

### THE ART OF THE LETTER [FREE]

Learn how to start writing letters, including types of pens, ink and stationary used, as well as how to find pen pals. Supplies are provided but you're welcome to bring your own. For ages 12 and older. Seating is limited. Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. Central Library, 400 Civic Center, 6:30-8 p.m. Addi-

tional date Tuesday, May 8, 6:30-8 p.m.

## May 2 Wednesday

### BROOKSIDE FARMERS MARKET [FREE, W]

The Brookside Farmers Market is open every Wednesday from May 2 through September! Brookside Church, 36th Pl. and Peoria, 7:30-11 a.m. [www.tulsafarmersmarket.org](http://www.tulsafarmersmarket.org)

### TODDLER TIME AT CHANDLER PARK

Bring your little ones to Chandler Park every other Wednesday in May for a variety of activities including crafts, music and story time, sensory activities, gym games, nature walks

and a field trip. \$2/class. Chandler Park, 6500 W. 21st St., 10-11 a.m. [parks.tulsacounty.org](http://parks.tulsacounty.org)

### TINY TOTS IN TRAINING

[FREE, W]

Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Case Community Center, 1050 W. Wewika Rd., Sand Springs, 10-11:30 a.m. [www.sandspringsok.org](http://www.sandspringsok.org)

### FITNESS ON THE GREEN: YOGA

[FREE, W]

Join the YMCA of Greater Tulsa and Fowler Toyota of Tulsa for this relaxing addition to Fitness on the Green. Every Monday and

Wednesday this season from 5:30 PM to 6:30 PM at Guthrie Green. Bring your own mat! And as always, class is FREE! Guthrie Green, 111 E. M.B. Brady St., 5:30-6:30 p.m. [www.guthriegreen.com](http://www.guthriegreen.com)

## May 3 Thursday

### CHILDREN'S STORYTIME AT TULSA TOY DEPOT [FREE, W]

Tulsa Toy Depot's popular storytime is led by Miss Carol Meyer, who leads the kids in music and story telling each week for 30 minutes of great active fun for the little ones. Tulsa Toy Depot, 10114 S. Sheridan Rd., 11 a.m. [www.tulsatoydepot.com](http://www.tulsatoydepot.com)

## May 4 Friday

### CINCO DE MAYOFEST

This 8th annual 5 de Mayo Festival will feature live music, authentic Mexican food, arts and crafts, a huge section of mechanical rides, and other activities for kids and adults. River West Festival Park, 2100 S. Jackson Ave., 4-11 p.m. Additional dates Saturday and Sunday, May 5 and 6, 2-11 p.m.

### FIRST FRIDAY [FREE]

This year-round monthly event features all of the galleries, studios and museums in the Tulsa Arts District as well as the part-time galleries in various shops opening their doors to show and sell art. Shops are open late and there are lots of dining and entertainment opportunities as well. Tulsa Arts District, 6-9 p.m. [www.thetulsaartsdistrict.org](http://www.thetulsaartsdistrict.org)

### MEET AUTHOR PAM MUÑOZ RYAN, WINNER OF THE 2018 ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE [FREE]

New York Times best-selling author Pam Muñoz Ryan is the winner of the 2018 Anne V. Zarrow Award for Young Reader's Literature, given by the Tulsa Library Trust. She will talk about her life and works, answer questions and sign books. Following the award presentation, Ryan will present awards to winners of Tulsa City-County Library's 2018 Young People's Creative Writing

Contest. Hardesty Library, 8316 E. 93rd St., 7-9 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### LAFORTUNE FIRST FRIDAY CONCERT

From May through September, enjoy great local talent outdoors in the Gardens on the first Friday of each month. Bring a blanket or chairs! The Gardens at LaFortune Park, 5202 S. Hudson Ave., 7-9 p.m. [parks.tulsacounty.org](http://parks.tulsacounty.org)

## May 5 Saturday

### CHERRY STREET FARMERS MARKET [FREE, W]

The Cherry Street Farmers Market is open every Saturday through October. Cherry Street, 15th St. between Peoria and Utica, 7-11 a.m. [www.tulsafarmersmarket.org](http://www.tulsafarmersmarket.org)

### ROSE DISTRICT FARMERS MARKET [FREE, W]

The Rose District Farmers Market in Broken Arrow is open every Saturday through October! Rose District Pavilion, 418 S. Main, Broken Arrow, 8-11 a.m. [www.brokenarrowok.gov](http://www.brokenarrowok.gov)

### KENDALL WHITTIER MERCADO [FREE]

Back for a second year, Kendall Whittier Mercado features local art, handmade goods, and fresh produce in the heart of historic Kendall Whittier. Open the first and third Saturdays of each month, May-October. Admiral and Lewis, 10 a.m.-2 p.m. [www.historickwms.com/mercado](http://www.historickwms.com/mercado)

### FREE COMIC BOOK DAY! [FREE]

Add to your cache of comic books! Pick up some new comics (while supplies last), see Wonder Woman's Invisible Plane, and enter a drawing for an awesome prize, just by checking out graphic novels. For ages 5-18. Maxwell Park Library, 1313 N. Canton, 10 a.m.-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### NATURE'S GRAND ADVENTURES: TRANSFORMERS

Share the wonder of nature with your grandchild in this choose-your-own-adventure class series and discover how the natural world



Help plant a path for pollinators! The Tulsa Zoo's third annual Pollinator Plant Sale will be happening at the zoo's gift shop May 11-20. Pollinators — such as butterflies, hummingbirds, and bees — are extremely important. Become part of making Tulsa a Monarch City by purchasing various plants for your garden.

changes all around us! Topics COULD include metamorphosis in amphibians, seasonal changes or plate tectonics; but it will be up to you to decide. You will even meet a zoo animal at each class! Pairs will create fun-filled memories that will last a lifetime. Grandchildren must be 5 to 12 years old. Grandparents can be any age! Registration is for one grandchild and one grandparent for all three classes in the series. Cost is \$40, 10% off for zoo members. More information and registration at [tulsazoo.org/classes](http://tulsazoo.org/classes). Tulsa Zoo, 6421 E. 36th St. N., 1-4 p.m. Additional dates Saturday, May 12 and 19, 1-4 p.m.

## May 6 Sunday

### FREE FAMILY DAY AT OKLAHOMA CITY MUSEUM OF ART [FREE]

SONIC Free Family Day is a chance for families to receive free Museum admission, take part in fun art making activities, see exciting performances and films, and create memories that last a lifetime! The event is 12-5 p.m. with activities on all three floors of the Museum; activities are sponsored by SONIC, America's Drive-In. Oklahoma City Museum of Art, 415 Couch Dr.,

Oklahoma City, 12-5 p.m. [www.okc-moa.com](http://www.okc-moa.com)

## May 7 Monday

### MAKE-AND-TAKE MOTHER'S DAY CARDS [FREE]

Be creative at the library or take the cards home to complete. Supplies are provided but limited. For all ages. Collinsville Public Library, 1223 Main, 10 a.m.-6 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## May 8 Tuesday

### PARENT CHILD CENTER OF TULSA MONTHLY TOUR [FREE]

The Parent Child Center of Tulsa offers tours of the agency at noon on the second Tuesday of every month. The tour lasts one hour and a light lunch is served. Learn about the PATHWAY OF HOPE the Center provides to families in our community, meet staff members and hear directly from clients about how the Parent Child Center's services have impacted their lives. Parent Child Center, 1421 S. Boston Ave., 12-1 p.m. Register in advance at [www.parentchildcenter.org](http://www.parentchildcenter.org)

### SILENT DINNER [FREE]

Silent Dinners are THE place to



Blue Cross and Blue Shield of Oklahoma's (BCBSOK) annual Be Smart Don't Start Anti-Tobacco Day event for third through fifth grade Oklahoma students features hands-on educational activities emphasizing the dangers of tobacco use. Be Smart-Don't Start partners and BCBSOK's Mobile Assistance Center will also join in on the fun with interactive activities, trivia and prizes for children to enjoy. BCBSOK's mascot, Blaze the Braggin' Blue Dragon®, will be there to meet kids and share his message of how great it can be to be tobacco free! Museum guests will receive free admission, courtesy of BCBSOK. Science Museum Oklahoma, 2020 Remington Place, Thursday, May 10, 9 a.m.-2 p.m. [www.bcbsok.com](http://www.bcbsok.com)

come and practice sign language in a non-threatening environment. You will find that many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome from very beginning learner to native signers. Woodland Hills Mall Food Court, 7021 S. Memorial Dr., 6 p.m. [www.tsha.cc](http://www.tsha.cc)

**IS HOMESCHOOLING RIGHT FOR YOU? [FREE]**

Tara Summers, a former public school teacher, has homeschooled for 10 years and currently teaches four children at home ranging from pre-K to high school. Join Summers as she shares her personal stories of humor and tears, and provides valuable information on the resources available to parents to enable you to make an informed decision. Bixby Library, 20 E. Breckenridge,

6:30-8 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 9 Wednesday**

**GAMER LAB [FREE, W]**

Enjoy two hours of gaming fun! For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd., 2:45-4:45 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**PAWS FOR READING [FREE]**

Registered therapy dogs are excellent listeners. Kids ages 5-12 are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Broken Arrow Library, 300 W. Broadway Ave., 4-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 10 Thursday**

**YOGA AT THE ZOO**

Perfect your eagle pose and downward facing dog during Yoga at the Zoo. This \$15 public yoga class for ages 12 and older and will be led by instructor Nicole Peltier of Tulsa Yoga Room. Enjoy a 50-minute yoga session and admission to the Tulsa Zoo during the event. Information and registration at [tulsazoo.org/yoga](http://tulsazoo.org/yoga). Tulsa Zoo, 6421 E. 36th St. N., 5-7 p.m.

**STORYTIME UNDER THE STARS [FREE]**

Enjoy a relaxing Storytime Under the Stars at Linnaeus Teaching Garden in Woodward Park. Volunteers will read books on the themes of flowers, seeds and birds, after which participants will engage in a fun art activity. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 6:30 p.m. [www.tulsagardencenter.com](http://www.tulsagardencenter.com)

**May 11 Friday**

**MUSEUM BABIES**

Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. [www.gilcrease.org](http://www.gilcrease.org)

**May 12 Saturday**

**SECOND SATURDAY AT PHILBROOK [FREE]**

Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a variety of events and hands-on ac-

tivities. Philbrook Museum of Art, 2727 S. Rockford Rd., 9 a.m.-5 p.m. [www.philbrook.org](http://www.philbrook.org)

**TULSA ZOO CELEBRATES NATIONAL PUBLIC GARDENS DAY**

Enjoy the zoo's gardens and special programming during National Public Gardens Day weekend. Zoo horticulture staff will provide a 1-hour guided garden tour at 1 p.m. on Saturday and Sunday. Go on a self-guided safari plant tour of exotic and native vegetation, available on request at the Admission and Membership windows. Be sure to visit the new Conservation Garden outside of the Lost Kingdom entrance portal featuring pollinator, water-wise and rain garden sections. Tulsa Zoo, 6421 E. 36th St. N. Additional date Sunday, May 13. [www.tulsazoo.org](http://www.tulsazoo.org)

**SECOND SATURDAY SILENTS PRESENTS "BLOOD AND SAND" (1922)**

A toreador's familial and social life is threatened when he has an affair. Starring Rudolph Valentino. Live accompaniment from Bill Rowland on Circle Cinema's original 1928 pipe organ. \$5 adults, \$2 children. Circle Cinema, 10 S. Lewis Ave., 11 a.m.

**FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH**

Enjoy a nature hike on trail in the valley along the shores of Oologah Lake; watch for and identify different birds common to the area. Walking sticks and field notebook for sketching will be available for purchase. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 1-3 p.m. [www.willrogers.com](http://www.willrogers.com)

**May 13 Sunday**

**HAPPY MOTHER'S DAY!**

**TULSA WIND RIDERS FESTIVAL OF KITES [FREE]**

The Tulsa Wind Riders 25th Annual Festival of Kites will be the kite fly of the year in Tulsa! The Wind Riders have been gathering up new kites all winter long to show the public when they come out for this year's festival. Bring your kite as well! 43rd

St. E. Garnett Rd., 10 a.m.-5 p.m. Additional date Saturday, May 12, 10 a.m.-5 p.m. [www.facebook.com/TulsaWindRiders](http://www.facebook.com/TulsaWindRiders)

**MOMS AND MIMOSAS**

Join the Oklahoma Aquarium for a lovely Mother's Day brunch with mimosas! Each ticket includes brunch, complimentary mimosa, admission to the Aquarium, a discount on a souvenir photo and a take-home gift. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 11 a.m.-2 p.m. [www.okaquarium.org](http://www.okaquarium.org)

**MOTHER'S DAY CELEBRATION [FREE]**

Celebrate the special woman in your life with a trip to the Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 12-5 p.m. Additional date Saturday, May 12, 10 a.m.-5 p.m. [www.chickasawcultural-center.com](http://www.chickasawcultural-center.com)

**May 14 Monday**

**DANCE & SING-ALONG**

Join Executive Director Ray Vandiver as he sings classic children's songs. Dance with scarves and shakers as you sing along, and be ready to get groovy! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30-11 a.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

**WOMEN'S SELF DEFENSE [FREE]**

Join experienced instructors from San Soo Tulsa for a free lesson in Krav Maga-style self-defense. If you've ever wanted to learn more about the art of self-defense, this class is for you! This class is geared toward women ages 16 and older. Wear comfortable clothing and footwear. Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m.

**CEILI IRISH DANCE [FREE, W]**

Learn traditional Irish dances with this fun group! All ages welcome. Central Center in Centennial Park, 1028 E. 6th St., 7-8:30 p.m. [www.cityoftulsa.org](http://www.cityoftulsa.org)

**May 15 Tuesday**

**CONNECT @ CITY HALL [FREE]**

Connect @ City Hall is a free tour program offering citizens an exclusive, behind-the-scenes look at how City Hall operates and provides city services. Participants will take a guided tour of City Hall led by staff from the City Council Office and the Office of the Mayor. Following the tour, guests will then have the opportunity to meet and engage in small group sessions with four panelists. City of Tulsa City Hall, 175 E. 2nd St., 6-8 p.m. [www.cityoftulsa.org](http://www.cityoftulsa.org)

**May 16 Wednesday**

**BOOKSMART TULSA: AN EVENING WITH RICK BRAGG [FREE]**

Enjoy an evening with Rick Bragg, the beloved, best-selling, Pulitzer Prize-winning author of "All Over but the Shoutin'" and "Ava's Man," as he discusses his new book, "The Best Cook in the World." Join Bragg for a delectable, rollicking food memoir, cookbook, and loving tribute to a region, a vanishing history, a family and, especially, to his mother. Central Library, 400 Civic Center, 7-8:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 17 Thursday**

**SAFE KIDS CAR SEAT CHECK [FREE]**

Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. [www.safekids.org](http://www.safekids.org)

**GAMES IN THE GARDEN [FREE, W THROUGH MAY 24]**

Head to the Central Library after school for some outdoor fun and games (weather permitting). For ages 4-10. Central Library, 400 Civic Center, 3:30-4:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**TEEN BOOK TALK [FREE]**

Meet upstairs in the Digital Lounge to nibble on some brownies as participants discuss "The Hate U Give" by Angie Thomas. For ages 12-18.

Hardesty Library, 8316 E. 93rd St., 6-7 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 18 Friday**

**MINI MASTERS: FIVE SENSES IN ART**

Explore the five senses as children investigate the galleries and gardens of Gilcrease Museum using sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations. For ages 3-6, who must be accompanied by an adult. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10-11 a.m. [www.gilcrease.org](http://www.gilcrease.org)

**MAY 19 Saturday**

**BARK WALK AND PET FEST [FREE]**

This fun-filled family fundraiser, presented by The Boxer Rescue of Oklahoma, will feature a 1-mile walk through Central Park in Broken Arrow. There will be plenty of food, and fun for pets and their human companions, including a Kids Zone. Central Park, 1500 S. Main St., Broken Arrow, 9 a.m.-3 p.m. [www.tborg.org](http://www.tborg.org)

**CHANDLER PARK NATIONAL "KIDS TO PARKS" DAY [FREE]**

Bring your family and enjoy a day at Chandler Park! There'll be sports demonstrations, organized games, arts and crafts projects, face painting, a cake walk, inflatables, nature hikes and lunch! All ages. Chandler Park, 6500 W. 21st St., 11 a.m.-3 p.m. [parks.tulsacounty.org](http://parks.tulsacounty.org)

**IMAGINATION DAYS AT AHHA [FREE]**

Learn about the art of our time and experience it firsthand with storytelling, music, dance, and hands-on "make and take" art projects. Inspired by current AHHA exhibitions, this program fosters the development of life-long learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative hands-on art activities. AHHA Tulsa, 101 E. Archer St., 12-5 p.m. [www.ahhatulsa.org](http://www.ahhatulsa.org)



**BIKE MAINTENANCE AND REPAIR [FREE]**

Learn basic bike maintenance and repair in this informative presentation by the Tulsa Hub. For all ages. Central Library, 400 Civic Center, 3-4 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 20 Sunday****FUNDAY SUNDAY [FREE]**

Children and adults alike can enjoy an afternoon of exhibition-inspired activities, artist-led studio projects, museum exhibitions and interactive spaces. Special activities from Noon to 4:00 pm, with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd. [www.gilcrease.org](http://www.gilcrease.org)

**May 21 Monday****DIG WITH A DIETICIAN: BEES AND POLLINATORS [FREE]**

This class will be taught by a Reasor's Registered Dietitian. During this class participants will learn about bees and other pollinating bugs and insects. Children will learn what pollination is and how it helps a garden bloom, insects and bugs that pollinate, and local honey! This class is appropriate for ages 3+. Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., 10:30-11:30 a.m. Pre-register at [www.reasors.com](http://www.reasors.com) or email [heather.steele@reasors.com](mailto:heather.steele@reasors.com).

**IN THE MIDDLE [FREE]**

Head to Broken Arrow Library/South to discuss a book and enjoy lively conversation. The featured book is available for checkout at the library. Light refreshments are provided. For ages 10-12. Broken Arrow Library/South, 3600 S. Chestnut Ave., 6:30-7:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 22 Tuesday****TUESDAY TEEN LAB: SPHERO RACES! [FREE]**

Join us to learn about these cool minirobots, and have fun racing them and making them dance! You even can do a little coding, if you like. For ages 10-18. Glenpool Library, 730 E. 141st St.,

6:30-7:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**IS YOUR CHILD KINDERGARTEN READY? [FREE]**

Kindergarten is not the same as it used to be and children are expected to know more than in the past. Megan Soto, kindergarten teacher at Collinsville Public Schools, will give tips on how to prepare your child for a successful year in kindergarten. Bixby Library, 20 E. Breckenridge, 6:30-8 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 23 Wednesday****TEEN CONNECTIONS [FREE]**

Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. TARC Office, 2516 E. 71st St., Suite A, 4:30-6 p.m. [www.ddadvocacy.net](http://www.ddadvocacy.net)

**May 24 Thursday****LEGO CLUB [FREE]**

Bring your creativity; Glenpool Library will supply the LEGOs. Enjoy an hour of free play for ages 5-11. Glenpool Library, 730 E. 141st St., 4-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**INTRO TO LASER ENGRAVING [FREE]**

See an instructional demo of our laser engraver to learn what kind of projects you can do, how the engraver works, software used, and how you can get started creating as soon as the next day! Seating is limited. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 6-7 p.m.

**May 25 Friday****FILM ON THE LAWN: "THE GOONIES"**

Philbrook's 2018 Film on the Lawn series kicks off with beloved family classic "The Goonies." Bring a picnic or purchase food at Philbrook, take a ride on a giant Slip 'n' Slide

and enjoy other activities before the movie begins. Philbrook Museum of Art, 2727 S. Rockford Rd., 7-10 p.m. [www.philbrook.org](http://www.philbrook.org)

**May 26 Saturday****BOTANY WALK AT OXLEY NATURE CENTER [FREE]**

Enjoy a botany walk at the beautiful Oxley Nature Center on the 4th Saturday of each month. Oxley Nature Center at Mohawk Park, 10:30 a.m. [www.oxleynaturecenter.org](http://www.oxleynaturecenter.org)

**ZOO INSIDER: HOOFSOCK**

The Tulsa Zoo is RHINOserious about protecting species across the world and we want to show everyone that we do. Teenagers will SPRINGbok into the wonderful world of ungulates. Join the zoo on safari and discover what it takes to care for these GIRAFFic animals (both large and small). Middle and high school students 13 to 18 years old are welcome to attend. Cost is \$25 per class. More information and registration at [tulsazoo.org/classes](http://tulsazoo.org/classes). Tulsa Zoo, 6421 E. 36th St. N., 1-4 p.m.

**May 27 Sunday**

See our list of Family Friendly Festivals for more weekend events!

**May 28 Monday****SCOUT DAY AT OKLAHOMA AQUARIUM**

The Oklahoma Aquarium hosts Scout Days to honor all youth organizations and their members (such as Boy Scouts, Girl Scouts, Camp Fire, 4-H, FFA, etc.). There are special activities offered from 11:00 to 1:00 pm, but the discounted rate of \$7 per student and \$10 per adult is available for the entire day (remember the last ticket is sold 1 hour prior to closing.) To receive discounted price, youth organization members must be in membership or carrying organization membership cards; maximum of one adult per child admitted at discounted price. Oklahoma Aquarium, 300 Aquarium Dr., Jenks [www.okaquarium.org](http://www.okaquarium.org)

**May 29 Tuesday****ZOO INSIDER: FIELD BIOLOGY WORKSHOP**

Teenagers will experience life in the field as a wildlife biologist! Aspiring scientists will get down and dirty conducting research on land, air and water. Activities will include observing animal behavior, collecting plant specimens and tracking movement of animals. Middle and high school students 13 to 18 years old are welcome to attend. Cost is \$175 for the 4-day workshop. More information and registration at [tulsazoo.org/classes](http://tulsazoo.org/classes). Tulsa Zoo, 6421 E. 36th St. N., 9 a.m.-2 p.m. Workshop recurs daily through June 1.

**SUMMER READING PROGRAM KICKOFF PARTY: LIBRARIES ROCK! [FREE]**

Children will walk down the red carpet like the Hollywood stars. Face painting, photo booth, rock painting and various other activities are in store. For ages 5-12. Rudisill Library, 1520 N. Hartford Ave., 11 a.m.-1 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**TEEN TUESDAY: TINY THINGS BY BOWEN POLYMER CLAY CREATIONS [FREE]**

Join Tiny Things by Bowen and create your own tiny magnets, necklaces, bookmarks and more! Come and make your tiny thing! For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 2-3 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**CARTOONING/ILLUSTRATION WORKSHOP WITH MORGAN TAYLOR [FREE]**

Morgan Taylor guides students through a step-by-step character-building project focused around his work on the award-winning Gustafer Yellowgold DVD/CD series. Topics include anatomy, character study and development. For ages 10-12. Sponsored by the Tulsa Library Trust. Charles Page Library, 551 E. 4th St., Sand Springs, 4-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 30 Wednesday****BUILD A READER STORYTIME: BABIES & TODDLERS [FREE]**

Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**PRESCHOOL SING-ALONG [FREE]**

Enjoy songs you love from storytime and learn new ones to sing together at home. For ages 3-5 and their caregivers. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 10:30-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**May 31 Thursday**

**STORYTIME IN THE PARK  
FEATURING TOMMY TERRIFIC'S  
WACKY MAGIC: JAZZ PIONEER  
LOUIS ARMSTRONG [FREE]**

The show features magic tricks related to Louis Armstrong's innovative jazz standards, such as "Hello Dolly," "When the Saints Go Marching In" and "What a Wonderful World." Throughout the show, Tommy Terrific explores Armstrong's fascinating life and numerous accomplishments. This very interactive show is great educational entertainment for children of all ages. Sponsored by the Tulsa Library Trust. QuikTrip Plaza, 41st and Riverside, 10-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**SUMMER'S FIFTH NIGHT IN  
UTICA SQUARE [FREE]**

Live music, every Thursday, all summer long, starting May 31. Utica Square's summer concert series serves up everything from jazz to rock to country. This week's performer is Weston Horn & The Hush, playing Power Funk Rock. Pack a picnic or dine at one of our great restaurants as you unwind to your favorite local bands. Utica Square, 21st and Utica, 7-9 p.m. [www.uticasquare.com](http://www.uticasquare.com)



**PLAY BALL!**

Tulsa Drillers Home Game Schedule  
[www.tulsadrillers.com](http://www.tulsadrillers.com)  
ONEOK Field, 201 N. Elgin Ave.

