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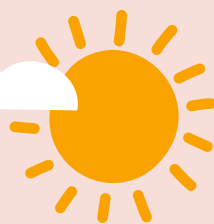
## BACK -TO- SCHOOL CHECKLIST

HELPFUL TIPS FOR THE  
NEW SCHOOL YEAR

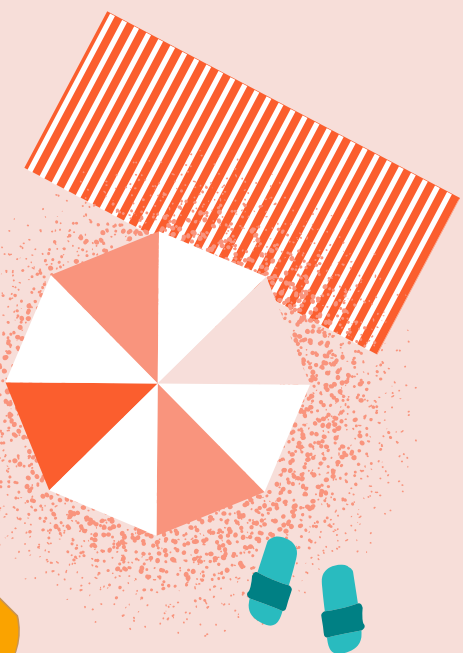
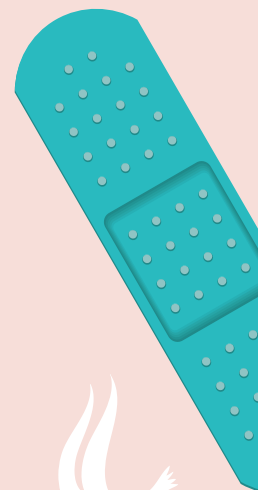
## 5 BENEFITS OF After-School Activities

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- ☐ Sleep Under the Stars
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- ☐ 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.

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I'M A TULSA KID

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# WHAT'S HAPPENING AFTER SCHOOL?

**AS THE MOM** of three kids who were involved in many activities, I spent many years as an unpaid Uber driver. Between shuttling kids to tennis, swimming, art, dance, scouts, piano lessons, soccer and whatever else I've left out, I logged many miles. I've experienced the unique smell of sweaty soccer shin guards that were left in the back of a van. I've witnessed the agony of defeat more often than I can count. I've most likely prepared millions of team snacks and huddled under a sleeping bag on the sidelines of many a soccer field. I've wondered if I should let a kid quit and start something new (yes) many times.

Was it worth it?

Well, I will tell you that none of my children are professional athletes or musicians, although one is taking drum lessons, and she told me she's glad to be able to read music.

Yes, it was worth it. Learning how to lose and win gracefully is important. And, knowing that a loss or a mistake is not the end of the world, but a normal human condition is useful, too. Learning to be part of a team comes in handy in other areas of life. Discovering talents in art, music, theater or athletics can give kids confidence that carries into adulthood.

Knowing how to play certain sports, whether it's soccer, softball or tennis, can bring joy as healthy recreational activities. I have a kid who enjoys creating art and another whose soccer knowledge came in handy in playing adult recreational soccer

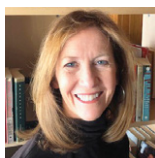
and ultimate Frisbee. Hobbies, side hustles and avocations can result from childhood participation in extracurricular activities.

And I'm always, always thankful that my kids took swimming lessons and that two of them were life-guards. Swimming is a fun activity, but more importantly, it allows kids and adults to be safe in and around water.

Healthy bodies, creative minds, new experiences, lasting friendships, valuable skills — those are just a few of the benefits of participating in a variety of extracurricular activities. Your kid may be one of those unique few whose talents get them an athletic scholarship or a place at Julliard. Most of us, however, can focus on the fun in the process of participation and the many skills that come from that.

If you're interested in finding an activity for your child, start with our Extracurricular Activities Guide in this issue. It's our annual list of places around town that can open up worlds for your child.

And, as school gets underway this month, go through our back-to-school checklist to make sure your family is ready for a great start to the new academic year.



**Betty Casey**

ASSOCIATE PUBLISHER  
AND EDITOR-IN-CHIEF

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## PRIMROSE STUDENTS LEARN COMMUNITY GIVING

Every year, students at Primrose Schools across the country participate in a Spring Fling fundraiser to support children nationwide. This spring, Primrose School of South Tulsa donated **\$4,600 to Child Abuse Network and the Primrose Schools Children's Foundation.**

The school raised donations through multiple fundraising events including a used uniform and T-shirt sale, silent auction, a penny wars, family movie night and a raffle.

Primrose Schools currently have locations in Broken Arrow, owned by Gia Patel, and South Tulsa, owned by Kelli and Andy Miller. In Spring 2024, South Tulsa owners Kelli and Andy Miller will open a midtown Tulsa location at 2835 E. Skelly Dr. For more information, visit [www.primrosemidtowntulsa.com](http://www.primrosemidtowntulsa.com).

## CHILDREN'S ART FEATURED IN 988 MENTAL HEALTH LIFELINE PROMOTION

In May the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHAS) asked children to "Draw What Mental Health Means to You." Now these pieces of art are being featured in a new PSA for the 988 Mental Health Lifeline featuring Oklahoma musician Mothica's song, "Forever 15."

The PSA features 133 drawings, representing the average number of Oklahomans that call 988 daily.

"We are overwhelmed by the positive support of our local community and touched by the drawings we received for this project," said ODMHAS Commissioner Carrie Slatton-Hodges. "Over 54,000 children report major depression, with 1 in

10 students attempting suicide. We will do whatever it takes to shred the stigma of mental health in Oklahoma and get these children the healthcare they need."

"As a teenager with depression and suicidal thoughts, I didn't know of any resources I could turn to in my darkest moments," said Mothica. "988 is a huge step in giving people access to lifesaving help. This is for anyone struggling with their mental health, and I'm honored to be a part of this project."

988 Suicide and Crisis Lifeline is available 24 hours to call or text if you or someone you know is suicidal or in crisis.



## AAA OKLAHOMA HONORS OUTSTANDING SCHOOL SAFETY PATROLLERS

Two fifth-grade students, Yeiraldi Urquiza-Arellano, McKinley Elementary, and Landon Skelton, Hoover Elementary, have been named this year's Outstanding School Safety Patrollers for the state of Oklahoma.

They were chosen for their commitment to ensuring the safety of their fellow students and serving as positive leaders within their school communities.

Yeiraldi's advisor, Marsha Khattab, highlighted her influential dedication to the AAA School Safety Patrol, stating, **"Yeiraldi has earned the trust of her fellow patrollers and the students at McKinley Elementary School by emphasizing the importance of adhering to all safety procedures. When correcting other students, she explains the reasons behind why their actions are unsafe and guides them on how to correct their behavior, ensuring their own safety as well as the safety of others."**

Rebecca George, a fifth-grade teacher at Hoover Elementary, commended Landon's outstanding performance as a safety patrol officer, stating, **"Landon is an exemplary leader who is always eager to assist others. Each morning, he takes up position near my classroom, guiding students to their respective classes. Whenever we encounter a new or lost pre-K student, Landon willingly volunteers to accompany them to their class. The relief evident on these students' faces is a testament to his kind and caring character."**

Since 1920, AAA has been providing various equipment and educational materials to patrollers, including reflective belts, patrol badges, and training resources, empowering them to fulfill their vital roles effectively.





## THROWBACK TULSAKIDS: COVER KID AVA PRICE

Ava Price, now an adult, was a 5-year-old kindergartener in 2004 when she appeared on the cover of TulsaKids.

"My parents picked me up from school that day and we headed straight over to meet up with Chuck Foshee (TulsaKids publisher) to take pictures at Eliot Elementary in Tulsa," she recalls. Just a few years ago, she recreated the cover with some friends.

Ava now works with kids at Momentum Learning Center, which just celebrated its second year of business. She started out as a Registered Behavior Technician and is now the Marketing and Event Coordinator. Previously, she worked in daycares and preschools.

"We provide ABA Therapy for children with autism in the Tulsa and Owasso areas," Ava said. "I was hired before the clinic opener, so I was involved in the initial set up from decorating to organizing and getting everything prepared for clients to start services. I've been working on planning all sorts of fun activities for our clients to be able to engage in this summer, like water days, petting zoos and more."

Ava says she loves her job, co-workers and clients. "Working with our group of clients is very rewarding. Sometimes it can be a hard job, but it's so much fun and so worth it," she said. "I really love marketing and event planning; it isn't something I thought I'd ever be able to do. I am very fortunate that our CEO helped guide me to this position. She saw my strengths and helped me to be where I am today."

In her roles working with young children and as a marketing/event coordinator, Ava says she enjoys being creative and is always learning.

She took over Momentum Learning Center's social media accounts and is taking digital marketing classes at OSU, where she plans to continue her education to get a degree in digital marketing and business development.

We're happy to know about Ava's adult life after appearing on TulsaKids' cover all those years ago.

"I remember getting so many copies of the magazine," she said. "I still have some in my closet! My family wanted copies, of course, and I would sign the magazine with my signature – which really just looked like scribbles because I was 5 – and would give them to my family. I don't really remember taking the photos, but I do remember thinking it was so cool and it made me feel special."

Share your TulsaKids memories with us. We love to read them.  
Email [editor@tulsakids.com](mailto:editor@tulsakids.com).

## TULSAKIDS' FAMILY FAVORITES CELEBRATION

TulsaKids celebrated the 2023 Family Favorites winners and finalists at a recent party at the ALT Room in Tulsa. Winners and finalists joined TulsaKids staff to enjoy food, drinks and conversation.

Special thanks to Balloon Therapy for the amazing balloon sculpture and All Things Cake for the beautiful and delicious cookies.



Top Row: Ascension St. John and Get Toasted; Middle Row: TulsaKids staff; Bottom Row: Primrose School of Broken Arrow and Miller Swim School.

# WHAT'S GOING ONLINE?



## CONTESTS & GIVEAWAYS

Find links to the following at [tulsakids.com/contests](https://tulsakids.com/contests).



### MAKE A SPLASH! PHOTO CONTEST

How is your family staying cool this summer? Enter our Make a Splash! Photo Contest through **August 13** for a chance to win a 2-hour Birthday Party at Miller Swim School for up to 15 swimmers!

SPONSORED BY



PHOTO BY TARYN STARKEY

### MAMA TO BE PHOTO CONTEST

Enter our Mama to Be Photo Contest **August 1–31** for a chance to win a Lifestyle Newborn Package from Taryn Starkey, Photo Doula — our Family Favorites winner for Favorite Newborn Photographer AND Favorite Doula!

The Lifestyle Newborn Package is valued at \$350 and includes an in-home newborn session (up to 2 months old) highlighting baby features and natural connections between family members.

We will also choose submissions to be included in our Baby Handbook, coming September 2023.

## BACK-TO-SCHOOL TRADITIONS

**We asked our Facebook followers and TulsaParents Facebook group members to share their favorite back-to-school traditions! Here's what they had to say:**

"We love to make a mini vacation to Branson for the sales tax-free weekend to do back-to-school shopping, spend time swimming at the hotel and find some fun things to do on the strip." **KRISTINA B.**

"Shopping for new school shoes!" **ALICIA K.**

"The meet the teacher night is amazing at my kids' school...it's like a reunion on the playground before and after we go see the new teacher." **MARY L.M.**

"Haircuts? 😊" **CHRISTI T.**

"School supply shopping together. Shoe shopping with Gma and cousins." **NATT C.**



### \$5,000 SWEEPSTAKES

Enter our latest \$5,000 giveaway **July 31–August 29!** This is part of a national sweepstakes, so there may or may not be a local winner.

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## BALLOON THERAPY GIFT CERTIFICATE GIVEAWAY

Join the **TulsaKids Birthday Club** by **August 31**, and you could win a \$330 gift certificate to Balloon Therapy Tulsa! Balloon Therapy creates amazing balloon garlands and more, sure to make your party photo op "pop"!

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# Local Moms Share Pros & Cons of Scheduled Toddler Activities

By **Alicia Kobilnyk**



Quality time together is the real prize to be won, and you can find it most anywhere, even without tiny uniforms.

## IT HAPPENS SO FAST.

One day you're holding a teeny newborn baby, supporting their neck and marveling at each wave of their arm. The next thing you know, your little one is running through your home, jumping off your sofa and filling the room with the bottomless energy of a thousand suns. "This kid needs an outlet," you think, scanning your phone as you Google "activities for toddlers" with one hand as you pool noodle sword fight with the other. For each option you read about, you find dozens of opinions. It's easy to feel overwhelmed as you weigh it all. Does your young child need an extra-curricular activity? What are the costs and benefits of signing them up for a team, sport or class? Is it worth the effort?

Like so many parents, I found myself torn as my children grew. Would I enroll them in a dance program like the one my mother put me in? Would I let them pick something, risking the inevitable change of opinion two classes in? If I chose not to commit to a class and leave our days unstructured, would my children miss out?

In the end, I opted to enroll my 4-year-old in a small ballet class at a local recreation center. She was with a few friends and seemed to enjoy the gentle pace of the class. Juilliard it was not, but it was inexpensive and allowed her to sample dance without a long-term commitment.

Eventually, she chose to try gymnastics instead. I spent her class time in a hallway, watching discreetly through a one-way glass, while wrangling a 2-year-old. When our tenure there ended, she rejoiced that we had more free time and played gymnastics happily at home with her little sister.

For us, this was enough. We chose free play at home and visiting friends. However, to offer a broader perspective, I asked Tulsa parents about their experiences with extracurriculars for young children.

