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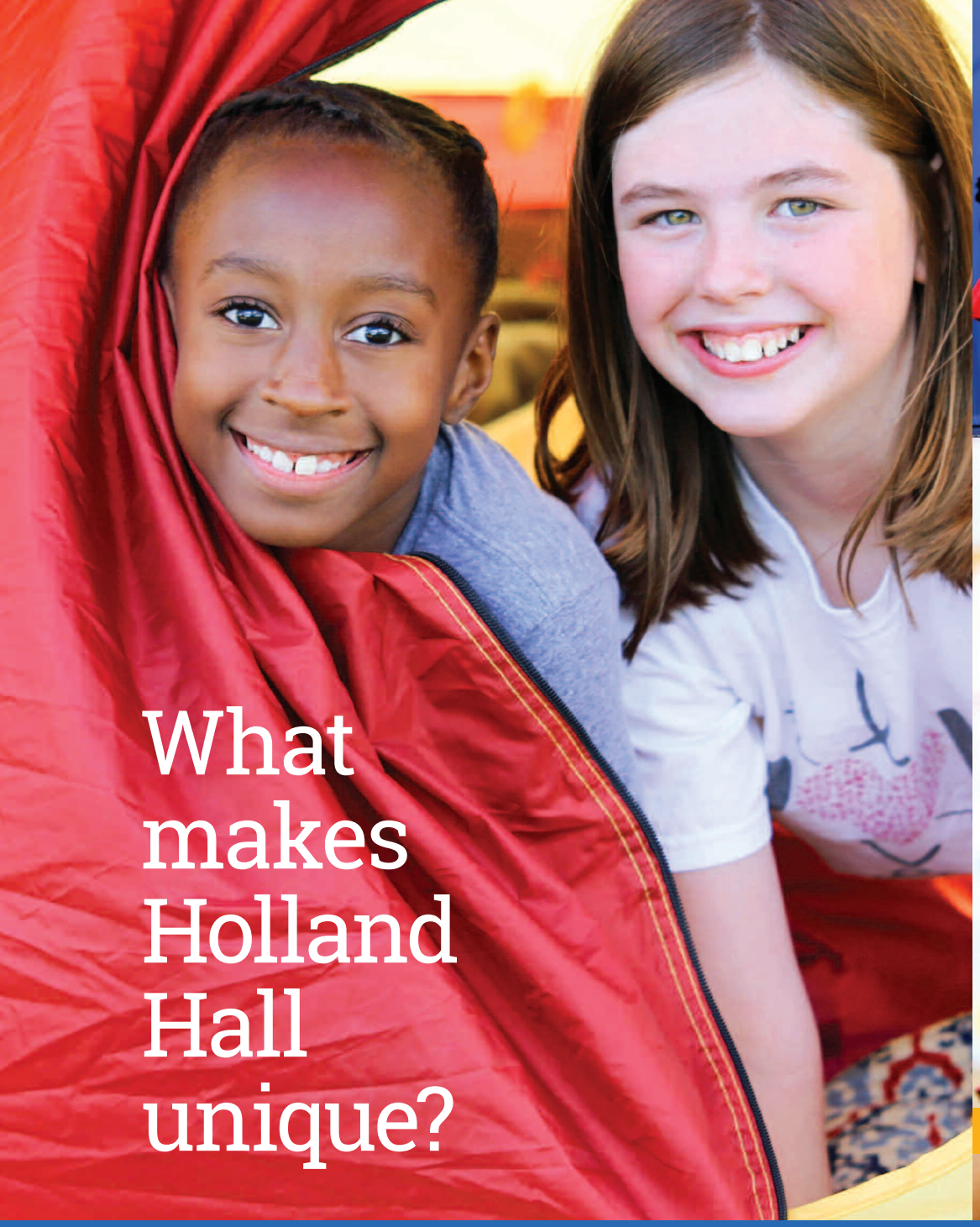
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August 2018

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Tulsa's long-anticipated public park is scheduled to open September 8.

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editor's note

Time to Transition

Transitions. They never stop. Even when your kids are no longer kids and are living on their own, you will experience their transitions – maybe from afar. I have one kid who moved, one who is in Greece for the summer taking language classes and one who is starting a new job next week. Transitions.

While you no longer have to hold their hands as they cross the street, or braid their hair, or keep track of the home-and-back envelopes or wander the isles of Walgreens at 10 p.m. looking for poster board, you can still provide moral support, advice (when asked) and – always – be a cheerleader for your kids.

As I put together our August issue, I felt a decided shift from summer to back-to-school. Even though the weather is stubbornly hot, and there's no hint of fall in the future, I know parents are winding down summer and preparing for that first day of school, and we've provided you with a handy checklist of tasks to make sure you have everything covered.

Whether you're feeling relieved, happy, sad (really, it will be okay you kindergarten and middle school parents), excited, anxious, or a mixture of all of these emotions, be sure to model back-to-school excitement to your child. You may need to listen to some fears, but do listen. And talk about the new year – let your children share their goals, hopes and expectations with you.

Some of those goals may be learning something new outside of school. If you're looking for some enrichment activities, you can check out our annual Enrichment Guide for ideas. And, also in these pages, be sure to read the articles about keeping your child healthy, the benefits of exercise, and an article about the surprising benefits of cultural field trips for kids.

And, as you can see from our cover, we have all the news about Gathering Place – when it opens, what you will find there, the entertainment line-up and more. Many area children have had a playground preview through school field trips, but that's just a small part of this expansive park.

So, as you transition from summer into fall activities, remember that we will be here to support you with information, entertainment and all things FAMILY. Be sure to follow us on Instagram, join our Tulsa Parent Facebook group and sign up for our e-newsletter for contests and up-to-the minute news and fun.

Betty Casey, editor





ON THE COVER: PHOTOGRAPHER LESLIE HOYT USED A FISH-EYE LENS TO CAPTURE SOME OF THE CHILDREN OF THE CROSSLAND CONSTRUCTION EMPLOYEES WHO HAVE BEEN IN CHARGE OF BUILDING GATHERING PLACE, WHICH OPENS SEPT. 8.

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

NSU CREATES PROGRAM FOR STUDENTS WITH DISABILITIES

Northeastern State University and LeadLearnLive have partnered to offer the first inclusive, comprehensive post-secondary program in Oklahoma for students with intellectual or developmental disabilities (IDD).

LeadLearnLive brought in presenters from the College of Charleston and Think College, the national coordinating center for these programs, to train the NSU team as they created the RiverHawks Scholar Program for students with IDD. The program will provide peer mentors for students as well as support for independent living, social skills, academics and career development.

For more information, go to www.leadlearnlive.org

COMMUNITY INVITED TO RISE UP SINGING

Congregation B'nai Emunah invites the community to "Rise Up Singing," a participatory songfest featuring roots, folk, and Americana in live performance. The event will take place on Sunday evening, August 19, at 7:00 p.m. The concert is free and open to the public, and no reservation is necessary. An optional meal of authentic kosher deli will take place at 5:45 p.m. Those who would like to reserve a place should call 918.583.7121 or go to tulsadeli.org. The Synagogue is at the corner of 17th and Peoria. For more information, go to www.tulsagogue.com. Free valet parking is available.



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Cascia Hall Preparatory School Junior Braden Milford has been named the U.S. winner of the 2018 Stockholm Junior Water Prize (SJWP) – the world's most prestigious youth award for a water-related science project. Milford will represent the United States at the international competition in Stockholm, Sweden, in late August.

Milford was selected for his project on Designing a Novel Heavy Metal Bioremediation System Utilizing Immobilized Mixed Algae Partnered with Heavy Metal Resistant Microbial Isolates Collected from Contaminated Superfund Mine Sites and Identified with a 16S Ribosomal Subunit Analysis. "The state winner's study was very timely and relevant to issues facing the water quality community," said Lou Ann Fisher, Oklahoma Water Environment Association president.

Milford advanced through the competition by taking First Place in the Stockholm Junior Water Prize contest at the Oklahoma State Science Fair. In June, he represented the State of Oklahoma at the national competition where he placed First (out of 48) in the nation and received the $10,000 prize and an all-expense paid trip to Stockholm, Sweden to participate in the international contest.

During World Water Week in late August, Milford will attend the five-day global conference in Stockholm where he will present his research along with thousands of other national winners from around the world. Milford's research also earned Third Place out of 92 projects in the Environmental Engineering category at the INTEL International Science and Engineering Fair (ISEF) held in Pittsburgh in May, 2018. The INTEL ISEF is the largest pre-college science competition in the world with over 1800 finalists, 80 countries competing and 24 individual categories.

CORRECTIONS

The Family Favorites Best Realtor winner was incorrectly identified in the Family Favorites listing. The correct name is Anna Parker.

In the description for the Family Favorites Best Therapy category, the description for the winner, Let's Talk, should have said: LET'S TALK is a CARF Accredited Counseling Agency devoted to helping clients in person or online. Therapists work with kids, teens and adults. Let's Talk provides individual, family, group and couples counseling. www.letstalkllc.co

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BY KILEY ROBERSON

how to have a healthy start to school

Even if your child has been the epitome of health from birth, when preschool starts, so do the runny noses. Unfortunately, along with all the pros of your little one starting school – socialization and stimulation – come cons, and the upper respiratory infection is one of these.

Common colds are caused by viruses and are often called URIs (upper respiratory infections) because they infect the nose, ears and throat but not the lungs (lower respiratory tract). According to the American Academy of Pediatrics (AAP), the cold is the most common upper respiratory infection that young children get – especially those who have recently started school. Colds are generally viral, but they can lead to secondary infections that are usually bacterial and may require antibiotics.

Remember, though, that this doesn't necessarily mean that your child's run-of-the-mill common cold is going to be complicated by a secondary infection, for example, tonsillitis, sinusitis or an ear infection. The AAP says it's often just a runny nose, a low-grade temperature and a miserable child for a few days. Only if your child doesn't cope with the cold may it develop into a full-blown infection.

On average, preschool children get eight to 12 colds or cases of the flu each school year, according to the Center for Disease Control.



But there are simple ways to keep your kids healthy. When my daughter started preschool, her pediatrician talked to her about healthy habits at her summer checkup. He discussed the importance of frequent hand washing, sneezing and coughing into her elbow and not sharing food and drinks with other kids. Honestly, these were all things we had talked about with her before, but something about them coming from a doctor just stuck, and she actually remembered. We also hooked antibacterial gels on her backpack. After all that, she still got sick…but only a few minor sniffles and one case of strep throat.

The AAP says sicknesses related to starting school are really just something to be expected. But there are a few danger zones to warn your little ones about.

You may think bathrooms are the germiest places in school, but those actually get disinfected and cleaned quite often. The number one germiest place in schools is actually the drinking fountain. It's the perfect spot for kids to ingest microorganisms as they put their mouths on the stream of water – or right on the fountain itself.

The AAP suggests teaching students to run the water a little first and then drink. Or better yet, children should bring their own water bottles to school and not share them with anyone.

Cafeteria trays are another germ hot zone, as they don't always get wiped down really well. The AAP recommends that kids bring the tray to their table and then use hand sanitizer before they pick up their food.

Other things to keep in mind when it comes to staying healthy are sleep, diet and exercise. According to the CDC, school-age children should get 10 to 11 hours of sleep every night. Sleep deprivation lowers the immune system's ability to fight off infection.

Exercise is another effective way to keep kids healthy. The AAP suggests a daily dose of 40 minutes of active time. Your child's diet also plays an important role in warding off illness. Foods rich in vitamin C don't keep colds away altogether, but they can shorten the length of a cold.

While the AAP stresses the importance of healthy habits, it also points out that there is a real delicate balance when it comes to germs. We don't want to make kids paranoid, but rather prudent. Germs for people who are healthy really aren't a big deal.

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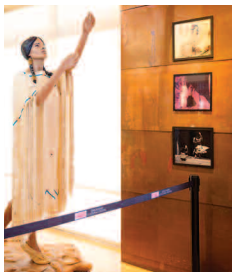
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BY MARY BETH RITCHIE, LCSW

how to pump up the physical activity with your children

It will likely not come as a surprise to learn that most children do not get enough physical exercise. It is recommended that school-age children participate in at least 60 minutes of physical activity daily. In fact, less than 25 percent of our children reach this goal.

There are several reasons that children may have difficulty getting enough exercise. Children are spending increasingly more time on computers, gaming systems and cell phones. Safety concerns also exist today which were not so prevalent when I grew up. I remember regularly playing with neighborhood friends at a nearby park for hours at a time. We were not supervised. Today, parents supervise children much more closely. And, whether out of necessity, or due to choice, fewer parents are staying home to be fulltime parents, so it can be difficult to fit physical activities into their busy daily routines.

There are numerous important health benefits for physically active children. Exercise aids in growth and development, and improves posture and balance. Physical activity also increases the strength of bones, muscles and joints. Physically active children also have fewer problems with obesity. There is less risk of type 2 diabetes. Exercise also reduces the risk of heart disease, cancer and osteoporosis. Physical activity lowers blood pressure and cholesterol. It also improves sleep. Physical activity is also beneficial to brain development. Physical activity improves children's focus and concentration in school, and is linked to higher reading and math scores. It has also been connected to improved behavior, both at home, and at school. Physical activity helps children deal with physical and emotional challenges. It decreases symptoms of anxiety and depression, improves self-esteem, and decreases stress. An additional noteworthy advantage is that active children frequently become active adults!



EXERCISE KEEPS KIDS HEALTHY AND HELPS THEM LEARN.

As a teacher, I often hear parents complain that children aren't active enough at school. At the elementary school where I teach, there is a daily 15-minute recess, and Physical Education class is offered every other day. Many parents would like to see recess times extended, especially because of the notable physical and academic benefits. The problem is that teachers already find it impossible to squeeze all of the academic requirements into the school day.

What can parents do to help children get enough physical exercise if they're not getting it at school? Perhaps the most important thing is to identify activities that would be fun for their children. When choosing activities, consider that some, such as team sports, have the added benefits of providing social interaction and learning new skills. Play is how children get their exercise. They don't go work out at the gym for an hour. Be sure to incorporate various types of fun activities, so children get aerobic benefits as well as gain strength and flexibility.

Aerobic activity occurs with continuous movement of large muscle groups. It helps to strengthen the heart. Children will work up a sweat when participating in aerobic activity. This type of movement can be found in

continued next page

many sports. Perhaps your child would enjoy a soccer or basketball team. Other activities that provide a good aerobic workout include skating, swimming, dancing, gymnastics, tennis and martial arts. Hiking, riding bicycles, and playing tag are additional possibilities to consider.

Strength training is accomplished when working against a resistance. This builds strong muscles and bones. It also promotes good posture. How do children accomplish this? Playing on the monkey bars and gymnastics are terrific options. Parents can also assist at home by having children rake leaves and carry in groceries. Take the stairs with your children instead of using the elevator.

Activities focused on flexibility involve bending and stretching. This type of activity improves posture, increases relaxation, and reduces the risk of injuries. Children may enjoy rock-wall climbing, dance, gymnastics and playing on a playground to achieve improved flexibility.

Our Oklahoma summer and early fall can be extremely hot. When participating in outdoor activities, be sure to provide plenty of water breaks for your children. Practice other safety precautions, such as using sunblock, and wearing hats and sunglasses. Make sure children have properly fitting safety equipment for their activities.

Parents also can help their children become more active by limiting screen times. This allows for increased sleep and active time. Parents can be good role models for their children by incorporating physical activity into their own lives. Create longer walks by parking further away from your destinations, and use stairs instead of elevators. Find activities that you and your children can enjoy together, whether it's a neighborhood game of tag, parent/child softball, bike riding, swimming or taking a martial arts class together, both you and your child will benefit.

Remember, keep it fun!



