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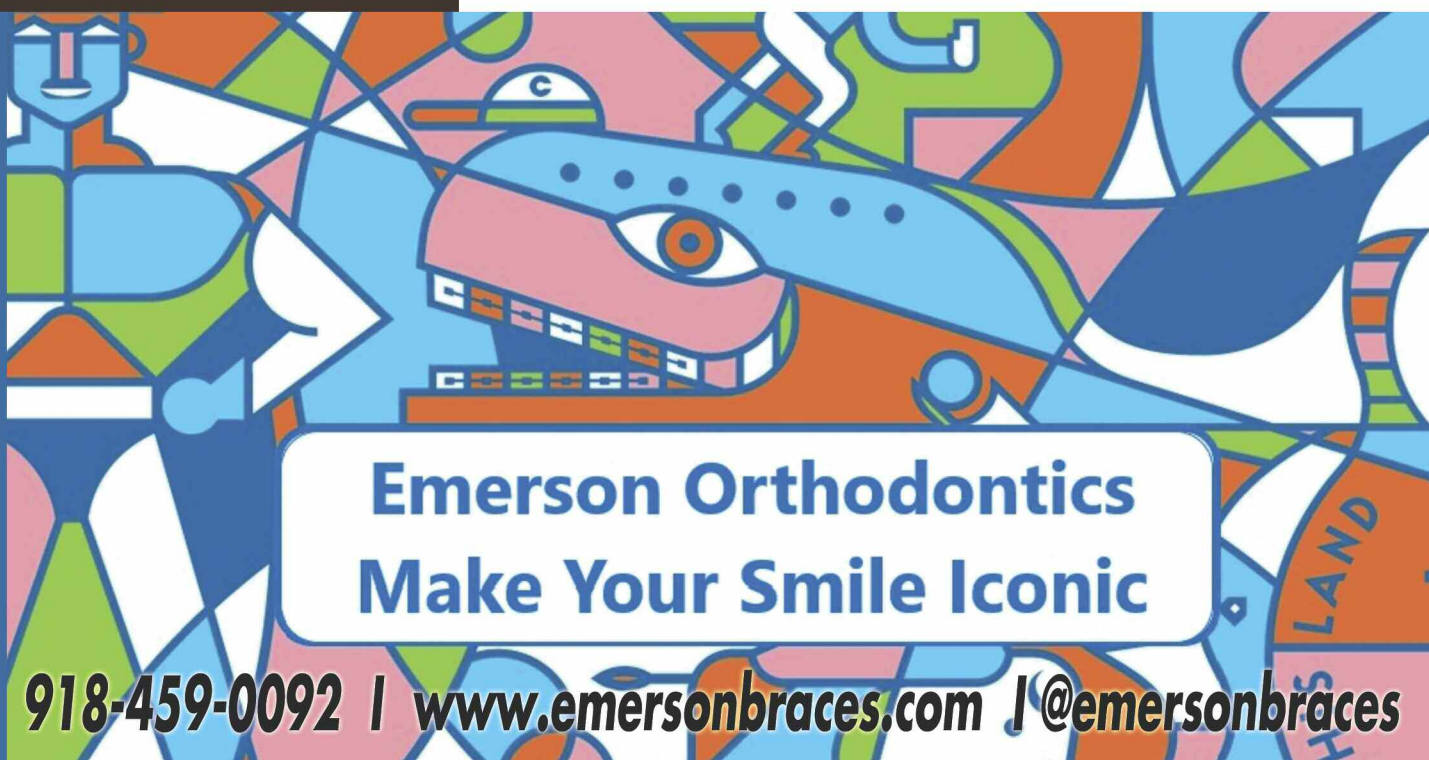
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February 2019

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WELL

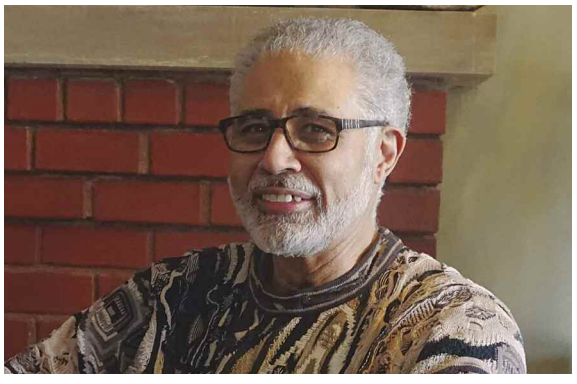
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editor's note

Happy Valentine's Day! We Heart Our Readers

This is the month for love, and I loved putting together this issue. I learned something from every column, every article and every person interviewed. It's nice to know that learning is a lifelong endeavor, so even people like me, whose children are grown and on their own, can get new information from a parenting publication.

Speaking of learning, you may or may not know long-time public-school advocate Darryl Bright. You can meet him and learn what 30 years of advocacy have taught him.

And, we have a couple of articles to help keep you and your family healthy – tips for grocery store shopping, and tips to keep your kids well this year.

And for kids in love….I remember when one of my daughters was in third grade, there was apparently a little love triangle going on with her. I didn't think much about it. (I mean, these are third-graders!). But, the other mom got involved because her daughter told her that the boy liked my daughter better. I can tell you that my daughter didn't care one way or the other, but that mom sure did. It eventually resolved itself without parental intervention. If you need to know what to do if your elementary school-aged child is expressing thoughts of love, read our School-Age column for some sweet advice.

Speaking of love, we asked some grown-up couples with kids to try an activity that they had never participated in, but had always wanted to try. One couple took a cooking class and the other went on a tour of downtown Tulsa. Find out how their dates went in our Date-Night Dare article.

And, I never thought about how different screen activities might have different effects on adolescent brains. There's a study on that going on right here in Tulsa. It's certainly something to think about as you help guide your children through the technology maze.

There's lots more to love in these pages, so I hope you will find something to pique your interest.

Betty Casey
associate publisher and
editor in chief

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:

SOPHIA IS ONE OF OUR COVER KIDS WINNERS.

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HPV VACCINATION RATES LOW AMONG ADOLESCENTS IN U.S.

According to a study published in the Journal of Infectious Diseases, only about 16 percent of U.S. adolescents have been fully vaccinated against human papillomavirus (HPV) by the time they turn 13, despite national recommendations that call for vaccination at 11 to 12 years of age.

Nearly 80 million people in the U.S. are currently infected with some type of HPV, a common virus transmitted through sexual contact. Every year, HPV causes approximately 34,000 cancers. The most recent version of the vaccine protects against seven of the most common types of HPV that cause cancer.

The immune response to the vaccine is stronger at a younger age, providing better protection against HPV infections and the cancers they can cause later in life. If vaccinated before age 15, an adolescent needs only two vaccines instead of the three doses recommended for older teens.

Source: Infectious Diseases Society of America

REASOR'S NAMED HEALTHY BUSINESS

Reasor's has been named a Certified Healthy Business through the Certified Healthy Oklahoma program for the fourth year in a row. The Certified Healthy Oklahoma program is administered by the Oklahoma Turning Point Council and the Oklahoma State Department of Health, Center for the Advancement of Wellness.

This certification is granted when a business meets specific criteria promoting health and wellness within their company. Reasor's encourages their employees to be healthy by providing health screenings at an on-campus clinic, free of charge with Reasor's insurance.

In addition to these corporate initiatives, Reasor's employs a registered dietitian who is dedicated to educating employees and the community about healthy lifestyles and encouraging disease prevention and management through her Eat Right Feel Great and Dietitian Approved programs. As a part of these initiatives, she offers several in-store and community services including group store tours, cooking classes, children's gardening classes, a weight loss challenge, and more.

STUDY SHOWS YOUTH SUICIDES HIGHER IN HIGH GUN OWNERSHIP STATES

A new study led by Boston University School of Public Health (BUSPH) researchers finds that states with higher levels of household gun ownership also have higher overall youth suicide rates, with every 10 percentage-point increase in household gun ownership associated with a 26.9 percent increase in the youth suicide rate.

"The availability of firearms is contributing to an increase in the actual number of suicides, not just leading youth to substitute other means of suicide for guns," says BUSPH predoctoral fellow Anita Knopov, the study's lead author.

The researchers found the overall youth suicide rate from 2005 to 2015 ranged from a high of 15 youth suicides per 100,000 people in Alaska to a low of 3 per 100,000 people in New Jersey. In the 10 states with the highest youth suicide rates, the average household gun ownership was 52.5 percent, compared to a household gun ownership rate of 20 percent in the 10 states with the lowest youth suicide rates.

"This study demonstrates that the strongest single predictor of a state's youth suicide rate is the prevalence of household gun ownership in that state," says study co-author Michael Siegel, professor of community health sciences at BUSPH.

Source: Boston University School of Medicine

CORRECTIONS AND CLARIFICATIONS

Regarding the family travel article in the January issue, Bentonville is in Benton County, not Rogers, and the system connecting the Crystal Bridges to the town square is a trail system. Alice Walton is Sam Walton's daughter.



GATHERING PLACE VOTED USA TODAY'S BEST NEW ATTRACTION

Gathering Place was honored with "Best New Attraction" accolades after being voted USA Today's 10Best Readers' Choice 2018 Best New Attraction.

Gathering Place was up against 19 other contenders from cities around the U.S., including museums, theme parks, a comedy club and historically significant attractions.

Gathering Place, located along the Arkansas River, aims to provide an inclusive space for Tulsa residents and visitors alike. To learn more about Gathering Place and its daily attractions, visit www.gatheringplace.org.

CHICKASAW CULTURAL CENTER HONORED FOR EFFORTS TO PROTECT THE MONARCH BUTTERFLY

The Chickasaw Cultural Center was recently honored by an international organization for its on-going efforts to preserve and protect the monarch butterfly.

The cultural center received a Communitas Award for the multifaceted programs, events and partnerships aimed at restoring the monarch's dwindling population.

The award was presented in the Excellence in Corporate Social Responsibility, Ethical and Environmental Responsibility, Sustainability category. Communitas is a Latin word, meaning people coming together for the good of a community.

A significant decline in the monarch butterfly population in the past 20 years can be attributed to decreased availability of milkweed, according to the National Fish and Wildlife Foundation.

The Chickasaw Cultural Center's monarch butterfly initiative involves a multipronged approach including: constructing greenhouses to cultivate milkweed and other pollinator plants; hosting events to educate visitors about the butterfly and the importance of native plants to sustain the species; and working with other Native American tribes to address the initiative on a larger scale.

Located in the butterflies' prime migration flight path, the Chickasaw Cultural Center's 184-acre campus features numerous gardens containing butterfly-friendly native plants, including more than 45 butterfly gardens. One of the gardens contains educational panels about the plight of the monarch butterfly and serves as the primary butterfly garden for visitors.

In addition to planting milkweed on campus, the Chickasaw Cultural Center gives away thousands of milkweed and pollinator plants each year to visitors at special events focused on the monarch butterfly.

The Chickasaw Cultural Center initiated the Monarch Butterfly Watch in 2017, a day filled with activities including children's crafts, special horticultural tours, milkweed plant giveaways, lectures and films.

The Chickasaw Cultural Center also celebrates National Learn About Butterfly Day with a special event. The topic is also a focus for many school group tours each year.

The Chickasaw Cultural Center, 867 Cooper Memorial Road, Sulphur is open Monday-Saturday 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. For more information, call (580) 622-7130 or visit www.chickasawculturalcenter.com.

LAKE TENKILLER FACILITY DONATED FOR CAMP FOR CHILDREN WITH VISUAL IMPAIRMENTS

NewView Oklahoma, a nonprofit serving children and adults with visual impairments, announced that Globe Life has donated a property at Lake Tenkiller to hold future OWL Camps (Oklahomans Without Limits) for children with visual impairments.

Globe Life donated their corporate meeting facility, complete with a caretaker's cottage and guest house, on a 3-acre waterfront property that is valued at $1.8 million. The donation is one of the most significant gifts in the history of Globe Life.

OWL Camp activities are carefully planned and designed to encourage collaboration, improve confidence, self-esteem and independence and challenge societal and self-imposed limits. Along with sighted buddies, campers will surely enjoy the property's many amenities including a tennis court, putting green and two boats for activities such as water skiing and water tubing.

OWL Camp is structured specifically to engage sighted children and those with vision loss. Each blind or visually impaired camper is partnered with a sighted buddy for the entire week, and they do everything together. The goal is to provide lasting effects by allowing the sighted buddies to understand that people with vision loss can do anything they can do, with very little adaptation.

To learn more about NewView OWL Camp and other programs and clinical services operated by the organization, visit www.newviewoklahoma.org.

