tulsakids



HEALTH INEQUITIES:
ISSUES & ANSWERS

YOUR **PREGNANCY & NEWBORN: HEALTH** INFO YOU SHOULD KNOW

SPECIAL SECTION:
HEALTH & WELLNESS GUIDE

KNOW YOUR NEIGHBORHOOD:
GREENWOOD

GETTING RID OF **MOM GUILT**

KIDS, COFFEE &
SECOND CHANCES

FEBRUARY **2022**

OKLAHOMA'S AWARD-WINNING MAGAZINE **FOR PARENTS & FAMILIES**

TULSA**KIDS**.COM

Before all the baby talk, let's talk babies

Ascension St. John care teams listen to you as a woman and an expecting mom. We take the time to understand the care you need, including any special care your baby needs. Then, together we create a care plan that's right for you, your baby, and your new family. We're maintaining strict precautions to keep you and your family safe in our care.

Visit **ascension.org/StJohnWomens**



Ascension
St. John

© Ascension 2022. All rights reserved.



EXPLORE our _____

- Six age-appropriate playgrounds
- 162 acres
- Daily art and PE classes

Come tour our PreK and Primary School spaces. Now enrolling students as young as 3.
For more information call **918-879-4755** or visit **hollandhall.org**.

HOLLAND HALL 100 CENTENNIAL 1922 – 2022

Holland Hall

Tulsa's PreK through Grade 12 Independent Episcopal School

DON'T LET THIS BULLY HARM YOUR CHILDREN.

Get them vaccinated at IHCRC!



918-382-2264

Most appointments take only 30 minutes from check-in to check-out. ANYONE age 5 and older is eligible.

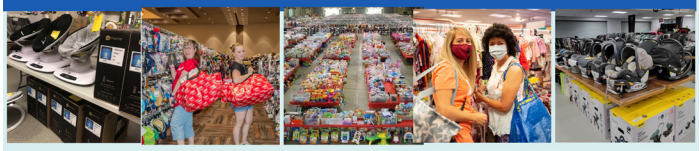
INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA
550 S Peoria Ave, Tulsa, OK 74120
www.ihcrc.org | 918-588-1900



TULSA'S MEGA SALE!

MARCH 3-6

DON'T MISS THE MEGA TULSA SALE
(YES!! The GIANT one formerly at the fairgrounds)



PRESALE FEBRUARY 27

JUST BETWEEN FRIENDS

Woodland Hills Mall
6962 S. Memorial Dr
Former Sears, 1st Floor

@jbftulsa
jbfsale.com

SHOP.
SELL.
SAVE!

~50-90% OFF RETAIL ON EVERYTHING YOU NEED FOR KIDS!

POH®

"A clean tooth does not decay." C. C. Bass, M.D.

February Is National Children's Dental Health Month!

Preventing tooth decay and gum disease is possible.

You just need the knowledge, the skill, and the right tools.
POH knows that *how* and *when* you use a toothbrush is more important than what you put *on* a toothbrush.
Clean your children's teeth effectively, once a day, before bed, using the Bass Method of personal oral hygiene.

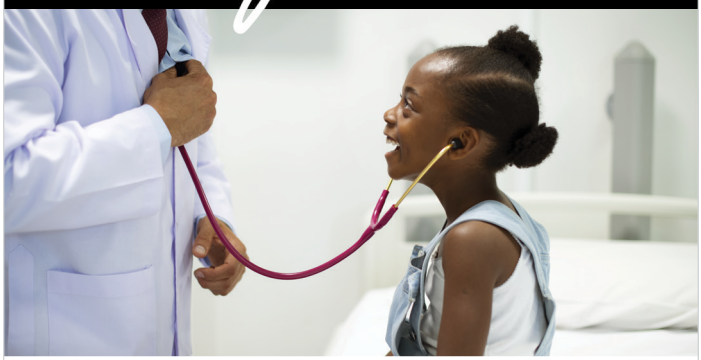
The POH dental floss and brush are based on the design of a Medical Doctor by the name of C. C. Bass, M.D.
Dr. Bass looked at the problem of tooth decay and gum disease through the eyes of a Physician, not a Dentist.
POH was started by a Dentist in 1961, to make the special kind of toothbrush and dental floss Dr. Bass specified.

POH dental floss and toothbrushes are recommended by Preventive Dentist's who know and teach the Bass Method to their patients. All you need is the knowledge and the tools to properly clean your child's teeth. And your teeth, too.
The Bass Method of Personal Oral Hygiene is a family endeavor!

Made In Tulsa
Flossy @ BuyPOH . com
www . OralHealthProducts . com
918-622-9412

OSU PEDIATRICS

Where *You* Matter More.



Call today to make your appointment, 918-382-4600.

OSU | MEDICINE

osumedicine.com

REWIND eSports



THERE ISN'T A PARTY LIKE A REWIND PARTY!

With that said, take the hassle out of party planning and book your birthday party at Rewind today! 🎉🎂

Call (918) 269-6808 or visit rewindesports.com to reserve your party spot 😻 918-269-6808
411 W Stone Wood Dr, Broken Arrow, OK 74012



Middle School Open Houses

January 27, 9:00am
February 10, 9:00am
February 24, 9:00am

FOR MORE INFORMATION, VISIT MONTECASSINO.ORG
OR CONTACT BROOKE JONES 918-746-4238

montecassinoschool MonteCassinoSchool

MONTE CASSINO

It's fun to learn here.

HONORS PROGRAM
FRENCH, SPANISH, LATIN
ADVANCED MATH
SOCIAL EMOTIONAL LEARNING
PERSONAL FINANCE
MUSICAL THEATER CLUB
REACH ACADEMIC SUPPORT
CHEER
CODING
ATHLETICS, 10 SPORTS
TINKER CAD
FAITH FORMATION
ACADEMIC BOWL
STUDENT LEADERSHIP
MCTV26 BROADCASTING
MUSIC, ART, STEM

PLUS DOZENS OF CLUBS AND AFTER SCHOOL PROGRAMS

Now Enrolling for Fall 2022

Ask about the Saint Scholarship for incoming 6th graders.

Come see how a Monte Cassino education can help your family. Financial assistance is available.

Contents

February 2022
VOLUME XXXV | ISSUE 2



GETTY/M-GUCCI





Features

20
KNOW YOUR NEIGHBORHOOD
A Day on Greenwood
By Jackie Evans

22
TULSAKIDS' 2022
College Directory

23
HEALTH EQUITY
The Covid Pandemic Highlights Unique Needs of Underserved Communities
By Staff

25
HEALTH
What You Should Know About Pregnancy, Your Baby & Covid
By Staff

In Every Issue

9
NEWS & NOTES

12
WHAT'S GOING ON(LINE)?

14
BABIES & TODDLERS
Letting Go of Mom Guilt
By Alicia Kobilnyk

16
SCHOOL AGE
Black History Is More Than a Month
By Dr. Tamecca Rogers

18
TWEENS & TEENS
School's Music Program Rocks!
By Julie Wenger Watson

26
BOOKS
Why We Love Ms. Joy — and Books Ms. Joy Loves!
By Laura Raphael, MLIS

28
GREEN COUNTRY GROWN-UP
Alisha Stanley: Kids, Coffee & Second Chances
By Nancy A. Moore

30
GET COOKING
Warm Soup is Like a Hug in a Bowl
By Natalie Mikles

32
SPONSORED SECTION
Ask the Experts

33
COMMUNITY CALENDAR
By Tara Rittler

42
I'M A TULSA KID
Safa Muhammad Uses Her Talent to Give to Others
By Sheeba Atiqi

On the Cover

Three-year-old **Eleanor Faulkner,** one of our three Cover Kids winners, is showing some Valentine's Day love on **Greenwood Avenue.** The area offers a growing group of shops and restaurants to visit, as well as opportunities to reflect on its history. (When you visit, note the burned bricks on some storefronts. The bricks are from buildings destroyed during the Tulsa Race Massacre and were placed there as a remembrance.)

PHOTOGRAPHY BY ANDREA MURPHY



Did you know
that for many people the first symptom of heart disease is a heart attack?

LIFESAVING

Cardiac CT Angiogram Scan for $499

*Special one-time limited offer

This is less than half the out-of-pocket expense for patients with insurance.

Oklahoma Heart Institute offers a cardiac CT angiogram scan performed with the region's only 128 multi-slice, ultrafast scanner that is more than 95 percent sensitive in detecting heart disease with low radiation exposure.*

What is a Cardiac CT Angiogram Scan?

Much more than a coronary calcium CT scan, this painless imaging test shows exactly where your blockages are and how severe they are in just seconds. This means easy and early detection of heart disease. Learn more at **oklahomaheart.com/betterscan.**

Who should have a Cardiac CT Angiogram Scan?

Anyone 40 years or older with symptoms concerning for heart disease or risk factors such as:

- Diabetes
- High blood pressure
- High cholesterol
- Smoking history
- Family history of heart disease

Call or schedule online by Feb. 28
918-215-6499
oklahomaheart.com/betterscan

**Physician referral not required.*

Oklahoma Heart Institute®

Healthy Families and Communities

FEBRUARY IS THE MONTH that we focus on health-related issues. While we cover issues related to healthy families throughout the year, we like to set aside some pages in February to highlight health. I'll be honest, this year has been different and difficult.

My admiration goes out to health-care professionals everywhere who are trying their best to treat people in the midst of a pandemic. Covid has turned out to be a formidable enemy, reinventing itself to spread just when we think we might have a break.

So, thank you doctors, nurses, therapists, volunteers — all of you who work so hard every day to keep us well.

As I began planning this issue pre-omicron, I was considering the usual family health topics, but once the new wave of Covid began to push up infection numbers, especially in children, I didn't even know how to cover that. In the past two years, we've talked about masks, social distancing, handwashing, and then vaccines for adults, vaccines for kids and now boosters. All of those things are still important. The message from the health-care community is to stay vigilant.

Since so many of our readers are women, we asked a doctor to answer some questions about pregnancy and Covid, and also about Covid and newborns. Pregnant and new moms already have so much to worry about. I hope you will learn something from this article.

Another problem highlighted by the pandemic is lack of services to families who are marginalized or live in poverty. The OU-TU community health program was already looking at inequities, so we asked them to talk about what issues the city faces as well as what we can do to help alleviate these problems.

On a happier note, we are going to visit communities and neighborhoods in Tulsa and surrounding communities this year. We want to see what people love about their neighborhoods, but also look at some of the fun shops, restaurants and venues that different areas offer.

This month, we didn't go far — Greenwood in Tulsa is our highlighted Know Your Neighborhood for February.

We hope you enjoy this issue of TulsaKids!

Happy Valentine's Day and stay well!



Betty Casey

ASSOCIATE PUBLISHER AND EDITOR-IN-CHIEF



Learn as you discover art, museums, restaurants and more in the historic **Greenwood** district of Tulsa.

tulsakids

Volume XXXV | Number 2
©TK Publishing, Inc. 2022.
All Rights Reserved.
TulsaKids is published monthly by
TK Publishing, Inc.
1622 S. Denver Ave., Tulsa, OK 74119
Phone: 918-582-8504
Fax: 918-583-1366
tulsakids.com

TK PUBLISHING inc.

Publisher
Charles Foshee
publisher@tulsakids.com

Associate Publisher & Editor-In-Chief
Betty Casey
editor@tulsakids.com

Web Editor & Calendar
Tara Rittler
tara.rittler@gmail.com

Treasurer & Comptroller
Debbie Talley

Advertising Sales
Brandi Moore
Lindsey Copes

Graphic Designer
Annie Tyndall

Distribution
Joan Ross

Editorial & Special Projects Assistant
Danielle Hill

Contributing Writers
Natalie Mikles
Dr. Tamecca Rogers
Julie Wenger Watson
Nancy A. Moore
Laura Raphael, MLIS
Alicia Kobilnyk
Sheeba Atiqi

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made by advertisers or editorial contributors. The acceptance of advertising by TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

PMA PARENTING MEDIA ASSOCIATION
MEMBER

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Digital Media Awards Competition
PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Editorial Awards Competition
PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner General Excellence Awards Competition



PHOTO COURTESY OF UP WITH TREES

UP WITH TREES SEEKING **CITIZEN FORESTERS**

Up With Trees is inviting individuals who want to learn more about care for trees in their yards and neighborhoods as well as how to become a steward for Tulsa's urban forest to join the 2022 Citizen Forester Program.

Sessions begin Feb. 5, 2022. For more information, and to register, visit upwithtrees.org/citizenforesters or call 918.610.8733.



PHOTO COURTESY OF NEW LIFE RANCH

NEW LIFE RANCH **ACQUIRES NEW FACILITY**

The Ozark Conference Center (OCC), a 324-acre retreat facility on Jenkins Mountain, north of Morrilton, Arkansas, has transferred ownership to New Life Ranch, which will own and operate the facility.

New Life Ranch serves as a Christian camp and retreat facility for churches and youth in a five-state area. Acquiring OCC will allow New Life Ranch to realize their 5-year vision of doubling the scope of their ministry. According to information provided by New Life Ranch, the plan is to provide ministry group retreats with a long-term goal of serving multiple groups simultaneously or a single group with a service capacity of 500 beds.

DAIRY HOLLOW OFFERS **FELLOWSHIP FOR WRITERS WITH CHILDREN**

The Writers' Colony at Dairy Hollow in Eureka, Springs, Arkansas, is offering a My Time fellowship for writers who are parents of dependent children. Work may be any literary genre: fiction, nonfiction, poetry, screenplays, or scripts. The application deadline is midnight CST on Monday, February 28, 2022. Two fellowship winners will each receive a one-week residency at the Writers' Colony at Dairy Hollow and a $400 stipend. Residencies must be completed in 2022.

To apply, visit writerscolony.org.



DRAGANA991/GETTY

THANK YOU TO EVERYONE WHO ENTERED OUR **SCHOOL SPIRIT PHOTO CONTEST!**



Homeschooler Erin cheers for NOAH Athletics!

PHOTO SUBMITTED BY KIRSTEN DILL

Mercy (9) and Asher (10) play basketball for the Owasso Prep Academy Lions!

PHOTO SUBMITTED BY CHRISTY ROWDEN



Tayson had a successful first year of wrestling for Union!

PHOTO SUBMITTED BY BRYAN AND ALISHA CARBAUGH



NOMINATE YOUR FAMILY FAVORITES MARCH 1-15!

