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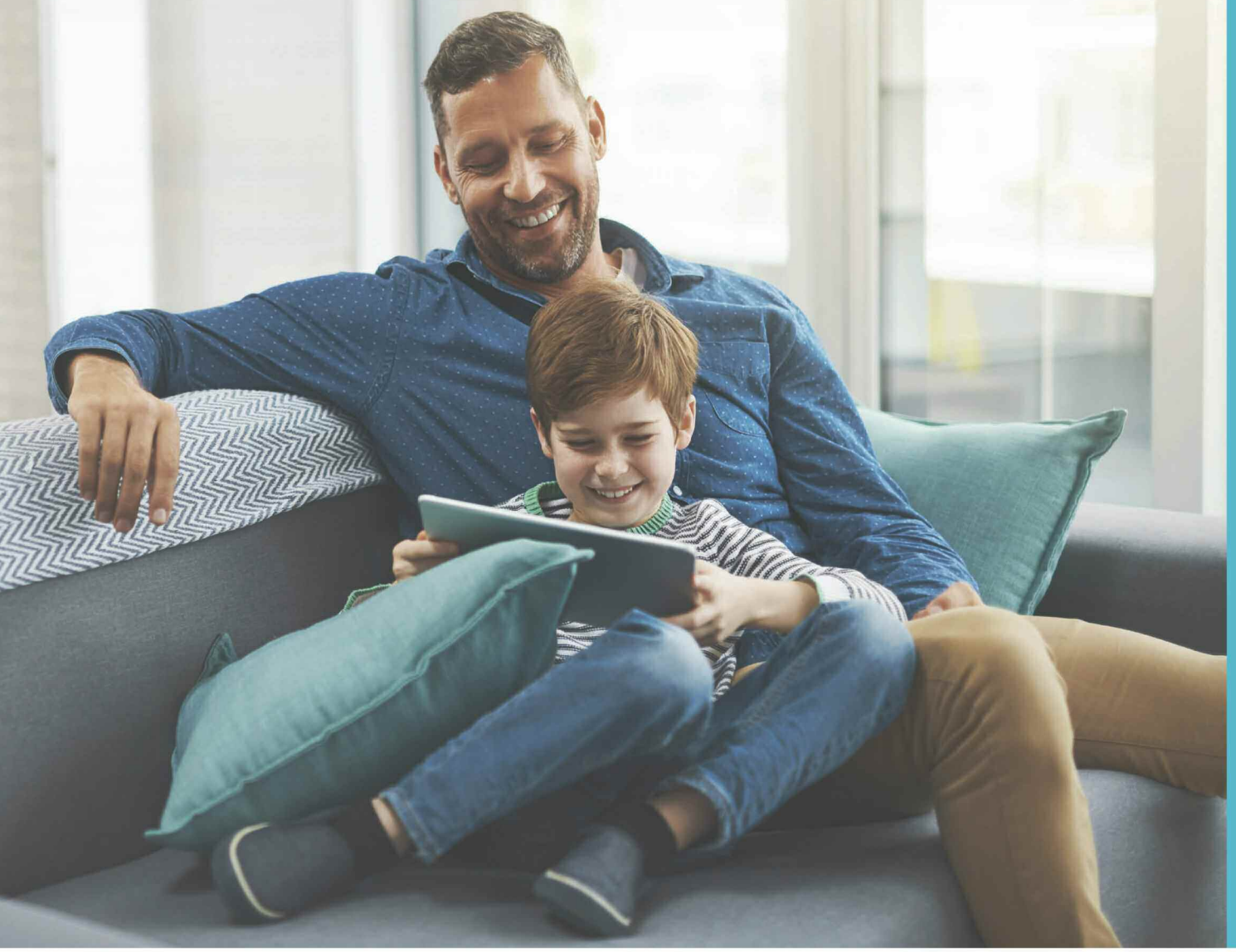
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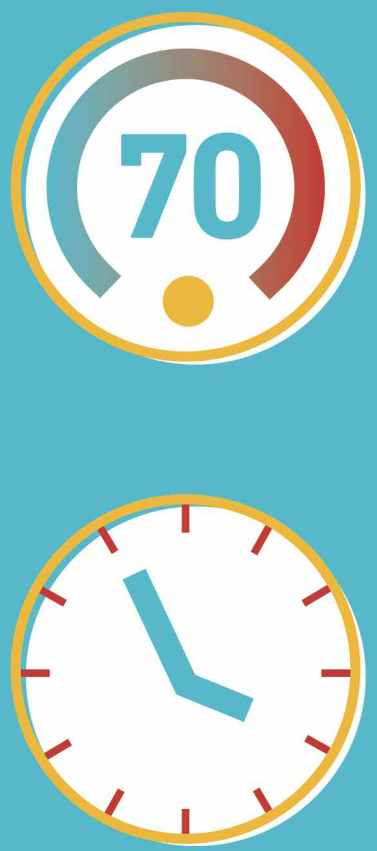
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August 2020

what's inside

Volume XXXIII, Number 8
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STAYING IN MOTION: WHY PHYSICAL ACTIVITY IS ESSENTIAL FOR KIDS

BY LAUREN MIERS 16-17

SHORTS

6-8 **NEWS & NOTES**

16-17 **FEATURE**
Staying in Motion: Why Physical Activity is Essential for Kids
By Lauren Miers

20-21 **COMMUNITY VOICES**
Perception Versus Reality: A Meditation on Racism
By Quraysh Ali Lansana

26-27 **CHILDREN'S HEALTH**
The Autistic Brain and Early Intervention
By Betty Casey

IN EVERY ISSUE

10 **STAGES: Babies & Toddlers**
Time-out Troubles
By Kiley Roberson

12-13 **STAGES: School Age**
Preparing Kids for Back to School and Beyond: the Parents' Role
By Mary Beth Ritchie, LCSW

14 **STAGES: Tweens & Teens**
College in the Time of COVID-19
By Julie Wenger Watson

18-19 **BOOKS**
Kindness Counts
By Laura Raphael

28-29 **GREEN COUNTRY GROWN-UP**
April Bennett: A Heart for Healthcare
By Nancy A. Moore

30-31 **GET COOKING**
Immune-boosting Coronavirus Comfort Lunches
By Natalie Mikles

32-33 **HOMESCHOOL**
How to Start Homeschooling
By Natalie Hanson

34 **FROM THE HIP**
Hip Suggestions for Alone Time (if it ever happens)
By Jill VanTrease

36-39 **COMMUNITY CALENDAR**
By Tara Rittler

40 **TULSAKIDS.COM**
What's Going On(line)?

23-25 **SPECIAL SECTION: Enrichment Guide**



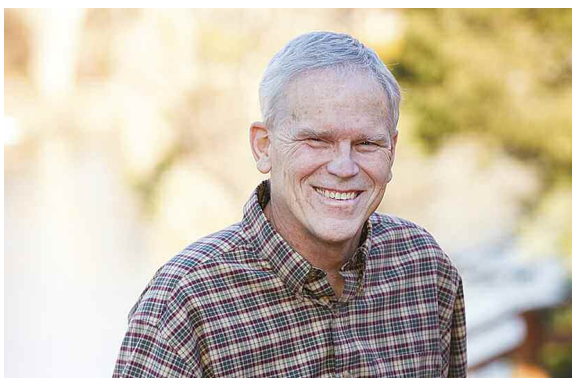
20-21 Perception Versus Reality: A Meditation on Racism



10 Time-out Troubles



30-31 Immune-boosting Coronavirus Comfort Lunches



26-27 The Autistic Brain and Early Intervention

Will They or Won't They?

In normal times (it seems so long ago), this issue would be a back-to-school issue filled with topics like tips for transitioning to a new school or which backpacks are best or where to get your kids' uniforms at the best prices. But, right now, most schools are on a wait and see plan. Some are opening with the caveat that they may close quickly; some are doing something hybrid; some are giving the option for virtual – it's a mixed bag.

At the moment, some parents are left wondering how long it will be before their kids will be able to set foot in a school building. There are no simple answers.

So, what can you do? I wish I had some magic crystal ball to tell you, but I don't. Living with uncertainty is just hard. But medical science and safety should be our guides.

This issue of TulsaKids is sort of a hybrid in the sense that we don't know what families will be doing as fall approaches. One thing we do know is that being outdoors and exercising is good for the body and the mind. Read our cover story about the importance of physical activity.

A teacher also writes about what parents can do to help kids if they do return to the classroom. The partnership between schools and families has never been more important. Mary Beth Ritchie gives some great practical advice in her column this month.

And, whether you're home or at school, you need to have lunch. Natalie Mikles serves up some comforting lunch recipes to eat anywhere.

While many parents are sticking with whatever their school is doing this year, some are opting to just take the plunge and homeschool. Natalie Hanson, a long-time homeschool mom, offers some valuable advice to get you started.

Finally, I want to invite all of you to read poet, educator and author Quraysh Ali Lansana's essay in this issue, and to invite you to be part of our series of Facebook Live conversations about race the first three Tuesdays of this month at noon. Listen, learn, ask questions, but most importantly, be part of the conversation. You'll find the details inside, on our website or social media.

Take care and stay well!

Betty Casey
associate publisher and
editor in chief





COVER PHOTOGRAPHY BY
SHEEBA ATIQI

ON OUR COVER
SISTERS AINSLEY AND SADIE ENJOY THE OUTDOORS IN CLOTHING **PROVIDED BY LOLLY GARDEN AT UTICA SQUARE**. AINSLEY WEARS A FUN, STRIPED JUMPSUIT BY MAYORAL AND A JEAN JACKET BY DL1961. SADIE WEARS A BLU & BLUE NEW YORK SHORT JUMPSUIT.

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TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com

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Volume XXXIII, Number 8

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If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.

CASCIA STUDENT TO COMPETE IN NATIONAL VOCAL COMPETITION

On May 26, Travis Guillory competed virtually in the ACT-SO Competition sponsored out of Garland, TX in both contemporary and classical music categories. In a June 13 virtual ceremony to announce the winners, Travis received the Bronze Medal in the Contemporary Music Division and the Gold Medal in the Classical Music Division. For his Gold Medal award-winning performance, Travis sang an English Art Song entitled "I, Too" with words by Langston Hughes and music by Margaret Bonds.

As the Gold Medal recipient for the Classical Music Division, Travis will compete at the national level. The ACT-SO National Division Competition will be held July 23-26. Normally held in Boston, this year's event will be a virtual competition. Award winners at the national level receive monetary scholarships awards.

A rising senior at Cascia Hall, Travis has been recognized numerous times for his vocal talent, including being selected as a member and featured soloist in the 2019 Carnegie Hall Honors Chorus. He plans to pursue a vocal performance degree in college. Guillory is a student of Cascia teacher Candy Coonfield, and is a member of Cascia's select vocal ensemble "Command Performance."

ACT-SO (Afro-Academic, Cultural, Technological, and Scientific Olympics) is a year-long enrichment program that holds annual competitions across the country in numerous categories, including Fine and Performing Arts and STEM. It is sponsored by the NAACP to promote and reward academic excellence in the sciences, arts, and humanities, especially among African-American high school students.



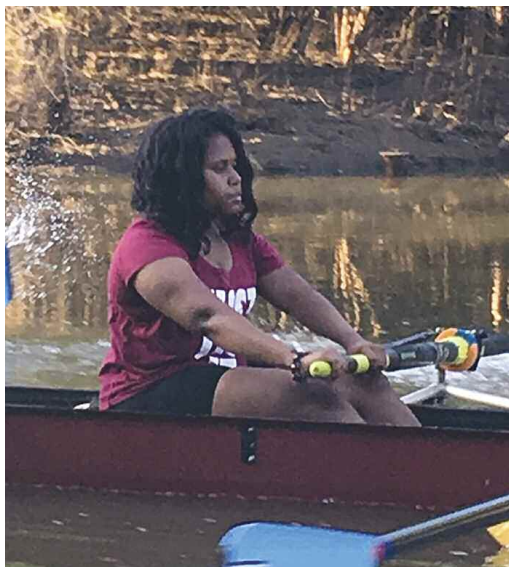
gROW TULSA STEM PROGRAM EXPANDS

The gROW Tulsa STEM program combines a STEM curriculum with the sport of rowing to engage students in math and science, while also providing access to a unique sport. The program expanded from one to three schools in its first two years. Participants learn how to use rowing machines and engage in activities that use rowing data generated by the machines.

In the upcoming third year, organizers hope to expand programs into the Union School District, and are looking for partners to help support this expansion. Estimated costs for one program are $8,000 for an initial set up, which includes rowing machines, rowing devices and supplementary equipment. Subsequent year costs are considerably less and provide funds for teacher professional development to help implement each program.

The program is currently at Hale, Rogers, Webster and Carver Middle Schools, although the spring program was cancelled due to school closings during the coronavirus pandemic.

Those interested in helping expand rowing outreach through this program or who are interested in being involved, go to www.okrowing.org or contact neil@okrowing.org.



ARVEST FOUNDATION DONATION BENEFITS TULSA STUDENTS

Students in the Tulsa area will benefit from a $40,000 gift from the Arvest Foundation to the Tulsa Community Foundation for the 1921 Tulsa Race Massacre Centennial Commission (Centennial Commission).

The gift was made recently and will support field trips to Greenwood Rising, the multi-million-dollar history center planned for the corner of Greenwood Avenue and Archer Street. The field trips also may include tours of other landmarks and establishments.

Greenwood Rising is anticipated to feature exhibits and interactive experiences tailored to a range of ages, learning styles and knowledge levels. All components will be designed to tell the story of Tulsa's Greenwood Historical District and the national context in which it "emerged, thrived and survived," according to a news release issued by the Centennial Commission.

FOUNDATION FINDS OKLAHOMA RANKS LOW FOR CHILDREN

A recently released report by the Annie E. Casey Foundation was not good news for Oklahoma's children. According to the report, more than 1 in 5 children in Oklahoma live in poverty, and more than 80,000 children in Oklahoma do not have health insurance. Overall, the well-being of Oklahoma's children is grim compared with most other states. Oklahoma ranked 33rd in economic well-being, 49th in health and 48th in education.

GOOD-BYE AND GOOD LUCK!

We want to wish long-time advertisers and friends Paul and Daven Tackett of Just Between Friends (JBF) consignment sales a big, JBF-sized congratulations on their retirement.

"This is not the retirement party we had envisioned," the Tacketts wrote, "but we are thankful we had a great Tulsa JBF Spring Sale. We are grateful for all the new friends we have met, the wonderful memories throughout the years and the local families we have been able to help, along with the charities that have been blessed. Thank you for being a part of JBF with us!"

ZARROW FOUNDATION DONATES FUNDS FOR IMAGINATION SPACE



The Anne and Henry Zarrow Foundation announced a $6 million gift to Discovery Lab's $45 million capital campaign for a new children's museum/science center to anchor the southern end of Gathering Place in Tulsa. This contribution will support education through play and include the naming and dedication of the Central Gallery in memory of Anne Zarrow. This area within the museum allows children to explore independently using their imaginations and taking risks while building skills like collaboration, problem solving, critical thinking, and innovation.

"We are forever indebted to The Anne and Henry Zarrow Foundation for this gift," Ray Vandiver, executive director/CEO of Discovery Lab, said. "Because of their generosity, Tulsa area children and families will have opportunities for fun, educational experiences and meaningful play for years to come."

"Mom really loved children. When she saw children in need, such as a child sleeping on the floor of a shelter who needed bedding and warm clothes, she responded. I know mom would appreciate the opportunities that the new Discovery Lab facility will provide. Opportunities to learn and experience adventures while building community with other kids and their families. This naming opportunity is a special way to honor her," Judy Kishner, Anne and Henry Zarrow's daughter and president of The Anne and Henry Zarrow Foundation, said.



