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Upcoming dates: July 21 & August 18

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tulsakids
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2019 School Directors Guide

And the Winners Are...

Every year we invite you, our readers, to vote for your favorites in a variety of categories ranging from camps to cakes. When we first started doing Family Favorites, we published a paper ballot in the magazine, people filled it out, put it in an envelope, stamped it and mailed it in. Even with that unwieldy process, we received hundreds of responses. These days, the online ballot responses number into the thousands. It's always fun to learn about new places that families love as well as see old, familiar names as winners.

As always, we've scouted out some Fourth of July festivities to enjoy with your family, and many more fun events, programs and performances to enjoy the rest of the month. The Tulsa Zoo has an interesting exhibit of sculptures made from plastics washed ashore on beaches. It certainly makes you think about the amount of indestructible trash we throw away every day – and what a great conversation starter for your kids about recycling and caring for the environment.

It's a little hard to believe, but school will be starting next month for most kids. If you're thinking about a new school for your child, or are considering what options are available, take a look at our annual School Directors Guide. It's a good tool to start gathering information for this important decision.

And, a couple of other items you may want to know: Our annual Baby Guide is out. This year, it's a digital only publication, so you will need to go to our website to download it. Speaking of digital publications, if you haven't downloaded our Summer Family Fun Guide yet, there's still plenty of summer left! You'll find hundreds of things to do and places to go in those pages.

Finally, for those of you who would love to see your child on the cover of this magazine, visit www.tulsakids.com to enter our Cover Kid Contest this month!

Have a safe Fourth of July!



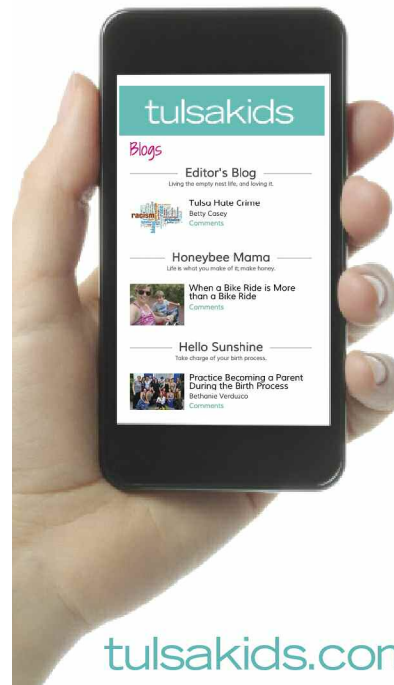
Betty Casey
associate publisher and
editor in chief



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.



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COVER PHOTO: LESLIE HOYT
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TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com
©TK Publishing, Inc. 2019.
All Rights Reserved.
Volume XXXII, Number 7

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CELEBRATE FAMILY HISTORY MONTH IN JULY

Your children most likely know who their grandparents, uncles and aunts are, but do they know the names of their great-great-grandparents and know where they came from?

Share your family's heritage with future generations by researching your roots and creating a family tree. Join Tulsa City-County Library's Genealogy Resource Center in July for its annual Family History Month series featuring a variety of free workshops for new genealogy researchers as well as lifetime enthusiasts.

All workshops will be held at the Hardesty Regional Library, 8316 E. 93rd St., in Frossard Auditorium, unless otherwise noted. A hearing loop is available.

Family History Month workshops include:

"Beginning Genealogy," July 6, 9:30 a.m.-1 p.m.

"Hidden Gems in the U.S. Census," July 6, 2:30-4 p.m.

"Using Ancestry Library Edition"; July 16; 10:30 a.m.-noon; Nathan Hale Library, 6038 E. 23rd St.

"U.S. Government Sources for Genealogists: U.S. Congressional Serial Set," July 20, 9:30-10:30 a.m.

"U.S. Government Sources for Genealogists: Maps," July 20, 10:45-11:45 a.m.

"Exploring Autosomal DNA Testing," July 20, 1:30-3 p.m.

"Using Ancestry Library Edition"; July 24, 3-4:30 p.m., Zarrow Regional Library, 2224 W. 51st St.

"DIY Digitization"; July 27; 10 a.m.-11:30 a.m. or 1-2:30 p.m.; Central Library, Digital Literacy Lab, Fifth Street and Denver Avenue

Also, genealogist Mark Lowe returns to Tulsa Saturday, July 13 and Sunday, July 14 to present several workshops at Hardesty. Sponsored by the Tulsa Library Trust, Lowe's workshops include:

"Is Your Family Tree Broken?," July 13, 9:30-10:30 a.m.

"Religious Publications That Spread the Light," July 13, 10:45-11:45 a.m.

"Researching Colonial Virginia and Kentucky From Home," July 13, 1:30-2:30 p.m.

"Expanding the Details From Published County Histories," July 13, 2:45-3:45 p.m.

"Finding Fact, Family Stories and Documentation," July 14, 1:30-4 p.m.

Located on the second floor of the Hardesty Regional Library, the Genealogy Resource Center has one of the largest genealogical collections in Oklahoma. The center is an affiliate library with the Family History Library in Salt Lake City, Utah, allowing researchers who visit the Genealogy Center access to the Family History Library's online digitized records.

For more details about the workshops or Genealogy Resource Center, go to www.tulsalibrary.org/research/genealogy-center or call 918.549.7691.

CORRECTIONS

Muriel Fahrion's (creator of Strawberry Shortcake) social media accounts are @outtathinairstudio.

The recipe for Apricot Balls should be refrigerated after placing on baking sheets, not baked.



PARKSIDE PROVIDES FREE ONLINE TRAUMA-INFORMED YOGA VIDEOS

If you're feeling stressed or anxious, it can often be difficult to access calming strategies. Parkside Psychiatric Hospital & Clinic has a series of six, free online Trauma-Informed Yoga videos that anyone can access from home. All videos can be found by accessing Parkside's web page at www.Parksideinc.org/TraumaInformedYoga.

Presented by trauma-certified yoga teachers, Parkside's Trauma-Informed Yoga video series is designed to serve as a free alternative to a group class. Funded by the Hardesty Family Foundation, each yoga video is intended to help calm the mind and help individuals cope with trauma, anxiety, addiction and other mental health conditions.

"Trauma takes a heavy toll on the body and the brain," said Parkside Adult Inpatient Director Stevi Harper. "Our series of Trauma-Informed Yoga videos will not only serve our patients as an effective after-care component, but will help anyone interested in accessing yoga as a tool to cope with mental health conditions – no matter what age."

Certain trauma-informed yoga videos were produced for specific age groups, such as children, adolescents, and adults. Three other additional videos highlight specific topics, such as anxiety, addiction, and meditation & mindfulness.

The videos, professionally filmed and edited by videographer Ed Taylor, feature local Trauma-Informed Yoga Instructors Mandy Eubanks, Melissa Smith, Dana Morris and Nicole Peltier Hall.

LOCAL STUDENT AMONG WINNERS IN OKLAHOMA 529 CONTEST

Sydney Plett, a pre-k student at Wright Christian Academy, was one of eight students across Oklahoma who were named winners in the Oklahoma 529 College Savings Plan's (OCSP) inaugural Change the World Contest. The contest, held earlier this year, recognizes students for describing how they will change the world after college by way of an essay, poem, drawing or video.

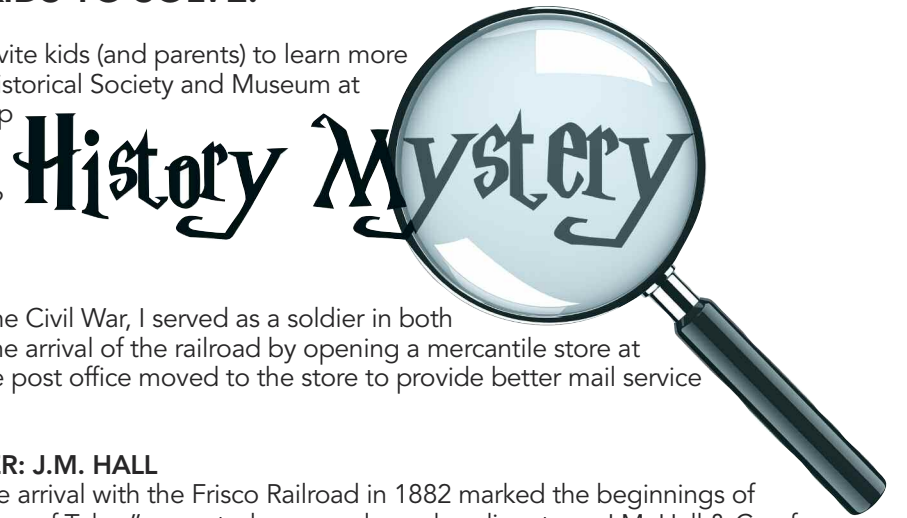
More than 200 entries from students across the state depicted how they would become doctors, veterinarians, meteorologists, help the homeless, save the red pandas and more after college.

Each student received a \$1,529 OCSP account and each school received \$500.

TULSA HISTORY MYSTERIES – A MYSTERY FOR KIDS TO SOLVE!

TulsaKids is partnering with the Tulsa Historical Society and Museum to invite kids (and parents) to learn more about Tulsa’s fascinating past. Read the clue each month, visit the Tulsa Historical Society and Museum at 2445 S. Peoria, and solve the mystery. You could win a Family Membership to the museum and more.

Are you ready to be a Super-Savvy History Detective and solve a mystery?
Tulsa’s story is full of them.
Can you guess who this person is?



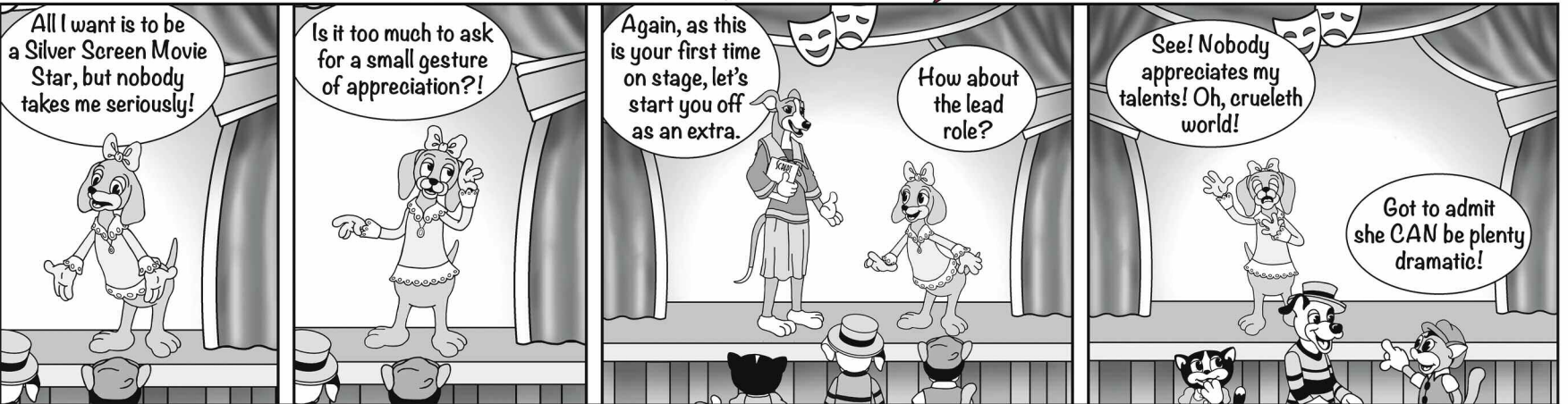
Born in Indian Territory, I am a member of a famous Tulsa family. During the Civil War, I served as a soldier in both the Confederate and Union Armies. With a partner, I took advantage of the arrival of the railroad by opening a mercantile store at First and Main in 1882. I became an early day merchant. The next year, the post office moved to the store to provide better mail service and I was named Tulsa’s first postmaster.



LAST MONTH’S HISTORY MYSTERY ANSWER: J.M. HALL

James Monroe Hall was a pioneer Tulsan whose arrival with the Frisco Railroad in 1882 marked the beginnings of modern Tulsa. Hall, credited as being the “Father of Tulsa,” operated a general merchandise store, J.M. Hall & Co., for several decades on Main Street. He established Tulsa’s first church and founded the Tulsa school system. Hall was the guiding force in shaping the future of schools and churches at their roots. He believed that schools and churches formed the backbone of a community. Hall also became involved in the earliest banking business in “Tulsey Town” when he embarked a 20 year banking career as a director in the Tulsa Banking Company, which opened in 1895. This institution eventually grew into one of the largest and most influential banks in the state and is in successful operation today. In early 1899, the Tulsa Banking Company was nationalized and the name changed to First National Bank of Tulsa. (www.tulsaehistory.org)

DECOPOLIS, PRESENTS! *The Tulsa Rama!* **GANG!** By: William A. Franklin
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Fun Facts! Mae West honed her unique brand of “plenty dramatic” acting on the Vaudeville circuit, also known as the Orpheum circuit. Many cities had an Orpheum Theater, including Tulsa. Due to her star status, when Mae West would play the Orpheum in Tulsa, she would be entertained at the owner, Ralph Talbot’s mansion. Ralph Talbot, also known as the “Movie King”, owned several downtown theaters including the Orpheum, Majestic, Ritz, & Lyric. Other notable stars who visited the mansion include Al Jolson and WC Fields! Left: Interior of the Orpheum which opened in 1924








Photo courtesy: Beryl Ford Collection/Rotary Club of Tulsa/Tulsa Historical Society/Tulsa County Library

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BY KILEY ROBERSON



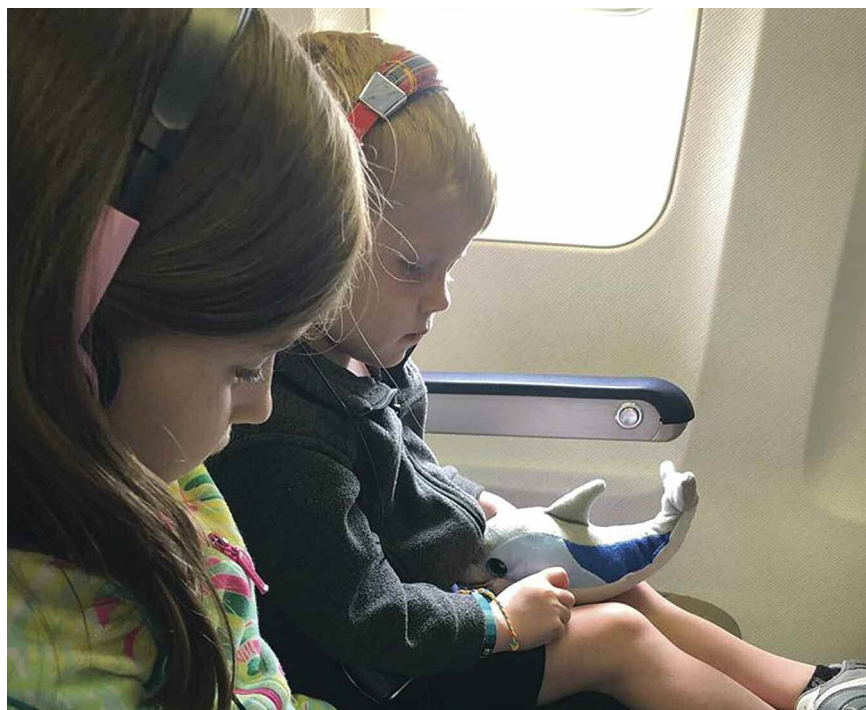
baby on board – summer vacation

Summer is in full swing and that means it's time to travel. Whether you're packing up the car to visit the grandparents or flying off to a tropical island (lucky you!), the notion of traveling with your little ones probably fills you with an equal measure of excitement and dread. The packing, the planning, the schedules...the nightmares!

It's during these times that I always try to remember the advice of my children's pediatrician. We were once discussing the stress of the holiday season when he told me his family's secret to relaxing. "Lower your expectations and you'll lower your stress." I realized that holds true for travel, too.

Stressing to the max about planning the perfect family vacation is ridiculous, because that vacation doesn't exist, nor will it ever. When did it not become perfect enough to just spend time with my family? Yes, no one wants to spend hours on the road with a screaming child in the backseat. But what if, instead, that time was spent sitting in the back with your kids, singing songs, reading books and knowing that a few tears and tantrums are part of the journey? I think those expectations could be good enough for me.

Now that's not to say we should throw preparations to the



curb. Just like the scouts, good parents are always prepared. We just must also prepare that it might not all go as planned, and that's okay, too.

Here are some tips from the American Academy of Pediatrics that might make your trip a little easier and fun.

1. If a long road trip is in your summer plans, try to stop driving and give yourself and your child a break about every two to three hours.

2. All children under 13 years of age should ride in the rear seat of vehicles.

3. If you're traveling by plane remember to allow your family

extra time to get through security - especially when traveling with younger children.

4. Babies need passports, too. If you're traveling outside the country, remember to leave yourself ample time to get your baby a passport. Most airlines allow you to "lap" your child for free without a ticket if he or she is younger than 2 years, and you're traveling within the U.S., but you'll need to obtain a ticket (and pay taxes and fees) if you're traveling internationally.

5. Know your rights. The TSA allows you to carry on breast milk, formula and baby food as well as medically necessary liq-

uids and gels in "reasonable quantities" exceeding 3.4 ounces. So feel free to pack whatever your baby needs to eat or drink on your flight.

6. In order to decrease ear pain during descent, encourage your infant to nurse or suck on a bottle. Older children can try chewing gum or drinking liquids with a straw.

7. Strollers and car seats can be brought through airport security and gate-checked to make travel with small children easier.

8. Make sleeping arrangements early if you plan on using a pack 'n play or crib at your hotel. That way they won't run out.

9. Pack a few of your baby's favorite toys and books from home. Not only will they keep him entertained in the car and/or on the flight, they can also pass the time in the hotel room and make him feel a little more secure as his normal routine is disrupted.

10. The most important thing to remember is to enjoy your trip and don't forget about you. With all the preparations for baby, it's easy to forget that it's your vacation, too! Most hotels and resorts offer babysitting services, if you feel comfortable taking advantage of them. Or, take turns having "down time" while your partner tends to the baby's needs. Load up your e-reader with some good vacation reads (for naptime) and relax. Happy vacationing!