BY JULIE WENGER WATSON

a doctor's role in your daughter's health

Most parents would rather face their offspring's double ear infection, nasty stomach virus or plantar warts than address issues of gynecologic health. However, as children grow, their healthcare needs change. For adolescent girls, a comprehensive approach to overall health includes access to information and quality care for every aspect of their bodies, including their reproductive systems. Often, however, a stumbling block to teens seeing a gynecologist is the fear that a gynecological visit automatically means having an internal pelvic exam, which is not the case. A visit with a family physician, pediatrician or gynecologist in early adolescence helps establish rapport between doctor and patient, which can prevent potential problems.

Care Down There

Adolescent gynecologic issues cover everything from contraception and sexually transmitted infections (STIs) to menstrual disorders and sports injuries. It may come as a surprise (and perhaps a relief) to many parents and teens alike that a number of these issues can be treated without an internal pelvic exam. In fact, The American College of Obstetricians and Gynecologists recommends that pelvic exams be performed on patients younger than 21 only when indicated by the patient's medical history. No internal exam is necessary on an otherwise healthy adolescent, for example, in order to prescribe oral contraceptives or to screen for STIs, which can be done from urine samples or vaginal swab specimens.

Of course, in certain situations, such as contraceptive counseling for an intrauterine device (IUD) or diaphragm, pregnancy, abnormal vaginal bleeding or amenorrhea (absence of menstruation,) an internal exam may be necessary.

"The part that everyone is nervous about is the internal exam," says Dr. Nirupama DeSilva, a board certified obstetrician/gynecologist with additional subspecialty training in pediatric and adolescent gynecology. Dr. DeSilva is the Director of Pediatric and Adolescent Gynecology at the University of Oklahoma at Tulsa's School of Community Medicine. "There's no evidence that supports the need for an internal pelvic exam in patients that are healthy and don't have any symptoms before the age of 21."

The Doctor's Role

Pediatricians, family practitioners and gynecologists can all play a role in a young woman's health care. The important thing is establishing a good relationship between the patient and a physician she trusts and with whom she's comfortable.

Pediatricians and family practitioners are trained and qualified to deal with gynecologic health issues. Dr. Charity Pollak, assistant professor of pediatrics at OU's Tulsa School of Community Medicine, believes they can also play a crucial role in providing relevant information to teens about sexual health and contraception. In a state like Oklahoma, which has the second-highest teen birth rate in the nation, this is no small matter.

According to Dr. Pollak, physicians should have confidential, age-appropriate conversations with adolescents about sexual health and pregnancy prevention during regular visits, asking questions of and providing resources to their patients. Unfortunately, more often than not, this doesn't happen.

"A lot of physicians aren't able to do this for a lot of different reasons," she says. "The first reason would be time, and the next issue would be the sensitivity of the subject and the fact that we don't make it part of the normal health exam."

Dr. Pollak is working to educate and encourage healthcare providers to have these conversations with their patients and to make it a normal and routine part of their care.

"We are absolutely supposed to be having these talks with our patients," Dr. Pollak notes. "I think if I'm an adolescent female, I'm probably not having this conversation with adults in general, so I'm not talking to my parents about it. I'm not talking to my school counselor about it. I'm not talking to my doctor about it. So, adolescents aren't getting the best information and the best resources. I think there is a lot of misinformation."

According to Dr. DeSilva, adolescent girls, not just adult women, can benefit from establishing a patient-physician relationship with a gynecologist. In fact, The American College of Obstetricians and Gynecologists recommends that the first visit for screening, preventative services and guidance take place between the ages of 13 and 15. This visit should focus on patient education, with discussion of topics such as anatomical development, body image, self-confidence, weight management, immunizations, contraception and prevention of STIs.

"You want her to have good care for her reproductive needs or her periods, or whatever she needs, but you don't want her traumatized in the process," Dr. DeSilva explains. "I think it's important to establish a relationship with someone the teen feels comfortable with. That really makes a

continued next page

difference in the questions they ask and in our ability to educate them. Teens are listening. They're looking for information, and they have questions. The more comfortable we can make them in our offices, the more willing they will be to ask those questions. Knowledge is power, and we want them to have the resources they need to make good choices."

Both Drs. DeSilva and Pollak agree that parents continue to play an important role in their child's health care, initiating conversations with their kids and supporting the physician-patient relationship.

"When they're taking their kids to the doctor, parents need to encourage their kids and their doctors to have some time alone and to have these conversations," Dr. Pollak says.

"I think there is a fear that, 'oh, my gosh, she would talk to somebody else and not me,'" Dr. DeSilva says. "This doesn't mean you don't have an open relationship with your child. They just feel awkward, whether it's right or wrong. It's not because you didn't keep the door open for them or did something wrong as a parent. Sometimes, they just need an outside voice, an objective voice."

Adolescent girls need and deserve quality care and accurate information when it comes to their health. This may be especially true in matters particular to their reproductive system. Parents and physicians can work as a team to ensure these young women grow up to be healthy, well-informed adults.

"I always say I have two patients," says Dr. DeSilva. "I have the parent and the adolescent, and I have to meld both of their needs so that everybody is comfortable at the end of the visit. I think it's important that parents realize they're still involved in the process. We're trying to help teens make good decisions with guidance."



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BY ZOE ROBERTS
PHOTOS BY JOAN MARCUS

Wicked works its magic:

UNIVERSAL THEMES OF POPULARITY AND INSECURITY RESONATE WITH AUDIENCES.

Nearly 15 years after its 2003 premiere, the Broadway musical *Wicked* is still working its magic on audiences. And why does it work? Beyond the music and the enchanting sets, the show's themes of popularity and insecurity resonate with everyone. Who hasn't felt successful, yet secretly insecure, like Galinda, the Good, or felt like an imposter or outsider like green-skinned Elphaba, the Not-So-Bad?

A prequel to *The Wizard of Oz, Wicked* is told from the perspective of the two witches, Galinda and Elphaba, and is based on the novel by Gregory Maguire with music and lyrics by Stephen Schwartz. *Wicked* reveals how Galinda, who becomes Glinda the Good, and Elphaba, who becomes the Wicked Witch of the West, began as young rivals, yet grew to become friends. *Wicked* will be making its second run in Tulsa in September at the Tulsa Performing Arts Center.





GINNA CLAIRE MASON

Ginna Claire Mason, who has been playing Glinda for 16 months, says that her off-stage friendship with actress Mary Kate Morrissey (Elphaba) brings warmth to their on-stage friendship.

Both characters are on stage for most of the show, so the audience must engage with their evolving friendship.

"The gal who play Elphaba, Mary Kate Morrissey, is a real-life best friend," Mason said. "It has been really sweet for our friendship to grow on- and off-stage and to see how our experiences and relationship off-stage impact our relationship on stage."

Mason adds that *Wicked* also appeals to a wide audience of all ages. "At a young age, I think kids are going to enjoy the Tony award-winning costumes and the larger-than-life characters. Older audiences are going to really appreciate the story and the witty humor."

And, *Wicked* audiences, especially teens, may appreciate the universal themes such as how society defines good, the meaning of friendship, and the consequences of judging a book by its cover.

Of course, most Oklahoma audiences know that Broken Arrow native Kristin Chenoweth made Glinda famous on Broadway, but Mason assures us that "there are no two Glindas that are exactly alike, noting that she adds her own personal "fun and bubbly" touch to her Glinda. And, whether or not you have seen the show or are a *Wicked* newbie, Mason says that this cast also adds its own touch to the show.

While Mason says that her favorite part of performing in *Wicked* "is always changing, singing 'Popular' is so much fun. Glinda represents a beautiful sincerity that the world needs more of."

Wicked, the Broadway Musical

Sept. 5 – 23, 2018

Tulsa Performing Arts Center

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BY NANCY A. MOORE

Sabrina Schrader: **rewriting her story**

Usually being ranked number one is something to be celebrated, however, not when it refers to Oklahoma's ranking of #1 in female incarceration (per capita) in the nation. One local resource working to combat this staggering statistic is the Women in Recovery (WIR) Program through Family and Children's Services. This well-rounded, substance use and trauma focused treatment program offers an alternative option for women who are facing long-term prison sentences. The WIR treatment program supports the whole individual, providing a "second chance" at a healthy and productive life by providing support throughout the 18-month program. The 70 percent completion rate demonstrates the success of WIR to break the cycles of poverty, addiction and abuse. Over 350 graduates have successfully integrated back into society as productive women and mothers to their children.



(TOP ROW) DRESHAWN BALLANCE (SABRINA'S NEPHEW) AND DERRION SMITH (STEPSON); MIDDLE ROW: JESSE JACKSON, SABRINA SCHRADER AND JENIYAH JACKSON; (BOTTOM ROW): DERRIONA SMITH (STEPDAUGHTER) AND HAILEY JACKSON.

One of these outstanding women is Sabrina Schrader, a recent WIR graduate who shared what she's looking forward to in the future.

TK: Tell us a little about yourself and your background?

Sabrina: I'm from Tulsa, but ran away at 13 to be with my boyfriend in Kansas City. I wanted to be around him for companionship. I was young and we started dabbling in drugs. My parents were on drugs, too, so I wouldn't listen to them tell me what to do. After I followed my boyfriend to Kansas City, we lived there for 10 years and have three kids together. My boyfriend got deeper into drugs and finally went to prison. I left after he went to prison the second time.

TK: Can you share how you ended up in jail?

Sabrina: After my boyfriend went to prison, I came back to Tulsa and moved in with my younger brother, but he also got in trouble for drugs and was sentenced to 56 years in prison. (My older brother is also in prison serving 34 years for drugs.) After returning to Tulsa, I quickly got in trouble for drugs and got arrested in 2013. I spent two-and-a-half years incarcerated at David L. Moss. While I was there, I got my GED and my Serve Safe license. Also, while I was in jail, I found out about WIR and was eventually accepted into the program.

TK: What do you feel has been a positive turning point in your life?

Sabrina: This may seem crazy, but going to jail turned out to be good for me because I didn't know how to stop the drugs and what I was doing. Also, getting into this program (WIR), provided me with the skills to change and live life very differently.

TK: Do you feel like you're breaking the cycle of how you grew up?

Sabrina: Yes. My kids have seen what I went through and they don't want that for themselves. I don't have to force them to study and they want to do well in school. They make good grades and my oldest is already thinking about going to college.

TK: What advice would you give to a woman coming into the WIR program?

Sabrina: Trust the process. Stick with the program and after five to six months after being in it, you will see it working and understand how much it helps, but recovery is hard and you have to stay committed and strong.

TK: For people who don't

continued next page

know about the WIR program, how would you describe the program?

Sabrina: Very intense. You have to want it to work. If you really want it, you'll make it through, and you'll come out better for it.

TK: How has WIR specifically helped you?

Sabrina: They have been able to help me with so many parts of treatment, including training and support. CPT (Cognitive Processing Therapy) really helped me understand my past better and create a new story about the trauma I endured. It has also helped me in communicating with my kids. I'm more engaged with them, and they are also doing so much better now (after reunification). My son's teacher shared that he's more helpful with his classmates, makes better grades and his attitude has improved.

TK: Knowing what you know now, what advice would you give your younger self?

Sabrina: I would say, "Don't grow up too fast" because looking back, I didn't really have a childhood.

TK: Do you have a favorite saying or words you live by? What resonates with you about those words?

Sabrina: One day at a time. Just remembering to not take on too much and not to worry so much about tomorrow.

TK: What does the future look like for you and your kids?

Sabrina: The future is so much brighter than I ever could have imagined for myself! I never thought I would have come out of a drug addiction. My kids are doing well and are happy to be together. I'm so proud of my kids. They all play sports and are doing well in school. Also, I'm engaged and expecting a new baby and I know what it means to have a healthy relationship!

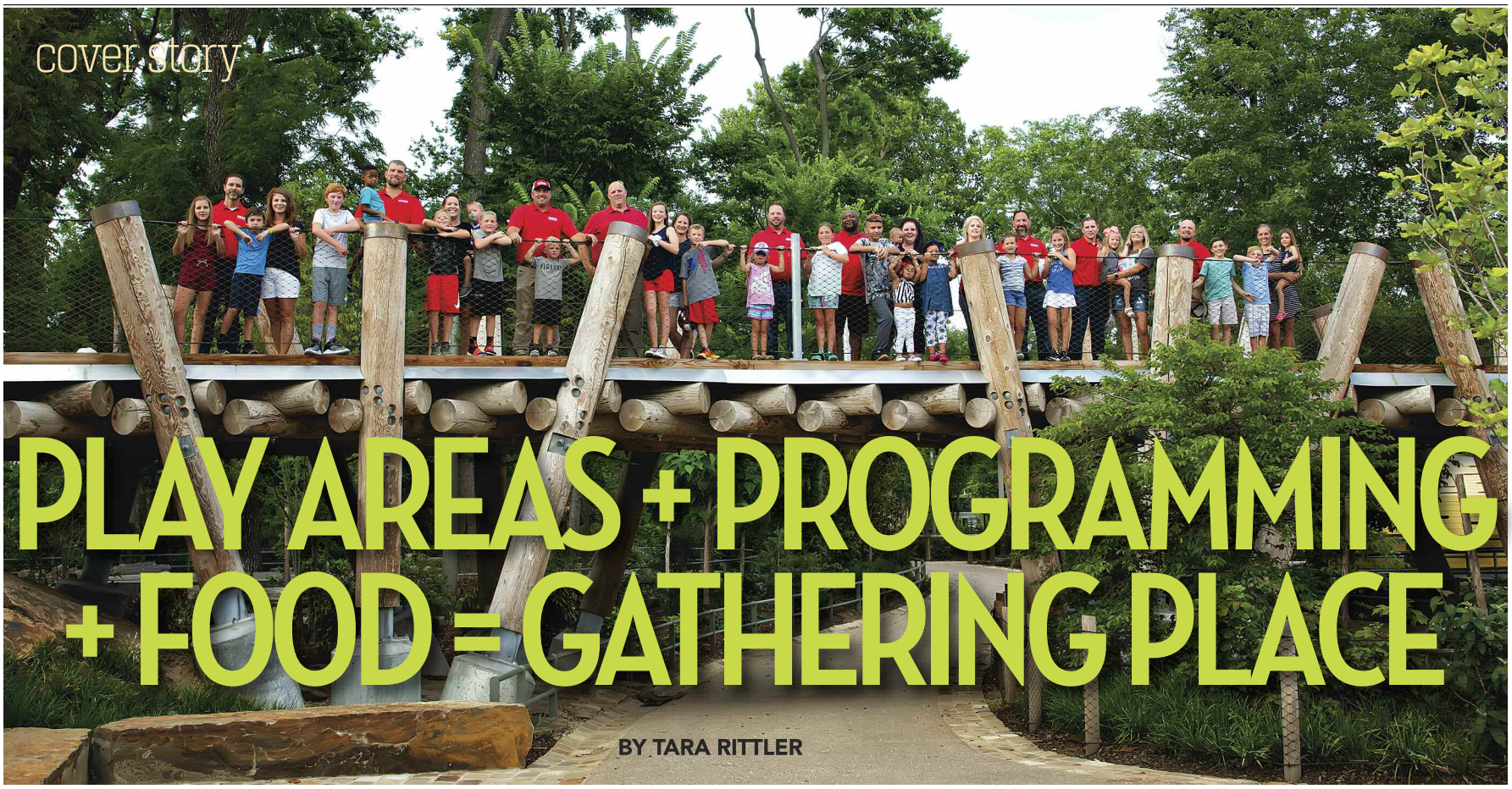
Sabrina wrap-up comments:

This program has taught me so much. My favorite parts were employment readiness and financial literacy about how to manage my money. I'm in a place in my life that I never thought I'd be. I'd rather work hard every day of my life for my family to be in the place where we are. Things are only going to get better. I am grateful to GKFF (George Kaiser Family Foundation) and the many funders and community partners that contribute to making this life change possible for me and my children.