ROCKIN' AND ROLLIN' ON ROUTE 66

On Saturday, February 16, 2019, Tulsa Route 66 Main Street will be shakin' it up when two of Tulsa's greatest assets collide. The Fabulous MidLife Crisis Band will be swinging on historic Route 66 at this year's annual East Meets West event "Rockin and Rollin on Route 66." The party takes place at 6 p.m. at OSU-Center for Health Sciences, 1111 West 17th Street, Tulsa. Party fun includes swing dance lessons, dinner, a cash bar and some of the best classic rock n' roll you ever danced to!

Proceeds from the event will support projects within the main street corridor which runs along historic Route 66 - "The Mother Road" - from the famous span over the Arkansas River along Southwest Boulevard west to the edge of Tulsa.

Tickets are $66 per person. Purchase at https://rockinonroute66.eventbrite.com/ or by check. Checks should be made payable to Tulsa Route 66 Main Street and mailed to

P O Box 570978, Tulsa, OK 74157. To sponsor a table call 918.445.4457.

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Learn and Play | Feb. 7 & 8
Designed for children ages 0-5 and their caregivers, enjoy a gallery experience followed by hands-on activities designed to stimulate early learners.

Funday Sunday | Feb. 17 (Free admission)
On this community day, enjoy a celebration of the history and cultural contributions of black cowboys in conjunction with the exhibition *The Chisholm Kid: Lone Fighter for Justice for All.*

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BY KILEY ROBERSON

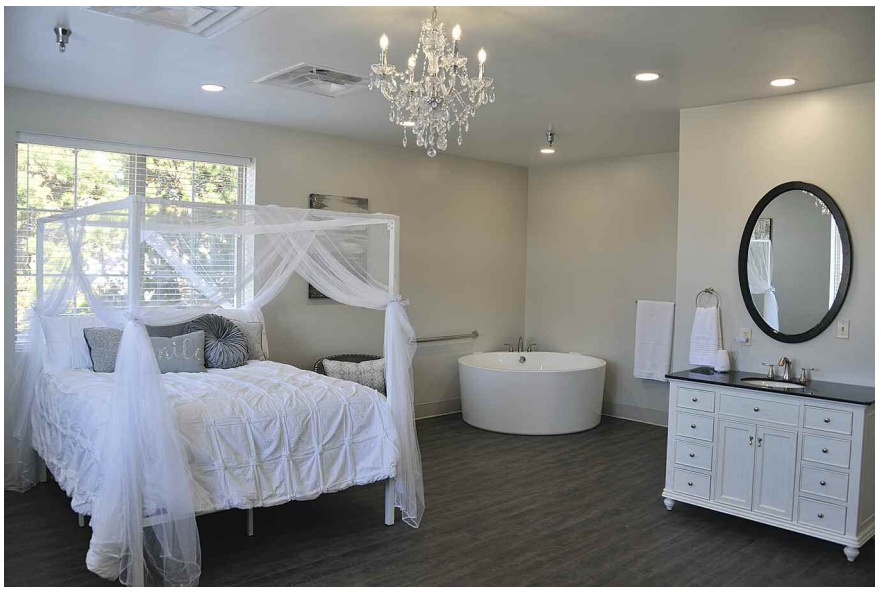
delivery decisions: just breathe

LOCAL BIRTHING CENTER OFFERS NEW TAKE ON BRINGING HOME BABY

Whether you already have a new little bundle on the way or are thinking of adding to your household soon, growing your family is an exciting time. It's also a busy time with a lot of decisions to make. Perhaps one of the biggest of those is exactly how you'll bring this precious new little life into the world. Tulsa families have options when it comes to delivery. Of course there's the traditional route of OBGYN's and hospital delivery, but there's also home birthing plans with a certified doula or midwife. And for those who don't want the clinical atmosphere of a hospital but also aren't interested in delivering at home, a birthing center may be the perfect middle ground.

"A birth center experience is very different than that of a hospital birth," says Giselle Chebny, registered nurse, doula, childbirth educator and co-owner and administrator of Breathe Birth and Wellness in Broken Arrow. "From the beginning, patients are given a lot of one-on-one time and flexibility."

Giselle says at birthing centers like Breathe moms often have the freedom to move around during labor, wear whatever they want, use birthing tubs, eat and drink normally and have as many people as they want in the room with them.



A ROOM AT BREATHE BIRTHING CENTER IN BROKEN ARROW.

"We do intermittent monitoring with auscultation throughout the labor process to ensure the safety of the baby, but they are not strapped down with monitors at all during the process," Giselle says. "They are also allowed to eat and drink as they want. Sometimes labors can extend for long periods of time and fuel for their body is very important."

Another plus for many is that birthing centers like Breathe are typically designed to offer a very cozy and homelike atmosphere. At Breathe, moms have the option of three different birth suites. Each offers a private room with queen-size bed, private bathroom and their own standalone birth tub. Breathe has an in-house massage therapist to complete its holistic vision of wellness for patients.

"Our vision for Breathe was to really create a safe environment that allowed women to regain control over the birthing process," Giselle says. "To fill them with knowledge and empower them so that they feel confident in their choice to birth the way they want to birth."

That individualized care doesn't stop at birth. After the babies are born, Giselle says babies are assessed and monitored with mom usually holding them and any intervention that needs to be done is done alongside mom in the bed. Newborns still receive the same care they get in the hospital such as measurements, eye drops and a vitamin K shot, but moms are also allowed to decide if they want them to receive them or not.

"After delivery, moms usually stay with us for up to six to eight hours," Giselle said. "Then if mom is stable and baby is healthy, they go home soon after. We provide a home visit 24-48 hours after delivery to check on mom and baby and make sure both are doing well after the delivery process. This is where we conduct the hearing screen, metabolic test on baby and other exams that ensure the health and safety of mom and newborn. Moms then see us in the office at one week, two weeks, four weeks and six or eight weeks."

It's important to note that not all birthing centers are cre-

continued next page

ated equal. Breathe, for instance, is staffed with registered nurses, certified doulas and a certified nurse midwife doctor of nursing practice. It's because of these advanced qualifications Breathe can offer prenatal care as a replacement for a regular OBGYN, administer IV fluids, deliver babies, perform repairs as needed and can take care of newborns until they are 28 days old. They can even prescribe medication (no narcotics), perform well women exams and place birth control devices after pregnancy.

Birthing centers can't give epidurals, give blood or perform C-sections, so Giselle says it's very important that patients be screened thoroughly when considering a birthing center delivery over a hospital delivery.

"On average, anywhere from 12 to 16 percent of patients will risk out of our care," Giselle says. "This usually occurs from things such as high blood pressure, gestational diabetes or a genetic issue with the fetus that will require immediate care after birth. Only one to two percent of transfers from a birth center are truly emergent and for that one percent we have several safety protocols in place."

Giselle explains that in the event a patient needs emergency medical treatment, Breathe has transfer agreements in place with several major hospitals systems, one that is only two blocks away. These established working relationships mean that communication channels are already in place to make sure patients can get the level of care they need in a timely fashion.

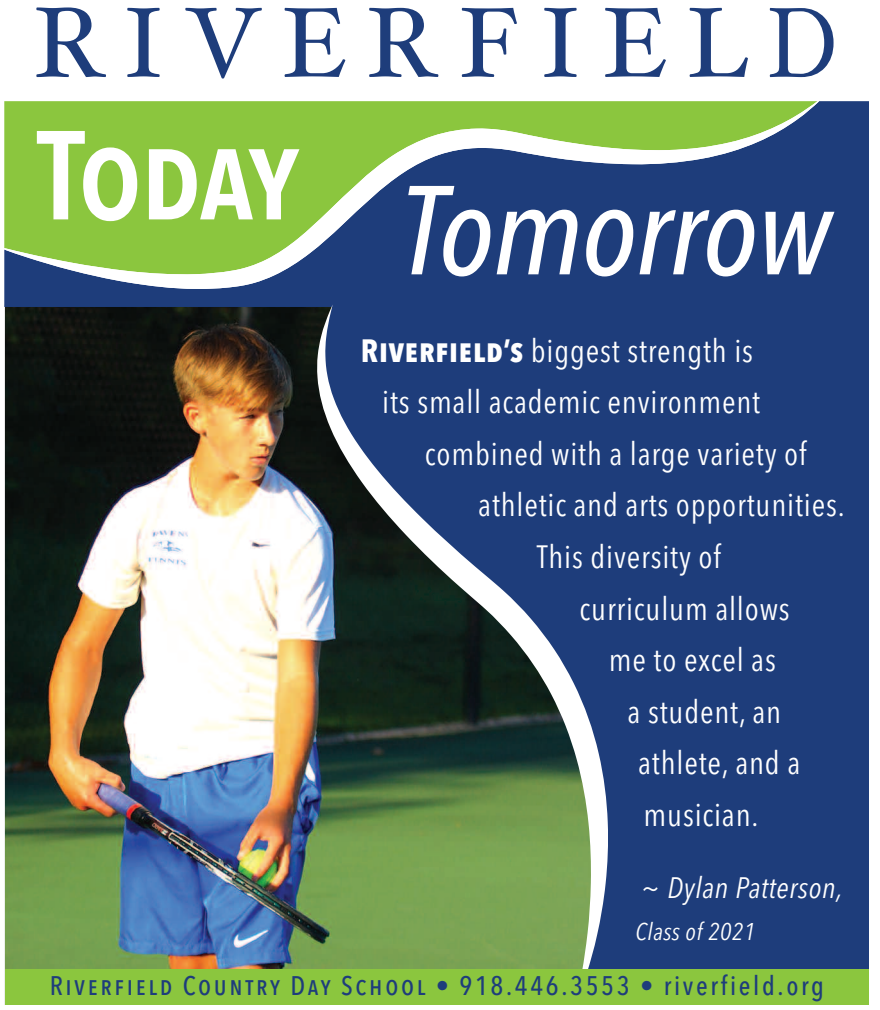
"In the rare event a true emergency takes place at Breathe, we are prepared," Giselle says. "All of our employees have a registered nurse degree or higher, are certified in neonatal resuscitation, adult CPR and have experience in labor and delivery. We also have a crash cart on premise if needed."

Birthing centers like Breathe are becoming more and more prevalent. Many insurance providers are now offering coverage for delivery at birthing centers, and the overall price of delivery at a birthing center is about half that of a uncomplicated vaginal delivery in the hospital. But Giselle says for her and her co-owner, it's about so much more.

"We both worked in the hospital as labor and delivery nurses, both value medicine and due to our experience recognize that there is a time and a place for medical intervention," Giselle explains. "However, in most cases, birth is a natural event and not a medical emergency! We want to be the middle ground for women who want more choices and freedom than the hospital setting but want to feel that they are in an environment that is safe and equipped to handle problems if they should arise."







BY MARY BETH RITCHIE, LCSW

your child's grade-school crushes

Parents may be surprised to learn how young children are when the love bug first bites. Many experts agree that most children experience their first crushes when they are 5 or 6 years old. Sometimes young puppy love is focused on a celebrity, but other times it is on a classmate. The first crush is actually considered to be a developmental milestone. Psychologists suggest that this is a way for young children to begin experimenting with the idea of loving someone outside of their immediate family. It is a first step in beginning to think about the eventual separation. If handled well, this can also be the beginning of talking with children about relationships. If parents laugh and tease children about these feelings, or try to tell them that they're too young to feel this way, children may become embarrassed. This humiliation may ultimately prevent children from being open and honest with parents in the future.



GRADE-SCHOOL CRUSHES ARE A DEVELOPMENTAL MILESTONE AND OFFER OPPORTUNITIES FOR IMPORTANT CONVERSATIONS WITH YOUR CHILD.

Young romance is alive and well in my third-grade classroom every year. Neither the boys nor the girls appear to be immune to puppy love. I notice these young romances in my classroom when two students are consistently finding ways to interact with each other. There is a lot of giggling, blushing and a little twinkle in their eyes. In third grade, having a "girlfriend" or "boyfriend" typically means nothing more than the children have feelings for one other that extend beyond friendship. I don't believe there are generally even many phone calls or texts taking place. Third-grade romances seem to last anywhere from a few days to several months. By the time students reach fifth grade, they are texting and calling. They are also using social media, such as Snap Chat and Instagram, to communicate. Students say that they are "dating," although there are no actual dates involved.

I have watched counselors, principals, teachers and parents tell students to quit thinking about such things. Children are told that they are too young to have these feelings, and to focus on their schoolwork instead. This always amazes me. Does anyone truly believe that telling children to stop having these thoughts and feelings will work? If someone told me to stop liking chocolate, it would have absolutely no effect on my love for chocolate. It might prevent me from talking to that person about my chocolate cravings, though. This is exactly what happens when parents tell their children to stop focusing on romance. Children will stop opening up about these feelings, but the feelings are still present.