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home alone:

MANY FACTORS MUST BE CONSIDERED BEFORE YOU LEAVE YOUR CHILD

At some point, most parents must tackle the difficult decision of when a child is ready to stay at home alone. There is no law in Oklahoma regarding a specific age at which it becomes legal. In fact, it appears that only three states have such laws. In Illinois, a child must be 14 years old, while an 8-year-old may be left alone in Maryland. In Oregon, a child must be 10 years old. The wide range of ages may be due, in part, to the fact that some children are ready to stay at home alone earlier than others. Perhaps this is also why so many states refrain from making laws involving a minimum age.

If you are faced with making this decision, there are a number of factors to consider. One of the main considerations is the length of time the child will be left alone. Rather than beginning with an extended period of time, I'd suggest starting with a few very brief excursions. A 10- to 15-minute jaunt to QuikTrip might be a good start. If the child does well with this, you may consider leaving her for a longer errand, such as the grocery store. Increasing the time intervals gradually will likely make things easier for both you and your child.

One of the first things you will want to explore is how your child feels about staying home alone. If your child is uneasy or afraid, you may want to consider delaying this milestone event. It is important that the child feels confident in this situation. A discussion with the reluctant child may lead to a better understanding of the uneasiness. A parent may then be able to do some things to alleviate the child's fears.

Another factor to consider is whether the child will be staying alone during the day, evening or night. I suggest making your first outings during daylight hours. There is less risk of the child becoming frightened. The idea is to create a situation in which the child will be successful, and then to build upon it.

A parent must also take into consideration how many children will be left at home. One child may be ready to handle this experience, but this same child may not be prepared to care for younger children in the home. The personalities of the children must also be considered. When my sons were growing up, I found myself in an odd predicament. Each one was fully capable of staying at home alone. How-

ever, they were not capable of staying at home together. Fights would break out and things would be broken. Even into their teens, one of them would need to come with me or be somewhere else entirely. These types of individual circumstances must be anticipated

A parent should also realistically evaluate the child before making this decision. Some children are rule followers, while others are rule breakers. It is important to consider whether your child will follow your safety rules. When contemplating this, a parent may even find that a particular child can be trusted at the age of 10, but not trustworthy later as a teen.

When making the decision to leave a child alone, a parent must consider actual safety factors. Is the neighborhood safe, or is it in a higher crime area? Do the smoke alarms work? Will you, or another trusted adult, be close enough to reach the child quickly in the event of an emergency? Do you have an alarm system?

When you are ready to consider the possibility of leaving your child unsupervised, take all possible precautions to address safety concerns. This may be a good time for you and your child

Tips for Parents

Once you have determined that your child is ready to stay home alone, the following suggestions may help you to prepare your child and to feel more comfortable about leaving him or her home alone:

- **Have a trial period.** Leave the child home alone for a short time while staying close to home. This is a good way to see how he or she will manage.

- **Role play.** Act out possible situations to help your child learn what to do, such as how to manage visitors who come to the door or how to answer phone calls in a way that doesn't reveal that a parent is not at home.

- **Establish rules.** Make sure your child knows what is (and is not) allowed when you are not home. Set clear limits on the use of television, computers and other electronic devices, and the internet. Some experts suggest making a list of chores or other tasks to keep children busy while you are gone.

- **Discuss emergencies.** What does the child consider an emergency? What does the parent consider an emergency? Have a code word that the parent and child can use in the event of any emergency.

- **Check in.** Call your child while you are away to see how it's going, or let them know they'll have a trusted neighbor or friend check in on them.

- **Talk about it.** Encourage your child to share his or her feelings with you about staying home alone. Have this conversation before leaving your child and then, when you return, talk with your child about his or her experiences and feelings while you were away. This is particularly important when your child is first beginning to stay home alone, but a quick check-in is always helpful after being away.

- **Don't overdo it.** Even a mature, responsible child shouldn't be home alone too much. Consider other options, such as programs offered by schools, community centers, youth organizations, or faith-based organizations, to help keep your child connected and involved.

- * **Follow up.** After a child is left home alone, talk about his or her experience. How did he or she feel about it? Was your child nervous? Did anything unexpected come up? If the child was watching a younger sibling, ask how he or she felt about doing so.

Source: Child Welfare Information Gateway. This publication is available online at <https://www.childwelfare.gov/pubs/factsheets/homealone/>

continued next page

to both have access to a cell phone. A quick text or call may serve to make both the child and the parent feel more comfortable. If your child will need to fix a meal or snack, make sure there are foods at home which don't require cooking. This will help to reduce any risk of fire. Make sure your child knows what to do if a visitor comes to the door. This may be a good time to invest in an alarm system. Many come with a panic button and will also notify the police of your emergency. The sound of the alarm may be enough of a deterrent in most cases.

Typically, nothing eventful will occur while you're away. However, you must be prepared. I had a frightening episode happen to me when I was young. On one occasion, I was sick and staying home from school alone. A couple

of teenagers did try to break into my home. I was mature and trustworthy, and I knew what to do. I locked myself in a room, called 911, and called my mother at work. You must be prepared for these improbable occurrences. Ask yourself whether your child would be able to handle such an event.

Most parents struggle with the decision about when a child is ready to be left alone at home. When a trustworthy child is adequately prepared for this responsibility, there are actually benefits for the child. It fosters a sense of independence, and it can boost a child's self-confidence. Prepare your child and your home. Start small, prepare your child with safety information, and slowly build upon the successes.

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Fish and Fireworks - July 4 at 6:30 p.m.

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Shark Painting With Pinot's Palette - Sunday, July 21 at 4 p.m.

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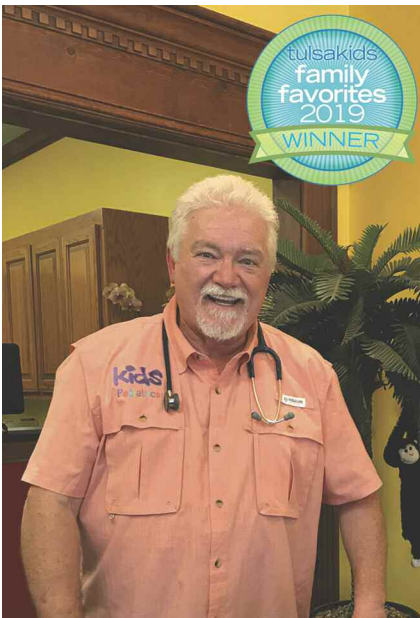


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DRS MORROW, LAI & KITTERMANN WOULD LIKE TO SAY THANK YOU FOR VOTING US YOUR FAVORITE KID-FRIENDLY DENTIST BY THE READERS OF TULSAKIDS MAGAZINE





The results are in. You voted. We compiled. And now we can present you with the winners of our Family Favorites awards, chosen by you, the readers of TulsaKids. You'll find some old favorites as well as a few newbies, and maybe even a few surprises.

CULTURE

FAVORITE CULTURAL SPOT: TULSA ZOO

Elephants, lizards and grizzly bears—Oh my! With countless opportunities to see and learn about a wide variety of animals, insects, environments, cultures from around the world and, of course, the new Lost Kingdom, the Tulsa Zoo is a destination that TulsaKids' readers count on for family fun year after year.

FINALISTS: PHILBROOK MUSEUM, TULSA PAC

FAVORITE LIVE FAMILY-FRIENDLY PERFORMANCE OF 2018: TULSA BALLET'S *THE NUTCRACKER*

Every December, children watch in wonder as Clara, the Nutcracker and the evil Mouse King, along with a host of other memorable characters including the Sugar Plum Fairy, dance across the stage in the Tulsa Ballet's performance of *The Nutcracker*, the classic holiday story that never fails to delight audience members of all ages.

FINALISTS: DISNEY ON ICE, PAW PATROL LIVE

PARKS, VACATIONS & SUCH

FAVORITE LOCAL PARK: GATHERING PLACE

Make way for the Gathering Place! Last September Tulsa unveiled this amazing king of parks, and excitement over the diverse array of playgrounds, water attractions, dining options and other amenities is still going strong. After all, where else can you take a trip down a partially underground slide, navigate your way through a water maze, float along in a kayak, build a sandcastle, attend an outdoor concert, enjoy fine dining and mingle with nature all in the same place? Skip the research and make your way to the Gathering Place today!

FINALISTS: WOODWARD PARK, LAFORTUNE PARK

FAVORITE STATE PARK: ROBBER'S CAVE

Although you probably won't have the thrilling opportunity of crossing paths with a band of thieves, you'll find that Robbers Cave State Park has much more exciting things in store, with thousands of acres of rugged woodland scenery and countless ways to enjoy it, including hiking and equestrian trails, cliffs for climbing, opportunities for hunting and fishing, multiple campground options, cabins and a lodge, and, of course, the legendary outlaw cave. Located in southeast Oklahoma in the San Bois Mountains, Robbers Cave is well worth the drive.

FINALISTS: KEYSTONE STATE PARK, TENKILLER STATE PARK

PARKS, VACATIONS & SUCH

FAVORITE PLACE TO CAMP IN OKLAHOMA: BROKEN BOW

Happy campers unite! Located within Beaver's Bend State Park, Broken Bow Lake is the ultimate camping destination, with a variety of campsites that provide guests with scenic views and up-close nature experiences. For those who prefer to see nature from the comfort of a climate-controlled environment, cabins are available to rent.

FINALISTS: GRAND LAKE, ROBBER'S CAVE

FAVORITE WEEKEND GETAWAY: BRANSON

When a three-day weekend is on the horizon, there's no place better to go than Branson, MO, a destination that's not too far away and has every kind of family-friendly fun imaginable, from spending the day at Silver Dollar City and parasailing on Table Rock Lake, to watching a show at Dolly Parton's Stampede, to catching a ride on the Ozark Zephyr locomotive and going for a hike at Dogwood Canyon Nature Park.

FINALISTS: DALLAS, TX; EUREKA SPRINGS, AR

FAVORITE FAMILY-FRIENDLY FESTIVAL: ROOSTER DAYS

Cock-A-Doodle-Do! If your family enjoys a good time, then Rooster Days is perfect for you! Now in its 88th year, Broken Arrow's Rooster Days Festival is beloved by TulsaKids' readers because they know they will find the perfect combination of classic family fun including great food, live entertainment, carnival rides, a cornhole tournament, a parade and so much more.

FINALISTS: MAYFEST, OKTOBERFEST

FAVORITE OKLAHOMA SPORTS TEAM: UNIVERSITY OF OKLAHOMA SOONERS

Everyone has a favorite sports team that they stand by through thick and thin, so we won't even try to begin convincing you to change yours. However, the readers of TulsaKids magazine have spoken, and the Oklahoma Sooners are the crowd favorite.

FINALISTS: OKLAHOMA CITY THUNDER, OKLAHOMA STATE UNIVERSITY COWBOYS

GROCERY STORE

FAVORITE GROCERY STORE: REASOR'S

Tulsa has a lot of grocery-store options, but who likes having to make multiple stops in their quest to check off every item on their list? Our readers choose Reasor's because they know they will find top-quality meat and seafood, fresh produce, beautiful flowers and floral arrangements, treats from the bakery, necessities from the pharmacy, and a selection of wines for entertaining or unwinding after a busy day. In participating locations, busy parents even have the option of shopping online and picking up their entire order without ever stepping foot in the store—free for orders over \$30!

FINALISTS: ALDI, WALMART

EATS

FAVORITE PLACE TO GET PIZZA: HIDEAWAY PIZZA

You know the song: "When the moon hits your eye like a big pizza pie, that's amore!" Yes, amore indeed when the pizza comes from Hideaway, an Oklahoma-born company with a passion for crafting award-winning specialty pizzas along with a host of other delicious options like sandwiches, deep-pan pastas and a build-your-own pizza sure to please even the pickiest eaters. Start a new tradition and try a different specialty pizza every Friday night!

FINALISTS: ANDOLINI'S, MAZZIO'S



FAVORITE PLACE TO GET ICE CREAM (OR OTHER FROZEN TREAT): BRAUM'S

TulsaKids readers know that when ice cream is in demand, Braum's is the place to be. With so many flavors of rich, old-fashioned ice cream to choose from, not to mention a tempting selection of sundaes, soft frozen yogurt, malts and shakes, mixes and sherbet freezes, it's no wonder that Braum's has been a family favorite for over 50 years. Mooooove yourself and the kiddos down to your local Braum's today!

FINALISTS: ANDY'S FROZEN CUSTARD, MARBLE SLAB CREAMERY

FAVORITE PLACE TO GRAB A BURGER: RON'S HAMBURGERS & CHILI

A Tulsa tradition, Ron's Hamburgers & Chili, where the homemade hamburgers, fries and award-winning chili are freshly prepared each day, has a burger to please every member of the family.

FINALISTS: SMITTY'S GARAGE BURGERS & BEER, FAT GUY'S

FAVORITE ETHNIC RESTAURANT: TAZIKI'S MEDITERRANEAN CAFÉ

It's undeniable that slowing down and enjoying life's little moments can be a challenge in today's fast-paced world, but Taziki's Mediterranean Café makes it easy to do by giving guests a taste of the Mediterranean lifestyle as they kick back and enjoy fresh and colorful Mediterranean cuisine in an atmosphere that encourages family conversation through delicious food.

FINALISTS: DESI WOK, LANNA THAI

EATS

FAVORITE HEALTHY EATING RESTAURANT: PANERA BREAD

If you're like a lot of people, the thought of healthy food conjures up images of cardboard. Fortunately, Panera Bread has mastered the art of creating healthy options that are actually something to cheer about, with an array of delectable salads, sandwiches and soups, and a kids menu that make it easy to stay on track without fantasizing about derailing and going for a donut. But let's face it, the siren call of Panera's vanilla cinnamon roll is hard to resist! Perhaps a compromise?

FINALISTS: ZOE'S KITCHEN, JASON'S DELI

FAVORITE KIDS MENU: CHICK-FIL-A

How many times have you heard the "But I don't want to eat that!" argument this week? These are trying times, and the Chick-fil-A cows are here to rescue you with our readers' favorite kids' menu that includes the chicken nuggets and Waffle Potato Fries that all kids love, along with a special surprise. Save yourself from another food fight and fly down to Chick-fil-A as fast as possible.

FINALISTS: THE BROOK RESTAURANT AND BAR, HIDEAWAY PIZZA

LET'S PARTY

FAVORITE CHILDREN'S PARTY ENTERTAINER: DUSTIN THE BALLOON GUY OF TULSA BALLOONS

If you or your kids are growing weary of the same old party routine, it's time to blow things up and invite Dustin the Balloon Guy to bring the fun to the celebration. With a knack for putting on a highly entertaining show that incorporates amazing balloon creations and humor, Dustin creates a memorable party experience that guests of all ages can enjoy.

FINALISTS: SUNDERFUL SUPERHEROES, BALLOON MAN NEIL

FAVORITE BIRTHDAY PARTY VENUE: INCREDIBLE PIZZA

A place where the food is never ending and the fun and games are infinitely entertaining ... yes, you guessed right, we're talking about Incredible Pizza, the birthday party venue that will put you on the map as the best birthday-party-throwing parent around. Go karts, laser tag, mini bowling, a trampoline park, games and not to mention the 150-plus item all-you-can-eat buffet are just a few of the reasons why children and adults alike love parties at Incredible Pizza.

FINALISTS: MAIN EVENT, URBAN AIR TRAMPOLINE AND ADVENTURE PARK

FAVORITE PLACE TO BUY PARTY TREATS: MERRITT'S BAKERY

A party without treats is the equivalent of getting a pail full of celery on Halloween—not good. Here at TulsaKids, we have a tendency to hover around the treat table, especially when it's filled with goodies from Merritt's Bakery, one of Tulsa's most beloved bakeries offering a delectable selection of handmade cakes, pies, donuts, specialty cupcakes such as chocolate ganache, brownies, cookies—you name it—the list goes on and on. We challenge you to choose just one favorite for your next party.

FINALISTS: REASOR'S, NOT YOUR GRANDMA'S CUPCAKES

FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S GIFTS: KIDDLESTIX

Peer into any child's toy box and you'll see them—that group of sad, forgotten toys that never get to come out and play. When you're shopping for children's gifts, the last thing you want is to contribute yet another friend to keep these lonely toys company. Fortunately, TulsaKids' readers know that selecting the perfect gift requires nothing more than a quick trip to Kiddlestix, a Tulsa toy store that has built its almost three decades of success on a passion for providing a carefully selected array of fun, imaginative, educational toys and games for children of all ages and developmental stages.

FINALISTS: TULSA TOY DEPOT, LEARNING EXPRESS

LOOKING GOOD

FAVORITE LOCALLY OWNED PLACE TO BUY CHILDREN'S CLOTHES: JUST BETWEEN FRIENDS (JBF)

When it comes to buying children's clothing, it's often a choice between costly high-quality items and less-expensive ones that are going to give out after a few wears—it's a no-win situation. Cue the arrival of Just Between Friends and—POOF—this dilemma ceases to exist. With events across Oklahoma, including Tulsa, Owasso, Jenks/Glenpool and Broken Arrow/Bixby to name a few, JBF makes it easy and fun to shop for high-quality new and gently used children's clothing and shoes as well as toys and other supplies all at major bargain prices.

FINALISTS: ONCE UPON A CHILD, KATHLEEN'S KIDS

FAVORITE LOCALLY OWNED MOM'S BOUTIQUE: J. SPENCER

Moms, please stand up if the last time you shopped for yourself was last Halloween when you bought that Dorothy costume to go along with your son's Scarecrow ensemble. Okay, now that everyone is standing, please make your way to our readers' favorite moms' boutique, J. Spencer, and let the attentive and talented staff help you pick out a unique summer outfit or piece of jewelry that will complement your personal style and make you feel fabulous in the season ahead.

FINALISTS: STASH APPAREL & GIFTS, AMARANTH COLLECTION, YELLOWHOUSE MARKET AND BOUTIQUE

FAVORITE CONSIGNMENT SHOP OR SALE: JUST BETWEEN FRIENDS (JBF)

Just Between Friends wins again! Not surprisingly, TulsaKids' readers love JBF not only as a destination for finding children's clothes, but also as their top choice for scoring major consignment finds such as maternity clothing, toys and children's furnishings, strollers and a variety of other items. A clean, organized and welcoming environment is what sets JBF apart from the competition.

