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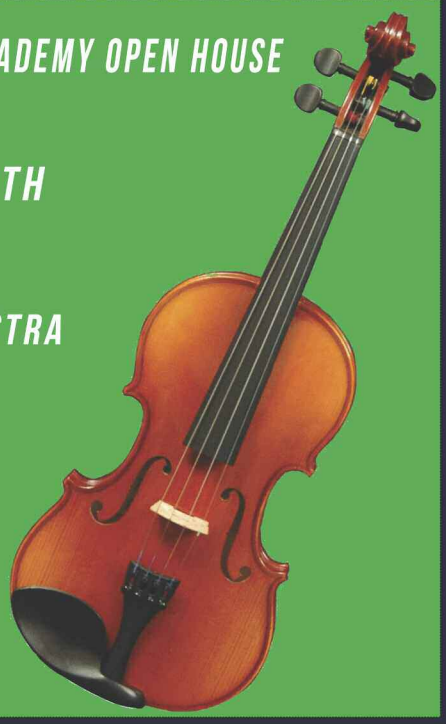
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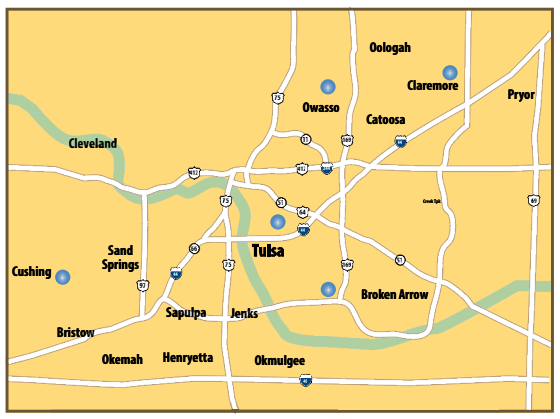


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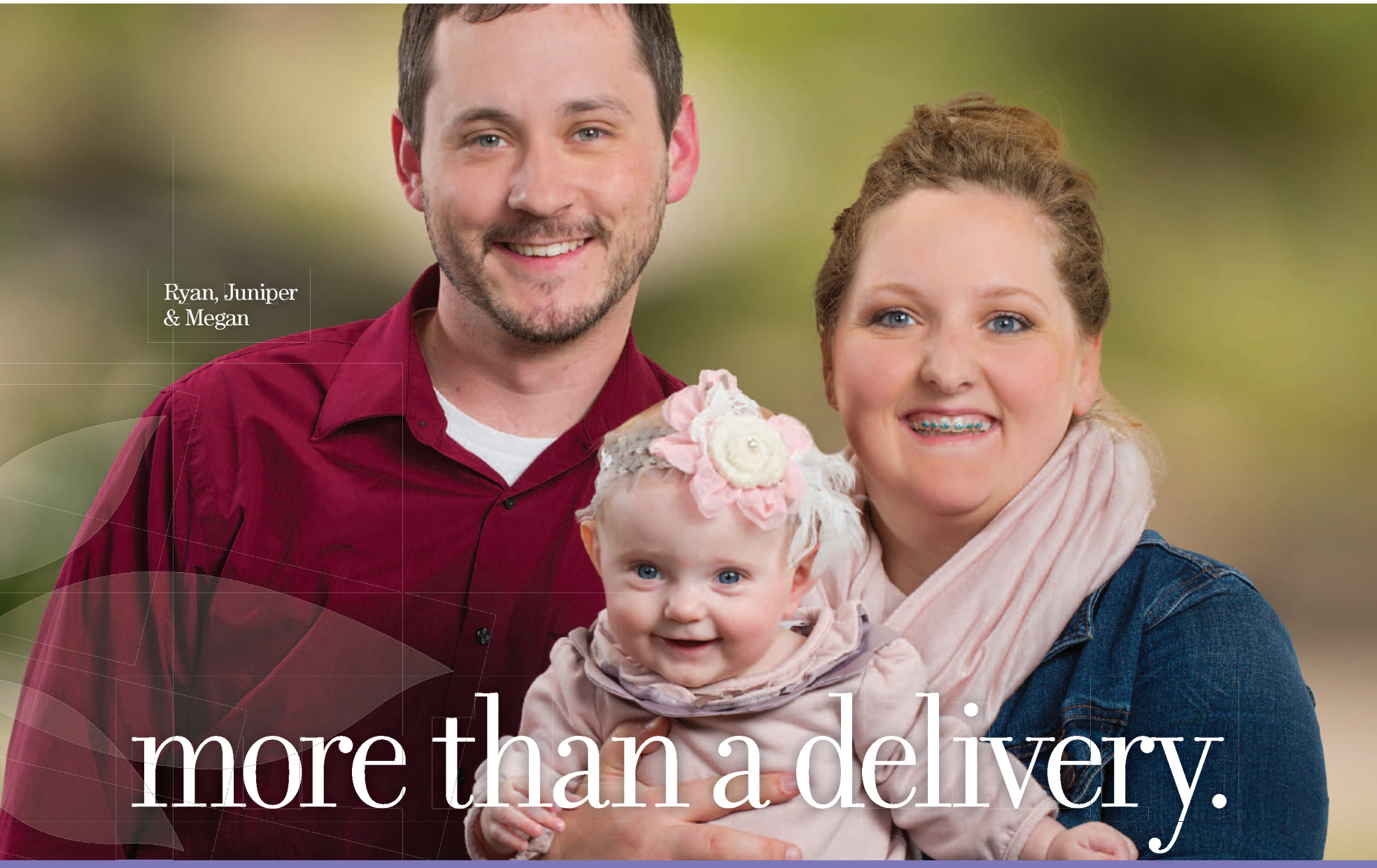
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tulsakids

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What's Going On(Line)?

editor's note

What's That You Say?

When my son was in first grade, he spoke very loudly. I'm not sure why. Who knows what goes through the minds of 6-year-old kids? He articulated words very clearly, almost as if he were giving a speech. His teacher thought he might be a little hard of hearing. I thought he might be a little interested in being heard. What he had to say was of utmost importance, and I'm sure that he never wanted anyone to miss his pronouncements. Nevertheless, I took him to the Mary K. Chapman Center for Communicative Disorders at The University of Tulsa to have his speech and hearing tested (it's free!), and the clinician found nothing wrong with him. As I said, this is a kid who wants to be heard (still does).

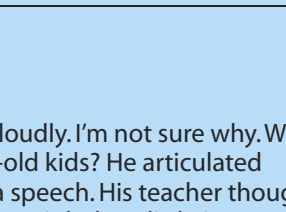
Most of us have at one time or another looked at our kids and thought, "Is that normal?"

Personally, I always found it helpful to have a basic understanding of child development from birth through teens. That way, you know it's normal for your 2-year-old to drop Cheerios on the floor to see them fall, but if your 12-year-old is doing it, not so much.

If something bothers you, and you're not sure, it's always best to check it out with your child's pediatrician or another professional. Our feature about speech therapy gives you some information about the options that are available if your child does need some extra help. Or, if you have a toddler whose blinking or throat-clearing or shoulder-shrugging is driving you crazy, read our Babies & Toddlers column this month.

And, let's not forget the big astronomical event happening this month – the solar eclipse. Read about how one school in Tulsa has taken the idea to an out-of-this-universe level. We also give you some resources to give you ideas on how you can share this rare phenomenon with your kids.

School will be starting this month, so many of you will be looking for after-school enrichment activities for the kids. Whether they like sports, art, dance, music or all of the above, new experiences build brains and enhance lives. Unfortunately, with school budget cuts, many families are looking for these experiences outside the school day. Take a look through the Enrichment Guide in this issue to get some ideas for your child.



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





ON OUR COVER:
JOSS ENJOYS HIS VIOLIN.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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PUBLISHER
publisher@tulsakids.com
EDITOR
editor@tulsakids.com
CALENDAR
(submit by 10th of the month prior)
calendar@tulsakids.com

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FREE "HARMONIKIDS" AND "BEGINNING HARMONICA FOR YOUTH" CLASSES



Kids and teens who want to learn to play the harmonica are invited to two free programs that will be held at the 2017 Society for the Preservation and Advancement of the Harmonica (SPAH) Convention, Fri. and Sat., Aug. 18 and 19 at the Hyatt Regency Tulsa.

Joe Filsko will teach "Beginning Harmonica for Youth" from 9-11:30 a.m. on Friday, Aug. 18. Joe has taught for 25 years and his motto is, "If you can breathe, you can play the harmonica!" This session is open to anyone younger than 21.

Gary Allegretto will teach the "Harmonikids" session on Sat., Aug. 19, 9 – 11:30 a.m. for children and youth ages 5-19. The session is described as "a fun and cheerful event that starts with Gary's highly captivating harmonica performance."

All youth attending the sessions will be given a free diatonic harmonica in the key of "C" to use in class and to take with them.

Since 1985 Harmonikids has been providing the therapeutic healing power of teaching music to over 100,000 kids with physical and emotional challenges worldwide. For more information, visit www.harmonikids.org.

"CHAPTERS" LITERACY FUNDRAISER AT TCCL

Spend an enjoyable evening after hours in the library with three favorite 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. 7 at 6:30 p.m. at the Hardesty Regional Library, 8316 E. 93rd St. The cost is $50 per person. Deadline for reservations is Aug. 31.

Attendees will get to enjoy food and wine from some of the area's favorite restaurants while listening to authors Jennifer Latham, David Leite and Julia Thomas.

Latham published her first novel, a young adult mystery called *Scarlett Under Cover*, in 2015. In February 2017, she published *Dreamland Burning*, a novel about the Tulsa Race Riot. Latham lives in Tulsa with her husband, two daughters, two dogs, a cat, three turtles, three hermit crabs and a bunch of fish.

Leite is a memoirist, cookbook author, food writer and publisher of the James Beard Award-winning website Leite's Culinaria. His newest book, *Notes on a Banana: A Memoir of Food, Love, and Manic Depression*, was published in April 2017. His first book, *The New Portuguese Table,* won the 2010 IACP Julia Child Award, as well as garnering other distinctions. Leite is a frequent television guest, and a correspondent and guest host for National Public Radio's "The Splendid Table."

Thomas is a graduate of Northeastern State University and an educator. She published her first novel, a standalone British mystery called *The English Boys*, in 2016. Her second novel, *Penhale Wood*, was published in July 2017. She lives in Broken Arrow with her husband, Will Thomas, author of the *Barker and Llewelyn* mystery series.

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 MINI MAKER FAIRE

The Hardesty Center for Fab Lab Tulsa is hosting the Tulsa Mini Maker Faire on Saturday, Aug. 26, from 10 a.m. to 5 p.m. at Central Park Hall at Expo Square at 21st and Yale in Tulsa.

The Mini Maker Faire is a gathering of people who enjoy learning and who love sharing what they can do. From engineers to artists to scientists to crafters, Maker Faire is a venue for these "makers" to show hobbies, experiments and projects. Organizers describe it as "the Greatest Show (& Tell) on Earth – a family friendly showcase of invention, creativity and resourcefulness."

Tulsa's Mini Maker Faire is the local version of the award-winning national and international event celebrating technology, education, science, arts, crafts, engineering, food, sustainability and more in order to show people ideas and projects that they may not encounter every day. It can be a glimpse into the future.

continued next page

STEP BY STEP: STUDENT FULFILLS LIFE-LONG DREAM BY BECOMING A PROFESSIONAL BALLERINA

Sand Springs native TyLeigh Baughman makes Tulsa Ballet history by being the first student to go through Tulsa Ballet's Center for Dance Education (CDE), join the second company TBII, and then graduate to the main company. TyLeigh reflects on her dance education and says, "CDE teaches you from the beginning exactly what it takes to become a professional dancer so that in the end of your training you're ready to move on and start a career, while having a lot of fun along the way."

Tulsa Ballet Artistic Director Marcello Angelini has had the opportunity to witness TyLeigh grow into a professional ballerina and says, "TyLeigh is living proof that our school and pre-professional program works. She trained in our school and had plenty of opportunities to grow while in the second company. TBII dancers perform at least 20 educational programs every season, have six works created or staged exclusively for the ensemble every year, as well as taking daily class and performing with the main company. Take those experiences and combine them with quality training, along with natural talent, dedication and brainpower and what you get is an excellent professional dancer!"

TyLeigh will be joining the main company as an apprentice for the 2017-18 Season and says it has been her goal ever since she started dancing. "I'm really looking forward to working with all of these people that I've looked up to my whole life. It's going to be great."



PHOTO: TULSA BALLET

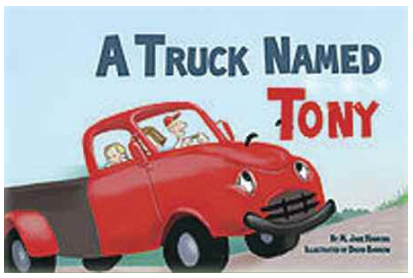
TULSA AUTHOR PENS CHILDREN'S PICTURE BOOK

Local author M. Jane Hawkins' new picture book, "A Truck Named Tony" (illustrated by David Barrow) is available now in both hardback and paperback at Amazon.com or DoodleandPeck.com.

Hawkins based her story on the family experience of her husband and son using their pickup truck to haul things. When her son was old enough to drive, he inherited the truck.

In Hawkins' book, the truck longs for a driver to adopt him from the showroom so that he can drive over bumpy roads, climb hills and go down valleys. Children will respond to the attachment that Tony the truck has to his family, especially the boy, and how the boy doesn't give up on his old friend.

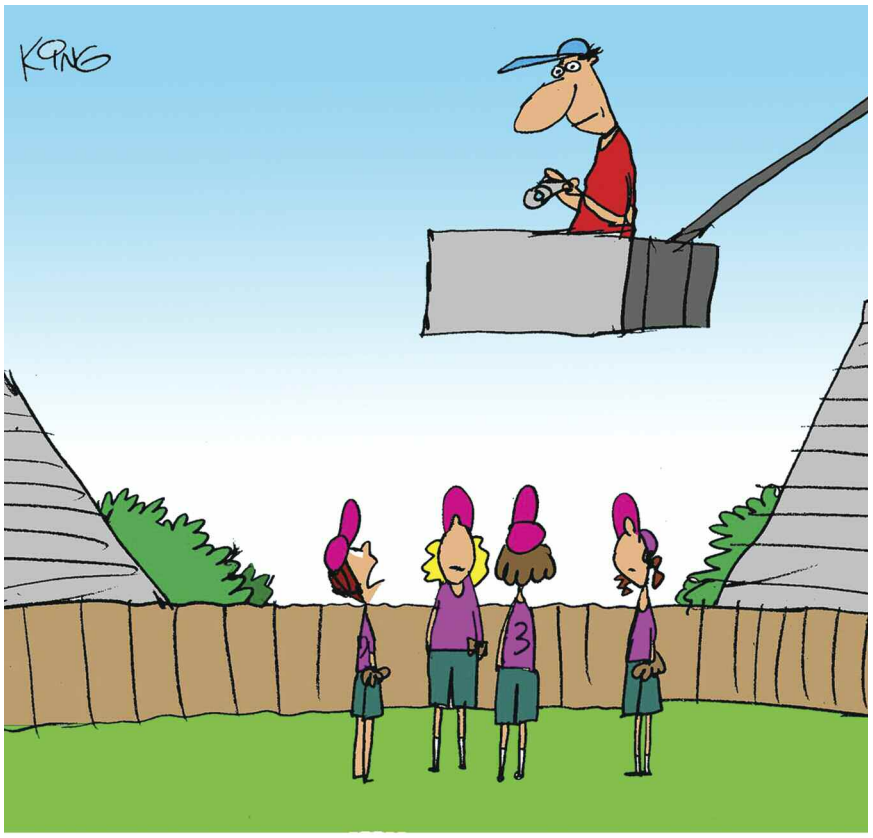
Watch for a book signing in Tulsa in September.



