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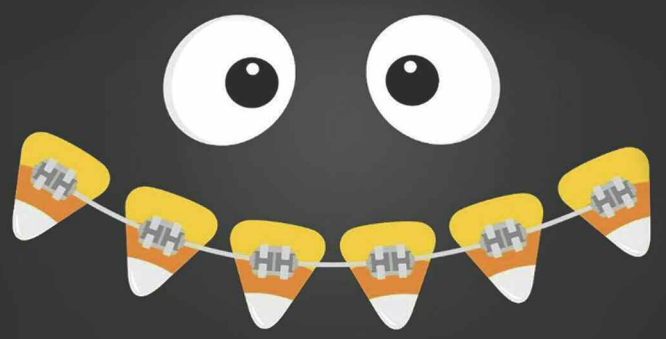
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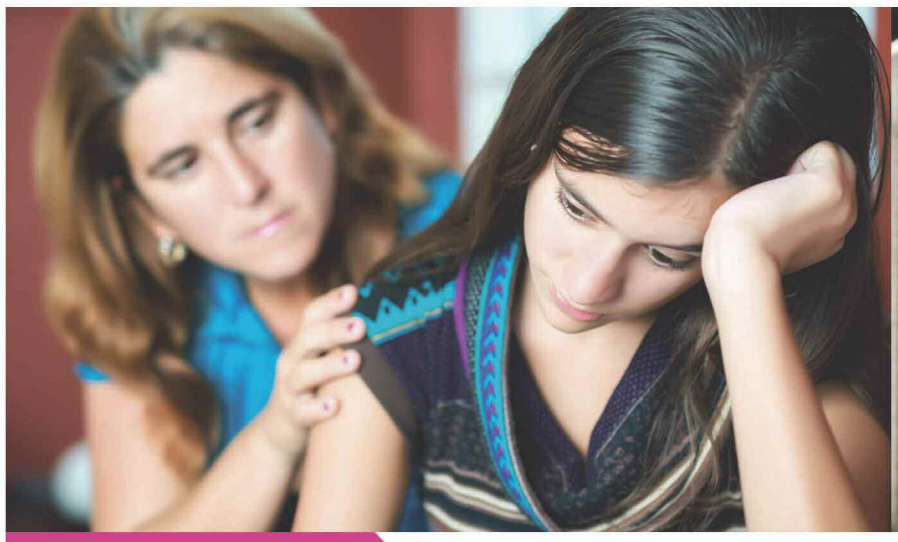
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editor's note

On Our Cover and On the Spectrum . . .

I had the pleasure of meeting Jack, our cover model this month, and our Cover Kid Contest overall winner this year. He came to the cover shoot with his mom, an aunt, and his two siblings, Olive and Huck. Jack is on the autism spectrum and is non-verbal. He is also loving, a little silly, pure and sweet.

We started out doing a costume shoot with Huck and Olive, but not-quite-two-year-old Huck had a mind of his own (as most toddlers do) and kept wandering out of the picture. Animated by Huck's antics, Jack needed some calming hugs from his aunt as the photo shoot continued.

We moved on to shooting Jack alone to give little brother and sister a break from posing. Besides big hugs, Jack likes to hang upside down to calm himself, and the cover photo resulted from that. It's such a fun, kid-like thing to do. I love the shot. Even though Jack is non-verbal, his personality and willingness to connect shone through.

I asked Jack's mom, Erin, to tell me about Jack, explain some misconceptions people may have about autism and to share her wishes for him. You can read what she has to say in this issue – and see the beautiful photo of Jack upright by photographer Leslie Hoyt.

Having a disability shouldn't mean invisibility.

Since this is the month of Halloween during the pandemic, we have some fun, safe ways to celebrate, and a few ideas for incorporating facemasks into your child's Halloween costume.

And, you can't think about Halloween OR the Coronavirus without feeling a little fearful. We asked our TulsaKids and Tulsa Parents Facebook friends to tell us what they're afraid of these days. Not surprisingly, the top concerns were COVID related. We reached out to professionals in the community to respond to parents' fears. You'll find those responses in these pages.

Speaking of masks, be sure to go to tulsakids.com to enter your child in our Mask Up! Photo Contest sponsored by The Children's Hospital at Saint Francis.

Stay well!

Betty Casey
associate publisher and
editor in chief





ON OUR COVER
CONGRATULATIONS TO TULSAKIDS 2020 COVER KIDS CONTEST WINNER JACK RAMSEY.

PHOTO BY LESLIE HOYT
www.lesliehoyt.com

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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.

SAME AND NEXT DAY COVID-19 TESTS AVAILABLE

The Oklahoma City-County Health Department and Tulsa Health Department announced that residents can receive same or next day appointments for COVID-19 tests at the health department testing operations in Oklahoma City and Tulsa.

Results for Tulsa Health Department testing operations are received within three business days, depending on lab capacity. THD utilizes a combination of public and private labs to test specimens. Both health departments stress testing as critical to identifying the impact of the virus on their communities. The CDC states the following individuals should get tested for COVID-19:

- People who have symptoms of COVID-19
- People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19
- People who have been asked or referred to get testing by their healthcare provider, local or state health department.

"The Tulsa Health Department offers specimen collection for COVID-19 testing in north and south Tulsa to provide convenient access for community residents. There is no cost for testing, and it's easy to quickly make an appointment," said Leanne Stephens, public information officer for THD.

Individuals needing a test in Tulsa County may call 918.582.9355. The Tulsa Health Department is also launching a digital platform for test scheduling, results and contact tracing soon.

BEST BUDDIES VIRTUAL FRIENDSHIP WALK

Best Buddies International, an organization that encourages volunteerism to create opportunities, one-on-one friendships, intergrated employment, leadership development and inclusive living for individuals with intellectual and developmental disabilities (IDD), is now in Oklahoma. There are currently four school chapters in Oklahoma.

Jennifer Sollars Miller is Best Buddies Oklahoma Director of Mission Advancement.

"To be inclusive isn't just a state of mind, it's a lifestyle," Miller says, "and Best Buddies nurtures that value in its volunteers, from youth to adulthood."

The first-ever Friendship Walk in Oklahoma is Sat., Oct. 31, 10 a.m., and it will be virtual. To learn more or to register, go to www.bestbuddies.org/oklahoma/friendship-walk.



HARDESTY DONATES TO DISCOVERY LAB

Hardesty Family Foundation announced a $3 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. The donation will finance a 300-person, outdoor amphitheater to be set at the entrance of the museum facing Gathering Place.

The Hardesty Family Foundation Amphitheater will feature regular museum events and programs with an outdoor stage and seating built into the landscape. The space fits with Hardesty Family Foundation's goals to support local programs and projects that meet the needs of Tulsans and to create a better future for residents of the region.

Discovery Lab broke ground on the new site this spring with an expected opening date of fall 2021.



TULSA ZOO HOURS AND COVID CARE

During the summer months, the Tulsa Zoo opened early for visitors to beat the heat. After Labor Day, the zoo's hours moved to 9 a.m. to 5 p.m. All guests, including members, are required to reserve advance tickets online at tulsazoo.org/tickets, with 2–2:59 p.m. being the final guest entry timeslot.

The main gate will be the entry and exit. Zoo guests will leave through the Gift Shop Exit instead of the West Gate.

"Based on three months of operating with safeguards, we have a better understanding of traffic flow around the zoo," says Patrick Weisz, director of guest services. "This change will allow for social distancing and improve the guest experience with one entry and exit point.

"We are getting overwhelmingly positive feedback from guests about the changes we've made. We appreciate our community's flexibility and understanding as we continue to make changes to keep everyone within our gates healthy and safe."

Buildings and attractions will continue to close at 4:30 p.m. to allow time for guests to exit zoo grounds by 5 p.m.

M.E.T. LAUNCHES DIGITAL RECYCLING DIRECTORY

A new digital recycling directory, RecycleThisTulsa, allows citizens to find where they can recycle various items, using a search bar on their computer or mobile phone. The directory also offers information on curbside recycling as well as other environmental resources. Find RecycleThisTulsa at www.recyclethistulsa.com.

CORRECTIONS

Terence Crutcher's name was misspelled in the Sept. Green Country Grown-up article. The correct website for Tyler Thrash in the same article is https://tylerthrasher.com.



WE ARE STILL HERE!

C & J School Uniforms has been Tulsa's premier one-stop shop for school uniforms for more than 24 years. The owners, Chari Edwards and Joyce Fuller, met when their children were in need of school uniforms. Edwards and Fuller soon discovered a shared desire to provide quality brand, affordable school uniforms and accessories to area families.

At C & J, you can shop locally for new and consigned slacks and shirts, skirts and jumpers, jackets, sweaters, and blazers. This year, school-specific masks have been added to the usual accessories of socks, backpacks, headbands and bows. In addition to merchandise, C & J provides alterations and monogramming services, and the shop is currently offering curbside pickup on phone orders.

"Even those students who will be learning remotely may prefer to go back to school in uniform to set a more serious tone for studies," suggested Fuller.

"We are grateful to our customers who have continued to shop with us through these difficult times, and we look forward to serving them for many years to come," said Edwards.

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BY KILEY ROBERSON

teaching children about money at an early age **pays off**

It was a Star Wars Lego set that did it. It was a Saturday afternoon and I had stopped by the store with my preschool son in tow to pick up a few things for the upcoming week. A quick jaunt past the toy aisle was all it took for him to zero in on a Lego set with his favorite Star Wars characters, which was swiftly followed by pleading and whining for the rest of our shopping trip. This certainly wasn't the first time this had happened, so when I gently told him that we weren't there to buy toys that day, I expected his usual frustrated understanding. What I didn't expect was for him to look at me and say, "Come on, just put it on your card."

Yep, that's when I decided that our little guy was old enough to learn about the value of money and how that card was more than a magic pass to get anything I wanted. There is definitely a debate among parents about when to start talking about money with your kids. Some believe that introducing concepts of money to children places too much strain and adult anxiety on children. While I certainly understand the concern, recent research has shown that waiting to talk money with kids actually puts them at a disadvantage in developing healthy money habits as they grow older. A 2018 study conducted by a group of psychologists at Purdue University found that by age 3, kids can grasp basic money concepts and by age 7, many of their money habits are already set.



TEACHING YOUNG CHILDREN ABOUT THE VALUE OF A DOLLAR WILL HELP THEM DEVELOP HEALTHY MONEY HABITS.

So how can we do better at increasing our children's money smarts? Experts recommend the following strategies:

Explain how money works. Like my son, kids need to know that bank cards don't equal endless funds, and there isn't a tiny printing press inside every ATM. You can help them understand by explaining that the bank is like a piggy bank where you keep your money until you're ready to use it. Tell your child that when you spend what's in your account, it's gone until you get paid by your work and can replenish the cash. They should understand that you can't buy whatever you want, and that you make careful choices about how you spend your money.

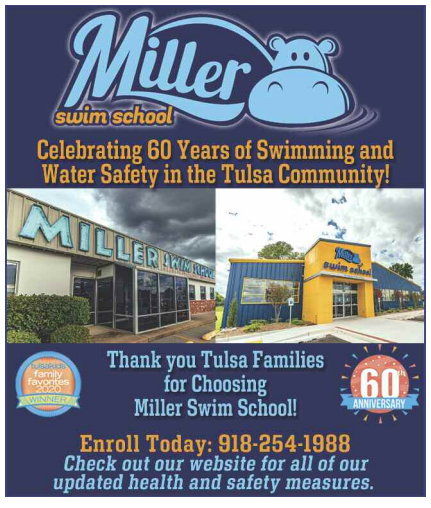
Build your child's money skills. Play store by putting price tags on items around the house (50 cents for a pencil, 75 cents for a rubber ball, $2 for a Hot Wheels car). Help your child figure out the cost to "buy" each one. Then hand him two one-dollar bills and explain that he has enough for the pencil and the ball or just the car, but not all three. Let him choose.

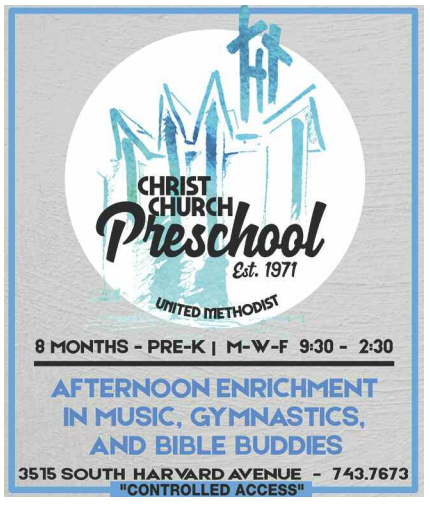
Give your child a small allowance. It should be enough for her to buy minor items, such as trading cards, hair clips, or ice-cream bars. The next time you go shopping, tell your child to bring

continued next page

her money if she thinks she might want to purchase something. If your child wants something big, such as a new hardcover book or a toy, help her figure out how much she needs to save each week in order to buy it. It's important to note that the majority of experts agree that a child's allowance should not be tied to household chores. Children should help out around the house because they are part of the family, not because they are being paid.

Teach generosity. While you're at it with the money lessons, it's a good idea to teach kids to do more with their money than just spending it on themselves. Encourage them to donate part of their allowance to charity. You can help them pick out a charity that's special to them and teach them to give back.









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BY MARY BETH RITCHIE, LCSW

unicorns, rainbows and the sugar high

Is there really such a thing as a sugar high? Many parents and teachers believe that eating sugar causes children to be hyperactive and to misbehave. You may be surprised to learn that this is a myth that has been repeatedly debunked since the 1990s. Yet, it is still widely believed today.

How did this myth begin? In the 1970s, doctors were beginning to treat children who suffered from ADHD (Attention Deficit Hyperactivity Disorder) with stimulant drugs. Parents were concerned about the side effects of Ritalin and amphetamine. A 1975 best-selling book, "*Why Your Child is Hyperactive*" by Dr. Ben Feingold, described how a child would become wild and uncontrollable after birthday parties and during holidays. Feingold linked the hyperactivity to the increased level of sugar intake during these events. Concerned parents wanted to help their children without the negative effects of drugs, and they began to restrict sugar instead.

In 1994, a rigorous study was done to explore the possibility of sugar affecting the behavior of children. This study included children whose parents described them as having sensitivity to sugar as well as children who didn't show these signs. This was a large double-blind study. Some children received a diet high in sugar, while the placebo group was given a diet sweetened with artificial sweeteners, such as aspartame. Parents, children and the members of the research team were not aware which children belonged to which group. Urine tests were given in order to confirm that the diets were being followed properly. The study, published in the New England Journal of Medicine, concluded that sugar had absolutely no effect on a child's behavior or cognitive function. The following year, an analysis of all published studies came to the same conclusion. Studies continue, but no correlation has ever been found between sugar intake and behavior or cognitive function.



IF YOU THINK EATING SUGAR MAKES YOUR CHILD HYPERACTIVE, YOU MIGHT WANT TO THINK AGAIN.

In spite of the scientific evidence, this myth remains popular today. Some parents are convinced that they see their children become hyperactive after eating sugar. One theory is that parents are seeing this because it's what they are expecting to see. As a parent, and a teacher, I have my own opinion. I believe that children hear adults talking about how sugar makes children "hyper," and children live up to this expectation. It almost gives children a legitimate excuse to misbehave. I have had my students tell me things like, "Sugar makes me bounce off the walls!", something they've likely heard at home. They will frequently make these statements before classroom parties. I regularly respond by telling them that they should avoid the sugar if it will cause this behavior. Since they don't want to refrain from enjoying the treats, they manage to eat the sugar without becoming hyperactive.

Both of my sons were very active, and were diagnosed with ADHD, as children. They were both born in the '90s, and were diagnosed well after these studies were published. Yet, I remember being advised to limit their sugar intake. I did experiment with the idea. I never noticed a difference in their behavior. They seemed to be hyperactive all the time, regardless of their sugar intake.

Many of these "sugar high" episodes seem to involve birthday parties, holidays and other special occasions. Isn't it possible that the children are just excited about these events? Armed with this new information, parents may need to reexamine their ex-

continued next page

pectations for the behavior of their children. If you have discussed this myth with, or in front of, your children, you might want to tell them that you've now discovered that it wasn't accurate. This will let children know that you expect their good behavior, even after eating sugary treats. You might even wish to tell them that, if they are going to bounce off the walls, they need to avoid the sugar. This method has worked wonders for me in my classroom.

Too much sugar can lead to many other health problems, such as obesity, diabetes, and heart disease, so there are many good reasons to limit the amount of sugar your children consume. However, the mythical sugar high isn't one of them.

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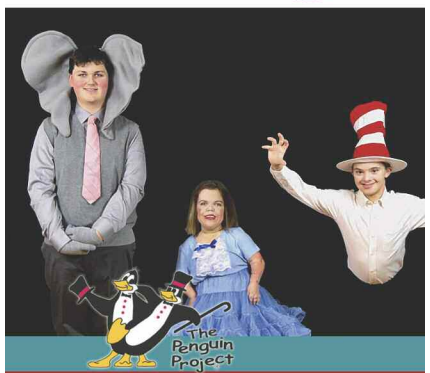
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BY JULIE WENGER WATSON

high school senior turns **passion** into **possibility**

Although Rolling Stone ranks Bob Dylan as one of the greatest songwriters of all time, Booker T. Washington senior Dylan Wagman is less than impressed. Despite being named after the '60s folk hero, Wagman's own tastes run more to alternative music.

"My dad is a big Bob Dylan fan," Wagman explains. "I went to a Dylan concert with him, and it was terrible. I was around 6, and it was just so loud at the Brady. I was just like, 'Get me out of here.'"

Despite Wagman's lack of regard for his namesake, perhaps it's inevitable that he developed a passion for music, even if the inspiration was his mom's not-so-secret love of AC/DC rather than his dad's appreciation for the famous troubadour.

"When I was 8, my mom said I should play drums because I wasn't doing anything with my life. I've been playing drums ever since," Wagman laughs. "My mom was a big AC/DC fan, and that kind of got me into it. The first song I learned to play was 'Back in Black.' On my eighth birthday, I got my first pair of drumsticks."

