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tulsakids what's inside

Volume XXXII, Number 8

www.tulsakids.com

FUN ONCE THE BELL RINGS:

AFTERSCHOOL ACTIVITIES
ENHANCE YOUR CHILD'S
EDUCATION AND
DEVELOPMENT



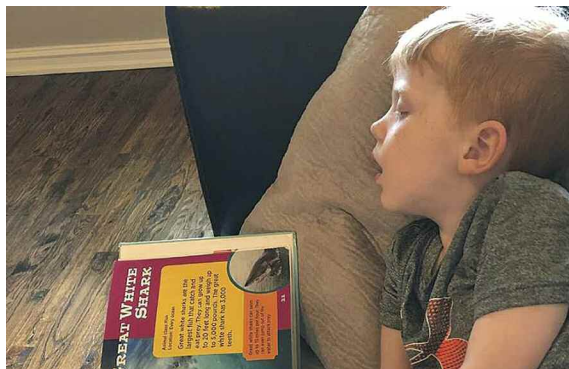
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Extracurricular Activities and You

When my son was a kid, his activity of choice was tennis. I think part of the appeal was a snackbar, but he could be a serious competitor. Some of his matches probably lasted longer than Roger Federer and Novak Djokovic at Wimbledon. Or maybe they just seemed that long with his two little sisters wilting from hunger and boredom as I tried to distract them with Skittles and soft drinks. (I'm not proud of it, but desperate times call for desperate measures.)

Then there were my daughter's soccer games. Those were more sensible than tennis time-wise. You knew when they were going to begin and end, but I often wished soccer clubs would implement courtesy rules similar to tennis to keep the parents quiet. During the soccer years, I kept a couple of sleeping bags in my trunk at all times because the temperature could be 80 degrees, but soccer fields have some kind of mysterious climate Bermuda Triangle effect where they're always cold.

Then there's swimming. Swimming means that you will have to get up very, very early to get your child to practice. You also will have to increase your grocery bill because swimming makes kids very, very hungry.

The reality is that I look back fondly on all of my kids' extracurricular activities. When they ended, I missed the games, the meets, the tournaments and the camaraderie with the other parents. Thanks to Title IX, my girls got to participate in sports that were not available to me and my friends. Back in the pre-Title IX days, the girls who were athletically talented often had to be on the boys' teams in sports such as tennis or swimming.

But, when I was a kid, we did a lot of backyard baseball, neighborhood football games and plenty of bike riding. I benefitted from those informal games, and I know my kids benefitted from both formal and informal activities as they were growing up. Our feature about extracurricular activities in this issue shows what children learn from different after-school activities and also suggests things parents can do at home with their children.

And, as most of you are getting kids back to school this month, my wish for you is that everything goes smoothly. While there are no guarantees, the article by Pam Moore about using brain science to make your mornings smoother will give you one simple tip that may make all the difference on those hectic first days.

Betty Casey

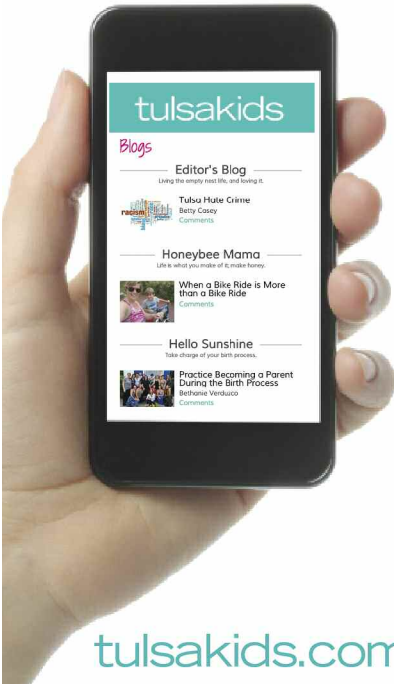
Betty Casey
associate publisher and
editor in chief



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:
EVY ELMBURG IS READY TO START SCHOOL.

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www.lesliehyt.com

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BACK-TO-SCHOOL IMMUNIZATIONS

Visit www.tulsa-health.org or call 918.582.WELL (9355) for information about immunization requirements and Tulsa Health Department Immunization Clinics. Children who qualify for the Vaccine for Children program are able to receive free vaccines at these clinics (learn more at www.cdc.gov). If you need to request electronic shot records, you can do so at www.tulsa-health.org/shot-records; these records can also be obtained in person at Oklahoma Health Department locations or by calling 918.595.4509.

Most children entering kindergarten are required to receive a second dose of MMR (measles, mumps and rubella vaccine), a fourth dose of polio vaccine, and a fifth dose of DTaP (diphtheria, tetanus and pertussis vaccines). A second dose of varicella is recommended at age 4.

Children transferring into Oklahoma schools from other states may need the hepatitis A vaccine. This vaccine is not required for all states; however, two doses of hepatitis A vaccine are required for all Oklahoma students in grades kindergarten through 12. Parents are advised to bring their child's most recent vaccination record.

Students entering the 7th grade must receive a Tdap booster. Teens in the 8th through 12th grades must also have one dose of Tdap if they have not received it already. Tdap protects against tetanus, diphtheria and pertussis (whooping cough). Meningitis and HPV vaccines are also recommended for adolescents at 11 years of age. First-time college enrollees who will reside on campus are required to receive the meningitis vaccine.

Infants, children and adolescents under 18 years of age must be accompanied by their parent or guardian and bring a copy of their current immunizations record to receive immunizations.

THD accepts the following health insurance: Medicaid, Sooner-Care, Blue Cross Blue Shield, Community Care, Health Choice, Cigna, and Medicare. Check with the insurance company to verify coverage for requested vaccines. Clients with private insurance not listed may pay for vaccines.

TULSA READING PARTNERS SEEKING VOLUNTEERS

Reading Partners, a program that provides one-on-one tutoring for students who need extra help in reading is seeking volunteers for the 2019-20 school year. No prior experience is necessary. Orientation, ongoing training, a curriculum and lessons are provided. Volunteers must pass a background check.

For more information or to volunteer, go to <https://readingpartners.org>

SCOLIOSIS GROUP

Curvy Girls, a scoliosis support group, gives girls information and support, as well as spreads awareness of the condition and how to get scoliosis screenings. Sydney Borchardt, an Oklahoma City teen, founded a chapter of Curvy Girls in Oklahoma City, and is expanding the group to Tulsa.

For more information about Curvy Girls, go to www.curvygirlsscoliosis.com



BILL & RUTH'S ON 15TH MOVES TO NEW LOCATION

If you're missing the Bill & Ruth's Cherry Street that was located at 15th and Lewis for more than 25 years, don't despair! You can find them four blocks down the street at a new location at 2647 E. 15th Street (15th & Columbia). You'll be able to get the same hummus, tabouli and baba ganoush from the old deli, in addition to finding some special amenities just for kids in the new building.

Samih and Anita Saiymeh opened the first Bill & Ruth's in 1980. Their daughter Ayschia Kuykendall and her husband Jeff Kuykendall are carrying on the family business at the new location.

If you live in Broken Arrow, the sister store is located at 2350 E. Kenosha Street.

Hours are Mon. – Sat., 10 a.m. – 9 p.m. and Sun., 11 a.m. – 3 p.m.



TULSAKIDS BABY GUIDE AVAILABLE NOW

TulsaKids annual Baby Guide, sponsored by Hillcrest Hospital, is packed with information for expecting parents and for parents of infants up to 1 year. It includes a comprehensive directory of services and websites for everything from childbirth classes to where to get developmental screenings to the most popular baby names in Oklahoma last year.

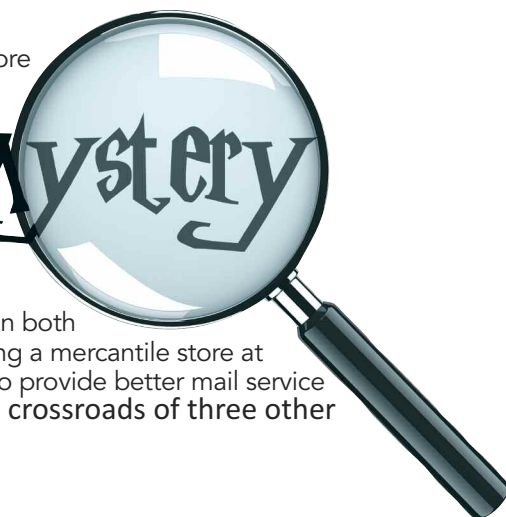
To download your Baby Guide, simply go to www.tulsakids.com and click on "Baby Guide" on the homepage under "Guides."

TULSA HISTORY MYSTERIES – A MYSTERY FOR KIDS TO SOLVE!

TulsaKids is partnering with the Tulsa Historical Society and Museum to invite kids (and parents) to learn more about Tulsa's fascinating past. Read the clue each month, visit the Tulsa Historical Society and Museum at 2445 S. Peoria, and solve the mystery. You could win a Family Membership to the museum and more.

Are you ready to be a Super-Savvy History Detective and solve a mystery?
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History Mystery



Born in Indian Territory, I am a member of a famous Tulsa family. During the Civil War, I served as a soldier in both the Confederate and Union Armies. With a partner, I took advantage of the arrival of the railroad by opening a mercantile store at First and Main in 1882. I became an early day merchant. The next year, the post office moved to the store to provide better mail service. Tulsa truly is an international city. Along with being part of the United States, Tulsa rests at the crossroads of three other nations. What are they and where can you find evidence of them?

LAST MONTH'S ANSWER: JOSIAH PERRYMAN, THE FIRST POSTMASTER

In 1846, Lewis Perryman built a log cabin trading post near what is now 33rd Street and South Rockford Avenue. Perryman, who was part Creek, established a business foothold in the rugged frontier until the Civil War. In 1879 the first post office opened on a ranch belonging to one of Lewis' sons, Josiah Chouteau Perryman, southeast of town. Josiah was appointed Tulsa's first postmaster. This was located in a log cabin near what would later become 31st Street and Lewis Avenue. Soon, it was officially moved to the George Perryman ranch house. By this time the area was known as 'Tulsey Town' and had grown to be a trading post and cattle town. You can find a granite marker for the first post office at 41st Street and Troost.

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C & J is open year around and has extended hours during the back-to-school season. Now through Aug 30, extended hours are Monday through Saturday 10 a.m.-6 p.m.; CLOSED on Sunday except Tax Free Weekend, Aug. 5, 1-4 p.m.





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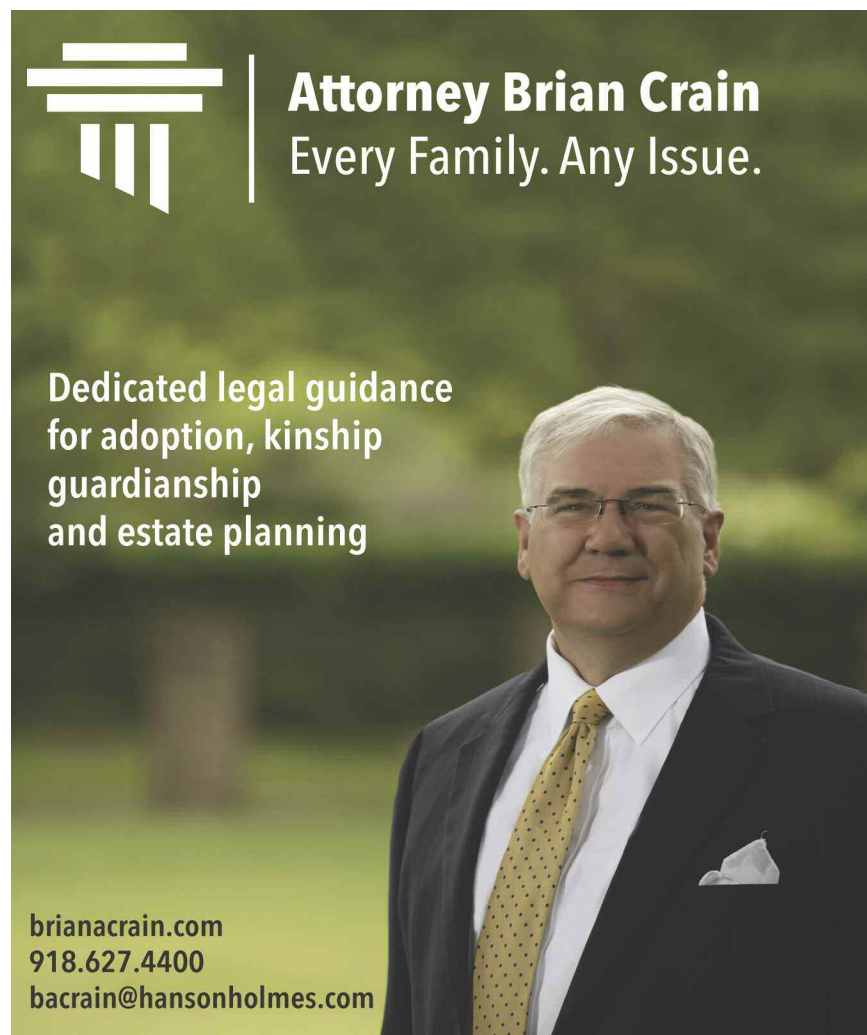
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BY KILEY ROBERSON

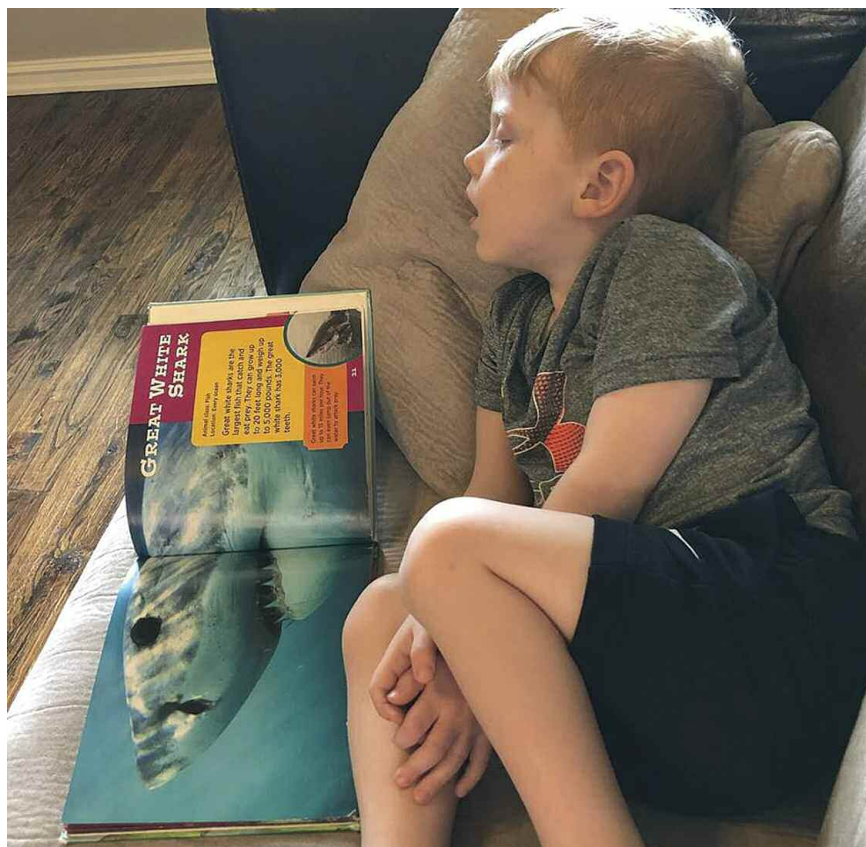


watch for signs that your child is ready to give up the nap

Well, we've all heard the expression 'all good things must come to an end,' right? It proves true in many cases like good books, beach vacations and chocolate cake...sooner or later, good stuff ends.

We could add something else to that list – naps. It's true, parents; the naps that were (or perhaps are) a regular part of your child's life will gradually decrease, and at some point in your little one's kindergarten days, they will stop altogether.

Oddly enough, children don't turn their nose up at napping because they suddenly need less rest – changing sleep patterns are the real culprit. According to the American Academy of Pediatrics (AAP), a baby's urge to sleep builds up faster than a toddler's or preschooler's, so a baby gets tired earlier in the day. By the toddler years, a child's urge to sleep earlier in the day weakens, allowing him to stay awake longer. Consequently, your child's need to nap may come and go as his body adjusts to a more adult-like sleep pattern. But biology isn't totally to blame here – there are a few temporary factors that can trigger naptime battles.



Independence. Toddlers and young children are constantly testing the limits of independence. Plus, kids this age are so active and curious that they hate the idea of taking a snooze break.

Timing conflicts. The naptime at your child's daycare or school may not coincide with the hour your child typically gets

tired. If he's at home, his ideal naptime may conflict with a sibling's schedule or your daily routine.

Lack of sleep. It's hard to believe, but overtired kids may have trouble falling asleep. That's because when children get tired, they often become irritable and hyperactive.

A major change. Any stressful event – moving to a new house or switching to a big-kid bed, for example – may make your child feel too anxious to doze off easily.

But how do you know when your child is ready to drop the nap completely? The answer is really dependent on each individual kid. Some children are finished napping by age 2 and others will continue to nap past age 5. However, the AAP indicates that the average age for children to stop napping is sometime between ages 3 and 4.

So even though you know the averages, how can you be sure that your child is really ready to drop that nap? Be on the lookout for these three signs:

1. Your child takes a long time to fall asleep at naptime, and generally does not seem tired when naptime rolls around. Your child may be transitioning away from his afternoon nap. Remember, as children grow, they can gradually handle more and more awake time during the day.


2. Your toddler takes a long time to fall asleep at bedtime, and generally does not seem tired when bedtime rolls around. This sign often goes hand-in-hand with the previous one. Again, now that your child is older, she

continued next page

can handle more awake time. So even a normal nap will eventually be too much afternoon sleep, and it can begin to impact bedtime.

