January 2017 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.

10 WAYS TO CELEBRATE NEW YEAR'S EVE WITH KIDS

TULSA'S CHILD CARE CONUNDRUM:
A NATIONAL MODEL FOR EARLY LEARNING, TULSA STILL LEAVES MANY PARENTS WAITING

HOMEWORK:
TOO MUCH, TOO LITTLE OR INDIVIDUALIZED?

12 TIPS FOR CHOOSING A SCHOOL

ARE PUBLIC SCHOOLS FAILING DYSLEXIC CHILDREN?

RISING TIDE SOCIETY:
TUESDAYS TOGETHER IN TULSA

PARENTING MEDIA ASSOCIATION 2016 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2016 GOLD Award Winner Design & Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2016 SILVER Award Winner General Excellence Awards Competition



INVESTING IN EACH PATIENT'S UNIQUE JOURNEY TO BECOMING A PARENT IS OUR HONOR. Before Candice's pregnancy, we discovered a condition known to cause premature delivery. Our team of specialists performed a procedure that successfully allowed Candice to carry her baby to within a week of his due date.

From the first appointment, to baby Vaughn's arrival home, the Tinlins – and every family who chooses St. John – know they have our full support and expertise every step of the way. Making your birth experience special is our mission and honor.

The St. John Center for Women's Health – giving your baby the best start available. For more on the Tinlins' story, visit stjohnhealthsystem.com/testimonials.

90 YEARS

St. John

St. John
Center for Women's Health

PULSELINE PHYSICIAN REFERRAL 918-744-0123 | DOWNLOAD OUR APP

ST. JOHN MEDICAL CENTER | ST. JOHN SAPULPA | ST. JOHN OWASSO | ST. JOHN BROKEN ARROW
JANE PHILLIPS MEDICAL CENTER | ST. JOHN CLINIC URGENT CARE | ST. JOHN CLINIC

STJOHNWOMENSCENTER.COM



We hadn't heard much about Episcopal education.

We're a Catholic family.
Living in a city full of good Catholic schools.
Comfortable with our beliefs.

But we also wanted to find
a school that encourages *open minds,*
a community that celebrates difference,
AND
an atmosphere of inquiry where
our kids witness many traditions.

Holland Hall spoke to us—

as the one school in Tulsa offering
all they need for
ALL
they're becoming.

The possibilities of **and**. The assurance of **all**.

Holland Hall

Jeff
Primary and Upper School parent

Tulsa's PreK through Grade 12
Independent Episcopal School

hollandhall.org



Now that the holidays are over, it's time to focus on you.

The December hustle and bustle is gone and you have a fresh, new year ahead. This month, tackle your weight loss goals alongside like-minded individuals and join Sky180º at Sky Fitness & Wellbeing®. Voted Tulsa's Best Weight Loss Program, Sky180º is a proven, six-week program that blends exercise and nutrition plans developed by Nationally-certified Private Trainers to help you lose weight and create healthy habits to keep the weight off permanently.

At Sky, we know commitments aren't easy, especially when it comes to diet and exercise. ***So, when you commit to your weight loss goals and join Sky180º, we'll commit to caring for your kids FREE OF CHARGE while you work out during the winter session of this program.***

JOIN SKY180º & GET FREE SKYKIDS DUES

LEARN MORE ABOUT SKY180° & SIGN UP ONLINE:
SKY-FIT.COM/SKY180

SKY OF MIDTOWN
41ST & YALE AVE.
918.641.5501

SKY OF SOUTH TULSA
101st & SHERIDAN RD.
918.299.5500

SKY OF BROKEN ARROW
1205 E KENOSHA
918.994.4422

Free SkyKids dues during the 6-week Sky180 program only.
Not valid with other offers.

sky®
FITNESS & WELLBEING

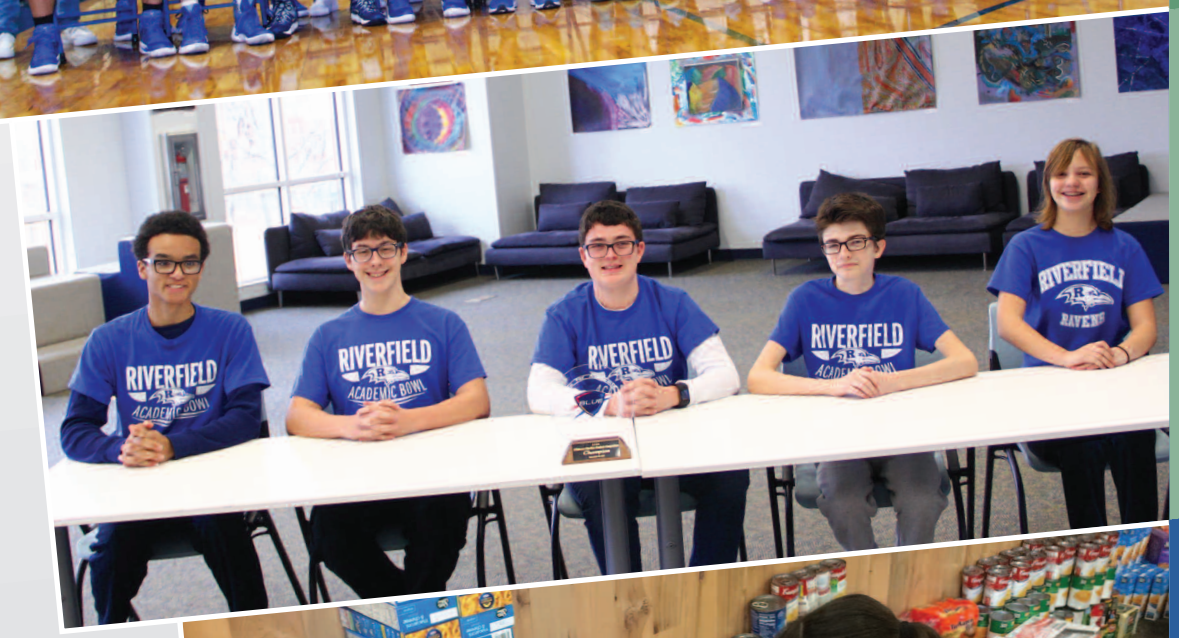
sky-fit.com

RIVERFIELD

GROWING. TOGETHER.



Riverfield Varsity basketball teams have won the Cherokee Conference four years in a row. Most recently, the boys team won the Wilson Tournament, while the girls were Runners Up.



The Middle School Academic Bowl teams have won 13 State Championships since 2004. In November, they won the OKC Blue Academic Tournament.



Riverfield students are generous and understand philanthropy. In late 2016, they donated 3,024 pounds of food and $1,323 to the Community Food Bank of Eastern Oklahoma.

Non-Discriminatory Statement: Riverfield Country Day School is a non-profit, independent school with no religious affiliation. Riverfield is a welcoming community that strives to treat everyone fairly. All decisions regarding admissions, employment, administration, and student and faculty life are made without regard to race, color, religion, national origin, ancestry, ethnicity, age, disability, gender, sexual orientation, marital or family status, or any other criteria prohibited by law. All rights, privileges, educational, athletic, school-administrated programs, and activities made available by the school are extended to all students, families, faculty, and staff.

riverfield.org



I couldn't have asked for a better experience.

I'm a mom of three boys, so my husband and I were shocked when our doctor told us we were having a girl. I asked several times, 'Are you sure?'

We chose Hillcrest South because it's known for quality, especially in women's services. I absolutely loved my entire birthing experience at Hillcrest South. The nurses not only made it an exciting experience for me, but they also included my boys. The nurses made us feel like we were the only family there. After Ava was born, they couldn't wait to bring our boys in to meet their little sister.

The staff at Hillcrest South was so accommodating, and each went out of their way to make sure I was comfortable, including my postpartum nurse. They make you feel like you're important and they're glad you are there. Your needs and care are the staff's priority.

I couldn't have asked for a better experience.

PEGGY V. HELMERICH
Women's Health Center
@ HILLCREST SOUTH

hillcrest South
Changing Lives

91st & Hwy 169, Tulsa, OK 74133 • 918.294.4000 • HillcrestSouth.com

tulsakids
January 2017

what's inside

Volume XXX, Number 1
www.tulsakids.com

TULSA'S CHILD CARE CONUNDRUM

Tulsa is a national model for early learning, yet gaps exist in accessibility and affordability.



BY BETTY CASEY

18-21



16 10 Resolutions for Single Parents



22-23 Homework: Too Much, Too Little or Individualized?



46-47 Tuesdays Together in Tulsa



44-45 Good for You, Good for Baby

SHORTS

6-8 NEWS & NOTES
Events, happenings, news & readers' letters

FEATURES

18-21 TULSA'S CHILD CARE CONUNDRUM
by Betty Casey

22-23 EDUCATION
Homework: Too Much, Too Little or Individualized?
by Julie Wenger Watson

30-31 AT ISSUE
Are Public Schools Failing Dyslexic Children?
by Jennifer Palmer, Oklahoma Watch

46-47 COMMUNITY
Tuesdays Together in Tulsa
by Nancy A. Moore

52 FAMILY TIME
10 Ways to Celebrate New Year's Eve with the Kids

IN EVERY ISSUE

10 STAGES: Babies & Toddlers
The Benefits of Early Learning: Prepping for Preschool
by Kiley Roberson

12-13 STAGES: School Age
Education: a Choice Decision – 12 Quick Tips
by Denise Yearian

16 SINGLE PARENT/STEPPARENT
10 Resolutions for Single Parents
by Diane Morrow Kondos

26-27 GREEN COUNTRY GROWN-UP
Meet Tony Moore, Director of A Gathering Place
by Nancy A. Moore

32 BOOKS
"Read It Again! Again! Again!"
by Laura Raphael

35-38 OUT AND ABOUT:
CALENDAR OF EVENTS
by Abby Rodgers

40-41 FROM THE HIP
Hip Mom Floats Her Worries Away — Almost
by Jill VanTrease

44-45 GET COOKING
Good for You, Good for Baby
by Natalie Mikles

55 I'M A TULSA KID: REMMI SMITH
by Sheeba Atiqi

49-51 SPECIAL SECTION:
2017 Education & Enrichment Guide

Depending on Change

My Grandma Selakovich used to say that you could depend on change. For someone who had such a hard life, yet always remained optimistic, I took that to mean that you can always have hope.

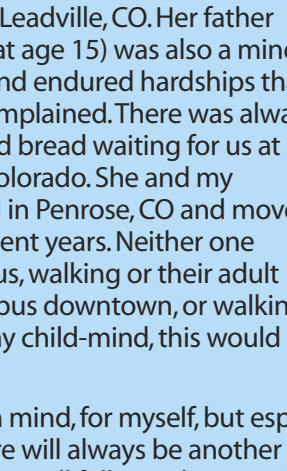
She grew up the daughter of immigrants in Leadville, CO. Her father was a miner and her husband (she married at age 15) was also a miner. She lost a beloved brother during the war, and endured hardships that I could never imagine, yet she never really complained. There was always homemade noodle soup, cinnamon rolls and bread waiting for us at the end of a long drive from Oklahoma to Colorado. She and my grandpa worked hard, had an apple orchard in Penrose, CO and moved to a tiny house in Pueblo, CO in their retirement years. Neither one could drive, so they depended on the city bus, walking or their adult children to get anywhere. I loved riding the bus downtown, or walking to the tiny store at the end of the block. In my child-mind, this would never be an inconvenience.

I try to keep my grandma's model of hope in mind, for myself, but especially for my kids. Whatever test is failed, there will always be another one. Whatever rejection occurs, an acceptance will follow. Whatever job, internship, college or opportunity is denied, the next day will bring another one, maybe even a better one. Alternatively, an ego-boosting moment can easily become a pride-deflating one the next day, so some humility is always a good thing.

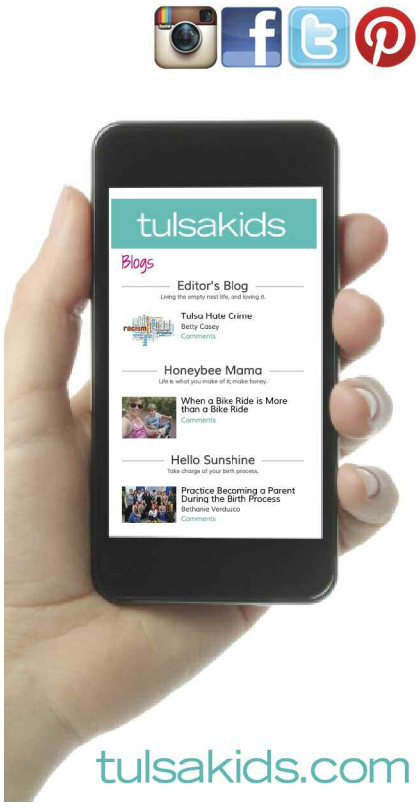
And, in reminding myself of this, I remember that the hope in my children's lives belongs to them, not to me. It keeps me in a supporting role, rather than a rescuing role, allowing my children to own their failures, but also the joy of their successes.

I know and appreciate that I'm more fortunate than most, yet all problems are relative. If you're a person who makes resolutions, you must be a person with hopeful expectations. If you're like me, and you don't really make resolutions, join me in thinking of ways to be hopeful and specific things to do to nurture that hope in 2017.

My grandma was right. Change is a constant, but change opens up the opportunity to be hopeful.



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





ON OUR COVER:
KATHERINE, MATTHEW, BENJAMIN AND JOSEPH KENDRICK RING IN THE NEW YEAR!

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Publisher:	Charles Foshee
Editor:	Betty Casey
Web Editor:	Abby Rodgers
Advertising Sales:	Caroline Shaw Kathy Thompson Cathy Wilkie
Production:	Charles Foshee
Cover Photo:	Leslie Hoyt Photography
Distribution:	Joan Perez
Contributing Writers:	Julie Wenger Watson Jennifer Palmer Nancy A. Moore Kiley Roberson Denise Yearian Diane Morrow Kondos Laura Raphael Jill VanTrease Natalie Mikles

TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com
©TK Publishing, Inc. 2016.
All Rights Reserved.
Volume XXX, Number 1
Publisher
publisher@tulsakids.com
Editor
editor@tulsakids.com
Calendar
(submit by 10th of the month prior)
calendar@tulsakids.com

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made by advertisers or editorial contributors. The acceptance of advertising by TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

MEMBER OF PMA PARENTING MEDIA ASSOCIATION

OU-TULSA Ph.D. STUDENT RECEIVES HEAD START GRANT



Emisha Pickens-Young, an OU-Tulsa PhD. Student, has been selected as one of only six doctoral students in the country — and the first in Oklahoma — to receive a federal Head Start Graduate Student Research Grant.

Pickens-Young is earning a Doctorate in Instructional Leadership & Academic Curriculum in the Jeannine Rainbolt College of Education at OU-Tulsa and works as a Project Director for the Early Childhood Education Institute (ECEI) also at OU-Tulsa. She was a lead preschool teacher, master teacher and coach for new teachers at CAP-Tulsa's Head Start for six-and-a-half years. Her research will study teaching teams at local Head Start and Early Head Start programs, specifically how the teams impact classroom quality and child outcomes.

OU-Tulsa's Instructional Leadership & Academic Curriculum Ph.D. program prepares researchers and leaders serving young children, ages 0-8. The ECEI, which recently celebrated its 10th anniversary, has a national reputation for being on the forefront of early childhood education research, supporting Tulsa as a leader in the field.

DON'T BUG ME CAMPAIGN KICKS OFF

Hillcrest HealthCare System and the Tulsa County Health Department kicked off the Don't Bug Me program at Hayward Smith Elementary in Owasso. The Don't Bug Me program, now in its 13th year, is designed to teach healthy lifestyle habits to school age kids to help them avoid getting or spreading the flu or other illnesses. Tulsa County Health Department's "Professor Penelope IAK" provided an interactive program, engaging students through asking questions and demonstrating proper hand washing and sneeze covering techniques.

Throughout flu season, the Don't Bug Me program, a collaboration between Hillcrest HealthCare System and the Tulsa County Health Department, offers education to schools and the business community and is supported by materials provided to teachers and businesses, public appearances and advertising. A poster contest is held in conjunction with the program, in which students are encouraged to draw what they've learned from the program.

For more information, visit hillcrestmedicalcenter.com/content/dont-bug-me or call 918.579.5110.



(DBM PROF. PENELOPE): THE TULSA COUNTY HEALTH DEPARTMENT'S "PROFESSOR PENELOPE IAK" EDUCATES HAYWARD ELEMENTARY STUDENTS ON HOW TO PREVENT THE FLU.

GET READY FOR CAMP-A-PALOOZA!

TulsaKids' popular Summer Camps & Activities Guide is coming in March — ONE MONTH EARLY – to help you plan your summer sooner.

To celebrate, we'll be including lots of extras with a big CAMP-A-PALOOZA kick-off on March 1.

For advertising information, contact Caroline Shaw 918.720.7293; Kathy Thompson 918.407.5801 or Cathy Wilkie 918.688.6351

And, mark your calendar now for a free Summer Camps & Activities Fair sponsored by **Union Public Schools, TulsaKids Magazine and St. Francis Health Zone.**

Saturday, April 1, 2017

10 a.m. – 3 p.m.

Union Multipurpose Activity Center, 6836 S. Mingo Rd.

For exhibitor information, contact Kulsum Siddiqui, siddiqui.kulsum@unionps.org; 918.357.8550.

TPS MAGNET SCHOOL APPLICATION PERIOD OPEN NOW

According to the Tulsa Public Schools website (www.tulsaschools.org), the application process for magnet school transfers began on Nov. 14, 2016 and will continue through Jan. 20, 2017.

Schools include the lottery magnets and the criteria-based magnets. A list of schools along with information on application materials needed for each school is available on the TPS website. Some schools require that parents or guardians tour the school; some require an entrance examination, interview or audition; criteria-based magnets use grades, test scores, attendance and teacher recommendation.

Applications are accepted electronically. For complete information, go to www.tulsaschools.org. Questions may be addressed to the transfer office at the Enrollment Center, 2819 S. New Haven or call 918.746.6138, 918.746.6335 or 918.746.6823.

continued next page

RIVERFIELD DEBATE COACH HONORED

The National Speech & Debate Association announced the winners of the Diamond Coach Award, honoring 15 speech and debate coaches, including Riverfield Country Day School's David Wright, who earned a First Diamond honor.

The National Speech & Debate Association's Honor Society has been recognizing student and coach achievements in speech and debate since 1925. The diamond award recognizes a professional career that combines excellence and longevity in speech and debate.

Coaches earn distinction in the national honorary through team participation, student achievement, public service, and leadership work. To earn a diamond award, a coach must be a member of the National Speech & Debate Association for at least five years. Coaches earn additional diamond levels the more points they receive in the Honor Society. A coach who attains 1,500 points is awarded a first diamond; they receive a second diamond for 3,000 points, a third for 6,000 points, and so on. Five years must pass between each diamond award.

These coaches will be recognized at the world's largest academic competition, the National Speech & Debate Tournament, Birmingham, Alabama on June 22, 2017. More than 7,000 students, coaches, and parents from across the nation attend the National Tournament every year.

CORRECTION

The infant massage website was that was incorrect in the Dec. 2016 issue. The correct website is infantmassageusa.org.

advertiser in the news

NEW TULSA EYEWEAR BUSINESS OPENS

EYE CANDY EYEWEAR
7890 E. 106TH PLACE SOUTH, TULSA, OK
981.970.6261

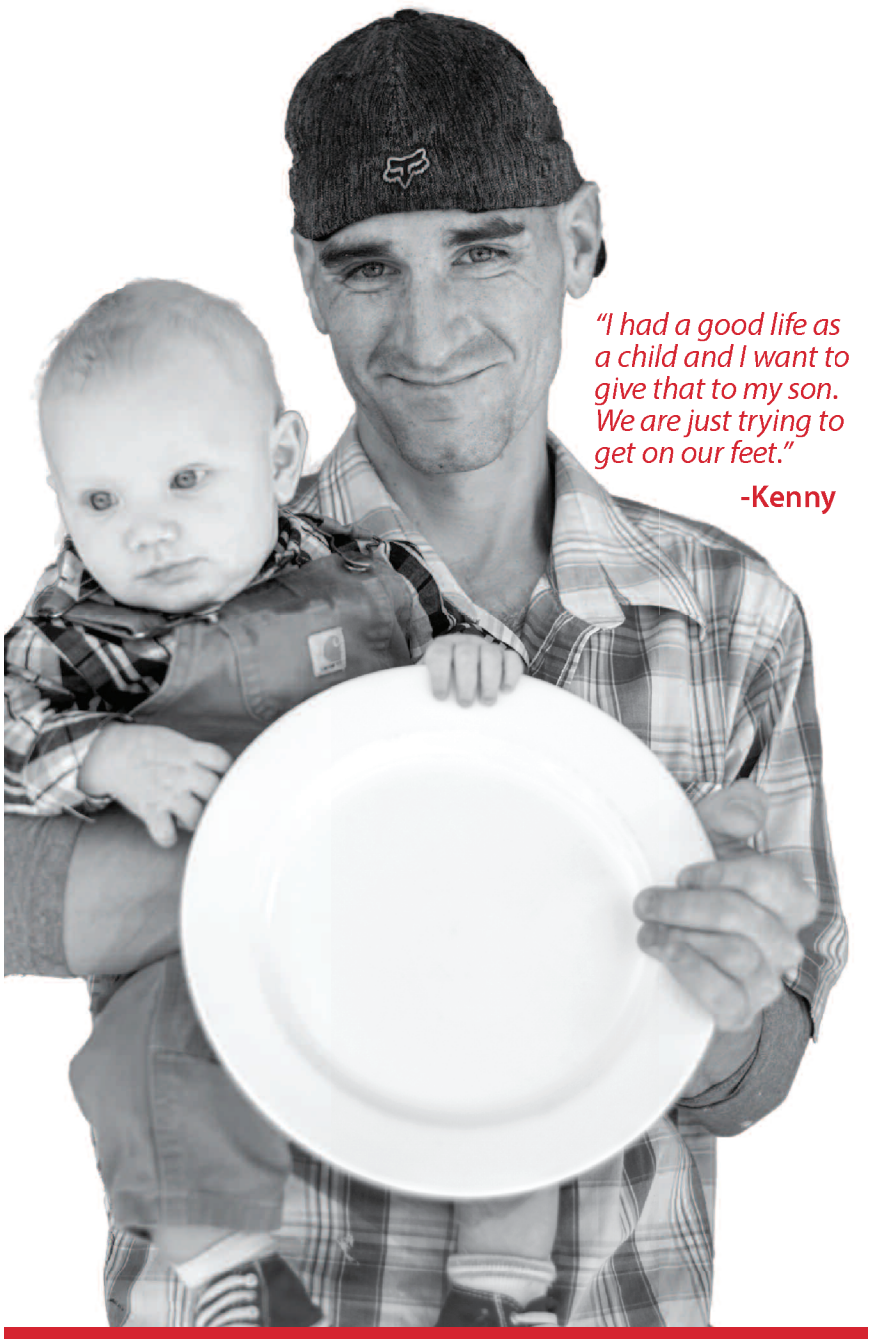


Eye Candy Eyewear is officially open for business at the Vineyard on Memorial. The local store offers the latest in fashion eyewear, including brands that cannot be found anywhere else in Oklahoma. Customers are welcome to complementary espresso while sampling different styles of glasses in a relaxed environment. Eye Candy also features appointments with in-house optometrist Dr. John Diver.



will you help
FILL THE PLATE?

