October 2017
www.tulsakids.com

Oklahoma's Award-Winning Magazine
for Parents & Families

30 YEARS

tulsakids

FOR PARENTS. FO ES. FOR LIFE.

WHERE THERE'S A WILL, THERE'S A WAY:
ESTATE PLANNING FOR YOUR FAMILY

7 TIPS
FOR OVERCOMING BEDTIME FEARS

FALL FESTIVALS, HALLOWEEN HAPPENINGS & SCARY MOVIES

PUMPKIN:
A TASTE OF FALL

TULSA GIRLS ART SCHOOL'S D.I.Y. TULSA-THEMED COSTUMES

SPOTLIGHT ON SPECIAL NEEDS FREE EVENT OCT. 28
DETAILS INSIDE



PARENTING MEDIA ASSOCIATION 2017 BRONZE Award Winner General Excellence Awards Competition

PARENTING MEDIA ASSOCIATION 2017 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2017 GOLD Award Winner Digital Media Awards Competition

Even little kids can have big emergencies.

The Saint Francis Pediatric Emergency Center (PEC) treats thousands of patients every year, and each one receives care that is specially tailored for children. “Kids aren’t small adults,” said Dr. Kent Denmark. “We have to consider all aspects of treatment, particularly in emergency situations.” Both Dr. Denmark and Dr. Ebony Hunter are fellowship-trained in pediatric emergency medicine, and along with their dedicated staff provide 24/7 emergency care for kids in a family-friendly environment. The PEC is the only facility of its kind in Tulsa. “We are focused on kids and have a great set of resources available, including access to specialists at The Children’s Hospital at Saint Francis,” said Dr. Hunter. “No matter what the situation, we have the training, experience, dedicated staff and support of the entire health system to deliver the care our patients need.”

SaintFrancis
Pediatric Emergency Center



SAINT FRANCIS HOSPITAL | THE CHILDREN’S HOSPITAL AT SAINT FRANCIS | WARREN CLINIC | HEART HOSPITAL AT SAINT FRANCIS | SAINT FRANCIS HOSPITAL SOUTH | LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL
SAINT FRANCIS HOSPITAL MUSKOGEE | SAINT FRANCIS HOSPITAL VINITA | SAINT FRANCIS BROKEN ARROW | SAINT FRANCIS CANCER CENTER | SAINT FRANCIS HOME CARE COMPANIES

saintfrancis.com


It probably seemed like too much, too soon.
I researched schools
before my son was born.
Toured here when he was three months old.
Knew from his first day of PreK
that he would graduate from this school.
I understood that his early years
determined how well he'll learn later,
so the time is now
for early childhood specialists,
a carefully designed curriculum,
AND
solid academic foundations.
Holland Hall gets it right from the start—
as the one school in Tulsa offering
all he needs for
ALL
he's becoming.
The possibilities of and. The assurance of all.
Holland Hall
Jana
PreK parent
Tulsa's PreK through Grade 12
Independent Episcopal School
hollandhall.org

Emerson Orthodontics is going PINK for October!



tulsakids family favorites 2017 WINNER

Tulsa's only 100% cosmetic orthodontic office featuring:

CLARITY™ | ADVANCED advanced ceramic braces

Incognito™ invisalign®

TULSAKIDS FAMILY FAVORITE WINNER 2011
As Voted by the Readers of TulsaKids Magazine, Oklahoma's National Award-Winning Parenting Magazine.

tulsakids family favorites WINNERS 2014

tulsakids family favorites WINNER 2015

tulsakids family favorites WINNER 2016

tulsakids 2012 family favorites winner

Providing life-changing experiences for Adults, Teens, and Children in the Tulsa area since 2007
Come see why we are consistently voted the top office in the Tulsa area

Emerson Orthodontics
421 W. Stone Wood Drive
Broken Arrow 74012
918-459-0092

Esthetique by Emerson
1560 E. 21st Suite 100,
Tulsa, OK 74114
918-551-7755

Follow us on…

www.emersonbraces.com

Breast Care

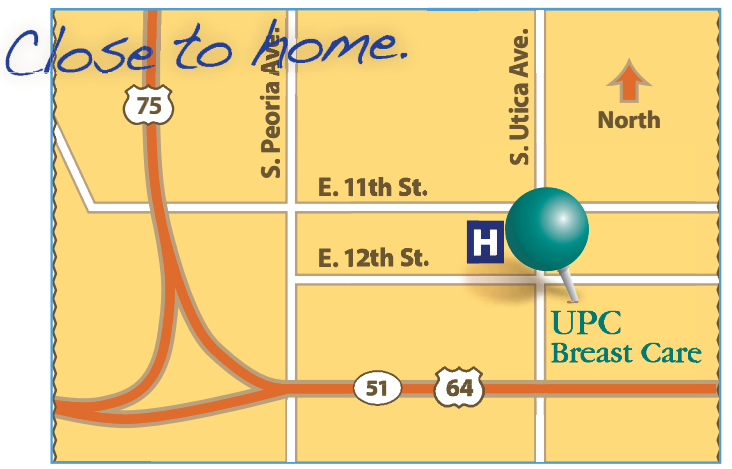


The breast care program at Utica Park Clinic focuses on high-quality breast cancer treatment and prevention. The experienced team, led by Dr. Laurie Flynn and Brandi Baxter, APRN-CNP, treat common and complex conditions of the breast. They are committed to a patient-centered approach so that the best treatment options can be presented to you.

Patient comments include:

"I truly feel that she (Dr. Flynn) saved my life. She removed my cancer very quickly to stop its rapid growth."

"I find Brandi to be just delightful as well as very professional. She went over my recent mammogram report with me and also gave me a thorough breast exam. She has a beautiful personality and is an asset to Dr. Flynn's office."



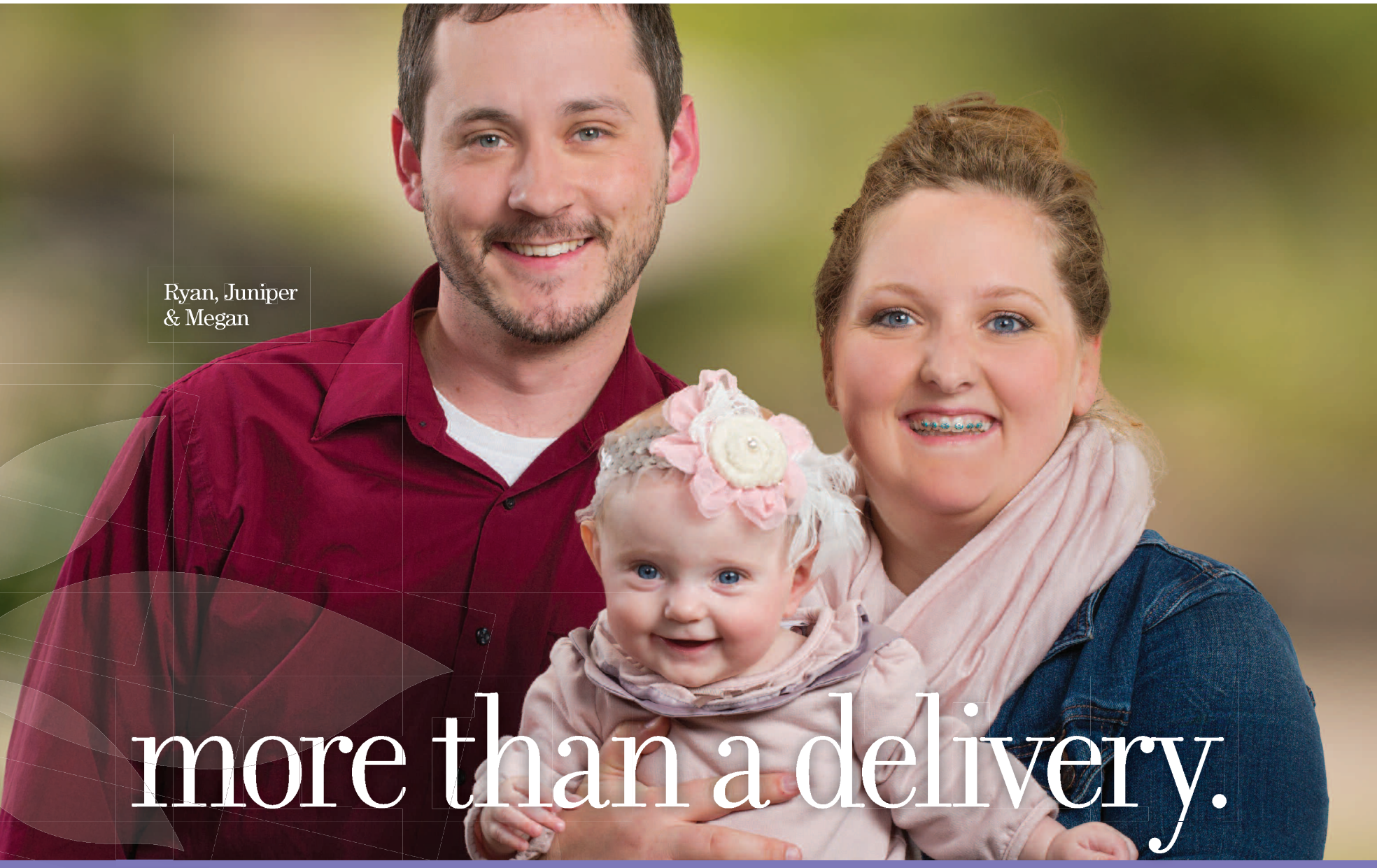
utica park clinic

Get Healthy. Stay Healthy.

Utica Park Clinic Breast Care was recognized as a five-star clinic for providing outstanding patient service, as measured by patient survey results in 2016.

1245 S. UTICA AVE. • TULSA • 918.579.3840 • UTICAPARKCLINIC.COM

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



Ryan, Juniper & Megan

more than a delivery.

Labor of Love Program

You are invited to join the *Peggy V. Helmerich* Women's Health Center Labor of Love program for access to fun pregnancy perks such as free parenting classes and in-hospital amenities. We will even help you find a health care provider and insurance if you don't currently have a health plan.



To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 or e-mail LaborofLove@Hillcrest.com

A diagnosis of high-blood pressure led Megan to be hospitalized several times during her pregnancy. While any complication is stressful, first-time mom Megan found reassurance and comfort in her providers at the *Peggy V. Helmerich* Women's Health Center at Hillcrest South. When it was time to deliver, Megan was surrounded by a supportive team. And when baby Juniper had to spend a few extra nights in the hospital, the team did everything they could to accommodate the family. Megan knows that when it comes time to expand their family, she'll choose Hillcrest South again because of her incredible experience.

To learn more about Megan's life-changing experience at the Peggy V. Helmerich Women's Health Center at Hillcrest South, visit Hillcrest.com.

Hillcrest.com | 918.585.8000

"Like" us on Facebook.

Changing Lives @ HILLCREST

tulsakids

October 2017

what's inside

Volume XXX, Number 10

www.tulsakids.com





14-15 Loved Ones Tell Their Stories



34-35 Pumpkin: A Taste of Fall



55 Tulsa Girls Art School Designs Tulsa-Themed DIY Halloween Costumes



46-54 Family Friendly Halloween Fun

SHORTS

6-9 **NEWS & NOTES**
Events, happenings, news & readers' letters

FEATURES

18-20 **COVER FEATURE**
Where There's a Will, There's a Way
by Claire Combs

28-29 **COMMUNITY**
Local Girl Scout Troop Helps Neighbors in Need
by Danielle Hill

36 **RESOURCES FOR SPECIAL KIDS**
SERC Helps Parents and Schools Resolve Special Education Conflicts
by Brandon Schmitz

46-54 **FAMILY FUN**
Family Friendly Halloween Fun
by Tara Rittler

55 **DIY Tulsa Costumes**
Tulsa Girls Art School Designs Tulsa-Themed DIY Halloween Costumes

IN EVERY ISSUE

10 **STAGES: Babies & Toddlers**
Screen Time Slows Speech Development
by Kiley Roberson

12-13 **STAGES: School Age**
Seven Tips for Overcoming Fear of the Dark
by Christa Melnyk Hines

14-15 **STAGES: Tweens & Teens**
Injuries and Female Athletes
by Julie Wenger Watson

16-17 **GREEN COUNTRY GROWN-UP**
Michelle Brasher: Child Whisperer
by Nancy A. Moore

23-26 **OUT AND ABOUT:**
CALENDAR OF EVENTS
by Tara Rittler

30-31 **BOOKS**
Draw-ing Children Into Reading
by Laura Raphael

32-33 **FROM THE HIP**
The Hip Mom Shops for Fall
by Jill VanTrease

34-35 **GET COOKING**
Pumpkin: A Taste of Fall
by Natalie Mikles

38-39 **FAMILY TRAVEL**
10 Reasons Aruba is One Happy Island
by Diane Tritt Eaton

47 **I'M A TULSA KID**
Cyanna McHenry: Jenks High School
by Sheeba Atiqi

40-42 **SPECIAL SECTION:**
2017 Special Kids Resource Guide

editor's note

PSL, Anyone?

Okay, I hate to admit to being so out of touch, but I had to ask my husband what PSL meant when I saw it on a sign at Starbucks last week. "Pumpkin Spice Latte," he said, trying to rein in his incredulity. Duh. If I go to Starbucks, I always get a small, black coffee. And I use the word "small," rather than petite or standard or whatever it is they call it. I'm curmudgeonly that way.

Whatever. PSLs at Starbucks precede the turning of the leaves, which means that fall has arrived. Along with it, pumpkin bread, pumpkin pasta, pumpkin pancakes, pumpkin patches are suddenly everywhere. In anticipation of pumpkin bread, I picked up a can of pureed pumpkin at Sprouts a couple of weeks ago. It's been calling to me from the cupboard. Speaking of recipes, Natalie Mikles' column offers up some delicious ways to use pumpkin.

I do love fall. If you want to get out and enjoy the weather, Tara, our social media and calendar editor, has compiled a great list of pumpkin patch experiences, fall festivals and, of course, Halloween happenings.

Also in this issue are some serious topics. For example, do you have a will? If not, it might be a good time to grab a pumpkin spice latte and sit down with your significant other to discuss your plans for your estate and your kids. Read Claire Combs' article about how several families, including one with a child with special needs, planned for their future, along with some helpful advice from the experts.

For those of you who have a child, or work with children, with special needs, please note the free event, Spotlight on Special Needs, that TulsaKids is hosting at OU-Tulsa on Saturday, Oct. 28 from 10 a.m. to 2 p.m. We'll have resource booths where you can talk with professionals who have information on everything from academic assessments to therapies. In addition, four expert speakers will be making presentations and answering your questions. Look for details inside.

This free and open-to-the-public event is another way that TulsaKids is reaching out to inform parents in the community. Please join us.

As the weather cools, cozy up with your favorite drink and enjoy this magazine.

And, by the way, Starbucks, I think you should use the word "pumpkin" in your PSL promotions. It's such a nice, round, orange word. Reminds me of fall.

Betty Casey, editor

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:
CYANNA MCHENRY STRIKES A POSE.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

PUBLISHER: CHARLES FOSHEE
EDITOR: BETTY CASEY
WEB EDITOR: TARA RITTLER
ADVERTISING SALES: BRANDI MOORE, KATHY THOMPSON, DENISE BREWER
PRODUCTION: CHARLES FOSHEE
COVER PHOTO: LESLIE HOYT PHOTOGRAPHY
DISTRIBUTION: JOAN PEREZ
CONTRIBUTING WRITERS: CLAIRE COMBS, DANIELLE HILL, BRANDON SCHMITZ, KILEY ROBERSON, CHRISTA MELNYK HINES, JULIE WENGER WATSON, NANCY A. MOORE, LAURA RAPHAEL, JILL VANTREASE, NATALIE MIKLES, DIANE TRITT EATON, SHEEBA ATIQI

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. 2017.
All Rights Reserved.

Volume XXX, Number 10
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

TULSA GIRLS ART SCHOOL HOSTS FUNDRAISER

Tulsa Girls Art School (TGAS) will host its annual fundraising event, "Through a Child's Eye," at the Mayo Hotel's Crystal Ballroom on November 2, 2017 incorporating a theme drawn from Lewis Carroll's *Alice in Wonderland*.

"There are many adventurous moments and recognizable characters in the Wonderland story around which we could fashion a visually engaging and fun event. It was the perfect fit for our gala," said the school's Executive Director Matt Moffett.

Hosted in the historic Crystal Ballroom of the 1920s-era Mayo Hotel, the evening will begin at 5:30 p.m. with a complimentary "wonderland" cocktail and an opportunity to shop for original art produced by Tulsa Girls Art School's advanced students. Wonderland-themed fashion and hair-art installations by Ihloff Salon & Day Spa, and a "jewelry pull" will be incorporated into the event along with a chance to win a one-of-a-kind piece of jewelry especially made for the gala. Artful party attire or theme-inspired dress is encouraged. Dinner begins at 7:30 p.m., with entertainment provided by Tulsa Opera's professional Young Opera Singers.

Sponsorships are available, and individual tickets are $200. For more information or to purchase tickets, call 918.949.9638 or visit the Tulsa Girls Art School Facebook event page, www.facebook.com/TulsaGirlsArtSchool.

Tulsa Girls Art School is a non-profit organization providing after-school visual arts education to underserved girls from 3rd Ggrade through 12th grade.

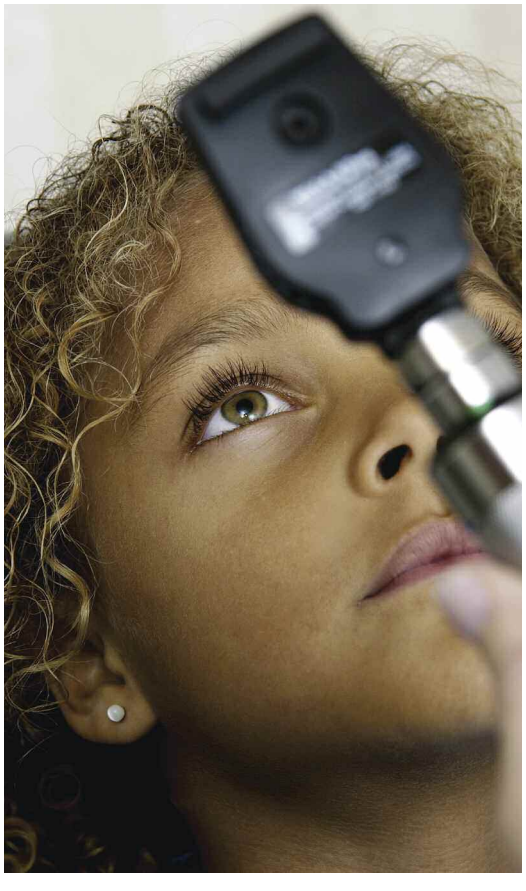
TULSA ZOO TOPS ATTENDANCE RECORD

During the 2016-17 fiscal year, the Tulsa Zoo reported 705,332 visitors, topping the previous attendance record of 669,928 set in 1997-98 when the Tropical American Rainforest exhibit opened. Membership also increased by over 4,000 households this year.

The Lost Kingdom opened in early June, introducing rare species, such as Chinese alligators and binturongs, to the zoo. A new home for the zoos' Malayan tigers, snow leopards, siamangs and Komodo dragons, Lost Kingdoms' immersive, naturalistic habitats with indoor and outdoor spaces provide year-round viewing opportunities.

The Tulsa Zoo reaffirmed its commitment to supporting families with the completion of the St. John Family Den. The new 900-square-foot facility provides a space for nursing mothers, family restrooms, an adult changing table and quiet space for families affected by autism or sensory processing disorders.

"The staff who work here are dedicated and caring," said Terrie Correll, Tulsa Zoo president and CEO. "All of our staff, from those who take care of the animals, to those who take care of our guests and facilities, are dedicated to supporting the Tulsa Zoo's conservation mission."



NEWVIEW OKLAHOMA FUNDRAISING LUNCHEON

NewView Oklahoma, the only private in-state provider of comprehensive services for people with significant vision loss that cannot be corrected with glasses, surgery or medication and the largest employer of Oklahomans who are blind or vision impaired, will hold its annual fundraising event Wednesday, October 25 at 12 p.m. at the Renaissance Tulsa Hotel and Convention Center, 6808 South 107th East Avenue. Sarah Hansel and Sarah Miller, both shareholders at Hall Estill, will serve as the honorary chairs of the third annual "Envision the Future" luncheon.

Tulsa resident Trey Lewis, who has been involved with NewView programs since he was 10 years old and is now a NewView employee, will share his personal testimony about NewView Oklahoma's life-changing programs and services. Trey was diagnosed with Neurofibromatosis when he was 3 years old and has 20-600 vision in his right eye and motion only in his left eye. Trey attended ACM at UCO and earned his degree in Technology Application Studies in December 2015.

