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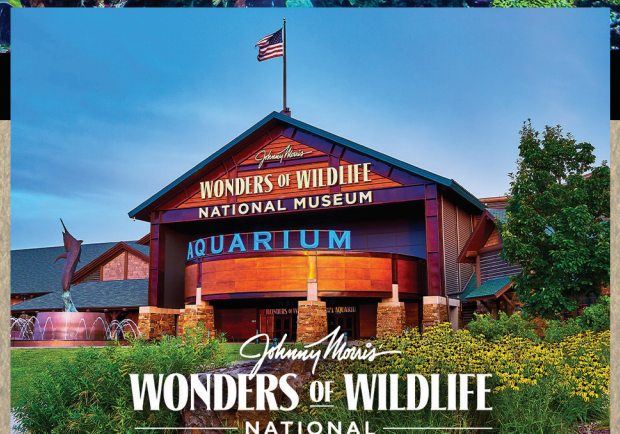
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Contents

May 2025
VOLUME XXXVIII | ISSUE 5

6

EDITOR'S NOTE

7

WHATS GOING ONLINE?

8

NEWS & NOTES

14

BABIES & TODDLERS

Farmers Markets Offer a Bounty of Learning Opportunities

By Cherie Gough

16

SCHOOL AGE

Brains on Break?

By Tamecca Rogers, PhD

18

TWEENS & TEENS

Home Alone – When is your Teen Ready?

By Julie Wenger Watson

20

BOOKS

Color Your World with Magical Books Summer Reading Program Starts on June 2

By Laura Raphael, MA, MLIS

22

GET COOKING

Fun Ways to Encourage Reluctant Eaters

By Natalie Mikles

24

GREEN COUNTRY GROWN-UP

Pam Nelson: From Trauma to Transformation

By Nancy A. Moore

26

FAMILY FUN

Family Memberships Pay Off

28

Rachel Chinsethagid: Amazing Mom Winner

30

Are You State Park Savvy? Take Our Oklahoma State Park Quiz

By Tara Rittler

32

I'M A TULSA KID

Jocelyn Doeksen: Artist

By Betty Casey

35

FAMILY FAVORITES NOMINEES

44

SPONSORED CONTENT

Ask The Experts

45

Community Calendar

By Tara Rittler

52

The Calm Before the Storm: Preparing Kids for Severe Weather Season

By Kirsten Lang

Amazing Mom Winner,
Rachel Chinsethagid, pg. 28

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MOMS AND CRAZY WEATHER

Moms and crazy weather don't necessarily go together unless you're a mom who gets crazy about bad weather. These topics are actually two separate features in this issue.

May can be a frightening weather month. As a child, I wasn't afraid of tornadoes. My dad, being from Colorado, got a little anxious about spring storms. He would stuff us all in the downstairs bathtub with pillows and blankets whenever the tornado warning sirens went off. If he got really worried, he would drive us to the OSU Student Union basement, which was packed with students and families seeking protection. I thought it was really fun – especially if we got to wear our pajamas and stay up late. These days, I've seen too many destructive weather events not to take it seriously. Read Meteorologist and Mom Kirsten Lang's feature about how to calm children's storm fears.

For the second year, we invited readers to nominate an Amazing Mom in honor of Mother's Day, May 11. Over 100 of you wrote to tell us about an amazing mom in your life. We loved reading all the entries. It reminded me of how the word "mom" describes so many different types of people -- single moms, working moms, moms who have overcome life-threatening illnesses, grandmothers, stepmoms. In all the iterations and contexts of being a mother, the common theme was love.

I lost my mom in January. She had dementia, and I would sit with her for hours every weekend. Even though she couldn't really communicate, she liked to have me talk to her. One of the best things I found to do was to tell her stories about us – my childhood with her, things we did, little narratives and nuggets that showed how much she loved me and reminded her of all the things she did for us. I always ended my little stories by holding her hands, or putting my hands on her face and declaring, "You were the BEST mom!" Her smile told me that she understood and that meant a lot to me.

I'm telling you this little story so that you can do the same with your mom. Tell her a story that you remember – or write it down and give it to her in a card. Sometimes we forget to share what we love about our moms, the times they listened to us, laughed with us, stood up for us, or let us know that we could do something on our own. Too often, we may end up saying with regret, "I wish I had told her that."

Happy Mother's Day!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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Mayfest's Theme: Stay Gold

Tulsa Mayfest organizers and The University of Tulsa recently unveiled the Stay Gold Collection, featuring two official designs – one to serve as the festival's commemorative 2025 poster art and the other design to celebrate the new Mayfit 5K with a poster and T-shirt – as well as a dozen more original art pieces that are now on display at 101 Archer.

The curated collection is inspired by this year's Mayfest theme: "Stay Gold," a tribute to the iconic novel "The Outsiders" by UTulsa alumna S.E. Hinton, which was made into an internationally known movie and Tony Award-winning Broadway musical.

Shelly Collins, a high school teacher and artist from Owasso, was announced as the creator of the Mayfest poster art. Her colorful work features hand-cut paper that highlights birds, flowers and other natural elements surrounding the iconic downtown Tulsa skyline.

"I grew up in a North Tulsa neighborhood adjacent to the Admiral Twin Drive-In – the very location where scenes from the 1983 movie 'The Outsiders' were filmed," Collins said. "As a child, I remember climbing through a hole in the fence between my elementary school and the theater, much like Ponyboy and Johnny do in the movie to enter the drive-in. These memories of Tulsa's rich history and the sense of belonging to a community steeped in stories and culture have profoundly shaped both my identity and my art."

This year also marks the introduction of a 5K run/1K fun run, which is set for May 10. Jessica Scheffel, an art teacher in Catoosa, was announced as the designer behind the Mayfest 2025 poster and T-shirts. The print was created with linoleum blocks and features bold blue, red, and, of course, gold.

"The Outsiders' book and the film hold a very special place in the hearts of many Tulsans," said Scheffel. "I knew for this piece to be successful, I had to include an image of the Outsider's house. To stick with the gold theme, I also wanted to feature the Golden Driller landmark. Last, and certainly not least, I set the Tulsa flag in the background. The design was good, but more importantly, the design was Tulsa."

Tulsa Zoo Opens Mary K. and John T. Oxley Family Elephant Experience

Photo credit: photo provided by Tulsa Zoo

The final element of Tulsa Zoo's visionary new habitat for Asian elephants officially opened on Monday, April 7. The Mary K. and John T. Oxley Family Elephant Experience reflects an extensive renovation of the existing elephant interpretive center, outdoor spaces and barn, which originally opened in 1995.

This renovation coincides with the newly added 10-acre Elephant Preserve and the 36,650-square-foot Preserve Barn that opened Spring 2024. In all, Tulsa Zoo has dedicated 17 of its 124 acres to Asian elephants.

"Tulsa voters generously approved an investment in our zoo's Asian elephant habitat through Vision – an investment to make Tulsa home to one of the largest facilities in North America for this important, endangered species," said Tulsa Zoo President and CEO Lindsay Hutchison. "Within one month of opening the Preserve Barn last year, we welcomed two elephants from Columbus Zoo & Aquarium, increasing our herd to five members. Completely gutting and rethinking our former elephant barn and viewing areas increases our flexibility to manage multiple herds and care for Asian elephants of all life stages."

The Elephant Experience is the guests' hub, offering visitors opportunities to engage with staff or docents about the zoo's Asian elephant program; learn how the various spaces of the facilities work together and where the elephants may be visible at that moment, and even watch live video footage of elephants across the 17 acres.

"Guests will have indoor and outdoor viewing opportunities, and an elephant interpretive center to learn more about the world of elephants," said Hutchison. "We've added restrooms, too, which is important to our families, and eventually plan to bring back overnight experiences."



Kids & Youth Offered Golf Memberships

Bank of America is teeing up \$5 rounds of golf for young players here in Tulsa as part of its newly announced "Golf with Us" initiative. Through a partnership with Youth On Course, Bank of America is funding golf for kids ages 6-18 at thousands of courses around the country and locally to grow the next generation of golfers.

Children ages 6-18 in the Tulsa-area are encouraged to enroll in a free, one-year membership to Youth on Course courtesy of Bank of America.

Enrollment is open until May 24, 2025 at BofA.com/GolfwithUs.

Golf with Us includes access to Mohawk Park Golf Course, Page Belcher Golf Course, LaFortune Golf Course, South Lakes Golf Course, Sequoyah State Park Golf Course and Grand Cherokee Golf Course for \$5 or less per round. The full list is available at YouthOnCourse.org.

Program membership also includes a registered handicap index in the United States Golf Association's Golf Handicap Information Network (GHIN) system and continued

development and learning opportunities.

The offer launched during the 2025 Masters Tournament, of which Bank of America serves as Champion Partner.

"Golf can often imitate life. It requires problem solving, focus, patience, perseverance and accepting the uncontrollable," said Bill Lissau, president, Bank of America Tulsa. "Through the Golf with Us program, Bank of America will show young people – including many here in Tulsa – what is possible in golf, and in life, when they work hard to achieve their goals."



Tulsa Mayfest is May 9-11, 2025. Information on Mayfest, the artists, poster purchases and 5K registration is available at tulsamayfest.org.



Tulsa Parks Hiring Staff

Young people looking for summer employment are invited to apply for jobs as lifeguards, camp counselors, and essential staff at Tulsa Parks. Positions include: lifeguards, (lifeguard certification required); pool manager (lifeguard certification required); pool cashier; Day Camp counselor (40 hrs. per week and paid training). Tulsa Parks also offers hiring incentives for returning lifeguards and pool managers. Strong swimmers at least 16 years old and certified in Red Cross Lifeguarding, CPR for the Professional Rescuer, and First Aid are encouraged to apply. YWCA Lifeguarding certification is also accepted. Those interested in teaching American Red Cross swim lessons must hold a Water Safety Instructor certification. The Tulsa Parks Aquatics Coordinator is available to assist applicants in obtaining the necessary credentials.

For more details on available positions and application procedures, please visit www.cityoftulsa.org/parks-summer-jobs.



Blooming Flower Experiment

By Kirsten Lang

We were all taught "April showers bring May flowers" as a kid. Chances are, our kids know that saying, too. So why not take this month to teach them a little more about flowers – this time with an experiment called the "blooming flower trick."

The supplies are easy: a bowl of water, a sheet of paper cut into flower shapes and markers.

Start by filling a bowl with water. Have your child decorate the paper flower with markers any way they would like. Then fold the flower petals inward so that all the petals of the flower are flat towards the center.

Next, have your child carefully place the flower, face side up, into the water. No need to submerge it, just let it float on the surface of the water and wait to see what happens.

The paper flower will slowly open up, or blossom, in front of their eyes.

This teaches the child about capillary action. Which means that water travels through the tiny spaces of the paper, just like it does with real flowers, to help it grow.



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Summer Getaway Package, sponsored by Wonders of Wildlife and Dogwood Canyon

From May 16-31, enter to win four tickets to both Wonders of Wildlife and Dogwood Canyon, plus a \$25 gift card that can be used at either location!



What kind of gardening does your family do?

Following up on our April feature on gardening with kids, we asked our Facebook followers (@tulsakidsmagazine) to tell us about their family's gardening endeavors! Here's what they had to say:

"I have raised garden beds. I mostly do tomatoes. We also have raspberry and blackberry bushes, a grape vine and I just planted strawberries today. I got my 11-year-old his own garden bed for Christmas. So far, he has potatoes going and a flower that we bought from Lowes."
– Michele M.H.

"A kitchen garden in our backyard! Best way to get kids eating and enjoying veggies." – Ayschia K.

"Veggies, a few herbs and cut flowers. My kids love to help start seeds, water and taste test! lol" – Breanna S.

"Kids help us plant and harvest and deliver organic heirloom tomatoes for delivery to various food banks."
– Kiddie Farm by OK EAT

photo courtesy Breanna Sauer



Vote for your Family Favorites May 1-15!

We've tallied up the results of our Family Favorites nominations; now, it's time for our readers to vote to determine our ultimate 2025 Family Favorites winners! Find the ballot in this issue to get a quick overview, then head to tulsakids.com/contests to start voting!

Complete about 75% of the ballot for a chance to win a behind-the-scenes tour for four at Philbrook Museum, a \$25 Philbrook gift shop gift card, and a Chicken Feast for four from Taziki's!

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Farmers Markets Offer a Bounty of Learning Opportunities

By **Cherie Gough**

Going to farmers markets on a regular basis puts fresh, seasonal produce at kids' eye level. They start to notice that foods vary week by week and learn what's in season. This offers an opportunity to discuss why they won't see a watermelon in January and helps create family traditions like making peach pie in July.

