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Ronan Wheeler: Champion Youth Bull Rider

Parents' Back-to-School Checklist

2021 Enrichment Guide

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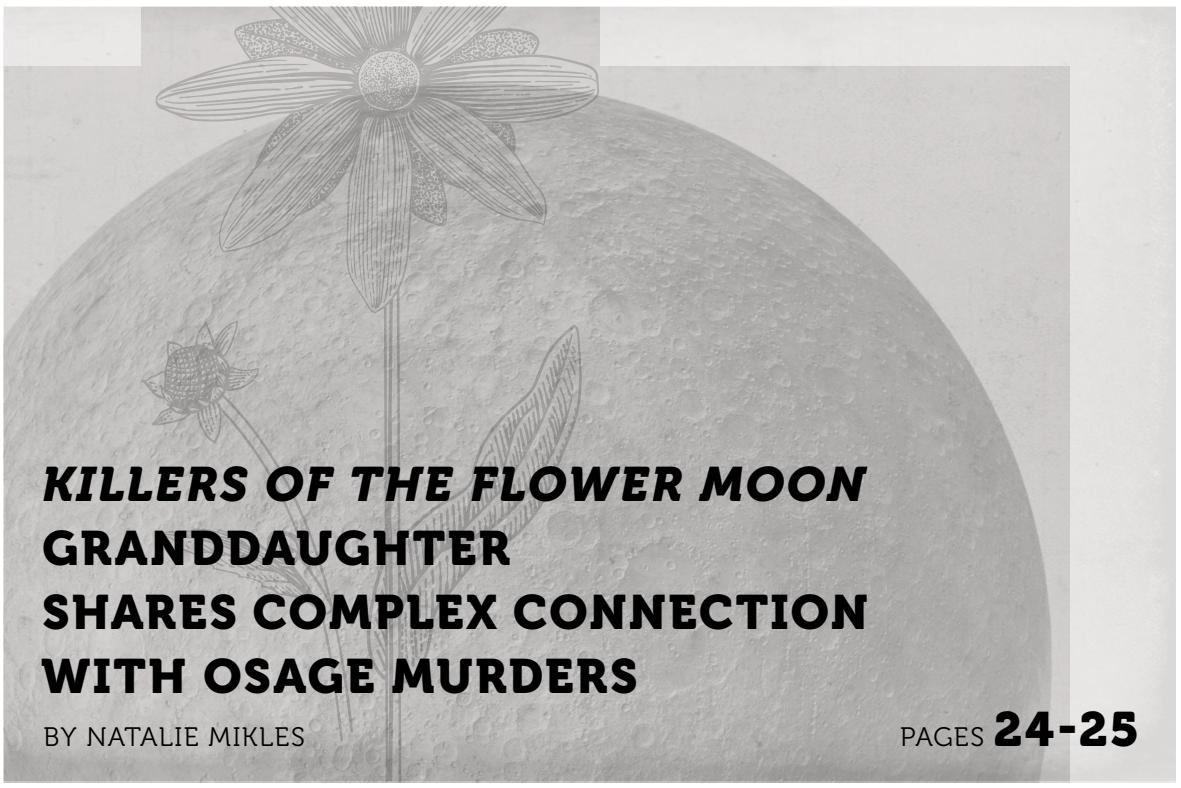
tulsakids

August 2021

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Volume XXXIV, Number 8

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BY NATALIE MIKLES

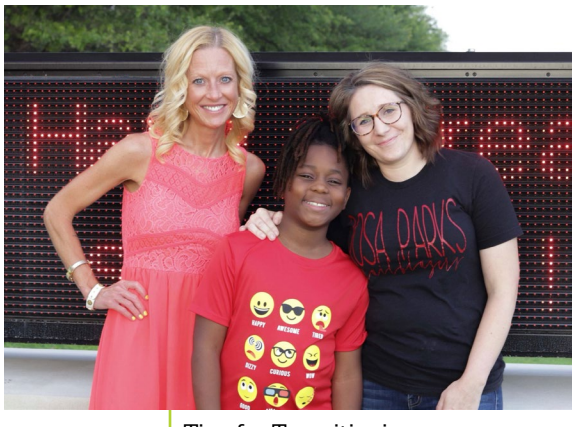
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editor's note

CAUTIOUSLY OPTIMISTIC

While Oklahoma is in red zone territory for Covid-19, I'm cautiously optimistic that people will continue to get vaccinated, and we'll be able to emerge from isolation in safe ways. The Delta variant is worrisome, so I'm very grateful to have my vaccine.

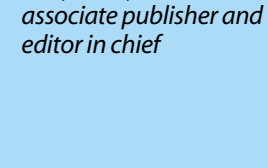
If you have kids returning to school, read the School Age column in this issue for tips on helping them re-enter. Our new columnist, Dr. Tamecca Rogers, provides some ideas that you may not have considered. I look forward to more informative columns by Dr. Rogers. We'll miss Mary Beth Ritchie writing that column. She has moved on to other projects, but I want to thank her for all the great work she did in providing information to parents every month.

Arguably one of the most talked about events of the summer is the nearby filming of the upcoming film *Killers of the Flower Moon,* adapted from the book about the Osage murders. Writer Natalie Mikles interviewed the granddaughter of Ernest and Mollie Burkhart about her family, the film and her feelings about her Osage heritage.

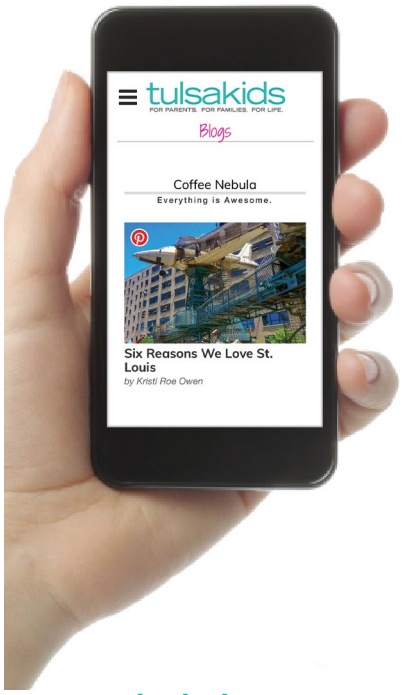
You'll also find some tips and reminders for sending kids back to school. Add tax-free weekend, Aug. 6–8 to your calendar.

And, speaking of back to school, many of you are looking for enrichment activities and classes for kids. Our annual Enrichment Guide will help you find something your kids will love.

Finally, I love our cover this month, and I hope you love it, too. When we did our Cover Kids Contest, this kid, Ronan, wore his cowboy hat. After he was chosen, I learned that Ronan is a prize-winning bull rider. I've never met a bull rider, especially not one so young, so I took the opportunity to ask him some questions. It was interesting to discover that, according to his mom, there is no long line of bull riders or horsemen in their family. Ronan just fell in love with the sport at age 5 when his family went to a rodeo.



Betty Casey
associate publisher and
editor in chief



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

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On Our Cover: Ronan Wheeler

Photography by Andrea Murphy Photography

Our cover model this month is Ronan Wheeler. At age 10, he's an award-winning bull rider. The chaps you see were designed by Ronan and paid for with his winnings and money from odd jobs. The 44 is his football number; the zebra stripes represent the Claremore Zebras, and the dollar signs represent prize winning. We wanted to learn more about Ronan and his interesting sport, so we invited him to answer a few questions.

TK:.How did you get into bull riding? How long have you been doing it?

Ronan: I've been doing rodeo for four years. My parents took us to a rodeo when I was 5, and I liked the bull riding the best! I remember standing up the whole time we watched those guys. I told my mom that I wanted to do that, too. She got me horse-riding lessons, but that got boring after a while. When we went to another rodeo when I was 6, I told my mom I was going to ride bulls. My mom found a youth rodeo group for me to join, where I started riding sheep (aka mutton bustin). As I've gotten older, I went from sheep to calves to bulls. *Ronan's mom told us that bull riding is not a sport that people in their family have done. Ronan just really had the desire after going to the rodeo.*

TK: What's the best thing about bull riding?

Ronan: The adrenaline rush and winning money!

TK: What's the worst thing about it?

Ronan: Getting hurt and watching friends get hurt.

TK: Do you get scared being on a bull? What's it like?



Ronan: No, I don't get scared. I get tunnel vision, get super focused and don't think about anything. I try to remember my form so I can cover the bull. note: 'Form' refers to the proper posture when riding the bull.

TK: You've won some awards. Tell me about those?

Ronan: They include: 2018: Bull Storm Youth Rodeo Pee Wee Bull Riding Champion; 2018: 7th place IMBA World Finals Calf Riding; 2019 Zane Cook Invitational Pee Wee Bull Riding Champion; 2019: Bull Storm; Youth Rodeo Pee Wee Bull Riding Champion; 2019: Green Country Association Calf Riding Champion; 2019: 5th place IMBA World Finals Pee Wee Bull Riding; 2020: Pawnee Bill Memorial Rodeo Jr Bull Riding Champion

TK: How much do you have to practice?

Ronan: Every day. I don't have any bulls or stock to ride, so I work on my barrel that my dad made me.

TK: Do you think you'll continue doing it? What are your goals for the future?

Ronan: I hope to continue riding and not get hurt too bad. I want to get to be as good as my favorite bull rider and mentor, Caden Bunch. (He's 18 and a PBR rider.)

TK: What do you think are the most important skills and traits for someone to have who wants to be a bull rider?

Ronan: Balance and focus are really important. And being tough. Everyone is going to get hurt at some point, and you have to be able to get up and do it again. There's no place for fear in bull riding. Mom says I have "grit."

Cutest Baby Contest



Special Delivery Coming September 2021: The all-new TulsaKids Baby Guide and our Cutest Baby Contest!

Contest details will be announced in our **September magazine** along with the publication of our annual **Baby Guide.**

BABY GUIDE

on the cusp

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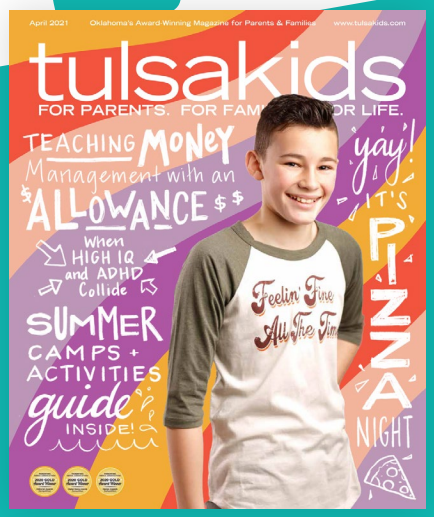
SMILE!

It's time for TulsaKids' Cover Kid Contest!

Want to see your kid on the cover of TulsaKids? Enter our 2021 Cover Kid Contest, sponsored by Tulsa ER & Hospital!

HOW IT WORKS:

- Submit your child's photo from August 1–15.
- Then, encourage your friends and family to vote (once daily) from August 16–31!
- The three entries that receive the most votes will be our 2021 Cover Kid Contest winners.

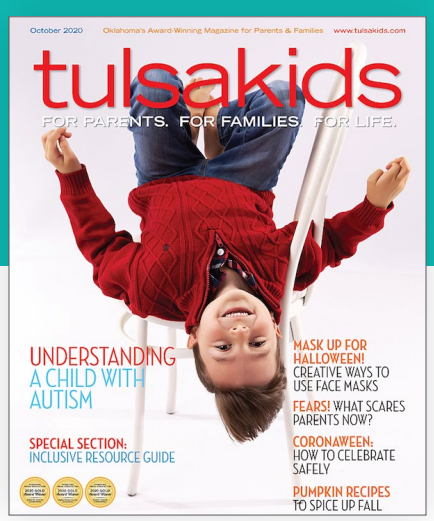












Enter and find additional details at tulsakids.com/coverkid.

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TulsaKids' Cover Kid Contest, sponsored by Tulsa ER & Hospital

It's time for our annual Cover Kid Contest! Submit your child's photo from August 1–15. Then, encourage your friends and family to vote (once daily) from August 16–31.

This year, we will have three Cover Kid Contest winners, all determined by the voting process. Thank you to Tulsa ER & Hospital for sponsoring our 2021 Cover Kid Contest!



Scotfest Ticket Giveaway

From August 23–September 5, enter to win five general admission tickets to ScotFest, returning to Broken Arrow Events Park September 17–19! Five lucky families will win these tickets; each family will receive five tickets. Learn more about ScotFest, Oklahoma's family friendly, authentic celebration of Scottish and Celtic culture, at okscotfest.com.

FAMILY FAVORITES

We loved celebrating our Family Favorites winners & finalists in our July magazine and on social media! Find a link to our Family Favorites list year-round on our homepage, tulsakids.com.

Pictured: Dr. Sarah Shepherd, OB/GYN Specialists of Tulsa, "Favorite OB/GYN"



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TULSAKIDS.COM/GUIDES

TulsaKids' annual guides help parents connect with local, family-oriented resources. The following directories are available at tulsakids.com/guides:

Enrichment Guide
School Guide
Education Guide
Baby Guide
Inclusive Resource Guide
Party Planner
College Planner
Health & Wellness Guide
Summer Camps & Activities Guide



ASK THE EXPERTS

HTR Pediatric Therapy | Hannah Kenneweg, M.S., CCC-SLP

Q: How can I get my baby/toddler to start talking more?



