February 2021 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAM IFE.

HEALTHY FAMILIES:
PEDIATRICIANS ANSWER COMMON QUESTIONS

YOUR CHILD'S MENTAL HEALTH

FREE ASTHMA RESOURCES

VALENTINE'S DAY TREATS

MLK ESSAY CONTEST WINNER

SPECIAL LISTING: HEALTH & WELLNESS GUIDE



PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Editorial Awards Competition
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How are you feeling today?

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saintfrancis.com/urgentcare

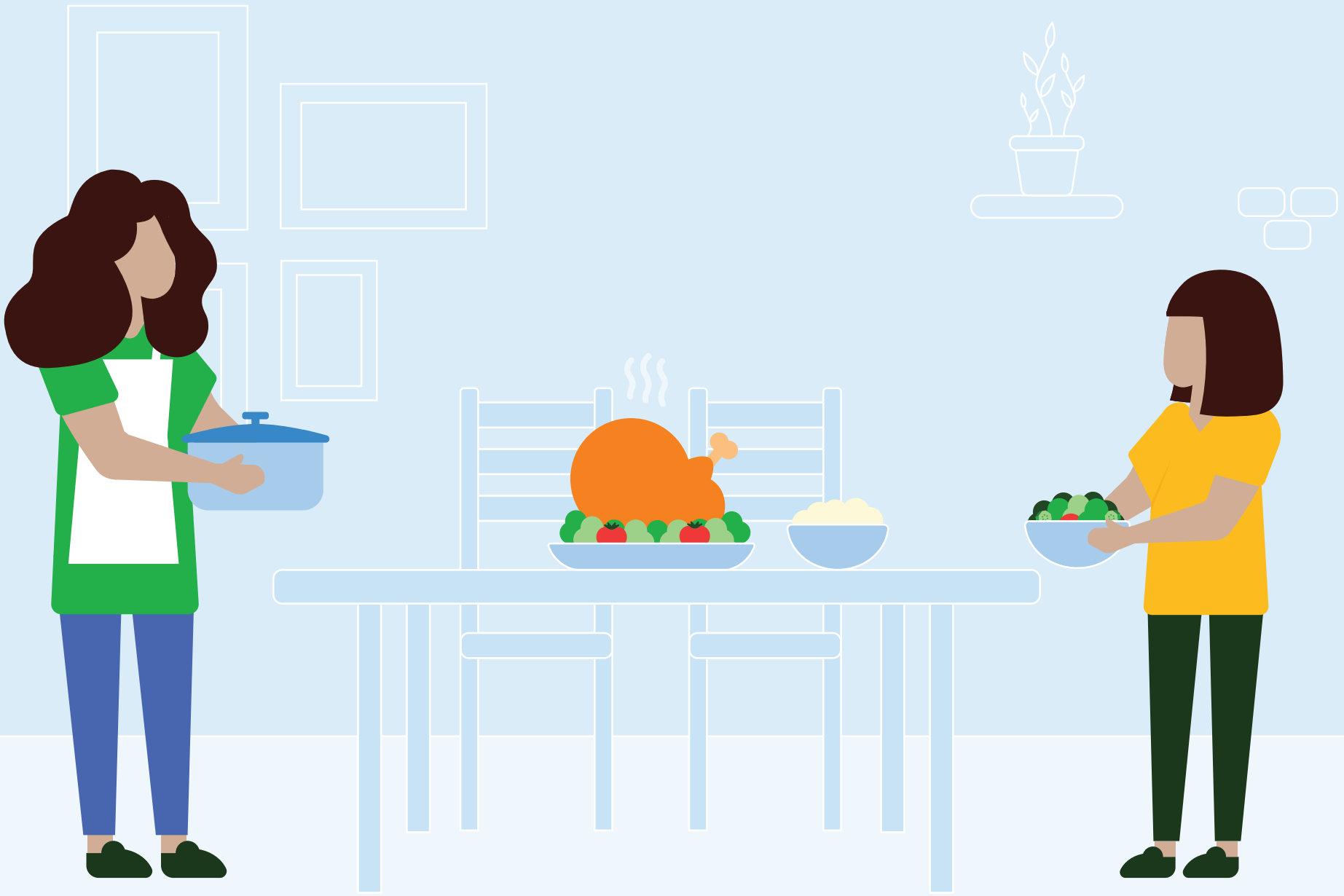
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tulsakids

February 2021

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Health & Chocolate

Health is on the minds of everyone these days. And chocolate may be what we reach for to get a little temporary comfort. At this writing, there have been over 400,000 deaths in the U.S. due to COVID-19. Oklahoma is one of the top three states for COVID cases. Those are dire statistics, but with the vaccine beginning to be distributed, there is real cause for optimism. As a friend reminded me, out of chaos, good can come. Setbacks are discouraging, but they can also bring opportunities.

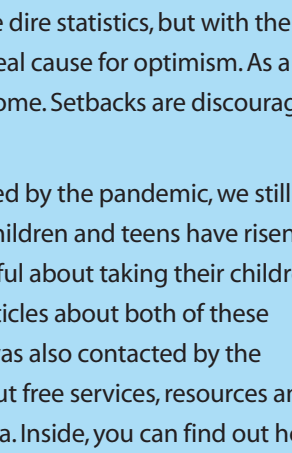
As we make our way through the chaos created by the pandemic, we still have work to do. Mental health problems in children and teens have risen or become exacerbated. Parents may feel fearful about taking their children to the doctor for well-child visits. You'll find articles about both of these problems in our health section this month. I was also contacted by the American Lung Association of Oklahoma about free services, resources and equipment for parents of children with asthma. Inside, you can find out how to connect with resources.

I recently lost a beloved pet. Fortunately, I didn't have young children looking to me for an explanation of that loss. Kiley Roberson writes about losing her family's cat, and how she found ways to talk with her young children to help them through their sadness. You'll find some valuable tips from a veterinarian in her column this month.

The nation celebrated Martin Luther King, Jr. Day last month. Students throughout Tulsa and the surrounding communities participated in a variety of creative ways. Our Tulsa Kid this month is the first-place winner of the MLK essay contest. Read his entire essay in our I'm a Tulsa Kid column.

And, of course, Valentine's Day is this month! We haven't forgotten to include some delicious chocolate recipes from Natalie Mikles that you can make for your valentines.

Wear your mask. Wash your hands. Social Distance. Stay well.



Betty Casey
associate publisher and editor in chief

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.





ON OUR COVER:

COVER WINNER OLIVIA MUTAGAMBA IS READY FOR A HAPPY AND HEALTHY YEAR. OLIVIA WEARS A DRESS PROVIDED BY **LOLLY GARDEN CHILDREN'S CLOTHING AT UTICA SQUARE**.

COVER PHOTOGRAPHY BY ANDREA MURPHY PHOTOGRAPHY

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

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TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com
©TK Publishing, Inc. 2020.
All Rights Reserved.
Volume XXXIV, Number 2

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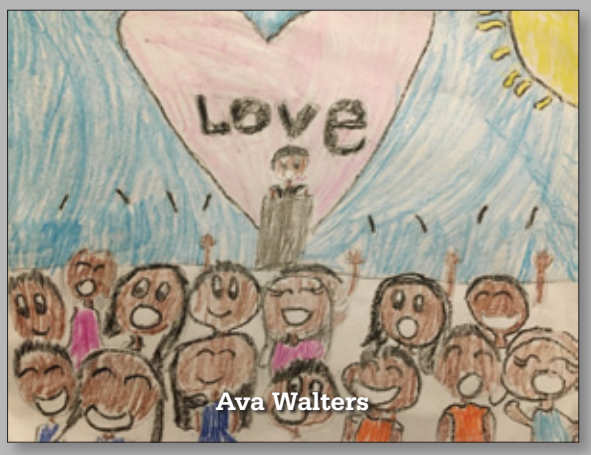
STUDENTS WIN MLK, JR., HONORS

The Martin Luther King, Jr. Commemoration Society announced the Tulsa-area students who were honored with awards in the 2021 art, dance, essay and oratorical contests.

Student contest winners are as follows:



Hailey McGuire



Ava Walters



Serena Siddiqui

Youth Art Contest: Students in grades K-6 were asked to create an illustration based on one of three themes that characterizes Dr. King's life and work – Love, Peace or Unity – and what the theme means to them. All three winning drawings are showcased in the 2021 MLK Souvenir Book.

1st Place ($175): **Hailey McGuire**, 6th grade, McKinley Elementary;
2nd Place ($125): **Ava Walters**, 2nd grade, Augustine Christian Academy; and
3rd Place ($75): **Serena Siddiqui**, 3rd grade, Holland Hall.

Interpretive Dance of Peace Contest: Individuals and team ensembles (ages 18 and younger) were encouraged to create and perform an interpretive dance with the theme of "Peace." Dancers were judged based on accuracy, showmanship, choreography and performance. Winners are as follows:

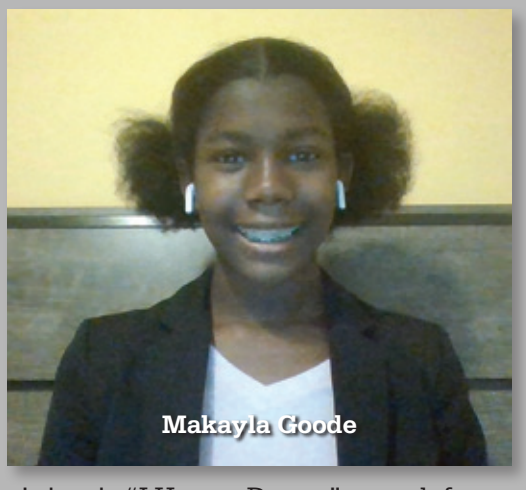
1st Place ($500): **Hailey McGuire**, 6th grade, McKinley Elementary; and
2nd Place ($350): **Maharai and Marelin Olivares**, in 1st and 6th grades, respectively, at Mitchell Elementary.

Essay Contest: Middle school students (grades 6-8) were asked to write a 350-500 word essay on the topic, "I live my life as a reflection of Dr. King's dream by . . ." The essays are published in the 2021 MLK Souvenir Book. Prizes were awarded as follows:

1st Place ($250): **Collin Emeric Blake Walters**, 7th grade, Oliver Middle School (Broken Arrow Public Schools);
2nd Place ($225): **Alyssa Kay Martin**, 8th grade, Union 8th Grade Center;
3rd Place ($200): **Jordan Dodd**, 6th grade, McKinley Elementary;
4th Place ($175): **Isabella Beaty**, 7th Grade, Union 6th/7th Grade Center; and
5th Place ($150): **Kaylin Gomez**, 6th Grade, McKinley Elementary.


Sage Asher Scott Walters


Raashi Karande


Makayla Goode

Oratorical Contest: High school students (grades 9-12) were asked to memorize Dr. King's iconic "I Have a Dream" speech for a chance to showcase their oratorical skills. Prizes were awarded to the following:

1st Place ($1,000): **Sage Asher Scott Walters**, 9th grade, Oliver Middle School (Broken Arrow Public Schools);
2nd Place ($500): **Raashi Karande**, 9th grade, Union Freshman Academy; and
3rd Place ($350): **Makayla Goode**, 10th grade, Union High School.

Sage Walters, the 1st Place winner, performed Dr. King's speech live for ONE Gas employees at a special Martin Luther King, Jr. event on Thursday, January 14. ONE Gas is the official sponsor of the Martin Luther King Jr. Oratorical Contest.



TALKING TO CHILDREN ABOUT VIOLENCE

Many families and teachers are struggling with how to explain the incidents that occurred in Washington, D.C., on Jan. 6, and are seeking support to help children make sense of it all. A guide titled "Talking to Children About Events at the U.S. Capitol" has been posted on the Oklahoma City National Memorial Museum website at https://memorialmuseum.com/news/talking-to-children-about-the-events-at-the-u-s-capitol/.

KIDS AND TEENS INVITED TO ENTER TCCL'S CREATIVE WRITING CONTEST



Tulsa City-County Library's annual Young People's Creative Writing Contest gives young writers the opportunity to make their voices heard. With three age divisions in five different categories, TCCL encourages Tulsa County youths to stretch their imaginations and deepen their relationship with writing by telling their stories in their own words—or illustrations!

From Feb. 1-28, students ages 10-18 can participate in this free contest by submitting their writing online, by mail or to any TCCL branch. The contest is free to enter for those who live or attend school in Tulsa County, or have a nonresident library card.

Within each of the following categories, there are three age divisions: 10-12, 13-15 and 16-18. Participants may enter one manuscript per category but may enter all categories within their corresponding age group. The categories include: Short Story; Informal Essay; Poetry; Short Play; and Comix.

First-, second- and third-place winners are chosen for each age group in each category. Cash prizes are awarded in the following amounts: $100 for first place, $50 for second place and $25 for third place.

All entrants will be invited to the awards presentation, which will be held at 7 p.m. on Thursday, May 6. Featured speaker Jason Reynolds, winner of the Tulsa Library Trust's 2021 Anne V. Zarrow Award for Young Readers' Literature, will help present awards to the contest winners.

Entry forms with rules and regulations are available for pickup at all TCCL locations or online at https://tulsalibrary.org/form/YPCWC. For more information, call 918.549.7323 or visit www.tulsalibrary.org/YPCWC.

TCC EXPANDS COLLEGE IN HIGH SCHOOL PROGRAM

Students in the Broken Arrow Public Schools and Tulsa Public Schools districts will be able to earn a college degree from Tulsa Community College at no cost to the student while they complete high school.