- 5/1, 7:05 p.m. vs. Arkansas
- 5/2, 12:05 p.m. vs. Arkansas
- 5/3, 7:05 p.m. vs. Arkansas
- 5/4, 7:05 p.m. vs. Arkansas
- 5/14, 7:05 p.m. vs. Springfield
- 5/15, 7:05 p.m. vs. Springfield
- 5/16, 11:05 a.m. vs. Springfield
- 5/17, 7:05 p.m. vs. Springfield
- 5/18, 7:05 p.m. vs. Arkansas
- 5/19, 7:05 p.m. vs. Arkansas
- 5/20, 1:05 p.m. vs. Arkansas
- 5/21, 12:05 p.m. vs. Arkansas
- 5/29, 7:05 p.m. vs. San Antonio
- 5/30, 7:05 p.m. vs. San Antonio
- 5/31, 7:05 p.m. vs. San Antonio

**Tulsa Roughnecks FC  
Home Game Schedule  
[www.roughnecksf.com](http://www.roughnecksf.com)  
ONEOK Field, 201 N. Elgin Ave.**

- 5/9, 7 p.m. vs. Reno 1868 FC
- 5/12, 7 p.m. vs. Phoenix Rising FC
- 5/26, 7 p.m. vs. OKC Energy FC

**Tulsa Athletic  
Home Game Schedule  
[www.tulsaathletic.com](http://www.tulsaathletic.com)  
Veteran's Park, 1811 S. Boulder Dr.**

- 5/6, 2 p.m. vs. Little Rock Rangers
- 5/13, 2 p.m. vs. Ozark FC

Travel back in time every weekend through June 3 by visiting The Castle of Muskogee's annual Renaissance Festival!

**RENAISSANCE FESTIVAL AT CASTLE OF MUSKOGEE**

**When:** Every Saturday and Sunday from April 28-June 3, 10:30 a.m.-6 p.m.

**Where:** Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee  
Journey to an age of kings, queens and knights in shining armor. Be mesmerized by magicians, musicians, jugglers, jousts, dancers, acrobats and more as the Castle of Muskogee transforms to a medieval village. [www.okcastle.com](http://www.okcastle.com)

**GERMANFEST**

**When:** May 11-12, 10 a.m.-9 p.m.; May 13, 11 a.m.-5 p.m.

**Where:** GAST Center Building, 1429 Terrace Dr.  
Enjoy authentic German entertainment by the GAST Folk Dancers and Blaskapelle together with outstanding Polka bands, food, drink and activities for children! [germanfest.gastulsa.org](http://germanfest.gastulsa.org)

**ROOSTER DAYS**

**When:** May 10, 4-10 p.m.; May 11, 4-11 p.m.; May 12, 10 a.m.-11 p.m.; May 13, 10 a.m.-6 p.m.  
**Where:** Central Park in Broken Arrow, 1500 S. Main St.

Returning for its 87th year in Broken Arrow, Rooster Days will be packed with adventure and fun, including live entertainment, the Rooster Days Parade, carnival food and rides, a wine garden and the ever-expanding Rooster Days Market Place. [www.roosterdays.com](http://www.roosterdays.com)

**TULSA INTERNATIONAL  
MAYFEST**

**When:** May 17-20

**Where:** Downtown Tulsa  
Shop from a variety of arts and crafts vendors, bring your kids to enjoy the Kidzone at HA Chapman Centennial Green Park, purchase carnival foods like funnel cakes and turkey legs and watch live dance and musical performances! [www.tulsamayfest.org](http://www.tulsamayfest.org)

**BLUE DOME ARTS FESTIVAL**

**When:** May 18-20

**Where:** Downtown Tulsa, Blue Dome District  
This year's festival Blue Dome Arts Festival will feature nearly 300 Okla-



Photo by Thomas Clark

homa artists, in addition to performers and local food trucks. There will be a Family Zone for the kids, a Pet-Zone for the furbabies and much more! [www.bluedomearts.org](http://www.bluedomearts.org)

**THE HOP JAM BEER & MUSIC FESTIVAL**

**When:** May 20, 12-9:30 p.m.  
**Where:** Tulsa Arts District

The Hop Jam is Oklahoma's largest craft beer and music festival, returning for its fifth year on May 20. Staged in the heart of downtown in the historic Tulsa Arts District, the 2018 festivities will include more than 300 craft beers and all-ages free concerts on two stages. The Festival also includes local food trucks and all-ages activities. Learn more at [www.thehopjam.com](http://www.thehopjam.com)

**ANNUAL CHUCK WAGON FESTIVAL**

**When:** May 26-27, 10 a.m.-4 p.m.  
**Where:** National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City

Join the National Cowboy & Western Heritage Museum for this two-day, fun-filled family weekend showcasing chuck wagon food samples, a petting zoo, artisan demonstrations, bandanna decorating, leather stamping, live music, rope making with Ward Family Trick Ropers, archery, Western reenactors, face painting, children's craft stations, square dancing, photos with a longhorn, giant puzzles, dress up areas, book signing, and more! Learn more at [www.nationalcowboymuseum.org](http://www.nationalcowboymuseum.org)



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[www.montecassino.org/campmonte](http://www.montecassino.org/campmonte)


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# Hip Ways for Pushing Back the Blues

BY JILL VANTREASE

**W**e are going to take a brief detour out of frivolity and explore a startling yet unavoidable truth: life is hard, friends! I suspect you knew that already. But lately I've been feeling the brunt of many friends' tragedies: faltering marriages, cancer diagnoses (ugh!), wayward children. I've been struggling, too, with not as serious quandaries; chief among them is thinking about/obsessing over my all-but-estranged sister my dear partner in DNA. Couple this jellyfish-like sadness glomming onto my brain with raising teenagers down to toddlers - gah! Is it simply because I'm getting older that problems don't seem to have neat and tidy resolutions anymore, like they did when I was younger? Have these issues been quietly festering and growing all these years until I brushed away the undergrowth and saw the horrible rot? Oh, the soul-gnawing crap life throws us!

Don't worry, though, you didn't come to this column to dwell in sadness. We're going to delve into a few ways we mommies can restore some peace, joy and equilibrium into our lives when the going gets shitey. Luckily, I have a fabulous posse of moms who supply me with a plethora of things that connect you to your soul. And the one that leaps out first to me? Gardening! Ugh! I have the blackest thumb in the lower 48, and really don't enjoy getting my hands



GARDENING IS GOOD FOR THE SOUL.

dirty, but maybe I should. My beloved friend Kym says, "I like to work in the yard. I LOVE to pull weeds, cut back bushes and plant flowers. The best part? My hus-

band picks up all the trash of destruction. Cutting and arranging flowers for someone makes me happy, too."

My friend Sarah says, "I

agree with working in a garden. I haven't had one for about three years because of busy life and a temporary home, and I cried in Lowe's garden section when I saw all the families picking out plants this weekend, I missed it so much."

And what fascinates me is that there's scientific evidence of this: It's called - really! - being "grounded."

Shawn Stephenson of my favorite health podcast, "The Model Health Show," notes that humans are very conductive to electricity. And it turns out the earth itself — dirt! — is brimming with free electrons that get transferred to the human body. When that electron is provided, it helps to reduce inflammation resulting from free radical activity. Clearly I'm no scientist, but Shawn says by getting yourself in contact with the surface of the earth, you actually have a rapid activation of the relaxation response — a deactivation of the fight or flight impulse. Mind boggling! The bonus? As my friend Fawn says, "There's just something about moving your hands in the dirt and seeing wonderful things grow from a tiny seed."

And dirt is free! Shawn notes that dirt, grass, mud, soil, sand (think relaxing beach!) are all conductive surfaces. Notably, asphalt is not. So, ladies, who cares if you can't keep a thing alive. It seems just trying is worth it!



Many friends mention congregating with girlfriends over lunch or with a glass of wine — of course, we all need these very human connections. My inimitable friend Marlo takes the cake, though. She says, “I do cyber happy hour with my college girlfriends from across the country. We have also held a cyber baby shower....I mailed cookies to everyone. We all mailed presents to the preggo momma. Then she opened presents and we ate cookies together!” I mean really! Why haven’t I thought of that with my sisters on opposite coasts? My friend Shelly also does “cyber happy hours” with friends when no one can has the time to physically get together. Marlo

uses Google Hangout; it’s similar to Skype, but more people can be in a “room” at the same time. My friend Kym has used Facebook events with video feed. I’ve used GoToMeeting for a moms’ meeting to plan a school party; why didn’t I think of using it for something fun — with mimosas in hand?

Finally, both my friends Kym and Sarah swear by frequent acupuncture. Kym says acupuncture helps tremendously with her back pain and anxiety. My friend Sarah goes to Maplebrook; it’s community acupuncture, so you are in a room full of recliners with other people. Sarah says that took some time to get used to, but it is a mere \$15-\$35 per visit, so it’s

quite affordable.

Sarah says, “Physically, I have less back and hip pain which I have had since high school cheerleading and was worsened by pregnancies and giving birth. Emotionally...where do I even begin? I have much fewer symptoms of depression and anxiety. To be real raw, I can’t fake acupuncture. I could squeak through therapy without getting too real, dive into exercise as a form of coping, build businesses to help compensate for frustration, but as soon as I saw my body respond to acupuncture, I knew it was safe. I’ve been going for about three months weekly and I don’t think I will ever stop. Life is so ridiculously hard, but I know our minds and bodies weren’t meant to bear the brunt of the all this stress. It has been a way for me to actually enjoy living again. That sounds way overboard, but it is crazy true.”

Wow! She reminds me that the needles are super tiny — and there’s a lot of medical science to back up acupuncture benefits.

As for me? What’s keeping me (usually) on the right side of the nuthouse doors? Miss Shelly’s School of Dance — the adult tap class. Every Friday morning, I don tap shoes and leave my two littlest girls to languish in the lobby while we work on two recital dances that we’ll be performing in May. Trying to keep up with these women — some of whom are more than 20 years older than I am — and working on these joy-filled, complicated dances is the closest I’ve come to “flow” — to living in the moment — for a long, long time. Oh, and lash primer really lifts my mood too.

There you go, ladies. Keep your chin up, and remember these wise words of Julian of Norwich: “All shall be well, and all shall be well, and all manner of things shall be well.”



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# growing good food in containers

**C**ontainer gardening is one of the easiest ways to develop green-thumbed kids.

Beautiful gardens with trailing strawberries and seven-foot sunflowers along stepping stone paths made just for little feet are dreamy. But if this is not your reality, think about container gardening. By May, it's too late to start many plants from seed, so instead, head to a nursery or farmers' market and pick up little herb, tomato or vegetable plants ready to stick in a pot and grow.

Kids will love checking the progress in their pots and can learn responsibility by watering the plants each day. Their favorite part will likely be harvesting the fruits of their labor. Show them what makes all the watering and weeding worth it by bringing them into the kitchen to make something yummy with whatever you've picked.

A few things to remember when growing fruits, vegetables or herbs in containers: Check the soil for dryness. In the summer, the soil in pots can become dry very quickly. Teach your kids to stick a finger in the soil. If it's dry below the surface, give it a drink. Also consider the size of your containers. Herbs can be grown in small containers. But vegetables with deep roots will need plenty of room to grow. For those, choose big pots or buckets.

Here are some of our edible



HOMEMADE MINT LEMONADE

container garden favorites.

## Zucchini Squash

One of the easiest things to grow is squash. Zucchini squash has deep roots, so you'll need a large container. But don't worry about buying an expensive pot. An empty 5-gallon bucket with drainage holes is perfect. Zucchini requires full sun and steady watering.

