

tulsakids

FOR ACTIVE PARENTS IN TULSA & SURROUNDING COMMUNITIES

2023
PARTY PLANNER
INSIDE

Let's Party!

BIKING:
RIDING IN AND
AROUND TULSA

SUMMER
SCREEN TIME
TIPS



BIXBY



Weight-loss surgery can change lives

Hear success stories at a free seminar

Many people have their lives changed through bariatric surgery. And the first step for many is attending a seminar. Meet our care team, learn more about surgery, and hear success stories from other patients. Get answers to questions, too.



To sign up for a weight-loss surgery seminar, call **918-205-7665**

*Weight-loss results may vary depending on the individual.
There is no guarantee of specific results.*

© Ascension 2023. All rights reserved.



**Ascension
St. John**



I'm a teacher at Holland Hall and an alumna.

“What makes a Holland Hall teacher? Someone who is passionate, who is a master at their area of study and who cares deeply about forming relationships and learning about kids.”

— **Tyne Shillingford '03**
Upper School Fine Arts Department Chair

Holland Hall, Holland Hall, Tulsa's PreK-12th grade independent Episcopal school, offers a rigorous academic curriculum, but also more than 30 arts classes, state championship athletic teams and faculty members who have time to know your child. Ask about a private tour and tuition assistance.

Holland
Hall

JOIN TULSA CITY-COUNTY LIBRARY'S 2023

Summer Reading Program



JUNE 1-JULY 31

Earn great prizes and coupons for food and local recreation! Attend awesome free events! Read for the fun of it!

Starting June 1, visit any library to sign up and get a reading log and event guide.

Visit www.TulsaLibrary.org/summer to learn more or sign up online.

**FOR
ALL
AGES!**



adults



teens & tweens



children & littles



Especially for Kids

June 2-8



FRIDAY, JUNE 2 | 6:00 PM
SUNFEST | THE CHOCTAW EXPERIENCE
BAND SHELL, SOONER PARK
MIKE LOMAN
FREE

SATURDAY, JUNE 3 | 2:00 PM
ST. LUKE'S CHURCH | MARY POPPIN'S TEA
210 E 9TH ST, BARTLESVILLE
\$ 15 PER PERSON

SUNDAY, JUNE 4 | 1:00 PM
BOOTS & BRUSHES | PAINTING & MUSIC
322 S. JOHNSTONE, BARTLESVILLE
"THE NOISY PAINT BOX"
FREE

SUNDAY, JUNE 4 | 3:00 PM
BOOTS & BRUSHES | PAINTING & MUSIC
322 S. JOHNSTONE, BARTLESVILLE
FREE

SUNDAY, JUNE 4 | 6:00 PM
BOOGIE BINGO | BARTLESVILLE RADIO
FROM THE COMFORT OF YOUR OWN HOME
FREE

MONDAY, JUNE 5 | 10:00 AM
BARTLESVILLE LIBRARY | STORY & CRAFT
600 S. JOHNSTONE AVE, BARTLESVILLE
"NEVER PLAY MUSIC RIGHT NEXT TO THE ZOO"
FREE

MONDAY, JUNE 5 | 1:00 PM
BARTLESVILLE LIBRARY | STORY & EXPERIENCE
100 S. JOHNSTONE AVE, BARTLESVILLE
"MOSES GOES TO A CONCERT"
FREE

MONDAY, JUNE 5 | 3:00 PM
BARTLESVILLE LIBRARY | STORY & EXPERIENCE
100 S. JOHNSTONE AVE, BARTLESVILLE
"88 INSTRUMENTS"
FREE

TUESDAY, JUNE 6 | 10:00 AM
BARTLESVILLE LIBRARY | MUSIC IMMERSION
600 S. JOHNSTONE AVE
"MEET THE ORCHESTRA"
FREE

TUESDAY, JUNE 6 | 1:00 PM
BARTLESVILLE LIBRARY | MUSIC IMMERSION
600 S. JOHNSTONE AVE
"THE BEAR, THE PIANO, THE DOG & THE FIDDLE"
FREE

TUESDAY, JUNE 6 | 7:00 PM
HARDESTY LIBRARY | STONE LION PUPPETS
CONNER'S COVE | 8316 E 93RD ST, TULSA, OK
"TOY BOX"
FREE

WEDNESDAY, JUNE 7 | 10:00 AM
FATHER LYNCH HALL | STONE LION PUPPETS
8TH & KEELER, BARTLESVILLE
"TOY BOX"
FREE

WEDNESDAY, JUNE 7 | 1:00 PM
FATHER LYNCH HALL | STONE LION PUPPETS
8TH & KEELER, BARTLESVILLE
"IT'S A JUNGLE OUT THERE"
FREE

THURSDAY, JUNE 8 | 10:00 AM
BCC AUDITORIUM | LIVE DIVA KARAOKE
300 SE ADAMS BLVD, BARTLESVILLE
FREE

THURSDAY, JUNE 8 | 5:00 PM
ESPECIALLY FOR KIDS | OPENING NIGHT
300 SE ADAMS BLVD, BARTLESVILLE
JIM GREEN "A TIME FOR MAGIC"
FREE



OKM music
OKMMUSIC.ORG





LEFT: PHOTO BY IAN UPTON. RIGHT: PHOTO BY DR. CHRIS BARNES.

6

EDITOR'S NOTE

8

NEWS & NOTES

10

WHATS GOING ONLINE?

12

BABIES & TODDLERS

Dads, Diapers and the Dangers of Default Parenting

By Alicia Kobilnyk

14

SCHOOL AGE

Not in My House! 4 Tips to Support Families and End the Stigma Around Children's Mental Health

By Dr. Tamecca Rogers, Ph.D.

16

TWEENS & TEENS

Church Studio Gives Young Band Professional Experience

By Julie Wenger Watson

18

GREEN COUNTRY GROWN-UP

Pat Cawiezell: Combining Fatherhood with a Little Magic

By Nancy A. Moore

20

BOOKS

Happy "Eat an Iced Cookie Day"?

By Laura Raphael, MA, MLIS

21

FAMILY FUN

Route 66 Road Fest returns to Tulsa June 23-25

By Mikaela LeBlanc

22

GET COOKING

Let's Do Muffin Math!

By Natalie Mikles

24

COMMUNITY

Local talent among the 1,700 athletes competing in the 2023 USA Gymnastics Championship in Tulsa

By Mikaela LeBlanc

26

ENTERTAINMENT

Speaking with Simba: Actor and Dad Darian Sanders on The Lion King National Tour

By Tara Rittler

32

FEATURE

Screen Time: Parents Can Be Proactive With Screen Use

By Natalie Mikles

44

2023 TULSAKIDS

Party Planner

50

SPONSORED CONTENT

Ask The Experts

51

Community Calendar

By Tara Rittler

YOU'VE NEVER SEEN THE MOTHER ROAD LIKE THIS!

KIDS
12 & UNDER
FREE!



**MINIATURE GOLF • HOT WHEELS RACES
VIRTUAL REALITY GAMES
PINEWOOD DERBY • HANDS-ON ART**

A one-of-a-kind festival featuring:

ROUTE 66 HISTORY HISTORICAL EXHIBITS, CLASSIC CAR SHOW & VENDORS FROM ACROSS THE COUNTRY



TULSA • JUNE 23-25th, 2023
SageNet Center at Tulsa Expo Square
Visit Route66RoadFest.com for tickets and more.

ROUTE 66
ROAD FEST
IS AN
SRO
PRODUCTION

Our cover star, Ivy, had a blast celebrating at Fun 4 Kidz Playground at Tulsa Promenade Mall.
PHOTO BY ANDREA MURPHY.

tulsakids

Volume XXXVI | Number 6

©TK Publishing, Inc. 2023.

All Rights Reserved.

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

TK PUBLISHING inc.

Publisher

Charles Foshee
publisher@tulsakids.com

Associate Publisher & Editor-In-Chief

Betty Casey
editor@tulsakids.com

Web Editor & Calendar

Tara Rittler
tara.rittler@gmail.com

Treasurer & Comptroller

Debbie Talley

Advertising Sales

Brandi Moore
Lindsey Copes

Graphic Designer

Annie Tyndall

Distribution

Joan Ross

Contributing Writers

Alicia Kobilynk
Dr. Tamecca Rogers, Ph.D.
Julie Wenger Watson
Nancy A. Moore
Laura Raphael, MA, MLIS
Mikaela LeBlanc
Natalie Mikles

Dads, Grads, Celebrations & Bikes

MY HUSBAND IS A GREAT DAD. He didn't mind changing diapers, reading to our kids, listening to jazz with our daughter Mary until she fell asleep, backyard camping with our kids and the neighbors — he was up for any number of things, especially being still and quiet with a sleeping baby on his chest. But he didn't do things the way I did. In my mind, at least unconsciously, I was the primary parent. Of course, I wasn't, and I eventually came to that realization. Are you secretly sabotaging your spouse by undermining their opportunities to be a participatory parent? Read Alicia Kobilynk's column this month. You may recognize yourself, as I did.

It's June, which means the Saint Francis Tulsa Tough rolls into town on Friday, June 9—Sunday, June 11. I love seeing the groups of riders as they float down trails around the city a couple of days before the event. The races are so fast. If you're like me, Tulsa Tough may have you pulling the old

bike out of the garage. You can even participate by joining the Williams Townie Ride at 2:15 on Sunday. Learn more about biking in Tulsa and the surrounding area in this issue.

These pages also contain our annual Party Planner, so if you are looking for help with birthdays or other celebrations, take a look at this guide. You can also find it on our website.

Speaking of celebrations, happy Father's Day to all you dads, and best of luck to all of you grads from kindergarten through college as you embark on your next steps in life!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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

parentingmedia
association



ROCK, GEM, MINERAL & JEWELRY SHOW

Sat. July 15, 9am-6pm & Sun. July 16, 10am-5pm
Exchange Center at Expo Square, Tulsa, OK

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

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



Now Enrolling for Summer and Fall



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

TULSA KIDS' summer

FAMILY FUN

GUIDE

COMING SOON!



Amp up your summer with our guide to festivals, splash pads, outdoor concerts and more!

Subscribe at tulsakids.com/newsletter so you don't miss it!



SPONSORED BY



tulsakids

MAKE MONDAYS LESS MONDAY-Y.

Ted's BETTER MEXICAN



KIDS EAT FREE.

GATHERING PLACE CELEBRATING WORLD CULTURES THIS SUMMER

Gathering Place will celebrate the vibrancy of the Tulsa community at Global Gatherings, a 13-week program highlighting various cultures and regions of the world. Every Friday in June and July from 10 a.m. to noon in ONEOK Boathouse, families will be immersed in a new region of the world and learn about different cultures through hands-on activities, art, storytelling, dance, music and more. Global Gatherings will be facilitated by members of the Tulsa community who are eager to share their culture with others.

Global Gatherings will feature the following regions and cultures:

- June 2 — Caribbean
- June 9 — Europe
- June 16 — First Americans/ Native Americans
- June 23 — South Central Asia
- June 30 — North America
- July 7 — West Asia
- July 14 — Central America
- July 21 — Oceania
- July 28 — Celebrating the World!

Global Gatherings is free to the public thanks to the Explore & Imagine program at Gathering Place. The program began on Friday, May 5. The Explore & Imagine program offers a wide variety of free educational opportunities for students, educators, and families throughout the region. It is sponsored by American Electric Power Foundation, a charitable private foundation of American Electric Power and its operating subsidiaries, including PSO. For details, visit gatheringplace.org/explore-imagine.



LOOK BEFORE YOU LOCK: PARK. LOOK. LOCK

With Oklahoma second in the nation in per capita deaths of children in hot cars, AAA Oklahoma, Safe Kids Tulsa Area, Tulsa Fire Department, Tulsa Police Department and other child safety organizations are urging parents and others caring for young children to be intentional in efforts to avoid such tragedies.

"These tragedies can happen to responsible and well-meaning parents," said Rylie Mansuetti, AAA Oklahoma spokesperson. "As temperatures rise, parents and guardians must take specific precautions to safeguard their children from heatstroke inside vehicles. Heatstroke fatalities can be caused by a shift in routine, but adopting simple, consistent measures can prevent the devastating loss of a child."

"Children have died of heat stroke on a 52-degree day," according to Beth Washing-

ton, Safe Kids Tulsa Area coordinator. "Even on a mild spring day, the temperature inside a car can rise 19 degrees in just 10 minutes. And it continues to rise, creating a dangerous environment for unattended children."

"Park. Look. Lock." is a phrase Washington recommends for parents to say every time they turn off their cars. By following these steps before locking the car and looking in the back seat, you can prevent deadly situations, which could result from temporary lapses in judgment or even misunderstandings about how to transport your child.

Safe Kids also recommends internalizing the acronym A-C-T to avoid child entrapment in a hot car:

- **A — Avoid heat stroke-related injury and death by never leaving a child alone in a car, not even for a minute.**

- In addition, make sure to keep your car locked when you are not inside so kids do not get in on their own.

- **C — Create reminders.** Keep a stuffed animal or other memento in your child's car seat when it is empty and move it to the front seat as a visual reminder when your child is in the back seat. Alternatively, place and secure your phone, purse or backpack in the backseat when traveling with your child.

- **T — Take action.** If you see a child alone in a car, call 9-1-1. Emergency personnel want you to call. They are trained to respond to these situations.

Entrapment in hot vehicles has led to 29 deaths of children ages 14 or younger in Oklahoma in the past 22 years. It is 100 percent preventable.



PHOTO COURTESY GATHERING PLACE

UNION HIGH SCHOOL TEACHER SELECTED TEACHER OF THE YEAR

Rebecka Peterson, a math teacher at Union High School, was named the 2023 National Teacher of the Year. She has taught high school math classes ranging from intermediate algebra to Advanced Placement calculus for 11 years at Union.



Amid a difficult first year of teaching, she found the "One Good Thing" blog. She credits daily posting there to helping her recognize the beautiful and positive experiences occurring in her classroom.

As Oklahoma Teacher of the Year, she has visited teachers across the state to highlight their important work through the Teachers of Oklahoma campaign. As National Teacher of the Year, Rebecka plans to use her platform to highlight teachers' stories of the good that's happening in education.

TULSA ZOO FRIENDS LAUNCHES NEW MEMBERSHIP LEVEL

The Tulsa Zoo Friends new membership type – the Tulsa Zoo Friends Donor Society – gives families more ways to learn from and support the zoo.

"The Tulsa Zoo Friends Donor Society offers families the opportunity to become more deeply connected to our mission," said Tulsa Zoo Donor Relations Manager Jenna Brightmire. "Members of the donor society get unparalleled access to keepers, behind-the-scenes experiences and events."

The special membership levels offer families the opportunity to receive premium benefits including the following: scheduled behind-the-scenes experiences, unlimited admission for up to six people, free train and carousel rides, exclusive access to events such as ribbon cuttings and groundbreakings, and entry for six into HallowZOOeen.

"The donor society has been wonderful for our family," said Tulsa Zoo Friends Donor Society member Rebecca Povlock. "Watching our children light up when they're learning about their favorite animals from zookeepers is priceless. They've learned so much about conservation and the world around them from the events and opportunities we've experienced because of the donor society."

Additional benefits are offered depending on the donor society level and include exclusive events such as Breakfast at the Zoo or Starry Soiree and/or tickets to WALTZ on the Wild Side presented by the Hardesty Family Foundation.

For more information about Tulsa Zoo Friends Donor Society, please visit tulsazoo.org/friends.

FREE GARDEN CAMPS FOR KIDS

Global Gardens is offering four free day camps in June for students in grades 3-5. Activities include gardening, STEM, cooking and art. The day camps will be held at the Global Gardens classroom at Eugene Field Elementary:

June 5-9, 8:30 a.m.-3:30 p.m.;

June 12-15, 8:30 a.m.-3:30 p.m.;

June 19-23, 8:30 a.m.-12:30 p.m.; and

June 26-30, 8:30 a.m.-12:30 p.m.

For enrollment information, go to linktr.ee/globalgardens.



WHAT'S GOING ONLINE?



TULSA TRAILS WEST FAMILY TRAIL RIDE GIVEAWAY

From June 1–15, enter to win a Family Trail Ride package from Tulsa Trails West, Tulsa's Premier Agritainment Venue!



CONTESTS & GIVEAWAYS

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



MEET OUR NEWEST BLOGGER!

We're excited to welcome Amanda Murphy as a TulsaKids blogger! Her blog, Exploration and Education, reflects her belief in experiential education and her desire to instill a love of learning in her elementary-aged daughter and teen stepson. Read her latest posts at tulsakids.com/exploration-and-education



THANK YOU FOR ENTERING OUR
TAKE ME OUT TO THE BALLGAME
PHOTO CONTEST, SPONSORED BY



Colby and Hornsby
enjoy a Drillers game.
PHOTO BY KEVIN PRICE



Kinsley and
Korlyn are all
smiles at their
first Tulsa
Drillers game!
PHOTO COURTESY
SARAH MORGAN

CONNECT WITH US!

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

THANK YOU TO EVERYONE WHO
ENTERED OUR CONGRATULATE A
GRADUATE CONTEST, SPONSORED BY

988 | MENTAL
HEALTH
LIFELINE

**A MESSAGE
FROM 988
OKLAHOMA
TO 2023
GRADUATES:**

Your mind just got a little brighter, and we couldn't be prouder. Congrats from your friends at the 988 Mental Health Lifeline!

Through all of life's ups and downs, we'll be here to cheer you on. Give us a shout if you need to talk. 24/7.



1



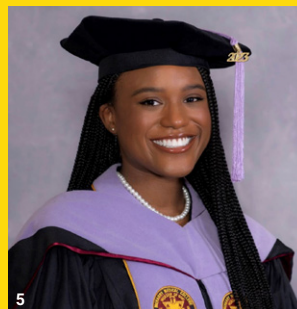
2



3



4



5

1 – Layla, Preschool Graduate,
PHOTO BY RASHEEDA ASBERRY.

