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What's Next:

POST-HIGH SCHOOL OPTIONS FOR STUDENTS WITH DISABILITIES

SUNNY LEIGH WITH HER SON NICK, A NEW STUDENT AT TRANSITION ACADEMY

WHAT YOU CAN DO ABOUT BACK-TO-SCHOOL ANXIETY

BACK-TO-SCHOOL HEALTH CHECK

A MONTH OF SCHOOL LUNCH IDEAS

SPECIAL SECTION: EXTRACURRICULAR ACTIVITIES GUIDE



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- Erin & Bob Bush

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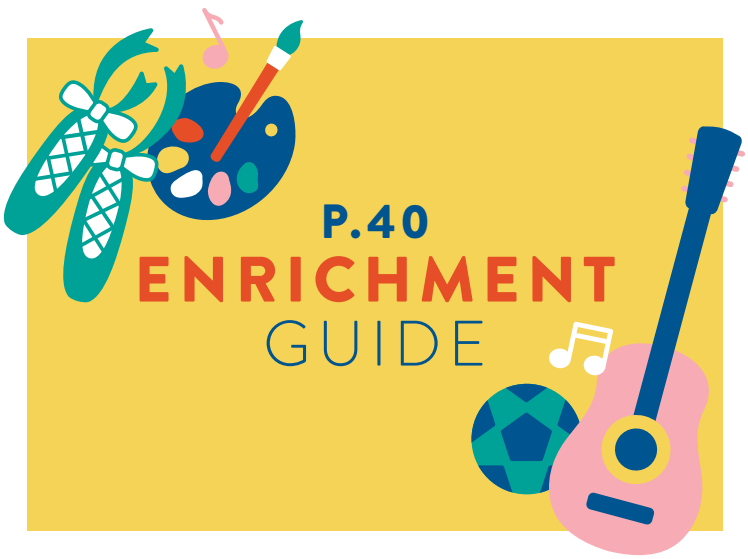
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August: A Time of Transitions

WHEN MY MIDDLE child, Anna, went off to college, she was so homesick she cried every time she heard my voice on the phone for most of the first semester. She was also the one who had a difficult time separating when she went to Mother's Day Out because, in her words to me, "I miss you too much." How can I argue with that?

No worries. Anna's fine today. In fact, she recently moved from Illinois to Washington, D.C. to work for NPR as a producer with the "1A" show. She and her dog, Leroy, are navigating D.C. like pros.

In this issue of TulsaKids, you'll find all kinds of transitions, from toddlers to teens. Transitions, even positive ones, can be stressful. (Ask me about the week prior to Anna's move.) They can be stressful for parents, too, whether they're dropping off kids at a new school, college or daycare. Think about the added stress of having a child with developmental or intellectual disabilities. These parents nurture and advocate for their children from birth, but also worry about what will happen to them after high school, when special services end.

Our cover story is about some really incredible post-high school transitional programs for individuals with intellectual and developmental disabilities. These young adults often want to attend college or find training for jobs that fit their interests and skills. They want to learn how to become more independent. I talked with parents and professionals working with these three transitional programs and found that they can be life-changing for families.

Most parents will be dealing with drop-off this month. Natalie Mikles writes about how parents can ease the anxiety prior to the start of school, while Alicia Kobilnyk offers some comfort about separation anxiety. Parents of youth will find some good tips in Julie Watson's column about helping their kids handle transitions at a time when sometimes the environment doesn't feel so safe.

If you have a kid feeling a little anxious, I feel your pain. Experience tells me that the tips offered in these pages are spot on. We're here to help.



Betty Casey

ASSOCIATE PUBLISHER AND EDITOR-IN-CHIEF

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MLK, JR. COMMEMORATION SOCIETY AWARDS $18,000 IN SCHOLARSHIPS

The Martin Luther King, Jr. Commemoration Society awarded $18,000 in scholarships to nine Tulsa-area students enrolled in post-secondary educational institutions for the 2022-23 academic year.

"The quality of this year's applicants was truly outstanding," said Pleas Thompson, president of the Dr. Martin Luther King, Jr. Commemoration Society. "Originally, we had planned to award seven scholarships, but our Board was so impressed with these nominees, they elected to expand the number of winners in a couple of categories. All MLK Scholarship winners are not only academic scholars, but they are leaders and volunteers in their respective schools and communities. They are truly the manifestation of Dr. King's legacy and will go on to do many great things."

Nine scholarships were awarded as follows:

$3,500 — Servant Leader (two winners): **Keirsten Metcalf,** a graduate of Union High School, attending the University of Oklahoma in the fall, with plans to become a nurse; and **Reeya Ramasamy,** a valedictorian at Union High School, plans to attend Purdue University in W. Lafayette, Indiana, studying cybersecurity. Reeya is also a National Merit Finalist.

$2,500 — Change Maker (two winners): **Kaiden Ivey,** Union High School, attending Jackson State University (Jackson, Mississippi), majoring in business administration/entrepreneurship; and **Marina Katoh,** Booker T. Washington High School, who will study computer science at The University of Tulsa. She is a National Merit Commended Scholar and an AP Scholar with Honor.

$1,500 — Mountain of Hope: Ankit Jallipalli, Union High School, attending the University of Oklahoma, majoring in computer science. He was also a valedictorian.

$1,500 — Drum Major of Justice: Ryan J. Anderson, Booker T. Washington High School, attending Dillard University (New Orleans), majoring in biology/pre-med in preparation to become an anesthesiologist.

$1,000 — Mountain of Hope (three winners): **LeQuincia Brown,** Booker T. Washington High School, attending Oklahoma City University, majoring in music education; **Kaleb Alexander Quince,** Jenks High School, with plans to attend the University of Georgia, majoring in political science. Kaleb is an AP Scholar with Honor; and **Isaiah Sells,** Owasso High School, attending the University of Oklahoma with an interest in international security.

Applicants were evaluated and selected by an independent panel based on the following criteria: Academic Achievement; Leadership and Accomplishments; Work/Volunteer Experience; Community Involvement; Essay on Dr. King's legacy.

TULSA SPCA RECEIVES PETCO GRANT

Tulsa SPCA received a $5,000 grant investment from national nonprofit Petco Love in support of their lifesaving work for animals in the Tulsa Metro area.

"We are so thankful for our partnership with Petco Love. This grant will allow us to continue our lifesaving work through our low-cost veterinary clinic services and programs, which provide vaccinations, spay/neuter surgeries, microchipping and other preventative care services to the public," said Mindy Tiner, CEO of the Tulsa SPCA. "Since a low-cost, non-profit, full-service veterinary clinic in Tulsa, and especially in North Tulsa (where our campus is located) isn't available, our knowledgeable and caring veterinary staff in addition to our structure as a non-profit allows us to use donations to subsidize the cost of quality veterinary care and make it affordable for all."

Tulsa SPCA is a non-profit organization. In addition to pet adoptions and their low-cost veterinary clinic, they also have a Mobile Adoption Center, a Mobile Medical Unit, a Cruelty Investigation program, as well as a number of community engagement programs, like Pets Are Love (PAL), which is based on animal-assisted therapy and an anti-bullying/humane education program for elementary schools.



BERNARDBODO/GETTY



DAVID BAILEYS/GETTY

PARENTS' UNPREDICTABLE BEHAVIOR MAY AFFECT CHILD'S BRAIN DEVELOPMENT

Researchers at the University of California, Irvine are conducting pioneering research into the concept that unpredictable parental behaviors, together with unpredictable environment, such as lack of routines and frequent disasters, disrupt optimal emotional brain circuit development in children, increasing their vulnerability to mental illness and substance abuse.

In an article published online in Science, Dr. Tallie Z. Baram, corresponding author and UCI distinguished professor in the Departments of Anatomy & Neurobiology, Pediatrics, Neurology, and Physiology & Biophysics; and Matthew T. Birnie, first author, a UCI postdoctoral researcher, describe the principles of emotional brain circuit formation gleaned from animal studies, and their impact on children's cognitive development and mental health.

"This perspective starts from basic principles of how the brain's sensory — audio and visual — and motor circuits are established and refined, and we apply those to emotional circuits that govern reward-, stress- and fear-related behaviors. It's not only positive or negative parental signals, but also the patterns of these behaviors and especially their predictability or unpredictability, that are linked to adverse outcomes such as poor emotional control in later life. The latter are indicators of higher risks for mental illness, post-traumatic stress disorder and substance abuse," said Baram.

Studies of mice reared by dams displaying unpredictable behavior sequences (but the same total amount of care) during the early postnatal period show that maternal behaviors influence synaptic connectivity in key brain nodes, including those that contribute to stress. Research involving infants and children suggests that unpredictable patterns of maternal behaviors are associated with later deficits in emotional control and behaviors. These effects persist even after correction for other early-life variables such as maternal sensitivity to the infant's needs, socioeconomic status and maternal depressive symptoms.

"What's significant about this research is that it identifies new targets for intervention and helps us think of measures we can put in place to best support the development of mentally and cognitively healthy children," Baram said. "Unpredictability is actionable, because we can aim to inform and educate parents, caregivers and others about the importance of predictable signals and environments to infants' and children's brain maturation."

GOOD TIMES, GREAT COMPANY: TULSAKIDS' FAMILY FAVORITES CELEBRATION

Last month, TulsaKids celebrated our Family Favorites Winners and Finalists at a special event held at Bar 473. We loved getting to catch up and congratulate them in person!

Tulsa Balloons provided a colorful photo backdrop, All Things Cake made picture-perfect Family Favorites logo cookies, and Taziki's catered tasty Mediterranean food.

Read all about our Family Favorites Winners and Finalists at **tulsakids.com/tulsakids-family-favorites.**



1


2


3


4


5


6

1. TulsaKids staff: Lindsey Copes, Brandi Moore, Tara Rittler, Annie Tyndall, Betty Casey, Chuck Foshee (not pictured: Debbie Talley)
2. Angela and Dustin, Tulsa Balloons; Favorite Party Entertainer Winner and Favorite Lawn Decor Finalist
3. Taryn Starkey, Photo Doula; Favorite Newborn Photographer Winner and Favorite Doula Finalist. Makenzie Howard Photography, Favorite Newborn Photographer Finalist
4. Gathering Place; Favorite Local Attraction and Favorite Local Park Winner
5. TherapyTown; Favorite Place for Pediatric Therapy Finalist
6. Erika Slade, E-Nanny; Favorite Childcare Service Finalist

For more Family Favorites Celebration photos, go to **tulsakids.com/tulsakids-family-favorites-celebration.**

WHAT'S GOING ONLINE?



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CONTESTS & GIVEAWAYS

FIND ENTRY LINKS at **tulsakids.com/contests.**

OSU INSTITUTE OF TECHNOLOGY

BACK TO SCHOOL PHOTO CONTEST, SPONSORED BY OSU IT

Show us your first day of school pictures, or how you're getting ready for the new school year by entering our Back to School Photo Contest! One lucky winner will receive a swag bag full of back-to-school goodies, courtesy of OSU IT! We will also choose submissions to share in our September issue and on social media throughout the month! The contest will be open August 1–31.

THANK YOU FOR ENTERING OUR SUMMER FUN PHOTO CONTEST



Dance friends Heidi, Violet and Jaelynn enjoy the summer weather.
PHOTO BY AMANDA VAUGHAN

Harrison enjoys a big hunk of watermelon on the 4th of July.
PHOTO BY HOLLY KOENIG





Beach Baby Channing Roehl.
PHOTO BY HAYDEN ROEHL

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COVER KID CONTEST, SPONSORED BY TULSA ER & HOSPITAL

Wondering how to get your kid on the cover of TulsaKids Magazine? Enter our annual Cover Kid Contest! Submit photo entries August 1–15. Then, encourage friends and family to vote once daily from August 16–31! We will choose three winners based on the voting process.

*Siblings must be entered separately, with the exception of twins/multiples
*Open to kids ages 2–17



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PHOTO CREDIT: THE COMPANY OF PRETTY WOMAN: THE MUSICAL. CREDIT: MATTHEW MURPHY FOR MURPHYMADE

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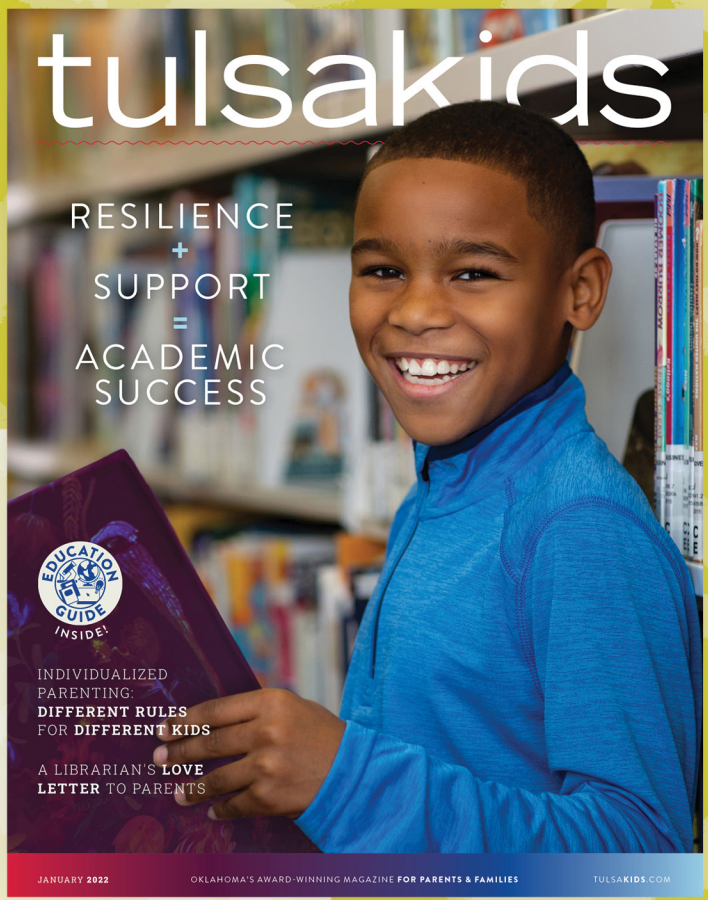
Support for this project is provided in part by a grant from the National Endowment for the Humanities, a grant from the Flint Family Foundation, and support from donors to Philbrook's Exhibition Series.

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The top three winners will be announced in our **October** magazine.