You can help fill the plates of so many people in our community this holiday season. Your donation will go twice as far, thanks to the generosity of the **George Kaiser Family Foundation.**



"I had a good life as a child and I want to give that to my son. We are just trying to get on our feet."
-Kenny

Fighting Hunger, Feeding Hope
FOOD BANK
Community FOOD BANK of Eastern Oklahoma
VISIT OKFOODBANK.ORG

AVANT GARDE

Preschool & Early Learning Centers






Tulsa's Newest Preschool - NOW OPEN!

41st Street between Riverside and Peoria

Schedule a Tour! (918)743-0975

Family Owned and Operated

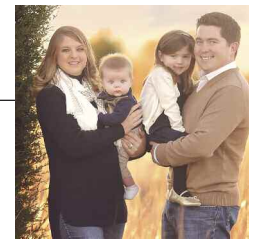
Internet Monitoring . Quality Care
Enriched Education . Nutritious Meals

Now Enrolling Infants - School Age Children!

...Follow Us!

www.avantgardeschools.com

Coming Soon! Our Second Location . 7607 S. Sheridan Rd.



BY KILEY ROBERSON

the benefits of early learning – **prepping for preschool**

Childhood education experts agree. Attending a high-quality preschool program prepares kids for kindergarten and beyond. Preschool provides a foundation for learning both socially and academically that can help children succeed in elementary school. For many children, preschool is their first experience in a structured setting with teachers and groups of children. It's an opportunity to learn to share, follow instructions and begin the foundation for learning that will occur in elementary school.

"There's increasing evidence that children gain a lot from going to preschool," says Kathleen McCartney, dean of Harvard Graduate School of Education. "At preschool, they become exposed to numbers, letters and shapes. And, more important, they learn how to socialize — get along with other children, share and contribute to circle time."

Many parents look to preschool to help launch their child on the path to success in school. But at the same time, some parents worry that the intense focus on curriculum cuts into important play time and pushes a child to grow up too fast. It's a confusing issue, especially with friends and family offering different opinions and advice. Finding the best option for your child takes time and research.



There are dozens of preschool options in Tulsa. In fact, Tulsa's public school system (TPS) offers high quality pre-K programs throughout the district. Most TPS pre-K programs are free and full-day. Some schools even offer before and aftercare for pre-K students. TPS begins enrolling pre-K students in February each year. The district encourages families to enroll students early because class space is limited. There are also limited enrollment protections for neighborhood students, siblings of students already at the school and children of TPS employees, but only from February through March. So act quickly! You can find all the details on the TPS pre-K program on the district's website: http://www.tulsaschools.org/3_Parents/early_childhood.asp

Another program associated with TPS is called Tulsa Educare. This full-day program is offered at no cost for families who qualify, but space is limited so early application is key. You can apply for Educare online at www.tulsaeducare.org.

Many other public schools in and around Tulsa also offer preschool options, some are half-days while others offer full-day availability. Private preschool is another route that might be right for your family. Prices for private preschool can range anywhere from $1,000 per month to $10,000 depending on the school. While there is cost associated with a private option, there is typically added flexibility like longer hours and some holiday availability. It's all about finding the best choice for you and your child.

With so many options, it's important to remember that nearly any high-quality learning environment is going to benefit your children and help prepare them for the future. If you're still not sure, here are some tips for finding your perfect preschool option:

Try taking a tour – Be sure to visit the class during the regular school day when everything is going on.

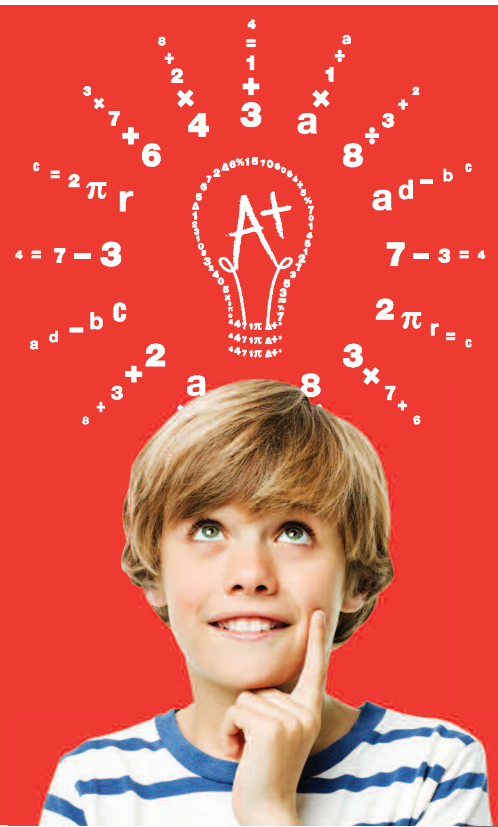
Look for play – Experts agree that the best pre-K programs revolve around play learning.

Student ratios – Be sure to check out the student to teacher ratio. Typically a lower the number is better. Some of the best programs have one teacher for every 10 kids.

Talk with a teacher – Ask about their qualifications, what a typical day in class is like and ways in which they'll keep you informed about your child's progress.

If a school and its teachers are responsive to your questions and you're happy with their answers and classroom style, you've found a good fit.





We make math make sense.

At Mathnasium, we believe that every child has the ability to be successful in math—it's a matter of teaching the way that makes sense to them. When math makes sense, kids excel—whether they're far behind or eager to get ahead.

$50 OFF Assessment!

MATHNASIUM®
The Math Learning Center

Mathnasium of South Tulsa
8032 S. Yale Avenue
NW Corner of 81st & Yale
southtulsa@mathnasium.com

Mathnasium of Broken Arrow
1077 N. 9th Street
North of Lynn Lane & Kenosha
brokenarrow@mathnasium.com

Mathnasium of Owasso
12336 E. 86 Street N.
On 86th, East of 169
owasso@mathnasium.com

MATHNASIUM.COM (918) 574–2222

BY DENISE YEARIAN

education: a choice decision-12 Quick Tips

There are a host of reasons why parents send their children to private schools. For some it is a smaller teacher-student ratio and more individualized attention. For others, it is the religious grounding their children receive. For still others, it is to better address their student's needs and cater to his academic timetable—be it a late bloomer or one who is gifted in math or art. But since no two schools are alike, where do parents begin their search for the right academic setting? Consider these tips:

1. Get real with recommendations. Get input from other parents you know and trust. At the same time realize there is no perfect school or one-size-fits-all academic setting. Every school has a different flavor, and one is not necessarily better than another. It's that one may be a better fit for your child than another.

2. Consider your child's individuality. Take in to account his strengths, weaknesses, interests and talents. Also mull over what sort of learning environment he would be most comfortable in. A self-motivated learner, for example, may do well in a program where he gets to direct and carry out his own learning. But a child in need of constant direction might be more suited to a structured environment.

3. Make a list. Write down what you are looking for in a school. Be specific about ambiance, class size, teaching style, curriculum, the role of art and music, homework and where parents fit in the running of the school. Then prioritize your list. Some things, such as class size, a strong art program or religious affiliation, may be non-negotiable. Other things would be nice but not necessarily mandatory.

4. Research options. Check out schools' websites, or call and ask for more information. Consider each one's program, mission, services, faculty and administration. What makes the school unique? What is its teaching philosophy? Is there a vision for the future? Is there anything the school does particularly well? What about the curriculum? Will it cater to your child's talents, interests, temperament and learning style?

5. Don't let cost limit you. Look at a school, even if you don't think you can afford it. Many academic institutions offer scholarships or have financial aid based on need, so ask about it.

6. Go the distance, if needed. A ride as far as 30 minutes may be worth it if the school has an environment where your child will be happy and thrive. Look for someone to carpool with. Or use that distance to let your child study or spend quality time together.

7. Schedule a visit. Arrange to visit schools that meet your initial criteria. This will give you a feel for the school's academic and developmental philosophy. Note, however, that even schools which adhere to like-minded philosophies can be tremendously different. A school that seemed to be the perfect fit on the Internet, on paper or phone may prove otherwise once you have visited. And the school you weren't initially drawn to may be the "one." That's why it's important that you go. Test it. Feel it. See what it is like.

8. Meet with authorities. While visiting, spend a few minutes talking with the principal or school administrator. Discuss your child's needs and ask if the school can meet those needs. Ask about discipline policies, and expectations.

9. Make observations. If possible, sit in on classes and observe the teachers and students. Write down obvious facts such as school and class size, diversity, ambiance as a whole and within individual classrooms, absence or presence of a dress code and general demeanor of the students and teachers. Also take note of the students' attitudes and emotions. Did they appear comfortable and relaxed, or anxious and uptight?

10. Ask for references. If you haven't already done so, get names of several parents whose children attend the school that would be willing to talk with you. Find out what they do and don't like about the school. If you can, obtain a few names of parents who were not happy with the school and enrolled their children elsewhere. All schools have success stories, but no school works for every child. Finding out about a child who did not thrive there can give you a balanced perspective.

11. Get your child's take. Return to the schools that meet your criteria and bring your child with you. Have him or her meet the teacher, and if possible, spend time in the classroom with the other students. What was his or her reaction? Did your child seem comfortable with the school? The teacher? Other students?

12. Follow your intuition. You know your child better than anyone else. If you have done your homework, you'll know if it's the right school for your child. Sometimes it's not necessarily a specific program or academic feature that lets parents know it's a good match. It's that intangible feeling—that visceral reaction. They know this is a place where

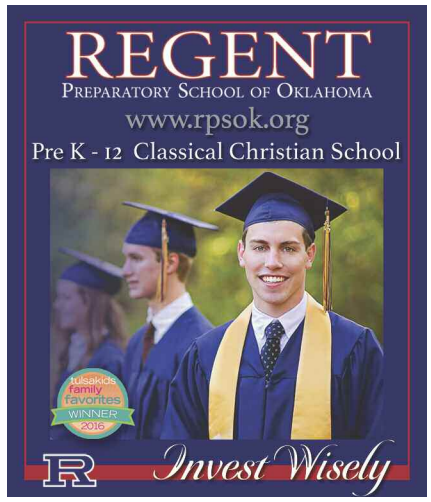
continued next page

their child can grow and academically succeed.

-Denise Yearian is the former editor of two parenting magazines and the mother of three children and four grandchildren.

QUESTIONS TO ASK WHEN CONSIDERING A SCHOOL

- What is the school's teaching philosophy?
- What kinds of books are the children expected to read? Who chooses them?
- How and when is writing and composition taught? Is there time for creative writing?
- Is the curriculum established or does it emerge from the students' interests?
- How often do the children use textbooks? Workbooks? Worksheets?
- When do children start getting homework? How much at what grades?
- How are the children assessed?
- When does computer education start, and what does it involve?
- What extracurricular activities are offered? Is there an extra cost?
- How much time is spent on art, music, drama and physical education or athletics?
- Are there opportunities for students who are advanced in certain subjects to move ahead, and are students who are struggling provided with special tutoring or individualized help?
- If the school is a high school, are there AP and honors classes available?
- Are there many opportunities for cooperative learning? Inquiry-based learning? Projects?
- How is discipline for improper behavior carried out? What is the code of conduct? What about online conduct?
- What kind of qualifications do the teachers have?
- Who makes decisions about the school?
- What level of parental participation is allowed? What is the expected level of parental participation?



C & J School Uniforms, Inc.
918-610-7470
Fontana Shopping Center
4984 S. Memorial Dr.
10% OFF
REGULAR PRICE NEW MERCHANDISE
Coupon expires Feb. 28, 2017
Invalid with Other Offers
NEW & CONSIGNED UNIFORMS
Elderwear we care.
www.cjschooluniforms.com

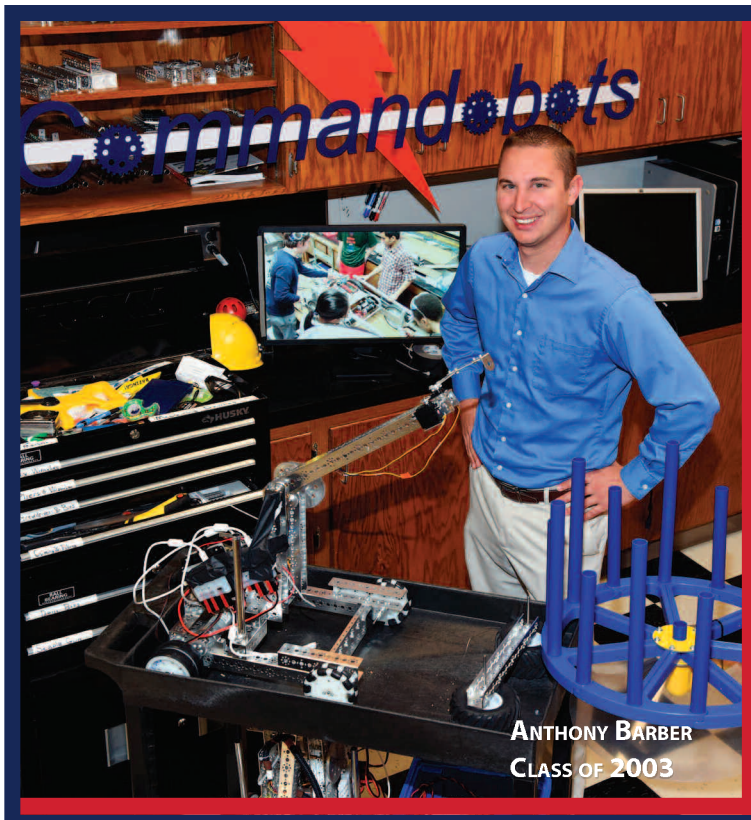
CHRIST UNITED METHODIST CHURCH
EARLY LEARNING CENTER
E L C
8 MONTHS – TRANSITIONAL KINDERGARTEN
DEVELOPMENTAL PRESCHOOL
M–W–F 9:30 — 2:30
Music, Gymnastics, and Bible Buddies
3515 SOUTH HARVARD AVENUE – 743-7673



Classes for kids and adults from your favorite Food Network Stars!
More info: regonline.com/tulsacakeretreat
Sponsored by All Things Cake 918-994-4490



FIELD TRIP DAYS
2017 FIELD TRIP DATES:
WEDNESDAY, APRIL 19 | 12:05PM
MONDAY, MAY 1 | 11:05AM*
MONDAY, MAY 8 | 11:05AM**
MONDAY, MAY 22 | 11:05AM
MONDAY, JUNE 12 | 11:05AM***
EXCLUSIVE FIELD TRIP PRICING
$4 GENERAL ADMISSION
$4 TERRACE TICKETS
$6 FIELD RESERVED TICKETS
GET A HOT DOG, CHIPS, AND A DRINK WITH
$5 MEAL COUPONS
*2 Works for You Weather Program - May 1st - A fun interactive talk with Chief Meteorologist Brett Anthony
**Bully Buster Show - May 8th - Hornsby & The Tulsa Health Department lead a fun interactive program that teaches students about the importance of being a good student and not being a bully.
***News on 6 Weather School - June 12th - Travis Meyer News on 6 Chief Meteorologist will talk about the Oklahoma weather, how weather is created and how to stay safe during dangerous weather.
BOOK YOUR GROUP TODAY
Call 918.574.8317 or email mattb@tulsadrillers.com



"The great faculty at Cascia Hall prepared me to pursue a challenging Electrical Engineering degree in college, and I am very grateful to them. Now, I am able to give back by mentoring tomorrow's future engineers and business leaders in the Cascia Hall Commando Robotics (Commandobots) program." Anthony Barber

Be...A Mentor
Be...A Cascian

- *Eagle Scout*
- *Master of Science in Electrical Engineering The University of Tulsa*
- *Masters of Education, The University of Notre Dame*
- *Served in AmeriCorps*
- *Mentor, Cascia Hall Robotics Team*

CASCIA HALL
A Catholic College Preparatory School

2520 S. Yorktown Ave. Tulsa, OK
918-746-2604

www.casciahall.com
admissions@casciahall.com

WHEN DEALING WITH DIFFICULT FAMILY LAW ISSUES, YOU NEED OUR **TEAM** IN YOUR CORNER.



A divorce is one of the most significant and difficult life transitions to face. However, splitting up is usually much more complicated than simply getting a divorce.

There is almost always more....

Child custody. Child support. Mediation. Parent coordination. Adult guardianship. Estate planning. Tax issues. Civil litigation. Probate.

That's why you need a diverse team of professionals assembled under one roof who can do it all: The Family Law Team from Hall Estill.

You will benefit from the sheer size of the firm. You will be pleased with our individualized attention. And, you will definitely be more than satisfied with the value of our practical and reasoned approach.

We're sensitive, yet we'll be your strongest advocate in this most difficult time of your life.



Best Lawyers BEST LAW FIRMS U.S.News 2015

***Hall Estill** is pleased to be ranked as a Tier 1 Law Firm in the Metropolitan Rankings by* Best Lawyers *and* U.S. News & World Report.

Best Lawyers
LINKING LAWYERS AND CLIENTS WORLDWIDE

*Best Lawyers named 11 **Hall Estill** attorneys as Lawyer of the Year in their specialty area.*

HALL ESTILL
ATTORNEYS AT LAW

TULSA / OKLAHOMA CITY | 320 S. BOSTON, STE 200 | 918.594.0846 | **family@hallestill.com**



METRO CHRISTIAN ACADEMY
EST. 1983

EQUIPPING FUTURE

WORLD CHANGERS

Metro Christian Academy is a vibrant community focused on spiritual growth, intellectual development, and moral excellence. Upon graduation, our students are equipped to enhance the world through well-developed skill sets and unshakable character grounded in the pursuit of Christ.

RIGOROUS ACADEMICS • FAITH-FILLED COMMUNITY • OUTSTANDING ACTIVITIES

6363 SOUTH TRENTON AVENUE TULSA, OKLAHOMA 74136 • 918.745.9868 • WWW.METROCA.COM

BY DIANE MORROW KONDOS

10 resolutions for **single parents**

It's the beginning of a new year and the time for resolutions. Most of us make the same ones every year: lose weight, save money and exercise regularly. Sometimes I manage to stick with a few, but my resolve has usually disappeared by March. So, rather than repeat the same old patterns and promises, why not take this time to step back and evaluate how your life is working with your children? Like most resolutions, the 10 resolutions for single parents aren't easy to implement but choose a few, do your best to follow through and make 2017 the best year for you and your children!



1. Move forward emotionally. It may not be realistic to expect complete healing from the pain of the past but take steps to forgive your ex and yourself and move toward a healthy emotional place. If you feel stuck in anger or sorrow about your divorce, seek counseling or find a support group.

2. Ask for help. Ask for assistance from friends, family and the other parent. Take off the Super Mom cape and request help. It's emotionally healthy to admit to needing a little help now and then. Doing everything by yourself is almost impossible and leads to burnout and exhaustion.

3. Form a support network. This is especially important if you don't have close family ties. Get to know your neighbors, your children's friends' parents and other single parents. Find people that want to carpool, take turns with child care or help out in an emergency.

4. Establish a routine. Most people thrive with routine and predictability. A schedule of mealtimes, chores, homework and bedtime creates a sense of order that helps children deal with stress. Being organized and having a schedule may be difficult to initiate but once established, it will help a single parent deal with the overwhelming list of activities and obligations.

5. Let your kids be kids. Resolve not to involve them in adult problems. Don't tell little Johnny he is now the "man of the family." He's not. He's still a child and needs to be allowed to be a child. Don't make your daughter your confidante. She's not ready to handle your emotions; she has her own to deal with.

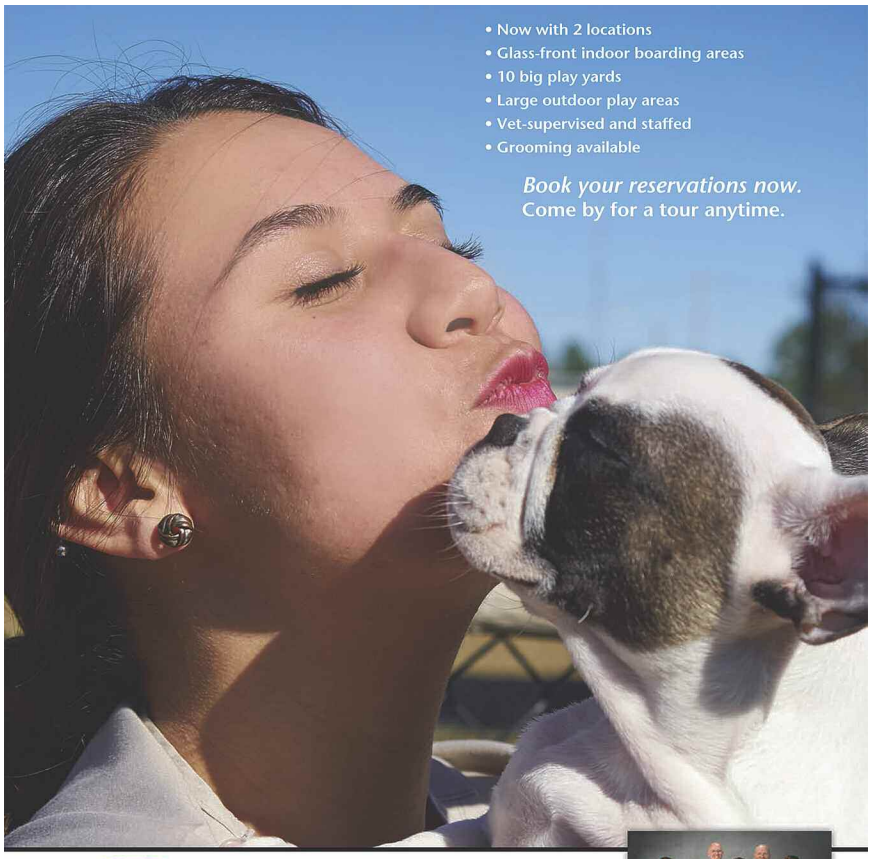
6. Commit yourself to not talking negatively about your ex. If there is one single action that will help your child emotionally heal from divorce, it is refraining from trash talking the other parent. As tempting as it is, remember that children are wounded by hearing negative talk about their parents. Protect your children.

7. Be sensitive to your children's emotions. The aftermath of divorce may bring a range of emotions for your children. Be open to hearing their feelings and answering their questions in an age-appropriate manner. If your child is depressed or anxious, seek counseling.

8. Get your finances in order. Dealing with the finances alone is one of the harder aspects of single parenting. There never seems to be enough to cover all the necessities. Look realistically at wants versus needs and cut what doesn't make the necessity list. Educate yourself about financial matters including taxes, college savings and retirement accounts. Under this category also comes consulting with an attorney to make provisions for your children if something were to happen to you.

9. Take care of yourself. This is standard advice and much easier to say than to follow through. Taking care of yourself includes eating a healthy diet, getting proper sleep and exercising at least 20 minutes a day. It can also mean emotional health. Get together with a friend occasionally or allow yourself to indulge in an occasional Netflix show after the kids are in bed.

10. Remain positive, be hopeful for the future. Divorce brings changes you never envisioned for your family but with the right actions and frame of mind, you can move forward and build a good life for yourself and your children. When you feel sad or lonely, sing, pray, exercise, meditate, talk to a friend, do whatever allows you to feel at peace and reframe your life in a positive light.



RIVER TRAIL ANIMAL HOSPITAL & PET LODGE

Where Pets Go to Stay & Play!

Pet Lodge • Veterinary Hospital • Grooming • Training

www.RiverTrailAnimalHospital.com • (918) 728-7494

• 101st & Riverside
• 126th & South Memorial Drive



Paula Monroe DVM, Angela Reiss DVM, Roddy Roberts DVM, Amy Copeland DVM, Ron Hooley DVM, Beka Heinz DVM

WWW.REJOICESCHOOL.COM



Now is the time to secure your child's spot at Rejoice Christian Schools for the 2017-2018 academic year.

We anticipate increased enrollment, so don't delay - make plans to reserve your spot at RCS now!