FINALISTS: ONCE UPON A CHILD, GOODWILL

BABY STUFF

FAVORITE PLACE FOR PRE- AND POST-PARTUM CLASSES: SAINT FRANCIS HOSPITAL

Babies don't come with instruction manuals, but Saint Francis Hospital makes every effort to provide new parents with a wealth of information to ensure you are well-prepared to take good care of your new bundle of joy. Taught by registered nurses and certified childbirth educators, Saint Francis' childbirth/parenting classes help answer every expectant parent's questions about vaginal and Cesarean births, best pain control methods, breast-feeding and a host of other relevant topics. Circumcision, newborn screenings, vaccinations and choosing a pediatrician are just some of the post-partum classes and online resources available to help ease your concerns before taking home your new baby home.

FINALISTS: ST. JOHN, HILLCREST

FAVORITE PLACE TO HAVE A BABY: SAINT FRANCIS HOSPITAL

Tulsa's favorite pink hospital wins yet again! With supportive, kind nurses and staff, and large, comfy, private rooms with sleeping couches for dad, it's no wonder our readers picked Saint Francis Hospital as their favorite place to have a baby. More than 4,000 babies are born each year at Saint Francis Hospital, and pediatric specialists are available 24/7 to make sure your little one receives the best care while you are there.

FINALISTS: ST. JOHN, HILLCREST

FAVORITE LOCALLY OWNED PLACE TO BUY BABY GIFTS: PEEK A BOO BABY

Peekaboo! We see you! Voted as the best place to buy baby gifts for the second year in a row, it's impossible for Peek A Boo Baby to hide from our readers' affection. When you're in need for a unique baby gift that's sure to delight both parents and baby, look no further than Peek A Boo Baby, where you'll find unique and on-trend baby décor, clothing, accessories, diaper bags, books, baby mats, stuffed toys and a wonderfully helpful staff to help you pick out the perfect gift.

FINALISTS: KIDDLESTIX, KATHLEEN'S KIDS

FAVORITE NEWBORN PHOTOGRAPHER: ASHLEY NOELLE (ASHLEY NOELLE PHOTOGRAPHY)

From the moment your newborn enters the world, time flies, and before you know it your baby is walking, talking and headed to school. There's no better way to capture the special moments of having a newborn than with a photography session with our readers' favorite newborn photographer, Ashley Noelle. With a passion for working with families and a gift for making photo shoots fun, easy and affordable, Ashley takes stunning photos that parents can cherish for a lifetime.

FINALISTS: KRISTEN MACKEY (SON KISSED PHOTOGRAPHY), MEAGAN READY (MEAGAN READY PHOTOGRAPHY)

EXTRACURRICULAR

FAVORITE IN-STATE SUMMER CAMP: FALLS CREEK

Are you familiar with the "My parents made me go to camp" complaint? Not this time around! Located in the beautiful Arbuckle Mountains, Falls Creek Summer Camp is this year's camp of choice. Our Baptist readers choose to let their kids attend summer camp at Falls Creek because: 1. There'll be no complaining, and 2. It blends spiritual fellowship, breathtaking mountain scenery and outdoor activities, such as kayaking, volleyball, a skate park and a ropes course, for a summer getaway that your teen will remember for a lifetime.

FINALISTS: NEW LIFE RANCH, YMCA OF GREATER TULSA SUMMER CAMPS

FAVORITE OUT-OF-STATE SUMMER CAMP: KANAKUK (MISSOURI)

School's out, and the screen is calling ... or is it? Once your kids fly down the zip line, hone their archery skills, bounce on "The Blob," whiz down the slip and slide, go for a swim, ride on the lake and watch silly performances at Branson's Kanakuk Christian Summer Camp, the digital lure will be a distant memory. With a variety of day and overnight camp options for both kids and entire families, including adults, Kanakuk offers an unbeatable Christ-centered camp experience in which camp goers build lasting friendships and teamwork skills while developing a deeper relationship with Jesus.

FINALISTS: CAMP OZARK (ARKANSAS), PINE COVE CHRISTIAN CAMP (TEXAS)

FAVORITE YOUTH THEATRE: TULSA THEATRE ARTS

Calling all young singers, dancers and actors! If your child has a passion for self-expression, then it's time to enroll them in a class or camp at Theatre Arts Tulsa where expert instructors help each student reach his or her full potential in a fun yet disciplined environment where students have the opportunity to learn everything from hip-hop dancing to musical theatre.

FINALISTS: SPOTLIGHT CHILDREN'S THEATRE, THEATRE TULSA

FAVORITE GYMNASTICS/CHEER/DANCE: TULSA DANCE COMPANY

All they want to do is dance, dance, dance—and maybe dabble in yoga and stage makeup! For readers with an interest in dance and the performing arts, Tulsa Dance Company is the place to find experienced instructors to help you improve your technique and increase your confidence. With classes for every age and experience level, Tulsa Dance Company provides opportunities to learn contemporary dance and ballet, stage makeup and dance history.

FINALISTS: THE LITTLE GYM OF SE TULSA, AIM HIGH ACADEMY

FAVORITE MARTIAL ARTS STUDIO: APOLLO'S MARTIAL ARTS

Know how to defend, but first be able to diffuse. The development of confidence, character, fitness and self-defense skills are all part of the experience at Apollo's Martial Arts, the place where personal development and physical skills go hand in hand. With classes for all skill levels and ages, and locations in Tulsa, Owasso and the Broken Arrow/Bixby area, Apollo's helps children build life skills that will benefit them now and into the future.

FINALISTS: CHRISTIAN KARATE ACADEMY, GOLDEN DRAGON TAEKWONDO

FAVORITE PLACE TO LEARN SOCCER: SOCCERCITY

The ultimate grounds for kicking are what you'll find at SoccerCity, Tulsa's premier indoor soccer facility that makes it possible to watch, learn and play rain or shine. A wide selection of summer camps and soccer classes for all ages and skill levels, along with the new Fit Feet Jr program, make SoccerCity the No. 1 choice for families with children who love playing soccer.

FINALISTS: YMCA OF GREATER TULSA, ALMIGHTY SPORTS (FIRST BAPTIST)



FAVORITE SOCCER CLUB: METRO TULSA SOCCER CLUB

Kids rule at Metro Tulsa Soccer Club, the destination for families who want their children to have a positive and fun experience as they play soccer and perfect their own technique while gaining valuable life skills such as teamwork, sportsmanship and respect for others. A wide variety of programs and leagues are available with options for children of all ages and skill levels, including those with special needs.

FINALISTS: BROKEN ARROW SOCCER CLUB, SOCO SOCCER CLUB

FAVORITE ART PROGRAM/LESSONS: PINOT'S PALETTE

"Paint and Sip" is a motto that many a tired parent can get behind wholeheartedly. An opportunity for creative expression with a helpful side of wine or beer? Yes, please. Pinot's Palette is our readers' favorite place to hone their art skills as they join others for fun, guided art lessons taught by local artists, no prior art experience required. Although Pinot's does have a minimum age of 16 for regular public classes, its Little Brushes kids painting classes, family paint days and kids camps are just right for kids looking to show off their artistic prowess while learning new skills.

FINALISTS: TULSA ART CENTER, aha TULSA

FAVORITE SWIM LESSONS: MILLER SWIM SCHOOL

Jump in, the water's fine! The only local swim school to be both certified and approved by the United States Swim School Association, Miller Swim School will provide your children with the skills and confidence necessary for jumping, splashing and diving their way into the pool season ahead. Offering both group and private classes to swimmers of all ages from infants to adults, as well as a club swim team, Miller Swim School is passionate about ensuring that everyone is able to enjoy the benefits of this essential life skill.

FINALISTS: TANDY FAMILY YMCA, INFANT SWIMMING RESOURCE

FAVORITE TUTORING: BRAIN BALANCE ACHIEVEMENT CENTER OF TULSA

Do you feel overwhelmed because your child is struggling academically and nothing seems to help? Many of our readers have experienced the same dilemma and ultimately found the solution in Brain Balance Achievement Center of Tulsa, a program where the focus is on locating and treating the root of learning and behavioral challenges. Each child is provided with an individual assessment and an on-going academic and lifestyle plan tailored to meet their learning needs, while addressing any hindrances to the learning process, such as learning disorders.

FINALISTS: KUMON, SYLVAN LEARNING



FAVORITE MUSIC PROGRAM OR LESSONS: SAIED MUSIC

Saied is alive with the sound of music! At Saied Music Company, making music is more than a beautiful sound—it's an experience that's integral to personal well-being and living the best life possible. For years, families have looked to Saied's experienced and talented instructors to help their children discover the joy and benefits that come from learning to sing and play an instrument. Whether you're interested in lessons for your child or yourself, Saied offers a private or group lesson that's sure to meet your musical needs.

FINALISTS: MIDTOWN SCHOOL OF PERFORMING ARTS, MUSIC TOGETHER OF SOUTH TULSA

FAVORITE FAMILY FRIENDLY GYM: YMCA OF GREATER TULSA

Can't go to the gym because the only thing for your kids to do is sit and stare at Mr. Macho as he shows off his weight-lifting skills? Luckily, TulsaKids' readers have discovered the perfect family-friendly gym that helps them stay fit while feeling good about bringing the kids along: YMCA of Greater Tulsa. A family membership to the Y means access to all of the equipment, swimming pools, basketball courts, hundreds of free weekly classes and more while your children have a good time at the Y's Play and Learn program for children age 6 weeks to 12 years.

FINALISTS: LIFE TIME FITNESS, SKY FITNESS

MEDICAL / HEALTH PROFESSIONALS

FAVORITE PEDIATRICIAN:

JOHN KNIPPERS, KIDS PEDIATRIC AND ADOLESCENT CARE

It is a rare child who loves going to the doctor, but that's not the case for the numerous kids, and many of their parents, too, who have or had Dr. John Knippers, M.D., as their pediatrician. For nearly 40 years, Dr. Knippers has consistently provided kind, loving, professional care to thousands of area children, making him our readers' favorite pediatrician.

FINALISTS: UMANG SOOD, BIRTH & BEYOND PEDIATRICS; ALKA SOOD, BIRTH & BEYOND PEDIATRICS; ELIZABETH DUNLAP, SOUTH TULSA PEDIATRICS

FAVORITE OB/GYN: DR. TRACEY LAKIN, THE WOMEN'S HEALTH GROUP

When's the last time you went to a doctor who actually remembered your name without having to look at your medical record first? For Tracey Lakin, M.D., getting to know each of her patients individually and developing trust with them is a top priority. That's one of the reasons that TulsaKids' readers picked her as their favorite OB/GYN. Patients also choose Dr. Lakin because of her many specialties, which include high-risk pregnancy, adolescent health care, abnormal pap smears/dysplasia and preventative health care.

FINALISTS: DR. KIM KMITA, UTICA PARK CLINIC; DR. COLE NILSON, TULSA WOMEN'S HEALTH CARE

FAVORITE OPTOMETRIST: ROBERT ZOELLNER, DR. ROBERT H. ZOELLNER & ASSOCIATES

Looking for a great pair of glasses but low on funds? Need an updated prescription but don't have time to go during the workweek to get an eye exam? Look no further than Robert H. Zoellner, the optometrist of choice. For nearly 30 years, Dr. Zoellner has provided customers with friendly, personalized service, while offering the a large selection of eyeglasses. His clinics are even open on Saturdays and Sundays to make getting an eye exam and glasses convenient for everyone.

FINALISTS: JEFF LONG, DR. JEFF LONG'S CHILDREN & FAMILY EYE CARE; STEPHEN GROVES, HIS VISION EYE CARE & EYE WEAR

FAVORITE KID-FRIENDLY DENTIST: MORROW, LAI, & KITTERMAN PEDIATRIC DENTISTRY

Having a cavity filled or your teeth cleaned is not most people's idea of fun. However, for children who go to Morrow, Lai & Kitterman Pediatric Dentistry, going to the dentist is fun! For over 32 years, these pediatric dentists have created happy, healthy smiles for countless kids all while making them feel comfortable and easing their fears. Not only do kids leave with sparkling smiles, they also learn how to properly care for their own teeth, which makes moms and dads happy too!

FINALISTS: DR. JAMES OWENS, AQUA DENTAL; DR. RYAN ROBERTS, ON THE CUSP PEDIATRIC DENTISTRY & ORTHODONTICS



FAVORITE ORTHODONTIST: DR. CLINT EMERSON, EMERSON ORTHODONTICS

Having crooked or gapped teeth can be a source of embarrassment for children and adults alike. Dr. Clinton Emerson knows how much straight teeth and a beautiful smile can help build a person's confidence. He also knows that a proper bite is essential for good oral health. At Emerson Orthodontics, changing smiles is their job, and improving lives is their passion. That's why our readers have voted Dr. Emerson as their favorite orthodontist for five years in a row.

FINALISTS: KIRKPATRICK & LAI ORTHODONTICS; KELLY KONTZ, ON THE CUSP PEDIATRIC DENTISTRY & ORTHODONTICS

FAVORITE ALLERGIST: DR. KATHRYN BROWN, ALLERGY CLINIC OF TULSA

Itchy, watery eyes? Runny nose? Sinus pressure? When the pollen or mold count is off the charts, or parents need information about their child's specific allergy, TulsaKids' readers pay a visit to allergist Kathryn C. Brown, M.D., for relief from all of the pesky symptoms that are driving them crazy. Board certified in allergy/clinical immunology as well as internal medicine, Dr. Brown has practiced at Allergy Clinic of Tulsa since 2007.

FINALISTS: DR. JAMES LOVE, ALLERGY CLINIC OF TULSA; DR. JANE PURSER, ALLERGY CLINIC OF TULSA

FAVORITE ENT: DR. WILLIAM HAWKINS, EAR, NOSE & THROAT SPECIALISTS OF TULSA

Having ear infections can be painful, not to mention they risk causing permanent hearing loss. When your child needs to go to an ear, nose and throat doctor (ENT), one of the top ENTs in the area and the favorite ENT of TulsaKids' readers is Dr. William Hawkins, M.D. Since 1998, Dr. Hawkins has been treating area patients for disorders of the ear, nose, sinuses, throat, face and neck. He is especially interested in treating children and in diseases of the sinus.

FINALISTS: DR. ATUL VAIDYA, EASTERN OKLAHOMA ENT; DR. DAVID HALL, EASTERN OKLAHOMA ENT

MEDICAL / HEALTH PROFESSIONALS

FAVORITE THERAPIST: THERAPYWORKS

Whether your child has developmental delays, autism, orthopedic problems, motor impairments, or attention and learning disorder, TherapyWorks in south Tulsa is TulsaKids' readers' favorite therapy clinic. This specialty pediatric clinic has been working wonders in numerous young people's lives since it was established in 1987.

FINALISTS: SPEECH AND BEYOND, LLC; TULSA SUNSHINE CENTER

FAVORITE ORTHOPEDIST: DR. BRIAN A. CHALKIN, THE ORTHOPAEDIC CENTER

It's a rough world out there! Parents of kids who either play sports or simply love to roughhouse know that injuries are part of the territory. Fortunately, Dr. Brian A. Chalkin, D.O., chosen as our readers' favorite orthopedic surgeon, can ensure that your child is up and moving again as soon as possible. Whether your child or anyone else in your family needs hand, wrist, shoulder, elbow or orthopedic surgery, Dr. Chalkin is our readers' No. 1 choice.

FINALISTS: DR. JEFF A. FOX, CENTRAL STATES ORTHOPEDICS; DR.. CASEY SMITH, WARREN CLINIC

FAVORITE HOSPITAL: SAINT FRANCIS HOSPITAL

Hip, hip, hooray! It's a third win for Saint Francis Hospital! With two convenient locations in Tulsa, an eight-story trauma emergency center, plus separate hospitals dedicated to meeting the needs of children, heart and psychiatric patients, it's no surprise that our readers prefer Saint Francis Hospital. Since first opening its doors in 1960, Saint Francis' mission has been "extending the healing ministry of Christ," and treating each patient with dignity and integrity. Clearly, this mission is still at the heart of everything that Saint Francis does.

FINALISTS: ST. JOHN, HILLCREST

PLACES TO LEARN

FAVORITE PRESCHOOL: MONTE CASSINO SCHOOL

TulsaKids' readers have high hopes for their young children, and chose Monte Cassino's Early Childhood Learning Center to help them provide the best educational start in life. They like Monte Cassino's emphasis on providing preschool students with exceptional teachers, small class sizes, play-based learning opportunities, socialization skills and carefully prepared activities in an environment that promotes early learning in reading, writing, math and science.

FINALISTS: KIRK OF THE HILLS PRESCHOOL, ABC PRESCHOOL (FELLOWSHIP BIBLE CHURCH)

FAVORITE PRIVATE ELEMENTARY SCHOOL: HOLLAND HALL

Formative years demand a school where the focus is on building a strong academic foundation that will pave the way for success in the coming years. With a reputation for providing students with challenging, student-centered curriculum that promotes college readiness, Holland Hall Primary School for kindergarten through third-grade students helps each child realize his or her full potential as an individual with unique talents, learning styles and interests. No matter your child's favorite subject, you can rest assured that hands-on learning will take his or her interest and understanding to new heights.

FINALISTS: MONTE CASSINO SCHOOL, MISS HELEN'S PRIVATE SCHOOL

FAVORITE PRIVATE MIDDLE SCHOOL: HOLLAND HALL

It's no surprise that the very same TulsaKids' readers who love the Holland Hall Primary School are just as enthusiastic about Holland Hall's Middle School for fourth- through eighth-grade students. Here, expert teachers, collaborative cross-subject projects and a wide selection of course options come together to provide students with unparalleled opportunities for learning and personal growth.

FINALISTS: METRO CHRISTIAN ACADEMY, MONTE CASSINO SCHOOL

FAVORITE PRIVATE HIGH SCHOOL: BISHOP KELLEY HIGH SCHOOL

An emphasis on Christian faith and principles coupled with high academic standards are what sets Bishop Kelley High School apart from the rest. As one of Tulsa's premier Catholic high schools, Bishop Kelley's mission is to ensure that students are provided with the individual guidance and tools necessary for helping them discover and utilize their unique God-given talents and abilities. If you've been looking for a high school that values service to others, personal development and commitment to excellence, then look no further than Bishop Kelley.

