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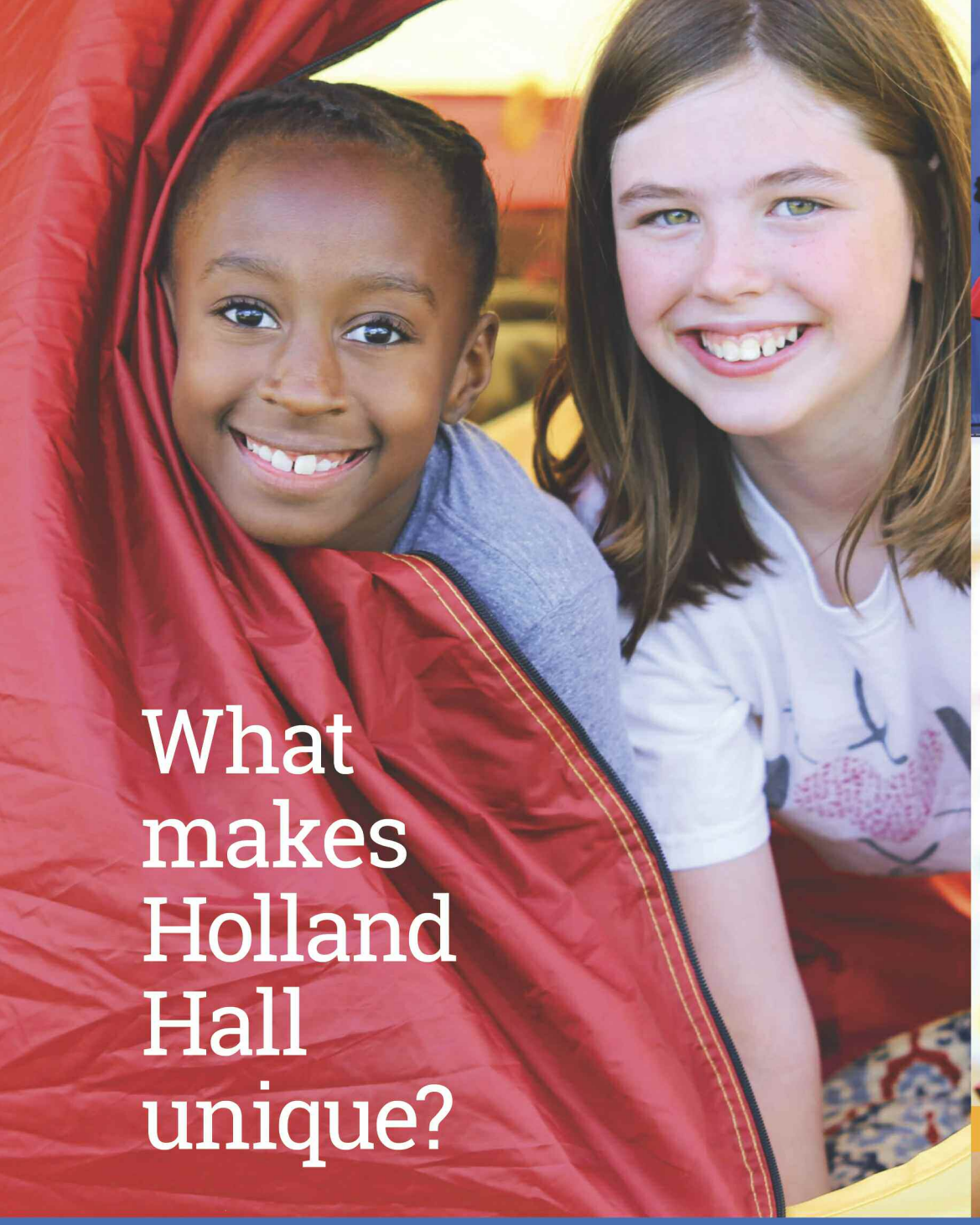
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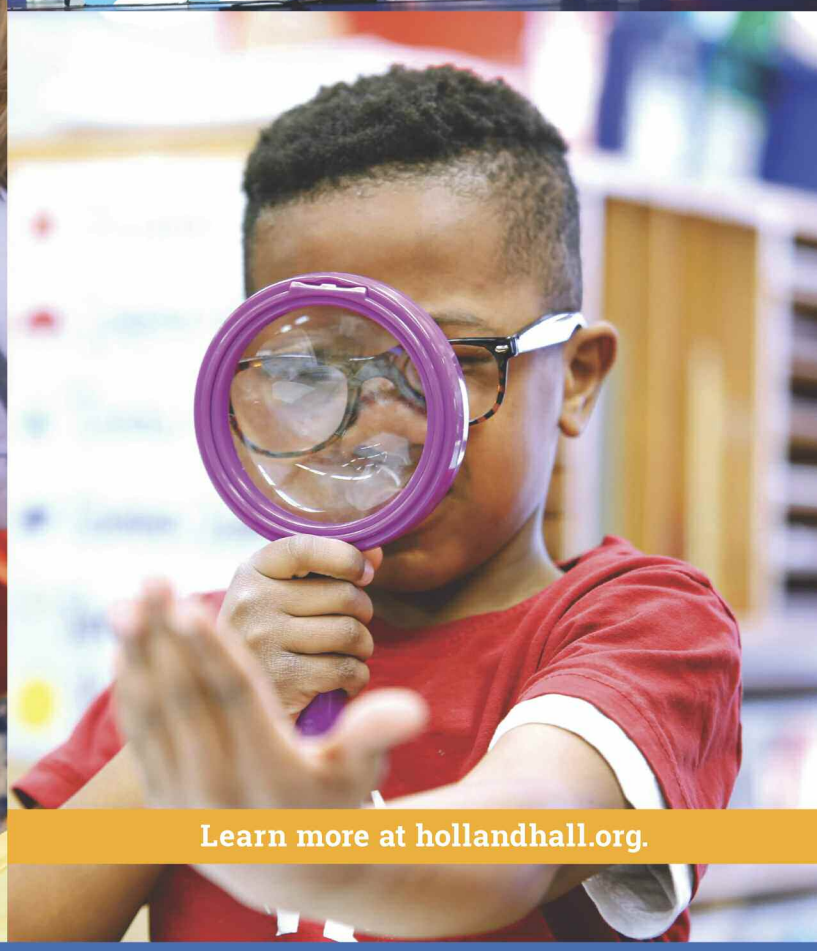
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editor's note

Yes, My Kids Were Preschool Dropouts

When I read Kiley Roberson's column about separation anxiety, it brought back some not-so-fond memories of sweaty, wailing toddlers clinging to my legs as I attempted to drop them off for the brief respite that preschool would provide me.

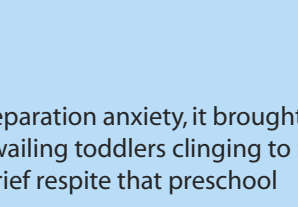
Sometimes bribery would work with my son, especially as he got older. I got him to go into the kindergarten room by promising him the Matchbox Car Carwash (which, by the way, used real water that ended up all over the floor. It was worth it). Unfortunately, he thought kindergarten was just one day, so, Moms, be sure that you tell your kids that "going to school" means many, many days. Every transition was a struggle for him.

My middle daughter cried most of the day when I left her at preschool. When I asked why, she hiccupped sobbed, "I m-m-m-m-miss yooooooou! I th-th-think about you all daaaaay!" While flattering, this did not make me feel confident as a mom. The director suggested that, "Maybe she's just not ready for Mothers Day Out." How was I raising these needy, introverted creatures? What was I doing wrong?

By the third kid, I realized that it wasn't all me, but had something to do with their temperament. As moms, it's easy to cast blame and give advice, but every kid is different. It's helpful to understand something about child development – and recognize those times when kids normally get a little clingy, as pointed out in Kiley's Babies & Toddlers column.

If separation anxiety turns into plain anxiety, however, it may be time to call in an expert, or at least have a conversation with your child's pediatrician. Read our feature on children and anxiety to learn more.

And, if you're confused about public schools, charter schools, partner schools, and the like, we invite you to join us for a screening of the documentary "A Backpack Full of Cash" at the Circle Cinema, Thurs., Sept. 20 at 7 p.m. There will be a local panel afterwards to discuss the film and to answer questions. The documentary will be at Circle for a week. Sign up for our e-newsletter or watch www.tulsakids.com for more information, or to win some free tickets.



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:

COVER KID WINNER CALLIOPE HOWE PLAYS WITH PHOTOGRAPHER LESLIE HOYT.

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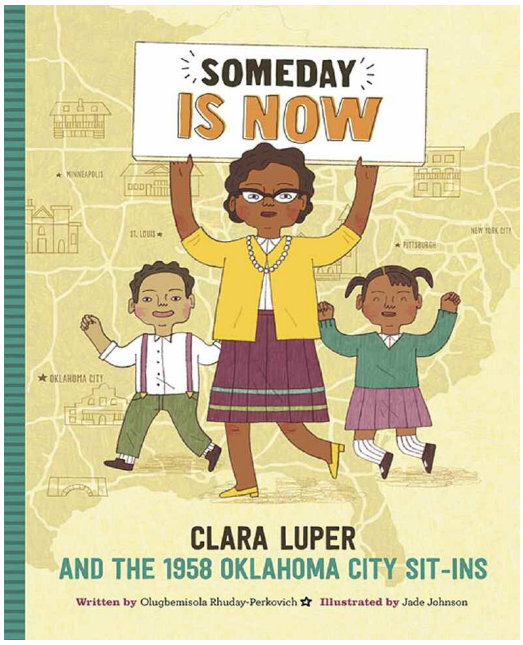
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CHAPTERS FUNDRAISER HOSTS THREE BEST-SELLING AND AWARD-WINNING AUTHORS

As part of National Literacy Awareness Month, TCCL and the Tulsa Library Trust presents "Chapters: A Casual Evening of Books, Bards and Bites" Sept. 20, 6:30 p.m. at Hardesty Regional Library, 8316 E. 93rd St. Individual tickets are $50 and can be reserved by calling 918.549.7494. Supporters will enjoy an evening in the library with local food, wine and refreshments while listening to authors Ally Carter, Sasha Martin and Beatriz Williams.

ALLY CARTER

Carter is a best-selling author of multiple young adult series including *Gallagher Girls, Heist Society* and *Embassy Row*. Carter was born and raised in Oklahoma and attended Oklahoma State University and Cornell University. Her books have been published in more than 20 countries. Her newest novel, *Not if I Save You First*, is her first stand-alone novel.

SASHA MARTIN

Martin is an award-winning writer and blogger who spent almost four years cooking her way around the world. Her work has been featured on NPR (Travel With Rick Steves), Whole Living, Bon Appetit, The Smithsonian, The Huffington Post, CNNgo and Food52. Her website, Global Table Adventure, is a go-to hub for foodies around the world. Her memoir, *Life From Scratch: A Memoir of Food, Family and Forgiveness*, was published by National Geographic in 2015.

BEATRIZ WILLIAMS

Williams is the best-selling author of *A Hundred Summers, The Secret Life of Violet Grant, Along the Infinite Sea, A Certain Age* and *The Summer Wives*, to be released in July 2018. A graduate of Stanford University with an MBA in Finance from Columbia University, Williams worked as a communications and corporate strategy consultant before she turned her attention to writing novels that combine her passion for history with an obsessive devotion to voice and characterization. Her books have won numerous awards, have been translated into more than a dozen languages, and appear regularly in best-seller lists around the world.

Appetizers, wine and dessert are provided by Biga, Bodean Seafood Restaurant French Hen, KEO Asian Cuisine Mondo's, Oklahoma Joe's, Oliveto Italian Bistro Panera Bread, Pepper's Grill, Ranch Acres Wine & Spirits, Starbucks Central Library, Sweet Devotion Cakery, Toni's Flowers and Gifts, and Yokozuna.

Authors' books will be available for purchase with a portion of the proceeds benefiting the literacy service. Call 918.549.7494 for more information or to make a reservation.

MITA'S FOUNDATION CHARITY BANQUET

The 8th Annual MITA's Foundation Charity Banquet will be on Sat., Sept. 8, 6 p.m. at the Tulsa Renaissance at 6808 S 107th East Ave, Tulsa.

Orgullo Hispano 2018 recipients, Samira Izaguirre, Felipe Oyarzo, Lehabim Escoto and José Socorro, will be honored at the event. Entertainment will include salsa, samba and rock music, food and an auction.

Proceeds from the event will benefit over 300 children and their families in Santa Rosa de Ouives, Peru. The MITA's Foundation is a non-profit organization that provides charitable relief to under-privileged children in Peru.

Patrons can purchase sponsorship opportunities that range from $1,000 to $5,000 or buy individual tickets for $85. To purchase tickets or for more information, visit http//mitasfoundation.org/events, or contact Tina Peña, president, at 918.381.8610.

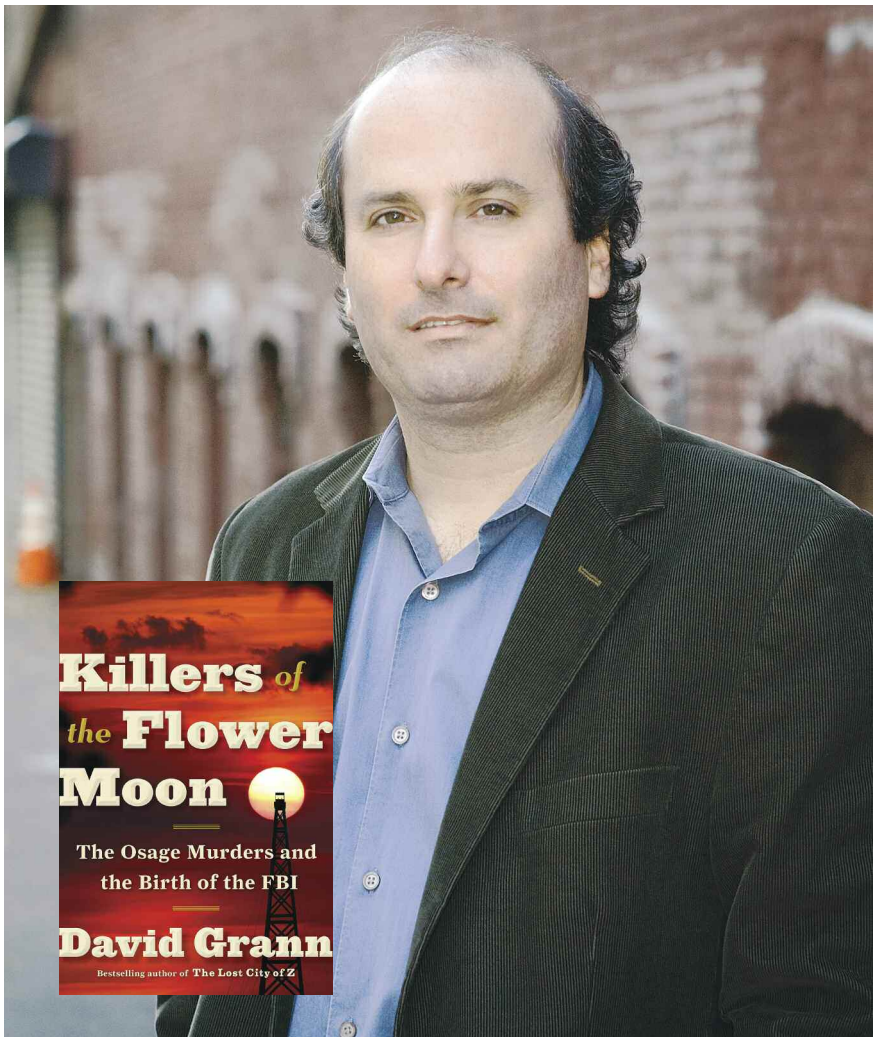


PHOTO LEFT TO RIGHT: MITA'S FOUNDATION VICE PRESIDENT NANDA THOMPSON, KOTV METEOROLOGIST AND BANQUET EMCEE MICHAEL GROGAN, MITA'S FOUNDATION PRESIDENT, TINA PEÑA

JOIN ONE BOOK, ONE TULSA

Tulsa County residents are invited to join One Book, One Tulsa, a communitywide reading initiative featuring David Grann's *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*. Grann presents a twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history in the 2017 nonfiction New York Times best-seller and National Book Award finalist.