Call today for a personal tour:

918-272-7235
(Preschool / Elementary)

918-516-0050
(Middle / High School)

13407 E. 106th St. N., Owasso, OK

Rejoice Christian Schools admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

INFINITY

DANCE ACADEMY

TECHNIQUE. PASSION. ARTISTRY.

JUMP INTO THE NEW YEAR



INFINITY DANCE ACADEMY

8112 S. Memorial Drive • (918) 286-6962

visit: www.infinitydancetulsa.com

TULSA'S CHILD CARE CONUNDRUM

Tulsa is a national model for early learning, yet gaps exist in accessibility and affordability.

BY BETTY CASEY

Tulsa mom Jacky Bramblett started looking for child care as soon as she found out she was pregnant. After visiting several options, she was placed on the waitlist for four of them and paid the deposits, thinking that one of them would have space for her daughter.

"I got on the list at most places in May," Bramblett said, "and they all said maybe they would have space in April, May or the summer or fall of 2017. It was exasperating."

When the time came, however, none of the child-care centers where Bramblett was waitlisted had a space for her baby. The reality is that being on a list and paying a deposit doesn't guarantee parents a spot for their child. Other factors such as the length of the waitlist, and sibling and community preferences often leave many Tulsa families like the Brambletts hanging.

According to Child Care Aware® of America, a non-profit that researches and reports on the state of child care in the United States, "an estimated 11 million children under the age of 5 spend an average of 36 hours per week in child care." Moreover, Child Care Aware's® current study *Parents and the High Cost of Child Care: 2015 report* finds that cost and quality are not necessarily equal. Even though parents are paying a large portion of their income for child care, "only 10 percent of child care meets the quality requirements that lead to positive effects on children's outcomes."



AMBER CRISP-MCCANN, AVANT GARDE EARLY LEARNING CENTER DIRECTOR, IN THE INFANT ROOM OF AVANT GARDE.



DIANE HORM, Ph.D., DIRECTOR OF THE OU-TULSA EARLY CHILDHOOD EDUCATION INSTITUTE

Bramblett's primary focus was on quality, and she had carefully considered the environment she wanted for her daughter. As she began her search, she identified centers that met the standards of the National Association for the Education of Young Children (NAEYC). She compiled a list with the help of the Child Care Resource Center (CCRC), a referral service that gives area parents a list of licensed day-care centers and homes.

Beyond a clean, safe environment and good adult-infant interaction, Bramblett was looking for plenty of sensory stimulation for her daughter. One center that she visited provided lots of tummy time for babies, with mirrors at baby-eye level, and wedges to maneuver babies into place. Bramblett liked that the center was following safe sleep standards of having babies sleep on their backs, and that the staff had adapted ways to give the babies time on their stomachs during waking hours. But that center was full, as were the other centers she visited.

When none of her choices panned out, Bramblett was desperate, knowing that she had to return to work, but having no care for her daughter.

"Availability is not there," Bramblett said. "It's a big thing." Bramblett was also concerned about the expense. Knowing how hard the search was for her, she wondered how other moms, especially single parents, who were thinking of returning to work or school, might have difficulty finding and paying for care. "It stagnates social mobility for a lot of moms."

Karen Smith, director of Tulsa's Child Care Resource Center (CCRC), said that child-care costs can be extremely high, leaving some parents struggling to find care for their children. Those parents may be turning to unlicensed care, leaving children home alone or exiting the workforce.

"Child care is as expensive or more expensive than college tuition or a mortgage payment," Smith said. "Right now the amount of (DHS child care) subsidy that a parent receives has not increased in seven or eight years. So two parents each working minimum wage do not qualify. Child-care subsidy is a support that allows low-income families to work while providing necessary learning for young children. It is not a handout. We do have quality programs. There are places for those in poverty and for families who can afford expensive child care, but it's the biggest issue for those in the middle."

Diane Horm, Ph.D., director of the OU-Tulsa Early Childhood Education Institute (ECEI), says that many families who live above the poverty line and don't qualify for Head Start or Early Head Start may fall into a child-care gap. "I run a research group where my staff are young women, and I see their struggles to find good quality care for their group," Horm said. "They have the knowledge, and they see the options out there, and it's really hard for them to come to grips with [the lack of options]."

Horm said that Tulsa does have good resources for families living in poverty. "We serve more children in Head Start and Early Head Start, that is more young children living in poverty, than a lot of other places in the United States," she said. "However, like other places in the United States, the working poor and the middle class struggle with affordable child care."

Child Care Aware® sets the realistic percentage of wages that parents should pay for child care at 10 percent, yet parents in most states pay much more, some over 33 percent.

Melinda Belcher, resource and referral coordinator for CCRC, agrees that affordability and accessibility to child care can be a problem, but she points out that many parents have a negative view of home-based child care. "That's an avenue that's sometimes overlooked," she said. "We have some wonderful child-care homes that offer flexibility and can be lower cost than centers." She also suggests that a home day-care might be a good temporary solution for parents whose children are on waiting lists for child-care centers.



LAURIE PENIX, OWNER, AVANT GARDE EARLY LEARNING CENTERS

In a TulsaKids Facebook response to a question about accessing affordable child care, Jennifer Barwick Barnett wrote that she and her husband started looking for care shortly after their son was born. Needing only two days a week because grandparents were picking up the other three days, the Barnetts soon found that most Tulsa day-care centers don't do part-time care. They eventually found an affordable place near their home that fit their schedule. "We did our homework, but in the end, it came down to right place, right time," wrote Barnett.

A home day care was the option that Bramblett was considering for her daughter when a friend told her about Avant Garde, a new center that was opening at 41st and Detroit near Bramblett's neighborhood. The center met her criteria and she felt comfortable with the director, Amber Crisp-McCann, a former DHS state child-care inspector. Crisp-McCann is also a certified trainer for child-care staff.

"My background is in early childhood," she said, "so I saw this as a good opportunity to be a director."

Crisp-McCann's vision of a great child-care center is one that meets and exceeds basic DHS licensing requirements. She says parents should look for good management, an environment that is clean and safe, a low turnover of trained staff and consistency. She says parents also should consider these questions: Are teachers reading to the chil-

>

dren every day? Are the teachers happy? Does the management create a happy environment for the staff? Do you see the director?

Tulsa mom Nancy Allyn wrote on TulsaKids' Facebook that she and her husband experienced a waiting list both in Philadelphia and when they moved to Tulsa. She suggests that when parents are looking for a child-care center they should tour several centers in order to compare. "Don't hesitate to visit a couple times!" she wrote. Allyn also encourages parents to drop-in for a visit at different times of the day, such as during drop-off or pick-up to see how the staff interacts with parents. "Request a list of referrals. Pay attention to interactions with all staff you encounter during phone calls and tours." And, in the end, use your own judgment. "Just because another center is best for your nieces, it may not be the best fit for your child."

Crisp-McCann recommends that parents go to www.okdhs.org to see if the child-care center or home has any complaints against it. While some infractions may be minor such as a one-time rip in a changing table, others such as consistent infractions for teacher-child ratios can be a huge red flag.

Avant Garde Owner Laurie Penix empathizes with parents looking for high-quality child care, which is the reason she got back in to the business after 16 years. She recruited Crisp-McCann because of her expertise and willingness to encourage creativity in the staff and her ability to be flexible in meeting the child-care needs of the community.

Penix is a previous owner of Koala Care preschools, so she is building on that experienc in opening Avant Garde. She will open a second location soon."Just handling waiting lists is overwhelming to an owner," Penix said, so she plans to try her best not to leave parents hanging. "Every day we have tours and calls. I've had many parents say they're choosing child care that they're not really happy with, or that they've been on a waiting list for a year. People get hopeless."

Besides a safe environment, Penix says that parents care about good nutrition and a strong developmental curriculum. She has enlisted a professional chef to make healthful meals for the children and the staff and, in remodeling the existing building and surroundings, Penix wanted to ensure that children have room for art, project-oriented learning and outdoor experiences.

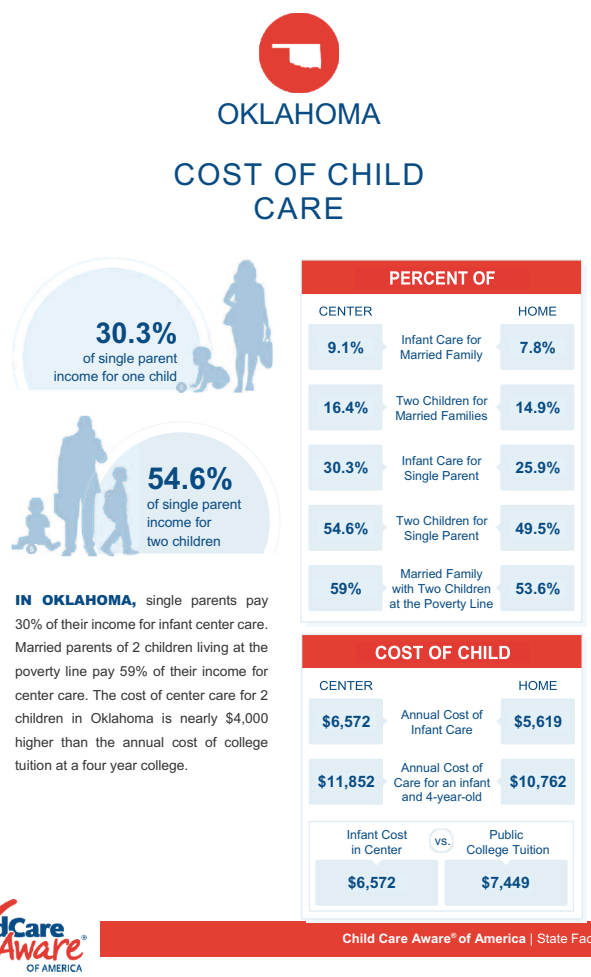
Importance of High-Quality Early Learning

While accessible and affordable child care can be difficult to find for middle and high income parents, Tulsa is a national model for providing high-quality early childhood education for many low income parents.

Tulsa's three Educare centers provide year-round early learning and care for children 6 weeks to age 4 or 5 who meet certain qualifications.

"Educare knows that parents are the most instrumental person to their child's success," said Caren Calhoun, Tulsa Eudcare, Inc. executive director. "We partner with parents to build strong bonds with their children, and help them better understand their children's developmental needs."

The Tulsa Educare Centers recognize the importance of providing a rich learning environment for very young children. "The earliest years of a child's life are a time of rapid and crucial brain development," Calhoun said. "In fact,



RECOMMENDATIONS

According to Child Care Aware of America® (http://usa.childcareaware.org), "Child care settings do not rank high on quality. Nationally, it is estimated that less than 10 percent of child care is of sufficient quality to positively impact children's outcomes. Over 80 percent of child care centers are merely of 'fair' quality."

In order to better meet the need of America's working families, Child Care Aware® of America recommends that Congress take the following actions:

- Increase significant federal investments in child-care assistance
- Provide resources for planning and developing child care capacity
- Reduce barriers in the subsidy administration process
- Require the Department of Health and Human Services (HHS) to undertake a study of high-quality child care
- Ensure that public pre-kindergarten programs are designed to meet the developmentally appropriate child care needs of working families
- Expand the Child and Dependent Care Tax Credit (CDCTC)
- Review and consider the policy options available to help families offset the rising cost of child care
- Simplify the process whereby families qualify for various child care tax incentives
- Ensure that parents who are enrolled in and attend college full- or part-time are permitted to take advantage of the Dependent Care Tax Credit

Resources

To check subsidy eligibility or child-care infractions, go to www.okdhas.org

For information about licensed day-care and home-care facilities, go to the Child Care Resource Center (CCRC Tulsa) website at www.ccrctulsa.org

The Child Care Resource Center also has a downloadable checklist to use when choosing child care.

85 percent of the brain develops in the first three years of life. For parents working or in school all day, they are seeking an educationally rich environment for their children during the day. And, there are huge benefits to enrolling in a high-quality early learning center."

Diane Horm conducts program evaluation research with the Community Action Project's (CAP) Head Start, Early Head Start and Tulsa Educare. "In high-quality programs, it's all about the relationships," she said, "the quality and nature of teacher/child interaction."

Educare pays competitive salaries and benefits, enabling them to recruit and retain highly-trained teachers.

Low pay for child-care workers can undermine the quality of teachers and staff, who typically earn below minimum wage. Horm said that a study done by the National Academy of Science recommended that all preschool teachers have a bachelor's degree, but most states often require much less than that.

Recognizing the high overhead for child-care, the Child Care Resource Center supports child-care homes and centers by providing teacher training, a lending library and child-care advocacy. "We work to give them resources so that they can stay open and charge a little bit less," said CCRC Director Smith. "We work with them to help them find different business practices, so they can help families."

Improving Child Care

The research is clear and definitive. High-quality early learning experiences beginning at birth have a life-long impact on children, but also broader social and economic impact. Yet, many parents are still struggling to find adequate care, cobbling together a patchwork of baby-sitters, relatives and part-time care that can leave both children and parents stressed.

"Good research says that we pay now or we pay later," Horm said. "A report that came out recently says that high quality early learning has a higher return on investment than anything we can invest in the stock market."

In fact, recent research led by Dr. James Heckman, a professor of economics at the University of Chicago and a Nobel Prize-winning economist, shows that comprehensive, high-quality, birth-to-5 early education has a 13 percent return on investment. For every dollar spent on early learning, the benefit is more than six dollars.

"We invest the least when kids have the best learning capacity," Horm said. "As we learn more through brain science research in early childhood, particularly birth through three years, we see that time as particularly ripe for learning. Yet, our country has a non-system for supporting families during that time."

TABLE 2: BEST COMPANIES VERSUS THE MAJORITY OF U.S. EMPLOYERS

Category	100 Best Companies	Majority of U.S. Companies
Fully paid maternity leave	100%	5%*
Child care resource and referral service	96%	9%
Paid adoption leave	93%	17%
Adoption assistance	93%	7%
Lactation support services	91%	5%
Paid paternity leave	90%	17%
Backup child care	89%	4%

Source: Working Mother[43]

Horm believes that the research bears out the necessity for high-quality early learning experiences for all children to reach their full potential. She also points to Professor Heckman's work as evidence that investing in early learning creates a stronger economy.

"We need to do a better job of talking about the lost potential and squandered opportunity – we're choosing to spend money on prisons and remedial education rather than early learning," she said. "I don't think any rational person would make that choice."

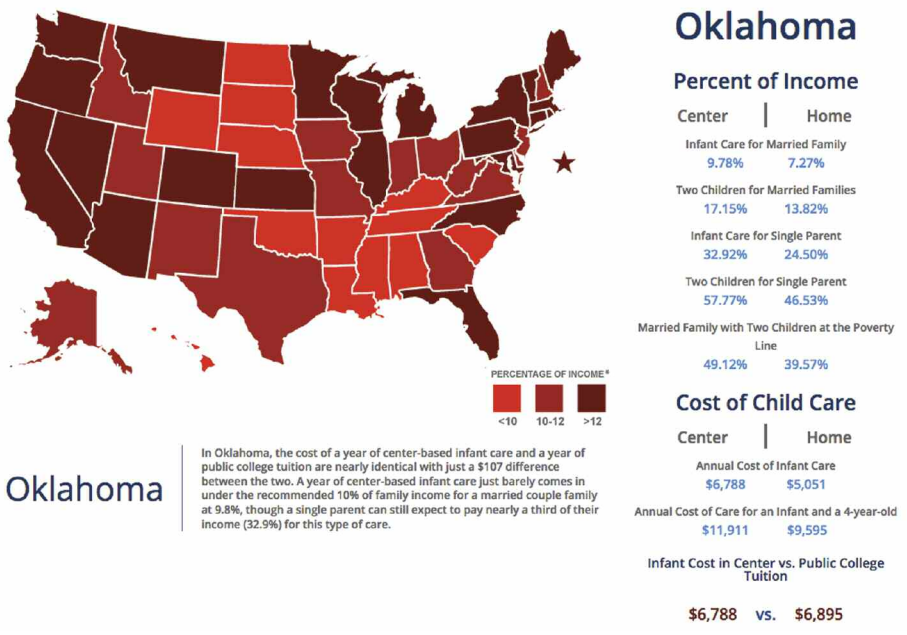
Advocating for Change

Smith believes one solution that Tulsans could address is having more employers provide help such as on-site child care. Perhaps with some coordinating support from the Chamber of Commerce, several companies in the same geographic area might come together to pool resources to provide child care. Another option might be that companies provide employees with additional benefits such as child-care reimbursements.

According to Child Care Aware®, the pay-off to business is big. Access to high-quality child care results in increased employee loyalty and morale. Child-care problems cost businesses over $4 billion annually.

While Tulsa's Educare Centers are models of high-quality early learning, they only serve a portion of the population. Calhoun says that a fourth Educare is in the planning phase. "Tulsa is known to be a leader in early childhood education; we need to thank George Kaiser and the George Kaiser Family Foundation and Steven Dow and the Community Action Project of Tulsa for blazing this trail," she said. "The sky is the limit if parents and community leaders demand that quality expand such that every child in Tulsa can have the benefit of an excellent early learning experience."

Horm is optimistic about the bi-partisan support she sees for early childhood. "People are getting to know the research (about brain development and the importance of high-quality early experiences). If you look nationally, some states are starting to have more state funding for 3-year-olds," Horm said. "Where people get stuck is the funding. Until we have a citizens' revolt, nothing is going to happen. Each family is going to have to be an advocate for it. If we want public service, we're going to have to pay for it."



BY JULIE WENGER WATSON

homework: too much, too little or individualized?

It's an ongoing battle waged most evenings in homes across the country – a controversial topic, hotly debated among scholars, teachers, parents and kids alike. Homework. How much is too much, and is it even necessary at all? While experts weigh in on both sides of the argument and parents ponder what's best for their kids, the students keep slogging through their nightly assignments. Homework is thought to improve test scores, self-discipline, study habits and independent problem-solving skills. However, some studies indicate, and many parents can attest, that homework can cause physical and emotional fatigue, limit leisure and family time, and fuel negative attitudes about learning.

Kelly Forbes, principal of Tulsa's Zarrow International School, a public elementary school with a Spanish language immersion program, decided to address the issue directly this school year by instituting a "no homework policy." According to Forbes, the response has been positive.

"I had meetings today with every grade level. One of the teachers said, 'I've seen such a huge difference in the excitement of our kids coming to school and a lot less stress,' and the parents have been telling me the same thing," Forbes noted. "They feel they're not fighting any more at home, and that they're actually able to have dinnertime. Kids are going to bed at a better time. They're not stressed out whenever they go to bed, so they're sleeping better."



LEENA ALAM, RIGHT, HELPS DAUGHTER ELEANOR TUCKER WITH HOMEWORK.

Forbes, who has 13 years of experience in education and holds two master's degrees, did not arrive at this policy without a lot of thought, research and consideration. When Forbes started his job at Zarrow last year, he received feedback from parents who were frustrated with the homework load. Forbes responded by sending surveys home to parents and creating a focus group. He did his own research, reaching out to professors and reading through the studies. He encouraged his teachers to do the same.

"Going through all these studies, I just see so much research talking about how homework overall isn't necessary and isn't always beneficial," he said. "It may be for secondary school, in some aspects, but specifically for elementary school, there isn't anything that proves homework really helps when it comes to academics."

So far, Forbes is pleased with the results. The students are performing at or above grade level.

"Today was a data review day," he commented. "We went through all of our data for our third grade. According to an assessment called the 'Measures of Academic Progress,' our third graders are exactly at the point where they're supposed to be for the end of their third-grade year already."

Forbes notes that the new homework policy doesn't mean that students are completely off the hook. They are still required to finish assignments at home that they don't complete in class. The school also provides weekly updates about what the students are covering and what the learning objectives are, along with suggestions for how to incorporate those concepts into activities at home, a concept Forbes called "Living the Learning."

"We send home updates," Forbes explained. "Here are the objectives that we are working on. This is what our students are learning in the classroom, and here are some concrete examples of ways you can apply and conceptualize this learning at home

continued next page

with your kids. So if it's fractions, you can now cook together. If it's rounding numbers, here's an activity you can do with coupons and the newspaper. Perfect practice is what makes perfect. Not just practice makes perfect."

Forbes said the school continues to provide additional support for kids who need extra help in particular areas.

"I tell parents, if you feel like your child is lacking in something, please let us know, and if we feel your child is lacking in something, I want you to know," he noted. "We want to stay true to our mission which talks about a differentiated education. It's a little bit of extra work on our end, and it's going to be a little bit of extra work on your end, but that's okay because now we're really going to pinpoint the needs of that kid."

Tulsa parent Leena Alam has a fourth grader at Zarrow and a seventh grader at Carver. According to Alam, Forbes "has really been a transformative figure at what was already a good school," but while Alam and her husband think the new homework policy might work for younger students, they don't think it is as beneficial for the students in the upper grades.

"When they instituted the policy, we were very supportive of it," she explained. "We understood the pedagogical value of letting kids be kids and not requiring homework, especially in the early grades, so we were enthusiastic about it."

However, Alam and her husband, who are both lawyers and work full-time, have found that without homework from the school, they spend a significant amount of time finding material to reinforce and help their child master the concepts.

"In fourth grade, we've noticed the lack of reinforcement through homework has become a problem, especially in math in particular," she said.

As a result, Alam spends much of her limited spare time "finding the homework assignments that go with the classwork that they're doing and assigning my daughter to do the homework because she wasn't gaining mastery with just the classwork they were doing," Alam said. "She wasn't getting enough repetitions of the new concepts…It's basically made me her math tutor…I'm spending time finding the assignment, identifying what they should be doing in math and enforcing it in a world where she doesn't think she has homework. But she needs the homework to understand what they're doing in school and to continue to do it well."

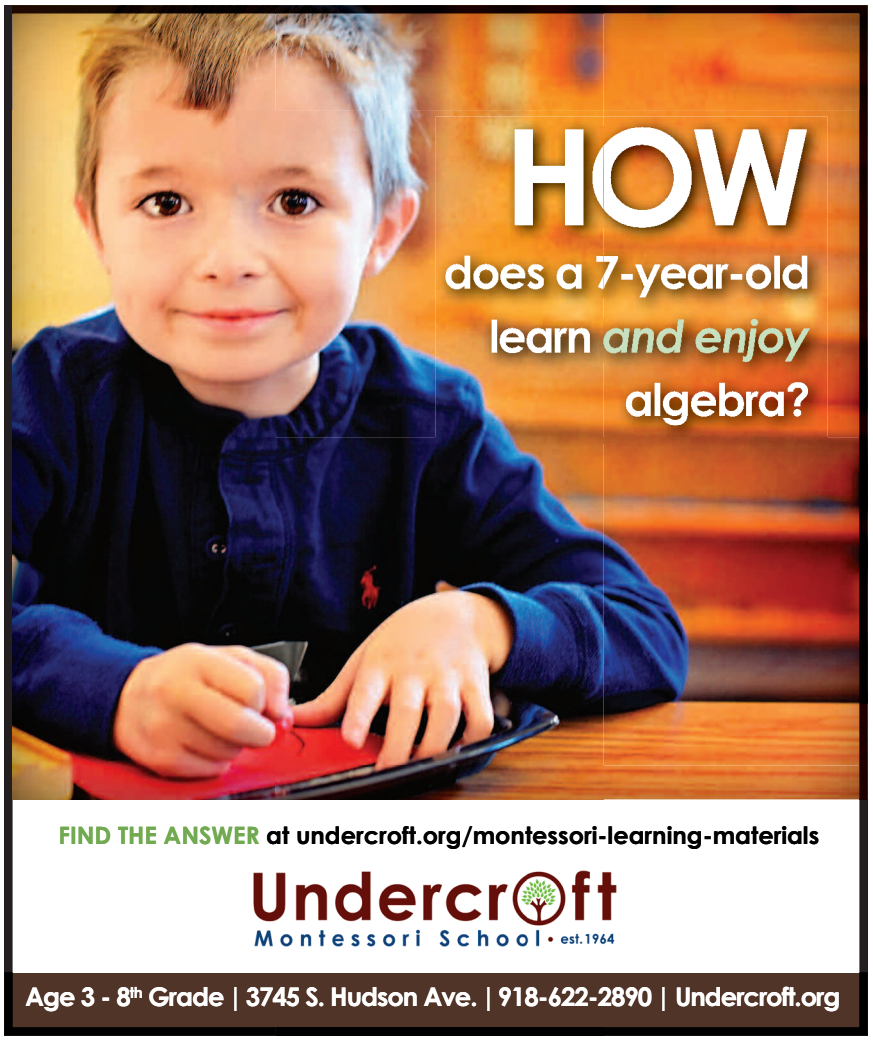
Alam thinks the answer lies somewhere in the middle.

