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ON THE OTHER SIDE OF GRADUATION:
WAITING FOR SERVICES

COPING WITH CORONAVIRUS:
WAYS TO STAY CALM WHILE STAYING HOME

DIY MOTHER'S DAY GIFTS

RECIPES:
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HOW TO HAVE THE CLEAN AND ORGANIZED HOME YOU WANT

FAMILY FAVORITES BALLOT INSIDE!

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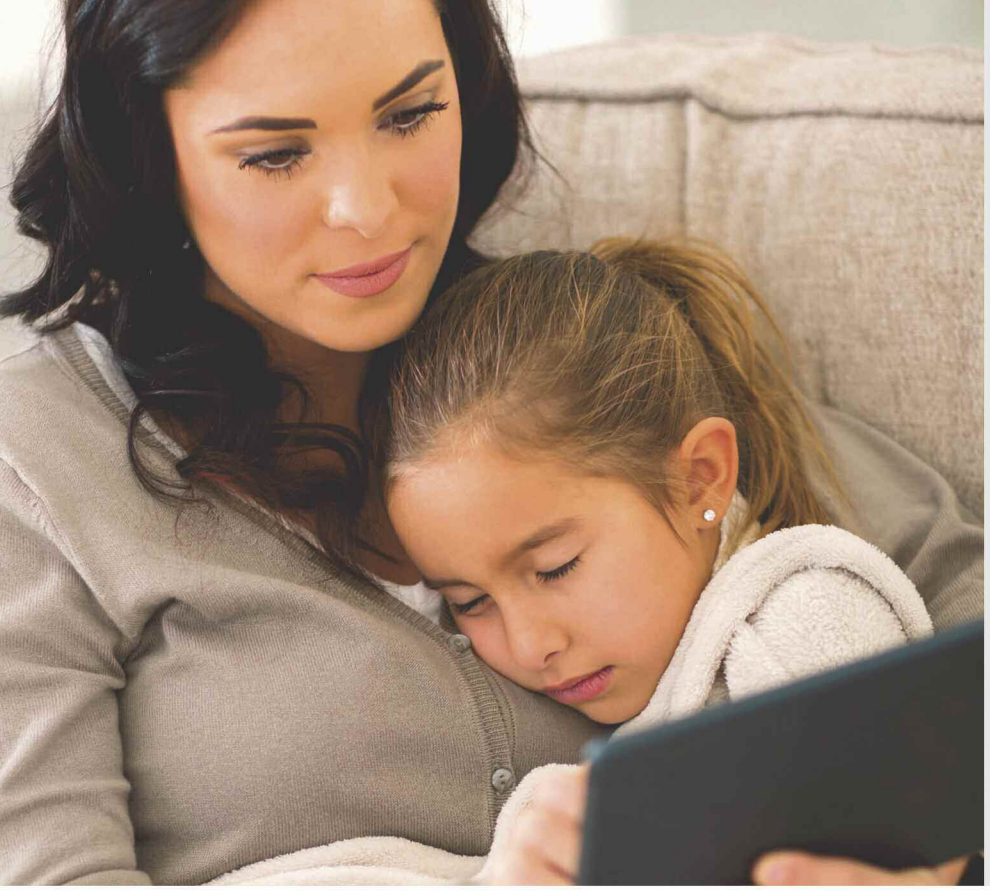
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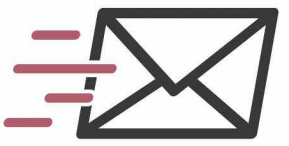
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May 2020

what's inside

Volume XXXIII, Number 5

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On the Other Side of Graduation: Waiting for Services

BY NATALIE MIKLES



28-29

SHORTS

6-8 **NEWS & NOTES**

16 **FAMILY AT HOME**
How to Have the Clean and Organized Home You Want
By Betty Casey

18-25 **FAMILY FAVORITES RUN-OFF BALLOT**
Vote Today!

26-27 **COMMUNITY**
Coping with Coronavirus: Strategies to Stay Calm
By Betty Casey

28-29 **FEATURE: DISABILITIES, PART II**
On the Other Side of Graduation: Waiting for Services
By Natalie Mikles

36-37 **MOTHER'S DAY**
Shower Her with Love: DIY Mother's Day Gifts & More

IN EVERY ISSUE

10 **STAGES: Babies & Toddlers**
Working from Home with Toddlers
By Kiley Roberson

12-13 **STAGES: School Age**
Parents as Teachers: Use school resources and your creativity
By Mary Beth Ritchie, LCSW

14-15 **STAGES: Tweens & Teens**
Mindfulness May be One Tool to Minimize Stress
By Julie Wenger Watson

30-31 **GREEN COUNTRY GROWN-UP**
Andee Cooper: TARC Parent Advocate of the Year
By Nancy A. Moore

32-33 **#NATUREISNTCANCELED:**
Tulsa-Area Hiking Destinations
By Tara Rittler

34-35 **GET COOKING**
Combining Pre-made and Homemade for Cooked-at-Home Meals
By Natalie Mikles

38-39 **HOMESCHOOL**
Welcome, One and All, to Homeschooling!
By Natalie Hanson

40-41 **FROM THE HIP**
The Hip Mom Escapes to Nordstrom, part II
By Jill VanTrease

42-45 **COMMUNITY CALENDAR**
Virtual Activities
By Tara Rittler

52 **PARTING THOUGHTS**
Senior Students Share Their Loss

SPECIAL SECTION:

47-50 **SUMMER CAMPS & ACTIVITIES GUIDE**
(call to check for coronavirus updates on closures or changes)



12-13 Parents as Teachers: Use school resources and your creativity



10 Working from Home with Toddlers



26-27 Coping with Coronavirus: Strategies to Stay Calm



38-39 Welcome, One and All, to Homeschooling!

Living in Quarantine

As you read this, I sincerely hope you, your family and friends are healthy. The staff of TulsaKids has been practicing social distancing, and figuring out new ways to reach you with information and entertainment.

With so many businesses and schools being closed, we have temporarily lost many of our distribution sites, so we had to use some digital ingenuity to put the magazine directly in your email inbox. While we are distributing the print magazine to places that are available, we are sending the May issue digitally to over 150,000 homes with children in and around Tulsa. It is exactly the same as the print magazine (you may have read our April digital edition), so you aren't missing any articles or advertisements. Sending a digital link to so many households has actually increased our distribution, so if you were not readers before, I hope you will become one.

I want to thank our freelance writers and staff for pivoting quickly to come up with relevant content during the coronavirus quarantine. You'll find articles on cooking at home, hiking, organizing your home, virtual calendar items, working at home with toddlers, handling stress and more. Hip Mom takes us on part II of her trip to Nordstrom's in NYC, and it's a nice fantasy escape. It's difficult to imagine how quickly things have changed!

Natalie Mikles writes part II of her article on families who have children with disabilities and are on the State waiting list for services. In this article, she shows what it means to "age out" of the public school system to an uncertain future without services after graduation. It's shocking that many families have been waiting 14 years or more. With the economic fallout from coronavirus, these families may face even more difficulties.

Brandi, Lindsey and Tara, our staff members who are normally at the office, are all working from home with their young children underfoot. I admire them, and I don't envy them. As someone who has "been there, done that," I know how difficult it can be, and it is even more difficult because it was unplanned and indefinite.

We're all soldiering on to bring you the magazine and even more social media than ever before. Tara Rittler, our web and social media editor, is your Facebook friend on TulsaKids or Tulsa Parents; she is posting an activity of the day on Instagram; keeping you updated on the latest on COVID-19; doing interesting video interviews and activities, and generally expanding our contact with you. Please sign up for Tara's e-newsletter and be a Facebook friend. We love the community on our Tulsa Parents Facebook, and use those parents to get ideas and inspiration.

Above all, we care about you and your family. Stay safe and well!

Betty Casey
associate publisher and
editor in chief



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PUBLISHER: CHARLES FOSHEE
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CONTRIBUTING WRITERS:
Natalie Mikles
Kiley Roberson
Mary Beth Ritchie
Julie Wenger Watson
Nancy A. Moore
Natalie Hanson
Jill VanTrease

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PUBLISHER
publisher@tulsakids.com
EDITOR-IN-CHIEF
editor@tulsakids.com
CALENDAR
(submit by 10th of the month prior)
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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.

TCC STUDENT NAMED GOLDWATER SCHOLAR

Justice Robinson, a Tulsa Community College student, has been named a 2020 Goldwater Scholar by the Barry Goldwater Scholarship and Excellence in Education Foundation. Robinson, a biology major, is the first TCC student to receive this prestigious scholarship that is up to $15K split between two years of study.

"I am still really shocked and proud to represent Tulsa Community College. I am a non-traditional student who had a six-year gap from high school to college, so I am older than most of my peers," said Robinson

At 26, she will graduate in May with her associate degree and plans to continue her education in neuroscience. Her ultimate plan is to earn a Ph.D. and conduct research in neurobiology, to understand changes in the brain.

The Barry Goldwater Scholarship is the most prestigious undergraduate scholarship for the natural sciences, mathematics and engineering in America and is awarded to sophomores and juniors who show exceptional promise of becoming our nation's next generation of research leaders in these fields.

Robinson is one of five Goldwater Scholars selected from Oklahoma and one of 396 selected from across the country.

CHILDREN'S BOOK WEEK MAY 4-10

The Children's Book Council is celebrating its 101st Children's Book Week, May 4-10. Book Week honors children's books, readers and book creators. You can celebrate with your child by visiting The Children's Book Council website at https://everychildareader.net. You'll find coloring pages and inspirational ways to celebrate at home. Follow #BookWeek2020atHome to find videos, live virtual events from book creators, resources and ideas from libraries and local bookstores.

SAINT FRANCIS TULSA TOUGH 2020 CANCELED

Due to the current global health and economic crisis surrounding COVID-19, the board and staff of Tulsa Tough, Inc. have canceled Saint Francis Tulsa Tough scheduled for June 12-14, 2020.

Organizers looked at all options including rescheduling the event for later in the year and determined that canceling was the responsible choice.

All current registrations for crits and fondos will automatically be deferred to the June 11–13, 2021 Saint Francis Tulsa Tough. Those who prefer a refund may request one. Registrants will receive instructions on deferrals and refunds.

Saint Francis Tulsa Tough is scheduled for June 11-13, 2021.

TWO TULSA PREMIERES OF DISNEY SHOWS POSTPONED

According to information provided by Celebrity Attractions, due to ongoing concerns of the spread of the coronavirus (COVID-19), the Tulsa, OK engagements of Disney's FROZEN and Roald Dahl's CHARLIE AND THE CHOCOLATE FACTORY scheduled in June 2020 at the Tulsa Performing Arts Center have been postponed. Current ticket holders are being told to hold on to their tickets as tours are rebooked. More details will be forthcoming as quickly as possible. Celebrity Attractions says its top priority is protecting the health and well-being of patrons, staff, volunteers, students, and touring artists. They appreciate your patience and support of the arts.

For more information, please visit www.CelebrityAttractions.com.



KRISTIN CHENOWETH'S BROADWAY BOOTCAMP CANCELED FOR 2020

Due to the ongoing protective measures put in place to help slow the spread of the COVID-19 virus, the 2020 Kristin Chenoweth Broadway Bootcamp has been canceled.

"The safety and health of our campers, their families, and our whole team is our number one priority," said Kristin Chenoweth. "We were so excited to welcome all of you amazing campers from across the country, but we know that 2021 will be bigger and better than ever!"

The camp, held each summer in Broken Arrow, Oklahoma, for the past five years at Kristin's namesake theatre, has attracted a who's who of Broadway professionals both from the stage and behind the scenes, including Tony, Emmy and Grammy winners. These professionals have acted as teachers, mentors, counselors and guides for the aspiring performing arts students.

Camp spots are audition-only, and open to those students entering grades 9-12 in the coming school year. But because of the cancelation, current seniors will still be able to audition for 2021 Bootcamp next year.

For the latest information, visit Kristin's social media platforms and visit her website at officialkristinchenoweth.com.

ROUTINE VACCINATIONS STILL RECOMMENDED DURING PANDEMIC

The Tulsa Health Department recommends that routine vaccination, especially of infants, should continue. This ensures that communities remain free of vaccine preventable diseases and that individuals are as healthy as possible. If routine vaccination is postponed, public health officials fear the community could be faced not only with a COVID-19 pandemic but an outbreak of vaccine preventable diseases, like measles. The American Academy of Pediatrics (AAP) has provided additional guidance on immunizations during the COVID-19 pandemic.

"While we are focusing on COVID-19, we don't want to forget that routine childhood immunizations protect against numerous other vaccine-preventable diseases," said Ellen Niemitalo, immunizations manager.

Clients seeking immunization services at the Central Regional Health Center and James O. Goodwin Health Center are encouraged to call 918-582-9355 to make an appointment. Measures have been temporarily modified to limit potential exposure for clients and staff while practice social distancing.

Clients are asked to print and complete an immunization worksheet and screening questions prior to their appointment. When clients arrive at Tulsa Health Department, they are asked to park in a "Reserved" parking spot and remain in their vehicle. Clients are then asked to call the number provided when making the appointment to let immunization staff know when they've arrived.

"THD encourages families to continue to obtain routine vaccines, especially for their children," added Niemitalo. "We are asking our clients to make an appointment to ensure continuity of immunizations while maintaining proper social distancing. However, we will not turn away anyone that walks into our clinic for immunizations."

For more information via phone or web, please call 918-582-9355 or visit www.tulsa-health.org.

CITY ACTIVATES SCHOOL ZONE LIGHTS FOR MEAL PROGRAM

The City is activating school zone lights between 10:45 a.m. and 1:15 p.m. on weekdays at TPS school locations participating in the Grab-And-Go meal program.

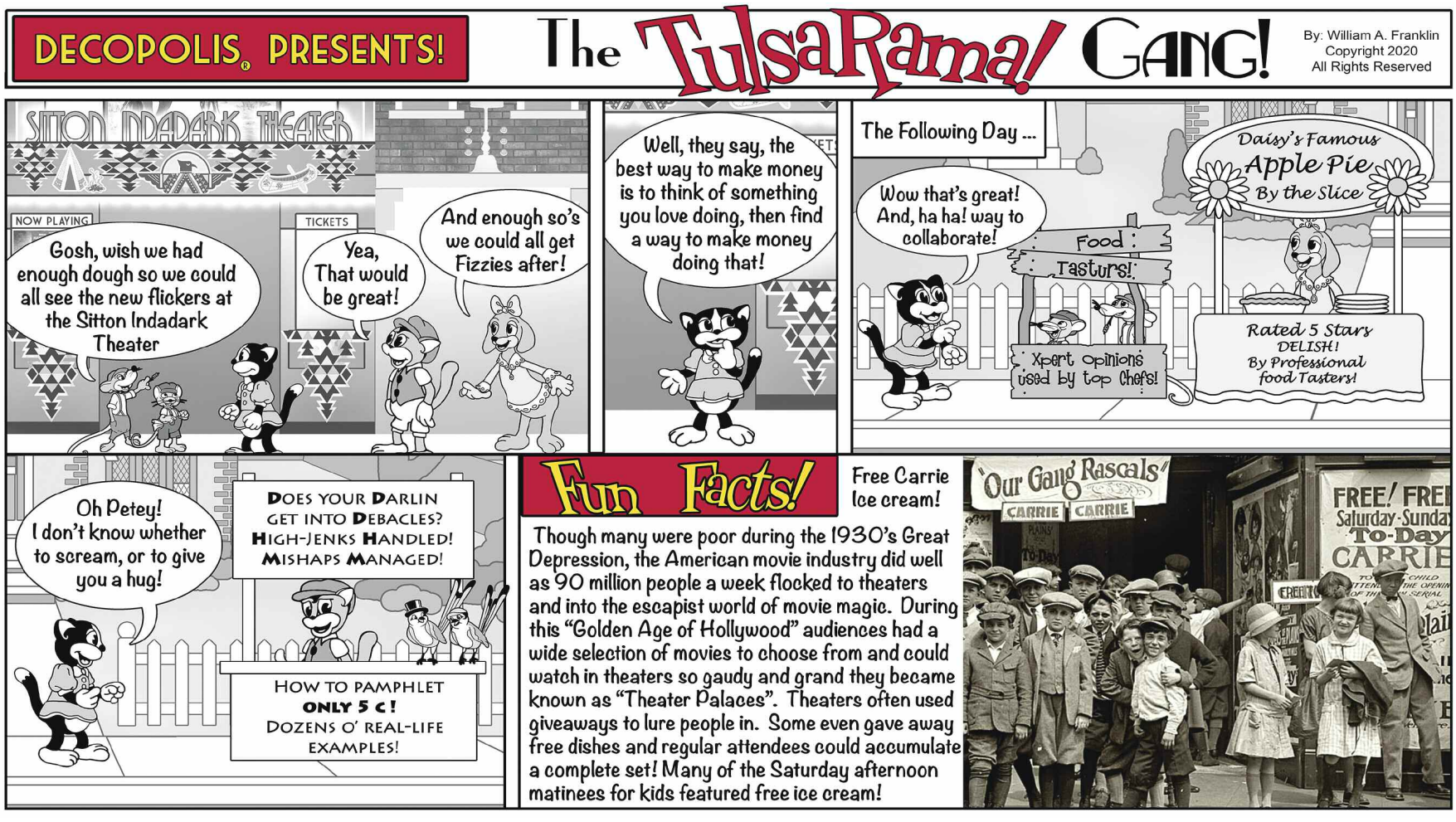
The activation of school zone lights directly ties to the Grab-And-Go meal program, which provides weekday breakfast and lunch meals to children ages 18 and younger. There are nearly 40 different Grab-And-Go sites.

Parents and children should use caution and use school crosswalks when reporting for meals, as crossing guards will not be present.

Though the City is only turning school zone lights on for TPS sites involved in the Grab-And-Go meal program, TPS also operates a weekday Mobile Meals program. The program has nearly 170 bus parking spots around Tulsa, which provide meals to all children ages 18 and younger. At each stop, buses park and distribute meals for about 5 minutes, or until the last meal is served.

For a list of participating school sites and more information about TPS Meal Sites, visit: www.tulsaschools.org/mealsites.

For the latest local information on COVID-19 in Tulsa, visit: www.cityoftulsa.org/COVID-19.



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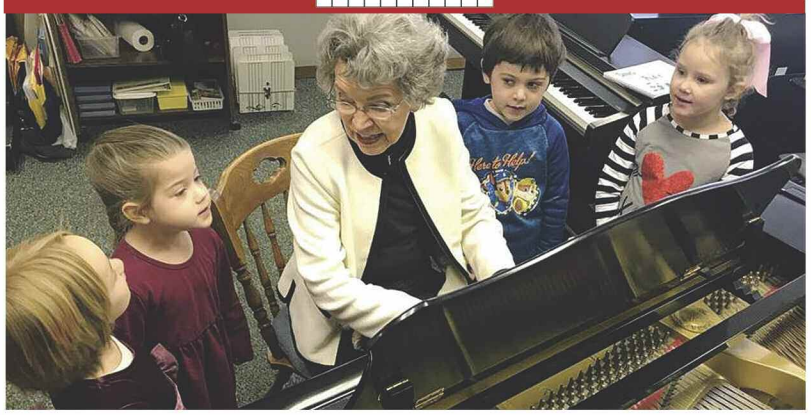
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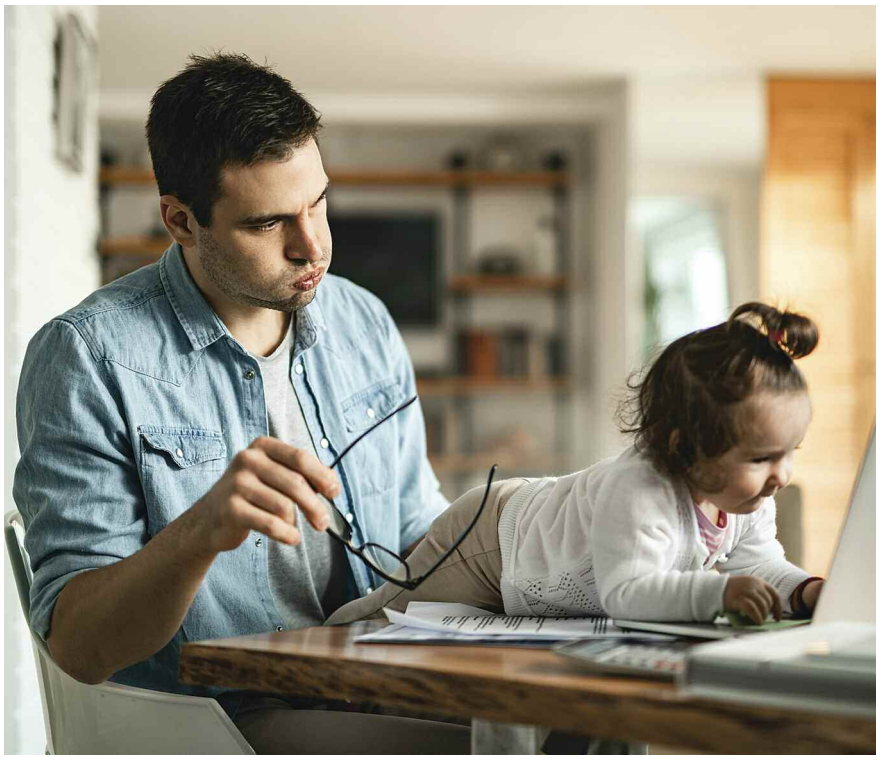


BY KILEY ROBERSON

working from home with toddlers

If working from home during a worldwide pandemic isn't stressful enough, add two children to the mix and things get a lot scarier. Fortunately for me, my children are a little older now and can manage some quiet reading time and playtime while I break out the laptop and join my twentieth Zoom meeting for the day. It is not easy by any stretch of the word, but we're making it work one day at a time…sometimes one hour at a time. However, for working parents of babies and toddlers, trying to work remotely and juggle little ones is an entirely different experience.

With schools and daycares closed and employers still encouraging workers to telecommute and work digitally, "take-you-child-to-work day" just got real. So while you're trying to minimize your exposure to the outside world, you're also attempting to keep up with your demanding workload. And all of this can create one major stress migraine. But don't panic just yet! Here are some tips on the best ways to navigate life at the intersection of working at home and parenting.



Create a Schedule

It's important to line up your day carefully, with set "office" hours. How many hours do you hope to work that day? When will you return calls? What can you accomplish while your son or daughter is coloring in the next room? You'll get more done if you work smarter, not harder. But remember that flexibility is okay too. If your child starts fussing during your office hours and it's a beautiful day, it's okay to push assignments aside and play outside for a bit. You can try to catch up on work later when your little one has settled down.

Capitalize On Naptime

Take advantage of naptime for staying productive while working from home. Whether your kid sleeps for one hour or three, use this time to finish assignments that require your complete focus and concentration. This is a great time to try to schedule phone calls.