2 – Keira McSperitt,
Bixby Class of 2023,
PHOTO BY JOSTENS.

3 – Avery, TSAS Class of 2023,
PHOTO BY DAVID LACKEY.

4 – Caityn Roulet, Charles Page
High School Class of 2023,
PHOTO BY JENNIFER GRIFFIN.

5 – Dr. Courtney Coleman,
Meharry Medical College graduate,
PHOTO BY MEHARRY MEDICAL COLLEGE.



TULSAKIDS
BIRTHDAY
CLUB

**JOIN OUR
BIRTHDAY CLUB!**

We're excited to help Tulsa kids celebrate their birthdays! Join the TulsaKids Birthday Club to get discounts on birthday party options, and special freebies the day of your child's birthday!

Registration coming soon at
tulsakids.com/birthday-club.

tulsakids

Dads, Diapers and the Dangers of Default Parenting

By **Alicia Kobilnyk**



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

THE EARLIEST MEMORIES

I have as a new parent are an odd mixture of foggy and visceral. In between the unclear bits of going through the motions and trying to meet everyone's needs, I have a few clear memories that stand out. I remember light, insufficient sleep, warm, cheesy meals that tasted like a dream and feelings of being overwhelmed by both anxiety and love.

I also ruefully recall the funny thought that struck me as I changed my daughter's diaper when she was a few days old. I stopped and looked up at my husband, pointing out how much of the diaper needed to be folded down to make room for her little healing belly button. I had noticed the diaper he previously had put on her was a bit too high for my taste. I remember feeling that I expressed this in a calm and polite tone, but his face conveyed a very different reality.

Realizing I was probably a bit critical, I made a comment to try to soften the moment. "You know, it's funny. I was expecting her first diapers to be so messy, but these have been very mild." When I looked up again at him, his face had not softened much. I asked him what was on his mind, and he raised an eyebrow, asking me how many diapers I thought he had changed in the previous few days.

It was then I sheepishly realized that my husband, wishing to let me rest as much as possible, had taken on every single disgusting meconium diaper, painstakingly removing the sticky, tar-like mess from our daughter's tiny little bottom all hours of the night. He'd not mentioned it, of course, because he was simply caring for his child and his wife, but it clearly stung that the first mention I'd made of his diaper changing was a criticism, borne of the assumption he needed the benefit of my experience in order to provide this basic-care task.

It was our first real tense exchange after our girl arrived and served to highlight, for each of us, that communication after baby was only going to get more important just as it got more complex. Sensing her timing was perfect, the sweet, blue-eyed darling in my lap began to scream loudly, curtailing all conversation and leaving us with wide eyes and simmering frustration.

Time passed and through each mundane moment, good and bad, my husband and I have learned how to communicate frankly, constructively and kindly while navigating the beautiful mess that is parenthood. We're nearly a decade in as I approach the birth of our third child, leading me to plenty of introspection.

Parenting is a partnership. Let your words be affirming and honest and your actions be continual offerings of grace and trust.

VARAGIC/GETTY

As I look back, I see time and again that I inserted myself, with the best of intentions, into moments when he was present and capable of handling whatever may have arisen with our girls. Without meaning to, I'd given a thousand little cuts here and there, preventing him from fully being the amazing dad he has ever been, while also making myself the "default parent," a role I grew to despise. By "deputizing" their father and lessening his, for lack of a better term, unsupervised guidance of our children, I'd relegated myself to the crushing and unrealistic role that many mothers find themselves filling.

I stayed at home with the children, keeping track of doctor's appointments, clothing sizes, skill development, car seat installation procedures and milestones. Disconnected from most details of their daily reality, he often had to consult me before even simple decisions, a reality that I ignored for years thinking he preferred it this way. He resented this, of course, as did I. This was not the way we wanted it to be. And there seemed, at first, to be no way out.

Gratefully, through some hard conversations and intentional shifts to routine, we find ourselves now at a more equitable place. We respectfully and good-humoredly share the load, leaving lines of

communication open for all of the little moments and feelings so we don't find ourselves facing a mountain of resentment again.

It is from this place, on the other side of our folly, that I invite all parents, especially those with infants and small children, to hear the moral of our very common little tale: Parenting is a partnership. Let your words be affirming and honest and your actions be continual offerings of grace and trust.

In the earliest days and thereafter, making space for your spouse to perform caregiving roles with your children without oversight, comment or criticism will keep a balance that preserves peace for all. Stepping back and accepting that my husband's methods may differ from mine but are no less valid allowed me to relax and breathe, just as it fostered in him pride and purpose as he met his family's needs. Through all of this, we were watched by tiny, sparkling little eyes. Our girls were learning that home was peaceful, that Mama and Daddy were capable and that relationships are worth the work. Even if that work involves persuading an eight-pound person to relax and let you remove unspeakable goo from their tiny, tiny bottom. **TK**

A Great First Impression.

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

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

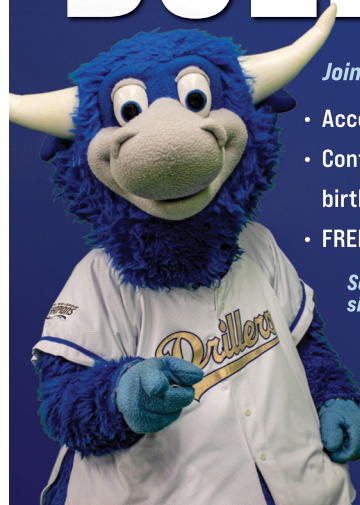


918.921.6778
Midtown: 4444 S. Harvard Ave. Suite 100
South Tulsa: 8222 E. 103rd St.



Drillers

HORNSBY'S BULLPEN



Join the coolest Kid's Club in town!

- Access to exclusive deals
- Contests, discounts & special birthday bonuses
- FREE tickets to Sunday day games!

Scan the code to sign up for FREE!



BROKEN ARROW

TULSA BROOKSIDE

SUMMER & FALL DANCE

Summer Camps and Weekly Classes



**PROMOCODE
TULSAKIDS**

WAIVED ENROLLMENT FEE

f @TULSABALLETCDE | TULSABALLET.ORG | 918-712-5327

Not in My House!

4 Tips to Support Families and End the Stigma Around Children's Mental Health

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



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

OUR CHILDREN'S mental health is essential because good mental health helps our children excel in school, develop strong relationships and grow into high-functioning adults. The skills children learn to manage their feelings during elementary and high school will help them their entire life. The problem is that sometimes mental health issues are ignored or glossed over.

Deneisha Johnson, board chair of Counseling and Recovery Services of Oklahoma, shared her experiences with mental health and provided four tips we can use to help families end the stigma around children and mental health.

Ms. Johnson grew up in a family with a parent who was mentally ill, but not medically diagnosed. She said the era she was raised in was when family secrets were kept and not discussed.

"I belong to a generation that grew comfortable passing down traumas in silence," she said. "When I was diagnosed as bipolar, I was clueless about what that meant. Luckily, I have friends who explained that mental illness doesn't make me any different of a person than the one I was before I was diagnosed." Johnson suggested we can all be the generation that does better as adults. "Children deserve a solid foundation; our responsibility is to ensure they get the best start possible."

It's estimated that half of the children who struggle with a mental health issue do not receive the support and care they need. Hopefully, these four tips can help us start to change the narrative.

1. First, educate yourself and then educate your children about mental health. Johnson said there are several organizations in Tulsa with information about children's mental health. These include Counseling and Recovery Services, The Calm Center, Family and Children's Services and Tristesse Grief Center. Additionally, Tulsa Public Schools has a mental health and wellness department.

She said it is vital to reach out to organizations, but it is just as important to talk to other people. "For generations, there has been a negative stigma around mental illness, and the response has been to keep family secrets a secret. In reality, there is more benefit in open communication and sharing the responsibility of learning with the entire family."

2. Make mental health relatable and explain it as a continuum. We can talk about mental health without using scientific terms and big words. There are real-life examples that we can all embrace when talking to kids, like stage

Deneisha Johnson, board chair of **Counseling and Recovery Services of Oklahoma**, encourages parents to be aware of their child's mental health.

PHOTO COURTESY OF DENEISHA JOHNSON.



fright. Johnson stated, "We all have experiences from our own childhood that were deemed stage fright. Compare the reactions of a person backstage struggling to catch their breath to those of someone having a panic attack struggling to catch their breath. That is a relatable experience that a parent and child both understand and discuss, and those are the types of examples we all can embrace and explain."

3. Show solidarity and stay clear of dismissive phrases. Has your significant other or someone close to you ever told you to "just calm down"? Did that make you calm down? Well, it had the opposite effect if you are anything like me. What about "just cheer up"? That wasn't very effective either.

As adults, we can sometimes be overwhelmed or unsure about what to say when we are uncomfortable or caught off guard. Johnson suggested having a support arsenal ready in advance to lessen such issues. "Start by thinking about what YOU want to hear when you need support. Express understanding and normalize not being happy or calm all the time. Sympathy and empathy are ways to gloss over or dismiss a child's encounter. Don't be afraid to ask questions such as 'How are you feeling?' or 'Would

you like to talk about it?' instead of a generic message."

4. Share messages of resilience. Along with education comes open communication. As adults, we often want to spare our children from facing specific issues that we think taint them or take away their innocence. It's OK to be proactive in honest communication. I remember sharing with my son, "Every now and then, Mommy gets sad, but it's OK, just as long as we talk about it and do the work to feel better."

Johnson said, "Consider being more open regarding mental health issues within your family or social circle. This is a great way to begin breaking down the negative stigma around these issues and creating an environment where everyone feels safe to discuss what they may be feeling or hearing from their friends and classmates."

As parents and caregivers, our immediate reaction is to protect our children. If our children cough, we give them cough medicine or Grandma's home remedy. If they scrape their knee, we put a bandage on them. If they break their arm, we rush them to the emergency room. We need to take the same precautions with their mental health because it matters just as much as their physical health. **TK**



URGENT youth crisis evaluation & stabilization.

Ages 5 - 17 experiencing:

- Suicidal thoughts
- Severe depression
- Overwhelming anxiety

Call or walk-in:



918.779.HELP (4357)



9912 East 21st Street

A Partnership between:

Counseling & Recovery
SERVICES OF OKLAHOMA



OKLAHOMA
Mental Health &
Substance Abuse



**Celebrating
20 Years**

**of love
&
dedication
to Tulsa
families!**

**Thank you
Tulsa!**



3 Locations

Happy Campers Academy
918-584-2779

Happy Campers at Temple Israel
918-747-3122

Happy Campers at John Knox
918-742-7656



**Training tomorrow's
leaders today!**

- _Nurturing, responsive teachers
- _Academic curriculum: math, science, phonics, art, and Spanish
- _Age-appropriate learning centers in each classroom



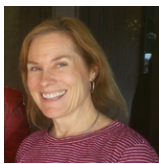
Call to enroll your child today!

918-258-0594

1025 W. Kenosha, Broken Arrow, OK 74012 **RhemaChildCare.com**

Church Studio Gives Young Band Professional Experience

By **Julie Wenger Watson**



IT'S A LONG trip from the garage to a world-class recording facility, but one young Tulsa band recently made the journey. This April, Jett Fleeman, Nico Stevens, Cade Baldwin and Alec Lim, the four musicians who comprise metal outfit She Hates Me Not (SHMN), spent a day at The Church Studio, former recording studio and home office of Tulsa Sound legend Leon Russell and his label Shelter Records. While there, the teens tracked several of their original compositions in the same cosmic space where icons like Tom Petty, Eric Clapton and Stevie Wonder once recorded. The significance of the opportunity wasn't lost on the kids, or their music-loving parents.

"The whole process of going to the studio and recording music in itself is great, but to do so at a place with the history and significance of The Church Studio is on another level," says Michael Fleeman, whose 14-year-old

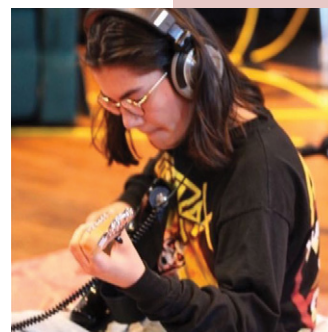
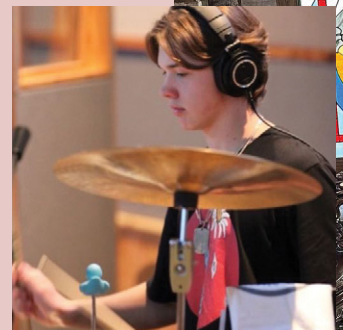
son, Jett, is SHMN's vocalist and rhythm guitar player. "[Studio owner] Theresa [Knox] and [audio engineer] Ronnie [Carlson] and the whole staff there are amazing and made the experience top shelf."

Clint Stevens, the father of SHMN's 13-year-old lead guitarist, Nico, agrees.

"Going in for a full day of recording at a world-class studio was surreal," he says. "The entire team there is top notch."

Although The Church Studio sees its share of nationally touring acts, Knox, who purchased the building in 2016, always intended the studio and museum to play a role in the local community, too. When she opened its doors to the public last year after extensive renovations, she already had a plan in place.

"Providing studio services to our local artists is a top priority for The Church Studio," she says.



"The amount of extreme talent in our community is inspiring. We are known for celebrating our colorful music heritage and paying tribute to those trail blazers like Leon and JJ [Cale], but working with our local artists is really what gets us energized. We offer discounted pricing to our local musicians and have established a recording scholarship fund to eligible candidates."

The studio also offers free tours to school groups.

"The museum aspect of The Church Studio is a wonderful opportunity for us to share our city's incredible music history," Knox says. "By the end of the tour, students know more about careers in the music industry - from being a recording artist to sound engineering, producing or the business side of the industry."

Fleeman and Stevens are impressed with the way the members of SHMN have grown,

both as musicians and as people, through experiences like they had at The Church Studio and working together as a band.

"It's been fascinating watching the band develop over the last year or so, starting as some young kids playing some cover songs to morphing into a full-fledged metal band with their own original music," Stevens notes.

"I love the chemistry between the four of them; they work extremely well together and feed off each other's energy and imagination," Fleeman adds. "They have some fun rules. For example, even if you don't like someone's idea on a song, their rule says everyone will listen before it's scrapped. To me this shows a lot of patience and maturity. I think these four really understand the team concept that no one person is above the others and embrace it."

Knox concurs.



She Hates Me Not will be opening for Radkey at **the Shrine** in Tulsa, July 20, 2023. This is a 21 and up show.

"We were shocked to learn the ages of the band members of She Hates Me Not. They are not just gifted musicians, but they have a great work ethic," she says. "We stay on a strict recording schedule and have an expectation of professional conduct, and this band exceeded our expectations."

According to Fleeman, SHMN has plans to record three more singles before releasing a full album by the end of this year.

"It's been pretty cool to see how the band has changed and developed. They have really progressed rapidly from last year to this year," he says. "We're so excited about the future."

It's Knox's hope that young bands like SHMN take more than just recordings from their time at The Church Studio.

"The music industry is so competitive, and we hope the experience gained at The Church Studio provides a competitive

advantage for our artists," she says. "We're not just providing industry-leading acoustics and gear, but a professional environment that is garnering attention from the major record labels. Creativity, persistence, stamina, time management, hard work and confidence are many of the traits we see come out of the recording process that translate to all aspects of our young artists' educational, professional and personal lives." **TK**

For more information on SHMN, visit facebook.com/shehatesmenotofficial. To learn more about The Church Studio, including its Audio Engineering Training Program for high school seniors, visit thechurchstudio.com.

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



SARAH'S BREAKTHROUGH:
She shared more
than ever before.



Making breakthroughs possible.®

Is something keeping your child from reaching their potential? Brain Balance is a game-changing approach to helping kids improve focus, behavior, and academics. At Brain Balance, we're not about coping with barriers. We're about knocking them down, one small breakthrough at a time.



Brain Balance of Tulsa

6022 S Yale Ave
(918) 488-8991

Brain Balance of Oklahoma City

3545 W Memorial Rd
(405) 492-6800

Call 800-877-5500 or visit BrainBalance.com

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



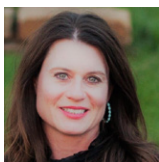
3 MONTHS-3 YEARS
M-W-F | 9:30am-2:30pm

www.cumctulsa.com

3515 South Harvard Ave. | 918.743.7673

Pat Cawiezell: Combining Fatherhood with a Little Magic

By **Nancy A. Moore**



FATHERS PLAY A pivotal role in the lives of their children. So, in honor of Father's Day, we want to recognize a father who is spreading a little magic in the lives of his children and around the Tulsa area. Pat Cawiezell is the Buyer and Author Events Coordinator for Magic City Books. He and his wife, Jillian, have two young boys.

TK: Were you a reader as a child?

Pat: My parents always encouraged me to read; both of my parents spent time reading to me. My three living grandparents were all readers and encouraged reading and, like so many readers, the best encouragement was that the adults in my life were reading, too.

I was a voracious reader throughout elementary school. There was a program every February called "Read A Million Minutes" where students counted the minutes they read outside of school. I recall that if every child that

participated read 15 minutes a day, collectively we would have all read one million minutes. Well, my brother and I were pretty competitive, and we liked to read, so each year the two of us would always be the top readers in our class/grade/school.

TK: Was there a series that you specifically enjoyed?

Pat: I remember being in second grade and really liking the *Little House on the Prairie* books, specifically *Farmer Boy*. My second-grade teacher, Mrs. Briggs, read them to our class, and I know I read *Farmer Boy* at least four times on my own.

I always liked funny books; every morning I read the sports page and the comics in the paper, and so I often would get the comic strip collections from the library when they would come out: *Garfield*, *Hagar the Horrible*, some of those '80s classics.