One Book, One Tulsa events include an opportunity to meet David Grann on Friday, Sept. 7, 7 – 8:30 p.m. at the Central Library. Grann will discuss his writing, answer questions and sign books. Other events include a presentation on Tues., Sept. 4, 6-7 p.m., by Sarah O'Donnell of the Osage Nation Historic Preservation Office entitled "Exploring Osage Culture and History" at the Central Library. Osage Cultural programs will also be held on Wed., Sept. 5 from 5-6 p.m. at the Bixby Library, 20 E. Breckenridge, and Thurs., Sept. 6, 5-6 p.m. at the Collinsville Library, 1223 W. Main.



advertiser in the news



TULSA ORTHODONTISTS TEAM UP TO BETTER SERVE PATIENTS

Carter Family Orthodontics is expanding. Dr. Emily Carter announced her new partnership with Dr. Phyllis Higgins. The women have teamed up to create Carter & Higgins Orthodontics.

This partnership creates the only women owned and operated orthodontic practice in Tulsa. Dr. Carter and Dr. Higgins will work together to provide excellent care and service to their patients. In addition, both orthodontists are also mothers, so they understand the importance of balancing work and family life.

Last summer when Dr. Higgins covered Dr. Carter's maternity leave, Dr. Carter said she saw the value in having another orthodontist.

"My patients loved Dr. Higgins. It gave me such peace of mind while I was home focusing on my family to know that my patients were being so well cared for," said Dr. Carter.

"I loved the way Dr. Carter treated her patients and staff," said Dr. Higgins.

Their office motto, "handcrafted smiles," represents the quality of care and the family atmosphere at the office.

The office is located at **3232 E. 31st Street in Tulsa; www.carterfamilyorthodontics.com; 918.986.9986**. Dr. Carter and Dr. Higgins are also working on a second location in south Tulsa, with plans to open in 2019.



PEGGY V. HELMERICH (IN PURPLE), WITH WOMEN'S HEALTH CENTER STAFF, VISITED THE PEGGY V. HELMERICH WOMEN'S HEALTH CENTER AT HILLCREST TO HELP CELEBRATE 15 YEARS OF SERVICE TO WOMEN'S HEALTH. MRS. HELMERICH TOURED THE CENTER'S NEONATAL INTENSIVE CARE UNIT (NICU) TO MEET SOME OF HILLCREST'S TINIEST PATIENTS. THE PEGGY V. HELMERICH WOMEN'S HEALTH CENTER AT HILLCREST RECENTLY BECAME TULSA'S FIRST HOSPITAL TO ACHIEVE BABY-FRIENDLY DESIGNATION, A PROGRAM SUPPORTED BY THE WORLD HEALTH ORGANIZATION AND UNICEF.

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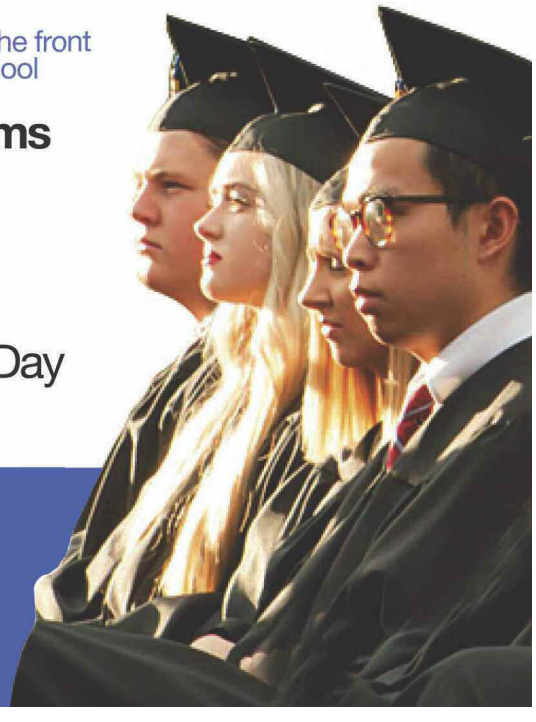
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BY KILEY ROBERSON

surviving separation anxiety

Until she was 18 months old, my daughter was so nonchalant whenever I'd leave the room that she seemed like a tiny teenager. As I'd head off to work, she would glance my way, then resume chewing on her barnyard animals or playing with her daycare teacher. She seemed to be thinking, "Eh, catch you later, Mom—whatever." I figured: Phew! We dodged all the separation anxiety drama that had stressed out so many of my work friends.

But then one morning, reality struck big-time. As I opened the door to leave, my sweet little toddler clung to my leg, bawling so hard she could barely breathe. I was heartbroken, and totally stunned. I had no clue why it was happening or what approach would be easiest on her. Honestly, I may have even called in to work that first day just out of sheer parental panic.

According to the American Academy of Pediatrics (AAP), separation anxiety can happen almost overnight, which makes it shocking to parents like me. What's more, it's often not just a one-time, babyhood phase for many kids. The tears and fears related to being apart from a parent can resurface in the toddler and preschool years, posing new challenges for parents and warranting different solutions. As disheartening as that may sound, the AAP says it can be very helpful to remember that separation anxiety is completely normal, even healthy.



AT 18-MONTHS, PRESLEY DIDN'T WANT TO SEPARATE FROM HER DAD TO HAVE HER PICTURE TAKEN. THIS IS AN AGE WHEN SEPARATION ANXIETY CAN PEAK IN TODDLERS. PHOTO CREDIT: KRISTEN MACKEY

So how can we survive separation anxiety? The AAP has a few tips to help caregivers understand and deal with the fear of separation in their children.

Create quick good-bye rituals. Give triple kisses at the cubby, or provide a special blanket or toy as you leave, but keep the good-bye short and sweet. If you linger, the transition time does too and so will the anxiety.

Be consistent. Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can. A routine can diminish the heartache and will allow your child to simultaneously build trust in her independence and in you.

Attention. When separating, give your child full attention, be loving, and provide affection. Then say good-bye quickly despite her antics or cries for you to stay.

Keep your promise. You'll build trust and independence as your child becomes confident in her ability to be without you when you stick to your promise of return when you say you will.

Be specific, child style. When you discuss your return, provide specifics that your child understands. If you know you'll be back by 3 p.m., tell your child on his terms; for example, say, "I'll be back after nap time and before afternoon snack." Define time in ways that he can understand. Talk about your return from a business trip in terms of "sleeps." Instead of saying, "I'll be home in three days," say, "I'll be home after three sleeps."

Practice being apart. Ship the children off to grandma's home, schedule playdates, allow friends and family to provide childcare for you (even for an hour) on the weekend. Before starting childcare or preschool, practice going to school and your good-bye ritual before you even have to part ways. Give your child a chance to prepare, experience and thrive in your absence!

It's rare that separation anxiety persists on a daily basis after the preschool years. If you're concerned that your child isn't adapting to being without you, chat with your pediatrician. Your pediatrician has certainly helped support families in the same situation and can help calm your unease and determine a plan to support both of you!

According to HealthyChildren.org, "Once your infant realizes you're really gone (when you are), it may leave him unsettled. Although some babies display object permanence and separation anxiety as early as 4 to 5 months of age, most develop more robust separation anxiety at around 9 months." Toddlers may demonstrate separation anxiety at 15 to 18 months of age.

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BY MARY BETH RITCHIE, LCSW

the value of **age-appropriate** homework

Have you ever wondered about the value of your child's homework? There is currently an enormous debate as to whether or not homework should even be assigned in elementary school. Parents often wonder what is considered too much, and what purpose it serves. There are many reasons teachers assign homework, but, be assured, it is always meant to benefit you and your child.

As a teacher, I have reviewed much of the research on the topic of homework. The most comprehensive study, by Duke University professor Dr. Harris Cooper, does show a correlation between completed homework and academic success. This was most pronounced with older children, but was also true for our younger school-age students. Dr. Cooper agrees that even young children should be doing small amounts of homework.

There are a number of benefits to homework, including improved study habits, self-discipline, and independent problem-solving skills. Students learn other life skills, too, such as time management and how to set priorities. Homework helps students learn to plan and organize.



Completing these assignments, and mastery of these additional skills, improves the self-esteem of students. And, it will be no surprise to parents that sometimes children don't enjoy homework, but this gives them an opportunity to learn the important life skill that we all have to do some things we don't enjoy. Additionally, it's an opportunity for children and parents to take responsibility for their parts in the educational process. A child's successful education is dependent upon the efforts of the teachers, students and parents. It's a team effort.

Every year, I explain to the parents of my third-grade students the three primary reasons I regularly assign homework. First, it gives students a chance to practice what they've learned in class, but in a different setting. Second, homework is a wonderful opportunity for parents to see what we are working on in class. A parent may recognize a problem with which the child is struggling, and provide extra help as needed. Last, I believe it is my job to prepare students for the next grade. If children aren't given homework in the younger grades, it can be quite a shock when they enter the upper grades. I believe it is better for them to start small, and build up to the demands they will experience later. It doesn't seem fair to send a child off to the next grades unprepared. By gradually increasing the homework load, we will have our students "college and career ready" in this area when the time arrives.

How much homework is too much? There is a widely held general rule of thumb that homework should be about 10 minutes per grade level, so a third grader would have approximately 30 minutes of homework each night.

When one of my sons was in sixth grade, he was having trouble completing his homework. I was also his soccer coach, and I was holding him out of games because he wasn't turning in all of his homework assignments. After several weeks of this, and knowing soccer was his best motivator, I started sitting with him to do his homework in the evenings. I discovered that it was taking ME approximately four-to-six hours a night to help him complete his assignments. We changed his school immediately, and I've been apologizing for those missed soccer games ever

continued next page

since! Children do need time for family, fun and physical activity. When parents struggle with finding enough time for homework, they should consider cutting back on their child's screen time, rather than beneficial activities such as hobbies, clubs or sports. If you find that homework time consistently far exceeds the general rule of 10 minutes per grade level, discuss this with your child's teacher.

Most teachers carefully choose your child's homework. Most frequently, it is an opportunity to practice and review skills learned in class. Students may also be assigned short essays, as there is often not ample opportunity to work on these in class. Projects may be assigned as homework, and may provide the additional advantage of learning how to break a larger assignment into smaller pieces. Homework should never be just a form of busy work.

One of my sons is currently in his junior year of college. He reported to me that he had several hours of homework nightly in middle school and high school. He certainly didn't enjoy doing it. However, he recently shared with me, "I would not have been as successful in college without that homework, because it helped me learn to manage my time." College students do homework, study for tests and work on projects. My son reports that he spends three to four hours working outside of class on an average day, and that he spends up to 12 hours a day preparing for exams during the week of finals. Fortunately, both of my son were "college and career ready" when the time came.

If you find yourself frustrated with your child's homework, please remember that teachers are trying to help your child to be proficient with their academics. They are also attempting to help your child be successful in life. Moreover, homework is allowing you the opportunity to be involved in your child's education!



BY JULIE WENGER WATSON

race riot centennial offers opportunity to learn from history

It's that time of year. Uniforms are washed, school supplies purchased and pencils sharpened. Students' brains are slowly awakening from their summer slumber, preparing to soak in a year's worth of new knowledge and fill their heads with math, science, English and history. While most of these subjects are familiar to parents, some of the content has changed in the last decades as discoveries are made, wars fought and textbooks updated. When it comes to history, however, our kids will study a topic that many of us who grew up in this city never even knew about, despite the fact it happened almost 100 years ago in the heart of downtown. In the spring of 1921, Tulsa's Greenwood District was the site of one of the worst incidents of racial violence in the history of the United States, and for over half a century, it was this city's best-kept ugly secret.

For over 50 years, the Tulsa Race Riot (sometimes referred to as the "Race Massacre") wasn't included in history books or even discussed in class. Generations of Tulsans grew up completely unaware of the tragic events that took place just a stone's throw from our ballpark and city center in an area that was once home to one of the most prominent and prosperous concentrations of African American businesses in the country in the early 1900s. At the end of May, 1921, an incident involving Dick Rowland, a young African American shoe shiner, and Sarah Page, a white elevator operator evolved into an attack on the Greenwood District and the people who called it home. By the morning of June 1, the once thriving African American neighborhood surrounding the intersection of Greenwood Ave. and E. Archer had been reduced to rubble and over 6000 of its residents imprisoned. Hundreds of people were injured or dead.

As the 100-year anniversary of these events approaches, plans are being made to commemorate the event. The Tulsa Race Riot Centennial Commission was formed to organize activities that will honor its victims and survivors, celebrate and revitalize the Greenwood District and educate the city, state and nation. It's also a chance for a generation of young Tulsans to know and learn from history.

Hannibal Johnson, an author, attorney and consultant, is the chair of the Centennial Commission's Education Committee. Johnson was the driving force in developing curriculum to educate teachers and students about the events of 1921. He believes in the importance of knowing and understanding our history.

"I crafted a catchphrase that summarizes my thoughts on the importance of history: 'It is not possible to blaze the trails to our future unless we first retrace the footsteps of our past,'" he explains. "History offers context and, not infrequently, cautionary tales."

According to Johnson, it's important for educators and students alike to understand some key points about the Race Riot.

"The story of Tulsa's historic Greenwood District is ultimately about the human spirit. The Greenwood District pioneers exhibited vision, faith, courage persistence and resilience – universally acclaimed core values closely associated with high character," Johnson notes. "It's impossible to understand the Riot without understanding what came before it – the robust entrepreneurial community, 'Black Wall Street' - and what came after it – the rebirth, against great odds, of a Greenwood District left for dead in the ashes of the 1921 massacre."

Understanding the historical context is also important.

"This was a period dubbed 'the nadir of race relations in America,' with rampant lynchings of African Americans, widespread racial conflicts in communities – often characterized as 'race riots' – and blatant social, political, and economic discrimination against African Americans," he says. "Moreover, African American veterans, having just risked life and limb in World War I, came home, only to be treated as second-class citizens at best, sub-human at worst."

Recognizing all of the many circumstances, socio-political environment and actions that led to the Riot is necessary in order to grow and learn from it.

"Leadership matters," Johnson emphasizes. "Prominent Tulsans in leadership positions in commerce, government, politics, and yes, religion, failed the city in the run-up to and the aftermath

continued next page

of the Riot. Such leadership lapses must never be allowed to recur."

Johnson is hopeful about the younger generation and their impact on the future.

"I am an eternal optimist, unapologetic about my hopeful outlook for race relations and racial reconciliation. That said, I am neither naïve nor oblivious to the missteps, setbacks and retrenchment that come with all forms of social progress," he says. "Teens today are more open in all realms of diversity and inclusion, in large part because of broader exposure to diverse populations as we experience demographic changes and as the Internet Age narrows our world and broadens our reach."

The Race Riot centennial offers an opportunity for growth for all of us. Parents can learn alongside their children about these tragic events of the past and how they impact the future of our city. Race Riot curriculum can be freely accessed online at www.tulsa2021.org. Other online resources include the Tulsa World, Tulsa Historical Society & Museum, and the University of Tulsa's McFarlin Library Special Collections. Johnson also recommends a visit to the Greenwood Cultural Center and the John Hope Franklin Reconciliation Park. He's written several books on the topic of the Riot: *Up From the Ashes* (for kids), *Black Wall Street and Tulsa's Historic Greenwood District*.

"The Greenwood District still exists, not as a black entrepreneurial mecca, but rather as an eclectic arts, cultural, educational, entertainment, commercial and residential community," he comments. "We continue to make progress. We continue to experience challenges. We must not get disillusioned. We must not lose hope. It's imperative that we continue the work and take pride and comfort in the incremental successes we, through our own agency, are able to effect."

THE SIMPLE STEPS TO
MEAL PREP

Save time, energy and money by planning and preparing a week's worth of meals at once. Get started with these simple meal prep steps below.



1 **Simpler Is Better.** Choose recipes that call for simple ingredients — ones that can be used in a variety of meals, like onions, peppers and brown rice.

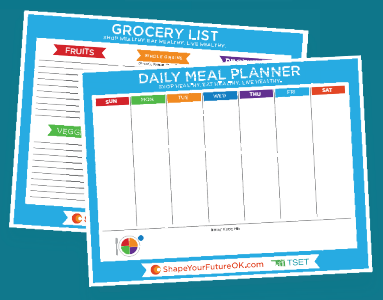
2 **Use Your Freezer.** Double up. Make extra food and store it in the freezer. Then, just reheat for a fast meal throughout the week!



3 **Pick Chicken.** Buy a pre-cooked rotisserie chicken and add it to sandwiches, tacos, salads and more.



4 **Prep on Weekends.** Or any time. Spend some time at the store, and then the kitchen. Get your kids involved too!