Enter today at **tulsakids.com/contests.**

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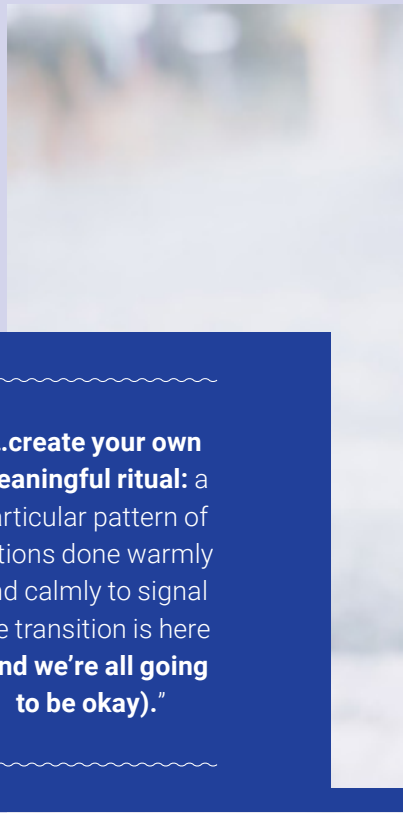
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5 Tips to Ease Separation Anxiety

By **Alicia Kobilnyk**





"**...create your own meaningful ritual:** a particular pattern of actions done warmly and calmly to signal the transition is here **(and we're all going to be okay).**"

THE LONG, (SOMETIMES) peaceful days of summer are winding down. You're drinking your tepid morning coffee, attempting to keep the baby from eating half of a banana without chewing and watching your toddler ransack the Tupperware drawer — again — when your eyes fall on the sheet of paper on the counter. It's the supply list for your child's new school. At first, it was fun to order the little froggy backpack and label his bag of extra clothes. But now you start to count the days and realize that soon it will be time for a big change. You know the day is coming when you will load him up, walk him in, hand him to someone you've only recently met and walk away.

You know he's likely to struggle at first, as will you.

The day comes, however, be it week eight of life or age 8, that all parents must separate from their children. And though none of us relishes this sometimes-overwhelming shift, we will all weather it and come out on the other side. Be it Mother's Day Out, a morning day camp or a full-time preschool program, time apart may challenge us. But it will be worth it.

Separation anxiety is usually at its peak between 10 and 18 months. It typically ends by the time a child is 3 years old. (cedars-sinai.org)

I've lived both sides of this dynamic. First, I was an educator, standing in the doorway reaching for the wide-eyed little one as they looked from me to their parents with growing confusion. And one day, before I was prepared for it myself, I was a mother, awkwardly shifting the tiny, animal-shaped backpack in my hands in order to more safely pass a writhing, unhappy child to a compassionate and practiced hand, already greeting my child by name and reassuring us both with familiar words. "I'm glad you're here. You're safe. Mama comes back."

"Mama comes back," I said to myself as I turned and walked away, feeling my eyes sting as I heard my child's cries behind me. Day one was not easy for me as an educator, soothing my newest friends who simply wanted their mom or dad. It was not easy for me as a parent, letting someone else comfort and support my little one. And I know it wasn't easy for my child, entering a new environment with new people, having to explore without their most trusted people. But that's day one. It gets better.

I've returned, after my stay-at-home mama years, to education and have become quite familiar with the dynamic of separation anxiety due to the ages with which I specialize. Separation anxiety is common in young children and comes in phases based on development, age and situation.

The 1-year-olds who enter my room each summer are at a peak of developmental separation anxiety, requiring lots of patience from loved ones and educators to support them and connect with them. However, it is not uncommon for school-aged children to struggle with transitions and new beginnings.

With that in mind, here are some things that I would tell you, both as a mama and a toddler wrangler, that may ease your upcoming transitions, new beginnings and separations:

Attachment is a good thing. Your baby, now sitting up but non-mobile, darts his eyes to you as you exit the room to grab a package off the porch. He wails as you round the corner, and you ask yourself if you've failed him. You've not failed him at all. He's developed a secure attachment to you, necessary for his own thriving development and safety. He has begun to understand the two of you are not the same being and can separate. It motivates him to call out for you, come after you, look for you.



SASIISTOCK/GETTY

Attachment is the root of relationship and key to growth. Think of it as a root system. Healthy roots, healthy shoots. Remember this as your child struggles during periods of separation. This is normal and healthy.

They will forgive you. It might feel as though your 12-month-old is shooting you daggers and making mental notes for future therapy appointments as you set her down in her classroom and say, "Have a good day!" It may haunt you as you try to settle into your workday and make you wonder if she will trust you again. But take a deep breath. Young children quickly settle in the care of a loving adult and often begin to play within minutes of even the roughest of drop-offs.

In my years of education, I've yet to find a diary entry ascribing betrayal to their parents or detailing damaging internal anguish. At pick-up time, you'll likely find your child runs to you grinning and excited after a full day of good things.

Emails are your new best friend. If you're struggling with your own comfort as you and your child adjust to a new setting, school or even an arrangement with a family member watching your child, a quick text or email check-in will alleviate much of your worry. Often you will get a reply briefly detailing what your child is currently doing, how long it took them to settle and possibly even a photo of them happily passing their time apart from you.

Asking for reassurance on hard days is natural for each of us, no matter our role. This is true on day one and day 75. It's okay to check in.

Confident Leaving. Your child has long looked to you to guide his feelings about unknowns and mysterious things. Attached and attuned to you, he has learned that when Mama is relaxed and easy, he is safe and, conversely, that when Mama is tense, he needs to be watchful.

As you approach the daycare drop-off or head for the door on a date night, give your child a smile, wish them a fun day and say "I'll see you later" in a tone that speaks calm and confidence. If you are anxious, they will likely be anxious. If you are positive, they will likely be positive.

Predictable, Comforting Routines. I often encourage parents in school settings to come consistently at the same time, follow a predictable routine and speak to children about upcoming transitions in a mundane, cheerful way. Driving to school, you could talk about who might be there today or what sort of experiences they might expect. As you approach, put down their bag so your hands are free to fully support your child as you say goodbye.

A basic framework of a simple goodbye ritual is "Hug, Kiss, Goodbye." Use it as a template to create your own meaningful ritual: a particular pattern of actions done warmly and calmly to signal the transition is here (and we're all going to be okay). This could be three nose nubs and one "Go Pokes," or any short combination you and your children land upon. My own school-aged children devised their own and still ask for "Hug, Squeeze, Kiss" if we are parting ways. If your departure each day is predictable, your child will settle in more quickly and eventually join their class smoothly.

Most of all, remember that you can trust the hands who will hold them as you leave. You have found this good place or these good people to know and love your precious ones. Trust them to be honest with you, call you with emergencies and care for your children as if they are their own. Those of us who work with children are able to calmly comfort your child, meet their needs and sit patiently with them while they adjust to new settings or new experiences. And when pick-up time comes, you will be together again with lots of stories for one another. Separation anxiety may ebb and flow, but your connection with your little one is steady, strong and special. TK

Alicia Kobilnyk 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.

The "A" Word: Let's Talk About Ableism

By **Dr. Tamecca Rogers**



Ableism is **discrimination and social prejudice** directed at people or groups of **people with disabilities** or those perceived to have disabilities.

Ableism can take the form of **assumptions, stigmas or beliefs.**

WHEN PEOPLE THINK about diversity, equity and inclusion, it's typical to think about race, gender and ethnicity, rather than disability. There is often a focus placed on topics like racism and sexism, rather than ableism, the discrimination against those with disabilities.

I have attended many higher education classes and professional development programs, taught at several middle schools and high schools and have worked in the curriculum department. The word ableism was never mentioned or discussed.

What is ableism?

Ableism is discrimination and social prejudice directed at people or groups of people with disabilities or those perceived to have disabilities. It is rooted in the belief that non-disabled people, or those without disabilities, are superior.

Ableism is the idea that people with disabilities are inferior to those without disabilities and need "fixing," isolation or different treatment from their able-bodied counterparts.

Why should we talk about it?

As educators, administrators and parents, it is our duty to know how ableism affects our children, and it's our responsibility to take action to ensure our children are treated fairly and given the proper resources to receive the best education possible.

Educating about ableism in the classroom

Understanding what ableism is and what it looks like provides our children with a safe and fair classroom environment where they all can feel respected and supported.

What does ableism look like in the classroom?

Ableism can take the form of assumptions, stigmas or beliefs about people with disabilities, as well as stereotypes, attitudes, practices, environmental barriers (physical and mental), or larger-scale discrimination like refusing disabled people work or schooling opportunities. In the classroom, it is not much different.

Lack of recourse

Ableism can occur through mockery of a student's disability or even the denial of their request for accommodations, like a ramp into a classroom, additional time on a test or classroom materials.

Lack of consideration

Questioning a student's disability or need for accommodation is another form of ableism and can make them feel they must prove they need it. Plus, it can cause embarrassment, feelings of inadequacy or isolation.

Lack of courtesy

Not speaking to individuals with disabilities directly, or using others to talk on their behalf, creates a de-individuation of a student and the idea they can't directly advocate for themselves. Ultimately, this reinforces the idea that the student is different from other (non-disabled) students and is, therefore, inferior.

How does ableism make students with disabilities feel?

In response to their treatment in the classroom or at school by teachers, administrators or other students, children with disabilities may feel:

- **Different.** When students are treated like they differ from their peers, they will probably internalize that treatment and see themselves as different, making them feel bad about themselves.
- **Inferior.** Students with disabilities are subject to treatment from a society that wasn't "built for" them like it was built for non-disabled people. Because of this, students with disabilities may see themselves as "less than" because they require accommodations.
- **Disenfranchised.** It's challenging and may even be downright humiliating having to ask for the accommodations in the first place. It's even more challenging to have those accommodations questioned or, worse, not believed, not taken seriously or not provided.
- **Unimportant.** As long as we prioritize the learning styles and needs of non-disabled children over children with disabilities, students who are not non-disabled will feel, and may even believe, that they don't matter, and their needs are not important enough to care about.

WAYS TO COMBAT ABLEISM IN SCHOOLS

There are many things we can do to foster a safe, equitable schooling environment for our children with disabilities.

For parents:

Talk to your child and seek understanding. Aside from knowing the facts of your child's disability, take the time to talk with them about how their disability affects them specifically and how their schooling environment may make it easier or more difficult to learn and socialize in the classroom. Practice compassion, attentive listening and understanding.

Be an advocate for your child. Speak with your child's teacher(s) and any relevant administrators about your child's needs, especially if they voice concerns or problems in their schooling environment. Work with educators on your child's behalf to fix these.

Teach your child to advocate for themselves. Use your acceptance of their disability to teach them to feel the same way about themselves. Teach them it is okay to speak up about their needs, ask for help when needed, and what to do if they feel unheard or as though they are being challenged. This can include inviting you, the parent, into the issue or calling upon a trusted friend or educator to help. Advocating for yourself doesn't always mean that you do it alone.

For educators:

Add disability content to the curriculum and school activities. The more information and awareness about disabilities and ableism, the better chance we have to help everyone understand it. More so, including this information in school activities and lessons will help give voice to students with disabilities.

Diversify your class library to include books with disability themes. Students will feel better represented when given the voice and space from shared information about their conditions.

Use role models in your classroom. This will help students with disabilities to feel not only represented but like their disability is no impediment to their future successes in the world.

Provide resources for all. This is important. There are plenty of resources that can be made available for students with disabilities and in classroom environments to ensure everyone has fair treatment.

These resources include, but aren't limited to:

- test accommodations
- braille transcriptions for students with vision disabilities
- interpreter services for students with hearing disabilities
- desk and accessibility arrangements (such as wheelchair ramps, extra time to move between classes, and note-taking assistance) for students with physical disabilities
- assistive technologies and software to make learning easier for students with disabilities

It's so important to provide a learning environment that is conducive to the needs of all students, regardless of their physical and mental abilities, so every child can learn and succeed without feeling inferior or unrepresented. TK

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


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Nigel Jacob:

Shape Your Future Recipe Contest Winner

By **Staff**



PHOTO COURTESY: NIGEL JACOB

AS PART OF their mission to educate Oklahomans to make healthy choices, Shape Your Future (shapeyourfutureok.com) partnered with TulsaKids for a contest to seek out a young chef who could create a healthy, delicious recipe packed with fruits or vegetables.

Shape Your Future encourages everyone to fill half their plate with fruits and vegetables at each meal, and 13-year-old Nigel Jacob's creation hit the mark. His recipe for *Grilled Pineapple-Mango Shrimp Kebabs with Rainbow Cheese & Fruit Salad* is a winning combination of lean protein, fruit and dairy that fills the plate with colorful, healthy foods that kids love.

Young people like Nigel can lead the way in creating a bright future for Oklahoma. The state has some of the highest child and adult obesity rates in the U.S. Shape Your Future wants to change that statistic by educating all Oklahomans about making healthy choices. They want families to know that besides eating fresh fruits and veggies and drinking plenty of water, kids need 60 minutes of physical activity per day, and adults need 30 minutes per day.

Make meal prep a fun, family activity! Start by making Nigel's recipe together.

TK: How long have you been cooking, and what are your favorite things to make?

Nigel: I've been cooking since I was maybe 7 years old. My favorite things to make are fried rice and curried beef rolls.

TK: Where did you get the inspiration for your winning recipe?

Nigel: It is simple, healthy and fun to make, and the fruit salad is colorful and delicious!

TK: Is this the first time you've tried to come up with your own recipe?

Nigel: No, I like to create recipes quite often.

TK: Have you ever had any kitchen disasters?

Nigel: Yes, a couple of years ago I almost burned down our entire kitchen just from microwaving popcorn. Our house smelled like burnt popcorn for days.

TK: Shape Your Future is focused on encouraging families to live healthy lifestyles. How do you think planning and cooking your own meals at home helps you eat more healthy foods?

Nigel: The more often you eat at home, the less you will crave fast food and make unhealthy choices. When you cook your own food, you choose your ingredients and can select healthy options, too.

TK: What advice would you give to other kids who might want to learn to cook meals for themselves or their families?

Nigel: Make sure to get your parents' help, especially if it's your first time cooking. And you can make it fun, too, and maybe do it at least once a week. Don't be afraid to try new recipes, add new ingredients and even create your own recipes. Be creative.

TK: What other things do you like to do besides cooking?

Nigel: Lots of things. Reading, coding, golf, basketball, ping pong, playing piano, playing pool, playing video games, traveling and spending time with friends and family.

TK: Do you have any immediate goals you want to accomplish? What do you think you'd like to do in the future?

Nigel: First, I want to start taking flight lessons soon, just like my sister does, and learn how to fly airplanes by the time I'm 16. [I want to] continue getting good grades and get accepted into an Ivy League school. I'm hoping Harvard Medical. I'd like to become a neurosurgeon.

TK: Tell us a fun fact (or two) about you.

Nigel: I was able to climb inside to the top of one of the pyramids in Giza. I havea piece of the Berlin Wall from when we got to visit Germany in 2019.