CORRECTIONS AND CLARIFICATIONS

Mizel Jewish Community Day School was spelled incorrectly in the July School Directors Guide.

2017 Family Favorites corrections in listings include: Spa Lux, Teri Sherwood and Upward Sports



"I know you want to get some good photos, dad, but the crane is a little distracting."



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BY KILEY ROBERSON

is your child stressed? tics may tell

Stress… as parents, we know that it's all part of the job. Between potty training, school activities and what's for dinner questions, parents learn to deal with stress fast. But what about children? Where adults can typically recognize situations that cause stress in our lives and develop strategies for dealing with it, children aren't quite equipped to do the same. Instead, they often exhibit stress and anxiety in physical and emotional outbursts –sometimes involuntary ones.

Shoulder shrugging, nose wrinkling, head twitching, throat clearing, eye blinking and more. Tics, by definition, are involuntary, brief (usually less than one second) motor movements that can happen anywhere from 10 to 100 times a day. Many times these movements are caused by stress, and according to the American Academy of Pediatrics (AAP), up to 24 percent of children may have a tic at some point in their young lives. This ailment is referred to as Transient Tic Disorder, and it is very common.

There are different types of tics children experience. They may be motor (like excessive eye blinking) or vocal (such as a habitual cough or chronic repetitive throat clearing noises), chronic (continuing throughout childhood), or transient (lasting less than 1–2 years). The AAP has also found that children with ADHD or attention-deficit/hyperactivity disorder are often more likely to develop tics as they get older.

> "Doctors agree that once a child begins to think about it, holding in a tic is as hard as holding in a sneeze or a yawn."

Tics are rarely diagnosed before the age of 2 and can begin anytime during childhood. Experts have found that boys are three to four times more likely to develop a tic than girls. Generally, tics come on slowly, last for a few weeks or up to a year and then regress again.

So as parents, what do you do if you notice what you think might be a tic? First, it's important for parents to understand that children cannot consciously suppress a tic. Doctors agree that once a child begins to think about it, holding in a tic is as hard as holding in a sneeze or a yawn. Next, when you first notice a tic – like eye blinking - take your child to the pediatrician. Your physician can help determine if there are additional concerns beyond your child's tic.

If your doctor concludes that there is nothing physically wrong with your child, it's best to simply ignore the tic. The AAP agrees that the best thing a parent can do is not to draw unnecessary attention to a child's tic. Drawing attention to a tic causes a child to think more about it, which inevitably worsens the condition.

Besides just ignoring a tic, helping your child to de-stress is also key. It may be hard to imagine, but children face a great deal of kid-size pressure in their lives. Learning a lot of new things, social interactions and extracurricular activities can be tough for little ones to manage. You may want to talk to your child's doctor or teacher to develop a plan to help minimize stress in your child's life.

Home life can sometimes be another source of stress for children, especially during times of family turmoil and trials. Spending time with your kids and talking with them about their concerns can help lighten the load. The AAP also recommends young children get plenty of sleep, which can go a long way toward eliminating stress.

Most often, tics are harmless, and the vast majority of tics are not the result of any underlying problem. Once the doctor gives your child a clean bill of health, the best thing to do is just ignore the tic, help minimize stress and make sure your child is getting enough sleep. These are the best measures to help your child deal with a problem that will most likely be short lived.



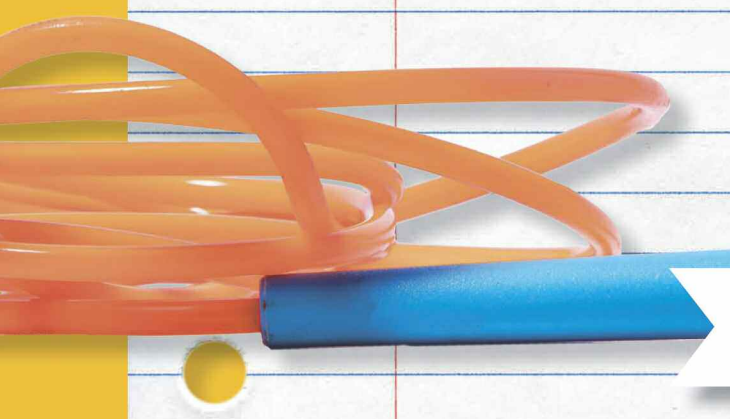
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BY GAYLA GRACE
PHOTO: LESLIE HOYT

weighing the benefits of **music lessons**

Piano lessons were not optional for me as a child. As a trained musician, my father insisted his four daughters start piano lessons at an early age. I didn't always enjoy it and often grumbled about the mandated practice sessions before and after school. My teacher was strict and had high expectations of his students, but I'm thankful today that piano lessons were a requirement my parents didn't budge on.

Music lessons compete with a host of other activities for our childrens' time and our money. How do we determine if music lessons are right for our child? Does it really make a difference in the long run if we expose our children to music education? The evidence of several studies supports the conclusion that the benefits of music lessons outweigh the cost and inconvenience they pose to parents to provide them.

What does the research show?

A study led by Dr. Glenn Schellenberg with 6-year-old children and another study led by Dr. James Catterall at UCLA, tracking more than 25,000 students over a 10-year period, cite the advantages of music lessons:

- Increases IQ scores
- Promotes intellectual development



- Improves test scores on standardized tests and other proficiency exams
- Improves cooperation with teachers and peers
- Suports self-confidence
- Improves ability to be able to express their ideas
- Improves eye-hand coordination, concentration, memory development, listening skills and the overall process of learning
- Enhances self-esteem and confidence as they perform in front of a teacher on a weekly basis and participate regularly in recitals or other performances.

Studying music encourages self-discipline and perseverance, along with time-management and organizational skills. Weekly lessons require students to prioritize their schedules to allow for regular practice time. When taking lessons as a child, I prepared each assigned piece to avoid an uncomfortable lesson or reprimand by my teacher. I was actively involved in church activities and sports at school, but I learned to manage my time to allow adequate practice time on the piano.

When should my child start?

Music lessons can begin as early as age 4, but an older child (7 or 8 years of age) has a greater attention span and focus for a musical instrument. It's important

continued next page

that a child has the desire to play an instrument, and not be forced by Mom or Dad to take lessons, but encouraged when showing an interest. Experimenting with different instruments will help a child determine what instrument he or she is best suited for. If a child begins lessons, he or she should commit to several months of study to gain a feel for the instrument.

Where can I find a teacher?

Finding a teacher that your child can relate to is also important. Learning to play an instrument should be fun and interactive, although it requires a fair amount of work. Referrals from other parents and students offer valuable insight. Interviewing a potential teacher helps identify teaching styles and personality traits before beginning lessons. It's also important to know the fee schedule and policies regarding make-up lessons.

Is it too late to learn?

It's never too late to learn to play a musical instrument. As a former piano instructor, I loved working with teenage and adult students, who were often more committed and disciplined in the learning process. Older students prioritize their lessons and practice time over other commitments and have better focus and longer attention spans, which allows for faster learning and greater satisfaction with the process. Music lessons offer a new challenge for teenagers and adults and can have therapeutic effects.

Learning to play a musical instrument is like earning an education–once you obtain the skill, it can't be taken away from you and can provide enjoyment and satisfaction for years to come. So, what are you waiting for? Seize the opportunity and schedule music lessons today for you or your child!



BY JULIE WENGER WATSON

surviving (and thriving) the move from middle school to high school

The end of the summer signals the start of the new school year. While it's always an adjustment returning to the rhythms of homework, early bells and slamming lockers, transitioning from middle to high school can add another layer of stress for both kids and their parents. New building, new peer group, more freedom and more responsibility seem to arrive overnight.

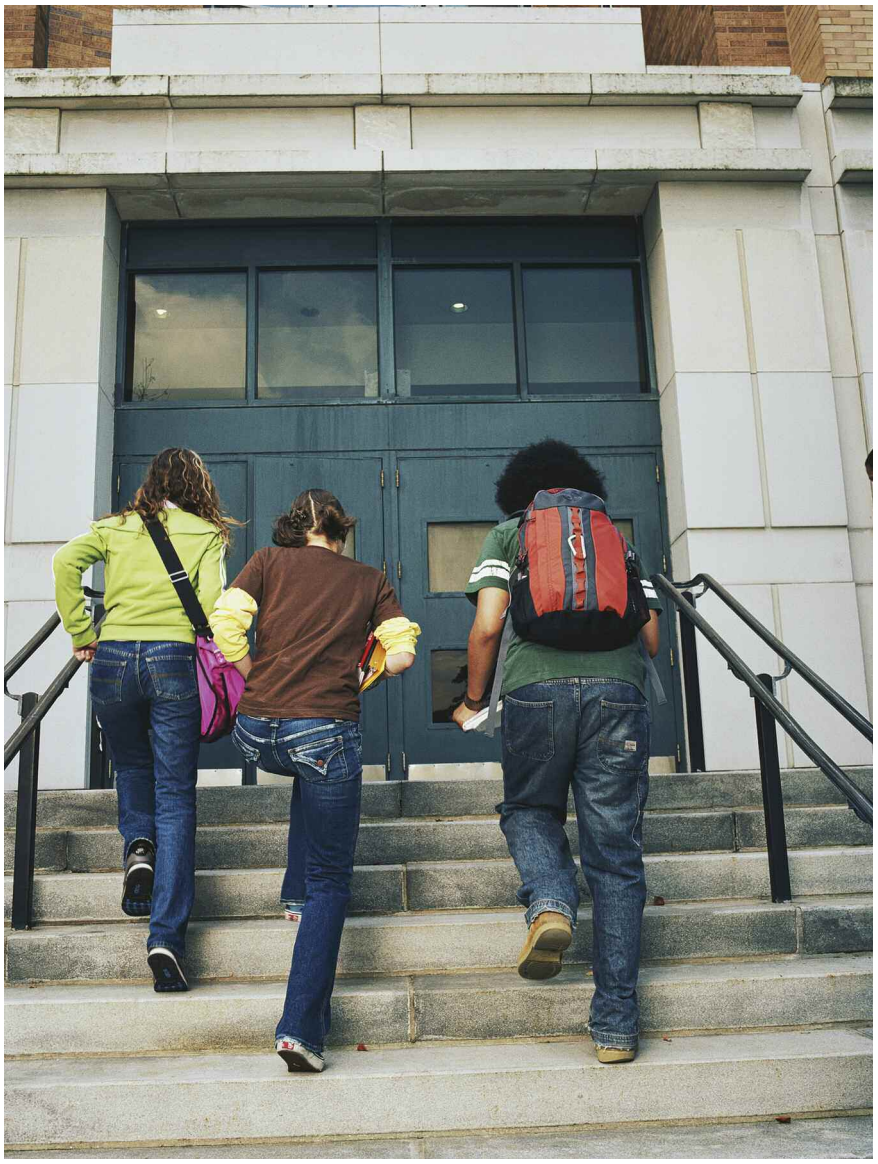
"The transition to high school from middle school is difficult for some students, but not all of them," said long-time Tulsa educator James Furch.

Furch was an educator for 42 years and was Booker T. Washington High School's principal from 2009-14.

"The curriculum is more difficult, and high school teachers expect more from their students in regard to their assignments," he explained.

Furch advises parents to stay involved, paying attention to their child's study habits and addressing any concerns about academics or social issues with the school's counselors.

Sam R. and Grace L. just completed their freshman year at Washington. Each of them had anticipated that the transition to high school would be challenging. Sam came from Carver Middle School, a feeder school to Washington, so many of his friends also enrolled at Washington. Grace, however, came from a private school, and she only knew a handful of kids at the start of her freshman year. Both Sam and Grace emphasized the importance of making new friends and getting involved.



"Transitioning from middle school to high school is challenging, but it's also rewarding," noted Sam. "Meeting new people, whether it's students, teachers or counselors, is the most important aspect of the transition."

Grace offered similar advice. "Don't procrastinate. Branch out and make new friends."

While Sam admits the social adjustment wasn't always easy, he viewed that time as an opportunity for growth and self-exploration, too.

"To any and all entering freshmen, I have one word for you: search. Search out new opportunities, new friends, and new passions," Sam said. "Freshman year is the year that you will take on a slightly new identity. When placed into a brand-new environment, one focused on growth, you are given a lot of room and re-

continued next page

sources to become more of 'yourself' than you have ever been. This is an opportunity you will rarely be gifted; don't waste it. You are a professional at being yourself. High school is about becoming the best self you can be."

While parents may be tempted to take a big step back when their kids enter high school, parental involvement is still very important even as roles and responsibilities change. A listening ear and emotional support are always needed. Encouraging kids to get involved with school-related clubs and extracurricular activities as their schedules permit helps ease the transition and can provide a structure for more introverted kids to make friends. As a parent, attending open houses and conferences keeps lines of communication open and helps keep small problems from turning into big ones.

"I would tell parents to make sure their kids are doing okay and just be supportive," Grace suggested.

Sam also advocates support, but with some distance. "High school is all about change, so parents can be tremendous help if they nurture that change. But also remember to let it happen," he commented. "I think the best way for parents to help their high schooler is to help them change and push them to change and find new things and become their adult selves. However, also remember that independence is the end goal."

Transitioning to high school can be stressful for both students and their parents. Learning to navigate a child's increased responsibilities and growing independence can be a challenge for all involved, but with the right balance of support and encouragement, high school can be a time of growth and maturation.