Separate Parent and Business Roles

If you don't keep your roles as parent and business worker separate, giving each your full concentration for a set amount of time, you'll never feel like you're doing either well. To separate mentally from the rest of the house, set up an office area. It doesn't have to be a formal office, even a converted closet or dining room will do — the key is trying to keep it a kid-free zone to help yourself detach from the rest of your house. Plus, it helps you disengage from your job when you're done. If you don't have an office, try making a list of everything you're going to do the next day, leave it in your workspace at the end of the day, and walk away.

Keep Kids Entertained

Set aside a few cool toys that your kids can play with, or arrange special movie viewings only during your work time. If your children have something to look forward to, they'll be less likely to interrupt you. You can also try setting up an activity center in an area of your home so kids feel as if they have their own designated place to do projects while you catch up on e-mails.

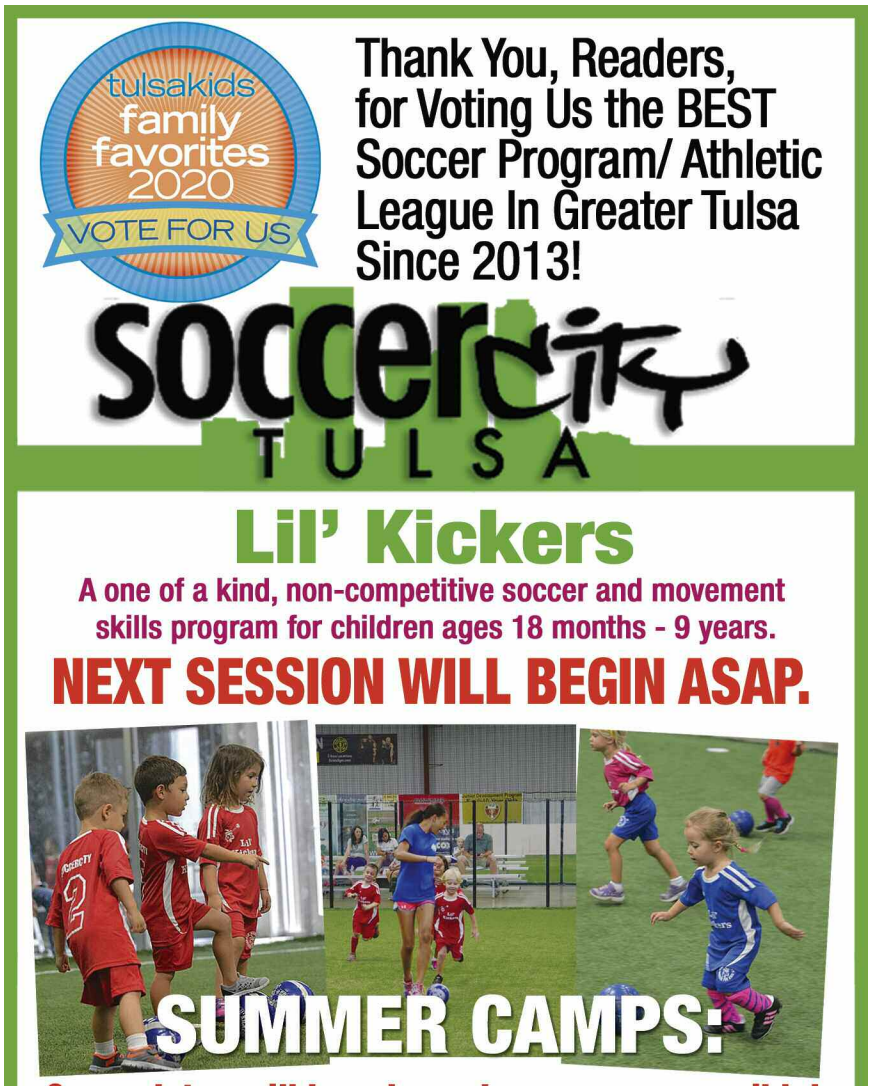
Plan for Interruptions

It's going to happen, you're on an important call and the person on the other line is listening to your child cry instead of your great ideas. If your toddler is fussing while you're on the phone, end the call and reschedule if you can. Also remember to hit the mute button on the phone or video conference call when you're not talking.

Lastly, prepare for the guilt and turn it into a gold medal. You can't be all the things to all the people. Give yourself some grace and a big pat on the back. You're managing a lot and you're doing a great job. Remember that most importantly, your kids are safe, healthy and loved. That's what matters most. Hang in there, friend. We'll all get through this together.







TulsaKids' Family Fun Shortcuts

Looking for Family Fun? We've made it easy!

Festivals: TulsaKids.com/Festivals
Weekend Activities: TulsaKids.com/Weekend
Storytimes: TulsaKids.com/Storytimes
Events for Tweens + Teens: TulsaKids.com/Teen-Events
Events for Toddlers: TulsaKids.com/Toddler-Events
Halloween Events: TulsaKids.com/Halloween
Pumpkin Patches: TulsaKids.com/Pumpkin



BY MARY BETH RITCHIE, LCSW

parents as teachers: use school resources and your creativity

I recently wrote a column about the role of the parent on the academic team. In the midst of COVID-19, parents have found that their roles have significantly expanded. You may have even found that you're suddenly homeschooling.

Parents may feel overwhelmed to be abruptly thrown in to this situation, but don't be alarmed. Our children are all in the same boat, and they are going to be fine. Most schools will be providing some form of distance learning. This may look different by district, by school, and even by each individual teacher. You may be relieved to know that teachers in grades three and up have probably taught the majority of the curriculum by this time of year. We always have to teach a year's worth of curriculum in less than a year in order to be prepared for the end of year testing. Your child is most likely not missing learning very many new skills. Teachers are accustomed to meeting each child at his level, and realize they may have to do some catch-up work in the fall. Trust them to do their jobs.

As a teacher, my suggestion is to start simple and build from there. The first thing to consider is how much your child's teacher is going to remain involved. Take advantage of everything the teacher offers. Teachers are the experts in education, even if distance learning is new to them too. If the teacher offers assignments and resources, I encourage you to fully utilize each of these learning opportunities. Not only is the teacher very familiar with the standards that need to be taught, but this will also take part of the work off your plate.



Another thing parents need to consider as they undertake this task is that children thrive with routine. Create a simple daily schedule. You might want to keep it similar to the schedule your child had at school. For example, I teach Reading and Language Arts before lunch. After lunch, we begin with Math and finish with Science or Social Studies. Those teachers who have self-contained classrooms are careful to schedule the most complex subjects at times when the students' brains are most fresh. You might want to keep that in mind, too. You may also want to schedule time for recess, exercise, lunch and the arts. If you are religious, you may want to include time to learn about religion. Perhaps you want to tackle the basics of a foreign language. The options are endless.

There are a number of activities you can do with your child to promote her education. Some are very basic. If you are a regular reader of my column, you know how important it is to memorize math facts. Beginning in third grade, the focus is on multiplication and division facts. However, I frequently encounter third graders who are still using their fingers for simple addition and subtraction. This is a wonderful opportunity for you to help your child catch up. It is also important to have your child read every day. Read to them, and have them read to you and to siblings. Stimulate some critical thinking skills by asking questions like, "What would you have done differently if you were that character?" or "Which of the characters would you most want to be friends with, and why?" Provide them with a wide variety of reading materials. Besides books, you may want to include some magazines, comics and online resources.

Virtual field trips can be found for every day of the week! Kids can visit famous museums, parks and landmarks all over the world. Many zoos and aquariums also provide them. You might start with the resources sug-

continued next page

gested at www.weareteachers.com/best-virtual-field-trips/ and www.natureworkseverywhere.org/resources/filter/type/virtual-field-trip-video/.

This might also be a good time for some fun science experiments. I found a plethora of ideas on https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff and https://blog.prepscholar.com/easy-science-experiments-for-kids-at-home. A quick Google search brings up boundless resources for simple experiments you can enjoy together at home.

Your family might enjoy planning a pretend vacation. Choose a location, and learn about the climate, geography and customs. Decide what time of year would be the best to visit. Find out how far away it is, and determine the best modes of transportation to reach your destination. You might even want to prepare a meal from that area together. Be creative!

This is a good time to think outside the box. There are many things that children need to learn that they won't learn in school. Consider teaching them how to cook some simple things and how to follow recipes. Recipes are an excellent way to teach math skills. Teach your children how to do a load of laundry. Teach them how to use the vacuum and about how to keep a house clean. Take this opportunity to give them practical skills that won't be taught in school.

Remember that we are all in the same situation. Teachers will work with families to make sure things go as smoothly as possible. Work with them to the best of your ability, and remember to provide your own creative learning opportunities at home. Missing these weeks of school will not have a long-term effect on your child's education. Enjoy this time with your child, and create some memories. It really is going to be okay!

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BY JULIE WENGER WATSON

mindfulness may be one tool to minimize stress

Growing up in war-torn Bosnia, Namik Kirlic witnessed the effects of trauma firsthand. Struck by the fact that some people emerged relatively well from the experience, while others didn't, he began to wonder why. That question not only informed his eventual career choice, it also focused his research. A clinical psychologist at Tulsa's Laureate Institute for Brain Research (LIBR), Kirlic's work looks at the consequences of early life adversity and explores ways to mitigate the risk of psychiatric and medical illnesses in the lives of those who experience it.

"I always wanted to come back to early life experience and trying to build resilience," he explains. "What makes that difference? Why are some people okay and others aren't okay? What is that and can you bottle it?"

Adverse Childhood Experiences and their Potential Consequences

While it might be obvious that growing up in a country experiencing violent, political upheaval and genocide is the definition of "early life adversity," childhood trauma can take many forms, everything from physical and emotional neglect and abuse to poverty and parental incarceration. That definition has recently expanded to include peer relationships (bullying in person or virtually) and sibling relationships (problems beyond typical rivalry or arguing), according to Kirlic. Relative income inequality and socioeconomic status also come in to play.

No matter its source, early life adversity can have serious consequences for both physical and mental health. Experiencing chronic, unpredictable stress in childhood can predispose individuals to a variety of diseases in adulthood. Those that experience traumatic events are often at increased risk for diabetes and heart disease, as well as depression and anxiety. Children who live with significant stress may turn to unhealthy behaviors, using drugs or alcohol for example, which can the lead to even more negative consequences.

"In the worst case scenario, it ends up being so pervasive that it affects so many different systems in the body, and it's really quite damaging across the board," Kirlic notes. "That's some of the reasons it's really quite problematic."

Mindfulness as an Intervention

Clearly, the potential, far-reaching negative consequences of early life trauma are significant, not only for the individual who suffers from them, but also for those around him or her, and society in general. With so much at risk, discovering methods of mitigating or avoiding these outcomes is important.

One of the things Kirlic is currently researching at LIBR is the use of preventative measures, like mindfulness, as a tool to navigate early life adversity, with the hope of intervening before the negative outcomes occur. As a therapeutic technique, mindfulness is fairly simple. It's basically focusing calmly on the present moment, with an awareness on thoughts, feelings, bodily sensations and surrounding environment.

"The idea is to start earlier to see what we can do to set up a person for success. What can we do to set them up to be more resilient, either coping with current circumstances or future circumstances," he explains. "Mindfulness has as long history. For those who practice regularly, it can be a calming factor or a centering practice that allows a person to regulate their emotions and better choose how they respond – to be much more aware of what's going on with them."

Kirlic sees mindfulness as a building block of mental health resilience.

"For example, if we can take a kid who is at risk and give him coping skills, this will now improve his attention. It will improve how he copes with stress and regulates emotions, perhaps increasing resilience. So now he's doing better in school and has better relationships with people," he says. "It's almost like this positive cascade of events – not somebody who lives in complete disruption, but somebody who at each step has a better chance of succeeding."

As a first step, Kirlic led a pilot study with about 40 kids. The study involved a four-week intervention where the participants were taught mindfulness-based stress reduction. The results were encouraging.

"We saw some reduction in depressive symptoms and im-

continued next page

Kirlic sees mindfulness as a building block of mental health resilience. "For example, if we can take a kid who is at risk and give him coping skills, this will now improve his attention. It will improve how he copes with stress and regulates emotions, perhaps increasing resilience."

provements in questionnaires that talk about emotion regulation, especially in areas where they were aware of their emotions and where their emotions were clear to them," Kirlic reports. "That's the first step. If you're noticing what is happening, then you can choose how to respond to that."

Current and future studies at LIBR will build on this idea, aiming to show the long-term effects of interventions like mindfulness to optimize positive outcomes, as well as which of these preventative interventions works best for whom.

"The study we're currently running is a neurofeedback study of mindfulness. The idea is that we really want to understand what is happening with the brain when a person is practicing mindfulness and can we enhance that," Kirlic says. "The kids are trained in specific mindfulness practices, and then they go into the scanner and they practice what is basically a breathing exercise, where they pay attention to wherever they feel their breath more strongly, whether it's the lungs or the heart of the stomach rising and falling. The idea is that if a person is doing that, there is going to be a slow down in certain areas of the brain, or certain areas will be less active. The kids are practicing mindfulness and they see what is happening to the brain, and they can learn to adjust that."

Kirlic doesn't suggest that mindfulness is an answer to everything, but he does see it as part of a healthy lifestyle and a way of building resilience.

"When it comes to mindfulness, put it into your routine and practice it as you would exercise. Where you really see the effects is if you practice it regularly," he says. "We're not saying it works for everything. We're still going to need medication or inpatient treatment in some cases, but for somebody who doesn't have a diagnosable disorder, for example, or where we're just building resilience, having these basic skills is good for all of us."

For more information, visit www.laureateinstitute.org.

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BY BETTY CASEY

how to have the clean and organized home you want

"If my kids were home right now, I would be teaching them life skills because we usually don't have time," says Beth Eagleton, who owns Home Simplified by Beth, an organization and home management business in Tulsa.

Eagleton's two children are grown, but the former full-time mom believes that order in the home creates a happier home. And, with families quarantined together 24/7, now might be the ideal time to clean and organize your home together. At the same time, you can establish some new family behaviors to lessen waste, live with less and reorient your relationship with stuff.

"Learning not to waste is the number one thing I want people to understand," Eagleton says. "It makes your life best to do with less."

She suggests starting with food. Invite your children to look through the pantry, cabinets and refrigerator with you. Make a list of what you have on hand, and search for recipes (or create some of your own) that use those ingredients. There's adventure and satisfaction in discovering that you may be able to come up with a list of meals without going to the store.

"Learn to make something out of nothing," Eagleton says. "When you look, you may think you don't have anything, but you'll see that you do. Google substitutions if you don't have an ingredient."

While you are spending extra time at home, it's a good opportunity to take on some tasks that you've been planning to do, but haven't tackled yet such as cleaning out a closet, going through children's toys and clothing, cleaning out the garage, or even clearing out a drawer. Not only will your house look better, your mind will be clearer.

"Too much stuff is stressful, even for kids," Eagleton says. "They may not understand what's causing the stress like adults, but they can feel it."

Parents can go through unused toys with their kids. Put the ones they no longer play with in a box to donate and talk to them about how those toys will be loved and appreciated by other children who may not have toys. Let your children help organize their rooms, so that they'll know where to put things away when they're finishing playing.

Many families have a closet or two (or three) that could use some organizing. Eagleton calls her method "Shop Your Closet."

"Go through a closet as you would going to a store," she says. "Maybe something was pretty 10 years ago, but it might be outdated now, or too young. Ask yourself if the item is comfortable, does it fit, is it realistic, is it still your style and is it appropriate?"

If you wouldn't buy the clothing now, or wear it today, then donate it or take it to a resale shop rather than throwing it away to go in a landfill.

Huggable hangers have been a go-to for Eagleton for many years. "I learned about them when my daughter went to college. They're covered with velvet and allow you to actually see what's in your closet."

Many people procrastinate when it comes to cleaning and organizing utility rooms, pantries or venturing under those grunge-collecting places like appliances, but Eagleton says those can be a good starting place for cleaning. Knowing that you have mopped under the refrigerator or stove can motivate you to tackle that makeup drawer, or a pantry – or even the garage!

"I cleaned a utility room that hadn't been cleaned in 40 years," Eagleton says. "People get overwhelmed. They don't know where to start, so they probably like going to work just to get away from it. Start small and then move on to the next thing. Get rid of outdated food in the refrigerator, pantry and freezer. Use containers to organize food and spices. And, garages are for cars. Throw stuff away. The city will pick up large items for $10. Call them."

Eagleton urges people to ask themselves if they really need "stuff." Kitchen appliances can become dust and dirt collectors. "Do you really need an air fryer or a rice cooker? If I want something fried, I just go out and buy the real thing every once in a while."

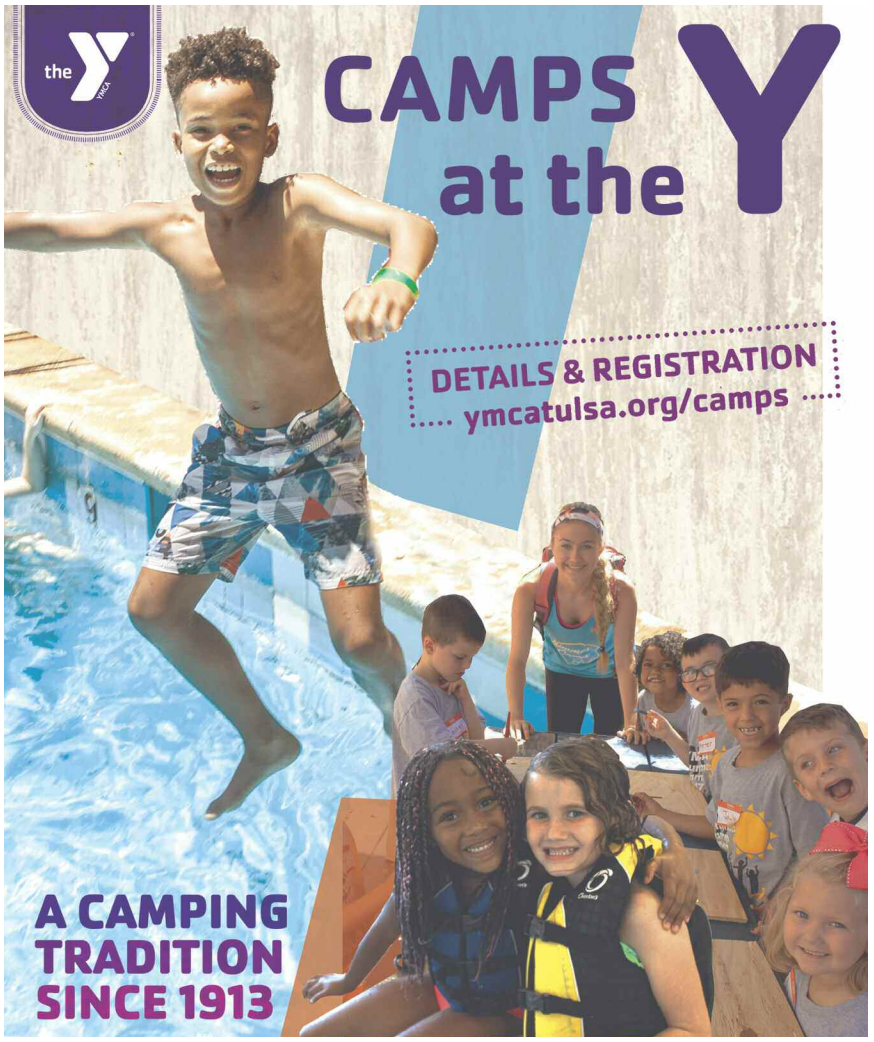
And, avoid saving things such as make-up just because it was expensive when you bought it. If you don't use it or it's outdated, get rid of it. The same goes for the stuff that you've been saving for your adult children or "just in case."

"Don't make a pile of your adult children's stuff. That pile may stay there for a year," Eagleton says. "Take a picture of the item and send it to them to see if they still want it. Don't fall into the trap of 'I need to keep this, my kids will want it', either," Eagleton says. "Ask them now. And, if you need professional help to get rid of it, it's better to do it now than leave it for the kids to do later."

For some home managers and organizers, it's all about the tips. For Eagleton, organizing and cleaning is a philosophy of life. It's about learning to let go, living with less and putting an end to waste that is smothering our planet, not to mention your psyche. Often her clients will be hesitant at first but then are thrilled with the results.

"While you're home, learn not to waste," Eagleton says. "Let's teach our kids not to waste. It's time to start new behaviors. It lifts your mood to come into a house that is organized and clean. Let's get rid of stuff and not replace it with more stuff."

For more information about Home Simplified by Beth, email move8587@gmail.com.





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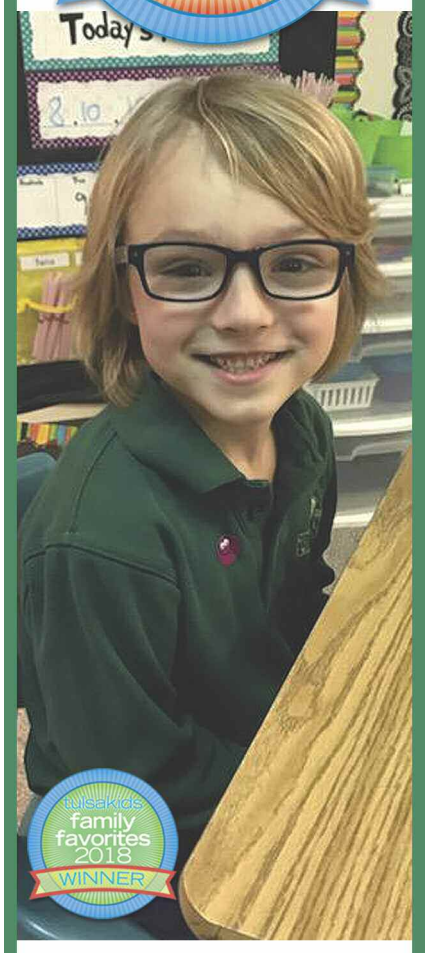
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Everyone who completes our Family Favorites Runoff Ballot has a chance to win a Family Getaway for 4 to Silver Dollar City! The Family Getaway includes: admission to Silver Dollar City, front-of-line passes and lunch, admission to Showboat Branson Belle and White Water, plus lodging for two nights at the Silver Dollar City Campground or other available lodging property. Silver Dollar City is celebrating a 60th Anniversary Diamond Jubilee! Learn more at silverdollarcity.com.

And find the Family Favorites Runoff Ballot link at tulsakids.com/contests.
Cast your ballot online. Voting ends May 31st, 2020.