3. Your child skips the afternoon nap entirely, but does not show any negative side effects. If your child sometimes skips her nap altogether, but seems fine (no crankiness, does not seem exhausted by early evening, etc.), this is a good sign that she is ready to transition away from her afternoon nap.

Regardless of your child's nap schedule, your main concern is to ensure that he gets enough sleep in a 24-hour period. Studies have shown that at age 3, for example, kids need anywhere from 10 1/2 to 15 hours of sleep. When they log those hours is less important. In fact, many children who stop napping during the day will compensate by sleeping longer at night anyway.




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BY MARY BETH RITCHIE, LCSW

supporting your gifted child

Many people don't realize that parenting an intellectually gifted child is truly parenting a child with special needs. These needs are founded in strengths, but they do require special attention and extra resources. Parenting a child with special needs, of any variety, requires extra time, money and energy.

You may be wondering whether your child is gifted. Generally, a child who has an I.Q. of 130 or more is considered intellectually gifted. The National Association for Gifted Children (NAGC) defines giftedness as children who have ability significantly above the norm for their age in one or more domains, including: intellectual, creative, artistic, leadership, or in a specific academic field such as language arts, mathematics or science. Giftedness exists in all demographic groups and personality types.

According to the National Association for Gifted Children (www.nagc.org), in 2014-2015, Oklahoma had identified 97,186 gifted students out of a total population of 688,300. The state mandates identification and services for gifted and talented students (<https://sde.ok.gov/gifted-and-talented-education>). The website for

the Oklahoma Association for the Gifted, Creative & Talented is www.oagct.org.

I'll share some common signs, and tips for addressing them, in this column. It's important to remember that each child is unique and may not display all of these traits. Giftedness is often hereditary. The gifted child will frequently score within 10 points of a parent. There are many formal assessments to determine whether a child is gifted, and it's helpful to identify children early. However, testing is usually not recommended before age 5.

Traits of Gifted Children

1. Gifted children often command a large vocabulary. They will frequently prefer adult conversation to those with their peers. It is important to encourage your gifted child to engage with same-age peers. Not doing so can lead to a sense of isolation.

2. Intellectually gifted children often display strong feelings and can be very opinionated. Because they are also often very self-aware, they may recognize that they are different. This may lead them to feel left out. Many become introverted. It may be helpful to consider a school for gifted children where the student will be surrounded by others who are similar. Tulsa is fortunate to

have The University of Tulsa University School. Both of my sons attended. One didn't "fit in" socially when attending public school. He truly blossomed when placed with others more like him. I witnessed a substantial jump in his self-confidence.

3. Young gifted children may become bored easily. They learn by being exposed to new stimuli. At home, you may find that the gifted child loses interest in new toys quickly. Be prepared to expand your toy budget.

4. Gifted children frequently focus intensely on one specific interest. One of my sons wanted to learn everything about dinosaurs. At age 6 or 7, he undoubtedly knew more about dinosaurs than the average adult. I've also taught some gifted children. One of these children was fanatical about trains. Everything he drew or wrote about dealt with trains. This was one of the signs I recognized in him when I requested that he be tested.

5. Gifted children are able to teach themselves and can remember things easily. Some may be reading and writing before they ever attend school. In my third grade classroom, I can sometimes spot these children because they are often able to solve a new type of math problem

by using logic and reasoning.

6. These children may have an original way of expressing themselves. You may find that they are able to write extremely well. Their stories may be very complex and well developed.

7. Gifted children often exhibit an advanced sense of humor. I've witnessed this in my classroom. At times, some of my jokes will go right over my third graders' heads. However, there will be one or two children cracking up. These are often the gifted children. Gifted children may also be highly sensitive with intense feelings.

8. Gifted students frequently prefer to work alone, rather than in groups. This may be due to their unique methods of approaching their work or a feeling of social awkwardness.

9. All children seem to ask a lot of questions. However, the gifted child will ask even more! The questions may be very deep and detailed as these children try to satisfy their thirst for knowledge and understanding. At times, this can be challenging for parents and teachers. It's important to be patient with these children, as we don't want to squelch their curiosity.

10. A parent or teacher may notice that a gifted child learns

continued next page

more quickly. It is estimated that most children need eight to 15 repetitions in order to learn something new. Gifted children frequently need only one or two.

If you suspect that you may be parenting a gifted child, you may have your child tested by a psychologist. However, many schools offer the same tests at no charge to families.

If you learn that your child is gifted, it is important to realize that you are parenting a child with special needs. It does require more from you. You will want to encourage your child's curiosity. You will need to provide a plethora of stimuli for your gifted child. You will also want to consider the educational possibilities. You may decide that your child can best be served at a school for gifted children. If this is not an option, you will need to check what services are provided for gifted children at your child's school. If it's not enough, you may wish to consider hiring a private tutor or providing enrichment activities after school. I also encourage you to visit with your child's teacher. Inquire as to how your child's special needs will be met in the classroom. There is such a focus on the students falling behind that some teachers are less aware that gifted children need special attention too. When No Child Left Behind was implemented, I frequently stated that it was my own gifted children being left behind. Work with your child's teacher to help him or her provide the environment and challenges that your gifted, creative or talented child needs.

WHY SHOULD I HAVE MY CHILD TESTED?

According to the National Association for Gifted Children (NAGC), public school districts often use "subject-specific, standardized achievement or group ability tests to identify students that qualify for gifted programming." You may decide to have your child independently tested as well.

Ask yourself the following questions before deciding to have your child tested:

- Are there indicators—such as academic performance, social-emotional characteristics, or certain behaviors—that makes me suspect my child is gifted?
- Is my child not thriving or unhappy in his current learning environment?
- Is my child applying to a gifted and talented enrichment program, camp, online course, or independent gifted school where test results are required for admission?
- Does my child demonstrate giftedness, but it's not recognized because I suspect other factors (such as a learning disability, ADHD, or anxiety, for example) may be getting in the way?

If the answer is "yes," to any of the above questions, you might want to pursue having your child tested privately.

Source: www.nacg.org

Areas of Giftedness in Oklahoma's State Definition

- Intellectually Gifted
- Specific academic areas
- Leadership
- Performing/Visual Arts
- Creatively Gifted

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BY JULIE WENGER WATSON

high school seniors still have time to make that college decision

It's your dirty little secret. Fall of your senior year of high school, and—gasp!—you don't really know where you're headed after graduation. Not only that, you're not even sure what steps you need to take to get there. In our highly competitive, hyper-anxious and tightly curated world, it's hard to admit ambivalence, uncertainty, or even a little apathy about college. Don't worry. You're not alone, and you're not too late. Here are some practical steps to get you on your way.

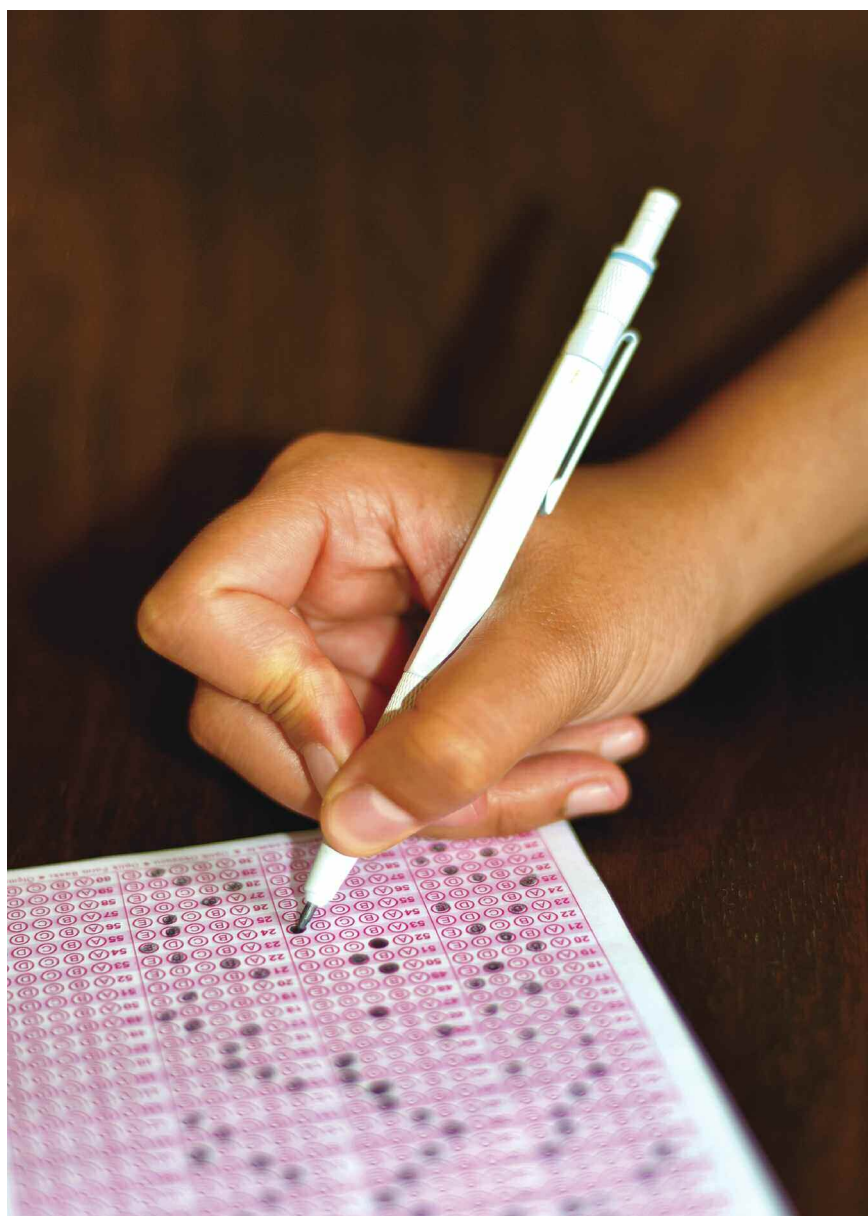
Make a List and Visit Colleges

No idea where to begin? Think about what you might like to do and then, if possible, visit a few schools.

"The most important element - where I always like to start - is with some foundational career counseling. Having an idea of one or two majors/programs will help the student feel a meaningful connection to the process and narrow down the options," says Terrie Shipley, an independent education consultant in Tulsa.

Shipley recommends visiting a couple of different schools, a large public school and a small private school, for example.

"While on campus, I encour-



age students to jot down some of the notes about how they felt," Shipley adds. "Emotions play an important role in distinguishing one type of campus environment from another."

Take the ACT or SAT

The vast majority of schools require an ACT or SAT score as part of the application process. According to academic and test prep tutor Andrea Koenig, who works with students in Tulsa, both tests are accepted by almost all U.S. colleges and universities, but "the ACT has gained significant market share in college admissions."

Koenig recommends that students take practice tests in both formats to determine which is more comfortable and likely to yield a better result.

"Students oftentimes like to take the ACT or SAT early in the prep process just to get a baseline and see where they are," Koenig notes. "That's fine with me. I don't recommend testing too many times. It's always best to prep well first and then just test a few times. A few selective schools will want to see every set of test scores, but these schools are in the minority. Many schools super-score: students are able to pick their best sub-scores from

continued next page

several tests and make one whole to submit.”

Koenig offers advice for students preparing for the Sept. 14 ACT.

“Identify weak areas and begin to prep on a daily basis. Thirty to 60 minutes a day would be helpful, with one full test in one sitting with time per week. Many of the math and grammar skills tested by the ACT and the SAT can be learned. Time management can be improved with practice.”

Koenig suggests using something other than phones, which aren’t allowed on test day, for keeping time. Familiarizing yourself with test rules about calculators and making sure you know how to use the devices allowed is also a good idea.

Finally, Koenig suggests students appreciate the bigger picture.

“I always encourage students to look beyond the test prep process to consider the skills and knowledge they are acquiring as valuable to their futures,” she says.

Apply

Familiarize yourself with application and financial aid deadlines. Most schools have deadlines in January to apply for admission for the following fall. Request transcripts and letters of recommendation early in the semester. If you’re counting on financial aid, start with the FAFSA, the Free Application for Federal Student Aid.

Fall is still a good time to beef up your resume, too. Shipley suggests activities that speak to a career interest.

“It could be shadowing a professional in a field, or joining a related club at school, or something of the student’s own design” she says.

Think About Your Future

What do you want to do with your life? There is no simple answer to that question, but it’s helpful to give it some thought. Thinking about your interests and what you enjoy can help you determine what you want to study,

which, in turn, helps you choose a course of study.

“I don’t think I can overemphasize how important some initial career counseling can be to kicking off the education planning process,” Shipley says. “If I could change one thing about the traditional schooling system, it would be to embed this element as a high school requirement.”

For families who can’t afford to work with a career coach, Shipley recommends online sources such as www.mynextmove.org and www.owlguru.com.

“Students shouldn’t face the pressure of selecting a job for the rest of her life, and college isn’t just a means to a professional end, but it would be helpful to have an idea of a couple paths to begin exploring as soon as possible,” she adds.

Final Thoughts

Without a doubt, decisions about life after high school can seem overwhelming to parents and students alike. However, it’s good to keep a healthy perspective.

“As big as the decision seems, it’s not life or death, and you will get through this,” Shipley says. “Take a deep breath and gain some perspective by talking with someone -- the school’s college counselor, a trusted teacher, an outside expert -- and just starting the process. Break the whole overwhelming thing into baby steps. For example, rather than stress about the perfect, polished essay, just start with a brief, bullet-point outline of what the main thesis and supporting claims and evidence would be. Boom! You’ve now got structure, and it’s downhill from there. Run it by someone, and once you get the green light, begin the rough draft. Another example would be to go ahead and create a Common App account or a login for whatever specific school you want to apply to. A lot of fear is of not knowing, which comes from not starting.”



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BY PAM MOORE

want to make mornings smoother? use brain science

My 5-year-old daughter and I tend to get into major power struggles in the morning. I make her the “wrong” breakfast. She wails like I’m torturing her as I attempt to brush her tangled curls. Fresh snow covers the ground and her party shoes are the only shoes she’s willing to wear. She’s on the floor, crying and flailing her arms before I can finish saying “snow boots.” We are running late (again) but I take a minute to lock the bathroom door, turn the vent on and cry. Why is this so hard? What am I doing wrong?

According to experts, my error is obvious. I’ve forgotten to start the day with connection.

Instead of “making a deposit” in my child’s bank – in the form of cuddles, reading to her or even asking how she slept, I’ve attempted to make a number of “withdrawals.” I’ve forgotten that my daughter’s brain is just not wired to accommodate that.

As Daniel Siegel and Tina Payne Bryson explain in their groundbreaking book *The Whole-Brain Child*, not only are the structures of a child’s brain still forming, so are the pathways connecting them. The connections between the various parts of the

brain are what allow adults to function like adults (most of the time, anyway). You can credit those connections every time you use logic to push through fear or hold your tongue in a meeting with your boss when you’d rather throw the nearest object at her head. On the other hand, when

biology, secure attachments in childhood facilitate the brain’s ability to function as an integrated system. In other words, focusing on the relationship with your child, rather than all of the tasks she must complete, will not only make your mornings easier, but it will also promote your

“...focusing on the relationship with your child, rather than all of the tasks she must complete, will not only make your mornings easier, but it will also promote your child’s optimal brain development in the long run.”

you’re wondering why your kid loses his mind when you cut his carrots into slices instead of matchsticks, much of it has to do with the fact that his brain is still immature.

Though it takes at least 20 years for the brain to fully develop, there are steps parents can take to make life more bearable in the meantime. According to Siegel’s concept of interpersonal neurobi-

child’s optimal brain development in the long run.

One of the key takeaways from *The Whole Brain Child* is that it’s crucial to connect with your child on an emotional level before trying to reason with her. The best way to help a kid through a tantrum is to first hug her or offer some other non-verbal sign of affection, like a loving, concerned look, a gentle pat on the arm or a

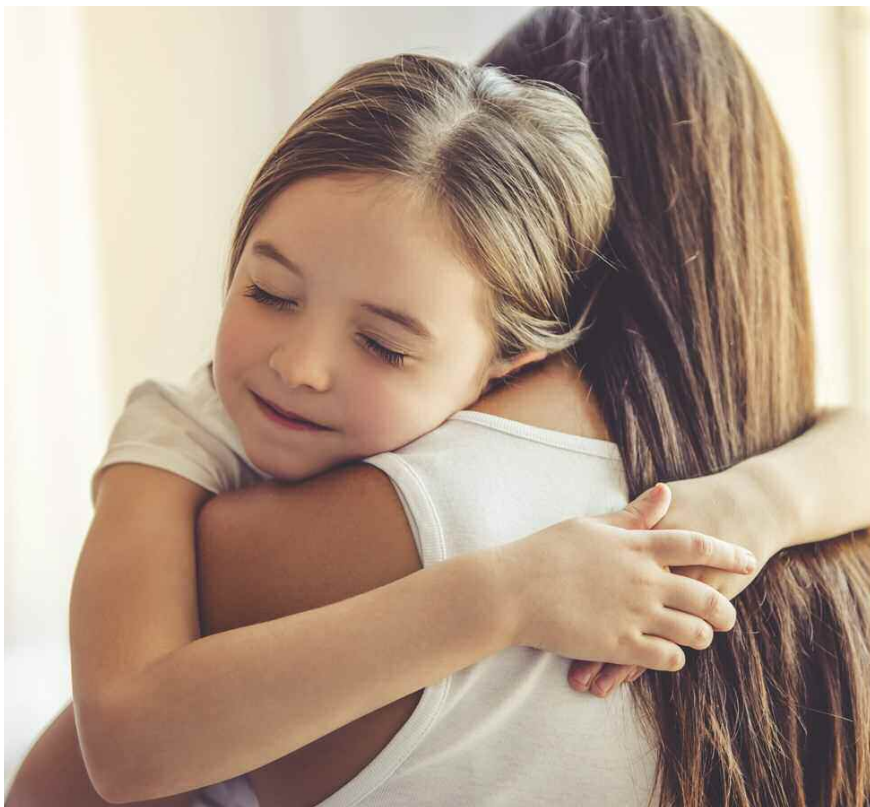
squeeze of her hand, and talk to her after. Only after the child has calmed down enough to engage in conversation or to quietly listen can she actually absorb anything you’re saying, whether you’re offering a pep talk, empathizing or offering alternative solutions to the problem.