A: There are so many fun ways to get your little one communicating with you. First, modeling language for them throughout your daily routines and activities is one of the most beneficial things you can do. You can use simple language such as "Wow! Banana is yummy, mmm!" or "Look, a blue car!" Narrate what you are doing during bathtime, meals, play and diaper changes. Read to them daily, and sing fun, interactive songs with gestures together such as "The Itsy Bitsy Spider" or "Pat a Cake." Have them try to imitate gestures and sounds before words and phrases. These are the building blocks for language. Another great way to help them communicate at a young age is to pair simple baby signs with words while modeling, such as "more," "all done," "please," "eat," and "drink." Using signs can help facilitate language acquisition in young children and gives them a way to communicate before they can say the words! Most of all, have fun engaging with your little ones and enjoy watching them grow and learn!

HTR Pediatric Therapy
6715 E. 41st St., Tulsa, OK
918.806.0106 | HTRPediatrics.com

World Travel Service | Alex Eaton, President

Q. What are the biggest challenges in the travel industry that I should be aware of as I gear up to take a long-overdue family vacation?



A. My advice is to use a travel advisor now more than ever. World Travel stays abreast of what is happening in the airline, hotel and car rental businesses. We keenly monitor COVID-related regulations and restrictions within the U.S. and abroad. Travel is coming back with a vengeance, and it's great to see, but be prepared for potentially longer lines checking in, getting through TSA and going through customs. Hotels and resorts are happy to have visitors back and have new cleaning protocols in place, but some spots are not fully staffed yet, so patience remains a virtue. If you plan to fly, know that airlines are working diligently to bring their fleets back and rehire furloughed pilots and flight attendants, but delays and cancellations are temporarily more commonplace than before the pandemic. It feels great knowing that the world is opening up, but we have to work together to minimize hurdles and maximize your travel experience. As always, thank you for letting us be your guide in the new age of travel.

World Travel Service
918.743.8856 | WorldTravelToday.com

Eastern Oklahoma Ear, Nose and Throat | David W. White, MD Otologist

Q. Sometimes my child does not seem to hear me when I speak to them. How can I tell if they are not listening or are truly unable to hear me?



A: Hearing loss in children can have many causes. It could be as simple as the presence of ear wax or from fluid behind the eardrum, which can be easily treated by your child's PCP. IF there is no obvious reason for a suspected hearing loss, your child will need a hearing test by an audiologist, and subsequent medical evaluation by an ENT physician. Hearing loss in older children often goes undetected if routine hearing screens are not done by the school or PCP. Talk with your child's PCP and if the cause of hearing loss remains uncertain, then a formal evaluation is necessary from an otolaryngologist/ENT physician.

Eastern Oklahoma Ear, Nose and Throat
5020 E 68th St., Tulsa | 9343 S Mingo Rd., Tulsa
918.492.3636 | EOENT.com

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

Q: Why would I see an occupational therapist to help my daughter with dyslexia? Doesn't she need to see a reading specialist?



A: The focus of a dyslexia diagnosis is on word reading, reading rate, fluency and comprehension. Dyslexia is a language processing disorder. The ability to visually focus and process what is seen does not cause dyslexia, but it will impact the ability to read. Visually processing what we see is key, and a foundational skill required for reading success. Occupational therapy can evaluate visual perceptual and visual memory skills that impact letter and number reversals, placing letters in the correct order when spelling, reading comprehension, and skipping lines when reading, as examples. Ensuring strong visual memory and visual perceptual skills first will set your child up for success when working with the reading specialist.

Dyslexia Center of Tulsa
8988 S. Sheridan Rd #D1, Tulsa OK 74133
918.313.5518 | DyslexiaTulsa.com

Miller Swim School | Sarah Clavin

Q. Should my kids continue swimming once summer is over?



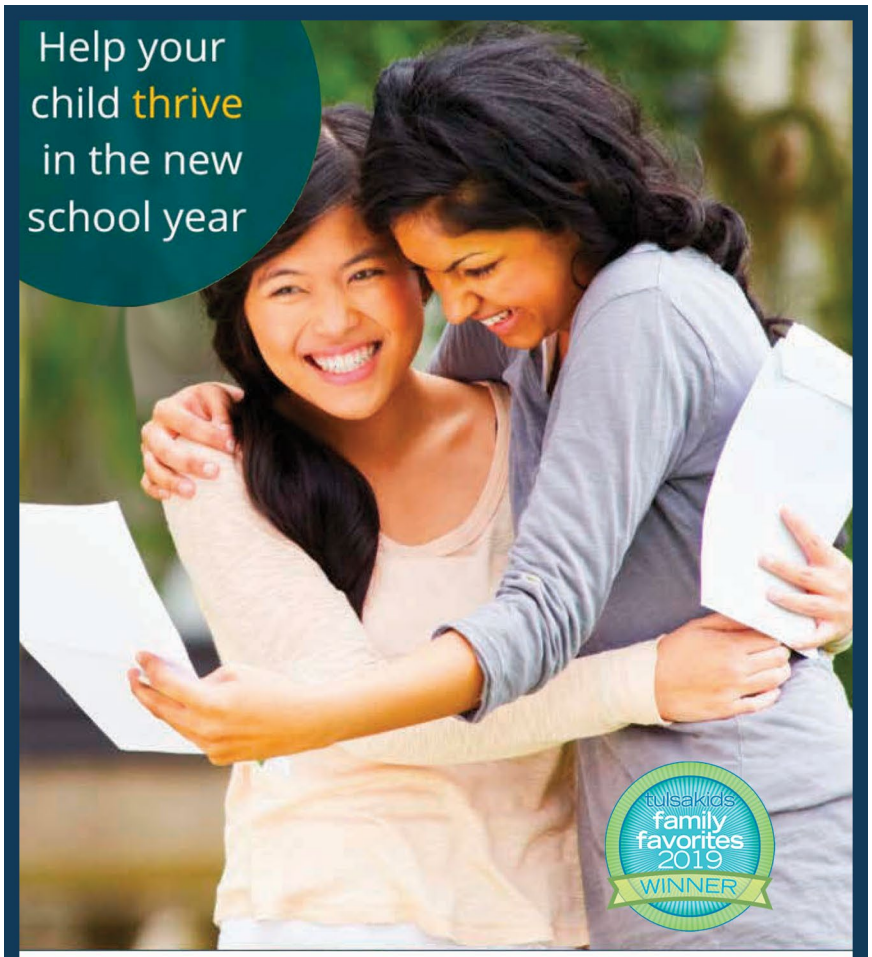
A. As kids head back to school, it is important to remember that learning to swim is a process that requires ongoing repetition and practice. Here are just a few benefits (beyond safety and drowning prevention) of swimming in a year-round program:

- Skill maintenance: Taking a prolonged break from lessons leads to regression in skills.
- Skill building: Swimmers are continually building on the set of skills they already have. We like to say, "Summer swimmers are made in the winter."
- Academic and social benefits: The consistency of the program allows children to build new relationships with peers and instructors in a high trust, low-risk environment.
- Physical fitness: Swimming is a low impact, cardiovascular workout that helps to keep kids healthy year-round.
- Improved coping skills: Children who learn to swim at an early age are more comfortable coping with new and unfamiliar situations. As children learn to thrive in undefined situations and overcome fears in the water, they build confidence in their ability to handle themselves in new and unknown circumstances.

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BY KILEY ROBERSON

surviving separation anxiety

The start of a new school year is upon us and with it so many emotions. For caregivers, there's a mix of sadness at the end of another childhood summer with your littles and pure relief for some routine at the same time. For kids, the feelings can be a little more intense. Of course, excitement is typically there for all the fun things school has to offer, but there can also be anxiety, nervousness and fear. This is especially true for those entering preschool and kindergarten for the first time.

Although it's fun to embark on a new adventure and many preschoolers delight in the feeling of being "big," change can be scary for little ones (and their worried parents). While a highly orchestrated morning routine might get you and your little one out the door on time, that final goodbye can leave even the most upbeat preschooler in a puddle of tears. Preschool parking lots are packed with tearful parents afraid to put their cars in reverse for good reason: separation is hard.

It's only natural for kids to feel anxious when saying goodbye to their parents. In fact, separation anxiety is a normal part of child development. It can begin before the first birthday and pop up again (multiple times) until age four, and sometimes even into elementary school. It can even begin later in the school year. Some kids seem to be doing just fine with the transition only to experience separation anxiety a few weeks into the school year.



SEPARATION ANXIETY CAN BEGIN BEFORE YOUR CHILD'S FIRST BIRTHDAY AND POP UP AGAIN AT VARIOUS AGES.

Crying, tantrums and clinginess are all common symptoms of preschoolers struggling with separation anxiety. Parents should also be on the lookout for signs of regressed behavior. Try not to worry too much if your recently potty trained preschooler suddenly fails to make it to the bathroom on time. When a child is challenged by a new developmental task, he is likely to temporarily lose ground in an area recently mastered.

As you prepare to drop your child off at preschool, the American Academy of Pediatrics (AAP) recommends trying these strategies to help your child cope with separation anxiety:

Create quick good-bye rituals. Creating a specific goodbye ritual prior to the first day of school can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas:

- Develop a special handshake or special wave.
- Hug, kiss, high five and goodbye!
- Tuck a transitional object (i.e. a wishing stone, a small photo or a special charm) in your child's backpack and fill it with love before you drop off your child each day.
- Love notes in the lunch box remind kids that parents love them and will return soon.

Be consistent. Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can. A routine can diminish the heartache and will allow your child to simultaneously build trust in her independence and in you.

Attention. When separating, give your child full attention, be loving, and provide affection. Then say good-bye quickly despite her antics or cries for you to stay.

Practice being apart. Help your child practice separation by staying with a grandparent, going on playdates with friends and spending time with your friends or family (even for an hour).

It's rare that separation anxiety persists on a daily basis after the preschool years. If you're concerned that your child isn't adapting to being without you, chat with your pediatrician. Your pediatrician has certainly helped support families in the same situation and can help calm your unease and determine a plan to support both of you!

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BY DR. TAMECCA ROGERS

tips for transitioning to school post-pandemic

Like me, you may have breathed a sigh of relief to hear children will be back at school again in the fall. For the last 17 months, since Covid-19 arrived, we have all been hit with the never-ending issues of this pandemic. If it's not families out of work, it's homes blanketed with grief and loss, havoc in a family's routine, or just endless disruptions to the everyday school routine.

My family has dealt with technology issues, juggling working from home while helping my 10-year-old son, Keith Ross, with virtual learning, balancing a new routine with a new schedule, and losing a family member.

While the return to school is something to celebrate, it is crucial to recognize that the pandemic, related social issues, and extended school disruptions can have a profound impact on the lives and learning of our children. This means a return to school may not necessarily be smooth sailing, even if it's a return to an old normal we once enjoyed.

School closures disconnected some students from the needed services they offered, such as multi-lingual learning services and counseling resources, which further increased the learning gap.

I witnessed this firsthand when I set up for an early morning Zoom meeting at home one morning while Keith was on his Chromebook, well into his first hour of virtual school. Partway through my meeting, I excused myself to ask Keith if he and his friend were cheating on their assignment by asking the internet, Alexa and Siri, for answers.



DR. ROGERS' SON, KEITH, WITH TWO OF HIS FAVORITE TEACHERS, SYDNEY WEBB AND MARKIE HARALSON, AT ROSA PARKS ELEMENTARY SCHOOL. PHOTO CREDIT: STEPHEN JONES

Keith looked puzzled and said, "No, ma'am, we are working together so I can help my friend understand what this word means in English. He speaks Spanish and doesn't know English too well."

I felt proud of the boys for working together, but I realized what a struggle this was for English language learners, and that learning online had probably increased their educational gap even further.

Our children have proven to be resilient as they have dealt with the emotional challenges of this pandemic and constant disruption to their normal routine. Therefore, returning to school in the fall will still be a big transition for everyone, even though it used to be just part of everyday life.

Remember to extend grace to yourself, your children, teachers, administrators and all involved. This is a big step, and just like it took a while to figure out virtual work and learning, it may take a while to reintegrate back into in-person school. Here are a few tips that may help you with the transition.

DON'T EXPECT TOO MUCH TOO SOON

My son did distance learning for the first semester of the 2020/2021 school year. They tested all students within the first month. Keith's scores indicated he had dropped a few levels from his pre-pandemic test scores in some subjects. He was very disappointed. I encouraged him by reminding him that he was more than just a test score and that we will work to improve it together.

Prior to the test, students were also out of school from March until the end of the school year due to the pandemic, and then they were out of school for summer break; therefore, it had been almost six months since any of them had in-class lessons. Their routine was disrupted, and that was the first time they were tested outside their school environment. However, returning to in-person learning may not automatically trigger a regain in their grades.

This could be for several reasons. Increased socialization may be overwhelming at first. Did your family have a social life during the pandemic? My family did not. We stayed in our house most of the time. Adjusting to this again may be a challenge, and kids may need scheduled timeouts for a while. It may be a good idea to make sure evenings after school are kept free initially, and at least one or two weekends a month, while they adjust to seeing more people and being out in the community more.

Also, routines will look different, sleep patterns may be a bit off, and there is also commuting to deal with. This may make you feel pressed for time. Hence, setting realistic expectations is the best thing you can do for you and your children.

