



tulsakids

FOR ACTIVE PARENTS IN TULSA & SURROUNDING COMMUNITIES

**SUMMER CAMPS
& ACTIVITIES:**
THINGS TO CONSIDER
BEFORE SIGNING UP

**THE EMOTIONAL
ROLLER COASTER
OF CO-PARENTING**

**SPRING BREAK
CALENDAR**
& LAST-MINUTE OPTIONS

ANNUAL SUMMER CAMPS & ACTIVITIES GUIDE INSIDE!

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Camp Loughridge

Yes, You Can Find a GREAT SUMMER Camp -OR- Activity FOR YOUR KID

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PHOTOGRAPHY BY MAKENZIE HOWARD

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Summer Camp Fun @ TU

The University of Tulsa offers a wide variety of camps for elementary, middle school, and high school students. From jazz music and photography to soccer and spelunking, there's something for every child. **Send your kids to TU this summer!**

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Here It Is...

THE SUMMER CAMPS & ACTIVITIES GUIDE, PART I.

At TulsaKids, we try to think like a local parent. What is it that you need and want that can help make your family's life easier, better, more informed or more fun? Many years ago, I thought that having a simple listing of as many summer camps and activities as I could find would be very helpful to parents — and to me, as the mom of three kids. Over the years, the list has grown. What started out as one guide issue in April has expanded to two months of summer camps and activities in March and April to help you get started early on making summer plans.

As you make decisions, read our feature on questions to ask camp directors. Think about your child. For example, some kids are ready for over-night camp at age 8, while others may prefer a daytime experience closer to home. It depends on your child's developmental age, temperament and personality. What are your goals for your child? Do you want to get them off screens for several hours a day? Do you want them to learn a new skill? Do you want them to participate in a group project like theater or robotics? Would they feel more comfortable attending a camp with a friend or having the chance to make new friends?

Look through our camp guide to see what options are out there for your child — maybe there's something you never considered, but your child would love.

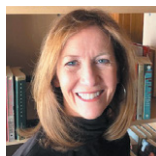
Spring break is also this month, so if you're looking for things to do, check out our calendar. You'll find

plenty of things to keep you busy. And, Julie Watson shares some nearby places for teens who may want to take a short road trip.

Finally, on a more serious note, many parents are not only juggling their kids' activities, they're juggling the desires and schedules of ex-spouses and step-parents. The added dimension of more adults being involved in a child's life can be positive and loving, but it also requires some good communication and clear boundaries. Marnie Hernandez's feature can be helpful to those of you who are currently riding that roller coaster.

I hope you all find something useful in this month's issue. The Summer Camps & Activities Guide is on tulsakids.com for a year. Take a look at our other guides as well — School Guide, Enrichment, Health and Wellness, Party Planner and the Inclusive Resource Guide. Find them all on our homepage. You'll also find a College Planner full of information for high school students and parents as they plan for post-high school, and our Baby Handbook for those of you just starting out on this crazy parenting journey.

We've got you covered from birth to college.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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NOMINATE

**YOUR FAMILY FAVORITES
FROM MARCH 1-15!**



Everyone who completes 75%
of the nominations ballot is entered to win
a Family Membership to Tulsa Zoo.

The top five nominees in each category appear on our Runoff Ballot in May,
and the top three winners and finalists will be announced in our July issue.

**VISIT [TULSAKIDS.COM](https://tulsakids.com)
TO NOMINATE!**





Front Row, L to R: Wren Clavin,
Joy Patterson, Jack Free
Back Row, L to R: Isaac Daniel,
Cullen Vassiliou, Wyatt Watson



~USERG15613517/GETTY

SCREEN TIME FOR BABIES DELAYS COMMUNICATION

A new study published in JAMA Pediatrics suggests there is a link between more screen time for babies and developmental delays.

Researchers in Japan looked at survey data collected from over 7,000 kids who were 1 year old and found that those who were exposed to screens – defined in the study as “watching television, playing video games, and using mobile phones, tablets, and other electronic devices” – for more than one hour per day appeared to have more delays in developing communication, fine motor skills and problem-solving skills by the time they were 2, 3 or 4 years old.

The study didn't differentiate between screen time for entertainment or for educational purposes and doesn't show cause and effect, but showed a dose-response relationship between screen time and development.

“The more screen time these babies had at 1 year of age, the worse their developmental milestones

METRO CHRISTIAN ACADEMY STUDENTS RECEIVE PERFECT SCORE IN WORD CHALLENGE

Consider these questions.

Breeze is to *gale* as *trickle* is to lull, plunder, forage, sunshine or cascade? *Light* is to *turn off* as *rumor* is to start, squabble, hear, squash or plummet?

Determining the answers are *cascade* and *squash* is an exercise in critical thinking that first encourages students to become familiar with a set of new words (considerably harder than grade level), and then challenges them to use those words to complete analogies expressing various kinds of logical relationships. There are 20 analogies like these in each WordMasters Challenge™ meet.

Three elementary students representing Metro Christian Academy recently received a perfect score in the first of three meets in this year's WordMasters Challenge™—a national vocabulary competition involving nearly 125,000 students annually.

Fourth grader Jack Free and fifth graders Isaac Daniel and Cullen Vassiliou each earned a perfect score of 20 on the challenge. Nationally, only 26 fourth graders and 43 fifth graders achieved this result. Other students from Metro Christian Academy who achieved outstanding results in the meet include third grader Joy Patterson, fourth grader Wren Clavin and fifth grader Wyatt Watson. The students were coached by Darla Holmes, elementary counselor.

Working to solve the analogies helps students learn to think both analytically and metaphorically. WordMasters Challenge™ materials have been specifically created for students in grades three through eight.

were at 2 years of age, particularly in the realm of communication," ABC News' chief health and medical correspondent Dr. Jennifer Ashton told "Good Morning America." "Some of those developmental issues, like fine and gross motor skills and problem-solving skills, may have shown a ding at age 2 but then kind of compensated and recovered by age four. But again, this showed that more screen time [is] not good for a one-year-old brain."

"Babies at 1 year of age need face-to-face communication, Ashton said. "They need that for their social development. They need that for their language development, and you can't sub that out with a screen."

Lowering overall screen exposure may be beneficial for kids in the long run.

The **World Health Organization** and the **American Academy of Pediatrics** recommend that children under a year old should not have any screen time exposure, including watching TV or playing games.



VLADANS/GETTY

MEASLES OUTBREAK WARNING

The Centers for Disease Control and Prevention (CDC) issued an emergency warning on Jan. 25, urging people to remain vigilant after 23 cases of measles were confirmed in several states since Dec. 1, 2023. Measles is a highly contagious disease that spreads through the air when an infected person coughs or sneezes. Children need two doses of measles vaccine that provides protection against three diseases: measles, mumps and rubella (MMR). The CDC recommends that children get one dose between the ages of 12–15 months, and the second dose between the ages of 4–6 years.

Unvaccinated people may get infected while in other countries and bring the disease back to the United States. Before international travel, infants ages 6–11 month need one dose of measles vaccine. Children 12 months and older need two doses separated by at least 28 days. Adults and teens who do not have evidence of immunity against measles should get two doses separated by at least 28 days.

According to the CDC, these are the top things parents need to know about measles:

1. Measles can be serious: Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 5 people in the U.S. who get measles will be hospitalized
 - 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
 - 1 to 3 out of 1,000 people with measles will die, even with the best care
2. Some of the more common measles symptoms include:
 - high fever (may spike to more than 104° F)
 - cough
 - runny nose (coryza)
 - red, watery eyes (conjunctivitis) and
 - rash (3–5 days after symptoms begin)
 3. Measles is very contagious. If one person has it, up to 9 out of 10 people around them will also become infected if not protected.
 4. Your child can still get measles in the U.S. Measles is still common in other parts of the world and can be brought to the U.S. by unvaccinated travelers.
 5. You can protect your child. The best protection against measles is measles-mumps-rubella (MMR) vaccine. It provides long-lasting protection against all strains of measles.

For more information, go to [cdc.gov/measles](https://www.cdc.gov/measles)

WHAT'S GOING ONLINE?



PHOTO CREDIT: ROBERT DAY

CONTESTS & GIVEAWAYS

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



DINOSAUR WORLD LIVE TICKET GIVEAWAY

Does your kid think dinos are dino-mite? From March 4–17, enter to win four tickets to *DINOSAUR WORLD LIVE*, coming to the Tulsa PAC March 21! The winner may choose between the 2 or 6 p.m. show.

What Advice Would You Give a Parent Going Through a Divorce?

We asked our Facebook followers (@tulsakidsmagazine) this question, and got many wonderful, heartfelt responses. Here are some of them:

"It's okay to focus on your needs as an individual outside of what it looks like as a parent. Being the best you will lead to being the best parent. Inside or outside of a marriage." **SARAH T.**

"Remember that half of your child's identity comes from your ex. When you speak badly of your ex, your children may feel you are insulting part of them." **CATHRYN A.**

"It's not your children's fault that you and your spouse got a divorce. You have to put your kids first and get along with the other parent." **MELISSA R.**

"Remember that your child's emotions will most likely not match yours. They can be angry, happy, sad, fearful, relieved, frustrated...and it's ALL valid! Let them work their way through it all and give them emotional support and professional help if needed." **VANESSA B.**

"Let the school counselor/teacher know. They may be able to provide resources and can provide extra grace during the rough moments." **SARAH F.**

"No matter how you feel about each other, put the kids first. Let each parent have equal time with them or as much time with each parent as possible." **MATT G.**

"Stay the course. If you're gonna commit to a change, commit. Kids need stability. Wishy washy isn't grounding." **MARGIE M.**

"Surround your children with supportive communities and ease into NEW routines whenever possible. Never discuss child support or lack of \$ with your children; they have enough on their plates." **CHERRY S.**

"Make sure your child feels heard and be patient as they navigate this time. Therapy is a wonderful addition for them to talk to someone who has their interest at heart." **HEATHER C.**

"Normalize friendly divorces. It shouldn't be the exception. The relationship can change and evolve. You can become an ex-husband, ex-wife, but you don't become an ex-father or mother. Set up boundaries and get therapy. Of course, there is a lot of context not listed here. It won't apply for mental or physical abuse, those are different situations and other circumstances." **JHOANNA A.**

FAMILY FAVORITES NOMINATIONS

Nominate your Family Favorites from March 1–15 to help your favorite local businesses and professionals secure their spot on our Family Favorites Runoff Ballot (coming in May!). **Plus, you could win a Family Membership to Tulsa Zoo!**



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Outnumbered: Adventures Out with Multiple Children

By **Alicia Kobilnyk**



When you prepare for a few needs, give yourself grace to mess up or call it quits and recruit the wisdom, experience and support of others.

Before having two children aged 2 and younger, I was already an expert. I had spent years in the classroom teaching 12 1-year-old children and, while I'd relied on help from my co-teachers, I felt surely, with all of my wisdom and experience, I could handle my toddler and her baby sister effortlessly (or at least appear to). Spoiler alert: That's not how this one ends.

While bringing another child into the equation does not shock the system as much as the transition from no kids to one kid, nothing can quite prepare you for certain moments when you find yourself outnumbered and on the spot. Suddenly you are the only adult present, and situations call for swift action. For me, there is one moment I recall with particular intensity.

It was a weekday like any other. We finished our breakfast, which consisted of one huge bowl of oatmeal or yogurt that my 2-year-old and 6-month-old would split with me. Bellies full and dressed for the day, we gathered up our gumption and opted to visit the library. This was a special treat

for my oldest since we had been home quite a bit while we worked on potty learning. I also craved an outing, as my only companion for the past few days had been Daniel Tiger's neighborhood denizen, Prince Wednesday, who was also mastering his sphincters. I longed to be away from the jaunty little tune, "If you have to go potty, stop and go right away!"