Since that time, Wagman's musical interests have expanded to include the guitar and audio engineering as well. His fascination with the technical end of producing music and all the gear involved in that process eventually pushed Wagman to look for an opportunity to learn more.



DYLAN WAGMAN'S LOVE OF MUSIC LED HIM TO PURSUE A UNIQUE INTERNSHIP WITH MUSICIAN DAVID TEEGARDEN. PHOTO CREDIT: DAVID TEEGARDEN, SR.

"When I first started getting into the audio stuff, I knew there were videos on YouTube and other things online I could look for because nobody my age was really doing this kind of thing," he says. "I thought about where I could go to talk to somebody about it."

Wagman remembered meeting Tulsa drummer and recording studio owner David Teegarden, Sr. at one of BTW's career days, so he decided that was a good place to start. It was a wise choice. Teegarden knows a thing or two about music. Among many noteworthy items on his resume, Teegarden drummed for a number of years with Bob Seger & the Silver Bullet Band, acquiring a Grammy in the process.

With his mom's encouragement, Wagman delivered a letter to Teegarden's studio and was quickly rewarded for his efforts. Teegarden invited Wagman to visit him at the studio, and that soon turned into a regular gig for the aspiring sound engineer.

"I was actually surprised to hear back," Wagman recalls. "But then it turned out he's just such a nice guy. I guess we're friends now, and I see him all the time."

While Wagman wouldn't describe the arrangement as an internship in the traditional sense of the word, he's learned a lot from his time at the studio.

"It's really informal. I just ask him if he has anything going on, and he says, 'Yeah, we have a session here,' and I go, and it's pretty friendly," he says. "The sound engineer there, Brett Bald-

continued next page

win, is a really nice guy, too."

At the studio, Wagman helps ready the space for recording sessions, running cables and placing stands. He helps with the teardown, too, although handling the high-end microphones still makes him a little nervous.

"I've learned a lot just watching them mix with the console and the computer," he says.

His time at Teegarden Studio has also helped him contemplate his future. He hopes to eventually own his own recording studio.

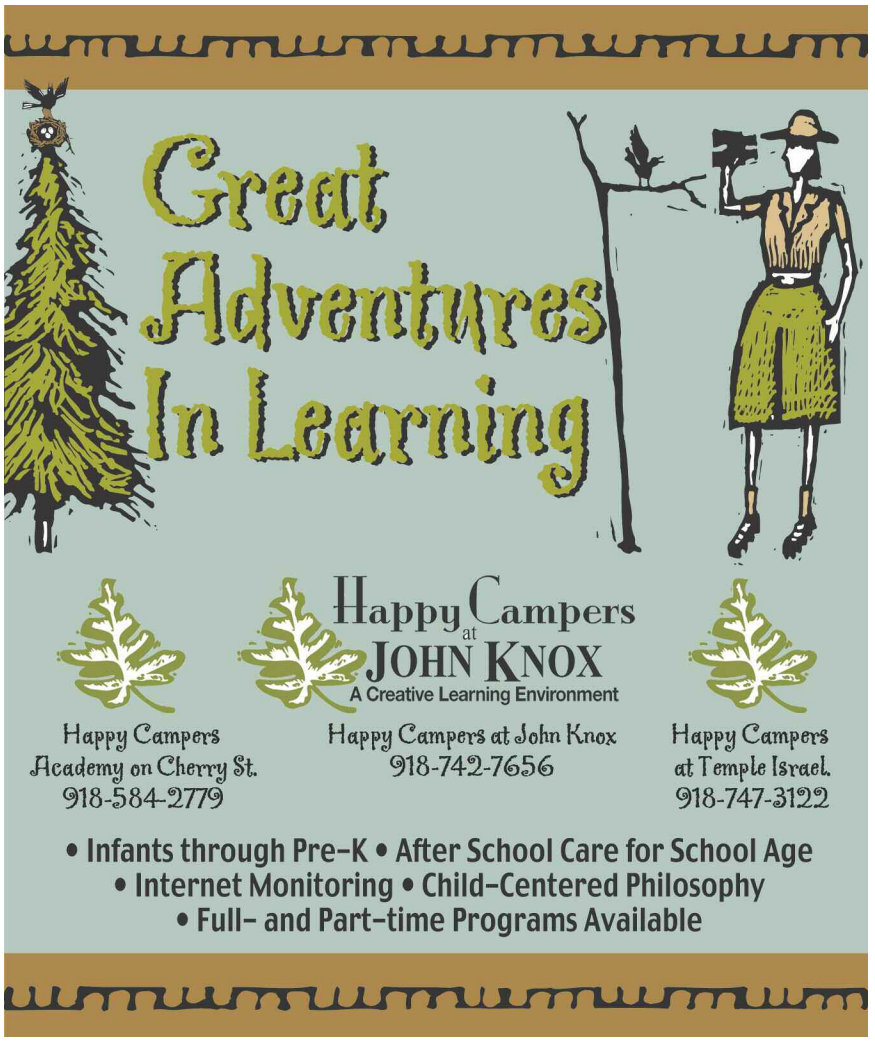
"It makes it seem more possible than it was before," Wagman says.

After graduation, Wagman plans to head to college to pursue his musical interests while also obtaining a business degree. Until then, he's enjoying his time at the studio, hanging out and learning all he can from Teegarden, Baldwin and the ever-changing lineup of musicians there to record.

"It's just so comfortable," Wagman says of the studio's lounge area. "It's like a living room. You walk in and there are some chairs and a couch, a fridge, and a coffee pot brewing. You look around, and there's this triple-platinum plaque here and a gold plaque there, and five other platinum plaques over there and a Grammy over here, and all of these awards and photos of him."

While Wagman is reluctant to offer career advice to his peers, he does encourage them to take some chances when chasing their dreams.

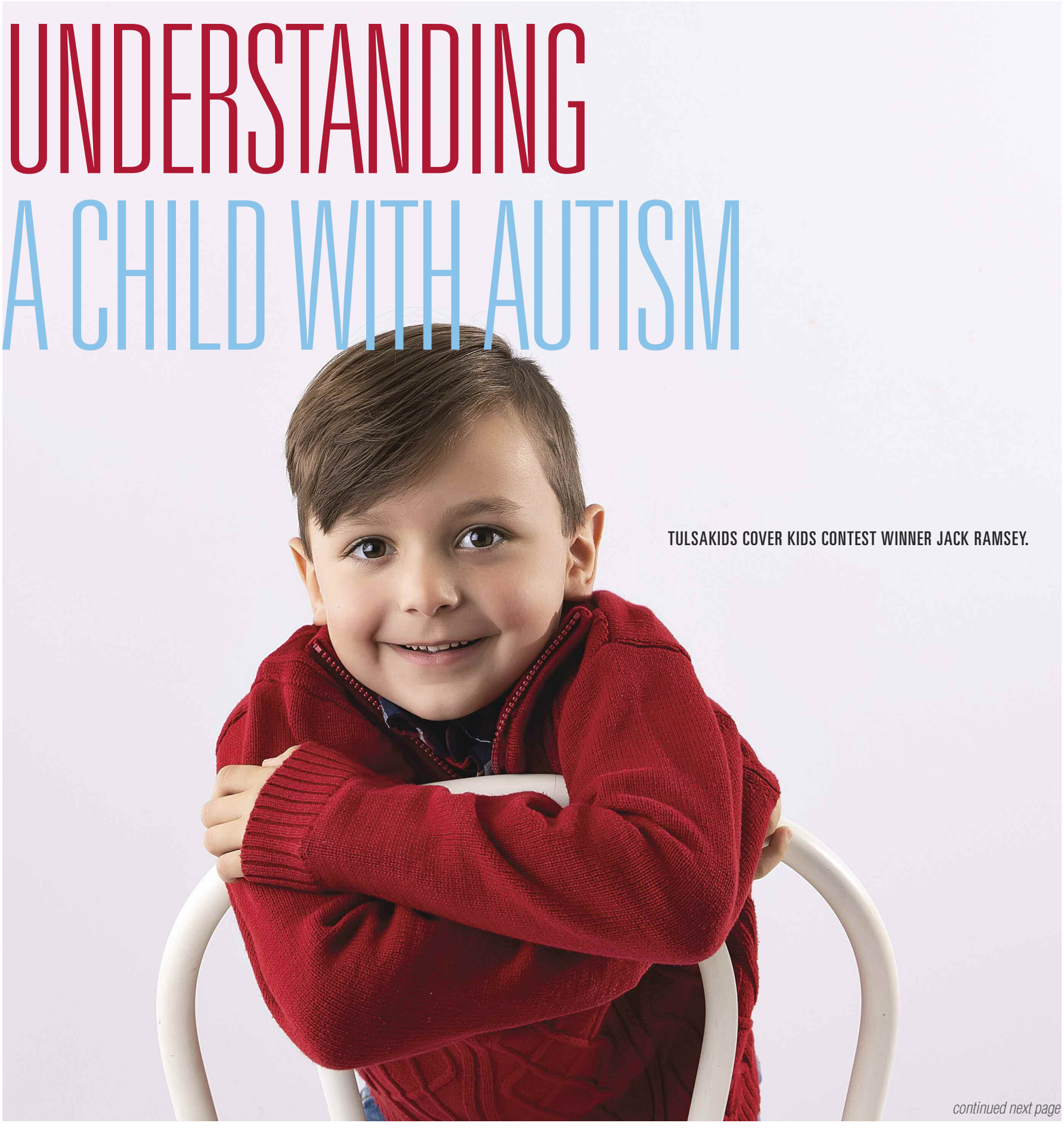
"Write something up, drive over and put it in the mailbox, then run away," he laughs. "And then pray."





BY BETTY CASEY
PHOTOGRAPHY BY LESLIE HOYT

UNDERSTANDING A CHILD WITH AUTISM



TULSAKIDS COVER KIDS CONTEST WINNER JACK RAMSEY.

continued next page

"Autism affects everyone differently," says Erin Ramsey, mom of Jack, this month's cover kid. "There isn't a one-size-fits-all approach to understanding autism and my son, Jack, is a perfect example of this."

According to psychiatry.org, autism spectrum disorder (ASD) "is a complex developmental condition that involves persistent challenges in social interaction, speech and nonverbal communication, and restricted/repetitive behaviors." As a spectrum disorder, people with autism vary widely in the severity and type of symptoms.

Jack has a form of autism called Regressive autism, which affects around 25 percent of those diagnosed.

"Jack was a very advanced child and spoke nearly 15 words at merely 8 months old," Ramsey says, "but lost it all seven months later. Jack was formally diagnosed at 20 months; by then he lost the ability to speak, respond to his name and make eye contact."

Ramsey says that Jack's diagnosis changed her life. Not only did she have to let go of previous expectations for her child, she had to define new ones. And, she found herself in the role of advocate.

"I am a Special Needs Parent," she says. "My identity has never been as defined by one specific aspect as much as this one. My son has severe nonverbal autism, and when he was diagnosed, I was forever changed. I was immediately handed a new passion, a new mission."

Letting go of the child you thought you had, and then embracing the one you do have involves a period of mourning, but Ramsey says the letting go must happen in order to move forward. She wants parents to know that they are not alone as they navigate the personal and painful process of loss and acceptance.

"My mourning period was short lived," Ramsey says, "and then I got to work. My goal is to give back to my community in whatever way I can. If I have a skill, I want to teach it. If I have an expertise, I want to share it."

Ramsey turned her energy to helping families who have children with developmental disabilities find a community and a school district that fit their needs. She earned her real estate license and began using her personal knowledge about schools and neighborhoods to assist families in finding a supportive community where their children can thrive.

Understanding a child with autism can be difficult for those who are not familiar with ASD, so Ramsey finds that another part of her role as an advocate is to dispel myths that others may have about children and adults with ASD.

"Unlike a common autism myth, Jack is great at showing affection," Ramsey says. "He loves hugs and snuggles. Another misconception revolves around empathy. People assume that because people with ASD don't react to emotions as a neurotypical person might, that they don't feel those same emotions. This couldn't be further from the truth. People with ASD feel things very strongly; it just might not register in their facial expressions."

Jack shows deep affection for his two younger siblings, and that affection takes a variety of forms, from hugging his brother and sister to expressing empathy in unique ways.

"When Jack's younger sister was born, we quickly learned the magnitude of the love and empathy he had for her," Ramsey says. "If she got hurt, he would get upset. If she went to the doctor, he would insist that the doctor evaluate him instead, saving her from the torture he felt at the doctor's office. If she had to take medicine, again he had to take that bullet for her. Kids with autism interpret the world differently, but it's often misinterpreted by others as indifference, or a lack of caring. I promise you, he cares. They all care."

Another myth that others may have about those with ASD is that they don't want to make friends. Because Jack is nonverbal, Ramsey worries that classmates may think that he isn't interested in friendships.

"Jack is completely nonverbal," Ramsey says. "He has no idea how to make friends and, based on his behavior, you would assume he doesn't want to. This is another common myth in our world. Jack loves to have friends, but he needs friends to thrust themselves upon him. They need to decide to be his friend, and not ask permission. He loves it."

"People assume that because people with ASD don't react to emotions as a neurotypical person might, that they don't feel those same emotions. This couldn't be further from the truth."

Jack's sweet personality attracts other children, and he has amassed a group of friends despite their differences. That acceptance makes all the difference with Jack's school experience.

"I'm not sure how he did it, but my quirky, nonverbal kid, who likes to jump excitedly in the corner is somehow the cool kid in class," Ramsey says. "He's the kid that the girls want to take care of and the boys want to be friends with. As a mother of a child with autism, this is my dream. Jack can't keep up academically, but his friends don't care. And that says so much about how far the world has come and I have so much gratitude to the amazing parents who are raising their kids to include the Jacks of the world."

While Jack struggles academically, he excels on the playground, ahead of his peers in athletic ability and gross motor skills. He loves playing baseball, horseback riding and the trampoline park.

"Jack can climb faster, jump higher and run further than his friends, and that is where you'll see him really thrive," Ramsey says. "Gross motor is the only category Jack has never been delayed in, and he can put the other kids to shame."

To Ramsey, it's more important for Jack to enjoy school throughout his life and to have friends who will include him than to be on target in academics.

"My hopes for Jack are the same ones that he has for himself," Ramsey said. "Neither one of us care that he can't do any of the academics that are taught in school. I don't care if he knows the alphabet, I don't care if he can write his name, but I want him to enjoy school. I want him to have an army of students who will care about him, and I want this army to follow him through school helping him to fight the battle of inclusion and acceptance until he graduates.

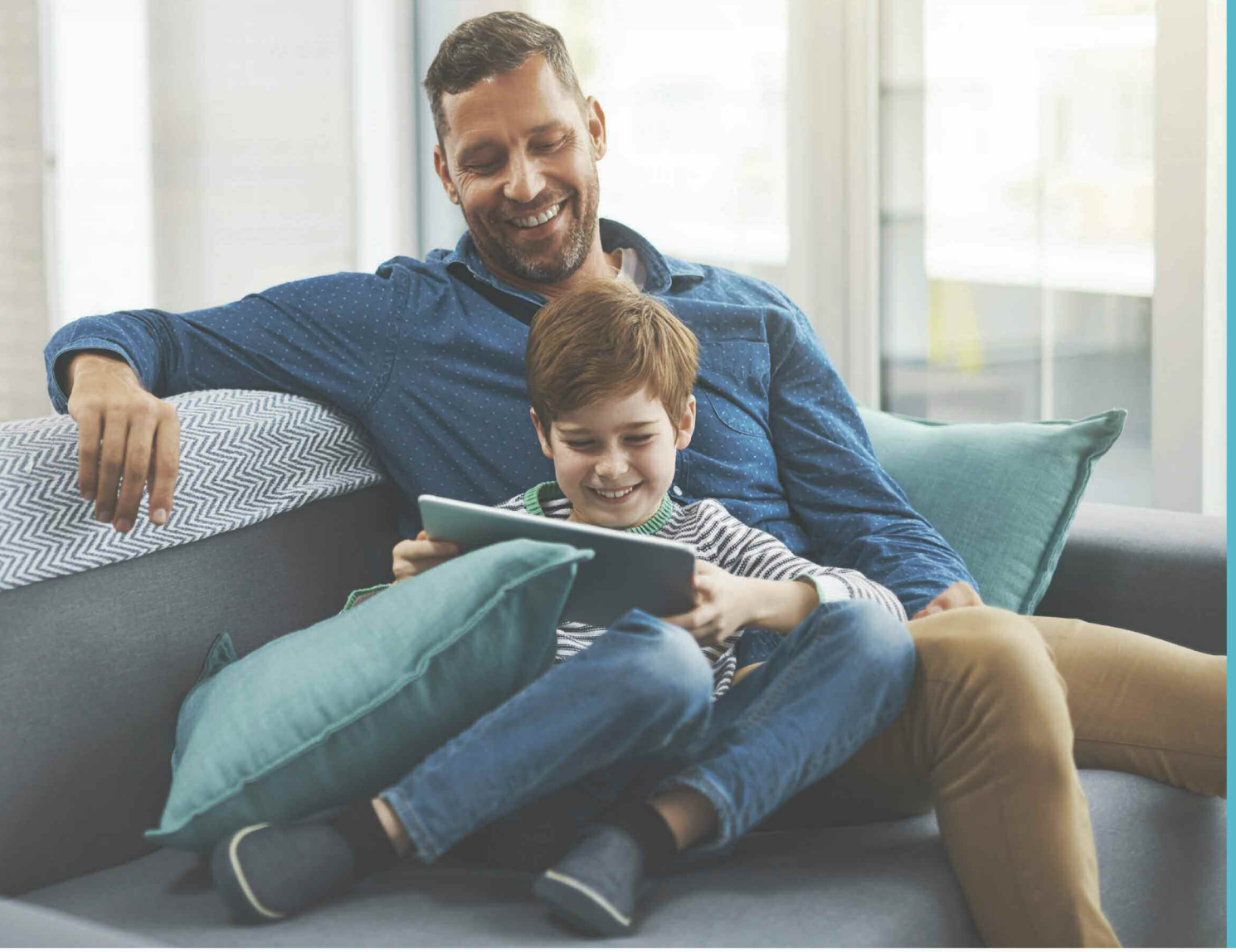
"My hope is that as Jack gets older, these kids remember the impact Jack had on them and they carry it with them, treating everyone with kindness and teaching their kids to do the same. It's easy to be nice to the cute chirping kid, but it gets increasingly difficult to keep the same level of patience with the grown man who is jumping excitedly in the corner. Jack is blissfully ignorant to the harsh world around him and a good part of me hopes he always will be."