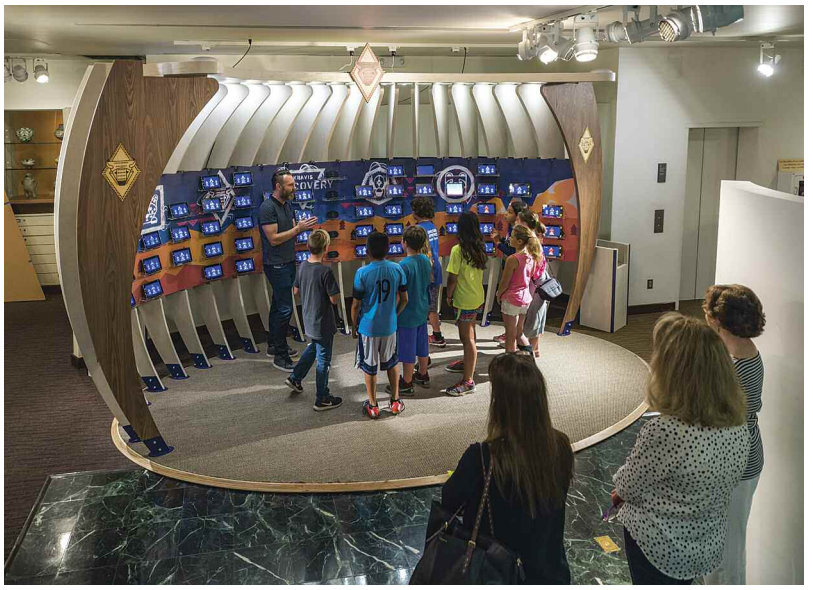
The luncheon is sponsored by Hall Estill and is open to the public. Seats and sponsorship opportunities are still available. For more information about NewView Oklahoma or the benefit luncheon, or if you are interested in hosting a table or sponsoring the event, contact Tiffany Henley, special events coordinator at thenley@newviewoklahoma.org or by phone at 918.933.4075.

FREE SPEECH & LANGUAGE SCREENING

TherapyWorks in Tulsa is hosting a free speech and language screening on Friday, Oct. 20, 2017 from 12:30 to 2:30 p.m. The TherapyWorks staff of pediatric speech language pathologists will give private screenings to children from birth to 7 years of age at the TherapyWorks clinic, located at 7608 E. 91st Street in Tulsa. There will be fun, fall activities for the children, and no reservations are required. For more information, email info@therapyworkstulsa.com

continued next page

NEW EXPERIENCES AT KRAVIS DISCOVERY CENTER AT GILCREASE



The Kravis Discovery Center at Gilcrease Museum has reopened after a major renovation to feature a new, Interactive Discovery Trail designed by TEQ4, a United Kingdom-based firm that specializes in immersive attractions and interactive experiences for museums, science centers and theme parks around the world.

Visitor tracking, augmented reality and 3D printing are among the leading technologies TEQ4 has used to turn Gilcrease Museum's collection of artifacts from indigenous peoples of the Americas into a unique interactive and immersive educational attraction.

The new feature in the Kravis Discovery Center - The Interactive Discovery Trail – uses 3D soundscapes, innovative display solutions and TEQ4's proprietary Chaperone™ system to tell the story of Native peoples and cultures of North, Central and South America through the 4,000 artifacts that make up the collection at the Kravis Discovery Center.

Tablets will guide school groups, children and adults through the Discovery Trail, providing a uniquely tailored experience as they explore the collection.

TEQ4 combined a range of contemporary technologies and traditional techniques to sensitively tell the stories behind the artifacts, including:

• Merging high technology with artisan techniques and natural materials

• Immersive 3D soundscape recordings of birds, bison, horses and eagles recreate the natural environment – many recorded at the nearby Tallgrass Prairie Preserve, while hand-drawn animations and visual projections onto kiln-formed glass help to animate and bring to life the stories and artifacts.

• An augmented-reality interactive drawer experience replete with 3D printed and virtual objects allows visitors to see, manipulate and study the collection in detail.

• A Projected Map Table and Bear Cave panorama made from organic, textured kiln-formed glass was handcrafted specially for the Kravis Discovery Center.

For school groups, families or other groups visiting the museum together, the software identifies the exact location of each user, and visitors can be automatically grouped into teams and directed around the experience, tracking their progress, recording their score and receiving prizes as they answer curriculum-centric questions along the trail.

The Interactive Discovery Trail is designed to complement the Oklahoma school content standards for the public school groups that tour the space yearly.

CARE CARD AVAILABLE NOW

The Care Card, which benefits the programs of Family & Children's Services, is available now at www.fcsok.org. Not only does the Care Card save you 20 percent at over 200 local stores and restaurants, every dollar from the purchase of the card will provide behavioral health care and family services for people of all ages in Tulsa and the surrounding communities. The card may be used from Oct. 27 to Nov. 5, 2017, and can be purchased for $60 and online or at most of the participating retailers. Find a list at www.fcsok.org.



advertiser in the news

LUXE Cheer
6420 S. 101st Ave.
918.695.4612
www.luxecheer.com

Tulsa's Luxe Cheer Wins Big & Makes Tulsa Cheer History



LUXE Cheer, Tulsa's premier cheerleading, tumbling and team training facility won two of the most coveted championships in All-star cheer in 2017. Legacy, the Small Junior Level 4 team, completed two flawless routines in February at the National Cheerleaders Association National Championship in Dallas and took home first place. This win alone is rare, especially at an event that boasts 2,000 teams (approx. 25,000 competitors) in divisions based on participants' ages, skills and gym size. Throughout the season, teams earn bids to the Summit Championship, which is a post-season, invite only competition at Disney World's ESPN Wide World of Sports in Orlando. LUXE Cheer qualified four teams for this year's Summit Championship. All four teams hit perfect routines and two advanced to finals. Legacy went on to win at The 2017 Summit Championship in May.

LUXE Cheer is also the training home to local school teams, youth cheerleaders and recreational tumblers year-round.

2017 MAPLE RIDGE HOME AND GARDEN TOUR

The 19th Maple Ridge Home and Garden Tour is scheduled for Sunday, October 8, 2017, from noon to 5 p.m. The tour will feature several homes, all showcasing a distinctive character and charm from dynamic architectural details to welcoming front porches and beautiful gardens.

Tickets for the tour are $12 per person online www.mapleridgeneighborhood.com or $15 at the door of any one of the homes or at Lee Elementary school. In addition to showcasing historic homes, there will be several additional special attractions: a visit to the outdoor classrooms at Lee Elementary School, a selection of vintage cars, period costumes as well as antique artifacts and menus, and a food tasting from the early 20th century. The neighborhood "soda jerks" will also host an Ice Cream Social.

Tickets will give participants an opportunity to win a door prize of artwork by PS Gordon. Those attending will also have the opportunity to participate in a raffle, with a number of prizes including artwork; gift certificates to area restaurants; An Evening Out with a show, dinner and a hotel reservation; plus other exciting packages. Raffle tickets are $10 each and can purchased online or on the tour. This fundraiser benefits the Maple Ridge Neighbors for the beautification and maintenance of the 30 islands throughout the Maple Ridge area, which extends from 15th Street to 31st and Riverside Drive to Peoria.

JOIN THE BUDDY WALK

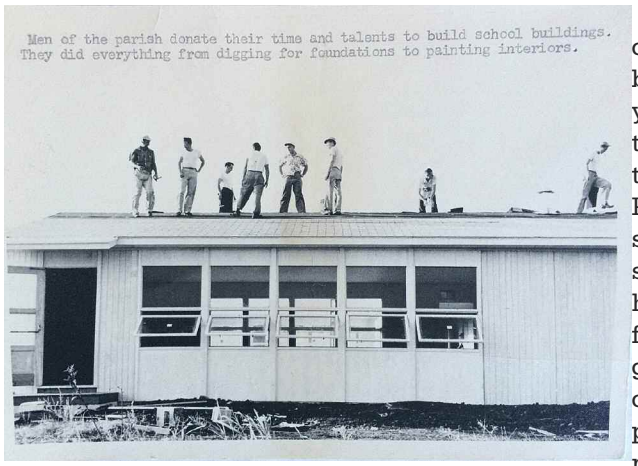
The Down Syndrome Association of Tulsa's (DSAT) annual Buddy Walk is Sunday, October 15, 2017, from 1:30 to 4 p.m. at Oral Roberts University, 81st & Lewis

The Buddy Walk is a multi-city advocacy event in which individuals with Down syndrome invite "buddies" to walk with them. Buddies can be anyone from family and friends to teachers and local politicians.

The family friendly event includes a ¼ mile walk, entertainment, prize giveaways, food and fun activities for everyone. The walk is designed to raise awareness and funds to support programming for DSAT. Ninety percent of funds raised stay at the local level.

For more information, and for individual, team or sponsor registration, go got dsat.org.

ST. PIUS X SCHOOL CELEBRATES 60 YEARS



St. Pius X welcomed students back to school this year for the 60th time in school history. In 1957 St. Pius X opened a small parish school serving neighborhood children in first through sixth grades. The school consisted of two pre-fabricated barracks buildings that arrived by railroad from Fort Chaffee in Fort Smith, Arkansas. A group of 60 St. Pius parishioners assembled the buildings for classrooms, and Fr. Gerald Phee recruited builder Robert Vance to construct affordable family homes around the school. The neighborhood became Moeller Heights. Students attended Mass in the Moeller family's barn that served as St. Pius X Church until 1964.

St. Pius X School was the largest Catholic grade school in Tulsa with 559 students by 1964. In 1996, the school was designated a Blue Ribbon School of Excellence by the U.S. Department of Education.

This year, the incoming 371-member student body will start school in grades Pre-K 3-year-old through eighth grade on a modern campus that was recently completed in July 2016. New classroom buildings, including a science lab, art room, motor skills room, administrative offices and two FEMA-approved storm shelters, were the vision of Bell and current pastor, Fr. Matt Gerlach.

A complete history with photos of the school can be found at http://school.spxtulsa.org/apps/pages/schoolhistory.



"I plan on collecting some serious candy this Halloween."



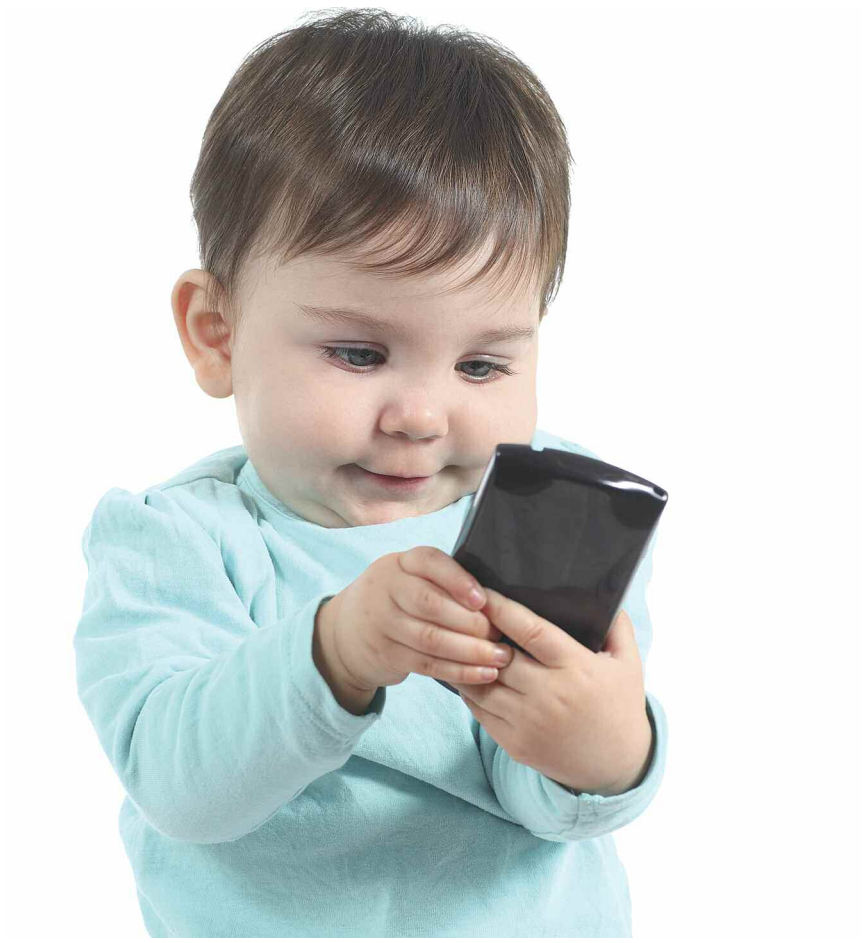
BY KILEY ROBERSON

screen time slows speech development

Could watching videos on your cell phone cause developmental delays in your child? A new study says yes! New research presented at the 2017 Pediatric Academic Societies Meeting suggests the more time children under 2-years-old spend playing with smartphones, tablets and other hand-held screens, the more likely they are to begin talking later. This study is the first to show how mobile devices impact speech development in children, raising a question that worries many parents: How much time should my child spend with a mobile device?

According to Dr. Laura Taylor, developmental-behavioral pediatrician with OU-Physicians in Tulsa, if your child is under the age of 24 months, the answer is none. "Infants and young children learn best by direct interaction and play with their parents," says Dr. Taylor. "Screen time does not provide this experience and takes time away from critical learning."

Researchers of this new study agree, and in fact found that babies who spent more time with hand-held screens were more likely to exhibit signs of a delay in expressive speech — which is how children use their sounds and words, and how they put their words together to communicate. Each additional 30 minutes of hand-held screen time was linked to a 49 percent increased risk in expressive speech delay. Interestingly, other forms of communication — gestures, emotions, social eye-gazing — were unaffected.



While it's only one study, these findings do highlight what could be life-altering trends for children exposed to too much hand-held screen time. Expressive speech is incredibly valuable to the development of young children. When kids can't express themselves, they often act out or use their bodies to communicate by hitting or throwing things.

According to the American Academy of Pediatrics (AAP), an expressive speech delay can influence a child's ability to conceptualize words or define their emotions. Though some children who are behind at 18 months or 24 months can eventually catch up, over time, these language delays can impede literacy skills in grade school and make learning more difficult.

As a developmental-behavioral pediatrician, this is something Dr. Taylor takes seriously and she urges parents to do the same. "My emphasis would be on talking, tuning in to the children," says Dr. Taylor. "Parents and caretakers turning off their own screens and taking time to spend together."

The American Academy of Pediatrics agrees and, last year, introduced a set of "Screen Time Guidelines." It recommends parents practice the following:

• For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

• For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

• Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

• Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

Dr. Taylor also recommends ditching the screen time for some green time by heading outdoors with your child. "Outdoor and free play are critical components of early childhood learning that children are simply not getting enough of," explains Dr. Taylor. "I say incorporate as much as possible!"



MAKE THIS SCHOOL YEAR
GREATER THAN
LAST YEAR!

A new school year brings a fresh start—and Mathnasium is here to help set the stage for success!

Together, we can make this school year ***greater than*** last year!

NOW ENROLLING FOR FALL!

2nd–12th Grade | Homework Help | Math Enrichment | ACT & SAT Prep

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



Reasons to Smile

Rae Ann
(submitted via Facebook)

We drove 5 1/2 hours one way and will continue to because this is the best dental office for kids. Dr. Chelsea treated our daughter like her own and handled her surgery (which was very extensive) with professional ease. Dr. Ryan checked in with us periodically while she was in surgery and even in recovery. I honestly can not say enough about OTC or Dr. Chelsea. Hands down, the best pediatric dentistry in the Midwest. 🙌



onthecuspdds.com
103rd & Memorial
918.921.6778

on the cusp
PEDIATRIC DENTISTRY

Dr. Ryan Roberts, DDS, MS | Dr. Ashley Orynich, DMD, MPA, MS | Dr. Chelsea Taliaferro, DMD

BY CHRISTA MELNYK HINES

seven tips for overcoming **fear of the dark**

"Mommy, keep the hall light on," my 6-year-old reminds me as I tuck his beloved blanket securely around his slender frame and lean over to kiss him goodnight.

I've plugged in a nightlight in his room and another in the adjoining bathroom. The orange glow of the street lamp outside bounces off the wall over his bed. He already seems bathed in light, but I flip the hall light on anyway.

Ten minutes later, I'm rewarded with the sweet, even-keeled breathing of a child asleep.

I'm one of the lucky ones. According to Dr. Jane Sosland, a clinical child and adolescent psychologist, nearly 30 percent of children have sleep problems.

Fear of the dark is a normal part of development, and one of the most common childhood problems plaguing families of school-age children. Kids who are afraid of the dark take nearly an hour longer than others to fall asleep. Without a good night's sleep, children can suffer behavior and mood issues and have trouble concentrating at school.

How can parents best support a frightened kiddo?

Discuss the fear. Listen carefully to your child, without playing into their fears, to see if you can identify a trigger. Nighttime fear might be caused by a fairy-tale before bed or even a stressful event during the school day.

"Maybe somebody was mean to them on the playground," Sosland says. "It could also be there's some separation anxiety that occurs during the day, as well as at night, in terms of being able to sleep by themselves."

Other times, the fear won't make much sense at all.

"Just by hearing what kids are saying helps them feel heard and validated, which can help eliminate irrational fears," explains Berkley James, a pediatric sleep consultant.

Beware of frightening images. As kids wind down after a busy day and the quiet of the night sets in, they may begin to replay scary images in their heads that they saw during the day in books, movies, video games or on the evening news. Pair those visuals with the strange night-time creaks of the house and a shadow suddenly appearing to move across the wall, and you've got a wide-eyed kid at midnight.

Limit exposure to violent images and turn off the news when your youngster is around. According to a 2016 study published in Frontiers in Pediatrics, exposure to repeated images of terrorism in media can negatively affect a child's emotional health. "These almost live events can cause feelings of (lack of) safety, hopelessness, and helplessness, which are often externalized by conduct problems," the researchers write.

But alarming images aren't the only source of terror.

"These kids are quite imaginative. They imagine all sorts of things in the dark that aren't there," Sosland says.

Young children often can't distinguish between fantasy and reality. If they imagine a monster in the closet, in their minds, it must be there.

"Fears are not necessarily something that can be reasoned or rationalized, so reassuring them tends not work because they just look for more and more reassurance," adds Sosland.

Switch on the light. If your child can only fall asleep if her ceiling light is on, relax. Over time, dim the light. Gradually move toward the soft, warm glow of a lamp, then a closet light, and finally a nightlight that is yellow or orange in color.

"Salt lamps are a great example of a soothing hue," James says.

But avoid "bright or blue lights which stimulate the brain to produce cortisol, a wake-up hormone," she says.

Work on breathing techniques. If your child already struggles with anxiety, teach him coping mechanisms during the day that you can employ at night too. For example, have a younger child blow bubbles to calm down.

Teach older children deep belly breathing. Have them breathe in for five seconds and slowly breath out as if they have a birthday candle in front of them.

"But you don't want to blow it out. You just want the 'flame' to flicker," Sosland advises.

Offer a transitional object. Comfort your youngster with a stuffed animal or a special blanket to help him sleep. If you've become your child's favorite teddy bear, begin phasing out his reliance on you by getting up just as he's falling asleep. If he starts to protest, promise that you'll check in on him in five minutes.

If he's in the habit of snuggling up with you in your bed and you prefer independent sleeping arrangements, have him transition to a pallet next to your bed. Eventually, move his bed back toward his own bedroom.

Set up a sleep-promoting environment. White noise, fans, sound machines and soft background music can push back the

continued next page

RIVERFIELD
GROWING. TOGETHER.



deafening silence of the night. Also, make sure your child's bed is comfortable, the temperature in the room is cool and put away any distracting electronic devices.

"Have your child take some control of the environment," James recommends. "Place the nightlight where they like it, bring their special lovey to bed, or even have a special blanket to 'keep them safe.' By letting them take some ownership in the organization and arrangement of their room, they will feel more comfortable in their sleep space."

Stick with a bedtime routine. Take time to reminisce about happy events from the day. Listen to soothing music and put aside electronics. Read a calming, uplifting book together before bed. And help them come up with a positive image such as playing with their favorite pet as they're drifting off to sleep.

If your child's nighttime anxiety continues to worsen, consult your family physician.

REWARD SUCCESS

If you're struggling to get your child to sleep in his own bed, set up a token reward system using items like marbles, gold stars, cotton balls or poker chips.

"You can't make them sleep, but you can reward them for staying in their room," Sosland says.

For example, each night your child stays in her room, she earns a token that can be cashed in for a small reward immediately or saved up for a bigger reward later.

Facts about Fear of the Dark

- Fear of the dark usually begins around the age of 2 or 3.
- Fear of the dark can continue into early adolescence.
- Among 8- to 12-year-olds, it's the third most common and upsetting fear.

Source: Jane Sosland, Ph.D., University of Kansas Hospital



BY JULIE WENGER WATSON

injuries and female athletes

A quick glance at a grade school recess will confirm that girls like to run, jump, kick and climb as much as their male counterparts. Since the advent of Title IX in 1972, those same girls have been participating in sports in ever-increasing numbers. As might be expected, increased participation translates to increased sports-related injuries for those young female athletes. While every athlete risks trauma, a variety of gender-related factors may place females at higher risk for certain injuries.

Common Sports Injuries Among Female Athletes

Although injury rates are similar among adolescent athletes, the pattern differs between the sexes. Factors such as form, alignment, body composition, physiology, and physical performance influence all sports-related injuries, but the onset of puberty and its hormonal effects on development are not the same between girls and boys. For various reasons, ankle sprains, shoulder issues, knee injuries, stress fractures and concussion are the most common injuries affecting female athletes.