I threw a change of clothes, some clean rubber underpants (if you know, you know) and an overly optimistic quantity of baby wipes into a small tote and hit the door. Once at the library, I loaded the baby into a small stroller and slid the potty troubleshooting kit over my arm, leaving my actual diaper bag in the car. Why would I need that? Everyone was cleaned up before we left the house, after all. And I was an expert. Been there, done that, got the burp rag.

You can imagine my chagrin when, after I got the girls settled in the children's area, that I realized I needed to follow Prince Wednesday's musical advice. Gathering the little people, I got situated in the world's tiniest stall

and spent several minutes trying to persuade my daughter to try to potty once I was done. She declined, and I knew it was pointless to argue, so we moved on to the sinks.

Mid debate about the merits of hand hygiene with my 2-year-old, who touched every surface possible as a matter of deep personal conviction, the baby made a noise one cannot misconstrue. It was time to change her diaper. I set her on the table, removed the soiled diaper and sparingly used the few wipes I'd brought. Feeling a small sense of achievement at my wet-wipe economy, I reached into my bag for a diaper, only realizing then that I'd not packed any for either child. Oh no. Checking in my purse for my emergency backup diaper, I remembered that I'd used that the day before. I'd already tossed her previous one and realized I had no choice but to improvise a bottom-covering for my little one with only the materials on hand.

I allowed myself one more moment of internal screaming before I took a deep breath and channeled my

MacGyver abilities. In the end, while I verbally calmed a confused infant and fielded endless, bizarre questions from the toddler, I used a postpartum pad stuck inside a pair of tiny training underwear, covered with a pair of rubber underpants. I still recall the feel of the changing table, the sound of the hand dryer that my toddler kept setting off and the feeling deep within my soul that, in this moment, I am the only person who can handle what is happening, that these little darling (if inconvenient) children are relying on me.

I was not an expert, nor was I prepared for every eventuality that came my way as a parent to two very young children. But over time, I began to trust my gut (Pack an *actual* diaper bag, Alicia) and found systems to help me plan for most situations. If you're about to embark on the fabulous and chaotic journey that is wrangling multiple young children solo, here are some systems and ideas that helped me.

Squirrel Away the Goods

In your car, stash away a few extra diapers, wipes, changes of clothes,





TIMNEWMAN/GETTY

plastic trash bags and jackets. You'd be surprised at the number of times they come in handy. Check your sizes now and then so you can size up the diapers and clothes to suit growing bodies. One tote bag, tucked under my seat, served this purpose for many years and saved my bacon over and over again.

Hanger is the Enemy of Us All

With little people come big feelings. Small stomachs (and the larger ones belonging to their caregivers) go from full to bursting to empty within a heartbeat. Frankly, it's difficult to think of a situation that a snack did not help. Carry a few nibbles with you, along with bottles for babies and water cups for toddlers.

Keep Calm and Carry On

Most of the time, even when odd or aggravating situations come along, no one is truly at great risk. Take a deep breath, look to the little faces that will no doubt be looking to you for guidance and lead the way with confidence. If not always possible in the moment, you can often find humor in your circumstances and get a good laugh.

Ask for Help

If you're struggling with navigating an issue (like loading up a rowdy preschooler while juggling a little baby or keeping walkers near you in crowded areas), ask a friend how they handle it. Invite your partner or a friend to come along with you, if possible, to alleviate some of the stress. And if you're just not feeling up to task on a particular day, it's perfectly reasonable to stay home and keep it simple.

When you prepare for a few needs, give yourself grace to mess up or call it quits and recruit the wisdom, experience and support of others. You'll find that being outnumbered most often leads to a special sweetness both in your memory and in those of your children. Trust me. I'm an expert. **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.

PJ'S CORNER

What Parents Need to Know about Flat Head Syndrome



Q & A WITH
Naina Gross, M.D.

PEDIATRIC NEUROSURGEON
THE CHILDREN'S HOSPITAL AT SAINT FRANCIS

TK: What is plagiocephaly, or flat head syndrome, and how common is it?

Dr. Gross: Flat head syndrome, or plagiocephaly, is molding of the skull due to pressure. It has been more commonly seen as infants are encouraged to sleep on their backs to prevent SIDS. When infants lie on the back of their head to sleep for too long, they may get molding of the skull from the external force of the bed.

TK: When do parents or the child's pediatrician start noticing the syndrome?

Dr. Gross: As early as two months of age. Occasionally we will have a child that is born with congenital plagiocephaly, which is molding that occurred in utero from being up against a rib or a pelvic bone. Generally, we give it a few weeks to see if the birth molding will change.

Positional molding takes a couple of months. We will get referrals anywhere from 2 months to 10 months of age, depending on the doctor's level of comfort or concern with the situation, or sometimes the family's level of concern.

TK: Is it dangerous?

Dr. Gross: Plagiocephaly is not dangerous. It is not going to cause any detriment to the child's brain

growth and development. It does not put undue pressure on the brain. It's cosmetic.

TK: What can parents do to improve flattening if anything?

Dr. Gross: During awake times, position babies so they are not on the back of their head — what we call "tummy time." We often see plagiocephaly on one side. We then recommend repositioning techniques to put the pressure on the other side of the head when the child is awake.

TK: Are helmets used to treat plagiocephaly?

Dr. Gross: Long-term studies show no statistical difference in reshaping at age 4 between children who used helmets and those who did not. Most children's heads will reshape with repositioning techniques. Eventually, kids stop lying on the back of their heads through natural sleep movement, so the brain pushes the skull back out into a "normal" shape. Helmets are not always a "must-do."

TK: So, you're saying that it's usually self-correcting?

Dr. Gross: Yes. Maybe not 100 percent, but helmets are not 100 percent either. I often tell families, "Nobody's skull is perfect, and that's why we have hair."

For the complete interview, visit [TulsaKids.com](https://www.tulsakids.com)

If you have a question for one of the Saint Francis pediatricians to answer, please email editor@tulsakids.com



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Brindle Morrow:

6-year-old Chess Champ

By **Betty Casey**



If you want to win a lot, you do need to practice. Sometimes practicing isn't fun, especially Tactics Tuesday. But I know if I want to win, I should practice.



Brinkle is in first grade at University School. After placing well in a scholastic chess tournament in Edmond in January, the US Chess Federation (uschess.org) notified Brindle that she was nationally ranked as one of the top 100 female chess players aged 7 and younger. The better a competitor performs in tournaments, the higher their chess rating will climb. Her mom, Heather Morrow, says she is "very kind, has a precocious sense of fairness and justice, and a very tender heart." Brindle is also passionate about chess, Pokémon and Minecraft.

TulsaKids: When did you start playing chess? How did you get started?

Brindle: My dad taught me how to move the pieces when I was 3. After I learned how to move the pieces, it was easy. When I was 3, I got upset a lot because he never let me win. But one day when I was 5, I beat him! I ran to tell my mom, and we got to celebrate with ice cream.

Parents: It may sound incredible, but Brindle showed signs of analytical and complex thinking since late infancy. She became accustomed to

winning/succeeding at tasks without much effort, so we knew we needed to create opportunities and an environment for her to grow emotionally and cognitively. Chess seemed like a good solution! Losing matches while also gaining skills and having fun with her family taught her sportsmanship, pushing through a challenge, and not to be overly emotionally invested in winning or losing. In short — it helped create resilience. University School has also been an incredible environment for her growth.

TulsaKids: Who do you play chess with?

Brindle: I play chess with anyone who will play with me! I play my friend Jonah online. He's really good. I play with my chess club at University School, and I play with my sister a lot, too. I also play with my online chess club in Virginia. One time I tried to play with my cat, but he wouldn't sit still.

TulsaKids: Was it hard to learn how to play chess? Who taught you?

Brindle: My dad taught me how to play when I was really little. One day I was at [my best friend] Emi's house, and my dad was playing chess against her dad. I didn't care

about playing in the sprinklers anymore because I just wanted to watch the chess game. Uncle Chris (Emi's dad) told my parents they should find a chess coach for me. They didn't know there was such a thing as a chess coach, so they had to look it up. Then I learned moves and tactics from my coach. The first move I ever learned was called the "Rook 'n Roll."

TulsaKids: What is the most fun thing about playing chess?

Brindle: Everything! I like the tournaments the most because they are exciting. I get to make friends from different cities. My mom and I are going to a big tournament and festival in North Carolina. I'm excited to ride on an airplane.

Parents: I told Brindle if she earned three medals at tournaments in the fall, that I would take her to a national chess festival. I 100 percent did not anticipate having to go. Apparently, that's great motivation for her because she practiced independently more than she ever had. Now I'm headed to North Carolina in February.

TulsaKids: Do you play in competitions? If so, do you get nervous?

Brindle: I love tournaments! I don't get nervous at all now, but I did when I was little. I didn't like it when my mom and dad had to leave the playing hall. But now I'm not afraid of that since I'm 6.

Parents: Brindle plays in most scholastic tournaments in Oklahoma. She had a really hard time at her first tournament when she was 5. Her very first match she was paired with an older boy who didn't appreciate being paired with a 5-year-old, and he asked her if she even knew how to move the pieces. That hurt her feelings and shook her confidence, and it made us wonder if she was too young. We were encouraged to keep going by other, more seasoned parents, so we used that moment with Brindle to come up with ideas about how she would treat younger children when she was the big kid.

She does her best every time and has fun, win or lose. When she's walking back from a match, we can't tell if she has won or lost because she carries herself the same either way. She also did a summer chess camp called "Accepting and Learning from Losses." We have found that there are really nice parallels between



chess (or any competitive activity) and life — great little nuggets for teaching. She does like winning medals and trophies though.

TulsaKids: You're on a list of top chess players for your age. How does that make you feel?

Brindle: It makes me excited!

TulsaKids: How often do you play chess? Does it take a lot of practice to be good?

Brindle: If you want to win a lot, you do need to practice. Sometimes practicing isn't fun, especially Tactics Tuesday. But I know if I want to win, I should practice. The fun practice is puzzles and puzzle duels against another kid. I play a little bit every day. Sometimes it's a lot of games, and sometimes it's just like one little puzzle. And sometimes I just like to play Minecraft or video games.

Parents: We do encourage her to play a little each day, but we don't want to make it a chore. We try to weave it in naturally, like listening to a video lesson together in the car or playing puzzles while waiting in line at the grocery store. We don't want chess to become a burden for her — we want it to be a joy.

TulsaKids: What would you tell other kids who might want to learn to play chess? How can they get started?

Brindle: First, just learn how the pieces move. It's A LOT easier after that. You can ask a grown up, and you can watch free videos online too. Funmaster Mike on ChessKid is soooooooooo funny. (funmastermike.com)

TulsaKids: What other things do you like to do besides play chess?

Brindle: I love playing video games like Minecraft, Pokémon and Princess Peach. I play the piano and play the guitar at School of Rock. I loooove movies, and right now my favorite is *Hercules*. He's so handsome. I also like "Knock Knock" jokes.

TulsaKids: Do you have a special fun fact about you that you'd like to share?

Brindle: I got a new cat this year. We found him in a tree in a cemetery! His name is Poe. **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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Roaring Controversy or Furry Fantasy?

Furries in the Classroom

By **Tamecca Rogers**, PhD



In a surprising move, House Bill 3084 has been proposed in the 2024 Oklahoma regular legislative session. The bill, sponsored by Rep. Justin Humphrey, aims to ban furries in the state's public schools. House Bill 3084 will explicitly ban students who claim to be an imaginary animal or animal species or engage in anthropomorphic behavior commonly associated with furries from participating in school curricula or activities. In the case of a violation, a parent or guardian must pick up the offending students, or animal control services may be contacted to facilitate the student's removal.