The new 50,000 square-foot Discovery Lab will be at 31st Street and Riverside Drive on the south end of Gathering Place and will feature interactive exhibits and programs focused on science, technology, engineering, art, and math (STEAM) and health and wellness curriculum.



WRITER NATALIE MIKLES, WHO WRITES OUR RECIPE COLUMN, SENT THIS PHOTO OF HER DAUGHTER MARY KATE IN A TULSAKIDS HAT. WE THINK SHE LOOKS GREAT!

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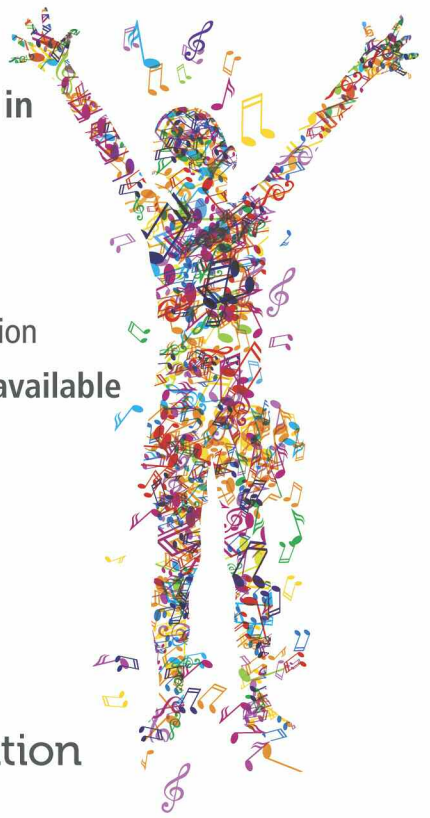
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BY KILEY ROBERSON

time-out troubles

It had been one of "those" days in our house. Every time I turned around my then 3-year-old son was getting in to something, climbing on the outside railing of the stairs, spilling milk all over the floor, teasing the cat. Despite my scolding, it wasn't ending. Right after telling him to leave the cat alone for the fourth time, I walked in to the other room just in time to hear a crash. Sprinting to the living room, I saw that he had pushed a toy dump truck carrying all of his hot wheels down the stairs. My newly cleaned living room now resembled a horrific crash scene with toy car causalities everywhere. That was the last straw — TIME-OUT!

That's right, I'm a time-out parent. Now this doesn't mean that I don't use other forms of discipline too, but on this day…we both needed a time-out. However, as he was crying in the corner, I couldn't help but feel like this wasn't working. Interestingly, child psychology experts agree. While time-outs certainly sound like a brilliant fix, most parents often admit that they simply don't work. But, according to a recent study from Oregon Health and Science University in Portland, 85 percent of parents who use the time-out strategy make mistakes that can reduce its success.



Top Time-Out Mistakes

Using Them Too Often

Research from Oklahoma State University in Stillwater has found that time-outs work best on young children who are defiant or intentionally doing the opposite of what you ask, but only if you first try milder responses like talking it out and warnings. Too many time-outs make them not as meaningful.

Giving Kids Attention During Time-Out

A time-out is a consequence. Young kids crave attention, and even negative attention may be good enough. So a time-out should really be a short lack of parental attention that lets a child see that his behavior led to losing attention instead of getting it.

Using Them for the Wrong Reason

Despite popular belief, time-outs aren't supposed to be about getting children to think through their misdeeds. The American Academy of Pediatrics (AAP) explains that a time-out is primarily a 'Let's stop things from getting worse' strategy, a cooling off period.

If your child does end up needing a time-out, experts say there are new and improved time-out techniques that make a difference.

Step 1: Give a clear warning. Studies have found that a single non-repetitive warning before every time-out can reduce the number of time-outs needed by 74 percent.

Step 2: Announce a time-out. You might wait until your child is relatively calm, but briefly reiterate what he did wrong ("No hitting. Time-out."), and escort him to a naughty chair.

Step 3: Start the clock. Recent research shows that even brief time-outs of one to three minutes are effective, especially for children ages 3 to 5.

Step 4: Make it boring. During the time-out, do not talk to your child or make eye contact. Your lack of attention is the consequence for your child's negative behavior.

Step 5: Move on. It doesn't matter if your child is still fidgety, sassy or crying. Once the timer goes off, the time-out is over.

After a time-out, the AAP says it's good to have a quick chat with your child. Ask if she understands why you gave her a time-out. Allow her to express her feelings, and then, very briefly, remind her that time-outs happen only when she breaks a rule or needs help to tone things down. Praise her for completing the time-out, and then go on with life. Your child now has a clean slate to show off her newly improved behavior!

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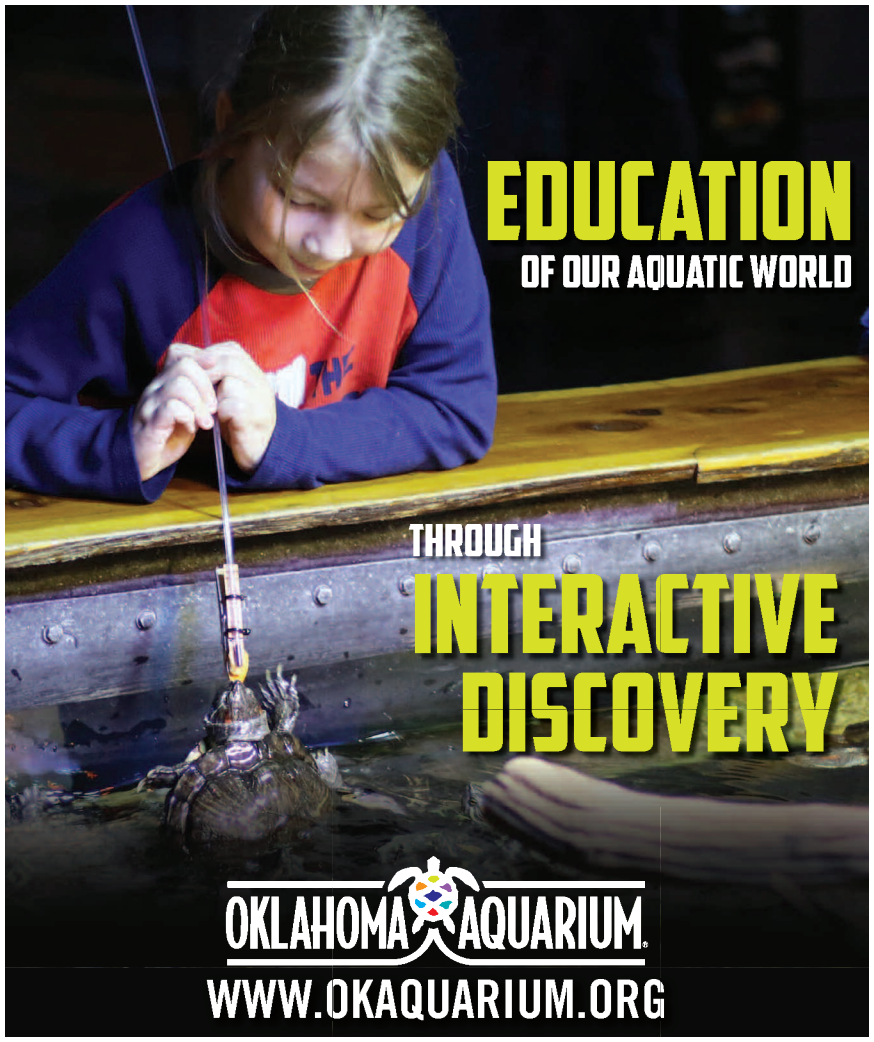


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BY MARY BETH RITCHIE, LCSW

preparing kids for back to school and beyond: **the parents' role**



What will school look like this year? What will it mean for students, teachers and parents? At the time I'm preparing this column, new calendars are just now being released. We are still uncertain about how things will actually look when we do go back. We will either be returning to the classroom, revisiting distance learning, or some combination of the two. Regardless of the plan, we face some unique challenges this year in the midst of the COVID-19 pandemic. If we return to school buildings, how should parents address safety concerns with their children? If we return to distance learning, how does the role of the parent shift?

Preparing Your Child to Return to School

When preparing children to return to school buildings, one of the most important things parents can do is to convey their messages calmly. Parents need to share facts about how COVID-19 is spread without instilling a sense of panic in their children. This might be done in a similar manner as sharing water safety measures before spending time at area lakes. Children need to understand the importance of water safety, but you still want them to enjoy their time at the lake. We want students to enjoy returning to school, but they need to be aware of necessary safety precautions.

If children will be wearing masks at school, parents will need to instruct them in how to use them properly. As a teacher, I see children touching their faces all day long. They wipe their noses, pick their noses, and put all sorts of things in their mouths. A mask is not likely to eliminate these behaviors. Parents should provide education and instruction on these things prior to returning to school. Explain to children what they should do if they need to sneeze, cough or blow their noses. I suggest practicing at home before children return to school buildings.

Parents will also need to talk to children about maintaining social distance in the classroom, cafeteria and on the playground. Most elementary students haven't yet developed a good sense of personal space. Many are also very affectionate, particularly toward their teachers. As teachers, most of us love all of the hugs. Sadly, it may be wise to avoid the physical contact this year. Parents may wish to discuss alternative ways for children to express their affection.

Preparing Parents for Distance Learning

We learned a great deal about the implementation of distance learning during the fourth quarter of last year. However, the learning that took place during this time was not nearly as effective as it would have been in the classroom. I was instructed to provide about an hour and a half worth of assignments per day and a 45-minute live session for my third graders. It's clear that a full day's worth of work can't be squeezed in to this time frame. Yet, even with the decrease of instruction, families struggled.

Parents must recognize that their roles change in the midst of distance learning. Their roles become much greater. Parents will need to provide much of the support that teachers deliver in the classroom. The teacher is there to help guide you through the distance learning process.

One of the main things parents can do to support their children during distance learning is to become very familiar with any platform being used, such as Canvas or Google Classroom. My class used Google Classroom because they were already somewhat familiar with it. Some

continued next page

students would click the button to indicate that an assignment was turned in. I would quickly discover that the assignment wasn't done at all. However, when parents did a cursory check on Google Classroom, it would appear that their children had no missing assignments. This is one reason it's critical for parents to understand the platforms being used. One of my students did this for every assignment throughout the six weeks. Unfortunately, because the parent wasn't familiar with the platform, she didn't understand what was happening.

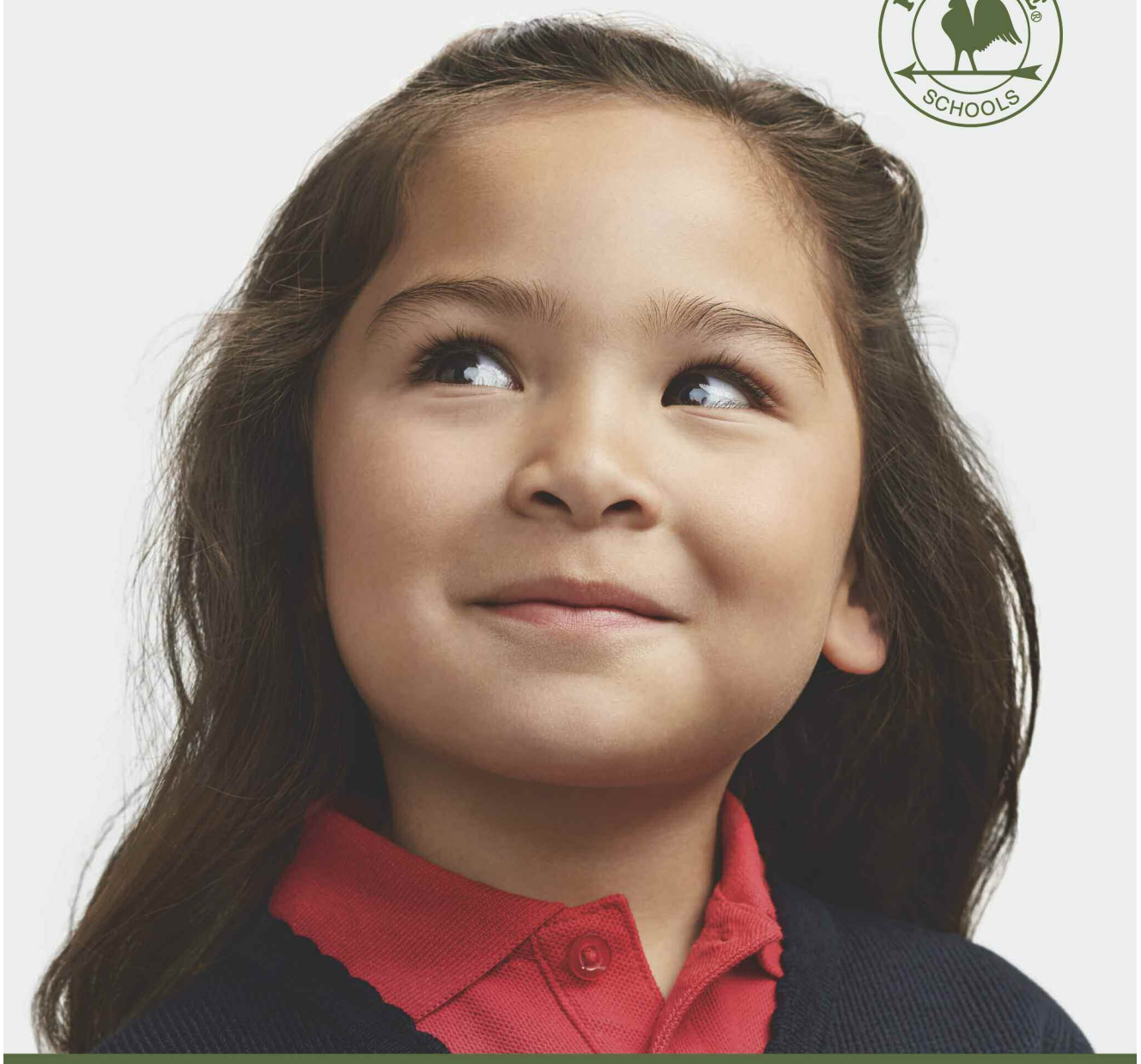
During distance learning, parents should look over each assignment. If it's an online assignment, sign in to the website to see how your child did and if she needs assistance. If it's a paper and pencil assignment, look it over before your child turns it in. This not only gives you the opportunity to confirm that the assignment was completed, but it gives you a chance to see if your child needs additional support. Your child's teacher is not present to walk around the room or to ask if there are any questions about the lessons and assignments. This will require extra effort from parents.

We remain uncertain about how school will look in the fall. It's possible that we might begin the year back in the classroom, but need to shift back to distance learning, or vice versa. There is even a hybrid model being discussed. Parents need to be prepared for both learning environments this year. Prepare your child for the classroom by providing information and instruction about COVID-19. Be sure not to instill a sense of panic as you do this. Parents need to prepare themselves for the role shifts required to make distance learning successful. Learn the platforms being used, check student assignments, and provide the individual support your child may need. Teachers and parents both want children to have a successful school year!

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BY JULIE WENGER WATSON

college in the time of COVID-19



Traditionally August signals a return to campus for most college coeds. It can be a hectic time of buying supplies, packing the car and saying goodbyes. This transition is always an adjustment for students and parents alike, and there's nothing like a pandemic to add a thick layer of anxiety to an already emotionally challenging time. While it's impossible to predict with any certainty exactly what the fall will look like for incoming college students, it's clear it will be very different from any other time in the past. In addition to a familiarity with your university's specific set of policies and guidelines regarding COVID-19, here's some practical advice to stay healthy while getting that higher ed.

