February 2016 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

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FOR PA[illegible] FOR LIFE.



HEALTH MYTHS BUSTED!

CHOICES DURING CHILDBIRTH: PATIENT-CENTERED CARE

GUN SAFETY BEGINS AT HOME: KEEPING YOUR CHILD FROM BEING A VICTIM

VALENTINE TREATS ALL DAY LONG

WHEN THE FIT HITS THE FAN: AVOIDING TANTRUMS

10 HOMESCHOOL MISTAKES TO AVOID

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

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5353 East 68th Street, Tulsa, OK
$25 in advance; $30 day of event

Make checks payable to Health Zone

Youth | Ages 10 – 13

Swim 100 yards
Bike 1 mile
Run 1/2 mile

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

Child | Ages 6 – 9

Swim 50 yards
Bike 1/2 mile
Run 1/4 mile

11:00 a.m. Registration
11:30 a.m. Start Time

Must be 49" tall to participate.

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All jumpers are required to complete a liability waiver for the specific SZ location they are visiting. Participants under 18 must have a waiver signed by a parent or legal guardian.

PEGGY V. HELMERICH
Women's Health Center
@ HILLCREST MEDICAL CENTER



George, Robb, Jack & Natalie M.

tiny blessings.

Labor of Love Program

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



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

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

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

Hillcrest.com | 918.585.8000

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tulsakids

February 2016

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www.tulsakids.com



CHOICES DURING CHILDBIRTH

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Love Your Family with Good Health

When I was pregnant for the first time a million years ago, St. John Hospital had an alternate birthing room. It was like a hotel room with a regular bed, a rocker, a TV – in general, it had a home-y feel. I could move around, play music and also labor and deliver in the same room. My doctor, Lora Larson (who is now a hospitalist at St. Francis), was supportive of my choice to do natural childbirth. There was a midwife who supported me throughout labor. It was a good experience for me, so I had planned to use it again.

Two-and-a-half years later when my daughter came along, the room was gone and I was in a cold, operating room-type setting at the same hospital. And with my third, it was the same. All three experiences were good, but the first one was definitely superior in making me feel less anxious and more in charge. At that time, it was nice to have the option at the hospital (I, personally, would never have considered a home birth, and I'm glad because my second child had some unexpected issues that needed to be dealt with immediately. Because I was in the hospital, they were minor, but I shudder to think what might have happened had I not been in the hospital.)

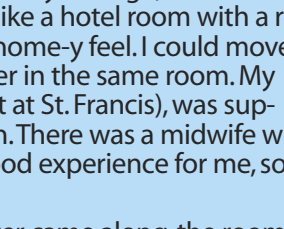
Labor and delivery trends come and go, and every woman who has had a baby has a story. In this issue, writer Bria Bolton Moore looks at how local hospitals are turning to patient-center models when it comes to laboring moms. Like me, you may find that environments and practices have changed just in the time between one baby and the next.

Another issue that has gotten a lot of attention lately is gun safety. We wanted to look at it from the perspective of how families can create safe and healthy home environments. Accidental shootings in the home by children who have found guns are tragic. What makes them even more tragic is that they are preventable. Maybe you own a gun. Do you share that information with parents when their children come over to play? Do you ask parents who are hosting your kids for parties or play dates whether they have guns and if those guns are securely locked away? How do you approach this subject? Writer Marisa Morgan explores some of these questions in her article.

And if you've ever wondered if you have to poop every day to be healthy, read our Health Myths Busted article to find out about that and more.

Finally, we couldn't leave you without some Valentine treats. (Really, can't a treat now and then be part of a healthy diet?) Food writer Natalie Mikles gives you some delicious options that your family will love in her recipe column.

Happy February



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:
TULSAKIDS COVER WINNER SOPHIE TANNER IS OUR VALENTINE COVER KID.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY

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MEMBER OF PMA PARENTING MEDIA ASSOCIATION

NEW DIETARY GUIDELINES

Stating that "about half of all American adults have one or more preventable, diet-related chronic diseases, including cardiovascular disease, type 2 diabetes, and overweight and obesity," the U.S. government released the 2015-2020 Dietary Guidelines for Americans in January (health.gov/dietaryguideline/2015). The recommendations are for toddlers through adults and cover calorie and exercise amounts, ways to shift to healthy eating patterns, food sources for various vitamins and nutrients and more. The guidelines encourage people to eat more fruits and vegetables and less sugar, white flour and other processed foods. Only 10 percent of calories should come from added sugar, which essentially equals one can of soda for adults.

Critics say the recommendations are purposely vague and ignore both sustainability and the WHO study on red meat and processed meats being associated with cancer.

Key Recommendations include:

The Dietary Guidelines' Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

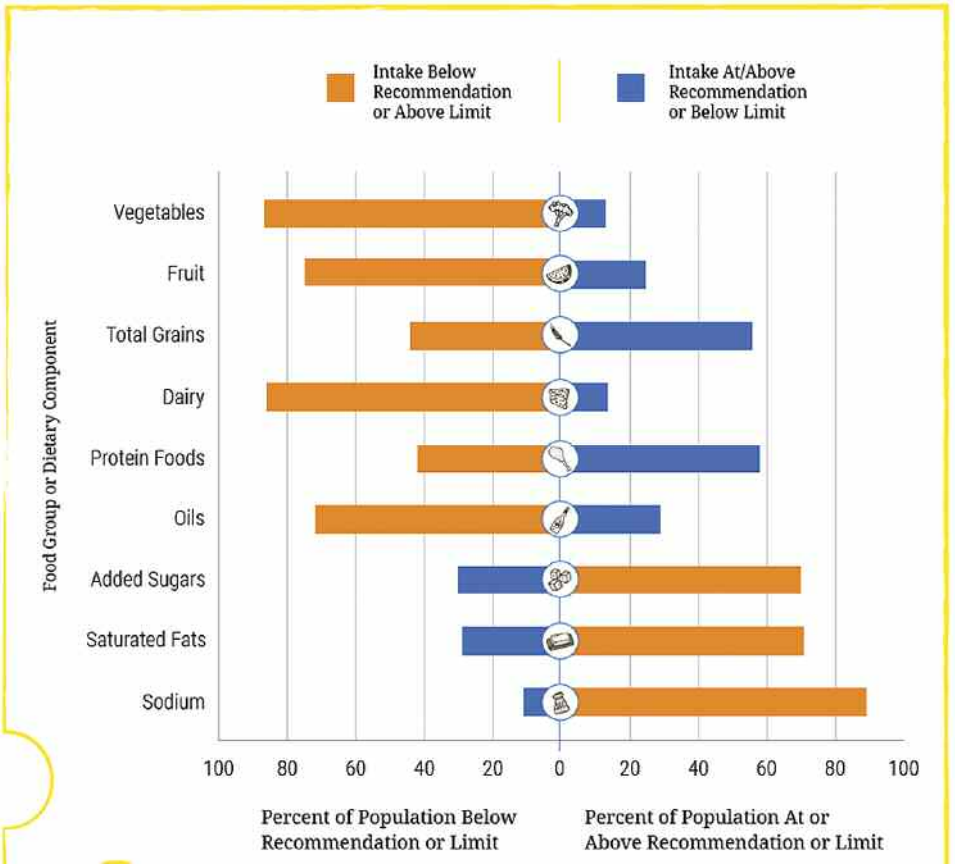
A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium

Dietary Intakes Compared to Recommendations. Percent of the U.S. Population Ages 1 Year and Older Who are Below, At, or Above Each Dietary Goal or Limit



- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the Physical Activity Guidelines for Americans to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the Dietary Guidelines includes a Key Recommendation to Meet the Physical Activity Guidelines for Americans.

SIMON YOUTH FOUNDATION SEEKS SCHOLARSHIP APPLICANTS

This year, living near Woodland Hills Mall could help a graduating senior pay for college. Simon Youth Foundation, a national nonprofit that provides educational opportunities for at-risk high school students, has begun looking for a graduating senior who lives within fifty miles of Woodland Hills Mall.

Each year, Simon Youth Community Scholarships are awarded in every community across the country that is home to Simon, Mills, or Premium Outlets malls. The application period has begun and ends on March 1, 2016.

Students can apply online by visiting syf.org/scholarships.

Any student who will be graduating in the class of 2016 and lives within 50 miles of a Simon property is eligible. Recipients will receive up to $1,500 to enroll in an accredited college, university, vocational or technical school.

The 2016 SYF Community Scholarship recipients will be selected by International Scholarship and Tuition Services, Inc. (ISTS), a third-party administrator. Students are selected based on a variety of criteria, including financial need, academic performance, leadership skills and participation in school and community activities. Those students who are the first in their family to pursue a post secondary education will also be given close consideration.

Recipients will be notified in May.

continued next page

READING PARTNERS SEEKING MENTORS

Reading Partners, a national nonprofit that trains community volunteers to provide students with proven, individualized reading support, is looking for mentors to work with students at local elementary schools.

The literacy organization has been providing proven volunteer-led, one-on-one reading support to under-resourced public elementary schools since 1997. The program seeks to serve more than 1000 students in 17 schools in Tulsa, but over 200 students are waiting to be matched with a volunteer reading partner.

Today, only one in four Oklahoma fourth graders is reading at grade level. Reading Partners is working closely with Tulsa Public Schools and the local communities to ensure more students are on-track to read at grade-level.

"While we're proud that our program has been shown by rigorous research to boost reading proficiency, what is also so important is the socio-emotional benefits and boost in confidence our students see as a result of the one-on-one relationship they build with their reading partner. Over 99% of students in our Tulsa program who were rated by their teachers as having low or very low confidence increased their confidence level by year's end last year." says Elizabeth Vereecke, executive director of Reading Partners Tulsa. "This is the kind of mentorship that can have a lifelong impact on a child."

Reading Partners Tulsa is looking for volunteers to commit to at least an hour a week to work individually with children who struggle with reading at one of 17 schools in Tulsa.

To learn more, email volunteerTUL@readingpartners.orgor call 918.949.1979.

advertiser in the news



VETERAN PHYSICIANS OPEN NEW OB-GYN PRACTICE, FOCUSED ON PATIENT EXPERIENCE

Focused On You... More Than Ever. After many months of preparation, Drs. Grant Cox, Paul Gehring, Gena Gray and Sarah Shepherd are pleased to welcome patients into their brand new practice! Brought together by a shared sense of compassion and a commitment to providing outstanding patient care, the opportunity to provide you and your family with wellbeing and peace of mind is the primary focus at OB/GYN Specialists of Tulsa. Our new practice gives us the freedom to deliver a more exceptional patient experience, while ensuring that we never stop improving. The quality of your healthcare can have a significant impact on the quality of your life, which is a responsibility we feel privileged to have.

For our obstetric patients, we offer the latest in testing options as well as high risk OB/ Prenatal Care; Infertility Treatment; Prenatal Genetic Screening and Testing; Advanced Maternal Age Prenatal Care and more. In addition to routine gynecological and obstetric care, we specialize in the treatment of Abnormal Uterine Bleeding, Fibroids, Endometriosis, Pelvic Pain, Pelvic Prolapse, Overactive Bladder, and Urinary Incontinence.

We are pleased to announce that Physical Therapist Karol Andrew, who specializes in Pelvic Floor Physical Therapy, will join our practice this month. With the addition of Karol's expertise, we will offer services that are unique to any OB-GYN practice in Tulsa, aiding patients with incontinence, pelvic pain and prolapse.

We accept most major insurance plans, and accept appointment requests by phone at 918-712-8700 and online at www.ogstulsa.com/office. Our new office is located on the St. John's campus at 1919 S. Wheeling in the Bernsen Medical Plaza, suite 700.

YOUNG ENTREPRENEURS CAN PITCH IDEAS TO STARTUP CUP

The Tulsa StartUp Series takes lemonade stands and cookie sales to the next level where students in kindergarten through 12th grade are invited to pitch their business idea or product for a chance to win $2,500 in start-up money.

Specifically for young entrepreneurs, the monthly pitch series allows anyone in high school or younger to pitch an idea. Ideas can be for any business or product. Students need to tell the problem their business will address, how they will solve the problem and how they will use the prize money to test their idea if they win.

Important Dates for the K-12 monthly pitch series.

Feb. 3 Submissions open
March 2 Submissions close
March 9 Top 5 Announcement @ Cultivate918
March 16 Top 5 Live Pitch @ 36 Degrees North (winners announced on site)

The Pitch Series winner shall be awarded $2,500 to test or advance their business, a three-month membership to 36 Degrees North, a spot in the Venture Assessment Program at i2e and a mentor who will be available to meet with the business owner weekly for at least three months.

For information on how to enter, go to www.tulsastartupseries.com, read more on Pick Your Pitch and then K-12 Student Series.

JOIN THE JA SUPER HERO BOWL-A-THON

Run, fly or teleport to the 2016 JA Super Hero Bowl-A-Thon on Fri., Feb. 5 at the AMF Sheridan Lanes where you can be a superhero for Tulsa area students. There will be a bowling pin decorating contest, special superhero guest appearances and lots of fun activities.

The JA Bowl-A-Thon raises funds to sponsor local students while providing a platform for networking and team-building. Funds raised during the JA Super Hero Bowl-A-Thon will help provide JA programs to 40,000 students in the Tulsa area.

Teams consist of five individuals. The suggested team goal is $500 or $100 raised per team member. Teams will be treated to two games of bowling, shoe rental, a JA Super Hero Bowl-A-Thon t-shirt, dinner, and entry into door prize drawings. Prizes are awarded to the top fundraising team, individual, and company coordinators.

To learn more about how you or your business can support Junior Achievement of Oklahoma by joining the JA Super Hero Bowl-A-Thon, contact Martha Rongey at 918. 663.2132 or visit www.jaok.org.

WIN CASH PRIZES IN THE LIBRARY'S YOUNG PEOPLE'S CREATIVE WRITING CONTEST

"Write every day." That is the advice any award-winning author gives to aspiring writers. The continuous practice helps build essential storytelling skills as well as establishing a daily routine to fuel creativity.

Tulsa City-County Library's annual Young People's Creative Writing contest can help achieve a writing routine. The contest is organized much like a publisher works: writers are given a deadline, parameters and encouraged to submit their best story.

Entries for the 2016 contest are being accepted Feb. 1-March 5. The contest is free to enter and open to young people ages 10-18 who live in Tulsa County, attend school in Tulsa County or have a non-resident library card.

There are three age divisions: **10-12, 13-15** and **16-18**. Participants may enter one manuscript per category. Within each age division, there are five categories:

Short Story – each entry no more than 1,500 words.

Informal Essay – a short composition on a topic or issue giving your opinion or recounting a personal experience. Limited to 1,500 words.

Poetry – one poem, no more than 300 words.

Short Play – no more than six characters, no more than three locations, no more than 10 pages. Limited to five to 10 minutes in length.

Comix – entry must be complete in and of itself, and not a fragment of a larger work. No more than eight pages. Work can be with or without words, in black and white or color, and fiction or nonfiction. Computer-generated images are acceptable as long as they are original works (no clip art). Use 8 ½" by 11" paper and submit as flat work, not as a booklet.

Within each age division and category, cash prizes are awarded in the following amounts: $100 for first place, $50 for second place and $25 for third place. The "Writer to Watch" award is endowed by retired TCCL librarian Rosemary Moran, the award of $100 recognizes a young adult who consistently entered the contest and demonstrated promising writing techniques.

All entrants will receive an invitation to the awards program, which will be held on Friday, May 6, 7 p.m. at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St. Gordon Korman, winner of the 2016 Anne V. Zarrow Award for Young Readers' Literature, will be the featured speaker and will present the awards.

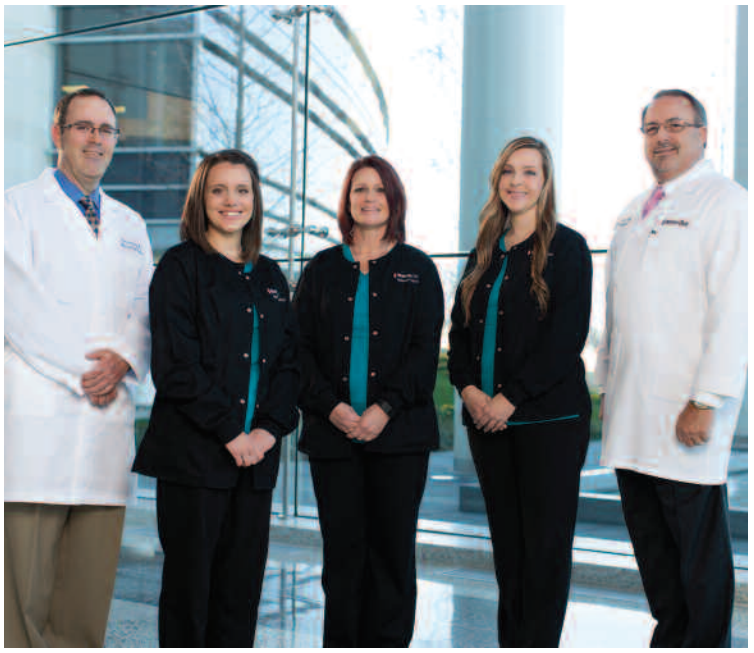
The contest is sponsored by the Tulsa Library Trust. Additional support provided by The Mary K. Chapman Foundation and George Kaiser Family Foundation.

Entry forms with rules and regulations are available at all TCCL locations or on the library's teen website, http://teens.tulsalibrary.org. For more information, call your local library or the AskUs Hotline, 918.549.7323.

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COMING IN APRIL: TULSAKIDS ANNUAL SUMMER CAMPS & ACTIVITIES GUIDE
TULSAKIDS MAGAZINE IS YOUR BEST PARTNER IN PLANNING EVERYTHING FOR YOUR FAMILY!

Welcoming New Patients



Saint Francis Health System is pleased to welcome David Gorenberg, M.D. to Warren Clinic Maternal Fetal Medicine. He joins Dr. J. Stephen Jones in providing care to obstetrical patients requiring high-risk care. Services include obstetrical ultrasounds, genetic counseling and testing, and care of mothers with hypertension, diabetes and other medical problems.

The Warren Clinic Maternal Fetal Medicine practice is American Institute of Medicine (AIUM) certified. Sonographers have their ARDMS certification and Fetal Echo certification.

They are welcoming new referrals and accept most major insurance plans. To schedule an appointment, please call (918) 502-4636.