FINALISTS: HOLLAND HALL, MINGO VALLEY CHRISTIAN

"I love Ihloff! My stylist, Adrian, is at the Utica Square location. The location is perfect and the vibe at the salon is so relaxing. They always greet me as soon as I get there with a glass of whatever their special water is that day (I love when they use mint). And not only my stylist, but ALL of the stylists around here know me by name and treat me like they would their own clients, even though they owe me nothing. Oh, and my hair always looks amazing when I leave." FB Quote

"The Tulsa Performing Arts Center is such a gift to our city. It's a world-class facility with talented, hard-working, arts-loving staff. So many wonderful family programs and performances at the PAC each year help to broaden our children's horizons and help them develop an appreciation for the Arts." FB Quote

ADULTS ONLY

FAVORITE SALON: IHLOFF SALON AND DAY SPA

Friendly and talented staff. Confidence-boosting cuts and color. A warm and welcoming environment. Opportunity to relax. These are just a few of the many reasons why TulsaKids' readers continue to vote Tulsa's own Ihloff Salon and Day Spa as their favorite salon year after year. With three locations in the Tulsa area and expert stylists who will ensure that you leave the salon feeling confident, Ihloff is the place where your search for the perfect salon ends.

FINALISTS: BELLA VITA SPA AND SALON, BERKSHIRE SALON AND DAY SPA

FAVORITE CAR DEALERSHIP: JIM NORTON TOYOTA

We've all been there—wandering around a dealership in pursuit of the perfect car when, suddenly, big brother is watching our every move, pressuring you to buy a car for a price that we're not even sure is for real. Experiences like this can make you want to drive your tired-out vehicle until it refuses to start. Fortunately, families in Tulsa and the surrounding areas have the option to choose Jim Norton Toyota, the dealership that leaves satisfied customers raving about the friendly service as well as the unbeatable deals on both new and used vehicles. Jim Norton Toyota is a dealership our readers feel confident in choosing.

FINALISTS: JACKIE COOPER IMPORTS, BILL KNIGHT FORD

FAVORITE CHILDCARE SERVICE: KINDERCARE

Selecting a childcare service is a choice that's not always easy to make. How can you be certain that your child is being cared for and nurtured in a positive environment where play, learning and personal development go hand in hand? For years, families in Tulsa and the surrounding areas have entrusted the care of their youngest members to KinderCare childcare providers, with all local locations certified by either the National Association for the Education of Young Children or the National Accreditation Commission for Early Care and Education Programs. Whether you need childcare for your infant or toddler, a preschool program, or a before or after-school program for your school-age child, you'll find a local KinderCare that will exceed your expectations.

FINALISTS: CHILDREN'S LEARNING ADVENTURE, SEEKING SITTERS

FAVORITE DATE NIGHT RESTAURANT: RED ROCK CANYON GRILL

Do you feel like date night is a distant memory with an expiration date of October 2013? It doesn't have to be this way. TulsaKids' readers know that the revival of date night begins at Red Rock Canyon Grill, Tulsa's premier destination for a memorable dining experience. Located in south Tulsa with a view of the Arkansas River, Red Rock Canyon Grill provides Tulsa couples with the ambiance, relaxing environment and exquisite culinary options that will make your date night one you'll want to recreate again and again.

FINALISTS: CHARLESTON'S, MAHOGANY PRIME STEAKHOUSE

FAVORITE BANK/CREDIT UNION: BANK OF OKLAHOMA

You work hard for your money and want to make sure that you entrust it to a bank that's going to go the extra mile. No matter if you're a small-business owner, need a mortgage, a loan or simply want to open a savings account, Bank of Oklahoma is the secure and stable choice that TulsaKids' readers trust for helping with all of their financial needs.

FINALISTS: TTCU FEDERAL CREDIT UNION, ARVEST

FAVORITE HOME CLEANING SERVICE: MERRY MAIDS

"Just whistle while you work," sang no tired parent ever while vacuuming the house after a long day. Life is busy, and it's nice to have a break from time to time. For the fourth year in a row, Merry Maids has been chosen as our favorite cleaning service for coming to the rescue of exhausted parents across the Tulsa area. Known for creating individualized plans that address each home's unique needs, Merry Maids and its thorough team members are the best choice for keeping your home sparkling.

FINALISTS: MAIDPRO TULSA, TOTAL CARE HOUSEKEEPING SERVICES

We have the Ukuleles...
You add the water!

Tulsa Midtown
3259 S. Yale Ave

South Tulsa
9320 E. 71st St

www.saiedmusic.com



SAIED
Music Company
"Your source for everything musical!"



Something fin-tastic is coming to Jenks, Oklahoma, this July! Sharklahoma is a citywide celebration of sharks near and far. With the world's largest collection of bull sharks, the Oklahoma Aquarium is the center of Sharklahoma's month-long merriment. Festivities include movie screenings, special guest speakers, and our second annual Dive with the Sharks contest! Visit <http://www.sharklahoma.com/> to dive into fun. Photo courtesy of Oklahoma Aquarium.

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

July 1 Monday

WASHED ASHORE OPENING [DAILY]

The Tulsa Zoo presents Washed Ashore: Art to Save the Sea, beginning in June. Made entirely of plastic debris collected from beaches, Washed Ashore sculptures unmask the impacts of plastic pollution on oceans, waterways and wildlife. This exhibit is free with regular zoo admission. Tulsa Zoo, 6421 E. 36th St. North, tulzazoo.org

CHILD & CAREGIVER MOVEMENT CLASS [FREE]

Bring your mat to this Child and Caregiver Movement Class presented by Shape Your Future - A Program of Tulsa County TSET Healthy Living Program. Child and Caregiver Movement classes are a fusion of yoga and conscious play, sprinkled with storytelling, song and

dance! Learn yoga poses, breathing exercises and relaxation techniques, perfect for children ages 3-8, or anyone with an imagination! Gathering Place, 2650 S. John Williams Way, 9:30-10:30 a.m. gathering-place.org

CAREGIVER/CHILD YOGA

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Included with regular admission. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

TINY THINGS BY BOWEN: HANDMADE 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! Space is

limited; preregister at tulsalibrary.org/events or call 918.549.7323. Central Library, 400 Civic Center, 3-4 p.m. tulsalibrary.org

July 2 Tuesday

SPACE TRAINING [FREE]

Enjoy samples of astronaut ice cream and a NASA-approved space training activity! Work together to figure out exactly what can and cannot accompany you on your long journey to space. Seating is limited. Registration is required. Call 918-549-7323 to register. For ages 12-18. South Broken Arrow Library, 3600 Chestnut Ave., Broken Arrow, 2-3 p.m. tulsalibrary.org

FRESH FITNESS: POUND ROCK-OUT WORKOUT [FREE]

Move to the beat you create at Pound Rockout Workout, every other Tuesday at the Sports Courts.

This funk-filled full body workout is designed for all ages and abilities, and will help you tone up and rock on! No equipment required. Gathering Place, 2650 S. John Williams Way, 6:30-7:30 p.m. gathering-place.org

GRANDPARENTS DAY [W]

Every Tuesday at the Tulsa City Parks pools is Grandparents Day! Each grandparent receives free admission when accompanied by a grandchild. Find a list of participating pools at cityoftulsa.org.

July 3 Wednesday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]

Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Schusterman-Benson Library, 3333 E. 32nd Pl., 10:30-



INTERNATIONAL TIGER CELEBRATION

International Tiger Day is Monday, July 29, and the Tulsa Zoo is celebrating tiger conservation all weekend (July 27-29) with special keeper chats, activities and enrichment. Free with regular zoo admission. Visit tulsa-zoo.org/calendar for more information. Tulsa Zoo, 6421 E. 36th St. North

10:50 a.m. tulsalibrary.org

EXTRATERRESTRIAL SELF-CARE [FREE]

Reach for the stars when it comes to self-care! Enjoy an hour of self-care crafts and take home your creations. Limited supplies are provided. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 12-18. Central Library, 400 Civic Center, 2-3 p.m. tulsalibrary.org

July 4 Thursday

HAPPY 4TH OF JULY FROM TULSAKIDS!

July 5 Friday

TREE FORT STORY TIMES [W]

Head to Tulsa Botanic Garden for an interactive garden-themed story each Friday morning in July led by local storytellers, musicians and guest readers. Meet under the oaks in the Carter/Sherry Families Tree Fort in the Children's Discovery Garden. Recommended for ages 2 ½ to 8 years. Bring a picnic lunch to enjoy in the Garden afterward. Tulsa

Botanic Garden, 3900 Tulsa Botanic Dr., 10:30-11:30 a.m. tulsabotanic.org

FIRST FRIDAY ART CRAWL [FREE]

Celebrate local art and artists at this free monthly event! Galleries and other businesses in the Tulsa Arts District are open late, from 6-9 p.m. The Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

TULSA DRILLERS HOME GAME

Cheer for the Tulsa Drillers as they play ball! Don't miss the fireworks show hosted by Fox23! ONEOK Field, 201 N. Elgin Ave., 7:05 p.m. tulsadrillers.com

July 6 Saturday

CHERRY STREET FARMERS MARKET [FREE, W]

Shop for fresh fruits, veggies and other locally produced goods every Saturday on Cherry Street (15th St. between Utica and Peoria). 7-11 a.m. tulsafarmersmarket.org

KENDALL WHITTIER MERCADO [FREE]

You can find amazing shoes,

clutches, blankets, baskets, art, and so much more at Kendall Whittier Mercado!

¡Usted puede encontrar huaraches hermosas, bolsas, mantas, cestas, arte, y mucho más en Kendall Whittier Mercado! Kendall-Whittier Square, Admiral & Lewis, 10 a.m.-2 p.m. facebook.com/kwmercado/

STEM SATURDAY AT GATHERING PLACE [FREE]

Use toothpicks and marshmallows to create marvels of engineering! STEM Saturdays at Gathering Place occur on the first Saturday of each month in the ONEOK Boathouse. Gathering Place, 2650 S. John Williams Way, 12-3 p.m. gathering-place.org

ICE CREAM WITH PRINCESS JASMINE

Take a picture, meet and greet and enjoy a treat with Princess Jasmine! Marble Slab Creamery—Broken Arrow, 403 W. Stone Wood Dr., 1-3 p.m. facebook.com/marbleslabbrokenarrow

July 7 Sunday

STUDIO SUNDAYS [W]

Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer St., 12-7 p.m. ahhatulsa.org

DROP-IN STUDIO

Join Gilcrease for studio time on the first Sunday of the month. Studio activities are inspired by museum collections and exhibitions, and encourage intergenerational, process-based creative learning. This program is appropriate for all ages and is free with museum admission. Children must be accompanied by adults. No reservations are required and visitors can stay for as little or as long as they would like. For more information, please contact christine-hostetler@utulsa.edu. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org

July 8 Monday

MAGIC MONDAY STORYTIME [FREE, W]

Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books, 221 E. Archer St., 10:30 a.m. magic-citybooks.com

MAKING CATAPULTS, SPAGHETTI TOWERS AND STEAM FUN WITH KIM WATSON [FREE]

Have a fun STEAM experience building catapults that shoot marshmallows, learning the chemistry of spider venom, and understanding how buildings and bridges stay upright when you build a tower made of spaghetti noodles. For ages 10-18. Pratt Library, 3219 S. 113th W. Ave., Sand Springs, 3-4 p.m. tulsalibrary.org

COCA-COLA FAMILY MOVIE NIGHT [FREE, W]

Enjoy a free outdoor movie and other entertainment every Monday at the Jenks Riverwalk, courtesy of Coca-Cola Southwest Beverages and Riverwalk Jenks! July 8's film is "The House With a Clock In Its Walls." Jenks Riverwalk, 300 Riverwalk Terr., 6-10 p.m. riverwalk-tulsa.com

July 9 Tuesday

BUILD A READER STORYTIME: BABIES [FREE, W]

Enjoy fun songs, stories and activities that are just right for your little one at this lapsit storytime for newborns to 2-year-olds and their caregivers. Hardesty Library, 8316 E. 93rd St., 10-10:20 a.m. tulsalibrary.org

SPACE JAM:

A FAMILY SING-ALONG [FREE]

Enjoy songs you love from storytime and learn new ones to sing together at home! For ages 0-5 and their parents. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 4-4:30 p.m. tulsalibrary.org

July 10 Wednesday

JEANNE B. GOODWIN STORYTELLING FESTIVAL [FREE]

For the past 30 years, Linda Gorham has engaged audiences with interactive folktales and humorously heartfelt stories. Each performance is infused with her unique, signature sophisticated attitude. For all ages. Rudisill Library, 1520 N. Hartford Ave., 10-11 a.m. tulsalibrary.org

FOOD TRUCK WEDNESDAY [W]

Get out of the office and shake up your lunch routine with Food Truck Wednesdays! Dine on local food at Guthrie Green every Wednesday. Guthrie Green, 111 E. M.B. Brady St., 11 a.m.-2 p.m. guthriegreen.com

July 11 Thursday

KIDS CONNECTION [FREE]

Kids Connection is a social group designed for children, grades K-5,

with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St. A., 4:30-5:30 p.m. ddadvocacy.net

MOVIE IN THE PARK: "CAPTAIN MARVEL" (PG-13) [FREE]

Enjoy a free movie at Guthrie Green! Guthrie Green, 111 E. M.B. Brady St., 7:30 p.m. guthriegreen.com

July 12 Friday

FAMILY MOVIE FRIDAY: "RALPH BREAKS THE INTERNET" [FREE]

Grab your picnic basket and blanket and come to watch a movie in the garden. If inclement weather or heat alert, the movie will be shown in the Mary K. Chapman Children's Storytime Room, and seating will be limited on a first-come-first-serve basis. For ages 12 and younger. Central Library, 400 Civic Center, 10 a.m.-12 p.m. tulsalibrary.org

BRAUMS' AN AFFAIR OF THE HEART

Find something you love at the Braum's An Affair of the Heart show July 12-14, 2019, where you can shop over 500 pop-up shops over three days at the River Spirit Expo at Expo Square. Browse jewelry, clothing, arts, crafts, gourmet foods, home decor, handcrafted soaps, candles and so much more. Tickets are \$10 and good for all three days. Kids 12 and under are free. Expo Square, 4145 E. 21st St., July 12-14. heartoftulsa.com

July 13 Saturday

ELEPHANT BIRTHDAY CELEBRATION

Join the Tulsa Zoo in a pachy piñata party as they celebrate in a BIG way. Watch Asian elephants Sooky and Sneezzy tear into treats, and hear from animal care experts. Free with regular zoo admission. Visit tulsazoo.org/calendar for a complete list of activities. Tulsa Zoo, 6421 E. 36th St. North

FREE ADMISSION: SECOND SATURDAY [FREE]

Visit Philbrook on the second Saturday of each month for free family-friendly art-making, tours, and activities for kids of all ages in the museum and in the gardens. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-4 p.m. philbrook.org

TRSM ANNUAL GEM, MINERAL AND JEWELRY SHOW

Tulsa Rock and Mineral Society's annual Gem, Mineral and Jewelry Show includes gems, jewelry, fossils, crystals, working exhibits, demonstrations, fluorescent display, touch and feel display, spinning wheel, grab bags and a free kids zone. Adults are \$6; Kids 12 and under are free with paid adult admission. Expo Square (Exchange Center), 4145 E. 21st St., 9 a.m.-6 p.m. Also 10 a.m.-5 p.m. on Sunday, July 14. tulsarockandmineralsociety.org

YOUTH SERVICES OF TULSA COFFEE HOUSE [FREE, W]

Youth ages 12-18 have a place to hang out, express themselves and enjoy live music, wifi and free hot beverages courtesy of QuikTrip. Youth Services of Tulsa, 311 S. Madison Ave., 7-11 p.m. yst.org

July 14 Sunday

SENSORY FRIENDLY FAMILY FUN TIME

Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 9:30-11:30 a.m. discoverylab.org

July 15 Monday

SHARK FEED TALK AND TOUR

Go above the bull shark tank to watch our bull sharks feed from a new perspective! Children must be 12 and older to participate. Cost: general admission, plus \$10 for the



Enjoy a free, nature-themed Storytime every Thursday morning at the Linnaeus Teaching Gardens.

VIP shark feed talk and tour. Oklahoam Aquarium, 300 Aquarium Dr., Jenks, 12:30-1:45 p.m. See additional dates and times at okaquarium.org

POLICE ON PATROL [FREE]

A Sand Springs Police officer will visit with us about jobs on the police force and show us all the cool gadgets in the police car! For all ages. Pratt Library, 3219 S. 113th W. Ave., 1-2 p.m. tulsalibrary.org

July 16 Tuesday

DIG WITH A DIETICIAN: H2O AND BEYOND [FREE]

During this class, participants will learn about the importance of water in our ecosystem, garden, and bodies. Everyone will get to learn about why water is so important to life, how different soils drain and retain water, and how water flows and recycles through our environment. Participants will get to help water the garden and play an activity representing how water moves through different types of soil. Broken Arrow Neighbors Community Garden—BA Neighbors, 322 W. Broadway Ave., 10:30-11:30 a.m. reasors.com/event

TULSA DRILLERS VS. FRISCO

Cheer for the Tulsa Drillers as they play Frisco! See website for special promotions on tickets, food, etc. ONEOK Field, 101 N. Elgin Ave., 7:05 p.m. tulsadrillers.com

July 17 Wednesday

BROOKSIDE FARMERS MARKET [FREE]

Shop for fresh produce and other



Join TulsaKids for TulsaKids Live! on the fourth Wednesday of each month from 6-7:30 at Southminster Presbyterian Church. This month's event (July 24) features Emily Smith, who will lead us through an interactive presentation on *Creating in the Natural World: Using Recycled Materials to Create Engaging Activities With Your Child.* We hope to see you there!

locally produced items every Wednesday morning at the Brookside Farmers Market! Brookside Church, 36th and Peoria, 7:30-11 a.m. tulsafarmersmarket.org

STORYTIME ON THE GREEN: KIDS YOGA WITH DANA MORRIS [FREE]

Each week, a different community organization will lead engaging story time activities under the shade of the Dock at Guthrie Green. Bring a mat and enjoy the perfect parent-child yoga time! Guthrie Green, 111 E. M.B. Brady St., 10:30-11 a.m. guthriegreen.com

July 18 Thursday

THE TULSA COUNTY FAIR [FREE]

The Tulsa County Fair will be held July 18-19 at Central Park Hall at

the Tulsa State Fairgrounds. The Tulsa County fair is open to all residents of Tulsa County and members of 4-H, FFA, OHCE and Master Gardeners of Tulsa County. Events happening on July 18 include the OHCE gift shoppe, community resource booths, and a variety of entertainment including a children's petting zoo, youth dog show, rabbit show, and OHCE membership tea. The poultry show and old-fashioned ice cream festival will be held on Friday, July 19. Tulsa Fairgrounds, 4145 E. 21st St. See schedule at www.oces.tulsacounty.org/freefair.html.