FAMILY FAVORITES 2022 TULSAKIDS

Look for details in our March issue, and find our 2021 Family Favorites winners at **tulsakids.com/familyfavorites.**



CALL FOR ENTRIES IN YOUTH **CREATIVE WRITING CONTEST**

The Tulsa City-County Library (TCCL) is inviting young people between the ages of 10 and 18 to enter the annual Young People's Creative Writing Contest.

From Feb. 1-28, children and teens may submit their writing online, by mail or to any TCCL branch. The contest is free to enter for those who live or attend school in Tulsa County or have a nonresident library card.

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

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

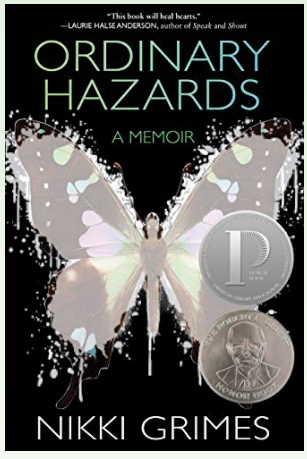
All entrants will be invited to the awards presentation at 6 p.m. on Friday, May 6. Featured speaker Nikki Grimes, winner of the Tulsa Library Trust's 2022 Anne V. Zarrow Award for Young Readers' Literature, will help present awards to the contest winners. Learn more about the award and public event at tulsalibrary.org/zarrowaward.

Entry forms with rules and regulations are available for pickup at all TCCL locations or online at tulsalibrary.org/form/YPCWC.

Mr. Henry's Books
EDUCATOR WORKSHOP

Saturday, Feb. 26, 2022 • 9-11 a.m.
Central Library • Fifth Street and Denver Avenue
Pocahontas Greadington Learning and Creativity Center

Attention, middle- and high-school teachers and librarians! You are invited to this continuing-education workshop focusing on the works of author Nikki Grimes, winner of the 2022 Anne V. Zarrow Award for Young Readers' Literature. **You will:**



- Receive 50 copies of *Ordinary Hazards* by Nikki Grimes for your students to keep as their own. **This book is suited for students ages 12-17.**
- Learn how to incorporate various elements of *Ordinary Hazards* into your classroom and receive lesson plans on how to use Nikki Grimes' works in a variety of school subjects.
- Be introduced to Tulsa City-County Library's Anne V. Zarrow Award for Young Readers' Literature.
- Gain an opportunity to win a classroom visit by Nikki Grimes on Friday, May 6, 2022.

Every participant will receive their copies of *Ordinary Hazards* after the workshop, as well as an official continuing-education certificate. Participants must be employed by a school district within Tulsa County.

REGISTER

www.tulsalibrary.org/mr-henrys-books-registration
Registration Deadline: Saturday, Feb. 12, 2022

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

tulsa LIBRARY TRUST tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE. Tulsa City-County LIBRARY





WHAT'S GOING ONLINE?



PAUL BRADBURY/GETTY

FIND **SEASONAL FUN** FOR KIDS AT **TULSAKIDS.COM:**

- 8 Ways to Celebrate Valentine's Day With Your Kids
- Valentine's Day Traditions to Start With Your Kids
- 9 Ways to Celebrate Valentine's Day: Creating Memories That Will Last
- Valentine's Recipes
- 9 Snow Day Activities
- The Best Sledding Spots in Tulsa





ANTON GARIN IMAGE/FOOTAGE/GETTY

COMING SOON: **NOMINATE YOUR FAMILY FAVORITES**

It's almost time for our annual Family Favorites contest! This is your chance to celebrate your favorite local businesses and professionals. The nominations period starts March 1.

Subscribe to our mailing list at **tulsakids.com/newsletter** to get the Family Favorites Nominations link delivered directly to your inbox! We'll also share information on social media and in next month's magazine.

CONTESTS & GIVEAWAYS

SCAN THE QR CODE to find links to the following contests & giveaways at **tulsakids.com/contests.**

JUST BETWEEN FRIENDS
shop. sell. save. smart!

HUG THE ONE YOU LOVE **PHOTO CONTEST,** SPONSORED BY JUST BETWEEN FRIENDS

February is the month of l-o-v-e! Celebrate your loved ones by entering our Hug the One You Love Photo Contest! One lucky winner will receive $50 in JBF Bucks plus two Diamond VIP Passes to the Just Between Friends Tulsa February 27 Presale! Learn more at jbftulsa.com. Entry closes February 24.



WIN CAR PAYMENTS **FOR A YEAR!**

Through February 28, enter to win $5,000, which can be used toward your monthly car payments — or whatever you like! This is part of a national sweepstakes, so there may or may not be a local winner.

CONNECT WITH US!

- tulsakids.com
- tulsakidsmagazine
- tulsakids
- tulsakids
- tulsakids
- tulsakids.com/newsletter

THE FOUNDATION FOR ACADEMIC EXCELLENCE STARTS HERE



Now enrolling!

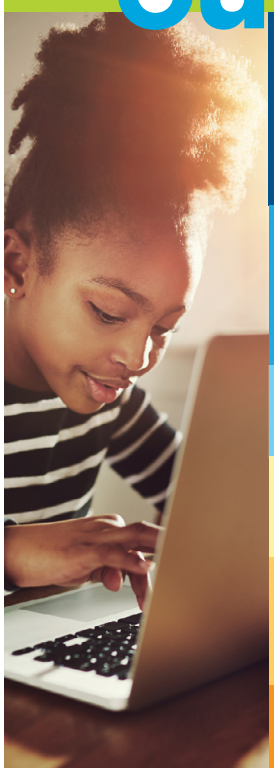
CALL 918-631-5060

UTULSA.EDU/USCHOOL

PreK3 - 8TH GRADE GIFTED CHILDREN

THE UNIVERSITY of TULSA
University School

check out this
AT TULSA CITY-COUNTY LIBRARY



Homework Help Now!

POWERED BY BRAINFUSE

Featuring Live Tutors
(2-11 p.m., daily CST) Get EXPERT one-to-one subject-specific help for students in grades K-12 ... plus college! Spanish-speaking tutors available too!

FREE Brainfuse App
Available in App Store or Google Play

Visit www.TulsaLibrary.org/homeworkhelp and use your Tulsa City-County Library card to access Homework Help Now!

DON'T HAVE A LIBRARY CARD?
Apply online at www.TulsaLibrary.org/application and get instant access to this service and more!

Tulsa City-County LIBRARY tulsakids www.tulsakids.com



Letting Go of Mom Guilt

By **Alicia Kobilnyk**



ONE OF THE saving graces in my life as a mother to a toddler was taking my rosy-cheeked, bright-eyed tiny human to the children's section of a nearby library and turning her loose while I visited with a friend. I talked about how my daughter suddenly refused to eat bananas after a month-long fascination with everyone's favorite fruit. My friend talked about her child's seemingly psychic powers, always waking up 30 minutes earlier on days her mother had planned to get up to have some time to herself. It saved our sanity to have an adult conversation, and our girls generally played peaceably, first independently and gradually in conjunction with other children.

My background as an early childhood educator told me that this progression in play was normal and healthy, so I understood that my daughter's interest in playing with familiar partners in predictable ways was how she felt safe to collaborate and take small risks, learning how to play with others one interaction at a time. I knew in my head that my notions of fairness, inclusion and equity were lofty and foreign to her, but sometimes, the inner voice of experience and study is slower to speak than others.

I spent many days in that space, my back to the sunny window, as I watched the small citizens of Tulsa ramble around and gnaw on educational materials. The other parents and I would sip hot beverages from travel mugs and lean on comically large diaper bags, trusting one another as travelers through this strange, humorous and rather inglorious stage of parenthood.

It was one of these unremarkable days that I experienced something I will never forget. A mother walked in with two children close in age to my daughter and took a seat as her children surveyed the room, selecting their playspace. The older sister took her brother's hand and led him carefully toward my daughter and her friend, who were sitting at a small computer. As I took a sip of my hot tea and smiled, proud that this pair had seen my girl and thought her a good play partner, I suddenly heard my child's voice ringing out for all to hear: "You're *not* my friend!" Her tone was loud and firm, her feelings clear. She stood, took her friend's hand and walked away, leaving the brother and sister stunned.

My heart raced. My stomach twisted into knots. I scanned the room and saw countless adult eyeballs looking first at the golden-haired child responsible for this outburst, then to me. I quickly cursed my child's resemblance to me as she walked over, taking her water bottle from my diaper bag and letting all the world officially know who was responsible for her. I wanted the earth to swallow me up. My thoughts spiraled even darker as I realized that my concern was not "What does this mean about my daughter?" but "What do all these people think of *me*?!"

That day, **Mom Guilt** told me that everyone in that library saw my failures and my shortcomings.

The voice of reason, of course, would have told me that this was not a sign of deep, incurable malignancy or ill-manner in my child. It would have told me that a 2-year-old child, even a very verbal and friendly one, can be impulsive, self-focused and inflexible in welcoming new play partners. The rational voice would have reminded me that child development is a predictable, impersonal process, not a product of a parents' intentions, sacrifices or goodness. But that voice was slow to speak, drowned out by another.

The voice of Mom Guilt, rash and judgmental, was one I'd heard many times. It came when I told my daughter I was too tired to play with her, when I served her cheese sticks and chopped up hot dogs for dinner. Mom Guilt reminded me that those twisted car seat straps could have been lethal and that insisting my daughter choose only three strange household objects to sleep with would likely lead her down a road to intense therapy and possibly a career as a supervillain.

That day, Mom Guilt told me that everyone in that library saw my failures and my shortcomings.

Everyone there knew I was a bad mother and that my child was doomed. As these dark emotions wrote themselves on my face, my friend graciously put her hand on my arm and pulled me out of my head. I made eye contact with the other children's mother and mouthed, "I'm sorry." To my surprise, the woman shrugged and mouthed, "It's okay." Her children had happily resumed playing, sitting at the now-available computer. The world had continued its rotation, and my 15 seconds of infamy had passed.

I scooped up my daughter and gave her a squeeze. I breathed in her smallness, her newness on this earth. The voice of reason finally caught my ear as I connected with her, seeing her, not her behavior.

"You like playing with your friends," I said.

She nodded and pointed at my friend's daughter. "She's my friend."

"I understand," I said. "They could be friends, too. You don't have to play with everyone, but please be kind." I nodded at the children at the computer, and my daughter looked first to them then back at me.

She nodded with a solemn little face, processing before cheerfully shifting into her usual expression. "Can I go play?" I nodded and she hopped down, playing with her friend uneventfully until we left a short while later. As the voice of Mom Guilt crept into my head, speaking foreboding warnings of lectures not given and the failing of morality, the voice of reason held my hand and let me see her with a more fitting perspective.

As I introduce myself to you as the new columnist for TulsaKids' Babies & Toddlers column, I'd like to affirm for you now that I am many things, but I am not a bad parent. And neither, my friend, are you. When your inner voice is one of guilt, I hope you remember that. TK

Alicia Kobilnyk
Alicia is an Early Childhood Educator who works with young toddlers. She finds joy and inspiration to write in their cheeky shenanigans, as well as those of her two daughters.

Training tomorrow's leaders today!

❶ Nurturing, responsive teachers
❷ Academic curriculum: math, science, phonics, art, and Spanish
❸ Age-appropriate learning centers in each classroom

RHEMA Child Development Center

Call to enroll your child today!
918-258-0594
1025 W. Kenosha
Broken Arrow, OK 74012
RhemaChildCare.com



Soaring ON HOPE
Pediatric Therapy & Autism Center
Where Hope takes flight

HELPING YOUR CHILD SOAR TO NEW HEIGHTS & REACH THEIR HIGHEST POTENTIAL
WE ARE LOCATED IN THE HEART OF TULSA





ABA THERAPY · SPEECH THERAPY · OCCUPATIONAL THERAPY
PHYSICAL THERAPY · COUNSELING
At SOH, our greatest joy is to see your child gain confidence and reach their highest potential with therapy that is individually created for your child.
MOST INSURANCES ACCEPTED AND SOONERCARE

soaringonhopetherapy.com
918.984.9153
4908 S. Sheridan Road
Tulsa, OK 74145

soccercity TULSA



LIL KICKERS 2ND WINTER SESSION:
Now – March 12



OPEN REGISTRATION! SIGN UP TODAY!

tulsakids family favorites 2020 WINNER

THANK YOU, READERS, FOR VOTING US THE BEST SOCCER PROGRAM/ATHLETIC LEAGUE IN GREATER TULSA SINCE 2013!

tulsakids family favorites 2021 WINNER

Northeastern Oklahoma's Only State-of-the-Art
Summer Camps | Indoor Soccer Facility
Birthday Parties | Lock-ins | Adult & Youth Leagues

5817 S. 118th East Ave. | 918.249.0044
www.soccercitytulsa.com



Miller swim school
ENROLL NOW

SUMMER SWIMMERS ARE MADE IN THE WINTER
2 Locations: Tulsa & Jenks | MillerSwimSchool.com 918-254-1988

tulsakids family favorites 2021 WINNER

Black History Is More Than a Month

By **Dr. Tamecca Rogers**





Visit local sites such as **John Hope Franklin Reconciliation Park** to learn more about Black History.

THIS YEAR'S Black History Month finds us amid a crisis. While social equity and racial justice are starting to gain due attention at workplaces, hospitals often fall behind, as do schools when it comes to educating youth on Black History, racial bias and current issues that arise from them.

As I wrote this article, I reflected on myself as a Black elementary student attending a predominantly white school. I don't recall Black History Month being taught or celebrated throughout the entire month. Not many of our schoolbooks featured any African Americans. However, I remember our teacher briefly speaking about Martin Luther King, Jr. and Rosa Parks. I vividly remember the feeling I had in the pit of my stomach when my classmates were glaring at me when the teacher selected me to read a paragraph about Rosa Parks refusing to go to the back of the bus. I was uncomfortable, and I didn't learn much more than I already knew because we briefly learned the same things about Martin Luther King, Jr. and Rosa Parks each year during Black History Month.

Rather than rehashing the same superficial information, here are some tips to make your Black History Month lessons genuine, racially just and truly effective.

BLACK HISTORY MONTH: NEW CONCEPTS, DEEPER UNDERSTANDING

Help students elevate their intellect. Intellectual elevation, alas, requires looking at the same topic from different angles, using numerous sources, and in different ways. This year, commit to planning Black History Month lessons that will make a true impact!