I also read a lot of Matt Christopher books. Those were

always the ones I would ask for on birthdays or holidays.

TK: After graduating from The University of Tulsa, you decided to stay in Tulsa. What do you enjoy about living here?

Pat: When I first graduated, I set a limit. I was going to be in Tulsa no more than 10 years total and then was going to move on. I worked in undergraduate admissions at TU for five years, hitting that 10-year total, and then left for graduate school with no plan to return.

However, after completing graduate school at the University of Pennsylvania in Higher Education, I faced a challenging job market and wound up returning to Tulsa because my brother was living here. It was a place to land and refocus my job search. I left again to work at a university in Kansas before returning for good in the spring of 2013.

I like Tulsa for a lot of the reasons that I liked TU, which is what brought me here in the first place.

This is a city with all of the city benefits, great arts organizations, restaurants, a rich history and is also accessible. It is possible for a person to get to know all of those organizations and the people that lead them. The people who are doing really cool things in Tulsa are members of the community as a whole, and not in some way above or not a part of the complete fabric of the city.

TK: Now you're married and have two kids. How do you incorporate reading into your kids' routine? What are you currently reading to them?

Pat: We read every day, usually more than one session a day but ALWAYS as part of the nighttime routine. Our 4-year-old, Eddie, loves books and is especially interested in learning about big cats, so those books with facts about lions and tigers and cheetahs are the current favorites.

Our 1-year-old, Alfie, wants to do the things his brother is doing, and so while his attention span



PHOTOGRAPHY BY IAN UPTON

for reading the books is quite a bit less, he loves to turn the pages of his board books and loves to hear mom or dad do the silly voices.

TK: Can you share a little about Magic City Books?

Pat: Magic City Books is an independent, non-profit bookstore that has been open now for more than five years at the corner of Archer and Detroit downtown. We got our start as an author program series, Booksmart Tulsa, founded by Jeff Martin, who remains the president of the Tulsa Literary Coalition. We host more than 100 author programs every year with books for readers of all ages.

TK: What do you enjoy most about working at Magic City Books?

Pat: I love to be able to connect with customers about what they are reading, sharing what I have read and introducing new books to readers. Every day is a little different, every event is unique,

so there is no such thing as a regular day.

TK: How do you decide what authors to feature and what books to order?

Pat: We work very closely with representatives from publishers, both major and minor, to learn about the new books that are coming out each season. Most every week there are hundreds of new books that are published, and while there are certainly some that are too specific within their topic for us to need on our shelves, we want to have a wide array of books for all kinds of readers.

Now that we are five years into the store, we know our customers pretty well and know to some degree how many copies of a book we will need for that first week or two after publication. Then we respond to the popularity of the book within our customer base to determine whether we continue to carry the book or make room for new or different books.

TK: What's on your nightstand right now?

Pat: I am currently reading the new book by Victor Luckerson, *Built from the Fire*, about Greenwood, the race massacre, rebuilding and current day. This year, I have also loved *Stealing* by Margaret Verble, a book about a Native American girl that is sent to a boarding school set in the 1950s in a fictional, unnamed Oklahoma small town, and *Above Ground*, a poetry collection by Clint Smith that has beautiful poems that any parent will be able to relate to. Pick it up.

TK: What books do you suggest for kids?

Pat: The *Bad Guys* series is a lot of fun for emerging and/or reluctant readers. There is also a book for early readers called *Frank and Bean* that never fails to make us laugh. For slightly older readers, I really like *Skunk and Badger* by Amy Timberlake. There are phenomenal picture books that get published every year, and

having kids helps make sure that you can have them in your life. But I am a believer that picture books are for everyone. Local author Traci Sorell is a favorite of mine, especially her newest book, *Contenders*.

TK: When you're not at work, what do you and your family enjoy doing around Tulsa together?

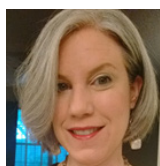
Pat: We like to visit parks and playgrounds. I usually take the boys to the library on Saturdays. My wife's family all lives in Tulsa, and my brother and his family live here, too, so we spend a lot of time with our families. **TK**

Check out Magic City Books in person and online: 221 E. Archer Street, 918.602.4452; MagicCityBooks.com

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

Happy “Eat an Iced Cookie Day”?

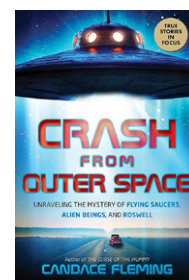
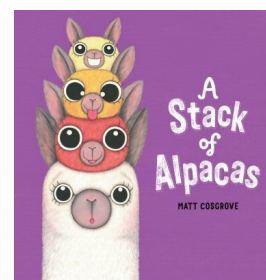
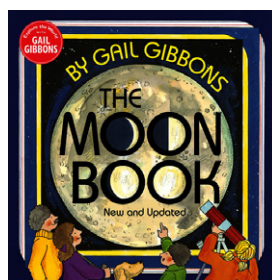
Why not? Celebrate weird holidays this summer (even ones you make up) with books!



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

Be sure to sign up for the 2023 Summer Reading Program at any Tulsa City-County Library location or bookmobile! Read for the fun of it! Earn coupons for free food and entertainment! And be sure to say “Hi!” to your friendly librarians!

Learn more at **TulsaLibrary.org/Summer** or at any of our 24 library locations and bookmobile!



I LOVE A good iced cookie, especially one from my favorite bakery, Merritt's. (This is not an advertisement, just an appreciation!) It helps that, for over a decade, Merritt's has generously offered free iced cookies in coupon books that children have earned by reading books in the Tulsa City-County Library's (TCCL) Summer Reading Program.

(P.S. There's a Summer Reading Program for every age — starting June 1. Sign up at any of our 24 library locations or the bookmobile. And, yes, there's a Merritt's coupon in each of the coupon books for Littles, Children's, Teens AND Adults, plus a whole lot more cool freebies like entrance to the Tulsa State Fair and rides on Tulsa Transit.)

In fact, I love iced cookies so much, I've decided to declare July

6 as National Eat an Iced Cookie Day. Who's with me?

This invitation to imagination-based thinking is a boon to the growing brains in your child, especially if you pair your unusual celebrations with a trip to the library to learn more about whatever you want to celebrate!

Here are some actually-really-real summer holidays and great books to go along with them to celebrate this summer:

JULY 2: WORLD UFO DAY

Crash From Outer Space by Candace Fleming

What really happened at Roswell in 1947? Was it aliens who crashed in the New Mexico site or something else? This nonfiction book digs deep into everything related to the crash, but also the Cold War, the U.S. military operations at the time and how this

incident started the UFO craze.

Weird Holiday Activity Suggestion: Draw alien faces on paper plates, cut out eye holes, and pretend to be aliens for a morning.

JULY 10: TEDDY BEARS PICNIC DAY

World's Best Kids Songs

The library is full of books, of course, but we also have music! Find the *Teddy Bears Picnic* song on this album through Hoopla, a digital service where you can download music directly to your phone or device.

JULY 20: MOON DAY

Hello, Moon written and illustrated by Evan Turk

A contemplative and gentle story of parent and child watching the changing moon together and wondering what it all means.

Bonus nonfiction book: *The Moon Book* by Gail Gibbons, a classic that delves into the movements and phases of the moon as well as how we have explored it over the centuries, from earth and on the moon itself.

JULY 26: AUNTS AND UNCLES DAY

A Stack of Alpacas written and illustrated by Matt Cosgrove

What Will My Story Be? written and illustrated by Nidhi Chanani

As a proud aunt of two (and married to a “fun-cle”/fun uncle), this holiday has my full approval! *A Stack of Alpacas* shows the funnier side of aunts and uncles, while *What Will My Story Be?* shows how much aunts (and uncles) love their nieces and nephews — and wonder about what they will be. **TK**



PHOTO COURTESY OF ROUTE 66 ROAD FEST

Route 66 Road Fest returns to Tulsa June 23-25

By **Mikaela LeBlanc**

THE ROUTE 66 Road Fest is an annual festival that is building up to the 2026 Centennial Celebration of the famous route, now in its second year.

Wade Bray is the curator and designer of Route 66 Road Fest and the creative director of SRO Productions.

"It's a celebration of the history of Route 66," Bray says.

The road, formerly known as U.S. Highway 66 and popularly known as "The Mother Road," became symbolic of American life and has attracted tourists from all over the world.

Route 66 Road Fest will be held at SageNet Center at Expo Square from June 23 to June 25.

Some of the highlights of the festival will be the classic car show, more than 300-strong, and a historical exhibit about the former U.S. Highway 66 called the **Journey**, with a traditional museum presentation.

Bray says it took about 2.5 years to design and build the **Journey**.

The **Journey** moves through each decade of the history of Route 66, decorated with period pieces. Each decade is a stand-alone exhibit until the 1970s and 1980s, which chronicle the construction of the bigger highways and the decommissioning of Route 66 in 1985. "The last one is the 1990s

to today, and that focuses on the revitalization, the refurbishing of the route. [It] focuses on what's going on now," Bray says. "We can send people out on a high, instead of, 'It just got closed.'"

Inside each of those octagon-shaped decade exhibits, there will be two cars from the time period.

"In the '40s, we have a walk-through diner. We have a drive-in in the 1950s," Bray says. "Also, inside these exhibits, we have two actors in each one that are in period dress, and they can talk about what their character would have been doing during that time period."

There will be a large drive-in movie theater and an area for vintage RVs parked around a campfire.

For the children, there will be hands-on activities like a pine-wood derby with two full-sized tracks and races going on all day.

"We have a Hot Wheels racing area as well, with the smaller metal cars, and that's something anyone can pick up a car and race," Bray says.

There will also be a virtual reality area and an interactive art area where kids can take a break with Route 66-themed coloring and activity books.

Guided art classes for the whole family will be offered several times a day.

For the kids at heart, there will be pedal cars to race — similar to

the Big Wheel, complete with all the bells and whistles — and an 18-hole, Route 66-themed miniature golf course.

For the history fans, there will be a presentation stage with panel discussions about topics like the Green Book era, the happenings on Route 66 during its heyday, and the modern history of the places that have been refurbished and new places that have been built that honor the route.

Bray says he enjoys watching several generations of families move through the exhibits.

"The grandparents have actual life experience with the route," Bray says. "Back in their day, it was a major thoroughfare. When you went on vacation, you probably went on the Route. They've got personal experience. As you walk through, you'll see a whole lot of grandparents pointing to things and talking to their kids or their grandkids and saying, 'We used to go there.'"

He says that is the most gratifying to him as both the designer of the **Journey** and a history fanatic.

Bray says he designed it with his own children in mind so that both parents and children could enjoy the festival together.

"That's what we're trying to do is tell human stories and give people an opportunity to connect to it. Those actors really help with that

because you can look at a picture on the wall and then [say], 'There's somebody that looks just like that guy,' and they've got a story to tell."

The history of the festival goes back to the fall of 2019, when AAA hired SRO Productions to create it as a forerunner to the 2026 centennial celebration of Route 66.

For its inaugural year in 2022, the Route 66 Road Fest was held in Oklahoma City and Tulsa.

This year, the Route 66 Road Fest will be held only in Tulsa, and it will be held in Tulsa every year through the centennial in 2026.

In 2024, it will expand to include two more cities: Amarillo, Texas, and Springfield, Illinois.

In 2025, the festival will add Springfield, Missouri, to its line-up.

"By 2026, the idea is we're doing this event in seven out of the eight states that [Route 66] runs through, starting in Chicago and ending at the Santa Monica Pier in California," says Bray.

The Route 66 Road Fest has a website and Facebook and Instagram, where you can find special deals on tickets before the festival. **TK**

route66roadfest.com
facebook.com/route66roadfest
instagram.com/route66roadfest

Let's Do Muffin Math!

By **Natalie Mikles**



IF YOU'VE READ the TulsaKids food column for any length of time, you know we're big fans of muffins and cookies.

Since we often write about foods kids can make themselves or make with help, muffins and cookies easily fall into that category. Plus, a lot of nutrition can be packed into muffins — and (sometimes) even in cookies!

Given that cookies and muffins are often baked by the dozen, they also make a great mini-math lesson. Kids from toddlers to elementary school can do muffin math.

- Let's add liners to the muffin pan. Can you count them as you put them in?
- I'm going to fill eight of the 12 muffin cups. How many are left?

- If three kids are sharing the 12 muffins, how many does each kid get?
- If we double the recipe, how many muffins will it make?

Addition, subtraction, multiplication, division and fractions are all natural lessons when baking. And summertime is a great time to incorporate a little math refresher into some fun baking. Kids are often looking for something to do and will have fun working in the kitchen with Mom or Dad, Grandma or Grandpa to make something sweet. Throwing in a mini math lesson won't feel like "doing school."

Most muffin and cookie recipes don't require a mixer, making them great for beginner cooks. All kids need is a wooden spoon, big bowl and measuring cups and spoons. Teaching kids to set out

all their ingredients in advance is a good early cooking skill. And, teaching them to clean up afterward — or as they go — is equally important.

The sense of accomplishment kids feel from baking or helping grownups bake is a great gift we can give our kids. And once you have a finished product, pour a couple of glasses of milk and toast to the joy of baking.

BLUEBERRY OAT MUFFINS

MAKES 1 DOZEN

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup rolled oats
- 2 eggs
- 1 cup sour cream
- 5 tablespoons butter, melted

- 1 cup brown sugar
 - 1 cup fresh or frozen blueberries
 - 2 tablespoons granulated sugar
1. Preheat oven to 375 degrees. Line 12 muffin cups with paper liners.
 2. Combine flour, baking powder, baking soda, salt and oats in a small bowl. Set aside.
 3. In a large bowl, beat the eggs with the sour cream. Add melted butter and brown sugar. Fold in flour mixture, and then blueberries.
 4. Fill muffin cups 2/3 full, and top each one with a sprinkling of sugar. Bake 18-20 minutes until golden brown. Cool 5 minutes before removing from oven.



MARI CARMEN MARTINEZ/GETTY

.....

This recipe, adapted from the “With Sweet Honey” food blog, isn’t just for toddlers. Kids of all ages will enjoy it. Who would say no to cookies for breakfast?

TODDLER BREAKFAST COOKIES

MAKES 10 COOKIES

- 1 ¼ cups rolled oats
- 1 ripe, medium banana, mashed
- ¼ cup unsweetened applesauce
- 2 tablespoons peanut butter or any nut butter
- 1 egg
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper, set aside.
2. In a medium bowl, add the oats, mashed banana, applesauce, peanut butter, egg, vanilla and cinnamon. Stir until the batter is blended and combined.
3. Use a cookie scoop or spoon to form 1 ½ to 2 tablespoon-size cookie balls, and place onto the baking sheet. Flatten the cookies so they are all about ½-inch thick.
4. Bake for about 10 minutes or until they are slightly golden around the edges. Remove from the cookie sheet and let cool.
Note: Store in the refrigerator up to five days.

.....

This is such a fun cookie to make with kids. Sell them along with lemonade at a lemonade stand and watch your profits double!

LEMON CAKE MIX COOKIES

MAKES 3 DOZEN

- 1 box lemon cake mix
 - ½ cup vegetable oil
 - 2 large eggs
 - 1 tablespoon fresh lemon juice
 - 1 tablespoon lemon zest
 - ¼ cup powdered sugar
1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper and set aside.

2. Combine the cake mix, oil and eggs in a large bowl. Add lemon juice and zest. Stir together just until combined.
3. Scoop tablespoon-size dough balls onto baking sheet. Roll each dough ball in powdered sugar.
4. Bake for 9–11 minutes, or until the cookies are set. Don’t let them brown! Cool a minute on the baking sheet, then move to a cooling rack.

CHOCOLATE CHOCOLATE CHIP MUFFINS

MAKES 1 DOZEN

- 2 cups all-purpose flour
 - 1 cup granulated sugar
 - 1 cup semisweet chocolate chips, divided
 - ½ cup unsweetened cocoa powder
 - 1 teaspoon baking soda
 - 1 cup plain yogurt
 - ½ cup milk
 - ½ cup vegetable oil
 - 1 large egg
 - 1 teaspoon vanilla extract
1. Preheat oven to 400 degrees. Line 12 muffin cups with paper muffin liners.
 2. Combine flour, sugar, ¾ cup chocolate chips, cocoa powder and baking soda in a large bowl.
 3. Whisk yogurt, milk, oil, egg and vanilla in separate bowl until smooth. Pour yogurt mixture into the chocolate mixture and stir until batter is just blended.

4. Fill prepared muffin cups ¾ full and sprinkle with remaining ¾ cup chocolate chips. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 20 minutes. Cool in the muffin tin a few minutes before removing to a cooling rack. **TK**

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



andrea | murphy
PHOTOGRAPHY

MATERNITY | NEWBORN | FAMILY
918.488.6180 | amurphyphoto.com

Books To Treasure MEMORIES

“I am 15 now and still have my Hot Rod Hamster card. I love it and I love that my sisters have their own special cards, too.” - Kaleb

Pictured from left to right: Lottie, Lisa, Kaleb and Ella. Kaleb met Derek Anderson in 2015.

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

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

LEARN MORE:



tulsa
LIBRARY TRUST

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Tulsa City-County
LIBRARY

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

Local talent among the 1,700 athletes competing in the 2023 USA Gymnastics Championship in Tulsa

By **Mikaela LeBlanc**

WHEN 10-YEAR-OLD Reese Rodriguez of Broken Arrow learned that Tulsa would host the 2023 USA Gymnastics Championship at the BOK Center and Cox Business Center in June, she — like many local gymnastics athletes — was excited.

"I knew that my family and everybody would get to come and watch me compete," she said. "It's pretty important since I want to become a youth elite."

There are two levels of competition at the Championships — the development program, or Junior National Team, for up-and-coming youth like Rodriguez, and the elite program, or the Senior National Team.