*This recipe, adapted from All Recipes, is a favorite of kids.*

## Whole Wheat Chocolate Chip Zucchini Bread

- 3 cups white whole wheat flour
- 1 teaspoons salt
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 3 eggs

- 1 cup vegetable oil
- 1 1/2 cups sugar
- 1/2 cup brown sugar
- 1 tablespoon vanilla extract
- 2 cups shredded zucchini (do not drain)
- 1 cup semi-sweet chocolate chips

1. Preheat oven to 350 degrees. Spray two 9-by-5-inch loaf pans with nonstick spray.

2. In a large bowl sift together flour, salt, baking powder and cinnamon.

3. In a separate bowl mix together eggs, oil, sugar, brown sugar and vanilla until well combined. Add to the flour mixture, and stir until just combined. Stir in zucchini until well blended. Fold in chocolate chips.

4. Divide equally into the 2 loaf pans. Bake for 45-65 minutes, until a tester comes out clean. Allow to cool for 10 minutes on a wire rack before removing from the pan to cool completely.

## Tomatoes

When planning a container garden, tomatoes top the list. There's nothing better than eating a warm cherry tomato right off the vine. Give kids the chance to do this, and you'll be creating gardeners for life. Tomatoes are happiest in big containers with plenty of soil and room to grow. You'll also want to stake them to keep the fruit from breaking the vines.

Tomatoes need full sun, consistent watering and fertilizer for best results.

*Let the kids pick the tomatoes, then toss them into this recipe from the Food Network.*

## Fresh Corn and Tomato Salad

- 3 tablespoons white wine vinegar
- Kosher salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 6 ears fresh corn
- 2 cups red or orange grape tomatoes, halved
- 8 ounces fresh mozzarella, cut into small cubes
- 1 bunch scallions (white and green), thinly sliced
- 1 1/2 cups fresh basil leaves
- 1. Whisk together the vinegar, 2 teaspoons salt and some pepper

*continued next page*

in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.

2. Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes, mozzarella and scallions. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear the basil over the salad and stir.

### Potatoes

Potatoes are one of the coolest vegetables to grow with kids. Plant a few small potatoes in a 5-gallon bucket, cover with soil, water well and watch them grow. Potatoes take a few months to fully grow, but you'll know the potatoes are ready once the foliage has withered and died. Let the kids dig up a potato to make sure it's ready to go. Digging in the dirt for your lunch is just as satisfying for adults as it is for kids.

Be sure to create plenty of drainage holes in your bucket. Potatoes need plenty of sun and loose, well-drained soil for best growth.

*Roasting new potatoes is one of the simplest ways to prepare garden-fresh potatoes. It's also one of the most delicious.*

#### Simple Roasted New Potatoes

- 2 pounds small red skin new potatoes
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 clove crushed fresh garlic

Preheat the oven to 400 degrees. Line a large baking tray with parchment paper or lightly coat it with nonstick cooking spray. Scrub the potatoes thoroughly and pat dry.

In a large bowl, drizzle the potatoes with the olive oil. Toss to coat. Sprinkle with salt, pepper and garlic, then and toss again to coat.

Pour the potatoes out onto the prepared pan and bake for 35 to 40 minutes or until the potatoes are tender when pierced with a knife.

### Mint

My favorite herb to grow is basil. But some herbs are better suited for container gardening. If you have a small garden space and don't want a prolific herb, like mint, to take over, then a pot is the way to go. Mint is a favorite of my kids. They love to rub their hands through the mint leaves and then smell the fresh scent.

In the summer, we like to add a few mint springs and slices of lime to ice water. You can add even more flavor to your ice water or tea or whatever else you're making, with flavored mint plants, like ginger mint, pineapple mint, orange mint or chocolate mint.

Mint grows best in full sun. It can tolerate some dry days, but you'll need to keep your soil moist.

*This recipe from Jessica Merchant is sweet enough for kids and sophisticated enough for a grown-up drink. It's my favorite summertime drink. It's really pretty garnished with fresh mint leaves and a watermelon wedge.*

#### Homemade Mint Limeade

Makes 4 to 6 servings

- 2/3 cup water
- 2/3 cup sugar
- 1 big bunch of fresh mint leaves (around 3/4 cup)
- 2 1/2 cups freshly squeezed lime juice
- 2 1/2 cups water
- 1/3 cup freshly squeezed lemon juice
- 3 limes, sliced
- Fresh mint leaves for garnish

To make the mint simple syrup, add the water, sugar and mint leaves to a saucepan and heat over medium heat. Whisk constantly until the sugar dissolves and the mixture comes to a boil. Let it bubble for a minute or so, then reduce the heat and let it cool completely. Remove the mint leaves before use.

Stir together the mint simple syrup, water, lime juice and lemon juice. Add the sliced limes and extra fresh mint leaves. Refrigerate for at least an hour. Stir before serving and pour over ice.

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## WHAT'S GOING ON(LINE)?



### CONTESTS AND GIVEAWAYS

Find more information about our upcoming contests and giveaways, as well as links to enter, at [www.tulsakids.com/contests](http://www.tulsakids.com/contests)!

#### MOTHER'S DAY CONTEST (SPONSORED BY THE STEEL HORSE)

Enter to win a fabulous Mother's Day Prize Package, including a \$50 gift card and Tulsa Blanket set from The Steel Horse Children's Boutique, a hand-stamped necklace and gift card from The Vintage Pearl and a \$30 gift card and Voluspa candle from The Haley Boutique. Entry will be open from April 25 through May 9. (Photo courtesy of The Steel Horse)



#### BABY GUIDE GIVEAWAY

Our annual Baby Guide has been delivered, and we are giving away a bundle of goodies to a new mother or mother-to-be! Enter to win our Baby Guide Giveaway from May 7-21!

#### DIG TICKET GIVEAWAY

Win two adult tickets (children get in free with paid adult) to Tulsa Botanic Garden's DIG: Day in the Garden event on Saturday, May 12, 4-8 p.m. (see event description in our calendar pages or go to [www.tulsabotanic.org](http://www.tulsabotanic.org)). Entry will be open from April 23 through May 6. Winner will also receive a \$25 gift certificate to The Pop House, who will be present at the event!

#### 2018 TULSAKIDS' FAMILY FAVORITES

Vote for your Family Favorites from May 1-15! Go to [www.tulsakids.com/familyfavorites](http://www.tulsakids.com/familyfavorites) for a list of last year's winners and categories.



#### INSTAGRAM HIGHLIGHT

Thank you, @gmarienmarkb, for tagging @TulsaKids in this photo of daughter Jerrica Emerson picking up litter during the teacher walkout!



#### GUEST BLOGGER: AYSCHIA KUYKENDALL

Ayschia Kuykendall has been Global Gardens' community outreach director since 2007. Her Guest Blog posts will focus on fun activities parents can enjoy with their kids to help get everyone excited about being outdoors this summer!



### BABY GUIDE GIVEAWAY!

In celebration of the publication of our 2018 Baby Guide, we are giving away all this (and more)! Visit [www.tulsakids.com/contests](http://www.tulsakids.com/contests) for details.

 Haakaa Happy Owl Natural Rubber Teether	 Haakaa New Mom Starter Pack	 Bobby Best Latch Breastfeeding Pillow	 "Hope" Blanket from Thread Talk
 LaVie Lactation Massager	 "The Moon's Birthday" Fitted Crib Sheet from Rookie Humans	 4-in-1 Nursing Cover from Covered Goods	

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BY JOHN FANCHER, COMMUNICATIONS COORDINATOR, TULSA CITY-COUNTY LIBRARY

# Pam Muñoz Ryan to receive 2018 Award for Young Readers' Literature

Families are invited to meet New York Times best-selling author Pam Muñoz Ryan, winner of the Tulsa Library Trust's 2018 Anne V. Zarrow Award for Young Readers' Literature.

She will accept the award at a public presentation at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St., Friday, May 4, at 7 p.m. She also will present awards to winners of the 2018 Young People's Creative Writing Contest at the ceremony.

Ryan is being recognized for writing more than 40 books to inspire imaginations, dreams and pride in all ages. From picture books, early readers and young adult novels, her writing encourages cultural awareness and the importance of believing in yourself.

Ryan began her career as a bilingual Head Start teacher and a director for an early childhood program. Working on her master's degree in Post-secondary Education at San Diego State University, a professor encouraged Ryan to pursue a career in professional



writing.

She remembers after numerous submissions to publishers, "There were so many rejections that, at the time, it would have been painful to count." She finally broke through in 1994. *One Hundred Is a Family* was published and began a career that has spanned nearly 25 years and with more than 40 published books.

*Echo*, an original fairytale intertwined with historical fiction, was the recipient of the Kirkus Prize and also received the 2016 Newbery Honor.

The American Library Association has recognized her twice as the best Latina author with the *Pura Belpre Medal for Esperanza Rising* (2002) and *The Dreamer* (2011). Presented annually, the award is named after Pura Belpre, the first Latina librarian at the New York Public Library.

She also has written five Tony Baloney books, popular with early readers. The series follows Tony, a macaroni penguin, who loves humor and, as a middle sibling, is a bit mischievous.

*continued next page*

The Anne V. Zarrow Award for Young Readers' Literature gives formal recognition, on behalf of the Tulsa County community, to a nationally acclaimed author who has made a significant contribution to the field of literature for young readers. The award, presented by the Tulsa Library Trust, consists of a \$7,500 cash prize and an engraved crystal book.

Past winners include: Laurie Halse Anderson (2017), Gordon Korman (2016), Sharon Draper (2015), Jack Gantos (2014), Jim Murphy (2013), Jacqueline Woodson (2012), Kathryn Lasky (2011), Phyllis Reynolds Naylor (2010), Christopher Paul Curtis (2009), Louis Sachar (2008), Kate DiCamillo (2007), Sharon Creech (2006), Avi (2005), Susan Cooper (2004), Russell Freedman (2003), Richard Peck (2002), E.L. Konigsburg (2001), Jerry Spinelli (2000), Jane Yolen (1999), Cynthia Voigt (1998), Gary Paulsen (1997), Walter Dean Myers (1996), Lois Lowry (1994), Katherine Paterson (1993), Madeleine L'Engle (1992) and S.E. Hinton (1991).

For more information on the Anne V. Zarrow Award for Young Readers' Literature or library programming, call the AskUs Hotline, 918-549-7323, or visit the library's website, [www.tulsalibrary.org](http://www.tulsalibrary.org).

# TulsaKids brings home 18 awards



SHEEBA ATIQI



CLAIRE COMBS



DIANE KONDOS



KILEY ROBERSON



NATALIE MIKLES



JILL VAN TREASE



LESLIE HOYT



DIANE EATON



TARA RITTLER



BETTY CASEY

## Summer Reading Program

Keep the pages turning with TCCL's summer reading program beginning May 29. Hundreds of free programs are planned throughout Tulsa County for all ages to participate in the fun. Plus, you can earn free food and entertainment coupons for your participation.

TulsaKids' writers, photographers and bloggers were honored with a total of 18 wins at the annual Parenting Media Association (PMA) banquet that concluded the annual PMA convention held in early March in St. Petersburg, Florida.

The PMA, a non-profit representing the family media market since 1988, received 560 entries for 2017 magazines and digital products. Prof. Reuben Stern of the University of Missouri's

School of Journalism oversaw the judging.

We congratulate TulsaKids' writers and photographers.