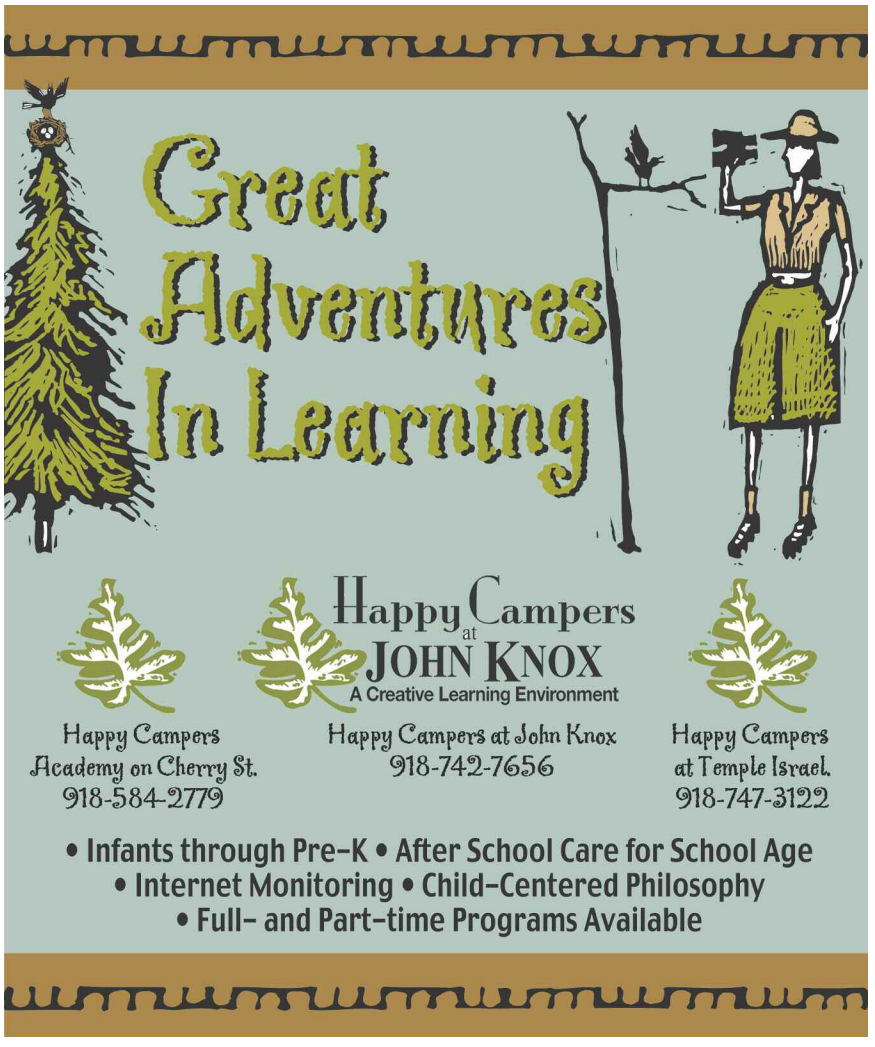
Telling children to stop having these thoughts and feelings is not only ineffective, but it may have some other adverse consequences. Think about the messages these children are receiving from adults. Children may begin to wonder whether it's abnormal to experience a crush. They could potentially believe that something is inherently wrong with them. These self-doubts could lead to a lack of self-confidence and a lowered self-esteem. Adults will not be successful in shutting down amorous thoughts and feelings. In my opinion, they will only be successful at shutting themselves out of this part of the child's life.

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Parents may wonder how to handle the topic of young romance. As a parent, and a teacher, I have never treated young love as a taboo topic. Therefore, I generally know who is crushing on whom. If a child shares with a parent that she is "dating" someone, or has a "boyfriend," parents shouldn't panic. Parents may want to ask some curious questions like, "What does it mean that the two of you are dating?" It's likely that the parent will learn that things aren't nearly as serious as it first sounds. It often means nothing more than she finds the other child to be cute, smart or funny. Parents should use care to not poke fun or be critical. If embarrassed, this child may not wish to confide in the parent again in the future. Alternately, this may be a wonderful time to share stories about the parent's own childhood crushes, which can create a terrific bonding experience. If parents won't make the topic off limits, they may even find the opportunity for some teachable moments along the way. It may be a good time to begin discussing what qualities the child finds attractive in others. This could possibly lead to important conversations about values. For example, a parent might begin by asking, "What makes Julie so special?" or, "What is it about Ryan that has you feeling differently about him?"

Both of my grown sons had several school-age crushes. I remember taking one of my sons and his first crush to see the movie, "Power Puff Girls." This was all his idea. It wasn't like a date, but like two little friends enjoying a movie together. I did find it thoughtful that he chose to invite her to a movie he thought she would enjoy.

When confronted with a child's first crush, it is important to achieve a delicate balance. Adults shouldn't make children think these feelings aren't normal, or that they are silly. Parents need to show respect for the child's feelings. On the other hand, parents shouldn't overemphasize the importance of these early crushes in their child's world. It's just one small piece of the child's life right now. This is just another developmental milestone. There are many more yet to come.







BY JULIE WENGER WATSON

study suggests **not all screen time** is created equal

Screens. They're the bane of every parent's existence, or at least a significant point of contention. Regulating the use of computers, phones and video games can seem like, and often is, a constant battle. In addition, parents worry that all this digital consumption could have a negative impact on their child's health and wellbeing. Fortunately for those of us raising kids in a digital world, scientists at Tulsa's Laureate Institute for Brain Research (LIBR) have been hard at work investigating these very issues. Preliminary data is in, and the initial findings might surprise you.



LIBR & The ABCD Study

LIBR is one of 20 research sites around the country involved in the National Institute of Health's Adolescent Cognitive Development (ABCD) study. Close to 12,000 kids, including 743 from the greater Tulsa area, ages 9-10, are participating in the study, which uses advanced neuroimaging to observe brain development throughout adolescence. At the same time, the study is tracking a variety of factors (e.g., environmental, social, physical and behavioral) that can affect this development. One of the specific factors they're tracking is amounts and types of screen use.

To assess screen use for this particular aspect of the study, participants responded to a series of questions about the amount of time they spent on screens and the types of screen activities in which they engaged. Researchers also collected socio-demographic data, along with information about family environment, emotional wellbeing, and other factors. Once this material was compiled, it was compared to the observations about brain development and structure gleaned from the initial neuroimaging "pictures" of the participants' brains to see if there were any relationships that could be discerned.

"We are looking at what the associations are between how much time kids spend on various screen activities and some variables we care about. For example, how well are they doing in school? How well can they think through problems? How do they feel? Whether they are anxious or depressed. How many friends they have," Dr. Martin Paulus, LIBR's scientific director and president, explains. "It gives us a way of seeing if there are particular patterns that emerge that we then have to follow up."

Results So Far

According to Dr. Paulus, although the study is still in its early stages, researchers at LIBR are already seeing some significant relationships between different kinds and amounts of screen use and various types of brain characteristics. For example, for those kids who engaged in a lot of screen activity, there is an association between screen time and imbalances in development between the frontal part of the brain, which is important for executive functioning or regulating your behavior, and the areas that

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are important for emotion processing.

While that finding is interesting in and of itself, Dr. Paulus and his team were also interested in seeing if any of these associations or patterns they found were related to behavioral, cognitive or other problems. What they learned might not be what you expected. Their findings suggest that, at least for this particular age group, all screen use is not created equal.

Externalizing and Internalizing

The research team looked at two types of problems: "externalizing" or problems with self-control of emotions and behaviors (i.e. anti-social and aggressive behaviors) and "internalizing" such as problems with being depressed or anxious. They found that kids who engaged in a lot of screen activities and whose brain images also showed a developmental imbalance between the frontal part of the brain and the emotion processing areas of the brain have more problems with aggression and emotional outbursts. They also appear to have more struggles with problem solving.

While those connections might not surprise many parents, the researchers also found that these same factors – a lot of screen time combined with brain development imbalances - did not seem to be associated with problems such as anxiety and depression. In fact, according to Dr. Paulus, there may even be some positive associations between certain types of "social" screen-related activities, like texting, and "good outcomes" like better problem solving and fewer mood and anxiety issues, at least for kids in this 9-to 10-year-old age bracket.

Dr. Paulus surmises that these screen activities, such as texting and messaging, are actually an expression of being social and an extension of engaging in friendship, which has many positive consequences.

"Don't be too worried if your kid texts and chats with friends," Dr. Paulus explains. "That's part of regular social networking that helps the child grow up and have a community, because in this day and age, texting and messaging have become what might have been phone calls or letter writing in the past."

While it's still early in this study, researchers at LIBR are already gaining valuable insights from the preliminary data.

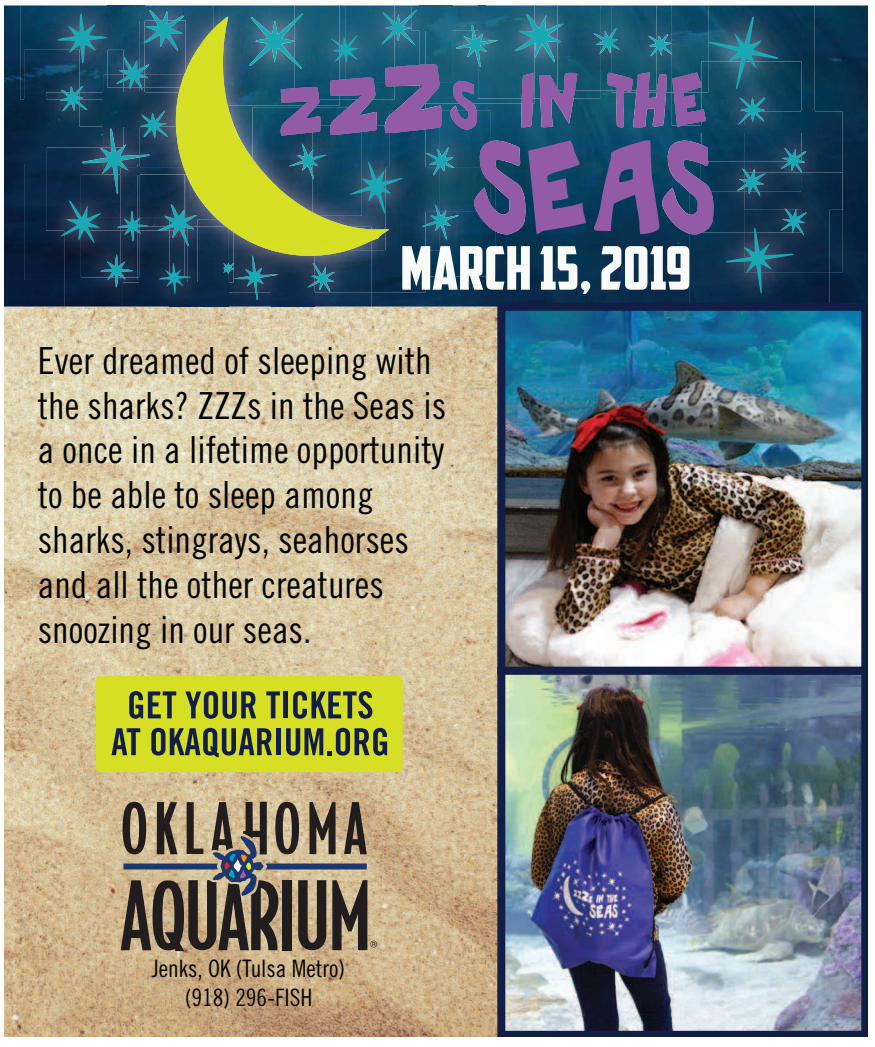
"Screen time is not uniformly problematic. There are some screen activities that, at this age, may be associated with positive outcomes, while other screen activity is more strongly associated with negative outcomes," Dr. Paulus notes. "At this stage, what we're seeing is that social activities tend to be associated with more positive outcomes, better problem solving and fewer mood and anxiety problems, whereas excessive gaming and video watching is more associated with poor problem solving."

Looking ahead

Much remains to be learned as the study continues and more data accumulates over time. Eventually, Dr. Paulus would like to use the study as a way to formulate practical advice and guidelines.

"I'm very interested in providing information that can translate beyond the clinical setting," he said. "To answer that question, 'Should I worry that my kids are spending too much time playing video games' or 'Do these things put my kids at risk for other problem behaviors like getting into alcohol and drugs.' The beauty of this study is that it's a data set that is available to lots of researchers now, so my hope is that others will continue to work on this and expand our knowledge. It makes the collection of this data really worthwhile."

For more information, visit www.laureateinstitue.org.