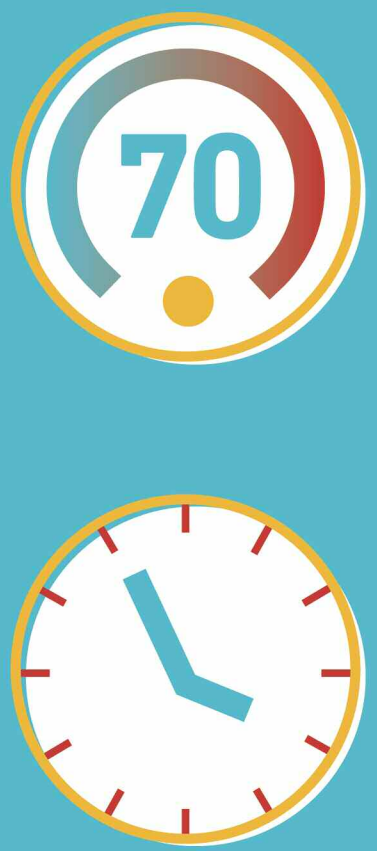
Ramsey fervently hopes that, through knowing Jack, his friends and classmates will make the world a more inclusive place for people like him. The world was not built for children like Jack, so Jack and I going to rebuild it together. Every child deserves a fighting chance and every child deserves the best."

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INCLUSIVE RESOURCE GUIDE



A GUIDE FOR FAMILIES OF ALL ABILITIES

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Contact: Jennifer Sollars Miller, Director, Mission Advancement, OK
Best Buddies International Headquarters
Expansion Team: Oklahoma
100 Southeast Second Street, Suite 2200
Miami, FL
918.231.7737
www.bestbuddies.org/oklahoma
oklahoma@bestbuddies.org
jennifersollarsmiller@bestbuddies.org

Mission

Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with intellectual and developmental disabilities (IDD).

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The IDD community that Best Buddies serves includes, but is not limited to, people with Down syndrome, autism, Fragile X, Williams syndrome, cerebral palsy, traumatic brain injury and other undiagnosed disabilities.

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Don't forget Clark Youth Theatre for all of your youth theatre programming needs! In addition to the Penguin Project, we offer a full range of free-to-participate theatre productions, Saturday Classes (again online or in the park during the 2020-2021 season), Homeschool Classes on Tuesday and Wednesday, and 11 weeks of Summer, Fall and Spring Break Camp! For more information, call 918-596-1412 or visit www.clarkyouththeatre.com.

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Contact: Sharla Bardin
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Norman, OK
405.307.2800
www.jdmc.org

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INCLUSIVE RESOURCE GUIDE



A GUIDE FOR FAMILIES OF ALL ABILITIES

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BY KRISTI ROE OWEN

it's time for CoronaWeen

I'll ask your forgiveness for being the bearer of bad news that trick-or-treating is a bad idea this year. Our family typically loves nothing more than getting dressed up and hocus pocusing our way through more affluent neighborhoods with HOAs that host lawn decorating contests. For a brief minute, I thought that trick-or-treating should be fine because kids are mostly outside and they could wear masks. But then I realized something: many of the sweet folks giving out Halloween candy are older folks. With the recent study indicating that kids are actually silent spreaders, it seems like if we want to enjoy Christmas cookies from our adorable little grandmas, we should probably find an alternative to tricks and treats for our little Peanuts this year.

We've tried to teach our kids that feeling sad about what we're missing out on will only make the COVID year feel longer. Instead, I choose to look at this year as an opportunity to really take our holiday game to the next level. Maybe we have to make a few adjustments, but what we lack in close-quarter monster mashing and elbow-to-elbow wassailing, we'll make up for with good old-fashioned patriotic throw-downing and American ingenuity.

Here are a few things we can still look forward to this Halloween in Tulsa:

1. Overdecorating our Houses and Lawns

If you love driving by looking at Christmas lights, this is going to be the best Halloween ever. I predict this will be the year that Halloween decorations become bigger and better than ever before. Think lawns decked out in ridiculous cheesy inflatables, gorgeous orange, gold, purple, blue, and green holiday lights. I'm excited to see how people go all out to make Halloween extra special.

And just because you can't trick or treat doesn't mean you can't still get all dressed up and walk around the neighborhood snapping pics. Pack up some hot cocoas, glow sticks and treats for the kids. You can even end up at a beloved friend's or relative's house for socially distanced Halloween tidings.

2. Booing

Booing is when people ring the doorbell and sneakily drop off Halloween treats, gifts and notes. It's normally an anonymous pay-it-forward game, but it doesn't have to be this year. Ask your grandparents, cousins, pals and PTA frenemies to participate in a boo bombing on Halloween, and in return, make a list of kids you want to boo as well. The great thing about booing is that mom bloggers love a good booing, and you can find loads of resources for it on Pinterest.

3. Autumn Leaves

Although Tulsa doesn't reach its full color until November, by October we'll still have plenty of gorgeous autumn leaves to take in. This year, I'm planning to take our family out for autumn leaf tours complete with hot apple cider.

4. Pumpkin Patches

I've always wanted to do the whole photo shoot in a pumpkin patch thing. This year, in my quest to deck my front yard in Halloween goodness, I'll be making a point of stopping by a few of our favorite local pumpkin patches.



PHOTO CREDIT:
LESLIE HOYT PHOTOGRAPHY

5. Halloween Parades

Creative parents answered the rallying cry to save birthdays

continued next page

this year with some of the coolest birthday parades. Why not take that creativity to the streets once again with a neighborhood Halloween bike or car parade to give kids a chance to show off their awesome costumes?

6. Scary Movie Marathons

If you've read my blog, you may already know that our kids love a good scary movie or sci-fi. This year, I'm already working on the perfect haunted holiday movie bucket list that transcends eras and genres from sweetly spooky to psychologically terrifying. Don't worry, folks. I'll be sure to share! [Editor's Note: Keep an eye out for for Kristi's Haunted Movie Bucket List at tulsakids.com/blog/coffee-nebula.]

7. The Haunted Castle in Muskogee

One of our favorite things to do every holiday season is to spend an evening at the Castle's Halloween Village in Muskogee. The great thing about The Haunted Castle is that you can enjoy visiting without ever getting close to anyone or even going indoors. I spoke with a Castle representative who told me the attractions will be slightly modified and there will be fewer attractions this year, but that they will still have plenty of awesome Halloween magic for us in store, including our favorites, the shopping village, Halloween train, and haunted hayride. You can bet your Great Pumpkin that I'll be there on opening weekend.

Next time you're feeling a case of the Rona Blues, stop by one of my new favorite YouTube channels, Autumn Cozy, and pick out an enchanting autumn or Halloween background and start thinking about all we have to look forward to. Are you feeling it yet? We all know the holidays go by too fast, and that's exactly what the world needs right now.

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BY TARA RITTLER

7 ways to mask up for **halloween**

Masks have long been a Halloween tradition. According to history.com, people began wearing masks on Halloween to hide their identities from the ghosts believed to visit Earth on October 31. This year, masks are helping protect families from something more tangible and scary: COVID-19.

Although door-to-door trick-or-treating may not be the best idea this year, hopefully your kids will still get a chance to show off their Halloween costumes. And while it might seem like a shame to cover the face of your whimsical witch, dashing knight, etc., rest assured that the right face mask can totally complete your child's costume!



JOSS RITTLER AS A NINJA TURTLE.



STARLING JARIS IN A SPARKLING SPIDER-WEB DRESS AND PUMPKIN MASK

Here are just a few ways to mask up for Halloween. And, if you want to try making your own facemask, go to tulsakids.com/how-to-make-your-own-face-masks.

1. Pump(kin) It Up

Pair any costume with a mask made out of generic (but cute!) Halloween fabric. Look for pumpkins, bats, ghosts…you get the idea!

2. Ghoul-worthy Glow-Up

Glow-in-the-dark fabric can really light up your look! Alternately, draw on a plain fabric mask using glow-in-the-dark fabric paint.



JUNE PAGE IN A BAT COSTUME WITH GLOW-IN-THE-DARK MASK.

3. Match the Merch

If your child is dressing up like a popular character – think Spider-Man, Hermione, etc. – chances are, you can find fabric from the exact franchise you're looking for! A quick Google search will reveal whether or not you're in luck.

4. Decorate, If You Dare!

A pack of fabric pens plus a plain fabric mask equals endless opportunities for creativity! Write a ghostly greeting such as "Have a fang-tastic night!" "Happy haunting!" or even "Trick or Treat!" then decorate the rest of the mask until you have a mesmerizing masterpiece.

5. Bats, Black Cats, Rats and More!

Is your child dressing up like an animal for Halloween? There are lots of "animal face" facemasks available. And if you can't find one, you can always make one: Simply take a plain fabric mask, and add a nose, mouth and any other details you desire using fabric paint. This look seamlessly incorporates the facemask into the costume.

continued next page



ADELINE CARTER AS A QUINTESSENTIAL RAVENCLAW, AND SISTER ELSA CARTER AS A TOTALLY TERRIFIC TIGER! TIGER MASK AND HOODIE FROM CUBCOATS.COM. PHOTO BY MARISSA CARTER.



JOSS RITTLER IS READY FOR BATTLE AS A KNIGHT IN SHINING ARMOR!



SYBIL TOM DEFENDING THE GALAXY AS REY AND ZELLA TOM AS PRINCESS LEIA.

6. Thrilling Themes

If you can't find the perfect licensed fabric to pair with your child's costume-of-choice, you can always stick to a theme. For example, don your Donatello in a mask made out of turtle fabric. Or dress your mermaid in an enchanting under-the-sea mask.

7. You Do You, Boo

On the flip side of sticking to a theme: Just let your kids wear their favorite mask. For example: Does your child love Princess Leia AND pink leopard print? They don't have to choose! This is the perfect opportunity to let your kids incorporate their many interests into one unique costume. After all, it's Halloween!



You don't have to struggle through this school year.

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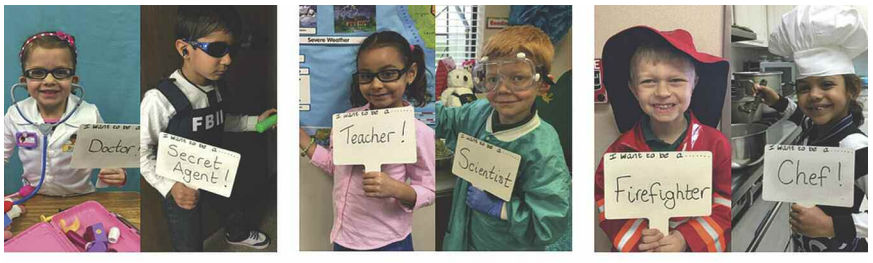
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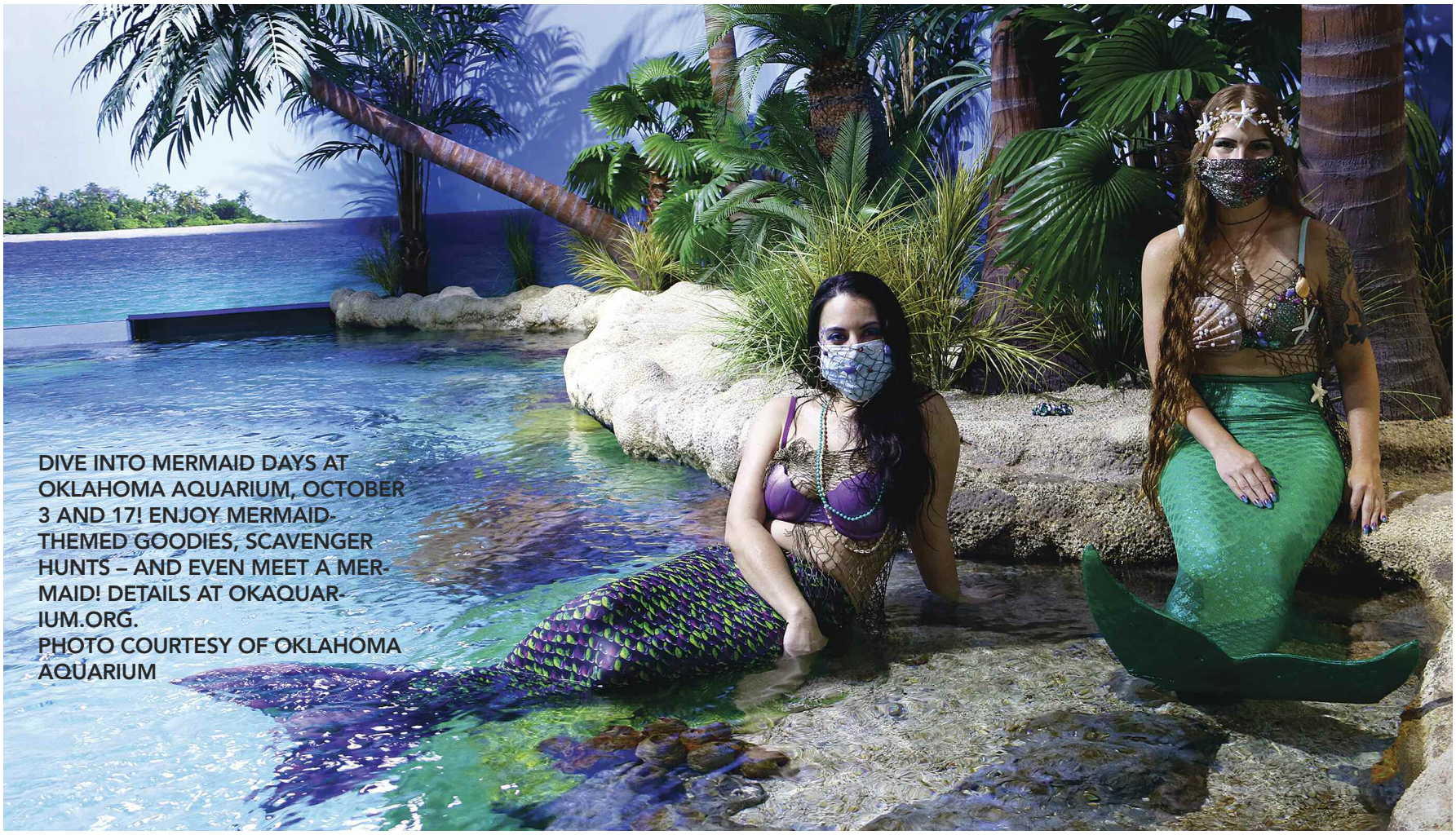
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DIVE INTO MERMAID DAYS AT OKLAHOMA AQUARIUM, OCTOBER 3 AND 17! ENJOY MERMAID-THEMED GOODIES, SCAVENGER HUNTS – AND EVEN MEET A MERMAID! DETAILS AT OKAQUARIUM.ORG.
PHOTO COURTESY OF OKLAHOMA AQUARIUM

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

• ALERT •
***Please note: This information is correct to the best of our knowledge. However, please always check with the event organizer ahead of time to confirm details, as information could change due to COVID-19 or other factors.**

October 1 Thursday

AUTUMN IN THE GARDEN [DAILY THROUGH OCT. 29]

Over 5,000 pumpkins, hay maze and scarecrows will ring in fall Tulsa Botanic Garden. Visitors can take lots of fun photos while strolling through the Garden and vote for their favorite scarecrow to win the People's Choice award. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. Reserve tickets in advance at tulsabotanic.org.

BIKES, BALLS & YOU (AGES 1-5) [FREE, W]

This open gym time for preschoolers is a great way to socialize with other kids. Families must bring their own riding toy and NO FOOD or DRINKS are allowed in the gym. Bikes and Balls is cancelled on school holidays. Please note: Due to health protocol, a limited number of people will be allowed in the gym during each session. Please call ahead for reservations. Adults are required to wear masks at all times. It is also recommended, but not required of children between the ages of 2 and 5 years. Meets Tuesdays and Thursdays from 9-10 a.m. and 10:10-11:10 a.m. Whiteside Community Center, 4009 S. Pittsburg Ave. cityoftulsa.org

October 2 Friday

FRIDAY WALKING TOURS AT TULSA ZOO [W]

Make your zoo visit even more memorable by learning about our animals with a knowledgeable professional guide. Guests on this unique walking tour will gain insight into the animal world with engaging stories, interesting facts and animal observations about some of Tulsa Zoo's most popular animals. Tulsa Zoo, 6421 E. 36th St. N., 9:30 and 11:15 a.m. $7 per person (ages 3 and older) + zoo admission. tulsazoo.org/tickets

GARDEN ACTIVITY BOOKLETS

Each Friday in October, Tulsa Botanic Garden will offer DIY Kids' Activities as part of their Autumn in the Garden celebration. Activity kits can be picked up all day, from 10 a.m.-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr. Reserve tickets in advance at tulsabotanic.org.

THEATRE TULSA "BROADWAY UNDER THE STARS"

Theatre Tulsa will produce a blockbuster collection of several of the-atre history's top Broadway musical songs in an outdoor concert Oct. 2-3. The concert, entitled "Broadway Under the Stars," features many of Theatre Tulsa's highest-profile performers paired with the songs that have made musical theatre history over the past several decades. It is part of the Tulsa Performing Arts Center's "Arts in the Air" concert series presented by Williams Companies. This is a pay-as-you-can event. Learn more at theatretulsa.org. Tulsa PAC, 110 E. 2nd St., 8 p.m.

