



# tulsa kids

FOR ACTIVE PARENTS BUILDING COMMUNITIES

*Flowers, Trees, Grass and Bees*

## NATURE AS TEACHER

TAKE OUR  
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CAMP QUIZ!

PREVENTING CHILD  
ABUSE: WHAT  
PARENTS CAN DO

THE OPP: AFTER-SCHOOL  
ACTIVITIES SUPPORT  
STUDENT SUCCESS

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Health Zone Spring

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To view our full schedule of open house events, visit [saintfrancis.com/healthzone](http://saintfrancis.com/healthzone) or call 918-494-1671.



**HealthZone**  
*at Saint Francis*

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*Johnny Morris*  
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**SCAN TO  
LEARN MORE!**



# Spring is Here – PLANT A GARDEN!

**M**y backyard is never going to be on the Tulsa Garden Tour, but I do like to plant things and watch them grow (or die, depending...). I have purple irises that I got from my kids' elementary school garden. I have peonies, edelweiss, hostas and other plants from friends and neighbors. I have orange lilies that I dug up from my mom's backyard – and I've given away some of those bulbs to others. A couple of my favorite plants must have been hitchhikers from a plant nursery. I never bought them, but they come back in their pots every year. Gardening teaches us that it's OK to experiment. Gardening teaches us to share what works and what doesn't work. Gardening teaches us to be patient, nurturing and accepting. You never know if those seeds are actually going to come up, no matter how religiously you follow the rules of soil, sun and water.

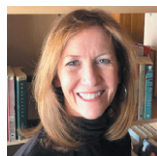
Kids can learn those lessons from gardening too. I never did any formal gardening with my kids, but they were always around when I was planting. They enjoyed seeing the flowers or the vegetables grow. What kid doesn't love digging? They loved picking strawberries at my parents' house. My dad always had a garden, so it was natural for me to plant things. Learn more about what kids can learn from gardening as well as how to start your own garden this spring in our feature by Natalie Mikles.

I always think of gardening as a hopeful activity. In putting that seed in the soil, you're trusting

in the future. It's easy to see gardening as a metaphor for raising children. We nurture them as best we can and have faith that what we've planted will bear fruit, while being prepared for surprises along the way. One of the things we do to protect our children in order to help them grow is to have difficult conversations. Michele Chiappetta's article about talking to children about sexual abuse is one of those difficult – and ongoing – conversations. She spoke with professionals at the Child Advocacy Network (CAN) to find out how parents can talk to their children, but also what the community can do to prevent child abuse. CAN gives families hope for healing. April is National Child Abuse Prevention month. Read Michele's article to learn what all of us can do to prevent child abuse.

And this is our second month of our Summer Camps & Activities Guide. You'll find a fun quiz that might help you decide what kind of activity your kid would like. Then you can look through our guide to find a match.

Enjoy the spring weather and dig up some dirt with your kids!



**Betty Casey**

ASSOCIATE PUBLISHER  
AND EDITOR-IN-CHIEF

## tulsakids

**Volume XXXVII | Number 4**

©TK Publishing, Inc. 2023.

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TulsaKids is published monthly

TK Publishing, Inc.

1622 S. Denver Ave., Tulsa, OK 74119

Phone: 918-582-8504

Fax: 918-583-1366

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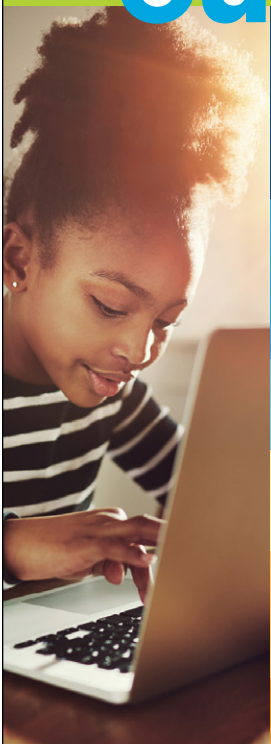
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A TRIVIA AND SILENT AUCTION IN SUPPORT OF  
EXPANDED LEARNING IN TULSA

**APRIL 25, 2024**  
McNellie's Pub Downtown



  
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# CALLING ALL SUPERHEROES

## MAY 4, 2024

**11 A.M. - 3 P.M. | Bixby Washington Irving Park**

**FOOD TRUCKS | INFLATABLES | ENTERTAINMENT**


May the FORCE be with your child as they climb, crawl, and jump their way through a half-mile (for 5 and under) or one-mile obstacle course at the 11th annual Superhero Challenge benefitting the **Child Advocacy Network**.

**2 COURSES FOR ALL AGES**

**MULTIPLE OBSTACLES**

**TONS OF FUN**

**REGISTER BY APRIL 29 AT**  
[CANSuperheroChallenge.org](http://CANSuperheroChallenge.org)



The High Synagogue in Krakow.

## 2024 INTERFAITH HOLOCAUST COMMEMORATION: "Standing at the Threshold: Shaping the Future for Holocaust Education"

Almost three-quarters of a century have passed since the liberation of Auschwitz and the end of the war against the Jews ... and yet we are once again standing at the threshold. Some 245,000 Holocaust survivors are still alive, but many of them were very young children during the Second World War. The few who can speak with the force of first-hand perception will soon be gone.

The Tulsa Council for Holocaust Education invites the public to the 26th Annual Yom HaShoah: An Interfaith Holocaust Commemoration on Thursday, May 9 at 7 p.m. at Congregation B'nai Emonah, 1719 S. Owasso Ave. This year's theme is "Standing at the Threshold: Shaping the Future of Holocaust Education." Featured speaker Danny M. Cohen, Ph.D., a learning scientist, education designer and fiction writer, will address the topic "Talking with Ghosts: The Possible Futures of Holocaust Memory." The commemoration is free and recommended for ages 12 and older. Registration is required.

A distinguished professor of instruction at Northwestern University in the School of Education and Social Policy and The Crown Family Center for Jewish and Israel Studies, Cohen specializes in Holocaust memory and the design of human rights education. He is the founder of Unsilence and the author of academic articles and works of fiction, including the historical novel *Train*, which was selected as the inaugural text of the national Teacher Fellows Program of the United States Holocaust Memorial Museum. Cohen is co-chair of the Illinois Holocaust and Genocide Commission and was a faculty fellow of the Auschwitz Jewish Center and a member of the editorial advisory board

for the academic journal *The Holocaust in History and Memory*. A London native, Cohen also is a singer-songwriter and a member of the folk-rock band *They Won't Win*.

Following the commemoration, Cohen will sign copies of his book *Train*, which will be available for purchase at the event.

The commemoration also will include a string quartet, featuring violinist Maureen O'Boyle, of a musical meditation, "The Holocaust Suite," composed by former Tulsan Rick McKee. Now a renowned composer, arranger, songwriter, producer, orchestrator, music director and vocal artist, McKee composed "The Holocaust Suite" 20 years ago while a senior at Jenks High School as his contribution to the 2004 Yom HaShoah Commemoration.

In addition, the commemoration will feature an exhibit of entries from the 2024 Yom HaShoah Art Contest created by Oklahoma students of the Holocaust and a candle lighting ceremony featuring the children, grandchildren and great-grandchildren of Holocaust survivors to symbolize the passing of the torch to the next generation. Also, the Tulsa City-County Library will have Holocaust books and media available for checkout.

The Holocaust Commemoration is presented by the Tulsa Council for Holocaust Education of the Jewish Federation of Tulsa in partnership with the Tulsa City-County Library, The Sherwin Miller Museum of Jewish Art, Congregation B'nai Emonah and Temple Israel.

Visit [jewishtulsa.org/yomhashoah2024](https://jewishtulsa.org/yomhashoah2024) to register for the commemoration or for more details.



2023 T-Shirt Design by  
9th grader Diya Patel from  
Edison High School!

## LEMON-AID CALL FOR STUDENT ART

The Lemon-Aid Project is inviting Tulsa-area students to create a design for the LA2024 volunteer T-shirt. This year's theme is "Life. Love. Lemon-Aid." Lemon-Aid takes place over Labor Day weekend. The deadline to enter is Friday, April 26, 2024. For information, go to [thelemonaidproject.org](https://thelemonaidproject.org).

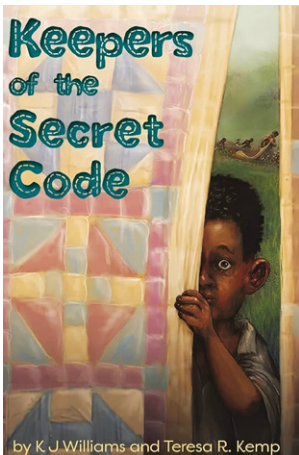






## GUTHRIE GREEN EARTH DAY EVENT APRIL 20

Take the family to Guthrie Green on Saturday, April 20, 2024, for an afternoon of free music, environmental speakers, community and craft booths, circus fun, live performances, samples of Native American cuisine and lots of family activities. The free event is from 3 to 8:30 p.m. For a complete schedule, go to [okrootsmusic.org](https://okrootsmusic.org).



## MIDDLE YEARS BOOK HIGHLIGHTS UNUSUAL HISTORY

Teresa R. Kemp and KJ Williams are the co-authors of a newly released middle-grade novel, *Keepers of the Code*. The historical novel is based on Kemp's family history of her enslaved ancestors who helped others escape on the Underground Railroad by using textile language depicted in quilt designs based on Igbo West African tribal symbols. The protagonists in the novel are an enslaved boy and the master's daughter who become friends who are cruelly separated but remain friends through life. Available on Amazon.



## CAN SUPERHERO CHALLENGE INVITES YOU TO SUPERHERO FUN

Take the kids to the Child Advocacy Network's (CAN) Superhero Challenge set for Sat., May 4, 2024, at Bixby Washington Irving Park, just south of 134th & Memorial Dr. This is a new date and location for the annual event that benefits CAN's mission to provide collaborative intervention services to child abuse victims. The Superhero Challenge has two obstacle courses to give superheroes of all ages a chance to crawl, jump, swing and scramble their way to the finish line. There will also be food trucks, inflatables, music and entertainment, post-race snacks and kids' activities. Online registration closes at midnight on April 29, and includes a finisher gift, T-shirt and admission to Superhero Village. Onsite registration is available. For complete information and to register, go to [cansuperherochallenge.org](https://cansuperherochallenge.org).



### ADVERTISER IN THE NEWS

## NEW PRIMROSE SCHOOL IN MIDTOWN OPEN & ENROLLING

Where: 2835 E. Skelly Drive

Contact: 918.900.9660

When Oklahoma native Kelli Miller was looking for quality child care for her own child, she and her husband visited a Primrose school in Franklin, Tennessee, where they were living. "We knew we found what we had been looking for," she says. "We were impressed by the thoughtful curriculum and impressive character-building focus of the Balanced Learning approach."

Because of Kelli's strong belief in quality child care, she and her family returned to Oklahoma in 2017 to open Primrose School of South Tulsa. Their youngest child attended the school from infancy through pre-K and is "now flourishing in elementary school, both academically and socially."

Kelli's dream of owning a business that provides parents with safe, high quality early learning opportunities is now expanding to a second Primrose school location in midtown Tulsa. The new location is open and currently enrolling children, infants through pre-K. "We're committed to continuing to build a brighter future for all children, starting with the ones in Tulsa," she says. To learn more, visit [primroseschools.com](https://primroseschools.com).

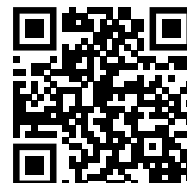
# WHAT'S GOING ONLINE?



RENATA ANGERAMI/GETTY

## CONTESTS & GIVEAWAYS

Get links to the  
following at  
[tulsakids.com/contests](https://tulsakids.com/contests).



### AMAZING DADS CONTEST

Nominate a dad who inspires you, and he may be featured on our June cover! The contest will be open April 1–15.

### TASTY TIPS: SHOPPING AT THE FARMERS MARKET

We asked our Facebook followers (@tulsakidsmagazine) which farmers markets they typically go to, and what they like to buy! Check out our list of local farmers markets at [tulsakids.com/farmers-markets-in-tulsa](https://tulsakids.com/farmers-markets-in-tulsa)

"We live in Bartlesville, so obviously we hit the **Bartlesville Farmers Market**. Our favorites are Ragtag Resilience, Rocky Top Meats, 2 Grannies' Goodies...It's growing so much, and I love loading the kids up in the wagon and strolling past all the tables and letting the offerings tell ME what we need."

MANDI R.

"We only get to hit the **Broken Arrow** market a few times a summer, but we love to get produce, honey and wine! I especially love to get freshly picked tomatoes later in the summer. I also usually try to stop at pop-up road sellers to get fresh peaches during season. We also like to U-pick at Joe's Farm for yummy strawberries. Try a popsicle while there. They are delicious!"

AARON C.

"**Bartlesville Farmers Market!** Herrick's Smoke House products are my favorite! Especially the cheeses!"

MACI M.

"We love going to the **[Glenpool] Farmers Market!** It will be in its second year and had a ton of vendors with anything and everything you could want from a farmers market! Another great perk is it is located at Black Gold Park! You can make it a family morning with farmers market shopping and park play with the kids!"

MICHELLE P.

We love going to the **Tulsa Farmers Market**. We usually buy herbs, goat cheese, hand soaps and occasionally some meat! Broken Arrow has a nice market as well with a large assortment of vendors and a splash pad which is great to cool off during the summer."

SHALENE B.

"**Owasso Farmer and Artisan Market**. And I love it when they have the young entrepreneurs there set up, whether it's baked goods or crafts, it's always fun to support them in their new businesses."

BOBBY W.



COMING SOON: FAMILY  
FAVORITES VOTING

We've tallied up the nominations, so get ready to vote for your **Family Favorites May 1–15!** The runoff ballot includes the top five nominees in each category. Plus, if you complete 75% of the ballot, you'll be automatically entered to win a **Family 4-Pack to Silver Dollar City!**

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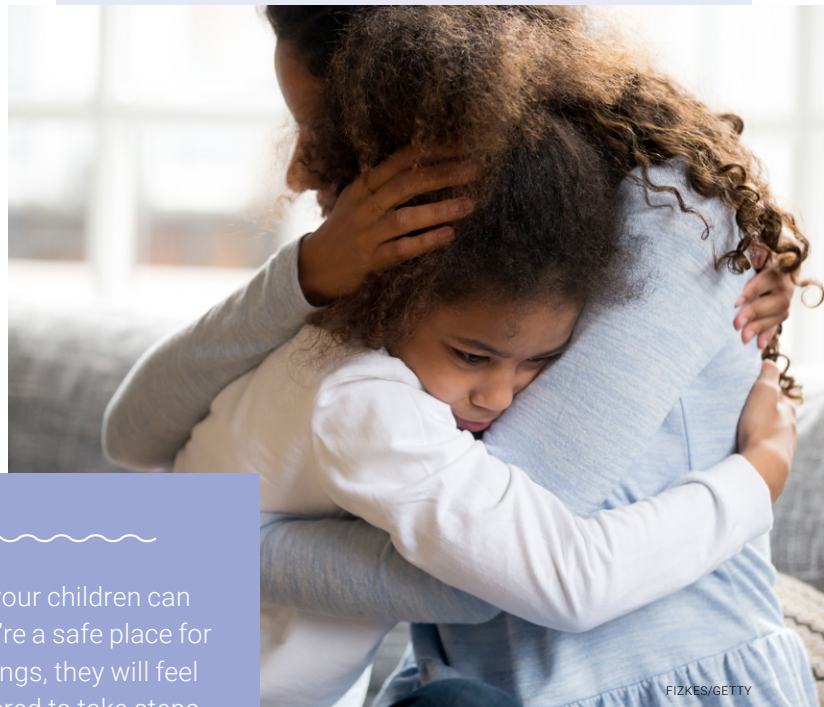
# Safe Harbor

Consistency, calmness and meeting children where they are helps children feel secure.

By **Alicia Kobilnyk**



When your children can trust you're a safe place for big feelings, they will feel empowered to take steps, learn and grow, knowing you will always be there to catch them if they fall.



FIZKES/GETTY

Our daily lives, regardless of age and stage, are full of highs and lows, challenges and glimmers. For young children, these emotional moments can be particularly overwhelming. It is in these moments that they look to us, their caregivers, for safety and support. There is nothing quite like a small child leaning into you when they are hurt or reaching for you when they are tentatively testing a new skill like crawling. You feel, in your heart, chosen. It's an honor to be their safe harbor. So how do we cultivate that relationship with children?

## Get on their level

Towering over a child does not create feelings of safety. Make yourself more approachable by sitting down on the ground or in a low chair. Free to crawl or toddle up

to you, they may choose to climb into your lap or simply observe you from a distance. Be patient, as even the most outgoing child may need some time to size you up. Given time, you will be trusted as a safe harbor.

## Radiate calm contentment

Children will match your energy. If you are loud, energetic or up in their space, you can put a hesitant child even more on edge. Sitting in a relaxed way, build with a few blocks or flip through a nearby book. As you show yourself to be calm, you may be invited into play by the child or at the very least enjoy some brief, cheeky glances. Personally, I approach children the same way I might approach a cat. I want my body language to say, "You're welcome to come over here, but it's OK if you don't."

## Be encouraging and kind

Tone is one of the languages first understood by children. A little baby can be upset by harsh voices and, even as adults, we can be calmed by a softly spoken affirmation. When you speak with a young child, using a tone that speaks to wisdom, warmth and authoritative guidance will carry you far. Even when redirecting or addressing a behavior, we can utilize this consistent pattern of speech to create connection. And where there is connection, there is peace.

## Don't take it personally

Finally, try to remember that your teething toddler, your impulsive 3-year-old or hangry 2-year-old is not enjoying being dysregulated. A few minutes of slowing down, empathizing with their feelings

and meeting their needs will not only smooth the rest of your day, but cement the feeling within them that no matter what may come their way, you are there to help.

When your children can trust you're a safe place for big feelings, they will feel empowered to take steps, learn and grow, knowing you will always be there to catch them if they fall. It's hard to imagine any honor in life more worthwhile than that. **TK**

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





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# The Power of Representation in Cartoons, Featuring “Ameka and Her Magical Crown”

By **Tamecca Rogers, PhD**



In a world where diversity remains a pressing need, especially in children’s media, “Ameka and Her Magical Crown” is a story of inclusivity and empowerment. This animated series, with its protagonist Ameka discovering magical powers within her hair, not only entertains but also educates young viewers about the importance of representation, empathy and standing up for social justice. Having faced discrimination and bullying as a child due to my skin tone and my hair texture, I created the “Ameka and Her Magical Crown” cartoon series to help youth appreciate the differences in themselves and others.