BLACK HEALTH AND WELLNESS: THIS YEAR'S BLACK HISTORY MONTH THEME

Discuss disparities and obstacles that Black Americans face with health and wellness. Address statistics that show how stigmatization of getting help for mental illness affects Black Americans, how inequity in healthcare access and insurance and negative experiences create mistrust, and why it's crucial to promote culturally responsive care.

STEREOTYPES AND MICROAGGRESSIONS

Teach your students what racial aggressions are. Give examples of the types of statements and actions Black Americans face daily, either accidental or intentional, that express discriminatory biases (e.g., associating race with ethnicity, touching hair, etc.).

INCLUSION

Use the opportunity to talk about the importance of equity and inclusion, particularly in education, health, language and business. Talk about what racially just environments are, the impact of (un)conscious biases and different ways in which organizations strive toward equity.

CURRENT EVENTS

Don't forget to address and acknowledge the "now" in all its complexities. Introduce students on how to use multidimensional insight into modern Black Americans' issues, both good and bad. Devote attention to current prominent Black American role models. In addition, address the events that have certainly shaken the public, such as crimes and shootings against Black Americans.

DO...

Although essential for a racially just education, Black History Month shouldn't be the only time Black issues are being discussed. Here's how your work can have a significant impact on the students:

1. **Incorporate Black History in the Entire Curriculum:** Research your lessons from multiple perspectives and incorporate the Black Historic angle whenever possible.
2. **Learn Consistently:** Learning about equity and inclusion never stops. Study how more successful schools, countries and cultures adopted racial equity and what they are doing to battle inequality and biases. Stay in the loop with current events as well.
3. **Present Black History as a Part of Oklahoma History:** Oklahoma's Black History ties date to pre-statehood. African Americans first crossed into Indian Territory during the Trail of Tears, enslaved by Native Americans. However, a group of African Americans agreed to move to Indian Territory in exchange for their freedom.
4. **Teach About the "All-Black Towns" in Oklahoma:**

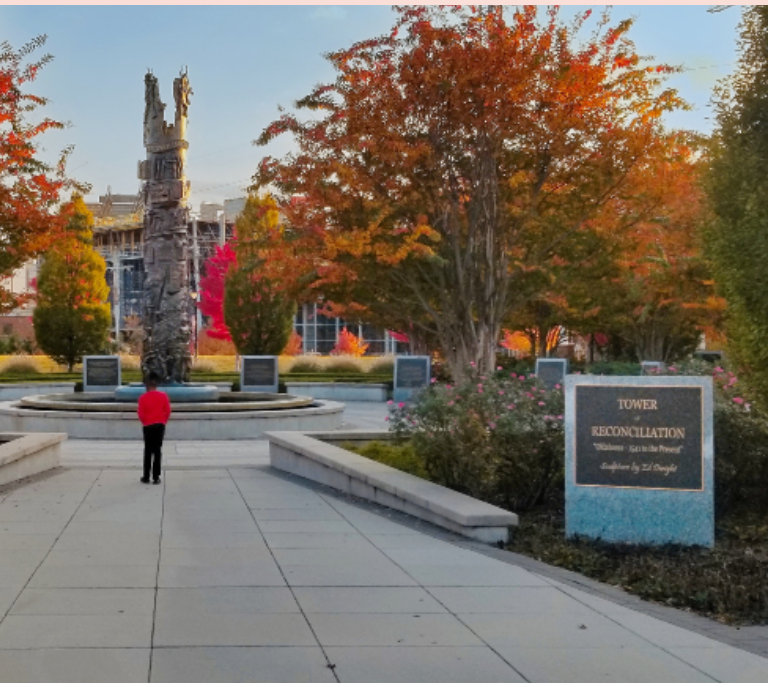


PHOTO COURTESY: TAMECCA ROGERS

Discover the "sundown towns" and discuss the safe havens within the towns.

5. **Present Black History as a Part of American History**: Black History happened simultaneously with all other events that created American History, and it's an equal part of it. The two can't be separated. Separating Black History into a set of classes further marginalizes it and diminishes its significance. Instead, research how the important events from American History reflected on Black Americans, what their position was at the time, and what their lives looked like. This is particularly important since there's a lot of romanticizing associated with the past, and difficult realities often end up forgotten.
6. **Connect Issues in the Past to Current Issues:** Don't confine Black History within one month and one class, but instead teach it across the entire curriculum, including the examples of acts of terrorism committed against Black Americans.

DO NOT…

Here's what not to do if you want to be a culturally responsive teacher:

1. **Marginalize Black History Lessons:** Black History shouldn't be taught as a separate curriculum; it should be integrated into the regular curriculum. That way, students can grasp the true significance of leaders and their impact on society in the context of all of history.
2. **Focus on Stereotypical Cultural Traits:** Explore not only cultural but also social and political contexts that influenced the development and growth of Black Culture.
3. **Talk about Black History in Solely "Feel-Good" Language:** Give your students a whole picture about social and historical events and experiences that surrounded leaders, showing equal appreciation for both the legacy and the tragedies that occurred.
4. **Focus Only on Famous People:** Leaders didn't achieve results on their own. Remember to educate students about individuals and organizations that also contributed to their work.
5. **Think You Can't Teach Black History as a White Educator:** White teachers make up over 80 percent of the educational workforce. You might feel insecure in your ability to present topics with the same understanding a Black teacher would, but your participation is necessary to teach and empower students.
6. **Call on the Only Black Student in the Class to Read about Black History:** Sometimes teachers intentionally or unintentionally select the only Black student in class to read a paragraph about Black History aloud. Please don't do it. **1)** Black History is more than a paragraph. **2)** You are singling out the student, possibly making them feel very uncomfortable. **3)** Everyone needs to participate in Black History Month.

ACTIVITIES

Read

Stock up your classroom library with books representing African Americans, have African Americans as the main characters and teach about African Americans' culture, experiences and history. However, make sure your books are age appropriate. Here are a few books to add to your classroom or home library: *A Promise Deferred: The Massacre of Black Wall Street, Girls Can Be Anything, Cornrows: My Hair, My Roots, Daddy May I Decide, Momma May I Be Me?, Does My Life Matter,* and *Now You're It: Journaling to Perseverance: An Interactive Journal Highlighting the Achievements of African Americans while Encouraging Literacy, Critical Thinking, Perseverance, Diversity, and Inclusion.* This last title offers well over a month's worth of activities that you can do with your students.

Create Art

Plan different art projects that revolve around leaders, their beliefs and causes, symbols and experiences of Black Americans.

Explore

Allow your students to see, read and experience Black History first-hand by visiting museums and the exact locations of significance. Here are a few ideas: Greenwood Rising, Seminole Nation Museum, Boely Historical Museum, Greenwood Cultural Center, Reconciliation Park and the Oklahoma Jazz Hall of Fame.

Turn Your Classroom into a Living Museum

Let your students recreate posters, scenes and situations from Black History.

Host a Poetry Reading

Arrange for Black American poets to visit your classes, and introduce students to Black poetry, its origins, as well as historical, cultural and social factors that influenced it.

CONCLUSION

Black History is an integral part of Oklahoma and American History. While you should carefully plan lessons and events for Black History Month, don't forget to include them in the whole year's curriculum.

Include relevant lessons and personalities whenever possible to show the students how many aspects of society reflect differently on others depending on their culture, origin and social background.

Finally, be considerate and careful to present only well-researched information. Don't be afraid to confront the difficulties, as long as they're presented in an age-appropriate way. TK

Dr. Tamecca Rogers
Dr. Rogers is Director of Diversity, Equity and Inclusion at TulsaTechnology Center. She is a writer and mom to three boys who love adventures.

School's Music Program Rocks!

By **Julie Wenger Watson**



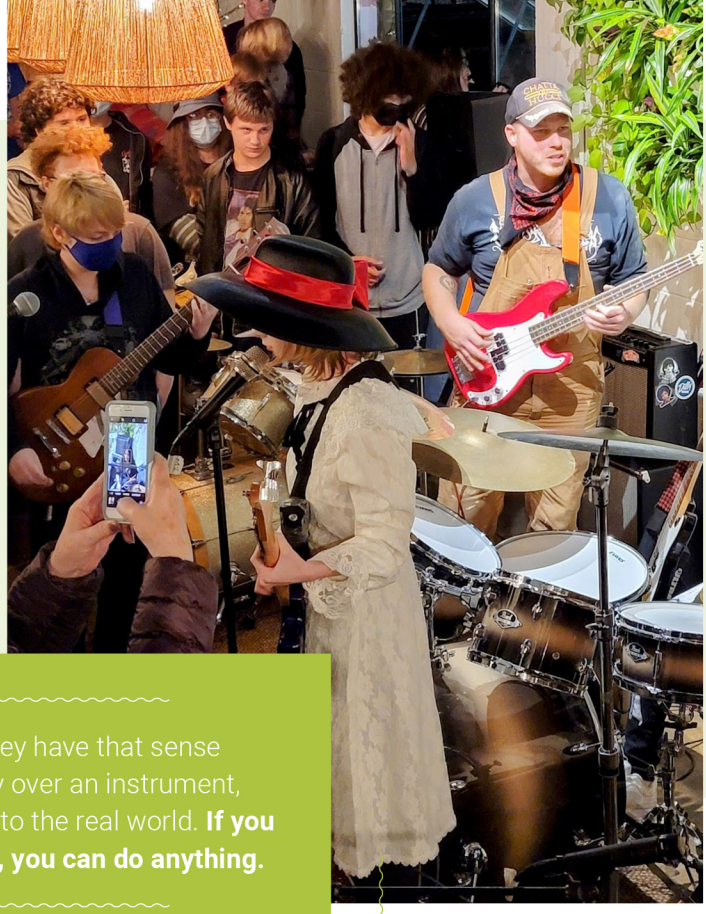


PHOTO COURTESY OF MITCH GILLIAM?

Tulsa School of Arts and Sciences students learn music and then perform for a live audience.

> Once they have that sense of agency over an instrument, it translates to the real world. **If you can do this, you can do anything.**

"THE MAIN THING about the class is that it's a social literacy class disguised as a music class," Mitch Gilliam says.

Gilliam, a Tulsa musician, is the instructor for the Tulsa School of Arts & Sciences (TSAS) Rock Band program. It's a real-life "School of Rock" where students learn to play, form bands and ultimately perform in front of an audience. Along with the music basics, Gilliam finds plenty of opportunity to teach some of life's bigger lessons.

"A lot of my students have an interest in music because they've listened to a lot of it. To them, music almost seems like magic, or something unattainable from the gods," he explains. "I love to give them a sense of agency by showing them it's magical, but it's not magic. I can teach you how to do it and this thing you love is within your grasp. Once they have that sense of agency over an instrument, it translates to the real world. If you can do this, you can do anything."

According to Gilliam, TSAS' focus on equality, inclusiveness, compassion, safety and family has been a strong base on which to build the program.

"Their slogan is 'TSAS is Home,'" he says. "That is a beautiful starting point."

The class is a mix of grade levels, which enables older, more experienced musicians to interact with younger ones and gives the students the opportunity to find other kids with similar interests.

"If you're really into [metal bands] Acid Bath and Electric Wizard, and you meet a seventh grader who's also into Acid Bath and Electric Wizard, you've found your homie," he laughs.

When a romantic breakup between two members of a class band threatened to implode the entire musical group, Gilliam saw a learning opportunity, sharing stories about Fleetwood Mac, the acclaimed British-American rock band that's managed to survive half a century as a group despite countless instances of personal drama.

"I want these kids to learn to be decent, empathetic humans, and learn how to work in a unit in this living, breathing organism that we call a band," he says. "I want them to learn how to be good people, listen to each other and work through things like that. It's been really cool."

Of course, Gilliam also wants his students to learn to play and perform. Public concerts in real venues are part of the program. Gilliam is grateful to community partners like Chimera, a restaurant in the Tulsa Arts District, which hosted numerous concerts pre-pandemic. More recently, Heirloom Rustic Ales was the setting for an outdoor performance.

For Gilliam, this year's graduation includes the bittersweetness of saying goodbye to his first round of seniors, students who've been with him since the program started. He's proud of what they've accomplished together and thrilled to see many of his students forming their own bands, writing their own music and playing together outside of class.

Although Gilliam's teaching job is only part-time, it's important to him, and he always makes sure his other jobs are flexible enough to accommodate it.

"The class is always my goal. I don't go to church. This is very much my church," he says. "I get bummed out during summer breaks. I feel like my battery's draining, and I'm like, 'Oh, yeah! It's because I'm not hanging out with these kids.'" TK

Julie Wenger Watson

Julie is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.

Happy Campers Academy
A Creative Learning Environment
GREAT ADVENTURES IN LEARNING



- Infants through Pre-K
- After School Care for School Age
- Child-Centered Philosophy
- Full-and Part-time Programs Available

Cherry Street 918-584-2779 | John Knox 918-742-7656 | Temple Israel 918-747-3122
HAPPYCAMPERSACADEMY.COM

Don't choose a school until you tour Undercroft.
Learn more at Undercroft.org
Now enrolling for 2022-2023
The Montessori method is something you have to see to believe.
Loving Learning
Age 3 - 8th Grade
Undercroft Montessori School • est. 1964
3745 S. Hudson Ave. | 918-622-2890 | Undercroft.org

Brain Balance®



JOSH'S BREAKTHROUGH:
He listened to the whole story.
Making breakthroughs possible.
Is something keeping your child from reaching their potential? Brain Balance is a game-changing approach to helping kids improve focus, behavior, and academics. At Brain Balance we're not about coping with barriers. We're about knocking them down, one small breakthrough at a time.
tulsakids family favorites 2021 FINALIST
Brain Balance of Tulsa
6022 S Yale Ave
(918) 488-8991
Brain Balance of Oklahoma City
3545 W Memorial Rd
(405) 492-6800
Call 800-877-5500 or visit BrainBalance.com
Brain Balance Achievement Centers are independently owned and operated. Individual results may vary. ©2021 Brain Balance Achievement Centers



··· PLAY FREELY & LEARN NATURALLY ···
Grow with us at Taproots Schoolhouse – a nature-inspired Kindergarten that caters to children, ages 2 to 6 – based on the work of Rudolf Steiner.
TAPROOTSSCHOOLHOUSE.ORG • 918-500-5517
Taproots Schoolhouse

A DAY ON GREENWOOD



Mural by Skip Hill

"WE ALL KNOW of the tragedy that took place on Greenwood and surrounding blocks on May 31, 1921, and we forever remember and respect that past," says Jackie Evans, program director for Greenwood Chamber of Commerce. "We also need to remember that through the grit and resiliency of the people of Greenwood, we came back and began to rebuild the business district and to resettle the neighborhoods."