1. FAVORITE MUSEUM
- ❑ Discovery Lab
- ❑ Gilcrease
- ❑ Oklahoma Aquarium
- ❑ Philbrook
- ❑ Tulsa Air & Space Museum and Planetarium

2. FAVORITE LOCAL ATTRACTION
- ❑ Center of the Universe
- ❑ Gathering Place
- ❑ Oklahoma Aquarium
- ❑ Tulsa Zoo
- ❑ Turkey Mountain

3. FAVORITE FAMILY-FRIENDLY LIVE PERFORMANCE OF 2019
- ❑ Disney on Ice
- ❑ Hot Toast Music Co.
- ❑ Paw Patrol Live
- ❑ Trolls Live
- ❑ Tulsa Ballet's "The Nutcracker"

4. FAVORITE FAMILY FRIENDLY [FAIR OR] FESTIVAL
- ❑ Mayfest
- ❑ Oktoberfest
- ❑ Rooster Days
- ❑ Tulsa Greek Festival
- ❑ Tulsa State Fair

5. FAVORITE OKLAHOMA-BASED PROFESSIONAL/SEMI-PROFESSIONAL SPORTS TEAM
- ❑ FC Tulsa (formerly the Tulsa Roughnecks)
- ❑ Oklahoma City Thunder
- ❑ Tulsa Drillers
- ❑ Tulsa Oilers

6. FAVORITE LOCAL PARK/PLACE TO GET OUTSIDE
- ❑ Gathering Place
- ❑ Hunter Park
- ❑ LaFortune Park
- ❑ Mohawk Park
- ❑ Tulsa Riverparks
- ❑ Tulsa Zoo
- ❑ Turkey Mountain

7. FAVORITE STATE PARK
- ❑ Greenleaf State Park
- ❑ Keystone State Park
- ❑ Natural Falls State Park
- ❑ Osage Hills State Park
- ❑ Robbers Cave State Park
- ❑ Sequoyah State Park

2020 FAMILY FAVORITES RUNOFF BALLOT

8. FAVORITE PLACE TO CAMP IN OKLAHOMA
- ❑ Broken Bow
- ❑ Greenleaf State Park
- ❑ Keystone State Park
- ❑ Robbers Cave State Park
- ❑ Sequoyah State Park

9. FAVORITE WEEKEND GETAWAY
- ❑ Branson, Missouri
- ❑ Broken Bow
- ❑ Dallas, Texas
- ❑ Grand Lake
- ❑ Oklahoma City

10. FAVORITE PLACE TO GET PIZZA
- ❑ Andolini's Pizzeria
- ❑ East Village Bohemian
- ❑ Hideaway Pizza
- ❑ Mazzio's Italian Eatery
- ❑ Savastano's

11. FAVORITE PLACE TO GET ICE CREAM
- ❑ Andy's Frozen Custard
- ❑ Braum's
- ❑ Marble Slab Creamery
- ❑ Rose Rock Microcreamery
- ❑ STG Gelateria
- ❑ Sweets and Cream

12. FAVORITE PLACE TO GRAB A BURGER
- ❑ Braum's
- ❑ Fat Guys
- ❑ Ron's Hamburgers
- ❑ Smitty's Garage
- ❑ Society Burger

13. FAVORITE ETHNIC RESTAURANT
- ❑ Desi Wok
- ❑ ndia Palace
- ❑ Laffa
- ❑ Lanna Thai
- ❑ Ri Le

14. FAVORITE HEALTHY EATING RESTAURANT
- ❑ Ediblend
- ❑ Panera Bread
- ❑ Salata
- ❑ Taziki's
- ❑ Zoe's Kitchen

15. FAVORITE KID'S MENU
- ❑ The Brook
- ❑ Charleston's
- ❑ Chick-fil-A
- ❑ McAllister's
- ❑ Zoe's Kitchen

16. FAVORITE KID'S PARTY ENTERTAINER
- ❑ Balloon Man Neil
- ❑ Chasing Perfection
- ❑ Dustin the Balloon Guy of Tulsa Balloons
- ❑ Hot Toast Music Co.
- ❑ Sunderful Superheroes

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17. FAVORITE BIRTHDAY PARTY VENUE

- ❑ Incredible Pizza
- ❑ Lavender's Bleu Literacy Market
- ❑ Main Event
- ❑ Miller Swim School
- ❑ Urban Air Adventure Park

18. FAVORITE PLACE TO BUY PARTY TREATS

- ❑ Antoinette Bakery
- ❑ Barbee Cookies
- ❑ Ludger's Bavarian Cakery
- ❑ Merritt's Bakery
- ❑ Not Your Grandma's Cupcakes
- ❑ OK Cookie Momster

19. FAVORITE PLACE TO BUY CHILDREN'S GIFTS

- ❑ Kathleen's Kids
- ❑ Kiddlestix Toy Store
- ❑ Lavender's Bleu Literacy Market
- ❑ Learning Express Toys
- ❑ Tulsa Toy Depot

20. FAVORITE PLACE TO BUY CHILDREN'S CLOTHES

- ❑ Bearlee New Clothing
- ❑ Children's Orchard
- ❑ Kathleen's Kids
- ❑ Lolly Garden
- ❑ Once Upon a Child



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21. FAVORITE MOM'S BOUTIQUE

- ❑ Amaranth Collection Boutique
- ❑ Bless UR Heart Boutique
- ❑ Compliments Boutique
- ❑ Donna's Fashions
- ❑ J. Spencer
- ❑ Stash Apparel and Gifts
- ❑ YellowHouse Market and Boutique

22. FAVORITE CONSIGNMENT SHOP OR SALE

- ❑ Bearlee New
- ❑ Echo Shop
- ❑ Just Between Friends
- ❑ Once Upon a Child
- ❑ Uptown Resale & Consignments

23. FAVORITE PRE- AND POST-PARTUM CLASSES

- ❑ Ascension/St. John
- ❑ Breathe Birth and Wellness
- ❑ Hillcrest
- ❑ Saint Francis Hospital
- ❑ Special Delivery Birth Center

24. FAVORITE PLACE TO HAVE A BABY

- ❑ Breathe Birth & Wellness
- ❑ Ascension/St. John
- ❑ Hillcrest
- ❑ Saint Francis Hospital
- ❑ Special Delivery Birth Center

25. FAVORITE PLACE TO BUY BABY GIFTS

- ❑ Lavender's Bleu Literacy Market
- ❑ Lolly Garden
- ❑ Kathleen's Kids
- ❑ Once Upon a Child
- ❑ Peek A Boo Baby

2020 FAMILY FAVORITES RUNOFF BALLOT

26. FAVORITE NEWBORN PHOTOGRAPHER
- ❑ Catie Lawrence Photography
- ❑ Kristen Mackey, Son Kissed Photography
- ❑ Jennifer Dubler Photography
- ❑ Lauren Paull Photography
- ❑ Shelly Sims Photography
- ❑ Taryn Starkey, Photo Doula

27. FAVORITE PRESCHOOL
- ❑ Kirk Crossing
- ❑ Lord's Little Army https://www.lordslittlearmy.com/
- ❑ Miss Helen's Private School
- ❑ Primrose School of South Tulsa
- ❑ University School

28. FAVORITE PRIVATE ELEMENTARY
- ❑ Holland Hall
- ❑ Legacy Christian Academy
- ❑ Metro Christian Academy
- ❑ Miss Helen's Private School
- ❑ Monte Cassino

29. FAVORITE PRIVATE MIDDLE SCHOOL
- ❑ Holland Hall
- ❑ Marquette
- ❑ Metro Christian Academy
- ❑ Monte Cassino
- ❑ University School

30. FAVORITE PRIVATE HIGH SCHOOL
- ❑ Bishop Kelley
- ❑ Cascia Hall Preparatory Academy
- ❑ Holland Hall
- ❑ Lincoln Christian
- ❑ Metro Christian Academy

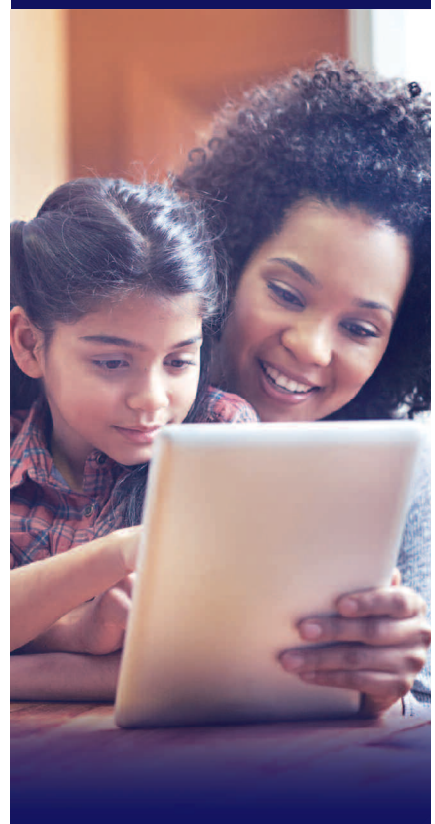
31. IN-STATE SUMMER CAMP
- ❑ Camp Loughridge
- ❑ Falls Creek
- ❑ Girl Scouts of Eastern Oklahoma—Camp Tallchief
- ❑ New Life Ranch
- ❑ YMCA—Camp Takatoka

32. OUT-OF-STATE SUMMER CAMP
- ❑ Camp Ozark (Mt. Ida, AR)
- ❑ Kanakuk
- ❑ Philmont Scout Ranch
- ❑ Pine Cove

33. YOUTH THEATRE
- ❑ Broken Arrow Theatre Arts
- ❑ Clark Youth Theatre
- ❑ Spotlight Children's Theater
- ❑ Theatre Arts
- ❑ Theatre Tulsa

34. FAVORITE GYMNASTICS/CHEER/DANCE
- ❑ Aim High Academy
- ❑ Destiny Dance
- ❑ South County Gymnastics & Cheer
- ❑ That's Dancing!
- ❑ The Little Gym of SE Tulsa





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35. MARTIAL ARTS
- ❑ Apollo's Martial Arts
- ❑ Christian Karate Academy
- ❑ Golden Dragon TaeKwonDo
- ❑ Jenks Martial Arts Academy
- ❑ Kang's Taekwondo

36. LEARN SOCCER
- ❑ SoccerCity
- ❑ Soccer Shots
- ❑ YMCA of Greater Tulsa

37. SOCCER CLUB
- ❑ Broken Arrow Soccer Club
- ❑ Metro Tulsa Soccer Club
- ❑ Tulsa Soccer Club
- ❑ Blitz United Soccer Club
- ❑ West Side Alliance

38. MUSIC PROGRAM OR LESSONS
- ❑ Anthem Road Academy
- ❑ The bART Center for Music
- ❑ Mr. Symon of Hot Toast Music Co.
- ❑ Music Together of South Tulsa
- ❑ Saied Music Company
- ❑ School of Rock

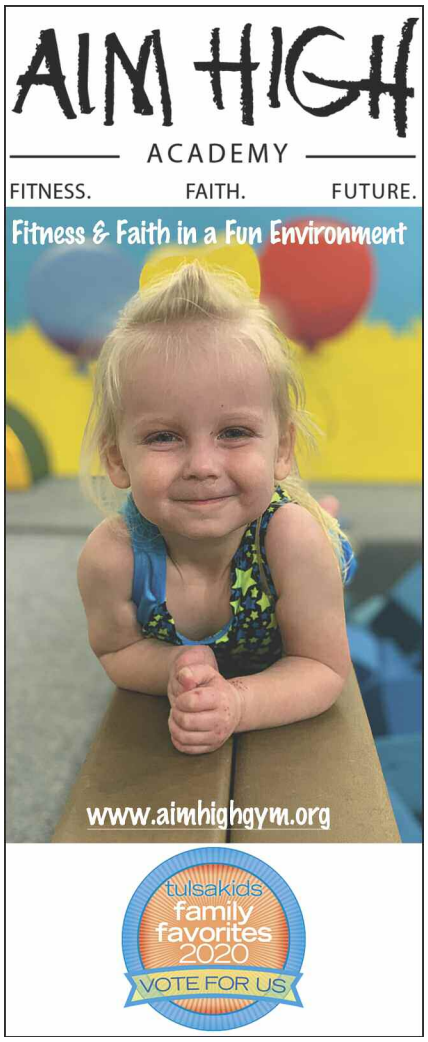
39. FAVORITE ART PROGRAM OR LESSONS
- ❑ ahha Tulsa
- ❑ Philbrook Museum
- ❑ Pinot's Palette
- ❑ Tulsa Art Center
- ❑ Young Rembrandts

40. FAVORITE SWIM LESSONS
- ❑ LifeTime Fitness
- ❑ Miller Swim School
- ❑ ORU-Denise Westfall
- ❑ The Health Zone at Saint Francis
- ❑ YMCA of Greater Tulsa

41. FAVORITE TUTORING
- ❑ Blosch Tutoring
- ❑ Kumon of Tulsa
- ❑ Lavender's Bleu Literacy Market
- ❑ Mathnasium
- ❑ Sylvan Learning of Tulsa

42. FAVORITE STORYTIME
- ❑ Barnes & Noble
- ❑ Gathering Place
- ❑ Lavender's Bleu Literacy Market
- ❑ Tulsa City-County Libraries
- ❑ Tulsa Toy Depot

43. GROCERY STORE
- ❑ Aldi
- ❑ Reasor's
- ❑ Sprouts
- ❑ Trader Joe's
- ❑ Whole Foods



2020 FAMILY FAVORITES RUNOFF BALLOT

44. FAMILY FRIENDLY GYM
- ❑ 10Gym
- ❑ LifeTime Fitness
- ❑ Planet Fitness
- ❑ Sky Fitness
- ❑ YMCA of Greater Tulsa

45. FAVORITE INDOOR PLACE TO PLAY
- ❑ Discovery Lab
- ❑ Sky Zone
- ❑ The Little Gym of SE Tulsa
- ❑ Urban Air Adventure Park
- ❑ Wheels and Thrills

46. FAVORITE SALON
- ❑ After Fx Spa and Salon
- ❑ Berkshire Spa and Salon
- ❑ Ihloff Spa and Salon
- ❑ Jara Herron Salon
- ❑ Philosophy Salon
- ❑ Sterling Salon

47. FAVORITE CAR DEALERSHIP
- ❑ Bill Knight Ford
- ❑ Ferguson Kia
- ❑ Jackie Cooper Imports
- ❑ Jim Norton Chevrolet
- ❑ Jim Norton Toyota
- ❑ Nelson Nissan

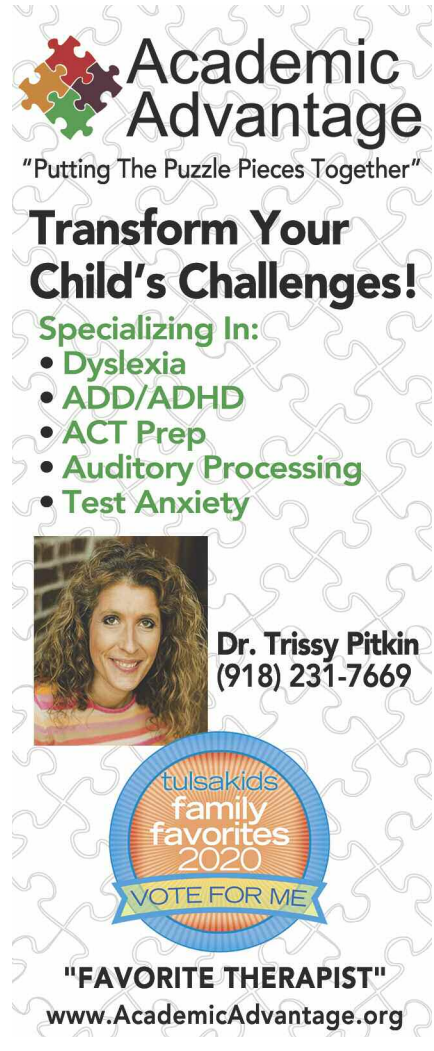
48. FAVORITE CHILDCARE SERVICE
- ❑ Children's Learning Adventure
- ❑ E-Nanny
- ❑ Happy Campers at John Knox
- ❑ Seeking Sitters

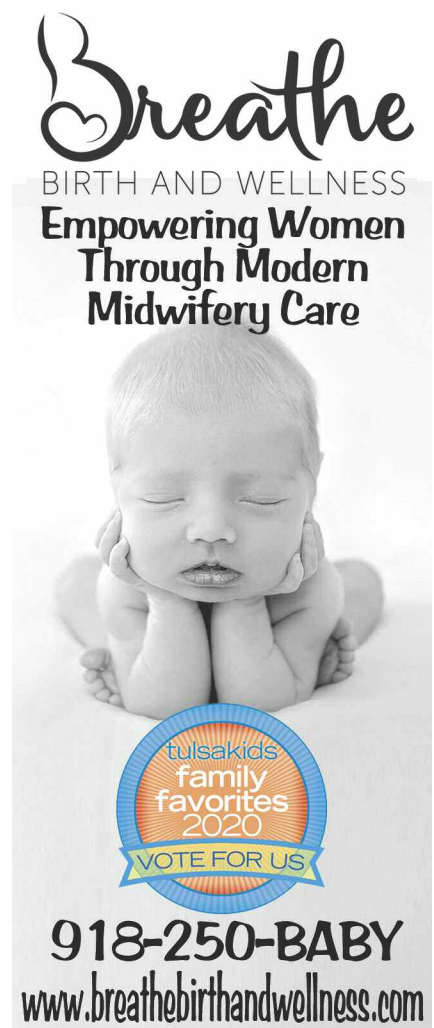
49. FAVORITE DATE NIGHT RESTAURANT
- ❑ Amelia's
- ❑ Bull in the Alley
- ❑ Charleston's
- ❑ Nola's
- ❑ Yokozuna

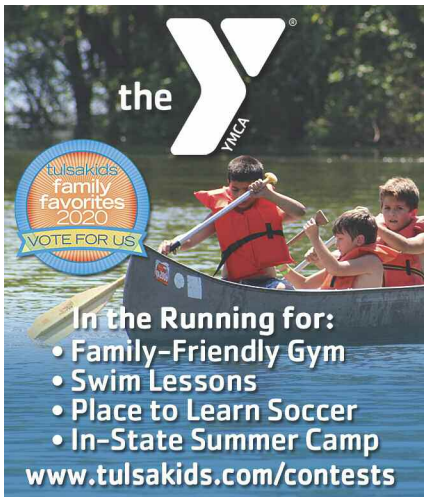
50. FAVORITE PLACE FOR A GIRLS' NIGHT OUT
- ❑ The Melting Pot
- ❑ Pinot's Palette
- ❑ River Spirit Casino
- ❑ Roosevelt's Gastropub
- ❑ Yokozuna

51. FAVORITE LOCALLY OWNED COFFEE SHOP
- ❑ 918 Coffee
- ❑ DoubleShot Coffee Company
- ❑ Nordaggios Coffee https://nordaggios.com/
- ❑ Shades of Brown http://www.shadescoffee.com/
- ❑ The Coffee House on Cherry Street http://chocstulsa.com/

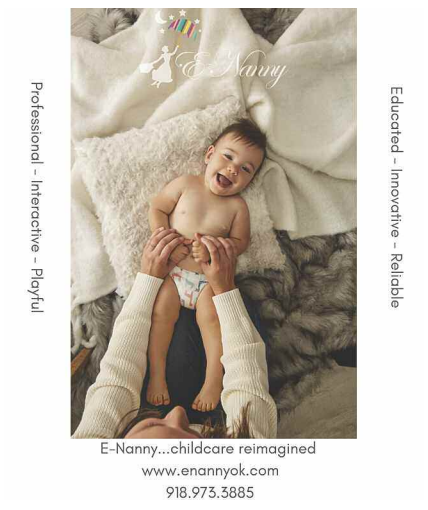
52. FAVORITE LOCALLY OWNED BREW PUB
- ❑ American Solera
- ❑ Cabin Boys
- ❑ Prairie Brewpub
- ❑ Marshall Brewing Company, The Tap Room
- ❑ Welltown













2020 FAMILY FAVORITES RUNOFF BALLOT

53. FAVORITE BANK OR CREDIT UNION
- ❑ Arvest
- ❑ Bank of Oklahoma
- ❑ Chase
- ❑ OCCU (Oklahoma Central Credit Union)
- ❑ TTCU Federal Credit Union

54. FAVORITE HOME CLEANING SERVICE
- ❑ Clean Freaks
- ❑ Maids of Tulsa
- ❑ Merry Maids
- ❑ Sparkle Squad

55. FAVORITE VETERINARIAN
- ❑ Dr. Kevin Long, Good Shepherd
- ❑ Dr. Kimberly Huckaby, Bent Arrow Veterinary Hospital
- ❑ Dr. Tom McCoy, Harvard Avenue Veterinary Hospital
- ❑ Marina Animal Clinic
- ❑ Woodland West Animal Hospital

56. FAVORITE PEDIATRICIAN
- ❑ Dr. Alka Sood, Birth and Beyond Pediatrics
- ❑ Dr. Brian Raley, Avalon Park Pediatrics
- ❑ Dr. Sanjiv Sood, Birth and Beyond Pediatrics
- ❑ Dr. Stacy O'Sullivan, Pediatric Specialists of Tulsa
- ❑ Dr. Umang Sood, Birth and Beyond Pediatrics

57. FAVORITE FAMILY DOCTOR:
- ❑ Chelsey Griffin, DO, OSU Medicine
- ❑ Christopher Sudduth, MD, Remedy Health
- ❑ James Ross, MD, Ross Medical Care
- ❑ Mary Mills, DO, Utica Park Clinic Broken Arrow
- ❑ Matthew Fowler, DO, Utica Park Clinic Jenks
- ❑ Richard Cooper, DO, Cooper Medical

58. FAVORITE OB/GYN
- ❑ Jay Williamson, DO https://jmwobgyn.com/
- ❑ Robert Sterling, MD, Tulsa Women's Health Care
- ❑ Sarah Shepherd, DO, OB/GYN Specialists of Tulsa
- ❑ Tracey Lakin, MD, The Women's Health Group
- ❑ Trisha Parks, DO, Elite Obstetrics & Gynecology

59. FAVORITE OPTOMETRIST
- ❑ Dr. Brad Wells, Vision Source Signature Eye Care
- ❑ Dr. David Free, Family Eye Care
- ❑ Dr. Robert Zoellner, Dr. Robert H. Zoellner & Associates, OD
- ❑ Dr. Shannon Morgans, Twenty Twenty Eye Care
- ❑ Dr. Stephen Groves, His Vision Eye Care & Eye Wear

60. FAVORITE KID-FRIENDLY DENTIST
- ❑ Fox-Broerman Pediatric Dentistry of Tulsa
- ❑ Dr. Jenni Burkitt, Dentistry for Children
- ❑ Morrow, Lai and Kitterman Tulsa Children's Dentistry
- ❑ Dr. Ryan Roberts, On the Cusp
- ❑ Super Smiles

61. FAVORITE ORTHODONTIST
- ❑ Dr. Clint Emerson, Emerson Orthodontics
- ❑ Carter & Higgins Orthodontics
- ❑ Cooper, Chockley & Misner Orthodontics
- ❑ Dr. Kevin Duffy, Duffy Orthodontics
- ❑ Kirkpatrick & Lai Orthodontics
- ❑ Dr. Kyle Shannon, Shannon Orthodontics

2020 FAMILY FAVORITES RUNOFF BALLOT

62. FAVORITE ALLERGIST
- ❑ Eastern Oklahoma Ear, Nose & Throat
- ❑ Dr. James T. Love, Allergy Clinic of Tulsa
- ❑ Dr. Jane T. Purser, Allergy Clinic of Tulsa
- ❑ Dr. Lynn Allan Wiens, Warren Clinic Allergy and Immunology
- ❑ Dr. Rumali Medagoda, Allergy Clinic of Tulsa
- ❑ Tulsa Allergy Clinic

63. FAVORITE EAR, NOSE & THROAT DOCTOR
- ❑ Dr. Atul Vaidya, Eastern Oklahoma Ear, Nose & Throat
- ❑ Dr. Evan Moore, Eastern Oklahoma Ear, Nose & Throat
- ❑ Dr. Jean-Marie Langley, Utica Park Clinic
- ❑ Dr. Stephen Brownlee, Eastern Oklahoma Ear, Nose & Throat
- ❑ Dr. Tom Hamilton, Ear, Nose & Throat Specialists of Tulsa
- ❑ Dr. William Hawkins, Ear, Nose & Throat Specialists of Tulsa

64. FAVORITE THERAPIST
- ❑ Greenhouse Pediatric Therapy
- ❑ Speech and Beyond
- ❑ TherapyWorks
- ❑ Dr. Trissy Pitkin, Academic Advantage
- ❑ Tulsa Sunshine Center

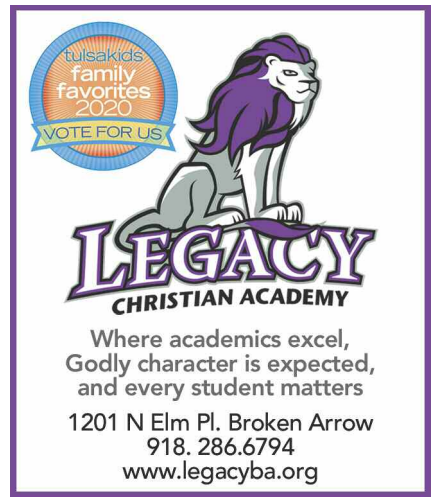
65. FAVORITE ORTHOPEDIST
- ❑ Dr. Brian Chalkin, The Orthopaedic Center
- ❑ Dr. Caleb Nunley , Tulsa Bone & Joint
- ❑ Dr. Chad Crawley, Utica Park Clinic
- ❑ Dr. Ron LaButti, Advanced Orthopedics of Oklahoma

66. FAVORITE HOSPITAL
- ❑ Ascension/St. John
- ❑ Bailey Medical Center
- ❑ Hillcrest Medical Center
- ❑ Saint Francis Hospital
- ❑ Tulsa Spine & Specialty Hospital

67. FAVORITE CHIROPRACTOR
- ❑ Dr. Cassidy, Thrive Chiropractic
- ❑ Dr. Chad Craig, Elite Chiropractic
- ❑ Dr. Fallon Long, Lumos Chiropractic
- ❑ Dr. Lacey Nevel, Free Spirit Chiropractic
- ❑ Dr. Sonda Powell, Optimal Health & Wellness









BY BETTY CASEY

coping with coronavirus

When Tulsa's Safer at Home order hit, Tulsa mom Nichole Duck sprung into action. Working at home for Family & Children's Services (F&CS) while trying to help her 8-year-old daughter and 9-year-old nephew with schoolwork, Duck immediately decided she needed to create a routine.