## The Importance of Representation in Cartoons

Statistics paint a stark reality: only 17 percent of animated films feature women as lead or co-lead

characters, and just three percent overall depict women of color in such roles. This lack of diversity not only limits the scope of storytelling but also deprives some children of seeing themselves reflected positively in media. Representation in cartoons is vital because it teaches children to be accepting, empathetic and confident in their own identities. When kids see positive characters who look like them, it validates their experiences and fosters a sense of belonging.

## Lessons from “Ameka and Her Magical Crown”

In the pilot episode of the series, Ameka faces discrimination from her cheerleading coach, who deems her hair a distraction. However, Ameka’s friends rally around her, standing up against this injustice and teaching valuable lessons about acceptance and self-worth.

At a recent screening and event at Circle Cinema, participants and viewers shared their feelings about the show.

## Voices from the Viewers

Gabrielle Williams, who voiced Lily in the series, said the character resonated with her. She said shows like “Ameka and Her Magical Crown” help promote diversity and combat negative stereotypes.

“I see myself in Lily,” Gabrielle said. “I stand up for my friends and what’s right. I think the lesson is to just let people be themselves, no matter what their appearance is.”

Heather Williams, Gabrielle’s mother, echoes this sentiment, praising the series for empowering youth and promoting acceptance. She was proud of her daughter’s role in the film and appreciates the values that it reinforced.

Viewer Kashtyn Rice’s immediate empathy for Ameka’s plight, particularly regarding the coach’s unfair judgment of her hair, reflected Kashtyn’s understanding of the importance of embracing individuality. “Ameka’s hair makes her special,” Kashtyn said.

Ryan Grace, who voiced two characters in the series, appreciated its relatability to all ages, and its powerful message about standing up against discrimination. Ryan admired the solidarity Ameka’s friends display as they support her in overcoming adversity, and how this connects with audiences.

“You should never judge a book by its cover,” she says.

Ryan Grace’s mother, Detrice Lewis, said that young girls need positive role models in cartoons. “Ameka and Her Magical Crown” offers children a positive role model to





Keith Ross, Ryan Grace, Gabrielle Williams and Demeka Hayes performed voices for "Ameka and Her Magical Crown."

PHOTO CREDIT: TAMECCA ROGERS

Viewers pose with Dr. Tamecca Rogers, creator of the Ameka series, at Circle Cinema.

PHOTO CREDIT: JAMES COOPER



emulate," Detrice said, "guiding them towards empathy, acceptance and standing up for what is right. Storytelling can play an important role in shaping young minds."

Sisters Evelynnn and Madison Coachman, along with their mother, Meghan Scott, were moved by the series' message of self-acceptance and the power of friendship. Evelynnn's revelation about learning to embrace herself just as she is without feeling the need to conform to societal standards epitomizes the empowering principles of the show.

"I'm beautiful just the way I am. It doesn't matter what people say," Evelynnn said. "We're still pretty."

Meghan's emotional response to her daughter's revelation speaks volumes. Through tears of pride and gratitude, Meghan saw how "Ameka and Her Magical Crown"

instilled self-confidence and empowerment in young viewers like her daughter Evelynnn. Their heartfelt exchange illuminates the impact of diverse and inclusive storytelling in fostering self-acceptance and celebrating individuality. **TK**

The target audience for "Ameka and Her Magical Crown" is elementary to early middle school level, however the cartoon is great for families to watch together.

The next showing of "Ameka and Her Magical Crown" will take place at the Roxy Theater in Muskogee during the Bare Bones International Film and Music Festival, May 2-5, 2024.

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

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# Legislating Teens' Social Media Access

By **Julie Wenger Watson**



Few people would argue against the importance of protecting minors from the negative aspects of social media. The issue is how to best accomplish this.

While billions of people worldwide utilize social media platforms, it's no secret that their use can have negative effects, especially for children. Although it's difficult to say with certainty "how much is too much," there is increasing evidence demonstrating that use of social media can lead to increased risk of anxiety and depression in teenagers. Despite the fact that most social media apps ostensibly require users to be at least 13 years old, stats show that nearly 40% of children ages eight to 12 years old are regular users. Every parent knows that it's difficult, if not impossible, to limit a child's access to apps like Instagram and TikTok, especially when many adults struggle with their own social media addiction. "Do as I say not as I do" simply doesn't work. No doubt there is a problem. The question

becomes how to fix it. Many states, including Oklahoma, are turning to legislation to address the challenges of this ubiquitous, transformative technology.

## Oklahoma Legislation

Last month, the Oklahoma House of Representatives passed House Bill 3914. Introduced by Representative Chad Caldwell (R-Enid), the bill aims to limit social media accounts for youth by requiring social media companies to verify account holders are over the age of 18, or to confirm parental consent for those aged 16 to 18. At the time of this writing, the bill was on its way to the State Senate.

According to Caldwell, the bill wasn't about targeting the content found on social media.

"Instead, we are simply taking the necessary steps to protect our

children from an addictive product that is verifiably dangerous to children and teenagers just like we do with alcohol, tobacco, adult websites, gambling, etc.," he said.

Although similar legislation has passed in other states—Ohio, Utah, Arkansas and Louisiana, among them—federal judges in several of those states have blocked the laws that followed, citing First Amendment issues.

## First Amendment Concerns & Judicial Scrutiny

On the surface, legislation, such as Oklahoma House Bill 3914, that purports to protect kids from the negative impact of social media by banning children younger than 16 might seem like a good thing; however, it's not that simple. One of the first challenges to such legislation is First Amendment rights and the

protection of free speech, which apply to children, too.

Broadly written legislation that prohibits minors' access to social media content, or "speech," ("content legislation") must be balanced with these rights, or it may be considered unconstitutional. Laws like these that brush up against constitutional rights come under a heightened level of judicial review known as "strict scrutiny." In other words, lawmakers must show the existence of a real harm or problem and prove that restricting speech, in this case restricting access to social media, is necessary to solve it.

Although there are plenty of things on social media that might be inappropriate for young teenagers to see, there is also an argument that for many teens, access to the ideas and





MONKEYBUSINESSIMAGES/GETTY

communities found on these platforms is valuable. Teens can connect with others who share identities, abilities and interests. Social media may also provide access to important information and create a space for self-expression.


### Privacy Concerns

In addition to free speech challenges, legislation that requires age verification can also create privacy issues. The reality and logistical challenges of how age would actually be verified is a big question. It could involve the necessity of uploading identification and the sharing of even more personal information. Social media companies, internet providers or cell phone companies could then have access to vital information, like a government-issued ID or other data, which may not be desirable.



### Looking Ahead

Few people would argue against the importance of protecting minors from the negative aspects of social media. The issue is how to best accomplish this. Carefully crafted legislation that withstands constitutional challenges may be one piece. More parental engagement may be another. It also seems clear that the companies that have created these highly profitable apps should be held accountable in some fashion. For more information, visit [hhs.gov](https://hhs.gov) to read the U.S. Surgeon General's Advisory on social media use and youth mental health. **TK**

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



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# Lisa Bain

## Supporting People through Hardship

By **Nancy A. Moore**

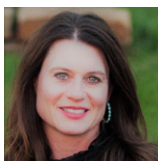


PHOTO CREDIT: NICOLE BARTON.

**T**he impact that animals can have in the therapy/recovery process of individuals has been proven significant. With National Pet Therapy Day on April 30, we want to share a little about one person who knows the benefits of animal therapy firsthand. Lisa Bain is the Founder of Lisa Bain Ministries, a local nonprofit organization that assists people during their time of need. Pet therapy is one of Lisa's many tools.

**TK: Share the mission of your organization.**

**Lisa:** At Lisa Bain Ministries, our mission is "delivering hope and tangible support to those who are facing illness, a special need or a crisis situation." It is about care, connection and community.

**TK: What are some ways that you deliver hope and tangible support?**

**Lisa:** We give this tangible support through the delivery of personalized care boxes and bags designed specifically for

each recipient, referred to as resilience care boxes. These tangible expressions of support serve as a guiding presence for individuals navigating challenging circumstances. Our projects cater to diverse groups, including those dealing with illnesses, veterans, Gold Star families, individuals facing homelessness, and first responders aiding children in crisis situations.

During many of these visits, our therapy dog ambassadors — Mabel Joy, Maddie Grace and Moose — accompany us. We incorporate the two, and it is the perfect combination! Collaborating with various animal organizations introduces a range of therapy animals, from pigs and llamas to horses and rabbits, enhancing the overall experience with an additional level of comfort and joy.

**TK: What have you seen as a result of incorporating therapy animals in these visits?**

**Lisa:** Remarkable transformations unfold when therapy animals become part of the equation. Our therapy animals have played pivotal roles, aiding children in overcoming reading challenges, alleviating anxiety, providing comfort during chemotherapy sessions, and offering comfort to hospice patients and their families in times of great difficulty. Additionally, we bring many of these animals to visit children with special needs, where the infectious laughter and shared joy create heartwarming moments for all involved. Our visits to nursing homes are filled with joy as we witness the vibrant spirits of our seniors who come alive during their interactions with our animals. Therapy animals are simply game changers! The stories are endless, but the bottom line is that the comfort these animals bring to the situation is indescribable.

**TK: Talk about the stuffed animals that the police can give to children.**

**Lisa:** We started receiving requests from first responders who expressed the need for bags containing practical items to accompany them when responding to children in crisis situations. These encounters are often traumatic for the children involved, but the items in our bags aim to provide comfort, a sense of safety and hope. Our bags include an activity resilience book, Mabel and Maddie coloring books, Mabel's new children's book, puzzles, a stuffed Mabel pup, sensory items, bubbles and gel balls, hygiene items, activity pads with games, cards, a t-shirt, snacks, a small blanket and socks.

**TK: How do these bags benefit the kids who receive them?**

**Lisa:** These carefully curated bags not only benefit the children in crisis but also offer support to the first responders. Many of the first responders have said these bags have been their game changer when they are called to



## As my mom used to say, “Giving equals Joy, Joy equals Hope, and Hope equals Healing!”

Serving together is a healing experience. Whether you're part of a school or church group, a family or an individual, there are numerous ways to get involved and make a positive impact.

help children in what, to some, may be the worst day of their life. What were very frantic and volatile moments with many tears immediately turned to laughter and joy when they received their backpack filled with comfort items. The stuffed Mabel Joy pup in the bag is a favorite.

Stuffed Mabel Joy pups are the calling card of Lisa Bain Ministries and are included in every resilience care box and bag we deliver. They are snuggly and soft, and the clothing and bandanas on the pups are handmade by our volunteers. This little pup is a reminder that the child is never alone when they walk through a broken place, and a symbol that someone cares.

### **TK: Why do you think therapy pets are so beneficial?**

**Lisa:** Therapy pets offer endless love and unconditional acceptance, providing an indescribable comfort. Many individuals hold a cherished story of a special animal that supported them through challenging times, bringing back positive memories. For nursing facility residents who had to leave their own pets behind, the affection from a therapy animal becomes a source of comfort, helping them cope with the heartbreak of that separation. Animals serve as a joyful refuge for people, creating a nonjudgmental and accepting space.

### **TK: Tell us more about Mabel, Maddie and Moose. Who are your partners for expanded pet therapy?**

**Lisa:** We are passionate about animals and animal therapy, so our hearts and house are full here at the Bain home, also known as the Bain Barn. Our family welcomed Mabel Joy in 2020. She is a Bernese Mountain dog with a huge purpose. Her name means “beautiful and loving,” and she lives up to that every day. About nine months later we welcomed Maddie Grace, named after some very special angels in our lives. And on July 4 of 2023 we welcomed Moose!

The three musketeers are all Bernese Mountain dogs. All are involved in therapy work. They are big dogs with a very big cause! Our first therapy dog, Mavis Pearl, left big paws to fill. We are thankful Mabel Joy had the opportunity to have Mavis Pearl as a teacher. She carries on the legacy with Lisa Bain Ministries.

We take great delight in our collaborations with other therapy animal organizations. Imagine the joy of a visit not only from Mabel, Maddie and Moose but also Creek the duck or Hamilton the pig or Dorito the llama? Our partnerships with American Therapeutic Riding Center, Funtastic Farms and Little Bitty Acres Mobile Petting Zoo, among others, continue to grow. By joining forces, we bring our therapy animals to nursing homes, special needs children, schools, homes, veteran centers and beyond. It's a privilege to stand alongside these nonprofits that

contribute significantly to our community, collectively spreading the joy and comfort that therapy animals provide.

### **TK: What prompted you to write the children's book, *Mabel and the Big Paws*?**

**Lisa:** Writing a children's book was always a dream of mine. I also wanted to share the story of how Mabel learned to become a therapy dog and, in doing so, I found a source of closure in the loss of Mavis Pearl. While the page with Mavis Pearl crossing over the rainbow bridge still brings tears, I also witness the incredible legacy she left behind, especially in her significant role in training Mabel Joy. Mabel Joy had big paws to fill, but Mavis Pearl trained her well. The journey of therapy animals has been a profound passion of mine, and I am grateful for the opportunity to finally share this story through a children's book.

### **TK: You've had more than your fair share of setbacks and struggles. What advice do you have for others going through a difficult time?**

**Lisa:** When my mom and I both faced a challenging diagnosis, her immediate response was, “Let's go treasure hunting!” She believed that there is always a treasure to be found if you look for it, no matter how dark, emphasizing that what you see is determined by what you are looking for.

This perspective led to the birth of Lisa Bain Ministries, emerging from a backdrop of cancer and autoimmune diagnosis. We defied the odds, witnessing miracles, often found in the small moments rather than the grand ones. Celebrating those small victories, being present and savoring seconds became crucial. Choosing joy on tough days may be difficult, but it is consistently the right choice.

I've learned that setbacks and struggles have made me stronger, wiser and better. They taught me to love more deeply, forgive more robustly and appreciate the fleeting seconds of life. I often use the illustration of the Japanese art form kintsugi, where broken pottery is intentionally mended with gold. In this technique, the broken places are celebrated as symbols of beauty and strength.

Through our brokenness, we can emerge better and stronger.

### **TK: How can people get involved in your organization?**

**Lisa:** Visit our website at [lisabain.com](http://lisabain.com) or connect with me via email at [lisa@lisabain.com](mailto:lisa@lisabain.com)—I'd be thrilled to hear from you! Our diverse team of volunteers spans ages 2 to 101, and we cherish every contribution, whether through financial support or your valuable time.

### **TK: What about kids and families getting involved?**

**Lisa:** We absolutely love collaborating with students and families. The possibilities are endless, and we've witnessed creative ways in which families come together to raise funds for Lisa Bain Ministries. As my mom used to say, “Giving equals Joy, Joy equals Hope, and Hope equals Healing!” Serving together is a healing experience. Whether you're part of a school or church group, a family or an individual, there are numerous ways to get involved and make a positive impact.

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

**Lisa:** We deeply appreciate financial support, and we also welcome donations of items that aid us in creating our care boxes. Check out our Amazon wish list for essential backpack items, as well as those needed for our care boxes. We are also in need of a donated storage facility for our growing inventory for care boxes and bags. Additionally, we hold incredible appreciation for our dedicated volunteers! **TK**

To learn more about how Lisa Bain uses animal therapy, check out: [LisaBain.com/mabel](http://LisaBain.com/mabel). To purchase a copy of *Mabel and the Big Paws*, visit [lisabain.com](http://lisabain.com)

Listen to a visit with Lisa Bain on the Sharing Passion and Purpose Podcast ([SharingPassionandPurpose.com](http://SharingPassionandPurpose.com)) as she shares more about the reason for starting Lisa Bain Ministries.

**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.

# The Opp Helps Mr. Calloway's Students Thrive

"For every child in an after-school program, four more children are waiting to get in."  
(Afterschool Alliance)

By **Betty Casey**



As a high school student in Albuquerque, Christian Calloway was freshly emancipated from his parents, living in a youth shelter, and looking for a career option that would help him finance a college degree. He landed on culinary arts, which did support him through an English education degree by cooking at hotels and working after-school childcare jobs.

Now an English teacher in his first year at East Central Middle School, Calloway wants to pay it forward to those who helped him. In addition to his teaching duties — of 160 kids — Calloway sponsors several after-school activities, including the ECS Culinary Arts after-school program. The activity is supported by The Opportunity Project, or "The Opp," a nonprofit that serves

as an intermediary for students to have access to high-quality after-school and summer programs. The Opp partners with schools and teachers to develop programming "to ensure that all Tulsa youth have equitable access to after-school and summer enrichment programs that are dynamic, safe and engaging." Teachers develop the activities according to their students' needs and interests and are paid a stipend by The Opp for teaching the extra class. In the spring of 2023, 129 educators led clubs.

"We are at 63 sites in TPS," says Lauren Sivak, executive director of The Opp, "and are expanding to more schools. After-school programs build better connections and relationships. They keep kids from being home alone."



"The Opp has been great," Calloway says. "We partnered with them to get equipment (for the culinary club), and they help with buying food by providing grocery store gift cards." Calloway says that he also buys ingredients out of pocket and that other teachers have helped.

Buying supplies is not always easy since Calloway doesn't own a car. He lives a 10-minute walk from the school and finds the city bus service inadequate to get anywhere in a timely manner, but he makes it work. He says donating gift cards or cash to The Opp ([theopp.org](http://theopp.org)) can help provide food and other supplies for his program and others.

The culinary arts club has already met many of the school culture, safety and equity goals that Sivak says The Opp hopes to achieve by

supporting high-quality, site-based after-school activities.

Knowing that many of his students suffer from food insecurity, Calloway plans the culinary program around food that students might get in a food bank package. In addition to learning the difference between sauté and sear, or how to make a Creole sauce, students learn about budgeting and serving sizes.

"Some have working parents," Calloway says. "The kids are here until 6 or 7 at night, so we're able to send them home with food at a low cost that has helped them."

The program has also built a sense of community and a positive environment for the kids. "They talk about how much they love the club," Calloway says, "and ask what they're going to cook next."



## DATA ON DRAFT: THE OPPORTUNITY PROJECT FUNDRAISER

**What:** Trivia night and silent auction

**When:** Thursday, April 25, 2024.

Doors open at 5 p.m.; trivia starts at 6.

**Where:** McNellie's, 409 E. 1st St., Tulsa

**Cost:** \$25/ticket

**Website:** [theopp.org/dataondraft](http://theopp.org/dataondraft)

Funds raised will go to directly support Tulsa EnrichED during the 2024–25 school year.