"I think there are pros and cons to it, and I think philosophically I do agree, especially for the younger students, that homework is unnecessary," she commented. "And even for older kids, even for my seventh grader, I think the volume of homework they get is sometimes excessive. I think there has to be a middle ground somewhere… I really don't know what the right solution is, but I think being flexible about it and realizing that maybe different solutions are appropriate for different grade levels is important."

Forbes, though, is happy with the policy thus far.

"I said, 'parents, I welcome your questions, and I want to be able to answer them for you, and if I don't know something, I'll tell you I don't know it, and we'll try to find it out together,'" he said. "But from what we're seeing, and from what our practices were last year and moving forward and looking at research, it's not diminishing anything, and it's been really exciting. It's been overall positive, and kids do seem pretty happy about it."

For more information on both sides of the equation, try *Rethinking Homework: Best Practices that Support Diverse Needs* by Cathy Vatterott and *The Battle over Homework: Common Ground for Administrators, Teachers and Parents* by Harris Cooper.







OPPORTUNITY
SCHOLARSHIP FUND
EST. 2014

Your Money. Your School.
Your Choice.

Help lower-income students at little or no cost to you. It's a win-win!

Find a member school near you by visiting our website.

osfkids.org

TITAN SPORTS
& PERFORMANCE CENTER



Kids League



Enroll Now! Classes start January 2, 2017

Kids League is a daytime program for aspiring young athletes ages 3-6 years old. This program was designed with the intention of exposing kids to a non-competitive sports and exercise environment in order to improve overall fitness and well-being. It is crucial that young children have a positive experience with sports and exercise to develop a healthy lifestyle for the future. Young athletes will participate in a wide variety of activities and age appropriate exercise programming to ensure their success. Kids League activities will be developed from a range of sports including soccer, basketball, baseball/softball, track and field, flag football, hockey, little triathlon, and calisthenics.

1 hour classes are available Monday through Friday and rates are available for 1, 2, or 3 days per week.

We are located in our temporary location at 10909 E 56th St. in Tulsa and will be moving to our new location at 101 E 81st St. in the summer of 2017.

1x per week **$56** Per Month Mon-Fri 9am or 12pm

2x per week **$112** Per Month Mon-Fri 9am or 12pm

3x per week **$168** Per Month Mon-Fri 9am or 12pm

To register or for more information www.titansportscomplex.com or give us a call at 918-369-2737.

MONTE CASSINO

A Benedictine School

A premier private independent school with a powerful Catholic Benedictine identity, Monte Cassino School offers dynamic and diverse co-curricular programs that foster critical thinking, spiritual formation and personal excellence.

IT'S NOT EASY TO *Be a Saint,* BUT IT'S WORTH IT.

In the Heart of Midtown, 21st & Lewis

918.742.3364

MonteCassino.org

BY NANCY A. MOORE

meet **Tony Moore**, director of **A Gathering Place**

Tony Moore was recently selected as the Director of A Gathering Place, Tulsa. Upon relocating, he and his family have been pleasantly surprised with Tulsa's beautiful landscape, the friendliness of the residents and the amenities in and around the Tulsa area. On a professional side, the knowledge and experience he brings to his new role was gathered over 30 years of serving in leadership positions for some of the world's most well-known entertainment destinations. Moore is focused and ready on providing an exceptional experience to visitors of Tulsa's much-anticipated multi-million-dollar park.

TK: How did you become interested in the hospitality industry?

Moore: I wish I could say that my entry into the hospitality industry was a deliberate strategical plan. To the contrary, it happened all by chance. What started out as a fun part-time job during college ultimately transformed into a passionate and exciting career in a fun industry. It all started at SeaWorld, where I was fortunate to have the privilege of serving in a wide range of diverse capacities.

TK: Can you share your professional experience that has prepared you for this position?

Moore: At SeaWorld Parks and Entertainment: Marketing Manager, Director of Park Operations, Director of Environmental Health and Safety, Director of Culinary Revenue, and Director of Corporate Operations and Executive Assistant to the President and Chairman of The Board. Also, I held operational leadership roles at Universal Studios and later served as Chief Operating Officer for Tampa's Lowry Park Zoo, overseeing the re-launch of the zoo's brand as it related to all new project development and in-park brand enhancements, competitive market analysis, community affairs, programming and special events development and production.



TONY MOORE WITH HIS WIFE GILLIAN, DAUGHTER KAI, AGE 6, AND SON CASILO, AGE 2. (COURTESY)

TK: Given your impressive experience working with so many well-known parks, what interested you about relocating to Tulsa and assuming the lead role as Executive Director of A Gathering Place?

Moore: I must admit that I was at first a little shy and apprehensive about moving to Tulsa. You know, after years of working in major tourist destinations with big brands, I wasn't so sure that I wanted to move to a much smaller city in Oklahoma. But, wow, I am now so grateful that I took the time to listen. Once I was able to better understand the scope of the project, the diversity of its content and the commitment to the project by the Kaiser Family Foundation and other donors, it became a rather easy decision for me.

My next concern was, how was I going to convince my wife to leave Florida?

Ironically, that was an easier feat than I had initially anticipated. After her first visit to Tulsa, she was sure that this is where she wanted to raise our two kids, Kai and Casilo, ages 6 and 2.

TK: What are you looking for-

continued next page

ward to implementing into A Gathering Place?
Moore: A project with the pedigree of "A Gathering Place for Tulsa," with such exceptional architectural excellence and world-class attractions, is most deserving of the very best in operational excellence. Quite frankly, the citizens of Tulsa and their kids are deserving of the very best in quality operations and exceptional customer service. I'm hoping to operate the park with a very high regard for quality as exhibited in our landscaping and our grounds management. I would also like to develop a distinctive service culture of customer care for both our guests and our internal team members. While it's critical that our guests remain our utmost priority, it is equally important that our team members feel that they belong to and are a part of something special.

TK: Can you share a little about your family?
Moore: [I've been] happily married for just over 15 years with two kids. My wife (Gillian) also worked in the hospitality industry at Universal Studios, Florida. Being that she is from the industry, she is a little more patient than she needs to be with my long work hours. While my mom, dad and siblings are still in Florida, my immediate family has all relocated to Tulsa. At first, my daughter Kai missed her school friends quite a bit, but she has since wasted no time in making new friends at school. Now her anticipation for the opening of the park is tremendous. When I worked at Tampa's Lowry Park Zoo as their chief operating officer, Kai would often tell her friends that I owned the zoo. Now it makes me wonder what she will have to say about A Gathering Place when it opens.

TK: Being new to Tulsa, how was the transition?
Moore: Our transition here has been quite pleasant. Everyone has been so welcoming. I have even had total strangers inviting me over for dinner, how about that! I was also so pleasantly surprised to discover that Tulsa has rolling hills — was not expecting that. I expected everywhere in Tulsa to be much like the rest of Oklahoma, flat as a pancake. We were also so pleased that all the major store brands were also in Tulsa, so we would not have to travel far for shopping, with the exception of Ikea that is. Tulsa needs an Ikea store.

TK: What does your family enjoy doing together around Tulsa?
Moore: As a family, we are all enjoying Tulsa quite a bit, good schools, plenty of places to dine around, and we love the arts and theatres. We are hoping to enjoy a few Drillers and Roughneck games as well.

TK: As the new park director, what will your job entail?
Moore: As the Park Director for A Gathering Place for Tulsa, my job responsibilities will involve all aspects of the park operation. It's kind of like being handed a mantle of responsibility, really. The George Kaiser Family Foundation, many other generous donors, along with Michael Van Valkenburgh (world renowned landscape architect) have planned, designed, funded and developed a most remarkable and distinguished park for Tulsans. Now it will be my responsibility to ensure that this park lives up to, or better yet, exceeds expectations. We have to deliver in every aspect of the experience, from programing, to operations, from community outreach, to safety, from guest services to culinary services. We want our visiting guests to leave our park very pleased, share their experiences both socially and by word of mouth and then return to visit us again. That will only happen when we consistently deliver in all aspects of the guest experience.

TK: What do you anticipate being some of your favorite parts of the park?
Moore: Wow… that's a very difficult question as there are so many cool areas of the park.

I think that the three-acre pond in the very center of the park is a statement of tranquility as it aesthetically meanders around the landscape. The Lodge…will redefine everything that you thought you knew about a traditional lodge appearance. I think the flowing Arkansas River and the view of Zink Lake is going to be surprisingly satisfying, just to sit and watch time go by.

The five-acres adventure play area is going to be the most fun and most visited area of the park for young kids, while the BMX pump track and the sport courts will be the coolest place for teenagers to hang out, but I think the two areas that will be most impressive and serve as iconic statements for the park are going to be the land bridge tunnels with its impressive architecture and the boathouse with its exquisite contemporary design.

TK: What are three little known facts about the park that you can share?
Moore: 1) Unbelievable combination of construction textures…. A contemporary combination of glass, stone and wood will resonate in many of the architectural construction designs. 2) There will be many fun activities that both parent and child can experience together such as fishing, canoeing, tower climbing and nature watching. 3) The park will boast hundreds of linear feet of stone corridors specifically mined from Oklahoma sandstone.

TK: What is the timeline for things to open at A Gathering Place?
Moore: I am happy to say that the construction timeline is right on schedule and on budget. We are now almost 40 percent completed, and we are hoping for a mild and dry winter.

TK: What are some of your future plans for programming?
Moore: Park programming is a major initiative and commitment for the park. While most guests will initially visit the park for its original content, it's the diversity of the programing that will bring them back over and over again. My hope is that our programing will be iconic and distinctive, I would love to challenge our Programming Team to be the first to try new ideas, to be creatively innovative with their events. Our programing will also be diverse, specifically catering to a wide range of cultural audiences and demographics. Our objective is that A Gathering Place for Tulsa will be visited and experienced by all Tulsans, so my hope is that we can uniquely attract all cultures with culture-specific programming. Our programming will be fun and educational, should appeal to kids and adults and share a commitment to wellness and learning.



Four steps to a free therapeutic screening



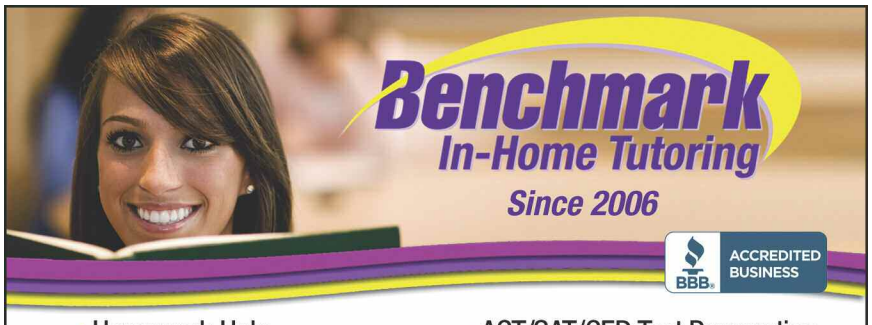
1
Call **405.307.2800** for an appointment. Ask to speak to a social worker.

2
Meet with a McCarty Center screening team consisting of a pediatrician, nurse, psychology clinician and social worker.

3
Reap the benefits
- Connections to resources at the McCarty Center & around the state
- Opportunity to discuss your child with experts in the field and be heard
- Can help confirm developmental or delay issues
- Can connect you to parent support groups
- Tips on managing behaviors

4
The cost? Nada. Zilch. Zero. Nothing. It's absolutely free. Just call **405.307.2800.**

J. D. McCarty Center
for children with developmental disabilities
2002 E. Robinson
Norman, Oklahoma 73071
405.307.2800
www.jdmc.org



- ✔ Homework Help
- ✔ All Levels of Mathematics/ Science/History
- ✔ Reading/Phonics/Writing/ Language Arts
- ✔ ACT/SAT/GED Test Preparation
- ✔ Foreign Languages
- ✔ English Language Learners
- ✔ Study/Organization Skills

No Long-Term Contracts
Tutoring for All Ages - Children, Teens, and Adults

Flexible schedules allow our highly qualified, professional tutors to come to you at your convenience. Contact us today to schedule an in-home consultation!
www.benchmarktutors.com • 918-850-5363

AUGUSTINE CHRISTIAN ACADEMY

ENROLL NOW FOR 2017

Training young minds to learn, reason, and persuade from a distinctively Christian worldview.

A Classical, Christian education dedicated to growing Wonder and Delight for grades K4-12
6310 E. 30th Street • Tulsa, OK 74114 • 918-832-4600
www.acatulsa.org

HOME SCHOOL OPTIONS • SIX DIPLOMA TRACK OFFERINGS
LATIN & BIBLICAL LANGUAGES (Hebrew, Greek and Aramaic)
EXCELLENT PERFORMING ARTS PROGRAM
Tour and Student Shadowing by Request



Dinner's at 6

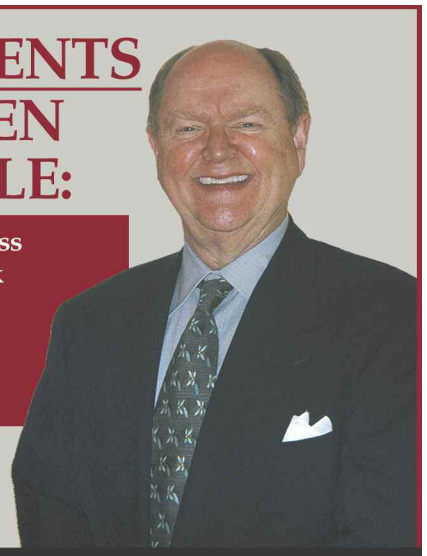
We hand assemble your custom selection of fresh entrées, package, label and freeze them and have them ready on your schedule. Our entrées – such as Orange Ginger Salmon, Honey Mustard Chicken and Beef Enchilada Bake – provide great meals at a great price and make more time for you. Reclaim the family dinner table and sit down together for a convenient, nutritious and tasty meal tonight!

Dinner's at 6
4652 W. Houston St.
(81st & Garnett)
(918) 249-9102
www.dinnersat6.com

HELP FOR PARENTS WITH CHILDREN WHO STRUGGLE:

- Behaving at Home and in Class
- Staying Focused and On Task
- Completing Homework & Remembering to Turn It In
- Interacting Socially with Friends and Classmates

Dr. Bob Will Help You Determine the Exact Causes of the Struggles & Build a Best Plan of Action for Your Child To Succeed.



OU Physicians
The University of Oklahoma is an equal opportunity institution.

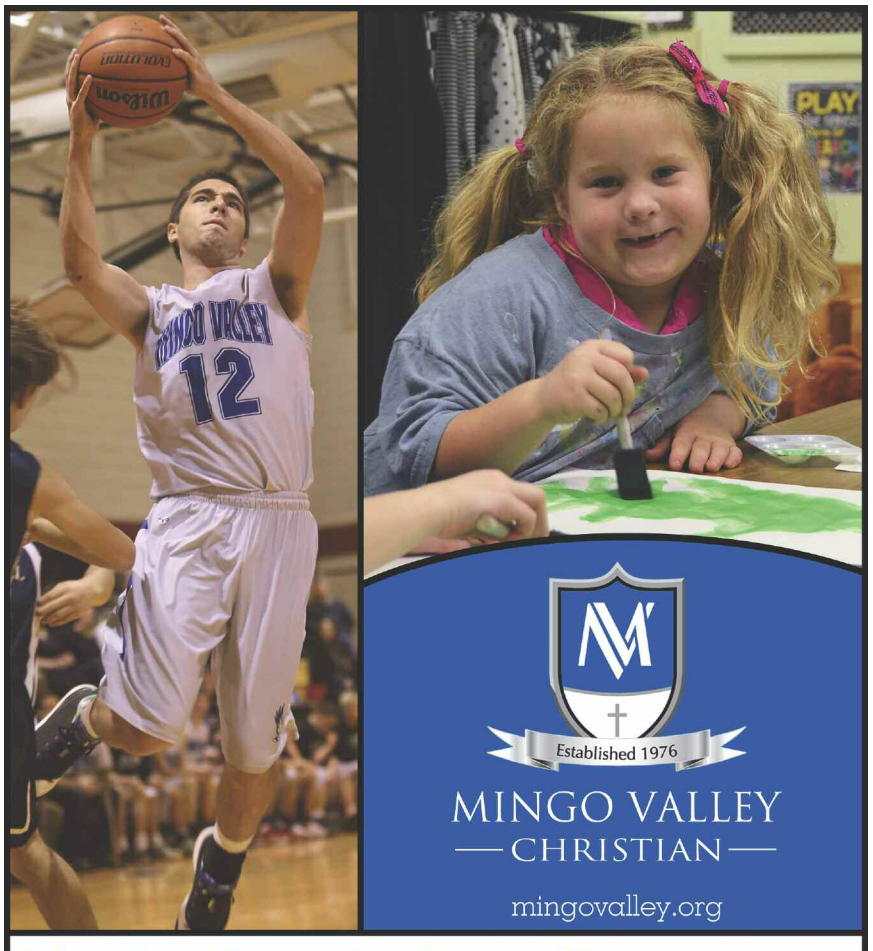
Robert J. Hudson, M.D., FAAP
OU Clinical Professor of Pediatrics
OU School of Community Medicine
Call for an Appointment • 918-619-4447

2017

SHARING THE
GOOD NEWS ABOUT JESUS
IN OUR COMMUNITY AND
AROUND THE WORLD

southtulsa
BAPTIST CHURCH

10310 S SHERIDAN ROAD
TULSA | 918-299-0904 | SOUTHTULSA.ORG







Give your child an academic advantage!

Kumon helps accelerate your child's math and reading skills — from as young as age 3 all the way through high school.

SCHEDULE A PARENT ORIENTATION TODAY!

FOR AGES 3+

Kumon Math & Reading Centers of

TULSA - SOUTH CENTRAL • 918-254-5437
61st and Memorial
kumon.com/tulsa-south-central

BROKEN ARROW • 918-251-5384
81st and Aspen (145th)
kumon.com/broken-arrow

TULSA - SOUTH • 918-523-6284
91st and Yale
kumon.com/tulsa-south

TULSA - MIDTOWN • 918-292-8417
Utica Square
kumon.com/tulsa-midtown

BY JENNIFER PALMER • OKLAHOMA WATCH

are public schools failing **dyslexic children?**

Learning to read is one of the fundamental concepts that schools are expected to teach.

But parents of children with dyslexia say public schools in Oklahoma are failing to identify and educate these students. Many turn to expensive private tutoring for the dyslexia-specific lessons their child needs, with out-of-pocket costs often running to $10,000 or beyond.

The students are at risk of failing the state's third-grade reading test, which requires students who don't pass to be held back. Parents say the stakes are too high to wait for the school to intervene.

"It is the parents who are educating the schools right now about dyslexia," said Michelle Keiper, who started the group Decoding Dyslexia Oklahoma, which supports parents of children with dyslexia and advocates for students.

Dyslexia is a neurological disability that causes poor spelling and word recognition. Nearly one in five people have it. The disorder can make words appear jumbled, but it's a common myth that dyslexics read or write backwards. Although there's no cure for dyslexia, students with it can learn to read and write well, according to the International Dyslexia Association.



SPECIAL EDUCATION TEACHER RENEE MCFARLAND WORKS WITH STUDENT WYATT TRIPLETT, 7, IN HER CLASSROOM AT PRATT ELEMENTARY SCHOOL IN SAND SPRINGS.
CREDIT: BRAD GIBSON, OKLAHOMA WATCH.

When Kendra Anderson's son, Nathaniel, was struggling to learn to read, she discovered no one at his school in Grove knew how to help him. Intervention programs available to struggling readers often don't specifically target dyslexia.

First grade ticked by, and Nathaniel was no better off. "I put 100 percent of my trust into the school system and who I felt were the experts. I just assumed they would know what to do to help my son learn to read," Anderson said.

Living in a town of 6,800 in the northeast corner of the state, she determined the nearest trained tutor was an hour-and-a-half away. So Anderson purchased the reading curriculum herself, at a cost of $2,500, and persuaded his teacher to use it.

By the third grade — the year the state expects all children to read at grade level and retains those who can't — Nathaniel's reading skills jumped from below grade level to above grade level, and he passed the high-stakes test.

Anderson didn't stop there. Encouraged by getting her son on track, she started advocating for other students in the district. She used her frequent flier miles to send his teacher to a national dyslexia seminar, donated the curriculum she purchased to her son's school and helped the school apply for a grant to offer the curriculum to more students.

Keiper, whose son is also dyslexic, recognizes that the parents who have both identified their child as dyslexic and have the resources to afford help outside the school system are fortunate. But the burden is significant.

Families are deferring college savings and retirement to pay for tutoring, Keiper said. A survey by Decoding Dyslexia Oklahoma conducted this month of 103 parents of children with dyslexia across the state found more than half had invested $500 to $10,000 in the past five years to pay for dyslexia services.

The most common expense was private tutoring. Tutors cost $30 to $70 an hour, and most students need several sessions a week.

Among the comments from parents the survey received:

continued next page

"I have asked every teacher since kindergarten if she could be dyslexic, only to have my concerns dismissed. I trusted the professionals and ignored my gut feeling."

Dyslexic, and Unidentified

The first time Rep. Mike Shelton, D-Oklahoma City, heard the term dyslexia was on an episode of The Cosby Show called "Theo's Gift," which aired in 1989. The next time was 2012 on the floor of the Legislature, as lawmakers considered a bill to create a dyslexia pilot program at state universities.

Listening to a speaker describe dyslexia, he had an "aha" moment. That description mirrored the struggles his son had been having in school. Reading remediation wasn't working, and it wasn't until his son started receiving tutoring for his dyslexia that the boy's trajectory changed.

"We don't do a good enough job giving teachers the tools. They may be able to see the child has problems, but schools are strapped and may not give students the extra help they need," Shelton said.

Shelton said his family shouldered the cost of the tutoring and didn't ask the school for help; it costs about $400 a month. He recognizes that many families in his community, which includes a large population of low-income African-Americans, aren't able to do the same.

Although he's term-limited and this is his last year in the Legislature, Shelton vowed to continue to work to educate northeast Oklahoma City residents about dyslexia.

"They don't even hear the word dyslexia over here. I made a commitment to this community that I would make sure parents are more aware of what dyslexia is," he said.

Unaddressed Needs

Dyslexia is categorized as a specific learning disability under the federal Individuals with Disabilities Education Act. School districts have the responsibility to evaluate students at no cost to parents and determine if the student needs special education services.

Dyslexia advocates say while schools are complying with the disabilities act, the reading services provided are often not specific to dyslexia. What dyslexic students need is structured literacy, a type of instruction that has shown to be effective for all children learning to read, not just dyslexics, according to the International Dyslexia Association.