"We talked about the pandemic and what (and is) happening to help keep us safe," Duck, clinical program director at F&CS, says. "I invited them into developing their school schedule."

Duck managed her work time by scheduling calls and video meetings for her high-energy times, while working around the kids' needs. For them, she built in blocks of time for lunch, play and physical activity.

"Each morning, I help them prepare to get their water bottle, snacks and fidget toy on their work station," Duck says. "They set up their work areas and choose a couple of quiet activities they can do when they get bored or need a brain break. I do the same with my work area."

Duck uses a dry erase board to keep communication going with the kids when she is on a video meeting, and a timer to remind her to transition them from one activity to the next.

"I want to avoid idle time, but not overwhelm me, or them, with a lot of different things to do or transitions," she says. "When all else fails, they pick from an activity jar and do that activity. I also schedule time for connection, especially during brain breaks. It is hard to be present but not necessarily available."



NICHOLE DUCK CREATED A WORK-AT-HOME AND TEACH-AT-HOME SCHEDULE WITH INPUT FROM HER THIRD-GRADE DAUGHTER AND NEPHEW.

Duck enhances learning by using documentaries, tours of faraway places, YouTube and educational shows.

"For Science one day, we watched Wild Kratts, and they took notes while they watched and presented the information," she says. "It gave me a break for about 25 minutes, and they felt like big kids when taking notes."

She also enlists her grandparents and other family members to video chat and share stories about their lives when they were her daughter's age.

"The rules were led by me and co-created with them," Duck says. "One that is most important – they earn electronic/screen time. No electronics when they are in 'class' doing work that is assigned."

Acknowledge the Loss

Family & Children's Services colleague, Ann Jenkins, admits that stresses on families may be high at this time, and she applauds Duck's proactive approach. Jenkins is chief of clinical services for F&CS.

"This is the first time that any of us have had to deal with anything like this," Jenkins says. "It's a really stressful time."

She suggests that people acknowledge the difficulty of the situation and not put pressure or unrealistic expectations on them-

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ANN JENKINS, CHIEF OF CLINICAL SERVICES, F&CS

selves.

"Grief, anxiety and fear cloud our thinking," Jenkins says. "We must allow ourselves to feel grief and fear and acknowledge it, so we can deal with it."

Because the current situation is so unusual, each day may be different. Talking through anxieties and sharing concerns with a friend can help ease the strain.

While adults may be experiencing job changes, job loss and loss of social connections, children and teens are suffering similar losses.

"Everything has changed in my life," Jenkins says. "We've all lost our identities. I have two girls who are students, athletes, musicians…They can't do the things that they were doing. They're shifting and changing. Our edges are a little frayed. Acknowledge it."

She says you can help children by allowing them to feel the feelings they need to experience. Let them talk about it. Listen. Ask questions. How you talk about the quarantine and COVID-19 depends on your family style.

"I'll check in with them while we're getting dinner ready," Jenkins says. "I'll ask them if they have concerns."

Jenkins finds that her daughters are more worried about what they're missing than illness, but she suggests that parents might ask if their children have concerns.

"Bring up some things in a low-key way," she says. "If you have little kids, you might ask if anything is making them feel sad or worried. Color with them."

F&CS has coloring books on the website that give parents a way to discuss Coronavirus with their children.

Have a Plan

While it's important to listen to children's concerns, Jenkins cautions against over-sharing. Ask if they have questions for you. Watch for behaviors that are outside their normal response to you and see if something else is bothering them.

"Come back with a calm response," Jenkins says. "Emotions are contagious. Perceived negative emotions are more contagious than positive emotions. Put more effort into politeness and being aware of anxiety. We can stop that chain, and even one adult can catch that and turn it around."

Planning for blow-ups or altercations can help keep them from escalating. Understanding the developmental age of your child can help you maintain calm and realistic expectations.

"A 5-year-old is going to react differently than an adult because their brains are not fully developed, and they don't have the skills or abilities that an adult would have," Jenkins explains. "The smaller the kid, the more likely they are to express themselves."

The friction of caring for young children while working from home can be a potential tinderbox. Jenkins suggests asking your supervisor if you can have flexible work hours rather than working the usual nine to five. Negotiating and sharing tasks with a partner can also ease tensions.

"Work later or earlier," Jenkins says. "If you have a partner helping you who is also working from home, the other person can cover for you."

Duck's proactive plan for her family is a good example of creating a work, learning and play schedule that can work for everyone. But even the best-laid plans can go awry.

Times like these can frazzle the nerves of any parent, so Jenkins suggests that parents identify their triggers and hot buttons. If it drives you mad to have toys scattered everywhere, make a plan with your children to pick them up before they move on to the next activity.

"I don't like to see dishes piled up," Jenkins says. "Each morning, I'll unload my dishwasher. If my daughters get up, I'll ask them to help me. Talk to your kids about what you need help with. If you don't tell them what bothers you, they can't help you."

If things do begin to get heated, take a break. "Walk outside," Jenkins says. "If you have a kid that's wearing you out, put the child in a safe place and take a break. Put the baby in a playpen where you can see him and maybe put on some headphones."

Ask for Help

If you do reach the end of your rope, have someone to call, whether that's a friend, relative or a professional. "There are a lot of ways to cope," Jenkins says. "You can call F&CS or you can go to the website."

Apps also can be really helpful to get "a little escape for 10 or 15 minutes. F&CS has the myStrength app on the website," Jenkins says.

Try to experience something positive if you're feeling stressed. Going outside, focusing on the green grass and beauty in the environment can help you feel more present.

And, give yourself grace.

"Just because you're doing OK today, doesn't mean you're going to do OK tomorrow," Jenkins says. "It's OK to reach out for help. You don't have to do everything on your own. Set up a group call, a zoom meeting. Talk to other moms and get ideas. We're all so vulnerable. Being able to talk and share like you used to do at kids' sporting events – that may be something that you may need to replicate in your life now. And, maybe your kids need to do the same. Set up a virtual play date. You don't have to go through this alone."

RESOURCES

If you feel you need support or help:

Family & Children's Services: www.fcsok.org: website provides link to COVID Resources Hub and myStrength app and Corona Stories & Activities for Children;

COPES/Crisis Hotline/Help line (and Covid-19 support): 918.744.4800

F&CS's parentiing classes are currently online.

Dial 211 or visit http://211Oklahoma-HelpLine.org for a variety of services and resources.



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BY NATALIE MIKLES

on the other side of graduation: waiting for services

Many students with developmental disabilities are graduating from high school with no safety net in sight.

The transition out of high school for students with developmental disabilities is an enormous weight on many Oklahoma families.

Students with developmental disabilities may graduate with a high school diploma, but not all are ready for work or a life away from their parents. Some still may not be able to recognize their own names or know the difference between the men's and women's restrooms.

The burden of finding appropriate programs or care for these young adults is up to their parents. State funding is available through waivered services, though the funding is limited. Currently 5,500 people are on Oklahoma's Developmental Disability Services office waiting list, with about 350 applying to be on the list each year. The average wait time for services is 14 years.

For families who added children to the list as infants or toddlers, the waivers are likely to come up in time for support around the time of high school graduation. But for those who found out about the waiting list when their children were older, it may be several years after high school graduation before they receive support.

No money exchanges hands between the state and the individuals receiving the waivers. Rather, individuals receive access to waivered services, which may include in-home care while parents are at work, assistance with daily living activities or help getting to work or appointments. Other individuals use the waivers to participate in programs such as Goodwill or A New Leaf, which provide job training for those with developmental disabilities.

Currently 5,500 people are on Oklahoma's Developmental Disability Services office waiting list, with about 350 applying to be on the list each year. The average wait time for services is 14 years.

"People talk about children with autism or children with developmental disabilities. Well, guess what? They grow up. Developmental disabilities don't stop at 18," said Wanda Felty, community leadership and advocacy coordinator with the University of Oklahoma's Center for Learning and Leadership.

Felty manages the state waiting list, holding monthly meetings that operate both for information and support for parents navigating the system.

Felty has seen all sides of the issue, both as an advocate for people with disabilities and as the mother of a daughter with developmental disabilities. Her 31-year-old daughter, Kayla, who is also blind and nonverbal, was in the public school system from age 3 to 21. By the time Kayla graduated from high school, she was off the waiting list and eligible for waivers to receive support at home.

"I remember her senior year…The black hole of change was so scary to me," she said. "The fear of not knowing what's on the other side of that graduation was so big."

And though it did take some time to find what would work best for Kayla, in-home support has worked well for the Felty family.

Kayla is cared for in the home while her mom and dad are at work. Caregivers work with her on personal hygiene and self-care, as well as helping her with the concept of choice. For instance, they work with her on choosing what she wants to wear each day. Beyond that, caregivers help her to have purposeful, meaningful days.

That might mean walking in the park, going to the mall and interacting with people (something Kayla would rather avoid) or stringing beads to make a necklace.

Kayla is able to have this type of care because of the state waivers, but for children who have aged out of the public school system and have not yet received their waivers, there is no safety net.

Transitioning from high

continued next page

school

Helping parents through this transition is something Lisa Turner does as executive director of TARC. It's also something Turner is facing for her own daughters, ages 19 and 15, who have developmental disabilities.

Turner said as Oklahoma parents have been suddenly forced into the role of home educator because of the Covid-19 crisis, you can imagine what it might be like to suddenly become a home educator to a special needs student. The structure and routine of school is gone, as are the routines that help children with developmental disabilities regulate their emotions.

Graduation from high school is another enormous change in routine for these students.

"They're essentially graduating to home," Turner said. "The structure is gone, but also all the special services like physical therapy, occupational therapy, speech therapy, behavior intervention plans – those are also stripped away. It can definitely impact the emotional well being of a student."

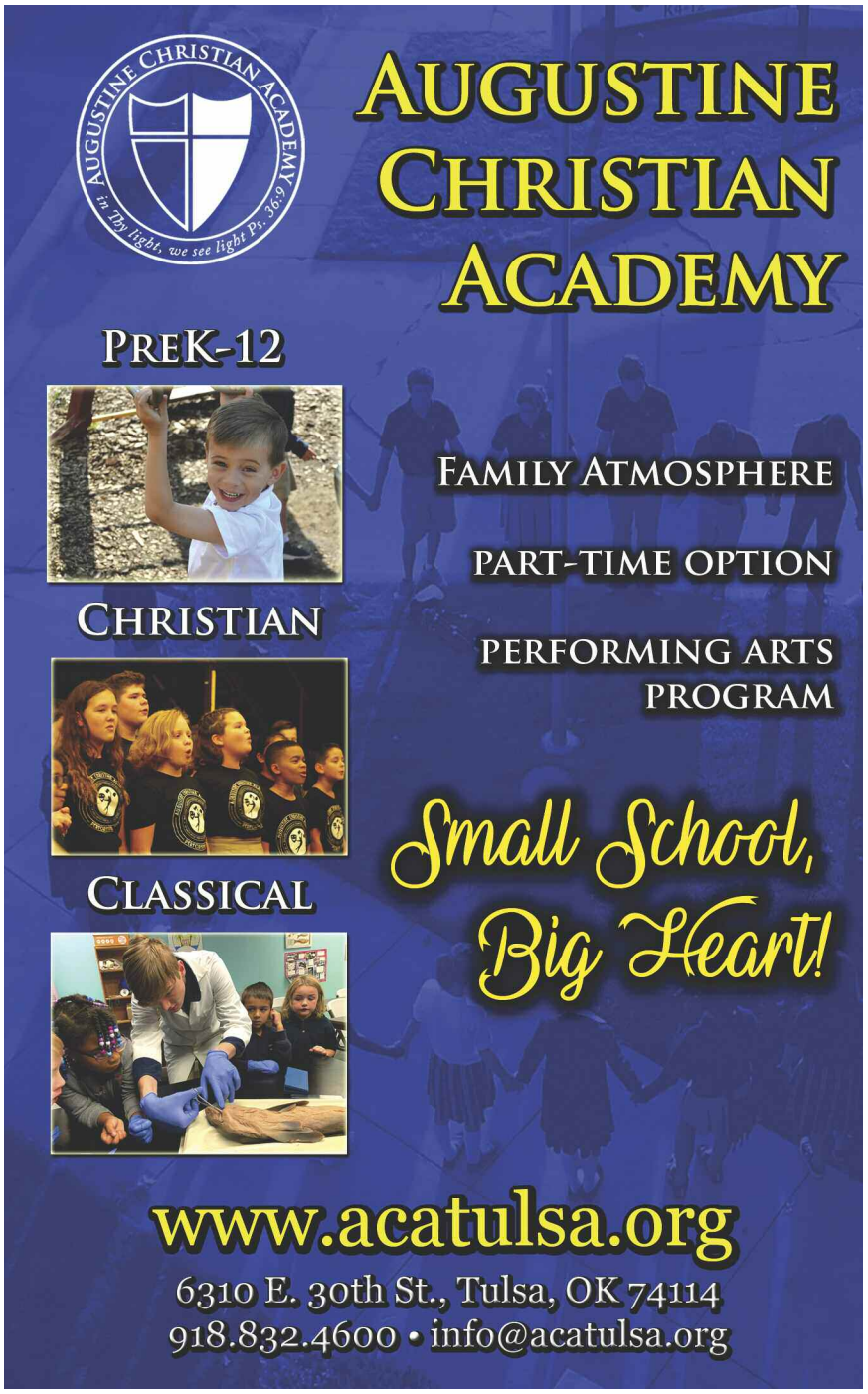
This transitional time is a point when families might notice destructive or erratic behavior, she said.

Families who are still on the waiting list for waivers have few options for caring for graduating seniors with developmental disabilities. Turner said some individuals will be left home alone, which can be a safety risk, while their parents work. Others are cared for by siblings. And in some families, a parent must quit his or her job, leaving the workforce to care for the child.

Many families fight to keep their children with developmental disabilities in school for as long as possible, which in Oklahoma is age 21. Parents work with their child's IEP team to determine how long the child will be able to stay in school. Because there are no official transitional services for young adults with developmental disabilities, Turner said staying in school is a way to postpone the inevitable, while also building skills some children will be able to use in vocational rehabilitation programs.

Students who are ready for work programs have options including A New Leaf in Broken Arrow, which provides horticultural-related job training for adults with developmental disabilities. A New Leaf, which began in 1979, serves more than 300 people with special needs. But entering into the program is costly. Most young adults who enter the program, and similar local job-training programs, do so using state waivers.

Those who were expecting more funding would be allocated to waivered services through Developmental Disability Services in this year's state budget may be in for a longer wait. Felty and others don't expect extra funding this year because of budget concerns due to the economic fallout from coronavirus.





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BY NANCY A. MOORE

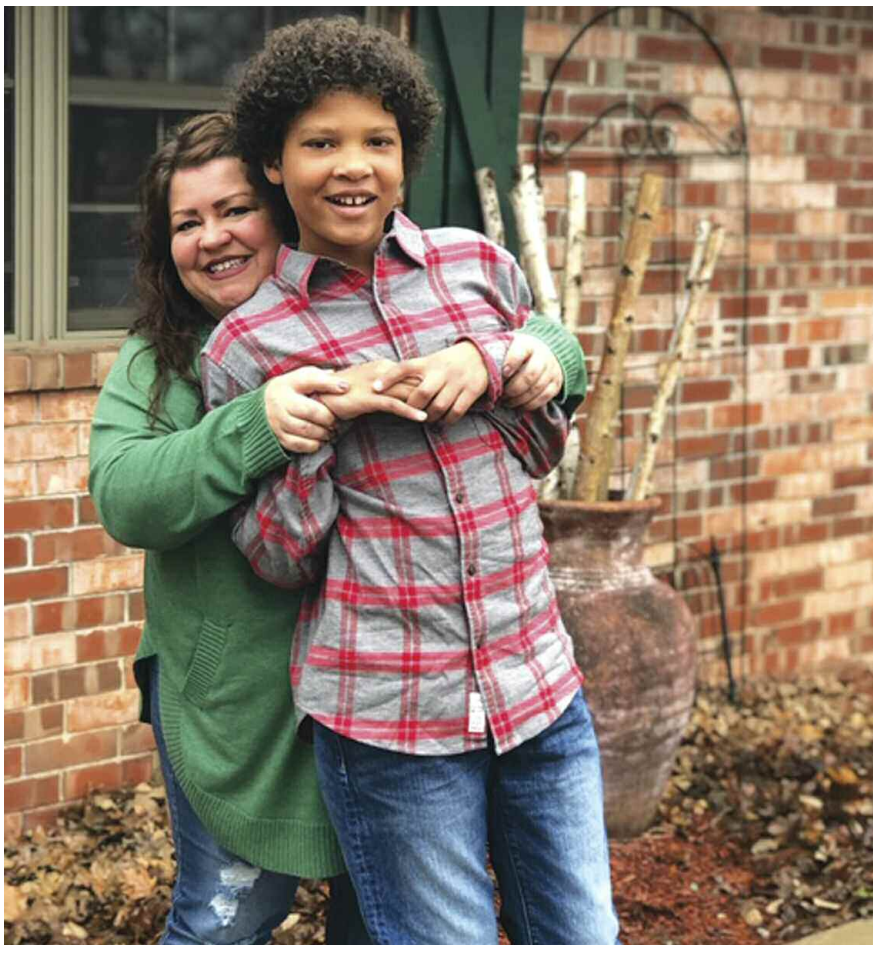
Andee Cooper – TARC parent advocate of the year

Every good parent deserves an award, but in this case, Andee Cooper was actually presented with one! Cooper was recognized by Tulsa Advocacy Resource Center (TARC) as the Parent Advocate of the Year. TARC is a non-profit organization that provides services and programs for children and adults with developmental disabilities.

Cooper is the mother of Kannon, an energetic 11-year-old boy who also has a rare form of epilepsy, Lennox Gastaut Syndrome. This form of epilepsy is not well-managed with medication and causes significant cognitive regression. She understands, firsthand, the struggles of raising a child with this diagnosis. As she will admit, it has not been easy – especially during the recent "Shelter in Place" order resulting from the coronaviris pandemic — but Cooper remains positive and continues to find strength through her son.

TK: Tell us about yourself.

Cooper: I grew up in Bristow, OK, and played tennis in college. Shortly after graduating, I went back to school and was working as a physical therapist assistant in a public school system. I was serving children with special needs and quickly recognized they had no voice and, oftentimes, their parents didn't either. My love for serving others with a magnitude of needs developed long before Kannon. Now, beyond parenting and advocating for Kannon, I also work full-time for CAP Tulsa. My role as Special Services Senior Team Lead has been the most fulfilling professional work I've done to date. I am blessed to work with some of Tulsa County's most vulnerable children and families. Many times these families come to me with a child already diagnosed with a disability, but oftentimes, these families are unaware their child has a suspected delay or disability. I have the privilege of helping these parents navigate the IEP process, state and local resources, as well as providing intervention strategies and support to our CAP Tulsa teachers serving these children.



ANDEE COOPER WITH HER SON KANNON.

TK: How did you discover your child had epilepsy?

Cooper: After three-and-half-years of completely typical development, Kannon had his first seizure in my parent's front yard. It didn't look like the big, scary seizure we all think of from movies. It was more of a long-lasting blank stare that I couldn't shake him out of. It terrified me. We were seen by a local neurologist and, shortly after, diagnosed with early onset childhood epilepsy, something we were told was "no big deal," and he'd grow out of it by the age of 10. After a year of unrelenting seizures, multiple failed medications, loss of words, skills and hope for any break in seizure frequency, duration or severity, we sought after a second opinion. A second opinion turned into a referral to the Mayo Clinic in MN. After a 10-day stay and extensive testing, Kannon was diagnosed with Lennox Gastaut Syndrome.

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TK: How did you perceive others reacting to his seizures?

Cooper: In the beginning everyone was terrified of his seizures, me included. Some people closest to me are still very hesitant to be alone with Kannon because of the likelihood of him having a seizure in their care. The hard part now is that because Kannon has cognitively regressed so significantly, on a good, low-seizure day, he functions similar to an 18-month-old, but looks very much like a Division I athlete. He stands 5'7" and 140 lbs of pure muscle. He is biracial, with great hair and a perfect complexion. Unless you tried to engage him in conversation, you wouldn't recognize his otherwise invisible disability.

