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# Orthopedic Care



Standing: Patrick Gannon, M.D.; Dave Stoll, PA-C; Ashley Bruce, PA-C; Jason Joice, M.D.; Christian Luessenhop, M.D.; Zee Khan, M.D.; Chad Crawley, D.O.; and Jaclyn Jones, D.O.  
Seated: Mary Ferraro, APRN-CNP; Clint Cator, PA-C; and Jon Orjala, D.O.

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February 2018

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## family health

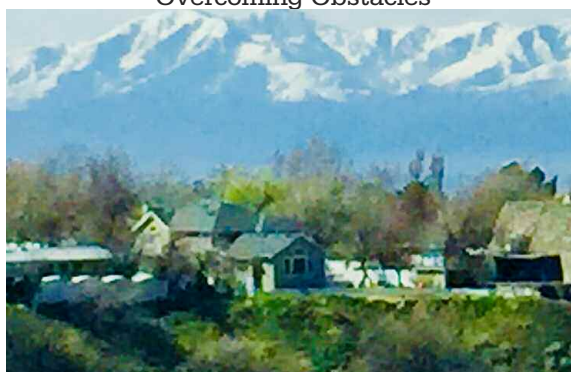
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## Healthy Worries

If you check off parents' top worries, keeping kids healthy would probably be pretty close to the top. It always was with me – and still is. And, if your children are teens or older, they've probably gotten online to check out their symptoms. One daughter in particular was convinced that she had any number of rare diseases based on a symptom as innocuous as a patch of flaky skin.

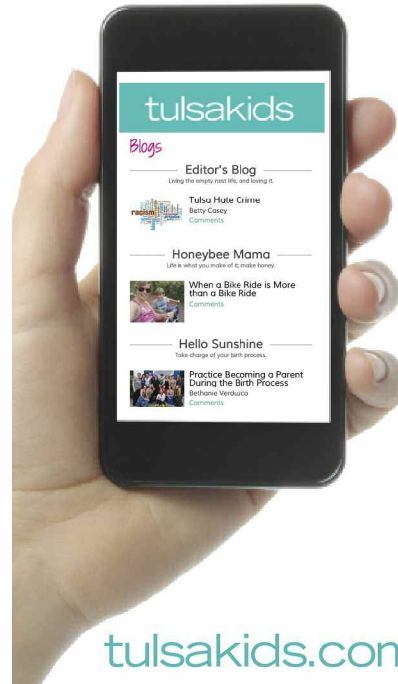
While I certainly want to be an informed patient and advocate for myself and my family, I've found that the Internet is probably not the best resource. When it comes to health, it's best to ask a professional.

The past few weeks, the flu has been in the news with every state except Hawaii reporting widespread activity, so we asked a pediatrician to share some information about colds and flu. We also have an article about RSV, a virus that looks similar to a cold, but can be dangerous for infants.

Immunizations can also be confusing for parents. What to get, when to get them? Should they be spaced out? What about the HPV vaccine, now recommended for boys as well as girls? We reached out to some local health-care professionals to get the lowdown on vaccines as well. And, if you don't already know this, shots are not just for infants and toddlers; there are immunizations that older children and adults need as well.

I hope that your family stays healthy this winter, but one thing I learned from reading all of these articles was, when in doubt, call the doctor.

Betty Casey, editor



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



Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.



ON OUR COVER:  
THEO AND WREN ARE READY FOR  
VALENTINE'S DAY.

PHOTO BY: LESLIE HOYT  
PHOTOGRAPHY





## DR. HENRIETTA MANN TO BE INDUCTED IN CIRCLE OF HONOR

Tulsa City-County Library's American Indian Resource Center will induct Dr. Henrietta Mann into the Circle of Honor during a special presentation March 3, 2018, 10:30 a.m. at Zarrow Regional Library, 2224 W. 51st St.

The Circle of Honor award presentation begins a month-long celebration honoring the achievements and accomplishments of Native Americans. Programs will be held throughout TCCL locations during March. All library events are free and open to the public.

Dr. Mann is full-blood Cheyenne of the Cheyenne-Arapaho Tribes of Oklahoma and was the founding President of the Cheyenne and Arapaho Tribal College. As a leading expert on American Indian Studies, she has lectured throughout the United States, Canada, Germany, New Zealand, the United Kingdom, Spain, The Netherlands and Belgium.

Both of Mann's great-grandmothers survived the Sand Creek Massacre of 1864 in Colorado Territory, when a Calvary of more than 500 men attacked and destroyed their village. She attributes her determination for equality to being a descendant of a strong line of survivors.

Dr. Mann has taught at the University of Montana - Missoula; the University of California - Berkeley; Harvard University; and Haskell Indian Nations University. She served as Director of the Office of Indian Education Programs and Deputy to the Assistant Secretary for the Bureau of Indian Affairs. She was the National Coordinator of the American Indian Religious Freedom Act Coalition for the Association of American Indian Affairs.

As the first person to occupy the Endowed Chair in Native American Studies at Montana State University – Bozeman, Dr. Mann is a professor emeritus of Native American Studies and is an active member of Montana State University's Council of Elders.

The Circle of Honor ceremony recognizes an American Indian for his or her achievements by acknowledging the inductee's contributions that have enriched others' lives and by celebrating the inductee's action in the face of adversity, commitment to the preservation of American Indian culture and legacy for future generations.

The award consists of a \$5,000 honorarium and a medallion featuring the American Indian Resource Center's turtle logo.

Each March, TCCL's American Indian Resource Center presents free, family events to celebrate the history, culture, arts and achievements of American Indians through a series of enlightening programs.

For more information on the Circle of Honor ceremony, call the AskUs Hotline, 918.549.7323, or visit the library's website, <http://tulsalibrary.org/airc>.



## 58TH ANNUAL HOLLAND HALL BOOK FAIR SET FOR FEBRUARY 24

Holland Hall School will host the state's largest book fair on Saturday, Feb. 24, 2018 from 8 a.m. to 5 p.m. in its new location at the school's Primary School Gym. Tickets are \$1 for those ages 18 and older, and the event is open to the public.

The 58th annual edition of the book fair, held at Holland Hall School at 5666 E. 81st St., is open to the public and offers discounted, gently used books, toys, board games, puzzles, original computer games/programs, original issue music media along with stuffed animals and education toys.

"This event allows all kids to find new books and treasures at a discounted price so they can continue to read and learn," said Nicole Masullo, book fair chair. "The donations from our students, families and the community, along with our amazing volunteers, are what makes this event a success."

For more information, visit [www.hollandhall.org/events/bookfair/](http://www.hollandhall.org/events/bookfair/).

continued next page



## NEW HEADMASTER AT CASCIA HALL

Fr. Philip Cook, O.S.A. will be the next Headmaster at Cascia Hall Preparatory School, beginning July 1, 2018. Fr. Philip has served at Cascia off and on for the past 25 years. He first came to Cascia in 1993 as a teacher of Theology and Latin in the middle school. After two years at Cascia, he moved to Chicago to complete his studies. Once ordained to the priesthood in 1997, he returned to Cascia Hall.



Fr. Philip currently teaches Theology in the upper school and enjoys a positive rapport with his students, colleagues, board members, parents and alumni. Fr. Philip stated, "I am looking forward to taking on the challenge of leadership at Cascia Hall. Our students are some of the brightest I have encountered and they energize me to be an even better teacher and leader."

Fr. Philip will replace Mr. Roger Carter who had previously announced that he will be stepping down as Headmaster at the end of this school year after eight years of service in this position.

A 1990 graduate of Villanova University, Fr. Philip earned a BA in Classics. He is a 1997 graduate of Catholic Theological Union where he earned a Master's of Divinity Degree. He completed a second Master's Degree in Latin and Greek in 2007 from Catholic University of America, and his Ph.D. in Classics in 2016 from the University of Florida.

## CAMP CORRAL REGISTERING FOR 2018 SUMMER CAMPS FOR MILITARY KIDS

Camp Corral, a nonprofit advocate for military families, opened registration for its 2018 summer camps at [www.campcorral.org](http://www.campcorral.org). Camp Corral provides a week of free summer camp for children of wounded, injured, ill and fallen military service members.

The 2018 summer camp schedule spans 19 states, including new locations at Camp Twin Lakes at Will-a-Way in Winder, Georgia, and Camp Lakotah in Wautoma, Wisconsin. Camp Corral estimates approximately 3,800 youth between the ages of 8 and 15 will attend camp this year.

"For military youth, Camp Corral is more than a week of fun away from home. It's also a chance to connect with kids from similar backgrounds, learn coping skills and build self-confidence," says Leigh Longino, CEO of Camp Corral. "Thanks to our devoted supporters and partners, we're able to make these meaningful experiences possible for more kids every year."

Camp Corral campers participate in traditional summer camp activities including water sports and horseback riding, but they are also provided with programming unique to military life. Most sessions host Hero Day, a day dedicated to honoring and learning about military service. Also, the American Red Cross facilitates its Reconnection Workshops at various camp sessions. These workshops teach military youth how to better manage stressful social situations and cope with the unique challenges they face growing up in military families.

## YOUNG PEOPLE'S CREATIVE WRITING CONTEST ACCEPTING ENTRIES

"Write every day."

That is the advice any award-winning author gives to aspiring writers. The continuous practice helps build essential storytelling skills and establishes a daily routine to fuel creativity.

TCCL's annual Young People's Creative Writing contest provides an opportunity for authors to express and exercise their imagination. The contest is geared much like a publisher works. You are given deadline, parameters and encouraged to submit your best story.

Entries for the 2018 contest are being accepted Feb. 1-March 3. The contest is free to enter and open to ages 10-18 for those who live in Tulsa County, attend school in Tulsa County or have a nonresident library card.

There are three age divisions: 10-12, 13-15 and 16-18. Participants may enter one manuscript per category. Within each age division, there are five categories:

**Short Story** – each entry no more than 1,500 words.

**Informal Essay** – a short composition on a topic or issue giving your opinion or recounting a personal experience. Limited to 1,500 words.

**Poetry** – one poem, no more than 300 words.

**Short Play** – no more than six characters, no more than three locations, no more than 10 pages. Limited to five to 10 minutes in length.

**Comix**– entry must be complete in and of itself, and not a fragment of a larger work. No more than eight pages. Work can be with or without words, in black and white or color, and fiction or nonfiction. Computer-generated images are acceptable as long as they are original works (no clip art). Use 8 1/2" by 11" paper and submit as flat work, not as a booklet.

Within each age division and category, cash prizes are awarded in the following amounts: \$100 for first place, \$50 for second place and \$25 for third place.

All entrants will receive an invitation to the awards program, which will be held on Friday, May 4, 7 p.m. at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St. Pam Munoz Ryan, winner of the 2018 Anne V. Zarrow Award for Young Readers' Literature, will be the featured speaker and will present the awards.

Entry forms with rules and regulations are available at all TCCL locations or on the library's teen website, <http://teens.tulsalibrary.org/YPCWC>. For more information, call your local library or the AskUs Hotline, 918.549.7323.

## COVER KID THEN AND NOW

Zack Yuan was our Cover Kid in 2007. He is now 14 1/2 and a freshman at Cascia Hall.





## TPS STUDENT ENROLLMENT INFORMATION

According to the Tulsa Public Schools website (tulsaschools.org), “enrollment for the 2018-2019 school year begins Feb. 5, 2018 at 8 a.m. Parents/Guardians of students who have never been enrolled in Tulsa Public Schools must enroll online,” and students who have already attended TPS need to be re-enrolled at the Enrollment Center, which is located at 2819 S. New Haven Ave. The phone number is 918.746.7500. Arrive by 3 p.m. to process new enrollments.

If parents/guardians wish to enroll their children at a school other than their neighborhood school, they must have an “approved district transfer.”

For children in prekindergarten, parents/guardians may enroll their children beginning Feb. 5, 2018 at 8 a.m. Pre-K seats are not guaranteed, so enroll your child as soon as possible to ensure that there is a space for your child. According to the TPS website, “most pre-K programs are free and full-day.” Students must be 4 years old by Sept. 1.

To enroll, you will need an email address for enrollment communications, proof of residence, student’s birth certificate, student’s immunization record, parent/guardian photo ID. Parents may submit an enrollment application online, or if you need assistance, visit the Enrollment Center, 2819 S. New Haven Ave.

Prekindergarten availability is not guaranteed, so it is important to start the process as soon as possible.

For complete information, visit [tulsaschools.org](http://tulsaschools.org).

## letters to the editor

### REGARDING THE NO NONSENSE NURTURER ARTICLE IN JAN. TULSAKIDS

Dear Editor:

I’m Jody Parsons the principal at Hale Jr. High. I see your recent article quotes a current TPS behavior coach claiming that eight teachers walked out of Hale Jr. High. We have worked tirelessly to improve the student experience here, and our results indicate that. I find it extremely disheartening and disappointing that you would print such a defamatory statement. Yes, we have turnover. Most schools do. No, eight teachers did not walk out due to NNN as your article implies. Is it too much to ask for you to attempt to contact a principal whose school you mention in one of your pieces?

Jody Parsons  
Principal, Hale Jr. High

Dear Editor:

I am a “career” teacher for TPS (47 years) and I practically stood up and cheered when I read your article on NNN. I have seen trends (and superintendents) come and go, and the revolving door of panaceas and ‘silver bullets’ seems to be increasing as time goes on. I can recall (and miss) the time when I was permitted to teach appropriate and timely topics, but now it seems like texts and experiences have given way to workbooks. Eureka math, Amplify reading (CKLA), no time to teach cursive writing (although I do still teach cursive...but in chunks), PBIS, PLC meetings weekly during plan, (and I remember when we had 0 time for plan), plus No Nonsense Nurturing. I know why some teachers are leaving for other districts, not just out of state. I am so trained, I still instruct with ‘Please’ or ‘Thank-you’. The descriptors of the impulsive, inflexible, emotionally delayed student covers the majority of my students. I teach because I care and want the students to be able to think to get answers or options, plus be good citizens. It feels like an uphill battle.

Thank you for your wonderful article.  
Janice Pruitt  
Grimes Elementary, 4th math/science/art

For more responses to this article, please go to [www.tulsakids.com](http://www.tulsakids.com)



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BY BRANDON SCHMITZ

# Jenks graduate returns to direct Disney's "The Hunchback of Notre Dame"

Jenks High School's music department will be among the first groups in the country to stage the musical adaptation of Disney's "The Hunchback of Notre Dame." Scheduled to run from Thurs., March 1 to Sun., March 4, this production will be the Oklahoma premiere.

Director Michael Fling, 24, graduated from Jenks in 2011. Throughout his high school career, he was active in both the music and theater department.

"I took Introduction to Theater with Kevin Hurst, who is still running the theater department today, and he completely changed my life," Fling said. "I did a lot of different things in high school, but theater and choir were always my main focus."

Fling said that he always wanted to pursue a career in directing, but that his sights were originally set on the film industry.

"It was Kevin who made me realize that what I actually wanted to do was theater," he said. "It's just that I didn't understand that that's what I wanted to do."

Following high school, Fling



JENKS HIGH SCHOOL GRADUATE AND PROFESSIONAL STAGE DIRECTOR MICHAEL FLING WILL BE DIRECTING THE SCHOOL'S MUSICAL "THE HUNCHBACK OF NOTRE DAME," OPENING MARCH 1, 2018.

attended Webster University in St. Louis. He was accepted into the school's directing program, which typically admits only three students each year. Since his graduation in 2015, he has been directing in New York City.

"I'm very fortunate that, this soon out of school, I'm consistently working in theater," Fling

said. "That's not something that happens for a lot of people, so I'm really lucky."

Fling said he viewed the prospect of coming back to direct a show for Jenks as an opportunity to repay the school.

"I give credit to all of those teachers who showed me the way and challenged me, and

made me read more, and made me do things that I didn't know I wanted to do," he said. "So coming back to do the show for Jenks was, in some ways, the least I could do."

There's a pressure among many high-school students to know what exactly their career plans will be. Through his directing, Fling has tried to dispel that notion from as many of his actors as possible.

"I tell the kids, 'Look, I don't need you to want to go into theater for me to like you,'" he said. "I want you to keep the arts as a part of your life. Do it because you love it, or use it as a way to help you in what you do want to do."

With the current state of education funding, the arts are often the first to go. Although something as subjective as theater isn't quantifiable, it can be tremendously influential in terms of getting students to be creative.

"Theater is the No. 1 team sport," Fling said. "You can't really do it by yourself."

Before he moved to New York City, Fling talked about the place as if it was a necessary evil.

*continued next page*



However, he ended up quickly adapting to his adopted home.

"On any given day, I'll over-hear a conversation in seven different languages," he said. "You're just around a lot of different people with a lot of different backgrounds and experiences, and I find that really refreshing, even if I don't engage with it every day."

Fling previously came back to direct for Jenks in March of 2017 when he took the helm of the school's "Wizard of Oz" production. It was received so well that Fling was asked to come back and direct "Hunchback."

"The rights just became available, and I just did a show with Stephen Schwartz — 'Hunchback's' lyricist — up in Connecticut, so the timing just seemed very serendipitous," he said. "We would be doing an Oklahoma premiere of this beautiful show, and I have this relationship with Stephen, so I was like 'Let's just do the show — It's exciting, it'll be new, it's different.'"

The show boasts about 85 high schoolers as actors and at least another 50 as designers and technicians.

Regarding advice for aspiring performers, Fling cited the phrase, "If there's something else you think you can do, do that."

"I love politics, reading — I thought about being a journalist,"

he said. "But ultimately, ever since I thought about that, I've been like 'Oh, that'd be fun for about a week, but then I'd be thinking about when the next show is.' There's just something about it in my bones — I just want to keep doing shows."

Based on his experience, the director has found that being able to only act, sing, or dance is no longer enough. In order to break in to the theater industry today, performers must, at the very least, be capable of doing all three.

"Auditions, too, are just constant rejection, and even on my side of the table as a director, it's constant rejection," he said. "For actors, though, it's even harder because you're being looked at in the face and told 'No,' whereas I get an email where they tell me that they've decided to go with someone else."

Fling also urged anyone interested in pursuing an acting career to find the joy in every aspect of the process, including auditions.

"That's the thing that people don't understand — they love doing the shows, but you have to get used to auditioning," he said. "It's so easy to hit a wall that you have to love the walk because you're going to hit walls over and over again."



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BY NANCY A. MOORE

# Robert Thompson shares pain of growing up fatherless and overcoming obstacles

**W**hen Robert Thompson was only 2 years old, his dad was tragically killed in a work-related accident. From that moment on, his life would never be the same. For Thompson, losing his father at such a young age was not only life-changing, but it became a burden he struggled with during his formative years.

Everyone has obstacles in life; some are more difficult to overcome than others. Thompson's obstacle was growing up without a father. It took him years to change the way he felt about his situation. Today, he firmly believes that anyone can successfully overcome personal obstacles. In his book, *Fatherless to Fulfilled*, he provides the tools he discovered that positively changed his mindset and helped him work toward reaching his full potential.

**TK: Tell us a little about yourself:**

**Thompson:** I grew up in Charlotte, North Carolina. Most of my family still lives in the southeastern part of the country. I have an older sister, my only sibling, who lives in Tampa, Florida. I moved



to Tulsa in 2000 to attend ORU and have been here ever since.