STAY FLEXIBLE

The bottom line is you have to be able and willing to adapt. With any new transition, it will not be perfect. After Keith finished his first semester virtually in December 2020, his school gave all students the option to stay virtual or return to in-class learning. Keith begged me to return to school because he missed his friends and teachers and knew he would learn better in class. I'm sure he was tired of being around me 24/7 as well. It was a tough decision as we both have respiratory issues. I gave in and let him return to school. He was in school for two weeks before he and most of his class were quarantined due to briefly being exposed to someone who had Covid-19. Everyone who was quarantined was allowed to return to school after 10 days.

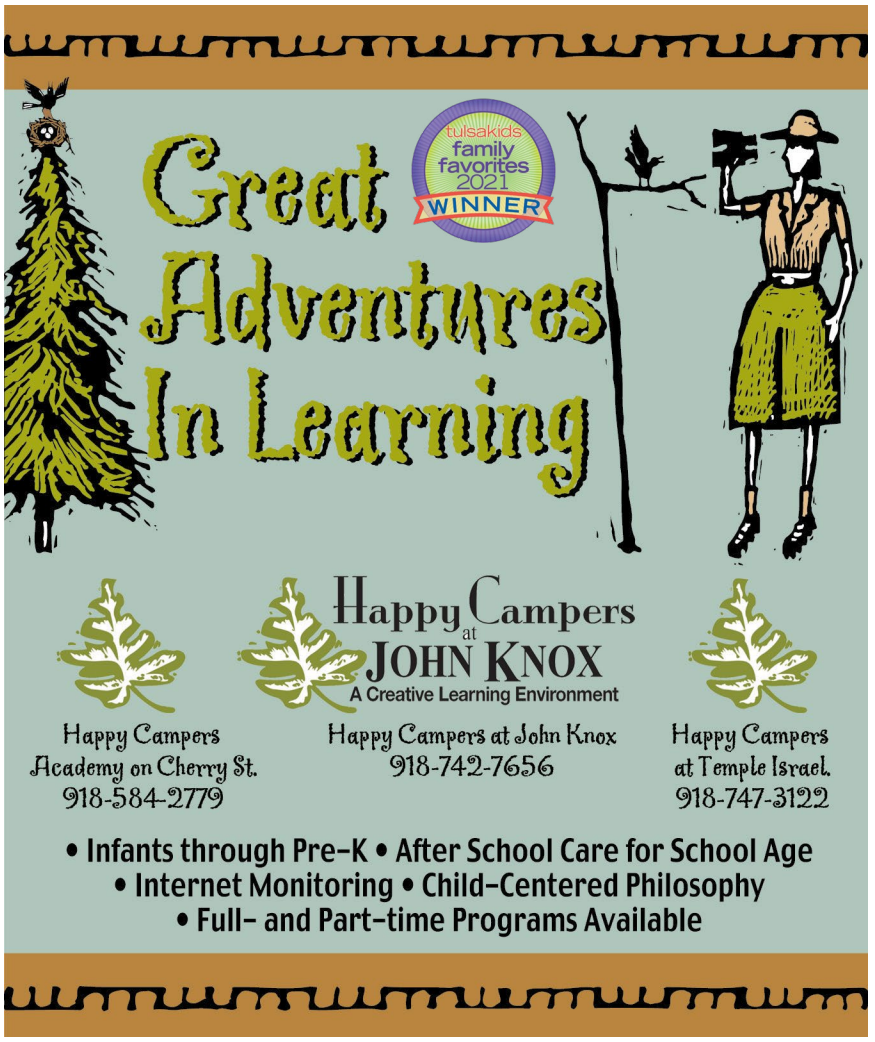
So, there will be hiccups along the way. Protocols may change midstream, and school closures can happen, so it's best to stay mentally flexible and ready to adapt, understanding that things will be fluid before they become consistent.

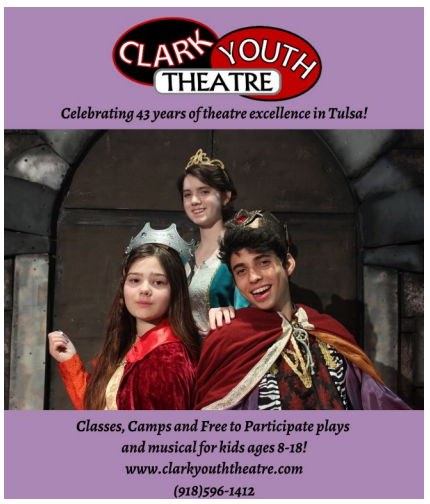
PROVIDE STABILITY

Children thrive from stability. Therefore, during periods of change, they need some constancies. Try your best to be consistent, present and predictable. If you're always the same, this can provide some of the stability they need. Letting children input into the family's timetable can also give them a sense of stability and control, particularly if they understand an activity can still happen even if there is a change to venue or participants. For example, a family get-together in the park may become a dining room picnic via Zoom, but it still will happen regardless. They may even like to choose the alternative activity, so they again retain some control of their lives without having it decided for them.

We have survived a worldwide pandemic. That is a blessing not to take lightly. While the worst seems to be over, we still have to deal with the aftermath that will need more than the vaccine to overcome. With grace, flexibility, realistic expectations, and stability we can all get through the next school year successfully. Keith and I look forward to this.

Dr. Tamecca Rogers is Director of Diversity, Equity and Inclusion at TulsaTechnology Center, where she has worked for 11 years. She holds degrees in psychology, business administration and a doctoral degree in educational leadership. She served five years in the U.S. Navy and a combined six years as a high school instructor and college enrollment counselor. She is a writer and mom to three boys.







BY JULIE WENGER WATSON

teaching teens to not be victims of fake news

According to a study by the Pew Research Center, more than 80 percent of U.S. adults often use their smartphones, computer or tablets to get their news. This shift to digital sources, specifically social media platforms, is even more pronounced when it comes to the younger generations. These digital natives grew up in a world where local papers are as rare as landlines and streaming services like Amazon and Netflix have all but replaced the concept of three or four "major broadcast networks." Unfortunately, this huge disruption in the traditional news industry has come at a cost. Misinformation and disinformation are free to proliferate, distracting people from important issues, causing conflict and even undermining democracy. Learning how to differentiate between fact and fiction has never been more important.

FAKE NEWS

The term fake news is everywhere these days, but what does it really mean? At its core, fake news stories are news stories that are false—fabricated with no verifiable facts, sources or quotes. Other types of fake news include "misinformation" and "disinformation." These are stories that may contain a nugget of truth, but they may not include verifiable facts or sources. Alternately, they may contain verifiable facts, but are written with inflammatory language, a one-sided perspective or without pertinent details.

The difference often comes down to intent. Misinformation is false or inaccurate information that is mistakenly or inadvertently created or spread without the intent to deceive. Disinformation, like propaganda, is purposeful. It's deliberately created and spread in order to influence public opinion or obscure the truth.

Although "fake news" has been around a long time—think supermarket tabloids—the explosive growth of social media and the public's increased reliance on these platforms as a news source has exponentially increased the amount and the speed at which it spreads.

SOLUTIONS & RESOURCES

As individuals, there are a number of steps we can take to recognize and reduce the spread of fake news. Tulsan Emma Robson, a recent graduate of the University of Alabama, studied journalism and creative media. Robson gets her news from digital sources, but she's selective about what she uses. She has the CNN app on her phone and she listens to news podcasts like "The Daily" produced by the New York Times. She also follows some news outlets on social media.

"I feel like there is more of everything on social media these days. I don't necessarily think there is more misinformation being spread, but it's definitely reaching a wider audience," she says.

Robson notes that even if something was originally factual, it can easily be misconstrued when it goes viral or is spread around the internet. Accordingly, she uses her own system to fact check.

"When I read or see something that seems like it might not be true, I try to find at least three other sources on the subject," she says. "This isn't a perfect method, but it does help build a story that is likely more accurate than any of the stories on their own. Also, since most of our major news outlets have a political bias, I look for sources across the spectrum. This helps me understand current events in a deeper way and form my own view of what's happening in the world."

You can also look at nonprofit organizations like PolitiFact, Factcheck and Snopes, which are dedicated to exposing false news. The Poynter Institute for Media Studies, a nonprofit journalism school and research institute has a number of great resources, too. In addition to the previously mentioned PolitiFact, poynter.org is home to The MediaWise Teen Fact-Checking Network. The program has its own YouTube channel devoted to debunking misinformation and building media literacy skills. Daily fact checks for teenagers created by teenagers address everything from politics to current events and even pop culture.

The old adage of "don't believe everything you read" holds true even in the digital age. A little bit of skepticism and a variety of reliable news sources will help you separate fact from fiction. Don't be the victim of fake news.

FACT-CHECKING RESOURCES

Before automatically believing the latest viral "news" tidbit, check and check again before you believe it or share it. Here are some resources to help young people check for themselves.

Poynter.org: nonpartisan and transparent fact-checking

PolitiFact: Part of poynter.org, PolitiFact rates the accuracy of claims by elected officials and others.

MediaWise Teen Fact-checking Network (TFCN): Under the poynter.org umbrella, the TFCN publishes daily fact-checks for teenagers, by teenagers.

Factcheck.org: a nonpartisan, nonprofit "consumer advocate" for voters that aims to reduce the level of deception and confusion in U.S. politics.

Snopes.com: A fact-checking site and reference for researching urban legends, folklore, myths, rumors and misinformation.

Commonsense.org: Use this website to learn how to us Google Reverse Images to fact-check and research images.



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BY NANCY A. MOORE

writer casie bazay shares path to publishing first novel

Family dynamics can be tricky, especially when finances are involved! In Casie Bazay's debut novel, *Not Our Summer,* she focuses on the relationship between two cousins with a family inheritance on the line.

As a former English teacher, Casie has always had an affinity for the written word and enjoys reading and writing. Her opportunity to focus on writing a book came a little over 10 years ago following the birth of her daughter when she made the decision to become a full-time mom and part-time freelance writer. She began the hard work of daily writing with the goal of sending her book to agents to pursue traditional publishing. That goal took discipline, perseverance and many rejections before her fourth novel, *Not Our Summer,* was accepted for publication.





PHOTO CREDIT: TRISTAN BAZAY

TK: As a former teacher, what did you enjoy about that profession?

Casie: I taught for Coweta and Broken Arrow Public Schools for 10 years and enjoyed working with students in the classroom. With my background teaching English to middle school students, I was able to share my love of reading and writing with my students and incorporated books and stories into the curriculum; always including one book in particular, *The Giver* by Lois Lowry. The award-winning book was thought-provoking and always a hit with my students.

TK: When did you decide to write a book?

Casie: Teaching definitely had an impact on my love of reading and writing. I've always loved reading—especially Young Adult novels. While I was teaching in the classroom, popularity grew in that genre with books like the *Twilight, Hunger Games,* and *Divergent* series. I started having thoughts about writing my own book at that time, but I didn't act on it. I really focused on my writing career after I left teaching.

TK: Can you share the process of juggling your role as mom and writer?

Casie: My children are older, so I keep school hours. Creating a habit and sticking with it will get you there. I write after I drop my kids off for school and then when I pick them up, I'm finished for the day. I keep the same schedule during the summer as well.

TK: What do your kids think about your writing career now that you're a published author?

Casie: My kids are so used to hearing me talk about writing that it's just a normal part of everyday life, and the process to publication was such a long one, I'm not sure they understand just how big a deal it is. But if you asked them, I'm sure they would say they are proud of their mom!

TK: What is one misconception you had about writing?

Casie: Don't wait for inspiration to strike. That rarely happens. I learned that the secret to making progress was forcing myself to sit down and write for an hour or two. Some days, I'll only finish a couple of paragraphs and other days I can knock out an entire chapter. The repetition of writing every day helps me progress. I consider any progress to be one step closer to my goal, no matter the amount.

TK: What have you learned through the writing process?

Casie: For me, it's been a 10-year process. I feel like I've grown so much as a writer. I've completed five books now and am working on my sixth.

TK: How did you come up with the idea for Not Our Summer?

Casie: This was the fourth completed novel I have written. One of the lessons I learned is that you have to take risks with your writing. In my first three books, I focused on horses in those books because that was my comfort zone. I have horses and write for equestrian

magazines and companies with my freelance writing. With my fourth book, I intentionally decided to come up with a different idea focusing on the relationship between two characters. I had several hours mowing a horse pasture when I came up with the idea for this book. I felt like I was taking a risk and stepping out of my comfort zone to write a story that was different from my first three books.

TK: Tell us a little about the book.

Casie: The premise centers around five trips, two cousins, one family feud, and a summer that will change their lives forever. The main characters, KJ and Becka, are estranged cousins who come from different backgrounds. KJ was raised by a single mom and Becka has a little more stability in her household, although her mother is on her third marriage. This story follows the cousins on their journey of learning how to deal with their past and come together to earn their inheritance. It's full of real-life lessons and a dramatic plot twist that many find unexpected.

TK: What words of encouragement would you offer to others who want to write a book or are attempting to write their first book?

Casie: Writing books isn't just for other people. Anyone can do it. I highly recommend going to conferences, meeting people, finding critique partners. Just learning from people who know more than you. Be willing to learn from those people.

TK: You sent a tweet saying, "I think that half of being successful at this whole writing thing is acting like you already are." Can you expand on that?