Evans says that, while last year focused on the destruction caused by the Tulsa Race Massacre, 2022 will focus on "the entrepreneurial spirit that lives on" in the area. She specifically touts that the Greenwood Chamber, under the leadership of Chamber President Freeman Culver, is taking on tasks such as raising funds and getting federal grants to repair and maintain the older structures in Greenwood, allowing businesses to safely occupy those spaces.

The Chamber is also working to establish a computer programming school, offering students free instruction.

"Eighty percent of our businesses are run by women," Evans said. "The Small Business Administration is opening an office here to target women-owned businesses."

Evans welcomes visitors to experience a day on Greenwood by visiting the sites and restaurants in the area.

START THE DAY with a brisk cup of coffee and a pastry at **Black Wall Street Liquid Lounge** or a hot cup of **Greenwood Latte** with a nice splash of turmeric for your health.

NEXT, take a physical workout with trainer Reggie at **The MuscleSquad Gym,** and then check in at the **Welcome Center** to learn about the history of Black Wall Street and receive a free book about Blacks in Oklahoma history. You can book a tour with a tour guide or take a picture of the tour QR code for a virtual tour of historic landmarks.

TIME FOR A SNACK? Head over to the **Black Wall Street Corner Store** for some chips, soda and gifts. For more shopping stop in at **Black Wall Street T-Shirts and Souvenirs,** then **Tierre's Jewelry Store,** and **Stacey's Scrubs Store.**

DON'T FORGET to jog across the street to **Silhouette Sneakers & Art,** and then go next door to the **Greenwood Gallery** for original art, clothing and more.



OOD

The businesses and attractions in this article are located on North Greenwood Ave. near the Greenwood Chamber of Commerce, which is located at 131 N. Greenwood Ave.

"THE ENTREPRENEURIAL SPIRIT LIVES ON"

FOR LUNCH, head over to **Wanda J's Next Generation** for some awesome soul food (you worked out so forget about the calories).

WALK OFF YOUR LUNCH by viewing the **four amazing murals** in the district. Be sure to take some selfies against these unique, artistic backgrounds!

AS YOU WALK, take note of the brass plaques on the sidewalks that commemorate the businesses that once covered over 35 blocks of the Greenwood District.

HAVE A SWEET TOOTH? The Cobbler Mom has some tasty cobbler choices.



Cobbler Mom Joyce Horton



SPEND THE AFTERNOON at the two museums on Greenwood: **The Faces of Greenwood** located in the historic **Greenwood West** building, and the new **Greenwood Rising Museum** located at the corner of Greenwood and Archer.

The day is winding down and before you head home be sure to pick up a family pack of BBQ at **Lee Peoples BBQ** food truck.

"GREENWOOD HAS A LOT TO OFFER," Evans says, "so I hope this list will get you started as you plan a visit to Greenwood. We invite you to come learn about the area as you enjoy art, museums, restaurants and retail in this historic section of Tulsa." TK

Information on businesses provided by Jackie Evans, program director, Greenwood Chamber of Commerce

2022 COLLEGE DIRECTORY



COLLEGE OF THE MUSCOGEE NATION

Contact: Samantha Lackey
2170 Raven Circle, Okmulgee, OK
918.549.2833
slackey@cmn.edu | cmn.edu

The College of the Muscogee Nation is the institution of higher education for the Muscogee Creek Nation emphasizing native culture, values, language and self-determination. The College will provide a positive learning environment for tribal and non-tribal students as citizens of a tribal and global society supported by teaching excellence and will offer exemplary academic programs that meet student, tribal, and societal needs. Through instructional quality and visionary leadership, the College of the Muscogee Nation will encourage lifelong learners for personal growth, professional development, and intellectual advancement.

NORTHEASTERN STATE UNIVERSITY

Contact: Dan Mabery
600 N. Grand Ave., Tahlequah, OK
918.444.2010
mabery@nsuok.edu | nsuok.edu

NSU is where success begins. Here professors know their subjects and how to get you ready for a career after you graduate. We empower individuals to become socially responsible global citizens by creating and sustaining a culture of learning and discovery.

PHILOSOPHY: COLLEGE ADVISING AND TEST PREP

7104 S. Sheridan Rd., #10a, Tulsa, OK
918.209.5741
college@philosophytulsa.com
philosophytulsa.com

Our college planning provides advising to reduce the stress of college planning by outsourcing to a professional who can keep your student on track. We help with professional career exploration discussions in addition to major selection. This program provides tips and strategies that could save you thousands of dollars on college.

Our ACT & SAT Prep will cover each subject area, as well as testing strategies. Each session is two hours long with a teacher specialized in a particular subject. Our strategies are specific to the kinds of challenges students encounter during testing, including tackling the time limits and testing anxiety.

ROGERS STATE UNIVERSITY

CLAREMORE CAMPUS
1701 W. Will Rogers Blvd., Claremore, OK
918.343.7777

BARTLESVILLE CAMPUS
401 S. Dewey Ave., Bartlesville, OK
918.338.8000

PRYOR CAMPUS
2155 Hwy 69A, Pryor, OK
918.825.6117

rsu.edu

Rogers State University is a dynamic, regional four-year university in Claremore, Oklahoma, with branch campuses in Bartlesville and Pryor. RSU provides the complete college experience, including NCAA Division II athletics, and is the only Tulsa metro public university with on-campus housing.

Offering bachelor's and associate degree programs, students can earn degrees in Oklahoma's top 10 fastest growing industries, including health care, criminal justice, counseling, Esports and environmental conservation. Students interested in medical school can complete their undergraduate studies through medical/molecular biology. Students interested in this program also pursue industries including dentistry, physician's assistant, pharmacy, optometry and physical therapy. RSU's online RN2BSN program is among the best in Oklahoma. RSU also offers two graduate degree programs through its Master of Business Administration and Master of Community Counseling. RSU's small class sizes, attentive professors, hands-on learning and community service opportunities attract high achieving students. The university has been a leader in distance learning and was the first Oklahoma university to offer degree programs entirely online. RSU is consistently recognized as one of the region's most affordable colleges, with more than half of last year's graduates earning their degree without taking out a student loan. Take the next step! Apply now, visit campus or get in touch with us. Call 800.256.7511 or visit www.rsu.edu.

SOUTHWESTERN OKLAHOMA STATE UNIVERSITY

WEATHERFORD CAMPUS
100 Campus Drive, Weatherford, OK

SAYRE CAMPUS
409 E. Mississippi Ave., Sayre, OK

580.774.3777
registrar@swosu.edu | swosu.edu

By any measure, Southwestern Oklahoma State University, with campus locations in Weatherford, Sayre and Yukon, is considered by many to be one of Oklahoma's best universities.

SWOSU boasts one of the most diverse selections of academic college course options, and the university is top rated in affordability. As always, SWOSU is dedicated to providing its students with a quality education while preparing them for the career of their dreams.

SWOSU is known for its quality programs. The university has 14 nationally-accredited academic programs — the most among all Oklahoma regional universities.

SWOSU has the feel of a traditional campus in a relatively small city.

SWOSU has students from all 77 Oklahoma counties, 39 different states and 35 countries.

SWOSU is affordable. Compared to U.S. colleges similar in size and mission, it costs almost $3,000 less per academic year to attend SWOSU.

SWOSU is home to the impressive Pioneer Cellular Event Center, which features a variety of activities including concerts, conferences, athletic events and more. The center also serves as home for the SWOSU men's and women's basketball teams and women's volleyball squad.

SWOSU is very accessible, located on Interstate 40, less than one hour west of the Oklahoma City metro area.

SCAN THE QR CODE
for more resources at
tulsakids.com/college.

THE COVID PANDEMIC **HIGHLIGHTS UNIQUE NEEDS** OF UNDERSERVED COMMUNITIES

By Staff



The global pandemic has affected everyone, but it has shone a particularly glaring spotlight on already existing health-care disparities throughout the country. Underserved populations have been disproportionately impacted by Covid. The University of Oklahoma (OU) and the University of Tulsa (TU) have formed a partnership in community health to focus on the needs of underserved families and individuals and are working on ways to improve access and care.

Dr. Syeachia N. Dennis, MD, MPH, FAAFP, assistant dean for Equity and Community Engagement with the OU-TU School of Community Medicine, answered questions about some of the health-care inequities in Tulsa and offers recommendations for improving outcomes in under-served communities.

> Together we must engage in raising our consciousness of the issues impacting marginalized families.

TK: What needs do underserved families in Tulsa have in terms of access to medical and health-related services?

Dr. Dennis: Families that are marginalized in Tulsa need multiple things to help them access medical/health-related services. Firstly, they need to have services that are located within their communities. Reliable transportation is often a barrier for those who live in poverty, so having services that are accessible is important for many families. In addition, having those services be high quality is critical. These families are like everyone else in that they want the best for themselves and their children, so it is not about just having a building. Also making sure that there are a wide range of services available to their families including primary care, dental, vision and specialty care when necessary, so that their comprehensive medical needs are being met.

TK: Besides access to medical care, what are some other areas of health-related concerns?

Dr. Dennis: Families who live in poverty and are marginalized face many issues beyond access. They have to worry if they will be truly seen and heard when they come into the medical system. Implicit and explicit bias is something that they encounter in health-care systems. Often people will have mistrust of those working in the medical system due to a personal or family history of abuse or related to our history of abuse of certain populations in this country.

They have to worry what the cost of services will be. Many times, they will be given several prescriptions or referrals by their clinician. If they are under-insured, they often can't afford to buy all the prescriptions or pay the co-pays for the referrals. An insurance card does not equal health care. When people come into health systems, they must have people within those systems who have cultural humility, who recognize the obstacles these patients face on a daily basis and are working to create safe and healthy environments for them within the health system and in the community.



All Tulsans must be engaged in breaking down systems that perpetuate bias in our community.

TK: How are those needs/ concerns being addressed, especially concerning children, infants and pregnant women?

Dr. Dennis: Clinics within communities that are marginalized and serving those who live in poverty must have services that go above and beyond those of other clinics. They must have resources that help patients address the social determinants of health that are impacting their ability to live and thrive. The basics of these services often come with having a social worker embedded within the clinic. Social workers are a wealth of knowledge and understanding about social determinants and have knowledge about community resources available to families that can help them overcome these barriers.

Other ways to address these needs are having legal aid resources available in the clinic like the OU-Pediatric clinic does. These legal resources help families fill out specific forms for health insurance and disability, address any issues related to safe housing and navigate the legal system if facing intimate partner violence.

For pregnant women we have partnerships and collaborations with state and local resources like Health Steps, Connect First, doula programs that provide services during a critical time period for development of the parents and child.

TK: This year's theme of Black History Month is "Black Health and Wellness." Minorities and the poor are more vulnerable than white and wealthier Americans when it comes to health care. What can the Tulsa community to do help overcome these challenges?

Dr. Dennis: Tulsa must invest resources in families that are most vulnerable to the impact of social and structural determinants of health. This means looking upstream at policies and structures that exist and are barriers to the health of those who live in poverty and those who are marginalized by racialization.

Health of the most vulnerable must be considered in all decisions that are being made by our leaders. This also means investing in K-12 education; we know that education has a strong link to health outcomes. We also know that housing and building environments have an impact on health. Are there walkable spaces in our communities? Are there green spaces for people of all ages to exercise and enjoy? What are the support systems available to families facing financial crisis?

When people graduate from high school, have training programs and jobs available that provide a living wage that help them support themselves and their families. Black and brown families face personal and intergenerational stressors due to racism, which drives poor mental and physical health outcomes.

All Tulsans must be engaged in breaking down systems that perpetuate bias in our community. Together we must engage in raising our consciousness of the issues impacting marginalized families, recognize that what has been is not what has to be if we work collectively to repair past harms.

If we work together, we can achieve health equity for a people born into and living in our community regardless of race or the income of their family. TK



WHAT YOU SHOULD KNOW ABOUT
PREGNANCY, YOUR BABY & COVID

By Staff

We asked Taniesha Buffin, M.D., Utica Park Clinic, what pregnant and new parents should know about how Covid might affect pregnancy and infants.

TK: How does Covid affect pregnant women? If a pregnant woman has Covid, what should she do?

Dr. Buffin: Pregnant women who acquire infection with Covid can have an array of symptoms, including mild cold-like symptoms to severe upper respiratory illness requiring ICU admission. Covid can lead to death.

Pregnant women with Covid who are not vaccinated are at greater risk of having severe illness, such as severe respiratory symptoms including pneumonia, and requiring hospitalization. Women may also experience pregnancy-related complications, including severe pregnancy-induced hypertension, increased risk of blood clots and even stillbirth.

> Pregnant women with Covid who are not vaccinated are at greater risk of having severe illness.



Pregnant women are advised for these reasons to receive the Covid vaccine if they have no medical conditions to keep them from getting the vaccine, of which there are few. The vaccines have been shown to be safe for both mom and baby. Additionally, there is evidence that the baby can get the benefit of mom's protective antibodies.

If a pregnant woman tests positive for Covid, she should continue staying home/quarantining with supportive care, masking and distancing with others in the home. She should also contact her physician and seek emergency care for severe symptoms such as chest pain, difficulty breathing, etc.

TK: Can newborns get Covid-19 and its variants? If so, what are the signs, and should the baby be taken to the hospital?

Dr. Buffin: Newborn infection is rare, and if it occurs, is more likely to be asymptomatic or to occur with mild symptoms. If you have a baby who appears to have difficulty breathing (rapid breathing or increased work with breathing), high fever or poor feeding, seek emergency care. Don't hesitate to contact your newborn's physician with any concerns.

TK: Since they can't be vaccinated, can infants be protected if the mother was vaccinated during pregnancy? What are the best things parents can do to protect their newborn from Covid and other viruses?

Dr. Buffin: Newborns can receive protective antibodies from a vaccinated mother through the placenta if mom is vaccinated during pregnancy, or through breastfeeding if mom has received the vaccine during or after pregnancy.

Other protective measures from viruses in general can include limiting visitors, encouraging up-to-date vaccination status of visitors, as well as frequent hand washing and masking of others around your newborn.