6565 S. Yale Ave., Suite 601
Tulsa, OK 74136
(918) 502-4636

Pictured left to right:
David Gorenberg, M.D.
Casey Busch, BSMIRS, RDMS
Angie Ruppert, RDMS
Tamara Hager, BSRT, RDMS
J. Stephen Jones, M.D., FACOG

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WarrenClinic



BY KILEY ROBERSON

when the fit hits the fan: **preventing tantrums**

Toddlers and tantrums go together like peanut butter and jelly, except these situations can often get a lot stickier for parents — especially in public places. It's remarkable how fast your sweet little baby can go from happy to hysterical in just a matter of minutes, sometimes even seconds! We've all been "that" parent at the grocery store with the screamer.

If you're like me, with a strong-willed, independent child, you don't worry about if, but rather when, your kid will hit the floor. Do I pick him up? Let him cry it out himself? Bribe him to stand still and stop screaming? It's a tough decision that has to be made quickly. After all, time is ticking, people are watching and my patience is running out.

It's hard to imagine when you're caught up in the moment, but experts actually say there are things you can do to help prevent an outburst before it ever begins. Dr. Caron Goode explains in her Pediatrics for Parents article that preventing tantrums takes observation, quick action and a little understanding.

"As your child moves from babyhood to toddlerhood, she learns at an extraordinary pace. She is literally learning something new every day. Unfortunately, her cognitive and physical skills are oftentimes not in sync. This leads to frustration, which leads to temper tantrums."



CARTER ENJOYS HIS BIRTHDAY.

This means that when my son gets upset because a puzzle piece won't fit or because I gave him water instead of milk, his reaction isn't necessarily to get attention. Instead, it's a release of frustration for not being able to express his wants coupled with limited problem-solving skills. This combination creates the perfect path leading straight to — you guessed it — tantrum town.

For most children, temper tantrums ease off with maturity. "Once their speaking and reasoning skills improve, children no longer need to have tantrums," says Dr. Goode. In the meantime, you can help by knowing the signs. Observe your child for tantrum triggers such as slumped shoulders and face with a scowl, prolonged whining, playfulness interspersed with lots of lying down and thrown toys or food.

As soon as you spot one of these signs, take action with these tantrum-stopping tricks:

Stop for a snack. Hanger — you know, hungry anger?— doesn't just affect adults. It hits toddlers too. Be prepared with a healthy snack packed with plenty of protein and fat such as cheese, peanut butter crackers or an avocado, which energizes little brains and bodies.

Napping necessity. If hunger isn't the problem, sleep likely is. According to the American Academy of Pediatrics, toddlers need 12-14 hours of sleep in a 24-hour period. Look at your schedule over the past few days; if things aren't adding up, sleep may be the answer.

Take a walk. A change of scenery works wonders for the frustrated mind. So take your toddler for a stroll. Yes, even when it's cold. Just bundle up! Being outside allows a toddler to clear his head and take in the wonder of nature. It also frees you up from correction and discipline for

continued next page

a bit. A 30-minute walk can reset your entire day!

Quality time. You'll know best whether this oncoming tantrum is a time when your little one wants your attention or needs to refocus. If it's time with you she needs, invite her up to mommy and daddy's bed for snuggles. Get comfy and flip through a book together.

You won't always be able to stop a tantrum. When the fit hits the fan, keep cool and offer comfort. Tantrums can take a toll on children. Often, when it is over they are not even sure why they were angry in the first place. Offer your child a warm hug and some reassurance. Let him know you disapprove of tantrums, but that you love him.

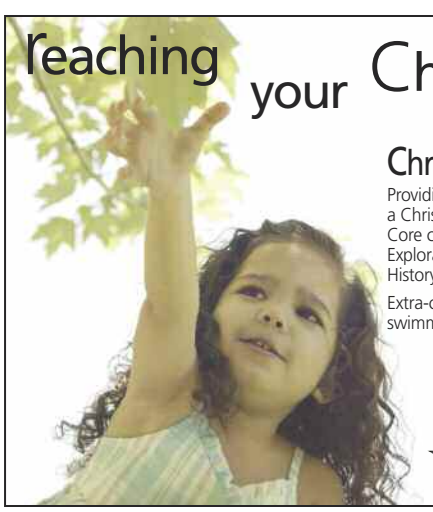
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BY KERRIE McLOUGHLIN

10 homeschool mistakes to avoid

Although I've been homeschooling since day one with my oldest and never looked back, I know plenty of people who didn't start homeschooling until their kids were well into elementary school and beyond. Whether you are just starting your homeschool journey with a kindergartner or have just taken your high schooler out of school, here are some common mistakes many homeschoolers make starting out and how to avoid them. Keep in mind there is no "perfect" way to homeschool and that every family has to do what's right for their educational and sanity needs.

1. Trying to make home like school. No need to try to recreate every nuance of a public or private school, complete with desks, chalkboard or smartboard, uniforms and a rigid schedule. When we first start homeschooling, there is definitely that temptation to do things the same way they were done when we were growing up. But the point is you are doing it at home and the teacher is a parent … things are going to be much more flexible and very different.

2. Thinking you need to homeschool all day and night. No need to spend 7+ hours a day doing school with your elementary school child. Consider shorter chunks of teaching/learning time for each child, then take a day off every now and then to go to the zoo to learn, go on a nature walk, hit the library for a few hours, watch some documentaries, or just snuggle up and read. For older kids, a part-time job and volunteering certainly count as real-world education.

3. Trying to keep your kids sitting at desks all day. No need for kids and teacher to sit in a chair all day for learning. We all learn and teach differently. Sometimes I'll read to my kids while one is doing art and another is playing Minecraft and I'm doing squats. I also include my kids in real-world things like doing errands, cooking, chores, finances and more.

4. Trying to keep up with everyone else. Don't try to keep up with other homeschoolers or other families with kids in school. I personally started each of my kids a year "late" for school and they definitely haven't suffered. I always wondered what the rush was for our kids to grow up and knew one measly year wouldn't make a difference. To me, that was one extra year to let them be kids without the "job" of school and an extra year to let them play and explore on their own.

5. Paying an arm and a leg for curriculum. Homeschoolers already spend a fraction of what is spent on public school kids or what they would spend at a private school. With so many free options like ABCMouse.com, Khan Academy, and the public library, there's no reason elementary school, at least, has to cost anything at all. Also, check into virtual school through your state.

6. Not following your child's lead. I'm not talking about going the unschooling (letting children take the lead in what they want to learn) route here, if you aren't comfortable with that, but it certainly works for many families. I know families who unschooled up until high school and then the kids picked up what they needed to know with little effort and sailed into college with no problems. It was a sad day when I was in a homeschool store and heard a kid ask his mom if they could learn about a certain topic he was excited about and she said, "No, these are the books right here that we are working on this year and we aren't going to stray from those." Keep in mind we all learn best in different ways and are all interested in different things.

7. Sticking with something that isn't working. Switching curriculum halfway through the year is not uncommon. If a certain workbook makes you and your child cry and want to throw it across the room, don't power through until the end of the school year! Find something else that works.

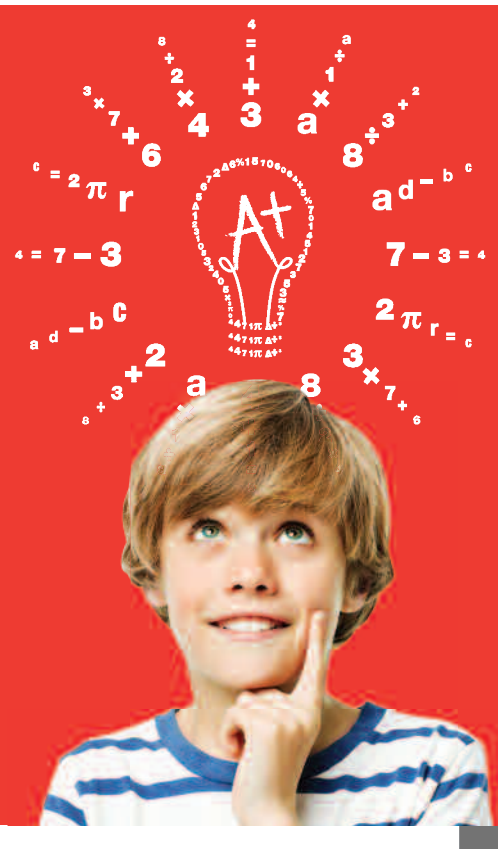
8. Doing everything with and for your child. There is definitely a place for independent learning.

9. Comparing yourself to everyone else. It's funny how, as I'm beating myself up because my kids don't know cursive yet and my neighbor's kids have been doing it for years, she is also beating herself up because she doesn't think she does enough educational outings with her kids like I do. It's great to have a homeschool tribe of people you can bounce ideas off of and vent to, but comparing and competition do no good to anyone, least of all your child.

10. Trying to be perfect. The longer I homeschool, the more I enjoy telling newbies about random mistakes I've made on my journey. The relief I see on their faces when they realize they don't need to be "perfect" is priceless.

Do what works for your family. Of course you are going to make mistakes along the way, but if you realize that is perfectly normal, you might go easier on yourself … and have more fun on this shorter-than-you-think journey with your kids!

Kerrie McLoughlin has been homeschooling her 5 kids since 2006.



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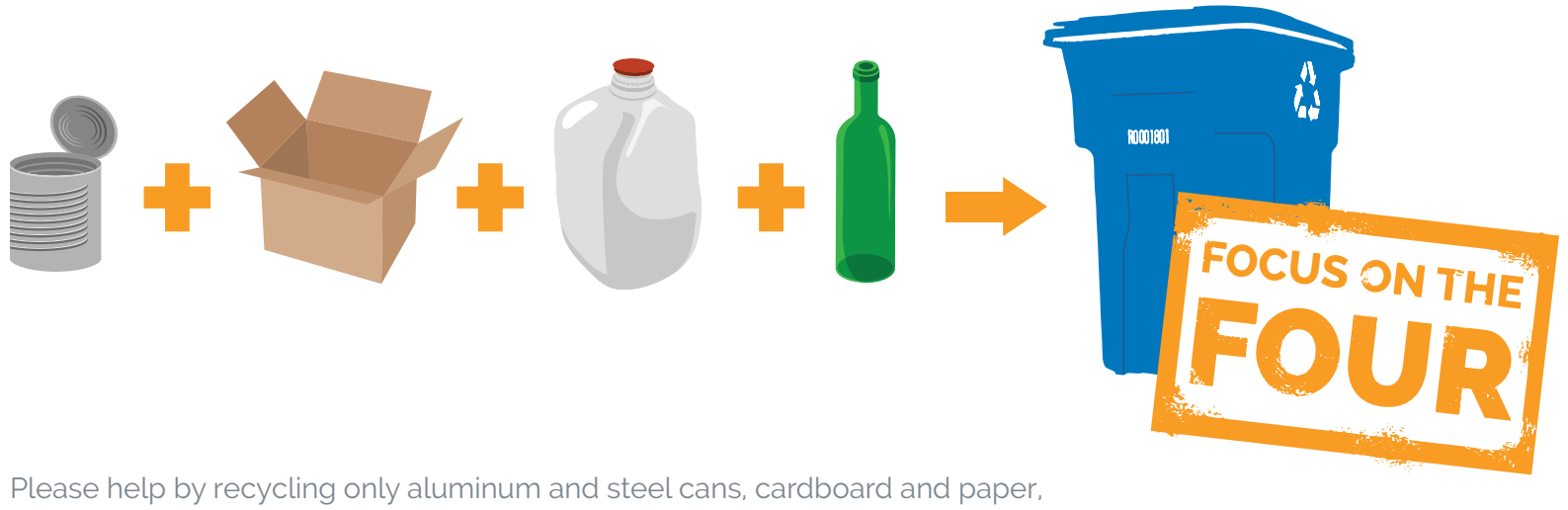
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CITY OF Tulsa
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BY JULIE WENGER WATSON

parents passing down native american culture

Identity is complicated. Inherent in being a teenager is seeking the answer to the big question, "Who am I?" Teens seem to try on identities like they try on clothes. Searching for a good fit can mean pushing boundaries and exploring possibilities. While it's important for parents to share their own values with their children during this process, for some parents, sharing a sense of cultural identity and heritage is also paramount. For Native American parents living in Oklahoma, this can mean sharing not only their own family's stories, traditions and history, but also those of the greater Native American community. Travis Owens is a member of the Cherokee Nation and is employed by the Cherokee Nation Business whose mission "is to grow the economy of the Cherokee Nation through diversification and create jobs for Cherokee citizens in Oklahoma and other states." Specifically, Owens' work relates to Cherokee Nation cultural resources. "We're tasked with promoting and preserving Cherokee history and culture," he explained. "We have the opportunity to showcase Cherokee history through historic preservation, cultural events, guided tours, museums, welcome centers and cultural gift shops."

Although Owens learned about his Cherokee identity through his own mom and dad, he doesn't remember his parents actively teaching him about it. "It's a funny thing as I think about how I will share my culture with my children. I don't ever remember being 'taught' about our heritage. My parents more just made it a part of our lives. We were exposed to cultural events, told about significant people and events and encouraged to take part in cultural experiences," he recalled.

> "I don't ever remember being 'taught' about our heritage. My parents more just made it a part of our lives. We were exposed to cultural events, told about significant people and events and encouraged to take part in cultural experiences."

Owens plans to teach his own kids about their culture, too. "With our 15-month old, it's more about exposure than teaching. As he grows, he'll learn more and more about his heritage. I feel like it's extremely important for Native American children to know about their culture and history. I believe that knowing where you come from builds your true identity as a person," Owens said.

"For example, I rarely meet someone new without them asking me, 'What are you?' or 'Where are you from?' I have come to learn that this simple curiosity has to do with my skin color. I take it as an opportunity to tell people about my heritage and help people understand the true identity of Native Americans. My hope is that my children will have that same sense of identity. Being Cherokee is part of who I am, and it's part of who my children will become," he explained.

While Owens doesn't have a set plan for sharing his heritage with his children, he knows he wants to incorporate it into their daily lives. "We try to make it a part of our lives, not something we do in the classroom," Owens said. Owens' own job likely makes this easier. "My 15-month old has probably been to more Cherokee cultural sites than most Cherokee adults," said. "We want them to experience the things that we did as children, to grow up with an understanding of who we are, not just where we came from. Our culture is modern. It's here. It's a part of our lives, not just something that happened 200 years ago. We want them to live it every day, because no matter what, every day they are Cherokee."

Buddy Wilson is the father of two boys. Andrew, 21, and Ben, 15. Wilson's Native American heritage is a big part of who he is, and something he tries to share with his own kids. "I'm Pawnee, Cherokee, Seneca-Cayuga and Wyandotte. My dad was full blood Pawnee," Wilson explained. Growing up, his own parents immersed him in his culture, "It just seemed natural," he recalled.

"I grew up in Tulsa in the

continued next page

'60s and spent a lot of weekends in Pawnee at hand games, dances and the Homecoming Powwow," Wilson explained. "My dad grew up in Pawnee, and most of his relatives still lived there. All the events revolved around food, family, music and dancing. The culture was a living culture, not something confined to a book or stories of other times. There were still old men with braids on the streets; people spoke the language to each other. Those people were the direct connection to the past."

As a kid, learning about his Native American heritage helped Wilson forge his own identity. "It showed me that there were other people around who looked like me. I could look at other Indians and tell what tribe they were. There weren't that many like me in school. It made it easier to hear some of the things other people said about Indians in general. I knew they didn't know much at all about what they spoke."

Wilson has made the effort to share this heritage with his sons. "I try to do it in the same way that my parents did, but I find it difficult to believe how much time we spent 'there' back then – that whole thing about life and work and carving out time to attend these events. I still try to set up camp every year at specific events. It gives my kids the opportunity to spend several days immersed in that world. It's important because it's part of who they are, and they're right here where their various tribes hold their events."

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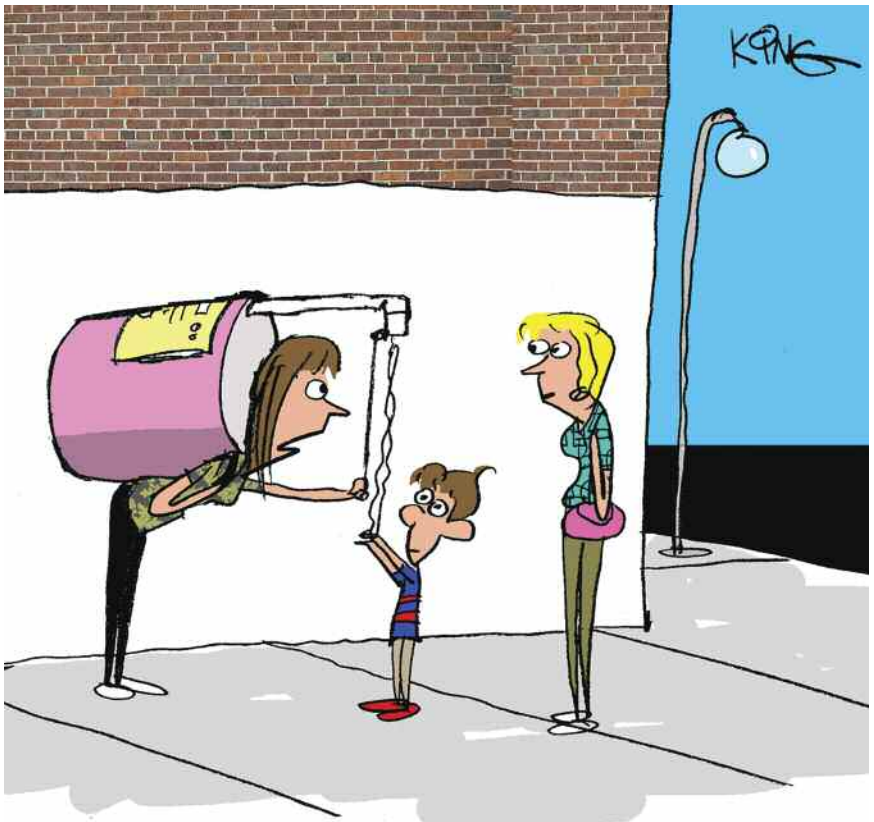


(L-R) Dr. Paul Gehring, Dr. Sarah Shepherd, Dr. Grant Cox and Dr. Gena Gray launch OB/GYN Specialists of Tulsa.

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HOLLY EMBRY, TEEN LIBRARY ASSOCIATE, SOUTH BROKEN ARROW LIBRARY

say it with **stories and crafts**

Forget romance! Valentine's Day is much more fun when the emphasis is placed on love in general -- especially the love you feel for the kids in your life. If celebrating the love shared between family and friends sounds like your idea of a great holiday, then perhaps you're in the market for some sweet stories and heartwarming crafts. The Tulsa City-County Library has a swoon-worthy collection of books that are perfect for celebrating Valentine's Day, so keep reading for a list of stories and related crafts that are sure to woo your little sweeties.