Check out www.fcsok.org for more information about the Women in Recovery Program.







PLAY AREAS + PROGRAMMING + FOOD = GATHERING PLACE

BY TARA RITTLER

Tulsa's long-anticipated public park is scheduled to open September 8.

Since ground broke for construction in September of 2014, Tulsans have been eagerly awaiting the opening of Gathering Place (not to mention the re-opening of Riverside Drive!) and, as many may already know, that wait is almost over. As the September 8 opening date nears, here is everything you need to know about Gathering Place.

EVERYDAY PLAY

Designed by Michael Van Valkenburgh Associates, an architecture firm with extensive experience designing public parks across the United States, Gathering Place boasts an array of exciting features that will entice people of all ages.

The five-acre Adventure Playground features a toddler play area, including a banana-shaped slide and Volcanoville, where Gathering Place's youngest guests can tackle a pint-sized "climbing wall." Areas more suited to older children include the massive medieval castle towers, a wooden pirate ship and several steep (aka fast!) metal slides. As the weather warms up in the summer, children can cool off on Mist Mountain, with its various water play elements, from water cannons to mist areas.

According to Amanda Murphy, Gathering Place's vice president of marketing, 34,000 children have already visited Gathering Place through the park's First Look Field Trips for children in kindergarten through third grade.

"When those buses pulled up," Murphy says, "The kids were absolutely stunned to see how vast the playground is. Our staff will never forget seeing the kids run in, screaming and laughing. Kids love everything, but especially mentioned our towers and the zip line."

Teens may be particularly interested in Gathering Place's bike and skate parks and five sports courts, where guests can enjoy a game of basketball, volleyball, street soccer or street hockey. Teenagers and adults alike may take advantage of the watercraft rentals available from the ONEOK boathouse, which is adjacent to Peggy's Pond. Boat rental options include paddleboats, kayaks and canoes—and, of course, life jackets will be available, too.

Tulsans both young and old can look forward to hiking and walking paths and enjoying picnics and playtime on the Great Lawn, a massive green space that will connect the east and west sides of the park across Riverside Drive. The smaller Lakeview Lawn, adjacent to the Arkansas River, will provide sunset views and accessibility to the water.

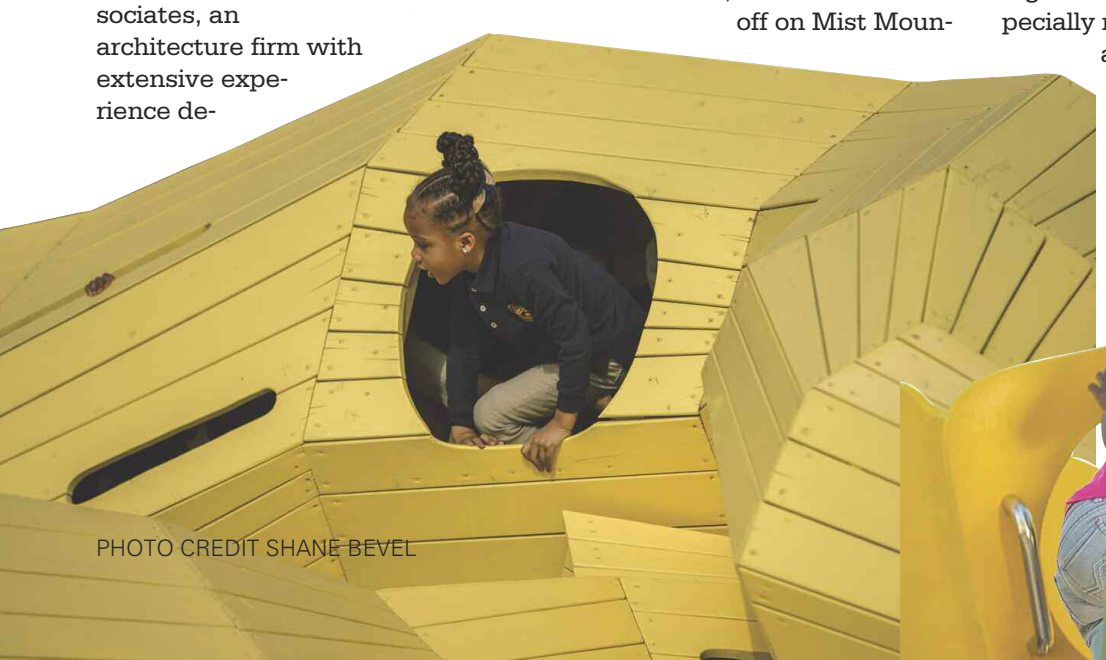


PHOTO CREDIT SHANE BEVEL



When asked how accessible Gathering Place will be to people, particularly children, with disabilities, Murphy responds, "Gathering Place was designed for all guests. All park entrances, pathways and bridges are accessible, and there are Ultra ADA pads throughout Gathering Place along pathways, in parking lots and at building entrances…From a play perspective, we have swings in our playground that provide easy transport from wheelchair to swing for most. We also have a ramp so children in wheelchairs can experience much of the tower area, which is one of our most exciting attractions."

Additionally, Gathering Place has provided two special facilities that guests can use if they experience any sensory anxieties while visiting the park: the first is at Guest Services within the Lodge, and the other can be found in a restroom located on the north side of Adventure Playground.

+ PROGRAMMING

Like its "sister" park Guthrie Green, Gathering Place will offer year-round free programming for people of all ages, which will kick off with a concert headlined by The Roots on September 8.

"In our first year of operation, we will focus on events that are open to intergenerational audiences in order to serve the widest variety of guests possible," says Kirsten Hein, vice president of programming. "After the first year, we will start to offer programming for targeted groups, by age and interests."

While Gathering Place will have a permanent stage for children's performances within the Adventure Playground as well as pop-up stages for special events, "The beauty of the park," says Hein, "is that all of the outdoor space is a potential programming space! Much of the large-scale programming will take place on or around the QuikTrip Great Lawn, and much of the children's programming will take place at the Reading Tree or Gather Round Stage in the playground area."

Additionally, indoor programming will take place within the ONEOK Boathouse and Williams Lodge.

Although Gathering Place's team of programmers is still in the process of developing ideas for future presentations at the park, their efforts will focus on educational programming, volunteer opportunities, celebrating public art and creating fun events. Look forward to health and wellness initiatives, including outdoor fitness classes, as well as family friendly concerts and festivals in the future.



+ FOOD WITH A VIEW

All that play is sure to work up an appetite, but if you forget your picnic basket at home, don't worry: Gathering Place will have plenty of dining options. One of the most popular may be the ONEOK Boathouse, described by Murphy as "the tall building with the white, swooping roof that boasts an amazing view."

ONEOK Boathouse will offer a varied menu that caters to diners both on a budget or looking for a date-night splurge. There will be many family friendly options as well.

Parents who anticipate spending a day watching their children play at Adventure Playground may rejoice to learn that the Williams Lodge, located near the playground, will serve coffee. Other Lodge offerings include gelato and other grab-and-go items.

Guests with food allergies or other dietary restrictions will be able to choose from several allergy friendly food options.

= GATHERING PLACE

Gathering Place has been thoughtfully designed so that everyone from the Tulsa-area—and beyond—can find multiple reasons to visit. We'd love to hear what you and your family love most about your visit to the city's newest and largest park once it opens. Let us know by emailing tara.rittler@gmail.com—or better yet, tag @tulsakids in your Gathering Place photos on Instagram so that we can share in the fun! Who knows? You may even be featured in an upcoming issue of TulsaKids!



PHOTO CREDIT SHANE BEVEL



+ PLUS...

What are Gathering Place's hours?

Typically, the park will be open from 9 a.m. to 10 p.m., with Adventure Playground closing before sundown. This may vary throughout the year, however.

Where can I park?

Parking will be available at several locations throughout the park, and each lot will have ADA parking, too. Additional parking will be available during Gathering Place's Grand Opening period in order to accommodate as many guests as possible.

How can I stay up-to-date on all the latest news from Gathering Place?

Follow @GatherTulsa on Facebook, or visit their website, www.gatheringplace.org. If you still want more, follow them on Twitter or Instagram or sign up for their newsletters.

Will Gathering Place have on-site security?

Yes; there will be 24-hour, on-site security. According to Murphy, "The safety of our guests is our top priority."

Will I be able to swim at Gathering Place?

No; while young guests may enjoy playing in the sand at Willow Beach next to Peggy's Pond, and older guests may rent watercraft to use on the pond, swimming in Peggy's Pond is not allowed. If you need to cool off, however, a trip to Mist Mountain is a great way to do so!

Is there an entrance fee?

No! Entrance to Gathering Place and participation in Gathering Place's programming are free. However, bring money if you'd like to purchase food on-site.

How much money did it take to build Gathering Place?

$465 million has been spent building Gathering Place; of this total, $400 million was donated by families and businesses, the bulk of which came from George Kaiser Family Foundation.

How big is Gathering Place?

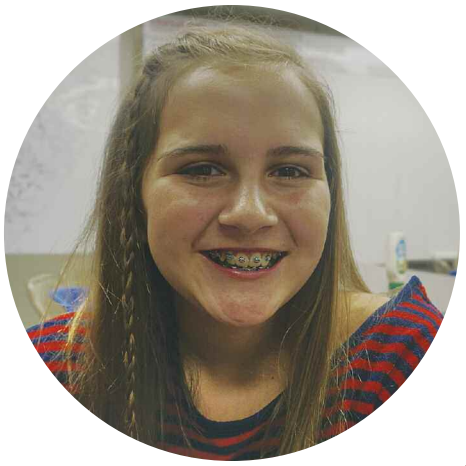
Phase 1 of the park, which will open September 8, 2018, is a total of 66.5 acres. Phase II, which will include a new building for Discovery Lab, will add an additional 33 acres to the park space.

First 100 Days: Gathering Place Performances You Won't Want to Miss

Get more information at www.gatheringplace.org and by following @GatherTulsa on Facebook.

September 8-9: Grand Opening Weekend with The Roots, Hot 8 Brass Band, the Swon Brothers, and Pedrito Martinez Group.
September 8-10: Pro BMX Showcase*
September 20-21: Brady Rymer & The Little Band that Could*
September 27: Lisa Loeb*
October 4-5: Cirque Zuma Zuma*
October 18-19: Alphabet Rockers*
October 19: Kirk Franklin and Tulsa's Metropolitan Baptist Church Choir
October 22-24: Story Pirates*
November 2: Kickoff to Native American Heritage Month with A Tribe Called Red and special guests

*Kid friendly



"I love the park!" Maebry also told us she occasionally got some inside intel from her dad. For example, she shared this: "My dad told me that the trees in the Upside Down Forest are made from the trees in the park."
— Maebry Smith, age 11



"The park is fun!" When the park opens, Beckham says he plans to check out the giant spider web.
— Beckham Davenport

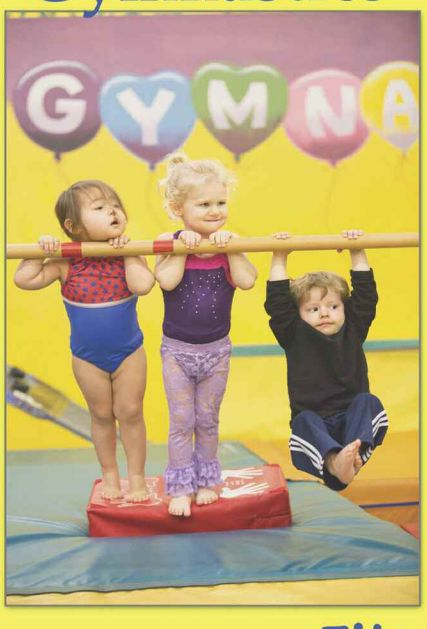


"[My favorite part of Gathering Place is] the goose with the ladder!"
— Joss Rittler, age 3

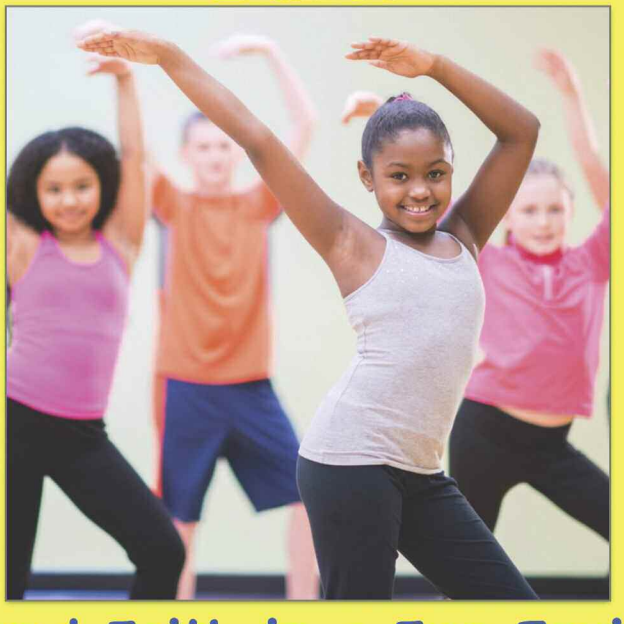
"[I've worked] mainly on the Boathouse building and the Lodge building. Both buildings are very unique, and they have a lot of custom materials like natural stone. Poteau is where the majority of the stone comes from. Because they're using a lot of custom pieces, they're not prefabricated, [so] you have to do a lot of work to make sure all the pieces fit together."
— Justin Lockwood, project manager

"We moved up here for this job, and [Justin] came straight to Gathering Place. We were in Oklahoma City, and ever since he started, we've been hearing how cool it's going to be and we've been really excited. I keep telling everyone, 'This is going to be so cool, [with] so many things to do for everybody. So we are super excited!"
— Lindsey Lockwood, wife of Project Manager Justin Lockwood

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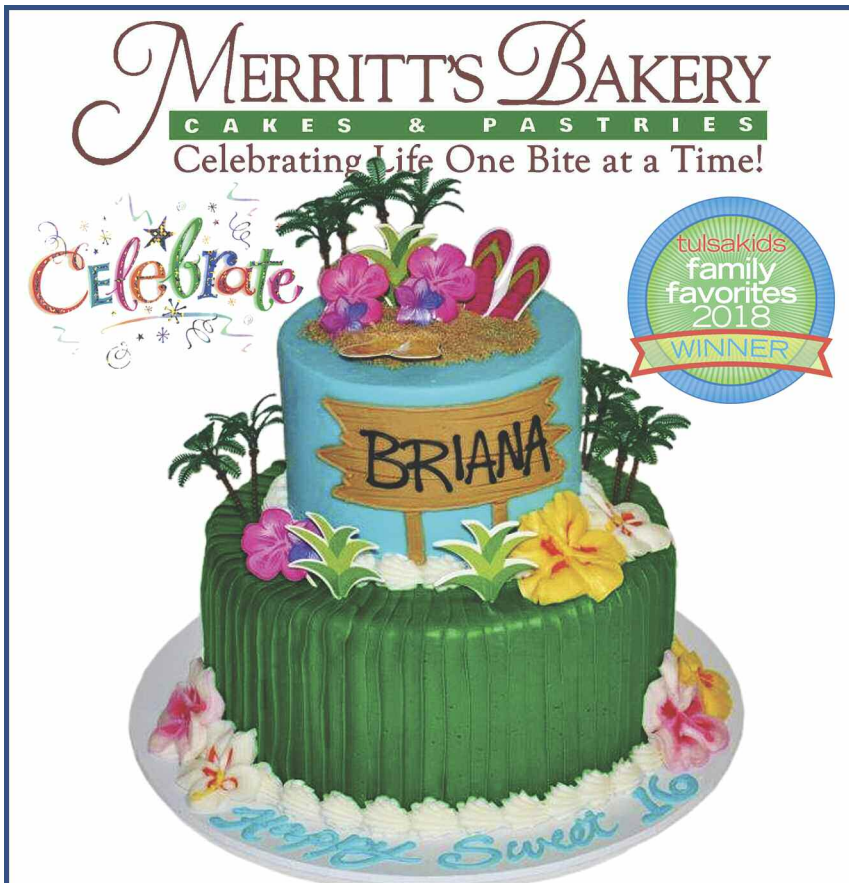
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The Intertribal Indian Club of Tulsa's 41st Annual Pow Wow of Champions will be held August 10-12 at the ORU Mabee Center, 7777 S. Lewis Ave. Everyone is invited to experience this celebration of Native American culture, complete with Native dance demonstrations, a Native American art/craft mart and traditional foods such as fry bread, corn soup and more. www.iicot.org