According to Siegel and Payne Bryson, pausing to establish a connection serves a dual purpose. First, it strengthens the bond between you and your child, connecting you to each other. Second, this connection facilitates the building of connections between the distinct areas of the child’s brain.

Parents who struggle with mornings that devolve into a frantic race against the clock in an attempt to drop a cranky kid off at school on time with two matching shoes often find much of the stress can be circumvented by taking a moment to connect before the storm erupts.

Clinical psychologist and parenting expert Dr. Laura Markham recommends snuggling with your kiddo for five minutes as he wakes up as a way to “fill your child’s cup before the day starts, and reconnect after the separation of the night, which gives your child motivation to co-

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operate instead of fight with you." If five minutes of snuggling feels unreasonable, try two minutes, or even one. If snuggling in bed as your child rouses doesn't fit with your routine, try something that does. It could be reading together, scratching his back, or simply holding his hand and making eye contact as you say good morning. (I've tried all of these). One friend said that even if he's already up and dressed, she gets back into bed with her son as soon as he's up and spends a minute or two doing a simple gratitude ritual together, where they simply say a couple of things they're thankful for.

Whatever way you choose to connect with your child as you start the day, make sure it's part of your morning routine. According to parent educator Kelly Pfeiffer, routines and connection work best when they're used together. She suggests parents begin the day with some form of connection (i.e. two minutes of snuggle time) and intersperse other forms of connections throughout the morning, such as creating a silly morning song together, giving

high fives, or sharing the joke of the day.

In my own quest to make mornings more bearable, I've been pleasantly surprised to find how far even the briefest moments of connection take us in terms of setting the tone for the day. Some mornings, there's time for my daughter to climb into bed with me for a few minutes.

But when I've accidentally set my alarm for p.m., we're running 20 minutes late, my daughter has to eat breakfast in the car and every fiber of my being wants to bust into her room and say, "Why are you playing!? You should be dressed by now. We are running so late!", I stop myself. Instead, I take the time to enter her room slowly, greet her with a smile, rest my hand on her shoulder, and look her in the eye while I say "Good morning. How did you sleep?" It turns out, I don't have time not to.

This article was originally published on Motherly.

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BY KESHIA PAVEY

trends for the cool kids

The tardy bell ringing, footsteps shuffling down the hallways, and laughter and giggles between friends. Those are the sounds of back to school. The return to school means learning more, making friends and having fun. Back to school also means making a statement and setting a great impression for the school year. As a parent, you may be feeling out of touch when it comes to fashion. Don't worry about a thing. The latest style trends are all gathered here to aid you and your child in picking out back-to-school outfits that are sure to impress. If your kids attend schools where uniforms are enforced, these tips may come in handy for those "Free Dress" days. But we're not stopping at clothing for cool kids. We've included the gadgets that will make everyone eager to go back to class.

Fierce and Fun Girls

This back-to-school season, expect to see a lot of bold and vibrant prints for girls. Think of dresses and blouses covered in oversized flowers and foliage in rich colors. Anything tribal or earthy will turn heads. For the tween in your life, expect to see large, vibrant prints as well. Metallic accessories and accents to clothing items are blowing up. Statement pieces like graphic tees and cropped sweatshirts are



also very popular for tweens this season.

Cool, Calm, and Collected Guys

For your awesome young man, consider comfy layers. This back-to-school season calls for clothing that can move well. Puffer vests, beanies and joggers are where it's at. Don't be surprised if you see more shades of pink on the shelves in the boys'

section as well. Look to the younger Beckham boys, Romeo and Cruz, for style inspiration. I mean with stylish parents like David and Victoria Beckham, it's hard to go wrong.

Break the Style Mold

The fashion world is evolving and that includes kids' fashion. Girls will be wearing sporty styles and graphics that in the past were exclusive to boys.

Think dinosaur and truck prints in a variety of colors. Don't forget high- and low-top sneakers, like Converse. Also, the aforementioned pink hues — you should find more clothing items in a shade of pink for boys this school year.

Earth Conscious Clothing

Over the years there has been a huge shift in sustainability for the sake of the planet. There will be more options for sustainable and nature-friendly clothing. You should see more organic fabrics and clothing made of natural cotton on the shelves. Dresses and sweaters made of terry cloth will be popular. Blouses, button down shirts, and dresses made of linen will be on the rise. I stopped by the local clothing store, STASH, to get their opinion on the fashion trends for the upcoming school year. I was surprised to find they carry several pieces that are eco-friendly and fashionable. One of the shoe brands they carry is Mini Melissa. Haven't heard of them? Neither had I before I visited STASH. Mini Melissa shoes are 100 percent recyclable, hypoallergenic, and the best thing of all, they're odorless. In fact, the shoes actually smell really good. These shoes are a perfect choice to begin the school year.

Cool Kid Gadgets

No kid wants to return to

continued next page



school and feel behind on the latest trends in technology. Some of the coolest tech out there was designed to either enhance your child's learning ability or make play more exciting. Consider STEM robots for educational fun. For the tweens, there are easy to set up tablets and laptops, like the Asus Chromebook. When it's time to unwind, the Nintendo Switch is perfect for the gamers in your home. Also drones and virtual reality headsets are perfect for family fun. Don't forget the popular wireless earbuds, like the AirPods from Apple. Since wireless earbuds have grown in popularity, they have become



more affordable. Brands that make affordable versions include JBud and Samsung. Don't pull your hair out over back to school clothes. Keep these style trends in mind as you shop. You'll be a fashion aficionado. I mean what parent doesn't want cool points?

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BY BETSY PENTURF

experience the human microbiome at Discovery Lab

Did you know trillions of microbes live inside the human body? Kids and adults can get introduced to these tiny organisms at Zoo in You, Discovery Lab's newest exhibit, by exploring our microbiome - a dynamic, adaptable and delicately balanced ecosystem where humans and microbes coexist.

Zoo in You is a 2,000 square foot, bilingual exhibit that offers more than 10 interactive stations for visitors to engage with their microbiomes. Visitors can zoom down to the microscopic level, see a life-sized microbial reflection, sequence DNA, create a virus model and more. Zoo in You combines science, technology and health to fully immerse visitors into the world of microbes.

"We are thrilled to bring such an exciting, hands-on exhibit to Tulsa," said Ray Vandiver, CEO/executive director of Discovery Lab. "People of all ages will be entertained, engaged and educated by the Zoo in You experience. The exhibit is a fun way to explore a new science topic in a hands-on environment."

Since 2013, Tulsa's Discovery Lab has provided unique learning experiences, exhibits and programming for more than 600,000



children and families. Discovery Lab's hands-on, multidisciplinary approach emphasizes cognitive and process skills while extending and enriching classroom curriculum to build on children's interests and strengths and help prepare them for the future.

"Discovery Lab is much more than a science museum," Vandiver said. "Our focus is on process skills - creativity, innovation, awareness, problem solving - so children and parents can practice life skills together through science, technology, en-

gineering, art and math."

At Zoo in You, visitors will learn who the constant microbial companions are, where they live, how diverse they are and in what ways scientists are discovering just how important they are to personal health. Zoo in You helps dispel the common misconception that all bacteria and viruses are harmful. Visitors to the exhibit will learn how microbes are necessary for healthy living, Vandiver said.

Zoo in You has three thematic areas: Meet the Microbes, Our Complex Ecosystems and Exploring our Microbiome. The exhibit opened May 23 and was developed and designed at the Oregon Museum of Science and Industry in Portland.

Later this year, Discovery Lab will break ground on its new location that will be built near 31st and Riverside as an addition to the Gathering Place park. Once built, the museum will serve as the southern anchor of the park. Discovery Lab will grow from its current size of 12,000 square feet to 50,000 square feet at its new location, making it comparable in dimension to similar museums in like-size cities, according to Vandiver.

Discovery Lab and its sup-

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porters work diligently to ensure educational programs and experiences are accessible to all schools and families across the Tulsa region. More than 25 percent of the students who visit on field trips and 40 percent of outreach programming receive free or reduced rates. Accessible Discovery, Discovery Lab's financial aid program, targets children and families in need through community partnerships.

"Discovery Lab is all about making learning science fun through a hands-on learning experience," Vandiver said. "The museum helps promote parent and child interaction around science topics."

Discovery Lab provides outreach to more than 30,000 students a year, making it the largest science, technology, engineering and math (STEM) outreach program in Oklahoma. Throughout the year, Discovery Lab also offers camps to engage and educate children from pre-kindergarten to sixth grade. Kids enjoy fun, interactive activities that focus on health and wellness, chemistry, engineering, technology and more.

Tape Tunnel, the museum's original exhibit and still a favorite for kids of all ages, features tunnels and a 30-foot slide made of packing tape. Inspired by TapeScape in Mankata, Minn., Tape Tunnel was developed, designed and built in Tulsa by Discovery Lab staff. This popular exhibit consists of six layers of tape in each tunnel, adding up to over 16 miles of tape.

The Zoo in You exhibit is open through Sept. 5.

A member of the Association of Children's Museums, Discovery Lab is located at 560 N. Maybelle northwest of downtown Tulsa. It is open Monday-Saturday from 9:30 a.m.-5 p.m. and Sunday from 11:30 a.m.-5 p.m. For more information, please visit discoverylab.org.

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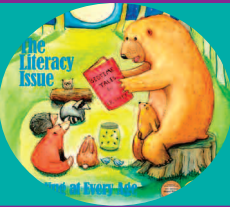
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Q: My child seems to have overcome reading struggles over the years as we have been able to use helpful techniques and take our time as we have been homeschooling. But math! No matter what we try or how hard she studies, she still struggles with simple math calculations, remembering formulas or information for algebra and geometry. We are at a loss.

A: Dyscalculia is often associated with persistent math struggles that seem to defy tutoring or extended math support. About 2-5 percent of the population have Dyscalculia. It is often associated with Dyslexia or ADHD, but it does not necessarily mean if you have one you will have the other. Dyscalculia is understood as having difficulties with comprehending arithmetic, manipulation of numbers, math fluency, learning math facts or performing mathematical calculations, which can be linked to difficulty with working memory and visual perceptual skills. Working memory helps us hold on to information so we can use it later in real life, or, in this case, to work out a mathematical problem. Visual perceptual skills help us interpret what we see, such as manipulating pieces of a puzzle together. If you suspect Dyscalculia, it is important to include testing for working memory and visual perceptual skills. Both skills are essential for math success. **Dr. Penny Stack**, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, www.dyslexiatulsa.com



FUN ONCE THE BELL RINGS:

AFTERSCHOOL ACTIVITIES ENHANCE YOUR CHILD'S EDUCATION AND DEVELOPMENT

BY CHRISTA MELNYK HINES

After-school activities are an essential and fun way to round out your child's overall educational experience. Integrate both structured and DIY activities that complement your child's disposition, age and interests.

"Students in these activities learn important social skills, are given the opportunity to meet a wider variety of peers, and gain more confidence and self-esteem," says Matt Johnson, a director of student services and athletics. Furthermore, involved kids are more motivated to do well academically.

Doodle, dabble, draw. Art

education contributes to problem-solving and critical thinking skills, not to mention creativity. Independently run studios and museums offer classes for kids of all ages like painting, drawing and sculpture.

DIY: Put together an "imagination bucket" with art supplies, including recyclables, construction paper and other doodads. Encourage your children to present their individual masterpieces to the family at dinner. Take advantage of free opportunities at Philbrook and Gilcrease

Move it. Team sports nurture social, communication and leadership skills. And experiencing loss builds resilience as kids learn to persevere through dis-

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appointment.

Individualized sports like swimming, martial arts, or tennis are also beneficial, helping kids develop focus and self-discipline.

DIY: Burn off energy by shooting hoops in the driveway, running through a homemade obstacle course, taking a bike ride or groovin' to funky music before homework time.

Checkmate! A popular and ancient game of strategy, chess fosters patience and impulse control as players learn to plan and visualize their moves on the board.

"Chess can help increase a student's focus and concentration along with helping students with personal skills, such as problem solving and critical thinking," says Rick Hetzel, a high school chess club moderator.

DIY: Start a club at your child's school or challenge your kids to a family board game or cards.

Strike the right note. Kids who learn to play an instrument learn to read music and gain a sense of timing, beat and rhythm. Multiple research studies find a relationship between music education and its influence on mathematics skills, including the ability to recognize patterns, sequencing, spatial reasoning and tempo. And according to the National Association for Music Education, youngsters who are involved in music are more likely to be engaged in school, develop a higher self-esteem and are better able to cope with anxiety.

DIY: Make your own music. Fill drinking glasses with different levels of water. Tap each jar

lightly with a spoon and listen for the varying pitches and vibrations each emits. Try a harmonica. Kids also like making their own instruments from drums out of oatmeal containers to rain sticks from covered paper towel tubes. Use YouTube instruction to learn to play an instrument.

Encore! The performing arts offer a positive outlet for expressive children and can enhance reading comprehension and verbal and non-verbal communication skills. Introverted children might love the stage and the camaraderie of working on a theater project with others. Also consider debate, photography and journalism clubs.



DIY: Help your child set up a blog to share his writing and photos with a select audience. Check out www.kidzworld.com, which offers kids a safe and fully moderated place to blog. (Geared for 9- to 14-year-olds.) Younger kids can hone their storytelling chops by writing a story, dressing in cos-



tumes and acting it out.

Get cooking. Learning to prepare healthy meals is a life skill. Plus, when following recipes, kids practice reading and math skills such as measure-

ments and fractions. Some local grocery stores, bakeries and culinary centers may offer kids' cooking classes.

DIY: Include your kids in the process of meal preparation. Even on busy weeknights, they can help make a salad or set the table. Also, check out cookbooks geared for kids such as *Chop Chop: The Kids Guide to Cooking*, *Better Homes & Gardens New Junior*

Cookbook and *Wookie Cookies: A Star Wars Cookbook*.

Be of service. "There are many volunteer opportunities that students can pursue in the community where they can give of their time and learn new skills," says Cindy Neely, a high school counselor coordinator.

Scouting, Boys & Girls Club, the YMCA, and youth groups are examples of service organizations that offer real-life experiences outside of the classroom, fostering confidence, leadership and communication skills. Through engagement in their communities, kids are less likely to feel isolated. They gain a greater appreciation and understanding of the world around them.

DIY: Volunteer together at a

local shelter, help a neighbor with yard-work or gather canned goods for a food pantry.

Seek balance. While variety is the spice of life, don't overwhelm your kids with activities. Too much of a good thing can cause stress and affect grades. Watch your child for signs of stress. Match the number of activities to your family's time, finances and your child's energy level.

"It is all about identifying the delicate balance that helps foster their development of skills in activities that they may be involved in for a lifetime," Johnson says.

Freelance journalist, Christa Melnyk Hines and her husband are the parents of two active boys. Christa's latest book is Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital world.



CONSIDERATIONS FOR EXTRACURRICULAR ACTIVITIES:

- Will there be extra fees for uniforms/equipment?
- Is the activity well staffed?
- Is the staff friendly and energized?
- Are activities well organized?
- Is the environment clean and safe?
- Do the kids appear to be having fun?

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20
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Breathe Birth & Wellness hosts monthly fitness and informational classes for new and expecting parents, grandparents and siblings. Visit breathebirthandwellness.com for details.

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

August 1 Thursday

SAFE KIDS CAR SEAT CHECK

[FREE]

Make sure your child's car seat is installed correctly! Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, 1-3 p.m. safekidstulsa.com

FREE KIDS MOVIE AT CIRCLE CINEMA: "THE HOUSE WITH A CLOCK IN ITS WALLS" [FREE]

Enjoy a free movie at Circle Cinema, plus popcorn and a book provided by Tulsa City-County Library's Summer Reading Program (Kendall-Whittier Branch). Seating is on a first-come, first-served basis. Circle Cinema, 10 S. Lewis Ave., 1:30 p.m. circlecinema.org

DOG NIGHT

Furry family members are invited to join their owners for an evening

stroll during this special time that pups are allowed at the Garden. Free for Garden members; Regular admission and \$4 for non-member dogs. Dogs must be controlled by a leash and current on all vaccinations and registration. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-9 p.m. tulsabotanic.org

August 2 Friday

DOLLAR DAY CANNED FOOD DRIVE

Tulsa Zoo guests donating a non-perishable food item will receive one-dollar admission on Friday, August 2, 2019. All donated items will go to the Community Food Bank of Eastern Oklahoma, the largest private hunger-relief organization in Eastern Oklahoma. Tulsa Zoo, 6421 E 36th St. North, 9 a.m.-5 p.m. tul-sazoo.org

FRIDAY YOGA

Introductory yoga stretching and breathing class; ideal for pregnancy, postpartum and beginners. Each class is one hour in duration (equipment included). Cost is \$5. Breathe Birth & Wellness, 4800 W. San Antonio St. #101, Broken Arrow, 6-7 p.m. breathebirthandwellness.com

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 art. The Tulsa Arts District, 6-9 p.m. thetulsaarts-district.org

ZZZS IN THE SEAS

Snooze next to sharks, stingrays, seahorses, and other sea creatures during Oklahoma Aquarium's ZZZs in the Seas sleepover. The fun-filled night begins with check in at 7 p.m., and includes a light snack, drinks,

scavenger hunt, flashlight tour, a movie, and then sweet sea dreams. If sharks aren't your idea of a relaxing sleep, then feel free to slumber next to any of the other exhibits. Wake up enjoy breakfast before the adventure ends at 8 a.m. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7 p.m.-8 a.m. on Saturday, August 3. Okaquarium.org

August 3 Saturday

FREE FIRST SATURDAY: PHOTO SALE [FREE]

Enjoy free admission to the Tulsa History Museum on the first Saturday of each month. This month's event features a sale of historic Tulsa images, which will be sold for \$2 each on a first-come, first-served basis. Tulsa Historical Society & Museum, 2445 S. Peoria Ave., 10 a.m.-4 p.m. tulsa-history.org



Curious about carnivorous plants? Join Tulsa Botanic Garden on August 24, 2-4 p.m., for a kid friendly story and activity time all about these fascinating flesh-eaters! Photo courtesy of Tulsa Botanic Garden.