TK: Can women with Covid safely breastfeed their babies?

Dr. Buffin: Women with Covid who are not vaccinated can continue to breastfeed their infants. Both mom and infant should continue to quarantine. Mom should be sure to thoroughly wash or sanitize her hands prior to feedings or expressing milk. She should also mask while feeding or expressing milk. Mom should also be sure to thoroughly clean/sanitize her breast pump and feeding items. The vaccination status of the mom would make no difference in how you should handle this scenario.

TK: Is there a Covid vaccine for infants on the horizon? What else should pregnant women and parents of newborns know about Covid and Covid variants?

Dr. Buffin: There is currently collection of data concerning vaccination of children aged 6 months–4 years of age. The best protection against Covid and Covid variants that we have for now is vaccination and boosters. And remember that Covid is still present and transmissible. Additionally, it is important to be aware that even as a vaccinated community, we can still contract Covid and be a source of infection for more vulnerable populations such as infants, children, those with comorbidities or who are immunocompromised. We must all do our part to help keep everyone safe! TK

Why We Love Ms. Joy—and Books Ms. Joy Loves!

It's easy to love children's librarians at the Tulsa City-County Library



By **Laura Raphael, MLIS**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

& **Joy Carr, MLIS**

YOUTH LIBRARIAN
TULSA CITY-COUNTY LIBRARY

Ms. Joy delights a storytime customer by greeting him with her signature puppet.



PHOTO COURTESY JOY CARR

STARTING THIS MONTH, in addition to our usual focus on books for children (after all, this column is called "Books"), we're going to feature some of the amazing Youth Librarians and Children's Library Associates in the Tulsa City-County Library. This month: Joy Carr, youth librarian at Schusterman-Benson Library, shares some of her favorite children's books of the last year.

Joy Carr — "Ms. Joy" to her storytime fans (which is anybody who has ever been to her storytime) — is pretty, well, *joyful*. With her signature smile (hidden but still evident under her mask), friendly greeting and gorgeous red hair, Joy charms both children and adults at the Schusterman-Benson Library in midtown Tulsa. Even during a pandemic, they can't help but respond to her cheerful attitude and welcoming spirit.

But don't be fooled. Underneath that joyful exterior, Ms. Joy has crackling smarts (and a graduate degree in library science), an endless work ethic and a deep love for both children and books.

You can see it in everything she does.

As the mastermind behind such programs as Blanket Fort Night (where children were encouraged to build and then read in blanket forts after-hours in the library) and Superhero School (exactly as it sounds), Ms. Joy uses her background as a former elementary school teacher and school librarian to make these events both fun and educational. Nobody leaves without a book or the idea that libraries are where they absolutely belong.

And then there are the storytimes. LEGENDARY. You certainly wouldn't know it now, but when Ms. Joy moved from school libraries to public libraries in 2016, she had never presented a storytime to the toddler and preschool set. She quickly started learning everything she could about the Every Child Ready to Read program (branded as Build A Reader in Tulsa) and built a storytime fan base of delighted children, parents and caregivers who look forward every week to her singing, reading and sharing early literacy tips.

But she also regularly trains other children's staff in the library, presents workshops on reading and learning to school librarians, and has even represented Tulsa City-County Library in several statewide and national education initiatives.

Why do we love Ms. Joy? We could try to count the ways, but can you really count to infinity?

BOOKS MS. JOY LOVES

It's time for the great roundup of 2021 year-end book lists! My intended contribution was to be some of my favorite Children's Nonfiction books from 2021. However, children's literature is just so good nowadays that the line between fiction and nonfiction often blurs.

Narrowing my list down to just a handful is already a monumental task, so I'm cheating a bit. This month I share with you my list of mostly Nonfiction books, tethered by theme, all of them marvelous.

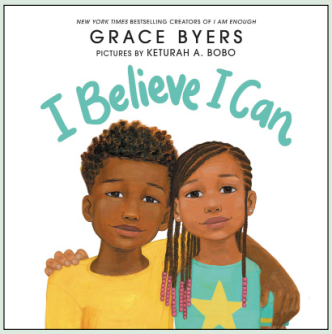
KINDNESS & COMPASSION

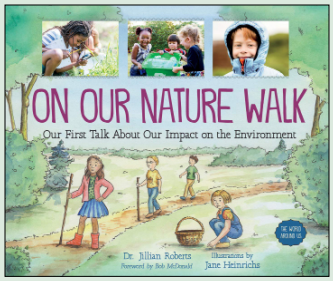
I am a Kindness Hero by Jennifer Adams

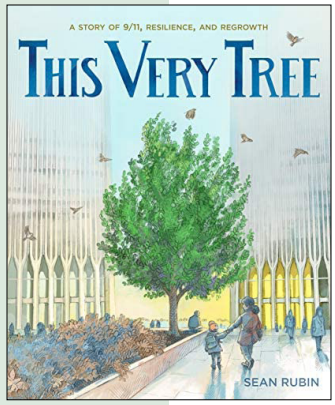
Cat Man of Aleppo by Irene Latham

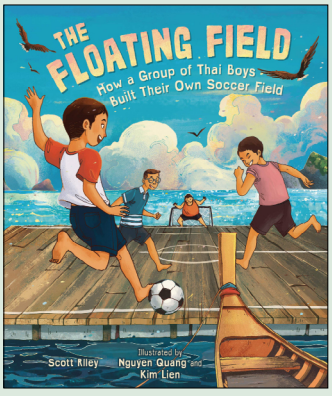
One man puts himself in harm's way to care for abandoned cats in the midst of the Syrian Civil War.



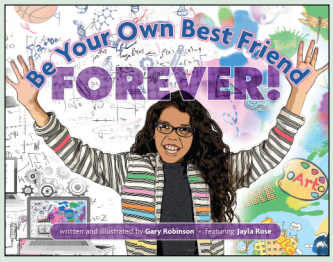


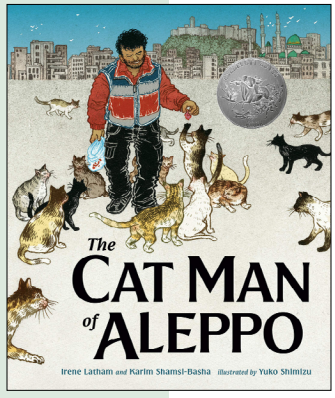




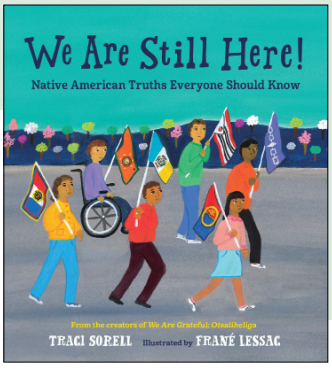


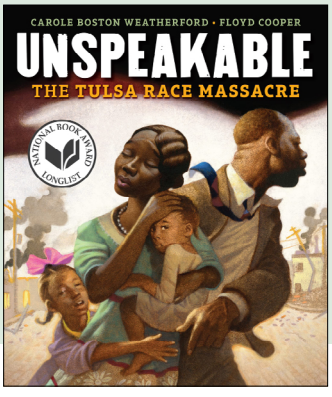


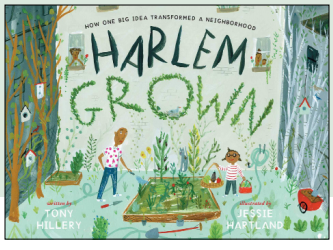


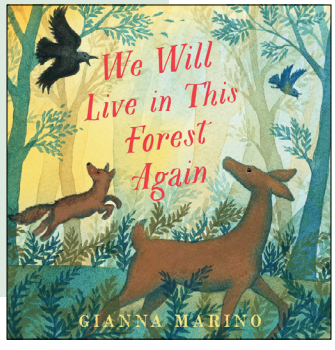












COMMUNITY

Harlem Grown: How One Big Idea Transformed a Neighborhood by Tony Hillery

The story of how neighbors turned a trashed-filled lot into a lush community garden.

The Floating Field: How a Group of Thai Boys Built Their Own Soccer Field by Scott Riley

OUR ENVIRONMENT

On Our Nature Walk: Our First Talk About Our Impact on the Environment by Jillian Roberts

We Will Live in This Forest Again by Gianna Marino

When a wildfire destroys a forest, its many animal residents are driven out and must find ways to survive until the land slowly returns to life.

ANIMALS

Cougar Crossing by Meeg Pincus

The story of the "Hollywood Cougar's" role in developing land bridges for wildlife to safely cross major thoroughfares.

The Best Mommies and Daddies by Reina Ollivier

SELF-LOVE

I Believe I Can by Grace Byers

A follow-up to 2019's I Am Enough, *this book celebrates every child's potential, regardless of their background.*

Be Your Own Best Friend Forever! by Gary Robinson

OUR LEGACY

Unspeakable by Carole Boston Weatherford

Weatherford sensitively introduces younger audiences to the long-suppressed story of the 1921 Tulsa Race Massacre. Formatted in picture-book style, the gorgeously vivid illustrations are ideal for the age group. Longlisted for the National Book Award and a Kirkus Prize finalist.

We Are Still Here! Native American Truths Everyone Should Know by Traci Sorell

This Very Tree: A Story of 9/11, Resilience, and Regrowth by Sean Rubin TK

Laura Raphael

Laura is the Children's Services Coordinator for the Tulsa City-County Library system. A former school librarian and teacher,

Joy Carr

Joy has been the Youth Librarian at the Schusterman-Benson Library since 2016.

Alisha Stanley: Kids, Coffee & Second Chances

By **Nancy A. Moore**





Alisha Stanley and her children at a local football game.

ALISHA STANLEY IS not someone you would suspect of having a prison record. She grew up in a loving family in Madill, Oklahoma, attended college and started a career as a teacher.

So, what happened? She explains the hurt and judgements of her past, the crushing pain of losing custody of her daughter in a divorce and spiraling out of control into prescription drug abuse.

Following her release from prison a little over a year ago, she moved into a home for women in Claremore, sponsored by His House Outreach Ministries.

Embracing her second chance, Alisha is employed by She Brews Coffee, also associated with the ministry. The motto, Coffee with a Cause, supports women, like Alisha, who are working to better their lives, strengthen their character and learn valuable workplace skills. This job-training program's mission is to reunite mothers with their children.

TK: Tell us about your childhood.

Alisha: I had an almost perfect childhood. My parents, who are still married, had me when my older siblings were in high school. They were great parents, very supportive.

TK: When you were young, what did you dream of becoming?

Alisha: I wanted to go to The University of Oklahoma and become a pharmaceutical sales representative. However, when I was in high school, I had a wild streak. My senior year, I got a DUI. I was going out a lot and didn't really care much about school. When I graduated, I wanted to attend OU, but my dad didn't think it was a good idea because I would flunk out. My older sister finally convinced him to let me go. At OU, I did everything I could to make sure I was keeping up with my grades, although I was also going out all the time, too. I still partied but was determined to make good grades. I graduated with a degree in four years.

TK: What did you do following graduation?

Alisha: The summer after graduation, I got pregnant with my first child. I decided that it would be best to teach school, so I took the alternative teaching certification and ended up teaching biology in Texas.

I eventually met another man, a fellow teacher, and got pregnant with my second child. That marriage eventually fell apart. When it didn't work out between my ex-husband and I, I started spiraling downward. I went to see my doctor about my depression and anxiety, and he prescribed Xanax. It didn't take long before I started abusing it.

TK: How were you introduced to illegal drug activity?

Alisha: I had eye surgery, and the doctor prescribed Lortab. Once those two prescriptions ran out (Xanax and Lortab), I was visiting with another colleague about how much I liked those two drugs, and that person had a connection to a seller. So, I began doing that. My parents were taking care of my older son, and my daughter was with my ex, so I was just trying to teach and make the hurt feelings go away.

The only time I remember being happy and having unconditional love was when I had a baby. So, I got pregnant again with a guy who I knew wouldn't fight me on custody. I had my third baby and started a day care in my house, while I was secretly abusing these drugs.

TK: How did the drug abuse catch up with you?



PHOTO COURTESY OF ALISHA STANLEY

Alisha: I had such a deep addiction and lived in turmoil and chaos. I stopped off at Wal-Mart to grab milk on my way home one day and parked in the front and left the car running. I shopped all the way to the back of the store. When I came out, I was arrested for leaving my son unattended. My mother worked for DHS, and they showed up and took my son. That was when I lost all hope. I just gave up, thinking that I wasn't supposed to have my kids. I went deeper into my addiction and was in and out of jail two or three more times. I was on suicide watch for 30 days, and that didn't matter. I got out and went to a crisis center but snuck in drugs.

TK: When did you finally go to prison?

Alisha: I showed up at someone's house who I thought stole clothes from me. I went into her house and threatened her and then called the police and told them to come over. I was arrested. When I went to jail, I took drugs into the jail that night. I didn't care; the rules didn't matter to me. Nothing could be worse than the prison I was mentally living in. I was convicted for burglary and assault. Four months later, I was sent to Mabel Bassett Correctional Facility. I found more drugs there. I was asked if I wanted to move to Eddie Warrior Correctional Center and served the rest of my time there, a total of two years in prison and four months in county jail.

TK: What was it like in prison?

Alisha: Mabel Bassett was a maximum-security prison. It was rough. Eddie is a medium security prison, and everyone has an out-date.

It was at Eddie Warrior that I met Dr. Lewis, a psychologist who was able to counsel me. I finally was able to get the therapy I needed. We spent hours in counseling. She helped me a lot. I made such progress with her! After the first time, she called my mom and sister, and we all talked. They brought my kids to my next visitation. Once I saw my kids in the gym at the prison, suddenly there was hope! There was light! I knew I needed to change. I had been misdiagnosed as bipolar, but Dr. Lewis let me know that I was an addict. She helped me realize my past and work through a lot of it.

TK: How did you find out about His House Outreach Ministries and She Brews Coffee?

Alisha: When I was in prison at Eddie, I heard about a woman named Rhonda Bear. She would visit the chapel and meet with a select group of women on a weekly basis. I heard it was difficult to get into the group, so I didn't even try. I also didn't want to go to the church. I felt too guilty.

TK: How were you introduced to Rhonda Bear and her ministry?