"College is such an important time in a young adult's life," says Dr. Jabraan Pasha, an internal medicine physician at the University of Oklahoma School of Community Medicine. "In addition to a place for learning, it should be a place to socialize and have fun while being as safe as possible by avoiding large gatherings, maintaining social distance and wearing masks when indoors or outside when social distancing isn't possible."

According to Pasha, some spaces on campus are riskier than others.

"Communal areas like lounges and cafeterias are particularly high-risk for COVID transmission. Maintaining hand hygiene and limiting time spent in these spaces is very important," he notes.

As parents, we encourage our children to develop healthy habits like brushing their teeth after meals, wearing their seatbelts and looking both ways before they cross the street. In light of the pandemic, Pasha offers some additional suggestions for our college kids.

"Making a habit of having a few masks, hand sanitizer and wipes in your backpacks at all times will be a good practice to keep," he suggests. "Wearing a mask during all classes, sanitizing your hands frequently and wiping down desks and surfaces can minimize risks."

Those of us who spent as much time in college bars as we did in college classes might want to discourage that behavior in our offspring. Not only can it tank your grades, it can pose a health risk in the era of the Coronavirus. In fact, large indoor gatherings of any kind are problematic.

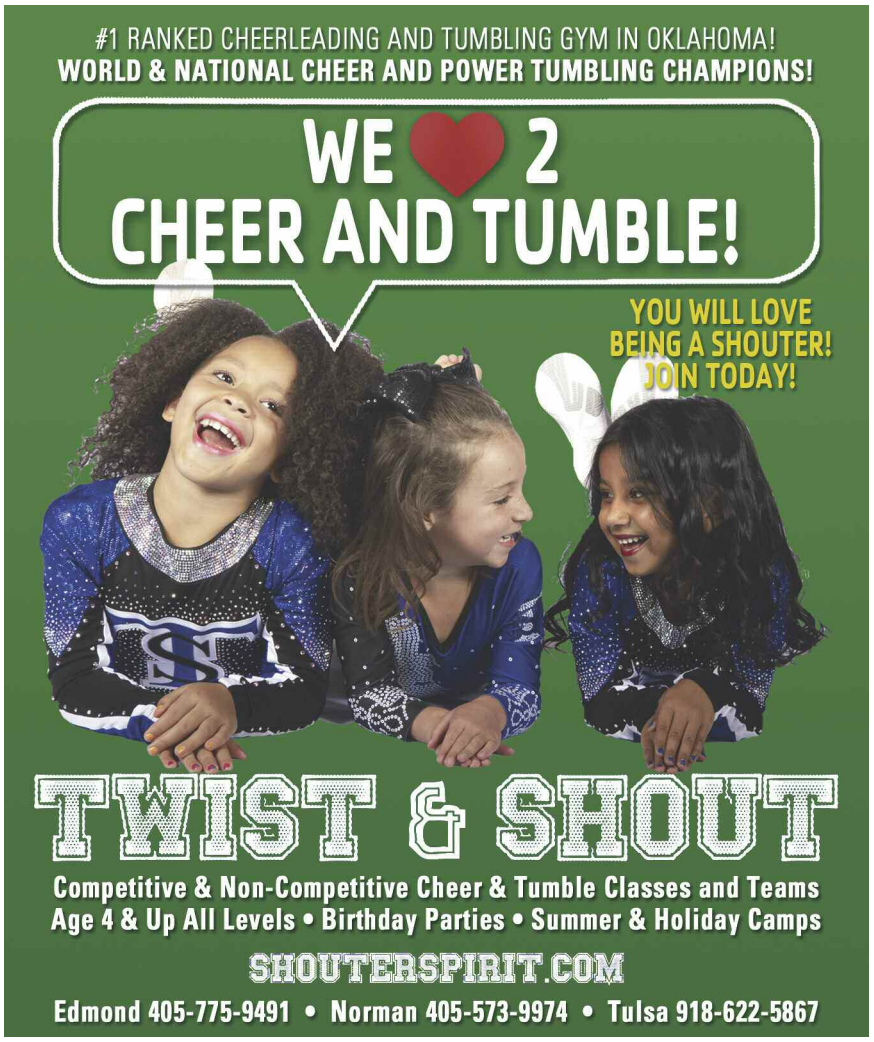
"Obviously, socializing in bars and clubs is not recommended, given the risks," Pasha says. "However, if students choose to go, they should consider places with outdoor patios."

While it's unrealistic, and unhealthy, to expect young people to completely avoid social activities of all kinds, it's important to remind them that everything looks different in a pandemic, including dating. Pasha offers some advice on this front, too.

"I can't think of a better time to utilize online dating apps," he comments. "It could be a good opportunity to meet new people while still being as safe as possible. Also, finding creative or even simple date ideas like picnics or going on walks where social distancing is still possible could be a fun alternative to typical college dating until things are much safer."

Shipping our kids off to college is never simple. Doing so in the midst of a pandemic definitely complicates things further. With planning, awareness, and an open dialogue we can help keep our children be as safe as possible during these challenging times. For more information, visit www.cdc.gov.


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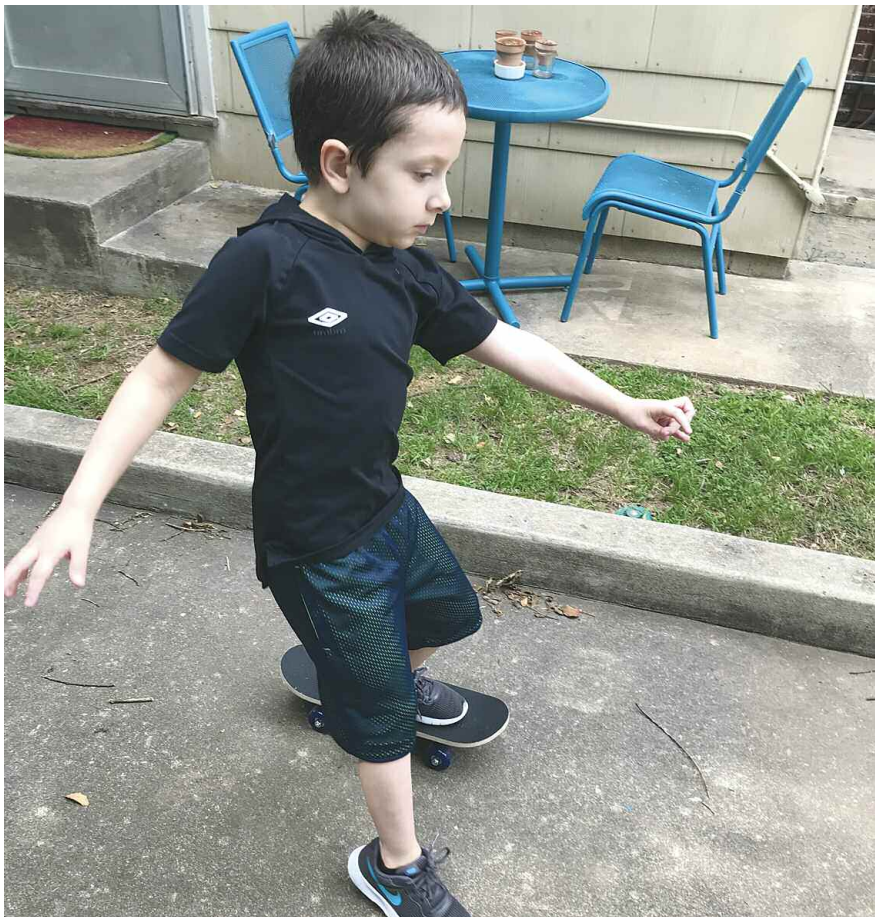

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BY LAUREN MIERS

STAYING IN MOTION:
WHY PHYSICAL ACTIVITY IS ESSENTIAL FOR KIDS



ALESSIA GREEN LOVES ACTIVE PLAY AND DOES COSMIC KIDS YOGA.



NOAH HANDSEL ENJOYS A VARIETY OF ACTIVITIES.

Improved fitness, better sleep, sharper minds and healthier bodies: Objectively we all know exercise is important. But are children getting enough of it?

The U.S. Department of Health and Human Services recommends 60 minutes of daily physical activity for children ages 6 to 17. At least three days a week this activity should be vigorous in intensity and include muscle- and bone-strengthening activities. For children ages 3 to 5 years, the department suggests 180 minutes of daily physical activity. The American Academy of Pediatrics notes that while the 2018 DHHS guidelines don't explicitly offer recommendations for those younger than age 3, it's advised that infants and toddlers be active daily in developmentally and age-appropriate ways.

These guidelines might feel like one more thing to force into an already busy schedule. Parents face immense pressure to form a well-rounded child — one who is exposed to the arts, given an opportunity to try sports and takes interest in school, all while trying to just be a kid. The good news about physical activity is thatthe investment in well-being

continued next page

pays off dividends, both literally and figuratively.

"For every $1 you spend on wellness, you save $4 on insurance claims," says Dr. Trish Hughes, physical education teacher education coordinator at Oklahoma State University. "It's cost effective, it sets them up to be healthy adults and it's fun."

The Center for Disease Control notes that regular physical activity helps children and adolescents stay in shape and control weight while reducing the risk of developing common health conditions, such as heart disease, type 2 diabetes, high blood pressure, obesity, osteoporosis and cancer.

While physical activity helps children become physically fit - it strengthens muscles, improves cardiovascular and muscular endurance, and increases flexibility - research shows it also has positive impacts on mental abilities.

"We used to think the brain taught the body how to move, but now we know that the body teaches the brain how to think," says Dr. Hughes, quoting P.E. educator and researcher Jean Blaydes Madigan.

A 2018 study funded by the National Institute of Health connected improved mental ability to three key activities: 60 minutes of daily physical activity, nine to 11 hours of sleep every night and no more than two hours of recreational play on screens daily. The study surveyed 4,524 children ages 8 to 11 in the areas of language, memory, planning ability and speed at brain games.

Any parent of an energetic child will tell you physical activity helps burn off energy and prepares kids for a good night of sleep.

"If we go outside and we play for a little bit; when we come back in I can definitely tell he's more mellow," Tulsa mom Jen Handsel says. "He's definitely more calm, and he sleeps so much better."

For the Handsel family, biking is the activity of choice, and 6-year-old Noah is working towards getting his training wheels off. When he isn't biking, Noah enjoys soccer, skateboarding and basketball. Handsel says he spends about two hours playing outside daily, and it makes a difference in his behavior.



Tulsan Amber Green echoes the same sentiment, offering that her 4-year-old Alessia communicates better and is more willing to sit still for bedtime stories when she has spent ample time being active. Green says Alessia plays outside regularly and many days wakes up and heads straight to the backyard. Inside she enjoys staying active with Cosmic Kids Yoga videos on YouTube, bouncing on a mini trampoline and dancing.

> "We used to think the brain taught the body how to move, but now we know that the body teaches the brain how to think."

Despite its many positive benefits, Dr. Hughes says schools aren't teaching enough physical education. In many school districts, P.E. is disappearing in elementary curriculum and vanishes entirely once a child transitions to middle school. Instead, community resources, like availability of recreational teams, and level of parent interest are often greater indicators of whether or not a child is physically active. Dr. Hughes says when children miss out on physical activity, they're missing out on health.

"A moving person is healthier than the person who isn't moving," she says. "That's all there is to it."

Some parents may find it difficult to ensure that their children get regular exercise, so they opt for organized sports, or lessons such as swim, gymnastics or dance. Even very young children can get involved with a developmentally appropriate program such as SoccerCity's Lil' Kickers. When the focus is on fun, these programs can be a high energy way to put regular activity on the calendar. Lil' Kickers is specifically geared toward children ages 18 months to 9 years. With the youngest kickers, coaches use creative play, bubbles and bright, colorful props to keep kids interested and in motion.

"Going to the zoo and feeding the hippos their blueberries as a zookeeper is a lot more appealing to kids 5 years old and younger compared to just dribbling a soccer ball to the goal multiple times," says Dustin Knight, Lil' Kickers and camps director at SoccerCity. If the activity doesn't fit the developmental level of the child, it won't be interesting.

Just as important as the exercise component, the program offers an opportunity for children to be around their peers and build confidence. Lil' Kickers can ease the transition from home life to school. Knight says his 1-year-old struggled with Mom's Day Out, and getting him on the field for Lil' Kickers made a difference.

"Ultimately the goal is for kids to have fun, stay energetic, be out and amongst their peers, and learn soccer along the way," Knight says.

While 60 minutes daily should be the goal, Dr. Hughes says any activity is better than none. Families don't have to register 10,000 steps daily on their FitBits to be physically active. Start with a goal that's reasonable and attainable for your family and increase the levels of activity from there. Physical activity is reinforcing: Doing it makes you feel good and want to do more.

When it comes to deciding how to be more active as a family, Handsel recommends discussing what each family member is interested in and choosing an activity that suits everyone. Handsel and her husband grew up biking and knew they wanted to pass the hobby along to their son.

Green, her husband and daughter Alessia hike regularly as a family. Pre-COVID-19, the Greens enjoyed hiking with groups at the Oxley Nature Center, Turkey Mountain and Ray Harrell Nature Center.

"The health benefits from physical activity only happen if it's a lifestyle," Dr. Hughes says. "Doing anything is better than doing nothing, even if it's 10 minutes to take a walk with your child. That's always time invested, right? It's not time spent. It's invested."

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

kindness counts

BOOKS TO HELP US TAKE A BREATH, CALM OUR FEARS, BE KIND

Forgive me, but I have spent a lot of time these last few months checking in with the late children's TV host and Presbyterian minister Fred Rogers. Mr. Rogers, who died in 2001, has nevertheless been ever present in my mind and heart because of his gentleness, his humanity, and his ability to calm and soothe.

And isn't that something we all need right now?

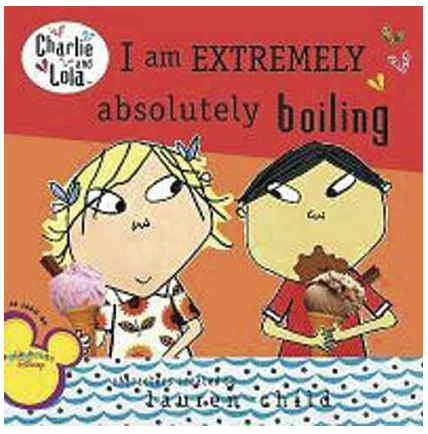
Of the countless quotes from Mr. Rogers that I check in with frequently, my favorite is probably "There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

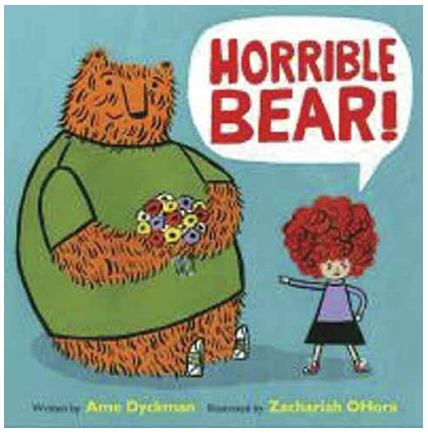
So, in honor of Mr. Rogers and his insistence that kindness is the best way to true success in life, here are a few of my favorite children's books where kindness is a theme – divided into three categories.