Let's start with the littles! Perfect for babies and toddlers, *Time for a Hug* by Phillis Gershator teaches basic counting skills while showing children how irresistibly huggable they are. Make the story interactive by giving your kids a squeeze each time the phrase "Time for a Hug!" occurs. Emma Dodd's *Love You Books* are silly, yet sentimental, and feature rhyming text and illustrations accented with shimmering foil. Recommended titles in this series include *When You Were Born*, *Everything*, and *No Matter What*. Inspire young minds with *An Awesome Book of Love* by Dallas Clayton. This catchy story contains hand-lettered text, whimsical illustrations, and affirmations in rhyme.

Moving into the elementary grades, there is no shortage of books that will expose children to the power of love. Animal enthusiasts will gush over *Puppy Love: True Stories of Doggie Devotion*. This newly published National Geographic title features uplifting stories of loyalty and companionship. For the young activist, try *Love Will See You Through* by Angela Farris Watkins, Ph.D. Written by Martin Luther King Jr.'s niece, this powerful book demonstrates the importance of approaching injustice with love and compassion. To celebrate the silly side of life, try reading the feel-good poems in *We Go Together: A Curious Selection of Affectionate Verse* aloud with your kids.

And let's not forget to show the teens some love! There are plenty of books written for this age group that push beyond the surface of dating and touch on deeper issues such as self-esteem, coping with bullies, and the beauty of individuality. *Eleanor & Park* by Rainbow Rowell is a quirky love story that tackles some touchy topics with humor and grace. Jerry Spinelli's *Stargirl* will inspire teens to love and embrace their differences rather than reshaping themselves in an attempt to gain the fickle affections of their peers.

In addition to reading with the kids in your life, you can always make them feel loved by taking time to create something

continued next page



CLAY VALENTINE HEARTS (ABOVE).
HEART PAPERCHAIN (BELOW).





beautiful together.

Even if crafts are not your cup of tea, keep in mind that kids are not likely to judge your artistic abilities. They'll just be appreciative of time spent with the adults they adore. Here are some ideas:

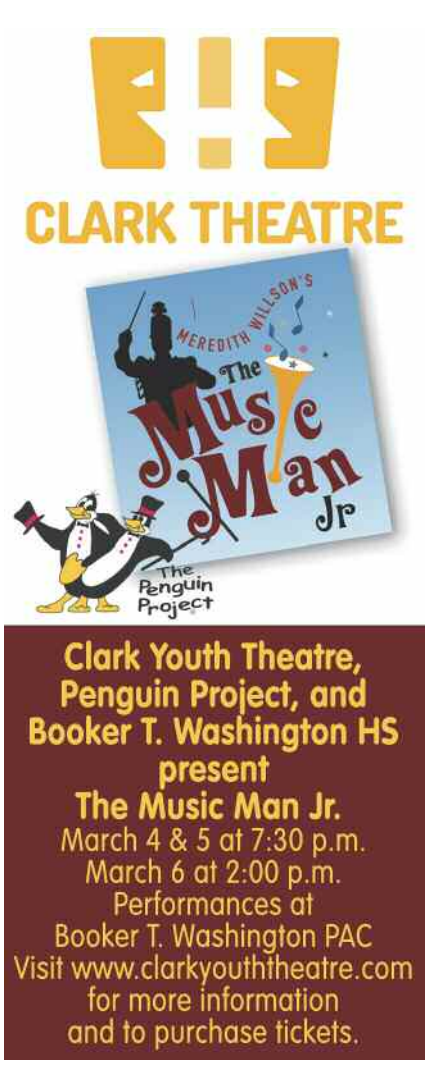
• Make keepsake charms using oven-bake clay, paint, and mini cookie cutters.

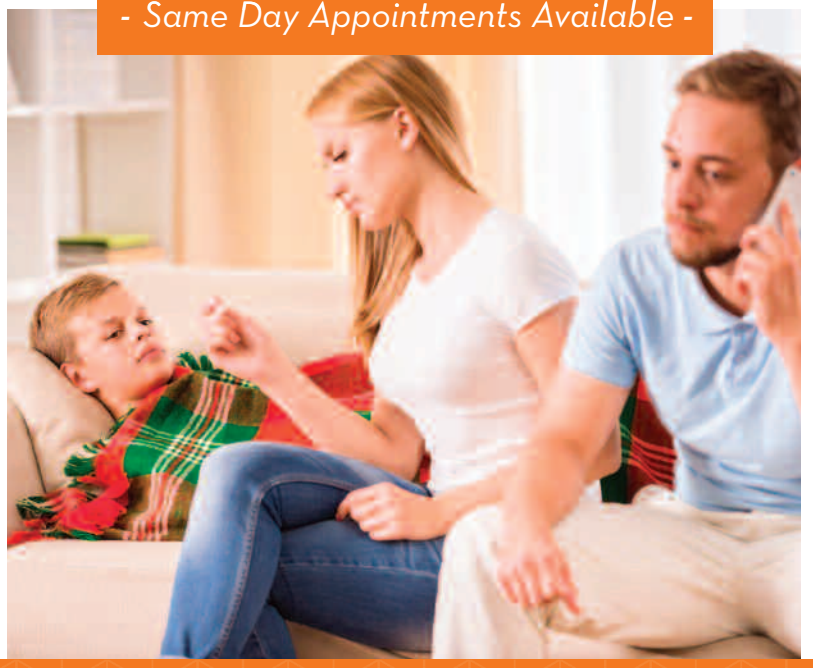
• Repurpose and preserve valentines by creating collaged bookmarks. Paste valentines to cardstock and have them laminated to use as bookmarks that will make your little readers feel loved every time they crack open a book.

• Try a fun spin on traditional paper chains by connecting colorful hearts with secret messages. To assemble, staple two strips (8.5"x1.5" is perfect) of paper together at one end, then lay stapled-side-up and write a message. Loop one end through the last heart on the chain before stapling the other end of the strips into the shape of a heart. Use this project to count the days of the month in a fun, positive way!

Essentially, Valentine's Day can be whatever you want it to be. Why not designate this holiday as a time to direct all the love we can toward the kids in our lives? Read an extra book together before bed. Spend quality time making art with your family. Give good hugs. What's not to love about that?







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BY AYSCHIA KUYKENDALL

celebrating **hope**

"I hope that we can change the world" – Jacenta, 4th grade

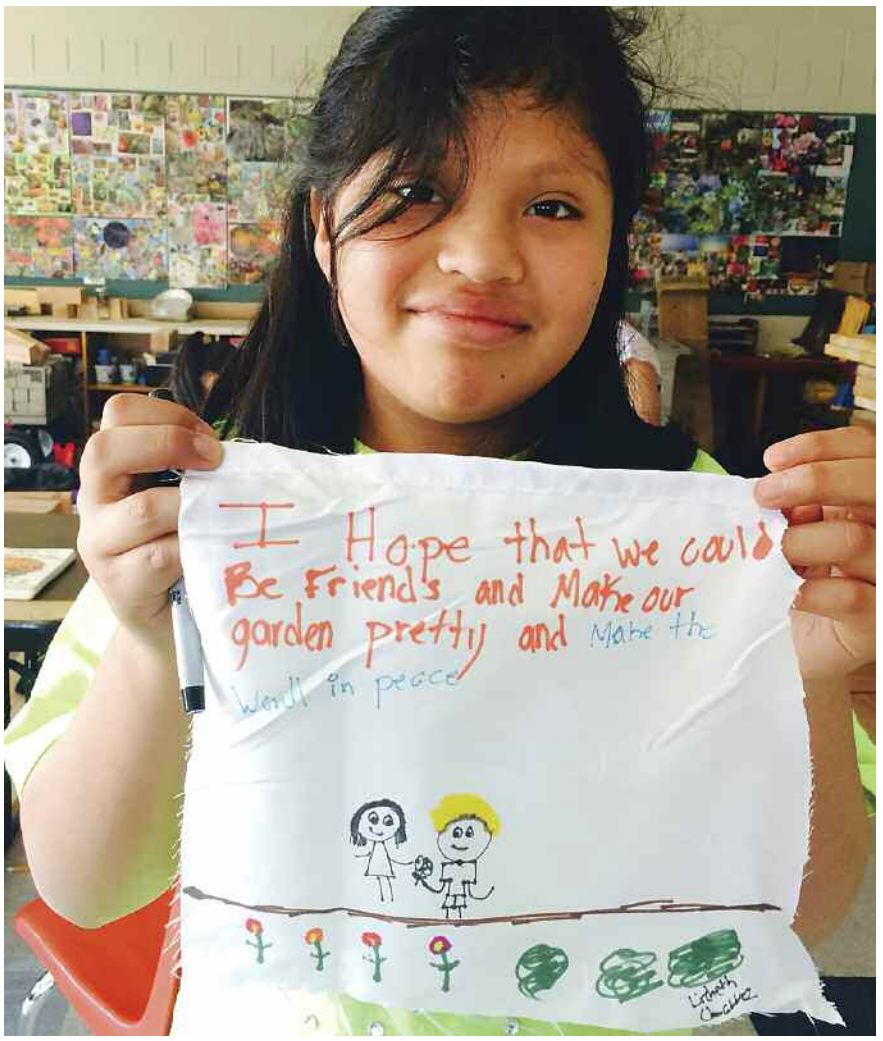
"Always remember, wherever you go hope is with you." – Juliana, 4th grade

Hope is something that gardeners have to either come by naturally or learn on the job. There's no rushing the weather or hurrying seeds to sprout. It's science – (most) seeds need five things to grow: sun, water, soil, space and air. And then there's hope. It's hard to science hope. It's the anticipation and expectation that what you believe will happen will in fact come true. And it's active. Hope is (hopefully) the seed of action!

Global Gardens is a local non-profit that partners with four schools to offer during school and after-school programs to students as well as two community gardens for families. Each garden consists of 50-75 plots all owned by either a classroom, after-school student or a family. It's the gardeners themselves who have actually constructed the garden beds, filled them with soil and, when the time is right, carefully chosen which seeds to plant.

We don't take this experience lightly. For the students who have never planted a seed before, this is magical! They research what seeds fit the season, carefully dig their holes, drop a seed in the ground and wave goodbye. Hoping that, with care, in a few days or weeks their seeds will remerge as green shoots.

In 2008 with the establishment of the Rosa Parks Elementary Global Garden the students had begun planting their gardens for the very first time. They had so many hopes not only for the seeds they planted, but also for the potential of the garden to impact their school community and beyond. The students wanted to share their hopes with everyone and invite others to join in, so they created the first Global Gardens Celebration of Hope. The tradition has become that each spring our students host a Celebration of Hope at one of the Global Gardens sites to welcome spring and share our hopes with one another. Participants are invited to write their hopes down on hope flags and then the hope flags are strung up in the garden for all to see.



A HOPE FLAG.

A Celebration of Hope
Saturday, February 27th, 2-4pm
Eugene Field Elementary Global Garden, 2232 S. Nogales Avenue Tulsa OK

"What happens when the ink fades and the sun has bleached the flags?" a visitor once asked. "It means our hopes are happening…they've taken flight over our garden and out into the world," replied a hopeful gardener.

Please join us for our next annual Celebration of Hope, February 27, 2-4 p.m. at the Eugene Field Global Garden, 2232 S. Nogales Ave. Materials are provided.

Global Gardens itself is a product of hope! This year we celebrate 10 years of serving students in low-income neighborhoods in the Tulsa community through science and peace education. To learn more about Global Gardens visit www.global-gardens.org.

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So, how will you do it?

With…

- A box of chocolates?
- A heartfelt letter?
- An educational lesson on the art of saving money?

Ok, the last option might not be your first (or second) choice, but… maybe it should be!

Think about it. There's really no better way to show love than teaching your kids how to love saving money and how to use it wisely. Seriously! Money is the center of so many life decisions – wouldn't it be great if your kids didn't have to worry about it in the future?

But, what does love have to do with money?

Check out this definition from dictionary.com:

Love (verb): to need or require; benefit greatly from.

Think of it this way, just like a plant loves sunlight, your kids should love saving money – it is something they will benefit greatly from. But first, they need to learn how.

So, what steps should you take?

Baby steps, of course!

- **Open a savings account.**
- **Teach your kids how to make saving a habit.** Have them deposit money in their accounts on a regular basis. Once it becomes a habit, it will become a way of life.
- **Take a few financial literacy courses together.**
- **Stay positive!** Learning to love saving money won't happen overnight, but will have great long-term results.

When you love something (like your kids), you want to take the very best care of it – and the same goes for your finances. Taking the time to teach your kids about saving will help them learn to cherish their money and will instill a love for saving that will be beneficial for their future.

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feature

CHOICES DURING CHILDBIRTH

Many are noticing a trend toward more patient-centered birth experiences focused on the mom's options, values and preferences

BY BRIA BOLTON MOORE

Christy Tolar and her husband Stephen paced past the fish, seahorses and sharks at the Oklahoma Aquarium. The theory that walking can induce labor proved true for Tolar. She woke the next morning, May 16, 2004, and after years of struggling with infertility, she knew it was time to meet their daughter.

"I'm trying to figure out how to get from the sofa to the bathroom without messing up the new carpet," Tolar recalls with a chuckle. "I take about three leaps and scream at my husband and say, 'Give the doctor a call; my water broke.'"

Tolar can recount many delicate details from that day and the day her son was born a few years later. The two birth experiences were vastly different—"an easy labor and recovery" with one, and a C-section that was "a very scary experience" with the other—but, there's one striking similarity: "I had several moments where I just didn't feel in the know and felt uncomfortable," Tolar said.

"It's empowering to know that you have choices, and I didn't know that I had any choices. All I knew is that women had been giving birth for centuries, and it was supposed to be something easy for your body to do, but my body had already let me down with the whole creating children, so I didn't have a lot of faith in it."

Missy David, a mother, writer, educator, and certified birth doula with Tulsa Family Doulas, said one of her goals as a doula is to make sure patients know they have options.

"For me, it's all about knowing who you are, what you want, what's going to make you happy, what's right for you—knowing that you have options," David said. "It's not about epidural or not epidural, but did you have a good experience, do you feel empowered going into motherhood?"

David has been a doula since 2007 and has been part of about 55 births. She said



TULSA DOULA MISSY DAVID WORKS WITH A CLIENT.



CHRISTY TOLAR WITH HER CHILDREN (LEFT) ANDREW AND (RIGHT) KENNEDY GRACE.

she is seeing a shift toward more patient-centered care for expectant parents.

"There's been patient-centered care before, even since the '70s, but I think what that means or how people would interpret that is starting to look a little bit different," David said.

The Institute of Medicine defines patient-centered care as "providing care that is respectful of and responsive to individual patient preferences, needs, and values, and ensuring that patient values guide all clinical decisions."

"In 2007 when I started, there were some things like skin-to-skin contact with your baby or rooming in with your baby versus going to the nursery, even IV fluids or intermittent fetal monitoring, those were things that you may have had to 'quote' put up a fight for a little bit more… where as now, that's more and more routine," David said.

Also becoming more routine, according to David, are things such as delayed cord clamping, the expectation by nurses that laboring moms have a birth plan and asking for it. Labor and delivery floors are also showing more general acceptance of patients' personal desires such as using essential oils and supplements.

"I think the medical community is saying, 'okay, I can't necessarily take away all the medical interventions, but what are other things that I can do to help you feel good, respected, cared for, informed, connected to the people you care about?'" David said.

David isn't the only one noticing changes to the childbirth experience.

Catherine Drummond, Hillcrest Medical Center's prenatal education coordinator and a Lamaze childbirth educator for nearly 26 years, said she's seen patient-centered births "come back full circle."

"I had that myself, 20/25 years ago," Drummond said. "Our technology is such these days that we are at risk for losing the natural, the normal, the family-centered. We don't want to lose that touch."

Drummond believes that birth needs to be treated like a normal, natural process, not like an illness that needs to be fixed.

"If you have a mom who's low risk and we don't have any factors causing us extra concern, I think the most vital part would be that psychological, that emotional support," Drummond said. "She needs to feel safe. She needs to feel supported to do what feels natural to her."

First-time mom Amanda Hahn wanted "a little more support than a routine hospital birth," when she had her son in May. Hahn worked with a doula and said it felt like having a "personal advocate" who was focused on her while nurses were focused on her baby.

"It's funny," Hahn said, "birth is happening to you, but you still don't really know what's going on necessarily, so the doula just helped us know where we were in the process and what was going on and what to expect."

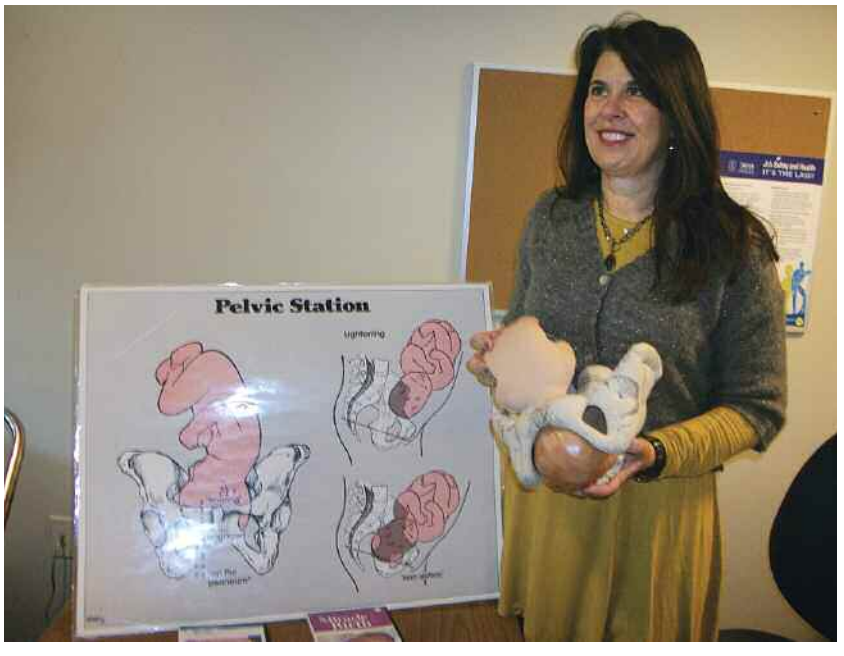
The desire for additional encouragement and support—outside of medical staff and family—seems to be on the rise. Listening to Mothers II, a 2007 Report of the Second National U.S. Survey of Women's Childbearing Experiences, reported that 3 percent of women said they used a doula during childbirth. However, the Listening to Mothers III survey published in 2013 reported 6 percent of women using a doula.

Doulas are one way for mothers and families to feel supported through childbirth, but Tulsa-area hospitals have also made changes to provide patient-centered experiences.