EDGE: Earn a Degree, Graduate Early is a pilot program launched under the name of Early College High School with Union Public Schools in 2018. TCC is expanding the pilot in partnership with Tulsa and Broken Arrow and at the same time changing the name to **EDGE**.

Beginning this school year, eighth graders in TPS and BAPS will apply and be competitively selected to participate. From there, those students enroll in a rigorous college prep curriculum as ninth graders before entering **EDGE** in the 10th grade where students take a prescribed course schedule taught by TCC faculty.

Tulsa Public Schools is launching **EDGE** at two sites, McLain and Memorial high schools.

To learn more about **EDGE** as well as the application process for eighth grade students, parents and students can attend one of the information meetings scheduled in February.

Visit www.tulsacc.edu, dual credit programs at TCC for more information.

Get the Party Started...

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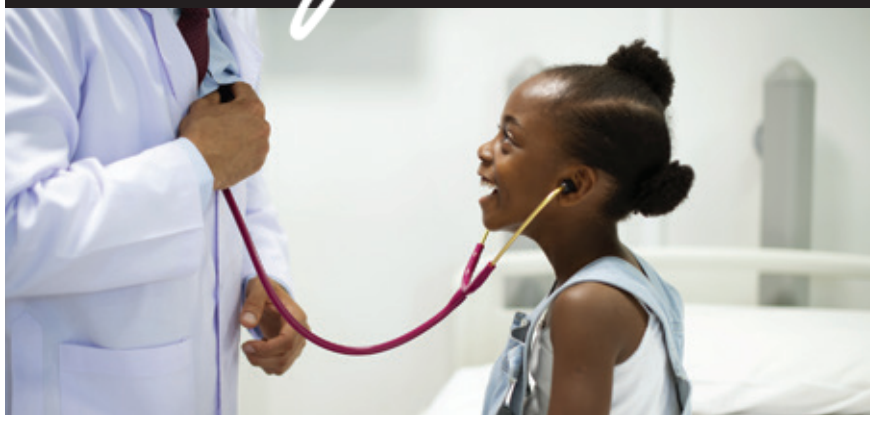
Your guide to the best party entertainers, venues and more in the Tulsa area!

tulsakids.com/guides



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Mr. Henry's Books

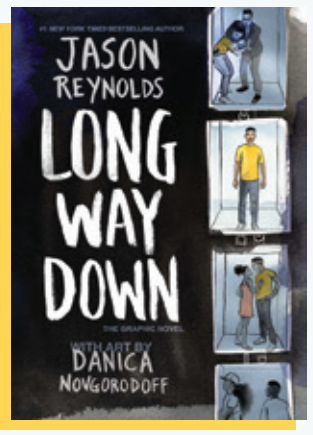
EDUCATOR WORKSHOP

Virtual via ZOOM

Saturday, Feb. 27, 2021
9:30-11 a.m. ▶ REGISTRATION REQUIRED

Attention, middle-school and high-school teachers and librarians!

You are invited to this virtual continuing-education workshop focusing on the works of famed author Jason Reynolds, winner of the 2021 Anne V. Zarrow Award for Young Readers' Literature.



You will:

- Receive 50 copies of *Long Way Down* by Jason Reynolds for your students to keep as their own.
- Learn how to incorporate various elements of *Long Way Down* into your classroom and receive lesson plans on how to use Jason Reynolds' works in a variety of school subjects.
- Be introduced to the Tulsa City-County Library's Anne V. Zarrow Award for Young Readers' Literature.
- Gain an opportunity to win a virtual classroom visit by Jason Reynolds on Thursday, May 6, 2021.

Tulsa City-County Library | tulsa Library Trust | tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.

Registration Deadline: Friday, Feb. 12, 2021

Register at: www.tulsalibrary.org/mr-henrys-books-registration

Every participant will receive their copies of *Long Way Down*, as well as an official continuing-education certificate, after the workshop by picking them up at their neighborhood Tulsa City-County Library location.

A drawing will be held among participants for four classroom sets of the newly released graphic novel version of *Long Way Down*.

Participants must be employed by a school district within Tulsa County.

Mr. Henry's Books is a program of the Tulsa City-County Library, sponsored by the Tulsa Library Trust, made possible by a grant from the Anne and Henry Zarrow Foundation.

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

CONTESTS AND GIVEAWAYS



CAR PAYMENTS FOR A YEAR SWEEPSTAKES!

You have till February 8 to enter our Car Payments for a Year Sweepstakes! One winner will be chosen out of a national pool of entries to receive $6,600. Enter at tulsakids.com/contests.



"HUG THE ONE YOU LOVE" VALENTINE'S PHOTO CONTEST

From January 28-February 10, enter our Valentine's Photo Contest for a chance to win a Dual/Family Membership to ahha Tulsa! This membership 2 named adults, 4 kids, unlimited admission to ahha, a 10% discount for ahha classes, a 10% gift shop discount and more! To enter, simply upload a photo of your child hugging a parent, caretaker, sibling or pet to our contests page at tulsakids.com/contests. We will also share some of the submissions to social media and in our March magazine!

DISCOVERY LAB'S INTRODUCE A GIRL TO ENGINEERING DAY GIVEAWAY

Follow @tulsakidsmagazine on Facebook for a special chance to win a registration for two to one of Discovery Lab's Introduce a Girl to Engineering Day classes, as well as two Guest Passes that can be used at a later date. The giveaway will take place on Facebook February 21-24. Learn more about Introduce a Girl to Engineering Day at discoverylab.org.

GUEST BLOGGER: AMANDA MURPHY



About Amanda: Amanda Murphy is passionate about what parents can do to enhance and supplement their child's educational experience outside of the classroom. She believes in a model where kids grow up excited to learn, which starts with the parent or caregiver. As mom to a very bright and active 5-year-old girl in a not-as-active pandemic world, Amanda is constantly seeking out new ways to tie learning into real life to keep her daughter engaged. This involves outdoor exploration, a focus on literacy, building imagination, learning toys, and much more. Her belief is that each child is born with a passion for learning, but that harnessing it correctly is essential. Equally, she believes all children are smart, just in different ways.

Watch for Amanda Murphy's Guest Blog posts at tulsakids.com/blog. We will also share them on Facebook and in our weekly eNewsletters!

ASK TULSAPARENTS: WHAT'S YOUR FAMILY'S TOP HEALTH TIP?

We asked members of our Facebook group, TulsaParents, to share their family's top health tips. Katerina A. said, "After Amelia (10 yo) and I discovered Cosmic Kids yoga, we've been doing it a couple times a week. It's great for both kids and grown ups. And it's free!"

DON'T MISS OUT: SUBSCRIBE TO TULSAKIDS' MAILING LIST!

Get the latest news from TulsaKids all month long by signing up for our email list at tulsakids.com/newsletter. We send out weekly newsletters as well as special offers and info from local partners.

Follow us on Facebook (@tulsakidsmagazine) and Instagram (@tulsakids) for additional content and fun!

COMING SOON: TULSAKIDS' VIRTUAL CAMP FAIR

To celebrate the release of our 2021 Summer Camp Guide in March, TulsaKids will be hosting a Virtual Camp Fair! Follow us on social media or keep an eye out in next month's magazine for details.





BY KILEY ROBERSON

losing a furry family member: helping kids cope

Being a parent is the most rewarding experience of my life. Every day, my kids teach me something new about myself, the world around me and the overall human experience. I do have to say, that while my children are certainly my entire world, my parenting adventures actually started with a little black kitten named Ally. My husband and I found the little stray when we were still dating in college. She was our first pet together and saw us through marriage, moves, jobs and children. She was an instant best friend to both our kids, and her relaxed, loving nature helped inspire their current love for animals.

After 16 years of loving our Ally cat, our family had to say goodbye to her last month. While I knew this day would come and also knew it would be hard, I never truly anticipated the intense sense of loss our children would experience. My heart broke all over again as I helped them grieve her death, each in their own way. My daughter needed a good cry and closure, actually saying goodbye and keeping her collar close by her bedside. My son kept things in and needed long talks about the importance of sharing our feelings even when they make us sad.

Ally was our first family pet, and helping our kids cope with her loss has been a completely new experience. Thankfully our veterinarian was able to help. He provided information and literature on ways to process their pain.



BE HONEST AND FOLLOW YOUR CHILD'S LEAD IN DEALING WITH THE LOSS OF A PET.

Sharing the News and the Grief

One of the most difficult parts about losing a pet may be breaking the bad news to kids. Try to do so one-on-one in a place where they feel safe and comfortable and not easily distracted.

If your pet is very old or has a long illness, consider talking to kids before the death happens. If you have to euthanize your pet, you may want to explain the following:

* the veterinarians have done everything that they can
* the pet would never get better
* this is the kindest way to take the pet's pain away
* the pet will die peacefully, without feeling hurt or scared

Our vet also reminded us that when you have to euthanize a pet, be careful about saying the animal went "to sleep" or "got put to sleep." Young kids tend to take things literally, so this can make them think the animal could wake back up or even conjure up scary ideas about their own sleep.

If the pet's death is more sudden, calmly explain what has happened. Be brief, and let your child's questions guide how much information you provide.

Stick to the Truth

Avoid trying to gloss over the event with a lie. Telling a young child that "Buster ran away" or "Max went on a trip" is not a good idea. It probably won't alleviate the sadness about losing the pet, and if the truth does come out, your child will probably be angry that you lied.

Help Your Child Cope

Kids usually feel a variety of emotions besides sadness after the death of a pet. They might experience loneliness, anger if the pet was euthanized, frustration that the pet couldn't get better, or guilt about times that they were mean to or didn't care for the pet as promised.

Help kids understand that it's natural to feel all of those emotions and don't feel compelled to hide your own sadness either. Showing how you feel and talking about it openly sets an example for kids. You show that it's OK to feel sad when you lose a loved one, to talk about your feelings, and to cry when you feel sad. And it's comforting to kids to know that they're not alone in feeling sad.

Looking Ahead

Perhaps most important, talk about your pet, often and with love. Let your child know that while the pain will go away, the happy memories of the pet will always remain. When the time is right, you might consider adopting a new pet — not as a replacement, but as a way to welcome another animal friend into your family.

BY JULIE WENGER WATSON

new college app helps students navigate admission search

"I want to help level the playing field," Terrie Shipley says. "We've kind of lost our way with college admissions." Shipley, an independent college counselor, recently launched Apply U, an education technology startup she hopes will make premiere college counseling services accessible to every student.

"We're looking at 400-to-one student-to-counselor ratios as a national average, and many schools have a ratio that is higher than that," Shipley explains. "Many students just don't have the help they need to get into college, much less to have a better chance to get into a college they really love."

According to Shipley, private college counseling services can cost thousands of dollars, a price tag that is out of range for most families. Shipley's program would leverage technology to provide some of that same, individualized help without the significant expense.

"It's not fair for this type of college coaching to be only open to those who are more affluent," Shipley says. "Apply U is my attempt to try to bring it to more people."

She plans to begin piloting the program this spring with some local schools. Effectively, it will be an interactive online course that guidance, college and career counselors can use to help their students find the right fit.

Although Shipley's program will help students tackle the college application and admission process, it's also a tool to help them contemplate what they really want out of a university and, down the line, a career.



HIGH SCHOOL STUDENTS OFTEN NEED HELP RESEARCHING AND APPLYING TO COLLEGES AND UNIVERSITIES.

"This program is really about life design, as 'new age-y' and hokey as that sounds," Shipley says. "Students are forced to answer the wrong questions. They're asked, 'which college will you get into,' or 'what line of work will you get into?' Instead, they should be guided on, 'what do you want to get out of this?'"

Although Apply U won't be fully launched for a few months, Shipley has a free resource available on her website www.apply-u.com. The College Better Gameboard is a downloadable PDF that provides a framework that students can use to start their journey.

"A little bit more of the soul-searching stuff is going to pay off a lot, not just in feeling like you've got a good fit and you're maximizing your time, but even in just having the confidence to navigate the family holiday party or hallway locker talk like 'where are you applying?' and 'did you get in here,'" Shipley notes. "It's about confidence, and if you're confident about the process, you're just going to have a better time."



To Learn More....

TulsaKids publishes an annual College Planner with information about planning for life after high school. Local high schools have print copies, but you can find the most current issue and past issues on our website at www.tulsakids.com.

Information includes:

- a timeline of what to do each year of high school
- how and when to fill out the Free Application for Federal Student Aid (FAFSA)
- free college opportunities available in Oklahoma
- questions to consider when choosing a college or university
- how to write a college application essay
- how to prepare for a college interview
- advice from college admission counselors
- explanation of terms such as "demonstrated interest" and more

NOTE: Congress changed the FAFSA form, but those changes will not take effect until July 1, 2023.).

BY BRANDON SCHMITZ

Summit Christian Academy Students Send Projects to Space

Space exploration sparks the imagination, igniting dreams of discoveries literally beyond this world. The students at Summit Christian Academy in Tulsa are following that dream, as two groups earned the opportunity to send their experiments to the stars.

In October of 2019, eight teams of Summit students competed in the Tulsa Research Kids DreamUp competition. Each group conducted space-based research and presented an experiment proposal to a panel of judges.

"When it came to these projects, I encouraged the kids to dream big," said Stephanie Bradley, Summit's STEAM and Enrichment Instructor. "Think about traveling to Mars or staying on the moon – what can we do to help further that?"

Ultimately, this statewide, K-12 competition awarded three teams. One victory went to Jenks, while the other two went to Summit.