**TK: What is your family life like now?**

**Thompson:** I'm fortunate to have gotten to marry the love of my life, Elise, and have three children. Harmonie is 10, Josiah is 3 and Quincy is 1. We also have a Beta named "The Fish." Right now, our lives center around working, homeschooling, minor renovations on our home and activities with the kids.

**TK: How would you describe yourself in three words?**

**Thompson:** 1.) Passionate, 2.) Developer, 3.) Strategic

**TK: What does your family enjoy doing together in Tulsa?**

**Thompson:** Most of our family activities in town center around the children. We frequent many of the Tulsa City Parks, the Tulsa Zoo, the Oklahoma Aquarium, the gym, and have play dates with close friends.

**TK: How did growing up without a father affect you when you were a child?**

**Thompson:** Growing up without a father, I frequently struggled with insecurities and self-confidence, especially when it came to things that I felt defined me as a man.

**TK: What do you feel your father missed out on as you were growing up?**

**Thompson:** Some of the things I feel like my father missed out on were my involvement in various significant athletic and academic competitions. In the culture I grew up in, performance in these events was somewhat of a "rite of passage." Not having him there definitely left a void.

**TK: Having grown up without a father, where did you learn your parenting instincts?**

**Thompson:** Despite growing up without a father, I had an incredible mother who I learned so much from. I also had, and still have, great mentors that I ask a lot of questions to. Mostly, I just strive to be the antithesis of what I had.

*continued next page*



**TK:** When did you finally decide not to let the loss of your father at such a young age negatively define you?

**Thompson:** In my late 20's, after making a lot of mistakes and feeling myself moving further away from the life I had envisioned, I decided I was done. I was done allowing insecurities and a lack of self-confidence to continue holding me back from the life I'd always wanted.

**TK:** What do you suggest for others who feel they can't overcome the obstacle they currently have?

**Thompson:** The first thing I would suggest for someone who feels they can't overcome an obstacle is for them to allow their desperation to change the way they think. In order to overcome any obstacle, they are going to have to believe that it is possible to overcome it. Overcoming the obstacle can be hard. And you

will probably need help, but it's possible.

**TK:** What do you love about being a father to your children?

**Thompson:** The thing I love most about being a father is that I get to be present in my children's lives. Watching them grow and being a part of their development has been an incredible experience.

**TK:** What else would you like to share?

**Thompson:** No matter how old you are or whatever challenges you're facing, you can still overcome your obstacles and begin fulfilling your potential. It's never too late.

To learn more about Thompson or his book, go to [Fatherlesstofulfilled.com](http://Fatherlesstofulfilled.com); Twitter: @RobertMacy

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BY KILEY ROBERSON



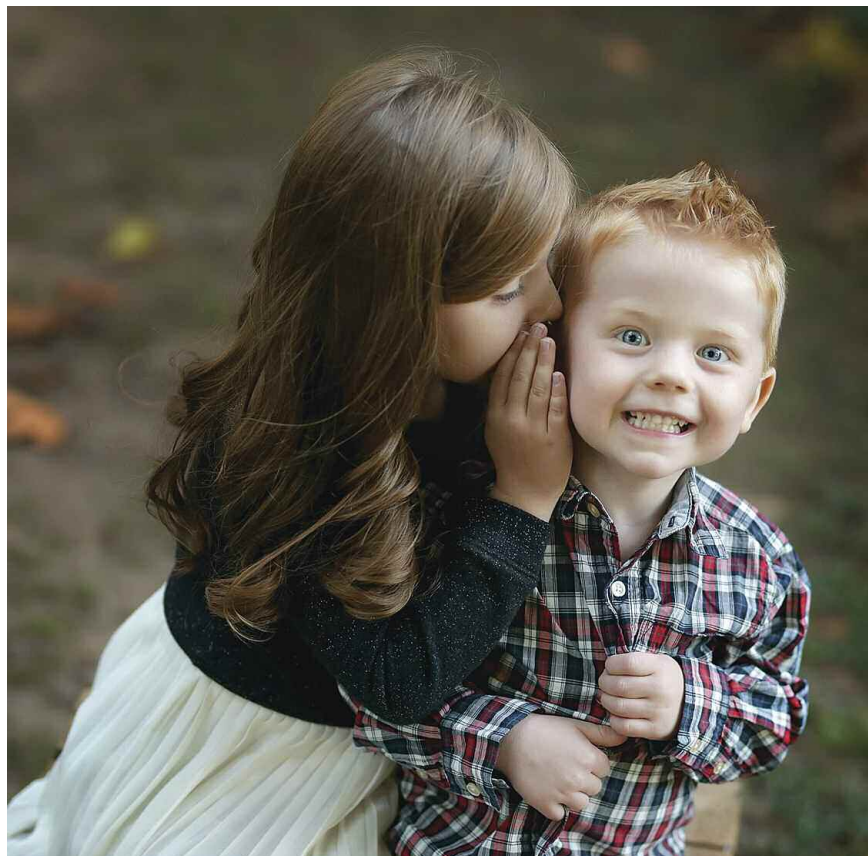
# all ears: how to get kids to listen

Ever feel like your children can only hear you when you're having a private conversation that doesn't involve them? I can ask my son to pick up his toys 10 times, and he doesn't listen. However, the second I get off the phone, he's asking me a million questions about the conversation I just had with someone else. Does he simply turn his hearing off when he wants? Some experts say yes, in a way.

"Young kids commonly grow tired of paying attention all day and decide they need to tune out," says Doreen Miller, a parent educator at the Institute for Parenting at Adelphi University, in New York. So how can we get our kids to actually listen? Miller says we can tailor the way we deliver the message. Try these tips to break your child's sound-free barrier.

## Stop the Information Overload

A child's brain can only process so much. Hit them with too many details – "Turn off the TV, then go upstairs, get changed, brush your teeth and comb your hair" – and they won't be able to recall anything past step one or two. Be too vague – "Get ready for bed" – and they won't take your request seriously. Instead, Miller suggests splitting your request into two parts. Start with something like, "When this show is over, it's time



to turn off the TV and get ready for bed." Then once the TV is off, continue with, "Okay, honey, pj's and toothbrushing are next." Then you can even throw in a choice like, "Do you want to skip or hop into the bathroom?" to make the task more fun.

## Be Direct

When you dwell on a topic for too long, your child will tune out. For instance, if you say, "Honey, we're meeting Julius in the park and you'll want to climb at the

playground. So you have to change out of your sandals before we leave home," it's unlikely that he'll change into appropriate shoes. Instead, be concise and make the request up front: "Honey, put on your sneakers now because we're going to the playground."

## Work on Delivery

Your child will listen better if you engage more than just her sense of hearing. A visual approach (looking her in the eye) combined

with a tactile one (placing your hands on her shoulders) can help her focus better on what you're saying.

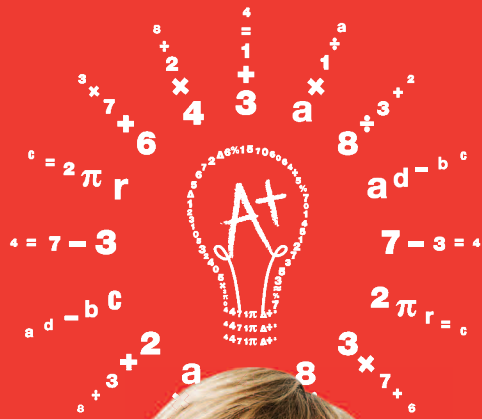
## Don't Sound Like a Broken Record

If you feel like you're saying the same things over and over, stop. Kids can become conditioned to wait to respond until you've said something for the fifth time. "Your words become nothing but background noise," says Miller. Your child will be more inclined to do what's asked of him if he understands that his actions have clear, enforceable consequences. Give him specific instructions no more than twice, and be sure to follow through with appropriate disciplinary actions if he doesn't comply. On the flip side, acknowledge when he does follow directions the first time. Saying something like "Thanks for being a good listener" will reinforce his desire to pay attention.

## Give Your Full Attention

You may think that you're able to listen to your child while watching the news or texting your BFF. But what your child sees is a parent who is only half listening. And if you're not paying attention, why should she? Of course, not everything your child has to say is a showstopper. Still, try to give your full attention, make eye contact, acknowledge what she's saying and ask questions. After all, children learn their listening skills from us.





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BY JULIE WENGER WATSON

# adolescent medicine

Adolescence is a time of tremendous growth and change – social, psychological and physical. That journey to adulthood isn't all on a well-lit, smoothly paved, four-lane highway, either. While potholes, side roads, and wrong turns may be an inevitable part of the trip, a good map and an expert pit crew can help ensure a successful arrival. A trusted physician, specifically one who specializes in adolescent medicine, can be a great ally along the way.

Board-certified in General Pediatrics and Adolescent Medicine, Paul Benson, M.D., MPH, is the George Kaiser Family Foundation Chair in Pediatrics and an Associate Professor of Pediatrics at The University of Oklahoma-Tulsa School of Community Medicine. Although OU's medical clinics are open to all patients, with its focus on community medicine, one of the goals for the clinics is to provide health care to underserved communities.

In his practice, Dr. Benson sees patients between the ages of 12 and 21 several days a week at OU's Schusterman Center and Wayman Tisdale clinics. He also works a half-day at the OU clinic at Youth Services of Tulsa (YST), caring for patients in YST's emergency shelter and street outreach programs. As part of his practice



PAUL BENSON, M.D., BOARD-CERTIFIED IN GENERAL PEDIATRICS AND ADOLESCENT MEDICINE.

in working with underserved populations, Dr. Benson is particularly interested in providing care to LGBTQ adolescents. In addition to seeing patients, Dr. Benson regularly trains medical students and residents at all of his clinic sites.

## What is Adolescent Medicine?

"Adolescent Medicine is a field. It's its own subspecialty under the American Board of Pediatrics," Dr. Benson explained.

Board-certified physicians who practice Adolescent Medicine have done an additional three-year fellowship after completing a residency in pediatrics, family medicine or internal medicine. That training gives them expertise in health issues that affect adolescents, such as eating disorders, mental health and behavior concerns, contraceptive management and other non-surgical gynecologic health issues, sexually transmitted infections and substance abuse.

"[These are] areas where the overlay of psycho-social issues in adolescents impacts their physical and mental health," Dr. Benson said.

Dr. Benson completed his Adolescent Medicine fellowship at Baylor College of Medicine in Houston, one of only seven sites in the U.S. to offer a specialized training program called Leadership Education in Adolescent

*continued next page*



Health (LEAH). The program uses an interdisciplinary team approach. While at Baylor, Dr. Benson worked with faculty and fellows in adolescent medicine, nursing, nutrition, psychology, public health and social work, giving him a broad base of knowledge to apply in his practice.

"We learned from each other," Dr. Benson said. "Now, when I see a patient who has an eating disorder or other weight management issues, for example, I take what I learned...and pass it along to my patients. I feel like I gained more depth from my LEAH-supported fellowship."

#### **Treating Adolescents**

Like a regular pediatric practice, Dr. Benson does primary care for an adolescent patient population. He also consults on issues relating specifically to his subspecialty of Adolescent Medicine. For example, patients from OU's general pediatric clinic or from other practices in the community may be referred to him to help manage eating disorders or treat sexually transmitted infections.

While Dr. Benson also refers his patients to other specialists when necessary, with his training, he can take care of a wide range of physical and mental health issues, everything from depression and anxiety to substance abuse and menstrual disorders.

"Not every patient who has bleeding irregularities or menstrual problems has to go to a gynecologist, and not everyone who has depression or anxiety has to see a psychiatrist," he explained. "In fact, it takes a lot of the burden off our psychiatry colleagues for our primary care and adolescent medicine physicians to take care of these issues, so they can devote their time and energies to more complex issues. I take care of patients and manage issues that I feel comfortable managing. Certainly, if someone has bipolar disorders or schizophrenia or other more complex mental health issues, I'm going to refer him or her to psychiatry. I want the patient to have the best care

with the right specialist."

#### **Confidentiality**

A large part of practicing adolescent medicine is establishing a trusting relationship between the child and the physician from the very first appointment. Adolescent health issues are often a complex combination of psychosocial and physical factors that a patient may be hesitant to reveal.

Dr. Benson's focus is on the patient. After meeting with the patient together with his or her parent or caregiver, Dr. Benson spends at least a portion of the visit with the patient one on one. According to Dr. Benson, there's a need to balance the caregiver's

mom step out to the waiting room. What we'll talk about during that part of the visit stays confidential between you and me with the exception of three major safety concerns: thoughts about hurting yourself, thoughts about hurting someone else, or somebody hurting or abusing you. I would need to let your mom know about those things.'

Most parents, Dr. Benson finds, are fine with the arrangement.

"Autonomy is one of the developmental milestones they should be learning," he explained. "If all along you've had mom do everything for you - make your appointments, make

**"A large part of practicing adolescent medicine is establishing a trusting relationship between the child and the physician from the very first appointment. Adolescent health issues are often a complex combination of psychosocial and physical factors..."**

concerns with respect for the patient's autonomy.

"You have some teens who are very open and explicit about their behaviors with their parents, and that's great, but it's not always the case that a teen may be so forthcoming. I really want to encourage and foster open communication between the adolescent and his or her parent, but ultimately, a patient's health may well depend upon mutual respect and confidentiality with his or her physician," he said.

Dr. Benson begins the visit by introducing himself to the patient, and then asking the patient to introduce the caregiver. He then explains how the visit will proceed. He says,

"We'll spend some time with you and your mom together in the room. We're going to hear any concerns she might have. We're going to spend some time one on one, as well, when we have your

sure you take your medicine on time - then you suddenly hit that magic age of 18, boom. Teens need to build on that autonomy, especially teens with chronic illnesses where there's complexity and compliance issues with medication, and where they'll be managing those issues into adulthood. They need to be taking those steps."

#### **Patient History**

When seeing a new patient, Dr. Benson, like any other pediatrician, takes a patient history, posing a variety of medical, social and other questions. However, with adolescent medicine, this part of the visit tends to be longer and more detailed.

"You don't just assume things about people; you ask," Dr. Benson said. "The social history is probably one of the longest parts of a brand-new patient's visit, and then their annual well visits, too."

Dr. Benson asks questions about home life, education/employment, activities, drugs/depression/diet and body image, sex and sexuality, and safety issues. Or HEADDSS, as it's referred to in Adolescent Medicine.

"Generally speaking, we ask a broad range of questions. Some are very nonpersonal. If I ask you whom you live with, you probably wouldn't mind sharing that with me in front of other people, but if I ask about your sexual behavior or drug use, more personal things, that's much more sensitive," he explained. "That social history is structured such that you ask the 'easy' questions first and build that rapport and trust, then you ask the more sensitive questions. These are the sorts of issues and behaviors that affect their health."

Dr. Benson emphasizes the importance of not making assumptions about his patients.

"Teens don't generally come in and say, 'I'm having issues with marijuana abuse,' or 'I want STD testing.' You unearth those things by taking a history," he noted. "Part of what we do in adolescent health is to take a broad social history with an open mind."

While Dr. Benson stressed that general pediatric practices are well equipped to take care of adolescents, for some patients and their families, a practice that specializes in Adolescent Medicine can be a helpful alternative.

"I would say one thing to parents is don't assume things," Dr. Benson advised. "I don't like to assume things about my patients. I'd rather ask. It's okay for parents to ask things, and not assume things. I have a very diverse group of patients, all walks of life and all different beliefs. I think it's important to respect diversity, even within your own home."

For more information on OU Physicians, visit [www.ou.edu/tulsa/ou\\_physicians.html](http://www.ou.edu/tulsa/ou_physicians.html).



DR. JOHN LUKEMAN, M.D.

# Pediatrician Answers Questions About Colds and Flu

**R**unny noses, coughs and fevers are all symptoms that families are familiar with, but sometimes knowing what the symptoms mean and what to do about them is confusing. To make matters worse the Centers for Disease Control and Prevention reports that this flu season is especially severe. We asked Dr. John Lukeman, M.D., a pediatrician with Warren Clinic South Memorial, to answer some questions about colds and the flu.

**Q: How do you tell the difference between a cold and the flu?**

**Dr. Lukeman:** A cold and the flu can in fact look similar. Both are

infections caused by viruses. Although the flu has different strains, patients with the flu will typically have rapid onset of more severe symptoms, which may include multiple body systems. If a child is having high fevers  $>101^{\circ}$ , respiratory symptoms, and GI symptoms such as vomiting or diarrhea, it would be a good idea to obtain a rapid flu test.

**Q: What are the symptoms of each? (are they similar?) Do you always get a fever with the flu?**

**Dr. Lukeman:** Viruses can affect patients in many different ways – cough, runny nose, vomiting, diarrhea, etc. The flu will cause fever. Therefore, physicians are less in-

clined to test for the flu in a patient without fever. In a patient without fever, symptoms are likely secondary to a viral infection causing a cold.

**Q: When should parents call the doctor? (what are dangers of the flu)**

**Dr. Lukeman:** Any time a child has fever, I am willing to see them in the office for evaluation. Although symptoms of the flu can self-resolve, some patients may worsen. One example of this is when a child has the flu but also develops a bacterial pneumonia on top of the flu. These children can become very ill, and require treatment.

**Q: How long does a cold last?**

**Dr. Lukeman:** Most colds, or viral infections last 10-14 days. Symptoms of cough and runny nose can last much longer. However, the high fevers should not last more than about five days. If a child has fever more than five days without an official diagnosis, they should be evaluated by a physician to verify they do not have another illness.

**Q: How long typically does the flu last?**

**Dr. Lukeman:** Viral infections (including the flu) tend to last 10-14 days.





**Q: Can either a cold or flu be cured with medication?**

**Dr. Lukeman:** Most viral infections have no cure. Antibiotics are used to fight bacterial infections. Unfortunately, most viruses just have to run their course. Tamiflu, a medication used to treat the flu, is one exception (and its use is still somewhat controversial). Tamiflu is an expensive medication that can decrease the severity or length of flu minimally. The key to Tamiflu is that it must be started within 48 hours of symptom onset, or it will likely not help alleviate symptoms.

**Q: What medications are recommended for a child's cold? For the flu?**

**Dr. Lukeman:** Other than Tamiflu for treating the flu, there is very little that specifically treats colds or flu. Doctors typically recommend symptomatic therapy for treatment of specific symptoms a patient is experiencing. If a patient is febrile or having body aches, try treating with appropriate pediatric dosages of ibuprofen or acetaminophen. If a patient is vomiting or has coughing that keeps them awake, contact your pediatrician's office for guidance. For more specific symptoms, a patient may need to be seen to verify there is not another infection or problem requiring further medication.

**Q: Can a cold be prevented by taking anything (vitamin C, or other?) Can a cold's duration be shortened by taking anything over-the-counter?**

**Dr. Lukeman:** Patients frequently ask about vitamins, minerals, and essential oils. Everyone is looking for a magic solution to preventing and curing illness. If it existed, it would be well known. I recommend not forgetting the basics; a good diet full of fruits and vegetables, drinking lots of water and regular exercise to improve lymphatic flow, can all help maintain health. A multivitamin that contains Vitamin C is typically helpful as well.

**Q: What about the idea that you can get a cold from being in the cold air or wind? Is that true?**

**Dr. Lukeman:** A cold is caused by a virus. Viruses are not necessarily spread through the cold air or wind. However, if someone spends a great deal of time outside in cold and wet conditions, it can certainly hurt their immune system, making them more prone to catching a cold.