Furries are a community — or fandom — of people who share a common interest in anthropomorphic media, friendships and social inclusion.

While the intent behind the legislation is unclear, it raises questions about the necessity of such measures and potential violations of students' First Amendment rights.

Rep. Humphrey justifies the bill by citing a debunked narrative involving schools providing litter boxes to furries, though little evidence suggests widespread problems in Oklahoma's schools. In a video posted on X (formerly Twitter), Rep. Humphrey said, "If you got an animal coming to school, how about we get them vaccinated? How about we get them neutered, and how about we send them to the pound?"

Are Furries Really a Problem?

Humphrey said, "I don't want one or two cases across the state to reflect on all of our teachers and

all of our great superintendents." While he emphasized that the issue was not prevalent in his district, District 19, he saw it as an issue in the Oklahoma City and Tulsa areas, and thus a statewide problem that needed immediate attention.

However, the lack of specific cases and the reliance on anecdotes raises questions about the urgency of such legislation. Humphrey admitted to not having a particular case and only mentioned a reported incident in Ponata County and the concern of a family friend. This lack of concrete evidence raises concerns about the necessity of a statewide ban on furries in schools.

Constitutional Concerns

The First Amendment protects freedom of expression, and

"The lack of concrete evidence supporting the need for such legislation and its potential impact on protected expression calls for reevaluating its merits."

attempts to regulate furries' self-expression could face constitutional challenges. In *Tinker v. Des Moines Independent Community School District*, the Supreme Court affirmed that symbolic student expression is protected unless it causes a substantial disruption to school activities or invades the rights of others.

While dressing up as anthropomorphized animals might be confusing or unsettling to some, it generally falls under protected expression. HB 3084 could remove students who merely claim to be a particular animal, even without wearing animal-related apparel. This raises questions about the potential impact on activities like high school mascots, typically welcomed in school settings.





EPIXIMAGES/GETTY

The bill, seemingly dismissed by some as a stunt, underscores the potential consequences of absolute, indiscriminate bans on expression. Legislation targeting objectionable behavior might unintentionally restrict common or accepted practices within schools. The proposed law may jeopardize costumed mascots, a cherished tradition in many schools, from participating in events like pep rallies or sports games.

In conclusion, House Bill 3084's attempt to ban furies in Oklahoma's public schools raises concerns about its necessity and potential infringement on students' First Amendment rights. The lack of concrete evidence supporting the need for such legislation and its potential impact on protected expression calls for

reevaluating its merits. Ensuring that any proposed laws prioritize protecting students' rights while addressing legitimate concerns thoughtfully and constitutionally is essential. As citizens, staying informed and advocating for policies that uphold our values and defend our freedoms is crucial. **TK**

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

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Last-Minute Spring Break Fun

By **Julie Wenger Watson**

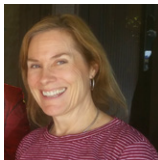


PHOTO COURTESY TULSA ZOO

Spring Break is upon us. For those of you who lacked the time, financial flexibility, freedom or even the desire to plan an elaborate family vacation, fear not. It's not too late to build your own adventure and create some special memories, whether you only have a few hours or a few days.

TULSA AREA

Plenty of city parks and local businesses plan special events or activities around spring break. The Tulsa Zoo opens its BUGS exhibit March 14. The exhibit features 19 giant, animatronic bugs and incorporates movement, scent and sound. Entry to the exhibit is the cost of zoo admission plus \$6 for nonmembers or \$5 for members.

The Oklahoma Aquarium in Jenks okaquarium.org is a great place to spend the day without having to worry about the weather. Plan your visit around the feeding schedule, or consider booking a Sea Turtle Encounter (an additional charge) for a small group, special behind-the-scenes visit.

It goes without saying that Gathering Place is a beautiful outdoor environment to pass the time for kids of all ages. Entry to the park is free. Check the calendar for special events and performances. A skate park and basketball courts are especially attractive to older kids. Combine your visit with a stop at Discovery Lab. The space is remarkable, and while many of the exhibits are geared towards younger kids, there is a lot for everyone to enjoy.

The grounds at Philbrook Museum are stunning, and the museum's calendar is geared towards family during the break. Make a day of it with a stop at Elote Café, the museum's current "pop-up" café vendor for breakfast, lunch or coffee.

Spend time outdoors at Turkey Mountain, featuring miles and miles of trails for walking and mountain biking. An incredible urban wilderness, access to this park is free. If it's been a while since your last visit, you'll be

amazed by the improvements and expansion over the last several years. Check out the stone staircase — 130 steps and more than 600 feet in length.

With a wide range of trails, Oxley Nature Center in Mohawk Park is always worth a visit. Check the calendar for special activities.

Sand Springs' Keystone Ancient Forest is open Thursday through Sunday. Start with a quick stop at the Visitor's Center to check out the map and choose your trail. Options range from short and sweet to longer, challenging hikes, and the setting is gorgeous.

If you didn't grow up on a farm, but you're fascinated by farm animals, consider a visit to Claremore's Lucky R Ranch. Book a 30-minute session (\$60 for up to four guests) to pet, brush, and take pictures with one of their Scottish Highland cows. These are big, sweet, beautiful animals, and you can feel your heart rate slowing just by being near them.



PHOTO COURTESY LUCKY R RANCH



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ROAD TRIP

If you have more time, head east. Natural Falls State Park on the Arkansas border features a stunning 77-foot waterfall, as well as multiple trails. Situated in the scenic Ozark Highlands region, the park was a set for several scenes from the 1974 movie, "Where the Red Fern Grows." About an hour's drive, it's an easy, affordable day trip (entrance and parking are \$10/car), but there are camping options, too, and you can even overnight in a yurt! [Facebook.com/naturalfallsstatepark](https://www.facebook.com/naturalfallsstatepark).

Two hours from Tulsa, Bentonville, Arkansas is home to Crystal Bridges, a world-class museum sitting on 120 beautiful acres. Entrance is free, although some of the special exhibits are ticketed. If the weather is nice, park for free at the public lot adjacent to 21c Museum Hotel and follow the winding nature trail to the museum, taking in some of the outdoor exhibits along the way. Extend your visit with a stroll through the picturesque, pedestrian-friendly downtown. Bentonville is a haven for

coffee-lovers and there are plenty of great restaurant options, too. If you're looking for physical activity, bring along your bikes and try a leg of the expansive multi-use trail system that includes the Razorback Greenway, stopping by Phat Tire Bike Shop for some tips, or bike rentals, before you head out ([visitbentonville.com](https://www.visitbentonville.com)).

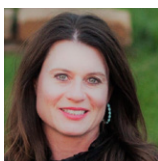
If you have a few days, a beautiful three-hour drive into Arkansas will get you to Beaver Lake, where you can rent a cabin with a view of the water, or pitch a tent at one of the many campsites. Depending on where you land on the lake, Eureka Springs, in all of its wonderful weirdness, is a short trip away. Stay overnight at the haunted Crescent Hotel (take a ghost tour!), hike around Lake Leatherwood or travel above the tree line at Ozark Mountain Ziplines ([visiteurekasprings.com](https://www.visiteurekasprings.com)). **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.

Dr. Jaclyn Duvall

A heart for helping the head

By **Nancy A. Moore**



Dr. Jaclyn Duvall is a native Tulsan who knew from an early age that she wanted to help people. Growing up with a mother suffering from multiple sclerosis fueled her passion for pursuing a career that could make lives better. As you'll learn, she pursued medicine, even securing a job offer from the prestigious Mayo Clinic — however, she turned it down to return to Tulsa. As a neurologist with a specialization in headaches, you'll learn the difference between a headache and a migraine, as well as advice for parents who may suffer from headaches.

TK: Tell us a little about yourself:

Dr. Duvall: I was born and raised in Tulsa. It has always been my dream to come back here and open my own practice. While I was at Mayo in training, they offered me a position. As hard as it was to turn down, I know that my purpose in training at The Mayo Clinic was to be able to provide quality headache treatment to people in my hometown. I really feel that God has called me to this and am pursuing my purpose here.

TK: How did you become interested in pursuing a career in medicine?

Dr. Duvall: I have wanted to be a physician since I was about 5 years old. My mother has multiple sclerosis (MS), and I grew up

administering her shots and going with her to doctor's appointments. Even at an early age, being a physician really meant helping people like my mom.

TK: What specifically drew you to neurology and specializing in headaches?

Dr. Duvall: I fell in love with neurology during my second year of medical school in neuroanatomy. I really assumed that I would end up specializing in MS because of my mom. However, with time, I found a passion for headache, and that I could really change someone's life with headache management — that has always been my dream in medicine.

TK: Can you share a little about your fellowship at the internationally renowned Mayo Clinic?

Dr. Duvall: When I found out I was accepted into fellowship at Mayo in Rochester, I was absolutely shocked. To have the chance to learn from the leading physicians in headache medicine was truly the opportunity of a lifetime. I am so grateful for my time at Mayo and the world-class education I received there.

TK: What type of specialized training and certifications go into this specialization?

Dr. Duvall: Unlike some other subspecialties in neurology, like

neuroimmunology or vascular neurology, there is no board certification for headache medicine. So, the closest and most prestigious certification for headache medicine is the UCNS (The United Council for Neurologic Subspecialties) examination for headache medicine. Individuals are able to take this test if they have completed a headache fellowship to recognize distinction in this field.

TK: Can you distinguish between a headache and a migraine. How common are migraines?

Dr. Duvall: "Headache" is really just an all-encompassing term for any pain involving the head. It's not a true medical diagnosis. The two most common types of primary headaches are tension-type headache and migraine. The vast majority of headaches that bother someone are actually migraine; although individuals often think they are tension because they are commonly associated with stress, which is a major trigger for migraine, and accompanied by neck pain, which is the most common associated symptom of migraine.

Often, people think that it can only be a migraine if it's tremendously severe, puts someone in bed and causes significant vomiting. And while that is a severe migraine, migraine is a disease spectrum, and you can even have

"Headache" is really just an all-encompassing term for any pain involving the head. It's not a true medical diagnosis. The two most common types of primary headaches are tension-type headache and migraine.

mild head pain that meets criteria for a migraine. Often, a migraine is associated with some degree of nausea or light and sound sensitivity.

Migraine is the second most disabling disease in the world, and it affects about 40 million Americans (that's more common than type 1 diabetes, epilepsy and asthma combined). We estimate that about 50% of people who have migraine are currently misdiagnosed.

TK: What's your advice for parents who struggle with migraines and headaches?

Dr. Duvall: Seek treatment! As parents, we focus on everyone else, especially our kids, before ourselves. I see so many mothers who have delayed seeking help because they focus on their kids' appointments first. I try to remind them it's OK to take time for themselves. You can't pour out until you fill up!

TK: You're a board member of the National Headache Foundation. Have you seen some new advancements in treating headaches?

Dr. Duvall: There are so many! We now utilize Botox for chronic migraine, once-monthly migraine preventive injections, a new class of oral medications called the gepants and even nerve stimulator devices.



TK: Besides your profession as a physician, you are a mom and have a husband. Tell us a little about your family.

Dr. Duvall: While I feel so fortunate to have a job that I love, my most important job is as a mom and a wife. Tulsa is really special to us because of the community we have here, including the closeness of our extended family. I have two kiddos, Parker, age 8, and Kennedy, age 6. They are my biggest joy!

TK: What do you enjoy doing with your kids around Tulsa?