TK: Why was it important for you to write a children's book that addressed this condition?

Cooper: It was important to me to write a book addressing how other students could help Kannon and why it's ok not to be scared. Early on for my niece and nephews, we started calling Kannon's seizures the "wiggles" to take away such a heavy stigma associated with them. Kids are resilient and want to be helpers by nature and very quickly Kannon's seizures became second nature to his cousins, and they'd yell out to an adult "Kannon is getting the wiggles!!" 911 was called frequently by daycare providers and the school district because of the severity of Kannon's seizures, and kids would always ask what happened and why and how they could help. I wanted to answer all their questions but not in those moments. That is how "Sometimes I Get the Wiggles" came about. Now that it's been published, it has given me the opportunity to advocate for other children with epilepsy as well, and I am going into the school districts doing disability simulations and teaching grade schoolers what it's like to have a disability. The most important thing I can teach Kannon's peers during the simulation is that under the roof of the school, everyone is a Jenks Trojan, and we all want to be treated with respect and dignity.

TK: How did you find TARC as a community resource?

Cooper: I actually used to work for TARC years ago. I knew I wanted to be involved in advocacy long before Kannon, but didn't know to what degree or how I'd become involved after my time at TARC.

TK: How has TARC helped you?

Cooper: Sherilyn Walton at TARC has become my professional mentor and has truly taught me how to advocate for Kannon with a great deal of grace. Even though I feel confident in his IEP meetings now, the power of having someone alongside you in these meetings is incredibly impactful, especially as a single mom or a parent of a newly diagnosed child. I'd recommend reaching out to Sherilyn because this is a very difficult road to navigate alone.

TK: What did you think when you were presented with the Parent Advocate of the Year Award?

Cooper: The award was a welcomed surprise. It's nice to know our story, struggles and triumphs have been heard. Truly, Momming is a really tough job. I always compare what I do for Kannon to the mom that shuffles four kids to four different soccer practices, a doctor's visit, piano lessons and sleepovers. That all sounds really overwhelming, too. They deserve awards as well. As long as moms support other moms, we will continue to thrive personally and professionally as well.

TK: What message would you like to give other parents who struggle being an advocate for their children?

Cooper: Raising a child with a disability can be the most heartbreaking thing in the world. No one gets pregnant thinking, "Oh my gosh, I can't wait to raise a child with significant needs." …. or at least I didn't. Take the time to grieve the loss of the dreams you had for your child and their future. Because Kannon was typically developing, this is something I continue to struggle with. I always thought he'd grow up playing sports with his cousins, building forts and chasing girls. My hopes for Kannon now are much simpler.

Once you have accepted the diagnosis of your child, then you can become their best voice. If you don't, you won't find many who will. Connect with moms of children with similar diagnosis. Then, go out and find your people! Build a strong village around your child and help them shine for the great little human they were meant to be.

Lastly, don't compare. If comparison in life is generally very difficult for you, take a break from social media. Seeing what typical peers are accomplishing or involved in can often overwhelm a parent who has a child with different needs. If you've ever read the poem "Welcome to Holland," you'll know you can't really compare the beauty of Italy and Holland; they are both breathtaking.

TK: Prior to the quarantine, what did you and Kannon like to do in your free time?

Cooper: Kannon loves to be outside with his dog and best pal, Murphy. He loves to go to the dog park, to throw rocks in the river, and most any outdoor sport you can bet he will want to join in. Kannon truly has the sweetest nature and his favorite phrase right now is "aww good hug." Even if he hasn't hugged you, it's his way of showing affection. He keeps me on my toes all hours of the day and would spend every waking moment near the water with his dog if he could. We take several road trips all over the state for new bodies of water to make big splashes.

TK: Right before publication, Tulsa was given the "Shelter in Place" order. What has this order changed for you? How are you handling it?

Cooper: Life has taken a huge, unexpected turn for Kannon. Thankfully, we have had a couple of weeks to adjust to our new normal and we are making it work. However, the thing that makes quarantining with Kannon pretty unique from other children is that he doesn't enjoy YouTube or sitting in front of the TV for hours on end. So, the term "using a TV as a babysitter" is completely foreign to me. During these days, I wish he would enjoy sitting just for an hour even. I also can't explain this to Kannon as his cognitive ability to understand a pandemic or being quarantined are very limited, much like an 18-month-old.

Kannon is an incredibly active kid and wants to be on the move in his yard or out at other bodies of water in the community. With the new Shelter in Place order, I have limited leaving the house even for those outings. The hardship for me has been juggling his daily seizure activity, his very high energy level and working from home. This is not a sustainable work environment. Since spring break, Kannon has had dozens of seizures, oftentimes causing me to jump up from Zoom meetings to care for injuries or provide rescue meds. The new normal is something we will adjust to because I find my strength in him. He is my constant reminder that I can only focus on what I can control. I can't control this pandemic, but we can do our part by staying home and this eases my worry for Kannon's health.

TK: What else would you like to mention?

Cooper: In this time, I'd encourage others, if you know a child or an adult with a disability, be neighborly to them. Check in to see how they are doing. For my son, it'd light up his world for someone to simply call and sing Wheels on the Bus. For me, simply the conversation, as I have no real meaningful conversations at home during this time since Kan is not communicative. Kannon is such a bright light and spreads so much joy, I just can't wait for that to be shared again in our community and to our family and friends.

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Resources: To purchase the book, *Sometimes I get the Wiggles*, visit **www.andeecooper.com**. To find out more about Tulsa's Advocacy Resource Center TARC, visit: **www.ddadvocacy.net**

BY TARA RITTLER

#NatureIsntCanceled (But Use Caution): Tulsa-Area Hiking Destinations

If your kids start belting out the "Frozen 2" soundtrack while you struggle through a Zoom meeting, it might be time to head outside. Even a walk around the block can help everyone reset. But if you want to really take a break, hop in the car, drive to one of the area's many nature trails, and take a hike.

If you are hiking with young children, Margaritte Arthrell-Knezek, founder of the children's nature program Under the Canopy, recommends taking frequent snack breaks and keeping things exciting with activities like scavenger hunts.

Wherever you hike, maintain social distancing protocol: Leave at least six feet between your family members and others sharing the trail. Don't schedule hikes or other outdoor activities with people other than the ones you live with as long as Shelter in Place orders are in effect.

Check your destination's website before heading out to make sure it is still open to the public. Certain popular trails, such as the Redbud Valley Trail and Keystone Ancient Forest, were temporarily closed at the time of writing this article.

Where to Go

Gilcrease Museum (1400 N. Gilcrease Museum Rd., gilcrease.org)



WILDFLOWERS AT GATHERING PLACE. PHOTO: MARGARITTE ARTHRELL-KNEZEK

Although Gilcrease Museum may be closed, the grounds surrounding it are open to visitors from 6 a.m.-11 p.m. daily. A paved trail winds around a lovely pond, and your kids will enjoy looking for unique sculptures around the grounds.

Oxley Nature Center (6700 Mohawk Blvd., oxleynaturecenter.org)

The trails at Oxley Nature Center allow visitors to experience various Oklahoma ecosystems, including forests, fields and wetlands. Trails are fairly flat and often link together, meaning you can customize your hike however you like. There is a large map at the parking lot, so snap a photo to take with you if you're unfamiliar with the area.

"My favorite part of Oxley," Arthrell-Knezek says, "is walking around Blackbird Marsh and seeing all the beaver-chewed branches. I also like peering into the water and trying to spot frogs and small fish that live there."

Because the trails are so flat, many of them are wheelchair or stroller-accessible. This also makes Oxley an ideal spot for hiking with children. However, Oxley can get very muddy in May, so be sure to bring your rain boots if it's been raining recently.

Ray Harral Nature Center & Park (7101 S. 3rd St., Broken Arrow; brokenarrowok.gov)

For Broken Arrow residents, a visit to the Ray Harral Park may be ideal. There are three miles of trails of varying difficulty, as well as sheltered picnic tables, an outdoor garden and more. However, some of these amenities, such as the Nature Center itself and outdoor restrooms, may be closed due to COVID-19. Visit the website or Facebook page (facebook.com/rayharralnaturecenter) for updates.

Tulsa River Trails (riverparks.org)

If you want to get outside without leaving the pavement, head to the trails running along Riverside Drive. These divided trails are perfect for cycling, running, roller blading, skateboarding or just strolling.

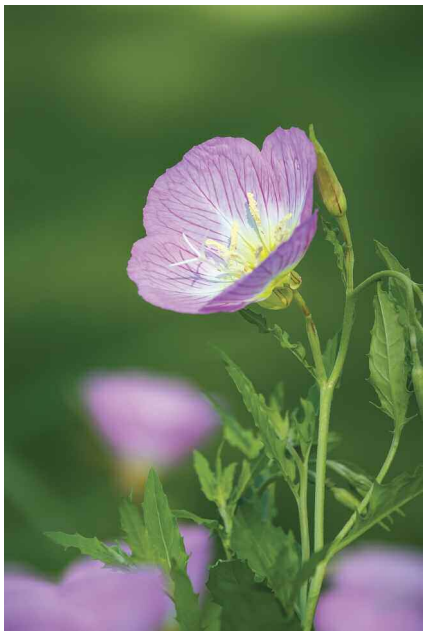
Turkey Mountain (6800 S. Elwood Ave., riverparks.org/experience/turkey-mountain)

Located off of 71st Street and Riverside Drive, Turkey

continued next page



SCISSOR TAILED FLYCATCHER



EVENING PRIMROSE

Mountain draws hikers, mountain bikers, horseback riders and more. There are three main trail options to choose from: the .8-mile Red Trail, the 1.5-mile Blue Trail and the 4.4-mile Yellow Trail. Whichever trail you choose, make sure you wear sturdy shoes and bring plenty of water.

Two Rivers Trail (Sand Springs, all-trails.com/trail/us/oklahoma/two-rivers-trail)

According to Arthrell-Knezek, "The Two Rivers Trail is a primitive, moderate hike that can sometimes be hard to navigate. It also leads to stunning views of the lake, little sandy beaches and a beautiful eastern red cedar forest."

Woodward Park (2435 S. Peoria Ave., tulsagardencenter.org)

Partly because it's located in the heart of midtown Tulsa, but also because of its natural and cultivated beauty, Woodward Park is a popular destination. However, the park encompasses nearly 44 acres, so it should still be possible to explore without feeling too crowded. Kids will enjoy scrambling over rocks lining broad, sandy pathways, or heading down toward the pond to look for ducks, tadpoles and other wildlife.

Tips for a Successful Hike

• Bring plenty of water. Although some trails may offer public drinking fountains at the main trailhead, you probably want to avoid using them during the COVID-19 pandemic. When hiking with kids, it is a great idea to pack snacks as well. Find a recipe for Trail Mix Bites below.

• Wear comfortable hiking shoes and sunscreen. Consider a hat for extra UV protection and long sleeves and pants to guard against insect bites, tall grasses, etc.

• Bring a bottle of hand sanitizer or wipes and make sure you use the restroom before leaving home, as public restrooms may be closed.

"Remember, May is also the beginning of tick season," Arthrell-Knezek cautions, "so wear light, long-sleeved shirts, pants, bug spray, a hat—and check for ticks when you come home from your hikes."

What to Look and Listen For

"May is a glorious month to be outside. Often the weather is not too hot, and many plants are in bloom," Arthrell-Knezek says. "In the wild, there are abundant blooms in the fields surrounding Tulsa. One of my favorite spots to see wildflowers is in the Osage Hills leading up to Tulsa Botanic Garden and the meadows around the Gathering Place. I love the deep, red wine color of the poppy mallow. It is especially beautiful when mixed in with the light pink evening primrose and the almost-florescent orangey red of the Paintbrush flower. Listen in May for the varied songbird calls. Many migrating songbirds have returned from their southern roosts. If you listen closely, you can hear their different and unique songs."

Visit The Cornell Lab's website www.allaboutbirds.org to listen to the songs of birds and see if you can identify them on the trail.

TRAIL MIX BITES

This recipe from Natalie Mikles was originally published in TulsaKids' May 2015 issue

1 cup whole grain puffed rice cereal
1/2 cup creamy peanut butter
1/2 cup dark chocolate chips
1/2 cup pecans or sunflower seeds (without shells)
1/2 cup chopped pretzels
1/3 cup honey
1/3 cup raisins, dried cranberries or dried chopped apricots (or a mixture of all three)
1/4 cup wheat germ

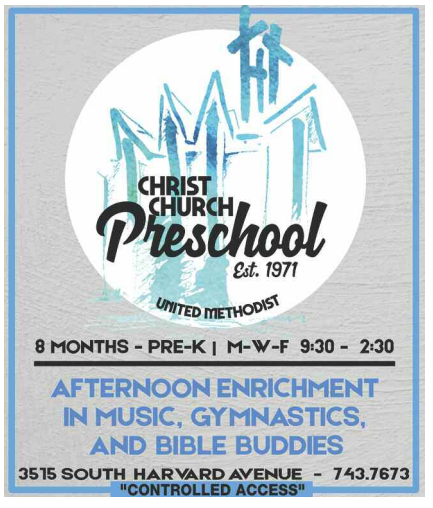
Stir ingredients together in a large bowl. Thoroughly mix until evenly coated. Cover and refrigerate for 2 hours. Shape mixture into 1-inch balls. Keep in a closed container in the refrigerator for up to two weeks.

Note: If you don't have puffed rice cereal, you may substitute old-fashioned oats.



PAIINTBRUSH FLOWER







BY NATALIE MIKLES

combining pre-made and homemade for cooked-at-home meals

We're all becoming pros at cooking from the pantry. We can scan our shelves and freezers and quickly make something out of almost nothing.

Just a few weeks ago, I would look at my full pantry and say, "We have nothing to eat." Or when I didn't feel like cooking, I could find any excuse to go out instead of eating in. I also took quick trips to the grocery store for granted. If I was missing one ingredient, I wouldn't think anything of making a special trip to get cilantro or a couple of lemons.

I now understand the value – both in time and money – of substitution. We've all become more resourceful during this time of social distancing. We've done it out of necessity, but I wonder now how much of it will stick. I'm hoping it will.

One gift my family has been given in the midst of this crisis is time. My 10-year-old twin girls had a baking day, where they made chocolate chip muffins, cornbread, lemon bundt cake and a yellow cake with buttercream frosting and a layer of blue sprinkles so thick they crunched in your mouth. Between their normal routine of school, soccer, tennis and ballet, they wouldn't normally have time for a baking marathon like that.

I've found that we're all less likely to throw food in the trash. We usually cook just enough for dinner, but will sometimes have enough for lunch the next day. Meals have become something we look forward to more than ever, so I've tried to avoid leftovers. But simple meals eaten at the table continue to bring us together, anchoring us in this time when our kids are looking at us for reassurance. Favorites like grilled cheeseburgers and spaghetti and garlic bread or a pizza delivered to the door (I'm appreciating this now more than ever) are fun, bright spots in my family's days.



A LEMON BUNDT CAKE BY MARY KATE.
FEWER ACTIVITIES MEANS MORE TIME FOR BAKING.

Here are a few recipes using pantry staples you may want to try.

This is a versatile recipe, so feel free to substitute the pepper jack cheese for cheddar, or use Mexican crema for the sour cream.

Creamy Chicken Enchiladas

Serves 4 to 6

- 6 cups chopped cooked chicken
- 3 cups salsa verde
- 16 ounces pepper jack cheese, shredded
- 8 (8-inch) flour tortillas
- 1 (15-ounce) container sour cream

1. Preheat oven to 375 degrees. Combine chicken, 2 cups salsa and half of cheese. Spoon chicken mixture down center of each tortilla, then roll up. Place

continued next page

tortillas, seam side down, in a 9-by-13-inch baking dish.

2. Bake for 20 minutes or until tortillas begin to crisp. Combine sour cream and remaining 1 cup salsa, then pour over tortillas. Sprinkle with remaining cheese. Bake 15 more minutes or until bubbly and cheese is melted.

You may already have everything you need to make this delicious tuna salad, perfect for a homeschool lunch break.

Tuna with White Beans

Serves 4

- 3 tablespoons olive oil
- Juice of 1 lemon
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 minced garlic cloves
- 2 (4.5-ounce) cans solid white tuna, drained
- 1 (15-ounce) can cannellini beans, drained and rinsed

Note: For extra color and nutrition, add a chopped tomato to the mix and then serve the salad on baby spinach leaves.

1. Whisk together olive oil, lemon juice, parsley, salt, pepper and cloves. Add tuna and beans, tossing and mixing to combine.

Everyone in my family likes this chicken. If you have any fresh zucchini, you can throw it on the grill with the chicken.

Greek Grilled Chicken and Couscous

Serves 4 to 6

- 1 cup Greek salad dressing
- 1/2 cup Greek yogurt
- 1 1/2 pounds chicken, breasts or thighs
- 1/4 cup crumbled feta cheese

1. Whisk together salad dressing and yogurt. Add chicken and marinate 4 hours or more. (Can be overnight).

2. Grill chicken, cooking until fully done and juices run clear when cut.

3. Serve with couscous, and sprinkle with feta cheese.

Couscous:

- 3/4 cup uncooked plain couscous
- 1 cup chopped and peeled cucumber
- 1 cup cherry tomatoes, halved
- 1/4 cup Greek salad dressing
- 1/2 cup pitted kalamata olives

1. Prepare couscous according to package directions. Add cucumber and remaining ingredients, tossing to combine.

Little kids will have fun helping make these easy brownie bites. If you don't have peanut butter cups, use any kind of chocolate candy.

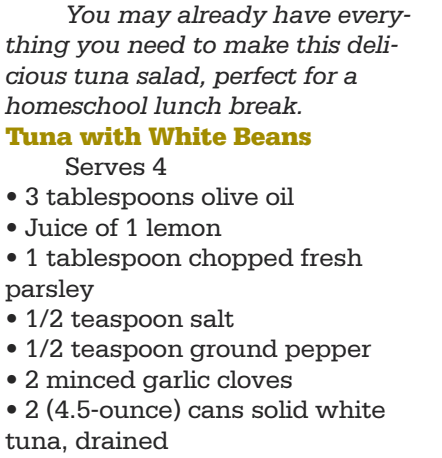
Brownie Buttons

Makes about 20 mini brownies

- 1 brownie mix
- 20 or so bite-size peanut butter cups

1. Preheat oven to 350 degrees. Spray mini muffin pan with cooking spray.

2. Make brownie mix according to package directions. Spoon batter into each cup, filling ¾ full. Bake for 18-20 minutes. Remove from oven, then cool 3 minutes before gently pressing a peanut butter cup onto the top of each brownie. Cool 10 minutes, then remove from pan.



Plan the Ultimate Party with TulsaKids' Party Planner!

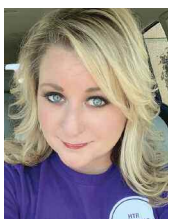
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Learn more at TulsaKids.com/Guides



HTR Pediatruc Therapy | Stacy Puckett M.S. CCC-SLP

Q: What is teletherapy?



A: I am often asked to explain the difference between traditional face-to-face speech therapy and teletherapy speech therapy. Teletherapy is still just therapy. The only difference is how the service is delivered. You receive the same treatment as you would in person, it's just done through a computer! If you've ever used Skype or FaceTime on your iPhone, you've used the same type of technology that teletherapy uses. The American Speech-Language-Hearing Association (ASHA) has approved teletherapy as an appropriate method of service delivery since 2005. It is a great way for speech pathologists to provide therapy to clients who are underserved or unable to attend therapy in a traditional clinic setting. Over the years, it has steadily grown as a good option for speech therapy. It allows clients to receive fun, engaging and consistent speech therapy without having to leave their homes.

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

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

Q: What is feeding therapy?

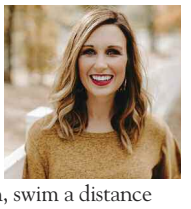


A: Feeding therapy is more than "just teaching a child to eat." Feeding therapy assesses the reasons why the child is not eating, is avoiding foods, or is having difficulty with the mechanics of eating (chewing and/or swallowing).
To begin, a specially trained feeding therapist determines the underlying cause behind the feeding issue and develops an individualized feeding treatment plan to address the issue. Therapy is typically provided one time per week with a home program for the family.
Recommendations may also include consultation with other medical team members such as the pediatrician, gastroenterologists (GI doctors), ENT's, dieticians/nutritionists and maybe a behavioral therapist, to rule out possible underlying medical conditions.

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

Miller Swim School | Sarah Miller

Q: National Water Safety Month – What does it mean for us?



A: May is National Water Safety Month and the American Red Cross wants to ensure that every member of your family becomes water competent, parents and children alike. This means being water smart, having swimming skills and knowing how to help others. Children and adults should learn to swim so they at least achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. Layers of protection are essential to help prevent drowning:

- provide close and constant attention to children you are supervising in or near water;
- fence pools and spas with adequate barriers, including four-sided fencing;
- make sure that children, inexperienced swimmers, and all boaters wear U.S. Coast Guard-approved life jackets; swim in lifeguard approved areas.

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

Shower Her With Love: DIY Mother's Day Gifts and More

By Tara Rittler

Chances are, your mother could use some extra love this Mother's Day! Show how much you appreciate her with a Mother's Day extravaganza, complete with homemade gifts and breakfast in bed.

GIFTS SHE CAN USE



Painted Flower Pot
Materials:
Terracotta Pot
Acrylic Paint
Paint Brushes
Sealer

This one's easy: Paint the terracotta pot, and let dry. When completely dry, use a clear, acrylic spray sealer to seal the pot. Spray lightly but thoroughly both inside and out. Once the first coat has dried, add a second coat.

Take this to the next level by filling the pot with soil and planting a flower seed! You and your mother can watch the seed's progress over the coming weeks.

Sugar Scrub
- 1/2 c. sugar
- 2 Tbsp. olive oil
- 5-7 drops of essential oil (Rosemary, Lemon, Peppermint or Lavender would all work well)

Mix sugar and oil together. Add essential oils and stir to distribute evenly. Place your finished scrub in



a mason jar or other sealed glass container. Decorate with a ribbon and label.

GIFTS FROM THE HEART

Egg Carton Flower Bouque



Materials:
- Recycled Egg Carton (Not Styrofoam)
- Washable Tempera Paint
- Buttons
- Green Pipe Cleaners
- Glue

Cut the bottom of your egg carton into individual egg cups. Paint each egg cup a bright, floral color. When the paint has dried, add the stem. If using a pipe cleaner, poke a hole in the back of each "flower," and thread the pipe cleaner through, wrapping the end into a ball so it can't slip back through. Next, find a "vase" to put them in. One option would be to glue painted popsicle sticks around the outside of a tin can or other vase-like object. Wrap a ribbon around the outside of your vase to finish it off!