**Q: Can anything be done to shorten the duration of the flu?**

**Dr. Lukeman:** If Tamiflu is started within 48 hours of symptom onset, it may shorten the duration of the flu by one to two days.

**Q: What can be done, if anything to prevent a cold? To prevent the flu?**

**Dr. Lukeman:** People can prevent catching all types of viral infections with frequent hand washing, healthy diet and regular exercise. Additionally, the flu shot is recommended to patients 6 months and older. It must be noted, there are several misconceptions circulating about the flu shot. The first is when people believe they got the flu directly from the flu shot; this is impossible as the flu shot is not a live vaccine. The other major misconception is that the flu shot is a 100% guarantee against all strains of flu. The flu shot is produced in an attempt to treat the most common strains of the flu. Some years the vaccine does well, and other's it doesn't do as well. Regardless, any protection against the flu is better than none, especially for patients who are very young, very old, immunocompromised or otherwise unable to protect themselves.



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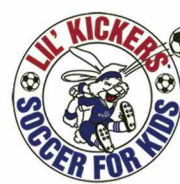
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DR. KIMBERLY MARTIN, DO

TALK TO YOUR CHILD'S DOCTOR ABOUT HPV CANCER PREVENTION

# The Importance of the HPV Vaccine for Preteen Boys and Girls

BY BETSY PENTURF

When certain types of cancer can be prevented by a childhood vaccine, it would be assumed that vaccination rates would be off the charts for this vaccine. However, the human papillomavirus (HPV) vaccine is the most under-utilized immunization for children.

The Centers for Disease Control and Prevention (CDC) reports that every year in the United States 31,000 women and men are diagnosed with a cancer

caused by HPV infection. Most of these cancers could be prevented by HPV vaccination.

In 2016, about 65 percent of girls received the first dose of HPV vaccine compared to 56 percent of boys receiving the first dose, according to the CDC. Although most children are getting their first dose of HPV vaccine, the CDC also reports that many children are not completing the vaccination series. Only 43 percent of teens are up to date on all the recommended doses of HPV

vaccine.

Dr. Kimberly Martin, DO, MPH and assistant professor of pediatrics in the division of pediatric infectious diseases at OU-Tulsa, talked about the importance of the HPV vaccine for both girls and boys.

"HPV is a very common virus. The CDC estimates that nearly 80 million people—about one in four—are currently infected in the United States," Martin said. "About 50 percent of all new infections occur in young

people aged 15 to 24. The CDC reports that in the United States each year, there are about 17,500 women and 9,300 men affected by HPV-related cancers."

There are many types or strains of HPV, some that are "low risk" leading to genital warts and some that are "high risk" types that can cause cancer. These include cervical, vulvar and vaginal cancer in females, penile cancer in males, and anal and oropharyngeal cancer in both males and females.





Since HPV affects both men and women, it is essential that both girls and boys receive the vaccine.

"The most common types of HPV are covered in the vaccine, so getting vaccinated is very important for all children because it protects against HPV-related cancers," Martin said.

**When should preteens receive the vaccine?**

Boys and girls ages 11-12 years should receive the HPV vaccine, but the vaccination series can be started as early as 9 years of age. The vaccine is approved for males and females up to age 26, but has been shown to have better protection if given to younger preteens.

**How many shots are needed?**

Two shots of HPV vaccine six to 12 months apart are recommended for children ages 11-12. If your child is older than 15 years, three shots will need to be given over six months.

Many parents seem to be unclear about the rationale for the timing of the HPV vaccinations.

"The biggest misunderstanding is in regard to the timing of the vaccinations," Martin said. "The early timing of the HPV vaccine is not because we assume children or teens are going to become sexually active at a young age. Rather, it is provided because the vaccine has been shown to have better protection in younger preteens before they become sexually active and are exposed to the infection.

"I have also heard many parents question if a vaccine to prevent a sexually transmitted infection is going to make their child more likely to have sex," Martin said. "In fact, a 2012 study looked at girls who received the vaccination at the recommended age and found no increase in sexual activity as measured by incidence of pregnancy, sexually transmitted infections or visits for contraceptives for up to three years after vaccination."

A common misconception is that vaccines are unsafe and cause other diseases or illnesses.

"Vaccines are studied extensively and must meet rigorous

safety and quality standards before they are made widely available. Vaccines are safe, and I strongly recommend that all children receive routine vaccines, including the HPV vaccine," Martin said.

Increased utilization of this vaccine is strongly encouraged by the medical community.

"I encourage parents to make both appointments for the HPV vaccination (or all three depending on your child's age) at the same time so you don't forget," Martin said. "Start talking with your pediatrician early to get all of your questions answered regarding the vaccination. If you still have questions or concerns, I recommend that you look at a reputable website like the CDC's HPV page for more information."

*To find out more about HPV and the recommended vaccinations, please visit the CDC HPV site at [www.cdc.gov/hpv/index.html](http://www.cdc.gov/hpv/index.html).*

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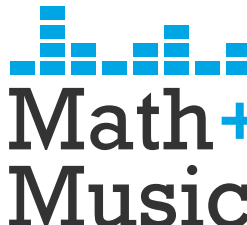
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MISTY WOODARD, M.D.

# Pediatrician Answers Common Questions About Vaccines

Parents often have questions about vaccines for their children. We often assume that vaccinations are only given to infants and toddlers, but there are schedules for shots that go through adolescence. We asked Dr. Misty Woodard, M.D., a pediatrician at Warren Clinic Tulsa Hills, to answer some common questions about vaccines and boosters.

**Q: What is the current recommended immunization schedule for children aged 18 and younger?**

**Dr. Woodward:** According to guidelines established by the Centers for Disease Control and Prevention (CDC), newborns are scheduled to receive their first

Hepatitis B vaccine at birth. Infants then receive routine immunizations at 2, 4, and 6 months of age. These include DTaP (diphtheria, tetanus, and pertussis), Haemophilus influenzae B (HiB), which is a bacteria that can cause meningitis in infants and toddlers, Polio, Pneumococcal vaccine (PCV13), which is a bacteria that can cause pneumonia and some ear infections in children, the remaining Hepatitis B series, and an oral vaccine against rotavirus, which can cause severe vomiting and diarrhea in infants and young children. Physicians are frequently able to combine several of these vaccines to reduce the number of shots given at each visit.

Recommendations say at 6 months, the first influenza vac-

cine can be administered between the months of October and April. An infant's very first flu vaccine does require a booster one month later, but then is only once yearly for future seasons.

Starting at 12 months, children can receive MMR (measles, mumps, and rubella), varicella (chickenpox), and their first Hepatitis A immunizations. They may also receive the remainder of their HiB and PCV13 immunizations, as well as the next DTaP booster. Your physician may choose to delay some until the 15 month visit, but as long as a minimum amount of time has passed between the 6 month and 12 month shots, this isn't mandatory and is at the parents' discretion.

Children receive the last Hepatitis A vaccine at 18 months

or at 2 years, depending on when they received their initial vaccination.

At the 4- or 5-year visit, children receive their final doses of MMR, varicella, and Polio, along with the next shot in their DTaP series. These can also frequently be combined.

At the 11-year visit, children receive the Tdap, which is the adult version of DTaP, and will continue with booster tetanus shots every 10 years for the rest of their lives. They may also receive the meningococcal vaccine as well as the HPV (human papilloma virus) vaccine, commonly called Gardasil. The HPV vaccine, if obtained at this age, requires a booster in six months. The meningococcal vaccine requires a booster at age 16 years, and is re-





quired by some colleges. This vaccinates against several variants of bacteria that cause meningitis. There is a new vaccine that covers for an additional meningococcal variant, but is not yet widely available and can be obtained through the health department by parents who desire this for their teenagers.

These are routine immunization guidelines for healthy children under the age of 18 years. Parents of children with special health considerations, such as sickle cell disease, prematurity, or certain cancers, should speak with their child's physician about special immunization requirements for them.

**Q: Is there anything new that parents or caregivers need to know?**

**Dr. Woodward:** There is a new vaccine that covers for an additional meningococcal variant, but is not yet widely available and can be obtained through the health department by parents who desire this for their teenagers.

The intranasal flu vaccine has been removed from the market due to poor efficacy, so for now, a flu shot is the only way to protect your child against the flu.

**Q: Is the HPV vaccine recommended for both boys and girls? Why? How many shots are involved in this vaccine?**

**Dr. Woodward:** It is recommended for all children, boys and girls, starting at age 9 years, though the first dose is routinely given at the 11-year visit. They may receive the vaccine until the age of 26 years.

Certain strains of HPV (human papilloma virus) have been shown to cause genital warts and cervical cancer in women, and genital warts and oral cancers in both men and women. The vaccine covers nine of the most severe strains. HPV is one of the most common STDs in the U.S. today, and it is presumed that any currently or previously sexually active adult has been exposed to HPV at some point. HPV can continue to exist in your system for several years before causing problems. Therefore, we recommend vaccinating children before they are sexually active and thus exposed.

If the HPV series is started prior to age 15, the series includes two doses separated by at least six months. If a child re-

ceives his or her first dose after age 15, it is a three-dose series, with the second dose follow-up two months later, and the final one given six months after the first dose.

**Q: What should you do if you miss a shot on this schedule?**

**Dr. Woodward:** First, don't panic. Talk to your doctor or healthcare professional. There are specialized catch-up schedules designed to catch children up on missed vaccines as soon as possible. It's important to remember that your child does not need to restart the series if he or she misses a dose.

**Q: Some parents talk about spacing out immunizations. Is there any advantage or disadvantage to spreading out the timing of immunizations?**

**Dr. Woodward:** Immunization schedules have been put through rigorous testing to determine the most effective times to vaccinate children, weighing the risks of giving several vaccines at once against the benefits of early protection. What researchers have found is that there is little risk associated with following the current immunization schedule and giving multiple vaccinations at once.

The immunization schedule is set up to minimize the amount of time an infant or a child loses optimal immunity to certain diseases. Therefore, the risk with "spacing" immunizations is that there will be increased periods of time when an infant or a child could become dangerously sick from the diseases you're wanting to protect them against. The only advantage that comes with "spacing" vaccines is that it will make parents a little less nervous, but this isn't ideal for the child's health.

**Q: Have you seen an upsurge in any childhood diseases that are preventable through immunizations? If yes, what accounts for the upsurge?**

**Dr. Woodward:** There has been a significant increase in deadly diseases, such as measles and pertussis (whooping cough), as well as ones that are viewed as not being as serious but in fact can be life-threatening, such as Hepatitis A and chickenpox. The upsurge has many causes, such as waning immunity in adults, but the primary driving force has been linked directly to children

who are unimmunized or under immunized (those who do not complete the schedules or who are on delayed schedules).

**Q: Is there any reason that a child or an adult should not get a recommended immunization?**

**Dr. Woodward:** There are several special health considerations that may require delaying or avoiding certain vaccines. If you have previously had a severe allergic reaction to any vaccine, in general you should not receive that vaccine again. If you are immunocompromised, on immune suppressants, or pregnant, you should not receive live vaccines such as MMR or varicella, or these may be delayed until you are able to receive them.

The vast majority of people, however, should be safely able to receive their vaccines on time. Foremost, if you are concerned that your health condition may prevent you from receiving a vaccine, or if you have had any reactions to vaccines in the past, speak to your healthcare professional. They can determine the appropriate immunizations for you.

**Q: What are booster shots and who needs them?**

**Dr. Woodward:** Booster shots are additional doses of the same immunization. They are designed to "boost" your immunity. The immune system is sometimes imperfect and can "forget" certain diseases it has not been exposed to in a while. The booster shot reminds your immune system not to "forget" those diseases and maintains your immunity for longer. Anyone who has not had a severe reaction to previous vaccines or special health conditions should receive all recommended boosters per the immunization schedule.

**Q: Do you recommend the Meningococcal immunization for teens? Why or why not?**

**Dr. Woodward:** Meningococcal disease frequently leads to a severe bacterial meningitis that is highly contagious and life-threatening. It spreads rapidly in places where a large number of people are in close proximity, and thus high school students as well as college students living in dorms are at high risk of contracting the disease if exposed. Therefore, we recommend routine immunization of all teenagers and young adults against meningococcal disease. There are two kinds of meningo-

coccal vaccine on the market: one that covers for four types and another that covers an additional type (serogroup B). The 4-serogroup vaccine is widely available, but the serogroup-B vaccine may be harder to find. Both are recommended where available. If you would like for your teenager to have both vaccines, ask your healthcare provider if the serogroup-B vaccine is available through their office, or you may also go to your local health department.

**Q: What immunizations are recommended for adults?**

**Dr. Woodward:** All adults are recommended to have a tetanus booster every 10 years. This can either be in the form of Tdap (if not given previously), or as a Tetanus-diphtheria booster alone (Td). You may require this vaccine sooner than 10 years if you suffer an injury or have surgery. Everyone should have at least one Tdap in their lifetime, especially if you'll be around infants. If you have had the Tdap previously, it is not necessary to have it again unless you are pregnant.

The zoster (shingles) vaccine is recommended for all adults age 60 years and older. The pneumococcal vaccine (PPSV23) is recommended for all adults aged 65 years and older. Both can be given at younger ages depending on certain risk factors.

The varicella (chicken pox) vaccine is recommended for anyone with no documented history of previous vaccination and no evidence of previous infection (usually a blood test).

And of course, the flu shot is recommended yearly for everyone.

**Q: What other information should parents/caregivers know about immunizations for their children and for themselves?**

**Dr. Woodward:** If parents have questions about vaccines, always ask. Healthcare professionals overwhelmingly recommend routine immunizations, and we follow the schedules for our own families. We want to keep you and your child just as safe and healthy as we would keep our own. Therefore, if parents have any reservations about vaccines, your child's healthcare provider will be happy to discuss those concerns.



DR. AMANDA FOSTER

# The ABCs of RSV

## FUNDAMENTALS FOR PROTECTING BABIES FROM THIS COMMON VIRUS

**P**arents Need To Know That, Sometimes, Seasonal Sniffles Mean More Than Just A Cold. Respiratory syncytial virus (Rsv) Is A Common Virus That Usually Causes Cold-Like Symptoms In Adults And Children. But For Some Babies, Especially Those Born Premature Or Susceptible To Other Risk Factors, Rsv Can Be Very Serious.

### All About Rsv

Rsv Is Very Common, With Virtually All Babies Contracting It At Least Once By The Age Of 2. Rsv Infects The Upper Respiratory System With Symptoms Similar

To A Common Cold Or Influenza. It Is The Leading Cause Of Hospitalization Of Children Under The Age Of 1, Accounting For More Than 100,000 Hospitalizations In The United States Annually. Rsv Recurs Yearly Throughout The World And Can Be Contracted More Than Once Over A Persons Lifetime. In Most Of North America, The Typical Rsv Season Begins In October/november And Lasts Four To Five Months.

### Rsv In Tulsa

According To Dr. Amanda Foster, Interim Department Chair Of Osu Medicine Pediatrics, Rsv Is Currently On The Rise In Tulsa And

Osu Medical Center Is Busy With Admissions Of Children With Rsv. However, She Says That The Timing Of The Start Of The Rsv Season And The Percentage Of Positive Rsv Tests Currently Seem To Be Following Last Years Trends.

### Babies Who Are Most At-Risk

All Babies Are At Risk For Contracting Rsv, Particularly Within The First 6 Months Of Life. Babies Born Premature (Earlier Than 37 Weeks) Are Particularly Vulnerable To Contracting Rsv Because They Generally Have Underdeveloped Lungs And Lack Important Antibodies They Need

To Fight Off Infections. Additional Factors, Such As Low Birth Weight (Less Than 5.5 Pounds), Age Less Than 6 Months, Contact With Other Children, Exposure To Crowds And Exposure To Tobacco Smoke, Also Put Babies At High Risk For Contracting Rsv.

Preemies And Babies Suffering From Lung Disease, Heart Disease Or Immune Deficiency Should Be Watched More Closely For A Longer Period Of Time Because Rsv Can Lead To Life-Threatening Lower Respiratory Tract Infections, Including bronchiolitis or Pneumonia.

**What To Look For**





Common Symptoms Of Rsv Include Typical Cold Symptoms, Such As Fever, Cough, Nasal Congestion Or Runny Nose. Possible Signs Of A More Serious Infection That May Require A Trip To The Emergency Room Include A Severe Persistent Cough, Wheezing, Rapid Breathing, Retractions (When The Skin Between Ribs Pulls In With Breaths), Apnea (If The Baby Stops Breathing For More Than 10 Seconds), Turning Blue Or Breathing So Fast That You Cant Feed The Baby. Foster Recommends That Parents Contact Their Physician If Their Infant Is Less Than 2 Months Of Age, If Their Infant/child Is Unable To Drink Sufficient Fluids, If Their Child Is Coughing Until Unable To Catch A Breath, Is Breathing Rapidly (More Than 50 Times A Minute), If The Child Is Having Retractions (See Above Definition), Or If The Child Experiences Apnea.

If Your Child Does Get Rsv, Most Cases Last 7-14 Days, Although The Cough Can Persist For A Few Weeks.

#### Caring For Your Baby

Prevention Is The Key To Helping Your Baby Stay Healthy. Rsv Lives On Surfaces Like Countertops And In Tissues For Up To Several Hours And Is Easily Transferred Through Direct Contact, Especially From The Hands To The Baby. Keep Other Children And Adults Who Have Coughs, Colds Or Are Sneezing Away From Your Baby. Additionally, Frequently Clean Your Babys Bedding, Toys And Personal Items And Anyone Handling Your Baby Should Wash His/her Hands Or Use Antibacterial Gels.

If Your Baby Has Nasal Congestion Or Runny Nose, A Few Drops Of Nasal Saline Can Be Used In Nostrils To Thin Secretions And A Nasal Suction Bulb Can Be Used To Clear Secretions From The Nasal Passages As Needed. Ensure Your Baby Is Receiving Enough Fluids And Continuing To Have Wet Diapers.

#### Tips For Protecting Your Baby

Parents Should Remember The Following During Rsv Season And Beyond:

- " Check With Your Pediatrician To See If Your Baby Is At A Higher Risk For Rsv And Understand Your Options.

- " Ask Visitors To Wash Their Hands Before Touching Your Baby (And Keep Hand Sanitizer Nearby).

- " Limit Your Babys Exposure To Small Children Who Attend Daycare Or School.