Hips & Hormones

"There are a lot of anatomical differences between male and female athletes that lend themselves to potential problems," said Amira Al-Jiboori, a physical therapist at Redbud Physical Therapy in Broken Arrow.



In particular, Al-Jiboori sees a number of female clients with patellofemoral pain syndrome, a dull, aching pain in the front of the knee.

"There's definitely been a lot of research to show that females are more apt to knee injuries due to our wider pelvises. The tracking of the kneecap is basically 'off' because of the angle that being 'hippy' creates for women," she explained. "I start seeing it more frequently at age 12, and then I see a lot of patients with it between the ages of 12 and 18."

Injuries to the anterior cruciate ligament (a major ligament in the knee), or "ACL" injuries, are also common. These frequently occur during activities - such as basketball, soccer, tennis, gymnastics and volleyball - that involve sudden stops, jumping or changes in direction. Some of this can be attributed to the differences between the way girls and boys move. When landing from a jump, girls tend to land in a more upright position with their knees close together, and when suddenly changing direction, girls are likely to do it on one foot rather than "cutting" with both feet, as boys are likely to do.

Hormones may also play a role in this type of injury and many others.

"The changes with hormones in females really affect ligaments and stability in ligaments and our connective tissue," Al-Jiboori said.

In general, women have greater flexibility than men due to

continued next page

these looser ligaments and tissues.

"A lot of females who are flexible are often the ones that have the most difficulty with stability and control. Flexibility, in a sense, is actually hypermobility, meaning some of the joints, some of the tissue, is looser than it should be, and can therefore create injury," she noted.

Hormones also play into what is known as the "female athlete triad," a combination of irregular menstrual periods, bone loss, and inadequate calorie and nutrient intake (sometimes related to eating disorders.) This can affect performance and put female athletes at higher risk for injury, such as stress fractures.

Overuse

Al-Jiboori sees quite a bit of "overuse" injuries in her practice, too, in both girls and boys. This is an injury that is caused by repeated actions rather than an "acute" injury that happens in an instant (whacking a volleyball over time versus a sprained ankle.)

"Why do we have 10, 12 or 14-year olds getting overuse injuries? We're not made to do one thing over and over; kids are meant to play," she commented. "Training in sports specificity is getting so honed in. I think a lot of times, it's to the kids' detriment."

Dr. Brian Coleman, program director of the Primary Care Sports Medicine Fellowship at the University of Oklahoma Health Sciences Center in Oklahoma City, expressed similar concerns.

"I think kids are much more 'sports aggressive' now," he said. "In the past, there wasn't a whole lot of specific training for one sport, rather kids played every sport, so athletes were doing two things. They weren't getting quite as strong as early then as they are now, and they were mixing up their activities a lot differently. I think some of the sports specialization movement that's going on and some of the training probably leads to a bit more injury."

Prevention

Coleman believes some injuries can be prevented with advanced preparation or "prehab."

"Strengthening and learning how to land and jump in the right manner with the right foot placement, those kinds of things can help," he noted. "Making sure kids are conditioned before the season starts is also important. I would also encourage kids to play every sport they're comfortable playing – just going out for and trying to do things they like to stay active in as many areas as possible."

Al-Jiboori also believes that injury prevention training and strengthening are key.

"We've got to get those hips and core stronger, and change the mechanics of how you land and move," she said. "We need to understand the foundational things that prevent injury. Don't just send these athletes out there and make them do really sports specific training. It's important, and you definitely have to do those things, but teaching them about their core, how to activate their core, teaching them how to control movements in a way that lessens the stress on different parts of the body, whether it's the knees, the backs the shoulders, this is very important."

As girls continue to flock to the playing fields, sports-related injuries in female athletes will continue to increase. However, education, proper technique and physical preparation can go a long way towards preventing injury, keeping our young female contenders healthy and active.

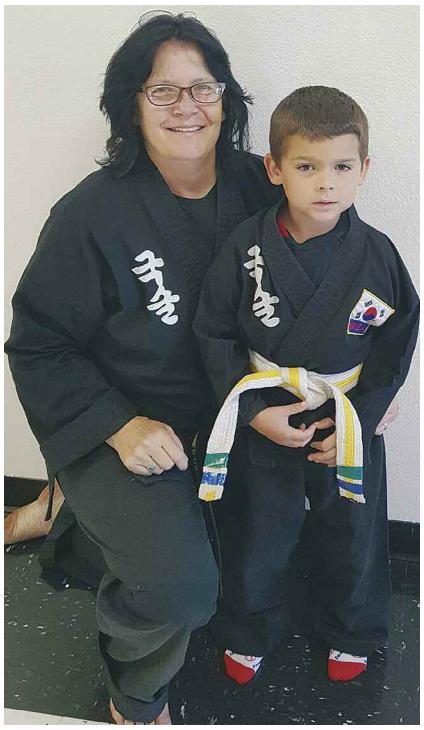






BY NANCY A. MOORE

Michelle Brasher: **child whisperer**



MICHELLE WITH STUDENT AARON MORELAND.



MICHELLE WITH THE PRYOR HIGH SCHOOL CLASS AND THE SPECIAL TIGERS

Michelle Brasher, owner of Kuk Sool Won of Pryor, has been teaching people martial arts for over five years. Over time, she earned the reputation for being a "child whisperer" because of the success and results she continues to achieve with a group of kids who have special needs. Her passion and focus on kids with special needs has a special place in her heart. We learned about Brasher from one of her clients, Laurie Moreland, who shared how much working with Brasher has benefitted both of her children. Moreland wrote, "Michelle loves to teach martial arts and believes all kids can learn. She loves all kids but has a special knack for working with kids with special needs. She treats them like all the other kids…this is a wonderful group that is led by a wonderful teacher."

Getting to know Brasher

TK: How did you become interested in opening a martial arts studio?

Brasher: I learned about this style of teaching while living in California when my son became interested in taking martial arts classes. He has ADHD which made it difficult to enroll him in what is considered "traditional" martial arts. Through trying out several schools, we eventually found Kuk Sool Won School. This method teaches an on-going repetitive process where martial arts is learned through consistency, making it easy to retain information and build on. What they are learning becomes second nature. After relocating to Oklahoma, I decided to open a school to help impact as many people – and kids – as possible.

TK: How long have you been teaching and who takes your classes?

Brasher: I have been teaching in the Pryor area for five years. I have students from 18 months to 60-plus years young.

TK: What does your studio focus on teaching?

Brasher: Kuk Sool Won is a

continued next page





Korean Martial Art. It is a self-defense martial art. We teach kids how to get away from a bad situation.

TK: How does taking this type of class benefit students with special needs?

Brasher: They learn how to get away from people who may hurt them. It helps students with cardio, flexibility and range of motion.

TK: What is your favorite part about teaching students with special needs?

Brasher: Knowing that this is a normal thing for them to learn and excel in. I have seen first-hand how earning belts builds confidence and social skills.

TK: What advice do you have for parents who are thinking about enrolling their child with special needs in martial arts?

Brasher: Look for an instructor with patience, compassion, and the ability to adjust their curriculum to fit the needs of the individual student. They also need to have a hands-on approach and open mind to not see the child as a "special needs" student.

Wrap-up:

Brasher: Students with special needs love repetition. Martial arts is all about doing things over and over again. When we work with students with special needs, I like to pair them with other students. Over the years, I have found success with this method because both students learn from each other and form a bond of unconditional friendship.





WHERE THERE'S A WILL, THERE'S A WAY

THE IMPORTANCE OF ESTATE PLANNING

WORDS BY CLAIR COMBS

For most people, thinking about their own death probably ranks somewhere near the very bottom of things they want to do.

That was certainly true for me, but after the birth of our second son (and with some helpful prodding from our family) my husband and I eventually contacted an estate attorney. We found that going through the process definitely instigated some important conversations we hadn't been having, but perhaps the most surprising part was the comfort I felt when our estate plan was complete.

Still, I had been a parent for years before taking the estate planning plunge. Why the hesitancy? Well, like many other parents, I was thinking: 'Can we afford it?' 'Is it really necessary?' And mostly, 'I don't want to DIE!' (The truth is: probably, yes, and tough luck.)

Estate Planning 101

An estate plan is the mechanism by which you can take care of the people or causes that are most important to you after you pass away. One common misconception is that you need to be wealthy to consider an estate plan. In reality, most Americans are likely to leave assets behind after their death. An asset could be anything from physical property, like a car or a house, to a standard checking account.

Plans are as unique as the people they serve, but some common elements include a will, a trust, a power of attorney, and a health-care directive. Many estate attorneys offer a fixed price to help put together an estate plan, though rates will vary by practice and based on the complexity of your situation.

Wills and Trusts

Wills communicate what you want to happen after your death. If you pass away without a will, state laws determine who receives your property. Trusts are legal agreements that can transfer property to another person without going through probate. When you make a trust, you designate someone to distribute or manage your assets when you die or become incapacitated.

Trusts are commonly recommended for all types of families, but they can be especially useful in the event that a loved one is disabled or receiving special assistance.

Laura Knapp's son, Luke, has muscular dystrophy which requires him to use special

>

equipment like a power chair and a feeding tube. Many children like Luke rely on services that are predicated on certain income and asset ratios, which can be impacted if a child receives an inheritance.

"We were really surprised when we learned the importance of wording your trust so that your child can still get [support] if you and your spouse pass away," says Laura. "We wanted to make sure [Luke] would be able to continue to get government benefits and still have money to make his life fulfilling and fun."

Mark Loeber is the CEO and Founder of The Advancement Group, an organization that offers estate planning support to Little Light House families.

He says that once a family has a plan in place, it gives them a sense of control in a world that often feels out of control. In addition to understanding the ins and outs of special needs trusts, he says that parents should also think about the legacy that they want to leave on behalf of their child. Like anyone else, when a special needs person passes away, the assets from his or her trust can be designated to support groups or nonprofits that have a special meaning for the family.

"I have been doing this for 31 years, and when you share that concept with parents, [it can be] very emotional...knowing that their child can be honored with a legacy," says Loeber.



THE JOHNSON FAMILY.

Guardianship

For parents, finances are just one part of the estate planning process. It's also important to designate who you would want to care for your child if you could not.

There are different factors that go into selecting a potential guardian, but some common considerations include parenting style, age, location or school district, religious views, or financial situation. Whatever those factors are for your family, it's important that you not assume your loved ones know what your wishes are.

Amber and Alex Gates created their estate plan with the help of B. Gail Brown, an attorney who was recommended by another parent at their children's school. Amber says that considering custodial arrangements was the hardest part of the planning process for her. The couple considered their own values when determining who they would want to care for their children.

"You want someone who's going to parent in a similar way," says Amber. "But mostly [we considered] personality. Do they have a sense of humor? Can they raise our kids with confidence? Is education important to them?"

Rachel Mouton is the director of development at the Little Light House. In addition to working with children who have special needs, she also has a son with Asperger's syndrome.

Mouton says it is important for parents to name guardians who really understand the commitment as well as the day-to-day experiences of the child. She says there can be specific challenges for children with special needs; for example, the child may require guardianship far beyond the child's 18th birthday.

"You want to think about someone who can really care for that child, who can keep up," says Mouton. "Some really involved children receive nursing care daily. That is something to consider when planning. Make sure they are in a home where they can receive that care."



THE KNAPP FAMILY.

"It's not something you want to think about, but it's actually a relief when you get the paperwork done and know that your child will be taken care of," agrees Laura Knapp.

Getting Started

Meghan and Jacob Johnson have a 1-year-old daughter, and the couple is currently using the online tool LegalZoom to complete their first estate plan.

There haven't been any major disagreements as they work through the process, which Meghan attributes to the fact that they had discussed a lot of the relevant issues before they ever started the legal paperwork.

"Having those conversations ahead of time is really important," she advises. "For the most part we have been on the same page."

The Johnsons say they will take an iterative approach to their estate plan, which also takes some pressure off of the planning process.

"For us it hasn't been a really painful process, because I don't think we're looking at it as the 'final' plan," says Jacob. He says their goal is to get a basic structure in place that makes their intentions known. "The more we can have in there the better, but our thinking right now is let's just get something done that would tactically make this all a lot easier for everyone else," says Jacob.



THE GATES FAMILY.

"Something is better than nothing at this point," agrees Meghan.

Building an estate plan was particularly important to Alex and Amber Gates because they both lost their fathers unexpectedly at an early age. That firsthand experience motivated them to act when they were in their thirties, but they still had concerns.

"I was hesitant about [estate planning] because I was afraid it was going to be expensive and there were a lot of unknowns about the process," says Alex. "Part of it was the trauma of my dad dying, but it's really about acknowledging your own mortality."

"It sounds really scary and cumbersome," acknowledges Amber. "But at the end of the day…[Alex] wouldn't want me to struggle [after his death] and vice versa." The pain of losing your loved one is already more than anyone wants to deal with, she says.

The couple says that their attorney, Gail Brown, made the process as comfortable as possible and asked a lot of thought-provoking questions. Brown says she understands that there can be challenging moments, but her advice is to just jump in.

"Estate planning is important because you decide while you are still alive what you want to have happen upon your death," she says. Opting out of that process doesn't mean that decisions won't be made - just that you won't be the one making them. Simply put: "Either you decide or the state decides for you."

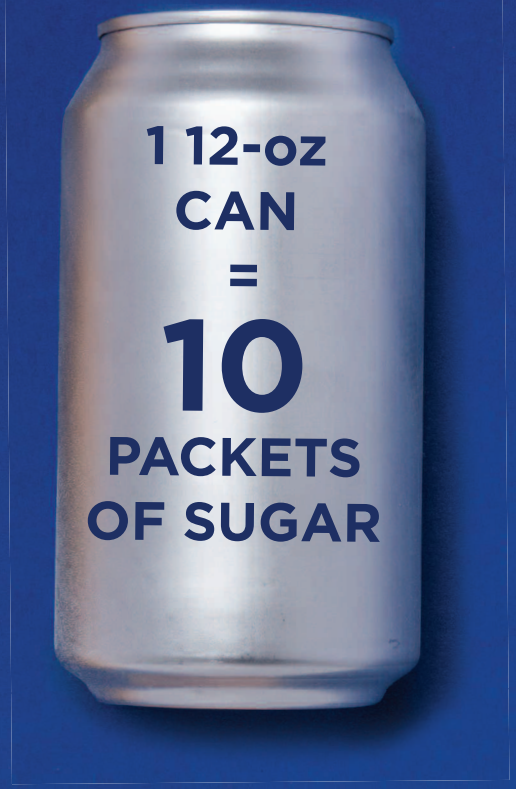
In retrospect, Alex wishes he had known how comforting it would be to have a plan in place. It took three in-person sessions plus some homework for the couple to pull everything together. Brown advises her clients to revisit their estate plans every five years or any time there is a major life change, including in the life of your designated guardian.

While planning for our own deaths may not always be comfortable, experts say it is a responsible choice, particularly for parents. "We can't get away from it, so let's just plan for it," says Brown.

> "It's not something you want to think about, but it's actually a relief when you get the paperwork done and know that your child will be taken care of."

SODA. SO DAMAGING *to your* HEALTH.

Soda can contain the same amount of sugar as more than 3 donuts!









SO BE SO DONE WITH SODA.
DRINK HYDRATING *water*
INSTEAD.

RETHINK *your* DRINK

ShapeYourFutureOK.com

A Program of TSET

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.
presents

30 YEARS

SPOTLIGHT ON SPECIAL NEEDS

RESOURCES & INFORMATION FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS.

You're invited to a free and open-to-the-public informational resource fair for parents of children with special needs

Saturday, October 28, 2017
Time: 10 a.m. – 2 p.m.
Where: OU-Tulsa, 41st & Yale (enter off of Yale, follow signs)

Speaker Schedule (includes Q & A):

10:15 – 11 a.m.: Sherilyn Walton, MSW. IEPs & Communicating with Your Child's School. Sherilyn coordinates the Family Support Program for TARC, a nonprofit that advocates for the rights of citizens with developmental disabilities.

11:15 a.m. – noon: Rod Yancy, Estate Planning & Special Needs Trusts. Rod is managing attorney for RTY Law, a firm focused on estate planning, trust administration, probate, and estate and trust litigation.

12:15 – 1 p.m.: Linda Coppege Long, executive director, Oklahoma Parents Center and Amy Synar, parent advocate, Oklahoma Parents Center & executive director, Down Syndrome Association of Tulsa: Parents' Rights, Resources and Support

1:15 – 2 p.m.: Claudette L. Grinnell-Davis, Assistant Professor, Anne and Henry Zarrow School of Social Work, OU-Tulsa: The Importance of Self-care for Parents Caring for Children with Special Needs


Sherilyn Walton


Rod Yancy


Amy Synar


Claudette L. Grinnell-Davis

Resource Booths

The following resources will provide information throughout the day (more will be added throughout the month):

- The Bridges Foundation Camp
- Building All Children
- CALM Center
- Camp Barnabas
- The Children's Hospital at Saint Francis
- CLASS Tulsa
- Down Syndrome Association of Tulsa
- Hope's Crossing Camp
- J.D. McCarty Center
- NewView Oklahoma
- Oklahoma Parents Center
- OU-Tulsa
- Pathways Therapy Center
- RTY Law Firm
- Sprouts Child Development
- TARC
- Therapy & Beyond
- TherapyWorks

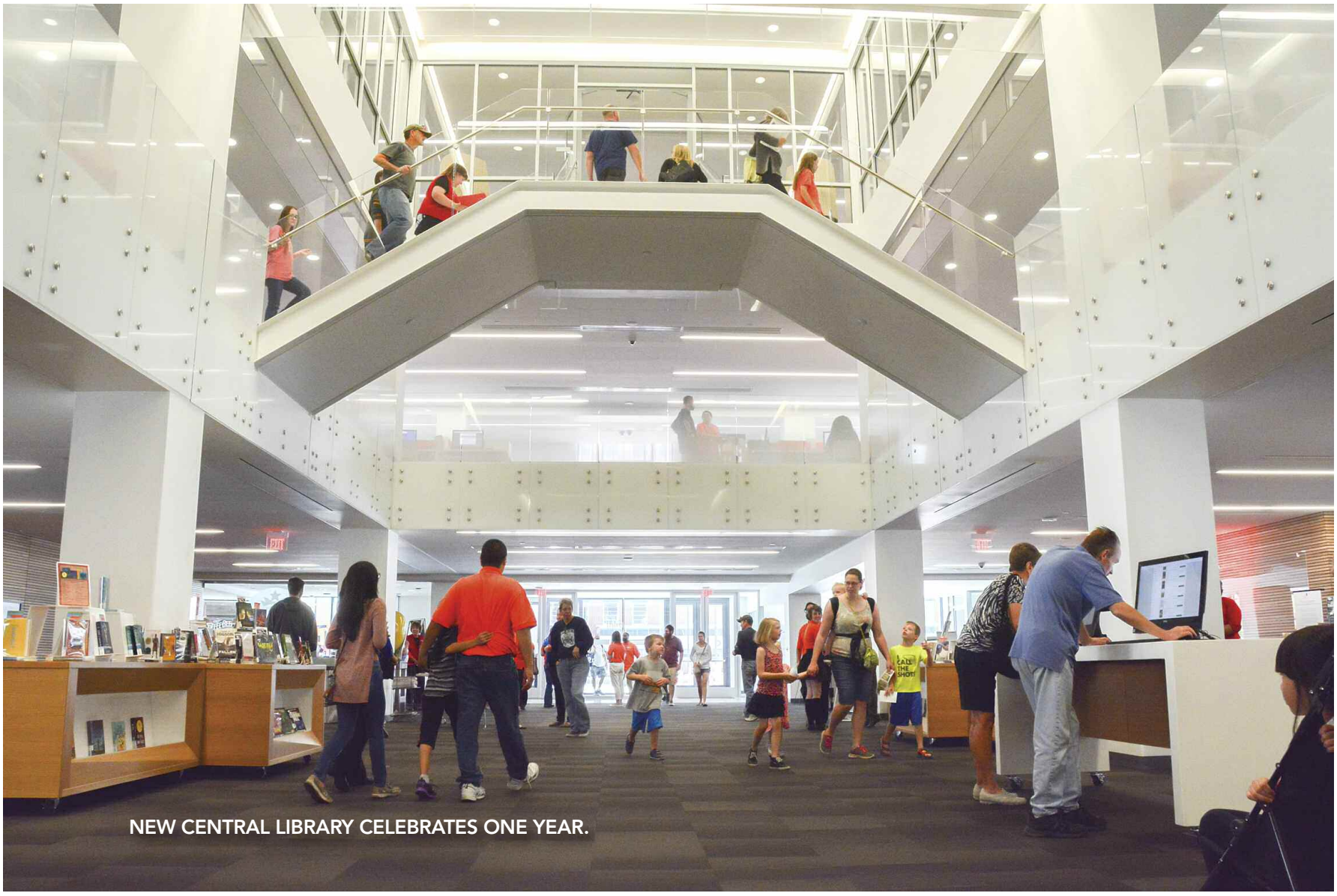
Watch for more information and resources booths at www.tulsakids.com. Sign up for our e-newsletter for updates.