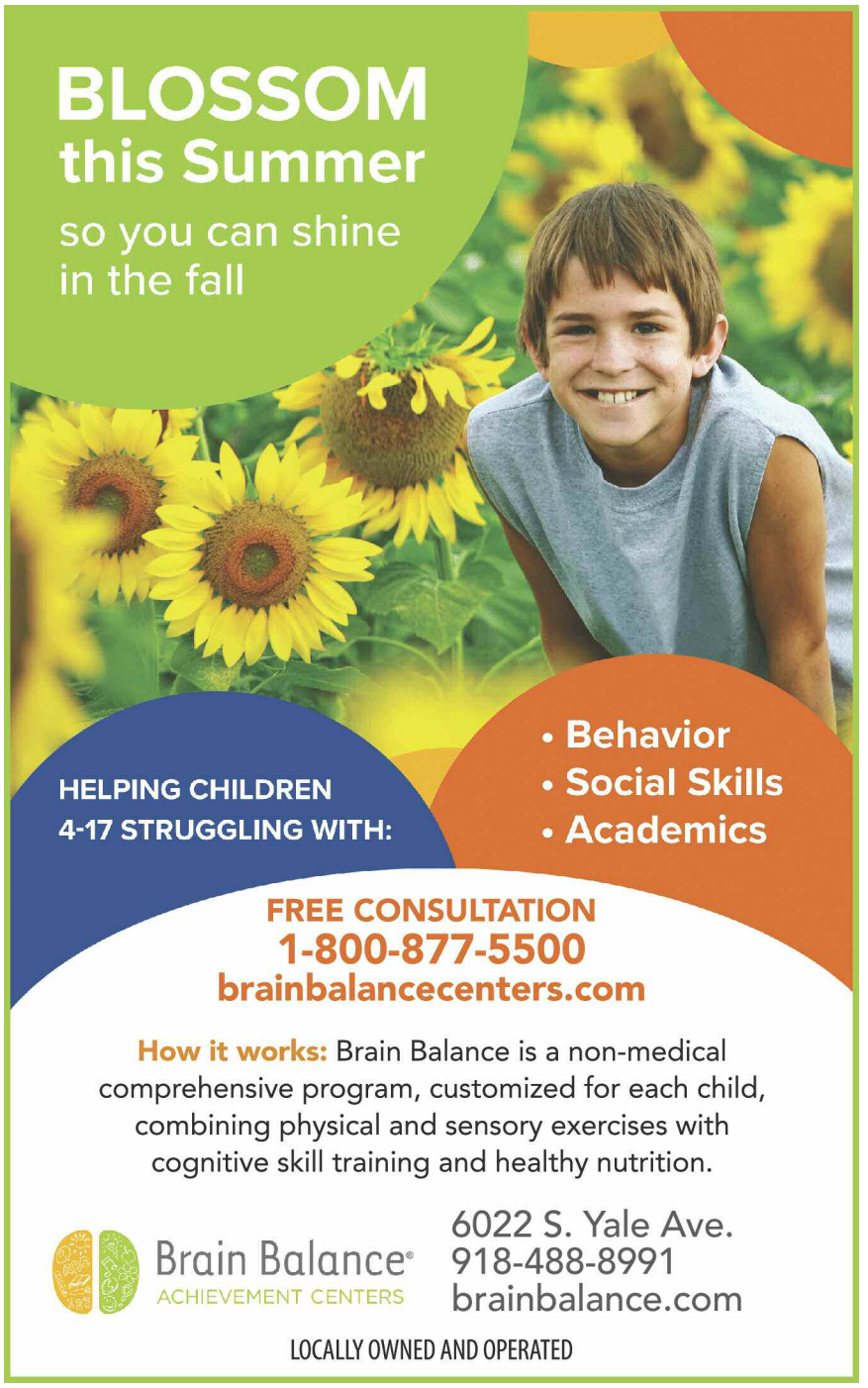
As Sam said, "It's all about finding your place and learning how to thrive in that place."













BY NANCY A. MOORE

PHOTO CREDIT: SHEEBA ATIQI

Andrea Taylor: **motivated mom making a difference**

Andrea Taylor is a mother of two who combines love and compassion with her strong desire and unwavering support to help find a cure for her son's rare disease known as arterial tortuosity syndrome (ATS). In addition to spending countless unpaid hours researching his condition, she founded a nonprofit, A Twist of Fate – ATS, which works to bring awareness and funding to eradicate this disease. In fact, through Taylor's efforts, A Twist of Fate-ATS was recently awarded the 2017 Impact Award from the National Organization for Rare Disorders.



TK: Tell us about your children.
Andrea: I have two boys. Aaron is 10 years old, going into fifth grade, and Aiden is 9 years old, going into fourth grade. They both like to play video games, swim and hang out with friends. We also have a pony named "Thunder" that the boys take care of.

TK: What is the rare disease that your child has?
Andrea: Aiden has arterial tortuosity syndrome (ATS), which is a rare genetic disorder characterized by the lengthening and twisting of arteries throughout the body that can cause severe complications during infancy, early childhood and beyond.

TK: How was his condition detected?
Andrea: We are originally from central Arkansas, and when he was 2 years old, he had two phenomena episodes a few weeks apart. At the time, a CT scan of his chest was performed, and Dr. Fontenot, the cardiologist working at the time, happened to be looking at the charts and grabbed Aiden's. It was like nothing he had ever seen before. He saw extreme tortuosity (twisting of his organs) resulting in extreme pressure to his heart causing it to enlarge. In an effort to relieve the pressure, Dr. Fontenot performed a surgery to insert a catheter into his heart, but due to Aiden's condition, he wasn't able to. At the time, the doctor didn't know what Aiden had, but through research, he ran across information about ATS.

TK: What resources are available for your child?
Andrea: After we finally had a name attached to it, I immediately began searching for more information on the Internet, only to find that there was not much available. In my research, I would follow links and use them to send email to those people who had posted the information, and that's how I started talking to doctors around the world. At the time, Johns Hopkins [Hospital in Baltimore, Maryland] only had one patient they had seen in their clinic.

TK: How did you decide to form a nonprofit?
Andrea: This came about from contacting the few families who have the same disease and deciding there needed to be one place for all the information and also a way to connect people. In reality, I had no idea how to start a nonprofit, but I did. In August 2014, I formed A Twist of Fate - ATS, a 501(c)(3). After forming it, I applied for a grant and received $54,000. That money allowed us to fly in patients to Little Rock from all over the world, including families from England and Bermuda to work with the specialty doctors.

TK: What is the purpose of A Twist of Fate-ATS?
Andrea: Our goal as a patient group is to link families with researchers and physicians to learn more about this ultra-rare disorder, to promote awareness and education about ATS, support families with ATS, as well as to help fund research for ATS.

TK: How has forming the nonprofit helped to raise awareness of ATS?
Andrea: In 2016, we partnered with Arkansas Children's Hospital in Little Rock, where we started the first multidisciplinary clinic, which allows patients to see all the doctors they need in one place in one day instead of spreading it out over days or weeks. We have also been able to petition the Center for Disease Control and have gotten an ICD-

continued next page

10 code Q87.82. This allows it to be recognized by insurance as well as have the ability to be tracked.

TK: What recognition has A Twist of Fate – ATS received?
Andrea: We were nominated for the 2017 NORD (National Organization for Rare Diseases) Rare Impact Awards and, needless to say, we were the one organization out of 260 that was chosen for this award. I had no idea what I was doing would lead to this.

TK: How has all of this changed your life?
Andrea: I am confident and comfortable with the team of doctors who are working to take care of and treat Aiden. Personally, I know how hard I work, without pay, to help advance the treatment and cure for my son as well as so many others. Over this process, I have dedicated my time to research and education.

TK: What are your thoughts regarding all you have accomplished?
Andrea: It doesn't matter what your background or education is, if it's something you're passionate about and if you put your mind to it, you can achieve it.

For more information on ATS or A Twist of Fate-ATS, visit www.atwistoffate-ats.com.





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KIDS AND COMMUNICATION:

CLINICAL AND NON-CLINICAL OPTIONS FOR SPEECH THERAPY

WORDS AND PHOTOS BY MARY SMITH

When a toddler wraps his arms around you and says, "I WUV you!" or charms you with her little lisp, you may be overwhelmed with the adorableness, but if those speech patterns continue, it might be time to call in the speech-language pathologist, also known as a speech therapist. Speech therapy is not only for correcting stuttering, disfluency, or the "l" or "r" sounds that young children often struggle with. Speech therapists also work with children who have autism to increase their communication skills and can help children overcome oral sensory issues that may get in the way of their eating.

In addition, speech therapists can treat other issues, including: trouble understanding or expressing language, voice problems, using verbal and nonverbal communication appropriately in social situations, and difficulties in organizing thought or paying attention as a result of trauma or injury.

If you believe your child may be behind on his or her developmental speech sounds or could use some help in any of these areas, a professional speech-language pathologist can address your concerns. And, when an abnormality or issue is identified early, it could potentially prevent future problems from developing.

However, figuring out where to start can be overwhelming for parents. Clinics, nonprofits, individual therapists and even teletherapy are some of the options locally

available. The professionals suggest finding an environment that is best-suited to your child's specific needs.

Speech Therapy Clinic

A clinic setting has many benefits and can be a good place to have your child's hearing or speech screened to better see how to proceed.

"I think one of the unique things about working in a clinic is collaborating with your colleagues; it's a lot easier in a clinic setting," Mandy Foster, TherapyWorks' lead speech therapist, said.

TherapyWorks, a full-service therapy clinic in Tulsa, has not only speech therapists but physical and occupational therapists as well. Having a variety of therapy backgrounds all in one place allows for quick consultations and second opinions in a single visit.

The multidisciplinary team can help a child with multiple needs and can even help better identify areas to work on or provide additional screenings for potential problems.

Another benefit of a clinic such as TherapyWorks is that the facility has on-site gyms, a quiet room, various therapy rooms for different ages and a kitchen. Utilizing a variety of environments helps children generalize, or apply, what they've learned in therapy to everyday life more quickly since some of the activities or objects used resemble real-life activities and objects.

"Increasing communication can affect confidence, and it can affect social skills," Foster said. "That's something we see a lot."

At TherapyWorks children have the opportunity to work with other children at the center to practice their practical skills and social skills in a controlled setting. The opportunity to interact with their peers motivates them to communicate and is beneficial to a child's improvement.

Something that Foster encourages parents or guardians to look for when researching clinics or speech therapists is one that specializes in what their child needs most help with. For example, TherapyWorks offers six speech therapists, each with a different focus. One works more with children with autism, one works with feeding disorders and so on. The staff also includes a bilingual speech therapist.

While speech therapists know how to treat a variety of disorders, most often they specialize in one area, so it's beneficial to find a therapist that can best meet your child's specific needs.

University Teaching Clinic

Another clinic in the Tulsa area is the Mary K. Chapman Center for Communication Disorders at The University of Tulsa. The clinic doubles as a teaching facility where students offer therapy and assessment under American Speech-Language Hearing Association (ASHA) certified supervisors.

"Students are usually highly motivated to do well because they have hearts for serving and hearts for learning, and they have been in courses with the most up-to-date information," Clinic Coordinator Suzanne Thompson Stanton said.

Some of Mary K. Chapman services include free speech-language and hearing tests for children, speech-language and hearing assessments, speech-language therapy, audiologic rehabilitation and "food school" for food sensory issues. Because it is a university clinic, rates are low.

The Chapman Clinic's unique accessibility to a variety of demographics is possible because of its status as a teaching facility. The Chapman Foundation gives scholarships to those in need of therapy and a portion of the donated funds is dedicated to reaching out the Hispanic community in Tulsa, so interpreters are also available at no additional charge, Stanton said.

The Mary K. Chapman Center also offers seasonal and year-round programs such as the Language Lab and summer programs such as Articulation Boot Camp. The Language Lab is a play-based service available twice a week for an hour-and-a-half that teaches therapy through play and allows for children to learn language by interacting. Articulation Boot Camp is a more rigorous therapy for sound disorders and meets for an hour a day, four days a week

"Research has shown that more intensive, frequent training can often lead to better outcomes in improving speech disorders or delays," Stanton said.

These programs use familiar, real-life themes such as farms or airports to help children practice everyday vocabulary, allowing them to more quickly generalize what they learn in therapy sessions.

Some advantages to the clinic are the various playrooms and objects used to engage motor and fine motor skills while children learn and practice those skills.

"We believe that children learn language and speech through play," Stanton said.

Incorporating motor skills with therapy makes it more enjoyable and memorable, so children generalize what they've learned faster.

An aspect of the clinic setting that may be overlooked is the sense of camaraderie among of the parents that frequent the same clinic or who have kids with similar disorders, Stanton said. Meeting other parents who understand what you're going through can often be reassuring.

Teletherapy

Ever heard of it? This type of speech therapy hasn't quite caught on in the Tulsa area yet, but is widely used in other states, including Illinois and Washington. The object of Teletherapy is to receive speech therapy (and even physical or occupational therapy, depending on the company) through a video chatting program similar to



Skype but much more secure.

It may sound strange, even unsafe, but local teletherapist Stacy Puckett assures parents otherwise.

"When you think about traditional speech therapy, you think of sitting on the floor and being really hands on, so I wasn't sure how that would transfer over through the Internet," Puckett said.

After working in school and clinical settings as a speech therapist for years, Puckett now works for the Utah-based company eLuma Online Therapy, which employs 80 to 90 speech, occupational and physical therapists from across the country. Puckett works from an office in Jenks and has had clients in an Illinois school, and now works with elementary and middle schoolers at a school in Washington.

After working for several years as a traditional therapist, Puckett transitioned to teletherapy and can't see herself ever going back.

"I was really shocked because I felt like I truly saw more results working with kids that way than through any other methods I'd used before," Puckett said. "I don't know that I'd ever go back to traditional therapy because I just feel like it's the next new thing."

Since technology has become so ingrained in everyday life, having therapy on a digital platform is more intuitive for children than most people would think, Puckett said. From an early age, children are surrounded by devices and understand how to use them. Making therapy available online has had enormous benefits both for the children and their families.

The accessibility of the therapy has been one of the biggest benefits, Puckett said. It allows for therapy anywhere and anytime, so a child could even receive therapy on vacation or from home, making it easy for children who may have physical disabilities or for working parents.

Teletherapy provides highly individualized therapy for one or two children at a time, so the intentional attention often leads to trust and attachment formed between therapist and child despite communicating through screens.

"I get really attached to the children, and you wouldn't think you'd have that kind of connection with them, but, to me, it's almost more intense because you don't have the outside distractions, and you can both really focus in," Puckett said.

She regularly sees children with autism, receptive and expressive language disorders and behavioral disorders for 30-



minute sessions, and often has children with the same or similar issues pair up for their therapy. A teacher's aide or other adult is usually in the same room with the children to keep them on task, but Puckett can alter what the children see on their screen to limit distractions. They often play games that use language or sounds or go through stories and practice reading comprehension together, activities that are all lead and monitored by the therapist.

For parents who are unsure of this newer form of therapy, Puckett always invites parents to observe the end of the child's session and decide whether they want to continue or not. In her experience, having parents see that they're not just playing games and instead legitimately learning and practicing new skills is reassuring.

While teletherapy isn't for every child, it has been a positive option for many. Puckett encourages parents to consider teletherapy if they're looking for a speech therapist, but also to do their research beforehand.

"I've dismissed a lot more kids in the past two years than I ever did in a traditional therapy session," she said. "I think it's important for parents to know that they have options, and that this can be done in Tulsa."



Home Speech Therapy

Speech therapists also commonly offer their services in their clients' homes or out of their own homes, depending on the client's preference. These speech therapists offer similar services to clinics limited to each individual's specializations and travel radius.

Kristen Harris is a speech therapist who moved to Tulsa from Arkansas, struggled to adjust to the Oklahoma clinic settings and instead decided to do speech therapy from clients' homes. As her own boss, she has the freedom to charge hourly rates and see clients as often as their parents want.