**Sheeba Atiqi:** Q & A Interview - silver; interior photography - gold

**Leslie Hoyt:** photographs on Single Page Design - gold

**Diane Morrow-Kondos:** Best Blogger - silver

**Claire Combs:** News Feature - bronze

**Betty Casey:** Profile - silver; News Feature - gold

**Tara Rittler:** Calendar of Events -

silver; Best Blogger - gold; Best E-newsletter - gold; Special Section - Bronze; Best Use of Social Media - silver

**Natalie Mikles:** Family Fun - silver

**Kiley Roberson:** Column: Child Development & Parenting Issues - silver

**Library Staff:** Reviews - gold

**Jill VanTrease:** Humor - bronze

**Diane Eaton:** Travel Feature - silver

**GENERAL EXCELLENCE:** TulsaKids College Planner - silver

BY CHRISTINA KATZ

# 10 mompower mantras: positive self-talk for moms for the whole family's sake

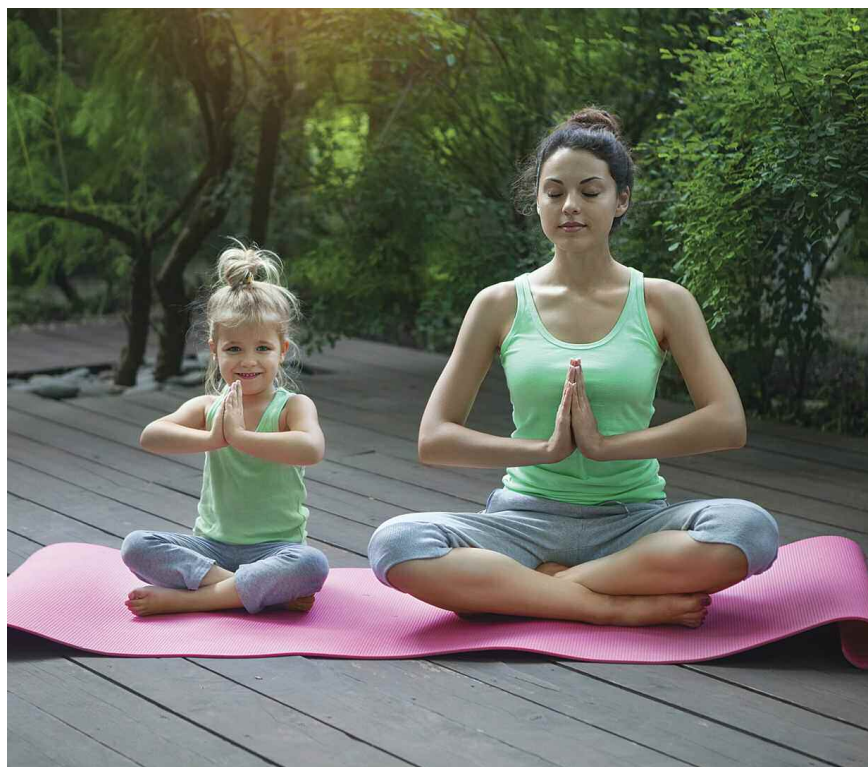
In case of an emergency landing on a plane, we are instructed to put on our own air masks first, before assisting our children. We hear this advice so often, it eventually becomes like a mantra we repeat to ourselves as soon as we board an aircraft.

But how often, in the midst of hectic times in our lives, do we jettison all the healthy instructions we know we should be repeating to ourselves right then when we need it most?

For busy moms, the answer is too often. Enter these 10 mompower mantras to help you remember the magic words that can quickly restore order and sanity to your life no matter how much hustle and bustle you are facing today.

So sit yourself down and commit these phrases to memory. This list of notes-to-self will remind you how to take care of yourself in the short run, so you can better take care of your whole family in the long run, and set a good example for a lifetime of healthy self-talk, too.

**1. I Am Allowed To Say 'No Thanks.'** If you feel harried and hectic, running from one family activity to the next, you may have forgotten how to bow out gracefully. All you likely need is a little



practice in the no-thank-you department. Once you get back in the habit of weighing and measuring before you commit, your schedule will calm down and you can better choose how to divide and conquer your time. Just remember, in times of distress, the cure is often the shortest word you know.

**Repeat:** Sometimes I say, 'yes,' and sometimes I say, 'no.'

**2. My Health & Energy Matter.** Expect to feel happy and healthy every day. And if you don't, seek solutions and improvements immediately. If you are not feeling your best, don't ignore niggling symptoms. Maybe a small adjustment in diet and exercise is all that is needed. Or maybe you need to consult with a healthcare professional. If you carry invisible hurts from the

past, you owe it to yourself and others to seek healing support.

**Repeat:** I take care of health concerns in a timely manner.

**3. Oops, I Am Not Perfect.**

If you are putting yourself under too much pressure, or believe that others are holding you up to impossibly high standards, you may have trouble accepting yourself as you are. You are human, so naturally you will sometimes make mistakes. Forgive yourself for past errors in judgment or action, make amends with others swiftly as needed, and resist the tendency to be too hard on yourself. A penchant for self-recrimination will hurt you in the long run.

**Repeat:** I am human; therefore, I make mistakes.

**4. Home Is Sacred.** Creating a safe, secure, stress-free home helps everyone in the family feel more loved and loving. Undercurrents of strife can undermine a family's need for relaxation and rejuvenation. Try to make your home a relaxed respite where everyone feels welcome and appreciated. Then family members can carry that feeling of sacred space out into the world when they leave home, too.

**Repeat:** There is nowhere as precious as home.

**5. I Keep In Touch With My**

*continued next page*

**Needs.** Are you feeling fuzzy and muddled, as though you are not really certain what matters and what doesn't? If you can't remember the last time you did anything for yourself; then it's time. Making space for yourself is not selfish; it's necessary. When you spend time doing things you enjoy, your energy goes up. For caregivers, it takes conviction to carve out time for self-expression, otherwise it inevitably falls to the bottom of the priority list.

**Repeat:** I make regular time for myself.

**6. My Voice Counts.** Sometimes we convince ourselves that our opinion does not matter before we have even had a chance to share it. The truth is that everyone's opinion matters, ours just as much as anyone's. Sometimes it's hard to share what you think, especially if your opinion goes against the grain, and speaking up is a risk that's always worth taking.

**Repeat:** My opinion deserves to be expressed and considered.

**7. Acceptance Is Sanity.** Practice accepting situations and others as they are. When things don't work out the way you'd like, remember that we can't ultimately control other people and situations. If you feel beholden to everyone and everything, maybe you have forgotten how to let the world spin on without your input. Sometimes we need to be reminded that the world will keep spinning without our expert micro-managing. Today, just tackle what's already on your plate.

**Repeat:** I am only responsible for what I choose to take on.

**8. My Example Inspires.** You matter. Often we look for role models without remembering that we are all setting an example, for better or for worse, every day. Sacrificing self is not a requirement; it's an unhealthy habit that needs to be broken. If you relentlessly practice self-sacrifice, then that's the legacy you pass along. You are all called to be an example for someone. Start with what you want to embody for

your children and family and then move on to the rest of the world from there.

**Repeat:** I strive to be a person I would admire.

**9. Tomorrow Is Going To Be Great.** Things don't stay the same, so it's important to expect life to be an adventure in growth and change. If you have a very traditional mindset and you like routine, it may take courage to embrace the idea of life as a continual evolution. But if you start by looking forward to tomorrow, and can simply let it be different from today, you will enjoy the journey instead of resisting it. If you want to raise brave, optimistic, adventurous children, you are going to have to be brave, optimistic and adventurous yourself.

**Repeat:** I look forward to every day of the future.

**10. I Appreciate This Moment.** Of course, we all want to live as long as possible. But we never know how long we are going to be here. Rather than worry about it too much, why not just embrace today? Happiness in this moment isn't about how much money you make, what you look like, or what kind of car you drive. It's not about how clean your home is, your waistline, or what grades your kids are earning. Enjoying the moment is about finding something to appreciate right here, right now, and sharing that joy with whoever is right in front of us.

**Repeat:** I surrender to the joy of this moment.

*Author, journalist, and writing coach Christina Katz tries to remember to slow down and smell the roses in her own yard, but she can always use another reminder.*



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# Showtimes

## **SAMSON—LIVE ON STAGE**

**When:** Daily; Visit [www.sight-sound.com](http://www.sight-sound.com) for showtimes

**Where:** Sight & Sound Theatres, 1001 Shepherd of the Hills Expy, Branson, MO

He's the original superhero. But there's a catch to his superpower: He must follow the rules. And that's where the trouble begins. Experience this Bible story in jaw-dropping scale, brought to life by a world-class cast, spectacular special effects and live animals. It's an unforgettable, uplifting production that literally brings the house down! [www.sight-sound.com](http://www.sight-sound.com)

## **SHEN YUN**

**When:** Tuesday-Wednesday, May 1-2, 7:30 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

Presents may come and go like the passing of the seasons, but great experiences stay with us forever. Using the universal language of dance and music, Shen Yun creates a theatrical experience that is truly priceless. [www.tulsapac.com](http://www.tulsapac.com)

## **U2**

**When:** Wednesday, May 2, 8 p.m. (Doors open at 7 p.m.)

**Where:** BOK Center, 200 S. Denver Ave.

Accompanying the announcement of the Songs of Experience album release, Live Nation confirmed that U2's eXPERIENCE + iNNOCENCE Tour will begin in North America in May 2018. The tour will kick off on Wednesday, May 2, 2018 in Tulsa at BOK Center as one of only 15 North American show dates. This will be the band's first live performance in Tulsa in 35 years. [www.bokcenter.com](http://www.bokcenter.com)

## **LAUGHING MATTERS WEEKEND**

**When:** Thursday, May 3 (Pre-teen Improv) and Saturday, May 5 (Teen Improv), 7:30 p.m.

**Where:** Henthorne Performing Arts Center, 4825 S. Quaker Ave.

Join Clark Youth Theatre for evenings full of laughter featuring teens as they present high energy, hilarious unscripted theatre. Fun for the whole family! Tickets are \$8 and can be purchased at [www.clark-youththeatre.com](http://www.clark-youththeatre.com)

## **SIGNATURE SERIES**

**When:** Thursday-Sunday, May 3-6, 8 p.m.; Saturday-Sunday, May 5-6, 3 p.m.

**Where:** Lorton Performance Center, 550 S. Gary Pl.

Signature Series features three culturally stimulating and thought-provoking works meant to ignite conversation and action. This politically focused program reminds viewers of the dangers in allowing history to repeat itself, and inspires them to keep moving forward. [www.tulsaballet.org](http://www.tulsaballet.org)

## **EDWARD ALBEE'S "SEASCAPE"**

**When:** May 4-5, 10-12, 8 p.m.; May 6, 2 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

"Seascape" won the Pulitzer Prize for drama in 1975. It tells the story of a middle-aged couple's fascinating and thought-provoking conversation with two creatures from the sea. [www.tulsapac.com](http://www.tulsapac.com)

## **JUSTIN TIMBERLAKE**

**When:** May 5, 7 p.m. (Doors open at 6 p.m.)

**Where:** BOK Center, 200 S. Denver Ave.

Grammy award winning, international superstar Justin Timberlake is bringing 'The Man of the Woods Tour' to BOK Center on May 5. [www.bokcenter.com](http://www.bokcenter.com)

## **STORYBOOK SERIES**

**When:** Saturday, May 6, 2 p.m.

**Where:** Henthorne Performing Arts Center, 4825 S. Quaker Ave.

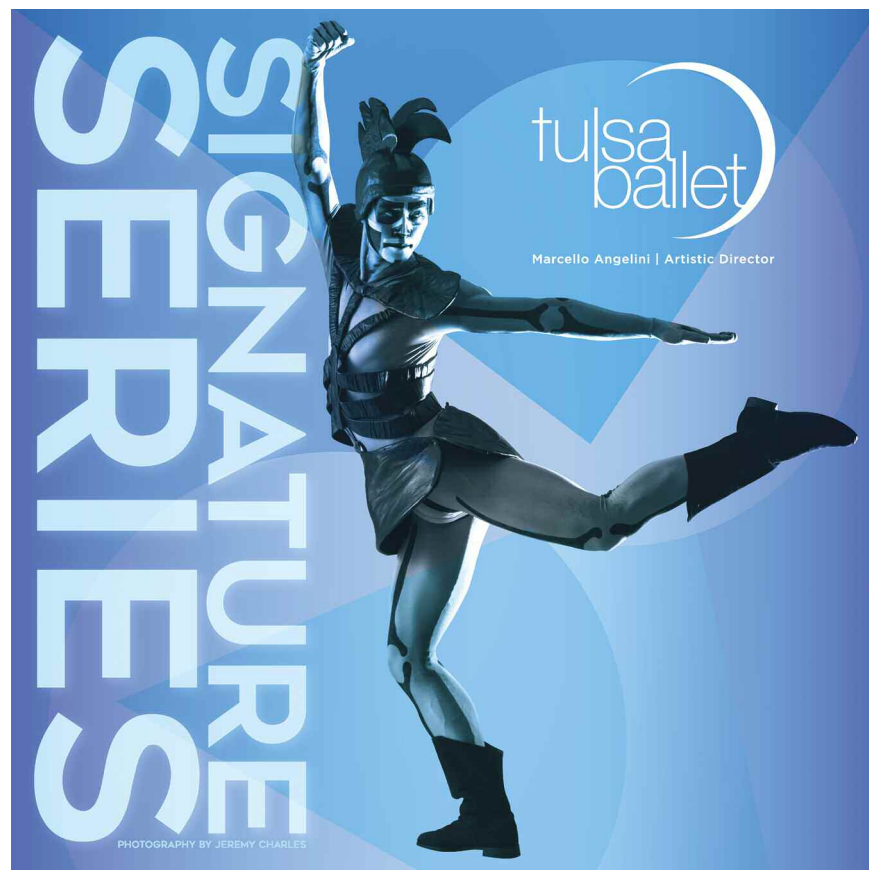
Introduce your child to live performances as they watch their favorite books come to life on the Clark Youth Theatre stage! This year brings to life "Horton Hears a Who" and "The Lorax" by Dr. Seuss. Perfect for ages 4-8. Tickets are \$8 and can be purchased at [www.clark-youththeatre.com](http://www.clark-youththeatre.com)