Casie: I tweet a lot of things that come to me or have helped me in the writing process. What I've learned is tricking yourself into believing you can. The more you write, the more your confidence will grow. Writing a book is the hardest thing I've ever done in my life.

TK: What advice would you give to other aspiring writers?

Casie: My biggest piece of advice is don't stop after your first book. I queried over 150 literary agents that ultimately rejected my first book. It was hard for me, because I loved that book, but I decided to set it aside and write a second book. The second book also received rejections—and same with the third. *Not Our Summer* is my fourth book and it finally got published!

TK: What else would you like to share?

Casie: For those interested in writing, I offer some editing services. Anything in your submission process: from fine tuning your query letter, to critiquing your whole manuscript. You're welcome to reach out to me through my website. I really enjoy helping other authors along in the process.

You can pick up a signed copy of Casie Bazay's book locally at Magic City Books. To find out more, visit casiebazay.com.

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on your favorite podcasting platform.

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BY HEATHER LOZANO, YOUTH LIBRARY ASSOCIATE,
SOUTH BROKEN ARROW LIBRARY

the ABCs of ABCs:

26 ACTIVITIES FOR TEACHING THE ALPHABET

Helping kids learn new things, especially the ABCs, can be both fun and creative!

Here are 26 ways to help your child engage their senses for natural learning of the alphabet—what literacy educators call "letter knowledge"—an important building block of learning how to read!

Won't you talk, sing, read, write, and play with me?

A–Animals: Use the letters of the alphabet to make animals that begin with the corresponding letter: A is for Alligator!

B–Blocks: Use a piece of painter's tape to label one block with the capital letter and one with the lowercase, then help your child match them!

C— Car Games like "I spy something that starts with the letter..." or naming letters on signs is a great way to talk about letters and pass the time on long trips!

D–Dot Daubers: Dot along the lines of a letter to learn the shape with polka dots!

E–Edible Alphabet: Pancakes in the shape of the letter P, a whole plate of food that begins with the letter S: salami sandwiches, salad and samosas. Bringing letters into mealtime is a great way to interact with new letters and flavors!

F–Frozen Letters: Freeze plastic letters in ice and let your little one free them! You can use just the letters in their name and help them line up the sounds in order or you can do the whole alphabet! Individual cubes or one big block—either are fun.





IN THESE PHOTOS, ASPEN LOZANO SHOWS SOME OF THE WAYS HER MOM HAS HELPED HER LEARN THE ALPHABET!

G–Garden: Create a sensory bin with dried beans and hide veggies and flowers labeled with letters that match their name!

H–Hide and Seek with letters, that is! A letter hunt is a fun way to learn a new concept. As kids find their letters, help them say their name and sound.

I–Invisible Letters: All you need is paper, watercolor paint and a white crayon to create magic! Write letters with a white crayon, and then let your child discover the hidden letters as they paint over them! The wax from the crayons will prevent the paint from covering that spot on the paper and your child will be amazed when they're revealed!

J–Jump! Write letters on the floor with painter's tape and have your child jump to the letters you call. You can also do this outside with chalk on the sidewalk.

K–Kernels: Place corn kernels in a shallow container and let little ones use their fingers to create letters in the corn. This also works great with sand or shaving cream.

L–Library! Your friendly neighborhood librarian can direct you to books that focus on letter sounds or fun alphabet-focused stories. Build A Reader storytimes at any of our 24 library locations can provide tips and opportunities to talk, sing, read, write and play your way to literacy!

M–Magnets: Having letters everywhere is a great way to keep them in the forefront of your child's mind. Magnetic letters are one way to do just that. You can add them to the fridge or you can create fishing type games where kids use other magnets to pull their letters free from water or sand. You can even have your child copy words onto a cookie sheet.

N–Nature is a great place to engage in conversation and enjoy some letter practice as well. You can write in sand or create letters with sticks, or you can find objects that represent whatever letter you're learning to love!

O–Obstacle Course: Engage all of your child's muscles and embrace gross motor movement by creating an obstacle course. This is especially helpful with active kids. Place letters at one end of the course and their match at the other end. After 26 rounds, maybe they'll even be ready for a nap.

P–Pin it! Clothes pins with letters written on them can be used to match onto a piece of cardstock. Your child can match upper to lower case, create words by matching letters or match letter sounds to pictures.

Q–Qwerty Jumbles The Alphabet: Let your child locate letters on a keyboard, making it a hunt that asks your little one to look closely.

R–Repetition: Repetition may seem tedious, but your child's growing brain is hungry for reinforcement of new concepts! Practicing the same letter for a few days (or weeks!) can help with mastery.

S–Stickers: I've never met a child who doesn't love a good opportunity to play with stickers. You can use simple office supply dot stickers to create a matching game or line the stickers up to create the letter. Not only is this a lot of fun—it's great for fine motor skills too!

T–Tactile Letters: Engaging with textures is a great sensory option for kids! You can find them made of sandpaper or make your own with found objects around the house and in nature. Pipe cleaners, pebbles and sand can create a tactile wonderland for your little ones!

U–Unwrap: Wrap up letters in tissue paper or wrapping paper and let your child free them. All the fun of Christmas morning but with the joy focused on literacy!

V–Vehicles: Kids love cars! Make a road in the shape of a letter and let your kids get the feel of the shape of a letter using their whole body.

W–Window Paint: Window paint can be made by mixing equal parts washable acrylic paint and dish soap. It washes right off with a baby wipe. You can use masking tape to create negative space with the letters or help your little one write the letters on your window. This is one of my little one's very favorite activities!

X–X-Ray: You can create a light box with Christmas lights in a clear plastic container or you can use natural lights from the window to look at your letters. Make classic black by cutting letters into black paper, or you can use colorful tissue paper to create letters on contact paper.

Y–You! Let your child watch you read and write. As you model this behavior, your child will see the benefit of learning letters.

Z–Zoo: A trip to the zoo can be an excellent opportunity to find animals that start with all of the letters of the alphabet. Take photos of your favorites and make your very own zoo alphabet book!

Letter recognition is the foundation of learning to read. The goal of these activities is not perfection but creating an encouraging and exciting atmosphere to gain new skills. By keeping learning fun and interactive, children will be motivated to keep learning and eventually fall in love with reading! Now we know our ABCs!



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BY NATALIE MIKLES

blend it, pack it, wrap it—lunch is in the bag

A 20-minute lunch is the norm for most kids in school.

But once you include the time it takes to line up, grab a cafeteria tray and catch up with a friend, the time a kid has to actually eat can easily diminish to 10 or 15 minutes.

For some kids, this is enough time to quickly eat a sandwich, chips, fruit and chug a chocolate milk. But for slow pokes, talkers and picky eaters, it's not nearly enough.

And while many schools work to create space and time for kids to eat their meals in a healthy way without a time crunch, it's a fact that kids have to be ushered in and out of the cafeteria within the span of a couple of hours to get everyone in school fed in a decent amount of time.

So no matter if your child has 10 minutes or 30 minutes to eat, it's a good idea to remind them this is their time to pack in nutrition, to nourish and energize their bodies so they're prepared for the rest of the day.

If you're packing your child's lunch, we have some recipes and ideas to help you maximize healthy eating in a rush. We also have tips for kids eating in the cafeteria, so check those out and talk about them with your kiddos before they head back to school this year.



EATING BETTER IN THE CAFETERIA

1. **Look over the weekly or monthly cafeteria menu together.** Point out some of the healthier options and browse the "fun" foods, too. Talk about how the cinnamon roll would be a delicious treat to have after eating the vegetable soup. Checking out the menu in advance can give kids an idea of what to expect.
2. **Remember fruits and vegetables.** Remind kids to include apple slices, carrot sticks or any of their favorites alongside their corndog or pizza.
3. **Talk about brain foods.** Explain to your kids that eating a balanced meal from the cafeteria can actually help them do better in school. Eating a meal with fruits, vegetables, protein, dairy and grains will give them brain power to fly through the day.
4. **Eat healthy foods first.** Lunch monitors might remind the kids, but it's also good to hear it from moms and dads. Eat your healthy foods, like the spaghetti and green beans or turkey sandwich and yogurt, before eating your chocolate cake.

PACKING A LUNCHBOX WITH A NUTRITIONAL PUNCH

1. **Make a list.** Write down the healthy foods you've noticed your kids will eat. Hummus and pita, yogurt parfait, black beans and rice. Let them help you add to your list. When you're banging your head against the wall trying to think of foods your kids actually like, go back to that list to jog your memory.
2. **Blend it.** Smoothies are a great way to sneak nutrition into a lunch box. A smoothie of spinach, chia seeds, strawberries and banana tastes sweet, and it's something kids can drink quickly when it's almost time for the recess bell.

3. **Load it into a bar.** Make your own granola bars or oatmeal squares loaded with whole grains, nuts and fruits. Cut into squares, and pack into the lunchbox for a week's worth of healthy treats.
4. **Don't forget your thermos.** A thermos isn't just good for soup. Use it for mashed potatoes, fried rice, pasta and other foods that can be eaten quickly.

Take some of the components of a club sandwich, and use them in a wrap.

TURKEY-BACON WRAP

Serves 2

- 2 (10-inch) wraps or tortillas
- 2 tablespoons honey mustard
- 4 slices honey-roasted turkey breast
- 2 slices cooked bacon
- 4 slices avocado
- 2 slices cheddar cheese
- 2 large romaine lettuce leaves

1. Place wraps side by side. Evenly distribute each ingredient, leaving one quarter of the wrap empty to make it easier to roll. Roll each wrap toward the bare portion. Cut each wrap in half.

Don't like broccoli? No problem! Top the mashed potatoes with your kid's favorite vegetables, turkey bacon or cheese.

BROCCOLI-CHEESE MASHED POTATO BOWL

Serves 2

- 3 cups leftover mashed potatoes
- 1 cup broccoli florets, steamed to tender
- 1/4 cup shredded sharp cheddar cheese

1. Evenly divide mashed potatoes between two thermoses. Top with hot, steamed broccoli and shredded cheese. Tightly seal lid.

Kids love these nutritious bars that are much more filling than your basic kids' granola bar.

LUNCHBOX OATMEAL SQUARES

Makes 16 bars

- 2 cups old-fashioned rolled oats
- ¼ cup flour
- ½ cup granulated sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 eggs
- ½ cup almond milk
- ¼ cup applesauce
- 1 teaspoon vanilla extract
- ¼ cup walnuts, finely chopped
- ¼ cup dried cranberries or raisins

1. Preheat oven to 350 degrees. Line an 8-inch square pan with parchment paper hanging over the edge.
2. In a medium bowl, combine oats, flour, sugar, baking powder, salt and cinnamon.
3. In a large bowl, combine the eggs, milk, applesauce and vanilla extract. Transfer the dry ingredients over the wet ingredients, and set aside until flavors blend, about 20 minutes.
4. Fold in the walnuts and cranberries, and spread combined mixture into prepared square pan.
5. Bake in the preheated oven until edges are golden brown, about 30-35 minutes. Allow to cool on wire rack for 5 minutes before slicing.

Smoothies can be made countless ways—with yogurt, milk, fruit juice and fresh or frozen fruits and vegetables. Here's a basic recipe that works well in a lunchbox. Make it in the morning, and place in a very cold container to keep it chilled until lunchtime. This one works well even in a toddler's lunchbox.

SIMPLE SMOOTHIE

Serves 1

- 1 cup milk
- 1 small frozen banana
- 1/2 cup frozen fruit (blueberries, strawberries, mango, peaches)
- 1/2 cup veggies (such as kale, spinach, roasted sweet potato or raw squash)
- Add-ins: 1 teaspoon chia seeds, 2 teaspoons honey

1. Add all ingredients to blender, and blend until smooth. Scrape down sides, and add more liquid if needed.





BY REP. JOHN WALDRON

the myth of the failing teacher

Be honest. Would you give up your union protections for a decent raise?" the man asked me at a party several years ago. He was the parent of three of my students. I knew what he was getting at: He believed unions protected bad teachers. At the same party, another man opined that a certain amount of "churn" in the Tulsa teacher force might be a good thing. Since that time, I've been elected to the Oklahoma Legislature where I've heard a few more opinions about teachers. "If civics teachers did their jobs, we wouldn't have violent demonstrations in the streets," argued one legislator, while proposing a bill to make the citizenship test a graduation requirement. Then of course there was the debate over HB 1775, a bill banning teaching anything that might make students "feel guilty" about American history. Underscoring the debate was the argument that "Marxist teachers" were indoctrinating their students. Three years after the historic teacher walkout in which parents and communities came out in favor of a raise for educators, the tide was again turning against teachers—or at least—the teachers we don't like.

It's true there are bad teachers, just as there are bad lawyers, bad Uber drivers and bad everything. I taught in Tulsa for 20 years, and I had moments I'm not proud of. But a myth is being generated—the myth of the bad teacher—for a specific purpose. It empowers a line of argument that we need to reform public school systems in ways that make it easier to hire and fire teachers. Other fields don't have labor protections, so why should public education?

If we harp on bad teachers all the time to serve an agenda of education reform, we may break down the system without having an adequate replacement for it.

Charter schools, voucher programs and the Governor's distribution of federal relief funds have all moved more dollars and students into schools without negotiated labor contracts. All this, despite the evidence showing that most people with children in schools like their children's teachers.