1. Books where characters clash and then reconcile

These books show conflict (because interesting plots usually need some kind of problem to be interesting!), but also resolutions that involve empathy and understanding – pillars of kindness!

Charlie and Lola: I Am Extremely Absolutely Boiling by Lauren Child

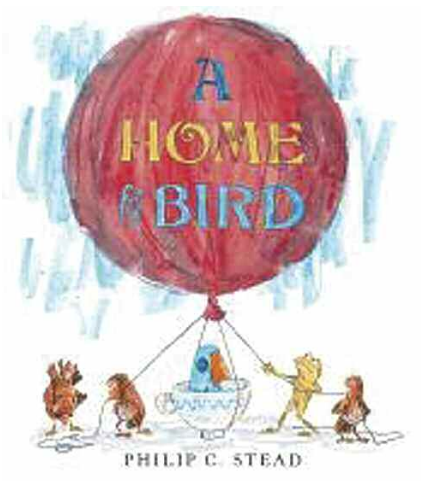




As it's still summer in Oklahoma, this one might be particularly timely – Lola has an ice cream kerfuffle with a friend, and things get heated before they come to an understanding.

Horrible Bear! by Ame Dyckman and illustrated by Zachariah O'Hora

Our unnamed protagonist flies her kite into a hibernating bear's cave…where he promptly turns over in his sleep and ruins it. She insists he is a "Horrible Bear!" – before something happens that makes her realize that sometimes, mistakes just happen. Everyone ends up friends.



2. Books where characters show kindness

Seeing kindness demonstrated in picture books helps kids start to understand ways that they, too, can be kind. Here are a few of my favorites with kind characters.

A Home for Bird by Philip C. Stead

Vernon the toad just wants to make sure his new friend – a cuckoo clock bird – finds a home. A gentle story that shows how looking kindly at others' quirks (i.e., Vern interprets the silent cuckoo bird as "shy" and "a good listener") can go a long way to making life sweet for everyone.



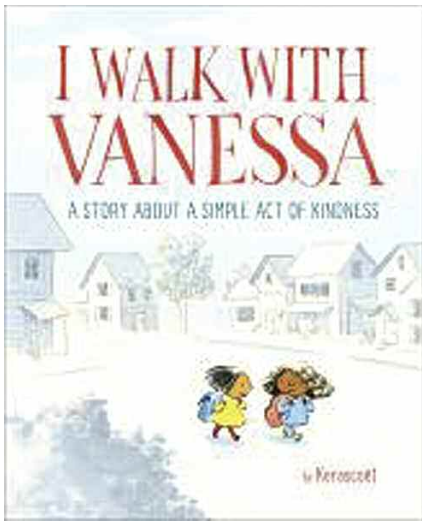
Be Kind by Pat Zietlow Miller and illustrated by Jen Hill

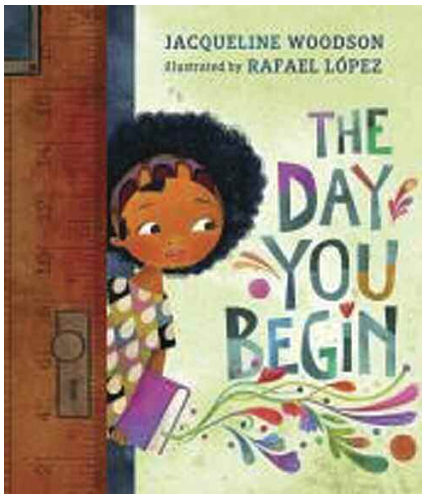
Another sweet story, but one that will help your children think through all of the ways they might show kindness to others. You can use this book to brainstorm other ways to be kind in the world! Consider starting a family "Kindness Calendar" where you regularly write down the ways you were kind to others…and others were kind to you!

3. Quiet books of beauty, joy, and peace

I Walk With Vanessa: A Story About A Simple Act of Kindness by Kerascoët

continued next page





A wordless picture book, this story gives plenty of space to introduce discussions about how it feels to be bullied, different ways children can help each other when they see bullying, and what even simple acts of kindness can do for others.

The Day You Begin by Jacqueline Woodson and illustrated by Rafael Lopez

The official description tells you everything you need to know: "Other students laugh when Rigoberto, an immigrant from Venezuela, introduces himself but later, he meets Angelina and discovers that he is not the only one who feels like an outsider."

With lovely illustrations from the incomparable Rafael Lopez, this is one of those books you and your children will want to look at again and again.



BY QURAYSH ALI LANSANA

Perception Versus Reality: A Meditation on Racism

My biggest job now is making white people understand that black history is white history. We cannot separate the two.–Clara Luper, Associated Press interview, 2006

In August of 2000, my young family and I moved from Chicago's south side to Brooklyn so I could attend graduate school at NYU. My ex-wife landed a job at Lincoln Center Theater and I was with my third educational textbook publishing company in five years. Our two oldest sons were placed at Buckle My Shoe, a pre-school in Tribeca where Sesame Street videos are often filmed. In fact, for a schoolmate's birthday, the real Steve Burns of Blues Clues, made a visit. My oldest son, Nile, at 3 years of age, couldn't handle Steve not inside the TV. He loved the show, bu the host in person was too much reality. He ran to a room and sobbed until I arrived.

Early for my first class, a workshop with Pulitzer Prize-winner Sharon Olds, I was excited, and, still new to the city, I didn't want to be late. Two other first-year students were also early, a young white man and a young white woman, who, like me, was also from Oklahoma—I didn't learn this for months. I'd lived in Chicago for 12 years at the time, so the Sooner State was my birthplace but no longer my home.

Aaron, the white male student, asked if we were cool if he read a poem aloud to calm his jitters. Kristine and I said sure, and he proceeded to recite a classic poem by Wallace Stevens. I remarked on the poem, then said it reminded me of the poem "Those Winter Sundays" by Robert Hayden. Kristine turned to me and said, "Who is that?" Hayden is among the most significant poets of the 20th century, and among the most important Black poets in American letters. The poem I referenced has been anthologized in middle school textbooks since the 1970s. Since we both attended public schools in Oklahoma, albeit decades apart, it is likely she was introduced to the poem. But, even if she didn't meet Hayden in eighth grade, how could she be at one of the most prestigious MFA Poetry programs in the country and not know who he was?



POET, AUTHOR AND EDUCATOR QURAYSH ALI LANSANA
PHOTO CREDIT: MELISSA LUKENBAUGH.

Because she is white and Hayden was Black.

Of course I knew Stevens' work. I had to know Stevens' work.

This is the burden many white people refuse to shoulder. Why? Because it serves them.

Dominant culture is so pervasive in a place like the USA, in a place like Oklahoma, that it's easy to get drunk on the narrative. Particularly if one doesn't know or has no regard for history, or for anything or anyone other than what you know.

Trust me, I get it. Oklahoma is one of many states that legislated hate from its inception. Senate Bill #1, the first passed law in the history of statehood, made Oklahoma's "coach laws" the harshest Jim Crow legislation in the country. Worse than Alabama.

continued next page

Worse than Mississippi. I suspect most white people lack this knowledge. Or maybe they don't. They benefit either way.

This is racism. This is segregation. This is bigotry. This is prejudice. Even if you think the terms don't apply to you. Willful ignorance is white privilege. White privilege is bliss.

I have met the nicest racists in Oklahoma—more than anywhere in the country. Is this a badge of honor?

State Poet Laureate and close friend Dr. Jeanetta Calhoun Mish shared it in this timeless brief analogy:

A farmer is driving in his truck after dark on I-44 and sees a car on the roadside with the hood up. He pulls over, and on his slow down sees it's a Black man with Black wife and baby. He approaches the Black father and asks him what's the problem. The Black man is uncertain, but has been under the hood for an hour. The white farmer tells him to get in the car. The white man in overalls works on the engine for 30 minutes. He says "turn the ignition." The Black man does as he was instructed, and after a few tries the car starts. The Black father and mother thank the White farmer and offer payment for his trouble. The white farmer says no to the money and walks to his truck. The Black family waves and drives away. The White farmer gets in his truck and thinks aloud "I wonder where those n@#%ers are going."

Kristine didn't think she was racist until she opened up to learning things she didn't know. Yes, I called her out, and she was open to listening and growing. Are you?

How many people with whom you interact on a regular basis don't look like you?

How many people of color have sat at your dinner table for a meal?

Tulsa is a deeply segregated city and has been since well before the 1921 Race Massacre. I have taught young people in north Tulsa and south Tulsa. I taught a kid with the last name LaFortune, whom I love. If you don't know that name, then it's even more likely you don't know the names O.W. Gurley or J.B. Stradford. Which suggests you don't know Tulsa history. If you don't know Tulsa history, then you are likely drunk on the narrative of self-serving ignorance and white privilege.

Since 2000, when the star from Blues Clues was in my son's reality I've thought about his reaction for decades. Steve Burns was literally in his face. The killings of George Floyd, Breonna Taylor and countless others are in your face. Systemic racism is in your face. What will you teach your children?

Quraysh Ali Lansana is author of twenty books in poetry, nonfiction and children's literature. Lansana is a Tulsa Artist Fellow, Writer in Residence and Adjunct Professor at Oklahoma State University-Tulsa, and a former faculty member of the School of the Art Institute of Chicago and The Juilliard School. Lansana is executive producer of KOSU/NPR's Focus: Black Oklahoma, and his forthcoming titles include Those Who Stayed: Life in 1921 Tulsa After the Massacre and Opal's Greenwood Oasis. He is a member of Tri-City Collective.

JOIN US TO START THE CONVERSATION

Dismantling Racism: A Toolkit for Parents

TulsaKids is partnering with OSU-Tulsa and Tri-City Collective for a series of live, interactive Facebook events to discuss racism with poet, author and educator Quraysh Ali Lansana. You will be able to ask questions and participate in real time. You don't want to miss it!

When: Tuesdays at Noon

Where: Facebook.com/tulsakidsmagazine

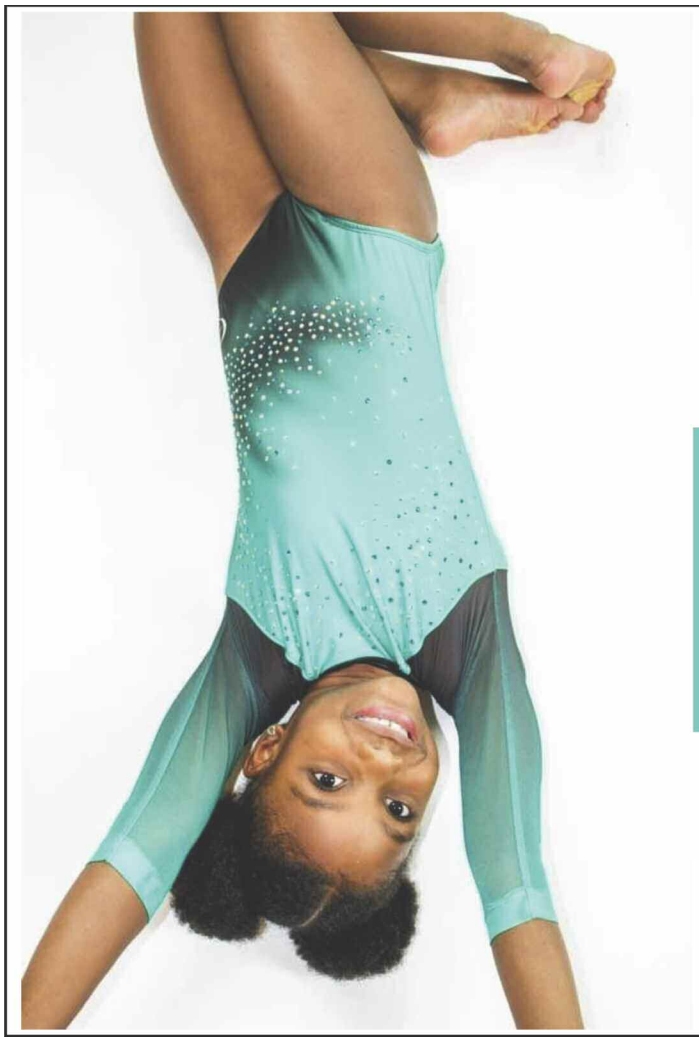
Tues., Aug. 4 — Racism 101: White privilege, racism, dominant culture, implicit bias – we hear so many terms, but what do they mean? How can we talk to our children? How do we recognize it? What do we do?

Tues., Aug. 11 – Teens Talk About Racism: Teens of different races will discuss their experiences with and thoughts about racism. Parents, you won't want to miss this!

Tues., Aug. 18 – Racism Toolkit: Let's get to work. Resources and ways to get started.







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Contact: Lea Nance
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the autistic brain and early intervention

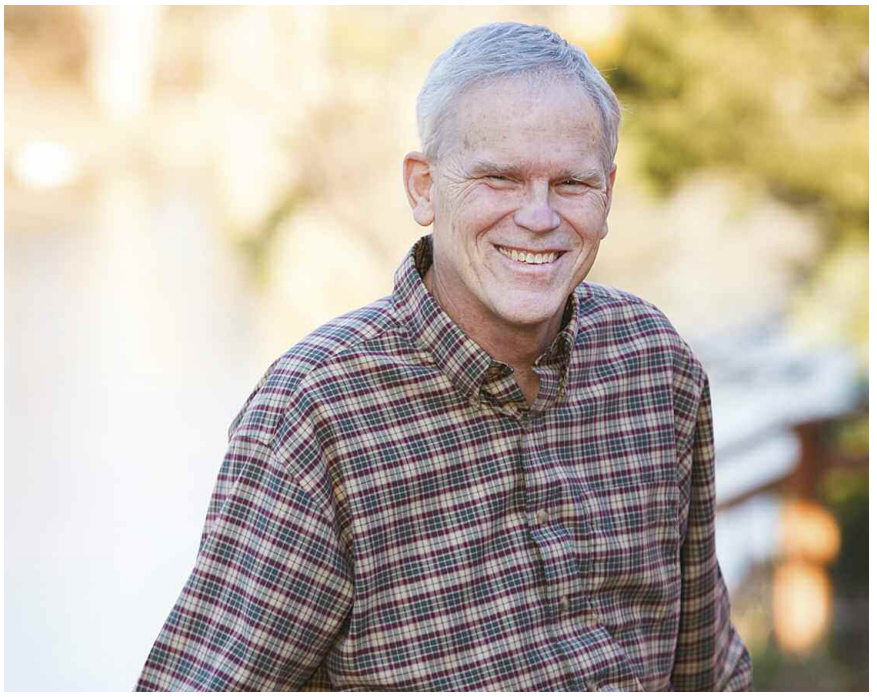
"I've had a lot of kids come to me who couldn't read," says Dr. Edward Gustavson, a developmental-behavioral pediatrician in Tulsa. "They're bright, 7 or 8 years old, but they can't read. They can't read because they can't concentrate. These kids live in a rock concert."

Autism spectrum disorder (ASD) is a diagnosis of abnormal sensory processing, Dr. Gustavson says. The disorder is much more prevalent in boys than girls; however, girls' symptoms are often more severe. In 2020, the CDC reported that approximately 1 in 54 children in the U.S. is diagnosed with ASD, according to 2016 data.

Gustavson, M.D., F.A.A.P., is a graduate of Harvard Medical School, a fellow of the American Academy of Pediatrics, and was clinical director of the Children's Medical Center in Tulsa until it closed. He has been practicing developmental medicine for much of his extensive career and currently is in private practice in Tulsa.

Gustavson uses the rock concert analogy to describe the sensory bombardment that children with ASD experience.