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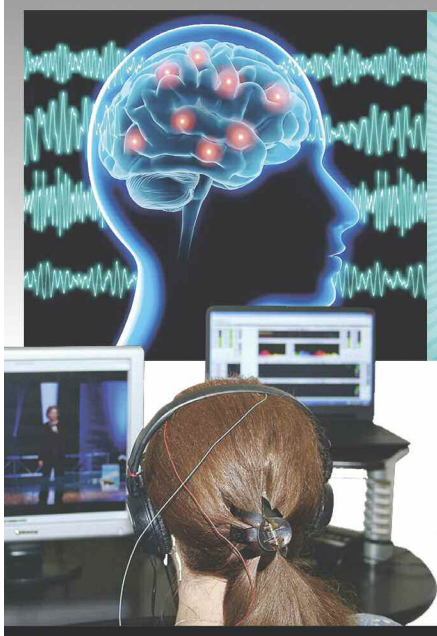
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BY NANCY A. MOORE
PHOTO: SHEEBA ATIQI

Meg Myers Morgan: teaching women that everything is negotiable

With the kids returning to school, mothers may find additional time on their hands to reevaluate their lives – dreams, goals, relationships, careers and everything in-between. For those who lack motivation, inspiration or just wonder how to become the woman they want to be, there is help! Meg Myers Morgan is a wife, mother, author, professor and career coach who is teaching women that they can have everything. According to Meg, women can and should negotiate for the life they want.

In her new book, *Everything is Negotiable*, she combines factual and educational information on life, career and relationships in a clear-cut, easy-to-read format with real-life examples that are both hilarious and inspirational.



TK: Why do you think women need help in achieving the life they want?

Meg: Women have perhaps been taught to see each thing they want in life as being in direct opposition to all the other things they want in life. I've had women say they couldn't pursue certain career goals because they want/have kids, and I've had women say they wanted to get married but feared it went against their independence. We have to stop steering into this line of thinking. All the wants in your life don't contradict the others; they complement them. Think of all your wants as instruments and assemble a symphony.

TK: Are there any tips you can share about the importance of self-confidence and how to overcome negative thoughts of not feeling worthy?

Meg: I firmly believe that confidence is a skill you can develop—sometimes from nothing—and make it one of your strongest character traits. Watch the way you talk about yourself. People can only think and speak of you as highly as you are willing to think and speak of yourself. I sometimes hear women call themselves "frazzled" or "crazy" or even thank their spouses on social media for "putting up with" them. It's minor, of course, but one quick way to change your confidence is to change the narrative around yourself and your life.

TK: What events prompted you to write this book?

Meg: A former student of mine went to work running a TEDx program. She approached me about giving a talk based on the themes in my first book, a collection of humorous essays called *Harebrained*, which covered topics like marriage, motherhood and the journey to the career I have now. At the time, my oldest was 4 and was a master at negotiating—she could talk us out of any snack, toy, or later bedtime. I wanted to encourage women to have the tenacity and boldness of my kid, who just kept negotiating for everything she wanted.

TK: Can you share a little about the topic of your TEDx Talk and how it was received?

Meg: My TEDx Talk outlined three negotiating tactics my 4-year-old used that I thought would be helpful to women as they negotiated for the lives they wanted. After I finished the TEDx Talk that day, I was swarmed by young college women eager to talk to me about their career goals. One young woman said, "Well, that's it, I'm going to change my major from pre-med to what I really want to study, art history!" I'm sure her parents weren't happy with me, but at least she was able to realize her wants were important and worth exploring.

TK: Who will this book resonate with?

continued next page

Meg: Any woman working to balance a lot of wants. There's a lot of advice in here, but it's subtle self-help. The kind you get from your funny friend over drinks.

TK: What has come about as a result of your own negotiations?

Meg: Everything from a higher salary to self-confidence. Rare is the case you get handed things you don't ask for. That's true of raises, promotions, help, and even happiness. It's certainly true that women have to fight harder for opportunities. But we also have to change our mindset from one where we are waiting for permission or approval, to one where we stand up and ask for everything we want. My daughter is happy to show you exactly how to do this.

TK: What do you consider your most successful negotiation?

Meg: The one around how I shaped my career. For a while, I felt it had to fit within a nice box with a clear label on the top. And I struggled to know exactly which box that was. I enjoyed my graduate work, and I get so much professional satisfaction out of leading a graduate program at OU-Tulsa. Teaching and training students is a passion I don't ever see growing tired of. But I also love to write and coach women on career development. My career wasn't looking like any other professor, writer, or coach I knew. Finally, I realized the only person who thought I needed to be within a box with a label was me. So I renegotiated the terms around how I see my career. Now I know that the less it looks like anyone else's career, the more I know it's mine. As I say in my TEDx Talk, "Build a career your parents can't explain to your grandmother."

TK: What do you enjoy most about the life you have negotiated?

Meg: All of it except the laundry. I think what I like most is that I've set my own rules. It's so easy to compare ourselves to others, try to parent like others, and even try to emulate the career of others. I wrestled with all of that for a while before I realized I could just set my own rules, and measures of success, in life and work. And since doing that, I've had more opportunities and a heck of a lot more fun.

TK: What is your favorite book?

Meg: I was an English major in college so I'm partial to literary fiction. But the book I read over and over again is Tina Fey's *Bossypants*. Even though she's famous, her journeys in marriage, motherhood, and establishing her career are so relatable. Plus, you know, it's hilarious.

TK: What is your favorite quote and what resonates with you about it?

Meg: My mentor at OU always says, "Don't compete for a trophy that doesn't exist." I love it because sometimes I find myself wasting time and energy on a goal I don't even want. It's easy to get sidetracked by other people's races, but it's important to remember exactly what it is you are running toward.

TK: In your free time, what does your family enjoy doing around Tulsa?

Meg: If we aren't in the pool at the YWCA, or at the zoo, you can find us in our house trying to break up a spat over how the Lego castle should be built.

TK: What else are you currently working on?

Meg: Aside from my career in academics, I have a career coaching practice on the side where I help women develop their careers. Whether it's figuring out the next steps in their career, or helping them prepare for a salary negotiation, I love helping women work toward a satisfying professional life.

Book and Contact Information:
Everything is Negotiable will be released December 4 and can be pre-ordered directly through Amazon.
Website:
www.megmyersmorgan.com
Instagram:
@megmyersmorgan





KIDS WORRIED SICK

BREAKING DOWN THE ANXIETY EPIDEMIC FACING TODAY'S KIDS

BY CHRISTA MELNYK HINES

Like many active 10-year-olds, *Ava is involved in competitive cheerleading, enjoys playing the flute in her school's band and loves spending time with her group of five close-knit friends. But daily life is a struggle for this fifth grader, who is haunted by debilitating worries about her personal safety, her health and being alone.

"She's always had issues with being alone in the house," her mom says. "If I'm doing laundry, she's in the laundry room with me. She still sleeps in our bed at night. I make her go to bed in her bed every night, and I sit in her room until she falls asleep. But, by about 1 o'clock, she comes and gets in our bed."

Ever since Ava broke her arm last year during a cheer practice, her anxiety has steadily worsened.

"She thinks she's having heart attacks, and she'll go to the school nurse saying she can't breathe and her face is numb," her mom says. "Before that, she'd never been to the school nurse in the six years she's been in elementary school."

Ava isn't alone. Mental health experts say that anxiety is now the number one most common mental health challenge among children. The National Institute of Mental Health estimates that 31 percent of adolescents, ages 13 to 18, suffer from an anxiety disorder of some kind, with girls at a slightly higher risk.

Thanks to increased awareness and understanding of the disorder among healthcare practitioners, more children receive the treatment they need at an earlier age.

"I'm seeing kids who in the past would have just white-knuckled their way through life until it got to the point where they couldn't do it anymore," says Dr. Jane Sosland, a child and adolescent psychologist. "The stigma of mental health is slowly, slowly being chipped away and

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that's a good thing."

What is anxiety?

From your heart slamming against your rib cage before standing up to speak in front of an audience to sweaty palms during a job interview, we've all experienced anxiety.

Anxiety becomes a problem when it affects quality of life and interferes with the activities you normally enjoy.

Some symptoms of anxiety disorder include panic attacks, sleep problems, heart palpitations, chest pain, muscle tension, unexplained uneasiness, dizziness and cold, sweaty, numb or tingling hands or feet.

"Usually, anxiety can start in the very young years, but then it can rear its ugly head in the teenage years," Dr. Sosland says. "It's something probably to do with hormones and puberty and a time in kids' lives where they are starting to feel more self-conscious."

Left untreated, anxiety can cause kids to miss out on important social experiences and lead to poor performance in school, substance abuse, physical illnesses, depression, self-harm, and suicide.

Causes of anxiety

Anxiety can be a product of genetic wiring or a result of a specific stressful or traumatic event. The condition can also be triggered by a combination of factors, ranging from marital and economic distress in the family to overwhelming school pressures, social media and intense news stories.

Some experts also worry that "helicopter" style parenting can exacerbate anxiety. So-called "helicopter parents" go to great lengths to protect their children from failure or struggles, resulting in emotionally-fragile young adults who lack the confidence to independently solve their own problems.

Without a sense of resilience, trying to manage life's inevitable ups and downs becomes exceptionally stressful.

"Resilience is built by working through adversity and difficult situations. It is difficult to pick yourself up and brush yourself off if you never fall down," says Dr. Zafar Mahmood, a child and adolescent psychiatrist.

Parenting anxious kids

Although you should maintain the same expectations for your anxious child as you would another child, it's okay to adjust those expectations during stressful moments. Plan ahead for transitions to ease anxiety and praise small accomplishments, like when your child tries something new.

"An anxious child is very difficult to parent sometimes. On the one hand, they're usually very well-behaved, very much follow the rules, do well in school, but they also can be challenging for a parent because they really want a lot of reassurance," Dr. Sosland says. "However, they can't get it enough."

Suppose your child repeatedly asks you: "Do you think I did ok in the concert?"

The more you reassure her with statements like "Yes, you did great! Everybody thought you were awesome!" the more you unintentionally reinforce your child's belief that maybe she's not okay.

Instead of trying to make them feel better through reassurances, Dr. Sosland recommends acknowledging your children's worries and then asking how they can best manage their thoughts.

For example:

Parent: "It sounds like you are pretty worried about your performance. What can you say to yourself to cope with your worry?"

Child: "That was hard for me, but I did my best. I'm proud of myself for hitting that note I've been practicing all week. I'll be ok."

By guiding your children to reframe how they think about a situation, you send the positive message that you believe they have the resolve to cope with their feelings, and they don't need to rely on external evaluations to feel good about themselves.

Since parenting a child with anxiety can be stressful, surround yourself with a strong support network for when you need a break or a compassionate shoulder to lean on.

Coping with anxiety

Help your child identify healthy coping mechanisms for when he is anxious.

"Having someone who they feel like is actually listening to them is a huge piece of learning how to feel better," Dr. Sosland says. (See sidebar for additional coping ideas.)

As parents, we often think we need to help our kids solve their problems. Dr. Sosland has another suggestion called the 80/20 rule.

"Eighty percent of the time kids just want their parent to listen. They don't want you to fix the problem," she says. "We are quick to come in and tell them what to do or tell them they shouldn't feel the way they do. That doesn't usually make them feel better. It just makes them feel like they're not being heard."

The other 20 percent of the time they do want your help. Usually, they will ask you directly for advice about how they can solve a problem.

Rising social anxiety

Our hyperconnected children can't imagine life without technology. Studies are beginning to suggest that too much screen time could correlate to increasing rates of anxiety, depression and loneliness.

In her book *iGen*, psychologist Dr. Jean Twenge studied trends among children born between 1995 to about 2012. Through her research, she discovered disturbing patterns indicating that as smartphones became more commonplace among teens, depression and unhappiness also began to rise.

"They are on the forefront of the worst mental health crisis in decades," Twenge writes.

Kids today spend about an hour less per day with their friends than teens did in decades past, preferring online interactions. But the more time spent online, the less happy they feel.

"Eighth graders who spend 10 or more hours a week on social media sites are 56% more likely to be unhappy than those who spend less time," Twenge writes. "There's not a single exception: all screen activities are linked to less happiness and all non-screen activities are linked to more happiness."

Why? Biologically, we are designed to spend time with friends face-to-face. When we socialize with friends, our brains release a host of neurochemicals and hormones that reward us with an overall sense of wellbeing, helping us to better manage stress and even buffer us from illness. The brain doesn't respond in the same way to computer-mediated communication.

Over-reliance on screen interactions can interfere with a teen's ability to develop crucial social skills that help them pick up on emotional cues, manage conflict or build confidence in social situations.

"Without developing interpersonal skills and discipline, kids may experience feelings of anxiety anytime they step out of the house and interact with others," Dr. Mahmood says.

Social media can also give kids the impression that everyone else's world is perfect and that they're alone in their struggles. And with unhindered 24-7 social media access and multiple messaging platforms, there's no break from the rest of the world for quiet reflection or relaxing time alone.

"In days past, you could leave the bully on the bus. Now bullying follows kids into their bedroom when it is time to go to sleep," Dr. Mahmood says.

Foster resilience to challenge anxiety

We'd all prefer to avoid situations that make us uncomfortable. The trouble is if we don't participate in activities because

continued next page

we're scared of failing or because they make us nervous, we can't grow more self-confident and resilient.

According to the Anxiety and Depression Association of America (ADAA), when we avoid stressful situations, we reinforce anxiety and end up feeling more demoralized.

Knowing how far to push a child can be tricky and depends on the intensity of their anxiety.

"If you have an anxious child, what you don't want to do is push them too far and too fast out of their comfort zone," Dr. Sosland says. "On the flip side, you don't want to be overly protective and never expose them to those things that make them anxious."

Instead, she recommends taking baby steps to increase their self-confidence. Also, tap into the activities that your kiddo is already passionate about. Self-confidence in one area can increase self-confidence in other areas of a youngster's life.

"If your child is really anxious in school, but they love to go horseback riding, then, let's do that horseback riding because they feel really good about that. They can learn lessons from that which they can transfer over into school," Dr. Sosland says.

Seek experiences that gently push your child to try new things in a supportive, collaborative atmosphere. Acknowledge and praise those moments when they accomplish something despite the initial uneasiness and discomfort it caused, whether that's pushing through a mile at cross country, going to their first sleep-away camp with a friend, or trying out for a part in the school play.

Day-to-day, look for opportunities where your child can advocate for herself. For example, instead of emailing your child's teacher about a grade that your child felt was unfair, encourage her to talk to her teacher about it. If your child is struggling in a particular subject, suggest she ask herteacher for extra help. If your child complains about a playground disagreement with a classmate, listen to the problem and if she wants advice, offer ideas for how she might manage the situation.

"Let them face adversity," Dr. Mahmood advises. "Everyone will face disappointment and adversity in their lifetime. Those who succeed are those who have developed the skills and discovered the resources to deal with it."

Anxiety is highly treatable. If your child continues to struggle, please consult your family physician.

*Name changed.

Did You Know?
A parent with anxiety is seven times more likely to have a child with anxiety
Source: Dr. Jane Sosland

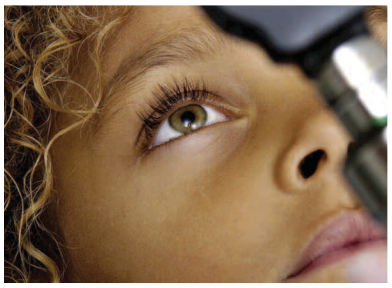
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worrywisekids.org
Freeing Your Child from Anxiety by Tamar E. Chansky, Ph.D.
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children by Reid Wilson, Ph.D.





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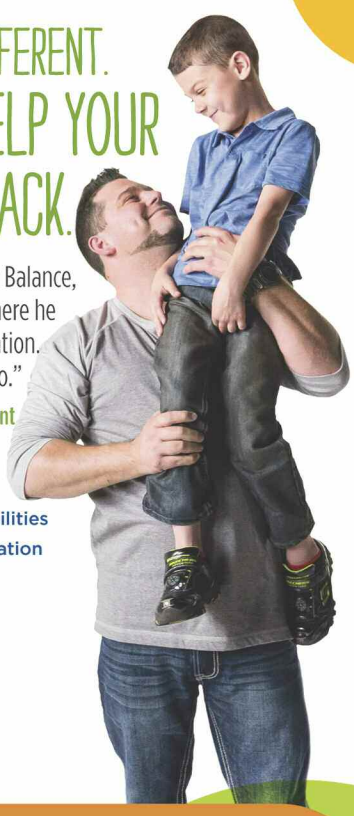
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BRAIN BALANCE CAN HELP YOUR CHILD GET BACK ON TRACK.