When sessions are in a child's home, Harris can use toys or everyday tasks to put therapy lessons in an already familiar context. She even uses an activity such as baking so that children can practice certain speech and language skills.

"I try to implement their world into therapy," Harris said. "I think speech is ideal to do in the home."

Her main goal in therapy is to treat symptoms and not a diagnosis because she believes that placing emphasis on a label limits what a child can do in her mind. Instead, she focuses on individual issues and examines the possible neurological factors behind them.

Harris also makes an effort to meet her clients where they're at and observe their behaviors to see what the underlying issue may be instead of jumping to correct certain behaviors, something other speech therapists are taught to do. Ultimately, she wants to see her clients' communication potential be recognized and to see them confidently progressing in their own unique ways.

"I want to get them thriving, not just surviving," Harris said. "That's why I love my job, because everybody I see is a puzzle, and it's a really fascinating job."

To learn more about speech developmental milestones, check out the American Speech-Language Hearing Association's (ASHA) website. However, if you suspect that your child may not be meeting a speech developmental milestone or even if something seems "off," consult your doctor or a speech therapist for a screening.

"If you have an inkling that something isn't right and everyone is saying that everything's fine, go with your gut and do something about it because that early intervention is key," Harris said.

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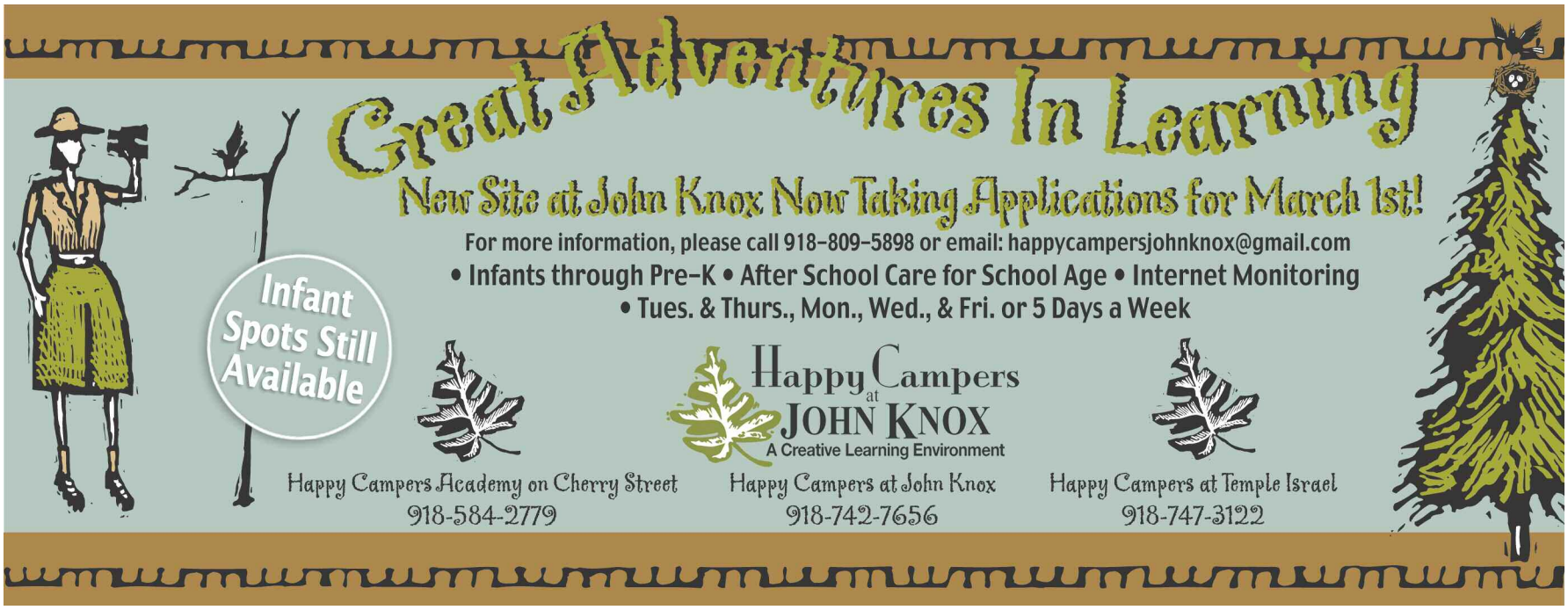
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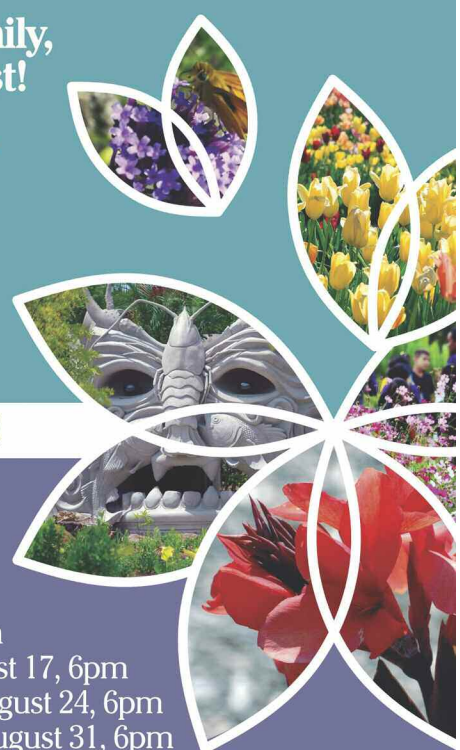
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Meteor Shower Viewing
August 12, 9-11pm

National Honey Bee Appreciation Days
August 19 & 20, 1pm



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Dog Night - August 3, 5 - 8pm
Wellness Night: Yoga - August 17, 6pm
Music Night: Grazz Trio - August 24, 6pm
Bonus Night: Plant Walk - August 31, 6pm

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August 26

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August 1 Tuesday

BUILD A BETTER WORLD WRAP-UP PARTY [FREE]
Wrap up the Summer Reading Program with fun building and creating activities, and treats. For ages 5-12. Collinsville Public Library, 1223 W. Main Street, Collinsville; 2-3 p.m. www.tulsalibrary.org

August 2 Wednesday

STORY TIME ON THE GREEN [FREE]
Head to Guthrie Green for story time with Magic City Books! Afterward, cool off in the splash pad and grab a delicious lunch at Food Truck Wednesday. Guthrie Green, 111 E. M.B. Brady St.; 10:30 a.m. www.guthriegreen.com

August 3 Thursday

FAMILY MOVIE NIGHT: "HIDDEN FIGURES" [FREE]
Watch the incredible story of three brilliant African-American women working at NASA, who crossed gender and race lines to inspire generations to dream big. For all ages. Rudisill Regional Library, 1520 N. Hartford Ave.; 5-8 p.m. www.tulsalibrary.org

DOG NIGHT AT TULSA BOTANIC GARDEN
Bring your pup for a walk to enjoy the Garden together. There will be wading pools to keep cool, and Tulsa SPCA will be on hand with their mobile adoption unit. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 5-8 p.m. www.tulsabotanic.org

August 4 Friday

FIRST FRIDAY ART CRAWL [FREE]
This year-round monthly event features all of the Brady Arts District studios, museums and part-time galleries in various shops opening their doors to showcase local talent. Several of the museums offer special activities for kids. Brady Arts District; 6-9 p.m. www.thebradyartsdistrict.com

FIRST FRIDAY CONCERTS AT LAFORTUNE [FREE]
Bring a lawn chair or blanket, sit back and relax to the sounds of some great, local musical talent. LaFortune Park, 5202 S. Hudson Ave.; 7-9 p.m. www.parks.tulsacounty.org

August 5 Saturday

FLEET FEET 2017 BEDLAM RUN
OU or OSU? Pick a side and run to represent the better school! 10K, 5K or one mile fun run options available. Fleet Feet Sports-Blue Dome, 418 E. 2nd St.; 7:30 a.m. www.fleetfeettulsa.com

LITTERATI JR. SUMMER CLUB [FREE]
Join The Water Co., Nova Comics and The STEMcell Science Shop for a free summer program for kids ages 5-12. Kids will spend 30 minutes learning and 30 minutes bagging and tagging litter using the free Litterati app. Add up your tags to get tickets for various Boxyard shops. The Water Co., 502 E. 3rd St. #33; 10-11 a.m. www.facebook.com/thewaterco

COMMUNITY CALENDAR | AUGUST

August 6 Sunday

WALKER STALKER CON
Walker Stalker Con is the biggest zombie, horror and sci-fi convention in the world. See your favorite actors from The Walking Dead, and more. Cox Business Center, 100 Civic Center; 10:30 a.m.-5 p.m. www.walkerstalkercon.com/tulsa

COMPOSTING WITH WORMS
Tulsa County Mater Gardener and Master Composter Steve Wood will give a short talk on composting and demonstrate how to build your own worm composting bin. Bring the family to get up close with some wiggly worms! Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 1 p.m. www.tulsabotanic.org

August 7 Monday

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do at home. Tulsa Children's Museum, 560 N. Maybelle Ave.; 10:30-11 a.m. www.tulsachildrensmuseum.org

August 8 Tuesday

SHOPPING HEALTHY FOR CHILD NUTRITION STORE TOUR [FREE]
Join a Reasor's Registered Dietician for a store tour focused on child nutrition. Children can participate in a scavenger hunt, and parents can ask questions about child nutrition. Registration is required. Reasor's, 3829 Oklahoma 97, Sand Springs; 2:30-3:30 p.m. www.reasors.com

August 9 Wednesday

GAMER LAB [FREE]
Teens get to take over the computer lab for two hours and play games without using their library card. Martin Regional Library, 2601 S. Garnett Rd.; 3-5 p.m. www.tulsalibrary.org

THE GATEWAY MORTGAGE GROUP SUMMER CONCERT SERIES: STARS GO DIM [FREE]
Enjoy the music of Tulsa's own Stars Go Dim at this free outdoor concert. Jenks Riverwalk, 300 Riverwalk Terrace; 7-10 p.m. www.riverwalk-tulsa.com

August 10 Thursday

STORY TIME IN THE GARDEN [FREE]
Story Time at the Linnaeus Teaching Gardens is held every Thursday through September. Picture books with garden themes will be read, followed by a fun activity. This week's theme is "Shapes and Numbers." Linnaeus Teaching Gardens, 2435 S. Peoria; 10 a.m. www.tulsagardencenter.com

August 11 Friday

SEW EASY FELT COASTER [FREE]
Kids can learn some basic embroidery stitches and make a cute felt coaster with the help of Brookdale Cedar Ridge residents. For ages 5-12. Broken Arrow Library/South, 3600 S. Chestnut Ave; 10:30-11:30 a.m. www.tulsalibrary.org

CRAYONS IMPROV COMEDY SHOW
Crayons Improv uses audience suggestions, participation and drawings to create unique, one of a kind scenes that are hilarious and for all ages. Woodlake Youth Center, 2339 S. 73rd East Ave.; 7-8:30 p.m. www.crayonsimprov.com

August 12 Saturday

WILL ROGERS AND WILEY POST FLY-IN [FREE]
Watch vintage aircraft land on a 2,000 foot strip adjacent to Will Rogers Birthplace Home. Spectators get a close-up view of planes and visit pilots. There will also be exhibits of antique and classic cars and motorcycles, a Cherokee storyteller, inflatables for children, food trucks, and tours of Rogers' birthplace home and an Amish-built barn. Will Rogers Birthplace Home, 9501 E. 380 Rd., Oologah; 8:30 a.m.-1:30 p.m. www.willrogers.com

BACK TO SCHOOL EXPO [FREE]
Shop for your kid's back-to-school needs, including no-cost and low-cost immunizations, free haircuts, and free backpacks with school supplies for the first 3,000 kids. There will also be performances and other activities throughout the event. The Exchange Center at Expo Square, 4145 E. 21st St.; 9 a.m.-2 p.m. s

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

August 13 Sunday

THE SUNDAY POST [FREE]
The Sunday Post is a family-friendly market featuring vendors, live music and a children's area. PostRock Plaza, 10438 S. 82nd E. Ave; 1-4 p.m. www.postrockplaza.com

PROFESSIONAL BULL RIDERS
Watch the Top 35 bull riders in the world wow fans with high-flying, nail-biting non-stop action as they go head-to-head in the most harrowing 8 seconds in sports. BOK Center, 200 S. Denver Ave. 1:45 p.m. www.bokcenter.com

August 14 Monday

SUMMER SIGNATURE TOUR
From Remington and Russell to Native American works, see some of the finest Western art in the country during this docent-facilitated tour. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City; 1-2 p.m. www.nationalcowboymuseum.org

August 15 Tuesday

BACK-TO-SCHOOL COMMUNITY RESOURCE FAIR [FREE]
Start the year off right with information, school supplies and services from 40 community organizations. For ages 5-18. Martin Regional Library, 2601 S. Garnett Rd.; 9-11 a.m. www.tulsalibrary.org

BICYCLING 101 WITH CITY CYCLES: WHERE TO START YOUR RIDE [FREE]
Bicycling enthusiast Jake Drevs will share route information and bicycle safety tips, such as involuntary dismounts, using turn signals and sidewalk protocol. For ages 10-18. Helmerich Library, 5131 E. 91st St.; 6-7:30 p.m. www.tulsalibrary.org

August 16 Wednesday

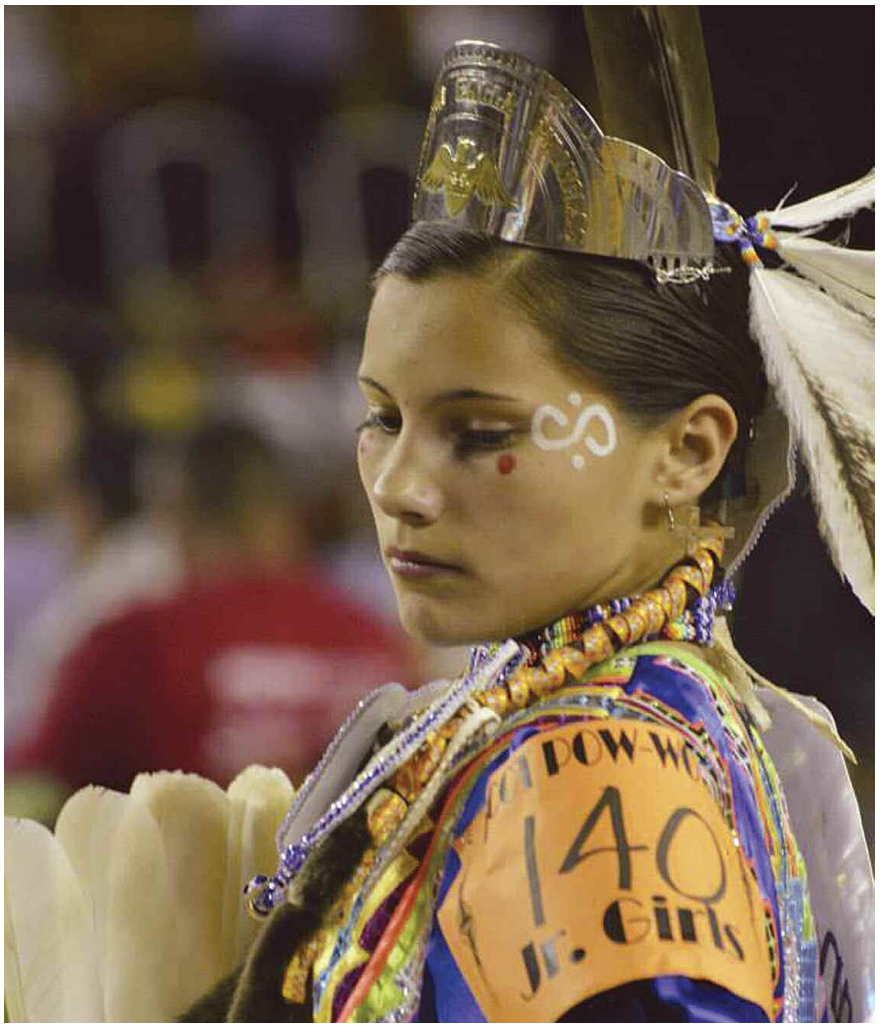
BUILD-A-READER STORYTIME: PRESCHOOLER [FREE]
The best in children's literature, songs, games, finger rhymes and other reading-related activities will be shared with your preschooler. Afterward, enjoy games and activities that foster critical early literacy skills. Maxwell Park Library, 1313 N. Canton; 10:30-11:30 a.m. www.tulsalibrary.org