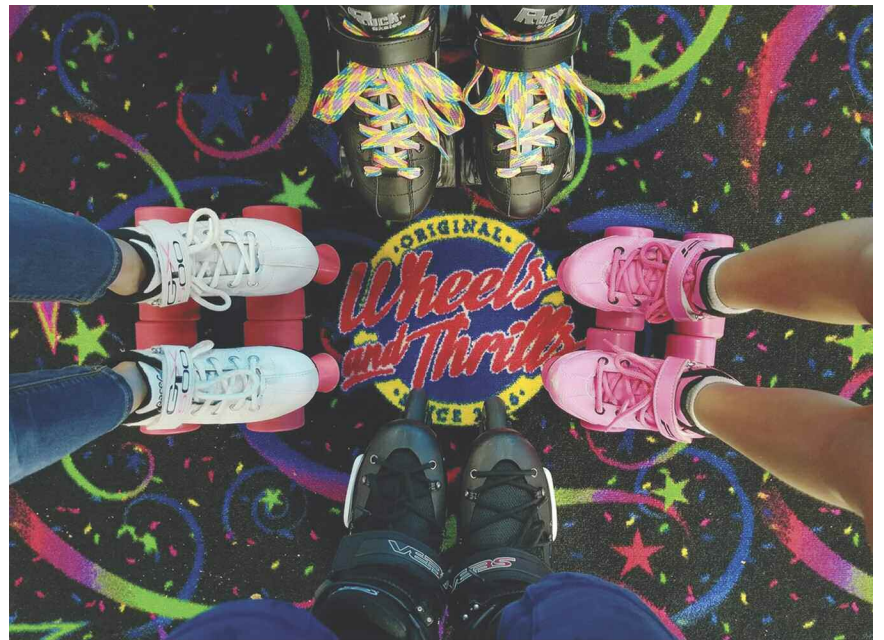
- " Monitor Your Baby For Persistent Coughing, Wheezing Or Difficulty Breathing, And Seek A Pediatricians Care If Symptoms Develop.

- " Remember That You Know Your Baby Best. If You Are At All Concerned, Call Your Pediatrician.

Foster Says That The Best Way Parents Can Protect Their Child From Rsv Is Good Hand Washing. If The Child Has Siblings, Parents Should Teach Them Good Hand-Washing Techniques And Encourage Frequent Washing. They Should Also Try To Discourage Older Siblings From Touching The Infants Face And Hands And Wipe The Infants Hands Routinely.

Also, Foster Says That Parents Can Do Their Best To Minimize Exposure By Avoiding Contact With People Who Are Ill, Children Who Attend School Or Daycare, And Avoiding Crowds.

*This Article Was Originally Published In Tulsakids May 2009 Issue And Was Written By Phyllis Dennery, Professor Of Pediatrics/Chief Division Of Neonatology At The University Of Pennsylvania/childrens Hospital Of Philadelphia. It Was Updated In Jan., 2018 By And With The Help Of Amanda Foster, D.O. Dr. Foster Is The Interim Department Chair Of Osu Medicine Pediatrics And Practices At The Pediatrics Clinic At Osu Center For Health Sciences, 717 S. Houston.*



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# HEALTH & WELLNESS GUIDE

ARE YOU LOOKING FOR HEALTHCARE, FITNESS OR SPECIAL SERVICES FOR YOUR FAMILY? TULSAKIDS HEALTH & WELLNESS GUIDE CAN PUT YOU IN TOUCH WITH LOCAL PROFESSIONALS IN A VARIETY OF HEALTH AREAS. AND, THE GUIDE IS ONLINE AT [WWW.TULSAKIDS.COM](http://WWW.TULSAKIDS.COM) ALL YEAR, SO IT WILL BE THERE WHEN YOU NEED IT MOST!

## COUNSELING & RECOVERY SERVICES OF OKLAHOMA

7010 S. Yale  
#215  
Tulsa, OK 74136  
918.492.2554  
[www.crsok.org](http://www.crsok.org)

Counseling & Recovery Services of Oklahoma provides mental health, physical health and wellness care coordination and services for children/youth/young adults ages 0-25 and their families. Caring professionals are a phone call away at 918.492.2554 to assess, diagnose, treat and provide support, regardless of a family's ability to pay. Outpatient Services include: individual and family counseling; behavioral rehabilitation; life skills coaching; link to community services; psychiatric evaluations; medication oversight by a physician, and Tulsa on-site pharmacy. Wraparound Tulsa provides support teams for children/youth and their families experiencing frequent crisis. Teams advocate for the child/youth and coordinate community services. A family support provider is available by phone any time of day or night.

Transition Services helps young people, ages 17-25, with behavioral health issues to set and achieve goals for independent living.

CALM Center provides immediate crisis support and comprehensive treatment during a short stay for youth ages 10-17 at risk of hurting themselves or others. The CALM Center is available any time at 918.394.2256, 6126 E. 32nd Place, Tulsa, OK 74135. Visit [crsok.org](http://crsok.org) to learn more.

## EMERSON ORTHODONTICS AND ESTHETIQUE BY EMERSON

**Emerson Orthodontics**  
421 W. Stone Dr.  
Broken Arrow, OK 74012  
918.459.0092

**Esthetique by Emerson**  
1560 E. 21st St., Suite 100  
Tulsa, OK 74114  
918.551.7755

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

You deserve to have a beautiful, stunning smile that will last a lifetime! Dr. Emerson and his staff combine years of quality orthodontic work with the latest in dental technologies in their Broken Arrow or Tulsa office. Our goal is to offer you the best customer service you have ever experienced while giving you the smile you have always wanted. We invite you to experience the difference we can make in your life. Emerson Orthodontics is the only Center of Excellence in Oklahoma. This recognition from 3M represents the hundreds of cases Dr. Emerson has treated with hidden lingual Incognito™ braces, hundreds of hours of training by the staff and the awards Dr. Emerson has received as a pioneer in cosmetic treatment. In addition to Incognito, we offer Clarity™ Advanced Ceramic braces to all of our patients with no upcharge. Emerson Orthodontics offers cutting-edge treatment technology that helps prevent the need for surgery in many cases, as well as latest diagnosis technology such as digital scanning. We are a Preferred Provider on almost every PPO plan and accept most insurance plans. We have flexible financing options, including no-interest payments and no-down-payment options! Contact us today to get the beautiful smile you deserve.

## LAUREATE INSTITUTE FOR BRAIN RESEARCH

6655 S. Yale Ave.  
Tulsa, OK 74136  
918.502.5100  
[www.laureateinstitute.org](http://www.laureateinstitute.org)

## RENUYOU NEUROFEEDBACK CENTER

7424 S. Yale  
Suite 100  
Tulsa, OK 74136  
918.747.7400  
[www.renuyoutulsa.com](http://www.renuyoutulsa.com)

RenuYou Neurofeedback Brain Fitness Center is the pioneer forerunner of neurofeedback therapy in Oklahoma and is considered one of the most highly regarded neurofeedback clinics in the world! Patients travel from as far away as Europe to seek results at this highly esteemed clinic. For almost a decade, they have achieved dramatic results, treating a multitude of symptoms. Neurofeedback, an advanced form of EEG biofeedback or brainwave training, can safely retrain the brain to produce healthier brainwave activity that becomes a permanent part of the brain's productivity. Safe and non-invasive, RenuYou Neurofeedback is one of the most advanced, drug-free therapies of this technological generation and is instrumental in improving or eliminating symptoms of many disorders such as ADD/ADHD, Autism, Anxiety/Depression, Concussion/Head Injury, Learning Disorders, Migraines, Sleep problems and to achieve Peak Performance for Academics, Professional Athletes, Dancers, Musicians, and CEO's of corporations. RenuYou is board certified and physician staffed with licensed professional counselors. SoonerCare approved! For more information, call 918.747.7400. Hours: Monday-Thursday 9 a.m. to 6 p.m.; Friday and Saturday; 9 a.m. to 2 p.m. Closed for lunch from 1-2 Monday through Thursday.

## SOCCER CITY TULSA

5817 South 118th East Ave.  
Tulsa, OK  
918.249.0044  
[www.soccercitytulsa.com](http://www.soccercitytulsa.com)

Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high energy and age-appropriate activities that serve as a great introduction to soccer, and help children master developmental milestones, appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules. Winter dates: NOW - March 17th.





**NATURE'S BUDDIES: COLORS OF WINTER TULSA ZOO, 6421 E 36TH ST. NORTH, TULSA**

2-year-old series: Thursday Series: 9 a.m. – 10 a.m. on February 8, 15, and 22  
 3-year-old series: Thursday Series: 11 a.m. – Noon on February 8, 15, and 22  
 Saturday Series: 10 a.m. – 11 a.m. on February 10, 17, and 24

Bundle up as the Tulsa Zoo heads outside into the cold, crisp air. Explore the subdued colors of the season and discover the life that is quietly thriving just under the surface. Nature walks, scavenger hunts and fun all await you on this winter adventure. You will even meet a zoo animal at each class! Cost for the series is \$40, with zoo members receiving 10% off. For more information and registration at: [tulsazoo.org/classes](http://tulsazoo.org/classes)

**February 1 Thursday**

**FAMILY GROUP [FREE]**

This free event is open to all families in the community who have experienced the death of a loved one. Families come together to address their grief and heal their hearts. Some activities include games, group discussions, memorial activities/arts, and don't forget our build-your-own sundae bar! Family Group meets on the first Thursday of the month at The Tristesse Grief Center, 2502 E. 71st St., 6-7:30 p.m. [www.thegriefcenter.org](http://www.thegriefcenter.org)

**February 2 Friday**

**FIRST FRIDAY ART CRAWL [FREE]**

This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show and sell art. Shops are open late and there are lots of dining and entertainment opportunities as well. The Art Crawl is held on the first Friday of the month and open from 6–9 pm with restau-

rants, clubs and other venues open later. Tulsa Arts District, 6-9 p.m. [www.thetulsaartsdistrict.org](http://www.thetulsaartsdistrict.org)

**DOG DAYS OF WINTER AT TULSA BOTANIC GARDEN**

Each Friday and Saturday in February, four-legged family members can join you for a walk at Tulsa Botanic Garden. Dogs must be on a non-retractable leash and up-to-date on all vaccinations and registrations. Please be prepared to clean up after your pet. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

**February 3 Saturday**

**TULSA OILERS ARENA CHALLENGE**

This unique event will combine running/walking and stair climbing inside the BOK Center. The start and finish will be located inside the Grand Lobby of the BOK Center, and the race course will include trips around all three levels of the arena as well as many trips up and

down staircases and the lower bowl stairs inside the arena. The total anticipated distance of the course is expected to be approximately 2 miles. BOK Center, 200 S. Denver Ave., 9 a.m.-12 p.m. [www.fleetfeet-tulsa.com](http://www.fleetfeet-tulsa.com)

**SATURDAYS FOR KIDS: STORY-BOOK READ-IN AND GALLERY HUNT [FREE]**

Explore the Museum's galleries and hear fantastic tales from exciting children's books throughout. This Gallery Hunt & Find leads you across the Museum and helps you find the secret location for story-book readings at 10:30, 11:00, and 11:30 a.m. Free for children and accompanying adults. The National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-12 p.m. [www.nationalcowboymuseum.org](http://www.nationalcowboymuseum.org)

**February 4 Sunday**

**RHEA LANA'S OF BROKEN ARROW: SPRING AND SUMMER EVENT [FREE]**

Rhea Lana's is one of the area's most popular consignment events for families. This sale will take place February 4-8, with additional pre-sales on Saturday, February 3. Rhema Ninowski Recreation Center, 1421 W. Kenosha St., Broken Arrow [brokenarrow.rhealana.com](http://brokenarrow.rhealana.com)

**February 5 Monday**

**CAREGIVER-CHILD YOGA**

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is free with the price of admission and is best for ages 1-6 years! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

**February 6 Tuesday**

**MINI MASTERS: FIVE SENSES IN ART**

Continue the exploration into the five senses as children investigate

**CALLING ALL LOVERS OF LITERATURE! HOLLAND HALL'S ANNUAL BOOK FAIR RETURNS ON SATURDAY, FEBRUARY, 24, 8 A.M.-5 P.M.! DON'T MISS YOUR CHANCE TO SHOP FOR GENTLY USED BOOKS, TOYS, GAMES AND MORE AT OKLAHOMA'S LARGEST USED BOOK SALE.**

the galleries and gardens of Gilcrease Museum using sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations. For ages 3-6, who must be accompanied by an adult. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-1 p.m. [www.gilcrease.org](http://www.gilcrease.org)

**PASSPORT TO THE UNIVERSE**  
"We are star stuff!" Join narrator Tom Hanks on a trip through the universe like never before. Learn our true cosmic address, discover just how small we really are and learn that we truly have come from the stars. The target audience age for Passport to the Universe is 10 years to adult. Jenks Planetarium, 105 E. B St., Jenks, 7-8 p.m. [www.jenkscommunityed.com](http://www.jenkscommunityed.com)

## February 7 Wednesday

**TODDLER TIME AT CHANDLER PARK**  
Join other parents of toddlers at Chandler Park every other Wednesday for a variety of activities including crafts, music and story time, sensory activities, gym games, nature walks and a field trip. \$2/class. Chandler Park, 6500 W. 21st St., 10-11 a.m. [parks.tulsacounty.org](http://parks.tulsacounty.org)

**BUILD A READER STORYTIME: SENSORY [FREE]**  
Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. If your child has difficulty sitting through storytime, this inclusive program of stories, songs and activities may be just what you are looking for! For preschoolers and elementary students. Central Library, 400 Civic Center, 6:30-7 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## February 8 Thursday

**MUSEUM BABIES**  
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages birth to not-yet three years old, accompanied by their caregiver. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. [www.gilcrease.org](http://www.gilcrease.org)

**BOARD GAME AND TRIVIA NIGHT [FREE]**  
Head to the the Bixby Library for an evening full of board games and trivia fun. For first- through fifth-graders and their families. Bixby Library, 20 E. Breckenridge Ave., 6-7 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**KIDS CONNECTIONS [FREE]**  
This social group is designed for children (grades K-5) on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30-5:30 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. [www.ddadvocacy.net](http://www.ddadvocacy.net)

## February 9 Friday

**BOUNCE'N BEETHOVENS PRESENTED BY MIDTOWN SCHOOL OF PERFORMING ARTS [FREE]**  
Children explore music through movement and instruments as they play with egg shakers, bells, rhythm sticks, drums and maracas in this fun, interactive program for parents and kids. For ages birth-5. Class size is limited and registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or by calling 918-549-7323. Please register for only one class per month. Sponsored by the Tulsa Library Trust. Owasso Library, 103 W.



Broadway St., 10-10:45 a.m. and 11-11:45 a.m. Additional date Thursday, Feb. 22, 6:30-7:15 p.m.

## February 10 Saturday

**SECOND SATURDAY AT PHILBROOK [FREE]**  
Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a variety of events and hands-on activities. Philbrook Museum of Art, 2727 S. Rockford Rd., 9 a.m.-5 p.m. [www.philbrook.org](http://www.philbrook.org)

**TULSA WOMEN'S LIVING EXPO**  
Tulsa Women's Living Expo is a weekend of fun and entertainment, community and connection, featuring 250+ diverse exhibits, fashion shows, makeovers, health screenings, popular chefs, book signings, enter to win contests and lots of free goodies. River Spirit Expo at Expo Square, 4145 E. 21st St., 10 a.m.-6 p.m; also, 11 a.m.-5 p.m. on Sunday, February 11. [www.womenslivingexpo.com/tulsa2018](http://www.womenslivingexpo.com/tulsa2018)

**2ND SATURDAY SILENTS PRESENTS "GRANDMA'S BOY" (1922)**  
Harold Lloyd stars in one of his most popular and enduring comedy classics. When he is chosen as a member of a posse to capture a notorious criminal, Harold confides in his grandmother that he is really a coward. Circle Cinema, 10 S. Lewis Ave., 11 a.m. [www.circlecinema.com](http://www.circlecinema.com)

**AFRICAN-AMERICAN HISTORY MONTH MOVIES [FREE]**  
Enjoy an afternoon of selected movies about African-American events and people who have had a great impact on the world today. For all ages. Suburban Acres Library, 4606 N. Garrison, 12-

5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## LAFORTUNE DADDY DAUGHTER TEA TIME

Come and spend the afternoon drinking tea or lemonade, and eat light hors d'oeuvres with your little princess(es). Enjoy making memories and a craft during this special time. All ages; \$10/couple. Additional guests are \$2.50 each. LaFortune Community Center, 5202 S. Hudson Ave., 1:30-3 p.m. [www.parks.tulsacounty.org](http://www.parks.tulsacounty.org)

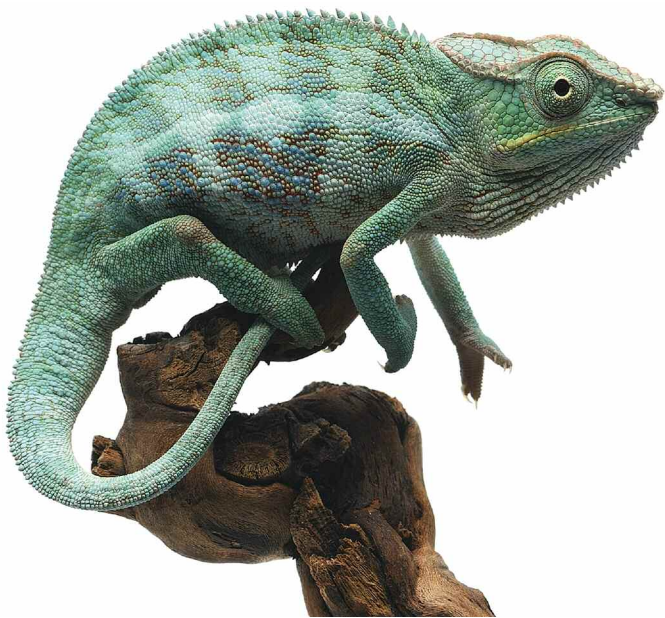
**SNOOZ-A-PA-ZOO-ZA FAMILY OVERNIGHT: ANIMALYMPICS**  
Come see who takes the gold in Animalympics, the Tulsa Zoo's overnight version of the Olympics. During nocturnal games families will put their skills to the test and compare the athletic feats of wild animals to those of humans. Participants will even enjoy an award winning zookeeper animal chat the next morning. Look forward to exploring zoo trails, visiting zoo animals, playing special games, roasting marshmallows over a fire, and much more! This overnight is open to multiple families with children 6 – 17 years old. Cost is \$45, with zoo members receiving 10% off, and includes evening snacks, a continental breakfast and admission to the zoo after the program ends on Sunday. More information and registration at: [tulsazoo.org/overnights](http://tulsazoo.org/overnights). Tulsa Zoo, 6421 E. 36th St. N., 6:30 p.m.-10 a.m. on Sunday, February 11.

## February 11 Sunday

**OK REPTILE EXPO AND SALE**  
Buy animals, supplies and feeders straight from breeders. There will be various reptiles including snakes, lizards, turtles, frogs, chameleons, geckos, dragons and more, as well as small exotic mammals, such as sugar gliders and hedgehogs. DoubleTree by Hilton Hotel Tulsa-Warren Place, 6110 S. Yale Ave., 10 a.m.-4 p.m. [www.coldbloodedexpos.com](http://www.coldbloodedexpos.com)

**HARLEM GLOBETROTTERS "AMAZING FEATS OF WORLD BASKETBALL TOUR"**





**NEED A LIZARD IN YOUR LIFE? FIND THE PERFECT REPTILIAN PET AND EVERYTHING YOU NEED TO CARE FOR IT AT THE OK REPTILE EXPO AND SALE ON SUNDAY, FEB. 11, 10 A.M.-4 P.M. AT THE DOUBLE TREE-WARREN PLACE, 6110 S. YALE AVE.**

The Harlem Globetrotters will take their show to a new level this year by celebrating the special blend of basketball and entertainment which has made the team iconic. Their performance will showcase the high-flying, fun, and memory-making moments that the Globetrotters are known for. The dribbling, the dunking, and the shooting – don't forget, they led all of basketball in 4-point shots made in 2017 – will all be on full display during the 2018 tour. BOK Center, 200 S. Denver Ave., 2 p.m. [www.harlemglobetrotters.com](http://www.harlemglobetrotters.com)

## February 12 Monday

**STORTIME AT KIDDLESTIX [FREE]**  
Head to Kiddlestix Toys for their weekly storytime! Make sure you have time to shop afterward! Kiddlestix Toys, 3815 S. Harvard Ave., 10 a.m. [www.kiddlestixtoys.com](http://www.kiddlestixtoys.com)

## February 13 Tuesday

**IDEA BOX: ARTIST TALK/RECEPTION WITH EMILY CHASE [FREE]**  
Enjoy an artist talk and reception with Tulsa Artist Fellow Emily Chase. Learn about her process, influences and work. Enjoy some light snacks and get to know the artist on a new level. Chase's intricately cut, illuminated paper scenes explore the things we carry with us, the stories we tell about who we are and where we come from, and the ones we make up because we don't know where this is. For adults. Central Library, 400 Civic Center, 6-7 p.m.