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

August 1 Wednesday

TRAV'S WILD WEATHER SHOW
If you've been wanting to see Trav's Wild Weather show – NOW is your chance! This year will be Radar the Weather Dog's LAST YEAR— so you don't want to miss this! The News On 6 Weather Team will be doing Trav's Wild Weather Show at the Oklahoma Aquarium followed by a Meet & Greet with the weather team and storm trackers! Free with museum admission; advance registration recommended. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10:30 a.m. https://www.okaquarium.org/event/travs-wild-weather-camp/

STORYTIME IN THE PARK [FREE, W]
Each week at Story Time in the Park, 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! Stay and enjoy Food Truck Wednesday afterward! Guthrie Green, 111 E. M.B. Brady St., 10:30 a.m. www.guthriegreen.com

FAMILY WORKSHOP AT GILCREASE MUSEUM [W]
Developed for children and their parents/caregivers, family workshops provide new projects every week for the whole family to enjoy. Each workshop includes the opportunity to explore the museum's collection and special exhibitions followed by an art-making experience in the studio based on that week's theme. From nature conservation to watercolors, photography and more, workshops cover a variety of topics all summer long. Workshops are held on Wednesdays and Fridays from 10:30-11:45 a.m. Advance registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd. www.gilcrease.org

August 2 Thursday

STORYTIME AT LINNAEUS TEACHING GARDENS [FREE, W]
Enjoy a nature-themed storytime and follow-up activity each week at Linnaeus Teaching Gardens, 2435 S. Peoria Ave., 10 a.m. www.tulsagardencenter.com

TINY TOTS [W]
Toddlers (ages 6 and under) can enjoy a special time just for them at Wheels and Thrills Family Entertainment Center, 10637 N. Garnett Rd., 10 a.m.-1 p.m. www.wheelsandthrills.com

SUMMER TOUR AT GILCREASE [FREE]
Discover the role of games, past and present, in our lives during Gilcrease Museum's summer tours. Discuss artworks, play games and create a take-home project. Advance registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:45 a.m. www.gilcrease.org

FAMILY GROUP [FREE]
Join the Tristesse Grief Center on the first Thursday of every month for Family Group. Designed for adults and children who have experienced a significant loss, this group provides an opportunity to have fun, eat ice cream, and participate in activities that will strengthen the family connection. Reservations required; call 918.587.1200. The Tristesse Grief Center, 2502 E. 71st St., 6-8 p.m. www.thegriefcenter.org

August 3 Friday

TULSA ZOO FOOD DRIVE
The zoo will have a special food drive on Friday, Aug. 3, for Community Food Bank of Eastern Oklahoma. Admission is $1 that day for everyone bringing a non-perishable food item for the food bank. Tulsa Zoo, 6421 E. 36th St. N., 9 a.m.-5 p.m. www.tulsazoo.org

FIRST FRIDAY ART CRAWL [FREE]
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show and sell art. Shops are open late and there are lots of dining and entertainment opportunities as well. Tulsa Arts District, 6-9 p.m. www.thetulsaartsdistrict.org

August 4 Saturday

Looking for fresh produce? Check out our sidebar on Tulsa-area Farmers Markets!

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. www.tulsalibrary.org

DROP-IN ART: SCRAPED PATTERN PAINTINGS
Create colorful works of art using acrylic paints and paint scrapers, inspired by the exhibition The New Art: A Milestone Collection Fifty Years Later. Oklahoma City Museum of Art, 415 Couch Dr., Oklahoma City, 1-4 p.m. www.okcmoa.com

August 5 Sunday

FIRST SUNDAYS AT POSTOAK
Swim, fish, hike, play board games or sand volleyball and more at POSTOAK Lodge & Retreat! Day passes for adults are $10; children are $5 and kids 3 and under get in free. POSTOAK Lodge & Retreat, 5323 W. 31st St. N., 8 a.m.-8 p.m. www.postoaklodge.com

FITNESS ON THE GREEN: ZUMBA [FREE, W]
When you see this outdoors Zumba® class in action, you won't wait to give it a try. As soon as you start this Latin-inspired, easy-to-follow, dance-fitness party, you will feel your body surge with energy. You will get involved in a high-energy cardio blast that will leave you invigorated, refreshed and full of life. Guthrie Green, 111 E. M.B. Brady St., 10:30-11:30 a.m. www.guthriegreen.com

DROP-IN STUDIO AT GILCREASE
Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages, backgrounds and artist abilities. All supplies and materials provided. Free for members, and free with museum admission for not-yet-members. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. www.gilcrease.org

August 6 Monday

REGISTRATION OPENS FOR TULSA BOTANIC GARDEN'S SCARECROWS IN THE GARDEN



Through September 9, visit Oklahoma City Museum of Art to see the special exhibition "Isabelle de Borchgrave: Fashioning Art from Paper," which features the life-size, trompe l'œil paper costumes of Belgian artist Isabelle de Borchgrave (born 1946). Practice your own fashion design skills by designing a paper shoe using museum materials on Saturday, August 25, 1-4 p.m. Learn more at www.okcmoa.com
Pictured: Isabelle de Borchgrave, A Russian Lady, 2009, based on costumes designed by Natalia Goncharova for Le Coq d'Or (The Golden Rooster), 1914. Photo: Andreas von Einsiedel

Tulsa Botanic Garden's 5th Annual Scarecrows In the Garden will be on display during Autumn In the Garden (Oct. 4-Nov. 11). Register your family, school, scouts, business or organization to create a scarecrow for the display! Registration deadline is Friday, September 21. For details, visit www.tulsabotanic.org or call 918.289.0330.

STORYTIME AT KIDDLESTIX [FREE, W]
Bring your kids to Kiddlestix Toys for this popular storytime! Kiddlestix, 3815 S. Harvard Ave., 10 a.m. www.kiddlestixtoys.com

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is included with regular admission and there is no pre-registration required. Disocvery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. www.discoverylab.org

STORYTIME YOGA [W]
Bring the kids to let their imaginations run wild and get the mid-morning wiggles out! Hosted by StudiOne's co-owner, Teresa (who also has years and years of Kindergarten teaching experience!), this



Don't miss the Will Rogers/Wiley Post Fly-in on Saturday, August 11, 7:30 a.m.-1 p.m. Over 100 plans will land at the Will Rogers Birthplace Ranch airstrip, and there will be food trucks, classic cars, fun activities for the family and visits from Will and Wiley! Event is free, donations are encouraged. Learn more at www.willrogers.com

class is open to all ages with the presence of an adult chaperone! No sign up necessary, $5. StudiOne, 525 S. Main St., Ste. 101, 10:30 a.m. www.studionetulsa.com

HOMESCHOOL SKATE AT WHEELS AND THRILLS
The first Monday of every month is Homeschool Skate at Wheels and Thrills, 10637 N. Garnett Rd., 12-2 p.m. www.wheelsandthrills.com

August 7 Tuesday

CRAFT TIME AT TULSA TOY DEPOT [FREE, W]
Craft Time is FREE and FUN! Stop by and create something every Tuesday morning at Tulsa Toy Depot, 10114 S. Sheridan Rd., 10:30 a.m. www.tulsatoydepot.com

August 8 Wednesday

DIG WITH A DIETICIAN: SUMMERTIME VEGGIE PATCH [FREE]
During this class, taught by a Reasor's Registered Dietician, participants will learn about the all the different kinds of summertime veggies found in the garden. Participants will glance around the garden to see what different types of veggies they can find, discuss the nutritional benefits of veggies, and do a painting activity with veggies. All participants will receive a class favor and one participant will win a Dig with a Dietitian giveaway item! This class is appropriate for ages 5+. Preregister at www.reasors.com/event. Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., 9:30-10:30 a.m.

August 9 Thursday

SHARK TOUR
Get up close and personal with Oklahoma Aquarium's sharks. This premier tour allows you to walk along the top of the shark exhibit and watch as biologists feed bull and nurse sharks. You can't get any closer without getting in the water! For safety reasons, tours are not recommended for children under five years old. Sign up online at www.okaquarium.org/shark-tours. Additional date August 6. Oklahoma Aquarium, 300 Aquarium Dr., Jenks

CHILDREN'S ADVOCACY CENTER VIP TOUR [FREE]
Getting to Know CAN is a one-hour lunch, tour and program to inform you about what occurs at the Children's Advocacy Center and what Child Abuse Network is. Preregister by emailing info@childabusenetwork.org. Children's Advocacy Center, 2829 S. Sheridan Rd., 11:30 a.m.-12:30 p.m. www.childabusenetwork.org

KIDS CONNECTIONS [FREE]
This social group is designed for children (grades K-5) on the autism spectrum. For more information, contact Sherilyn or Steve at 918.582.8272. TARC Office, 2516 E. 71st St., Ste. A, 4:30-5:30 p.m. www.ddadvocacy.net

August 10 Friday

AQUA-TOTS!
Fish, fun, friends and stories! Join Oklahoma Aquarium for a seaside story time. Ages 2-5, maximum of 35, available on a first come basis. Free with admission to the Aquarium. Additional date August 21. Oklahoma Aquarium, 300 Aquarium Dr., 11 a.m. www.okaquarium.org

LA LECHE LEAGUE DAY MEETING [FREE]
Get support and information for your breastfeeding journey. Get more information about La Leche League of Tulsa at llloftulsa.org. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 10:15 a.m.

LINDY IN THE PARK [FREE]
Join Vintage Swing Movement Tulsa on the second Friday of each month this season for a FREE community swing-dancing event. Begin-

ners! Pros! Everyone is welcome. Lessons being at 6:30 p.m., followed by a dance from 7-9 p.m. Guthrie Green, 111 E. M.B. Brady St. www.guthriegreen.com

August 11 Saturday

OBSTACLE COURSE RACE FOR KIDS
Bring out your little ninja warriors and young lions for the first ever Conquer Youth event! The event will be a 3k (1.5ish miles) with 10 crazy fun and challenging obstacles! For kids ages 5-17. Sign up at www.conqueryouth.com River West Festival Park, 2100 S. Jackson Ave., 9 a.m.

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

PERSEID METEOR SHOWER VIEWING
BA Sidewalk Astronomers will be on hand with telescopes to gaze at celestial objects in the night sky and provide information about the Perseid Meteor Shower, which will be at its peak. Bring a blanket or chairs (and binocular or telescope if you have them) to star gaze and watch for meteors. Make your own star chart. Note: Event is subject to weather conditions. Some areas of the Garden will be closed after dark.) Regular admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 9-11:30 p.m. www.tulsabotanic.org

August 12 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., 9:30-11:30 a.m. www.discoverylab.org

SENSORY SUNDAY AT WHEELS AND THRILLS
Enjoy a sensory-friendly time at Wheels and Thrills Family Entertainment Center, 10637 N. Garnett Rd., 10:30 a.m.-12:30 p.m. www.wheelsandthrills.com

STUDIO SUNDAYS AT AHHA [W]
The STUDIO is a space that invites ahha visitors to think like artists through open-ended creative exploration and discovery. Every Sunday in The STUDIO, there will be a new creative challenge, technique, or material for kids of all ages to explore. ahha, 101 E. Archer St., 12-7 p.m. www.ahhatulsa.org

August 13 Monday

DANCE AND SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! 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. www.discoverylab.org

FITNESS ON THE GREEN: DEFEND TOGETHER [FREE, W]
DEFEND TOGETHER is an hour of exciting interval training that burns calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to boost your cardio experience! Defend Together provides moves to accommodate varied levels of training. This class is also popular with older children at YMCA branches, and they are welcomed to participate. Guthrie Green, 111 E. M.B. Brady St., 6:30-7:30 p.m. www.guthriegreen.com

AUDITIONS FOR "THE BOXCAR CHILDREN" [FREE]
Audition for Spotlight Children's Theatre's production of "The Boxcard Children." Performance dates are October 5,6,7 and 12,13,14. Additional audition date Tuesday, August 14. Spotlight Theatre, 1381 Riverside Dr., 7 p.m. www.spotlighttheatre.org

August 14 Tuesday

BIKES AND BALLS [W]
Open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Meets Tuesday and Thursday mornings starting August 14. Whiteside Community Center, 4009 S. Pittsburg Ave., 9:30-11 a.m. www.cityoftulsa.org

PARENT CHILD CENTER OF TULSA MONTHLY TOUR [FREE]
The Parent Child Center of Tulsa offers tours of the agency on the second Tuesday of every month. The tour lasts one hour and a light lunch is served. Learn about the PATHWAY OF HOPE the Parent Child Center provides to families in our community, meet staff members, and hear directly from clients about how Center services have impacted their lives. Preregister at www.parentchildcenter.org. Parent Child Center of Tulsa, 1421 S. Boston Ave., 12 p.m.

August 15 Wednesday

TINY TOTS IN TRAINING [FREE, W]
Tiny Tots in Training: Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Case Community Center, 1050 W. Wewika Rd., Sand Springs, 10-11:30 a.m. www.sandspringsok.org

August 16 Thursday

BABY & ME MATINEE: "YOU'VE GOT MAIL" [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. We keep the lights dimmed and the sound volume down. Celebrate the 20th anniversary of a romantic classic! The owner of a bookstore chain falls for a competitor he meets in an online chat room, unaware she owns a shop he's trying to put out of business. Although their online personas get along wonderfully, sparks fly when they meet in person. Rated PG. Hardesty Library, 8316 E. 93rd St., 10 a.m.-12 p.m. www.tulsalibrary.org

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kid Tulsa! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. www.safekidstulsa.com

AFTER-SCHOOL ORIGAMI
Learn the art of origami! Fold paper into something simple like a sailboat or try a more complicated creation like the Milennium Falcon. Discovery Lab, 560 N. Maybelle Ave., 4-5 p.m. www.discoverylab.org

August 17 Friday

Looking for more? Visit our full calendar at tulsakids.com/calendar!