BY BETTY CASEY

meet north Tulsa education advocate Darryl Bright, founder of CUBES

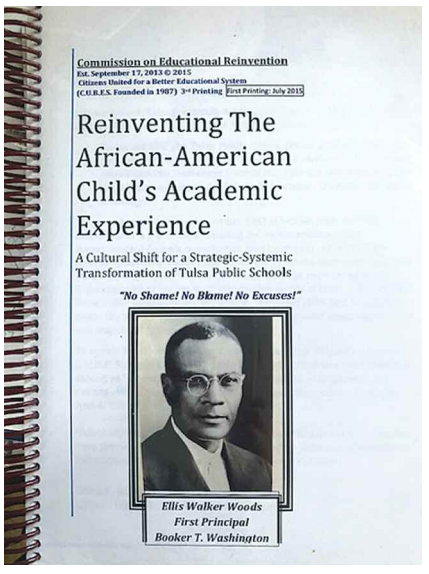
On a November evening more than 30 years ago, a representative from the Tulsa Public Schools met with parents and other interested individuals in the cafeteria of McClain High School in north Tulsa. Larry Zenke was superintendent at the time. The meeting was to announce that as part of an on-going school consolidation plan, several schools in the community would close due to declining enrollment. Promises were made to the disappointed folks in attendance that fewer schools would mean more money and increased efficiency in the schools that remained open.

"The district official told us that schools were just brick and mortar anyway," recalled Darryl Bright, a long-time education advocate who was at the meeting that night. "The room exploded. Right then and there the organization that I belong to – Citizens United for a Better Educational System (CUBES) – started in the McClain High School cafeteria."

Bright is a charter member and chairman of CUBES, a grassroots education advocacy organization. But his activism goes well beyond CUBES. Bright is currently the president of McClain PTSA, and recently completed a 31-year mentorship as a coach for the Salvation Army North Mabee Boys and Girls Club in addition to being a member of the Salvation Army North Mabee Boys and Girls Club's Advisory Committee, a vice-president of Oklahoma All State PTA and a member of the McLain Foundation. In 2017, he was appointed as a Commissioner to serve on the first Greater Tulsa African-American Affairs Commission. He also served as a member for over 30 years on various TPS committees charged with developing site improvement plans.



ON JANUARY 21, 2019, DARRYL BRIGHT WAS THE FIRST RECIPIENT OF THE TRAILBLAZER AWARD BY THE TERENCE CRUTCHER FOUNDATION FOR HIS ADVOCACY WORK IN NORTH TULSA.



Bright says schools in north Tulsa continue to struggle, despite years of programs and reforms. A current bone of contention between the TPS administration and many north Tulsa residents is the McClain 7th Grade Academy. The school was slated to close last year, but the action was delayed due to

continued next page

protests from many in the north Tulsa community.

Bright says that the disagreement is indicative of a much deeper issue. For generations, educational reforms, including those currently proposed, have addressed symptoms rather than the inequity and systemic problems that have plagued north Tulsa schools. Until those issues are addressed, the failures will continue.

Bright's years of activism in the north Tulsa community allow him to take a long view of school improvement.

"We tried to convince Dr. Zenke (in 1987-88) that our economic development in the community thrived on quality schools," Bright said. "And, if you start reducing [the number of schools], it would certainly impact that development."

For Bright and other advocates, the decision wasn't just about closing schools, but about lack of quality and lack of resources in north Tulsa, particularly compared with other Tulsa schools.

"We've heard that (promise of more money and equity) for years," Bright said. "Many times. In more recent memory Project Schoolhouse made the same promises. The administration said we'd have more money to spend, and you should be happy. We're going to have bigger classes, but we're going to have more money. We didn't talk about inequity, but that's what it was, and they would not budge."

To protest the closings, CUBES organized a community boycott of schools on April 4, 1988. They called it Unity Day and arranged a press conference in front of Bunche, an elementary school slated for closing. Bright said that a group of parents in east Tulsa in the 11th and Garnett area were also distressed over school closings and joined north Tulsa families in the boycott after meeting with Bright.

"We had school in churches," he said. "We had supplies and lunches donated for the kiddos. One church was for the teenagers where we had discussions about the civil rights movement. It was very successful. But the result was that we got exactly the same thing we had always gotten. The administration still did not sit down and talk to us; although, we made a presence to be at every school board meeting that we could, and we have for 30 years."

After the school closings, then Oklahoma State Superintendent Sandy Garrett assigned a former school administrator, Dorothy Dewitte, to study the 26 schools that had been closed. The way Dewitte approached the school study helped the members of CUBES develop a framework and a language for education advocacy. She clarified the relationship between curriculum and instructional delivery. Using Dewitte's paradigm, CUBES moved from being a mere watchdog group to a research and recommendation organization. They began to look at problems and solutions, and to develop what Bright calls "the lexicon, the language, the vision, the end in mind that you have for the kids."

Armed with a plan, Bright and CUBES members poured over data and site plans of programs at McClain High School between 1954 and 2013. What resulted from CUBES' deep dive was a 300-page document, completed in 2015, entitled "Reinventing the African-American Child's Academic Experience: A Cultural Shift for a Strategic-Systemic Transformation of Tulsa Public Schools."

What they discovered was that program after program had been implemented over the years, with only a few showing good practices. Most were never sustained, and all failed to deliver "because there was no vision for the school, no end in mind. Because they really didn't know how to educate African-American children," Bright said.

Children in north Tulsa schools continued to perform poorly by any standard of measurement, despite promises of reform and support from the district. Bright says it is because district administrators are addressing symptoms rather than looking at the root cause.

"That's not playing the victim," he said. "You look at the data. That's what I look at. You would never see anything in the reforms that talked about our cultural heritage, our intellectual heritage, our cognitive and linguistic development. Education does not happen in a vacuum."

Bright hoped that the CUBES study would provide insight to guide those making decisions for African-American children in the district, but he says he was disappointed in the district's response.

"We gave the document to Dr. Gist because she was just coming on board as the TPS superintendent at about the time it was completed," Bright said. "She looked at it, but never responded in kind about what we really needed to be doing for African-American children."

Bright had hoped to engage in meaningful dialogue with Superintendent Gist and the school administration to come up with solutions to the problems that have plagued north Tulsa schools for generations. The CUBES document outlines "outdated mindsets" such as a lack of specific vision for the children, top-down decision making, operational and administrative solutions to systemic issues, an overemphasis on teaching methodology rather than substance and a lack of power for teachers and site administrators.

The CUBES document asserts that curricula, teaching methods and school culture must start with the individual child and with the individual school. Every program, every new reform must begin there, and must be contextually and culturally relevant to the student.

"We say we want all children to learn," Bright said, "but the pedagogies are predicated upon a particular worldview of education and how you view children. And it's usually white, middle class. It's woven into the very fabric of the curriculum, the instructional delivery, how resources are allocated, and what kind of teachers you bring into the school."

Bright believes that teachers, students and school administrators must be valued and respected for the differing views they bring to a school. When teachers lose autonomy due to prescriptive, cookie-cutter curriculum and methodology, many will quit, leaving a school with new or untrained teachers who may not understand the culture and vision of the school.

"A lot of teachers have left recently," Bright said, "because of top-down TPS administration, and being told, you gotta be a team player, and if you're not, you're ostracized."

The McClain 7th Grade Academy is a case in point, Bright says. He was on the McClain advisory committee when parents were promised a McClain Junior High.

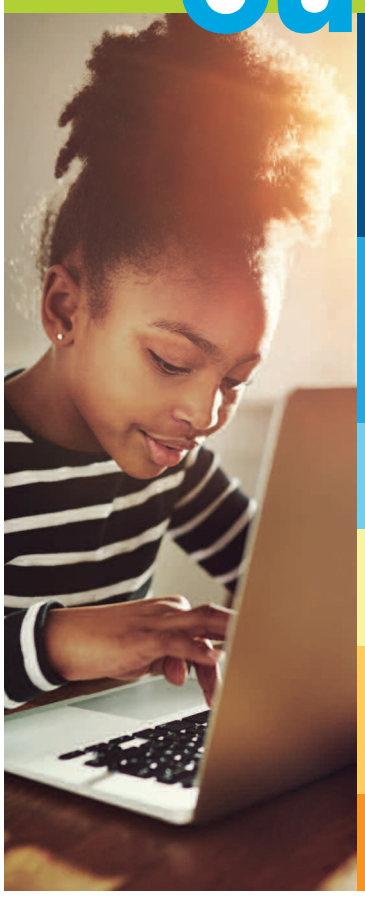
"I had to resign from the committee because there were no results in 10 months," Bright said. "Our main concern was teaching and learning."

The district had other concerns. Superintendent Gist announced that the McClain 7th Grade Academy would be closed, and the students moved to McClain High School because of low enrollment. Bright said that a letter was sent out in January 2018 inviting input on the 7th Grade Academy.

"The community meeting wasn't about whether or not you wanted it," Bright said. "It was about, 'this is what we're doing, and we're going to let you know what goes along with that.' All these good things these kids would have if they moved back to McClain were promised — tutoring, City Year, Teach to One – it

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wasn't about keeping the 7th Grade Center open. "

Bright said that a group of activists, elected officials, and administrators subsequently drafted a letter with an alternative solution to putting McClain middle school children with high school students. They requested that Dr. Gist and the school board put the 8th graders currently at McClain High School and the 7th graders together at the McClain 7th Grade Academy location. The building could be renovated and outfitted to be a welcoming, appropriate place for middle school students. The test scores for the 8th graders at McClain were "woefully short," Bright said, so having them at the high school wasn't working. Additionally, many community members did not want the 8th graders with high school students.

The district response was about "administrative and structural things, but not much about teaching and learning," Bright said, "nothing about that these kids in early adolescence, arguably the most important physical and mental stage in their lives, there was nothing in there about how to address that. Those kiddoes are looking for love, going through changes and finding self-identity. You have to have people that know how to create a curriculum and how to deal with the instructional delivery – culture and curriculum – that's what we were looking for. Middle school is not a holding pen."

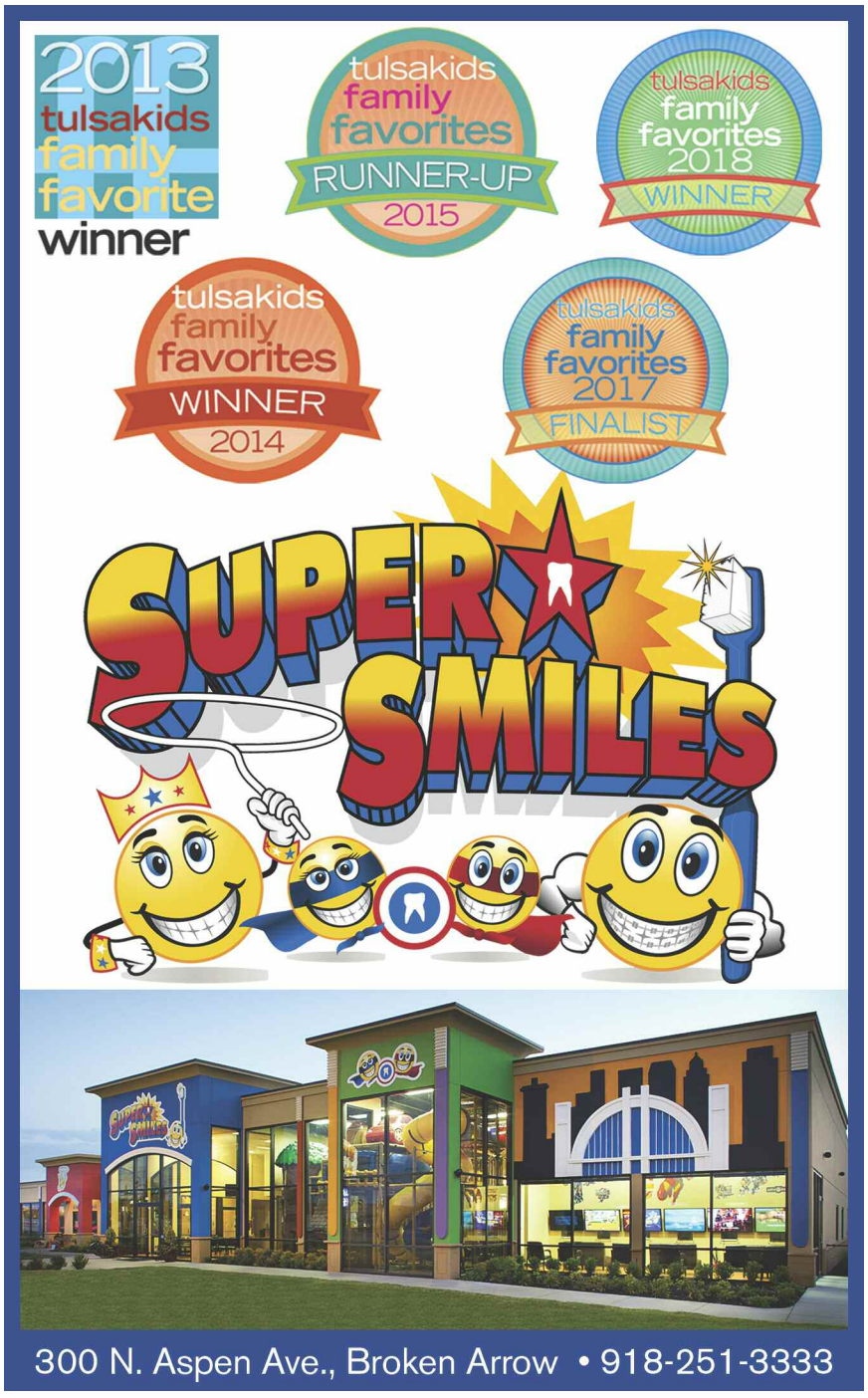
Bright said Superintendent Gist held a meeting of community leaders and others to discuss the 7th Grade Academy but that Jeanettie Marshall, a school board member from north Tulsa, was not invited to that meeting. "They disenfranchised the duly elected school board member," Bright said.