August 17 Thursday

HARDESTY SPILLED INK, TEEN CREATIVE WRITING GROUP [FREE]
Develop your craft through writing exercises! Bring something of your own to share with the group, or just socialize while getting to know other writers. Hardesty Regional Library, 8316 E. 93rd St.; 6-7 p.m. www.tulsalibrary.org

SUMMER'S FIFTH NIGHT AT UTICA SQUARE [FREE]
This week's Summer's Fifth Night concert features the Jambalaya Jazz Band! Put on your dancing shoes and look forward to winning great prizes like Utica Square gift certificates and merchandise from Utica Square merchants. Utica Square, 21st and Utica; 7-9 p.m. www.uticasquare.com

MOVIE ON THE GREEN: "BEAUTY AND THE BEAST" [FREE]
Enjoy the new adaptation of "Beauty and the Beast," featuring Emma Watson, at Guthrie Green's weekly summer movie night. Guthrie Green, 111 E. M.B. Brady St., 8:30 p.m. www.guthriegreen.com



August 18 Friday

INTRODUCTION TO GAME DEVELOPMENT FOR ADULTS [FREE]

Do you love video games? Have you ever wanted to make one? Here's your chance to get started, with help from Richard Mitchell of Tulsa Game Developers. Central Library, 400 Civic Center; 2-3 p.m. www.tulsalibrary.org

RAGTIME

Based on the 1975 novel by E. L. Doctorow, "Ragtime" tells the story of three groups in New York in the early 20th century: African Americans, upper-class suburbanites, and Eastern European immigrants. Tulsa PAC-John H. Williams Theatre, 110 E. 2nd Street; 8 p.m. www.tulsapac.com

August 19 Saturday

BUTTERFLY WALK [FREE]

Stroll the grounds of the beautiful Oxley Nature Center in search of butterflies on the third Saturday of every month, April through October. Oxley Nature Center-Mowhawk Park; 9:30 a.m. www.oxleynature-center.org

IMAGINATION DAYS AT AHHA [FREE]

Families can learn about the art of our time and experience it first hand through gallery explorations, discussions, film, demonstrations, and individual and collaborative hands-on activities. Hardesty Arts Center, 101 E. Archer St.; 12-5 p.m. www.ah-hatulsa.org

August 20 Sunday

FUNDAY SUNDAY AT GILCREASE

Enjoy art-making stations, an art hunt, the Kravis Discovery Center, beautiful gardens and featured activities at this monthly event. For families with children ages 3-15. Gilcrease Museum, 1400 North Gilcrease Museum Road; 12-4 p.m. www.gilcrease.org

August 11-13

40TH ANNUAL POW WOW OF CHAMPIONS

EVERYONE IS INVITED TO THE INTERTRIBAL INDIAN CLUB OF TULSA'S 40TH ANNUAL POW WOW OF CHAMPIONS, WHICH CELEBRATES AMERICAN INDIAN HERITAGE, PARTICULARLY THROUGH TRADITIONAL ARTS SUCH AS DANCING, SINGING AND THE DRUM. THERE WILL ALSO BE VENDORS SELLING POTTERY, SILVERWORK, T-SHIRTS AND MORE, AND FOOD BOOTHS SERVING TRADITIONAL AND CONTEMPORARY NATIVE FOODS, SUCH AS BRISKET, INDIAN TACOS AND CORN SOUP. ORU MABEE CENTER, 7777 SOUTH LEWIS AVE. DOORS OPEN FRIDAY, AUGUST 11, AT 5 P.M. AND ON SATURDAY AND SUNDAY, AUGUST 12-13, AT 11 A.M. WWW.IICOT.ORG

NATIONAL HONEY BEE APPRECIATION DAY

Celebrate National Honey Bee Appreciation Day with the Tulsa Botanic Garden. Greg and Shelly Hannaford of Tulsa Urban Bees will give a short talk on honey bees and beekeeping; they will bring an observation bee hive and honey samples for tasting! Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 1 p.m. www.tulsabotanic.org

August 21 Monday

SENSORY ACTIVITY FOR YOUNG SCIENTISTS

This program, facilitated by a museum educator, allows for children to explore their senses by getting their hands dirty and learning about science. Best for kids 2-6 years. Tulsa Children's Museum, 560 N. Maybelle Ave.; 10:30-11 a.m. www.tulsachildrensmuseum.org

August 22 Tuesday

AFTER-SCHOOL TEEN HANGOUT [FREE]

Play board games, make crafts or work on your homework at the Helmerich Library. Helmerich Library, 5131 E. 91st St.; 3-5 p.m. www.tulsalibrary.org

YOGA IN THE PARK

This weekly donation-based class ($5-15) hosted by I AM and Cherry Street Yoga is one of the biggest outdoor yoga classes in Tulsa. For all ages and stages! Elwood's, 1924 Riverside Dr.; 6-7 p.m. www.facebook.com/cherrystreetyoga

August 23 Wednesday

TARC TEEN "CONNECTIONS" GROUP [FREE]

This a social skills group for middle and high school students with Asperger's and high functioning autism. The Teen "Connections" group meets on the fourth Wednesday of each month. TARC Office, 2516 E. 71st St., Suite A; 4:30-6 p.m. www.autismtulsa.org

FAYETTEVILLE ROOTS FESTIVAL KICKOFF! [FREE]

Presented by artinfusion, welcome The Roots Festival to Bentonville with outdoor music and food, featuring Jacob Jolliff Band (of Yonder Mountain String Band), Matt The Electrician (Austin, TX), Raina Rose (Austin, TX) and chefs from across the nation, region, and Northwest Arkansas collaborating on dynamic food tastings. Crystal Bridges Museum, 600 Museum Way, Bentonville, AR; 7:30-10:30 p.m. www.crystalbridges.org

August 24 Thursday

FREE CAR SEAT SAFETY CHECKS [FREE]

Make sure your child's car seat is installed correctly! This is a monthly event, occurring every 4th Thursday, excluding holidays. Bixby Fire Station # 2, 8300 E. 121st Street South, Bixby; 2-4 p.m. www.bixbyok.gov

MUSIC NIGHT: GRAZZ TRIO

Enjoy the bluegrassy, folky and bluesy sounds of the Grazz Trio (Cody Brewer, Cody Clinton and Kurt Nielson) while watching the sun set in the Garden. Tulsa Botanic

TICKETS START AT JUST $25
August 25, 7pm | Tulsa Ballet's Studio K Theater in Brookside
August 26, 7pm | Tulsa Ballet's Zarrow Performance Studio in Broken Arrow
August 27, 3pm | Tulsa Ballet's Studio K Theater in Brookside
FOR TICKETS, CALL 918-749-6006 OR VISIT TULSABALLET.ORG



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tulsa ballet
Marcello Angelini | Artistic Director

TBII: ON YOUR RADAR
ON YOUR RADAR IS TULSA BALLET II'S DEBUT PROGRAM OF THE 2017/18 SEASON. TBII, THE SECOND COMPANY OF TULSA BALLET, SHOWCASES THE MOST PROMISING YOUNG DANCERS FROM AROUND THE GLOBE. THIS PERFORMANCE WILL FEATURE THEIR STUNNING TALENTS IN THREE EXCITING WORLD PREMIERE WORKS FROM IN-DEMAND CHOREOGRAPHERS. THE PROGRAM WILL INCLUDE NEW WORKS BY JENNIFER ARCHIBALD, KAREN CASTLEMAN, AND TULSA BALLET RESIDENT CHOREOGRAPHER MA CONG. SEE TOMORROW'S STARS OF BALLET, TODAY!

Garden, 3900 Tulsa Botanic Dr.; 6 p.m. www.tulsabotanic.org

August 25 Friday

AQUA-TOTS!
Join the OK Aquarium for fish, fun, friends and stories! For ages 2-5, available on a first-come basis. Oklahoma Aquarium, 300 Aquarium Drive; 11 a.m. www.okaquarium.org

August 26 Saturday

ROSE DISTRICT FARMERS MARKET [FREE]
Visit the farmers market in Broken Arrow's blossoming Rose District Saturdays from 7 a.m.-12 p.m. and Tuesdays from 4-7 p.m. Rose District Plaza, 418 S. Main St., Broken Arrow; 7 a.m.-12 p.m. www.brokenarrowok.gov

CHERRY STREET FARMERS MARKET [FREE]
Shop for delicious summer produce and other locally made items at Tulsa's largest farmers market. Cherry Street, 15th and Peoria; 7 -11 a.m. www.tulsafarmersmarket.org

FAMILY STUDIO SATURDAYS
Each month, Family Studio Saturdays at Philbrook explores one big idea through art, making art in the studios and exploring in the galleries. Philbrook Museum of Art, 2727 S. Rockford Ave.; 12:30-3:30 p.m. www.philbrook.org

August 27 Sunday

FOR ADDITIONAL EVENTS, GO TO WWW.TULSAKIDS.COM!

August 28 Monday

MOVE IT MONDAY
Each month's Move It Monday focuses on a specific motor skill; your child will practice movements through song, dance, games and more! Best for ages 2-6. Tulsa Children's Museum, 560 N. Maybelle Ave.; 10:30-11 a.m. www.tulsachildrensmuseum.org

August 29 Tuesday

DISNEY'S "THE LITTLE MERMAID"
In a magical kingdom beneath the sea, the beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Tulsa PAC-Chapman Music Hall, 110 E. 2nd St.; 7:30 p.m. www.tulsapac.com

August 30 Wednesday

WILD CARD FOOD TRUCK WEDNESDAY
Join Guthrie Green for Wild Card Food Truck Wednesday, for ALL new food trucks and culinary fare, in addition to live music. Guthrie Green, 111 E. M.B. Brady St.; 11:30 a.m.-1:30 p.m. www.guthriegreen.com

August 31 Thursday

TARC MOMS & DADS SUPPORT GROUP
Is 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. Autism Center of Tulsa, 2516 E. 71st St., Suite A; 7-9 p.m. www.autismtulsa.org



TAX FREE WEEKEND AUGUST 4-6

Shop for school supplies or other select items during Oklahoma's Tax Free Weekend. No sales tax included!

BACK-TO-SCHOOL CALENDAR

PUBLIC SCHOOL START DATES

Broken Arrow Public Schools:
Thursday, August 17
Owasso Public Schools:
Thursday, August 17
Jenks Public Schools:
Friday, August 18
Tulsa Public Schools:
Monday, August 21
Union Public Schools:
Tuesday, August 22

Don't forget to check your school or school district's website for **Open House and Orientation dates!**

Broken Arrow Public Schools:
www.baschools.org
Jenks Public Schools:
www.jenksps.org
Owasso Public Schools:
www.owassops.org
Tulsa Public Schools:
www.tulsaschools.org
Union Public Schools:
www.unionps.org

IMMUNIZATION INFORMATION FROM THE TULSA HEALTH DEPARTMENT

Parents and legal guardians can obtain immunization records electronically at www.tulsa-health.org/shotrecords. Find more information about immunization requirements at www.ok.gov.

Childhood immunization clinics are available at the following times and locations:

James O. Goodwin Health Center
5051 S. 129th E. Ave.
8 a.m.-4 p.m. Monday-Thursday.
Clinic will remain open until 6 p.m. August 7-24.
8 a.m.-3 p.m. Friday. Clinic will close at 11 a.m. August 11, 18 and 25.

Central Regional Health Center
315 S. Utica
8 a.m.-4 p.m. Monday-Thursday.
Clinic will remain open until 6 p.m. August 7-24.
8 a.m.-3 p.m. Friday. Clinic will close at 11 a.m. August 11, 18 and 25.

North Regional Health and Wellness Center
5635 N. Martin Luther King Jr. Blvd.
8 a.m.-4 p.m. Monday-Thursday.
8 a.m.-3 p.m. Friday.

COLLINSVILLE HEALTH CENTER
1201 W. Center
8-11 a.m. and 1-4 p.m. Wednesday

SAND SPRINGS HEALTH CENTER
8-11 a.m. and 1-4 p.m. Monday
8-11 a.m. and 1-4 p.m. Wednesday



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Soy Chicana (detail), 2013
Mixed media on gessoed paper
Collection of Cheech Marin, Los Angeles



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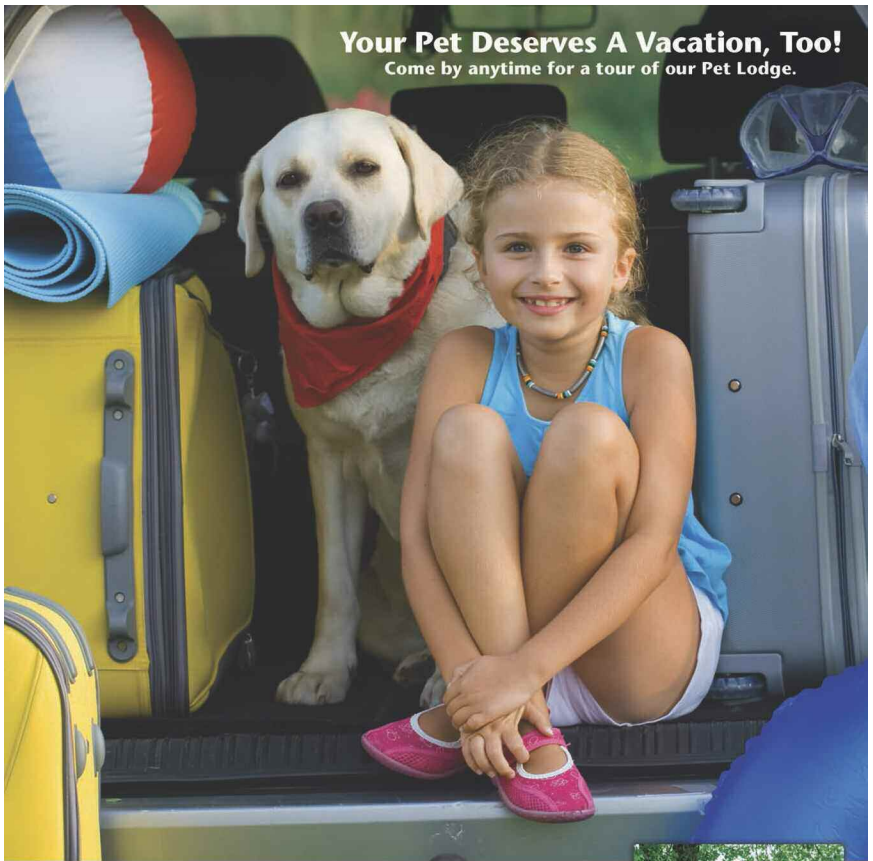
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BY BETSY PENTURF

a dog can always help

"Dog is God spelled backwards." Marj "The Dog Trainer" Satterfield often uses that phrase as she witnesses canine miracles through Glad Wags Service Dogs, the non-profit organization she founded to train dogs to serve individuals with autism, PTSD, seizures, diabetes and other medical conditions. Glad Wags is one of only a few facilities that trains dogs for children younger than 12, which is key for children with autism.