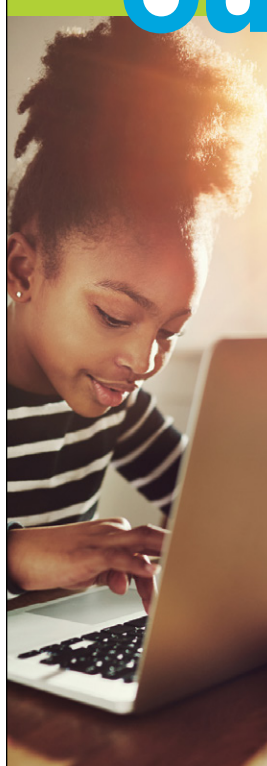
Dr. Duvall: Tulsa is really such a hidden gem of a city! It is so family friendly. We love being outdoors — especially in the parks around town and the Gathering Place. But we also enjoy Discovery Lab, the Tulsa Zoo and biking and running on Riverside.

TK: What else would you like to share?

Dr. Duvall: I'm so thankful for the support of the Tulsa community. Medical providers have been so welcoming and appreciative of our services. Our patients have been beyond wonderful, and I'm happy to be back in my hometown. **TK**

To learn more about Dr. Duvall, check out her website: hs00.org

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.




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Dragon Data & Octopus Dreams

Connecting fiction and nonfiction for reading bliss

By **Laura Raphael, MA, MLIS**
CHILDREN'S SERVICES COORDINATOR
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& **Sarah Davis, MLIS**
CHILDREN'S AREA SUPERVISOR
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Did you know that reading fiction and nonfiction together is good for brains young and old(er)? The wonder of a fanciful story read alongside a fact-based tale is a perfect pair. Fiction and made-up stories help kids explore with their own imagination, and facts and true stories help kids feel grounded in the real world. Kids need both to grow into big, strong readers!

Not sure how to pair up fiction and nonfiction? Try thinking of a topic your kid enjoys and search that word in the library catalog, using the catalog filters to search both fiction and nonfiction. If there's a topic that kids enjoy, there's probably both fiction and nonfiction about it! If you can't find one, ask a children's associate or librarian at your local branch, and they'll be excited to help you find a pair of books.

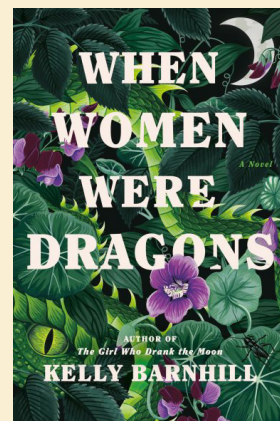
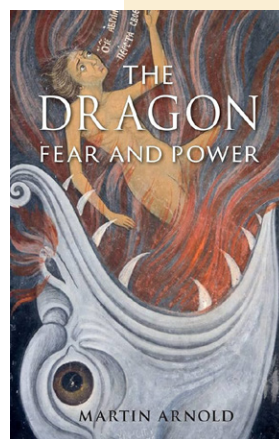
Two evergreen topics that pair fiction and nonfiction well are dragons and octopuses or octopi (both are acceptable), so here are some pairs to start with for kids and their grownups:

Feeling Dragon-y? Try These!

Like rhinos for unicorns, historians believe humans first saw rare breeds of snakes and created the concept of dragons. Like unicorns, dragons are not real, but the mythology and stories around them are extensive and extraordinary.

FOR KIDS:

Dragon World by Tamara Macfarlane is a great nonfiction introduction to how humans have created and shaped the idea of dragons in different cultures, times and even settings. (Do they live in the sky, in mountainous caves or under the sea? Yes!)



Dragons In a Bag by Zetta Elliott takes a more contemporary fictional look at what happens when a 9-year-old boy helps a next-door neighbor witch ferry three baby dragons to their new home. First in a very popular series, so if your child enjoys this one, there will be more to read.

FOR ADULTS:

Grownups can pair fiction and nonfiction, too. And it's important for kids to see their grownups reading.

The Dragon: Fear and Power

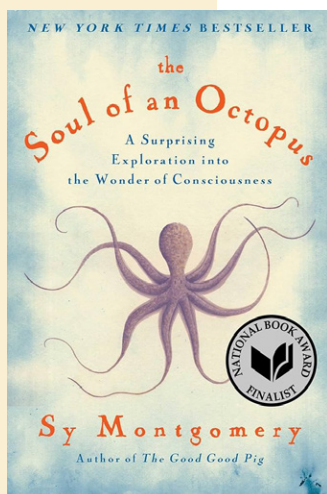
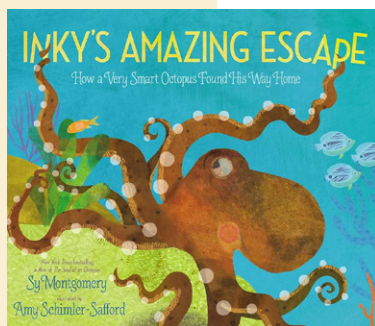
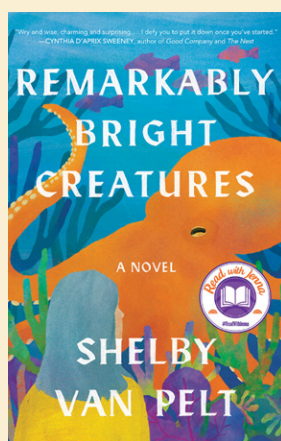
by Martin Arnold digs into specific dragon myths, "from the fire-breathing beasts of North American myth and legend to the Book of Revelation's Great Red Dragon of Hell." What shared meaning do all of these myths have? What is the relationship between dragons in story to the

power of nature — or a recognition of our own mortality? A philosophical treat for those who like to wonder what deep needs in human psyches that dragons might fulfill.

When Women Were Dragons

by Kelly Regan Barnhill

There are approximately a million (and two) novels featuring dragons, but this one has the distinct honor of being written by a Newbery Award-winning author AND by drawing both accolades and eyerolls from different folks in my (Laura's) personal book group. It's a feminist fable that posits an alternative history: In 1955, there was a Great Dragoning, when women became dragons, leaving behind their small worlds and families. Even those in my book group who didn't care for the overall work *did* agree that it was an interesting idea with some well-written scenes.



What About Octopi? Try These!

FOR KIDS:

Also an Octopus by Maggie Tokuda-Hall; illustrated by Benji Davies

How do you write a story with wild characters? This book explores how you create your own imaginative story.

Inky's Amazing Escape: How a Very Smart Octopus Found His Way Home written by Sy Montgomery; illustrated by Amy Schimler-Safford

This book is a true story about an escaping octopus: How did that octopus make that escape?!

FOR ADULTS:

Remarkably Bright Creatures by Shelby Van Pelt

A novel with a point of view from an octopus and other interesting, intersecting characters.

The Soul of An Octopus: A Surprising Exploration Into the Wonder of Consciousness by Sy Montgomery

This nonfiction title is written by the author of *Inky's Amazing Escape* AND it's referenced in *Remarkably Bright Creatures'* author's note as inspiration.

Made-up stories like *Also an Octopus* help spark kids' imaginations, but so do fact-based stories like *Inky's Amazing Escape*. Growing wonder and excitement in kids is one if the biggest reasons we read together! If you're looking for more great nonfiction-fiction pairs, check out the Bookflix service on the library's website at tulsalibrary.org/kids **TK**



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Make Family Dinner Night Fun

By **Natalie Mikles**



The benefits of eating together as a family are clear.

Time spent around the table as a family increases family stability, bonding, self-esteem and resiliency. Studies by the Family Dinner Project, through Massachusetts General Hospital, show family dinners even lower rates of depression and anxiety in children.

When my children were young, nearly every meal was shared together at the table. Setting the table — sometimes even super casually with paper plates and napkins — was a symbolic way of letting my kids know that our family was important and worth the time it took to sit and eat and talk together.

Weeknight family dinners look different now that my children are in middle school. Even in their elementary school years, it was hard to find consistency at dinner-time. We caught up while warming up leftovers, with kids at barstools or bent over the kitchen table to finish their homework.

But because the benefits of family dinners are undeniable — and because it's something I love — we try to capture time to sit together for dinner, despite the chaos of kids' after-school activities, sports and homework.

Even if you're only able to gather for dinner once a week, that's great!

Make that one day a week count with fun, laughter and maybe even a game. Weeknight dinners may not be possible, but how about a Saturday or Sunday night?

Designating one day a week as family night is something older kids might groan about, but they'll likely enjoy time spent with the people who love them most. Make it fun by making food everyone loves or making something where everyone can help cook. Homemade pizza, grilled hamburgers or big sub sandwiches with lots of toppings are all fun and can be customized so that everyone is happy.

Ideas for Family Fun Night

- **Dance Party** — Crank up some music after dinner and dance with your kids.
- **Dress Up** — Put an invitation on the refrigerator letting everyone know the dress code for dinner. Dress like royalty. Dress like you're going to the beach. Wear the craziest thing in your closet. Or let the kids make the dress code!
- **Dinner and a Game** — Make a charcuterie dinner of nibbles and snacks to eat while you play board games, cards or dominoes.
- **Punch and Paint** — Serve punch or juice in fancy cups and set up some sketchpads or easels for painting or drawing after dinner.



Family Read-Alouds

Reading aloud to kids doesn't just have to happen before bedtime. Finding a book the whole family will love is a fun way to end the evening. Right after dinner, entice the kids with a little dessert — fruit dipped in chocolate, muffins, even apple-sauce — to enjoy while you read.

Here are some books to consider:

- *The Penderwicks* by Jeanne Birdsall
- *The One and Only Ivan* by Katherine Applegate
- *Charlotte's Web* by E.B. White
- *Harry Potter* by J.K. Rowling
- *The Vanderbeekers of 141st Street* by Karina Yan Glaser

Recipes

Try one of these recipes for family dinner night. These kid-approved recipes will bring everyone to the table.

French Bread Pizza

- 1 loaf French bread
- ½ stick butter, softened
- ½ teaspoon garlic powder
- 1 ½ cups pizza sauce
- 2 cups shredded mozzarella cheese
- ¼ cup shredded parmesan cheese
- Toppings: pepperoni, sausage, pineapple, bell peppers, bacon, basil

1. Preheat oven to 450 degrees.

2. Cut the loaf of bread in half lengthwise. In a small bowl, combine butter and garlic. Spread mixture over the bread. Place on a baking sheet — cut-side up — and bake 5 minutes or until lightly browned.

3. Remove from the oven and spread pizza sauce on the top. Top with cheeses, then toppings. Bake 12–15 minutes or until browned and bubbly. Cool 5 minutes before slicing.

Spaghetti Pie

- 1 tablespoon butter, softened
- 1 (8-ounce) package spaghetti
- ½ cup grated Parmesan cheese
- 2 eggs, beaten
- 2 tablespoons butter
- 1 pound lean ground beef
- 1 jar marinara sauce
- 1 cup ricotta or cottage cheese
- 1/2 cup shredded mozzarella cheese

1. Preheat the oven to 350 degrees. Grease a 10-inch pie plate with 1 tablespoon butter.

2. Bring a large pot of water to a boil. Cook spaghetti, drain, then return to the pot.

3. Stir parmesan cheese, beaten eggs and 2 tablespoons butter into hot spaghetti until well combined. Form spaghetti

Time spent around the table as a family increases family **stability, bonding, self-esteem** and **resiliency**.

Studies by the Family Dinner Project, through Massachusetts General Hospital, show family dinners even lower rates of depression and anxiety in children.

MARIHA-KITCHEN/GETTY

mixture into a crust in the prepared pie plate and set aside.

4. Cook ground beef until crumbly and browned. Drain fat, then add marinara sauce, stirring until heated through.
5. Spread ricotta or cottage cheese over spaghetti crust, then pour in beef-marinara mixture.
6. Bake in the preheated oven for 20 minutes. Sprinkle mozzarella cheese over the top of pie and continue baking until cheese is melted, about 5 minutes more.