[www.tulsalibrary.org](http://www.tulsalibrary.org)

## February 14 Wednesday

**HAPPY VALENTINE'S DAY!**

**TULSA HEALTHCARE COVERAGE PROJECT (THCP): SOONERCARE ASSISTANCE**

Health care is confusing. THCP is here to help with your Soonercare questions. Please bring income verification and identification for all household members. Bilingual (English/Spanish) staff on-site. For adults. Martin Regional Library, 2601 S. Garnett Rd., 9 a.m.-12 p.m. Additional date Wednesday, Feb. 28. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## February 15 Thursday

**HANDS-ON STORYTIME: A CHINESE NEW YEAR CELEBRATION [FREE]**

Get ready to celebrate the Chinese New Year and learn about Asian cultures through stories, crafts and activities during this special hands-on program for ages 3-8. Central Library, 400 Civic Center, 10:30-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**CHILDREN'S STORYTIME AT TULSA TOY DEPOT [FREE]**

Enjoy this popular children's storytime led by Miss Carol Meyer. Carol leads the kids in music and story telling each week for 30 minutes of great active fun for the little ones. Tulsa Toy Depot, 10114 S. Sheridan Rd., 11 a.m. [www.tulsatoydepot.com](http://www.tulsatoydepot.com)

## February 16 Friday

**TULSA OILERS VS. FLORIDA EVERBLADES**

Watch the Tulsa Oilers play hockey against the Florida Everblades at the BOK Center, 200 S. Denver Ave., 7:05 p.m. [www.tulsaoilers.com](http://www.tulsaoilers.com)

## February 17 Saturday

**READ OR DIE ANIME CLUB [FREE]**

Hang out at the Broken Arrow Library and watch anime, talk manga (and other stuff) and eat snacks. Come in cosplay or as you are! For ages 12-18. Broken Arrow Library, 300 W. Broadway, 12-2 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**BRAIN STORMS [FREE]**

Watch as short plays by young writers ages 10-18 are brought to life by Professor Michael Wright of the University of Tulsa and his students. Brain Storms features the winning short plays from Tulsa City-County Library's 2017 Young People's Creative Writing Contest. All ages are welcome to attend. Hardesty Library, 8316 E. 93rd St., 7-8:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## February 18 Sunday

**FUNDAY SUNDAY [FREE]**

Children and adults alike can enjoy an afternoon of exhibition-inspired activities, artist-led studio projects, museum exhibitions and interactive spaces. Special activities from Noon to 4:00 pm, with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. [www.gilcrease.org](http://www.gilcrease.org)

## February 19 Monday

**SENSORY ACTIVITY FOR YOUNG SCIENTISTS**

Let your little scientists explore their senses! Facilitated by a museum educator, this program allows your children to dig in and get their

hands dirty with science. This event is free with the price of admission and best for ages 2-6 years! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30-11 a.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

**AUDITIONS FOR "SLEEPING BEAUTY" [FREE]**

Audition for Spotlight Children's Theatre's production of "Sleeping Beauty"! Performances will be March 30-31, and April 1, 6, 7, and 8. Spotlight Theatre, 1381 Riverside Dr., 7 p.m.; additional audition date Tuesday, Feb. 20 at 7 p.m. [www.spotlighttheatre.org](http://www.spotlighttheatre.org)

## February 20 Tuesday

**THE WINTER SKY**

The winter constellations are some of the most popular in the sky; Orion, Gemini, Taurus just to name a few. The Winter Sky will introduce you to those constellations, and many more, found in the winter sky. Weather permitting, attendees will relocate to the roof-top observation deck. Please dress for the weather. The target audience age for The Winter Sky is for ages 8 and up. Jenks Planetarium, 105 E. B St., Jenks, 8-9 p.m. [www.jenkscommunity.com](http://www.jenkscommunity.com)

## February 21 Wednesday

**BRANDON HOBSON BOOK LAUNCH [FREE]**

Celebrate the release of Brandon Hobson's new novel, "Where the Dead Sit Talking," a spare, lyrical Native American coming of age story set in rural Oklahoma in the late 1980s. Magic City Books, 221 E. Archer St., 7-8 p.m. [www.magiccitybooks.com](http://www.magiccitybooks.com)

## February 22 Thursday

**A NIGHT WITH THE STARS [FREE]**

Create star wheels, paint glow-in-the-dark constellations on rocks, drink hot chocolate and receive an

astronomy lesson from the Broken Arrow Sidewalk Astronomers on this night of the first quarter moon! For all ages. Hardesty Library, 8316 E. 93rd St., 6:30-7:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## February 23 Friday

### STORYTIME AT THE GARDEN

Join Garden staff for a botanically-themed story followed by a hands-on activity. Free with regular admission. All ages welcome. Craft best suits ages 3 – 12 years. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m.-11:30 a.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

## February 24 Saturday

### HOLLAND HALL BOOK FAIR [FREE FOR 18 AND UNDER]

For the past 58 years, Holland Hall has hosted the state's largest used book sale. This traditional annual community event is open to the public, providing access to discount-priced, gently used books, toys, board games, puzzles, original computer games/programs, original-issue music media along with stuffed animals and educational toys. Holland Hall Primary School, 5666 E. 81st St., 8 a.m.-5 p.m. [www.hollandhall.org](http://www.hollandhall.org)

## February 25 Sunday

### NATUREWORKS ART SHOW

The country's largest wildlife art show features nearly 50 top artists from the U.S. and abroad with wildlife, western and landscape art and sculptures. Renaissance Hotel & Convention Center, 6808 S. 107th E. Ave., 10 a.m.-5 p.m.; additional date Saturday, Feb. 24, 8 a.m.-5 p.m. [www.facebook.com/NatureWorksArtShow](http://www.facebook.com/NatureWorksArtShow)

### JUST BETWEEN FRIENDS TULSA

Save money and make money on children's clothing and gear at Tulsa's largest and most popular children's consignment sales event! Expo Square Exchange Center Building, 4145 E. 21st St., February 25-March 3, with additional pre-sale day Saturday, Feb. 24. [www.tulsa.jbfsale.com](http://www.tulsa.jbfsale.com)

## February 26 Monday

### IN THE MIDDLE [FREE]

Join others to discuss a book and enjoy lively conversation. The featured book is available for checkout at the library. Light refreshments are provided. For ages 10-12. Broken Arrow Library/South, 3600 S. Chestnut Ave., 6:30-7:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### STEAM WORKSHOP [FREE]

Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Central Library, 400 Civic Center, 2-3 p.m. Additional date February 12, 2-3 p.m. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events).

## February 27 Tuesday

**THE TULSA CITY-COUNTY LIBRARIES HAVE MANY BUILD A READER AND OTHER STORYTIMES THROUGHOUT THE WEEK. FIND THIS MONTH'S STORYTIMES AT [WWW.TULSAKIDS.COM/STORYTIMES](http://WWW.TULSAKIDS.COM/STORYTIMES)**

## February 28 Wednesday

### TRAVELS WITH TULSANS: TALLGRASS PRAIRIE PRESERVE [FREE]

Join the Friends of the Tulsa City-County Libraries for this travelogue series. This week features a presentation by wildlife photographer and Tallgrass Prairie Preserve docent Cinda Benton, who will share her incredible images and knowledge of the preserve's natural wonders. For adults. Central Library, 400 Civic Center, 12:10-12:50 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### TEEN CONNECTIONS [FREE]

Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Connections meets on the fourth Wednesday of each

month from 4:30-6 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. [www.ddadvocacy.net](http://www.ddadvocacy.net)



### CAR SEAT SAFETY CHECKS

Make sure your child's car seat is installed correctly at these FREE safety checks, sponsored by Safe Kids Tulsa! Learn more at [www.safekidstulsa.com](http://www.safekidstulsa.com)

February 1, 1-3 p.m.: Broken Arrow Fire Department Station 6, 3151 N. 9th St.

February 6, 10 a.m.-12 p.m.: Owasso Fire Department Station 2, 201 S. Cedar St.

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

February 17, 10 a.m.-12 p.m.: Keystone Chevrolet, 8700 Charles Page Blvd., Sand Springs

February 22, 2-4 p.m.: Bixby Fire Station 2, 8300 E. 121st St. S.

February 27, 10 a.m.-12 p.m.: Stillwater Fire Department, 1506 S. Main, Stillwater

### SATURDAY, FEB. 3, IS TAKE YOUR CHILD TO THE LIBRARY DAY! CELEBRATE WITH THESE TULSA CITY-COUNTY LIBRARY LOCATIONS.

#### Broken Arrow Library/South, 3600 S. Chestnut, 10 a.m.-5 p.m.:

Bring your child to spin the prize wheel on National Take Your Child to the Library Day. Sponsored by Tulsa Library Trust.

#### Glenpool Library, 730 E. 141st St., 10 a.m.-5 p.m.:

Join the Glenpool Library for a day celebrating children and books. Every child who visits our library today will receive a small gift as we share our love for books and reading.

#### Bixby Library, 20 E. Breckenridge, 10:30-11 a.m.:

Celebrate National Take Your Child to the Library Day with a special storytime with Karen Larsen, news anchor with KJRH 2 Works for You. For first- through fifth-graders.

#### Charles Page Library, 551 E. 4th St., Sand Springs, 11 a.m.-1 p.m.:

Celebrate National Take Your Child to the Library Day with a variety of activities, including crafts, LEGOs and refreshments. For children of all ages.

#### Pratt Library, 3219 S. 113th W. Ave., Sand Springs, 2-4 p.m.:

Celebrate Take Your Child to the Library Day with the Pratt Library! Pack up your children, grandchildren, nieces, nephews, or even the neighborhood kids, and check out all the fun things to do at your library! There will be library tours, live music by Joesf Glaude, crafts, readings by special friends, photo fun with Buddy the Bookworm and free refreshments. For all ages.

#### Maxwell Park Library, 1313 N. Canton, 2:30-4:30 p.m.:

This is a come-and-go open house for all ages. There will be coloring and other activities for kids, a fun bookface contest for youth to enter to win a gift card, and backroom tours for those interested in seeing where "the magic happens" at Maxwell Park! Also, ask our associates for a Pop-Up Storytime!

#### Schusterman-Benson Library, 3333 E. 32nd Pl., 2-3 p.m.:

Celebrate National Take Your Child to the Library Day with us as the Tulsa Zoo presents "Amazing Adaptations" with zookeepers and animals here in our library. Seating is first-come-first-serve. For all ages.

#### Suburban Acres Library, 4606 N. Garrison, 11 a.m.-1 p.m.:

Bring your child to the library. Ms. Beverly will read a story or two, and we will have cookies and juice. Plus, learn about the importance of the library in your community and the life of a child. Please register at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or 918-549-7323 to let us know you are coming. For ages 5-12.



## WHAT'S GOING ON(LINE)?



### Reader Responses:

Thanks to all our readers who responded to last month's articles via tulsakids.com and social media! Here are a couple comments inspired by our January 2018 articles:

#### On "Homeschooling":

"Thanks for doing this article! I just started homeschooling my 7 and 8 y/o kids a month ago. I always wanted to, but wasn't sure where or when to start. This year my son was diagnosed with ADHD and he really benefits from the one on attention he gets schooling at home. My daughter is a self motivated go-getter who's wanted to homeschool for a couple of years now so she can work ahead; so she's thrilled we're finally doing it lol. We're going to be schooling year-round with just short breaks so she can. Neither child has wanted to break for Christmas or New Years. We took off for Christmas Day, but otherwise worked right through.

We're using My Father's World as a core curriculum. It's a Charlotte Mason approach to learning with lots of hands on activities that keep the kids excited and loving the experience of learning. I asked them a few days ago if they felt like they learned more at public or homeschool and they both said they're learning more at home and don't want to go back.

Probs our fam had with public school was getting on the bus at 7am, a long day sitting still (for my 7 y/o adhd-er), not getting home til 4pm, then HOMEWORK, and chores (we have a small hobby farm and like them to participate). Then they have extracurriculars. These kids were exhausted. Oh, and my daughter was the ONLY girl in third grade at public school! Not a terrible thing, but just kind of weird lol.

They're still doing JBO, Girl's Club, and Royal Rangers. I found a Homeschool Recess in our area, too, which meets every couple of weeks and we've been doing activities at the library for enrichment and to make new friends.

I love how much closer the kids are to each other and I feel more bonded as a family.

P.S. I've found the Facebook groups for My Father's World to be an awesome source of wisdom, advice, & encouragement!"—Susan Perry, via Facebook

#### On "Avoiding Gender Stereotypes":

"I'm really glad to see this article in TulsaKids. It's very important to me that my daughter knows that we aren't limited by what we were born with. She's chosen to be more girly than I would have chosen for her, and I work to balance that out with lots of encouragement of moving her body and making sure she knows that girls can be strong and smart too. Currently, she loves to wear dresses but also announced last night that she wants to be an astronaut. I couldn't be more proud."—Eden Hemming, via www.tulsakids.com

### Contests and Giveaways:

#### Daniel Tiger's Neighborhood Live: King for a Day Ticket Giveaways!

Daniel Tiger's Neighborhood Live: King for a Day is coming to the Tulsa PAC on February 21! Enter to win a family 4-pack to the 2 p.m. show from February 5-11, and a family 4-pack to the 6 p.m. show from February 12-18. Go to [www.tulsakids.com/contests](http://www.tulsakids.com/contests) to enter.

#### Valentine's Day Gift Basket Giveaway!

Enter to win a Valentine's Day Gift Basket, including a \$100 gift certificate to The Melting Pot, Voluspa candle and \$40 gift card from The Hayley Boutique, a gift card to Taziki's, 2 Guest Passes to Tulsa Botanic Garden, a family 5-Pack to opening night (March 6) of "Finding Neverland" at the Tulsa PAC, two sets of ½-hour bay rental and gift cards to Flying Tee, and a Rustic Cuff!

Go to [www.tulsakids.com/contests](http://www.tulsakids.com/contests) for more information.

Thank you to Just Tulsa (@just-tulsa on Instagram) for helping us secure some of these giveaway items!



### Guest Blogger Dr. Corey Babb

Throughout February, Dr. Corey Babb, D.O., FACOOG, IF, NCMP, a finalist in the TulsaKids' 2017 Family Favorites category "Favorite OB/GYN," will be doing a series of Guest Blog posts on women's health and related topics. Specific topics may include Basic Women's Health, Postpartum Issues, Sexual Problems and How to Solve Them and more.

Dr. Babb is board-certified in Obstetrics and Gynecology, and is a fellow of the American College of Osteopathic Obstetricians and Gynecologists, the International Society for the Study of Women's Sexual Health, and is a North American Menopause Society Certified Menopause Practitioner. His practice is devoted to the evaluation and treatment of female sexual dysfunction, and he is the only physician in the state of Oklahoma that specializes in women's sexual health. He is currently an assistant professor of Obstetrics and Gynecology at the Oklahoma State University Center for Health Sciences, and is the director for the Oklahoma State University Center for Women's Sexual Health.



# Hip Valentine's Day Date Nights Sans Kids

BY JILL VANTREASE

**A**h, Valentine's Day. When I was a young-(ish) bride, I found myself vaguely disappointed if I wasn't whisked off to some exotic tropical all-inclusive resort, or plied with jewels, or at least brought to a decadent expensive dinner - a dinner where I hadn't made the reservation to boot! Never mind budgetary constrictions, or work, or life. Well, of course parenthood interceded with these fatuous desires: There were Valentine's Days missed entirely to kiddie puke or pregnancy blechs; there were Valentine's Days where we brought the breastfeeding infant to a less-than-sexy place (The Outback - but, hey, we could sit and sip wine!) and left the older kids with a sitter; there were years where all we could muster would be a tired, congenial smooch before slouching off to bed at 9 p.m. Of course, now that I'm old and wise(r), romance is PVT killing himself at work to support his many children; romance is PVT texting to say he's going to be late; romance is PVT looking eight months ahead to plan a trip when I can't even picture next Sunday.

So - if you're with a good one - Valentine's Day isn't too big a deal, ladies! Hopefully, your partner or husband remembers. Hopefully, he gets you a little trinket. But, hopefully - most of all - he is good to you every day of the year! And if you're able to cele-



A BEAUTIFUL PLATE AND MARGARITA AT CAFE OLÉ.

brate this year? Well, it's a great time to get out on the town a little bit. Now, I suggest NOT going out on Valentine's Day itself -- too crowded, overworked staff, not as pleasant as any of the many days around it! But there are few new hip places in little old Tulsa, so, if you're feeling adventurous, check them out!

I convince PVT (who is not a daring foodie type) to try Oren, a brand spanking-new, devastatingly chic restaurant in the Center 1 building off 35th and Peoria. Oren is "Locally Sourced, Regionally Seasonal, Globally Influenced." The chef here - Matt Amberg - slogged through many years making culinary magic in NYC. He met his wife there who shared his dream of owning his

own restaurant - and living somewhere affordable! Matt returned to Tulsa and spent many years at the Stonehorse Cafe until he opened Oren. Oren is a light, white, minimalist space with an attractive bar area -- I spend a lot of time watching the drama of beautiful people mingle at the bar. The menu features a lot of unusual tastes: We start with Arancini (little delicious risotto balls), and Sweet Potato Croquettes. Odd, but good! Our next course comes from the "Composed Vegetables." PVT plays it safe with Brussel sprouts, but I try Jerusalem Artichokes - weird but delightful little artichokes with greek yogurt, pickled honshimeji (those are mushrooms for



ENJOYING GRAPEFRUIT SNOW AT OREN.



# RIVERFIELD

## GROWING. TOGETHER.



ENJOY DINING AT RUTH'S CHRIS.

you Cro-Magnons who don't know whacky mushroom varieties), and the clincher - "Grapefruit Snow." There are little white shavings everywhere that do seem citrus-y. The effect is delicious, but I can't wrap my head around all the labor involved in carefully shaving grapefruit pulp into pretty snow-like tufts! I briefly wonder if we'll need to make a Run for the Border on the way home, but our next courses are wonderful: I try the Ricotta Gnudi - little ricotta dumplings - and PVT surprises me by choosing the Pink Grouper with Whole Grain Mustard Sauce over the New York Strip. The flavors are all so unique, the food and portions light. We don't have that usual heavy food coma feeling after a more typical restaurant meal. If you're up for something unique and memorable, try Oren!