## PROS AND CONS

**Anna** enrolled her first child in "Mommy and Me" swim lessons, eventually graduating to classes without parents in the pool. Her daughter enjoyed the pool time and learned some minor points

of water acclimation, but she disliked the way she changed teachers with each promotion as she learned skills. Each time, the girl would regress due to the absence of her trusted adult. In the end, Anna felt this experience did not suit her child's disposition and created too much stress without the results she had sought.

She enrolled her second child, then a young toddler, in an Infant Swim Rescue class. This meant 10-minute lessons every day of the week for weeks at a time and less gentle acclimation for her toddler. However, her little one quickly picked up survival skills like floating and swimming to the ladder, becoming competent and lowering her likelihood of drowning.

Pleased with these results, Anna enrolled her firstborn in ISR and went through the program with her as well. The expense and the long drive for short lessons was intense but, in the end, her children were safer in the water and remain good swimmers to this day. For Anna, it paid to shop around.

**Melissa** eagerly enrolled her children, as they turned 3, in local gymnastics and dance classes. Her children enjoyed the addition to their routine, made friends and learned about the arts and performing on stage, as she had hoped. The only sticky point came as classes interfered with siblings' nap times, but that issue was short lived.

The kids are older now, continuing to perform with those same friends. Overall, she recommends parents consider signing up for a trial class to gauge interest. You may find a fun way to get the wiggles out, if not a lifelong passion.

**Rebecca** enrolled both of her children in a toddler gymnastics program at age 3 and 18 months, hoping they would learn about playing with others, practice following directions and develop some new skills. Her son felt a little daunted and sat out of some classes, but her younger daughter participated happily.

In the end, Rebecca was pleased but disliked the candy given to children at the end of class for obedience, which didn't sit right







Students dance together in a Baby Ballet class at **Miss Shelly's School of Dance**.

with her. She did like when all of the children were given stamps. Her takeaway: Always check how instructors handle discipline and rewards before enrolling children in any classes.

**Sarah** wanted to enroll her son in classes to help him socialize and hopefully find one of those elusive unicorns, the “mom friend.” After trying a tumbling program at 16 months, soccer at 2 and swimming at 2 1/2, Sarah has decided that she and her son seem to do just as well with unstructured play and spontaneous outings to the zoo, the park or the library.

In each class, her son eventually lost interest and Sarah encountered things that made her uncomfortable, such as overbearing parents and teachers doing things without consent from children, such as dunking them. She encourages parents to feel okay leaving if things aren't working for you.

### MAKING THE RIGHT CHOICE FOR YOUR FAMILY

It all boils down to this: Do you and your child enjoy this activity? Is it *fun*? Does it enrich your days

and generally provide more gain than loss? Or are you attending out of a compulsion to “be like everyone else,” overcoming a perceived shortcoming in your abilities to provide for your children in the absence of an expert?

The posture with which you approach extracurricular classes, like any other experiences, will likely inform your child how they should approach it, too. Try to keep your expectations age appropriate. The odds that your toddler will continue that class indefinitely or achieve some level of prodigy in the field are slim. Remember the littleness of your child and the shortness of this time when you feel pressure to raise the next Simone Biles, Russell Westbrook or Michael Phelps. Quality time together is the real prize to be won, and you can find it most anywhere, even without tiny uniforms. **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.

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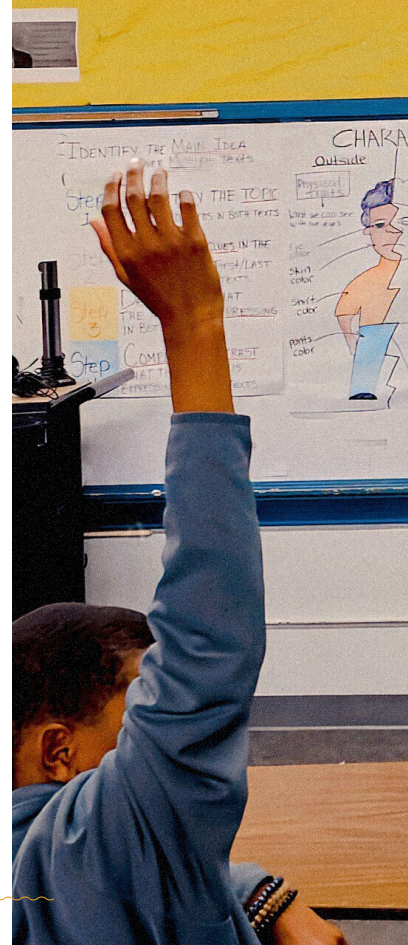
**TippiToes**

# The Black Male Teacher: The Importance of the Unicorn in the Classroom

By **Dr. Tamecca Rogers**, Ph.D.



Hank Byrd, aka Uncle Byrd, leads a discussion in his classroom at Legacy Charter School.



**AS I WALKED** toward Mr. Hank Byrd's classroom at Legacy Charter School, I saw a student jump up, give him a high-five, and say, "Hey, Uncle Byrd."

Mr. Byrd looked at me and laughed, and said, "Yeah, they call me Uncle Byrd because, at 51, I am the oldest teacher in the school." He continued, "I have been teaching for about four years, and the most rewarding thing is hearing from the students how much I mean to them, and when they stop by my classroom to say hello and share parts of their lives with me."

Mr. Byrd shared, "I looked for meaningful ways to give back to my community, and teaching allowed me to have the most impact."

Nationwide, 1.9 percent of elementary teachers are Black males. In Tulsa, where 24 percent of the elementary students are Black, their percentage of Black male teachers matches the nation's percentage at 1.9 percent. Unlike the national and

local percentages, Legacy Charter School's percentage of Black male teachers is 45 percent. Why are these numbers significant? Two words: student success.

As a Black male teacher, Mr. Byrd said that having a diverse teaching staff, particularly Black male instructors, is essential. "Father figures and role models are often lacking in the homes of the scholars I teach," he said, "so I feel that scholars require a compensatory male presence in their lives. There are many conversations I've had with my male scholars that they've only felt comfortable sharing with another male."

The social-emotional gap also impacts performance, college enrollment and fairness.

**1. Performance.** Black students perform better in K-12 when Black male instructors positively impact staffing biases and student outcomes. Principal Staci Brown Hegler at Legacy Charter School said Black male teachers matter because

schools without Black male instructors tend to have higher suspensions and IEPs (Individual Education Plan) among Black male students.

**2. College enrollment.** Black male teachers can increase Black students' chances of enrollment in college and reduce K-12 dropout rates. When I asked Byrd's students what they liked about him, a scholar raised her hand and said, "He teaches us about life." Another said, "He gets us ready for high school." Mr. Byrd asked, "Which...?" The entire class responded, "Gets us ready for college." Again Mr. Byrd asked, "Which...?" The class responded, "Gets us ready for life."

**3. Fairness.** Studies show that having more male instructors of color positively impacts every student regardless of race. One of Mr. Byrd's students said she appreciated that Mr. Byrd "never sugar-coats anything, and he is fair to everyone."

I asked Principal Staci Brown Hegler how Legacy Charter School had 45 percent Black male teachers when Tulsa and the nation's average was 1.9 percent. She said it happened organically. She said most of her staff had a personal call to action and wanted to give back to their community. Hegler Brown also said Legacy Charter School's executive director was "connected to the community, which gives them access to candidates who would like to teach."

She suggested that organizations should expand the way they recruit. For example, Legacy was involved with the Dream Center, My Brother's Keeper and 100 Black Men. This meant that when it was time to hire candidates, they were "accessible to the organizations within the community with clear connections with people who desired to be in the classroom."

Here are three things that can help positively impact learning in terms of hiring more Black men as teachers.





**1. Recruitment.** Mr. Byrd suggests that Black male teachers should recruit Black male teachers. He said, "Usually when recruitment happens, it's coming from administrators. Black male teachers can build relationships with high school and college-aged Black males in the community, answering questions and telling them about the rewards, community impact and fulfillment of being a teacher."

**2. Programs.** Mr. Byrd suggests there should be leadership programs that incentivize Black men in teaching. Several nationwide programs are trying to increase the pool of teachers from diverse backgrounds that offer incentives, such as loan forgiveness and mentoring. These include the Call Me MiSTER Program (an acronym for Mentors Instructing Students Toward Effective Role Models), Men of CCD (Charleston Country School District), and He is

Me Institute. While these programs are outside Tulsa, they are certainly worth looking at to see if a program can be developed for Tulsa.

**3. Retention.** Principal Brown Hegler stated, "As a leader, it's important to manage systems and lead people. Leaders should be purposeful in engaging with all staff members. It's essential to see the potential in Black men educators and to be mindful of not underutilizing them. At Legacy, Black male instructors are set in leadership roles as core content teachers and leads. Their voice must be heard because their positive impact on our scholars is undeniable."

A diverse teaching staff contributes to students' success. It's vital to mind the gap and retain Black male instructors. **TK**

**Dr. Tamecca 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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# It's Not Just Play: The Power of Theater

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.

Acting in roles from different situations, time periods and cultures promotes **compassion, empathy** and **tolerance**. Working with other students to produce a play requires **collaboration, cooperation** and **problem solving**.

**THE MIDDLE AND** high school years are all about growth. There's the literal and quite obvious transformation of bodies, and the more internal, but equally significant, emotional and psychological growth. It's all about figuring out who you are and who you want to be. While there are many paths to take on that journey, finding yourself through theater is a route with a surprising number of lifelong benefits.

"In theatre, I learned that I could be anything I wanted," says Mary Sawyer, a 2015 graduate of Tulsa's Edison Preparatory School. "I learned that life is acting. I acted like a good student, and so I was, and I made good grades because of it. I acted like a confident young adult, and so I was a confident young adult. I acted like a successful young professional, and by god, I became one."

Sawyer, who is currently working towards her doctorate in Health Care Administration from Oklahoma State University, works as a project manager with OSU, while doing health care consulting on the side. In addition to the public speaking skills she polished in theater class

and uses regularly in both her job and her volunteer work as a member of Tulsa's Downtown Rotary Club, Sawyer is grateful for the confidence she gained as a theater student.

"I use my theater background every day," she notes. "The confidence and ability to be a chameleon in so many varied situations has helped me to network and build my career."

Just as the majority of high school athletes don't turn pro, most theater students don't end up on Broadway or in Hollywood. Like Sawyer, however, the talents they discovered and the skills they honed in class and on stage, transfer to their diverse career choices.

Katherine Victor was one of Sawyer's classmates who participated in theater from a very young age. These days, you'll find Victor in a Denver suburb where she works as a prosecutor after graduating with a law degree from the University of Colorado.

"Participating in theater shaped who I am in the courtroom. Presenting a case to a jury requires a sort of performance much like a play," she says. "Not only did theater help me become

an excellent orator, it helped me refine quick thinking on my feet. While on stage, one might reel to remember a dropped line. While in trial, one must always be prepared to respond to the unexpected. Theater was an integral part to my development as a litigator."

Victor's high school drama skills help in other ways as well.

"Being on stage, an audience of eyes trained on me, forced me to hyper-analyze my facial expressions and my body language," she says. "This has helped me with nervous tics such as fidgeting while in front of a judge or jury."

In addition to self-confidence and public speaking skills, theater education teaches and supports a number of attributes that help adolescents grow into happier, healthier adults. Acting in roles from different situations, time periods and cultures promotes compassion, empathy and tolerance. Working with other students to produce a play requires collaboration, cooperation and problem solving. Rehearsing and performing in front of other students doesn't happen without first developing a certain amount of trust,

and even friendship. The act of memorizing and delivering lines hones concentration and communication skills.

The practical, tangible benefits of participating in high school theater are diverse and numerous. However, for most students, the biggest benefit is the community itself.

"I would never have made or gotten as close to what have become lifelong friends if it were not for being in theater," Sawyer says. "Being a theater student also allowed me to get closer to students that were involved in things that I was not — like band or dance."

Victor would agree.

"Not only has theater helped me as a prosecutor, it was a great source of safety and community during my high school years," she says. "Not only did I forge strong friendships, the theater department created a safe space to be myself in high school. I wasn't ridiculed in the black box for being queer; no one batted an eye at my loud, animated voice. For many, high school is an unwelcoming place, but the theater department was always a safe haven for me." **TK**





SEVENTYFOUR/GETTY

# 7 Tips to Ease Back-to-School Anxiety

By **Staff**

**IT IS NORMAL** and understandable for children to experience anxiety about going back to school after a long summer break. Some may feel nervous about starting school for the first time. Parents can help ease the transition back to school by recognizing the symptoms of stress and anxiety and implementing some creative strategies.

Dr. Matthew Lederman, a board-certified Internal Medicine physician, expert in empathetic communication and NVC practitioner, recommends Nonviolent Communication (NVC) as a powerful tool that can help ease the transition. Nonviolent Communication can foster a stronger and more meaningful connection between parents and children, as it empowers parents and children to express emotions, needs, and concerns more effectively.

Dr. Matthew Lederman shares some practical tips and strategies for parents to incorporate NVC

techniques in their interactions with their children, when going back to school. Here are some steps you can follow:

## 1. **Present a Safe Space:**

To create a safe space for your child, find a quiet place in the house where you can talk without distractions. Let your child know that he or she can discuss any concerns or feelings in this space. Avoid distractions from phones or television, or other members of the family. Focus on listening and being present with your child instead of thinking about what you need to do to fix the situation.

**2. Do Not Interrupt:** When listening to a child's concerns, be sure not to interrupt or judge. Show empathy by nodding, maintaining eye contact and using verbal cues like "I see," or "That sounds tough." This will help your child feel heard and validated.