## **TULSA YOUTH SYMPHONY SPRING SERENADE AND SILENT AUCTION**

**When:** Saturday, May 6, 3 p.m.

**Where:** Union Public Schools Performing Arts Center, 6636 S. Mingo Rd.

The Tulsa Youth Symphony's



Preparatory, Concert and Symphony Orchestras will present their Spring Serenade Concert on Sunday, May 6, 2018 in the Union Public Schools Performing Arts Center, 6636 South Mingo Road starting at 3:00 p.m. In addition, there will be a silent auction benefitting the Tulsa Youth Symphony! General admission tickets available at the door at 2:00 p.m. \$15.00 adults, \$10.00 children and seniors. [www.tyso.org](http://www.tyso.org)

## **ZOOMAN AND THE SIGN**

**When:** May 12 and 19, 8 p.m.; May 20, 3 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

Zooman is a black teen in Philadelphia who senselessly terrorizes his community without regard to race. His most recent crime is the killing of a 12-year-old black girl on a street filled with witnesses, all of whom are afraid to talk. The dead girl's bereaved father posts a sign accusing the entire community of cowardice in the face of the ever-escalating violence. [www.tulsapac.com](http://www.tulsapac.com)

**HOMEGROWN: TULSA SYMPHONY SOLOISTS AND OTHER UNIQUELY OKLAHOMA ARTISTS**  
**When:** Saturday, May 12, 7:30 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

Get up close and personal with this Home Grown event, featuring seven Oklahoman musicians. Unique pieces within the performance will include a piccolo and tuba duet, a trumpet duet, and other collaborations among Tulsa Symphony Orchestra soloists and other Oklahoma artists. [www.tulsapac.com](http://www.tulsapac.com)

## **THE LION KING, JR.**

**When:** Friday, May 18, 7:30 p.m.; Saturday, May 19, 2 p.m. and 7:30 p.m.; Sunday, May 20, 2 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

The circle of life! Students of Theatre Tulsa's Broadway Bootcamp present an abridged version of the long-running Broadway musical based on the classic Disney film. [www.tulsapac.com](http://www.tulsapac.com)

## **JOLLY ROGER AND THE PIRATE QUEEN**

**When:** Friday, May 18 and 25, 7:30 p.m.; Saturday, May 19 and 26, 2 p.m.; Sunday, May 20 and 27, 2 p.m.

**Where:** Spotlight Theatre, 1381 Riverside Dr.

Enjoy Spotlight Children's Theatre's production of "Jolly Roger and the Pirate Queen!"

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Look for the results in the July issue of *TulsaKids Magazine*.

BY DANIELLE HILL

# Ainsley's Angels: turning dreams into reality for those with special needs

The anticipation of gearing up for a race or sporting event and the excitement of competing is a joy that many parents have experienced at some point in life, whether as a participant in a competition or as a supportive parent of an active child. But for many children and adults with special needs, the idea of competing has been relegated to a dream—until now. In 2017, Tulsa became home to a chapter of Ainsley's Angels, a national organization that provides opportunities for those with special needs to participate as athletes in local races.

The Tulsa chapter is one of 60 chapters in 30 states, all working to support the organization's mission to ensure "everyone can experience endurance sports while building awareness about inclusion for people with special needs," said Jana Rugg, Ainsley's Angels ambassador for the Tulsa area. Together, Ainsley's Angels and its volunteers make this goal a reality by providing race chairs for Athlete Riders, runners to push them and others to help with the many tasks that make race participation possible for those with special needs.

Being a part of Ainsley's Angels means so much to Athlete Riders and their families.

AJ, a 14-year-old Athlete Rider, loves "going fast and cross-



ing the finish line ... and getting my bib and medal, just like my family."

His mom, Laura, says Ainsley's Angels makes it possible for everyone in their family to enjoy running together. "My husband and our three other teenagers all enjoy running but one of us always had to sit on the sidelines with AJ at races. This has given us all the opportunity to enjoy the run."

Since becoming involved with Ainsley's Angels, Jennifer says her 8-year-old son Izzick is "more outgoing and loves meeting new people and making lifelong friends."

Seventeen-year-old Annie always looks forward to race days. "I love to cheer other people on as we go past. I enjoy getting medals and hanging them in my room." Annie's mom, Adele, says the inclusion and community involvement have been great for Annie and their entire family. "Ever since we learned our daughter would have challenges, we have been passionate about finding ways to ensure she can still live life to her full potential and be physically and socially engaged wherever possible."

Rugg says Ainsley's Angels loves welcoming new Athlete Riders into the fold. "Anyone who is unable to run due to a physical or intellectual disability is eligible

*continued next page*



to be an Athlete Rider. We have Athlete Riders from age 4 and up!"

Of course, crossing the finish line wouldn't be possible without Angel Runners, who love having the opportunity to turn a shared hobby into joy for those who wouldn't otherwise be able to experience it. Many of them have found more satisfaction in running with Ainsley's Angels than they did in running alone.

Rugg, who is also an Angel Runner, said, "The smiles and squeals from the riders are just incredible. The glow on their faces when they hear their name shouted out by other riders and spectators, and sharing the excitement of receiving a medal at the finish line—it is just indescribable!"

Laura, another Angel Runner, explained how her running burnout ended when she began running with Ainsley's Angels. "Someone asked if I wanted to do a race that I had done several times, but for a good cause. They needed runners to push a wheelchair athlete. That, in and of itself seemed like a great reason to run, but it was seeing these athletes' faces doing their first EVER race...the excitement and the fears...of the people and noises at the beginning...and then seeing the pure happiness, and joy, and transformation on their faces as everyone was cheering them on as they crossed the finish line and got a medal, that just broke my heart open into a million pieces."

For Susan, everything was put into perspective when an Athlete Rider explained "how we, the runners, were his legs and how he imagined what it would actually feel like to run. His comment brought tears to my eyes. If I'm able to give someone that feeling, by all means, count me in!"

Anyone who is interested in becoming an Angel Runner is welcome to join. This is also a great opportunity for siblings of Angel Riders to be part of the fun. Angel Runners don't have to be well-seasoned runners or professional athletes; they just need to have a heart for helping others and a will to get to the finish line.

For those who prefer not to run but would still like to get involved, Rugg suggests becoming a Guardian Angel. These essential volunteers help make sure Athlete Riders are properly secured and comfortable in their chairs, take photos and videos at races, as well as assist with community outreach projects.

As a nonprofit organization, Ainsley's Angels relies on volunteers and donations to make its mission possible. Currently, the organization has a need for more race chairs for the growing number of Athlete Riders. Chair sponsorships are available and donations of any amount are appreciated. For more information, contact Rugg at [Tulsa@ainsleysangels.org](mailto:Tulsa@ainsleysangels.org).

To learn more about Ainsley's Angels or to see a calendar of upcoming events, visit [www.facebook.com/AAinOklahoma/](http://www.facebook.com/AAinOklahoma/) and <https://ainsleysangels.org/ambassadors/oklahoma/>.

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BY NANCY A. MOORE

# Amy Lewis: encouraging moms to pursue their passions

**W**omen sometimes feel it is difficult to focus on themselves. They are too busy tending to families, jobs, homes, friends and all that life throws their way. In honor of Mother's Day, we are highlighting Amy Lewis, a wife, mother and new "Nonnie" (grandmother). For Amy, her path after high school led to taking several college classes, but getting married and having kids changed her course. Her new life left little time for furthering her education. Over the years, the thought of taking classes popped into her mind, but it quickly passed as she was busy raising four children and working. Just recently, at the age of 46, she decided to turn her thoughts into action. She enrolled at Tulsa Community College, showing herself and her family that it's never too late to follow your passion. She is now pursuing her dream of becoming a nurse and shares that anyone can pursue their passion at any age.

**TK:** Tell us about your family.

**Amy:** I've been married for 27 years. [My husband and I] have four beautiful children, three girls and one boy. Our son, Cori, is the youngest and a sophomore at Bishop Kelley and keeps us busy



with his football and basketball schedule. The girls are grown. Our oldest daughter, Brittany, married six years ago and just blessed us with our first grandson, Cash. Our middle daughter, Hannah, graduated college and is currently living in Texas, and our youngest daughter, Abbie, is a cosmetologist. We consider ourselves very blessed. Needless to say, being a Nonnie and Papa has been an exciting milestone!

**TK:** What has been your focus over the past 25 plus years?

**Amy:** Overall, I've been very happy with being a mom and wife over the years. I worked as a surgical technologist for the past 27 years with the same physician, but that has mainly been only one day a week. This gave me the opportunity to be there for my children. The kids were always in sports or dance, and it was a constant whirlwind of activities, which kept me on the run. My husband and I began Christian Karate Academy in Broken Arrow, and that was a challenging time. Our son was just getting into football and not having his dad around in the evenings was always a little tough. My husband has a heart for what he does, and we all support him, but I will say it has left a lot on my

*continued next page*

plate over the years as far as the kids' activities and maintaining their schedules.

**TK: Were there points in your life where you struggled with your decisions?**

**Amy:** There have been times that I second guessed myself and wondered, "Was I doing what I was purposed to do in life?" I always felt a little envious of friends who had gotten their degrees, had careers, and seemed to still be great moms. I wanted what they had...don't get me wrong, I don't have a single regret as far as putting my dreams on the backburner for my family. I am very proud of my family. I'm just talking about that little voice inside that nags at us about our choices.

**TK: At this point in your life, what inspired you to enroll in college courses?**

**Amy:** At this point, with the girls grown and our son in high school, the family doesn't require as much attention as it once did. I found myself wanting to make a difference, to help others, and everything I looked at pointed me back to a nursing degree. It got me thinking about whether or not I had it in me to go back to school and pick up where I had left off. After talking to my husband and children, they were very encouraging, and I decided to jump back in; it was finally my turn! I was ready for a new direction.

**TK: What is it like to be in the classroom again?**

**Amy:** It has been a challenge to say the least. I have had to learn to study again, and I'm pretty sure I put in a lot more time than I ever had to before. The other kids in class with me hardly open a book, I can't do that. Being a note taker has gotten me a few odd looks and comments from younger students. Mainly because I still use paper and pencil, while they like their laptops. I was one that always loved school, so this has not been any different in that way. I still love it! I enjoy everything about learning and pushing myself in areas that I never thought I could

go. I have found a new me! I am competitive and have used that in my classes. I want to make the best grades. That keeps me on track with my studying, and I'm not afraid to put in the time needed. My family has been so supportive knowing that mom has to study; they have picked up the slack at home. That means the world to me.

**TK: What would you recommend to others thinking about pursuing something they have been putting off?**

**Amy:** I would say quit second-guessing yourself, and that it's never too late! My only regret now is that I didn't jump back in earlier. It has been so satisfying knowing that I am working on me! I feel like I will be a more fulfilled and happier mom and Nonnie, because I took a step of faith and followed my dream.

**TK: What do you know now that you wish you would have known 20 years ago?**

**Amy:** Really, the only thing I wish I would have known then is how much more confidence I would have had if I had followed through with college and a career at a younger age. I believe that confidence could have positively impacted my children, and I wouldn't have spent so much time feeling like I wasn't good enough.