Alisha: Someone (another inmate) told me that I couldn't do Rhonda Bear's program because I was too much of an addict. After hearing that, I knew I needed to do something drastically different if I wanted to get into her program. I prayed and asked God to close the doors that needed to be closed and open the ones that needed to be opened. My sister found Rhonda, and they had a conversation. She agreed to let me have a bed in Claremore. On December 29, 2020, my mom, sister and kids picked me up after completing my sentence and took me to Claremore.

TK: What is the living situation like?

Alisha: There are five or six women living in the house — mostly just addicts that are trying to get help and rebuild their lives. The day I moved in, we had CR (Celebrate Recovery) that night, and I was able to meet Rhonda for the first time. She walked up to me and said, "You know you can teach again, right?" I didn't know what to say. Then she said, "The God I serve is the God of miracles." I knew that what she had was what I wanted. And I also knew that Rhonda believed in me.

TK: What does this opportunity mean to you?

Alisha: It means the world to me. Nobody ever said they were proud of me. I see Rhonda as a light of hope because she is a former felon. She is such a light to so many women. She has shown me discipline. I know now that if someone takes the time and effort to discipline someone, that's real love. I have a chance to completely change and rebuild my life.

TK: Tell us about your role at She Brews Coffee.

Alisha: I started working at the coffee shop in downtown Claremore, where the residents in Claremore really support the business. I loved working there! Only a few months later, we needed a manager at the Tulsa location and Rhonda asked me step into that role. I wasn't sure if I would be able to do it, but I trusted that I should try. It's been an opportunity for growth. Now we've created an event coordinator position and I am moving into that role!

TK: What is your relationship like with your kids right now?

Alisha: It's getting better. I'm able to see them. I am honest with them and try to share my story with them. They know that I love them, and I am working on myself.

TK: What are you passionate about right now?

Alisha: I don't want kids to lose their moms because of addiction. If someone would have offered me this type of program, maybe my kids wouldn't have had to go without me for three years. I am hoping someday to make this available in Southern Oklahoma. I am excited for the future that I have with my family and kids! TK

To learn more about She Brews Coffee, visit: shebrewscoffeehouse.org. Two locations: 1 N. Lewis Ave. in Kendall-Whittier, Tulsa, and 414 W. Will Rogers Blvd. in Claremore.

Listen to Nancy's visit with Alisha on the Sharing Passion and Purpose Podcast: sharingpassionandpurpose.com.

Nancy A. Moore

Nancy is a Public Relations Coordinator at Montereau, Adjunct Professor at Tulsa Community College, and has been writing for TulsaKids for almost 20 years.

Warm Soup is Like a Hug in a Bowl



By **Natalie Mikles**



GBH007/GETTY

WHEN I WAS a kid, I groaned when my mom told me we were having stew for dinner.

I grew to tolerate it as an adult, and now two of my three kids really like it.

I understand why a classic beef stew appealed to my mom. It's easy to make, and you don't have to worry about making a vegetable to go with it. It's a warm, comforting dinner in a bowl.

There's no better time to appreciate soup or stew for dinner than in winter. A vegetable soup, potato chowder, chili or stew braces us from the cold and is easy to clean up on busy school nights.

Take 15 minutes to make this stew before you leave for the day, and you'll be greeted with dinner once home from school and work.

SLOW COOKER BEEF STEW

- 1 (6-ounce) can tomato paste
- ¾ cup beef broth
- 2 pounds round steak, cut into 1-inch pieces
- 1 pound carrots, cut into pieces
- 1 pound small red potatoes, quartered
- 1 (8-ounce) package sliced mushrooms
- 1 red bell pepper, diced
- 1 (14.5-ounce) can diced tomatoes
- ⅓ cup red wine (optional)
- ¼ cup all-purpose flour
- 2 garlic cloves, minced
- 1 ½ teaspoons salt
- 1 teaspoon black pepper
- ½ teaspoon dried thyme

1. Whisk together tomato paste and beef broth in a small bowl. Combine remaining ingredients, along with the broth mixture, in a slow cooker. Cook on low 8 hours.

Old-fashioned chicken soup is the very best when you're sick or you have sick kiddos.

CHICKEN NOODLE SOUP

- 1 whole chicken
- 1 ½ cups sliced carrots
- 1 cup sliced celery
- ½ cup minced onion
- 1 (16-ounce) package egg noodles, cooked according to package
- 3 tablespoons chopped parsley
- Salt and pepper, to taste
- ¼ teaspoon dried sage
- 1 bay leaf
- 3 teaspoons chicken base or 3 chicken bouillon cubes

1. In a large soup pot, place chicken in water just to cover. Boil until tender and fully cooked, about 1 ½ hours. Remove chicken and strain the broth, setting aside.
2. Remove chicken from the bone and chop into small cubes.
3. In the strained chicken broth, add carrots, celery and onion. Simmer until the vegetables are tender. Add noodles followed by the cubed chicken, parsley, salt and pepper, sage, bay leaf and bouillon. Bring to a boil, then turn down heat to simmer over low heat until ready to serve.

Kids like this creamy soup. It has a little bit of sweetness from the sugar, basil and cream. The pasta makes it extra fun for kids to eat.

CREAMY TOMATO SOUP WITH PASTA

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 2 (28-ounce) cans tomatoes
- 1 cup chicken broth
- 1 tablespoon sugar
- ¼ cup heavy cream
- 8 fresh basil leaves, roughly chopped
- ¼ teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- ⅓ cup shredded Parmesan cheese
- 1 cup dried alphabet pasta

1. In a heavy soup pot or Dutch oven, heat olive oil over medium heat. Add onion, cooking until tender, 5 to 10 minutes. Add garlic, sautéing until fragrant, just a minute.
2. Add tomatoes, chicken broth and sugar. Bring to a low simmer. Cook for 10 to 12 minutes, stirring and allowing the mixture to slightly thicken. Add the heavy cream, basil, oregano and red pepper flakes. Season with salt and pepper.
3. Use an immersion blender to puree soup until smooth. Stir in cheese. Keep warm on low heat.
4. Boil pasta, then add to the soup.

Bacon adds great flavor to this sweet potato stew.

SWEET POTATO CHOWDER

- 4 slices bacon, chopped
- ½ cup chopped onion
- ½ cup chopped bell pepper
- 2 cloves minced garlic
- 3 cups chicken broth
- 1 large sweet potato, peeled and diced
- 1 large russet potato, peeled and diced
- 1 (14.5-ounce) can stewed tomatoes
- 2 cups milk
- 1 teaspoon curry powder
- ¼ teaspoon ground black pepper

1. Sauté bacon, onion, peppers and garlic in a Dutch oven. Add broth. Stir in potatoes and tomatoes. Cover and simmer 45 minutes or until the potatoes are tender.
2. Whisk in the milk, curry powder and pepper, warming until hot but not boiling. If you like a creamier chowder, you can scoop a third of the soup into a blender, blend, then return to the pot. TK

Natalie Mikles

Natalie is a mom of three — 12-year-old twin girls and an 11-year-old boy. She writes about food, sharing recipes for busy families and picky eaters. She has been recognized for her food columns as well as features on families and issues affecting local children. She loves pizza and movie nights with her family.



Serving Oklahoma Since 1975

Stephen Brownlee, MD
Jeremy Foon, MD
David Hall, MD
Anthony Loehr, MD
Landon Massoth, MD
Evan Moore, MD
William Sawyer, MD
Chris Siemens, MD
Atul Vaidya, MD
David White, MD

68th & Yale | 93rd & Mingo
918-492-3636 | www.eoent.com

tulsakids family favorites 2021 WINNER

Eastern Oklahoma Ear, Nose & Throat, Inc.



Estate Planning for Families with Special Needs Children

By **Brian A. Crain**
Attorney, South Tulsa Law

FAMILIES WITH SPECIAL needs children must exercise extra care in making their estate plans. It isn't something any parent likes to think about, but there will come a time when you will not be around to care for your child. You want to enhance and enrich the life of your child now and in the future. This can be met through a properly prepared Special Needs Trust.

Also known as a Supplemental Needs Trust, a Special Needs Trust is very similar to any other trust. The big difference is that the trust is for the benefit of an individual who is disabled or is a child. It is not uncommon for people to lose their SSI, Medicaid, or other benefits when inheriting life insurance, real estate, or other assets. Special needs planning works to preserve these benefits, as well as:

- provide lifetime money management for the benefit of the disabled child;
- protect the child s eligibility for public benefits; and
- ensure a pool of funds available for future use in the event public funding should cease or be restricted.

It's important to make your wishes known and get the appropriate documents in place sooner rather than later. These crucial steps will assure your child will receive proper care when you are no longer able to provide that care yourself. Allow South Tulsa Law the privilege of helping you with a Special Needs Trust. We can meet in person, via video chat, or by phone. Contact us at 918-512-1800 or email info@southtulsalaw.com.

SOUTH TULSA LAW
5918 EAST 31ST STREET
SOUTHTULSALAW.COM



Est. 1971
Early Learning Center
ELC
3 MONTHS-3 YEARS
M-W-F | 9:30am-2:30pm
www.cumctulsa.com
3515 South Harvard Ave. | 918.743.7673

GREENHOUSE PEDIATRIC THERAPY



Kassie Allison, MOT, OTR/L

I've noticed some "quirks" in my son. My mom said I was exactly like him as a kid, and he is just a normal boy. I'm not so sure. How do you determine if behaviors are normal or not?

When evaluating a child, we look at a variety of factors. Our evaluators are well-versed in the age ranges and order in which behaviors and skills typically develop. They are also great at identifying any atypicalities in existing skills. Standardized testing allows for direct comparison with other children of the same age. The MOST IMPORTANT factor is how much the delays, struggles or "quirks" are impacting your child's function and quality of life. Our goal is to help your child be the best version of themselves. Their brain and body might not fit the "normal" mold, and that is okay.

Sidenote: When several family members follow the same patterns of atypical development, it seems "normal" and can distort the perception of what typical development looks like. We find that most families with a neurodivergent child have other neurodivergent family members.

Greenhouse Pediatric Therapy

2033 W. Houston, Broken Arrow
11211 N. Garnett, Suite B, Owasso
918.994.7799 | GreenHousePeds.com

DYSLEXIA CENTER OF TULSA



Dr. Penny Stack
Founder & Owner

In the past couple of years, I have noticed my 3rd-grade son falling behind others in his class. He struggles with handwriting, sounding out words and spelling. He has had tutoring with very little improvement. I put off getting additional help because I thought it was due to the disruption of in-person learning due to COVID. Now I am not sure. How do I know if this is just because of an interruption of instruction or something more serious?

This is a very prevalent concern for parents. There are two things to consider. The likelihood of dyslexia is high in children who have a genetic history of dyslexia. Also, there are early warning signs of dyslexia that go back to the toddler years. If your child had a delay in speaking, difficulty recalling letter names or sounds, difficulty reciting the alphabet, difficulty remembering nursery rhymes or rhyming words for their age, then pursing testing for dyslexia or learning differences is recommended. Testing is the first step to developing an individualized treatment plan to support your son's learning success!

Dyslexia Center of Tulsa

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

MILLER SWIM SCHOOL



Sarah Clavin

How can I help my child learn to LOVE the water?!

The simple answer is: Early introduction = early acclimation. In other words, the earlier you introduce a child to the water, the better the chances they will develop a healthy relationship with it! Keeping bath and shower time fun with unique toys also helps pique a child's interest in how the water works and all the benefits it has! Don't be afraid to encourage your child to submerge, get their eyes and ears wet, or blow bubbles during bath time. Your kids take cues from you, so if you're positive and excited, chances are they will be, too!

Miller Swim School

6415 S. Mingo Rd., Tulsa
525 W. 91st St. S., Jenks
918.254.1988 | MillerSwimSchool.com

LICE CLINICS OF AMERICA — MIDSOUTH



Wade Huntsman
Owner

Why don't over-the-counter lice medications work anymore?

A 2016 article in the Journal of Medical Entomology found that at-home lice treatments are less than 25% effective. This study was conducted in ideal circumstances, with only one lice-positive child in the home. What's gone wrong?

For 30 years, over-the-counter medications worked well. They worked so well that they eliminated lice that were susceptible to over-the-counter pesticides. Today's lice, commonly known as "Super Lice," are resistant to the pesticides you find at the pharmacy.

Treatment clinics are stepping into the void. The FDA-cleared dehydration process at Lice Clinics of America is over 99% effective. Dehydration kills both nits AND eggs, making the comb-out process merely cosmetic. Treatments take roughly an hour, contain no pesticides and are vastly more effective.

Over-the-counter had its day, but modern lice treatment requires a new solution.

Lice Clinics of America—Midsouth

3421 E 21 st Street, Tulsa, OK 74114
918.779.0001 | LiceClinicsMidsouth.com

FEBRUARY 2022

SCAN THE QR CODE
to find more events at
tulsakids.com/calendar!



PHOTO BY OSCAR HO, COURTESY OF TULSA YOUTH SYMPHONY.

TULSA YOUTH SYMPHONY WINTER CONCERT
FEBRUARY 13
Details p. **35**



VENDETTA, A MAFIA STORY
FEBRUARY 10–13
Details p. **35**

PHOTO CREDIT: PHOTOGRAPHY BY JEREMY CHARLES WITH FIRETHIEF PRODUCTIONS, COURTESY OF TULSA BALLET

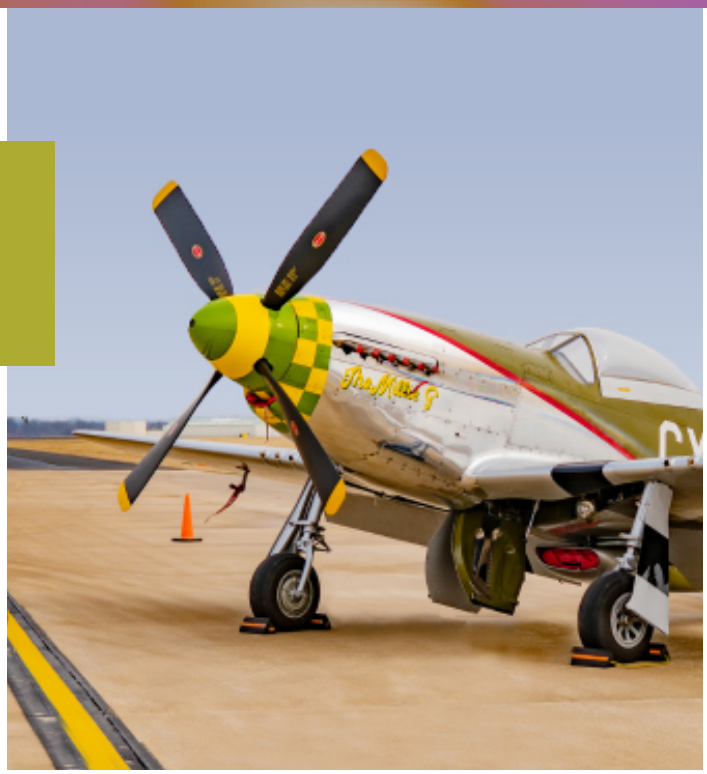


PHOTO COURTESY OF TULSA ZOO

THE RAINFOREST AT THE TULSA ZOO
DAILY
Details p. **36**

Visit this vibrant Dyeing Poison Dart Frog — and a host of other exotic animals — in Tulsa Zoo's Rainforest building!