A grant pool that included a $200,000 grant to train teachers to remediate dyslexic students was cut this year, a casualty of the state budget crisis.

Students with dyslexia are often very bright and excel in subjects other than reading. (Among the well-known dyslexics are director Steven Spielberg, actor Henry Winkler and Cher.)

This creates an educational hot potato, advocates say. Classroom teachers assume special education will help dyslexic students, and special education teachers assume their needs are being met in the classroom.

Training for teachers in Oklahoma is scarce. None of the state's colleges or universities offer a program accredited by the International Dyslexia Association; these programs can be found in a dozen states, including nearby Arkansas and Texas.

The state Department of Education has a professional development program called Language Essentials for the Teachers of Reading and Spelling, but it's optional and has been completed by just hundreds of the 42,400 educators in the state.

A grant pool that included a $200,000 grant to train teachers to remediate dyslexic students was cut this year, a casualty of the state budget crisis.

Elementary teacher Renee McFarland, who teaches in Sand Springs Public Schools, developed a passion for working with students with dyslexia as a general education teacher, and went back to earn a certification in special education. The program still didn't address dyslexia.

She has sought out professional development on her own, and a few years ago, convinced her school district to purchase a reading, spelling and writing curriculum that is specifically for dyslexic students.

"It's so different from anything else I've seen. I've been a teacher 20 years now, and it's the only thing I've seen like this," McFarland said.

Zero Sign-Ups for Pilot Program

A proposal to develop a pilot program with state universities to train higher education faculty to teach structured literacy has fallen flat. The Legislature signed the program into law in 2012. The Payne Education Center, an Oklahoma City nonprofit that trains teachers to work with dyslexic children, secured a $50,000 grant to get the program off the ground.

Of the six major universities the Payne center invited to participate, none got on board, Executive Director Carrie Brown told legislators during a hearing at the Capitol Oct. 12. The grant money was eventually returned to the funder.

Additional proposals by Shelton and Rep. Ann Coody, R-Lawton, were introduced in 2014 and 2015 that would have required screening for dyslexia in kindergarten, but the measures failed to advance.

Other states are doing more to address gaps in reading education for dyslexic students. In Missouri, for instance, the state's Decoding Dyslexia advocacy group spurred a new statewide requirement to screen all students for dyslexia starting in the 2018-2019 school year. The law also mandates two hours of training for all teachers.

Arkansas' legislature passed a law with similar requirements in 2013.

On the federal level, Congress passed the Research Excellence and Advancements for Dyslexia (READ) Act earlier this year. The program requires the National Science Foundation to dedicate at least $2.5 million annually to dyslexia research.

No Exemption from 'Read or Fail'

As part of the state's Reading Sufficiency Act, schools are required to screen all students beginning in kindergarten for reading skills, and those at risk for reading difficulties must be given remediation.

The Education Department doesn't recommend or require specific reading curricula; those decisions are left up to individual districts.

Dyslexia advocates are critical of the retention aspect of the reading test. Students who fail the test are retained in most cases; there is no exemption for dyslexic students.

"Now that we have the RSA … our families start calling us in first or second grade. They are desperate," Keiper said.

Keiper doesn't believe children with dyslexia need to be retained.

"We want accountability somewhere, but it's not falling on the school to change what they are doing. It's falling on the parent and child," she said.

Oklahoma Watch is a nonprofit, nonpartisan media organization that produces in-depth and investigative content on public-policy issues facing the state. For more Oklahoma Watch content, go to oklahomawatch.org.

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

"read it again! again! again!"

WHY YOUR KIDS LOVE REPETITION… AND HOW YOU CAN DO IT WITHOUT GETTING BORED

"Again! Again! Again!" Has this ever happened to you? You've just blown raspberries on your baby's cheek or belly, swung your toddler in the air, or read aloud a particularly beloved book… and your child immediately squeals, "Do it again!"

Don't groan – celebrate! That means your child's brain is developing exactly as it should. Especially in reading (and re-reading, and re-re-re-reading), you are doing something wonderful on so many levels.

Why Children Love Repetition

Why do children love "read and repeat"? Here are three reasons to repeat:

• **Cognitive** Repeating actions, including reading books, strengthens neural connections and creates deep learning. Children's brains are hungry for repetitive experiences, so when they say "Again!", remember that their gray matter is essentially saying "Make me smarter, Mom!"

• **Emotional** When you read books again and again to your children, you are also building all of their positive emotional centers: joy, comfort, belonging. Snuggling up with a book (or even reading to them while they are bouncing around but still listening) is an excellent opportunity to strengthen your bond with your children.



• **Physical** Finally, the physical act of opening a book and reading it is creating a muscle memory, an automatic action that will help your child when he or she is in school. What do you do when you're bored or need some quiet time? Read!

Keep it Interesting

Speaking of bored… This is often the downside to the entire "Read it again!" scenario. What is exciting and interesting and brain-building for a 3-year-old is not often the same as what excites a 33-year-old.

How do you keep reading the same book 10 times in a row interesting or valuable for yourself AND your child? A few tips:

• **Expand the story** When you're on the umpteenth reading of *The Very Hungry Caterpillar*, find ways to use the content to talk about related things. "Oh, these strawberries look juicy! You like strawberries, don't you? What else do you think the caterpillar would like to eat?"

Look for hidden parts of pictures, or ask your child to imagine a "Part Two" to the story. "What if the hungry caterpillar went to the State Fair? What would he do there?"

• **Remember the memory** In the busy storm of parenting life, it's easy to get lost in the day-to-day-ness of everything. Use reading aloud time to step back and be conscious of the positive memory you are making with your child.

• **Choose great books!** Your library is a great place to find books that will stand up to repeated reading. Many children's authors have a double awareness of needing to connect with children while giving adults doing the reading aloud something to keep them interested. Ask your friendly neighborhood librarian for some suggestions!

Storytime In Your Pocket! Build-A-Reader App Launches

Now you can carry great library learning experiences — in your pocket! The Tulsa City-County Library is proud to announce the release of our Build-A-Reader app, which combines practical literacy tips, great book suggestions, and videos of library staff demonstrating brain-building (and fun!) songs, fingerplay, and activities to do with your child. It's FREE, and you can find it in your app store by searching "Tulsa Library."


THE TULSA ZOO
IS A PERFECT SPOT TO
HANG OUT WITH YOUR
FRIENDS, FAMILY. . .
AND ME!
TULSAZOO
TICKETS & INFO AT TULSAZOO.ORG

Don't Bug Me!

Help Stop the Flu.





Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.



Wash your hands with soap long enough to sing "Happy Birthday"... twice.

Sponsored by

hillcrest

THD TULSA HEALTH DEPARTMENT

For more helpful tips, visit www.Hillcrest.com or www.Tulsa-Health.org



PHOTO COURTESY: GILCREASE MUSEUM OF ART

Get out and GO in the Tulsa metro area. Find these events and more at www.tulsakids.com/calendar.

1 | SUNDAY

HAPPY 2017!

2 | MONDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

3 | TUESDAY

WINTER WONDERLAND PARTY {FREE}
Come to a festive winter party to enjoy the movie "Frozen" and winter crafts and activities. For ages 5-12. Martin Regional Library, 2601 S Garnett Rd.; 1 p.m.

4 | WEDNESDAY

HOMESCHOOL ART CLASS AT PHILBROOK
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Philbrook Museum, 2727 S Rockford Rd.; 1 p.m. www.philbrook.org.

5 | THURSDAY

MINECRAFT GAMING {FREE}
Put your imagination to the test building your own world in the popular game Minecraft.
For teens. Hardesty Regional Library, 8316 E. 93rd St.; 6 p.m.

6 | FRIDAY

FIRST FRIDAY ART WITH GILCREASE MUSEUM {FREE}
Begin your First Friday Art Crawl with Gilcrease Museum at the Central Library! Gilcrease staff will help you explore artists featured at the museum while your young artist creates a masterpiece of his or her own. For ages 5-10. Central Library, 400 Civic Center; 4:30 p.m.

FIRST FRIDAY ART CRAWL {FREE}
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. Families can find many options from kid-friendly gallery shows to live music in the park.The Art Crawl is held on the first Friday of the month and open from 6–9 p.m. in the Brady District.

7 | SATURDAY

THE RUNWAY RUN AT TASM
Individuals and families are welcome to compete in this event, whether you walk, run or push a stroller the whole way. Afterward, visit the Tulsa Air & Space Museum where you'll receive free admission the day of the race. Tulsa International Airport Runway, 3624 North 74th East Ave.; 10 a.m. www.tulsaairandspace.org

MINI MASTERS: FIVE SENSES IN ART II
Children will continue exploring the galleries and gardens of Gilcrease Museum as they use their five senses - sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations.
For ages 3-6, who must be accompanied by an adult. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum
1400 North Gilcrease Museum Rd.
A.M. Session: 10 :30 a.m.
P.M. Session: Noon

MOVIE SHOWING: "ZOOTOPIA"
Spend a winter afternoon watching the movie "Zootopia" (rated PG) while enjoying free popcorn. For all ages. Bixby Library, 20 E Breckenridge Ave.; 2 p.m.

MONSTER JAM
The most adrenaline charged motor-sports experience for families on the planet is coming back to BOK Center for two nights of action on Saturday, January 7 and Sunday, January 8. www.bokcenter.com

8 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.



9 | MONDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

10 | TUESDAY

TODDLER TIME {FREE}
Enjoy stories, action rhymes, fun flannels, music, bubbles and meeting other toddlers in the neighborhood. For ages 2-3 and their caregivers. Hardesty Regional Library, 8316 E. 93rd St.; 11 a.m.

11 | WEDNESDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

12 | THURSDAY

AQUA-TOTS AT THE OKLAHOMA AQUARIUM
Bring your little ones out for a special Seaside Story Time and join educators for an interactive experience. Visit the Oklahoma Aquarium Coral Reef Café for lunch and order a Treasure Box. Aqua-Tots is for ages 1-5. There is a maximum of 35 children, first come, first served. Oklahoma Aquarium, 300 Aquarium Dr.; 11 a.m. www.okaquarium.org

ZACH: ZARROW ART CLASSES FOR HOMESCHOOL
Discover the world of art at the downtown Zarrow Center for Art & Education through this exciting program designed especially for the homeschooling community. Students will enjoy an arts enrichment experience as they create their own works of art in this engaging approach to arts education taught by qualified art instructors. Once-a-month classes held January through May are offered at three different times each month. Ages 6–12 years old. Henry Zarrow Center for Art and Education, 124 East M.B. Brady St.; 1:30-3:30 p.m. www.gilcrease.utulsa.edu

LIFE SKILLS: SCHEDULING {FREE}
Are you constantly having to ask your teen or tween about upcoming events? Send them to this program where they will learn the basics and benefits of scheduling. For ages 10-18. Owasso Library, 103 W Broadway St.; 3:30 p.m.

13 | FRIDAY

BOUNCE'N BEETHOVENS
Join Katherine Battenburg from the Midtown School of Performing Arts for a high-energy parent/child music class that introduces children to a variety of musical instruments and styles. For ages 5 and younger with their caregivers. Class size is limited and registration is required: 918.549.7624. Owasso Library, 103 W Broadway St.; 10 & 11 a.m.

14 | SATURDAY

SECOND SATURDAY AT PHILBROOK
Bring out the inner artist in each member of the family and experience Philbrook in a whole new way! Visit on the second Saturday of each month for free family-friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum of Art, 2727 S. Rockford Rd.; 10 a.m. www.philbrook.org

STORY TRAIL AT TULSA BOTANIC GARDEN
Families - enjoy a story as you walk through the Garden. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.-5 p.m. www.tulsabotanic.org

SECOND SATURDAY SILENTS: SPARROWS
Mary Pickford's 1926 release, superbly combines the two elements--sentiment and adventure--that characterized Pickford's best work. The film will be accompanied by Bill Rowland on the Circle's original 1928 pipe organ. (Also features Felix the Cat cartoon.) Circle Cinema, 10 S. Lewis Ave.; 11 a.m.

15 | SUNDAY

FUNDAY SUNDAY AT GILCREASE
It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire. An art hunt is available to explore in the galleries, with a prize at the end. Families also can enjoy our interactive space, Kravis Discovery Center, exploring the extensive gardens and special featured activities. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon-4 p.m. www.gilcrease.org



MARTIN LUTHER KING, JR. DAY IN TULSA : MONDAY, JANUARY 16

11 A.M. MARTIN LUTHER KING JR. PARADE: The MLK, Jr. Parade will begin at MLK Jr. Blvd. & John Hope Franklin Blvd., proceed east to John Hope Franklin Blvd. to Greenwood, south through the Greenwood business district to Archer, then west on Archer to Elgin.

1-4 P.M.: DROP-IN FAMILY ART DAY @ ZARROW: Celebrate MLK, Jr. Day with fun art activities for the whole family at the Zarrow Center (124 East M.B. Brady St.). Free and open to the public..

WWE LIVE AT THE BOK
WWE Live returns to the BOK Center. This year's show features:Champion vs. Champion Match, United States Champion Roman Reigns vs WWE Universal Champion Kevin Owens for the Universal Championship, plus many more favorite WWE Superstars. Find more at bokcenter.com.

16 | MONDAY

SEE MLK, JR. SIDEBAR ABOVE.

17 | TUESDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

18 | WEDNESDAY

BABIES, BUBBLES & BOOKS
Enjoy stories, rhymes and songs with your little one! For infants. Central Library, 400 Civic Center; 10:30 a.m.

HOMESCHOOL ART CLASS AT PHILBROOK
(9-12) Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project. Philbrook Museum, 2727 S Rockford Rd. Class begins at 1 p.m. Find out more at www.philbrook.org.

19 | THURSDAY

HANDS ON! {FREE}
Busy hands, busy brain! Preschool-age children learn through hands-on activities. At this program explore, experiment and create. Be ready to get messy! For ages 3-5. Central Library, 400 Civic Center; 10:30 a.m.

INTRODUCTION TO CODING FOR TWEENS
{FREE} Learning to code can be intimidating. Join in to remix a Homework Excuse Generator using JavaScript and HTML. Registration is required. Class size is limited. To register, call 918.549.7323. For ages 9-11.

HARDESTY SPILLED INK TEEN CREATIVE WRITING GROUP {FREE}
Develop your craft through writing exercises. Come with your own writings to share with the group, or just come to socialize and get to know other writers. All methods of storytelling are welcome. Hardesty Regional Library 8316 E. 93rd St.; 6 p.m.

20 | FRIDAY

ZACH: TEEN TIME
Homeschooled teens experience a new art class where a consistent concept of the month will be presented such as landscapes, portraits, 2D/3D, realism/abstraction based on the Elements of Art and the Principles of Design. For ages 13 - 18 years old. $12/Gilcrease members, $15/ not-yet members. Pre-registration required: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10 a.m.

MINI MASTERS: FIVE SENSES IN ART II
See previous description, 10 a.m. & 11 a.m.

PRESCHOOL YOGA {FREE}
Join certified yoga teacher Jeanne Doss for a free parent/child class featuring interactive stories and yoga poses. For ages 3-5. Class size is limited and registration is required: 918.549.7324. Owasso Library, 103 W Broadway St.; 10:30 a.m.

SLEEP WITH THE SHARKS
Ever wonder what it would be like to snooze alongside our sharks? Enjoy a dive show, scavenger hunt, flashlight tour and movie, then spend the night alongside exhibits. Oklahoma Aquarium, 300 Aquarium Dr.; 7 p.m. www.okaquarium.org

21 | SATURDAY

WINTER INTEREST IN THE GARDEN
Take a tour of the Tulsa Botanic Garden to see what's providing color, texture and form. Admission is free for Garden members; $8 for ages 13+; $4 for ages 3–12. Children 2 and under are free. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 11 a.m.

TEEN TEST PREP: EXPLORING THE LIBRARY'S DATABASES {FREE}
Testing is almost here and the library has lots of resources to help you prepare. Join in to explore test help databases. For ages 12-18. Class size is limited to 10. To register: 918.549.7323. Central Library, 400 Civic Center; 1 p.m.

22 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

23 | MONDAY

LEGO LAB {FREE}
Learn new building ideas, partner with other children during team-building challenges and explore free building. For ages 6-12. Martin Regional Library, 2601 S Garnett Rd.; 4 p.m.

24 | TUESDAY

INTRO TO SCREEN PRINTING FOR TEENS
{FREE} Ever been interested in designing your own T-shirt? Bring a blank light-colored T-shirt and learn how to screen print. For ages 12-18. Class size is limited to 15. Call to register: 918.549.7323. Central Library, 400 Civic Center; 4 p.m.

25 | WEDNESDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

26 | THURSDAY

ZACH: ZARROW ART CLASSES FOR HOMESCHOOL
See previous description, 10 a.m. & 1:30 p.m.

HANDS ON! {FREE}
See previous description, 10:30 a.m.

PARACHUTE PLAY {FREE}
On your mark, get set, parachute! Join Miss Joy for an afternoon of games and stories involving fun and cooperative parachute games. For grades K-3. Schusterman-Benson Library, 3333 E 32nd Pl.; 4 p.m.

FOOD FOR THOUGHT: A RECIPE FOR GOOD NUTRITION {FREE}
Join in for an interactive program on healthy eating presented by winners of the White House Healthy Lunchtime Challenge. Participants will enjoy a trivia game, craft and a presentation for ages 7-12. Hardesty Regional Library, 8316 E. 93rd St.; 4:30 p.m.

27 | FRIDAY

FRIDAY MOVIE TIME: "INSIDE OUT"
{FREE} Emotions run wild in the mind of a little girl who is uprooted from her peaceful life in the Midwest and forced to move to San Francisco in this Pixar adventure. Rated PG. For all ages. Brookside Library, 1207 E 45th Pl.; 3:30 p.m.

STORYTIMES

Bixby Library (20 E. Breckenridge, Bixby)
- Preschool Storytime: Mondays, Jan. 9, 23, 30 ● 11-11:30 a.m.
- My First Storytime: Mondays, Jan. 9, 23, 30 ● 10:10-10:30 a.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)
- My First Storytime: Tuesdays, Jan. 10, 17, 24, 31 ● 10:30-11 a.m.
- Preschool Storytime With Miss Hannah: Mondays, Jan. 9, 23, 30 ● 10:30-11 a.m.
- PAWS for Reading: Wednesday, Jan. 11 ● 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- Preschool Storytime: Tuesdays, Jan. 10, 17, 24, 31 ● 10:30-11 a.m.
- My First Storytime: Wednesdays, Jan. 11, 18, 25 ● 10:30-11 a.m.
- Evening Storytime: Tuesday, Jan. 24 ● 6-6:30 p.m.
- PAWS for Reading: Wednesday, Jan. 4 ● 4:30-5:30 p.m.

Brookside Library (1207 E 45th Pl.)
- Preschool Storytime: Wednesdays, Jan. 4, 11, 18, 25 ● 10:15-10:45 a.m.
- My First Storytime: Wednesdays, Jan. 4, 11, 18, 25 ● 11-11:20 a.m.
- PAWS for Reading: Friday, Jan. 20 ● 3:30-4:30 p.m.

Central Library (400 Civic Center, Tulsa)
- Family Storytime: Mondays, Jan. 23, 30 ● 6:30-7 p.m.
- Family Fun Storytime: Tuesdays, Jan. 17, 24, 31 ● 10:30-11 a.m.
- Toddlers & Tales: Wednesday, Jan. 25 ● 10:30-11 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)
- My First Storytime: Mondays, Jan. 9, 23, 30 ● 10-10:20 a.m. and Tuesdays, Jan. 10, 17, 24, 31 ● 10-10:20 a.m.
- Toddler Time: Tuesdays, Jan. 10, 17, 24, 31 ● 11-11:20 a.m. and Wednesdays, Jan. 11, 18, 25 ● 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, Jan. 12, 19, 26 ● 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, Jan. 11, 18, 25 ● 11-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- My First Storytime: Thursdays, Jan. 12, 19, 26 ● 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, Jan. 10, 17, 24, 31 ● 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, Jan. 11, 25 ● 3:30-5 p.m.

Jenks Library (523 W B St., Jenks)
- My First Storytime: Wednesdays, Jan. 4, 11, 18, 25 ● 10-10:15 a.m.
- Preschool Storytime: Wednesdays, Jan. 4, 11, 18, 25 ● 10:30-11 a.m.
- PAWS for Reading: Tuesday, Jan. 10 ● 4-5 p.m.

Kendall-Whittier (21 S. Lewis, Tulsa)
- Bilingual Storytime/Cuentos Bilingües: Wednesday, Jan. 11 ● 10-10:45 a.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)
- Bilingual Storytime/Cuentos Bilingües: Tuesdays, Jan. 17, 24, 31 ● 11-11:30 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)
- Mrs. Cindy's Storytime: Thursdays, Jan. 12, 19, 26 ● 10:30-11 a.m..
- PAWS for Reading: Saturday, Jan. 14 ● 2-3 p.m.

Owasso Library (103 W. Broadway, Owasso)
- My First Storytime: Tuesdays, Jan. 17, 24, 31 ● 10-10:30 a.m. and Wednesdays, Jan. 18, 25 ● 10-10:30 a.m.
- Preschool Storytime: Tuesdays, Jan. 17 , 24, 31 ● 10:30-11 a.m. and Wednesdays, Jan. 18, 25 ● 10:30-11 a.m.
- PAWS for Reading: Wednesday, Jan. 18 ● 4-5 p.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)
- My First Storytime: Wednesdays, Jan. 11, 18, 25 ● 10-10:20 a.m. and Wednesdays, Jan. 11, 18, 25 ● 10:30-10:50 a.m.Preschool Stay and Play Storytime: Tuesdays, Jan. 10, 17, 24, 31 ● 10:30-11 a.m.
- PAWS for Reading: Monday, Jan. 9 ● 3:30-4:30 p.m.

Tulsa Toy Depot (101st & Sheridan, Tulsa)
- Thursdays at 11 a.m.

SHOWTIMES



Monster Jam
When/ Where: January 7 at 7 p.m. and January 8 at 2 p.m.; BOK Center
Monster Jam® roars into the 2016 season with a points-based series, showcasing the best lineup of Monster Jam vehicles that deliver what fans want to see most…more trucks, more racing, more freestyle, more donuts, more wheelies, more action! www.bokcenter.com

Men Are From Mars, Women Are From Venus LIVE!
When/ Where: January 20 at 8 p.m., January 21 at 4 p.m. and 8 p.m.;
Tulsa PAC, 110 E. 2nd St., Tulsa
This Off-Broadway hit is a one-man fusion of theatre and stand-up. The light-hearted comedy is based on The New York Times best-selling book by John Gray. Moving swiftly through a series of vignettes, the show covers everything from dating and marriage to the bedroom. www.tulsapac.com

Rumors at Clark Youth Theatre
When/ Where: January 20-22, 27-29, 2017; Clark Youth Theatre, 4825 S Quaker Ave.
www.clarkyouththeatre.com
At a large, tastefully appointed townhouse, the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples are about to experience a severe attack of Farce. Rating: ALL AGES (A), with some adult themes: divorce/marital discord and alcohol use.