A Culinary Arts club created by English teacher Christian Calloway at East Central Middle School teaches cooking and life skills. (l-r) Alison Moreno, Erhanna Auputia, Mr. Calloway and Gao Yang.

Since students must have good attendance, behavior and grades to participate in the club, Calloway says he can use it as an incentive to encourage students to get their grades up in other classes. Calloway says the kids in his classes have seen a 30 percent growth this year across all standards, and “the club has definitely helped. The kids see me doing extra stuff, which helps with relationships.”

To enhance the entire school culture, Calloway held a cooking tournament where students created a budget and then prepared their best dishes for teachers to judge.

“The cafeteria smelled amazing,” Calloway says. “The students become part of the school culture. It brings up motivation in all areas. School culture is everything.”

Calloway says he always wanted to be a teacher. “I had a few great teachers,” he says. “They were unwavering in their support. They spent their own money feeding me on holidays. It’s not about the money; it’s about how you inspire others. I try to live close to that pay-it-forward mentality. Culinary Arts has really helped on bad days. Sharing a meal with the kids is awesome. They love it.” **TK**

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



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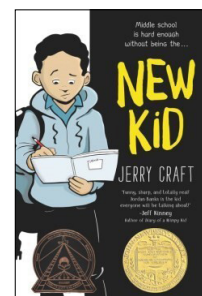
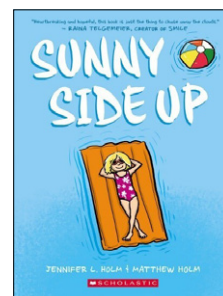
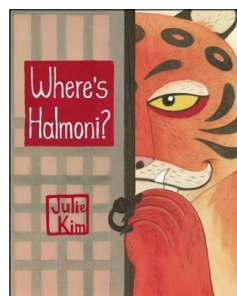
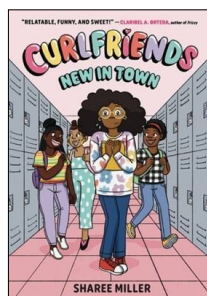
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# Raina Telgemeier Receives 2024 Zarrow Award for Young Readers' Literature

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



When graphic novelist Raina Telgemeier discovered the comics page as a child (especially the realistic family strip “For Better or Worse” and the funny adventure philosophy strip “Calvin and Hobbes”), she felt like she’d found her happy place.

It took her many years of writing and drawing her own independent comics before landing the job of translating the popular *Baby-Sitters Club* books into graphic novels — which led to numerous autobiographical and then fictional graphic novels: *Smile*, *Guts*, *Drama* and *Ghosts*, all #1 New York Times bestsellers and winners of numerous awards.

She will be accepting the 2024 Anne V. Zarrow Award for Young Readers’ Literature, given by the Tulsa City-County Library, in May.

Known for her sensitive portrayals of realistic family relationships, friendships and the everyday

drama of being a young person, Telgemeier is beloved by readers of all ages around the world.

Let’s take a look at what makes Raina Telgemeier special, as well as some resources, read-alikes — and her connection to the library’s long-running Young People’s Creative Writing Contest.

## Connecting to kids in powerful ways

At the Tulsa City-County Library in Children’s Services, we use our patented **Kids Read** reading identities to help young readers figure out what kinds of books they tend to like to read. We have six reading identities, everything from Adventure Time (plot is most important) to Magic, Dragons & Swords (exactly what it sounds like!).

Raina Telgemeier’s books are strongly in the **Connector** reading identity. Connectors are readers who enjoy books with realistic

characters and settings, exploring everyday problems and triumphs, often related to friends, family and school.

To learn more about the Kids Read reading identities and to find great book lists for each one, check out [tulsalibrary.org/kids-read-curious-world-kids-read-identity-book-lists](https://tulsalibrary.org/kids-read-curious-world-kids-read-identity-book-lists)

## Raina read-alikes

If you are already in the know about Raina Telgemeier and want to find similar books for your child, here are a few that hit the Connector high points:

***Curlfriends: New in Town*** by Sharee Miller

This character-driven graphic novel follows a 13-year-old girl as she tries to fit in at a new school.

***Where’s Halmoni?*** by Julie Kim

A beautifully illustrated book that is not quite a graphic novel, not quite a picture book. The character-driven and thematic

importance of family relationships seen in Raina Telgemeier books are central to this story, which follows two Korean children searching for their grandmother.

***Sunny Side Up*** by Jennifer Holm and Matthew Holm

Nearly a perfect read-alike for Raina’s works: character-driven, emotions, family issues, graphic novel.

***New Kid*** by Jerry Craft

Winner of the Newbery Award, so you know it’s good! Emotionally sensitive portrayal of a seventh-grade boy entering a new school and feeling caught between two worlds.

## Raina Telgemeier resources

Check out Raina Telgemeier’s website, [goraina.com](https://goraina.com), for a ridiculously rich trove of video links, short essays about her work, discussion questions and more. **TK**

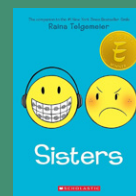
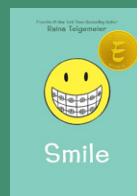
## RAINA TELGEMEIER PRESENTATION

Friday, May 3, 2024, 6 p.m.

Central Library,  
400 Civic Center,  
downtown Tulsa

Raina Telgemeier will receive the 2024 Anne V. Zarrow Award for Young Readers’ Literature as well as give a public talk about her creative process. She will present awards to the winners of the Young People’s Creative Writing Contest.

Learn more at [tulsalibrary.org](https://tulsalibrary.org)







# A Conversation with Author Raina Telgemeier

By **Danielle Hill**



New York Times bestselling author Raina Telgemeier will be in Tulsa to receive the Tulsa Library Trust's 2024 Anne V. Zarrow Award for Young Readers' Literature at the Central Library on May 3 at 6 p.m. She will talk about her work, and present awards to winners of the Tulsa City-County Library's Young People's Creative Writing Contest.

Telgemeier's graphic novels are loved by young readers, and are known for featuring relatable topics such as friendship, anxiety, puberty, braces and even IBS.

**Q: As a child, did you like to read all kinds of books, or were you primarily interested in comics and graphic novels?**

**Telgemeier:** All kinds. Picture books, novels, nonfiction...illustrated and not! I discovered comic strips in the newspaper when I was 9 years old, and my dad started buying me collections of my favorite strips — those quickly became the things I read most often, again and again.

**Q: Do you get more enjoyment out of writing or illustrating, or are they equal in your mind?**

**Telgemeier:** Illustrating comes more naturally to me, I'm a very visual thinker and learner, but I also need to write experiences

down or talk them through in order to process them. With comics, I actually don't consider it either writing or illustrating *per se*. Cartooning is a third form of communication that incorporates both elements, and it involves a LOT of active participation on the part of both the creator and the reader! So I actually don't consider myself a particularly great artist, or a very talented writer. But I think I'm a pretty good cartoonist.

**Q: Lots of kids love reading graphic novels and want to do what you do when they grow up. Do you have any advice for parents and teachers who would like to help these kids grow their interest and begin working on their own comics?**

**Telgemeier:** My parents gave me tools and time. There wasn't much of a popular interest in comics and graphic novels when I was a kid, but today I hear about cartooning classes and workshops at libraries, museums and free local conventions. There are plenty of tutorials online to learn the basic technical aspects. If teachers want to offer kids comics-making units, or the option to do some assignments in comics format... amazing! But really, having free time and lots of pencils and paper (nothing fancy — a #2 pencil and a spiral-bound notebook were what

I used!) gave me the freedom to make stuff for my own enjoyment. It's okay to go slowly, and to read lots of comics, and to make them just for fun.

**Q: Books are often great conversation starters between adults and the children they care for. Given that many of your books appeal to kids approaching their tween and teen years — which can sometimes give rise to parental silent treatment — are there any of your books that you think offer good conversational opportunities for parents to have with their children?**

**Telgemeier:** My memoirs (*Smile*, *Sisters*, and *Guts*) seem to be the biggest conversation starters. Plenty of reasons for this: I'm a Geriatric Millennial (or a baby Gen-Xer, depending on who you ask), so lots of my readers have parents who are my age. That means Raina in the book might have sat next to their mom in middle school or been her friend. And parents remember some of the real events I talk about in my books: the 1989 earthquake in San Francisco, the fashion trends!

But I think the real reason my work sparks conversation is because I talk very openly about tough experiences — self-confidence, bullying, anxiety, changing friendships,

complicated family dynamics. Nothing I've experienced in my life is all that unique, but I think reading about it (and because it's comics, also seeing it) can really validate someone going through it for the first time. I think there's a time and place for platitudes and happy endings in stories, but so much of life is uncertainty, waiting, wondering. I think it's okay to write stories with a mix of hopeful optimism, and acknowledgement that some of this stuff is really hard.

**Q: I understand that one of your books, *Drama*, has been banned. What are your thoughts about book bans?**

**Telgemeier:** No one person (or politician) should get to decide what everyone else has access to, full stop. *Drama* has been banned in communities that would prefer LGBTQ+ stories and characters simply not exist, and that tells LGBTQ+ kids that they, too, should not exist. A queer kid with no language or representation of who they are in books and media denies them their humanity. I advocate for empathy towards all human experiences, and for books to be a safe place for all kinds of stories. **TK**

Danielle Hill is a local writer and former elementary school teacher.

# Take Time to Make Time

## Plan-Ahead Freezer Meals Frees Up Time During the Week

By **Natalie Mikles**



**W**hen the baby has croup, your middle schooler is having a bad week and your spouse is out of town, it's not the time to make an elaborate dinner. It's times like these that freezer meals can be a life saver.

There are a few ways to go about making freezer meals. Organized parents might plan an entire "fill the freezer" day, making a super-organized shopping list with all they will need to make multiple meals to pack the freezer.

Others might just occasionally double whatever they're making for dinner, stashing half in the freezer for a rainy day.

Freezer meals can either be prepped, baked and then frozen, or can be prepped and frozen to be fully cooked when you're ready to eat. Either way works — it just depends on how much time you want to take on the front end.

Entire cookbooks, websites, Instagram and TikTok accounts are devoted to making freezer meals. There's no shortage of recipes and organization tips out there. But sometimes we need it simpler. We've included a few tips and a few recipes to get you going. Try stocking your freezer with a few recipes to see if it's a game changer or just a freezer burn.



LINDASPHOTOGRAPHY/GETTY





## FREEZER MEAL TIPS

1. If making some freezer meals ahead of time, make at least four so that you have one a week to last a month. Your future self will appreciate it!
2. Get organized. Set out the ingredients and everything you will need to store your meals. Make sure you have gallon-size freezer bags.
3. Label your freezer bags! Have you ever found a bag in your freezer and wondered what in the world is in it or how long it's been there? Label and date each bag.
4. Having the main dish in the freezer is great, but also consider breakfast, snacks and dessert. Pancakes, granola, breakfast sandwiches and mini pizzas freeze well.

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*This recipe from Fix, Freeze, Feast makes a lot — three freezer dinners of four servings each.*

### Sesame and Soy Steak

- 6 pounds boneless top sirloin steak
  - 1/2 cup soy sauce
  - 1/4 cup lime juice
  - 2 tablespoons toasted sesame oil
  - 2 tablespoons brown sugar
  - 3 tablespoons minced ginger
  - 3 tablespoons minced garlic
  - 3 tablespoons sesame seeds
  - 3 teaspoons crushed red pepper flakes
  - 3/4 teaspoon black pepper
  - 3 (1-gallon) freezer bags
1. Rinse and divide steaks evenly among the freezer bags.
  2. Whisk together soy sauce, lime juice, sesame oil and brown sugar in a medium bowl until the sugar dissolves. Divide the marinade evenly over the steaks.
  3. Into each bag measure 1 tablespoon ginger, 1 tablespoon garlic, 1 tablespoon sesame seeds, 1 teaspoon crushed red pepper and 1/4 teaspoon black pepper.
  4. Seal and freeze.

### When it's time to cook:

5. Completely thaw one entrée in the refrigerator.
6. Heat gas or charcoal grill to medium heat.
7. Cook steak for 14–16 minutes for medium doneness. Turn occasionally and baste as desired. Do not baste during final 5 minutes of cooking. Discard remaining marinade.

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*Assemble this dish, stash it in the freezer, then let it cook in the slow cooker. It makes about 6 servings. Double it to freeze two meals.*

### Southwest Chicken

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (14.5-ounce) can reduced-sodium chicken broth
- 1 (14.5-ounce) can Rotel tomatoes
- 1/2 pound boneless skinless chicken breast
- 1 (8-ounce) jar chunky salsa
- 1 cup frozen corn
- 1 tablespoon dried parsley flakes
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper

1. Combine all ingredients in a 1-gallon freezer bag. Freeze until ready to use.
2. Remove bag from freezer and thaw overnight.
3. Place contents in slow cooker, and cook on low 3–4 hours or until a thermometer inserted in chicken reads 165 degrees.
4. Shred chicken with two forks and return to slow cooker; heat through. Serve over rice. If desired, serve with lime wedges and fresh cilantro.

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*Make your own chicken strips to keep in the freezer. When you need something fast for dinner, pull out what you need for a quick, kid-friendly dinner.*

### Favorite Chicken Strips

- 2 chicken breasts
  - 1 cup flour
  - 1 teaspoon salt
  - 1 teaspoon black pepper
  - 2 eggs
  - 1 cup panko breadcrumbs
1. Preheat oven to 350 degrees. Cut chicken breasts into equal sized strips.

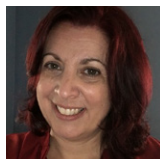
2. Using three bowls, place flour, salt and pepper in one, mixing well. Place eggs in another, beating well. Place breadcrumbs in the third.
3. Dip each piece of chicken in flour, then egg, then panko.
4. Place chicken strips on a greased or parchment covered baking sheet. (At this point, you can bake right away or place in the freezer.)
5. Flash freeze chicken by placing the raw chicken on the baking sheet in the freezer for 2 hours or until frozen solid. Transfer to a 1-gallon freezer bag. Store in freezer.
6. To bake, place frozen strips on baking sheet. Bake at 350 degrees for 30–35 minutes (turning halfway through cooking time). **TK**

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

# When the Unspeakable Happens:

## What Parents Need to Know about Childhood Sexual Abuse

By **Michele Chiappetta**



It's one of the worst imaginable situations a loving parent can face — discovering that their child has been exposed to a sexually abusive situation. The very idea is so painful and upsetting to think about that many people don't talk about it at all, until a news report brings something horrific to light. While situations like the event in Henryetta in 2023 that resulted in several tragic deaths catch attention and spark outrage, the reality is that sexual abuse of children is much more prevalent and insidious than most might realize.

### Statistics Don't Lie: It's All Too Common in Tulsa County

Child sexual abuse is any exploitation of a child for the purposes of sexual gratification of an adult or significantly older person — from actual sex acts to lewdness and exposure, to pornographic exploitation and more. At least one in seven children has experienced child abuse or neglect in the past year in the United States, says Bob Beard, chief development officer for Tulsa's Child Advocacy Network (CAN), an organization that helps parents and children navigate their way through resources to help them heal. "This is likely an underestimate, because many cases aren't reported," he adds.

Child abuse numbers are high, especially in Oklahoma. "Any time child abuse happens, it's serious, even for one case," Beard says. "But we are ranked number seven in the nation for cases. Sometimes we beat out high metropolitan cities as well for substantiated cases. In Tulsa County, it's just jumped pretty dramatically."

As it turns out, Tulsa County has one of the highest numbers in the state of substantiated cases of sexual abuse of children. A total of 1,629 children went through the Child Advocacy Network in 2023 alone, and 58 percent of them involved sexual abuse. The issue affects girls and boys alike, with just over half of the claims being filed by females. Among them, 45 percent are children ages 6 through 12, while 25 percent are ages 13–17, and 25 percent ages 5 and younger.

One in 11 children in Tulsa County will be involved in the investigation of abuse — and many of these cases will involve sexual abuse. And that's why it's crucial for everyone in the community — parents, teachers, neighbors and youth themselves — to understand this danger and how to deal with it should it happen to them or someone they know.

### WHAT TO DO WHEN SEXUAL ABUSE COMES TO LIGHT

If the worst happens and you suspect or know that your child has experienced sexual abuse, what should you do? While it's never easy to hear a child express that they've experienced something abusive, it's important for parents to take steps that safeguard the child's physical and emotional well-being. Here's what to do.

#### Believe the Child

According to statistics from the Child Advocacy Network, when a child expresses that they have been abused, they are overwhelmingly telling the truth — over 95 percent, to put a number on it. Very few claims are false. "Believe a child if they say it," Beard says. "As an adult, if a child does come to you, remember they have everything to lose by doing that. So it's best that they have a safe place to be able to do that."

#### Remain Calm, and Maintain Trust

If your first instinct is to panic, you're not alone — but fight that urge. Remember, your child is being incredibly vulnerable and revealing something that is painful. It's essential to create a safe space

"At least **one in seven children** has experienced **child abuse** or neglect in the past year in the United States."

filled with trust. Allow your child to talk about the abuse at their own pace, without bombarding them with questions.

#### Affirm Your Love and Support

Sexual abuse can create feelings of shame for a child — they may know it was wrong, yet feel responsible for what happened. They may also be confused and unsure of what to do. They may even feel guilty for bothering you, the adult. Make sure your child knows how much you love them. Let them know what happened is not their fault. And make sure they know you are there for them.

#### Avoid Criticizing the Abuser

Remember that children often have mixed feelings about the person who abused them. In fact, they may love the offender and want to protect them, so refrain from criticizing the offender in front of the child. Instead, support the child and focus on getting professional help. Law enforcement and other experts (like the team at CAN) can help you identify what to do next.