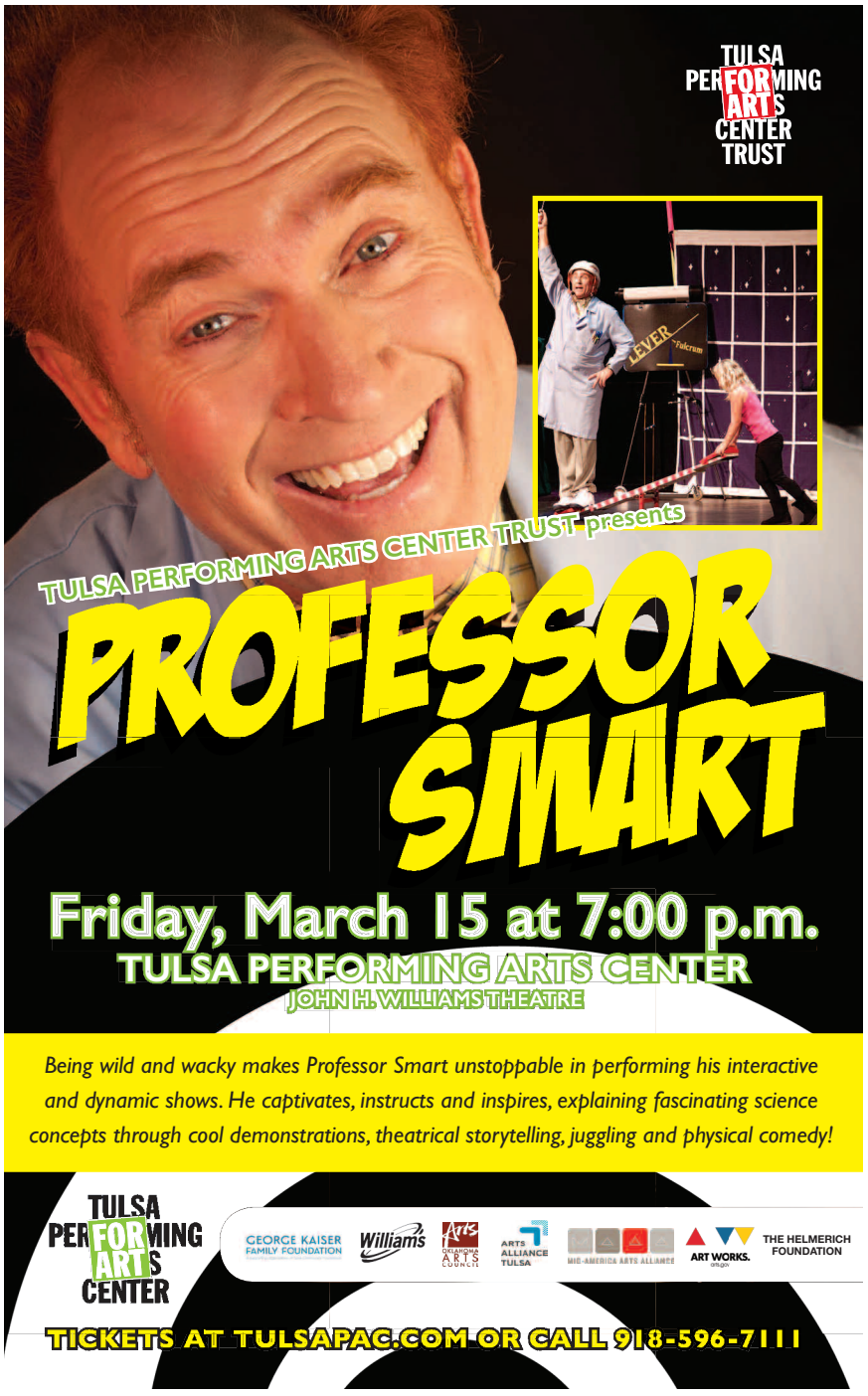
Bright says he doesn't want to place blame (CUBES motto is "No Shame! No, Blame! No Excuses!), but rather to have a helpful relationship to talk about workable solutions with the district based on the CUBES members combined years of observation and study of schools in north Tulsa.

"This is a human rights issue. We don't want to blame teachers, administrators, the superintendent, we want to have a strategic relationship that recognizes the profundity and the scope and the generational longevity of this issue that is going to dictate one heck of a shift in how we look at each other, how we look at children, how we look at race, how we look at gender."

Bright says he'll keep fighting for Tulsa school children. He admits to not having all the answers or even all the questions, but hopes that the information in the research document will be seriously considered as a way to help provide the district with insight into how to approach pedagogy with African-American children.

"What is the next program that we have?" Bright asks. "The programs must be steeped in instructional theory of how African-American children learn. They must not harm other schools or children. The school board is part of a moral authority. They have a responsibility to fight for those who have the least in order to get equity across the district. We have to look at instructional racism, institutional racism, intellectual racism, even to the individual. You have to go deeper — KIPP, CKLA, choice, blended learning – we need to ask the question: How did you come to the conclusion that particular program is what is needed? You cannot have fear. You have to have courage to go against the status quo because the status quo has not served us well."





Therapeutic screenings are still free at the McCarty Center

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

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for children with developmental disabilities
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405.307.2800
www.jdmc.org

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

what's the Dewey number for sharks, monster trucks…and dinosaurs?!?

NONFICTION NUMBERS YOU SHOULD KNOW

Some of the most interesting children's books can be found in the nonfiction section of the library – but only if you know how to find the good stuff!

While it looks complicated on the surface, the Dewey Decimal System, used by the Tulsa City-County Library and most other public libraries to organize nonfiction, is actually simple and elegant.

Consisting of 10 broad categories, Dewey assigns a number to each possible topic. Books are then sorted by number so that all of the books on one topic are stored in the same place. When you know the numbers for your child's favorite topics, you'll be able to find intriguing nonfiction quickly and easily no matter which library you visit.

Want to find amazing books in the children's nonfiction section of your nearest Tulsa library branch? Check out these nonfiction numbers every parent should know:

031 and 032, Encyclopedias in English - This one sounds stodgy, but keep in mind that weird trivia, such as the *Guinness Book of World Records* and *Ripley's Believe It Or Not*, fall in to this category. Many children who wouldn't read a novel half that size will avidly read an entire record book, one macabre fact at a time.



133, Ghost Stories - And we're not talking about fictional ghost stories. The books in this category are of the unexplained-phenomena, unsolved-mystery, what-really-happened-that-night variety. Spooky stuff for curious minds.

398, Fairy Tales and Folktales - Fairy tales in nonfiction? How does that work? Well, once upon a time (see what I did there?), all books of every kind, including fictional stories, were classified in the Dewey Decimal System, but as novels became more popular, they quickly outgrew their assigned number. Thus the fiction section was born! Meanwhile, fairy tales are still shelved in the nonfiction section, where they continue to live Happily Ever After.

520s, Astronomy - Dust off that old telescope from the attic and get some use out of it! Let the books from the 520s tell you how! Learn about stars and constellations, planets and the phases of the moon.

560s, Fossils and Prehistoric Life - Dinosaurs. Dinosaurs? Dinosaurs! Enough said. But wait! What if you're not into dinosaurs? What if you're more of a woolly mammoth fan? Look up "Prehistoric Mammals" under 569.

590s, Animals - Every bit of the 590s has something fun in it, with mammals under 599, sharks under 597, and ocean life under 593, to name just a few. Whether your child loves turtles, snakes, birds, or big cats, the children's section has the books to fascinate your budding zoologist! Ask a librarian for the specific number you need.

629, Various Branches of Engineering - This is where you'll find cars and trucks and things that go (and I'm not talking about the classic picture book by that name from Richard Scarry's Busytown). Racecars, rocket ships, muscle cars, and monster trucks - they're all here under 629!

636, Animal Husbandry - Oh, crikey! (Say it in your best Steve Irwin voice.) Is this librarian really recommending books on animal husbandry? Not really. Most of the books in this section cover various domesticated animals, including cats, dogs and

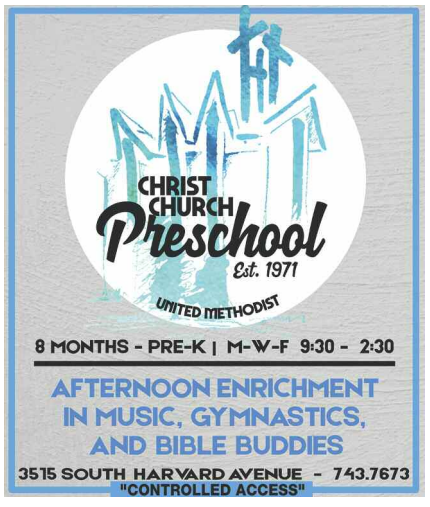
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other popular house pets. Check out a book on keeping fish, raising a parrot, or the care and feeding of iguanas.

741, Drawing - Your baby artist needs to start somewhere, and the drawing books in the children's section are just the thing to occupy a summer afternoon. How to draw animals, superheroes, cars, monsters, or create your own comic books - the library has it all!

818, American Miscellaneous Writings - Say, how many American Miscellaneous Writings does it take to change a light bulb? I don't know, but if that light bulb joke exists, it's going to be under 818 because that's where we keep the joke books.

Need more inspiration? Don't see your child's favorite topic listed here? No problem! Ask your local librarian, "What's the Dewey number for that?" and we'll hook you up!











WELL

YOUR GUIDE TO STAYING HEALTHY



Sleep

Is your family getting enough? Lack of sleep can affect your child's attentiveness, social behavior and schoolwork. The American Academy of Sleep Medicine recommends the following amounts of sleep, based on age group:

4 to 12 months — 12 to 16 hours
1 to 2 years — 11 to 14 hours
3 to 5 years — 10 to 13 hours
6 to 12 years — 9 to 12 hours
13 to 18 years — 8 to 10 hours

Things that can help you get your zzzz's: Set bedtimes, even for older kids, and establish routines such as sitting down to a family dinner, reading before bed and limiting access to screens.

Fresh Fruit and Vegetables

A healthy diet including fresh fruits and vegetables can help boost your family's immune system. Include a fresh fruit and vegetable at one meal each day. Introduce your children to a variety of fruits and vegetables by letting them explore the produce department at the grocery store. If children are introduced to a variety of foods at a young age, they are more likely to try different foods as they grow older.



Screenings

Hearing - In the first few years of life, hearing plays an important role in a child's social, emotional and cognitive development. When caught early, ideally by the time a baby is 3 months old, manyhearing problems can be treated. Parents can seek guidance from their pediatrician concerning hearing issues. The Mary K. Chapman Center for Communicative Disorders at The University of Tulsa provides free speech-language and hearing tests. For an appointment, call 918.631.2504.

Vision - Eye exams for children are extremely important because, according to the American Optometric Association (AOA), 5 to 10 percent of preschoolers and 25 percent of school-aged children have vision problems. The AOA recommends infants have their first eye exam at 6 months of age and children should have additional eye exams at age 3 and just before they enter the first grade and every two years following if no vision correction is required. To have your infant's eyes examined free of charge, go to www.infantsee.org.



Flu Shot

According to the Center for Disease Control, seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season. Flu viruses change year to year so it is important to get the shot each year. The flu shot is safe for children 6 months or older.



continued next page



Hand Washing

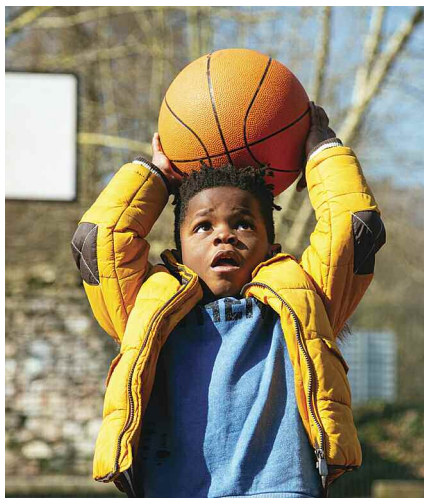
Hand washing is by far the best way to prevent germs from spreading and to keep your children from getting sick. During a typical day a child's hands touch everything from playground equipment to shared crayons to the family dog. When they touch their hands to their face, nose or mouth they immediately come into contact with germs. By washing hands, children can lower their risks to being exposed to every cold or virus making its rounds at school or at home. To encourage your children to wash their hands at home, make it easy for them to reach the sink by placing a step stool by the sink. Also, buy fun soaps and hand scrubbers. And, make hand washing a part of their routine before eating a meal or after using the bathroom.