WORLD IN A BOX [FREE]

Stamp your passport as you visit and experience cultures from around the world! Enjoy live performances and free hands-on activities for all ages. Sponsored by Tulsa City-County Library and Tulsa Global Alliance. Central Library, 400 Civic Center, 11 a.m.-3 p.m. tulsalibrary.org

STEM SATURDAY AT GATHERING PLACE [FREE]

Spend your Saturdays learning through play at Gathering Place's STEM Saturday activities! Every first Saturday of the month you can explore an interactive, hands-on activity designed to spark curiosity in Science, Technology, Engineering, or Math! August's event will focus on Lava Lamps. Gathering Place, 2650 S. John Williams Way, 12-3 p.m. gatheringplace.org

August 4 Sunday

DOG DAY

Four-legged pups can come with their owners for a walk to enjoy the sights and sniffs at the Garden. Free for Garden members; Regular admission and \$4 for non-member dogs. Dogs must be controlled by a leash and current on all vaccinations and registration. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. tulsabotanic.org

DROP-IN STUDIO AT GILCREASE

Drop-In Studio is the first Sunday of the month. Each month, teaching artists will debut a new theme and

guide participants through various art disciplines with all materials and supplies provided. This program is appropriate for all ages and is free with museum admission. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org

August 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. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

COCA-COLA FAMILY MOVIE NIGHT [FREE, W]

Enjoy a free movie and other entertainment every Monday through August 26 at the Jenks Riverwalk, 300 Riverwalk Terrace, Jenks, 6-10 p.m. facebook.com/riverwalkjenks

August 6 Tuesday

DANCING FOR BIRTH [W]

This low impact cardio dance class incorporates dance moves from around the world to best prepare you to give birth. Birth can be like a marathon, and Dancing for Birth classes prepare you for the challenge. You'll become stronger, more agile, more at ease with your body and both mentally and physically ready to embrace your unique birth experience. Cost is \$10. Breathe Birth & Wellness, 4800 W. San Anto-



nio St. #101, Broken Arrow, breathebirthandwellness.com

GARDEN SCAVENGER HUNT AND SUCCULENT PLANTING FOR TEENS

Spend a late summer evening in the beautiful Linnaeus Teaching Garden for our teen photo-scamper-hunt! There are prizes! For each group of items photographed, you will be reward one succulent to keep. Following the scavenger hunt, participants will learn how to plant and care for our lovely succulents. \$5 Linnaeus Teaching Garden, 2435 S. Peoria Ave., 6:30-8:30 p.m. tulsagarden-center.org

August 7 Wednesday

ASTRONOMY NIGHT [FREE]

Explore the downtown sky at night. This family friendly event will feature high-powered telescopes, an activity about the universe, constellation face painting and augmented reality stargazing. Less than ideal weather conditions will move the event indoors. Presented by the Bartlesville Astronomical Society and Tulsa City-County Library. For all ages. Central Library, 400 Civic Center, 7:30-9 p.m. tulsalibrary.org

August 8 Thursday

KIDS CONNECTION [FREE]

Kids Connection is a social group designed for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at

918.582.8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-5:30 p.m. ddadvocacy.net

FAMILY CRAFT NIGHT

Families can make a different nature-themed craft each week (August 8, 15, 22 and 29) in this drop-in activity. Free with Garden admission. Note: Garden is open 9 a.m. to 9 p.m. on Thursdays in August. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-8 p.m. tulsabotanic.org

August 9 Friday

DIG WITH A DIETICIAN [FREE]

During this class, taught by a Reasor's Registered Dietician, participants will learn more about how plants grow and develop. From the differences between seeds and their unique layers to nutrients plants need to grow to healthy foods to help us grow all the way to planting seeds to grow a healthy community. All participants will receive a class favor and one participant will win a Dig with a Dietitian giveaway item! Class is appropriate for kids ages 6-12. Pre-register online; limited to 20 participants. Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., Broken Arrow, 2-3 p.m. reasors.com

COMMUNITY CONVERSATIONS AT PHILBROOK

Community Conversations pairs Philbrook staff with dynamic and engaging locals for a tour experience you won't want to miss. Dr. Ricco

Wright of Black Wall Street Gallery discusses Kehinde Wiley's "Equestrian Portrait of King Philip IV" with curator Sienna Brown. Philbrook Museum, 2727 S. Rockford Rd., 7 p.m. philbrook.org

August 10 Saturday

THE TESS TRAIL RUN

This trail run raises money for The Grief Center right here in Tulsa. Experience a run unlike any other through Tulsa's own Turkey Mountain trails. New to trail running? This is the perfect place to start! The Tess Trail Run 5K runs a unique course through the hills of Turkey Mountain, and is great for any skill level. Turkey Mountain, 6850 S. Elwood Ave., 7:15-11 a.m. runsignup.com/Race/OK/Tulsa/TessTrailRun

WILL ROGERS/WILEY POST FLY-IN [FREE]

You will not want to miss this year's Will Rogers/Wiley Post Fly-In. This event is one of the largest Fly-Ins in Oklahoma, with more than 125 planes flying in. Other activities include Cherokee Story Telling and Weaving, inflatables, face painting, food trucks and more. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 7:30 a.m.-1:30 p.m. willrogers.com

SIBLINGS CLASS

Fun and informative class for children ages 1-10 who are being promoted to big brothers or sisters! Hands on interaction, fun games and much more to help your little one become excited about welcoming a baby into your household. All participants will receive an official Big Brother or Big Sister Certificate as well as keepsake to give their little siblings once they arrive. Space is limited! \$5 per child. Breathe Birth & Wellness, 4800 W. San Antonio St. #101, Broken Arrow, 10-11 a.m. breathebirthandwellness.com

ICE CREAM WITH PRINCESS ARIEL [FREE]

Take a picture, meet and greet and enjoy a treat with Princess Ariel! Marble Slab Creamery—Jenks, 500 Riverwalk Terrace, Ste. 125, Jenks,

1-3 p.m. marbleslab.com

GRANDPARENTS CLASS 101

Join Breathe Birth & Wellness for a relaxed class on becoming a grandparent! With each generation comes new ideas and new parenting styles. Questions about boundaries on social media and the internet? What about the Tdap shot...do I really need that? How do I handle the labor and delivery process with my daughter-in-law/daughter? Informative class covering up to date information on newborn care and what to expect in the wonderful world of grandparenting! \$25/couple Breathe Birth & Wellness, 4800 W. San Antonio St. #101, Broken Arrow, 1:30-2:30 p.m. breathebirthandwellness.com

August 11 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME

Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 10:30-11:30 a.m. discoverylab.org

STUDIO SUNDAYS AT ahha [W]

Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer, 12-7 p.m. ahhatulsa.org

August 12 Monday

MAGIC MONDAY STORYTIME [FREE, W]

Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books,



"The Greatest Show (and Tell) in Oklahoma," aka Maker Faire Tulsa, returns to Expo Square on Saturday, August 24. You and your kids will be inspired by local makers—and get to participate in some projects of your own! tulsa.makerfaire.com

221 E. Archer St., 10:30 a.m. magic-citybooks.com

August 13 Tuesday

THRIFTY SKATE NIGHT [W]

Enjoy \$2 admission, \$2 skate rental and \$10 unlimited game play at Wheels and Thrills every Tuesday and Thursday through August 20! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 4:30-8:30 p.m. wheelsandthrills.com

YOGA FOR EVERY BODY [FREE, W]

All skill levels are welcome to join us for this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of ours. For adults and teens. Central Library, 400 Civic

Center, 5:30-6:30 p.m. tulsalibrary.org

August 14 Wednesday

STORYTIME ON THE GREEN [FREE, W]

Each week, a different community organization will lead engaging story time activities under the shade of the Dock at Guthrie Green. Bring a blanket, gather around the reader and enjoy the perfect parent-child story time! Every other Wednesday (August 7 and 21), the storytime will be a Yoga Story Time led by Dana Morris of I AM Kids Tulsa. Guthrie Green, 111 E. M.B. Brady St., 10:30-11 a.m. guthriegreen.com



Wings, Wheels & Wishes, an annual fly-in, car and motorcycle show benefiting Make A Wish Foundation, is coming in for a landing at Airman Acres Airport on August 24. [facebook.com/wings.wheels.wishes](https://www.facebook.com/wings.wheels.wishes). Photo by Brandi Moore

August 15 Thursday

TINY TOTS AT WHEELS AND THRILLS [W]

Kids ages 6 and under can skate, play, bounce and ride at Wheels and Thrills every Thursday! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10 a.m.-1 p.m. wheelsandthrills.com

August 16 Friday

WONDROUS WORLDS FESTIVAL

Experience Islamic arts, culture, and food. Includes demonstrations from artists and musicians, including Houston artist Shaheen Rahman, a Pakistani-born American who prac-

tices Ebru, the ancient Turkish art of paper-marbleing. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. philbrook.org

August 17 Saturday

SALSA TASTING FESTIVAL

Join the Oklahoma Aquarium for its first annual Salsa Tasting! With thousands of families visiting the aquarium, this is a great way to celebrate the diversity of flavors! Activities include a jalapeño eating contest, a chihuahua costume contest, and more fun throughout the day. Attendees will vote on their favorite salsa in three categories: Mild, Hot, and Anything Goes. Salsa contest win-

ners will receive awards, behind-the-scenes tours of the aquarium, and of course, bragging rights! Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 12-5 p.m. okaquarium.org

PHILBROOK STUDIO SATURDAYS

Studio Saturdays is a drop-in program for families with children of all ages (toddler-to-teen). Each month a new skill is explored with both studio and gallery activities. Free with admission (Kids 17 and under always free). Philbrook Museum, 2727 S. Rockford Rd., 12:30-3:30 p.m. philbrook.org

GRAND EXPERIENCE: INTRUDER ALERT

Discover sneaky species while creating fun-filled memories that will last a lifetime. Grandparents and grandchildren will learn the secrets of invasive species and use their knowledge to become native wildlife defenders! Grandchildren K-6 welcome. Grandparents can be any age. Registration is for one grandchild and one grandparent for one class session, \$25 per class. More information and registration at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

August 18 Sunday

FUNDAY SUNDAY [FREE]

The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

August 19 Monday

SENSORY FOR THE YOUNG SCIENTISTS

Every third Monday of the month let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

August 20 Tuesday

BUILD A READER STORYTIME: FAMILY [FREE, W]

Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Also includes dancing, bubbles and a "Dad Joke of the Week!" Maxwell Park Library, 1313 N. Canton Ave., 3-3:30 p.m. tulsalibrary.org

August 21 Wednesday

BROOKSIDE FARMERS MARKET [FREE, W]

Shop for fresh produce and other locally produced items every Wednesday morning at the Brookside Farmers Market! Brookside Church, 36th and Peoria, 7:30-11 a.m. tulsafarmersmarket.org

August 22 Thursday

FRESH FITNESS: FUNCTIONAL FITNESS [FREE, W]

Get your sweat on at the QuikTrip Great Lawn every Thursday at 6:30 p.m. for Functional Fitness! Functional fitness is about preparing you for life, rather than something specific like a big race or a lifting competition. Think anything from squatting down to pick something up, to turning and reaching for the oatmeal on a high shelf. These types of exercises mimic your everyday actions while engaging multiple muscle groups, creating unlimited workouts you can do anytime, anywhere! Gathering Place, 2650 S. John Williams Way, 6:30 p.m. gatheringplace.org

August 23 Friday

CROSS-GENERATIONAL ART [FREE]

Join residents of Brookdale Retirement Center in making beautiful sun catchers. For all ages. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11:30 a.m. tulsalibrary.org

FILM ON THE LAWN: BLACK PANTHER

Watch "Black Panther" as part of Philbrook's summer Film on the Lawn series. Bring a picnic or get a burger at Kitchen 27's Burger Night. Philbrook Museum, 2727 S. Rockford Rd., 6-10:30 p.m. philbrook.org

August 24 Saturday

WINGS, WHEELS & WISHES FLY-IN, CAR AND BIKE SHOW

Wings, Wheels and Wishes is a fly-in, car and motorcycle show benefiting Make-A-Wish Oklahoma in loving memory of Collinsville Wish Kid, Bill Campbell. Airman Acres Airport, 12407 N. 73rd E. Ave., Collinsville, 8 a.m.-1:30 p.m. facebook.com/wings.wheels.wishes

MAKER FAIRE TULSA [FREE]

Maker Faire Tulsa is the Greatest Show (and Tell) in Oklahoma — a family-friendly showcase of invention, creativity and resourcefulness, and a celebration of the Maker movement. It's a place where people show what they are making, and share what they are learning. Fab Lab Tulsa presents the 7th edition on Saturday, August 24, from 10 a.m.-5 p.m. in Central Park Hall at Expo Square, 4145 E. 21st St. tulsamakerfaire.com

INDIA FEST/UTSAV 2019 [FREE]

The India Association of Greater Tulsa's annual India Fest showcases Indian culture, featuring booths with cultural activities, shopping opportunities, Indian food and more. Expo Square, 4145 E. 21st St., 12-5 p.m. iagtok.com

ZOO INSIDER: INVASIVE SPECIES

Teenagers, help stop the spread of invasive species while getting an inside look at what it's like to work in a zoo! Infiltrate the minds of some of the deadliest animals, plants and fungus invaders from across the globe. Learn more at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 9 a.m. - noon for 6th-8th grade, 1-4 p.m. for 9th-12th grade

CARNIVOROUS PLANTS

Families can learn how and why some plants "eat" insects! Activities begin with a story at 2 p.m., followed by crafts and a look at carnivorous plants in the Children's Discovery Garden. Free with admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr. 2-4 p.m., tulsabotanic.org

August 25 Sunday

LOOKING FOR MORE? CHECK OUT OUR LIST OF SHOWTIMES!

August 26 Monday

MOVE IT MONDAY!

Move to music and play some games! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m., discoverylab.org

GARAGEBAND 101 [FREE]

Come and learn the basics of audio editing with Garageband, a powerful tool you can use for editing a podcast, creating music and more! Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 1:30-3 p.m.

August 27 Tuesday

DARE TO CARE VOLUNTEER RECRUITMENT FAIR [FREE]

Talk one-on-one with reps from non-profit agencies looking for volunteers, like you! TCC faculty will be there to answer questions about Service Learning. McKeon Center for Creativity, 910 S. Boston Ave., 9:30 a.m.-1:30 p.m. tulsacc.edu

GAMES ON THE GREEN

[FREE, W]

Enjoy lawn games every Tuesday at Chapman Green Arts, 605 S. Main St., 11 a.m.-1 p.m. facebook.com/chapmangreenarts

August 28 Wednesday

TULSAKIDS LIVE! PARENTS MEET- UP [FREE]

Join TulsaKids and Brain Balance as we discuss how your child's brain develops and what you can do at home to help encourage healthy brain development. This is part of the TulsaKids Live! series hosted by TulsaKids Magazine, a free monthly parents meet-up where Tulsa-area parents can learn relevant information from local professionals! Free and open to the public. Free childcare and snacks are provided! Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

August 29 Thursday

STORYTIME AT LINNAEUS TEACHING GARDENS [FREE, W]

Story Time will be held for children every Thursday through September. Older children who enjoy listening to stories read aloud are welcome to attend as well. After the reading, attendees will move into the garden for a follow-up activity, feeding the fish, and fun in the barn. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 10 a.m. tulsagardencentral.org

August 30 Friday

WILL ROGERS MOVIE NIGHT [FREE]

Enjoy a free movie at the Will Rogers Memorial Museum on the last Friday of each month, April through October. Doors open at 6:30 p.m., movie starts at 7. Popcorn and a drink are also free. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore willrogers.com

August 31 Saturday

MULTISENSORY SATURDAY [FREE]

Join Crystal Bridges for multisensory exploration at the museum featuring gallery activities that focus on access and inclusion and highlight all the senses. Crystal Bridges, 600 Museum Way, Bentonville, AR, 11 a.m.-2 p.m. crystalbridges.org

YOUTH SERVICES OF TULSA COFFEE HOUSE [FREE, W]

Youth ages 12-18 have a place to hang out, express themselves and enjoy live music, wifi and free hot beverages courtesy of QuikTrip. Coffee House is open every Saturday night from 7-11 p.m. and admission is always free. Youth Services of Tulsa, 311 S. Madison Ave., 7-11 p.m. yst.org



Want to get inside your child's head? Join TulsaKids and Brain Balance Centers of Tulsa for TulsaKids Live! on Wednesday, August 28. Brain Balance will lead a discussion on "Your Child's Developing Brain." Learn more at facebook.com/tulsakidsmagazine.



Hip Mom Packs Her Bags: Travel Tips and Bloopers

BY JILL VANTREASE

So my clan just returned from our annual summer vacation, which for the past few years has been a grand extravaganza planned by my travel-loving, detail-oriented husband, PVT (I'm a lucky girl. He's very talented. If he ever retires, he should consider a gig as a travel agent). We've done some big wild trips: driving all over the middle of the country to the Grand Tetons, huge tours through Colorado and New Mexico, historical jaunts to NYC and Washington, D.C. Last year was a west coast tour de force which culminated in Alaska. Zoinks! So, I approached packing for these trips very seriously and meticulously, like a general plotting the storming of Normandy. But, for some reason, for our trip to New England this year -- a whirlwind circuit starting in Boston and ending on the beaches in Rhode Island -- I just let my brain fall out of my head. I was busy in the weeks leading up to the trip (duh, what mom isn't?), but maybe I was thinking since we were heading to hotels with laundry and I didn't have a kid in diapers this time, I didn't need to overthink it. Well, hahaha laughed the universe! Any travel with humans under 18 (my bright but absentminded 16-year-old son comes to mind) requires a lot of time and forethought. Maybe you have time to squeeze in one more trip this summer, or maybe you'll remember these tips for your next



trip — whatever the case, learn from my mistakes! And there were many. Here were my bloopers, both related to my children and to me!