October 3 Saturday

MERMAID DAYS
Mermaid Days are back at the Oklahoma Aquarium! Take an enchanted trip to the aquarium with mermaid-themed goodies, scavenger hunts, and decorations. From 10 a.m. - 12 p.m. and 2 p.m. - 4 p.m., you can even meet a mermaid all while surrounded by our beautiful aquatic life. Included in general admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

HISPANIC HERITAGE MONTH PERFORMANCE: AHIMSA TIMOTEO BODHRÁN [FREE]
Join Tulsa City-County Library at www.facebook.com/tulsalibrary fo r this livestream multimedia performance featuring Ahimsa Timoteo Bodhrán, Welana Queton, Yvette Wiley and José Emmanuel Vega. Bodhrán is a solo/collaborative multimedia artist, activist/organizer, critic and educator, orchestrating visual, acoustic, performative, textual and terrestrial techniques to produce work across the Américas, Africa, the Arab world, Asia, Europe, Australia and the Pacific. For teens and adults.

October 4 Sunday

ART FAIR AT TULSA BOTANIC GARDEN
Shop the beautiful works of local artists while strolling in the Garden. Booths will be spaced out in lawn areas along walking paths from 10 a.m. to 5 p.m. Art will include paintings, pottery, mosaics and more! Repeats October 3 and 4, 10 a.m.-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

October 5 Monday

KIDS READ: TAKE-HOME KIT/CURIOUS WORLD: MAPS & CONTINENTS [FREE, DAILY]
Stop by the Maxwell Park Library and pick up a kit for your elementary-aged child to have fun with maps! The kit includes worksheets, like country name word searches and word scramble; postcards to mail; a sign-up form to register for a pen pal through Tulsa Global Alliance; and books to check out, like real atlases and fictional books that include maps. 1313 N. Canton Ave., tulsalibrary.org

October 6 Tuesday

TO-GO ACTIVITY KIT: BATS, BATS, BATS [FREE]
October is for the bats! Stop by the Judy Z. Kishner Library this week to pick up a bat kit. Make your own bat and learn about why these flying creatures associated with spooky night-time deeds are actually pretty cool. Kits are limited on a first-come-first-serve basis. Check our Facebook page at www.facebook.com/judyzkishner-library for updates. For toddlers to elementary-age students. Repeats daily, October 5-10. 10150 N. Cincinnati Ave., Sperry, tulsalibrary.org

SPECIAL EDUCATION WEBINAR SERIES: SCHOOL EVALUATIONS [FREE]
Join The Arc of Oklahoma, formerly TARC to learn what to expect during the school evaluation process to determine if your child is eligible for special education services. We will explore and explain each step of the evaluation process from beginning to end. For more information about registration for the webinar series, follow The Arc of Oklahoma's Facebook page at @TARC.Tulsa. 12 p.m. ddadvocacy.net

October 7 Wednesday

CHILD-CAREGIVER YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., Tulsa, 10:30-11 a.m. discoverylab.org

OPENING DAY: NATIVE WOMEN ARTISTS
Philbrook is re-opening the Villa and debuting its newest exhibition, "Hearts of Our People: Native Women Artists," on October 7! Purchase tickets and reserve your spot in advance online.



MARK YOUR CALENDAR FOR OCTOBER 7, WHEN PHILBROOK MUSEUM'S VILLA REOPENS TO THE PUBLIC ALONG WITH THEIR NEWEST EXHIBITION, NATIVE WOMEN ARTISTS: HEARTS OF OUR PEOPLE. PHOTO INFORMATION: ROSE B. SIMPSON (KHA'P'OO OWINGE (SANTA CLARA PUEBLO), B. 1983). MARIA, 2014. 1985 CHEVY EL CAMINO, 57 X 75 X 201 5/8". COURTESY OF PHILBROOK MUSEUM OF ART. © ROSE B. SIMPSON.

October 8 Thursday

CELEBRATE: WORLD OCTOPUS DAY!
Visit Oklahoma Aquarium's new "Secret World of the Octopus" exhibit to get a 360-degree view of their giant Pacific octopus! Learn more at okaquarium.org.

DAMION SHADE TRIO AT TULSA BOTANIC GARDEN
Each Thursday evening in October, Tulsa Botanic Garden will host live music on the lawn as well as a food truck! The Damion Shade Trio will play October 8. Other performers include Jesse Aycock (October 1), Stephanie Oliver (October 15) and Branjae (October 22). Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-8 p.m. tulsabotanic.org

YOGA IN THE GILCREASE GARDENS
Enjoy a Thursday evening yoga class with Ana Berry. The class will take place by the waterfall outside the Thomas Gilcrease House, and will be accompanied by live music. Beginners and children are welcome; donations are appreciated. Bring your own yoga mat. While you do not need to purchase museum admission to attend the class, if you want to visit the museum before or after the class, reserve your space in advance at gilcrease.org. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 6-7 p.m.

October 9 Friday

TAKE-AND-MAKE BIRD FEEDERS
Each Friday in October, Tulsa Botanic Garden will offer DIY Kids' Activities as part of their Autumn in the Garden celebration. Activity kits can be picked up all day, from 10 a.m.-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org.

October 10 Saturday

2ND SATURDAY SILENTS: THE COVERED WAGON (1923) [FREE]
The 2nd Sat Silent Series will remain Virtual Screenings for the rest of 2020. Watch through Circle Cinema's YouTube Page for a FREE screening of this 1923 western drama with an original score played by Bill Rowland on Circle's restored 1928 theatre pipe organ. About the film: Two wagon caravans converge at what is now Kansas City, and combine for the westward push to Oregon. On their quest the pilgrims will experience desert heat, mountain snow, hunger, and opposition. 11 a.m.-12:45 p.m. circlecinema.org

HISPANIC HERITAGE MONTH: LANTIX IDENTITY DIALOGUE [FREE]
Join Tulsa City-County Library for a panel discussion with diverse leaders from the Latino community where we will ask: "What does it mean to identify as Hispanic, Latino or Latinx?" This event will be livestreamed to the Hispanic Resource Center Facebook page at www.facebook.com/TCCLhispanicresourcecenter. For all ages. 6-7 p.m.

POETRY SLAM CONTEST [FREE]
Come play a "game" of Poetry Karaoke with the Mused Organization. Speakers will bring their favorite poem and read live from the stage while a musician plays behind them. Contemporary, local and classic poems will be at the ready for the hungry participants. This evening will also include a Poetry Slam hosted by Living Arts! Prizes range from $100 for third prize to $400 for first prize. 8 p.m. Learn more at tulsapac.com/events/2002/poetry-slam-contest.

October 11 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

October 12 Monday

I CAN'T BUILD AN OFRENDA WITH LIVING ARTS [FREE]
Think you can't do something, like draw, write a song, or dance? Think again! Step outside your comfort zone with Tulsa Community College's McKeon Center for Creativity and try something new at the I Can't workshops. Learn to build an ofrenda—an altar that is used to honor someone who has passed during the Dìa de los Muertos holiday. 12-12:45 p.m. Details at facebook.com/livingartsoftulsa

STAR NIGHT: MARS
Enjoy the Garden at night! Bring your own chairs or blanket to spread out on the lawn and look up at the night sky. A telescope will be set up at the top of the Tandy Floral Terraces, with Garden staff on hand to facilitate viewings of stellar, planetary and deep sky objects. Learn more and purchase tickets at tulsabotanic.org. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 8-11 p.m.

October 13 Tuesday

BUILD A READER STORYTIME: PRESCHOOL WITH MISS TATIANA FROM CENTRAL LIBRARY [FREE]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Join Miss Tatiana here: www.facebook.com/tulsalibrary. 10:30-11 a.m.

SPECIAL EDUCATION WEBINAR SERIES: BEHAVIOR IN SPECIAL EDUCATION [FREE]
Join The Arc of Oklahoma, formerly TARC to learn about the appropriate steps to address your child's behavior issues in special education. We will explore the functional behavioral assessment, positive behavior intervention plan and keeping your child in school. For more information about registration for the webinar series, follow The Arc of Oklahoma's Facebook page at @TARC.Tulsa. 12 p.m. ddadvocacy.net

YOGA FOR EVERY BODY [FREE, W]
Join Tulsa City-County Library via Facebook Live at www.facebook.com/tulsalibrary for a free beginner-friendly yoga class taught by certified yoga instructor Christine Von de Veld. For all ages. 6-7 p.m.

October 14 Wednesday

DANCE & SING-ALONG
Every second Wednesday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

FAMILY DAY AT AHHA TULSA
Join ahha Tulsa for an afternoon of hands-on learning for families with children of all ages! Parents/caregivers and their children and teens will enjoy interactive activities in THE GALLERY and THE EXPERIENCE, explore new ideas in THE STUDIO, and dive deeper into artmaking processes in the Creative Labs. The pre-registration price ($7 per adult and child) is available only online; full ahha admission will be charged at the door. Preregister at ahhatulsa.org. ahha Tulsa, 1010 E. Archer St. 12-4 p.m.

FALL BREAK SCAVENGER HUNT WITH LET'S GO URBAN [DAILY]
Get outside this Fall Break with a social-distancing friendly self-guided scavenger hunt! Complete missions by answering trivia, solving clues, finding objects, and completing video challenges. Each mission is worth points so complete the right missions to score more points than the other teams to reach 1st place and earn bragging rights! The hunt can start and end on your own timeline and can take place anywhere you need fun! Cost is just $10 per player; children 6 and under are FREE. Get more information at letsgoandhunt.com.

October 15 Thursday

BUILD A READER STORYTIME/EL MINUTO DEL CUENTO [FREE, W]
Join Ms. Emily on Martin Regional Library's Facebook page, www.facebook.com/martinlibrary, for a song, a rhyme or a story in English and Spanish to help your child develop important early literacy skills. // Juntamos en el Facebook para cantar, jugar con los dedos, o escuchar a un cuento. Hacer estos ejercicios le ayuda a tu niño con el desarrollo del alfabetismo.

October 16 Friday

BLACK CAT PUMPKIN ACTIVITY
Each Friday in October, Tulsa Botanic Garden will offer DIY Kids' Activities as part of their Autumn in the Garden celebration. Activity kits can be picked up all day, from 10 a.m.-5 p.m. There is a $5 materials fee for the Black Cat Pumpkin kit. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

JUST BETWEEN FRIENDS – OWASSO [FREE]
Shop for gently used kid's items at Just Between Friends – Owasso's Fall/Winter Sale! This HUGE kids' consignment event features everything from maternity clothes to toys, kid's clothes and more. October 16-17, 10 a.m.-7 p.m. October 18, 1-5 p.m. 9341 N. 129th E. Ave., Owasso, owasso.jbfsale.com

STRANGER THINGS TRIVIA [FREE]
Grab some waffles and Farrah Fawcett-approved hair product. It's Stranger Things trivia time! Register online at www.tulsalibrary.org/events with your email address to get the Zoom link for this pub-style game. For adults and teens. 7-8 p.m.

October 17 Saturday

MERMAID DAYS
Mermaid Days are back at the Okla-

homa Aquarium! Take an enchanted trip to the aquarium with mermaid-themed goodies, scavenger hunts, and decorations. From 10 a.m. - 12 p.m. and 2 p.m. - 4 p.m., you can even meet a mermaid all while surrounded by our beautiful aquatic life. Included in general admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

INDIGENOUS FASHION SHOW WITH KRISTIN GENTRY [FREE]
Living Arts of Tulsa presents and Indigenous Fashion Show with Kristin Gentry as part of its Flip the Gallery initiative. Follow @livingartsoftulsa on Facebook for more details!

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH
Enjoy an afternoon of basket weaving demonstrations as well as other special 19th century activities. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 1-3 p.m. willrogers.com

October 18 Sunday

AUTUMN BLOOMS TOUR
Tulsa Botanic Garden's horticultural staff will lead a tour through the garden each Sunday in October. Tours are geared more toward teens and adults. The October 18 tour will focus on Autumn Blooms. Other tours include: Tour of the Tandy Floral Terraces with Curator Dustin Stoll (October 4); Ornamental Grasses (October 11); Tour of the Lakeside Promenade (October 25). Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 2 p.m. Free with admission. Geared toward teens and adults. tulsabotanic.org

October 19 Monday

BLACKOUT POETRY: TEEN TO-GO CRAFT KIT [FREE]
Stop by the Brookside Library to pick up a blackout poetry kit while supplies last. Make it creepy to celebrate the season, or let your imagination run free. For ages 10-18. 1207 E. 45th Pl. tulsalibrary.org

BLACKOUT POETRY CONTEST [FREE]
Blackout Poetry! What is it? It is where you take a page from a book, magazine or even a newspaper and find words that are relevant to you, and then use a marker to black out all the others. Your goal is to have a poem. You can use a book, magazine or newspaper you have at home, or the library can send you a page or two from one of their books. After you have finished your poem, snap a picture of it and the book, magazine or newspaper it came from, and then email it to gp@tulsalibrary.org. We'd love to share them on our Facebook page too. First prize is a $20 gift card to Magic City Books, second prize is a $10 gift card to Magic City Books, plus the library will also have some books to give away. Entries are accepted October 19-31. For ages 10-18. tulsalibrary.org

October 20 Tuesday

SPECIAL EDUCATION WEBINAR SERIES: ASSISTIVE TECHNOLOGY [FREE]
Join The Arc of Oklahoma, formerly TARC, to understand more about assistive technology for learning in the special education classroom. We'll explore the basics to assistive technology tools and how to find the right tools to help your child in different subject areas. For more information about registration for the webinar series, follow The Arc of Oklahoma's Facebook page at @TARC.Tulsa. 12 p.m. ddadvocacy.net

FALL FESTIVAL [FREE]
Enjoy family friendly fun at Jane A. Malone Center in Chamberlain Park's first ever Fall Festival! Activities include: A community scarecrow contest, treat bags for kids, games, arts and crafts and more! Jane A. Malone Center in Chamberlain Park, 4940 N. Frankfort Ave., 6-8 p.m. cityoftulsa.org



CELEBRATE "AUTUMN IN THE GARDEN" DAILY AT TULSA BOTANIC GARDEN THROUGH OCTOBER 29. WITH OVER 5,000 PUMPKINS, A HAY MAZE, SCARECROWS AND OTHER FUN ACTIVITIES, TBG IS THE PLACE TO WELCOME FALL! TULSABOTANIC.ORG

October 21 Wednesday

SCIENCE DEMO
Enjoy a scientific demonstration at Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

VIRTUAL STORY TIME WITH TULSA ZOO [FREE, W]
Every Wednesday tune in at the Tulsa Zoo's Facebook for a new Story Time. These short, kid-friendly virtual programs are free and last about 15 minutes. Meet a new animal that has something to do with the book each week. 10 a.m. facebook.com/tulsazoo

October 22 Thursday

BUILD A READER STORYTIME: FAMILY WITH MISS TANZY FROM THE ZARROW REGIONAL LIBRARY [FREE]
Tune in for this real-time birth-5 storytime! Enjoy simple songs and books for little ones and more interactive stories and activities for older children. Join Miss Tanzy at www.facebook.com/tulsalibrary. Can't make it live? The video will be saved on the library's Facebook page for your children to enjoy later! 10:30-11 a.m.

October 23 Friday

MAKE YOUR OWN NATURE JOURNAL
Each Friday in October, Tulsa Botanic Garden will offer DIY Kids' Activities as part of their Autumn in the Garden celebration. Activity kits can be picked up all day, from 10 a.m.-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

OUT-LIT: YA BOOK CLUB [FREE]
Join Tulsa City-County Library to chat about "The Rules and Regulations for Mediating Myths & Magic" by F.T. Lukens, available in print and on the Hoopla app. Register online at www.tulsalibrary.org/events for the Zoom link. For ages 12-18. 4:30-5:30 p.m.

MISTAKES TO MASTERPIECES: FAMILY FRIENDLY PAINT-ALONG [FREE]
Join on Zoom for a family-friendly paint-along. Each month, participants will paint a new, original piece that is beginner-friendly! Register online at www.tulsalibrary.org/events for Zoom link. 5-6 p.m.

October 24 Saturday

FAMILY STORYTIME YOGA [W]
Join Philbrook and I AM KIDS Yoga for family storytime yoga! Bring your own yoga mat, or borrow one of Philbrook's Turkish towels. Advanced tickets required. Philbrook Museum, 2727 S. Rockford Rd., 11-11:45 a.m. philbrook.org

October 25 Sunday

WALK & TALK: LAKESIDE PROMENADE
Lakeside Promenade curator Andy Fusco will lead a walk around the Lakeside Promenade, which features some of the first plantings ever installed at Tulsa Botanic Garden. He will also share some of the plans for future plantings around the lake. Please note - some area of this walk may be on gravel path. Free with Garden admission. Limited to first twenty participants. Participants will be asked to wear masks during tour and physically distance from others not in their group. Meet behind visitor center. Walk will last approximately 30-45 minutes. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 2-5 p.m. tulsabotanic.org

October 26 Monday

BUILD A READER STORYTIME: BABIES & TODDLERS WITH MISS KENA FROM CENTRAL LIBRARY [FREE]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Join Miss Kena at www.facebook.com/tulsalibrary. 10:30-10:50 a.m.

October 27 Tuesday

SPECIAL EDUCATION WEBINAR SERIES: TRANSITION SERVICES [FREE]
Join The Arc of Oklahoma, formerly TARC, to learn more about the transition services each special education student is entitled to receive. We will explore the services available to help students transition to the full range of post-school activities, including post-secondary education, vocational training, employment, adult services, independent living and community participation. For more information about registration for the webinar series, follow The Arc of Oklahoma's Facebook page at @TARC.Tulsa. 12 p.m. ddadvocacy.net

HISPANIC HERITAGE MONTH: LATINX CRAFT SERIES [FREE]
Join TCCL staff and the Hispanic Resource Center for a series of crafts celebrating Latinx cultures. They will demonstrate how to create masks, sugar skulls and an altar. Register online at www.tulsalibrary.org/events to receive materials and information on what you will need. The events will be livestreamed to the Hispanic Resource Center Facebook page at www.facebook.com/TCCLhispanicresourcecenter. Repeats daily, October 27-29, 6-7 p.m.