Ember Hamman of Tulsa, 13, will be competing in the elite program.

"It's really exciting that I get to compete in front of a hometown crowd," Hamman said.

Both athletes have competed nationally before.

Rodriguez placed 3rd in both trampoline and double mini (described as a cross between vault and trampoline) and 5th

in tumbling in the 2022 USA Gymnastics Championship.

This will be Hamman's 3rd USA Gymnastics Championship. She is the reigning national champion on the trampoline and double mini disciplines, and she won the silver in tumbling last year.

Rodriguez is the state champion on double mini in the junior program, and she placed 2nd on tumbling and 4th on trampoline, but she qualified for the national championship on all three events.

EVENTS TO WATCH

Rodriguez and Hamman will be among the roughly 1,700 of the nation's top athletes in three lesser-known disciplines in gymnastics: trampoline and tumbling, acrobatic gymnastics and rhythmic gymnastics.

While lesser known, Stefanie Korepin, chief programs officer for USA Gymnastics, says they're no less exciting.

Trampoline and Tumbling

Within the trampoline and tumbling discipline, there are three separate events.

"They jump 30 feet in the air and do three or four flips with rotations and are doing amazing things. They do 10 skills in a row," Korepin says. "That is an Olympic sport."

The other two events are tumbling and double mini.

"Tumbling is sort of a long pass and then double mini is two small trampolines together and they flip — almost like a vault for trampoline," she said.

Acrobatic Gymnastics

Acrobatic gymnastics is the second discipline in the national championship.

"Think of what you would see in Cirque du Soleil but in a sport format," Korepin says. "They have balance routines, where they stack on top of each other and do incredible things — dynamic routines where they're throwing the athletes in the air and catching them."

Jill Geer is the chief communications and marketing officer at USA Gymnastics.

"We've had former acrobatic athletes [appear] on America's

Got Talent. It's like human pyramids," Geer says. "A guy will put one hand on another guy's head and do a one-handed handstand on top of his head and bend himself half-way over."

Rhythmic Gymnastics

The third discipline in the USA Gymnastics Championship is rhythmic gymnastics, which is a combination of dance and gymnastics.

Jennifer Bjornberg owns Aim High Academy in Tulsa, which teaches tumbling, acrobatic gymnastics and rhythmic gymnastics.

"These girls train in dance, flexibility and gymnastics," Bjornberg says. "One routine is with ribbons, and they perform an acrobatic move. The idea is to keep the rhythm flowing. It's very beautiful and very graceful to watch."

The athletes perform with hoops, balls and ribbons, similar to baton twirling but with different equipment.

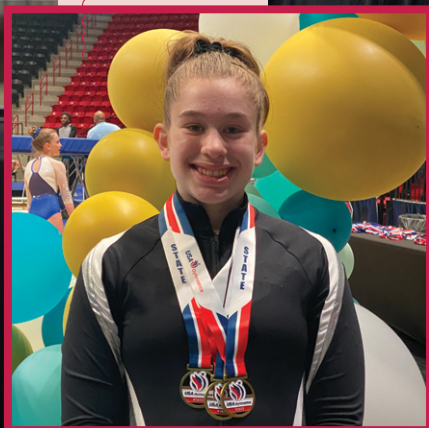
"[They] might throw a hoop in the air and do three somersaults and catch the hoop with [their] feet," Korepin said.

Ember Hamman at the Fort Worth Regional Championship, May 2022.
PHOTO CREDIT: CHAMPION IMAGES



Ember Hamman, with 3 gold medals at the 2023 Oklahoma State meet.

PHOTO CREDIT: CRISTIN HAMMAN



Reese Rodriguez performing in Trampoline at the 2022 National Championships. She is in the development program or the Junior Championship.

PHOTO CREDIT: RACHELLE RODRIGUEZ

Reese Rodriguez, placing 3rd in double mini in the 2022 USA Gymnastics Championship.

PHOTO CREDIT: RACHELLE RODRIGUEZ



PREPARING FOR THE COMPETITION

Both Rodriguez and Hamman train at Aim High Academy in artistic (traditional) gymnastics and at Oklahoma Extreme Tumbling & Trampoline in Bixby for trampoline and tumbling.

"Any time gymnastics is coming to Tulsa, it's definitely exciting," Bjornberg said. "They're excited Tulsa gets picked. For the girls watching, it will reinforce their dreams and hopes, and it will inspire them to come back to the gym and work hard."

Chavez Haydon is the operations manager at the Oklahoma Extreme Tumbling & Trampoline.

"For some of our athletes, it will be their last time on the national stage," Haydon said. "For other athletes, it will be their very first time. We prepare our athletes the best we can, and I am very excited to see what all of them can do. Win or lose, the journey to go against the best in the nation at home will be an amazing experience."

Korepin says it will be the first time Tulsa will host the USA

Gymnastics Championships. Both the BOK Center and the Sports Commission were instrumental in drawing the competition to the city.

"This particular event has a lot of specific venue needs because it's such a large event and we have almost four events going on at once, so there aren't a lot of cities that have the infrastructure that we need," she said. "[It's] the facility and the group of people around Tulsa who are helping bring us to the city."

A VARIETY OF BENEFITS

Bjornberg says that while the competition is in lesser-known gymnastics disciplines, the 2023 USA Gymnastics Championship coming to Tulsa has the same benefits as if it were the more well-known artistic gymnastics.

"It's still good for the city," Bjornberg says. "It's still going to bring athletes from all over the country to Tulsa. It's still people trying to make the Olympics in this form of the sport. It is the top talent."

Those among the top talent serve as an inspiration for all the athletes competing.

"I think that will be pretty cool that I get to see people who are at the level that I want to end up getting to," Rodriguez says.

THE RIGHT MINDSET

Both Rodriguez and Hamman say they want their teammates to succeed, even though they're competing against them.

"You want to see them at their best and then beat them at their best," Hamman says.

She says she wants to try to trampoline in the Olympics.

"It's not all about winning," Rodriguez says. "It's about trying your best and trying your hardest. It's fun to win, and it's not always fun to lose, but even if you lose, that just gives you an extra push to work harder."

Both athletes train five to six nights a week between their different gymnastics disciplines for competitions leading up to the national championship.

"It's just working your hardest and getting your routines down and perfecting them," Rodriguez says. "And then, mentally, it's just walking your mind through it

and telling yourself you can do it. You [have] got it."

"You [have] got to think through it clearly, but then you can't overthink it too much," Hamman says. "Think through it skill by skill. I just think through it, and I ask God to help me."

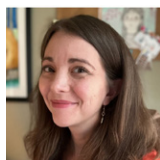
USA Gymnastics will name the U.S. Junior and Senior National Teams for each discipline at the conclusion of competition.

"The national team are the athletes who are eligible to represent the United States in international competition," Korepin says. "For rhythmic gymnastics and trampoline, this will be a qualifier for world championships late in 2023. And it's the year before the Olympics, so [there is] a lot of the excitement building up toward next year. [At this] event next year, we name our Olympians." **TK**

The USA Gymnastics Championship will be held at the BOK Center June 20-24. It is open to the public and tickets are on sale at: usagymchamps.com.

Speaking with Simba: Actor and Dad Darian Sanders on *The Lion King* National Tour

By **Tara Rittler**



DARIAN SANDERS' SON, Titus, age 5, first saw him perform in Disney's *The Lion King* in late 2019.

"He started coming to dress rehearsals and shows at 2 years old," explains the actor, who currently plays Simba in Disney's *The Lion King* National Tour. "That's just how we raised him. We wanted him to be cultured in that way."

For other parents looking to encourage an early appreciation for theater, Sanders recommends talking to kids before the show about theater. On the other hand, he says, "as actors, we love it when kids are kids." Sanders and his castmates understand that they are often performing to an audience filled with younger viewers. In one show, he recalls, a young girl yelled out toward the end,

warning Simba against trusting the villain Scar. Rather than being annoyed, Sanders says, "It was a beautiful thing because it was so genuine, she was so engaged. We did our job as performers."

The actors also understand that some parts of the show may be too intense for certain viewers. In that case, Sanders explains, there are typically screens set up in the lobby for kids who need to step out of the main theater but don't want to miss the action.

Sanders says that parents frequently ask him how young or old their child should be before taking them to a show. While his general recommendation would be around age 5, "It's truly dependent on your child's demeanor and what their capacity is."

The story of *The Lion King* itself, Sanders says, is "for any age. Whether you have a 3-year-old in there or a 93-year-old grandparent, it's the beautiful aspect of the show." Simba's journey to discover who he is, and his experience with both triumph and tragedy is something that anyone can relate to.

DAD ON TOUR

Although Sanders' first time performing in *The Lion King* National Tour was cut short by the COVID pandemic, he has now been on tour as Simba since October 2021. When it's convenient, he drives or flies home to spend days off with his family. And when the tour stops over in a city for several weeks, his wife, Jessica, and Titus will often meet him there.

Communication is a key to making this work. "We have

constant conversations to keep our hand on the pulse of our relationship and where we are, both with *The Lion King* and Broadway and with our family." Jessica, a former teacher, will homeschool Titus for now, allowing their family to maintain this flexibility.

While being on tour may sound exhausting, Sanders loves exploring new cities. He typically connects with each new place by finding a temporary church home for the duration of the visit.

Beyond this, Sanders says that the actors love saying hello and meeting people after the show. "We talk about it all the time, just in the aspect of, 'Yes, this is what we do, but it's not all that we are.' As artists, we like people to see and understand that we are humans as well, that we have lives outside the theater."



THE LION KING IN TULSA

Disney's *The Lion King* at the
Tulsa PAC June 1-17.

For tickets, go to tulsapac.com
or celebrityattractions.com.



BY THE NUMBERS: DISNEY'S *THE LION KING* NORTH AMERICAN TOUR

COURTESY OF CELEBRITY ATTRACTIONS

- Winner of more than 70 global theatrical awards, including the 1998 Tony® for Best Musical, Best Direction of a Musical, Best Scenic Design, Best Costume Design, Best Lighting Design and Best Choreography.
- Mufasa's mask weighs 11 ounces, Scar's mask weighs seven ounces and Sarabi's mask is just four ounces. The masks, along with many others used in the show, are extremely lightweight and are comprised of silicone rubber with carbon fiber overlay — the same durable material used to build airplanes.
- The tallest animals in the show are the four, 18-foot exotic giraffes from *I Just Can't Wait to Be King*.
- The largest and longest animal in the show is the Elephant, at 13 feet long, 12 feet high and 9 feet wide.
- Worn like a backpack, the Pumbaa puppet is the heaviest costume, weighing in at 45 pounds.
- There are five indigenous African languages spoken in *The Lion King*: Zulu, Xhosa, Sesotho, Setswana and Swahili.
- *The Lion King* has been performed in nine languages: English, Japanese, German, Korean, French, Dutch, Spanish, Mandarin and Portuguese.
- On tour, there are 134 people directly involved with the daily production of the show, including 49 cast members, 19 wardrobe staff, 5 hair/makeup artists, 3 puppet craftspeople, 2 child guardians, among many others.
- The tour uses 17 trucks to transport puppets, set pieces and other materials from city to city.

GIVE THE WORLD YOU

If your child sees *The Lion King* and thinks, "I want to do that someday," Sanders recommends cultivating their talents in whatever they want to do, as soon as possible, whether that be vocal lessons, dance classes, etc. "Start now," he says. "The best time to start was yesterday... But start today." A good place to start is taking any classes available through the child's school.

Sanders himself didn't start theater until later in life, previously working as both a special education teacher and worship pastor. So, for children wondering if they've waited too long to start cultivating these talents, he emphasizes that everyone's journey is different.

While it's OK to admire the work of others and where they are in life, he says, "Their pathways are uniquely created for them. Their story that got them to that point is specifically for them. And so for you, understand that your journey is specifically and uniquely yours. You don't think the same way as them, and you're not them. You have to be you and give the world you. Because if you don't, then the world misses out on you." **TK**

Tara Rittler is the web & social media editor at TulsaKids Magazine. She enjoys exploring Tulsa with her son, Joss, and shares their adventures in her blog, Spaghetti on the Wall. Read it at tulsakids.com/blog.



A BIKE FRIENDLY COMMUNITY

BY *Betty Casey*

Most Tulsans have noticed clearly marked bike lanes being carved out on city streets, creating safer pathways for bikers and pedestrians as they navigate around town. Residents in surrounding towns may see pathways and trails connecting more seamlessly, beckoning families to get out on a trail. Making the Tulsa Metropolitan area, including 11 surrounding cities, walking and biking friendly is the goal of the GO Plan, a Bicycle/Pedestrian Master Plan. Community members and leaders envisioned the idea and began planning in 2014. The plan was adopted in 2015 by the Indian Nations Council of Governments(INCOG).

A BIKE FRIENDLY CITY

"A good and safe biking and pedestrian community is a community that prioritizes people of all ages and abilities

and families' health, safety and quality of life over motorized vehicles," Jane Ziegler, INCOG senior transportation planner, says. "When planning and implementing for the safety of all is prioritized, great neighborhoods and cities are healthier and more engaged. Think of your favorite city, or favorite street or corridor in the Tulsa area. More often than not, the city or street evokes a sense of 'place.' There are probably street trees, maybe a bench to sit on, a buffer between you and moving vehicles, and something interesting to look at such as public art, outdoor cafes or shops."

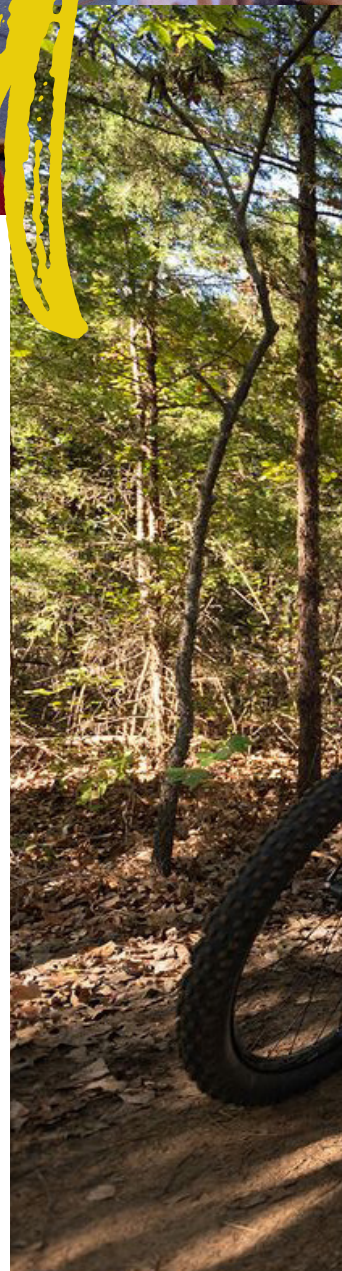
Ziegler points to Sapulpa's Dewey Ave., Broken Arrow's Rose District and the Tulsa Arts and Greenwood Districts in Downtown Tulsa as examples.

If families want to get involved with biking or support biking, Ziegler encourages people to enjoy the many

cycling events and groups in and around Tulsa, either as a spectator or as a participant.

"Tour de Tulsa and Tulsa Tough have different distances for families and all levels of bicycle riders," she says, "whether you're dusting off you bike, or it's well tuned up."

Groups to be involved in include Tulsa Tough's Divas program for women "who are bike-curious but may not feel comfortable riding a bike by themselves or want some one-on-one advice or help." She also suggests youth racing teams with organizations such as the Oklahoma Flyers, which provides teamwork, structure, equipment and leadership. Bike Club is an after-school activity at many Tulsa Public Schools locations.





“
The bike
is our tool
to positively
influence
kids’ lives.
”



BIKE CLUB

Now in its ninth year, Bike Club has expanded from one elementary school to 31 schools and approximately 400 kids, targeting mostly fourth and fifth graders. After helping start the club at Council Oak and volunteering for seven years, Jonah Panther is now the Program Manager for Humble Sons Bike Company, the parent organization for Tulsa Bike Club.

“We try to meet once a week,” Panther says. “We shoot for about 20 meetings a year. In the fall, we focus on how to ride safely on the streets and in groups. Spring is focused on off-campus field trips. We might ride to Braum’s to get ice cream, or to Gathering Place to play. We’ve been able to give the students who go through Bike Club until the end of the year a free bike and helmet.”

In addition to the after-school programming, Bike Club provides a four-lesson unit on biking during PE class to every third grader. “About

one-third of third graders don’t know how to ride,” Panther says. “And we’re teaching the other kids to ride more safely.”

Besides providing kids with equipment and knowledge, Bike Club volunteers are mentors. “The bike is our tool to positively influence kids’ lives,” Panther says. “We are trying to teach the kids to be safe on streets around traffic because it expands the world for them. They can ride their bike to a park. They may never have left their two- or three-block radius around their house, so it opens the world for them.”

Another purpose of Bike Club is to provide access to trails where kids may not have had access before. On May 6, Lubell Park and Bales Park Trails were connected to create Mooser Creek Trails, creating 8 ½ miles immediately west of Turkey Mountain. “It’s easy to get from Bales Park to Turkey Mountain,” Panther says. “One of our goals is to give kids places to ride.”

Accessorize your Bike Rides at Gearhead Outfitters!