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– DAN G., Brain Balance Parent

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- Tantrums
- Impulsiveness
- Learning Disabilities
- Sensory Integration
- Family/Social Relationships
- ADHD

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

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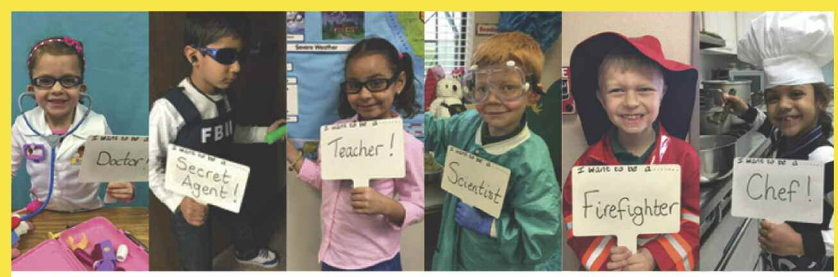
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Birthday parties booked by Nov. 1, 2018 and held on or before April 28, 2019 can double the FUNcard value on any birthday party package purchased. FUNcard value valid for arcade game play only and cannot be used as cash or payment towards a group event. Offer good for a limited time. Offer subject to change and may end at any time without notice. 10-person minimum. Reservations required. Double FUNcard amount applies to children only attending party. Other restrictions may apply. One coupon per person per reservation. Cannot be combined with any other offer. Offer not valid with online reservations. Must bring coupon in from original advertising. Copies or duplicates or digital renditions will not be honored. Laser Tag and Gravity Ropes have a height requirement of 48" to play.



Nature's Buddies: Shapes of Nature

6421 E 36th St. North, Tulsa
2-year-old series: Thursday Series: 9 a.m. – 10 a.m. on September 6, 13 & 20
3-4 year-old series: Thursday Series: 11 a.m. – Noon on September 6, 13 & 20
Saturday Series: 10 a.m. – 11 a.m. on September 8, 15 & 22

Adventure awaits as toddlers and caregivers explore the shapes of nature in this three-part series. What shapes are those leaves? Why are they shaped like that? Discover this and more while meeting a zoo animal at each class! Cost for the series is $40, with zoo members receiving 10% off. For more information and registration at: tulsazoo.org/classes

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

September 1 Saturday

CHERRY STREET FARMERS MARKET [FREE, W]
In-season produce? Check. Locally grown, organic meat? Check. Farm fresh eggs? Check. Breads and breakfast items? Double check. If you're looking for any of the above (and more), don't miss the Cherry Street Farmers Market, every Saturday morning through October 20. 15th St. between Utica and Peoria, 7-11 a.m. www.tulsafarmersmarkets.com

SATURDAYS FOR KIDS: BLACKSMITHING AND METAL WORK [FREE]
Blacksmithing was an essential skill on the frontier and at the ranch. Join museum staff for blacksmithing demonstrations and then create your very own metal foil drawing. Available while supplies last. National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City www.nationalcowboymuseum.org

September 2 Sunday

STUDIO SUNDAYS [W]
Calling all tinkerers, artists, and families! You're invited to drop in for creative exploration at The STUDIO, located on the 3rd floor of ahha's Hardesty Center. Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. ahha Tulsa, 101 E. Archer St., 12-7 p.m. www.ahhatulsa.org

DROP-IN STUDIO
Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages, backgrounds and artist abilities Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. www.gilcrease.org/events

September 3 Monday

STORYTIME AT KIDDLESTIX [FREE, W]
Kids can participate in a fun, free storytime at Kiddlestix Toy Store every Monday morning. Kiddlestix Toys, 3815 S. Harvard Ave., 10 a.m. www.kiddlestixtoys.com

CAREGIVER/CHILD YOGA
With music and movement, you and

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

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

September 4 Tuesday

SLIME AWAY YOUR STRESS! [FREE]
School stressing you out? Stop by the library and make a stress ball filled with SLIME! For sixth- through 12th-graders. Bixby Library, 20 E. Breckenridge, 4-5 p.m. www.tulsalibrary.org

THE SISTINE CHAPEL
The planetarium isn't just for Astronomy anymore. Head to the Jenks Planetarium for a recreation of the Sistine Chapel in Rome. Learn the meanings behind the paintings. See the scenes come together in an amazing retelling of the Bible. A must see for all art lovers! Jenks Planetarium, 105 E. B St., 7-9 p.m. www.jenkscommunityed.com

September 5 Wednesday

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

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

LITWITS' BOOK CLUB: "THE HATE U GIVE" [FREE]
Join fellow book enthusiasts to discuss "The Hate U Give," a YA novel about a wrongful shooting by police, racism and gang violence from the perspective of a teenage girl. For adults. Hardesty Regional Library, 8316 E. 93rd St., 6:30-7:30 p.m. www.tulsalibrary.org

September 6 Thursday

STORYTIME AT LINNAEUS TEACHING GARDEN [FREE, W]
Learn about nature and engage in a fun activity every week through Sept. 27 at Linneaeus Teaching Garden's weekly storytime. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 10 a.m. www.tulsagardencenter.com

POPCORN AND A MOVIE: "COCO" [FREE]
Enjoy some popcorn and the Disney-Pixar movie "Coco," a vibrant tale of family, fun and adventure. For all ages. Pratt Library, 3219 S. 113th W. Ave., Sand Springs www.tulsalibrary.org

September 7 Friday

JUST BETWEEN FRIENDS: OWASSO
Shop gently used clothing items at JBF-Owasso's annual Fall/Winter sale. Adult admission is $2 on Friday, and free on Saturday and Sunday. ISS—Indoor Soccer and Sports, 16990 E. 116th St. N., Owasso, 12-7 p.m. Friday, 10 a.m.-7 p.m. Saturday and Sunday, Sept. 8-9. Owasso.jbfsale.com



LaVell "Velly Vel" Harris will host the Save Our Youth Road Show on Sunday, Sept. 16, a fundraiser for the Save Our Youth Foundation, which works to prevent child abuse. This variety show will feature the talent of local youth; Save Our Youth representatives will also be on hand to answer questions about their work. Event is free, but donations are appreciated. Hicks Park, 3443 S. Mingo Rd., 4 p.m. ww.saveouryouthok.com

HAIKEY CREEK: A NIGHT UNDER THE STARS
Families can enjoy an overnight camping experience at Haikey Creek Park, complete with a campfire and weenie roast, s'mores, games, stargazing and more! Provide your own camping gear and dinner; preregistration required. $5 per person, includes a light breakfast. Haikey Creek, 11327 S. Garnett Rd., Broken Arrow, 4 p.m.-September 8, 10 a.m. parks.tulsacounty.org

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

September 8 Saturday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE]
Hike in the magnificent Keystone Ancient Forest, home to a variety of wildlife and trees up to 500 years old. Recommended for ages 4th grade and older. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. www.sandspringsok.org/175/Keystone-Ancient-Forest

SECOND SATURDAY AT PHILBROOK [FREE]
Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a



ATTENTION ALL LEGO ENTHUSIASTS! BrickUniverse LEGO Convention is coming to the Cox Business Center, 100 Civic Center, on September 29-30. In addition to seeing extraordinary LEGO creations, participants have the chance to build their own LEGO pieces, participate in challenges and more. Get more information at www.brickuniverse.com/tulsa. Photo via Michael O. Howard/BrickUniverse

variety of events and hands-on activities. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-5 p.m. www.philbrook.org

FAMILY DAY AT THE WILL ROGERS BIRTHPLACE RANCH
This family day will feature a harvest party focusing on harvesting crops grown during the season, especially pears. There will also be a carpentry station to build crates to hold produce. Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, 1-3 p.m. www.willrogers.com

NATURE'S GRAND ADVENTURES: IN THE WILD
Share the wonder of nature with your grandchild in this choose-your-own-adventure style series! During Nature's Grand Adventures: In the Wild, participants will learn how people use nature around them in their daily life. Pairs will play games, enjoy themed activities, go on scavenger hunts, and create fun-filled memories that will last a lifetime. You will even meet a zoo animal at each class! Grandchildren must be 5 to 12 years old. Grandparents can be any age. Registration if for one grandchild and one grandparent for all three classes in the series. Cost for the series is $40, with zoo members receiving 10% off. More information and registration at: tulsazoo.org/classes/. Tulsa Zoo, 6421 E. 36th St. N., 1-4 p.m. Additional dates Saturday, Sept. 15 and 22.

KIDS DAY: T. REX TIME MACHINE [FREE]
Don't miss a special afternoon of dinosaurs and time travel with acclaimed author and illustrator, Jared Chapman. Magic City Books, 221 E. Archer St., 2-3 p.m. www.magiccitybooks.com

September 9 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 9:30-11 a.m. www.discoverylab.org

RIDE WITH THE BMX PROS [FREE]
BMX Professionals Ty Morrow, Augie Simoncini and Andrew Casteneda kick off the opening of Gathering Place skatepark and BMX pump tracks. Ride with the pros, grab an autograph and watch these talented riders showcase their skills. Find additional dates and times at www.gatheringplace.org. Gathering Place, 2650 S. John Williams Way, 12-4 p.m.

TULSA COLLEGE CONNECTION [FREE]
This is a no-cost opportunity for area high school students and their parents to learn about the colleges and universities the students may be interested in attending! Admissions officers, counselors, and alumni from over 140 colleges and universities from across the nation will be on hand to answer questions, as well as representatives from financial and educational services. Central Park Hall at Expo Square, 4145 E. 21st St., 1-3 p.m. www.tulsacollegeconnection.com

September 10 Monday

GOTOCOLLEGE FAIR [FREE]
Tulsa Public Schools' GoToCollege Fair will be held at the University of

Tulsa's Reynolds Center (3208 E. 8th St.) from 9:15 a.m.-12:15 p.m. Preregister at www.gotocollegefairs.com

DANCE & SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. www.discoverylab.org

STEAM WORKSHOP [FREE]
Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 1:30-2:30 p.m.

September 11 Tuesday

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

YOGA AT THE ZOO
Puuurfect your cat pose during Yoga at the Zoo. This $15 public yoga class for ages 12 and older and will be led by instructor Nicole Peltier of The Yoga Room. Registration fee includes a 50-minute yoga session and admission to the Tulsa Zoo during the event. More information and registration at: tulsazoo.org/yoga. Tulsa Zoo, 6421 E. 36th St. N., 5-7 p.m.

September 12 Wednesday

BUILD A READER STORYTIME: PRESCHOOL [FREE, W]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Rudisill Regional Library, 1520 N. Hartford, 10-10:30 a.m. www.tulsalibrary.org

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY
[FREE, W] The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime and for games, toys and activities that foster critical early literacy skills. Brookside Library, 1207 E. 45th Pl., 10:15-11:15 a.m. www.tulsalibrary.org

CHESS LAB FOR TWEENS & TEENS [FREE]
Shake off the back-to-school blues with a few games of chess in the lab. Have fun facing your classmates and total strangers in the oldest strategy game on earth! For ages 10-12. Martin Regional Library, 2601 S. Garnett Rd., 3:30-4:45 p.m. www.tulsalibrary.org

September 13 Thursday

KIDS CONNECTIONS [FREE]
This social group is designed for children (grades K-5) on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30-5:30 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. www.ddadvocacy.net

DECK THE HALLS: BACKPACK AND LOCKER DECORATIONS [FREE]
Backpack bling, made by you! Make buttons, pins, magnets or tags to make your school gear stand out. Use a button maker, Shrinky Dinks machine and your sense of style to work the hallway like a runway! Registration is required. Register in person at the South Broken Arrow Library or call 918-549-7323. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4:30-5:30 p.m. www.tulsalibrary.org

September 14 Friday

FLIGHT NIGHT BACK TO SCHOOL STEM EXPO [FREE]
The Flight Night Back to School STEM Expo powered by Tulsa Regional STEM Alliance, Cox Media Group and the Tulsa State Fair is part science fair, part county fair, part career fair and all fun! This hands-on, curiosity-driven event is created to ignite a love of STEM (science, technology, engineering and math) in middle school students. The day will be filled with opportunities to learn and explore through live and interactive presentations as students make their way through a dozen uniquely themed zones. Each zone will incorporate different industries that rely on STEM elements to be successful. Exchange Center at Expo Square, 4145 E. 21st St., 10 a.m.-5 p.m. www.coxradiotulsa.com

LINDY IN THE PARK [FREE]
Join Vintage Swing Movement Tulsa on the second Friday of each month this season for a FREE community swing dancing event. Beginners! Pros! Everyone is welcome. Lessons will begin at 6:30 pm, followed by a dance from 7 pm to 9 pm. Guthrie Green, 111 E. M.B. Brady St., 6:30-9 p.m. www.guthriegreen.com

September 15 Saturday

MUNCH WITH MEGALADON
Dive back into school with Megalodon! Join the Sam Noble Museum for a special early opening celebration with food, crafts and family fun. Explore the exhibit Megalodon in a whole new way! Complimentary breakfast for the first 250 visitors included with regular admission. Sam Noble Museum, 2401 Chatauqua Ave., Norman, 8-10 a.m. samnoblemuseum.ou.edu

SOCON @ SOCO
This family friendly event is for everyone interested in comics, anime, gaming, cosplay, or related art forms. SoCON celebrates historic and ongoing contributions of comics to art and culture. A cosplay contest, vendors galore, gaming tournaments, and door prizes are some of the featured attractions. South County Recreation Center, 13800 S. Peoria Ave., Bixby, 9 a.m.-5 p.m. parks.tulsacounty.org

LAPS FOR LITTLE ONES
One-hour fun run around the track at Cascia Hall. Raise money to support Little Light House and come out to run and win some great prizes! Awards are given for top fundraisers and runners who run most laps in their age categories and raise over $150, and you will be able to participate in an amazing prize line! After the run there is a carnival for all to enjoy. Cascia Hall Preparatory School, 2520 S. Yorktown Ave., 9 a.m.-12 p.m. www.littlelighthouse.org

MONARCH BUTTERFLY WATCH [FREE]
The Chickasaw Cultural Center will host a Monarch Butterfly Watch. Free activities include hands-on outdoor classrooms, take-home crafts, games and more! Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 10 a.m.-5 p.m. www.chickasawculturalcenter.com

BIXBY FATHER/DAUGHTER FALL DANCE
Fathers and daughters are invited to a fun evening of dancing. Snacks and beverages are provided. Music is by D.J. Connection. Dress is casual. No pre-ticket sales. Tickets available at the door, $5/person. Bixby Community Center, 211 N. Cabaniss Ave., Bixby, 6-9 p.m. parks.tulsacounty.org

September 16 Sunday

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

September 17 Monday

SENSORY FOR THE YOUNG SCIENTISTS
Every third Monday of the month let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. www.discoverylab.org

STENCIL SCREEN PRINTING [FREE]
See an instructional demonstration of how to screen print using stencils. Seating is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. After attending this demonstration, you can make appointments to use the equipment for your own projects. For adults and teens. Central Library, 400 Civic Center, 4-5 p.m.