October 28 Wednesday

MOVE-IT!
Move to music, play a game, and read a book! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

CLARY SAGE: DAY OF THE DEAD FACE PAINTING [FREE]
Join Living Arts and Clary Sage for a Day of the Dead Face Painting demonstration! Follow @livingartsoftulsa on Facebook for additional details.

October 29 Thursday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

October 30 Friday

TECH TALK: 3D MODELING FOR BEGINNERS [FREE]
Join Tulsa City-County Library for this Zoom webinar and learn the basics of 3D modeling for 3D printing with free web and downloadable tools. The talk will briefly cover how to use tools like Tinkercad and Thingiverse, and then how to download files, change settings and preview files using Cura. 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 ages 10 to adult. 12-1 p.m.

October 31 Saturday

HAPPY HALLOWEEN! Don't miss our roundup of family friendly Halloween events in our October magazine and online at tul-





Take a Trip to the Pumpkin Patch!

From jack-o'-lanterns to pie, pumpkins are the star of the season! Plus, pumpkin patches offer plenty of outdoor fun for families. Here are some local favorites!

Carmichael's
Dates: Opening day is September 26. Open daily: Monday-Saturday, 9 a.m.-7 p.m.; Sunday, 10 a.m.-7 p.m.
Location: 17137 S. Mingo Rd., Bixby
Website: www.facebook.com/Carmichaels-Pumpkin-Patch-130583043658966/
Attractions:: Cane maze, dark house maze, animal feeding, parakeet feeding encounter, pony and camel rides, pumpkin patch, homemade jams, jellies, pickles, fudge available for purchase. Admission is free; some activities cost extra.

Livesay Orchards
Dates: Opens the last weekend in September and open weekends throughout October. Saturdays, 10 a.m.-5 p.m.; Sundays, 1-5 p.m.; Open Fall Break Thursday and Friday, 10 a.m.-5 p.m.
Location: 39232 E. 231st St. S., Porter
Website: www.livesayorchards.com
Attractions: Pumpkin patch, hay bale maze, a corn maze honoring Oklahoma's medical professionals, a farm-related learning center, games, photo ops and more.

Oklahoma Heritage Farm Annual Fall Festival
Dates: Oct. 3 through Nov. 1 (times may vary; visit Facebook page for details)
Location: 38512 US 75 Hwy., Ramona
Website: ohffallfestival.com
Attractions: Pumpkin patch, 11-acre maze, games, rides, entertainment, concessions, country farm store, contests and prizes

Pleasant Valley Farms Winter Squash & Pumpkin Festival
Dates: Open daily in October, 9 a.m.-7 p.m. daily
Location: 22350 W. 71st St., Sand Springs
Website: www.pleasantvalleyfarmsok.com
Attractions: Pumpkin patch, 20-acre corn maze, kiddie corn maze, pumpkin chuckin', pumpkin chalkin', duck races, two 20-foot slides, over 20 photo ops, and more. Don't miss the 10th annual Pleasant Valley Farms Winter Squash and Pumpkin Festival October 17 and 18, 9 a.m.-7 p.m.

Pumpkin Patch at Shepherd's Cross
Dates: September 22-November 7, 2020; Tuesday-Saturday, 9 a.m.-6:30 p.m.; Closed Sundays; Mondays by appointment only
Location: 16792 E. 450 Rd., Claremore
Website: www.shepherdscross.com
Attractions: Pumpkin patch, petting zoo, farm museum and games, pumpkin stroll, hay maze, 4-floor educational silo, festival games, hands-on learning station, picnic area, coloring contest, Shepherd's Shop and more. Admission is donation based, and there are also different activity packages available for purchase.

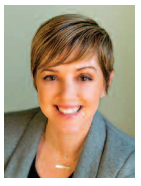
The Patch @ Sand Springs & Glenpool
Dates: Open daily in October: Monday-Saturday, 10 a.m.-7 p.m.; Sundays, 12-7 p.m.
Where: Two Locations: 17516 W. 8th St., Sand Springs; 17902 S. Highway 75, Glenpool
Website: facebook.com/sandspringspumpkinpatch
Attractions: Photo ops, pony rides, petting zoo, festival games, kids hay maze, and of course, pumpkins! Admission is free; optional $8 unlimited activity pass for kids.


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FAMILY FRIENDLY HALLOWEEN EVENTS

Happy Halloween from TulsaKids! No matter how you're celebrating this year, we hope your Halloween is frightfully fun! Find more family-friendly Halloween events at tulsakids.com/Halloween.

Please note: This information is correct to the best of our knowledge. However, please always check with the event organizer ahead of time to confirm details, as information could change due to COVID-19 or other factors.

HALLOWMARINE
When: October 16-18, 23-25 and 29-31, 6-8:30 p.m.
Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks
For the first time, the Oklahoma Aquarium will host nine nights of indoor trick-or-treating for kids of all ages! Guests can follow the Trick-or-Treat trail for loads of candy and see our fascinating marine life in the surrounding exhibits. Dress up in your best Halloween costume for a chance to win prizes, and join us for the opportunity to interact with some of the ocean's most curious creatures from the deep!
This year's event will include new protocols to ensure the health and safety of our guests, vendors, staff, and volunteers. Safety measures include nightly admission caps, mask requirements, and glove requirements for vendors, in addition to our ongoing safety efforts. okaquarium.org

HALLOWZOOEEN
When: Friday, October 16 – Sunday, October 18; Friday, October 23 – Sunday, October 25; Thursday, October 29 – Saturday, October 31. 2-6 p.m. each evening. HallowZOOeen lasts from 2-5 p.m., but the zoo will remain open until 6.
Where: Tulsa Zoo, 6421 E. 36th St. N.
HallowZOOeen is back with more days, more social distancing and more animals.
Favorites return, new favorites added!
Burger King Royal Castle
INSURICA Pumpkin Patch Playroom
QuikTrip Pirate Island
PLUS see your favorite animals. The entire zoo will be open for HallowZOOeen guests to explore.
Members: $7. General Admission: $17. Price includes regular admission to the zoo PLUS HallowZOOeen activities. Reserve your spot at tulsazoo.org/zoo-events/hallowzooeen.

BOO-TANICAL
When: October 29, 5-7 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Kids can wear their costumes and trick-or-treat at six, non-scary stations in the Children's Discovery Garden. Pete Tomshany will be playing fun, funky music in the Carter/Sherry Families Tree Fort. Tickets are limited to this event. Tickets are $3/child (12 and under) for Garden members, member adults are free but require ticket; $6/child (12 and under) for non-members, regular admission ($8) for non-member adults. Pre-purchase tickets at www.tulsabotanic.org.

COMMUNITY ART PROJECT: HALLOWEEN VILLAGE
When: Ongoing through October. ahha is open Wednesday-Saturday, 12-9 p.m.; Sunday, 12-7 p.m.
Where: ahha Tulsa, 101 E. Archer St.
Add your own structure or monster to ahha Tulsa's Halloween village! Film your own creepy stories that will run in THE STUDIO all month long; make felt masks or watercolor eyeballs; create your own character by rolling a Dungeons & Dragons dice; celebrate Inktober; and use other spooky materials available. Learn more at ahhatulsa.org.

continued next page

SPOT LITE MAGIC & COSTMES
When: Ongoing
Where: 6808 S. Memorial Dr., Suite 220
Spot Lite Magic & Costumes has been serving the Tulsa area since 1976, offering fun costumes for children and adults. Spot Lite has it all; from spooky to funny, they will have you covered. Children's costumes starting at $9.99. They also provide the following items: Wigs, masks, professional make-up for special effects, hats, hundreds of costume accessories for the DYI costume creators, costume rentals, magic tricks, jokes, and much more. During the Halloween season Spot Lite also offers many Halloween decorations and animated props. Spot Lite is your One Stop Halloween Costume Shop, locally owned and family operated. Location is 68th and Memorial directly behind Red Lobster, between ShoGuns and Tandy Leather. 6808 S. Memorial Drive, Suite 220. Text the word "start" to 918-791-0175 and receive a discount on your purchase. www.spotlitemagic.com

HALLOWEEN FESTIVAL AT CASTLE OF MUSKOGEE
When: October 2-31, 2020; Fridays and Saturdays; gates open at 5:30, ticket sales end at 10 p.m.
Where: Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee
Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Kids can enjoy Halloweenland, the Enchanted Boardwalk, a Halloween Train and more, while those who can't get enough make-believe horror can sign up for Domus Horrificus, Casa Morte and the Trail of Blood. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at www.okcastle.com.

FANDOM FRIDAY TRIVIA: SPOOKY!
When: October 16, 6:30-8 p.m.
Where: Zoom
We're focusing on things that go bump in the night. Think you know "Night of the Living Dummy" from "Night of the Living Dead"? Stephen King from Joe Hill? Set up that Ouija board, grab your planchette and get ready for spooky trivia! Costumes are encouraged. Register online at www.tulsalibrary.org/events to receive a Zoom link. Questions? Contact Rebecca.Harrison@tulsalibrary.org. For adults and teens.

PUMPKIN PAINTING
When: Saturday, October 17 (12-3 p.m., 3-6 p.m. or 6-9 p.m.)
Where: ahha Tulsa, 1010 E. Archer St.
Paint a pumpkin at ahha Tulsa! 10 pumpkins will be available for every admission time slot. You can purchase pumpkins for $5 to paint in THE STUDIO; supplies and pumpkins are available on a first-come, first-served basis. Learn more at ahhatulsa.org.

SO-CO FLASHLIGHT SCAVENGER HUNT
When: October 23, 7-8 p.m.
Where: South County Recreation Center, 13800 S. Peoria Ave., Glenpool
FREE! Calling all families of Super Heroes, Princesses, Zombies, Mummies, Daddies and more! Don't miss out on your chance to search for candy and toys at the SoCo Soccer Fields. DON'T forget your flashlights. Age groups 0-3, 4-6, 7-9 & 10-12. parks.tulsacounty.org

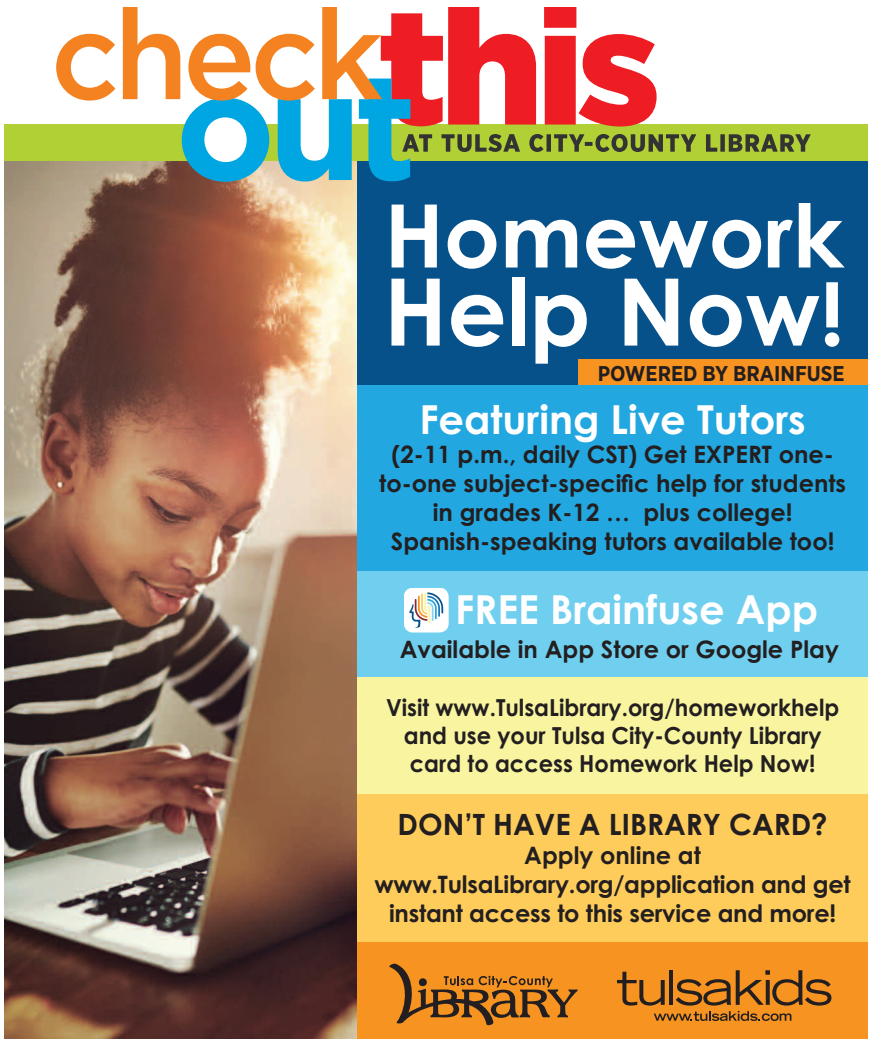
O'BRIEN PARK HALLOWEEN FLASHLIGHT HUNT
When: October 23, 7:15-8 p.m.
Where: O'Brien Park, 6149 N. Lewis Ave.
Bring your flashlight for a Halloween candy hunt in the dark! Costume Contest at 7:15 pm. Hunt begins promptly at 7:30 pm. parks.tulsacounty.org

BIXBY MUMMY & ME DANCE
When: October 24, 6-9 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave., Bixby
Mummys of all ages! Bring your sons and daughters in costume to an exciting Halloween Dance. There will be costume contests, dance competitions, games and refreshments. No pre-ticket sales, $5/person. Tickets available at the door. parks.tulsacounty.org

LET'S GO URBAN TULSA ZOMBIE SCAVENGER HUNT
When: October 28-31 (anytime)
Where: Downtown Tulsa
Cost: $45 for 6 players
Looking for your 2020 Halloween plans? Let's Go Urban has your entire family covered with their Tulsa Zombie Scavenger Hunt!
Answer trivia, solve clues, find objects, and complete video challenges with a fun, zombie-themed scavenger hunt. Solve the right clues to try to stop the zombies, and you may win the Grand Prize! This social distancing-friendly hunt is only as scary as your imagination and is perfect for kids of ALL ages! www.letsgoandhunt.com/zombies

HALLOWEEN AT AHHA
When: October 31, 12-9 p.m.
Where: ahha Tulsa, 101 E. Archer St.
Spend Halloween day or night at ahha! Create spooky hands that glow, ghostly portraits and more! There will be scary movies outside as well as to-go candy bags. Costumes encouraged! ahhatulsa.org

HALLOWEEN NIGHT AT THE MUSEUM
When: October 31, 6-8 p.m.
Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore
Families can share an evening of Halloween fun, trick or treating and a costume contest in the safety of the grounds surrounding the Will Rogers Memorial and in the beautiful sunken gardens. Free admission. www.willrogers.com



BY NANCY A. MOORE
PHOTO CREDIT: ANNA SCHROEDER

Hanna Howard: sharing a message of perseverance

Hanna Howard is shining a bright light during the COVID pandemic darkness through her new book *Ignite the Sun*. Ten years in the making, it offers a timely message that resonates well with its teenage audience and pushes readers into another world that is imaginative and inspiring. The storyline is unique and impactful – even incorporating a character who struggles with anxiety. The premise teaches readers that decisions have consequences and while taking action might be difficult, it will eventually yield the desired results if they persevere.



TK: Tell us about yourself:

Howard: I grew up in Tulsa and graduated from Jenks High School in 2004, then I attended college at Oklahoma Baptist University. I got married in 2017 and the day that Tulsa went into quarantine, I had my first baby (born on St. Patrick's Day!).

TK: How did you become interested in writing?

Howard: I've always been a reader, and really got into writing in high school, after my best friend encouraged me to start writing down the stories I made up. Both my parents were always very supportive, too. My dad was himself an artist and encouraged us kids to pursue our passions instead of money. When my dad was still living, his morning routine always included a text to me to see how my writing was going that day.

TK: Being a new parent, do you have any advice for parents on how to support their kids dreams/goals?

Howard: Parents, encourage your kids to do what they love. If you push them exclusively toward monetary success, and ignore their actual interests and talents, you might just stifle something that could be of real value to the world. And remember that your encouragement is a powerful thing. I would never have fought through 12 years of literary rejection (incidentally, not an unusual amount of time in the publishing industry) if it hadn't been for my parents' spoken belief in me. My dad's texts every morning - usually something as simple as "You up? Writing?"- were like a stimulant to my perseverance when it was lagging.

TK: The main character in your book struggles with anxiety. Can you share your journey about being diagnosed with Clinical Anxiety and Seasonal Affective Disorder?

Howard: I remember the exact day I had my first panic attack. It was Nov. 1, 2010, the first day of National Novel Writing Month (NaNoWriMO) where the goal is to write 50,000 words in one month. Prior to this point, I had been focused hard-core on getting published. That morning, I woke up at 5 a.m. and got ready to write. I was rushing around, getting breakfast, when all of a sudden, I had a physically crushing feeling and felt like I was going to die.

My Seasonal Affective Disorder was intense, especially during that time. I remember the outside weather being a mirror of my internal feelings – cold, dark and oppressive. I also remember writing most of every day during the ice storm. It was therapeutic for me because I was dragging things out and processing them through the lens of the story, which in the end helped me to understand myself and my internal experiences much better.

TK: Tell us about the book:

Howard: It's a teen fantasy intended for ages 12-18 years old. It's about a 16-year-old girl who grew up in darkness, but finds out she has an elemental magical connection with the sun, and because of that she might be able to

continued next page



restore sunlight to the place where she lives.

My first idea about this book came when I was walking my dog in the springtime. Every time I walked into the sunlight it just felt wonderful – eventually I felt an uplifted feeling in the sunlight and that got me thinking about flight. The second thought sparked while at work at Southwood Nursey when I thought I heard a little boy mention The Darkness, which sounded like some kind of entity. I wondered what that sort of Darkness could be, which led me to wondering what it would be like to be only in the dark. Eventually, I realized that I could put those thoughts together into one story.

TK: Can you shed some light into the process of writing this book?

Howard: It took almost 10 years! Unfortunately, I took the slowest, most meandering route I could have taken. I think of myself as a recovering "pantser" – flying by the seat of my pants. Now, I'm a "plotter" so I do more outlining before I write and feel more organized that way.