GRILLED PINEAPPLE-MANGO SHRIMP KEBABS

INGREDIENTS, SERVES 4

- 2 teaspoons soy sauce
- 4 teaspoons hot sauce of your choice, optional (I like it spicy, so I always add it, using Tabasco original red sauce.)
- ¼ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lime juice from about 2 large limes
- 1 pound large shrimp (31–40 count), peeled and deveined (You can use fresh or frozen, thawed shrimp.)
- Mango chunks (I use a bag of pre-cut frozen mango and thaw first.)
- ¾ pound pineapple chunks, cut into 1-inch cubes
- Canola oil for grilling
- Freshly chopped cilantro and/or green onion for serving

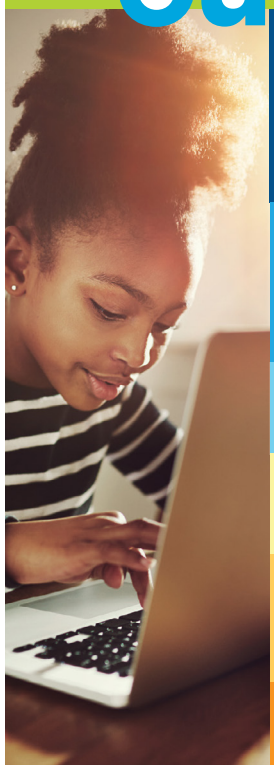
INSTRUCTIONS

1. In a medium bowl, combine the Tabasco sauce, soy sauce, orange juice and lime juice. Add the shrimp and toss to coat. Cover and place in the refrigerator to marinate for 1–2 hours, tossing occasionally. If using wooden skewers, soak in warm water while the shrimp marinates. Meanwhile, prepare the pineapple if needed.
2. Preheat the grill to medium high heat. (With help from my mom, I used the grill, but you can also use a stovetop or oven for this recipe.)
3. Remove the shrimp from the marinade and reserve the marinade for grilling. Thread the shrimp onto skewers, alternating with the pineapple and mango. Add any veggies you like to the skewers. I like to add squash.
4. Lightly brush the grill with canola oil, then place the shrimp kebabs on the grill. Grill the shrimp for 3 minutes, brushing with the marinade, then turn and cook for an additional 2–3 minutes, brushing with the marinade again until the shrimp are just cooked through. Remove to a serving plate and garnish with cilantro and green onion.

RAINBOW SALAD

The rainbow salad is fun to make and not only looks colorful on your plate, but you're also getting so many healthy fruits and some low-fat dairy. When cutting, make sure to get help from your parents. I use strawberries, mandarin oranges, cheddar cheese, blueberries and grapes. Arrange in a rainbow on each plate! TK

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Transitions Require Communication and a Listening Ear

By **Julie Wenger Watson**



Julie Wenger Watson 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.

RESOURCES

There are numerous resources for Tulsa youth to obtain support for mental health.

For crisis services:
COPES at 918.744.4800

Crisis texting helpline:
Text HOME to 741741

Youth Services of Tulsa: **yst.org**

Bullying lifeline:
1.800.273.TALK (8255) or **stopbullying.gov**

WHETHER IT'S A transition from high school to college or starting a first job, life is full of new beginnings. As parents, we want to help prepare our kids for whatever is next. Fortunately, there are some simple things we can do to support them in their journey and encourage their success.

TRANSITION AS A TIME OF STRESS

"One of the things we realize is that depression, anxiety and mental health struggles often arise from life events," says clinical psychiatrist Robin Aupperle, Principal Investigator at Laureate Institute for Brain Research and an Associate Professor at the University of Tulsa's School of Community Medicine.

While it's easy to see how negative life events, like trauma and abuse, can influence the way we're feeling, Aupperle is quick to point out that even positive events can trigger mental health challenges.

"It's important to be aware that even positive life transitions can influence our emotional well-being in a variety of different ways, including increasing stress and impacting our moods," she says.

Life transitions often come with changes in our social networks, which can be stressful to navigate at any point of life, but particularly during adolescence. Often these same transitions are accompanied by a change or increase in academic, athletic or extracurricular expectations. These stressors can be amplified by the 24/7 news cycle in which we currently live.

"I think negative events in the news can also make some of these transitions more difficult," Aupperle says. "If things are happening that make us see our environments as potentially less safe, then it's going to be that much more stressful. We're more on alert and trying to figure out how to keep ourselves safe in general, and then we're also slammed into a new environment that same time."

HOW TO HELP

As with every aspect of parenting, communication is key.

"Have conversations that balance both the positive expectations of what's going to happen, the excitement and the good things, with talking about some of the stressful things that might happen," Aupperle suggests. "Ask what some of their concerns or worries are so there's a more holistic view and conversation about it. Recognize that you can be both excited and worried about something at the same time."

Consistency also helps. Encouraging your child to stay connected with their "old" friends can help support a transition. Maintaining a consistent schedule of meals, sleep, exercise and other activities is useful, too. If schedule changes are inevitable, try to begin the shift early and gradually, so the transition isn't as abrupt.

Familiarizing yourself with a new environment ahead of time helps with the adjustment – particularly when moving to a new school or leaving for college. Exploring what organizations or activities are available and helping your child identify ways to connect with others who have similar interests builds a crucial sense of belonging.

Distinguishing between what the child (and parent) does or doesn't have control over is also useful.

"There might be times where it's just helpful to be able to vent about something and have an empathic ear, and other times they might actually need help troubleshooting and finding actions to take and to explore," she says.

Even as your child grows and becomes more independent, your role as a parent remains an important one.

"The student has to take the lead in a lot of this, especially when we get to adolescence and college age, but parents can help by modeling the use of these positive coping strategies and doing regular check-ins with the students on how the transition is going – what's been good and positive versus what's been stressful," Aupperle says. "Doing these check-ins in a very nonjudgmental way lets them lead the conversation. We're helping them navigate this rather than taking the reins and and trying to navigate it completely for them." TK



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Lisa Shotts is Working to Gain More Ground

By **Nancy A. Moore**





LISA SHOTTS; PHOTO BY SHEEBA ATIQI.

LISA SHOTTS HAS a heart for helping and a mind for data-driven results. As a longtime classroom teacher and former instructional reading coach, Shotts saw first-hand what happened to children who didn't have access to books over the summer. The "summer slide" in reading skills was a reality for many of her students, especially those living in poor communities where access to books was limited. To change the landscape of these "reading deserts," Shotts and her colleague, Kirby Mackenzie, founded Gaining Ground Literacy, a non-profit that gets books into the hands of children living in reading deserts.

TK: Tell us about yourself.

Lisa: On a professional side, I've been an educator for 26-plus years. I've worked in everything from classroom and instructional teaching to reading specialist. On a personal side, I have three amazing kids and two wonderful grandchildren.

TK: How did the idea come about to start a reading program?

Lisa: The idea came after hearing one of my mentors, Dr. Richard Allington, speak about the importance of summer reading at a conference. At the time, I was an instructional coach for a school and was working with data showing that the students we were working with would slide back in their reading skills during the summer. The reason for this regression centered around not having access to books and reading material outside of school. The summer is a time when students were losing ground in literacy, and we wanted to change that.

TK: Why did you decide to invest your own time and money into starting this program?

Lisa: Based on the data, we could see the answer was right in front of us. When something boils down to lack of opportunity and seeing that kids in lower socio-economic areas just don't have the opportunity to access books during the summer months, we knew we could change that. When you see that lack of opportunity and know you can do something, you have to do it. There's no other choice.

What started as a grass-roots effort turned into partnering with friend and educator Kirby Mackenzie to start a non-profit known as Gaining Ground Literacy.

TK: What does data show about students losing ground in reading skills over the summer?

Lisa: Research shows that by the end of sixth grade, there is a three-year opportunity gap between economically disadvantaged students and those who are economically advantaged.

TK: What is the purpose and mission of Gaining Ground Literacy?

Lisa: The primary purpose of this program is to prevent summer reading loss for students living in economically disadvantaged areas by providing weekly access to a large volume of high-interest and student-selected books, increasing parental involvement and engaging students in reading activities. Our mission is to develop readers, thinkers and leaders by providing families with engaging literacy experiences and access to high-interest, culturally responsive books.

TK: What does the program do to help children?

Lisa: Giving them access to high-quality, diverse books, gets them interested in reading. So much comes from literacy. That's what grows them as readers, learners, critical thinkers and world changers.

TK: How has the program grown?

Lisa: It had a rough start in 2014! Initially, Kirby and I drove around in my husband's truck and distributed books. Over time, it has slowly gained momentum. We eventually started a non-profit and partnered with Scholastic Book Fair. Early on, Kirby caught the attention of Ellen DeGeneres, and she gave her a book van to use to distribute the books on a weekly basis.

Now, every student gets to pick out 10 new books to take home at



Smiling kids receiving their free summer books from the **Gaining Ground Literacy book bus!**



PHOTOS COURTESY OF GAINING GROUND LITERACY INSTAGRAM.

the beginning of the summer, and we work with those kids throughout the year through various programs.

TK: What results have you seen after starting this program?

Lisa: My partner and I have always followed the research. We partnered with schools in lower socioeconomic areas to focus on those kids. We're working with schools in East Tulsa and North Tulsa to provide "books of choice" to the students. We can see that those students are thriving and don't experience the reading loss they did prior to the program.

TK: What does "books of choice" mean?

Lisa: We believe representation matters. We stock our shelves so anyone can see themselves in those books and stories. Students can choose what they are interested in reading, nothing is assigned.

TK: How does the program work with schools?

Lisa: We provide books for 4,200 students and about 500 students in our after-school and summer project-based learning programming. We work directly with teachers on each site who know the students and are integrated into the communities. This summer, we offered an eight-week summer camp and partnered with Ahha Tulsa, Woody Guthrie Museum, Bob Dylan Museum, Outdoor Classroom and many local artists. The kids loved it!

TK: What makes this program necessary in our community?

Lisa: Choice reading has not been a high priority. Kids living in economically disadvantaged areas have less opportunity to high-quality, out-of-school instruction and access to books. These barriers statistically put them at an academic disadvantage. We see the first time they come on the bus to choose books, they just grab books. The next week, we ask them what book they liked. A lot of times they admit that they didn't read any of the books. Once they start reading the books and understanding what books they like, the light bulb goes off for them!

TK: How do you engage them in reading?

Lisa: We give them books that they are interested in. We also want to grow them as a person. We want them to have empathy and emotional growth and find books that help develop those areas. We do read-alouds and discussions. We encourage them to write about their reading and share their thinking each week!

TK: What is the age range of children that you work with?

Lisa: We are working with kids in targeted areas birth through middle school.

TK: How can people support Gaining Ground Literacy?

Lisa: Our big need is in financial support to purchase new books and provide literacy instruction for the students. We have a donation button on our website if people want to provide a single donation or set up a reoccurring monthly donation. For example, $10 will purchase two new books. Visit GainingGroundLiteracy.org for more information.

We are always looking for volunteers to fill various needs. You're welcome to reach out, and we can share about those opportunities!

TK: Tell us about your annual fundraising event on September 10.

Lisa: Rock & Read is our annual fundraiser that supports all the work we do with students across the Tulsa area. Rock & Read takes place at Bar 473 and is a karaoke event that will entertain you all night long! We have an auction with incredible auction items, great food by the amazing restaurant group Et Al, drinks and dancing. Tickets can be purchased online through GainingGroundLiteracy.org.

TK: You're so busy growing this program! How do you unplug?

Lisa: Ever since I've had grandkids, I travel quite a bit to see them. I love to hike, bike and we have a large organic garden that we spend a lot of time in!

TK: What are you passionate about right now?

Lisa: My passion is more of a mission to educate the public on this opportunity gap. When you don't have the opportunity that others have, it sets you back. We need to recognize the disparity in our schools and help even the playing field. TK

To find out more about Gaining Ground Literacy, visit: GainingGroundLiteracy.org. You can also find them on Instagram: @gaininggroundliteracy and Facebook: Gaining Ground.

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



VERBS: Marvelous Motion Words!

Move your body to connect words with meaning in books

By **Julia Cantrell, MLIS**

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WHAT IS MORE fun than reading a book? Reading a book and working on building other skills at the same time!

Reading books aloud is a crucial early literacy activity that stimulates the brain of both the reader and the listener. (Yes, you are working your brain, too, grown person!) Libraries promote reading to build literacy skills. And we're good at it.

But it is not all you can do to build a reader.

What if I told you that you can super-charge and cross-train your mind to build your early literacy skills even more?

Entering stage left: VERBS.

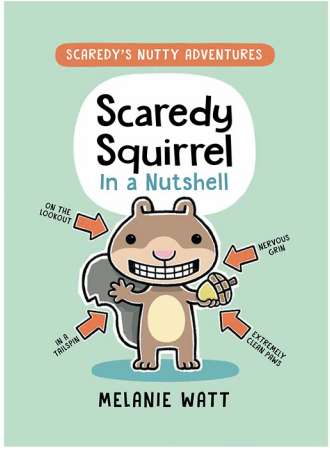
A verb is a word that describes an action. These marvelous motion words create windows of opportunity to connect words with meaning. Once words have meaning, little brains start connecting dots with not only what is on the page but also what they see and do in the world.

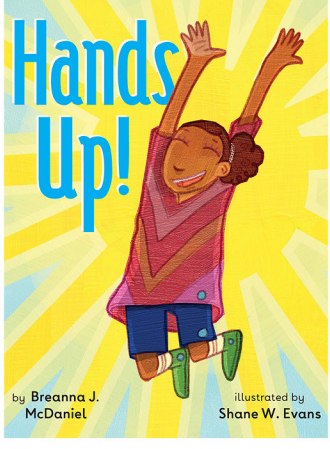
Say you are reading out loud with your child and they are enthralled with the story, wondering how "Scaredy Squirrel" is going to get out of his latest shenanigans. As Scaredy Squirrel leaps, cowers, panics, stumbles, plays dead or any other number of things that involve action (yay verbs!), encourage your child to act alongside the book.

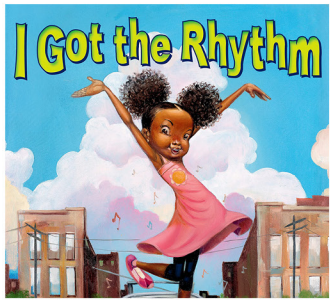
If they aren't sure what the word means, ask them to look at the picture and take a guess. Talk about the word and answer any clarifying questions your child might have. Then, you can demonstrate the action to help define it further. If you are moving, your child will want to move, too!