"I was thrilled to see these kinds of results," Bradley said. "Even so, when I saw that we had won two of the three spots, I was like 'does that look OK?'"

One of the Summit students' winning projects was Wear-Flex, a synthetic compound designed to make flexible rubber. Led by middle-schoolers Addison Taylor and Mayzie Burke, this experiment aims to determine whether this substance will be able to fix damage caused by space debris in microgravity. According to Bradley, the compound is already used to fix flat tires on Earth, so the students hope to replicate the product's earthly capabilities in space.



SUMMIT CHRISTIAN ACADEMY STUDENTS WITH TEACHER STEPHANIE BRADLEY AT NASA'S KENNEDY SPACE CENTER WAIT TO SEE THEIR PROJECTS BLAST INTO SPACE ON THE SPACEX FALCON 9.

"I'm just so proud of them for all of the confidence they have gained," said Chanda Taylor, Addison's mother. "If all goes well, we're kind of hoping we'll be able to sell Wear-Flex to NASA. Those guys need this!"

Summit's second claim to space-fairing fame centered on sea monkeys, otherwise known as brine shrimp. Headed by elementary students Stryker Ashworth and Ainsley Rose, this project investigated whether sea monkeys would grow at a different rate in microgravity. They are an abundant source of nutrition for fish – fish that will, in turn, be used as food for the astronauts.

Winning the competition itself was only the beginning of the young scientists' journey. Throughout the past year, the students worked remotely with a NASA representative to prepare their mix stick, a three-chambered test tube used for experiments in space.

Upon preparation, the projects were shipped to NASA's Kennedy Space Center. They were then loaded into the SpaceX Falcon 9, which carried the experiments to the International Space Station, where astronauts will carry out the experiment.

Bradley, the two teams and their parents were invited to witness Falcon 9's launch firsthand this past December.

"This was my first time visiting the Kennedy Space Center, and it's just such an amazing place," Bradley said. "The announcer there brought the students on stage and interviewed them in front of everyone."

After the launch, the group toured the center itself.

"We got to visit a rocket park and an IMAX theater presentation about the Apollo mission," Rose said. "It was such a cool look at the history of space travel."

With ambitious projects such as these, the full impact of the journey often doesn't hit us until we reach its conclusion.

"When we got to the end of it all, I realized just how much work we had put into it, so it was great to see it pay off," Rose said. "I'm most proud of the fact that I stuck with it. I'll sometimes give up on things because they're too hard, so just the fact that I did it without giving up made me so happy."

It's worth noting, too, that these experiments were originally set for launch in the summer of 2020. However, the ongoing COVID-19 pandemic made the process a much more harrowing experience than it otherwise would've been.

"I'm just so impressed by the perseverance they showed as a team," Bradley said. "Collectively, it took us more than a year to see this to the finish line. Even after the launch was pushed beyond the summer and into September, that became October. Then October became November, and November became December. The fact that we had to manage all of this during a pandemic – that we still saw it through and enjoyed this kind of success is so gratifying."

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BY REP. JOHN WALDRON

safe schools, smart schools

We've endured one of the most difficult semesters in the history of Oklahoma education. As the COVID-19 pandemic spread through our state, some districts stayed open, some went to virtual education, and others tried hybrid models. The lack of a coherent state-wide plan or clear set of guidelines left every superintendent and school board to their own devices as to how to respond. The result has been confusing, even chaotic, and forced us to take a long, hard look at our school system. How do we guarantee an education to every child during a pandemic? And how do we do it safely?



The short answer is, we don't know yet. But even as large urban districts like Tulsa and Oklahoma City grapple with the logistics of pandemic education, pressure grows on school boards to "open up the schools" and declare a return to normal.

As districts plan how they will return to in-person instruction, here are a few suggestions for clear criteria and reasonable safeguards to ensure that the process is as safe as possible:

• Masks must be required at schools. This is a minimum. In July, Superintendent Hofmeister called for including mask mandates in state school guidelines. Unfortunately, the State School Board turned these guidelines into recommendations. Governor Stitt recently nixed a reopening plan that would have required masks in school. He should reconsider.

• We need a statewide mask mandate. Oklahoma is a top state in COVID-transmission rates, and we have pushed our healthcare system to its limits. If we want schools to re-open in person, we should ask the citizens of Oklahoma to make responsible sacrifices for the common good.

• Schools must have the resources to make investments in PPE, air quality and classroom spaces to protect students, teachers and staff. CARES Act money should be prioritized for this purpose. Schools must be safe learning spaces.

• We should have a robust system of contact tracing and COVID-19 testing based on a partnership between our public schools and our state and county health departments. Current testing rates are too low. Positive test result rates are too high. People are being asked to do their own contact tracing as the level of community spread has overwhelmed county health efforts. We need more investment in our testing and contact-tracing infrastructure.

• All faculty and staff should have access to vaccines before schools reopen. Health Secretary Frye set a target of 175,000 vaccinations by the end of December. The latest statistics report 30,000 vaccinations given. We need an efficient statewide distribution system, including the participation of pharmacy chains, to blunt community spread and protect students, faculty and staff.

• Faculty and staff should have the option, where possible, to work remotely and/or from home if they have pre-existing conditions that make them more vulnerable to the virus. We should also increase the pay of essential staff working as custodians, bus drivers, kitchen workers and in other functions. Essential workers deserve protections and a decent paycheck.

• Parents who want to remain in virtual education deserve access to quality virtual and hybrid public educational models. The state and districts must continue their efforts to ensure that all students have access to the internet and devices for online learning. The pandemic has taught us that internet access is a public utility and a matter of public benefit.

It is one thing to wish for a return to normal. It will take leadership and commitment to create the conditions for a return to normal, or hopefully to a new normal that is better and more equitable than the old model. We owe it to the rising generation, to those we have lost, and to those who will come after us to overcome the conditions of the present pandemic and provide a better world for all hereafter.

NOTE: Governor Kevin Stitt announced in Jan. that Oklahoma schools following safety protocols, including mask-wearing and social distancing, will be permitted to forgo the mandatory two-week quarantine period for potential COVID-19 exposures.

State Superintendent Joy Hofmeister responded to the governor's new guidelines, saying that while she agrees in-person school is critical, COVID-19 is still rampant in the state.

"The ramifications of the pandemic on education have been challenging and severe. While this option underscores the need for mask requirements in school, I cannot in good conscience support ignoring quarantine guidelines from the CDC and other infectious disease experts."

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BY BETTY CASEY

FREE ENVIRONMENTAL HELP FOR CHILDREN WITH ASTHMA

Families who are having difficulties managing their child's asthma can participate in an environmental assessment option offered by the American Lung Association at no cost. The American Lung Association of Oklahoma is working to reduce the environmental triggers in the homes of children with asthma by offering free home assessments, resources and equipment for families.

A trigger is something in the environment that can make asthma worse. According to the American Lung Association (www.lung.org), removing asthma triggers will decrease hospitalizations, emergency department visits and reduce rescue medication use.

The program is completely free for families, and after participating in the assessment, the American Lung Association will provide home items that will best help them control asthma such as a vacuum cleaner, Swiffer-style mop, cleaning supplies, smoke detector, fire extinguisher or allergen-reducing pillow encasements, all at no cost. A virtual option also is available where a walkthrough can be conducted by video chat.



To schedule a home assessment, which will include assessing the child's clinical symptoms and providing asthma education, families can contact the American Lung Association. Once the assessment is completed, the remediation supplies are shipped to their homes.

To schedule a visit, contact Patrick Hattaway at 918.747.3442 or email Patrick.Hattaway@Lung.org.

To learn more about how to manage your child's asthma, call 1.800.LUNGUSA (5864872) or visit www.lung.org.

Common Asthma Triggers In and Around the Home

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- Pets
- Cooking Scents Smoke
- Smoking
- Pests
- Flowers

BY BETTY CASEY

DON'T IGNORE CHILDREN'S AND TEENS' EMOTIONAL HEALTH

Everyone, including children and teens, needs some alone time. But, if children are spending unusual amounts of time isolated in their rooms, or if their behavior raises concerns for you, it may be time to open up a discussion with them.

Even before the coronavirus hit, mental health problems such as depression and anxiety were rising in children ages 6 to 17, according to the Centers for Disease Control and Prevention. Lorri Perez, senior program director for the Child and Family Strengthening Center and Professional Services at Family & Children's Services, says that isolation caused by the COVID-19 pandemic can make these problems worse.

"A lot of the kids that we see for mental health are already struggling with school anyway," Perez says. "Online school ramped up the anxiety for kids and their parents."

Many times, parents are at a loss as to how to help their



children, a feeling that has heightened with the length of the pandemic coupled with cooler weather.

"Now we're starting to see fatigue," Perez says. "People are tired of this. They can't go outside as much for relief. People being stuck all together – that's stressful, too."

Children who have struggled with depression and anxiety in the past may be especially at risk. The isolation during the pandemic has given them an excuse to withdraw.

"They keep withdrawing more and more," Perez says. "They think that's helping them because it feels comfortable, but it makes them more stuck in their heads with those negative thoughts. If we really retreat into ourselves, we start to live in our heads, and we think a lot of negative things about ourselves."

Perez offers the following suggestions:

Normalize their reactions and understand your own emotions. Before you talk to your child, check in with your own emotions and be truthful about them. Make sure you are calm before reaching out to your child. If you notice your child doing something out of the ordinary, such as playing video games all day alone, you might say, "I notice you're sitting in your room a lot, and I know it might feel good to be alone in your room. Let's talk about some things you can do to get you doing things." Perez says the idea is to validate

continued next page

their feelings without judging them, not to make kids feel bad about what they're doing, but to help them come out of it.

Open the conversation, listen and be open for discussion. It may be uncomfortable for some parents to talk about emotions, and those conversations can feel awkward if we haven't had them before. Perez says that's okay. Use language that feels right for you, but don't get into a power struggle by trying to force children to talk or to take action. If your child assures you that everything is fine or shuts you down, give it time.

"Be consistent," Perez says. "You may have to go back and keep asking. Say, 'I'll check on you tomorrow or check in with you later today.'"

Reassure them and be truthful. "In uncertain times, kids look to us," Perez says. Kids and teens need to know that someone cares about them. Assure children that you love them, even when they may be acting in an unlovable way, and that you can work through problems together. Acknowledge that it's a tough time for you, too, and talk about strategies that you use to help yourself. Model those strategies. Children, especially young children, like routine. They may also need help naming their emotions. While you can't promise that everything will be fine, you can offer reassurance.

"Tell them, 'I'm here; I love you. I'm going to be here, and I'm going to take care of you'," Perez says.

Be present. "A lot of older kids and teenagers may not be comfortable with saying, 'I care'," Perez says. Sometimes your kid may just need your presence."

Physical presence and physical touch is a human need, so find ways to provide that presence for your children.

"Don't be on your phone; don't do other things," Perez says. "Listen. Be there for them. Try to have some sort of conversation with them. Be physically and mentally present. Seize opportunities such as time in the car or cooking together in the kitchen to talk with teens."

Perez says that regularly checking in with children and teens in a nonjudgmental way can help keep the channels of communication open, and will let children know that they can come to you with their concerns.

Reach out for help or to talk to someone if you feel you need it, or if you are concerned about your child.

Family & Children's Services: 918.587.9471; www.fcsok.org

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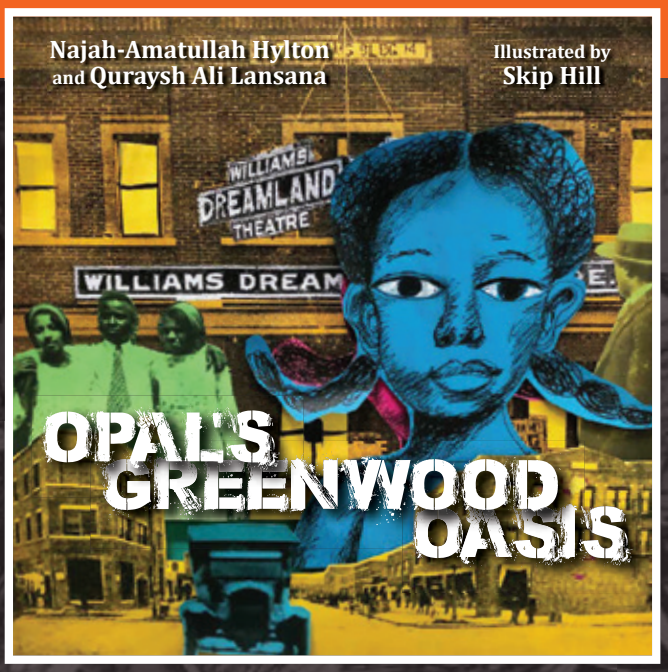
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BY BETTY CASEY

PEDIATRICIANS ANSWER COMMON QUESTIONS ABOUT CHILDREN'S HEALTH



Having a child means that you will have health care questions, and COVID-19 makes things even more complicated. We asked Drs. Danielle Morgan and Ryan Mundy with Premiere Pediatrics of Bixby to answer a few general questions about children's health.

1. Is it okay to take my child for well-child visits during the pandemic? Should my child be getting the regular vaccines? Should my child get a flu shot?

It is indeed recommended that you continue well visits for your children, whether that be in the office or a virtual visit. Many clinics have altered the way that they see patients during the pandemic to ensure a safe environment for your child. It is also highly recommended that your child receive his or her scheduled vaccines as well as the annual flu vaccine.