Farmers markets introduce kids to healthy new foods and support local farmers. Instead of just taking kids along for the ride with electronics in hand, turn a visit to the farmers market into an educational field trip. Babies can experience the sensory cornucopia, while toddlers and older children can learn where food comes from, reinforce important social skills and practice numbers and counting. Here are more ways to inspire learning.

1. Eat a Rainbow

Look for fruits and veggies in all the colors of the rainbow and try buying one of each color. This can be a lesson (and a good reminder to parents) about the importance of eating fresh, unprocessed foods. Eating each color of the rainbow provides different (and much-needed) vitamins and antioxidants to keep bodies and minds healthy and strong.

2. To Market to Market

Let your child be in charge of a small purchase. Being responsible to hold the money and choose an item to buy will help build confidence and decision-making skills. For older kids, it's an opportunity to use the scale, estimate total cost, and count the money and change.

3. Practice Communication

I've taught my kids to say please and thank you, but in this age of overabundant screen time, an essential skill missing for many kids is everyday conversation with adults. The farmers market gives them practice using eye contact, projecting their voices and asking meaningful questions. Asking a farmer questions such as "Why are these carrots purple?" helps kids feel a connection to those who grow the food and helps them gain understanding of where it comes from.

Bonus: Teaching kids to ask questions that begin with "How" or "Why" encourages them to use analytical and evaluative skills.

4. One Potato, Two Potatoes

The littlest market-goers can take part in learning fun with counting practice. As they put pieces of fruit on the scale or in the bag, have them count each one aloud.

5. I Do Like Green Eggs and Ham!

Tech-savvy kids can use online resources to research what's in season and find seasonal recipes that the family will enjoy. Meal planning and cooking provides buy-in when it's time to eat dinner, especially when trying new foods. Don't pass up free samples when shopping at the farmers market. They're a great test to see if your family might like something new.

Cooking together introduces key math concepts like measuring and fractions—and it's just plain fun. And picky eaters will be more likely to eat what they pick out.



6. It's Easy Being Green

Explain to your children how shopping at local farmers markets benefits the environment. Buying local means less gas to transport items from faraway places. Organic produce means no pesticides harmed the air or water to grow the crop. Dollars spent here contribute to the farmers' livelihood and build a sense of community.

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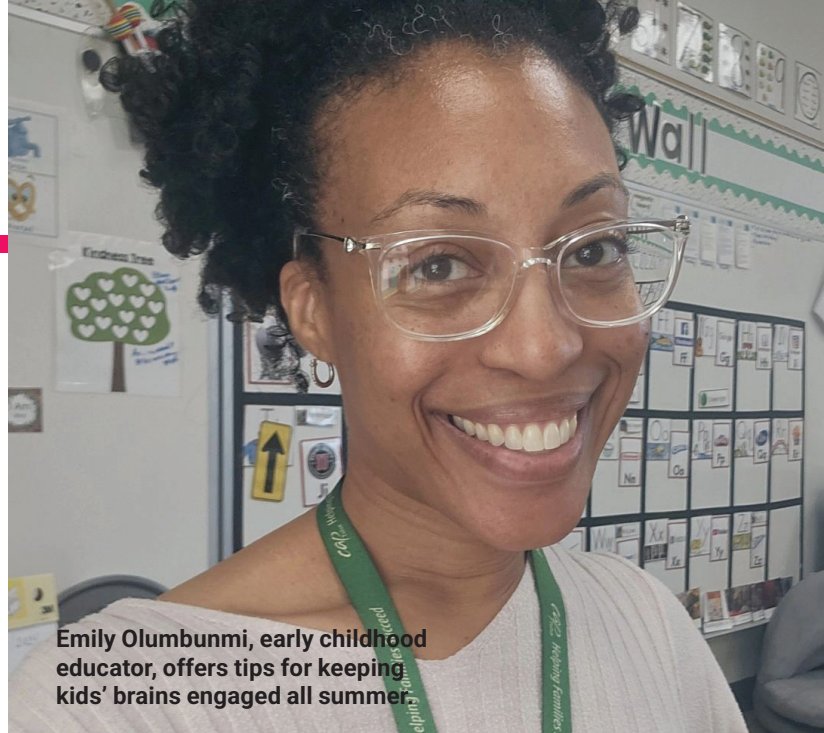
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Brains on Break?

By **Dr. Tamecca Rogers**, PhD



Emily Olumbunmi, early childhood educator, offers tips for keeping kids' brains engaged all summer.

Summer is supposed to be a break, right? A chance to breathe, play and shake off the school year. But for many students, especially in elementary school, the long summer stretch can come with a cost: summer learning loss. It's that quiet academic slide that happens when students take a total break from structured learning—only to return to school in the fall needing to relearn skills they once had.

To unpack this a bit more, I connected with Tulsa Early Childhood Educator Emily Olubunmi, a preschool teacher with over 15 years of experience. While her insights come from working with 3-year-olds, the core of her message rings true for all young learners.

"I love when children make the connection of what is being taught with what they experience outside the classroom," Emily says. The key is keeping learning active, relevant and fun—especially when school's out.

What is summer learning loss? According to the National Summer Learning Association, students can lose up to two months of math and reading skills over the summer if not actively engaged. Emily defines the phenomenon as a "lull,"—especially when screen time replaces play and real-world interaction. "There's always a need to bring the children back to a sense of focus once school starts," she shares. Her preschoolers benefit from routines and mindfulness techniques at the beginning of the year to ease the transition.

The same goes for elementary students.

Top Tips for Keeping Elementary Brains Active

Emily offers everyday, accessible advice that caregivers of all ages can use:

1. **Stay engaged together.** Whether you're creating a summer music playlist and dancing around the living room or turning dinner prep into a math lesson, learning doesn't have to feel like school. This could look like baking together (hello fractions!) or building a fort with measurements and blueprints for elementary-aged kids.
2. **Talk—and then talk some more.** "Scaffold your child's learning by extending conversations," Emily advises. Ask open-ended questions like, "What made you curious today?" or "What do you think will happen next?" This not only builds vocabulary but also critical thinking skills. For older kids, spark debates at the dinner table on silly topics—anything to keep minds moving.
3. **Make room for connection.** This one's timeless: Turn off the devices and make eye contact. Whether you're reading together or simply catching up on your child's day, being present lays the groundwork for emotional and intellectual development.

Reading That Doesn't Feel Like Homework

Emily is a big fan of the Tulsa City-County Library system and its free summer reading programs. Her tip: Let kids pick their books—and throw in one or two that stretch their interests. For older elementary kids, this could include graphic novels, STEM-focused reads or books featuring young entrepreneurs. The goal is to keep reading joyfully.

Want to raise a book lover? Create a reading nook, host a backyard book club with neighbors, or challenge your child to a parent-kid reading competition. Just don't force it—let the books be the magic.

For Busy Families: Learning On-the-Go

If your summer schedule is packed or resources are limited, don't worry. Learning can fit into everyday life. Emily suggests simply asking your child what they want to learn and then using that as a launch pad for discovery. "Pinterest is a great resource," she adds, and it's true—whether it's DIY science kits, car ride games or printable puzzles, there's something for everyone.

- Practice math with grocery store budgeting
- Turn car rides into spelling bees
- Start a summer gratitude journal (writing + mindfulness = win)

Let Creativity Lead the Way

Creativity matters. It builds problem-solving skills, vocabulary and confidence. "Storytelling for early childhood may look like re-enacting with felt storyboards," Emily says. "Whereas for youth, it could be enrolling in a theatre drama camp."

For elementary kids, summer is the perfect time to:

- Make stop-motion movies on a phone or tablet
- Build models from recyclables (Ms. Green, the Recycle Queen, would approve!)
- Write and perform their own plays

Creativity isn't extra—it's essential. Summer learning doesn't mean workbooks and stress. It means curiosity, connection and moments that matter. Whether you're dancing in the kitchen, sharing stories at bedtime, or letting your child lead a backyard science experiment, you're doing the work. Brains on break? Not really. Just brains doing summer their way.

Dr. Tamecca Rogers serves as Director of Student Access and Success at Tulsa Technology Center. An award-winning author and filmmaker, she is committed to diversity, equity and inclusion in all her endeavors.



"Lake Hills Montessori has been an incredible gift to our family. At every age and stage, my children have thrived in a welcoming and intentional learning environment."

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-Johnson Family



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PJ'S CORNER



Urinary Tract Infections in Children



Q&A with

Dr. Scott Berkman, MD

PEDIATRIC UROLOGIST WITH SAINT FRANCIS CHILDREN'S PHYSICIANS

What is a urinary tract infection (UTI), and what are the common causes?

Dr. Berkman: Urinary tract infections can be viral, bacterial or parasitic. Today, we're going to talk about bacterial infections. A urinary tract infection is anywhere from the kidney to the outside.

Common causes of bacterial infections can be from a female wiping from back to front, carrying some of the bacterial flora to the urethra. Girls have infections early in life because their urethra is shorter, and the bacteria have an easier time making it into the urinary tract. Girls will then become the more commonly affected gender after about a year of age.

Boys more commonly get infections in the first year of life. Uncircumcised boys have a higher incidence of urinary tract infections in their first three months.

Dysfunctional voiding when kids are learning to toilet train causes both boys and girls to have the same incidence of infection.

Urinary tract infections may also come from anatomical abnormalities of the urinary tract.

What are symptoms that parents should watch for?

Dr. Berkman: Infections can be upper or lower UTIs. Lower UTIs involve the bladder to the outside with symptoms such as burning with urination, urinary urgency or frequency, leaking urine, and/or blood in the urine.

An upper urinary tract infection is above the bladder. These often involve pain in the side or the abdomen, with fever, nausea and vomiting.

Watch for signs of discomfort such as grimacing.

It's hard to pick up that children are having burning or frequency urinating while they're still in diapers, so if the baby has fever and there's no other obvious source, then they should be evaluated by a physician and treated within 48 hours.

What can parents do to prevent UTIs?

Dr. Berkman: For little girls, no bubble baths, which can alter the natural defense mechanisms of the urethra. Also, wiping front to back.

Make sure kids are emptying their bladders every 3-4 hours, and that they're not constipated.

Boys with foreskin need to clean it. Finally, if they see signs of infection, seek evaluation.

What is a recurrent UTI?

Dr. Berkman: A recurrent urinary tract infection would be two lower urinary tract infections within six months, or three within a year.

If a child has a fever, that usually means it's in the upper urinary tract, which involves the kidney, which requires further treatment.

A pediatric urologist can make sure there's no anatomic abnormalities that predispose them to infections.

Our main goal is to keep the kids happy and healthy. For my specialty, it's to maintain the health of the kidneys. Infections can damage the kidneys. Once you have scarring of the kidneys, you don't get kidney tissue back. Our goal is to prevent any renal damage and keep children with urine infections out of the hospital.

For the complete interview, visit TulsaKids.com

If you have questions for a Saint Francis Children's Physicians provider to answer, please email editor@tulsakids.com



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Home Alone – When is your Teen Ready?

By **Julie Wenger Watson**



Summer break is around the corner, and you're doing your best to juggle kids' activities with work, grocery shopping, appointments and meals. Perhaps you're even hoping to squeeze in a little bit of time for your own needs. As your children get older, you may wonder when it's appropriate to begin leaving them home alone. Because every child is different, there's no single answer to that question. However, some basic guidelines can help you make that determination.

Oklahoma Law

Although Oklahoma does have specific laws addressing child labor and abandonment and neglect of children, there's no law stating a legal age requirement for children to be left at home alone. Instead, Oklahoma, like the vast majority of states, leaves this decision up to the parents.

According to Jaesha Quarrels, director of Child Care Services at the Oklahoma Department of Human Services, while many states don't have strict laws governing at what age a child may be left alone, a number of them offer guidance. For example, kids 8-10 might be ready for short periods alone during the day, while those 10-12 might be ready for as much as a few hours. Children

between 12-14 can usually stay alone longer, including some evening hours, and at 15-17 kids can generally be allowed to stay alone for extended periods of time, including overnight in some cases.

How to Decide if Your Child Is Ready

"Every child is different, and there is no one-size-fits-all approach," Quarrels says. "Some children are ready to stay home alone at a younger age, while others may need more time. Open communication between parents and children is key to ensuring they feel safe and prepared when staying home alone."