**3. Validation:** You can help the other person feel understood and less alone by validating their feelings. For example, you might say, "It sounds like you're feeling anxious about going back to school and worried about fitting in. Is that right?"

## 4. **Encourage Sharing:**

Encourage your child to share his or her concerns and fears about returning to school by asking questions that require more than a yes or no response. For example, you might ask, "What specifically worries you about going back to school?" Most suffering stems not from unpleasant feelings but from holding unpleasant feelings alone.

## 5. **Find Solutions, Together:**

Brainstorm with your child about possible solutions to their problem. Listen to what they have to say, and let them know that you value their input and trust their ability

to care for their own needs. This will empower them to solve problems on their own in the future.

**6. Try a Mantra:** Mantras are positive affirmations or phrases that can be repeated to a child when he or she is feeling anxious. Examples include "I am capable and strong," or "I can handle anything that comes my way." This helps regulate the nervous system and create self-connection that stimulates a sense of safety.

**7. Encourage Self-Care:** Help your child develop self-care routines to manage stress and anxiety. Encourage them to practice deep breathing exercises, mindfulness, physical exercise, or engaging in hobbies they enjoy. Taking care of their well-being can help them feel more resilient and grounded. **TK**

# Homemade Snacks Are Good and Good for You!

By **Natalie Mikles**



## A RIDICULOUS AMOUNT

of our monthly grocery costs goes to snacks.

Bags of pretzels and chips, granola bars, fruit snacks, mini water bottles and juice boxes, cookies and more. My kids pack them in their lunch boxes, devour them after school and grab them on the way to cross country or football practices.

Yes, we also keep plenty of fruit, yogurt, hummus and cut veggies. But when we're out of the packaged snacks they love, that's when I hear, "Mom, we have nothing to eat!"

This school year, I'm recommitting to making some homemade snacks. Yes, I'll still buy packages of goldfish crackers and granola bars. But August is a great time to set some resolutions, make goals and press the reset button.

I've had success in the past making energy bites, granola and even homemade cheese crackers. But once the school year gets rolling along, it's often easier to rely on the pre-packaged stuff. However, making homemade

snacks is a good way to save money and to make the snacks more nutritious.

Here are some of those snacks I'm going to have handy for my kids this school year. If you give them a try, let us know on our TulsaKids Facebook page. Or share some of your favorite homemade snacks!

You can play around to change this recipe in 100 different ways. Add a little cocoa powder, chopped nuts, dried cranberries, coconut or chia seeds. Swap peanut butter for almond butter. Swap honey for maple syrup. Have fun with it! This recipe makes about a dozen balls.

## EASY ENERGY BITES

- ¾ cup creamy peanut butter
  - ½ cup chocolate chips
  - 1 cup old-fashioned oats
  - ½ cup ground flax seeds
  - 2 tablespoons honey
1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15–30 minutes so they are easier to roll.

2. Roll into 12 bites and store in the fridge for up to a week.

We eat a lot of applesauce at our house. This version is so good. It makes about 12 cups. I divide it into ½-cup servings and place in small glass or plastic containers for lunch boxes or after-school snacks.

## SLOW COOKER APPLESAUCE

- 6 pounds apples
  - 1 cup sugar
  - 1 cup water
  - 1 teaspoon kosher salt
  - 1 teaspoon ground cinnamon
  - ¼ cup butter, cubed
  - 2 teaspoons vanilla extract
1. Peel and slice apples. Place in a slow cooker with sugar, water, salt and cinnamon. Cover and cook on low for 6 to 8 hours.
  2. Turn off the heat and stir in the butter and vanilla. Mash slightly for a chunky applesauce or mash completely for a smooth applesauce. Can be served warm or cold.

Making homemade snacks is a good way to **save money** and to make the snacks **more nutritious**.

This Weelicious (weelicious.com) version of a granola bar is the best. It makes about 30 bars. If your kids don't like chocolate chips, sub raisins or other dried fruit.

## CHOCOLATE CHIP GRANOLA BARS

- 4 cups old-fashioned oats
  - ¼ cup whole-wheat flour
  - ½ cup shredded unsweetened coconut
  - ½ cup packed brown sugar
  - 1 cup chocolate chips
  - ½ teaspoon kosher salt
  - ½ cup canola oil
  - 1 teaspoon vanilla extract
  - ½ cup honey
1. Preheat oven to 325 degrees, and line a baking sheet with parchment paper.
  2. Combine oats, flour, coconut, brown sugar, chocolate chips and salt in a large bowl.
  3. In a separate bowl, whisk together canola oil, vanilla and honey. Pour the wet ingredients over the oat mixture and stir to combine.
  4. Spread the granola mixture on the baking sheet and shape it





MIZINA/GETTY

into a 9-by-13-inch rectangle that's about 1-inch thick. Bake 40 minutes or until golden and dry to the touch.

5. Cool 10 minutes, then cut into 3-by-1-inch bars using a serrated knife. Wrap individually in parchment paper.

.....

Here's another Weelicious (weelicious.com) recipe. This is one of my favorites. Yes, it's a bit time consuming. But these crackers are delicious! It's hard to say how many it makes since it all depends on the size of your cookie cutters. I like using very small shapes or letters.

### HOMEMADE ANIMAL CRACKERS

- 1 ½ cups all-purpose flour
- ½ cup old-fashioned oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground allspice
- ½ cup sugar
- 1 stick unsalted butter, chilled and cut into pieces
- 1 teaspoon vanilla extract
- 1 egg

1. Place the flour, oats, baking powder, salt, allspice and sugar in a food processor, and pulse to combine. Add butter, and pulse to combine. Add vanilla and egg, pulsing until the dough forms a ball.
2. Wrap the dough in plastic wrap, and chill 30 minutes.
3. Preheat oven to 350 degrees. Roll dough on a floured surface to ¼-inch thick and cut out shapes. Place on a parchment-lined baking sheet. Bake 15 minutes, but watch carefully because the baking time will depend on the size of the cookies. Note: Cover and store at room temperature for 5 days. **TK**

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



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# BACK -TO- SCHOOL CHECKLIST

**There are so many details to consider as we prepare** our kids to go back to school. Planning ahead can help you avoid stress and prevent misunderstandings with your child's school or teachers. Prepare your child for the new year to ease any anxieties — and to ease your worries as well. We've prepared a checklist to get your family off to a great start this school year!

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### □ ATHLETIC CHECK-UPS

Is your child going to participate in athletics? The Oklahoma Secondary Schools Activities Association (OSSAA) has rules and policies for eligibility. School districts such as TPS are members of OSSAA and must follow their guidelines. One eligibility requirement is to provide a physical and medical history form and a participation, consent and concussion form ([tulsaschools.org](http://tulsaschools.org)).

Extracurricular sports for all ages may also require some type of medical consent form. Regardless, it's a good idea to have your child checked out by a medical professional before participating in any sport.

### □ IMMUNIZATIONS

If you haven't already, make an appointment with your child's health-care provider or go to the health department for school immunizations. Required immunizations for kids in kindergarten through 12th grade include: DTaP/DPT (5), Varicella (1), OPV/IPV (4), HEP B (3), MMR (2), HEP A (2) and Tdap (1) for students entering 7th grade. Many of these vaccines require more than one dose or booster shots.

If your child has missed any vaccinations, talk to your health care provider on how to catch up. If you have a child going to college, be sure to check the college or university's immunization policies.

For a schedule of vaccines and for Oklahoma school immunization requirements, go to [Oklahoma.gov](http://Oklahoma.gov) or [tulsa-health.org](http://tulsa-health.org). You can also find locations and times for immunizations at the Tulsa Health Department site.

### □ SUPPLIES

It's time for fresh crayons, folders, notebooks and pencils! Most schools and individual classrooms have supply lists. Before purchasing anything, check the school's website for a list. They may even have an option to contribute cash and let the school buy the supplies. The school may also have rules about types of backpacks — some prefer clear.

### □ CLOTHING

Before you go out and buy the latest school-age fashion, check your child's school website for guidance, especially if they are new to the school. Most schools have dress codes, even down to what kind of accessories your child can wear and how the clothing should fit. If your child's school requires closed-toed shoes that don't light up, and they show up in flashing sandals the first day, that may get the year off to a poor start. Go over all the guidelines for clothing or uniforms with your children, so they'll know what they can and can't wear. Want to save money? Lots of consignment shops sell uniform items.





### ❑ PLAN AHEAD TO AVOID ANXIETY

Be sure to attend any back-to-school nights to meet your child's teacher, principal and other school staff. At back-to-school nights, you will most likely be able to join the PTA, buy a school T-shirt and find out more about school rules, afterschool events, school calendar information and general information.

This is not the time to have a conference with your child's teacher. If you feel that you need to let the teacher know something about your child, email them with the information, or set up an appointment to talk later. If your child is going to a new school, you might be able to tour the school, especially if your child is feeling anxious.

Be positive. Listen to your child. Address any anxieties. Provide them with as much information as you can to make them feel comfortable. If possible, get together at a park or other venue with future classmates before school starts.

### ❑ VISIT THE SCHOOL WEBSITE

This will be a wealth of information, from bell times to cafeteria information to afterschool care. Most school websites will also give you information about drop-off and pick-up, safety, enrollment and how to connect with whatever portal they use for providing grades and information to parents. Go over rules and information with your child to avoid confusion and conflict later.

If the school or district has a Facebook page, Instagram or other social media account, join it.

### ❑ TRANSPORTATION

How will your child get to school? If they're riding the bus, get all the information so that you can share it with your child. Go over bus safety. Show your child where they will catch the bus, where they will load the bus at school and who will be waiting for them when they get off the bus if they are very young.

If your child will be walking or riding a bike, remind them of safety and traffic rules. You can find bus, bike and walking safety rules at [safekids.org](https://www.safekids.org).

If you are carpooling, make arrangements in advance and let your child know who is safe to ride with.

### FINAL TIPS

- ❑ Sign up for the PTA/PTSA. This is one of the best ways to get information and to support your child's education.
- ❑ Create a Family Calendar with school events, parent/teacher conferences, days off and extracurricular activities. Consider having a weekly family meeting to reconnect and revise the calendar, if necessary.
- ❑ Look for ways to volunteer at your child's school.
- ❑ Stock your pantry and fridge with items for lunches and healthy snacks.
- ❑ Stock a homework area. Consider a folder or a basket to hold papers that need to be signed and returned to teachers.
- ❑ Notify a friend or family member that you would like to use them for an emergency contact. Tell your kids and put the number in their phones or have them memorize it.
- ❑ Get back into the school routine — bedtimes, expectations at home and school. Have a plan for cell phones and other screens.
- ❑ Sign up for therapy or tutoring. If your child participates in some type of therapy or tutoring, schedule appointments now for the new school year.

# FIVE BENEFITS OF AFTER-SCHOOL ACTIVITIES



**P**arents, do you ever wonder if you may be taking the whole over-scheduling taboo too seriously? For years, parents have been hearing that kids have too many activities, too much homework, too-heavy backpacks, too much screen time, too much sugar...and on and on.

Personally, I find most parents are intelligent, conscientious and trying to find a healthy middle ground for everyone in the family. Most parents want their kids to have just the right amount of after-school activities. The vast majority seem committed to helping their kids become happier, healthier, more well-rounded citizens without pushing them into activity overload.

So why not remember a few things kids stand to gain from after-school activities? Kids can benefit artistically, physically, socially, mentally and personally from after-school activities. I contacted a half-dozen after-school activity pros, and here are some of the many benefits for kids that we discussed:

## 1 **FIT, CONFIDENT KIDS.**

As Elle Woods reminds us in the film *Legally Blonde*, "Exercise gives you endorphins. Endorphins make you happy." But motivating kids to get off the couch is not always easy for parents. Your kids are not typically looking to you to motivate them to run some wind sprints or do a series of gut crunches. They need someone else to step in and motivate them to get moving. This is where after-school activities come in, preferably with dedicated, motivating coaches and instructors leading the way.

Physical activities increase coordination, inspire discipline and provide energy outlets for restless kids. So let another trusted adult be in charge for a change and enjoy your down time while your kids get more fit.

## 2 **LIGHTS WHO SHINE.**

As much as we would like our kids to carry on our values and ideals, it's really up to them to communicate to us who they are and what they believe. They are not small mirrors of us. And while we may like to think that our children are born whole and complete, the truth is kids often discover what they are made of after they become immersed in activities that stretch and challenge them.

Engaging kids in activities where they feel fully immersed in the experience and are responsible for their own mastery helps kids discover what makes them tick. Not to mention how to overcome adversity, how to lose gracefully or how to power through when things don't go quite right. When it comes to finding an activity for your child, look for outlets that challenge them while providing gradual instruction and skill development.

## 3 **PART OF SOMETHING GREATER.**

After-school activities offer kids outlets for expressing their energy within a safe learning context. Feeling part of a group with a purpose is a beautiful thing, so make sure that the space where your child spends time is safe, fun, developmentally appropriate and growth-centric.

Often kids become as attached to a center, a studio or a routine as much as they do to a group of peers. When kids go off to their activities, they should feel like they are going to one of their favorite places – to their home away from home. This can be especially important if your child is not finding belonging at school. If your child is continually unhappy with an activity, don't be reluctant to check out other possibilities.



# SCHOOL ACTIVITIES

BY CHRISTINA KATZ

## 4 MEMORABLY CONNECTED.

If there is one thing all after-school activity professionals agree on, it's the importance of making memories via meaningful connections. Engaged, smiling, busy children are typically happy children.

Whether your child's activity happens in a place rife with variety or in a more specialized space, children are sure to grow over time, make memories and understand themselves better with regular participation in after-school activities.

