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Your Back-to-School Checklist

Kid-Friendly Attractions – (within a two-hour drive!)

Supporting Your Gifted Child

Tulsa Teens Take Hollywood

What Kids Are Doing at Fab Lab

Tips for Toddler Discipline

SPECIAL: 2016 ENRICHMENT GUIDE Inside

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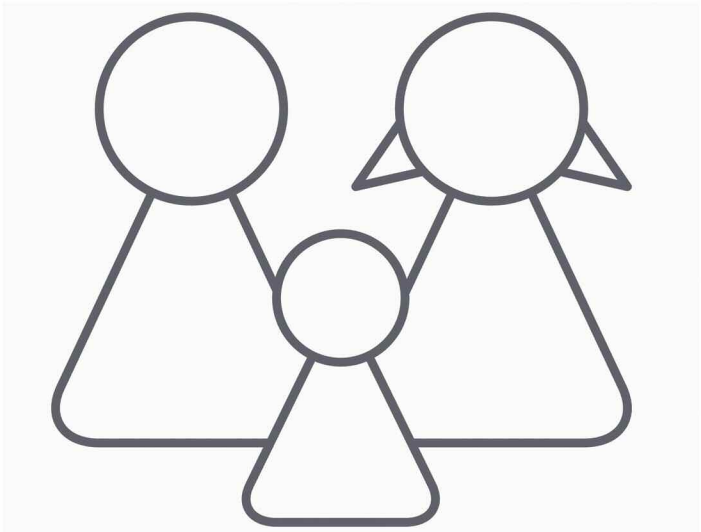
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LEVERAGING YOUR LEAVE

Are you a stay-at-home mom or dad who has taken time off from work or career to focus on child-rearing? Little ones grow up fast and, before you know it, you may be ready to re-enter the job market. TulsaKids is here to help you plan that future now.

Leveraging Your Leave, presented by **Victory Christian School**, is a workshop designed to provide you with the tools, information and vision to prepare for re-establishing your career, staying current in your profession or for planning an entirely new worklife.

Our exciting panel of presenters includes:
David Leifeste, MS, LPC, Life Coach, Speaker, Counselor and Author, www.davidleifeste.net
Jeff Wilkie, Human Capital Strategist
Jill Donovan, creator and owner of the Rustic Cuff, www.rusticcuff.com

This free workshop will be held on the Victory Christian School Campus in late September.

Watch for more details at **www.tulsakids.com**, in the Sept. print issue, in our e-newsletter and on Facebook. (You may sign up for our free e-newsletter on our website.)
Space will be limited. Pre-registration will be required and will open at the end of August on www.tulsakids.com.

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

Natalie was in shock when she delivered Jack and George, her twin boys, at just 25 weeks into her pregnancy. She and her husband, Robb, had so many questions about why this happened and the health of their babies. But, the couple found comfort in the neonatal intensive care unit (NICU) team at the *Peggy V. Helmerich* Women's Health Center at Hillcrest Medical Center. From reassuring the new parents, to celebrating the boys' milestones, the NICU team quickly became an extension of their family.

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

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August 2016

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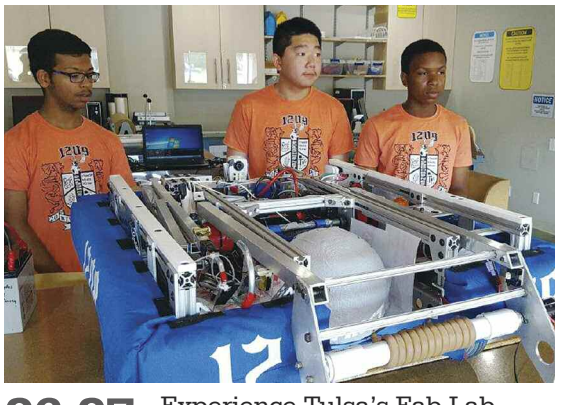




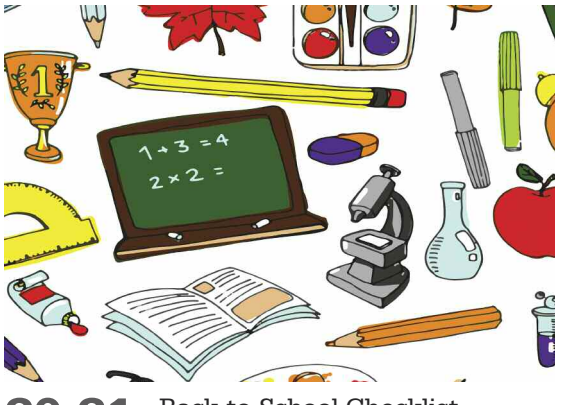
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2016 Enrichment Guide

editor's note

Tulsa – Where All Kids Are Above Average

How do you know if your kid is gifted? I remember wondering about this with my own kids. If my 3-year-old son could identify the year, model and make of any car without ever being told what they were, did that make him gifted? Or did it make him an idiot savant? I don't know, but he did well, graduated from college and has a great job. And, he still loves cars.

I also remember parents asking if my children had been given this or that test. Had they been evaluated by experts? Could they do advanced math or use technology? (If math were the standard, my kids probably would be below average – just being honest. And, no, I didn't subject them to any extra outside testing to try to confirm if they were, in fact, smarter than other people.) There was a lot of competition, but ultimately, my kids have turned out to be pretty great people (so far), and there appears to be room in the world for all kinds of people, gifted or not.

But what does it mean to be gifted? Does giftedness mean that a child scores well on standardized tests? Or can play music without lessons? Or is oddly intuitive? Or can run a four-minute mile? Maybe it's all of these, or none of these.

It turns out that there are certain traits and abilities that experts look for when defining giftedness. Read our article on page 20 to learn more about gifted children.

Also included in this issue is a back-to-school checklist. Yes, it's that time again (already). As you prepare for the shift from summer to fall, take a peek at our to-do list to get yourself and your family organized before school starts.

If you had "family getaway" as part of your summer plans, but just never got around to it, we have just the thing for you. Writer Nikki Cyter Sack took her two young children with her to discover some amazing kid-friendly attractions that are just two hours or less from Tulsa.

Part of back-to-school planning means enrolling kids in extra-curricular activities. If you need some ideas about what's available, check out our Enrichment Guide inside these pages. As always, you can find all of our guides and the entire magazine each month on www.tulsakids.com.





ON OUR COVER:
LANDON CORWIN IS GETTING READY FOR SCHOOL AND FOOTBALL SEASON AT JENKS.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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

FOLLOW OZONE TIPS TO BREATHE EASY

The summer heat can do more than make you sweat – it can boost the ozone levels making breathing difficult and, for some, dangerous.

Driving less, and following these tips provided by ozonealert.com to reduce ozone-forming emissions can benefit everyone. On Ozone Alert! Days:

- Carpool, bike, walk or ride the bus.
- If you must drive, combine errands & limit trips.
- Fuel up the car in the evening.
- Avoid using gasoline-powered lawn equipment.
- Eat in or walk to a nearby restaurant for lunch.

For more information about ozone, ozone alerts, to volunteer and check air quality, go to ozonealert.com. For text alerts, text "ozone" to #41411.

HARDESTY DANCE CENTER GRAND OPENING

The Hardesty Center for Dance Education opened its doors in Broken Arrow with a grand opening celebration in July.

"Opening this facility has been a dream of Tulsa Ballet for a long time," said Tulsa Ballet Artistic Director Marcello Angelini. "Tulsa Ballet has recently been called 'one of the five most influential American ballet companies' by the Italian critics. It's our mission and duty to share the quality, expertise and excellence intrinsic to our organization with a larger segment of our community. Achieving this goal was a dream of ours, one that was impeded by lack of space: our Brookside facility has been near capacity for years. Now with a new space, and a stellar staff to match the architectural attractiveness of the site, we will be able to reach everyone from the future prima ballerina to the little girl or boy who just wants to dance for fun."

Located off of New Orleans Street in Broken Arrow, the Hardesty CDE primarily serves Broken Arrow, Bixby and South Tulsa to complement Tulsa Ballet's existing Brookside location. The new location is home to four ballet studios with basket-woven sprung floors with Marley covering, 10-foot mirrors and a state of the art sound system. One of the studios will be used for performances and has seating for 160 people. The facility also has administrative office space, dressing rooms for both boys and girls, a lobby spacious enough to accommodate waiting parents and 4,000 square feet of warehouse storage space for sets and costumes.

The Hardesty CDE will offer classes to both children and adults. Enrollment for fall classes has begun and will remain open until they become full. Educational Outreach programs for elementary school students will also be offered through the Hardesty Center.

For more information, visit www.tulsaballet.org or call 918.712.5327.

MONTE CASSINO WELCOMES NEW HEAD OF SCHOOL

Monte Cassino, a Catholic school serving children in pre-K through middle school, is welcoming a new Head of School this fall. The Sisters of St. Joseph Monastery and the Board of Directors announced that Kevin Smith will take the leadership position at the school, located at 21st Street and Lewis Ave. in Tulsa.

Smith was previously headmaster of Roycemore School in Evanston, IL. An experienced educator, Smith has taught sciences, reading, health and physical education, and has served as an assistant principal and as a head of schools in Ohio, Colorado and Illinois.

He earned a Bachelor of Science from the University of Dayton and holds a Master of Education from Bowling Green State University. Smith is married to Maria Pace Smith and has two children, ages 2 and 4.

TULSA'S "BOOM-TOWN" WINS EMMY AWARD



The Tulsa Historical Society announced that "Boomtown: An American Journey" won a Heartland Emmy award in the Historical Documentary category. The award was announced July 16th at the Heartland Emmy Awards in Denver.

The first in a series of films to be produced under the Boomtown label, the documentary was also awarded "Best Oklahoma Film" by jurists in the "Twister Alley Film Festival" in Woodward, OK in addition to being an Official Selection at the Trail Dance and the Barebones International Film Festivals.

Boomtown showcases periods of Tulsa's history, including the struggles of the Muscogee (Creek) Nation's forced removal to Indian Territory, and the impact oil has had on the middle America city, including its world renowned Art Deco Architecture. The documentary features rare film footage of Tulsa's Greenwood Financial District, archival images of the 1921 Tulsa Race Riot, and the story of Route 66. Boomtown can be seen at the museum by request, purchased in the museum gift kiosk, or streamed online through Vimeo.

The mission of the Tulsa Historical Society & Museum is to illuminate the past, enrich the present, and inspire future generations by collecting, preserving and presenting Tulsa's history.



continued next page

"CHAPTERS" LITERACY FUNDRAISER IN SEPTEMBER

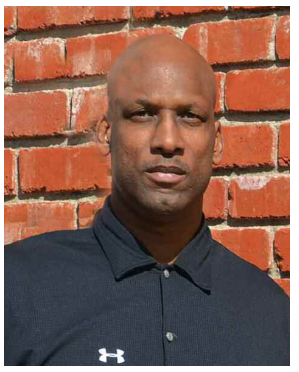
Spend an evening after hours in the library with three authors while helping raise money and awareness for Tulsa City-County Library's Ruth G. Hardman Adult Literacy Service.

In conjunction with National Literacy Awareness Month, Tulsa City-County Library and the Tulsa Library Trust are offering "Chapters: A Casual Evening of Books, Bards and Bites" on Thursday, Sept. 8 at 6:30 p.m. at the Hardesty Regional Library, 8316 E. 93rd St. The cost is $50 per person. Deadline for reservations is Sept. 1.

Attendees will get to enjoy food and wine from some of the area's favorite restaurants while listening to authors Rosanne Bittner, Alton Carter and Alison Gaylin.



ROSANNE BITTNER.



ALTON CARTER.



ALISON GAYLIN

PHOTO CREDIT: FRANCO VOGT

Bittner is the author of 60 novels, which she has written over a span of 35 years. Her stories generally are set in the American West in the 1800s and feature vividly described, historically-accurate settings spanning the United States from Missouri to California, from Canada to Mexico. Many of her books portray the poignant history of Native Americans. Her works include *Wildest Dreams, Do Not Forsake Me, Outlaw Hearts, Thunder on the Plains, Desperate Hearts, Paradise Valley, Where Heaven Begins, Mystic Warriors* and numerous other titles. Bittner lives in rural Southwest Lower Michigan, about five minutes from Lake Michigan.

A former foster child and police officer, Carter was the first person in his family to graduate from high school and college. Now the director of youth ministries for the First United Methodist Church of Stillwater, OK, the Oklahoma State University alum has dedicated his life to working with young people. In April 2015, his debut book, *The Boy Who Carried Bricks*, was published by The RoadRunner Press, and on April 9, 2016, the nonfiction title won the 2016 Oklahoma Book Award. The book is a true recount of Carter's hard-scrabble life growing up on the plains and in the small towns of Oklahoma.

Gaylin's debut book *Hide Your Eyes* was nominated for an Edgar award in the best first novel category. Her critically acclaimed suspense novels have been published in such countries as the U.K., France, Germany, the Netherlands, Norway and Japan. She won the Shamus Award for *And She Was*, the first book in the Brenna Spector series. Her books have been on the best-seller lists in the U.S. and Germany. Gaylin's newest title, *What Remains of Me*, is a standalone spellbinding novel of psychological suspense, set in the glamorous, wealthy world of Hollywood. Gaylin lives in Woodstock, NY.

Authors' books will be available for purchasing with a portion of the proceeds benefiting the literacy service. Call 918-549-7494 for more information about "Chapters" or to make a reservation.

TULSA TECH STUDENTS HONORED

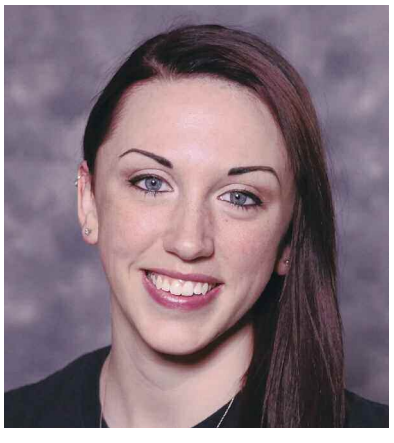
The Tulsa Tech Education Foundation recently awarded three adult students $1,000 each through the Foundation of Excellence Scholarship. Justin Robinson, Lisa Estes and Cesar Flores all were awarded based upon merit and performance in the classroom. Each were honored with a check presentation and award in June at Tulsa Tech's Skyline administration campus.

Robinson, a student in the Aviation Maintenance Technician program at Tulsa Tech, hopes to continue his education to become aerospace engineer and follow in his grandfather's footsteps.

Estes is a student in the Automotive Service program, and excited about utilizing the scholarship to purchase additional tools for her future career and to help with bills while going to school and working full-time.

Flores hopes to continue his education and obtain a degree in Manufacturing after finishing his Machining program at Tulsa Tech.







"THE LION, THE WITCH AND THE WARDROBE" AT TULSA PAC

As part of the Summer Heat International Dance Festival, July 30 – Aug. 6, Choregus is bringing "The Lion, The Witch and the Wardrobe" to the Tulsa PAC for two performances on Aug. 4, 8 p.m. and Aug. 5, 2 p.m. See this classic tale choreographed for dance.

Summer Heat International Dance Festival subscriptions (performances featuring dance troupes from three countries) and individual event tickets including for "The Lion, the Witch, and the Wardrobe" are available now. Call 918.688.6112 to purchase, or online at myticketoffice.com. More information is available at choregus.org.

CELEBRITY ATTRACTIONS ADDS THREE SHOWS

Celebrity Attractions announced that the 2016-2017 Broadway Season now features three national touring add-on productions coming to the Tulsa Performing Arts Center this fall.

Patrons who subscribe to the regular season, which includes Disney's "Newsies," "Elf, The Musical," Motown, The Musical," "Dirty Dancing," "Something Rotten!" and "Matilda, The Musical" (optional), will be first in line to purchase tickets to add-on productions, including "Once," "Cirque Dreams Holidaze," and "Mannheim Steamroller Christmas" by Chip Davis.

For information go to www.celebrityattractions.com



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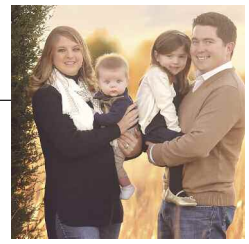
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BY KILEY ROBERSON

tips for toddler discipline

My 2-year-old son is fascinated with toy cars. One of his favorite things to do is race them back and forth across the floor with his 5-year-old sister. But, typically, big sister wins and little brother gets mad. Before I know it, toy cars are being slung across the room. My daughter's temper was never as action-oriented as my son's. I find myself having to constantly make him apologize for being too rough and the time-out corner is like a second home for him these days.

If you're like me, doling out effective discipline is one of the toughest and most frustrating tasks of parenting. It's basically a never-ending test of wills between you and your child. Just when your 2-year-old "understands" that he can't throw things at his sister, he'll latch on to another bothersome behavior, and the process starts over.

So what exactly does it mean to "discipline" a toddler? Some people equate it with spanking and punishment, but that's not what we're talking about. As many parenting experts see it, discipline is about setting rules to stop your little one from engaging in behavior that's aggressive (hitting and biting), dangerous (running out in the street), and inappropriate (throwing food). It's also about following through with consequences when he breaks the rules. Here are a few strategies the experts suggest to set limits and stop toddlers from behaving badly.



EFFECTIVE DISCIPLINE IS CALM AND CONSISTENT.

Pick Your Battles

"If you're always saying, 'No, no, no,' your child will tune out the no and won't understand your priorities," says Linda Pearson, author of *The Discipline Miracle* (AMACOM). "Plus you can't possibly follow through on all of the nos." Define what's important to you, set limits accordingly, and follow through with appropriate consequences. Then ease up on little things that are annoying but otherwise fall into the "who cares?" category – the habits your child is likely to outgrow, like insisting on only eating food out of the blue bowl.

Know The Triggers

Some misbehavior is preventable – as long as you can anticipate what will spark it and you create a game plan in advance, such as removing tangible temptations. Some children act out when they're hungry, overtired or frustrated from being cooped up inside. The American Academy of Pediatrics (AAP) recommends making sure your child eats healthy snacks, gets enough sleep (a minimum of 10 hours at night, plus a one- to two-hour nap), and plays outside to burn off energy, even in chilly weather.

Be Consistent

There's no timetable as to how many incidents and reprimands it will take before your child stops certain misbehavior. But if you always respond the same way, he'll probably learn his lesson after four or five times. Consistency is key.

Don't Get Emotional

It can be hard to stay calm when you're disciplining your child for the same action over and over again. But if you scream in anger, the message you're trying to send will get lost and the situation will escalate. An angry reaction will only enhance the entertainment value for your child, so resist the urge to raise your voice. The AAP says to take a deep breath, count to three, and get down to your child's eye level. Be fast and firm, serious and stern when you deliver the reprimand.

Local Resources

Need help setting reasonable consequences? Are you engaging in constant battles with your children rather than enjoying your time together? Are you unsure about what behaviors are "normal" for the developmental age of your child? Are you fearful of possibly harming your child? Here are some local resources that can help.

Family & Children's Services. www.fcsok.org. 918.560.1114. Parenting classes, ADHD parent coaching, anger management, classes for divorced or divorcing parents and more. Also offers counseling.

The Tulsa City-County Health Department, Child Guidance Program. www.tulsa-

continued next page

health.org. 918.594.4720 Educational programs for behavioral issues, child development workshops and groups, speech, language and hearing screenings.

Sprouts Development. Sproutsdevelopment.com. 918.699.4250. Online developmental screening and local developmental resources.

Parental & Pediatric Guidance, Robert Hudson, M.D., FAAP, University of Oklahoma Tulsa. 918.619.4447. Diagnosis, counseling and interventions for children and parenting training.

Parent Child Center of Tulsa. www.parentchildcenter.org. Supports families with programming to prevent child abuse.

Counseling & Recovery Services of Oklahoma, 7010 S. Yale, #215. 918.236.4127

CAPES. www.capesinc.org Team approach to help children and adolescents who have mental health, behavioral, medical and/or educational issues.

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BY DENISE YEARIAN

finding the right activity for your child

Children's interests and activities are as diverse as the children themselves. Just as the right activity can build a child's self-esteem and provide hours of enjoyment, the wrong one can do just the opposite. So how do you find the right sport, club or music program for your child?

This was the dilemma Mark and Susan Benzel were in when their children were younger. "My kids weren't gregarious about asking to participate in an activity," says Susan of her now 16-, 11- and 10-year-olds. "We exposed them to a variety of things I thought would be developmentally good for them, hoping they would find something they enjoyed."

Elementary School Guidance Counselor Donna Jeandell thinks this is a good idea, particularly for the younger set. "It's a lot like career exploration," she says. "Expose children to different activities and let them observe things like concerts and sporting events. Then give them a sampling of things to try based on their interests."

While doing so, consider your child's temperament. Although it is important for children to have a balance of active and quiet play, some children are more inclined to physical activities; others would prefer to exercise their minds.

This is the reason Frank and Betty Calvetti signed up their son for soccer when he was 5-years-old. "Angelo has always had such a high energy level that we thought moving up and down the soccer field would be a good fit," says Betty of her son, now 11. "We had considered baseball but, at the time, thought the game moved too slowly for him."

Another consideration is your child's personality. Is he more suited to group or individual activities?

"I think it's a good idea for children to participate in a little of both," says Carol Scott, 4-H youth program director. "In groups, kids learn to be cooperative players and are responsible for one another. In an individual setting, they can move at their own pace and feel a sense of personal accomplishment at what they have achieved."

Benzel found this to be true with her 10-year-old son Brock. "He always loved music and rhythm but had never had piano lessons," she recalls. "One day, his friend came over and started playing our piano. Brock, who was 8 at the time, said, 'I can do even better.' I started him in lessons and within months, he had surpassed his friend's skills. I never have to ask him to practice. Lessons are the highlight of his week."

But Benzel admits lessons, practices and commutes whittle away time, which is why she always considers time commitments before enrolling her children in activities.

"My life is one big jigsaw puzzle with work and family responsibilities," she says. "I have to carefully place on the calendar where everyone is going and have an 'a' and 'b' plan in case my husband can't help out."

Equally important to time is finding an organization that matches your family's goals and objectives with regard to student-teacher ratios, instructors' experience, teaching philosophies and student expectations.

"If you aren't familiar with local programs, ask for recommendations from teachers or administrators at your child's school," Jeandell suggests. "Or talk with family and friends whose children are currently enrolled in activities."

Calvetti found this approach helpful. "When Angelo was in the first grade, a friend told me about a chess club her son was in, so we decided to sign Angelo up for it," she says. "It was a great program and a good experience for him. It taught him to lose graciously and persevere through a game."

Experts agree perseverance is an important lesson children need to learn. For the Calvettis, it was worth repeating on a grander scale.