TEEN GAME NIGHT [FREE]
Enjoy an evening of video games, virtual reality, board games, popcorn, prize drawings and more! For ages 10-18. Central Library, 400 Civic Center, 4:30-6 p.m. www.tulsalibrary.org

September 18 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Join Adam for this fun storytime as he sings songs and reads stories for the whole family. Stay after storytime and enjoy toys and activities that foster early literacy skills. For infants and toddlers, but children of all ages are welcome. Helmerich Library, 5131 E. 91st St., 10:30-11:30 a.m. www.tulsalibrary.org

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd. www.tuslalibrary.org

MAKE AND TAKE: HISPANIC HERITAGE MONTH/ARTESANÍAS: CELEBRANDO EL MES DE LA HERENCIA HISPANA [FREE]
Make a craft celebrating Hispanic culture and traditions. For all ages. Ven y crea manualidades que celebran los tradiciones y la cultura hispana. Para todas las edades. Kendall-Whittier Library, 21 S. Lewis Ave., 4-5:30 p.m. www.tulsalibrary.org

SOLAR SYSTEM PROTECTION AGENCY: WELDON'S STORY
Solar System Protection Agency: Weldon's Story is the newest Jenks Planetarium production. Come shadow a member of the Solar System Protection Agency in this Choose-Your-Own Adventure show! You get to take part in how the story unfolds, what planets will be visited and the ultimate destination of our host… Weldon! The target audience for Solar System Protection Agency: Weldon's Story is ages 3 years to adult. Jenks Planetarium, 105 E. B St., 7-8 p.m. www.jenkscommunityed.com

September 19 Wednesday

INTERNATIONAL TALK LIKE A PIRATE DAY [FREE]
Drop in for pirate-themed activities and decor. Use your best pirate-speak for a chance to win cool prizes, or take a selfie with pirate-y props. Come at 10:30 for a pirate-themed storytime. For all ages. Glenpool Library, 730 E. 141st St., 10 a.m.-6 p.m. www.tulsalibrary.org

TALK LIKE A PIRATE DAY: TREASURE HUNT! [FREE]
Drop in after school, all ye who dare, and follow the treasure map to the fabled X, and win yourselves a (temporary) tattoo, because all good (and bad) pirates need a tattoo! ARRGH!!! Maxwell Park Library, 1313 N. Canton, 3-5:30 p.m. www.tulsalibrary.org

TULSA ROUGHNECKS FC VS. SACRAMENTO REPUBLIC FC
Watch the Tulsa Roughnecks play soccer against Sacramento! Plus, enjoy $1 beer, soda and hot dogs! ONEOK Field, 201 N. Elgin Ave., 7 p.m. www.roughnecksfc.com

September 20 Thursday

BABY & ME MATINEE: "BLACK PANTHER" [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights will be dimmed and the sound volume down. Hardesty Library, 8316 E. 93rd St., 10 a.m.-12 p.m. www.tulsalibrary.org

TEEN LOUNGE: GAMES AND ART [FREE]
Learn more about what banned books are by playing a fun guessing game! Match the right children's or young adult book with the correct reason on why it was banned. Afterward, stay for a fun watercolor activity. For ages 10-18. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry, 3-4:45 p.m. www.tulsalibrary.org

BROOKSIDE BLOCK PARTY [FREE]
Join Tulsa Ballet outside their studio for a Brookside Block Party at the Ballet featuring live music, food trucks, craft beer, local vendors, kid's activities and more! Be sure to get your ticket to Creations in Studio K which will begin after the Block Party concludes at 7:30pm that evening. Tulsa Ballet, 1212 E. 45th Pl., 5-7:30 p.m. www.tulsaballet.org

September 21 Friday

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Brookside Library, 1207 E. 45th Pl., 3:30-4:30 p.m.

September 22 Saturday

KIDS YOGA AT THE ZOO
Children ages 3 – 8 will go on an animal adventure while learning yoga poses and mindfulness play during Kids Yoga at the Zoo. Registration fee includes a 50 minute session and admission to the Tulsa Zoo for the day. Cost is $12 for kid participants, $8 for non-participating non-member adults, and adult zoo members are free. More information and registration at: tulsazoo.org/yoga. Tulsa Zoo, 6421 E. 36th St. N., 8-10 a.m.

ST. JUDE WALK/RUN TULSA
The St. Jude Walk/Run to End Childhood Cancer will take place at ONEOK Field, 201 N. Elgin Ave., from 8:30-11 a.m. Register today at www.fundraising.stjude.org

COMMUNITY BABY SHOWER [FREE]
The fourth annual Community Baby Shower is a FREE event is for expecting mothers and parents of young infants. You'll enjoy free food, games, prizes and gain valuable health information to keep your baby safe and healthy. It is a "come-and-go" baby shower, so you can come whenever you like and leave whenever you want. The Oklahoma Caring Foundation Caring Van will be on site as well to offer no-cost vaccines to children who qualify. For more information, visit www.tulsa-health.org/babyshower or call 918.595.4471. Booker T. Washington High School, 1514 E. Zion St., 11 a.m.-2 p.m.

SNOOZ-A-PA-ZOO-ZA FAMILY OVERNIGHT: MAGICAL CREATURES 101
Try your hand at some "charming" nocturnal happenings overnight at the zoo! Families with children ages 6 – 17 years old will take an enchanted expedition with creatures of myth while visiting the real animals behind the mysteries. Look forward to exploring zoo trails, visiting zoo animals, playing special games, roasting marshmallows over a fire, and much more! Evening snacks, a continental breakfast and admission

to the zoo after the program ends on Sunday is included. Cost is $45 per person, with zoo members receiving 10% off. More information and registration at: tulsazoo.org/overnights/. Tulsa Zoo, 6421 E. 36th St. N., 6:30 p.m.-10 a.m. on Sunday, Sept. 23.

TULSA CLASSICS PRESENTED BY SEMGROUP: STARS VS. PANTHERS
The Dallas Stars are bringing the first ever NHL to BOK Center! Catch home team Dallas Stars vs. Florida Panthers at the Tulsa Classic presented by SemGroup. BOK Center, 200 S. Denver Ave., 7 p.m. www.bokcenter.com

September 23 Sunday

SEE OUR LIST OF FESTIVALS FOR MORE WEEKEND OPTIONS!

September 24 Monday

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

TEENS, GET INVOLVED! [FREE]
Interested in getting involved with politics? Want to make a positive impact in the community? Join us to learn how you can get involved in politics and help make a difference. For ages 10-18. Zarrow Regional Library, 2224 W. 51st St., 4-5 p.m. www.tulsalibrary.org

September 25 Tuesday

GROWN-UP SPELLING BEE [FREE]
Calling all grown-up spelling champs! Are you THAT person? The one who loves to correct other people's typos? The one who always spells "definitely" and "necessary" right on the first try? Then this adults-only spelling bee is for you! Compete against other adults for the title of SPELLING WIZARD. Prizes will be awarded. Light refreshments will be provided. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 6-7 p.m.

THE SKY WE DON'T SEE
Eighty-eight percent of the human population live in the northern hemisphere. This should not overshadow the beautiful sky that is seen in the southern hemisphere. Not only do they see many of the constellations we do … but they see stars, constellations and deep space objects that can never be seen from the north! Enjoy this tour of the southern hemisphere sky at the Jenks Planetarium, 105 E. B St., 7-8 p.m. www.jenkscommunityed.com

September 26 Wednesday

BUILD A READER STORYTIME: BABIES, BUBBLES & BOOKS [FREE]
This storytime is geared toward children ages 0 to 5! Learn and enjoy songs, stories and activities that will aid in developing your child's early literacy. Central Library, 400 Civic Center, 10:30-11 a.m. www.tulsalibrary.org

TEEN CONNECTIONS [FREE]
Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Connections meets on the fourth Wednesday of each month from 4:30-6 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. www.ddadvocacy.net

September 27 Thursday

BANNED BOOK BACKPACKS [FREE]
Banned Books Week is here! Come and celebrate by decorating a backpack in which to carry your books. Each participant will receive a free drawstring backpack, plus supplies to decorate it. Registration is required and class size is limited. Register online at www.tulsalibrary.org/events or by calling 918-549-7323. For ages 10-18. Owasso Library, 103 W. Broadway St., 4:30-5:30 p.m.

WHEN WOMEN CHANGED ART [FREE]
Pulitzer Prize and National Book Award finalist Mary Gabriel is coming to Magic City Books to discuss her new book, "Ninth Street Women," which tells the rich, revealing, and thrilling story of five women whose lives and painting propelled a revolution in modern art. Magic City Books, 221 E. Archer St., 7-8 p.m. www.magiccitybooks.com

MOMS AND DADS SUPPORT GROUP [FREE]
The mission of this long-standing support group for parents of children with developmental disabilities is to nurture and support families, encourage positive strategies in dealing with challenges, and share in the joy of raising children. The Moms & Dads Support Group meets on the last Thursday of each month from 7-9 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. www.ddadvocacy.net

September 28 Friday

DAY OUT WITH THOMAS
Take a ride with Thomas, meet the railway controller Sir Topham Hatt, have fun in the Imagination Station, see authentic engines and enjoy tons of other activities. Pre-registration recommended. Oklahoma Railway Museum, 3400 NE Grand Blvd., Oklahoma City, 8 a.m.-6 p.m. Additional Dates Sept. 29-30, Oct. 5-7. www.oklahomarailwaymuseum.org

September 29 Saturday

BRICKUNIVERSE TULSA LEGO FAN EXPO
Release the inner builder at BrickUniverse Tulsa, the ultimate LEGO fan's paradise that will return to the Cox Business Center Tulsa on September 29 and 30, 2018 with all new attractions! Choose from Saturday or Sunday admission, and experience hands-on LEGO attractions and activities built to inspire, educate, and entertain. This fun, family-friendly event will have tons of amazing LEGO creations to gawk at, building zones to unleash your creative energy, special guests, and vendors selling the latest LEGO sets, mini-figures, and accessories. Cox Business Center, 100 Civic Center, 10 a.m.-4 p.m. www.coxcentertulsa.com

FALL FUN FAIR [FREE]
This fall-themed event gives opportunity to dress up in costume to come play indoor carnival style games and win candy or prizes to take home. Central Park Community Center, 1500 S. Main St., Broken Arrow, 1-3 p.m. www.facebook.com/centralparkcommunitycenter

AMERICAN GIRLS AND FRIENDS! [FREE]
Enjoy an educational day with America's favorite doll! Grab your doll and head to the Helmerich Library for a historical celebration as attendees learn about the lives of people just like us from the past. Make new friends while learning something new, enjoying a snack and making a craft! For ages 5-12. Helmerich Library, 5131 E. 91st St., 2-3 p.m. www.tulsalibrary.org

September 30 Sunday

TULSA BUDDY WALK
The Buddy Walk is a multi-city advocacy event in which individuals with Down syndrome invite "buddies" to walk with them. Buddies can include family, friends, teachers, co-workers and even your local politicians. This family friendly event is designed to raise awareness and funds to continue to support programming for DSAT. 90% of all funds raised stay at the local level. Funds raised allow us advocate for individuals with Down syndrome as well as provide families and the community with educational materials and other necessary resources. Holland Hall, 5666 E. 81st St., 1:30-4 p.m. www.dsat.org/BUDDYWALK

HAPPY GRANDPARENTS DAY!

CELEBRATE WITH THESE TULSA LIBRARY EVENTS:

STORYTIME WITH GRANDMA AND GRANDPA
WHEN: SATURDAY, SEPT. 1, 11 A.M.-1 P.M.
WHERE: SUBURBAN ACRES LIBRARY, 4606 N. GARRISON AVE.
Join Ms. Beverly as she reads stories and shares poems and songs with grandparents and their grandchildren to celebrate our grandparents. Registration is encouraged. Register online a twww.tulsalibrary.org/events or call 918-549-7323.

MS. TORI'S MESSY ART: GRANDPARENTS DAY
WHEN: THURSDAY, SEPT. 6, 4-4:30 P.M.
WHERE: GLENPOOL LIBRARY, 730 E. 141ST ST., GLENPOOL
Wear your grubby clothes and join Ms. Tori for a messy art project. Bring your grandparents with you to make a painted keepsake you'll both treasure. Space is limited. Registration is required. Call 918-549-7323 to register. For elementary-school children and their grandparents.

GROWN WITH LOVE: A GRANDPARENTS DAY CELEBRATION
WHEN: MONDAY, SEPT. 10, 4:30-5:30 P.M.
WHERE: BROKEN ARROW LIBRARY/SOUTH, 3600 S. CHESTNUT AVE.
Celebrate grandparents at the library! There will be several fun activities for grandparents and grandchildren to share. Feel free to come even if your grandparent or grandchild is not available and "adopt" someone. Funded by the Tulsa Library Trust.



HOORAY FOR GRANDPARENTS!
WHEN: TUESDAY, SEPT. 11, 6-7 P.M.
WHERE: PRATT LIBRARY, 3219 S. 113TH W. AVE., SAND SPRINGS
Children ages 0-5 are invited to bring their grandparents to this special Grandparents Day celebration. There will be books, crafts, refreshments and even a parade through the library!

GRANDPARENTS DAY TEA PARTY!
WHEN: THURSDAY, SEPT. 13, 11:30 A.M.-12:30 P.M.
WHERE: MARTIN REGIONAL LIBRARY, 2601 S. GARNETT RD.
Bring your grandparents to the library for a special celebration! Come dressed in your fanciest clothes and celebrate Grandparents Day with tea, cookies, music, and lots and lots of bubbles! Call Miss Jocelyn or Miss Stephanie with any questions 918-549-7323. Vengan con sus abuelos a la biblioteca para una celebración especial! Vístase con su ropa más elegante y venga a celebrar a sus abuelos con té, galletas, música y muchas burbujas. Llame Miss Jocelyn or Miss Stephanie si tiene preguntas 918-549-7323.

GRANDPARENTS DAY CELEBRATION
WHEN: THURSDAY, SEPT. 13, 6:30-7:30 P.M.
WHERE: OWASSO LIBRARY, 103 W. BROADWAY ST.
Bring your grandparent or other special family member to this special celebration. Attendees can enjoy crafts, refreshments and games. For babies through elementary-aged children.

TEENS HIGH TEA CELEBRATION FOR GRANDPARENTS
WHEN: FRIDAY, SEPT. 21, 4-5 P.M.
WHERE: KENDALL-WHITTIER LIBRARY, 21 S. LEWIS AVE.
Dress up and bring your grandparents to High Tea. Wear your fancy hat, lace and frills! For ages 10-18 and their grandparents. Registration is required. Register online atwww.tulsalibrary.org/events or call 918-549-7323.

GRANDPARENTS AND ME: LET'S CRAFT TOGETHER!
WHEN: SATURDAY, SEPT. 29, 11 A.M.-12 P.M.
WHERE: SCHUSTERMAN-BENSON LIBRARY, 3333 E. 32ND PL.
Grandparents and grandchildren come together to complete a variety of fun and easy crafts to take home. There will be paint-by-sticker, coloring and more! For all ages.



The Hip Mom Gets Styled

BY JILL VANTREASE

Ah, wardrobes. Whether you love clothes or loathe contemplating what to wear every morning, being a mom complicates your relationship with clothing. First, there's the obvious getting pregnant thing, which wreaks havoc on your ability to get dressed for nine whole months. Then there's the postpartum blahs where you don't know what size to wear. And then there's the whole baby thing! Why wear anything besides your old sorority sweatshirt when you're just going to get puked on, pooped on and probably aren't going anywhere fancy anyway? Rinse and repeat this cycle for a few kids, and your wardrobe might be entirely comprised of a few random things thrown in from Target runs, and a dress or two left from your pre-kid period. How in the heck are you supposed to show up somewhere looking civilized?

Of course you can go shopping - but unless you've got a sitter or a very patient kid, plus a trusted friend to assess whether those jeans make your bum look good, trying stuff on and actually having the mental capacity to make a decision is virtually impossible. And where do you shop? Saks? Walmart? Who knows!

Now, there are some great services out there, like Stitch Fix, where a stylist from afar assesses a battery of questions and sends you selections based on your responses. So great in theory - but the offerings I've gotten are so inconsistent that I simply gave up after trying to convince myself that that rust-colored gypsy shirt was really cute and trendy. I also tried Rent the Runway, where for a monthly fee you can rent super-expensive designer clothing, then simply return items to be cleaned. I ordered a Diane Von Furstenberg wrap dress, a super hot (on the model) Italian jumpsuit, and an adorable Trina Turk lace eyelet dress that looked perfect for that summer cocktail party in the Hamptons I will likely never attend. Oh, friends! I can't even post pictures, because everything looked absolutely ridiculous -- like I played dress-up in my rich eccentric aunt's attic. Perhaps it's my dwarfish proportions, but everything I try on is simply laughable, and completely inappropriate for my grimy mom life.



So what's my answer? It's obvious: I hire a personal stylist! Hahahaha, you're laughing, I know, because you think that hiring a stylist is only for glamazons like Gwyneth and Kendall, but not suburban hausfraus. But guess what? Here in little old Tulsa there is a little-known treasure by the name of Kelly Mize Holley. You may have been into Kelly's former store on Peoria, the sartorial paradise "Little Black Dress." Every time I went into Little Black Dress, I was struck not only by Kelly's preternatural good taste, but how readily she can size up any woman and instinctively know what looks great on her. Several of the times I went to the store, she chose items I would have passed over -- and I ended up wearing them all the time! After many years working retail hours, Kelly



made the decision to close her store and focus on her love of helping individuals with their wardrobes and closets. When she asked me to be one of her "guinea pig" clients, I leapt at the chance!