"They have too many brain cells," he says. "All five senses are overly sensitive."



Electronic imagery, MRIs and varied observations and measurements of the cerebral cortex with its excessive layers provide research markers that show what happens in the child destined to have ASD.

"The normal fetal brain during middle pregnancy has many more brain cells, called neurons, than it will need," Gustavson explains. "The bulk of the causes of ASD are related to environmental exposure in terms of the neurology or epigenetics in the womb."

During normal fetal brain development, a "pruning" process happens to reduce excessive connections in order to direct the senses to normal sensory action and communication. However, this reduction of cells and connections doesn't occur in the child with ASD, which results in an over-connected brain.

The most important of these connections concerns the visual and verbal cues, which prompt useful language. If this reducing or pruning doesn't occur, the child will hear sounds as if experiencing electronic interference, with resulting lack of comprehension.

"Albert Einstein, whose brain was studied after his death," Gustavson says, "was found to have doubled thickness layers; he spoke little until age 4, resulting from hearing too much, not too little."

Dr. Gustavson says that parents typically bring children to see him when the children are either not talking or not reading. He would like to see children as young as possible because the earlier therapy is started, the better the outcome.

"Children should be evaluated if they're not having language, and they're not connecting with the mother or another person like a grandmother or caregiver."

Dr. Gustavson describes a former fifth-grade patient who was having problems connecting with other children at school. The boy was being bullied, yet the school wouldn't accommodate his social differences because he was academically successful. Gustavson worked with him, and the boy's mother enrolled him in a different school where his unique abilities could be accommodated, and the class sizes were smaller.

"He became a star," Gustavson says. "Those with ASD can learn relationships if people give them the chance and don't push them into negative behavior patterns. They can learn to function, but not be neuro-typical; they can learn to have conversation and connection, but not be expected to process the same way as a neuro-typical person."

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Schools can accommodate children with ASD by ensuring that they are not over-stimulated. For example, putting them in the front of the class where they don't have to look through a sea of students to pay attention to the teacher, or allowing them to skip noisy assemblies. Providing a predictable environment and a para-teacher can also help.

Unlike a regular pediatrician, a developmental pediatrician spends at least an hour evaluating a child. Gustavson says he has always opted for spending time quietly and slowly observing, evaluating and talking with his patients in treatment rather than taking a more financially lucrative path. While the coronavirus has forced more internet home observations, Gustavson says that they are sometimes more telling than office visits.

"A child with ASD does not focus into the eyes of the examiners. Often the child hides the eyes and makes repetitive sounds or movements," he says, "but these are not too different from the actions of other children in a strange situation. In some ways, the observations I make as a doctor via confidential internet sessions of home behavior mean more. At home in quarantine with the mother's full attention, erratic and aggressive behavior, even ADHD, is likely to be more easily observed."

Gustavson's approach is practical and pragmatic. He believes that the sooner therapy begins, the better the results. Swedish studies show that it is critical to establish language as soon as possible in order to see optimum outcomes. So, rather than spending weeks or months in the evaluation phase, Gustavson begins therapeutic work after a much shorter evaluation than might typically be done, for example, in a hospital setting. He also helps parents learn to establish a consistent, quiet, predictable home environment as well as giving them methods to work with their children at home.

If necessary, Gustavson may use simple, non-addictive medications, but says the medicine is "the opposite of stimulants for ADHD. Medication is just to permit a reduction in the excessive input in order to work with the child."

The medication for ADHD can make the child with autism worse, Gustavson says.

"Children with ASD who are ready for a subject to be understood may fail simply because they are feeling panicky and upset by classroom noise, bright windows or rapid movement, for example," Gustavson says, "or even crossed or swinging legs can create too much stimulation for them to learn. The milder medications will reduce anxiety, rather than overstimulate."

The younger a child with ASD receives appropriate intervention through therapy, as well as classroom and home environment adjustments, the better it will be for the child and the family.

"They need to be identified early on, and the main thing we can do for all of them is reduce the stimulation and have them hear language in a calm way."

Dr. Gustavson warns that screens are not good for children, but they have especially negative effects on children with ASD. Recent studies of 6- to 9-month-old infants in Europe show that some babies will not focus on a virtual face as "normal" babies do.

"There are 100 times the bites in Sponge Bob as in Mr. Rogers," Gustavson says. "That screen is more confusing to the child than hammering on a simple, old-fashioned toy."

Dr. Gustavson says he teaches parents how to talk to their child and how to manage their child.

"Communication is what we're fostering," he says. "I'm helping the mother communicate with her child, giving them opportunities to get better, and to help the mother and father learn to get better, to learn how to communicate with their unique child."

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BY NANCY A. MOORE

April Bennett: a heart for healthcare

April Bennett happened into a career in the healthcare field and, as it turns out, choosing to pursue nursing was one of the best decisions she has ever made. It has provided over 19 years of employment in a challenging job she loves, while allowing her to make a positive impact on others' lives. Most recently, Bennett was presented with the opportunity to serve on the frontlines in New York City, an early hotspot for COVID cases. She just recently returned from an intensive assignment working at the Jacobi Medical Center in Bronx, NY where she spent almost two months. Now she shares her firsthand account about answering the call to travel to New York as well as a little message she has for our Green Country residents.

TK: Tell us about yourself:

Bennett: I am a single mom of three boys. My oldest is 17 and 11-year-old twins. I am the oldest of five girls, and my sisters and I have nine boys between us. One of my sisters is now pregnant with another boy on the way to make an even 10. We are all very close.

TK: What is your professional background in nursing?

Bennett: I have been a nurse for 19 years. I have my bachelor's degree in Nursing and am certified in Critical Care.

TK: What sparked your interest in the healthcare field?

Bennett: My entrance into nursing is not as poetic as some people's. It's not something I always knew that I wanted to do. I honestly fell into it. I went to college in a small town in Texas. I was the typical 18-year-old taking basic classes and had no idea what I wanted to be when I grew up. Because it was a small-town college, there weren't a ton of options, and nursing seemed like the natural next step. Turns out...it was the best decision I ever made.

TK: How did you find out about the opportunity to help in a hospital in New York?

Bennett: My good friend added me to a Facebook group for travel nurses, and the very next day I came across a message from a travel agency sending nurses to NYC for a crisis assignment. I didn't even know what a "crisis assignment" was, but I assumed due to the location it would be on a COVID unit.

TK: What did you initially think about answering the call to help?

Bennett: There was a number to call on the ad. I thought that I would call and just get information about the assignment then have some time to mull it over and assess the reward versus risk. I was wrong. When I called, the lady I spoke to did give me information, but then said I needed to agree to come right then and fly out within two days. I think I was pacing around mumbling for a few seconds before I just blurted out, "OK, I'll go." I'm still not sure that I would have agreed to it if I had more than five seconds to decide.

TK: What did your family think about your decision to go?

Bennett: My family was not thrilled that I was going. There was still so much unknown about COVID, and it wasn't clear even to me if this was a good decision for my family. They all expressed that they were very proud but fearful for my safety. My mom was the typical mom and started crying immediately. The thing that surprised me the most was the reaction of my sons. I thought that they would consider it a vacation from their sometimes too-strict mom. They seemed anxious, and it was another wake-up call that kids pay more attention to current events than we realize. They were worried that their mom was headed to the epicenter of this scary thing they were hearing about. They stayed with my sister, Sarah, who did an excellent job of trying to keep things light and fun all while helping them finish their school year online. Then another sister, Tara, took over watching the boys for the remainder of my stay. If the old adage "it takes a village" is true, then luckily my village comes with four amazingly selfless sisters.

TK: Once you were there, was it what you expected?

Bennett: When I first got there, it felt very overwhelming. We stayed at a hotel and were bused to whatever hospital they assigned us to. I was alone, and the weight of what I had signed up for didn't hit me until I arrived at the hotel. I got assigned the day after I arrived and went to the hospital. I'm not sure what I expected, but the people and hospitals of NYC were devastated. There were three morgue trucks like they showed on the news right where we entered the hospital, and there would be more by the time we left. The entire hospital was COVID patients.

There were makeshift ICUs. Doctors and nurses had to be creative and resourceful. Everyone did such a good job of trying to be efficient in an attempt at giving as good care to patients as they would on a normal day. Military

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arrived the same time we did and had their own ICU. I worked with them for one week and was the only civilian on the unit during that time. Doctors from all specialties were called to help the intensivists at the hospital. It was organized chaos. To answer the question: Was it what I expected? I tried to imagine the worst to prepare myself, and I came to the conclusion before I got there that as long as I had adequate PPE and everyone was working together, then that would be enough for me. And it was.

TK: What was the most difficult part?

Bennett: I know the right answer here would be that the hardest part was being away from my family, but I was oddly detached while I was there. I don't think I had the energy to think about anything other than work, eat and sleep. It was either exhaustion or a coping mechanism, but I think it worked to my benefit.

For me, the hardest part about being there was the schedule. We would leave the hotel at 5:30 a.m. and return around 8:30 p.m., and I worked every single day. Every night I would do my best to rush to my room, shower, eat and try to get to bed as early as possible. I would get cranky if anything interrupted my very short routine.

TK: What will you always remember about your time in NY?

Bennett: What I will always remember about being in NYC was the feeling of being a part of something special. As scary and devastating as it was, we all knew that the local nurses had been through it longer and harder. I met people that became like family on day two. The most poignant thing, though, was the emptiness of the city. Our hotel was on Times Square, and it was completely empty when normally people would be shoulder to shoulder. It was haunting but also felt like such an honor to be one of the few walking the streets. I don't think I'll ever forget that feeling.

TK: Would you answer the call to go again?

Bennett: I would certainly go again if the timing worked out. I wouldn't have been able to go if the stars weren't perfectly aligned. Because I was moving, I had already resigned from St. John and wasn't leaving any employer in a bind. I thoroughly - and surprisingly - really enjoyed my time in NYC.

TK: With your background in the healthcare field, what suggestions or advice can you offer for the people in Tulsa?

Bennett: Seeing what I saw, I would love to share some things with my Tulsa people. It is truly a devastating disease. It is not just another "flu." It wreaks havoc on all body systems and oftentimes leaves permanent damage to the people that survive. I took care of people whose entire families were wiped out. I took care of people in their 30s that didn't survive. It's easy to see NYC as this faraway place, and we can convince ourselves that it could never happen here or to us. The people of NYC could not pretend that this disease wasn't real or serious because EVERYONE knew someone that was affected; therefore, they took stay at-home orders and social distancing very seriously. As I mentioned, the streets of Manhattan were completely empty. I hope that Tulsa does not find itself in that position. My quarantine is over, but I still try to stay at home unless absolutely necessary. When I do go out, I often find myself the only person wearing a mask. It saddens me and makes me fearful that Tulsa has not seen the worst of this.







BY NATALIE MIKLES

immune-boosting coronavirus comfort lunches

Lunchtime will look different for many kids as they head back to school this year.

For some, assigned seating in the cafeteria will become the norm. Many other kids will be eating lunch at their desks in their classrooms. At some day-care centers, kids accustomed to eating elbow to elbow will be spaced apart. Homeschooled kids also appreciate the rhythm and balance to the day that lunch provides.

For children, lunchtime is an important break in the day, providing nutrition and an energy boost for learning. For parents who will be packing lunches this year, there's motivation to make sure the food is healthy and balanced. But a lunchbox full of uneaten quinoa and celery sticks isn't going to do anyone any good.

Coming up with healthy, power-packed foods that kids will love is a challenge we're ready to take on. Here are some ideas for comfort lunches to start the school year strong.



VITAMIN C

Blueberries, raspberries, blackberries and strawberries are all high in vitamin C and flavonoids. They're also all on most kids' approved list. For a bento box, put berries in one compartment and yogurt in another, plus granola or crushed graham crackers, so kids can make their own yogurt parfaits.

Another easy and delicious way to use berries is in smoothies.

This smoothie will become more liquid as it sits in the thermos, so make a pretty thick smoothie to start. One way to add thickness is to slice and freeze your banana the night before. Frozen fruits help to make a thicker smoothie.

Lunchbox Berry Smoothie

Serves 2

- 1/2 cup vanilla yogurt
- 2 cups mixed berries frozen
- 1 sliced banana
- 1 tablespoon chia seeds
- 1 cup milk

1. Add yogurt, berries, banana, chia seeds and milk to blender. Blend until smooth.

2. Pour into a thermos to keep cold.

PROTEIN

Eggs don't just have to be for breakfast. If you're looking for a substitute for turkey and ham sandwiches, eggs are a great source of protein.

But no one wants cold scrambled eggs for lunch. Think of ways to make baked egg dishes that can stay warm in a thermos. One of our favorites is a mini egg muffin, similar to a mini quiche.

These are great for packing for lunch for young children with smaller appetites. Add more vegetables if you like – broccoli is especially good here. And you can eliminate the sausage, replacing it with sautéed or roasted vegetables or a little extra cheese.

Mini Egg Muffins

- 1 pound ground turkey sausage
- 12 large eggs
- 1/2 red pepper, diced
- 1 cup cheddar cheese
- 1/2 cup mozzarella cheese

1. Preheat oven to 350 degrees. Brown turkey sausage over medium high until fully cooked.

2. Spray a muffin tin with cooking spray. Divide the red pepper, cooked sausage and cheeses over each muffin well.

3. In a large bowl combine eggs, and salt and pepper to taste. Pour egg mixture over the sausage in each well.

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4. Bake 10-15 minutes for mini muffins and 20-25 minutes for standard muffins.

Note: You can make these muffins ahead, refrigerate or freeze until ready to warm up for the lunchbox. To serve, defrost or warm until hot, then wrap each in aluminum foil and place in a thermos to keep warm.

ZINC

For children, zinc is important for growth. You'll find it in fortified breakfast cereals and milk. But for lunchtime, how about getting your zinc in the form of the ultimate comfort food – chicken noodle soup. Poultry is a good source of zinc.

Soup is great for packing in a thermos for lunch. Include whole-grain bread and crackers, plus an orange or sliced apples, and you have a perfect immunity-boosting lunch.

Easy Chicken Noodle Soup

- 1 tablespoon butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 cup sliced carrots
- 2 cloves garlic, minced
- 4 (14.5 ounce) cans low-sodium chicken broth
- 1 (14.5 ounce) can low-sodium vegetable broth
- 1/2 pound chopped cooked chicken breast
- 1 1/2 cups dried egg noodles
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

1. In a large pot over medium heat, melt butter. Cook onion, celery and carrots in butter until tender, about 5 minutes. Add garlic, stirring until aromatic and golden, about 1 minute.

2. Pour in chicken and vegetable broths, then stir in chicken, noodles, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

VITAMIN A

Orange-colored fruits and vegetables are rich in vitamin A. Eating them raw is super, but if your kids aren't fans of raw baby carrots or sliced cantaloupe, try another route.

Roasting carrots creates a sweet, tender vegetable that some kids love. Or, sneak them into foods you know they love, like macaroni and cheese.

We like this simple pasta with peas and carrots. It's good warm but also great at room temperature, so you don't have to worry too much about keeping it piping hot for lunchtime. This is one that everyone from teenagers to toddlers will be happy to find in their lunch bags.