Cirque Du Soleil OVO at the BOK
When/Where: January 25 – January 29, 2017, times vary; BOK Center
OVO is teeming with life. Insects work, play, fight and look for love in a non-stop riot of energy in motion. Their home is filled with biodiversity, beauty, action and moments of quiet emotion. The awestruck insects are intensely curious when a mysterious egg appears, representing the enigma and cycles of their lives.www.bokcenter.com

Peter and the Starcatcher
When/Where: Jan. 27-28 and Feb. 2-4 at 8 p.m.; Jan. 29 and Feb. 5 at 2 p.m.;
Tulsa PAC; 110 E. 2nd St., Tulsa
This swashbuckling grown-up prequel to "Peter Pan" upends the century-old story of how a miserable orphan comes to be The Boy Who Would Not Grow Up. From marauding pirates and jungle tyrants to unwilling comrades and unlikely heroes, "Peter and the Starcatcher" playfully explores the depths of greed and despair and the bonds of friendship, duty and love. www.tulsapac.com

Paw Patrol Live!
When/ Where: Jan. 28 at 10 a.m. and 2 p.m., Jan. 29 at 1 p.m. and 5 p.m.; Tulsa PAC; 110 E. 2nd St., Tulsa
PAW Patrol to the rescue! Ryder summons Marshall, Chase, Skye, Rubble, Rocky, Zuma and Everest to help. The pups share many lessons for all ages as they make heroic rescues on their race to the finish line. www.tulsapac.com

28 | SATURDAY

DADS AND DONUTS {FREE}
Join in for a child/dad only event.Play games, make a craft, read books and eat donuts. Registration is required as supplies are limited: 918.549.7514.For ages 3-10 and their dads. Bixby Library, 20 E. Breckenridge; 10:30 a.m.

COLOR WALK AT TULSA BOTANIC GARDEN
{FREE} Families can meet at the entrance of the Children's Discovery Garden for a walk to discover the colors in a winter garden! Admission prices are free for Garden members; $8 for ages 13+; $4 for ages 3–12. Children 2 and under are free. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 11 a.m.

SATURDAY AFTERNOON MOVIE {FREE}
Join in for a showing of "The LEGO Movie" (2014, rated PG). They will have cookies and juice for a snack. For all ages. Helmerich Library, 5131 E. 91st St.; 2 p.m.

29 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

30 | MONDAY

AQUA TOTS AT THE OK AQUARIUM
Bring your little ones out for a special Seaside Story Time and join Aquarium educators for an interactive experience. Visit the Oklahoma Aquarium Coral Reef Café for lunch and order a Treasure Box. Aqua-Tots is for ages 1-5. There is a maximum of 35 children, first come, first served. Oklahoma Aquarium, 300 Aquarium Dr.; 11 a.m. www.okaqurarium.org

SERIES: INTRODUCTION TO CSS FOR TEENS {FREE}
Learning to code can be intimidating. Join in for a 7-week series introduction to CSS. Registration is required and class size is limited: 918.549.7323 Registration for this class indicates registration for the entire 7-week series. For ages 12-18. Central Library, 400 Civic Center; 4 p.m.

31 | TUESDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

ON-GOING ACTIVITIES

FAMILY STUDIO SATURDAYS AT PHILBROOK
Each month, Family Studio Saturdays explores one big idea through art, making art in the studios and exploring in the galleries. Both studio and gallery activities are specially designed to engage families with children in creative thinking, idea exploration, and collaboration. Philbrook Museum of Art, 2727 S. Rockford Rd. Drop in from 12:30 - 3:30 p.m. - each Saturday (excluding the 2nd Saturday) of the month. www.philbrook.org

TULSA WINTERFEST
Skate under the skyline on the 60' x 150' frozen ice rink this season on Third Street in downtown Tulsa. Bring your own skates or rent them at the festival. The rink is open to the public daily through January 15, including New Year's Eve and New Year's Day. Spectators can watch all the action from the climate-controlled warming tent adjacent to the ice rink. Times vary. Find them on Facebook.

YOUTH SERVICES OF TULSA'S COFFEE HOUSE {FREE}
Coffee House is a place to hang out, visit with friends and enjoy being a teen. The Coffee House has Wi-Fi, so, teens can bring personal connection devices (laptops, internet phones, etc.) with you to the Coffee House while you enjoy your free coffee and cappuccino donated by QuikTrip.Youth Services Tulsa, 310 S. Madison.

TODDLER TIME AT SKY ZONE
If they can walk, they can jump! Toddler Time at Sky Zone is a special time just for the little ones, where they can explore exciting new ways to be active. For questions and pricing information, go to skyzone.com/tulsa. Address: 8306 E. 61st St., Tulsa. $10/per child (Sky Zone socks are $2/pair, but are reusable). Hours: Tuesdays & Thursdays, 9:30-11:30 a.m. Ages 5 and younger.

INSECT ADVENTURE
The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Oklahoma Cooperative Extension, 127 Noble Research Center, Stillwater. First and third Saturday of the month; 10 a.m.-2 p.m. www.insectadventure.okstate.edu

BIG THINGS ARE COMING



AND BIG THINGS ARE HERE. You don't have to go far to have a big trip. Interactive exhibits, daily animal feedings, an immersive tunnel experience where you can view the world's largest collection of bull sharks—so many big things await you at the Oklahoma Aquarium.

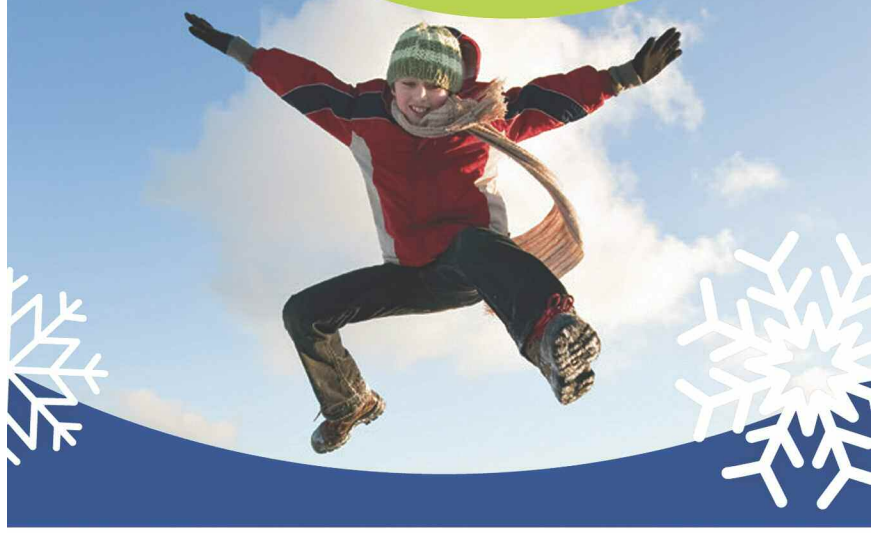
SEA TURTLE ISLAND
Spring 2017

Plan your visit at okaquarium.org.

OKLAHOMA AQUARIUM
Jenks, Oklahoma

501(c)(3) not-for-profit education and research facility

Get a JUMP on the new year



How it works:
Brain Balance is a non-medical approach combining physical and sensory exercises with academic skill training and healthy nutrition. We identify the issues, then create a plan that addresses your child's specific needs.

WE CAN HELP!

If your child has been diagnosed* with:		Our Program addresses:	
• ADHD	• PDD-NOS	• Academic Issues	• Lack of Focus
• Asperger's Syndrome	• Processing Disorders	• Social Issues	• Trouble Making Friends
• High Functioning Autism	• Dyslexia	• Behavioral Issues	• Family/Social Issues
• Learning Disabilities		• Sensory Integration	• Emotional Outbursts

6022 S. Yale Ave. • 918-488-8991 • brainbalancecenters.com

Brain Balance®
ACHIEVEMENT CENTERS
LOCALLY OWNED AND OPERATED

*Brain Balance does not diagnose medical conditions. Brain Balance is a non-medical, drug-free program for kids who struggle.



WHERE YOUR CHILD IS MORE THAN A NUMBER!

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

RHEMA Child Development Center

1025 W. Kenosha, Broken Arrow, OK 74012

RhemaChildCare.com

Call to enroll your child today!

(918) 258-0594





Hip Mom Floats Her Worries Away—Almost

BY JILL VANTREASE

Perhaps you have just littles, or you remember how exhausting having just littles is (I'm thinking two under age 2, or three under 4, or just a 2-year-old…), and you share a little fantasy I used to have: I wanted to sneak away to a hotel in the middle of the afternoon and TAKE A NAP (no, not for nefarious purposes!). Alas, I never fulfilled that decadent dream. Besides having no one to watch my littles while I snuck away, it was a bit cost prohibitive to spend hundreds of dollars on a nap.

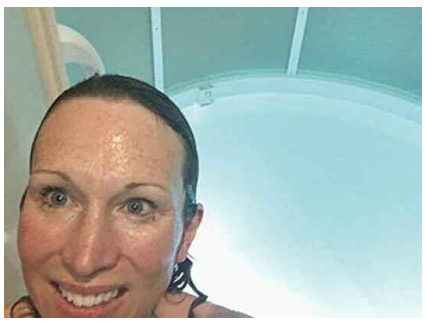
But there's a little place in the Farm Shopping Center that fills this void in my fantasy life - and it's much cheaper than a hotel. It's the H2Oasis Float Center & Tea House. What, you ask, is a float center? The Float Center has four sound- and light-proofed rooms which each house float pools. The float pools have tons (literally!) of salt so once you hop in, you can bob around like you're swimming in the Dead Sea. You lie back and….float!





FLOATATION POD.

The H2Oasis uses the same high-quality tanks as those used at the Laureate Institute for Brain Research, where Justin Feinstein, a neuropsychologist, has opened the Float Clinic and Research Center. The research center does cutting-edge research on floatation and its effects on mental and physical health right here in Tulsa. The H2Oasis has four rooms: two Floatarounds (beautiful, round pools with 8-foot ceilings), one open round pool (for those who are concerned about claustrophobia), and one Tranquility Pod. The Tranquility Pod is for those of us who don't have any issues with claustrophobia — while I don't, I'm still not gutsy enough to try it, so I choose a Floataround. And if you want to bring your significant other, H2Oasis has three pools large enough for couples floating.



Why, exactly, would one want to float rather than just take a nap at home? According to Connie Swan, an owner of the H2Oasis, "Floatation therapy is a perfectly still experience with no contact points, no movement, and no postural muscle action. When you're free from gravity, your body has a chance to rest and recover up to four times faster than regular bed rest. This reduces blood pressure and oxygen intake, and increases blood flow and distribution of red blood cells."

Floating can be beneficial to post-exercise, too. "The combined effects aid in flushing lactate, cortisone, and adrenaline that may have built up during exercise," Swan said. "Floatation therapy also helps loosen the muscles and gives athletes a

continued next page

greater degree of control over their nervous systems. This reduces the risk of injury, accelerates the recovery process, and releases vast quantities of endorphins. Endorphins, the body's natural painkiller, help relieve pain from injuries, soreness or chronic pain in the muscles and joints. The release of endorphins to kill pain is a completely natural and powerful effect, working alongside natural healing and repair processes."

Wow! Connie's research comes from a large pool (ha!) of floatation research, a lot of it done locally at the Laureate Institute. Floatation therapy can help with



THE POOL.

everything from boosting the immune system, to pain relief, increasing the production of "feel good" endorphins, alleviating stress, improving sleep – you name it, floatation seems to help.

Post-holiday relaxation, sounds like a great idea, so I book an appointment to try it out.

I leave PVT with nine kids - ours plus two friends - and screech away in the van to my relaxation. Of course I am frazzled when I get there, and I can't help but worry that PVT will have to referee some potential fights while I'm off gallivanting. I try to be calm, and am led to one of the four open pools. The attendant, Jill, instructs me to take a shower before my float, and then shows me where the "help" button and the "lights" button are in the pool. She tells me to turn off my phone so I can fully relax (but what if someone needs me?!). As I survey the lovely blue water, the mom in me wonders how the water is kept clean. But no worries: there are 1,323 pounds of medical-grade Epsom salt dissolved in each pool. The high salinity of Epsom salt kills 99.9 percent of bacteria in the water -- no living microorganisms can survive! The water is also continuously monitored; after each session, the entire volume of the solution is pumped out and filtered through a sterilization system utilizing UV light and hydrogen peroxide. The H2Oasis notes that the water in their floatation pools is hundreds of times more sanitary than a normal swimming pool or hot tub. OK, so I probably won't get leprosy or anything. By the way, I wondered if I should wear a swimsuit, but there's really no need since you're in your own locked room. Jill leaves me to shower, and then - it's just me and the pool!

I turn off my phone reluctantly (why can't I stop worrying about my perfectly competent husband and all those kids?!), and gingerly wade in. I put my neck on a neck roll, and voila, I start to float. I am not ready to turn off the lights yet (chicken), so I just comfortably float for a while. It does feel quite lovely, although how over-stimulated am I - why can't I just turn off my brain? I say same prayers and try to relax; I close my eyes and start to feel quite loose and lovely. I could float with the lights on for a while, but for you, my dear readers, I decide I have to turn off the darn lights for the full experience - journalistic integrity, of course! So I float on over and turn off the light switch.

Whoa! It's a little creepy at first. I can't see a sliver of light - nothing at all. I could be floating in space, or I could be the figment of someone's dream. But as I get used to the vast darkness, and wiggle my toes in the water to reassure myself that I am still here, I start to relax - it's hard not to, with absolutely no stimuli. This must be exactly what it feels like in the womb: just a nice comfy warm bath with nothing to do but snooze and dream. No wonder babies don't want to leave! I can



THE TEA BAR.

only imagine how great this would feel for a big pregnant mama. And then something very strange happens: my left arm and shoulder, where I tote around my 25-pound baby, start to throb in pain. It really, really hurts, and I almost punch the "help" button. But then the pain starts to subside, and I feel fine again. What was that all about?

I continue to float and bob around comfortably; I feel very close to the Divine. I occasionally wonder and worry if I'll be able to feel the light button in this absolute blackness. And I still can't shake the feeling that I need to get back to all those kids (and this makes me wonder: why do I worry so much? Why can I not cede control even for an hour? What does this say about me? Do I really believe my children are kept alive only by my proximate presence?), so I start to try to find the light button, floating around with my hand trying to trace the side of the pool. It takes me a few minutes. I start to panic, just a wee bit, and finally find it. I think I've lasted 35 minutes of the hour, but I am always proud of my old self when I try something new.

I take another shower to rinse off the salty water, and finally feel quite peaceful, like I was probably supposed to feel earlier! And what indulgence, TWO solo showers. I dress and emerge into the lobby, where I'm greeted by the receptionist. He asks about my experience, and I tell him about the brief strange, throbbing pain in my arm. He suggests it could be the magnesium content of the water penetrating my sore muscles, but then the owner Connie chimes in: "There are different levels of relaxation. Maybe you finally dipped to a level of relaxation where you were able to feel pain. You could be so over-stimulated in your life that you don't have a chance to feel how sore your arm is." WHAT? My mind is blown. Could I be so distracted by my kids, carpooling and Facebook that I don't have time to feel that my arm is going to fall off? Wow. This is simply astounding to me. I must explore this further!

The H2Oasis Center offers an introductory 3-float package which allows you to buy three more floats for just $145, which at less than $50 per float is significantly cheaper than single-float price of $70. I buy this package, and can't wait to try again. You can also become a member for $55 per month, and float once per month. What is intriguing to me? Everyone's floating experience is unique, every time; Connie doesn't like to predict how your float might go, because everyone's brain and body react differently. There are float therapy sessions for couples, too. Connie says she and her husband enjoyed a recent float session together listening to some favorite music. She said it was a great alternative to the usual rushed, loud date night - just relaxing and bonding together. I tentatively ask PVT if he'd like to try it, and as I suspect, he declines: "All that stuff is absolute hokum!" Ah, that is my favorite loveable skeptic for you.

The H2Oasis Center also offers tea and snacks for post-float relaxation, and they host many yoga classes and other workshops in their "Conscious Lounge" (check their Facebook page for upcoming classes). I sip some fancy tea, relax for just a few more minutes, and jet out of there to relieve PVT.

Next time I'm actually going to relax, dang it!

Dental Education and Wellness Classes Coming Soon

Call Today to Learn More!

onthecuspdds.com
103rd & Memorial
918.921.6939

on the cusp
PEDIATRIC DENTISTRY

Give the gift of music

We offer private music lessons for most ages in piano, voice, guitar, drums, violin & much more!



918-491-6011
81st & Harvard Ave · Tulsa
www.brookfinearts.com

Brook fine arts

MARQUETTE

A quality Catholic education for preschool through grade 8

Marquette offers a comprehensive curriculum, combining innovative teaching techniques with traditional approaches designed to teach the "whole child." Strong academics, fine arts, service opportunities and many extra-curricular activities develop successful learners and good citizens, who graduate to excel in area high schools.

MARQUETTE SCHOOL

Jan. 19, 11:30 a.m. – Kindergarten Open House
Jan. 23 and 24, by appt. – Kindergarten Screening
Jan. 21, 9:00 a.m. – Grades 1-8 Open House
Please call the school office to register
1519 S. Quincy Ave., Tulsa, OK 74120
(918) 584-4631
www.marquetteschool.org

Educating the Mind, Body and Spirit • Established 1918



Teaching your Child's Potential

Christian Montessori Academy

Providing an individualized, hands-on Montessori education in a Christian atmosphere for children ages 3-15 (PreK-8th grade). Core curriculum includes: Practical Life Skills, Sensory Exploration, Mathematics, Science, Language Arts, Geography, History, Art, Music, Sign-Language, and Spanish.

Extra-curricular activities: Bricks 4 Kidz, piano lessons, swimming lessons, art classes, home economics, and robotics.

Enrollment is open year-round.
Call today for a classroom tour
918.628.6524

Christian Montessori Academy
3702 S. 90th East Avenue
918.628.6524
www.montessorilearning.org

Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



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

Sat, Jan 14 11:00 AM
$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA
Sooner State Chapter American Theatre Organ Society
tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Get Homework Help Now!

With Tulsa City-County Library's FREE Online Homework Assistance

Powered by Brainfuse

Featuring Live Tutors

(2-11 p.m., daily CST) Get EXPERT one-to-one subject-specific help for students in grades K-12 … plus college! Spanish-speaking tutors available too!

FREE Brainfuse App

Available in App Store or Google Play

Visit www.TulsaLibrary.org/homeworkhelp and use your Tulsa City-County Library card to access Homework Help Now!

DON'T HAVE A LIBRARY CARD?
Apply online at www.TulsaLibrary.org/application and get instant access to this service and more!

Tulsa City-County LIBRARY
tulsakids
www.tulsakids.com

Immediate Openings Available

Great Adventures In Learning

Happy Campers Academy
A Creative Learning Environment
1819 East 15th Street
918-584-2779 (58-HAPPY)
HCAtulsa@gmail.com

Happy Campers at TEMPLE ISRAEL
Moe Gimp Early Learning Center
2004 East 22nd Place
918-747-3122
happycamperstempleisrael@gmail.com

• Ages 6 weeks – 5 Years • Internet Monitoring
• Child-Centered Philosophy
• Full- and Part-time Programs Available



Lake Hills Montessori



Lake Hills Montessori is committed to providing quality education for children 2-6 in a safe and loving environment. Lake Hills offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, Lake Hills Montessori also offers enrichment through Dance, Music, Art, Sports, Spanish and Yoga. Come see why children and parents love this school!

Accredited by and Full Member of the American Montessori Society

Jodie Pennington Whitman, Director
Dionne Kizziar, Director
5130 E. 101st St., Bldg.#3
918.296.9936
www.lakehillsmontessori.com

Pre-primary– 2-3 years-old
6:1 student/teacher ratio
Primary– 3-6 years-old
12:1 student/teacher ratio

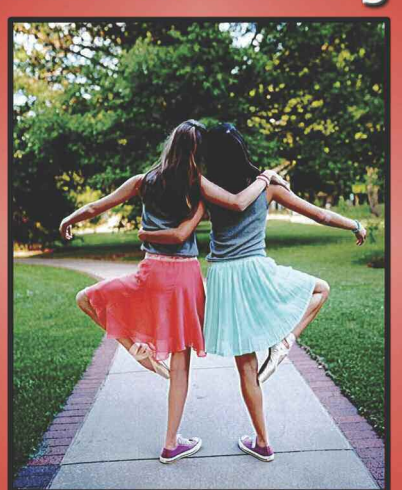
Hours: 8:30–3:00; Before & After School Care 7:30 a.m.– 5:30 p.m.

FOOTPRINTS DANCE STUDIO

CLASSICAL BALLET - POINTE - LYRICAL - TAP - JAZZ - HIP HOP
CONTEMPORARY - CREATIVE MOVEMENT AGES 3 - PRE-PROFESSIONAL

Now Enrolling!

Along the Path of Life...



...Let There Be Dancing!

(918) 845-6988
10125-B South Sheridan
www.footprintsdancestudio.com

2016 Tulsa World BEST of the WORLD FINALIST

Boston Avenue
Weekday School
ONGOING ENROLLMENT!



4 MONTHS – PRE-KINDERGARTEN
M–F, MWF, T/TH 9 AM TO 2:30 PM

1301 S. BOSTON AVENUE • (918) 699-0112
Living, Loving and Learning In God's World

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.
is a proud member
PMA
PARENTING MEDIA ASSOCIATION

Parenting Media Association is an international organization that upholds high standards of journalism and editorial excellence.

Visit parentingpublications.org for more information



BY NATALIE MIKLES

good for you, good for baby

In the first trimester of my first pregnancy, I strictly followed my doctor's orders.

I held my nose and choked down the prenatal vitamins, I drank (what seemed to me) an insane amount of water and I ate three balanced meals a day – even when all I really wanted was a Coke and saltine crackers.

In my second pregnancy, I still gagged on the prenatal vitamins and drank the water, but my diet wasn't as regimented. I became a regular at Teri's Coney Island, which while delicious isn't the epitome of nutrition.

I may have given myself a little break, but I was always aware – as all moms are – that how I treated myself was how I was treating my baby. There's nothing like growing a human to make you stop and consider your own health.

It's something Dr. Jennifer Butler, an OB/GYN at the Women's Health Group in Tulsa talks about with her patients every day.

"A healthy diet absolutely can improve pregnancy outcomes," Butler said. "Women who gain less than the recommended weight have a higher risk of decreased birth weight infants, while women who gain more than the recommended amounts have a higher risk of having large infants."



So, what is the recommended weight gain for pregnancy?

Women with a normal body mass index should gain 25-35 pounds during the pregnancy – about 1 pound a week after the first trimester, Butler said. Women who are overweight should only gain 15-25 pounds, and women who are obese should only gain 11-20 pounds, she said. Women with twins have different recommendations.

Ideally, Butler said, women should take a look at their diets and make modifications even before conception. But, if a woman is already pregnant and is used to skipping meals, limiting food, following special diets or eating a diet high in added sugars and fats, it's time to make a change, Butler said.

Even when I was eating coneys during my second pregnancy, I knew that everything I was eating, my baby was eating, too. Keeping that front of mind is helpful when deciding between a Twix bar and an apple and cheese stick.

One question Dr. Butler is asked by patients is, "Am I drinking enough water?" For most women, the answer is no.

"You need at least eight glasses of water (64 ounces) a day. Most women drink much less than this. Water is important as a woman's blood volume expands, helps with constipation, decreases feelings of dizziness and even helps with breast milk production after delivery," Butler said.

Another question Dr. Butler is often asked is about foods to avoid. She says women should ask their doctors about those foods, which often include undercooked meats and soft cheeses.

Here are some recipes that are good for moms and babies during pregnancy.

Nutrition Note: *Red meat is a good source for iron and protein.*

Stir-fry was a go-to for me once I got over the sickness of the first trimester. It's a good way to pack in protein and vegetables.

continued next page

Serve over rice or noodles. This makes four small portions.

Stir-fried Beef and Veggies

- 1 tablespoon sesame oil
- 1 medium carrot, peeled and cut into small strips
- 1 bell pepper, seeded and cut into small strips
- 10 ounces beef filet, cut into very fine strips
- 1 clove garlic, crushed
- 1 tablespoon cornstarch
- ½ cup beef stock or broth
- 2 tablespoons dark brown sugar
- 2 tablespoons soy sauce
- Few drops of Tabasco
- 1 tablespoon sesame seeds

Heat the sesame oil in a wok or sauté pan over medium-high heat. Stir fry the carrot, zucchini and pepper for 3 to 4 minutes. Add the beef and stir fry for 4 to 5 minutes. Add the garlic and stir to combine.