Immunizations

Vaccines play a vital role in preparing a child's body to fight illness. Vaccines give you immunity to a disease before it has the opportunity to get you sick. The risks of vaccinations are small compared to the health risks linked to the diseases they are intended to prevent. You can get a list of vaccination requirements for school attendance in Oklahoma through your family doctor or by visiting www.tulsahealth.org.

Physical Activity

A daily dose of fresh air and sunshine, even during the winter months, can be invigorating. By incorporating positive physical activities such as walking, biking or swimming, into your family's daily routine, children will continue to follow the example and pursue physical activities as they get older. Take a family walk around the block after dinner. Encourage your child to walk the dog or play outside for a while after school and before homework time. Physical activity will help your child relax and concentrate.



Emergency Plan

Every preschooler should know his or her full name and parents' names, their home address and how to dial 911. Also, children should learn their home phone number and at least one of their parents' cell phone numbers. You can unplug a phone and do pretend situations where the child dials 911 on the phone and recites his or her name and address.



SPONSORED CONTENT

HEALTH, WELLNESS & FITNESS

OKLAHOMA DENTAL ASSOCIATION

405.848.8873
information@okda.org
www.okda.org/dentist

The Oklahoma Dental Association promotes the benefits of good dental health for Oklahomans and encourages your family to find a dental home. There is a direct link between your oral health and your overall health. Something as simple as going to your dentist twice a year is one of the easiest things you can do to maintain the highest standard in oral health. Aside from having a routine cleaning, checking for cavities and oral diseases, your dentist can provide other options for making your smile even brighter.

The ODA is supported by their 1,600+ Oklahoma dentist members. With a member dentist, you're choosing a dentist who made a professional promise to put your health and well-being first. If you're looking for a dental home, find an ODA member dentist near you at www.okda.org/dentist. We believe that all Oklahomans deserve access to good dental health care.

SOCCERCITY TULSA

5817 S. 118th E. Ave.
Tulsa, OK 74146
www.soccercitytulsa.com

Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high-energy and age-appropriate activities that serve as a great introduction to soccer and help children master developmental milestones appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is to help children mature on all levels. Our program focuses on helping children build strong physical, intellectual and emotional skills that will help them be successful on and off the soccer field. We believe in teaching children in ways that suit their developmental level. So, you won't see adult-like skill drills in our classes, but you will see teaching methods specifically designed to create an atmosphere that is effective and fun. You will also see happy, confident and sweaty kids who are eager to learn and want to keep coming back for more. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules. 2nd Winter session dates: NOW - March 16. Spring is set to start March 25, with registration opening by mid-February.

UTICA PARK CLINIC

70+ clinics throughout northeastern Oklahoma
918.579.DOCS (3627)
www.UticaParkClinic.com

Eating right, staying active, and maintaining an ongoing relationship with a primary care physician can help you get healthy and stay healthy. At Utica Park Clinic, you can choose extraordinary health care without sacrificing convenience. Select from over 250 exceptional primary and specialty care providers at more than 70 clinics throughout northeastern Oklahoma. Same-day appointments and extended-hours care are available for primary care patients, and urgent care is offered at 9245 S. Mingo in South Tulsa. Specialties offered include family medicine; internal medicine; pediatrics; ear, nose & throat; gastroenterology; medical oncology; OB/GYN; orthopedics; pain management; surgery; urology and many others. Most insurance plans are accepted. To find the Utica Park Clinic closest to you, call 918.579.DOCS (3627) or go to UticaParkClinic.com.

BY TANNI HAAS Ph.D.

8 great apps that can help your kids stay happy and healthy

Do you want to teach your kids how to stay happy and healthy in a way that's both educational and fun? Encourage them to download an app – or three. Here are 8 of the very best apps available, and the best part is that they're all free.

DreamyKid
(Available at: Apple Appstore; Google Play; Age range: 9-18)

Healthy living is as about taking good care of the mind and the body. DreamyKid teaches kids how to relax their minds with guided meditations, visualizations, and affirmations through calming, positive messages. There are some issue-specific meditations that some kids might find particularly useful, including meditations aimed at building confidence before sports matches and focusing on their schoolwork.

Eat-And-Move-O-Matic
(Available: Apple Appstore; Age range 9-18)

If you want your kids to understand the consequences of their food choices, Eat-And-Move-O-Matic is the right app for them. Created by the Learning Game Lab at New Mexico State University, the app teaches kids to be aware of what they eat or drink.



It lets them compare the calories in their food choices with the type and length of time of physical activities like biking, running, or walking needed to burn of those calories.

Ergobreak 4 Kids
(Available at: Apple Appstore; Age range: 5-12)

Do your kids spend hours at a time hunched over their laptops or phones without getting up? If so, encourage them to download Ergobreak 4 Kids. The app has various stretching exercises designed to relax the neck and back muscles that are most affected by bad posture and repetitive strain. The exercises are demonstrated by other kids, who prompt viewers at intervals to keep moving through the exercises.

Monster Heart Medic
(Available at: Apple Appstore; Age range: 9-12)

Monster Heart Medic teaches kids about a topic few other apps cover, namely the cardiovascular system and how to stay heart-healthy. Created by the University of California, Berkeley, the app features a friendly monster named Ragnar who suffers from cardiovascular problems and needs help. Kids help Ragnar by running various diagnostic tests to figure out what's causing the problems. The app also has tips for leading a healthier life, from reputable organizations like the American Heart Association, the Centers for Disease Control and Prevention, and the National Institutes of Health.

Nature Melody
(Available at: Apple Appstore, Google Play; Age range: 5-18)

If there's one thing kids need to in order to lead healthy lives it's a good night's sleep, and the app Nature Melody can help them get that. It functions like an alarm clock and has more than 30 soothing, nature-inspired sounds to wake your kids up slowly and gently in the morning. The app can be used in the afternoon and evening, too, using the nap and a sleep timer function, for a stress-free end to their day.

NFL Play 60
(Available at: Apple Appstore, Google Play; Age range: 5-18)

If your kids love sports, especially football, but it's hard to get

them to do any actual exercise, NFL Play 60 is just the right app for them. Created by the NFL, in collaboration with the American Heart Association, the app lets kids pretend that they're professional football players. But instead of simply making their on-screen avatars run and jump, they have to get off the couch and actually run, jump, catch and turn to make their avatars move. The app lets kids count the steps they've taken while playing the game.

Space Chef
(Available: Apple Appstore; Age range: 5-12)

If you want your kids to learn to eat well, encourage them to download Space Chef. Created by the Lawrence Hall of Science, maker of the Monster Heart Medic app, Space Chef teaches kids important facts about healthy foods. And it goes one important step further: it has more than 60 easy-to-make and kid-friendly recipes that encourage kids to eat healthily and to take responsibility for their own diets.

Super Stretch Yoga
(Available at: Apple Appstore; Age range: 9-18)

Besides meditation, a great way for kids to relax their minds and bodies for optimal health is to practice yoga. Super Stretch Yoga, created by a well-known yoga instructor, Jessica Rosenberg, teaches kids yoga through video demonstrations by other kids, with a focus on breathing and movement. It's narrated by a character named Super Stretch and features 12 different poses with different skill levels. Kids can use the built-in camera to take pictures of themselves doing the various poses.

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York – Brooklyn College.



A HEART-HEALTHY DESSERT FOR

someone you love.

Apple Pie Flautas

- 4 large apples, sliced
- 3 tablespoons honey
- 1/2 teaspoon cinnamon
- Dash salt
- 1 tablespoon flour or cornstarch
- 2 teaspoons butter
- 14 (6-inch) whole wheat tortillas
- Cooking spray

PREHEAT oven to 350°F. Line baking sheet with parchment paper. Add apple pieces, 2 tablespoons honey, cinnamon, flour or cornstarch, salt, and butter to a large pot.

COVER and cook on low heat until apples are tender, about 30 minutes.

PLACE 1 heaping tablespoon of apple pie filling in the center of each tortilla, roll the tortilla as tightly as possible, place seam side down. Spray each flauta with cooking spray or melted butter. Spread last tablespoon of honey over flautas.

BAKE for 20-25 minutes or until lightly golden and crisp on the outside.

TOP with your favorite berry, like strawberries or blackberries.

TREAT YOURSELF *to a* HEALTHIER HEART

1. **Get 30 minutes of physical activity a day (60 for kids)!**
2. **Fill half your plate with fruits and veggies at every meal.**
3. **Swap sugary beverages like sodas and coffee drinks for healthy, hydrating water.**

Find more healthy recipes and physical activity ideas at

ShapeYourFutureOK.com

TSET



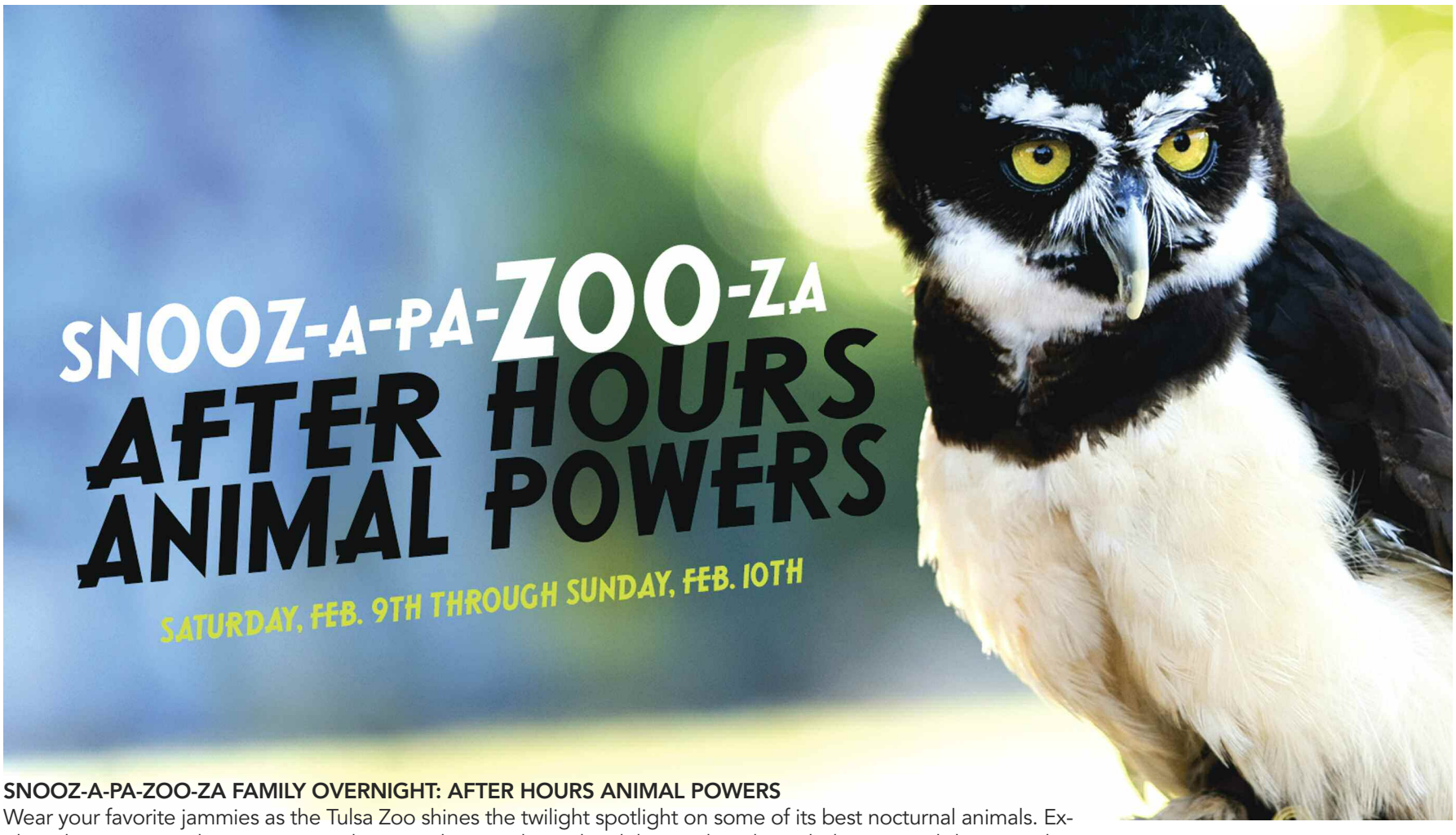
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SNOOZ-A-PA-ZOO-ZA FAMILY OVERNIGHT: AFTER HOURS ANIMAL POWERS
Wear your favorite jammies as the Tulsa Zoo shines the twilight spotlight on some of its best nocturnal animals. Explore the amazing adaptations animals use to thrive in the night while prowling through the Zoo and discover what secrets unfold under the cover of darkness. This overnight is open to multiple families with children 6-17 years old. Cost is $45 per person with zoo members receiving 10% off, and includes evening snacks, a continental breakfast and admission to the zoo after the program ends on Sunday. More information and registration at: tulsazoo.org/overnights. Saturday at 6:30 p.m.-10 a.m. on Sunday. Tulsa Zoo, 6421 E. 36th St. N.