BROUGHT TO YOU BY
TULSA ZOO



Run the **Tulsa International Airport** runway on February 5. The fundraiser supports **Tulsa Air and Space Museum & Planetarium.**

PHOTO COURTESY OF LUKE BLANSETT, TULSA AIR AND SPACE MUSEUM."

February 1 Tuesday

BUILD A READER STORYTIME: BABIES (F) (W)

Ages 0-2, 10-10:20 a.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Learn and enjoy songs, stories and activities that are just right for your little one at this lapsit storytime.

NOS APOYAMOS! (F)

For adults, 6-7:30 p.m., Catholic Charities of Eastern Oklahoma, 2450 N. Harvard Ave., thearcok.org

A support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918.582.8272.

February 2 Wednesday

BIKES & BALLS (W)

Ages 1-5, 9:30-11 a.m., Whiteside Community Center, 4009 S. Pittsburg Ave., cityoftulsa.org

An open gym time for toddlers and preschoolers. Bring your own riding toy. $1 per child drop-in fee.

STORY TIME AT TULSA ZOO (W)

10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Listen to a story and meet an animal ambassador each Wednesday morning inside the Cox Nature Exchange.

February 3 Thursday

ALTERED: TEEN MAKER CLUB (F)

Ages 10-18, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Tweens and teens are invited to make faux stained-glass candleholders.

ORU MEN'S BASKETBALL GAME

All ages, 7 p.m., Mabee Center, 7777 S. Lewis Ave., oruathletics.com

Watch the ORU Men's Basketball Team play Western Illinois! Kids ages 13 and under get in free when accompanied by an adult.

February 4 Friday

SCHOOLHOUSE ROCK LIVE!

All ages, 9:30 and 11:30 a.m., 7 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

Part of the Tulsa PAC Trust's Imagination Series, this kid-friendly performance brings the classic *Schoolhouse Rock* hits to a new generation. Pre-Show from 6-7 p.m.

February 5 Saturday

RUNWAY RUN

All ages, 8 a.m., Tulsa Air and Space Museum & Planetarium, 3624 N. 74th E. Ave., tulsamuseum.org

The annual Runway Run at the Tulsa Air & Space Museum is a 5K unlike any other! Taking place on the Tulsa International Airport Runway, experience aviation and get moving!

NATIONAL TAKE YOUR CHILD TO THE LIBRARY DAY (F)

All ages, 10 a.m.-5 p.m., Helmerich Library, 5131 E. 91st St., tulsalibrary.org

Learn cool facts about wolves and see how you compare!

ORU MEN'S BASKETBALL GAME

All ages, 7 p.m., Mabee Center, 7777 S. Lewis Ave., oruathletics.com

Watch the ORU Men's Basketball Team play St. Thomas! Kids ages 13 and under get in free when accompanied by an adult.

February 6 Sunday

VISIT DISCOVERY LAB!

11:30 a.m.-5 p.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Discovery Lab's new facility at Gathering Place is OPEN! Plan your visit at discoverylab.org.

February 7 Monday

TEEN STORYTIME (F)

Ages 10-18, 4-4:30 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Listen to staff read aloud great young-adult literature while you wait for your after-school ride.

February 8 Tuesday

BETWEEN THE PAGES (F)

Ages 10-12, 6-7 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Chat about your favorite literary friendships and do other fun activities.



BIXBY TEEN MANGA/ ANIME CLUB (F)

Grades 6-12, 6-7 p.m., Bixby Library, 20 E. Breckenridge, tulsalibrary.org

Discuss your favorite manga and anime and do a fun activity.

LIVING ARTS 2022 YOUTH PROGRAMMING

Middle and high school students, 4-6 p.m., Living Arts, 307 E. Reconciliation Way, livingarts.org

Living Arts offers two after-school programs for youth: the New Arts Youth Council for high schoolers and New Arts Foundations for junior high students. Enroll for the February session by February 3; visit their website to learn more.

February 9 Wednesday

BUILD A READER STORYTIME: FAMILY (F) (W)

Ages 0-5, 10-10:30 a.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

There's something for everyone — simple songs and books for the little ones, more interactive stories and activities for your older children.

PAWS FOR READING (F)

Ages 6-10, 3:30-4:30 p.m., Broken Arrow Library, 300 W. Broadway Ave., tulsalibrary.org

Kids ages 6-10 are invited to read their favorite books to a registered therapy dog. Each reader will receive a free book.

February 10 Thursday

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (F)

2-3 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

The Alzheimer's Association presents an informative session on Alzheimer's and dementia, including risk factors and current research and treatment options. Must pre-register at tulsalibrary.org/events.

KIDS CONNECTION (F)

Grades K-5, 4:30-5:30 p.m., Tulsa Arc, 2516 E. 71st St. A, thearcok.org

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.

February 11 Friday

VENDETTA, A MAFIA STORY

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaballet.org

The Corleone family and their rival mob families pull you into their captivating world full of drama, passion, and even a little humor. Presented by Tulsa Ballet. Additional showtimes available through February 13.

February 12 Saturday

2022 SANKOFA FREEDOM AWARD CEREMONY HONORING WALTER MOSLEY (F)

All ages, 10-11 a.m., Zoom link: us06web.zoom.us/j/81571685701

The 2022 Sankofa Freedom Award will honor Walter Mosley, a prolific author of over 60 critically acclaimed books, memoirs and plays.

OPEN SWIM (W)

All ages, 1:15-3:15 p.m., Miller Swim School Jenks, 525 W. 91st St. S., millerswimschool.com

Practice your skills, swim as a family, make it a play date or bring your group for a unique activity! Open to all swimmers. $5 per person, ages 3+.

A MIDSUMMER NIGHT'S DREAM

All ages, 7:30 p.m., Clark Youth Theatre, 4825 S. Quaker Ave., clarkyouththeatre.org

When the merry sprite Puck meddles with a magical love potion, young lovers lost in the woods mysteriously find themselves infatuated with the wrong person. Presented by Clark Youth Theatre. Additional performances available through February 21.



Celebrating its 58th consecutive season, the three orchestras of the **Tulsa Youth Symphony** will present their annual Winter Concert on February 13.

PHOTO BY OSCAR HO, COURTESY OF TULSA YOUTH SYMPHONY.

February 13 Sunday

TULSA YOUTH SYMPHONY — WINTER CONCERT

All ages, 3 p.m., Union High School PAC, 6636 S. Mingo Rd., tulsayouthsymphony.org

Enjoy an evening of music performed by the talented young musicians of the Tulsa Youth Symphony. The program includes music by Gustav Holst, John Williams and Beethoven.

February 14 Monday

Happy Valentine's Day from TulsaKids!

February 15 Tuesday

BUILD A READER STORYTIME: BILINGUAL STORYTIME/CUENTOS BILINGÜES (F) (W)

11-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish. // Disfruta de cuentos, canciones y actividades en inglés y español.

February 16 Wednesday

HAPPY KIDS PLAY TIME (F) (W)

Ages 0-5, 10 a.m.-12 p.m., Jane A. Malone Center in Chamberlain Park, 4940 N. Frankfort Ave., cityoftulsa.org

Bring the kiddos to run and play off some of their energy or enjoy an occasional arts and crafts project.

FULL MOON NATURE HIKE

All ages, 5-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Explore the sights and sounds of Tulsa Botanic Garden's native prairie and forest with a moonlit hike on the 1.5-mile Cross Timbers Nature trail. Trek at your own pace or arrive by 6 p.m. for a guided walk. Warm drinks, beverages and s'mores kits available. Preregister online.

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

February 17 Thursday

ORU WOMEN'S BASKETBALL GAME

All ages, 7 p.m., Mabee Center, 7777 S. Lewis Ave., oruathletics.com

Watch the ORU Women's Basketball Team play North Dakota State! Kids ages 13 and under get in free when accompanied by an adult.

February 18 Friday

BATTLE OF THE BANDS APPLICATION DEADLINE

For high schoolers, okfoodbank.org/events/battle-bands

Battle of the Bands is the premier concert and competition for high school singer/songwriters and bands at Cain's Ballroom on March 31. Thanks to a gift from the Hardesty Family Foundation, top prizes will include exclusive studio time and scholarship money.

BALLET MAGNIFICAT: DELIVER US!

All ages, 7 p.m., Destiny Church, 1700 S. Aspen Ave., Broken Arrow, balletmagnificat.com

Come see the internationally acclaimed Christian ballet company, Ballet Magnificat, and experience one of Ballet Magnificat!'s most popular and longest touring ballets, "Deliver Us!"

February 19 Saturday

WALKING TOUR AT TULSA ZOO (W)

All ages, 10 a.m. and 2 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

On this walk, visitors will not only learn about specific animals at the Tulsa Zoo, but about the conservation of these species in the wild.

GET YOUR RÉSUMÉ READY (F)

For adults and teens, 10-11:30 a.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

This hands-on class will guide you through creating a professional-looking résumé. Plus, you will learn about other free tools the library offers for job seekers. Must pre-register at tulsalibrary.org/events or by calling 918.5497323.

SEED STARTING WORKSHOP: WILDFLOWER & POLLINATOR GARDENS

11 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Curate your own pollinator garden! Learn to stratify wildflower seeds and wake them from their slumber. Preregister online.

READ OR DIE ANIME CLUB (F)

Ages 13-17, 12-1 p.m., Broken Arrow Library, 300 W. Broadway Ave., tulsalibrary.org

Joins fellow anime and manga lovers to talk about and watch anime.

February 20 Sunday

OPEN SWIM (W)

All ages, 4-6 p.m., Miller Swim School, 6415 S. Mingo Rd., millerswimschool.com

Practice your skills, swim as a family, make it a play date or bring your group for a unique activity! Open to all swimmers. $5 per person, ages 3+.

February 21 Monday

VISIT THE RAINFOREST AT TULSA ZOO

All ages, 9 a.m.-5 p.m. daily, Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Tulsa Zoo is home to a 15,000-square-foot, immersive walkthrough recreation of a Tropical American Rainforest — featuring 80% humidity and temperatures in the 70s and 80s. Sounds like a great place to visit during the cold winter months!

TULSA BOTANIC GARDEN PRESIDENTS' DAY SPECIAL

All ages, 12-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

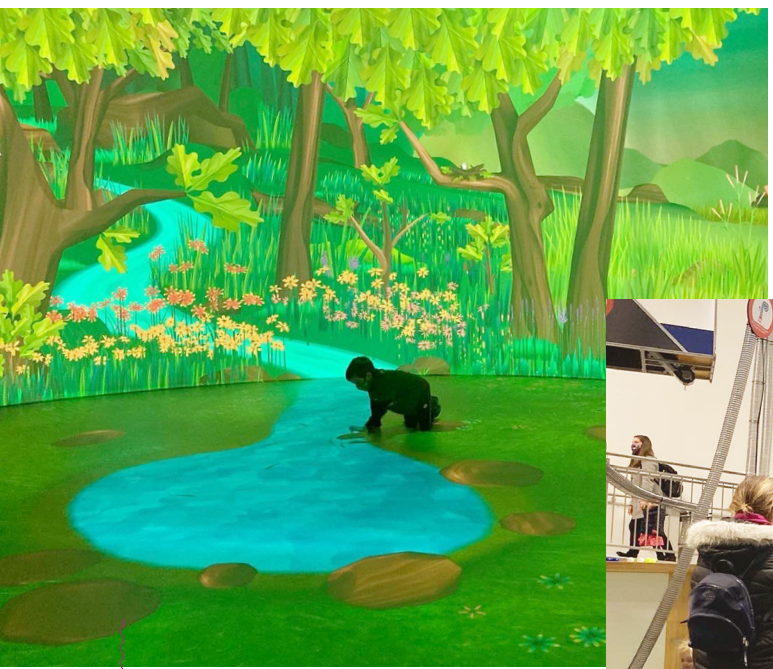
Celebrate Presidents' Day at the Garden! Half-price admission for any person with the same last name as any of the 46 Presidents of the United States.

February 22 Tuesday

BUILD A READER STORYTIME: BABIES & TODDLERS (F) (W)

10:30-10:55 a.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading.





Discovery Lab's new facility at **Gathering Place** is OPEN! Plan your visit at discoverylab.org.

BLACK COWBOYS OF RODEO WITH KEITH RYAN CARTWRIGHT (F)

All ages, 7-8:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Magic City Books and Tulsa City-County Library present Keith Ryan Cartwright, author of *Black Cowboys of Rodeo: Unsung Heroes From Harlem to Hollywood and the American West.*

February 23 Wednesday

TEEN CONNECTION (F)

For middle and high school students, 4:30-6 pm., Tulsa Arc, 2516 E. 71st St. A, thearcok.org

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.

February 24 Thursday

CREATIVE WRITING FOR TEENS: EDITING WORKSHOP (F)

Ages 10-18, 12-2 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Are you ready for the annual Young People's Creative Writing Contest? Get your story polished and prepared for submission at this editing workshop. The contest deadline is February 28.

AFRICAN AMERICAN HERITAGE BOWL (F)

Ages 10-adult, 6-9 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Schools and community groups compete for prizes and recognition by answering questions about Black history. Contact Adrienne.teague@tulsalibrary.org for more details.

February 25 Friday

OUT-LIT: YA BOOK CLUB (F)

Ages 10-18, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., tulsalibrary.org

Read Sequoyah Book Award nominee *Only Mostly Devastated* by Sophie Gonzalez. At this event, participants will discuss the book and do an activity.

February 26 Saturday

REGISTER FOR THE TULSA ZOORUN

All ages, virtual, tulsazoo.org/run

The Tulsa ZooRun returns March 5! Although you can register up through the day of the event, today is the last day to get the best registration discounts. Register at tulsazoo.org/run.