Incidentally, Oren is right next door to Bin 35 Bistro, a French/American bistro that is supposed to be très bien, and Cafe Olé, a Mexican cafe that is very close to my heart: Cafe Olé has a cozy patio during both winter and summer, and the salsa, margaritas and guacamole are some of the best I've consumed (and I'm an expert!). You cannot go wrong eating anywhere in this hip little enclave on Brookside.

And then! Do you know about the magicalness of Ruth's Chris Steakhouse at River Spirit

Casino? I'll admit, I am not a slot machine or gambling lover (OK, OK, besides the gamble that involves begetting children), but, wow!, PVT and I went to see Steve Martin (known only to old people but super fantastic) at the casino and squeezed in dinner first. I stepped into this darn eyesore of a casino that I drive by and disparage every day, and we had a fabulous, fancy time. Ruth's Chris looks out a bit on the river, and the lighting and ambiance are perfect. With a glass of wine coursing through my blood, I could have convinced myself I was frolicking in a high-end Palm Beach hotel. The bar was a great scene -- fancy-looking Tulsans abounded. My friend Trisha was even brave enough to bring her kids for her husband's 40th birthday dinner -- and with the perfect steaks, everyone leaves happy.

Tulsans, I am just scratching the surface of date-night nervana: I have heard fabulous things about Amelia's, Hodge's Bend, Palace Cafe, Doc's on Brookside, Tucci's, and Ol'Vine Fresh Grill. I can vouch for a sparkling evening at Bull in the Alley and D'Alessandro. Get out there, moms! It's a great time to go on a date in Tulsa!



"It is clear that Riverfield truly values family involvement. I feel that the door is always open for us to participate in any way we can. My daughter's teachers honor and respect what each child brings to the table, and they are dedicated to providing meaningful experiences for all families."

—Hannah Jiménez  
Pre-School Parent

[riverfield.org](http://riverfield.org)



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# say “I Love You” with a Valentine’s Day breakfast

For most of us, Valentine’s Day looks a lot different before parenthood.

Once kids enter the picture, Valentine’s Day can become more about finagling a babysitter or getting the kids to bed on time than heart-shaped boxes of chocolates, roses and reservations.

Whether you’ve managed to snag a babysitter or not, Valentine’s Day can still be a lot of fun. Celebrate early – really early – with a family Valentine’s breakfast.

A Valentine’s breakfast is something I’ve done with my kids ever since they were in high chairs. There have been years when I woke up a little early to cook something special. Other years, I’ve waited until the weekend before or after Valentine’s Day to make heart-shaped pancakes.

Starting a kid’s day with a love note and a delicious breakfast is a fun and memorable way to say “I love you.” And if you don’t have time for that, there’s always a run to the doughnut shop.

Here are some recipes that will put a smile on kids’ faces and send them out the door knowing they are loved.



*Kids will love eating these on Valentine’s Day morning. For extra fun, serve with toppings of diced strawberries, whipped cream or shaved chocolate. Add more food coloring for a more intense red pancake.*

### Red Velvet Pancakes

- 2 cups pancake mix
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons granulated sugar

- 1 cup buttermilk
- 2 eggs, lightly beaten
- 1 tablespoon vanilla extract
- 1 1/2 teaspoons red food coloring

### Cream Cheese Topping:

- 4 ounces (1/2 package) cream cheese, softened
  - 1/2 cup powdered sugar
  - 1 tablespoon milk
  - 1 teaspoon vanilla extract
- Mix pancake mix, cocoa powder and granulated sugar in

large bowl until well blended. Stir in buttermilk, eggs, vanilla and food color just until blended.

Pour 1/4 cup of batter per pancake onto preheated lightly greased griddle or skillet. Cook 1 to 2 minutes per side or until golden brown, turning when pancakes begin to bubble.

For the Cream Cheese Topping, mix cream cheese and powdered sugar in small bowl until well blended. Stir in milk, a little at a time, until smooth. Stir in vanilla. Drizzle or spoon over pancakes. Serve with maple syrup or strawberry syrup.

*This recipe, adapted from Success Together, is both dairy-free and gluten-free. If gluten isn’t an issue, you can use a thick-cut sandwich bread or soft French bread.*

### Strawberry Banana French Toast Casserole

Makes 2 to 3 servings

- 4 slices gluten-free bread, cut into cubes
- 1 mashed banana
- 6 diced strawberries
- 1/2 cup almond milk
- 3 eggs
- 1/4 teaspoon cinnamon
- 1 1/2 teaspoons vanilla extract

Maple syrup for serving

Preheat oven to 375 degrees. Lightly butter or spray with non-

*continued next page*



stick cooking spray a small baking dish or individual ramekins. Place cubed bread in baking dish or dishes. Mix mashed banana, strawberries, milk, eggs, cinnamon and vanilla together in a medium bowl. Pour milk mixture over bread cubes and toss gently until bread is evenly coated.

Bake for 20 to 25 minutes or until cooked through.

Serve with maple syrup.

*Saturated fat is eliminated in these muffins, from Sally's Baking Addiction. If you want an even tastier muffin, use a stick of butter instead of the applesauce. Kids will love these for breakfast or packed into their lunchboxes.*

### **Skinny Strawberry Chocolate Chip Muffins**

Makes 10 muffins

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 cup granulated sugar
- 1/4 cup light brown sugar, packed
- 1/2 cup plus 2 tablespoons unsweetened applesauce
- 1 egg white, beaten
- 2/3 cup diced strawberries
- 1/3 cup mini chocolate chips

Preheat oven to 350 degrees. Spray a muffin pan with nonstick cooking spray. Set aside.

Whisk the flour, baking soda and cinnamon together in a large bowl. Set aside. In a separate bowl, whisk the brown sugar, granulated sugar and applesauce together until no brown sugar lumps remain. Whisk in the beaten egg white until fully incorporated. Pour the wet ingredients into the dry ingredients and stir with a rubber spatula or large wooden spoon until just combined - do not overmix. Fold in the strawberries and chocolate chips.

Divide the batter evenly between 10 muffin cups. Bake for 15 to 20 minutes. Muffins will be lightly golden in color and a toothpick inserted in the middle should come out clean. Remove from the oven and place pan on a wire rack.

*A package of crescent rolls is the short-cut to these sweet treats.*

### **Strawberry Almond Knots**

- 3 ounces cream cheese, softened
- 1/4 cup frozen strawberries in syrup, thawed
- 1 teaspoon almond extract
- 2 (8-count) packages crescent dinner rolls
- 1/2 cup powdered sugar
- 2 tablespoons slivered almonds

Combine the cream cheese, half the strawberries and almond extract in a small bowl and mix well. Fold the slivered almonds gently into the cream cheese mixture.

Separate the crescent dough into eight rectangles. Press perforations firmly to seal. Spread about 2 teaspoons of the cream cheese mixture evenly over each rectangle. Roll from the short side, jelly-roll style. Stretch each dough roll slightly, and tie into a loose knot.

Arrange on a cookie sheet. Bake at 375 degrees for 15 to 20 minutes or until golden. Remove to a serving plate.

Combine the powdered sugar and the remaining strawberries. Drizzle over the knots. Sprinkle with slivered almonds.

*These smoothies are delicious. You can easily turn it dairy-free using soy milk and soy yogurt.*

### **Strawberry Smoothie**

Makes 2 large smoothies

- 1 cup vanilla soy milk (whole milk works well too)
- 1/2 cup strawberry yogurt or soy yogurt
- 1 small ripe banana
- 1 1/4 cups mixed frozen berries
- 1/2 cup ice cubes
- 2 tablespoons agave or maple syrup
- 4 large fresh strawberries

Place milk, yogurt, banana, frozen fruit, ice and sweetener to your blender. Blend until smooth. Thickness tastes vary. Add more milk if the blend is too stiff. Add more ice/fruit if it is too thin.

Lastly, pulse in the fresh strawberries, leaving some texture to the smoothie.

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*The Mindful Brain*  
Kyle Simmons, PhD

March 22, 2018  
*Training a Resilient Brain: TU Tough*  
Robin Aupperle, PhD

April 26, 2018  
*ABCD Update*  
Martin Paulus, MD

May 24, 2018  
*Being in Charge - Regulate Your Brain*  
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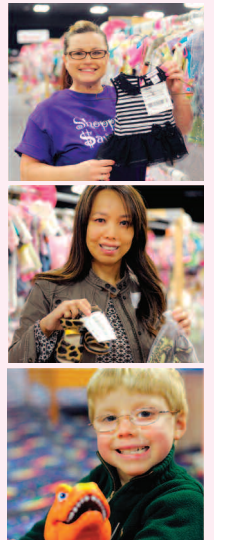
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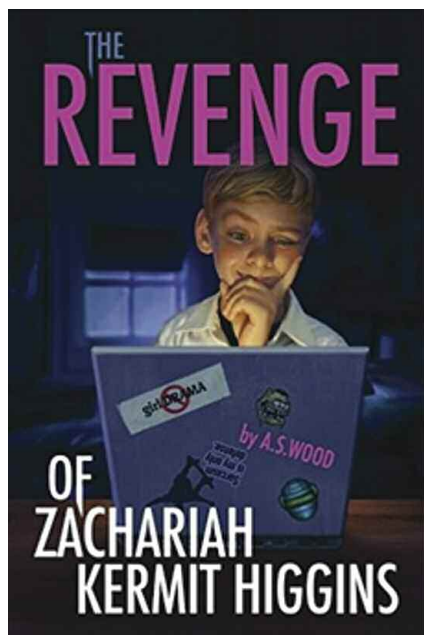
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BY ABIR SAMI WOOD

# my childhood as a bullying victim

(AND WAYS TO HELP YOUR CHILD)



I was always the odd one. In Lebanon—a country where an only child meant somebody who only has siblings of the opposite gender rather than somebody who has no siblings—being an only child was unusual. My first memory of my weirdness was in first grade when a classmate and her teenage sister approached me during recess.

“Is it true,” the sister asked, “that you have no brothers and sisters?”

I nodded my head in agreement.

“Seriously, none?” the sister asked in disbelief.

“Yes, none.”

By that time, a crowd of students had formed.

“Oh, the poor thing. She’s all alone,” said the teen.

Embarrassed and sorry for myself, I mumbled something to the crowd of gawking children. Didn’t they have enough reasons to gawk—my super-short haircut from the barber, the wool pants my mom put me in for warmth at a time when school girls never wore pants, and the heavy, stiff lace-up half boots to correct my flat feet.

“Oh, please,” the teenager said to the crowd in a pleading voice, “be nice to her. She’s lonely.”

At that point, I had reached the bottom of the distress pit. I was the freak, the ape in the cage, the purple elephant.

From my mom, I demanded siblings.

“We tried hard, but couldn’t,” she said.

“Why?”

“Well, your dad. He eats too much meat.”

“Don’t feed him meat.”

“Also, God didn’t will. Someday, He may will, and we’ll have more children.”

Once she blamed God, the discussion was over. I could not argue with God. I could only plead, anticipate and dream.

Variations of the other sib-

ling scenario recurred frequently. The “other siblings” pleas did nothing but intensify the taunting, teasing, tormenting and excluding.

Although nothing changed on the sibling front, as the years passed, I grew out my hair, I ditched the boots, and pants invaded girls’ wardrobes. I thought, perhaps, maybe, I would be less of a freak. Huh, illusions.

Wham, just like that, I returned to freak-land when a rapidly worsening scoliosis curve put me in a back brace at age twelve.

The Milwaukee brace was a metal and plastic contraption, resembling a medieval torture device. It went from the top of my neck to the bottom of my hips. I wore it 23 hours a day, seven days a week for four years. Physically, it was comfortable enough, but psychologically it was an excruciating double-whammy.

Doctors disagreed on whether the brace would improve the curve or only stabilize it, and whether I would remain pain-free or not as I aged. These disagreements filled me with unease.

My clothing changed to accommodate my braced, hulky self. I only wore shapeless, baggy dresses. The cruelties worsened. My schoolmates called me fat, ugly, misproportioned, and other hurtful names. Without the brace, I looked good. My long hair cov-

ered my imbalanced shoulder blades, making my scoliosis imperceptible. The kids, however, always saw me in the brace. My explanations couldn’t change their perceptions.

Another set of taunts transpired following the ice cream cone incident. Unable to bend my head, I didn’t notice the melted ice cream dripping onto my clothes. Big blotches of brown covered my blue dress. They called me clumsy, dirty and messy. It took me years to eat ice cream again.

Fury seethed within my being, and the desire for revenge filled my heart. But how? I had only one or two friends—all outcasts. We were too outnumbered to be effective. Perhaps, I thought, when my bracing sentence was over, if I came to school looking pretty like a cover girl, everybody would scramble to be my friend. Weren’t these women always the center of attention, adored by millions and chased by photographers? Compared to the cover girls, my normal weight seemed excessive. I dieted and starved myself, developing an eating disorder in the process. As I waited to get back at my schoolmates, I hid behind a façade of aloofness, appearing unscathed. On the inside, I was crumbling.

At age 16, I was finally done with the brace. I burned through

*continued next page*



a small fortune of my parents' money on an enormous wardrobe. Slender like a model, I paraded into school wearing a different outfit every day. The kids reacted to the new me with more rejection and walls of dreadful silence every time I approached one lively group or another. By that age, they had outgrown taunting. Instead, they used subtler and more lethal tactics. All the scheming, starving and spending had failed. Broken and devastated, I wished I could sell my soul to the devil in exchange for inclusion. Sometimes, I imagined him handsome and elegant. Other times, he was red with horns and multiple tails. I pictured him catching me alone on the balcony late at night. We would strike a deal. I am too ashamed to mention what I was willing to do in exchange for fitting in. Of course, the devil never came, and I remained locked up in my isolation.

I am not the only one to suffer from what we now refer to as bullying. Bullying is a common problem in schools. With the advent of the Internet, bullying has moved to new places that were out of the bully's reach during my days.

Now, when I look back at those long-ago days, I am struck by how young and clueless we were, although we did not realize it. We were just children in need

of guidance. Based on the research I did for my anti-bullying novel, *The Revenge of Zachariah Kermit Higgins*, dealing with bullying requires an entire community (i.e., school) approach. The strategy should target the victims, bullies and bystanders.

The victim's parents need to have a discussion with the school and teachers to determine their policies and approach to bullying with the goal of coming up with a specific plan to handle the bullying. Parents should be assertive, but open-minded and nonjudgmental. They should be ready to talk and listen and to give the school an opportunity to examine and evaluate the situation. Potentially, the school can provide the parents with additional information about the story.

Parents of bullying victims should never try to confront the bullies to protect their children. Instead, it is more productive to work with their children. Victims tend to have poor social skills. That was true for me. Being an only child, I was mostly around adults. Children were a foreign, mysterious species. I had no idea how to interact with them. Although my social skills improved with time, they lagged behind those of my peers by years.

The process of building social skills includes discussing, talking, negotiating, cooperating and expressing emotions with

words. For instance, coaching victims through a social situation by asking questions, seeking answers and developing plans on how to handle the situation at hand can be beneficial. My mother could have discussed with me the pros and cons of being an only child instead of shifting the blame around. This would have lessened the anguish I felt about the topic and allowed me to communicate with the kids without any psychological barriers. Role-playing is another useful strategy. My mother and I could have done some role-playing to help me deal with a variety of social situations. Every time, we could have made a plan, evaluated and revised it as needed. Coming up with my options would have boosted my confidence in being able to handle different social scenarios.

Parents need to realize that bullies usually have emotional, social, behavioral and mental problems. Kids, except for a few psychopaths, engage in bullying behavior as a socially unskilled way to get the respect and acceptance of their peers. They, too, need coaching to help them engage in problem-solving behaviors and connect emotions with words, so that they can verbalize their feelings instead of behaving aggressively. When parents give their children the perspective of the bully, the empathy their chil-

dren develop will enable them to know that the problem is not in them, but in somebody else.

Bystanders should walk away, depriving the bullies of the attention they are seeking. This will diminish the appeal of bullying.

As for cyberbullying, victims can unfriend the bully, block their messages, or, in extreme cases, leave the social media site. Other children (the equivalent to bystanders) should not encourage the bully by forwarding or reacting to the offensive message.

Adults can do much to help both bullies and victims by educating themselves about strategies to prevent, identify and stop bullying. Sufficient social skills are crucial in bullying management. Second, any behavior that comes from a place of anger is doomed.

Abir Sami Wood (A.S. Wood) is a Tulsa writer and author of *The Revenge of Zachariah Kermit Higgins*, a middle years novel about a bullied boy who hatches a plan to get revenge on his bullies through social media. Wood used her own experience and extensive research about the complexities of bullying to write the novel. Cover illustration: Mike Wimmer.

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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

# 18 books for 2018: books librarians love

Librarians love books. (Big surprise!)

Children's librarians, in particular, love picture books – and we are very fond of sharing our favorite picture books with children and parents.

For your Valentine's Day pleasure, here are books that Tulsa City-County Library children's staff loved in 2017 – with the hope that these books will feature on your 2018 family reading list to share again and again. And of course you can find all of these titles at the library!

## 18 Books For 2018

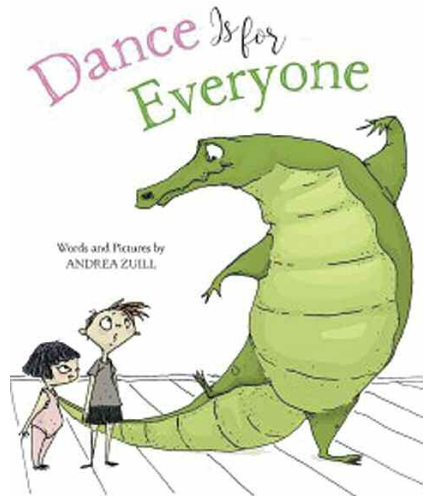
**18. *How Long Is A Whale?*** written and illustrated by Alison Limentani

Even adults sometimes have a hard time conceptualizing the size of things. This nonfiction title perfectly captures the sizes of various sea creatures (dolphins, sea lions) and how that compares to a tiny human sea diver on every page.

**17. *Nothing Rhymes With Orange*** written and illustrated by Adam Rex

Poor Orange! What is a piece of fruit who loves poetry to do? Energetic illustrations meet clever concept.

**16. *Stack The Cats*** by written and illustrated by Susie Ghahremani



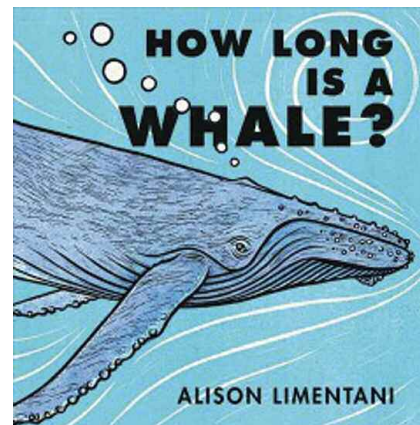
A perfect book for young children learning to count, with illustrations reminiscent of Japanese cartoons. However, do not try this at home! Real cats do NOT like to be stacked.

**15. *The Book of Mistakes*** written and illustrated by Corinna Luyken

Mistakes are not always mistakes... sometimes they are the beginning of something beautiful. This concept is perfectly captured in a series of drawings with "mistakes" that the artist uses as inspiration for new artistic elements.