In a small bowl, mix the cornstarch with 1 tablespoon of water, and stir in the beef stock. Stir this into the pan with the brown sugar, soy sauce, Tabasco and sesame seeds. Bring to a simmer, and cook until slightly thickened.

Nutrition Note: *Ginger helps some people with nausea. And chicken is a good source for high-quality protein.*

Everyone has a favorite chicken noodle soup recipe. This is a good and simple one from British cookbook author Annabel Karmel.

Chicken Noodle Soup

- 2 boneless, skinless chicken breasts
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon fresh grated ginger
- 1 tablespoon honey
- 1 clove garlic, crushed
- 4 cups chicken stock
- 4 ounces egg noodles
- 1 cup frozen corn
- 3 scallions, thinly sliced

In a shallow bowl, mix together soy sauce, sesame oil, ginger, honey and garlic. Marinate chicken in mixture for 30 minutes. Remove chicken, and reserve marinade.

Bring chicken stock to a boil, then reduce heat to low and cook chicken for about 20 minutes or until cooked through. Remove the chicken, and allow to cool down slightly before shredding very fine.

Cook the noodles according to package directions.

Stir the corn, scallions and reserved marinade into the stock. Bring to a boil, then add the shredded chicken and noodles, and heat through.

Nutrition Note: *Oat bran is high in fiber, and bananas provide potassium and energy.*

This Nigella Lawson recipe will help satisfy your sweet tooth while providing a good dose of fiber.

Chocolate Banana Muffins

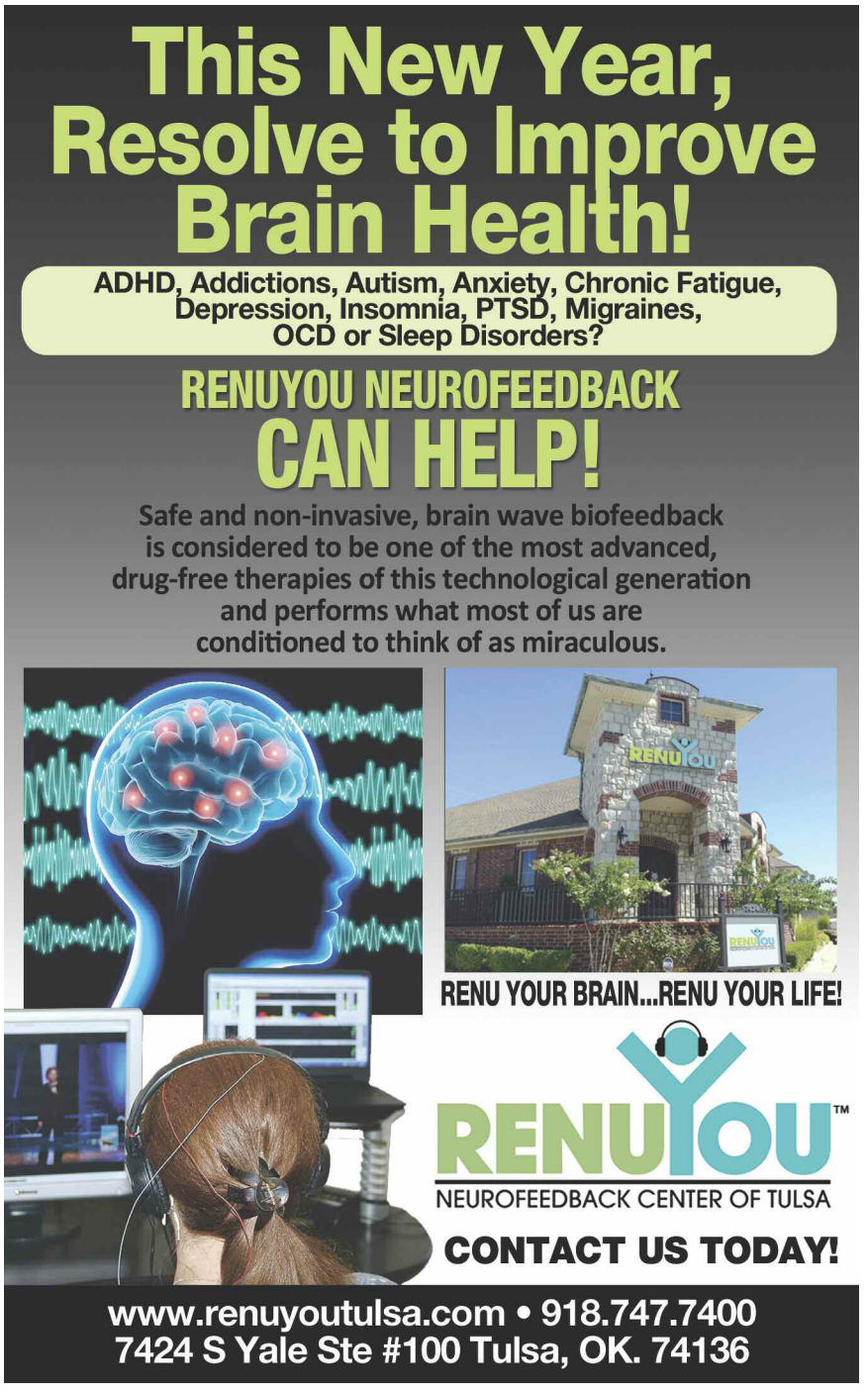
- 3 very ripe bananas
- 1/2 cup vegetable oil
- 2 eggs
- 1/2 cup light brown sugar, packed
- 1/3 cup Quaker oat bran
- 1 1/4 cups all-purpose flour
- 3 tablespoons good-quality unsweetened cocoa powder
- 1 teaspoon baking soda
- Pinch of salt

Preheat the oven to 400 degrees and line a muffin tin with paper muffin cups.

In a large bowl, mash the bananas. Whisk in the oil, then eggs and sugar. Whisk in the oat bran.

In a separate bowl, whisk together the flour, cocoa, baking soda and salt. Add this mixture to the banana mixture, and stir gently until combined. Spoon into the 12 muffin cups.

Bake for 15-20 minutes, by which time the muffins should be dark, rounded and peeking out of their cups. Let cool slightly in the pan before removing to a wire rack.





BY NANCY A. MOORE

Tuesdays Together in Tulsa

With the beginning of a New Year, many are making resolutions. If your resolution is to finally take a leap into following your creative dream, some are going to tell you it's too hard, others will say the odds of success are low; however, there is a local group of like-minded creatives who will support you. They know what it's like to own a business and the struggles and satisfaction that can be found from doing so. So, whether you are a creative who already has a business and can benefit from the collective support of others or you are taking the first step toward launching your creative dream, then the Rising Tide Society is the group for you.

As the name implies, Rising Tide Society (RTS) is a collective working together to rise up and become stronger together. This international organization has groups who meet on the second Tuesday of every month. The leader for the Tulsa area is Wendy Wygle, owner of Livi Lee's Donuts. The Tuesdays Together meetings have a monthly themed focus provided by the Rising Tide Society organization that the leader facilitates — teaching which becomes interactive as group members provide insight and valuable information on the various topics that are covered.



THE TULSA MEMBERS OF THE RISING TIDE SOCIETY USED THEIR TALENTS TO COLLABORATE ON THIS PHOTO TAKEN BY MEMBER KASEY ALCOTT, (COURTESY) KASEY ALCOTT PHOTOGRAPHY.

In order to gain a little insight into this local group, the leader, Wendy Wygle, and another group member, Hayley Bigham, graphic designer and owner of HB Designs, shared their thoughts.

Q: What is RTS?
Bigham: The Rising Tide Society is a community of creatives — from photographers, to designers, to shop owners — all who have one goal in mind, to better our industry and create community over competition.

Q: What do you like about RTS??
Wygle: When I first started my creative journey, I kept getting told over and over, this industry is so competitive, it will never be about community and togetherness (even experiencing a personal fallout that changed relationships completely). I thought to myself, they might be right, but that's not me or my heart! So, I kept creating. I kept sharing. I kept loving. And then I discovered RTS! Their message was like it was straight from my heart. I took a huge leap and applied to be the Tulsa leader. Not only did they accept me, but they put me on the path to some truly incredible people!
Bigham: In the creative world, it can be a very competitive and ugly place. It's people's livelihoods at stake and each person is working day and night to build their business, reach people, and be successful. The Rising Tide Society took it a different way. What if instead of competing and putting each other down, we started building one another up? What would happen? I think they've proven that when you create a community and a group of creatives that encourage, support and build you up, the possibilities for success are limitless. You no longer feel alone in your struggles or in your celebrations. You feel a part of something bigger than yourself and your business.

Q: What do you enjoy about meeting Tuesdays Together?
Wygle: My group continually in-

continued next page

spires me, encourages me and supports me. They are such talented individuals who help make our community whole and have helped me find that #communityovercompetition does exist, if you search for it and you want it bad enough! I'm forever grateful for my Tuesdays Together Tulsa group, as well as the entire RTS.

Bigham: When I went to my first ever Tuesdays Together meeting, I was completely new to Rising Tide Society and to my blog and to the idea that there were people who would meet together and talk openly about struggles and accomplishments. I went to the first meeting and was greeted so warmly and was given space and confidence to be a part of the discussion and to laugh and joke and be myself. I left that meeting with new friends in the creative industry, with a confidence I hadn't felt in a long time, and with enough energy to conquer anything that came at me. I am constantly amazed by our Tulsa Tuesdays Together group! By each person's creativity, dreams, goals, projects and ideas!

Q: Have you collaborated with the other local RTS members?

Bigham: For a month in the summer, The Rising Tide Society encouraged each Tuesdays Together group to put on a styled shoot and submit images to be highlighted on the RTS blog. 'Better Together' was a woodsy gathering collaboration put on by the Tulsa Tuesdays Together group. It was a backyard gathering highlighting each creatives talents. We brought together a group of models including an engaged couple and a family to shoot while sitting at the pallet table, enjoying the donuts from Livi Lee's and snow cones from Sandlot Sno-balls. Our hair and makeup stylists styled each person and worked their magic, while our florist put together a beautiful bouquet for the centerpiece. Our graphic designer created the invitation and menu, and our many stylists created the table setting and scene. Then our photographers clicked away, posing the different groups.

For more information about **Rising Tide Society, visit www.risingtidesociety.com** or if you are interested in visiting a Tuesdays Together meeting, check out Facebook for: TuesdaysTogether-Tulsa, Oklahoma.







VICTORY CHRISTIAN

Preparing for Greatness



ENROLLING NOW

918.491.7720 | WWW.VCSTULSA.ORG | 7700 S. LEWIS AVE. TULSA, OK

FOLLOW US ON TWITTER @VCSOFFICIAL, INSTAGRAM @VCSTULSA AND LIKE US ON FACEBOOK.COM/VCSTULSA

Special Advertising Section

2017 EDUCATION & ENRICHMENT GUIDE

www.tulsakids.com

AUGUSTINE CHRISTIAN ACADEMY

Contact: John Ahrens
6310 E. 30th St.
Tulsa, OK
918.832.4600
www.acatulsa.org
Augustine Christian Academy is a Christian, classical, inter-denominational, college preparatory school for grades K4–12. We are dedicated to equipping leaders who transform their communities through a Christian worldview. Our goal is to shape students to serve God and man, and who will strive to make an impact for Christ on the culture. Augustine Christian Academy uses a classical model that integrates every subject with the Biblical truths of the Christian faith. Part-time options available for 6th-12th grade.

AVANT GARDE PRESCHOOL AND EARLY LEARNING CENTERS

Contact: Amber Crisp-McCann
4103 S. Detroit Ave.
Tulsa, OK
918.743.0975
www.avantgardeschools.com
At Avant Garde Preschool and Early Learning Centers, we are committed to providing the highest quality of care and early childhood education for infants through school-age children in a unique learning environment. Unplugged from the distractions of technology, we bring children back to the basics as we immerse them in hands-on and open-ended learning activities. Children will grow and develop new skills each day through building, creating and discovering; balanced with time spent outdoors. Coming this spring a second location at 7607 S. Sheridan Road.

BENCHMARK IN-HOME TUTORING

Serving the Greater Tulsa Area
Tulsa, OK
918.850.5363
www.benchmarktutors.com
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.

BOSTON AVENUE WEEKDAY SCHOOL

Contact: Patty Banes
1301 S. Boston
Tulsa, OK
918.699.0112
www.bostonavenue.org
For over 50 years the Boston Avenue Weekday School has nurtured children spiritually, emotionally, socially, creatively, intellectually and physically while offering a warm, accepting Christian environment. Our weekly theme-based curriculum supports teachers in their center-arranged classrooms with a small teacher to student ratio. Each child receives ample one to one attention. Activities include community visitors, field trips, chapel, music, sports skills, yoga, sign language and Spanish vocabulary. Our summer program for infants through 3rd grade begins June 1st with a different theme each month. Call for information and a tour today! Although we enroll all year, we enroll for the next school year in March. Be sure to call early; our placements are limited. Serving ages 4 months through Pre-K. Oklahoma DHS Licensed.

BRAIN BALANCE ACHIEVEMENT CENTER

Contact: Meghan Tappan
6022 S. Yale Ave.
Tulsa, OK
918.488.8991
www.brainbalancecenters.com
Brain Balance of Tulsa offers a comprehensive, drug-free program that helps kids overcome their behavioral and learning difficulties enabling them to reach their social and academic potential. If your child suffers with behavioral issues, ADHD or a learning disability then you've experienced their painful frustration and lack of confidence both academically and socially. At Brain Balance Achievement Centers, we can help your child achieve success behaviorally, socially, and academically. We are specialized achievement centers that utilize a drug-free, whole-child approach to address the underlying issues in many of the behavioral, developmental and learning disorders that plague so many children today. Call us today to schedule your free consultation!

CASCIA HALL PREPARATORY SCHOOL

Contact: Mr. Roger Carter, Headmaster
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.org
Cascia Hall Preparatory School is a Catholic, Augustinian School for students of all faiths in grades 6 – 12. Students are prepared for college and for life in a supportive, Christian community with a well-rounded and challenging program of academics, extra-curricular activities, and community service. With an enrollment of less than 525, students are related to as individuals resulting in stronger motivation and achievement. One-hundred percent of Cascia Hall seniors matriculate to college following graduation.

CHRIST UNITED METHODIST EARLY LEARNING CENTER

Contact: Laurie Pearn
3515 S. Harvard
Tulsa, OK
918.743.7673
www.cumctulsa.com
Our program is a Monday, Wednesday, Friday pre-school program. Hours are 9:30 to 2:30. There are several options as to how many days and the times children can attend. In the afternoons, we offer enrichment classes in gymnastics, music and "Bible Buddies." Our staff members are chosen for their early childhood experience and training as well as sensitivity to the individual needs of each child. We use a hands-on approach so children learn by doing. Classes are arranged in learning centers and areas of interest where the daily theme is carried out throughout the room. Parent participation is encouraged.

CHRISTIAN MONTESSORI ACADEMY

Contact: Ami Chapman or Mollie Heaberlin
3702 S. 90th East Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org
Cookie-cutter molds don't fit everyone, nor do traditional classrooms. For 20 years, Christian Montessori Academy has offered metro Tulsa students innovative, progressive, and individualized opportunities using the Montessori Method of instruction in a non-denominational setting. For over 100 years, Montessori education has been a proven method for excellence in education. CMA students have a strong sense of citizenship, community involvement, and values. Students are encouraged to excel to their full potential in a non-stressful manner. Our advanced core curriculum available for ages 3-15 (preschool through 8th grade) includes: Mathematics, Language, Science, Geography, History, Life Skills, Sensorial Development, Spanish, Art, and Music. Extra-curricular activities include: art, piano, swimming, computer, and home economics. Summer camp is also available to students in the community. If you feel your child would benefit from a non-traditional setting, please give us a call. Tours are given Monday through Thursday, 918.628.6524 or www.montessorilearning.org.

HAPPY CAMPERS ACADEMY

1819 E. 15th St.
Tulsa, OK
918.584.2779
hcatulsa@gmail.com
www.happycampersacademy.com
7:30 a.m.-5:30 p.m.
Happy Campers at Temple Israel
2004 E. 22nd Pl.
Tulsa, OK
918.747.3122
Israel@gmail.com
7 a.m. – 6 p.m.
Ages: 6 weeks through Pre-K
Enrollment: year round enrollment as space allows
Happy Campers Academy offers Tulsa and surrounding communities quality child care while families are at work. We accept children ages 6 weeks to five years of age, and provide parents an opportunity to view their children in the early learning center through a closed circuit internet connection. At both of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment. Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing–all while having fun and expressing themselves creatively. We start the foundation for learning when our students are infants–bonding and connecting. When they become toddlers, the focus is self-help and self-recognition and then during the twos, we build upon independence

continued

and language skills. The three-year-olds start making cognitive connections and experience the beginnings of social skills. Finally, in PreK, students start connecting all the tools from every stage to form a strong foundation for early reading preparation to build confidence for kindergarten.
Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.

HOLLAND HALL

Contact: J.P. Culley, Head of School
5666 E. 81st St.
Tulsa, OK
918.481.1111
www.hollandhall.org
Holland Hall is an independent, coeducational, college-preparatory, Episcopal day school recognized as a community that educates, nurtures, and empowers the individual student for lifelong learning. With an outstanding faculty, an innovative curriculum, unparalleled facilities on a 165-acre campus, and a student-to-faculty ratio of 9:1, Holland Hall ensures educational excellence and a very personal education. Holland Hall is acknowledged for superior college preparation by the Oklahoma State Regents for Higher Education and accredited by the Independent Schools Association of the Southwest (ISAS).

KIDS IN MOTION ACADEMY

Contact: Priscilla Godi
1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
www.kidsinmotionacademy.com
"Kids in Motion Academy" is preparing students to be competitive in the 21st century, serving students ages 2 through 3rd grade. Each grade has regular and accelerated options. High levels of student activity exist throughout our curriculum. We feature hands-on centers, music in every area, computers, Spanish, Bible, character building, Montessori-style math, and sports all integrated into a nurturing environment making "Kids in Motion Academy" truly one of a kind. Our facility has a 20,000 square-foot kids' gym with state-of-the-art climbing and jumping equipment, giving your child a fun-filled, highly active learning experience. Either P.E. or Gymnastics is included every day by USAG certified instructors.
Our philosophy is to develop faith, character, and confidence in our students as they learn to embrace a healthy lifestyle in academics and sports. For more details see our website at
www.kidsinmotionacademy.com.

KUMON

Multiple Locations
Tulsa, OK
www.kumon.com
Four locations:
1876 Utica Square

(Utica Square, Tulsa) 918.292.8417
9168 S. Yale
(91st & Yale, Tulsa) 918.523.6284
8228 E. 61st
(61st & Memorial, Tulsa) 918.254.5437
2017 West Houston
(81st & 145th E. Ave., BA) 918.251.5384
www.kumon.com
Ages: 3 and up
For more than 55 years, Kumon's after-school academic enrichment program has helped children achieve success worldwide. We strive to instill in children the desire to achieve and the motivation to learn on their own. Whether your child is seeking enrichment, needs help catching up or is just beginning his or her academic career, Kumon is
designed to help him or her develop a love of learning. Students advance through the program at their own pace. Our emphasis on individualized learning helps your child become focused, motivated and self-reliant. We monitor each child's progress to ensure
comprehension before moving on to a new concept. With a strong academic foundation, critical thinking and problem-solving abilities, your child has the potential to achieve whatever he or she desires. Call today to schedule your free placement test.

LAKE HILLS MONTESSORI

5130 E. 101st St., Building #3
Tulsa, OK
918.296.9936
www.lakehillsmontessori.com
Lake Hills Montessori is committed to providing quality care for children ages 2-6 years in a safe, loving, and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning. LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers healthy lunches, dance classes, Spanish, soccer, music and yoga. Serving grades Pre-K & Kindergarten, ages 2-6 years. Accredited by the American Montessori Society.

MARQUETTE SCHOOL

Contact: Tracey Robinson, Assistant/Interim Principal
1519 S. Quincy
Tulsa, OK 74120
918.584.4631
www.marquetteschool.org
Since its founding in 1918 as Sacred Heart School under the direction of the Ursuline Sisters, Marquette has a long tradition of academic excellence. That tradition continues today as we educate our children for the world of tomorrow. Combined with outstanding academics, Marquette students receive an education that nurtures their spirit and heart. Participating in weekly Masses as well as mission projects in and out of school, our children develop empathy and compassion for the less fortunate. These experiences will enable them as future leaders to govern not only with their minds but also with a conscience. As a service to the Parish of Christ the King, Marquette Catholic School teaches Catholic values and offers a comprehensive curriculum to preschool, elementary, and middle school students in an atmosphere that promotes the growth of each child's mind, body and spirit.

METRO CHRISTIAN ACADEMY

Contact: Jana Annett, Admissions Director
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868
www.metroca.com
Since 1983, Metro Christian Academy has established itself as a true, college preparatory educational institution with demonstrated academic results, innovative approaches to learning, and an authentic community of staff, students, and parents. While at Metro Christian Academy, students receive continuity in instruction through integrated standards from preschool through twelfth grade. Metro Christian is a unit school where teachers collaborate and work together to provide an integrated curriculum for all learning levels. The faculty is comprised of certified teachers who are passionate about their areas of study and care deeply about developing and empowering students. Metro Christian Academy is committed to developing the whole person. The culture inspires students to focus on academic and intellectual development, spiritual growth, and community building through the common pursuit of excellence, both in the classroom and while participating in activities including leadership, fine arts, and athletics.

MISS HELEN'S PRIVATE SCHOOL

Contact: Jayme Wingo-Martin
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Miss Helen's Private School is a family-owned, family-focused business celebrating 63 years. Teachers are college degreed, caring and dedicated. All pre-kindergarten classes offer music, Spanish, art, stories & science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels. In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects, as well as, health, nutrition and fitness. After-school activities include computer tutorial, swimming and music. Serving ages 3 years through 5th grade.

MINGO VALLEY CHRISTIAN SCHOOL

Contact: Lisa Padgett, Admissions
8720 E. 61st St.
Tulsa, OK
918.294.0404
www.mingovalley.org
Mingo Valley Christian School, now in our 40th year, is a college preparatory, non-denominational, private school, serving students in grades PK-12, through personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. We know our students are tomorrow's leaders, and our school culture is infused with opportunities for leadership, mentoring, and service to the Tulsa community. Learning happens best in the context of relationships, so our teachers engage personally with each student to encourage academic success. We offer honors and AP courses, NHS/NJHS, concurrent college enrollment, art, computer, music, and foreign language, with technology utilized throughout all academic disciplines. Our highly regarded theatre program attracts arts patrons from across the Tulsa community. Our athletic programs include football, volleyball, basketball, soccer, cross country/track and cheerleading. For more information or to schedule a tour or shadowing, please call or visit our website, or visit us at our two open houses in the spring of 2017: January 31 (9 am-1 pm) and March 28 (9 am-1 pm). Office hours: 7:45 a.m.-3:45 p.m. Accreditation: State of Oklahoma (OPSAC); AdvancED; Association of Christian Schools International (ACSI)

MIZEL JEWISH COMMUNITY DAY SCHOOL

Contact: Lillian Hellman
2021 E. 71st St.
Tulsa, OK
918.494.0953
www.mizelschool.org
Founded in 1975, and located on the beautiful Zarrow Campus, Mizel Jewish Community Day School provides hands-on learning for students of all faiths in preschool through fifth grade. Our highly experienced, talented staff provides a nurturing environment with small class sizes, individualized instruction and innovative General and Judaic Studies. Hebrew is taught as a modern, living language and our strong Character and Values Education Program complements our overall curriculum. Specialists conduct classes in Fine Arts, Music, Physical Education and the Computer Learning Lab with Smart Boards and iPads. Educational field trips, student-to-student mentoring, an enriched after-school program, and multi-age interaction round out our program. Mizel students also have the unique opportunity to experience multigenerational activities with the Tulsa Jewish Retirement and Health Center. Art appreciation classes are conducted at the Sherwin

continued next page

Miller Museum of Jewish Art and students participate in planting and harvesting at the Community Garden, all located on our unique campus.