**TK: What is your favorite inspirational quote?**

**Amy:** One of my favorite quotes is actually simple, "The glass is half-full." This is just a simple way to keep your eyes on the possibilities in life, not give in to the negativity, and not let yourself feel limited. My Christian faith is core to how I live my life. I fully believe that through my faith in God and His word, I can achieve anything!

# Kids Eat Free\*

## ANDOLINI'S

1552 E. 15th St. (918) 728-6111

**Deal:** Kids eat free on Mondays from 5 to close. One free kid's meal with each paid adult entree, dine-in only.

## CAZ'S CHOWHOUSE

18 E Brady St, Tulsa, OK 74103

**Deal:** Kids eat free from 5 p.m. until closing time on Wednesdays (with adult paid entree).

## CHIMI'S

1304 East 15th Street, Tulsa, OK 74120

6709 East 81st Street, Tulsa, OK 74133

5320 South Harvard Avenue, Tulsa, OK 74135

**Deal:** Kids eat free on Wednesday (with adult paid entree).

## EL CHICO

All Tulsa locations

**Deal:** On Thursdays (all day) kids get .99 Little Amigo meals w/ adult purchase.

## FIREHOUSE SUBS

6630 S. Memorial Dr., Tulsa

**Deal:** Kids eat free on Fridays and Saturdays after 4 p.m. (with the purchase of adult entree).

## GAETANO'S PIZZERIA & CREAMERY

12141 S. Elm St. # 105, Jenks 8204 S. Harvard Ave.

**Deal:** Kids eat free on Wednesdays from 5 p.m.-Close, with purchase of adult entree. No purchase necessary, not valid with any other offer or special.

## GOLDEN CORRAL

8144 E. 21st St.

9711 E. 71st St. S.

**Deal:** Kids three and under eat free from the buffet daily, with purchase of adult meal.

## HUHOT MONGOLIAN GRILL

6746 S. Memorial

**Deal:** Kids eat free Tuesday nights and have the opportunity to win prizes from a treasure chest. Sundays and Thursdays are Student Nights; students get 50% off with student I.D.

## IHOP

7123 S. Lewis Ave.

3130 S. Memorial Dr.

11020 E. 71st St.

**Deal:** Kids eat free from 4-10 p.m. daily, with purchase of adult entree. One kids meal per paying

adult. Drinks not included.

## OLIVETO

8922 S. Memorial

**Deal:** Kids eat free with purchase of adult entree on Sundays after 4 p.m.

## PEPPERS GRILL

1950 Utica Square

2809 E. 91st St.

**Deal:** Kids 10 and younger eat free all day on Mondays (with the purchase of an adult entree).

## QDOBA

1520 E. 15th St.

5220 S. Yale Ave.,

7153 S. Lewis Ave.

**Deal:** Kids eat for \$1.75 on Saturday and Sunday, with adult purchase.

## SLIM CHICKENS

1100 E. Hillside Dr., Broken Arrow

**Deal:** Kids (ages 10 and under) eat free on Sunday, dine-in only. One free kid's meal with purchase of adult entree.

## SONIC

Multiple Locations

**Deal:** Family Night on Tuesdays. 1/2-Price Cheeseburgers from 5 p.m.-Close.

## SPEEDY'S COCINA MEXICANA Y BAR

2412 W. Orleans St., Broken Arrow

**Deal:** Kids eat free on Mondays, 4-9 p.m. One free kid's meal with purchase of one adult entree.

## Steak 'n' Shake

6136 S. Memorial Dr.

**Deal:** Saturday and Sunday, get one free kid's plate for every \$9 spent. For kids 12 and under.

## TED'S CAFE ESCONDIDO

7848 S. Olympia Ave.

3202 W. Kenosha St., Broken Arrow

**Deal:** Kids eat free on Monday with purchase of adult entree, dine-in only. One kid's meal per adult entree.

## VILLAGE INN

2745 S. Harvard Ave.

5230 S. Yale Ave.

3302 S. Memorial Drive

**Deal:** Kids eat free Monday and Tuesdays with purchase of adult entree. (One kid per family).

\* Please check with restaurant. Their policies change from time to time.

# Museum Roundup

## **CRYSTAL BRIDGES MUSEUM OF ART**

**600 MUSEUM WAY  
BENTONVILLE, ARKANSAS  
479.418.5700**

If you want to get out of town, get into nature AND have a cultural experience, head to Crystal Bridges Museum. Located approximately two hours from Tulsa, Crystal Bridges Museum has 3.5 miles of hiking trails winding through their grounds in the Ozark Forest, in addition to fabulous art exhibits and family friendly programming. Crystal Bridges' Georgia O'Keefe exhibit, "The Beyond: Georgia O'Keefe & Contemporary Art," will be on view from May 26 through September 28. Visit their website to see a list of upcoming events.

## **CHICKASAW CULTURAL CENTER**

**867 COOPER MEMORIAL RD.  
SULPHUR, OK  
580.622.7130**

**WWW.CHICKASAWCULTURALCENTER.COM**

The Chickasaw Cultural Center offers a world of opportunity to learn and connect with Native American history. Watch the story of the Chickasaw people unfold before your eyes through powerful performances, reenactments, demonstrations, collections and exhibits at one of the largest and most extensive tribal cultural centers in the United States.

## **OKLAHOMA HALL OF FAME AND GAYLORD-PICKENS MUSEUM**

**1400 CLASSEN DR.  
OKLAHOMA CITY, OK  
405.235.4458**

**WWW.OKLAHOMAHOF.COM**

Founded in 1927, the Oklahoma Hall of Fame was created to honor Oklahomans who had given outstanding services to the state during their lifetime and to provide educational programming for students of all ages. Through exhibits and experiences at the Gaylord-Pickens Museum, the Oklahoma Hall of Fame stands to preserve Oklahoma's unique history while promoting pride in our great state.

\*\*Guests can visit for free on the second Saturday of each month in 2018.

## **GILCREASE MUSEUM**

**1400 N. GILCREASE MUSEUM RD.  
TULSA, OK  
918.596.2700**

**WWW.GILCREASE.ORG**

The Gilcrease museum houses the world's largest and most comprehensive collection of art and artifacts of the American West, including an unpar-

alleled collection of Native American art and material. It is also home to the Kravis Discovery Center, which recently reopened and now features an Interactive Discovery Trail, which uses innovative technology to tell the story of Native peoples through artifacts in the museum's collection.

Don't miss "Norman Rockwell: Behind the Camera," on view through June 10.

\*\*Every third Sunday of the month is Funday Sunday; families receive free admission all day and can enjoy art activities from 12-4 p.m.

## **JASMINE MORAN CHILDREN'S MUSEUM**

**1714 W. WRANGLER BLVD.  
SEMINOLE, OK  
405.382.0950**

**WWW.JASMINEMORAN.COM**

The Jasmine Moran Children's Museum has 42,000 square feet of indoor exhibit space and a large outdoor play area, complete with miniature houses and a riding train, the SuperSONIC Express. The museum offers children an opportunity to explore the world of work through many of their career-based exhibits.

## **LEONARDO'S CHILDREN'S MUSEUM AND ADVENTURE QUEST**

**200 E. MAPLE AVE.  
ENID, OK**

**580.233.2787**

**WWW.LEONARDOS.ORG**

Leonardo's Children's Museum offers the opportunity for open-ended exploration and allows families to grow stronger together through interactive play and educational experiences. When you're finished exploring the indoors exhibitions, head outside to Adventure Quest, a three-story wooden castle/outdoor science playground featuring bridges, slides, swings, mazes, a water table, a dinosaur dig and more!

\*\*Admission is just \$4.50 per person after 3 p.m.

## **NATIONAL COWBOY & WESTERN HERITAGE MUSEUM**

**1700 NE 63RD ST.  
OKLAHOMA CITY, OK  
405.478.2250**

**WWW.NATIONALCOWBOYMUSEUM.ORG**

The National Cowboy & Western Heritage Museum features a superb collection of classic and contemporary Western art. The exhibition wing houses a turn-of-the-century town and interactive history galleries that focus on the American cowboy, rodeos, Native American culture, Victorian firearms, frontier military, and Western performers. Outside, beautifully landscaped gardens flank the Children's Cowboy Corral and interac-

tive children's space.

\*\*Bank of America customers can enjoy free admission the first full weekend of each month.

## **OKLAHOMA AQUARIUM**

**300 AQUARIUM DR.  
JENKS, OK  
918.296.3474**

**WWW.OKAQUARIUM.ORG**

Even in land-locked Oklahoma you can get a taste of the ocean (and other aquatic wonderlands) at the Oklahoma Aquarium! Visit Sea Turtle Island, walk through a tunnel of bull sharks, learn more about Oklahoma's own aquatic ecosystems and more! Check out their website for a list of daily feed shows!

## **THE OKLAHOMA CITY NATIONAL MEMORIAL**

**620 N. HARVEY  
OKLAHOMA CITY, OK  
405.235.3313**

**888.542.HOPE**

**WWW.OKLAHOMACITYNATIONALMEMORIAL.ORG**

The outdoor memorial at The Oklahoma City National Memorial & Museum is designed to give visitors a space to reflect quietly and to honor "those who were killed, those who survived and those changed forever" by the Oklahoma City bombing. The museum offers an interactive, self-guided tour sharing the stories of those affected.

## **PEROT MUSEUM OF NATURE AND SCIENCE**

**2201 N. FIELD ST.  
DALLAS, TX**

**214.428.5555**

**WWW.PEROTMUSEUM.ORG**

Stimulate curiosity in the revolutionary Perot Museum of Nature and Science. Five floors house 11 permanent exhibit halls containing state-of-the-art video and 3D computer animation with thrilling, life-like simulations where visitors can exercise their brains through hands-on activities, interactive kiosks and educational games.

\*\*Educators get in free with proof of current teaching status.

## **PHILBROOK MUSEUM OF ART**

**2727 S. ROCKFORD RD.  
TULSA, OK**

**WWW.PHILBROOK.ORG**

Take your children to explore the galleries and grounds of the beautiful Philbrook Museum! Need help helping your kids appreciate the art? Philbrook has brightly colored cards that give parents ideas for art-inspired conversation and activities as they explore the galleries.

# Local museums provide families with hours of entertainment, education and creative time.

\*\*Free admission for kids 17 and under daily.

\*\*Free admission for all on the second Saturday of each month.

**PRICE TOWER ARTS CENTER**  
**510 S. DEWEY AVE.**  
**BARTLESVILLE, OK**  
**918.336.4949**  
**WWW.PRICETOWER.ORG**

Price Tower Arts Center in Bartlesville, Oklahoma, is located inside the only fully realized skyscraper designed by Frank Lloyd Wright, a 19-story landmark completed in 1956. The ongoing mission of Price Tower Arts Center is to Preserve the Price Tower, Inspire artists and audiences, and to Celebrate art, architecture, and design.

\*\*Children 17 and under get in free daily.

\*\*On the fourth Sunday of the month, from 1-4 p.m., the Tower will offer free exhibit admission and feature themed crafts highlighting the exhibit of the season.

**SAM NOBLE MUSEUM OF NATURAL HISTORY**  
**2401 CHAUTAUQUA AVE.**  
**NORMAN, OK**  
**405.325.4712**

**SAMNOBLEMUSEUM.OU.EDU**  
 The Sam Noble Museum's Discovery Room is a hands-on exhibit space designed for visitors to explore museum objects in a stimulating and fun environment. Discover objects housed in the collection drawers, complete a series of tabletop activities, excavate dinosaur bones or simply examine the many wonders displayed in the room.

\*\*Free admission for children 17 and under on the first Monday of each month.

**SCIENCE MUSEUM OKLAHOMA**  
**2100 NE 52ND**  
**OKLAHOMA CITY, OK**  
**4.5.602.6664**  
**WWW.SCIENCEMUSEUMOKLAHOMA.COM**

Science Museum Oklahoma boasts 350,000 square feet of hands-on

science experiences, art and history! Attractions include CurioCity, with eight "neighborhoods" exposing kids to science through fun, interactive activities, the Science Floor, which includes Segway Park, a Kid Inventor area where kids can design, test and build unique creations, an Oceanarium and much more!