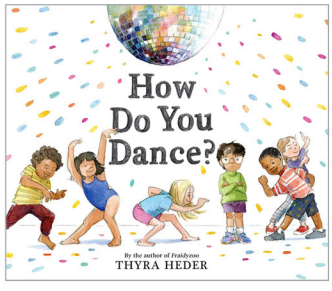
Physical movement can help make sense of words and their meaning outside the actions on the page. Acting out stories can help children build deeper meaning and connection with the book. Adding movement will add value, meaning and fun to your reading sessions.

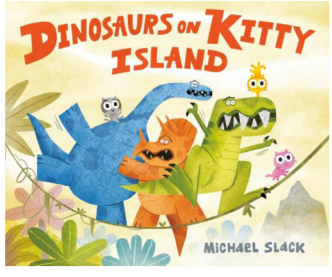
So cross-train those little brains!













Nobody reads a book like Ms. Julia!
PHOTO COURTESY OF TULSA CITY-COUNTY LIBRARY.

If the book inspires movement, move your body, too! Moving together will help make reading fun for everyone.

You can also cross-train in other ways by bringing in all five Build A Reader Activities to your reading session:

- **Talk** about what unfamiliar words mean or what our favorite squirrel friend is doing in the pictures.
- **Sing** out silly parts of a book or break down long words into a song to help your little one hear the parts of the word more clearly.
- **Read** all your books again and again. Repetition is key to learning!
- **Write** by tracing your finger over your favorite letter in the book.
- **Play** and move alongside your books by finding the verbs.

Do all these **Build A Reader Activities** to build your little reader's comprehension of the words in the context of the greater world beyond the page.

LEAP, I tell you. LEAP!

If the book inspires movement, move your body with your child.

Move along with these great books:

Scaredy Squirrel in a Nutshell
by Mélanie Watt

Hands Up!
By Breanna J. McDaniel

I Got the Rhythm
by Connie Schofield-Morrison

How Do You Dance?
By Thyra Heder

Dinosaurs on Kitty Island
by Michael H. Slack TK

Julia Cantrell has been in youth services at the Tulsa City-County Library for more than a decade, landing at the Peggy Helmerich Library as Youth Librarian last fall. Her reading-related videos during the pandemic kept many parents and children both entertained and interested in learning.

Why We Love Ms. Julia!



By **Laura Raphael, MA, MLIS**
CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

JULIA CANTRELL is a natural comedian, combining the liquid face of Jim Carrey with the quick-witted words of Wanda Sykes. Want to laugh until you can't breathe? Don't head to the comedy club — catch Ms. Julia's storytime!

Fortunately for us, she is also is well-versed in child development and all the ways to support language and literacy in growing brains and is eager to share her knowledge with parents, educators and other library staff.

For example, during the height of the pandemic, she became a YouTube star, recording short videos recommending books and activities for parents and children in lockdown. This led to her developing a "Video-brarian" training course for her fellow children's staff members, showing them everything from how to record and edit videos to finding ways to interject humor in their scripts.

Catch Ms. Julia at weekly storytimes at the Peggy Helmerich or in videos at tulsalibrary.org/kids! TK

Laura Raphael is the Children's Services Coordinator for the Tulsa City-County Library.

COVER STORY

What's Next?

POST-HIGH SCHOOL PROGRAMS FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

BY BETTY CASEY

"MY BIGGEST FEAR IN THE WORLD IN LIFE IS THAT I WILL DIE, AND NICK WILL NOT KNOW HOW TO NAVIGATE THE WORLD," said Sunny Leigh, whose 21-year-old son, Nick Franco, is on the autism spectrum. "You want their toolbox to be full of experiences and knowledge to be out in the world."

To many, Leigh is the sunny face they see every weekday morning on KTUL News Channel 8's morning show, "Good Day Tulsa." But Leigh is also mom to Nick and stepmom to a young daughter.

Many Tulsa-area parents like Leigh who have children who are differently abled face difficult and complicated futures when their children "age out" of high school. Under the Individuals with Disabilities Education Act (IDEA), children and youth are provided special education and related services through age 21. IDEA requires that transition planning for young adults start at age 16, with the IEP (Individual Education Plan) team working with families to develop a plan. Parents can go to parentcenterhub.org for details about what should be implemented in transition services.

While transition planning is a required part of a high school student's IEP, the reality is that many parents of students with disabilities struggle with post-high school life. Julie Lackey, founder and executive director of LeadLearnLive and current director of OKIPSE Alliance, says what often happens is that a parent must quit or adjust their job when a student with intellectual or developmental disabilities graduates from high school. Not only is it harmful to the family and individuals in that family, but it's also bad for the economy to have two or more potential workers out of the job market

A NEW LEAF TRANSITION ACADEMY

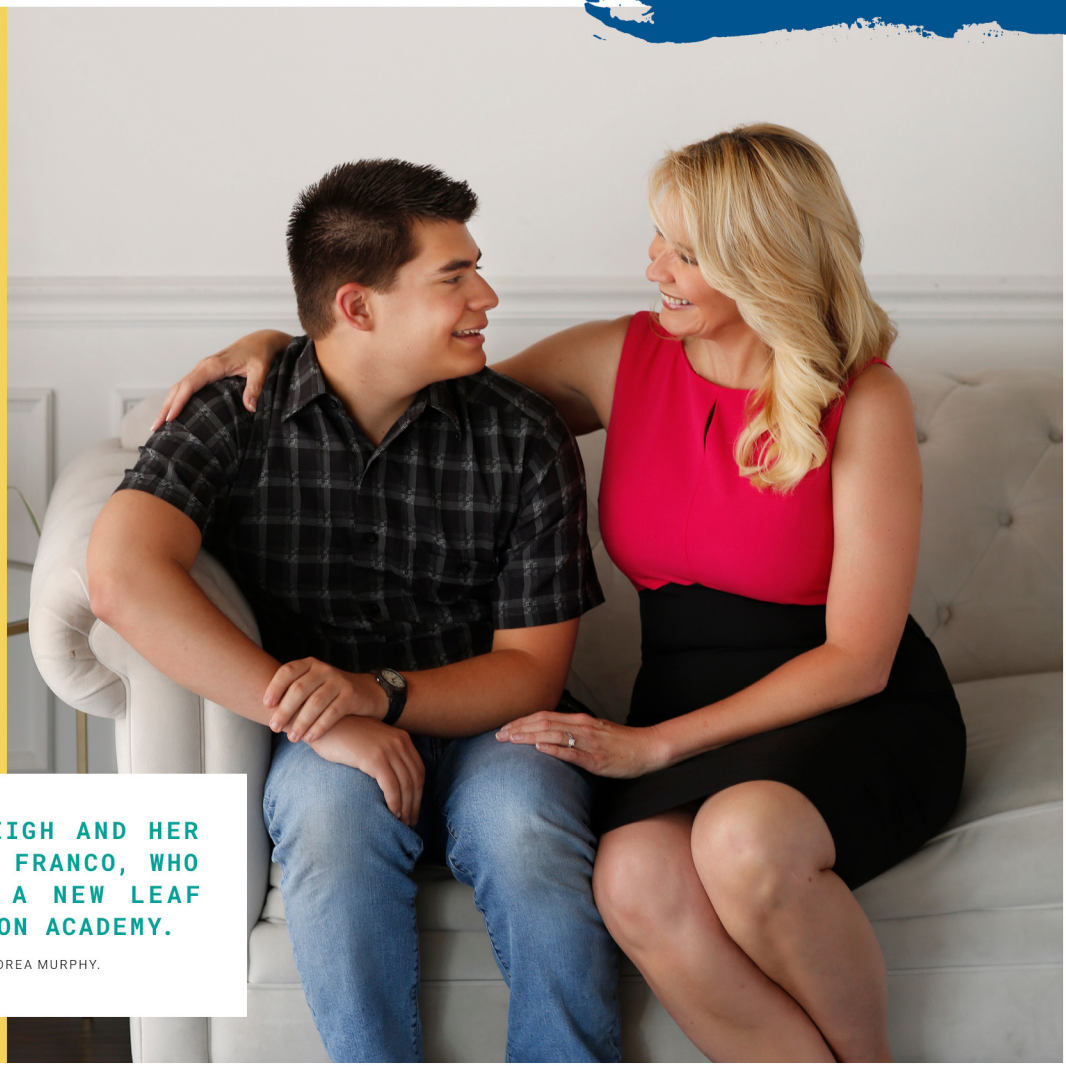
Mary Ogle, CEO of A New Leaf, a nonprofit whose mission is to provide job training, life skills and residential services to elevate confident independence and self-sufficiency for people with developmental disabilities and autism, says that 74% of individuals with developmental or intellectual disabilities live with their families their entire life. Ogle says that even though agencies like A New Leaf have been serving people for 40 years, there is still a 63% unemployment rate.

That statistic didn't sit well with Ogle. Independent living and work opportunities were not happening fast enough for individuals with developmental and intellectual disabilities. She was looking for "big, bold moves to move the needle." A New Leaf Transition Academy was that move.

"There are about 10 such programs around the country," Ogle says, "and they have an 83% success rate of moving students out of their homes and being employed."

Leigh says she learned about A New Leaf Transition Academy when she was invited to be the master of ceremonies for one of their fundraising events.

Transition Academy was enrolling young adults who, like Nick, were not quite ready to live on their own, but desired independence, which made it a good fit for him.



SUNNY LEIGH AND HER SON NICK FRANCO, WHO ATTENDS A NEW LEAF TRANSITION ACADEMY.

PHOTO CREDIT: ANDREA MURPHY.

"We found that so many parents feel they can't let their child make that next step of dropping them off at college," Ogle said. "We wanted to do a hybrid approach."

Students accepted in A New Leaf Transition Academy live in dorms at the academy campus in Owasso for two years. The first group of 14 students will start classes at Tulsa Community College's Northeast Campus this month. Students will be transported to class, where they will have Transition Academy instructors who will teach life skills and academics as they work toward the academy's two main goals: independent living and meaningful work.

Nick, like most of his incoming classmates, has a job, but is looking for more. He has a rare ability to remember exact events on any date, he loves animals and has many interests, so he admits that it may be hard to choose what path to take, but he hopes to find a career that fits his unique interests and abilities.

"He has a hard time making friends, and the pandemic has made it worse," Leigh said. "I want him to learn life skills so that he can take care of himself, and I'm thrilled that he's going to get an education for a career, not just a job."

She likes the idea that Nick will have his own apartment in the dorm where he will have friends and learn life skills.

Nuceka Chatman, director of A New Leaf Transition Academy, says that learning life skills such as money management is an important part of the program, and students have opportunities to go into the community to practice what they learn. She works with businesses in Tulsa and the surrounding communities to secure internships and post-placement for the young adults.

Nick said he's nervous because he's never lived away from home but seeing some friends from his old school at orientation made him feel more comfortable.

"They'll help me become more independent and help me learn to take care of myself," Nick said. "And teach me how to cook food and other things."

OKIPSE ALLIANCE

Research shows that outcomes for students with intellectual or developmental disabilities are much better if the young people have some type of transitional training and education post-high school. According to the 2016 Disability Statistics Annual Report, only 34.9% of those who go directly from high school into the workforce maintain full- or part-time employment as opposed to 64% employment for young people who have had transitional experiences after high school.

LeadLearnLive and Inclusive Post-Secondary Education in Oklahoma (OKIPSE) Alliance are nonprofits that help young people with developmental and intellectual disabilities enroll in college. One of those programs, which just graduated its first cohort, is the Riverhawks program at Northeastern State University. Others include OU Sooner Works, which was not started by LeadLearnLive, and OSU Opportunity Orange Scholars. Each program is slightly different, but all offer special support for students. Another program at USAO in Chickasha is specifically for degree-seeking, high-functioning students with autism.

The four pillars of OKIPSE Alliance include: Independent Living; Social; Academics; and Career Exploration.



JACLYN WALTON-BRYLCZYK WITH HER SON MASON WALTON, WHO ATTENDS PATHWAYS.

PHOTO CREDIT: DAYANA SHIPLETT

"It's a comprehensive, inclusive program that supports students in all those areas in an intentional way," Lackey says. The students leave with a certificate.

To achieve those goals, the students have special support to learn independent living as well as mentoring for social skills such as email etiquette and how to communicate with professors, and career support.

"They do everything a typical student does," Lackey says, "only with more support. The program allows the students to figure out who they are as young adults within a person-centered plan."

The plan charts the path based on each individual's hopes and dreams, and is flexible as they take classes and discover what they want to pursue. They have tutors, peer mentors and other supports as they are tracked through the program, but students are essentially doing everything any college student would do. Lackey says that even very bright students who are able to get college credit might struggle with the social skills or need job support. She knows from personal experience.

"My son Jacob with Asperger's syndrome is the reason LeadLearnLive started," Lackey said. "We started looking and assumed he would go to college. We looked, and there weren't the types of supports he had in high school."

Jacob was accepted into NSU's Riverhawks program and found that he loved acoustic engineering. To pursue that degree, Jacob had to transfer to Missouri State, but Lackey says that he never would have found his path without Riverhawks' individualized academic and social support.

"Everyone knows him," Lackey says. "They know the kids. They push them. It's also about dignity of risk. It's all about the students being able to fail as young adults but having the support around them so they don't hit a wall."

PATHWAYS ADULT LEARNING CENTER, INC.

Mason Walton is a young adult with intellectual and developmental disabilities. He graduated from Memorial High School in 2019 and started going to Pathways at the end of that same year.

Mason and his mother, Jaclyn Walton-Brylczyk, learned about Pathways from his special education teacher, Janet Parker.

"There was a lot of anxiety with Mason graduating," Walton-Brylczyk said. "What would he do all day? How would he get his needed and desired social interaction? How would anyone get any respite?"

Acting on Ms. Parker's suggestion, Mason and his mom toured Pathways and loved it. Mason is now enrolled three days a week from 9 a.m. to 1 p.m.

Pathways was founded when a group of parents talked to the church staff at Kirk of the Hills to see about expanding their weekend program to a weekday program. Pathways' mission is to "provide a unique Christian program dedicated to enhancing the quality of life for adults with intellectual disabilities."

"They can come as little as four hours a week or full-time," says Monique Scraper, Pathways' executive director. "Some work part-time. We go out into the community to do volunteerism a couple of times a week. It's important for our students to be able to give back because the community gives so much to us for this program."

Students enjoy fieldtrips and other outings. The staff also works with individuals who have goals to live or work independently.

Mason says he loves seeing his teachers Chelsea C. and John, and playing basketball with his best friend, Parker.

"Pathways has been a perfect match for him," Walton-Brylczyk says. "It has provided him with a lot of confidence, and with that, he's gained independence."

With Mason's newly acquired living skills, Walton-Brylczyk says they were able to renovate a garage apartment for him, so he can live independently. She credits Pathways for enabling him to make that transition.