Hillcrest offers a Labor of Love program, a free perk for expectant mothers regardless of insurance, birth plan or provider. The program includes complimentary classes (childbirth education, breastfeeding, prenatal and postnatal yoga, Boot Camp for New Dads, Dancing for Birth, and more), a free nightly snack cart, and other hotel-like gifts.

Oklahoma State University Medical Center opened a newly renovated maternity facility in the spring. The hospital now has 13 larger rooms where mothers and babies are cared for during all phases of the birth experience, instead of being moved from room to room.

Saint Francis Hospital has an OB hospitalist program "to help provide an extra layer of safety for mothers and babies," said Shannon Filosa, executive director of Women's and Children's services at Saint Francis. "This is a team of board-certified OB/GYN physicians who are on-site 24/7 to manage emergency deliveries and provide support to patients until their regular OB/GYN arrives at the hospital."



CATHERINE DRUMMOND, HILLCREST MEDICAL CENTER'S PRENATAL EDUCATION COORDINATOR AND LAMAZE EDUCATOR, AND IS ALSO A "DANCING FOR BIRTH" INSTRUCTOR, AN EXERCISE CLASS AT HILLCREST FOR PREGNANT AND POST-PARTUM WOMEN.

St. John Medical Center also has an OB hospitalist program.

Filosa said there is also a "nationwide focus on providing a more 'baby friendly' hospital environment. This initiative is designed to keep infants in the mother's room, instead of the nursery, as much as possible. The goal is to facilitate bonding, to help parents recognize their babies' feeding cues, to allow parents a safe and supportive environment to get to know their newborn during those first couple of days after birth."

Christy Tolar acknowledges that a lot has changed since she first gave birth for the first time nearly 12 years ago.

"I think things have changed a great deal, and I think that they are going in a better direction where it is more about the mother and her experience and not about, we've got a job to do, let's do it."

However, if she could go back in time, she may have handled her birth experiences differently. Her advice for expectant parents: "Advocate for yourself, and follow your gut. If something doesn't feel right, or if you feel like you need more information, love yourself enough to get it. Be bold."

Do's and Don'ts on taking charge of your birth experience

Do educate yourself.

"I would first of all say educate yourself," said Catherine Drummond, Hillcrest Medical Center's prenatal education coordinator. "That means reading, that means coming to class, that means asking questions of your care provider and your educators and really learning the process—what's a normal process of birth, what are some choices I'm going to have? Educate yourself on the pros and cons of those choices, including medication."

Do consider creating a birth plan.

"A generalized birth plan is a valuable tool to have in place prior to delivery," said Shannon Filosa, executive director of Women's and Children's services at Saint Francis Hospital. "It helps expectant parents prepare for the birthing process and can provide valuable information to the hospital staff so they know what is important to the mother."

Do keep your birth plan simple (if you have one).

Don't expect to follow every detail of your birth plan.

"I think the biggest thing that I try to get across to people is it's not about the stuff on a birth plan," said Missy David, certified birth doula with Tulsa Family Doulas. "You can get everything on your birth plan that you requested and still walk away feeling disappointed. The birth plan is there to create the kind of birth that you're going to feel good about, that you're not going to regret, that you're going to think fondly of for years to come."

Do talk to your doctor ahead of time.

Discuss your birth plan. Ask questions. Share fears and expectations. "If there are things that are really, really important to you that you know are contrary to typical hospital procedure or your doctor's typical protocol, talk about it," David said. "And if you don't know, ask."

Don't be afraid to share your preferences.

"Communicate, and don't be afraid to say what you'd like and dislike," Drummond said. "We get intimidated in a hospital. The doctors are important, and they know so much, and so we're very vulnerable if we haven't prepared ourselves."





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BY NATALIE MIKLES

Valentine's Day treats

Another Valentine's Day, another night spent home with kids. Such is life for most parents of small children.

We end up at home for various reasons. Many of us don't want to waste a babysitter on one of the craziest restaurant nights of the year. Or, we would rather go out on a Friday or Saturday than waste a date night on a Sunday, which Valentine's Day falls on this year.

Hopefully many of you are more adventurous than I, and will throw caution to the wind with your dinner reservations and high heels on a school night. I'll probably be wishing I was out while I'm putting dirty dishes in the sink and rushing through the kids' bedtime routine so I can watch Downton Abbey.

But even homebodies can make it a fun day. Let's use Valentine's Day to our advantage, knowing we have at least three opportunities in the day to make a fun meal. Make a celebratory breakfast, lunch or dinner for either the family or just you and your spouse.

If you're reading this in early February, there's still time to buy a heart-shaped muffin pan or pancake ring for Valentine's Day breakfast. It may seem frivolous, but these are things you can pull out each year as part of a family tradition. The recipe is inspired by the *Moosewood* cookbook and *Sally's Baking Addiction*.



CHOCOLATE-STRAWBERRY MUFFINS

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 cup granulated sugar
- 1/4 cup light brown sugar, packed
- 1/2 cup plus 2 tablespoons unsweetened applesauce
- 1 egg white, beaten
- 2/3 cup diced strawberries
- 1/3 cup mini chocolate chips

Preheat oven to 350 degrees. Spray a muffin pan (heart-shaped if you have it) with nonstick cooking spray. Set aside.

Whisk the flour, baking soda and cinnamon together in a large bowl. Set aside. In a separate bowl, whisk the brown sugar, granulated sugar and applesauce together until no brown sugar lumps remain. Whisk in the beaten egg white until fully incorporated. Pour the wet ingredients into the dry ingredients, and stir with a rubber spatula or large wooden spoon until combined. Do not overmix. Fold in the strawberries and chocolate chips.

Divide the batter evenly between 10 muffin cups. Bake for 15 to 20 minutes. Muffins will be lightly golden in color. Remove from the oven and place pan on a wire rack to cool.

Tip: You can freeze these muffins, and pop a few out the night before for a quick and delicious breakfast.

Make whatever you want for yourselves, and give the kids these homemade pizza pockets. Just say the word "pizza," and most kids will be happy. Let them help you make it, and that's true love. This recipe comes from *Food Network*.

PIZZA POCKETS

- 1 tablespoon olive oil
- 8 ounces Italian turkey sausage
- 1 cup tightly packed arugula
- 4 ounces cream cheese, room temperature
- 1/3 cup grated Parmesan, plus 1/4 cup
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (13.5-ounce) package store-bought pizza crust
- All-purpose flour, for rolling out pizza dough
- 1 egg, beaten (for egg wash)
- 1 1/2 cups marinara sauce

continued next page

Heat the olive oil over medium-high heat in a medium-sized, heavy skillet. Add the sausage, and cook until crumbled and golden, about 5 minutes. Add the arugula and cook until wilted. Turn off the heat and let cool about 10 minutes. Add the cream cheese, 1/3 cup Parmesan, salt, and pepper and stir to combine. Set aside.

Preheat the oven to 400 degrees. Roll out the pizza dough on a lightly floured surface to a thin 20- by 12-inch rectangle. Cut the rectangle in half lengthwise. Then cut each half into 8 equal rectangles.

Spoon topping onto one side of each of the rectangles. Using a pastry brush, brush the edges of the rectangle with egg wash. Close the rectangle of pizza dough over the topping. Use a fork to seal and crimp the edges. Place the pizza pockets onto a parchment paper-lined baking sheet. Brush the top of each pizza pocket with egg wash. Sprinkle with the remaining Parmesan. Bake until golden, about 15 to 17 minutes.

Meanwhile, heat the marinara sauce over low heat in a medium saucepan. Serve the hot pizza pockets with the marinara sauce alongside for dipping.

This recipe serves two, so make it after you've put the kids to bed. It comes together quickly, and is perfect with a salad, bread and wine.

CHICKEN PICCATA

- 2 boneless skinless chicken breast halves
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- Fresh ground pepper, to taste
- 1 tablespoon canola oil
- 2 tablespoons white wine
- 1 garlic clove, minced
- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon lemon juice
- 1 1/2 teaspoons capers
- 1 1/2 teaspoons butter
- 2 thin lemon slices

Flatten chicken to 1/2-inch thickness. In a large ziploc bag, combine the flour, salt and pepper; add the chicken, one piece at a time. Seal bag and toss to coat.

2. In a small skillet, brown chicken in oil for 2 to 3 minutes on each side or until no longer pink. Remove and keep warm.

3. Add wine and garlic to the pan; cook and stir for 30 seconds. Add the broth, lemon juice and capers. Bring to a boil; cook for 1 to 2 minutes or until slightly thickened. Stir in butter and lemon slices. Return chicken to the pan; heat through.

This dessert is decadent enough for mom and dad, but hits the sweet spot for kids, too.

CHOCOLATE CHERRY BROWNIES WITH MARSHMALLOW BUTTERCREAM FROSTING

- 2 packages Shawnee Mills Fudge Brownie Mix
- 1/4 cup plus 2 tablespoons vegetable oil
- 2 tablespoons milk
- 2 large eggs
- 1 cup dried tart cherries, chopped
- 1 cup miniature semisweet chocolate chips

In a large bowl, mix together brownie mix, vegetable oil, milk and eggs. Stir until thoroughly combined. Fold in cherries and chocolate chips.

Bake for 26 to 28 minutes at 350 degrees.

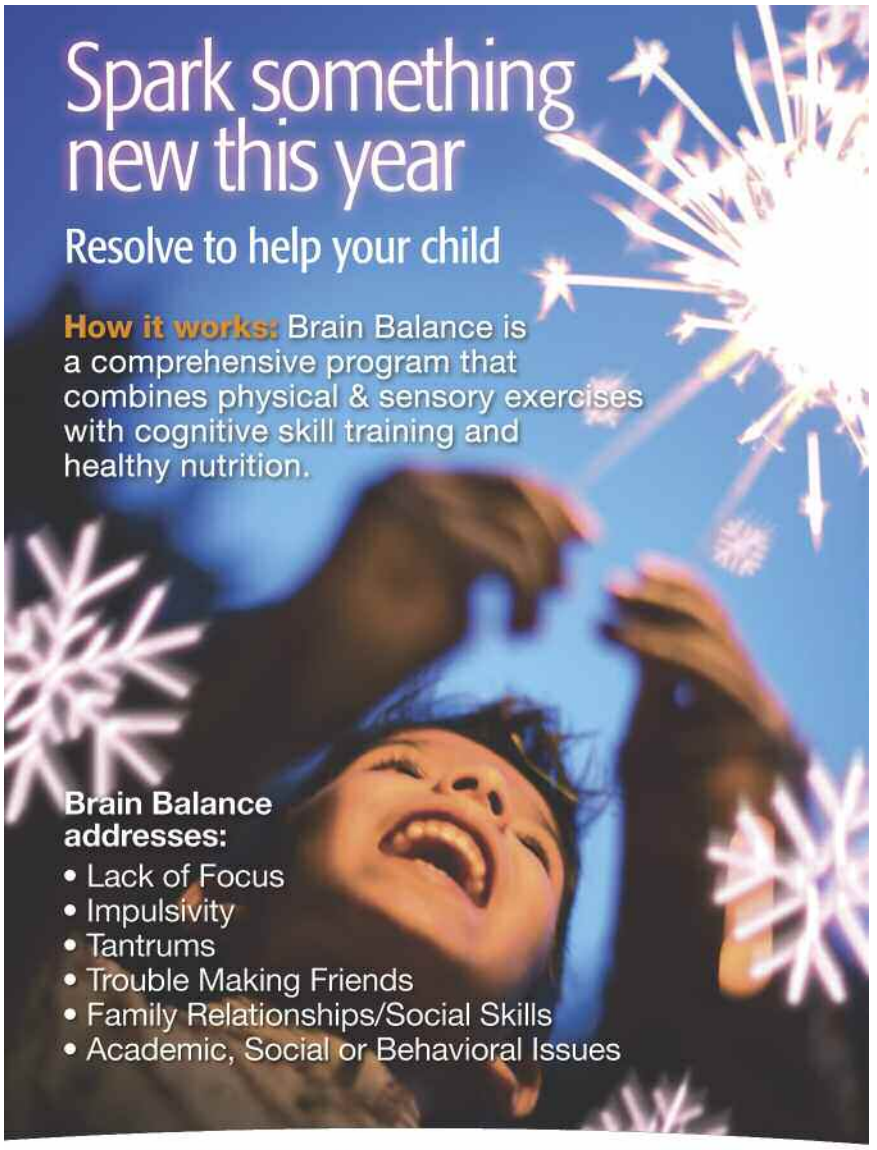
Let cool completely, then frost with marshmallow buttercream.

Marshmallow Buttercream Frosting

- 1/2 cup or 1 stick unsalted butter
- 1/2 cup powdered sugar
- 1 (7-ounce) jar marshmallow cream
- 1 teaspoon vanilla
- 1 tablespoon milk

Cream butter in an electric mixer until lightly and fluffy. Add half the powdered sugar, slowly mixing until combined, then mix in the remaining half.

Add marshmallow cream and vanilla extract, mixing on low speed. Add milk to thin out frosting, adding more or less as needed.



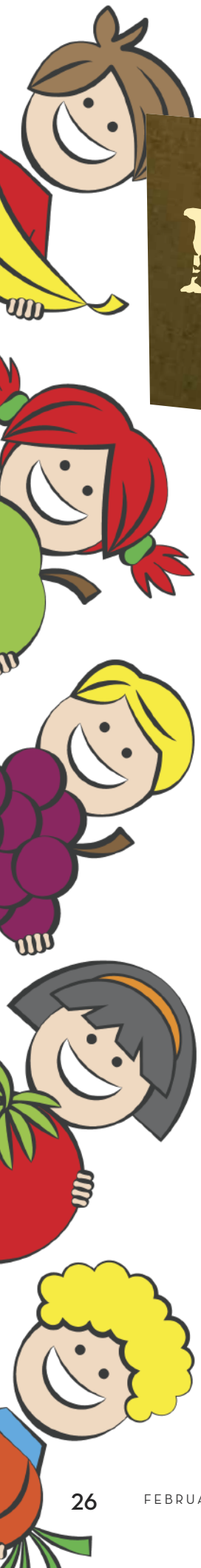


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BY ANNA CASEY



Health Myths Busted

The internet can be a great resource, but when it comes to your health or the health of your family, searching the web is sometimes like sifting through a sea of misinformation. A quick browse might lead you to believe that gluten is at the root of all that ails you, or that unless you instagram your kids drinking a green smoothie, it didn't really happen.

TulsaKids spoke with two local experts, Dr. Robert Hudson, a pediatrician and clinical professor who specializes in behavioral and learning problems in children, and Miranda Brown, a licensed dietitian who takes a holistic approach to helping families make healthy choices. We asked them to help us separate health myths and internet diet-hype from what the science really says.

Diet does not cause behavior problems in kids: fact

The connection between sugar and hyperactivity has never been proven. According to Dr. Hudson, sugar could actually have the reverse effect physiologically. He explains that a child's natural temperament and his or her environment are the more likely culprits. "Generally where kids get a lot of sugar, it's a birthday party," Hudson says. "It's not the sugar, it's the environment where the sugar is given."

A behavior problem is just a phase: myth

Kids aren't intentionally driving you crazy when they misbehave. "Behavior is really powered and controlled by the wiring of your brain and executive functions," Dr. Hudson says. "If a child is having issues, it's not because they're spoiled and just want their way."

Temper tantrums past the age of 3, however, aren't normal, and if meltdowns are happening more than a few times a week, Dr. Hudson recommends seeking help from a behavior expert.

Snacking is good: fact

Brown, who wrote her entire thesis on how snacking actually prevents weight gain in kids, is a big proponent of healthy snacking. She says that an organized snack, between 100 and 200 calories, can keep kids from overeating at dinner. "I like to encourage a macronutrient trifecta (a little carb, protein, and a little fat)." Brown says. "If you just eat a handful of crackers you're hungry in an hour because you don't have protein to slow down the digestion."

A serving of 100% juice is as healthy as fruit: myth

According to dietician Miranda Brown, a serving of juice is as unhealthy as a sugary soda. "It's a myth that giving your children juice is like a serving of fruit — It's a serving of sugar," Brown says. She tells her clients to avoid juice, even 100%, and to always opt for whole fruits instead.

Vegetarian diets can provide adequate protein: fact

A well-rounded plant-based diet that does not include meat but does include, eggs, milk and legumes can provide adequate protein for kids and adults. Brown, however, advises against going vegetarian strictly for health reasons, since plant-based proteins are harder for the body to access. "I support a mostly plant diet, but meat is a wonderful source of protein and iron," she says. "Unless you're against animal processing or don't want to eat animals, you don't need to start restricting meat from your diet."

Seeing green is always bad: myth

Seeing green after blowing your nose into a tissue doesn't always indicate a sinus infection, contrary to popular belief. "First thing in the morning, it will look green." Dr. Hudson says. "It doesn't necessarily mean that you have an infection. It needs more than just being green."



Being "regular" means going every day: myth

Everybody poops, but not necessarily every day. "If you're going regularly every two days, that's normal. Most kids don't go every single day." Dr. Hudson says.

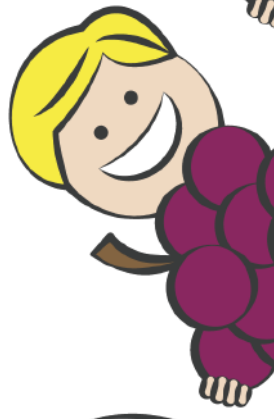


Anyone can benefit from a gluten-free diet: myth

Unless you've been diagnosed with celiac disease, an autoimmune disorder that keeps your body from digesting gluten (the protein in wheat, barley and rye), there's no reason to eliminate whole grains from your diet. Brown is a huge supporter of whole, minimally processed foods, but she says eliminating wheat isn't necessarily healthier. "That's eliminating a whole set of nutrients, like B vitamins, that you need for mood and energy processing," she says.

Milk is a healthy drink option for kids: fact

Both of our experts agreed that a glass of milk is much better than a glass of fruit juice for kids. "Science shows that it's a wonderful source of calcium and protein and that kids will usually drink it," Brown says. Typically, kids can switch from whole milk to 2% around age 3. But be wary of flavored milks, which are loaded with added sugar. Dr. Hudson also advises against drinking too much milk and limiting intake to 6 - 8 ounces a day. As to whether milk increases phlegm production, Dr. Hudson says that's a myth.



You can eat healthy when eating out: fact

With a little planning, Brown says it's possible to have a healthy meal when you're on the go. She tells her clients to picture the government's MyPlate graphic, which teaches you to fill half your plate with fruits and vegetables, a quarter with grains or starch, and a quarter with protein. "Vegetables and fruit are lower calorie no matter where you are," Brown says. She recommends swapping fries for apple slices in kids' meals, or loading a small sub sandwich with extra veggies for a healthier meal.