Easy Cheesy Enchiladas

- 15 corn tortillas
- 16 ounces shredded Mexican cheese blend
- Enchilada Sauce:
 - 3 tablespoons vegetable oil
 - 2 tablespoons all-purpose flour
 - 3 tablespoons chili powder
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon salt
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon cumin
 - 1/4 cup tomato paste
 - 2 cups chicken broth
- 1. Preheat oven to 350 degrees. Butter or spray a casserole dish.
- 2. To make enchilada sauce: Heat oil, then add flour, whisking to cook for about a minute. Add seasonings, whisking until toasted and fragrant — a couple

of minutes. Add tomato paste, then add a slow, steady stream of chicken broth, whisking to create a sauce. Turn up heat to medium-high, simmering until thickened. This should take 5 minutes or less. Cool slightly.

3. To assemble, spread ½ cup enchilada sauce into the bottom of the casserole dish. Wrap tortillas (about 6 at a time) in a damp paper towel and microwave 30 seconds to warm. This will help soften them so they won't break when rolling.
4. Fill each tortilla with ¼ cup cheese, rolling until snug. Place seam-side down into the dish, continuing until the dish has been filled. Pour enchilada sauce over the top, completely covering the tortillas. Sprinkle about 1 cup of the remaining cheese on top.
5. Bake 20–30 minutes or until the cheese is melted and sauce is bubbly. **TK**

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



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The Emotional Roller Coaster of Co-Parenting

Lessons from the trenches

By **Marnie Fernandez**



I was about to vomit all over my car. After a sleepless night, my son and I were on the road to Norman for his first competitive gymnastics meet. I was a bundle of nerves; not only because of my son's first meet, but this was also the first time I would be with my ex-husband's extended family since our divorce. (Also, my husband couldn't come — we have three other kids between us — so there was always a lot of “divide and conquer.”) While our divorce was amicable, it did not erase the pain of ending a marriage, and I was not looking forward to being in close confines with my ex's new wife and entire family for hours on end.

My nerves and anxiety aside, the gymnastics meet went as well as could be expected, and I made it through relatively unscathed. However, I soon began to realize that this was going to be the first of many instances where our families would have to figure out how to coexist in our new normal.

My son is now a freshman in college, and I would be lying

through my teeth if I said things got easier after that first gymnastics meet. Birthdays, holidays, baseball games, football games, school conferences, homecoming, prom, graduation, college visits, even doctor appointments became major stressors in my life.

As I reflect on the ups and downs of co-parenting throughout the years, there are many things I wish I had handled differently. And while hindsight is 20/20, I have the battle scars from lessons learned and sage advice from some professionals that I hope might provide insight to others who are on the front lines of co-parenting.

Leave emotions behind

This was probably the biggest obstacle I faced. I cannot count how many times I would throw myself on the bed and scream into my pillow or sob for hours in the privacy of my closet (unfortunately, some of my meltdowns were not always so private).

“You need to think of this as a business relationship,” says Lorri Perez,

senior program director for the Family and Child Center at Family & Children's Services. “Your goal is to work together to raise your children to be functionally healthy, so you need to communicate with facts, not feelings.”

From my personal experience, this was much easier said than done, although I did try hard not to expose my son to my emotions.

“There is definitely a grieving process going through a divorce,” Perez says. “However, remember that divorce is not the child's fault. Parents need to be the ‘adults’ and focus on the problem, not the person.”

Put your child first

This may seem like a no-brainer, but when emotions are raw and tempers run high, this sometimes can get lost.

“The number one pitfall I see is parents putting their own needs or wants above the needs of the children,” says Brad Cunningham, partner at Conner & Winters, LLP, who specializes exclusively in family law.

“You need to think of this as a business relationship,” says Lorri Perez, senior program director for the Family and Child Center at Family & Children's Services. “Your goal is to work together to raise your children to be functionally healthy, so you need to communicate with facts, not feelings.”

“I see this most when parents fight about small details about the other parent getting to see the child after a sports game or attending a classroom party — and they don't.”

Cunningham understands that parents are already missing time with their children and want as much time with them as possible. However, he stresses that the parents must understand how their actions impact their children.

“I recommend to all my clients to treat the other parent respectfully,” Cunningham says. “Be cordial and polite and do whatever is necessary to reduce stress in the children, even if it means working out a schedule to alternate attending classroom parties or sporting events.”

Establish boundaries

This one was also a tough one for me. I have always struggled with boundary setting, and this would not serve me well over the years. Many awkward occasions such as mom, dad, son and stepmom in a crowded doctor's office for a



ILLUSTRATION BY ANNIE TYNDALL

well-visit might have been avoided if those pesky boundaries had been clearly defined from the beginning. Fortunately, the doctor thought it was humorous and apologized for being “late to the party.” I, on the other hand, was mortified and angry. Did there really need to be three parents attending a child’s checkup? Did there really need to be a mom vs. stepmom showdown on prom photos and tuxedo shopping? Was there really a question of who should be a homeroom mom?

That would be a hard no.

But there I was, stuck in the middle of some truly painful situations.

“From the beginning, it’s important to negotiate with the other parent on what is the involvement of the stepparent,” Perez says. “Discuss expectations about the stepparent’s role and what that looks like for each family.”

For me, I think it was not recognizing what was realistic for our situation. I was naive in thinking that my son’s stepmother and I could

share responsibilities and work together on various items. Often things would become territorial, which caused negative feelings toward the other, and then it all went downhill. There is no doubt we would have benefited from some boundary setting.

“You need to set realistic expectations,” Perez says. “Know yourself and whether you can handle going to events, et cetera, as a big group or with the other parent. If someone isn’t on board with it, then it’s probably not a good idea.”

Plan ahead

While it might be overwhelming to figure out summer vacation plans in January, or holiday plans in July, it goes a long way in ensuring a smoother existence for everyone.

“In any situation where parents live separately, major life events can be tough to navigate,” Cunningham says. “The first and most important aspect is to have a set schedule for each parent’s time with the child/children, including holidays and vacations.”

Cunningham also emphasizes that other events like graduations, school assemblies and sporting events are not likely to be in the divorce decree, so it is paramount to discuss and work out logistics with the other parent far in advance.

“It’s important to be as specific as possible,” Cunningham says. “This could include such detail as how much time each parent gets to spend with the child before and after the event to where everyone sits.”

Resources

Family & Children’s Services offer several resources for parents going through divorce, or even afterwards if there are still issues. While their “Helping Children Cope with Divorce” class is state-mandated for all couples, Perez recommends an optional class for those still struggling with co-parenting.

“This is a great option for parents,” Perez says. “It’s a six-week course in a group setting focused on cooperative co-parenting. The group setting helps parents realize they are not

alone and helps normalize their experiences.”

Family & Children’s Services also offers counseling sessions for the parents and the child, as a group or individually. And in extreme cases, a parenting coordinator can be appointed by the court to help resolve conflicts in a more informal setting.

“There will be mistakes and missteps throughout this journey,” Perez says. “The most important thing to do is to figure it out together — what realistically works for your situation. It won’t look the same for every family, but if you share the common goal of raising a happy and healthy child, you are on the right track.” **TK**

Marnie Fernandez is an accomplished PR professional with over two decades of experience in public relations, community engagement, event planning, strategic communications, nonprofit management, writing and media relations.

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Camp Loughridge



COURTESY OF CAMP LOUGHRIDGE

Summer camps can challenge kids to do something they wouldn't normally do.

BY BETTY CASEY

NEEL KUMAR SAYS he and his spouse, Erica Kumar, like to keep their young children, Elle, age 2, and Kai, age 5, active in the summer months. Since their children are very young, they look for age-appropriate programs.

"We've done Lil' Kickers at SoccerCity," Neel says, pointing out that the indoor facility is warm in the winter and air-conditioned in the summer. "Our goal is to find something that will keep them entertained, active and engaged."

Lil' Kickers is a youth soccer program for children between the ages of 18 months and 9 years old. It meets the Kumar's criteria of being age-appropriate and fun.

Dustin Knight has been the Lil' Kickers director at SoccerCity in Tulsa for nearly 15 years. The program serves over 900 children a season, including summer camps for very young children to camps for kids ages 9 or 10.

"Lil' Kickers is a child development program," Knight says. "It develops motor skills, eye-hand coordination and imagination. They use their energy, learn something new — and have some fun!"

As with any camp or program, returning counselors or coaches is an indication that the program has a well-trained staff, and that the kids are seeing consistent faces. Knight says his coaches receive good training, back-up and support, which helps maintain consistent staff.

"Some of our first Lil' Kickers are now working for us as coaches," Knight says. "It's fun to see them grow up."

A well-planned, consistent, developmentally appropriate program gives young children like Elle and Kai a sense of security and confidence. Parents should look for programs or activities that are play-based, allow exploration

and challenge children without being frustrating. Discovery Lab is another place that meets that need for the Kumars. Neel says that Elle and Kai enjoy the interactive STEM learning in a safe, fun environment with a friendly staff.

For older children, summer camps and activities can mean anything from extended time spent learning or honing a specific skill to traditional day camps or sleep-away camps.

Jacob McIntosh, director at Tulsa's Camp Loughridge, says that traditional day camps like Camp Loughridge can give kids an opportunity to experience something totally new and to challenge them to do things they wouldn't normally do.

Some of the experiences kids may have at Camp Loughridge and other traditional camps include mastering a ropes course, going on nature hikes, playing court sports, swimming, doing archery and arts and crafts. McIntosh says campers benefit from being outside away from electronics and making friends with kids from different backgrounds.

"Our counselors are also role models," McIntosh says. "They're modeling positive character traits for the kids."

Above all, the staff must be well-trained, know how to keep kids busy and know how to have fun with kids.

"A really good staff could have a great camp in a parking lot," McIntosh says.

Parents should ask camp directors about staff training, their ages and the ratio of kids to staff.

McIntosh says that parents should also ask if a camp is accredited by the American Camp Association (acacamps.org). "I wouldn't send a kid to a camp unless it's accredited," he says. "And I would want to meet the director."

Accreditation assures the parent that camps meet standards on health, safety and risk management for campers and staff, including such things as camper to counselor ratio.

McIntosh says it surprises him how few parents want to tour the camp. "Camps welcome that stuff," he says. "Our business is parents and building relationships. Most camp directors want to give you a tour of their camp."

A camp tour can be especially beneficial to calm anxious kids or parents. Knowing what the camp looks like, what a typical day involves and where things are in advance can go a long way in making a nervous camper (or parent) feel secure.

And, if parents are unsure about whether their child is ready for camp, McIntosh encourages them to make that call to the director. "Talk it through," McIntosh says. "We take 6-year-olds, and it's a long day for them. If they're not physically active, and they don't like being outside at age 6, this may not be the best place for them. A good camp director should be able to walk you through that."

On the other hand, McIntosh says if parents feel good about sending their child, if they're doing well in school and can socialize and make friends, they'll probably do just fine.

One question that McIntosh says comes up a lot is about honoring friend requests. Many kids want to come to camp with a friend, so Camp Loughridge does work to ensure that kids will be with their friends. If you want your child to be grouped with a friend at camp, ask.

Questions that parents may not think to ask, but should, include how kids are grouped. Are they grouped by gender? Age? What are the sizes of the groups? Parents should also ask about medical staff. Is someone on-site or quickly accessible that can handle medical issues? What is the plan for medical emergencies? How does the camp handle giving regular medicine to children? What about discipline? What is the camp's discipline policy, and how is staff trained to handle issues? Is there a policy for bullying or for dealing with difficult campers?

McIntosh says that camp directors welcome questions from parents — and he would love to give more tours of Camp Loughridge! Talk to directors about your concerns. And, if you want to know if your kid is enjoying a camp or summer activity, he says you'll probably be able to tell.