Why not let your kids have the continuity of years of ongoing participation? It's hard to advance up the activity ranks if you dabble in one activity and then another. Give your child a few years in elementary school to try different activities, allowing them to find out what they enjoy. Then see if they want to commit to an activity or two during middle school. High school students typically know what they want to participate in, so parents can help by volunteering or otherwise supporting their teen's choices.

## 5 APTITUDE-RICH.

Some students need extra help to keep up academically, so don't panic if your child turns out to be one of them. Your child may need extra help that addresses specific needs like standardized test preparation or responding to learning gaps. Other kids simply need help becoming more satisfied, confident students.

Tutoring can increase not just aptitude but also enthusiasm. And just as parents don't always make the best coaches, we also don't always make the best tutors, either. Besides, kids often progress faster and more willingly when they work with mentors they don't already know.



Raising academic confidence by teaching learning skills in one subject can pay off in increased academic confidence across the board. So, if your child is struggling with critical reading, vocabulary or math skills, why not try a local tutoring service? Your child has nothing to lose and much to gain.

Kids need to feel successful today to become successful tomorrow, and activities can help them experience gradual, positive growth. If you don't channel your child's energy, video games, screens and other sedentary activities will always be a temptation. They can also be isolating, as many of us found out during the pandemic. If you want engaged, involved, smiling kids, help them find them some activities they enjoy. **TK**

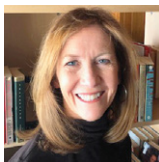
Author, journalist, and writing coach **Christina Katz** is grateful for the opportunities she had contributing to school literary journals and newspapers. She also worked off some of her teenage angst on the soccer field, on the softball diamond and in the school pool.

## 45 AFTER-SCHOOL ACTIVITIES FOR KIDS

Soccer  
Swimming  
Baseball  
Softball  
Basketball  
Karate  
Lacrosse  
Field hockey  
Volleyball  
Football  
Cheerleading  
Tennis  
Dance  
Tutoring  
Gymnastics  
Horseback riding  
Coding  
Cross-country  
Skating  
Yearbook  
Martial arts  
Hockey  
Theater  
Choir  
Biking  
Golf  
Race preparation  
Band or orchestra  
Arts and crafts  
Nature clubs/preservation  
Gardening  
4-H Club  
Scouting or Camp Fire  
Youth government  
School leadership  
Philanthropic groups  
Conservation clubs  
Mentoring or tutoring  
Robotics  
Science club  
Chess club  
Creative writing  
Volunteering  
Faith groups  
Music lessons

# Mobile Mental Health Unit Takes Treatment to the Community

By **Betty Casey**



The mobile unit provides a safe place for people to express their fears and anxieties, while also giving them practical steps to control their anxiety.



**IN APRIL** this year, shootings at Rudisill Library and a nearby QuikTrip in north Tulsa left employees, patrons and the wider community in shock. Horrific events such as this can have widespread traumatic effects. Often, however, people experiencing fear and trauma do not seek help or may not have access to help. To fill that gap, Skillz on Wheelz, a mobile mental health clinic serving north Tulsa, was able to provide services on site at Rudisill Library.

"I reached out to QuikTrip and Rudisill to have us on site to help people," Marnie Jackson, care coordinator for Skillz on Wheelz, said. Therapists were available to talk to library patrons, staff or any individual in the community who needed emotional support after the shooting. Jackson said that having a mobile clinic makes it easy for people to find services. They don't have to take time off

work, seek out counselors or drive to other locations to talk to a therapist.

Skillz on Wheelz is an outreach of Amayesing Skillz Counseling Services, owned by Ebony Skillens. Michael McCalister, LPC, a therapist with Amayesing Skillz, said that the idea came out of a staff meeting where Ikia Young, another therapist, lamented that they could only help people who came to them for services. She said, "I wish we had Skillz on Wheelz." That was the beginning of the vision for taking solutions to the community.

Ebony Skillens bought the large van, and the mobile mental health service was launched. The mobile unit goes to churches, schools, businesses and other locations in the community where access is limited or non-existent. Services are free. McCalister and Young are the two therapists who work on the

mobile unit, which also provides case workers such as Jackson, who support the therapists by providing connections to other resources.

"We do wrap-around services to meet the needs of clients where they're at, and to support them the best way we can," Jackson said. "If they don't need therapy, if they just need to come in and sit, they can. Or if they need prayer or other resources, we're here. If there's something we don't know, then we'll find out."

When Jackson learned that many of their clients qualified for Medicare, but were unaware that the state had expanded services, she helped guide them to enroll.

"We also educate people," McCalister said. "The community has a lot of stigma toward mental health. We use Christian-based principles of hope, love and faith. But you don't have to be a Christian for services."

And, while McCalister says it's important that they "look like the community" they serve, they have clients of all demographics.

The therapists practice solutions-based therapy. While they may provide services to people after a crisis, they are not a crisis unit.

"We provide three to six free sessions, separate from insurance," McCalister said. "They don't even have to give us their real name. You can just book an appointment through our website or app to request an appointment."

McCalister says that one of the biggest issues their clients have been dealing with is transitioning out of COVID. "We've been working with them to transition back to work, make connections with family, getting them back to being social and rebuilding relationships so they are functioning at their pre-COVID level," he said.





To have Skillz on Wheels come to your church, business or school, or to make an appointment, call **918.764.8067** or visit **counselingskillz.com**. Services are at no cost.



Michael McCalister, LPC, and Marnie Jackson sit inside the mobile mental health clinic.

Jackson said that coming out of COVID has been difficult for people, but the violence in America also creates stress and fear.

“Gun violence has increased, and parents are more stressed,” she said. “Now we have the option of virtual school, so many parents are keeping their kids at home because they fear violence in schools. There’s a shooting somewhere every day. If you don’t watch the news, you see it on social media. You can’t avoid it. And all the active shooter drills and what we’re teaching them is putting fear in kids.”

“We don’t take into account the emotional aspect of these drills,” McCalister said. “Having a drill means that someone might come in to shoot me.”

The mobile unit provides a safe place for people to express their fears and anxieties, while also giving them practical steps to control their anxiety.

“I ask them what they do that makes them feel calm when they feel stressed,” McCalister said. “Often, it’s finding things a client is already doing and helping them do more of that. I point it out. If they say taking a walk makes them feel stress-free the rest of the day, but they only take a walk on Mondays, I suggest

they might do it on Monday, Wednesday and Friday.”

McCalister also says that faith-based therapy can provide the “next level beyond coping skills. Are you able to put your problems in higher hands? That aspect helps as well.”

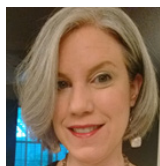
Skillz on Wheelz can provide therapy on site for those experiencing the after-effects of a traumatic event. They can provide practical solutions-based therapy for individuals experiencing stress or anxiety. They can help those who are grieving or may just need a listening ear. For people who need added services or more therapy beyond the six sessions offered by the mobile mental health unit, case managers can help them find resources. The mobile unit provides access to mental health care to those with limited access and works to educate the community about the healing that can happen with hope, faith and love. **TK**

**Betty Casey** is the Associate Publisher and Editor-in-Chief of TulsaKids Magazine. She has been with TulsaKids for over 20 years.

# More Meta! Books About Books, Part 2

By **Laura Raphael, MA, MLIS**

CHILDREN'S SERVICES COORDINATOR  
TULSA CITY-COUNTY LIBRARY



*Editor's Note: This is the second part of a two-part series. Read part one, "Gettin' Meta with It: Books About Books," in TulsaKids' July issue.*

## ONE OF MY FAVORITE

"meta" moments with books actually comes from television — *Seinfeld*, specifically. When Jerry's friend, Cosmo Kramer, sells a coffee table book, the value-add is that the book turns INTO a coffee table.

How great is that?

None of these books becomes furniture, but they *do* help children think about books and reading through the format of books, which is wonderfully meta as well.

***The Book With No Pictures*** by B.J. Novak

I've made kids laugh before. I've even made kids bend over with laughter. But this is the only book that literally made one child flip over backwards. While you, as the reader, are making completely ridiculous sounds

and saying completely ridiculous sentences (choice example: "My head is made of blueberry pizza"), you are also teaching children how books work. That is, that text on the page translates into sounds and words. Learning about print conventions was never so silly — and fun!

***We Are in a Book!*** written and illustrated by Mo Willems

This is the meta book-about-books to end all meta books-about-books. Our friends Elephant and Piggie realize that they are characters in a book, which is pretty cool. But THEN they realize that books must end; what will happen to them then? (Spoiler alert: They are fine.)

***This Is a Story*** written by John Schu and illustrated by Lauren Castillo

The cover of this gentle book is of a child hugging a book, and that's the feeling we want children to have with reading, isn't it? A love poem to books and reading — including how books

help you explore, imagine, laugh and connect — this will make you want to hug it, too!

***How Do Dinosaurs Learn to Read?*** written by Jane Yolen and illustrated by Mark Teague

The *How Do Dinosaurs...* series is an absolute rock star in children's books, using dinosaurs as quasi-children who must learn how to go to school, be kind to others — and read! In this case, they are taught to be careful and gentle with books, including not soaking them in the bathtub.

***Waiting for the Biblioburro*** written by Monica Brown and illustrated by John Parra

This lovely bilingual book explores the real-life phenomenon of libraries using animals, bikes and buses to get books to children and families who don't live near a library building. While a young girl waits for the "biblioburro" (donkeys carrying books), she writes her own book!

***Once Upon a Book*** written and illustrated by Grace Lin

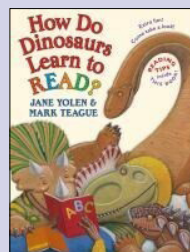
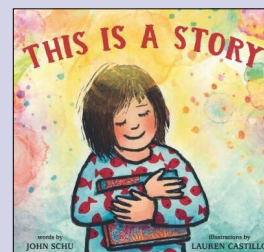
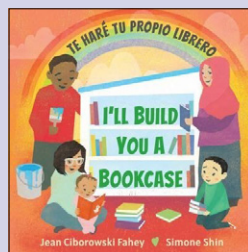
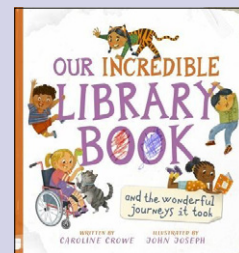
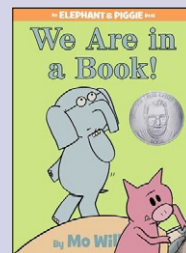
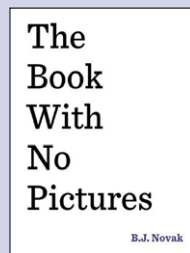
Have you ever felt like you've stepped INTO a book's world? The multitasking Grace Lin shows how one character does exactly this, while returning to her "real" world and back again. A magical journey that your child will want to look at again and again — and that expresses the worlds that reading can open for us all.

***I'll Build You a Bookcase / Te Haré Tu Propio Librero*** written by Jean Ciburowski Fahey and illustrated by Simone Shin

When you have books, you need a place to put them! Warning: Your child may ask you to build a bookcase after reading this sweet tale.

***Our Incredible Library Book*** written by Caroline Crowe and illustrated by John Joseph

As this book continues, it becomes crumpled, slightly stained — and well-loved by all of the children who check it out. It follows the different children who check out a book and is very satisfying, "meta"-wise. **TK**





## Now Enrolling for Fall Sessions



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[MissHelens.com](http://MissHelens.com) | 4849 South Mingo, Tulsa





# From L.A. to Tulsa: Cody Mayo's Roles as Actor, Coach and Dad

By **Nancy A. Moore**



**SOME PEOPLE HAVE BIG** dreams, but don't work to make them happen. Cody Mayo is not one of those people. His dream of becoming an actor began at a young age. Following high school, he earned an acting scholarship to the University of Oklahoma, where met his wife, Casey. After graduating, the couple moved to Los Angeles. It didn't take long for Cody to jump right into auditions and casting calls. Although there were plenty of rejections along the way, he persevered, and eventually gained numerous acting jobs while learning the ins and outs of the industry.

After a decade of building a career and a family in Los Angeles, Cody and Casey relocated to Oklahoma to be closer to family. Another big draw in their return was the explosive growth of the film industry in the area while they were away.

Cody's newest endeavor is founding Cody Mayo Studios on Studio Row in Tulsa. As a certified coach, he offers professional acting classes for film and TV, as well as

personal coaching and workshops for kids, teens and adults.

**TK: Tell us about you and your family.**

**CM:** I'm from a small town in Texas and really began to take acting seriously in high school, and was able to secure an acting scholarship to attend the University of Oklahoma once I graduated. While at OU, I met my wife, Casey. After we graduated from college, we moved to Los Angeles so I could pursue my career in film and TV. While we were in L.A., we also started a family and now have three incredible kids.

**TK: When did you first know you were interested in pursuing a career in acting?**

**CM:** I have been acting since my earliest memory. For me, it was never a matter of *if* I had a career...it was *when*. Having a high level of determination is 100 percent necessary in a career that sees thousands and thousands of attempts each year.



**TK: What are some of your acting credits?**

**CM:** Over the decade that we were there, I was able to work on several TV shows including *TNT Major Crimes*, *FOX 911* and even ended up recurring on *Marvels Runaways* for three seasons as Vaughn Kaye, along with many other appearances.

**TK: As a creative, did you have people who tried to discourage you from following your passion? If so, how did you find the courage to continue on your path to become an actor?**

**CM:** Yes. I think anyone who has had some sort of success always seems to have at least one of these folks. Honestly, I am thankful for them because it added more fire to what was already burning inside of me. I was young at the time and my talent was there, but my skill hadn't quite caught up. The thing is...I KNEW that it would be sooner rather than later, and I knew that failure was not an option. I just worked harder, and the career followed.