"When he was 7, Angelo took an interest in the piano so we signed him up for lessons," Calvetti remembers. "Two months into it, I realized he didn't like playing, and we still had four months left on the contract. We wanted to see if we could move him past the learning curve and also felt the need to teach him the value of commitment, so we made him continue until the contract expired. He persevered to the end, but then he was ready to quit."

"Before enrolling your child in an activity, explain the commitment to him so he knows what is expected," says Scott. "Then if the activity doesn't work out, talk with your child about what he didn't like so the mistake isn't repeated in the future."

Most importantly, view it as a learning experience, not a failure. Maybe athletics isn't your child's thing, but music is. Or maybe it's art or science or cooking or sewing. And don't be surprised if it takes several tries—a few seasons or a couple years.

"My oldest daughter Meghan didn't find something she truly adored until she was 16, and it's volunteering," Benzel concludes. "Even if my kids don't ever find their niches, I'll keep exposing them to different things so they grow up with a storehouse of experiences from which to draw."

-Denise Yearian is a former educator and editor of two parenting maga-

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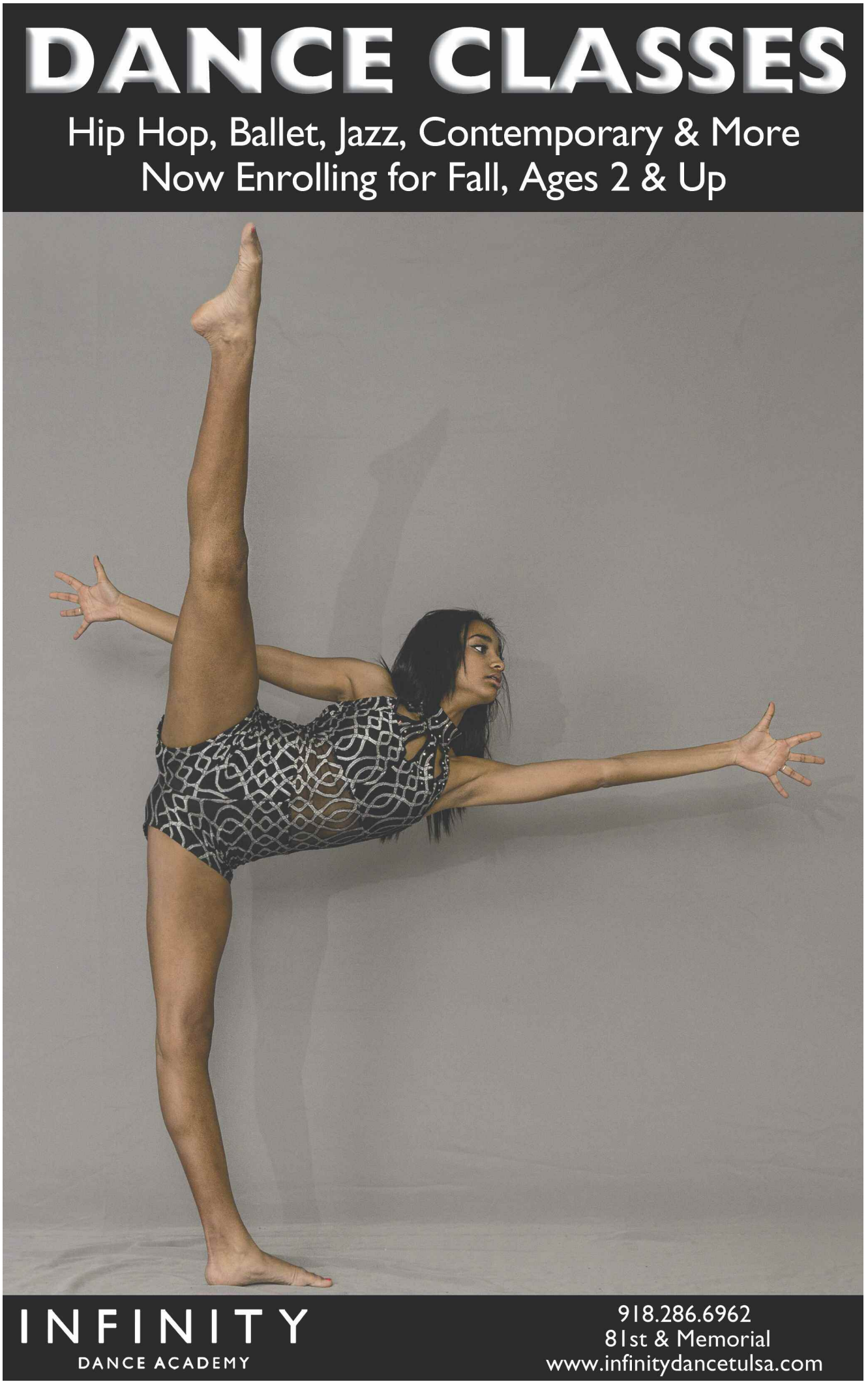
zines, as well as the mother of three children and four grandchildren.

IS MY CHILD OVERSCHEDULED?

If you can answer yes to any of the following, it may be time to reevaluate current commitments and give your child some much-needed down time:

- Is she tired, anxious or depressed?
- Is she easily irritated?
- Does she complain of headaches or stomachaches?
- Have her eating habits changed?
- Does she have a hard time falling asleep?
- Is she having trouble finishing her school work because of other commitments?
- Is her schedule draining on her or the family?





BY JULIE WENGER WATSON

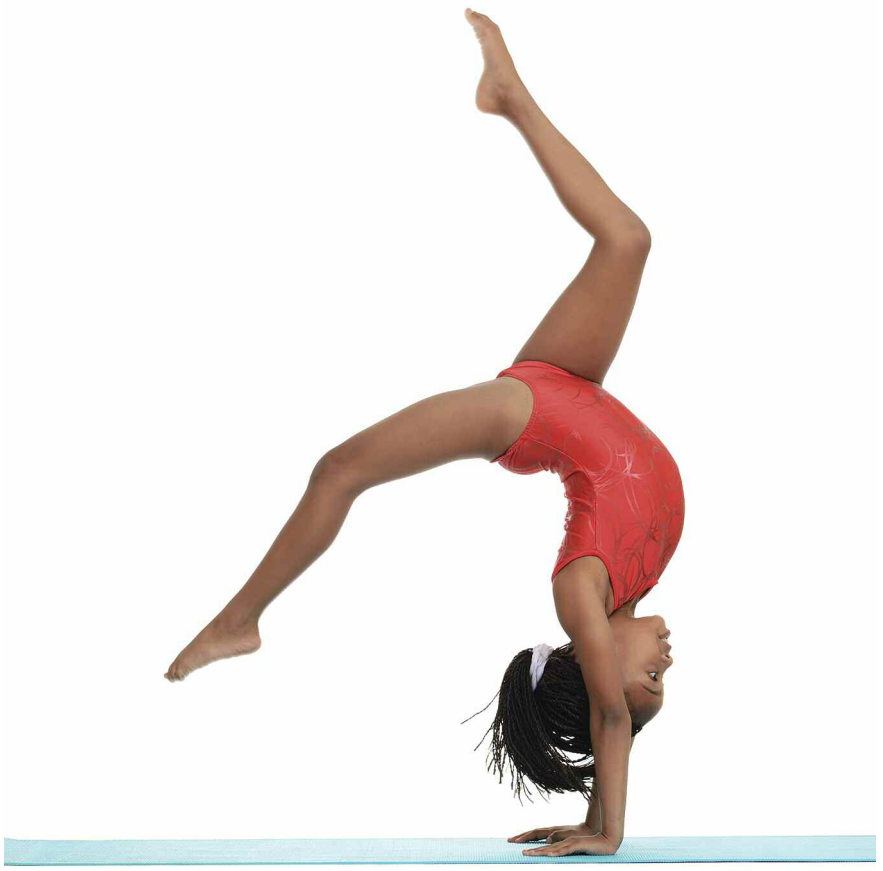
going for gold

All eyes are on Rio this month as some of the world's greatest athletes gather for the Summer Olympic Games. Watching the winners beaming on the podium, it's easy to forget all of the hard work and sacrifice it takes to get to that point. As any competitive athlete knows, the road to the Olympics, or even just a state championship, is a long and challenging one with plenty of turns and an occasional dead end. Participating in sports at an elite level requires a particular mix of ability, determination and support.

A member of three Olympic Teams who holds two gold medals, gymnast Bart Conner knows a thing or two about competition. He and his wife Nadia Comaneci, also an Olympic multi-gold medalist, own and operate Bart Conner Gymnastics Academy in Norman, OK. According to Conner, it takes more than just innate athletic ability to reach the top.

"The most important characteristic of a champion gymnast is the ability to work hard every day and focus on incremental progress," he said.

Aaron Sloan, owner of Tulsa's Engine Room Boxing Gym, is an AIBA (International Boxing Association) certified boxing coach. AIBA sanctions amateur (Olympic-style) boxing. Sloan agrees that it takes more than talent to reach the highest levels of competition.



OLYMPIC DREAMS TAKE MORE THAN SKILL AND ABILITY.

"It's more mindset than skill or ability," Sloan said. "You can have all the talent in the world, but if you don't have the work ethic, the drive, the understanding and desire to be a student of your sport, then you're not going to go anywhere."

According to Tulsan David Jenkins, an Olympic gold medalist skater and retired gastroenterologist, "The drive must come from within."

While Jenkins noted that good coaches, facilities and competition are also important, "One needs to be able to respond under immense pressure with their best performances. That's not something that can be fully trained. It lies within the athlete."

All three agree that while parental support is important, too much involvement can have a negative impact.

"Parents play a key role in supporting their children, but they must also not push too hard," Conner advised. "If the child feels that they're doing this for the vicarious dreams of the parents, they will often burn out."

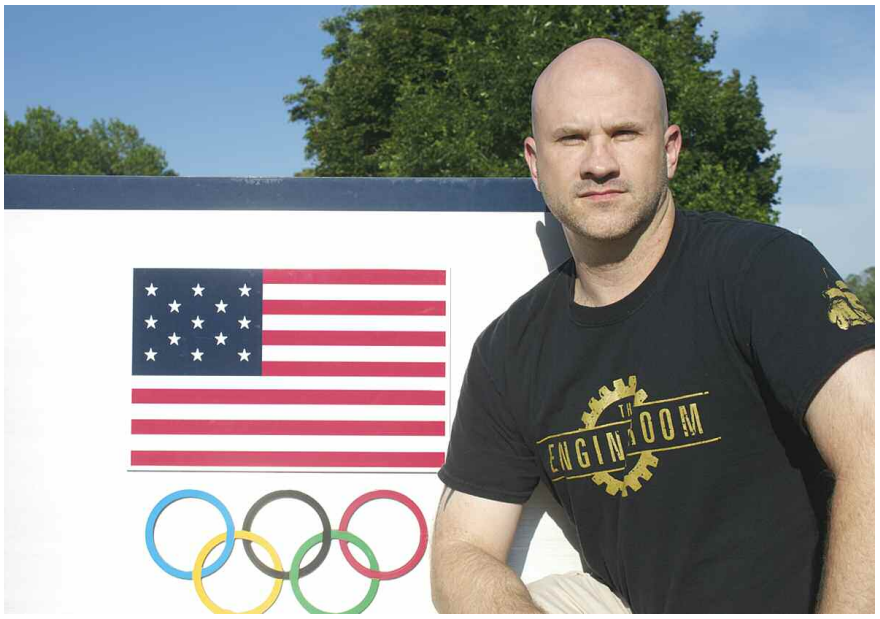
Sloan concurs. "The best thing is for parents to be supportive but in the background, almost like a support system the kid doesn't even see. If the parents are too involved, it becomes the parents pushing the kids, and it's the parental drive you're dealing with," he said.

"Parental and other support is important," Jenkins said. "However, athletes can be destroyed by excessive outside involvement, expectations and pressures."

Competing at a high level also means endless hours of training for an aspiring athlete while many of their peers are hanging out with friends, surfing the Internet or just being regular teenagers.

"To reach the highest levels in any activity, you must be able to intensely focus on the task at hand," Conner said. "So, for a pe-

continued next page



AARON SLOAN, ENGINE ROOM BOXING GYM BELIEVES ELITE ATHELETES MUST HAVE A WORK ETHIC AND DESIRE.

riod of time, your life as an athlete is a bit out of balance because of the amount of time and energy spent trying to achieve your goals."

According to Jenkins, competing as an individual athlete, rather than as a member of a team, comes with its own challenges.

"The downside for the individual athlete can be loneliness and excessive expectations by yourself and by those around you," Jenkins noted. "It can be an extraordinarily self-centered, narcissistic existence for some. Individual event athletes can feel very separated from their peers, many of whom are their most intense competition. It is not a normal existence and is so much influenced by those around you."

Still, both Jenkins and Conner would agree that their lives have been enhanced in many ways by their sports.

"Just about everything in my life has been positively affected by my Olympic journey," Conner said. "I am lucky to have won medals and traveled the world. I also learned a strong work ethic because of my sport, and I built my business career around gymnastics."

Jenkins echoed those sentiments.

"I feel my ability to set goals, focus on challenges and deal with stress has made me a better husband, father and physician," he said. "I also feel it helps me deal with setbacks more effectively."

While many athletes may never reach the highest levels of competition, there are numerous benefits to participating in a sport beyond just physical fitness.

"I think there are dozens of benefits of playing youth sports including learning about discipline, hard work, leadership, grit and resilience," Conner said. "All these qualities are keys to success in life, school, business and relationships."

Jenkins agreed. "One can learn self-discipline, how to make choices, how to sacrifice to achieve a goal and the ability to focus," he said.

Conner summed it up well.

"There are over five million children participating in gymnastics in the U.S., yet only five young men and five young women will actually make the Olympics, but the journey is the most important part," he explained. "It's always fun to win medals and receive recognition, but I think it's important to focus on the value of the journey and the struggle since this is where the most important lessons are learned."

Financial Wellness 101



It's August, which means…back to school! Time to start gearing up for the new school year – and a great way to prepare is with some good financial wellness exercises for you and your family.

Think of us as your personal "financial" trainer – we want to get you in the best financial shape possible. Now, don't be intimidated by this four-part workout, it will only help make your finances stronger!

Ready…set…go!

1. Work out your budget – Let's face it, the word "budget" doesn't incite any feelings of fun or excitement, but it is crucial to living a stress-free financial life. And remember, not every budget is made equal – see what works the best for you and your family's situation. It may take a little while to get it just right, but after you get your groove down, you will find that budgeting will become part of your everyday routine.

2. Strengthen your savings – Come up with a savings goal for the school year, and map out the ways in which you will save – like, setting aside a certain percentage of each paycheck, holding a yard sale or even cutting down cable options on your television (you can do it!). You can also make your savings even stronger by looking into more long-term savings plans like money markets and share certificates. You worked hard to earn and save that money – it's now time to make that money work for you!

3. Stretch your financial knowledge – As much as you may already know about finances, there's always something new to learn! TTCU offers a free financial literacy program, FoolProof, right from our website. FoolProof offers free financial literacy classes and information for the whole family – from high school age to retirement. There, you will find buying guides, financial advice and more! You can go through educational sessions (modules) together as a family, or take them individually and watch your financial knowledge grow!

4. Cool down your spending - You've probably heard the phrase, "don't spend it all in one place." While usually spoken in jest, the concept is so true! Make it a point to think twice about those large back-to-school purchases, while determining all of the areas in which you can cool down your spending. Part one of your workout (budgeting) will really help make you aware of your spending habits, which will help you recognize the areas that need a little "cooling down."

Whew, what a great workout! Stick to this financial routine and watch your finances get stronger and stronger throughout the school year – take note of the changes at the end of each semester, and see how far you've come!

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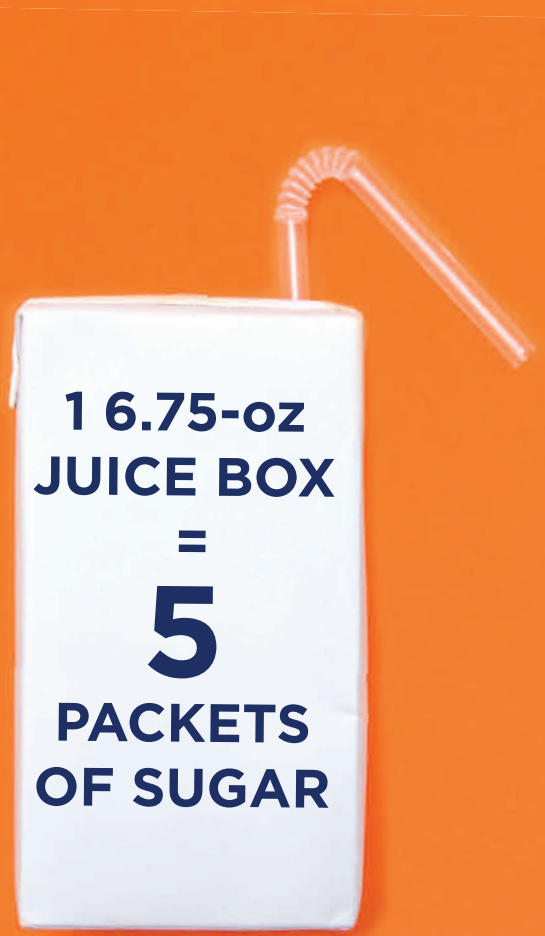
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BLUEBERRY + ORANGE WATER



Try this berry delicious infused water recipe!

INGREDIENTS

6 cups of water

2 mandarin oranges, cut into wedges

Handful of blueberries

Ice

INSTRUCTIONS

1. Combine all ingredients in a pitcher.

2. Put in the fridge for about 1 hour to allow the water to infuse.

3. Pour and enjoy!

You can also squeeze in the juice of one mandarin orange and muddle the blueberries to intensify the flavor!

Need ideas on how to get your kids to drink more water? Buy fun cups and silly straws, or place ready-to-go containers of cold water in the fridge!
Visit ShapeYourFutureOK.com and find other mouthwatering water recipes, like:

APPLE + CINNAMON WATER
STRAWBERRY + BASIL WATER
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RETHINK *your* DRINK

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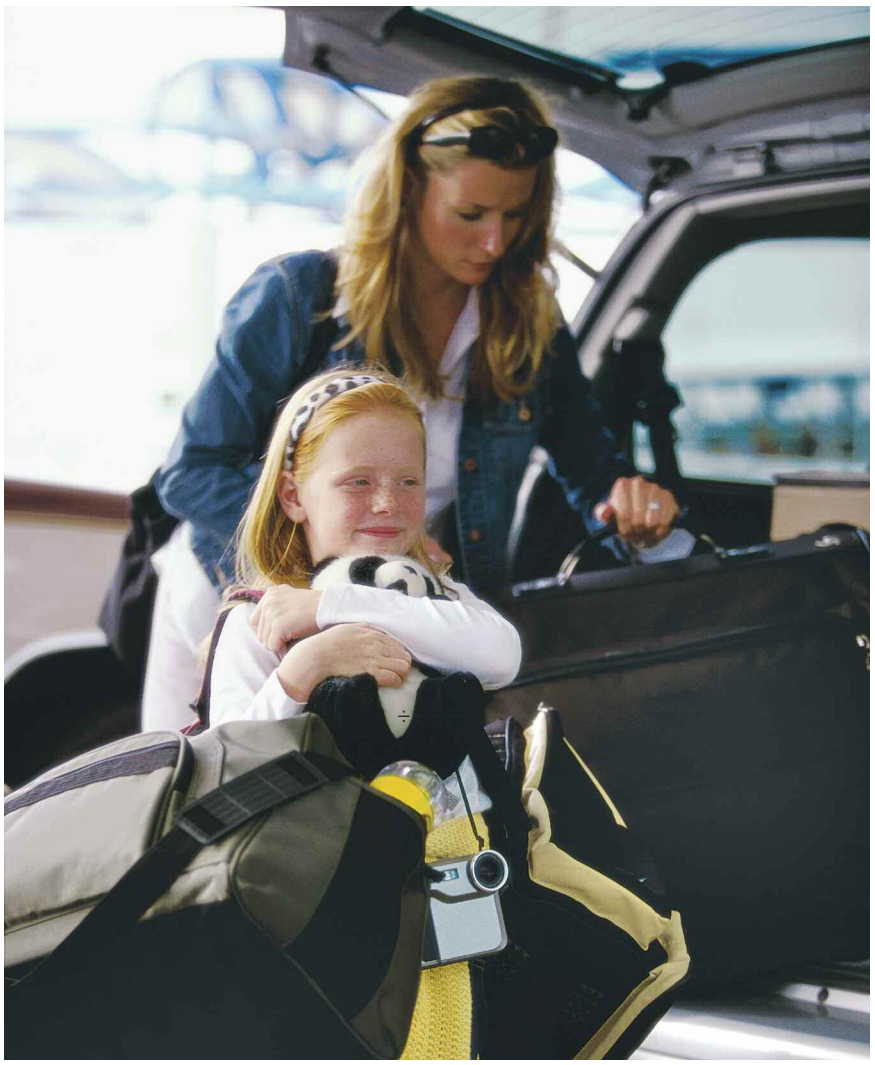
A Program of TSET

BY DIANE MORROW KONDOS

smoothing the back-to-school transition from home-to-home

Goodbye summer, hello school! Words of dread for most kids because it means hello to more structure, routine and homework and goodbye to the long, lazy days of summer. For kids that spent the summer with their non-residential parent, it means an even bigger change in routine. The standard summer vacation for kids visiting their non-residential parent is four to six weeks, a big chunk of summer break. Change is hard. We tend to diminish how stressful it is for kids to change homes and adapt to the other parent's home with different schedules, activities and rules. For kids that have to travel to a different city or state to visit their other parent, the change is more dramatic, but even for kids that stay in the same city, changing homes is a challenge. There are steps that parents can take to smooth the transitions and provide a good start to the beginning of another school year.

Understand - If your child's other parent lives out of town, coming home to you means leaving the other parent and possibly stepparent, stepsiblings or half siblings. Recognize your child's sadness and let her openly miss the family she is temporarily leaving behind. Frequent phone calls, texting, email, Skype time and other means of communication can ease the pain of separation and keep the relationships consistent.



Listen - Whether good or bad, your children may need to talk about the summer. Give them the opportunity to talk about their experiences and feelings without fear of emotional repercussions. They may feel a division of loyalties and feel guilty about having had a good time. Reassure them it is fine to love the other parent and have a good time when him or her with them. Don't let your ego be your children's problem. They may also need to vent about perceived injustices and grievances from the other home. Listen patiently and non-judgmentally. Remember, there is usually another side to every story. The exception would be suspected abuse. If this is the case, contact authorities.

Prepare - Although it may be out of your control, at least a week between summer visitation and the beginning of school would be ideal to allow the child to prepare for the beginning of a new school year. According to Barbara Wright, a licensed professional counselor at Norman Behavioral Health Group, the longer the child has been away, the longer it will take for her to readjust. Wright points out that bedtime is an important change in routine that needs to be addressed gradually, moving bedtime back 15 minutes a night until the desired bedtime is reached. Wright states that elementary-age children need between 9 to 11 hours each night to perform their best. Rituals to pre-

continued next page

pare for the school year, such as back-to-school shopping and attending school orientation, may help ease your child's anxieties.