Kids are just picky eaters: myth

According to Dr. Hudson, picky eating has more to do with a child's personality and willingness to try new things than it does with their taste buds. "If they're a super cautious kid, they're going to reject a food until it's not new," he said. He recommends introducing a new vegetable slowly over the course of several days. The first few days, just ask the child to smell or look at the vegetable on their plate. On the last day, you can ask them to actually taste it.



BY NANCY A. MOORE

Tulsa mom talks about life with Breast Cancer

With this being National Cancer Prevention Month, we want introduce you to an amazing woman who shares an open and honest perspective about her life after receiving a breast cancer diagnosis and the importance of trusting your intuition when it comes to your health.

For Kelly Balaskovits, it all started in February 2015 when she felt a lump in her breast while in the shower. Because she was 37 years old at the time and did not have a history of breast cancer, she wasn't worried when scheduling a mammogram. The mammogram, in March, revealed nothing. The ultrasound performed did not detect anything either. In the weeks following, she continued to experience minor symptoms in the area of the lump. Ultrasounds were performed two additional times with the same results. After continuing to question why she had these symptoms, she went through further testing. Finally, in July 2015, she had an answer when diagnosed with stage III breast cancer.

TK: Tell us about your life pre-diagnosis.
Kelly: I was busy being a wife, mom to a 2-year-old toddler, and moving into a new home that we had just purchased. I had also gotten a promotion at work to a job that involved more responsibility and a lot of travel. I wasn't worrying about cancer.



KELLY BALASKOVITS WITH HER SON AND HUSBAND.

TK: What circumstances led up to your breast cancer diagnosis?
Kelly: I found the lump in my breast in February 2015 and in March received a mammogram that didn't detect anything. However, due to experiencing various minor symptoms of the affected breast feeling hot, dimply and turning pinkish in color, I kept returning to the doctor for ultrasounds in May and July even though he was 99 percent sure that it wasn't cancer. I didn't fit the mold.

TK: How did you find out that you have breast cancer?
Kelly: Finally, in July, I went under the knife. At that time, my doctor was able to see more than any other test had revealed and was able to perform a biopsy. While in the recovery room, my doctor told me that he was 99 percent sure it was breast cancer. So, he went from being 99 percent sure it wasn't cancer to 99 percent sure it was in a matter of a few months. The biopsy results confirmed it was breast cancer. It was extremely difficult to detect through traditional testing methods of mammograms and ultrasounds because my breasts contained dense breast tissue and the cancer had diffused out from there.

TK: How did you feel when you got the diagnosis? What went through your head?
Kelly: We were completely stunned. Breast cancer does not run in my family. I have an annual exam every single year and I breastfed my son. I felt like I was doing everything right. Had I not trusted my own instincts and watched my body, I'm not sure where I would be. I ended up having this advanced form of cancer. Initially, I was diagnosed with stage III breast cancer. After further testing, it was determined that it was the beginning of stage IV breast cancer because it had spread into my lymph nodes and bones by then. After we got over the initial shock, we found out what we needed to do to treat it and got going.

TK: Do you have a history of breast cancer in your family?
Kelly: I don't have a history of breast cancer in my family; however, during a conversation with my doctor, it came up that my grandma (on my dad's side) had ovarian cancer. In August, I went through genetic testing that revealed that I am a carrier of the BRCA2 gene which is directly related to an increased risk of developing breast and ovarian cancers. This cancer snuck in the back door, so to speak.

TK: How do you keep going?
Kelly: I've never treated this like cancer, more like a cold. Although

continued next page

I realize the severity of it, I guess I just treat it as something that I am going to get over. In my mind, this is just something that has happened in my life and I am going through the motions to get over it. I never let it loom over my head too much. If I do get upset about something with my diagnosis, I just let myself have a 24-hour pity party and then I am back on! I have a good attitude about things and, luckily, I'm married to a man who can be mommy and daddy to our son (who is now 2 1/2 years old). In just three years of marriage, we are living out our vows of – in sickness and in health. Of course, my family and son keep me going. I want to dance with my son at his wedding.

TK: Has the diagnosis changed your outlook on life? If so, how?
Kelly: Oh yes, tremendously! Before I wanted to climb the corporate ladder and make a lot of money. Now I want to make just enough money to be comfortable and travel with my family. Also, I try not to be in control of everything. I have a medical team who I trust, so I can just let go and know that I am being taken care of.

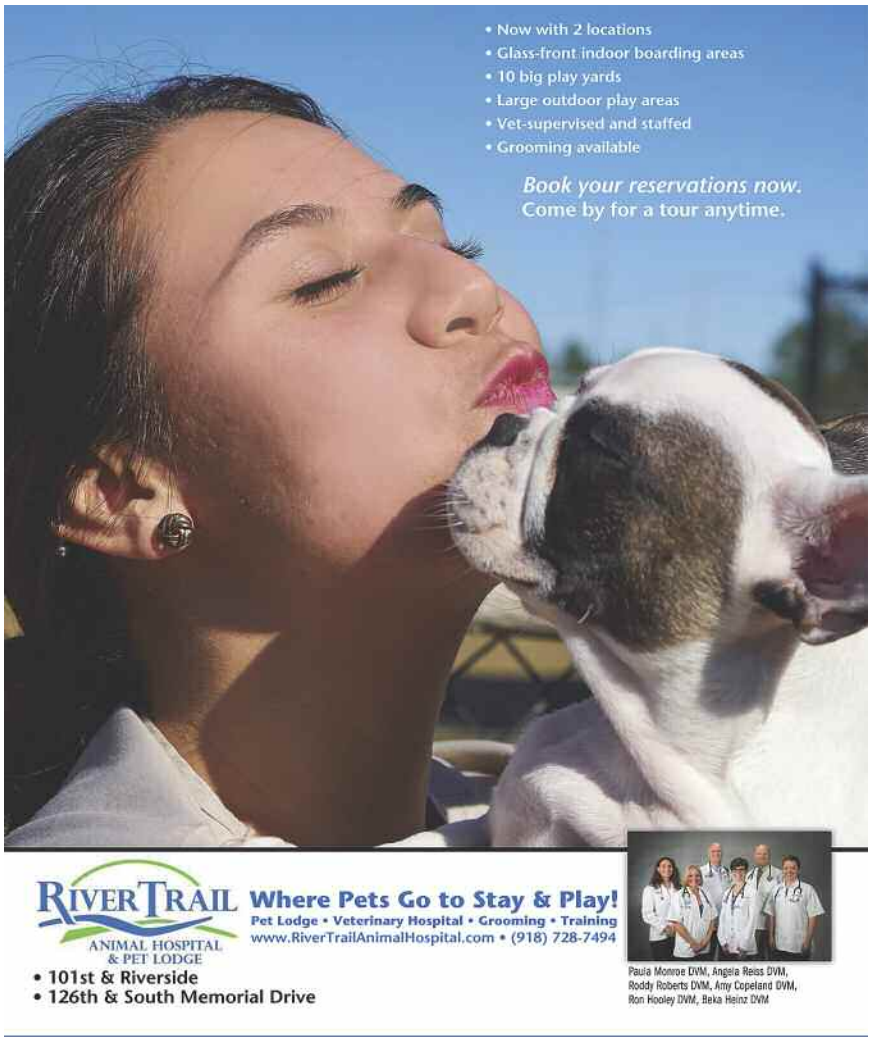
TK: How did people react when you shared the news about your diagnosis?
Kelly: It was surprising for people. I don't fit the traditional mold of who might be diagnosed. Friends have rallied around me and given me the time to get better. My co-workers sent me encouraging videos that I loved. My boss encouraged me to find a local support group, so I did. My small support group has helped tremendously.

TK:What advice would you give to another woman who is just receiving a breast cancer diagnosis?
Kelly: You'll be OK. This is so survivable. You'll get a flood of information, but don't let it overwhelm you. Eventually, you'll learn to sift through it. Find a local support group. Surround yourself with positive people. Stay off the Internet in trying to self-diagnose. Trust your medical team.

TK: What do you recommend that people do if they know someone who has been given a cancer diagnosis?
Kelly: Reach out to them. Some people don't know what to say, but say something. Offer to put together a meal plan for them, especially if they have a family. Offer to take their kids out for the day because sometimes they just need to sit and relax to feel better. Also, if you send photos to them of their kid having fun, it will make them feel better. You want your child to have fun even if it's not you taking them. Also, we don't always want to talk about cancer.

TK: What is your life like now?
Kelly: I'm working on making great memories with my family and doing things with my husband and son. I've been through four rounds of chemo and my body responded tremendously well to it. Toward the end of 2015, I had a double mastectomy, oophorectomy and hysterectomy. I'm working with a physical therapist to gain back my full range of motion. I take an oral pill to fight off the cancer and I undergo a treatment every 12 weeks to strengthen my bones. I started radiation in January. Also, luckily my former position at work was still available, so I stepped back into that role instead of keeping the promotion. It would have been more money, but involved longer hours and a lot of travel away from home which I couldn't have done.

TK: Anything else you would like to say?
Kelly: I wish women wouldn't be so worried about their age. Women are so hard on themselves and there is so much pressure to look young. One of the first things I did after receiving my diagnosis was to put my birth year on my Facebook page. I'm proud of my age. I want encourage woman to be happy with the age that they are. Right now, I'm fighting to get to the age of 40, 50 and beyond.



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BY MARISA MORGAN

gun safety begins at home

Like many Oklahomans, Casie Brim has been around guns her entire life. When she was growing up, she understood exactly how dangerous they were and was given extensive safety training. There was nothing glamorous about it. "Guns were taken very seriously in our household," Brim said. "We knew everything about them. Even with our toy guns, water guns even, we were never to aim them at each other." She models that same level of seriousness in her own home now: treat every gun as if it is loaded.

What has always been a hot button issue has reached a boiling point in recent years, with both sides of the gun debate pushing their agendas even farther. Last month, President Obama issued an executive order to close loopholes in Internet and gun show sales. Other measures included added funding for 200 new ATF agents, and increased mental health treatment and reporting to the background check system. The New York Times published a poll in October that revealed 92 percent of Americans would favor background checks for all gun buyers.

While those measures are primarily geared toward keeping guns out of the hands of criminals or those who may be dangerous to themselves or others due to mental illness, they do very little to remind responsible gun owners about the dangers of unsecured firearms in homes. Oklahoma ranks high in the number of children accidentally injured by firearms.



The most recent data from the National Center for Health Statistics released in 2013 shows that Oklahoma reported the 8th highest number of gun deaths in the country. The Center for Disease Control and Prevention (CDC) reported the leading cause of death for ages 1-14 in 2014 was unintentional injury. Of those unintentional injuries, the 10th and 9th leading causes were unintentional firearm injuries for ages 5-9 and 10-14 respectively. Unfortunately, 2013 is the last year of reported data because of a congressional ban on gun violence research performed by the CDC. Without current data, it is nearly impossible to track the number of gun deaths the country experiences now.

One of the organizations aiming for congressional legislation strengthening gun safety measures is Mothers Demand Action for Better Gun Sense (MDA), which formed after the Sandy Hook Elementary School shooting in Dec. 2013. It is a grassroots movement comprised of mothers, grandmothers, and dads who want a safer world for their families. Judy Brown, a local representative for the group, explains that the organization's main goal is to educate people about gun safety and to push for legislation that would eliminate gun-related violence in their lifetime. MDA speaks to a number of local groups about gun safety using the BeSMART acronym.

The campaign pushes for optimal safety, which means keeping all guns unloaded and locked up with the ammunition stored separately. MDA Research shows that 70 percent of children under the age of 10 know where guns are kept and 36 percent of them admit to handling them when their parents were not around.

Brown believes that children's natural curiosity can lead them to devastating results when firearms are involved, even when those children have been told to never touch a gun. "Remember when you were kids?" Brown said. "You knew where your parents hid the Christmas presents, some of us even shook them or unwrapped them. All without our parent's knowledge."

A New York Times report, Children and Guns: The Hidden Toll," investigated the gun deaths of children in households by combing through public records in states where they were available. The Times review found that accidental gun deaths of children are underreported because official records often list the manner of death as a homicide, rather than an accident. In most cases where children had access to guns, children either accidentally shot themselves or shot another child, which was sometimes listed as a homicide.

One consistent pattern dis-

continued next page

covered by the report was "the almost magnetic attraction of firearms among boys. In all but a handful of instances, the shooter was male. Boys also accounted for more than 80 percent of victims."

Because Brim and her husband are experienced and trained with firearms, they follow strict safety measures for the guns in their home. "It is all part of a mental checklist I go through every day," Brim said.

For those wishing to learn how to broach the topic of guns in someone else's home, Moms Demand Action holds educational seminars that give tips for parents and others. While it may be a sensitive issue for some, both Brown and Brim emphasize that a child's safety is paramount. Brown advises that parents should always keep the conversation about the children, explaining that their natural curiosity could lead them to find unlocked guns, even if they are hidden. If parents discover that the host family does have unsecured guns or suspects that there may be unsafe guns in the home, they can then suggest a neutral spot for the play date or host it at their home without causing offense.

Brim explains that asking about firearms should just be another item on any parents' list before their children go to new friends' homes. "I'll ask about pools, or if they smoke, so whether or not they have guns is on that list as well," Brim said. "And if you are going to invite someone into your home, you should have no problem answering those questions."

While the debate over Second Amendment rights continues, Brown and Brim are two Tulsa moms who agree about keeping children safe from firearms in the home. As Brown says, "We all want our children to grow up happy and healthy. We each have the right to make responsible decisions about how to protect our home and families, including whether or not to have a gun in our home. If we can prevent even one child gun death, it is our responsibility to do so."

Talking About Responsible Gun Storage (besmartforkids.org)

Owning a gun is a personal decision, but responsible storage is a public safety issue. Kids and unsecured guns are a potentially lethal combination. Fortunately, a simple conversation can help keep children out of harm's way. It can feel strange or awkward to bring up the issue of how guns are stored, but it shouldn't. Here are some things to keep in mind when you start the conversation.

MAKE IT PART OF A GENERAL SAFETY DISCUSSION

Example: "Before I drop off John for his play date, I just wanted to check to see if you have a pet, a pool or firearms in your house. I want to make sure he knows your safety rules."

DON'T WAIT TO BE ASKED: VOLUNTEER INFORMATION ABOUT YOUR OWN HOME

• **Example:** "We have a pool, with an alarm and locked gate; no pets or guns in our home" OR "Just want you to know we have a dog and a cat, in case Mary has allergies. We also have a hunting rifle, but we always keep it locked and unloaded in a safe."

REMEMBER: IT'S NOT ABOUT THE GUN; IT'S ABOUT WHETHER IT'S SECURED

• **Example:** "May I ask, if you have guns in your home, are they locked and inaccessible to the kids?"

USE TECHNOLOGY TO YOUR ADVANTAGE

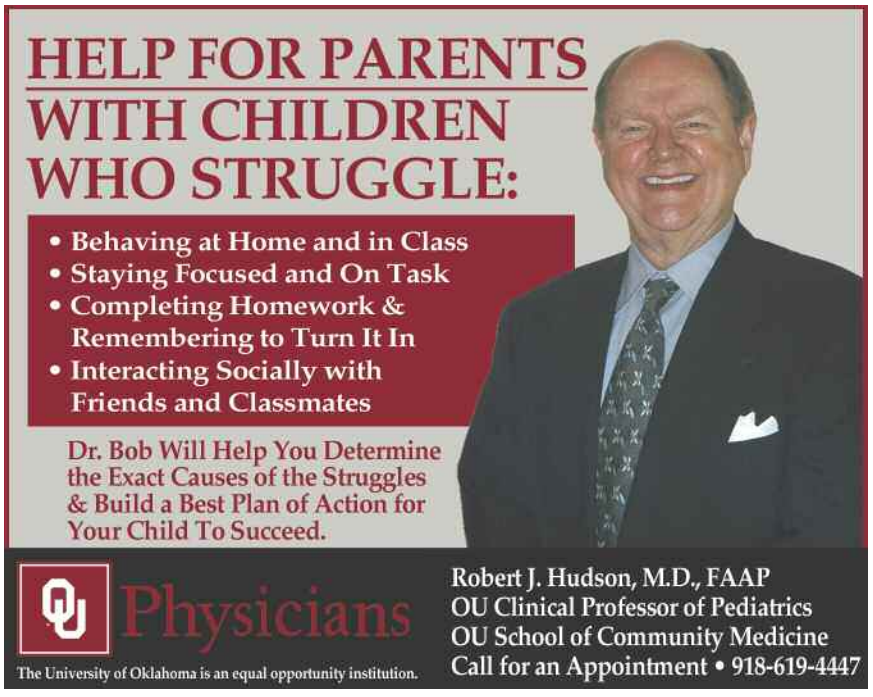
• If you don't want to talk face-to-face, have the conversation via email or text.

DON'T FORGET TO TALK TO FAMILY

• Many unintentional shootings happen in the homes of the child's relatives. It's very possible that family members or close friends have unsecured guns in their home. Never make assumptions when a child's safety is at stake.







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DAY-BY-DAY

Monday, February 1

See sidebars for on-going activities.

Tuesday, February 2



Groundhog Day

Punxsutawney Phil comes out of his burrow on Gobbler's Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter. According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.Find more interesting facts about this tradition on www.groundhog.org

Wednesday, February 3

Homeschool Art Class at Philbrook (Ages 5-8)

Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Please arrive at 12:45 p.m. Class begins promptly at 1 p.m. $10 per class, Philbrook Members only. Philbrook Museum of Art , 2727 S. Rockford Rd. www.philbrook.org.

Wednesday, February 3 (cont.)

Teen Time {FREE}

Teens are invited to come and challenge other Wii players. For ages 10-18. Class size is limited. Martin Regional Library, 2601 S. Garnett Rd., 4-5 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Thursday, February 4

Kids Dig Books

Children will learn about animals that live in different parts of America by listening to stories, legends and folk tales. Afterwards, they will create art work relating to the stories they've just heard. For ages 3-6, who must be accompanied by an adult. Space is limited and advanced registration is required.: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m. www.gilcrease.utulsa.edu.

Safe Kids Car Seat Check Up Event {FREE}

Get your car seat checked by trained professionals. Broken Arrow Fire Department Station 6, 3151 N. 9th St. 1-3 p.m.

Thursday, February 4 (cont.)

Minecraft Gaming

Put your imagination to the test building your own world in the popular game Minecraft. For ages 12-18. Hardesty Regional Library, 8316 E 93rd St.; 6-8 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Friday, February 5: TPS Early Release Day

LEGO Block Party

Build space-themed constructions and play LEGO games on the Wii. For ages 5-10.