I'm a little embarrassed to bring Kelly into my closet, but she's seen it all. My wardrobe consists of a mishmash of pre- and post-pregnancy clothing, random stuff from Amazon, and the odd expensive dress that I ran out to grab when PVT had a surprise work thing. Kelly sizes up my closet and needs for summer and early fall, we discuss what my price tolerance is for various items of clothing, and then we schedule a follow-up date. And then lo, a few weeks later, she shows up with a rack brimming with clothes from some of my favorite Tulsa boutiques: On a Whim, Pardon My French, J. Cole, Posh, and Aberson's, among others -- Kelly has cultivated a working relationship with many Tulsa stores. And wow! What a selection! I find several casual dresses perfect for sweaty summers chasing kids, some cute jeans with fringe I can wear to an upcoming concert at the BOK (Kelly astutely realizes these need just the slightest bit of hemming!), some great versatile tops, and some hot pink jeans I never would have been brave enough to try -- but they work perfectly! Plus, she finds some espadrilles I live in (she just gets my funky taste in outlandish shoes), some gorgeous red-studded heels for a mere $30, and a cute little crossbody purse for going out. She also emails me a slew of other suggestions for when my budget allows from online stores like Nordstrom, Revolve, DL 1961 (a new to me premium jeans brand) -- all things that will work for my crazy carpool of a life. She also suggests some inexpensive lucite earrings and jewelry from BaubleBar, a spunky jewelry website. Plus, she knows several tricks I don't: for example, how to pair a top that would otherwise reveal a bit too mucho with a black cami (she picks up one for me at Muse Intimates at Utica Square). And she gets me little tiny doodads which clip together errant bra straps -- a genius hack I would never have known. She also takes a look at what I have currently and pairs outfits in novel combinations -- and takes pictures for me so I remember. She also suggests affordable velvet hangers on Amazon that are non-slip and make my closet so easy to organize and visualize. A week later, she returns with a couple exchanges and my hemmed pants -- so I have a completely new and invigorated wardrobe with things I love and which fit perfectly -- without having left my house!

While my wardrobe issues were more about building up and filling in, Kelley has helped other clients purge: Some people are still holding on to treasured outfits from high school that no longer fit or just aren't practical. She'll go through everything and honestly but brutally pare down what needs to go. She also offers services like helping you pack for trips, and is even launching a program where she shops for clients in other cities like Dallas!

Kelly's rates are on her website, kellymizeholleystyle.com -- her rates are really reasonable, given all the one-on-one time she spends. (I continue to get emails and texts from her with darling outfits and suggestions for me!) So now that back to school is finally here, take some time to fix up your wardrobe. If you're in a fashion rut this fall and you're craving a bit of SJP-like pixie dust, or your closet looks like Where the Wild Things Are, give Kelly a call! You'll be amazed at how great you feel when your clothes just work!





BY NATALIE MIKLES

dinner in an instant (Pot)

It's time to tighten up our schedules and meal plans. After a loose summer, September is the time to reel it back in, to remember the family traditions and family meals we loved over the last year, and to dump those that didn't work.

I have collections of five-ingredient meals, crockpot meals and tried-and-true dinners I can make without consulting a recipe. But it's in September that I lean a little heavier on the crockpot or make-ahead meals.

Many of my fall nights are spent at soccer practices or in the car, driving back and forth to ballet and other lessons. When we all finally make it home, everyone is hungry and ready to eat asap. I'm always so thankful on those nights if I have remembered to toss dinner into the slow cooker earlier in the day. I know it's the same feeling for those who swoon for the Instant Pot.

The Instant Pot recipes we're sharing aren't made in advance, but they come together super quick. You can have dinner ready in the time it takes the kids to take their showers or your spouse to give the baby a bath.

Throw it all in the crockpot, and it will be ready right after school or work.

White Chicken Chili

• 2 pounds boneless skinless chicken breasts



• 4 cans cannellini beans, drained
• 2 cans corn, drained
• 2 cups chicken broth
• 2 teaspoons cumin
• 1/2 teaspoon chili powder
• 1/2 teaspoon ground oregano
• 1/4 teaspoon cayenne pepper
• 1/2 teaspoon kosher salt
• 1/2 teaspoon ground black pepper
• 1 (4-ounce) can chopped green chiles

Toppings: sour cream, shredded cheddar cheese, cilantro

1. Add all ingredients (except toppings) to slow cooker. Stir to combine. Cover and cook on low for 6 hours.

2. Remove chicken, shred with a fork, return to slow cooker and stir. Pour into bowls, and serve with toppings.

Here's one of those recipes that's easy to adapt with you own favorite ingredients. Keep it as is for a vegetarian dinner, or add one-half-pound browned and crumbled ground beef to add a little extra flavor.

Simple Vegetable Soup

• 1 (32-ounce) package frozen vegetables
• 1 (32-ounce) carton vegetable broth
• 1 (28-ounce) can crushed tomatoes
• 2 pounds red potatoes, cubed
• 1 tablespoon chopped fresh parsley
• 1 teaspoon kosher salt
• 1/2 teaspoon ground black pepper

1. Add all ingredients to a slow cooker, and stir to combine. Cover and cook on high for 6 hours.

No need for an extra pot to boil the pasta with this recipe. It's a kid-pleaser that can be made in minutes.

Easy Instant Pot Mac and Cheese

• 1 pound uncooked whole wheat pasta
• 4 cups water
• 3 tablespoons butter, cut into small pieces
• 1 teaspoon salt
• 2 1/2 cups shredded sharp cheddar cheese
• 1 cup whole milk

1. Add pasta, water, butter and salt to Instant Pot. Cook 4 minutes. Vent using the natural steam release (this takes about 10 minutes).

2. Stir in the cheese and milk. Add salt and pepper to taste. Stir until creamy, then serve.

A favorite with everyone from toddlers to teens, this chicken and dumpling recipe is really easy when made with canned biscuits. If you'd rather make your own, try the recipe for homemade

continued next page

drop biscuit dough.

Instant Pot Chicken and Dumplings

- 1 teaspoon olive oil
- 1 1/2 pounds chicken breast, cubed
- 1 teaspoon oregano
- 3/4 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups chicken broth
- 1 cup water
- 1 (16-ounce) tube refrigerated biscuits
- 1 cup chopped carrots
- 1 cup frozen peas
- 1 teaspoon oregano
- 3/4 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. Flatten biscuit dough, and cut into strips or rounds, depending on what kind of dumplings you prefer.

2. Add olive oil, chicken, oregano, onion powder, garlic powder, salt and pepper into the instant pot, and stir to combine.

3. Turn instant pot to the saute setting, open the lid and cook chicken until browned on all sides. Turn off instant pot.

4. Add chicken broth, water, carrots and peas, stirring to combine. Stir in biscuit dough. Seal lid of instant pot, and cook for 5 minutes.

Drop Biscuits

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/2 cup melted butter
- 1 cup whole milk

1. Heat oven to 450 degrees. Mix together flour, baking powder, sugar and salt. Add melted butter and milk. Stir just until moistened.

2. If using for dumplings, flour a wooden board, and then cut into strips or round pieces.

3. If baking, drop by heaping tablespoons onto a parchment-lined baking sheet. Cook for 10 minutes or until edges are golden brown.

"A BEAUTIFUL FILM—TREMENDOUSLY MOVING! ...EVERYONE WHO VALUES DEMOCRATIC EDUCATION NEEDS TO SEE THIS."
– JONATHAN KOZOL, ADVOCATE FOR CHILDREN AND AUTHOR OF *SAVAGE INEQUALITIES*

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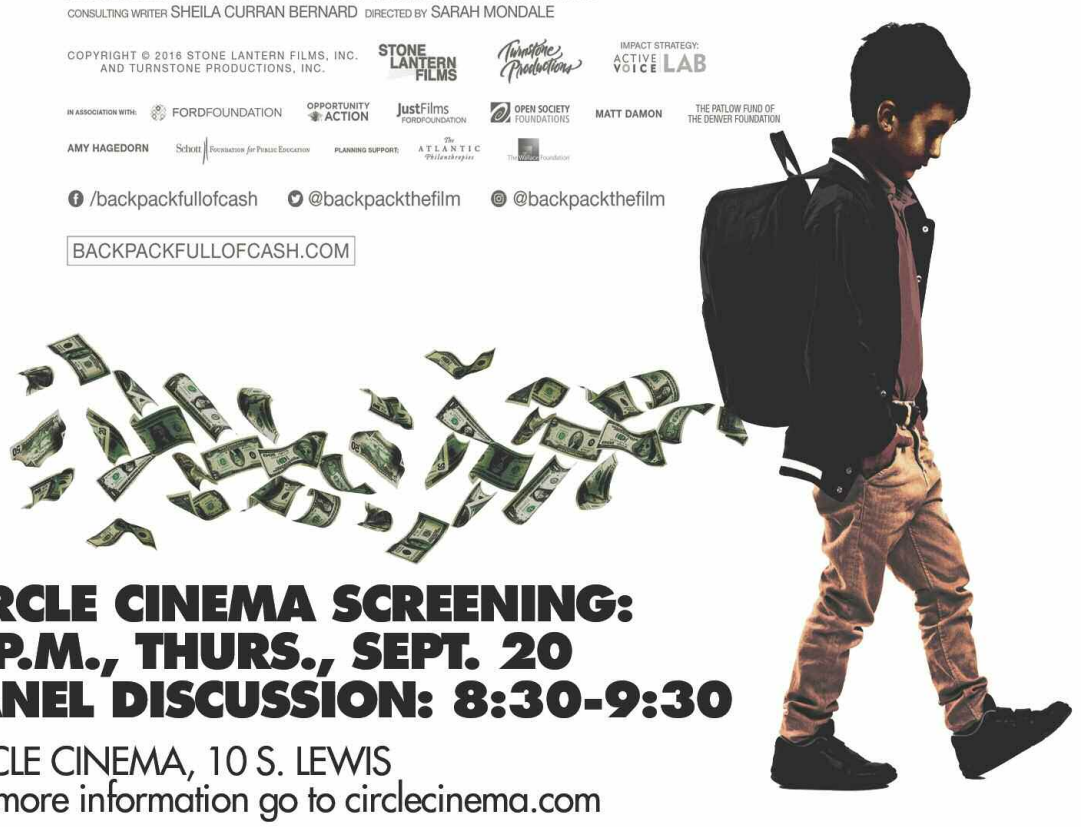
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CIRCLE CINEMA SCREENING:
7 P.M., THURS., SEPT. 20
PANEL DISCUSSION: 8:30-9:30

CIRCLE CINEMA, 10 S. LEWIS
For more information go to circlecinema.com

SPONSORED BY TULSAKIDS MAGAZINE



Starting September 22, visit Oklahoma Heritage Farm's Annual Fall Festival, where guests can pick pumpkins, get lost—and found—in a giant corn maze, and enjoy over 30 other activities! Learn more at www.facebook.com/OKheritagefarm.

FEST-TEMBER!

LABOR DAY CELEBRATION
When: Saturday, Sept. 1, 10 a.m.-5 p.m. and Sunday, Sept. 2, 12-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
Spend Labor Day weekend at the Chickasaw Cultural Center for fun events including stomp dance demonstrations, cultural demonstrations and other activities in the living village.
www.chickasawculturalcenter.com

POSTOAK WINE & JAZZ FESTIVAL
When: Saturday, Sept. 1, 4-10:30 p.m. (Gates open at 3 p.m.)
Where: POSTOAK Lodge & Retreat, 5323 W. 31st St. N.
This family friendly event is full of great live jazz performances, local wineries and delicious food trucks. This year's headliner is Grady Nichols, featuring Leigh Nash of Sixpence None the Richer! $10 General Admission. Additional festival days on August 31 and September 2, but Saturday's concert is the most family friendly. www.postoaklodge.com

GREAT RAFT RACE
When: Monday, Sept. 3, 8 a.m.
Where: River West Festival Park, 2100 S. Jackson Ave.
Whether you jump on a raft for a ride or join as one of thousands of spectators at the finish line festival - Tulsa's Great Raft Race is a one-of-a-kind Labor Day tradition. www.tulsaraftrace.com

39th ANNUAL BLUEGRASS AND CHILI FESTIVAL
When: Friday, Sept. 7-Saturday, Sept. 8
Where: Wagoner, OK
The 39th Annual Bluegrass & Chili Festival is coming to Downtown Wagoner, Oklahoma! Two days of live music, a classic car show, chili cookoff, vendor booths, activities for the kids and more. www.bluegrasschilifest.com

LABAPALOOZA
When: Saturday, Sept. 8, 11 a.m.-4 p.m.
Where: Guthrie Green, 111 E. M.B. Brady
Lab Rescue OK's annual adoption event also features a silent auction and raffle, food trucks, live music by Steve Liddell, Kevin Price and others, vendors, games and more.
www.labrescue.net

SCOTFEST
When: Friday-Sunday, Sept. 14-16
Where: Broken Arrow Events Park, 21101 E. 101st
SCOTFEST is OKLAHOMA'S CELTIC MUSIC FESTIVAL & HIGHLAND GAMES, the flagship celebration of Celtic history, music and heritage that is the biggest and best in the region. The three day festival offers attractions for the entire family and is rapidly becoming a September Green Country tradition. This fall will feature outstanding live

continued next page

Celtic musical entertainers, a great selection of Scottish food and beverages, Scottish heavy athletic competitions and more. www.okscotfest.com

SKIATOOK PIONEER DAYS
When: Saturday, Sept. 15, 9:30 a.m.-6 p.m.
Where: Skiatook Central Park, 110 N. Broadway St.
Pioneer Day 2018 at the Skiatook Central Park will offer a great family friendly site with a wonderful "park atmosphere" that encourages folks to hang around all day. There will be food trucks, vendors, contests, and a carnival all day long. You won't want to miss out! www.cityofskiatook.com

TULSA PEARL FESTIVAL
When: Saturday, Sept. 15, 12 p.m.-2 a.m.
Where: Tulsa Pearl District, 1028 E. 6th St.
The Neighborhood Team, in association with Be Love Yoga Studio Tulsa, is excited to present the Tulsa Pearl Fest: A unifying experience of business, art and culture that showcases the Pearl District, local business, and the community. Come enjoy a day of drinks, brews, art, food, music, and shopping, organized in tandem with the neighboring Big Om at Home Yoga Festival located at Centennial Park. End the night with an all inclusive music festival.

MISFEST 2018
When: Saturday, Sept. 15, 1-10 p.m.
Where: River West Festival Park, 2100 S. Jackson Ave.
MisFEST is a celebration of local female artists. This year's event will feature an all-new lineup, live art installations, interactive art, games and food trucks! www.misfest.com

TULSA GREEK FESTIVAL
When: Thursday-Sunday, Sept. 20-23
Where: Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.
Opa!Homa: Holy Trinity Greek Orthodox Church's annual celebration of Greek culture features delicious Greek food, cultural demonstrations including dancing and live music, church tours, a kids zone and more. www.htgotulsa.org

MONARCHS ON THE MOUNTAIN
When: Saturday, Sept. 20, 10 a.m.-2 p.m.
Where: Turkey Mountain, 6850 S. Elwood Ave.
Monarchs on the Mountain will be a day filled with fun and educational activities highlighting the life cycle of the Monarch Butterfly, the Great Monarch Migration and the habitat of Turkey Mountain which supports a myriad of wildlife. Information will be available and plants may be purchased to help establish your own Monarch Waystation. Visitors can even make a seed ball to plant this fall. Monarch tagging will be demonstrated and butterflies will be released to join the southward migration to the Oyamel fir forests of Central Mexico. This free festival will appeal to all ages and food trucks will be on site. www.turkeymt.com

OKLAHOMA HERITAGE FARM'S ANNUAL FALL FESTIVAL
When: September 22-October 31; Monday-Thursday, 9 a.m.-5 p.m.; Friday and Saturday, 9 a.m.-9 p.m.; Sunday 1-5 p.m.
Where: 38512 US 75 Hwy., Ramona
Oklahoma Heritage Farm is a working farm that invites the community for six weeks of fun every year! This year's theme is "So God Made a Farmer." Activities include an 11-acre corn maze, pumpkin patch, a country store, games, a "cow train" and more.
www.facebook.com/OKheritagefarm

TULSA STATE FAIR
When: September 27-October 7
Where: Expo Square, 4145 E. 21st St.
Whoo-hoo! The Tulsa State Fair is back, with its livestock exhibits, petting zoo, kid's activities, amusement rides, vendor halls and of course—fantastic, fried fair food. Get all the information about this year's fair at www.tulsastatefair.com.





BY TORI HAMILTON, MLIS, CHILDREN'S LIBRARY ASSOCIATE, GLENPOOL LIBRARY

great books for back to school!