Communicate - We hear it over and over and for a very good reason, communication is essential to successful co-parenting. This doesn't have to mean long, heart-to-heart chats with your ex but it does mean keeping him or her updated on the details of your child's life. The non-custodial parent should have access to the child's school schedules and all extra-curricular activities. Even if he or she is out of state and has little chance of attending any events, the other parent needs to be informed. Especially if there is a problem, the non-custodial parent needs to be kept in the loop. Also, make sure you communicate with the school if there are custody issues that prevent a parent from accessing information or picking up a child.

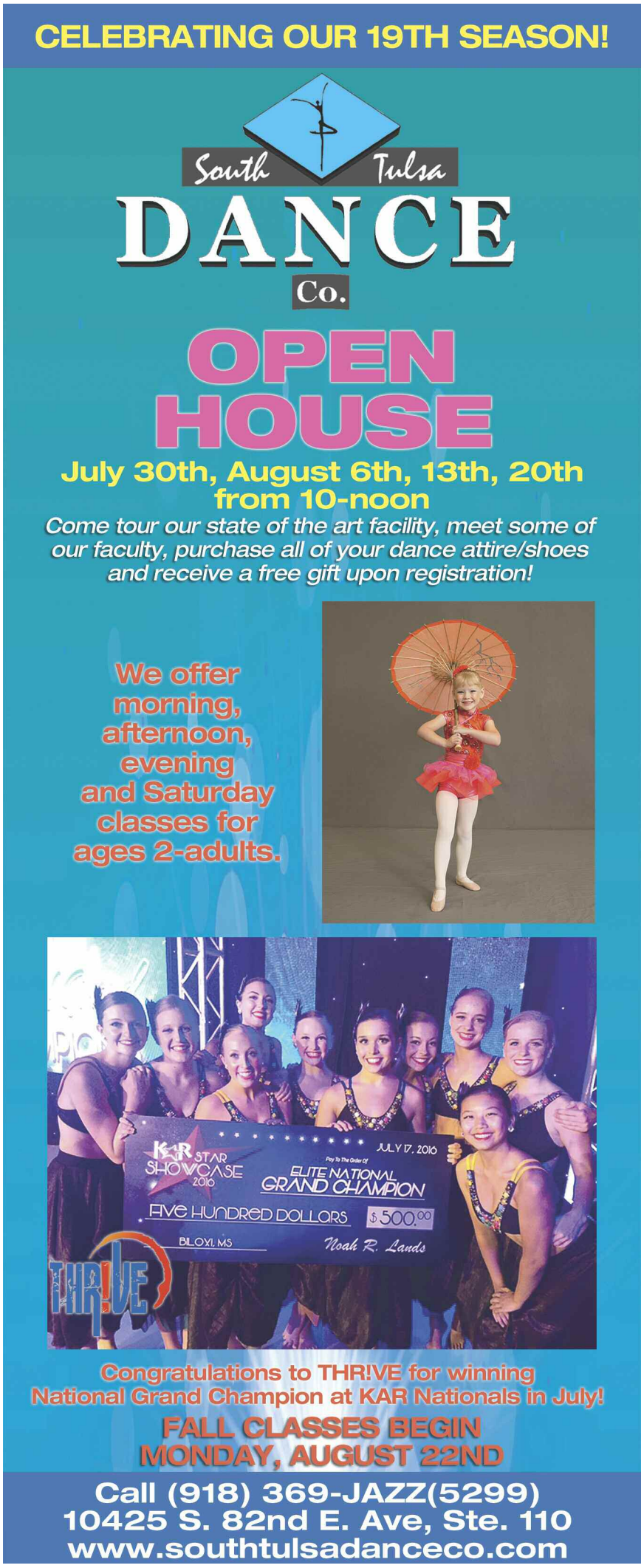
Communication also extends to the child. It would be ideal if the rules at both parents' homes were the same, but if that isn't possible, Barbara Wright advises calmly explaining to your child that there are different sets of rules at each home and you understand that it's difficult.

Plan - Get ahead of disputes with your ex by having a parenting plan. This is particularly important if the other parent is in the same city and involved in parenting on a regular basis. If possible, put aside your differences long enough to attend school orientations and parent-teacher conferences together so that information is equally shared. Discuss homework issues. Is your child self-reliant or will he need assistance? Once again, put aside your ego. For example, if your former spouse is a nuclear physicist, it makes sense she will be involved with the science fair project. If your child is involved in extracurricular activities, who will drive, who will pay the fees, will you both attend events? How involved will new partners be in the child's school and activities? If your co-parent is cooperative, try to align bedtimes and other behavior expectations. It may be awkward to make a detailed plan with your ex, but it will prevent arguments and assist your child with smoother transitions between homes.

Respect - Acknowledge and respect your children's feelings. Never deny their negative feelings even if they make you feel uncomfortable. That doesn't mean your children get to whine incessantly, but respect the fact that it is tough to have to live in two homes and not have an intact family. Make sure they feel heard, but then move on to making the best of the situation. Be positive and optimistic in your words and actions.

Starting a new school year is fraught with change, which can bring on some fears and anxieties. But it is also packed with new adventures, possibilities and excitement. For a child with divorced parents, the transition may be a little more complicated, but you can help smooth the way by being prepared. It's not always easy for the parents, either, but the reward for your compromise, planning and communication is a healthier, happier child.







SUPPORTING YOUR GIFTED CHILD

BY MEREDITH DEATON

When Onkur Sen's mother left a video camera in the backseat of a taxi in India, she knew exactly how to find it: she asked her 3-year-old son if he'd memorized the license plate number. He had, and with a few phone calls, they got the video camera back. Memorizing numbers was the beginning of Onkur's passion for math. By the time he reached kindergarten, he spent his free time scrolling through Excel spreadsheets and practicing long division. Now 23, Onkur holds

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bachelor's degrees in physics and mathematics from Rice University, and he's finishing his masters in computer science at Stanford.

Many parents and teachers believe that gifted students like Onkur have an automatic ticket to success. The reality is much more complicated. In his book *Failing Our Brightest Kids: The Global Challenge of Educating High Ability Students*, Charles Finn argues that well-intentioned government programs like the No Child Left Behind Act provide "almost no incentive to a boost a smart kid up the scale," so schools concentrate their resources on the lowest achievers. At the same time, Finn says little research has been done to determine what educational strategies work best for gifted students. The state of Oklahoma requires that schools provide services for gifted learners, but with only 152 teachers certified in gifted education statewide, these students don't always get what they need.

Identifying Giftedness

The first hurdle is identifying the right kids. Dr. Linnea Van Eman, director of gifted and talented programming at Tulsa Public Schools, is quick to point out that all children are gifted in some way. However, in an educational setting, gifted refers specifically to students who show above average creativity, intellectual ability and commitment to tasks. Teachers and parents shouldn't confuse that with making perfect grades. "A lot of times, teachers will send a kid for testing because they make straight A's, they answer lots of questions, and they always do their homework on time," she says. "That student may be a high achiever, but that's not the same thing as being gifted."

To identify gifted students, parents and teachers should focus on behaviors and thought processes instead of grades. Children may show signs of advanced intellectual ability as early as toddlerhood.

"Gifted kids might ask unusual questions. One parent told me her son kept asking 'how are trees and tires alike?" Van Eman says. "They might also answer questions in really odd ways, but when you ask them to explain, you find that they've put together ideas from a lot of different sources."

According to the National Association for Gifted Children (NAGC), other common characteristics include strong concentration, a large and nuanced vocabulary, learning basic skills with little practice, reading before kindergarten, and an early concern with political and social issues.

Awareness of these characteristics is especially important because gifted students with learning disabilities might not always make good grades. "A lot of us are looking for Sheldon from Big Bang Theory," says Van Eman, referring to a sitcom character who fulfills the nerdy scientist stereotype. Gifted children with ADHD (attention deficit hyperactive disorder) rarely fit that mold. According to the William & Mary College of Education, these students may have exceptional verbal skills and an advanced ability to understand abstract concepts, but they might be forgetful, disorganized and struggle with basic tasks like spelling. As a result, they may not be identified as gifted, and their frustration can lead to low academic performance and disruptive classroom behavior. Yet, at home, they may be highly motivated to pursue hobbies and interests, which researchers say is a clear sign of giftedness.

> "...in an educational setting, gifted refers specifically to students who show above average creativity, intellectual ability and commitment to tasks."

Students with other learning disabilities, such as dyslexia or auditory processing disorders, may appear to be functioning at grade level because their intellectual ability masks the learning problem. These students may score highly on aptitude tests but make only average grades, so they are unfairly labeled as underachievers. New research and better teacher training is helping to identify these students, but Dr. Van Eman says parental involvement is crucial. "[Parents] see a lot more of their child than [teachers] do," she points out. "If they see gifted characteristics at home, they should get in touch with the school."

Learning Needs of Gifted Students

Identifying gifted students is crucial because their learning needs differ from their peers' in three ways. First, they need constant exposure to new material to avoid becoming bored. Second, they crave deep, complex ideas and lessons that require them to grapple with difficult concepts. Finally, they can master new tasks with less repetition than other students, which means they can move through curriculum faster.

When gifted students don't receive this type of instruction, their grades may suffer because they have little tolerance for routine, repetitive assignments. In extreme cases, they may even drop out of school. Dr. Van Eman has first-hand experience with this phenomenon: her son left school his senior year to get a GED. "He told the principal 'you just don't have anything left to teach me,'" she says. When he got to college, he could focus on the subjects that interested him the most, and he earned his degree with honors. But because colleges, scholarship committees and employers don't value GEDs and high school diplomas equally, staying in school is often a better solution.

To stave off boredom, parents and teachers should ensure that students get challenging coursework, even if that means sending a second grader to a fourth grade math class or allowing a child to skip grades entirely. Some educators worry that moving a child up will cause social problems, but the NAGC says these concerns are misplaced. Gifted students often gravitate toward their intellectual peers, even if those students are a few years older.

At Penn Elementary in Tulsa, Dr. Van Eman worked with a second grader who was performing at a fourth grade level. "We met with a committee to determine what we should do for him, and we decided to move him up two grades," she says. "He fit right in because those students could see he was like them, even if he was a little smaller."

Socializing & Enrichment

Still, parents, students, and teachers should think through the long-term ramifications of accelerating too far. Onkur — the boy who used to memorize license plate numbers — skipped the second grade. However, when he was offered the opportunity to graduate from high school two years early, he chose not to. "One of my friends did that," he says, "and the experience didn't work out well for him socially."

While a high-achieving second grader might feel at home in a fourth-grade class, a

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16-year-old college freshman will be the only person on campus who isn't allowed to see R-rated movies. Without attending high school, they may struggle to deal with college pressures like sexuality and alcohol.

"My parents wanted me to have a normal high school experience," Onkur says. "I think that was the right decision." Rather than skipping his freshman and sophomore year, he took math classes at the University of Tulsa while studying at Booker T. Washington High School. As a junior, he transferred to the Oklahoma School of Science and Mathematics, which offered more research opportunities.

Onkur encourages other gifted students to take responsibility for their learning environments. "If you're bored, that's great - it means there's more you could be doing," he says. "Your teachers are your first line of defense. They know more than they can fit in the curriculum, so they can point you toward resources you need."

He also suggests that students take advantage of online resources like Khan Academy and MOOCs (massive online open courses), free classes that are often taught by big name universities' best professors.

Dr. Van Eman adds that parents shouldn't be shy about contacting schools if their students are bored. "The counselor is often the best resource," she says. "Even if they're not specifically trained in gifted education, they can connect students with mentors and find ways for them to pursue their interests."

Extracurricular activities also provide vital enrichment for gifted students. Joining an after-school math team in middle school helped Onkur identify missing skills and motivated him to learn more on his own. In high school, his father insisted he join the speech and debate team. "I didn't want to do it," he recalls, "but I immediately felt like I belonged...it was a judgment-free zone with lots of people I could talk to." He credits speech and debate, along with an outstanding middle school English teacher, with giving him the skills he needed to finish his math degree. "At the higher levels, math isn't really about calculation. You have to be able to explain how you reasoned your way through the problem," he says. Even the most gifted students can't know what skills they'll need later, so Onkur cautions, "You can't just focus on what you're good at right now."

However, because gifted students can build their identity on being good at everything they do, they may need a little push from parents to try new subjects or activities. "Gifted kids are very passionate, so you can't force them to do things they have no interest in," Dr. Van Eman says, "but you can teach them to develop a 'growth mindset' where they want to try out new skills." If the new activity doesn't come easily, parents should encourage them not to give up too quickly. "Don't let them quit soccer after the third game," she says. Instead, they should finish the season. If they still don't like it, they can choose a different activity next year.

Over-praising

Ironically, praising children for being smart can cripple their academic performance later in life. "If you tell kids how smart they are, that defines them. They shut down if they do something they don't perceive as smart," like making a bad grade on a test or struggling in a class, Dr. Van Eman says. This often happens in high school, where gifted students may encounter challenging material for the first time. Parents are baffled when their high achiever suddenly makes average or below average grades. Dr. Van Eman suggests that parents look out for "crippling perfectionism" early, such as a child who refuses to ask questions or erases whole words after writing a single letter incorrectly.

Rather than praising talent or intelligence, parents should focus on hard work and dedication. In her book Mindset, Dr. Carol Dweck explains that these characteristics "create resilience and a love of learning that is essential to great accomplishment." Parents and teachers might be inclined to praise a child for finishing a math worksheet quickly and getting all the right answers, she says, but a better response would be "it seems like that was too easy for you. Let's find something more challenging next time." Dr. Van Eman says that praising specific decisions or behaviors can also be helpful. "Don't say, 'oh what a beautiful picture!'" she advises. "Instead say, 'I love the way you used different shapes and colors.'"

Most importantly, parents shouldn't get too focused on the 'gifted' label — something that's all too easy in an era of helicopter parenting and competitive college admissions. If a child isn't selected for a gifted program, Dr. Van Eman encourages parents not to be disappointed. "Ultimately, this is about getting your child the instruction that they need," she says, "whether that's in a gifted class or not."

Onkur echoes her advice. "As you get older, who you can communicate with matters a lot more than what you can do," he says.

Common Characteristics of Gifted Individuals

From *The Parent's Guide to Gifted Children* by Edward Amend, James Webb, and Janet Gore

- Unusual alertness, even in infancy
- Rapid learner; puts thoughts together quickly
- Excellent memory
- Unusually large vocabulary and complex sentence structure for age
- Advanced comprehension of word nuances, metaphors and abstract ideas
- Enjoys solving problems, especially with numbers and puzzles
- Often self-taught reading and writing skills as preschooler
- Deep, intense feelings and reactions
- Highly sensitive
- Thinking is abstract, complex, logical, and insightful
- Idealism and sense of justice at early age
- Concern with social and political issues and injustices
- Longer attention span and intense concentration
- Preoccupied with own thoughts—daydreamer
- Learn basic skills quickly and with little practice
- Asks probing questions
- Wide range of interests (or extreme focus in one area)
- Highly developed curiosity
- Interest in experimenting and doing things differently
- Puts idea or things together that are not typical
- Keen and/or unusual sense of humor
- Desire to organize people/things through games or complex schemas
- Vivid imaginations (and imaginary playmates when in preschool)

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BY NATALIE MIKLES

kid-approved snack foods

(WITHOUT THE ICKY PROCESSED STUFF)

Slices of turkey and cheese are only mildly appealing to my children. But give them a plastic Lunchables box, and they think they've won a prize.

The same goes for apple juice. My son would never drink a glass of apple juice. But an apple juice box? He's all in.

I hate to think such young kids could already be prey to marketing. But they're certainly drawn to the bright colors, graphics and proportionate-sized packaging. And there's another thing – eating pre-packaged foods makes them think they're getting away with something. They know it's not on mom's healthy list, so it makes them love it more.

I can blame myself as much as I can blame marketing for their affinity for processed foods, but the bottom line is we would all be better off eating as few of these highly processed foods as possible.

Through cookbooks and blogs, I've found many alternatives to those overly salted and sugared foods. Some of these processed-food alternatives, my kids (and I, let's be honest) have thrown in the trash. Others, we've loved. I call that a win.

Here are some of my favorite foods to make as substitutes for the crackers, cookies and yogurts they crave – minus the high-fructose corn syrup and additives.



My kids don't even have to pretend they like these as much as packaged popsicles. I love them for dessert, too.

Frozen Yogurt Pops

- 1 cup plain yogurt
- 3/4 cup pureed fruit (or you can use frozen fruit juice concentrate)
- 3/4 cup 2 percent milk

In a bowl, combine yogurt, fruit and milk. Pour into a popsicle mold and freeze until firm.

If you don't have a popsicle mold, use small paper cups. Pour mixture into each cup, and freeze until partially frozen, then insert a wooden stick into center of each, and freeze until firm. To serve, peel away paper cups.

You might wonder about the title. Aren't all granola bars kid-approved? No, not if you've tried some of the recipes I've forced upon my kids. My kids don't want health food disguised as a granola bar, even if that's what these are. This recipe is adapted from the Emily A. Roach blog. You can change the add-ins for your favorites: dates, pecans, walnuts, chocolate chips, etc.

Kid-Approved Granola Bars

- 1/2 cup butter
- 1/2 cup honey
- 1/2 cup applesauce
- 1 teaspoon vanilla
- 4 1/2 cups oats
- 1 1/2 cups white whole-wheat flour
- 1/2 cup sunflower seeds
- 1/2 cup unsweetened coconut
- 1/2 teaspoon kosher salt
- 1 teaspoon baking soda
- 1 cup dried cherries
- 1/2 cup dark chocolate chips
- 1/2 cup chopped pecans

Preheat oven to 325 degrees. Line a 9-by-13-inch pan with parchment paper, or grease well.

Melt butter, honey, applesauce and vanilla in a medium saucepan.

Mix remaining ingredients in a large bowl. Add melted butter mixture to the oatmeal mixture, stirring until combined.

Pour mixture into prepared pan. Press down on the mixture to ensure bars stick together. Bake 15 to 20 minutes or until lightly browned. Let cool completely before cutting. Store in an airtight container.

Cheese crackers, like Cheez-Its, are always a hit at my house. But my kids honestly like these as much as the store-bought. For adults, these are a hands-down winner. I originally found this recipe in Better Homes and Gardens.

Homemade Cheez-Its

- 8 ounces extra sharp cheddar cheese, coarsely shredded
- 1/2 stick unsalted butter, room temperature
- 1 teaspoon kosher salt
- 1 cup all-purpose flour
- 2 tablespoons ice water

In the bowl of a stand mixer fitted with a paddle attachment,

continued next page

mix the cheese, butter and salt. Add the flour and mix on low (dough will be pebbly). Slowly add the water and mix as the dough forms a ball.

Pat the dough into a disk, wrap with plastic wrap, and refrigerate for an hour.

Preheat the oven to 375 degrees. Line two baking sheets with parchment paper. Divide the dough into two pieces and roll each into a very thin (1/8 inch or less) 10-by-12-inch rectangle. Using a pastry cutter, cut the rectangles into 1-inch squares, then transfer them to the baking sheets.

Bake for 15 to 17 minutes or until puffed and browning at the edges. Watch carefully, as the high fat content of the crackers makes a fine line between golden delicious and burnt. Immediately move the crackers to racks to cool.

We love the bags of apple chips from the grocery store. These are just as good, without the long list of ingredients.

Apple Chips

- 2 apples, cored and sliced
- 1 1/2 teaspoons sugar
- 1/2 teaspoon ground cinnamon

Preheat oven to 225 degrees.

Slice apples thin, either with a mandolin or a sharp knife.

Mix sugar and cinnamon in a plastic bag. Add apples, and toss to coat.

Line a baking sheet with parchment or spray with cooking spray. Spread apples evenly on baking sheet. Bake until dried and edges curl up, 45 minutes to 1 hour. Transfer apple chips, using a metal spatula, to a wire rack until cooled and crispy. Chips will not become crisp until they have completely cooled

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BY BETSY PENTURF

experience Tulsa's Fab Lab and Mini Maker Faire

Give kids or adults simple tools, equipment and resources and let their imaginations run wild – that's the environment Fab Lab provides.

Located in Tulsa's Kendall-Whittier neighborhood, the Hardesty Center for Fab Lab Tulsa offers community access to advanced manufacturing and digital fabrication tools for learning skills, developing inventions, creating businesses and producing personalized products. Fab Lab has almost 400 members.

"We see a massive spectrum of people here," Executive Director Nathan Pritchett said. "You'll see an 8-year-old here; you'll see an 80-year-old. You'll see the hobbyist and the tinkerer. You'll see the professional engineer, and you'll see the artist. It really is a spectrum of people we serve."

Essentially, Fab Lab becomes whatever each individual user needs it to be.

"If you're an artist, it becomes a studio. If you're a teacher or student, it becomes an educational space. For the hobbyist, it's a place to tinker. If you own a business, it's a place to do prototyping. For the Etsy store owner, it's a place to do micro manufacturing. It truly has a lot of flexibility," Pritchett said.

Tulsa's Fab Lab started in September 2011, the first in the Southeastern region of the United States. Currently, there are around 1,000 labs in 78 countries. The Fab Lab concept was developed at MIT by Professor Neil Gershenfeld, founder and head of the Center for Bits and Atoms. He gave his students access to a fabrication lab with very basic cutting, milling and electronic tools and found that the students were very creative. He then encouraged other communities to develop fab labs so local residents could have a place to make and build on their own.



ROBOTICS STUDENTS WORK AT FAB LAB.

In addition to being a creative space for makers, Fab Lab also has a very strong youth education program. It offers instructor-led programs for fifth- through ninth-grade students. Programs can be offered at Fab Lab or offsite in the classroom setting. Fab Lab instructs in a three-pronged approach – digital fabrication, focus on the design process (scientific method combined with technology and engineering) and depth of knowledge, which is comprised of recall and understanding and skills and application.

A 501 (c) (3) organization with a staff of five, Fab Lab earns 65 percent of its revenue from gifts and grants.

"We're in a community that has a lot of support – foundations and companies realize the value of what we're doing and support us," Pritchett said.

Mini-Maker Faire

Fab Lab will host its fourth annual Mini Maker Faire Aug. 27 at Expo Square's Central Park Hall. This one-day event provides a venue for makers of all kinds to show examples of their work and interact with others about it. The Maker Faire concept was created by Make Magazine.