**14. *Things To Do with Dad*** written and illustrated by Sam Zuppari

A to-do list becomes a ta-DA! list for a young boy and his creative father. Bright, colorful,



scribbly drawings captures the energy and excitement of Dad and son at play. This book just might inspire your kids to do their chores cheerfully!

**13. *The Spider*** written and illustrated by Elise Gravel

Creepy crawlies and all things insect-y are the inspiration for a nonfiction series, of which this is one. Kids learn real-life facts about spiders while being entranced by the whimsical illustrations.

**12. *Dragons Love Tacos 2*** written by Adam Rubin and illustrated by Dan Salmieri

In this sequel, the taco-loving dragons are back, traveling through time to get more tacos! Warning: the librarians who loved this book immediately craved and had to find tacos.

**11. *This Book Will Not Be Fun*** written by Cirocco Dunlap and illustrated by Olivier Tallec

While a prim mouse warns the reader that the book is very serious, wacky and wonderful things play out behind him. (Flying whales and zero-gravity dance parties, anyone?) While some reviewers took exception at the snarky tone, Tulsa librarians loved the sheer silliness.

**10. *Say Zoop!*** written and illustrated by Herve Tullet

Tullet is a favorite of librarians because he views his books as invitations to movement and interaction. Like "Press Here" and "Mix It Up!", this book asks readers to follow simple instructions to make the book come alive.

**9. *Dance Is For Everyone*** written and illustrated by Andrea Zull

Alligators can't dance! Or can they? A great twist on the idea that, with gentle and caring instruction, we can do almost anything.

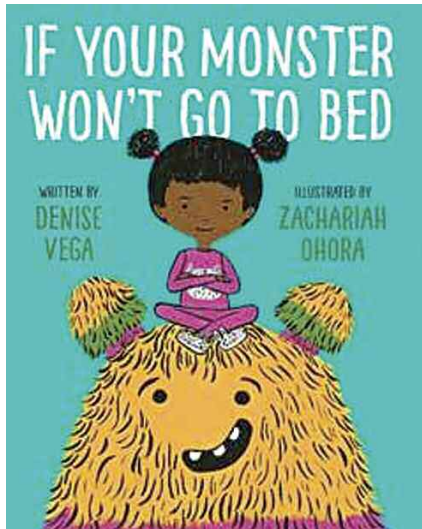
**8. *If Your Monster Won't Go To Bed*** written by Denise Vega and illustrated by Zachariah O'Hara

This "handbook" for caring for monsters is sly and funny – parents will recognize some parenting manual tropes, while kids will enjoy the bold artwork of mind-bendingly imaginative monsters.

**7. *Everywhere, Wonder*** written by Matthew Swanson and illustrated by Robbi Behr

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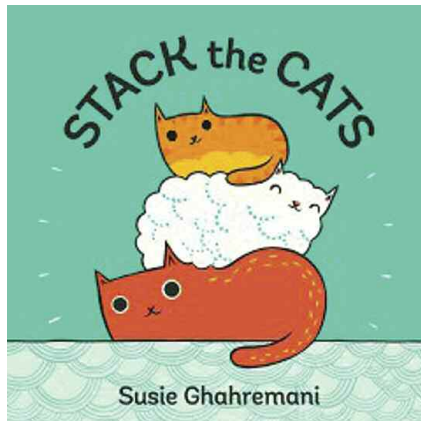
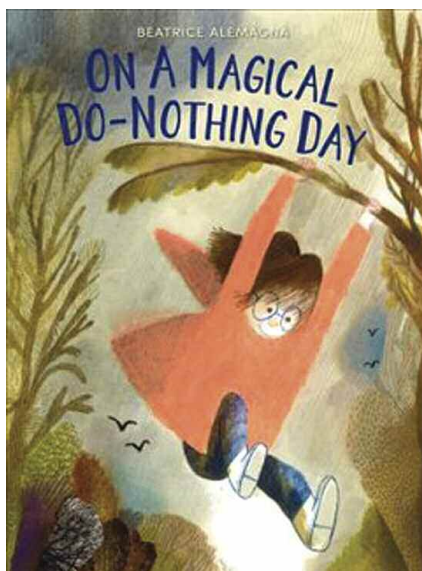
A perfect read-aloud for bedtime, this gentle book explores the world of everyday wonders and invites readers to use their imagination as well as their skills of attention and observation.

6. *Those Darn Squirrels* written by Adam Rubin and illustrated by Dan Salmieri

A fun family read aloud, with playful illustrations that grab your attention. The story itself is zany yet heartfelt as Old Man Fookwire comes around to seeing the advantageous qualities of those darn squirrels.

5. *Bumpety, Dunkety, Thumpety-Thump!* written by K.L. Going and illustrated by Simone Shin

Onomatopoeia was never so much fun! Your children will revel in the sounds as much as the simple story of brother and sister on an everyday yet boisterous ad-



venture.

4. *Sing, Don't Cry* written and illustrated by Angela Dominguez

Abuelo (Grandfather) was in a mariachi band, and every year when he visits, he shares music and memories with his grandchildren. The warmth and love of family is palpable on the pages of this lovely book that should inspire lots of singing!

3. *You Can Read* written by Helaine Baker and illustrated by Mark Hoffmann

Of course librarians will love a book about the magic of books! Rhyming lines point out the many adventures you can have through reading.

2. *Alfie (the Turtle That Disappeared)* written and illustrated by Thyra Heder

When Nia gets a pet turtle, Alfie, on her birthday, she pulls out all of the stops to entertain and delight him. Alfie endeavors to return the favor by finding her the perfect gift. Lovely, watercolor illustrations and a gently surprising ending make this a winner.

1. *On a Magical, Do-nothing Day* written and illustrated by Beatrice Alemagna

What a world to explore when you're forced outside and your handheld video game falls into a pond! Discover the beauty and fascinating detail of snails, mushrooms, clouds, and more along with the main character in this magical tale that will remind you of the wonder of an unplugged world.



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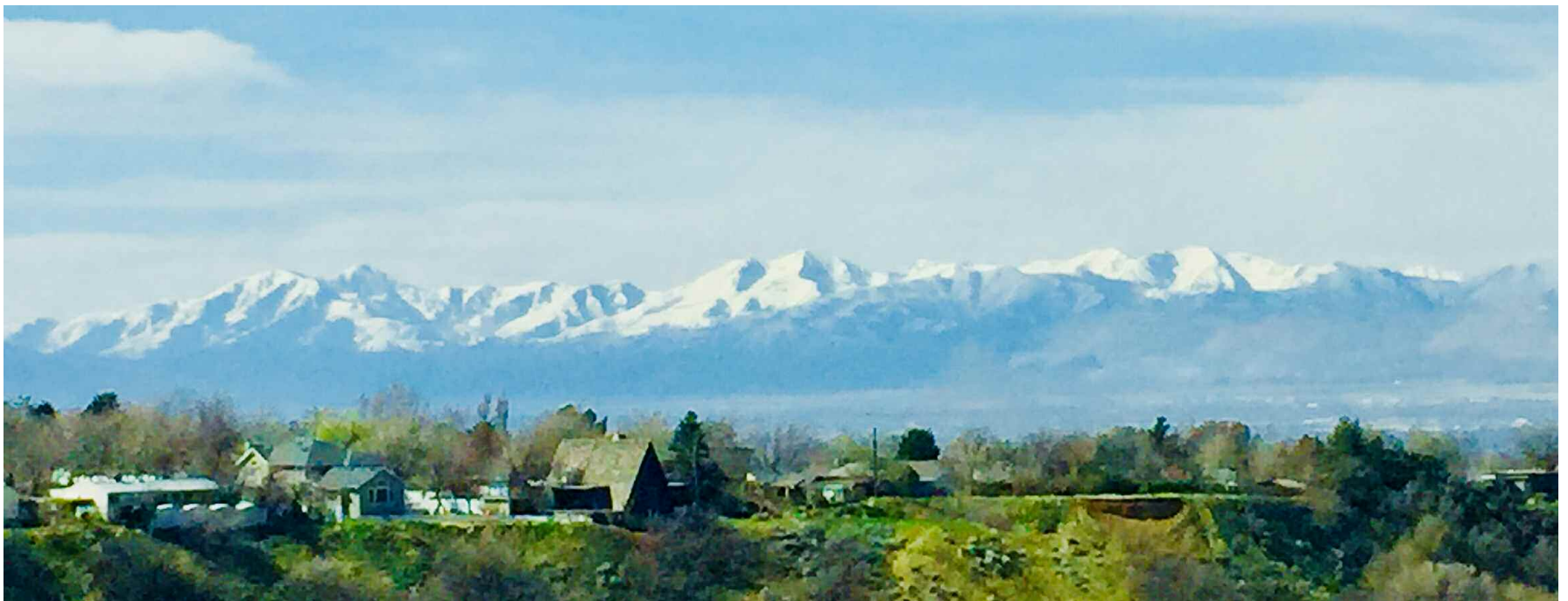
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PHOTO & STORY BY DIANE TRITT EATON

# Park City, Utah: the greatest snow on earth!



**A**lways searching for new travel opportunities, my family took an unfamiliar path to the mountains last March. Instead of heading to the always loveable Colorado Rockies, we set our sights on Utah's Wasatch mountain range. Park City, an old mining town turned ski town located outside of Salt Lake City, became base camp for a winter wonderland getaway.

This town is quickly growing in fame for many reasons beyond the Sundance Film Festival. There's a laundry list of activities

to enjoy among its incredibly soft blankets of fluffy snow, paving the way for the ultimate Nordic family playground. High elevations coupled with the nearby Great Salt Lake boosts snow accumulation to spectacular levels, with puffy powder amassing to upwards of 360 inches annually. It's even been known to snow for 100 hours, dropping 100 inches during that time. We happily indulged in what many call "the greatest snow on earth."

**A Downhill Skier's Delight**  
With the knowledge that

snow conditions reign in Park City, the most obvious draw for visitors is downhill skiing at the Park City Mountain Resort (PCMR), which is the nation's largest. In 2015, Vail Resort, Inc., a major player in ski resort management, merged the Park City and Canyons resorts by building a gondola and connecting the two under the new name. With 7,300 sprawling acres, PCMR is a mecca for skiers/snowboarders of all levels—novices to experts can access 348 trails, 41 lifts, eight terrain parks, 13 bowls, plus a super and a mini pipe. There's a

plentiful mix of runs, including groomers, steeps, moguls and trees. (To add to the draw, Park City's original ski resort, Deer Valley, is just up the road, if you desire more.)

## **Snow Shoeing, Tubing and More**

As they say in Park City, "There is just as much magic off the mountain." So, when seeking alternatives to downhill skiing, leap in to the world of snowshoeing or cross-country skiing. You can go it alone or request to have an experienced guide give you

*continued next page*



pointers and take you to places where moose and other wildlife wander. Or, for great thrills and laughs, head to Gorgoza Park for an afternoon or evening of action-packed tubing. And, if you really want to splurge, check out a dogsled or horse-drawn carriage ride. Reservations can be made through outfitters such as All Seasons Adventures and the White Pine Nordic Center.

### Olympic Park Offerings

Park City was in the world spotlight during the 2002 Olympic Winter Games. To honor that legacy, make a point to spend time at the Olympic Park and the Olympic Park Games Museum. The park remains a training ground for athletes practicing Nordic Ski Jumping, Freestyle Skiing, Bobsled, Skeleton and Luge and, if your timing is right, you might catch some of their practices. While here, an intense adventure awaits those who dare to ride on the high-speed Winter Comet Bobsled, under the tutelage of a trained instructor. (Special arrangements and certain qualifications are required in advance.)

### Main Street –Past and Present

On the National Register of Historic Places, Park City's Main Street is a major attraction due to its century-old charm. Founded in 1864, the former silver mining town is now home to over 100 trendy boutiques and restaurants and serves as the gathering place for the world-famous Sundance Film Festival. The Park City Museum, in the heart of the village, is wonderful for kids to learn about the past and how early settlers mined for silver. Wherever you go, the locals are welcoming and the vibe is laid back.

### Apres-Ski Appetite Pleasers

Both on and off the mountain, Park City offers great food and drink. Don't miss an authentic hearty meal at the award-winning Silver Star Cafe, a snowball's throw away from the Silver Star

Lift at PCMR. A "hidden gem," Silver Star was featured on The Food Network's "Diner's, Drive-ins and Dives" and is heralded as "best lunch and dinner in Park City" by Forbes. Also, whet your appetite at High West Distillery Saloon, located in a historic renovated Victorian house. The kids will love the chicken fingers and s'mores as you sip on a well-earned whiskey cocktail and enjoy a bison burger.

### Resting Tired Legs

From condominiums and private homes to family-friendly hotels and luxury resorts, accommodations for getting a good night's rest are vast. Several resorts are ski-in, ski-out and/or have ski rental facilities on property so renting equipment is a breeze. The cozy Park City Hyatt Place, five minutes from the Canyons lift, was excellent, offering complimentary breakfast and Wi-Fi, ski rentals, a fitness center and outdoor pool/hot tub plus free shuttles. Other area options include the lavish Waldorf Astoria and stately Grand Summit Hotel or the more budget-friendly Holiday Inn Express and Hampton Inn.

### Easy Access, Tulsans!

An added bonus to all of the great stuff Park City provides is the ease and convenience of getting there. Park City is only 35 minutes from Salt Lake City Airport and, best of all, you can take a direct flight from Tulsa; thus, minimizing travel time, a particular advantage when traveling with children. A rental car is not required if you want to save money because there are shuttles and buses that run frequently to and from the airport, many hotels, the ski resorts and up and down Main Street.

For more extensive details, see [www.visitparkcity.com](http://www.visitparkcity.com).

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# Valentine's Day Events for Families

## **COME AND GO VALENTINE'S CRAFTS**

**WHEN: THURSDAY, FEB. 1, 10 A.M.-8 P.M.**

**WHERE: JENKS LIBRARY, 523 W. B ST.**

Stop by and make a valentine to keep or give away. All ages are welcome to participate. Supplies are provided. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## **TEDDY BEAR BALL**

**WHEN: FRIDAY, FEB. 2, 5-6:30 P.M.**

**WHERE: WHITESIDE COMMUNITY CENTER, 4009 S. PITTSBURGH AVE.**

Dress up your little ones (ages 5 and under) for their first "real" dance! Tickets are \$5 at the door; parents and teddy bears get in free!

## **VALENTINE BEAN BAG TOSS WORKSHOP**

**WHEN: SATURDAY, FEB. 3, 9 A.M.-12 P.M.**

**WHERE: HOME DEPOT, 901 S. ELGIN AVE.**

Score points with your loved ones and build a Valentine bean bag toss in this hands-on workshop. You and your child can construct a fun bean bag toss game for the whole family to love. Following the bean bag toss game board construction, your child can decorate it with paint and stickers. Learn more at [www.homedepot.com/workshops/#store/3904](http://www.homedepot.com/workshops/#store/3904)

## **PUGS AND KISSES**

**WHEN: SATURDAY, FEB. 3, 12-5 P.M.**

**WHERE: NOAH'S EVENT CENTER, 12710 E. STATE FARM BLVD.**

Pugs and Kisses Fundraising Event entry is complimentary with a monetary donation or any dog related item. Come enjoy free catered appetizers, beverages, a silent auction with items from around the world, prize giveaways, vendors, balloon making, getting a picture taken with your fur babies by our professional photographer, "Pug Kissing" booth and a very special presentation! Bring your Pugs, other furry family members and your kids for a day of fun and excitement! One-hundred percent of proceeds goes to the care of pugs through Pug Rescue Owasso. [www.pugrescueowasso.org](http://www.pugrescueowasso.org)

## **SOCO FATHER DAUGHTER VALENTINE DANCE**

**WHEN: SATURDAY, FEB. 3, 6-9 P.M.**

**WHERE: SOUTH COUNTY RECREATION CENTER, 13800 S. PEORIA AVE., BIXBY**

Make new memories together at this annual Father Daughter Valentine Dance. Enjoy an evening of music, refreshments, and dancing. Tickets will be sold in advance at the SoCo Recreation Center. No tickets will be sold at the door. [www.parks.tulsacounty.org](http://www.parks.tulsacounty.org)

## **TODDLER TIME: VALENTINE'S DAY CRAFTS AND GAMES**

**WHEN: WEDNESDAY, FEB. 7, 10-11 A.M.**

**WHERE: CHANDLER PARK, 6500 W. 21ST ST.**

Every other Wednesday through May 16, Chandler Park is hosting Toddler Time for just \$2/class. This week's activities will focus on the upcoming

Valentine's holiday. Register in advance by calling 918.591.6053, as space fills up quickly. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## **VALENTINE'S DAY CRAFTS**

**WHEN: THURSDAY, FEB. 8, 12-8 P.M.**

**WHERE: COLLINSVILLE PUBLIC LIBRARY, 1223 W. MAIN**

Enjoy fun Valentine's Day crafts at the Collinsville Library. Be creative at the library or take them home to complete. Supplies are provided but limited. For all ages. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## **MS. TORI'S MESSY ART: CRAYON-RUBBING VALENTINES**

**WHEN: THURSDAY, FEB. 8, 4-5 P.M.**

**WHERE: GLENPOOL LIBRARY, 730 E. 141ST ST.**

Wear your grubby clothes and join Ms. Tori for a messy art project using lace, doilies and other cool textures to make colorful valentines. Call 918-549-7323 to register. For elementary students. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## **COME AND GET YOUR LOVE**

**WHEN: THURSDAY, FEB. 8, 5:30-8 P.M.**

**WHERE: TULSA GIRLS ART SCHOOL, 2202 E. ADMIRAL BLVD.**

Come and Get Your Love is a super-fun heart art, valentine, and card extravaganza. Students use their creative energy all during January to create fun, sassy, beautiful works of glittery art. This year there will be a focus on monoprinting and ceramics. There will also be music, wine and lite bites. [www.tulsagirlsartschool.org](http://www.tulsagirlsartschool.org)

## **TINY THINGS BY YOU: POLYMER CLAY CRAFTING**

**WHEN: FRIDAY, FEB. 9, 3:30-4:45 P.M.**

**WHERE: BROKEN ARROW LIBRARY/SOUTH, 3600 S. CHESTNUT AVE.**

Join Tiny Things By Bowen for this fun class on polymer clay, and craft a miniature gift for your valentine. Funded by the Friends of the Helmerich Library. For teens. Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or by calling 918-549-7323.