**TK: Why did you decide to open your own acting/coaching studio? What do you enjoy about it?**

**CM:** I wanted to give the local community access to the same level of training and community that is readily available in the larger markets. For me, one of the biggest challenges in moving to L.A. was catching up to the kind of training that takes place daily there. It felt like a Mt. Everest-sized hill to climb, and I wanted to bridge that gap here for people. My entire goal is to give people an elite level of professional training that will prepare them for their first day on set.

We have seen several actors in our first year go on to book their first large role on TV shows, independent films and commercials. It has all been very fulfilling. Tulsa is FULL of talent and that talent deserves an opportunity to grow and find community.

**TK: What advice would you give to parents who have kids**





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Every “no” is leading you to your “yes.” This is a major mindset shift that the creative has to digest. I truly believe that success is determined by 5% talent, 5% right place right time, and 90% positive mindset.

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### who want to pursue a career in theater/acting and fear them being “starving artists”?

**CM:** I am forever grateful that I had two parents who championed me along the way. The reality is that training in acting is going to make your young artist the BEST at whatever it is they end up doing. Storytelling, in my opinion, is the most powerful weapon on the planet, and every industry needs people who not only know how to do it but can do it well. Acting training is a masterclass in leadership.

As far as the starving artist goes... nothing incredible was built without a little struggle. The struggle when you are first starting out is packed with life lessons, and I wouldn't trade my experience for anything. It has made me a better husband, dad, friend and teacher.

### TK: Tell us about what your studio offers.

**CM:** We offer professional film and TV acting classes for adults,

teens and kids, plus intensive two-day public speaking workshops and communications training for business professionals. Classes range from beginner to advanced, and anyone who is interested must first take our weekend intensive class that is offered once every 90 days. That class then gives you access to train with us in our monthly on-going classes and our Guest Artist Intensives.

In 2023, I have brought in top industry talent to guest teach, including renowned director Cameron Watson; award-winning actor Reggie Lee; producer Jen Dede Kelly; and one of the leads in Nickelodeon's *Big Nate*, Lisa Kay Jennings.

### TK: What do you have scheduled for kids this fall?

**CM:** Our Young Actor program takes place three times a year and offers classes for two groups: ages 10–14 and high school. In the fall, we have a 10-week class that meets once a week for one hour. Actors learn the basics of

acting for the camera, industry language, audition technique and scene study. Each class ends with a live performance for friends and family. Enrollment is open for our fall semester taking place September–November.

### TK: What upcoming classes do you offer for adults?

**CM:** I am excited to offer a Public Speaking workshop for adults this August. Using proven performance methods, I help people speak from a confident place with a touch of Hollywood storytelling. This two-day class addresses the anxieties around public speaking and gives the business professional tips and skills for one-on-one conversations, interviews, team meetings and large presentations. This will take place on August 25 and 26.

Also, our next Adult Acting Weekend Intensive is September 8 and 9, and enrollment is open on our website.

### TK: With the new incentives Oklahoma lawmakers are giving to production companies, more movies are being filmed in our state. Can you share why this is beneficial?

**CM:** The reality is that the film and TV industry creates an incredible number of jobs, not only for the acting community, but so many others as well, from electricians to carpenters, from seamstresses to cosmetologists. People want to film here...believe me, it's so expensive to shoot in the larger markets. We just have to have the appropriate incentive to be able to gain their interest. Not to mention it's GREAT for our state.

### TK: As a coach, what are your top tips for overcoming a major setback?

**CM:** Every “no” is leading you to your “yes.” This is a major mindset shift that the creative has to digest. I truly believe that success is determined by 5% talent, 5% right place right time, and 90% positive mindset. There is no one that you are competing more

with than yourself, so you really have to start celebrating the small wins and seeing challenges as a gift.

### TK: As a coach, how has your mindset played a role in your acting career and coaching business?

**CM:** A powerful mindset is what created my career. This is a VERY common practice in the athletic world, and people like Kobe Bryant, Michael Jordan, Michael Phelps and others have all utilized the practice. Our own self-talk can be the devastating piece that keeps us from reaching our potential. I truly believe that it is the difference between achieving and not achieving whatever it is that you set out to do.

This is more than just wishy-washy positivity. It is a complete reframing of perspective that takes an extreme amount of internal work and an active approach to staying present in the moment and making the most of it.

### TK: Tell us how people can find you.

**CM:** You can learn more at [cody-mayoactingstudio.com](http://cody-mayoactingstudio.com) or on Instagram/Facebook @cody-mayoactingstudio. Our studio is located on Tulsa's historic Studio Row at 317 S. Trenton Ave. Whether you are looking for professional acting or public speaking training or maybe even one-on-one personal development coaching, my studio guarantees to leave you in a more confident place. **TK**

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Extra, Extra! Did you know that Cody has a podcast? To learn more about his podcast and what it offers, check out our visit on the Sharing Passion and Purpose Podcast at [sharingpassionandpurpose.com](http://sharingpassionandpurpose.com).

**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.



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# • 2023 • ENRICHMENT • GUIDE •

## SOCCERCITY TULSA

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soccercitytulsa.com

Ages: 18 mos. – 9 yrs.

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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. 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. 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 19-November 4\*  
\*This session starts on a Saturday, August 19
- 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/learn/schools](https://tulsazoo.org/learn/schools).

## YMCA OF GREATER TULSA

[ymcatulsa.org/locations](https://ymcatulsa.org/locations)

Our 14 YMCA locations offer a variety of programs and amenities

Stop by and visit us!

Youth Sports

At the Y, we focus on Skills and Abilities, Character Development and FUN. We believe that Youth Sports is the backbone of establishing a well-rounded child.

Our sports programs place priority on teamwork, family involvement and self-discipline through healthy competition focused on the value of participation over winning. Parents are encouraged to be more than spectators by contributing their time as volunteer coaches and team parents, as well as being their athlete's number one fan!

Spring, summer, fall and winter leagues can include soccer, Thunder basketball, t-ball, volleyball and flag football. Ages vary by sport and range from 3-14 years. Learn more at [ymcatulsa.org/sports](https://ymcatulsa.org/sports).

Swim Lessons

Everyone should know how to swim!

YMCA swim lessons are designed to help each participant learn how to swim better and be safe in the water. Our emphasis is on learning, not on passing or failing.

Swim lessons are categorized by age, though a child's individual ability is always taken into consideration. Information about adult lessons, teen lessons and private swim lessons are also available upon request. Times, dates and online registration for swim lessons can be found at [ymcatulsa.org/swimlessons](https://ymcatulsa.org/swimlessons).

## AIM HIGH ACADEMY

Contact: Michelle Holmes

7020 E. 38th St., Tulsa

918.664.8683

[michelle@aimhighgym.org](mailto:michelle@aimhighgym.org)

[aimhighgym.org](https://aimhighgym.org)

Aim High Academy offers gymnastics, rhythmic gymnastics, tumbling and ninja 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](https://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 (classical and jazz), Violin, Viola, Cello, Guitar (acoustic and electric), Ukulele, Double Bass, Voice and Flute. Group classes are available for Music Theory, Composition and Music Production, as well as group piano for children ages 4–6, and Music & Movement for toddlers ages 2–3.

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.

## BOUNCEU

**8922 S. Memorial Dr., Tulsa**  
**918.249.0090**  
**tulsa.ok@bounceu.com**  
**bounceu.com/tulsa-ok**

BounceU is Tulsa's original indoor inflatable play and party center. We create SMILES!

We opened in July of 2007 and have been a Tulsa kids favorite ever since. We have over 10,000 square feet of INDOOR inflatable fun.

We are mostly known for our amazing private birthday parties but also host many other programs and special events.

**Schools** — How about a FIELD TRIP for a class or large group? Or maybe a special spirit night fundraiser just for you!

**Sports Teams** — Have your private year-end party with us!

**After-school Fitness and Play** — Visit BounceU for one of our public open bounce sessions or evening Kids Night Drop-offs.

**Camps** — Need a safe, fun, INDOOR camp for your child? We host them most weeks when school is out! Summer, Fall, Winter and Spring Breaks

Mostly we are known for our amazing PRIVATE BIRTHDAY PARTIES. We handle all shapes and sizes — a big party for the whole class or small family group with lots of adults (and everything in between!). We set up, clean up, keep it safe and most of all KEEP IT FUN!

## BRAIN BALANCE OF TULSA

**6022 S. Yale Ave., Kingspointe Village, Tulsa**  
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**brainbalancecenters.com**

The Brain Balance Program is the leading drug-free program designed to help kids improve focus, behavior, social skills, anxiety and academic performance. The Brain Balance Program offers a comprehensive, non-medicated option that goes beyond the more traditional, mainstream approaches you may have tried before to help your child get to the root of their challenges versus masking them. The Brain Balance program is specifically designed to strengthen and build brain connectivity with a unique combination of physical, sensory and cognitive activities. When you work these brain functions together, different networks in the brain fire together. Over time, this changes the speed and efficiency in the brain's communication pathways. These new, efficient and effective connections in the brain lead to improvements in our executive functioning and our ability to complete cognitive tasks.

If your child suffers with behavioral issues, ADHD or a learning disability, then you've experienced their painful frustration and lack of confidence both academically and socially. Brain Balance can help! Call today to schedule an assessment.

## 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 45th season, and 9th 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 winner of 13 TATE awards, including 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, TPS after-school clubs, as well as 11 weeks of 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 2023-2024 Show Season includes: *Lost Girl*, *The Lightning Thief Musical*, *The Best Christmas Pageant Ever*, *A Winter's Tale*, *Legally Blonde, Jr.*, *A Chorus Line Teen*, *The Emergence Project*, and *Princess vs. Ninjas*, in addition to TWO Penguin Project performances!

Homeschool Core and Drama classes begin September 5, Saturday classes begin Saturday, September 9, and 2024 camp enrollment starts February 1, 2024.





## Serving Oklahoma Since 1975

Stephen Brownlee, MD  
Cody Buchanan, DO  
Jeremy Foon, MD

David Hall, MD  
Anthony Loehr, MD  
Landon Massoth, MD  
Evan Moore, MD

Chris Siemens, MD  
Atul Vaidya, MD  
David White, MD



**EASTERN OKLAHOMA**  
EAR, NOSE & THROAT, Inc

918-492-3636 | [www.eoent.com](http://www.eoent.com) | 68th & Yale | 93rd & Mingo

## Training tomorrow's leaders today!

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



Call to enroll your child today!

**918-258-0594**

1025 W. Kenosha  
Broken Arrow, OK 74012

[RhemaChildCare.com](http://RhemaChildCare.com)



## Celebrating 20 Years as Tulsa's Community Music School!

Classes begin August 30th, 2023.  
Register now at [thebart.org](http://thebart.org).

### After-School CAMPS!!!

After-School camps all school year!!!  
Mon - Fri 3PM - 6PM

**VALORANT**

FEATURING **FORTNITE**

**ROCKET LEAGUE**

**GAMING CAMPS**

VALORANT  
FORTNITE  
ROCKET LEAGUE  
ROBLOX  
MINECRAFT

**STEM CAMPS**

MINECRAFT CODING  
ROBLOX CODING  
PYTHON CODING  
SCRATCH CODING  
GAME DESIGN

**SCRATCH**

[Camps.ContenderTulsa.com](http://Camps.ContenderTulsa.com)

**PARTY!**

**BIRTHDAY PARTIES**

LET US DO THE HARD WORK

[Parties.ContenderTulsa.com](http://Parties.ContenderTulsa.com)

### Youth Academy Teams!

Fun, Engaging & Competitive Leagues  
for ages 8-16 to prepare youth for  
High School & Collegiate eSports

FEATURING **FORTNITE**

[Academy.ContenderTulsa.com](http://Academy.ContenderTulsa.com)





**3 MONTHS-3 YEARS**  
**M-W-F | 9:30am-2:30pm**

[www.cumctulsa.com](http://www.cumctulsa.com)

3515 South Harvard Ave. | 918.743.7673



**Serving Children 2-6 Years Old**  
**In A Safe, Loving And**  
**Stimulating Environment Where**  
**Individuality Is Celebrated**

**5130 E. 101<sup>st</sup> St. | 918-296-9936**  
**LakeHillsMontessoriTulsa.com**



## School-Ready Smiles.

Bring confidence and a radiant smile to the classroom. With our gentle approach and inviting environment, we are dedicated to creating a comfortable and enjoyable experience for your child. From preventative care to orthodontics, your visit is individualized and tailored to your child's needs.

Call today or scan the QR code to schedule a dental visit and discover the difference a confident smile can make.