2. If I didn't take my child to get vaccines on schedule, what happens? Can they catch up?

We understand that many parents delayed getting their child into their doctor's office due to the fears surrounding the pandemic and may have fallen behind on their vaccine schedule. It is quite easy to get your child up to date on his or her vaccinations. Both the age-recommended and catch-up vaccination schedules are easily accessible on the CDC website, www.cdc.gov.

3. If my child has a fever, should I call the doctor?

Not necessarily. Most fevers in children are the result of a viral infection, and less commonly a bacterial one. Fevers can typically be managed at home with acetaminophen or ibuprofen (if over 6 months of age). If your child is 12 weeks of age or younger, lethargic, with severe headaches or abdominal pain, sore throat, rash, neck pain, ear pain, excessive vomiting, or signs of dehydration, then they need to be evaluated. If your child may have a heat-related illness, is immunosuppressed, or has a chronic disorder such as sickle cell disease, call your doctor. Additional reasons to be seen by your physician are fevers that consistently rise over 104 degrees Fahrenheit, seizures, fevers lasting over 24 hours in a child under the age of 2 years, or for more than three days in a child over 2-years old.

4. Are there different protocols now for when and if I should take my child to the doctor because of COVID?

Many clinics have altered the way they operate due to COVID. We have closed our

continued next page

waiting rooms and ask that you call upon arrival from the parking lot. We screen all patients prior to bringing them into the building. We separate our well checks and sick visits by scheduling them at different times and by using separate areas of the clinic for each. Our goal is to navigate this pandemic as safely as possible while still being able to provide excellent care for your child.

5. How do I know if my child has the flu, a cold or maybe COVID-19 or something else?

There can be a lot of overlap with the common cold, flu and COVID-19 in children. The flu most commonly involves abrupt onset of fevers (often over 102F), cough, runny nose and headaches in children, but can also feature body aches, sore throat and vomiting. Common cold symptoms may be similar, but typically the fevers are low grade and the patient is not nearly as ill. COVID-19 is a little trickier. Many children that have COVID-19 are asymptomatic or have only mild symptoms. Those that do have symptoms can have fevers, sore throat, cough, fatigue, diarrhea, nausea, vomiting, shortness of breath, body aches and loss of taste and/or smell.

6. What is RSV, and should I be worried about it?

RSV, or respiratory syncytial virus, is a very common cause of upper respiratory tract infections. For most children, it is much like having a cold. For some, however, it can cause bronchiolitis or pneumonia, which can lead to respiratory issues. Infants younger than 6 months and those with chronic health issues are at higher risk. If your child shows any signs of respiratory difficulty, such as wheezing, increased work of breathing, or signs of dehydration, they need to be evaluated immediately. A resource that I often suggest that parents use is healthychildren.org. It offers excellent information to parents on numerous subjects, including RSV.

7. I worry about taking my baby out in the cold. What's the best way to dress an infant in cold weather?

When taking your little one outside, be sure to use multiple thin layers of clothing, boots, mittens and a hat to keep them warm and dry. Dress them as you would yourself, but add an extra layer or two to their outfit. Remember, children should not wear bulky coats while in a car seat. Pillows, quilts, blankets and bumpers should be kept out of infant sleeping areas to avoid suffocation.

8. Can a child get sick from being out in the cold?

The cold weather in and of itself cannot cause illness. During the cold weather season children spend quite a bit more time indoors and in close proximity, increasing the risk of transmitting infections. Ensuring that your child is properly dressed to venture out into the cold is very important in preventing any cold related issues, such as frostbite.

9. How do I know if my child might have asthma or allergies?

Seasonal allergies typically happen around the same time every year and are associated with pollens. Other allergens can be present throughout the year, such as dust and pet dander. Symptoms of allergic rhinitis include itchy eyes and nose, clear nasal discharge, sneezing, itchy ears and sometimes a scratchy throat. Unlike upper respiratory tract infections, allergic rhinitis is not associated with fevers or a really sore throat.

Asthma is one of the most common chronic diseases in childhood. The most common symptoms of asthma are cough and wheezing, but shortness of breath, poor activity tolerance, chest tightness and increased work of breathing are often present. If your child has any wheezing, a prolonged cough, especially at night, or has trouble keeping up with other kids on the playground, they need to be evaluated for asthma.

10. Should I give my child vitamins or other supplements? If so, what should I give them?

It is typically not necessary for your child to require vitamins or supplements, even if they are picky eaters. A healthy diet and staying hydrated is enough for most children, including young athletes. There are special populations of children that do require vitamins, for example, exclusively nursing infants require supplementation with vitamin D, and sometimes iron.

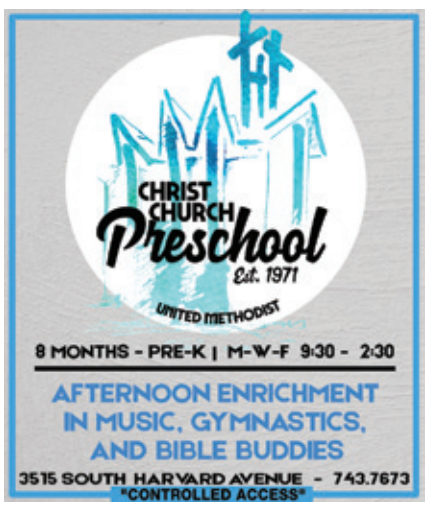
11. My child's school is open, but no one has been vaccinated against COVID-19 yet. Is it ok to send my child back to school?

Yes, it is okay to send your child back. Schools have taken the appropriate steps to make your child's school as safe as possible. Does that mean that they won't be exposed to COVID-19? Not necessarily. Therefore, determining whether your child should go back to school or participate in virtual learning is best left to the parent. You are not going to make the wrong decision regardless of the path you choose. Follow the age-based guidelines on the wearing of masks, instruct your children on proper hand washing and discuss appropriate distancing and avoiding gatherings to reduce the spread of COVID-19.









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BY HEATHER LOZANO, YOUTH ASSOCIATE, SOUTH BROKEN ARROW LIBRARY

Maximizing Screen Time

HOW TO MAKE SCREEN TIME LEARNING TIME

Screens, screens everywhere!

As most parents have discovered, between Zoom school for kids and working from home for adults, the pandemic has meant way more screen time for everyone.

But will this increased time in front of technology inevitably lead to negative outcomes?

Not necessarily! Pediatrics professor Jenny Radesky, author of the American Academy of Pediatrics' 2016 screen-time recommendations, wants parents to recognize the aspects of media use that can be both positive and meaningful for families.

"People are using screens to check on neighbors, organize help and talk to family members and friends they so dearly miss," she writes.

Furthermore, there are ways that parents can make screen time work for the benefit of their children's growth and development.

First, it is important to ensure screens do not replace physical activity, imaginative play, reading and social interaction. Tulsa City-County Library has compiled many tools to help ease the stress of trying to make time off screens impactful. Library staff are experts at putting together bundles of books for kids based on their interest and reading levels. Take and Make kits make art super simple: Grab a kit that contains everything you need to craft some fun! "Kids Read Curious World" (https://www.tulsalibrary.org/kids-read-curious-world) is another resource designed to take your children on different topical adventures every month. Past themes included knights and castles, wolves, maps, and outer space!



ASPEN LOZANO'S MOMMY MAKES SURE THAT TALKING, SINGING, READING, WRITING, AND PLAYING ARE A PROMINENT PART OF EVERY DAY!

Next, engaging with children while they use tablets or watch TV can make the experience more educational -- ask questions, make predictions and celebrate with your child when they have a gaming success.

The five ways to Build A Reader (talk, sing, read, write and play) are perfect ways for you to engage your kids during screen time:

Talk: Talking builds phonological awareness, vocabulary, language awareness, background knowledge and emotional security and trust. When we talk we build up what our children understand as they learn to read.

Activity: As you watch TV together, ask questions about the show you're watching. What color is a character's car? What do you think will happen next? Then pause and wait for your child to think through a response. Talk about what you see on the screen: "That elephant feels sad. What do you think it needs"?

Sing: Singing breaks down words into syllables and helps kids learn that words are made up of smaller parts. It provides that rich stimulation for their brains through repetition. Additionally, it teaches listening skills, something that you need when learning to read.

Activity: Sing songs to remember details and instructions, express how you feel or even just to pass the time! You can use the theme song of their favorite show as the tune–it's probably stuck in your head anyway.

Read: Reading is the **best** thing you can do to richly stimulate your child's brain. Books are fun and full of adventure. Reading is "caught not taught" and seeing reading in a positive light will

continued next page



increase your child's desire to read.

Activity: Find books that add to what your child is already interested in! Many books feature familiar movies, games and shows. You could also find books that discuss similar topics- do a certain set of sisters thaw frozen hearts around your house? Read books about snow! Does your child prefer shows staring puppies? Your library could find some books with similar dog breeds- you can observe how similar they are to characters your child loves!

Write: Writing helps little ones understand that print has meaning, while supporting fine motor skills.

Activity: Draw characters, and their names as they watch the show, or have your child write letters to the characters about how they would have solved the problem!

Play: Play stimulates the brain through gross and fine motor skills and the use of imagination. Play builds social skills, communication skills and increases the bond between the child and caregiver.

Activity: Pretend to be characters from your favorite movie or show once the TV is off. Imagine you are on an adventure you've seen on the screen, and then imagine your own adventure! This builds both narrative skills and your relationship with your child through lots of laughter and fun!

Remember -- it's not as important what you watch as it is how you watch, when it comes to engaging your child throughout screen time. Watching with your child is key to making screen time an enriching experience.

Finally, practice safe tech. Help kids set their own boundaries revolving around tech time, and know what they're watching and playing, and with whom. Talk about the dangers they could encounter online and how that is handled within your family values.



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BY NATALIE MIKLES

Chocolate Treats for Valentine's Day

On a good year, it's hard enough for parents to plan a night out on Valentine's Day.

Finding a babysitter, putting on pants with a button and going out on a school night is daunting, but in the days of COVID, it's almost impossible.

This Valentine's Day, most of us will be at home in our leggings and pajamas, dealing with the day to day of parenthood. For parents, this day of romance will be filled with changing diapers, feeding babies, helping kids with homework, prepping meals for the week and settling sibling squabbles. So while the romance may be lacking, the love is there – in all the shared responsibilities of spouses, the exhaustion and sacrifice of caring for children and the time invested in building each other up with the kind words or small acts of kindness that show our partners we love and appreciate them.

We've celebrated Valentine's Day different ways since our children came on the scene. Some years, my husband and I have put the kids to bed a little early and had dinner for just the two of us. Other years, we've had a family dinner of spaghetti and meatballs and all shared a big heart-shaped box of chocolates. Another fun thing we've done many times is to celebrate Valentine's Day as a family at breakfast. Heart-shaped pancakes or muffins and pink smoothies are a fun surprise for the kids.

However you plan to celebrate Valentine's Day, there will likely be some chocolate involved. We're sharing a few chocolate recipes because what better way



is there to celebrate a day of love than by eating something nearly everyone adores.

Start the day extra sweet with these pancakes. Maple syrup is good, but raspberry or strawberry sauce is really delicious.

CHOCOLATE PANCAKES

Serves 8

- 1 2/3 cups flour
- 2/3 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1/3 cup granulated sugar
- 1 cup chocolate chips
- 2 eggs
- 2 teaspoons vanilla
- 5 tablespoons butter, melted and cooled
- 1 ¼ cup (plus up to ¼ cup more) milk

1. Put the flour, cocoa, baking powder, salt and sugar through a sieve placed over a large mixing bowl. Add the chocolate chips to the dry ingredients. Beat the eggs and vanilla together. Add melted butter, then milk and continue to blend. Pour the liquid mix over the dry ingredients, and stir thoroughly. It should be about the consistency of a chocolate milkshake.

2. Place a platter in the oven and turn the heat to 200 degrees. As you make the pancakes, put them on the platter so that they stay warm until you're ready to serve.

3. Place a griddle or a large skillet over moderate heat and brush the surface with a little melted butter. Using a ladle, drop batter onto the griddle to make pancakes about 2 to 3 inches across. Cook until the edges begin to look dry and bubbles appear on the surface. Flip gently and cook for another minute on the other side.

This cake is best made the day before and stored in the refrigerator until time to serve. One fun thing to do with it is to have your child make a paper snowflake, place it on top of the cake, then dust powdered sugar to form a pretty pattern on top once the paper is removed.

FLOURLESS CHOCOLATE CAKE

- 1 pound good quality bittersweet chocolate, coarsely chopped
- 2 sticks unsalted butter
- 1/4 cup water
- 1 1/2 teaspoons vanilla extract
- 7 eggs, room temperature
- 1 cup granulated sugar

1. Preheat oven to 350 degrees. Butter a 9-inch deep-sided springform pan, line the bottom with parchment paper and butter the parchment paper.

2. In a double boiler, over low heat, simmer the chocolate, butter and water. Stir constantly until melted and smooth. This can also be easily done in the microwave, melting and stirring every 30-45 seconds.

3. Stir in 1 1/2 teaspoons vanilla. Set aside to cool.

4. Beat 7 eggs with the 1 cup granulated sugar for approximately 5 minutes on medium speed. Gradually add egg and sugar mixture to the chocolate.

5. Spoon batter into the pan. Bake cake for about 1 hour

continued next page



or until a toothpick inserted into the center comes out with a few crumbs attached. Cool for an hour in the pan, then loosen the springform and remove. Once cool, sprinkle with powdered sugar.

This great truffle recipe comes from the Junior League of Tulsa's Oil and Vinegar Cookbook. If you're not a fan of ginger, it can be omitted.