KIDS

1. Wipeys: just because I don't have infants doesn't mean my children aren't constantly coating themselves with BBQ sauce, or getting who knows what on their face, or needing to take a roadside potty break, or needing to use an unspeakably noxious Porta Potty. YUCK! You will always need wipeys, at least until your kids are....I don't know... maybe 21? Also, wipeys are great for cleaning up errant

puke. Which brings us to:

2. Dramamine. Even if a kid hasn't puked in the car recently doesn't mean he or she has outgrown motion sickness. There's nothing quite like the sound of retching from the back seat, or cleaning up a big pile of partially digested McDonald's french fries (see #1, wipeys). Pack the dramamine! I don't know if it actually helps, but I think there's a psychosomatic effect there.

3. Electronics: I'm a big fan of using natural consequences in teaching children. As in, my big kids should be able to pack their own bags and crap with a few general directions from me. But! I

didn't really check their bags at all, and I should have. One kid didn't bring the Kindle that was charging ON HIS BED for him to read -- I just assumed he would. NONE of my children remembered ear buds to watch things on the plane. One kid didn't bring a charger for his iPhone, and ended up filching mine the whole trip. Putz. In short, if something's pretty important for your enjoyment and/or sanity on your trip, don't trust a kid to pack it! On the flip side, though, if a kid forgot an article of clothing that was really important to him, that's a great lesson in packing and planning.

4. Extra clothes in a carry-on: I learned this rule many flights ago, when babies would have major poop blow-outs right when the plane took off. But lo, this rule also applies to big kids. One daughter who shall remain nameless drank a soda right before we were herded to our boarding area. Then - surprise - as soon as we began taxiing she had to use the potty. Unfortunately the pilot kept the fasten seat belt light on for what seemed an eternity due to light turbulence, and I was concerned this darn girl was going to wet her pants on flight number one of a two-flight hop. So I ran her back to the potty with the seat belt light on and faced the wrath of the flight attendants. If I had had some extra clothes, I would have let her reap the natural conse-

continued next page



quences of drinking a soda right before boarding!

FOR MAMAS:

1. Spiritual props: If you follow any kind of spiritual practice, you're going to need a lot of divine intervention on any trip with kids. I'm a worrier. I worry that my kids are going to get sick and/or injured in a strange town where I can't find medical help; I worry that my cross country runner son is going to get lost and/or hit by a car in an unfamiliar town; and to top that all off, I'm a terrible, terrified airplane passenger.

Even in relatively calm skies, I'm very aware of the ridiculousness of being 35,000 feet in the air and having absolutely no control over my fate. Throw in some bumps — or some BIG bumps — I'm a wreck. There were severe thunderstorms on our wee little Tulsa to St. Louis Southwest flight. I don't think I've ever felt so petrified or near death on that puddle jump. (It turns out my 7-year-old inherited my brain — she was making the same time-of-death calculations as I was.) As the plane was shaking around like a



piece of popcorn in a popper, I started rummaging through my purse for my rosary beads (I'm a Catholic girl), and they were not there. So, I spent this horrible short flight in severe spiritual distress! Bring the stuff you need to comfort you!

2. Cosmetics: I have a large, fairly complicated arsenal of cosmetics and skin care that I use to keep my old wrinkly face from looking like a prune zombie. But on vacation, I have to conserve my packing space for contraband wine and shoes, so I inevitably reduce my cosmetics haul to some random samples and travel sizes from Tazhay. This is dumb, ladies. Not only do I miss the ritual of taking care of my wizened face, but I inevitably end up with blah skin while I'm supposed to have a youthful, sun-kissed glow. Ha! Take the time to buy the travel-size containers, and bring your treasured serums, eye creams, shampoos and parfums. You don't want to look like a tired mom en vacances, now, do you?

3. Adulty things: So I'll keep this rated PG, but guess what? It's a family vacation, but new scenery and lots of time in close proximity might make you and your husband feel...young (ish), and a bit frisky again! Maybe? If you have the accommodations for a bit of non-kid time (we always have to get a second hotel room just for all the bodies, but we also got a VRBO), bring that thing you might want or need. Some lingerie? Massage apparatus? I'll stop there. Use your imagination.

4. Books/videos: I relish vacation down time - and airport time — for reading. But, again, I wasn't thinking ahead. For some reason you can't download new content on Kindles via Amazon when you're in an airport or in a hotel. Why is this? I even called Amazon, and the lovely lady said there's nothing Amazon can do about it. So I was stuck in a hotel having to actually pay attention to my rotten kids with no diversion. Be prepared! Bring an extra book, or download an extra book at home.

5. Clothes for you: Of course I brought too many shoes (why did I think I'd need high pointy-toed boots with a bunch of kids in the wilds of New Hampshire?), but I brought like three outfits (again, vaguely thinking about laundry access). I told the kids to bring hoodies, but didn't think about temperature as it related to my own cold self — duh, mama! New England might still be chilly in June! So, I rotated my paltry, stained outfit supply and stole my sons' hoodies when they didn't notice.

There you are, ladies. Bon voyage! And my last bonus tip? This is one I've never been able to implement: a solo two-day beach escape all by myself after the big family vacation. Alas! It's right back to real life once those wheels drop down on the runaway. Off we go!

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make-ahead lunches: one recipe, three ways

Even with the countless articles, tips and pins I've read about school lunchbox ideas, I still find myself staring in the pantry, wondering what to pack for the kids.

My kids are at a nut-free school, so peanut butter sandwiches or Nutella with apples are out of the question. That still leaves plenty of options for wraps, sandwiches, salads and soups. Even so, I love having new ideas to start the school year fresh.

I've always liked the idea of making one thing on a Sunday to turn it into two or three meals during the week. If we do it for dinner, why not try it for lunch? Here are several ideas for taking one recipe that can be used at least three different ways throughout the week. If you have a houseful of kids, one recipe won't last long, so you'll want to keep that in consideration.

A thermos is a great investment for keeping hot foods hot and cold foods cold, and you'll especially want one for some of these warm lunches.

Some of these ideas are also great for toddlers at day care. The hummus, packed with a little more nutrition with the addition of carrots, is slightly sweet and has a pretty color that toddlers will love. Let them use it as a dip for bell peppers or crackers, or try it one of our ideas below.



BUFFALO CHICKEN

- 1 envelope ranch salad dressing mix
- 1 cup Buffalo wing sauce
- 4 boneless, skinless chicken breast halves

1. In a slow cooker, combine 2 tablespoons ranch dressing mix with $\frac{1}{2}$ cup wing sauce. Add chicken. Cover and cook on low until meat is tender, 3 to 4 hours. Remove from slow cooker.

2. When cool, shred meat with two forks. Mix remaining wing sauce ($\frac{1}{2}$ cup) and remaining ranch dressing mix. Keep on the side or blend in for a spicier chicken.

How to eat it...

1. Spread cold chicken mix-

ture on celery sticks to make Buffalo sticks.

2. Place hot chicken mixture in a thermos to keep warm. Serve in lunchbox packed with a slider bun for a Buffalo chicken sandwich.

3. Combine cold chicken with softened cream cheese. Spread on a tortilla, roll and slice into pinwheels.

SLOW COOKER RICE AND BEANS

- 2 (14-ounce) cans black beans, rinsed and drained
- 1 cup basmati rice
- 1 $\frac{1}{4}$ cups water
- 1 cup mild salsa
- 1 teaspoon cumin

- 1 teaspoon taco seasoning
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 teaspoon lime zest
- 1 tablespoon lime juice

1. Add beans, rice, water, salsa, cumin, taco seasoning, garlic powder, salt and pepper to the slow cooker. Cover and cook on low for 3 to 5 hours.

2. Check after 3 hours, stir and if needed add $\frac{1}{4}$ cup of water more.

3. Once ready, stir in lime zest and lime juice.

How to eat it...

1. Thoroughly warm, place in thermos, top with grated cheddar cheese, then keep warm for lunch in a thermos.

2. Wrap in a flour tortilla, and serve warm or cold as a black bean and rice burrito.

3. Stuff black beans and rice in a pita pocket, and add crumbled feta or cotija cheese if your kids like salty or savory foods.

CARROT HUMMUS

- 1 cup grated carrot
- 1 (14.5 ounce) can chickpeas, drained and rinsed
- 3 tablespoons tahini (or plain Greek yogurt if there's a nut-allergy)
- Juice of $\frac{1}{2}$ lemon
- 1 teaspoon cumin
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ to $\frac{1}{3}$ cup water

1. Add carrot to a bowl.

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Bring a pot or kettle of water to a boil, pour over carrot to cover, and let sit for about 5 minutes to soften. Drain well, reserving about 1/4 cup of the liquid.

2. Add all ingredients except the water to the bowl of a food processor. Process, adding a little at a time, until you have a smooth consistency. This can be kept in a refrigerator for five days.

How to eat it...

1. Serve in a bento box with pita chips or pita bread wedges.

2. Make a roll-up by spreading carrot hummus on a tortilla and topping with thin-sliced ham and a cheddar cheese stick. Roll and keep whole or slice.

3. Instead of mayo or mustard, spread carrot hummus on bread, then top with thin-sliced turkey and thin-sliced apples.

LIME TACO CHICKEN

- 4 boneless, skinless chicken breast halves
- 3 tablespoons lime juice

- 1 tablespoon chili powder
- 1 cup frozen corn
- 1 cup salsa

1. Place chicken in a slow cooker. Combine lime juice and chili powder, then pour over chicken. Cover and cook on low until meat is tender, 5 to 6 hours.

2. Remove chicken, then cool slightly. Shred with two forks, then return to slow cooker. Stir in corn and salsa. Cover and cook on low until heated through, about 30 minutes.

How to eat it...

1. Place chicken in a piece of Bibb or romaine lettuce for a chicken lettuce wrap.

2. Place hot chicken in a thermos. Pack in a lunchbox with a bag of tortilla chips for a lime taco chicken crunch bowl.

3. Boil rotini pasta, rinse with cold water and drain. Combine chicken and pasta, top with grated cheddar cheese for a lime taco chicken pasta salad.

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BY NATALIE HANSON



raising an original: homeschool talk with author Julie Lyles-Carr

This month I'm so excited to get to share with you the musings of one of my biggest homeschool inspirations, Julie Lyles-Carr! Julie is a mother of eight, a pastor at LifeAustin, and author of the book, *Raising an Original*. I've known Julie since her kids were little and if the proof is in the pudding, then the Carr children are certainly the pudding. They are all bright and beautiful and succeeding in all kinds of different ways!

I recently asked Julie a few things about her experience with homeschooling, and here is what she had to say:

Natalie: What was your first experience with the concept of homeschooling?

Julie: Honestly, my first impression was that you must be insane to choose to do it. Why would you take a state-provided education and a free afternoon and give that up? Then my first child, Madison, attended pre-school, and she was such an eager and ready learner that I became concerned that she might become bored in the kindergarten class the next year. At the time we were expecting a new baby, and I thought to myself, "Could life possibly be simpler if I just let us enjoy the new baby?", and be-



JULIE LYLES-CARR

cause Madison was already on track with her learning, we decided to try it. It was an experiment, and I certainly didn't think then that it would be how we would end up handling school from then on!

Natalie: I've heard you say homeschool is a choice you make year by year, sometimes day by day! What were some of the markers that made you see that

what you were doing was working?

Julie: I think when I finally allowed myself to let go of some of the markers I was looking to emulate in the traditional school process. I started out creating rigid schedules. I was doing little desks. And I was doing that not because I saw any evidence it was more successful as an educational model, but because I felt

like I had to prove that we were educating them. I had in-laws and parents who were big believers in education, and I felt like I needed them to understand what I was doing. When I finally allowed myself to let go of those expectations and saw everything was still working, it made me go, "Wow, the human mind is made to want to acquire information, and if we can get out of the way, it's amazing what can happen."

Natalie: In your book, *Raising an Original*, you talk about the rewards of parenting to your child's unique strengths. How did homeschool play a role in this idea?

Julie: When you homeschool several kids, you realize very quickly that just because something worked for one person, that doesn't mean it's going to work for the next person. One of my kids could just not sit still. I really can't imagine how he could have sat at a desk. It would have been miserable for everyone! But put that kid on a treadmill, and he can learn just about anything! Then, of course, our daughter Maesy, who is hearing impaired, the different ways we were able to cater to her learning were really important, and then again with my daughter Merci, who had a stroke at birth. We've been able

continued next page

to respect where everyone is and meet them there.

Natalie: Probably like many people, when I started homeschooling, I was really only thinking about my kids, but actually it turns out homeschooling can be just as transformative of you as it can be for your children's education. How do you see your own journey through this experience?

Julie: I am an oldest child, and I was always striving for the best grades. When I started to homeschool, in the way I went about it, I began to realize just how people pleasing and performance based I was. When you are doing something as rogue as homeschool, it's very exposing of this way of thinking. You are already doing something that people don't know how to affirm anyway, and it's a lot of invisible work. So, I think it was a really important process for me to really disassociate from what everyone else was doing. It didn't really matter what the free-range homeschoolers or the spreadsheet moms in my world were doing because I didn't start doing this for them, I was doing this for my kids. We're in this for the long game, and if I can raise kids who know how to learn, know how to go find information for them-

selves and are bought into the idea of being lifelong learners, then I'm calling it good. That realization has been an important part of the journey for me.

Natalie: Julie, I've known you for over 15 years and learned so much from watching you homeschool through the years. I know my mother-in-law, Diana, was just a few life steps ahead of you, much the way you are to me. Any pearls of wisdom from her that served you in your homeschooling?

Julie: When my kids were struggling with something, I'm a problem solver, so I'm always thinking we can "fix" this, and sometimes, you just can't "fix." And actually, I'm not sure we're supposed to sometimes. I think we're supposed to really see somebody, and honor them, and help them the best we can, to be who they are. I'm really thankful to Diana for that lesson. It was really powerful to have somebody in my world who just knew how to chill on stuff like that. I honestly don't know how our homeschooling experience would have gone had she not given me the peace to just let them be.

Find more from Julie at julielylescarr.com

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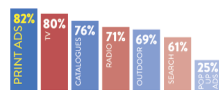
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(Nielsen Catalina Solutions, 2015)



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(Marketing Sherpa, 2017)



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(Digital First Content Marketing: the Return of Print - CMO by Adobe, 2016)

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BY NANCY A. MOORE

Stephanie Donaho: kids, skates – and a pig named Charlee

The old adage, “Anything worth having is worth waiting for” definitely applies to Stephanie Donaho and her family. Their adoption journey was arduous and long but well worth the wait, resulting in adding three amazing children to their family. Now, she is a mother of four children, ages 19, 12, 8 and 7.

Throughout the adoption process, Stephanie gained an awareness of keeping herself healthy – both mentally and physically – and stresses the importance of self-care to others. Meet this thriving family who was brought together by adoption and lives together in love.

Infertility and Adoption:

TK: What led to your journey of adoption?

Stephanie: We started the process to adopt our kids in 2011. We wanted more kids, went through some infertility treatments and just really felt like adoption was the right direction for us.

TK: How did the adoption process work for you? Would you recommend it to others?

Stephanie: Well, since it took seven years to get our kids home, I definitely wouldn’t recommend the route we took to others! We were a fairly unique situation. I



STEPHANIE DONAHO WITH HER HUSBAND AND FOUR CHILDREN.

knew a woman from Tulsa who started an orphanage/adoption agency in Haiti. We started the process through her and met our kids in 2011 only to find out she was scamming us and several other families. On top of being scammed, Haiti decided in the middle of our adoption process to change their adoption laws. This meant that a very disorganized government was now having to figure out which cases were new law and which cases were old law. Nothing moved quickly. There were years of starting over, making sure our kids were legally available to adopt, government red tape, Haitian/US governments disagreeing on processes. My husband and our oldest daughter went to Haiti a couple of times. I went several times to visit in those seven years. Ultimately, I moved to Haiti for four months last summer to complete our adoption, and we flew home to Oklahoma with our kids seven years to the day I first met them.

TK: How has the transition been for your kids?

Stephanie: They have really transitioned well! We are lucky to have a great school. They attend Timber Ridge in Broken Arrow and the English Learner program there is outstanding! To give a quick example, our 12-year-old

continued next page

started school in November with reading and math skills on a 1st grade/1st month level. She finished the school year at almost a fourth-grade level. They are all so smart and their English has improved so much.

TK: What is something that others assume or a myth about adoption that you would like to clear up?

Stephanie: I think one thing that needs to be talked about more often is how questions or comments are worded to adoptive parents or adopted children. For example: We are their “real” parents. Our skin doesn’t match, so sometimes things are worded that way without ill intent, but I think it’s important to be mindful of the way things are said. They can be confusing or hurtful to kids involved. Also, nobody but my kids are entitled to know their “story.” We get asked all the time if they are “real” siblings. My answer is yes. Just like we are their “real” parents. When they are old enough, if they want to share about their Haitian families, they can do that, but it isn’t my story to tell.

TK: What has been the hardest part of the adoption process for your family?

Stephanie: I think a lot of people think that waiting for your kids to get home is the hardest part. In my opinion, the adjustment to them being home is just as hard. Parenting kids with trauma is tough work. It isn’t pretty sometimes. We have to remind ourselves that even though they’re older kids, there are basic life skills that they’re learning. When they first came home, they were learning things, like how to properly use silverware, that toddlers in America would learn. There’s definitely a learning curve for all of us.