**SHERWIN MILLER MUSEUM OF JEWISH ART**  
**2021 E. 71ST ST.**  
**TULSA, OK**  
**918.492.1818**  
**WWW.JEWISHMUSEUM.NET**

The Sherwin Miller Museum of Jewish Art is a place where Jewish art, history, culture and identity collide. Boasting the largest collection of Judaica in the southwest, the SMMJA offers a glimpse into the history and traditions of the Jewish people.

**TULSA AIR & SPACE MUSEUM AND PLANETARIUM**  
**3624 N. 74TH**  
**TULSA, OK**  
**918.834.9900**  
**WWW.TULSAAIRANDSPACEMUSEUM.ORG**

Experience the Tulsa Air and Space Museum & Planetarium, and immerse yourself in Oklahoma's aviation past, present, and future. From the first Tulsa aviation event, a high-flying smoke balloon, to our city's contributions to the International Space Station, every era of Oklahoma aviation is on display. With a variety of hands-on activities, flight simulators, and science-based interactive exhibits, there is something for everyone at TASM.

**TULSA CHILDREN'S MUSEUM'S DISCOVERY LAB**  
**560 N. MAYBELLE AVE.**  
**TULSA, OK**  
**918.295.8144**  
**WWW.TULSACHILDRENSMUSEUM.ORG**

An electric lime green ceiling, science demos, The WorkShop, a labyrinth of tunnels and a slide

made from packing tape, and more. This is Discovery Lab, a place where kids and their families can make, play, and design things using "real" stuff in new and different ways. Inspired by the best practices in children's museum design, Discovery Lab offers an environment where fun and education meet "hands-on."

**TULSA ZOO AND LIVING MUSEUM**  
**6421 E. 36TH ST. N.**  
**TULSA, OK**  
**918.669.6600**  
**WWW.TULSAZOO.ORG**

If you haven't had a chance to tour the Tulsa Zoo's new Lost Kingdom exhibit, summer is the perfect time! Watch tigers roam while enjoying a midday snack at the Ann and Jack Graves Komodo Canteen or while eating a slice of pizza from the indoor comfort of Rajan's. As always, zoo visitors can enjoy train and carousel rides, animal demonstrations and all your favorite exhibits.

**THE TOY & ACTION FIGURE MUSEUM**  
**111 S. CHICKASAW**  
**PAUL'S VALLEY, OK**  
**WWW.ACTIONFIGUREMUSEUM.COM**

With over 13,000 action figures, and hundreds of drawings from some of Oklahoma's most famous cartoonists, the museum welcomes children and collectors alike.

**WILL ROGERS MEMORIAL MUSEUM**  
**1720 W. WILL ROGERS BLVD.**  
**CLAREMORE, OK**  
**918.341.0719**  
**WWW.WILLROGERS.COM**

Learn about the life of "America's most beloved humorist" through the galleries of the Will Rogers Memorial Museum as well as by watching documentaries in the museum theater. Kids will enjoy the interactive children's exhibit, where they can play dress-up, create a puppet show and more!

**WILL ROGERS BIRTHPLACE RANCH**  
**9501 E. 380 RD.**  
**OOLOGAH, OK**  
**918.275.4201**  
**WWW.WILLROGERS.COM**

What was life like in the late 1800s? Get a glimpse at the beautiful Will Rogers Birthplace Ranch, which is both a working ranch and an authentically preserved historic site. Bring a picnic!

**WONDERTORIUM CHILDREN'S MUSEUM**  
**308 W. FRANKLIN LANE**  
**STILLWATER, OK**  
**405.533.3333**  
**WWW.OKWONDERTORIUM.ORG**

Oklahoma Wondertorium's exhibits and innovative educational programs emphasize hands-on engagement and learning through experience, employing play as a tool to spark the inherent creativity, curiosity, and imagination of children. Exhibits explore science, math, creativity, history, culture, health & wellness, dramatic play and problem-solving.

**WOOLAROC MUSEUM & WILDLIFE PRESERVE**  
**1925 WOOLAROD RANCH RD.**  
**BARTLESVILLE, OK**  
**918.366.0307**  
**WWW.WOOLAROC.ORG**

Woolaroc's Mountain Man Camp shows guests what life was like in the 1840s! Learn the proper art of throwing a tomahawk, shoot a black powder rifle, view the inside of a tipi and more! After your visit to Mountain Man Camp, head to the Animal Barn to see rabbits, goats, peacocks and other animals.

# I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

## Sai Lakkimsetti: Scripps Spelling Bee Winner

This year 9-year-old Sai Lakkimsetti, a 3rd grader from Jenks Southeast Elementary, will be representing Tulsa at the Scripps National Spelling Bee in Washington D.C. Sai has always had a connection with words — his early phonetic skills helped him read books as early as age 3. He feels that spelling study gives him opportunities to learn and discuss new topics with his dad, mom and little sister. Learning and reading has taught Sai about the world as well as other languages.

### **TK:** What is the SCRIPPS GREEN COUNTRY REGIONAL SPELLING BEE?

**Sai:** The Scripps Green Country Regional Spelling Bee is a spelling competition sponsored by KJRH -TV and its partners for kindergarten through eighth-grade students in northeastern Oklahoma. This year there were over 50 participants competing for the championship. The winner goes to the Scripps National Spelling Bee at D.C. in May.

### **TK:** Is this your first time to enter a spelling bee?

**Sai:** I have participated in spelling bees before. Last year, I placed first in my school spelling bee and second in the Scripps Green Country Regional Spelling Bee.

### **TK:** What was your winning word, and how did it feel to win?

**Sai:** My winning word was bottine. I was expecting many more rounds to go. I was more than thrilled when they said, "Congratulations, you are the champion!" My next thought was my sweet little sister (Sreeya) was right! She wished me luck and said I would be the champion this time.

### **TK:** What's next in the competition?

**Sai:** Next, I will be heading to the Scripps National Spelling Bee in Washington D.C. in May. I will be competing with other champion spellers from across the U.S. and other countries.

### **TK:** How do you study for a spelling bee?

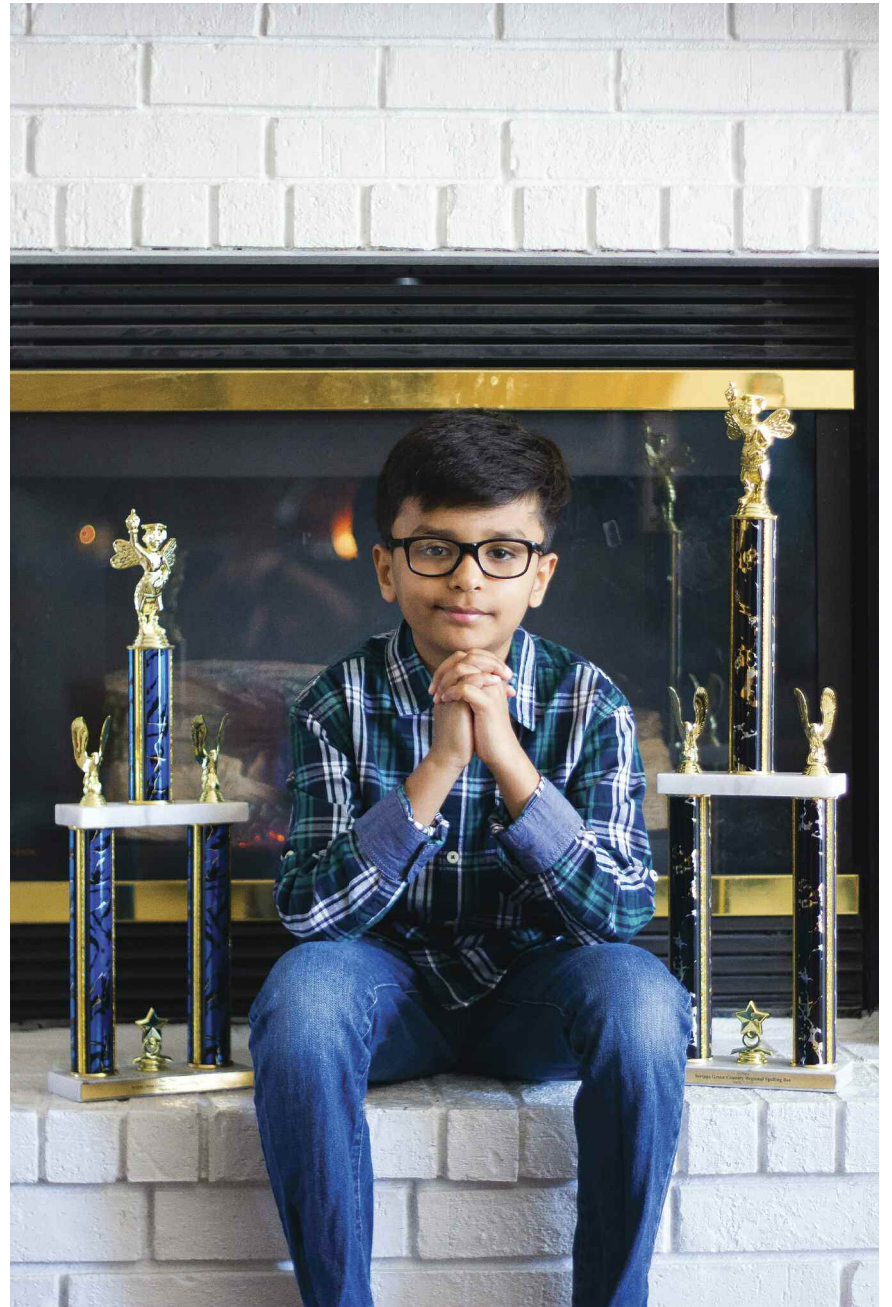
**Sai:** I think it is very difficult to learn all the words in the dictionary. I study by looking up the roots and languages of origin of interesting words. I use the Merriam Webster unabridged online dictionary to research words. In my case, I was very blessed to have been taught the language rules for spelling by Mrs. Ferguson and Mrs. Rojas at our spelling club in school. I am also very fortunate to have guidance from previous spelling champions.

### **TK:** Any advice for future spellers?

**Sai:** My advice is to look at spelling as a fun way to learn about food, cultures, science, history and geography. Enjoy the process of learning. While on the spelling stage, try to stay calm and focused.

### **TK:** Who inspires you?

**Sai:** Bill Gates inspires me as he is a highly successful entrepreneur as well as a great philanthropist. When I won the 1000 dollars cash prize



for winning the Scripps Regional Spelling Bee, my parents welcomed my choice to contribute 500 dollars towards building my school's STEM lab.

### **TK:** What are your hobbies?

**Sai:** My hobbies are reading fiction books, playing on XBOX, swimming and playing tag with my little sister.

### **TK:** What are your plans and goals for the future?

**Sai:** My short-term plan is to do my best at the upcoming spelling bee in May. My goal for the future is to become a neurosurgeon and help people suffering with medical complications of the brain and spinal cord.

### **TK:** What is a fun fact about you?

**Sai:** In addition to English, I can also speak, read and write in Chinese! (I am in the Chinese immersion program at Jenks SE Elementary since the beginning of 3rd grade.)

# SWING INTO SUMMER FUN AT ZOO CAMPS

Children ages 3-12 will learn about animals, their habitats, behaviors, and enjoy up-close animal encounters.

Weekly a variety of camps will be offered. Enroll with our new online store at [tulsazoo.org/camps](https://tulsazoo.org/camps)



# TULSAZOO

YEARS

# It takes a team to deliver a team.

Already the parents of a toddler, Piper and Tyler learned in early 2015 that their little family was expanding with quadruplets. “Our doctor and the Saint Francis staff had a delivery game plan from day one, and we had full trust in them,” said Piper. “We knew the medical team was prepared for a unique delivery because they were so conscientious, relaxed and reassuring, which was exactly what I needed.” It was indeed a team effort—two physicians and 12 nurses working in perfect harmony to deliver and care for the four new baby girls, who ranged from 2.8 to 3.8 pounds. After six weeks in the neonatal intensive care unit (NICU) at The Children’s Hospital at Saint Francis, all went home healthy and strong, with no special equipment needed. “Our doctor, the Saint Francis labor and delivery staff and the NICU team—they’re the reason this was so successful,” said Piper. “We feel very blessed.”



FRONT ROW:  
Charlotte, Hayden, Olivia and Parker  
BACK ROW:  
Piper, Payton and Tyler

[saintfrancis.com](http://saintfrancis.com)