The University of Oklahoma OU TULSA Schusterman Center
Knowledge. Action. Impact.

Partners in thie event:

RTYLAW
A Professional Corporation

Therapy & BEYOND



NEW CENTRAL LIBRARY CELEBRATES ONE YEAR.

October 1 Sunday

HAPPY BIRTHDAY, CENTRAL LIBRARY! [FREE]
Help celebrate a fantastic first year of success at the renovated Central Library! Enjoy a classic birthday-themed celebration, complete with a balloon artist, magic shows, face painting and more fun activities for the whole family. See demos of all the amazing services available at Central Library, including the Maker Space and Digital Literacy Lab. Plus, join library staff in the Children's Garden at 2 p.m. for cake and a happy birthday sing-along! Central Library, 400 Civic Dr., 1-5 p.m. www.tulsalibrary.org

TULSA ROOTS ROCKS THE GREEN [FREE]
The Tulsa Roots Rocks the Green September series ends with a fantastic show featuring Joan Soriano and Indigenous, as well as family-friendly activities like Latin dance lessons, bellydance performances and a kids' tent with various art activities. Guthrie Green, 111 E. Brady St., 2:30-6:30 p.m. www.guthriegreen.com

October 2 Monday

CLARK YOUTH THEATRE: PENGUIN PROJECT INFORMATIONAL MEETING [FREE]
The Penguin Project® provides an opportunity for children with disabilities to develop creative skills related to the theatre arts. Clark Youth Theatre seeks young artists ages 8-22 with a disability to participate, and the program includes children with cognitive, learning, motor, hearing and visual impairments; genetic disorders; and neurological conditions. Clark Youth Theatre's 3rd annual The Penguin Project® production will take place February 16-18, 2018. Attend this meeting if you would like to learn more. Clark Youth Theatre, 4825 S. Quaker Ave., 6:30 p.m. www.clarkyouththeatre.com

OSAGE LANGUAGE CLASS [FREE]
This weekly Osage Language Class is presented by the Osage Nation Language Department. For ages 10-adult. Zarrow Regional Library, 2224 W. 51st St., 7-8 p.m. www.tulsalibrary.org

October 3 Tuesday

OKLAHOMA CITY THUNDER VS. HOUSTON ROCKETS
Watch the Oklahoma City Thunder play the Houston Rockets at the BOK Center! BOK Center, 200 S. Denver Ave., 7 p.m. www.bokcenter.com

October 4 Wednesday

MOVIE IN THE GARDEN: "BEST IN SHOW" [FREE]

In honor of Adopt A Shelter Dog Month, the Tulsa SPCA will bring some lovable dogs looking for a home. After a meet and greet with the dogs, stick around for a showing of "Best in Show" (rated PG-13). This hilarious mockumentary takes a peek behind the scenes of a national dog show. Bring your chairs and blankets. Doors open at 6 p.m. Movie begins at 7 p.m. For teens and adults. Central Library, 400 Civic Center, 6 p.m. www.tulsalibrary.org

October 5 Thursday

FUN FALL KICKOFF AND DOG NIGHT AT TULSA BOTANIC GARDEN
Join Tulsa Botanic Garden as they kick-off their Autumn In the Garden events! Tulsa singer/musician Jacob Tovar will get your feet tapping, and Marshall Brewery will be on hand with samples of their local craft beer. Andolini's Pizzeria food truck will have delicious food available. It is also first Thursday, so it's Dog Night! Dogs must be up-to-date on all registrations and vaccinations and controlled on a leash at all times. Tulsa Botanic Garden, 3900 Tulsa Botanic Drive, 5-8 p.m. www.tulsabotanic.org

CAR SEAT SAFETY CHECK [FREE]
Make sure your child's car seat is installed correctly! This event occurs monthly on the first Thursday of the month. Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, 1-3 p.m. www.kohlskidsthinksafe.com

FIND THE SCIENTIST
Grab an activity sheet and mark where you find the famous scientists hidden around Discovery Lab. Tulsa Children's Museum, 560 N. Maybelle Ave., 4-5 p.m. www.tulsachildrensmuseum.org

October 6 Friday

TULSA BALLET ON THE GREEN [FREE]]
For the second year in a row, Tulsa Ballet will present a free and open to the public performance on the Guthrie Green during the The Brady Arts District First Friday Art Crawl! Enter raffles for tickets and enjoy works from both TBII and Main Company! Guthrie Green, 111 E. Brady St., 6-9 p.m. www.guthriegreen.com

October 7 Saturday

ST. JOHN ZOORUN
"Lead the pack" at the 48th Annual St. John ZooRun! Distance options include a 1-mile fun run, a 5K or a 10K. Enjoy a post-race hospitality party featuring the St. John Kids Club, face painting, Jupiter jumps, and more! Tulsa Zoo, 6421 E. 36th St. N. Go to www.tulsazoo.org/run for more information and a full schedule.

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH
See what life was like in 1879 at the Will Rogers Birthplace Ranch. Hands-on activities will teach people of all ages about life on the ranch. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 10 a.m.-2 p.m. www.willrogers.com

October 8 Sunday

It's the last day of the Tulsa State Fair! If you haven't visited yet, don't miss it! Go to www.tulsakids.com for an article detailing kid-friendly events at the fair.

October 9 Monday

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

October 10 Tuesday

DIG WITH A DIETITIAN: GARDENS, GOURDS AND GOBLINS! [FREE]
Free one-hour science class and activity with a Reasor's Registered Dietitian at Broken Arrow Neighbors Community Garden. Appropriate for ages 7-13, class size limited to 20 participants. During this class, participants will learn about all the changing of the seasons, fresh, fall produce, what gourds are, what happens to vegetation when the seasons change, and more. Broken Arrow Neighbors Community Garden, 332 W. Broadway Ave., Broken Arrow, 4:30-5:30 p.m. www.reasors.com

October 11 Wednesday

DIY JOURNAL FOR TEENS [FREE]
Create your own custom DIY journal out of recycled materials and craft paper. Light snacks are provided. Bixby Library, 20 E. Breckenridge, Bixby, 4-5 p.m. www.tulsalibrary.org

October 12 Thursday

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

STORYTIME UNDER THE STARS [FREE]
Learn about Pumpkins, Bats, Owls and Nighttime at Linnaeus Teaching Garden's Storytime Under the Stars, a special storytime held twice a year. Linnaeus Teaching Gardens, 2435 S. Peoria Ave., 6:30 p.m. www.tulsagardencenter.com

October 13 Friday

ADVENTURES OF RIKKI TIKKI TAVI
Spotlight Children's Theatre is putting on a production of Rikki Tikki Tavi, based on the stories by Rudyard Kipling. Additional show times are Oct. 14, 15, 21 and 22 at 2 p.m., and Oct. 20 at 7:30 p.m. Tulsa Spotlight Theatre, 1381 Riverside Dr., 7:30 p.m. www.spotlighttheatre.org

TULSA POP ZOMBIE WALK
The first annual Tulsa Pop Zombie Walk, benefiting the Tulsa Pop Kids charity, offers an opportunity to walk down Brookside while dressed like a zombie! There will also be a costume contest after the walk as well as other attractions. Brookside, 8-11 p.m. www.t-popexpo.com

October 14 Saturday

MUSEUM CONFIDENTIAL: PUBLIC OPENING [FREE]
Philbrook presents an original exhibition, "Museum Confidential." Visitors often ask what goes on behind-the-scenes, so this groundbreaking exhibition turns the Museum inside out, revealing practices, archives, stories, and an unprecedented number of never-before-seen works of art. Philbrook Museum of Art, 2727 S. Rockford Rd., 9 a.m.-5 p.m. www.philbrook.org

2ND SATURDAY SILENTS PRESENTS: "BROKEN BLOSSOMS"
Lilian Gish stars in this classic drama from D.W. Griffith about a young woman who is befriended by a sensitive Chinese immigrant in London. Bill Roland accompanies on Circle Cinema's original 1928 organ. Admission is just $5 per adult, and $2 per child. Circle Cinema, 10 S. Lewis Ave., 11 a.m. www.circlecinema.com

PARTY: CELEBRATE HARRY POTTER [FREE]
Calling all muggles and wizards! You're invited to a special party celebrating Harry Potter. Dress as your favorite character or wear your house colors. Get a chance to win prizes, participate in a scavenger hunt to find horcruxes, create a wand at Ollivanders, make slug slime in Snape's potion class, and munch on candy from the Sugar Plum Sweet Shop. For ages 10-18. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., Suite B, 1-4 p.m. www.tulsalibrary.org

October 15 Sunday

STORYTELLERS: HISTORIC HOME TOUR 2017
The Brady Heights Historic District of Tulsa will host Storytellers: Historic Home Tour 2017 on Sunday,



ZOO RUN TAKES OFF SAT., OCT. 7.

October 15. The tour will include around 10 homes in Tulsa's oldest historic neighborhood and an opportunity to hear stories from past and current residents. Centenary United Methodist Church, 631 N. Denver Ave., 10 a.m.-5 p.m. www.bradyheights.org

FUNDAY SUNDAY [FREE]
Visit Gilcrease for 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. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. www.gilcrease.org

October 16 Monday

TALKING IS TEACHING: PETE THE CAT [FREE]
Talk, Read and Sing with Park Plaza Church of Christ Jenks and The Bridges Foundation. Enjoy a time of crafting, reading, and singing with your little ones. Each family receives a free book and lunch! 1813 N. Ash St., Jenks, 10 a.m.-12 p.m. www.facebook.com/thebridges-foundationtulsa

SILENT DINNER [FREE]
Silent Dinners are THE place to come and practice sign language in a non-threatening environment. Many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome. Woodland Hills Mall-Food Court, 7021 S. Memorial Dr., 6-9 p.m. www.tsha.cc

October 17 Tuesday

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

October 18 Wednesday

STENCIL SCREEN PRINTING [FREE]
See an instructional demonstration of how to screen print using stencils. After attending this orientation, you can make appointments to use the equipment for your own prints. Registration is required. Class size is limited. Call 918-549-7323 to register. For teens and adults. Central Library, 400 Civic Center, 5-6:30 p.m. www.tulsalibrary.org

SHOPKINS LIVE!
Shopkins Live! Immerses audiences in the world of Shopville using custom-designed theatrical costumes, creative onstage characters, state-of-the-art video and set design, and original pop songs and music. Brady Theater, 105 W. Brady St., 5:30 p.m. www.shopkinslive.com

October 19 Thursday

THIRD THURSDAY ASTRONOMY NIGHTS [FREE]
Join The STEMcell Science Shop for an evening of stargazing at The Boxyard. They will provide Celestron telescopes, but if you have your own, feel free to bring it along. The Boxyard, 502 E. 3rd St., 8-11 p.m. www.stemcelltulsa.com

October 20 Friday

SPEECH AND LANGUAGE SCREENING FOR CHILDREN [FREE]

COMBINING ABA & SPEECH
Does Your Child Have Autism?
learn about
APPLIED BEHAVIOR ANALYSIS
as an effective treatment
CALL 539-777-0940
VISIT THERAPYANDBEYOND.COM

Therapy & BEYOND
Join us for our 1st Annual Indoor Tailgate Party!
OCTOBER 14TH, 11a-2p
WOLF CREEK ELEMENTARY
BROKEN ARROW, OK
RSVP: therapyandbeyond.com/events

COMMUNITY CALENDAR | OCTOBER

TherapyWorks' pediatric speech-language pathologists will be providing free private screenings for children ages birth-age 7. Learn more about speech/language development and the potential benefits of therapy while enjoying some fun fall activities. TherapyWorks, 7608 E. 91st St., 12:30-2:30 p.m. www.therapyworkstulsa.com

ZZZS IN THE SEAS
There are so many cool places to spend the night in the Oklahoma Aquarium! Drift off to sleep with gentle giants nearby in Sea Turtle Island or dream of wild adventures near the Extreme Amazon. Of course, you can still reserve your space and get a fin-tastic night's sleep with the Aquarium's sharks! Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7 p.m.-8 a.m. on October 21. www.okaquarium.org

October 21 Saturday

MUSIC OF THE KNIGHTS
Signature Symphony will perform a special concert honoring the lasting musical influence of Sir Andrew Lloyd Webber, Sir Elton John, and Sir Paul McCartney. VanTrease PACE 10300 E. 81st St., 7:30 p.m. www.signaturesymphony.org

October 22 Sunday

50TH ANNIVERSARY OF "THE PRODUCERS"
Celebrate the 50th anniversary of this Mel Brooks classic with Circle Cinema, presented by Oklahoma Film Critics Circle and the Oklahoma Jewish Film Festival. Circle Cinema, 10 S. Lewis Ave., 1-3 p.m. www.circlecinema.com

October 23 Monday

FITNESS ON THE GREEN: DEFEND TOGETHER [FREE]
Join the YMCA and Fowler Toyota for Defend Together, a workout that burns a ton of calories and builds total body strength through the use of mixed martial arts moves and thrilling music. Guthrie Green, 111 E. Brady St., 6:30 p.m. www.guthriegreen.com

October 24 Tuesday

ADULTING 101: GOING BACK TO SCHOOL [FREE]
Ever wanted to go back to school, but don't know how and find it all overwhelming? This program is for you. This presentation by TCC counselors and TRIO Education Opportunity Centers will help you get the ball rolling and help explain everything from applications to financial aid and enrollment. For adults. Martin Regional Library, 2601 S. Garnett Rd., 7-8 p.m. www.tulsalibrary.org

October 25 Wednesday

TARC "TEEN CONNECTIONS" GROUP
This a social skills group for middle and high school students with Asperger's and high functioning autism. The Teen "Connections" group meets on the fourth Wednesday of each month from 4:30 to 6:00 pm at the TARC office in Tulsa. TARC Office, 2516 E. 71st St., Suite A, 4:30-6 p.m. www.ddadvocacy.net

October 26 Thursday

STIR UP THE CENTER! CRAFTS FOR A CAUSE [FREE]
If you have a helpful hand or eye for design or you need to complete volunteer hours, we need your assistance to make a special project for our local veterans. We'll brighten a community veterans center by creating new magazine crates and baskets to hold the donations brought in through our Teen Read Month Magazine Drive for Veterans. Supplies and snacks are provided. For ages 12-18. Jenks Library, 523 W. B St., Jenks, 4:30-5:30 p.m. www.tulsalibrary.org

October 27 Friday

1-2-3 PLAY WITH ME [FREE]
Join us for a four-week series (starting Oct. 27) for parents and children ages 1-3. Each program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere and for parents to visit with early childhood specialists in the areas of early literacy, child development, speech and language, play, movement and music. Class size is limited. Registration is required and is for the entire four-week series. Register online or by calling 918-549-7323. Owasso Library, 103 W. Broadway St., Owasso, 10-11:15 a.m. www.tulsalibrary.org

October 28 Saturday

THE MISSIONS MARKET [FREE]
Shop for unique Christmas gifts from local vendors and enjoy a Cookout Lunch at Evergreen Baptist Church, 10301 E. 111th St., Bixby, 9 a.m.-3 p.m. www.evergreenbc.org

DEAF TEEN CLUB [FREE]
Deaf teens meet every month to socialize with other teens like them while enjoying various activities. Contact TSHA for specific meeting times/locations. www.tsha.cc

October 29 Sunday

BUILD-A-READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE]
Enjoy stories, songs and activities in English and Spanish. For ages 3-5./ Cuentos, canciones y actividades en inglés y español. Schusterman-Benson Library, 3333 E. 32nd Pl., 10:30-11 a.m. www.tulsalibrary.org

October 30 Monday

DIG WITH A DIETITIAN: CREEPY CRAWLY CRITTERS [FREE]
This is a one-hour science class and activity appropriate for ages 2-6, class size limited to 12 participants. During this class participants will learn about all of creepy crawlies in the garden with a Reasor's Registered Dietician! Broken Arrow Neighbors Community Garden, 332 W. Broadway Ave., Broken Arrow, 10:30-11:30 a.m. www.reasors.com

October 31 Tuesday

Happy Halloween! Check out our full list of Halloween-themed activities!



RENUYOU™
NEUROFEEDBACK BRAIN FITNESS CENTER

Searching for a psychiatrist that specifically treats children and adolescents?

ANNOUNCING!



RenuYou Neurofeedback Brain Fitness Center is excited to announce the addition of psychiatric doctor, Dr. Anton Surja! Dr. Surja is one of the few TRIPLE BOARD CERTIFIED Psychiatrists in the entire state of Oklahoma. His certifications are in General psychiatry, Child/Adolescent Psychiatry and Addiction Psychiatry. He completed his residency at the University of Louisville, Louisville KY. and has over 18 years of diverse experience treating patients of all ages with services including preventive healthcare and medication management. **HE IS NOT YOUR TYPICAL PSYCIATRIST!** While recognizing the need for medications, he would like to help patients reduce (when possible) or better manage their medication and believes that neurofeedback is the perfect adjunct to help accomplish that task! If you've been searching for a compassionate psychiatrist to help your child Dr. Surja wants to help! He specializes in helping children and adolescents with mood, anxiety, attention and affective disorders and has also has a heart for adolescents and adults dealing with substance abuse. Dr. Surja is looking forward to working with RenuYou Neurofeedback Brain Fitness Center and helping our patients be the best they can be. "I see neurofeedback as a very effective piece of the puzzle to help my patients achieve peak performance in their health. I'm honored to work with such a dedicated staff."

Are you struggling?

with ADHD, Addictions, Autism, Anxiety, Chronic Fatigue, Depression, Insomnia, PTSD, Migraines, OCD or Sleep Disorders?

RENUYOU NEUROFEEDBACK CAN HELP!

Safe and non-invasive, brain wave biofeedback is considered to be one of the most advanced, drug-free therapies of this technological generation and performs what most of us are conditioned to think of as miraculous.

CONTACT US TODAY!



BCIA

www.renuyoutulsa.com • 918.747.7400 • 7424 S Yale Ste #100 Tulsa, OK. 74136

BY DANIELLE HILL

local Girl Scout Troop **helps neighbors in need**

In the east parking lot of Broken Arrow's First United Methodist Church, a green wooden box stands tall atop a wooden pole, groceries and other necessities visible through its etched glass door. This is Girl Scout Troop 1482's Blessing Box. Earlier this year, seven of the troop's Junior members planned, built, and stocked the box in hopes of uniting their community with the common goal of fighting hunger and helping those in need. Since the official ribbon-cutting ceremony on May 21, the box has been a place for both giving and receiving.

Fourth- and fifth-grade Girl Scouts Miraya Cooper, Paige Cooper, Madalynn Jester, Lillian Jones, Kyndal Montgomery, Aubyn Sagely and Ashtyn Sagely created the Blessing Box for their Junior Bronze Award project. According to troop leader Andrea Sagely, "The Girl Scout Bronze Award is the highest honor a Girl Scout Junior can achieve. As a team, the girls explore their community, evaluate where help is needed, and plan a sustainable community action project." As part of the requirements to earn their Bronze Award, each of the girls devoted over 20 hours of time to working on the project.

Given the many needs present in the community and the array of worthy causes to support, the Scouts had many sources of inspiration while brainstorming potential project ideas. The girls each presented an idea to the troop for consideration, and everyone voted for the idea they felt would most benefit the community. In the end, the Blessing Box was chosen, and the hard work began.



GIRL SCOUT TROOP 1482 WITH THEIR BLESSING BOX.

From start to finish, the process of creating the Blessing Box was quite an undertaking, as the girls were responsible for everything from coming up with a workable design for the structure and building the box itself, to organizing food drives and soliciting donations from local businesses. Of the building process, Lillian Jones said, "It took a very long time to get the design right and it took even longer to build it. We used saws, hammers, wood glue, drills, shovels, cement, paint and planning!"

Along the way, the troop received plenty of support and guidance from Sagely, who is the district STEM Instructional Specialist and Robotics Director for Broken Arrow Public Schools, as well as from Mickey Jester, grandfather of one of the Scouts, who not only helped the girls with the design process, but also taught the girls how to use power tools and provided instruction throughout the building process.

Of course, while fun is an important component of many Girl Scout projects, an emphasis is always placed on developing important life skills and learning from experience. In order for the Blessing Box to become a reality, the Scouts were required to delve into public speaking by making two presentations to the board of trustees at First United Methodist Church to gain approval to utilize the church property, located at 112 E. College. The girls also had to write emails and make their own phone calls to businesses to solicit donations. Understandably, these requirements were initially a bit daunting for some of the girls, as Madalynn Jester candidly noted: "I learned life skills like making professional phone calls, emails and presentations. I didn't enjoy that part, but I learned a lot." All in all, the project proved to be helpful to the Scouts as well as to the community, as it provided an opportunity for team-based fun, while also nudging the girls out of their comfort zones and teaching them the importance of conquering fears.