Family Fun Friday {FREE}

Enjoy valentine stories, poems, songs and crafts, plus exciting science demonstrations. For ages 5-14. Herman and Kate Kaiser Library, 5202 S. Hudson Ave, Suite B; 2:30-4 p.m.

On View @ Zarrow: TPS Student Art Show: "Catch the Spirit"

Enjoy Tulsa Public Schools art students art exhibit on the 2nd floor education hallway. For more information: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St. 6-9 p.m.

Friday, February 5 (cont.)

First Friday Art Crawl

This year-round monthly event features all of the galleries, studios, and museums as well as the part-time galleries in various shops opening their doors to show art. The Art Crawl is held on othe first Friday of the month and open from 6-8 p.m.

Harlem Globetrotters at the BOK Center

A star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages at the BOK Center. Friday, February 5 at 7 p.m. and Sunday, February 7 at 1 p.m. www.bokcenter.com



Saturday, February 6

Saturday Morning Birding at Oxley
Join volunteers for birding at Oxley.
Bring binoculars if you have them. Registration is not required. Oxley Nature Center in Mohawk Park; 8 -9:45 a.m. www.oxleynaturecenter.org

Mini Masters at Gilcrease
Kids explore different works of art from different perspectives, up high, down low, sideways and more to discover a new way to look at the world. After exploring in the galleries and gardens, create your own work of art based on the particular perspective you experienced.
For ages 3-6. Advanced registration is required: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd. www.gilcrease.utulsa.edu

"I Have a Dream" Mobile Activity {FREE}
Stop by and create your own "I Have a Dream" mobile. Completed mobiles will be on display during February as inspiration to all to dream big. For all ages. Seating is limited.Suburban Acres Library, 4606 N. Garrison; Noon - 2 p.m.

Show-and-Tell: Meet My Pet {FREE}
Join in for animal crafts, games, songs and stories. The activity will end with a show-and-tell: bring a picture of your pet (real or imaginary) and tell other kids about it!
For ages 2-5 with their families. Broken Arrow Library- South, 3600 S. Chestnut; 2-3 p.m.

SoCo Father/Daughter Valentine's Dance
Fathers and Daughters enjoy a fun atmosphere of music, lights, and dancing! Light refreshments provided. Interactive games will be played throughout the evening. Tickets will be sold in advance: 918.746.3780. $5/person. No tickets sold at the door. Limited to 200 guests. South County Rec Center, 13800 S Peoria Ave.; 6 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Sunday, Feburary 7

Rhea Lana's
Rhea Lana is a premiere children's consignment event held at the Spirit Bank Event Center, 106th & S. Memorial
Dates: February 7 - 13, 2016; times vary
www.rhealana.com

Monday, February 8

See sidebars for on-going activities.



Tuesday, February 9: Happy Mardi Gras!

BATAB Presents: Life Skills 4 Teens
For teens: Always wanted your parents to stop treating you like a kid? Learn to manage your own schedule (in a way that works for you) and stop forgetting your parents' birthdays, while also figuring out how to attend that movie with your bestie AND get your homework done. Bring your creativity to build a personalized schedule that keeps you on track and on time. Broken Arrow Library, 300 W. Broadway Ave.; 5:30 p.m.

Knitting for Teens
For Teens: Learn the basics and get advice and materials for future knitting projects. Also, learn about arm knitting, a fast and easy way to create your own handmade, wearable projects. For ages 12-17. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 6-7 p.m.

Wednesday, February 10

Family Play Date {FREE}
Toddlers love to explore and learn. Join in for imaginative play and discovery with toys and activities designed to foster young ones' early literacy skills. For ages 1-3 and their caregivers. Siblings up to age 5 may also attend. Martin Regional Library, 2601 S. Garnett Rd.; 10 a.m.

Great Decisions: Middle East {FREE}
Great Decisions is America's largest discussion program on world affairs. Join the Broken Arrow chapter to discuss the situation in the Middle East and what the U.S. can do to secure its interests in the region without causing further damage and disruption. Broken Arrow Library- South, 3600 S. Chestnut; 12:30 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Thursday, February 11

Museum Babies at Gilcrease
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages birth to not yet three years old, accompanied by caregiver. For more information: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd. www.gilcrease.utulsa.edu

Thursday, February 11 (cont.)

TARC Kids "Connections" Group
This a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. The Kids "Connections" group meets on the second Thursday of each month from 4:30 to 5:30 pm at the TARC office, 2516 E 71st St, Suite A in Tulsa. "Connections" is sponsored by TARC. For more information: 918.582.8272.

An Afrocentric Invitation: A Black Hair Affair
{FREE} Join the African-American Resource Center for this community-wide discussion of the topic "Is there a tactile fascination regarding black women's hair?" Wear your hair in locks, kinks, naps, straight, bald, curly, long, short, or however you wish. We will discuss the short film "You Can Touch My Hair" by Antonia Opiah, founder of the blog Un'ruly. Learn the basics about black hair care and the feelings associated with the question "Can I touch your hair?" For teens and adults. Rudisill Regional Library, 1520 N. Hartford;
6-8:30 p.m.

Friday, February 12

See sidebars for on-going activities.

*Tulsa Oilers Home Game @ 7 p.m.

Saturday, February 13

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.-4 p.m. www.philbrook.org

LaFortune Daddy Daughter Tea Time
Come and spend the afternoon drinking tea or lemonade, and eat light hors d'oeuvres with your little princess(es). Enjoy making memories and a craft during this special time. All Ages. $5/person. For more information: 918.496.6220. LaFortune Community Center, 5202 S Hudson Ave.;
1-3:30 p.m.

Bixby Father Daughter Valentine's Day Dance
Fathers and daughters of all ages are invited to a fun evening of dancing. Snacks and beverages are provided. Tickets available at the door, $5/person. Bixby Community Center, 211 N Cabaniss Ave.; 6-9 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Sunday, February 14 : Valentine's Day

See date night ideas on the next page.

The Great Train Show
The Great Train Show is a national, traveling show that caters to the model railroad enthusiast.
The show offers a variety of operating model railroad and toy layouts for the entire family to enjoy in many different scales and gauges.
Tickets can be purchased at the door. Kids 12 and younger get in for free. Expo Square, 4145 E 21 St.; 10 a.m.-4 p.m. www.trainshow.com

*Tulsa Oilers Home Game @ 7 p.m.



Monday, February 15 : Presidents' Day

Drop-In Family Art Day @ Zarrow {FREE}
Show your patriotism for Presidents' Day by making exciting art projects while learning historical facts about U.S. presidents. It's fun for the whole family. Henry Zarrow Center for Art and Education, 124 East M.B. Brady St. 1-4 p.m.
www.gilcrease.org

Tuesday, February 16

Kishner Read-a-thon {FREE}
Cozy up by the Kishner Library fireplace to enjoy a read-a-thon. This year they're making it a "Rock & Read" event. Sign up for 15 minutes or more to use the rocking chair while you read. There will be book giveaways, special activities and refreshments. For all ages. An adult must accompany children ages 5 and younger. Judy Z. Kishner Library, 10150 N Cincinnati Ave. Noon-7 p.m.

Post-Valentine's Day Lament {FREE}
For teens: Make an antivalentine or a schmalentine. Drop in for crafts, snacks and more!
Helmerich Library, 5131 E. 91st St.;
4:30-6:15 p.m.

Kids Cooking Classes at the Health Zone
Join experts at the Health Zone at Saint Francis and teach your kids healthy cooking skills with a side of fun! 3rd Tuesday of each month (ages 4–8). February: "Chocolate Fever" Scrumptious chocolate sweets and treats. 6161 South Yale Ave.; 5:30 p.m. Family membership package: $7/per child Non-members: $10/per child
www.saintfrancis.com.

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THE ARTSY VALENTINE

What: Hearts for Art at Philbrook

Philbrook's annual "Hearts for Art" program returns on Saturday, Feb. 13 during the monthly Second Saturday event (10 a.m. - 5 p.m.) Free admission for all. Pick up a free paper heart at the front desk. Place the heart on the floor in front of a work of art you love.

Take a picture of your heart placed next to a work you love, and post on Instagram or Twitter tagged with #heartsforart. Get into the spirit of Valentine's Day and help spread your love of art! Find more at www.philbrook.org.

THE-OUT--OF-THIS-WORLD VALENTINE

What: Planetarium Date at the Tulsa Air and Space Museum

Date: Wednesday, February 10 at 6:30 p.m. Planetarium show begins at 7 p.m.

You may not be able to give your valentine the moon, but you can certainly show him/her the moon at the Tulsa Air and Space Museum's special Valentine's-themed planetarium show. For $25/ couple, you can enjoy complimentary beer, wine and appetizers before you hold your loved one's hand under the stars. Reservations are suggested, but not required. You may call 918.834.9900 or go to www.tulsaairandspacemuseum.com for more information.

THE ROMANTIC VALENTINE

What: Romeo & Juliet at the Tulsa Ballet

Dates: Friday, February, 12 at 8 p.m.; Saturday, February 13 at 8 p.m. and Sunday, February 14 at 3 p.m.

Location: Tulsa Performing Arts Center, 110 E. 2nd St., Tulsa

Roses and the ballet are about as classically romantic as you can get. The Tulsa Ballet's performance of Romeo & Juliet combines intensity and passion to portray William Shakespeare's tragic story of two star-crossed lovers. You can find out more and purchase tickets at www.tulsaballet.org.

THE WILD VALENTINE

What: Wild @ Heart at the Tulsa Zoo

Date: Saturday, February 13; 6:30-9:30 p.m.

Let your animal instincts take over with your valentine at the Tulsa Zoo. This special dinner will include dinner, live music, and a presentation by the Zoo's resident Love Guru who will give an intimate look at love and lust in the animal kingdom. Registration is required. For more information: awatson@tulsazoo.org or 918.669.6634.

THE ROCKER VALENTINE

What: Arlo Guthrie Concert at Brady Theatre

Date: Sunday, February 14 at 8 p.m.

Location: Brady Theater, 105 W Brady St.

Arlo Guthrie, son of Woody Guthrie, will be making a special appearance at the Brady Theater on Valentine's Day. Treat your Valentine to some dinner and folk music as Guthrie celebrates the 50 year anniversary of "Alice's Restaurant."

You can purchase tickets at bradytheater.com.

THE SEASIDE VALENTINE

What: Hugs and Fishes at the Oklahoma Aquarium

Dates: Saturday, February 13 and Sunday, February 14; times vary

Spend a memorable Valentine's Day alongside the sea with your special valentine.The Aquarium offers various packages that are priced per couple and include Aquarium entry, welcome drinks, dinner, behind-the-scenes tours, and much more.

Reservations are required. For more information, go to www.okaquarium.org.

THE SENSUAL VALENTINE

What: Love & Lust at Living Arts

Dates: Sunday, February 14 at 8 p.m.

Location: Living Arts, 307 E Brady St., Tulsa

Come take a sensuous journey into a realm that entices both your visual and ear-ogenous zones. It's a night where aerial dancing and Broadway and poetry, saxophones and lingerie, Bollywood and ballet, and R & B and belly dance share the stage with sensual, erotic performances that will bathe your senses in delight. A truly memorable Valentine's gift to yourself and your mate. Tony B is your host. Cost: Advance tickets $12, $15 at the door; Living Arts members free.Find more information, go to www.livingarts.org.

THE SPORTY VALENTINE

What: Tulsa Oilers Valentine Packages

Dates: Saturday, February 13 or Sunday, February 14 at 7 p.m.

The Tulsa Oilers offer various packages that include tickets, dinner and drinks to enjoy with your special Valentine while cheering from the sidelines (or suite).

For more information, go to tulsaoilers.com.

Wednesday, February 17

Helmerich Library's 25th Birthday Celebration {FREE} Bring the whole family and enjoy refreshments, balloon animals and lots of fun activities! For all ages. Helmerich Library, 5131 E. 91st St.; 11 a.m. - 1 p.m.

Homeschool Art Class at Philbrook
Ages 9-12, third Wednesday of each month
See previous description, 12:45 p.m.

LEGO Time {FREE}
For ages 10-18 only. Martin Regional Library, 2601 S. Garnett Rd.; 3:30-4:30 p.m.

Clark Youth Theatre presents "Our Town"
Our Town follows the Webb and Gibbs families as their children fall in love, marry, and eventually—in one of the most famous scenes in American theatre—die. Henthorne Performing Arts Center Clark Theatre, 4825 South Quaker Ave. February 12-14 & 19-21; ; clarkyouththeatre.com

Thursday, February 18

Tommy Terrific's Wacky Magic Show Presents Black Cowboys of the Old West {FREE}
Children ages 5-12 will learn about Bill Pickett, Nat Love, Mary Fields, Bass Reeves and many other black Americans of the Old West. Broken Arrow Library- South, 3600 S. Chestnut; 1 - 2 p.m.

Thursday, February 18 (cont.)

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat(s) checked by trained professionals. Tulsa Fire Department Station 22, 7303 E. 15th St.; 2-4 p.m.

Friday, February 19

Mini Masters at Gilcrease
Kids explore different works of art from different perspectives, up high, down low, sideways and more to discover a new way to look at the world. After exploring in the galleries and gardens, create your own work of art based on the particular perspective you experienced. (continued)

For ages 3-6, who must be accompanied by an adult. Advanced registration is required: 918.596.2774. Free for members; free with museum admission for not-yet members. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10 a.m. www.gilcrease.utulsa.edu

*Tulsa Oilers Home Game @ 7 p.m.

Saturday, February 20

Safe Kids Car Seat Checkup Event {FREE}
Get your car seat(s) checked by trained professionals. Keystone Chevrolet 8700 Charles Page Blvd.; 10 a.m. - noon

Saturday, February 20 (cont.)

Black Classics Movie Day {FREE}
Join in for a showing of classic black films, with discussion afterward. For all ages. Suburban Acres Library, 4606 N. Garrison; 11 a.m. - 2 p.m.

Mother/Daughter STEM Workshop {FREE}
The Mother/Daughter Workshop is a one day event that provides middle school girls (GRADES 6-8) with a tremendous opportunity to complete hands-on activities and interact with an engineering professional to learn about valuable, high-wage opportunities in the engineering industry. The Mother/ Daughter TEA event was founded to encourage young women to take an interest in pursuing a career in the engineering industry. Wilson Teaching and Learning Academy, 1127 S Columbia Ave. 1-4 p.m. For more information, call 918 863.8700.

Sibshop February Workshop, Ages 9-13
Sibshops are opportunities for brothers and sisters of children with disabilities and special health care needs to obtain peer support and education within a recreational context. These workshops are open to siblings 5 to 13 years old. There is a small cost of $6 for each session which covers a provided snack. Happy Hands Education Center, 8801 S Garnett Rd. 1-4 p.m. For more information, call 918.227.1797.

Pixel Bead Art {FREE}
Learn how to design and make your own pixel art. Create characters from your favorite fandoms using plastic beads and an iron. For ages 10-18. Zarrow Regional Library, 2224 W. 51st St.; 1-3 p.m.

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

Black History in Living Color 2.0 {FREE}
The event is an opportunity for our teens to provide a living tribute to icons of Black history. The teens will portray various figures and icons from Black history as they move through the library. Rudisill Regional Library, 1520 N Hartford Ave.; 1:30 -4 p.m. For additional information, contact Angela Hardman at abonherb@aol.com.

Saturday, February 20 (cont.)

LEGO Lab {FREE}
Learn new building ideas, partner with other children during team building and explore free building. Leave your LEGOS at home and come play. For ages 6-12. Registration is required. Class size is limited. Registration begins Tuesday, Feb. 16. Call 918.549.7590. Martin Regional Library, 2601 S. Garnett Rd.; 2-3 p.m.

Brain Storms {FREE}
Watch as short plays by young writers ages 10-18 are brought to life by Professor Michael Wright of the University of Tulsa and his students. Brain Storms features the winning short plays from Tulsa City-County Library's Young People's Creative Writing Contest. Every playwright wants someone to produce their play, and Brain Storms is a unique opportunity for our winners to see this happen and to be part of Tulsa's artistic landscape. For all ages. Hardesty Regional Library, 8316 E. 93rd St.; 7 p.m.

*Tulsa Oilers Home Game @ 7 p.m.

Sunday, February 21

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

*Tulsa Oilers Home Game @ 7 p.m.

Monday, February 22

2016 African-American Heritage History Bowl {FREE} Designed around the national African-American History Month theme "Hallowed Grounds: Sites of African-American Memories," the trivia bowl is open to all high schools, sororities, fraternities, social and business organizations, churches, teams, schools, book clubs, groups and families to enter. There is a High School Bowl and Community Bowl. Trophies will be awarded for first, second and third place in each bowl. All ages are welcome to attend. To participate or for more information, contact Lee Platt at 918.549.7646. Rudisill Regional Library, 1520 N. Hartford; 6-8:30 p.m.

STORYTIMES

Bixby Library (20 E. Breckenridge, Bixby)
- Preschool Storytime: Mondays, Feb. 1, 8, 22, 29 • 11-11:30 a.m.
- PAWS for Reading: Tuesday, Feb. 9 • 4:30-5:30 p.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)
- My First Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-10:50 a.m.
- Preschool Storytime: Mondays, Feb. 1, 8, 22, 29 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Feb. 10 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
- Preschool Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Feb. 3, 10, 17, 24 • 10:30-11 a.m.

Brookside Library (1207 E 45th Pl.)
- Preschool Storytime: Wednesdays, Feb. 3, 10, 17, 24 • 10:15-10:45 a.m.
- My First Storytime: Wednesdays, Feb. 3, 10, 17, 24 • 11-11:20 a.m.
- PAWS for Reading: Friday, Feb. 19 • 3:30-4:30 p.m.

Charles Page Library (551 E. Fourth St., Sand Springs)
- Preschool Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-11:20 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)
- My First Storytime: Mondays, Feb. 1, 8, 22, 29 • 10-10:20 a.m. and Tuesdays, Feb. 2, 9, 16, 23 • 10-10:20 a.m.
- Toddler Time: Tuesdays, Feb. 2, 9, 16, 23 • 11-11:20 a.m. and Wednesdays, Feb. 3, 10, 17, 24 • 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, Feb. 4, 11, 18, 25 • 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, Feb. 3, 10, 17, 24 • 11-11:30 a.m.