August 18 Saturday

FOOD TRUCK FRENZIE
Feast on fare from some of Tulsa's favorite food trucks at the Oklahoma Aquarium, 300 Aquarium Dr., Jenks! Find more details at www.okaquarium.org

CHAT WITH A BEEKEEPER ON NATIONAL HONEY BEE DAY
Learn about honey bees, honey and watch them up close in an observation hive. Greg Hannaford, owner of Tulsa Urban Bee Co., will give a short presentation and answer questions on bees and beekeeping. He will also bring samples of a variety of local honeys. Presentation will be inside the Garden's Mabee Grange. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 2 p.m. www.tulsabotanic.org

August 19 Sunday

RISE UP SINGING [FREE]
Congregation B'nai Emunah invites

the whole community to "Rise Up Singing," a participatory songfest featuring roots, folk, and Americana in live performance. The concert is free and open to the public, and no reservations are necessary. An optional meal of authentic kosher deli will take place at 5:45 p.m. Those who'd like to reserve a place should call (918) 583-7121. Free valet parking is available. Congregation B'nai Emunah, 1719 S. Peoria Ave., 7 p.m. www.tulsagogue.com

August 20 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. 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. www.discoverylab.org

FITNESS ON THE GREEN: YOGA [FREE, W]
Join the YMCA of Greater Tulsa and Fowler Toyota of Tulsa for this relaxing addition to Fitness on the Green. Every Monday and Wednesday this season at Guthrie Green. Bring your own mat! Guthrie Green, 111 E. M.B. Brady St., 5:30-6:30 p.m. www.guthriegreen.com

August 21 Tuesday

TINY TUESDAYS: ROUGH & SMOOTH SANDPAPER ART
Join OKCMOA's Teaching Artist for Tiny Tuesdays! These come-and-go, open-ended art-making experiences are geared towards children ages 5 and under. This program is designed to introduce art and art-making to little ones, and helps encourage creative interaction between children and their parents or caregivers. Following your stop at Tiny Tuesdays, pick up a Discovery Pack for an interactive trip through the Museum galleries! Oklahoma City Museum of Art, 415 Couch Dr., Oklahoma City, 10 a.m.-12 p.m. www.okcmoa.com

MANGA FANS UNITE! [FREE]
Join other manga fans to discuss favorite characters and books while participating in a fun activity. Bring a friend! For sixth- through 12th-graders. Bixby Library, 20 E. Breckenridge, 2-4 p.m. www.tulsalibrary.org

August 22 Wednesday

TEEN CONNECTIONS [FREE]
Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. For more information or to enroll, call Sherilyn or Steve at 918.582.8272. TARC Office, 2516 E. 71st St., Ste. A, 4:30-6 p.m. www.ddadvocacy.net

August 23 Thursday

HOMESCHOOL DAY AT CHICKASAW CULTURAL CENTER [FREE]
Enjoy guided tours, educational films, traditional games, stomp dance demonstrations, cultural demonstrations and much more on this special day for homeschoolers! For more information or to book your tour, contact the Special Events Department at 580.622.7130. Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 10 a.m.-5 p.m. www.chickasawculturalcenter.com

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kid Tulsa! Bixby Fire Department Station 2, 8300 E. 121st St. S., 2-4 p.m. www.safekidstulsa.com

August 24 Friday

FILM ON THE LAWN: "FERRIS BUELLER'S DAY OFF"
Wrigley Field? The Art Institute? The Sausage King of Chicago? Who WOULDN'T want to cut class? It's a little childish and stupid, but then, so is high school. Come see John Hughes' classic tale of truancy as part of Philbrook's Film on the Lawn series. Philbrook Museum of Art, 2727 S. Rockford Rd., 6-10:30 p.m. www.philbrook.org

August 25 Saturday

LEARN BASIC CPR [FREE]
Learn Basic CPR with Citizen CPR and Tulsa Parks. This course will use the American
Heart Association's "Family & Friends CPR" format. Register at www.tulsacpr.com or call 918.596.3600. Bixby Community Center, 211 Cabaniss, Bixby, 9:30 a.m.-12 p.m.

MAKER FAIRE TULSA [FREE]
Sponsored by Fab Lab Tulsa, Maker Faire Tulsa is an award-winning, family-friendly event celebrating technology, education, science, arts, crafts, engineering, food, sustainability, and making of all kinds. Central Park Hall at Expo Square, 4145 E. 21st St., 10 a.m.-5 p.m. tulsa.makerfaire.com

BOTANY WALK AT OXLEY NATURE CENTER [FREE]
Hunt for a variety of native Oklahoma plants at Oxley Nature Center's monthly Botany Walk. Oxley Nature Center, located within Mohawk Park, 10:30 a.m. www.oxleynaturecenter.org

INDIA FEST/UTSAV 2018 [FREE]
This year's theme of India Association of Greater Tulsa's annual festival is DISCOVER INDIA. Enjoy cultural displays, colorful dance performances, information booths, kid's activities, sports booth and camel rides. Several Tulsa area non-profits, including Tulsa chapter of American Association of Physicians of Indian Origin, will provide free health counseling. There will also be vendors with clothing, jewelry and pottery and the ever-popular IAGT clothing sales area and Henna booth. River Spirit Expo at Expo Square, 4145 E. 21st St., 11 a.m.-5:30 p.m. www.iagtok.com

TRY-IT DAY OPEN HOUSE [FREE]
Stop by Whiteside Community Center and let your kids try out a new activity before you sign them up! Or try one of Whiteside's adult classes! Instructors will be on site to give mini-sessions of their classes. Whiteside Community Center, 4009 S. Pittsburgh Ave. Find the schedule at www.tulsaparks.org

August 26 Sunday

LIFTING THE LANDSCAPE ARTIST RECEPTION WITH CHRISTOPHER CURTIS
Meet artist Christopher Curtis in a reception at the Botanic Garden and learn about his process of creating the stone sculptures in his exhibit Lifting the Landscape. For more information, call 918.289.0330 or visit tulsabotanic.org. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 4-6 p.m.

August 27 Monday

IN THE MIDDLE [FREE]
Discuss a book and enjoy lively conversation. The featured book is available for checkout at the library. Light refreshments are provided. For ages 10-12. Broken Arrow Library/South, 3600 S. Chestnut Ave., 6:30-7:30 p.m.

August 28 Tuesday

BUILD A READER STORYTIME: FAMILY [FREE]
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. Meet in the children's area of the library for this storytime session! Maxwell Park Library, 1313 N. Canton Ave., 3-3:30 p.m. www.tulsalibrary.org

August 29 Wednesday

PHOTOSHOP LAB: SURREALIST PHOTOS [FREE]
In this introductory class, learn to create surrealist photos using Photoshop. Registration is required. Register online atwww.tulsalibrary.org/events or call 918-549-7323. For adults. Central Library, 400 Civic Center, 1-2:30 p.m.

COMMUNITY CALENDAR | AUGUST

August 30 Thursday

TEEN LOUNGE: LEAF PRINTMAKING [FREE]
Summer is almost over, so let's enjoy the green leaves while we can by using them for some fun, beautiful printmaking. Paints, brushes and leaves are provided, but feel free to bring some leaves from your own yard. For ages 10-18. Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, 3-4:25 p.m. www.tulsalibrary.org

MINECRAFT OR RBLOX [FREE]
Minecraft or Rblox? It's your choice! Build your world your way. For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St., 6-7 p.m. www.tulsalibrary.org

August 31 Friday

Find more at www.tulsakids.com/calendar!

SHOP LOCAL, EAT LOCAL: TULSA-AREA FARMERS MARKETS

BROOKSIDE FARMERS MARKET
Wednesday mornings, 7:30-11 a.m.
Brookside Church, 36th Place and Peoria

CHERRY STREET FARMERS MARKET
Saturday mornings, 7-11 a.m.
15th Street between Utica and Peoria

CLAREMORE FARMERS MARKET
Saturday mornings, 7-11 a.m.
Rogers County Courthouse, 200 S. Lynn Riggs, Claremore

ROSE DISTRICT FARMERS MARKET
Saturday mornings, 8-11 a.m.
Rose District Pavilion, 418 S. Main, Broken Arrow

THE FARMERS MARKET
Saturday mornings, 8-11:30 a.m.
The Farm Shopping Center, 5321 S. Sheridan Rd.

KENDALL-WHITTIER MERCADO
The first and third Saturdays of the month, 10 a.m.-2 p.m.
Admiral and Lewis



PLAY BALL! TULSA DRILLERS

ONEOK FIELD,
201 N. ELGIN AVE.

8/2, vs. Arkansas, 7:05 p.m.
8/3, vs. Arkansas, 7:05 p.m.
8/4, vs. Arkansas, 7:05 p.m.
8/5, vs. Arkansas, 7:05 p.m.
8/14, vs. Corpus Christi, 7:05 p.m.
8/15, vs. Corpus Christi, 7:05 p.m.
8/16, vs. Corpus Christi, 7:05 p.m.
8/17, vs. San Antonio, 7:05 p.m.
8/18, vs. San Antonio, 7:05 p.m.
8/19, vs. San Antonio, 7:05 p.m.
8/25, vs. Springfield, 7:05 p.m.
8/26, vs. Springfield, 7:05 p.m.
8/27, vs. Springfield, 7:05 p.m.
8/28, vs. NW Arkansas, 7:05 p.m.
8/29, vs. NW Arkansas, 7:05 p.m.
8/30, vs. NW Arkansas, 7:05 p.m.
8/31, vs. NW Arkansas, 7:05 p.m.

TULSA ROUGHNECKS FC

ONEOK FIELD,
201 N. ELGIN AVE.

8/8, vs. OKC Energy FC, 7:30 p.m.
8/11, vs. Colorado Springs Switchbacks FC, 7:30 p.m.



GET BACK-TO-SCHOOL READY



TAX FREE WEEKEND: AUGUST 3-5
Shop for tax-free school supplies, clothing and more at participating locations.

BROKEN ARROW BACK-TO-SCHOOL BASH [FREE]
When: Saturday, Aug. 4, 9 a.m.-12 p.m.
Where: The Assembly Broken Arrow, 3500 W. New Orleans St., Broken Arrow
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 on Aug. 4 free of charge. There will be free school supplies, haircuts by Clary Sage, immunizations, vision screening and more! Other organizations in attendance will include: Camp Bandage, Family and Children's Services, Tulsa City-County Library, Vince and Larry the Crash Test Dummies and McGruff the Crime Dog. Contact Lisa Ford at 918.451.8213 or at lford@brokenarrowok.gov if you have questions. www.brokenarrowok.gov

BACK-TO-SCHOOL IMMUNIZATION RECORDS [FREE]
When: Saturday, August 4, 12-4 p.m.
Where: Woodland Hills Mall, 7021 S. Memorial Dr.
While you're shopping during Tax Free weekend, stop by Tulsa Health Department's pop-up clinic at Woodland Hills Mall and request your child's immunization records. Some might be eligible for on-site vaccines provided by the Caring Van. Can't make it? No problem, visit http://www.tulsa-health.org/shotrecordsand THD can provide shot records via email. www.tulsa-health.org

BACK-TO-SCHOOL COMMUNITY RESOURCE FAIR/FERIA DE REGRESO A LA ESCUELA [FREE]
When: Thursday, August 9, 9 a.m.-12 p.m.
Where: Tulsa Technology Center, Lemley Memorial Campus, 3420 S. Memorial Dr.
Join the Martin Regional Library, Coalition of Hispanic Organizations and Tulsa Technology Center for this come-and-go event featuring free screenings, immunizations, haircuts and school supplies. For all ages. / ¡Mas de 50 organizaciones comunitarias proporcionarán información, servicios y materiales escolares para un año escolar exitoso! Para todas las edades. www.tulsalibrary.org

SAND DAZZLE & BACK-TO-SCHOOL BASH [FREE]
When: Saturday, August 11, 10 a.m.-3 p.m.
Where: Nienhuis Community Center, 3201 N. Ninth St., Broken Arrow
You don't need to go to the beach to feel sand between your toes! Come to Broken Arrow's Sand Dazzle to have fun in the sun, get cool prizes, and free school supplies. www.facebook.com/nienhuispark

SAND SPRINGS BACK TO SCHOOL BASH [FREE]
When: Sunday, August 12, 2-5 p.m.

GET BACK-TO-SCHOOL READY (cont'd.)

Where: Tulsa Technology Center's Sand Springs Campus, 924 E. Charles Page Blvd.
The Ministerial Alliance of Sand Springs' annual Back to School Bash features free bakcpacks and school supplies, free haircuts, free dental checks, free flu shots for children older than seven and much more!

RUDISILL BACK-TO-SCHOOL COMMUNITY RESOURCE FAIR
[FREE]
When: Thursday, August 16, 10 a.m.-12 p.m.
Where: Rudisill Library, 1520 N. Hartford Ave.
Prepare your child for a successful school year. Learn about Tulsa City-County Library's services and community resources, while picking up school supplies and giveaways for your child. Supplies and giveaways are limited on a first-come-first-serve basis. The resource fair includes immunizations; enrollment for new students; vision and dental screenings; book, backpack and school supply giveaway; face painting; balloon animal art; book walk; and more. For immunizations, a parent or legal guardian must accompany each child to provide consent. Please bring a copy of your child's most recent immunization record. Vaccines are offered at no cost to children who are eligible for Medicaid, uninsured or American Indian. Sponsored by the Friends of the Rudisill Regional Library, Tulsa City-County Library, Modern Woodmen of America and Oklahoma Caring Foundation. www.tulsalibrary.org

BACK TO SCHOOL KICKOFF
[FREE]
When: Friday, August 24, 4-7 p.m.
Where: Charley Young Event Park, 50 W. Dawes, Bixby
Bixby's Back to School Kickoff will take place right before the Bixby-Jenks football game! Enjoy live music by Anthem Road Academy students, as well as fun activities and giveaways provided by local businesses and organizations, including Bixby Cheer and Pom, Bridge the Gap, and the Bixby Police and Fire departments.
www.facebook.com/CYEPBixby

TULSA COMMUNITY COLLEGE ENROLLMENT ASSISTANCE
[FREE]
When: Saturday August 26, 2-4 p.m.
Where: Suburban Acres Library, 4606 N. Garrison Ave.
Tulsa Community College's Office of Admissions and Prospective Student Services staff will assist anyone eligible to attend TCC for the coming school year with the enrollment process. Get information on TCC programs offered, student services and financial aid as well. Seating is limited. For teens and adults.
www.tulsalibrary.org

CONSIGNMENT SALES

JUST BETWEEN FRIENDS:
Jenks/Glenpool: August 3-5 at the Glenpool Conference Center
Tulsa: August 19-25 at the Exchange Center at Expo Square
Owasso: September 7-9 at ISS Owasso's Indoor Soccer and Sports facility

RHEA LANA'S:
Broken Arrow: August 5-9 at Rhema NRC
Owasso/Claremore: August 12-15 at Claremore Expo Center

OKLAHOMA CARING VAN PUBLIC CLINICS

The Oklahoma Caring Van provides immunization services to children who are uninsured, Medicaid-eligible or American Indian. Learn more at www.oklahomacaringfoundation.org.

Wednesday, Aug. 1, 9 a.m.-4 p.m.: New Heights Christian Church, 106 N. Main, Owasso

Wednesday, Aug. 1, 10 a.m.-4 p.m.: Sand Springs Enrollment Center, 104 W. 4th St., Sand Springs

Friday, Aug. 3, 8-11 a.m.: Mexican Consulate, 2434 E. Admiral Blvd.

Friday, Aug. 3, 9 a.m.-3 p.m.: Pryor Public Schools, 55 Oak St., Pryor

Saturday, Aug. 4, 9 a.m.-12 p.m.: BA Police Department Back-to-School Bash, 3500 W. New Orleans, Broken Arrow

Saturday, Aug. 4, 12-4 p.m.: Woodland Hills Mall, 7021 S. Memorial Dr.

Monday, Aug. 6, 4-7 p.m.: Clary Sage College, 3131 S. Sheridan Rd.

Tuesday, Aug. 7, 9 a.m.-1 p.m.: Jenks Middle School, 3019 E. 101st St., Jenks

Tuesday, Aug. 7, 4-7 p.m.: Clary Sage College, 3131 S. Sheridan Rd.

Wednesday, Aug. 8, 9 a.m.-1 p.m.: Broken Arrow Enrollment Center, 210 N. Main St., Broken Arrow

Wednesday, Aug. 8, 9 a.m.-1 p.m.: Jenks Middle School, 3019 E. 101st St., Jenks

Wednesday, Aug. 8, 2-6 p.m.: Sequoyah Middle School, 2701 S. Elm Place, Broken Arrow

Thursday, Aug. 9, 9 a.m.-12 p.m.: Tulsa Tech, Lemley Campus, 3420 S. Memorial Dr.