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

February 1 Friday

DOG DAYS OF WINTER
Do you and your pup have "cabin fever"? Come out to the Botanic Garden during their "Dog Days of Winter"—Fridays and Saturdays during February—when four-legged family members can join you for a walk in the Garden. Dogs must be on a leash (no retractable leashes) and up-to-date on all vaccinations and registrations. Owners must clean up after their pets. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. tulsabotanic.org

TEDDY BEAR BALL
Dress those little ones and their favorite bear up for their first "dance." There will be music, lights, refreshment and more all geared for the 5 & under set. Tickets are $5 at the door. Parents are FREE! Whiteside Community Center, 4009 S. Pittsburg Ave., 5-6:30 p.m. cityoftulsa.org

FIRST FRIDAY ART CRAWL [FREE]
This year-round monthly event features all of the Tulsa Arts District's galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

February 2 Saturday

FREE FIRST SATURDAY [FREE]
Join the Tulsa History Museum for Free First Saturdays. There will be a special program each month and admission is free all day long! Come learn about YOUR Tulsa history! February's program will be presented by Museum Archivist Ian Swart at 11:00: "Residential Roots: Tracing the History of Your House." Tulsa Historical Society & Museum, 2445 S. Peoria Ave., 10 a.m.-4 p.m. (latest entry at 3:30 p.m.) tulsahistory.org

NATURE'S GRAND ADVENTURES: ECOSYSTEMS
Trek through the rainforest, go on a safari in Africa, and bundle up to venture into the Arctic all while staying at the Tulsa Zoo in this choose-your-own-adventure style series. Grandparents and grandkids will play games, go on scavenger hunts, and create fun-filled memories that will last a lifetime. You will even meet a zoo animal at each class! Grandchildren must be 5-12 years old. Grandparents can be any age. Cost is $40 per pair for all three classes, 10% off for zoo members. More information at tulsazoo.org/classes. Tulsa Zoo, 6421 E. 36th St. N., 1-4 p.m. Additional dates Feb. 9 and 16.

SING FOR OUR SCHOOLS
Sing for Our Schools is a toe-tapping, sing-along, fun-fest where you and the audience are the stars! Song leaders are well-known Tulsa performers but they take a back seat to audience members singing along! Bid on sweet treats from

Tulsa's top restaurants and bakeries. Enjoy adult beverages and light snacks while you sing your heart out to support Partners In Education. $10 suggested donation at the door.
All Souls Partners in Education supports education services, families, and staff at our three partner schools; Unity Learning Academy, Gilcrease Elementary, and McLain 7th Grade Academy. All Souls Unitarian Church, 2952 S. Peoria Ave., 7-10 p.m. allsoulschurch.org

February 3 Sunday

RHEA LANA'S OF BROKEN ARROW
One-Stop-Shopping-Spot for Moms, Grandmas, and Moms-To-Be! Come shop gently used name brand children's (infant - high school) and maternity clothing, toys, books, shoes, electronics, baby gear, furniture, and more! Rhema NRC, 1421 W. Kenosha St., Broken Arrow, Feb. 3-7, starts daily at 10 a.m. Get the schedule at brokenarrow.rhealana.com

DROP-IN STUDIO AT GILCREASE
Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages, backgrounds and artist abilities. All supplies and materials provided. Free for members, and free with museum admission for not-yet-members. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org/events

February 4 Monday

DROP-IN ACTIVITIES AT GATHERING PLACE [FREE, W]
Every Monday through Saturday, 10 a.m.-12 p.m., families can participate in Animal-themed art activities inside Gathering Place's Boathouse. The week of February 4, the craft is torn paper owls; the week of February 11, kids can make heart-shaped zebras and Valentine's cards; the week of February 18, kids can explore model magic animal sculpting; and the week of the 25th they can make fabulous giant feathers! Gathering Place, 2600 S. Riverside Dr., 10 a.m.-12 p.m. gatheringplace.org

MAGIC MONDAY STORYTIME [FREE, W]
Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books, 221 E. Archer St., 10:30 a.m. magiccitybooks.com

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

NOS APOYAMOS!
This group is for Spanish-speaking parents of children with developmental disabilities. For more information, contact Jasmine Nevills at TARC, at 918.582.8272. St. Thomas More Catholic Church, 2720 S. 129th E. Ave., 6-8 p.m. ddadvocacy.net

February 5 Tuesday

BIKES, BALLS & YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Tuesdays & Thursdays 9:30-11 a.m. Cost is 50 cents/child per visit. Whiteside Community Center, 4009 S. Pittsburg Ave., 9:30-11 a.m. cityoftulsa.org

STORYTIME AT GATHERING PLACE [FREE, W]
Every Tuesday at 10 a.m. and Thursday at 4 p.m., kids can enjoy a special Storytime at Gathering Place! Each Storytime will feature guest readers and will meet in the Parlour Room at the Lodge. Gathering Place, 2600 S. Riverside Dr., 10 a.m. gatheringplace.org



BOOKS GALORE, AND MORE!
Holland Hall's annual Book Fair returns Saturday, Feb. 23, 8 a.m.-3 p.m. Get more information at hollandhall.org.

February 6 Wednesday

STORY TIME AT THE TULSA ZOO [W]
Be ready for tales, and even tails, as you meet an animal ambassador at 10 a.m. every Wednesday during Story Time at the Tulsa Zoo. Visit the Helmerich Discovery Center lobby, between the gift shop and elephant exhibit, for some furry or feathered fables. This event is free with zoo admission. More information at tulsazoo.org/calendar. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m.

February 7 Thursday

TEST PREP FOR TEENS [FREE]
It's test-taking season, and the Tulsa Library will guide you through a list of free online resources to get you ready! Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 4-5 p.m.

HARLEM GLOBETROTTERS
World famous, family-friendly entertainment Harlem Globetrotters will return to BOK Center to take on long-time rivals the Generals. BOK Center, 200 S. Denver Ave., 7 p.m. bokcenter.com

February 8 Friday

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

STORYTIME FOR GROWNUPS: CRAZY LITTLE THING CALLED LOVE [FREE]
Bring a brown-bag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Selected stories will focus on the theme "Crazy Little Thing Called Love." Light bites are provided! Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

February 9 Saturday

BISON OPENING WEEKEND CELEBRATION
Let's get this stampede started! There is a herd on 63rd and you're invited! Join the Thunder's Rumble the Bison at the community opening of The Bison Exhibit. Hear Rumble's unique story, make an

illustration of events in your life, discover what is made from a bison, and learn about the great American mammal's the remarkable powers. Visit the new exhibition and celebrate with bison-themed sweets courtesy of Platt College Culinary Arts. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-12 p.m. nationalcowboymuseum.org

WINGED TAPESTRIES FAMILY OPENING/SUPER SATURDAYS
Put on your best pair of wings and come to the museum to celebrate Sam Noble's most recent temporary exhibit, Winged Tapestries! Enjoy Insect Adventure's live bug petting zoo, go wild as an OU Fit and Rec yoga instructor leads families in animal-themed yoga, make a craft, go on a scavenger hunt and more! Exploration Station, a craft, scavenger hunt and the Insect Adventure Bug Zoo will take place from 10 a.m. to 2 p.m. Other special activities include Little Learners at 10:10 a.m. and Wild Yoga at 11 a.m. along with regular Saturday programs like Explore It! and Discovery Time. BlueJ's Rollin' Grill food truck will be outside of the museum from 11 a.m. to 1 p.m. Sam Noble Museum, 2401 Chautauqua Ave., Norman, 10 a.m.-2 p.m. samnoblemuseum.ou.edu

SCREEN PRINTING 101
Whether on posters, T-shirts, or totes, screen-printed images are everywhere. In this workshop, you'll become familiar with the basics of medium: creating a stencil, exposing photosensitive emulsion, and printing. You'll leave with your own printed poster, T-shirt, or tote. No experience required! ahha Tulsa, 101 E. Archer, 1-5 p.m. ahhatulsa.org

February 10 Sunday

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

February 11 Monday

DON'T STOP THE MUSIC [FREE]
Enjoy an interactive program featuring songs, dancing and lots of fun. For preschoolers and toddlers. Hardesty Library, 8316 E. 93rd St., 11-11:30 a.m. tulsalibrary.org

I CAN'T ANIMATE WITH TULSA CITY-COUNTY LIBRARY [FREE]
This event is part of TCC's "I Can't" Workshops series. In it, you will create characters and short films using stop-motion animation with your smart phone or tablet. (Limited number of tablets available to borrow). McKeon Center for Creativity, 910 S. Boston Ave., 12-12:45 p.m. tulsacc.edu

February 12 Tuesday

BIKES & BALLS [FREE, W]
This free program is for children ages 1-5. Come enjoy a special time for toddlers and preschoolers at Hicks Community Center, 3443 S. Mingo Rd., 10-11:30 a.m. Also meets on Thursdays, 10-11:30 a.m. cityoftulsa.org

NATIONAL BOOK FOUNDATION PRESENTS: FAMILIES, GIVEN & CHOSEN [FREE]
How do we find the people and relationships that will prove meaningful in our lives? Families, both given and chosen, are a subject to which literature consistently returns — whether that's defining what we think of as family, exploring the yearning for close connection, or the struggle to cultivate deep relationships that are able to sustain us. Join the National Book Foundation for a conversation exploring how fiction tackles the defining and portraying of family, featuring 2018 National Book Award for Fiction finalist Brandon Hobson ("Where the Dead Sit Talking") and 2017 National Book Award for Young People's Literature winner Robin Benway ("Far From the Tree"). Register online at www.tulsalibrary.org/events or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 7-8:30 p.m.



STORYTIME AT GATHERING PLACE:
Every Tuesday at 10 a.m. and Thursday at 4 p.m., representatives from community organizations will lead storytimes at Gathering Place. Don't miss Bilingual Storytime on February 7, with guest reader Samira from Que Buena Radio. Storytime will meet in the Parlour Room inside the Lodge.

February 13 Wednesday

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

NATIONAL BOOK FOUNDATION PANEL
TCC and the National Book Foundation present a panel of award winning authors who will discuss the importance of reading and writing as a means of exploring diversity. Q&A, book signing & free refreshments. McKeon Center for Creativity, 910 S. Boston Ave., 12-1 p.m. tulsacc.edu

February 14 Thursday

HAPPY VALENTINE'S DAY! DON'T MISS OUR LIST OF FAMILY FRIENDLY VALENTINE'S DAY EVENTS!

AHHA TULSA STROLLER TOUR
Join ahha Tulsa at 1 p.m. on the second Thursday of each month for an adult-focused, child-friendly tour of exhibitions in THE GALLERY. Juice, snacks, and the occasional toddler tantrum won't bother ahha's expert educators, who'll engage you in deep conversation, close looking at works of art, and gallery activities. Included with admission. ahha Tulsa, 101 E. Archer St., 1 p.m. ahhatulsa.org

KIDS CONNECTION [FREE]
Kids Connection is a social group designed for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-5:30 p.m. ddadvocacy.net

February 15 Friday

FREE MOVIE NIGHT AT BOSTON AVENUE UMC [FREE]
Boston Avenue UMC's free movie night series includes free popcorn, drinks and snacks for fifty cents, and a door prize each night. This evening's movie is "Frozen"! Come and meet Anna and Elsa for a special picture time from 6-7 p.m.; movie starts at 6:30 p.m. All ages welcome. Boston Avenue UMC, 1301 S. Boston Ave., 6 p.m. bostonavenue.org

February 16 Saturday

READ OR DIE: ANIME CLUB [FREE]
Join like-minded folk to talk about, watch and share anime, manga and fandoms you enjoy the most. For ages 10-18. Broken Arrow Library, 300 W. Broadway Ave., 12-2 p.m. tulsalibrary.org

EDITING SESSION: YOUNG PEOPLE'S CREATIVE WRITING CONTEST [FREE]
Planning to enter Tulsa City-County Library's Young People's Creative Writing Contest? Drop in for some help drafting or editing your work before the contest deadline. The contest is open to ages 10-18. Deadline to enter is March 2. Learn more at www.tulsalibrary.org/ypcwc. Central Library, 400 Civic Center, 12-2:30 p.m.