ELEPHANT AND PIGGIE BOOK PARTY! (F)

For preschoolers and elementary students, 1-2 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Dress up and enjoy games, crafts, read-aloud stories and a celebration of two of Mo Willems' silliest characters! Pre-register at tulsalibrary.org/event.

EASTERN OKLAHOMA AUTISM CONFERENCE

8 a.m.-5 p.m., Stoney Creek Hotel, 200 W. Albany St., Broken Arrow, thegriffinpromise.com

Annual Eastern Oklahoma Autism Conference providing education and resources to professionals and caregivers. Open to the public. Pricing starts at $25 for caregivers/early registrations.

February 27 Sunday

Find more family friendly fun at **tulsakids.com/calendar.**

February 28 Monday

BUILD A READER STORYTIME: FAMILY (F)

Ages 0-5, 6-6:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

There's something for everyone — simple songs and books for the little ones, more interactive stories and activities for your older children. Repeats Feb. 7 and 14.



GETTY/M-GUCCI

Kid-friendly Valentine's Events

HEARTS FOR ART

All ages, February 2-13, excluding February 7-8, 9 a.m.-5 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Show your love by picking up a paper heart at the front desk and leaving it in front of your favorite work of art.

SOCO FATHER DAUGHTER VALENTINE'S DANCE

All ages, February 5, 6-9 p.m., South County Recreation Center, 13800 S. Peoria Ave., Bixby, www2.tulsacounty.org/parks

SoCo Recreation Center brings back its annual Father Daughter Valentine's Dance! Music by DJ Connection. $5 per person, pre-register online.

STEAM AFTER SCHOOL: VALENTINE ORIGAMI

Ages 5-12, February 8, 3-4 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Don't know what to get your valentine this year? Fear not! Come to this program and learn how to make some simple, lovey-dovey origami.

DADDY DAUGHTER TEA TIME

February 12, 1:30-3 p.m., LaFortune Park Community Center, 5202 S. Hudson Ave., www2.tulsacounty.org/parks

Enjoy tea sandwiches, a photobooth, flowers, cookies and crafts! Dress is casual or fancy. Pre-purchase tickets online.

BIXBY FATHER DAUGHTER VALENTINE DANCE

All ages, February 12, 6-9 p.m., Bixby Community Center, 211 N. Cabaniss Ave., Bixby, www2.tulsacounty.org/parks

Make memories at Bixby Community Center's Father Daughter Valentine Dance! Music by DJ Connection. $5 per person at the door.

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









HOW EMERGENCY & HOSPITAL CARE SHOULD BE

Tulsa ER & Hospital was created to bring around the clock, concierge-level, quality adult and pediatric care for our community.

We strive to provide our patients with the best experience with short wait times in a comfortable and efficient environment.

TULSA ER & HOSPITAL

71st & Hwy 75| tulsaer.com | 918-517-6300

HEALTH & WELLNESS GUIDE



THE CHILDREN'S HOSPITAL AT SAINT FRANCIS

6161 South Yale Ave., Tulsa, OK

918.488.6688

saintfrancis.com/childrenshospital

As the only children's hospital in eastern Oklahoma, The Children's Hospital at Saint Francis provides state-of-the-art technology and a dedicated staff to meet the comprehensive healthcare medical needs of children. More than 100 pediatricians and 45 pediatric subspecialists work as a team to provide care for the physical, emotional and spiritual needs of children and their families. Additionally, the hospital is home to Oklahoma's only St. Jude Affiliate Clinic and provides the latest advancements in oncology/hematology care for children diagnosed with cancer or other related conditions. Each year, the health of thousands of children is improved through the expertise of our skilled medical professionals and our state-of-the-art children's services. For more information on The Children's Hospital at Saint Francis, or to find a pediatric physician or specialist, please contact Saint Francis Health Link 918.488.6688.

SOARING ON HOPE

4908 S. Sheridan Rd., Tulsa, OK

918.984.9153

soaringonhopetherapy.com

At Soaring On Hope our passion is to help your child be the best they can be. We celebrate with you every step of the way as they work on goals and skills. We believe that every child can enjoy a life that brings them joy and happiness. We understand each child is different and unique; this is why we thoroughly evaluate and provide custom treatment plans for each and every child we see at SOH. If your child needs more than one type of therapy, your child is given a success team of therapists who work together on a very special treatment program and set goals just for them. We offer ABA Therapy, Speech, Occupational Therapy, Physical Therapy and Counseling. We invite you to experience the difference SOH can make in the lives of you and your child. Learn how we can help your child overcome behavioral, learning and social challenges. We can't wait to celebrate as your child learns new skills, meets goals and conquers challenges!

Soaring on Hope, Where Hope Takes Flight!

EASTERN OKLAHOMA EAR, NOSE & THROAT

Tulsa Office: **5020 E. 68th St., Tulsa, OK**

Mingo Office: **9343 S. Mingo Rd., Tulsa, OK**

918.492.3636

eoent.com

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

LICE CLINICS OF AMERICA TULSA

3421 E. 21st St., Tulsa, OK

918.779.0001

liceclinicsmidsouth.com

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

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

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

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

WARREN CLINIC PEDIATRICS.



With office locations throughout eastern Oklahoma, Warren Clinic Pediatrics is a partner in your child's health. From well-child checkups to care for acute illnesses, management of chronic conditions, treatment of injuries and more, our pediatricians and staff are dedicated to providing comprehensive healthcare for infants, young children and adolescents. And as a part of Saint Francis Health System, Warren Clinic also offers the support of pediatric services and specialists provided through The Children's Hospital at Saint Francis.

*To schedule an appointment with any Warren Clinic physician, please call one of the locations below or **918-488-6688**.*

WARREN CLINIC PEDIATRICIANS:

TULSA

Kelly Medical Building
6565 South Yale Avenue
Suite 902
918-502-4210
Linda Murphy, M.D.

Springer Building
6160 South Yale Avenue
3rd Floor
918-497-3004
Rowena Baumgartner, M.D.
Jean Feghali, M.D.
Tammi Lahr, D.O.
Jeffrey Rice, D.O.
Kyle Rock, M.D.

10506 South Memorial
918-369-3200
Noel Gattenby, D.O.
John Lukeman, D.O.
Karissa Wagenblatt, APRN-CNP

TULSA HILLS

7858 South Olympia Avenue
918-986-9200
Naga Sushma Chavvakula, M.D.

BROKEN ARROW

1801 East Kenosha
918-615-6941
Sylvia August, M.D.
Lisa Macek, M.D.

COWETA

30011 East Highway 51
918-486-2161
Ashley Petersen, M.D.

McALESTER

1401 East Van Buren Avenue
918-426-0240
Paul Thomas, M.D.
Rebecca Auld, PA-C
Zach McCormick, APRN-CNP

OWASSO

13600 East 86th Street North
Suite 400
918-272-2247
Chelsea Galutia, D.O.

SAND SPRINGS

102 South Main Street
918-245-2286
Wendy McConnell, M.D.
Terresa Miller, D.O.

ADDITIONAL PEDIATRIC SPECIALTIES:

- **Allergy/Immunology**
- **Audiology/Hearing Aids**
- **Critical Care**
- **Dermatology**
- **Ear, Nose and Throat**
- **Gastroenterology**
- **General Pediatrics**
- **General Surgery**
- **Neonatology**
- **Neurology**
- **Neurosurgery**
- **Oncology/Hematology**
- **Orthopedic Surgery**
- **Plastic and Reconstructive Surgery**
- **Pulmonology**

WarrenClinic
A part of Saint Francis Health System

saintfrancis.com/warrenclinic

SOCCERCITY TULSA

5817 S. 118th E. Ave., Tulsa, OK

918.249.0044

soccercitytulsa.com

Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high-energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is to help children mature on all levels. 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. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules.

2nd Winter Session dates: Now through March 12. Spring is set to start March 21, with registration opening by mid-February.

TULSA ER & HOSPITAL

717 W. 71st St., Tulsa, OK

918.517.6300

tulsaer.com

Tulsa ER & Hospital is a locally owned & operated, Physician owned, hospital and emergency room providing concierge-level care with little or no wait times. Our ER is fully equipped providing the same services as a traditional hospital ER. We are prepared to diagnose and stabilize all emergencies, including those of patients with strokes, heart attacks, severe pain, traumatic injuries, pediatric illnesses, and acute surgical issues.

Our hospital & ER charges are in-line and, most of the time, lower than the regional average. By law, insurance plans cover ER services at the patient's in-network rates. In short, the patient may select their ER of choice. We don't balance bill for any services received. Emergency room care can be expensive, so we work with your insurance company for fair payment resulting in less unforeseen expenses. We also provide discounted & upfront rates for self-pay patients.

UTICA PARK CLINIC

70+ clinics throughout northeastern Oklahoma

918-579-DOCS (3627)

uticaparkclinic.com

Eating right, staying active and maintaining an ongoing relationship with a primary care physician can help you get healthy and stay healthy. At Utica Park Clinic, you can choose extraordinary health care without sacrificing convenience. Select from over 275 exceptional primary and specialty care providers at more than 70 clinics throughout northeastern Oklahoma.

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

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

OSU MEDICINE PEDIATRICS

717 S. Houston Ave., Tulsa, OK

918-382-4600

osumedicine.com

OSU Pediatrics is committed to providing exceptional pediatric care. Our physicians provide well-child checkups, immunizations, prevention and treatment of common illnesses, and more. OSU Medicine operates a network of clinics offering patient care in a number of specialties including addiction medicine, behavioral medicine, cardiology, family medicine, internal medicine, pediatrics and women's health with locations throughout the Tulsa metro area.



Scan the QR Code to find more information and opportunities at **tulsakids.com/guides-directories/health-wellness.**

Safa Muhammad Uses Her Talent to Give to Others

By **Sheeba Atiqi**





PHOTO COURTESY: SAFA MUHAMMAD

WHAT A WAY to start the new year! Safa Muhammad, a senior at Peace Academy, has devoted her last year to help raise awareness and funds for the Afghan refugees being resettled to the Tulsa area. Taking advantage of the Covid-19 quarantine, Safa perfected her hobby of photography. She created a website to highlight volunteer projects and to sell her work to earn money to donate.

TK: What is Relief-Photography.com?

Safa: Relief-Photography.com is a website that I created to share my photography while also being able to give back to my community.

TK: How did you come up with this concept to help raise awareness and funds for the Afghan refugees?

Safa: Relief Photography was originally just a way for me to exercise my hobby of photography and share my work at the height of the Covid-19 pandemic. Then I realized that this would be a great way to showcase my work as well as give back to others and my community, especially in these difficult times.

TK: What success have you had, and how much have you raised so far?

Safa: In the past year, we raised about $1,200 through a campaign called Fund Her Future that helped provide interest-free loans to victims of domestic violence, as well as upwards of $2,500 through a campaign for school supplies for the Afghan refugee children in Tulsa. We also worked with other organizations in the spring to provide 100 caregiver packages for cancer patients in the Washington D.C. area. Last year we worked alongside other local organizations to create 100 winter care packages for the homeless during the height of the winter pandemic.

TK: What do these funds go toward?

Safa: These funds go toward various humanitarian causes, most of which are local. Currently, these funds are going toward helping the Afghan refugees that are continuing to be resettled in the greater Tulsa area.

TK: Have you done anything like this in the past?

Safa: In the past, I have participated in a lot of humanitarian work as a volunteer, but this is the first time I have taken the initiative to start a campaign to help others.

TK: What advice do you have for someone looking to get into humanitarian work?

Safa: For someone looking to get into humanitarian work, I advise them to research different humanitarian organizations in their area where they can easily get involved. The best way is to volunteer for many different organizations and find what you really love. Searching for local non-profits on the website greatnonprofits.org is a great way to get started.

TK: What are your favorite local humanitarian groups that you like to volunteer for?

Safa: Some of my favorite local humanitarian groups that I like to volunteer for are the Community Food Bank of Eastern Oklahoma, the Tulsa Day Center, the SurayyaAnne Foundation, and Kids Helping Humanity.

TK: Who inspires you?

Safa: My mother inspires me. She has moved around a lot and held positions in various fields, but she never ceases to be selfless and persistent in her kindness and determination to help others.

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

Safa: I'm still undecided, but I hope that whatever field I choose will continue to allow me to help others and make a difference.

TK: What is a fun fact about you?

Safa: I skipped first grade and am currently a 16-year-old senior. I have also lived in three different states. TK

Instagram: @relief__photography

Sheeba Atiqi

Sheeba has been writing and photographing for TulsaKids since 2011. She works in emergency services and loves to travel and spend time with family and friends.

WE ARE OPEN!



DAILY HOURS

Monday - Saturday | 9:30 a.m. to 5:00 p.m.
Sunday | 11:30 a.m. to 5:00 p.m.

Spring Break Camps

March 14th - 18th

Reserve online today!

It's Never Too Late to Join!

Become a Member Today

Year-round family fun comes with every membership to Discovery Lab and it pays for itself in as little as three visits!

The benefits of membership include:

» Invitations to Members-Only Events and exhibit previews
» Free or discounted admission to annual events and programs
» Access to Members-Only hours and express check-in on busy days
» 10% discount on birthday parties, camps, rentals, and merchandise
» Option to participate in our Birthday Kids Club
» Enrollment in ASTC and ACM Recipocal Network Passport Programs

918.295.8144 | discoverylab.org
3123 South Riverside Drive | Tulsa, OK 74105

Ascension St. John

ZOO RUN

PRESENTED BY CommunityCare™

SATURDAY, MARCH 5, 2022

8:00AM ASCENSION ST. JOHN 1 MILE FUN RUN

8:30AM 5K RACE | 9:00AM 10K RACE

REGISTER TODAY TULSAZOO.ORG/RUN

TulsaZoo

TITLE SPONSOR

Ascension St. John

PRESENTING SPONSOR

CommunityCare™

SPECIAL THANKS TO THESE ZOO PARTNERS FOR BUILDING A BETTER ZOO THROUGH THEIR CONTINUED SUPPORT

THE ANNE & HENRY ZARROW FOUNDATION

GEORGE KAISER FAMILY FOUNDATION

HARDESTY FAMILY FOUNDATION

THE H.A. AND MARY K. CHAPMAN CHARITABLE TRUST

THE HELMERICH TRUST

THE OXLEY FOUNDATION