CHOCOLATE TRUFFLES

Makes 40 truffles

- 8 ounces cream cheese, softened
- 4 cups sifted powdered sugar
- 1 teaspoon ginger
- 5 ounces unsweetened chocolate, melted and cooled to room temperature
- 2 cups good-quality semisweet chocolate chips

1. Beat the cream cheese in a large bowl for 30 seconds or until fluffy. Add the powdered sugar and ginger gradually, mixing well after each addition. Add the melted unsweetened chocolate and beat until well mixed. Spoon into a 9-inch square pan, and freeze for 30 minutes or until set.

2. Shape the mixture into 1-inch balls using a melon baller. Place the balls on a parchment-lined baking sheet, and freeze for 15 minutes or until firm.

3. Melt the chocolate chips until completely melted and smooth. Let stand at room temperature to cool. Drop the truffles into the melted chocolate and remove with a fork or slotted spoon, allowing excess to drip back into the bowl.

Note: Garnish by rolling freshly dipped truffles in finely ground nuts or chocolate sprinkles, or roll in in powdered sugar or cocoa powder.

Kids love this light and sweet dessert.

SIMPLE CHOCOLATE MOUSSE

Makes 4 servings

- 4 ounces sweet German chocolate or semisweet chocolate, chopped
- 3 tablespoons water
- 1 teaspoon vanilla extract
- 2 cups whipped cream (use freshly whipped cream or cheat and use Cool Whip)

1. In a microwave or in a saucepan, melt chocolate with the water over low heat. Let cool.

2. Stir in the vanilla. Transfer to a medium bowl. Fold in the whipped cream. Cover, and refrigerate until well chilled, about 2 hours.





ASK THE

Miller Swim School / Sarah Miller

Q. Does swimming put my child at an increased risk for ear infections?



A. The term "ear infection" can describe two or three different problems. The ear is divided into three parts: outer, middle and inner ear. An infection in one part means something very different compared to the others. An infection in the outer ear (otitis externa) is commonly called "swimmer's ear" and can occur for different reasons. The ear canal is the perfect breeding ground for infection when moisture becomes trapped. There is no evidence to suggest that swimming places children at higher risk for middle ear infections. A middle ear infection usually has swelling in the middle ear space behind the eardrum, which causes the eardrum to become red and allows fluid to collect behind the eardrum. Inner ear infections are rare and can cause hearing loss, dizziness and imbalance. Generally, children with inner ear infections are very ill. So, as you consider enrolling your little one in swim classes, learn the symptoms of otitis externa, and immediately call your doctor if you are concerned. If your child is prone to ear infections or has tubes, ask your deck supervisor for information on pre/post treatment options!

6415 S. Mingo Rd., Tulsa • 525 W. 91st St. S., Jenks 918.254.1988
millerswimschool.com

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

Q: My child seems to be good at reading, but his test scores are much lower than they should be. He wants to do well. Is he just a bad test-taker or could it be something else?

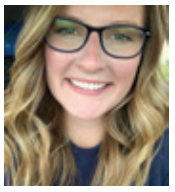


A: I don't believe anyone is a bad test-taker. Test taking is a skill that is not typically taught. For some, test taking can provoke anxiety, which can override the ability to recall the required information, particularly with timed tests. A professional evaluation of Executive Cognitive Function, required for learning and test taking, would help to rule out any learning disability, dyslexia, hearing or visual deficits. An evaluation can identify if there is an underlying reason for recall, organization of thoughts or written or verbal communication difficulties that occur at the time of the test. Proper therapy treatment along with a ccommodations could be very helpful in ensuring test performance matches your child's abilities.

Dr. Penny Stack, OTD, OTR/L, CLT,
8988 S. Sheridan Rd #D1, Tulsa OK 74133
918.313.5518
www.dyslexiatulsa.com

HTR Pediatric Therapy / Carlie Applegate, PTA

Q: At what point should I be concerned if my baby is not sitting independently or crawling? What is the typical age for these developments?



A: That is a great question! Typical age-appropriate gross motor milestones for babies are as follows: Sitting without support typically comes within the 6-7 month range, and crawling on hands and knees is usually between 8-10 months. If your child is not sitting independently by 8 months or attempting to maintain themselves on hands on knees by 10 months, it would be a good time to talk to your doctor about whether physical therapy might be beneficial for your child.

Physical therapy intervention is very beneficial for children who are behind in these gross motor developments. Your child's therapist will work with them on achieving core control and strengthening to allow them to better maintain sitting independently. One way this can be achieved is through utilization of dynamic surfaces, such as a therapy ball. Your child's therapist will also work with them on maintaining a hands and knees position. This will entail transitioning from sit, to hands and knees, back to sit, along with progressing forward movement to a reciprocal crawl as your child's strengths progress.

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

Premier Pediatrics of Bixby / Dr. Morgan, MD, FAAP

Q: Now that the weather is warmer, how do I best prepare my kids for the transition to outdoor activities?



A: We are ALL ready to spend more time outdoors after limiting activities due to COVID. I recommend that families spend as much time outdoors as possible while still maintaining distance from others and wearing masks when indicated. In the spring, we often forget how much sun exposure we are getting since the temperature isn't as hot as summertime. Apply sunscreen (preferably a physical blocker such as zinc oxide or titanium dioxide) prior to going outdoors and reapply often to avoid sun damage. Wear a hat to protect your scalp and face. And don't forget a helmet for bicycles, scooters, skates, and skateboards!

Premier Pediatrics of Bixby
7814 E. 121st St. Bixby
918.943.5777
premier-pediatrics.com

World Travel Service / Alex Eaton, President

Q: When people say they use a full-service travel agency, what exactly does that mean?



A: A full-service travel agency like ours provides extensive guidance, expertise and support in an increasingly complex business. In fact, because we have consistently hit on all of these cylinders, World Travel was named one of the top 50 travel industry leaders by Travel Weekly just last year. Our agency consults in all areas of trip planning and selection, including airline, hotel and car rental reservations, travel insurance, passport and Visa services and more—all backed by state-of-the-art technology to support a highly sophisticated booking and tracking network. Our organization has a strategic partnership with BCD Travel, a "top 5" global travel company, which opens extra doors with suppliers. Plus, as a member of Signature Travel Network, a co-op of many of the most influential travel agencies nationwide, we have exceptional alliances around the globe. Let World Travel be your guide in the new age of travel.

918.743.8856 • World Travel Service,
7645 E. 63rd Street, Tulsa, OK 74133
www.WorldTravelToday.com

SHARE YOUR EXPERTISE WITH OUR READERS.

THIS SPACE IS AVAILABLE CALL TODAY 918.582.8504

EXPERTS

Drops of Hope Consulting,LLC / April D. Tate



Q: What should I do after an IEP meeting?

A: You should leave your child's IEP meeting with notes that were prepared for you during your meeting. Even though there is a representative taking notes, it is always a good idea to take your own. After leaving, review both sets of notes and send a follow-up email. This email should include everything that was discussed, even if there are items you are unhappy or unsure about. If there were topics discussed during your meeting that were not included in the notes, this is a great place to document those points. This takes little time and is an opportunity to add both clarity and your own voice to your child's file. Moving forward, there are two things to do: Make sure your child's IEP is being followed, and prepare for your next meeting. You can do this by noting questions and concerns, collecting work samples that validate those concerns, and continue communication with your child's teacher.

Drops of Hope Consulting, LLC
April D. Tate
918.633.3521
dropsofhopeconsulting@gmail.com

Drops of Hope Consulting, LLC

Eastern Oklahoma Ear, Nose and Throat / Evan Moore, M.D.



Q: My child keeps having nose bleeds. Why is this happening, and what can I do to help?

A: Nose bleeds can range from mild spotting to profuse bleeding that requires emergent care. The vast majority of children's nose bleeds are due to dryness and are common, especially during the winter. Nasal dryness leads to small breaks in the lining of the nose, and underlying vessels can open. Increasing nasal moisture with saline gel frequently as well as a bedside humidifier can often help. If nose bleeds persist, it's important to visit with an ENT for possible cautery and to rule out more serious nasal conditions.

Evan Moore, MD
Eastern Oklahoma Ear, Nose and Throat
Two Tulsa Locations: 5020 E 68th St
and 9343 S Mingo Rd
918.492.3636
www.eoent.com

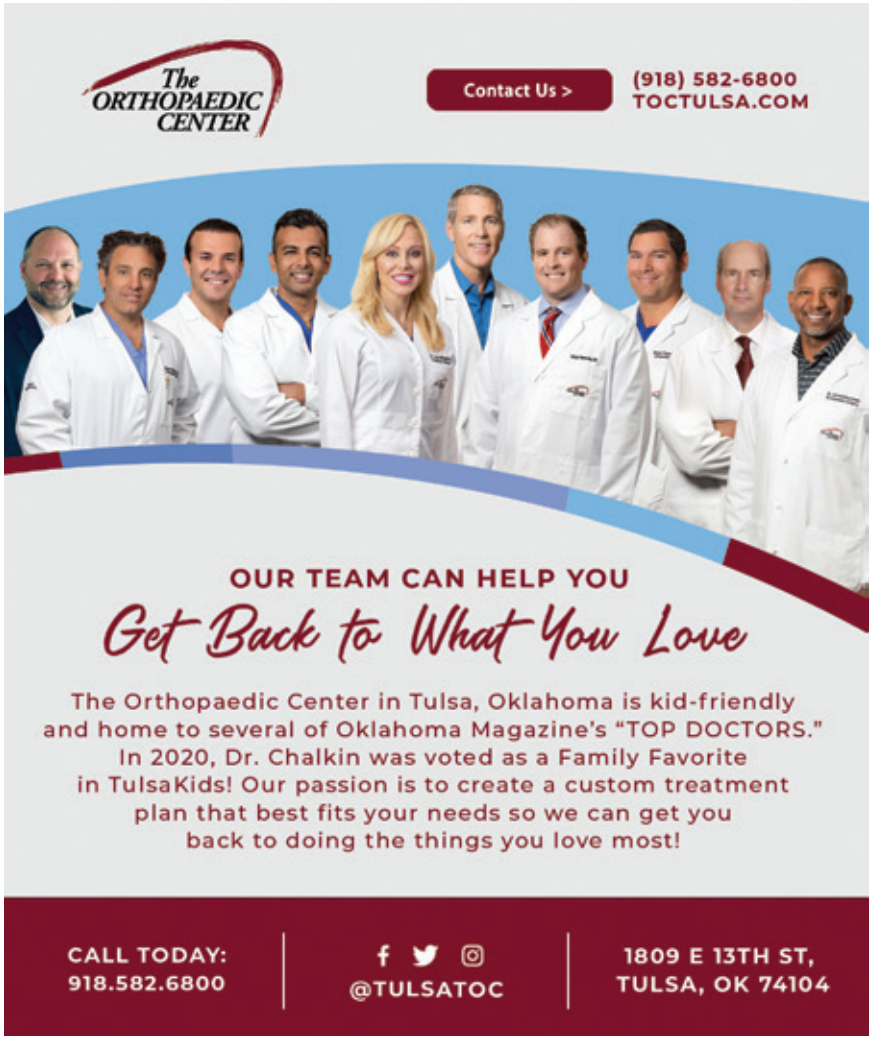


NEW!
VIRTUAL TOURS



OKLAHOMA AQUARIUM

BOOK ONLINE AT
OKAQUARIUM.ORG





DOG DAYS ARE BACK AT TULSA BOTANIC GARDEN! STROLL THROUGH THE GARDENS WITH YOUR CANINE FRIEND EVERY SUNDAY IN FEBRUARY. ADVANCE TICKETS REQUIRED AT TULSABOTANIC.ORG. PHOTO COURTESY OF TULSA BOTANIC GARDEN

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

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

February 1 Monday

AQUARIUM RUN – VIRTUAL [ONGOING]
With this year's virtual Aquarium Run, the world is your starting line. Walk or run at your own pace in a location of your choice—whether in your neighborhood, at the park, or on a treadmill—and you'll receive a 2021 Aquarium Run medal for your registered event. Events include our 1-mile fun run/walk, 5K, 10K, and half-marathon. Along with the medal, finishers will receive a commemorative T-shirt and other goodies! Sign up and learn more at okaquarium.org.

February 2 Tuesday

TO-GO KIT: DIY MAGNETIC POETRY [FREE, ONGOING]
Get your creativity flowing! Comes with magnetic strips, a marker and writing prompts. Stop by the Brookside Library to pick up a kit, while supplies last. For ages 10-18. Brookside Library, 1207 E. 45th Pl. Repeats Feb. 1-27. tulsalibrary.org

NOS APOYAMOS! [FREE]
This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at The Arc of Oklahoma, at 918-582-8272. 6:30-7:30 p.m. ddadvocacy.net.

February 3 Wednesday

HOLLAND HALL VIRTUAL OPEN HOUSE [FREE]
Join Holland Hall — Tulsa's independent Episcopal school — for a virtual open house on February 3rd and February 23rd. Or take a private tour between 3:30 and 4:30 p.m. weekdays by appointment. Holland Hall provides a challenging and comprehensive educational experience grounded in a rigorous liberal arts, college preparatory curriculum that promotes critical thinking and lifelong learning. Holland Hall is now accepting

students in Early PreK (3 years old) through 12th grades. Tuition assistance is available. To register, go to www.hollandhall.org/admission/open-house. For more information, call 918-481-1111.