"Is the kid coming home happy and are they excited for the next day?" he says. "Are they tired? Are they singing the camp songs on the way home? If I get a call from a mom or dad saying, 'My kid won't stop singing camp songs,' then I know I'm doing my job." **TK**

Questions to ask:

- How are kids grouped?
By gender? Age?
- What are the sizes of the groups?
- Is someone on-site or quickly accessible that can handle medical issues?
- What is the plan for medical emergencies?
- How does the camp handle giving regular medicine to children?
- What is the camp's discipline policy, and how is staff trained to handle issues?
- Is there a policy for bullying or for dealing with difficult campers?
- How is the staff trained?



Elle and Kai Kumar have enjoyed Lil' Kickers soccer program for young children.

PHOTOGRAPHY BY MAKENZIE HOWARD

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uschool.utulsa.edu/home/summer-camp

918.631.5060

326 S. College Ave., Tulsa

AGES

Rising 1st–8th grade

DATES

June and July

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CONTENDER ESPORTS

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 to find a full list and Dates of camps. Most camps are limited, so sign up early to guarantee your spot!

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CAMP PATRIOT

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. Registration opens March 27.

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12808 S. Memorial Dr., Bixby

AGES

Entering K-6th grade

DATES

June 9-August 9

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1701 W. Albany St., Broken Arrow

AGES

K-5th Grade

DATES

May 20-August 8

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ACTIVITIES GUIDE

RIVER RUN FARM

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

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**SPRING
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SUMMER CAMPS DATES
Camp 1: May 28-31; More Camps TBA



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AGES
5-15

DATES
May 28-31 (4-day)
MORE CAMP SESSIONS TO BE ANNOUNCED

Summer Lil' Kickers

DATES
June 3-August 10

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To register, please visit soccercitytulsa.com and click on the camps tab.

TULSA ZOO

tulsaazoo.org/camps

918.669.6204
6421 E. 36th St. N., Tulsa

AGES
pre-K through high school

DATES
Various sessions available

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ACTIVITIES GUIDE

ART ACADEMY OF GREEN COUNTRY

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.

CAMP ARCHITECTURE AT TULSA FOUNDATION FOR ARCHITECTURE

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)

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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:
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(918) 488-8991

Brain Balance of Oklahoma City

3545 W Memorial Rd
(405) 492-6800



Call 800-877-5500 or visit BrainBalance.com

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



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!



SUMMER CAMPS &

CAMP LOUGHRIDGE

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.

CAMP LUTHERHOMA

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

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,

ACTIVITIES GUIDE

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

918.596.1412

4825 S. Quaker Ave., Tulsa

AGES

5–14

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.

DISCOVERY LAB

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

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



Confidence & FUN!



Martial Arts Advantage
603 S Aspen Ave, Broken Arrow, OK 74012
www.MartialArtsAdvantage.net

Kids 4 Week Trial



GIVE THE GIFT OF PLAY



GIFT A MEMBERSHIP TODAY

MEMBER PERKS

- Unlimited admission for the year
- Members-only hours
- Discounts on merchandise, parties, camps, and more
- Early access camp registration



3123 Riverside Drive. Tulsa, OK 74105

discoverylab.org



918-295-8144

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**

SUMMER CAMPS &

HAPPY CAMPERS AT JOHN KNOX

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!

HOLLAND HALL

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. 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

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,

ACTIVITIES GUIDE

basketball, cheer, arts and crafts and a zip line! Counselors receive 40+ volunteer hours.

APPLY NOW at hopescrossingcamp.org. JOIN US!

JANELL WHITBY SCHOOL OF MUSIC

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!

KJM EQUESTRIAN SUMMER CAMP

kjmequestrian.com/summer-camps

918.299.9283

4300 S. Butternut Ave., Broken Arrow

AGES

7-12

DATES:

May 28–May 31

June 3–7

June 10–14

June 17–21

June 24–28

July 8–12

July 15–19

July 22–26

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.

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



Junior Camps & Programs
ENROLLING NOW

Spring & Summer Camps Available

LAFORTUNE PARK GOLF COURSE
61ST & Yale, Tulsa | 918-496-6200
LaFortuneParkGolf.com

SOUTH LAKES GOLF COURSE
91ST & Elwood, Jenks | 918-746-3760
SouthLakesGolf.com



TULSA ESPORTS THE UNIVERSITY OF TULSA

ESPORTS GAMING CAMP

FOR AGES 12 - 18
Monday-Friday
FROM 8AM-5PM

VALORANT ROCKET LEAGUE LEAGUE OF LEGENDS

Limited Spaces

FOR MORE INFO + SESSION DETAILS
go to:
[HTTPS://UTULSA.EDU/ESPOTS/](https://utulsa.edu/esports/)
JUNE 10-14 & JUNE 17-21

SCAN ME



HOPE'S CROSSING CAMP

JULY 1-5, 2024

Hope's Crossing Camp is a FREE day camp for kids ages 7-15 years old with cognitive or physical disabilities; such as heart disease, cancer, muscular dystrophy, spina bifida, cerebral palsy and down syndrome.

Our goal is to provide life changing experiences for each camper that are fun, challenging, socially enriching, and tailored to each camper. Hope's Crossing Camp is located at Camp Loughridge in Tulsa.

Volunteer Counselors Needed!

We are looking for 17-25 year old with a love for kids and the outdoors! Must be mature, compassionate, flexible, friendly, and a positive role model.

Counselors are matched one-to-one with a Camper based on personality and interests. Counselors get 40+ service hours

APPLY NOW! HopesCrossingCamp.org • 539-238-7677
Located at Camp Loughridge, 4900 W. Oak Leaf Dr, Tulsa, OK 74131

SUMMER CAMPS &

LAFORTUNE PARK JUNIOR GOLF CAMP

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 3-6

June 24-27

July 15-18

August 5-8

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

ACTIVITIES GUIDE

LIVING ARTS OF TULSA NEW ARTS CAMP

livingarts.org/programming

918.585.1234

307 E. Reconciliation Way, Tulsa

AGES

4-8 and 10-16

DATES

June 11-14

July 9-12

July 16-19

July 30-August 2

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

Please contact Laura Ruiz at projects@livingarts.org with any questions.

MARTIAL ARTS ADVANTAGE

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.



FREE
Family Activities
March 18-22
Daily 1-3 p.m.

**WILL ROGERS
MEMORIAL
MUSEUM**

Join us for
SPRING BREAK
Info available at willrogers.com

SHAKE IT OFF
WITH
T-Swift

JUNE 24, 25, 26
1:30-4:00
RECOMMENDED AGES 7-11
\$100

f South Tulsa Dance Co.
ig SouthTulsaDanceCo
td @SouthTulsaDanceCo

Located at 101st and Yale
in Shoppes of Seville
918-369-5299
Keally@SouthTulsaDanceCo.com
SouthTulsaDanceCo.com

South Tulsa DANCE Co.

**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



TULSAKIDS
Family Favorites
2024
NOMINATE

KIRK Preschool
thekirk.com/preschool • 918-494-8859



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



Janell Whitby
school of music



We specialize in helping your child fall in love with music!

Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.

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

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



MAKE A SPLASH
START SWIM
LESSONS NOW
FOR A SUMMER
OF FUN!

MillerSwimSchool.com
918-254-1988

JENKS • TULSA • OWASSO • TULSA SOUTH

TULSAKIDS Family Favorites 2023 WINNER

Miller
swim school

SUMMER CAMPS &

MILLER SWIM SCHOOL

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

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

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.

ACTIVITIES GUIDE

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

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.

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

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

medicine.okstate.edu/outreach/petes-immersion-camp.html

918.561.1480

1111 W. 17th St., Tulsa

AGES

High school students

DATES

July 16–18

Dr. Pete's Immersion Camp is a robust interactive experience allowing a select amount of high school students the opportunity to learn what it might be like to attend medical or veterinary school or to pursue other careers in health care.

Dr. Pete's Immersion Camp participants will be housed in the dorms at Oklahoma State University in Stillwater. They will experience a full day in Stillwater learning about the campus and the programs offered there. The second day will be filled with fun activities and learning opportunities in Tulsa. This is a great experience for students who want to pursue a career in the healthcare field. Housing and transportation during the camp will be provided.

Deadline to apply is March 29, 2024.

Get the Party Started
with the **TulsaKids Party Planner!**

Your guide to the best birthday entertainers,
venues and more in the Tulsa area.

tulsakids.com/guides



Proudly Serving Tulsa's Tiniest Teeth!

At On The Cusp, we offer a fun-loving and gentle environment for all kids. That's why it is our honor to have been voted as **Tulsa Kid's Family Favorite for three years in a row!** Come see us and experience the difference.

Scan
here to
learn
more!



918.921.6778
Locations in Midtown
and South Tulsa
onthecuspdds.com



SUMMER at Cascia²⁰²⁴

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



Have Questions? Contact Nick Wood
nwood@casciahall.com



Cascia Hall Preparatory School

2520 S Yorktown Ave

SUMMER CAMPS &

PHILCREST HILLS SUMMER TENNIS CAMP

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

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.

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!

ACTIVITIES GUIDE

SOUTH LAKES GOLF COURSE

southlakesgolf.com

918.746.3760

9253 S. Elwood, Jenks

AGES

6–17

DATES

Spring Lil Hooks: March 24–May 12, every Sunday

Summer Lil Hooks: June 5–July 31, every Wednesday

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

SOUTH TULSA DANCE CO.

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

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.



Now Enrolling for Summer 2024!

NOMINATE US FOR TULSAKIDS' 2024 FAMILY FAVORITES!



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

Summer Camps 2024 - Enroll Today!

CLARKYOUTHTHEATRE.COM/EDUCATION/CAMPS



918-596-1412
CLARKYOUTHTHEATRE@GMAIL.COM



tulsakids



SUBSCRIBE
to our newsletter to get
10 THINGS TO DO
EVERY WEEKEND!

tulsakids.com/newsletter

SUMMER CAMPS &

SUMMER SEAFARI AND MARINE BIOLOGIST FOR A DAY

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

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 if you have any questions or would like help enrolling.

Visit tippitoesdance.com/tulsa/summer for more information and to enroll TODAY!

ACTIVITIES GUIDE

TU ESPORTS

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.

YMCA SUMMER DAY CAMPS

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. Checkout all the YMCA has to offer this summer.

CAMP IS BACK AT OKAQ!

Camp Enrollment Is Now Open!

Summer Seafari

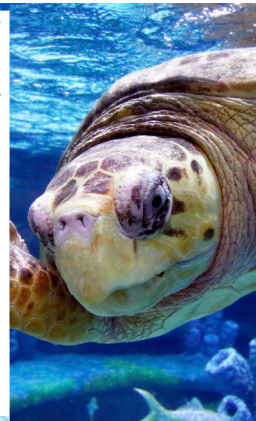
7-11 year-olds

Marine Biologist For A Day

12-17 year-olds

Oklahoma Aquarium Camp Info & Registration:

bit.ly/OKAQSummerCamp2024



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 or 918.446.4194.

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



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

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(918) 251-3000
enrollment@allsaintsba.org

ART ACADEMY

— Green Country, Oklahoma —

2024 Summer Foundation Intensive

By condensing more than a full year of standard Art Academy education into just 4 weeks of training, this high-definition program delivers fast results.

DATES	TIME	TUITION [†]
June 3 – June 28 July 1 – July 30	Weekdays 9 am – 3 pm	\$2200

EXTRAORDINARY RESULTS ARE GUARANTEED

Art Academy of Green Country offers an unparalleled artistic opportunity for serious art students. In a local setting for less than ½ of the tuition of most pre-college programs, take the first step in developing professional level artistic skills and understanding.