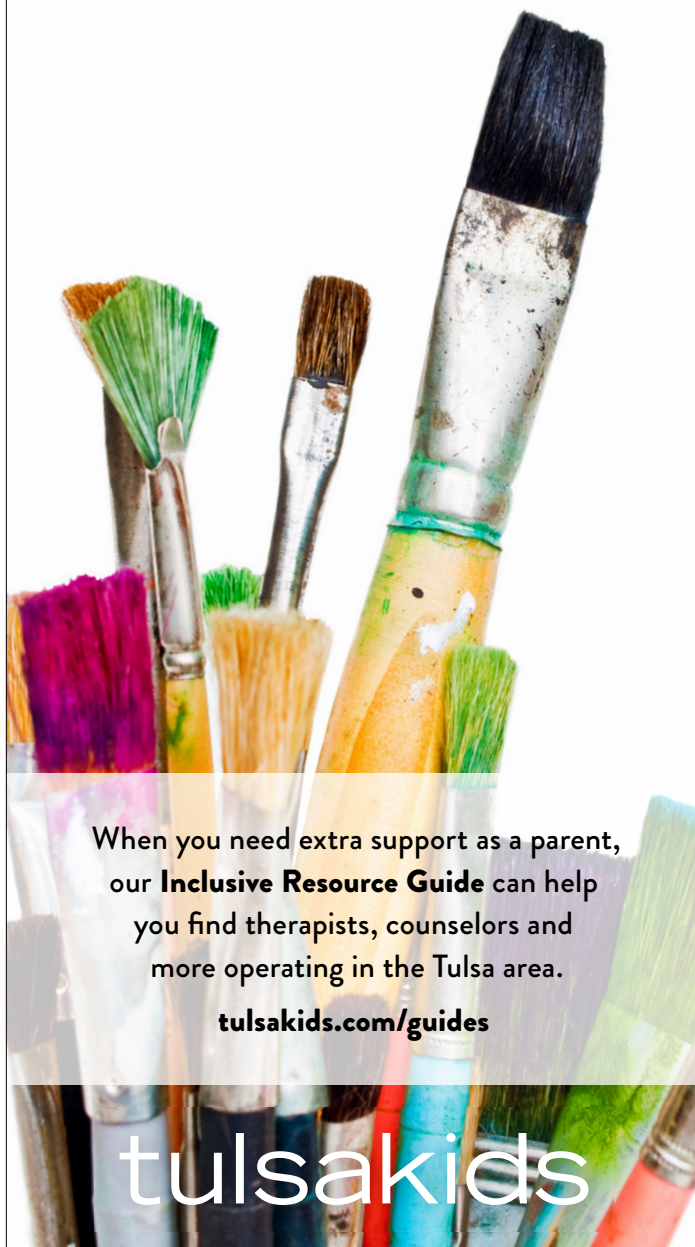


**918.921.6778**  
**Midtown: 4444 S. Harvard Ave. Suite 100**  
**South Tulsa: 8222 E. 103rd St. Suite 133**



**Diversity is the mix. Inclusion is making the mix work.**

**—ANDRES TAPIA**



When you need extra support as a parent, our **Inclusive Resource Guide** can help you find therapists, counselors and more operating in the Tulsa area.

[tulsakids.com/guides](http://tulsakids.com/guides)

**tulsakids**



# 2023 ENRICHMENT GUIDE

## CONTENDER ESPORTS

10125-A S. Sheridan, Tulsa

918.900.2044

[contendertulsa.com](http://contendertulsa.com)

Contender Tulsa: South Tulsa's Premier eSports Gaming Center!

Make new friends at Contender, Tulsa's only youth-focused premier eSports Gaming Center.

Located at 101st and Sheridan, Contender offers a cutting-edge gaming experience. Our facility features gaming consoles, high-performance PCs and fun community events every single day!

Let us do the hard work for your birthday celebration with our awesome gamer birthday parties!

Join our youth esports teams (ages 8 to 16), where experienced coaches teach communication and teamwork, just like little league sports. Develop essential skills while competing in your favorite games — like Fortnite, Valorant, Rocket League and Smash Bros!

Prepare for high school and collegiate esports with our dedicated coaching staff. We focus on honing skills, building confidence and teaching teamwork in a competitive environment, which could lead to scholarships down the road!

Contender goes beyond gaming; we offer after-school educational camps, too! Unlock your potential with coding, game design and STEM programs! Gain an edge in the rapidly growing esports industry while having a blast.

Don't miss the ultimate gaming experience! Visit Contender Tulsa today to level up, make friends, and grow.

## INSIGHT SCHOOL OF OKLAHOMA

Contact: Jennifer Wilkinson, ISOK Head of School

[jwilkinson@insightok.org](mailto:jwilkinson@insightok.org)

[insightok.k12.com](http://insightok.k12.com)

Back-to-school is here — is your child set up for success? Insight School of Oklahoma (ISOK) is a tuition-free online public charter school enrolling year-round for students in grades 6–12.

The ISOK difference:

- Helps students succeed who have struggled in traditional academic environments
- Night school and flexible schedules
- Offers a Student Support team with a licensed social worker and other support personnel
- All teachers are state-certified in specific subjects

Plus, there are many opportunities for students to interact with peers. Field trips and group outings are hosted regularly, and students can participate in clubs for interests like esports, books, anime, fitness and more. High schoolers can also join the Student Council.

Learn more and enroll today by calling 877.637.2614 or visiting [EnrollInsightOK.com](http://EnrollInsightOK.com).

## JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby

5147-D S. Harvard, Tulsa

918.743.4339

[janellwhitby.com](http://janellwhitby.com)

If your child loves music, this one-week course offered in August is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds!

Celebrating its 42nd year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest one week and start your child with the lifetime gift of music. Call now — classes fill up fast!

## MARTIAL ARTS ADVANTAGE

Contact: Tracy Hammons

603 S. Aspen Ave., Broken Arrow

918.258.9821

[tracyceo-maa@yahoo.com](mailto:tracyceo-maa@yahoo.com)

[martialartsadvantage.net](http://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.



# 2023 ENRICHMENT GUIDE

## MILLER SWIM SCHOOL

Tulsa: 6415 S. Mingo Rd., Tulsa

Jenks: 525 W 91st St. S., Tulsa

Owasso: 10001 N. 127th E. Ave., Owasso

Tulsa South: 7820 E. 101st St. Suite A, Tulsa  
918.254.1988

[millerswimschool.com](http://millerswimschool.com)

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

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

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered year-round, both morning and evening at four convenient Tulsa area facilities — Tulsa, Jenks, Owasso and Tulsa South. Year-round lessons are offered 7 days a week, with morning, afternoon and evening options to work around your busy schedule!

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

Check out our website for a comprehensive list of programs at [millerswimschool.com](http://millerswimschool.com) and follow us on Facebook and Instagram for the latest news and specials!

## OKLAHOMA VIRTUAL CHARTER ACADEMY

Contact: Raedean Rafferty, OVCA Enrollment Specialist  
[r Rafferty@okvirtual.org](mailto:r Rafferty@okvirtual.org)  
[ovca.k12.com](http://ovca.k12.com)

Back-to-school is here — is your child set up for success? Oklahoma Virtual Charter Academy (OVCA) is a tuition-free online public charter school enrolling year-round for students in grades K–12.

The OVCA difference:

- Students are paired with Community Family Advisors who stay with them as they move up grades
- All teachers are state-certified in specific subjects
- Purple Star military designation

Plus, there are many opportunities for students to interact with peers. Prom for juniors and seniors is hosted every spring, and a dance for middle schoolers is held each April. OVCA has student-led clubs for interests like esports, drama, reading, football and more.

Learn more and enroll today by calling 855.419.5783 or visiting [EnrollOVCA.com](http://EnrollOVCA.com).

## SOUTH TULSA DANCE CO.

Contact: Keally Lilly, Owner

10031 S. Yale Ave., Suite 105, (101st and Yale), Tulsa  
918.369.JAZZ (5299)

📍 South Tulsa Dance Co. | @southtulsadanceco  
🎵 southtulsadanceco | southtulsadanceco.com

South Tulsa Dance Co. is celebrating 26 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. This is our 2nd year to offer a ballet company for ages 9-teens. For more information, please contact Keally Lilly, [keally@southtulsadanceco.com](mailto:keally@southtulsadanceco.com), or call us at 918.638.0629.

Open House Schedule:

- Sunday, August 6, 1–3 p.m.
- Sunday, August 13, 1–3 p.m.

Classes begin August 18.

## TIPPI TOES DANCE TULSA

Contact: Laura Teal

918.361.4134

[Laura@TippiToesDance.com](mailto:Laura@TippiToesDance.com)

[tippitoesdance.com/tulsa](http://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 and after-school programs. Our classes are located all over the Tulsa area, bringing convenient and fun dance classes to your own neighborhood!

In addition to our mobile dance classes, we are opening a BRAND NEW studio space located at 5976 S. Yale Ave. in KingsPointe Village this Fall! Afternoon, evening and Saturday classes will be available for dancers ages 18 months–12 years!

Tippi Toes classes are specifically designed to develop motor skills and body awareness while enhancing each child's self-esteem. We offer Toddler & Me, Baby Ballet, Ballet/Tap/Jazz and Hip Hop classes for dancers ages 18 months–12 years. Optional dance recitals and performances are 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' Finalist for Favorite Dance Studio! We would love to have you join our Tippi Toes family!

## TULSA BALLET CENTER FOR DANCE EDUCATION

[education@tulsaballet.org](mailto:education@tulsaballet.org)

Social Media: @tulsaballetcde

[tulsaballet.org/classes](http://tulsaballet.org/classes)

Tulsa Ballet Center for Dance Education has two locations — Tulsa (Brookside) and Broken Arrow.

Children with dance experience outside of Tulsa Ballet are offered a free placement class to determine their appropriate level.

Closely connected to the Tulsa Ballet professional dancers, our students have unique opportunities to observe rehearsals and sometimes even perform alongside them.

Don't miss out! Connect with @tulsaballetcde on IG+FB.





Subscribe to our email list to stay connected all month long!  
[tulsakids.com/newsletter](https://tulsakids.com/newsletter)

tulsakids



## OPEN HOUSE

**August 6 and 13  
from 1-3pm**

**Fall Classes  
Begin:  
August 18**







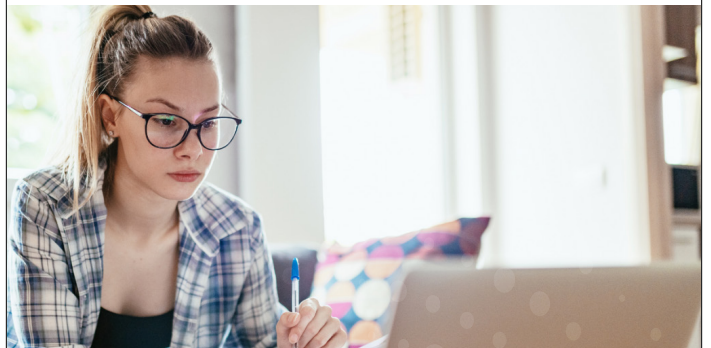
 South Tulsa Dance Co.
 SouthTulsaDanceCo

 @SouthTulsaDanceCo

Located at 101st and Yale in Shoppes of Seville  
 918-369-5299 • [Keally@SouthTulsaDanceCo.com](mailto:Keally@SouthTulsaDanceCo.com)  
[SouthTulsaDanceCo.com](https://SouthTulsaDanceCo.com)



## TUITION-FREE Public Online Charter School Serving Grades 6-12



- ✔
Helps Oklahoma students succeed who have struggled in traditional academic environments
- ✔
Night school and flexible schedules
- ✔
All teachers are state-certified in specific subjects
- ✔
Offers a Student Support team with a licensed social worker and other support personnel
- ✔
Increased accountability by requiring students to log in every day
- ✔
Trauma-informed, bully-free environment

**ENROLL TODAY**

[EnrollInsightOK.com](https://EnrollInsightOK.com) | 877.637.2614

## HTR PEDIATRIC THERAPY

**Lindsay Biggs MS,OTR/L**

HTR Pediatric Therapy



### How do I use a sensory approach to assist in getting homework completed?

When kids get home from school they are tired, hungry and over-stimulated. The last thing they want to do is homework. These recommendations can help:

- Give children a 30 to 45-minute break before starting homework. This should consist of playing outside, having a snack and relaxation. Use a timer, which ensures no surprise when it is time for homework.
- Crunchy snacks provide proprioceptive feedback, which helps with calming and regulation.
- For full-page worksheets, cover half of the worksheet with construction paper and work on one half at a time. This minimizes visual distractions.
- When completing worksheets, incorporate movement activities.
- Write spelling words on index cards and tape them around the house. Purchase a small nerf gun and bullets from a dollar store. Have your child locate a word and shoot it down.
- Allow your child to chew bubble gum or have a sucker. This assists in self-regulation and sustained attention.
- Provide a clear expectation that homework needs to be completed in a certain amount of time. Use a visual timer.
- Provide the child with a sensory break every 20-30 minutes. Ideas include wall push-ups, animal walks, jumping jacks, etc.

6846 S Canton Ave Suite 120,  
Tulsa, OK 74136  
918.806.0106  
HTRPediatrics.com



**HTR PEDIATRIC THERAPY**

## RIDDLE LAW, PLLC.

**Trevor Riddle**



### My Spouse and I are going out of town for the weekend. A close relative has agreed to care for our kids while we are gone. What can I do to ensure my relative can make important decisions while we are away?

A Consent to Healthcare Treatment is a must have in this situation. This simple document allows your relative (or other named caregiver) to make medical decisions for your child if you are unable to do so. A HIPAA Authorization is also a good idea. It can allow your relative access to the kids' medical records, a must in emergencies.

You should also compile a list including: doctors' contact details, medical conditions, and allergy info, school contacts, emergency contacts, and daily routines. It's all about making sure your relative has all the necessary information to keep your kids safe and happy.

110 S. Hartford Ave., Suite 2548  
Tulsa, OK 74120  
918.779.1446  
trevor.riddle@riddle.law



## MILLER SWIM SCHOOL

**Sarah Clavin**



### Should my kids continue swimming once summer is over?

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

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

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



## DENTAL DEPOT



### Why getting your dental check-up before school starts is better for everyone.

Getting dental check-ups before school starts is advantageous and less stressful for everyone!

First, it means children can start the school year with a healthy and pain-free mouth, enabling them to concentrate better on school.