The biggest problem with this line of attack, though, is the looming teacher shortage. Two thousand veteran teachers retired this year—double the usual number. Partly, this was because of the 2018 raise, which incentivized eligible people to retire after three years of higher salaries. Only about 1300 students are currently enrolled in teaching colleges. Not all of them will graduate and many of them will go out of state. So we'll rely as usual on alternatively certified and, increasingly, emergency certified teachers. Last year we certified over 3,000 in the latter category, and we have every expectation this will continue.

The myth of the failing teacher is dangerous because in this climate we can't replace them. We're desperate for people to fill those classrooms. And this doesn't just apply to public schools. Private schools often rely on the public-school teacher workforce for recruits. The diminished numbers in our teaching colleges are the canary in the coal mine for the whole system, public and private. If we harp on bad teachers all the time to serve an agenda of education reform, we may break down the system without having an adequate replacement for it.

Where will we be when the last veteran teacher walks out the door?

BY TARA RITTLER

questions for tulsa health department: kids and covid, summer 2021

We reached out to the Tulsa Health Department with some questions about the new COVID variants and how they are affecting children. Thank you to Epidemiology Supervisor Jessica Rice and Epidemiologist Madison Thomas for answering our questions, and to THD nurse and Clinical Services Manager Ellen Niemitalo, who answered the final two questions.

Keep in mind that data changes daily. Find THD's latest COVID information at tulsa-health.org/coronavirus-disease-2019-covid-19.

What should parents know about new COVID variants?

The emergence of variants is expected with a virus like COVID-19, and as we return to a sense of normalcy across the nation and in our state, variants present one of the biggest threats to maintaining decreases in community spread.

According to the CDC, some variations allow the virus to spread more easily or make it resistant to treatments or vaccines. Those variants must be monitored more carefully.

Parents should know that this underscores the importance of prevention. The best thing you can do to protect yourself and those around you from new variants of COVID-19 is to get a COVID-19 vaccine. Anyone age 12 and older can receive a safe, effective and free COVID-19 vaccine. Other prevention measures like masks and social distancing should be implemented by those who are unvaccinated or too young to be vaccinated.

Are the new variants more transmissible than the original? More dangerous?

New variants are continuing to be discovered, but not all newly discovered variants are more dangerous than previously discovered ones. A variant that is gaining predominance in the United States, B.1.617.2 (Delta) variant, is more transmissible than the B.1.1.7 (Alpha or U.K.) variant, which is more contagious than the original SARS-CoV-2 strain. Delta variant is classified as a variant of concern which means it may spread more easily, cause more hospitalization and deaths, lead to less neutralization by antibodies, have less efficacy in treatment or impact diagnostics.

How are these new variants affecting children?

Studies suggest that the Delta variant is more transmissible than the Alpha variant, which is more contagious than the original SARS-CoV-2 strain. Since vaccines have not been as available as long for kids under 16 as they've been available for older teens and adults, fewer young people have been vaccinated. For that reason, this age group is more likely to be vulnerable to the COVID-19 virus and variants compared to other age groups.

What do symptoms for the new variants look like?

The symptoms of the predominant variants in the US are, for the most part, still going to be the same as traditional COVID-19 symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you or your child are experiencing any of the symptoms associated with COVID-19, it is important to be tested. That is the best way to know what steps to take next to protect yourself and others.

What safety precautions should unvaccinated kids be taking?

Individuals age 2 and older who are unvaccinated should continue to wear a mask in indoor public places. Generally, masking is not required for outdoor settings unless social distancing cannot be maintained due to it being a crowded outdoor setting. Kids and adults who are not fully vaccinated should social distance (6 ft or approx 2 arms lengths away) from people who are not living in the same household. Therefore, crowded areas should be avoided. Hands should also be washed often and touching your face should be avoided. The best way to protect yourself against COVID-19 is to get vaccinated.

If anyone is feeling unwell and is experiencing any of the COVID-19 symptoms, they should stay home and away from others. Be informed about you or your child's health by seeking out testing.

Should parents be worried about sending their kids to camp or school?

There is guidance that has been created by the CDC for camps and schools to follow to prevent the spread of COVID-19. These mitigation measures are known to help prevent illness within these settings. If your child is 12 years of age and older, they are recommended to get the COVID-19 vaccine to protect them in the event that they are exposed in these settings.

Talk to your child's camp or school administrators to learn about their COVID-19 safety measures.

What do you recommend as far as mask wearing at school once kids head back in the fall? Or is it too soon to tell?

The recommendation for mask use continues to be that unvaccinated individuals aged 2 and older should wear a mask when in indoor settings, and a school certainly falls into that category. Masks and the other precautions (social distancing, hand washing, vaccinations etc.) are the best tools we have to prevent the virus from spreading.

Do vaccinated individuals need to start wearing masks or taking other precautions again?

The vaccines are still highly effective against the variants for not only preventing symptomatic COVID-19 infection, but severe disease as well. It is important to stay informed about what is going on with COVID-19 in your area so you can adapt to recommendations if they change.

What is the difference in severity if a vaccinated vs. unvaccinated person contracts a new strain of COVID?

If you get the COVID-19 vaccine, it's much less likely that you will contract a serious case of COVID-19 that could cause hospitalization or death.

If a vaccinated family member is exposed to COVID, is it possible to bring that exposure home to an unvaccinated child?

If a fully vaccinated family member is exposed to someone with COVID-19 then they do not need to be quarantined as the risk of developing COVID-19 is low. While the vaccines are highly effective to prevent you from getting seriously ill, there's a small possibility you can get the virus. Regardless of vaccination status, if you are sick then you have the potential to spread it to others. COVID-19 positive household members should isolate away from other household members if possible. If you are concerned about having COVID-19 after being exposed, testing is widely available in Tulsa.

What would you say to someone who is reluctant a) to get vaccinated themselves or b) to vaccinated their teenage child?

COVID-19 vaccines have been administered to over 183 million people in the United States and over 1.7 million people in Oklahoma. Over 50,000 people age 12-17 in Oklahoma have received at least one dose of the COVID-19 vaccine. The vaccines are safe and effective in preventing COVID-19 disease for both the individual who receives the vaccine and those around that individual.

Individuals and parents want to make the best decision for themselves and their families. The Tulsa Health Department strives to provide accurate information so people can make informed decisions. Additionally, individuals are encouraged to discuss the information and decision with their health care provider.

KILLERS OF THE FLOWER MOON GRANDDAUGHTER SHARES COMPLEX CONNECTION WITH OSAGE MURDERS

BY NATALIE MIKLES



Margie Burkhart with Martin Scorsese and family. Photo courtesy of Margie Burkhart.

When cast and crew from *Killers of the Flower Moon* came to Pawhuska to film, it seemed everyone in Tulsa had their own story to tell.

There were Leonardo DiCaprio sightings, friends who were cast as extras, business owners who saw a boon from the traffic and attention. Those brushes with fame were part of the fun and part of the hype surrounding the Martin Scorsese-directed film based on the popular 2017 book *Killers of the Flower Moon*.

But for Margie Burkhart, this is more than a Hollywood movie. This is her life. This is the aftermath of the tragedy that left her without aunts, uncles and cousins. This is the reality that turned her big family into a much smaller one and left the family that remained divided.

Margie's grandmother, Mollie Burkhart, survived the 1920s Reign of Terror, a scheme by white men in the area to kill members of the Osage Nation to gain their wealth and mineral rights. From 1918 to 1923, Mollie's three sisters and mother died under mysterious circumstances or were found murdered, leaving Mollie afraid for her life. At the same time, other Osage men and women were also found dead.

An investigation by the U.S. Bureau of Investigation, which later became the FBI, led to the arrests of a handful of men including Mollie's husband, Ernest Burkhart, and his uncle, William K. Hale, the ringleader of the murder plot.

Today, Mollie's granddaughter, Margie, lives in Tahlequah. She watched as David Grann's

book *Killers of the Flower Moon* became a bestseller and is now amazed at the attention the movie has brought to Oklahoma.

"I'm glad the story is getting out there. It was a story that needed to be told," Margie said. "When the book came out and we would go to some of the book signings, people would come up and say, 'I lived in Tulsa all my life but never knew this happened.'"

That's less likely the case today with all the attention the book and movie have received over the last few years.

Margie has never shied away from talking about her family history. In high school, a teacher told her she should consider writing a book about the Osage murders, saying "You know, this is going to be an important story one of these days." She does wonder why it took so long for the Reign of Terror to capture the attention of the public. *Killers of the Flower Moon* wasn't the first book about the murders, but it was the one that clicked.

And though Margie had some worry about how her family would be portrayed, that was alleviated after speaking to Scorsese.

"I was kind of concerned in the beginning. But I could tell he's going to be very sensitive to the story," she said.

She told me her concerns of the Hollywood stereotypes of American Indians in film, including the infatuation with alcoholism, for instance. They also spoke of the complexity of her grandmother's relationship with her grandfather. Though Mollie did end up divorcing Ernest, she supported him during his trial.

"I think for the next generation of my family, they're going to be OK just because of the way we talk about it," she said. "We don't put any shame on anything. It was a tragedy, and we're strong because of it, and they'll be strong because of it, too."

She had the same conversation with Leonardo DiCaprio, who spoke to Margie and her husband for a couple of hours. She said meeting Leonardo DiCaprio in his basketball shorts and sneakers as he asked questions about her family history was one of those moments that made her realize just how big the movie was going to be. DiCaprio, who plays Margie's grandfather, wanted to better understand the relationship between Mollie and Ernest.

"He wondered how somebody could love someone and murder the rest of the family. It was hard for him to wrap his head around it," she said. "I told him that Ernest was so under the influence of his uncle, he would have done anything asked of him."

Margie's father, who fought against alcoholism and anger issues stemming from the murders, attempted to reconnect with his father after Ernest was released from prison, but Margie says the pain and outrage over the betrayal was too much to bear.

"My dad was very upset. To really be honest, I think the Osage tribe ostracized those kids. As a tribe, they should have nurtured and cared for these kids, like my dad and his sister," she said.

Despite Margie's father's issues, she says he was always a good dad, making sure to create happy memories with his family like beautifully decorating the Christmas tree and going all out for Halloween.

"He was dealing with a lot of internal feelings all his life. I'm sad he didn't get to read the book," she said.

Margie thinks her grandmother, who died young at age 50, would have been pleased with how the book and movie have brought light to the murders of her beloved family.

"She was a traditional Osage woman. Even though she was forced to go to boarding school, she hung on to those traditional values. She was a good mother to her son and her daughter," she said. "She was the strong, silent type. And I think reading the book would have brought up a lot of sensitive feelings since she was the only one left of her sisters."

Margie and her husband have many friends who are extras on the movie, and her brother will play a schoolteacher.

"He fills me in on it, and it seems like they're having fun," she said. "I can kind of distance myself from it. I can see the good that it's doing for Pawhuska and Fairfax."

She sees the happiness ushered in with the film and is able to allow herself to distance from the pain of the past, she said.

For Margie, with a family history as difficult and complex as this, it's never been something she's been afraid to talk about. Her mom and dad spoke openly about it with her and she did the same with her children.

"I think for the next generation of my family, they're going to be OK just because of the way we talk about it," she said. "We don't put any shame on anything. It was a tragedy, and we're strong because of it, and they'll be strong because of it, too."



PUT ON YOUR LISTENING EARS EACH WEDNESDAY MORNING AT TULSA ZOO'S ELEPHANT PAVILION! ENJOY STORYTIME—AND MEET AN ANIMAL AMBASSADOR! PHOTO COURTESY OF TULSA ZOO

This information is correct to the best of our knowledge. However, check with the organizer before attending events, as information can change.