Friday, Aug. 10, 9 a.m.-3 p.m.: Coweta Public Schools, 700 E. Chestnut St., Coweta



Saturday, Aug. 11, 9 a.m.-12 p.m.: Going Hard for Christ Church, 3434 S. Garnett Rd.

Saturday, Aug. 11, 3-6 p.m.: Greater Cornerstone Baptist Church, 5610 S. 41st W. Ave.

Monday, Aug. 13, 1-6 p.m.: Broken Arrow Neighbors, 315 W. College St., Broken Arrow

Tuesday, Aug. 14, 9 a.m.-1 p.m.: Childers Middle School, 301 E. Tuscon, Broken Arrow

Tuesday, Aug. 14, 2-6 p.m.: Centennial Middle School, 225 E. Omaha St., Broken Arrow

Wednesday, Aug. 15, 9 a.m.-4 p.m.: Broken Arrow Enrollment Center, 210 N. Main St., Broken Arrow

Thursday, Aug. 16, 9 a.m.-1 p.m.: Rudisill Regional Library, 1420 N. Hartford Ave.

Thursday, Aug. 16, 10 a.m.-4 p.m.: Sand Springs Enrollment Center, 104 W. 4th St., Sand Springs

Saturday, Aug. 18, 10 a.m.-2 p.m.: Kendall Whittier Mercado, Admiral & Lewis

Saturday, Aug. 18, 11 a.m.-2 p.m.: Harvest Time Outreach Ministries, 2333 E. 48th St. N.

Tuesday, Aug. 21, 4-7 p.m.: Crosstown Learning Center, 2501 E. Archer St.

Wednesday, Aug. 22, 9 a.m.-1 p.m.: Girl Scouts of Eastern Oklahoma, 4810 S. 129th E. Ave.

Wednesday, Aug. 22, 12-4 p.m.: Taco Mayo, 425 S. Utica Ave.

SCHOOL START DATES

Broken Arrow Public Schools, August 16

Owasso Public Schools, August 16

Bixby Public Schools, August 17

Jenks Public Schools: August 17

Union Public Schools, August 20

Tulsa Public Schools, August 22

Sand Springs Public Schools, August 22

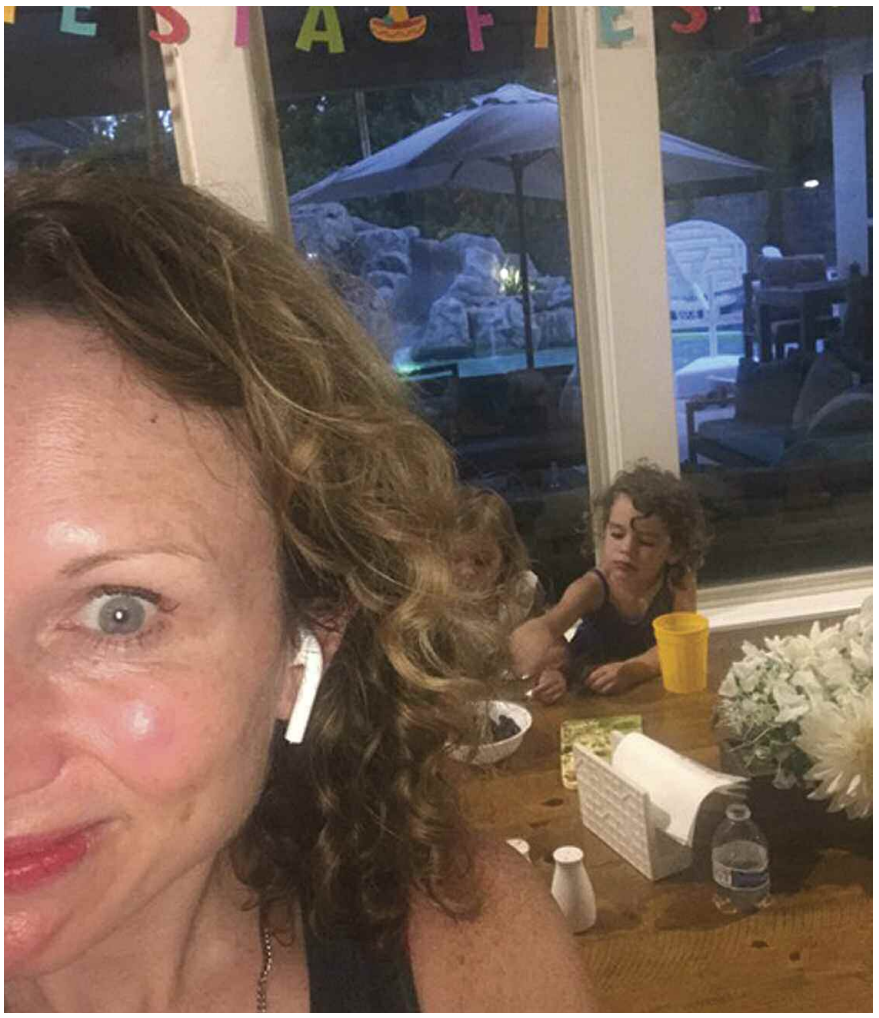


The Hip Mom Tunes Out

BY JILL VANTREASE

Gah. August! How is your summer going, dear moms? Have you been rocking all the kid things — the camp driving, the screen monitoring, the snack vigilance, the good and healthy fun creating, the trip taking, the memory making? Or are you like me? Are you hot, done, sweaty, and wondering why all these bodies are just lying prostrate around your house, playing Fortnite, watching Barbie on Amazon TV, and yelling "Mom!" when they need a snack opened? Well, have I got a solution for you: podcasts, friends, podcasts! Since it's often impossible for me to get out and meet real friends — or maybe not many people like me?! — I find listening to an adult voice talking about smart things to be a real balm for my soul. Are you still driving your brains out? Listen to a podcast! (Bonus: If my children are bickering in the car, I threaten them with listening to one of mom's podcasts, and they groan loudly and hush right up!) Do you want to make dinner in peace, and tune out the screams? Listen to a podcast! And, luckily, I have a great sampling of podcasts that feed all kinds of tastes — some practical, some entertaining, some philosophical - but all are great for moms in all stages of life.

Perhaps my favorite podcast is **"Sorta Awesome,"** produced by Meg Tietz, an Oklahoma City girl. "Sorta Awesome is a weekly podcast geared toward women who want to stay current on all things awesome, including culture, media, trending conversations and general girlfriend chat." Meg is herself a mother of four, including twins, and always has fascinating guests on the show. Episode topics run the gamut: there's parenting in the summer tips; marriage ruminations; skincare for non-teenagers; personality typing and the Enneagram; navigating spiritual crises; budgeting for families; anxiety and depression...ladies, they talk about EVERYTHING. And often there's big-name guests such as author Gretchen Rubin ("The Happiness Project"). Generally the show is safe for little ears, but Meg warns you if they are going to touch on more "steamy" topics. Every show starts with the host's "Awesome of the Week" — these "Awesomes" could be a book, cosmetic, podcast, TV show, really anything — and so many of these little tidbits have really changed and improved my life. Their "Sorta Awesome Facebook Hangout" is a magical gathering place brimming with advice and ideas, too. Go have a listen!



HIP MOM TRIES TO IGNORE HER TODDLER.

Another favorite podcast is **"The Model Health Show,"** hosted by Shawn Stevenson. When traditional medicines weren't working, Shawn essentially cured himself of a degenerative spine disease in his early adulthood through dramatic diet and exercise changes. Now his podcast is the #1 health podcast on iTunes and, wow, it is fascinating. I have learned so much from Shawn: the importance of healthy fats in your diet; why intermittent fasting is good for you; foods that can protect your brain from dementia; exercising smart versus over-exercising; how to recover from sleep deprivation...the list goes on. Now some of his advice (coffee distilled from mushrooms? Completely eliminating soda?) I just can't do now -- or maybe ever. And some of his self-improvement episodes are a little woo woo for me. But, overall, this is a podcast I keep up with -- I don't want to miss Shawn's cutting-edge ideas on health and fitness, even if I can't incorporate all of them!



Another podcast I can't miss is Danielle Bean's **"Girlfriends"** podcast. "Know your worth, find your joy." Danielle Bean is like the wise, warm, nextdoor girlfriend you wish you had (or maybe you do have one of these!). Danielle is Catholic, so her podcast is enlivened by her faith, but you certainly don't have to be Catholic -- or even Christian -- to appreciate Danielle's fresh, warm takes on motherhood, marriage, grown-up friendships, fitness and work. Recent episodes include "How to Find Your Gifts" (I'm still looking for mine), "What Not to Do On Social Media," "Fake it Till you Make It," and "Why You Procrastinate - and How to Stop." All really relevant topics in my life — maybe yours too! Plus, listeners call in with real-life problems, and Danielle's responses are always thoughtful, warm and nuanced. She truly cares about her community of listeners.

For us bookworms, Anne Bogel's **"What Should I Read Next?"** is manna from heaven. This podcast has enriched my reading life tenfold; I'm currently doing the 2018 reading challenge, and it's prodded me to read books I wouldn't normally pick up. Anne interviews devoted readers from bookstore owners, to authors themselves, to English professors -- every guest is fascinating, and all have great books to share. Each show wraps up with a series of questions: What are you reading now, what book do you love, and what book do you hate? And then Anne comes up with a few recommendations for her guest based on her perceptions of their literary tastes. If you are a reader, I can't recommend this podcast highly enough!

"Forever 35" is a really fun indulgence, but it also has some serious meat to it, too. The tagline is "We're not experts, just two friends who like to talk about serums" (genius, yes?). It's more than cosmetics and self-care; it's also about all the "stuff" that plagues women and moms in their 30s and beyond — anxiety, body image, fertility issues, career angst — it's all here, ladies. As Meg Tietz noted, it's more of a "wine out with girlfriends" sort of podcast versus a "milkshake at Chick-Fil-A" podcast. You get her drift! Maybe not always rated G for little ears. But these two friends -- Kate Spencer and Doree Shafrir -- really pour their hearts out on this show, and it can be raw (Doree's struggles with IVF are really soul-crushing). But it's also hilarious. There's a great little story about Kate trying out a sheet mask on an overnight flight. Other episodes include proper bidet usage (I'm really not sure why these two love bidets, but there you go!), juicing, and low-cost self care. If you can't sneak out for a glass of wine with your slightly naughty and irreverent BFF, just pull up Forever35!

And there's more. **Smartest Person in the Room** is "a podcast that challenges us to seek out the smartest people and learn from them." It's hosted by Laura Tremaine, a "Hollywood Housewife." She has recently done several challenging podcasts about race and hidden bias in the US.



For more frivolous fare, there's the **"Popcast,"** hosted by Knox and Jamie, "Educating you on things that entertain, but do not matter." The Bachelor series is always great fodder for this show, as are celebrity couples, "pop culture conspiracy theories," and all things Hollywood. Veering in a completely different direction, **"The Simple Show"** is hosted by Tsh Oxenreider; you may have read her books "Notes from a Blue Bike," or "At Home in the World." Tsh says, "Equal parts homebody and wandering pilgrim, I spend many days reminiscing about afternoons in Italy or dreaming up our next family trip to who-knows-where, mostly while stirring soup in my tiny, Central Texas fixer-upper kitchen." Tsh is an old soul, and loves really deep talks on all sorts of topics: travel, simplified living, homemaking, parenting. She recently did a series on "Grown-Up-ping the Summer" about how adults can actually enjoy summer despite all the chaos and responsibility of kiddies running around. What a concept!

Finally there's NPR's **This American Life.** This is a great podcast for any American who wants to be well-informed beyond the headlines. The most recent episode took an in-depth look at the hotly contested 19th District congressional race in New York State. Another recent episode followed the story of Abdi, a Somali refugee living in Kenya who wins a lottery that puts him on a short list for a US visa. This is a smart, savvy podcast that puts human faces onto the stories we read about in the papers -- and reveals the staggering complexity of so many issues we face.

A note about technology: Often, I'm obnoxious and just listen to podcasts without earbuds in an attempt to annoy my children. My son, however, got the pricey-but-worth-it $159 wireless Apple Airpods from Santa; these are apparently worth the price, because my son has not lost them yet -- indeed, he guards them with his life. But if you're prone to losing mini-things, try TREBLAB wireless headphones, which are really high quality for a mere $24 on Amazon! So, now you have all the tools you need to ignore those pesky kidlets until school starts...soon, mamas, soon!





BY NATALIE MIKLES

foods to feel like a kid again

Some moments in time make us instantly feel like kids again.

I remember when my kids were finally old enough to swing themselves on the swing set. I sat in the swing next to them, the four of us pushing our feet against the smooth, worn dirt and flying to the clouds. At first I pushed gently, feeling the butterflies in my stomach as I swung up and down. And then I remembered how high I would swing as a kid, and I pointed my toes to the sky, feeling that wide-open feeling of childhood.

Once my kids learned to ride bikes, I dusted off an old bike in the garage so I could ride with them. With the first pedal, I remembered exactly how I felt learning to ride a bike when I was 7 years old. I relived that stumble-lurch-here-we-go-whee! feeling.

It's great to have those experiences that put us in our kids' shoes. I've had the same feelings in less adventurous settings, but that nonetheless took me back to childhood. Icing and decorating cookies will take you there. Helping a child frost a cupcake will take you there. Even eating a peanut butter and jelly sandwich and potato chips can make you feel like you're 10 years old again.

Here are some recipes to make with or for your kids that will make you feel like a kid again.



There are no special ingredients in this milkshake. It's the plain jane, but delicious, shake of childhood.

Classic Chocolate Milkshake

Makes 2 servings

- 4 scoops vanilla or chocolate ice cream (about 2 cups)
- 1/2 cup cold milk
- 1/4 cup Hershey's chocolate syrup

1. Place ice cream, milk and syrup in blender. Cover, and blend until smooth. Serve in frosty mugs.

A friend told me this recipe is her go-to comfort food. It was what her Iranian grandmother made for her when she was a kid.

Chicken and Rice with Dried Fruit and Saffron

Makes 4 to 6 servings

- 3 pounds chicken, skin on (you can use breasts, thighs or whatever you like)
- Salt and pepper
- 1/2 stick butter
- 1 large onion, chopped
- 1/2 cup dried apricots, chopped
- 1/2 cup raisins
- 1/4 teaspoon cinnamon
- 1/4 cup water or chicken broth
- 1/2 teaspoon saffron thread
- 2 tablespoons water
- 4 cups cooked jasmine or basmati rice

1. Season the chicken pieces with salt and pepper. Brown the chicken in butter in a sauté pan. Set aside.

2. Sauté the onion in remaining butter (or add olive oil to pan if dry) until onions are tender, 3 to 4 minutes. Add apricots and raisins, and cook 5 minutes. Stir in cinnamon and ¼ cup water or chicken broth, and gently scrape bottom of pan.

3. Place half the cooked rice in a baking dish. Place the chicken on top, spread the apricot mixture over the chicken and top with remaining rice. Cover, and bake in a preheated 350 degree oven for 45 minutes or until the chicken is cooked and tender.

continued next page

4. While the chicken is cooking add saffron to 2 tablespoons boiling water. Let steep for about 20 minutes.

5. Before serving, pour saffron liquid over the top of the chicken and rice, and gently stir. Serve on a platter.

Feel like a kid again with these easy-to-make M&M bar cookies and a cold glass of milk.

M&M Bar Cookies

- 1 cup packed brown sugar
- 2 cups baking mix (such as Bisquick)
- 1 egg
- 1 stick butter, melted
- 1 teaspoon vanilla extract
- 1 1/2 cups M&M candies

1. Preheat the oven to 350 degrees. Coat an 8-by-8-inch baking dish with nonstick spray.

2. Combine the brown sugar, baking mix, eggs, butter and vanilla in a large mixing bowl. Stir until well blended. Stir in the M&Ms, reserving a couple of tablespoons to sprinkle on top.