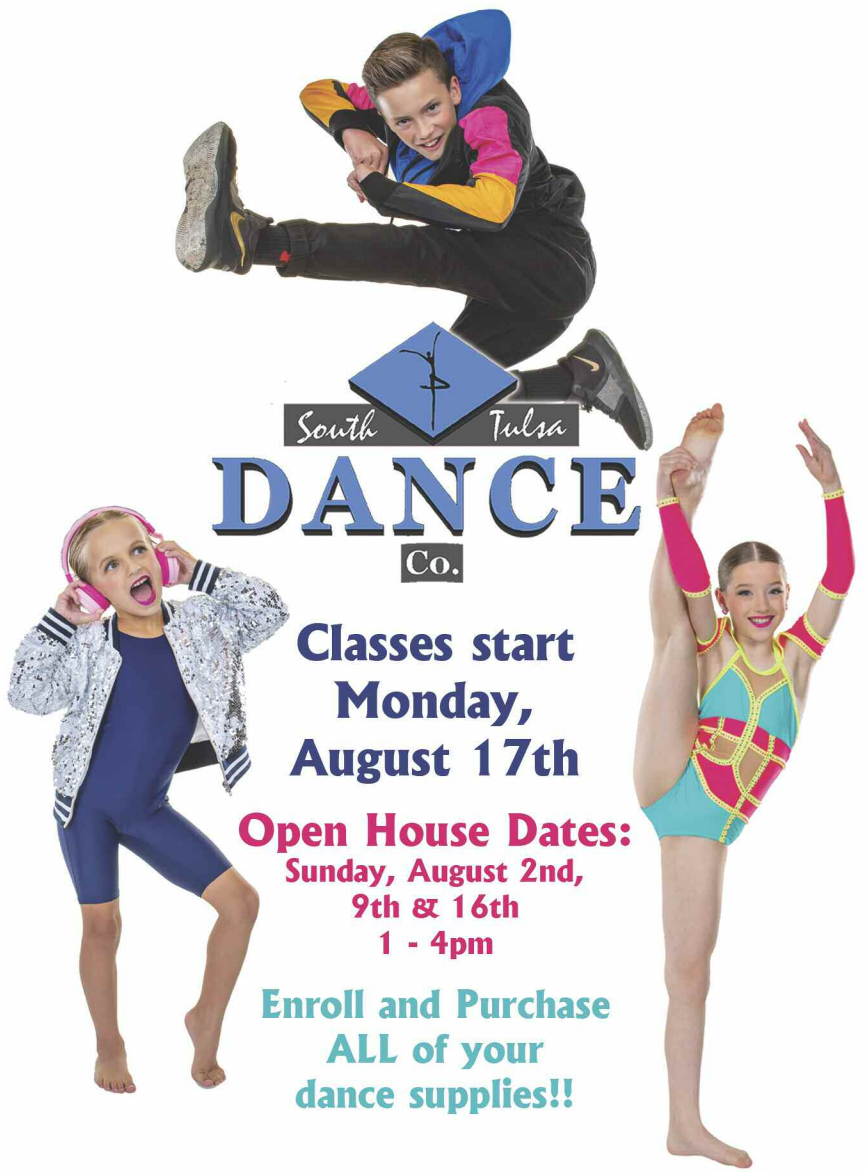
Pasta with Peas and Carrots

- 1/2 pound (8 ounces) pastina or acini de pepe (very small shaped pasta)
- 2 tablespoons olive oil
- 1 small onion, finely diced
- 2 medium carrots, peeled and diced into 1/2-inch pieces
- 1 cup low-sodium chicken stock
- 1 cup frozen petite peas, thawed
- 4 ounces cream cheese, at room temperature (use more for creamier pasta)
- 2 tablespoons chopped fresh basil leaves

1. Boil pasta in a large pot of boiling water. Stir occasionally, cooking 8 to 10 minutes. Drain, but reserve 1 cup pasta water.

2. In a large nonstick skillet, heat oil over medium heat. Add onion and cook until soft, about 7 minutes. Add the carrots and reserved stock, and bring to a boil. Reduce heat to a simmer and cook 5 minutes. Add peas and cook 2 minutes or until the peas are warmed through and carrots are tender. Stir in the cooked pasta.

3. Cut cream cheese into cubes, and add to pasta, stirring until mixture forms a sauce. Season with salt and pepper. Garnish with chopped basil.







BY NATALIE HANSON

how to start homeschooling

Since most everyone is experiencing some kind of uncertainty concerning their plans for fall, I thought this would be a good time to help anyone who might be ready to take the leap into homeschooling! Here are a few tips for getting started:

First, get the legal stuff straight.

This is an important place to start because it gives you a good idea of the baseline requirements you need to be aware of to get started. Once you have a handle on this, everything else will be about customizing your experience. HSLDA.org has all of the legal requirements listed for each state on their site. Many states are actually modifying their requirements this year to make it easier for families to take advantage of homeschooling, and you can find all of these modifications explained on the website. We Oklahomans have some of the least restrictive homeschool guidelines in the country, making it fairly easy for families to transition to homeschooling. There are basically no reporting or testing requirements to contend with; however, there are a few suggestions on things to be aware of to make sure your family is protected. I highly recommend familiarizing yourself with the laws regarding homeschooling where you live before you get started.



Examine your family's needs and schedule.

This is important because it can save you quite a bit of frustration during your first year. Take stock of how you spend your time without homeschooling. Are your kids in school? What do you do during that time? What are you willing to adjust or sacrifice to make homeschooling work, and what are your family's non-negotiables that need to be accounted for within your decision to bring school home? Make sure to include your partner in this discussion and eventually your children as well. Just acknowledging as a family that you are about to make a big change can go a long way in reminding everyone to have grace with each other as you adjust to your new way of doing things.

Do your research.

This can be tons of fun! It can also be overwhelming if you're not careful. Although the beautifully edited photos on social media can be inspirational, the reality of homeschool is messy, human and personal. If you really want to get the scoop, make sure you talk to actual people! There is no replacement for hearing honest accounts of the fun and challenges that come from taking on such a direct and personal role in leading your children's education.

That being said, research away! It is amazing how much access to information is available compared with past generations of homeschoolers. Without much effort, we can gather information from diverse sources to put together a unique homeschool that works for our families. I have a neighbor whose family was an early adopter of homeschooling, and the only option her parents had was to call local schools to figure out how to order curriculum! What a great time to be alive and creating your specific homeschool vision.

Choose a Curriculum (or don't if you are unschooling!)

When you first begin homeschooling, its common to feel pressure to ensure success by picking the perfect curriculum for your pupils. But guess what? There is no perfect curriculum! All of them have their good points and bad, and different ones are better fits for different children and families. You can do all the research you want, but when it comes to curriculum, most of the time the only way to really figure out what works is to try it. It can also be tempting to purchase an entire package that will provide you with everything you will need for an extended time. This can be helpful if you are confident in what you are buying, but my advice is to start by purchasing just what you need to get started. Then you will have a better idea of what works before you make a major purchase, and you will feel less guilty if you need to switch gears mid-year when something isn't working. I can't tell you how many first-time homeschool

continued next page

moms have said to me, "I can't believe how much I spent on curriculum!" So, take my advice and pace yourself when you are getting started.

Go for it!

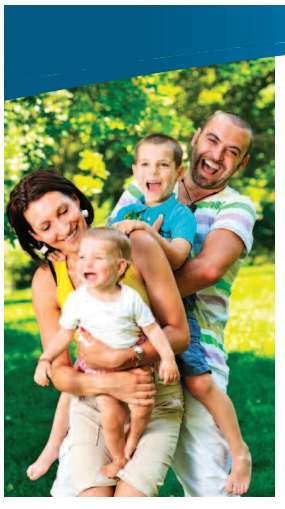
The time has come to put all of your dreaming and research into action! Even though we keep some of our subjects running year-round, I still find it helpful to put together some sort of ceremonial back-to-school celebration in the fall. It helps us recognize we are starting something together, and it's time to get to work! Expect your first year of homeschooling to be filled with trial and error. It's a new relationship that takes time to learn, so don't lose heart if a few months in it doesn't look exactly like you thought it would. Count small victories! Make big goals, but don't be afraid to put those to the side to keep patience and peace in the top spot in your home.

Happy Homeschooling!

KnowledgeNest

KnowledgeNest is built on the foundation that parents and kids should be in control of what education looks like to them. From tutoring to teaching small groups, you can find what you need or customize a plan just for your family.

918-282-0484
knowledgenestteacher1@gmail.com

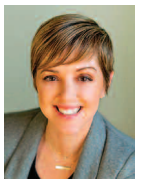


What's a **smart way** to build your kids' financial foundation?

Life insurance from Modern Woodmen of America. It's a gift that can last a lifetime. Let's talk – I can help you plan for life.

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Eliza Woods, FIC
918-378-2703
elizabeth.a.woods@mwarep.org
reps.modernwoodmen.org/ewoods

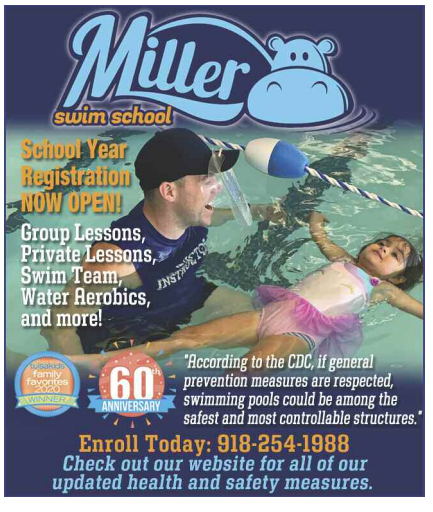
Download TulsaKids' Baby Guide by August 31 for a chance to win a free box of diapers!



Prenatal and Postpartum Resources For Your Growing Family

tulsakids.com/baby









Hip Suggestions for Alone Time (if it ever happens)

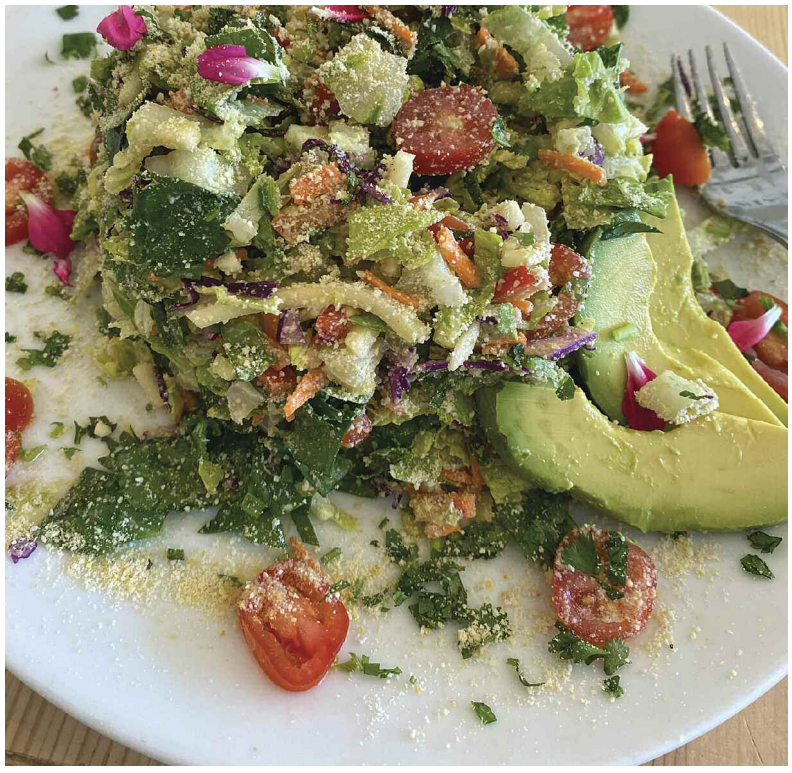
BY JILL VANTREASE

A confession: it's hard to be hip these days! Maybe even for fancy people and celebrities. Even Gwyneth seems to be-hawking the same $400 yoga pants. So, there are no sparkling new hip venues for you to visit here, dear mama. But I have another proposal — as I write this, it's early July. I am hoping that your kids are going back to school in some capacity this month. I am hoping that you get a few hours to yourself after this endless, stressful summer that began in March! And I have a few suggestions for you to do those first few hours that you're free to be yourself and think your own thoughts. (And if you're not comfortable sending your kids to school – I'll come babysit! Don't worry – I'm a hypochondriac. If my shoulder hurts I'll assume I'm contagious and won't come!)

So, let's begin this fantasy. You have 3, 4, 5 hours to yourself. What do you do first?

Well, first, you head to a makeup heaven! Ulta, Sephora, Saks – I know you've been neglecting your physical appearance. Which is fine during times of duress – but it's not a good long-term strategy! Our bodies are a visual manifestation of how well we're taking care of ourselves, and we're worth some personal care and TLC – particularly us mamas in the trenches. So go play and get inspired.

I find some great shampoo and conditioner for my blonde-ish dye job – Tone It Down. It keeps my hair from looking like a brassy clown orange train wreck for as long as possible. I've also found noticeable results from magical skin serums, like hyaluronic acid and vitamin C serums. They improve the texture of my skin and also seem to improve how well moisturizers are absorbed. At Saks you can even request a makeover – sometimes it's those little tricks and a new product or two that can get us out of a rut. Also, indulge in lotions, perfumes, little luxuries like this that make you remember you are a beautiful, precious woman – not just a slovenly mom who has to don a mask and hide her smile at the grocery store.



Next, go get a massage! Oh yes you do. Massage Envy and other venues have top-of-the-notch sanitation protocols in place – of course they do in such an intimate setting. I go get my first massage in so many months, and I feel the need to apologize to my therapist for all the snap, crackle and pop coming out of my back and shoulders! She reminds me that since I've been hunched over my computer getting into social media fights, it's important to remember to stretch my arms backwards, arch my neck backwards, and even do "Supermans" – that's where you lie on your tummy, and attempt to lift up your head, shoulders, chest and feet to attempt mimicking flying. It's tough, hard and absolutely effective for stretching out those muscles that need to be stretched backwards – a movement most of us are not getting daily.

Post-massage: It's time to go get a healthy lunch with plenty of hydration (and you know I like the vino, but not now!). Go somewhere healthy where you can get lots of vitamins, protein and minerals – after the Quarantine Diet of White, Brown and Sugar, you need greens and fruits in all the colors! I love Pure Food and Juice on Peoria, Ediblend, Salata, Crushed Red, or any of the delightful salads at Stonehorse or Wild Fork – get those greens on. I would say ask a friend, but as my first outre out into the world with me, myself and I – I just want to sit, think, observe, cry a little, and then get over myself and get back out there into the world of mamahood.

And finally, just go for a walk. Meander along the River Trails, saunter through the Gathering Place. Walk slowly and mindfully. Reflect on all that you have, be thankful for your rotten children, be thankful for this lovely city we call home. Take a deep breath, mama, and get back to work.



Miller Swim School | Sarah Miller

Q: Beyond water safety and health, how can my child benefit from year-round swimming lessons?



A: Swim Kids are Smart Kids! Swim lessons for children at an early age have been proven to help learning and performance in school. According to a 2012 study at Australia's Griffith University for Education Research, preschoolers who participate in swim lessons attain more developmental milestones than children who don't. Beyond achieving physical milestones faster, children also scored significantly better in visual-motor skills such as cutting paper, coloring in and drawing lines and shapes, and many mathematically-related tasks. They also scored better in the areas of oral expression, literacy and numeracy. I'd say that's a pretty strong case for staying in swim lessons year-round!

Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988 Website: www.millerswimschool.com

On the Cusp Pediatric Dentistry & Orthodontics | Dr. Ryan Roberts, DDS

Q: What tips do you have for your child's first dental appointment?