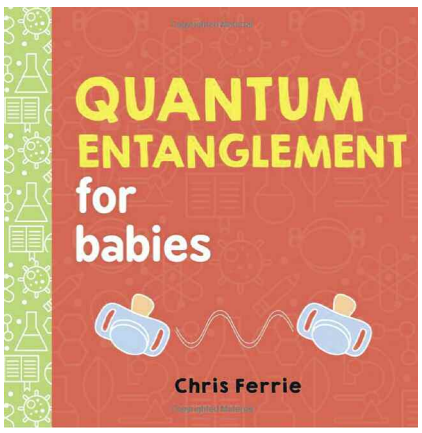
CHECK THESE BOOKS OUT TO KEEP THE SUMMER READING SPIRIT ALIVE…

The Tulsa City County Library's 2018 Summer reading program is over, and it was a rockin' success! Kids all over Tulsa read thousands of books, earned coupons, and went home with the inflatable guitar bonus prize.

But now that school is back in session, have your children lost interest in books and reading? The song doesn't have to end here, friends! Let's get the band back together. Check out these awesome titles to keep your children reading well into the school year.

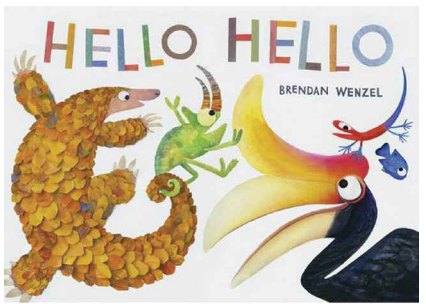
My new favorite board books:

The Baby University series by Chris Ferrie – Quantum





Physics for Babies? Rocket Science for Babies? Has actual scientist Chris Ferrie gone too far? Not at all! It's never too early to introduce children to new concepts and vocabulary, and Ferrie's books are full of quality STEM information with simple explanations and minimalist illustrations to make physics accessible for all ages.



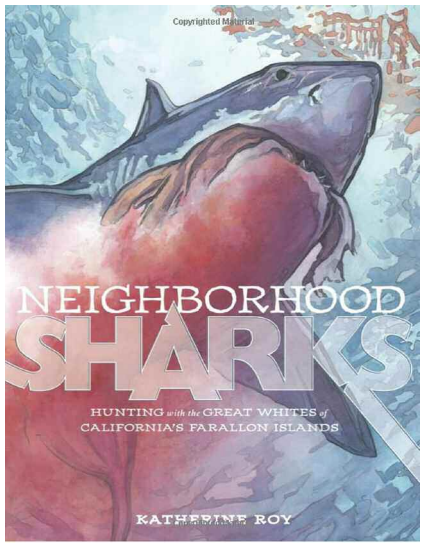
Picture books for bedtime reading:

Hello Hello by Brendan Wenzel – Using rhythmic language beside gorgeous, colorful illustrations, Wenzel's new book serves as a wonderful introduction to more than 90 unique and interesting animals – a literal "hello" to nature – with a list at the back to help readers identify them.

Wordy Birdy by Tammi Sauer – *Wordy Birdy* loves to talk! But sometimes she talks when she should be listening. She talks right over her friends who warn her not to go near the hungry bear's cave, for example. A cute story with a great message, *Wordy Birdy* is the perfect book to support the Build A Reader activity of talking.

I Am the Boss of This Chair by Carolyn Crimi – Oswald, an

continued next page



adorable (though spoiled) housecat is used to being in charge, until Pom-Pom arrives. Any child sharing their home with a new baby will identify with this classic struggle between an old cat and a new kitten, with a lovely understated lesson about sharing and learning how to be on the same side of the team.

People Don't Bite People by Lisa Wheeler – A bouncing rhyme, goofy examples, and fun illustrations come together to explain in no uncertain terms how this whole biting thing works. Memorable, repeatable, and a great way to get this important rule across.

Nonfiction for curious minds:

Neighborhood Sharks and *How To Be An Elephant* by Katherine Roy – With gorgeous illustrations that manage to blur the lines between action shots and informative diagrams, both of these books are perfect for third- and fourth-graders who want to learn everything they can about wild animals. Roy's simple descriptions and storytelling approach do an excellent job of breaking down the latest science on these two fascinating species – elephants and great white sharks – into language that children can understand.

DIY Circus Lab for Kids by Jackie Leigh Davis – If you, like me, have been listening to *The Greatest Showman* soundtrack nonstop since last winter, this is the book for you. Do-it-yourself lessons guide kids and families through a variety of circus skills, starting with a prop-making class and moving on to important basics, like juggling, clowning, and acrobatics. While most of the skills taught are easy enough for children of all ages, those that require adult assistance include plenty of warnings.

Ongoing series that keep us coming back for more:

Wings of Fire by Tui Sutherland, *Book #11: The Lost Continent* – An epic narrative about a war between dragon clans, told from the points of view of several younger "dragonets," this middle grade fantasy series doesn't skimp on the magic or adventure.

Trials of Apollo by Rick Riordan, *Book #3: The Burning Maze* – Fans of Riordan's Percy Jackson series won't be disappointed in this follow-up to *Heroes of Olympus* starring the hilarious and snarky Apollo, stuck in the form of a regular teenage boy named Lester. With humor and wit, Riordan's action-packed plots make mythology exciting for today's kids.

A middle grade mystery:

The Parker Inheritance by Varian Johnson – A mysterious letter points to an unclaimed fortune in this novel that one Tulsa librarian calls "adventure, mystery, and problem-solving with an interesting slice of history... perfect for any Sherlock, Juniors out there." Told through two different but intertwined timelines (one from the present, and one from the 1950s), *The Parker Inheritance* features a diverse cast and a fresh perspective on racial issues. Consider reading and discussing this one together as a family.

My top pick for teens:

Children of Blood and Bone by Tomi Adeyemi – Tired of the medieval-England fantasy trope? Author Tomi Adeyemi's debut novel, based in a fantasy version of Africa, brings the magic back to the genre. Intriguing characters, giant rideable lions, and gorgeous descriptions make *Children of Blood and Bone* a promising start to a fascinating new series!

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At Riverfield, I was involved in everything from rock band to tennis. I took the confidence gained through these opportunities as I traveled to Tanzania to teach English and participate in service projects. And I carry that same confidence in who I am and what I can achieve as I begin my college career.
~ Grace Clark,
Riverfield graduate, future Peace Corps volunteer

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BY BETTY CASEY
PHOTO CREDIT ANNIE JONES



welcome to the wonderful world of the Curious Poets Club

"I learned a new way to write and a new way to express myself," said Cate Bridges, age 13, and a member of the Curious Poets Club workshop. "It opened up a way for me to express my thoughts, feelings and ideas."

The Curious Poets Club, sponsored by MUSED, a poetry and collaborative arts nonprofit, held a workshop for middle school students at ahha during the month of July. Poet Annie Jones guided the students as they explored poetry as self-expression. The Curious Poet's Club was so successful that MUSED founder Victoria McCartor plans another session or more in the spring, probably at Philbrook Museum of Art. McCartor says that MUSED also has projects planned or in the works for early childhood, elementary-aged children, middle school students (Curious Poets Club), and high school students (the Reverse Selfie Project).

After studying creative writing in Roanoke, Virginia, Jones said she was "moved to action" by Robin Williams' character, John Keating, in the film Dead Poets Society, Keating says, "We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race. And the human race is filled with passion."

"My idea of a classroom is an emotional invitation to explore one's own inner landscape through painting, writing, singing, telling stories," Jones said. "…you are unique, intelligent, brilliant in your own way, and are exactly where you need to be, right now. What magic is born from feeling safe and known? Real, lasting magic."

Jones evidently worked her magic on the young people in her workshop.

Mia Leece, age 14, said she feels that the poetry workshop

continued next page

has made her more confident in expressing herself. "It opened things up," she said. "I used to care what people thought about what I said, but now I can think more clearly, and be confident in what I say. Writing helps you do that."

Woodrow Wilson, age 14, said he felt at a loss before he joined the Curious Poets Club workshop. "There was something I wanted to write, but I was stuck," he said. "The instructors helped me be more confident in what I was writing. Also, being around other creative people helped, being around people who would understand. I think going into a new school, it's going to give me a way to express myself. Poetry is a good way to get in touch with your emotions and to let them out."

Jones, who calls herself a "Curious Poet Ambassador," says she witnessed "an intensely beautiful shift in energy as the students gradually began to realize that I am not here to 'teach' them a new skill. I am here to remind them of what they already know, and have known before time began."

Creating community happens naturally when groups explore poetry together, says Jones. The language that Jones uses to describe building the classroom community is the language of "authentic connection." Friendship, trust and transparency build the framework for creative expression and sharing.

"I liked the other students," said Draven Pendergrass, age 15. "I like to use poetry as a vehicle to show things rather than directly saying them." She said she enjoys the way poetry, like human experience, is subjective.

"We learn about poetry at school," said Lily Simpson, age 11, "but it's just the rules. I don't feel inspired at school. I feel inspired by nature. I would definitely do this class again."

All of the young people said they felt more in touch with their own emotions at the end of the workshop, and that having that knowledge gave them confidence as they prepared to begin a new school year.

"It feels like everyone expresses themselves the same way," said Cate Bridges. "Clothes, music, hair. Now it feels like I don't have to be copying everyone else's way, and if people want to judge me, let them judge. I would recommend this class to anyone who is not sure about who they are, or what they like. It would really surprise them to discover what they have inside of them."

McCartor believes that poetry can help Tulsa's youth become better critical thinkers who "play an active role in the world going on around them – because, when we are the center of our world, we cannot see (or serve) the real world."

One of the participants in the Curious Poets Club asked the group if anyone was feeling less creative as they got older, and then added, "and if so, does becoming less creative ever scare you?" McCartor said she wanted to hug the girl and tell her, "Yes, you will become less creative, so please do whatever you can to continue to foster creativity." McArtor wants children and adults to embrace their creativity, not shy away from it.

"Poetry," said Jones, "is the language we're born with."

Here are some poems written by the young people during the Curious Poets Club workshop. For information about the spring workshops, visit www.musedorganization.org.

I Am
I am creative and different
I wonder what the future holds
I hear laughter and sadness
I see light and dark
I am creative and different

I pretend I'm a goddess
I feel good and bad
I touch something soft and pointy
I worry about my family
I am creative and different
I understand our world is flawed
I say you should follow your dream
I dream to help the world
I try writing and drawing everyday
I am creative and different
— DRAVEN PENDERGRASS

I Am
I am a writer and an artist
I wonder about myself
I hear color
I see feelings
I am a writer and an artist

I pretend to be calm
I feel quiet
I touch sound
I worry about my impact
I am a writer and an artist

I understand others
I say everything has a meaning
I dream about a better me
I try to be a better me
I am a writer and an artist
— AMY NAGODE

Community
I am the big sister
the protective friend
I care for people
they are my life.

You are nice
the bubble of joy
you are strong
the armored wall.

We protect each other
the guard dog of family
we watch each other
the protector.

Community is a group
of people that protect
and help each other.

We watch each other's backs.
with community,
you have someone
to trust.
— BY MIA LEECE

Eyes
Open your eyes
see that the world isn't
all smiles.

Open your eyes
see that no one
knows you.

Open your eyes
see that there is someone
out there with more problems than
you.

Open your eyes
show yourself the fact that
any day could be your last.

Open your eyes.
— CATE BRIDGES

What Is the Value of Fear
What exactly is the value of fear?
Is it instinct or to cause us tears?
To help us survive,
Or to cause a massive overdrive?
Is it for safety or just to be mean,
Something rare or a usual routine?

But here is a question to dabble on:
Don't answer it now.
It's simply a question that I have
drawn.

This question might be a little
severe,
But simply ask yourself;
What is the value of fear?
— WOODROW WILSON

Abecedarian
Abstract
UnBelievable
Creepy
Delusional
Entertaining
Fantastic
Galactic
Hypnotic
Individualized
Joyous
Kryptonic
Large
Mental
Natural
Optimistic
Portal
Question
Real
Space
Telegram
Unique
Visual
Weird
X-Ray
Yourself
Zonks
— LILY SIMPSON

Showtimes & Concerts



GINNA CLAIRE MASON AS GLINDA IN WICKED. Photo by Joan Marcus

WICKED
When: Sept. 5-11, 18-20 at 7:30 p.m.; Sept. 6, 8, 15, 22 at 2 p.m.; Sept. 7-8, 14-15, 21-22 at 8 p.m.; Sept. 9, 16, 23 at 1 p.m. and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
WICKED, the Broadway sensation, looks at what happened in the Land of Oz…but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships…until the world decides to call one "good," and the other one "wicked." Presented by Celebrity Attractions. www.tulsapac.com

SYMPHONY IN THE PARK
When: Friday, Sept. 7, 7:30 p.m.
Where: Guthrie Green, 110 E. M.B. Brady St.
You're invited! Join Tulsa Symphony to celebrate music, family, and our wonderful city with this classic Tulsa tradition. Bring your picnic, enjoy the park, and hear an appealing program of pops and light classics conducted by Ron Spigelman. The evening is completely free and culminates in a spectacular fireworks finale in front of the beautiful Tulsa skyline. www.tulsasymphony.org

POPS I—THE STREISAND SONGBOOK
When: Friday-Saturday, Sept. 7-8, 7:30 p.m.
Where: VanTrease PAC, 10300 E. 81st St.
Signature Symphony's opening Pops concert celebrates the music of one of America's most powerful and enduring musical artists. Singing timeless classics from Barbra Streisand's songbook, Platinum Award-winning singer-songwriter ANN HAMPTON CALLAWAY returns to the Signature stage to show off her gorgeous voice. www.signaturesymphony.org

PIAF—NO REGRETS
When: Friday, Sept. 7, 8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Christine Andreas, Broadway star and two-time Tony nominee, celebrates Edith Piaf in this one-woman show. Piaf — a singer, songwriter, cabaret performer and film actress — was France's most widely known international star until her death in 1963. Andreas' portrayal gives full dimension to the inexhaustible creative force that was Piaf in this extraordinary portrait in song, performed in French and English. Songs include "La Vie En Rose," "Je Ne Regrette Rein," and many more. Presented by Choregus Productions. www.tulsapac.com

TULSA ROOTS ROCKS THE GREEN
When: Sunday, Sept. 9, 16, 23 and 30, 2:30 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Each Sunday is a festival! Tulsa Roots Music is proud to present a month of FREE concerts on Guthrie Green, in the heart of the Tulsa Arts District. Enjoy internationally touring reggae, rock, Latin, blues, folk and world music, plus performance arts, OK craft brews and local cuisine. Bring the kids for great family activities and splashing in the fountains. www.tulsarootsmusic.org

CREATIONS IN STUDIO K
When: Sept. 14-15, 20-22 at 7:30 p.m.; Sept. 15-16, 22-23, 2:30 p.m.
Where: Tulsa Ballet's Studio K, 1212 E. 45th Pl.

continued next page

For the past twelve years, Creations in Studio K has been dedicated to furthering innovation in dance by commissioning new works from world-renowned choreographers. Learn more at www.tulsaballet.org

CHRIS YOUNG
When: Saturday, Sept. 15, 7:30 p.m.
Where: BOK Center, 200 S. Denver Ave.
Following his induction into the Grand Ole Opry and the release of his acclaimed seventh album, Losing Sleep, Chris Young is coming to the BOK Center along with special guests Kane Brown and Morgan Evans. www.bokcenter.com

JACK WHITE AT ONEOK FIELD PRESENTED BY PRAIRIE ARTISAN ALES
When: Monday, Sept. 17, 8 p.m.
Where: ONEOK Field, 201 N. Elgin Ave.
ONEOK Field has partnered with SMG Tulsa, the management company of BOK Center, to bring a one-of-a-kind event to Downtown Tulsa. On Monday, Sept. 17, ONEOK Field will host 12-time GRAMMY-winning artist, Jack White, for an exclusive outdoor concert, presented by Prairie Artisan Ales. It will be the first rock concert ever at the venue. www.bokcenter.com

CLASSICS I—SYMPHONIC DANCES
When: Saturday, Sept. 22, 7:30 p.m.
Where: VanTrease PAC, 10300 E. 81st St.
Celebrate Bernstein's Centennial with SymphonicDances from West Side Story, and Prelude, Fugueand Riffs featuring Victoria Luperi on clarinet. The program also features Latin American dances including Piazzolla's Milonga del Ángel, Márquez' Danzón No. 2 and Four Dances from Estancia by Ginastera. www.signaturesymphony.org