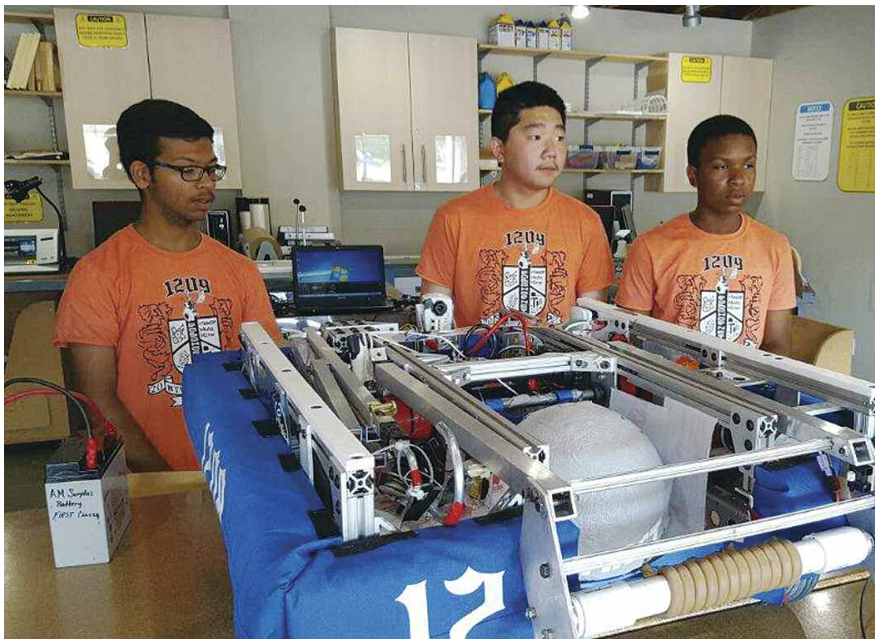
Just like the Barnum and Bailey Circus, the Mini Maker Faire is the greatest show and tell in Tulsa.

"Maker Faire is like your kindergarten show and tell. We have a lot of amazing people – we have artists, crafters, those who do sewing, woodworking, painting, electronics, metal making, robotics…," Pritchett said. "Makers get a lot of satisfaction out of the creative process. Maker Faire is the one day that we get everyone together to show and tell what they do."

The event will feature about 70 local makers. Last year, about 3,000 visitors attended Tulsa's Maker Faire. The faire will also include several shows highlighting physics experiments, Star Wars costumes and more.

Among the exhibitors at Maker Faire will be robotics teams from Booker T. Washington

continued next page



BOOKER T. WASHINGTON ROBOTICS STUDENTS AT FAB LAB.

and Broken Arrow high schools showing off their ball-launching robots in a competitive game setting. These teams spent six weeks building their robots before competing in the first Robotics Competition at the Oklahoma City regional in March.

This year, the competition featured a game called First Threshold that consisted of the robotics teams squaring off and trying to breach the opponents' defenses and capture their tower by first launching "boulders" (10-inch foam balls) and then surrounding or scaling the tower using rungs. The teams look forward to displaying their skills at the faire.

"Maker Faire is a good place to show what we do," said David Fournet, a Booker T. Washington robotics student.

And the event mirrors Fab Lab's cross-section of ages and interests. "Maker Faire is very family friendly – you'll see everyone from 4-year-olds to 80-year-olds at the event," Pritchett said.

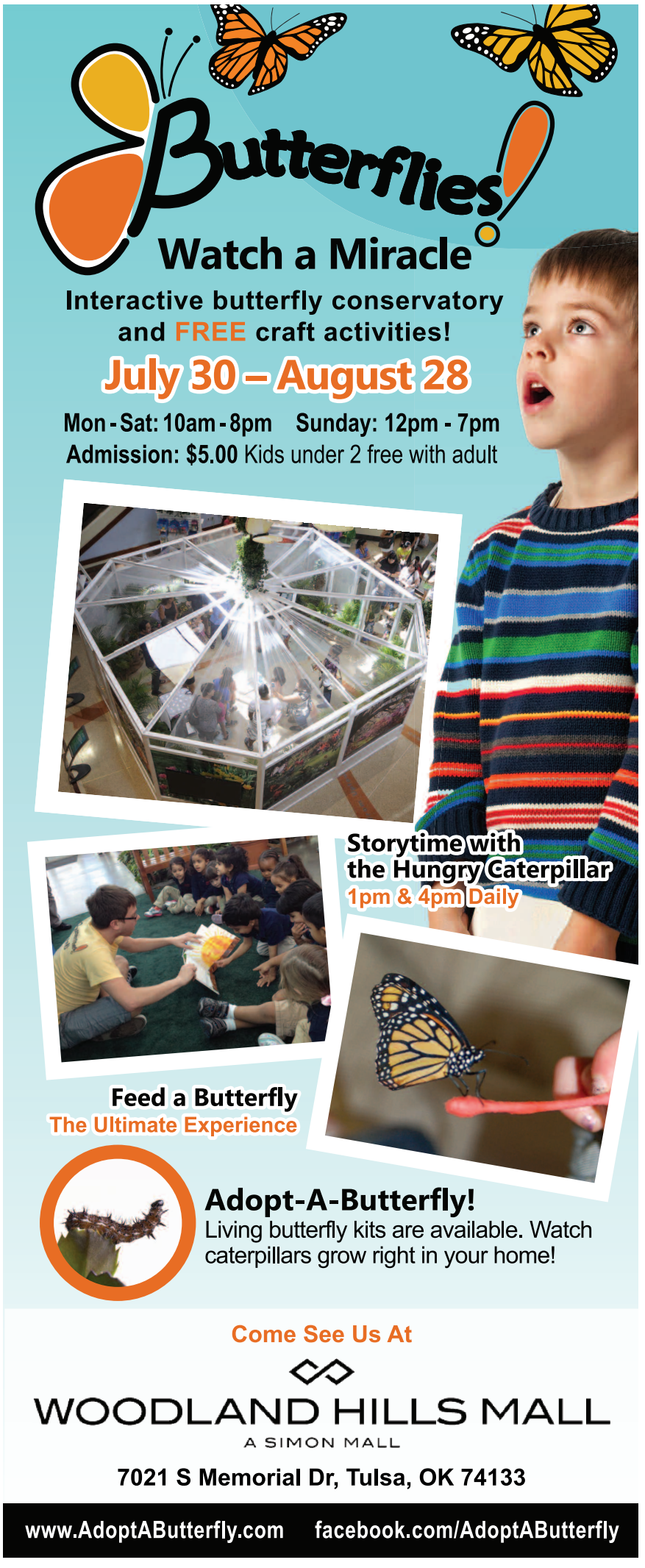
Fab Lab's 21st century technology is also used to benefit the robotics teams. They often utilize Fab Lab for such resources as their 3D printer. Fab Lab does provide new members with a short training course before embarking on projects at the lab. "Our goal for the community is for them to be self-sufficient," Pritchett said. "We want people to be able to make whatever it is they need."

Fab Lab's location in Tulsa even plays a part in its mission. "We wanted to be in the Kendall-Whittier area to a make a difference in the community," Pritchett said. "This neighborhood is sort of becoming the creative district."

Fab Lab is open to all ages and offers several membership options to suit specific needs.

Fab Lab is located at 710 S. Lewis and offers tours on Saturdays at 3 p.m. For more information about Fab Lab and its membership options, visit www.fablabtulsa.com. To find out more about Tulsa Mini Maker Faire, go to www.makerfaire-tulsa.com.

FAB LAB MAKER FAIRE
Saturday, Aug. 27, 10 a.m. – 5 p.m.
Central Park Hall, Expo Square
4145 E. 2st Street
www.exposquare.com
The event is free to attend.



BY NANCY A. MOORE

Suzanne Schreiber – motivated mom making a difference

Originally from Albuquerque, New Mexico, Suzanne Schreiber moved to Tulsa when she was 18 years old to attend the University of Tulsa. During college, she fell in love with the city and has lived here ever since. Twenty-five years later, she and her husband enjoy raising their children in Tulsa's family-friendly environment.

Her combined belief in democracy and connection to the community created a feeling of responsibility for her to do more for the public school system where all four of her kids are enrolled. Due to her vested interest, Schreiber is currently serving on the Tulsa Public Schools (TPS) Board of Education where she is an advocate for public education.



SUZANNE SCHREIBER HELPS WITH HER KIDS' ART CAR.

Getting to know Suzanne

TK: Tell us about your family:
Schreiber: I am married to Tony Rittenberry, better known to all as Tony Daddy. We have four children together: Sadie, 13, Spencer, 9, Stella, 7 and Shep, 4.

TK: What do you like about raising your kids in Tulsa?
Schreiber: Tulsa is a true community where there is a sense of responsibility to one another and a willingness to work together for the common good. Plus, we have great public school systems throughout the area – what more could parents want?

TK: Can you share some tips on how you are getting your kids ready for back-to-school?
Schreiber: From the day school lets out, I try to start preparing for the next year by inventorying uniforms, lunch boxes, backpacks, school supplies, etcetera. And then spend the summer amassing and organizing what four kids need for not only school but dance, piano, baseball, and everything in between. This includes figuring out who can wear what of whose from the previous year and whose lunch box is too gross to keep for another year. Starting early allows us to spread the costs of back to school throughout the summer and get organized so we're not in total panic mode the week before school starts.

TK: How do you transition your family from summer to school schedules?
Schreiber: The week before school actually starts, I try to get my kids to bed a little earlier in the evening and up a little earlier in the morning so they can re-enter the school routine more easily. Also, I make a lot of foods that can be frozen for the hectic weeks and months ahead!

TK: Can you share some tips on how you successfully manage raising kids, working full-time and serving on the Tulsa School Board?
Schreiber: Pick a partner that will share in the load and then: plan ahead where possible, prioritize when you are overwhelmed, and finally, understand that sleep is overrated.

TULSA SCHOOL BOARD:

continued next page

TK: What appealed to you about running for a seat on the Tulsa School Board?
Schreiber: I am a believer in democracy and believe we all have a role to play in making it work. My role at the Tulsa Public School Board of Education allows me to help set the direction for what I believe is fundamental to our democracy, a strong public education system.

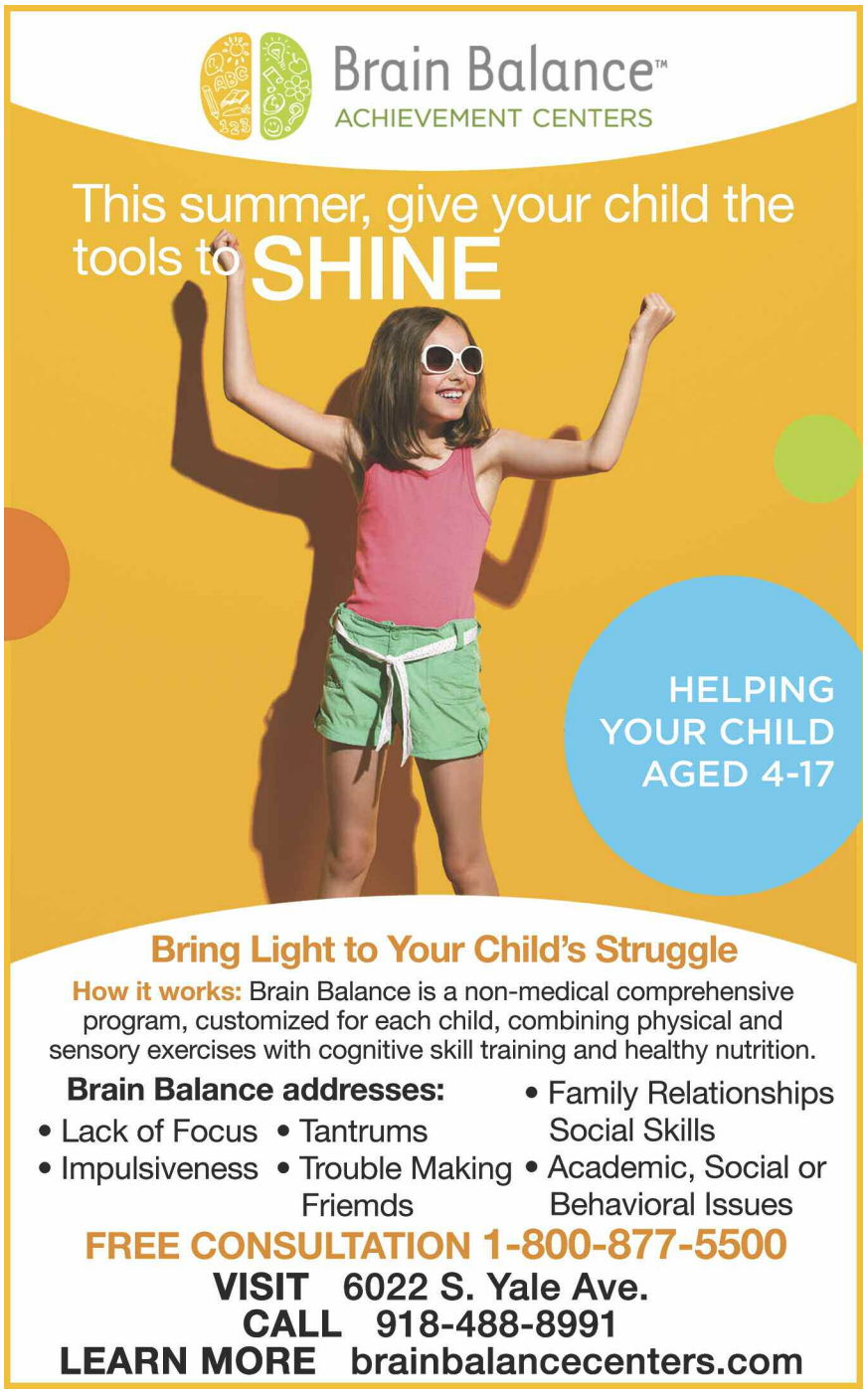
TK: What is your platform?
Schreiber: Create and maintain high quality seats for every child, no matter their zip code and do it with a sense of urgency. In addition, I try to do everything I can to advocate for the teaching profession to get the pay and respect it deserves.

TK: What issues are you currently working on?
Schreiber: We are entering the first year of implementation for our strategic plan, Destination Excellence. For the next 12 months we will be focused on supporting teachers and students by creating powerful learning experiences for all by implementing an aligned pre-kindergarten through 12th grade instructional program and cultivating safe, supportive and joyful school cultures. Basically, we will build on the successes of the last five years by creating a strong education continuum and make sure it feels safe and fun to be yourself in every classroom.

TK: The news has reported so many budget cuts in education in recent months. How does TPS receive its funding?
Schreiber: Tulsa Public Schools receives funding from local, state and federal sources with the majority of the funding coming from the state. In the past eight years, state funding for public schools has been cut by approximately 25 percent. While we always need to evaluate whether we are spending wisely, I can say with confidence the state is under-investing in Oklahoma's most precious resource, our kids. We need to demand the leaders at the state capital swiftly take the appropriate steps to create a reliable funding stream to adequately fund our schools and other basic services. Oklahoma's kids deserve an education that will give them their best future.

FINAL COMMENTS

Schreiber: I love being a part of the Tulsa community and believe the spirit that exists here will help shape my kids into better citizens wherever they land in adult life. Which, of course, I hope will be Tulsa…surely at least one of the four?







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BY STAFF

Back-to-School Checklist

GET THOSE VACCINATIONS!

If you haven't already done so, make sure your child's immunizations are up to date. Priscilla Haynes, division chief for preventive health services with the Tulsa Health Department, says that parents or guardians who bring their children to the health department for immunizations need to bring a record of their shots, including any vaccinations that were given in another state. "If they have not received shots at the health department," Haynes said, "don't assume we have it."

However parents who have gotten their children's immunizations at the Tulsa Health Department now have a new way to access records. "If they go online at our website (www.tulsa-health.org)," Haynes said, "they can click to receive an electronic copy of their health records." Health department staff will try to fill those requests within a week. Records are also available by printing off the online request form, filling it out and faxing it in or by requesting in person. Forms are in English and in Spanish.

For a schedule of required immunizations to attend school in Oklahoma, ask your healthcare professional or go to www.ok.gov. You can also find recommended vaccines such as the MCV4 (meningococcal vaccine) at age 11-12 years and a booster dose at age 16. Students attending any public or private college or university in Oklahoma who will live in on-campus student housing are required to have the MCV4.

Another suggested vaccine for both boys and girls is the HPV (Human Papillomavirus) at age 11-12. "This helps protect against anal cancer, genital warts and esophageal cancer and some cervical cancers," said Merry Baker, public health nurse, Tulsa Health Department.

And, while we often think of vaccines as something only for young children, Oklahoma students entering 7th grade are required to have a Tdap, which boosts immunity to whooping cough, tetanus and diphtheria.

For children or teens who may have missed their vaccines, Baker said not to worry. "We just start kids from where they're at, and get them in progress," she said. "We'll get them what's required to start [school], and then follow up."

Baker also pointed out that adults going back to school may have certain immunization requirements. Those who are around children will need to be up to dtae as well. "Adults should get the Tdap when they have new babies, or are childcare workers," she said. "It's important to protect those that we're around."

By getting vaccines, "we're protecting ourselves and others," Baker said.

To help parents with the back-to-school immunization rush, Haynes said that the Goodwin (51st & 129th) and Central (3rd & Utica) branches of the Tulsa Health Department will be open extended hours until 6 p.m., Mon. through Thurs., during August. The clinics will be open until 11 a.m. on Fridays.

"It's our goal to provide the best service we can, but unfortunately some clients wait," Haynes said. "We ask for them to be patient." She also recommends that parents give their children a snack before they come or while they're waiting.

The Tulsa Health Department also provides dental services for children up to age 18. While private insurance is not accepted, services are offered either on a sliding scale or through Medicaid.

"We also have a child guidance program focusing on child development – issues with normal things you experience with children, potty training, behavior, hearing and speech screenings and additional screening," Haynes said.

For more information, go to www.tulsa-health.org or call 918.582.WELL (9355).

SLEEP

Kids need a lot of sleep. And, because sleep has a direct impact on mental and physical development, it's important for them to get their recommended zzzzz's. The Sleep Foundation says that preschoolers need 11-13 hours each night, 6-13 year olds need 9-11 and teens need 8-10 hours to

continued next page

be at their best. So, start easing kids into a back-to-school bedtime routine early. You can start a couple of weeks early by starting bedtime slightly earlier each night, and wake-up time 15 minutes or so earlier each morning until you're back to your school-year schedule.

EASING JITTERS

Going back to school can give some kids a little anxiety. Knowing what to expect can help ease those fears. Go to your child's school website to find out about rules, expectations, uniforms, lunch and recess periods, etc. Share this information with your child. Keep it positive and fun. Attend any opportunities that your child's school might have for a visit before school starts. If your child has a friend going to the same school, invite the friend over to play before the first day. Shopping together for a new backpack, pair of sneakers, outfit or other school supplies can help get kids excited about school. Listen to your child's concerns and address them in a positive way. Spend a little extra time with your child the first few days of school.

SAFETY REMINDERS

However your child is getting to school – bus, carpool, bike or on foot – go over safety rules for each. Even if your child has ridden the bus before, go over where to stand, how to enter and exit the bus and how to watch for cars. Go over biking or walking routes to school and review safety information. Alert the school about who can and cannot pick up your child.

GET INVOLVED

Join PTA. Offer to volunteer at your child's school. Let your child's teacher know if he or she has any special needs or is experiencing difficulties at home. Attend back-to-school night and parent/teacher conferences. Read all home-and-back information and know how to use electronic portals if those are available. If you see your child struggling, address those concerns early on with his or her teacher. Stay positive and respectful of the teacher's time.

GET ORGANIZED

Before school starts, have a place for all those papers that will be coming home. If a filing system works for you, set up files for papers/art to save, information to keep such as records or classroom rules, papers that need immediate attention such as permission slips or classwork that needs to be signed, and a miscellaneous file. Post a family calendar. Create a homework area (with supplies) and define expectations for when homework will be done each day. Plan which extra-curricular activities your child will do, and mark days on the calendar in advance. Plan carpooling.

MEDICAL CHECK

Besides immunizations, your child may need a physical exam for participation in sports or other activities. Let the school know about any medications your child will need or any allergies he or she may have. To insure that your children will be at their best for learning, fuel their bodies with healthy meals and snacks, and have hearing, speech and eyesight checked. The Tulsa Health Department (www.tulsahealth.org; 918.582.WELL 9355) does some screenings. The Mary K. Chapman Speech & Hearing Clinic at the University of Tulsa also provides free speech-language and hearing screening tests for children. For an appointment, call 918.631.2504.

Back To School Bash

Saturday, August 6; 9 a.m.-noon

This is a FREE health and safety fair for Broken Arrow public and private schools students as well as Union Public School students to get ready to go back to school.The Health Department will be there to tell you what shots are need and where the next shot clinics will be. Over 65 venders both business and churches will be giving out school supplies. Tulsa Tech Broken Arrow Campus, 4600 South Olive.

Back to School Day at the BA Farmers Market

Saturday, August 13; 8 a.m.-noon

Chef Catherine from Time Passages will demonstrate how to get kids involved for organic, easy packable lunch ideas. Southeast corner of First and Dallas in Broken Arrow.

Back To School Expo

Saturday, August 13; 9 a.m.- 3 p.m.

Come out and see nearly 75 local exhibitors showcasing their selection of products and services designed to get you and your kids ready for the upcoming school year. Show attendees will be able to take advantage of FREE backpacks and school supplies for the first 2,500 school-age children, courtesy of Cox Communications, NO-COST and LOW-COST immunizations by the Tulsa Health Department (parents must bring shot records), FREE haircuts, FREE on-stage entertainment, roaming local sports team and cartoon mascot. Expo Square, 4145 E 21st St.

Back-to-School Community Resource Fair

Thursday, August 18; 10 - 11:30 a.m.

This come-and-go event will feature more than 35 local organizations with information on programs and services including homework help, nutrition, sleep techniques and more. Free school supplies for the first 200 children. Free immunizations and free eye screenings also will be available. For more information call 918.549.7590. For all ages. Martin Regional Library, 2601 S. Garnett Road.

Back to School Bash

Saturday, August 20; 11 a.m. - 2 pm.

Immunizations will be provided at no charge by the Caring Van sponsored by BlueCross & BlueShield of Oklahoma. This event is looking for a variety of school supply donations. If you'd like to donate, please contact. Rev. WR. Casey, Jr. at 918.951.7407.

BY MARISA MORGAN

Tulsa Teens take Hollywood

Viggo Mortenson. Courtney Cox. Kathyrn Hahn. Christina Ricci. Susan Sarandon. These are just a few of the big names that two Tulsa teens have shared camera time with, and both continue to accumulate serious acting cred. Locals Samantha Isler, age 17, most recently played Kielyr in the Matt Ross drama *Captain Fantastic*, released in July, and 16-year-old David Kloehr's most recent film credit is *Mothers and Daughters*, released in May.