"He doesn't want to sit around and watch video games," she says. "He really wants to please and have a purpose."

Mason makes his own lunches and helps her prepare dinner, do laundry and unload the dishwasher. Pathways has helped Mason learn life skills as well as providing training in skills such as counting money, reading, cooking and science.

"Research shows that this population is more likely to experience regression academically and socially after leaving high school," Scraper says. "It's especially important to have social interaction that they've worked so hard to gain. We do science experiments that were classic experiences for neuro-typical students that some of our students missed out on (like dissecting a frog). We do fitness every day. They tend to lead more sedentary lives."

"Pathways has given him a lot of purpose," Walton-Brylczyk says. "I don't have to worry about him here. Every parent wants that for their kid." TK



MONIQUE SCRAPER, EXECUTIVE DIRECTOR, PATHWAYS ADULT LEARNING CENTER, INC.

PHOTO CREDIT: DAYANA SHIPLETT

FOR MORE INFORMATION ABOUT ALL THE PROGRAMS MENTIONED IN THIS ARTICLE AS WELL AS HOW TO APPLY, GO TO:

A New Leaf Transition Academy:
anewleaf.org

OKIPSE Alliance:
okipsealliance.org

Pathways Adult Learning Center, Inc.:
pathwaysok.org

What You Can Do About Back-to-School Anxiety

By **Natalie Mikles**



CLOSE YOUR EYES and think back to the first time you stepped onto a big yellow school bus. Or your first day at a new elementary school, looking around to find someone familiar to sit with in the cafeteria. Think back to fumbling around with the lock on your locker in middle school, trying to play it cool while butterflies swirled in your stomach.

Back-to-school anxiety is a real thing. For many, it's mild and alleviates as confidence comes and the school year gets going. But for others, it's nearly paralyzing, leaving kids with a sense of dread and sometimes physical sickness.

We talked to Faith Crittenden, senior program director in children's mental health services at Family and Children's Services, about signs of back-to-school anxiety and what parents can do about it.

> ...begin talking about the new school year about four weeks from the first day. **Be positive,** saying things like, "This next school year, you'll be in the fourth grade, and that's so exciting!"



BMCENT1/GETTY

6 Things a Therapist Wants You to Know About Back-to-School Anxiety

1. Back-to-school anxiety is normal.

"There is anxiety that is normal, healthy and even motivating," Critenden said.

Motivating anxiety may present itself as a child wanting to have a first-day-of-school outfit picked out, laying out his school supplies or organizing her backpack weeks before school starts.

Physical manifestations of anxiety are a sign the anxiety is more severe.

"For some kids, anxiety looks like lots of stomachaches and headaches," Crittenden said. "If they become tearful, if they're isolating or pulling back from family functions because they're struggling, those are all signs."

Crittenden said some kids become excessively giddy or silly, trying to distract themselves or downplay some of their feelings.

"If they seem more agitated or on edge, that could also be an indication they are dealing with anxiety and it's being masked," she said.

2. Anxiety can come from a fear of the unknown.

"If they're excessively asking questions about the new school year, they're trying to digest and anticipate," Crittenden said.

So, think through scenarios with your child to alleviate some of that unease. Crittenden suggests going to meet-the-teacher day before school starts and, for older kids, walking through the class schedule to make sure they know how to get from class to class. For kids of all ages, let them walk through the school to find out where the bathroom is, the office and the cafeteria.

Role play before school starts, practicing how to ask for help. For small children, that may be "I'm lost. I don't know where my teacher is."

"With older kids, they want to know how to ask for help without looking vulnerable or embarrassed," Crittenden said.

So, for them, that may sound more like, "Oh my gosh, I have no clue where to go. I'm new here. Can you help?"

Preparing for what's to come is one of the best ways to help kids feel more confident about the school year. Crittenden said to let kids be invested in the process by taking them to pick out their school supplies or school uniforms and taking advantage of opportunities before school starts, such as meet-the-teacher events and schedule pick up.

3. Getting to and from school can be a stressor.

Crittenden suggests going over the drop-off and pick-up routine with your child. Help them to memorize the bus number and their parents' phone numbers. If the child walks to school or home from school, walk that path with them several times before school starts. Crittenden said to help the child find identifiers or markers along the way, like "There's the yellow fire hydrant."

4. Speaking fear into existence is a myth.

Crittenden said some parents are reluctant to bring up their child's anxiety because they're afraid it will cause more anxiety.

"Talking about it is much better than not talking about it," she said. "There's the thought of, 'If I speak it into existence, that's going to make it worse.' If thought implantation worked, we wouldn't have children who misbehaved."

She said to begin talking about the new school year about four weeks from the first day. Be positive, saying things like, "This next school year, you'll be in the fourth grade, and that's so exciting!"

5. Help your child navigate his or her anxiety.

Give words to your child's feelings. "`I can see that you're really worried. I can tell that by how silly you're being. Or how fast you're shaking your leg,'" Crittenden explained. "Root it in their behavior."

"'We call that anxiety.' 'You might feel butterflies in your stomach.' Help them pair their physiological symptoms, rooting those feelings and giving those sensations emotional words."

6. Give them coping strategies.

"One of the things we teach kids is a grounding technique. If they're scared or angry — sometimes it's almost like their heads are flying away from their little bodies — this can help," Crittenden said.

One such strategy is called 5-4-3-2-1, a grounding technique to anchor the child by engaging in all five senses. Crittenden suggests presenting the idea to a child before school starts so that they can use the calming method in times of anxiety at school.

The child can think of five things they see (a chair, a bookshelf), four things they hear (the school bell, a whistle on the playground), three things they feel (shoes on their feet, the smoothness of the desk), two things they smell (cinnamon rolls in the cafeteria, markers) and one thing they can taste (morning toothpaste, peanut butter from lunch).

"No one has to know what you're doing. Nobody has to know what you're thinking in your head," Crittenden said.

Deep breathing is also important, she said, as it gets oxygen to the muscles and brain. TK

Natalie is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

Expert Medical Advice About Going Back to School

By **Cheryl Maguire**





"DO I HAVE to wear a mask again this school year?"

My 12-year-old daughter asked me this question when we recently discussed going back to school. This question and many others are being asked by kids since the rules about the pandemic are always changing

I want to make sure my daughter is healthy and ready for school, so I turned to a medical expert to learn more about masks, immunizations and check-ups before returning to school this fall.

SCHEDULE A CHECK-UP OR WELL VISIT

If your child has not already had their yearly check-up, it is important to schedule one so that they can remain healthy throughout the school year. During this visit, you and your child can also discuss any mental health concerns.

Dr. Damon Korb, a developmental-behavioral pediatrician in Los Gatos, CA, and author of *Raising an Organized Child,* says, "Think of going back to school the same way that you would have any year, but perhaps it is more important. We do not want to miss a potential problem to avoid another. Children should get all of their normal well visits and immunizations."

IMMUNIZATIONS AND FLU SHOTS

Dr. Korb recommends referring to the immunization schedule recommended by the CDC to make sure your child is up to date.

Sumana Reddy M.D. at Acacia Family Medical Group in Salinas, CA, says that everyone should make sure that they get a yearly flu shot. Flu shots are normally available starting in September. And it's also important to get a Covid vaccine if your child hasn't received one yet.

"Children can die from the flu. It's very important to get your flu shot," says Dr. Reddy.

Dr. Korb agrees, saying, "Getting the flu shot may actually reduce the likelihood of catching and spreading Covid."

Dr. Reddy explains that most doctors are concerned about people being infected with the combination of Covid and the flu virus that will be circulating this fall. "The more families that get the flu vaccine the better it will be for everyone," she says.

Unlike most vaccines, you need to get the flu shot yearly for it to be effective, since the strain of flu often changes.

If you don't have insurance, vaccines will be provided for free by doctors due to the federally funded program Vaccines For Children. The program provides vaccines to children who might not be vaccinated because of an inability to pay. The vaccines are available at private physicians' offices and public health clinics registered as VFC providers.

And if you do have insurance, there should not be a co-pay for receiving the vaccine.

"The Affordable Care Act requires private insurance companies to pay in full for vaccines recommended by the CDC," says Dr. Reddy.

Dr. Reddy explains that some insurance companies might be exempt and that you should check with your insurance company about coverage before getting your vaccine.

EYE HEALTH

Children might be unaware of the fact if their vision is not normal. This may lead to feeling frustrated about being unable to see the words in a book or in the classroom, causing a child to act out.

The CDC recommends that children's eyes should be checked regularly by an eye doctor or pediatrician. Amblyopia, or lazy eye, is the most common cause of


MONKEYBUSINESSIMAGES/GETTY

vision loss in children and can be treated if caught early, between the ages of 3 to 5 years old.

The American Optometric Association estimates that 80% of a child's learning happens through observation. In the classroom, most of the teaching is done by displaying the information.

ORAL HEALTH

The American Academy of Pediatrics recommends that your child visit a dentist for an initial check-up by the time they turn 1. According to the CDC, tooth decay (cavities) is one of the most common chronic diseases for kids ages 6 to 19. Research found that children who have poor oral health often miss more school and receive lower grades than children who have good oral health.

Fluoride can prevent about one-third of cavities in baby teeth. If your town water does not contain fluoride, you can ask your pediatrician or dentist to prescribe fluoride, which is typically taken in pill form once a day.

TELEHEALTH CHECK-IN

Kids that are going back to school might have anxiety about this transition from summer break.

"I recommend that all kids do a telehealth check-in with their pediatrician before going back to school to discuss the transition. Often parents think their kid is fine, but you want to have a chance to talk about stress and anxiety," says Dr. Reddy.

During this check-in, you can also make sure that your vaccines are up to date or talk about any other mental health concerns.

BE A ROLE MODEL

Dr. Korb says, "Make sure you prepare your child by teaching and modeling safe behavior such as frequently washing hands." TK

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



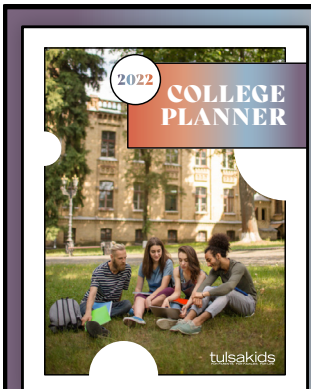
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Get Inspired: A Month of School Lunch Ideas

By **Natalie Mikles**



WITH AN AVERAGE of 180 school days a year and three kids who are now in middle school, that means I've packed well over 3,000 lunches in their lifetime. Can it be? It's hard to believe, with the freshness of a shiny new school year beaming down on us. But by May, when I'm slinging string cheese and granola bars into their lunch bags, I feel every one of those thousands of lunches.

All my children are perfectly capable of packing their own lunches, and some of them do it each day without a reminder. Others need some help. And all of them need a little guidance. One child in particular would consider Gatorade and a package of Oreos a healthy lunch if not for his mother's reminder to add some protein and an apple.

But no matter how many lunches I've shopped for and packed over the years, I still look for new lunch ideas at the beginning of the school year. It's a natural thing to seek inspiration at the turn of the calendar. Even if those good intentions for organization, time management and healthy eating are more aspirational, some of them will stick.

So, with those lunches waiting for us, here's some inspiration for the days ahead. Think of it as a brainstorm. Even if you just take one or two of these ideas, it may spark inspiration for something new that your kids will be happy to find in a lunchbox.

Of course, you'll want to add on to these ideas to round out the lunch, but here are some suggestions to get you going!



No bread? A tortilla is always a great substitute in a crunch!
MSPHOTOGRAPHIC/GETTY





A mason jar is a great way to jazz up any packed lunch — just make sure your child's lunch bag is padded.
JEFF GINIEWICZ/GETTY



Surprise them by adding a few mini marshmallows with the fruit!
FOTOMAXIMUM/GETTY

20 LUNCHES FOR 20 DAYS

(or 1 Month of School Lunch Ideas)

1. **Pepperoni Pasta Salad**
Mix cooked ditalini pasta with chopped pepperoni, cubed mozzarella and a bottled Italian-style vinaigrette.

2. **Oui Oui Sandwich**
Slice a piece of a French baguette, spread with goat cheese (or layer with any of your kid's favorite cheese) and add a slice of ham.

3. **Black Beans and Cheese**
In a thermos, place warmed black beans with a sprinkle of cheddar cheese. Eat as-is or with a tortilla packed in the lunch bag.

4. **Mini Meatballs**
Use leftover meatballs from dinner or make a sheet pan of mini meatballs, then freeze to pop out for a quick lunch. Keep the mini meatballs warm in a thermos. Toss with marinara if that's how your kid prefers it.

5. **Turkey Rollup**
Spread a tortilla with a thin layer of cream cheese. Add a couple pieces of thin-sliced turkey and cheese (and veggies if your kid will eat them). Roll tightly, then cut in half.

6. **Chocolate Chip Pancakes**
Place in a sandwich container and serve with a small container of maple syrup or vanilla yogurt for dipping.

7. **Cheese Quesadilla**
Most kids don't mind that it's not warm at lunchtime. Send to lunch with chips and salsa.

8. **Smoothie Bowl**
Pour the rest of the breakfast smoothie in the bottom of a plastic bowl. Top with granola, fruit and chia seeds.

9. **Eggs and Bacon**
Pack hardboiled eggs with leftover breakfast bacon.

10. **Bagel and Cream Cheese**
It's not just for breakfast. Make it savory with plain cream cheese and deli meat or make it sweet with honey cream cheese and fruit.

11. **Veggie Wrap with Hummus**
Spread hummus on your kid's favorite wrap. Add shredded carrots, cucumbers and bell peppers.

12. **Peanut Butter Bites**
Pack in the protein with peanut butter, flaxseed, old-fashioned oats and honey. Oh, and chocolate chips for good measure.

13. **Chicken Nuggets**
Keep them warm by wrapping in foil while piping hot then placing in a thermos. Add a side of your kid's favorite dipping sauce.

14. **Cheese Ravioli**
Save some ravioli from dinner the night before. Place them in the lunchbox warm or cold.

15. **Mason Jar Salad**
Middle schoolers and teens like this one. Layer lettuce, veggies, cheese cubes and chopped bacon. Pour their favorite salad dressing on top.

16. **DIY Pizza**
Toast an English muffin and keep the pizza toppings on the side. Let them make their own pizza with a little sauce, mozzarella cheese, black olives, pineapple or sausage.

17. **Crazy Fruit Kabobs**
Skewer grapes, strawberries, blueberries and kiwi along with cheddar cheese chunks on the kabob stick. What makes it crazy? Make it fun by adding a few mini marshmallows or gummies onto the stick.