OnGuard Coil Cable Lock



TOPO Designs Bike Frame Bag

Night Ize Squeeze™ Rotating
Smartphone Bar MountPsychedelic Cycling
Club Water BottleNight Ize Radiant 125
Rechargeable Bike Light

TOPO Designs Bike Bag Mountain

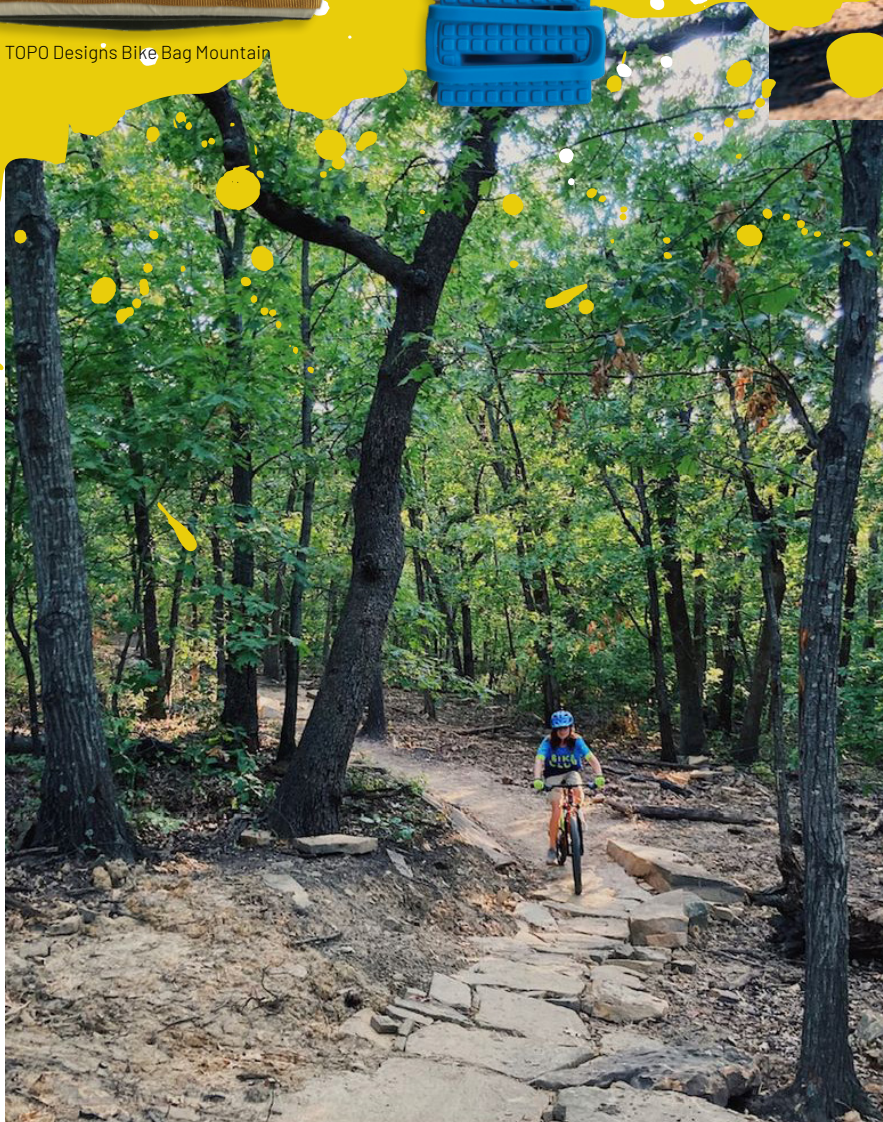
Night Ize HandleBand®
Universal Smartphone
Bar Mount

SPONSORED BY GEARHEAD OUTFITTERS AT UTICA SQUARE

TRAIL RIDING FOR BEGINNERS AND BEYOND

"The best place to start [for beginners] is River Parks Trail," Panther says. "We're really fortunate to have that. There are lots of great beginner mountain bike trails," he added. "Lubell Park has the best loop for beginners in Tulsa. The two loops on Mooser Hollow are total beginner."

Jane Ziegler's suggestion for families who want to bike beyond an organization is to "just go out and ride on one of the many regional trail systems. These trails connect cities, parks, main streets and places of entertainment," she says. "If you are a parent and do not have a bicycle, but want to ride with your child, check out This Machine, Tulsa's bike share, located along River Parks, Brookside, Greenwood District, Cherry Street, Downtown Tulsa and the Rose District in Broken Arrow."





BMX TRACK RIDING

Ashley Baker's family started volunteering at Sand Springs BMX in 2019, a nonprofit run by volunteers and the longest-running track in Oklahoma. Last year, her husband, PJ, became Track Operator, and Ashley is currently the Communications Director for the Board of Directors.

The track is located inside Case Community Park. "I can't say enough about how amazing the Sand Springs Parks Department is to work with," Baker says. She also credits Sand Springs BMX's success to the talented, hard-working volunteers.

For those unfamiliar with BMX, it can be freestyle or racing. "At Sand Springs BMX, we race, so you ride a track with a start gate and a finish line," she explained. "A typical race will be three laps around the track, with first through third place receiving a trophy."

Baker encourages anyone of any age to try out BMX. "If a kid can walk, they can use a balance bike, and there is no age limit in BMX. There also isn't a bench, so you can ride as little or as much as you want. If you try out BMX and want

to continue, you purchase a 12-month membership for \$80, and then pay to practice or race at whatever USABMX track you want, when you want."

While some BMX tracks around the country are located in parks like Sand Springs BMX, many are not. However, there are pump tracks located in parks around Tulsa and surrounding areas where riders enjoy working on BMX skills outside of racing.

If parents have a kid who wants to try BMX riding, Baker encourages them to come for a free one-day trial in Sand Springs. "We have a fleet of loaner bikes and helmets that are free to use at our track," she says. "You must wear long sleeves (or protective equipment), pants or knee pads and appropriate shoes for riding a bike. You don't have to come with special gear. My kiddos started in long-sleeve tees and sweatpants."

More than anything, Baker says the BMX participants are a community where even competitors will help you with fixing a bike or changing a tube. "If you've been in it a while, you're family."

Cycling for Everyone

With so many options in Tulsa and the surrounding communities, it's easy to find a way to get out and ride. Here are some places to find biking information and trail maps around town.

INCOG.org

Information about trails in and around Tulsa.

Find **918 Trails** for route options of both on- and off-street trails. Downloadable maps of trails and bikeways within the city of Tulsa and surrounding areas

TrailLink.com

TravelOK.com

BikeClubTulsa.com

Tulsa's year-old **Hardesty National BMX Stadium** offers youth mentoring, spring and summer camps, a Racing League for kids ages 4-15 (loaner bikes and helmets included), weekly training programs, a mountain bike league, field trip opportunities and more.

USABMX.com (click "tracks" and "find a track")

Sand Springs BMX on Facebook

RiverParks.org for River Trails, Turkey Mountain, etc.

Follow **Travel With Care Tulsa** on Facebook and Instagram for safety tips for people on bikes, pedestrians, motorcyclists and other forms of transportation.

SCREEN TIME:

PARENTS CAN BE PROACTIVE WITH SCREEN USE

BY NATALIE MILES

IT'S HARD ENOUGH REGULATING SCREEN TIME DURING THE SCHOOL YEAR.

But creating boundaries of "One hour of iPad after homework is finished" or "When school is out, the Xbox is in" lack definition in the summertime.

When school's out for summer break, things tend to be looser. Restrictions sometimes become less strict. School-age kids often have later bedtimes and are allowed more time to watch television, play Roblox on their iPads or text friends.

Even well-informed parents who understand the potential harm in excessive screen time turn a blind eye so they can get work done around the house or work their remote jobs. Before you know it, the kids have been camped out on the couch watching cartoons all day and the teenagers have only set their phones down long enough to eat and sleep.

These well-meaning parents end up feeling guilty and wonder where they went wrong. Rather than throw your hands up in the air or come down hard on the kids, consider setting yourself up for screen-time success with a plan for summertime screen use.

"Most parents know what the experts say in terms of limitations for screen time. What most parents need help with is 'What makes sense for our family, and how do I go about doing that?'" said Faith Crittenden, senior program director for children's mental health for Family & Children's Services.

"It really is easy to give in to screen time. It pacifies kids, keeps them entertained and gives us time to fulfill our obligations," Crittenden said.

She suggests being proactive, creating a family media plan, especially during the summer months when schedules aren't always consistent. Her favorite is one she recommends from the American Academy of Pediatrics (AAP). This Family Media Plan ([healthychildren.org/mediaplan](https://www.healthychildren.org/mediaplan)) can be filled out and then placed on the refrigerator or accessed online so family and caregivers are on the same page. It's appropriate for kids from very young to teens — and even moms and dads.

Crittenden recommends co-creating the plan as a family. Having a conversation with your kids is a good way to get their investment, she said.

SCREEN TIME GUIDELINES

Every family has unique needs that will help determine their family's screen time. But here's a start — the general guidelines from the American Association of Child and Adolescent Psychiatry.

Birth to 18 months of age:

Limit screen use to video chatting along with an adult (for example, with a parent who is out of town or face timing with Grandma).

Between 18 and 24 months:

Screen time should be limited to watching educational programming with a caregiver.

Kids 2–5: Limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend.

Kids 6 and older: Encourage healthy habits and limit activities that include screens. Turn off screens and remove them from bedrooms 30–60 minutes before bedtime.

Once a plan is in place — whether that be 30 minutes, two hours or whatever amount of screen time a day or week you've established — it's important to consider the practicality of how kids will spend their days.

Talk through or make a list of things to do when screens are off. They may seem obvious, but a reminder posted in the laundry room or on the door to the patio can give a kid a lightbulb moment. The list can be as simple as: Draw a picture for Grandma. Watch a movie. Play basketball. Go on a nature walk.

For young children, a list of ideas won't be enough. Crittenden suggests setting up little stations or buckets of activities they have access to while parents make phone calls or do work nearby. Yes, it's sometimes easier to turn on the television or hand kids the iPad, but when you sense it's time for a break from screens or when the kids have reached the limit on their screen-time plans, having some established and creative fun in the house may actually be something they look forward to.

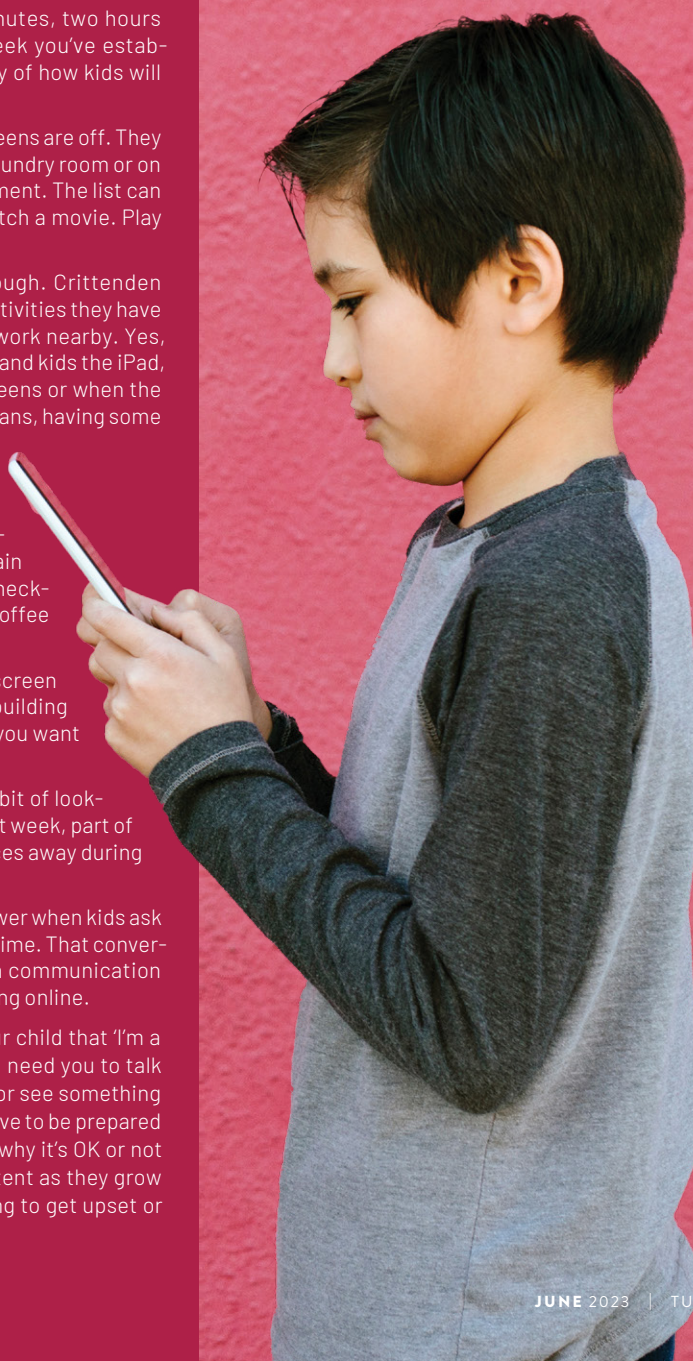
For parents working from home, checking in with kids to see what they're up to, what they're playing online or watching on TV is a good way to remain connected. Crittenden suggests adding those check-ins to the workday, just as you would bathroom or coffee breaks.

Summer is a good time to evaluate your family's screen use. Crittenden suggests making small changes, building up to your ultimate goal. This may not be an area you want to go cold turkey.

For instance, if your family has gotten in a bad habit of looking at screens at the dinner table, start there. "Next week, part of what we're going to do is put our phones and devices away during dinner."

Crittenden said it's important parents have an answer when kids ask why they have restrictions or rules around screen time. That conversation should include talk about trust — and open communication between kids and parents about what they're seeing online.

"Build connections with your kids. Share with your child that 'I'm a safe person for you to bring these questions to. I need you to talk to me, to come and ask questions when you hear or see something you don't understand,'" Crittenden said. "And you have to be prepared to hear uncomfortable content. Share with them why it's OK or not OK. It will open up conversations for heavier content as they grow up, too. And it helps them to know you're not going to get upset or shut down."



FAMILY DISCONNECTION IN THE AGE OF ONLINE CONNECTION

HOW CAN PARENTS MAINTAIN BONDS WITH THEIR KIDS AS KIDS BECOME MORE INVOLVED ONLINE?

It's a question Dee Harris, chief strategic engagement officer at Family and Children's Services, has spent much time considering. Through her reading and consideration, Harris found it's not screen time but disconnection that impacts familial bonds.

We talked to Harris about what she found.

Q: Parents often worry about the amount of time their kids are spending online. Through research you found that it's not so much about time, but the disconnection from their families that can harm kids. Can you tell us more?

A: Much like knowing where your kids are in the physical world, it's important for parents to know where kids are in the digital world.

When my son was in high school, he hosted LAN parties. With folding tables and computers in hand, the boys would happily set up their systems feet away from each other, put on their headphones, go online, ramp up a multi-player video game, and that's when the chatter and laughter would start!

As a parent, I was initially perplexed. This type of socialization was so far removed from my own experience as a kid, but I began to realize that their socialization — playing an online game together — really wasn't much different from my own experience playing board games or cards with friends.

Keith Hampton, a professor at Michigan State University, conducts research on the impact of screen time on children and families. From his findings, he suggests that the effects of screen time on children depend on how they are using the technology. He argues that not all screen time is created equal and that the context and content of screen use are important factors to consider.

Essentially, it boils down to — like most things when it comes to raising kids — finding a balance and being involved as a parent.

Excessive screen time can have negative effects on children's mental health, including increased anxiety and depression. But it is also a wonderful channel for socialization. By fostering strong relationships and

encouraging a balanced approach to technology, parents can help their kids develop the essential digital literacy skills and habits they need to thrive in all areas of life. Technology isn't going away.

Q: Are you saying I need to care or ask questions about what my kids are building in Minecraft or their favorite YouTube channels?

A: I love Minecraft. It's great for creativity, problem-solving and spatial reasoning. But again, yes, show interest and ask questions about what they are building, their creative process, what they hope to achieve and what challenges they may be facing. It's no different than asking them to tell you about their creation on paper with crayons. This interaction is a great way to bond and can give you insight into their interests and experiences.

Similarly, by discussing your child's favorite YouTube channels, you can learn more about their interests and the type of content they enjoy. You can also use this opportunity to discuss internet safety and healthy media consumption habits including how to identify and avoid potentially harmful content and how to navigate the digital world responsibly.

Q: Is it possible to find common ground and spend time online with my kids? What does that look like? Simply sitting beside each other? Won't my kids hate that?

A: You don't want to hover. But it is possible to strike a balance between engaging and monitoring. Find online activities that you can enjoy together and that align with your family's interests and values.

Q: What does that look like?

A: Playing video games together. Discuss game strategy and problem-solving skills. Watch videos or movies together. Discuss the content and themes, share opinions and thoughts. Collaborate on creative projects like videos, podcasting or blogging. Explore new topics and interests online together.

Every family is different, and what works for one may not work for another. If you're unsure about how to engage with your kids online, start by asking them about their interests and preferences. By showing genuine interest and respect for their choices, you can help build a positive relationship and make online

activities a fun and rewarding experience for everyone involved.

Q: We know the lives of kids and teens are different today than a generation ago because of social media and the Internet. How can we help kids regulate screen time and maintain a healthy online life?

A: Teaching digital literacy skills to children is an essential aspect of parenting in the 21st century. As a parent, you can help your child develop healthy habits around screen time and maintain a positive online life by:

- **Modeling good behavior:** Children learn by example, so it's essential to model good digital habits yourself. Avoid spending excessive time on your phone or computer when your child is around and demonstrate responsible online behavior.
- **Set limits:** Establish clear boundaries around screen time use, including the amount of time spent on devices. Ensure that you have a balanced approach and prioritize other activities like physical exercise, reading books or spending time with family.
- **Discuss online safety:** Teach your children about online safety by discussing the risks associated with sharing personal information online, such as names, addresses and phone numbers. Also, educate your child about the importance of creating strong passwords and not clicking on suspicious links.
- **Foster critical thinking:** Encourage your child to think critically about the content they encounter online. Discuss how to identify fake news or misleading information and encourage them to question sources before accepting them as true.
- **Stay engaged:** Stay involved in your child's online activities and monitor their usage. Familiarize yourself with the apps and sites your child is using and be aware of the latest trends and technologies.