SAFE KIDS CAR SEAT CHECK [FREE]

Make sure your child's carseat is installed correctly! Tulsa Fire Depart-

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

APOLLO 11: MAN'S FIRST STEP ONTO THE MOON

50 years ago, Neal Armstrong made history as being the first human to walk on the surface of another world. This Jenks Planetarium show, ideal for kids ages 6 and up, looks back on that historic day and the events leading up to it. Jenks Planetarium, 205 E. B St., Jenks, 12-1 p.m. and 7-8 p.m. jenkscommunity.com

SPECIAL SHARK STORYTIME! [FREE]

Join Miss Amy and Miss Joy for a bonus storytime all about sharks! There will be stories, songs and a craft. For ages 0-7 and their caregivers. Schusterman-Benson Library, 3333 E. 32nd Pl., 2-3 p.m. tulsalibrary.org

July 19 Friday

NATIONAL WATERMELON DAY

Beat the heat and come celebrate National Watermelon Day with free watermelon and watermelon-related games. Reed Park Pool, 4233 S. Yukon Ave., 12-2 p.m. cityoftulsa.org

PAWS FOR READING [FREE]

Registered therapy dogs are excellent listeners. Kids 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. For ages 5-12. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Brookside Library, 1207 E. 45th Pl., 3:30-4:30 p.m.

July 20 Saturday

GIRAFFE'S FIRST BIRTHDAY

Wish Ohe a Happy Birthday from July 20-22 during this multi-day celebration! Special enrichment and activities, including a chance to write a note for Ohe. Free with regular zoo admission. Don't forget, giraffe feedings occur 11 a.m. to noon, Friday thru Monday for an ad-

ditional fee. Tulsa Zoo, 6421 E. 36th St. North

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH [FREE]

Enjoy free admission and a carpentry class at the historic Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 1-3 p.m. willrogers.com

PHILBROOK STUDIO SATURDAYS

Studio Saturdays is a drop-in program for families with children of all ages (toddler-to-teen). Each month a new skill is explored with both studio and gallery activities. Philbrook Museum, 2727 S. Rockford Rd., 12:30-3:30 p.m. philbrook.org

LAFORTUNE PARK MOM/SON DODGE BALL & ICE CREAM SOCIAL

This is LaFortune Park's most popular event! Enjoy a couple of friendly dodge ball games, then cool down with a self-serve ice cream sundae with your favorite little guy(s). Register early—sign up at location. #15 per mother/son. \$5 for each additional son. LaFortune Community Center, 5202 S. Hudson Ave., 1-3:30 p.m. parks.tulsacounty.org

July 21 Sunday

FUNDAY SUNDAY [FREE]

The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. For more information, contact laurel-benson@utulsa.edu. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

July 22 Monday

ARTS AND CRAFTS [FREE]

Enjoy hands-on activities for ages 5-12. Supplies are provided. Kendall-Whittier Library, 21 S. Lewis Ave., 12:30-1:15 p.m. tulsalibrary.org

NATIONAL PARENTS DAY AT THE CITY OF TULSA PARKS POOLS

Spend the day at the pool. Parents

get in free when accompanied by their child. Find a list of pool locations and times at cityoftulsa.org

FITNESS ON THE GREEN: YOGA [FREE, W]

Enjoy a free, outdoor Yoga class taught by a licensed instructor every Monday and Wednesday at 5:30 p.m.! Guthrie Green, 111 E. M.B. Brady St., 5:30-6:30 p.m. guthriegreen.com

July 23 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]

Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

TALK & TOUR TUESDAY [FREE]

Are you curious about Youth Services of Tulsa? Join staff for lunch, and learn about YST, its mission, its programs, and its clients! Pre-register online. Youth Services of Tulsa, 311 S. Madison Ave., 12-1 p.m. yst.org

"STAR WARS" NIGHT [FREE]

Travel to a galaxy far, far away. Join TCCL staff for "Star Wars" themed activities and crafts, a cosplay contest, photo booth and showing of the movie "The Last Jedi." Popcorn is provided. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For all ages. Central Library, 400 Civic Center, 6-8 p.m. tulsalibrary.org/events

July 24 Wednesday

STORY TIME WITH MONKEY

Listen to a special Story Time with education animal ambassador Monkey, the white-bellied caique. Her story will touch your heart and teach about being a good pet owner. Free with regular zoo admission. Visit tulsazoo.org/calendar for a complete list of activities. Tulsa Zoo, 6421 E. 36th St. North, 10 a.m.

TULSAKIDS LIVE! PARENTS MEET-UP: CREATING IN THE NATURAL WORLD [FREE]

Join TulsaKids Magazine for our monthly TulsaKids Live! Parents Meet-Up. July's Meet-Up will feature Emily Smith, an educator at B'Nai Emunah Preschool with a Master's in Early Childhood Education. Emily will teach parents about how to use recycled materials to create engaging activities with their child, along with some interactive elements! This event is free and open to the public. Free childcare and snacks are provided. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

July 25 Thursday

READERS THEATER: "HOW FISHER WENT TO THE SKYLAND" [FREE]

Try out your acting skills with a short play adapted from an Ojibwe story. We need at least eight actors. Participants will read their parts, act out the script and use props. We'll have a performance at the end! Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 5-12. Brookside Library, 1207 E. 45th Pl., 1:30-2:30 p.m. tulsalibrary.org

July 26 Friday

CHANGE DIVE

Come search for buried treasure! Dive deep for change that can be kept or exchanged for swim passes to either Reed or McClure Pool! Whiteside Park Pool, 4009 S. Pittsburg Ave., 2 p.m. cityoftulsa.org

WILL ROGERS MOVIE NIGHT [FREE]

Enjoy a free movie at the Will Rogers Memorial Museum on the last Friday of each month, April through October. Doors open at 6:30 p.m., movie starts at 7. Popcorn and a drink are also free. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 6:30 p.m. willrogers.com

GILCREASE AFTER HOURS [FREE]

The last Friday of the month is Gilcrease After Hours. It's a free admission event with culture and cocktails presented by Osage Casino Hotel. For more information, contact laurel-benson@utulsa.edu. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 7-9 p.m. gilcrease.org

July 27 Saturday

SAVE A LIFE SUMMER CPR CLASS [FREE]

Citizen CPR and Tulsa Parks are teaming up with other area locations to offer FREE training in basic CPR. Participants will learn basic CPR for victims ages infants to adult with hands-on practice. This is not a certified class such as is required for childcare or healthcare providers. Register in advance at tulsacpr.com or by calling 918.596.3600. All Souls Unitarian Church, 2952 S. Peoria Ave., 9:30-12 p.m. tulsacpr.com

NATIONAL DAY OF THE COWBOY

Come join in the fun on National Day of the Cowboy! Begin with a larger-than-life performance of Pecos Bill and the Ghost Stampede by Oklahoma Children's Theatre. After the play, join Jeffrey Richardson, Curator of Exhibits at Farmington Museum in New Mexico, for a family tour of the Museum's American Cowboy Gallery. Grab your boots and hat and join us to celebrate the American cowboy! Performance begins at 10:30 a.m.; gallery tour begins at 11:30 a.m. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10:30 a.m. nationalcowboymuseum.org

CHANDLER PARK JUST FOR TOTS

This will be a fun-filled afternoon for the little tykes! Books, balls, blocks, games, crafts, goodie bags, and door prizes. Lunch provided. No fee for parents. \$5/child. Chandler Park, 6500 W. 21st St., 10 a.m.-2 p.m. parks.tulsacounty.org

ICE CREAM WITH SPIDERMAN & BATMAN

Take a picture, meet & greet, and enjoy a treat with Spiderman & Batman at Marble Slab Creamery—Jenks, 500 Riverwalk Terrace, Ste. 125, 1-3 p.m. facebook.com/marbleslabjenks

July 28 Sunday

67TH ANNUAL TULSA POW WOW

Celebrate the 67th Annual Tulsa Powwow July 27-28 at Cox Business Center, 100 Civic Center. This event will feature cultural competitions, arts and crafts and food vendors, and more. tulsapowwow.org

July 29 Monday

ASTRONOMICAL ART: GALAXY MUGS [FREE]

Make and take your own decorated mug, complete with a mug cake mix for later. For ages 10-18. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 3-4:30 p.m. tulsalibrary.org

July 30 Tuesday

GLOW-IN-THE-DARK STORYTIME [FREE]

Experience a glow-in-the-dark storytime! Paint with neon paint and create a glow-in-the-dark bouncing ball to take home. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 0-10. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry, 1-2:30 p.m.

July 31 Wednesday

HARRY POTTER BIRTHDAY BLOWOUT [FREE]

Muggles and wizards are invited to celebrate Harry Potter's birthday with crafts, costumes, treats and other activities for Harry Potter fans of all ages. Costumes are encouraged. Supplies are limited. Zarrow Regional Library, 2224 W. 51st St., 1-2:30 p.m. tulsalibrary.org



Cool Summer Indulgences for Hip Moms

BY JILL VANTREASE

Oh Mama. How is your summer going? Are you schlepping kids to camps all over north-eastern Oklahoma? Are you making multiple trips to the pool per day, piled down like a beast of burden with the noodles, the buckets, the sunscreen, the snacks, the drinks, and the iffy-smelling towels? Have you already been on your family “vacation,” involving car sickness, sand, dirt, and way more work than you do at home? Are you still monitoring screen time, or have you just given up? Well! Guess what. I’m giving you permission to carve out a little time for yourself so you don’t lose your precious mind before that blessed institution called school starts up next month. So call up grandma, find a sitter, and do one or all of these things - stat!!

Head to Massage Envy - yes, it’s a chain, but I’m going to sing its praises. A couple of years ago, I was in a car accident, and while I was fine, I felt oddly kinked in strange places. A friend recommended a massage, and I thought that sounded like a great idea - and it was. After my massage, the receptionist recommended a monthly membership. It’s a mere \$60 per month, which is a lot cheaper than an a la carte massage almost anywhere. Your membership includes a monthly massage, facial or assisted stretching session. All of these take up one measly hour, and I



figured if I can’t let someone attend to my pores or my sore muscles for one dang hour per month, something is pretty messed up in my life. So I’ve been a member for almost two years, and I love the forced self-care my membership imposes! The massages are heavenly, administered by professional masseuses, some of whom are astoundingly strong. Their chemical peels are excellent, too - not too harsh (my face doesn’t peel off in snake-like layers like it has after a medical spa chemical peel), but I really notice a difference in my skin - softer, buttery-er. There are locations all over - South Tulsa, Broken Arrow, Brookside, Tulsa

Hills - and if for some reason you can’t make it one month, you can carry over your unused service to the next month. So get yourself over there and get a membership!

Find a friend with a country club membership - stat! I think this is crucial for a summering mom in Tulsa. I’m not fancy enough to have a country club membership, but I have a couple of friends who are! With all the country clubs around here, you’re bound to have a friend of a friend who’s a member in our little old town. So find this friend, butter her up with her favorite bottle of wine or some truffles, have her smuggle you in, and spend a few

hours by the pool, carefree. It might be tough to relax at first - after all, no one is going to be drowning, or asking you to go potty, or wanting their Capri Sun opened - but I bet you’ll become accustomed to lying there with a novel - or your daydreams - for a few hours. And since this is such a rare occurrence, I double dog dare you to skip the sunscreen and slather up with baby oil like a teenager from the ‘80s. Surely such flagrant disregard of the skincare rules won’t be too wrinkle inducing - just this once! My friend, Jennie, smuggles me in to Southern Hills - we sun ourselves, chat for hours, eat a delicious lunch, and forget about life for a few hours. Note:



continued next page



apparently all country clubs have a “Club Special,” which is a potent cocktail with assorted strong spirits and mixers that slides down far too easily while you're lazing and sweating by the pool.

Ladies, just have one of these or maybe two if you need to actually go home, pay the sitter, and function that day. Don't have three! (Don't ask me how I know!)

Shop somewhere new! The



Pearl District downtown is blossoming with all kinds of new stores: Adorn is a holiday, gift and home decor store, so it's full of delights that are quite unique and rare - I've not seen a store like it before (although it conjures up memories of Mackenzie Childs in Manhattan!). The Forever Flower Bar is stocked with all kinds of beautiful silk flowers; the whole store is like walking through a whimsical wonderland. Right next door is Hummingbird Fine Craft — it's like a haute craft bazaar, full of portraits, Garden Deva statues, and other artsy baubles like succulents and prints. It's an artist's cooperative and gallery, and it rotates through upcoming Tulsa artists. I fall in love with some moody garden prints and want to buy them, but then I find out they're samples of a local landscape artist's work. Ah, well! And you've probably heard of the super hip Boxyard, a cluster of repurposed containers now functioning as an outdoor mall. Go have lunch at Sabores Mexican Grill, then peruse the women's clothing offerings at Modern Mess, Beau and Arrow or rosegold. And then maybe you'll miss your kids a tiny bit and want to bring them a treat back from Sweet Boutique!

If you're in a stage of life where just extricating yourself from the house is too dang overwhelming -- maybe you've got a newborn, or you're suffering from first or last trimester blahs, or you don't have a lot of financial wiggle room for a babysitter, have some fun come to you. I've discovered beauty subscription kits — monthly boxes of large-ish beauty samples — from companies like Allure, Sephora, and Ipsy. These boxes are such a delight to receive on a boring, sweaty Tuesday at 2 p.m. — and it's all delights just for yourself! I've found some of my favorite cosmetics this way. For just \$10 or \$15 per month, it's such an affordable treat. Ipsy is great: You take a quiz on their site that asks about your skin and make-up preferences, so your box is per-

sonalized to suit your needs. They mix high and low products, and it's with Ipsy I discover a pumpkin and turmeric mask by Yensa, a brand I'd never encountered. The mask is heavenly, quick to apply, and smells divine. The Allure beauty box - yes, that Allure, the magazine — is brimming with many full-size products and exclusive items that haven't even been released yet. For \$15, this box is hard to beat. Unsurprisingly, Sephora has a great box too: Play. For just \$10, the Play box lets you try skincare, “statement-making makeup,” and luxurious haircare. Subscribers also get a fragrance sample, a PLAY! Book of tips and tricks, an adorable clutch to store your loot, and a PLAY! Pass for in-store learning and 50 extra rewards points.

If cosmetics aren't your love language, why not sign up for a box that has a wider variety of treasures we girls covet? FabFitFun is a subscription box that is a little pricier — \$49.99 — and ships four times per year, one for each season. The retail value of products included in each subscription top \$200, so you're getting a great deal. Previous FabFitFun boxes have included jewelry, purses and clutches, wrap dresses, cosmetics, household items for entertaining — all kinds of lovely baubles from well-known, trendy brands. I'm anxiously awaiting my summer box. PopSugar also has a seasonal “Must Have Box.” It's a little pricier at \$75 - but claims to hold over \$300 in retail value. One of my favorite beach hats came from a PopSugar box several years ago; all items are test driven by Lisa Sugar, the company's founder, and her team of choosy editors. There's always several great full-size items for you and your home in these delightful gifts. Even Rachel Zoe is doing her own box now -- her “Box of Style” is \$100 if your tastes run Hollywood!

There you go, Mama. Hang in there! You deserve a little indulgence for yourself. After all, summertime, it's not just for kids!



thumbs-up recipes to make with kids

Parents of babies and young toddlers who will eat practically anything, go ahead and pat yourselves on the back. But be warned: It may not last.

Introducing a variety of purees, flavors and textures (depending on the age of the child) is an important part of building healthy and adventurous eaters. Keeping it going even when a child is going through a picky phase is important, too. Even when you want to throw your hands in the air and let them eat pizza every day, consistently offering a variety of foods will likely pay off in the end.

Some kids will eat anything without much of a push from parents. But most kids need an introduction and encouragement to try new foods.

Sometimes part of the problem with introducing new foods is that parents themselves don't love eating outside their comfort zones. Some, but not all, picky children grow up to be picky-eating adults. And a parent who gags at the thought of cooking fish or hasn't eaten peas since forced from the Gerber jar isn't likely to make those things for their kids.

But trying the foods together can actually be a lot of fun. Kids will love it when mom or dad says, "I made shrimp! Let's try it together to see if we like it!" Let



the kids be critics, and give them scorecards to rate the new food from a 1-10 or thumbs down or thumbs up. Making it into a game or making it fun will help you go far.

Here are some recipes that may help you – and your kids – branch out into new culinary territory.

The sweetness of this mari-

nade will appeal even to fish skeptics. This recipe comes from "Little Foodie" by Michele Olivier. It's a great resource for finding recipes for babies and toddlers.

HONEY-GINGER BAKED SALMON

Makes 4 servings

- 1-inch piece fresh ginger, minced
- 1 garlic clove, minced
- 3 tablespoons soy sauce

- 3 tablespoons squeezed orange juice
- 3 tablespoons honey
- Freshly ground black pepper
- 1 pound salmon filet

1. Preheat the oven to 400 degrees. In a small bowl, mix the ginger, garlic, soy sauce, orange juice, honey and pepper.

2. In a shallow glass baking dish, place the salmon and coat with the honey-ginger glaze. Cover the dish, and let it marinate in the refrigerator for 30 minutes, turning once.

3. Place the baking dish in the oven, and bake, uncovered, for 15 minutes, or until you can easily flake the fish with a fork. For a crispy crust, turn the oven to broil, and cook for an additional 5 minutes.

4. Let cool slightly and serve. You might want to remove the skin for the kids.

Here's another from the book "Little Foodie." This can be given to kids ages 9 months and older. For grownups, pair it with veggies or crackers. It can be kept in the refrigerator for five days.