#### Seek Help from Trained Experts

If you or someone you know is facing this issue, there are local community resources to help both you and your child. Beard says that



## SIGNS OF ABUSE: WHAT TO WATCH FOR IN YOUR CHILDREN

Intervening in an abusive situation is best done as early as possible to help children and families recover. Knowing the common warning signs is a must. Children of different ages and stages of development may express their experience of sexual abuse in different ways. Here's what to look for:

### Children Aged 2–9

In these early, formative years, children often don't have the easy vocabulary to describe what is happening. They tend to direct their pain inward or show outward behaviors that are uncharacteristic of them. Signs may include:

- Specific fear around particular people, places or activities
- Regression to earlier behaviors such as bed wetting or stranger anxiety
- Victimization of others
- Excessive masturbation
- Feelings of shame or guilt
- Nightmares or sleep disturbances
- Withdrawal from family or friends
- Eating disturbances

### Pre-Teens and Teens

As children enter their preteen and teenage years, their ability to express the abuse may get easier, but the pain remains. They may express their hurt and fear in ways that come across as normal teenage rebellion but are anything but that. You might notice signs in them of:

- Depression and/or anxiety
- Poor school performance
- Promiscuity/overly sexualized behaviors
- Substance abuse
- Anger and/or Aggression
- Running away from home
- Eating disturbances
- Suicidal gestures and/or self-harming behaviors
- Nightmares or sleep disturbances
- Withdrawal from friends and family

### Physical signs of abuse

At any age, sadly, physical indicators can arise, too. Among the most common that children and teens may experience are:

- Sexually transmitted diseases
- Pregnancy
- Genital pain, itching and/or bleeding
- Headaches
- Stomachaches
- Problems with sleep — too much, too little or nightmares
- Problems with appetite — eats too much or too little

All of these issues are indicators that the young person is attempting to find ways to protect themselves or find outlets for their painful emotions.

organizations like CAN exist to connect people with the assistance they need in a time of crisis.

"If a client comes through here, we connect them with 70 different partners in the community," Beard says. "We have family advocates that are assigned to each client and family, to walk them through the journey after abuse has taken place. We'll stay with them for a year and be able to help support them." That support may include finding safe housing, food, clothing and other resources.

## PREVENTION: HOW TO LIMIT ABUSE RISKS FOR CHILDREN

Whether your child is barely in elementary school or ready to graduate high school, they are vulnerable to those who would seek to take advantage of them. And that means a parent or guardian's role is significant in helping to protect and train children to be aware. Knowing what to say to children at different ages and developmental stages can feel difficult, even uncomfortable. It takes time and thoughtfulness to strike the right

balance between sharing information to keep children aware, without creating fear and anxiety.

As with any area of parenting, helping your children navigate risks like these and emerge as well-adjusted, confident adults requires an ongoing conversation. The abuse talk is not a one-and-done. Of course, these are not exactly easy conversations. But that's where resources such as the information available on CAN's website can be so helpful.

### Be Open for Conversations

Develop close communications with your kids. Let them know they can tell or talk to you about anything. In addition, make a rule that there should be no secrets kept from you. Secrets can be dangerous. Encourage your child to tell a trusted adult if they are hurt or worried. Help your child identify who those adults might be.

### Explain Bodily Autonomy in a Child's Terms

One of the most common ways that abusers get in the door is through a child's natural curiosity. If you aren't talking to your child about their bodies, someone else will — and what they share may be inappropriate, manipulative and harmful. Teach your child about the parts of the body and sexuality, making sure they know they have a right to body privacy and self-ownership. Let them know they have a right to say no to touching, hugging or anything that makes them uncomfortable.

### Know Your Child's Friends and Families

It is all too easy to become complacent in this area, as children's friends can change so often as they go through school. Resist that temptation and stay involved in your child's life by getting to know their friends — including the families of those friends. According to childprotect.org, 90 percent of child sexual abuse victims know the perpetrator in some way, and 68 percent are abused by a family member.

### Listen to Your Instincts

It's important to respect your gut. Often, we sense things even if we don't know why we feel them. So, if a situation or person makes you uncomfortable, trust that — and respond accordingly. And teach your child to trust their instincts, too.

### Stay on Top of Technology

Today's tech is constantly evolving, and it can feel like there is a lot to keep up with. But there's still a lot that parents can do to manage their child's use of technology. Set limits on where and when they can use their computer and phone. Make sure your child knows that they might encounter predators online — and encourage them to keep the lines of communication open with you to talk about anything that concerns them. Install parental controls on their electronics, set their online profiles to private instead of public, and stay aware of what they are doing online.

### See Something? Say Something

Preventing child sexual abuse (and other forms of abuse and neglect) is the responsibility of everyone in the community. "In Oklahoma, everyone is required to report suspected child abuse," Beard notes. That means not just parents and teachers, but also church members, counselors, coaches, neighbors and anyone else in the community.

"Children should be able to say things are happening and they're hurting," Beard says. When that happens, the adult should call to report it. They can reach out to the Oklahoma abuse hotline at 800.522.3511 or the National Hotline at 800-4ACHILD (800.422.4453). Reporting allows a case to be opened, so that children can be connected to getting help in a safe environment, telling their story, and beginning the healing process, says Beard. **TK**

**Michele Chiappetta** is a copywriter, content strategist, editor and book coach living in Tulsa, Oklahoma.

FEATURE

# Flowers, Trees, Grass and Bees

## NATURE AS TEACHER

BY NATALIE MIKLES

For a lot of kids, recess is the best part of the school day.

And for many of those kids, 20 minutes of sunshine is about all they can expect. That's just not enough as far as some parents and educators are concerned.

A growing movement to move indoor education outdoors is taking hold across the country, including in Tulsa. Connecting to the earth by seeking nature and being outdoors is a priority as important as math and reading to some parents.

### GLOBAL GARDENS

In Tulsa, the Global Gardens program has been part of the community for more than 16 years. Its mission to empower students through hands-on science and peace education can be seen at several Title 1 Tulsa Public Schools sites. Each participating school has a dedicated, thriving, full garden space for kids to explore and learn. During the school year, kids see firsthand the life cycle of a garden, from seed to harvest.

"Being in the garden has a big impact on kids. It can be very calming for kids who are overstimulated in the classroom and engaging for kids who are bored in the classroom," said Maryann Donahue, executive director of Global Gardens.

Expanding the walls of the classroom is something Donahue says has shown real benefits to kids.

"For kids for whom the rules and requirements of a classroom setting

don't match up with the best ways for them to learn, the garden can be a really engaging space," she said. "The hands-on aspect of it creates a level of engagement that is beyond what their typical day in the classroom might be."

Donahue has many stories of ways the garden spaces have piqued curiosity, created science-minded kids and developed empathy in children. Recently a teacher shared a story with her about a child who found an ant in the classroom. The student cared for that little ant, and the entire classroom went out to the garden to release the ant among the herbs in the garden.

Focusing on nature and the living things around them is part of the Global Gardens mission.

"There's something about being in a garden or an outdoor space — feeling the sun on you, smelling the smells of the garden," Donahue said.

Learning in such a natural and beautiful space creates openings for drawing kids' attention to what's around them — the insects, animals and other factors that make contributions to the garden and the world around us. It also creates opportunities for empathy, Donahue said.

### UNDER THE CANOPY

Margaritte Arthrell-Knezek wants to see children outdoors. She wants them to see them gardening, caring for animals, nature crafting and learning outside. In 2016 she

founded Under the Canopy to give kids more nature education opportunities. What started as after-school classes and workshops has grown considerably. Under the Canopy was accepted as a Tulsa Public Schools charter school (pre-K to 5th grade) and will open in the fall of 2025.

The idea for this nature-based public Waldorf-style school is to use nature to enhance academic learning and to connect students to each other and their community through active engagement with their natural environment. It's also important to Arthrell-Knezek that the focus be on accessible nature with an appreciation and understanding of what's right outside the window.

So, what does that look like? Students at Under the Canopy will have a brisk morning walk before they begin their academic day. And students will take part in an immersive day-long nature experience including outdoor education and a school-wide community garden.

"I believe one 20-minute recess a day after lunch, what the standard public school offers, is not enough outdoors time. I often see recess being taken away as an incentive for good behavior. I also think this is fundamentally wrong because often the children acting up are the ones that need the outdoor time the most to get out their energy," Arthrell-Knezek said.

She has seen increased interest in an education that's more than the

four walls of a classroom, as parents have contacted her about Under the Canopy for their children.

"Parents want nature education for their children," she said. "During the pandemic, people seemed to become more aware of the importance of being outdoors, and the program has gained a lot of momentum."

The idea of spending more time outdoors would get two thumbs up by most kids and parents, even if they don't know the research behind the benefits. Arthrell-Knezek said the physical and mental health benefits of spending time outside are immeasurable.

"This is especially true for children having adverse experiences. The research points to nature playing a vital role in creating positive and therapeutic interventions," she said.

For parents seeking a nature education for their children, it's about so many of these things — outdoor play, fresh air, exploration and interacting with the natural world on a consistent basis.

"We are so excited to share our new education model with the children of Tulsa," Arthrell-Knezek said.

Information and enrollment information for Under the Canopy can be found on the school's website, [underthecanopy.org](http://underthecanopy.org) **TK**

NATALIE MIKLES IS A MOM OF THREE. SHE WRITES ABOUT FOOD, SHARING RECIPES FOR BUSY FAMILIES AND PICKY EATERS.

*The idea of spending more time outdoors would get two thumbs up by most kids and parents, even if they don't know the research behind the benefits.*





PHOTOGRAPHY BY MAKENZIE HOWARD

# GARDENING WITH KIDS

BY KALIE MILLER, PROGRAM DIRECTOR, GLOBAL GARDENS

**S**tarting a garden this spring? Make it a family activity! Gardening is the perfect space for adults and kids alike to try new things, practice critical thinking and make discoveries.

## INVOLVING YOUR KIDS

Find appropriately sized tools. Our favorite kid-friendly tools are hand shovels, hand rakes and larger tools like digging forks — or full-sized shovels in larger spaces. After practicing tool safety with your child, you may be surprised by their ability to use tools well!

Invite your kids into the design-making process. Ask questions and make decisions together. Where will the garden be? What size should it be? What will you plant? Be unafraid to try new things or go with your kids' ideas. This process is more about creating an experience for you and your kids than having the perfect garden.

## GARDEN STEPS

**1. Determine where your garden will be.** For most flowering or fruiting plants, find a spot with six to eight hours of direct sunlight. Leafy greens and root veggies can handle a bit less sun, but the minimum amount of direct

sunlight any plants will need is three hours. Consider where your garden's water source will be. Easy access will help you keep the garden watered. How big will your garden be? A garden can be any size — whether you choose to garden in a few small flowerpots, or a larger raised bed.

- 2. Before planting, prepare the soil together.** Remove weeds, rocks, sticks — all things that could hamper your seeds' growth. Be on the lookout for insects and decomposers who've made their home in your garden. Identify any bugs and determine what their garden jobs might be. Bugs like roly-polies, worms, millipedes and ants benefit the soil by breaking down dead materials, and other bugs help eat plant pests. Once the garden soil is clear, fluff up any clumps that have formed, and gently level your planting area. Be careful not to pack the soil down — this will make it harder for air and water to move in the dirt and feed your plants.
- 3. Pick out some seasonal seeds.** Take some time to observe your seeds — notice how large or small each seed variety is. Compare the colors and shapes. As a rule of thumb, the size of a seed

corresponds with how deep to plant it. Tiny seeds, like carrots or lettuce seeds, can be sprinkled on top of the soil. Try to spread them evenly, like you would sprinkles on top of a cupcake. Seeds that are slightly larger (e.g., kale, radish, beet, spinach, pepper and tomato seeds) can be buried up to a fingernail's depth. Bigger seeds, like peas or beans, can be buried 3/4 to a full finger deep. See the back of your seed packet for specific details. Instead of packing the dirt, gently pinch the soil closed over your seed, or sprinkle dirt on top. Use popsicle sticks, paint stirrers, or even plastic spoons to label where and what you planted so that you can watch them grow.

- 4. Care for your seeds.** Daily routines are measuring and tracking plant growth and watering your plants. Find a time to do these tasks together. Keep your garden weed-free after your seedlings sprout. Be careful weeding around your baby sprouts. Make garden care fun with weeding competitions and bug hunts, and by brainstorming creative uses for your garden's bounty (e.g., creating flower art or bouquets and trying new recipes together).

## WHAT TO GROW

Consider your space, the amount of sunlight and the season. Mid-April through May is a great time in Oklahoma to plant beans, okra, peas, kale, lettuce, radishes, carrots, zinnias, corn and cucumbers. May and June will be great months to plant sweet potatoes, peppers, melons and tomatoes.

Work with your kids to choose plants to grow. Maybe you choose certain vegetables because you love eating them already. Maybe you are excited to try new things! Or maybe you decide to theme your garden based on what you and/or your kids love. Can you plant a Minecraft Garden with plants you might find in Minecraft? Or a Pizza Garden filled with pizza ingredients? Harvest and celebrate by making a garden pizza.

Follow your own — and your kids' — excitement and curiosities in the gardening process. You'll find that you learn and grow as gardeners — and as people! **TK**

KALIE MILLER IS A PROGRAM DIRECTOR FOR GLOBAL GARDENS.

# Make this summer INCREDIBLE!

## USchool Camp Incredible 2024

- Six sessions available  
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- For children entering  
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[uschool@utulsa.edu](mailto:uschool@utulsa.edu)  
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# TulsaKids' 2024 SUMMER CAMPS & ACTIVITIES GUIDE

Browse the Summer Camps + Activities Guide online at [TULSAKIDS.COM/GUIDES](https://tulsakids.com/guides).

## CAMP INCREDIBLE

[uschool.utulsa.edu/home/summer-camp](https://uschool.utulsa.edu/home/summer-camp)

918.631.5060

326 S. College Ave., Tulsa

### AGES

Rising 1st–8th grade

### DATES

June and July

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

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

**Early Registration** — \$250 per session (before April 15, 2024)

**Regular Registration** — \$275 per session (after April 15, 2024)

## CONTENDER ESPORTS

[camps.contendertulsa.com](https://camps.contendertulsa.com)

918.900.2044

10125 S. Sheridan Rd. # A, Tulsa

### AGES

7–16

### DATES

May–August

Contender eSports at 101st and Sheridan offers fun, engaging and educational summer camp programs. Since Contender eSports is STEM accredited, most of the camps we offer provide more than just entertainment over the summer; they are interactive, enjoyable learning camps. From fun camps like Drone Flight School to Entry Coding for Python & Scratch to 3D Design and Printing, Contender eSports has camps that fit any of your child's interests!

Check out [camps.contendertulsa.com](https://camps.contendertulsa.com) to find a full list and Dates of camps. Most camps are limited, so sign up early to guarantee your spot!

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

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## CAMP PATRIOT

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

918.745.9868 x141

6363 S. Trenton Ave., Tulsa

### AGES

pre-K through 12th grade

### DATES

May 28–July 29

Welcome to Metro Christian Academy's Camp Patriot...where summer is meant for adventure! With more than 40 camp options to choose from, Camp Patriot has something for everyone. One-week camp sessions begin May 28 and continue through July 29. Camp Patriot is open to all children in the area! Many sessions are new while others are back by popular demand including musical theater, Lego week, craft camps, STEM camp at Camp Loughridge, Kanakuk Kampout and more! Camp Patriot is designed with students in mind. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning and personal growth.

For a complete list of classes available, go to [camppatriottulsa.com](https://camppatriottulsa.com). Registration opens March 27.

## MVP SPORTS & TRAINING

[mvpsportsbixby.com/camps](https://mvpsportsbixby.com/camps)

918.972.1181

12808 S. Memorial Dr., Bixby

### AGES

Entering K–6th grade

### DATES

June 9–August 9

MVP Sports Camps are a ONE-OF-A-KIND camp experience that include indoor and outdoor experiences for the growing athlete. Each athlete has the option (when available) to enroll in basketball, baseball/softball, soccer, and speed and agility.

MVP coaches are seasoned and experienced coaches and trainers with collegiate and varsity high school experience. MVP camps provide drills that fit the beginner or the athlete who's been playing and training for years.

MVP Sports Camps run from 9:30 a.m.–12:30 p.m., with an optional "Fun Camp" offered from 12:30–3 p.m. "Fun Camp" is filled with dodgeball, kickball, ultimate frisbee and even a few water games! This is the way to bring the fun home after a morning of sports training!

Need more info? Call/text MVP Sports at 918.972.1181 or visit [mvpsportsbixby.com](https://mvpsportsbixby.com) for registration!

Follow us on FB or Instagram @mvpsportsbixby.

# SUMMER CAMPS &

## PRIMROSE SCHOOL OF BROKEN ARROW

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

918.355.6827

1701 W. Albany St., Broken Arrow

### AGES

K-5th Grade

### DATES

May 20-August 8

At Primrose Schools Summer Adventure Club, there's much to explore, discover and learn. Each week, children explore new themes while trying various hands-on activities like sports, arts, robotics, coding, culinary and sparking change that help build skills around literacy, creative problem solving, STEAM and more. We offer fun activities throughout the time, such as weekly field trips, water activities and more. We have created a partnership with Mathnasium and i9 Sports, as each will have its weekly, themed programs.

Children become engineers, artists, explorers and more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments and themed activities await as children unlock new ways of thinking—all while having a blast! Ready for the best summer?

Join us, and together we'll create active minds, healthy bodies and happy hearts.

Learn more at [primroseschools.com/balanced-learning/summer-adventure-club](http://primroseschools.com/balanced-learning/summer-adventure-club).

## RIVER RUN FARM

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

918.855.5032

9300 S. 51st W. Ave., Tulsa

### Chaps & Britches Camp and Horsin' Around Camp

#### AGES

5-7 and 8-12

#### DATES

June 3-7

June 10-14

June 17-21

June 24-28

July 1-5

July 8-12

July 15-19

July 22-26

July 29-Aug. 2

### Little Boots Pony Camp

#### AGES

2-4

#### DATES

May 21-22

May 23-24

May 28-29

May 30-31

Sept. 19-20

Sept. 26-27

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

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

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



**Now Enrolling for  
Summer 2024!**



918-622-2327 | [director@misshelens.com](mailto:director@misshelens.com)  
MissHelens.com | 4849 South Mingo, Tulsa



## Junior Camps & Programs ENROLLING NOW

### Spring & Summer Camps Available

**LAFORTUNE PARK GOLF COURSE**  
61<sup>ST</sup> & Yale, Tulsa | 918-496-6200  
[LaFortuneParkGolf.com](http://LaFortuneParkGolf.com)

**SOUTH LAKES GOLF COURSE**  
91<sup>ST</sup> & Elwood, Jenks | 918-746-3760  
[SouthLakesGolf.com](http://SouthLakesGolf.com)



# ACTIVITIES GUIDE

## SOCCERCITY TULSA

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

918.249.0044

5817 S. 118th E. Ave., Tulsa

### AGES

5-15

### DATES

Camp 1: May 28-31 (4-day)

Camp 2: July 15-19 (5-day)

Camp 3: TBA

Summer Lil' Kickers: June 3-August 10

Want your kids to have some fun and stay active this summer? We have your solution...Bring your kids to one of SoccerCity's 2024 Summer Camps!!