MONTE CASSINO

Contact: Kevin Smith, Headmaster
2206 S. Lewis Ave.
Tulsa, OK
918.746.4238
www.montecassino.org

Founded in 1926, Monte Cassino is a traditional Catholic school that focuses its efforts on outstanding instruction of reading, writing, math and the sciences. As a school, Monte Cassino classes rank at the 97th percentile or above when compared to all schools, public or private, across the United States. Our programs serve students from three years of age to eighth grade and encourage social and moral development within a strong community. In addition to the academic, community and social connections that Monte Cassino students develop, a myriad of opportunities exist for foreign language instruction, fine arts, innovative and applied sciences, athletics and individualized approaches for gifted and talented learners.

REGENT PREPARATORY SCHOOL OF OKLAHOMA

Contact: Andrew Shapleigh
8621 S. Memorial Dr.
Tulsa, OK
918.663.1002
www.rpsok.org

Regent's mission is "to provide academically able students with a challenging education designed to help them know, love, and practice that which is true, good, and beautiful and to prepare them to live purposefully and intelligently in the service of God and man." Regent uses the classical model to immerse students in a Christian worldview. Students will appreciate the cultural impact of Western civilization, studying ancient history, languages, and culture in light of Christianity. Regent's classical approach maximizes learning throughout each student's academic growth. It is designed to provide each of them with the tools of learning that will make them successful, life-long learners. Students are taught to seek Truth in all matters, to appreciate the Tradition that has shaped who we are today, and to Train their minds and hearts as they follow Christ throughout their lives. Distinctive aspects of Regent include: Latin in Grade 4 and up; 13:1 student/teacher ratio; strong family environment, classical art studies and reproductions, accelerated mathematics, logic instruction, rhetoric skills development, and classic literature studies. Also offered: athletics, theatre, band, and other extra-curricular activities.

REJOICE CHRISTIAN SCHOOLS

Contact: Heather Koerner
13407 E. 106th Street North
Owasso, OK
918.516.0048
www.rejoiceschool.com

Accreditation: Association of Christian Schools International (ACSI)
The right school will change a child's future. At Rejoice Christian Schools (RCS), our experienced faculty provides for your child's best future through Christian nurturing, educational challenges, and small class sizes. Year after year, RCS continues to rank as one of the top academic schools in the country with a student-to-faculty ratio of 14:1. Our God-given ministry is to lead young people to know Christ and train them in Biblical principles, Christian character, language and traditional subject matter. RCS offers a complete curriculum from Pre3 - 12th grade, including college preparatory, AP, and honors classes, a vibrant arts program and a dynamic sports program.
At Rejoice Christian Schools, our experienced faculty provides for your child's best future through Christian nurturing and educational challenges. The God-given ministry of Christian schools is to lead young people to know Christ and train them in Biblical principles, Christian character, language, and traditional subject matter. Rejoice offers a complete curriculum from Pre3 to 12th grade, including college preparatory training, AP classes, and honors classes. Rejoice also offers a dual credit associate's degree program.
About Us: Rejoice Christian Schools exist for the purpose of partnering with parents in training students in Bible-based Christian principles and in the establishment of a high quality academic foundation. It is our Vision to be a Christian school that provides students with excellence in education and strength in character so that students will be spiritually, intellectually, physically, and socially equipped to impact their community and the world for Christ.

RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kacey Davenport
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org

Riverfield provides a student-centered approach to education to students 8 weeks through 12th Grade with an innovative program of authentic, experiential learning in which individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and flexible scheduling offer Middle and Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms and athletic fields. Accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC) and Oklahoma Private School Accreditation Commission (OPSAC).

ST. PIUS X SCHOOL

Contact: Lisa Bell, principal
1717 S. 75 E. Ave.
Tulsa, OK
918.627.5367
www.spxtulsa.org

Since 1957, St. Pius X School has been educating leaders of tomorrow by focusing on academic success, personal responsibility, spiritual growth and character development. Conveniently located in midtown Tulsa, St. Pius X campus offers new state-of-the-art early childhood, elementary and middle school buildings with two FEMA-approved storm shelters. Students learn computer technology, music, art and foreign language as part of our curriculum in classrooms with an average 19:1 student/teacher ratio. We offer 16 extracurricular activities including traditional team sports, Scouting, Robotics, Math Counts, Academic Bowl, Journalism Club, Service Club and fine arts clubs. St. Pius X alumni are regularly named National Merit Semifinalists—one of the reasons we're recognized as a Blue Ribbon School. At the same time, St. Pius X School employs tutors on staff to help students with special needs. Our diverse student population represents 37 Tulsa-area zip codes with 28% of our students speaking a second language at home. Come see why St. Pius X could be the perfect school and church community for your family.

TULSA ZOO

6421 E. 36th St. North
Tulsa, OK
918-669-6600
www.tulsazoo.org

Let the Tulsa Zoo inspire your young animal enthusiasts. The zoo offers year-round educational experiences for individuals, schools, groups, and entire families — from kids to grandparents. For individuals, check out our seasonal camps and classes. Our school and outreach programs offer unique ways for you to explore the zoo or bring the zoo to you. Spend the night at the zoo — look for scheduled Snooz-a-pa-Zoo-za family events or schedule your own L.U.N.A. group outing. Each day brings new opportunities to learn about our animals through chats and demonstrations led by staff and volunteer docents, and about the wonders found in nature through our COX Nature Exchange. Visit tulsazoo.org to learn more about educational opportunities at the Tulsa Zoo, the region's largest daily attraction. Tulsa Zoo: Inspiring passion for wildlife in every guest, every day.

VICTORY CHRISTIAN SCHOOL

Contact: Darrell Smith, Superintendent
7700 S. Lewis Ave.
Tulsa, OK
918.491.7720
www.vcstulsa.org

Our pursuit of academic and spiritual excellence integrates a rigorous college preparatory curriculum with a distinctive biblical worldview program designed to prepare each student for his or her God-ordained purpose. Beyond the core foundational programs, VCS offers outstanding instruction and leadership in the award-winning and state- recognized performing and visual arts. VCS also offers a competitive athletic program that has amassed numerous conference, regional and state championships by competing with a contagious passion to honor Christ on and off the field.
VCS is setting the bar in developing champions for Christ. Our focus is to help train and teach students to be prepared for greatness as they rise to reach their full potential.
Contact our Admissions Office at 918.481.7720 for more information or to set up a tour.
It's a good day to be a Conqueror.

UNDERCROFT MONTESSORI SCHOOL

Contact: Nancy Davis
3745 South Hudson
Tulsa, OK
918.622.2890
undercroft.org

With a 50-year history in Tulsa, Undercroft Montessori school is the first Montessori school in Oklahoma accredited through the American Montessori Society and AdvancEd. Undercroft provides an authentic Montessori education, which is uniquely effective for children from age 3 through 8th grade. Undercroft students are diverse in interest, personality and learning style. Our approach supports development of individual capacities and our students are well prepared for high school with academic skills as well as life skills. Instruction is individualized as children take a more active role in their own learning and our graduates thrive in a variety of both public and private high schools. Most importantly, our students love to learn. Call for a tour at 918.622.2890 or visit www.undercroft.org for more information.

UNIVERSITY SCHOOL

Contact: Debra Price
326 S. College Ave.
Tulsa, OK 74104
918.631.5060
utulsa.edu/uschool

University School strives to provide a challenging, yet nurturing environment for gifted students ages 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all ages. Located on The University of Tulsa campus, our beautiful facility provides a unique setting and resources that few schools can match. University School students benefit from a rich variety of learning opportunities and interactions with college professors and students as they endeavor to maximize their potential, develop creativity, and become responsible citizens.

10 ways to celebrate New Year's Eve with the kids

New Year's Eve can be a family celebration. Try one (or a few) of these ideas with your kids.

1. Get out the fancy glasses (or plasticware). Get a variety of juices (orange, cranberry, grape) and some fizzy water, cider or soda and let kids create their own mocktails. Have a contest to come up with the most delicious drink and most inventive name.

2. Winterfest in downtown Tulsa is still going strong. Why not take the family ice skating?

3. Let the kids choose the songs and have a dance party. Or have each kid choose a song and come up with a dance to perform for the rest of the family.

4. Write resolutions together. Talk to kids about your resolutions and why you picked them, and then help kids come up with some of their own. Write them down and post them, or put them in a time capsule to open next New Year's Eve to see who kept their resolutions. You might even break a big resolution into smaller steps with one-month increments.

5. If you're having friends or family over, let the kids make a photo booth. Get a big roll of craft paper (white or a color) and let the kids decorate it with designs or a scene. Find some silly hats, glasses and other props and let everyone take pictures in the photo booth. There are also photobooth apps you can download.

6. Make activity balloons. Write down any activity on a slip of paper (like "play Old Maid" or "Draw a picture of mom") and put slips into balloons. Pop one an hour until midnight and do the activity in the balloon.

7. Have each child pick a favorite book and, if he or she can read, read it to the family, or have mom or dad read it.

8. Have a cozy movie night with hot cocoa, lots of blankets and pillows and popcorn.

9. Gather supplies to make a family scrapbook showing the past year.

10. Get noisemakers and supplies for kids to make crazy hats. At midnight, let them go outside to bang pots, make noise and celebrate the new year.



PHOTO CREDIT: LESLIE HOYT



WE'RE EXPECTING!

The 2017-18 TulsaKids Baby Guide will hit the stands in March 2017!

The TulsaKids Baby Guide is an annual resource for expectant and new parents. As a local guide, the magazine provides pregnant mothers and parents of infants up to one year current information on health, safety, nutrition, prenatal and infant development, new products and more.

Expectant and new parents have a world of worries, joys and questions – the TulsaKids Baby Guide is a friendly voice, packed with advice and information, that new parents will refer to throughout their pregnancy and the first year of their baby's life. The Baby Guide is distributed through OB/GYN offices, hospitals, infant and children's retailers and bookstores.

To celebrate the release of our annual Baby Guide we will shower one lucky expectant family with an array of new baby wants and needs. All that you have to do is visit participating businesses, fill out a short form and place it in the TulsaKids Baby Shower gift bag. You may enter one time at each participating location.
Find out more information at www.tulsakids.com/contests.

Entry Dates: February 1 - February 28, 2017

ADVERTISERS: DON'T MISS OUT!

Don't miss out on being a part of this much sought-after resource for new and expectant parents throughout the Tulsa metro area. Call your advertising representative today!



Caroline Shaw 918.720.7293 • Kathy Thompson 918.407.5801 • Cathy Wilkie 918.688.6351

LET'S PARTY!



The Newest Most Fun Party Rooms in Tulsa!

Book your next party or get together at Sweeties.

Call 918-392-1777 or visit us at SweetiesPopStop.com

Come See Us at Tulsa Hills
7390 S. Olympia Ave.
(Next to Smash Burgers)

SSB KiDS! TULSA'S GREATEST PARTY

tulsakids family favorites WINNER 2016



Tumbling/Trampoline/Gymnastics
Kids In Motion Academy
918-258-KIDS
1700 N. Redbud Pl. • Broken Arrow
www.ssbkids.com

Purple Glaze Studio
Walk-in, Do-it-yourself Pottery Painting and Mosaic Making Studio

TulsaKids family favorite Winner Art Studio /Classes



Great for Birthday Parties and Field Trips

Brookside
33rd & Peoria
592-6900

91st & Sheridan
6528 E. 91st
491-6900

JOIN THE TULSAKIDS PARTY PAGE

CALL 918-582-8504

This Spot is Open

DISCOVER YOUR BEST BIRTHDAY EVER!



Reserve your child's special day today with a Discovery Lab birthday or private museum rental.

Call 918-295-8144 x5525.

discovery LAB

560 N. Maybelle Ave. // *tulsachildrensmuseum.org*

Purple Glaze – Perfect for Parties or Individual Art

For 20 years Purple Glaze has served all of Tulsa's pottery painting and mosaic making needs. With two locations in Tulsa, Purple Glaze Studio offers a totally unique birthday party experience for all ages. Bring your cake, ice cream, and gifts and have your next birthday celebration at one ofthe Purple Glazes. It will be the quietest party you have ever attended and, best of all, you get to make your mess at their studio and leave it for their staff to clean up!

The Purple Glazes are the area's only paint-your-own-pottery and mosaic-making studios. Each guest typically gets to choose a pottery shape to paint or a mosaic project to create. The Purple Glaze artists work closely with your party to get those creative juices flowing. Every guest will have a cool, personalized party favor to remember the occasion.

"The most popular pottery shapes for kids' birthdays are the hundreds of animal figurines to choose from," said Jeff Stunkard, co-owner of Purple Glaze.

Frames, plates, cups, boxes, and vases are among the other popular items to decorate. The birthday party fee is $25 and includes invitations and a big balloon for the guest of honor. There are several packages to choose from, and the additional cost is broken down for each guest. The most common packages range from $6-$10 per guest and include all the materials and instruction needed to make everybody look and feel like Picasso. You don't have to wait for your next party to visit the Purple Glaze. Drop in any time – no appointment necessary.

Locations: 91st & Sheridan, 491-6900; 33rd & Peoria in Brookside, 592-6900.



Bounce U
Where Birthdays Come to Life!®

- Private Bounce Stadiums
- Private Party Rooms
- Giant Indoor Inflatables
- Easy to do!
- Dedicated Party Pros
- We Clean Up!

(918) 249-0090
BounceU.com/tulsa

FUN BUS
FITNESS FUN ON WHEELS

Fun Bus will pull up right in front of your house or facility.

- Birthday Parties
- Ages 2 through 7
- Climate-Controlled Bus

918-286-2800
funbustulsa@funbuses.com
www.funbuses.com/oklahoma

$25 OFF
ANY PARTY PACKAGE
When you mention this ad. Expires 3/31/2017

Miller swim school
YEAR ROUND PROGRAM · 2 HEATED POOLS
Parties, Swim Team, Water Fitness, Diaper Dolphins, Swim Lessons for Ages 6 months-Adults
6415 S MINGO RD. · 918-254-1988
www.millerswimschool.com

JOIN THE TULSAKIDS PARTY PAGE

CALL 918-582-8504

This Spot is Open

I'M A TULSA KID

BY SHEEBA ATIQI

PHOTO CREDIT: OH SNAP! PHOTOGRAPHY



Remmi Smith: Teen Chef

In the day and age of social media, Remmi Smith, a 16-year-old junior at Bishop Kelley High School, had a dream and a whole lot of determination. It was a perfect storm of grit and technology that led her to become a young entrepreneur and a reality TV star. Remmi has launched her own Italian dressing line, YouTube channel, has become a teen mentor and was featured on Food Network's *Chopped*. There is not much young Remmi hasn't done or is afraid to do.

Q: How did you start cooking?
Remmi: I began in the kitchen at just 4-years old by helping my mom wash fruits and vegetables and mix things like salads. Soon, I became more interested in cooking, and my mom taught me basic techniques such as sautéing, roasting, baking and boiling! I was finally able to make a full meal by the time I was 7.

Q: How did you start "Cook Time with Remmi," your online show?
Remmi: Cook Time with Remmi actually came out of an idea by my older brother. He suggested that we do online cooking videos because it would be fun.

Q: How did you start "The Culinary Kid?" Where can I view it?
Remmi: I started "The Culinary Kid" series after "Cook Time with Remmi" because we partnered with Oklahoma State University's Institute of Technology since they had heard about us. We were also able to partner with Metro Appliances and More for a kitchen and Whole Foods Market for food. So, in "The Culinary Kid," I learned new cooking techniques from chefs around town following the curriculum of the Culinary Arts program. Then, I made a meal for that chef using the technique they taught me and served it to them. Finally, they gave me an honorary pass or fail.

Q: You also have launched a business. Tell us about the Chef Club Box?
Remmi: Chef Club Box is a subscription snack box that solves the problem of finding healthy snack options for busy parents. Each month the box comes with yummy and healthy snacks that are all kid-approved. The box isn't just food, though. CHEF is an acronym, meaning Cook Healthy, Exercise Frequently. To promote this message, we include a food holiday calendar, activity booklet with fun food facts, recipe cards and exercise tips, and an item that either promotes cooking or exercising.

Q: How does it feel to be a teen mentor for thrive15.com?
Remmi: Being a mentor for Thrive15 is an extremely gratifying job. It means that I am able to share my own experiences and pass them on to entrepreneurs who may be going through the same thing. Also Thrive15 is great because there's a plethora of useful information all in one place.

Q: You were named Top 20 to watch by the Foundation for Advancing Alcohol Responsibility, what does that mean to you?
Remmi: It means that I am a role model for a healthier lifestyle, which I'm really grateful for. I love to work with other organizations that are also trying to end childhood obesity or end childhood hunger or overall improve the health of another person.

Q: I hear you have your own Italian Dressing line! Where can I find this?
Remmi: Currently, it's sold at Whole Foods Market and Reasor's.

Q: You now have a cookbook. What inspired you?
Remmi: I actually received the opportunity for my cookbook at the National Restaurant Association while doing a demonstration for Sodexo (one of the duties as the Student Ambassador for Health and Wellness). The publishing company came up to me and asked if I wanted to do a cookbook, so the opportunity fell into my lap! The cookbook came out of the idea to learn about new countries and their foods. I, personally, didn't really look much into this until the cookbook, and now I think it'd be awesome for other kids or teens to learn as well.

Q: You were on Food Network's Chopped. How was that experience? How did it feel to get picked for the TV show? What is something you learned during the experience?
Remmi: Chopped was surreal. It's actually pretty hard to put all of the excitement and anticipation and fears that I felt into words. Getting picked for the show was like one of those moments where you can't believe it's happening until you've digested it for 24 hours and then it sinks in. During Chopped, I think the greatest lesson was to go with my instinct and just start doing. That's the quickest and best way to learn.

Q: Who inspires you?
Remmi: I am privileged to be inspired by so many people who surround me. I think the food celebrity I'm most inspired by is Bobby Flay. He is just so talented and intuitive and I want to get to his level in the kitchen. Day-to-day, I'm inspired by my mom. She has been by my side since day one and continues to show me how hard work and dedication pays off.

Q; What inspires your cooking?
Remmi: My cooking is most inspired by healthy foods and by fun. I always try to make a dish nutritious while still tasting delicious. I also love to have fun in the kitchen, so a lot of dishes come out of whatever's in my fridge!

Q: What advice do you have for other young chefs?
Remmi: Experimentation is key. You really never know until you try. Also, don't forget that cooking is an art and so whatever you put on your plate is your masterpiece.

Q: What advice do you have for other young entrepreneurs?
Remmi: It's okay to fail! It happens to all of us. You just have to learn the best way to learn from your mistakes and do better the next time.

Q: What are your plans for the future?
Remmi: Hopefully, I will go to culinary school and someday open up my own restaurant...or maybe a food truck!

Q: How do you balance your chef duties, hit TV show, a business, and school life?
Remmi: Time management is a must. It's not something I've mastered, yet, but I'm working on it. The biggest part is scheduling a lot of my business duties on the weekends or after school. Thankfully, going to Bishop Kelley has helped a lot as well. They have been willing to let me travel for work, and teachers are willing to offer extra help when I'm gone.

Q: Name a fun fact about you.
Remmi: I was born in China and was adopted when I was 10-months old…I even have a Chinese name! My Chinese name is Yang Fu Shun. I was born in the year of the Dragon and their characteristics are driven, unafraid and willing to take risks.

#TULSAFLAG

THE CITY OF TULSA IS SOARING AND SO WILL ITS NEW FLAG IN 2017.
BUT, WHY LET THE GROWN-UPS HAVE ALL THE FUN?

What's the Tulsa Flag movement about?

"Do we already have a flag?"
Um yes, well, kind of.

"So what's wrong with that one?"
Our current flag isn't really a flag to begin with. It is actually just our city seal on a white background, and it's a misdemeanor to reproduce without the City's permission.

We believe Tulsa needs a real flag, A flag by the people and for the people.

A banner we can be proud to fly.

It's time for a great flag that represents all Tulsans.

Find more at www.tulsaflag.com

How can the whole family get inolved?

In an effort to involve Tulsa's youngest citizens in this creative movement, TulsaKids Magazine will be accepting submissions from Tulsa kids (ages 4-18). Each entry will be included within the actual Tulsa Flag call-for-submissions within the "rough sketch category" and reviewed by the Tulsa Flag committee.

Separately, TulsaKids will review the submissions and select our favorite to highlight on the March cover of TulsaKids Magazine.

Involve your family in the Tulsa Flag movement and put a stamp on the flag that will represent our people and our city. Go to www.tulsakids.com/tulsaflag for contest guidelines and to read about the history that helped shaped our city, according to other Tulsans.

Find more at www.tulsakids.com/tulsaflag

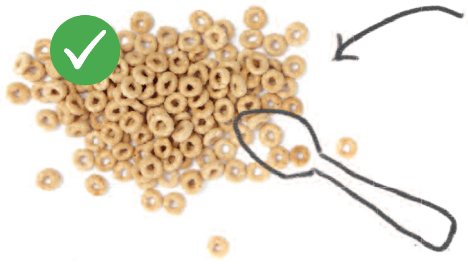
TULSAKIDS FLAG SUBMISSION PERIOD:
MONDAY, DECEMBER 26, 2016 - FRIDAY, FEBRUARY 3, 2017

HEALTHY FOOD SWAPS

MAKE THESE SIMPLE SWAPS, *and* EAT BETTER IN 2017.

Hang on your fridge and remember to fill half your plate with fruits and veggies!

CHOOSE
Whole-Grain Cereals





SKIP
the Sugary Cereals



SNACK ON
Carrots & Hummus

SKIP
Chips & Dip





TRY A
Whole Wheat Bagel
(with light cream cheese)

SKIP
the Cinnamon Roll



SNACK ON
Cocoa Almonds





SKIP
Sugary Candy

CHOOSE
Healthy Lunch Packs





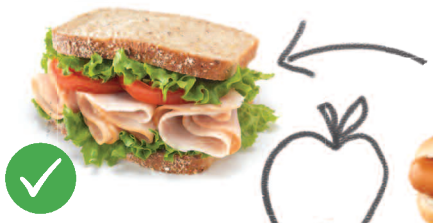
SKIP
Store-Bought Lunches



CHOOSE
Low Fat Yogurt with Fruit

SKIP
Ice Cream





TRY
Lean Turkey

SKIP
Hot Dogs



DRINK
Water





SKIP
Soda
(or other sugary drinks)

Eat Better. Move More. Be Tobacco Free.

ShapeYourFutureOK.com

A Program of TSET

HealthZone
at Saint Francis

SPLASH! PEDAL! RUN!

4TH ANNUAL HEALTH ZONE KIDS (mini) TRIATHLON

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

For information, contact Jennifer Daley at **918-494-8263**, email **events@saintfrancis.com** or visit **saintfrancis.com/healthzone**.

SATURDAY, MARCH 4

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

Youth | Ages 10 – 13

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

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

Child | Ages 6 – 9

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

11:00 a.m. Registration
11:30 a.m. Start Time
Must be 49" tall to participate.

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