Helmerich Library
- Mr. Adam's Stay and Play Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)
- My First Storytime: Thursdays, Feb. 4, 11, 18, 25 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, Feb. 10, 24 • 3:30-5 p.m.
- Sensory Storytime: Saturday, Feb. 27 • 10:30 a.m.-noon

Kendell-Whittier Library (21 S. Lewis, Tulsa)
- Bilingual Storytime/Cuentos Bilingües: Tuesdays, Feb. 2, 9, 23 • 3:30-4:15 p.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)
- Bilingual Storytime: Bilingual Storytime/Cuentos Bilingües: Tuesdays, Feb. 2, 9, 16, 23 • 11-11:45 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)
- Mrs. Cindy's Storytime: Thursdays, Jan. 7, 14, 21, 28 • 10:30-11 a.m.
- Bilingual Storytime With Señorita Brenda: Thursday, Jan. 14 • 10-11 a.m.
- PAWS for Reading: Saturday, Jan. 16 • 2-3 p.m.

Owasso Library (103 W. Broadway, Owasso)
- My First Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10-10:25 a.m.and Wednesdays, Feb. 3, 10, 17, 24 • 10-10:25 a.m.
- Preschool Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 10:30-11 a.m.and Wednesdays, Feb. 3, 10, 17, 24 • 10:30-11 a.m.
- Homeschool Storytime: Tuesdays, Feb. 2, 9, 16, 23 • 2-2:45 p.m.
- PAWS for Reading: Friday, Feb. 12 • 4-5 p.m.

Pottery Barn Book Club Storytime (Utica Square)
- Tuesdays at 11 a.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa): Closed February 8 - 26, 2016

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

Zarrow Regional Library (2224 W 51st St., Tulsa)
- Stay and Play Storytime: Wednesdays, Feb. 3, 10, 17, 24 • 10:30-11:30 a.m.
- PAWS for Reading: Saturday, Feb. 27 • 2-3 p.m.



Saturday, February 20: **Black History in Living Color 2.0**

The event is an opportunity for our teens to provide a living tribute to icons of Black history. The teens will portray various figures and icons from Black history as they move through the library. Rudisill Regional Library, 1520 N Hartford Ave.; 1:30 -4 p.m.

Tuesday, February 23

See sidebars for on-going activities.

*Tulsa Oilers Home Game @ 7 p.m.

Wednesday, February 24

TARC Teen "Connections" Group

This a social skills group for middle and high school students with Asperger's and high functioning autism. The Teen "Connections" group meets on the fourth Wednesday of each month. For more information, contact Sherilyn at 918.582.8272. TARC Office , 2516 E 71st St, Suite A; 4:30-6 p.m.

Thursday, February 25

Safe Kids Car Seat Checkup Event {FREE}

Get your car seat(s) checked by trained professionals. Bixby Fire Department Station 2 8300 E. 121st St.; 2-4 p.m.

Minecraft Night {FREE}

Put your imagination to the test building your own world in the popular computer game Minecraft. For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St.; 6-7 p.m.

Thursday, February 25 (cont.)

The Craft Connection {FREE}

Take a break from school work and make a craft at the library. For ages 8-15. Schusterman-Benson Library, 3333 E. 32nd Pl.; 6-7 p.m.

TARC Moms & Dads Support Group

This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. The group meets on the last Thursday of each month. TARC Office 2516 E 71st St, Suite A; 7-9 p.m. For more information, contact Sherilyn at 918.582.8272.

Friday, February 26

See sidebars for on-going activities.

Saturday, February 27

Holland Hall Book Fair

For the past 56 years, Holland Hall families along with many community members, donate books and original media for this annual February affair. $1/person. Holland Hall, 5666 E. 81st St. 8 a.m.-5 p.m. www.hollandhall.org

Saturday, February 27 (cont.)

Martin Luther King Jr. Board Game Day

Play the MLK Jr. board game and try to make it to the special monument. For all ages. Suburban Acres Library, 4606 N. Garrison; Noon - 2 p.m.

Kristin Chenoweth Broadway Boot Camp Audition

An open casting call for students grades 9-12 for the second annual Kristin Chenoweth Broadway Boot Camp. This year, Ms. Chenoweth herself will collaborate with the students, offering her insight into the world of performing arts for aspiring entertainers. Auditions are set for Saturday, Feb. 27, starting at 9 a.m. Callbacks will be the following day starting at 1 p.m. Any student who will be in grades 9-12 in the 2016-2017 school year and is an Oklahoma resident can audition. Broadway Boot Camp will take place June 6-10, 2016, at the Broken Arrow Performing Arts Center. For more information, call 918.259.5723.

Manga-Ai! Manga/Anime Club {FREE}

Come and watch Japanese anime, sketch and discuss Japanese animation with others of your kind. Do you love manga? Then you are in the right place! For ages 12-18. Martin Regional Library, 2601 S. Garnett Rd.; 2:30-3:30 p.m.

JBF Tulsa

JBF Tulsa is held twice a year at the Expo Square/ Tulsa Fairgrounds, home of the Golden Driller in the Exchange Center Building (off 21st between Yale and Harvard). JBF offers consignment clothing, toys, furntiure and more. Shop. Sale. Save at Just Between Friends!
Dates: February 28 - March 5, times vary.
www.tulsa.jbfsale.com

On-Going Activities

Winter ShapeDown at the Health Zone

ShapeDown features age-appropriate fun and interactive sessions focused on nutrition and physical activity. The program is led by a team of specialists experienced in providing physical activity and nutrition education aimed at children and teens. Each session is six weeks long and for kids ages 7-15. Meetings are Monday and Wednesdays from 4:00 p.m. to 5:30 p.m.
Pricing based on physician referral and designed for kids with BMI's above the 85 percentile.
Please contact Jenni Rowe at 918.494.8214 for more information.

Bikes & Balls

Every Tuesdsay and Thursday, bring your small children (ages 1-5) to socialize and exercise.
(continued)

On-Going Activities (cont.)

at Whiteside Recreation Center, 4009 S. Pittsburgh Ave.; 9:30-11 a.m.

Family Studio Saturdays at Philbrook

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

Fitness on the Green @ Fly Loft {FREE}

Location: 117 North Boston Avenue
Zumba: Every Sunday at 10 a.m. Get involved in a high-energy cardio blast that will leave you invigorated, refreshed and full of life.For all ages.
Yoga: Every Monday at 5:30 p.m. Focus on physical posture (asana) and conscious breathing (pranayama) in combination with mental focus and utilized to develop awareness, strength, flexibility an relaxation.
For more information: www.guthriegreen.com

Insect Adventure

Looking for an unforgettable and incredibly educational activity to experience with your youth? Try having an Insect Adventure! The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Open every 1st and 3rd Saturday; 10 a.m.-2 p.m. at the Oklahoma Cooperative Extension, 127 Noble Research Center in Stillwater. For more information: www.insectadventure.okstate.edu.

Dance & Sing Along at the Tulsa Children's Museum

Every 2nd Monday of the month, Discovery Lab hosts a family Dance & Sing Along in the main hall. Children ages 6 and under, their caregivers, and anyone young at heart will enjoy dancing and singing along with the TCM band as they perform classic children's songs. This concert is free with museum admission. Tulsa Children's Museum , Discovery Lab Main Hall, 560 Maybelle Ave.; 10:30 a.m. www.tulsachildrensmuseum.org

* We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information.

BY STAFF

questions & answers **about concussion**

The recently released movie *Concussion*, starring Will Smith as the Pittsburgh coroner who sounded the alarm on chronic traumatic encephalopathy (DTC), brought increased attention to the problem of concussion in sports, especially football.

The magnitude of current information on concussion can be overwhelming and confusing to parents. Some are deciding to forego football for their children, while others are allowing them to play, trusting better equipment, better understanding by coaches to protect players and better protocol to minimize the risk of sports-related concussions to keep their kids safe.

We asked Patrick Mularoni, M.D., medical director of Pediatric Sports Medicine at All Children's Hospital Johns Hopkins Medicine, to answer a few questions about children and concussion. You can also see a video about concussion on www.tulsakids.com, provided by All Children's Hospital.



TK: What is the best protocol for a player (youth - high school age) to follow to return to play after suffering a concussion?

Dr. Mularoni: Every state has its own specific protocol but most follow a five-day return to play protocol with gradual return to sport while increasing physical activity each day until a full return to sport is started. I presently advocate for a five-day return to play protocol where day one is light exercise, day two is heavy cardio exercise, day three is non-contact practice, and day four is full-contact practice with day five being a return to contact or games.

TK: Who is the best medical health professional to diagnose concussion? Can a trained coach, for example, tell when players can return to play?

Dr. Mularoni: Recognition of concussion falls on athletes and the adults that are at the field. A parent, athletic trainer, or coach can recognize concussion but a physician who is comfortable managing concussion should be the one to make the diagnosis. For parents at the field, we use the mantra "when in doubt sit them out." If you question whether concussion has occurred, pull the player and do not let them return until they have seen a physician who is comfortable treating concussion.

TK: What are the symptoms of concussion that coaches, teachers and parents should watch for?

Dr. Mularoni: The most common symptoms are headache, dizziness, a feeling of slowness, a foggy type feeling and emotional changes. Other children may describe nausea, sensitivity to light, or sensitivity to sound.

TK: What can adults do to combat the tendency for children and youth to hide symptoms?

Dr. Mularoni: Children want to play but when they understand the consequences of playing with concussion, many of them make the right decision.

TK: Are children's concussions different from adult's? If so, how?

Dr. Mularoni: Concussion seems to be the same condition in children and adults. The major issue is that children have the stressors of organized sports and the urge to get them back for their team. In addition, children have the stresses of school with a

continued next page

regimented schedule and testing. Many of the symptoms of concussion get worse with use of smart boards and computer screens. Today's children suffer more because the use of multimedia devices causes exacerbation of symptoms.

TK: Do individuals completely recover from a concussion? Can kids continue to play sports after having a concussion?

Dr. Mularoni: With our present understanding of concussion, most experts will agree that if a child has completely resolved from concussion and is symptom free, they can go through a five-day return to play protocol and then they are safe to return to sport.

TK: Can young people develop brain injury from repeated hits (as in football practice) without actually suffering from a recognizable concussion?

Dr. Mularoni: Research has yet to answer this question. There are many questions about whether sub concussive hits are causing damage, and we should have more information on this as research in this field increases and progresses.

TK: What can be done to minimize concussion in children and youth?

Dr. Mularoni: Teaching proper technique is key. Coaches and parents need to stress proper tackling techniques in football and proper hitting techniques in sports like hockey and lacrosse. In sports like soccer athletes need to play by the rules, which do not promote contact.

TK: Should children play football? Should high school students play football? If you have a child or if you did have a child, would you allow that child to play football?

Dr. Mularoni: The decision whether to let your child play football is a personal one. In our concussion clinic we have seen over 600 youth athletes with concussion in the past year. These concussions occur in all sports including swimming, gymnastics, ice skating, soccer, and contact and collision sports. Football is the most common sport where males suffer concussion and soccer is the most common sport where females suffer concussion. I have three children and I allow them to play contact sports. If my son who is 4 chooses to play football, lacrosse, or hockey, then I would allow him to. I feel that the games are getting safer and that under proper supervision the benefits that the sports provide outweigh the risks.

TK: What is the most important thing that parents should know about concussion?

Dr. Mularoni: The most important thing that a parent should know is that their child should not play with concussion. There is no minor concussion and every one of them should be treated the same. Athletes should not be allowed on the field with concussion symptoms. So often I see athletes who have gone back out on the field with concussion and it's often the second hit after a concussion that does the most damage. We should continue to teach our children what the signs of concussion are and encourage them to report those symptoms so that they can get off the field and heal before returning to play. "When in doubt sit them out."

CONCUSSION FACTS:

Many schools may have return-to-play rules, but still need return-to-learning rules to ensure they get physical and cognitive rest before heading back to the field AND the classroom.

CDC reports that concussion-related injuries increased by 60 percent in the last decade

CDC reports U.S. emergency departments continue to treat an estimated 173,000 sports and recreation-related traumatic brain injuries in children and adolescents each year







FROM THE HIP

WOD, AMRAP, RDL: Hip Mom Deciphers Crossfit

BY JILL VANTREASE

I know, I know. Everyone has heard of Crossfit (if you haven't you've probably given birth to quintuplets and haven't been able to emerge for a decade or so). I had totally dismissed the phenomenon as something freakish for hardcore, competitive athletes who have lots more free time than I do. But then a dear mom friend — a friend who likes her wine and chocolate as much as I, and is busy with a big wild life with her sons — tells me she does Crossfit. Suddenly, I am intrigued. You mean normal people who don't breathe fire and wear workout gear 27 hours per day also do this mad-seeming workout? Isn't it a bit...cultish? Well! I decide to find out for myself.

I first try out the Crossfit group at my gym, Sky Fitness (there are many great gyms out there but Sky's childcare is great — so that is where I go). I am fairly unembarrassed about just showing up — I've lost most of my baby weight and think I am in OK shape, having made some half-hearted attempts at working out the past few months. But

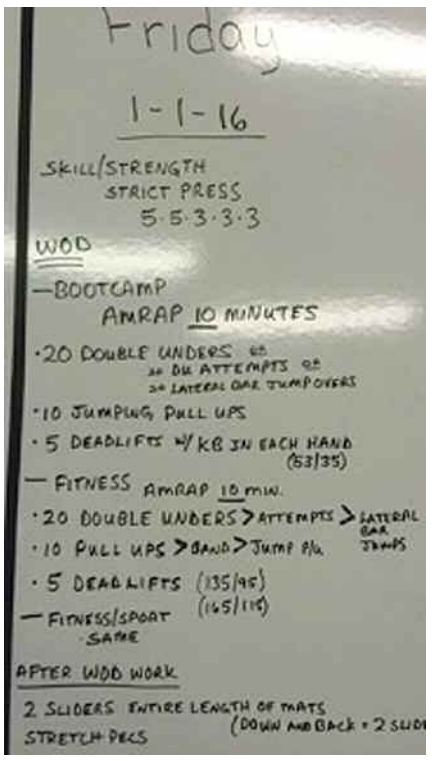


TREVOR

when I walk up, I feel just a bit out of place. Everyone is super nice — especially the instructor/coach Trevor, who goes out of his way to make me feel welcome and not stupid — but I sense an intensity and dedication that I'm not sure I can muster when it comes to working out. I am comforted, though, that while a few of the women are taut, gorgeous Amazons, there are a few older regular mom-types like me.

We start warming up, and I feel a bit better — I can stretch! I can do a plank! Yay! Then we head over to the serious/scary weights area, where everyone does some sort of series of bench presses. Trevor assesses me and says, "Let's just have you lift the bar today." This is a little embarrassing, until I realize how darn heavy just the bar is! And to contemplate these other people are adding weights to the bar? Incredible!

So we slog through our four sessions of lifting, and then go back to the mats where we will do the "Workout of the Day." We ladies stand around 10? 15? minutes waiting for the men to finish up, and I start to get antsy — my time away from children is a rare and precious jewel and it feels weird just to stand there. But finally we start the 24-minute "Workout of the Day" or "WOD." (There is a whole new Crossfit vocabulary to learn.) You say 24 minutes is no biggie? I would tend to agree with you, but that is a lie! It was intense. I can barely do a sit up (I like to blame



all those blasted C-sections), and everyone else is doing them with a big, evil-looking black ball. But everyone reassures me, "We've all been there before!" And while there is a serious concentration everyone brings to their workout, there is also a lot of jokey camaraderie: I almost feel like I am at the workout equivalent of a cocktail party. There is a lot of encouragement, too — "Go, Crystal! Great job, Dallas!" I find myself having fun despite my anxiety and total ineptitude.

Next comes some score keeping that I don't really understand, but Trevor painstakingly records everything, which he will post on a website to measure people's progress. There has been something called "AMRAP" - "As Many Reps as Possible," and something called "RDL." The acronym makes me laugh; it stands for Romanian Deadlift, which conjures up images of huge Slavic wrestlers. Trevor pays close attention to me, the newbie, and corrects my form on a few of the lifting moves. This is a good thing; one (young, fit) girl tells me a lot of "boxes" are more focused on competition than safety — so injuries ensue!

I'm intrigued, so I decide to show up again in a few days, and am surprised that most of the same people are there. This dedication is a little disconcerting to me, but as a gorgeously lithe and tall blonde tells me, Trevor devotes workouts to varying areas of the body and no one wants to miss.

Once again, Trevor helps me with some easier modifications (how does he know I can't do a pull up?) while everyone else does more complicated gymnastics. Still, everyone is incredibly friendly and encouraging, reassuring me that they were once in my shoes Several women tell me they hope I join the group – I'm not sure why, because I am hardly exhibiting their superhuman strength and gravity-defying flip flops, but I have had a great time.

Then I try out T-Town South Fitness and Crossfit, which is located in an industrial complex off 128th and Memorial (there is also

continued next page



a downtown location; it is owned separately, but the owners collaborate on workout programs). Once again, when I walk in, I feel totally intimidated. I walk into a Crossfit class with all my little girls, and I think we've walked onto a set from Fight Club. There are heavy barbells clanging, muscled men grunting, and general superstar fit people walking around. But the lovely Kristen Cargal, one of the owners there, makes me feel right at home. She gets my girls set up in the child-care (which is staffed by one of just a couple of lovely ladies, so this is reassuring - they would see the same faces each time!), and we start our class. At T-Town South, there are two classes: Crossfit, and then T-Fit, which is just like Crossfit but without barbells, so it's a bit less intimidating. We do some stretching, and then a 20-minute workout with three different moves lifting moves (the vocabulary here still confuses me). Kristen corrects my squats, and once I know what I am supposed to do, it is invigorating. We cool down, and it's pretty quick — just about 45 minutes — yay! Everyone is yet again super friendly and welcoming. The workout is totally different than the two workouts I did at Crossfit Sky, which I like a lot — the variety keeps things interesting (well, as interesting as exercising can be).

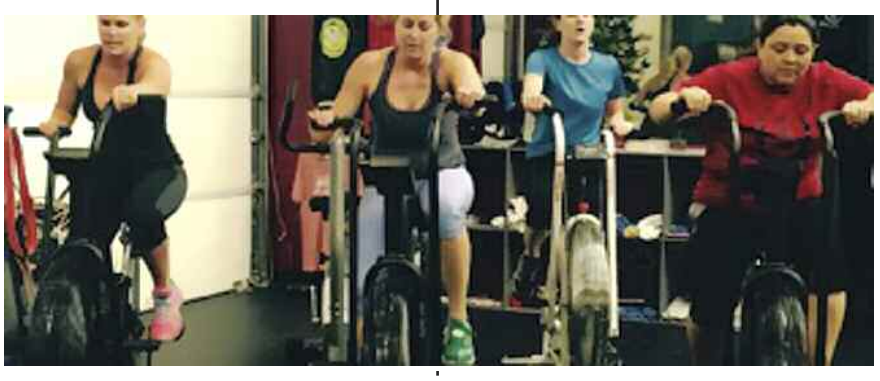
I ask my friend Michelle why she goes to Crossfit at T-Town South, and she says "I love T-Town South because it's one of the few places to work out in Tulsa where you can walk in and feel no judgment at all. It's a super supportive environment! In a big box gym, you may feel intimidated to try out lifting weights. But here you have a trainer and a class of people helping you with form. You all really work together so your workout partners become your friends. We laugh a lot, but we always get a great workout! I really miss it when I'm not able to go, and that says a lot because I used to really dislike going to any gym."