Summer camp registration opens mid-March. Comfy clothes and tennis shoes are all that are required. For more information, please contact [dustin@soccercitytulsa.com](mailto:dustin@soccercitytulsa.com)

To register, please visit [soccercitytulsa.com](http://soccercitytulsa.com) and click on the camps tab.

## TULSA ZOO

[tulsa zoo.org/camps](http://tulsa zoo.org/camps)

918.669.6204

6421 E. 36th St. N., Tulsa

### AGES

pre-K through high school

### DATES

Various sessions available

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

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

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

## ART ACADEMY OF GREEN COUNTRY

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

918.637.4430

14603 S. Lewis Ave., Bixby

### AGES

Teens through adult


### DATES


June 3-28

July 1-30

Art Academy of Green Country's Foundation Intensive course is designed for the serious art student to develop professional art skills more rapidly and fully. Topics covered are value assessment, proportional drawing, color mixing and professional oil painting techniques. Flexible curriculum allows for self-paced progress. Teens and adults are invited to apply to reserve a seat. Seats are limited.

**SHAKE IT OFF**  
WITH  
*T-Swift*  
**JUNE 24, 25, 26**  
**1:30-4:00**  
**RECOMMENDED AGES 7-11**  
**\$100**

 South Tulsa Dance Co.

 SouthTulsaDanceCo

 @SouthTulsaDanceCo

Located at 101st and Yale  
in Shoppes of Seville

918-369-5299

[Keally@SouthTulsaDanceCo.com](mailto:Keally@SouthTulsaDanceCo.com)  
[SouthTulsaDanceCo.com](http://SouthTulsaDanceCo.com)



**princess**  
**PARTY**  
SESSION 1: JUNE 3-7  
SESSION 2: JULY 22-26  
9:30-12PM  
\$125 FOR 1 SESSION  
\$225 FOR BOTH  
AGES 3-6

**Barbie**  
*dance party*  
THE SUMMERS HOTTEST PARTY  
ONLY AT SOUTH TULSA DANCE CO.  
JUNE 12, 13, 14  
1:30-4:00PM  
AGES 6-9 RECOMMENDED  
\$100

**FROZEN**  
*fever dance camp*  
July 1, 2, 3  
9:30-12pm  
recommended ages 3-6  
\$100

 **KJM Equestrian Summer Camp**  
8, one-week camp sessions, May 28-July 26  
Monday-Friday, 9:00 am-4:00 pm

**ACTIVITIES INCLUDE:**

- Daily Riding
- Horse-related Arts & Crafts
- Intro to Horsemanship
- Games
- Friday Horse Show and Cook-out



ENROLL NOW AT: [kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)  
CALL: 918-299-9283 • TEXT: 918-863-9556  
EMAIL: [office@kjmequestrian.com](mailto:office@kjmequestrian.com)  
ALSO AVAILABLE: Riding Lessons • Gift Certificates



Celebrate Oaxacan Culture at the

## GILCREASE FAMILY FESTIVAL

**SAT. APRIL 13, 1-3 PM**  
Hicks Park Community Center

- Music and dance performances
- Art activities
- Fashion show
- Food and shopping

**MORE FAMILY FUN AT**  
**GILCREASE.ORG**



# SUMMER CAMPS &

## ARTS@302 – SUMMER ARTS ADVENTURE

[arts302.com/camps](https://arts302.com/camps)

**918.936.2806**  
302 S. Main St., Broken Arrow

**AGES**  
6–12

**DATES**  
Jurassic Jungle Jam: June 10–14      Mad Scientist Art: July 8–12  
Castles and Creatures: June 17–21      Galaxies Art: July 15–19

Get CREATIVE this summer with Arts@302! Campers will work on multiple hands-on art projects and group activities based on the theme of the week. Each day, campers will rotate between four different classes, each led by one of our Teaching Artists. Kids will be introduced to drawing, painting, clay sculpture and more, while also learning to think creatively. Visit [arts302.com/camps](https://arts302.com/camps) for more information on camp weeks and pricing.

On the last day of each week of camp, we will hold a special mini-exhibit and reception that will showcase all the projects that our campers have worked on. We encourage all parents and friends to come out!

Arts@302 is Broken Arrow's premier destination for all things art! You can also check out our classes and workshops for all ages, family events, and our large professional artist gallery.

## THE BART CENTER FOR MUSIC

[thebart.org](https://thebart.org)

**918.794.0330**  
610 S. Main St., Tulsa

**AGES**  
4 and up

**DATES**  
June 3–July 26

Looking for musical enrichment this summer? Look no further than The bART Center for Music! Our Summer Session will begin on Monday, June 3 and go through Friday, July 26. We will be offering private one-on-one lessons for violin, viola, cello, bass, ukulele, guitar, voice, flute and piano for children ages 4 and up.

We will also have other interactive experiences available, from the complete beginner to the more seasoned musician in our Music Production lessons with Nathan Glaser, Summer Ensemble Camp with Yvonne Hazelton, Mr. Broome's Listening Room with David Broome and Beginning String Ensembles with Robin Smith.

To pre-register, please visit [thebart.org](https://thebart.org) and see all of our Summer Programming under our Programs page. We hope to see you in June!

## B-SEW INN'S PROJECT SEW

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

**918.664.4480**  
5150 S. Sheridan Rd., Tulsa

**AGES:**  
9–16. Sewing lessons for boys and girls.

**DATES:**  
July 8–12      July 15–19      July 22–26      July 29–August 2

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

## MVP SUMMER CAMPS!

Starting Monday, June 3rd! 9 Weeks of Camps!



**SPORTS CAMP: 9:30 am–12:30 pm**  
MVP Sports Camps are a ONE-OF-A-KIND camp experience that include indoor and outdoor experiences for the growing athlete. Each athlete has the option (when available) to enroll in basketball, baseball/softball, soccer, and speed and agility (upon availability).

**MVP FUN CAMP: 12:30–3 pm**  
"Fun Camp" is THE absolute best addition for that all day camp option! It's filled with dodgeball, kickball, ultimate frisbee, and even a few water games! This is the way to bring the fun home after a morning of sports training!

**MVPSportsBixby.com/MVPSummer**  
12808 S. Memorial Dr. #207, Bixby, OK 74008  
Call or Text: 918-972-1181



# ACTIVITIES GUIDE

## CAMP ARCHITECTURE AT TULSA FOUNDATION FOR ARCHITECTURE

[tulsaarchitecture.org/programs](https://tulsaarchitecture.org/programs)

918.583.5550

633 S. Boston Ave., Tulsa

### AGES

For students entering grades 3–6 (ages 8–11)

### DATES

June 10–14 (Dream House Design Week 1)

June 17–21 (Dream House Design Week 2)

June 24–28 (City of the Future)

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

**Dream House Design:** In our most popular camp, students will imagine and design their own personal dream house using a variety of materials. While the curriculum is the same for both Dream House Design weeks, it is possible for a student to attend both weeks and create something entirely new each week.

**City of the Future:** Students in this camp will investigate how Tulsa has changed over the years and what's in store for the future. The group will experience historic Tulsa buildings to see how people lived in the past, explore advancements in architecture today, and speculate about how we might live in the future as they create their own designs using a variety of materials to construct a city of the future.

More information is available on our website at: [tulsaarchitecture.org/programs](https://tulsaarchitecture.org/programs)

## CAMP GET CENTERED

[tulsacenter.org/camp-get-centered](https://tulsacenter.org/camp-get-centered)

918.794.4526

815 S. Utica Ave., Tulsa

### AGES

6–17

### DATES:

June 3–August 2

Join Camp Get Centered for weekly summer sessions filled with adaptive sports and recreation, art, special guests, mindfulness, group games, outings, friends and fun! Campers must have a primary diagnosis of a physical disability and be independent in skills of daily living including toileting, feeding, and managing behavior safely. Campers receive a T-shirt, a personalized character award and lifelong memories! New this year! Camp Get Centered Diabetes Mini-Week! July 1–3!

## CAMP LOUGHRIDGE

[camploughridge.org](https://camploughridge.org)

918.446.4194

4900 W. 71st St., Tulsa

### AGES

6–16

### DATES

June 3–July 26

Classic camp activities and Christian values, with a proven safety track record. Located just three miles from Tulsa Hills. Huge pool, canoeing, archery, challenge course and so much more.





### SPRING LIL' KICKERS

Now–May 24  
OPEN ENROLLMENT  
SIGN UP TODAY

### SUMMER CAMPS

May 28–31 (4-day)  
July 15–19 (5-day)  
TBA (5-day)

\*additional dates may be added, please check our website for details



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. 118<sup>th</sup> East Ave. | 918.249.0044  
[www.soccercitytulsa.com](https://www.soccercitytulsa.com)



**LIVING ARTS**  
Art that makes you talk.

Exciting things are coming up at Living Arts for New Arts Summer Camp!

Scan the QR code below for upcoming information!



**STEM ACCREDITED EDUCATIONAL PROGRAMS!**

# CONTENDER ESPORTS SUMMER CAMPS

**Full Day & Half Day Camps**

For More information, contact us:  
918-900-2044  
10125 S. Sheridan Rd.  
info@contendertulsa.com

**ROBLOX ENTREPRENEURSHIP CAMP**

**MINECRAFT MANIA CODING CAMP**

**3D DESIGN AND PRINTING**

**FLIGHT SCHOOL CAMP**

**CONTENT CREATION CAMP**

**ENTRY CODING CAMP**

**PYTHON CODING CAMP**

**ARTS & ANIMATION CAMP**

**STOP MOTION MOVIES CAMP**

**SUPER SMASH BROS FIGHT CLUB**

**STEM CAMPS STARTING AT \$175 FOR HALF DAY**

\*Full Day STEM Camps starting at \$325/week\*  
\*Drone School & 3D Printing: \$450/week\*  
\*Free Play Camp: \$250/week\*

**RECOMMENDED AGES**  
**8-14 YEARS OLD**

**Sign up**

**camps.contendertulsa.com**



**INSPIRED**

**Project Sew**

**CAMP FEE \$299**

**LIFELONG SKILLS**

**B-Sew Inn**  
B-Inspired. B-Creative. B-Sewing.

**JULY 8-12** **JULY 15-19** **JULY 22-26**  
**JULY 29-AUGUST 2**

**SESSION ONE 9AM-12PM** **SESSION TWO 2PM-5PM**

**CAMP INCLUDES**  
Starter Sewing Kit  
Printed Instructions  
Fabric Kits & Supplies

**SIGN UP TODAY AT STORES OR AT BSEWINN.COM**  
5150 S SHERIDAN RD  
TULSA, OK 74145  
918.664.4480

**PLUS EACH PARTICIPANT WILL RECEIVE A SEWING MACHINE VALUED AT \$199**

# SUMMER CAMPS &

## CAMP LUTHERHOMA

[lutherhoma.com/summer-camp](http://lutherhoma.com/summer-camp)

918.822.7405  
23197 East 742 Rd., Tahlequah

**AGES**  
7-18, and family programs

**DATES**  
June 9-August 1, week-long programs

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

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

**Summer Family Camp**, June 30-July 4 or July 28-August 1, is a fun way for families to experience camp together and enjoy all the camp activities! Each family is assisted by a host counselor who helps plan their days. Make new family memories!

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

## CHRISTIAN MONTESSORI ACADEMY

[christianmontessoriacademy.org](http://christianmontessoriacademy.org)

918.628.6524  
3702 S. 90th E. Ave., Tulsa

**AGES**  
3-12

**DATES**  
June and July

Come explore in a fun, innovative, hands-on, Christian learning environment! We will be learning about mountains, islands, canyons, landmarks and much, much more! Students from all schools, 3 to 12 years old, are welcome. Summer Camp is a great way to see what a Montessori education has to offer.

## CLARK YOUTH THEATRE DRAMA CAMP

[clarkyouththeatre.com/education/camps](http://clarkyouththeatre.com/education/camps)

918.596.1412  
4825 S. Quaker Ave., Tulsa

**AGES**  
5-14

**DATES**  
June 3-14 (Ages 8-14)  
June 17-28 (Ages 8-14)  
July 1-3 (Ages 5-11)  
PENGUIN CAMP: July 8-12 (FREE - Mentors Needed)  
July 15-26 (Ages 8-14)  
July 29-August 9 (Ages 8-14)

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



# ACTIVITIES GUIDE

## DISCOVERY LAB

[discoverylab.org/camps](https://discoverylab.org/camps)

918.295.8144

3123 S. Riverside Dr., Tulsa

### AGES

4–12

### DATES

Multiple sessions available

When school is out, Discovery Lab is IN! Discovery Lab offers camps throughout the year to engage and educate children pre-K through sixth grade. Fun, hands-on activities focus on science content such as chemistry, engineering and coding. Ranging from a few hours to a whole week, your children will be excited to discover more at Discovery Lab.

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

## EXTREME SUMMER CAMP AT RHEMA CHILD DEVELOPMENT CENTER

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

918.258.0594

1025 W. Kenosha St., Broken Arrow

### AGES

Currently in kindergarten–5th grade

### DATES

May 24–August 13

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

Some highlights include "Olympic Games," roller skating, Jasmine Moran Children's Museum, Tulsa Zoo, Incredible Pizza, Annual Parent Showcase and much more! In addition, we offer weekly "Character Building" classes, which focus on bully prevention, kindness and helping others.

Registration begins Monday, March 25. Spots fill up quickly! Register today to ensure your kids have a summer they will never forget! For more information, call 918.258.0594 or visit [rhemachildcare.com](https://rhemachildcare.com)

## HAPPY CAMPERS AT JOHN KNOX

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

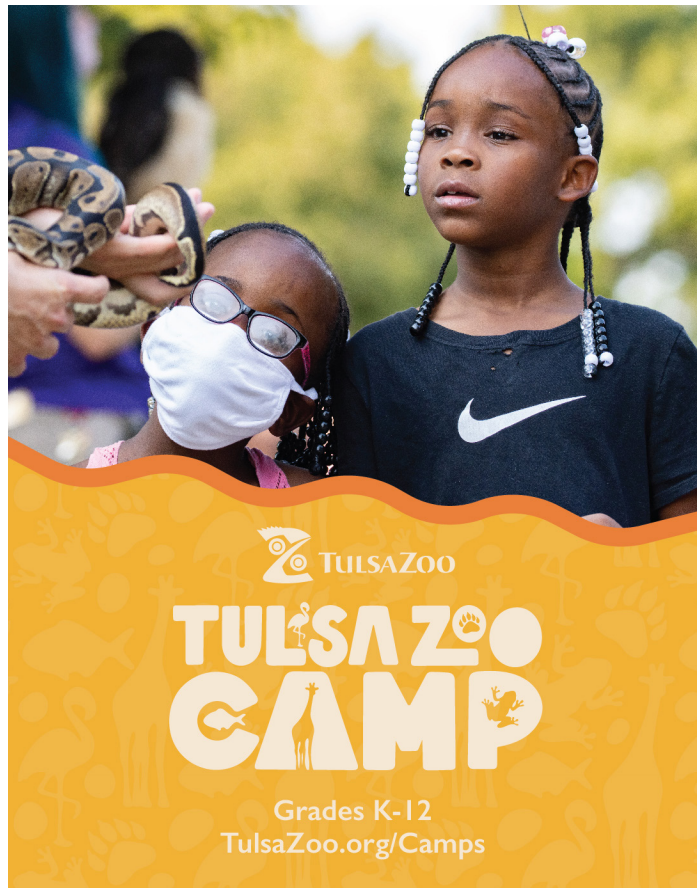
918.742.7656

2929 E. 31st St., Tulsa

### AGES

5–12

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



**TULSA ZOO**

**TULSA ZOO CAMP**

Grades K-12  
[TulsaZoo.org/Camps](https://TulsaZoo.org/Camps)



**Spend your SUMMER**  
at The bART!

Summer Ensemble Camp  
Mr. Broome's Listening Room  
Music Production  
Beginning String Ensembles

+ Private lessons in piano, violin, viola, cello, bass, flute, voice, ukulele, and guitar!

Registration for Summer Session opens March 27th. Classes will begin **June 3rd**.

For more information & registration, please visit [thebart.org](https://thebart.org).

**THE bART**  
CENTER FOR MUSIC

*Drillers*

# HORNSBY'S BULLPEN

*Join the coolest Kid's Club in town!*

- Access to exclusive deals
- Special contests & discounts
- Birthday bonuses

Scan the code to sign up for FREE!




Subscribe to our email list to stay connected all month long!

[tulsakids.com/newsletter](https://tulsakids.com/newsletter)

tulsakids

## SUMMER CAMPS &

### HOLLAND HALL

[hollandhall.org/summer](https://hollandhall.org/summer)

918.879.4716  
5666 E. 81st St., Tulsa

**AGES**  
3+

**DATES**  
May 28–July 26

With more than 190 one-week camps and classes designed for both fun and education, Holland Hall has options for everyone! Programs are structured as one-week sessions that include athletic, artistic, academics or "just for fun" activities. Choose between morning and afternoon sessions or sign up for both and stay all day.

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

Online registration to launch Saturday, April 1, at [hollandhall.org/summer](https://hollandhall.org/summer). We look forward to you sharing your summer with us! Holland Hall is Tulsa's pre-K through Grade 12 Independent Episcopal School.

### HOPE'S CROSSING CAMP

[hopescrossingcamp.org](https://hopescrossingcamp.org)

539.238.7677  
4900 W. Oak Leaf Dr., Tulsa (Camp Loughridge)

**AGES**  
7–15

**DATES**  
July 1–5

Hope's Crossing Camp is a FREE one-week day camp in Tulsa for kids ages 7–15 with cognitive or physical disabilities such as heart disease, cancer, muscular dystrophy, spina bifida, cerebral palsy and down syndrome. Each camper is matched one-to-one with a volunteer counselor. Activities include swimming, fishing, canoeing, archery, basketball, cheer, arts and crafts and a zip line! Counselors receive 40+ volunteer hours. APPLY NOW at [hopescrossingcamp.org](https://hopescrossingcamp.org). JOIN US!

### JANELL WHITBY SCHOOL OF MUSIC

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

918.743.4339  
5147-D S. Harvard, Tulsa

**AGES**  
4–5

**DATES**  
Two weeks in June and early July

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

Celebrating its 43rd year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now – classes fill up fast!