Quarrels believes it's important to assess both the child's maturity and external factors when making this determination. Some factors to consider are the child's age and maturity (do they demonstrate responsibility, good decision-making and the ability to follow rules); duration of time alone (a short period, like 30 minutes, may be manageable for a younger child, while longer durations require more maturity); safety awareness (does the child know what to do in emergencies, such as fires, injuries or strangers at the door); comfort level (a child who feels anxious or scared when alone may not be ready); neighborhood and home environment (are the surroundings safe, and does the child have easy access to a trusted adult); and household rules and expectations (the

child should understand what they can and can't do when home alone).

Preparation

A little forethought can make the process of leaving your child alone less stressful and more successful for both of you. Quarrels recommends starting slowly, leaving your child for short periods before extending the time. Establishing rules is also important. Set expectations about things like cooking, visitors, electronics and answering the door, for example. Having an emergency plan is vital. Make sure your child knows how to contact you, a trusted neighbor or emergency services, if needed. Practice makes perfect. Role-play what to do in different situations, such as a power outage or a stranger at the door. You should also have a way for your child to periodically check in with you, whether by phone or video call.

According to Quarrels, babysitting courses, such as those offered by organizations like the American Red Cross, can also be very beneficial.

"These courses teach essential skills, such as basic first aid, problem-solving and emergency response, which can help children feel more confident and capable when staying home alone," she says. "Even if a child isn't babysitting others, learning responsibility and safety practices can make them better prepared."

As a parent or primary caregiver, you know your child

better than anyone and are in the best position to judge their readiness for being home alone. With a little bit of planning and preparation, together you can make this important milestone as stress-free and safe as possible.

For more information, visit oklahoma.gov/okdhs

BEFORE LEAVING CHILDREN ALONE, MAKE SURE THEY KNOW THE FOLLOWING:

- What to do if someone calls or knocks on the door
- How to lock and unlock doors and windows
- What to do if a stranger approaches them, or if they think someone is in the house when they get home
- Rules for kitchen safety
- What to do if they smell smoke or gas
- What to do in case of fire or severe weather
- Basic first aid
- When and how to call parents or other adults for help

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



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Color Your World with Magical Books

Summer Reading Program Starts on June 2

By **Laura Raphael**, MA, MLIS, Children's Services Coordinator,
Tulsa City-County Library

Back in my weekly storytime days as Youth Librarian, I occasionally struggled to come up with a theme for each session. Sometimes the books I wanted to read easily coalesced around one idea or another (bath time, bears, birthday parties) and, sometimes, my "theme" was just "These are books I've discovered recently that I just love, and you might, too!"

Here's my "Books" column equivalent of that non-theme theme.
These are books I've discovered recently that I just love and hope you will, too!



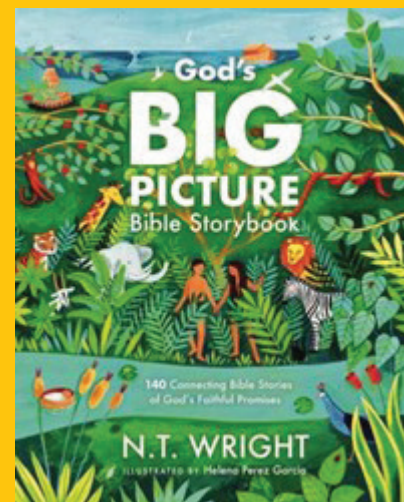
Birdlore by Jess Keating and illustrated by Devon Holzwarth

Once upon a time, birdwatching was not a common hobby. Florence Merriam Bailey changed all of that! In this picture book biography, you will learn more about how this scientist got America to look up – and love birds.



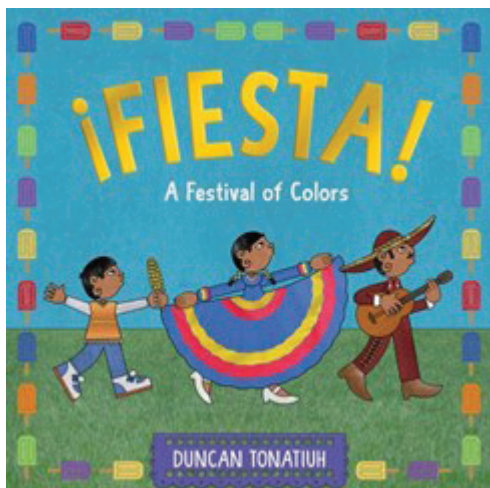
Monster Hands by Karen Kane and Jonaz McMillan, illustrated by Dion MBD

What do you do when a monster is under your bed? For Milo and his friend, who has the special power of knowing ASL (American Sign Language), the answer is: Use hand shadows to scare the monster right back! This short book scares, then hugs, surrounding readers with a warmhearted and lovely ending.



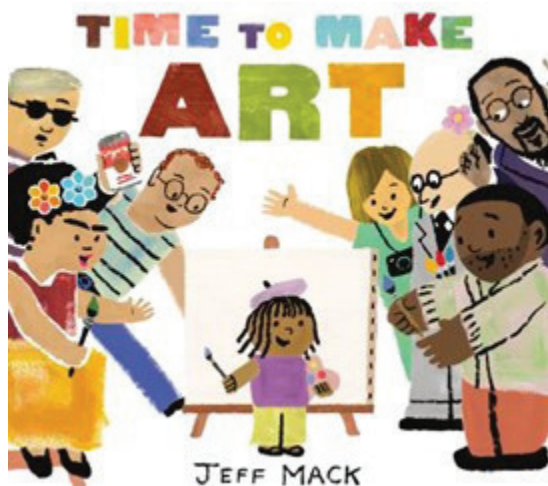
God's Big Picture Bible Storybook: 140 Connecting Bible Stories of God's Faithful Promises by N.T. Wright and illustrated by Helena Perez Garcia (available in print book and digital format on Hoopla)

This lushly illustrated storybook from an internationally known biblical scholar introduces children to both the basic facts of Bible stories but also some of their deeper meanings.



¡FIESTA! A Festival of Colors written and illustrated by Duncan Tonatiuh (available in print book and digital format on Hoopla)

In this bilingual picture book celebrating street parties, both colors and concepts take center stage: "red enchiladas, green avocados, yellow tortillas, purple dance dresses, and brown charro pants!" You will get lost in the explosion of delightful scenes and colors.

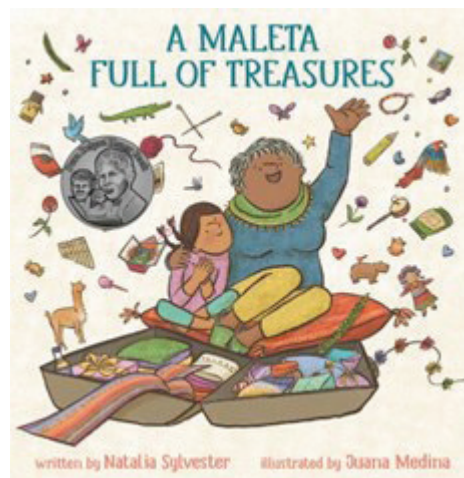


Time to Make Art written and illustrated by Jeff Mack

This is the perfect book for this year's Summer Reading Program, because the theme is ART: "Color Our World"! One girl asks questions about art and is answered by a variety of artists from different times and places. The book acts as a bit of an art history lesson, but it also reinforces the idea that everyone can nurture their own artistic sense and creativity -- all they need to do is try!

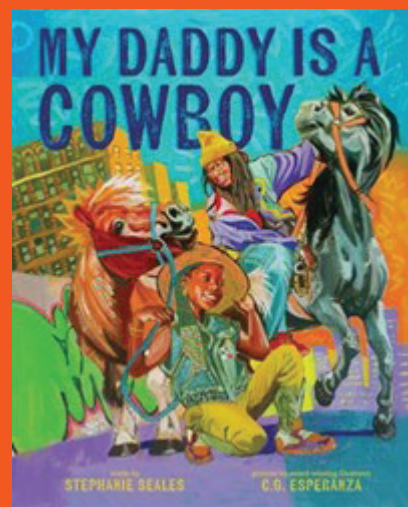
A Maleta Full of Treasures by Natalia Sylvester and illustrated by Juana Medina (available in print book in English and Spanish; Hoopla digital format)

When relatives come to visit, they often bring a suitcase (maleta) of gifts and delights. When Abuela comes to visit from Peru, her maletas burst with candies in crinkly wrappers, storybooks, pictures, blankets and other wonderful treasures!



The Interpreter by Olivia Abtahi and illustrated by Monica Arnaldo

Some American children have TWO jobs: one, to be a kid, and two, to help the adults in their lives who may not be completely comfortable with the English language talk with other adults – at the doctor's, at the Department of Motor Vehicles, at an insurance agent's. The work in job number two is important, but it can also be exhausting – and take away from job number one, just being a kid. In this sensitive portrayal of one "interpreter," readers empathize with the protagonist.



My Daddy is a Cowboy by Stephanie Seales and illustrated by C.G. Esperanza (available in print book and digital format on Hoopla & Libby)

Unusual and beautiful artwork accompanies a unique story of father and daughter on horseback, discovering their city and sharing laughter, stories and a joyful time together. Winner of the 2025 Coretta Scott King Illustrator Book Award.

2025 Summer Reading Program Begins Monday, June 2

June 2 – July 31

There is a program for every reader - Littles, Children, Teens and Adults!

For Littles and Children, read 8 books = medal and coupon book

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More information at tulsalibrary.org/summer

Fun Ways to Encourage Reluctant Eaters

By **Natalie Mikles**



For kids, how food looks can be just as important as how it tastes. And when you're prodding a picky eater to take "just one bite," presentation can make all the difference.

The idea of "eating with our eyes" is even more true for kids. Eye-catching recipes—whether they showcase nature's rainbow of colors or incorporate playful, creative designs—can open the minds (and mouths) of finicky eaters. Something as simple as arranging food into a smiley face—cherry tomato eyes, spaghetti for hair and a sprinkle of shredded mozzarella for a mouth—may tempt a veggie-averse child to give those "tomato eyes" a try. Laughing together about "Should we eat the eyeballs?" can turn mealtime into a game, making once-forbidden foods suddenly fun.

In fact, studies show that the way food is presented—especially with bright colors and fun shapes—can increase a child's willingness to try new foods. Research from a 2019 study in the journal *Nutrients* revealed that colorful food presentation can positively influence a child's perception of taste and overall enjoyment of a meal. Many parents discover this either as a happy accident or as a last resort after exhausting other ways to encourage their reluctant eaters.

Beyond playful presentation, involving kids in the cooking process can also spark their interest in trying new foods. Small tasks—like picking out the apples at the grocery store—can help build curiosity and create a sense of ownership. Even something as simple as letting them choose between red or yellow peppers can make them more open to trying something new.

Here are some colorful, fun recipes to help encourage your kids to try new foods.

Sticking googly eyes on the outside of a clear cup filled with a green smoothie turns something potentially unappealing into something intriguing.

Green Monster Smoothies

Serves 2

- 1 frozen banana
 - ½ cup pineapple chunks (fresh or frozen)
 - 1 cup baby spinach
 - ½ cup Greek yogurt (either plain or vanilla, if you like it extra sweet)
 - ¾ cup milk
 - 1 tablespoon honey
 - Ice cubes
1. Add all ingredients to a blender. Blend until smooth and creamy. If too thick, add more milk. If too thin, add more ice.
 2. Pour into clear glasses. Stick two wiggly eyes on each glass.

Note: For extra fun, drop a few chocolate chips on top of the smoothie to make monster eyes.



Start the day with a beautiful rainbow of color. If you have time, let the kids design their own.

Rainbow Toast

Serves 2

- 2 slices sourdough or whole wheat bread
 - ½ cup cream cheese (either plain or strawberry)
 - Sliced strawberries, mango, kiwi and blueberries
1. Toast bread until golden brown.
 2. Spread cream cheese on toast.
 3. Top with fruit to make a rainbow.

This one is definitely more fun when you let kids make it themselves.

Funny Face Pizzas

Serves 4

- 4 English muffins
 - ½ cup pizza sauce
 - 1 cup shredded mozzarella cheese
 - Sliced olives
 - Cherry tomatoes
 - Bell pepper strips
 - Mushrooms
 - Basil
1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
 2. Place English muffin halves on baking sheet. Spread each with a spoonful of pizza sauce. Sprinkle each with cheese.
 3. Make funny faces with the toppings. Examples: Olives for eyes, tomatoes for nose, mushrooms for ears, bell peppers for mouth (or mustache) and basil for hair.
 4. Bake 8-10 minutes or until cheese is melted and bubbly.