Additionally, scheduling dental appointments before school starts ensures that there is no disruption to the child's school routine, as they won't need to miss classes for dental visits. Finally, dental check-ups before school starts can help alleviate parental stress, as we can address any concerns and ensure their child's oral health is in good condition before the school year begins.

Six Convenient Tulsa Metro Locations  
DentalDepot.net





**WORLD IN A BOX****August 5**

Details p. 42

Become a world traveler at  
**Central Library's World in a Box**  
 event on August 5!

PHOTO COURTESY TULSA CITY-COUNTY LIBRARY.

**AUGUST 2023**

**SCAN THE QR CODE**  
 to find more events at  
[tulsakids.com/calendar!](https://tulsakids.com/calendar)

**OKLAHOMA FESTIVAL OF BALLOONING****August 25-26**

Details p. 45

Take to the skies in a tethered  
 balloon ride at **Oklahoma Festival  
 of Ballooning**, August 25-26.

PHOTO COURTESY BRANDI MOORE.

**STORY TIME AT  
TULSA ZOO****Weekly**

Details p. 42

Visit **Tulsa Zoo's** elephant herd for  
 Asian Elephant Awareness Month.

PHOTO COURTESY TULSA ZOO.



BROUGHT TO YOU BY

**TULSAZOO**





Cool down with all-you-can-eat ice cream  
at **Taste of Summer BA**, August 5!

PHOTO COURTESY BROKEN ARROW CHAMBER OF COMMERCE

### August 1 Tuesday

#### STORYTIME AT ENCHANTED CHILDREN'S BOOKSTORE **F W**

All ages, 10:30 a.m.,  
**Enchanted Children's Bookstore**,  
1023 W. Main St., Collinsville,  
[enchantedchildrensbookstore.godaddysites.com](http://enchantedchildrensbookstore.godaddysites.com)

Join Enchanted Children's Bookstore for storytime every Tuesday morning! Today's title is *Road Crew Coming Through*.

#### LEARN TO SKATE **F**

All ages, 5:45 p.m., **Oilers Ice Center**, 6413 S. Mingo Rd., [oilersicecenter.net](http://oilersicecenter.net)

Sign up for a free skating lesson with Oilers Ice Center.

### August 2 Wednesday

#### STORY TIME AT TULSA ZOO **W**

All ages, 10 a.m., **Tulsa Zoo**, 6421 E. 36th St. N., [tulsazoo.org](http://tulsazoo.org)

Listen to a story and meet an animal ambassador!

### 3RD ANNUAL GREENWOOD FILM FESTIVAL

August 2-6, OSU-Tulsa,  
700 N. Greenwood Ave.,  
[greenwoodfilmfestival.com](http://greenwoodfilmfestival.com)

Greenwood Film Festival will screen 41 Black films from around the world and offer classes and discussions about cinema's role in Black culture, the film industry and social justice.

### August 3 Thursday

#### TEEN NIGHT **F**

For teens and tweens, 5-7 p.m.,  
**Schusterman-Benson Library**,  
3333 E. 32nd Pl., [tulsalibrary.org](http://tulsalibrary.org)

There will be crafts and games at this casual hangout.

#### SUMMER'S FIFTH NIGHT **F**

All ages, 7-9 p.m., **Utica Square**,  
21st and Utica, [uticasquare.com](http://uticasquare.com)

Enjoy live music with Charlie Redd at Summer's Fifth Night. The season closes out Aug. 10 with Mary Cogan.

### August 4 Friday

#### BROKEN ARROW BOOK FAIR **F**

All ages, 8 a.m.-5 p.m., 201  
W. Houston St., Broken Arrow,  
[facebook.com/babookfair](http://facebook.com/babookfair)

Shop at this book fair benefiting Broken Arrow Neighbors. Repeats August 5, and August 11-12, which are half-price sale days.

#### FIRST FRIDAY HORTICULTURE TOUR

All ages, 10:30-11:30 a.m., **Tulsa Botanic Garden**, 3900 Tulsa Botanic Dr., [tulsabotanic.org](http://tulsabotanic.org)

Join a staff horticulturist for a walking tour in the Garden. Tour will last 45-60 minutes. Free with admission, but pre-registration is required.

#### HOMESCHOOL FRIDAY

For homeschoolers,  
11:30 a.m.-3 p.m., **Oilers Ice Center**, 6413 S. Mingo Rd.,  
[oilersicecenter.net](http://oilersicecenter.net)

The first Friday of every month the Oilers Ice Center hosts a home-school skate for all home school families.

### August 5 Saturday

#### TOUCH-A-TRUCK KIDS DAY EVENT **F**

All ages, 8:08 a.m.-12 p.m.,  
**Bristow, OK Artisans and Gardeners Market**,  
700 N. Main St., Bristow,  
[facebook.com/bristowokartisansgardeners](http://facebook.com/bristowokartisansgardeners)

Kids can explore 15+ trucks and vehicles and the weekly Bristow, OK Artisans and Gardeners Market.

#### HEALTH ZONE MINI TRIATHLON

Ages 6-13,  
**Saint Francis Health Zone**,  
5353 E. 68th St.,  
[saintfrancis.com/health-zone/kids-zone/kids-mini-triathlon](http://saintfrancis.com/health-zone/kids-zone/kids-mini-triathlon)

Kids are invited to swim, bike and run in support of The Children's Hospital at Saint Francis! There are two age groups, Youth (ages 10-13), which starts at 9 a.m.; and Child (ages 6-9), which starts at 11 a.m. The requirements differ for each group. Registration starts 30 minutes prior to start time, and kids must be at least 49" tall to participate.



## TASTE OF SUMMER

All ages, 9 a.m.-3 p.m., Central Park, 1500 S. Main St., Broken Arrow, [tasteofsummerba.com](http://tasteofsummerba.com)

Enjoy all-you-can-eat ice cream and novelties and other family friendly activities like water wars and water inflatables.

## SUPER COOL SPRINKLER SATURDAYS W

All ages, 10 a.m.-12 p.m., Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](http://philbrook.org)

Cool off in the Philbrook Gardens with sprinklers and popsicles.

## WORLD IN A BOX F

All ages, 11 a.m.-3 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

Stamp your passport as you visit and experience cultures from around the world! Enjoy live performances and free hands-on activities for all ages.

## PAPER MAKING CLASS FOR KIDS

Ages 7-13, 2:30-4 p.m., Oxley Nature Center, 6700 Mohawk Blvd., [oxleynaturecenter.org](http://oxleynaturecenter.org)

Learn how to make paper with artist Kayla Anley! Call 918.596.9054 to register.

## August 6 Sunday

## SENSORY SKATE SUNDAY

All ages, 10:30 a.m.-12:30 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, [wheelsandthrills.com](http://wheelsandthrills.com)

On the first Sunday of the month, Wheels and Thrills will suspend their arcade and laser tag. There will be no flashing lights or loud music.

## THE JUNGLE BOOK

All ages, 2 p.m., Spotlight Theater, 1381 S. Riverside Dr., [tulsaspotlighttheater.com](http://tulsaspotlighttheater.com)

Spotlight Children's Theatre presents *The Jungle Book*! Additional showtimes August 4, 7 p.m. and August 5, 2 p.m.

## August 7 Monday

### CRAFT CLUB: ORIGAMI F

For adults and teens, 6-7 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

Enjoy a fun night creating origami figures! Must pre-register by visiting [tulsalibrary.org/events](http://tulsalibrary.org/events) or calling 918.549.7323.

### HOW I MET YOUR MUMMY AUDITIONS F

For teens and adults, 6:30 p.m., Spotlight Theatre, 1381 S. Riverside Dr., [tulsaspotlighttheater.com](http://tulsaspotlighttheater.com)

Audition for Spotlight Children's Theatre's upcoming production. Repeats August 8.

## August 8 Tuesday

### BEAT THE HEAT F W

All ages, 9-11 a.m., Gathering Place, 2650 S. John Williams Way, [gatheringplace.org](http://gatheringplace.org)

Cool off, splash around, and learn through free, hands-on activities related directly to the water features at Gathering Place.

### ARTS & CRAFTS DAY W

All ages, 3-5 p.m., Owen Park Community Center, 560 N. Maybelle Ave., [guide.tulsaparks.org](http://guide.tulsaparks.org)

Every Tuesday and Thursday, Owen Park hosts arts and crafts days, with a different activity each session. Today's activity is Wooden Robots. Pre-register online.

## August 9 Wednesday

### TEEN LOUNGE F W

For tweens and teens, 3-6 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

Kick back and chill with art supplies, video games and plenty of space to study, read or hang out with friends.

### CAFECITO, LIBROS Y CHISME: LATINA-FOCUSED BOOK CLUB F

Ages 16 and up, 6-7 p.m., Martin Regional Library, 2601 S. Garnett Rd., [tulsalibrary.org](http://tulsalibrary.org)

Discuss *What Would Frida Do?* by Arianna Davis. Copies are available for checkout in English or Spanish at Martin Regional Library. Discussion will be led in English.

## August 10 Thursday

### ARTS AND CRAFTS DAY

Ages 6+, 3-5 p.m., Owen Park Community Center, 560 N. Maybelle Ave., [guide.tulsaparks.org](http://guide.tulsaparks.org)

Make clay monsters at Owen Park! Pre-register online.

## August 11 Friday

### STUDIO C: TEEN ART HANGOUT F

For teens, ages 14+, 5:30-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](http://philbrook.org)

Hang out, try out new art or craft ideas or play a game with friends. Reserve a free youth ticket to attend.

## August 12 Saturday

### SECOND SATURDAY DOG DAY

All ages, 9 a.m.-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., [tulsabotanic.org](http://tulsabotanic.org)

Take your four-legged family member for a walk in the gardens! Dogs must be up-to-date on all registrations and vaccinations and on a non-retractable 6' leash by an adult.



PHOTO COURTESY OF TULSA DRILLERS

## Tulsa Drillers Games

Cheer for Tulsa Drillers as they play ball at ONEOK Field, 201 N. Elgin Ave.! Sign up your kids (14 and under) for Hornsby's Bullpen to receive free Sunday day game tickets and other perks. Details and tickets at [tulsadrillers.com](http://tulsadrillers.com).

|                               |                                |
|-------------------------------|--------------------------------|
| 8/8, 7:05 p.m. vs. Amarillo   | 8/13, 1:05 p.m. vs. Amarillo** |
| 8/9, 7:05 p.m. vs. Amarillo   | 8/29, 7:05 p.m. vs. Arkansas   |
| 8/10, 7:05 p.m. vs. Amarillo  | 8/30, 7:05 p.m. vs. Arkansas   |
| 8/11, 7:05 p.m. vs. Amarillo* | 8/31, 7:05 p.m. vs. Arkansas   |
| 8/12, 7:05 p.m. vs. Amarillo* |                                |

\*Fireworks \*\*Kids Eat Free

**SATURDAY MORNING  
CARTOONS** **F**

All ages, 10 a.m.-12 p.m., Guthrie Green, 111 E. Reconciliation Way, [guthriegreen.com](http://guthriegreen.com)

Spend your Saturday morning watching cartoons on the Green! Wear your pajamas, lounge on the lawn and enjoy family-friendly activities.

**GILCREASE FAMILY  
FESTIVAL** **F**

All ages, 1-4 p.m., Chandler Park, 6500 W. 21st St., [gilcrease.org](http://gilcrease.org)

Celebrate the third artwork for Gilcrease in Your Neighborhood, Norman Howard's (Choctaw) *Gathering Corn*. Enjoy "corny" art activities, musical performances and more. Please RSVP.

**August 13 Sunday**

**SENSORY-FRIENDLY  
FAMILY TIME**

All ages, 9:30-11 a.m., Discovery Lab, 3123 S. Riverside Dr., [discoverylab.org](http://discoverylab.org)

Guests who need a quieter, less crowded place to play can enjoy the Museum with their families.

**OPEN HOUSE AT  
SOUTH TULSA  
DANCE CO.** **F**

All ages, 1-3 p.m., South Tulsa Dance Co., 10031 S. Yale Ave. Suite 105, [southtulsadanceco.com](http://southtulsadanceco.com)

See what South Tulsa Dance Co. has to offer before classes begin August 18. Repeats August 6.

**August 14 Monday**

**DLL ORIENTATION** **F W**

For adults and teens, 11 a.m.-12 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

Stop by for an orientation to use the Digital Literacy Lab. No registration required.

**August 15 Tuesday**

**S.T.E.M. NIGHT AT OKAQ**

All ages, 6 and 7 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, [okaquarium.org](http://okaquarium.org)

Learn about environmental conservation while creating unique S.T.E.M. projects to take home.

**August 16 Wednesday**

**SUMMER STORY  
TIME** **F W**

All ages, 10-11 a.m., Guthrie Green, 111 E. Reconciliation Way, [guthriegreen.com](http://guthriegreen.com)

Join Guthrie Green and local organizations for story time on Wednesdays! Select Wednesdays will feature Yoga Story Time with I AM Kids Tulsa. See website for schedule.

**August 17 Thursday**

**STORYTIME IN THE  
GARDENS** **W**

Ages 0-10, 10-10:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](http://philbrook.org)

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

**August 18 Friday**

**FAMILY NATURE WALK +  
NATURE FUN FRIDAY** **W**

All ages, 10-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., [philbrook.org](http://philbrook.org)

Spark your curiosity at an easy-going Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature activity!

**PUBLIC SKATING** **W**

All ages, 11:30 a.m.-3 p.m. and 7-10 p.m., Oilers Ice Center, 6413 S. Mingo Rd., [oilersicecenter.net](http://oilersicecenter.net)

Oilers Ice Center offers public skating hours every day of the week! Visit the website for the schedule.