February 4 Thursday

COLOR ALONG [FREE, W]
Each week, pick up a different coloring sheet at the Zarrow Regional Library (2224 W. 51st St.) and then join on Zoom to color together. Or contact us at ZR@tulsalibrary.org and we will email the coloring sheet to you. Post photos of your finished or in-progress pictures on our weekly Color Along Facebook posts here: www.facebook.com/zarrowlibrary. If you need colored pencils, please ask when you come to pick up your coloring sheet and we will provide them while supplies last. Register online 24 hours in advance at www.tulsalibrary.org/events to receive a Zoom invite to participate in the Color Along. During the last week of the month, everyone who has posted a picture of their finished or in-progress pictures will be entered into a drawing for a coloring prize. The winner will be announced on Facebook the day after the drawing and during the following Zoom Color Along. For ages 10 to adult.

February 5 Friday

JUST BETWEEN FRIENDS SOUTH TULSA/JENKS ALL SEASON SALE [FREE]
At Just Between Friends sales, you can shop over 100,000 name-brand items, at 50-90% off retail. Save money and time, because all the best deals are found under one roof. The sale will have all things infant to maternity, plus multiple local gift vendors. Woodland Hills Mall, 7021 S. Memorial Dr. Presale is February 4. The sale is February 5-7. Find a schedule at jenks.jbfsale.com.

FIRST FRIDAY WITH LIVING ARTS [FREE]
Join Living Arts of Tulsa for First Friday! There will be both in-person and virtual options, including a time-lapse of a recent installation, live streams, etc. Visit @livingartsoftulsa on Facebook for details. Living Arts of Tulsa, 307 E. Reconciliation Way, livingarts.org

February 6 Saturday

BUILD A READER STORYTIME BITE [FREE]
February is National Children's Dental Health Month, and Ms. Kena and Timmy the Turtle want to share stories and songs with you about ... teeth! Join here: www.facebook.com/centrallibrary. For ages 0-5 and their families.

KIDS TAKE OVER THE COWBOY: BLACK HISTORY IN THE WEST
In honor of Black History Month, learn about a few of the many contributions by Black people to the West and Western history. Learn about Bill Pickett and his unique method of taking down a steer, try your hand at roping, talk to a Buffalo Soldier about life on the frontier and enjoy storytime at 10:30 a.m. and 11:30 a.m. Free for members or with Museum admission. Activities available while supplies last. National Cowboy and Western Heritage Museum, 1700 NE 63rd St., Oklahoma City, 10 a.m.-12 p.m. nationalcowboymuseum.org

February 7 Sunday

TO-GO CRAFT: BLACK HISTORY MONTH [FREE, ONGOING]
Celebrate Black History Month with a take-home craft inspired by artist Jean-Michel Basquiat! Stop by Central Library to pick up a kit, while supplies last. For ages 5-12. Central Library, 400 Civic Center. Repeats Feb. 1-27. tulsalibrary.org

DOG DAY AT TULSA BOTANIC GARDEN [W]
Every Sunday in February four-legged family members can join you for a walk (and sniff!) in the Garden. Dogs must be controlled by a non-retractable leash at all times and be current on all vaccinations and registrations. Advance tickets are required. Admission is FREE for Garden members and member dogs. Regular admission and $4/dog for non-members. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. tulsabotanic.org



REGISTER NOW FOR DISCOVERY LAB'S "INTRODUCE A GIRL TO ENGINEERING" DAYS ON FEBRUARY 27 AND 28! DISCOVERYLAB.ORG. PHOTO COURTESY OF DISCOVERY LAB

February 8 Monday

LEGACY CHRISTIAN ACADEMY VIRTUAL OPEN HOUSE [FREE]
Legacy Christian Academy is a discipleship school serving Pre-K (in partnership with Lord's Little Army Preschool) through 6th grade, with a dedicated faculty, and a welcoming community. The school is a ministry of Northside Christian Church and a member of ACSI (Association of Christian Schools International). Legacy is dedicated to partnering with Christian parents to provide a strong academic program of excellence based on Biblical principles and values to produce children who will be disciples of Jesus Christ and who will positively impact the world in which they live by helping them grow in confidence, knowledge, faith and character. Please feel free to contact us anytime to arrange for a tour or "shadow day" for your child.
Legacy Christian Academy will be hosting a virtual open house on Monday, February 8th at 6:00 pm. Please contact Tandi Wells, Principal @ twells@legacyba.org for more information. legacyba.org

February 9 Tuesday

BETWEEN THE PAGES [FREE]
Talk about your favorite friendship stories and play some games. Don't forget to bring your own snacks! Register online at www.tulsalibrary.org/events with your email address to receive the Zoom link. For ages 10-12. 6-7 p.m.

NATURE TOTS
REGISTRATION REQUIRED - $10 per child for ages 2-4. February Nature Tots will be limited capacity. This class includes a themed guided hike with parent participation required. Each participant will leave with a take-home craft. Dates

included are February 9, 16, & 23. Call the Ray Harral Nature Center at 918.615.6099 to enroll. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, brokenarrowok.gov/government/parks

February 10 Wednesday

BIKES, BALLS & YOU [FREE, W]
This open gym time for preschoolers is a great way to socialize with other kids. Families must bring their own riding toy. Please no food or drinks in the gym. Please note: Due to health protocol a limited number of people will be allowed in the gym. Please call to reserve your spot. Whiteside Community Center, 4009 S. Pittsburg Ave., 9-10 a.m. cityoftulsa.org

STORYTIME AT TULSA ZOO [W]
Warm-up inside Rajan's and join the Tulsa Zoo for Story Time. Each week, participants will read a different book and have an up-close ambassador animal encounter. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m. tulsazoo.org

February 11 Thursday

ARTIST WORKSHOP
Living Arts of Tulsa will be hosting an Artist Workshop. Follow them on Facebook for more details, facebook.com/livingartsoftulsa.

KIDS CONNECTION [FREE]
This is a social group designed for children, grades K - 5, with high-functioning autism For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30-5:30 p.m. ddadvocacy.net

February 12 Friday

TO-GO KIT: BATH BOMB [FREE, ONGOING]
Pamper yourself or someone you love with a handmade bath bomb. Adding a bath bomb to your bath water transforms the experience from an ordinary bath into a luxurious, pleasantly scented, moisturizing oasis. Stop by the Zarrow Regional Library to pick up a kit to make your own bath bomb. Kits are available on a first-come-first-serve basis (one kit per customer; two kits per household). For adults and teens. Zarrow Regional Library, 2224 W. 51st St. Repeats Feb. 1-27. tulsalibrary.org

February 13 Saturday

JUNIOR NATURALISTS
Each month join the Junior Naturalists at Oxley Nature Center for a morning of adventure and nature connection! Guided by the changing seasons and our own curiosity, we will hike, journal, tell stories, play games, craft, learn wilderness skills and practice good park stewardship. Come to all our meetings or the one that fits your schedule. Registration is required. Free for Members, Non-members $5 per session. Please bring exact change (cash). Call 918-596-9054 for information or to register (please register 48 hours in advance). Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.-12 p.m. oxleynaturecenter.org

2ND SATURDAY SILENTS [FREE]
Every month, Circle Cinema hosts 2nd Saturday Silents. These events are currently held as virtual screenings on Circle Cinema's YouTube Channel. Follow @CircleCinema on Facebook for details about this month's event. 11 a.m.

STAR NIGHT
Enjoy the Garden at night. Bring your own chairs or blanket to spread out on the lawn and look up at the night sky. Two telescopes will be set up at the top of the Tandy Floral Terraces, with Garden staff on hand to facilitate. The new moon will provide darker skies for celestial viewing.
Advance tickets are required. Tickets for ages 3 and up are $10 per person for Garden members and $15 per person for non-members. No tickets will be sold at the door. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7-10 p.m. tulsabotanic.org

February 14 Sunday

HAPPY VALENTINE'S DAY FROM TULSAKIDS!

February 15 Monday

TO-GO S.T.E.A.M. KIT FOR KIDS: PAINT YOUR PASSIONS! [FREE, ONGOING}
Encourage your kids, ages 5-12, to paint their passions for the whole neighborhood to see with colorful, nonpermanent, Kool-Aid sidewalk chalk paint. Kits are available on a first-come-first-serve basis at the Maxwell Park Library, or they can be sent to the library of your choice by calling 918-549-7323. Special thanks to the Friends of the Helmerich Library for funding these kits. Maxwell Park Library, 1313 N. Canton Ave. Repeats Feb. 1-27. tulsalibrary.org

February 16 Tuesday

TO-GO KIT: KIDS READ—FIRST PETS OF THE WHITE HOUSE [FREE]
Stop by Rudisill Regional Library this week to pick up this First Pets kit! Kits are limited and are available on a first-come-first-serve basis. Each kit comes with information and a craft on a strange First Pet, a planning page about your pet as president and a colorable minibook. For elementary students. 1520 N. Harford Ave. 10 a.m.-7 p.m. tulsalibrary.org.

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

STARGAZING AT HICKS PARK [FREE]
Calling all families and astronomy lovers! Grab a picnic blanket and come down to Hicks Park to learn all about the science, history, and culture in the night sky. Learn how to recognize constellation and the stories behind them, fun facts about outer space, and other secrets of the universe! Free hot chocolate will be provided! Must pre-register by February 9. Hicks Park, 3443 S. Mingo Rd., 6:30 p.m. cityoftulsa.org

February 17 Wednesday

DISMANTLING RACISM: OPAL'S GREENWOOD OASIS [FREE]
Join TulsaKids Magazine, OSU-Tulsa and Tri-City Collective for this month's Dismantling Racism event. We will be speaking with the authors and illustrator behind "Opal's Greenwood Oasis," a new picture book telling the story of a young girl living in the vibrant Greenwood community just prior to the Tulsa Race Massacre. This discussion will take place on Facebook live at noon. "Opal's Greenwood Oasis" is available for purchase at thecalliopegroup.com/product/opal. facebook.com/tulsakidsmagazine

February 18 Thursday

MAKE A CRAFT WITH LIVING ARTS OF TULSA [FREE]
Follow @livingartsoftulsa on Facebook for details on how to make a fun craft! facebook.com/livingartsoftulsa

February 19 Friday

FANDOM FRIDAY TRIVIA: ROM-COM EDITION [FREE]
Looking for a fun night of trivia about your favorite romantic comedies? Look no further! Join as TCCL staff tests your knowledge on everything from "A Midsummer Night's Dream" to "The Happiest Season." Register at www.tulsalibrary.org/events to receive a Zoom invite. Questions? Contact Rebecca.Harrison@tulsalibrary.org. For adults. 6:30-8 p.m.

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February 20 Saturday

CELEBRATE: NATIONAL LOVE YOUR PET DAY
We adore our pets 365 days a year, but here's a special chance to show you care. Email a photo of your family pet to tara.rittler@gmail.com before February 20, and we'll share as many as possible on our social media channels!

February 21 Sunday

Find more events at tulsakids.com/calendar!

February 22 Monday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE]
Enjoy stories, songs and activities in English and Spanish for babies and toddlers. Join here: www.facebook.com/tulsalibrary. // Cuentos, canciones y actividades en inglés y español. 10:30-10:50 a.m. Repeats Feb. 1 and 8.

February 23 Tuesday

HOLLAND HALL VIRTUAL OPEN HOUSE [FREE]
Join Holland Hall — Tulsa's independent Episcopal school — for a virtual open house on February 3rd and February 23rd. Or take a private tour between 3:30 and 4:30 p.m. weekdays by appointment. Holland Hall provides a challenging and comprehensive educational experience grounded in a rigorous liberal arts, college preparatory curriculum that promotes critical thinking and lifelong learning. Holland Hall is now accepting students in Early PreK (3 years old) through 12th grades. Tuition assistance is available. To register, go to www.hollandhall.org/admission/open-house. For more information, call 918-481-1111.

February 24 Wednesday

BUILD A READER STORYTIME: FAMILY [FREE, W]
Tune in for this 0-5 storytime and grow that love of reading! Enjoy simple songs and books for little ones and more interactive stories and activities for older children. Join here: www.facebook.com/tulsalibrary. Can't make it live? The library will save all storytime videos on Facebook and Tulsa City-County Library's YouTube page for your children to enjoy later! 10:30-11 a.m. Also occurs Thursdays in February, 10:30-11 a.m.

February 25 Thursday

TEEN CONNECTION [FREE]
This is a s ocial group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30-6 p.m. ddadvocacy.net

February 26 Friday

JUST BETWEEN FRIENDS BROKEN ARROW ALL SEASONS SALE [FREE]
Shop over 100,000 name-brand items, at 50-90% off retail. Save money and time, because all the best deals are found under one roof. Rhema Rec Center, 1421 W. Kenosha St., Broken Arrow. Presale is February 25. The sale is February 26-28. Find the schedule at ba.jbfsale.com.

OUT-LIT: YA BOOK CLUB [FREE]
Do fun activities and chat about "You Should See Me in a Crown" by Leah Johnson. Register at www.tulsalibrary.org/events to receive Zoom link. E-book and e-audio are available at www.tulsalibrary.org. Or you can request a hard copy of the book from the Brookside or South Broken Arrow libraries. In this book, Liz Lighty has always done her best to avoid the spotlight in her small, wealthy and prom-obsessed Midwestern high school, after all, her family is black and rather poor, especially since her mother died. Instead she has concentrated on her grades and her musical ability in the hopes that it will win her a scholarship to elite Pennington College and their famous orchestra where she plans to study medicine. But when that scholarship falls through, she is forced to turn to her school's scholarship for prom king and queen, which plunges her into the gauntlet of social media which she hates and leads her to discoveries about her own identity and the value of true friendships. For ages 12-18. 4:30-6 p.m.