TK: What advice would you like to share with others who are facing infertility?

Stephanie: Make sure you have a great doctor who listens to you and whom you trust. Keep going until you don’t want to anymore. It can make you feel crazy.

Listen to your body. It’s ok to decide to be done. Remember that there are other ways to have a family (i.e. adoption, foster care or surrogacy).

TK: How did you become interested in roller derby activities?

Stephanie: I’ve always loved skating. I was one of those kids that spent her weekends at the skating rink. I realized several years ago that Tulsa had a roller derby team; it just took me a while to get up the nerve to try it out. I’m so glad I finally did. It’s given me something to have that’s just for me.

TK: How long have you been competitively skating?

Stephanie: Technically, I started in July of 2017. The fundamental skater’s program is about 12 weeks long. I’ve started that program three different times. The first time, I had to stop because I was traveling quite a bit for work. The second time was last summer and I had to stop because I moved to Haiti. So, this time, I have completed the 12 weeks and now need to pass my laps requirement (27 laps in 5 minutes) and I’ll be able to be rostered.

TK: What do you enjoy about the sport?

Stephanie: My favorite thing about derby is gaining a second family. My teammates are the most encouraging, funny, sweet, caring people you could ever meet. They’re the kind of people you want in your corner. It’s also an excellent, unconventional workout! It’s hard work and so rewarding and empowering to feel yourself getting better and better every week.

TK: Does your family enjoy cheering you on during derby days?

Stephanie: My husband and oldest daughter have gone to a few games and love it. Our youngest three experienced it for the first time in April and can’t wait to go again!

TK: What has your family been up to this summer?

Stephanie: We love outdoor

activities! We are Zoo Friends, so we frequent the zoo for picnic lunches. We have walked Main Street in Broken Arrow, played at various splash pads, gone on walks, played with the slip and slide, painted with water guns...and the summer has just begun!

We visit Branson every summer, so we are looking forward to the youngest three experiencing that for the first time. I can’t wait to see their faces on roller coasters!

TK: What is your favorite summer activity?

Stephanie: I like anything crafty, so the painting with water guns was super fun for me. But I also love going on walks. They’ll usually ride their scooters which means I can skate through the neighborhood with my kids by my side!

TK: I heard you have a potbellied pig as a pet! What is it like having such a unique indoor pet?

Stephanie: We do! She’s about six years old. Her name is Charlee and she’s about 200 pounds of lovin’! She tends to have a bad attitude sometimes, so to escape the loudness of our family of six, she has her own bedroom where she can sneak away.

TK: What else would you like readers to know?

Stephanie: I want to share two things:

1. Self-care is important. Whether it’s spa days or roller derby, find what feels good for you.

2. Adoption doesn’t make me a hero. It doesn’t make me better than others. My kids aren’t “blessed” to have me. It’s just the route we took to complete our family. They are just as much my kids as my oldest daughter. Mom fails are real, whether you give birth to your kids or adopt your kids.

TK: How can people follow along on your journey?

Stephanie: I post quite a bit on Instagram. Follow along: @stephaniedonaho.

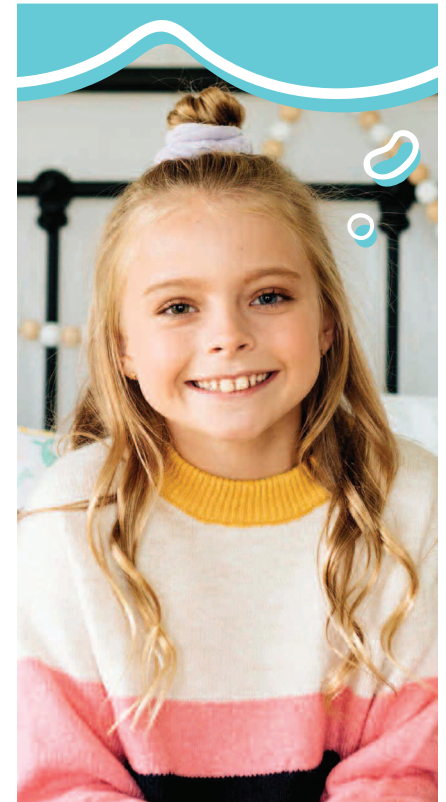
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Back-to-School Events



BACK TO SCHOOL BASH

**When: Saturday, August 3,
9 a.m.-12 p.m.**

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

The Broken Arrow Police Department, The Assembly at Broken Arrow and St. John Broken Arrow are proud to sponsor the 12th annual Back to School Bash and Community Health Fair August 3rd free of charge.

School supplies, courtesy of The Assembly; Haircuts by Clary Sage; Community health fair presented by St. John Broken Arrow, offering select health services and screenings; BAPD K-9 officers, traffic officers, Crime Prevention Unit & school resource officers to share tips on pedestrian & school safety; Immunizations by The Caring Van (bring your shot records); Vision Screening by the Lions Club Mobile Unit; Masonic Lodge CHILD ID program

which includes DNA, video, finger prints; Jupiter Jumps, snow cones; BAPS Child Nutrition and Transportation; BAFD Fire Truck and Ambulance; Camp Bandage; Family and Children's Services, BAPD Victims of Crime Advocate; Tulsa County Library; Vince and Larry the Crash Test Dummies and McGruff the Crime Dog; and more! brokenarrowok.gov

BACK TO SCHOOL BASH & SANDDAZZLE

**When: Saturday, August 10,
10 a.m.-2 p.m.**

**Where: Nienhuis Park, 3201 N.
9th St., Broken Arrow**

Head to the beach in Nienhuis Park for one last party before school starts again! The Heritage United Methodist Church is handing out backpacks with school supplies while supplies last. There will also be free hot dogs and snow cones while supplies last, as well as a

game truck and bouncy houses. Don't miss out on the fun! Free for all ages.

Facebook.com/BAParksandRec

11TH ANNUAL CUTS FOR KIDS

**When: August 6 and 7,
9:30 a.m.-8 p.m.**

**Where: Clary Sage College, 3131
S. Sheridan Rd.**

Any school-age child will be offered a FREE haircut at Clary Sage College just in time for the new school year. Oklahoma Caring Van will also be on-site offering free vaccines from 1-7 p.m. on both days. Facebook.com/clarysagecollege

BACK-TO-SCHOOL COMMUNITY RESOURCE FAIR

**When: Thursday, August 15,
10 a.m.-12 p.m.**

**Where: Rudisill Regional Library,
1520 N. Hartford Ave.**

Celebrate the beginning of the new school year. The resource fair fea-

tures book and backpack giveaways; free school supplies; carnival games and other fun activities; free dental screenings, immunizations and health checkups; and more. tulsalibrary.org

FERIA DE REGRESO A LA ESCUELA/BACK TO SCHOOL RESOURCE FAIR

**When: Saturday, August 17,
9 a.m.-12 p.m.**

**Where: Tulsa Tech, Lemley Cam-
pus, 3420 S. Memorial Dr.**

¡Marquen sus calendarios! El Sábado, 17 de Agosto los niños en edad escolar que asistan a la Feria de Regreso a la Escuela, recibirán mochilas, útiles escolares y servicios gratis!

Nuestra Feria Anual de Regreso a La Escuela de este año se realizara en Tulsa Tech Lemley Memorial Campus de 9-12:00 pm y la organizamos en colaboración con la Biblioteca Martin Regional, Tulsa Tech y

continued next page



GET A NEW STYLE FOR THE NEW SCHOOL YEAR! TULSA TECH'S BACK TO SCHOOL BARBER CUT-OFF RETURNS SUNDAY, AUGUST 8. LEARN MORE AT [FACEBOOK.COM/TULSATECH](https://facebook.com/tulsatech)

las Escuelas Públicas de Tulsa. También se ofrecerá información sobre recursos y servicios importantes para toda la familia!

¡Save the date! Our 4th Annual Back to School Resource Fair will be held on Saturday, August 17th at

Tulsa Tech Lemley Memorial Campus from 9:00am – 12:00pm. The Coalition of Hispanic Organizations is teaming up with the Martin Regional Library, Tulsa Tech and Tulsa Public Schools to offer this great free community event. School age children in attendance

will receive school supplies and families will receive important information about resources and services for the entire family! tulsalibrary.org

TULSA TECH BACK TO SCHOOL BARBER CUTOFF

When: Sunday, August 18, 12-4 p.m.

Where: Tulsa Tech-Peoria Campus, 3850 N. Peoria Ave.

Door prizes, free haircuts and entertainment for the whole family! facebook.com/tulsatech

BIXBY BACK TO SCHOOL BASH

When: Friday, September 6, 4-7 p.m.

Where: Charley Young Event Park, 50 W. Dawes, Bixby

Poget details at www.facebook.com/CYEPBixby

CONSIGNMENT SALES JUST BETWEEN FRIENDS:

Jenks/Glenpool: August 2-4 at 3014 W. Main St., Jenks (jenks.jbfsale.com)
Tulsa: September 8-14 at the Exchange Center at Expo Square (tulsa.jbfsale.com)

RHEA LANA'S:

Broken Arrow: August 4-8 at Rhema NRC (brokenarrow.rhealana.com)
Owasso/Claremore: August 24-28 at Claremore Expo Center (owasso.rhealana.com)

OKLAHOMA CARING VAN PUBLIC CLINICS

The Oklahoma Caring Van provides immunization services to children who are uninsured, Medicaid-eligible or American Indian. Find this month's Caring Van schedule at www.oklahomacaringfoundation.org.

SCHOOL START DATES

Broken Arrow Public Schools, August 21
Owasso Public Schools, August 22
Bixby Public Schools, August 20
Jenks Public Schools: August 20
Union Public Schools, August 21
Tulsa Public Schools, August 21
Sand Springs Public Schools, August 20



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August Showtimes



"How lucky we are to be alive right now!" "Hamilton" comes to the Tulsa PAC August 20-September 8, 2019. Shoba Narayan, Ta'Rea Campbell and Nyla Sostre - HAMILTON National Tour. Photo by Joan Marcus 2018.

**MICHAEL CAVANAUGH:
THE MUSIC OF BILLY JOEL AND
ELTON JOHN**
**WHEN: THURSDAY, AUGUST 1,
7 P.M.**

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

Michael Cavanaugh, star of the hit Broadway musical *Movin' Out*, performs the greatest hits of rock piano legends Billy Joel and Elton John:

"Piano Man," "Rocket Man," "Ben-
nie and the Jets," "Movin' Out,"
"I'm Still Standing," "My Life," and
many more. tulsapac.com

**CRAYONS IMPROV SHOW FOR
ALL AGES**

**WHEN: FRIDAY, AUGUST 9,
7-9 P.M.**

**WHERE: HERITAGE UNITED
METHODIST CHURCH, 5300 E.**

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Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only \$5 but children 5 and under are free. crayonsimprov.com

THE WIGGLES

PARTY TIME TOUR!

**WHEN: SATURDAY, AUGUST 10,
12:30 P.M.**

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

Following the smash success of their tv series on Universal Kids and Hulu, as well as new clips released on YouTube every week receiving

continued next page

millions of views it's time to see Emma, Lachy, Simon and Anthony off the screen and on the stage! The Party Time Tour! will feature Dorothy the Dinosaur, Captain Feathersword, Wags the Dog, Henry the Octopus and a brand new Wiggly friend, Shirley Shawn the Unicorn! You can sing and dance along to all your favorite classic Wiggles songs as well as plenty of new favorites. tulsapac.com

MAMMA MIA!

WHEN: AUGUST 9-10, 16-17, 23-24, 30-31, 8 P.M.; AUGUST 11, 18, 25, AND SEPTEMBER 1, 2 P.M.

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

Theatre Tulsa opens its 97th season with the sunny, funny and heart-warming musical based on the Swedish pop band ABBA's famous '70s songs, such as "Dancing Queen," "Take a Chance on Me" and "SOS." On the eve of her wed-

ding, a young woman searches for her birth father on a Greek island paradise in this show enjoyed by more than 60 million worldwide. tulsapac.com

HARRY AND THE POTTERS

WHEN: THURSDAY, AUGUST 15, 7-8 P.M.

WHERE: HARDESTY LIBRARY, 8316 E. 93RD ST.

What would happen if Harry Potter had quit the Quidditch team and created a punk-rock band with himself? The answer is Harry and the Potters! Join the Helmerich Library for an awesome Wizard Rock experience. For ages 10-18. tulsalibrary.org

HAMILTON

WHEN: AUGUST 20-22, 7:30 P.M.;

AUGUST 23, 8 P.M.;

AUGUST 24, 2 AND 8 P.M.;

AUGUST 25, 1 AND 6:30 P.M.;

AUGUST 27-29, 7:30 P.M.;

AUGUST 30, 8 P.M.;

AUGUST 31, 2 AND 8 P.M.;

SEPTEMBER 1, 6:30 P.M.;

SEPTEMBER 3-5, 7:30 P.M.;

SEPTEMBER 6, 8 P.M.;

SEPTEMBER 7, 2 AND 8 P.M.;

SEPTEMBER 8, 1 AND 6:30 P.M.

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

HAMILTON is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, as told by America now. With book, music and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler and musical supervision and orchestrations by Alex Lacamoire, HAMILTON is based on Ron Chernow's biography of Founding Father Alexander

Hamilton. Presented by Celebrity Attractions. tulsapac.com

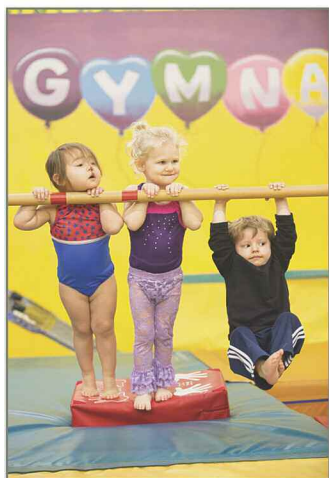
TBII: ON YOUR RADAR

WHEN: FRIDAY, AUGUST 23 (STUDIO K) AND SATURDAY, AUGUST 24 (ZARROW PERFORMANCE STUDIO), AT 7:30 P.M.; SUNDAY, AUGUST 25 (STUDIO K), 2:30 P.M.

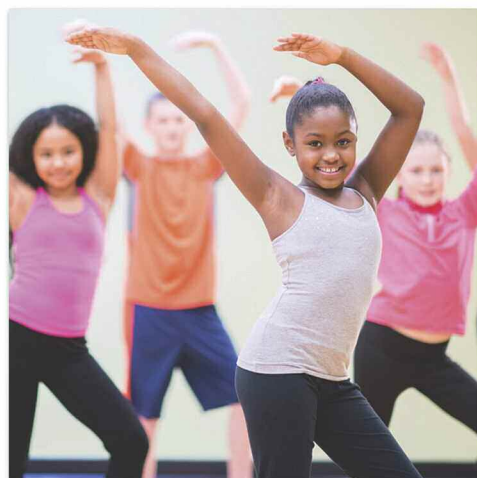
WHERE: STUDIO K, 1212 E. 45TH PL.; AND ZARROW PERFORMANCE STUDIO, 1901 W. NEW ORLEANS ST., BROKEN ARROW

See tomorrow's stars of ballet, today! Tulsa Ballet II, the second company of Tulsa Ballet, is comprised of the most promising young dancers from around the globe. "On Your Radar" will feature three exciting World Premiere works from in-demand choreographers, created exclusively for TBII dancers. tulsaballet.org

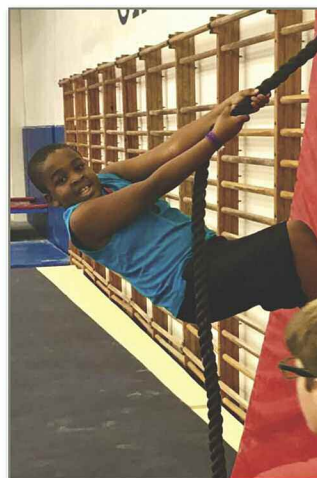
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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

endings & beginnings

AS THE SUMMER READING PROGRAM ENDS, IT'S TIME TO START LOOKING AT WHAT'S NEXT

"Sunrise, sunset..."
 "Every ending is a new beginning..."
 The most ear-wormy music

lyrics reflect what most parents know: kids are constantly ending one stage and beginning another.

Babies go from the "Just put them on the blanket" phase to the "Oh, they can crawl off the blanket and bite my toe now!" phase. Preschoolers are notorious for moving quickly from letting you do it to "No, me do it!"

You may want to hold them back – just for a moment! – at every stage, but of course it's a joy and a pleasure to watch your child grow into everything they will become, shedding endings and embracing beginnings as fast as you can recognize them.