To secure your seat, contact Maithili Fulton at
(918) 637-4430 or maithili@artacademygc.com

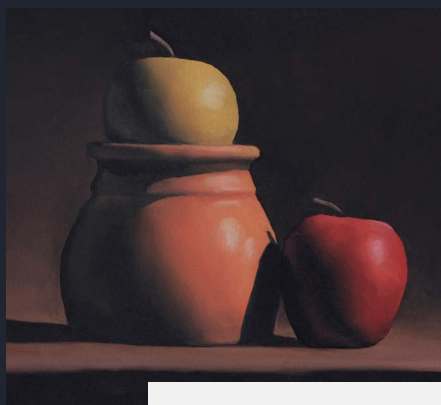
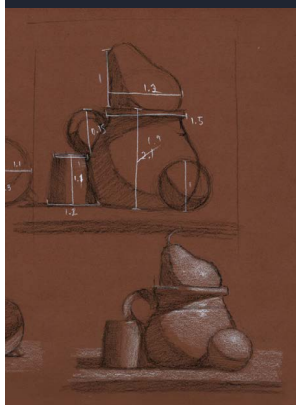
SCHEDULE

WEEK 1
Proportional Drawing

WEEK 2
Painting in Color

WEEK 3
Professional Oil Techniques

WEEK 4
Professional Oil Techniques
continued



SEE MORE EXAMPLES OF STUDENT
ARTWORK FROM THE SUMMER PROGRAMS
ARTACADEMYSTUDIOS.COM/CURRICULUM



[†] Includes 100 hrs of training & materials:
oil paints, brushes, canvas, etc.

WEEKLY ONGOING CLASSES:

Thursday Evenings, 7–9:30 pm and Saturday, 10 am–12:30 pm

Call for further class times.

EPIC CHARTER SCHOOL APPROVED VENDOR

NOMINATE
YOUR
FAMILY
FAVORITES
FROM
MARCH 1–15!



Everyone who completes
75% of the nominations
ballot is entered to win
a Family Membership
to Tulsa Zoo.

**VISIT
TULSAKIDS.COM
TO NOMINATE!**





MILLER SWIM SCHOOL

With the arrival of spring, how can we ensure our children stay safe around water, especially during outdoor activities?

Welcome to March! As spring unfolds, it's crucial to prioritize water safety during outdoor adventures. Here are some tips:

Evaluate water features: When engaging in spring activities near water, assess the safety of ponds, lakes or pools.

Gear up for safety: Invest in proper swim gear, including life jackets, especially for open-water activities.

Supervise diligently: Keep a watchful eye on children near water, even in familiar settings.

Educate about currents: If visiting natural bodies of water, understand and educate kids about currents and potential hazards.

Remember, a little preparation goes a long way in ensuring a safe and enjoyable spring season!

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

Tulsa 918.254.1988
MillerSwimSchool.com



RIDDLE LAW, PLLC.

Trevor Riddle

I want to establish an estate plan. Where should I start?

You should start by protecting your most cherished asset, your children, and protecting your children starts with nominating guardians.

Your choice of guardians is a decision set out in your will, and it involves selecting two types of guardians: a temporary guardian for short-term situations, such as a sudden hospitalization, and a permanent guardian for long-term care in the event of your passing or incapacitation. While courts ultimately appoint the permanent guardian, they often respect the parents' wishes. In making this choice, consider not just familial bonds but also the individuals' values, parenting styles, and capacity to meet your children's needs. This ensures your children are raised in a supportive environment aligned with your values and expectations, providing peace of mind that they will be well cared for, no matter what the future holds.

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Tulsa, OK 74120
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trevor.riddle@riddle.law



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JACOB WACKERHAUSEN/GETTY

See *Dinosaur World Live*, a roar-some show for the whole family, at the **Tulsa PAC** March 21

PHOTO CREDIT: ROBERT DAY



COMMUNITY CALENDAR

MARCH 2024

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



Tulsa Ballet's *Romeo & Juliet* will run
from March 21–24 at the **Tulsa PAC**.

PHOTO COURTESY TULSA BALLET.

Tulsa Zoo's un-bee-lievable
BUGS! exhibition opens
March 14.

PHOTO COURTESY TULSA ZOO.



BROUGHT TO YOU BY



TULSAZOO

Admiral Twin Drive-In opens the weekend of March 8, with *Kung Fu Panda 4*!

PHOTO COURTESY ADMIRAL TWIN DRIVE-IN



March 1 Friday

FREEDOM FRIDAY **F**

All ages, 10 a.m.-7 p.m., Greenwood Rising Black Wall Street History Center, 21 N. Greenwood Ave., greenwoodrising.org

Greenwood Rising is offering free admission to the museum on Fridays, Jan. 12 through March 1.

MY FAIR LADY

Recommended ages 8+, 8 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

My Fair Lady tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." Additional showtimes through March 3.

March 2 Saturday

HOPE-DRIVEN PARENTING SUMMIT **F**

For adults, 9 a.m.-1 p.m., Herman and Kate Kaiser YMCA, 5400 S. Olympia Ave., hopedrivenparenting.org

This free event will give parents inspiration and guidance to navigate the struggles of parenting and raise happy, resilient kids. Pre-register online.

AMERICAN INDIAN FESTIVAL OF WORDS: 2024 CIRCLE OF HONOR AWARD HONORING JOHN HERRINGTON **F**

All ages, 10:30-11:30 a.m., Central Library, 400 Civic Center, tulsalibrary.org

John Herrington, Chickasaw, will be inducted into the Circle of Honor. Herrington was the first citizen of a federally recognized tribe to travel to space.

FLINT FAMILY FOUNDATION CONCERT SERIES WITH THE TULSA SYMPHONY ORCHESTRA **F**

All ages, 3-4 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Join the Tulsa Symphony Orchestra String Quintet for a movie-themed program and learn all about the string family. Wear your coziest pajamas!

March 3 Sunday

SENSORY SKATE SUNDAY

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

March 4 Monday

MONDAY MORNING PROGRAMMING **W**

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

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

March 5 Tuesday

1-2-3 PLAY WITH ME PARENT-CHILD WORKSHOP **F**

For parents and children ages 1-3, 11 a.m.-12:15 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

The workshop offers opportunities for children to play with developmentally appropriate toys in a playgroup atmosphere. It will also focus on children's nutrition. Must pre-register at the library, at tulsalibrary.org/events or by calling 918.549.7323.

FRACTAL EXPLORATION

Ages 8+, 6:30-7:30 p.m., Jenks Planetarium, 205 E. B St., Jenks, jenksps.ce.eleyo.com/Planetarium

Come see into a new dimension as the beauty and secrets of fractals are revealed in this Planetarium show.

March 6 Wednesday

STORY TIME AT TULSA ZOO **W**

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

Listen to a story and meet an animal ambassador every Wednesday morning. This week, Philbrook Museum will join to provide fun activities.

PAWS FOR READING **F**

For elementary schoolers, 3:30-4:30 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Elementary schoolers are invited to read their favorite books to a furry, four-pawed friend. Pre-register at tulsalibrary.org/events or call 918.549.7323.

March 7 Thursday**STORYTIME WITH THE TULSA ZOO**

Ages 0-10, 10-10:30 a.m.,
Philbrook Museum, 2727 S.
Rockford Rd., philbrook.org

Join Philbrook for a special animal Storytime and a visit from the Tulsa Zoo!

HOMESCHOOL SKATE

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

Wear a crazy hat to receive a special prize at this month's Homeschool Skate event.

March 8 Friday**YOUNG FILMMAKERS F**

For teens and tweens, 4-5:30 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Learn about special effects makeup.

ADMIRAL TWIN DRIVE-IN OPENING WEEKEND

All ages, Admiral Twin Drive-In, 7355 E. Easton St., admiralwindrivein.com

Admiral Twin Drive-In's 2024 season starts this weekend! *Kung Fu Panda 4* will be a feature film this weekend. See website for more info.

March 9 Saturday**MARIO DAY (EVE) F**

Ages 5-18, 11 a.m.-1 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Make crafts, enjoy a movie showing (rated PG) and hunt for the characters hiding throughout the library.

March 10 Sunday

Find more events at
tulsakids.com/calendar.

March 11 Monday**BUILD A READER STORYTIME: FAMILY F W**

Ages 0-5, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

There's something for everyone — simple songs and books for the little

ones, more interactive stories and activities for your older children.

March 12 Tuesday**BUILD A READER STORYTIME: BILINGUAL F W**

10-11 a.m., Kendall-Whittier Library, 21 S. Lewis Ave., tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish.

TEENS MAKE MONTH: LAVA LAMPS F

For teens and tweens, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., tulsalibrary.org

Learn how to make lava lamps out of simple household ingredients.

CENTRAL BARDS' CLUB: THEATER GAMES, IMPROV, DRAMATICS F

For teens and tweens, 6-7:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

This is a place for teens and tweens to learn and practice performance arts skills.

March 13 Wednesday**TEEN ADVISORY BOARD F**

For teens and tweens, 4-5 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Have fun, eat snacks, earn community service hours and help make the library a better place for teens.

March 14 Thursday**BUGS! OPENS AT TULSA ZOO**

All ages, Open daily through Sept. 2, tulsazoo.org/bugs

Explore this special exhibit filled with 19 giant animatronic BUGS! Not included with regular admission.

NATURE CRAFT F W

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

Drop in for a new seasonal craft each week.

March 15 Friday**HOMESCHOOL FUN FRIDAY: FUN AND GAMES! F**

For preschoolers to teens, 1-2 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Get to know other homeschoolers and enjoy an afternoon at the library with board games, puzzles and crafts.

PAWS FOR READING F

For elementary students, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Elementary students are invited to read their favorite books to a furry, four-pawed friend. Pre-register at tulsalibrary.org/events or call 918.549.7323.

BABY SHARK'S BIG BROADWAVE TOUR

All ages, 6 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

Baby Shark's Big Broadwave Tour! follows Baby and his "finccredible" fishy friends on an undersea adventure filled with oceans of fun and "finship"! Additional showtimes March 16 at 10 a.m. and 2 p.m.

March 16 Saturday**ROUTE 66 RUNWAY RUN — TULSA**

All ages, 8 a.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

Oklahoma's only race taking place on an airport runway raises funds to support TASM. Fun Run/Walk, 5K and 10K routes available.

TEENS MAKE MONTH: BROOKSIDE ART SUPPLY SWAP F

All ages, 10 a.m.-4 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Join Brookside Library for a new or gently used art supply swap. Bring any art supplies you no longer desire to use and take home items donated by others.

ECLIPSES CROSSING AMERICA

All ages, 11 a.m.-12 p.m., Jenks Planetarium, 205 E. B St., Jenks, jenksps.ce.eleyo.com/Planetarium

This show, produced by Jenks High School students, will inform its audiences all about solar eclipses. A pair of solar eclipse glasses included with each ticket. Repeats March 26, 6:30-7:30 p.m.



AMERICAN INDIAN FESTIVAL OF WORDS: FANCY DANCING WITH MICHAEL LOMAN **F**

All ages, 2-3 p.m.,
Kendall-Whittier Library,
21 S. Lewis Ave., tulsalibrary.org

Join Michael Loman for traditional dance exhibitions highlighting the Fancy Dance, Hoop Dance and Eagle Dance from various tribes.

March 17 Sunday

PHILBARK DOG DAYS

All ages, 9 a.m.-5 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

You and your four-legged family members are invited for a tail-wagging good time sniffing all the smells in Philbrook Gardens.

March 18 Monday

SPRING BREAK ZOO CAMP: BUGS!