To ensure that the Blessing Box is as effective as possible, Sagely said the troop has kept the

continued next page

autumn
in the Garden
OCT 5 to NOV 12
FUN FALL KICKOFF & DOG NIGHT
OCT 5, 5-8PM
3RD ANNUAL PUMPKIN PATCH
OCT 7, 10AM-5PM
PUMPKIN PAINTING FOR KIDS!
OCT 14, 1-4PM
FALL BREAK STORYTIME SERIES
OCT 19-21, 10:30AM
PUMPKINHEAD WORKSHOP WITH ANNIE FERRIS
REGISTER BY OCT 25
OCT 29, 2-4PM
Scarecrows
Pumpkin Displays
Thursday Evening Music Nights
TULSA botanic GARDEN
3900 Tulsa Botanic Drive | tulsabotanic.org | 918.289.0330

process simple.

"The instructions are easy," she said. "If you need something, take something. If you have something, leave something. There are no regulations on what people can take. The hope is that people will just take what they need."

So far, the Blessing Box has been doing very well, both in terms of donations and community use. "The Broken Arrow community has really adopted the Blessing Box as their own," said Sagely, who noted that some people even let the troop know when they've made a donation by posting messages or tagging the Facebook page created for the Blessing Box. The Facebook page also provides the girls with a way to let everyone know when the box is in need of more groceries, and Sagely says the box is filled back up within only a few hours.

Just as the Blessing Box is being used by those who wish to donate, it also is fulfilling its ultimate purpose by serving those in need.

According to Miraya Cooper, "My favorite part is restocking the box, because it shows that things are being used from the box."

For all of the girls, it is a wonderful feeling to know that they have made a positive difference in the community. As Aubyn Sagely said: "Anyone who wants to help others can. They just have to try. It's a great feeling, and I think everyone should do it."

If you would like to donate to the Blessing Box, nonperishable, nonexpired groceries and other hygiene items needed include peanut butter; canned fruits, vegetables, meats and beans; fruit cups; crackers; dry pasta; shelf milk; cereal; kid-friendly snacks; tea; coffee; bottled water; soap; deodorant; toilet paper; and baby items, such as diapers and wipes.

To learn more about Troop 1482's Blessing Box, visit www.facebook.com/brokenarrowblessingbox.


CHICKASAW CULTURAL CENTER
Experience
LIVING CULTURE

Visit the CHICKASAW CULTURAL CENTER
to explore and learn about the unique history and vibrant culture of the Chickasaw people. Join us for exhibits, films, demonstrations, storytelling and special events at one of the largest and most extensive cultural centers in the United States.
CHICKASAW COUNTRY
ADVENTURE ROAD
www.CHICKASAWCULTURALCENTER.COM
SULPHUR, OK

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

draw-ing children into reading: art as a doorway to literature

HANNAH E. HARRISON @ HARDESTY LIBRARY ON NOV. 3 FOR "BOOKS TO TREASURE"

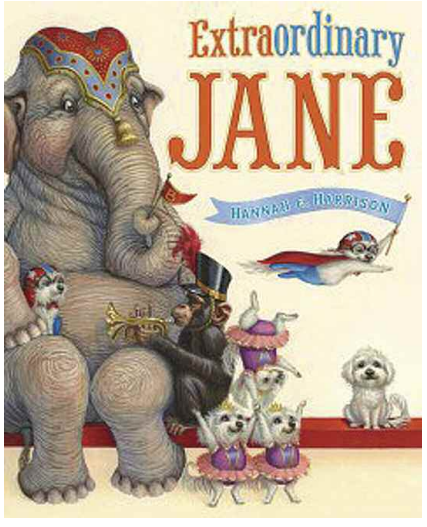
It's a truth universally forgotten by adults that learning how to read is exceedingly difficult for most children. Because it's easy for us to do now, we don't remember how very hard it was to learn.

In fact, learning to read is the most difficult cognitive task (or, rather, a complex, interconnected web of many different tasks) we ask kids to do – in a relatively short amount of time. It's a monumental achievement to juggle the various requirements to read successfully, which includes learning the distinct phonemes or sounds of the English language, identifying letters and how they connect to sounds, translating letters into sounds, then translating sounds into words and words into meaning.

No wonder many, if not most, children struggle with the process!

Drawing, on the other hand, is usually much easier. At the very least, the visual task of looking at art and pictures is a far easier and initially more pleasurable task for children's growing brains than the arduous slog of learning





HANNAH E. HARRISON ILLUSTRATION ON BOOKS TO TREASURE LIBRARY CARD.

that sometimes "a" sounds like "apple" and sometimes it sounds like "ape" – and sometimes like nothing at all, as in "reading"!

One of my greatest triumphs as a child was learning how to draw Snoopy. I could draw Snoopy dancing, Snoopy on his doghouse, Snoopy as Joe Cool. "She's a good draw-er," my classmates would whisper as I drew on their textbook jacket covers, and the awe in their voices was everything to me. I lived on their praise for my entire second-grade school year.

The thing about drawing Snoopy, however, is that I had to study a lot of Peanuts comics to learn how to do it well. And while I was studying, I was reading. And the more I read, the more I wanted to read. I graduated from Snoopy and Charlie Brown and all of his pals to, soon enough, *Harriet the Spy* (which also has charming illustrations) and *Little House on the Prairie*.

But the gateway for me – as it is for many children – was the artwork. The pictures literally drew me in to reading.

That's the idea behind the Books To Treasure program, now in its 15th year, sponsored by the Tulsa Library Trust through a grant by the Anne and Henry Zarrow Foundation. We want to use the power of artwork in chil-

continued next page

dren's literature to draw (pun intended) children into reading. As part of Books To Treasure this year, the award-winning illustrator Hannah E. Harrison will be giving a free public presentation about her art and creative process on Friday, November 3 at 7 p.m. at the Hardesty Regional Library in Connor's Cove.

Additionally, every second-grader in Tulsa County will receive a free copy of the book *Extraordinary Jane*, written and illustrated by Hannah E. Harrison.

This intricately illustrated book follows an everyday dog (Jane) and her life in a family of circus performers. She discovers that being yourself can be "extraordinary" – even if you can't ride a unicycle or walk on a tightrope. Jane is surrounded by her circus animal friends, including elephants, monkeys, ostriches, tigers, bears…and one very supportive ringmaster.

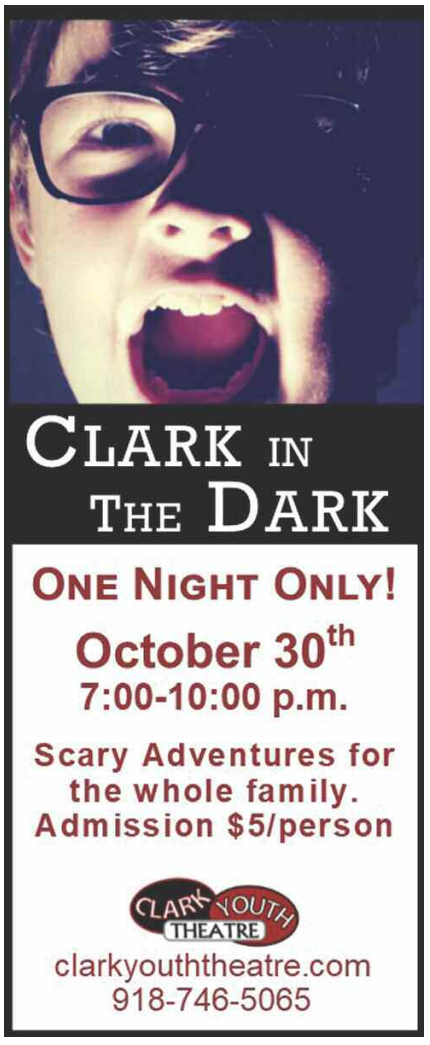
In a starred review of Extraordinary Jane, Publishers Weekly concludes: "Harrison's acrylic paintings, which blend realistic animal portraits with a charmingly old-fashioned circus setting to very funny effect, are the star of the show, but her understated storytelling and pacing are equally on the mark. Jane's under-the-radar helpfulness and all-around sweetness confirm the story's closing sentiment that being 'a really good dog' is something extraordinary in itself."

Children will love the story, but the detailed artwork will captivate them and possibly even inspire their own drawing – and writing.

In fact, Harrison has a great story to tell to further inspire children to draw and write: she won the "Young Author Book Award" at her school in both second and third grades, and when she was a high school senior, was honored with a Boston Globe Scholastic Art Award for her portfolio of artwork.

Today, Harrison calls Oklahoma home and continues to work on new books. In addition to Extraordinary Jane, she is the illustrator of *Remy and Lulu* and the author and illustrator of *Bernice Gets Carried Away*, and *My Friend Maggie*. She has an upcoming book, *Friends Stick Together*, that follows a refined rhinoceros through his tricky school day.

Books To Treasure 2017
Featuring Hannah E. Harrison
All second-graders in Tulsa County will receive a copy of *Extraordinary Jane* and will have the opportunity to get their own special library card featuring artwork from Extraordinary Jane.
Public Presentation: Friday, November 3, 7 p.m.
Hardesty Regional Library
Connor's Cove, 8316 E. 93rd St.
Find out more here:
http://kids.tulsalibrary.org/parents/bookstotreasure.php
Book signing to follow presentation. Books available for sale.







The Hip Mom Shops for Fall

BY JILL VANTREASE

I have been wearing the same two or three Tarzhay shifts for what seems like eons now, what with these neverending Okie summers. Jeans, or just about anything else, means there is sweat pooling in unmentionable places! But they say fall is just around the corner, and, oh, the stores are ready and selling delightful things to conjure up all that is so beguiling about fall: sweaters for crisp gatherings around a fire pit, game day paraphernalia, romantic shawls, drapey cardigans. Now if only the temperatures would drop a bit to luxuriate in all this autumn sartorial bliss! So I decide to head out to scour some stores for a few new pieces in anticipation of glorious fall weather.

My first stop is Amaranth Collection, a boutique at 81st and Sheridan. It is full of fall favorites: floral hoodies, some velvet shirts (apparently velvet is the latest chic fabric) and long, snug cardigans. Also, frayed skinny jeans - with or without holes in the knees - are all the rage. These jeans are everywhere I go! The price points at Amaranth will keep you browsing in the store for hours. Hardly anything - besides a few of the heavier coats - is over $50. So if you're not sure if something will be in style next year - who cares! The price per wear will still be reasonable. Amaranth Collection is perfect for moms who want a few stylish, trendy pieces without raiding college or retirement funds -- and teenage girls would find a lot here too!



LITTLE BLACK DRESS JACKETS.

Then I head to Utica Square for a bit of retail escapism. I stop by Madewell - I hadn't heard of the store until it landed here just over a year ago. It's not quite as budget friendly as Amaranth, but the offerings are really high quality -- I still wear several of the pieces I bought here last year all the time. Madewell is known for jeans, and they've got lots of them – again, lots of frayed skinny jeans. There are darling little mock crew sweaters - perfect for keeping you warm without a full, itchy turtleneck neck!

Booties are back again. Paired with jeans, these will work perfectly for a daily "mom" uniform (my go-tos in the fall!). There's also Converse sneakers in unique fabrics like suede. Oh, and then be still my beating clotheshorse heart: I find a darling little leather jacket with asymmetrical zippers that actually fits me. I pair it with some of the frayed jeans. I can't decided if I'm too old for this biker look, but I don't really care! I feel terribly young, daring and reckless for eight minutes - as if I'm going to hop on my boyfriend's motorcycle and head out dancing, instead of going home to a poopy diaper and homework drama. Oh, that jacket! At $498, it's out of my budget. But in my younger, wilder days, I would have bought that leather sass, and found a boyfriend with a motorcycle in eight seconds flat.

So, I stop daydreaming and head to Brookside, mostly because I'm currently having a love affair with Cafe Olé (it's been hiding in plain sight all these years!). I stop at Little Black Dress, which is one of my favorite bodegas for chic, gorgeous stuff that is guaranteed to make you enviably fashionable right now. They have lots of cute little "varsity" style



AMARANTH JEANS.



STASH DENIM.



MADEWELL SWEATER, DENIM & ACCESSORIES.

dresses for fall. Another tip: everything camo flies off the shelves, so if you like camo, you're already in the know. Blush hues are big for fall, too. I end up falling in love with a little faux suede jacket that fits beautifully and has just enough warmth for

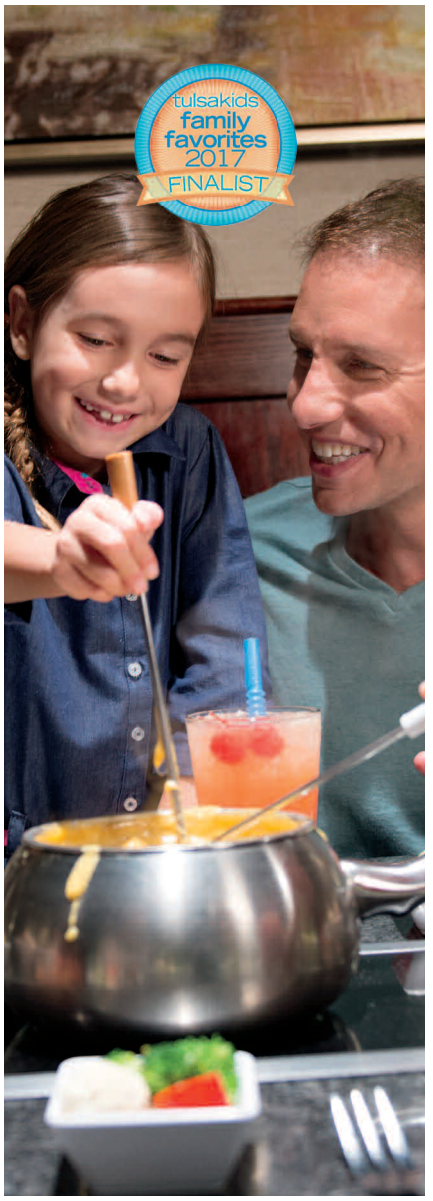


COLD SHOULDER AT STASH.

fall evenings (although who am I kidding? I won't be out! I'll be home putting kids to bed! I can dream though, right?). And, again, more frayed skinny jeans here too - these jeans are just not optional, moms! Now LBD's prices are not quite as budget friendly as Amaranth, but they are still pretty reasonable for the high quality - and you'll wear these pieces for several seasons.

Finally, I stop at a new store by me: Stash Apparel and Gifts. The original boutique is off Brookside, but they just opened an outpost out south. And it's full of fun fall fashion too: there are the "cold shoulder" tops which are still hot for fall; short, drapey jackets (greens seem big this fall!); shirts with pre-knotted "twists" in front; and more blush hues. There's also a nice selection of fun gifts (for hostesses, friends or you!), and a darling baby section with rompers, books and toys. Prices here are great! And, again, now repeat after me: skinny frayed jeans!

Hopefully, by the time you're reading this, the thought of putting on a jacket won't give you a horrible hot flash, and jeans won't make your legs feel like hot wet hoses. Once you feel that first cool, fall morning, grab yourself the ubiquitous pumpkin spice latte and go shop. As long as you've got a cute jacket this fall, some fun flirty tops, booties, and frayed skinny jeans, you'll look like you might have a boyfriend with a motorcycle too!



The Melting Pot

FONDUE RESTAURANT

MAGICAL FAMILY EVENING & FONDUE

Thursday, October 18 to Sunday, October 22

Choose from the regular Melting Pot menu or feast on our Special Family Menu for $29.95 per adult and $19.95 per child.

Sunday, October 22

Treat your family to a kid-friendly meal with mystifying magic at your table side.

Reservations Recommended.
300 Riverwalk Terrace,
Jenks, OK, 74037
(918) 299-8000



BY NATALIE MIKLES

pumpkin: a taste of Fall

Taking pictures at a pumpkin patch is No. 1 on many parents' fall bucket lists. And it's no wonder.

Is there anything cuter than a toddler balancing on a pile of pumpkins? Or a baby propped up next to a pumpkin bigger than she is? And it's not just the babies. I love watching kids and teens laughing (or rolling their eyes) while mom and dad pose them in their outfits picked to coordinate with the pumpkins and gourds.

I haven't missed a trip to the pumpkin patch in eight years – since my kids were born. It's not only a fun tradition, but it marks the changing season.

Celebrating each season is one of the joys of childhood. Making each season special creates tradition and bonding that your kids will remember forever.

In my family, we celebrate the season with special outings and trips, but mostly, we celebrate with food. At the first hint of fall, I'm making pumpkin bread, three-bean chili, beef stew and apple cake – to name a few.

Of all the recipes we make in fall, it's the pumpkin recipes that are most closely tied to the season.

This batter can be used to make muffins or mini loaves, just be sure to adapt the cooking times.



Chocolate Chip Pumpkin Bread

- 3 1/2 cups flour
- 1 tablespoon baking soda
- 1 1/4 teaspoons salt
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 1 (15-ounce) can pumpkin puree
- 3 cups sugar
- 1 cup vegetable or canola oil
- 2/3 cup water
- 4 eggs
- 1 teaspoon vanilla
- 2 cups mini chocolate chips

Preheat oven to 350 degrees. Coat two large (9- by 5-inch) loaf pans with nonstick cooking spray.

In a large bowl, whisk together flour, baking soda, salt, cinnamon and nutmeg. In another large bowl, blend together pumpkin puree, sugar, oil, water, eggs and vanilla until well incorporated. Slowly add in flour mixture, mixing until just blended. Fold in chocolate chips.

Divide batter between prepared pans. Bake for one hour or until a toothpick inserted in the center comes out clean. Cool in pan for 5 minutes before turning out onto a wire rack to cool completely.

I pull out this recipe, given to me by a friend, every October. My kids like it on English muffins or biscuits for breakfast.

Pumpkin Apple Butter

- 1 (15-ounce) can pumpkin puree
- 1 cup unsweetened applesauce
- 1/3 cup brown sugar
- 1 teaspoon cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg

In a small saucepan over medium heat, add all ingredients, stirring until blended. Bring mixture to a boil, stirring constantly. Reduce heat to low, then simmer uncovered about 45 minutes or until mixture is thick and creamy. Cool and store in an airtight container. Keep refrigerated up to two weeks.

This Epicurious recipe is a hit with kids. Chop into small pieces for toddlers.

Creamy Pumpkin Pasta

- 1 pound whole-wheat short pasta (such as penne, rigatoni, fusilli or shells)
- 1 teaspoon kosher salt, divided, plus more
- 1 1/4 cups heavy cream
- 3/4 cup pumpkin puree
- 3/4 teaspoon freshly ground black pepper, divided, plus more

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1 cup pasta cooking liquid.

Meanwhile, bring cream to a simmer in a large skillet over medium-high heat and cook, stirring occasionally, until reduced by half, about 4 minutes. Whisk in pumpkin purée; season with 1/2 teaspoon salt and 1/2 teaspoon pepper.

Add pasta and 1 cup reserved pasta cooking liquid to

continued next page

skillet and cook, tossing to coat, until sauce has reduced, 3–4 minutes. Season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Top with freshly ground pepper before serving.

Save your pumpkin seeds for this tasty little snack.

Cinnamon Toast Pumpkin Seeds

- 2 tablespoons butter, melted
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups pumpkin seeds
- 2 tablespoons white sugar

Preheat oven to 300 degrees.

Mix butter, cinnamon and salt together in a bowl.

Place pumpkin seeds in a large bowl. Pour butter mixture over seeds, then toss to coat. Spread coated seeds in a single layer onto a baking sheet.

Bake in the preheated oven, stirring occasionally, until seeds are lightly browned, about 40 minutes. Remove baking sheet from oven; sprinkle sugar over seeds and stir until evenly coated.



How to Roast a Pumpkin

Most of the time, I use canned, pureed pumpkin. It's easy and good for making pumpkin pie, bread and muffins. But fresh, roasted pumpkin has a great flavor that's sometimes worth the trouble. It's also a good project for kids to see how a pumpkin goes from a big, orange vegetable to a smooth puree.

Here's how to roast a pumpkin in six steps.

1. Choose a small pie pumpkin. Big carving pumpkins aren't what you want here. Look for 2- to 3-pound pumpkins. You'll want to roast just one or two at a time. Preheat oven to 350 degrees.