You're Tea-Riffic!
Mother's Day Card
Materials:
- Recycled Egg Carton (Not Styrofoam)
- Washable Tempera Paint
- Construction Paper
- Cardstock
- Markers
- Glue
- A Bag of Mom's Favorite Tea

Cut the bottom of your egg carton into individual egg cups. You'll only need one per card, and the corner cups seem to work best. Then, cut the individual egg cups in half so that when you lay it against the piece of paper, it looks like a teacup cut in half.
Paint your egg cups, then let them dry.
While they are drying, cut your construction paper into a 5 ½ by 4" rectangle. Cut your cardstock into a slightly larger rectangle, about 6 ½ by 5". Glue the construction paper onto the cardstock. Decorate as desired, leaving a space in the middle for your teacup.
When the egg cup is dry, glue it into the center of your card. Draw a matching handle, turning it into a teacup. Stick a bag of your mother's favorite tea inside.

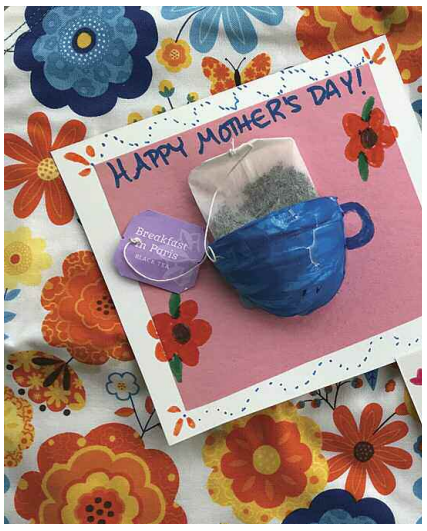
WRAPPING UP

Now that you have the perfect gift, it's time to think about presentation. Here are a couple of creative gift-wrap ideas:

If wrapping a box, use recycled grocery bags instead of store-bought paper. Make sure the plain side of the bag is facing out. Then, have some fun decorating the bag! Try drawing pictures of you and your mom spending time together. Or, leave it minimalist by finishing it off with a simple ribbon.
It's easy—and fun—to make your own wrapping paper! Lay out a long sheet of butcher paper on the floor. The butcher paper is your canvas! Cover it with a design using either paint or markers. If using paint, make sure you're doing this over a covered surface. Once the paint is dry, use the butcher paper as you would regular wrapping paper.

BREAKFAST IN BED

Whatever gift you give to your mother, she'd probably love to have it accompanied by breakfast in bed,



the ultimate luxury. Use adult supervision, and don't leave her a mess to clean up later!

French Toast
Ingredients:
- 6 slices of bread
- 2 eggs
- 2/3 c. Milk, Half & Half or cream
- Orange zest, to taste
- 1 tsp. vanilla extract
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- Butter
- Syrup

In a pie plate, whisk together eggs,

continued next page

milk, zest, vanilla, cinnamon and nutmeg.
Soak one slice of bread in the mixture, making sure to turn it over so it soaks through both sides.
Melt ½ Tbsp. of butter in a frying pan over medium heat. Once it's melted, add your gooey slice of bread to the center and cook until golden-brown. Flip, and cook the other side until done. Repeat, using remaining slices of bread. If you run out of egg mixture but need more toast, simply whip up another batch in whatever proportion you need.

Rainbow Fruit Kabobs
Serve your French Toast with a healthy Fruit Kabob. Use raspberries, mandarin orange slices, banana slices, kiwi slices and blueberries to create a rainbow effect. Simply thread each fruit onto a wooden skewer; repeat the rainbow pattern until the skewer is nearly full.

Hard Boiled Egg
Don't forget the protein! This is how I hard-boil eggs:

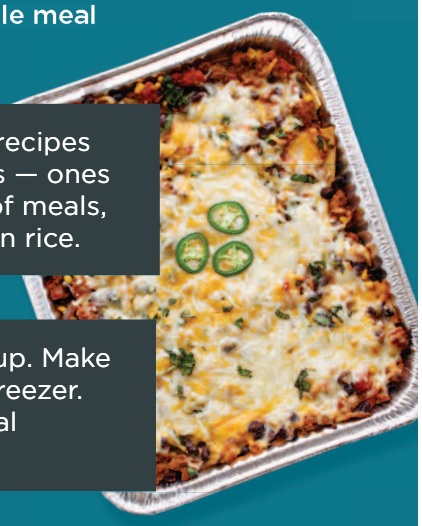
Add eggs to the bottom of a small saucepan. Cover the eggs with water; the water should rise about ½ inch above the tops of the eggs. Add a splash of vinegar. Bring to a boil. Once it reaches a boil, turn off the heat and cover. Let rest 15 minutes in covered saucepan. Place a colander in the sink, and empty the eggs into it. Rinse with cold water until cool enough to peel. For even better results, cool the eggs faster by using an ice bath before peeling.

Beverage of Choice
What does your mother like to drink in the morning? Think about how to make it extra-special.

If she likes tea or coffee with cream and sugar, serve it alongside a bowl of sugar cubes and a small pitcher of cream. Does she prefer OJ? Garnish the glass with a sprig of mint (and maybe some champagne!).

THE SIMPLE STEPS TO
MEAL PREP

Save time, energy and money by planning and preparing a week's worth of meals at once. Get started with these simple meal prep steps below.

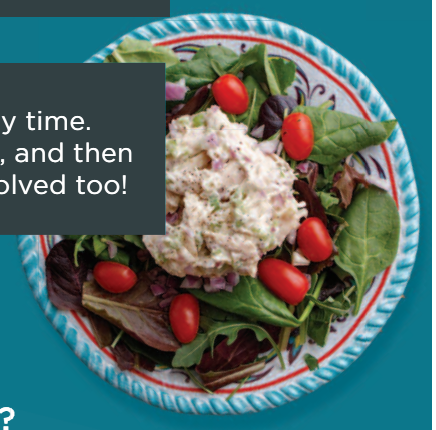


1 **Simpler Is Better.** Choose recipes that call for simple ingredients — ones that can be used in a variety of meals, like onions, peppers and brown rice.

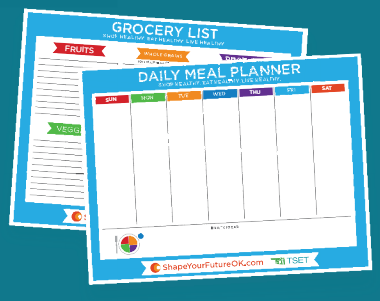


2 **Use Your Freezer.** Double up. Make extra food and store it in the freezer. Then, just reheat for a fast meal throughout the week!

3 **Pick Chicken.** Buy a pre-cooked rotisserie chicken and add it to sandwiches, tacos, salads and more.



4 **Prep on Weekends.** Or any time. Spend some time at the store, and then the kitchen. Get your kids involved too!



Another helpful tip?
Try our Daily Meal Planner!

Find it — and tons of easy, healthy recipes — at

ShapeYourFutureOK.com

TSET

HEALTHY MEXICAN CASSEROLE | CAULIFLOWER CHICKEN FRIED RICE
CHICKEN SALAD SALAD



BY NATALIE HANSON

welcome, one and all, to homeschooling!

Guys! Homeschool! Where do I even start?! I can honestly say that never in a million years did I think I would see our crazy little club join the mainstream, and certainly not as quickly as it has over the past couple months. But I guess that just goes to show that you never know what the future holds.

Probably like most of you in our city, we went from a place of being excited about an eventful spring break to facing a much tamer spring break than we'd originally imagined. From there came the time that would normally be back to business as usual, except business as usual was nowhere to be seen. I have to admit, our transition to a "new normal" was pretty sloshy. Even as people who already homeschool, it was hard.

Adjusting to schedule school and both parents working from home is no joke, and we have all been living it. I realize as homeschoolers, we probably had a leg up on the transition, but it was still strange. The emotions in our house ran the gamut from the sweetest excitement of being together, to some pretty stressful communication of how to make the gift of being together 24/7 work. Add to that the anxiety that comes from so many unknown variables suddenly occurring, and I'm sure we weren't



alone in experiencing some brand-new highs and lows as a family.

As a homeschooler, it was bizarre to see "#homeschool" start to appear everywhere on social media. I know you all saw those aspirational schedules for managing home-time that popped up at the beginning of this mess, and I know the O.G. homeschool moms like myself couldn't help but cringe just a little. With those lofty goals, we could see the follow-up memes of moms locking themselves in the bathroom with a glass of wine coming from a mile away! This sudden leap in homeschool awareness also made me think, what is the world going to think of us now? Will it be a confirmation that, yes, homeschoolers are completely nuts? Or will people be a little more understanding of what we do? Probably a little bit of both.

I have been asking all the moms I can possibly find to describe what this time of suddenly being given the responsibility of school-at-home has meant to them and their families, and what I've heard has been interesting. Some are just generally stressed with managing such a new way of doing things. Some parents seemed proud to see how their kids were stepping up to the challenge, while others were finding the time commitment of virtual learning to be both a help, and a hinderance, since some days we really only want to curl up on the couch and discuss "Tiger King."

One of my friends said, "When I start to feel any annoyance at these new virtual commitments, I think of the teachers. They basically had to change their entire job in the span of about a week." So, teachers, here's to you!

I also have several friends who say they have had the possibility of homeschooling in the back of their minds for a while, and seemed grateful for this unexpected chance at a trial run without having to make a major life pivot. Talking to one of my sweet friends almost felt like talking to a new mom who was previously afraid to give birth. She seemed almost giddy that she ever thought she might not be able to handle the task of school at home, and she expressed sur-

continued next page

prise at how great it feels to conquer little learning challenges right alongside her kids. This warmed my homeschool heart. She was being brave, and was seeing the good stuff that can make homeschooling so deeply rewarding.

As for us, we did gradually find peace in our new routine. Actually, I found that without much outside time pressure, we have ended up having some of our most present and productive homeschooling days ever. I think one thing that's really helped with that is that everyone's sports were cancelled. At the same time, we recognize how important exercise is for mental health, so we began to consistently start our day with exercise. This is something we probably never would have tried with all the sports the kids participate in after school, but it's been awesome to get everyone up, focused and moving. One of my kids said the other day, "Mom, I think is the most consistent I've ever been with my lessons!" That statement made me feel really happy, but it also made me think, "Great, Natalie, it only took a pandemic for us to maximize productivity!"

I'd like to end by saying how touching it has been to see so many businesses, museums and artists offer to share something they have to help children be able to have wonderful learning experiences from home. It's a beautiful reminder that teaching our children really does matter to everyone. As I'm writing this, we are still waiting to hear when things will be on the mend, and society can return to more normal operations. Hopefully by the time you are reading this, we are all feeling more freedom and beginning to enjoy lazy, school-free summer days, just like old times!











Escape to Nordstrom Part II

BY JILL VANTREASE

Author's note: *This is the second part of a two-piece article I wrote about my trip to the flagship Nordstrom NYC store with my homies Brookie and Jennie. It was written in that strange era of time when humans still freely roamed the earth. How I fervently hope we will enjoy those freedoms again soon! In the meantime, I hope you will enjoy the vicarious escape.*

Friends, if you recall my, (dare I say uxorious) husband PVT sent me and two of my homies, Brooke and Jennie, on a quick little jaunt to the new flagship Nordstrom in NYC. I spent the entire morning of day one and a good portion of that afternoon shopping with my personal shopper, Giovanni, then lunching and quaffing at the Shoe Bar. Suddenly, it's almost 4 p.m. - time for my appointment at the FaceGym! We haven't even walked through the beauty department yet; we wind our way through a rainbow of cosmetics and perfumes and head up the stairs to the spa and salon area.

The number of services Nordstrom Beauty offers makes my heart burst: There's Anastasia Beverly Hills for perfect brows; Base Coat, for nails; Blink Brow Bar; Dry Bar; Heyday, for facials; Kate Somerville, for skincare; the Light Salon, for laser and light therapies; Nordstrom Spa Body Services; Sisley Paris, for Frenchy facials; St. Tropez, for spray tans; the Waxing Room; and my choice, the FaceGym.



The Face Gym uses a "signature muscle-manipulation to lift, sculpt, tone and tighten." The FaceGym was actually launched in the UK and has one other outpost to date in LA; it's definitely legit, and I can't believe I get to try it! My "trainer" - "It's not a facial, it's a workout!" - has the strongest, most competent hands that seem to penetrate into my skull - but strangely, it feels quite wonderful, like a deep tissue massage for my face. My trainer targets the face's "40 forgotten muscles" with high energy knuckling movements and whipping strokes to stimulate blood circulation, collagen production and cell renewal. And then she uses some sort of electrical wand that penetrates deep into my skin; I feel my face getting little shocks and tightening with the current. Friends, I can't tell you how glowy and young my face looks: This night, my old mom self doesn't put on a drop of makeup besides lipstick and mascara to hit the streets of NYC. FaceGym recommends several sessions in a few weeks before a big event - your wedding, maybe - and I can see that the process would definitely have long-term benefits. Jennie is so impressed with my aura that she books an appointment for the next morning!



continued next page

Giovanni, my devoted personal stylist, who pressured me exactly zero, meets us with an embarrassment of my riches. And suddenly, we have to hurry to get ready for our pre-show dinner at Carmine's, a family-style Italian institution right across the street from our show, "Jagged Little Pill."

We dress and primp quickly - I wear my new leather jacket - and we all look like pretty hot moms if I do say so myself! We are lucky to grab a cab - it's freezing - and pop into our bustling, noisy restaurant. We sip Chianti (well not Jennie; she's a buttery chard girl), slurp pasta and cover most topics under the sun, from kids to husbands to jobs to dreams. The service is prompt and solicitous, which is great because our show starts promptly at eight!

"Jagged Little Pill" is a relatively new show on Broadway and it's perfect for us. It hits on topics all close to our hearts: the pressure on parents to be "perfect," the stress kids feel to get into top colleges, the difficulty of balancing work, family and self - it's a doozy. Throw in a mom addicted to painkillers, a workaholic dad, an adopted black daughter who sees racism in the form of lower expectations - all of this is set to Alanis Morrissette's moody,



dreamy music. We laugh, we cry - Jennie wants to bring her whole family to see it. We stumble out of the show into the freezing night; it's almost midnight, but it might as well be high noon given the crowds still pulsing through the streets. The Gap is still open! We can't find a cab, so we meander back to our hotel, have a quick dance party, and collapse before one more day of abbreviated shopping.

In the morning, Jennie and Brooke take a quick tour of the TJ Maxx across the street from Nordstrom (ultimately disappointing), and I hit the Nordstrom



Men's store, which is also across the street from the main flagship. I get some cool shirts for my big boys from brands I've never heard of: Ice Cream and Saturdays NYC. Then we get Jennie situated for her appointment at the FaceGym, while Brooke and I hit the "See You Tomorrow" resale department.

This is a new concept for Nordstrom. At first I was a bit taken aback at the thought of buying secondhand clothing at my favorite chi chi store, but of course it's done in a Nordstrom way. See You Tomorrow offers "a selection of previously owned clothing, shoes and accessories that's highly coveted, expertly curated and continually changing. No longer is the life of clothing a straight line from new to old: now it's a continuous circle."

Everything we see is in near perfect condition; the selection of Manolos makes me think Sarah Jessica Parker dropped some of her closet there! Brooke finds a beautiful pair of earrings that are, alas, still four figures. I find a darling rainbow sweatshirt by a brand I've never heard of - Re Done - it has an edgy, vintage feel. Everything is in such impeccable shape it hardly feels like resale.

Then we slip down to the Nike X Nordstrom NYC. It feels a little Versailles-esque with its red velvet walls and posh chairs and sofas. Oh the shoes are so beautiful, the leggings - all of it is workout perfection - almost too pretty in which to sweat! I'm enchanted by a pair of fruity leggings; all the shoes come in an infinite range of Nike rainbow perfection. There are security guards and foot cameras slanted downward ito make sure that no one slips out with a pricey pair of unpaid shoes.

We meet a glowly post-FaceGym Jennie and trek through purses, where I have to purchase a darling new carry on - on sale! - for all my loot. We find Jennie a chi chi Burberry cap to wear to her son's lacrosse games (please note: my dear friends are what Gretchen Rubin would call "underbuyers"). And then we're lured in to the Glossier display. It's not a brand I'm familiar with, but Brooke is - her nieces love it! It's a hip, young, girl brand that embraces a "no makeup makeup" aesthetic. We try a perfume that adjusts to a person's own pheromones, so it smells differently on everyone. Enchanting!

Then it's time for lunch at Wolf: "Wolf is a refined yet comfortable space serving Italian-inspired fare with a Pacific Northwest twist. It's a beautiful, airy spot with plenty of windows looking out over the bustling 57th street corridor. I get fried oysters, my favorite fried food in the whole wide world.

And then - we're off to pack, grab a cab, make a quick stop for frozen hot chocolate at the Upper East Side's Serendipity (a dessert institution), and make our way to LaGuardia.

Can you believe we went all the way to the fabulous metropolis that is NYC, and really only left Nordstrom for dinner, a show and to sleep? Well, that's a testament to the awesomeness of this store.

As of this writing, we're still huddled and homebound. But friends, I hope by the time of this writing, oor soon after, you can grab a super cheap flight and go! Your aching retail heart will be so very happy!

COMMUNITY CALENDAR | MAY

Due to the uncertainty surrounding COVID-19, our May Community Calendar features primarily virtual events and stay-at-home activities. This is followed by general information about what local organizations are doing to stay connected with our community. Find additional events at tulsakids.com/calendar.
As always, please check with the company's website or social media accounts to make sure information hasn't changed since publication.



Heather Duncan, Brett Duncan making Marble Paper Art (2020).
Photo courtesy of Living Arts of Tulsa.

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

May 1 Friday

VIRTUAL MAY FIRST FRIDAY [FREE]
Celebrate First Friday with Living Arts of Tulsa! Follow Living Arts on social media for updates, and find upcoming Flipping the Gallery activities at livingarts.org.

TULSAKIDS' ACTIVITY OF THE DAY
Follow @tulsakids on Instagram or @tulsakidsmagazine on Facebook to get our new Activity of the Day every weekday! Each activity will be a simple project families can do at home. If you have an idea you'd like us to feature, simply tag us in a photo or use the hashtag #tkdailyfun.

May 2 Saturday

SINGALONG WITH HOT TOAST MUSIC CO. [FREE]
Each Saturday, Philbrook Museum shares a song recorded by Mr. Symon of Hot Toast Music Co. on social media. They may even have some extra art activities inspired by the song! Follow @philbrookmuseum on Facebook or Instagram. New videos should drop around 10 a.m.

May 3 Sunday

Find more events at tulsakids.com/calendar.

May 4 Monday

ONLINE ZOO SCHOOL: WEEKLY INTRODUCTION [FREE]
The Tulsa Zoo is offering Zoo School weekdays at 10 a.m. on Facebook. Each week features a new theme for this zoo-to-you family friendly option.
Visit tulsazoo.org/kids for details and additional activities for kids. Each Monday, learn about the theme of the week!

ahha TULSA: MISS RAINBOW (LAUREN LUNSFORD), VISUAL ART [FREE]
In partnership with Rogers State University and Tulsa Public Schools, ahha is providing free educational resources through the RSU Public TV channel on Mondays and Wednesdays at 10 a.m., through May 13. Learn more at ahhatulsa.org.

May 5 Tuesday

TISSUE BOX MONSTERS [FREE]
Learn how to make tissue box monsters with Living Arts of Tulsa! Find more information at livingarts.org.

May 6 Wednesday

ONLINE ZOO SCHOOL: STORY TIME [FREE]
The Tulsa Zoo is offering Zoo School weekdays at 10 a.m. on Facebook. Each week features a new theme for this zoo-to-you family friendly option.
Visit tulsazoo.org/kids for details and additional activities for kids. Every Wednesdays, kids can enjoy a story time on Facebook Live about the animal of the week!

ahha TULSA: MUSIC WITH MR. BENJI [FREE]
In partnership with Rogers State University and Tulsa Public Schools, ahha is providing free educational resources through the RSU Public TV channel on Mondays and Wednesdays at 10 a.m., through May 13. Learn more at ahhatulsa.org.

ahha TULSA'S SOCIAL DISTANCE STUDIO: CREATIVE PROJECT [FREE]
Every Wednesday (at least through mid-May), ahha Tulsa will drop a new Creative Project as part of their Social Distance Studio. Find this week's activity at ahhatulsa.org/social-distance-studio.

May 7 Thursday

HOW TO MAKE PULLED STRING ART [FREE]
Living Arts of Tulsa is "Flipping the Gallery," offering new art tutorials or other activities every Monday-Saturday through May 30. Learn more about today's activity at livingarts.org.

COVID-19 DRIVE THROUGH TESTING

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1111 W. 17th Street

If you are experiencing symptoms of COVID-19, or if you have been exposed to someone who has tested positive for COVID-19, call the hotline to be evaluated virtually by a physician, and scheduled for testing.

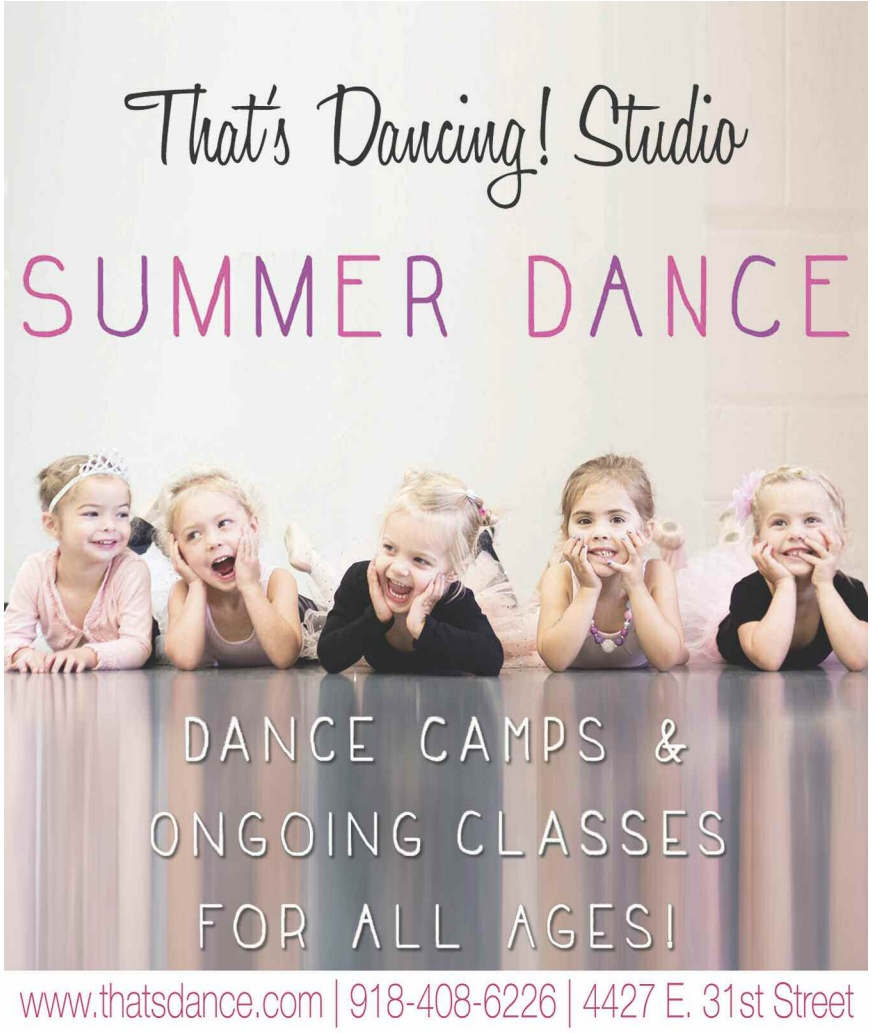
Hours: Mon-Fri; 8 a.m.-5 p.m. Testing is by appointment only.