GREEN PEA HUMMUS

Makes 2 cups

- 1 cup peas, fresh or frozen (thawed)
- 1 cup chickpeas, drained and rinsed
- 1/2 teaspoon ground turmeric
- 2 tablespoons lemon juice
- 2 tablespoons olive oil

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1. Place the peas, chickpeas and turmeric in a food processor or blender, and begin to puree.

2. Slowly add the lemon juice and the olive oil through the top spout, and continue to puree, scraping down sides every so often, until you have reached a smooth consistency.

Fish tacos are a great way to add more fish to the dinner rotation. This recipe, using Trader Joe's products, comes together in just about 20 minutes. For kids, serve it simply with just the fish in a tortilla, with a squeeze of lime and a sprinkle of cheese.

MANGO FISH TACOS

Serves 4 to 6

- 1 package TJ's corn tortillas
- 1 box TJ's Breaded Cod Fillets
- 1 jar TJ's Roasted Tomatillo and Mango Salsa
- 1 bag TJ's shredded green cabbage

- Sour cream
- Lime slices, for garnish

1. Heat fish fillets according to package directions.

2. While fillets are heating, prepare tortillas. Heat a griddle or grill pan to medium-high heat. Fill a shallow bowl or plate with water. Dip each side of tortilla in water and immediately transfer to hot surface. Warm 1 minute each side, then place in foil to keep warm. Repeat for each tortilla.

3. To assemble tacos, layer tortilla with one fish fillet, cabbage, salsa, and a little sour cream. Serve with lime wedges, if desired.

We love this recipe from Foodlets, a great blog with kid-tested recipes. If you have a child who doesn't like carrots, let them try this and ask them to guess the "secret" ingredient.

CARROT CAKE MUFFINS WITH CREAM CHEESE FILLING

Makes 18 muffins

- 4 eggs
- 1/2 cup vegetable oil
- 1/2 cup applesauce
- 2/3 cup sugar
- 1/4 cup honey
- 2 cups grated carrots (about 4-5

carrots)

- 1 1/2 cups whole wheat flour
- 1/2 cup ground flaxseed or wheat germ
- 3 teaspoons cinnamon
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda

1. Preheat oven to 350 and grease muffin pans or use liners.

2. Using a whisk and large bowl, beat wet ingredients together until frothy: eggs, oil and applesauce. Add the sugar and honey or agave and mix. Fold in carrots. Put a sifter over the mixing bowl and add the flour, wheatgerm, spices, baking powder, salt and soda. Sift then stir together, breaking up clumps but don't over-mix. Stop when everything is just incorporated to keep your cakes fluffy.

3. Fill muffin cups 3/4 full and bake for 15-18 minutes. Touch the top of a muffin to find out if it's done. If it springs back immediately, they're done. Cool on a wire rack. Meanwhile, make the filling.

Cream Cheese Filling

This doesn't make a big batch of filling. If you want to frost the muffins as cupcakes, double the quantities below.

- 4 ounces cream cheese, softened
- 1/4 cup butter, softened
- 1 tablespoon honey
- 1 tablespoon milk
- 1/3 cup powdered sugar
- 1 teaspoon vanilla

1. Cream everything together with a spoon. When totally combined, fill a pastry bag fitted with a small tip with the cream cheese mixture. Poke the tip into the muffin top about half an inch, so it's firmly in the muffin but not breaking the top layer. Squeeze the filling bag until you feel the muffin puff out at the sides. (Not too much!) Keep squeezing but gradually, gently pull up until the tip is out. Make a little peak on top of your muffin. Cool in the fridge for 20 minutes before serving.



Q. Is it possible for my child to have dyslexia if it does not run in our family?

A. Dyslexia can be acquired due to physical trauma, an injury to the brain. This is called Trauma Dyslexia. Other trauma such as separation from the mother at birth (premature birth or adoption), or being bullied, suffering from physical or psychological trauma/abuse, having anxiety or Post Traumatic Stress Disorder can cause the child to show symptoms of dyslexia when, in actuality, it is not dyslexia. These types of trauma can interfere with the language processing centers of the brain, causing it to function very much like someone with dyslexia. The child may have difficulty with attention and learning to read. For this reason, it is important to share your child's life events with the person who evaluates your child. Trauma resolution by a counselor or psychologist often can improve the child's performance in these areas. When the trauma is not recognized, a misdiagnosis of dyslexia may occur. Having the correct diagnosis is very important as it provides the best direction for treatment.

Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, www.dyslexiatulsa.com



Q. What you need to know about Swimming Supervision.

A. According to the American Academy of Pediatrics (AAP), active supervision is one of the best defenses against drowning; however, many parents aren't sure what that means. Here's what you need to know about swimming supervision and drowning prevention:

1. Parents of kids younger than age 5 (or those who are older but lack swim skills) need to be within arm's length of their kids.
2. You also need to be watching them. Common distractions include cell phones, conversations with other adults, and "quick" tasks like running inside to grab a drink of water.
3. No one should ever swim completely on their own – no matter their age or swimming proficiency. Older kids and teenagers should have a competent "buddy" with them at all times.
4. Designate a Water Watcher and never assume that "someone else" is watching the kids in the pool.

Ultimately, the more layers of protection you can have, the better. This includes pool fences, self-latching gates, alarms on any doors that open to the outside, designated "water watchers" and parents/caregivers certified in CPR. As experts say, "Drowning incidents often occur not because of a lack of supervision, but because of a lapse in supervision."



Naming a guardian is one of the most important functions of an estate plan for young families.

But, how do you pick the right guardian?

Here are some factors to consider. The physical location of the guardian. If possible, you want to name a person who lives near your children. Lifestyle. You want to name a guardian who lives a similar lifestyle to your family. Religious beliefs. In a perfect world your guardian will have similar beliefs as your family. Financial Situation. You want to make sure your guardian has the means to care for your children. And, you can supplement that with your estate and life insurance.

To learn more go to www.oath.law/online





reporting from the Oklahoma Home Educators Conference

This past May, I headed over to OKC to visit the Oklahoma Home Educators Convention. OCHEC has been hosting the event for over 20 years, and I gained invaluable information from attending several years ago as a newbie homeschooler. I'm happy I made it back this year because there were a lot of new players on the scene, and I had some catching up to do! Indy and I slowly strolled the exhibit hall checking out all the shiny new homeschool resources. It was fun to actually get my hands on some of the things I've been hearing about lately.

As Valerie Rose, chair of the Oklahoma Homeschool Convention says, "Let's face it, homeschooling is not always easy and we grow weary. Attending convention provides so much encouragement. You hear stories from many of the speakers about their own struggles. You glean new ideas or methods to implement in your school day. You meet new friends or reconnect with old friends. You have time to share ideas or struggles with other homeschool moms."

If you weren't able to make it out this year, let me be your friend that did, and tell you about a couple of the new (to me!)



HOMESCHOOL PRODUCTS HELP TEACH EVERYTHING FROM ETIQUETTE TO FILM MAKING.

things I saw this year.

When my kids were little, I had a collection of cutesy products for them to use. All the lacing toys, counters and

manipulatives! Now that I have teens, I feel like I haven't put as much effort into making Wilhelmina's kindergarten as playful as the older kids'. I think a lot of

the things I took time to teach my older children, I just assume the younger ones will pick up along the way. I had this in mind at the convention and was hoping to find something I could do with her that would be age-appropriate and focused on her interests. There was a brightly colored booth that caught my eye, which was hosted by The Etiquette Factory. The Etiquette Factory teaches things like table manners, the art of being a guest and writing thank-you notes in fun ways that feel like play. They offer everything from full video curriculum to simple materials such as placemats that explain how to set the table. Willa is enjoying all the pieces I brought home.

I also came to the convention ready to find out more about the new options emerging in the area of dual-enrollment. As a parent of a 16-year-old, I am starting to be at the point where we are crossing over to college-level work. More than ever, we all know we need to be smart when it comes to college value. Thankfully, technology is rapidly expanding the options our kids have for how they can receive an education. I enjoyed talking to the representative from TEL, which is one of several new programs in

continued next page

the state offering affordable dual-enrollment options for home-schoolers.

The unexpected find I can't stop telling my friends about is an Intro to Filmmaking class created especially for homeschoolers. I chatted with the creator who is a homeschool dad with a background in film, and I was an easy sell on how film studies offer something for everyone. The course covers everything traditionally covered in Intro to Film, plus I think the selection of films in the course is top notch. We are enjoying working through this over the summer because it feels like adding a tiny bit of structure to something we already love doing together.

If you have a desire to dip your toe into the home education pool, a convention is an easy way to hear speakers discuss relevant topics, and to see for yourself the products that are available. With most big-name curriculum companies having booths, it is a great way to speed date the different options. You can read all the reviews and talk to everyone about what they use, but seeing the materials in real life can help make final decisions on what to purchase. More than anything, my visit to the convention reminded me that there is a whole community of homeschoolers out there, doing it a million different ways, and we can learn a great deal by checking in with each other once in a while.

Resources:

Oklahoma Home Educators Conference – <http://www.ohec.com>

Etiquette Factory – <https://www.theetiquette-factory.com>

Intro to Filmmaking – www.FS4T.com

Dual Enrollment Information - <https://www.tulsacc.edu>

<https://tellibrary.org/home-school/>

Looking for something to SMILE about?

It's time for TulsaKids' 2019 Cover Kid Contest, sponsored by

the vintage pearl
handstamped jewelry



2018 Cover Kid Contest Winners

Submit a photo of your child from July 1-15. Then, get your friends and family to vote for your nominee (once daily) from July 16-31!

Plus, everyone who participates will be entered to win one of two gift bags from The Vintage Pearl, each containing jewelry and a gift card (valued at \$75 each).

Find details and the entry link at tulsakids.com/coverkid

BY NANCY A. MOORE

David Berntson: harmonica in his hand & music in his heart

Accomplished musician and talented harmonica player, David Berntson successfully engages audiences of all ages. His love for the instrument began at a young age when he taught himself to play. Over 40 years of playing has led to mastering many genres of music and earning numerous accolades. A couple of the awards include his induction into the Oklahoma Blues Hall of Fame in 2015 and the Morrow-Webster Lifetime Achievement Award by the Blues Society of Tulsa.

His unique playing style, love of blues genre, and gift of connecting with people make him an engaging entertainer and educator. As a Drug and Alcohol Prevention Educator, he appeals to kids by blending music with character education. In August, he will be teaching kids' classes (ages 8 – 21) at the Annual Society for the Preservation and Advancement of the Harmonica (SPA) Convention.

TK: Do you have a personal mission statement? If so, what is it?

David: I developed my mission statement a long time ago. To have joy in life and to help people any way I can. It has evolved to helping young people – and one of the ways I do this is through drug education -- and another way is through music!



TK: How did you become interested in playing the harmonica?

David: I think the harmonica chose me. My grandfather, a railroad engineer of German descent, loved playing the harmonica and had several laying around his house. As the oldest grandchild, when he was away for work, I would stay with my grandmother. While I was visiting, I would pick up those harmonicas and play. This was my first exposure to the instrument. It came very naturally to me.

TK: What do you love about music?

David: It has been a part of my life since I was a little kid. In my teens, I quickly learned that it was the gateway to social acceptance. Playing the blues came as easily as falling off a log. It became a way for me to express powerful adolescent emotions – playing helped me then, and it still helps me express my emotions today. Playing the blues was a way to play out my teenage angst without being destructive.

TK: You have been able to play music since you were young without any formal training. Have you had mentors?

David: For some people, playing music is their gift. The gift that I have for music is “tone

continued next page



DAVID BERNTSON WITH WRITER NANCY MOORE.

matching": I can hear a tone and easily reproduce it. I've had several informal mentors. Most harmonica players are self-taught. However, now we are in the Golden Age of online teaching, and you can learn in person or online. One of my early mentors was an African American man in my town, James "Sonnyman" Range, and I learned from him just by hanging around him. People whose music resonated with me and I could decode became mentors. Little Walter was the boss of the blues harmonica, and I have also learned a lot from him over the years.

TK: Can anyone learn to play the harmonica?

David: Absolutely. Anyone can learn if they want to.

TK: What genres of music can you play? What is your favorite?

David: I come from a blues background and play by feel. I have been playing professionally since my 20s. My genre is pre- and post- World War II known as Traditional Blues.

TK: Do you have a favorite song to play?

David: It just depends on what inspires me that day. I enjoy listening to music just as much as I love to play. Music brings me joy!

TK: What do you tell people who are interested in learning the harmonica?

David: I have taught hundreds of students – of all ages – how to play the harmonica. Not all go on to play – I think of teaching as a way of creating people who appreciate harmonica music, too. Any time there is a young person who wants to learn, we want to work with them.

TK: What is the investment in a harmonica?

David: When I was a little kid, harmonicas were \$3.25 at a local music store; now they are \$50. It is a small investment, but they are easy to transport, easily carried in a pocket. An interesting story to share relates to looking at Hohner Harmonica catalogs as a kid and noticing people pictured in the book – and fast forward, my photo is now in the Hohner Harmonica catalog as an educator and endorsee!

TK: Tell us about SPAH and how families and kids can take part.

David: SPAH stands for the Society for the Preservation and Advancement of the Harmonica. The 2019 convention, held on an annual basis, will be held in Tulsa from August 13 - 17. We will be offering classes that kids can take part in as well as performances that will be free and open to the public. The kids' classes come with a Hohner Harmonica in the Key of C that will be theirs to keep. The classes are free and lunch is included, you just need to register by July 31.

TK: What do you consider some of the advantages of playing the harmonica?

David: It is portable! Also, the psychological advantage -- playing is a great way to deal with emotions. There could be a health advantage. It is both an inspiring (breathing in) and expiring (breathing out) instrument. Playing an instrument is a great way to get attention in a positive way – something I emphasize with young people is to find out what you do well and do it; gain attention for something good!

TK: What are some words of wisdom you share with the young people you work with?

David: Find what brings you joy and do that! I'm fortunate that what brings me joy is what I get to do. I encourage kids to try different things because maybe the thing they do well, they haven't tried yet. Or...maybe the thing that they do really well hasn't been invented yet. Have your mind open to different possibilities.

To view the SPAH schedule, register for kid's classes, or check out additional information, visit the website: www.SPAH.org.

FREE KIDS CLASSES WITH FREE HARMONICA!

Harmonica: From the Young at Harp
Saturday, August 17, 2019,
Tulsa Hyatt Regency
 10:30 a.m., Founders' Stage
 David Berntson will teach a short lesson for ages 21 and younger. Every young person receives a boxed lunch and a free diatonic harmonica to use in class and take with them.
 Register by July 31 at www.SPAH.org



The silent film series featuring Circle's 1928 theatre pipe organ!

Second Saturday of the month at 11:00AM!

\$5 adults - \$2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK



CIRCLECINEMA

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tulsakids
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July Family-Friendly Festivals



Peach cobbler, peach melba, peach salsa—what will you make with YOUR Porter peaches? Celebrate all things peachy at the annual Porter Peach Festival, July 18-20. Photos by Courtney Smith Photography.

CAJUN FESTIVAL

**WHEN: JULY 4,
BEGINNING AT 10 A.M.**
**WHERE: GROVE CIVIC CENTER,
GROVE, OK**

Celebrate 4th of July with plenty of Cajun food and entertainment, including music by popular performer Jana Jae and Hotwire! There will also be arts and crafts vendors. grandlakefestivals.com/cajun.htm

WOODY GUTHRIE

FOLK FESTIVAL
WHEN: JULY 10-14
WHERE: OKEMAH, OKLAHOMA

The Woody Guthrie Folk Festival is held annually in mid-July to commemorate the life and music of Woody Guthrie. Children's programming includes songwriting workshops and the Woody's Kids

Songwriting Competition, as well as kid-friendly concerts throughout the duration of the festival. Learn more at woodyfest.com

PORTER PEACH FESTIVAL

WHEN: JULY 18-20
WHERE: PORTER, OKLAHOMA

Peach orchards have been an integral part of Porter's history for over 100 years. Since the inaugural Porter Peach Festival in 1960, the town has highlighted its tasty heritage with a fun festival of arts and crafts, outdoor concerts, small town parade, 5K run, car show, and of course, FREE peach ice cream! Read more at porterpeachfestivals.com

TASTE OF SUMMER ICE CREAM FESTIVAL

**WHEN: SATURDAY, JULY 20, 10
A.M.-3 P.M.**

**WHERE: CENTRAL PARK, 1500 S.
MAIN ST., BROKEN ARROW**

Admission price is \$5 per person, kids 2 and under are free. Once within the festival gates, enjoy unlimited ice cream, great entertainment, the KidZone, touch a truck and a marketplace. tasteofsummerba.com

TULSA POWWOW

WHEN: JULY 27-28
**WHERE: COX BUSINESS CENTER,
100 CIVIC CENTER**

Tulsa Indian Club's annual Tulsa Powwow features traditional dancing and dance contests, arts and crafts vendors and more! tulsapowwow.org



Fourth of July Family Fun

BIXBY FREEDOM CELEBRATION

**When: Friday, June 28, 2019,
5:30-10 p.m.**

Where: Bentley Park Sports Complex, 8505 E. 148th St. S., Bixby

The Bixby Freedom Celebration is the largest free, public fireworks extravaganza in this area. In its second year the 2016 Bixby Freedom Celebration brought approximately 13,000 people from the local community together in patriotic celebration, with thousands more gathered nearby to watch the spectacular, professional fireworks display. On Friday, June 28, 2019, The Bridge Church and its sponsors will once again host Bixby's very own Independence Day fireworks celebration. So bring your family and friends and celebrate freedom together! bixbyfreedomcelebration.com



FANTASY IN THE SKY

When: July 3

Where: Skiatook Municipal Airport, 1501 S. Lombard Ln., Skiatook

"Fantasy in the Sky" is that annual Fourth of July celebration sponsored by the City of Skiatook and area businesses. The celebration starts with a community wide parade and continues throughout the day with great food, vendors and live music. The night concludes with a world class fireworks show that brings more than 75,000 people to Skiatook. cityofskiatook.com

CLAREMORE'S 4TH OF JULY CELEBRATION

When: Thursday, July 4, 6 a.m.-12 p.m. (fishing derby), 6 p.m.-10 p.m. (evening festivities)

Where: Claremore Lake Park, East on Blue Starr Drive

Come out to Claremore Lake Park to celebrate the 4th of July! Bring out the kiddos for a fishing derby in the morning and come back in the evening for live music, kids activities, food and drink concessions and a beautiful setting. Learn more at visitclaremore.org.