By teaching kids digital literacy skills and being involved in your child's online life, you can help them navigate the digital world safely and responsibly while also promoting a healthy balance between screen time and other activities. **TK**



WORK FOR THE FUTURE.

Apply to be a Child Care Professional
TODAY at [CareForKidsOK.com](https://www.CareForKidsOK.com)



Make this summer INCREDIBLE

USchool Camp Incredible 2023

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



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



THE UNIVERSITY OF TULSA
University School

TU is an EEO/AA institution.

UTULSA.EDU/USCHOOL



BIXBY

Written by Betty Casey | Photography by Ian Upton

A Comm



“We are committed to our vision to be a place where EVERY child is empowered to learn, excel and own their future!”

ROB MILLER, BIXBY SUPERINTENDENT



unity of Choice

IN 1970, BIXBY was a small town of approximately 4,000 residents nestled near the banks of the Arkansas River south of Tulsa. Named for **Tams Bixby**, a member of the Dawes Commission and its chair from 1903, the community lay within the **Creek (Mvskoke) Nation**. Bixby's population skyrocketed to nearly 29,000 in 2010 and continues to grow.

"We've grown by 1,000 people per year since 2010," says **Krystal Crockett**, president/CEO **Bixby Chamber of Commerce**. She says Bixby's schools give them "a competitive edge," and credits community engagement for Bixby's current and ongoing development. The historic downtown area around Dawes and Armstrong Streets has a fresh look with streetscaping, new lighting and fun businesses like **Copper Key Coffee Shop** moving into the refurbished brick buildings, coupled with longtime favorites like **Scott's Hamburgers**.

As a mom, Crockett can relate to Bixby's family feel, and as a chamber CEO, she likes seeing the growth in the business community as well as the investment in park refurbishment and hiking/biking trail expansion.

Washington Irving Park, named after American writer **Washington Irving** (The Legend of Sleepy Hollow), is one of the parks getting an upgrade, making it more accessible, with added parking and river access. According to Bixby, Oklahoma Facts for Kids (Kiddle Encyclopedia), Irving camped along the Arkansas River in what is now Bixby as he traveled west with a U.S. Army exploration party. Visitors can find Washington Irving Park and Arboretum near the campsite. The amphitheater stage is patterned after the façade of Irving's home in Tarrytown, New York, and the gates near the park entrance are replicas of the ones at Irving's estate. The park also contains an I-beam from the **World Trade Center**.



MOTTO:

A Community of Choice

Population: 3,973 (1970)

Population: 28,609 (2010)

Median income for a family: \$85,000

Bixby (the Spartans) has four elementary schools, four intermediate schools, a middle school, 9th grade center and a high school. Go to bixbyps.org and check out the fun videos, "Riding with Rob," of Superintendent Rob Miller and guests having car conversations.

K-12 Enrollment: 7,400+

Higher Ed: Tulsa Tech, Tulsa Community College, Northeastern State University



SUPERINTENDENT ROB MILLER
BUILDS MARBLE ROLLER
COASTERS WITH STUDENTS OF
BIXBY WEST ELEMENTARY.

Events

May: Bixby BBQ and Blues Festival

June: Green Corn Festival

July: Bixby Freedom Celebration

Fall: Game Days in the District

September: 9/11 Memorial Patriot Day

October: Washington Irving Festival

October: Trick or Treat Downtown

October: Greater Tulsa Train Show

December: Christmas in Downtown Bixby



WASHINGTON IRVING MEMORIAL
PARK AND ARBORETUM

“The Garden Spot of Oklahoma”

NICKNAME:

“The Garden Spot of Oklahoma” because it was a regional railroad center for shipping cantaloupes, potatoes, radishes, squash, turnips, spinach and sweet corn all over the U.S. Bixby’s agricultural roots are celebrated at June’s Green Corn Festival. (Bixby, Oklahoma Facts for Kids. Kiddle Encyclopedia)

Parks + More

HAIKEY CREEK: Features picnic shelters, tables, grills, playgrounds, trails, fitness court, disc golf.

HARMONY BRIDGE: Bridge over the Arkansas River that can be used for walks, picnics, catching the view.

WASHINGTON IRVING MEMORIAL PARK AND ARBORETUM: South of 134th & Memorial. 9/11 Memorial, Laci Dawn Hill Butterfly Garden, walking trails, picnic tables.

CHARLEY YOUNG EVENT PARK: Located in downtown Bixby, the park has a jungle gym, interactive fountains, outdoor concert stage and more.

LAKE BIXHOMA: Approximately 5 miles southeast of Bixby, the city lake lets visitors enjoy nature and fishing.

BENTLEY PARK SPORTS COMPLEX: Soccer fields, horseshoe pits, playground, splash pad, bocce courts and more for the family to enjoy.

EUCHEE BUTTERFLY FARM: Natives Raising Natives Project, approximately 7 miles from Bixby. Butterfly conservation. Tours by appointment only. nativebutterflies.org

JOE’S FARM: Pick your own produce, including vegetables, strawberries, blackberries. joesfarmok.com



Bixby Families



THE COLEMAN FAMILY

Melissa and Kevin Coleman, along with their children Emmet, 9, and Lucky, 6, moved to Bixby in December of 2022, but Melissa has deep roots in the community. Her family's farm has been in Bixby since the 1960s.

"We decided to move to Bixby because we've heard what an excellent school system they have and to be closer to work for Kevin," Melissa says. "Between the short commute to the farm and finding out firsthand why Bixby schools fully live up to the hype, we have zero regrets moving our family here."

The Colemans loved living in midtown Tulsa but found that Bixby had unexpected charms.

They love the small-town feel. Melissa describes how the high school football games are so popular that the stadium is packed, and games are streamed from Charley Young Park on a projector, which makes it especially enjoyable for families.

"We like to grab dinner at Scott's Hamburgers, have a picnic, and let the kids have room to play while enjoying the game with friends," Melissa says.

Because she was already familiar with the community, some of Melissa's favorite

places are long-time establishments. "Scott's Hamburgers hands down has the most delicious burger and fries in the state!" she says. "Next, I love going to Dotson's and Carmichael's produce. Carmichael's always puts on the perfect nostalgic pumpkin patch, and Dotson's owners are always so sweet to visit with while picking fresh produce and flowers."

Newer favorites include Copper Key Coffee for delicious baked goods and coffee, plus the "super cute" atmosphere. Melissa recommends 1907 Cantina next to the coffee shop for unique tacos and tasty margaritas and mocktails. For more traditional Mexican food, their family enjoys Tijuana's Grill and Cantina.

Small and friendly can be convenient as well. Grocery shopping at Doc's Country Mart offers a great selection of items in a small store. Melissa mentions that the staff in Doc's and at the library (Tulsa City-County Library) are always kind and helpful.

Bixby always has something going on—Melissa's family enjoys the trunk or treat Halloween event and the Winter Wonderland festivities around Christmas. "They even had a kid-friendly St. Patrick's Day celebration at Charley Young Park," she says.

THE JAMES FAMILY

Mindy and Rocky James have lived in Bixby since 2011. They have three children, Allison Hammer, 24, Addison James, 14, and Hudson James, 11.

"We chose to locate in Bixby because of the schools, the sports and the location," Mindy says. Before choosing Bixby, the family looked at other options, but "the sense of community felt warmer in Bixby," Mindy says.

Besides the schools, Mindy liked the extracurricular opportunities for the kids. Addison cheered for Bixby 8th grade this year and is involved in All Star Cheer in Bixby. Hudson plays lacrosse.

Bixby offers multiple living options for families. "If you want to live in a neighborhood, you can," Mindy says. "If you want to live with a little land or a lot of land, you can, and you'll still be part of the Bixby community. When we moved here, we lived in a neighborhood because we

knew the kids would want to have kids to play with, and the neighborhood had a pool. But our plan was to have some land, so we moved about six miles south and now have one acre."

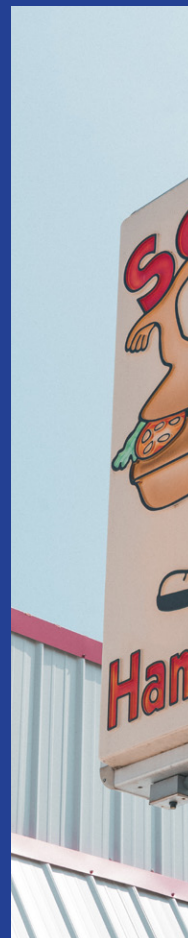
While the family has moved away from a neighborhood, they still feel connected to the community, and they can take advantage of convenient food and shopping that has grown around them. And the fast growth helps property values.

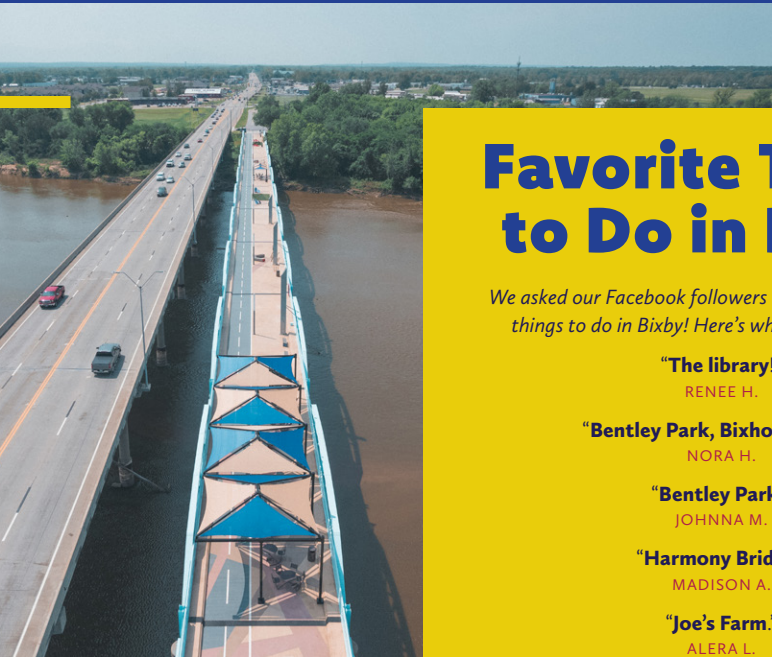
"It still has that hometown feel," Mindy says. "We go to football games on Friday night and cheer for Bixby." They love the many events in Bixby, but their favorite is The Spartan Gala, Bixby schools' fundraiser. The family also enjoys eating at Johnson's Stepping Stone Café.

Mindy says she's met families from Brazil, California and Ohio who have moved to Bixby. "They fell in love with the community. It's warm and welcoming."



HARMONY BRIDGE





Favorite Things to Do in Bixby

We asked our Facebook followers to share their favorite things to do in Bixby! Here's what they had to say:

"The library!"

RENEE H.

"Bentley Park, Bixhoma Lake."

NORA H.

"Bentley Park!"

JOHNNA M.

"Harmony Bridge."

MADISON A.

"Joe's Farm."

ALERA L.

"Eat at **Scott's Hamburgers**."

ERIN S.

"Riding bikes at **Washington Irving** because it's mostly all in the shade!"

REBECCA B.

"Pizza Shoppe and antiques."

TINA P.C.

"Bentley Park, Bixhoma Lake (the falls area), **Harmony Bridge**."

AARON W.C.

"Go to **HS athletic events**!"

WOODLAND CREEK FURNITURE TULSA

"Bixhoma Lake hike!"

TURKEY MOUNTAIN URBAN WILDERNESS AREA

From the Bixby/South Tulsa Moms Facebook group:

"Going to **Scott's Hamburgers** is a treat. Nostalgic and fun. And the food is amazing!"

RENEE H.

"We enjoy the biking trails. You can start at **Bentley Park**, go across **Harmony Bridge** through **Washington Irving park** and connect all the way down to Bixby North at **121st Street**."

LISA F.

"My family and I enjoy **1907 Cantina** for tacos and margaritas on Fridays, then a walk through **downtown Bixby**."

CHRISTIE G.

"Start out at **Stepping Stone Café** for a fantastic meal, then stop a couple doors down at the ice cream shop [**Bixby Ice Cream Company**]. Round the corner and try an escape room at the **Escape Hatch**. Finish off the outing by hanging out at [**Charley Young Event Park**] and playing in the **interactive fountain**."

KAITLYN W.





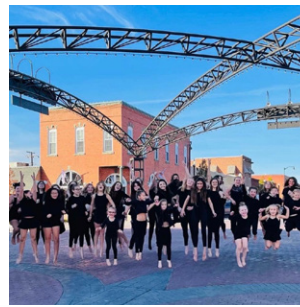
Daily Family YMCA

Contact us about Summer Day Camp!

YOU belong at the YMCA — where people get results, families have fun, and communities come together! Fun at the Y begins with summer day camps, youth sports and memberships for all. 1 summer, 100 activities. More at ymcatulsa.org!



7910 E. 134th St. South
Bixby, OK 74008
(918) 369-9622
daily@ymcatulsa.org



Soul II Sole Performing Arts

Where Tulsa Can Dance,
Celebrate And Create

Looking for a South Tulsa studio offering all genres of competition and recreational dance, as well as, music? Our beautifully remodeled 10,000 sq foot historical building doubles as a studio as well as a space hosting events.



200 N. Armstrong, Bixby, OK 74008
(918) 364-7685
soul2solepa.com
soul2soleowner@gmail.com



PREMIER

PEDIATRIC AND ADOLESCENT CARE

Providing excellent medical care
in a family centered environment.

- Same Day Appointments
- Accepting New Patients
- Board Certified Pediatricians



918-943-5777

www.premier-pediatrics.com



Ryan Mundy, MD

Danielle Morgan, MD

Aishia Gladney, APRN-CNP



Serving Oklahoma Since 1975

Stephen Brownlee, MD
Cody Buchanan, DO
Jeremy Foon, MD

David Hall, MD
Anthony Loehr, MD
Landon Massoth, MD
Evan Moore, MD

Chris Siemens, MD
Atul Vaidya, MD
David White, MD



EASTERN OKLAHOMA
EAR, NOSE & THROAT, Inc

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

LA DANCE PROJECT S2N3

WITH CHRIS NORED

AGES 8-12

JUNE 21-22 10-12
JUNE 23-24 10-11
\$199

YOU ARE INVITED TO SOUTH TULSA DANCE CO.

Princess Palace

JUNE 12-16 & JULY 10-14
10:00-NOON

Dance, Sing, Play, Crafts,
Guest Princess Appearance,
Friday Performance

\$149 per session

Now Enrolling for Fall
Classes begin August 18

Facebook: SouthTulsaDanceCo.
Instagram: SouthTulsaDanceCo
TikTok: SouthTulsaDanceCo

Located at 101st and Yale
in Shoppes of Seville

918-369-5299

Keally@SouthTulsaDanceCo.com
SouthTulsaDanceCo.com

South Tulsa Dance Co.

Choreography Camp

Tell Your Story.

July 17: 10-11:30am
July 18: 9-10:30am
July 19: 10-11:30am
July 20: 9-10:30am
July 21: showcase @ 6:30pm

Age 10 and up
\$179

BLUEY'S BIG PLAY

**THE
STAGE
SHOW**

JULY 15-16

TULSA PAC

918.596.7111

CELEBRITYATTRACTIONS.COM

GROUPS OF 10 OR MORE
CALL 918.796.0220

BLUEY TM and BLUEY character logos TM & © Ludo Studio Pty Ltd 2018. Licensed by BBC Studios. BBC logo TM & © BBC 1996.



REGISTER NOW FOR SUMMER LIL' KICKERS

June 5–August 12

SUMMER CAMPS AVAILABLE:

CAMP 2

July 17–21 (5-day)

CAMP 3

August 14–16 (3-day)

½ Day Options:

9am–12pm or 1pm–4pm

Full Day: 9am–4pm



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



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

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

ENROLL NOW!

MillerSwimSchool.com
918-254-1988

JENKS • TULSA • OWASSO • TULSA SOUTH

Miller
swim school

TULSA KIDS
Family
Favorites
2022
WINNER

EXPLORE THE WONDERS OF SCIENCE

**NEW HIGH
FACILITATION
ACTIVITIES FOR
SUMMER!**

**METALS
FABULOUS FABRICATION
ASTRO LAB
& MORE!**

3123 RIVERSIDE DRIVE, TULSA, OK 74105

discoverylab.org/camps 918-295-8144

**CELEBRATE
YOUR
BIRTHDAY
WITH**

AIM HIGH
ACADEMY
FITNESS. FAITH. FUTURE.

Gymnastics & Ninja Parties Available
Schedule our party now!
www.aimhighgym.org
For more information call
918-664-8683

2023 Party Planner



DISCOVERY LAB

3123 S. Riverside Dr., Tulsa

918.295.8144 Ext. 2509

rentals@discoverylab.org

discoverylab.org/birthday-parties

Discover the Best Birthday Party!

Your scientist will discover their birthday in The Lab! Birthday parties take place in one of our private party rooms with a birthday coordinator to assist you. You bring the cake, refreshments and supplies, and we handle the clean-up. During museum hours, party guests can enjoy unlimited playtime in the museum and explore our exciting line-up of exhibits.

Add a sweet treat for your Mastermind! The birthday scientist will assist with an experiment that includes ice cream and super-cold, liquid Nitrogen. A recipe that normally takes an hour is done in just seconds! Small cups of ice cream will be available for every guest to enjoy at the party.

Members receive a 10 percent discount!



MILLER SWIM SCHOOL

TULSA

6415 S. Mingo Rd., Tulsa

JENKS

525 W. 91st St. S., Tulsa

SOUTH TULSA

7820 E. 101st St., Tulsa

918.254.1988

millerswimschool.com

Parties at Miller Swim School are a BLAST! You can party year-round — rain or shine — our indoor heated pool is perfect any time! All parties are two hours and are scheduled at Tulsa, South Tulsa and Jenks locations on Saturday and Sunday afternoons.