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

August 1 Sunday

DOG DAY AT TULSA BOTANIC GARDEN

It's Dog Day at Tulsa Botanic Garden, a special day when your four-legged family member can join you for a walk in the Garden (dogs are not allowed other times). From 10 a.m. to 2 p.m. TBG will have food options and a bar. Dog treats will also be available. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 9 a.m.–5 p.m. tulsabotanic.org

SENSORY SKATE AT WHEELS AND THRILLS

Join Wheels and Thrills for Sensory Sunday! Enjoy fun activities with no flashing lights or loud noises. The arcade and laser tag will be suspended. Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10:30 a.m.–12:30 p.m. wheelsandthirlls.com

August 2 Monday

FIRST MONDAY ART & CRAFT AT ROMP [FREE]

The Rural Oklahoma Museum of Poetry provides a special craft activity for kids ages 5 and up on the first Monday of each month. Rural Oklahoma Museum of Poetry, 416 E. Main St., Locust Grove, 10:30 a.m.–12 p.m. rompoetry.com

August 3 Tuesday

NOS APOYAMOS [FREE]

This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918-582-8272. 6-7 p.m. thearcok.org

August 4 Wednesday

LITTLE GARDEN EXPLORERS [W]

Spark wonder at Little Garden Explorers, an easygoing play invitation designed for children under 5. Philbrook Museum, 2727 S. Rockford RD., 9:30–11:30 a.m. philbrook.org

THE STUDIO AT AHHA TULSA [ONGOING]

Visit THE STUDIO at ahha Tulsa Wednesday through Sunday for a fun, creative experience! They provide recycled and other art materials, creative prompts and more. August's featured material is leather, and the featured technique is friendship bracelets. ahha Tulsa, 101 E. Archer St., 12–9 p.m. Wednesday through Saturday, 12–7 p.m. on Sundays. ahhatulsa.org

August 5 Thursday

JUST BETWEEN FRIENDS—TULSA MEGA SALE [FREE]
Browse thousands of gently used, high-quality children's items like baby clothes and nursery furniture, kid's toys, shoes and more! Repeats August 5–8. Woodland Hills Mall, former Sears location, 7021 S. Memorial Dr., tulsa.jbfsale.com

STORYTIME IN THE GARDEN [W]
Head to Philbrook each week for Storytime! Imaginative stories will be geared toward kids 10 and under. Philbrook Museum, 2727 S. Rockford Rd., 10–10:30 a.m. philbrook.org

August 6 Friday

FIRST FRIDAY AT LIVING ARTS [FREE]
View Living Arts of Tulsa's OVAC Art 365 Exhibition at Tulsa Arts District's First Friday Art Crawl. Reserve your space on their Facebook event page. Living Arts of Tulsa, 307 E. Reconciliation Way, 6–9 p.m. facebook.com/livingartsoftulsa

August 7 Saturday

EARLY BIRDS—SENSORY FRIENDLY HOUR [FREE]
The Ray Harral Nature Center will open an hour early to provide a sensory friendly space for families. They will also provide scavenger hunts! Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 9–10 a.m. facebook.com/rayharral-naturecenter

KIDS TAKE OVER THE COWBOY—COWBOY DUDS: VAQUERO-WEAR
Many of the cowboy traditions that you find in the American West had their origins in Mexico and the vaqueros that wrangled cattle there. These traditions eventually traveled north into what became the United States. Explore the unique items that these vaqueros wore. Make your own sombrero and spurs and stay for 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 & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.–12 p.m. nationalcowboymuseum.org

August 8 Sunday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE, W]
Hike amid centuries-old post oak and cedar trees at Keystone Ancient Forest! Also home to a variety of wildlife and stunning natural beauty. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 7 a.m.–6 p.m. sandspringsok.org

August 9 Monday

RHEA LANA'S OF BROKEN ARROW [FREE]
It's time for Rhea Lana's of Broken Arrow's BIG back-to-school sale! Get great deals on your back-to-school shopping. Half price shopping starts the evening of August 10. Pre-sale dates are August 6 and 7. Rhema Recreation Center, 1367 W. Kenosha St., Broken Arrow, August 8–12. Find a daily schedule at brokenarrow.rhealana.com.

August 10 Tuesday

STORYTIME AT ELEANOR'S BOOKSHOP [FREE, W]
Eleanor's Bookshop hosts storytime every day at 11:30 a.m., with the exception of Mondays. Eleanor's Bookshop, 1102 S. Lewis Ave., Suite D, 11:30 a.m. eleanorsbookshop.com

August 11 Wednesday

CLAY DAY AT AHHA TULSA
Air dry clay will be your new favorite material during Clay Day. Included with regular admission. ahha Tulsa, 101 E. Archer St., 12–9 p.m. ahhatulsa.org

SCI-FI & FANTASY BOOK CLUB [FREE]
Join fellow sci-fi and fantasy enthusiasts on Zoom to discuss "The Windup Girl" by Paolo Bacigalupi. What happens when bioterrorism becomes a tool for corporate profits? And what happens when this forces humanity to the cusp of post-human evolution? This is a tale of Bangkok struggling for survival in a post-oil era of rising sea levels and out-of-control mutation. Contact rebecca.mcwilliams@tulsalibrary.org for the Zoom link. For ages 16 and up. 6–7 p.m.

August 12 Thursday

THURSDAY MORNING TINY TOTS [W]
Kids ages 6 and under can enjoy skating, riding, jumping and more! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10 a.m.–1 p.m. wheelsandthrills.com

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. thearcok.org

TAKE ME OUT TO THE BALL GAME!

Cheer for the Tulsa Drillers at ONEOK Field.

8/1, 1:05 p.m. vs. Midland
(Family FUNday Sunday)

8/10, 7:05 p.m. vs. Wichita
($2 Tuesday)

8/11, 7:05 p.m. vs. Wichita
(Paws & $3 White Claws)

8/12, 7:05 p.m. vs. Wichita
(Thirsty Thursday, Bobblefish Giveaway)

8/13, 7:05 p.m. vs. Wichita
(Friday Night Fireworks!)

8/14, 7:05 p.m. vs. Wichita
(Grand Slam Saturday, Noddlers Bucket Hat Giveaway)

8/15, 1:05 p.m. vs. Wichita
(Family FUNday Sunday)

8/17, 7:05 p.m. vs. NW Arkansas
($2 Tuesday)

8/18, 7:05 p.m. vs. NW Arkansas
(Paws & $3 White Claws)

8/19, 7:05 p.m. vs. NW Arkansas
(Thirsty Thursday, Mystery Bobblehead Giveaway)

8/20, 7:05 p.m. vs. NW Arkansas
(Friday Night Fireworks!)

8/21, 7:05 p.m. vs. NW Arkansas
(Grand Slam Saturday, OKC Thunder Night)

8/22, 1:05 p.m. vs. NW Arkansas
(Family FUNday Sunday)

8/31, 7:05 p.m. vs. Springfield
($2 Tuesday)

Find additional details and purchase tickets at tulsadrillers.com.
Photo courtesy of Tulsa Drillers





August 13 Friday

MATILDA THE MUSICAL
Theatre Tulsa presents "Matilda the Musical"! Based on Roald Dahl's beloved book, "Matilda" tells "the magical story of a little girl with an incredible gift." Tulsa PAC, 110 E. 2nd St., 8 p.m. Additional showtimes available. tulsapac.com

August 14 Saturday

WILL ROGERS & WILEY POST ANNUAL FLY-IN [FREE]
See vintage aircraft, including World War I fighters, bi-planes and more at the annual Will Rogers & Wiley Post Fly-In! Plus classic cars, live music, concessions and inflatables. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 7:30 a.m.–1 p.m. willrogers.com

SUPERCALI SATURDAYS: CHALK DRAWING
Join The Magical Nanny and friend Burt and draw what you like with chalk! Make your own art and join in a sing-and-dance along and story time in the Children's Discovery Garden. Free with general admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.–12 p.m. tulsabotanic.org

SECOND SATURDAY SILENTS
Travel back in time on the second Saturday of each month at Circle Cinema! Second Saturday Silents presents a new silent film each month, with live organ accompaniment by Bill Rowland. Tickets are $5 for adults, $2 for children. Circle Cinema, 10 S. Lewis Ave., 11 a.m. circlecinema.org

August 15 Sunday

LAST CHANCE: ENTER TULSAKIDS' COVER KID CONTEST! [FREE]
Today is the final day to enter your child in TulsaKids' 2021 Cover Kid Contest, sponsored by Tulsa ER & Hospital. The submission period is open through August 15. Then, encourage your friends and family to vote (once daily) for your nominee, from August 16–31. The entry link and additional details are available at tulsakids.com/contests.

STUDIO SUNDAY: SOAP CARVING
Learn how to do soap carving at this special day in THE STUDIO at ahha Tulsa, 101 E. Archer St., 1–5 p.m. ahhatulsa.org

VISIT THE GILCREASE GARDENS! [FREE, DAILY]
Gilcrease Museum may be closed, but you can still visit the beautiful gardens and neighboring Stuart Park! Open daily from 6 a.m.–11 p.m. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., gilcrease.org/gardens

August 16 Monday

FITNESS ON THE GREEN [FREE, W]
Work up a sweat at free, outdoor fitness classes taught by a licensed instructor from the YMCA every week on the Green! Don't miss Zumba Mondays at 5:30 p.m. and Yoga Wednesdays at 5:30 p.m. Guthrie Green, 111 E. Reconciliation Way, 5:30 p.m. guthriegreen.com

August 17 Tuesday

YOGA FOR EVERY BODY [FREE, W]
Join via Facebook Live for a free beginner-friendly yoga class taught by certified yoga instructor Beth Richmond. Join here: www.facebook.com/tulsalibrary. For adults. 6–7 p.m.

August 18 Wednesday

STORY TIME AT TULSA ZOO [W]
Enjoy a storytime and meet an animal ambassador every Wednesday at the Tulsa Zoo! Storytime will begin at 10 a.m. at the elephant pavilion. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m. tulsazoo.org

August 19 Thursday

SAFE KIDS TULSA CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m–12 p.m. safekidstulsa.com

TREEFORT STORYTIME
Enjoy a nature-themed story in the Children's Discovery Garden and explore the Garden on your own afterward. Bring a picnic lunch if you like! Free with general admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30–11 a.m. tulsabotanic.org

MISTAKES TO MASTERPIECES: FAMILY-FRIENDLY PAINT-ALONG [FREE]
Join on Zoom to paint along or create your own original work of art. Pick up or reserve your paint kit at Pratt Library (3219 S. 113th Ave. W., Sand Springs). Supplies include one canvas, paints, two brushes and visual instructions. Register at www.tulsalibrary.org/events to receive Zoom link. For all ages.

GUTHRIE GREEN MOVIE NIGHT: WONDER WOMAN 1984 [FREE]
Movie nights are back at Guthrie Green! Bring a picnic blanket or lawn chair. Popcorn and food will be available for purchase. Guthrie Green, 111 E. Reconciliation Way, 7–10 p.m. guthriegreen.com

August 20 Friday

FAMILY NATURE WALK AT PHILBROOK [W]
Explore the Philbrook Gardens and use your senses to explore the world around you! Guests are invited to bring a camera, magnifying glass, or sketching supplies. Philbrook Museum, 2727 S. Rockford Rd., 10–10:30 a.m. philbrook.org

COX MOVIE NIGHT IN THE PARK: TOY STORY [FREE]
Enjoy a free movie at Gathering Place's QuikTrip Great Lawn, along with fun, family friendly activities. Bring lawn chairs and blankets if you like! Gathering Place, 2600 S. Riverside Dr. See website for start time. gatheringplace.org

August 21 Saturday

SPRINKLER SATURDAYS [W]
Bring your suit and towel and run through sprinklers in the Philbrook Gardens every Saturday! Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.–12 p.m. philbrook.org

BUTTERFLY WALK [FREE]
Butterflies are becoming more plentiful at this time of year! See what fluttering beauties you can find at Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.–12:30 p.m. oxleynaturecenter.org

FAMILY DAY AT WILL ROGERS MEMORIAL MUSEUM
Look back on Women's Suffrage 101 years ago! The Rogers County Election Board will be there for the celebration, ready to register new voters. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1–3 p.m. willrogers.com



CALLING ALL EARLY BIRDS! THE RAY HARRAL NATURE CENTER IN BROKEN ARROW OPENS AN HOUR EARLY ON AUGUST 7 FOR SENSORY FRIENDLY HOUR. PHOTO COURTESY OF RAY HARRAL NATURE CENTER



FUN IS COMING IN FOR A LANDING AT THE ANNUAL WILL ROGERS & WILEY POST FLY-IN ON AUGUST 14! PHOTO COURTESY OF WILL ROGERS MEMORIAL

August 22 Sunday

TRACIE'S SCHOOL OF DANCE OPEN HOUSE [FREE]

Tracie's School of Dance is hosting open houses August 8, 15 and 22. Learn more about what Tracie's School of Dance has to offer—like tap, ballet, pointe, jazz, hip hop and more! Tracie's School of Dance, 806 N. Sycamore Ave., Broken Arrow, 2–4 p.m. traciesschoolofdance.com

FULL STURGEON MOON WALK

Hike under the full moon at Oxley Nature Center. $3 for Oxley members, $5 for non-members. Bring exact change and register by 4:30 p.m. two days prior to the walk. Call 918.596.9054 to register. Oxley Nature Center, 6700 Mohawk Blvd., 7–8:30 p.m. oxleynaturecenter.org

August 23 Monday

AMERICAN RED CROSS BLOOD DRIVE [FREE]

The Oklahoma Aquarium is proud to partner with the American Red Cross for a blood drive. To learn more about how your blood donation can help, visit redcrossblood.org. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 11 a.m.–5 p.m. okaquarium.org

August 24 Tuesday

SUMMER THRIFTY SKATE NIGHT [W]

Skate the night away at Wheels and Thrills! Admission is just $3 every Tuesday and Thursday evening through August 31. Skate rental is $2; Unlimited fun is $10. Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 4:30–8:30 p.m. wheelsandthrills.com

August 25 Wednesday

TEEN CONNECTION [FREE]

This is a social group for middle and high school students with high functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. thearcok.org

August 26 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly! Bixby Fire Department Station 2, 8300 E. 121st St., Bixby, 10 a.m.–12 p.m. safekidstulsa.com

STORYTIME AT GATHERING PLACE [FREE, W]

A different guest reader will read an engaging story every Thursday afternoon under Gathering Place's Reading Tree. Gathering Place, 2600 S. Riverside Dr., 4 p.m. gatheringplace.org

August 27 Friday

FINAL FRIDAY IN THE PARK [FREE]

Head to LaFortune Park to enjoy an evening of live music and food trucks. Plus, talented Tulsa artists will showcase their art—painting, photography, ceramics, jewelry and more. LaFortune Park, 5202 S. Hudson Ave., 6–9 p.m. facebook.com/lafortuneparktulsa

INTERNET CAT VIDEO FESTIVAL

Philbrook's popular Internet Cat Video Festival is back! In addition to fabulous feline films, guests can enjoy burger night and other fun activities. Purchase tickets in advance. Philbrook Museum, 2727 S. Rockford Rd., 6–9:30 p.m. philbrook.org

August 28 Saturday

MAKER FAIRE TULSA

It's the Greatest Show (& Tell) on Earth! Celebrate technology, science, education and more at Fab Lab Tulsa's 9th Annual Maker Faire! Exchange Center at Expo Square, 4145 E. 21st St., 10 a.m. tulsa.makerfaire.com

STORY TIME AT LAVENDER'S BLEU LITERACY MARKET [FREE, W]

Head to Lavender's Bleu Literacy Market's storytime corner every Tuesday and Saturday at 11 a.m.! Lavender's Bleu Literacy Market, 8210 S. Harvard Ave., lbliteracymarket.com

SALSA FESTIVAL

Celebrate salsa at Oklahoma Aquarium's 2nd Annual Salsa Festival! Vendors will be on-site handing out samples of salsa and/or queso. Guests can vote on their favorites in three categories: hot, mild, and anything goes! Regular admission to enter (free for members); chips are $3 for those wanting to sample. Oklahoma Aquarium, 300 Aquarium Dr., 3-6 p.m. okaquarium.org

August 29 Sunday

OPEN SWIM AT MILLER SWIM SCHOOL [W]

Practice your swimming skills and have fun with family and friends at Miller Swim School's Open Swim! Available to ALL swimmers. $5 per person, ages 3+. First come, first serve. Miller Swim School, 6415 S. Mingo Rd., 4–6 p.m. Also occurs weekly on Saturdays, 4–6 p.m. millerswimschool.com

August 30 Monday

Find more family fun at tulsakids.com/calendar!