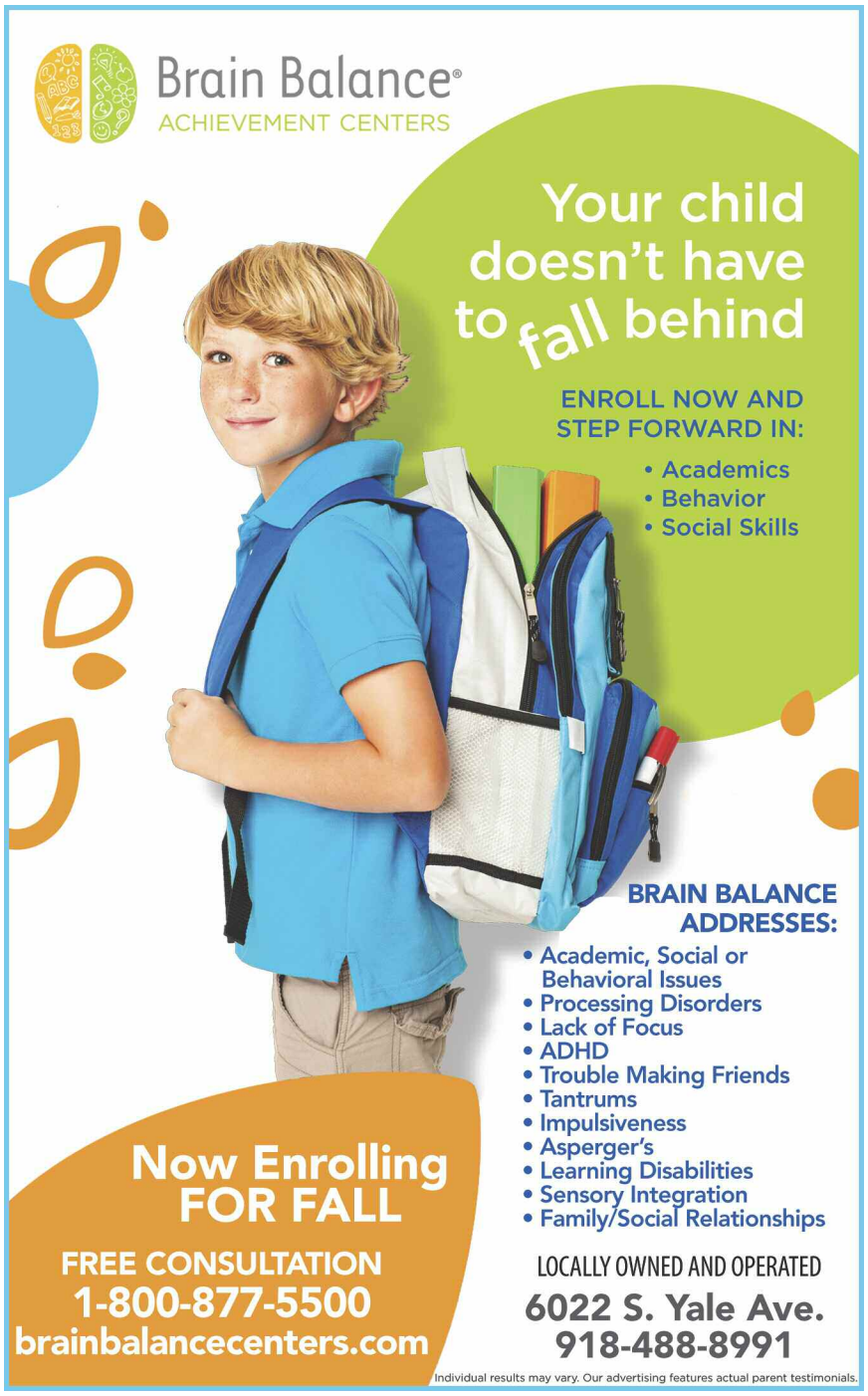
2. Slice off the stem. Then, place the pumpkin on a sturdy cutting board, and cut the pumpkin in half using a sharp knife.

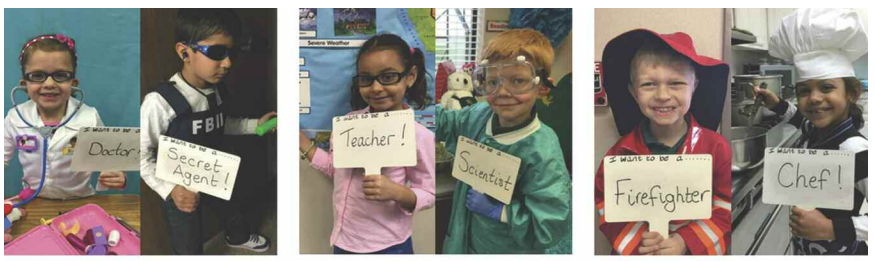
3. Using a big spoon or ice cream scoop, scoop out the guts and seeds. You can rinse and save those seeds for roasted pumpkin seeds later – yum.

4. Line a baking sheet with foil or parchment paper. Brush the inside of the pumpkin with olive oil, and place face down on the baking sheet.

5. Roast for 50 to 60 minutes at 350 degrees. If your pumpkins are smaller than 2 pounds, this will take less time. If they're closer to 3 pounds, it may take more time. You should be able to easily pierce the skin with a fork when the pumpkin is done.

6. Remove from oven, and cool for about 10 minutes. Using a large spoon, peel away the skin. It should come off very easily. Use the roasted pumpkin for pie, risotto, soup, cookies or your favorite pumpkin recipe. If making a puree, place pumpkin in a blender, and blend for about 2 minutes until totally smooth with no clumps.





THEIR FUTURE STARTS HERE

ENROLL TODAY!

MISS HELEN'S PRIVATE SCHOOL

tulsakids family favorites 2017 WINNER

(918) 622-2327
DIRECTOR@MISSHELENS.COM
4849 SOUTH MINGO-TULSA, OK

BY BRANDON SCHMITZ

SERC helps resolve special education issues

Despite being identified as an exemplar program by the Office of Special Education Programs, Oklahoma's Special Education Resolution Center (SERC) is a resource that continues to fall under many parents' radars.

"Sometimes I think special education is the best kept secret in Oklahoma," said Program Manager Jo Anne Pool Blades. "People ask me what I do, and when I tell them, they say 'I didn't even know that that was an issue.'"

Founded in 2005, the SERC helps parents and school districts settle disputes centered on the Individualized Education Programs (IEP) of disabled students. Specifically, IEPs cover learning needs, school services and progress measurement of students with special needs.

The SERC itself offers several services and programs, including mediation, due process hearing and stakeholder training. Since its inception, the Center's mission statement has been to help schools and families resolve disputes at the earliest stage possible.

Blades herself often counsels parents in an attempt to understand the nexus of their problems.

"A lot of the time, it's because somebody doesn't understand the requirements of education," she said. "Sometimes it's because the school has become a brick wall and they're not listening. Sometimes it's because the parent is so upset that they don't know how to communicate what the problem is."

Indeed, based on Blades' experiences, there are many instances in which parents are driven by fear. When that becomes apparent, she helps parents express their concerns in more educational terms so that the school has a better understanding of what they are saying. Unless specifically told not to by the parent, the Center always makes contact with the school district.

Parents will often make what Blades calls "positional demands," the most common of which is "I want a one-on-one paraprofessional for my child."

"That's always requested because that's all parents know about, but they (paraprofessionals) are really there for only the most seriously disabled children," Blades said. "They believe if someone is sitting there with them and doing their homework, then they'll get it done in class, but there are other ways for that to be accomplished."

That being said, the SERC focuses on the interest of the child rather than the positional demands of the parent.

"What we're doing is looking at solutions," Blades said. "Why is the child not getting his work done in school? Are there peer buddies that they can work with? Does the teacher need to be watching the child more? We want to know what's going on because the child will eventually need to learn how to do that."

Blades often hears from both parents and teachers that a student who doesn't complete his or her homework is "just lazy." However, she encourages them to use more direct language such as "the child is not completing assignments," as it's all about looking at the child's behavior and figuring out how it can be modified.

"It could be that they have trouble focusing and it just takes them a bit longer to turn to something new," Blades said. "They could just be distracted. What's causing them not to do it?"

According to the manager, children being put on reduced school days is the Center's No. 1 issue. When children have behavioral issues and the school doesn't know how else to handle the issue, it will often shorten the student's school day by as much as several hours.

"We are seeing more and more severe behavior in children where they'll clear the classroom and throw desks," Blades said. "These kids are allowed to go to school from only 8 to 11 a.m. because the school says they're overstimulated for the rest of the day, but that's not really the case. They need to bring someone in with behavioral knowledge to help the teachers learn how to deal with the child's behavior."

Perhaps the most common misconception regarding special education is that these children are not intelligent.

"You can be gifted and still be in special education," Blades said. "All special education means is that we need to somehow adjust the requirements to give them the ability to show that they're learning, or to teach them in a little bit of a different way."

Before the SERC was founded, Blades represented parents as an attorney for 10 years. Although lawsuits and litigation may change things for one child at a time, she said that that line of work fails to change the system itself.

"We're trying to resolve things before they break down because children benefit when we're working together," she said. "The most rewarding thing is helping people come to a place where we can focus on the child and get past whatever anger or issues are keeping us from helping them."

The SERC is located at 9726 E. 42nd Street, Suite 203. It can be reached via telephone at 918.270.1849.

NEXT MONTH:
In the November issue, we will be highlighting the Oklahoma Parents Center, another important resource for families with children who have special needs. The article will also be in TulsaKids' All Kinds of Kids e-book, available at www.tulsakids.com in October.



GRADES 6-12
Come see what we are all about . . .

CASCIA HALL PREPARATORY SCHOOL
CATHOLIC • AUGUSTINIAN
TRUTH 1926 UNITY LOVE

OPEN HOUSE

November 5th | 1-3 pm

ENTRANCE EXAMS:
October 28th | 9-11:30 am
November 11th | 9-11:30 am





CASCIA HALL
A Catholic College Preparatory School

2520 South Yorktown Avenue, Tulsa, Oklahoma
918.746.2604
www.casciahall.com
admissions@casciahall.com

Training tomorrow's leaders today!

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



Call to enroll your child today!
(918) 258-0594
1025 W. Kenosha, Broken Arrow, OK 74012
RhemaChildCare.com

RHEMA Child Development Center



LH LeslieHoyt.com
Heirloom Children's Portraits
918-200-9436

BY DIANE TRITT EATON

10 reasons Aruba is **one happy island**

With all the many Caribbean islands to choose from, it can be daunting to decide which one best suits your family's desires. As much as they all offer fun in the sun, each island serves up a unique set of experiences based on its deep-rooted history, rich culture and geographic location.

A beach vacation to Aruba is special for a host of distinct reasons. Known as "One Happy Island," Aruba is the southernmost island in the region and is only 9 miles off the coast of Venezuela. Luckily for its residents and guests tropical storms are not a part of the scene because Aruba rests on the fringe of the hurricane belt. Bright breezy days, bleached white, sandy beaches and azure seas are just the beginning of the many magical ingredients that make up island pleasantries. Punctuated by a laid back, friendly vibe, tourists settle in to Aruban vacations with gentle ease.

I just returned from a conference on the island's Palm Beach and, in addition to lazing about on the shore and floating in the warm sea, I dove in to learning about Aruba's history and cultural distinctions. Once inhabited solely by Amerindians, Aruba became a Dutch island back in the mid-1600s. And, although only 19.6 miles long and, at its widest, 6 miles across, this little stretch of paradise is now home to over 113,000 people, representing over 90 nations. Dutch and Papiamento (Creole) are the native languages, but English and Spanish are spoken by the majority of residents.



As the days passed, I continued to uncover amazing things about Aruba that make her special. My top 10 favorites include (but are not limited to):

1. Aruba is the sunniest of all Caribbean islands. The climate is more desert-like than tropical, with a very low annual rainfall, and average temperatures hover in the low to mid-80s year-round. Cool trade winds provide constant breezes — an added bonus when sunning and bathing.

2. Family activities are plentiful. From water sports to spending a day at the Island de Palm, an all-inclusive day trip excursion, to visiting historic museums, a butterfly farm and the California lighthouse, Aruba provides many options for all to enjoy together.

3. There's no shortage of great food to be had, including fresh catch from the sea, fine steaks, and Caribbean, Dutch and Italian fare, to name a few. Traditional to cutting-edge cuisine in Aruba consistently ranks as some of the finest in the Caribbean.

4. Because safety and security are important when traveling with kids, Aruba doesn't disappoint. It is a no-haggler, no-nonsense environment, making it safe to go off property with comfort. Many guests rent bikes, small jeeps and UTVs to beach hop and explore the island's perimeter and inner desert.

5. Nearly one-fifth of Aruba is designated as protected land. Arikok National Park is rugged and a great place for adventure seekers. Hiking, off-roading and arranged tours offer visitors a chance to spelunk into caves with ancient wall paintings, climb to the highest point on the island, Mt. Yamanota, and roam about in the sand dunes. Cacti are prevalent, and lizards, birds and donkeys live harmoniously in this desert land.

6. In addition to outstanding snorkeling, Aruba just so happens to be the wreck-diving capital of the Caribbean. There are more than a dozen sunken ships and planes to explore, including a German World War II ship, the SS Antilla. A large array of tropical fish, including seafans and flying fish as well as hawksbill turtles, swim in these waters with visibil-

continued next page

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

tulsakids family favorites 2017 WINNER

Thank You, Readers, for Voting Us the BEST Soccer Program/ Athletic League In Greater Tulsa Since 2013!

soccer city TULSA

Fall Lil' Kickers: Now through-Nov. 18th

OPEN ENROLLMENT…JOIN ANYTIME!



Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!

Summer Camps, Birthday Parties & Lock-ins • Adult & Youth Leagues

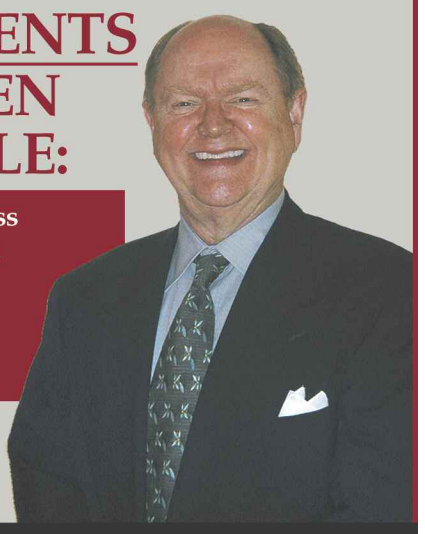
5817 S. 118th East Ave. • 918.249.0044

www.soccercitytulsa.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

ity up to 90 feet in some dive spots.

7. Beaches, beaches and more beaches. The western shores are home to famous resort-clad Palm Beach and Eagle Beach. Both of which have been included on "best beaches of the world" lists many times over. On the other shores along the island's perimeter, there are less populated beaches, some with rough crashing waves (some too dangerous for swimming) and jagged rocky edges. Sunrises on the rugged east coast and sunsets on the west coast are mesmerizing.

8. Water sports options for all ages and levels are vast. Tubing, paddle boarding, kayaking and kite surfing are popular, and several outfitters, such as Red Sail and De Palm Tours, are located along the beaches for easy sign up and access to the equipment.

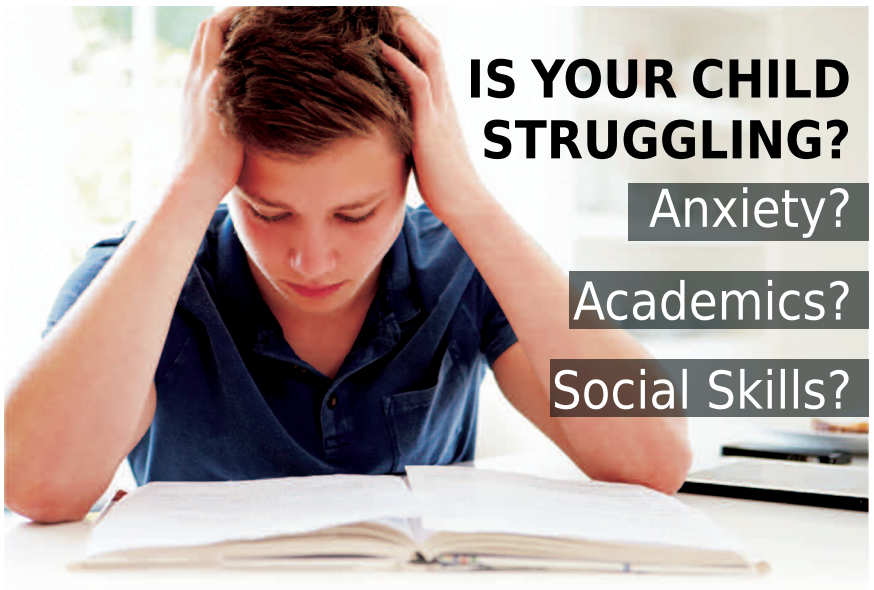
9. The capital city, Oranjestad, on the southwest side of the island and adjacent to a lovely marina, is ideal for walking and shopping among the pastel-painted, Dutch-style facades that are home to quaint shops, boutiques and eateries situated along palm-adorned streets.

10. The diverse people share an easy-going attitude, and the islanders are hospitable and polite. There's a local saying that sums it up nicely. Biba Dushi means "Living the Good Life," and the natives truly emanate this attitude when interacting with visitors and with one another.

Lodging choices range from the attractive seaside Holiday Inn to the high-end, secluded Ritz Carlton as well as smaller boutique hotels. Be sure to keep in mind that some of the resorts have casinos and the drinking age in Aruba is 18 years old.

For more information about lodging and attractions, please visit www.aruba.com; www.redsailsaruba.com; www.depalmtours.com.





We have provided **LIFE-CHANGING** experiences for children with learning disabilities, attention disorders and autism spectrum since 1961.

FOR MORE INFORMATION

Denise Jurbala, Grades 1-6
djurbala@tandcschool.org
918.296.3113, ext. 111

Shevaun Etier, Grades 7-12
setier@tandcschool.org
918.296.3113, ext. 114

Financial assistance available.

Town & Country SCHOOL

www.tandcschool.org

2017 SPECIAL KIDS
SPECIAL NEEDS RESOURCE GUIDE



ACADEMIC ADVANTAGE
Dr. Pitkin
Owasso, OK 74055
918.231.7669
www.academicadvantage.org

BRAIN BALANCE OF TULSA
Meghan Tappan
6022 S. Yale Ave.
Kingspointe Village
Tulsa, OK 74135
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!

CENTER FOR LANGUAGE AND AUTISM SUPPORT SERVICES (CLASS) TULSA
7170 S. Braden Ave., Suite 195
Tulsa, OK 74136
918.280.0090
www.classtulsa.com

COUNSELING & RECOVERY SERVICES OF OKLAHOMA
7010 S. Yale, #215
Tulsa, OK 74136
918.492.2554
crsok.org

Counseling & Recovery Services of Oklahoma provides mental health, physical health and wellness care coordination and services for children/youth/young adults ages 0-25 and their families. Caring professionals are a phone call away at 918.492.2554 to assess, diagnose, treat and provide support, regardless of a family's ability to pay. Outpatient Services include: individual and family counseling; behavioral rehabilitation; life skills coaching; linkage to community services; psychiatric evaluations; medication oversight by a physician; on-site pharmacy at the Tulsa office. Wraparound Tulsa provides support teams for children and youth experiencing frequent crisis and their families. Teams advocate for the child/youth and coordinate community services. A family support provider is available by phone any time of day or night.
Transition Services helps young people, ages 17-25, with behavioral health issues to set and achieve goals for independent living.
CALM Center provides immediate crisis support and comprehensive treatment during a short stay for youth ages 10-17 at risk of hurting themselves or others. The CALM Center is available any time at 918.394.2256, 6126 E. 32nd Place, Tulsa, OK 74135. Visit crsok.org to learn more.

ADVERTISING SUPPLEMENT

2017 SPECIAL KIDS
SPECIAL NEEDS RESOURCE GUIDE



MILLER SWIM SCHOOL
6415 S. Mingo Rd.
Tulsa, OK
918.254.1988
www.millerswimschool.com

Miller Swim School has been teaching Tulsa and surrounding communities about water safety for over 50 years. We offer private swim lessons with our specialized instructors for students with disabilities or special needs. Individuals with special needs can benefit from swimming to increase confidence and self-respect, as well as improve physical strength and coordination. Swim lessons offer social interaction, joy, friendship and a sense of accomplishment. Larry and Rita Miller established the school in 1960 in order to teach students to respect and enjoy the water, and to be safe, happy, successful swimmers. Our philosophy is that learning to swim well should be a part of every student's education for life. We offer year-round swim lessons for ages 6 months to adult. Miller Swim School is an authorized American Red Cross provider and a member of the United States Swim School Association.

MUSIC THERAPY PROGRAM & CLINIC
Oral Roberts University
2448 E. 81st St., #124
Tulsa, OK 74137
918.493.8040
www.oru.edu/academics/coacs/music/music-therapy-clinic/

The Music Therapy Clinic at Oral Roberts University advocates that music therapy improves the quality of life for children and adults with disabilities or illnesses, as well as those who are healthy. In particular, the ORU Music Therapy Clinic serves the following clinical populations:
Children with Autism Spectrum Disorders, Down Syndrome, Cerebral Palsy, ADHD, Intellectual Disabilities, Learning Disabilities, Emotional and Behavioral Disorders, Visual/Hearing Impairment and other Developmental Disorders.
Individuals with Neurologic Disorders including Stroke (CVA), Parkinson's, Alzheimer 's disease (Dementia) and Traumatic Brain Injury.
Individuals with Anxiety Disorders, Depression and Emotional & Behavioral Disorders
In every music therapy treatment, music is used as a tool to reach non-musical goals, whether physical, sensory-motor, cognitive, speech/language, emotional, social or spiritual. The music therapy techniques used during sessions are based on research and extended collegiate studies. Many possible goals addressed by music therapist might include: improving motor coordination, improving steadiness of gait, increasing memory recall, increasing attention to task, improving speech and communication, increasing reality-based thinking, increasing interpersonal skills, decreasing anxiety, decreasing pain, regulating mood, developing bonds among family members, and increasing coping skills.
Contact ORU Music Therapy Clinic at 918.493.8040, via email at musictherapy@oru.edu or visit www.oru.edu/music-therapy-clinic for more information.