JENKS AMERICA FREEDOM FEST

**When: Thursday, July 4,
10 a.m.-4 p.m.**

Where: 96th Street Bridge near the Jenks Riverwalk

Jenks America Freedom Fest draws revelers to downtown Jenks for a day of music, food and fun for all ages. Food trucks, face painting and games will accompany local musicians on Main Street as visitors enjoy the summer sun! jenkschamber.com/july4

FOLDS OF HONOR FREEDOMFEST

**When: Thursday, July 4,
9 a.m.-10 p.m.**

Where: River West Festival Park, 2100 S. Jackson Ave.; Veterans Park, 1875 S. Boulder Ave.

Folds of Honor FreedomFest 2019 presented by QuikTrip features live entertainment, food, and beverages, and activities for the whole family like inflatables, face-painting, and games. freedomfesttulsa.com

PATRIOTS IN THE PARK

**When: Thursday, July 4,
10 a.m.-11 p.m.**

Where: Broken Arrow Events Park, 21101 E. 101st St.

Celebrate Independence Day with a day-long festival and evening fireworks show! patriotsinthepark.com

FISH AND FIREWORKS

**When: Thursday, July 4,
6:30-9:30 p.m.**

Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks

The Oklahoma Aquarium's riverfront backyard offers a front-row view to the most vibrant firework display in the area. Enjoy the cool exhibits then head outside to watch the fireworks! Bring lawn chairs and blankets but no outside food or coolers, please. Food and beverages are available for purchase in the Coral Reef Café and outside on the back deck. Members are free; non-members pay general admission rates. okaquarium.org

BARTLESVILLE FREEDOM FEST

When: Thursday, July 4, 7 p.m.

Where: Downtown Bartlesville, 2nd Street

Food, friends, family, fun... And, of course, the area's largest fireworks!

All this, and more can be found during the Kiwanis Club of Bartlesville's Freedom Fest on July 4. Facebook.com/BartlesvilleFreedomFest

GRAND LAKE FIREWORKS

When: Friday, July 5, 2019 at dusk
Where: Grand Lake—

Disney Spillways on the water.

This annual spectacular is Grand Lake's most easily accessible fireworks show – both by land and by Grand! grandlakefireworks.com

SATURDAYS FOR KIDS: INDEPENDENCE DAY CELEBRATION

When: Saturday, July 6, 10 a.m.-12 p.m.

Where: National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City

With a cakewalk and a variety of other activities, there is certain to be something for guests of all ages. Free for children and accompanying adults. Available while supplies last. nationalcowboymuseum.org

July Showtimes



The Lucky Band (formerly known as Lucky Diaz and the Family Jam Band) returns to Tulsa for a series of Summer Reading Program concerts in early July!

Photo courtesy of The Lucky Band.

CRAYONS IMPROV SHOW FOR ALL AGES

When: Friday, July 12, 7 p.m.

Where: Heritage United Methodist Church, 5300 Kenosha Ave., Broken Arrow

Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only \$5 but children 5 and under are free. [crayonsim-](http://crayonsimprov.com)

[crayonsim-](http://crayonsimprov.com)

ALADDIN JR.

When: July 12, 7:30 p.m.; July 13, 2 and 7:30 p.m.; July 14, 2 p.m.

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

Take a magic carpet ride into a land of mystery and wonder as Theatre Tulsa's Broadway Bootcamp students (ages 5-14) present the Disney fan favorite! tulsapac.com

DISNEY AND CAMERON MACINTOSH'S MARY POPPINS

When: July 12, 7:30 p.m.; July 13, 2 and 7:30 p.m.; July 14, 2 p.m.; July 17-19, 7:30 p.m.; July 20, 2 and 7:30 p.m.; July 21, 2 p.m.

Where: VanTrease PACE, 10300 E. 81st St.

Disney and Cameron Mackintosh's Mary Poppins is based on P.L. Travers' original stories and the 1964 Disney film. The musical

boasts original songs from the film – with music and lyrics by Richard M. Sherman and Robert B. Sherman – as well as new songs and additional music and lyrics by George Stiles and Anthony Drewe. Julian Fellowes wrote the book. craftproductions.org

MICHAEL BUBLÉ

When: July 15, 8 p.m.

Where: BOK Center,

200 S. Denver Ave.

Singer Michael Bubl  will perform at BOK Center on July 15. Every ticket purchased includes a standard CD or digital copy of Michael's new album "love," his 8th major studio album for Reprise Records. bokcenter.com

RENT: SCHOOL EDITION

When: July 18-19, 7:30 p.m.;

July 20-21, 2 and 7:30 p.m.

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

Tulsa's most talented teens bravely tackle this bold story of young artists in New York's East Village struggling to survive against the spectre of HIV/AIDS. Presented by Theatre Tulsa. tulsapac.com

CARDI B

When: July 23, 7 p.m.

Where: BOK Center,

110 E. 2nd St.

Grammy award-winning Latin rap artist Cardi B is coming to the BOK Center with special guests Kevin Gates and Saweetie. bokcenter.com

OUTDOOR SUMMER CONCERT SERIES

SUNDAY CONCERT SERIES AT GUTHRIE GREEN

When: Weekly on Sunday, 2:30-6:30 p.m.

Where: Guthrie Green, 111 E. M.B. Brady St.

Enjoy an afternoon with great weather, friends, food, and music that has its roots in rockabilly, folk, and blues. guthriegreen.com

SUMMER'S FIFTH NIGHT AT UTICA SQUARE

When: Weekly on Thursdays, 7-9 p.m.

Where: Utica Square, 21st and Utica Ave.

Live music, every Thursday, all summer long. Utica Square's summer concert series serves up everything from jazz to rock to country. There's something different every Thursday and best of all, it's free! Pack a picnic or dine at one of our great restaurants as you unwind to your favorite local bands. Put on your dancing shoes, catch up with family and friends and win great prizes like Utica Square gift certificates and merchandise from Utica Square merchants. Celebrate summer every

Thursday at Utica Square. uticasquare.com

THURSDAY NIGHT LIVE AT THE PLAZA

When: Weekly on Thursday, 7-9 p.m.

Where: The Rose District Farmers Market Pavilion, Broken Arrow

Bring your chairs or blankets and picnic favorites for an evening of great music with a relaxed vibe that's fun for the whole family. rosedistrict.com/thursdaynightlive

LAFORTUNE FIRST FRIDAY CONCERT

When: Friday, June 7, 7-9 p.m.

Where: LaFortune Park, 5202 S. Hudson Ave.

Enjoy great local talent outdoors in the Gardens. A variety of family friendly Classic Rock, Swing and Blues music. Bring a lawn chair/blanket. Sponsored by Tulsa County Parks and American Bank & Trust. parks.tulsa-county.org

STARLIGHT BAND SUMMER CONCERT SERIES

When: Weekly on Tuesday, starting June 11, 8 p.m.

Where: Guthrie Green, 111 E. M.B. Brady St.

Enjoy live music by the Starlight Concert Band or Starlight Jazz Orchestra on Tuesday evenings! Each performance has a different theme. Learn more at starlightbands.net

TULSA CITY-COUNTY LIBRARY SUMMER READING PROGRAM CONCERTS

THE LUCKY BAND

These Latin Grammy Award winners are back in town! Named by USA Today as the best new band on the children's music scene, this show is a hip-shaking, head-bopping, Los Angeles-based explosion of fun! For all ages.

7/1: Central Library, 10-11 a.m.

7/1: Bixby Library, 2-3 p.m.

7/2: Hardesty Library, 11 a.m.-12 p.m. and 2-3 p.m.

7/3: Helmerich Library, 11 a.m.-12 p.m.

7/3: Schusterman-Benson Library, 2-3 p.m.

7/5: Martin Regional Library, 11



Kynlee Schultheis and Dannon VanDeLinder, who play the roles of Jane and Michael in Craft Productions of OK's production of "Mary Poppins," pose with director Michael Fling. See "Mary Poppins" at the VanTrease PACE July 12-21.

a.m.-12 p.m.

7/5: Broken Arrow Library, 2-3 p.m.

MR. STINKY FEET RETURNS

Mr. Stinky Feet will get the whole family rocking! With a healthy dose of clever fun and a whole lot of heart, Jim Cosgrove's music inspires the childlike nature of kids and adults. The songs in his set list give a nod to his folk-rock roots with hints of blues and country and an occasional kick of Cajun and Jamaican spice. His hit tunes "Stinky Feet" and "Ooey Gooley" tickle the whimsical spirits of kids of all ages.

7/22: Broken Arrow Library, 11 a.m.-12 p.m.

7/22: Herman and Kate Kaiser Library, 3-4 p.m.

7/23: Hardesty Library, 11 a.m.-12 p.m. and 2-3 p.m.

STACI GRAY MUSIC

From story songs to movement songs, Staci's music has something for everyone! Come and check out the Crocodile Dance and Big Bubble Bebop!

7/22: Central Library, 10-11 a.m.

7/22: South Broken Arrow Library, 2-3 p.m.

7/23: Bixby Library, 11 a.m.-12 p.m.

7/23: Glenpool Library, 2-3 p.m.

7/24: Kendall-Whittier Library, 11 a.m.-12 p.m.

7/24: Maxwell Park Library, 1-2 p.m.

7/25: Charles Page Library, 11 a.m.-12 p.m.

7/26: Hardesty Library, 11 a.m.-12 p.m. and 2-3 p.m.

BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

free to read

2019 SUMMER READING PROGRAM SUPPORT THE FREEDOM OF CHOICE IN READING

The Virtuous Cycle of Reading

If there is one value Americans hold dear, it is our freedom. Free to worship in the way we want, free to speak and protest, free to be.

That freedom is key in helping your children become confident and independent readers. Research shows that children who have a free choice of what to read are more likely to read longer and with more attention.

And the more children read, the more they will want to read – and the better they will become at reading. It's a virtuous cycle that puts young readers on a track to succeed in school and life.

Reading Freely Leads to Reading Frequently

For reading outside of school, it's important to free your children from the "read this, not that" box – let them choose what floats their reading boat!

Joke books? OK!

Books about how to survive in the desert? Why not!

Magazines about bugs, or American Girl Dolls, or sports cars? Absolutely!

It all counts, and it all helps. As explained in the book *Readers, Reading, and Librarians*:

"Confident readers learn to read by reading – by reading a lot. The long apprenticeship in reading, which begins in childhood, is supported by school and public li-



AT A RECENT KIDS READ FREE READ FESTIVAL, A YOUNG READER WRITES DOWN HIS CHOICE OF BOOKS. THE LIBRARY IS DEDICATED TO HELPING KIDS FIND BOOKS THEY WILL LOVE!

braries, primarily by rich collections of books of all kinds that can be taken home, read aloud by parents and siblings, and read independently. What keeps children reading is the pleasure of the reading experience itself."

The Library Is Your Freedom Fighter

The Tulsa City-County Library is the perfect place to support this freedom to read. Not

only do we have thousands upon thousands of children's books, magazines, and audiobooks to choose from – a veritable cornucopia of fascinating topics, characters, settings, and facts, at least one of which will interest your child – but we have professional children's librarians and library staff who love nothing

better than to help you connect your child to reading material they will love.

Furthermore, we work very hard to create programs and events to introduce your child to books and reading, from discussion groups to book-related movie showings.

Summer Reading Program: Freedom-to-Read Crusade

Our annual freedom-to-read crusade is the Summer Reading Program, which began the day after Memorial Day and lasts until August 3. Readers (of all ages!) are rewarded for reading throughout the summer with cool prizes and coupons for free food and entertainment. Not only that, but there are fun performances, events, and reading-related programs.

5 Facts to Remember about the 2019 Summer Reading Program:

1. It runs through August 3.
2. There is a program for everyone at all library locations! Babies, children, tweens and teens, AND adults can all participate! Drop by one of our 24 library locations (or the bookmobile) around Tulsa or Tulsa County.

3. For babies and children, read (or have read to) 8 books + make 4 library visits = earn a medal and book of valuable coupons for free food and entertainment. Babies and children

continued next page

who complete the program also get entered into a grand prize drawing!

4. If babies and children read (or have read to them) 12 more books = earn a bonus prize! Babies will earn a plush cow jumping over the moon toy, and children an inflatable space shuttle.

5. FREE family entertainment – in the library! From magicians to rock bands, puppet shows to juggling acts, there is something cool scheduled at all of our library locations nearly every day this summer. Check out www.tulsalibrary.org/summer for a full list of events.

See You at the Library!

We hope you will choose to come to the library soon, whether it is to attend one of these events or just to check out everything we have to offer.

After all, it is your right as an American citizen to exercise your freedom to read!

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tulsakids family favorites 2018 WINNER

BY BRANDON SCHMITZ

no argument:

TULSA DEBATE LEAGUE PROVIDES LIFE SKILLS FOR STUDENTS

For any student dedicated to an extracurricular activity, few feelings are as gratifying as qualifying for a national tournament. Having attended the Urban Debate National Championship in Washington, D.C. this past April, recent Will Rogers High School graduate Joshua Tacha was awestruck.

“It was crazy,” he said. “Getting on that plane with some of my favorite people in the world – I just never imagined that would happen.”

Competing under the Tulsa Debate League’s banner, Tacha and his debate partner, Matthew Watts, became Will Rogers’ first team to make it to Nationals.

Throughout the past several years, this league has supported debate education in high-poverty schools. Given the seemingly ever-changing dynamics of the public education system, schools often end up cutting these programs.

According to Tulsa Debate League Executive Director Ross Faith, the barriers to kick-starting a debate program are resources and finding teachers with the experience to teach debate.

“We provide those resources through money for busses and stipends for teachers, and we develop a training model for teachers and students that works,” he said. “We often ask ourselves



JOSHUA TACHA WITH HIS MOM, MICHELLE TACHA, AND HIS MANY DEBATE MEDALS.

‘what does a novice teacher need to be successful?’”

Since 2015, the league has gone from supporting five schools and 62 students to supporting 29 schools and 425 students. At this point, it’s serving not only high schools, but also middle and elementary schools.

As a debate coach for Will Rogers, Michael Haskins argues that kids who get involved in Debate League programs will become more prepared for college.

“It improves your critical thinking and research skills, but it’s ultimately able to give you a voice so that you can make change in your community,”

Haskins said. “Any goal you have in life will be impacted by your ability to persuade others.”

Haskins maintained that anyone who’s interested in supporting the nonprofit organization doesn’t necessarily need to be an experienced debater. Some volunteer judges, for instance, help students hone their public speaking skills, even if they don’t fully grasp the debate-y side of things.

“On a deep level, I care about these people and want them to be successful,” the coach said. “I wake up at 5:30 a.m. and am excited to work on some new project – since we work with low-income schools, I’m thrilled to

help provide those opportunities to students and see them thrive.”

While discussing Will Rogers specifically, Faith expressed the league’s commitment toward preserving its debate program.

“We’ve been heavily invested in that school since 2017,” Faith said. “We really developed a strong relationship, and debate is an important piece of that plan to improve the school.”

Going back to the National Championship itself, a fairly broad debate topic is set in stone at the beginning of each school year, which gives students time to not only do their research, but also experiment with various ideas. This year’s topic was immigration.

“You still operate under the notion that you’re preparing a policy, but you can be as creative as possible if you’ve got the evidence,” Tacha said. “If they wanted, someone could argue ‘the people are the government’ – there are positions that sound outlandish at first, but that kind of pushes them to do the research. We push each other to do better.”

The Will Rogers graduate described his tournament experiences as competitive, yet team-building.

“It’s the difference between working around like-minded people and being in an echo chamber, since we all come from

continued next page



THE WILL ROGERS DEBATE STUDENTS AT THE URBAN DEBATE NATIONAL CHAMPIONSHIP IN WASHINGTON, D.C.

different socioeconomic backgrounds," he said. "Having civil discourse about big-ticket issues – I mean, the education topic got a little heated one year, but these tournaments always end with handshakes, smiles and high-fives."

The tournaments always have set parameters, too, with each side given a certain amount of time to debate their point. For Tacha, at least, that model has manifested itself in his day-to-day discussions.

"After a while, that structure just doesn't leave you," he said. "In a time where everyone's tweeting at each other and televised debates devolve into shouting matches, it's nice to have a space for healthy, passionate debate. It prioritizes scholarship over bravado."

This outlet for open discussion presented itself to Joshua when he needed it most, as both he and his mother, Michelle, suffered from domestic abuse years ago.

"I was struggling to find my ground – it was awful," he said.

"When I signed up for debate during my sophomore year, though, things really started to change. Sports were never really my thing, so debate helped me find my ground and I started considering college for the first time."

As of right now, Tacha is set to attend the University of Tulsa this fall.

"I think it was a paradigm shift," he said. "Instead of focusing on the present or the past, I was excited about the future. Debate helped me with just about every facet of my life – it gave me an outlet, something to do. Seriously, if people want to get over their fear of public speaking, debate is the answer."

On top of being particularly cathartic, debating has helped Tacha improve his relationships with his classmates.

"Every kid who shows up has the power to overcome whatever socioeconomic conditions hold them back," he said. "Tulsa Debate League opens the door for them, but where they go from there is up to them."

The greatest perk of joining a debate team, though? Free food.

"That always draws students in," Tacha said. "Seriously, though, it doesn't hurt to try these new things out. Faculty at Will Rogers try to make the unknowns known. They make it so easy to just show up and start."

The Will Rogers graduate said he initially struggled due to his fear of public speaking.

"It was like being thrown out of the frying pan and into the fire, but then we just kept doing it," he said. "Even if you're not the most persuasive person in the world, you'll find those skills. The human brain is malleable."

Haskins, however, having known Tacha since his sophomore year, argues that he's always been charismatic.

"I'd never underestimate Josh," Haskins said. "Debate helped him hone those skills and make those his own – I'm just glad it helped him take those to the next level."

Similarly, Joshua's mother maintains that this strength was within him all along.

"Knowing where we've come from, I'm so proud as a parent," Michelle said. "He gives a lot of credit to Tulsa Debate League, but it's because of his own efforts, too. To see where he's at now, it makes what we went through – him getting away and thriving – just that much more meaningful."