The basic party package includes party room and a T-shirt for the birthday child. All your guests will receive a pass to come back to a family swim and, of course, we provide a lifeguard. To view party package options and prices, go to our home page at millerswimschool.com — and choose birthday detail information.

To reserve your party, call Miller Swim School at 918.254.1988 and plan to make a big splash! Gift certificates are also available — what better gift could you give than the skills that could someday save your loved one's life?

**FUN IS
WHAT
WE DO!**



**SKATING
LASER TAG
PLAYZONE
PARTIES
ARCADE**



**(918) 272-7537
WheelsandThrills.com
10637 N Garnett Rd
Owasso, Ok 74055**

TULSA'S PREMIER CUSTOM CAKERY

all things
CAKE



*At All Things Cake we
create cakes that taste
as good as they look.*

*We also offer sugar
art supplies, classes
and parties!*



6808 S. Memorial Drive,
Ste. 230
Tulsa, OK 74133

918.994.4490

AllThingsCakeShop.com

info@AllThings
CakeShop.com

TULSA ZOO

Contact: Wylie Shaw
6421 E. 36th St. North, Tulsa
918.669.6609

wshaw@tulsazoo.org
tulsazoo.org/visit/private-events

From birthday parties, to company celebrations, to weddings, the Tulsa Zoo offers just the right setting for your special event. Zoo staff will cater to your wildest instincts, helping you plan and customize your unique zoo experience. From the total package to our a la carte options, you'll find plenty of ways to party at the zoo.

Find out how you can plan the party of the year at your Tulsa Zoo by visiting tulsazoo.org/visit/private-events/ or by calling 918.669.6609.



WHEELS AND THRILLS

10637 N. Garnett, Owasso
918.272.7537

facebook.com/wheelsandthrills
wheelsandthrills.com

tammy@wheelsandthrills.com

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

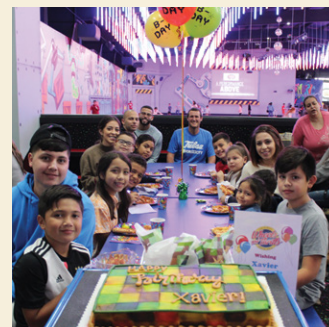
Our party packages include food, drinks and fun all rolled into one! We'll make the birthday honoree feel like this day was created just for them! With many custom birthday packages to choose from, you'll be the hero as we help you host the perfect party for the big day. We have three attractions to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

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

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

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

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



AIM HIGH ACADEMY

Contact: Michelle Holmes
7020 E. 38th St., Tulsa
918.664.8683

michelle@aimhighgym.org
aimhighgym.org

Party with Aim High Academy for your next birthday! Gymnastics and Ninja party options are available. All parties are 1.5 hours long.

Parties include 2 incredible CPR-certified coaches, T-shirt for birthday child, free class passes for guests, as well as plates, cups, napkins and utensils.

To view party options and pricing, go to our home page at aimhighgym.org, and click the Birthday party tab from the menu.



ALL THINGS CAKE

6808 S. Memorial Drive, Ste. 230,
Tulsa
918.994.4490
info@allthingscakeshop.com

allthingscakeshop.com
Tulsa's Premier Custom Cakery
Facebook: @AllThingsCake

At All Things Cake we create cakes that taste as good as they look. We also offer sugar art supplies, classes and parties!

We typically book up 1-2 weeks in advance. A 50% non-refundable deposit will secure your party cake order.

Tues.-Fri.: 10 a.m.-4 p.m.

Sat.: 10 a.m.-2 p.m.

Sun. & Mon.: CLOSED





BOUNCE U

8922 S. Memorial Dr., Tulsa 918.249.0090 bounceu.com/tulsa-ok

We're the hot spot for birthday parties this Summer! Kids can bounce off the walls (literally!) in our larger-than-life inflatables, race down massive slides and put their skills to the test in a friendly competition racing through the obstacle courses.

We provide 100% private party experiences in our epic indoor playspaces and our Party Pros assist with everything from start to finish so you can enjoy the special day with your loved ones.

We get the party started from the moment you walk in our doors and keep it rolling the whole way through. Our team believes the best way to ensure our guests have an unforgettable day is to create moments with them that we'd always remember.

Personalize your party with unique decorations and party options like a bubble flurry-filled bounce stadium, a Cosmic Bounce party with out-of-this-world glow lighting or a Nerf War that adds a totally new way to experience our already amazing bounce houses.

If you aren't planning a party this Summer, your child can still join in the fun by coming to our Summer Camps! Camp is available Monday-Friday from 9 a.m. to 2 p.m. starting May 31 and running through August 11 for children ages 4 and older. We have games and activities that we wait all year to play and do in this more structured environment. Visit us at 8922 S. Memorial Dr., OK 74133 and book your bounce by calling 918.249.0090 or at bounceu.com/tulsa-ok/.



MVP SPORTS AND TRAINING

12808 S. Memorial Dr. #207, Bixby info@mvpssportsbixby.com
918.972.1181 mvpssportsbixby.com/mvpparty

Have your next party at MVP!

For just \$279, your 2-hour party covers 20 kids and includes a party coach and party room, plus organized games and other activities.

When booking your party, choose three options from the following: dodgeball competitions; basketball competitions; kickball; speed and agility obstacle course; ultimate frisbee; nerf war; general gym games; and wiffleball.

Reserve your space today at mvpssportsbixby.com/mvpparty



OILERS ICE CENTER

Contact: Sharon Gieffer
6413 S. Mingo Rd., Tulsa
918.252.0011
sharon.gieffer@oilersicecenter.net
oilersicecenter.net

Celebrate your birthday at the COOLEST place in town! There's no birthday better than one spent at the Oilers Ice Center. We have a variety of packages to choose from to best fit your party needs.

*Mention TulsaKids Magazine and get 10% off your birthday package.



PINSPIRATION

Contact: Michelle Bruns tulsa@pinspiration.com
8931 S. Yale, Suite K, Tulsa pinspiration.com/tulsa
918.764.8157

Looking for your next birthday party idea? Pinspiration is the perfect place to celebrate! Tulsa's newest DIY crafting studio offers several different party packages that are unique and tons of fun! Let your kid's creativity run wild with a SPLATTER PAINT party that includes two crafts, a lovely private room and a dedicated party planner. Check out this party theme and others on our website and call to book your party today. You're sure to have a great time and take home some wonderful handmade art!

BounceU



BOOK TODAY!
bounceu.com/tulsa-ok

(918) 249-0090
8922 S Memorial Dr,
Tulsa, OK 74133

Discover the Difference



**Riding Lessons
Showing
Parties
Hunters
Jumpers
Equitation**

River Run Farm

www.riverrunfarmok.com

9300 S. 51st West Ave.

918-855-5032



RIVER RUN FARM

9300 S. 51st W. Ave.

918.855.5032

barnmanager@riverrunfarmok.com

riverrunfarmok.com

Our Pony Parties delight both kids and parents. We specialize in parties with our miniature horses for young horse lovers, but also offer parties with ponies and horses for older horse enthusiasts.

Our parties are held in the beautiful, wooded setting of a working stable. We hold the party inside our nice, clean barn and provide the pony rides in our indoor riding arena. Parties are fun, entertaining, and include hands-on activities like petting, brushing, and learning fun information about horses. Our parties are much more than games and a pony ride and provide a wonderful experience for horse lovers of all ages.

Party times are limited, so plan ahead to reserve your space for this memorable party.



SOCCERCITY TULSA

5817 S. 118th E. Ave., Tulsa

918.249.0044

alex@soccercitytulsa.com

soccercitytulsa.com

Your child will have a blast bouncing off the walls at our house. Let us do the work while you have the fun. With hundreds of age-appropriate Lil' Kickers games to choose from and our high-energy coaches, you can't go wrong.

Youth, adult, and Lil' Kickers packages available. All party packages include field time, time in our party room and unlimited number of guests. Let your imagination run wild with endless possibilities of what you can do with your individual field time or have a birthday party hosted by a Lil' Kickers coach.

Our Lil' Kickers child development program – ages 18 months to 9 years – camps, parties, and lock-ins are offered year round as well.

Please contact alex@soccercitytulsa.com for party booking and availability.

See: soccercitytulsa.com/parties-events/



**HAVE YOUR
Birthday
AT THE OILERS
ICE CENTER**

**CALL 918-252-0011
FOR MORE DETAILS**

YMCA OF GREATER TULSA

Herman & Kate Kaiser YMCA

5400 S. Olympia Ave., Tulsa

Tandy Family YMCA

5005 S. Darlington Ave.

918.446.1424

info@ymcatulsa.org

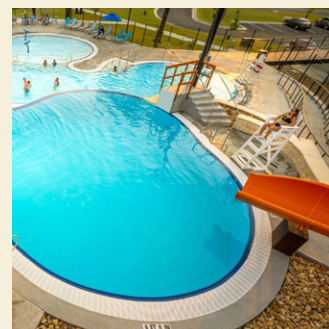
ymcatulsa.org/rentals

Throw the Best Party Ever! We love to see families and friends come together to celebrate.

Looking for a fun location for your next party? Host a party at the Y! From pool parties to the great outdoors or a combination of the two, we've got options for a party just right for you.

The YMCA of Greater Tulsa has fourteen unique locations with a variety of amenities to offer. With four outdoor pools, four indoor pools, basketball courts, sports fields, studios, a banquet hall, a nature center and community rooms, we know we can accommodate your party theme.

Explore your options by going to ymcatulsa.org/rentals or give us a call at 918.446.1424.



MVP SPORTS PARTIES

- ONLY \$279
- 20 Kids
- Party Coach
- 2 hrs Total
- Party Room
- Organized Games
- Dodgeball, Kickball and more
- Speed Obstacle Course
- Outdoor Games
- Nerf Wars



MVP
SPORTS AND TRAINING

MVPSportsBixby.com
12808 S. Memorial Dr. #207
Bixby, OK 74008 | 918-972-1181

PARTIES ARE BETTER
AT THE Y!



BOOK NOW:
ymcatulsa.org/rentals
918.446.1424



Drillers

SUNDAY AFTERNOONS AT ONEOK FIELD
ARE ALL ABOUT THE KIDS!



FREE MEALS, SKILLS CLINICS,
GIVEAWAYS & SO MUCH MORE!



JOIN HORNSBY'S BULLPEN
FOR MORE GREAT DEALS!



JUNE 11 | JUNE 25 | JULY 9

JULY 30 | AUGUST 13

TulsaDrillers.com

| 918.744.5901 | @TULSADRILLERS

Janell Whitby
school of music



Music School Coupon

Expires 6/30/2023

SAVE \$8.00

Summer Two-Week Pre Piano Course
for 2023-2024 preschool or
kindergarten child with parent.

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

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

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

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

Pinspiration
WHERE COMMUNITY MEETS CREATIVITY

Tulsa's newest DIY crafting studio offers several party packages that are unique and tons of fun, such as the splatter party pictured below!



8931 S Yale Ave., Tulsa, OK 74137
918-764-8157 • Pinspiration.com/Tulsa

BUNDY LAW OFFICE

Aaron Bundy

Trial Lawyer



What is "shared parenting"?

Shared parenting generally refers to equal, or substantially equal, time with minor children. Unfortunately, both the written law and professionals in the legal community sometimes use words and phrases with distinct meanings interchangeably. For example, although "custody" is understood to mean decision-making authority, "physical custody" refers to the time a parent has a minor child in his or her care.

Oklahoma law includes a policy for shared parenting. The shared parenting statute, Okla. Stat. tit. 43 § 110.1, uses different phrases to describe shared parenting, including "substantially equal access" and "frequent and continuing contact." Broadly, courts may award shared parenting to both parents in the event of divorce unless the court determines that shared parenting would be detrimental to the child.

The statute also blurs the line between custody, or decision-making authority, and parenting time. It provides that a factor for a court to consider when deciding if shared parenting is appropriate is the ability of the parents to cooperate on issues related to their minor children. That is also a factor for determining whether parents should share joint legal custody or if one parent should have sole custody, neither of which is the same thing as parenting time.

2509 E. 21st Street,
Tulsa, OK 74114

918.208.0129

BundyLawOffice.com



BUNDY LAW OFFICE

HTR PEDIATRIC THERAPY

Kelli Anderson

HTR Pediatric Therapy



My child walks on their tip toes. Is this normal?

Some toe walking is normal as children learn to walk. New walkers will often go up on their toes for a few steps. After they have been walking for about 6 months, you should see them go up on their toes less and less. If they consistently walk on their toes after walking for 6 months or more, consider talking to your child's physician about physical therapy.

Heel-toe gait pattern, the typical walking pattern, should develop around age 3. Your child's heel should strike the ground first, followed by their toes. If you feel that your child's gait pattern looks different around the age of 3, consider talking to your child's physician about a referral for physical therapy.

Consistent toe walking can lead to muscle tightening and shortening, which can make it difficult to stop toe walking later in life. If children consistently walk on their toes, they are likely attempting to learn their gross motor skills (jumping, running, hopping on one foot, etc.) with that same pattern. Doing so uses poor body alignment and biomechanics and can cause them to use more muscular energy than necessary, which can make them unsuccessful at these skills.

6846 S Canton Ave Suite 120,
Tulsa, OK 74136

918.806.0106

HTRPediatrics.com



HTR PEDIATRIC THERAPY

RIDDLE LAW, PLLC.

Trevor Riddle



What is the difference between a will and a trust?

A will is a legal document that states your wishes regarding the passing of your assets and the care of your minor children after your death. A trust, on the other hand, is a legal arrangement through which a trustee holds assets for beneficiaries, often used to avoid probate, maintain privacy, and manage assets for those who may not be ready or able to do so themselves. As a parent, you might need both a will and a trust. A will ensures that you can appoint a guardian for your children if they're still minors when you pass away. A trust, especially a revocable living trust, can provide financial stability for your children, allowing assets to be used for their benefit, often without the delays and public nature of probate.

110 S. Hartford Ave., Suite 2548
Tulsa, OK 74120

918.779.1446

trevor.riddle@riddle.law



MILLER SWIM SCHOOL

Sarah Clavin



What do I need to know about swimming supervision?

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

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

918.254.1988

MillerSwimSchool.com



DENTAL DEPOT

Dr. Seun Olaniran

General Dentist



Why do you need orthodontics?

Patients normally require orthodontics for one of three reasons: appearance, functionality and oral hygiene.

As children enter middle and high school, they naturally start to become more concerned about their appearance. After all, your teeth and smile are often the first things people notice when they meet you, so it's important that we allow kids to develop the confidence necessary to navigate their adolescent years.

Many patients need orthodontics for functional reasons. If a patient is not able to properly chew, eating can become difficult or even painful, which can result in negative effects on their overall health and wellbeing.

There are also patients who require orthodontics to improve oral health. Receiving orthodontics as an adolescent can greatly improve your oral health, as it decreases your chances for tooth decay and even gum disease. Straighter teeth are easier to clean and easier to maintain.

Six Convenient Tulsa Metro
Locations
DentalDepot.net



**WANT TO SEE
YOUR MESSAGE HERE?**

Contact us at 918.582.8504

DISNEY'S *THE LION KING* JUNE 1-17!

Details p. **52**

PHOTO BY DEEN VAN MEER



JUNE 2023

SCAN THE QR CODE
to find more events at
[tulsakids.com/calendar!](https://tulsakids.com/calendar)



BEAT THE HEAT WEEKLY

Details p. **55**

PHOTO COURTESY GATHERING PLACE



STORY TIME AT TULSA ZOO WEEKLY

Details p. **53**

Visit Tulsa Zoo's red kangaroos in
their new and improved exhibit!

PHOTO COURTESY TULSA ZOO



BROUGHT TO YOU BY



TULSAZOO



Celebrate world cultures through hands-on activities every Friday at Gathering Place's Global Gatherings.

PHOTO COURTESY GATHERING PLACE.

June 1 Thursday

DISNEY'S THE LION KING

Recommended ages 6+,
1 and 7:30 p.m., Tulsa PAC,
110 E. 2nd St.,
celebrityattractions.com

The Lion King makes its triumphant return to Tulsa, June 1-17!

KINDNESS FAIR: OUTDOOR SUMMER READING PROGRAM KICKOFF F

All ages, 3-5 p.m., Nathan
Hale Library, 6038 E. 23rd St.,
tulsalibrary.org

Let's get together now for field day fun with relay races, games, raffles and more.

June 2 Friday

ART BABIES

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

Join Philbrook educators for creative sessions that spark

wonder and promote bonding between babies and their grownups. Space is limited; purchase tickets in advance. Repeats June 3.

GLOBAL GATHERINGS F W

All ages, 10 a.m.-12 p.m.,
Gathering Place, 2650 S. John
Williams Way, gatheringplace.org

Learn about different cultures through hands-on activities, art, storytelling, dance, music and more. Each week features a different region and culture.

T.E.G. INTERNATIONAL JAZZ FEST F

All ages, 6-10 p.m., Guthrie
Green, 111 E. Reconciliation Way,
guthriegreen.com

Taylor Entertainment Group (T.E.G.) is bringing Jazz Fest to Tulsa as part of International Jazz Day! Come enjoy top-tier jazz performances.

June 3 Saturday

TULSA FARMERS' MARKET F W

All ages, Kendall Whittier
Square, 1 S. Lewis Ave.,
tulsafarmersmarket.org

Shop for local produce, meat, dairy and other goods.

TINY TOTS W

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

Skate, play, ride and jump — with your favorite characters! On June 3, the theme is Mickey Mouse Clubhouse. Don't forget your socks!

KENDALL WHITTIER AMPS ON ADMIRAL F

All ages, 4-9 p.m., Admiral
Blvd. between Gillette and Lewis,
visitkendallwhittier.com

This free, outdoor community concert will feature some of Tulsa's favorite local musicians, food trucks and a free Kids Zone.