DISNEY ON ICE PRESENTS DARE TO DREAM!
When: Thursday, Sept. 27, 7:30 p.m.; Friday-Saturday, Sept. 28-29, 11:30 a.m., 3:30 p.m. and 7:30 p.m.; Sunday, Sept. 30, 10:30 a.m., 2:30 p.m., 6:30 p.m.
Where: Tulsa State Fair, 4145 E. 21st St.
Celebrate what's possible as five Disney heroines spark the courage inside us all in Disney On Ice presents Dare To Dream! In her Disney On Ice debut, see how far Moana will go in an epic adventure with demigod, Maui, to save her island and discover her true identity. Join Belle as she fearlessly befriends the enchanted castle staff and reveals the Beast's gentleness. Experience Anna's devotion to her sister, Elsa, on her life-changing journey to stop an eternal winter. Explore with Rapunzel, Flynn Ryder, Cinderella and friends from around the Disney Kingdom as they find the heart and determination to overcome obstacles and make their dreams come true. www.tulsastatefair.com

DIARY OF A WORM, A SPIDER, AND A FLY
When: Friday, Sept. 28, 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Insects rule in the diaries of unlikely best friends: Worm, Spider and Fly. Worm eats his homework, Fly believes she has superpowers, and Spider can't wait to grow up and molt. Promoting eco-consciousness, earth science and tolerance of others, DIARY OF A WORM, A SPIDER, AND A FLY is a joyful, hip musical exploration of the world outside. You just might find that a bug's life is not all that different from your own! Presented by PAC Trust. www.tulsapac.com

BLACK VIOLIN
When: Saturday, Sept. 29, 8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Black Violin is the blend of classical, hip-hop, rock, R&B, and bluegrass music. Live, they are accompanied by their incredible band, featuring ace turntable whiz DJ SPS and a drummer. Named one of the hottest bands at SXSW in 2013, Black Violin was invited to perform at Bonnaroo and returned to SXSW this year to standing-room-only crowds. www.tulsapac.com

GATHERING PLACE '100 DAYS OF OPENING CELEBRATION' PERFORMANCES

Gathering Place, opening Sept. 8, is more than Tulsa's newest park, it is our city's newest performance venue! Join Gathering Place in celebrating its first 100 days of opening by attending any or all of the following performances:

09/08, 3:15-5 p.m.—Hot 8 Brass Band at QuikTrip Great Lawn

09/08, 5-6:30 p.m.—The Roots at QuikTrip Great Lawn

09/09, 2:30-4:30 p.m.—Pedrito Martinez Group at QuikTrip Great Lawn

09/09, 4-5:30 p.m.—The Swon Brothers at QuikTrip Great Lawn

09/20 and 09/21, 11-11:45 a.m. and 3:30-4:15 p.m.—Brady Rymer & The Little Band that Could at Reading Tree Stage

09/20, 6:30-9 p.m.—Choir!Choir!Choir! at QuikTrip Great Lawn

09/27, 3:30-4:15 p.m.—Lisa Loeb (Children's Set) at Reading Tree Stage

09/27, 6:30-8 p.m.—Lisa Loeb at QuikTrip Great Lawn

09/28, 6-8:30 p.m.—Montez de Durango at QuikTrip Great Lawn

Get additional performance and performer information at www.gatheringplace.org.

Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



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

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WORDS AND PHOTOS BY DIANE TRITT EATON

OKC's National Cowboy & Western Heritage Museum and Frontier City:

A HEARTY DOSE OF THE WILD WEST

September is a time when many families are consumed by "all things school" during the week and "all things sports" on the weekends. In light of this, if you are in a quandary trying to plan activities that will ignite enough excitement to shift the family focus for a time, why not head out of town for a short but sweet western-themed adventure?

Native American and cowboy heritages are at the center of it all in an educational and entertaining way at two family-friendly spots in Oklahoma City—-The National Cowboy & Western Heritage Museum and Frontier City, Oklahoma's premiere amusement park. Together, they make for a comprehensive dose of this important and exciting aspect of our state and national history.

Giddy Up At the National Cowboy & Western Heritage Museum

Slap on your spurs and explore the halls and grounds of this one-of-a-kind museum, with its thorough collection of world-class paintings, notable sculptures, and rotating exhibits. From Native American artifacts to historic cowboy gear, the extensive collection helps visitors better understand the important influences of the American West and its diverse cultures. Breathtaking works by internationally renowned Frederick Remington, whose expansive work captures the essence of the American Old West, are prevalent.



PHOTO COURTESY OF NATIONAL COWBOY & WESTERN HERITAGE MUSEUM.

Perhaps the crown jewel is the iconic "End of the Trail" statue, a massive plaster masterpiece, standing 18 feet tall in front of a wall of glass. Sculptor James Earle Fraser completed this beauty in the 1920s and, after residing in California for several decades, it was ultimately moved to Oklahoma in 1968, where the Trail of Tears literally ends. For a half-century now, it has called OKC its home and serves as a poignant reminder of the horrific hardships and tragic times endured by the Native Americans while being forced into the western front back in the 1800s. The Art Institute of Chicago, which houses a later model and cast of this sculpture, states that it is a "melancholic commentary on the vanishing Indian," and "the work portrays an exhausted Sioux drooping over his equally weary pony; both rider and horse have literally—and figuratively—reached the end of the trail."

For the younger kids, be sure to check out The Children's Cowboy Corral. Designed for little ones with a perpetual thirst for knowledge, this section is highly interactive. There's country music sung by a cowboy, dress-up clothes, saddled play horses to "ride" plus reading materials to enjoy while learning about the western lifestyle. Children will gravitate toward the make-believe campfire and pretend to prepare food in the great outdoors.

Get the Lowdown on Frontier City

Step back in time and play out the frontier theme at this small amusement park with a big heart for the Wild West. The buildings and their facades as well as the names of the rides and attractions are in keeping with the theme.

Opened in 1958, this 55-acre park houses many of the buildings and props from the Oklahoma State Fair Boomtown exhibit back in 1957. There are 28 rides in all, including five wild

continued next page

ride coasters like the Gunslinger and the Steel Lasso, and several water rides, including the exciting Mystery River Log Flume. Several western-themed shows and acts are performed each day. There is an old town gun-fight show, including a heated stunt-laced duel, so don't be surprised when blank rounds are fired. If that's not enough excitement, take the train ride through the woods. For the ultimate personalized, lasting souvenir, stop by the dress shop and suit the whole family up for an old-time photo. Choose from an assortment of period-themed garb such as cowboy hats, bonnets, frilly frocks, chaps, boots and more.

Like the Oklahoma Cowboy & Western Heritage Museum, Frontier City caters to little ones, too. The Wild Kitty coaster is a mini thrill ride, plus there is a children's section that features safe, age-appropriate attractions.

Brand spanking new for 2018 is Frontier City's first full-fledged Christmas celebration. The park will be punctuated with more than a million lights while many of the favorite rides will be in operation while Santa receives visitors with their holiday wish lists.

Planning Your Visit

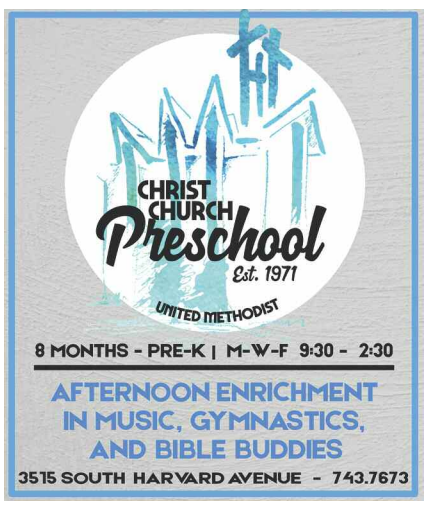
Once you decide to carve out time to step back in time, wrangle the family for a one- or two-day jaunt. Both venues can be seen in one day because they are less than 10 minutes apart. But to fully immerse yourselves, consider an overnighter to maximize the benefits at each attraction. Hampton Inn OKC Northeast and Holiday Inn OKC North are super convenient. Bricktown is a mere 15 minutes away if you'd like to enjoy the downtown urban experience instead. Pay attention to hours of operation as they are subject to change after Labor Day.

For more specific details on hours of operation, pricing and show times, check out www.nationalcowboymuseum.org and www.frontiercity.com.

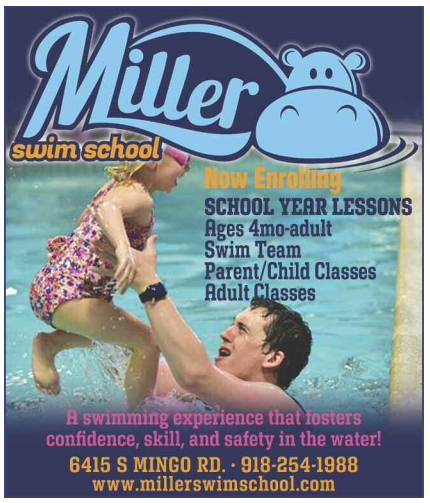
















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50 PARTICIPATING RESTAURANTS

will serve various prix fixe menu options starting at $15 for lunch, $22 for brunch, and $20 for dinner. Select restaurants will also offer signature cocktails. Each meal and drink automatically includes a donation to the Food Bank's Food for Kids programs. Proceeds will be matched up to $25,000 by the George Kaiser Family Foundation.

Visit TulsaPeople.com for prix fixe menus and more!

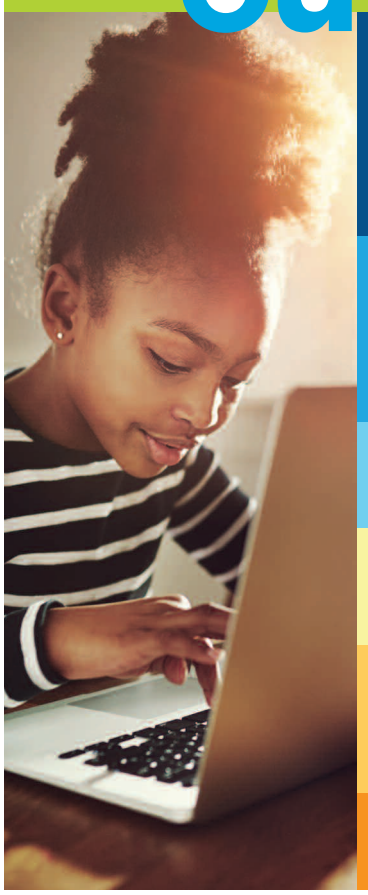
BENEFITING: Fighting Hunger, Feeding Hope — Community FOOD BANK of Eastern Oklahoma — www.eokfoodbank.org

SPONSORS: GEORGE KAISER FAMILY FOUNDATION — A supporting organization of Tulsa Community Foundation; Jarboe Kitchen Company; OpenTable; Curtis Restaurant Supply

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Do you have a service, business, clinic or school for children with special needs?

Be a part of **TulsaKids 2018 Special Kids Resource Guide** in October. It's especially for parents of children with special needs. AND, the Guide is online for 1 full year!

Ask about having a booth at **TulsaKids Special Kids Expo** in October, presented by Spectrum of Hope Pediatric Therapy Center. **For information, call Brandi @ 918.810.0674 or Joanna @ 918.284.3867**

tulsakids.com
What's Going On(line)?



Contests and Giveaways

Win 6 Tickets to Disney on Ice: Dare to Dream

From September 6-20, enter to win six tickets to the September 27 of Disney on Ice: Dare to Dream at Expo Square Pavilion! This ice skating extravaganza features all your Disney favorites, including Moana in her first live production! Learn more at Disneyonice.com, and get the contest link at tulsakids.com/contests. (Photo Credit: FELD Entertainment)



"Hey, @TulsaKids!"

We love it when you tag us on Instagram or email us fun photos! Thank you to Jenny N. for participating in last month's **Kids Cooking Challenge** by sharing this photo of her Unplugged Summer Campers baking Double Chocolate Cake Mix Cookies!

And thank you to the **Tulsa Performing Arts Center** for tagging us in this photo of their Family Favorites certificate!





Guest Blogger: Daisi Owens of My Stir Crazy Kitchen

The mind behind My Stir Crazy Kitchen, Daisi Owens is an accounting whiz by day and a cooking enthusiast by night. As the mother of two boys, Daisi uses her blog to share easy family meals, sustainable lifestyle tips, and the occasional cocktail recipe for after the kids go to bed. Learn more about what's cookin' at mystircrazykitchen.com!

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I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Kate Jones:
Reaching for the Stars

You're always told to reach for the stars and that's exactly what 12-year-old Kate Jones plans to do one day. But for now she's mapping a path with the help of the Girl Scouts' new STEM badges. Visiting the NASA facility in Alabama and completing a mission earned Kate her STEM badge with the Girl Scouts of Eastern Oklahoma and a memory to last a lifetime.

TK: How long have you been a Girl Scout?
Kate: I joined Girl Scouts in kindergarten, when I was 5.

TK: How did you receive the STEM badge?
Kate: I went to Space Academy this summer through Girl Scout Destinations.

TK: What is the NASA Destination?
Kate: Girl Scout Destinations are adventures for Girl Scouts ages 11 and older. You apply by completing an application, writing an essay and getting references before you are accepted. The trips are individual as opposed to a troop activity. The destinations are a little further from home compared to where you would go with your troop, and they have all sorts of options to choose from. They even have international trips that I can apply for when I get a little older.

TK: Could you tell me more about the Space Academy?
Kate: Space Academy is at the U.S Space & Rocket Center, a NASA facility in Huntsville, Alabama. I was there from a Sunday to Friday in June and went with my friends Avery and Lucy Claire. Those attending camp are called Trainees and the sleeping area is Habitat I, II or III. There were 12 girls in my group, and we were called Team Intuitive. Our team worked together and completed two missions. I was Station Commander on one and CAPCOM on the other (which stands for Capsule Communicator). CAPCOM in responsible for communicating with the astronauts in space and mission control on Earth. We also trained like an astronaut on the Multi Axis Trainer (MAT), which is the chair that spins. We used the 1/6th Gravity Chair, which simulates how it would feel to walk on the moon. When we were at the airport in Huntsville waiting on our flight back to Tulsa, we met an astronaut. His name was Clayton Anderson, and he gave us an autographed picture. We did some research and found out that he logged over 38 Extravehicular Activity (space walk) hours. I learned that he was rejected 15 times by NASA before being accepted into the astronaut program in 1998. Just shows that you should never give up!

TK: What are your hobbies and interests?
Kate: I love animals and enjoy walking my dogs, learning about space and collecting rocks. I like camping and hiking and love going to Camp Tallchief (Girl Scout Camp) each summer. At school I am in the Middle School Honor Choir, I play the flute, run cross country in the fall and play soccer in the spring. I am also a member of National Charity League of Greater Tulsa.

TK: Where are your favorite places to learn about STEM and space in the Tulsa area?
Kate: With Girl Scouts of Eastern Oklahoma and First Lego League, I have been on a Robotics team where we competed against other fourth through eighth graders in the Tulsa area. I've gone to the Tulsa Air & Space Museum with my Girl Scout troop where I made and launched a rocket, played a space simulator game and went to a show at the planetarium. I also learn a lot about STEM at Holland Hall. During fourth grade, I was in the Science Club and attended a science campout where an astronomer spoke with us about stars and space, and let us look at constellations through her telescope. We also went digging for crystals in the Great Salt Plains. For the fifth grade Engineering Fair I made a Rube Goldberg machine that had many steps before completing the



simple task of unzipping a 6" zipper. In sixth grade, my friend Amber and I chose to research gemstones for our Genius Hour project in Science. We interviewed three geologists at Atalaya Resources in downtown Tulsa and a geology professor at the University of Tulsa. They were all so helpful, and we learned a lot from them!

TK: Who inspires you?
Kate: My parents. They inspire me to keep trying, and they always support me. They take me to neat places. My mom volunteers her time at the school, with Girl Scouts, NCL or helping with any activity that my brother and I are involved in. My dad is an engineer, so I probably got my love and curiosity for STEM from him. My teachers, Girl Scout leader, family and friends also inspire me.

TK: What are your plans for the future?
Kate: Currently, my goal is to either attend Colorado School of Mines and major in Geology or attend the University of Hawaii and major in Astronomy. Or perhaps I could combine them and major in Planetary Geology.

TK: What is a fun fact about you?
Kate: I was born in Tulsa, but moved to Egypt when I was 4 years old and lived there for three years. We then moved to West Texas for two years before moving back to Tulsa in 2015. My parents like to travel, so I have been to a lot of interesting places. A favorite memory is going to Istanbul, Turkey on my 7th birthday. The food there was amazing, and everyone was so nice!

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