A professional dog trainer since 1974, Marj has been helping people through Glad Wags for the past nine years. Her organization is the only local resource for service dogs for autism. While corporate service dog organizations may have a five- or six-year waiting list, Glad Wags has no waiting list and currently has six dogs in training to work with children who have autism. The training-to-placement process takes about a year, and Marj has seven volunteers to assist her.

"Autism dogs help in many ways," Marj said. "Many kids with autism don't sleep well, so the dogs help them sleep better in their own rooms. The dogs can discern meltdowns and help soothe the child, plus they can be taught to be guard dogs to help catch the child if they get away and track them."

Marj finds her service dogs in shelters, usually selecting dogs around 2 years of age and then training each dog for a specific child. She looks for dogs with a good history who have a good work ethic and can take the pressure of being a service dog. For autism dogs, calmness is key, and herding breeds are usually good choices since they are smart and easy to train.



LEYTON, WHO HAS AUTISM, AND HIS SERVICE DOG, BLUSH, ARE AT SCHOOL WITH LEYTON'S GRANDMOTHER, JODIE NIDA.

"It's so neat to rescue a dog from a kill shelter and then to see what we can do with a shelter dog," Marj said.

Jodie Nida's grandson, Leyton, has been working with his service dog, Blush, for three years.

"Leyton is a very special boy learning to deal with the challenges of autism, SPD (Sensory Processing Disorder) and ADHD (Attention Deficit Hyperactivity Disorder). Since early intervention had proven to be so successful in other special needs children, we wanted to try every possible therapy – including a service dog. Blush joined the family when Leyton was 5 years old and the light at the end of the tunnel began glowing a bit brighter. He is now 8, and he has steadily improved in a variety of ways," Jodie said. "What were once frequent emotional outbursts are almost gone, and when they do occur, they are instantly ended by Blush's 'On Leyton' command. Her calming bodyweight across his torso offers him the sensory input his body craves, and hugging her brings him back to a world he can better handle. Thanks to Blush, his daily struggle with the overwhelming chaos of life is much easier – she is his familiar, soft, warm, loving anchor."

Elisabeth Yankey and her family welcomed Brian, a 2-year-old German shepherd mix, into their family in March. She has two sons (ages 10 and 11) who have autism, and they visit the Glad Wags training center at 51st and Memorial in Tulsa once a week for training with Brian.

"When the kids are in meltdown mode, the dog can cover

continued next page

them and help to stabilize them," Elisabeth said. She started her own business to make awareness jewelry for medical conditions (yankeydesigns.com) to help with funding for Brian. Elisabeth would also like to add a second service dog to their family.

This will be the fourth year for Glad Wags to benefit from the Rotary Club of Tulsa Sunrise Foundation's annual Lobster Fest Dinner and Charity Auction planned for Aug. 26. The Sunrise Foundation provides a $2,000 scholarship for 15 families a year for Glad Wags autism dogs.

"The Rotary Club of Tulsa Sunrise Foundation is thrilled to raise awareness of autism and to raise funds for assistance dogs for adults and children with the debilitating disease of autism. Our annual Lobster Fest dinner and charity auction has funded more than 50 service dogs, either in placement or training, to date. Our wish is to continue to appreciably cut the cost and wait time to the access of assistance dogs to the autistic clients of Glad Wags Service Dogs, allowing these individuals to live a more productive and independent lifestyle," said Carolyn McGhay, president of Sunrise Rotary.

"Glad Wags is so appreciative and grateful beyond words for the support from Lobster Fest," Marj said. "It's such a relief to be able to say we can offer a scholarship to a family. That way we don't have to turn anyone away."

Helping families is almost a ministry of sorts for Marj and Glad Wags.

"It's life changing for everyone involved – myself, my staff and the family. A dog can always help," Marj said. "I've never failed to be amazed."

Jodie agrees that service dogs change lives for the better.

"Although technically Blush is trained to do a variety of physical things to help Leyton, the most beneficial has been something completely unexpected. Because of his issues, being in public can be extremely challenging. The friendly smiles he and Blush now receive (instead of awkward stares and open avoidance by strangers) are priceless. Leyton's self-esteem is boosted with each outing! Glad Wags has given us two things every special needs family craves – peace of mind and hope. Glad Wags really does change lives...And save lives! We love Glad Wags!" Jodie said.

For more information about Glad Wags, please visit www.gladwagsservicedogs.com.

The Sunrise Rotary Lobsterfest Aug. 26 Benefits Glad Wag Service Dogs
For ticket information go to www.sunriselobsterfest.com

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Broken Arrow: Sept 15-17 jbfbrokenarrow
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www.tulsakids.com



Full STEAM Ahead

September 16 • 1-3 p.m. • For ages 8-12 years old

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GILCREASE.ORG



The Hip Mom Pools Around

BY JILL VANTREASE

As a native Seattleite moving to Tulsa for the first time 11 years ago, pregnant with my third and toting along a 4- and 2-year-old, I was mystified when house hunting why anyone in their right mind would want a pool in their backyard (haha! I know! I hear you laughing! I hadn't yet experienced a summer in Tulsa!). Why would anyone want to put a big vat of drowning off their porch? Not for me! So we found a lovely home in a neighborhood with a community pool – and even a little kiddie pool with a fountain. Fabulous. I could schlep my kids there, arm them with floaties, and camp out at the kiddie pool where I'd watch them like a hawk. And this system worked well for a year or two, although I discovered it's a big pain to load up kids and towels and sunscreen (well, of course anything with kids is a big pain, right?). And I never wanted to go in the heat of the day during naptime, when the sun is high and hot enough to fry fair skin in four seconds. So my bigger kids would be left home languishing in front of SpongeBob, and we'd wait until after dinner when my husband was home to hit the pool.

Fast-forward through many years of swimming lessons. Now I have six competent swimmers and one drowning risk (we'll get to her). After multiple invitations to various pool parties over the years, I realized how lovely it would be to host these parties



THE BEGINNING OF POOL CONSTRUCTION.

myself for many years to come and keep an eye on my rotten kids right in my own backyard. So PVT and I decided to go all out (hey, debt! It's just like cash!), and build a monstrous pool in our backyard. So, if you are thinking of putting in a pool, here are some of the things I've learned during the long, messy process of building your own little backyard paradise. And if you are a weathered pool veteran mom, please find me on Facebook and give me some tips — I am new at this!

So, here you go - my little thoughts on pooling around:

1. Do your homework when choosing a pool company. We chose the fabulous pool and landscaping guru Brian Philpott with Signature Pools; we loved his imaginative design — and his daughter is in my daughter's kindergarten class. There are many great companies, though. Check around. And then get a contract that details the price of everything. Write everything down!

2. Expect chaos, dirt, muck and delays! We got our permit and broke ground in October. On the last day of school, May 25, to a chorus of heavenly angels, our pool was filled with a fire hydrant hose. I had visions of my seven children, suited up with goggles and noodles, staring woefully in the summer Hades heat at a deep concrete hole. Thankfully, that did not happen. (Fall, incidentally, is a great time to start.) But everything — the landscaping, the pool bathroom, lighting, fencing — is still not done. Now, granted, we built a behemoth. We figured we have enough bodies over which to amortize the cost for many years. But with any project, stuff just happens: there are critical employees, who if they quit unexpectedly, throw the process into disarray. There are unexpected snafus. Sometimes communications become lost in translation between the boss, the foreman, and the employees. Occasionally, these little calamities happened, so when PVT came home he'd start yelling at whomever was listening — me, of course!

Oh and the RAIN! If it rains at all, everything comes to a screeching halt. I am not sure why, because that part of my brain doesn't work. But when you're staring at a pile of muck for weeks on end, it gets a little depressing. And, keep in mind, whenever your kids go outside, they are going to track all this dirt in your house! Try not to freak out; it won't last forever. But it is dirty. Like life well lived, but there you go. If you have anything in your yard, like lawn furniture or rugs, that you don't want completely destroyed, put them in the garage. I did not and now have some ruined furniture to show for it. And, I thought it was terrifying to picture a non-swimming child falling into a pool. But

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what is more terrifying is the thought of a child falling into a big concrete hole. Every time a basketball fell in the pool I worried that a child would follow it in. And every time the toddler was outside, I was a wreck! Whenever I hired the rare babysitter, I instructed her to keep the house on lockdown. I would spend spare moments building odd barriers out of soccer goals and lawn chairs, or having PVT fashion haphazard walls. Oh, the worries and nightmares I had! In retrospect, my nightmares could have been easily allayed by installing some cheap temporary plastic construction fencing. Do that! Don't be stupid like me!

3. Try to enjoy the process. I found I loved having all this activity going on in my yard all the time — and the kids loved watching and learning about what was going on every day. The employees all know my kids, love talking to the baby and pretending to understand her gibberish. They even know and love the dog, who, without a fence around the yard during construction, has taken to patrolling the house throughout the day like a very ineffective guard dog. I'm sure the neighbors are thrilled. But get past the chaos and just enjoy it all — I am really going to be lonely when the guys are finally done. (They may like hanging around my house because I do hand out cervezas at the end of particularly long and hot days. It's always a party around here!)

4. Do everything you can to make sure your kids are at least somewhat competent swimmers. I was at the point where only the baby was liable to give me a heart attack. So I splurged and hired a private pool instructor -- you've probably heard of him. Kem Morrow. He is a pro with chicken swimmers and showed Francie how to float in a "starfish." The process is ugly: screaming, throwing up water – I couldn't watch. I still monitor her every move, but at least I have some comfort that she knows what to do if she somehow falls in sans floatie. And she is petrified of the water, so that's good for now. Also, take a CPR class! My big boys and I are signed up for a community education class – anything I can do to prepare should the unthinkable happen.



5. Have the first pool party when you're ready - even if everything is not perfectly landscaped and done. My parents kept wondering when they should come visit and swim; in May I told them late June should be fine. I also wanted to get the pool blessed (I'm a Catholic girl, and we want extra divine protection - sort of like baptizing infants as soon as possible!). So I picked a date, booked a priest, and prayed that everything would work out. The day of the party, my mother was horrified: the pool was still surrounded with dirt, and kids would have to walk through wet mud to get up to the waterslide. Surely we would have a bunch of muddy kids transforming my blue pool into a filthy swamp! But again the heavens opened up: sod and flagstone showed up about an hour before the party started – in fact, the guys continued setting down sod during the party! The priest said his beautiful blessing, and then I watched a million happy kids frolicking, jumping, and forming human chains down the slide – it was one of the happiest moments of my life.

So there you have it: the good, the bad and the ugly of pool construction. I'd do it again in a heartbeat. Now I just have to figure out a towel system. With all these kids leaving clothes and wet towels everywhere, I feel like I'm living in a frat house. So pack up your towel, some SPF One Jillion, grab your kids and come on over. I'll ply you with margaritas while we watch water-soaked hooligans. Who knows, maybe everything at the VT pool will be done by then!



BY NATALIE MIKLES

kids eat what they grow

I loved going to the grocery store with my mom when I was little. Not only would she let me buy a piece of chocolate at the checkout, she also let me pick anything from the produce section.

She was usually just looking for apples, potatoes or carrots. But I was drawn to the fruits and vegetables I wasn't used to seeing in our kitchen. Kumquats, chayote squash, star fruit – I put them in the produce bag, tied it with a twist-tie and couldn't wait to get home to dissect and taste.

I try to do the same with my kids. For them, food tastes better when it's their idea to try it. When it's my idea to try something new, like bok choy, they hold their noses. But when they make the discovery at the grocery store or farmers market, they're excited to give it a try.

It's one of the reasons Carla Grogg was inspired to create a family version of the farm-to-table dinners at Grogg's Green Barn. Until August, the dinners have been a chance for adults to walk the gardens with a glass of wine before sitting down to dinner prepared by Chef Matt Owen at the Reserve at Grogg's.

But Aug. 4 and 5, kids will have a run of the gardens, getting a chance to roam with their parents to see the beehives, gather eggs and harvest some of the vegetables for their own dinner.



CHILDREN GATHER FOOD FOR FAMILY DINNERS AT GROGG'S GARDEN.

Then families will sit down at communal tables for a dinner of food primarily from the gardens at Grogg's.

I talked to Carla, mother of Isaac, 5; Eva, 10 and Nicklaus, 16, about the dinners and how she's incorporated her passion for organic gardening and eating into the lives of her kids.

Q: Do you think letting kids be part of growing/cooking food makes them more open to trying new foods?

Carla: Absolutely! For anything in life, a hands-on approach makes you get out of your comfort zone and have a real experience. Kids are naturally curious and unafraid to try something new – this creates an opportunity to have so much fun in the gardens…planting, harvesting and then tasting these foods that you might not naturally buy at the grocery store!

I have had many kids tell me, "I don't like the store tomatoes, but these are really sweet and yummy!" Or combining things like fresh peaches off the tree and local honey over vanilla ice-cream, YUM! The kids literally wanted seconds and thirds.

Q: How did you get the idea to open the farm-to-table dinners to families?

Carla: Our dinners are geared to a nice evening out for adults; however, we had several factors help us decide to host a weekend for family.

• We have young children ourselves and know the importance of a family friendly space when we go out to eat.

• Part of our mission for the garden center is to educate and show the little ones the fun in growing your own veggies and fruits. It is so important that we get our hands dirty, and taking care of something like a tomato plant helps extend that energy into caring for ourselves and others. Our lady chickens are such a hit with the kids. They can't get enough of petting them and gathering eggs from the coop.

• How often do kids get the opportunity to laugh, run and

continued next page

lead the adults in a dinner? We will very much expect our young guests to mind their manners and wash their hands after being in the garden before dinner; however, boredom will not be an issue with this meal. We will include them from beginning to end and our hope is that they will be creative, thankful and discover tastes they never knew they might like.