Another friend, Lauren, loves so many things about Crossfit. She enjoys the down-to-earth community. "No one cares what brand you are wearing," she said, "how your hair looks, or if you have makeup on - it's totally unpretentious and that is a HUGE breath of fresh air in this material and vanity driven world."

She also loves that Crossfit finds beauty in strength. "As a mother who has birthed two children but am raising five, and own a few businesses, I'm busy all the time with various work things. Crossfit truly embraces that I am not the same as I was in high school or even college physically and that my time is limited and precious. Crossfit is simply EMPOWERING," she added. "I love getting up in the morning, working out, and just starting my day off right. I am up and have already accomplished something huge each morning, showered, and am ready for the day before many people are out of bed! I love that it makes me feel so strong...no matter if you can do all the prescribed weights or number of reps, you do your best and give it your all each day."

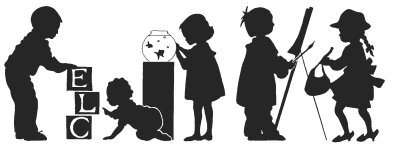
Gosh, I am getting sold on this whole Crossfit thing. The sole thing that gives me pause is how dedicated everyone seems to be to the whole enterprise. It seems like everyone tries to show up almost every day. With my crazy life -- including a still-nursing infant -- I'm not sure I can commit to that level of dedication. But then there are lots of moms with really little babies and kids in the classes. I can see why. It's like you're at a super hip party, and you surely won't feel like a boring, spit-up-on mom when you are rocking these crazy moves. I find myself in a relaxed and happy mood after these sessions; it's more fun and rewarding than going to a group fitness class where everyone is focused on their workout and then just leaves.

My advice? If you are interested, take a look around your neighborhood. There seems to be a Crossfit "box" in just about every area. Try out a class, assess how much fun you and everyone else are having, and see what you think. Maybe you'll see me there doing something called a "hang clean," whatever that is!





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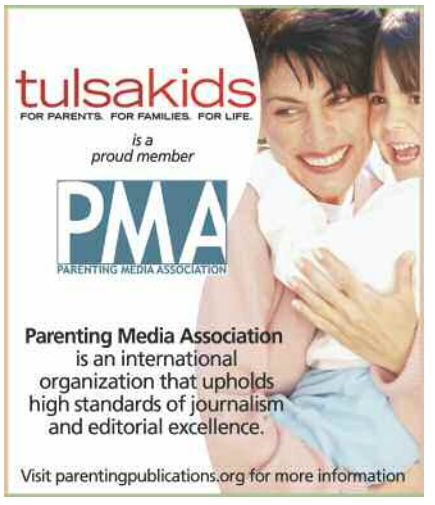


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BY DIANE TRITT EATON

Savannah, Georgia: The Belle of the South

Known for having a unique blend of beauty, sordid history, low country cuisine and a funky art scene, it is no wonder that Savannah appears on most people's bucket lists. The city is enchanting and famously recognized for its canopies of mature oak trees, dripping with Spanish moss, nestled in and around historic squares, mansions, churches, cemeteries and shops. The urban space sets a stunning stage for visitors to walk their way through time, learning about the early colonists, the development of the first planned urban area, the preserved antebellum architecture and the new artsy influences of Savannah College of Art and Design.

Built along the Atlantic coastline on the Savannah River, this Southern Belle is America's first officially planned city and the southernmost port, developed to support Georgia, one of the original 13 colonies. History markers are located throughout the city so, while strolling about, the influential people and activities that occurred here are spelled out for your learning pleasure. The pristinely preserved mansions, private homes, business fronts and outdoor spaces offer visitors a magical feeling — where soaking up the past while enjoying the present go hand in hand.



SPANISH MOSS HANGS FROM TREES IN SAVANNAH.

Over the past decade, the news about just how charming and mannerly Savannah is has spread like wildfire — earning "Top Pick" awards from publications such as Travel and Leisure and Condé Nast Traveler. Today, Savannah is a top wedding, couples, girlfriend, history buff and family travel destination. The "Hostess City of the South" welcomes all types while exuding hospitality and charisma.

Trolley Tours First, Other Tours Second!

While in Savannah, getting acclimated is relatively simple because the city is laid out in grid formation. Be sure to print off a map (www.visitsavannah.com) or get one at the Visitors Center at Ellis Square. Then, take a trolley tour before you do anything else to get acquainted with all that's available here. Stay on and make the entire 90-minute loop and, while on board, the driver and narrator will help get you comfortable with the city's layout, and help you determine where to walk (or bike) to later on. Old Town Trolley Tours offers sightseeing at over 100 points of interest, with 15 stops in all.

Specialty mansion, church and cemetery/ghost tours are prevalent. Throughout the historic district, the preservation of old homes is astounding. You can see this while on foot but going inside at least one historic home is suggested. The founder of the Girl Scouts Juliette Gordon Low's Birthplace is popular, especially for children. Ghost tours are educational and can be enjoyed on foot or by riding in a hearse around town while listening to haunting tales of spirits, scoundrels and voodoo.

Let's not forget that the riverfront is a gathering place with eateries and souvenir shops and large vessels floating up and down the Savannah River. To punctuate the day, there's a complimentary 10-minute ferry ride that might entice you; especially at night when the charming city views along the Waterfront District are all lit up.

Squares, Squares and More Squares

The historic district, one of the largest National Historic Landmark Districts and restored urban spaces country-wide, is home to 22 signature historic squares, all peppered with shade trees and walking paths. De-

continued next page



signed by General James Olgethorpe when formulating the city development plan in the 1730s as gathering places or "outdoor play rooms" for the settlers, each square differs in size and character yet emanates the relaxed vibe of Savannah-style living today. The parks provide a peaceful place to soak in the beauty surrounding them, including the



many churches, monuments, statues, cemeteries, homes and eateries. The most visited are Johnson Square, celebrated for its fountains, and the First Christ Church. There's also Lafayette Square, which includes the Cathedral of St. John the Baptist along its northeastern perimeter.

In addition to the squares, Forsyth Park, on the south side of the historic district, must also be seen for its famous fountain, which is a replica of those found in the Place de la Concorde in Paris and in Cuzco, Peru. Last spring, I serendipitously happened upon a fairytale-like wedding in full swing and it was nothing short of spectacular.

Culinary Choices

Savannah is best known for its Southern-style cooking and seafood fare. All along the riverfront, eateries are bustling with tourists. Many of the squares have restaurants on the periphery. Perhaps the best spot, despite its long wait (and no, no reservations accepted), is Mrs. Wilkes Dining Room. You will leave stuffed with everything from fried chicken, black-eyed peas, mashed potatoes, and banana pudding, to name just a few of the 30+ dishes brought to your table to share family-style. And, for sophisticated Southern food in a real Southern mansion, check out the Olde Pink Lady House Restaurant and Tavern, built in the 1770s. Be certain to make reservations even before leaving home if you want to dine on low country she crab soup, fried green tomatoes and shrimp and grits.

The best time to see Savannah is April – June when the azaleas and wisteria are coloring the city's landscape. The summer months can be balmy and the city more crowded, but you can couple a visit with a trip to nearby Tybee Island or Hilton Head to get in some swimming along the Atlantic Coast.

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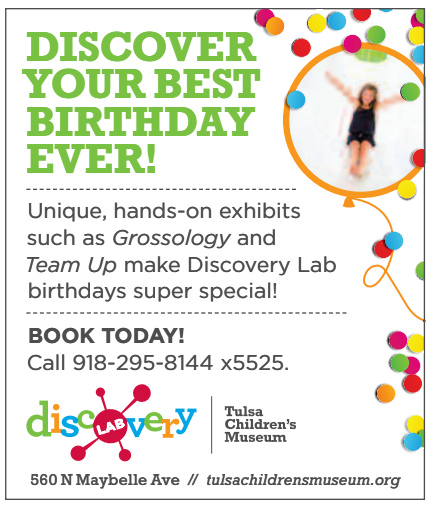
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Kali Cole, MD, a Tulsa native, competed her undergraduate degree at Vanderbilt University in 1997. After completing both her MPH and MD from OU in 1998 and 2003 respectively, she completed her residency in Ophthalmology at the University of Alabama-Birmingham (UAB) in 2007 and her fellowship in Pediatric Ophthalmology and Strabismus at the Medical University of South Carolina (MUSC) in 2008. Dr. Cole remained on faculty at MUSC as Assistant Professor for two years before returning to Tulsa in 2010.

Alison Hansen, OD, a native of Wichita, KS, completed her undergraduate studies at Friends University in 1997 in Wichita before going on to obtain her Doctor of Optometry at Illinois College of Optometry in Chicago, IL in 2002. Dr. Hansen then relocated to Tulsa where she has focused her practice on teenagers and adults. She treats patients with a variety of eye diseases as well as prescribing glasses and managing complicated contact lens prescriptions.

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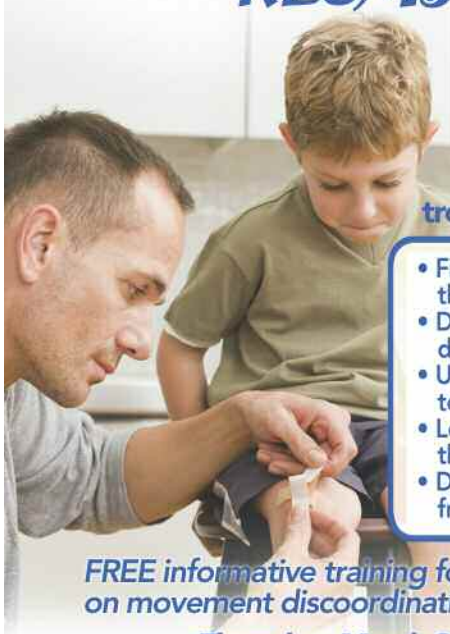
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BY DIANE MORROW KONDOS

5 ways to love your ex:

GROUND RULES FOR CO-PARENTING ADULT CHILDREN

In this month of hearts and flowers (and chocolate), we're reminded of how much we romanticize relationships. When we put on the white dress, walk down the aisle and say "I Do," we envision a long, wonderful future with our spouse, our very own happily ever after. On my wedding day, you could never have convinced me that some day my fairytale would end in divorce.

Although our marriage became a casualty, our responsibility and commitment to providing a good life for our two daughters survived. Our daughters were just toddlers at the time of the divorce, and I thought we would be co-parenting until they were 18, which seemed like an eternity at the time. Over 20 years later, my ex-husband and I are still working on co-parenting our kids and, fortunately, we seem to continue to do a fairly good job of following the rules. Sadly, I see people tearing their adult children apart, due to their own bitterness and hurt.

For better or worse, until death do us part. Maybe your marriage wasn't able to make it the distance, but when you have children with someone, you've created a bond that lasts forever. If you've procreated together, you need to parent together. Does that end when the child support ends? Is co-parenting over when the children go to college or move out of the house? Long after the ink on the divorce decree is dry and the papers are yellowed, you will be parenting together, even when those toddlers become adults.

There are some common ground rules for co-parenting effectively. Although not comprehensive, these are some of the more important ones that have continued relevance for divorced parents of adult children.

Sadly, I see people tearing their adult children apart, due to their own bitterness and hurt. As we reflect on loving relationships this month, it also might be a good time to renew our vows to our former spouses about being the best co-parents we can be.

Start with these ground rules:

1. Do not speak negatively about the other parent. Unless your ex is a criminal or in some other way, morally or physically dangerous, keep your negative opinions to yourself. Your children, regardless of their age, need to feel free to love their other parent. It is not a competition and they should never be forced to side with one parent over the other. At one time, you chose this person to create new life, so there must be some redeemable qualities in him or her.

2. Leave the gory details out of the story. Yes, your children are now adults and can see R-rated movies and have unlimited access to music and the Internet but, believe me, they do NOT want to hear about how their parent cheated, drank, gambled or committed any other heinous act. Vent to your friends or a paid professional, not your adult children.

3. Swallow your pride and be friendly at events where you are required to co-parent. Chances are very good that eventually one or both of you will get remarried or have a significant other. What does this mean for you? There are going to be graduations, weddings, christenings, birthday parties and various other functions that you will be attending as parents of grown children. Yes, you may be hurting inside but channel Grace Kelly or Jacqueline Kennedy (guys, think Cary Grant), plaster a smile on your face, have a glass of wine and be gracious. If your child has loving, good step-parents in their lives, be grateful. Whoever complained about having too many loving people in their lives? Do not make your children feel like they're torn between two sets of parents. I guarantee no one will win in those situations and your children will most definitely lose. My daughter recently married and her father and I both walked her down the aisle. I'm thankful we both have spouses that are able to put their feelings aside and do what's right for our children.

4. Let children express their feelings. The divorce may be ancient history to you, but your children continue to live it. They may occasionally still need to vent or question, let them. The tricky part is to allow them a safe place to talk without expressing your own hurts. I know, it doesn't seem fair, but in this situation you need to be empathetic and let them be heard.

5. Be especially sensitive during holidays and birthdays. Even though the weekend visitation is in the rearview mirror, adult children often are still torn between two homes. This is especially true at the holidays when they have to cram several visits into one day. Compromise! Be flexible. Even if you've always had Christmas dinner at 2 p.m., be willing to change to give your adult children the gift of a stress-free holiday. One of my daughters has a husband who also has divorced parents, so they are expected at four different holiday gatherings. It's exhausting just thinking about it.

I'm sure anybody that has taken the time to read this wants the best for their children, so remember to think before you speak, be compassionate to others and remember that although there is an expiration date on child support, there should be no end to common sense and kindness.

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I'M A TULSA KID

BY MARISA MORGAN



Aiden Darcy: Age 17, Homeschooled

Aiden Darcy is a high school senior who turned his love of reading into an Eagle Project that will benefit an entire community. Aiden built a Little Free Library outside of Tulsa's Street School where anyone can leave or take a book in an effort to build a vast urban library.

TK: How long have you been involved in Boy Scouts?
Aiden: I have been a part of the scouting program since I was 8 years old.

TK: How did you come up with your Eagle project?
Aiden: I got the plan for my Eagle Scout project from a variety of sources. A year before my project, I heard about Little Free Library from my mom, and then later in that year from my grandma. At that time I read the book that Little Free Library made, and considered it for a project, but I wasn't too sure. Then later I acquired an old bookshelf from the Tulsa Public Library and thought, "I can give this away for my project! Perfect!"
But when I started contacting people in the Tulsa area about it, I didn't hear much. Then I received an email from a group that said that instead of a bookshelf, it would be awesome to have a Little Free Library! That group was Street School, and I took the bookshelf apart for it.

TK: What are the steps you had to go through to complete your project?
Aiden: After getting the project approved by the council board, I had to design the Little Free Library, figure out what materials I needed, get some volunteers to help, and then in a process of about five Saturdays, we built the Little Free Library from scratch. We placed the Little Free Library on a day it was raining.

TK: What do you love most about your project?
Aiden: My favorite part of the project is the fact that with it in place people have a place where when they take a book; they know that someone else put that book there because it's one of their favorites. People can share the things they love with this library in place.

TK: What do you like to do outside of scouting?
Aiden: I play Piano, assemble massive multi-paper origami, go on long hikes during the summer, sometimes I do photography. I have a black belt in Tae Kwan Do, I like to build things, and I love to read.



TK: Wow! Are any of those interests a part of your plans for the future?
Aiden: Well, I'm planning on graduating this year and going to college to either become an electrical engineer, or recently I have been thinking of becoming a geometry teacher.

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what's going on(line)?

Dear Reader,
We'd like to thank everyone who participated in our annual Baby Guide Cover Contest - looking through adorable baby photos is always an easy day on the job. The winner (selected by popular vote) will be on the cover of our 2016 Baby Guide coming in April. Also, while you're out and about in the Tulsa area, share your photos with us on Instagram by using #mytulsakids for a chance to be published in an upcoming issue. I know our new blogger, Tulsa Times Two, will be posting pics of her family and friends navigating the Tulsa toddler scene - you can get to know more about Jen below. As always, go to tulsakids.com for LOCAL family fun, parenting information, giveaways and more. Happy February!
- Abby, web editor



#mytulsakids



puppy love

You love your pet just like a member of the famiy - so show them off! Whether it's a furry Fido, cute kitty or a friendly ferrett, share your favorite family pet photo. The winning pet (by popular vote) will receive a pet-friendly gift basket from River Trail Animal Hospital and will be showcased in the April issue of *TulsaKids MagazIne*.

Submission Period: February 1 - 14, 2016
Voting Period: February 15 - 26, 2016

You can find more details and contest rules at www.tulsakids.com/contests.



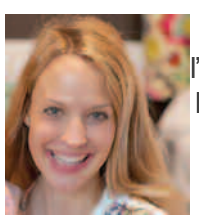
2016 family favorites

It's that time! Every year we ask TulsaKids readers to fill out the family favorites ballot, we tally the votes, and then we award all of the LOCAL businesses and places that make Tulsa a great place to raise a family. Oh, and did we mention that we'll be giving away $100 CASH to three lucky participants? No one knows Tulsa like you do, so share your family's favorites!

Submission Period: February 15 - March 15, 2016

You can find more details and contest rules at www.tulsakids.com/familyfavorites

tulsakids blog



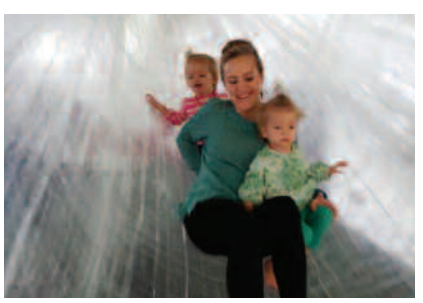
Tulsa Times Two, Jen Kerckhoff

I'm a stay at home Mom with twin girls who are 1.8 years old. Born and raised in Tulsa, I just moved back from Dallas and I am excited to be back in the 918! It feels like I have been gone a decade and I've never lived here as a Mom. Each week, I will be exploring the hip toddler spots in town. For those stolen moments that are kid free, I will share how my mom brain relates to people who are older than 2 years old. My favorite show is Gilmore Girls, and java is in my hand 24/7. Raising twins, I strive to show them they are each unique and one of a kind. Hugs, embarrassing mom dancing skills and good intentions are how I roll. I cannot recreate anything on Pinterest, but for our family, we are perfectly imperfect.









You and yours need a night out.

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