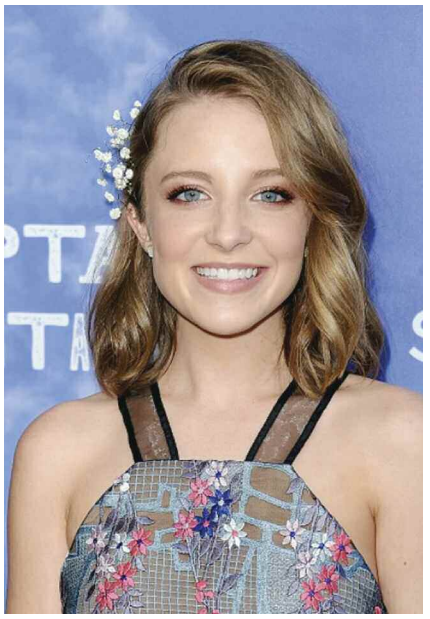
Ironically, their early career paths crossed over on the same film, *Home Run*, which was filmed in Okmulgee, OK. It was Isler's first professional job. "I played a young girl named Kendricks who was the only girl on a boys' baseball team," she said. "It was a small role, but I had so much fun. I definitely learned the basics of acting and film production on that set."

For Kloehr, the film inspired his interest in acting. His local baseball team was invited to be a part of the film and, as he explains, "The experience on the set with the actors, directors and film crew…was what originally drew me to the idea of acting and what would ultimately take me to where I am now."

Though they both got their start on *Home Run*, the young actors took different routes to get where they are now. Isler attended an acting workshop just for fun that was hosted by a Los Angeles youth manager. He spotted her talent early on and now, two years later, he represents her.



DAVID KLOEHR



SAMANTHA ISLER

"Nothing necessarily made me want to pursue acting professionally, because I honestly never thought I could," Isler explained. "This becoming a professional job has been, yes, hard work, but mainly pure luck. Once someone told me I could possibly pursue it professionally, then I took an interest."

She may have been in the right place at the right time, but Isler also works incredibly hard, scoring her a major role on the sitcom "Sean Saves the World" and appearances on "Grey's Anatomy" and "Supernatural."

Even though it can be intimidating working alongside veteran actors, Isler has been pleasantly surprised. "I've gotten very blessed when it comes to working with great, positive people," she said. "So, for me, being on set has always been a fun experience because the atmosphere is so light and entertaining even when the days are long and hard."

Kloehr left the set of *Home Run* knowing that he wanted to pursue acting, but wasn't quite sure of the way to go about it. He turned to an actress he met on the set of the movie who had an acting school in Texas. "From there, we would drive every Saturday morning from Tulsa to Dallas for class," he said. "She would help me get representation with Linda McAlester Talent Agency where I began to receive video auditions."

In addition to the Texas classes, Kloehr honed his craft by taking classes from multiple agencies and teachers. His hard work paid off, as he is now represented by a Los Angeles agent and is really hitting his stride as an actor, appearing in commercials in addition to Mothers and Daughters.

"Perseverance is a trait that is practically necessary. For pursuing a career such as mine, it is required that one can take an extreme amount of rejection and criticism," Kloehr said, reflecting on his career path.

While working with seasoned actors might be intimidating to some, Kloehr says that being prepared for his role banishes the nerves. One of Kloehr's favorite aspects of set life is meeting other people in the industry, including the people who help around the set. "For the few days that the HSBC commercial was shooting, I was driven back and forth between the set and the parking lot," he said. "The driver's name was Randy. And he was just super cool! I talked with him throughout the day while

continued next page

there were breaks in shooting and made good friends with him."

While both teens have found success in Hollywood, they remain rooted in Oklahoma. Both Kloehr and Isler attend local Tulsa schools that accomodate their busy schedules when they need to travel or work.

Though she typically has a teacher on set as well, Isler is doing the best she can to do the same things as her other classmates. "I've tried to continue with normal high school because it's something that really means a lot to me," she said. "It's been hard trying to keep up sometimes, but it's nice that everyone is willing to work with me."

Kloehr's school also works with him so he can take online classes and be caught up when he is in town to attend class. As a native Tulsan, this is home to Kloehr, and he values his strong support system. "I'm not particularly one to talk much about what I do," he said, "but my parents make up for that."

Both Isler and Kloehr agree that they would not have achieved anything without the support of their friends and family, which is the reason they have such pride in being from Tulsa and continue to keep it a major part of their lives and their future. Isler explains it best saying, "I'd pick the lake, southern hospitality, and wide open spaces over anything, any day. My friends and family are here, and they mean more to me than anything else. I love traveling the world, and I'm lucky I've gotten to do a bit of that, but there's no doubt that Oklahoma is home to me."

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ANNOUNCING!
PSYCHIATRIST DR. STEPHANIE CHRISTNER, D.O.
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AUGUST

1 | MONDAY

Shrunken Apple Heads {FREE}
Peel an apple with a hand-crank apple peeler, carve facial features with a toothpick, and dip it in vinegar and in salt. Take it home and watch it slowly turn into a shrunken head. For ages 5-12. Brookside Library, 1207 E 45th Pl.; 11 a.m.

Chuck-A-Duck at Lacy Pool
Pick up a numbered rubber duck from the front desk and gather around the deep end. At the signal, throw your duck towards the floating rings. Ducks inside any rings win a prize! Lacy Pool, 2134 N. Madison Place; 2 p.m.

Cooperative Parenting & Divorce Class
Your relationship with your partner may have ended, but it's in your children's best interests for you both to be involved in their lives. Learn how to co-parent at this 6 week course. Mondays; 6 p.m. Family and Children Services, 1055 S. Houston Ave. Register at www.fcsok.org.

2 | TUESDAY

Oklahoma Music Academy Summer Jam
This is the culmination of 6-weeks of OMA Summer Camp. The public is invited to attend this live gig at Cain's Ballroom, 423 N Main St. at 7 p.m. This event is all ages.

3 | WEDNESDAY

Seventh Annual Disc Golf Summer Bash {FREE} Disc golf pro, Mr. Richard, will teach you techniques from his favorite sport. New players or old pros, young or old, all are welcome to this end-of-summer celebration! For ages 5 and older. Charles Page Library, 551 E. Fourth St.; 10:30 a.m.

STEAM Workshop: Cats of the Internet {FREE}
Come and make a felt cat and learn about Cats of the Internet: Neko Atsume, Pusheen, Grumpy Cat and more! For ages 8-14. Registration is required: 918.549.7595. Martin Regional Library 2601 S. Garnett Rd.; 1 p.m.

4 | THURSDAY

Harwelden Murder Mystery {DATE NIGHT}
The Arts & Humanities Council of Tulsa will host its annual Harwelden Murder Mystery fundraiser with a mystery inspired by classic zombie lore, entitled Ten Little Zombies. During the performance, guests watch closely and prepare to gather clues and try to solve the case through interviews with "surviving" cast members at the conclusion of the play. Nightly performances are August 4, 5, 6, 11, 12, and 13 at Harwelden Mansion, 2210 S. Main Street in Tulsa. Doors open at 7 p.m. for dinner, and performance begins at 7:45 p.m.. Tickets can be purchased online at ahhatulsa.org/mystery/ or by calling 918.584.3333.



IICOT POW WOW OF CHAMPIONS
The Mabee center will come alive August 12-14 in a colorful expression of dance, drum music, and song. Fry bread, corn soup, Indian tacos will be available. Find more information at www.iicot.org.



LIBRARY SUMMER READING
Don't forget to turn in your Tulsa City-County Summer Reading logs by Saturday, August 6.

5 | FRIDAY

Mlini Masters
Kids will enjoy the galleries of Gilcrease as they begin their journey into printmaking. Explore different cultures, time periods and artistic styles that will inspire your own interpretation through many different techniques of printmaking, like block printing, mono prints and potato printing. For ages 3-6, who must be accompanied by an adult. Space is limited and advanced registration is required: gilcrease.org. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m.

First Friday Art Crawl
First Friday is a perfect date night starting with a cocktail, coffee or early dinner on one of the many patios. It can also be a leisurely browse of the art and a great late dinner or nightcap at the District's unique restaurants or clubs. Families can find many options from kid-friendly gallery shows to live music in the park. For those who like to linger even later, stay for one of the clubs, bars or coffee shops – many of which offer live entertainment. Brady Arts District, begins at 6 p.m.

6 | SATURDAY

Rhea Lana Broken Arrow
Don't miss this cosignment event August 6-10 at Rhema Ninowski Rec Center, 1421 W. Kenosha St. brokenarrow.rhealana.com.

Close the Gap 5K
The purpose of the Close the Gap 5K is to close the gaps in women's wellness, wealth and civic education. Benefitting YWCA, this race works to raise awareness for the health of women and girls in Oklahoma; income disparities among women, particularly women of color; and a leadership gap that cuts across all levels of our state and private sector businesses – all while funding critical local programming and celebrating women, girls and the men who support them. The race will be located in downtown Tulsa and begin at 7:30 a.m. Register and find out more at www.ywcatulsa.org.

Back To School Bash {FREE}
This is a FREE health and safety fair for Broken Arrow public and private schools students as well as Union Public School students to get ready to go back to school. The Health Department will be there to tell you what shots are needed and where the next shot clinics will be. Over 65 venders both business and churches will be giving out school supplies. Tulsa Tech Broken Arrow Campus, 4600 South Olive; 9 a.m. to noon.

Lil' Scientist Saturday at Whiteside Rec Center
Lots of fun experiments await your little ones. Enroll by Wednesday, August 3. Cost is $7 per child. 4009 S. Pittsburgh Ave.; 10 a.m.

7 | SUNDAY See sidebars.

8 | MONDAY See sidebars.

9 | TUESDAY

Book Signing and Story Time
Join Andee Cooper for a book signing of her new picture book *Sometimes I Get the Wiggles*, a picture book about a little boy with epilepsy and how his classmates became seizure heroes, Tuesday, August 9, 10:30-11:30 a.m. at Kiddlestix Toy Store, 3815 S. Harvard.

***Driller's Home Game at 7 p.m.**

10 | WEDNESDAY

Mincraft Night {FREE}
Come and learn survival skills against marauding zombies in multiplayer Minecraft. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd.; 6 p.m.

***Driller's Home Game at 7 p.m.**

11 | THURSDAY

TARC Kids "Connections" Group
This a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. For more information: 918.582.8272. TARC Office, 2516 E 71st St, Suite A; 4:30 p.m.

Family Fun Night: Wiggly Worms
Master Composter Steve Wood will give a family-friendly talk at 6:30 p.m. and demonstrate how to make a worm bin for composting with worms, along with worm racing and crafts throughout the evening from 5 to 8 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

***Driller's Home Game at 7 p.m.**

Wine & Design Series @ Zarrow: Miniature Fairy Gardens/Terrariums
Join in for a petite gardening experience that includes friends, fun and wine. Wine and snacks included. Adults, beginners and up. $35 Gilcrease members; $40 not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 6 p.m.

12 | FRIDAY

Kids Dig Books
Join in for stories about children whose families came to settle in the United States. Children will enjoy stories from different cultures and places about families who brought their traditions to a new land. For ages 3-6, who must be accompanied by an adult. Advanced registration required. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m. www.gilcrease.utulsa.edu.

Sensing Plants
Join us in the Children's Discovery Garden to touch, smell and taste fun plants. See how much your nose knows by matching scents to plants in our Sniffing Challenge. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.-noon

IICOT Pow Wow of Champions
The Mabee center will come alive in a colorful expression of dance, drum music, and song. Fry bread, corn soup, Indian tacos will be available. Mabee Center, 7777 S. Lewis; August 12 - Sunday, August 15.

***Driller's Home Game at 7 p.m.**

13 | SATURDAY

Back to School Day at the BA Farmers Market
Chef Catherine from Time Passages will demonstrate how to get kids involved for organic, easy packable lunch ideas. Southeast corner of First and Dallas; 8 a.m. to noon.



SECOND SATURDAY AT PHILBROOK
Explore Philbrook in a whole new way! Don't forget your activity art box. 2727 S. Rockford Rd; 10 a.m. - 4 p.m.

Back To School Expo {FREE}
Come out and see nearly 75 local exhibitors showcasing their selection of products and services designed to get you and your kids ready for the upcoming school year. Show attendees will be able to take advantage of FREE backpacks and school supplies for the first 2,500 school-age children, immunizations (parents must bring shot records), haircuts, on-stage entertainment, roaming local sports team and cartoon mascot. Expo Square, 4145 E 21st St.; 9 a.m. - 3 p.m.

K9 Splash at Reed Pool
Bring your dog to the pool and enjoy! Tickets must be picked up at the community center prior to the event. Please no dogs in heat. All dogs must have current shots and be on a leash when entering or leaving the pool area. Admission is $5/dog. Reed Park, 4233 S. Yukon Ave.; 9:30 -11 a.m.

Krafty Kids Saturday at Whiteside Rec Center
Enjoy various craft projects for kids (ages 6-12) Please enroll by Wednesday, August 10. Whiteside Recreation Center, 4009 S. Pittsburgh Ave.; 10 a.m.

Sand Dazzle Sand Sculpture Contest
Finish off the summer with some fun. Create your own sand sculpture or just come play in the sand. Find a seashell and redeem for a PRIZE (one per child). Shaded areas available. FREE Broken Arrow sand pail and shovel while supplies last. Nienhuis Park, 3201 North 9th St.; 11 a.m. -3 p.m.

Astronomy Night-Perseid Meteor Shower
Come early for a walk in the Garden before dark and stay as the sky grows darker as Broken Arrow Sidewalk Astronomy joins in to look at planets and watch for meteors during the peak of the Perseid Meteor Shower. They will bring a projector to show images of Jupiter, Mars and Saturn. Bring a blanket or chairs and flashlight. Gates open at 8 p.m. (Children's Discovery Garden will be closed during this event.) Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

***Driller's Home Game at 7 p.m.**

COMMUNITY HEALTH & WELLNESS

FREE Community Fitness at the Guthrie Green
Boot Camp: Every Tuesday and Thursday at 5:30 p.m.
Fusion of Dance: Every Monday at 5:30 p.m.
BARRE in the Park: Tuesdays at 6:30 p.m.

Strong Kids Triathlon
The Bailey Medical Center Strong Kids Triathlon is a 100-yard swim, 2-mile bike ride and 1-mile run challenge for children 5 to 15 years old. The event is Saturday, August 20, at 8:00 a.m. at the Owasso Family Y. To register, go to www.bmckids.com.

Yoga for Amazing People with Special Abilities:
Every Thursday evening, experienced yoga instructor Brent Sloan leads a yoga class exclusively for people with special needs and their caregivers in a relaxed and accepting environment. Caregivers are required to attend. For children of all ages as well as young adults with special needs. Rebel Yoga Studio, 507 N Main St, Suite A; 7 p.m.

Wellness Night at Tulsa Botanic Garden Mini-Golf
Bring the family out for a fun evening of Garden mini-golf and other lawn games.
Tulsa Botanic Garden, 3900 Tulsa Botanic; Thursday, August 18, 5 - 8 p.m.

14 | SUNDAY See sidebars.

***Driller's Home Game at 1 p.m.**

15 | MONDAY See sidebars.

16 | TUESDAY

Kids Cooking Classes at the Health Zone
Your young chef is invited to the Health Zone's kitchen to learn how to make some easy and fun recipes. Kids' cooking classes are held on the third Tuesday and Thursday of each month from 5:30 to 6:15 p.m. in the demonstration kitchen inside Health Zone at Saint Francis.Tuesday evening classes are for kids aged 4-8 years old. Thursday evening classes are for kids aged 9 and older. Classes are 45 minutes and are $7 per child (with a family membership)and $10 per child (for non-members). Please register your chef-in-training in advance as class sizes are limited.

17 | WEDNESDAY

Books People Are Talking About: The Best of Summer Reading {FREE}
Like books? This monthly book discussion kicks off a new season with the Best of Summer Reading. For adults. Light refreshments will be served. Helmerich Library, 5131 E. 91st St.

18 | THURSDAY

Back-to-School Community Resource Fair
This come-and-go event will feature more than 35 local organizations with information on programs and services including homework help, nutrition, sleep techniques and more. Free school supplies for the first 200 children. Free immunizations and free eye screenings also will be available. For more information call 918.549.7590. Martin Regional Library, 2601 S. Garnett Road; 10-11:30 a.m.

Full Sturgeon Moon at Oxley
Engage your senses and explore the trails in the evening. Bring your sense of adventure! Oxley Nature Center, Mohawk Park; 7 p.m.

19 | FRIDAY

Cystic Fibrosis Cycle for Life
Get your wheels in motion and join the Cystic Fibrosis Foundation for their 3rd Annual CF Cycle for Life Nite Ride.The ride will begin at 6:30 p.m., starting and ending at Guthrie Green. Participants will start the evening at the GET LITE tent, getting their glow on and gearing up to ride along the Tulsa River Parks trails as well as taking a tour through downtown Tulsa. CF Cycle for Life is a fully-supported ride with a fun 20-mile route. This unique event empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible, emotional and powerful way. Get registered at www.riverparks.org.

20 | SATURDAY

Butterfly Walk at Oxley
Join the Oxley staff for a butterfly walk. For all ages. Registration is not required. 6700 Mohawk Blvd; 9:30 a.m.

Exploring Fun Day at Whiteside Rec Center {FREE}
Join the staff and instructors for a morning of exploring different kinds of recreational activities for kids at Whiteside.They will have free try-it classes for gymnastics, tennis, martial arts, and more. 4009 S. Pittsburgh Ave.; 10 a.m.

Behind-the-Scenes Tour at OK Aquarium
Get a behind the scenes tour with Oklahoma Aquarium Staff. Pre-registration is required: www.okaquarium.org. 300 Aquarium Dr.; 11 a.m.

Back to School Bash & Barber Cut-Off {FREE}
Immunizations provided at no charge along with additional services. Tulsa Technology Center, 3850 North Peoria; 11 a.m.-2 p.m.



INDIA FEST
India Fest will return to Expo Square this year on Saturday, August 27 from 10 a.m.-5 p.m.

Read or Die Anime Club {FREE}
Hang out and watch anime, talk manga (and other stuff) and eat snacks. Come in cosplay or as you are! For ages 12-18. Broken Arrow Library, 300 W. Broadway Ave.; noon-2 p.m.

Imagination Days at AHHA {FREE}
AHHA invites families to learn about the art of our time and experience it firsthand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative handson art activities. Hardesty Arts Center (AHHA), 101 East Archer St. 1-5 p.m.

21 | SUNDAY

Funday Sunday at Gilcrease {FREE}
It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire. 1400 North Gilcrease Museum Rd.; noon -4 p.m. gilcrease.utulsa.edu

Just Between Friends
Shop and save at this consignment event August 21 -27 at Expo Squrae. www.jbfsale.com.

22 | MONDAY See sidebars.

23 | TUESDAY See sidebars.

***Driller's Home Game at 7 p.m.**

24 | WEDNESDAY

TARC Teen "Connections" Group
This a social skills group for middle and high school students with Asperger's and high functioning autism. Find out more at www.autismtulsa.org TARC Office, 2516 E 71st St, Suite A; 4:30-6 p.m.

Minecraft Night {FREE}
Come and learn survival skills against marauding zombies in multiplayer Minecraft. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd.; 6-8 p.m.

***Driller's Home Game at 7 p.m.**

COMMUNITY STORYTIMES

Storytime in the Garden
Children read and sing about the wonders of nature, gardening and creatures who live in the garden. Free admission and no registration required. Tulsa Garden Center, 2435 S. Peoria. Every Thursday morning (through August 25) at 10 a.m.

PAWS for Reading
Broken Arrow Library, 300 W. Broadway: Wednesday, Aug. 10 • 4-5 p.m.
Broken Arrow Library/ South, 3600 S. Chestnut: : Wednesday, Aug. 3 • 4:30-5:30 p.m.
Skiatook Library, 316 E. Rogers: Thursdays, Aug. 4, 11, 18, 25 • 3:30-4:30 p.m.

Storytime on the Green
Read tall tales, sing silly songs, and dive into the world of books with Storytime at Guthrie Green. Each week, a different community organization will lead engaging story time activities under the shade of the main stage at Guthrie Green. Storytime will take place every Wednesday morning at 10:30 a.m. just before Food Truck Wednesdays. Bring a blanket, gather round the reader, and enjoy a parent-child story time before chowing down on delicious food truck fare.

Storytime at Pottery Barn Kids
Pottery Barn Kids invites the community to a weekly storytime every Tuesday at 11 a.m.

25 | THURSDAY

Minecraft Night
Put your imagination to the test building your own world in the popular game Minecraft. For ages 10-18. Seating is limited.

TARC Moms & Dads Support Group
This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. TARC Office, 2516 E 71st St, Suite A; 7-9 p.m. www.autismtulsa.org

***Tulsa Drillers Home Game @ 7 p.m.**

26 | FRIDAY

TGIFrida Friday
Join in to celebrate the life and legacy of Frida Kahlo, one of Mexico's most influential artists. Unwind with some Frida-inspired music, appetizers, and cash bar. Then enjoy an after-hours visit to the Frida Kahlo: Through the Lens of Nickolas Muray, photography exhibition. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 7-9 p.m.

***Tulsa Drillers Home Game @ 7 p.m.**

27 | SATURDAY

Botany Walk at Oxley
Join the Oxley staff for a botany walk.
For all ages. Registration is not required. Oxley Nature Center, 6700 Mohawk Blvd.; 9:30 a.m.

Libraries Are for Making! {FREE}
Stop by and visit Tulsa City-County Library's booth at this year's Tulsa Mini-Maker Faire in Central Park Hall at Expo Square. The booth will have a 3-D printer on hand for demonstration, along with a table for children and teens to work on STEM-related activities. For all ages. Expo Square, Central Park Hall, 4145 E. 21st St.; 10 a.m.-5 p.m.

Little Green Thumbs at the Tulsa Garden Center
This is a great program for children ages 6 to 12 that are excited about nature and ready for hands-on learning about gardening. Advance registration is required and fees apply. Call 918.746.5125 for information or to enroll. Tulsa Garden Center 2435 S. Peoria Ave.; 10 a.m.

Tulsa Mini Maker Faire
The 2016 Tulsa Mini Maker Faire is the local version of the award-winning, family-friendly, national and international event celebrating technology, education, science, arts, crafts, engineering, food, sustainability and more. The goal is to make visible the projects and ideas that we don't encounter every day. The one day event, originated by Make Magazine, provides a showcase for makers ranging from hobbyist to professionals to show examples of their work and interact with others about it. Expo Square's Central Park Hall, 4145 E 21st St.; 10 a.m.-5 p.m. makerfairetulsa.com

India Fest
The India Association of Greater Tulsa is hosting a day of fun and Indian culture at India Fest in the Pavilion of Tulsa's Expo Square. You'll be able to taste food from different regions of India, watch traditional dancing, listen to Indian music and see cultural art. There will also be a children's activity area as well as an opportunity to get a henna tattoo and shop vendor booths selling beautiful jewelry and other goods. Tulsa Expo Square, 4145 E 21st St.; 10 a.m.-5 p.m.