MOVIE NIGHT: LAUREL AND HARDY 1932
Enjoy a movie night at the Will Rogers Memorial Museum! COVID Precautions: As the museum returns to Movie Night – last Friday of month through November, until further notice tickets must be reserved, social distancing will be observed with every other row vacant and space between seats. The theatre is thoroughly cleaned after each use. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 6:30 p.m. willrogers.com/upcoming-events

February 27 Saturday

INTRODUCE A GIRL TO ENGINEERING DAYS
Girls age 7-12 and their adult role models or mentors are invited to work together to solve an engineering challenge during one of our class sessions.
$10 per team of 2 (All teams consist of an adult and child.)
Limited class size. Advanced online registration required. Classes are available on February 27 and 28. For more information, visit discoverylab.org/events.

MR. HENRY'S BOOKS EDUCATOR WORKSHOP
Middle- and high-school teachers and librarians are invited to attend Mr. Henry's Books Educator Workshop, Saturday, Feb. 27 from 9:30-11 a.m. on Tulsa City-County Library's YouTube channel, www.youtube.com/tulsalibrary. This virtual continuing-education workshop will focus on the works of famed author Jason Reynolds, winner of the 2021 Anne V. Zarrow Award for Young Readers' Literature. Registration is required by Friday, Feb. 12, 2021, and can be completed online at https://www.tulsalibrary.org/mr-henrys-books-registration.

FULL MOON NATURE HIKE
Take a self-guided night hike to experience the sights and sounds along a nature trail through native prairie and forest. Wear comfortable walking shoes and bring a flashlight for this 1.5 mile hike on mowed path and rocky trail. Hot cider, s'mores kits, and beer and wine will be available for purchase before or after your walk and fire pits will be located nearby. Advance tickets are required; $10 for Garden members; $15 for non-members. Spaces are limited and advance tickets are required. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-8 p.m. tulsabotanic.org

February 28 Sunday

TULSA SYMPHONY RADIO BROADCAST [FREE]
In celebration of Black History Month, Tulsa Symphony will perform a concert including essential works by African American composers. This performance will air on February 28 at 8 p.m. and February 28 at 4 p.m. Listen at publicradiotulsa.org. tulsasymphony.org

REMEMBERING GREENWOOD: EVENTS COMMEMORATING THE 1921 TULSA RACE MASSACRE CENTENNIAL

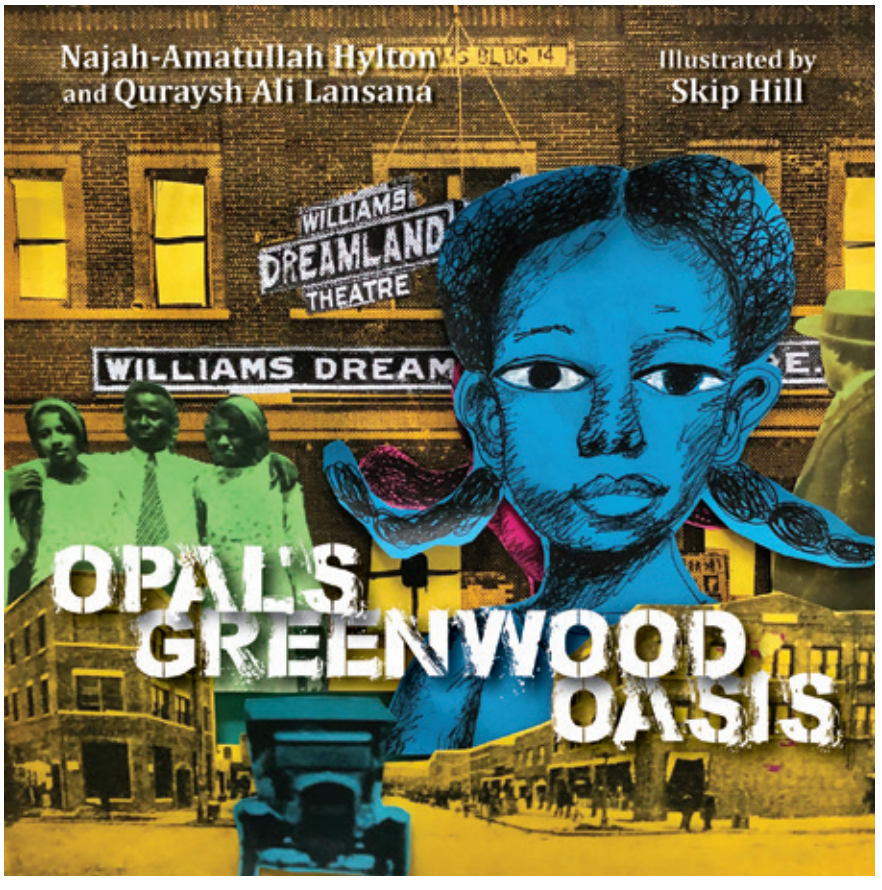
GREENWOOD CULTURAL CENTER'S "1921 TULSA RACE MASSACRE FAMILY LEARNING SERIES" [FREE]
When: Mondays through Feb. 15
Greenwood Cultural Center is releasing a 7-part series of resources designed to help families talk about the Tulsa Race Massacre. New and past resources can be found through their Facebook page, @GreenwoodCulturalCenter.

"GOIN' BACK TO T-TOWN" DOCUMENTARY SCREENING [FREE]
When: February 8, 8 p.m.
PBS will rebroadcast this 1993 documentary about the Tulsa Race Massacre, produced as part of its "American Experience" series. pbs.org

"BLACK WALL STREET 100": LIVE INTERVIEW WITH AUTHOR HANNIBAL B. JOHNSON [FREE]
When: February 16, 6-7 p.m.
An expert and scholar on the history of the 1921 Tulsa Race Massacre, author Hannibal B. Johnson will speak via Zoom about his newest book, "Black Wall Street 100: An American City Grapples With Its Historical Racial Trauma," followed by a Q&A. Nearly 100 years later, Johnson addresses the psychological and historical trauma left by the devastation of the massacre and the resilience of the extraordinary entrepreneurs of the '20s and those who carry on the legacy today. "Black Wall Street 100" is endorsed by the Tulsa Race Massacre Centennial Commission and the 400 Years of African American History Commission. Register online at www.tulsalibrary.org/events or email register@tulsalibrary.org to receive a Zoom invite for this event.

DISMANTLING RACISM: OPAL'S GREENWOOD OASIS [FREE]
When: February 17, 12 p.m.
Join TulsaKids Magazine, OSU-Tulsa and Tri-City Collective for this month's Dismantling Racism event. We will be speaking with the authors and illustrator behind "Opal's Greenwood Oasis," a new picture book telling the story of a young girl living in the vibrant Greenwood community just prior to the Tulsa Race Massacre. This discussion will take place on Facebook live at noon. "Opal's Greenwood Oasis" is available for purchase at thecalliopegroup.com/product/opal. Watch at facebook.com/tulsakidsmagazine.

1921 HISTORICAL TRAUMA: BUSINESS GOES ON AS USUAL [FREE]
When: February 18, 6-8 p.m.
Join the African-American Resource Center for this presentation commemorating the 1921 Tulsa Race Massacre through the arts as it showcases an array of talented local performers, including singers, poets, dancers, actors and spoken word artists. In honor of the Greenwood District of Tulsa, the performance addresses the issue of historical trauma and its lasting impact on the African American community, while focusing on the 1921 Tulsa Race Massacre as an introspective centerpiece. Cast includes Anthony "Tony B" Brinkley, April Gahagan, Sterling Matthews, Obum Okubum, Jerica Wortham and Mia Wright. Visit www.youtube.com/tulsalibrary or email Alicia.latimer@tulsalibrary.org to receive a Zoom invite for this event.



BOOK DISCUSSION: "HOLOCAUST IN THE HOMELAND" [FREE]
When: February 22, 6-7 p.m.
Join Rudisill Regional Library on Zoom for a discussion of "Holocaust in the Homeland" by Dr. Corinda Pitts. "Holocaust in the Homeland" tells the story of one of the darkest days in U.S. history. Envious locals in Tulsa dubbed the Greenwood section "Black Wall Street" because of its economic success. That success was obliterated by a massacre of Tulsa Black residents in 1921. Today, just as in 1921, media hype too often obscures truth and embraces hype because hype is more interesting. Follow Sam Stackhouse, an old man remembering, as he discovers truth and wisdom. Email sonya.wallace@tulsalibrary.org for Zoom link. For adults.

AFRICAN AMERICAN HERITAGE BOWL 2021: COMMEMORATING THE 1921 TULSA RACE MASSACRE [FREE]
When: February 25, 6-8 p.m.
Hosted by the African-American Resource Center, this year's bowl is virtual and will take place via Zoom and Kahoot! It is open to all junior high and high school students and community groups interested in learning about the horrific events of the 1921 Tulsa Race Massacre. Each team can have four members. Each high school and junior high school may register only one team per school. To participate in the bowl, register online at www.tulsalibrary.org/aarc. A maximum of six copies of the quiz book will be available for pickup at any TCCL regional library for registered school and community team groups. To watch the bowl, register online at www.tulsalibrary.org/events to receive a Zoom invite.



Valentine's Activities

Tulsa City-Count Library is sharing the love! Pick up these to-go craft kits and make some fun Valentine's-themed creations!

CRAFT CLUB:
HOMEMADE VALENTINE KITS
When: Thursday, Feb. 4, 6:30-8 p.m.
Where: Central Library, 400 Civic Center
Stop by Central Library and use TCCL's curbside service to pick up a free valentine crafting kit (one per household) while supplies last. Then join on Zoom for a night of chatting and crafting! Each kit contains supplies to make homemade valentine cards, including paper, pens, stickers, stamps and more. Each kit also contains an upcycled library book for an additional Valentine's Day craft. Register online at www.tulsalibrary.org/events or email cas@tulsalibrary.org to sign up for the Zoom crafting hangout. For adults.

TAKE HOME CRAFT:
VALENTINE'S DAY
When: February 7-13
Where: Central Library, 400 Civic Center
Pick up a cute Valentine's Day craft via curbside at Central Library. For toddlers to elementary students. tulsalibrary.org

TO-GO ACTIVITY KIT:
FIZZY HANDS ART
When: February 8, 10 a.m.-7 p.m.
Where: Rudisill Regional Library, 1520 N. Hartford Ave.
Fill your hearts with fizz! Pick up a Fizzy Hearts activity kit at Rudisill Regional Library and enjoy this process art activity. Each kit includes a colorable Valentine's Day minibook and supplies to make a custom card. Kits are available on a first-come-first-serve basis, while supplies last. Watch a preview of this kit on Rudisill's Facebook page www.facebook.com/tulsarudisilllibrary. For toddlers to elementary students.

TO-GO KIT:
CANDY-HEART CATAPULT
When: Wednesday, Feb. 10
Where: Schusterman-Benson Library, 3333 E. 32nd Pl.
Create your own mini catapult to make candy sail through the air! This craft kit includes detailed instructions, candy and all the pieces to make a catapult. Kits are available for curbside pickup at the Schusterman-Benson Library, while supplies last. For elementary students. tulsalibrary.org

BY NANCY A. MOORE

Ali Hanson – **good to the bone**

Ali Hanson is a busy mom of seven children under the age of 8. She has four children of her own – including a set of triplets - and only three months ago, she remarried and inherited three more kids!

In her fast-paced life, Ali still makes time to run a business and get healthy meals on the table every night. What's her secret? Ali shares some helpful tips with us, including one great kitchen hack to make meal prep easier. As you will learn, she is on a mission to inspire others to take an active role in their health to not just survive, but thrive!



TK:Tell us a little about yourself:

Ali: I am the mother of four kids: a 5-year-old daughter and triplet boys who are 2 ½. My recent marriage has also blessed me with three bonus children (ages 8, 7 and 5).

TK: Can you share a little about your personal health journey?

Ali: After years of debilitating health issues that many doctors couldn't figure out, I started doing my own research and learned about using food as medicine. I worked on healing myself from the inside out. It took a lot of work, guidance from many health specialists, and a lot of trial-and-error, but it was so worth it! Not only are my symptoms gone, but I felt better than I ever have in my life! I started an Instagram account with recipes and ideas on how to prepare simple, inexpensive, nutrient-rich, healthy meals, in hopes to help others on their health journeys, too.

TK: As a busy mom, why did you decide to start your own business?

Ali: The catalyst food in my health transformation was bone broth. It completely changed everything for me, both physically and mentally, because at a time that I was afraid of all food, I learned that this food could actually help me. I was overwhelmed by the number of people asking me about it on social media, and the light bulb moment came on that there's a need for local, good tasting bone broth, so I started the first bone broth business in the state! I had no idea what would come from this business – I just knew I had been given a gift that I had to share.

TK: Explain your company's mission statement: Helping Busy People Thrive.

Ali: True health is not just the absence of disease, but thriving and having the energy to do anything you want to do in life. I didn't realize that until I found it. My prayer prior to finding my health was asking God to give me the energy that I was faking. This business was created to offer people a first step on the road to a healthy life – in bone broth. Each person is different with what they have going on, but investing in your health is so important. Everyone should be drinking bone broth, but if you don't have the time to make your own, mine is the next best thing to homemade because it is locally-sourced, preservative-free, and ridiculously good-tasting. I also offer easy recipes on my website and social media platforms.