The crumb texture of bread and cakes is a turnoff for some kids. Knowing there's something hiding inside might entice them to take a bite.

Surprise Inside Cupcakes

Makes 16 cupcakes

- 1 ½ cups all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 stick unsalted butter, softened
- ¾ cup granulated sugar
- 2 eggs
- ¾ cup milk
- ½ cup sour cream
- 2 teaspoons vanilla extract
- Strawberry jam

Frosting:

- 1 cup unsalted butter, softened
 - ¼ cup milk
 - 4 cups powdered sugar
 - 1 teaspoon vanilla extract
1. Preheat oven to 350 degrees. Line muffin pans with liners. This will make a total of 16 standard-size cupcakes, so you will need to put them in the oven in two batches if you have one muffin pan.
 2. Mix together flour, baking soda, baking powder and salt.
 3. With an electric mixer, beat butter and sugar until light and fluffy. Beat in eggs, one at a time. Mix in vanilla.
 4. Add dry ingredients into butter mixture, stirring just until combined. Mix in milk and sour cream.
 5. Pour into muffin pan, filling each ¾ full. Bake 20 minutes or until golden.
 6. Cool completely. Cut a 1-inch-deep piece from the top of each cupcake. Fill with about 1 tablespoon strawberry jam for each, leveling the top so it's not overflowing.
 7. Make frosting by beating butter until light and creamy. Add powdered sugar, milk and vanilla. (Add food coloring if desired.) Frost each cupcake.



Pam Nelson: From Trauma to Transformation

By **Nancy A. Moore**



In honor of Mental Health Awareness Month, we're visiting with Pam Nelson, licensed mental health therapist, trauma-informed yoga therapist, and founder of Therapeutic Yoga Services. Pam's journey took a powerful turn while working as a child therapist when she realized that true healing for children often begins with their parents. By helping adults confront and heal their own childhood trauma, Pam empowers them to break generational cycles and raise their children with greater awareness, compassion and peace. Pam shares how trauma can silently shape our lives—and how healing can transform our mental health. She also offers expert tips and practical tools for finding calm, clarity and connection through mind-body practices.

TK: Tell us a little about yourself and what interested you in pursuing a career as a child therapist?

Pam: My first job in the mental health field was after I graduated with my bachelor's degree in psychology. I worked in an emergency shelter for children—kids who were removed from their homes due to abuse or neglect and had no place to go. I immediately saw how these kids were in pure survival mode. They were often terrified, lashing out to protect themselves, or completely shut down and emotionally numb.

I tried to run skill-building groups at the shelter in attempt to help them but quickly realized that I was just putting a band-aid on their struggles. I decided I wanted to go deeper and learn more so I could

truly help them heal and create change in their lives, so I went back to school to become a mental health therapist.

TK: What was your ah-ha moment of realizing that you needed to work with parents as opposed to children?

Pam: I worked in children's mental health for 16 years in various settings. It was community mental health, which means I often served people in extreme poverty. Therapy was often pushed upon the families by the schools or the courts due to behavior problems—not the parents seeking out services for the kids—so parents often signed the paperwork allowing me to have therapy sessions with their kids but would ignore my calls and refuse family therapy.

This was usually because they were in survival mode, too. They had experienced so much trauma that they had zero capacity to take on anything but focusing on attempting to live—even attending a therapy session with their child. They were also afraid they would be shamed, or their own trauma would be triggered, so most avoided me at all costs.

I did the very best I could with the kids, but it felt like I was just planting seeds that may not grow for 10 or more years because they were stuck in their situations with no control. I realized I needed to help the parents heal from trauma, then this would trickle down to the children.



TK: Share more about your specialization of trauma therapy.

Pam: I specialize in helping adult survivors of childhood trauma who currently struggle with anxiety. I utilize therapeutic modalities such as EMDR, a method that helps desensitize your traumatic memories, so you have less intrusive thoughts, flashbacks and panic surrounding them.

I combine this with Somatic Parts Work, which can also be thought of as "Inner Child Reparenting." This helps identify why you react to certain people or situations, understand why it is so hard to change certain behaviors, etc. It is often because there are wounded, protective parts of you who learned how to survive scary situations in childhood. I guide people in befriending these wounded parts and giving them the love they have always deserved so they can finally be at peace.

Lastly, I utilize Trauma-Informed Yoga Therapy to help you "rewire" your mind, body and spirit to get out of survival mode and finally learn to access states of peace.

TK: What is "childhood trauma"?

Pam: Trauma is any experience that exceeds your capacity to cope—experiencing something that is too big, too fast, too soon, too hurtful or too little (not getting enough of what you need) for too long.

TK: How do you determine if someone has experienced childhood trauma?

Pam: When people hear the word, "trauma," they often think of horrific events like abuse, death

and violence. These are definitely traumatic, but it also can be things such as being exposed to situations or people before you were developmentally ready, being expected to take on roles you didn't have the capacity for (such as being a physical or emotional caregiver to your siblings or parents), having unrealistic pressures or expectations placed upon you, or even not having emotional support in childhood and having to navigate the world feeling very alone.

TK: How does childhood trauma show up in adulthood?

Pam: First—nervous system dysregulation. This means that after years of being in survival mode, your brain is wired to stay on high alert (anxious, irritable, panicky, waiting for the next bad thing to happen, constantly worrying) or shutdown (emotionally numb, foggy headed, disconnected). Your mind/body learned to do this to protect you—to fight, run, or stay small and quiet to protect yourself from the scary situations you endured. Sometimes you also feel frozen, like your mind is racing but you can't seem to do anything to help yourself.

Childhood trauma survivors also often struggle in relationships because they have never been taught healthy conflict resolution or boundary setting. They have great difficulty defining who they really are—what they want or don't want out of life—because they had to spend so much energy making sure they were pleasing others growing up so they could stay emotionally or physically safe.

TK: How can someone “reparent” themselves and start the healing process?

Pam: Learning to access a ventral vagal (calm, confident, safe) state in your mind and body is a vital first step. You cannot learn new information or skills when you are in survival mode. I developed the Release, Relax, Redirect Method © to help people with this. It helps you release anxious energy through movement, activate your relaxation response through breathwork, and redirect you to the present moment where right here, right now, you are secure. Safety and security are the first things you were supposed to feel as a child. If this was not true for you, you can create it within your own mind, body and spirit now.

TK: What are some tips for others to implement today?

Pam: Start small and simple. Ask yourself the following three things multiple times throughout your day: 1. Do I need to go to the bathroom? 2. Am I hungry or need something to drink? 3. Do I need rest or comfort? This may sound trite, but this is what a loving, safe parent would immediately do for an infant.

Ask yourself—how many times do I ignore these basic needs? When you do so, you are unconsciously reenacting your childhood trauma. Instead of ignoring them, place your hand on your heart and say to yourself, “Don’t worry, I will take care of you,” and respond immediately.

TK: How will healing help with mental health?

Pam: To me, “healing” is learning to bring yourself back to a peaceful state when you get activated, learning to trust yourself, and having a deep understanding and admiration for all parts of you. When this happens, we seek out friends, relationships, jobs, etc., that reflect back to us what we already feel within ourselves. We start finding ourselves surrounded by people and situations that help us feel safe and authentic.

TK: As a wrap-up, what else would you like to mention?

Pam: It is very important to me to offer services that are accessible to ALL people. I understand that not everyone can afford intensive individual therapy, so I created a trauma-informed yoga video website, yoga classes, group therapy, and online self-studies that start at \$35 per month. If people don’t have money to budget right now, they can follow me on Instagram at @yoga.for.anxiety for tips and inspiration. All people deserve to feel safe and joyful.

Listen to the full interview to learn more about Pam and what she’s doing to Thrive in 2025 on the Sharing Passion and Purpose Podcast on your favorite podcasting platform or: SharingPassionandPurpose.com/podcast/pamnelson. You can connect with Pam online: Instagram: @yoga.for.anxiety; PamNelsonTherapy.com



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Family Memberships Pay Off

By **Staff**



Photo courtesy of Tulsa Air and Space Museum

Those summer afternoons can get long. Why not purchase a membership to your favorite museum so you can visit any time? Most family memberships pay off after only one or two visits, and you'll also get special member benefits such as discounts at the museum store, discounted tickets to events and more. And, if you're planning to travel this summer, you can save even more because many memberships come with reciprocal discounts at museums across the United States. For example, a basic family membership to the Tulsa Zoo is \$159, which includes basic benefits for two adults and four children younger than 18. General admission tickets without a membership are \$17.99 for adults and \$14.99 for children. You can see how a family membership would pay off after a couple of visits.

Save When You Travel

Reciprocity programs allow families to save when they travel. Not every zoo or museum has a program, but many do. Here are a few that you can take advantage of when you buy a membership at some of our local attractions. Not only will you save money here and when you travel, you'll be supporting these museums so that your family can continue to have experiences for years to come.

AZA (Association of Zoos & Aquariums) Reciprocity

The Tulsa Zoo's homepage, tulsaazoo.org, has a click-through that takes you to a list of zoos and aquariums across the U.S. and Canada that reciprocate "in-kind" with the same discount that you get at your home zoo or aquarium. For example, the Tulsa Zoo is listed as a 50% discount, so other zoos and aquariums on the list will provide a 50% discount. Always call ahead to confirm that discounts will be honored at the attraction you are visiting.



Photo courtesy of Philbrook Museum

North American Reciprocal Museum (NARM) Association

Individuals and families can join their favorite NARM participating institution and receive membership cards from the home institution. You can find NARM members at narmassociation.org. Search the member map or download the NARM member list of museums that will provide reciprocal membership benefits.

You will receive free member admission during regular museum hours, member discounts at museum shops and discounts on concert/lecture tickets. Be sure to check with the institution to understand specific benefits or restrictions. Member institutions are grouped by type, such as "Aquarium," "Architecture & Design," "Family," "Natural History," "Science & Technology," "Art," "Arboretum/Gardens," "Zoo," etc.

Tulsa NARM Association members include 108 Contemporary, Philbrook Museum of Art, Tulsa Historical Society and Museum, Tulsa Air and Space Museum & Planetarium, Gilcrease Museum, and Arts@302 in Broken Arrow.

Children's Museums

ACM Reciprocal Network

The ACM (Association of Children's Museums) Network is a voluntary group of ACM member museums across the U.S. and Canada that reciprocate discounted admission to each other's members.

Over 200 museums participate in the network and reciprocate 50% off general admission for up to six people. The card holder must be present for discounted admission and must present a valid museum membership card with the red Reciprocal Network logo.

You can search for reciprocal museums on findchildrensmuseum.org. Tulsa's Discovery Lab and Jasmine Moran Children's Museum in Seminole are listed. Other children's museums include Chicago Children's Museum, Children's Museum Houston and Boston Children's Museum. If you're traveling this summer, take a look at the map to find a children's museum on the way or near your destination.

Before you go, check the ACM Reciprocal Network website for more tips.

Photo courtesy of Philbrook Museum





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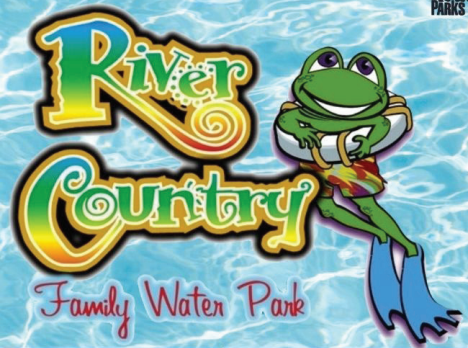
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Rachel Chinsethagid

Amazing Mom Winner

By **Betty Casey**



Photography by **Makenzie Howard**

HONORING Amazing Moms

Last year, we invited readers to nominate an amazing mom to be featured in TulsaKids and on our cover. We loved reading the nominations last year, so we put out a call again this year – and you delivered! Over 100 of you took the time to write about an amazing mom in your life. The entries reflected the strength, compassion, resilience and, above all, love that moms give to those around them every day.

Choosing one mom is nearly impossible, but this year we chose Rachel Chinsethagid, nominated by her sister-in-law, Candice Chinsethagid. Candice wrote, "Not only is Rachel a great mom to her two children and auntie to her nieces and nephews, but she also plays work mom to hundreds of kiddos every day serving as principal of Bixby North Elementary School. Her passion for children's education, health and safety goes beyond her own home and extends to every child she encounters.... She advocates for her kids, her students and her teachers, leading them to a place of accountability and success."