Call the OSU Medicine hotline | 918-599-5300

health.okstate.edu | OSU MEDICINE







WHAT IT'S LIKE TO BE A BIRD: DAVID SIBLEY (VIRTUAL) [FREE]
Birding expert and author David Sibley will join Magic City Books for a Zoom videoconference to discuss his book, "What It's Like to Be a Bird." Find details at facebook.com/tulsalitco. The videoconference will take place from 7-8 p.m.

May 8 Friday

DIY INSTRUMENT MAKING WITH HOT TOAST MUSIC CO. [FREE]
Every Friday, learn to make a musical instrument from recyclables and materials you can find around your house! Follow @hottoastmusicco on Facebook or Instagram for this week's tutorial.

May 9 Saturday

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

ahha TULSA'S SOCIAL DISTANCE STUDIO: CREATIVE CHALLENGE [FREE]
Every Saturday (at least through mid-May), ahha Tulsa will drop a new Creative Challenge as part of their Social Distance Studio. Find this week's activity at ahhatulsa.org/social-distance-studio.

May 10 Sunday

Find more events at tulsakids.com/calendar.

May 11 Monday

FAMILY ART CLUB WITH PHILBROOK MUSEUM [FREE]
Philbrook is bringing Family Art Club to your home every Monday morning! Learn how to make a different project each week. Tune in to @philbrookmuseum on Facebook or Instagram at 10 a.m., or find the video in their newsfeed later if you miss the live stream.

ahha TULSA: SARAH BOWEN, VISUAL ART TAUGHT IN ASL [FREE]
In partnership with Rogers State University and Tulsa Public Schools, ahha is providing free educational resources through the RSU Public TV channel on Mondays and Wednesdays at 10 a.m., through May 13. Learn more at ahhatulsa.org.

May 12 Tuesday

FAIRY JAR TUTORIAL: DIY AND CAPTURE A FAIRY [FREE]
Bring some magic into your life! Learn how to capture a fairy and create a cozy home for it with Living Arts of Tulsa. Get details under the Flipping the Gallery section at livingarts.org.

BABY JAM LIVE WITH HOT TOAST MUSIC CO. [FREE]
Every Tuesday morning, Mr. Symon and his son Ezra lead littles in a fun and interactive live concert! Follow @hottoastmusicco on social media to make sure you don't miss it!

May 13 Wedensday

ahha TULSA: QURAYSH ALI LANSANA, PERSONA POETRY [FREE]
In partnership with Rogers State University and Tulsa Public Schools, ahha is providing free educational resources through the RSU Public TV channel on Mondays and Wednesdays at 10 a.m., through May 13. Learn more at ahhatulsa.org.

BIG KIDS BEATS MUSIC CLASS [FREE]
Every Wednesday, Mr. Symon and his son Isaac lead kids of all ages in original songs that explore the magic of the world we all share. Join the fun at @hottoastmusicco on Facebook or Instagram.

May 14 Thursday

ONLINE ZOO SCHOOL: CRAFTS WITH KATIE [FREE]
The Tulsa Zoo is offering Zoo School weekdays at 10 a.m. on Facebook. Each week features a new theme for this zoo-to-you family friendly option.
Visit tulsazoo.org/kids for details and additional activities for kids. On Thursdays, tune in for the craft of the week!

May 15 Friday

FRIDAY CHALLENGE FOR FAMILIES [FREE]
Each Friday during closure, Discovery Lab will share an exciting challenge families can do together on social media. Follow @discoverylab on Facebook and Instagram so you don't miss it!

May 16 Saturday

BUTTERFLY WALK [FREE]
Join us for our first butterfly walk of the season. What early butterflies are flying? Bring a hat and binoculars if you have them. No experience is necessary. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12 p.m. oxleynaturecenter.org.

May 17 Sunday

Find more events at tulsakids.com/calendar.

May 18 Monday

NATURE ART BUGS [FREE]
Get creative with these creepy crawlies! Go to livingarts.org to learn how to make Nature Art Bugs as part of Living Arts' Flipping the Gallery initiative.

SONG OF THE WEEK WITH HOT TOAST MUSIC CO. [FREE]
Every Monday, Mr. Symon releases a never-before-seen video of a song he's been working on! Topics range from emotions to good hygiene and dinosaurs! Find the songs on Facebook or Instagram, @hottoastmusicco.

May 19 Tuesday

ONLINE ZOO SCHOOL: TOUR TUESDAY [FREE]
The Tulsa Zoo is offering Zoo School weekdays at 10 a.m. on Facebook. Each week features a new theme for this zoo-to-you family friendly option.
Visit tulsazoo.org/kids for details and additional activities for kids. On Tuesdays, take a behind-the-scenes tour of the Zoo.

May 20 Wednesday

Find more events at tulsakids.com/calendar.

May 21 Thursday

VIRTUAL CRIME STOPPERS TPD READING PATROL [FREE]
Join Tulsa Crime Stoppers every Tuesday and Thursday at 3 p.m. at facebook.com/tulsacrimestoppers for story time with the Tulsa Police Department!

May 22 Friday

ONLINE ZOO SCHOOL: MEET A FRIEND [FREE]
The Tulsa Zoo is offering Zoo School weekdays at 10 a.m. on Facebook. Each week features a new theme for this zoo-to-you family friendly option.
Visit tulsazoo.org/kids for details and additional activities for kids. Every Friday, kids can learn about the animal of the week in a special Facebook live event. They are invited to ask questions about the animal, too!

May 23 Saturday

BOTANY WALK [FREE]
Explore local flora at Oxley Nature Center! Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12 p.m. oxleynaturecenter.org.

May 24 Sunday

Find more events at tulsakids.com/calendar.

May 25 Monday

HOW TO MAKE ICE CHALK [FREE]
As the weather heats up, we'll be looking for ways to cool down. Go to livingarts.org today to learn how to make ice chalk!

May 26 Tuesday

VIRTUAL CRIME STOPPERS TPD READING PATROL [FREE]
Join Tulsa Crime Stoppers every Tuesday and Thursday at 3 p.m. at facebook.com/tulsacrimestoppers for story time with the Tulsa Police Department!

May 27 Wednesday

TULSAKIDS' ACTIVITY OF THE DAY [FREE]
Follow @tulsakids on Instagram or @tulsakidsmagazine on Facebook to get our new Activity of the Day every weekday! Each activity will be a simple project families can do at home. If you have an idea you'd like us to feature, simply tag us in a photo or use the hashtag #tkdaily-fun.

May 28 Thursday

Find more events at tulsakids.com/calendar.

May 29 Friday

COOKIE CUTTER ART [FREE]
Many people used #socialdistancing as an excuse to get creative in the kitchen. Now, with Living Arts of Tulsa, you can learn how to make cookie cutter art! Head to livingarts.org for details.

May 30 Saturday

Find more events at tulsakids.com/calendar.

May 31 Sunday

Find more events at tulsakids.com/calendar.

Follow @tulsakids on Instagram for a new, kid-friendly activity every day!

Additional Resources for Stay-at-Home Fun:

ahha TULSA
Find a list of resources for parents doing distance learning at https://ahhatulsa.org/distance-learning-arts-education-resources/. Plus, check out ahha's Social Distance STUDIO at ahhatulsa.org/social-distance-studio, where they have a variety of open-ended art activities available.

DISCOVERY LAB
Follow Discovery Lab on Facebook and Instagram for daily updates, including fun challenges for families every Friday! You can also find educational videos and other resources at discoverylab.org/programs/distance-learning-resources.

GATHERING PLACE
While the Park is temporarily closed, Gathering Place is offering free, interactive videos and educational activities for all ages to enjoy online! From backyard adventures to indoor entertainment, Gathering Place TV & At-Home Activities offer something fun to do with your family anytime, anywhere.

Gathering Place At-Home Activities: https://www.gatheringplace.org/athomeactivities
Gathering Place TV: https://www.youtube.com/channel/UCKDqhW6II1PfBUNrix-UCgsQ/featured

GILCREASE MUSEUM
Although Gilcrease may be closed, the grounds surrounding it are open daily from 6 a.m.-11 p.m., and admission is free. You can also find art tutorials for projects such as How to Make Cherokee Cornhusk Dolls and How to Make Styrofoam Prints at gilcrease.org/maker-moments-2.

HOT TOAST MUSIC CO.
Turn to Hot Toast Music Co. for positivity, fun and music! Follow @hottoastmusicco on Facebook and Instagram for: A new Song of the Week every Monday; Baby Jam Live on Tuesdays; Big Kids Beats Music



Class on Wednesdays and DIY Instrument Making on Fridays!

LIVING ARTS OF TULSA
Living Arts of Tulsa is "Flipping the Gallery" this month! Find daily activities at livingarts.org.

OKLAHOMA AQUARIUM
Looking for some educational fun? Oklahoma Aquarium has a full page of "Unstoppable Science" activities, located at okaquarium.org. Also, follow Oklahoma Aquarium on Facebook and Instagram for daily behind-the-scenes videos, virtual tours and more!

PHILBROOK MUSEUM OF ART
Philbrook—or, as according to social media, "Chillbrook,"—is making the most of social distancing with weekly activities the whole family can enjoy. Of particular note, don't miss Family Art Club on Monday mornings, or Singalong with Hot Toast Music Co. on Saturdays. Follow Philbrook Museum on Facebook or Instagram for updates.

TINY THINGS BY YOU
Tiny Things by YOU's Sarah Bowen has created some polymer clay projects for you to do at home! Current choices include a tiny succulent, a large hobbit door, hobbit door magnets, or an open-ended kit designed for you (or your kiddo as young as 5) to make just about anything! Materials come with a full step-by-step video to deliver the same knowledge as fun as you'd get from an in-person class! Find the projects over at tinythingsbyyou.com/shop

TULSA BOTANIC GARDEN
Tulsa Botanic Garden is gorgeous this time of year. Follow @tulsabotanic on Facebook and Instagram for a daily dose of natural beauty!

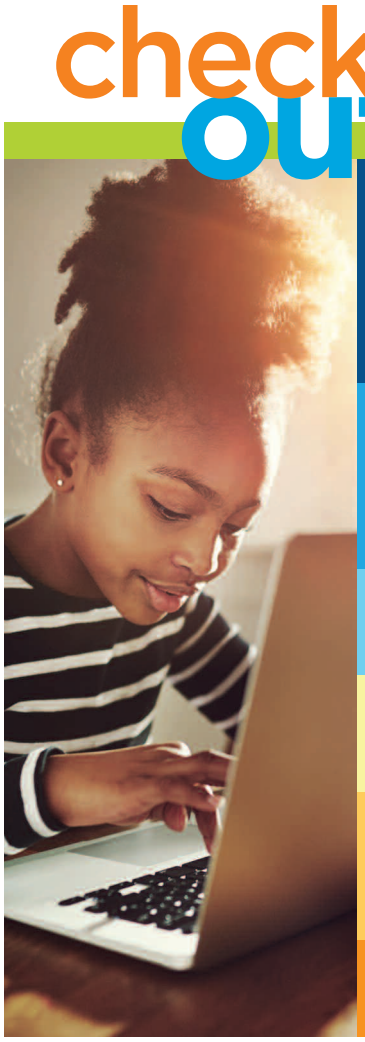
TULSA CITY-COUNTY LIBRARY
Join Tulsa City-County Library for live book recommendations, book discussions, read alouds, storytimes and other fun, informative virtual events.
Visit www.tulsalibrary.org/events for virtual events scheduled in May.

TULSAKIDS MAGAZINE
Follow @tulsakids on Instagram or @tulsakidsmagazine on Facebook, where we will be sharing a new, kid-friendly activity every weekday! Also, subscribe to our eNewsletters at tulsakids.com/newsletter, where we will be sharing other resources for families.

TULSA ZOO
Even if you can't visit the zoo, you can attend Online Zoo School! Each week will feature a different theme, with different activities each weekday. Get more information at tulsazoo.org/kids. You will also find some downloadable activity booklets and other fun.
The schedule for each week of Zoo School is:
Monday: Introduction to the Topic of the Week
Tuesday: Tour Tuesday
Wednesday: Storytime
Thursday: Crafts with Katie
Friday: Meet a Friend

YMCA OF GREATER TULSA
At ymcatulsa.org/yonnect, you'll find activities for kids and families, workouts, information about meals and blood drives and more.





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www.tulsakids.com

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Live organist + Silent film+ Felix the Cat cartoon



The silent film series featuring Circle's 1928 theatre pipe organ!

Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK

CIRCLE CINEMA

Sooner State Chapter American Theatre Organ Society

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2020 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM



KJM EQUESTRIAN SUMMER CAMP
Contact: Shawn McCorkle
9801 S. Sheridan Rd.
Tulsa, OK
918.299.9283
www.kjmequestrian.com
Ages: 7-13
Dates: June 1–5, June 8–12, June 15–19, June 22–31, July 6–10, July 13–17, July 20–24, July 27–31
Time: 9:00 a.m. – 4:00 p.m.

TULSA YMCA OVERNIGHT AND DAY CAMPS
Camp Takatoka, Owasso, Bixby
Tulsa, OK
918.446.1424
www.ymcatulsa.org/camps
Ages: 5-17

TULSA ZOO SUMMER CAMPS
Contact: Katie Girvin
6421 E. 36th St. North
Tulsa, OK
918.669.6204
www.tulsazoo.org/camps
Ages Served: 3-years-old to high school

ahha TULSA
Contact: Aleks Kitchens (akitchens@ahhatulsa.org)
101 E. Archer St.
Tulsa, OK
918.584.3333
www.ahhatulsa.org
Ages: 4-17
Dates: June-July 2020

AIM HIGH ACADEMY GYMNASTICS, NINJA AND DANCE SUMMER CAMPS
Contact: Michelle Holmes
7020 E. 38th St.
Tulsa, OK
918.664.8683
michelle@tulsagymnastics.com
www.aimhighgym.com
Ages: 4-13

BRAIN CAMP
Contact: Dr. Penny Stack
Occupational Therapist
Dyslexia Center of Tulsa
8988 D-1 S. Sheridan Rd.
Tulsa, OK
P: 918.313.5518
F: 888.857.0023
www.dyslexiatulsa.com

B-SEW INN'S PROJECT SEW SUMMER CAMP 2020
5235 S. Sheridan
Farm Shopping Center
Tulsa, OK
918.664.4480
www.bsewinn.com
Ages: 9 to 16. Sewing lessons for boys and girls
Dates: July 6-10 or July 13-17 or July 20-24 or July 27-31. Space is limited so sign up today.

CAMP GET CENTERED
Contact: Kelly Evans
815 S. Utica Ave.
Tulsa, OK
918.794.4526
kevans@tulsacenter.org
www.tulsacenter.org
Ages Served: 6-17

CAMP INCREDIBLE AT UNIVERSITY SCHOOL
326 S. College Ave.
Tulsa, OK
918.631.5060
campincredible@utulsa.edu
uschool.utulsa.edu/summer-camp
Ages: 4 - 8th grade

CAMP INVENTION
Contact: Amber Phillips
8925 S. Harvard Ave.
Tulsa, OK
800.968.4332
campinvention@invent.org
www.invent.org/camp
Ages: Grades K-6

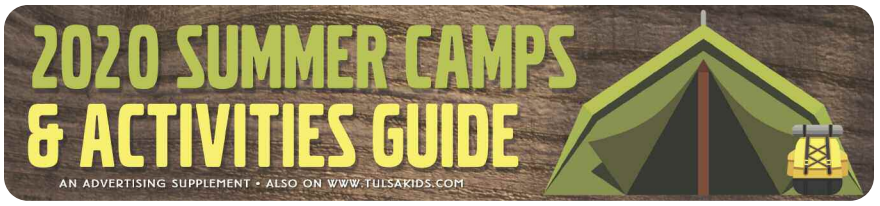
CAMP LOUGHRIDGE
Contact: Jared Grigg
4900 W. Oak Leaf Dr.
Tulsa, OK
918.446.4194
jared.g@camploughridge.org
www.clcamps.org
Ages: 6-16

CAMP PATRIOT AT METRO CHRISTIAN ACADEMY
Contact: Leann Cherry
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868 x141
camppatriot@metroca.com
www.camppatriottulsa.com
Ages: 4-18

CAMP RAVEN AT RIVERFIELD COUNTRY DAY SCHOOL
Contact: Kirsten Redmond, Camp Director
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Ages: Entering 1st - 12th grades
Dates: May 19-August 7
Times: 8:30 a.m. – 3 p.m., extended care available

CASCIA HALL PREPARATORY SCHOOL
Contact: Makala Welsh
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2604
mwelsh@casciahall.com
www.casciahall.com

continued next page



CHANNING DAY SCHOOL
Contact: Carol Ainsworth
2952 S. Peoria
Tulsa, OK
918.742.6731
www.channingdayschool.com
Ages: 3-6
Dates: June 1 - July 24. Closed the week of July 4th
Time: 9:30 a.m.-1:30 p.m., Monday-Friday

CHRIST CHURCH PRESCHOOL SUMMER CAMP
Contact: Laurie Pearn
3515 S. Harvard Ave.
Tulsa, OK
918.743.7673
lpearn@cumctulsa.com
www.cumctulsa.com
Ages: 2 - 8

CHRISTIAN MONTESSORI ACADEMY
3702 S. 90th E. Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org
Ages: 3-12
Dates: June 1 - July 31

CLARK YOUTH THEATRE DRAMA CAMP
Contact: Tammy Slack
4825 S. Quaker Ave.
Tulsa, OK
918.596.1412
clarkyouththeatre@gmail.com
www.clarkyouththeatre.com
Ages: 5-14

DILLON INTERNATIONAL ADOPTION HERITAGE CAMPS
Contact: Rachel Floyd
7335 S. Lewis Ave., Suite 204
Tulsa, OK
405.313.1820
rfloyd@dillonadopt.com
www.dillonadopt.com
Ages: 4-12 by 8/1/20 for campers, as well as programs for teens and parents

DISCOVERY LAB
560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
www.discoverylab.org

ENCORE BALLET CONSERVATORY
Contact: Stephanie Murrish
6125 E. 51st Place #D
Tulsa, OK
918.513.2332
ebconservatory@gmail.com
www.ebconservatory.com

ESPORTS GAMING CAMP
The University of Tulsa
2821 E. 8th St.
Tulsa, OK
918.631.2516
Ages: Grades 5th-12th
Dates: June 8-12, June 15-19, June 22-26, July 6-10
Times: 8:00 a.m. – 5:00 p.m. Monday-Friday
utulsa.edu/esports-gaming-lounge

EXTREME SUMMER DAY CAMP
RHEMA CHILD DEVELOPMENT CENTER
1025 W. Kenosha St.
Broken Arrow, OK
918.258.0594
rhemachildcare.com
Ages: entering first grade–age 12

FELLOWSHIP LUTHERAN CHURCH SUMMER ARTS CAMP
6727 S. Sheridan Rd.
918.492.3698
www.flctulsa.org
Advanced Camp: July 6-10 ($130)
Primary Camp: July 13-17 ($65)

GILCREASE MUSEUM SUMMER CAMPS
1400 N. Gilcrease Museum Rd.
Tulsa, OK
918.596.2700
gilcrease.org/summercamp

GOLDEN EAGLE GIRLS' BASKETBALL CAMPS
7777 S. Lewis Ave.
Tulsa, OK
www.abcsportscamps.com/orubasketball
Ages: 5-14
Dates: June 8-11 and July 13-16

HAPPY CAMPERS AT JOHN KNOX
2929 E. 31st St.
Tulsa, OK
www.happycampersacademy.com
Ages: 5 – 12 years old
Times: Monday through Friday 7 a.m.-6 p.m.

HOLLAND HALL SUMMER PROGRAMS
Contact: Debbie Almohandis
Director of Auxiliary Programs
5666 E. 81st Street
Tulsa, OK
918.879.4716
www.hollandhall.org/summer
Dates: June 1, 2020 – July 31, 2020

JANELL WHITBY SCHOOL OF MUSIC
Contact: Janell Whitby
5147-D S. Harvard
Tulsa, OK
918.743.4339
www.janellwhitby.com

KANAKUK
1353 Lake Shore Dr.
Branson, MO
417.266.3000
www.gokanakuk.com
Overnight
Ages: 6-18
Gender: Girls & Boys
Dates & Hours: May 30 - August 7; One week, Two week or Four week
Cost: $1,300 to $4,600
Sign-up Deadline: Varies Per Term

KAMPOUT!
To learn more about your local KampOut! stop, visit:
http://kanakuk.com/kamp-finder/kampout-day-camp/about.
Tulsa Area Stops:
Harvard Avenue Christian Church: June 15-19

continued next page

Metro Christian Academy: June 22-26
Redeemer Covenant: July 20-24
Cost: $150 - $280

LAFORTUNE PARK GOLF COURSE
Contact: Jason Mink, PGA
5501 S. Yale
Tulsa, OK 74135
918.496.6200
www.lafortuneparkgolf.com/junior_golf

JUNIOR GOLF CAMP:
Cost: $150/ Session (Sibling Discount: $135/child)
Ages: 5-17
Dates:
Session 1: March 16-19
Session 2: June 8-11
Session 3: June 22-25
Session 4: July 6-9
Session 5: July 20-23
Spring & Summer Camps are Monday - Thursday, from 9:00 a.m. until 12:00 p.m. each day.