## **NEEDLE-FELTED VALENTINE HEARTS**

**WHEN: SATURDAY, FEB. 10, 10:30-11:30 A.M.**

**WHERE: GLENPOOL LIBRARY, 730 E. 141ST ST.**

Make valentine hearts using wool roving and needles. Free form your heart or use a mold. Materials are provided, but limited. Registration required. Call 918-549-7323 to register. For ages 10-18. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## **BIXBY FATHER DAUGHTER VALENTINE'S DAY DANCE**

**WHEN: SATURDAY, FEB. 10, 6-9 P.M.**

**WHERE: BIXBY COMMUNITY CENTER, 211 N. CABANISS AVE., BIXBY**

Fathers and daughters of all ages are invited to a fun evening of dancing. Snacks and beverages are provided. Tickets, which are \$5/person, are available at the door. [www.parks.tulsacounty.org](http://www.parks.tulsacounty.org)



### VALENTINE SCAVENGER HUNT

**WHEN: MONDAY, FEB. 12, 4 P.M.**

**WHERE: REED COMMUNITY CENTER, 4233 S. YUKON AVE.**

Teams compete to solve clues and take photos throughout the park to win prizes. This free event is for ages 6-adult, and there is a maximum number of 4 hunters per team. Please preregister by Feb. 7. Call the Reed Community Center at 918.591.4307; learn more at [www.cityoftulsa.org](http://www.cityoftulsa.org)

### LITTLE HEARTS VALENTINE TEA PARTY

**WHEN: TUESDAY, FEB. 13, 4-5 P.M.**

**WHERE: HICKS PARK COMMUNITY CENTER, 3443 S. MINGO RD.**

This fun Valentine's Tea Party is for children ages 3-5. Pre-register your child by February 8, as space is limited. Cost is \$5/child. The Hicks Park Community Center's phone number is 918.669.6355. Learn more at [www.cityoftulsa.org](http://www.cityoftulsa.org)

### STARBURST CANDY ROSES

**WHEN: TUESDAY, FEB. 13, 5-6:30 P.M.**

**WHERE: BIXBY LIBRARY, 20 E. BRECKENRIDGE AVE.**

Make edible roses out of Starburst and other candy. For sixth- through 12th-graders. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### ANTI-VALENTINES PARTY

**WHEN: TUESDAY, FEB. 13, 5:30-7:15 P.M.**

**WHERE: HELMERICH LIBRARY, 5131 E. 91ST ST.**

Cupid rhymes with stupid! Design your anti-valentine (or valentine), chat and play games with frenemies, and enjoy snacks! Sponsored by the Friends of the Helmerich Library. For ages 10-18. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### BEADING FOR YOUR SWEETIE

**WHEN: WEDNESDAY, FEB. 14, 3-5 P.M.**

**WHERE: BROOKSIDE LIBRARY, 1207 E. 45TH PL.**

Make a piece of jewelry for your friend or sweetie for Valentine's Day, or make it for yourself and celebrate Anti-Valentine's Day! Materials are provided. For ages 10-18. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### HUGS & FISHES

**WHEN: WEDNESDAY, FEB. 14, 6:30-10 P.M.**

**WHERE: OKLAHOMA AQUARIUM, 300 AQUARIUM DR., JENKS**

Hugs & Fishes is a romantic evening for two dining at the Aquarium, including aquarium entry, drinks, dinner and entertainment. Reserve your spot now. Each unique package is priced per couple and varies per table location. Go to [www.okaquarium.org](http://www.okaquarium.org) for more information.

### SWEETHEART RUN

**WHEN: SATURDAY, FEB. 17, 7:45-11 A.M.**

**WHERE: FLEET FEET SPORTS—BLUE DOME, 418 E. 2ND ST.**

Grab your sweetheart (or meet one at the race) and bring them to Fleet Feet Blue Dome (2nd and Frankfort) in Downtown Tulsa on Saturday, February 17, 2017 for the Sweetheart Run! Three distance options (5km, 10km, and Fun Run) make this a great race for everyone! [www.fleetfeettulsa.com](http://www.fleetfeettulsa.com)

### MONTHLY MOVIE @ MAXWELL PARK

**WHEN: SATURDAY, FEB. 17, 2-4:30 P.M.**

**WHERE: MAXWELL PARK LIBRARY, 1313 N. CANTON**

In honor of Valentine's Day, we'll eat popcorn and watch the romantic movie "Beauty and the Beast." This 2017 Disney movie is rated PG; parents should accompany small children. [www.tulsalibrary.org](http://www.tulsalibrary.org)

Find these and other Valentine's Day events at [www.tulsakids.com/valentines](http://www.tulsakids.com/valentines)



Please help by recycling only aluminum and steel cans, cardboard and paper, plastic and glass jars and bottles in the blue cart. Everything else goes in the gray cart. Thanks, Tulsa!

To learn more about Resource Recovery, including how to dispose of hazardous materials, special pick-ups and other problems, go to [tulsarecycles.com](http://tulsarecycles.com) or call 918.596.9777



**CITY OF**  
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A New Kind of Energy™

## Valentine's Day Traditions to Start With Your Kids

By Kerrie McLoughlin

*Everyone should get the chance to feel loved on this sweet day, so embrace your inner romantic, and make someone's day!*

*While your child sleeps, decorate his bedroom door with heart-shaped sticky notes in the shape of a wreath that say all of the things you love about him or her. Older kids may act like this is dorky, but inside they'll be glowing!*



*A heart-shaped breakfast is a fun way to start the day. Use a heart-shaped cookie cutter for pancakes, biscuits or toast with strawberry jelly.*

*This is a great day to surprise your child with a small gift like a book, stuffed animal, stickers or craft supplies, wrapped in heart wrapping paper, of course!*



*Sugar cookies are a must today. Drag out the baking supplies (or I like to buy the cookie dough in a roll), the frosting and the sprinkles and make a mess together in the kitchen.*



*Getting dressed should be extra special today, with the color scheme being pink, red, purple and white. Or just go extra fancy!*



*Break out that heart-shaped cookie cutter to cut out a heart sandwich for your child's lunch. Why not write a silly love poem or a note about what you love about your child.*

*On the menu for dinner: heart-shaped pizza. It's easy to shape the dough in a large heart then add the toppings your family loves.*



*End this lovely day with "A Charlie Brown Valentine: Be My Valentine, Charlie Brown" or some other cute Valentine's Day show with a character your child loves*





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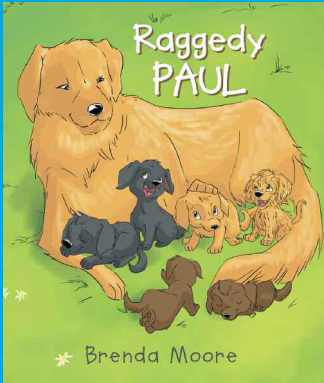
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**THE TULSA YOUTH SYMPHONY ORCHESTRA WILL PERFORM ITS WINTER CONCERT ON MONDAY, FEB. 19 AT 7 P.M. AT THE UNION PUBLIC SCHOOLS PERFORMING ARTS CENTER, 6636 S. MINGO RD.**

**THE ILLUSIONISTS**

**WHEN: THURSDAY, FEB. 1, 7:30 P.M.**

**WHERE: BOK CENTER, 200 S. DENVER AVE.**

On the heels of a highly successful multi-city tour and run on Broadway, the world's best-selling touring magic show, The Illusionists – Live From Broadway will play at BOK Center on February 1 as part of its North American tour in 2018. Full of hilarious magic tricks, death-defying stunts and acts of breathtaking wonder, The Illusionists has shattered box office records worldwide and thrilled audiences of all ages with a mind-blowing spectacular showcasing the jaw-dropping talents of five of the most incredible illusionists on earth. [www.bokcenter.com](http://www.bokcenter.com)

**GOBSMACKED!**

**WHEN: THURSDAY, FEB. 1, 7:30 P.M.**

**WHERE: BARTLESVILLE COMMUNITY CENTER, 300 SE ADAMS BLVD.**

This next-generation a cappella show redefines the limits of the human voice. Featuring the reigning world champion beatboxer Ball-Zee and an international cast of world-class vocalists, GOBSMACKED! weaves stories through all forms of a cappella from traditional street corner harmonies to cutting edge, multi-track live looping. [www.bartlesvillecommunitycenter.com](http://www.bartlesvillecommunitycenter.com)

**FREEDOM TRAIN**

**WHEN: FRIDAY, FEB. 2, 7 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

"Freedom Train" tells the thrilling story of Harriet Tubman, the Moses of her people, in a fascinating series of highly theatrical scenes that use dance, dialogue and music of the period. Songs include "Follow the Drinking Gourd," "Steal Away," "Wade in the Water," "Good News, the Chariot's A-comin'," and many others still sung today. "Freedom Train" is the story of self-sacrifice, dedication and survival, laced with warmth and a sense of humor that celebrates the human spirit — a universal story for all. (One hour in length, recommended for grades 3 - 9) [www.tulsapac.com](http://www.tulsapac.com)

**SING FOR OUR SCHOOLS**

**WHEN: SATURDAY, FEB. 3, 7 P.M.**

**WHERE: ALL SOULS UNITARIAN CHURCH, 2952 S. PEORIA**

It's a rip-roaring, toe-tapping, fun-filled sing-along, plus a dessert auction to benefit All Souls' three partner schools.

**MENDELSSOHN'S SYMPHONY NO. 3**

**WHEN: SUNDAY, FEB. 4, 2:30 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Concertmaster Rossitza Jekova-Goza is the featured soloist, performing Korngold's dramatic Violin Concerto. The program will open with Medea's Dance of Vengeance by Samuel Barber. The Tulsa Symphony will perform



Mendelssohn's Symphony No. 3 "Scottish" to close the evening. [www.tulsasymphony.org](http://www.tulsasymphony.org)

**BROWN BAG IT: BARRON RYAN**

**WHEN: WEDNESDAY, FEB. 7, 12:10 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Enjoy this free concert, presented by the PAC Trust. "Classic Meets Cool" in the music of pianist and entertainer Barron Ryan, who has studied classical, jazz, and more. [www.tulsapac.com](http://www.tulsapac.com)

**STRICTLY GERSHWIN**

**WHEN: FRIDAY-SATURDAY, FEB. 9-10, 8 P.M.; SUNDAY, FEB. 11, 3 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Strictly Gershwin features the incomparable music of George and Ira Gershwin. Add to that a huge cast of performers (including guest tap dancers and vocalists!) and the result is a dazzling blockbuster show. Derek Deane's choreography is a glamorous blend of classical ballet and the unmistakable moves of 1920's Broadway. This performance will transport audiences to the golden age of Hollywood. [www.tulsaballet.org](http://www.tulsaballet.org)

**TULSA YOUTH SYMPHONY: BRISTOW CONCERT**

**WHEN: SUNDAY, FEB. 11, 2:30 P.M.**

**WHERE: FREELAND CENTER FOR THE PERFORMING ARTS, 2 WEATHERWOOD WAY, BRISTOW**

The Tulsa Youth Symphony will perform this special concert in Bristow. [www.tyso.org](http://www.tyso.org)

**BÉLA RÓZA MUSIC COMPOSITION COMPETITION AND CONCERT**

**WHEN: TUESDAY, FEB. 13, 7:30 P.M.**

**WHERE: LORTON PERFORMANCE CENTER, 550 S. GARY PLACE**

Every year the highlight of the Béla Rózsa Composition Competition is a concert performance. TU student composers will be competing, and there will be performances of the winning high school compositions. Three professional composers will judge the competition. The winners and prizes will be announced at the end of the competition once the judging is completed. [calendar.utulsa.edu](http://calendar.utulsa.edu)

**TOM SAWYER, DETECTIVE**

**WHEN: FRIDAY, FEB. 16 AND 23, 7:30 P.M.; SATURDAY-SUNDAY, FEB. 17, 18, 24, 25, 2 P.M.**

**WHERE: SPOTLIGHT THEATRE, 1381 RIVERSIDE DR.**

Enjoy this fun adaptation of the Tom Sawyer story, presented by Spotlight Children's Theatre! [www.spotlighttheatre.org](http://www.spotlighttheatre.org)

**SINATRA'S AMERICA**

**WHEN: FRIDAY-SATURDAY, FEB. 16-17, 7:30 P.M.**

**WHERE: VANTREASE PACE, 10300 E. 81ST ST.**

The Signature Symphony is pleased to present music from the Big Band Era and the iconic Frank Sinatra, featuring numbers that will keep your dancing feet on the move! Enjoy an evening of Sinatra's favorites, including classics that made "Ol' Blue Eyes" one of the best selling music artists of all time as well as an enduring household name.

**FOUR CHORDS AND A GUN**

**WHEN: FEB. 16-17, 22-24, 8 P.M.; FEB. 18, 24-25, 2 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

**THIS BRAND NEW NON-MUSICAL PLAY CENTERS ON THE ICONIC PUNK BAND THE RAMONES AS THEY RECORD THEIR FIFTH ALBUM WITH ECCENTRIC MUSIC PRODUCER PHIL SPECTOR. FOCUSING ON THE 1979-1980 PERIOD, WHEN THE BAND STOOD ON THE EDGE OF BREAKING OUT – AND SPECTOR NEEDED A HIT – THIS INTENSE**

**BLACK COMEDY SHEDS LIGHT ON AN IMPORTANT AND OVERLOOKED MOMENT IN ROCK HISTORY. FOUR CHORDS AND A GUN WAS WRITTEN BY ACTOR AND COMEDIAN JOHN ROSS BOWIE, BEST KNOWN FOR HIS ROLE AS BARRY KRIPKE IN THE CBS SHOW THE BIG BANG THEORY AND CURRENTLY AS JIMMY DIMEO ON THE ABC SHOW SPEECHLESS. [WWW.TULSAPAC.COM](http://WWW.TULSAPAC.COM)**

**THE STARS ALIGN**

**WHEN: SATURDAY, FEB. 17, 8 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

The Stars Align stars world-famous opera star Susan Graham, a mezzo-soprano with one of the most commanding voices in opera today. Joining Graham will be Tulsa's own silvery soprano, Sarah Coburn. A hometown favorite, Coburn brings her agile coloratura and riveting presence to the Tulsa Opera. Timothy Long, an Oklahoma native and Native American conductor, will accompany the voices with full orchestra. The program will include recognizable songs from opera, jazz, and musical theatre, as well as contemporary favorites from classic composers and songwriters. [www.tulsaopera.com](http://www.tulsaopera.com)

**TULSA YOUTH SYMPHONY WINTER CONCERT**

**WHEN: MONDAY, FEB. 19, 7 P.M. TICKETS MAY BE PURCHASED AT THE DOOR BEGINNING AT 6 P.M., OR ONLINE AT EVENTBRITE.**

**WHERE: UNION PUBLIC SCHOOLS PERFORMING ARTS CENTER, 6636 S. MINGO RD.**

The Tulsa Youth Symphony presents its Winter Concert on Monday, Feb. 19. The Concert Orchestra, conducted by Pete Peterson, will perform Beethoven's finale of Symphony No. 3 "Eroica," Schubert's second movement of Symphony No. 8 "Unfinished," and Gilè's "Russian Sailor's Dance."

The Symphony Orchestra, conducted by Ron Wheeler and Richard Wagner, will perform Schubert's first movement of Symphony No. 8 "Unfinished," Vaughan Williams' "Two Hymn-Tune Preludes," Saint Saëns' "Danse Bacchanale" and a premier of "A Hero's Journey" by local composer Geoff Logan. Learn more at [www.tyso.org](http://www.tyso.org)

**DANIEL TIGER'S NEIGHBORHOOD LIVE: KING FOR A DAY!**

**WHEN: WEDNESDAY, FEB. 21, 2 AND 6 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

The hugely popular Daniel Tiger's Neighborhood LIVE!, based on the #1 PBS KIDS TV series, has delighted live audiences on stages across the country. Now, Daniel and all of his friends invite you for a brand-new adventure in Neighborhood of Make-Believe where Daniel learns just what it takes to be King. The beloved characters come alive on stage to captivate you with new songs to sing along to, magical moments, and SURPRISE guests along the way! It's an event filled with tigertastic fun, teaching the valuable lessons of kindness, helping others, and being a friend. [www.tulsapac.com](http://www.tulsapac.com)

**BÉLA RÓZSA MEMORIAL CONCERT**

**WHEN: THURSDAY, FEB. 22, 7:30 P.M.**

**WHERE: LORTON PERFORMANCE CENTER, 550 S. GARY PL.**

The annual Béla Rózsa Memorial Concert will feature compositions by the TU student winners of the 2017 Béla Rózsa Composition Competition with performances by the TU Symphony Orchestra, TU faculty and guest artists. [calendar.utulsa.edu](http://calendar.utulsa.edu)

# I'M A TULSA KID

WORDS AND PHOTOGRAPHY  
BY SHEEBA ATIQI

## **Cingh Kim: Speech Arts Contest Winner**

Leaving Myanmar for the American dream of education and a better life, 11-year-old Cingh Kim and her family came to Tulsa with the help of Catholic Charities' refugee program. The obstacles they have had to overcome and the struggles along the way are what make Cingh such an incredible little girl. As a fifth grader, Cingh has already surpassed her parents' second-grade education and had the opportunity to share her story at a Tulsa Public Schools board meeting. Cingh won First Place in the district Speech Arts Contest, even though English is not her native language.

**TK: Where are you from?**

**Cingh:** Myanmar

**TK: How long have you been in Tulsa?**

**Cingh:** I've been in Tulsa for three years.

**TK: How did you come from Myanmar to Tulsa?**

**Cingh:** When I was still very little, my father left Myanmar to go to Malaysia where he worked and worked until he got enough money to help his family get out of Myanmar. I didn't really see him until I was 9 years old. We spent two-and-a-half years in Yangon waiting to get our papers in order to come to the U.S. We even had to take a DNA test to prove we were related to my father! When I got to the U.S., I could only say, "Please, Thank You and Excuse Me" in English. When I came here I learned English from the ABC Song.

**TK: What was your life like in Myanmar?**

**Cingh:** It was hard, but fun. Kids work after school and we live in a one-room house and our bathrooms are outside. It was super hot in the summer and cold in the winter. We didn't have any electricity in Myanmar. In the winter to be warm, we have a fireplace where we cook and we also used it for heating. And we all would sleep together. All the food we would eat, we would have to grow ourselves. If you didn't work, you didn't eat. Anyone over the age of 5 had to work. Schools didn't provide lunch and the teachers were mean.

**TK: What do you like about Tulsa?**

**Cingh:** The people are so nice and friendly!

**TK: What are your hobbies?**

**Cingh:** I like to ride bikes and to sing.

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

**Cingh:** I want to be a doctor because I like to help people and care for them.

**TK: What is a fun fact about you?**

**Cingh:** When I came to the U.S., it was my first time to ride an airplane and my first time to see a movie. I watched "Frozen". It was also my first time to drink tea and to wear socks! I can also speak three languages: Zomi, Burmes and now English!





# Will you be my *Ball-entine?*

Our animals big and small love enrichment. You can be their valentine by shopping at [tulsazoo.org/ballentine](http://tulsazoo.org/ballentine)

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**TULSAZOO**  
YEARS



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**5**<sup>TH</sup> ANNUAL  
**HEALTH ZONE KIDS**  
**(mini) TRIATHLON**

When you sign up your little athlete for this fitness event, you both help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt and post-race celebration.

For information, contact Jennifer Daley at **918-494-8263**, email [events@saintfrancis.com](mailto:events@saintfrancis.com) or visit [saintfrancis.com/healthzone](http://saintfrancis.com/healthzone).

**SATURDAY, MARCH 3**

Health Zone at Saint Francis  
5353 East 68th Street, Tulsa, OK  
\$25 in advance; \$30 day of event  
*Make checks payable to Health Zone*

**Youth** | Ages 10 - 13

Swim 100 yards (4 laps)  
Bike 1 mile  
Run 1/2 mile (6 laps)

**8:30 a.m. Registration**  
**9:00 a.m. Start Time**

**Child** | Ages 6 - 9

Swim 50 yards (2 laps)  
Bike 1/2 mile  
Run 1/4 mile (3 laps)

**11:00 a.m. Registration**  
**11:30 a.m. Start Time**

Must be 49" tall to participate.

Gold, silver and bronze awards will go to girls and boys in both the Youth and Child categories.