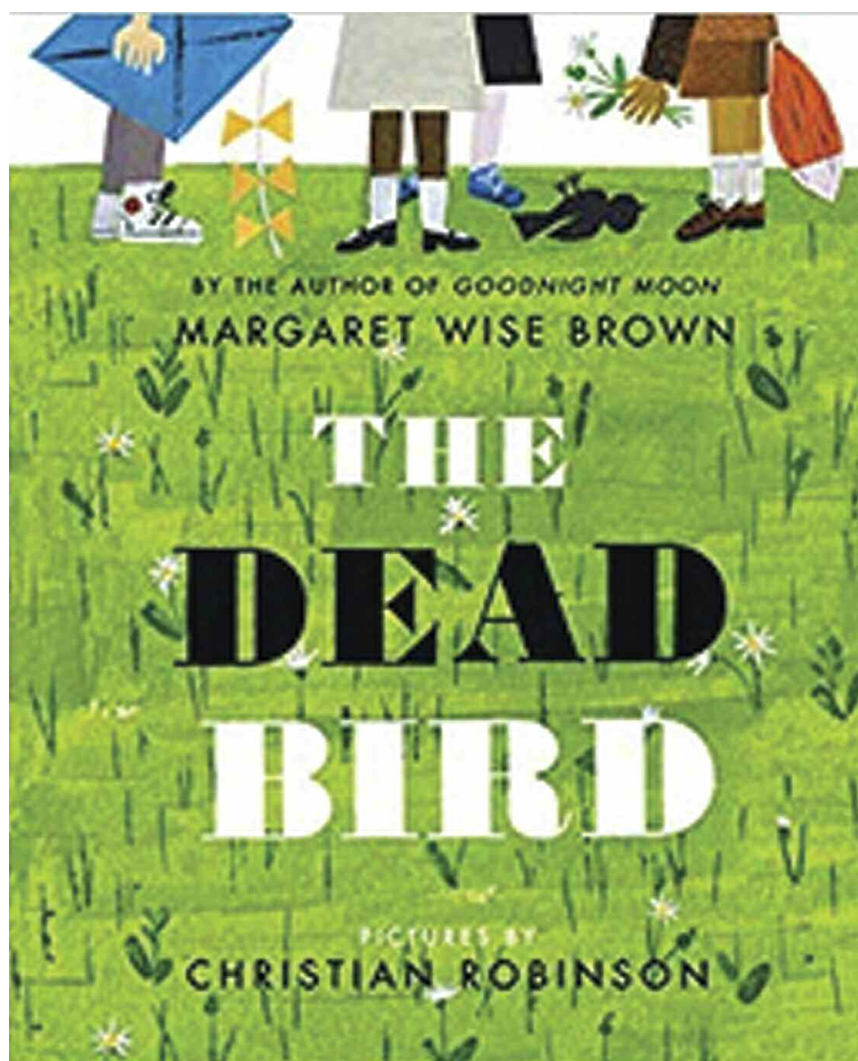
And so we are looking at another ending and beginning at the Tulsa City-County Library.

This year's Summer Reading Program ends on August 3, and the school year begins not many weeks later. This ending is just the next step to the next beginning, of pre-k, or kindergarten, or first grade and beyond.

Give Summer a Proper Send-Off with "World in A Box Day"

One way to give a proper send-off to the summer (and the Summer Reading Program) is to attend the World in A Box Day at the Central Library on the last day of the Summer Reading Program: Saturday, August 3.

In this fun come and go ex-



perience (from 11 a.m. until 3 p.m.) sponsored by Tulsa Global Alliance, families are invited to stamp passports and visit cultures from around the world. Enjoy live performances and free hands-on activities for all ages.

Books for Beginnings & Endings

And I wouldn't be a proper librarian without offering a few book suggestions related to endings and beginnings that you can share with your children.

To make it more interesting, my suggestions are all illustrated by the great Christian Robinson:

The Dead Bird by Margaret Wise Brown, illustrated by Christian Robinson

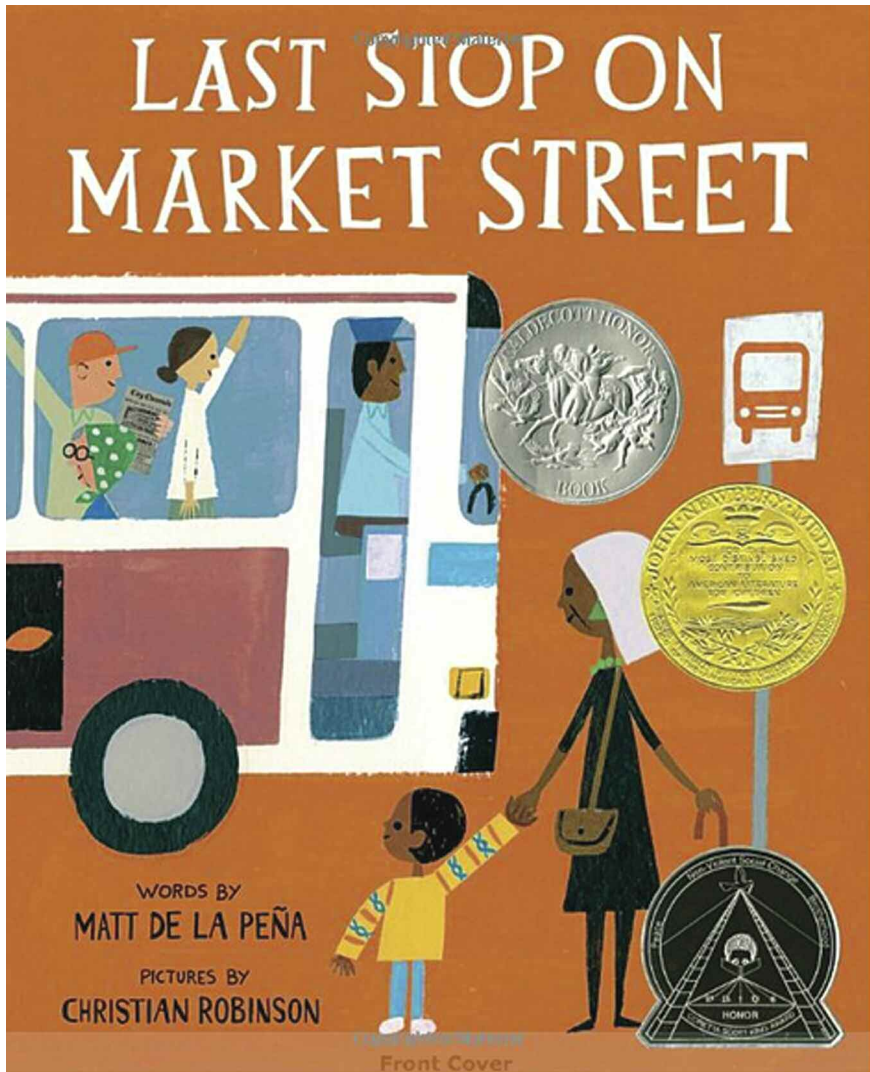
This is a new edition of an older book by the writer of *Goodnight Moon* and *The Runaway Bunny* and, as the title suggests, it confronts death in the form of a bird that a group of children discover in a park. You will want to preview this for yourself before sharing with your children, but many reviewers find it to be a refreshingly direct yet sensitive portrayal of questions children have about death.

The illustrations are particularly lovely, as the Booklist review notes: "Robinson's painted and digital compositions (also emphasizing life-affirming green) home in on diverse, expressive faces and pull back to show enchanting woodland scenes; these perspectives similarly help readers engage with and find relief from the emotional content."

Last Stop on Market Street by Matt de la Peña, illustrated by Christian Robinson

This Newbery-winning (and Caldecott Honor) book has multiple endings and beginnings – that is, people getting off and getting on a bus, and the stories and lives they represent. A grandmother shares her keen perception of the world as a beautiful place, worthy of attention, with her young grandson as they travel from church to volunteer at a soup

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kitchen.

Even if you zip around town with your children in a car, this book is a good reminder that beautiful beginnings and endings are all around us, and to stop for a moment and take a look around.

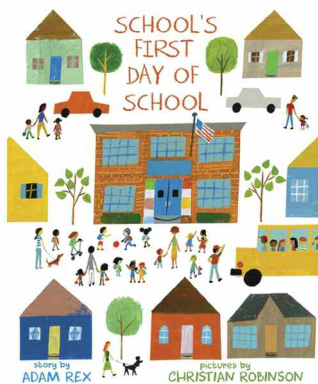
School's First Day of School by Adam Rex, illustrated by Christian Robinson

Ah, but I saved the best (or at least my favorite) for last! In a charming twist, this book features a world where there is more than one new entity on the first day of school: the actual school building! Just as nervous as the children who enter its doors, School is hoping it will make a friend on the first day.

As School Library Journal insists, it's "a perfect first day read-aloud" designed to ease your child's anxiety as the beginning of the school year looms ahead. Booklist is especially delighted by Robinson's illustrations (as am I): "Robinson's blocky, naive-style paintings set just the right tone,

and the subtle faces on all the buildings hint that School's not the only building with feelings."

Christian Robinson happens to be the 2019 Books To Treasure illustrator – he will be at the Hardesty Regional Library for a public presentation on Friday, November 15 at 7 p.m.! Learn more at <https://www.tulsalibrary.org/kids/books-to-treasure>.



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BY BRANDON SCHMITZ

Family & Children's Services re-launches art contest

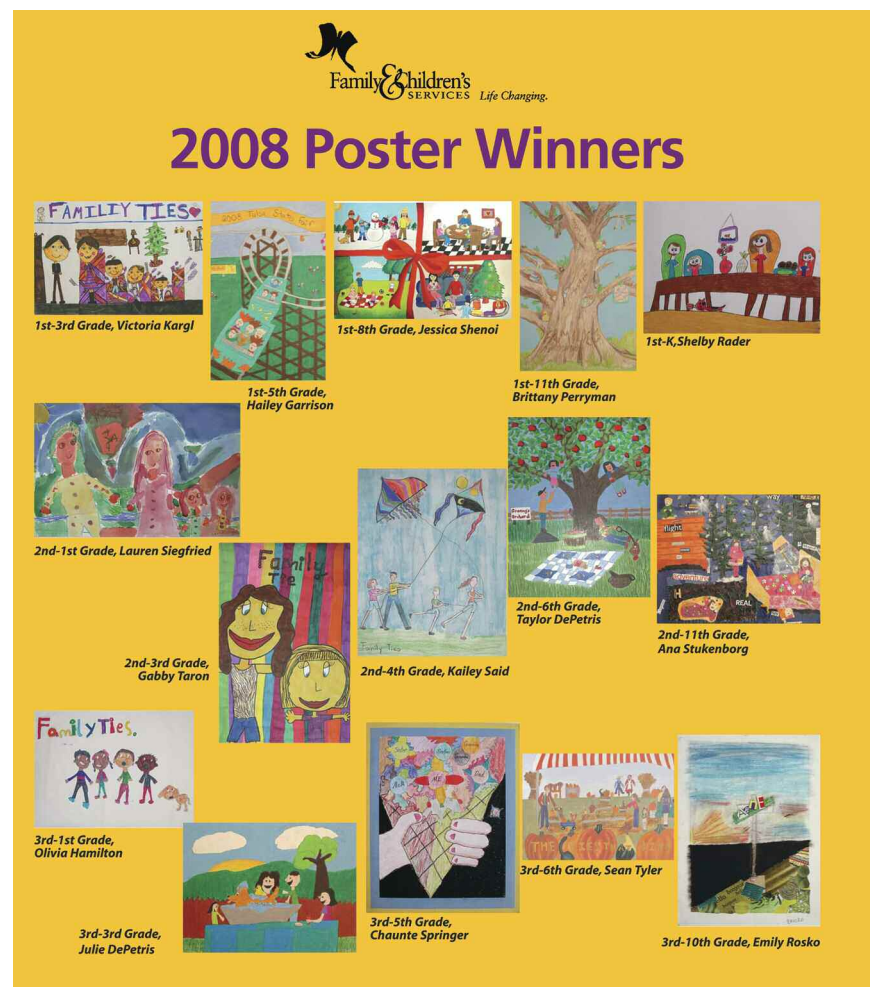
Tulsa's Family & Children's Services is primed to host its once-annual poster contest this month. Serving as the agency's 22nd art competition, the event makes its grand return after a several-year-long hiatus.

Since becoming the organization's Chief Communications Officer in 2016, Dee Harris has kept the idea of re-introducing the contest in the back of her mind.

"When I started, I knew I wanted to bring it back because it holds true to the values we hold as an agency," she said. "Plus, it's fun and whimsical, and with our 100-year anniversary arriving in 2021, I figured we should ease back into it."

The competition will kick off August 10 at the Philbrook Museum of Art. Every second Saturday of the month from then until November 15, any kindergarten-through-12th-grade student can use the Philbrook space to work on their project. Second Saturdays are from 9 a.m. to 4 p.m. The F&CS Art Content events will be from 10 a.m. to 2 p.m. There is no admission on Second Saturdays.

On top of providing room to work, though, the kickoff event will also feature several side ac-



FAMILY & CHILDREN'S SERVICES CHILDREN'S ART CONTEST BEGINS AUG. 10 WITH A KICKOFF EVENT AT PHILBROOK.

tivities, including a dunk tank. Additionally, counselors will host 15-20-minute sessions about topics ranging from sibling rivalry to

preventing bullying.

With the theme of this year's contest being "Family Traditions," students are tasked with

creating artwork that tells a story about their particular family traditions.

"It doesn't have to be this hardcore thing," Harris said. "In fact, it can be as simple as asking, 'What fond memories do you have with your family? What do you look forward to doing with them every year? What do you enjoy doing with your family?'"

Following the submission deadline on November 15, the posters will be judged over the holidays. Winners will then be selected across several categories: kindergarten and first grade, second and third, fourth and fifth, sixth through eighth, and ninth through 12th.

From there, the Best of Show winner will receive \$250, as well as have their piece featured on the cover of Tulsa Kids' February 2020 issue. Additionally, all winning submissions will be showcased at Philbrook on February 8.

"We have over 53 programs, many of which serve mental health," Harris said. "Through this contest in particular, we're promoting awareness to the fact that kids use art therapeutically. This is kind of a fun spin on that that unifies families and helps them talk about the traditions and values they have as a family."

continued next page

Just as importantly, this contest highlights the amazing things children are capable of.

"I come from a family of artists, and one thing I've learned is that children's art is still art," she said. "There are some people who think these lines and scribbles don't have value, but they really do. Throughout the halls of our nine facilities, you can see

that they're lined with their art – it's not tucked away in some drawer somewhere. More than anything, this contest is about the value of imagination and helping a kid realize that they have a voice."

For more information, visit <https://www.fcsok.org/give-get-involved/art-contest/>.



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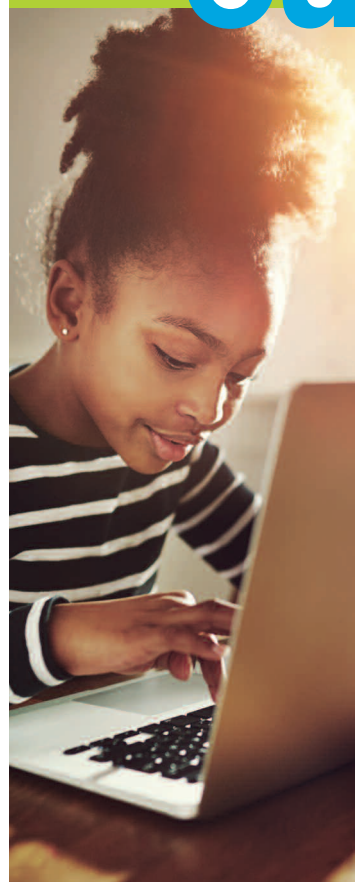
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BY MICHELE CHIAPETTA

living through words: a visit to the rural Oklahoma Museum of Poetry

Looking for ways to enhance your children's creativity and love of words? Consider reading poetry to them and inviting them to write poems of their own. That's the advice of local author and poet Shaun Perkins, who curates Locust Grove's modest yet vibrantly interactive Rural Oklahoma Museum of Poetry (aka ROMP). If you've never been, it's worth a visit with your children this summer.

A former teacher, Perkins has a clear love for word play and creativity. Her own writing features detective stories written in verse. "I like to challenge myself," she says. She's working on her fourth book of novelistic poetry right now. She also shows up from time to time at the Woody Guthrie Center during downtown Tulsa's First Friday Art Crawl, writing poetry on the fly for anyone who stops by and asks.

Perkins strongly believes poetry adds to a child's experience of the world. "I think poetry validates their experience and their way of seeing things," she explains. "Children, especially, are still creative. They haven't had it drummed out of them. If you let



THE UNIQUE POETRY EXPERIENCE AT THE RURAL OKLAHOMA MUSEUM OF POETRY IN LOCUST GROVE IS A FUN WAY TO BRING OUT A CHILD'S (AND ADULT'S) CREATIVITY.

them be, they will be. It is much harder to get adults to be creative than it is children."

For parents looking to bring out their children's creativity, Perkins suggests starting with making your home friendly to creative activities. This can include having art stations available for your child to play, hanging up

their work for everyone to see, displaying interesting photos, having books around and reading poetry with your child.

"Kids instinctively love poetry — rhyme, the riddles, the rhythm, repetition, and all those things," Perkins says.

Dr. Seuss and Shel Silverstein are obvious places to start,

but Perkins points out that poets such as Langston Hughes and Robert Frost also wrote pieces for children. Even Emily Dickinson can be accessible to young ones. "Her poems are so dense and the syntax is so strange sometimes, but kids get her too," she says.

Of course, a visit to ROMP is another fun way to invite poetry into everyday life. The museum, explains Perkins, is about "inviting you to have an experience with poetry. Not slamming you over the head with it, not telling you you've got to stop, stand and stare at this exhibit, but just inviting you in and you have the experience."

To visit the museum, take a trip over to Locust Grove. If you have time to make a day of it, do so. Stop in at Wonder City Coffee, owned by Perkins' sister, and enjoy the games and books in the back room. A few doors down is the ROMP Rummage Store, with proceeds going to support the museum. The rummage store also features two exhibits — "Mona's Closet," which highlights a local woman's journaling, as well as one in honor of Perkins' novels.

ROMP itself is just a short drive from the center of town into

continued next page

the countryside. The museum is located in a small machine shop that Perkins' father once used for work. Outside the one-room building, there are decorations and remnants of current and past exhibits, such as a camouflaged mannequin in a washing machine — a piece of last year's poetry explosion exhibit. You can also walk down a beaten path, pulling out poems that are favorites of Perkins' and reading them in the midst of nature.

After exploring outdoors, head inside to see this year's exhibit, "In the Bones," inspired by Yeats poem "The Circus Animals' Desertion," which features a line about the "rag and bone shop of the heart."

Why bones? Perkins says, "There's just something about bones and how elemental they are to us, any creature, our foundation, where it all starts, what holds us up, what keeps us going.

Of course, there is a lot of poetry about that, about bones, a lot you can do with it."