August 31 Tuesday

VISIT GILCREASE GARDENS [FREE, ONGOING]

Although Gilcrease Museum is closed to prepare for construction of its new facility, the Gilcrease Gardens and neighboring Stuart Park are open daily! Gilcrease Museum, 1400 Gilcrease Museum Rd., 6 a.m.–11 p.m. gilcrease.org

ESCAPE TO MARGARITAVILLE

Celebrity Attractions presents Jimmy Buffet's "Escape to Margaritaville," a musical comedy featuring Jimmy Buffet classics. Not recommended for children below age 12. Tulsa PAC, 110 E. 2nd St., multiple showtimes available, August 31–Sept. 5. tulsapac.com



SCHOOL SUPPLY DRIVES AND COMMUNITY EVENTS

SCHOOL SUPPLY DRIVE FOR SAN MIGUEL MIDDLE SCHOOL

When: Through August 6

Where: Kendall-Whittier District Businesses, including Eleanor's Bookshop, Circle Cinema, She Brews, Mother Road Market and more…Find a list at facebook.com/visitKendallWhittier

Kendall-Whittier district businesses are collecting school supplies for San Miguel Middle School. Items needed include: backpacks, #2 pencils, colored pencils, pens, notebooks, pencil bags & sharpeners, kleenex, erasers, calculators, scissors, planners, hand sanitizer & wipes and dry erase markers.

YWCA TULSA SCHOOL SUPPLIES DONATION DRIVE

When: Through August 9

Where: Patti Johnson Wilson Center (1910 S. Lewis) or East Community Center (8145 E. 17th St.)

YWCA Tulsa is taking donations of new or unused school supplies at both locations. There will be a drive thru distribution event on August 12. Supplies will be distributed at a drive-thru event on August 12. Follow @ywcatulsa on Facebook or @ywca_tulsa on Instagram for details.

TAX FREE WEEKEND: AUGUST 6–8

Purchase clothing and footwear tax-free from August 6–8. Items must be less than $100, and other restrictions may apply. Learn more at oklahoma.gov/tax.html.

BACK TO SCHOOL BASH [FREE]

When: August 7, 9 a.m.–12 p.m.

Where: The Assembly at Broken Arrow, 3500 W. New Orleans St., Broken Arrow

This is an annual backpack and school supplies giveaway held at The Assembly of Broken Arrow. Students must be present. More than 800–1,000 backpacks will be given away, and many vendors will be on-site to distribute helpful information. facebook.com/brokenarrowpolice

BACK-TO-SCHOOL BLOCK PARTY [FREE]

When: August 7, 9 a.m.–12 p.m.

Where: Southminster Presbyterian Church, 3500 S. Peoria Ave.

Join friends and neighbors for a morning of games, crafts, music, food and fun at Southminster Presbyterian Church's BACK-TO-SCHOOL BLOCK PARTY. The Blue Cross/Blue Shield Caring Van will be providing vaccines for children 17 and younger free of charge (parent or guardian must be present; bring current shot record). Enjoy music by Hot Toast Music Co., cold treats from Josh's Sno Shack, bagels and coffee for the adults, and hotdogs from 11 to noon, northeast parking lot behind Mondo's. Everyone is invited to this free community event! southminstertulsa.org

CUTS FOR KIDS

When: August 10–12

Clary Sage College is hosting their annual Cuts for Kids event from August 10–12. Follow @clarysagecollege on Facebook for details!

BACK-TO-SCHOOL COMMUNITY RESOURCE FAIR [FREE]

When: August 14, 10 a.m.–1 p.m.

Where: Hicks Park Community Center, 3443 S. Mingo Rd.

Calling all families! Get ready for a successful year with information, services and school supplies from numerous community organizations. The resource fair features: free immunizations; free school supplies while supplies last (children must be present to receive school supplies); and information about reading, homework help, nutrition and more. Presented by The Coalition of Hispanic Organizations together with Tulsa Tech, Tulsa Public Schools and Tulsa City-County Library. tulsalibrary.org

BACK-TO-SCHOOL CHECKLIST FOR PARENTS

PLAN AND TAKE INVENTORY. A little planning can keep you on task and on budget, so identify what your child or children need for the school year. Have they outgrown their clothes, school shoes or uniforms? Are backpacks and lunchboxes smell-free and usable? After you've created a list of needed items, take advantage of tax-free weekend, **beginning Friday, Aug. 6 at 12:01 a.m. and ending Sunday, Aug. 8 at midnight.** Items include clothing or footwear costing less than $100, excluding accessories, special clothing or footwear designed for athletic activity or protective use. **https://www.taxadmin.org/2021-sales-tax-holiday** Many retailers will have specials built around tax-free days.

CHECK SCHOOL WEBSITES. Your child's school website can be a wealth of information, from starting times to supply lists to rules and regulations. Go over school rules with your child. Identify what supplies you already have and then watch office stores for specials. Some schools allow parents to contribute cash, and the school or class will purchase the supplies in bulk.

BE PREPARED. When you visit the school website, mark your calendar for back-to-school nights, meet-the-teacher days, tours or other deadlines, including PTA meetings and registration for activities or organizations. Find ways that you can be involved.

SCHEDULE HEALTH CARE APPOINTMENTS. Schedule a time to get vaccines, well-child exams, athletic screenings, eye exams and dental visits so that your child will be ready to learn on day one. Go to tulsa-health.org for vaccine information and scheduling.

EASE ANXIETY. If your child is anxious about going back to school, or is at a new school, take extra time to listen and be present for your child. Take a school tour and meet the teacher, if possible. Practice tying shoes, buttoning, opening and closing a backpack or other things that might be difficult for young children.

FIND FRIENDS. Plan a playdate with a friend in your child's class before school starts. If that's not possible, talk about how to be a good friend and share how you make friends.

GET BACK TO BEDTIME. Get back into the bedtime routine gradually so your child will be ready once school starts.

DON'T FORGET THE EXTRAS. Ease your stress by planning some lunches in advance. Talk with your children about where they want to do homework and get supplies for their space. Have a designated place for school communications such as permission slips and signed homework. Come up with new school year rules and goals with your child. Have a plan for screen time.

HAVE FUN. A new haircut or special notebook or lunchbox can help children feel excited about school. And kids love a little family time to make them feel special. Decide how to spend some fun time together during the final days before school starts.



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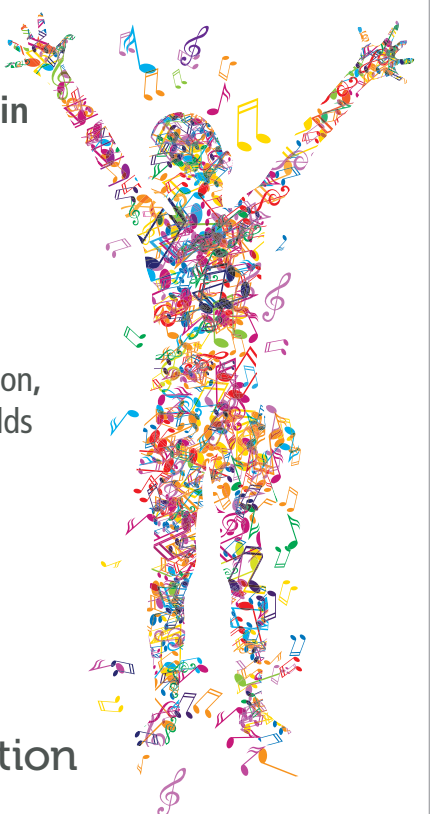
andrea | murphy
PHOTOGRAPHY

www.amurphyphoto.com
918.488.6180

The bART Fall Semester begins Monday, August 23!

Private lessons available in
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Group Classes
in Music Theory and Composition,
Piano and Violin for 4-6 year olds



THE bART CENTER FOR MUSIC

thebart.org/registration
918.794.0330

TULSA ZOO

Tulsa Zoo Education Department
6421 E. 36th St. N., Tulsa, OK
918.669.6204
education@tulsazoo.org
tulsazoo.org

Discover wildlife with virtual and in-person learning experiences from the Tulsa Zoo's Education team! Whether at the zoo, your school, or even remotely through a screen, our engaging programs accommodate learners of all ages. Explore science and the natural world through grade-appropriate activities and teaching, inspiring animal encounters, and Q&A time for curious students — all facilitated by a Zoo Educator. Choose the next step in your journey at www.tulsazoo.org/education.

AHHA TULSA

101 E. Archer St. , Tulsa, OK
ahhatulsa.org

Ahha Tulsa's Hardesty Center is the place for families to be creative together! THE STUDIO invites visitors to think like artists through open-ended exploration of media and creative challenges. In THE STUDIO, visitors select their own materials from a wide array of possibilities, generate their own ideas, and make their own creative products. Need creative inspiration? You'll discover even more ideas in the contemporary art galleries. Visit ahhatulsa.org/visit to plan your visit and find out what's new.

THE BART CENTER FOR MUSIC

Kiersten Moser
610 S. Main Street, Ste. 300, Tulsa, OK
918.794.0330
info@thebart.org | thebart.org

The bART Center for Music offers affordable music lessons for everyone ages 4 and up, including adults! Our programs include private lessons, music theory, composition, group classes, and community outreach.

Lessons are available for Piano, Violin, Viola, Cello, Guitar (acoustic and electric), Ukulele, Double Bass, Voice, and Flute. Group classes are available for Music Theory and Composition, as well as group piano and violin for children ages 4–6. Our beautiful Deco District facilities at 610 S. Main Street includes 8,000 square feet of space with 17 music studios, 2 large classrooms, and ample space for gathering, sharing music and small performances.

At The bART Center for Music, we are committed to providing our students with professional instruction and mentorship to meet all needs. Our teaching artists are experienced professional performing artists coming from diverse and knowledgeable musical backgrounds. Many of our instructors teach at local universities and/or high schools and perform regularly with local symphonies, as well as ensembles and bands around the Tulsa area. We are committed to supporting not only our students, but local artists and musicians in the Tulsa community as well.

CLARK YOUTH THEATRE

918.596.1412
clarkyouththeatre@gmail.com
clarkyouththeatre.com

Come be a part of Tulsa's award-winning youth theatre program! Clark Youth Theatre is Tulsa's longest running youth arts program outside the public schools and is entering its 43rd season, and 7th season as a non-profit entity. We are so grateful to the City of Tulsa for the continued use of our facility, as well as the many volunteers and students who donate their time and energy to our program. Clark is the 2020 TATE Best Production winner in both the Youth and Adult Categories!

Clark offers a full season of main stage, free-to-participate productions, a full lineup of improv, acting and musical theatre classes on Saturdays, homeschool weekday classes, as well as camps. Youth ages 8–18 can participate, and all skill levels are welcome.

Clark's 2021–2022 Show Season includes: The Spongebob Musical, Alice in Wonderland, A Midsummer Night's Dream, Little Women, The Best Christmas Pageant Ever, All Together Now and The Lovely Bones, in addition to TWO Penguin Project musicals! Saturday classes begin after Labor Day, and camp enrollment starts February 1, 2022.



ENRICHMENT GUIDE



KAY'S DANCE MOVEMENT

Kay Worthington
3023 S. Harvard Ave., Suite G
Tulsa, OK
918.640.1559
info@kaysdancemovement.com
kaysdancemovement.com
Facebook: @kaysdancemovement
Instagram: @kaysdancemovement

You join a dance family the moment you walk in the door. We educate your children to be great dancers as well good human beings. Your child will learn solid technique from nurturing instructors who encourage creativity. We will always communicate with you about your child's dance growth and development, plus offer a convenient parent portal. "Kay is a master at keeping the kids focused while having fun, too!" We would love for you to become a part of our dance family!