3. Pat the dough into the baking dish. Sprinkle remaining M&Ms on top. Bake 20 minutes or until lightly browned on top. Do not overbake. Allow to cool completely. Cut into bars.

This tastes like the soup many of us had on sick days home from school. It's super simple to make and tastes much better than canned soup. Save this one for a "sick day" for yourself or your kiddos.

ABC Chicken Soup

Makes 4 servings

- 6 cups chicken broth
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 cups frozen mixed veggies (Fresh is great too. Use whatever you have on hand.)
- 3/4 cup uncooked alphabet pasta
- 2 cups chopped cooked chicken breast

1. Heat broth, celery, onion and veggies to a boil. Add pasta, and reduce heat to a simmer. Cook 15 minutes. Stir in chicken and simmer until chicken is hot.



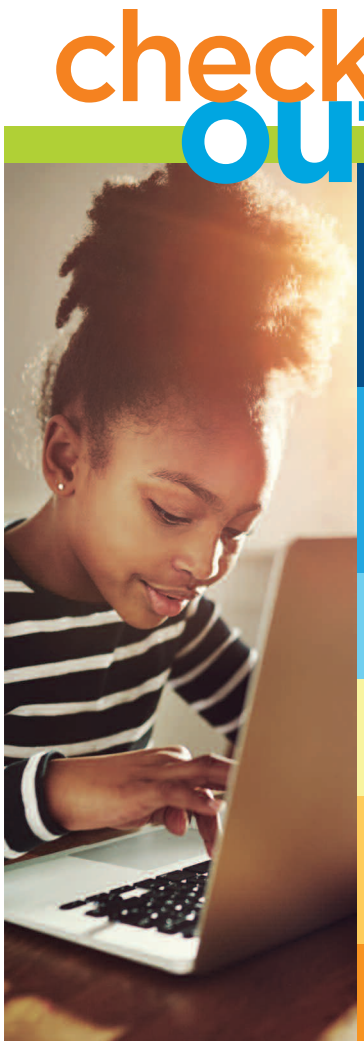

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What's Going On(line)?



CONTESTS AND GIVEAWAYS

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From August 1-15, enter to win a month of free tuition (up to $145) at Tulsa Ballet Center for Dance Education. Enter at tulsakids.com/contests.

Back-to-School Photo Sweepstakes!

Submit your child's back-to-school photo from August 13-27 for a chance to have your child's photo featured in our October issue! Get additional details and the contest link at tulsakids.com/contests.

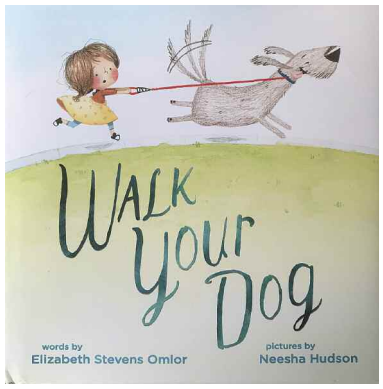
Win a WICKED Five Pack of Tickets!

From August 15-29, enter to win five tickets to "WICKED" at the Tulsa PAC, courtesy of Celebrity Attractions! The tickets will be for the performance on Wed., Sept. 5 at 7:30 p.m. Go to tulsakids.com/contests to enter.



Woof!

August 26 is International Dog Day! Make sure you're following @tulsakids on Instagram if you'd like a chance to win a copy of "Walk Your Dog" by Elizabeth Stevens Omlor, a sweet picture book about the delight and occasional chaos of owning a dog.



Don't forget to download your FREE 2018 Summer Family Fun Guide at tulsakids.com/summer.



GUEST BLOGGER: MARGARITTE ARTHRELL-KNEZEK

Margaritte Arthrell-Knezek is a naturalist, writer and community educator committed to teaching the skills of sustainability and instructing children and adults on how to connect with the natural world that surrounds them daily. Arthrell-Knezek hails from New Haven, Connecticut where she began her work in the arts and environmental activism in 1997. She graduated from The Evergreen State College In Olympia WA, 2010, with a bachelor's degree in multi-media art and sustainability studies. She has traveled the world and landed in Tulsa, OK where she is the Executive Director and Lead Educator of Under The Canopy LLC. She is a parent to two awesome children and wife to Mykey Arthrell-Knezek. You can learn more about the programs she teaches at www.underthecanopy.org She also keeps a personal blog about parenting in all its real and messy forms at www.adventuresofmulletmom.blogspot.com



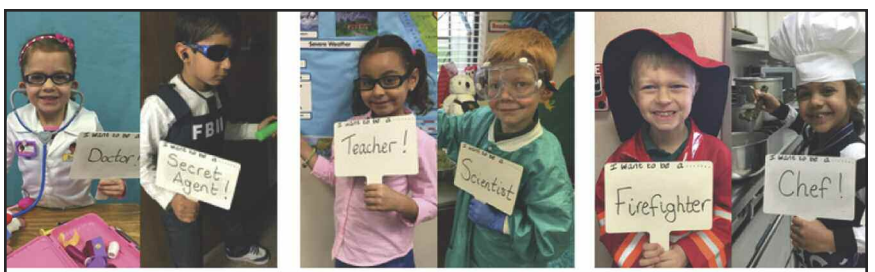
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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

comic books for kids? yes, please!

HOW AND WHY GRAPHIC NOVELS ARE GREAT FOR CHILDREN'S READING GROWTH

Many parents and teachers fear that reading "graphic novels" isn't really reading at all.

I get it. Once upon a time, my inner grumpy old man (we all have one) would see a kid reading a Batman this or Captain Underpants that, and I'd think, "Aren't they just looking at pictures? When did comic books become actual books?"

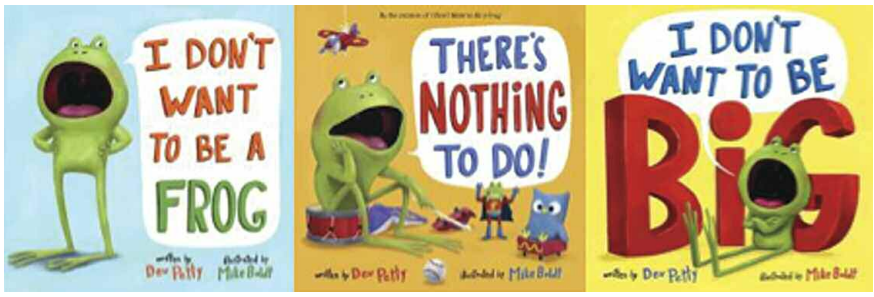
But both my inner grump and I were wrong.

After careful and extensive investigation, I'm here to tell you that there are solid educational and brain science reasons why graphic novels can be especially beneficial to growing readers.

1. The cognitive work of assembling words and pictures into a coherent story is pretty sophisticated.

Looking at pictures is generally pretty easy. The human brain, evolutionarily speaking, has way more experience with vision than almost anything else (other than movement). Which makes sense, given that being able to look around us to see threats was a key factor in our species survival.

But looking at pictures accompanied by written language? That's something entirely different. Written language came way later in our evolution and is much harder to learn. Add text to pictures that enriches and in some cases contradicts or complicates the images – well, suddenly the cognitive workload is much heavier.



In other words, the coordination in the brain of taking in both image and text at once and putting them together into meaning can be far more difficult than even text alone. It's intellectual work that feels good to the brain, however, like solving an especially hard crossword puzzle.

2. Research supports words + pictures as best for growing brains.

Not surprisingly, recent research indicates that the combination of words and pictures works a special kind of magic in the language development parts of young children's brains.

A study presented at the 2018 Pediatric Academic Societies Meeting looked at children who only heard stories with children who both heard stories and looked at accompanying pictures. While the first group did have some activity in the language parts of their brains, when they were also looking at pictures, the brain scans lit up.

Something similar happens when children read graphic novels on their own (though the oral language is replaced with written language): a beautiful coordinated symphony of story and meaning playing out in their brains.

3. Motivation. Motivation. Motivation.

Brain science aside, it's not hard to identify perhaps the biggest reason to encourage children to pick up graphic novels if that's what they want: motivation.

In general, if you enjoy an activity, you will continue to do it. Reading operates on the same principle. Specifically, we know that the more kids enjoy what they are reading, the more likely they will continue to read, and the better readers they will become.

Furthermore, we know that many kids really, really, really enjoy reading graphic novels.

So, if we know that reading graphic novels is just as legitimate (and in some cases harder) than reading text-only books, and children are highly motivated to read them, what's stopping us from encouraging this format?

Just the Books, Please

Now that you're fully on board with graphic novels, here are some suggestions for different ages and stages:

Birth to Pre-K

Pretty much any picture book can be classified as a "graphic novel" for this age, but this picture book series incorporates talk bubbles in a particularly graphic-novel way that will help emergent readers with graphic novels when they are ready for them:

I Don't Want to Be a Frog!, I Don't Want to Be Big!, and *There's Nothing To Do!* series written by Dev Petty and illustrated by Mike Boldt

Beginning Readers

continued next page

The "*Balloon Toons*" series (various authors and illustrators) is an excellent gateway to graphic novels for beginning readers who are still working out sound-letter correspondence, and they will feel very grown-up for reading their very own graphic novels!

Read Together or Older Readers

El Deafo, written and illustrated by Cece Bell is a graphic novel memoir about what happened when Bell lost most of her hearing as a child. It combines a realistic story with some superhero elements. You may want to read this one with your child because of the many discussion opportunities it brings up related to fairness and friendships.

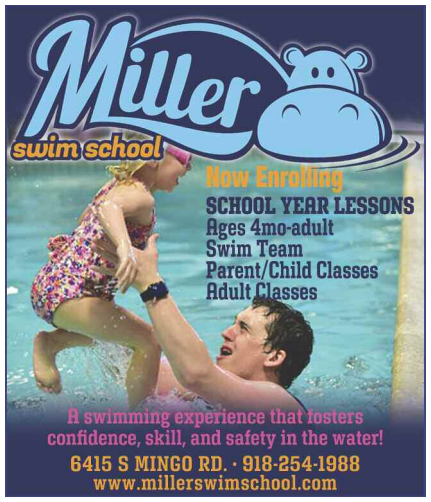
Recess Warriors series written and illustrated by Marcus Emerson

Funny, fast, and highly imaginative – both girls and boys will enjoy.

A Statement About Graphic Novels from the American Library Association and the National Coalition Against Censorship:

Combining visual art (a sense of space, mass, motion, and color) with literary and cinematic techniques (plot, point of view, character development, metaphor, allegory, flashbacks and flashforwards, speeding and slowing time, close-ups, long views, stream of consciousness, montage, etc.) graphic novels contain some of the most creative work in publishing today. They promote visual and verbal literacy, as well as love of reading. A good collection of graphic novels appeals to young people who might otherwise be reluctant to explore the library.

https://ncac.org/resource/graphic-novels-suggestions-for-librarians







Success for Children with Dyslexia

Dyslexia is a neurodevelopmental disorder affecting approximately 1 in 5 people. Developmental dyslexia is genetic. Children with Developmental Dyslexia are born with it, so it can't be prevented or outgrown. This does not mean that they are doomed to failure. In fact, it's quite the opposite. Many successful people such as filmmaker Steven Spielberg, musician John Lennon, golfer Bob May, former President John F. Kennedy and actor Henry Winkler are just a few of the famously successful people with some type of dyslexia. As with any learning disorder early diagnosis, support, therapy and the right accommodations will help children with dyslexia bloom.

It's important, first, for parents and teachers to recognize strengths. Children with dyslexia may be excellent auditory learners who will often flourish in non-traditional areas. While they may struggle with language processing such as phonemic awareness, word differentiation and reading comprehension, their visual perceptual skills may be off the charts. Children with dyslexia may be amazing artists, musicians or mechanics. Sometimes parents may need to rethink their meaning of "success."

Nurturing their strengths while identifying and working on weaknesses can give children the confidence and skills they need to succeed. A therapist can work with a child to not only rebuild neuropathways, but also to give the child and the parents tools to recognize and turn frustration into learning opportunities. Appropriate accommodations at school are also important for children with dyslexia to find success. Accomodations vary from subject to subject and day to day. Generic one size fits all accomodations only lead to feelings of failure. Once parents and teachers understand what the child is struggling with, therapy throughout the day and proper accommodations can be implemented.
While children with dyslexia may struggle in some areas, they can find success. In the right environment with the right support, children with dyslexia can excel.



Dr. Penny Stack

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BY BRANDON SCHMITZ

students need art experiences:

THE IMPORTANCE OF FIELD TRIPS TO ART MUSEUMS & PERFORMANCES

Field trips are among the greatest opportunities for teachers to not only provide students with a unique and memorable experience, but also fulfill a school's primary mission: to educate.

Just about any destination aside from perhaps the mall offers some inherent value, but arts-focused locations such as museums and the theatre are particularly beneficial.

"The truth is that there are educational programs offered at just about every cultural institution you can think of, and maybe some people aren't aware of that and they think school is where education happens, and a museum is where you go with your parents on the weekend," said University of Missouri Professor Brian Kisida. "I would say many of these cultural institutions commit about a third of their resources to providing educational programs, and these are often available for free or heavily subsidized prices for students to take advantage of."

From Gilcrease and Philbrook Museum to AHHA and the Woody Guthrie museum-downtown's performing arts center, Tulsa boasts more than its fair share of prime field-trip destinations.

Alongside University of Arkansas Professor Jay Greene and Texas A&M University Professor Daniel Bowen, Kisida published a 2014 piece centered on the educational value of field trips. The study involved randomly assigning about 11,000 students to go on a field trip to the Crystal Bridges Museum of American Art.

Earlier this year, Greene and several others published a study in which about 1,500 students were randomly assigned to see a live theater performance. Across both experiments, the researchers found that these out-of-school arts activities appear to have significant effects on students' knowledge and values. Specifically, these trips seem to increase empathy, social perspective, and tolerance.

> "…researchers found that out-of-school arts activities appear to have significant effects on students' knowledge and values. Specifically, these trips seem to increase empathy, social perspective and tolerance."

"We think the reason is students have quite limited worlds in which they see things, and these activities are windows to a much broader world," Greene said. "They may get a glimpse of it and get a greater appreciation of and acceptance of that broader world."

According to this year's study, students randomly assigned to see a play learned the plot and vocabulary of that play much better than if they had just read the story or watched the movie version.

These professors have not conducted any studies on the effects of arts organizations visiting the schools themselves, but Angela Watson, one of Greene's fellow researchers at the University of Arkansas, said there's an intangible quality to students going to "sacred places."

"Kids come to the art museum and not only is it just this huge house full of art, but it's also a great architectural wonder of its own," Watson said. "So coming to the 'special place' to see the special thing makes it feel more important and makes the students more engaged."

Additionally, she theorized that students who perform in their school's arts classes are more likely to be engaged in the whole curricular process because they are doing something they enjoy during school hours.

Although wealthier families may take their children to these cultural hot spots after school, less advantaged families are not as likely to visit these places unless the school provides field trips. Unless schools attempt to level the playing field by offering visual and performing art experiences, students from less-advantaged families may show a deficit when it comes to "cultural capital."

However, according to Greene, students are generally going on less field trips these days.

"There are security concerns and safety concerns, but the educational theory driving it is the belief that the way students will perform better on math and read-

continued next page

ing tests is to have more seat time in math and reading classes," he said. "So every minute not doing that is a minute taken away from math and reading, and that makes arts-focused field trips much less interesting to school administrators because they don't believe it will help them on these tests – there's no evidence to support that, but they believe that."

The researcher said he noticed that these trips tend to occur after standardized testing. As a result, teachers may be inclined to treat field trips solely as a reward, and take students to watch a movie or visit an amusement park rather than a play or an art museum. There are ways to make those kinds of visits culturally enlightening, but based on these recent studies, amusement parks and movies are less likely to be as educationally enriching and impactful as a stage play or museum.