To learn more about the Tulsa Debate League, visit <http://www.tulsadebate.org/>.



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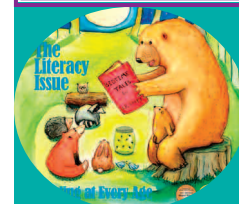
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BY DIANE TRITT EATON

PHOTO CREDIT: DIANE TRITT EATON

St. Louis, Missouri: the gateway to the West

If you're a hockey fan, you no doubt heard quite a lot about St. Louis during the Stanley Cup finals when the St. Louis Blues won their first championship title. But, this Midwestern city has been famous for a whole lot more than hockey for a long, long time. Dubbed the Gateway to the West, St. Louis offers traveling families lots of fun choices from museums to history, food to architecture and more. If you do nothing more than head to the top of the Gateway Arch, ride on a Mississippi riverboat and spend time in Forest Park, you'll leave St. Louis feeling much more than satisfied.

Gateway Arch

I always recommend observing a new city from a bird's eye view to get the lowdown on the landscape. For starters, the most internationally recognizable feature of the St. Louis skyline is the Gateway Arch, rising above the city along the banks of the Mississippi River. Standing 63 stories high, the Arch is the tallest man-made monument in the Western Hemisphere and the tallest stainless steel monument in the world. Take a four-minute ride up the shimmering, hollow structure inside a five-seater tramcar, which propels people up to the observation deck, literally housed in the arch's curvature. On a clear day, visitors can see 30 miles toward the east past the Mississippi



the gateway arch is a must-see st.louis attraction.

River and toward the state of Illinois. Nighttime views are star-studded and extra sparkly, thanks to the city lights below.

Built in the 1960s and dedicated to the people of the United States by President Lyndon B. Johnson in 1968, the Arch was designed to acknowledge and honor our country's westward ex-

ploration and expansion and pioneers such as Lewis and Clark, who led the expedition that began St. Louis in 1804. The Gateway Arch National Park (formerly known as the "Jefferson National Expansion Memorial") is one of the most-visited tourist attractions in the world and is now on the National Register of His-

toric Places. The park spans from the federal-style Old Courthouse, where important freedom-based cases were tried, to the steps overlooking the Mississippi River. There's also plenty to explore at the Museum of Westward Expansion.

Mississippi Riverboat Cruises

Each year, from March

continued next page

through November, a wonderfully gentle way to admire the St. Louis skyline is on a Mississippi Riverboat cruise. Docked at the base of the Grand Staircase from the Arch, the riverboats disembark multiple times each day and night. There are two replica 19th-century paddle-wheel boats: one called Tom Sawyer and the other, Becky Thatcher (named after characters from Mark Twain's classic novel). The trip makes you feel like you've gone back in time when these vessels transported goods and people up and down the river. Depending on your taste and timing, there are several types of cruises available for kicking back, including a short and sweet, roughly one-hour, tour; a detailed historic tour; a full-fledged, two-hour family-friendly buffet dinner trip with live music cruise; or a blues cruise, honoring the history of this musical genre.

During the summer months,

National Park Service rangers from Gateway Arch National Park will often narrate select St. Louis Riverfront Cruises, adding an extra educational spin. In any case, advance ticket purchases are recommended, and are required for certain cruises. Call 877-982-1410 or purchase tickets in advance online.

Forest Park

Another St. Louis original that consistently receives top billings by visitors is Forest Park. St. Louisans are particularly proud of their park, which is home to outstanding attractions such as one of the acclaimed St. Louis Zoo (with over 17,000 animals), the masterpiece-filled St. Louis Art Museum, the out-of-this-world St. Louis Science Museum (with a planetarium and 4-story IMAX theater) and the Missouri Museum of History—all 100 percent free to patrons any time of the year. Larger than New York City's Central Park, 143-year-

old Forest Park is jam-packed with gorgeousness and greenery and serves to bring people from all walks of life together.

Forests, streams and lakes—and even cascading waterfalls—make this park the perfect spot for relaxation. There are beautiful walking trails with innumerable flowerbeds to admire. And you can take a six-mile bike ride along the park's perimeter or a leisurely paddleboat cruise around Post-Dispatch Lake and the Grand Basin. For a quick and easy way to get around at a nominal fee (\$2 for adults and \$1 for kids), take the hop-on, hop-off trolley that stops at each of the attractions.

Evenings are a lovely time to sit and relax at the 12,000 seat outdoor amphitheater known as The Muny Theater, which serves up Shakespeare in May and June and then, later in the summer months, presents Broadway shows under the stars in its grand, 12,000-seat outdoor the-

ater. More than 1,450 free seats located in the last nine rows of the theatre are free on a first-come, first-serve basis.

Beyond The Blues

With all this great stuff to do, you probably understand why St. Louis makes the news beyond the Stanley Cup. With summer here, it might be the perfect time to take a road trip. In less than six hours, lessons about the pioneers and free access to city museums and attractions await. St. Louis is also a fun city for sports' enthusiasts, and what might best punctuate the trip? Perhaps an all-American visit to a St. Louis Cardinals' baseball game at Bush Memorial Stadium? And, while you're at it, maybe give some fried ravioli, a St. Louis staple, a try.

When planning a trip to St. Louis, contact the Visitors and Convention Bureau of St. Louis (800.916.0040; www.explorest-louis.com).



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- Summer Camps and Activities Guide
- Summer Festivals
- Summer Concerts
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- Swimming Pools
- Water Playgrounds and Splashpads
- Frozen Treats
- Farmers Markets/Berry Picking
- Fourth of July
- Museum Roundup
- Indoor Places to Play
- Establishing a Summer Rhythm
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- Summer Recipes
- Photo Scavenger Hunt
- A-Z: Tulsa Summer Fun Bucket List
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2019

SCHOOL DIRECTORS GUIDE

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www.happycampersacademy.com

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1819 E. 15th St., Tulsa

918.584.2779

hcatulsa@gmail.com

7:30am - 5:30pm

Happy Campers at Temple Israel

2004 E. 22nd Pl., Tulsa

918.747.3122

happycamperstempleisrael@gmail.com

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Happy Campers at John Knox

2929 E. 31st St., Tulsa

918.742.7656

happycampersjohnknox@gmail.com

Ages 5-12 years old for after school care

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METRO CHRISTIAN ACADEMY

Keith A. Currivean, Ph.D. – Head of School

6363 S. Trenton Ave.

Tulsa, OK

918.745.9868

www.metroca.com

Grades: P3 – 12th

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Jayne Wingo-Baker

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www.misshelens.com

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Jamie Gartside, Admissions

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Kirk Post, Headmaster and Founder

John Ahrens, Director of Operations

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1301 S. Boston Ave.

Tulsa, OK

918.699.0112

www.bostonavenue.org

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continued next page

2019 SCHOOL DIRECTORS GUIDE

one attention. Activities include positive behavior skills, community visitors, chapel, music, exercise, yoga, sign language and Spanish vocabulary. We have a summer program for infants through 3rd grade each summer with a different theme each month. Call for information and a tour today! Enrollment continues throughout the year as space permits. We partner with Sprouts Development Initiative and the OU Early Childhood Education Institute. Oklahoma DHS Licensed.

CASCIA HALL PREPARATORY SCHOOL

Headmaster Father Philip Cook

2520 S. Yorktown Ave.

Tulsa, OK

918.746.2600

www.casciahall.com

Cascia Hall is a Catholic, Augustinian school for students of all faiths. Students undertake a challenging course of study in a supportive, community environment. With a total enrollment of less than 550 in seven grades, students are related to as individuals, resulting in higher motivation. Students are encouraged to participate in extracurricular activities (academic, athletics, and arts) and to provide service to their school, churches, and communities. The college-preparatory curriculum features alignment in all subject areas in Grades 6-12, the opportunity to earn high school credit in middle school, and the possibility of earning college credit in high school. The school offers a large variety of electives, especially in the arts, and our sports programs remain competitive.

CHRISTIAN MONTESSORI ACADEMY

Ami Chapman or Mollie Heaberlin

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Tulsa, OK

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www.montessorilearning.org

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HOLLAND HALL

J.P. Culley, Headmaster

5666 E. 81st St.

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918.481.1111

www.hollandhall.org

Grades: Pre-school – Grade 12

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Jay Luetkemeyer, Principal

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www.marquetteschool.org

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Mrs. Lisa Padgett, Admissions

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918.294.0404

www.mingovalley.org

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Kevin Smith, Headmaster

2206 S. Lewis Ave.

Tulsa, OK

918.746.4238

www.montecassino.org

Founded in 1926, Monte Cassino is a traditional Catholic school that focuses its efforts on outstanding instruction of reading, writing, math and the sciences. As a school, Monte Cassino classes rank at the 97th percentile or above when compared to all schools, public or private, across the United States. Our programs serve students from three years of age to eighth grade and encourage social and moral development within a strong community. In addition to the academic, community and social connections that Monte Cassino students develop, a myriad of opportunities exist for foreign language instruction, fine arts, innovative and applied sciences, athletics and individualized approaches for gifted and talented learners.

REJOICE CHRISTIAN SCHOOLS

Heather Koerner, registrar

Owasso, OK

info@rejoiceschool.com

www.rejoiceschool.com

RCS Preschool/Elementary

10701 N. 129th E. Ave.
Owasso, OK
918.272.7235

RCS Middle/High School
13407 E. 106th Street N.
Owasso, OK
918.516.0050

The right school will change a child's future. At Rejoice Christian Schools (RCS), our experienced faculty provides for your child's best future through Christian nurturing, educational challenges, and small class sizes. Year after year, RCS continues to rank as one of the top academic schools in the country. Our God-given ministry is to lead young people to know Christ and train them in biblical principles, Christian character, language and traditional subject matter. RCS offers a complete curriculum from Pre3 - 12th grade, including college preparatory and honors classes, a vibrant arts program and a dynamic sports program.

RIVERFIELD COUNTRY DAY SCHOOL

Keacey Davenport
2433 W. 61st St.
Tulsa, OK
918.446.3553

www.riverfield.org

Riverfield provides a student-centered approach to education to students 8 weeks through 12th grade with an innovative program of authentic, experiential learning. At RCDS, individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and flexible scheduling offer Middle and Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms, and athletic fields. Accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC) and Oklahoma Private School Accreditation Commission (OPSAC), Riverfield is celebrating its 35th year.

SAIED MUSIC SCHOOL

3259 S. Yale
Tulsa, OK
918.742.5541

www.saiedmusic.com

Saied Music Company is proud to be in our 73rd year serving Oklahoma music makers! Saied Music School presents our fall 2019 studio offerings, including classes for beginning ukulele. We continue to provide private lessons in all band and orchestra instruments, guitar, voice, piano and more to learners of all ages and abilities. Our teachers are carefully selected for their teaching experience, musical ability and passion for sharing their craft. Call 918.252.5541 or visit us online at www.saiedmusic.com for more information or to register. Be Happy. Be Healthy. Be Smart. Make Music!

tulsakids.com

WHAT'S GOING ON(LINE)?

Dear Reader,

If you've visited the TulsaKids website in the last couple of weeks, you may have noticed some ch-ch-ch-changes! In mid-June, TulsaKids.com switched over to a Wordpress platform, meaning things may look slightly different than they did previously. We know change can take some getting used to; however, we anticipate this being a positive one overall! If you notice any issues with the new site, please feel free to email me at tara.rittler@gmail.com so we can address those.

And don't worry: You'll still be able to find all your favorite TulsaKids content, including our Community Calendar, Guides and Directories, recipes and more! Thank you for your ongoing support of TulsaKids Magazine both in print and online! -Tara Rittler, Web Editor

CONTESTS & GIVEAWAYS

COVER KID CONTEST, SPONSORED BY THE VINTAGE PEARL

It's time for our most popular contest of the year: TulsaKids' annual Cover Kid Contest! TulsaKids' 2019 Cover Kid Contest, sponsored by the Vintage Pearl, is taking place all month long. From July 1-15, submit a photo of your child. Then, from July 16-31, get your friends and family to vote (once daily) for your nominee! See additional details and get the entry link at tulsakids.com/coverkid.

SUMMER FAMILY FUN GUIDE

PHOTO SCAVENGER HUNT

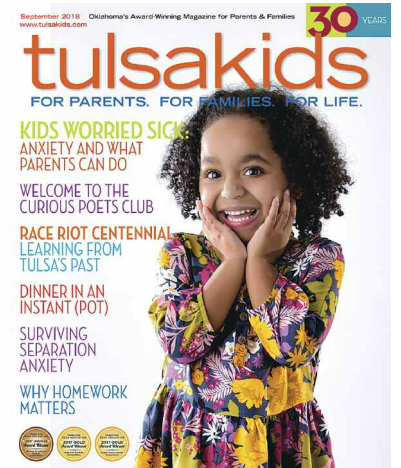
Want to win four day passes to Frontier City? Participate in TulsaKids' 2019 Summer Family Fun Photo Scavenger Hunt! Simply email ten photos of your family doing ten of the activities found in TulsaKids' 2019 Summer Family Fun Guide to tara.rittler@gmail.com by July 31. Find additional details about the Hunt on page 87 of our Summer Family Fun Guide (available at TulsaKids.com/summer).

#TKSUMMERFUN

Use the hashtag #tksummerfun in social media photos of your family doing activities from our Summer Family Fun Guide (anything from picking berries to playing in a splash pad to watching a free movie, etc.!) for a chance to win a \$10 gift card to Josh's Sno Shack! One winner will be picked each Friday in July.

Guest Blogger: Sarah Ray

Join us in welcoming our summer Guest Blogger Sarah Ray! Sarah is 15 years old and has always liked to write, having kept a journal since age seven. She enjoys reading, playing the piano and doing crafts. She is looking forward to her first official job of guest blogging for TulsaKids this summer!



the vintage pearl
handstamped jewelry



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Shermya Jackson: Tackling Life Head-on

Sometimes life has a way of planting speed bumps along the way, but nothing will hold 13-year-old Shermya Jackson back. When she was just 8 years old, Shermya was diagnosed with lupus, but rather than letting the illness defeat her, Shermya has tackled every day head-on. She continues to balance lupus, school, sports and friends like a champ. Her positivity and light are just as infectious as her drive to overcome and succeed.

TK: What makes you unique?

Shermya: I have experienced a lot of things in my life. I have had to go through things that many adults don't face when it comes to my health. I have a lot to be thankful for. I have strong faith, and I know that God watches over me and helps me get through the rough times. I am a very positive person and try to encourage others and treat them like I want to be treated. I am a peacemaker and try to help others any time I can.

TK: What is lupus?

Shermya: Lupus is a chronic autoimmune disease that can damage any part of the body (skin, joints, and/or organs). My immune system gets confused and attacks healthy cells in my body. I was diagnosed when I was in the third grade.

TK: How has it changed your life?

Shermya: I am not able to participate in outside activities. I used to enjoy going to the park, playing outside with my friends, playing basketball and riding my bike. Normal things that kids my age like doing. Since having lupus, I found out that I am photosensitive, meaning I can't be exposed to the sun or UV exposure. It makes me extremely exhausted and I have extreme joint pain the following day. I don't even go outside for recess at school. I have to have inside PE classes which means during the warm days I have to miss PE with my friends. When I do go outside, I can only be out for 10-15 minutes and I have to wear sunscreen and stay in the shade.

I have several doctors and specialists I have to see on a regular basis. I take close to 10 pills a day, and I have to do bloodwork every few months.

The worst part is missing important events like friends' and families' birthday parties or special events because I am not feeling well or it's an outside event. I miss a lot of school and have to go in late sometimes when I wake up not feeling well. I play volleyball and sometimes I have to miss practice and games due to my lupus. I had to stop playing basketball and gymnastics because my doctor said it was too hard on my joints and it was causing me to have a lot of joint pain.

TK: How have you maintained straight A's and the honor roll? Any advice for other students?

Shermya: I make school a priority. I do my homework, study, avoid distractions, pay attention, keep up with any missing work I have when I am absent, don't procrastinate, ask for help when I need it. It makes me feel good to have good grades and to give 100 percent. My parents and teachers have come together to come up with a plan to make school successful. I receive accommodations as needed. Teachers have come in early, stayed after school to help me, and offered extra tutoring, if needed. I have a great support system from my parents and teachers.

My advice to other students is to stay focused, study, listen, do your



homework and classwork and turn it in on time. To do your best and take it seriously. School is the key to your future and only you have control over that.

TK: What are your hobbies?

Shermya: My hobbies are playing competitive volleyball at BAVC (Broken Arrow Volleyball Club). I model; I am walking in my first professional runway show in September. I like to dance, do hair and nails, watch YouTube, hang out with my friends, play basketball and play video games.

TK: Who are your role models?

Shermya: Selena Gomez, who also has lupus and is fighting the fight; Elan McCall, my favorite college volleyball player; my mom; and Latoya Jackson. Latoya has lupus, too, and she has showed me how to fight and be strong and not let it get her down.

TK: What advice do you have for other children dealing with a chronic illness?

Shermya: Stay positive, keep fighting, don't give up. Never dwell on what you can't do. Think about what you can do. You can do anything anyone else can do. You may just have to do it differently. Your illness doesn't define who you are. You are not a victim; you are a survivor. My parents encouraged me to have and strive for goals and dreams to not let lupus control my life. Lupus is just one part of my life. I may have lupus but lupus doesn't have me. I am still of value and still have something to offer to the world. Look out for me because here I come.

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

Shermya: I want to be a pharmacist when I grow up.

TK: What plans do you have for the future?

Shermya: I plan to go to college to become a pharmacist, get married and have a family.

TK: What is a fun fact about you?

Shermya: I love to put things together. I have recently put together a desk and armoire. I have my own tool set. I am writing a book about having childhood lupus. When I was diagnosed with lupus, there was only one book for children with lupus and it was written 17 years ago.

NOW OPEN

WASHED ASHORE



ORG

ART TO SAVE THE SEA

The Tulsa Zoo presents **Washed Ashore: Art to Save the Sea**. Made entirely of plastic debris collected from beaches, Washed Ashore sculptures unmask the impacts of plastic pollution on oceans, waterways and wildlife. This exhibit is free with regular zoo admission.

 TULSAZOO



A Toast to Tulsa!

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