# ACTIVITIES GUIDE

## KJM EQUESTRIAN SUMMER CAMP

[kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)

918.299.9283  
4300 S. Butternut Ave., Broken Arrow

**AGES**  
7-12

**DATES:**  
May 28-May 31      June 17-21      July 15-19  
June 3-7      June 24-28      July 22-26  
June 10-14      July 8-12

Conveniently located near 111th & Garnett (just west of the Creek Turnpike), KJM's week-long summer camps include daily riding, an intro to horsemanship, games, horse-related arts and crafts, plus a Friday finale horse show and cook-out. Our camp facilities include an air-conditioned camp house with kitchen, bathroom, tack room and tacking stalls. In addition, large riding arenas are available as well as shaded trails and a riding park, which are perfect for warm-day rides. Safety on and around horses is a major objective of our riding program, and our counselors are well versed in educating beginner riders.

## LAFORTUNE PARK JUNIOR GOLF CAMP

[lafortuneparkgolf.com/jr-golf](http://lafortuneparkgolf.com/jr-golf)

918.496.6200  
5501 S. Yale, Tulsa

### Junior Golf Camp

**CONTACT**  
Josh Stewart

**AGES**  
6-13

**DATES**  
March 18-21      June 24-27      August 5-8  
June 3-6      July 15-18

**COST**  
\$200/per child (\$180 for each additional sibling signing up)

**TIMES**  
Spring and Summer Camps are Monday-Thursday,  
from 9:00 a.m. until 12:00 p.m. each day.

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

## PGA Junior League

**CONTACT**  
Seth Ryan & Trevor Crust

**DATES**  
Spring Season: March 25-May 11  
Summer Season: June 11-July 27  
Fall Season: August 27-October 11

**AGES**  
Recreational Golf League for 13 and under.

**COST**  
\$299/child

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

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

**Sign up at:** [pgajrleague.com/junior-league-events/search?radius=100&programStatus=open](http://pgajrleague.com/junior-league-events/search?radius=100&programStatus=open)

## Camp Lutherhoma

Outdoor Adventures  
Christ-Centered Community  
Ages 7-18 and family programs  
Week long sessions June 9-August 1



**Summer Camp 2024**

Let's make some memories!

Lutherhoma.com 918-458-0704 Tahlequah, OK

## Summer Camps 2024 - Enroll Today!

[CLARKYOUTHTHEATRE.COM/EDUCATION/CAMPS](http://CLARKYOUTHTHEATRE.COM/EDUCATION/CAMPS)



**CLARK YOUTH THEATRE**

918-596-1412  
[CLARKYOUTHTHEATRE@GMAIL.COM](mailto:CLARKYOUTHTHEATRE@GMAIL.COM)

TULSA KIDS Family Favorites 2024 NOMINATE

**METRO CHRISTIAN ACADEMY 2024**

**THE GREAT SUMMER CAMP OUT**

**MAY 28 - JULY 29**

**WWW.CAMPPATRIOTTULSA.COM**

**STUDENTS ENTERING PRE-K THRU 12TH**  
HALF DAY + FULL DAY OPTIONS

**REGISTRATION NOW OPEN**

**CONTACT: ANNA SWANN**  
CAMPPATRIOT@METROCA.COM  
918.745.9868 EXT. 154

**SUMMER IS MEANT FOR ADVENTURE!**

METRO CHRISTIAN ACADEMY • 6363 S. TRENTON AVE. • TULSA, OK

**TENNIS - SWIMMING - GAMES - PICKLEBALL**

**SUMMER TENNIS CAMP**

**FOR AGES 6-14**

**NEW SESSIONS EACH WEEK**  
MONDAY - FRIDAY  
10AM - 2PM

**WWW.PHILCRESTHILLSTENNIS.COM/SUMMERCAMP**

# SUMMER CAMPS &

## LIVING ARTS OF TULSA NEW ARTS CAMP

[livingarts.org/programming](https://livingarts.org/programming)

918.585.1234

307 E. Reconciliation Way, Tulsa

### AGES

5-16

### DATES:

July 9-12: Emily Simmonds, Sculpture (Ages 10-15)

July 16-19, a.m.: Candacee White, Weaving (Ages 10-15)

July 16-19, p.m.: Candacee White, Stop Motion Animation (Ages 10-15)

July 23-26: Bailey Huerta-Shaw, Puppetry (Ages 10-16)

July 30-August 2, a.m.: Amber Marie Dean, Utopia (Ages 5-10)

July 30-August 2, p.m.: Amber Marie Dean, Installation, Performance, Film (Ages 10-15)

August 6-9: Lauren Lunsford, Fairies and Gnomes (Ages 5-10)

New Arts Camp will look different this year, as we will be functioning in four one-week sessions. Students will participate in disciplines ranging from performing arts and digital creation to site-specific art and storytelling.

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

Apply Here: [livingarts.org/programming](https://livingarts.org/programming)

Please contact Laura Ruiz at [projects@livingarts.org](mailto:projects@livingarts.org) with any questions.

## MARTIAL ARTS ADVANTAGE

[martialartsadvantage.net](https://martialartsadvantage.net)

918.258.9821

603 S. Aspen Ave., Broken Arrow

### AGES

3 to adult

### DATES

Year-round programming available

At Martial Arts Advantage, our primary aim is to harness the power of martial arts to instill confidence and focus in children, empowering them in their everyday lives.

Through our dynamic classes, not only do kids enjoy an exhilarating workout filled with fun and fitness, but they also acquire invaluable self-defense skills, equipping them to handle any challenges they may encounter from strangers or bullies. However, the real magic lies in our commitment to character development. We cultivate traits such as discipline, focus and respect, nurturing young leaders who are poised to succeed both on and off the mat.

While we hope your child never has to employ their self-defense techniques, we guarantee that the life skills they acquire with us will prove indispensable every single day, shaping them into confident, well-rounded individuals for years to come.

We would be delighted to welcome you and your child into our martial arts family! Take the first step today by reaching out to us, and we'll gladly enroll you in our exclusive TulsaKids 4-Week Trial offer. It's the perfect opportunity to experience firsthand the numerous benefits martial arts can offer to you and your child.

## MILLER SWIM SCHOOL

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

918.254.1988

### TULSA

6415 S. Mingo Rd., Tulsa

### JENKS

525 W. 91st St. S., Jenks

### OWASSO

10001 N. 127th E. Ave., Owasso

### TULSA SOUTH

7820 E. 101st St., Suite A, Tulsa



# ACTIVITIES GUIDE

## AGES

Infants–adults

## DATES (SWIM CAMP)

May 20–May 31

June 3–June 13

June 17–June 27

July 8–July 19

July 22–August 1

With over 60 years of expertise, Miller Swim School stands as the premier provider of swim lessons and water safety education in the greater Tulsa area. Students are grouped by age and swimming ability, with classes available year-round in both morning and evening sessions across our four locations.

Get ready to make a splash into the summer spirit with our Swim Camp sessions! These dynamic two-week intensives provide a focused and immersive learning experience, creating a perfect opportunity for swimmers to enhance their skills. Enrollment for our two-week sessions will open on March 4.

Give us a call at 918.254.1988 for more information and mention that TulsaKids sent you! Check out our website for a comprehensive list of programs, and stay tuned on Facebook and Instagram for the latest news and specials.

Dive into a summer of aquatic adventures with Miller Swim School!

## MISS HELEN'S PRIVATE SCHOOL

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

918.622.2327

4849 S. Mingo Rd., Tulsa

## AGES

3 years–5th grade

## DATES

First week of June after Memorial Day through last full week of July

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include our annual pet parade and weekly water play days. Elementary students' activities include: STEM activities, chess, sewing, mystery games and cooking experiences. Individualized reading, writing and math included.

In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes.

Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and musical theater. Community service projects included.

Join Miss Helen's family by contacting us today! We'd love to help celebrate our 70th year with your family!

## NEW LIFE RANCH

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

918.422.5506

160 New Life Ranch Dr., Colcord

## GRADES

2–6 (Frontier Cove); 7–12 (Flint Valley)

## DATES

June 2–July 27, one-week sessions

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

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

Register at [newliferanch.com](http://newliferanch.com).

Use the promo code **TULSA24** for a \$100 discount!



NEW LIFE RANCH

At New Life Ranch Summer Camp, campers get to do things like ride horses, canoe, sing silly songs, play fun games, and worship God. While all that fun is happening they are building relationships with peers, counselors, and ultimately Jesus Christ.



Use promo code  
**TULSA24**  
and save \$100

## COME HANG AT Summer CAMP

★ FRONTIER COVE ★

**DAY CAMP: K - 4TH GRADE**

**JR. CAMP: 2ND - 6TH GRADE**

**LEADERSHIP DEVELOPMENT**

◀ Flint Valley ▶

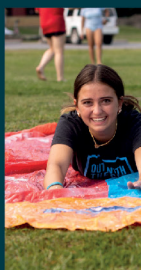
**DAY CAMP: 1ST - 4TH GRADE**

**SR. CAMP: 7TH - 12TH GRADE**

**LEADERSHIP DEVELOPMENT**



LEARN MORE



Register at **NEWLIFERANCH.COM**



**PHILOSOPHY**  
A MODERN ACADEMY

# SUMMER WITH US!

K-12th Grade Tutoring  
Reading, Writing, Math,  
ACT/SAT Prep, Essay Writing,  
Recover Failed Credits

Themed Camps for K-5th // 9 am -12 pm

**JUNE 3 - AUGUST 4**

philosophytulsa.com 918-200-9351



# SUMMER

at Cascia <sup>2024</sup>

Cascia Hall is offering summer camps with fun experiences in sports, theatre, keyboarding, art, and more! Receive expert instruction from Cascia Hall faculty and varsity coaches. Students from all schools are welcome!

**Register at [casciahall.com](https://casciahall.com)**





**Have Questions? Contact Nick Wood**  
[nwood@casciahall.com](mailto:nwood@casciahall.com)



Cascia Hall Preparatory School 2520 S Yorktown Ave





# NOW WITH 4 LOCATIONS!

**MillerSwimSchool.com**  
**918-254-1988**



JENKS • TULSA • OWASSO • TULSA SOUTH

# SUMMER CAMPS &

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

[medicine.okstate.edu/outreach/petes-immersion-camp.html](https://medicine.okstate.edu/outreach/petes-immersion-camp.html)

918.561.1480  
1111 W. 17th St., Tulsa

**AGES**  
High school students

**DATES**  
Saturday, July 20

This one-day robust interactive experience will allow a select amount of high school students to develop a true understanding of the opportunities available to them in the research and medical fields. If accepted, you'll have the opportunity to gain an in-depth understanding of what it is like to be a graduate or medical student at OSU Center for Health Sciences. You'll experience hands-on activities showcasing our medical, athletic training, physician assistant and other graduate programs. This is a great experience for high school students who want to explore STEM-related careers.

Apply today for a chance to join us for a fun-filled interactive day at OSU. Deadline to apply is March 29.

## PHILCREST HILLS SUMMER TENNIS CAMP

[philcresthillstennis.com/summer-camp](https://philcresthillstennis.com/summer-camp)

918.299.2643  
10900 Riverside Parkway, Tulsa

**AGES**  
6-14

**DATES**  
Weekly sessions, May 28-August 9

Smash some balls and make a splash with Philcrest this summer!

At our Summer Tennis Camp, campers will participate in tennis drills in the morning, learning basic strokes, court etiquette and scorekeeping. They will engage in an introduction to match play, as well as participate in fun hand-eye coordination exercises. After lunch they will swim, play games or play pickleball. They will have afternoon snacks in our pool and outdoor grill area. Safari's Sanctuary will come visit us once a month with a selection of exotic animals for the campers to engage with and learn about.

Each camper will need to wear tennis shoes and bring a swimsuit, towel and sunscreen. Lunch and snack are provided.

## PHILOSOPHY: A MODERN ACADEMY

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

918.200.9351  
7104 S. Sheridan Rd., #10a, Tulsa

**GRADES**  
K-12

**DATES**  
Offers year-round support

Unlock Your Child's Potential at Philosophy Academy

Parents, are you searching for an engaging and enriching summer experience for your child? Look no further! Philosophy Academy is your go-to destination for an exciting array of summer programming tailored for all grades and ages.

We are offering themed academic summer camps for K-5th graders from 9 a.m.-12 p.m.

For K-12th graders, we provide personalized tutoring in reading, writing, essay composition and math, fostering academic growth in a supportive environment.

Prepare your high schooler for the upcoming ACT tests in June, July or September with our specialized ACT Prep courses. Additionally, if your high school student needs credit recovery, Philosophy Academy offers the support they need.



# ACTIVITIES GUIDE

We are open Monday through Friday, 9 a.m. to 6 p.m., providing flexibility for you to choose a tutoring schedule that aligns with your family's routine. Act now as space is limited — secure your child's spot for a summer filled with growth and achievement at Philosophy Academy!

## SOUTH LAKES GOLF COURSE

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

918.746.3760  
9253 S. Elwood, Jenks

**AGES**  
6–17

**DATES**  
Summer Lil Hooks: June 5–July 24, 8:30, 9:45 and 11 a.m.  
Slakes Summer Clinics (9–11 a.m.): June 6–7; June 27–28; July 18–19

Every junior will receive an hour of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction. Summer Lil Hooks sessions meet Wednesdays only; each session is one-hour long.

## SOUTH TULSA DANCE CO.

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

918.369.JAZZ (5299)  
10031 S. Yale Ave., Tulsa

**AGES**  
2 and up

**DATES**  
June and July

South Tulsa Dance Co. is celebrating over 25 years of dance in Tulsa! Owner Keally Lilly is proud to offer the best training for kids of all ages in a positive atmosphere. South Tulsa Dance Co. offers something for everyone! This summer we are offering four camps and an 8-week session in June and July.

Facebook: South Tulsa Dance Co.

Instagram: southtulsadanceco

## SUMMER AT CASCIA

[casciahall.com/summer-camp](https://casciahall.com/summer-camp)

918.746.2643  
2520 S. Yorktown Ave., Tulsa

**AGES**  
K–12

Cascia Hall is offering summer camps in both sports and the arts with fun experiences in basketball, volleyball, football, track, tennis, cheer, baseball, wrestling, soccer, theatre, keyboarding, art and wellness. Receive expert instruction from Cascia Hall faculty and varsity coaches on the school campus. Everyone is welcome, and there is something for students of all ages. Register at [casciahall.com](https://casciahall.com).

**ESPORTS** THE UNIVERSITY OF TULSA  
**GAMING CAMP**  
FOR AGES 12-18  
Monday-Friday  
FROM 8AM-5PM  
**Limited Spaces**  
FOR MORE INFO + SESSION DETAILS  
go to:  
[HTTPS://UTULSA.EDU/ESPORTS/](https://utulsa.edu/esports/)  
JUNE 10-14 & JUNE 17-21  
SCAN ME

*Janell Whitby*  
school of music

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

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

918-743-4339 • [JanellWhitby.com](https://JanellWhitby.com)  
[Facebook.com/JanellWhitbySchoolofMusic](https://Facebook.com/JanellWhitbySchoolofMusic)  
51<sup>st</sup> & Harvard, Country Club Plaza



**discovery LAB**

**Discovery Lab is a place where kids and their families can make, learn, explore, and build.**

**Explore. Create. Play.**

*at Tulsa's Science Museum for Children and Families*

**Plan your visit to Discovery Lab and open the doors to a world of creativity, science, and fun that your family will treasure forever.**



Discovery Lab participates in the Association of Science-Technology Centers and Association of Children's Museum reciprocal network programs.

# SUMMER CAMPS &

## SUMMER SEAFARI AND MARINE BIOLOGIST FOR A DAY

[okaquarium.org](http://okaquarium.org)

**918.528.1501**  
**300 Aquarium Dr., Jenks**

### AGES

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

### Summer Seafari

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

### Marine Biologist For A Day

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

## TIPPI TOES TULSA

[tippitoesdance.com/tulsa/summer](http://tippitoesdance.com/tulsa/summer)

**918.361.4134**  
**5976 S. Yale Ave., Tulsa**

### AGES

3–8

### DATES

August 5–8 (4-day camp)

Single-day camps available select Dates, June 4–July 30

Tippi Toes Tulsa is offering a series of fun and energetic dance camps in 2024! All camps are held at our Tippi Toes Studio located in KingsPointe Village Shopping Center at 61st and Yale. Camps are geared toward dancers ages 3–8 years old. Dancers must be potty trained. With exciting themes like Bluey, Under the Sea, Unicorns and more, space may fill up quickly, so enroll TODAY!

Discounts are available when you enroll in three or more camps. Use the code 3CAMPs to save \$15 on 3 or more camps, or use the code 4CAMPs to save \$20 on 4 or more. Email [TulsaMgr@TippiToesDance.com](mailto:TulsaMgr@TippiToesDance.com) if you have any questions or would like help enrolling. Visit [tippitoesdance.com/tulsa/summer](http://tippitoesdance.com/tulsa/summer) for more information and to enroll TODAY!

## TU ESPORTS

[utulsa.edu/esports](http://utulsa.edu/esports)

**918.631.2004**  
**2821 E. 8th St., Tulsa**

### AGES

12–18

### DATES:

June 10–14

June 17–21

Calling all gamers! TU Esports Summer Camps present a unique opportunity to experience an Esports-focused environment. During the five days of camp, students will learn about the developing Esports industry and its growing relationship with education. Students will participate in game focus practices for Rocket League, Overwatch 2, League of Legends and Valorant. Students will have the opportunity to learn about each of the listed gaming titles while learning the basics of each game. Each title will be coached by a member of the TU Esports Varsity Team.

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

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



# ACTIVITIES GUIDE

## TULSA BALLET CENTER FOR DANCE EDUCATION

[tulsaballet.org/summer](https://tulsaballet.org/summer)

918.872.6414

Brookside: 1212 E. 45th Pl., Tulsa

Broken Arrow: 1901 W. New Orleans St., Broken Arrow

### AGES

3-12

### DATES

July 1-25

Join TBCDE for Summer Dance classes the entire month of July! With classes at our Broken Arrow and Brookside campuses for ages 3-12, there's sure to be a time for your child to continue their dance classes this summer. Is your child new to dance and just wants to see what it's all about? No experience required, beginners welcome!

## USA BMX FOUNDATION SUMMER DAY CAMP

[usabmxfoundation.org/summer-programs](https://usabmxfoundation.org/summer-programs)

480.961.1903

490 N. Lansing Ave. E., Tulsa

### AGES:

4th-8th grade

### DATES

June 3-Aug. 2

The USA BMX Foundation will host its third summer of camps for 4th through 8th graders, and we can't wait to welcome the 2024 students for a full lineup of activities that balance learning with action.