TULSA MINI MAKER FAIRE
This annual events celebrates technology, education, science, arts, crafts, engineering and more on Saturday, August 27; 10 a.m.-5 p.m.

A Bug's World
Gardens are great homes for bugs of all types. Come out for a bug hunt, build-a-bug and other fun insect activities. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 10 a.m.- 2 p.m.

LibCon! A Celebration of Fans! {FREE}
Join in for arts, crafts, fun and games celebrating your favorite fandoms. Get your picture taken with cosplayers and participate in the costume contest. Attend one of our DIY Maker panels and learn how to get started e-publishing with local authors Gary Jonas and Bill Allen, and how to get started cosplaying. Special guests include DC Marvel League, Mandelorian Mercs, Oklahoma Star Cars, Tuck's Costumes, professional cosplay photographer George Jones and Green Country Cosplayers. Note: Fake weapons will not be allowed in the library. For all ages. Hardesty Regional Library, 8316 E 93rd St.; 1-4 p.m.

La Semana Festival Americas!
The Festival Americas celebrates the richness of culture of the Americas in the heat of downtown Tulsa. The colorful multicultural festival will include a street market with artistic and recreational activities for the whole family, plus live concerts, and a variety of food flavors from Argentina to Mexico. Guthrie Green, 4-10 p.m.

Tulsa Sunrise Rotary Foundation's Maine Lobster Fest and Charity Auction
The Tulsa Rotary Foundation will be hosting its Maine Lobsterfest and Charity Auction at the Marriott Southern Hills. Doors will open at 5:30 p.m. with silent auctions while dinner and live auctions will start at 6:30 p.m. Enjoy a decadent evening of lobster and wine and support The Autism Center of Tulsa at the same time. This will be an adult-only event. For more information, go to www.autismtulsa.org.

Philbrook MIX
Sixteen of Tulsa's best bartenders mix original cocktail creations to benefit Philbrook educational programming and Museum operations.This annual event is held at Cain's Ballrom, 423 N Main St.; 7:30-11 p.m. You can purchase tickets and find out more at www.philbrook.org.

28 | SUNDAY **See sidebars.**

29 | MONDAY **See sidebars.**

30 | TUESDAY **See sidebars.**

31 | WEDNESDAY **See sidebars.**

*We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information for all events. If you're interested in submitting an event for the calendar, go to www.tulsakids.com

JOURNEY INSIDE THE BRAIN



Laureate Institute for Brain Research, a scientific research institute that focuses on discovering brain-based technologies to improve mental health, is presenting a free lecture series. This month, Jerzy Bodurka, Ph.D. will present "Journey Inside the Brain" The lecture is free and open to the public. Laureate Conference Center, 66455 S. Yale Ave.; Thursday, August 25; 6-8 p.m. For more information, call 918.502.5180 or visit facebook.com/LIBResearch.

FREE/LOW-COST MOVIES

Cinemark Summer Movie Clubhouse
Two Locations: Cinemark, 1801 E Hillside Dr. in Broken Arrow - all showtimes are on Monday - Thursday at 10 a.m.
Cinemark Cinema 8, 1112 E. Charles Page Blvd. in Sand Springs - all showtimes are on Mondays and Wednesdays at 10 a.m.
August 1-August 4: Shawn the Sheep
* The cost is $5 for ten movies or $1 per show. All films are rated G or PG.

Movies in the Park at Guthrie Green
Admission is free and seating is first come, first serve.
Movie goers are welcome to bring blankets, lawn chairs, and snacks.
When: All movies begin at dusk.
Where: Guthrie Green
Thursday, August 4: Inside Out
Thursday, August 11: Aladdin
Thursday, August 18: Billy Madison
Thursday, August 25: Best in Show

THEATER

The Lion, the Witch and the Wardrobe
When: August 4 at 8 p.m., August 5 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
C. S. Lewis' beloved and magical novel comes to life through dance. The classic story, set in the fictitious Narnia, features all of your favorite characters: the heroine Lucy, the White Witch, Tumnus, Maugrim, and of course Aslan the Lion. Follow them through the land of forever winter to see if they can break the evil spell cast by The White Witch. Appropriate for ages 5 and older.

Oklahoma!
When: Aug. 12-13, 25 at 8 p.m.; Aug. 13-14, 27-28 at 2 p.m.; Sept. 1, 3 at 8 p.m., Sept. 4 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
The high-spirited rivalry between local farmers and cowboys provides a colorful background against which Curly (Sam Briggs), a handsome cowboy, tries to win the heart of Laurey (Ruby Shadley), a winsome farm girl. With these two headstrong romantics holding the reins, their courtship is as bumpy as a surrey ride down a country road, but the appeal of a brand-new life together in a brand-new state proves irresistible. Oklahoma, OK!

The Will Rogers Follies
When: Aug. 19-20, 26-27 at 8 p.m.; Aug. 20-21 at 2 p.m.; Sept. 2 at 8 p.m., Sept. 3 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Tulsa-area native Will Rogers was a multimedia star like no other before or since. A cowboy with a folksy sense of humor and mad rope-trick skills, he found success as a vaudeville performer, newspaper columnist, radio host, and stage and screen actor. He was the leading political wit and highest paid Hollywood movie star of his time. "The Will Rogers Follies" tells the story of his amazing life (1879-1935) in a series of Ziegfeld Follies-style song-and-dance numbers.

Heathers: The Musical
When: Aug. 26-27 at 8 p.m., Aug. 27-28 at 2 p.m., Sept. 2-3 at 8 p.m., Sept. 3-4 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
"Heathers: The Musical" is the darkly delicious story of Veronica Sawyer, a brainy, beautiful teenage misfit who hustles her way into the most powerful and ruthless clique at Westerberg High: the Heathers.

MUSIC

The Starlight Bands Concert Series
When: Friday, August 5 at 8 p.m.: Jazz Orchestra - First Friday Jazz
Where: Guthrie Green



THE LION, THE WITCH AND THE WARDROBE
You won't want to miss this classic brought to life on the Tulsa PAC stage August 4 and 5 (details on left).

PHOTO CREDIT: RICHARD TERMINE

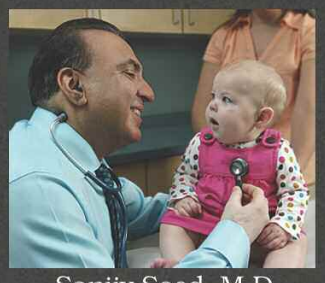
MUSIC

Summer's Fifth Night
When: Every Thursday Night, 7-9 p.m.
Where: Utica Square in Tulsa
August 4 – Alaska & Madi (Country Pop)
August 11 – Grooveyard (Pop)
August 18 – Jambalaya Jass Band (Dixieland)
August 25 – Grady Nichols (Jazz)

OTHER

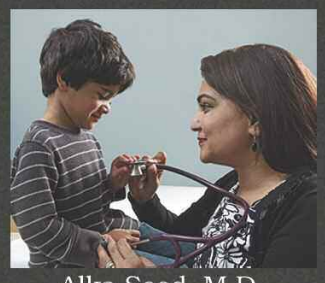
PBR at the BOK
When: Saturday, August 27 at 7 p.m. & Sunday, August 28 at 2 p.m.
Where: BOK Center
The Top 35 bull riders in the world will once again invade Tulsa to go up against the rankest bulls in the nation, as the stars of the PBR vie for their piece of the $140,000 payout. Find more at bokcenter.com.

Interactive Butterfly Conservatory
When: July 30 - August 28; Monday - Saturday, 10 a.m.-8 p.m.; Sunday, noon-7 p.m.
Where: Woodland Hills Mall, Tulsa
Take the family to visit this interactive butterfly conservatory that includes free craft activities. Admission is $5, kids younger than 2 are free.



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FROM THE HIP

A Hip Date Night: Learn to Cook a Romantic Dinner

BY JILL VANTREASE

It is the dog days of summer. It is brutally, hair-meltingly hot outside. The kids fight over the XBOX unceasingly; I don't have the heart to send them outside. I am crabby and on edge; PVT is working late hours and we snap at each other the rare times we see each other, both feeling underappreciated and taken for granted in our daily, solitary toils. Clearly a bit of minor marital angst requires a bit of attention (and the dating pool for singles with seven kids is pretty limited), so it's time for a date night! Woo hoo!

It occurs to me, though, that we're in a bit of a going-out rut: we go to the same two or three restaurants, talk about the kids and work, and then come home exhausted, early enough to put the kids to bed. Seems like we need to shake things up a bit — and to remember we are still people, individuals that had lives and histories and quirks before the whole love, marriage, baby carriage fairytale. Probably a tall order for a single date night, but what the hey!

It's around this time that I happen upon "A Girl Can Cook," Candace Conley's cooking school and catering service located in the heart of the Rose District in Broken Arrow. Candace, a mother of two young girls, had a varied career before she tried teaching a cooking class at The Viking Gallery (affiliated with Metro Appliances). And, voila! Candace was able to blend her love of food, teaching and performing into one business.



CADACE CONLEY SHOWING HOW IT'S DONE.

Her classes are small and hands-on, so people cook a lot! And last year Candace had the opportunity to take a month-long professional trip to Italy, where she was an apprentice chef (essentially an unpaid intern) at a restaurant called Al Podere. Here, she learned many new Italian techniques while working long hours in the kitchen — and no one spoke English! Her adventures have been incorporated into her studio classes such as "Risotto 101," "The Art of the Italian Cocktail," and "Back from Italy." And the date night classes are once per week, with themes ranging from Spanish Tapas to Roman Holiday to Greek Islands.

So, I book a class that sounds great for PVT and me: Italian Grilling for couples! It's $130 for a couple's full meal — and that includes wine, so about what we'd spend anyway on a nice dinner out. Yet in a cruel twist of fate, PVT has to work late on a last-minute deal he's closing on our date night — boo! Fortunately, I have a bevy of girlfriends who love to cook (and love to drink wine), so I grab my friend, Tara, a similarly frazzled mother of five, and off we head to Broken Arrow.

Because my sense of both timing and directions are horrible, we arrive late, but fortunately just in time to start chopping. We start immediately hacking away at herbs (at first I let Tara do all the work — I'm suddenly tired and remembering why we usually just go to sit for a meal without having to work for it!). But the camaraderie of the class is infectious: there are 10 couples, happily chatting, chopping and drinking (Candace's assistant is very attentive about keeping the wine glasses full).

I learn several things as we go: for example, Candace doesn't rinse prepackaged fresh herbs since the risk of anything funky is minimal, and wet herbs are very hard to cook with. We make a spice rub for steak, and then concoct an oil-based vinaigrette with oregano and rosemary to pour over potatoes and prosciutto-wrapped asparagus, and start boiling potatoes (did you know that since potatoes are so dense, you are supposed to start out with cold water so they cook evenly? I didn't either!) We then take our potatoes and asparagus to the grill — I had never thought of grilling potatoes, but it gives them a really nice charcoal taste — much richer than just boiled potatoes. The marinade we pour over is fabulous.

And I figure out why men like to grill so much: there is a real element of danger. That grill is HOT! We then watch Candace grill our meat (probably too many of us to safely grill all that meat). Candace explains that meat is mainly muscle, so it tenses with changes in temperature. When you take the meat off the heat and cut it immediately, the juices are pooled in the center of the meat and will pour out, leaving your meat dry, flavorless and

continued next page



JILL TAKES HER TURN ON THE GRILL.

tough. If you "rest" meat so that juices will redistribute throughout the meat, you will lose very little juice when you cut into it. Aha! But by the time our meat is rested, everything is a little cold. This is my only little gripe: maybe I am not a sophisticated enough steak connoisseur, but I would sacrifice a little juice to have a warmer dinner. But everyone gathers among the communal table to eat the delicious meal we've made — and the wine keeps coming!

What's different about her business? Candace explains: "You can go access any food, anywhere, anytime these days. That's great. But I want people to come to my studio and experience a hands-on, recreational, fun time in the kitchen. At this point in time, no one else in the city does what we do," she says. "I leave the technical, 'chef-fy' stuff to the culinary arts schools. We are here for the people who want to learn more about cooking, make it easier and more sensible for them to cook at home and have a great time. I sincerely want them to be able to cook at home – and enjoy it. That's what makes us different. We're no-nonsense, but we know how to have fun, too."

And my "date" Tara and I have a great time. The other couples might head out into the Rose District to the Rooftop or Hops and Hangers for drinks, or chocolate debauchery at the Nouveau Chocolatier -- there are lots of merchants open at 8:30, so there are lots of choices to stay out later than boring 8 p.m. Alas, Tara and I have to go home to relieve our sitters!

It's worth noting that Williams Sonoma offers cooking classes, too. They have a "Cookbook Club" for $75 — a recent class featured dear Gwyneth's "It's All Easy," and included the cookbook and courses from several recipes. Other events bring in guest chefs from local restaurants (Tavolo's sent a recent emissary). Another recent class was Summer Cooking with Cast Iron, which, for $30, also included your own cast iron frying pan. And PVT would love the Technique Class: Flavors of Mexico - Building Your Own Taco.

OK, OK, there are kids classes at Williams Sonoma too: a recent "American Girl" class had all the girls baking pies with their American Girl dolls. And a macaroni and cheese class with three different cheeses! Seriously! How great is that? And, if you want your kids to learn some healthy cooking, the HealthZone at Saint Francis has classes once a month on Tues. for kids from 4-8, and on Thurs. for those aged 9 and older. Teach the whole family to cook.

Back to my significant other? Perhaps these little gems will get you out of your date night rut...and hopefully PVT and I will go on a date night. Someday! Someday soon!



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

learning to read: 5 not-so-easy pieces

What I'm about to say may be a surprise, particularly as it comes from someone with a professional stake in supporting children as they learn to read.

The human brain isn't really designed for reading.

In fact, the process of reading is akin to an enormous bear teetering in a ring on a unicycle: it's possible, certainly, but not natural, elegant or efficient.

Just as bears are designed to get where they're going by running or walking (not cycling), human brains are designed to communicate through speaking and listening, not using written language.

There are entire books written about this, so here's the short version. Reading involves a delicate coordination of complex skills that takes years to master. Between decoding marks on paper into letters and letters into sounds and translating sounds into words and words into meaning, the brain is doing a lot of work it's not really wired to do.

(If you're at all interested in the exact details of how the brain manages this bear-on-a-unicycle balancing act, two excellent books are *Proust and the Squid* by Maryanne Wolf and *Reading in the Brain* by Stanislas Dehaene – both available at the library, of course.)

Despite this complexity, in 2000, something called the National Reading Panel finished three years of study and released its final report. They sifted through all of the research and identified five major elements that adults should concentrate on when teaching children how to read.



They are:

- Phonics
- Phonemic Awareness
- Fluency
- Vocabulary
- Comprehension

Phonics and phonemic awareness are inextricably intertwined. They represent all of the skills related to decoding text into sounds and sounds into meaning. Phonics is the specific code of letters and the sounds they represent; phonemic awareness is being able to hear all of the different sounds in words. (This is the bear learning how to get on the unicycle without falling off.)

Fluency is the natural-ness of reading – making the words read "sound like talking." When fluency is high, the words flow in a pleasing manner. (This is the bear being able to take a turn around the ring without falling off.)

Vocabulary is knowing a wide variety of words. In reading, the more words a child knows verbally, the more likely he or she will be able to recognize and incorporate those same words in text. (This is the bear doing tricks as it cycles.)

The grand goal of all, the top of the mountain, is **comprehension**. There are plenty of children (and adults!) who can read a sentence smoothly, decoding the letters into sounds and making the words sound natural but don't have a clue what they have just read means.

The Tulsa City-County Library is committed to helping parents, caregivers, and educators support children in developing every one of these reading elements. From storytimes for babies and toddlers that focus on sounds and songs (both boosters of phonics and phonemic awareness) to PAWS for Reading events where beginning readers can practice reading fluently to therapy dogs, the library is the place to go to ensure that reading – while not a natural brain activity – is nevertheless fun and rewarding.

If you'd like tips about what you can do to support these different elements, see the "Kids Read" library blog at www.tulsakids.com.

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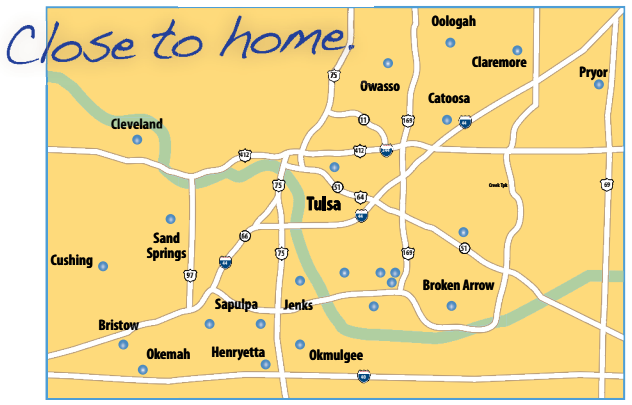
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BY NIKKI CYTER SACK

kid-friendly attractions within a two-hour tour

Pick a place (or two) and end your summer with some fun!

My mission: visit children's museums in a two-hour radius and report back. With a 5-year-old and a 2 ½-year-old tagging along -- it would take advance planning, lots of snacks (so many snacks!) and audio books to get us there. And as the list grew to include five different spots all an easy drive away (plus more I wouldn't have time to visit), I started to appreciate just how much there is for a family to explore in the greater Tulsa region. We were all pretty excited.

But to call these places children's museums feels a little bit wrong. Museums are hushed places full of white walls, priceless artwork and strict admonishments to "not touch!" The museums we visited felt like anything but -- shrieks and giggles of happiness filled the air, the spaces were packed full of stimulating and engaging materials and little fingers were encouraged to explore everywhere.

Such play and exploration is not frivolous; it's not just a way to pass the time. "Play is children's work," said Debbie Williams, program coordinator at Stillwater's Wondertorium. "It's how their brains grow." Children play to learn how the world around them works and to problem solve. The best way to learn is by doing, agreed Linda Maisch, VP of community engagement for Oklahoma City's Science Museum Oklahoma. The Scott Family Amazeum in Bentonville embraces the notion that though they are an educational institution at heart, "families see us as an entertainment and fun venue -- and we love that!" said Dana Engelbert, marketing manager.

Several months and several hundred miles later, the assignment grew into so much more. My husband came along for some of the adventures – a real treat in his otherwise hectic work schedule – and our friends joined us for others. It was an experience in taking advantage of all the enrichment available to our kids, but also in enjoying our own young family, turning off the cell phones and hitting "pause" to just get lost in PLAY for an afternoon.

As the summer comes to a close and the structure of the school year lurks in the near future, I encourage you to choose one or two adventures and go out and have some fun with your kids.

My Tips

Mom, can we please go to the gift shop?

It's worth noting that with the exception of the Tulsa Children's Museum (which has a small retail display by the check-in), the museums I visited generally boast pretty awesome gift shops — not the usual junk, but really thoughtful, well-curated and often educational stuff. It might even persuade you to loosen the "no gift shop" ban and perhaps pick up some advance birthday or holiday gifts.

Oklahoma Museum Network Membership Boost

Purchase a family membership at ANY of the OMN affiliate museums and for $40 more, members can receive up to five free general admissions per visit to any of the other partner museums for a whole year. We did this and saved more than $55 on our visit to Science Museum Oklahoma alone. What a deal!

Affiliates of the Oklahoma Museum Network:
Science Museum Oklahoma (OKC, OK)
Jasmine Moran Children's Museum (Seminole, OK)
Leonardo's Children's Museum (Enid, OK)
Museum of the Great Plains (Lawton, OK)
Tulsa Children's Museum (Tulsa, OK)
omn.sciencemuseumok.com/partner_museums/membership
Sam Noble Museum, OU: While we didn't have time this go-around, you will certainly want to check out the Sam Noble Museum on the University of Oklahoma Campus in Norman - a museum for all ages focusing on the natural and cultural history of Oklahoma and featuring some awesome dinosaur bones and exhibits on early Native Americans among other cool stuff. samnoblemuseum.ou.edu, 2401 Chautauqua Ave, Norman 73072, 405.325.4712

Tulsa Children's Museum Discovery Lab
tulsachildrensmuseum.org
560 N Maybelle Ave Tulsa 74127
918.295.8144
Travel Time: 5 minutes and up
Hours M-Sat 9:30a - 5p, Sun11:30a - 5p
Admission: Kids under 2 free, Adults & Kids $6
Member Oklahoma Museums Network, Association of Children's Museums

Ahhh the tape tunnel! There really is no better way to pass the hours on a steamy (or rainy, or frigid) Tulsa day. The kids never tire of it. And I've been through it more times than I care to count. Let's just call it the day's cardio. But this area gem is more than just that — indeed with rotating exhibits (my kids were particularly fond of the "Grossology" lab of a few months back) and an awesome space for cooperative engineering in the main hall.

continued next page

There's always something interesting, engaging and hands-on happening in the Workshop as well. It's learning through play and practically in your own backyard.

Where to Stop: Kids still have energy? End the day with a run through the excellent Owen Park playground right outside the front door or cool off in the splash pad. The firemen at Station Number 2 next door have been known to welcome an impromptu look at the fire trucks as well.

Jasmine Moran Children's Museum
jasminemoran.com



JASMINE MORAN

1714 Highway 9 West Seminole
405.382.0950
Travel time: 1.5 hours
Hours: T-F 10a-5p, Sat 10a-5p, Sun 1p-5p, Closed Mondays
Admission: Kids under 3 with parent free, Kids & Adults $8 plus tax, Seniors 60+ $7 plus tax

Let's be a doctor! I want to drive an ambulance! How about teaching school? Ready to represent your client at the Kidtown Courthouse? The Jasmine Moran Children's Museum is a veritable wonderland of pretend play nestled in this oil-boom town of yesterday. It's organized as an imaginary town, and my kids had a blast wearing many different professional "hats" during our visit. Though our own grocery store trips are often fraught with whining and endless requests, the miniature Homeland grocery shop held them in rapt attention and inspired nothing but giggles.

This museum also provided some great outlets for physical play (read: tiring your kids out for a quiet drive back to Tulsa). The outdoor play structure is great for mild days -- but the real draw was the indoor climbing maze constructed of some five miles of cable and ending in a pretty awesome slide.

Where to Stop: Braum's Literally around the corner from the museum, toast to a great day with a frosty milkshake or an old-fashioned double scoop cone. Decent "real food" choices, too, including surprisingly fresh and tasty salads.