Grades K-6, 9:30 a.m.-4 p.m.;
Tulsa Zoo, 6421 E. 36th St. N.,
tulsazoo.org

During this week-long camp, learn how cool bugs can be and discover the vital role these amazing invertebrates play in our ecosystem. Pre-register at tulsazoo.org/camps. Aftercare available till 5:15 p.m. Repeats daily through March 22.

TULSA OPERA: FRIDA KAHLO AND THE BRAVEST GIRL IN THE WORLD **F**

For K-3rd graders, 11 a.m.-12 p.m.,
Central Library, 400 Civic Center,
tulsalibrary.org

Join the Tulsa Opera for this magical children's opera featuring storytelling, exciting singing in English and Spanish, beautiful costumes and audience participation.

SPRING BREAK AT WILL ROGERS MEMORIAL MUSEUM

All ages, 1-3 p.m., Will Rogers Memorial Museum,
1720 W. Will Rogers Blvd.,
Claremore, willrogers.com

Enjoy different activities each day of Spring Break at the Will Rogers Memorial Museum.

MONDAY NIGHT TINY TOTS

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

Skate, play, ride and jump! Don't forget your socks.

March 19 Tuesday

STEAM BREAK **F**

Ages 6-12, 10 a.m.-12 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Join for fun STEAM activities.
Repeats March 20-21.

AMERICAN INDIAN FESTIVAL OF WORDS: BUTTERFLY GARDENS **F**

All ages, 2-3 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Join the Euchee Butterfly Farm and the Tribal Alliance for Pollinators and learn all about butterfly gardens.

SPRING BREAK STAYCATION: CAMPING! **F**

For elementary schoolers,
3-4:30 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Come "camping" at the library. Activities, snacks, books and blanket forts...what more do you need? Bring your own blankets, pillows and stuffies.

March 20 Wednesday

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

Ages 0-5, 10:30-11:30 a.m.,
Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

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

LET'S GO FLY A KITE! **F**

All ages, 2-3 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Design and craft your own kite, then put it to the test on the lawn. Supplies provided, but limited.

TEEN LOUNGE **F W**

Ages 12-17, 4-6 p.m., Central Library, 400 Civic Center,
tulsalibrary.org

Kick back and chill with art supplies, video games and plenty of space to study, read or hang out with friends.

March 21 Thursday

TEENS MAKE MONTH: COSPLAY 101 **F**

For teens and tweens, 1-3 p.m.,
Nathan Hale Library,
6038 E. 23rd St., tulsalibrary.org

Learn the basics of cosplay and make your own small prop to take home. Must pre-register at tulsalibrary.org/events or call 918.549.7323.

DINOSAUR WORLD LIVE

All ages, 2 and 6 p.m.,
Tulsa PAC, 110 E. 2nd St.,
tulsapac.com

Dare to experience the dangers and delights of *Dinosaur World Live* in this roarsome interactive show for all the family.

GAMES IN THE GARDEN **F**

For elementary schoolers, 4-5 p.m.,
Central Library, 400 Civic Center,
tulsalibrary.org

Enjoy some outdoor fun and games, weather permitting.
Repeats March 28.

EMPOWER HER: REPRODUCTIVE WELL-BEING — CELEBRATING WOMEN'S WELLNESS **F**

For adults, 6-8 p.m., Central Library,
400 Civic Center, tulsalibrary.org

Join TCCL's African American Resource Center and Amplify Tulsa for this program celebrating women's overall health and well-being and featuring presentations by local reproductive and sexual health experts. Dinner and prize incentives provided.

March 22 Friday

GUTHRIE RENAISSANCE AND FANTASY FESTIVAL

All ages, March 22-24,
308 N. 5th St., Guthrie,
guthrirenfestival.com

Enjoy jousting, raptor shows, vendors and more at Guthrie's annual Renaissance Festival.

WORLD WATER DAY **F**

All ages, 10 a.m.-12 p.m.,
Haikey Creek Park,
11327 S. Garnett Rd., Broken Arrow,
facebook.com/tulsacountyparks

Learn about the significance of clean, accessible water through animal ambassadors, stream tables, speakers, takeaway crafts and more.

SPRING BREAK SCIENCE WITH TULSA DISCOVERY LAB **F**

Ages 4-12, 10:30-11:15 a.m.,
Central Library, 400 Civic Center,
tulsalibrary.org

Discover and explore the magical world of science in this unique and engaging science demonstration.

March 23 Saturday

BIKES & BOOKS **F**

Ages 0-16, 12-2 p.m.,
Gibbs Shopping Center,
612 E. 46th St. N.,
tulsalibrary.org

Youth ages 0-16 will get free books, library swag and be entered for a chance to win a \$50 gift card to a local bookstore. 918 Riderz Motorcycle Club members will be onsite with their bikes.

RIVERWALK POP! **F**

All ages, 12-5 p.m.,
Jenks Riverwalk,
300 Riverwalk Terrace, Jenks,
riverwalktulsa.com

RiverWalk Pop! will celebrate all things pop culture with unique vendors and displays, a costume contest, live music, games and other activities.

KITE DAY **F**

For elementary schoolers,
3-4:30 p.m., Kendall-Whittier Library, 21 S. Lewis Ave.,
tulsalibrary.org

Make your own kite, then go outside and fly it!

March 24 Sunday

Find more events at
tulsakids.com/calendar.



Join the Sun Chiefs on March 28 at **Jenks Library** for a stickball demonstration!

PHOTO COURTESY TULSA CITY-COUNTY LIBRARY.

March 25 Monday

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

Ages 0-5, 11 a.m.-12 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

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

LUNCH AND LEARN WITH THE TULSA MASTER GARDENERS: TOMATOES AND OTHER POPULAR VEGETABLES **F**

For adults, 12-1 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Bring your lunch and get tips from the experts on growing tasty tomatoes and other vegetables.

March 26 Tuesday

YOGA FOR EVERY BODY **F W**

All ages, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

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

TO KILL A MOCKINGBIRD

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

All rise for Academy Award® winner Aaron Sorkin's adaptation of Harper Lee's Pulitzer Prize-winning masterwork. Additional showtimes through March 31.

March 27 Wednesday

TEEN CONNECTION **F**

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

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

March 28 Thursday

SCIENCE AFTER SCHOOL **F**

For elementary schoolers, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Join for hands-on science projects and literature connections.

AMERICAN INDIAN FESTIVAL OF WORDS: NATIVE STICKBALL

THROW AROUND WITH THE SUN CHIEFS **F**

For tweens to adults, 4-6 p.m., Jenks Library, 523 E. B St., Jenks, tulsalibrary.org

Learn about the ancient game of stickball that native people used to settle challenges.

March 29 Friday

MOVIE NIGHT: STAN AND OLLIE **F**

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

Watch a classic movie at the Will Rogers Memorial Museum! Doors open at 6 p.m., the movie begins at 7.

March 30 Saturday

FAMILY WORKSHOP: MINIATURE ENCHANTED GARDENS

All ages, 10 a.m.-12 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join Philbrook nature educator Toni Willis and create enchanting miniature landscapes. Advance tickets recommended.

TEENS MAKE MONTH: CUPCAKE DECORATING CONTEST **F**

For teens and tweens, 3-4:45 p.m., Suburban Acres Library, 4606 N. Garrison Ave., tulsalibrary.org

Join Ms. Tiffany to decorate cupcakes in a friendly competition.

TOSS AND TASM HANGAR DANCE

All ages, 6-10 p.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

Join The Oklahoma Swing Syndicate and TASM for a swingin' 1940s Hangar Dance. There will be a food truck at 6 p.m., dance lesson at 7 p.m. and social dance beginning at 7:30 p.m. Get tickets online.

March 31 Sunday

FAMILY SWIM **W**

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

Swim with friends and family for just \$5 per person. No reservations needed. Kids 3 and under swim free.



Tulsa Irish Festival

Kid-Friendly St. Patrick's Day Events

Celebrate St. Patrick's Day with the whole family! We'll be updating this list at tulsakids.com/kid-friendly-st-patricks-day-events-in-tulsa

ST. PATTY'S SWING DANCE

March 2, 7–10 p.m.

Southminster Community Center,
3500 S. Peoria Ave.

Wear your green and join The Oklahoma Swing Syndicate for a St. Patrick's Day dance. No partner needed, family friendly, all ages welcome!
theoklahomaswingsyndicate.org

TULSA IRISH FESTIVAL

March 8–10

River West Festival Park,
2100 S. Jackson Ave.

Tulsa Irish Festival returns with live music, a Kid's Zone, authentic vendors and food and so much more. tulsairishfest.org

ST. PATRICK'S DAY RUN

March 16, 8:30 a.m.–2 p.m.

RunnersWorld Tulsa,
3920 S. Peoria Ave.

This annual race benefits Special Olympics Oklahoma and Tulsa Running Club. Choose from a 5K or 1-mile Fun Run options. Post-race festivities include a photo booth, DJ and more. runnersworldtulsa.com

CBB SHAM-ROCK BASH

March 16, 12–11 p.m.

Cabin Boys Brewery, 1717 E. 7th St.

Cabin Boys Brewery's annual, all-ages Sham-Rock Bash features live music, axe throwing, lawn games, great food and more!
facebook.com/cabinboysbrewery

SHAMROCK THE ROSE DISTRICT

March 16, 5–10 p.m.

Rose District, Broken Arrow

Enjoy live entertainment, a kids' zone, food and art vendors and more. Proceeds from this event go to support Soldier's Wish.
thebabuzz.com

Easter Events for Every-Bunny

We've got some egg-cellent options!

Easter 2024 falls on Sunday, March 31. Find these and additional Easter events at tulsakids.com/tulsa-area-easter-egg-hunts-activities

EGGCESSIBLE EGG HUNT

March 23, 11 a.m.–12 p.m.

Whiteside Park, 4009 S. Pittsburg Ave.

Children ages 6–15 can enjoy Tulsa Parks' All Abilities egg hunt with prize eggs, music and fun! tulsaparks.recdesk.com

SPRING FLING EGG HUNT

March 23, 11 a.m.–12 p.m.

Owen Park Community Center, 560 N. Maybelle Ave.

Kids ages 3–10 can enjoy an egg hunt in the beautiful surroundings of Owen Park. tulsaparks.recdesk.com

REED PARK EGG HUNT

March 26, 6:30–6:45 p.m.

Reed Park, 4233 S. Yukon Ave.

Children will delight in the thrill of hunting for prize eggs filled with candy and surprises. Bring your own basket! For ages 2–11.
tulsaparks.recdesk.com

BREAKFAST WITH THE BUNNY

March 30, 9 a.m. and 12 p.m.

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

Join Tulsa Zoo for Breakfast with the Bunny presented by Wooten Plumb-ing! Enjoy a scrumptious breakfast, an up-close animal encounter, and most importantly, meet the bunny. tulsazoo.org/bunny

EASTER EGG HUNT AT WILL ROGERS MEMORIAL MUSEUM

March 30, 11:30 a.m.–12:30 p.m.

Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore

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

CITY OF OWASSO COMMUNITY EGG HUNT

March 30, 9 a.m.–1 p.m.

Rayola Park, 9300 N. Owasso Expy., Owasso

10,000 Eggs will be scattered across the park with the hunt divided into age groups. pathwayowasso.church/events

PLANT. GROW. ENJOY!

It's time to start your spring garden!



Easy seeds to
sow this month:

Cabbage
Carrots
Cauliflower
Green Peas
Lettuce
Onions
Spinach
Swiss Chard

Find **fresh tips** for budding gardeners
and **healthy recipes** at



ShapeYourFutureOK.com



TSET



WE'RE A SOCIAL SPECIES



BUGS

Coming March 14th 

A larger-than-life experience into the wonderful world of bugs
TULSAZOO.ORG/BUGS