"I think what some schools maybe just don't realize is that field trips to cultural institutions can be both a reward and an enriching experience," Kisida said. "We wouldn't have known this without doing our research, but students in our studies who go to an art museum are more likely to want to go back."

Despite schools' increased emphasis on standardized test scores, Kisida said he has seen significant pushback from parents.

"I don't know that the pendulum has swung back enough yet, but more and more parents are insisting that their children receive a well-rounded education, and they want more innovative approaches to education," Kisida said. "It's possible we've lost a generation of students by exposing them to a form of education that isn't enjoyable, and if you're not generating some love of learning, I don't really see the whole point unless we're just trying to train a bunch of compliant factory workers."

Even setting standardized testing aside, Greene discussed the dangers of schools focusing so much on only two subjects.

"Schools traditionally do more than math and reading, and I think the problem is they are narrowing their mission," Greene said. "We are a prosperous country with a lot of great art and cultural activities available, and so I sense the pendulum swinging back and that people are pushing back on this narrowing of education and demanding a broader set of activities."

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8/23: Denise Hoey and the Boulevard (Variety Rock)
8/30: Grady Nichols (Jazz Pop)

LAFORTUNE FIRST FRIDAY CONCERT
When: Friday, Aug. 3, 7-9 p.m.
Where: The Gardens at LaFortune Park, 5202 S. Hudson Ave.

SUNDAY CONCERTS ON THE GREEN
When: Sunday afternoons, 2:30-6:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.

INDOOR SHOWS

50 YEARS OF BOLLYWOOD
When: Saturday, Aug. 4, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Samir Date and Dipalee Somaiya Date, billed as "India's favorite singer couple," are award-winning Bollywood playback vocalists (singers who record songs for movie soundtracks). In "50 Years of Bollywood," the duo will sing old favorites as well as the latest hits from the Hindi-language film industry. www.tuslapac.com

NEWSIES
When: Aug. 10-11, 17-18, 24-25 at 8 p.m.; Aug. 12, 19, 25, 26 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Tulsa local theatre premiere of the toe-tapping Broadway Disney hit, presented by Theatre Tulsa! Based on the real-life New York newsboys' strike of 1899, it's an inspiring and visually stunning spectacle for the whole family! www.tulsapac.com

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When: Saturday, Aug. 11, 7 p.m.
Where: Brady Theater, 105 W. M.B. Brady St.
Watch ventriloquist Darci Lynne, the youngest "America's Got Talent Winner" ever, and her singing puppets at the historic Brady Theater. www.bradytheater.com

TBII: ON YOUR RADAR
When: Friday, Aug. 24, 7:30 p.m. (Studio K); Saturday, August 25, 7:30 p.m. (Zarrow Performance Studio); Sunday, August 26, 2:30 p.m. (Studio K)
Where: Studio K, 1212 E. 45th Pl.; 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. TBII: On Your Radar presents the World Premier of "Peter and the Wolf," by Tulsa Ballet Resident Choreographer Ma Cong, as well as OMENS, by Jennifer Archibald. Learn more at www.tulsaballet.org.

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back-to-school **checklist**

Want to get the school year off to a successful start? Here are seven suggestions from TulsaKids:

❍ **Immunizations**

Visit www.tulsa-health.org for information about immunization requirements and Tulsa Health Department Immunization Clinics. Children who qualify for the Vaccines 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.

Visit www.oklahomacaringfoundation.org for upcoming Oklahoma Caring Van immunization events, which provide free immunizations to those who qualify.

NOTE: Tulsa Health Department will provide immunization records to parents and legal guardians at Woodland Hills Mall, 7021 S Memorial, on August 4 from 12:00 p.m. – 4:00 p.m. during Tax Free weekend. The Oklahoma Caring Van will be on site to provide vaccines to children who qualify for the Vaccine for Children program.



❍ **Medical Check**

If your children will be playing sports, they probably need a physical exam before beginning the season. And even if they won't be active in athletics, it's always a good idea to check eyesight, hearing, and other fundamentals of health before heading into a new year. Learn more at www.tulsa-health.org. The Mary K. Chapman Speech & Hearing Clinic at the University of Tulsa also provides free speech-language and hearing screenings for children; call 918.631.2915.

❍ **School Supplies**

You probably have your own School Supply Checklist provided by your child's school, but check out our "Get Back-to-School Ready" calendar page for a list of upcoming consignment sales and back-to-school events, some of which offer free school supplies.

❍ **School Visit**

If possible, take your children to meet their teachers ahead of time. If your child is going to a new school, visit the building prior to the first day, and check out the school website to learn more about the school, such as rules, dress code, PTA meetings, etc. This can ease back-to-school anxiety and raise excitement about the coming year!

❍ **Organization**

Figure out what you need to do in order to minimize stress as the school year starts. Think about what worked and what caused stress last school year. Do you need to create a special space for the coming onslaught of school papers? Purchase a new family calendar? Plan a week's worth of outfits or lunches at a time? Give some serious thought now to your organizational needs and plan accordingly. You won't regret it!

❍ **Safety Check**

Go over safety rules with your child. Safekids.org has some helpful tips and infographics about how to keep your children safe as they walk to school, navigate school zones and more. For children riding the bus, www.nsc.org has some school bus safety tips, including ways to enter, exit and ride the bus safely.

For older children driving themselves to school, reiterate traffic regulations and your family's own rules for responsible driving: coming home when expected or checking in if plans change, how many people can be in the car at one time, etc.

❍ **Rules and Regulations**

From dress codes to behavior, help your kids stay on track by going over your school's rules and regulations so they (and you) know what to expect and what's expected of them.

2018 ENRICHMENT GUIDE

AHHA TULSA

Hardesty Center
101 E. Archer St.
Tulsa, OK
www.ahhatulsa.org

Ahha Tulsa's Hardesty Center is the place for families to be creative together! THE STUDIO invites visitors to think like artists through open-ended exploration of media and creative challenges. Each week, we offer special Studio Sundays programming, and visitors can meet the Open Studios artists who supervise the printmaking, metal fabrication, digital media, and photography labs. Our eclectic community art classes include everything from podcasting to painting to Photoshop. Need creative inspiration? Visit THE EXPERIENCE on the 2nd floor. This large-scale, immersive art installation invites visitors to explore a fantastical environment through sight, sound, movement, and touch. Located on the 1st floor, THE GALLERY features rotating exhibitions of contemporary art. Access to THE STUDIO, THE EXPERIENCE, and THE GALLERY is included with admission.
Visit ahhatulsa.org for more information.

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Aim High Main Campus
7020 E. 38th St.
Tulsa, OK
918.664.8683

Aim High North Tulsa Campus
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918.794.4774
www.aimhighgym.org

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Benchmark In-Home Tutoring is dedicated to empowering students through one-on-one, individualized instruction. We are locally owned and operated by certified teachers who have years of experience helping students be successful. Benchmark In-Home Tutoring was founded in 2006 to offer a wide range of educational opportunities for families throughout the state of Oklahoma. Our customers recognize that Benchmark's individualized one-on-one tutoring is the best approach to learning. Our highly qualified tutors are degreed professionals who understand what it takes to achieve success. We are flexible and work with your schedule in the comfort of your home or a public location of your choice. Your student's team creates a customized plan and matches your student with an appropriate tutor, who teaches to the specific needs of your student.

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www.mathnasium.com/southtulsa

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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

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http://www.mathnasium.com/owasso

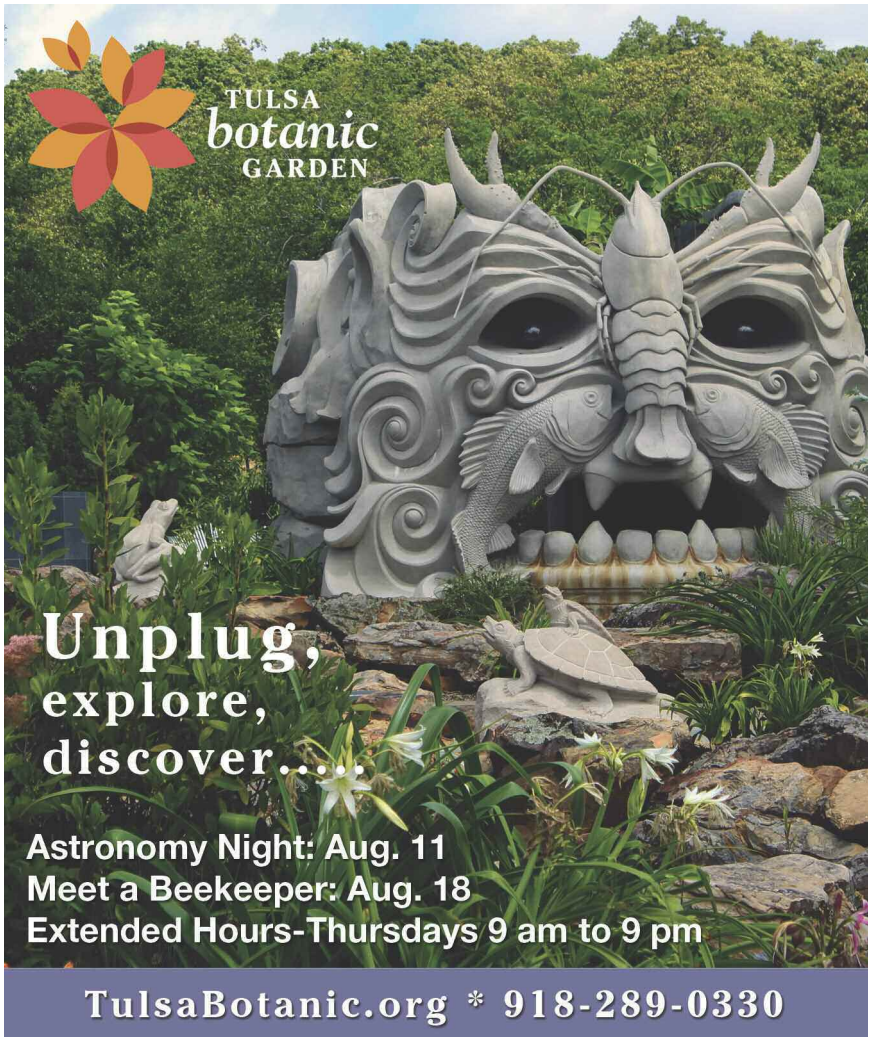
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continued next page



water. Classes are offered year-round, both morning and evening at our main facility and in the summer at our outdoor satellite pool facilities in Broken Arrow and Owasso. Transportation can be provided with our Miller Bus if needed.
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918.296.3474
www.okaquarium.org

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continued next page



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Kids in Motion Academy has a biblical world view. We believe children are made in the image of God and deserve unconditional respect, courtesy, kindness, and individual attention regardless of ethnic origin or personal differences.
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2018 ENRICHMENT GUIDE

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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 2018-2019 school year. Come grow with us!

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Birthday Parties



Congratulations to the winners of our 2018 Cover Kids Contest, sponsored by Emerson Orthodontics, (pictured this row, l to r) Calliope, Silas, Sophia, Tynlee and Wyatt. Thanks to all the kids who entered!

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Zoe Brudess: Singer and Actor

When life handed her lemons, 17-year-old Zoe Burdess made the sweetest lemonade. Handed obstacles from a very young age, Zoe was set to overcome anything that came her way. Taking her diagnosis of Asperger syndrome as a super power, she set out to conquer the stage and the world. Her beautiful voice has led her to perform throughout the country along with a once in a lifetime opportunity to perform in front of Pope Francis in Rome.



TK: What makes you so unique? How did you overcome obstacles to get where you are today?

Zoe: When I was 3 years old, I was diagnosed with autism, specifically Asperger syndrome. Although we are still not sure how I got autism when no one else in my family had any signs of autism, we still found it a joy and a miracle nevertheless. The doctors thought that I would never talk or progress above a 3-year-old level, but I had a lot of support from friends and family that prayed over me, and supported my mom over this obstacle. As I grew older, going into middle school, I found where I was meant to be as I brought my vocals into choir and onto the stage. I found the atmosphere to be welcoming and accepting as I was in the theatre and the vocal department. I would say that I had overcome my autism not as weakness, but a strength as I was able to memorize lines, and given a tender heart to where I was able to comfort those in need. By accepting autism as a strength and not a weakness, I built my personality today as I encourage people around me to spread kindness and show others that they should never judge a book by its cover.

TK: How did you land a chance to sing in front of Pope Francis in Rome?

Zoe: It started last year in May. A few weeks before the end of school, a few of the Jenks' vocal students were invited along with eight other groups to sing in front of the pope and be a part of the Rome Music Festival. After a lot of consideration, I filled out the application and then a few days before school was out, we received a note on my acceptance for the choir. It took a lot of work, but after a year of preparation, we headed off to Rome to meet our guest conductor, Dr. Randall Stroupe, OSU Choir director. After a few rehearsals, we finally arrived on the day of the Morning Mass and met the pope. Afterwards, we prepared for the Rome Music Festival later that evening and to be one of those people to perform in front of them. I found it a once in a lifetime experience.

TK: What is American Kids? What's next on the journey?

Zoe: American Kids is an organization started here in Oklahoma in 1982 by Dr. Dale Smith. It is designed to support young performers in a safe environment as they perform in different locations and can compete in regional, state, and national competitions. It's my first year, and now I wish I had known about this program earlier because they're very welcoming to new performers and treat you like a second family. In fact, some of the biggest celebrities have been through this program before like Blake Shelton, Kristin Chenoweth, Carrie Underwood and Darci Lynn. National will be in Branson, Missouri, at Welk Resort at the end of July.

TK: What are your hobbies?

Zoe: Along with singing, dancing, and acting, I also enjoy watching the old films like Singin' in the Rain and Saludos Amigos. I also enjoy drawing in my free time and studying new materials for my next audition. Along with that, I enjoy writing poetry, music, and plays.

TK: What are your favorite things to do in Tulsa?

Zoe: One of my favorite things to do in Tulsa is seeing shows at Spotlight Theatre and the Tulsa PAC. I also enjoy visiting the Tulsa State Fair and Mayfest. One of my favorite things I like to do with friends is the Tulsa Zoo especially during their HallowZooween. I also enjoy Tokyo in Tulsa.

TK: What are your plans and goals for the future?

Zoe: After graduation, I plan to attend TCC and major in the performing arts. Along with that, I hope to follow my own footsteps to explore the world.

TK: What advice do you have for future performers?

Zoe: Every audition is an experience. Even if you don't get accepted, don't worry about it. After all, every audition, you learn something new. Don't give up and patience is the key. You don't become an expert overnight. Don't be afraid to step out of your comfort zone; when you try a new character don't be afraid to try something new. Have fun. The theatre should be enjoyable and fun. Don't be afraid to be you. In the theatre they're different personalities and that's what makes the theatre so unique, whether you prefer musicals or plays, its what makes you unique. Finally, always ask advice and questions. Don't be afraid to ask how you could improve your performance or an audition.

TK: Who inspires you?

Zoe: I believe my inspiration came from my sister at a young age. She tried out for American Idol and America's Got Talent and unfortunately didn't get accepted, but I still remember when me and my sister would sing 'When Christmas comes to Town ' for friends and family and that brings me into learning more about the theatre world, and meeting so many great singers and directors.

TK: What is a fun fact about you?

Zoe: The play that actually inspired me to do theatre was the Ronald Dahl play adaption of *Charlie and the Chocolate Factory*. After four years of auditioning over and over again, I finally made it into a theatre troupe, and my first musical in that same month. My first musical was *The Little Mermaid Jr.* with Mark Frank his first year at TCC. Ever since then, I've been there every year auditioning for his summer shows.



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