The exhibit is a full-room experience that has to be seen in person to be fully appreciated. There are mixed media artworks to examine, drawers to open and explore, paper and pens for writing poetry from one of the creative writing prompts displayed around the museum's interior. Visitors are invited to create something and then hang their work for others to see. In fact, of all the works on display, only one is a poem that Perkins herself has written. Everything else is a mix of the work of well-known poets, combined with the works of visitors.

"That's what makes it so neat," she says. "I can come down here when I feel like it and see what people have written and left here."



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918.688.2053
info@bravoperformingarts.com
bravoperformingarts.com
Ages served: 3-18

Bravo School of Performing Arts is a family focused environment where, through educa-

tion in the arts, students can feel safe and free to be themselves. We offer professional training in Acting, Musical Theatre, Dance and Voice. We believe that the arts can make a positive difference in students' lives by instilling a strong work ethic, cultivating confidence and bringing out their inner performer. Our classes offer a mix of professionalism in the arts and fun that your student will not want to miss out on!

DYSLEXIA CENTER OF TULSA

Contact: Dr. Penny Stack
8118-B S. Memorial Rd.
Tulsa, OK
918.313.5518
penny@dyslexiatulsa.com
www.dyslexiatulsa.com

Your child's reading success is our passion! Our expert team of occupational and speech therapists as well as teaching staff bring the perfect blend of evidence-based research supported medical and educational theory to address the "why" of reading struggles and the "how-to" of reading mechanics. To ensure your child achieves their maximum learning potential, we also provide services for printing and cursive handwriting, test strategies, organizational skills, time management, test prep and much more!

KJM EQUESTRIAN – ENGLISH RIDING LESSONS

Contact: Shawn McCorkle
9801 S. Sheridan Rd.
Tulsa, OK
918.299.9283
www.kjmequestrian.com

KJM offers English riding lessons for beginners, intermediates, and advanced riders at our two conveniently located facilities in South Tulsa and Southwest Broken Arrow for riders ages 7 and older. Students will ride our gentle school horses first in private lessons with the option of moving to group lessons with riders of similar age and skill level. Pleasure riders will take lessons once per week whereas the more serious riders that want to move into advanced classes or compete in horse shows will choose to lesson twice per week.

Our facilities are located at 98th and Sheridan and near 111th and Garnett. Lessons are available Monday through Saturday and are scheduled with one of our four professional instructors. Please call us at 918.299.9283 to schedule an introductory lesson or visit us on our website at kjmequestrian.com.

MATHNASIUM

Mathnasium of South Tulsa
8032 S. Yale Ave.
Tulsa, OK
918.574.2222
www.mathnasium.com/southtulsa

Mathnasium of Midtown Tulsa
3230 E. 21st St., #B
Tulsa, OK
918.574.2222
www.mathnasium.com/midtowntulsa

Mathnasium of Broken Arrow
1077 N. 9th St.
Broken Arrow, OK
918.574.2222
www.mathnasium.com/brokenarrow

Mathnasium of Owasso
12336 E. 86th St. N.

continued next page

2019 ENRICHMENT GUIDE

Owasso, OK
918.574.2222 Ext. 3
www.mathnasium.com/owasso

MATH THIS YEAR COULD BE GREATER THAN LAST YEAR!
 Mathnasium is a nationwide network of math-only learning centers where students in grades 2-12 work to improve their skills, understanding, and confidence. Our approach is to use sophisticated techniques to determine what a student knows and does not know. Next, we create a customized learning program for each student. Each student follows the program with the help of specially trained Mathnasium tutors who provide instruction and encouragement. In addition, homework help is part of each session.

MILLER SWIM SCHOOL TULSA

MILLER SWIM SCHOOL TULSA
6415 S. Mingo Rd.
Tulsa, OK
918.254.1988

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

www.millerswimschool.com

Miller Swim School has been in the unique business of teaching swimming for over 60 years. At Miller, our mission is to build a safer community, one family at a time, through swim lessons, water safety education and drowning prevention. Swimming lessons are one of the best activities to keep a child active while providing them with a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually. At Miller Swim School, students are grouped according to ability and comfort in the water. Classes are offered year-round, at both locations, Tulsa and Jenks in both morning and evening and in the summer at our outdoor satellite pool facilities in Owasso. Transportation can be provided with our Miller Bus for schools and learning centers if needed. Miller Swim School also offers party packages and open swim times, water aerobics, swim team, and triathlon training for families and friends to enjoy the pool year-round! Check out our website for a comprehensive list of programs at www.millerswimschool.com and follow us on Facebook and Instagram for the latest news and specials!

OKLAHOMA AQUARIUM

300 Aquarium Dr.
Jenks, OK
918.296.3474
www.okaquarium.org

The Oklahoma Aquarium is the state's must-see attraction with thousands of fish from all over our aquatic world. From the world's largest collection of bull sharks to a 300-pound loggerhead sea turtle, there are many amazing fish to discover. Come see our newest exhibit, the Polynesian Reef, with diverse tropical fish and colorful coral. Experience our interactive touch tanks with stingrays, sharks, and more, and then feed our turtles and other sea creatures for an up-close animal encounter. Children can enjoy the new, outdoor coral reef-themed playground, and then see the different reef animals inside the aquarium. Join our experts during daily animal feedings, and then watch our dive shows as scuba-certified divers explore our tanks full of ocean wonder.

SAIED MUSIC

Saied Music Midtown Tulsa
3259 S. Yale Ave.
Tulsa, OK
918.742.5541

Saied Music South Tulsa
9320 E. 71st St.
Tulsa, OK
918.252.5541

www.saiedmusic.com

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

SOCCERCITY TULSA

5817 S. 118th East Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com

Ages: 18 mos. – 9 yrs.

Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones, appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is really to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules. Registration and the fall schedule will be available by July 20. The fall session will be 10 weeks long and start August 19 and run until October 26. Come and join us and see why we have been voted a Family Favorite Best Soccer Program/Athletic League in Greater Tulsa since 2013!

THAT'S DANCING! STUDIO

Contact: Kara Ritchie
4427 E. 31st (on 31st between Harvard & Yale)
Tulsa, OK
918.408.6226
www.thatsdance.com

Ages Served: 2 1/2 & Older

ENROLL FOR FALL DANCE TODAY!

Classes begin August 19
 That's Dancing! offers quality instruction in Ballet, Tap, Jazz, Lyrical, Musical Theatre, and Hip-Hop for kids ages 2 1/2 & older. It is our mission to provide the best dance instruction to all ages in a fun, supportive, and caring environment. We hope that while discovering a love for dance, each student will also gain self-confidence, discipline, and self-expression. Whether students are dancing for fun and exercise or planning to enter into dance on a professional level, we will guide and encourage them along the way. We look forward to seeing our current students this fall and want to welcome our new students dancing with us for the first time. Easy enrollment is available online at www.thatsdance.com, by phone, 918.408.6226, or visit one of our open house dates.

OPEN HOUSE DATES: Sunday, July 28th, August 4 & August 11 from 2-4 P.M.

2019 ENRICHMENT GUIDE

TULSA BALLET CENTER FOR DANCE EDUCATION

Two Locations: Tulsa & Broken Arrow

Broken Arrow Campus
HardestyCDE@tulsaballet.org
1901 W. New Orleans St.
Broken Arrow, OK
918.872.6414

Brookside Campus
education@tulsaballet.org
1212 E. 45th Pl.
Tulsa, OK
918.712.5327

www.tulsaballet.org

Ages served: 3-Adult

Tulsa Ballet Center for Dance Education offers exceptional dance training to students as young as 3 years old and gives the opportunity to continue training through the adult years. TBCDE classes follow a structured curriculum, while providing a safe and fun dance environment with highly qualified and caring teachers. Both our Brookside and Broken Arrow campuses offer state-of-the-art studios with sprung floors, spacious lobbies with free Wi-Fi, student locker rooms, and in-house performance theaters. From Classical Ballet to Jazz, Tap, and Hip Hop, TBCDE has a location and class time that is convenient for you! Classes start soon for the 2019-2020 school year. Come join the TBCDE family!

TULSA ZOO

6421 E. 36th St. N.
Tulsa, OK
918.669.6600
www.tulsazoo.org

Let the Tulsa Zoo inspire your young animal enthusiasts. The zoo offers year-round educational experiences for individuals, schools, groups, and entire families — from kids to grandparents. Outreaches, classes, overnights, camps, Story Times and the COX Nature Exchange are just a few of the ways that children of all ages can learn both at the zoo and at their school. Each day brings new opportunities to learn about our animals through chats and presentations led by staff and volunteers. Visit tulsazoo.org to discover more about educational opportunities at the Tulsa Zoo, the region's largest paid daily attraction. Tulsa Zoo: connecting, caring and advocating for wildlife, people and wild places.

TWIST AND SHOUT TRAINING CENTER

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

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

- Competitive and Recreational Cheerleading
- Competitive and Recreational Tumbling
- PowerTumbling: a form of floor-only gymnastics
- Summer Tumbling and Cheer Camps
- Monthly Tumbling Clinics: One Saturday each month for 2 hrs. throughout the year
- Birthday Parties

Second Saturday Silents

Live organist + Silent film + Felix the Cat cartoon



The silent film series featuring Circle's 1928 theatre pipe organ!

Second Saturday of the month at 11:00AM!

\$5 adults - \$2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK



CIRCLECINEMA

Sooner State Chapter American
Theatre Organ Society

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roundup
every Thursday!

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BY DANIELLE M. HILL

vaccines: an important conversation with Kimberly Martin, D.O.

A recent resurgence of measles and other childhood diseases in the U.S. has highlighted some parents' concerns about immunizations. One of the worst measles outbreaks has been in New York City's Orthodox Jewish community, but the CDC reports that measles cases have been confirmed in 28 states, including Oklahoma. The number of cases reported has jumped from 63 in 2010 to 1044 in 2019. Europe is experiencing a similar measles outbreak, causing concern for travelers.

And, as parents prepare their children to go back to school this month, one item on their checklist may be getting the required immunizations. Many parents, however, may be confused by information and misinformation about the safety of vaccines. To help provide parents with reliable, science-based answers to their questions on this important topic, we spoke with Kimberly Martin, D.O., OU Physicians-Tulsa pediatric infectious disease specialist.

TulsaKids: Can you start off by telling us what childhood dis-



eases are making a comeback due to the anti-vaccination movement?

Dr. Martin: Measles, mumps and pertussis (whooping cough) are the major childhood illnesses that are making a comeback sec-

ondary to under-immunized children.

TulsaKids: What are the reasons why some parents choose not to vaccinate their children?

Dr. Martin: The main reasons that parents often voice to

healthcare providers are religious reasons, personal beliefs or philosophical reasons, safety concerns, or a desire for more information regarding the vaccine or disease.

TulsaKids: From a medical perspective, is there any validity to these concerns?

Dr. Martin:

I understand some parents may be nervous about the safety of vaccines but, from a medical perspective, all vaccinations are rigorously tested prior to being licensed for use by the Food and Drug Administration, so we know they are safe. In addition, vaccines have proven to be effective in preventing known illnesses and saving lives. Since the early 1920s, it is estimated that vaccination programs have prevented over 100 million cases of contagious disease and countless deaths.

TulsaKids: Why is it important for children to be vaccinated?

Dr. Martin: It is important for children to be vaccinated to prevent infections which can lead to very serious illness, disability or even death. Today, vaccines protect children and teens from 16 diseases including measles, chicken pox, Hepatitis B,

continued next page

Meningococcal meningitis and many more. Additionally, immunized children provide herd immunity or some degree of protection to other children who may not be able to receive vaccination because of age, underlying immune problems or those affected by cancer or HIV.

TulsaKids: Some parents believe that it is best to space out their children's vaccines. Do you advise doing this and are there any risks associated with administering multiple vaccines within the same time frame?

Dr. Martin: I strongly recommend that parents follow the (Centers for Disease Control and Prevention) CDC's vaccine schedule because it is the one that has been tested to give the very best immunity possible. Using the recommended vaccine schedule has not shown any increased risk when giving multiple vaccines. Spacing vaccines out in

a non-recommended way can actually harm a child since they may not be fully protected and vulnerable to disease.

TulsaKids: For adults who were vaccinated many years ago, are there any circumstances under which they should consider being vaccinated again? If so, are there specific vaccines that need to be re-administered after certain periods of time?

Dr. Martin: I recommend that adults discuss their vaccination needs with their healthcare provider as adults may require different vaccines based on their age, health status or place of employment. All adults who have not received a Tdap vaccination (tetanus, diphtheria, acellular pertussis) should receive one in their lifetime and then every 10 years thereafter should receive a tetanus booster. Tdap is an especially important vaccine for all adults who will be exposed to

newborns to prevent the spread of pertussis to these vulnerable infants.

TulsaKids: What would you say to parents who are worried about vaccination safety and have been holding back from having their children vaccinated?

Dr. Martin: Vaccinations save lives and are an important part of normal pediatric care. If you have any questions about vaccine safety or the recommended schedule please discuss with your healthcare provider or consult the CDC's website at www.cdc.gov/vaccines for detailed, scientifically based, information on each recommended vaccine.

TulsaKids: Are there any final thoughts on this topic that you'd like to share with our readers?

Dr. Martin: As a pediatrician, my main goal is to keep children safe and healthy and

vaccinations are the best way to do this. I speak for all healthcare providers in saying that we want to work in partnership with parents to protect children. With that in mind, please know that no question is too simple or too unimportant to answer. If you are unsure if your child is up to date on vaccinations, please call your healthcare provider for this information. If we work together, we can prevent children from becoming ill from vaccine-preventable illnesses.

For an immunization schedule, go to www.cdc.gov

For a guide to Oklahoma's immunization requirements for school, go to www.ok.gov



tulsakids.com

WHAT'S GOING ON(LINE)?

CONTESTS & GIVEAWAYS

Get the links for each of these giveaways at tulsakids.com/contests

Win a **FREE** semester's tuition at Tulsa Ballet Center for Dance Education!

- Entry Dates: August 1-15, 2019
- Children ages 3-12 are eligible
- Good for one Fall 2019 semester class (up to \$380 value)
- Winner must enroll for their class by August 31, 2019



Lolly Garden Back-to-School Giveaway

*Dates: Early August. Go to tulsakids.com/contests for details!

Just Between Friends-Tulsa Giveaway

Just Between Friends-Tulsa's fall sale is returning to Expo Square September 8-14.

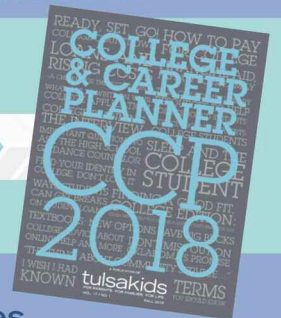
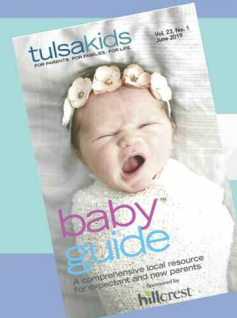
From August 21-September 4, enter to win two VIP passes to the September 7 Pre-sale Extravaganza; two \$20 worth of JBF Bucks; JBF shopping bags; and two Jump-the-Line Check Out passes! Learn more about the sale at tulsa.jbfsale.com.

Social Media Giveaways—Follow @tulsakidsmagazine!

We have a couple social media giveaways coming up in August; make sure you are following @tulsakidsmagazine on Facebook and @tulsakids on Instagram so you don't miss them! One will be a ticket giveaway with **Professional Bull Riders (PBR)**, coming to BOK Center on August 7 and 8; the other will be an offer to win two tickets to **Baby Shark Live!**, coming to the BOK Center October 15! Learn more about both of these events at bokcenter.com.



Whether you're choosing a preschool or guiding your child through college applications, TulsaKids' Guides can help you **make informed parenting decisions.**



Find them all at tulsakids.com/guides

BIRTHDAY PARTIES ON A VIP LEVEL



MAIN EVENT

OKLAHOMA CITY (405) 751-4900

1441 W. Memorial Road • Oklahoma City, OK 73114

TULSA (918) 447-1200

7830 S. Santa Fe Ave. W • Tulsa, OK 74132

\$50
VALUE

BIRTHDAY OFFER!

BIRTHDAY BONUS

DOUBLE ARCADE PLAY FOR ALL PARTY GUESTS

PACKAGES STARTING AT **\$15⁹⁵**
PER CHILD

Offer to be used on or before 9/25/19.

Must mention promo code **LMJL20** at time of booking.

Excludes online bookings. Birthday party must be held by October 31, 2019, in order to redeem offer. Offer not valid on holidays or with any other offer or discount. Reservations required, 10 child minimum. Certain restrictions may apply.

EVERYDAY OFFER!

FREE \$20

IN ARCADE PLAY

WITH PURCHASE OF \$20 IN ARCADE PLAY!



12346836982

This offer cannot be combined with any other offers or redeemed online. Free arcade play will be added to a FUNcard (as bonus value) or a game card (as credits) and is valid for arcade game play only. Cannot be used as cash or payment towards other activities, food, beverage, group events or refunded for cash (unless required by law). Valid at all Main Event locations. Offer expires 9/30/19.

*Activities vary by center. Gravity Ropes and Laser Tag have a height requirement of 48" to play.

General surgery specifically for children.

Dr. Gregg Ford and Dr. Fawn Lewis know there's much more to pediatric general surgery than the procedure itself. "Surgery can be scary, especially for young patients," said Dr. Lewis. "We reassure them, explain that we know how they feel—but on a level they understand." Both physicians are board-certified and have many years' experience in performing general surgery on patients from newborns to age 18. Whether it's a planned procedure or emergency surgery, The Children's Hospital at Saint Francis in Tulsa has services that patients and their families need. "This hospital was created to accommodate families," said Dr. Ford. "Everyone here goes above and beyond to make the kids and their parents feel comfortable."

To learn more about services and pediatric specialties at The Children's Hospital at Saint Francis, call 918-488-6688.



*Fawn Lewis, M.D.
Gregg Ford, M.D.*
WARREN CLINIC
PEDIATRIC SURGERY

saintfrancis.com/childrenshospital