Wondertorium
okwondertorium.org
308 West Franklin Ln, Stillwater
405.533.3333
Travel Time: 1 hour and a bit
Hours T-Sat 10a-5p, Sun 1p-5p, Closed Mondays
Admission: Kids under 1 year free, Adults & Kids $7

It doesn't look like much from the exterior, hiding in the back of a slightly dilapidated strip mall, but open the door and listen to your kids gasp in delight. My little ones had a hard time choosing where to start, but settled on

continued next page



WONDERTORIUM

the old-fashioned general store as our first stop. My husband, along for the day's adventure, settled into a game of checkers with our daughter and my son and I collected provisions and rang them up on the authentic antique cash register. We spent at least half an hour playing doctor at the very well-appointed doctor's clinic and baby nursery (complete with ace bandages, wheelchairs, stethoscopes and lots of babies to rock, were served sushi by our children at the Japanese house and went fishing in a darling wooden replica sailboat.

Several hours later, we had to literally drag our kids out the door to cries of "but we are having so much fuuuuun!" It's the kind of whining you almost don't mind. Almost.

Where to Stop: Eskimo Joe's 501 W Elm St.

No visit to Stillwater (or OSU) would be complete without grabbing some grub at iconic Eskimo Joe's (and maybe heading home with matching t-shirts for the whole family too!). Order up the signature cheese fries and a root beer float after a hard day of play while the kids color with complimentary crayons and ogle all the odd antique signage on the walls (an ad for laxative syrup is certainly interesting, if not ap-



SCOTT FAMILY AMAZEUM

petite inducing).

Scott Family Amazeum
amazeum.org
1009 Museum Way
Bentonville AR 72712
479.696.9280
Travel Time: 2 hours and a bit
Hours: M 10a-5p
T - Closed
Wed - Sat 10a-5p, Sun 1p-5p
Admission: Kids under 2 years free, Adults & Kids $9.50

Association of Children's Museums Member: you may be eligible for discounted admission if you have a family membership at the Tulsa Children's Museum so bring along your card!

The Amazeum is, well, nothing short of amazing. From the moment you enter, the inside of this place just looks like fun! Open for just about a year, the museum is architecturally gorgeous and engaging and benefits from being the newest of the bunch.

My little guy was immediately attracted to the full-size tractor trailer cab and both kids spent a huge amount of time at the miniature-sized Walmart Neighborhood Market where my daughter played cashier (you could actually tally each item using the working touch screen computer). In the Nickelodeon Stop Motion Studio, my husband helped the kids create their own mini-movies and the little ones enjoyed controlling a larger-than-life Sponge Bob using a series of levers, pulleys and wheels. The outdoor play space is perfectly kid-sized and allows parents to take a seat and still keep a close eye on the entirety of the fenced-in area.

A real highlight of the trip was the "Hershey's Lab" -- namely because it provided an intimate, guided family learning activity that miraculously engaged my children, my husband and me. On the day we visited, the theme was weights and measures and there were clear instructions provided on how to complete the activity: here, estimating and weighing different candies and



SCIENCE MUSEUM OKLAHOMA

household items using a slinky scale. Don't let the name fool you, this is not "chocolate science" exactly....but the lab is sponsored by the iconic chocolate company. The kids were rewarded a Hershey's kiss to eat at experiment's end which went a long way. Tickets to the lab are limited and handed out on a first-come, first-served basis daily (and evidently are in very high demand). Think about arriving at the museum's opening time if this is high on your list.

Plan to commit an entire day to the journey -- or maybe even splurge and spend the night at the nearby chic hotel 21c and make it a two-day adventure incorporating a visit to nextdoor neighbor art museum Crystal Bridges — it's free! And there are some pretty walking trails in the surrounding woods to take in a bit of nature.

21cmuseumhotels.com/bentonville/crystalbridges.org
Where to Stop: Natural Falls State Park
www.travelok.com

Get out and stretch your legs at this lovely hidden gem. For the cost of a $5 visitor's pass, take advantage of the clean restroom break and the short walk from the car park to Oklahoma's 77-foot waterfall. Warn kids ahead of time that the water is strictly off limits by rule of the Park Ranger. Or, if you have more time to spare, hike one of the five marked trails rated from "easy" to "difficult."

Science Museum Oklahoma
sciencemuseumok.org
2020 Remington Place, OKC 73111
405.602.6664
Travel time: about 1.5 hours
Hours: M-F 9a-5p, Sat 9a-6p, Sun 11a-6p
Admission: Kids under 3 free, Kids ages 3-12 $12.95 plus tax, Adults 13-64 $14.95 plus tax, Seniors 65+ $12.95 plus tax
Member of Oklahoma Museums Network

It is not often that my two children can sit still and (nearly) silent simultaneously for a 30-minute stretch in the middle of the afternoon -- but that is exactly what happened during the absolutely engaging planetarium show at the Science Museum Oklahoma. Stargazing as a family was truly magical and completely educational as we embarked on a journey through the galaxies together and learned about the Oklahoma night sky. And a lot has changed since our days in elementary school. Did you know Pluto is no longer considered a planet?

The museum was a home run for the kids, who adored, among other things, the new CurioCity exhibit set up like a mini-city. Described as a "children's museum within the museum itself," this 20,000 square- foot exhibit is designed specifically for children aged 4-7 and you could easily spend half a day in just this space. It features a theater with oodles of costumes and a working stage, a huge indoor water play area crafted like a pirate's cove and an immense, multi-story indoor climbing structure (the likes of which I've never seen) with multiple slides and challenging obstacles to keep little ones on their toes.

At each turn our family was drawn to something new — the poshly appointed passenger rail car of yesterday; the giant lite-brite; the display of full-sized airplanes (that elicited audible oohs and ahhs from my son); the life-sized dinosaur bone model and the enormous space shuttle engines.

My little ones were certainly on the lower end of the target age range. The museum offers a wealth of exhibits on "real" and sophisticated science lessons for older kids that are not to be missed on topics from meteorology to physics and beyond. But the beauty of the place was that everyone could take something away from each experience. And of course the Segway rides....

Where to Stop: Super Cao Nguyen 2668 N Military Ave. OKC

It's about 10 minutes' drive from the museum, but my family and I love to explore all the interesting food and wares at the huge Super Cao Nguyen Asian Supermarket in Oklahoma City's famed Little Vietnam. You can go on a mission with a shopping list -- or just spend some time perusing aisle after aisle of international food products and leave with a few treats for the ride home. I recommend a lychee drink and maybe some delicious and darling "Hello Panda" chocolate-filled cookies to tuck into your little one's lunchbox.



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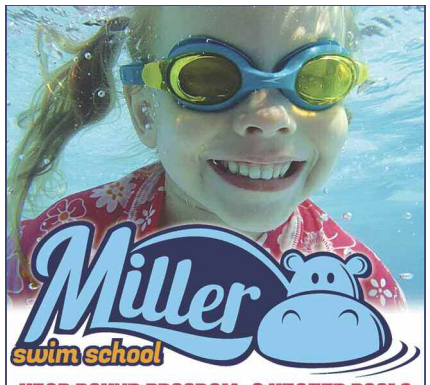
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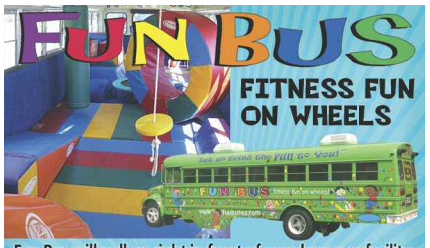
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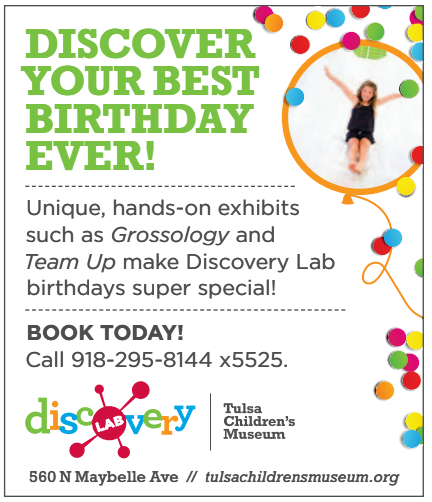
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Knockerball. More fun than you can imagine.

Knockerball™ Tulsa. Your source for the most fun you will ever have. Whether it is Knockerball™ Rentals, birthday parties, or team-building, we have you covered. Try "Knocker Soccer" (Bubble Soccer) or other exciting knocker games we have to get you rolling around. Get ready for a birthday party experience unlike any other! Bubble Soccer Birthday Parties are the most fun you will ever have! Our staff will create a custom bubble soccer party package that's just right for you. Our Birthday Parties include field time for fun Knockerball action as well as other activities like flag football, Dodgeball, or Basketball. We also have a dedicated Party Room for use during your party for cake and everyone's favorite – GIFTs!!

Battle your friends in a fun and safe plastic bubble suit. Our indoor facility is a great place for Knockerball corporate events or bubble soccer birthday parties, bachelor parties, fundraisers, team building, church events and much more! In addition to providing Knockerball in our Tulsa training facility, our Knockerball Tulsa team can come to any location to bring you the bubble soccer game of a lifetime!

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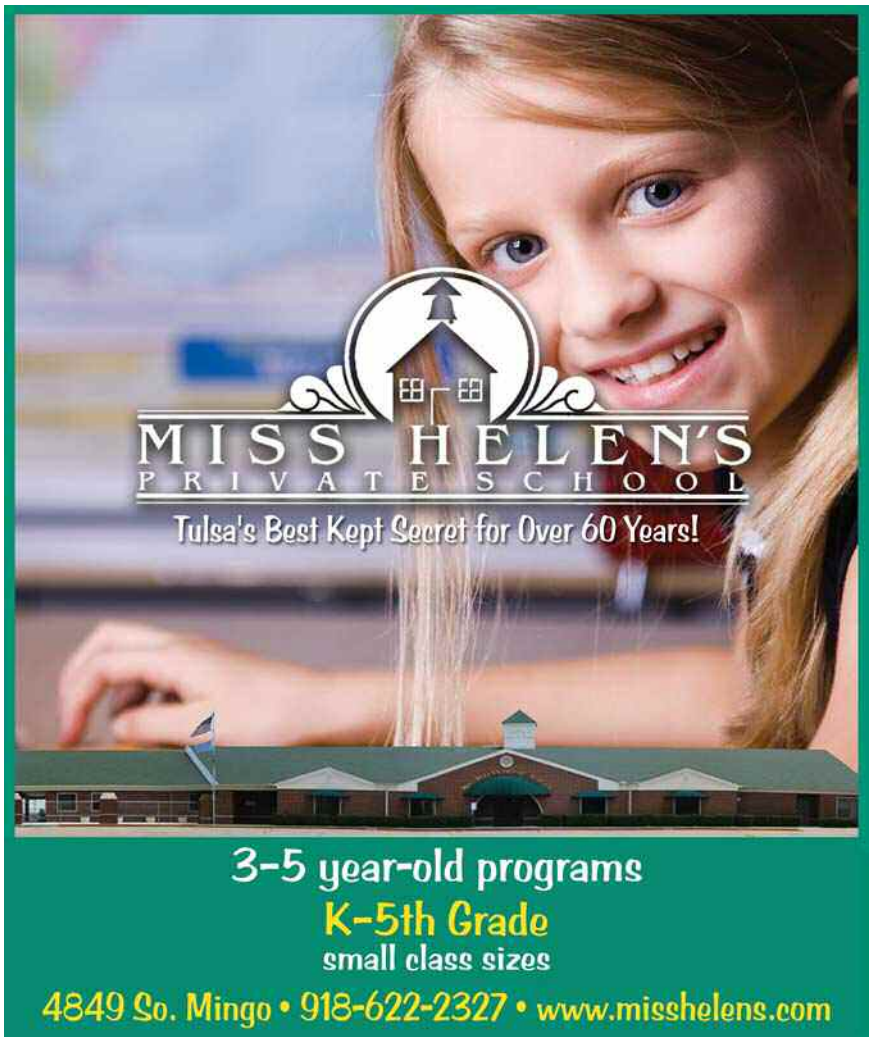
August 21, 2016 • Free Admission

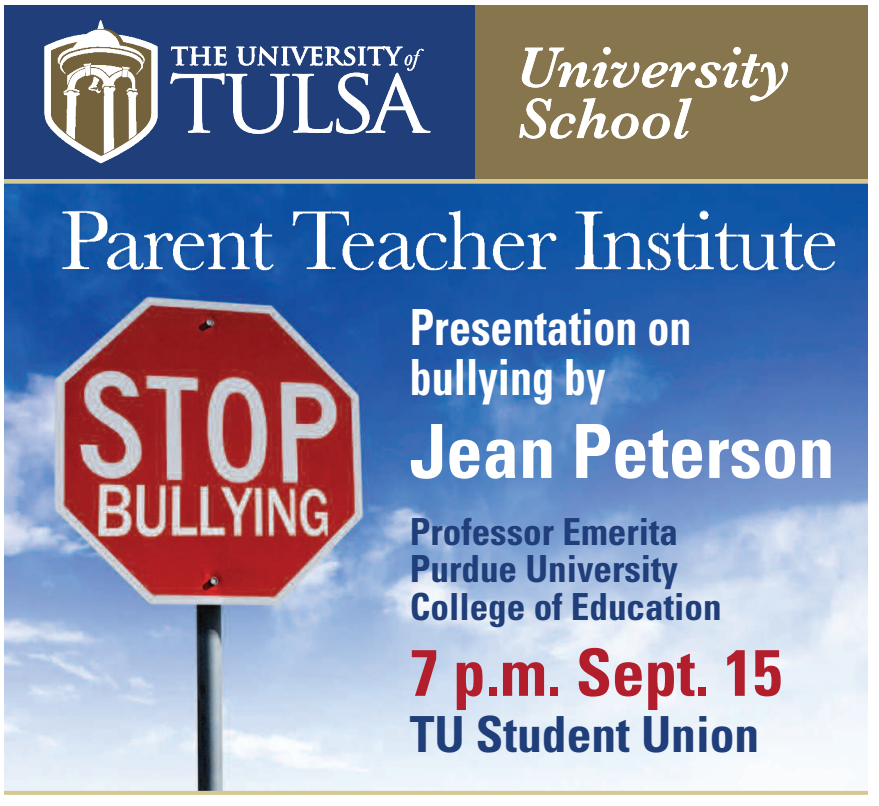
Enjoy an afternoon of fun creating art projects from 12-4 p.m.
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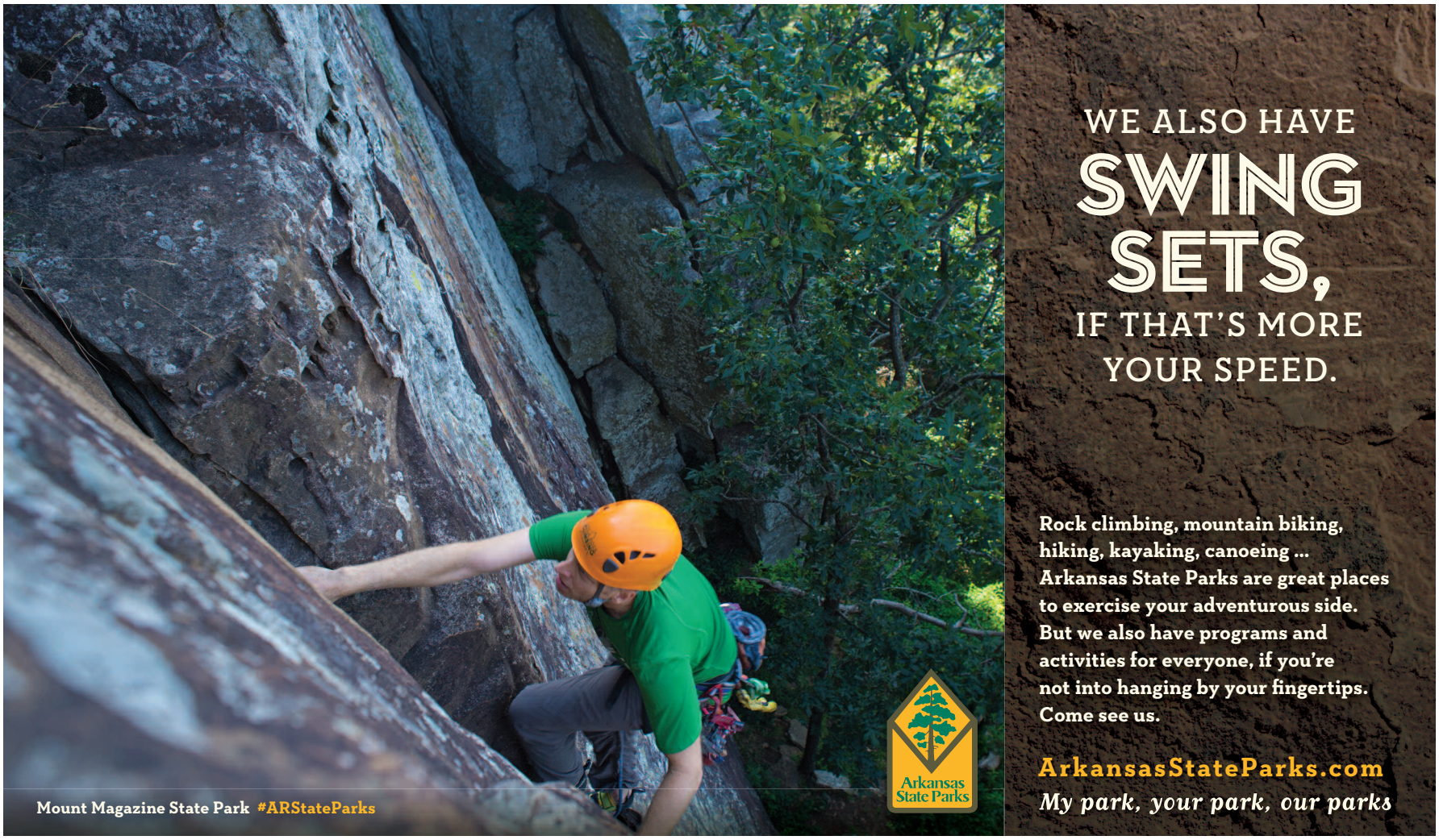
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Arkansas State Parks
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TULSAKIDS 2016 Enrichment Guide

ART EXPERIENCE AT WOODY GUTHRIE CENTER

Contact: Deana McCloud
102 East Brady Street
Tulsa, OK
918.574.2710
www.woodyguthriecenter.org

The Woody Guthrie Center is more than a museum; instead, it is a center of investigation for inspiration. By providing examples of Woody's ability to use his creativity as a way of expressing the world around him, we hope to encourage others to find their voices and the power that lies within the creative process. The Center contains exhibits of artifacts as well as many state-of-the-art interactive displays as a way of connecting to visitors. Our resources are available for teachers and students to use in order to create a fun learning experience. Pre-made lesson plans from our education manager will be posted on our website for teachers to use as they prep their students for tours or reinforce concepts after the tours. Throughout the year, the Center will host public programs and workshops that allow attendees to work with professional musicians as they share their expertise and creative writing process. The Woody Guthrie Center is a wonderful place for all ages to visit and experience and is truly a unique facility in the revitalized Brady Arts District.

BRAIN BALANCE ACHIEVEMENT CENTER

Contact: Meghan Tappan
6022 South Yale Avenue
KingsPointe Village
Tulsa, OK
918.488.8991
www.brainbalancecenters.com

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

BROOK FINE ARTS

Contact: Dr. Alice Brook
8138 S. Harvard
Tulsa, OK
918.491.6011
www.brookefinearts.com

Music is Forever - Start Now! Call to schedule your trial lesson today. Brook Fine Arts is an established fine arts academy that has been in operation for over 20 years. We offer instruction in piano/keyboard, voice, guitar, bass, ukulele, mandolin, drums, flute, sax, clarinet, violin, cello, trumpet, recorder, sign language, band workshops and more. All lessons/classes are taught by trained professionals. Each summer we offer Musical Theatre camps for grades 1 through 12 where everyone gets to be a star. Enjoy a week of songs, dance and dialogue with a production at the end of each camp. BFA has been voted best of Tulsa! We have received numerous awards from TulsaKids, Urban Tulsa and Oklahoma Magazine. We hold a triple A-rating with Better Business Bureau.

BOUNCE U

8922 S. Memorial Drive
Tulsa, OK
918.249.0090
bounceu.com/tulsa-ok

BounceU is Tulsa's premier facility for kids' fun! We are conveniently located near two major expressways in South Tulsa. BounceU is a clean, climate-controlled center full of gigantic inflatable play structures (and a Spider Mountain!). BounceU is known as THE place to have your child's private birthday party in a safe environment with fun, energetic staff (Voted #1 by you, TulsaKids readers!), but we are also a fantastic facility for church groups, camps and schools to host field trips. Private bounces start as low as $5.50 per child (more to add food or longer bounce time)! Scouts and sports teams love to host parties with us, too. We even have businesses come to BounceU for family fun or employee teambuilding events (Yes, grown-ups love to play, too!). If that is not enough, come to our public Open Bounce and definitely watch for our special holiday events and charity fundraising events...we are always finding new ways to play! Call or check website for times of Open Bounce, Preschool Playdate (open bounce for 5 & under only), Cosmic Bounce and Charity bounces. Get on our email list to get announcements for all events.

HUNTINGTON LEARNING CENTER

Two locations:
7116 S. Mingo Rd., Suite 105
Tulsa, OK
918.252.1200
2554 East Kenosha St.
Broken Arrow, OK
918.893.5500
www.huntingtonhelps.com

With two convenient Tulsa area locations, Huntington Learning Center helps students achieve success by offering tutoring in reading, writing, study skills, math, phonics, spelling, vocabulary, and related areas. We work with students in grades K through 12, as well as college and adult students. Huntington has built its tutoring methods on scientifically based instructional methods coupled with more than 30 years of experience of tutoring thousands of students. Our experienced tutors are passionate about helping your child raise his or her grades and level of confidence. Let our experts take the weight off your shoulders. Pick up the phone and call 1 800 CAN LEARN to speak with a caring educational consultant today.

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918.286.6962
"Technique. Passion. Artistry."
www.infinitydancetulsa.com

Dance is a full body and mind workout.

Body: It's healthy for people to exercise in everyday life. Finding a passion that incorporates physical activity makes exercise more rewarding. In their classes, dancers will build muscle tone and gain flexibility through static and dynamic movements. They will also improve coordination and balance through executing specific dance training, movements, and choreography.

Mind: Although it's a physically demanding art form, dance is mentally demanding as well. Successful dancers must learn, recognize, and apply proper technique and correct terminology. In every class, dancers will memorize new choreography and combinations. Since dance takes time to master, dancers will need to exercise discipline in every class in order to progress. Finally, by expressing themselves through movement, dancers will cultivate creativity.

Infinity Dance Academy in Tulsa offers dance lessons for toddlers, kids, teens, and adults. Classes include Ballet, Hip-Hop, Acrobatics, Contemporary, Modern, Lyrical, Jazz, Mommy & Me, Dance Divas & more.