18. **Pigs in a Blanket**
It's a kids' favorite for a reason. Wrap bread dough around a hot dog or sausage, bake it and send it wrapped in foil for a lunch they'll love.

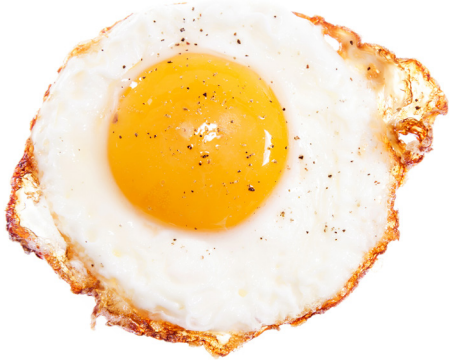
19. **Cheddar Cheese and Apple Biscuits**
The sweet and savory mix is delicious in this lunch of sliced biscuits stuffed with cheddar cheese and apple slices.

20. **Chicken Orzo Soup**
Substitute orzo for noodles and use more pasta than your recipe calls for. This makes it easier to eat during kids' short lunch periods. TK

Natalie Mikles is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

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Answer: An Orthopaedic Surgeon

soccercity TULSA

FALL PRE-REGISTRATION NOW OPEN

A one of a kind, non-competitive soccer and movement skills program for children ages 18 months–9 years.





FALL LIL' KICKERS

August 15 – November 5
(No classes September 3 or 5)

tulsakids family favorites 2021 WINNER

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

TULSAKIDS Family Favorites 2022 WINNER

Northeastern Oklahoma's Only State-of-the-Art
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www.soccercitytulsa.com

Celebrating 20 Years as Tulsa's Community Music School!

MUSIC!
MUSIC!
MUSIC!
MUSIC!
MUSIC!

Classes begin September 1, 2022.
Register at thebart.org.



CELEBRATING 44 YEARS OF THEATRE EXCELLENCE IN TULSA!

Classes, camps and free to participate plays and musical for kids ages 8–18!

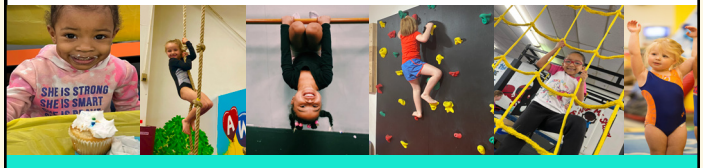
CLARK YOUTH THEATRE

918-596-1412
CLARKYOUTHTHEATRE.COM

TULSAKIDS Family Favorites 2022 WINNER

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ACADEMY

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*Dance Classes
* Ninja Classes
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ONLINE ENROLLMENT IS NOW OPEN!

7020 E 38TH STREET
TULSA, OK. 74145
918-664-8683

www.aimhighgym.org

2022 ENRICHMENT GUIDE



SOCCERCITY TULSA

5817 S. 118th E. Ave., Tulsa
918.249.0044
soccercitytulsa.com
Ages: 18 mos.–9 yrs.

Step onto the field during any Lil' Kickers class, and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 45–50 minutes of highly creative, high-energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones appropriate for their age.

Because Lil' Kickers is first and foremost a child development program, our purpose is really to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level.

Our convenient class times provide families options to accommodate multiple children and busy schedules.

Fall Lil' Kickers — August 15–November 5

Fall Pre-registration is NOW OPEN — REGISTER TODAY

Come and join us and see why SoccerCity Tulsa has been voted a Family Favorite Best Soccer Program/ Athletic League in Greater Tulsa since 2013!

TULSA ZOO

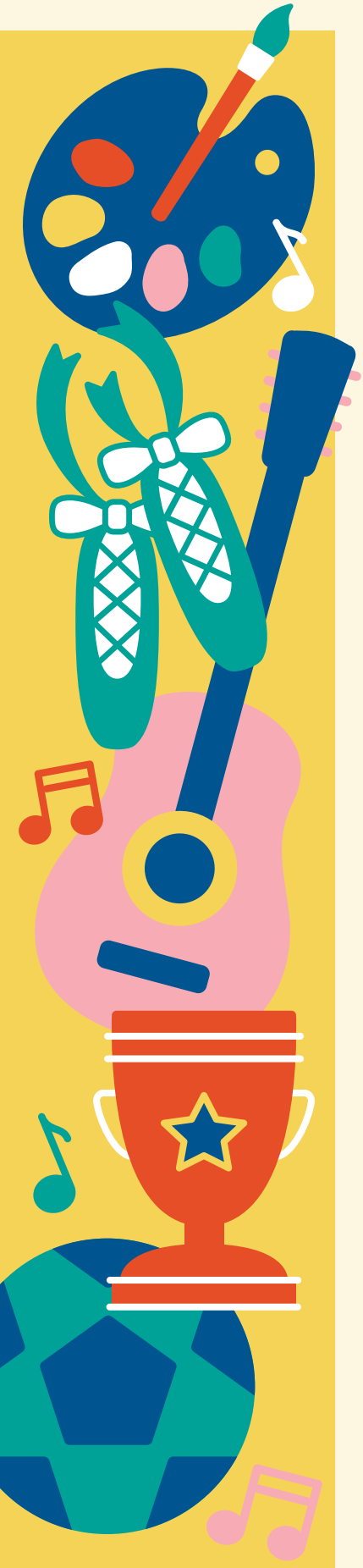
Contact: Tulsa Zoo Education Department
6421 E. 36th St. North, Tulsa
918.669.6204
education@tulsazoo.org
tulsazoo.org

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

AIM HIGH ACADEMY

Contact: Michelle Holmes
7020 E. 38th St., Tulsa
michelle@aimhighgym.org
918.664.8683
aimhighgym.org

Aim High Academy offers gymnastics, ninja and dance classes. These classes not only teach strength, flexibility, balance and coordination but also build self-esteem and confidence. Aim High Academy's mission is to combine Fitness and Faith to help build bright Futures. Aim High also offers birthday parties. For more information on our classes, enrollment or birthday parties, log on to aimhighgym.org or call 918.664.8683.



THE BART CENTER FOR MUSIC

Contact: Kiersten Moser
610 S. Main Street, Suite 300 Tulsa
918.794.0330
info@thebart.org
thebart.org

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

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

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

CLARK YOUTH THEATRE

918.596.1412
clarkyouththeatre@gmail.com
clarkyouththeatre.com

Come be a part of Tulsa's award-winning youth theatre program! Clark Youth Theatre is Tulsa's longest-running youth arts program outside the public schools and is entering its 44th season, and 8th season as a non-profit entity. We are so grateful to the City of Tulsa for the continued use of our facility, as well as the many volunteers and students who donate their time and energy to our program. Clark is the 2021 TATE Best Youth Production winner and the Tyrone Wilkerson Award winner for Inclusivity and Diversity!

Clark offers a full season of main stage, free-to-participate productions, a full lineup of improv, acting and musical theatre classes on Saturdays, homeschool weekday classes, as well as camps. Youth ages 8–18 can participate, and all skill levels are welcome. Clark is also Oklahoma's home for the Penguin Project!

Clark's 2022–2023 Show Season includes: Smokefall, When They Go Low, Joseph and the Amazing Technicolor Dreamcoat, The Best Christmas Pageant Ever, The Emergence Project, Jack and the Beanstalk and The Secret Garden, in addition to TWO Penguin Project musicals!

Homeschool Core and Drama classes begin September 13, Saturday classes begin Saturday, September 17, and 2023 camp enrollment starts February 1, 2023.

DESTINY DANCE

Contact: Beth Bartlett
8013-A S. Sheridan Rd., Tulsa
918.660.7200
desk@destinydancetulsa.com
destinydancetulsa.com
Ages: 2 through adult!

Destiny Dance is celebrating 18 years of teaching dance to the Tulsa community! We offer Christ-centered dance classes in a variety of styles including Ballet, Tap, Jazz, Acro, Hip Hop, Musical Theater and MORE! It is our priority to create an atmosphere of community, family and faith! At Destiny Dance, we teach MORE than just great dancing, we teach dancers to make great kids through the life skills and lessons learned through dance! It is our top priority to choose age-appropriate music, costuming and choreography to grow our dancers and create an environment from class to stage that the whole family can enjoy!

We offer a variety of morning, afternoon and evening classes to fit your family's schedule and accommodate multiple children attending class. We also offer classes for adults!

Classes begin August 11! Enroll today and see why families have voted Destiny Dance as a TulsaKids Favorite!



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- Fun activity
- Great exercise
- Healthy environment
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- Day and evening classes
- Summer camps

4300 S. Butternut (near 111th & Garnett)
Phone: 918-299-9283 • Text: 508-782-8453
KJMEquestrian.com

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(918) 488-8991

Brain Balance of Oklahoma City
3545 W Memorial Rd
(405) 492-6800

Call **800-877-5500** or visit **BrainBalance.com**

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MISS HELEN'S PRIVATE SCHOOL



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918-622-2327 | director@misshelens.com
MissHelens.com | 4849 South Mingo, Tulsa

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www.TippiToesDance.com/Tulsa



OPEN HOUSE

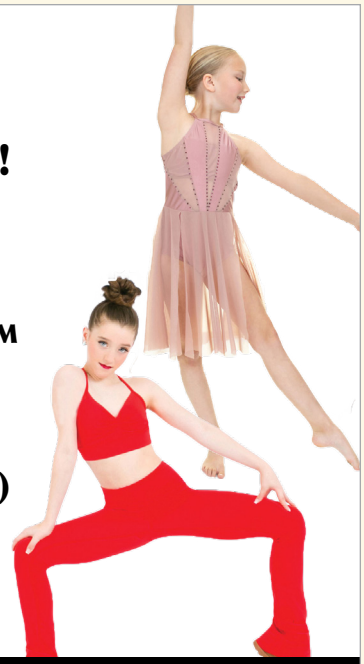
Tour the studio – purchase shoes, tights, leotards, spirit wear and more!

Sunday, August 7th 1-4 PM
(1:30-3:30 free balloon art designs!)

Wednesday, August 10th 10 AM-1 PM and 4-7 PM
(4:30-6:30 free sno cones!)

Sunday, August 14th 1-4 PM
(1:30-3:30 photos with spiderman/princess)

South Tulsa DANCE Co.



Fall Classes begin Monday, August 15th!

South Tulsa Dance Co. SouthTulsaDanceCo @SouthTulsaDanceCo

Located at 101st and Yale in Shoppes of Seville

918-369-5299 • Keally@SouthTulsaDanceCo.com • SouthTulsaDanceCo.com



Research shows children who study a musical instrument are more likely to excel in all of their studies and have advanced critical thinking skills.

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PRIVATE LESSONS ♫ VIRTUAL OR IN-PERSON ♫ ENROLLING NOW!

SAiED Music Company

SAIEDMUSIC.COM ♫ CALL OR TEXT: 918-252-5541

KJM EQUESTRIAN — ENGLISH RIDING LESSONS

Contact: Shawn McCorkle
4300 S. Butternut, Broken Arrow
918.299.9283
kjmequestrian.com

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

Please call us at 918.299.9283 to schedule an introductory lesson or visit us on our website at kjmequestrian.com.

MARTIAL ARTS ADVANTAGE

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

TO A CARING PARENT

Hi, my name is Jim Hammons.

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

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

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

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

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

SAIED MUSIC COMPANY

SAIED MUSIC MIDTOWN TULSA
3259 S. Yale Ave., Tulsa
918.742.5541
SAIED MUSIC SOUTH TULSA
9320 E. 71st St., Tulsa
918.252.5541
saiedmusic.com

Be Happy, Healthy & Smart! Make Music!

Since 1946, Saied Music Company has been the home of our area's top music teachers, instruments and print music. We offer the most respected brands and the best selection for your piano, keyboard, organ, band, orchestra, guitar, combo, and print music needs. Visit one of our six locations in Northeast Oklahoma, Arkansas, and Texas. Saied Music Company is proud to support the effort to keep music an integral part of our nation's elementary and secondary school curriculums. Call for information about lessons!

SOUTH TULSA DANCE CO.

Contact: Keally Lilly, Owner
10031 S. Yale Ave., Suite 105,
(101st and Yale) Tulsa
918.369.JAZZ (5299)
southtulsadanceco.com

South Tulsa Dance Co. is celebrating 25 years of dance in Tulsa! Owner Keally Lilly is proud to offer the best training for kids of all ages in a positive atmosphere. "We encourage all of our dancers to work hard but also to have fun while doing so!"

South Tulsa Dance Co. offers something for everyone! We have over 80 weekly recreational classes as well as competitive programs for the beginner, intermediate and advanced dancers. We also offer tumbling, acro, voice, piano and musical theatre and NOW we offer youth and adult adaptive dance classes free of charge. For more information, please contact Keally Lilly, keally@southtulsadanceco.com, or call us at 918.638.0629.

Open House Schedule:

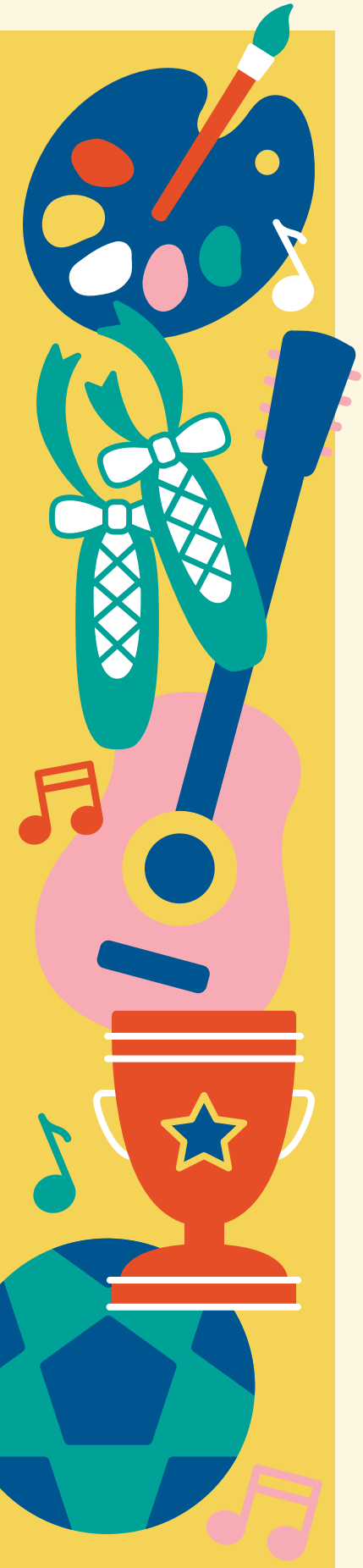
Sunday, August 7, 1–4 p.m. (Free balloon art designs from 1:30–3:30 p.m.)