TK: Any tips on your writing schedule?

Howard: Ideally, I try to write every day, which admittedly is much harder with a small child! My favorite time to write, though, is in the early morning. My old apartment had a balcony, and I used to get up and watch the sun rise as I was writing. Building a routine helps your body become used to the schedule you want to keep.

TK: Which of your characters can you most relate to and why?

Howard: Although my main character, Siria, looks the most like me and also suffers from anxiety, I can relate most to Linden, her friend and eventual love interest. His earthiness, interest in gardening, and mostly unruffled attitude probably reflect more of my adult personality.

TK: What was the publishing process like for you?

Howard: Getting published was a long process. I had been pursuing a couple of projects including a book that I was trying to publish prior to this one. The agent rejections were in the hundreds, which most people are stunned to hear is incredibly common for an unknown debut writer. Once I eventually signed with my agent on this book, we got to work on the hardest (and best) revisions of my life, which took an additional three years to finish before we were ready to pitch the book to publishers.

TK: What advice would you give to aspiring writers?

Howard: Perseverance is the number one trait you must have. The publishing world can be brutal, and it's really easy to get discouraged. The people who get published are not necessarily any better than the others – they just don't give up. Also, whatever you do, you have to love it. If you want to be a writer, make sure you love the craft, because the process just isn't worth it otherwise.

TK: What's next for you?

Howard: More books, I hope! I've always wanted to be a writer and I want it to continue! I'm enjoying the process of promoting this book, but have also started working on the project that I hope will be next.

Check out Hanna on Instagram @hannachoward and www.hannachoward.com. Signed copies of her book are available at Magic City Books.

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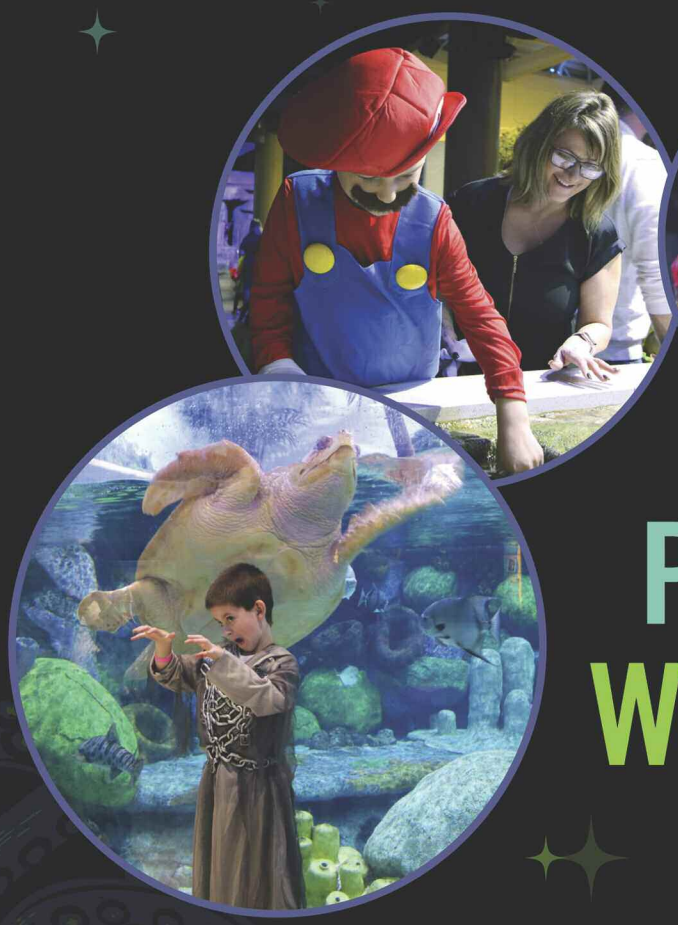
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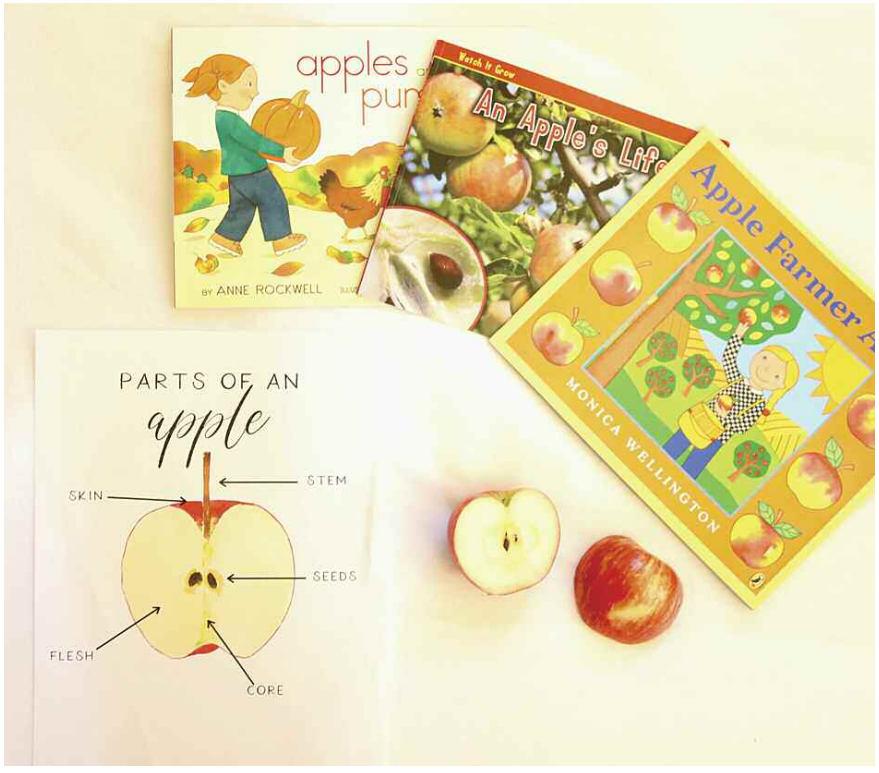


BY NATALIE HANSON

creating traditions when everything feels non-traditional

Our family's tradition has always been to not be too traditional. For the most part, we come by this naturally as my husband and I are both spontaneous and have never clung too tightly to our plans. It also has been somewhat necessary to be flexible due to the nature of his work as a musician in the band Hanson. It is one of the reasons homeschooling has always been a good fit for our family. We've all had to have a birthday in a weird place, and anniversaries and holidays have had to move and adjust based on whatever direction life decides to go. We have taken the good with the bad, enjoying the moments when they come, while trying not to dwell much on missed traditions. It is a part of our family identity. In fact, I have always carried a sense of pride in our ability to pivot and take whatever comes our way. However, recent events have forced me to reexamine this part of our family culture.

When you are in the business of large, close-contact gatherings, social distancing isn't good for business. Almost every show and event planned in what was supposed to be a very busy year for us has been cancelled. In fact, my husband and I realized this is the longest we have ever consistently been in the same city since we have been married! Yikes.



VERY LITTLE IS TRADITIONAL WITH NATALIE HANSON AND HER FAMILY, BUT THE PANDEMIC HAS FORCED THEM INTO A MORE "NORMAL" KIND OF NORMAL. SHE IS USING HOME AND HAVEN SEASONAL LESSON PLANS FOR A MORE TYPICAL FALL CURRICULUM.

One day recently, when the news of the cancellation of a particularly fun annual gig came in, one of my children started crying. Hard crying. More than seemed appropriate for the situation. It hit me in that moment that without realizing it, our non-traditionalness had become our tradition, and we were having much of that taken away by the pandemic. Those tears pulled at my mom heartstrings big time. I decided right then that I would put a new kind of effort into turning our little world into a tradition fest. I am out of my element here, as I've never been an over-the-top birthday mom, holiday mom, or any of that, but I realize that when it comes to the attitude of my family, I am the one in the driver's seat. And right now I need to take the wheel. So I am doing whatever I can to keep the tears away and the celebrations coming! That is what we are doing over here, and having everyone home for school gives me lots of opportunities to make a seemingly normal day feel special.

One way I'm accomplishing this right now is by celebrating the change of the seasons using some adorable seasonal lesson plan supplements by Home and Haven. I purchased the fall bundle, which includes projects suitable for ages pre-k through seventh grade. It has units on leaves, pumpkins, bats and apples. So fall-y!

Of course, I'm sure we will all be happy when we're back to our normal, not-normal schedule, but for now I'm thankful for being reminded to celebrate all of the lovely things right here in our home.



ASK THE EXPERTS

Miller Swim School | Sarah Miller

Q: Safer Water, Safer Swimmers – How your swimmers can stay safe in the water this winter!



A: Experts say that drowning knows no season. During this season of COVID-19, drownings have increased significantly. With the increased amount of time spent at home and the lake, now is the time to focus on water safety with your families. Regular, comprehensive swim lessons reduce the rate of drowning by 88%. Furthermore, according to the CDC, pools with proper levels of chlorine and UV filtration systems are one of the cleanest environments to be in. Therefore, we encourage families to participate in weekly swim lessons at a facility, like Miller Swim School, that promotes safe water and safe swimmers in a safe, clean environment for families.

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 are good dental habits to begin at birth for children?



A: Cavities are contagious! Avoid sharing utensils or food, blowing on food to cool it off, tasting from the spoon, putting pacifiers in your mouth, or kissing on the lips. Do make cleaning part of your feeding routine, clean your baby's mouth after each feeding with a moistened gauze or washcloth, even for infants with no teeth. There are even infant finger toothbrushes you can buy! Do use fluoride! Use fluoride toothpaste once your child starts getting teeth, brush with a soft toothbrush with a smear of the fluoride toothpaste, twice a day. Try not to let your child fall asleep with a bottle of milk or juice, it is like bathing your child's teeth in a puddle of sugar, which we do not want to do! By the time your child is a year old, it is time to throw that bottle out and drink from a cup. Tooth decay can occur as early as 6 months old, so do not wait until your child is 2 or 3 years old before taking them to the dentist. Lastly, give breastfeeding your best effort! The action of breastfeeding helps to form the palate (roof of mouth), help build jaw muscles, and encourages nasal breathing which helps avoid crowding.

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

HTR Pediatric Therapy | Ashley Dozier, PTA

When my child had her physical therapy evaluation done, she was seen by a physical therapist. Now, however, she is being seen by a physical therapist assistant. Will she still receive quality care?



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Ashley Dozier, PTA

We can help. Contact HTR Pediatric Therapy for more information at 918-806-0106.

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

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

Q: My son hates going to reading tutoring and honestly isn't making much progress, but he needs the practice. Do you have any suggestions?

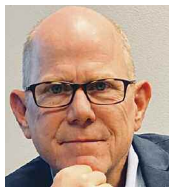


A: Dyslexia is so much more then reading struggles. If it were as simple as just re-teaching how to read, long-term tutoring would not be in the experiences of those who struggle with dyslexia. Tutoring focuses on the issue at hand. This could be current schoolwork or re-learning a concept to keep up with school assignments. Occupational and Speech Therapy delves much deeper to explore the "why" behind the struggles you see and your child experiences. There is always an underlying reason why someone has difficulty with reading. For some, reading difficulties are due to less-than-average ability in memory, or they may be unable to accurately process what they see or hear or unable to associate sounds with letters. Understanding the "why" is the first step to reading success. Accommodations and strategies are only a piece of what of is helpful. Without treating the "why," many children go from one reading program to the next without ever making permanent change, leaving them frustrated and often on an academic or career trajectory that does not really reflect their true potential.

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

World Travel Service | Alex Eaton, President

Q: What is the value of using a travel agency; especially, during the coronavirus pandemic?



A: World Travel, Oklahoma's premier agency, has been in business for over 60 years. We've helped tens of thousands of clients customize travel plans, from simple car/hotel reservations to intricate global excursions, while weathering every storm, including 9/11, the SARS and EBOLA outbreaks and multiple recessions. Because of our size and experience, the agency has the buying power and know-how to deliver the industry's best guidance and value. Our clients receive cost savings, free upgrades and credits as well. Our advisors know the rules and regulations to help our customers navigate their way through the complexities of travel planning and decision-making, such as helping acquire up-to-date passports, TSA pre-check approval and assistance with COVID testing inquiries. In this new age of travel, we serve as a loyal partner and guide, working with each client all the way from the planning stage to the moment of return.

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BY NATALIE MIKLES

pumpkin-inspired recipes for fall

Pumpkins are as much a part of fall as apples and falling leaves.

But the idea of pumpkin-spice everything is a relatively new phenomenon. As soon as fall hits, you see it in everything from brownies and bagels to candles and soaps. And of course, it's in the ever-popular pumpkin spice latte.

It's likely the PSL, which Starbucks put on its menu in 2003, that pushed the pumpkin spice flavor into ubiquity.

Marketers have even included children in the trend, flavoring kids' snacks, like yogurts and cookies, with pumpkin spice in the fall months.

The spices that make up the pumpkin spice blend are as old as time, so there's nothing trendy about them. And even if you feel an annoyance with pumpkin spice infiltrating your fall, consider pulling back to basics, stripping some of the sweetness of pumpkin spice, and embracing the pumpkin itself.

Pumpkin provides great nutrition and can be used in both sweet and savory recipes. Add it to a baked French toast for weekend brunch. Or, roast chunks of fresh pumpkin with Brussels sprouts and other root vegetables. This mixture is great on its own or when tossed with warm pasta drizzled with a balsamic reduction and a sprinkle of grated Parmesan cheese.



Here are some pumpkin-inspired recipes to try this month.

PUMPKIN MUFFINS

Makes about 18 muffins

- 3 cups flour
- 1 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 cup granulated sugar
- 1/4 cup brown sugar
- 1 stick butter, melted
- 2 eggs, beaten
- 1 cup mashed pumpkin (fresh or canned is fine)

1. Combine all dry ingredients in a large bowl.

2. Combine butter and eggs in a small bowl. Fold into dry ingredients, then add pumpkin.

3. Scoop mixture into lined muffin tins, filling about 2/3 full. Bake at 400 degrees for 15 to 18 minutes or until golden brown.

These little tarts are easy to make and pretty to serve. The crust is a snap to make – a gingersnap cookie in the base of each tart.

PUMPKIN CHEESECAKE TARTS

Makes 12

- 12 gingersnap cookies
- 1 (8-ounce) package cream cheese, softened
- 1 cup mashed pumpkin
- 1/2 cup sugar
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 2 eggs

1. Preheat oven to 325 degrees. Place muffin cup liners in a muffin tin. Place a gingersnap cookie in the bottom of each liner.

2. Beat cream cheese, pumpkin, sugar, pumpkin pie spice and vanilla until well blended. Add the eggs and beat well.

3. Divide the batter equally among the 12 muffin cups. Bake for 20 to 25 minutes or until set. Cool in the pan on a wire rack. Remove from the pan, and chill before serving.

Pumpkin and a little pumpkin pie spice add a bit of sweetness to this chili. If you like it spicy, add more chili powder.

PUMPKIN CHILI

Makes 6 to 8 servings

- 1 pound ground beef
- 2 celery stalks, finely chopped
- 1 medium onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 garlic cloves, minced
- 1 (29-ounce) can tomato sauce
- 1 (15-ounce) can crushed tomatoes
- 1 (15-ounce) can solid-pack pumpkin
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (15-ounce) can black beans, rinsed and drained

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PREK - 8TH GRADE GIFTED CHILDREN

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1. In a Dutch oven, cook the ground beef, onion, bell pepper and garlic over medium heat 8-10 minutes or until beef is no longer pink and vegetables are tender, breaking up beef into crumbles; drain.

2. Stir in tomato sauce, tomatoes, pumpkin, sugar, chili powder, pumpkin pie spice, 1/2 teaspoon salt and pepper; bring to a boil. Reduce heat, then simmer (uncovered) for 45 minutes. Stir occasionally.

3. Stir beans into chili and warm through before serving.

Kids will love the slight sweetness of pumpkin in this hummus. It's great with sliced vegetables, pita or crackers.

PUMPKIN HUMMUS

- 1 (15-ounce) can pumpkin
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1/4 cup tahini
- 1/4 cup extra virgin olive oil
- 2 tablespoons minced garlic
- 4 teaspoons maple syrup (if you want to add sweetness, if not then leave it out)
- 1 1/2 teaspoons coarse salt
- 2 teaspoons ground cumin
- Roasted, salted pepitas (for garnish)

1. Combine all ingredients (except pumpkin seeds) in a food processor. Blend until smooth. Check consistency, and add olive oil if you want a thinner hummus. Garnish with toasted pumpkin seeds.

Pumpkin Picture Books

If you're learning from home this fall, kids will enjoy a simple pumpkin unit study: Read a pumpkin book, make a fun recipe and then visit a pumpkin patch.

Too Many Pumpkins by Linda White
Pumpkin Moonshine by Tasha Tudor
Strega Nona's Harvest by Tomie dePaola
Pumpkin Soup by Helen Cooper
The Pumpkin Book by Gail Gibbons
The Roll-Away Pumpkin by Junia Wonders
From Seed to Pumpkin by Wendy Pfeffer
The Great Pumpkin Contest by Angie Rozeleaar
Pumpkin Circle by George Levenson
How Many Seeds in a Pumpkin? by Margaret McNamara

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

space archaeology? call me curious!

During these uncertain times, capture your kids' curiosity with library resources

Curiosity in cats can be dangerous, or so the famous axiom tells us. Curiosity in kids is something different – an infinite resource to be encouraged and grown. When we support children's natural desire to ask "Why?" or "What is that?", we help them broaden their knowledge of the world and develop as independent thinkers and intellectual explorers.

In order to capture that BCE – Big Curiosity Energy – the Tulsa City-County Library has launched a monthly initiative called **Kids Read Curious World**, housed on the library's Kids web page at www.tulsalibrary.org/kids-read-curious-world.

Every month, children's librarians and staff will focus on gathering and developing a variety of fun learning resources about one specific topic at a time, including reading lists, short videos, fun activities to do at home, and other learning resources.

We want to give kids a million different ways to get curious about interesting topics so they will want to learn (and of course read) even more.