FULL STRAWBERRY MOON WALK

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

Hike beneath the beautiful full

moon. Registration required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register.

June 4 Sunday

SENSORY SKATE SUNDAY

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

On the first Sunday of the month, Wheels and Thrills will suspend their arcade and laser tag. There will be no flashing lights or loud music.

June 5 Monday

TOUCH-A-TRUCK F

For toddlers to elementary
schoolers, 10 a.m.-12 p.m.,
Brookside Library, 1207 E. 45th
Pl., tulsalibrary.org

Explore interesting community vehicles, including trucks, vans, buses, fire trucks and ambulances.

MONDAY MORNING PROGRAMMING W

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

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

JUNGLE BOOK AUDITIONS **F**

All ages, 6:30 p.m., Spotlight Theater, 1381 Riverside Dr., tulsaspotlighttheater.com

Audition for Spotlight Children's Theatre's upcoming production of the *Jungle Book*! Repeats June 8.

June 6 Tuesday

BUILD A READER STORYTIME: FAMILY/STORYTIME AT THE PARK **F**

10:30-11 a.m., Charles Page Triangle Park, 4 E. Broadway St., Sand Springs, tulsalibrary.org

After attending Storytime at the Park, come to the library to cool off and check out books!

TEEN MAKER DAY: MAKE WITH PRIDE! **F**

For 6th-12th graders, 1-5 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Kick off your Pride Month celebrations with a teen-friendly tutorial on the basics of some of our coolest equipment in the Maker Space! Registration recommended.

PRESENTING "TOY BOX" FROM STONE LION PUPPETS **F**

All ages, 7-8 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Stuffed bears, dancing rabbits, jack-in-the boxes, sock monkeys, space aliens and more! This lively puppet show includes audience participation and just plain fun!

June 7 Wednesday

LITTLE GARDEN EXPLORERS **W**

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

Spark wonder at this easygoing play invitation designed for children under 5.

STORY TIME AT TULSA ZOO **W**

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

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

CREATIVE WRITING WORKSHOP WITH MYLES BULLEN **F**

Ages 14-18, 1-2 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Myles Bullen will work with participants to help them find their voices and express themselves creatively with words.

June 8 Thursday

STORYTIME IN THE PARK: BUBBLE STAGE SHOW WITH DUSTIN REUDELHUBER **F**

All ages, 10-11 a.m., QuikTrip Plaza, 41st and Riverside, tulsalibrary.org

Join Tulsa City-County Library's Reading Roadshow or Bookmobile for stories and songs in the park. Bring a blanket or a lawn chair. Afterward, cool off in the splash pad.

BUILD A READER STORYTIME: SENSORY/STAY AND PLAY **F W**

Ages 3-7, 10:30-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Join TCCL for a quiet and gentle sensory friendly storytime. This program is intended for children with sensory integration challenges and their caregivers.

TULSA ZOO AT THE LIBRARY **F**

For preschoolers and elementary schoolers, Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Join a Tulsa Zoo educator, find out about some of the cool animals at the zoo and meet a zoo ambassador animal.

June 9 Friday

AMERICAN INDIAN DANCES WITH MIKE PAHSETOPAH **F**

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

Join Mike Pahsetopah for a performance of spectacular American Indian dances.

MAKE AND TAKE: NATIVE PATCHWORK **F**

All ages, 1-3 p.m., Suburban Acres Library, 4606 N. Garrison Ave., tulsalibrary.org

Learn the basics for Native American patchwork. Sewing machines

are provided or you may bring your own. Space limited. Pre-registration required.

June 10 Saturday

24TH ANNUAL HISTORIC OKLAHOMA ALL-BLACK TOWN BUS TOUR

All ages, 7 a.m.-5:30 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Visit the historic areas of Rentiesville and the Honey Springs Museum and Battlefield Site as well as the D.C. Minner Down Home Blues Club. Purchase tickets for \$45 each in advance and in person at Rudisill Regional Library via cash or check only; credit and debit cards will not be accepted.



Take Me Out to the Ballgame!

TULSA DRILLERS' HOME GAME SCHEDULE

Head to ONEOK Field (201 N. Elgin Ave.) for a night of baseball! Kids 14 and under are invited to join Hornsby's Bullpen to receive free tickets to Sunday day games and other perks. Learn more and get tickets at tulsadrillers.com.

6/6, 7:05 p.m. vs. Arkansas	6/20, 7:05 p.m. vs. NW Arkansas
6/7, 12:05 p.m. vs. Arkansas	6/21, 7:05 p.m. vs. NW Arkansas
6/8, 7:05 p.m. vs. Arkansas	6/22, 7:05 p.m. vs. NW Arkansas
6/9, 7:05 p.m. vs. Arkansas*	6/23, 7:05 p.m. vs. NW Arkansas*
6/10, 7:04 p.m. vs. Arkansas	6/24, 7:05 p.m. vs. NW Arkansas*
6/11, 1:05 p.m. vs. Arkansas**	6/25, 1:05 p.m. vs. NW Arkansas**

*Fireworks **Kids Eat Free

ROSE DISTRICT FARMERS MARKET **F** **W**

All ages, 8 a.m.-12 p.m.,
Broken Arrow Rose District,
brokenarrowok.gov

Shop at the Rose District Farmers Market while enjoying kid-friendly entertainment.

FAMILY MEDITATION AT THE MUSEUM

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

Explore different types of meditation in this family-friendly class led by At Ease Meditation. Reserve tickets online.

SAFE KIDS TULSA CAR SEAT CHECK **F**

10 a.m.-12 p.m.,
Bixby Fire Department Station 2,
8300 E. 121st St. S., Bixby,
safekidstulsa.com

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

June 11 Sunday**SENSORY-FRIENDLY FAMILY TIME**

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

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

DISNEY'S THE LION KING WITH TULSA ZOO

6:30 p.m., Tulsa PAC,
110 E. 2nd St., tulsazoo.org/
zoo-events/lionking

Experience *The Lion King* with Tulsa Zoo! Choose from two unique packages, both of which include a special children's gift, photo opportunity with Zoo animal mascots and more.

June 12 Monday**LET'S PLAY PICKLEBALL!** **F**

For elementary schoolers and up,
10-11 a.m., Page Park, 101
W. 11th St., Sand Springs,
tulsalibrary.org

Learn the basics of the fastest growing sport in America, then cool off with an ice pop at the library.

KIDS YOGA **F**

Ages 7-11, 11:45 a.m.-12:15 p.m.,
Bixby Library, 20 E. Breckenridge
Ave., tulsalibrary.org

Join a certified instructor from The Yoga Room for this fun, relaxing class. Registration required.

June 13 Tuesday**BUILD A READER STORYTIME: BILINGUAL** **F** **W**

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

Enjoy stories, songs and activities in English and Spanish.

TUESDAY STORYTIME

10:30 a.m., Enchanted
Children's Bookstore, 1023
W. Main St., Collinsville,
enchantedchildrensbookstore.
godaddysites.com

Listen to a different, engaging story each week at Enchanted Children's Bookstore!

STORYTELLING WITH WILL HILL: OMULGET! **F**

All ages, 2-3 p.m., Owasso
Library, 103 W. Broadway St.,
Owasso, tulsalibrary.org

Will Hill will share Native stories of how animals work together.

June 14 Wednesday**BOOKS AND BAKING: THIRD-FIFTH GRADE KIDS BOOK CLUB** **F**

For 3rd-5th graders,
3:15-4:30 p.m., Pratt Library,
3219 S. 113th W. Ave.,
Sand Springs, tulsalibrary.org

Participants will read a portion of *Mindy Kim and the Lunar New Year Parade* by Lyla Lee together, then make a snack while discussing the book.

SUMMER JAMS: A MUSICAL AFTERNOON **F**

Ages 0-8, 3:30-4:30 p.m.,
Herman and Kate Kaiser
Library, 5202 S. Hudson Ave.,
tulsalibrary.org

Play alongside songs with provided instruments like tambourines, bells, maracas and more.

June 15 Thursday**SAFE KIDS TULSA CAR SEAT CHECK** **F**

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

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

COMMUNITY FOOD AND RESOURCE FESTIVAL **F**

All ages, 11:30 a.m.-1:30 p.m.,
TCC Northeast Campus,
3727 E. Apache St.,
foodonthemoveok.com

Get fresh, pay-as-you-can produce and resources from local community organizations in a fun, festival-like atmosphere.

June 16 Friday**FOWLER AUTOMOTIVE PRESENTS: THE SANDLOT**

All ages, 6-10:45 p.m., Philbrook
Museum, 2727 S. Rockford Rd.,
philbrook.org

Bring your friends, family and gloves to play catch before the film; meet friends from the Tulsa Sandlot Society and more. The film begins at 9 p.m.



Rock out with **Hot Toast Music Co.** in the **Philbrook** gardens on June 17.

PHOTO COURTESY PHILBROOK MUSEUM



Stone Lion Puppets brings an imaginative performance to Hardesty Library June 6.

PHOTO COURTESY TULSA CITY-COUNTY LIBRARY

June 17 Saturday

DELICIOUS DESSERTS WITH EVANLY BAKES F

For 6th-12th graders, 12-2 p.m., Pratt Library, 3219 S. 113th W. Ave., Sand Springs, tulsalibrary.org

Learn baking and decorate desserts with Evan Morgan-Newpher from the 2022 season of Food Network's Great Chocolate Show-down and owner of Evanly Bakes in Tulsa. Registration required.

OPEN SWIM W

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

Sharpen your swim skills and have fun in the pool with friends and family!

SINGALONG SATURDAY

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

Head to the Philbrook gardens for a fun concert with Hot Toast Music Co. to get you movin' and groovin' as a family.

June 18 Sunday

SUNDAY CONCERT SERIES F W

All ages, 2-5 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Relax on the green to an afternoon of music featuring favorite local and regional musicians.

June 19 Monday

FITNESS ON THE GREEN: MONDAY ZUMBA WITH TESS F W

All ages, 5:30-6:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Join every Monday for a fun, high energy workout that mixes cardio, and Latin and international music,

taught by a licensed professional from the YMCA.

SKILLS AND DRILLS: BIKING F W

All ages, 6-8 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Meet at the sports courts, where Bike Club will teach biking basics to riders of all ages. On June 19 and June 26, BMX athletes Jake Bohrer and Dravin Groove will teach BMX tricks.

June 20 Tuesday

BEAT THE HEAT F W

All ages, 9-11 a.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Cool off, splash around and learn through free, hands-on activities related directly to the water features at Gathering Place. Beat the Heat will pop up in a different Gathering Place location each week.

S.T.E.M. NIGHT

All ages, 6-8 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

Learn about the importance of environmental conservation while making a S.T.E.M. project to take home. There will be two sessions, at 6 and 7 p.m.

June 21 Wednesday

STORY TIME AT TULSA ZOO W

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

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

June 22 Thursday

SUMMER MOVIE AT CIRCLE CINEMA F

All ages, 1-3 p.m., Circle Cinema, 10 S. Lewis Ave., tulsalibrary.org

Enjoy a family-friendly movie and a treat at Circle Cinema. Seating is limited. Call 918-549-7584 for movie titles. Repeats June 29.

FLOWER POWER AND BUTTERFLIES! F

All ages, 2-3 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Learn about planting a pollinator friendly garden. Decorate your own clay pot and plant some flowers.

June 23 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAY W

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

Spark your curiosity at an easy-going Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature exploration designed just for kids and their grownups!

COX MOVIE NIGHT: PEOPLE'S CHOICE! F

All ages, 5:30-9 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Watch a family-friendly movie on the QuikTrip Great Lawn and participate in pre-show activities.

June 24 Saturday

TASTE OF SUMMER

All ages, 9 a.m.-3 p.m., Central Park, 1500 S. Main St., Broken Arrow, tasteofsummerba.com

Enjoy all-you-can-eat ice cream and novelties, plus other family friendly activities.

WALKING TOUR AT TULSA ZOO W

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

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

SCREEN PRINT SATURDAY F

For 6th-12th graders, 2-4 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn the basics of creating unique, artistic prints using the library's screen printing equipment. Registration required.



Local favorite Zodiac brings dance rock to **Summer's Fifth Night** on June 15.

PHOTO COURTESY UTICA SQUARE

June 25 Sunday

FITNESS ON THE GREEN: SUNDAY ZUMBA WITH ARIANE F W

All ages, 10:30-11:30 a.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

With low- and high-intensity dance moves, rhythms from all over the world and panoramic views of downtown, you'll see why Zumba fitness classes are called exercise in disguise.

June 26 Monday

BAKING BEADS WITH SARAH BOWEN F

Ages 5+, 1-3 p.m., Suburban Acres Library, 2606 N. Garrison Ave., tulsalibrary.org

Create your own collection of beads and turn them into a necklace, bracelet or key chain!

OPEN MIC NIGHT: FAMILY EDITION F

All ages, 6:30-7:30 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Try your hand at spoken word with either an original poem, written work or a childhood favorite.

June 27 Tuesday

ARIA YOGA AT RIVER PARKS F W

All ages, 6-6:45 p.m., 17th and Riverside Dr., facebook.com/tulsaopera

Enjoy inspiring opera music paired with guided yoga meditations led by yoga practitioner Sue Webb.

STARLIGHT BAND SUMMER CONCERTS F W

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

Starlight Band and Starlight Jazz Orchestra present free, family-friendly concerts every Tuesday in June, plus July 11 and 18. Each week has a different theme.

June 28 Wednesday

DISNEY KARAOKE F

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

Teens are invited to belt out their favorite Disney songs!

TEEN CONNECTION F

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

This is a social group for middle and high school students with high-functioning autism. For more information, call 918.582.8272 or Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org.

June 29 Thursday

STORYTIME IN THE GARDENS W

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

Drop in for imaginative stories geared towards kids 10 and under.

BOTTLE CAP CREATIONS WITH SARAH BOWEN F

Ages 13-17, 2-3 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Join polymer clay artist Sarah from Tiny Things by Bowen to make your own miniature creations inside of bottle caps! Class size limited.

SUMMER'S FIFTH NIGHT F W

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

Enjoy a free, family-friendly outdoor concert at Utica Square! On June 29, Mary Cogan will perform country rock selections.

June 30 Friday

MOVIE NIGHT F

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

Enjoy movie-themed crafts, snacks and socializing before watching Sullivan's Travels. The movie starts at 7 p.m.

FC TULSA HOME GAME

All ages, 8 p.m., ONEOK Field, 201 N. Elgin Ave., fctulsa.com

Cheer for FC Tulsa as they play Detroit City FC!

FAMILY-FRIENDLY FESTIVALS



Monroe and Tyler Moore play a round of mini golf at the AAA Route 66 Road Fest.

RED EARTH FESTIVAL

June 1-3

National Cowboy & Western Heritage Museum,
1700 NE 63rd St., Oklahoma City

This three-day event features showcases the work of 1,000+ Native American artists and dancers. Don't miss the Youth Art Booth, dance performances and more.

redearth.org

BARTLESVILLE SUNFEST

June 2-4

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

Sunfest is an annual arts and crafts festival that brings the best mix of music, art, food, and activities available in Green Country.

bartlesvillesunfest.org

DEADCENTER FILM FESTIVAL

June 8-11

Oklahoma City

deadCenter is Oklahoma's largest film festival, drawing in unique, ground-breaking films from around the world and showcasing the best from the state.

deadcenterfilm.org

OKM MUSIC FESTIVAL

June 8-12

Bartlesville

This 5-day festival showcases musicians from a variety of genres. Special events for kids include the Choctaw Native American Experience, Mary Poppins Tea, Boogie Bingo, storytimes and more.

okmmusic.org

SAINT FRANCIS TULSA TOUGH

June 9-11

Blue Dome District (Friday), Tulsa Arts District
(Saturday), Riverside Dr. (Sunday)

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

tulsatough.com

TULSA JUNETEENTH FESTIVAL

June 15-17

Historic Greenwood District

Tulsa Juneteenth Festival celebrates the end of slavery in the U.S. through a weekend of music and other entertainment.

tulsajuneteenth.org

MUSCOGEE NATION FESTIVAL

June 22-25

Claude Cox Omniplex,
555 Tank Farm Rd., Okmulgee

The Muscogee Nation Festival is a weekend of family fun! Activities include a 5K Walk/Run, an All-Indian Rodeo, parade, traditional games and much more.

creekfestival.com

BIXBY GREEN CORN FESTIVAL

June 22-24

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

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

bixbyoptimist.com

AAA ROUTE 66 ROAD FEST

June 23-25

Expo Square, 4145 E. 21st St.

Celebrate all things Route 66, with interactive history displays, a look at new transportation technologies, classic cars, a Pinewood Derby and more.

route66roadfest.com

TULSA PRIDE CELEBRATION

June 23-25

Downtown Tulsa

Tulsa Pride is the longest running Gay, Lesbian, Bisexual, and Transgender Pride festival in Oklahoma. The annual Rainbow Run is June 23. The Pride Parade and Festival will be held June 24. And family-oriented Pride in the Park is June 25.

okeq.org/tulsa-pride

KIDSFEST

June 24-25

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

This traditional event features arts and crafts, games, live music, inflatables and so much more! Kidsfest is covered under the price of regular admission. Train rides and craft and food vendors are an additional cost.

woolaroc.org

OKLAHOMA CITY'S POP CULTURE CON

June 24-25

Remington Park, 1 Remington Place,
Oklahoma City

This is a classic pop culture convention featuring celebrities, vendors, cosplay, wrestling, movie screenings, panels and more.

okcpop.com



WE'RE A SOCIAL SPECIES



Look no further

We know the perfect place for
your next family summer outing.

PURCHASE TODAY | [TULSAZOO.ORG/TICKETS](https://tulsa zoo.org/tickets)