Wednesday, August 10 from 10 a.m.–1 p.m. and 4–7 p.m. (Free sno cones from 4:30–6:30 p.m.)

Sunday, August 14, 1–4 p.m. (Photos with Spider-Man/princess from 1:30–3:30 p.m.)

Classes begin Monday, August 15.





SWIMTULSA SWIM TEAM AND SWIMAMERICA™ LESSONS

Contact: Coach Katie
10100 E. 61st St.,
Union 6th & 7th Grade Center Pool, Tulsa
katiekeller@swimtulsa.org
swimtulsa.org
Ages: 4+

SwimTulsa is a USA Swimming Member Team serving Tulsa and the surrounding communities with programs for children ages 4 and up who would like to enjoy the lifelong sport of swimming. The #1 swim team in eastern Oklahoma since 1995, SwimTulsa's athletes participate in all levels of swimming from the exclusive SwimAmerica learn-to-swim land stroke team lessons through national-level competitions. Learn more and enroll today at swimtulsa.org.

TIPPI TOES TULSA

Contact: Laura Teal
918.361.4134
misslaura@tippitoesdance.com
tippitoesdance.com/tulsa

We bring dance to YOU! Tippi Toes® Tulsa provides a fun, nurturing space for kids to dance, be healthy and love others. Our program is uniquely designed to work in schools, daycare centers, community centers and after-school programs. Our classes are located all over the Tulsa area, bringing convenient and fun dance classes to your own neighborhood!

Tippi Toes classes are specifically designed to develop motor skills and body awareness while enhancing each child's self-esteem. We are excited to offer our newest curriculum, Baby Boogie, for young movers and shakers ages 8–18 months. We also offer Toddler & Me, Baby Ballet, Ballet/Tap/Jazz and Hip Hop classes for dancers ages 2–12 years. Optional dance recitals and performances offered throughout the year!

In addition to dance classes, we also offer camps, fun parent-child events and birthday parties. One parent said, "We hired Tippi Toes for my daughter's third birthday, and it was magical! All the parents were asking where I found them! A million stars!"

Call today to schedule a free trial class and see why Tippi Toes Tulsa was recently voted TulsaKids' Favorite Dance Studio! We would love to have you join our Tippi Toes family!

TRACIE'S SCHOOL OF DANCE

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

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

The goal of Tracie's School of Dance is to provide your child with a positive, rewarding, and nurturing dance education in a Christian environment.

Our focus is to ensure that each dancer can excel through all areas of dance in any given opportunity. We offer a variety of performance opportunities for the recreational or competitive dancer ranging from yearly recitals, nursing home performances, Nutcracker performances, dance conventions/competitions, bowl games, Macy's Thanksgiving Day Parade, Disney World performances and parades, just to name a few.

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

Visit us at an open house August 7, 14, and 21 from 2–4 p.m.

TULSA BALLET CENTER FOR DANCE EDUCATION

BROKEN ARROW CAMPUS
1901 W. New Orleans St., Broken Arrow
918.872.6414
HardestyCDE@tulsaballet.org
BROOKSIDE CAMPUS
1212 E. 45th Pl., Tulsa
918.712.5327
education@tulsaballet.org
tulsaballet.org/classes
Ages: 3–adult

Tulsa Ballet Center for Dance Education offers exceptional dance training to students from 3 years old to adult. TBCDE ballet classes follow a structured yet fun curriculum. We offer diverse programming that is suitable for the novice dancer, those that are seeking intensive training and for postsecondary dancers who are intent on a professional career in dance. TBCDE offers a safe and engaging dance environment with highly qualified and caring teachers. Both our Brookside and Broken Arrow campuses offer state-of-the-art studios with sprung floors. From Classical Ballet to Jazz, Tap and Contemporary Dance, TBCDE has a location and class time that is convenient for you! Classes start soon for the 2022–23 school year. Come join the TBCDE family! TK

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h2oba.com | 918-455-7943 | info@h2oba.com
2800 E. New Orleans St, Broken Arrow, OK 74014

FIND US ON

tulsa ballet CENTER FOR DANCE EDUCATION

NOW ENROLLING FOR FALL!

WE OFFER CLASSES FOR AGES 3-ADULT
FROM BEGINNER TO PRE-PROFESSIONAL

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1212 East 45th Place
Tulsa, OK
918.712.5327

Broken Arrow Campus
1901 West New Orleans St.
Broken Arrow, OK
918.872.6414



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www.MartialArtsAdvantage.net

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Affiliated Dance Studios

Come for class... Stay for community!



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CLASSES BEGIN AUGUST 11TH!

TULSAKIDS Family Favorites 2022 FINALIST

Enroll online at DestinyDanceStudio.com

Destiny Dance Tulsa

918-660-7200 deske@destinydancetulsa.com 8013-A S. Sheridan Road

BUNDY LAW OFFICE



Aaron Bundy
Trial & Appellate Lawyer

Do grandparents have rights in Oklahoma?

Family experts agree that quality time with grandparents can be positive for minor children. However, if for some reason parents do not agree that their children should spend time with their grandparents, then the grandparents may have legal rights to visitation with their grandchildren only in specific circumstances. In 2000, the United States Supreme Court issued a decision in the case of Troxel v. Granville, clarifying that grandparents may have visitation rights over the objection of the parents only in limited scenarios. Oklahoma's grandparent rights statute is codified at 43 O.S. § 109.4. There are a number of factors that a grandparent must be able to demonstrate in order to obtain court-ordered visitation with grandchildren. If a child is a member of an intact nuclear family and both of the child's parents object to the requested grandparent visitation, then a court may not order any grandparent visitation.

2509 E. 21st Street,
Tulsa, OK 74114
918.208.0129
BundyLawOffice.com

BUNDY LAW OFFICE

DYSLEXIA CENTER OF TULSA



Dr. Penny Stack
Founder & Owner

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

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

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

DYSLEXIA CENTER OF TULSA

MILLER SWIM SCHOOL



Sarah Clavin

Swimming offers many benefits: It's a great form of exercise, and you meet like-minded people from all walks of life. However, there is more going on than meets the eye, as lessons learned at the pool teach us valuable skills we use daily:

- **Organization:** Forget your suit and goggles, and you are probably not going to swim! Boy Scouts have nothing on swimmers when it comes to the motto, "Be Prepared."
- **Following directions:** Swimmers must be able to listen well, process information, take direction and be led. A relationship based on trust between the swimmers and the instructor is a crucial ingredient to swimming success.
- **Teamwork:** Swimming is considered an individual sport, but when you are sharing a pool with other people, you are working together as a team to achieve a common goal.
- **Hard Work:** Swimming requires strength and the willingness to work hard. There are no shortcuts to the top.
- **Discipline:** Swimming is a demanding sport. It takes discipline and commitment to stick with it.

Who knew a weekly swim class could provide valuable skills for an entire lifetime?!

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

Miller swim school

GREENHOUSE PEDIATRIC THERAPY



Kassie Allison, MOT, OTR/L

How does Occupational Therapy help children?

Occupational Therapy is a unique discipline that helps people of any age do the things that they want or need to do in their daily life. The treatment can look drastically different from one setting to another. Occupational Therapists are creative, holistic thinkers. In pediatrics, Occupational Therapists work with children to facilitate independence with self-care tasks like toileting, dressing and feeding. Occupational Therapy uses fun activities to help a child's brain and body work better together in order to improve fine motor skills, learning, coordination, behaviors, regulation, social relationships and sensory processing. OTs use equipment like swings, slides and ball pits to engage parts of the child's brain to support the new skill development. Each child has an individualized plan to address concerns or challenges. The most successful plans include a lot of play, as that is the best way for a child to learn or practice a new skill. I often tell kiddos that my whole job is to figure out the things that are tricky for them and help them not be so tricky. When I am doing my job well, it just looks like we are playing — it is the most fun!

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

GREENHOUSE pediatric therapy

AUGUST 2022

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



WILL ROGERS/WILEY POST FLY-IN
AUGUST 13
Details p. **51**

Vintage planes, classic cars and other entertainment await at the **Will Rogers/Wiley Post Fly-In** August 13.

PHOTO COURTESY OF WILL ROGERS MEMORIAL MUSEUMS



PRETTY WOMAN
AUGUST 23–28
Details p. **52**

From left to right: Kelsee Sweigard, Olivia Valli, and Becca Suskauer.

CREDIT: MATTHEW MURPHY FOR MURPHYMADE



WALKING TOUR AT TULSA ZOO
WEEKLY
Details p. **53**

August is Asian Elephant Awareness Month! Visit Sooky and friends at the **Tulsa Zoo!**

PHOTO COURTESY OF TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO



All Aboard! **Oklahoma Railway Museum** invites families to ride their historic trains August 6 and 20.

PHOTO COURTESY OF OKLAHOMA RAILWAY MUSEUM

August 1 Monday

MONDAY MORNING PROGRAMMING (W)

Ages 0-4, 11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

The youngest Discovery Lab visitors are invited to enjoy special programing in the Little Lab!

DIGITAL LITERACY LAB ORIENTATION (F) (W)

For adults and teens, 11 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn about Central Library's Digital Literacy Lab. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

August 2 Tuesday

PAJAMA STORYTIME (F)

For infants to elementary schoolers, 6-6:30 p.m., Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, tulsalibrary.org

Pick out your favorite pair of PJs to hear bedtime stories and make a fun craft!

August 3 Wednesday

LITTLE GARDEN EXPLORERS (W)

Ages 0-5, 9:30-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Drop-in for imaginative, easygoing play!

August 4 Thursday

WALKIN' & TALKIN' BOOKS WITH SARA AND BRAD (F)

For adults and teens, 3-4 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Walk around the neighborhood while discussing a book!

OWASSO GATHERING ON MAIN (F)

All ages, 6-9 p.m., Owasso Main Street, owassogathering.com

Find live music, a kids zone, vendors and other entertainment at this five-block-long street fair!

SUMMER'S FIFTH NIGHT AT UTICA SQUARE (F)

All ages, 7-9 p.m., Utica Square, 21st and Utica, uticasquare.com

Grady Nichols closes out the 2022 Summer's Fifth Night season with an evening of fun pop music!

August 5 Friday

ONE BOOK, ONE TULSA: *CIRCE* (F)

For adults, 6-7 p.m., Virtual, tulsalibrary.org

Bestselling author Madeline Miller will discuss her novel *Circe* and answer questions from the audience. Register at tulsalibrary.org/events to receive a Zoom link.

MIGHTY KIDS: PARENT'S NIGHT OUT

6-9 p.m., Kirk of the Hills, 4102 E. 61st St., thekirk.com/ministries/special-needs

Parent's Night Out is open to families that have a child with a developmental disability. While parents have a night out, their children enjoy a fun evening of fun activities. Pre-registration required.

August 6 Saturday

SAINT FRANCIS HEALTH ZONE MINI TRIATHLON

Ages 6-13, The Health Zone at Saint Francis, 5353 E. 68th St., saintfrancis.com/health-zone

When you sign up your little athlete for this fitness event, you help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Categories for kids ages 6-9 and 10-13.

SUMMER TRAIN RIDES

All ages, 9 a.m.-3:15 p.m., Oklahoma Railway Museum, 3400 NE Grand Blvd., Oklahoma City, oklahomarailwaymuseum.org

Take a ride on Oklahoma Railway Museum's historic track! Rides last about 40 minutes and leave at 9:15 a.m., 11:15 a.m., 1:15 p.m. and 3:15 p.m. Repeats August 20.

TREE FORT STORY TIME

Ages 0-10, 11-11:30 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Meet in the shade of the Tree Fort in the Children's Discovery Garden as Garden staff share a nature-related story. Free with admission.

WORLD IN A BOX (F)

All ages, 11 a.m.-3 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Stamp your passport as you visit and experience cultures from around the world!

August 7 Sunday

SOUTH TULSA DANCE CO. OPEN HOUSE (F)

1-4 p.m., South Tulsa Dance Co., 10031 S. Yale Ave., southtulsadanceco.com

Learn all about South Tulsa Dance Co.! Repeats August 14 and August 10, 10 a.m.-1 p.m. and 4-7 p.m.

OPEN SWIM (W)

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

Practice your swim skills or just have fun at Miller's weekly Open Swim sessions.

August 8 Monday

YUCHI LANGUAGE CLASS (F) (W)

All ages, 6:30-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Any and all skill levels are welcome to join this language revitalization class, led by Yuchi language instructor Brent Deo from the zOyaha School of Language.

August 9 Tuesday

BETWEEN THE PAGES (F)

Ages 10-12, 6-7:30 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Watch a family-friendly movie and talk about stories you've enjoyed lately.

August 10 Wednesday

BIKES AND BALLS

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

This is an open gym time for toddlers and preschoolers. It meets weekly starting August 10.

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.

August 11 Thursday

STORYTIME IN THE GARDENS (W)

Ages 0-10, 10-10:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Drop in for imaginative stories geared toward kids 10 and under.

FULL STURGEON MOON WALK

All ages, 7-8:30 p.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

Hike beneath the beautiful full moon! Registration required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register.

MOVIE IN THE PARK (F)

All ages, 7:30-9:30 p.m., Jane A. Malone Center in Chamberlain Park, 4940 N. Frankfort Ave., facebook.com/tulsaparks

Bring your lawn chairs, picnic blanket and bug spray, and enjoy a family-friendly outdoor movie!

August 12 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAY (W)

All ages, 10-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join a Philbrook horticulturist for a Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature exploration designed just for kids and their grownups!

TRACIE'S SCHOOL OF DANCE OPEN HOUSE (F)

Ages 3+, 2-4 p.m., Tracie's School of Dance, 806 N. Sycamore Ave., Broken Arrow, traciesschoolofdance.com

Tour Tracie's School of Dance and learn about their fall classes! Repeats August 7 and 14.

August 13 Saturday

WILL ROGERS/WILEY POST FLY-IN (F)

All ages, 7 a.m.-7 p.m., Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, willrogers.com

Get your picture with Will and Riley, while taking in the sights of vintage aircraft and classic cars!

ZOORASSIC WORLD WALKING TOUR (W)

All ages, 9-10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Take a guided tour through Tulsa Zoo's Zoorassic World!

LITERACY TUTOR TRAINING (F)

For adults, 9 a.m.-12 p.m., Literacy, Outreach and Volunteer Services, 2901 S. Harvard, tulsalibrary.org

Get the skills needed to work with an adult literacy or English language learner! Must attend workshops on both August 13 and 20 to complete the training. Pre-register at tulsalibrary.org/events or by calling 918.549.7323.

SECOND SATURDAY DOG DAY

All ages, 10 a.m.-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Dog Days are special days when dogs can join you for a walk (and a sniff) in the Garden. See website for special dog day activities and pricing.