A Conversation with Rachel

"The best thing about being a mom is getting to pour so much love and opportunity into two little kids, and then watch them flourish and grow on their own," Rachel says about being mom to Cooper, age 2, and Charlotte, who is in prekindergarten at Rachel's school. She describes letting her children be independent, while also letting them know that they have a safe place with her and her husband. That knowledge informs the way she does her job.

As a teacher for 12 years and an elementary school principal for two years, Rachel says that being a mom has helped her have a better understanding and empathy for her students' lives at school and at home.

"I'm able to support parents and students with a little bit more understanding, and I see the social/emotional development through my own kids," she says. "I feel I can relate and understand parents and kids in a better way."

Rachel says she knows that each child in her school comes to her with different life experiences, some with trauma and significant hardships that impact their experience at school.

"Our staff wants to help integrate kids into school so that they feel safe," she says. "That's our biggest priority – being able to meet every kid where they are and give them what they need. I'm fortunate to work with educators who want to do that."

One priority of school and home involves caring for others. With her busy life, Rachel admits she doesn't have much time for the outside philanthropic work that she had been doing pre-kids. She now brings that giving spirit into her home and school. As a school principal, Rachel involves the children in bringing donations for the Bixby Outreach Center, including helping provide food for families during the summer months. As a classroom teacher, her class planted trees in Jenks for Up With Trees.

"I loop my personal life and my school life in giving to others in need," Rachel says. "My mom always took me to volunteer, so that's where my love for serving others started. And I try to include my kids in serving and supporting the community. It makes me proud to see Charlotte wanting to help others."

Like many moms, Rachel has had to find ways to balance family life and a demanding job, admitting that finding time for herself is difficult.

"It has been a journey," she says. "It's taken years. Being a good mom does not mean being a perfect mom. I'm still working on that. I think sometimes because of social media, you assume that other people's lives are perfect and easy. It used to make me feel guilty when people said, 'Enjoy this time while they're little.'"

Rachel says she has learned to set boundaries and to ask for help. "When you're a teacher, that's hard to do. I really try not to check my email until my kids go to bed, and I encourage my staff as well. Your family comes first. It's too hard and too important of a job to try to do it all by yourself."

Rachel knows she can rely on her in-laws, her husband and her "great friends" to support her when she needs help. At work, she credits Superintendent Rob Miller and Associate Superintendent Lydia Wilson for reminding her that she is on track, which, in turn, enables her to better support her staff.

She recently has also carved out some time early in the morning to go to the gym. Taking that time for herself makes her calmer, she says.

While Rachel is certainly a busy working mom, she finds time to have fun with her family.

"We love to play outside," she says. "We have a little bit of land, and we love to go on nature walks. My husband made trails through the wooded area. We eat dinner outside on picnic tables. We want our kids to enjoy the outdoors, so being outside on our land is our favorite thing. Watching your kids have space to run and play is such a simple, but heartwarming, experience. My husband and I will look at each other and think, 'We are so blessed.'"

Rachel shared some final words for other moms as she reflected on being chosen an "Amazing Mom."

"There are thousands of incredible mothers in this area," she says. "I encourage moms to rely on the people around you. What we pour into our kids can set them up for a life of success. That's a big role and it can be an overwhelming role, but we can do it together. My biggest thing is that I want moms to know that you're not in it alone. We're all in this together. You don't need to be a perfect mom to be a great mom. Moms are doing an amazing job!"

Are You State Park Savvy?

Take Our Oklahoma State Park Quiz



By Tara Rittler

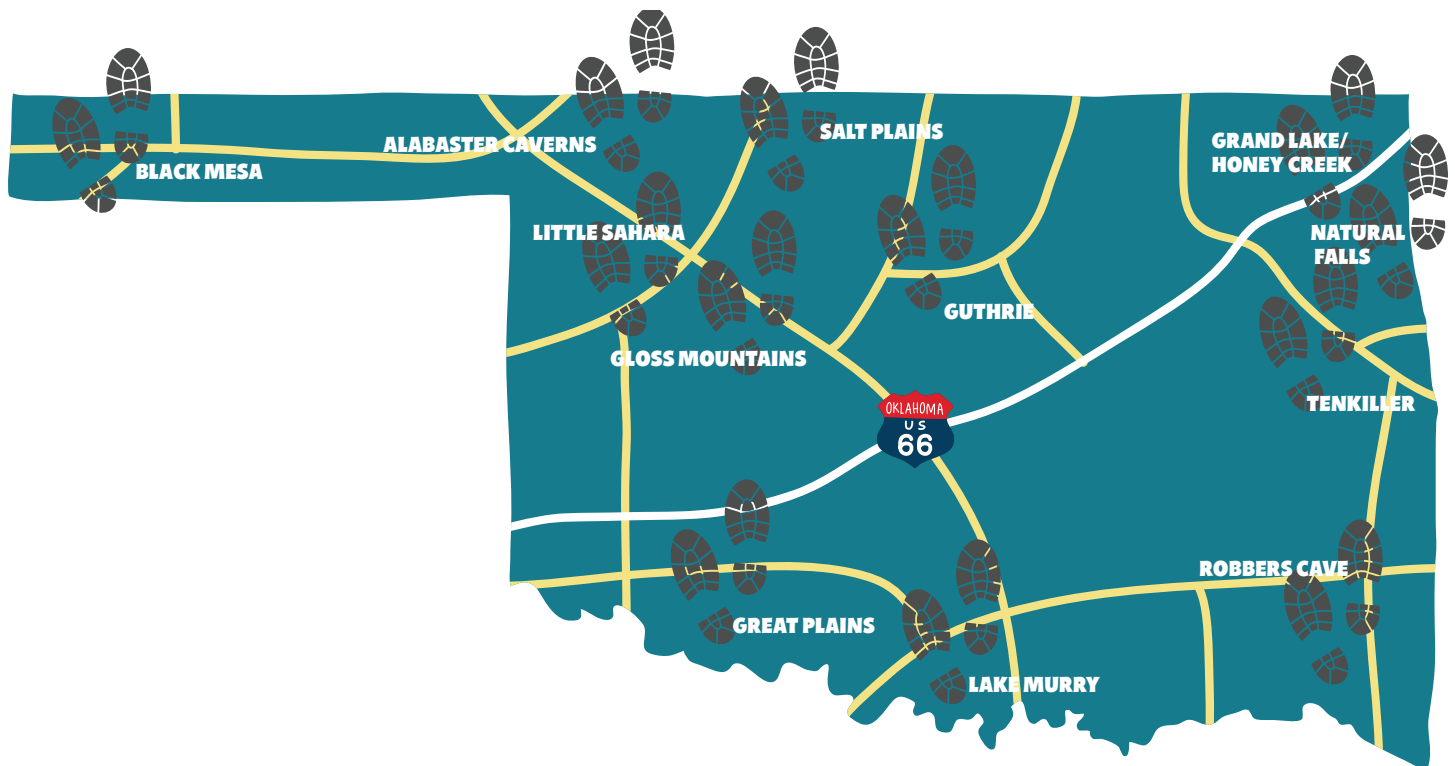
How much do you know about Oklahoma's state parks? Take our 10-question quiz to see if you're a state park expert – or if you're just beginning to discover some of the amazing things to do and see in Oklahoma. When you check your answers, you'll learn more about these fascinating destinations – all within our home state!

Most of this information came from travelok.com/state-parks/search. Start here when you're ready to plan your state park getaway.

1. How many state parks does Oklahoma have?
 - A. 22
 - B. 38
 - C. 31
 - D. 44
2. Which state park is the furthest west?
 - A. QUARTZ MOUNTAIN
 - B. BOILING SPRINGS
 - C. BLACK MESA
 - D. ROMAN NOSE
3. Which state park is a key destination for dune buggy and ATV enthusiasts?
 - A. LITTLE SAHARA
 - B. SALT PLAINS
 - C. ARROWHEAD
 - D. RAYMOND GARY
4. What is Oklahoma's largest state park?
 - A. LAKE MURRAY
 - B. SALT PLAINS
 - C. ROBBERS CAVE
 - D. BEAVERS BEND
5. Which state park is home to Cathedral Mountain?
 - A. QUARTZ MOUNTAIN
 - B. ALABASTER CAVERNS
 - C. OSAGE HILLS
 - D. GLOSS MOUNTAIN
6. While this quiz is primarily about state parks, did you know Oklahoma is also home to the smallest national park? Where is it?
 - A. BARTLESVILLE
 - B. GUTHRIE
 - C. HUGO
 - D. BARNSDALL
7. Which Grand Lake state park area would you want to visit in October for the city of Grove's annual Pelican Fest?
 - A. GRAND LAKE: SPAVINAW
 - B. GRAND LAKE: LITTLE BLUE
 - C. GRAND LAKE: HONEY CREEK
 - D. GRAND LAKE: DISNEY
8. At which state park can you scuba dive to see a sunken helicopter?
 - A. LAKE EUFALA
 - B. KEYSTONE
 - C. BEAVERS BEND
 - D. TENKILLER
9. Where the Red Fern Grows was partially filmed in which state park?
 - A. NATURAL FALLS
 - B. ROBBERS CAVE
 - C. GREENLEAF
 - D. BEAVERS BEND
10. Which state park is home to the remains of a 115-year-old mine?
 - A. LAKE TEXOMA
 - B. FORT COBB
 - C. GREAT PLAINS
 - D. SEQUOYAH BAY

BONUS FUN FACTS:

- Alabaster Caverns State Park is home to one of the largest gypsum caves in the world. Take a guided tour!
- Salt Plains State Park is the only place in the world where you can find hourglass-shaped selenite crystals. Crystal digging season is open April 1-October 15.
- Robbers Cave State Park, located in the Sans Bois ("without wood") mountains, was a respite for outlaws such as Jesse James and Belle Starr.



Answers:

- B, 38.** They are: Alabaster Caverns, Arrowhead, Beavers Bend, Black Mesa, Boiling Springs, Cherokee Landing, Clayton Lake, Fort Cobb, Foss, Gloss Mountain, Grand Lake: Bernice, Grand Lake: Cherokee, Grand Lake: Disney, Grand Lake: Honey Creek, Grand Lake: Little Blue, Grand Lake: Spavinaw, Grand Lake: Twin Bridges, Great Plains, Greenleaf, Keystone, Lake Eufala, Lake Murray, Lake Texoma, Lake Thunderbird, Lake Wister, Little Sahara, McGee Creek, Natural Falls, Osage Hills, Quartz Mountain, Raymond Gary, Robbers Cave, Roman Nose, Salt Plains, Sequoyah, Sequoyah Bay, Talimena and Tenkiller. Whew! How many have you visited?
- C, BLACK MESA.** Black Mesa State Park – and the neighboring Black Mesa Nature Preserve – is located on the very western end of the Oklahoma panhandle, about 3.5 hours away from the next closest park and bordering Colorado and New Mexico. Black Mesa Nature Preserve (about 15 miles from the state park) is known for incredible birding opportunities (look for golden eagles, scaled quail and more) as well as the mesa the park is named for, which you can climb if you're feeling up to a four-hour hike!
travelok.com/state-parks/black-mesa-state-park-nature-preserve
- A, LITTLE SAHARA.** With a name like Little Sahara, this question might have been an easy guess! Little Sahara's 1,600 acres of sand dunes, "remnants of prehistoric times when the Cimarron River flowed over the entire area," (travelok.com) make this a truly unique destination. Bring your own ATV or rent one nearby.
travelok.com/state-parks/little-sahara-state-park
- A, LAKE MURRAY.** Not only is Lake Murray Oklahoma's largest state park at 12,500 acres, it is also our oldest state park! And with all that space, it's no surprise that Lake Murray is filled with activities and accommodations to suit pretty much everyone. Stay in a campground, cabin or lodge; enjoy water sports, fishing, golf and mini-golf, ATV riding, hiking, mountain biking...and much more.
travelok.com/state-parks/lake-murray-state-park
- D, GLOSS MOUNTAIN.** While you can't stay overnight at Gloss Mountain State Park, you can wake up early to hike the 1.5-mile trail to the top of Cathedral Mountain to enjoy incredible vistas. (You don't have to wake up early, however; the park is open from dawn to dusk.) Gloss Mountain State Park is located about 2.5 hours from Tulsa.
travelok.com/state-parks/gloss-mountain-state-park
- B, GUTHRIE.** A clerk's numerical error in 1907 – discovered decades later – led to Guthrie eventually receiving a Smallest National Park Landmark, which you can find on the grounds of their post office. The city had intended to set aside a 100-foot square of land (10,000 square feet) to commemorate its Land Run office. However, the clerk wrote down "100 square feet." Oops!
travelok.com/listings/view/profile/id.25759
- C, HONEY CREEK.** Grand Lake's Honey Creek area is located in Grove, which hosts an annual Pelican Festival in the fall featuring a parade, carnival, pelican tours and other family-friendly fun. If you're not visiting during the festival, Honey Creek is also conveniently located less than 10 minutes from Har-Ber Village Museum, where kids can learn about the pioneer era through hands-on activities. (harbervillage.com) The Lendonwood Gardens are also a short drive away. (lendonwood.com)
travelok.com/state-parks/honey-creek-area-at-grand-lake-state-park
- D, TENKILLER.** Now, here's a unique Oklahoma activity! Tenkiller's Scuba Park features clear water and fascinating vehicles to explore underwater, including a helicopter, airplane fuselage and school bus. Do some research into getting scuba certified before you head out – ScubaSavvy in Broken Arrow may be a helpful starting place (you must be at least 10 years old to enroll). If you're not looking to get scuba certified, Tenkiller is still worth a visit. There are multiple camping options, three trails, including an accessible paved trail, and a nature center. travelok.com/state-parks/tenkiller-state-park
- A, NATURAL FALLS.** Natural Falls is known for its beautiful scenery, so it's no wonder the movie chose this as a filming location. Its most iconic feature is a 77-foot waterfall, which visitors can view from both above and below. The falls also contribute to a unique ecosystem, so bring your plant and tree guidebook to help you identify native flora as you hike. Camping amenities include yurts, RV and tent sites.
travelok.com/state-parks/natural-falls-state-park
- C, GREAT PLAINS.** In addition to mountain biking and hiking trails, rock climbing and water sports, Great Plains State Park contains the remains of the 1904 Gold Belles Mill and Mine, the site of a minimally successful gold-mining operation. Located about 3.5 miles from Tulsa. travelok.com/state-parks/great-plains-state-park