TK: What advice would you give to parents who feel overwhelmed with trying to get their kids to eat healthfully?

Ali: I try to make healthful living less stressful. Instead of focusing on eliminating things, I tell parents to **add** one healthy

continued next page

thing into your (or your kids') diet every day. So, add in an extra serving of fruit one day, and the next day, add an extra serving of vegetables. It doesn't have to be difficult.

TK: What do you tell parents who tell you that their kids are "picky" eaters?

Ali: I can relate! I read that it can take up to 20 times of reintroducing a particular food to entice kids to become interested in it. I want to encourage parents to make healthy choices for their kids, introduce healthy meals and snacks. Chances are, if you're eating it, they will too, even if it takes a while! And it's important to keep the experience of the meal positive.

TK: Can you share your top three tips for getting things done?

Ali: 1. Make a to-do list. I write it down because I like to check things off once they are complete. It also helps me to visualize the tasks I have completed, and what I still need to accomplish. 2. Everything is a learning opportunity – there is no failure. Just take that first step and learn as you go. 3. Learn how to let go of control and delegate. Sometimes we get stuck thinking we have to do it all – which just isn't feasible. I've realized others love to contribute just like I do. Recognizing other people's strengths can create a great team, and I believe we thrive when we are helping each other. I am so grateful for all the advice, support and help people have shared with me.

TK: Do you have one kitchen hack you can share?

Ali: If you don't already have one, invest in a timer for your crockpot! It has been a lifesaver for me – and something that I use several times a week. It's easy to throw dinner in, set the timer to start at a specific time and dinner is ready when you get home. It is a game-changer. I'll also share that I often make the same basic meal but change one or two ingredients, like veggies or spices, to make it totally different! Different spices can change the whole meal.

TK: What else would you like to share?

Ali: The body is an amazing healing machine. My life changed because I changed the foods I ate. Food can be our greatest medicine! It's never too early to start your kids eating healthy, and it's never too late to start your own health journey!

To check out Ali's personal health journey, recipes and family life on Instagram and Facebook @ AliMadeFood. If you'd like to try her bone broth products, use discount code: TULSAKIDS10

Listen to the FULL interview on the Sharing Passion and Purpose Podcast by Nancy Moore

Available on iTunes, Spotify, Apple Podcast, and Amazon Music or visit https://sharingpassionandpurpose.com





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With 45 years of medical care in Tulsa, Eastern Oklahoma Ear, Nose & Throat's team of physicians and audiologists focus on treating conditions of the head, ears and throat. We deliver compassionate, state of the art, personalized medical care for you and your children. Our team of board certified ENT doctors and audiologists look forward to helping restore the health of our valued patients, whether they be children or adults!

LAUREATE INSTITUTE FOR BRAIN RESEARCH

6655 S. Yale Ave.
Tulsa, OK 74136
918.502.5100
www.laureateinstitute.org
info@libr.net
The Laureate Institute for Brain Research (LIBR) has studies for teens (ages 13-17) to participate in. Here's what teens can get involved with right now:

One study is interested in how teens respond to stress and how stress reactions can affect the body and brain. The study involves online questionnaires, blood and saliva collection, a memory and reasoning task, and a magnetic resonance imaging (MRI) scan with computer games. Parents are also asked to complete questionnaires in this study.

Another study looks at how mindfulness can help teens better cope with stress. Teens will learn about and practice mindfulness before completing an MRI scan. During the scan, teens will view their brain activity levels and attempt to control or change them by practicing the mindfulness techniques that they learned.

For all studies, teens must have a parent or legal guardian give permission for participation and be fluent in English. Monetary compensation is provided.

Parents who wish to find out if their teen is eligible for these studies can call LIBR at 918-502-5142. To learn more about our adult studies at LIBR, call our main line at 918-5100 or email info@libr.net.

LICE CLINICS OF AMERICA TULSA

3421 E. 21st St.
Tulsa, OK 74114
918.779.0001
www.liceclinicsmidsouth.com
The Journal of Medical Entomology recently reported that pesticide-resistant lice, commonly known as super lice, have rendered traditional over-the-counter treatments less than 25% effective. Pesticides and hours of combing are unhealthy, uncomfortable, time consuming and ineffective. But there is a better, modern way to treat.

Lice Clinics of America is the world's leading lice treatment service with over 350 locations worldwide. Our certified technicians can cure lice in about an hour with over 99% effectiveness using the FDA cleared AirAlle medical device. The AirAlle dehydrates and kills all lice and eggs in the hair and is safe for all ages and types of hair. Most kids can be treated and return to school the same day.

In addition to treatment, our lice treatment experts will teach you how to clear lice from your home environment as well as prevention tips to avoid a reinfestation of lice in the future.

As a medical procedure, our service is often covered by health insurance plans, HSAs, and FSAs. It also comes with a 30-day guarantee or we will retreat at no charge.

ON THE CUSP PEDIATRIC DENTISTRY

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Tulsa, OK 74133
918.921.8822

Midtown Tulsa
4444 S. Harvard Ave.
Tulsa, OK 74135
918.921.8822
onthecuspdds.com
On The Cusp offers Tulsa families a complete range of specialized pediatric dental services. Our team of board-certified doctors is focused on the prevention of oral disease and gentle treatment options, and is uniquely positioned to provide professional pediatric dental guidance as your child grows and develops.

Our dentists and staff receive special training to meet the individual needs of each child, including children with special needs. From routine dental exams and restorative dentistry, to laser dentistry and safe sedation, we are committed to promoting healthy oral hygiene and habits that will last a lifetime.

Additionally, our experienced and board-certified Orthodontist also provides a variety of comprehensive orthodontic treatments for both children and adults. We're pleased to provide free orthodontic consultations to patients who are in need of structural solutions.

During each visit to either our Midtown or South Tulsa offices, you and your child will enjoy a refreshingly unique, patient-centric experience. We offer families a complete range of specialized dental services, including:

- Pediatric Dentistry
- Laser Dentistry
- Orthodontics for the entire family
- Sedation
- Frenectomy

Fast and easy appointments can be made online at onthecuspdds.com or by calling 918.921.8822.

THE ORTHOPAEDIC CENTER

1809 E. 13th St.
Tulsa OK 74104
918.582.6800
toctulsa.com
The Orthopaedic Center's 11 fellowship-trained physicians and five mid-level providers have provided the Tulsa area with patient-specific treatment options for years. Orthopaedic surgery is a medical specialty that focuses on disorders of the musculoskeletal system — the sciences of bones, joints, ligaments, tendons and muscles that allow a person to work, move and be active.

The team's philosophy is to correct these disorders by utilizing the latest non-invasive options such as electro-stimulation, nutrition, new medications and physical therapy, and surgery when necessary. Using these clinical protocols and the latest technology, The Orthopaedic Center's team strives to provide the right treatment at the right time for each patient, while empowering them with the services and education that will assist them in returning to their highest level of function.

The Orthopaedic Center navigates patients through partial and total hip and knee replacements, carpal tunnel, rotator cuff repair, complex elbow and shoulder arthroplasty, knee arthroscopy, fracture care, minimally invasive spine surgery,

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stem cell therapy, plantar fasciitis and total ankle replacements.

Along with its midtown office, The Orthopaedic Center's spine and pain management center resides in Jenks at 512 N. Franklin St. Same-day appointments are available, and the Center works with most Oklahoma insurance plans. A majority of the Center's surgeries occur at Center for Orthopaedic Reconstruction and Excellence (CORE), an orthopaedic specialty hospital in Jenks.

SOCCERCITY TULSA

5817 S. 118th E. Ave.
Tulsa, OK 74146
918.249.0044
www.soccercitytulsa.com

Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high-energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules.
2nd Winter Session dates: NOW – March 13th. Spring is set to start March 22nd, with registration opening by mid-February.

OSU MEDICINE PEDIATRICS

717 S. Houston Ave
Tulsa, Oklahoma 74127
918.382.4600
osumedicine.com

OSU Medicine operates a network of clinics offering patient care via a multitude of specialty services including addiction medicine, behavioral medicine, cardiology, family medicine, internal medicine, pain management, pediatrics, and women's health throughout the Tulsa metro area.

TULSA ER & HOSPITAL

717 W. 71st St.
Tulsa, OK 74132
918.517.6300
tulsaer.com

Tulsa ER & Hospital is a locally owned and locally operated physician-owned hospital that specializes in emergency room services. The hospital ER is fully equipped and able to provide the same services as a traditional hospital emergency room. Tulsa ER & Hospital is prepared to diagnose and stabilize all emergencies, including those of patients with strokes, heart attacks, severe pain, traumatic injuries, pediatric illnesses and acute surgical issues. We are one of the only facilities in Oklahoma that offers our outpatient services 24/7 and without an appointment. Our services are ideal for the working community; patients can obtain our outpatient services without an appointment and without missing work. Final results are provided at the time of service. Tulsa ER & Hospital's emergency room charges are in-line and most of the time lower than the regional average. We accept the in-network rates that insurance companies are legally obligated to pay. Emergency room care can be expensive, but we work with your insurance company for fair payment resulting in less unforeseen expenses for the patient.

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Same-day appointments and online scheduling are available for primary care patients. Specialties offered include family medicine; internal medicine; pediatrics; ear, nose & throat; gastroenterology; medical oncology; OB/GYN; orthopedics; pain management; surgery; urology and many others. Most insurance plans are accepted.

To help keep you safe, all Utica Park Clinic facilities are thoroughly cleaned and disinfected several times per day, temperatures of everyone who enter are checked, masks are provided and virtual care, such as online video visits, are offered. To find the Utica Park Clinic closest to you, call 918-579-DOCS (3627) or go to UticaParkClinic.com.



I'M A TULSA KID

INTERVIEW AND PHOTOGRAPHY BY SHEEBA ATIQI



Collin Emeric Blake Walters:

Collin Emeric Blake Walters, a student at Oliver Middle School, Broken Arrow, is the first-place winner of the Dr. Martin Luther King, Jr. essay contest, sponsored by the Dr. Martin Luther King Jr. Commemoration Society of Tulsa. The contest was open to young people in grades six through eight.
Here is an interview with Collin, followed by his winning essay

TK: What was the inspiration behind the essay?
Collin: Initially, I had been looking for ways to make money so that I could buy something that would really help me advance in my game development skills. I had heard about this contest and thought that since I already was knowledgeable in the subject I could give it a shot. But while I was writing the essay, there were many things I learned that I didn't know about before, so this was also a great learning experience.

TK: How long have you been writing?
Collin: Ever since second grade, I have had a passion for writing stories. Stories in books and story-driven video games have always caught my attention, and I decided that I wanted to be good at telling stories and writing as well. It can be a useful skill to have, especially in the field that I want to be a part of when I grow up.

TK: What does MLK mean to you?
Collin: MLK teaches me many things. Things like how there are many ways to solve a problem rather than just immediately resorting to violence. Racial injustice is a real-world problem that needs fixing, and Dr. King has multiple teachings that can be applied to this problem.

TK: Who inspires you?
Collin: The person that inspires me the most is my dad. He is a very intelligent man that is capable of many things. He is a Speech and Debate teacher at the Broken Arrow High School.

TK: What advice do you have for others who want to help change the world?
Collin: There is nothing wrong with wanting to help change the world for the better, as long as you take inspiration from Dr. King's way of handling it, and you don't use any violence, then go for it!

TK: What do you want to be when you grow up?
Collin: I want to be a Computer Programmer when I grow up, but I mainly want to be a Video Game Developer.

Living the Dreams of a King

By Collin Emeric Blake Walters

We've come a long way since Dr. King's time, but with the recent riots across the United States and the world, I also realize that we still have a long way to go in eliminating racism. As a black youth, I have my own dream...to study computer science, but as long as racism and inequality exists, I must do my part to live out the legacy of Dr. King. I live my life as a reflection of Dr. King's dream by valuing character over color, striving to be a peacemaker, and believing that unity is important to all Americans.

Just like Dr. King, my grandfather is a minister. He echoed Dr. King by saying that we should "not be judged by the color of our skin, but by the content of our character." Dr. King didn't want his children considered bad because they were black...he stressed the importance of character. In a similar way instead of believing that someone is inferior to everyone else because of their skin color, it's the quality of their personality that leads my thinking. Skin color doesn't have an effect on who you are on the inside and it isn't virtuous to judge someone on appearance.

Violence divides people more than we already are. Dr. King warned us many years ago to "let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred." He demonstrated how non-violence allows us to protect our beliefs as well as respect what other people believe. There are still major examples of violence and hatred in the world today, such as Syrian and African migrants being abused in Hungary or Rohingya Muslims being massacred by the army of Myanmar. I grew up in a household that taught me that disregarding others' human dignity is always unacceptable. One of my elementary teachers called me a peacemaker because when altercations broke out in the classroom, I tried my best to reason the situation out. I don't think hatred is the best use of our privileges as Americans.

Dr. King believed that as Americans, we have to see the bigger picture and work together as the people of this country, not be separated and against each other. His dream that "the sons of former slaves and the sons of former slave owners" will be able to live together in peace, taking care of each other like brothers is a powerful one. His call for unity isn't just important for black and white people, it's an issue for everyone in America and for everyone who calls themselves a citizen. In these spiteful times, Dr. King's message about unity is about the future of America and whether or not we will rise to the occasion and live out the dreams of forefathers.

Dr. King's message was relevant in the sixties, and as we keep attacking these problems, it is still relevant, which is why I live my life as a reflection of Dr. King's dream.



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MARCH 2021