JENKS DANCE ACADEMY

9416 S. Elwood
Jenks, OK
918.299.3347
www.JenksDanceAcademy.com

OPEN HOUSE & FALL REGISTRATION: Sundays, July 31st & August 14th from 2-5pm! Come meet our amazing instructors, tour JDA's facility, featuring four studios, one-way observation windows, comfortable waiting areas, desk staff to assist you during teaching hours daily and shop in JDA's In-Studio Dancer Boutique for all your shoes and dancewear needs! JDA offers Ballet, Tap, Jazz, Pointe, Pom, Hip Hop, Contemporary, Acrobatics, Cheernastics, Tumbling, Superstars (Singing & Dancing) and Boys Hip Hop...a style for everyone in the family! Classes start at age 2 to Teen. * New for 2016-17 ~ JDA Dancin' Kidz Performance Troupe! Register online and check us out on Facebook. Fall classes begin August 15th! Thank you for choosing Jenks Dance Academy ~ South Tulsa's Premier Dance Studio for 16 years!!!

continued next page





KUMON

Four locations:
9168 S. Yale
(91st & Yale, Tulsa)
918.523.6284

8228 E. 61st #117
(61st & Memorial, Tulsa)
918.254.5437

1876 Utica Square
(Utica Square, Tulsa)
918.292.8417

2017 West Houston
(81st & 145th E. Ave, Broken Arrow)
918.251.5384

www.kumon.com

"Give your kids a smartest school year."
Kumon is the smartest extracurricular activity you can give your kids. You want your kids at the head of the class, doing homework quickly and accurately, and advancing to the highest levels in school. That's why enrolling them in the Kumon Math & Reading Programs is so valuable.
Kumon is an after-school math and reading program that unlocks the potential of children by motivating them to achieve more on their own – that's why we're voted Tulsa's Best Academic Tutoring again in Tulsa Kids Family Favorites!
Founded in Japan in 1958, the learning method uses an individualized approach that helps children develop a solid command of math and reading skills. Through daily practice and mastery of materials, students increase confidence, improve concentration and develop better study skills. Kumon has 26,000 centers in 48 countries and more than four million students studying worldwide.
• Kumon kids can advance and study above grade level. Is your child's learning limited to what the class is studying?
• It takes just 30 minutes per subject, a day. What busy schedule can't handle that?
• While friends stress over homework, Kumon kids get it done faster and with less effort. How will your kids enjoy their extra time?
Call us today to schedule a Free Parent Orientation and to learn more:

Enroll between Sept. 1 and Sept. 30 and get a $30 Amazon Gift Card! * *offer valid at participating Kumon Centers only when you enroll between 9/1/16 – 9/30/16. Most Kumon Centers are independently owned and operated. Additional fees may apply. Please look for the "Welcome to Kumon e-mail" for the gift card redemption details within 4 – 8 weeks after enrollment. ©

MATHNASIUM

South Tulsa: 8032 S. Yale
Broken Arrow: 1077 North 9th Street
Owasso: 12336 E. 86th St. North
918.574.2222
www.mathnasium.com

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

MISS SHELLY'S SCHOOL OF DANCE

8032 South Sheridan
Tulsa, OK
918.496.9549
www.missshellysschoolof-dance.com

CELEBRATING 35 YEARS KEEPING TULSA ON ITS TOES….Since 1982 Miss Shelly and her dance staff have brought the joy of ballet, tap, modern, jazz, pom and hip hop into thousands of lives. From students who are not quite age 3 to teens to adults, Miss Shelly's provides a positive environment for all who share an appreciation and love for dance. Whatever your personal needs or goals are, we look forward to working with you and your family! Please join us for Open House and Enrollment every Sunday in August from 2 – 4 p.m. at the dance studio. Miss Shelly's is conveniently located

continued next page

on the NW corner of 81 & Sheridan. Miss Shelly's School of Dance is excited about our easy-to-use online enrollment! This allows you to pay online, register your dancers for classes, and view your account balance…all in one place! Simply visit our website, click on the "Enrollment" tab and follow the instructions. If you have any questions about classes, tuition, scheduling or need assistance finding the perfect class for your dancer, contact us through our website at www.missshellysschoolofdance.com

MUSIC TOGETHER OF SOUTH TULSA

Contact: Rachel Hay
6727 S. Sheridan Rd.
Tulsa, OK
405.742.8186
www.musictogetherofsouth-tulsa.com

Ages Served: 0-5

Music Together classes cultivate the musician in everyone! In each weekly 45-minute class, up to 12 children and their caregivers sing, dance, move, and explore a variety of age-appropriate instruments. Our mixed-age format, or "Family Class," allows families to bring multiple children to the same class. Children grow in this non-performance oriented environment, where experience is more important than execution. Enrollment opens four times a year for 10-week sessions in the fall, winter, and spring, as well as a shorter summer session. Visit our website for more information and sign up for a free demonstration class.

MUSIC TO GROW BY

Contact: Beth Carr
8007-I S. Sheridan Rd
Tulsa, OK
918.488.0851
www.musictogrowby.com

"A good beginning never ends." We believe music education enhances all areas of your child's development, and it's never too early to start. Join us for singing, dancing, storytelling, and instrument playing in our Kindermusik® classes for age groups including infants through 7-year-olds. Or bring all of your children together for Family Time, and enjoy a fun and unique bonding experience for siblings and parents. We are happy to have you join us for a no-obligation preview class. Just call or email to make a reservation. We offer daytime and evening classes, with two semesters during the school year, and fun summer camps. Join us anytime throughout the year; tuition will be prorated if you've missed the beginning of our semester. Check for updated schedules and pricing on our website.

Unable to attend on a weekly basis? Join us for a Kindermusik Playdate on a Saturday morning. They are offered once each month, and are best suited for children ages 1 to 5. Check our website for dates and themes. Private instruction is available for piano, voice, and flute with weekly, 30-minute lessons in our studio. Beginning or continuing students, including adults, are welcome. Musical birthday parties are fun and hassle-free in our clean, cheerful studio! Our parties are private, and can be customized to your child's age and favorite theme. Contact Beth with any questions you may have about our services. We'd love to be part of your child's music education.

OKLAHOMA AQUARIUM

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

The Oklahoma Aquarium is the state's must-see attraction and a valuable educational resource for school groups and families. The Oklahoma Aquarium Education Department offers homeschool days, scout days and many other activities featuring a diverse collection of animals from the world's oceans, lakes, rivers and streams. The largest exhibit is the Siegfried Families Shark Adventure. Strolling through a unique tunnel and dome, you will see the largest bull sharks in an aquarium swimming all around and overhead. While the views are breathtaking, there are also immersive, hands-on opportunities, especially exciting for children. Crawl through the AEP-PSO Extreme Amazon and come face–to–face from under the water's surface or explore the Discovery Caves and learn about the Kelp Forest. Feel the difference

continued next page

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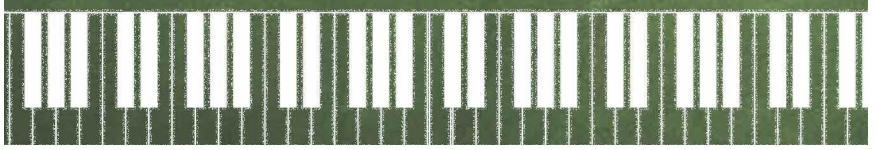
GO TO SAIEDMUSIC.COM FOR MORE INFO.

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918.252.5541

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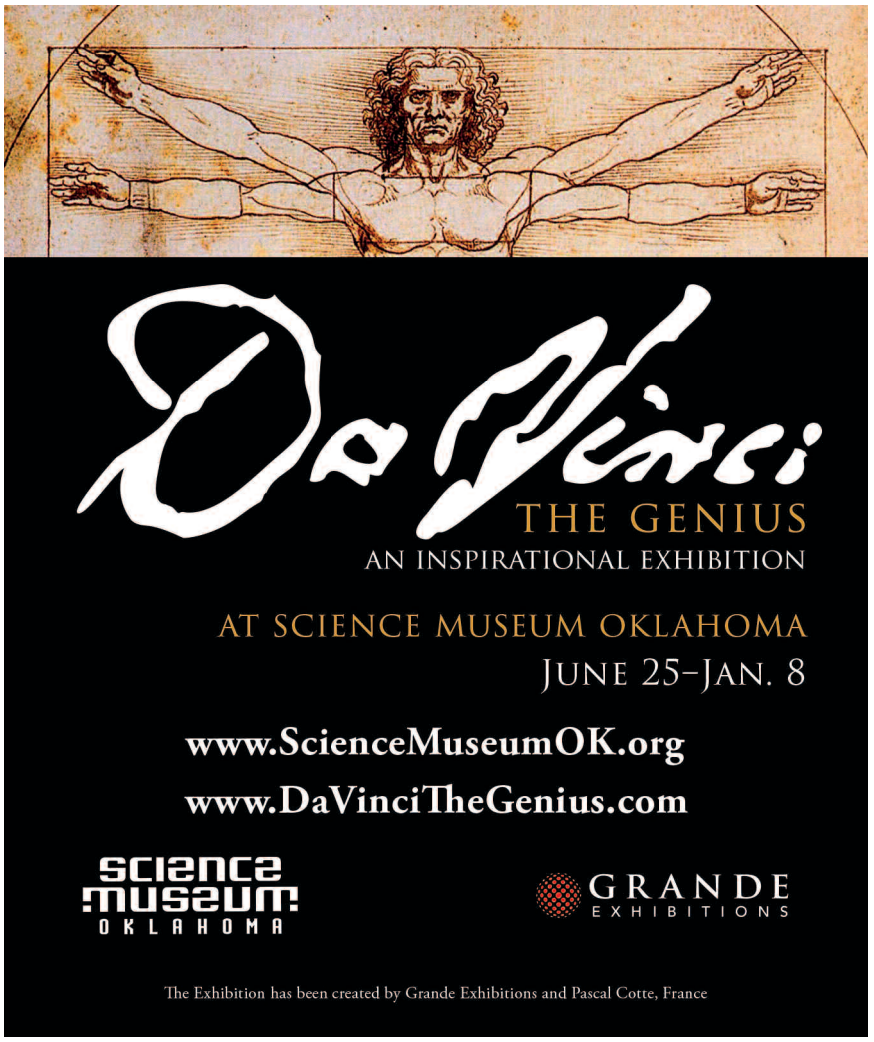


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between slippery smooth stingrays and sandy sharks in safe touch tanks. Plus, feed stingrays and turtles for a truly interactive experience. The Aquarium is home to more than fins. Watch furry river otters and beavers splash and play in the Hayes Family Ozark Stream. A crashing waterfall and rolling stream with native fish round out the beautiful exhibit replicating a northeastern Oklahoma stream bank.

SAIED MUSIC

Two locations:
9320 East 71st St.
Tulsa, OK
918.252.5541
3529 South Yale
Tulsa, OK
918.742.5541
www.saiedmusic.com

Saied Music Company is proud to be in our 70th year serving Oklahoma music makers! Saied Music School presents our fall 2016 studio offerings including: classes for guitar, beginning piano, violin and beginning ukulele. We are excited to be the new home of the Tulsa Homeschool Band and Orchestra! Homeschoolers are invited to attend an Open House, August 9th to learn more. We continue to provide private lessons in all instruments, voice and piano to learners of all ages and abilities. Our teachers are carefully selected for their teaching experience, musical ability and passion for sharing their craft. Call 918.252.5541 or visit us online at www.saiedmusic.com for more information or to register. Be Happy. Be Healthy. Be Smart. Make Music!

SOCCERCITY TULSA

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

Ages: 18 mos. – 9 yrs.
Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high energy and age-appropriate activities that serve as a great introduction to soccer, and help children master developmental milestones, appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is really to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules. Registration and the fall schedule will be available by the first of August. The fall session will be 11 weeks long and start August 22nd and run until November 5th.

THAT'S DANCING!

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

Ages Served: 2 1/2-Adult
ENROLL FOR FALL DANCE TODAY!
Classes begin August 15th.
That's Dancing! offers quality instruction in Ballet, Pointe, Tap, Jazz, Lyrical, Musical Theatre, and Hip-Hop for both boys and girls ages 2 1/2 & older. It is our mission to provide the best dance instruction to all ages in a fun, supportive, and caring environment. We hope that while discovering a love for dance, each student will also gain self-confidence, discipline, and self-expression. Whether students are dancing for fun and exercise or planning to enter into dance on a professional level, we will guide and encourage them along the way. We look forward to seeing our current students this fall and want to welcome our new students dancing with us for the first time. Easy enrollment online

continued next page

www.thatsdance.com, by phone 918.408.6226 or visit one of our open house dates.
OPEN HOUSE DATES: Thursday, July 21 from 6-8 PM; Sunday, July 24 from 2-4 PM; Tuesday, July 26 from 6-8 PM; Sunday, July 31, from 2-4 PM; Sunday, August 7 from 2-4 PM; and Sunday, August 14 from 2-4 PM

THEATRE ARTS

Contact: Jake & Jana Pfarr
1405 N. Aspen
Broken Arrow, OK
918.258.2543
www.theatreartstulsa.com

After 30 years at 81st and Aspen, Theatre Arts will kick off its 31st season in a brand new 11,100 square foot location! The new school will
feature 6 full-sized dance studios with state of the art O'Mara floated floors. In addition, it will house four beautiful voice and piano studios. The new space allows Theatre Arts to conduct over 108 classes per week
in all styles of dance, acting, musical theatre, voice, piano, and
tumbling for ages 2 through adult! The incredible faculty is made up of over 20 of the best of the best professional instructors in the Tulsa area! The Grand Opening Open House will be Sunday, August 21st from 2-5 p.m.
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918.455.3278

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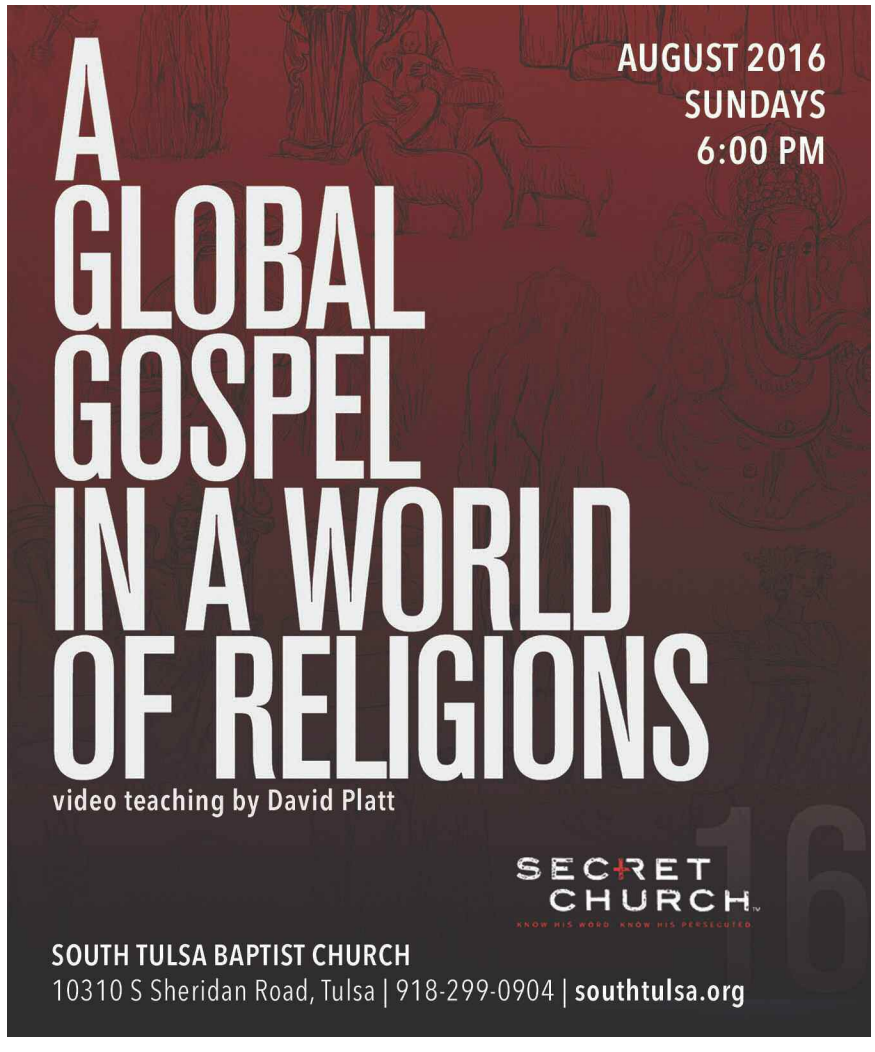
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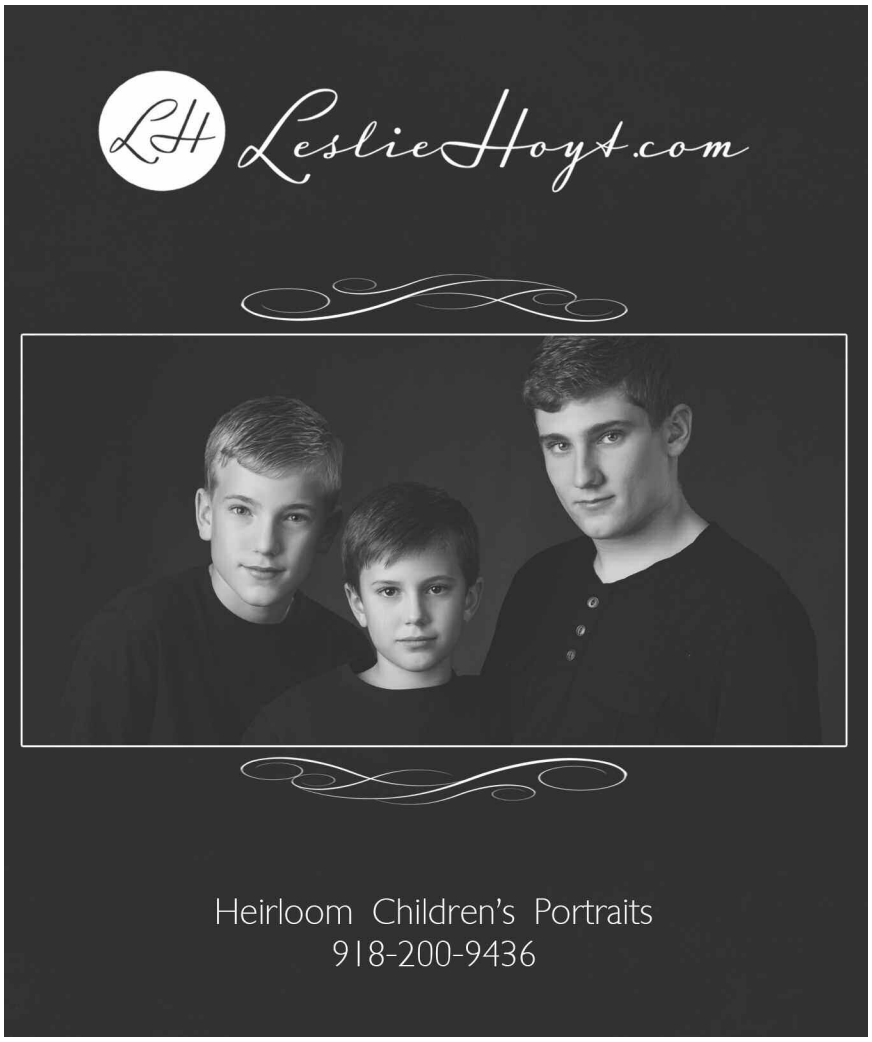
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Hours: 8:30–3:00; Before & After School Care 7:30 a.m.– 5:30 p.m.

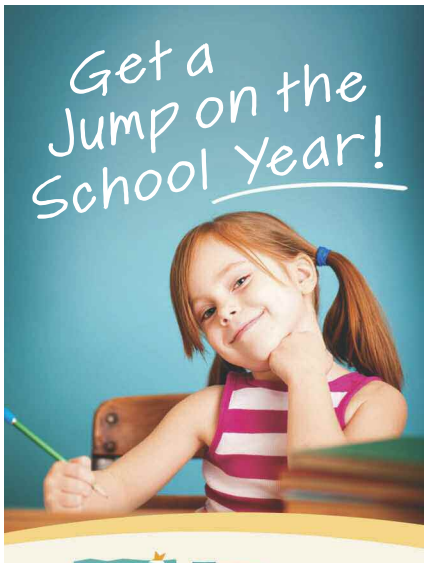
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www.lakehillsmontessori.com

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6:1 student/teacher ratio
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12:1 student/teacher ratio

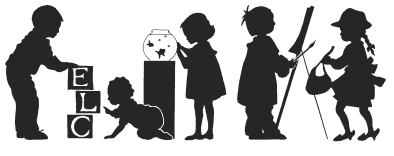
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I'M A TULSA KID

BY MARISA MORGAN

Grace O'Connell: Bishop Kelley High School

ZooTeens is an elite group of Tulsa Zoo volunteers, ages 13-17, interested in animals and conservation. Young people who are selected devote many hours of their summer volunteering at the zoo. The young people learn about animals, help out where they can, and take on a leadership role to educate zoo visitors. Fourteen-year-old Grace O'Connell was selected through a process of interviews and training days.

TK: What first interested you about the Tulsa Zoo camps?
Grace: I've always loved animals and the zoo. I love it here. It's an awesome experience.

TK: What was a typical day like at camp?
Grace: I would come and there were always activities. My favorite part was the animals and when we went behind the scenes.

TK: What is a ZooTeen?
Grace: A ZooTeen is someone who comes to the zoo in the summer and helps out. You go behind the scenes and meet a lot of people. It's a great experience.

TK: What is your favorite thing about the ZooTeen program?
Grace: My favorite thing about the ZooTeen program is seeing teenagers coming to the program wanting to work here, spending their summer at the zoo with animals, not afraid to get dirty.

TK: What makes you so passionate about learning about animals?
Grace: I guess I love animals. I love studying them. I love how they behave compared to humans. I always admire animals because, to me, they can survive without anything like technology or clothes. They still get their own food, and I just love that about animals. Plus, it's just so interesting to learn about something else besides humans.

TK: Is there anything else you like to do in your free time?
Grace: I like to read and chat with my friends. I love playing with my younger brother and my dog.

TK: What are your plans for the future? (college, career, etc…)
Grace: I definitely want to be a writer when I'm older and write a book series and work from home so it's on my own terms. I definitely want to study psychology at some point, probably college or high school.

TK: What advice would you give to someone who is thinking about attending camp at the zoo?
Grace: Bring lots of water and be sure to listen up so you have a fun time because it's a lot of fun. Plus, it's great doing it again and again because then you get to meet more people and still see old, friendly faces.

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Look for the 2016 Cover Kid Contest Winner on an upcoming cover of TulsaKids Magazine.



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