September's topic was Dig Into Archaeology.

October's is **Where in the World is Buddy Bookworm?/Maps & Continents**.

November is **Knights & Castles**.

December is **Wolves in Fact and Fiction**.



One resource that parents may not know about is the library's deep database collection (www.tulsalibrary.org/research/databases) where you and your child can find short and interesting articles from a variety of magazines and other periodicals.

As part of Kids Read Curious World, every month we find the best articles in our databases about each topic and give you a taste of each article, which we hope will awaken your child's curiosity (and maybe your own!) to learn more by either finding the full article in our database or checking out related books.

Here's one example, from September's Kids Read Curious World, of an article about Vikings and the use of something called "space archaeology."

A Viking Discovery?

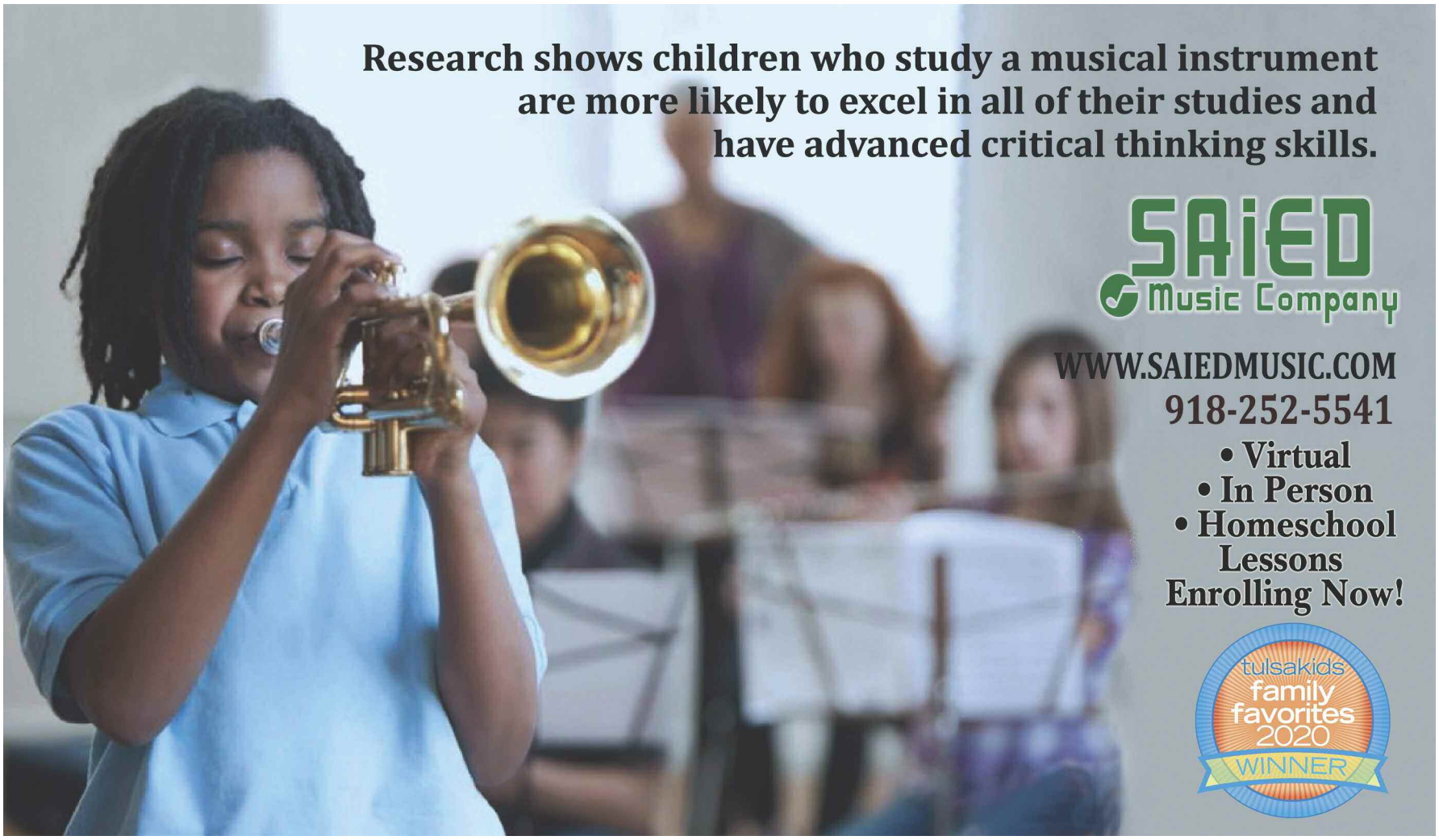
January 9, 2017 Junior Scholastic

"A band of sea travelers called the Vikings were the first Europeans to arrive in the Americas. A recent discovery may help answer age-old mysteries about these early explorers."

In the 1960s, archaeologists found evidence that Vikings came to eastern Canada around the 1100s. (That was a long time ago!)

But thanks to some pretty sophisticated science, they found new proof that they were also much further west in Canada.

continued next page





How did they find this out? Something called "space archaeology"!

"By studying satellite images taken from cameras 400 miles above Earth, scientists have uncovered ancient structures and settlements all over the world. Space archaeologists look for variations in landscape, including discolored soil and changes in vegetation. These variations often indicate the presence of human-made structures from the past."

In the past, space archaeologists had learned more about ancient groups in Egypt, but they didn't think they would find Vikings, too!

Looking at satellite images of Canada, they saw *"dark spots and straight lines, which hinted that human-made structures might be buried underneath."*

That's when the archaeologists started to dig!

"They have unearthed several artifacts they think may have belonged to the Vikings, including a stone hearth – or fireplace – and mangled scraps of heated iron. (Melting iron was one way that Vikings produced nails to build their ships.)"

They don't know yet what it all means, just that it will take a long time and more digging.

" 'This is going to take years of careful excavation,' [archaeologist Sarah Parcak] said. 'It raises a lot more questions than it answers. But that's what any new discovery is supposed to do.'"

Check out more fun learning resources and curiosity starters at **Kids Read Curious World** www.tulsalibrary.org/kids-read-curious-world today - and keep coming back for more each month!



what scares parents?

No doubt about it. This is an uncertain and scary time for everyone. The pandemic has shifted our lives in ways that we could not have imagined in 2019. We asked our TulsaKids and TulsaParents Facebook friends to tell us what their top concerns are right now. Not surprisingly, the highest number of responses were about COVID and its consequences.

We reached out to professionals in the community to address those fears here:

How do I as a working parent, navigate between being a good employee, but also being there for my kids academically?

• Set realistic expectations for yourself and your child(ren). It is not possible to educate a child properly while also being attentive in a meeting.

• Have a family "orientation" of what to expect while mommy and daddy are working. On the weekend, walk through a day of what it's like to work and learn from home AFTER setting clear expectations.

• Include the children in this process of setting expectations.

"If you see headphones on, don't interrupt mommy or daddy."

Place a sign on your laptop that says, "Please don't interrupt" or use red and green for younger children.



• If you know ahead of time that your child requires attention and you have to attend a meeting, schedule assisting your child around your meetings. Provide them with other activities such as reading, puzzles, or something else that will keep them busy while you are able to meet.

• Schedules and routines are important.

• Fix lunches ahead of time so that it doesn't interrupt a great deal of the work/school day.

• Learn how to use the educational platforms together and encourage your child to navigate on their own.

Should I be concerned that having to be my child's teacher will change our relationship? It seems like he will do more for his teachers than he will for me.

• Keep in mind, as parents, we have always been our children's first teachers.

• It is okay to set new expectations. Have a conversation with your child about the importance of everyone working together to do their part in the home, including children learning and parents working, which now includes parents helping their children with learning from home.

• If there are ways to stay connected to the teachers and peers, utilize those opportunities. The child's sense of belonging from school has been interrupted.

The two responses above are from Chantelle Lott, M.S., prevention coordinator, Center for Family Resilience, College of Education and Human Sciences, OSU-Tulsa

I worry that I might become ill and not be there for my child, or I might die.

When working with parents that are terminally ill, we have worked on a "will" of what will happen to their child. This is a pro-active discussion that helps alleviate the anxiety of not having a plan. The plan can be reviewed with both the caregivers to be and the children so everyone knows what will happen. Parents should be careful not to catastrophize the situation and frighten their children. This should be part of family planning that is good family hygiene.

I worry that my child or a loved one will become ill.

Continue to do the things that keep us safe such as washing our hands, wearing a mask, watching our distance, and then practice these activities over and over to give you some control over worry. This is like a fire drill at school we practice so we are prepared and know what to do if

continued next page

an emergency erupts.

What can I do to help alleviate these fears?

Talk, reassure and be honest about your worries to help normalize that the fear is real and normal. Children look to you as an example. If you are wringing your hands in worry, they will follow your lead. If you are talking about how you feel while managing your anxiety, they will also follow your lead.

The three responses above are from Faith Crittenden, MSW, LCSW, Senior Director of Children's School-Based Mental Health Services, Family & Children's Services

My 6-year-old doesn't really know how to use a mouse or how to type on a keyboard. He is unfamiliar with the technical requirements of distance learning. How can I help him learn these things? Should I be worried about him spending so much time learning using a screen?

No one thinks distance is the ideal learning environment for any child, but at this point in the pandemic, scientists and healthcare professionals advise that it is the lesser of two evils until we can ensure children's health won't be at risk by attending school face-to-face. Still, even knowing that it is the better option, it is completely natural for parents to be concerned about their child's experiences in this new educational context brought on by COVID-19.

Although pediatricians and developmentalists have been raising concerns about children's time in front of screens in recent years, not all screen time is created equally. Even outside of the distance learning context, children's use of screens can expose them to meaningful content such as different languages or distant places. These experiences, as well as those without a clear learning component, can have a positive effect on children's development. The potential benefits of screen time are increased when a caring adult helps facilitate children's engagement with the content of the video or show by having a conversation about what is happening on the screen. Just like you can build your child's knowledge in the grocery store when you describe the color, texture, and size of the produce you are looking at, the same parenting strategies can be used to talk about what your child notices and wonders about what they're seeing on the screen. Distance learning is also providing a vehicle for some interaction with teachers and peers, which is helpful even when the other people are on a screen. In short, I'm not terribly worried about the screen time aspect of distance learning.

Most children are adept at navigating touchscreens at a very young age, but as you noted, using a mouse or keyboard is not as common and may be a new experience for elementary school children. If your child's teacher is not giving assignments that help children develop these skills, you can provide opportunities for your child to practice their mouse skills using a digital paint program or online games at free sites like coolmathgames.com or pbskids.org. Keyboarding can also be practiced with free online resources, although hunting and pecking is likely sufficient for a first grader's distance learning assignments.

Overall, remember that kids are resilient, and you can build their capacity for resilience by being a warm, interactive parent in the gaps between distance learning sessions and when school is over for the day. With your support and efforts to protect some time for free play and time outdoors, your child will continue to progress in their healthy, well-rounded development.

One last thing, parent to parent: If you find yourself depleted from supporting distance learning and all of the other stressors of pandemic life, don't feel guilty if you need to let your child chill out with cartoons or unboxing video by their favorite You-Tuber. This season of life is hard for all of us, parents included, and taking time for yourself will help ensure you can continue to be a great parent in the days ahead.

I'm worried about my child being too isolated. She is only 5, but is normally outgoing and friendly. Since she hasn't been around friends or classmates, she seems to be getting quieter. Should I be concerned about her lack of socialization, and what are the long-term effects?

It is so hard to watch our children navigating this really unique time in history. Everything we all knew about life in this world changed rapidly, and it's completely understandable that our tiniest humans might have a hard time adjusting. When routines are disrupted and the world is turned upside down, the most important thing we can do for our children is to provide a warm and nurturing environment for them and try to introduce some semblance of routine and predictability in our current new normal.

During the pandemic, one particularly hard part for all of us, adults and children alike, has been the lack of interaction with people outside of our families. Adults can talk by phone, but it is pretty difficult for children to engage for more than a few minutes even on a video call and may leave the adults feeling like the effort is not worth the benefit. I do think, though, that the benefit of connecting your child with other people is important and worth the effort to work through the challenges, whether virtual or in person.

To provide your child with opportunities to socialize during the pandemic, you may need to think outside of the box. Video calls can be one good option, and creative possibilities might include grandparents reading a story to the child or playing charades with a friend. Children can also interact with friends or adults on video chat by showing their doll's new style or their latest Lego creation. If everyone is not overloaded by screens already, some video games such as online Yahtzee or more complex games like Animal Crossing can provide a way for children to have a shared play experience and interaction with friends or family.

Perhaps the best way to get some socialization while fighting off the blues your child is experiencing is to get outside and find a chance to meet up with a friend. Scientists report that the likelihood of catching the virus is much lower outdoors, so I feel comfortable letting my child play with friends outdoors as long as they are not right in one another's faces. Friends can find plenty of safe ways to interact at a playground, playing mini-golf, or riding bikes in the neighborhood. Not only can this give some social time, fresh air and sunshine will yield benefits for your child's physical and mental health, and you can soak up some sunshine as well.

As hard as it can be to see your child sad, make sure to let them know that their feelings are completely normal and okay. You can give your child the words to understand that what they are feeling is disappointment or loneliness and admit that you might be feeling some of the same things. Encourage your child to express their emotions through dancing, drawing, or pretend play. Letting your child process these feelings is one of the best gifts you can give them during this time and will help protect their emotional well-being now and into the future.

Hopefully these ideas will help, but if none of these tips work and you remain concerned about your child's emotions, call your pediatrician to describe what you're seeing and get their input.

The two responses above are from Sherri Castle, assistant director of research at the Early Childhood Education Institute, OU-Tulsa.

special education during the pandemic: know your child's rights

Editors Note: This Month Tulsakids Is Partnering With The Arc Of Oklahoma (Formerly Tarc) To Provide Information About Special Education Here And On Tulsakids.Com



PHOTO CREDIT: PHOTO COURTESY OF THE ARC

There Is No Denying That Covid-19 Has Been Particularly Disruptive To Nearly 7 Million Children With Special Needs Across The Country. Its Important For Parents To Understand That Schools Must Still Provide Their Children With Special Education Even During The Pandemic. Under Federal Law, Every Child, Regardless Of Need, Is Entitled To A Free, Appropriate Public Education. With The Fall Semester In Full Swing Amid The Ongoing Pandemic, Here Are Five Facts To Know:

1. Fact: To Date, The U.S. Department Of Education Has declined to Make Any Changes To The Individuals With Disabilities Education Act (Idea) Due To The Pandemic Or The Closures Resulting From It.

Advice: Experts Say Parents Should Fight For The Services Their Kids Need. Parents Have The Right To Fight For The Best Individualized Educational Environment For The Child Including In Classroom, Virtual Or A Combination. The Only Way A School District Can Be Excused From Fulfilling Their Obligation Of Special Education Is If The Family Refused Its Services. Its Up To The District To Figure Out How To Make It Work, Even During The Pandemic. Under The Federal Law, A Lack Of Funding For Special Education Is Not A Legal Excuse For A District.

2. Fact: Just Like With Idea, The Laws Surrounding Individualized Education Programs (Ieps) Remain Unchanged Regardless Of Whether Education Occurs In The Classroom Or Virtually.

Advice: The Guide Special Education And Related Services During The 2020-21 School Year was Released By The Oklahoma State Department Of Education After The Pandemic Hit. It States That A Students Iep Can Be Revised Due To The Effects Of The Covid-19 Pandemic. If Some In-Personal Services Such As Physical Or Occupational Therapy Are Not Available Now, Set An Agreement For When The Service Can Resume.

3. Fact: Schools And Vocational Rehabilitation Agencies Are Responsible To Work Together To Help Students With Disabilities Transition To Adulthood, Including Providing Pre-Employment Transition Services Even Amid The Pandemic.

Advice: The Iep For Each Student With A Disability Must Address Transition Services Requirements Beginning Not Later Than The First Iep To Be In Effect When The Child Turns 16, Or Younger If Determined Appropriate By The Iep Team, And Must Be Updated Annually Thereafter. The Iep Must Include: (1) Appropriate Measurable Postsecondary Goals Based Upon Age-Appropriate Transition Assessments Related To Training, Education, Employment, And, Where Appropriate, Independent Living Skills; And (2) The Transition Services (Including Courses Of Study) Needed To Assist The Student With A Disability In Reaching Those Goals).

4. Fact: Idea Allows Parents To

continued next page

Seek Compensatory Services If Students With Disabilities Do Not Receive The Free Appropriate Public Education To Which They Are Entitled.

Advice: Experts Say Parents Should Remind Schools Of This Now As A Means To Get Services Back On Track Rather Than Waiting For The Pandemic To End And Seeking Compensatory Services At That Time.

5. Fact: The Number Of Special Education Lawsuits Are Growing During The Pandemic. Hundreds Of Families Have Signed On To Lawsuits alleging That Schools And State Education Departments Are Illegally Denying Children The Services Spelled Out In Their Federally Mandated Ieps.

Advice: If A School District Is Not Meeting Requirements And Efforts Between Parents And School Prove Unsuccessful, Parents Can Seek Ideas Three Dispute Resolution Mechanisms: Mediation, State Complaint And Due Process Complaint Procedures. Due Process Should Be The Last Resort As Legal Costs Are Considerable.

Tarc Has Become The Arc Of Oklahoma, A State Chapter Of The Arc, A National Advocacy Nonprofit Promoting And Protecting The Human Rights Of People With Intellectual And Developmental Disabilities And Actively Supporting Their Full Inclusion And Participation In The Community Throughout Their Lifetimes. The Arc Of Oklahoma Provides A Family Support Program Offering Special Education And Iep Assistance To Families At No Cost. Services Are Also Available In Spanish. For More Information, Please Contact Sherilyn At Swal-

The Arc of Oklahoma will offer a special education webinar series every Tuesday at noon during October. For more details follow them on social media.



Second Saturday Silents

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What's Going On(line)?