Students will receive a truly unique experience tailored for their individual skill level at the USA BMX National Headquarters. Campers will:

- Build confidence on two wheels, learning to ride and race at the Hardesty National BMX Stadium track.
- Explore the intersection of Science, Technology, Engineering, Art, and Math (STEAM) with cycling through daily lessons from USA BMX Foundation's copyrighted curriculum.
- Learn proper bicycle safety, beginner bicycle maintenance and skills training!
- Go on off-campus "adventuring" bicycle trips to Gathering Place, Greenwood and more!
- Design and build their own scale-model BMX Track.
- Have the chance to meet and interact with USA BMX Olympians.

Camp Registration Includes:

- Mongoose Loaner Bike and Helmet
- Camp T-shirt
- Water Bottle
- One-year USA BMX Membership (\$80 value)
- Daily Lunch and Snacks

## YMCA SUMMER DAY CAMPS

[ymcatulsa.org/summercamp](https://ymcatulsa.org/summercamp)

918.466.1424

Tulsa, Owasso and Bixby

### AGES

4-15

### DATES

May 28-August 14

Want to get your kids off the couch? Off the devices? Give them the opportunity to have an actual social life instead of a social media life. Sign them up for summer camp at YMCA of Greater Tulsa today! Choose from three summer day camp locations across Tulsa County, including Herman & Kate Kaiser YMCA, Daily Family YMCA and Owasso Family YMCA.

Watch them make new friends, learn new skills and discover something new about themselves. From sports to outdoor adventures to swimming to STEAM projects to arts and crafts, there's something special for everyone. Give your kids the opportunity of a lifetime that will last a lifetime. Check out all the YMCA has to offer this summer.

**Christian Montessori Academy**



**COME LAND AT CMA!**

**SUMMER CAMP 2024**

JUNE 3RD - JULY 31ST

Come explore in a fun, innovative, hands-on, Christian learning environment! We will be learning about mountains, islands, canyons, landmarks, and much, much more! Students from all schools, 3-12 years old, are welcome!

Learn More: [www.christianmontessoriacademy.org](https://www.christianmontessoriacademy.org) Contact Us: 918-628-6524

**LOUGHRIDGE**  
Classic Camps  
Conferences & Retreats

**JUNE 3-JULY 26, WEEKLY SESSIONS**  
**9 AM-4:45 PM | AGES: 6-16**



Classic camp activities and Christian values, with a proven safety track record. Located just 3 miles from Tulsa Hills. Weekly sessions beginning June 3-July 26. Day camp (9 AM-4:45 PM) for ages 6-16. Learn more at [CLCAMPS.ORG](https://CLCAMPS.ORG) or 918.446.4194.

**4900 W. 71st St., Tulsa**  
**registrar@camploughridge.org**  
**camploughridge.org**

**Early Learning Center**  
Est. 1971

at Christ Church on Harvard

**3 MONTHS-3 YEARS**  
**M-W-F | 9:30am-2:30pm**  
**ChristChurchonHarvard.org**  
**3515 South Harvard Ave. | 918.743.7673**



How will your kids spend their summer? Give them the chance to create lasting memories, make new friends, try new activities, and learn something new about themselves at the YMCA of Greater Tulsa.

Summer Camp enrollment is open. Plan their great summer today!



Scan for more info and to register today.

The YMCA of Greater Tulsa does not turn anyone away due to the inability to pay. Visit [ymcatulsa.org/scholarships](http://ymcatulsa.org/scholarships).



Read the  
TULSAKIDS  
COLLEGE  
PLANNER

[tulsakids.com/college](http://tulsakids.com/college)



WITH TICKETS STARTING AT JUST \$8,  
**BRING THE WHOLE FAMILY!**



*Sunday Afternoon Games-*

- Giveaways • Skills Clinics • FREE Kids Meals
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- AND Kids Run the Bases after the Game!

SCAN FOR MORE & TO

**PURCHASE TICKETS NOW**



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# Camp Quiz:

## What Type of Camp Should Your Child Attend?

BY SANDI SCHWARTZ

**WHEN WE WERE KIDS, LIFE WAS SIMPLER.** Many of us just hung around the house during the summer and played with neighborhood friends or maybe attended a local day camp sponsored by our school or city. Well, nowadays there are camps for everything you can imagine! It can be quite confusing, and even stressful, trying to find the right camp for our kids. Sometimes we even have to choose different camps for each child based on their interests.

Finding the best camp is essential for our children's comfort and growth. Camps can offer them experiences and tools to go out in the world and discover who they are and what they want to become.

If you are struggling to find the right camp for your child this summer, take this fun and easy quiz. You'll be able to discover which type of camp is the best fit for your child.

*Please only choose one answer.*

### 1. How would you best describe your child?

- A. Artistic
- B. Athletic
- C. Brainy
- D. Adventurous

### 2. What is your child's favorite subject in school?

- A. Music
- B. Physical education
- C. Math or science
- D. My child likes a variety of classes

### 3. What is your child's favorite activity after school?

- A. Music lessons
- B. Playing a sport
- C. Robotics or science club
- D. Participating in a bunch of different activities with friends

### 4. Which type of birthday party would your child most likely choose?

- A. Dance party
- B. Indoor soccer or gymnastics
- C. Science museum
- D. Every year it's different

### 5. What does your child usually do on weekends?

- A. Goes to theater rehearsal
- B. Has a game
- C. Competes in a robotics or math tournament
- D. Mixes it up with bike rides, art projects, and shooting hoops

### 6. What is your child's favorite role in a group project?

- A. Presenter
- B. Collaborator
- C. Researcher
- D. Fills in wherever needed

### 7. What's your child's favorite rainy day activity?

- A. Listening to music
- B. Running around the house
- C. Playing a video game
- D. Inviting a friend over to hang out

### 8. Which would be your child's dream vacation?

- A. Seeing Broadway shows in New York City
- B. Touring sports stadiums around the country
- C. Visiting science museums
- D. Doing something different every day, including hiking, playing on the beach, and amusement parks

### 9. What would your child hope to achieve at summer camp?

- A. Starring in a musical
- B. Being team captain
- C. Creating an app
- D. Trying new things

### 10. What does your child want to be when they grow up?

- A. Movie star
- B. Coach
- C. Engineer
- D. No clue

Tally up your answers and match the letter you mostly chose to the type of camp below.

### A — CREATIVE/ PERFORMING ARTS CAMPS

Specialty art and musical theater camps focus specifically on the arts. Some may offer a variety of art forms to choose from, such as pottery, woodworking, painting and photography. Others focus solely on one type of art, such as sewing camp or band camp. Musical theater camps are quite popular and typically showcase a production after a few weeks of rehearsals. Art camps come in all lengths and locations. You can sign your child up for a one-week-long art camp or find multi-week, even overnight, art camps where they can truly hone their craft.

### B — SPORTS CAMPS

Sports camps usually consist of only one sport that a child plays throughout the day. The main goal is for participants to improve their skills by focusing extensively on a sport they love. You can find all types of sports camps like tennis, golf, soccer, baseball, lacrosse, or gymnastics. It is also a way for your child to try a new sport or something only offered during the summer, such as surfing and sailing.

### C — SCIENCE/TECH CAMPS

If your child loves to code, build and tinker, then a tech camp may be the right fit. These types of camps make learning about science and technology fun and exciting for kids. They also provide an opportunity for kids to dive deeper into a subject they love, such as working on a science experiment, designing a website or programming a robot. You can find science and tech camps through local schools, colleges and museums.

### D — TRADITIONAL CAMPS

Traditional camps are what you think of when you envision summer camp — canoeing, hiking, archery, relay races, swim lessons and crafts. They can be considered "jack-of-all-trades" camps because they offer all types of activities for children to try. They give kids an opportunity to enjoy natural surroundings. Some are day camps, while others are overnight experiences where your kids can also learn more independence skills.



## MILLER SWIM SCHOOL

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

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

Here are a few tips to get the conversation started:

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

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

Tulsa 918.254.1988  
MillerSwimSchool.com

Put your message in front of

# 130,000

digital and print readers.

**Our social media reach:**

Email: **10,000+** subscribers

Facebook: **21K** followers

IG: **8,000+** followers

**CALL TODAY!**

**918.582.8504**



JACOB WACKERHAUSEN/GETTY

## ENJOY FLEXIBILITY AS A caregiver

### Are you Called to Care?

Direct Support Professionals (DSPs) care for elderly Oklahomans and people with developmental disabilities.

Enjoy a flexible schedule — be there for your family AND help Oklahomans become more independent. Apply now and answer the call to care.



CalledToCareOK.com

APPLY NOW





Sean Kenney's Nature POP! Made with LEGO Bricks is on view at **Tulsa Botanic Garden** through May 9.

PHOTO COURTESY OF TULSA BOTANIC GARDEN.  
PHOTO CREDIT: CAITLIN HARRIS PHOTOGRAPHY.



COMMUNITY CALENDAR

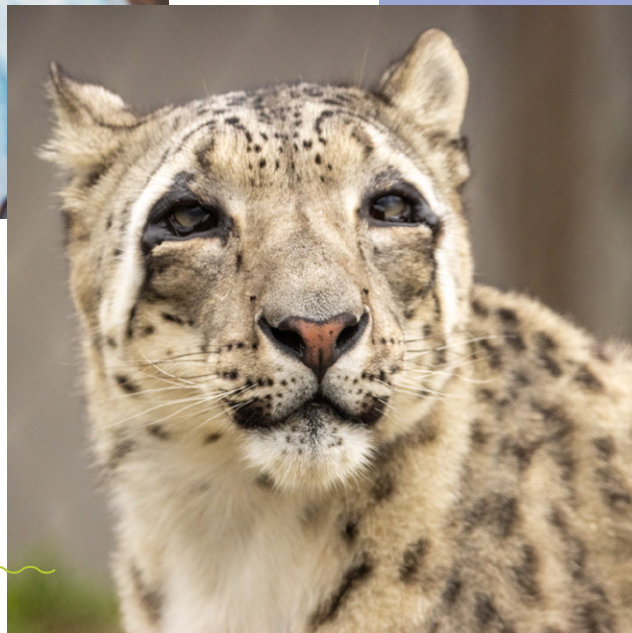
# APRIL 2024

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



Gathering Places hosts **Tiny Tulsa**, a new sensory-inclusive play program, on Saturdays in April and May.

PHOTO COURTESY GATHERING PLACE



Enjoy the spring weather at **Tulsa Zoo!**

PHOTO COURTESY TULSA ZOO.

BROUGHT TO YOU BY





Join **Gilcrease** in celebrating **Oaxacan Culture** with a day of musical and dance performances, art activities and more on April 13.

PHOTO COURTESY GILCREASE MUSEUM.

## April 1 Monday

### MONDAY MORNING PROGRAMMING **W**

For early learners, 11-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., [discoverylab.org](http://discoverylab.org)

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

### BUILD A READER STORYTIME: FAMILY **F W**

Ages 0-5, 11-11:30 a.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, [tulsalibrary.org](http://tulsalibrary.org)

There's something for everyone at this 0-5 storytime.

## April 2 Tuesday

### ECLIPSES CROSSING AMERICA

All ages, 6:30-7:30 p.m., Jenks Planetarium, 205 E. B St., Jenks, [jenksps.ce.eleyo.com/Planetarium](http://jenksps.ce.eleyo.com/Planetarium)

This show will inform its audiences all about solar eclipses!

### CHICAGO

7:30 p.m., Tulsa PAC, 110 E. 2nd St., [celebrityattractions.com](http://celebrityattractions.com)

Chicago has everything that makes Broadway great: a universal tale of

fame, fortune and all that jazz; one show-stopping song after another; and the most astonishing dancing you've ever seen. Repeats April 3.

## April 3 Wednesday

### STORY TIME AT TULSA ZOO **W**

All ages, 10 a.m., Tulsa Zoo, 6421 E. 36th St. N., [tulsazoo.org](http://tulsazoo.org)

Listen to a story and meet an animal ambassador every Wednesday morning in the elephant demonstration yard. On April 3, Philbrook will join to provide a creative activity.

### MINI ART EXPLORERS: BIRD COLLAGE

Ages 2-4, 10-10:45 a.m., Arts@302, 302 S. Main St., Broken Arrow, [arts302.com](http://arts302.com)

Mini Art Explorers is a "mommy and me" art class. This week, use painted paper and mark-making tours to make your own bird collage. Pre-register online.

## April 4 Thursday

### HOMESCHOOL SKATE

For homeschoolers, 1-3 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, [wheelsandthrills.com](http://wheelsandthrills.com)

Join Wheels and Thrills for their monthly homeschool event. This month's theme is Superhero! Dress up to receive a prize.

### SOLAR SHINDIG: ECLIPSE PARTY! **F**

Ages 5-12, 3:30-5 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., [tulsalibrary.org](http://tulsalibrary.org)

Join the library for activities focused on what a solar eclipse is and why they're so amazing.

## April 5 Friday

### ART IN BLOOM WEEKEND

All ages, April 5-7, Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](http://philbrook.org)

Art in Bloom is a museum-renowned experience that features stunning structures made by local floral designers, inspired by the architecture and art of Philbrook.

### TINY TULSA – MINI MUSEUM & MARKET **F**

All ages, 6-9 p.m., Fly Loft, 117 N. Boston Ave., [facebook.com/tinythingsbybowen](http://facebook.com/tinythingsbybowen)

Tulsa's own Tiny Things by Bowen has created an out-of-the-box Mini Museum out of...a box! Fifty Oklahoma artists' tiny works will be

featured within this one-of-a-kind gallery. Also on view April 6, 11 a.m. – 5 p.m.

## April 6 Saturday

### AQUARIUM RUN

All ages, 8 a.m.-12 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, [okaquarium.org](http://okaquarium.org)

Lace up your sneakers and join Oklahoma Aquarium for the 19th-Annual Oklahoma Aquarium Run. Half-marathon, 10K, 5K and Fun Run options available.

### TINY TULSA: INCLUSIVE PLAY PROGRAM **F W**

For pre-K through 5th graders, 9:30 a.m.-12:30 p.m., Gathering Place, 2650 S. John Williams Way, [gatheringplace.org](http://gatheringplace.org)

This program features low lighting, soothing sounds, creative toys, art materials and adaptive play elements in an inclusive environment.

### AUDITIONS FOR PRINCESS VS. NINJA **F**

Ages 8-14, 4 p.m., Clark Youth Theatre, 4825 S. Quaker Ave., [facebook.com/clarkyouththeatre](http://facebook.com/clarkyouththeatre)

Clark Youth Theatre invites kids ages 8-14 to audition for this upcoming production. Visit the Facebook event page for more information.



## TULSA OILERS FOOTBALL GAME

All ages, 7:05 p.m., BOK Center, 200 S. Denver Ave., [tulsaoilersfootball.com](https://tulsaoilersfootball.com)

Cheer for the Tulsa Oilers indoor football team as they play the Iowa Barnstormers!

### April 7 Sunday

## SENSORY SKATE SUNDAY

All ages, 10:30 a.m.-12:30 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, [wheelsandthrills.com](https://wheelsandthrills.com)

Have fun at Wheels and Thrills with no flashing lights or loud music; the arcade and laser tag will be suspended as well.

### April 8 Monday

## THE SOLAR ECLIPSE CELEBRATION <sup>F</sup>

For preschoolers to teens, 12-2 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](https://tulsalibrary.org)

Celebrate the solar eclipse with crafts and science projects. Eclipse glasses will be provided for use at the event.

## SOLAR ECLIPSE EXTRAVAGANZA <sup>F</sup>

All ages, 12:30-2:30 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, [tulsalibrary.org](https://tulsalibrary.org)

Join the library for a community viewing of the solar eclipse, complete with light refreshments, outdoor activities and solar eclipse glasses (supplies limited).

### April 9 Tuesday

## KIDS CLUB: A LIFE SKILLS AND STEAM CLUB <sup>F</sup>

For 2nd-5th graders, 4:30-5:45 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, [tulsalibrary.org](https://tulsalibrary.org)

Test our engineering prowess by making and testing the durability of paper and Popsicle stick bridges.

## CENTRAL BARDS' CLUB: THEATER GAMES, IMPROV, DRAMATICS <sup>F</sup>

For teens and tweens, 6-7:30 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](https://tulsalibrary.org)

This is a place to learn and practice a variety of performance skills to stretch your imagination, strengthen your voice and elevate your storytelling. Repeats April 23.

### April 10 Wednesday

## MINI ART EXPLORERS: WATERCOLOR SPRING FLOWERS

Ages 2-4, 10-10:45 a.m., Arts@302, 302 S. Main St., Broken Arrow, [arts302.com](https://arts302.com)

Mini Art Explorers is a "mommy and me" art class. This week, practice drawing and painting flowers, then make flowers with watercolors and paper plates. Pre-register online.

## D&D — BUT FREE! AN INTRODUCTION TO INDIE TTRPGS <sup>F</sup>

For teens, 4-5 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., [tulsalibrary.org](https://tulsalibrary.org)

Dungeons & Dragons can get expensive. Learn about some different tabletop role-playing games whose rule sets are completely free to access, download and play. For teens, but all hobbyists welcome.

### April 11 Thursday

## YOGA STORYTIME <sup>F</sup>

Ages 0-5, 6:30-7 p.m., Owasso Library, 103 W. Broadway St., Owasso, [tulsalibrary.org](https://tulsalibrary.org)

Enjoy stories, songs and yoga poses.

### April 12 Friday

## HELMERICH LIBRARY ANNUAL BOOK SALE <sup>F</sup>

All ages, 10 a.m.-5 p.m., Helmerich Library, 5131 E. 91st St., [tulsalibrary.org](https://tulsalibrary.org)

The Friends of the Helmerich Library's annual book sale features thousands of gently used books and media. Repeats April 13, 19 and 20.

## INDIGIPOPX: REVOLUTION

All ages, April 12-14, First Americans Museum, 659 American Indian Blvd., OKC, [indigenouscomiccon.com](https://indigenouscomiccon.com)

The Indigenous Pop Culture Expo looks to showcase Native American and Indigenous creatives and communities in a way that dispels

the mythologies that Natives are a people of the past.

### April 13 Saturday

## SPRING PLANT SWAP <sup>F</sup>

For adults, 10-11:45 a.m., Owasso Library, 103 W. Broadway St., Owasso, [tulsalibrary.org](https://tulsalibrary.org)

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

## STEAM SATURDAY: CREATE A RUBE GOLDBERG MACHINE <sup>F</sup>

All ages, 10 a.m.-12 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](https://tulsalibrary.org)

Create a chain-reaction machine out of found and repurposed items.

## CELEBRATE OAXACAN CULTURE: GILCREASE FAMILY FESTIVAL <sup>F</sup>

All ages, 1-3 p.m., Hicks Park, 3443 S. Mingo Rd., [gilcrease.org/events](https://gilcrease.org/events)

Celebrate the vibrant culture of the Mexican state of Oaxaca with an afternoon of musical and dance performances, art activities and more. RSVP online to ensure enough supplies for all.