Jocelyn Doeksen: Artist

By **Betty Casey**



Jocelyn Doeksen is a senior at the Tulsa School of Arts and Sciences. Jocelyn's art was chosen as this year's ZooRun tote bag image. She has already seen many successes – and rejections – as a young artist, but views it all as part of her creative process.

TK: Tell us about the ZooRun tote bag art competition? How did it feel to win that?

Jocelyn: I found out about the zoo tote bag competition on a random weekday. I had just gotten into my oil painting class and was scrolling through the zoo's Instagram. (They had very recently had a baby giraffe born and were posting loads of adorable photos.) On the zoo's social media was an announcement about the bag contest. I dropped everything I was doing that second and asked my teacher if I could work on the contest. Once I had finished my art piece and submitted it, I could not wait to hear back; it was the most exciting competition I had entered during the year thus far.

I didn't know I won the competition until the week of the ZooRun! I had just gotten to class and was rather tired. I had just begun working when my principal, Dr. Dan, and a representative from Country Financial walked in with a huge sign to surprise me.

I was stoked! I love the zoo. It is one of my favorite places, and I was in heaven after the race seeing people walking around with a bag with my art on it!

TK: What other art competitions have you won? What does winning these competitions mean to you as an artist and as a student?

Jocelyn: I've entered far more competitions and lost than the ones I've won or been displayed in. But every chance means something to me as an artist. These accomplishments will be

on my resume for years to come and will help my resume stand out in a crowd. It helps people take me more seriously and gives me chances at professional work while still a student. For example, I was a student artist for Sunnydayz Mural Festival last year, and due to the mural I painted that year, I was able to work professionally painting an airplane mural in a private hangar at Pogue Airport in Sand Springs.

TK: You mentioned that you have art in two museums. Tell me about that?

Jocelyn: I've been displayed in two big museums this year. One was Mabree-Gerrin in Shawnee, Oklahoma, and the other was Crystal Bridges in Bentonville, Arkansas. It is such an honor to see people admire my hard work. Besides those two museums, I've been displayed at Mayfest in the "AHHA" now owned by Tulsa University and currently have some work at TCC for their Curiosity exhibition downtown.

TK: What type of art do you most enjoy doing?

Jocelyn: I enjoy any form of traditional art best. Particularly acrylic or oil painting; however, I have been experimenting with embroidery on my canvas, and that is quickly becoming my favorite.

I also love printmaking. I've had the opportunity to work with the TU printmaking lab for the last two years at Kravis art camp. There, I got to meet Michelle Martin, who is one of the most incredible art teachers I have ever met. She taught such a complex process and made every student able to replicate unique and original art. Some of the prints I made in her class are my best sellers at markets. I even have one at the cat cafe here in Tulsa.



TK: Have you always made art?

Jocelyn: I've been making art since I can remember. I cannot think of a time when I wasn't. I have artwork dating back to when I was 4 years old, painting with my great-grandmother.

TK: Who do you admire as artists and why, and do you have mentors?

Jocelyn: I admire many different artists, all in different media. My current favorite is Gustave Doré, a printmaker in the 1880s. Though you might not know his name, you have most likely seen his art if you have read Dante's trilogy. The most famous illustrations for his books are prints done by Doré. Or maybe you are Catholic, like me, and have seen his works of religious art. His art is meticulous and striking. His composition is masterful. I hope one day to be even a fraction as detailed as he was.

I have had many mentors throughout my life so far. My first was my great-grandmother, an art teacher, and the first person to paint with me. Then, for a good part of my life, it was Bob Ross. I had a lovely mentor during my Sunnydayz Mural Festival. Her name is Delia Miller! She taught me so much about murals and how to be a working artist. Finally, my teachers, Ms. Foshee, Mr. Carnes and Michelle Martin. Every one of them taught me valuable art skills.

TK: What do you feel are the most important things that young artists need to develop their talent?

Jocelyn: Keep creating art. Practice makes perfect, and some will have a eureka moment where everything clicks; others won't. The key is discipline and the continued love of art.

TK: What advice would you give to other young people who are pursuing art?

Jocelyn: Take time to think if you want to do art as a career. Doing it as a career will mean many sacrifices and the possibility that art will not bring you joy. You will be creating art that sometimes is not what you want to be working on. There may be much less time for personal art.

TK: You will be going to Quartz Mountain. What does this mean to you as an artist? What do you hope to accomplish while there?

Jocelyn: It means a lot to me in the sense that I can do it. I can make it as an artist. Quartz is the most competitive art institute in Oklahoma and is one-of-a-kind for this area of the U.S. Hundreds of students are applying for just 25 spots. It took three years for me to get into Quartz, and the process of applying alone can help develop your skills as an artist. From creating three highly complex pieces to a detailed still life in just one hour. Quartz will hopefully help refine my skills as an artist and smooth out some of my rougher spots.

TK: What are your future plans?

Jocelyn: I plan to attend the University of Tulsa this fall and get a bachelor's degree in fine arts. After that, I hope to get hired on at a publishing company as a children's book artist.

TK: Do you have a fun fact about yourself that you can share?

Jocelyn: I have done a lot of sports, but my current sport is fencing! I fence here in town at Tulsa Fencing Alliance with head coach Daniel Diep! It is such a joy and honestly an amazing sport with a lovely community. I have gained so many lifelong friendships from it.


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Woodland West

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Dog 4 Dog Grooming
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All Saints Catholic School
Metro Christian Academy
Miss Helen's Private School
Monte Cassino
Rejoice Christian School

PRIVATE MIDDLE SCHOOL

All Saints Catholic School
Metro Christian Academy
Mingo Valley Christian
Monte Cassino
Rejoice Christian School

PRIVATE HIGH SCHOOL

Bishop Kelley
Holland Hall
Metro Christian Academy
Mingo Valley Christian
Rejoice Christian School

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Ballet & Theatre
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Bluebird Art Studios
Philbrook Museum
Tiny Art Garage
WaterWorks Art Center

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ISR of Tulsa – JoAnna Gilkey
Miller Swim School
Savvy Swimmers
SwimTulsa @ SwimAmerica
YMCA of Greater Tulsa

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Tulsa Toy Depot
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Image of a girl cheering with arms raised.



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Image of two young girls in dance attire.

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FAMILY LIFE

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Genesis Health Club
Lifetime Fitness
YMCA of Greater Tulsa

HAIR SALON

31:13 Hair Studio
Chloe's – A Salon for Kids
Ihloff Salon & Day Spa
Kuts 4 Kids
Le Petit Salon

CAR DEALERSHIP

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CHILDCARE SERVICE

Care.com
The Hangout
Kids Clubhouse & Academy
SeekingSitters
YMCA of Greater Tulsa
– Play & Learn

DATE NIGHT RESTAURANT

City Hall in Jenks
Mahogany Prime Steakhouse
Melting Pot
Nola's
Ruth's Chris Steakhouse

GIRL'S NIGHT OUT

In the Raw
Pinot's Palette
Sidecar
The Succulent Shop
Waters Edge Winery

LOCAL BREWERY

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Bricktown Brewery
Cabin Boys
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Bank of Oklahoma
Communication Federal
Credit Union
TTCU Federal Credit Union
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Archer Cleaners
Brookside Cleaners
Fox Cleaners
WaterStone Dry Cleaning
Yale Cleaners

PLANT NURSERY

A New Leaf
Riddle Plant Nursery
Sander's Nursery
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and Garden Center
Worley's Greenhouse
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Oologah Pediatric Care

Dr. Richard Gordon,
Utica Park Clinic

Dr. Sarah Hayden,
Utica Pediatrics

Dr. Stacy O'Sullivan,
Pediatric Specialists of Tulsa

Dr. Umang Sood,
Birth and Beyond

FAMILY DOCTOR

Dr. Bradley Hardy,
Warren Clinic Family Medicine

Dr. Chelsey Griffin,
OSU Family Medicine

Dr. Emily Grewe-Nelson,
Utica Park Clinic

Dr. James Ross,
Ross Medical Care

Dr. Renee Frenier,
Warren Clinic

OB/GYN

Dr. Heather Martin,
Contemporary Women's
Specialists

Dr. Trisha Parks, Elite
Obstetrics and Gynecology

Dr. Cate Hildebrand, OB/
GYN Specialists of Tulsa

Dr. Lauralee Ribaud,
Tulsa OB-GYN Associates

Dr. Sarah Shepherd, OB/
GYN Specialists of Tulsa

OPTOMETRIST

Dr. Jeff Long,
Jeff Long Family Eye Care

Dr. Michael Gaydos,
Vision Source Owasso

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Dr. Shannon Morgan,
Twenty Twenty Eyecare

Dr. Stephen Groves, His Vision
Eye Care and Eye Wear

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Emerson Orthodontics

Henry Orthodontics

On the Cusp Pediatric
Dentistry & Orthodontics

ALLERGIST

Dr. James Love,
Allergy Clinic of Tulsa

Dr. Jane Purser,
Allergy Clinic of Tulsa

Dr. Lynn Wiens,
Warren Clinic Allergy
and Immunology

Dr. Weyman Lam,
Warren Clinic Allergy
and Immunology

Eastern Oklahoma ENT

ENT

Dr. James Love,
Allergy Clinic of Tulsa

Dr. Jane Purser,
Allergy Clinic of Tulsa

Dr. Lynn Wiens, Warren Clinic
Allergy and Immunology

Dr. Weyman Lam, Warren
Clinic Allergy and Immunology

Eastern Oklahoma ENT

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Dr. Caleb Nunley,
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Dr. Jon Orjala,
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Dr. Mark Schwartz,
Saint Francis

Dr. William Shelton, Advanced
Orthopedics of Oklahoma

URGENT CARE

MedWise Urgent Care

On Call Pediatrics – Owasso

PediStat Pediatric Urgent Care

Tulsa Pediatric Urgent Care

Warren Clinic Urgent Care

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ASK THE EXPERTS



GRAND MENTAL HEALTH

How can parents and caregivers spot early signs of mental health struggles in children, and what should they do next?

Recognizing the early signs of mental health struggles is crucial for ensuring children receive the support they need. Parents and caregivers should pay attention to changes in behavior, mood, and social interactions. Sudden shifts in energy levels, persistent sadness or irritability, withdrawal from family and friends, changes in sleep or appetite, and difficulty concentrating can all be indicators that a child may be struggling emotionally.

In younger children, look for increased clinginess, frequent tantrums, or unexplained physical complaints such as stomachaches or headaches. Older children and adolescents might exhibit heightened anxiety, excessive worry, or a loss of interest in activities they once enjoyed. Declining school performance, difficulty maintaining friendships, or engaging in risky behaviors can also signal underlying emotional distress.