CONTESTS + GIVEAWAYS

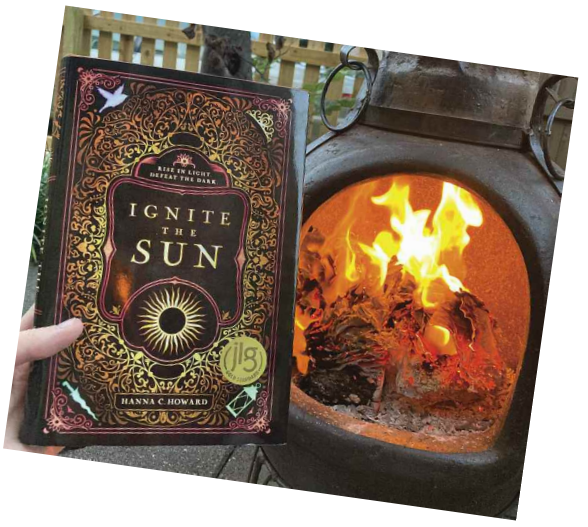
MASK UP! PHOTO CONTEST SPONSORED BY THE CHILDREN'S HOSPITAL AT SAINT FRANCIS

Masks make a difference! Children can help protect their community from the spread of COVID-19 by wearing masks and social distancing. To honor your kid's contribution to public health, enter them in TulsaKids' Mask Up! Photo Contest. Simply submit a photo of your child wearing a facemask to our contest page from October 1-31.
One lucky winner will receive a $100 gift card. Plus, any photos entered by October 15 have a chance of appearing in our November magazine!
Get the entry link at tulsakids.com/contests.



ENTER TO WIN A SIGNED COPY OF "IGNITE THE SUN" BY HANNA C. HOWARD!

This month's Green Country Grown-Up column features an interview with new author Hanna C. Howard. From October 5-11, enter to win a signed copy of her Young Adult fantasy novel, "Ignite the Sun." Book description: "Once upon a time, there was something called the sun … In a kingdom ruled by a witch, the sun is just part of a legend about Light-filled days of old. But now Siria Nightingale is headed to the heart of the darkness to try and restore the Light—or lose everything trying." Enter at tulsakids.com/contests.



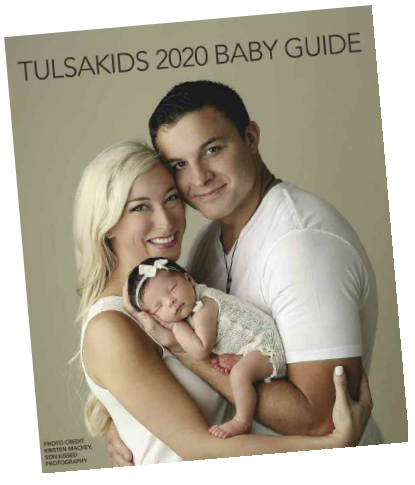
GUEST BLOGGER: ELEANOR'S BOOKSHOP

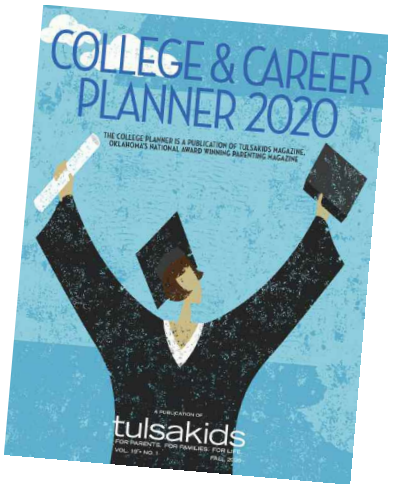
Eleanor's Bookshop is a new children's bookstore located at the corner of 11th and Lewis in The Shops at Mother Road Market. Follow TulsaKids on social media (@tulsakidsmagazine on FB or @tulsakids on IG) so you don't miss a special Guest Blog post from Eleanor's Bookshop. Founders Matt & Kelsey McAfee will be sharing their recommendations for children's books about living with disabilities. Visit their website, eleanorsbookshop.com, or follow them on social media, @eleanorsbookshop.



FROM BABY TO GRADUATION

TulsaKids.com has resources to support your family, from pregnancy through your child's high school graduation! Find our local resource directories at tulsakids.com/guides. Plus, don't miss our annual Baby Guide at tulsakids.com/baby, and our College & Career Planner at tulsakids.com/college!





Congratulations to our TulsaKids Cover Kid Contest Winners!



Jack Ramsey



Jonathon White



Alyssa Martin



Connor Beers



Peyton Stelling



Quinn Boswell



Jayda + Jordan Logan



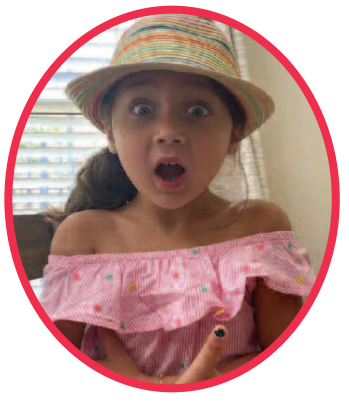
Olivia Mutagamba



Ronan Wheeler



Raiden Xiong



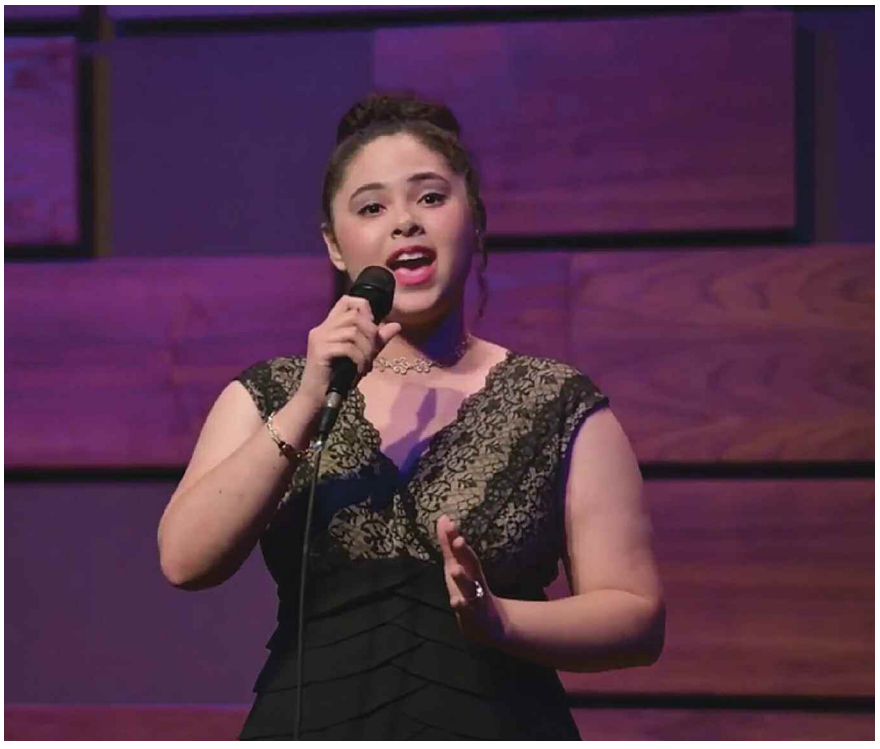
Sofia Macias

Thank you to Tulsa ER & Hospital for sponsoring our 2020 Cover Kid Contest!

TULSA ER & HOSPITAL

I'M A TULSA KID

WORDS BY SHEEBA ATIQI
PHOTO: PROVIDED



Jesamine Katzman: Performer

As the crowd cheers for her and the stage lights illuminate her dreams, 16-year-old Jesamine Katzman knows she was born to perform. The Broken Arrow High School sophomore has been making waves through the theatre scene locally, but now can be seen in the Sticks and Stones Virtual Concert and Benefit Show for Lady Gaga's Born This Way Foundation.

TulsaKids: At what age and how did you start in the theatre scene?

Jesamine: My parents tell me that when I was 4, maybe a little older, I was pulled onstage during a Poison concert by the lead singer, Bret Michaels. I remember the lights, the crowd and not being scared at all. They say that I told them after that, that I wanted to do that, be on stage.

I was 5 or 6 when I was cast in my first show with Tulsa Project Theatre. It was Seussical the Musical, and I was in the children's ensemble. At the same time, I was taking a Broadway Baby Musical Theater class at Theatre Arts in Broken Arrow. I have been in about 30+ shows in and around the Tulsa area over the past 10 years.

TulsaKids: How were you cast in the Sticks and Stones virtual concert and benefit show for Lady Gaga's Born This Way Foundation?

Jesamine: My mom saw a casting notice online in Broadwayworld.com and asked me if I wanted to submit an audition video. It looked like an amazing opportunity. It's for a great cause to raise money for Lady Gaga's Born This Way Foundation whose mission is to prevent teen bullying and promote youth mental health. There are also some well-known Broadway performers headlining this show It was a long shot, but I thought why not? It couldn't hurt.

TulsaKids: How did it feel when you found out you were cast?

Jesamine: I was shocked at first. I wasn't expecting to get that congratulations email. Over 1000 audition videos were submitted and only 95 were cast. I felt — and feel — very lucky, thankful and so excited to be able to work with an incredible cast from all over the world and well-known performers. Rehearsals started earlier this week and it was unbelievable to work with composer, conductor, orchestrator, record producer, Grammy and two-time Emmy Award-winner John McDaniel.

TulsaKids: What did you learn from this experience?

Jesamine: We are still in rehearsals and the show will not air until October. Being cast in this show has only shown to me, even more, how important it is to never give up no matter how many times I have been told "no." This is so important to do for everything in our lives, not just working towards a career in entertainment. I have had many no's along the way, and there are opportunities I would not have had, most recently, this one, if I had given up.

TulsaKids: What advice do you have for others who are interested in theatre?

Jesamine: Find as many opportunities as you can. I am in drama class at school. You can be in your school plays and musicals. There are local theatre groups that have auditions for shows and also have education programs to introduce and train youth in theatre in the summer and during the school year.

I just want everyone to know how important it is to keep working towards what they want to achieve. It might seem hopeless at times, but keep at it. You never know where it will bring you!

TulsaKids: Where have you performed locally? Where can we see you perform?

Jesamine: I have been onstage at the Tulsa PAC with American Theatre Company and Theatre Tulsa. I have performed with Tulsa Project Theatre, Broken Arrow Community Playhouse, Sand Springs Community Theatre and Sapulpa Community Theatre, as well as with Clark Youth Theatre and Encore! Tulsa. I also have been a part of the cast in my high school's musical since ninth grade.

Prior to the pandemic, I could be seen at Tulsa Spotlight Theatre as Mary Morgan in their Drunkard & the Olio show that happens every Sat. evening.

I also have had the opportunity to work with Lyric Theatre of Oklahoma in OKC. Last summer, I was able to attend a by audition/invitation only Sing Center Stage Masterclass Intensive in St. Louis, training with Broadway vocal coach Celeste Simone.

Next month, virtually, you can see me as part of the featured ensemble for STICKS AND STONES Musical Concert and Benefit show for Lady Gaga's Born This Way Foundation. I also have the amazing opportunity to perform as part of Sing Center Stage, during The Cabaret Project of St. Louis's Gateway to Cabaret Virtual Gala and Benefit next month.

TulsaKids: What other hobbies do you have?

Jesamine: I love to cosplay. During the pandemic, I really started learning how to create costumes. I am also a singer and dancer. I love hip-hop, tap, Broadway jazz and lyrical. And I play piano/keyboard. Spending time with my friends and family is also important to me. I also volunteer at the Oklahoma Aquarium.

TulsaKids: What do you want to be when you grow up?

Jesamine: I am really working hard to have a professional career in the performing arts, especially being a Broadway performer. I plan on going to college for a degree in Musical Theatre. I have been looking at so many different schools and programs all across the country. Fingers crossed, I am accepted at one of my top schools in NYC.

TulsaKids: Who inspires you?

Jesamine: My mom inspires me to never give up and keep striving to obtain my goals no matter how many obstacles are in front me. She's one of my biggest fans. My dad motivates me to be the best version of me. I have always had their love and support. Family, friends, my drama teacher, my voice coach — I am lucky to have each and every one of them in my life.

On a professional level, Broadway performer Jeremy Jordan also inspires me. Recently, I saw an interview with him about his career and he said, early on, he had really bad auditions. Today, he is a phenomenal performer with beautiful vocals. He is proof that hard work, dedication and determination pays off.

TulsaKids: What is a fun fact about you?

Jesamine: I was just inducted into National Honor Society. I am taking ASL American Sign Language at school so that I can use it in my career as a performer. I also started working as a haunt actor two years ago and love it. You can see me at Insanity Farms in Tulsa this season as one of their principal actors.

To learn more about Jesamine and keep up on the latest news: Instagram: @jesaminekatzman_official.



During the pandemic, it is more important than ever to support local business! Here are some local favorites ready to serve your family.

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918.596.1412

GREENHOUSE PEDIATRIC THERAPY
Greenhouse Pediatric Therapy provides "Exceptional Occupational Therapy for Kids". We are a team of passionate therapists and support staff who are dedicated to providing child-led, play-based therapy. Our job is to support children in being the best version of themselves they can be. We believe therapy should be fun and meaningful for the children and their families. Visit our website, greenhousepeds.com, to learn more.
2257 W. Washington St., Broken Arrow
11211 N. Garnett, Suite B, Owasso
greenhousepeds.com

JUNIPER
Juniper changes with the seasons to bring guests creative, modern cuisine focused on delicious, locally sourced ingredients. Juniper boasts a beautiful and intimate downtown setting with rustic brick columns and a warm and inviting atmosphere. Since opening in 2011, Justin and his talented chefs have created more than 2,000 unique dishes that have made it onto their one-of-a-kind weekly special menus.
324 E 3rd St, Tulsa, OK 74120
918.794.1090
www.junipertulsa.com
Available: Dine-in, Curbside Takeout, Delivery via DoorDash

LET'S GO URBAN TULSA ZOMBIE SCAVENGER HUNT!
WHEN: October 28-31 (anytime)
Where: Downtown Tulsa
Cost: $45 for 6 players
Looking for your 2020 Halloween plans? We have your entire family covered with our Tulsa Zombie Scavenger Hunt!
Answer trivia, solve clues, find objects, and complete video challenges with a fun zombie-themed scavenger hunt. Solve the right clues to try to stop the zombies and you may win the Grand Prize!
This social distancing friendly hunt is only as scary as your imagination and is perfect for kids of ALL ages!
www.letsgoandhunt/zombies

MIDTOWN ATHLETICS | MIDTOWN MARTIAL ARTS
Want your child to learn courtesy, integrity, perseverance, self-control and indomitable spirit in a safe, socially distanced environment? Midtown Martial Arts is excited to welcome them! Our TaeKwonDo program is the perfect mix of traditional and FUN - perfect for children ages 6yrs old and up. Book a free trial on our website at http://bit.ly/mmafreetrial
3324 East 31st Street,
Suite P-Q
918.584.8404
midtownmartialartstulsa.com

PRHYME: DOWNTOWN STEAKHOUSE
PRHYME is a modern interpretation of the American steakhouse located in downtown's popular Tulsa Arts District. PRHYME offers the highest level of service and quality in Tulsa. Enjoy mouthwatering cuts of USDA prime beef, seafood, appetizers, caviar service, desserts, and an extensive wine list with over 250 selections from around the world. We can't wait to serve you!
111 N. Main St, Tulsa, OK 74103
918.794.7700
www.prhymetulsa.com
Available: Dine-in, Curbside Takeout, Delivery via DoorDash

SEEKING SITTERS
It has been a great privilege to have been trusted by thousands of families across the Tulsa area since 2004 for all their childcare needs. We are encouraging families to get back out and reconnect on a date night. Call us or connect with us on Facebook to get updates on this special and learn more about our monthly giveaways.
Thank you for the opportunity to help with your family's childcare needs.
David & Adrienne,
Owners & Founders
Tulsa, OK 74104
918.749.3588
seekingsitters.com
facebook.com/seekingsitters

TIPPI TOES ® DANCE COMPANY
Tippi Toes® Dance Company brings dance to YOU! We travel into schools, day care centers, after school programs and community centers all over the Tulsa area to bring fun, exciting and joyful dance classes to kids 18 months – 12 years old. We also offer live Zoom classes, virtual classes and Friday dance camps. We'd love for your child to join us!
Contact: Laura Teal
918.361.4134
MissLaura@TippiToesDance.com
TippiToesDance.com/Tulsa

TULSA GLASSBLOWING SCHOOL
Tulsa Glassblowing School has something for everyone. Introducing a new hands-on project just in time for the holidays - Cowboy Hat Glass Experience - $85 each (approx 2.5" tall x 5" wide)! Make your own or purchase a gift certificate for someone you know! Check out all project options on our website - www.tulsaglassblowing.org - under Community Classes. Call to reserve your time today!
7440 E. 7th St.
Tulsa, OK
918.582.4527
Hours: Tuesday-Saturday, 9 a.m.-4 p.m.
tulsaglassblowing.org

How Emergency Care Should Be

Tulsa ER & Hospital was created to bring around the clock, concierge-level, quality emergency care to our community. We strive to provide our patients with the best experience, with short wait times in a comfortable and inviting environment. Tulsa ER & Hospital puts patients first.

Visit our website for information about services and insurance.



OUR SPECIALTY IS YOU!

TULSA ER & HOSPITAL

717 W 71st St S, Tulsa, OK 74132
WWW.TULSAER.COM
Phone: 918-517-6300

DON'T BE SCARED ...

HALLOWZOOEEN IS CHANGING



TULSAZOO

more days

Friday, Oct. 16 - Sunday, Oct. 18
Friday, Oct. 23 - Sunday, Oct. 25
Thursday, Oct. 29 - Saturday, Oct 31

new **2PM - 6PM | animals viewable**

Reservations required | Limited number of tickets

tulsazoo.org/boo

Switchgrass Management
BURGER KING
Verity Family
Royal Castle

INSURICA
Pumpkin Patch Playroom

QT
Pirate Island

PEPSI-COLA

Special thanks to these zoo partners for building a better zoo through their continued support.

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