A: The American Academy of Pediatric Dentistry recommends a dental visit for children by the age one or by their first tooth! Bringing your child in at an early age enables a child to begin a lifelong preventive dental care routine! Here are six helpful tips so that you and your child have a great experience! First, is role play and read books! Play dentist with your child, practice opening wide, smiling, and showing their pretty teeth. Second, use positive language when talking about the dentist! We don't use words like shots or drills, we want the visit to be positive and fun atmosphere. Toys and TVS are at offices but feel free to bring your child's favorite comfort item. Plan a treat after the visit so your child has something to look forward to for good behavior. Stay relaxed yourself, children feed off energy and if you are nervous and have anxiety your child will feed off that. Lastly, prep your child for the visit, we explain everything step by step so make sure you do the same prior to the visit! With these tips you should have a successful, fun first time at the dentist with your child!!

South: 8222 E. 103rd St. • Midtown: 4444 S. Harvard Ave. 918.921.8822 • OntheCuspdds.com

HTR Pediatric Therapy | Mindy McCoy, MOTR/L

Q: How do I stop my child from chewing and biting his clothes, fingers/fingernails, peers, and other non-food objects?



A: For a child under two, it is perfectly normal to chew or mouth objects to explore his environment or self-soothe. However, an older child biting his peers or chewing on non-food items may have a medical condition called Sensory Processing Disorder (SPD). A child with SPD has difficulty sorting all the information coming into his body through his senses. We all have sensory needs, and we all have a sensory system that needs to be organized in order to maintain our body in a calm state. Some children need more oral sensory input to self-regulate and satisfy their sensory system. These children actively seek out that input by chewing on whatever they can and are referred to as "oral sensory seekers. "Oral sensory seekers" do not chew on objects because they want to, but rather because they NEED to. Provide your child with sensory strategies to help alleviate the behaviors. Examples include:

1. Drink from a water bottle with a spout or drink thick liquids such as smoothies or milkshakes through a straw to provide added sensory input and strengthen oral-motor muscles. **2.**Use a vibrating toothbrush. The vibration provides strong deep pressure into the mouth, which can be soothing to a child with oral-seeking behavior **3.** Eat a variety of crunchy or chewy snacks throughout the day. **4.** Eat a variety of flavors of foods daily. **5.** Hum songs, whistle, or make animal noises as a fun activity to increase sensory input into the mouth.

HTR Pediatric Therapy • 6715 E. 41st St., Tulsa • 918.806.0106 • htrpediatrics.com

Modern Woodmen of America Fraternal Financial | André L. Thomas, FIC

Q: How can life insurance be a life saver for your child or grandchild?



A: One thing COVID-19 has shown us is you cannot predict the future. While you can't predict the future, you can protect your child's future insurability. By purchasing life insurance while your child or grandchild is young and healthy, you can guarantee them a lifetime of coverage regardless of pre-existing health conditions, provided sufficient premiums are paid. For example, if you have a family history of diabetes, MS or other health conditions, it's important to build a solid foundation for your child with a policy that guarantees life insurance protection later in life even if they develop a medical condition. It's also wise to take advantage of lower youth rates because costs increase with age. Insuring loved ones now can provide a stress-free lifetime of financial security for your family - something everyone can appreciate.

Andre' L. Thomas, FIC • Financial Representative • Modern Woodmen of America Fraternal Financial • 918-630-5451 • Andre.L.Thomas@mwarep.org



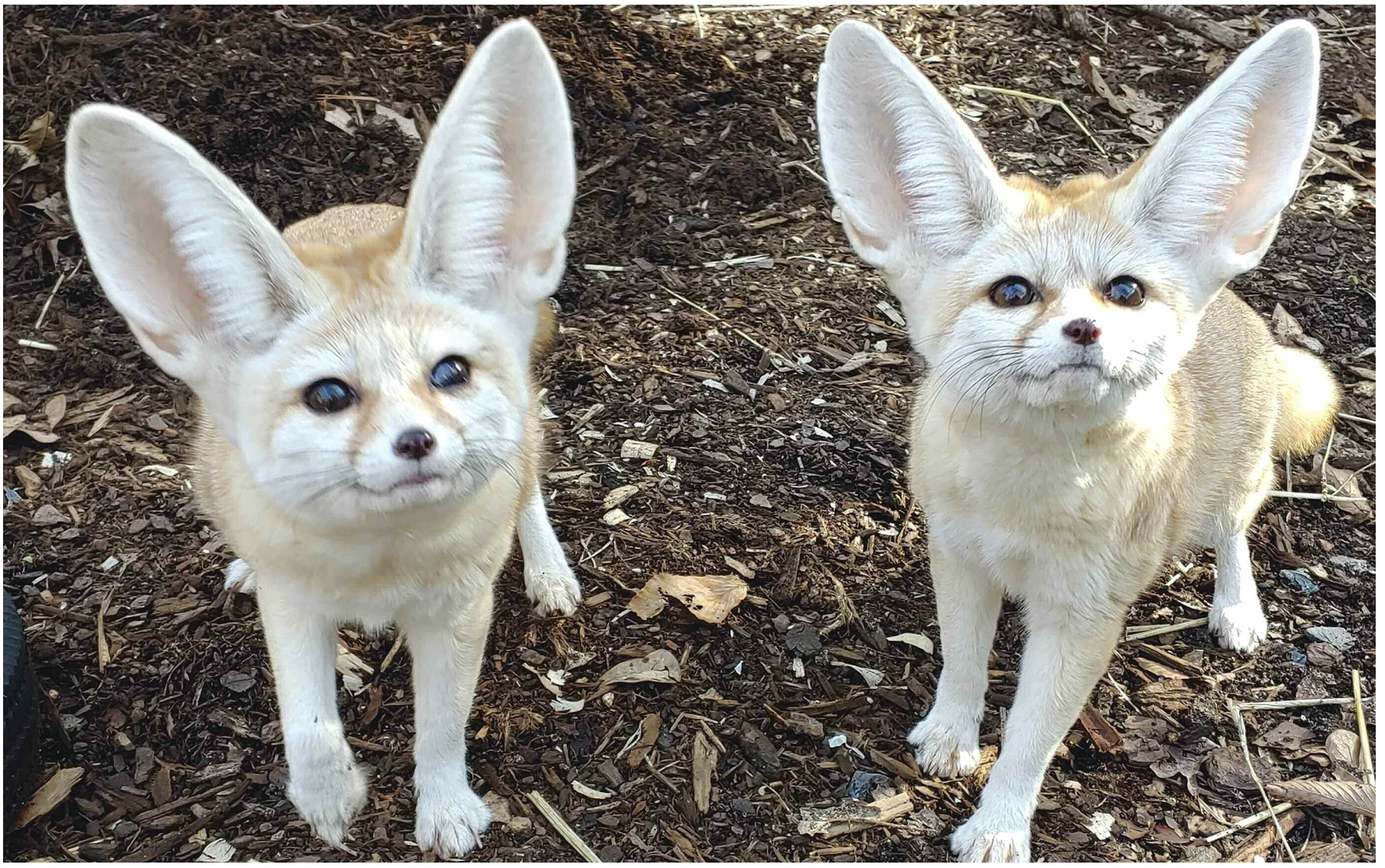
Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner

Q: We had testing scheduled through the school that was delayed due to COVID-19. There's a lot of uncertainty about what the new school year will look like, and I don't want to lose more time waiting on testing. How can I help my daughter while we wait?



A: As a parent, you know your child best. Trust your intuition and observation of your daughter over the years. Ask yourself, "What does she avoid or not enjoy doing?" For example, if jigsaw puzzles are challenging, she may have difficulty with spatial awareness skills, which is the ability to process shapes. Or, she may have difficulty finding her striped shirt when looking in her closet at multi-pattern shirts. This could be an indication of figure ground delays, which is having difficulty identifying something specific when there is a lot of visual stimuli to sort out. The observations you make could indicate that there is an underlying skill that is not as strongly developed as it could be, which causes the task to be a real struggle. Breaking down the tasks and working on them in small increments from simple to complex will help strengthen these skills that are required for reading success.

Dr. Penny Stack, OTD, OTR/L, CLT, 8988 S. Sheridan Rd #D1, Tulsa OK 74133, 918-313-5518, wwwdyslexiatulsa.com



Visit fennec foxes Milo and Mosley at the Tulsa Zoo's Life in the Desert part of the Robert J. LaFortune WildLIFE Trek! A zoo adventure now begins online at tulsazoo.org/tickets, where all guests must reserve their entry timeslot.

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

August 1 Saturday

KIDS TAKE OVER THE COWBOY: MOVING DAY – WESTERN LUGGAGE
The history of the West tells the stories of people's movement. From nomadic Native American tribes, to explorers like Lewis and Clark, to settlers moving West in wagons, they all needed something to carry their belongings. Pack a wagon like a settler, assemble a no-sew leather pouch of your own, experiment with Native American travois and enjoy storytime. Free for members or with Museum admission. All activities available while supplies last. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-12 p.m. nationalcowboymuseum.org

August 2 Sunday

CELEBRATE: NATIONAL ICE CREAM SANDWICH DAY
Our Summer Family Fun Guide includes a scrumptious recipe for brownie ice cream sandwiches! Get your free copy at tulsakids.com/summer.

August 3 Monday

SUMMER SUBMARINE [FREE]
Climb aboard the Summer Submarine with the Oklahoma Aquarium! Summer Submarine is an online summer camp featuring videos, activities, and story times for young learners under 12. Join Summer Submarine Monday, Wednesday, and Friday through August 7. facebook.com/okaquarium

DAILY 'KIDS READ' WITH MRS. CINDY [FREE]
Spies, brave dogs, silly kids, witches and friends! Come and read a chapter a day with Mrs. Cindy. Join Mrs. Cindy on Nathan Hale Library's Facebook
page: www.facebook.com/nathanhalelibrary. For ages 5-12. Repeats daily through August 7.

August 4 Tuesday

DISMANTLING RACISM: A TOOLKIT FOR PARENTS – SESSION 1: RACISM 101 [FREE]
In August, Quraysh Ali Lansana, a poet and professor at OSU-Tulsa, will join TulsaKids Magazine for a Facebook Live series designed to help parents understand systemic racism and how to address it with their children. This first session will be an overview of what systemic racism, white privilege and anti-racism. Facebook.com/tulsakidsmagazine, 12 p.m.

August 5 Wednesday

VIRTUAL STORYTIME WITH THE TULSA ZOO [FREE, W]
Be ready for tales, and even tails, 10 a.m. every Wednesday on Facebook. If you miss the wildlife on Wednesday
visit tulsazoo.org/kids for links to all the zoo's furry and feathered fables. facebook.com/tulsazoo, 10 a.m.



In August, Quraysh Ali Lansana, a poet and professor at OSU-Tulsa, will join TulsaKids Magazine for a Facebook Live series designed to help parents understand systemic racism and how to address it with their children. Join us every Tuesday, August 4, 11 and 18 at 12 p.m. on the TulsaKids Magazine Facebook page.

SHAWNEE LANGUAGE CLASS [FREE, W]
Learn the beautiful language of the Shawnee people. This class is taught by the Shawnee Tribe's Language Department via Zoom. Register online at www.tulsalibrary.org/events 24 hours prior to class for Zoom link. For ages 10 to adult. 6-8 p.m.

August 6 Thursday

ARCHIVE FOOTAGE + HAPPY HOUR [FREE]
Enjoy some interesting footage from Living Arts of Tulsa's archives. Plus, adults can enjoy learning to make a beverage at this Living Arts Happy Hour! Simply go to facebook.com/livingartsoftulsa for more details.

VISIT A SPLASH PAD [ONGOING]
It's hot out there! Find a list of local splash pads at tulsakids.com/tulsa-water-parks-pools-and-playgrounds. Don't forget your sunscreen!

August 7 Friday

TECH TALK: CANVA 101 [FREE]
Want to create posters and other graphics for your business or personal projects, but don't know where to start? Join TCCL for this Zoom webinar for an introduction to using Canva, a free graphic design tool. This talk will be of interest to you whether you are a technology expert or enthusiast, or just want to learn more about how technology works. Register online at www.tulsalibrary.org/events. Registrants will need to provide an email address. The Zoom login information will be emailed out an hour prior to the program. A recording of the talk will be uploaded to YouTube. For adults and teens. 12-1 p.m.

CELEBRATE: NATIONAL WATER BALLOON DAY
Have a family water balloon fight! Feel free to tag @tulsakids (IG) or @tulsakidsmagazine (FB) in your photos, and we will share them to our social media Story!

August 8 Saturday

SATURDAY MORNING BIRDING [FREE]
Enjoy some birding at Oxley. All skill levels are welcome. Bring binoculars if you have them. Oxley Nature Center, 6700 N. Mohawk Blvd., 8-9:45 a.m. oxleynaturecenter.org

SANDDAZZLE/BACK TO SCHOOL BASH [FREE]
Join Broken Arrow Parks & Recration for Back to School Bash & Sand Dazzle! This is a free community event, and everyone is invited. There will be free backpacks with school supplies while they last, face painting, games, inflatables hot dogs, snow cones and a giant sand pit that kids can play in and dig for prizes! Nienhuis Park Community Center, 3201 N. 9th St., Broken Arrow, 10 a.m.-2 p.m. facebook.com/baparksandrec

SATURDAY YOGA WITH LIVING ARTS [FREE]
Living Arts will be hosting a free yoga session each month on select Saturdays! Until the gallery is reopened, this class will take place on Zoom. Get the Zoom link in the Facebook event page. facebook.com/livingartsoftulsa, 11 a.m.

August 10 Monday

RHEA LANA'S OF BROKEN ARROW
Rhea Lana's is an award-winning semi-annual children's consignment event! Hundreds of families sell thousands of gently used, HIGH-QUALITY children's clothes, shoes, toys, books, DVDs, baby equipment, gently used maternity clothes, and much much more at affordable prices. Rhea Lana's events are open to the public ONE WEEK only! Learn more at brokenarrow.rhealana.com. Because of COVID-19, babywearing will be allowed, but otherwise, children will not be able to attend this event. Other safety precautions will be in place as well. Rhema Ninowski Rec Center, just East of 71st and 145th. The sale will last August 9-13, with pre-sale days August 7 and 8.

PAPER SNAKES [FREE]
Living Arts of Tulsa is Flipping the Gallery! Visit their Facebook page, facebook.com/livingartsoftulsa, for instructions on how to make a paper snake!

August 11 Tuesday

DISMANTLING RACISM: A TOOLKIT FOR PARENTS – SESSION 2: TEENS TALK ABOUT RACISM [FREE]
In August, Quraysh Ali Lansana, a poet and professor at OSU-Tulsa, will join TulsaKids Magazine for a Facebook Live series designed to help parents understand systemic racism and how to address it with their children. In this session, Quraysh Ali Lansana will be joined by a small group of teenagers from different schools and backgrounds, who will discuss their experiences and understanding of racism. facebook.com/tulsakidsmagazine, 12 p.m.

BAM! POP! ZAP! COMIC BOOK MAKING WITH GILCREASE MUSEUM
You're invited to explore the world of graphic novels while designing your own hero, storyline, and comic book. Learn about different artistic styles, layouts, and lettering in this fun and easy class. The class will be delivered through three live Zoom sessions, August 11-13, that will be recorded and shared with participants afterward and written instructions. All class materials will be provided and available for pickup beginning August 4. For ages 9-12. Pre-register at gilcrease.org/events.

CULTURAL EXPLORATION: CHEROKEE – WITH GILCREASE MUSEUM
Cherokee people have always valued community and coming together. Discover traditional Cherokee homes, Cherokee games and go on a nature scavenger hunt. Learn about Cherokee words and culture still important today in Cherokee communities.The class will be delivered through a combination of pre-recorded videos, live Zoom sessions and written instructions. All class materials will be provided and available for pickup August 4. For ages 8-12. Pre-register at gilcrease.org/events.