If you notice these signs, try to create a safe and open environment for communication. Encouraging children to express their feelings without fear of judgment is essential. Simple check-ins and active listening can help them feel heard and understood. Seeking guidance from a pediatrician, counselor, or mental health professional can provide clarity on the best course of action. Early intervention through therapy, peer support groups, or school-based mental health services can make a significant difference in a child's well-being.

(844) 458-2100
24/7 Crisis Line: (800) 722-3611



MILLER SWIM SCHOOL

We just built a pool. Besides a pool gate, what are some things I can teach my twins to keep them safe?

Remember: "Reach, Throw, Never Go!"

We practice fire drills, we teach traffic safety, but how often do we talk about pool safety?

Just as we teach our children not to chase their ball out into the street, we must teach them to not jump into the pool after a toy or a friend.

Drowning victims, especially adults, can be dangerous. Someone who is panicking will instinctively clutch at anything and use it to push themselves up. This means pushing the rescuer down, which is easy to do if the rescuer is a child, or if they are pinned in their rescuer's arms.

Teaching our children and loved ones to "Reach, Throw, Never Go!" is a life-saving skill to help save someone in danger while keeping you safe.

We can REACH our hands, noodle, broomstick or something else that's long to help them.

We can THROW a noodle, an inner-tube, life jacket or something that floats to them. But we should NEVER GO in to help them.

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DENTAL DEPOT

What dental safety tips do you recommend for kids playing sports?

Always wear a mouthguard. No matter what sport a child is playing, there's always a risk of chipping a tooth—or worse. Mouthguards are easy to find at sporting goods stores or online, and they help protect teeth from serious damage. It's an easy step that can prevent a lot of problems down the road.

Dr. Gavin Martindale, Dental Depot Owasso

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8, one-week camp sessions, May 27–July 25
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Fiesta de Mayo.
Photo courtesy Vega-Treviño



Photo courtesy Tulsa Zoo

COMMUNITY CALENDAR

MAY 2025

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



BROUGHT TO YOU BY



Wondering how baseball looked in the 1800s? Find
out at The Wayne McCombs Classic on May 17.
Photo courtesy Will Rogers Memorial Museum



Inspyral Fire Circus brings acrobatics, comedy and contortion to Guthrie Green on May 2.

Photo by Patrick Witty

May 1 Thursday

STORYTIME AT PHILBROOK ^W

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

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

HOMESCHOOL SKATE

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

Create your own ice cream sundae at this monthly event for homeschoolers.

BANDS & BLOOMS: SARAH BROWN

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Listen to live music in a beautiful garden setting.

OWASSO GATHERING ON MAIN ^F

All ages, 6-9 p.m., Redbud Festival Park, 109 N. Main St., Owasso, owassogathering.com

Owasso's biggest street party features live entertainment, food truck, activities for kids, etc.

May 2 Friday

BROKEN ARROW LIBRARY'S 40TH ANNIVERSARY CELEBRATION ^F

All ages, 3:30-5 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

See pictures from over the years while enjoying light refreshments, games and face painting.

ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE HONORING KWAME ALEXANDER ^F

All ages, 6-8 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Kwame Alexander will speak about his life and works, answer questions, and present awards to the winners of TCCL's 2025 Young People's Creative Writing Contest.

INSPYRAL FIRE CIRCUS ^F

All ages, 7:30-10 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Professional fire performers showcase acrobatics, comedy and contortion.

ALWAYS...PATSY CLINE

8 p.m., Tulsa PAC, 110 E. 2nd St., americantheatrecompany.org

A true story about Patsy Cline's friendship with Louise Sege, a fan from Houston. Additional showtimes through May 11

May 3 Saturday

TOUR DE TULSA

All ages, 7 a.m.-4 p.m., River West Festival Park, 2100 S. Jackson Ave., tulsabicycleclub.com

This ride is perfect for all ages and skill levels, with 5- to 100-mile options.

RUNWAY RUN – GALAXY DASH 2025

All ages, 9:30 a.m., Tulsa Air and Space Museum, 3624 N. 74th E. Ave., tulsamuseum.org

Run on a real airport runway! 10K, 5K and 1-mile Fun Run options available.

CHILDREN'S DAY

All ages, 9:30 a.m.-2 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Celebrate your child with inspired art projects and fun activities!

EDUCATION ANIMAL BEHIND-THE-SCENES TOURS ^W

Ages 3+, 10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Visitors will learn fun facts and little-known details about the zoo's animal ambassadors. Must pre-register; not included with general admission.

FREE COMIC BOOK DAY ^F

All ages, 10 a.m.-2 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Browse hundreds of FREE comics for all ages and reading levels, while supplies last.

May 4 Sunday

TULSA ZOO PLANT SALE

All ages, 9 a.m.-4 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/plants

Tulsa Zoo's Horticulture Team hosts this special plant sale. Repeats May 3.

BILINGUAL ART HIKE ^F

All ages, 2-4 p.m., Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, facebook.com/keystoneancientforest

Bring your own drawing materials for this guided hike in Spanish and English.

May 5 Monday

COMMUNITY CONVERSATIONS WITH MAYOR NICHOLS ^F

5:30-7 p.m., Tulsa Dream Center West Campus, 4122 W. 55th Pl., cityoftulsa.org

Hear from the City, ask questions and engage in one-on-one discussions.

May 6 Tuesday

ROSE DISTRICT FARMERS MARKET **F W**

All ages, 4-8 p.m., Rose District Plaza, 418 S. Main St., Broken Arrow, brokenarrowok.gov

Shop for fresh produce, locally grown meat, dairy, baked goods and more.

May 7 Wednesday

BIKES & BALLS **W**

Ages 0-5, 9:30-11 a.m., Whiteside Park, 4009 S. Pittsburg Ave., tulsaparks.recdesk.com

Open gym time for toddlers and preschoolers. Meets only when TPS is in session.

DOWNTOWN TULSA MARKET **F W**

All ages, 4:30-7:30 p.m., Chapman Green, 605 S. Main St., downtowntulsa.com

Shop, explore and connect with the community.

INSPYRAL CIRCUS JAM **F**

All ages, 6:30-8:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

A free, community jam open to anyone interested in circus arts.

May 8 Thursday

RIVERWALK SPRING MARKET **F W**

All ages, 4-8 p.m., Jenks Riverwalk, 300 Riverwalk Terrace, Jenks, jenksriverwalk.com

Enjoy live music and shopping from local vendors.

BANDS & BLOOMS: DENISE HOEY AND DAVID JOHN

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Listen to live music in a beautiful garden setting.

May 9 Friday

FILMS ON THE LAWN: MAMMA MIA

6-10 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Kick off the 2025 season of Films on the Lawn with an ABBA extravaganza!

SIGNATURE SERIES

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaballet.org

An unforgettable evening made up of three works by three exceptionally talented choreographers. Additional showtimes starting May 8

May 10 Saturday

SAPULPA PETUNIA FEST **F**

All ages, 9 a.m.-4 p.m., Herald Square, 16 S. Park St., Sapulpa, sapulpachamber.com

A beautiful day of vendors, flowers, food trucks and more.

ASIAN AMERICAN FESTIVAL: TRADITIONAL KOREAN GAMES **F**

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

Play traditional Korean games and win delicious Korean treats.

74TH ANNUAL GARDEN TOUR

All ages, 10 a.m.-4 p.m., tulsagardenclub.org

Tour four private Midtown Tulsa gardens; proceeds benefit Tulsa Garden Club.

EL PASO LOCOMOTIVE VS. FC TULSA

All ages, 7 p.m., ONEOK Field, 201 N. Elgin Ave., fctulsa.com

Cheer for FC Tulsa – the game will end with fireworks!

RENÉE FLEMING

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaopera.com

Soprano Renée Fleming brings her legendary voice to Tulsa.

May 11 Sunday

HAPPY Mother's DAY!**SENSORY-FRIENDLY FAMILY HOURS**

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

These early hours are designed for families with children on the spectrum and other sensory needs.

May 12 Monday

ZOORASSIC WORLD: FROZEN IN TIME

All ages, 9 a.m.-4:30 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/roar

See more than 25 life-sized animatronic dinosaurs, plus the giants of the Ice Age. Repeats daily through Sept. 1.

UNRAVELED: FIBER ARTS CLUB **F**

For adults and teens, 2-3 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Whether it's yarn, stitching or sewing, bring your project and find some new crafty friends.

May 13 Tuesday

ASIAN AMERICAN FESTIVAL: PAPER CRAFTS FOR KIDS **F**

For preschoolers and elementary schoolers, 4-5 p.m., Jenks Library, 523 W. B St., Jenks, tulsalibrary.org

Learn about AAPI countries and cultures through hands-on activities.

ASIAN AMERICAN FESTIVAL: YOGA FOR EVERY BODY **F W**

All ages, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org
A beginner-friendly yoga class taught by certified yoga instructor Beth Richmond.

May 14 Wednesday

TEEN LOUNGE **F W**

For teens and tweens, 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.

TEEN ADVISORY BOARD **F**

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

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

CREATIVE WRITING CLUB **F**

For teens and tweens, 4:30-5:30 p.m., Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, tulsalibrary.org

Learn how to write creatively and develop your writing skills.

May 15 Thursday

BARRE IN FLY LOFT **F W**

All ages, 5:30-6:30 p.m., Fly Loft, 117 N. Boston Ave., guthriegreen.com

A full-body workout combining elements of yoga, strength training, dance and Pilates.

COMMUNITY CONVERSATIONS WITH MAYOR NICHOLS **F**

5:30-7 p.m., OU Tulsa, Founders Hall, 4502 E. 41st St., cityoftulsa.org

Hear from the City, ask questions and engage in one-on-one discussions.

BANDS & BLOOMS: KLONDIKES

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Listen to live music in a beautiful garden setting.

May 16 Friday

FAMILY NATURE WALK **W**

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

Explore the gardens and learn about the natural world through your five senses.

ASIAN AMERICAN NIGHT MARKET **F**

All ages, 5-9 p.m., Hannah Hall, 1801 S. Garnett Rd., globaldistrict.org

Join Tulsa Global District and APIDA Tulsa for an evening of food, performances and family fun.

May 17 Saturday

ADULT LITERACY OPEN HOUSE **F**

For adults, 11 a.m.-1 p.m., Literacy, Outreach and Volunteer Services, 2901 S. Harvard Ave., tulsalibrary.org/literacy

Learn more about TCCL's adult literacy program.

THE WAYNE MCCOMBS CLASSIC **F**

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

Watch a game of baseball played using 1800s rules! Popcorn and Cracker Jack available for purchase.

ASIAN AMERICAN FESTIVAL: TAIKO DRUMMING PERFORMANCE **F**

All ages, 1:30-2:15 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Enjoy a powerful performance by Ohitsuji Daiko drumming group from Bailey Elementary School in Owasso.

DEBUSSY AND RACHMANINOFF

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsasymphony.org

Tulsa Symphony's season ends on a high note, featuring guest conductor Marcelo Lehninger.

May 18 Sunday**BEHIND-THE-SCENES PENGUIN ENCOUNTERS** W

Ages 5+, 12:30-1 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/visit/thingstodo

Enjoy an immersive, 30-minute behind-the-scenes experience with one of the zoo's African penguins. Must pre-register; not included with general admission.

May 19 Monday**COMMUNITY CONVERSATIONS WITH MAYOR NICHOLS** F

5:30-7 p.m., Tulsa Educare at Hawthorne, 3420 N. Peoria Ave., cityoftulsa.org

Hear from the City, ask questions and engage in one-on-one discussions.

May 20 Tuesday**NATURE BUDDIES**

Ages 0-3, 10:30-11:30 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/learn

Parents and their children can bond during hands-on nature-based activities and close-up encounters with zoo ambassador animals. Pre-register.

TABLETOP GAMING CLUB F

For teens and tweens, 4-6 p.m., Central Library, 400 Civic Center, tulsalibrary.org
Dive into the world of tabletop gaming! Explore the game Blades in the Dark.

ASIAN AMERICAN FESTIVAL: BOLLYWOOD DANCE WORKSHOP F

All ages, 6-7 p.m., Helmerich Library, 5131 E. 91st St., tulsalibrary.org

Enjoy a live Bollywood-style dance performance by Kripalaya Dance Academy, then learn how to dance like a Bollywood star! Registration required.

May 21 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 at the world globe near the zoo's main

entrance. Will move to the Life in the Cold building in the event of inclement weather.

May 22 Thursday**FAMILY PLAY SPACE** F W

All ages, 10 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Outdoor fun and games for the whole family.