Q: Why was it important for you to include kids in your programs?

Carla: Simple, they are the future generation! We want them to lead one day, and through the garden center, I have the opportunity to help them discover what has become almost foreign. Not many families try to grow their own food anymore. We can be creative through art and journaling and teach leadership, like earning Girl Scout badges, and most importantly teach kids to be caring. Technology can quickly steal our minds and give us a false sense of authentic living. We know as adults the world can be a struggle. The patience, perseverance and mindfulness that is connected with gardening can create lifelong happiness.

RECIPES

This recipe is just as good with little Roma or even cherry tomatoes, which kids often prefer. For a little sweeter filling, try crushed cornflakes instead of breadcrumbs.

Stuffed Tomatoes

- 3 medium tomatoes
- 1 cup unseasoned breadcrumbs
- 4 teaspoons Parmesan cheese
- 1 tablespoon chopped parsley
- 1 tablespoon chopped basil
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon extra virgin olive oil
- 1/4 cup water (or more as needed)

Preheat oven to 400 degrees. Slice each tomato in half. Remove the stem. Gently squeeze each tomato half into a bowl to remove some of the juice and seeds. Put the breadcrumbs in a medium bowl. Add the spices, Parmesan cheese and oil. Mix well, slowly adding the tomato juice and seeds. Add water, if necessary, to moisten. Use a spoon to press the crumb mixture into the tomato halves.

Lightly oil or spray a baking pan. Place the tomatoes in the pan, with the cut side up. Bake for 15-20 minutes, until crumbs are browned and the tomatoes are soft.

If your garden is full of zucchini, give this recipe, adapted from the Running with Spoons blog, a try. It's a fun way to show vegetable skeptics just how delicious veggies can be.

Chocolate Zucchini Muffins

- 1 cup all-purpose flour (or substitute half the amount with whole-wheat flour)
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup semisweet chocolate chips
- 2 large eggs
- 1/2 cup plain Greek yogurt
- 1/4 cup brown sugar or maple syrup
- 1/4 cup granulated sugar
- 1/3 cup unsweetened applesauce
- 2 teaspoons vanilla extract
- 1 cup grated zucchini (squeeze out excess moisture with paper towel)

Preheat oven to 350 degrees. Place paper liners in a standard-size muffin pan.

In a large mixing bowl, combine the flour, cocoa, baking powder, baking soda, salt and chocolate chips. Set aside.

In a separate bowl, beat the eggs until they become slightly frothy before whisking in the yogurt, brown sugar or maple syrup, granulated sugar, applesauce and vanilla. Mix until well combined before folding in the grated zucchini.

Add the wet ingredients to the dry ingredients, mixing gently until just combined. Be careful not to overmix.

Divide the batter evenly among the 12 muffin cups, filling until they're about 3/4 of the way full. Top with additional chocolate chips, if desired.

Bake for 17-19 minutes, or until the tops of the muffins are firm to the touch and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes before transferring to a wire rack to cool completely. Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

My kids like making (and eating) this recipe. If your kids are old enough, let them practice their knife skills by chopping the vegetables, and feel free to substitute whatever veggies you have in your fridge – or in your garden. This one is great to put in lunch boxes.

Chicken Pasta Salad

Makes 2 servings

- 1/4 cup penne or bowtie pasta
- 1/2 cup broccoli florets
- 1 cooked chicken breast, chopped
- 3/4 cup fresh or frozen corn kernels
- 6 cherry tomatoes, chopped
- 2 scallions, thinly sliced
- 1 tablespoon toasted sesame seeds

Dressing:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice

Cook the pasta in lightly salted boiling water according to the instructions on the package. Steam the broccoli florets for 5 minutes. Meanwhile, whisk together all the ingredients for the dressing.

Put the chicken, corn, tomatoes and scallions into a bowl together with the drained pasta and the broccoli, and toss with the dressing.

To make a reservation for Grogg's Green Barn's family farm-to-table dinners on Aug. 4 and 5, go to groggsgreenbarn.com. Grogg's is located at 10105 E. 61st St.



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BY DIANE TRITT EATON
PHOTOS COURTESY OF THE OKC NATIONAL MEMORIAL MUSEUM

OKC National Memorial Museum:

A POWERFUL REMINDER WITH A POWERFUL MESSAGE

During my visit to the Oklahoma City National Memorial Museum this month, it became apparent why millions of people from near and far have taken time to visit the site since its opening more than 20 years ago. Simply put, visitors make the trip to remember the tragedy and to leave with resolve.

The combination of an indoor museum and an outdoor memorial leaves a lasting impression, reminding us that a violent act like the Oklahoma City Alfred P. Murrah Federal Building bombing on April 19, 1995, although tragic, actually brought people together, strengthening and uniting their bonds and making heroes out of ordinary people. More than 300 buildings were either damaged or destroyed, and rather than running from the horror, people from all over the county rushed in with arms wide open. The incident accomplished the opposite of what the attackers, Timothy McVeigh and co-conspirator, Terry Nichols, had in mind.

During the 20-year anniversary of the bombing, when prompted about the resiliency and growth in Oklahoma City since the attack, former governor Frank Keating said, "I just think people are so enamored with the story of this city. We wish all of those wonderful people were still here, but hopefully, out of evil, good comes and bad things make good people respond, and we certainly responded." The remarkable heroism became known as the "Oklahoma Standard."



THE FIELD OF EMPTY CHAIRS.

Today, the museum and memorial have impressive upgrades, thanks to a $10 million injection in 2015, bringing more meaningful and extensive artifacts and a host of interactive, touchscreen displays to educate guests.

The Museum: A Window Into History

Inside the museum, a 10-chapter, self-guided tour awaits you. The first section is an overview in the Orientation Theater and the tenth chapter ends with The Memorial Overlook, a glass-windowed wall facing the outdoor memorial with its manicured green space and downtown city skyline as its backdrop. Each chapter walks you through the moments leading up to the terror attack, the events that unfolded throughout the day and weeks to follow, the trial and sentencing of the terrorists, plus moving stories of those whose lives were taken and tales of those who dashed in to help with rescue and healing efforts.

What I found most impressive about the entire exhibit is how it is broken down in to bite-size, digestible pieces, serving up just the right amount of information at every station. The tour is well coordinated and balances information and time in a near perfect way. Events of the heart-breaking day are brought to life starting with a chilling audio recording of the actual bombing and then unfold while viewing detailed dioramas, videos and many relics including the infamous getaway car that Timothy McVeigh unsuccessfully used (Note: He was pulled over and arrested within hours of fleeing the scene).

Sacred Memorial Grounds

The outdoor memorial is a sacred sanctuary for peaceful reflection. As a way to help people understand the mass casualties that occurred that day, the memorial grounds contain two opposing gateways called "The Gates of Time," representing the minute before and the minute after the bombing. Between the gates lie a serene reflecting pool between the gates, a green space known as The Field of Empty Chairs, representing each person who died and, finally, trees, including the nearly 100-year-old solitary elm that survived the bombing. The emotional elm is surrounded by the Rescuer's Orchard, full of trees that serve to protect it. There are several more notable exhibits, including the Survivor Wall, which as the only remaining wall of the original Murrah Building is home to the more than 600 names of those who survived the bombing.

Younger children may want to examine The Fence where visitors leave memorable items such as teddy bears and love notes.

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THE MEMORIAL OVERLOOK.

The Children's Plaza is especially engaging for the little ones, for it is designed to teach them about the event by emphasizing how even children can participate in the help and healing process. Included is an artistic wall, constructed from hand-painted tiles that display loving thoughts, prayers and messages sent from kids all over the world. To enable visiting children to express themselves and write down their own special reflections, there are multiple chalkboards embedded in the ground with various colored chalks to choose from.

Noteworthy Logistics

For arguably the best experience, take the indoor museum's self-guided tour first, followed by a leisurely stroll through each of the distinct areas of the outdoor memorial. Allow two to three hours to soak in all that is offered here. The outdoor space is lit up at night and many suggest taking time to see it then, too.

Located in the heart of downtown Oklahoma City on Northwest 6th and Harvey Avenue, the Outdoor Memorial is free to all who visit and is open 24 hours a day, 365 days a year. The museum is open Monday through Saturday from 9-6 p.m. and Sunday from noon to 6 p.m. For your convenience, tickets can be bought the day of your visit or in advance online. Adults are $15, students who are 6 and older (with ID), Military (with ID) and seniors are $12, and those 5 and younger are free of charge.

For more information, check out www.memorialmuseum.com. And, read about the annual marathon that welcomes kids' participation each year.

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BY DANIELLE HILL

local school plans **solar-eclipse watch party**

The opportunity to take in the sight of a solar eclipse only comes around once in a blue moon, and educators at Tulsa's Metro Christian Academy plan to take full advantage of the one that will occur on August 21 this year. On that day, the entire school will participate in a solar-eclipse watch party that will span the day and include everything from viewing the eclipse as it happens to lots of other solar-eclipse-themed fun, from special course lesson plans to decorations and treats.

According to Perri R. Blake, Metro's Science Department chair, the eclipse itself will occur from 11:40 a.m. until 2:37 p.m. and will peak at 1:09 p.m. in Tulsa, when the sun will be 90 percent eclipsed.

Plans for the day evolved last March when a team of Metro's science teachers were in Los Angeles attending the National Science Teachers Association Convention.

"One night, we were talking about the eclipse coming in August," Blake said. "We all got excited about it on a personal level, and it just morphed from there. We remembered seeing the previous eclipse back in 1979; some of us even made pinhole viewers back then. The more we talked about it, the more we wanted our students to experience it."



METRO CHRISTIAN ACADEMY TEACHERS PREPARE FOR AN ALL-SCHOOL SOLAR ECLIPSE PARTY AND EDUCATIONAL DAY ON AUGUST 21.

While organizing an all-day watch party for an entire school of students ranging from pre-K to high school seniors sounds like quite an undertaking, Mrs. Blake said, "There was no hesitation at all from any of the staff when we presented our idea. They jumped on board right away."

As a result of this united effort, Metro students can expect August 21 to be a day filled with exciting activities and new opportunities for learning about all things solar eclipse. In the classroom, every subject will focus on one or more aspects of the natural phenomenon. For example, a math lesson might focus on the Saros Cycle and how eclipses can be predicted with geometry, while a science lesson may include a discussion about how plants and animals respond to an eclipse or how solar eclipses are made possible in the first place. Additionally, history students will have the opportunity to learn about eclipse-related mythology and may also delve in to how other cultures viewed eclipses. On the creative end of the spectrum, fine-arts instructors plan to engage students in a variety of activities such as making pinhole cameras for safe eclipse viewing; creating different forms of artwork centered on the sun, moon or Earth; or coming up with eclipse-themed narrations through drama or music. And this is just a glimpse into some of the subjects and topics that will be covered.

The eclipse celebration, however, won't be limited to the classroom. Other highlights of the day include tasty "eclipse" snacks, a special student-created playlist of "sun" songs to entertain students as they watch the eclipse, as well as space-themed décor that will be present during "Welcome Back Week."

To carry the sunny momentum forward, Blake says that Metro will extend the theme into the future.

"We will be promoting the character-building concept of 'let your light shine' throughout the entire school year, beginning with our chapel focus for the year based on Matthew 5:16: 'Let your light so shine before men, that they may see your good works and glorify your Father, which is in heaven.'"

A Fun Idea for All

The upcoming solar eclipse presents a wonderful opportunity for educational fun everyone in the family can partake in. Letting kids know how rare it is to see a solar eclipse is a great way to help boost enthusiasm for the special day.

"Solar eclipses occur regularly across the globe, about every 18 months or so," Blake

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said. "However, a solar eclipse occurring over a specific area such as Oklahoma doesn't occur very often because the Earth is such a big place. In fact, the last solar eclipse that happened within viewing distance of Oklahoma was in 1979, and the next one won't occur again until the year 2045. So, it's kind of a big deal!"

To further educate kids about the eclipse, Blake recommends taking a look at NASA's website and the Great American Eclipse website. Or, to really dive into the topic, a visit to the Tulsa Air and Space Museum or the Jenks Planetarium will provide an even more hands-on learning experience as well as a good time. Also, for those who would enjoy seeing a total solar eclipse, Blake suggests taking a drive to Kansas City, where the sun will have 100 percent coverage.

Regardless of how you choose to celebrate, the most important thing is to make safety a priority. Mrs. Blake cautions that "you should NEVER look directly at the sun, especially during an eclipse. Metro purchased special eclipse-viewing glasses for every student and staff member on our campus so that they can safely view the eclipse. The other option for viewing an eclipse is to use a pinhole camera or a special filter designed specifically for eclipse viewing."

To Learn More…..
Those who would like to read more about eye safety during an eclipse or to learn how to make a simple pinhole camera or a box pinhole projector can visit the following helpful links:
www.nasa.gov/content/eye-safety-during-a-total-solar-eclipse
www.jpl.nasa.gov/edu/learn/project/how-to-make-a-pinhole-camera/
www.timeanddate.com/eclipse/box-pinhole-projector.html

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Disney's "The Little Mermaid" actor shares tales

BY BRANDON SCHMITZ

One of Disney's most beloved tales is headed to Tulsa this month. From Aug. 29 to Sept. 3, the Tulsa Performing Arts Center will host the national stage tour of Disney's "The Little Mermaid."

Actor Connor Russell plays Flounder, Princess Ariel's best friend, in the musical. He spoke with us about several facets of the production, including the show's drive to appeal to audience members of all ages.

TK: "The Little Mermaid" is a story that's largely populated by non-human characters. How did you prepare to play Flounder, a tropical fish?

CR: What was important for me was to focus on the human qualities of the character because what it comes down to is you're playing a character with emotion. So it was important to really focus on what those emotions were – how he felt about things and his relationship with Ariel.

TK: Knowing that many children who are very familiar with the film will be in the audience, do you prepare differently than you would with something not so well known?

CR: It is difficult when you're dealing with something so popular. I won't say that I prepared differently, but you do have to pay especially close attention to detail. There are, of course, certain things that the audience will expect, especially from certain iconic songs.



PICTURED IS THE CAST OF DISNEY'S "THE LITTLE MERMAID," WHICH WILL BE AT THE TULSA PAC THIS MONTH.
PHOTO CREDIT: MARY AND TRACY PHOTOGRAPHY

We try to make our show an experience that audiences will appreciate because they're familiar with the film, but also enjoy as a separate entity. There are things that are different in the script and there are some additional songs, so it really is a brand-new experience.

TK: How does your character differ from his portrayal in the animated film?

CR: They wanted to make Flounder a bit older for this touring stage production, and they added in a subplot of a potential love interest. Flounder has a bit of a crush, but he's kind of friend-zoned by Ariel. Of course, at the bottom of it all, Flounder wants Ariel to be happy.

What I try to instill is the innocence that he has in the movie because he is still an innocent young soul who has a very open heart. Those are the things that I really love about the character in the film that I try to use on stage. However, there is a little bit of an added older edge that you might not have noticed in the movie with him kind of having a crush on Ariel, which kind of allows me to put my own spin on his character.