NEWVIEW OKLAHOMA
501 S. Yale Ave.
Tulsa, OK 74135
918.779.7772
www.newviewoklahoma.org

NewView Oklahoma is the only private in-state provider of comprehensive





HOPE'S CROSSING
camp
Summer Day Camp
for Kids with Disabilities
Camp Dates: June 4-8, 2018 9am-4pm
- Swimming
- Canoeing
- Archery
- Fishing
- Arts & Crafts
- Basketball
- Soccer

And more!



All Campers have their own Counselor!
Campers and Counselors Apply Online.
www.hopescrossingcamp.org
918-855-0817
hopescrossingcamp@gmail.com

Think
CALM
Center
for kids (10-17) in crisis
918.394.2256
CALM Center
COUNSELING & RECOVERY SERVICES OF OK

ORAL ROBERTS UNIVERSITY
MUSIC THERAPY CLINIC



Center for Language and Autism Support Services
Tulsa's Choice for Applied Behavior Analysis (ABA) Therapy
CLASS Tulsa
www.classtulsa.com

PATHWAYS
THERAPY CENTER
A JOURNEY OF POSSIBILITIES.
WE PROVIDE PEDIATRIC OCCUPATIONAL THERAPY AND COMPREHENSIVE SPEECH SERVICES
4157 S. HARVARD,#117
TULSA, OK 74135
918-712-7868
www.pathwaystherapycenter.com



services for people with significant vision loss that cannot be corrected with glasses, surgery or medication. NewView is also the largest employer of blind and vision impaired Oklahomans in the state. We help blind and vision impaired Oklahomans of all ages remain independent where they live, learn, work and play. Through assessment, occupational therapy, training in assistive technology, on-the-job training and various programs, we help enhance the lives of those we serve.Our Tulsa and OKC Low Vision clinics offer possibilities and opportunities for people who are blind or vision impaired. Patients receive a comprehensive vision assessment, followed by a variety of services that will allow them to remain independent.
We never turn anyone away based on ability to pay.

RTY LAW
1214 East 33rd St.
Tulsa, OK 74105
918.200.9094
www.rtylaw.com

Focusing exclusively on estate planning, at RTY Law we think there is nothing more important than family. We believe providing for loved ones is not only a responsibility but a privilege. We would be honored in assisting your family with navigating the challenges of addressing long-term needs.

THERAPY & BEYOND
308 N. Aspen Ave.
Broken Arrow, OK 74012
844.422.2669
www.therapyandbeyond.com

Therapy and Beyond provides intensive, 1:1 ABA and speech therapy for individuals with autism and other developmental disabilities both in-home and in-clinic. Our individualized programs encourage family involvement and are designed on the principles of Applied Behavior Analysis & Skinner's Analysis of Verbal Behavior (VB) to focus on major areas of development including behavior, language, social, academic and self-help. Give us a call to learn more about ABA as an effective and evidence-based treatment for autism.

THERAPYWORKS
7608 E. 91st St.
Tulsa, OK 74133
918.663.0606
www.therapyworkstulsa.com

Working wonders in children's lives for over 35 years, TherapyWorks offers physical, occupational and speech therapy at its outpatient clinic in Tulsa. TherapyWorks helps children with Autism Spectrum Disorders, ADHD, sensory processing, Down syndrome, balance and coordination, orthotics, sports injuries, cerebral palsy, torticollis, fine motor skills, handwriting, speech, language, oral-motor skills, swallowing, feeding, picky eating, food allergies and intolerances and many more neurological and physical impairments. One-on-one treatment is provided by specialized, experienced pediatric therapists. To learn more about TherapyWorks, call 918.663.0606 or visit www.therapyworkstulsa.com. Tulsa's oldest most respected pediatric clinic. We can work wonders in your child's life. Call us today!

For more resources, go to www.tulsakids.com, and click on "Special Needs" under Directories.



Therapeutic screenings are still free at the McCarty Center

The J. D. McCarty Center for children with developmental disabilities conducts FREE therapeutic screenings of children who have unique challenges or a disability, or for parents who have concerns about their child's development.

Our screening team is composed of a pediatrician, nurse, social worker and pyschology clinician. When the team has completed their screening process they will sit down with you to review what services are available for your child at the McCarty Center as well as other community, state and federal programs.

We can also screen for Autism.

Today, more than ever before, we are an important resource for Oklahoma parents. We have been working with children for 71-years to help them achieve their highest level of function and independence.

The screening is absolutely free-of-charge. Call 405.307.2800 and ask to speak to a social worker for more information and to make your appointment.



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



HALLOWZOOEEN

OCTOBER 27-31

NIGHTLY 6:00-9:00

MEMBERS $7 | NON-MEMBERS $8

LAST TICKET SOLD AT 8:30PM

GET IN ONE HOUR EARLY SAT. & SUN.

FEATURING

Royal Castle

The princesses await your arrival! Try your hand at archery or take a spin down the royal catwalk.

QT PIRATE ISLAND

Climb aboard a pirate ship and meet a crew of pirates. This island is full of treasures and candy.

PUMPKIN PATCH PLAYROOM

It's hay-mazing! Wander the maze, get prizes and collect candy while enjoying carnival-style games.

CONTRIBUTING SPONSORS:

First Oklahoma Federal Credit Union · IHOP · Matrix Service Company · Spirit AeroSystems · U.S. Cellular

GOBLIN STOPS

CommunityCare
BP US Pipeline & Logistics
Helmerich & Payne

TULSA'S PREMIERE SPOOKY (BUT NOT TOO SCARY) TRICK-OR-TREAT EVENT! LEARN MORE AT

TULSAZOO.ORG/BOO

CANDY

CONCESSIONS

THIS OCTOBER

GET 2 FREE TICKETS

to HallowZOOeen when you buy or renew your basic membership.

GET 6 FREE TICKETS

to HallowZOOeen and save $31 on Adventure Pass when you buy or renew.



TULSA ZOO

Special thanks to these zoo partners for building a better zoo through their continued support.

Lobeck Taylor Family Foundation · The H.A. and Mary K. Chapman Charitable Trust · Hardesty Family Foundation, Inc. · The Helmerich Trust · GKFF · The Anne & Henry Zarrow Foundation

tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE. · Coca-Cola · Tulsa Zoo

Family Friendly Halloween Fun



Hop aboard the HallowZOOeen Express at the Tulsa Zoo's popular annual trick-or-treat event.

HALLOWEEN FESTIVAL AT THE CASTLE OF MUSKOGEE
When: Fridays and Saturdays, Sept. 29-Oct. 28th, 6-10 p.m.
Where: The Castle at Muskogee, 1400 W. Fern Mountain Rd., Muskogee
Website: www.okcastle.com
With attractions ranging from the Enchanted Boardwalk (fright rating: zero skulls) to Trail of Blood (fright rating: five skulls!), the Castle of Muskogee has an option for everyone, from the friendliest ghost to the most blood-thirsty zombie. Other attractions include a Haunted Hayride, an educational—yet creepy—trip through the Torture Chamber, live shows and plenty of food, drink and shopping opportunities.

COSTUME AND PROP-MAKING
When: Wednesday, Oct. 11, 5-6:30 p.m.
Where: Central Library, 400 Civic Dr.
Website: www.tulsalibrary.org
Need a costume for Halloween on the cheap? Learn how you can get started using EVA foam. Go over some of the techniques used, including a small project you can take home. Registration is required. Class size is limited. Register online or call 918-549-7323. For teens and adults.

MS. TORI'S MESSY ART: PAINTING PUMPKINS
When: Thursday, Oct. 12, 4-5 p.m.
Where: Glenpool Library, 730 E. 141st St., Glenpool
Website: www.tulsalibrary.org
Wear your grubby clothes and join Ms. Tori for a messy art project. Decorate a minipumpkin for Halloween. Pumpkins and paints are provided. Space is limited. Call 918-549-7323 to register. For ages 5-12.

A SUPERNATURAL MURDER MYSTERY DINNER
When: Friday, Oct. 13, 6:30-8:30 p.m.
Where: Hardesty Library, 8316 E. 93rd St.
Website: www.tulsalibrary.org
Dean and Sam Winchester receive a call from Sheriff Jodi that a fellow hunter has been killed in the town of Hardesty, Okla. They will need all the help they can get to solve the mystery. Will you help them hunt down the killer? Registration is required and limited to 16 participants. Register online only. For ages 10-18.

PUMPKIN PAINTING FOR KIDS!
When: Saturday, Oct. 14, 1-4 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Website: www.tulsabotanic.org
Local artist Rosemary Daugherty will lead this drop-in activity for children and families to paint a pumpkin for the season!

SPOOK A RAMA
When: Thursday-Saturday, Oct. 19-21, 6-10 p.m.
Where: Bartlesville Kiddie Park, 205 N. Cherokee Ave., Bartlesville
Website: www.kiddiepark.net/spookarama.htm
Spook A Rama's signature attraction is The House of the Bogeyman, featuring spine-chilling scenes such as the Werewolf Room and Funeral Room. While this one isn't recommended for the youngest kids, they can still find some light-hearted frights in The Little Scarecrows Maze. Need to rest your feet? Hop aboard the spooky barrel train as it whisks you through the park.

LADIES NIGHT HALLOWEEN PARTY
When: Friday, Oct. 20, 8-11 p.m.
Where: Gardner's Used Books & Music, Inc., 4421 S. Mingo Rd.
Website: www.gardnersbooks.com
Join Gardner's Books for an all-ages (but no boys allowed!), Halloween-themed ladies night! There will be refreshments, door prizes, a costume contest and buy-one-get-one-free on all used merchandise.

continued

WAIT UNTIL DARK
When: Friday-Sunday, Oct. 20-22 and 27-29, 8 p.m.;
Where: Tulsa Little Theatre, 1511 S. Delaware Ave.
Website: www.encore-tulsa.com
Encore! Tulsa presents this dramatic retelling of the classic 1967 film starring Audrey Hepburn as an unsuspecting blind woman who finds herself terrorized in her apartment.

HOWL-O-WEEN HUNT
When: Saturday, Oct. 21, 10 a.m.
Where: Whiteside Park, 4009 S. Pittsburgh
Trick-or-treating isn't just for the kids. Bring your favorite pooch (on a leash, of course!) to walk around the park and hunt for treat-filled eggs. There will also be a costume contest and art project. Bring a bag for collecting treats as well as pet food, dog bedding or other items to donate. Call 918.746.5040 if you have any questions.

SAFARI JOE'S HOWL-GO-GREEN
When: Saturday, Oct. 21, 10 a.m.-4 p.m.
Where: 4707 E. 21st St.
Website: www.safarijoesh2o.com
Slither around Howl-Go-Green for a ghoulish good time for all. This fundraising event is family-friendly with a range of attractions sure to entertain everyone.

MAKEUP MORGUE
When: Saturday, Oct. 21, 2-3:30 p.m.
Where: Zarrow Regional Library, 2224 W. 51st St.
Website: www.tulsalibrary.org
Come and explore the world of gore at this DIY gory makeup event. Just don't be surprised if people start dialing 911 when they see you leaving the library. Register online or call 918-549-7323. For ages 10-18.

GARGOYLES AND GRAVEYARDS
When: Saturday, Oct. 21, 2-4 p.m.
Where: Bixby Library, 20 E. Breckenridge, Bixby
Website: www.tulsalibrary.org
Make a creepy edible graveyard and other crafts while watching a fun Halloween movie. Stop by the Bixby Library to vote between three holiday favorites. For teens.

STEAM WORKSHOP: HALLOWEEN EDITION
When: Monday, Oct. 23, 2-3 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Enjoy STEAM (science, technology, engineering, art, mathematics) activities for kids ages 5-12. Class size is limited. Registration is required. Register online.

STORYTIME AT CARMICHAEL'S PUMPKIN PATCH
When: Tuesday, Oct. 24, 4-4:30 p.m.; Saturday, Oct. 28, 10-10:30 a.m.
Where: Carmichael's Pumpkin Patch, 17137 S. Mingo Rd.
Website: carmichaelsproduce.wordpress.com
Join Miss Mallory among the pumpkins as she reads fun stories about autumn. For ages 2-10.

MESSY ART CLUB: HALLOWEEN CRAFT NIGHT
When: Tuesday, Oct. 24, 6-7 p.m.
Where: Zarrow Regional Library, 2224 W. 51st St.
Website: www.tulsalibrary.org
Join the Zarrow Library for Halloween crafts ideal for ages 3 and older. Costumes are welcome.

BUILD-A-READER STORYTIME: FAMILY-HALLOWEEN
When: Tuesday, Oct. 24, 7-7:30 p.m.
Where: Broken Arrow Library, 300 W. Broadway, Broken Arrow
Website: www.tulsalibrary.org
Bring the whole family for this (not too) scary Halloween storytime! Costumes are welcome. For ages 0-5.

BUILD-A-READER STORYTIME: FAMILY-A NOT-TOO-SCARY HALLOWEEN
When: Wedensday, Oct. 25, 10:30-11 a.m.
Where: Zarrow Regional Library, 2224 W. 51st St.
Website: www.tulsalibrary.org
Bring the whole family to this not-too-scary Halloween storytime! Costumes are welcome. We will share Halloween stories, songs and crafts.

PUMPKIN CARVING
When: Thursday, Oct. 26, 3:30-5:30 p.m.
Where: Nathan Hale Library, 6038 E. 23rd St.
Website: www.tulsalibrary.org
Carve a pumpkin and take it home! Pumpkins are provided. For ages 10-18.

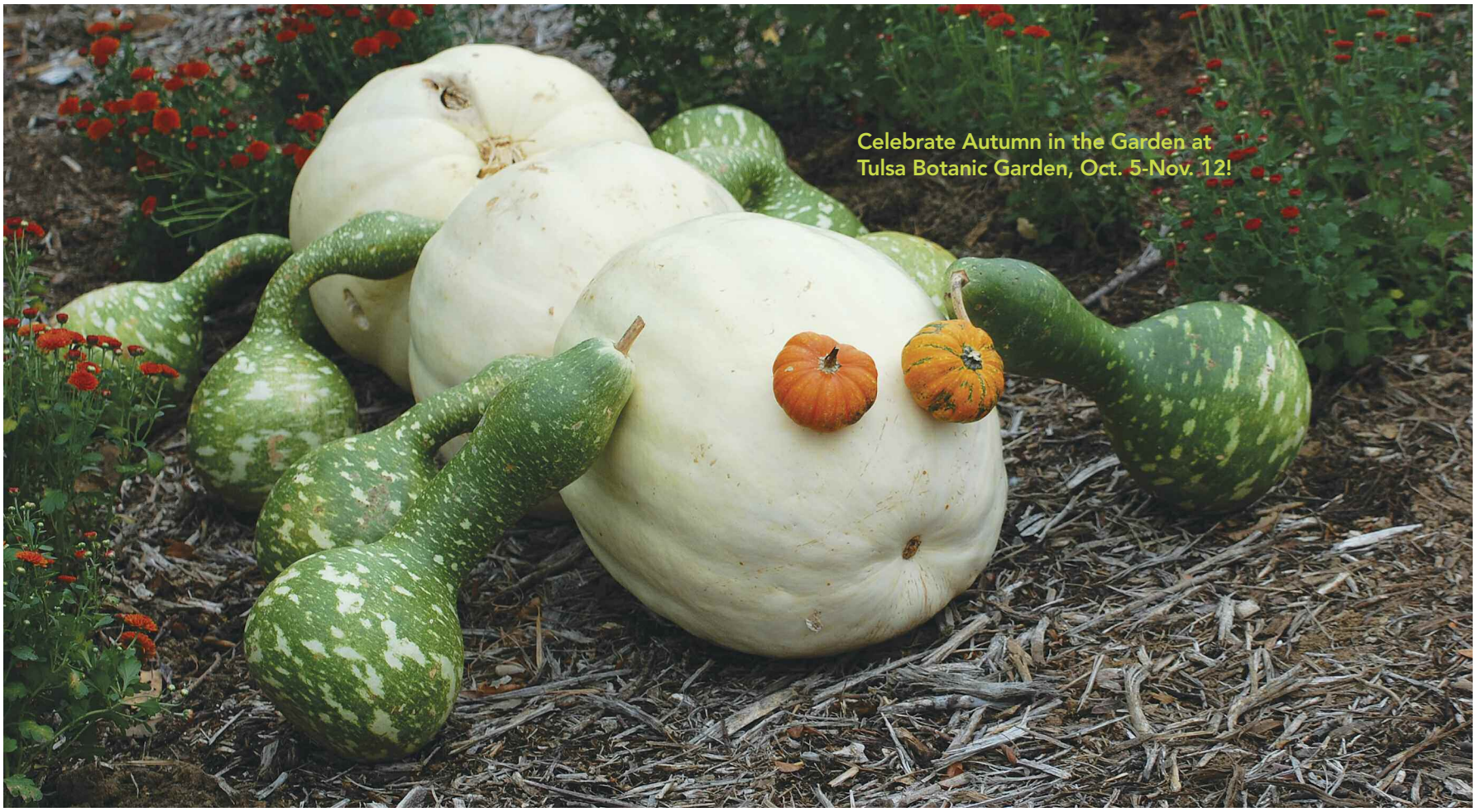
MAKE IT, TAKE IT: TRICK OR TREAT BAGS
When: Thursday, Oct. 26, 4-5:30 p.m.
Where: Hardesty Library, 8316 E. 93rd St.
Website: www.tulsalibrary.org
Join Ms. Ghoulia for a spooktacular Halloween craft. You'll be the envy of the block with your one-of-a-kind trick-or-treat bag. Registration is required. Register online. For ages 7-12.

HARDESTY HAUNTED HOUSE: THE HORROR OF STEPHEN KING
When: Thursday-Saturday, Oct. 26-28, 5-9 p.m.
Where: Hardesty Library, 8316 E. 93rd St.
Website: www.tulsalibrary.org
Hardesty Regional Library invites you to attend their first Haunted House, based on the timeless horror novels of Stephen King. For ages 13 and older only; no exceptions. Ages 13-16 must be accompanied by a parent or guardian. Haunted House tours last 20 minutes. Registration is required to hold your spot, as there are only six spots available per group. Register online only. Please arrive 10 minutes before your registered time slot. Late arrivals will forfeit their spot.

HALLOWEEN CARNIVAL AT WHITESIDE
When: Thursday, Oct. 26, 6-7:30 p.m.
Where: Whiteside Recreation Center, 4009 S. Pittsburgh
This family-friendly event is geared toward children 8 and under. Come in costume, especially if you'd like to enter the costume contest, and enjoy carnival games, a cake walk, Jupiter Jump, and more. Call 918.746.5040 for more information.

PIRATES AND PRINCESSES
When: Friday, Oct. 27, 5-6 p.m.
Where: George Kaiser Family Foundation Rajans,
Tulsa Zoo, 6421 E. 36th St. N.
Website: www.tulsazoo.org/feast
Enjoy a feast fit for your little princess or your budding buccaneer during Pirates and Princesses. This swashbuckling adventure starts at 5 p.m. and in-

continued



cludes an interactive dinner with pirates and princesses, admission to HallowZOOeen, Haunted Train tickets and early entrance to start trick-or-treating before the gates open. Tickets are $25 per dinner seat or $250 per reserved table of 8.

MUMMY & ME HALLOWEEN DANCE
When: Friday, Oct. 27, 6-9 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave., Bixby
Website: www.facebook.com/bixbycc
Mummys and goblins of all ages are invited to enjoy this fun annual Halloween dance. Costumes are encouraged but not required. Appetizers and punch will be served. Admission is $5 per person at the door.

HALLOWZOOEEN
When: Friday-Tuesday, Oct. 27-31, 6-9 p.m.
(Opens at 5 p.m. Sat. and Sun.)
Where: The Tulsa Zoo, 6421 E. 36th St. N.
Website: www.tulsazoo.org
Trick-or-Treat at the Zoo! HallowZOOeen is a premier spooky (but not-too scary) Halloween trick-or-treat event at the Tulsa Zoo for the whole family. Last year, more than 20,000 children had a safe place to enjoy the holiday during this fundraising event to support zoo operations. Activities include Goblin Stops full of treats, carnival-style games in the Pumpkin Patch Playroom, special themed activities in both the Burger King Royal Castle and the QuikTrip Pirate Island, and much more.

HALLOWMARINE
When: Friday-Tuesday, Oct. 27-31, 6:30-9 p.m.
Where: Oklahoma Aquarium, 300 Aquarium Drive, Jenks
Website: www.okaquarium.org
What's spookier than walking beneath a pool full of sharks? While courageous kids can do that any day at the Oklahoma Aquarium, October 27-31 is the only time of the year that aquarium guests can also enjoy Halloween-themed activities such as a Giant Pirate Ship Bounce House, a Pee Wee Pirate Zone and a Trick or Treat Trail.

BOOHAHA IN BROOKSIDE
When: Saturday, Oct. 28, 8:30 a.m.
Where: Brookside; Peoria between 33rd and 51st
Website: www.facebook.com/pg/BooHaHa2017
Fuel your little goblins with a Pancake Breakfast presented by the Brookside Lions at Brookside Baptist Church at 8:30 a.m., then return to Peoria around noon for a Pet Costume Contest and Trick-or-Treating at Brookside businesses. Don't miss the Children's Costume Contest at 1:30 p.m. or the Parade at 3 p.m. What a full day of fun!