**August 19 Saturday**

**WINGS, WHEELS  
AND WISHES** **F**

All ages, 8 a.m.-3 p.m., Airman Acres Airport, 12407 N. 73rd E. Ave., Collinsville, [facebook.com/wings.wheels.wishes](http://facebook.com/wings.wheels.wishes)

This annual fly-in, car and bike show benefits Make A Wish Oklahoma.

**TINY TOTS** **W**

Ages 0-6, 9-11 a.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, [wheelsandthrills.com](http://wheelsandthrills.com)

Kids are invited to skate, play, ride and jump with their favorite characters! Today's theme is *Toy Story*. Don't forget your socks!

**STORY TIME AND  
AUTHOR SIGNING** **F**

All ages, 10:30 a.m., Enchanted Children's Bookstore, 1023 W. Main St., Collinsville, [enchantedchildrensbookstore.godaddysites.com](http://enchantedchildrensbookstore.godaddysites.com)

Join author June Coleman for story time and signing of her book, *Introducing Joyfull Lee*.

**FREE IMMERSIVE  
BALLET EXPERIENCE** **F**

All ages, 1-4 p.m., Tulsa Ballet Center for Dance Education, 1901 W. New Orleans St., Broken Arrow, [tulsballet.org/classes](http://tulsballet.org/classes)

Immerse yourself in the world of ballet at this free Open House. Repeats August 12, 10 a.m.-1 p.m. at TBCDE's Brookside campus.

**August 20 Sunday**

**OPEN SWIM** **W**

All ages, 4-6 p.m., Miller Swim School, 6415 S. Mingo Rd., [millerswimschool.com](http://millerswimschool.com)

Practice your swim skills while having fun swimming with friends and family. \$5 per person ages 3+. Repeats Saturdays and Sundays. Check Miller Swim School's social media for updates.

**August 21 Monday**

**MONDAY MORNING  
PROGRAMMING** **W**

For early learners, 11-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., [discoverylab.org](http://discoverylab.org)

Early learners and their caregivers can participate in educational activities taught by experienced educators.

**August 22 Tuesday**

**JOB LAB: RÉSUMÉ AND  
JOB ASSISTANCE** **F W**

For teens and adults, 2-3 p.m., Central Library, 400 Civic Center, [tulsalibrary.org](http://tulsalibrary.org)

Get help setting up an email account, creating or updating a



Join **Gilcrease** on August 12 for a family festival celebrating Norma Howard's (Choctaw) *Gathering Corn* painting.

PHOTO COURTESY GILCREASE MUSEUM.





Explore, build, create and MAKE at  
**Tulsa Maker Faire** on August 26.

PHOTO BY JOSH NEW PHOTOGRAPHY

résumé, and search and apply for jobs. Registration is required. Call 918-549-7323 to register. Does not meet August 15.

#### August 23 Wednesday

### LITTLE GARDEN EXPLORERS W

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

Spark wonder at this easygoing, drop-in play invitation.

#### August 24 Thursday

Find more events at  
[tulsakids.com/calendar](https://tulsakids.com/calendar)

#### August 25 Friday

### FINAL FRIDAY ARCADE! F

**For tweens and teens, 4-5 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org**

Play games on the library's Nintendo Switch and Xbox. Space is limited, so taking turns is a must.

### OKLAHOMA FESTIVAL OF BALLOONING

**All ages, 5-9 p.m., Hatbox Field, 4000 Border Ave., Muskogee, muskogee.org**

The Festival of Ballooning presents a weekend of tethered balloon rides, kids activities, helicopter rides, live entertainment, fireworks and more! Follow @okieballoonfest on Facebook for updates. Repeats August 26.

### FOWLER AUTOMOTIVE PRESENTS: TOP GUN (1986)

**All ages, 6-10 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org**

Feeling the need for speed? Grab a wingman and fly down to Philbrook for lawn games, music, and volleyball with real fighter pilots, all before watching the original *Top Gun*!

#### August 26 Saturday

### MISSION IMPOPSICLE

**All ages, Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org/popsicle**

See your favorite animals receive ice enrichment. It's part of a

summer fundraiser to support zoo operations, with a goal of raising \$10,000 by National Cherry Popsicle Day.

### MAKER FAIRE TULSA F

**All ages, 10 a.m.-5 p.m., Expo Square, 4145 E. 21st St., tulsa.makerfaire.com**

Maker Faire Tulsa returns with a day of building, learning, exploring, demonstrations and more.

#### August 27 Sunday

### YOGA IN THE PARK F

**All ages, 3-4 p.m., Redbud Festival Park, 109 N. Main St., Owasso, facebook.com/redbudfestivalpark.**

Free Family Yoga presented by the Melting Spot Yoga Studio.

#### August 28 Monday

### TEEN TIME! F W

**For teens and tweens, 3:30-5 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org**

Hang out in the library's meeting room! There will be a Nintendo Switch, LEGOs and crafts.

#### August 29 Tuesday

### YOGA FOR EVERY BODY F W

**All ages, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org**

Take a beginner-friendly yoga class taught by certified yoga instructor Beth Richmond.

#### August 30 Wednesday

### STORY TIME WITH MS. HOLLY F

**All ages, 10:30-11 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter**

Ms. Holly will be at the Ray Harral Nature Center to sing songs and read interactive stories to all who wish to listen.

#### August 31 Thursday

Find more events at  
[tulsakids.com/calendar](https://tulsakids.com/calendar)

# BACK TO SCHOOL EVENTS

Pick up some free school supplies and enjoy fun activities at these Back to School events! Find additional events at [tulsakids.com/back-to-school-events-in-tulsa/](https://tulsakids.com/back-to-school-events-in-tulsa/)

## RHEA LANA'S OF BROKEN ARROW

August 5-10

Rhema Ninowski Recreation Center,  
1367 W. Kenosha St., Broken Arrow

Shop Rhea Lana's Broken Arrow sale on Tax Free Weekend! Get great deals on high-quality, gently used kid's clothing, toys, accessories and more. [brokenarrow.rhealana.com](https://brokenarrow.rhealana.com)

## BACK TO SCHOOL BASH

August 11, 3-8 p.m.

North Regional Health and Wellness Center, 5635 MLK Jr. Blvd.

There's still a lot to do this summer without much time left, so Tulsa Health Department is here to help. From sport physicals to immunizations to fun activities, THD has you covered.

[tulsa-health.org/back2school](https://tulsa-health.org/back2school)

## BACK TO SCHOOL BASH

August 12, 9 a.m.-12 p.m.

Southminster Presbyterian Church, 3500 S. Peoria Ave.

Southminster will pass out school supplies while guests can enjoy live music by Hot Toast Music Co., burgers, hot dogs, sno cones and more. [facebook.com/southminstertulsa](https://facebook.com/southminstertulsa)

## BACK TO SCHOOL BLOCK PARTY

August 12, 11 a.m.-2 p.m.

Lacy Park, 2134 N. Madison Pl.

Come hang out with Tulsa Parks before school starts! There will be resource vendors for parents, all-ages kid activities, food, school supplies and door prizes. [facebook.com/lacyparktulsa](https://facebook.com/lacyparktulsa)

## BACK TO SCHOOL AT ST. PAUL AME CHURCH

August 12, 10 a.m.-6 p.m.

St. Paul AME Church, 6308 E. Apache St.

St. Paul AME Church's Back to School event includes free school supplies, free haircuts/braid styles (must have pre-washed hair to receive style), music, food, a grill competition and other fun activities. [stpaulamechurchtulsa.com](https://stpaulamechurchtulsa.com)

## BACK TO SCHOOL BASH

August 17, 5-7 p.m.

OSU-Tulsa, 700 N. Greenwood Ave.

Pre-K through 12th-grade students and their families can enjoy live performances by school bands, dance groups and other youth organizations. They will also be able to pick up free school supplies and learn about resources from local organizations to help students have a successful school year. [tulsa.okstate.edu/events](https://tulsa.okstate.edu/events)

## HOMESCHOOL BOOK AND CURRICULUM SWAP

August 18, 1-2 p.m.

Charles Page Library, 551 E. 4th St., Sand Springs

Join the library for a book and curriculum swap! Bring your extras to swap and meet with other local homeschoolers. [tulsalibrary.org](https://tulsalibrary.org)

## YES: EMPOWERING FAMILIES FOR SUCCESS

August 26, 9:30 a.m.

OSU-Tulsa Auditorium, 700 N. Greenwood Ave.

Have questions about your child's education? Get knowledge and resources to help your family succeed in school. Attend short panels on school success topics, visit booths with valuable resources and attend a Q&A with TPS Parent Advocacy Coordinator Latina Busby. There will also be a Kid and Teen Zone with games and activities. Free and open to the public.

[tulsa.okstate.edu/events](https://tulsa.okstate.edu/events)





# NOW ENROLLING

## Middle School Open Houses

September 21 & 28  
October 5 & 26

## Middle School Screening Dates

October 18 & 20  
Call to reserve your spot.



*Monte Cassino is proud to welcome our new Head of School, Chris Burke.*



# MONTE CASSINO

PreK - 8th Grade



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Call 918-746-4218 to schedule tours and shadow days.

montecassinoschool @MonteCassinoSchool [www.montecassino.org](http://www.montecassino.org) 2206 South Lewis, Tulsa



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# Aubrie Beaty:

## AKC Junior Handler and Dog Trainer

By Staff

Aubrie with Wyatt, a mixed-breed, rescued dog she "borrows" from a friend to compete in Scent Work trials. They have won many ribbons together.



**TWELVE-YEAR-OLD** Aubrie Beaty has a unique extracurricular activity. In addition to being a straight-A student, a cheerleader and taking tumbling, Aubrie is an American Kennel Club (AKC) Junior Handler. She trains her rescue dogs and participates with some of them in dog trials. She is ranked in the top 20 Junior Handlers in the nation and has a dog ranked in the top three.

**TK: Tell me about being a Junior Handler. What does that mean, and what do you do?**

**Aubrie:** Anyone 9 through 18 can be an AKC Junior Handler. It means training dogs. I train my dog to be obedient and follow basic commands like sit or stay. I've taken two obedience classes, and I am currently taking an agility class.

I've done Scent Work, meaning the dog has to identify a scent in a timed trial, Fast CAT (Coursing Ability Test), which is a timed 100-yard dash, and agility trials with my dogs. I've also helped with releasing dogs at Fast CAT.

You get points for everything and can move up levels as you gain points. For example, the levels for Scent Work are Novice, Advanced, Excellence and Masters.

**TK: How did you get interested in dog training and participating in dog trials?**

**Aubrie:** My stepmom, Kieran, trains dogs at Tulsa Dog Training Club. I wanted to be like her, so she signed me up for classes and registered me to become a Junior Handler. I got to train with my dad and his Doberman in the same class. He was also new to it. I trained my mini-schnauzer and passed.

I attend the Mid-Continent Kennel Club of Tulsa and get to meet the other dog owners, who help with advice and resources. I don't see many kids. I wish there were more. Most people are older, but it's all ages.

**TK: What's the best thing about being an AKC Junior Handler?**

**Aubrie:** Having clubs like the Mid-Continent Kennel Club is important for the community to learn, share and adopt safe and responsible ways to be great animal owners. I love how I have a lot of privileges to being a handler. It's fun to meet all of the dog breeds, some that I've never heard of. I think dog handling is special. Not everybody loves it, but I think it is awesome.

**TK: Have you had any experiences where things didn't go well?**

**Aubrie:** Yes. One time I was helping with Fast CAT, and I was supposed to release a German Shepherd (to run). I was about to let her go, but she slipped out of my hands. It was horrible. Everyone was saying, "Loose dog! Loose dog!" I was running after the dog to grab the dog safety. It ended up being funny afterwards.

Another time, I accidentally thought my dog had found the scent (in a Scent Work trial). It was wrong, and we were disqualified. I worked really hard for that trial where I thought Wyatt was going to title. But he has another chance at a trial this weekend.

**TK: What have you learned from participating in dog trials and being a Junior Handler?**

**Aubrie:** It helps me be more responsible. Knowing how to care for the dogs takes responsibility. It helps me be more confident in myself. You know the feeling you get when you pass a test? It feels like that. I leave the ring feeling energized. Even when you have to get up early to get to a trial, it's all worth it in the end.

**TK: How much time to you spend training dogs?**

**Aubrie:** I spend about four hours a week, depending on trials, practices or events. If I have a trial

that weekend, I would do more. (Aubrie is currently working on agility training with her teacup schnauzer.) But I always feel like I'm training because the dogs live with me at home. They follow me around everywhere. Basically, I'm always training.

**TK: What advice would you give other young people who might want to be Junior Handlers?**

**Aubrie:** I would tell kids not to give up and make it fun. Work hard and make a bond with the dog. If you're struggling, ask someone to help. Everyone is friendly.

If you don't have a dog to train, all-breed clubs like Mid-Continent Kennel Club have dogs to borrow and work with. I want to see more kids and new friends.

**TK: What's a fun fact that you can tell us about yourself?**

**Aubrie:** One of my adopted black labs is from a prison program where the prisoners can train the dogs. And my schnauzer, Heidi, was part of state's evidence in a murder investigation in Oklahoma City. I have 10 dogs (all rescues). They all have a special place in my heart. I'm a dog person. **TK**





# 2 Baby & HANDBOOK

## SPECIAL DELIVERY!

The TulsaKids Baby Handbook is due to arrive in our September issue. This annual publication is full of resources for new and expecting parents. Learn more at [tulsakids.com/baby](https://tulsakids.com/baby).

# tulsakids





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