PGA Jr. League
June-July
8-Week Recreational Golf League for 13 and Under.
Cost: $225/child
Sign up at: www.pgajrleague.com/program-search

LIVING ARTS OF TULSA NEW ARTS CAMP
Contact: Jessica Dewey, Education & Programming Manager
education@livingarts.org
918.585.1234
www.livingarts.org

MATHNASIUM
Contact: Ginger Lucas
ginger.lucas@mathnasium.com

Mathnasium South Tulsa
8032 S. Yale Ave.
Tulsa, OK

Mathnasium Midtown Tulsa
3230 E. 21st St.
Tulsa, OK

Mathnasium Broken Arrow
1077 N. 9th St.
Broken Arrow, OK

Mathnasium Owasso
12336 E. 86th St.
Owasso, OK

918.574.2222
www.mathnasium.com
Ages: Grades 1 - 12

MILLER SWIM SCHOOL
Miller Swim School Tulsa
6415 S. Mingo Rd.
Tulsa, OK

Miller Swim School Jenks
525 W. 91st St.
Tulsa, OK

Contact: Sarah Clavin
918.254.1988
millerswimschool.com

MISS HELEN'S PRIVATE SCHOOL
Contact: Miss Jayme, Director
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Ages: 3 years-5th grade

NEW HAVEN UNITED METHODIST SUMMER CAMP
5603 S. New Haven Ave.
Tulsa, OK
918.742.6781
newhavenschoolers@gmail.com
newhavendayschool.org

OKLAHOMA AQUARIUM CAMP—MARINE BIOLOGIST FOR A DAY
Contact: Alyssa Rodriguez
300 Aquarium Dr.
Jenks,OK
918.296.3474
education@okaquarium.org
www.okaquarium.org/263/Marine-Biologist-for-a-Day
Ages: 12-16

PHILBROOK ART CAMP
2727 S. Rockford Rd.
Tulsa, OK
918.748.5379
www.philbrook.org/visit/art-camp/

PHILCREST HILLS TENNIS CAMP SUMMER TENNIS DAY CAMP
Summer Tennis Day Camp at Philcrest Hills Tennis Club
10900 Riverside Parkway
Tulsa, OK
918.299.2643
www.philcresthillstennis.com
Ages Served : 4-14

RIVER RUN FARM SUMMER CAMP
Contact: Susan Cravens
9300 S. 51st W. Ave.
Tulsa, OK
918.855.5032
www.riverrunfarmok.com
Ages: 2 years and Up
Dates: Weeks of Weeks of June 8 - 12, June 15 - 19, June 22 - 26, July 6 - 10, July 13 - 17, July 20 - 24, and July 27 - 31
Times: 9 a.m. - 2 p.m.
Located in a magical setting of 40 acres of wooded and tame pastureland with three

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Midtown:
3259 S. Yale Ave.
Tulsa, OK
918.742.5541

South Tulsa:
9320 E. 71st St.
Tulsa, OK
918.252.5541
www.saiedmusic.com/school

SOCCERCITY TULSA SUMMER CAMPS
Contact: Dustin Knight
5817 S. 118th E. Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com
Summer Lil' Kickers
June 1st - August 15th
11/10 Weeks long
NO CLASSES Saturday, July 4th

Summer Camps
Camp 1: May 26 - 29

continued next page

YOUR SUMMER OF DISCOVERY STARTS HERE.

CAMPS FOR GRADES K - 6TH

HALF DAY TO FULL WEEK SESSIONS

STEAM and HEALTH & WELLNESS CONTENT

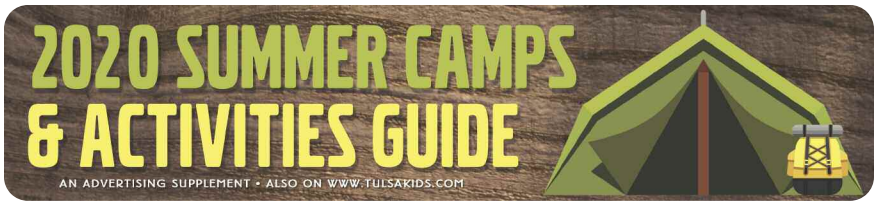
OPTIONAL BEFORE AND AFTER CARE*

For more information and to enroll, visit discoverylab.org.

discovery LAB

Spaces are limited. Sign up today.

560 North Maybelle Avenue // 918-295-8144



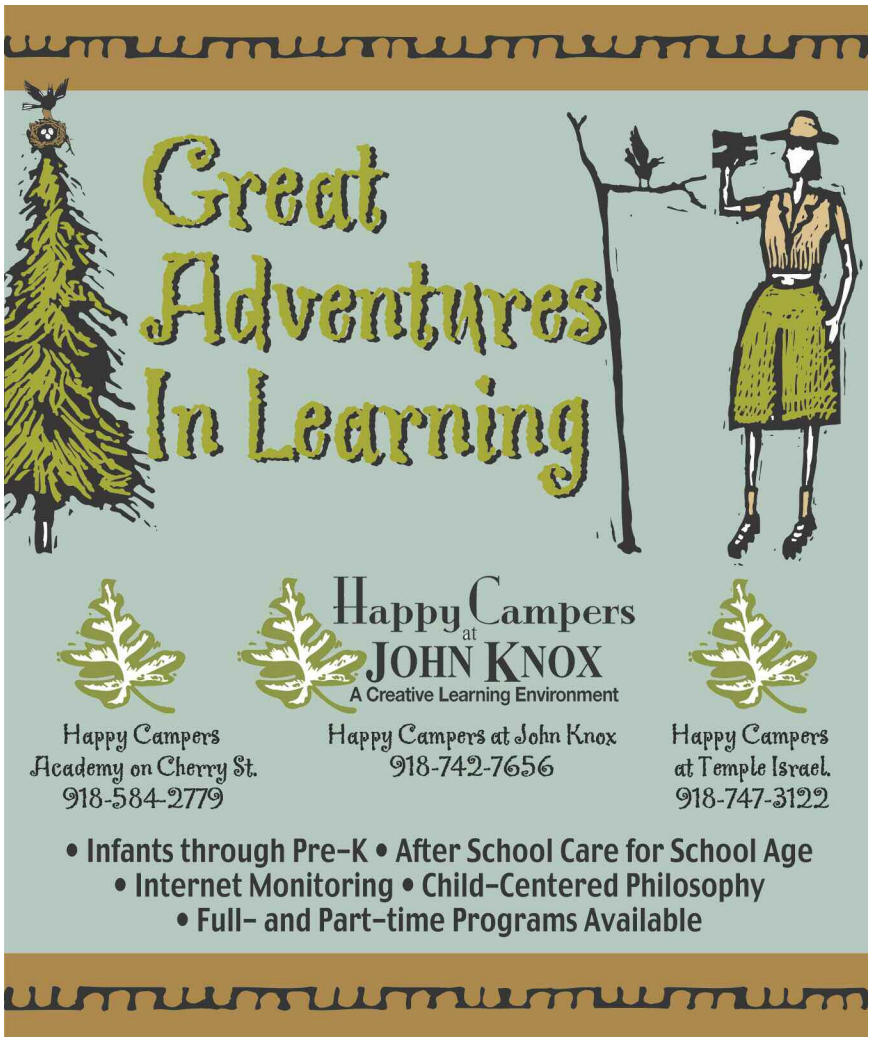
Camp 2: June 15 - 19
Camp 3: June 29 - July 3
Camp 4: July 20 - 24
Camp 5: August 10 - 14

SOUTH LAKES GOLF COURSE
9253 S. Elwood
Jenks, OK
918.746.3760
www.southlakesgolf.com

Lil Hooks Junior Golf Program
Cost: $125 per student
Ages: 5-13
Dates: Spring Session - March 28 - May 16
Summer Session - June 24 - August 12
Summer Session Times: Wednesdays at 8:00-9:00 a.m. or 9:00-10:00 a.m.

South Lakes Summer Golf Camp
Cost: $150 per student
Ages: 5-13
Dates: June 22 - 26 (Monday, Tuesday, Thursday, Friday)
July 20 - 24 (Monday, Tuesday, Thursday, Friday)
Times: 9:00 a.m. - 12:00 p.m

SSB KIDS! CAMP
1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
info@ssbkids.com
www.ssbkids.com
Ages: 3-11



SUMMER ARTS AT ACA!
Contact: Kayte Anton
6310 E. 30th St.
Tulsa, OK
918.832.4600
antonk@acatulsa.org
www.acatulsa.org
Ages: 4-17

THAT'S DANCING
Contact: Kara Ritchie
4427 E. 31st St.
On 31st between Harvard & Yale
Tulsa, OK
918.408.6226
www.thatsdance.com

THEATRE ARTS MUSICAL THEATRE CAMPS
1405 N. Aspen
Broken Arrow, OK
918.258.2543
info@theatreartstulsa.com
www.theatreartstulsa.com

TULSA BALLET FAIRYTALE BALLET CAMPS & SUMMER YOUTH WORKSHOPS
Contact: Colleen Lahti
1212 E. 45th Pl.
Tulsa, OK
918.712.5327
education@tulsaballet.org
www.tulsaballet.org/classes
Ages: 3-9

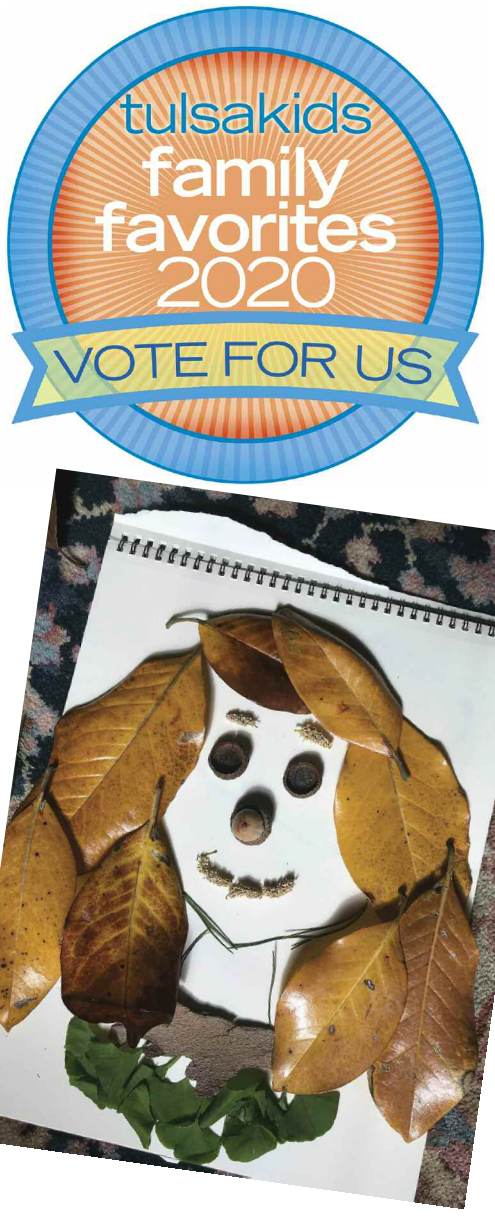
TWIST AND SHOUT TRAINING CENTER
4820 S. 83rd E. Ave.
Tulsa, OK
918.622.5867
www.shouterspirit.com

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

CONTESTS + GIVEAWAYS
TulsaKids' Family Favorites

You've nominated your Family Favorites, and now it's time to determine the top three winners and finalists. Find our Family Favorites runoff ballot elsewhere in the magazine, and get the entry link at tulsakids.com/contests.

Everyone who completes our Family Favorites Runoff Ballot has a chance to win a Family Getaway for 4 to Silver Dollar City! The Family Getaway includes: admission to Silver Dollar City, front-of-line passes and lunch, admission to Showboat Branson Belle and White Water, plus lodging for two nights at the Silver Dollar City Campground or other available lodging property. Silver Dollar City is celebrating a 60th Anniversary Diamond Jubilee! Learn more at silverdollarcity.com.



Mother's Day Giveaway

Mothers, you are doing an amazing job! Enter our Mother's Day Giveaway through May 10 for a chance to win a $100 gift card to Ihloff Spa. The link is available at tulsakids.com/contests.



FAMILY FUN

Even in these uncertain times, our online calendar is a great resource for families looking for fun. Go to tulsakids.com/calendar to find online events offered by local organizations.

Also, follow @tulsakids on Instagram or @tulsakidsmagazine on Facebook to get our **Activity of the Day**! Every weekday morning at 8 a.m., we share an easy, kid-friendly activity you can do at home. If you have an activity to share, please tag us in a photo or email your suggestion to tara.rittler@gmail.com. Thank you!

TULSAPARENTS

We asked members of our Facebook Group, TulsaParents, what their ideal Mother's Day gift would be this year! Here are some responses:

"In a post-COVID world, a weekend getaway by myself or with a girl friend."—Morgan P.

"I'd like a nice meal together as a family. Something special but still realistic for the kids."—Alicia K.

"Well I sure would like to be taken out to dinner. We spent so many years struggling and couldn't dine out, but now that we can afford to, we can't go anywhere."—Kristi R.

"Mother's Day is the 10th, my birthday is the 11th, and my anniversary is the 12th. I would be happy just to have the days to spend with my family, but once this virus is gone I want to go to Osaka Restaurant!"—Jen H

"During Safer at Home…Probably an evening of pampering…husband and kids do the chores, make me dinner, and give me an hour or two of alone time."—Kate C.

Join TulsaParents to receive Coronavirus updates, find extra activities for kids, ask questions of other local parents and more!

E-NEWSLETTERS

Subscribe to our mailing list to receive the latest from TulsaKids, including stay-at-home activity ideas, blog posts, Coronavirus updates and more. tulsakids.com/newsletter



Senior Students Share Their Loss

Senior students across the country are experiencing the loss of many rights of passage of their senior year. Not only that, like the rest of us, they are looking toward an uncertain future. While seniors can usually look forward to transitioning into adulthood through work or college or both, 2020's senior class may be facing a virtual world from their childhood bedrooms. We asked a few Tulsa area seniors to share their thoughts and feelings with us this month



Accepting Uncertainty
Sam Robson, Booker T. Washington High School

The sheer number of questions the coronavirus outbreak has opened is overwhelming. The process of graduating and heading to college demands a plan, yet it seems as though every time we glimpse what comes next, the pandemic grows worse and we are thrust back into the dark. There's a lot of uncertainty, more than I think I've felt before. I wouldn't categorize myself as hopeful or hopeless. Mainly, I just feel disoriented. I think that's a shared experience. As I begin to discover what the rest of my semester will look like, I can't help but feel worried. I've never had to manage the stress and frustration of high school without my peers acting as a support system. Sometimes I feel like I'm just one Zoom call away from losing it. I'm just trying to live in the moment without forgetting about the future. I'm slowly learning to adapt to our new and temporary reality and I'm craving the prevalence of routine in my life that I luxuriously enjoyed each day before. My one big hope is that this pandemic will be in the past by August. I can't even see the friends I've already made; don't make me try and build a friend group in Alabama with the threat of COVID-19 constantly looming. I miss my friends and I miss knowing what comes next for me, but I know both will return, even if I have to wait longer than is desirable. I don't want to spin a pandemic as a positive (people die), but this one has certainly taught me not to take anyone for granted.



Living in the Moment
Madie Addis, Tulsa, Union High School

Going to school on March 13, I was looking forward to having the next week off to relax and recoup so that I could come back on March 23 and finish the semester strong. I was aware COVID-19 was becoming more serious, but I didn't believe it would prevent us from returning to school for the rest of the year. So, March 13 was just a regular Friday, and I went through the motions of the school day the same way I always did. Little did I know, I would never go through those motions again.

When it was first announced that we would be out for the two weeks following spring break, I didn't really think much of it, but over the course of my supposed-to-be relaxing spring break, I became nervous. As the seemingly never-ending flow of press conferences and news reports covering COVID-19 consumed my attention, my hope in returning to school began to dwindle. Hearing about the proposal to cancel school for the rest of the year didn't come as a shock, but when the proposal was approved, I was overwhelmed with emotions. Although I expected it, I didn't want to believe it. I was filled with sadness as I began to realize all of the experiences I would now be missing. My mind first went to the monumental events many of us look forward to from a young age, like graduation and senior prom, but as I thought about it more, the loss of everyday experiences made me most sad. Walking in the school hallways, something I would never deem important, suddenly felt significant. Simple conversations with my classmates and teachers are things I will miss tremendously. Not knowing that my last day of high school was my last day is heartbreaking, and knowing that there are so many seniors going through the exact same experience saddens me even more.

However, as I have tried to think positive, I've discovered a few bright sides. Since everyone is experiencing this pandemic, everyone now has something in common. I find a bit of peace knowing that as I (hopefully) begin college in the fall, all of my classmates will have had a similar experience. This pandemic has also forced me to learn the life lesson that all of a sudden, everything can stop, so I should be very intentional with how I live my life. I've told myself countless times that I should live in the moment, but I've struggled to actually take this advice. Coming out of this experience though, I believe that I will be more present because I now understand the importance of enjoying where I'm at.



Missing In-person Connections
Judy Watson, Tulsa, Booker T. Washington

I am a senior at Booker T. Washington High School doing the Tulsa Term semester program. My thoughts on the abrupt ending of this year are slightly unique, because I had already said my goodbyes, as I knew I would be ending my senior year with Tulsa Term. I am, of course, very upset about the cancellation of events such as prom and graduation, but beyond thankful to be in Tulsa Term, as my amazing teachers (Jane Beckwith and Eder Williams-McKnight) have worked so hard to make the online experience of our program just as unique and engaging as the in-person experience. Normally, Tulsa Term is taught out of City Hall downtown and incorporates "field work." Our field work is done at a multitude of sights and involves very hands-on learning. Now that we are online, Jane and Eder have worked very hard to convey the same experience into online video chats and research assignments, both of which have made me think on a much deeper level than my prior years of schooling have ever done for me. Because this semester has been so different than my previous high school experience, perhaps my transition isn't as dramatic as others.

With that said, I have made so many new friendships through this program and it has been difficult to no longer get those in-person connections.



Missing Closure on a Chapter in Life
Mackenzie Moore, Booker T. Washington High School

Photo credit: Holly Felts Photography

To say that the current circumstances of the world are unexpected would be an understatement. The last thing I expected to happen this semester was to have my senior year completely cancelled by a global pandemic. Truth be told, I still can't decide whether I'm upset about all of my final high school moments being cancelled or if I'm okay with the fact that I'm almost free. The four years of high school have not been my favorite and my particular case of senior-itis has been suffocating. However, I was looking forward to my senior events and when I got the message that I would not be going back, I was shocked.

Throughout my entire career as a student, I have been working toward my graduation where I get to be recognized for all that I have accomplished, but the chance of it not happening is extremely disappointing. Graduation is the moment every student looks forward to in order to get through their years, but mine might just be taken away. I am more nostalgic than I have ever been because I haven't been allowed a proper goodbye to my high school career, and sometimes it doesn't feel real. My senior soccer season was canceled, and I'm not going to play in college, so the last time I stepped on the field was the last time I would ever lace up my cleats, and I didn't even know. I didn't know the last time I walked through the hall would be my last time as a student. I didn't know that the last time I saw my amazing teachers, peers, teammates, and coaches would be goodbye. Ultimately, I didn't get closure from my life as it has always been before moving on to a new life at college.

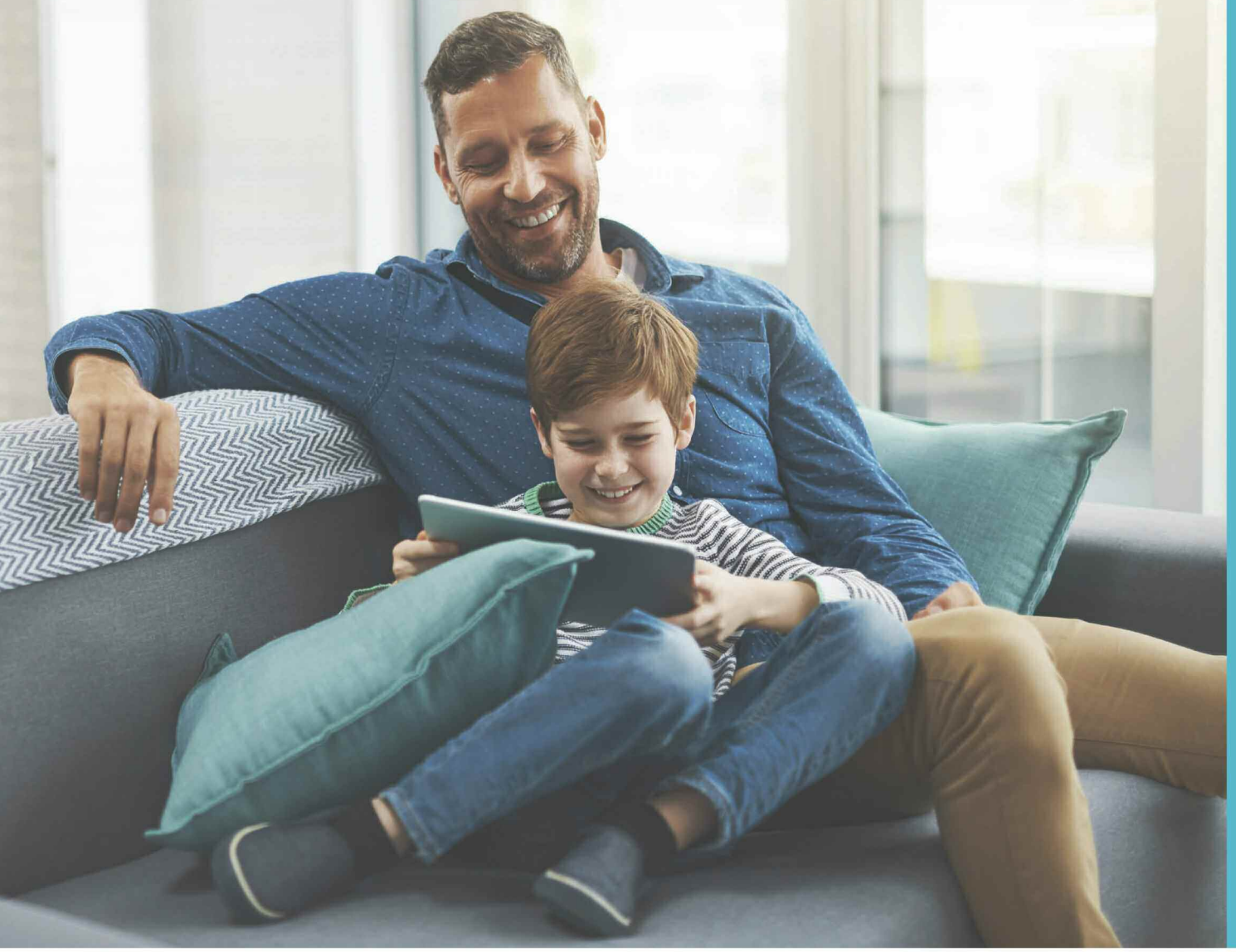
Despite everything, I am ready to move on to the next stage of my life in a new place with new people. The excitement I have for my new chapter might just overpower my disappointment of missing out on the most important high school moments.

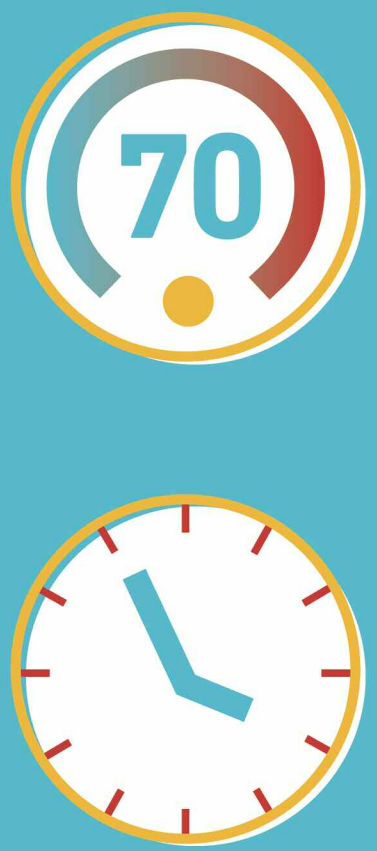

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