August 14 Sunday

SENSORY-FRIENDLY FAMILY TIME

All ages, 9:30-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Discovery Lab opens early for families with children on the spectrum and other sensory needs.

FAMILY NATURE WALK (F)

All ages, 10 a.m. and 11 a.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Learn about native plants with Global Gardens on a guided nature walk through Gathering Place.



Kids ages 6-13 can swim, bike and run at **The Health Zone** at **Saint Francis' Mini Triathlon** on August 6!

PHOTO COURTESY OF SAINT FRANCIS HOSPITAL

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

August 15 Monday

Find more at tulsakids.com/calendar!

August 16 Tuesday

JOB LAB (F) (W)

For adults, 2-3 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Library staff will help you set up an email account, create or update a résumé, and search and apply for jobs. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

August 17 Wednesday

YOGA WITH LIZ LORD (F) (W)

All ages, 5:30-6:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

This yoga class focuses on mindful movement and is led by a certified YMCA instructor.

August 18 Thursday

SAFE KIDS CAR SEAT CHECK (F)

10 a.m.-12 p.m., Tulsa Fire Department Station 22, 7303 E. 15th St., safekidstulsa.com

Experts will make sure your child's car seat is installed correctly!

August 19 Friday

BURGER NIGHT (W)

All ages, 5-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Philbrook is open late on Friday nights — and they've got burgers, plus $5 admission! Kids 17 and under and members get in free.

COX MOVIE NIGHT: *THE LEGO MOVIE* (F)

All ages, 5:30-8 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Watch a brick-tastic movie on the lawn at Gathering Place! Lego-themed activities begin at 5:30 p.m.; the film starts at 7 p.m.

August 20 Saturday

GUIDED NATURE HIKE (F)

All ages, 10-11 a.m., Chandler Park, 6500 W. 21st St., facebook.com/chandlerparktulsa

Meet at the community center before hiking the winding trails at Chandler Park. Strollers and pets not allowed.

SPRINKLER SATURDAYS (W)

All ages, 10 a.m.-12 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Cool off in the sprinklers in the Philbrook gardens!

FAMILY DAY (F)

All ages, 1-3 p.m., Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, willrogers.com

The whole family can enjoy 19th-century, hands-on activities, plus hay rides, mini hikes and games!

JAZZ ON THE GREEN (F)

All ages, 6 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Enjoy an evening of free jazz music!

August 21 Sunday

NATIONAL SENIOR CITIZENS' DAY

10 a.m.-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Admission for anyone 65 years and over will be half price at the door.

August 22 Monday

MONDAY MORNING PROGRAMMING (W)

Ages 0-4, 11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

The youngest Discovery Lab visitors are invited to enjoy special programing in the Little Lab!

August 23 Tuesday

PRETTY WOMAN

Ages 12+, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

One of Hollywood's most beloved stories of all time, PRETTY WOMAN: THE MUSICAL is brought to life by a powerhouse creative team. Additional showtimes through August 28.

August 24 Wednesday

RÉSUMÉ WRITING 101 (F)

For adults and teens, 2-3 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Learn how to construct a basic résumé and learn about the library's online JobNow service and résumé help sections.



Joss Rittler shows off his onion ring bracelet at one of **Philbrook's Friday Burger Nights.**

PHOTO BY TARA RITTLER



People 65 years and over receive half-price admission at **Tulsa Botanic Garden** on August 21.

PHOTO COURTESY OF TULSA BOTANIC GARDEN

August 25 Thursday

SAFE KIDS CAR SEAT CHECK (F)

10 a.m.-12 p.m., Bixby Fire Department Station 22, 8300 E. 121st St., Bixby, safekidstulsa.com

Experts will make sure your child's car seat is installed correctly!

THURSDAY TINY TOTS (W)

Ages 0-6, 10 a.m.-1 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Skate, play, ride and jump! Don't forget your socks!

DISCOVERY AFTER DARK

Ages 21+, Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Discovery Lab opens its doors for kids at heart! Enjoy fermentation science demonstrations, food truck meals and playing in the exhibition hall!

August 26 Friday

OKLAHOMA FESTIVAL OF BALLOONING

All ages, August 26-28, Hatbox Field, 4000 Border Ave., Muskogee, muskogeeparks.org

Hot air balloons come to Hatbox Field, along with a weekend full of family fun.

FOWLER AUTOMOTIVE FILM ON THE LAWN: *CLUELESS*

All ages, 6-9:45 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Wear your best *Clueless*-inspired outfit and enjoy pre-show activities before watching this iconic film. Movie begins at 8 p.m.

FINAL FRIDAY IN THE PARK (F)

All ages, 6-9 p.m., LaFortune Park, 5202 S. Hudson Ave., www2.tulsacounty.org/parks

Head to LaFortune Park for an evening of live music, food trucks and shopping from local artists!

August 27 Saturday

FISHING DERBY (F)

All ages, 8 a.m.-12 p.m., Broken Arrow Events Park, 21101 E. 101st St., Broken Arrow, facebook.com/baparksandrec

Bring the whole family for a day of fishing! Don't forget your rods and reels. Bait will be supplied while supplies last.

WALKING TOUR AT TULSA ZOO (W)

All ages, 10 -11 a.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.

COMMUNITY MOVIE NIGHT (F)

All ages, 8-10 p.m., Redbud Festival Park, 109 N. Main St., Owasso, facebook.com/redbudfestivalpark

Bring a lawn chair or blanket and enjoy a free, outdoor movie experience on the lawn.

August 28 Sunday

OPEN SWIM (W)

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

Practice your swim skills or just have fun at Miller's weekly Open Swim sessions.

August 29 Monday

ZUMBA WITH TESS MACK (F) (W)

All ages, 5:30-6:30 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Work up a sweat at this free, outdoor fitness class!

August 30 Tuesday

MEMBERS' EARLY MORNING

7-10 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Garden members can enjoy the Garden in the earlier, cooler hours of the morning! It's a great time for photography, bird-watching or a stroll through the Garden.

ARIA YOGA AT RIVER PARKS (F) (W)

All ages, 5:45-6:30 p.m., 17th and Riverside, facebook.com/riverparks

Tulsa Opera offers an evening of yoga accompanied by inspiring opera music.

August 31 Wednesday

LITTLE GARDEN EXPLORERS (W)

Ages 0-5, 9:30-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Drop-in for imaginative, easygoing play!

STORY TIME WITH MRS. HOLLY (F)

All ages, 10:30 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Mrs. Holly will read interactive stories to all who wish to listen. Repeats August 3.

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

Back to School Events

TAX FREE WEEKEND

August 5–7

Enjoy tax-free shopping on select back-to-school-related items.

CUTS FOR KIDS

August 9–10, 8 a.m.–8 p.m.

Clary Sage College, 3131 S. Sheridan Rd.

Clary Sage Barber and Cosmetology students and faculty will provide free haircuts to school-aged kids. Walk-in only, no appointment necessary. clarysagecollege.com

COMMUNITY BACK TO SCHOOL BASH

August 9, 5–7:15 p.m.

OSU Tulsa, 700 N. Greenwood Ave.

Kids K-12th grade are invited to hear about programs and services to help students have a successful school year. Plus, they will receive free school supplies (while supplies last), can get free immunizations provided by Tulsa Health Department, and more. Free and open to the public. tulsa.okstate.edu

BACK TO SCHOOL BLOCK PARTY

August 13, 11 a.m.–2 p.m.

Lacy Park, 2134 N. Madison Pl.

Tulsa Parks will provide free food, a Jupiter Jump, rock painting, free haircuts and styles and much more! facebook.com/tulsaparks

BACK TO SCHOOL COMMUNITY RESOURCE FAIR

August 13, 9 a.m.–12 p.m.

Tulsa Tech — Lemley Campus, 3420 S. Memorial Dr.

Get FREE backpacks and other school supplies. Plus, 50+ community organizations will be on-site to provide services and resources for a successful school year. tulsalibrary.org

ANNUAL BACK TO SCHOOL BASH

August 13, 11 a.m.–2 p.m.

Timothy Baptist Church, 821 E. 46th St. N.

Donate food and school supplies, which the Christian Minister's Alliance will distribute to schools across the Tulsa area. Contact Reverend W. R. Casey at 918.902.1374 for details.

CONSIGNMENT SALES

RHEA LANA'S OF BROKEN ARROW

August 6–11, Rhema Ninowski Rec Center, 1367 W. Kenosha St., Broken Arrow, brokenarrow.rhealana.com

JUST BETWEEN FRIENDS — TULSA

August 11–14, Woodland Hills Mall, 7021 S. Memorial, jbftulsa.com

Find more at **tulsakids.com/back-to-school-events-in-tulsa**



Head back to school in style! **Cuts for Kids** returns August 9-10.

PHOTO COURTESY OF CLARY SAGE COLLEGE

CHEER FOR TULSA DRILLERS!

The following games take place at **ONEOK Field, 201 N. Elgin Ave.** Purchase tickets at **tulsadrillers.com.** And sign the kids up for Hornsby's Bullpen to receive free tickets to Family FUNday Sunday games and other perks!

8/9, 7:05 p.m. vs. Midland
8/10, 7:05 p.m. vs. Midland
8/11, 7:05 p.m. vs. Midland
8/12, 7:05 p.m. vs. Midland*
8/13, 7:05 p.m. vs. Midland
8/14, 1:05 p.m. vs. Midland**
8/30, 7:05 p.m. vs. NW Arkansas
8/31, 7:05 p.m. vs. NW Arkansas

*Fireworks nights **Family FUNday Sunday



SUMMER Bucket List

- [ ] Sleep Under the Stars
- [ ] Visit a Farmer's Market
- [ ] Make a Time Capsule
- [ ] Have a Game Night
- [ ] Get Temporary Tattoos
- [ ] Nap or Read in a Hammock
- [ ] Have a Fashion Show
- [ ] *Schedule back-to-school shots online*
- [ ] Send a Letter to a Friend
- [ ] Make Homemade Lemonade

There's still a lot to do this summer without much time left. Including scheduling your back-to-school shots for your kids entering K and 7th grades. But, this year, THD isn't taking walk-ins, so schedule your appointments online today before all the slots—and all of summer break—are gone.

www.Tulsa-Health.org/Back2School

Or Call 918-582-9355

THD
TULSA HEALTH
Department



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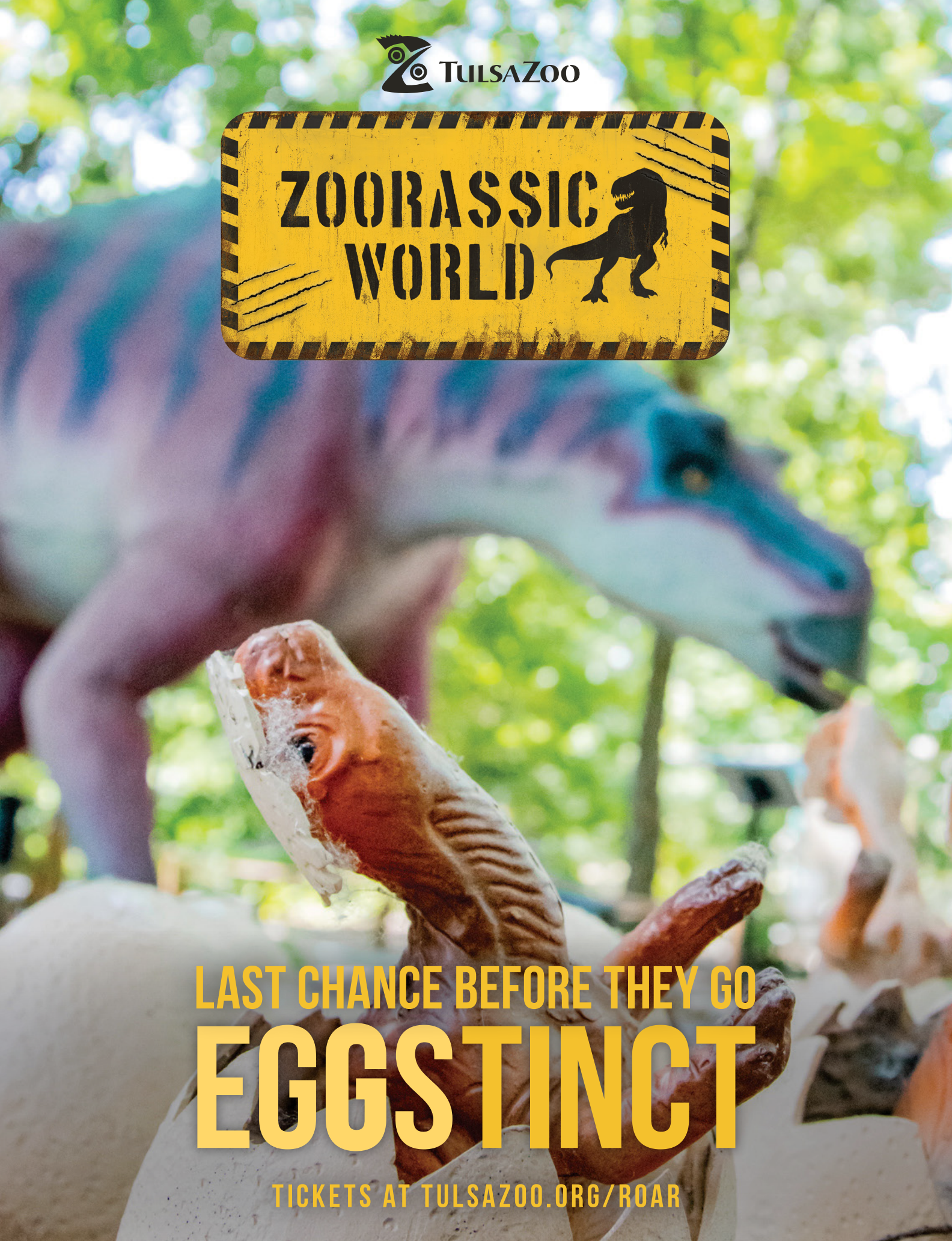


- Small class sizes – 6.3:1 student-teacher ratio.
- Nine University School alumni are National Merit Scholarship semifinalists this year.
- Two University School alumni are 2022 U.S. Presidential Scholars candidates.

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ZOORASSIC WORLD
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EGGSTINCT
TICKETS AT TULSAZOO.ORG/ROAR

FAMILY FIELD GUIDE

Because kids don't come with instructions.

Parenting is hard. As long as you give your child love, keep them fed and provide a safe place to live, chances are you're doing just fine. Just remember, noone gets it right all the time.

When you are struggling, or need some support, help is available.

familyfieldguide.org

OKLAHOMA
Mental Health &
Substance Abuse