### April 14 Sunday

## ¡DESCUBRA!: CELEBRATING CULTURAL IDENTITIES <sup>F</sup>

All ages, 1-5 p.m., Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](https://philbrook.org)

Bring the family for art demonstrations, fun activities, bilingual storytimes, artmaking, music, dancing and featured activities from ¡Descubra! national collaborator, the United States Patent and Trademark Office. Advance tickets recommended.



## TULSA DRILLERS HOME GAME SCHEDULE

Tulsa Drillers' 2024 season kicks off this month! All games take place at ONEOK Field, 201 N. Elgin Ave. Purchase tickets — and sign your kids up for the Hornsby's Bullpen kids club — at [tulsadrillers.com](https://tulsadrillers.com)

4/9, 7 p.m. vs. Arkansas*	4/24, 12 p.m. vs. NW Arkansas
4/10, 12 p.m. vs. Arkansas	4/25, 7 p.m. vs. NW Arkansas
4/11, 7 p.m. vs. Arkansas	4/26, 7 p.m. vs. NW Arkansas*
4/12, 7 p.m. vs. Arkansas*	4/27, 7 p.m. vs. NW Arkansas*
4/13, 7 p.m. vs. Arkansas	4/28, 1 p.m. vs. NW Arkansas**
4/14, 1 p.m. vs. Arkansas**	4/30, 6 p.m. vs. Springfield
4/23, 7 p.m. vs. NW Arkansas	*Fireworks nights **Kids Eat Free

**April 15 Monday****LIFE SKILLS: BASIC SEWING – BUTTERFLY PLANT HOLDER** **F**

All ages, 10:30 a.m.-1:30 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, [tulsalibrary.org](http://tulsalibrary.org)

Bring your own materials and machine or use the library's machines and materials to learn the basics of quilting. Must pre-register at [tulsalibrary.org/events](http://tulsalibrary.org/events) or by calling 918.549.7323.

**April 16 Tuesday****BUILD A READER STORYTIME: FAMILY/STAY AND PLAY** **F W**

Ages 0-5, 10:15-11:15 a.m., Brookside Library, 1207 E. 45th Pl., [tulsalibrary.org](http://tulsalibrary.org)

After storytime, enjoy games, toys and activities that foster critical early literacy skills.

**PAWS FOR READING** **F**

Ages 5-12, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, [tulsalibrary.org](http://tulsalibrary.org)

Kids ages 5-12 are invited to read their favorite books to a furry, four-pawed friend. Must pre-register by calling 918.549.7323.

**April 17 Wednesday****BUILD A READER STORYTIME: BILINGUAL** **F W**

Ages 0-5, 10-10:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., [tulsalibrary.org](http://tulsalibrary.org)

Enjoy stories, songs and activities in English and Spanish.

**April 18 Thursday****AIRPORT STORYTIME: IT'S A BIRD...IT'S A PLANE!** **F**

10 a.m.-12 p.m., Tulsa International Airport, 7777 Airport Dr., [tulsalibrary.org](http://tulsalibrary.org)

Bring the whole family for this family storytime at the airport. Listen to books about things that fly: birds, planes, even Superman!

**NATURE CRAFT** **F W**

Ages 2+, 3-4 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, [facebook.com/rayharralnaturecenter](https://facebook.com/rayharralnaturecenter)

Drop in for a nature-inspired art project. All supplies provided.

**MARIO KART TOURNAMENT** **F**

Ages 13-18, 5-7 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., [tulsalibrary.org](http://tulsalibrary.org)

Enjoy a low-stakes, high-fun evening of Mario Kart 8 racing! Crafts and other activities will be provided. All skill levels welcome.

**April 19 Friday****1-2-3 PLAY WITH ME PARENT-CHILD WORKSHOP SERIES** **F**

For parents and children ages 1-3, 10-11 a.m., Hardesty Regional Library, 8316 E. 93rd St., [tulsalibrary.org](http://tulsalibrary.org)

The program offers opportunities for children to play with developmentally appropriate toys in a playgroup atmosphere. Must pre-register at [tulsalibrary.org/events](http://tulsalibrary.org/events) or by calling 918.549.7323.

**TEDDY BEAR BALL**

All ages, 5:30-7 p.m., Whiteside Community Center, 4009 S. Pittsburg Ave., [tulsaparks.recdesk.com](http://tulsaparks.recdesk.com)

Bring your teddy bear and enjoy an evening of dancing and fun!

**April 20 Saturday****ASCENSION ST. JOHN ZOORUN PRESENTED BY COMMUNITY CARE**

All ages, 7:30 a.m., Tulsa Zoo, 6421 E. 36th St. N., [tulsazoo.org/run](http://tulsazoo.org/run)

Now in its 54th year, ZooRun is the second-oldest running event in Tulsa. With a 10k, 5k and 1-mile FunRun, there is a pace for everyone!

**TULSA OILERS FOOTBALL GAME**

All ages, 7:05 p.m., BOK Center, 200 S. Denver Ave., [tulsaoilersfootball.com](http://tulsaoilersfootball.com)

Cheer for the Tulsa Oilers indoor football team as they play the Frisco Fighters!

**April 21 Sunday**

Find more family-friendly events at [tulsakids.com/calendar](http://tulsakids.com/calendar).

**April 22 Monday****TEEN LOUNGE** **F W**

For middle and high schoolers, 3:45-4:45 p.m., Nathan Hale Library, 6038 E. 23rd St., [tulsalibrary.org](http://tulsalibrary.org)

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

**GARDENING GALA: HAPPY EARTH DAY!** **F**

All ages, 2-4 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., [tulsalibrary.org](http://tulsalibrary.org)

Get supplies for your very own companion garden. Enjoy crafts and books on gardening for all ages.

**SOUTH BROKEN ARROW LIBRARY'S 30TH ANNIVERSARY PARTY** **F**

All ages, 4-6 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, [tulsalibrary.org](http://tulsalibrary.org)

Celebrate three decades of literary magic at this come-and-go event, featuring activities for kids and refreshments.

**April 23 Tuesday****DIY BIRD FEEDERS** **F**

Ages 5+, 4-4:45 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., [tulsalibrary.org](http://tulsalibrary.org)

Make simple bird feeders that your neighborhood birds will love!

**PET PORTRAITS** **F**

For teens and tweens, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, [tulsalibrary.org](http://tulsalibrary.org)

Bring a photo of your pet or paint one from memory. Paint them wearing a tuxedo. Paint them purple or in cubist style. Add glitter. Don't have a pet? Paint your dream pet!

**AFRICAN PRESENCE IN EARLY AMERICA** **F**

For adults and teens, 6:30-8:30 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., [tulsalibrary.org](http://tulsalibrary.org)

Join Kashif Rashad Nuriddin for this informative look at African presence in early America. Enjoy a taste of Nigerian refreshments afterward.

**April 24 Wednesday****MINI ART EXPLORERS: BUMBLEBEE PAINTING**

Ages 2-4, 10-10:45 a.m., Arts@302, 302 S. Main St., Broken Arrow, [arts302.com](http://arts302.com)



Step inside **Tiny Things by Bowen's Mini Museum** April 5-6.

PHOTO COURTESY TINY THINGS BY BOWEN





Register for **Child Advocacy Network's Superhero Challenge** by April 29.

PHOTO COURTESY CHILD ADVOCACY NETWORK

Mini Art Explorers is a "mommy and me" art class. This week, paint bumblebees and flowers. Pre-register online.

### TEEN CONNECTION F

For 6th-12th grade, 4:30-6 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, [thearcok.org](http://thearcok.org)

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

### April 25 Thursday

#### TINY TOTS W

Ages 0-6, 10 a.m.-1 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, [wheelsandthrills.com](http://wheelsandthrills.com)

Skate, play, ride and jump — and don't forget your socks!

#### KIDS CRAFT CLUB: FLOWER POT PAINTING F

Ages 5-12, 4-5 p.m., Nathan Hale Library, 6038 E. 23rd St., [tulsalibrary.org](http://tulsalibrary.org)

Personalize your own flower pot and take home a kit to grow your own plant. Supplies provided but limited.

### April 26 Friday

#### BABY PROM F

Ages 0-5, 11-11:45 a.m., Martin Regional Library, 2601 S. Garnett Rd., [tulsalibrary.org](http://tulsalibrary.org)

Join the library for Baby Prom! You can dress up or choose comfortable clothes. There will be light snacks, music, bubbles and crafts.

#### CHALK THE WALK: SIDEWALK ART F

For children of all ages, 2-3 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., [tulsalibrary.org](http://tulsalibrary.org)

Create a chalk masterpiece on the library's front sidewalks for everyone to enjoy.

### April 27 Saturday

#### SPRING FISHING DERBY F

Ages 6-15, 9-11 a.m., Mohawk Park, 5701 E. 36th St. N., [tulsaparks.recdesk.com](http://tulsaparks.recdesk.com)

Bring your fishing gear for this reel-y fun event! Pre-register online.

#### TOUCH A TRUCK F

All ages, 10 a.m.-12 p.m., Owasso Library, 103 W. Broadway Ave., Owasso, [tulsalibrary.org](http://tulsalibrary.org)

Children of all ages can explore life-size vehicles and interact with community helpers like police officers, firefighters and construction workers.

#### CARIBBEAN CARNIVAL ON THE GREEN F

All ages, 5-9 p.m., Guthrie Green, 109 E. Reconciliation Way, [guthriegreen.com](http://guthriegreen.com)

Sisserou's is celebrating 10 years with a vibrant night full of colorful costumes, delicious cuisine, rhythmic live music, and art.

#### TULSA YOUTH OPERA PRESENTS BIBBIDI BOBBIDI BROADWAY!

All ages, 7:30 p.m., Will Rogers High School, 3909 E. 5th Pl., [tulsaopera.com](http://tulsaopera.com)

Tulsa Youth Opera is thrilled to announce Bibbidi Bobbidi Broadway!, a concert that combines the brilliance of Broadway with the magic of Disney, featuring Broadway star Jenn Gambatese.

### April 28 Sunday

Find more family-friendly events at [tulsakids.com/calendar](http://tulsakids.com/calendar).

### April 29 Monday

#### SUPERHERO CHALLENGE ONLINE REGISTRATION DEADLINE

All ages, [cansuperherochallenge.org](http://cansuperherochallenge.org)

Child Advocacy Network's annual Superhero Challenge returns May 4, with an all-new location at Washington Irving Park in Bixby. Register by April 18 to receive a size guarantee on your race T-shirt, and register online through April 29. Registration also available onsite the day of the event.

### April 30 Tuesday

#### NATURE BUDDIES

Ages 0-3, Tulsa Zoo, 6421 E. 36th St. N., [tulsazoo.org](http://tulsazoo.org)

Parents and their children can bond during hand on nature-based activities and close-up encounters with zoo ambassador animals. Registration required.

#### YOGA FOR EVERY BODY F W

All ages, 6-7 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

This beginner-friendly yoga class is taught by certified yoga instructor Beth Richmond.



PHOTOS COURTESY JENKS GARDEN CLUB

## Earth Day and Springtime Events

Celebrate spring and get tips for protecting the planet at these fun events. More at [tulsakids.com](https://tulsakids.com)

### SPRINGFEST

**April 12–13, 9 a.m.–3 p.m.**

**Tulsa Garden Center, 2435 S. Peoria Ave.**

This popular springtime event lets gardening enthusiasts shop from a variety of plant vendors while supporting educational programs at Tulsa Garden Center! [tulsagardencentre.org/springfest](https://tulsagardencentre.org/springfest)

### SAND SPRINGS HERBAL AFFAIR

**April 20, 8 a.m.–4 p.m.**

**Downtown Sand Springs,  
near Broadway and Main Street**

Find unique arts and crafts, herbal products, gardening supplies and décor while enjoying LIVE music and great food! [sandspringsok.org](https://sandspringsok.org)

### PARTY FOR THE PLANET

**April 20, 10 a.m.–2 p.m.**

**Tulsa Zoo, 6421 E. 36th St. N.**

Discover what Tulsa Zoo and its conservation partners are doing to conserve and protect wild-life with specialty keeper chats from animal care experts. [tulsazoo.org/planet](https://tulsazoo.org/planet)

### EARTH DAY CELEBRATION AT RAY HARRAL NATURE CENTER

**April 20, 10 a.m.–2 p.m.**

**Ray Harral Nature Center,  
7101 S. 3rd St., Broken Arrow**

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

### EARTH DAY CELEBRATION

**April 20, 3–8:15 p.m.**

**Guthrie Green, 111 E. Reconciliation Way**

Oklahoma's most ambitious Earth Day event features prominent environmental speakers, community booths and demos, music, sustainable Indigenous cuisine, circus arts, kids activities and much more. [okrootsmusic.org](https://okrootsmusic.org)

### EARTH DAY GARDEN PARTY

**April 26, 11 a.m.–3 p.m.**

**Jane A. Malone Center in Chamberlain Park,  
4940 N. Frankfort Ave.**

Celebrate Earth Day with eco-friendly activities, music and garden-inspired delights. [facebook.com/tulsaparks](https://facebook.com/tulsaparks)

### JENKS HERB AND PLANT FESTIVAL

**April 27, 8 a.m.–4 p.m.**

**Downtown Jenks**

The Jenks Herb and Plant Festival is widely anticipated as the official signal of the start of Spring. There are fun events for kids as well as plenty of vendors to shop from. [jenksclub.com](https://jenksclub.com)

## Farmers Markets

The following markets are opening for their 2024 season this month! Others will follow in May. Find additional details at [tulsakids.com/farmers-markets-in-tulsa](https://tulsakids.com/farmers-markets-in-tulsa)

### TULSA FARMERS' MARKET

**Saturdays, beginning April 6, 7–11 a.m.**

**Kendall Whittier Square**

[tulsafarmersmarket.org](https://tulsafarmersmarket.org)

### ROSE DISTRICT FARMERS MARKET

**Saturdays, beginning April 6,  
8 a.m.–12 p.m.; Tuesdays, 4–8 p.m.**

**418 S. Main St., Broken Arrow**

[brokenarrowok.gov](https://brokenarrowok.gov)

### DOWNTOWN TULSA MIDWEEK MARKET

**Wednesdays, beginning April 24,  
4–7 p.m.**

**Chapman Green**

[downtowntulsa.com/market](https://downtowntulsa.com/market)



HARDESTY NATIONAL BMX STADIUM



# GET STOKED FOR SUMMER

BMX Camp is back with a full lineup of summer action and learning!

## Daily or Weekly Camps for 4th–8th Graders

- Build confidence on two wheels at the Hardesty National BMX Stadium track
- Explore STEAM learning with cycling
- Learn bicycle safety, maintenance, and skills
- Adventure with trips to Gathering Place, Greenwood, and more!
- Design and build a model BMX Track
- Meet and interact with USA BMX Olympians
- All campers receive loaner bike and helmet, t-shirt, water bottle, one year USA BMX membership, daily lunch and snacks

**\$400**

PER WEEK

SCHOLARSHIPS  
AVAILABLE!

### WEEKLY CAMPS

June 3 – Aug 2

### USA BMX NATIONAL HEADQUARTERS

490 N LANSING AVE

### LEARN MORE

[USABMXFOUNDATION.ORG](http://USABMXFOUNDATION.ORG)



# Bryson Rentie:

## BMX Rider

By **Betty Casey**



**T**welve-year-old Carver Middle School student Bryson Rentie competed in the USA BMX Grand Nationals where he qualified for Mains, the final race of the event. Bryson got involved with riding through the USA BMX Foundation's R.I.S.E. (resiliency, inclusion, social awareness and education) program, which was co-sponsored by the Terence Crutcher Foundation. R.I.S.E. is a three-month mentorship and education program in which children meet with BMX professionals and community leaders. They receive BMX coaching, general mentorship, STEAM education lessons and instruction on how to build their own bike.

**TulsaKids:** You were part of the R.I.S.E program. Tell us about that and what you learned.

**Bryson:** I learned that if you fall, you get back up and overcome your fears. We had mentors and speakers for a 12-week course last

summer thanks to the Hardesty BMX and the R.I.S.E. team.

**TulsaKids:** What was the best part?

**Bryson:** BMX. It's fun and fast-paced. It gives me something to do whenever I'm bored. I love riding a bike.

**TulsaKids:** Have you ever crashed or gotten hurt?

**Bryson:** I did crash because I wasn't riding right and fell over. My feet came off the pedals. But I got back up.

**TulsaKids:** What is the best thing about riding the bike?

**Bryson:** BMX and winning. There are different classes. I'm a novice. I need to get six more wins to get to intermediate, the next level up. I got to go to Grand Nationals. It's a big-time race in Tulsa every year. Every pro rider comes out and races. It was a fun and new experience for me, and I would definitely do it again. You can showcase your talent and you get a trophy. It's the Super Bowl of BMX. It was an experience I won't forget.

**TulsaKids:** How has BMX riding and being in R.I.S.E. helped you in other parts of your life?

**Bryson:** It has helped me be a leader and focus on what's good rather than what's bad. I've met a few people, and I've made some new friends. I see them at the track. I also feel more confident every time I go, and I just go as fast as I can.

**TulsaKids:** How does it feel when you lose? How do you handle it?

**Bryson:** When I lose, I contemplate on what I did wrong, and the next race I try to do better.

**TulsaKids:** Do you participate in any other sports?

**Bryson:** I play football. Corner and linebacker for Carver.

**TulsaKids:** What's your favorite subject in school?

**Bryson:** Language arts.

**TulsaKids:** What advice do you have for kids who might want to try BMX racing?

**Bryson:** If you want to get into it, definitely try it. It's a very fun sport. You'll develop a feel for it, and you'll get better. It's a year-round sport. Don't be scared to try new things.

**TulsaKids:** What are your goals for BMX?

**Bryson:** To reach intermediate at a certain level and then expert. Beyond BMX, I want to get into a good college and be successful in life. In the future, I may join the Air Force.

**TulsaKids:** What's a fun fact about you?

**Bryson:** I'm not thinking any time soon about cutting my hair. And I speak a lot of Spanish. **TK**

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



Bryson  
Rentie





## Talk to Your Kids About the Dangers of Vaping:

1. Discuss the harmful health effects
2. Keep an open line of dialogue
3. Ditch the threats and ultimatums



Quit the Hit is a five-week Instagram support group that encourages teens to quit vaping. Direct messages include educational content, quit tools, group challenges and more.

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