TRUNK OF TREATS
When: Saturday, Oct. 28, 6-8 p.m.
Where: Park Plaza Jenks Annex, 224 N. 6th St., Jenks
Park Plaza Jenks is hosting a Trunk of Treats event, featuring games, good times, and...you guessed it, trunks and trunks of treats! All trunks will have an allergy-free option.

BOO ON BROADWAY
When: Saturday, Oct. 28, 4-7 p.m.
Where: North Main Street and East Broadway Street, Sand Springs
Website: www.sandspringschamber.com
This free community event in downtown Sand Springs features costume contests for kids, dogs and adults, candy, games, and the second-annual "Coffin Races" beginning at 6 p.m.

PUMPKINHEAD WORKSHOP FOR KIDS-ANNIE FERRIS
When: Sunday, October 29, 2-4 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Website: www.tulsabotanic.org
Local artist/art teacher Annie Ferris will lead children in a workshop to learn about the Wyeth Family artists and create their own "Pumpkinheads" based on Jamie Wyeth's self-portrait. They will also take home a 2-D art

continued

piece and have their photo taken and sent out after the class. Registration closes Oct. 25 or when full. Cost is $55 per child for Garden members, or $65 for non-members.

GHOULS ON THE GREEN
When: Sunday, Oct. 29, 2:30-6:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Website: www.guthriegreen.com
Dress up your favorite ghoul(s) and head downtown to Guthrie Green on October 29 for trick or treating, live music, a costume contest, food trucks and more!

STEAM WORKSHOP: TRICK OR TREAT
When: Monday, Oct. 30, 2-3 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Registration is required. Register online.

FRANKENSTEIN'S LAB: SEWING FOR TEENS/TWEENS
When: Monday, Oct. 30, 4-5 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Dissect and reassemble your own creations this spooky season! For ages 10-18. Space is limited. To reserve your spot, call 918-549-7323 or register online at www.tulsalibrary.org/events.

CLARK IN THE DARK
When: Monday, Oct. 30, 7 p.m.
Where: Henthorne Performing Arts Center, 4825 S. Quaker Ave.
Website: www.clarkyouththeatre.com
Clark Youth Theatre's Annual Haunted House is back for a second year and brand new scares! "What happens when the lights go down and the stage goes black?" Find out through this theatrical Haunted House, created for youth, by youth.

HALLOWEEN NIGHT AT THE MUSEUM
When: Tuesday, Oct. 31, 6-8 p.m.
Where: Will Rogers Memorial Museum,
1720 W. Will Rogers Blvd., Claremore
Website: www.willrogers.com
The Will Rogers Memorial Museum will be open to trick-or-treaters of all ages from 6-8 p.m. on Halloween.

TRUNK OR TREAT
When: Tuesday, Oct. 31, 6-8 p.m.
Where: First United Methodist Church Owasso,
13800 E. 106th St. N., Owasso
FUMCO's Pumpkin Patch for Mission is hosting a Trunk or Treat event, featuring free hot dogs, hot chocolate and, of course, plenty of candy!

DAY OF THE DEAD
When: Wednesday, Nov. 1
Where: Living Arts of Tulsa, 307 E. M.B. Brady St.
Website: www.livingarts.org
Kids can decorate sugar skulls, make sidewalk chalk altars, and more at Living Arts' 24th Day of the Dead Arts Festival. Plus, the entire family will enjoy watching fire performers, other authentic Latino performances, and shopping at the merchant's market.















2017 Pumpkin Patches

3RD ANNUAL PUMPKIN PATCH WITH TULSA GLASSBLOWING STUDIO AND GARDEN DEVA
WHERE: TULSA BOTANIC GARDEN, 3900 TULSA BOTANIC DR.
DATES: SATURDAY, OCT. 7
HOURS: 10 A.M.-5 P.M.
Celebrate the start to fall with a day in the Garden. Tulsa Glassblowing School will have hand-blown, glass pumpkins in all colors and sizes available for purchase. Garden Deva will have their signature, whimsical, fall-themed metal art for sale, too. Anitra's Eye Photography will be selling homemade photo cards and small prints with Tulsa and botanical themes, and Elote will be on site with their food truck. Learn more at www.tulsabotanic.org

CARMICHAEL'S PUMPKIN PATCH
WHERE: 17137 S. MINGO ROAD, BIXBY
DATES: SEPTEMBER 29-OCTOBER 31
HOURS: MONDAY-SATURDAY, 9 A.M.-7 P.M.; SUNDAY, 10 A.M.-7 P.M.
Carmichael's Produce sells a large variety of pumpkins, gourds and fall decor. Kids can also enjoy the animal farm and dark house maze for free. Additional activities (available for $2-5) include wagon rides, pony or camel rides, a cane maze and parakeet exhibit! Learn more at carmichaelsproduce.wordpress.com.

LIVESAY ORCHARDS
WHERE: 39232 E. 231ST ST. S., PORTER
DATES: WEEKENDS IN OCTOBER
HOURS: SATURDAY, 10 A.M.-5 P.M.; SUNDAY, 1-5 P.M.
Visit Pumpkin Playland at Livesay Orchards' Pumpkin Patch for numerous activities, including figuring out "Who Stole Farmer Joe's Pie?" in the hay maze, a hard corn play table with scoops and shovels, a mini-pumpkin hunt, bean bag tosses and more. Learn more at www.livesayorchards.com.

OKLAHOMA HERITAGE FARM ANNUAL FALL FESTIVAL
WHERE: 38512 US HIGHWAY 75, RAMONA (MIDWAY BETWEEN TULSA AND BARTLESVILLE)
DATES: SEPTEMBER 22-OCTOBER 29
HOURS: TUESDAY, WEDNESDAY AND THURSDAY, 9 A.M.-5 P.M.; FRIDAY AND SATURDAY, 9 A.M.-9 P.M.; SUNDAY, 1-5 P.M.
Oklahoma Heritage Farm is a working family farm that also hosts one of the Tulsa area's fabulous fall attractions. This year's theme is "Farmers Feed the World." Activities include a pedal car track, fire truck, riding around a nature trail, roasting marshmallows while listening to live music, a hay bale climb, and pumpkin decorating. Children 12 and under even receive a free pumpkin! Some can't-miss special events include pedal tractor pulls on September 30 and an antique tractor display on October 28. Mondays are open for pre-scheduled groups of very small children or special needs groups. Call 918.371.7887 to schedule a group, and go to www.facebook.com/OKheritagefarm to stay up-to-date on the latest information.

PLEASANT VALLEY FARMS 7TH ANNUAL WINTER SQUASH & PUMPKIN FESTIVAL
WHERE: PLEASANT VALLEY FARMS OK, 22350 W. 71ST ST., SAND SPRINGS
DATES: OCTOBER 14-15
HOURS: 9 A.M.-8 P.M.
Enjoy live bluegrass music, arts and crafts vendors, rattlesnake run slides (new this year!), duck races, a corn maze, and so much more at this two-day festival. Find more information on their Facebook page, www.facebook.com/pleasantvalleyfarmsok.

PUMPKIN PATCH AT SHEPHERD'S CROSS
WHERE: 16792 EAST 450 RD., CLAREMORE
DATES: SEPTEMBER 26-NOVEMBER 4
HOURS: TUESDAY-SATURDAY (AND MONDAY, OCT. 30), 9 A.M.-6:30

P.M.; MONDAYS BY APPOINTMENT ONLY.
Stroll through the pumpkin patch, enjoy festive fall games such as corn cob bowling and "find the pumpkin," get lost in a hay maze, take a wagon ride and make your own scarecrow! These are just some of the options at Pumpkin Patch at Shepherd's Cross. Admission is free, although there is a suggested $5 donation, and a few activities (wagon rides, scarecrow creation and pumpkin purchasing) cost extra. Find out more at www.shepherdscross.com.

PUMPKIN PATCH FOR MISSION
WHERE: FIRST UNITED METHODIST CHURCH OWASSO, 13800 E. 106TH ST. N., OWASSO
DATES: OCTOBER 5-31
HOURS: SUNDAY-FRIDAY, NOON TO DUSK; SATURDAYS AND FALL BREAK (OCT. 19-24), 10 A.M. TO DUSK
FUMCO's annual "Pumpkin Patch for Mission" is unique in that ALL proceeds from pumpkin sales are given away. In addition to selling pumpkins, activities include: an outdoor classroom, weekend hayrides, a fun maze, stickers, and wonderful photo backdrops. Special events include a FREE screening of "It's the Great Pumpkin, Charlie Brown" on Oct. 13, beginning at dusk; the Annual Hance Henrie Memorial Run on October 14; Night Light Tulsa Pumpkin Night on October 26; and a Trunk or Treat event on October 31. Get more information at fumcowasso.org/pumpkin-patch.

PUMPKIN TOWN
WHERE: 6060 S. GARNETT RD.
DATES: SEPTEMBER 22-OCTOBER 31
HOURS: SUN.–THURS., 10 A.M.-8 P.M.; FRID.–SAT., 9 A.M.-9 P.M.
Located near 61st and Garnett, Pumpkin Town is truly a place "Where farm meets city." Pumpkin Town covers over 20 acres, 5 of which are dedicated to their corn maze. The rest are filled with an impressive variety of attractions, including a cow train, petting zoo, tire swing carousel, pumpkin and corn cannon, and much more. Take a family photo in the oversized wooden rocking chair or at one of the other fun photo stations. And of course, you wouldn't want to leave without a pumpkin! Visit their website at www.pumpkintownok.com.

SAND SPRINGS PUMPKIN PATCH
WHERE: 17516 W. 8TH ST. (HIGHWAY 412 & 117TH W. AVE.)
DATES: OCTOBER 1-31
HOURS: MONDAY-SATURDAY, 10 A.M.-7 P.M.; SUNDAY, 12-7 P.M.
Sand Springs Pumpkin Patch has all your traditional family favorites: pony rides, a petting zoo, inflatable jumps, face painting and more. Plus, don't miss the 4th Annual Sand Springs Market Days, October 29, 10 a.m-7 p.m. and October 30, 12-7 p.m. These special days will feature a kids and pet costume contest, candy, vendor booths, and cash prizes. Learn more at www.sandspringspumpkinpatch.com.

SCARECROWS IN THE GARDEN
WHERE: TULSA BOTANIC GARDEN, 3900 TULSA BOTANIC DR.
WHEN: OCT. 5-NOV. 12
HOURS: TUES.-SUN., 10 A.M.-5 P.M.
(OPEN TILL 8 P.M. ON THURSDAYS THROUGH NOV. 2)
Every year, Tulsa Botanic Garden invites local residents and organizations to create scarecrows, which are then displayed throughout the garden. Enjoy these friendly faces and celebrate creativity by visiting Tulsa Botanic Garden from Oct. 5-Nov. 12. Visit www.tulsabotanic.org for more information.





The silent film series featuring Circle's 1928 theatre pipe organ!
Second Saturday of the month at 11:00AM!
$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK
CIRCLECINEMA Sooner State Chapter American Theatre Organ Society tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.





Thanks to our sponsors:

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

K12.COM

Dookie Doo's

Pediatric & Adolescent Care

Kay Roseborough
918-574-2400
lroseborough@allstate.com
Allstate. You're in good hands.
© 2017 Allstate Insurance Co.

BAA Balancing Act Accounting LLC
Exceeding Expectations

HALLOWMARINE 2017

TRICK-OR-TURTLE

OCTOBER 27TH - 31ST
6:30 PM - 9:00 PM

Join the Oklahoma Aquarium and your favorite undersea friends for five nights of all-indoor Halloween fun!

- *Giant Pirate Ship Bounce House*
- *Pee-Wee Pirate Zone*: an area just for the little ones with age appropriate games, a bounce house, candy and prizes.
- *Trick-or-Treat Trail*: all exhibits remain open, so meet all our creatures while loading up on treats.







America's Incredible Pizza Company
Heaven Bound & Beautiful by Katina
Mary Kay - Yolanda Daves
American Leak Detection
Tulsa Doulas Inc.
Jenks Police Department
Jenks Fire & Rescue
MaidPro

OK DHS - Adoption & Foster Care
Green Country Water Garden Society
Christian Karate Academy - Jenks
Bounce U
Dutton Travel
Osigo Soap Co.
Pinot's Palette
Miller Swim School

OKLAHOMA AQUARIUM®



MOVIE IN THE PARK: "HARRY POTTER AND THE SORCERER'S STONE"
When: Thursday, Oct. 5, 8:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Website: www.guthriegreen.com
Head downtown to Guthrie Green for a free showing of "Harry Potter and the Sorcerer's Stone." Bring a picnic, or purchase food from Mr. Nice Guys or the newly opened The Goods Bodega at Detroit and Archer!

MOVIE NIGHT IN THE PATCH
When: Friday, Oct. 13, 6:30 p.m.
Where: Pumpkin Patch for Missions, 13800 E. 106th St. N.
Website: www.fumcowasso.org/pumpkin-patch/
Visit Pumpkin Patch for Missions and watch "It's the Great Pumpkin, Charlie Brown" with your family. Free to the public. Bring a chair or blankets and enjoy. Movie begins at dusk.

MOVIE IN THE PARK: "FRIDAY THE 13TH"
When: Friday, Oct. 13
Where: Guthrie Green, 111 E. M.B. Brady St.
Website: www.guthriegreen.com
You might want to leave the kids at home for this one! "Friday the 13th" is a classic horror film from the producers of "The Texas Chainsaw Massacre." But if you love horror, what better way to spend the Friday the 13th before Halloween?

MOVIE IN THE GARDEN: "HOCUS POCUS"
When: Wednesday, Oct. 18, 1:30-3:30 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Join Central Library for a bit of "Hocus Pocus" in the garden! Enjoy crafts and activities while watching the movie. Rated PG. For all ages.

MOVIE IN THE GARDEN: "POLTERGEIST"
When: Wednesday, Oct. 18, 7-9 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Get into the spirit of the season with this modern horror classic from 1982 in which a typical suburban family home is invaded by ghosts. Rated PG. Bring your chairs and blankets. Doors open at 6:30 p.m. Movie begins at 7 p.m. For teens and adults.

SPOOKY CINEMA: "INSIDIOUS"
When: Tuesday, Oct. 24, 6:30-8:30 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Get into the Halloween spirit with this spooky thriller! Rated PG-13 for the-matic material, violence, terror and frightening images, and brief strong language. Registration is required. Register online. For teens.

SCARY/BAD MOVIE NIGHT
When: Thursday, Oct. 26, 4-5:30 p.m.
Where: Charles Page Library, 551 E. Fourth St., Sand Springs
Website: www.tulsalibrary.org
Join us as we experience "Sharknado," a movie so bad it's scary! Rated PG-13. For ages 13 and older. Tweens may attend with parental approval.

NOT-SO-SCARY MONSTER PARTY
When: Thursday, Oct. 26, 6-7 p.m.
Where: Bixby Library, 20 E. Breckenridge, Bixby
Website: www.tulsalibrary.org
Head to the Bixby Library for fun monster stories and games, and pumpkin decorating as we watch "Monster's, Inc." Pumpkins are provided by Carmichael's Produce. For ages 3-11. Limit 40. Call 918-549-7323 to register.

MOVIE: "MONSTER'S INC."
When: Friday, Oct. 27, 3-5 p.m.
Where: Hardesty Library, 8316 E. 83rd St.
Website: www.tulsalibrary.org
Want something spook-safe for the kids to do this Halloween weekend? Join us for a showing of "Monsters, Inc." Rated G.

FILM ON THE LAWN: "E.T."
When: Friday, Oct. 27, 6-10:30 p.m.
Where: Philbrook Museum of Art, 2727 S. Rockford Rd.
Website: www.philbrook.org
Don't miss E.T. in the Philbrook Gardens. Dress up in your best 80s-inspired Halloween costume and stay for a big surprise!

BY BETTY CASEY

Tulsa Girls Art School Designs Tulsa-Themed DIY Halloween Costumes



TulsaKids staff invited the Tulsa Girls Art School (GAS) to come up with some creative DIY Halloween costumes for our October issue. Yusselle Jimenez, age 11; Citlhaly Duarte, age 11; and Leia Nealy, age 9, took on our project. They brainstormed ideas and came up with their top three. Not surprisingly, Construction Worker was the #1 idea because, as Yusselle put it, "I see them all over the streets." Other costumes included Mayor G.T. Bynum, Leon Russell and a tornado with news reporters.

If you come up with some Tulsa-themed costumes, we'd love to see your pictures. Send photos to our web and social media editor Tara Rittler at tara.rittler@gmail.com can share them on our Facebook page or Instagram.





LEON RUSSELL, MAYOR G.T. BYNUM, ROAD CONSTRUCTION WORKER, TORNADO AND NEWS REPORTERS



I'M A TULSA KID

WORDS BY SHEEBA ATIQI
PHOTO BY LESLIE HOYT PHOTOFRAPHY

Cyanna McHenry: Jenks High School



With a contagious smile and positive attitude, Jenks High School junior Cyanna McHenry is making a leap for college. With dreams of dance, acting and the full college life experience, there is no stopping Cyanna. A local organization, Lead, Learn, Live (www.leadlearnlive.org) is committed to bringing a successful college experience to Oklahoma students like Cyanna who live with special needs, yet aspire to fulfill their dream of going to college.

TK: What is Lead, Learn, Live?
Cyanna: Lead, Learn, Live is a group working to start a special needs college program in Oklahoma. And I really hope Lead, Learn, Live is successful, so I can go to college.

TK: You have Down syndrome. What is it like to be a young person with a disability?
Cyanna: I don't see myself as different, but it does limit my choices sometimes like colleges.

TK: What are some challenges you have had to face?
Cyanna: Having muscle and ligament issues that make walking around a big campus like Jenks or a college difficult.

TK: What is something positive that has come out of living with Down syndrome?
Cyanna: Something positive from Down syndrome is I've met lots and lots of people in Jenks, Tulsa and all over the United States because of it. I've been able to show having Down syndrome is not a bad thing because I'm an awesome person!

TK: What college are you planning to attend?
Cyanna: I have not decided yet, but am looking in Missouri and Kansas but would like to stay in Oklahoma.

TK: What are your plans and goals for the future?
Cyanna: I have lots of plans for my future. I want to work in theatre. I am so open to work in other things as I go to college.

TK: Who inspires you?
Cyanna: I am inspired by my friends; they make me happy every day.

TK: What do you like to do for fun?
Cyanna: I like to dance at Miss Shelly's, bowling, singing, acting and just hanging out with my friends. I've danced for 12 years at Miss Shelly's. I'm a Special Olympics athlete for 13 years!

TK: What is your favorite local restaurant?
Cyanna: Gaetanos!!

TK: A fun fact about yourself?
Cyanna: I made 20 skydives in my mom's belly, and I want to do it again!



HALLOWZOOEEN

HANG OUT AN EXTRA HOUR

SATURDAY & SUNDAY

TULSAZOO

NIGHTLY HOURS

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
27	28	29	30	31
6:00-9:00	5:00-9:00	5:00-9:00	6:00-9:00	6:00-9:00

Last ticket sold at 8:30pm. Visit tulsazoo.org/boo for advance tickets and details.

THANK YOU
MAJOR SPONSORS

QuikTrip · Burger King · Coca-Cola

CONTRIBUTING SPONSORS

IHOP · First Federal Oklahoma Credit Union · Matrix Service Company · Spirit AeroSystems · U.S. Cellular

2017 GOBLIN STOPS:
CommunityCare | BP US Pipeline & Logistics | Helmerich & Payne

Special thanks to these zoo partners for building a better zoo through their continued support.

Lobeck Taylor · The H.A. and Mary K. Chapman Charitable Trust · Hardesty Family Foundation, Inc. · The Helmerich Trust · GKFF · The Anne & Henry Zarrow Foundation

PUMPKIN TOWN

TULSA

61st & Garnett
Sept. 22rd
through
Oct. 31st

Hours:
Sun.-Thur.,
10am – 8pm,
Fri.-Sat.,
9am – 9pm

Where Farm Meets City

918-900-3029 • www.pumpkintownfarms.com

Thunder Up in our new OKC Thunder Maze.
Come meet Rumble and the Thunder Girls on Thunder Day!



THUNDER OKC

PK & EQUIPMENT

The News On 6 KOTV

New and Improved Thunder Mountain, Pumpkin Jump Pad and Chicken Show.

ATTRACTIONS include:

- Pony and Camel Rides
- Day and Nighttime Maze
- Petting Zoo
- Barnyard Ball Zone Game
- Face Painting
- Hop-a-Long Horse Races
- Corn Cannons
- Pumpkin Blaster
- Giant Jumping Pillow
- Train Rides
- Treasure Dig
- Tractor Tire Swings
- Fall Produce and Decor For Sale
- Campfire Sites (Reservations required)
- Delicious Fall Food & Treats

EVENTS Calendar:

Sept 22-24,
Teacher Appreciation Weekend
Sept. 29-Oct 1,
Thunder Weekend
Oct. 6-8, Heroes Weekend
Oct. 13-15,
Beat Cancer Weekend
Oct. 20-22,
Grandparents Weekend
Oct. 27-29, Scouts Weekend