BANDS & BLOOMS: HOT TOAST MUSIC CO.

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Listen to live music in a beautiful garden setting.

SUMMER'S FIFTH NIGHT F

All ages, 7-9 p.m., Utica Square, uticasquare.com

Enjoy live music on Thursday evenings at Utica Square, May 22-July 31.

May 23 Friday**FLORA FORAY** F W

All ages, 5:30-6:30 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, baparks.org

Enjoy a guided walk to learn about the wildflowers and native plants of the park. Must pre-register online.

ALICE IN WONDERLAND JR.

All ages, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., theatretulsa.org

Alice navigates the curious world of Wonderland on a journey of self-discovery. Additional showtimes through May 25.

May 24 Saturday**BUILD A READER STORYTIME: SENSORY** F

10:30-11 a.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Sensory Storytime focuses is especially designed for children with a variety of learning styles or sensory integration challenges. Registration required.

May 25 Sunday**SUNDAY ZUMBA WITH ARIANE** F W

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

An electrifying workout experience that seamlessly blends dance, music, and fitness.

SPRING DISCOVERY WALKS F W

All ages, 2 p.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

An informal walk facilitated by Oxley staff naturalists. Repeats Fridays at 11 a.m. and 2 p.m.

May 26 Monday**LITTLE LAB PROGRAMMING** W

Ages 0-4, 11-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Activities focus on learning shapes, colors, identifying emotions and more.

May 27 Tuesday**DIORAMA STORY IN A BOX** F

For elementary schoolers, 2-4 p.m., Kendall-Whittier Library, 21 S. Lewis Ave., tulsalibrary.org

Read a book and pick up a take-and-make diorama box to go with the story.

PRATT TEEN ADVISORY BOARD: VOLUNTEER AT THE LIBRARY! F

Ages 12-17, 4-5:30 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, tulsalibrary.org

Meet peers, plan fun programs and help with library tasks while making a difference.

May 28 Wednesday**STORY TIME WITH MS. HOLLY** F

All ages, 10:30-11 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Ms. Holly will sing songs and read interactive stories.

WICKED

7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Wicked transfixes audiences with its wildly inventive story. Additional showtimes through June 15.

May 29 Thursday**ASIAN AMERICAN FESTIVAL: SASHIKO STITCHING WORKSHOP** F

Ages 14 to adult, 6-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

This fun, hands-on workshop

introduces you to Sashiko, a beautiful embroidery technique for stitching and fabric repair.

BANDS & BLOOMS: TRAVIS KIDD

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Listen to live music in a beautiful garden setting.

May 30 Friday**MOVIE NIGHT AT THE WILL ROGERS THEATRE** F

All ages, 6-8:30 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Enjoy games and activities from 6-7 p.m., then watch *The Sandlot*. Free popcorn and drinks provided.

May 31 Saturday**SUMMER KICKOFF: TOUCH A TRUCK** F

All ages, 10 a.m.-12 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Experience life-size vehicles and interact with community helpers like police officers, firefighters and construction workers.

ADULT BOOK FAIR F

For adults, 10 a.m.-2 p.m., Central Library, 400 Civic Center, tulsalibrary.org

This book fair is just for adults, and everything is free! Drop in to browse, borrow and relive your childhood.

BIRMINGHAM LEGION FC VS. FC TULSA

All ages, 7:30 p.m., ONEOK Field, 201 N. Elgin Ave., fctulsa.com

It's Greenwood Night at the FC Tulsa game. Cheer for the home team while honoring the history and legacy of the Greenwood District.

CHEER FOR TULSA DRILLERS!

Tulsa Drillers are playing ball all month long at ONEOK Field, 201 N. Elgin Ave. Kids 12 and under can join Hornsby's Kids Club for free tickets to games on June 21, July 19 and August 16. Your \$30 membership fee also includes a welcome bag with a special Drillers T-shirt! Join today at tulsadrillers.com

5/1, 7 p.m. vs. Arkansas

5/2, 7 p.m. vs. Arkansas*

5/3, 7 p.m. vs. Arkansas*

5/4, 1 p.m. vs. Arkansas**

5/13, 6 p.m. vs. NW Arkansas

5/14, 11 a.m. vs. NW Arkansas

5/15, 7 p.m. vs. NW Arkansas

5/16, 7 p.m. vs. NW Arkansas*

5/17, 7 p.m. vs. NW Arkansas

5/18, 1 p.m. vs. NW Arkansas**

5/20, 7 p.m. vs. Springfield

5/21, 7 p.m. vs. Springfield

5/22, 7 p.m. vs. Springfield

5/23, 7 p.m. vs. Springfield*

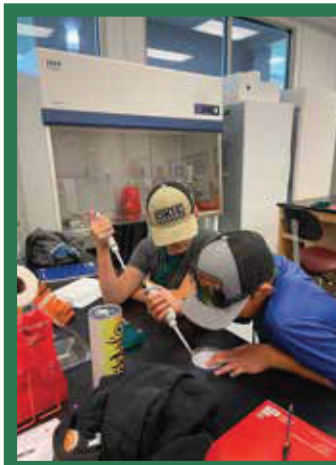
5/24, 7 p.m. vs.
Springfield*

5/25, 6 p.m. vs.
Springfield*

*Fireworks

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More at tulsakids.com/festivals

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Saturdays and Sundays through June 1, plus Memorial Day, 10:30 a.m.-6 p.m.
Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee

Step back in time at Muskogee's annual Renaissance Festival. okcastle.com

GERMANFEST

May 2-3, 10 a.m.-9 p.m.; May 4, 11 a.m.-5 p.m.
GAST Center, 1429 Terrace Dr.

Food, beer and fun entertainment for all ages. gastulsa.org

CARNEY FEST

May 3, 10 a.m.-11 p.m.
The Church Studio, 304 S. Trenton Ave. (10 a.m.-5 p.m.); Cain's Ballroom, 423 N. Main St. (6-11 p.m.)

Enjoy live music in a carnival-style atmosphere, complete with a children's area. End the evening with an incredible performance at Cain's Ballroom. carneyfest.com

FIESTA DE MAYO

May 3, 4-10 p.m.
123 N. Main St., Broken Arrow

Broken Arrow's premier Hispanic event is free to attend and fun for the entire family. facebook.com/visitback

MAYFEST

May 9-11
Tulsa Arts District

Mayfest brings together over 150 visual art vendors, 75 musical performances, dozens of food vendors and community partners, multiple art installations, and much more! tulsamayfest.org

BRISTOW TABOULEH FEST

May 10, 9 a.m.-3 p.m.
Downtown Bristow, OK

This family event begins immediately following Bristow's 5K Wildflower Run and features family fun, entertainment, competitions and more. bristowtaboulehfest.com

ROOSTER DAYS

May 15, 5-10 p.m.; May 16, 5-11 p.m.; May 17, 10 a.m.-11 p.m.; May 18, 12-6 p.m.
Central Park, 1500 S. Main St., Broken Arrow

A four-day festival filled with carnival rides, food trucks, a vendor marketplace, fun run, a parade, etc. roosterdays.com

BIXBY BBQ & BLUES FESTIVAL

May 15-16, 6-10 p.m.; May 17, 9 a.m.-10:30 p.m.
Washington Irving Memorial Park, 13700 S. Memorial Dr., Bixby

This three-day festival features mouth-watering barbecue, live music, a kids zone, carnival rides and more. bixbyrotarybbq.com

CHUCK WAGON FESTIVAL

May 24-25
National Cowboy and Western Heritage Museum, 1700 Northeast 63rd St., OKC, nationalcowboymuseum.org

A celebration of Western and Native American history, art and cuisine for all ages. nationalcowboymuseum.org

JENKS AMERICA FOOD TRUCK FESTIVAL

May 31, 11 a.m.-4 p.m.
Downtown Jenks

Grab a bite from a variety of popular food trucks while enjoying live music. jenkschamber.com

BARTLESVILLE SUNFEST

May 30-June 1
Downtown Bartlesville

An annual arts and crafts festival that brings the best mix of music, art, food and activities available in Green Country. bartlesvillesunfest.org

OKM MUSIC FESTIVAL

May 30-June 8 (Especially for Kids Festival); June 6-8 (main festival) Various locations, Bartlesville

Experience world-class performances and fun activities for the whole family. This year, there's a special emphasis on Norway and Norwegian composer Edvard Grieg. okmmusic.org



Fiesta De Mayo, Photo courtesy Vega-Treviño



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JULY 21- 25 (5-DAY)
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AUGUST 11 – 13 (3-DAY)



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Amber Marie
Deen
Back to Basics



August 5-8

12:30pm-4:30pm
Amber Marie
Deen
Enchanted
Forest
(Littles)

The Calm Before the Storm: Preparing Kids for Severe Weather Season

By **Kirsten Lang**



As a meteorologist in Oklahoma, I am often approached by parents with requests to talk to their children. Sure, many of them think it is cool and want to learn more, but there are quite a few that come to me with the opposite – storm anxiety.

The parents are hopeful that if I chat with their children about how a storm is formed, or if they see what it looks like to showcase the weather from behind the scenes of a television station, it may calm their nerves next time they find themselves hunkered down while tornado sirens are blaring.

According to Tulsa-based Clinical Psychologist Meg Cardoni, PhD., it is not out of the ordinary if your child is suffering from this type of anxiety.

"These fears are fairly common in children as they navigate their first few storm seasons," Cardoni said.

In fact, Cardoni says children can start to notice storms as early as 2 years old.

"At that age they are aware of storms as sensory experiences, so they process the sights and sounds of the storm," Cardoni said.

But as children grow older, they become even more aware, especially living in Tornado Alley.

Nationally Certified School Psychologist Meggie Hunter starts to see kids by the age of 5.

"At that age they have past experiences to lean on like loud noises or strong winds," Hunter

said. "Those experiences can also trigger anxiety."

Signs of Storm Anxiety

So, what are common signs that your child may be struggling with storm season?

"Excessive clinginess and frequent questions have been two of the most common outward signs of anxiety in the elementary years," Hunter said. "The questions may be in the form of seeking knowledge regarding their safety."

Another sign of storm anxiety can be avoidance.

"You may see them hiding, staying away from windows or refusing to leave the house or go outside," Hunter said.

Statistically, April and May are our busiest seasons when it comes to severe weather. During the month of April, we average 12 tornadoes. But in May, we average over 24 tornadoes. However, last year was above average with 54 confirmed tornadoes in May and a new record high last April with 56 confirmed tornadoes.

So, as we head into the thick of the season, if you notice some signs of stress in your children, there are ways you can help them cope.

Calming Storm Anxiety

"Provide a calm environment and be honest and supportive," Hunter said. "It is important to provide them answers they can understand."

Hunter suggests one response may be: "I know thunder is

loud and storms feel scary, but remember we have our safe place and are together until it passes."

"Older children may need more details about storms," Cardoni said. "Letting kids know a storm is coming is a good idea, but I tend to wait until closer to time. Knowing all day at school when a storm is expected to come in the evening is not very helpful."

And before a storm takes place, it is helpful to review a safety plan with your kids. Let them know where you all will be going if sirens go off and try to make the area as comfortable as possible for them.

"Some children like to get their favorite blankets, stuffies, flashlights or even helmets," Cardoni said. "Distractions can also work wonders. Play music or sing songs, tell funny stories, or play a game. Having a box of supplies is helpful, too. Games, Play-Doh and even snacks can be included."

But if you notice your child having more serious signs of storm anxiety, Cardoni suggests using some calming techniques like five-finger breathing, belly breathing and progressive muscle relaxation.

Finally, we live in a digital world where media is all around us. And while I have spent most of my career on the news and recognize the value of that type of intense minute-by-minute coverage, having it on with young children in the room may not be as beneficial.

"Children are so observant and

feed off the energy and fear we put out there," Hunter said. "It is best to avoid news coverage for children around 8 or younger that can create more anxiety for them as they are not able to understand the context of where a storm is or if they are in danger or not."

But for older children, Hunter suggests having them watch it with you as a learning tool.

"For older kids it is important to watch all coverage together so that you are able to interpret what they see and help educate them," she said.

And remember, it's not all doom and gloom – learning about the weather can be fun! If you or your child have any questions about weather and how forecasting works, or if you think talking about it could help, I am always happy to answer questions and can be reached at: KirstenLangMedia@gmail.com

Kirsten Lang has been a meteorologist in Tulsa for nearly a decade. She is a mother of three and a STEAM enthusiast, working as an outreach coordinator for a local non-profit to get more science resources and funding into Oklahoma's public schools.



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