Located in the heart of Midtown Tulsa, we offer small classes for individual instruction and multiple performance opportunities throughout the year. Classes start August 16, 2021.

Classes for all ages enrolling now!

- Acro ages 5+
- Ballet ages 2+
- Combo Classes: Ballet/Acro, Jazz/Hip-Hop, Ballet/Tap ages 5–7
- Contemporary ages 7+
- Creative Movement, Mommy & Me, Tiny Dancers ages 18 mo–4 years
- Jazz/Theater ages 5+
- Hip-Hop ages 5+
- Lyrical ages 7+
- Tap ages 4+

KJM EQUESTRIAN ENGLISH RIDING LESSONS

Shawn McCorkle
4300 S. Butternut, Broken Arrow, OK
918.299.9283 | kjmequestrian.com

KJM offers English riding lessons for beginner, intermediate and advanced riders at our conveniently located facility near 111th & Garnett. Students will ride our gentle school horses first in private lessons, with the option of moving to group lessons with riders of similar age and skill level. Pleasure riders will take lessons once per week, whereas the more serious riders that want to move into advanced classes or compete in horse shows may choose to take lessons more often. Lessons are available Monday through Saturday and are scheduled with one of our six professional instructors. Please call us at 918.299.9283 to schedule an introductory lesson or visit us on our website at kjmequestrian.com.

Note: Our facility at 98th & Sheridan is currently used for Summer Camps, Pony Parties, and Therapy Rides for children with physical/mental disabilities. The latter is conducted free of charge as a way to give back to the community. We currently do not offer lessons at this location.

LIVING ARTS OF TULSA

Jessica Dewey
307 E. Reconciliation Way, Tulsa, OK
education@livingarts.org
livingarts.org

Living Arts of Tulsa is excited to announce that we will be bringing our New Arts Programming back to the gallery this fall! This will include the New Arts Youth Council and New Arts Foundations. Living Arts considers education a vital component of aesthetic experience: Shared vocabulary around contemporary art and knowledge production are key qualities of art engagement. Living Arts employs regional, national and international teaching artists from a variety of backgrounds.

New Arts Youth Council is an extracurricular after-school program for high school students, with weekly meetings on Tuesdays and Wednesdays from 4:30–6:30 p.m. Each session, students will gain skills that assist them with both the artistic and business sides of being an artist. They will work on different projects each four–six weeks that allow them to strengthen their artistic talents while also challenging them.

New Arts Foundations is an extracurricular after-school program for junior high students that occurs on Tuesdays and Wednesdays from 4:30 – 6:30 p.m. Each session, students work with a different teacher artist to gain foundational knowledge in contemporary art history and art-making practices. They utilize interdisciplinary methods to create artworks that will be presented to the public on the final date of the program.

MARTIAL ARTS ADVANTAGE

Tracy Hammons
603 S. Aspen Ave.
Broken Arrow, OK
918.258.9821
tracyceo-maa@yahoo.com
martialartsadvantage.net
Ages Served: 3–Adult

TO A CARING PARENT

Hi, my name is Jim Hammons.

Many people walk through the doors of my school for the first time and think that martial arts is just about punching and kicking. This may surprise you, but there is so much more to it.

Our goal at Martial Arts Advantage is to use martial arts as a vehicle to inspire kids to be more confident and focused in their daily activities.

Not only do we assure a great workout with action-packed fitness and exercise, kids learn self-defense against strangers and bullies. But the most important thing we do is our powerful character development that breeds discipline, focus and respect in young leaders.

I hope your child will never have to use their self-defense skills. But I guarantee these other skills will come in handy EVERY day for the rest of their lives.

We'd love you to join us! Reach out today and we'll get you set up with our special TulsaKids 4-Week Trial offer. It's the best way to see if martial arts is right for you and your child.

MILLER SWIM SCHOOL

MILLER SWIM SCHOOL TULSA
6415 S. Mingo Rd., Tulsa, OK

MILLER SWIM SCHOOL JENKS
525 W 91st St. S., Tulsa, OK
918.254.1988

millerswimschool.com

Miller Swim School has been in the unique business of teaching swimming for over 60 years. At Miller, our mission is to build a safer community, one family at a time, through swim lessons, water safety education and drowning prevention.

Swimming lessons are one of the best activities to keep a child active while providing them with a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually.

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered year-round, both morning and evening at both our Tulsa and Jenks facilities. Year-round lessons are offered 7 days a week, with morning, afternoon, and evening options to work around your busy schedule! Safety is our number-one priority, both in the water and out. Check out our website for our enhanced safety precautions to keep you and your family healthy this year! Smaller class sizes, social distancing in the lobby and waiting areas, and private lessons are all a part of keeping our safety plan!

Miller Swim School also offers party packages and open swim times, water aerobics, swim team, and triathlon training for families and friends to enjoy the pool year-round!

Check out our website for a comprehensive list of programs at www.millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials!

SAFESPLASH + SWIMLABS SWIM SCHOOL

Dan Real
7820 E. 101st St., Suite A
Tulsa, OK
918.221.8587
Dan@safesplash.com
safesplash.com
Ages: 6 Months–Adults

SafeSplash + SwimLabs Tulsa is the premiere learn-to-swim and competitive swim enhancement program in Tulsa. Our state-of-the-industry year-round, warm-water pool for beginners and intermediate swimmers, coupled with our Endless Pool tanks and video analysis for competitive, triathletes, and advanced swimmers, provides the complete end-to-end instruction experience for all levels and all ages starting as young as 6 months!

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SOCCERCITY TULSA

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Tulsa, OK
918.249.0044
soccercitytulsa.com
Ages: 18 mos.–9 yrs.

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 45–50 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 really 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. Our fall session is set to start August 23. Fall registration will be open and the schedule will be available by July 23. Come and join us and see why we have been voted a Family Favorite Best Soccer Program/Athletic League in Greater Tulsa since 2013!



ENRICHMENT GUIDE

ENRICHMENT GUIDE



SOUTH TULSA DANCE CO.

Keally Lilly, Owner
10031 S. Yale Ave. Suite 105
Tulsa, OK (101st and Yale)
918.369.JAZZ (5299)
southtulsadanceco.com
Facebook: @southtulsadanceco
Instagram: @southtulsadanceco
TikTok: @southtulsadanceco

South Tulsa Dance Co. is celebrating 24 years of dance in Tulsa! Owner Keally Lilly is proud to offer the best training for kids of all ages in a positive atmosphere. "We encourage all of our dancers to work hard but also to have fun while doing so!" South Tulsa Dance Co. offers something for everyone! We have over 80 weekly recreational classes as well as competitive programs for the beginner, intermediate and advanced dancers. We also offer tumbling, acro, voice, piano and musical theatre, and NOW we offer youth and adult adaptive dance classes free of charge. For more information, please contact Keally Lilly, keally@southtulsadanceco.com, or call us at 918.638.0629. Open House is August 8 and 15 from 2–5 p.m. Classes begin Monday, August 16.

TRACIE'S SCHOOL OF DANCE

806 N. Sycamore Ave.
Broken Arrow, OK
918.258.0181
traciesschoolofdance@windstream.net
traciesschoolofdance.com

Tracie's School of Dance has been serving the Broken Arrow and surrounding communities since 1990. We have a variety of classes available for dancers ages 3 and older. We provide multi-class discounts as well as family discounts at affordable rates. Our class offerings consist of tap, ballet, pointe, jazz, lyrical, hip hop, leaps/turns and acro.

The goal of Tracie's School of Dance is to provide your child with a positive, rewarding, and nurturing dance education in a Christian environment. Our focus is to ensure that each dancer can excel through all areas of dance in any given opportunity. We offer a variety of performance opportunities for the recreational or competitive dancer ranging from yearly recitals, nursing home performances, Nutcracker performances, dance conventions/competitions, bowl games, Macy's Thanksgiving Day Parade, Disney World performances and parades, just to name a few.

We have highly certified and reputable staff members who are able to teach all levels of dance from beginner through pre-professional. Training at our studio will provide age level-appropriate dance skills, self-confidence, knowledge in the art of dance, and poise. We believe that everyone succeeds!

Visit us at an open house August 8, 15, and 22 from 2–4.

TWIST AND SHOUT TRAINING CENTER

4820 S. 83rd E. Ave.
Tulsa, OK
918.622.5867
shouterspirit.com

Twist and Shout was established in 1996. We train all levels of athletes in Tumbling and Cheer throughout Oklahoma in Tulsa, Edmond and Norman for ages 4 and up! Our goal is to teach all level of athletes to progress in sport and character!

Our program offers:

- Competitive and Recreational Cheerleading
- Competitive and Recreational Tumbling
- PowerTumbling: a form of floor-only gymnastics
- Summer Tumbling and Cheer Camps
- Monthly Tumbling Clinics: One Saturday each month for 2 hrs. throughout the year
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Tulsa, OK 74133
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info@kaysdancemovement.com





soccer city TULSA

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I'M A TULSA KID

INTERVIEW & PHOTOGRAPHY BY SHEEBA ATIQI

SERENA SIDDIQUI: SHAPE YOUR FUTURE RECIPE CONTEST WINNER



As part of their mission to educate Oklahomans to make healthy choices, Shape Your Future (ShapeYourFutureOK.com) partnered with TulsaKids for a contest to inspire young chefs to create a healthy, delicious recipe packed with fruits or vegetables. Shape Your Future encourages everyone to fill half their plate with fruits and vegetables at each meal, and 9-year-old Serena Siddiqui's creation hit the mark. Her recipe for Salmon Tacos is a winning combination of lean protein, whole grains and colorful veggies that is delicious, healthy and visually appealing.

Young people like Serena can lead the way in creating a bright future for Oklahoma. The state is ranked 47th nationally for health and has some of the highest child and adult obesity rates in the U.S. Shape Your Future wants to change that statistic by educating all Oklahomans about making healthy choices. They want families to know that besides eating fresh fruits and veggies and drinking plenty of water, kids need 60 minutes of physical activity per day, and adults need 30 minutes per day. And, of course, staying tobacco-free is always the best choice for a healthy lifestyle.

Serena took her passion for healthy eating to create this year's winning recipe. Her unique twist on tacos combines omega-3 packed salmon with tasty spices and colorful veggies to make it a dish worthy of family dinner nights!

TK: How did you come up with your award-winning recipe?

Serena: I thought about healthy options that we eat on a daily basis. I drew pictures of different foods and ingredients I like: avocados, salmon, sweet potatoes, and salad. With my mom's help, I created a recipe that not only tastes good but also is healthy and easy to make.

TK: What did you learn from this experience?

Serena: I learned that healthy food can be better than junk food. Almond flour tortillas are healthier than regular tortillas and they taste exactly the same!

TK: How did you develop an interest in cooking?

Serena: I watch my mom cook all the time, and I like to help around the kitchen. And, in my mind, I thought I wanted to cook dinner for my family one day.

TK: What is your favorite thing to cook?

Serena: Homemade pizza with my aunt.

TK: What advice do you have for other kids who want to cook and eat healthy foods?

Serena: Not to eat out a lot. Have a vegetable and fruit with every meal. If you're going to try something new, try it at least six or seven times until you make up your mind about liking it or not.

TK: What are some things you and your family do to eat healthy meals?

Serena: My mom and I go to the grocery store, and she lets my sister and I pick out the protein and vegetables we are going to cook for dinner that night. Our family doesn't usually eat dessert—only on special occasions.

TK: Where are your favorite places to eat in Tulsa?

Serena: My favorite place to eat in Tulsa is Olive Garden. I love their salad and breadsticks. I also like sushi from Sushi Hana and Sprouts. One of my other favorite restaurants is Amazing Thai.

TK: Besides cooking, what hobbies do you have?

Serena: I like to draw in my sketchbook. I also love to read and do science experiments. My favorite experiment is creating slime and trying new recipes to make different consistencies of slime.

TK: What do you want to do in the future?

Serena: When I grow up, I would like to be an astronomer because I think outer space is amazing and there is no gravity there!

TK: Who inspires you?

Serena: I read biographies about Ellen Ochoa and Harriet Tubman. They inspired me because they were both women who changed the world.

TK: What is a fun fact about you?

Serena: This year, I went to Hawaii over Spring Break and went surfing with my uncle. I loved it because I like to try new things even if it is not what I want to do. I ended up liking it and can't wait to do it again!

SERENA'S SALMON TACOS

- 2 avocados
- 1 big tomato (chopped)
- 1 lime
- ¼ onion (chopped)
- Chopped cilantro
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp paprika
- Salt and pepper to taste
- 1 lb salmon
- 2 TBLS olive oil
- 1 lemon
- Almond flour or whole wheat tortillas

1. Cut up the avocados and put in bowl. Add chopped tomato, cilantro and chopped onion. Stir in cumin, garlic powder, paprika, salt and pepper. Squeeze lime juice and mix in for more flavor.
2. Preheat oven to 350 degrees F. Put salmon on foil, add olive oil, lemon juice, salt and pepper. Cook the salmon 20 minutes or so until it flakes with fork. You can also wrap the tortillas in foil and heat in oven.
3. Remove salmon from oven and cut, shred or break into pieces. Put some of the salmon in a tortilla, add some avocado salad over the top and enjoy!



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