August 12 Wednesday

WONDERFUL WORLD OF DOGS - DOG PLAY WEDNESDAY [FREE]
Hot diggity dog! Gathering Place is bringing the Wonder World of Disney Dogs to Tulsa! Gather your Puppy Dog Pals for an evening inspired by your favorite Woof Disney Dog characters, including 101 Dalmatians, Lady and the Tramp, Goofy, Pluto, Up!, and so many more. Gathering Place, 2600 S. Riverside Dr., 6-8 p.m. gatheringplace.org

August 13 Thursday

FANTASY/SCIENCE FICTION BOOK CLUB [FREE]
Join fellow fantasy/science fiction enthusiasts to discuss "Isle of Blood and Stone" by Makiia Lucier on Zoom. When two maps surface, each bearing the same hidden riddle, 19-year-old Elias, a royal mapmaker, sets sail with King Ulises to uncover long-held secrets behind the mysterious disappearance of the king's two young brothers 18 years earlier. Contact rebecca.mcwilliams@tulsalibrary.org for the Zoom link. For ages 16 and up. 7-8 p.m.

August 14 Friday

TECH TALK: LIBRARY RESOURCES FOR THE JOB HUNT [FREE]
Join TCCL for this Zoom webinar and discover and learn about library databases and services that will help you in your search for a new job. From interview coaching and resume help to skill training, there is something for anyone who is looking for a new job or to get back on the job hunt. This talk will be of interest to you whether you are a technology expert or enthusiast, or just want to learn more about how technology works. Register online at www.tulsalibrary.org/events for Zoom login info. Registrants will need to provide an email address. The Zoom login information will be emailed out an hour prior to the program. A recording of the talk will be uploaded to YouTube. For adults and teens.

August 15 Saturday

TULSA FARMERS' MARKET [FREE, W]
Shop the Tulsa Farmers' Market every Saturday morning through October 24! Kendall-Whittier Square, 1 S. Lewis Ave. 7-11 a.m. tulsafarmersmarket.org

WILL ROGERS/WILEY POST FLY-IN [FREE]
You will not want to miss one of the biggest Fly-Ins in the region. Over 100 planes will land at the airstrip, and there will be food trucks, classic cars and fun activities for the family. Plus, Will and Wiley usually show up for some pictures. Gates open at 7:30 a.m., and the event usually goes until about 1 p.m. Event is FREE, but donations are encouraged. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 7:30-1 p.m. willrogers.com

August 16 Sunday

VISIT OXLEY NATURE CENTER [ONGOING]
The hiking trails at Oxley Nature Center are open every day from 7 a.m.-9 p.m. (The gate to the parking lot is only open from 8 a.m.-5 p.m., so you may want to arrive during that time.) Oxley Nature Center is a wonderful place to explore Oklahoma wildlife and ecosystems, with wide, flat trails perfect for family hiking. 6700 Mohawk Blvd.



Will Rogers and Wiley Post will fly in to the Will Rogers Birthplace Ranch in Oologah on August 15. Don't miss one of the biggest fly-ins in the region! Details at willrogers.com.

August 17 Monday

CELEBRATE: NATIONAL NONPROFIT DAY
Take some time to learn more about our local nonprofits, and consider donating to a cause close to your heart. One fun way to support nonprofits is by purchasing a family membership – for example, to Tulsa Zoo, Oklahoma Aquarium, Discovery Lab, Philbrook, Gilcrease Museum, Living Arts, ahha Tulsa, Tulsa Botanic Garden, Woody Guthrie Center, Oxley Nature Center, etc.

August 18 Tuesday

DISMANTLING RACISM: A TOOLKIT FOR PARENTS – SESSION 3: RACISM TOOLKIT [FREE]
In August, Quraysh Ali Lansana, a poet and professor at OSU-Tulsa, will join TulsaKids Magazine for a Facebook Live series designed to help parents understand systemic racism and how to address it with their children. This session will present practical approaches to addressing systemic racism with your kids using art, games, curriculum and other resources. facebook.com/tulsakidsmagazine, 12 p.m.

BUILD A READER STORYTIME: FAMILY [FREE]
Go to Pratt Library's Facebook page at www.facebook.com/tcclprattlibrary for a reading of "Sir Pete the Brave" by James Dean. New York Times bestselling author and artist James Dean brings readers a new story about the most gallant cat around—Pete! This time Pete is a knight on an adventure to save a pal.

August 19 Wednesday

TULSA FARMERS' MARKET MIDWEEK MARKET [FREE, W]
Purchase locally grown, seasonal produce every Wednesday morning at Kendall-Whitter Square, 1 S. Lewis Ave. 7:30-11 a.m. tulsafarmersmarket.org

August 20 Thursday

STAY-HOME FUN! [ONGOING]
Download TulsaKids' Summer Family Fun Guide for plenty of activity

suggestions your kids can do at home, including easy DIY science experiments! tulsakids.com/summer

August 21 Friday

HANDPRINT UNICORNS [FREE]
You know we love unicorns! If you'd like to make your own handprint unicorns, go to facebook.com/livingartsoftulsa, where they will be sharing some instructions.

August 22 Saturday

BOTANY WALK [FREE]
Enjoy a Botany Walk at Oxley Nature Center. Free, no registration required. Oxley Nature Center, 6700 N. Mohawk Blvd., 10:30 a.m.-12 p.m. oxleynaturecenter.org

SALSA FESTIVAL
Join the Oklahoma Aquarium for its annual Salsa Festival on Saturday, August 22, 2020, from 4-8 p.m.! With thousands of families visiting the aquarium, this is a great way to celebrate the diversity of flavors! Activities include a jalapeño eating contest and more fun throughout the day. Attendees will vote on their favorite salsa made by vendors and amateurs in three categories: Mild, Hot, and Anything Goes. Salsa contest winners will receive awards, behind-the-scenes tours of the aquarium, and of course, bragging rights! Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 4-8 p.m. *Note: Check the website, okaquarium.org, for updates. As of publication, this event is still scheduled; however, details may change due to COVID-19.

August 23 Sunday

GO TO TULSAKIDS.COM/CALENDAR FOR MORE EVENTS!

August 24 Monday

LION KING CRAFT [FREE]
Living Arts of Tulsa is Flipping the Gallery! Head to facebook.com/livingartsoftulsa for instructions on making this fun craft inspired by Lion King!

August 25 Tuesday

YOGA FOR EVERY BODY [FREE, W]
Join TCCL via Facebook Live for a FREE beginner-friendly yoga class taught by certified yoga instructor Christine Von de Veld. To access the Facebook Live for this class, visit TCCL's Facebook page, www.facebook.com/tulsalibrary. For all ages. 6-7 p.m.

CELEBRATE: NATIONAL BANANA SPLIT DAY
According to nationaldaycalendar.com, the banana split was invented by a 23-year-old apprentice pharmacist in 1904. Create your own by cutting a banana in half, and placing it in a dish. Add one scoop each of vanilla, chocolate and strawberry ice cream. Add crushed pineapple topping over the strawberry scoop, strawberry topping to the chocolate scoop and a drizzle of chocolate syrup to the vanilla scoop. Top with crushed nuts, whipped cream and a cherry!



August 26 Wednesday

WEDNESDAY YOGA [FREE]
Living Arts of Tulsa is Flipping the Gallery! Head to facebook.com/livingartsoftulsa for more details about this free yoga class.

August 27 Thursday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

August 28 Friday

TECH TALK: CRYPTOGRAPHY, 500 B.C. TO PRESENT [FREE]
Join TCCL for this Zoom webinar as Luke Crouch, a privacy and security engineer, gives a talk on the history of cryptography. From Cesarean ciphers to Navajo Code Talkers during WWII, the talk will touch on the high points of an interesting topic. This talk will be of interest to you whether you are a technology expert or enthusiast, or just want to learn more about how technology works. Register online at www.tulsalibrary.org/events for Zoom login info. Registrants will need to provide an email address. The Zoom login information will be emailed out an hour prior to the program. A recording of the talk will be uploaded to YouTube. For adults and teens. 12-1 p.m.

August 29 Saturday

ROSE DISTRICT FARMERS MARKET [FREE, W]
The Rose District Farmers Market offers seasonal produce and other locally-produced products every Saturday through October. 418 S. Main St., Broken Arrow, 9 a.m.-12 p.m.

August 30 Sunday

GILCREASE GARDENS [ONGOING]
The Gilcrease Gardens are open daily from 6 a.m.-11 p.m. Bring a mask and enjoy some socially distanced time in the great outdoors! 1400 N. Gilcrease Museum Road, gilcrease.org

August 31 Monday

BOTTLE CAP TURTLES CRAFT [FREE]
Want to learn how to make turtles out of bottle caps? Go to Living Arts of Tulsa's Facebook page, facebook.com/livingartsoftulsa, for instructions! Don't forget to save some bottle caps ahead of time!

IN THE MIDDLE [FREE]
Join TCCL via Zoom as participants discuss "Word of Mouse" by James Patterson and Chris Grabenstein. Email South Broken Arrow Library at sb@tulsalibrary.org for the Zoom meeting information. For ages 9-12. 6:30-7:30 p.m.

**This information is correct to the best of our knowledge. However, details could always change due to COVID-19 or other factors. It is always a good idea to check the event website to confirm the information or receive updates.*

tulsakids.com
What's Going On(line)?

CONTESTS + GIVEAWAYS

TULSAKIDS' COVER KID CONTEST, PRESENTED BY TULSA ER & HOSPITAL

That's right, it's time for TulsaKids' annual Cover Kid Contest! Enter a photo of your child from August 1-15, then get your friends and family to vote (once daily) from August 16-31! Get additional information and the entry link at tulsakids.com/coverkid. (Photo by Leslie Hoyt)



SUMMER FAMILY FUN GUIDE

Summer vacation got an extension this year! Download TulsaKids' Summer Family Fun Guide if you're looking for ways to fill your end-of-summer days. You'll find lists of places to buy ice cream, local splash pads, as well as stay-home activities like DIY science experiments. Not to mention summer safety and hydration tips! Get your free copy at tulsakids.com/summer.



She's already dreaming of graduation. Make sure she's ready for what comes next.



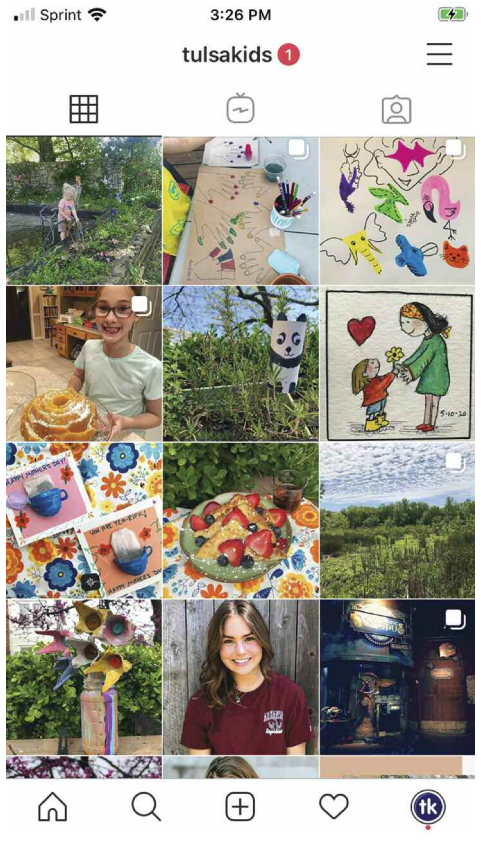
Find TulsaKids' College and Career Planner at TulsaKids.com/College

TULSAKIDS' PARENTING GUIDES

TulsaKids' annual Enrichment Guide can help you discover extracurricular options for your kids. Find it year-round at tulsakids.com/guides, along with other directories, including our Health & Wellness Guide, School Guide, Special Needs Guide, College Planner and more.

FOLLOW US ON INSTAGRAM!

Are you on Instagram? Follow @tulsakids to get sneak peeks of new local businesses, behind-the-scenes pics from our monthly cover photo shoots, giveaway information and more!



TulsaZoo

HOW TO ZOO

- ☑ **Online reservation**
  tulsazoo.org/tickets
- ☑ **6 feet between parties**
- ☑ **Masks** (recommended)
- ☑ **Have fun!**



WE'RE A SOCIAL SPECIES

TULSAZOO • tulsazoo.org • 6421 E 36th St N, Tulsa • (918) 669-6600

TULSA ER & HOSPITAL

OPEN 24/7, Treating All Ages



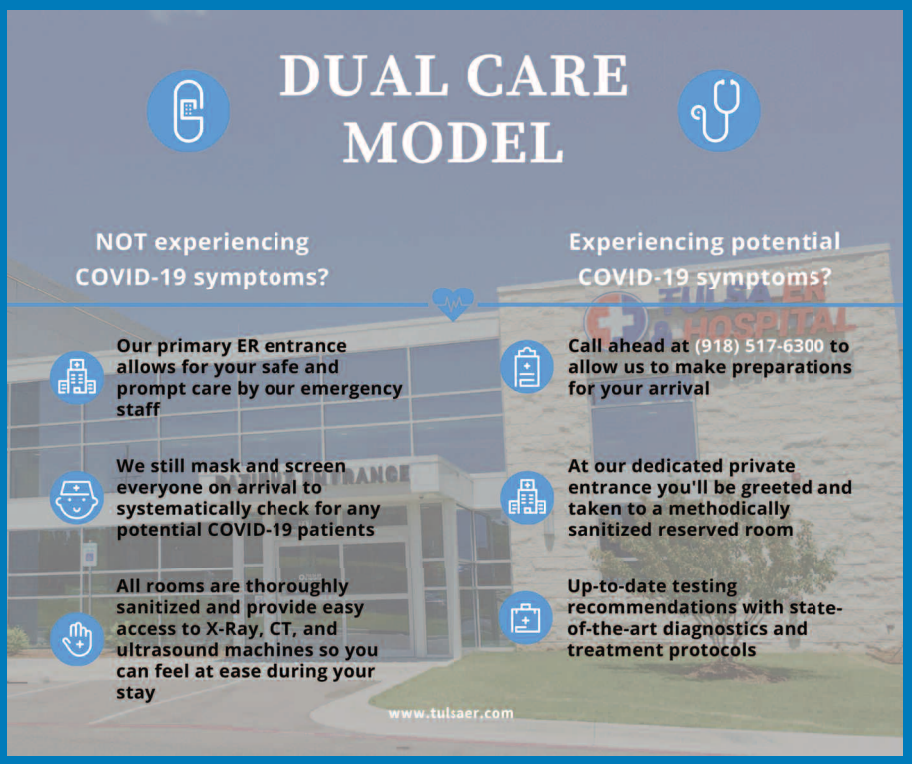



Physician Owned, Patient Focused

Tulsa ER & Hospital was built upon the idea that complete health, mind, and body, begins with a peaceful and welcoming atmosphere. Being a physician-owned hospital allows for a shorter wait time, which in turn allows for more 1-on-1 time between the patient and physician. Our facility has on-site lab and imaging, which allows for faster test results.

When your family is in need of immediate emergency care from injury or illness, our courteous staff & certified physicians are just minutes away!

- Board Certified Emergency Physicians
- CT Scan, X-ray, Ultrasound
- Adult & Pediatric Care
- Minimal Wait Time
- Always Open 24/7
- Full Clinical Lab



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