TK: With there being a slightly older edge to your character, how have older audience members responded to the show so far?

CR: One of the things that I love about getting to do this show is that's it's something that the whole family can enjoy. The original is usually associated as being a kids' film, but in the stage production, we think there's a lot of stuff that will appeal to both children and adults.

TK: Are there any memorable stories from the tour so far?

CR: Obviously we're underwater. You'll see Ariel and other characters fly and perform body rolls. It's all done to create the illusion of a current and being underwater.

A couple years ago, a little girl was coming backstage and was going to be able to meet Ariel onstage. Before she went out, though, she said 'I can't go out there – I don't want to get wet!' She bought the illusion, which we think is so adorable.

TK: What's your favorite thing about being in this show?

CR: I'm really proud that we get to be the first theatrical experience for so many kids. As someone who was taken to the theater at a very young age, it shaped who I was as a person. Those first experiences are so important, so every time that I get to meet someone who says it was their first time seeing theater, I hope that it inspires them – whether it inspires them to be an actor, audition for a school play, or simply be more creative. Getting to be that first artistic impression for a lot of people is one of the most special things about doing this show.

TULSAKIDS 2017 Enrichment Guide

AIM HIGH ACADEMY

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

Aim High North Tulsa Campus
3740 E. Admiral Pl.
Tulsa, OK
918.794.4774

www.aimhighgym.org

Aim High Academy offers gymnastics, ninja, and dance classes. These classes not only teach strength, flexibility, balance, and coordination but also build self-esteem and confidence. Aim High Academy's mission is to combine Fitness and Faith to help build bright Futures. For more information on our classes or enrollment, log on to www.aimhighgym.org.

ARTS & HUMANITIES COUNCIL OF TULSA

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

The Hardesty Arts Center is the place for families to be creative together! Join the Arts & Humanities Council of Tulsa every third Saturday for Imagination Days, a free, family-oriented day of hands-on activities and gallery exploration for all ages. The theme and activities change each month, so there's always something new to experience. Teens and adults will love learning everything from drawing and painting to Photoshop and fiber art in community art classes. In Open Studio Hours, more experienced teens and adults can use our state-of-the-art equipment for personal art projects. Open Studio Hours focuses on the community darkroom, digital media lab, and printmaking equipment. There's something for everyone, so explore your creativity at the Hardesty Arts Center today!

INFINITY DANCE ACADEMY

8112 S. Memorial Drive
Tulsa, OK
918.286.6962
www.infinitydancetulsa.com

Technique. Passion. Artistry. ™
We've been inspiring people of all ages to pursue dance since our doors opened in 2012!

Our teachers strive to make each dance class fun and educational. We want our students to follow their passion and love of dance so that they have the opportunity to express themselves artistically; we also want our students to learn that, like anything else in life, dancing requires hard work and discipline to succeed. Tulsa's Infinity Dance Academy offers dance classes in Ballet, Hip Hop, Acrobatics, Contemporary, Mini & Me, Broadway Dance, Jazz, & more. It only takes 5 minutes to register online and become part of the Infinity family. Sign up now to start dancing with us!

MATHNASIUM

Mathnasium of Owasso
12336 E. 86th St. North
Owasso, OK
918.574.2222 Ext. 3
http://www.mathnasium.com/owasso

Mathnasium of Broken Arrow
1077 N. 9th Street
Broken Arrow, OK
918.574.2222
www.mathnasium.com/broke-narrow

Mathnasium of South Tulsa
8032 S. Yale Ave.
Tulsa, OK
918.574.2222
www.mathnasium.com/south-tulsa

MATH THIS YEAR COULD BE GREATER THAN LAST YEAR! 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.

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. Come check out our newest exhibit, Sea Turtle Island, which houses 300-pound loggerhead sea turtles and Caribbean fish. The exhibit can be experienced from three viewing levels and an underwater observation station for children to come face-to-face with the turtles. 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 Kelp Forest and Discovery Caves. Feel the difference 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.

SOCCER CITY TULSA

5817 S. 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

continued next page

TULSAKIDS 2017 Enrichment Guide

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 July 21st. The fall session will be 13 weeks long and start August 21st and run until November 18th. Visit us and see why we have been voted a Family Favorite Best Soccer Program/Athletic League in Greater Tulsa since 2013

THAT'S DANCING!

Kara Ritchie
4427 E. 31st (on 31st between Harvard & Yale)
Tulsa, OK
918.408.6226
www.thatsdance.com
Ages Served: 2 1/2 –Older

ENROLL FOR FALL DANCE TODAY!
Classes begin August 21.

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 at www.thatsdance.com, or by phone 918.408.6226 or visit one of our open house dates.
OPEN HOUSE DATES: Sunday, July 30, 2-4 p.m.; Sunday, August 6, 2-4 p.m.; and Sunday, August 13, 2-4 p.m.

SAIED MUSIC

Saied Music Midtown Tulsa
3259 S. Yale Ave.
Tulsa, OK
918.742.5541

Saied Music South Tulsa
9320 E. 71st St.
Tulsa, OK
918.252.5541

www.saiedmusic.com

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THEATRE ARTS

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

Come check out Theatre Arts new 11,000-square-foot facility with 6 full-size dance studios with state-of-the-art O'Mara Sprung Floors and 4 beautiful voice and piano studios! Theatre Arts conducts over 100 classes per week in all styles of dance, musical theatre, acting, voice, piano, and tumbling for ages 2 and up. The professional faculty is made up of the very best instructors in Tulsa! Classes begin August 21st and several fill up quickly. For more information on how your student can sing, dance, and act at Theatre Arts, please email us at info@theatreartstulsa.com or check out www.theatreartstulsa.com.

TULSA BALLET CENTER FOR DANCE EDUCATION

Brookside Campus:
1212 E. 45th Pl.
Tulsa, OK
918.712.5327
education@tulsaballet.org
www.tulsaballet.org

Broken Arrow Campus:
1901 W. New Orleans St.
Broken Arrow, OK
918.872.6414
HardestyCDE@tulsaballet.org
www.tulsaballet.org
Ages served: 3-Adult

Tulsa Ballet Center for Dance Education offers exceptional dance training to students as young as 3 years old and gives the opportunity to continue training through the adult years. TBCDE classes follow a structured curriculum, while providing a safe and fun dance environment with highly qualified and caring teachers. Both our Brookside and Broken Arrow campuses offer state-of-the-art studios with sprung floors, spacious lobbies with free Wi-Fi, student locker rooms, and in-house performance theaters. From Classical Ballet to Jazz, Tap, and Hip Hop, TBCDE has a location and class time that is convenient for you! Classes start soon for the 2017-2018 school year. Come grow with us!

TULSA ZOO

6421 E. 36th St. North
Tulsa, OK
918.669.6600
www.tulsazoo.org

Let the Tulsa Zoo inspire your young animal enthusiasts. The zoo offers year-round educational experiences for individuals, schools, groups, and entire families — from kids to grandparents. Outreaches, classes, overnights, camps, and the COX Nature Exchange are just a few of the ways that children of all ages can learn both at the zoo and at their school. Each day brings new opportunities to learn about our animals through chats and demonstrations led by staff and volunteer docents.
Visit tulsazoo.org to learn more about educational opportunities at the Tulsa Zoo, the region's largest daily attraction. Tulsa Zoo: Inspiring passion for wildlife in every guest, every day.

I'M A TULSA KID

WORDS AND PHOTO BY SHEEBA ATIQI



Kit Ferguson: Equestrian

Two years ago, a horse named Yoshi was headed to a kids' trail-riding camp. The horse met a girl named Kit, and together they became every equestrian's dream. But every fairytale has adversity. One year ago, during her junior year at Holland Hall, Kit Ferguson had back surgery and didn't know if she would be able to ride again. Kit has had quite a journey to overcome many obstacles to get to where she is today.

TK: How did you start riding?
Kit: I started riding when I was 4 years old at Southern Hills Riding Academy riding camp in the summer, and I absolutely loved riding and taking care of the horses. I then convinced my parents that I wanted to start taking lessons. My parents leased a horse for me for my Christmas present when I was 9, and four months later I owned my first horse, who led me to start my show career.

TK: When did you start competing? What made you start competing?
Kit: I started competing when we bought my first horse, Bridget, when I was 9 years old. The equestrian sport I compete in is called Three Day Eventing. It is an equestrian triathlon and consists of three phases that include Dressage, Show Jumping and Cross Country. Once I saw a horse run the cross-country course, I knew I wanted to compete.
I have been competing for seven years and have slowly moved up the levels. I have always been involved in sports and have a competitive nature, but horseback riding gave me challenges that I couldn't find in soccer or volleyball. Forming a partnership and getting my horse to trust me, allowing me to win competitions, was more satisfying than making a goal in a game. I ended up loving competing so much that I gave up all my other sports to focus on my riding

TK: What awards have you won?
Kit: My biggest wins have been the following: I won first place in June at the Colorado Horse Park International CCI 1*;
I was selected for the Area 5 team for the North American Junior and Young Rider Championships (often called Young Riders - equivalent to the equestrian Junior Olympics)

TK: What are you currently competing in?
Kit: I am currently competing at the NAJYRC in Montana this week. I am riding my horse Yoshi, a 19-year-old Holsteiner mare. We got Yoshi two years ago when I went to Midland, Texas, to look at another horse. Yoshi's owner was going to college and her family was moving. Yoshi was originally being donated to a children's trail-riding camp because her family could no longer care for her. Her trainer was looking for a home for her where she could continue jumping. I fell in love with her the moment I saw her. My dad made arrangements for us to give her a home and, before I knew it, she was headed to Tulsa.

TK: What was the reason behind your surgery?
Kit: Two summers ago I injured my back. I tried to ride but it was too painful. I was diagnosed with a herniated disc and took the year off from riding. During that time, I did intensive physical therapy and had steroid injections to relieve the pain. I was pretty young and didn't want to have back surgery. Towards the end of the school year, I was in a lot of pain and dragging my foot when I walked. It was very difficult to sit through classes. My physician, Dr. Kasra Ahmadina, was trained to perform a minimally invasive microdiscectomy. He said this procedure generally has a very high success rate. Since my pain was affecting my everyday activities, I finally decided to have the surgery the day after school one year ago. When I woke up from the surgery, I was no longer feeling any serious pain. It was a great relief. I had been told by another physician that I would just have to give up horseback riding, but [by having the procedure], I just had to go through a recovery period and then ease back in to riding. I started riding again last fall and was competing by January of 2017.

TK: What competitions are you currently preparing for?
Kit: Since Yoshi is 19-years-old, the NAJYRC will probably be her last big competition. I have a new horse. He is a Salle France Thoroughbred cross 8-year-old gelding named Gus. We hope to make the NAJYRC team next year.

TK: Who inspires you?
Kit: I have to say that my current trainers are an inspiration. I train with Kadi Eykamp in Fort Worth, Texas. Kadi is from Australia, where she was a very high-level competitor. She is an amazing trainer and has helped me considerably, especially with my dressage. I would not have made the NAJYRC team without her.
I train locally with Joey Brumbaugh at Free Flight Farm. Joey is an extremely experienced rider and has helped me really improve my jumping. He is very detailed, and at the same time, is very positive.
Will Faudree is the coach for our NAJYRC team. He is a former NAJYRC team member and currently has a horse farm in North Carolina. He was also an alternate on the U.S. Olympic Team. From the day we met, our personalities just clicked, and he has a way of bringing out the best in Yoshi and me.
All three of these individuals have achieved so much with their riding careers, and at the same time, chosen to take time to train others who love the sport.

TK: What are your plans for the future?
Kit: My plans for the immediate future are to continue riding my new horse, Gus. Our goal is to make the team next year at the one star level. Gus is very talented, and I hope to move him up the ranks and compete at the two star level. I also hope to bred Yoshi and train her foal. I love horseback riding and want to ride and train as many horses as possible. I am working on my education as well. I want to attend college on the East Coast and ride on a collegiate equestrian team.

TK: What is a fun fact about you?
Kit: I am a city girl and so are my parents, but because of my love of horses, my family now has a small farm where we keep my horses. We also have two miniature donkeys, a llama, a miniature horse, three sheep, two potbelly pigs, a rabbit, and an assortment of barn cats. My mom has gone from shopping at Utica Square to shopping at Tractor Supply!

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



Win a Family 5-Pack to see Disney's The Little Mermaid at the Tulsa PAC

Dates to enter: August 1-23

Disney's The Little Mermaid is coming to the Tulsa PAC from August 29-September 3! If you grew up belting out "Poor Unfortunate Souls" or dancing to "Under the Sea," you already know you're going to love this production. Buy tickets now at MyTicketOffice.com—or enter to win a Family 5-Pack at www.tulsakids.com/contests! For more information about the show, visit CelebrityAttractions.com.



There's Still Time to Enjoy Summer!

Download our Free Summer Family Fun Guide

There's no excuse to be bored in Green County this summer. If you need some inspiration, download our FREE Summer Family Fun Guide at www.tulsakids.com/summer

Dear Reader,
Thank you to everyone who entered our 2017 Cover Kid Contest! It was such a joy seeing so many adorable photographs. Once again, thank you to Dr. Robert J. Herman Orthodontics for sponsoring the contest! This month, we have two more exciting contests! Read below for more information, or visit www.tulsakids.com/contests!
-Tara Rittler, Web & Social Media Editor



Tulsa Ballet Center for Dance Education Free Semester of Dance Lessons Giveaway

Dates to enter: August 1-15

According to their website, "Tulsa Ballet Center for Dance Education offers professional training designed to urge every young dancer toward the harmony of the body, discipline of the mind and enrichment of the soul that is the core of the art of dance." If you have an aspiring dancer in your household (ages 3-18), enter to win a free semester of dance lessons from TBCDE at www.tulsakids.com/contests! For more information about the program, visit www.tulsaballet.org/classes/about-CDE.

LOOK *inside*

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Safe Kids Tulsa Area, in partnership with The Children's Hospital at Saint Francis, is dedicated to preventing unintentional injuries—the leading cause of death and disability in children. To learn more about keeping kids safe, visit ***KohlsKidsThinkSafe.com*** or call ***918-494-SAFE (7233)***.

Some simple safety tips to keep your family safe this summer and every season:

Swim Safe

- If children are in or near the water, keep your eyes on them at all times.
- Use Coast Guard-approved life jackets on all children when boating or on a beach.
- Learn CPR in case of emergency.

Ride Safe

- Buckle up children correctly in age-appropriate car seats—every car ride, every time.
- NEVER leave a child alone in a car.
- Don't text and drive.

Walk Safe

- Teach children to always look both ways before crossing the street.
- Use crosswalks and sidewalks.
- Avoid texting and walking to stay aware of traffic.

Play Safe

- Look for and use age-appropriate playground equipment.
- Actively watch your children in playground areas.
- Equip kids with sport-appropriate protective gear.

Wheel Safe

- Provide kids with a properly fitted helmet when biking or skating.
- Adults and children should know proper rules of the road and obey all traffic laws.
- Avoid riding after dark; if you do, wear reflective clothing.

SAFE KIDS TULSA AREA

The Children's Hospital at Saint Francis