MONTHLY MOVIE @ MAXWELL PARK: "BLACK PANTHER" (PG-13) [FREE]
Celebrate African-American History Month with a fantastic action movie. In the featured film "Black Panther," based on the popular Marvel comic-book series, King T'Challa returns home to the isolated, technologically advanced African nation of Wakanda to serve as new leader. Trouble ensues, and he must avoid his country being dragged into a world war. Popcorn is provided. For all ages. Maxwell Park Library, 1313 N. Canton Ave., 2-4 p.m. tulsalibrary.org

February 17 Sunday

FUNDAY SUNDAY AT GILCREASE [FREE]
On this free community day, enjoy a long overdue celebration of the history and cultural contributions of black cowboys in conjunction with the exhibition The Chisholm Kid: Lone Fighter for Justice for All. Create your own Chisholm Kid-inspired artworks, meet contemporary comic artists, watch performances and learn to blaze your own trail. Special activities take place from noon to 4 p.m. FREE admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org/events

February 18 Monday

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

February 19 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

BUILD A READER STORYTIME: FAMILY [FREE, W]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Also included are dancing, bubbles and a "Dad Joke of the Week!" Maxwell Park Library, 1313 N. Canton Ave., 3-3:30 p.m. tulsalibrary.org

February 20 Wednesday

DON'T STOP THE MUSIC/NO PARES LA MÚSICA [FREE]
Join us for this interactive program featuring songs, dancing and lots of fun. For preschoolers and toddlers. / Venga con nosotros a esta programa interactiva con canciones, bailes y mucha diversión. Para las edades 0-5. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. tulsalibrary.org

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Call 918-549-7323 to register. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 3:30-5 p.m. tulsalibrary.org

February 21 Thursday

BABY & ME MATINEE: "FATHER OF THE BRIDE" (PG) [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights will be dimmed and the sound volume down. In the featured film, a father tries to cope with the financial and emotional costs of his daughter's impending marriage while also dealing with an eccentric wedding coordinator. Hardesty Library, 8316 E. 93rd St., 10 a.m.-12 p.m. tulsalibrary.org

AFTER SCHOOL ORIGAMI
Learn the art of origami! Fold paper into something simple like a sail boat or try a more complicated creation like the Milennium Falcon. Discovery Lab, 560 N. Maybelle Ave., 4-5 p.m. discoverylab.org

February 22 Friday

FINAL FRIDAY: ARCADE DAY! [FREE]
End your month on a high note by playing games on the library's new Nintendo Switch and Xbox One consoles. Space is limited to four players on the Switch per game and two per game on the Xbox. Taking turns is a must. For ages 10-18. Maxwell Park Library, 1313 N. Canton Ave., 4:30-5:30 p.m. tulsalibrary.org

CELEBRATING BLACK HISTORY MONTH: "BLACK PANTHER" [FREE]
Enjoy a free movie! Gather your family to again experience the wonder of "Black Panther," a film about a black superhero with a universal theme of family, honor and justice. Light refreshments are provided. For all ages. Rudisill Library, 1520 N. Hartford Ave., 6-8:30 p.m. tulsalibrary.org

February 23 Saturday

HOLLAND HALL BOOK FAIR
For the past 59 years, Holland Hall has hosted the state's largest used book sale. This traditional annual community event is open to the public, providing access to discount-priced, gently-used, quality adult and children's books, toys, games, movies, music, educational resources, and more. Tickets are $1; children 18 and under are free. Holland Hall, 5666 E. 81st St., 8 a.m.-3 p.m. hollandhall.org

ZOO INSIDER: WILDLIFE CRIME
Teens ages 13- 18 will take the case and help the Tulsa Zoo's Education department bust a ring of illegal wildlife traffickers. Learn how crime scene investigators solve crimes against wildlife and what you can do to protect some of our most vulnerable species. Cost is $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

BUILD YOUR OWN SPRING SUCCULENTS
In this one-day workshop, you'll learn how to mold, shape, texture, and bake 3 tiny polymer clay succulents! Visitors will leave with a finished product while gaining new skills and increasing familiarity with this versatile medium. $30 for adults and teens. ahha Tulsa, 101 E. Archer

St., 1-3 p.m. ahhatulsa.org

February 24 Sunday

HOT TOAST MUSIC CO. CD RELEASE CONCERT AND PARTY [FREE]
Celebrate the release of Hot Toast Music Co.'s first CD, "Let Me Hear Your Voice"! Hot Toast Music Co., led by Symon Hajjar (this month's Green Country Grownup!), plays music for kids that is both educational and a lot of fun! KillerWail BBQ will be there as well. Cabin Boys Brewery, 1717 E. 7th St., 4-6 p.m. facebook.com/hottoastmusicco

February 25 Monday

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

STEAM WORKSHOP [FREE]
Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Central Library, 400 Civic Center, 2-3 p.m. Also meets Feb. 11, 2-3 p.m.

February 26 Tuesday

HOMESCHOOL DAY AT OKLAHOMA AQUARIUM
The Oklahoma Aquarium features quarterly homeschool days. These are days when homeschool students and teachers can enter at a discounted rate. There will also be information and activities in the Great Hall from 10:00 a.m. to Noon. Oklahoma Aquarium, 400 Aquarium Dr., Jenks, okaquarium.org

YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to join us for this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of the library's. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m. tulsalibrary.org

TULSA OILERS VS. RAPID CITY
Cheer for the Tulsa Oilers as they play hockey against Rapid City! BOK Center, 200 S. Denver Ave., 7 p.m. tulsaoilers.com

February 27 Wednesday

TEEN CONNECTION [FREE]
Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-6 p.m. ddadvocacy.net

February 28 Thursday

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

AFRICAN-AMERICAN HERITAGE BOWL [FREE]
Come and cheer on your favorite team as high-school and adult community teams compete to answer trivia questions about African-Americans in U.S. history. To participate in the bowl or for more information, contact Adrienne Teague at adrienne.teague@tulsalibrary.org or call 918-549-7323. Sponsored by the African-American Resource Center and Tulsa Library Trust. Rudisill Library, 1520 N. Hartford Ave., 6:30 p.m. tulsalibrary.org

THREE REASONS FOR A WEEKEND ROAD TRIP

BISON OPENING WEEKEND CELEBRATION
National Cowboy & Western Heritage Museum is celebrating the opening of "The Bison Exhibit," with a party featuring OKC Thunder mascot Rumble the Bison! Plus, enjoy art activities, bison-themed treats and learning more about the majestic bison. Learn more at nationalcowboymuseum.org.

WINGED TAPESTRIES FAMILY OPENING/SUPER SATURDAYS
Sam Noble Museum is also celebrating a new exhibit on February 9: "Winged Tapestries: Moths at Large," featuring the art of Jim Des Rivières. For this insect-inspired opening, Insect Adventure will bring a live bug petting zoo. Additionally, OU Fit and Rec will lead an animal-themed yoga session, there will be crafting opportunities, a scavenger hunt and more! Get the schedule and more information at samnoblemuseum.ou.edu.

FAMILY SUNDAY: I HEART ART
Head east to Crystal Bridges in Bentonville for a day of Valentine's-themed activities, including a photo booth, music, crafts and more. Their current exhibit, "Men of Steel, Women of Wonder," features art inspired by Superman and Wonder Woman! I Heart Art will take place Sunday, February 10, 12-5 p.m. at Crystal Bridges, 600 Museum Way, Bentonville. Learn more at crystalbridges.org



Land of Plenty. John Ford Clymer, 1970, oil. 1970.22. See this an other works of art featuring the Bison at National Cowboy & Western Heritage's "The Bison Exhibit."

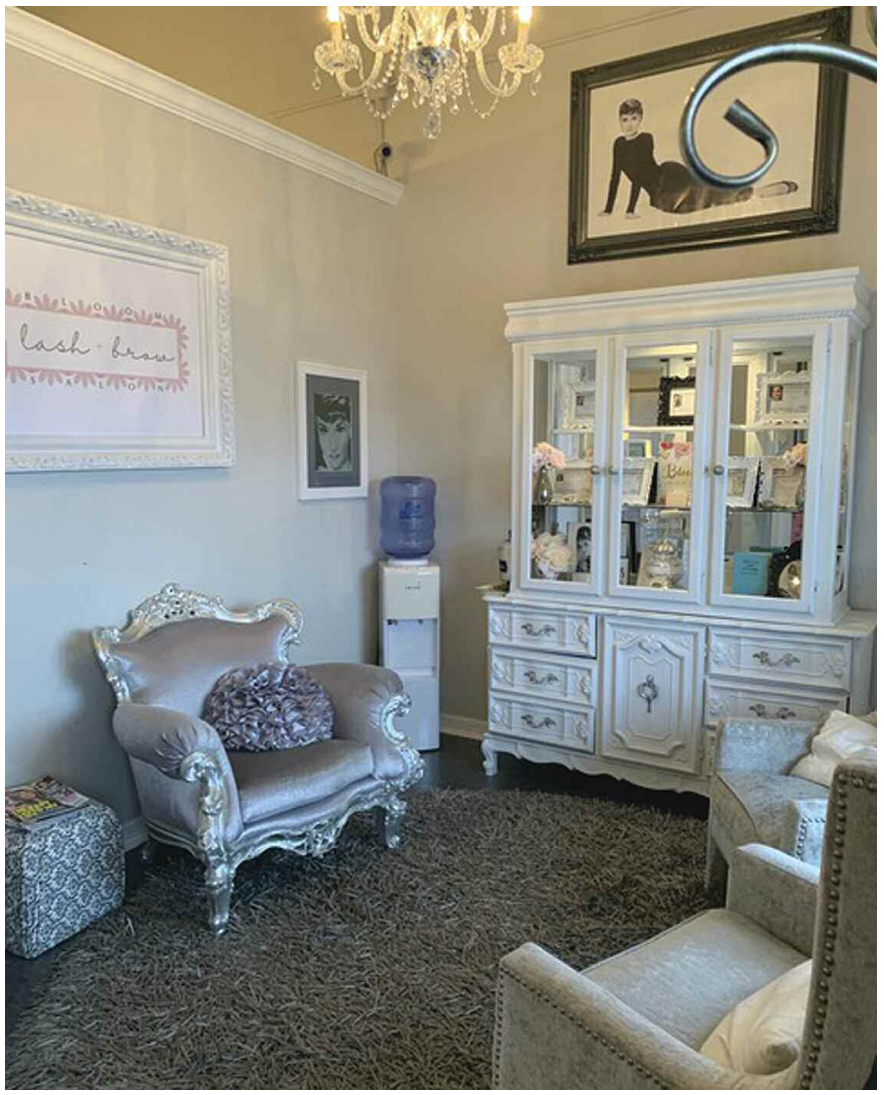


The Hip Mom Gets New Lashes (so you don't have to)

BY JILL VANTREASE

You've probably noticed these women, quietly infiltrating our ranks in the pick-up line, at the grocery store, at Chick-Fil-A. Indeed, you may have actually been inadvertently brushed or harmed by an errant lustrous wisp: Yes, it's those beautiful women with 18-inch long lashes, which I only recently discovered are not actually the results from popular lash serums, or miraculous mascara, or even false lashes. No, they are lash extensions, which require a skilled esthetician to implement, and a bit of time and upkeep on the part of the lash devotee. So many of my friends - Amy, Amanda, Katy - already luscious, svelte beauties, are bona fide goddesses in the school parking lot. It seems a bit too far-reaching and glamorous for me to entertain the thought of something so preposterous as false lashes, but after reading Lena Dunham's article in Vogue I become intrigued. After getting a lash "lift and tint," Lena writes that "every flirty feature" of her face is accented: "freckles, button nose, rosebud lips. I was, quite simply, entrancing to myself." Huh.

And others notice Lena's newfound dewiness, but don't know to what magic to attribute this sultriness. She writes, "People erroneously commented on my glowing health (nope, sinus infection); on my weight loss (up 10 pounds!); and my new haircut (same broken bangs, thank you very much). I took a red-eye and looked awake. I wore workout clothes, sans workout, and seemed like I'd tried. I had never felt such immediate results from such a small action, and I'm including both apologizing and taking Ecstasy in this tally."



BLOOM AT 31ST AND HARVARD.

Well, with Valentine's Day approaching, how could I not sprint to the nearest lash bar? Ultimately it's not a young hip celebutante, but my friend Sarah who sways me. Sarah is a mother of a 3-year-old, a 1-year-old, and a fresh from the oven newborn - and she teaches baby ballet! When she emerges from ballet class after a sleepless night with her colicky son looking peaceful, happy and (stunningly) rested, I notice she, too, is sporting glamourous, long lashes. I ask her about her face, and she says she has extensions and goes every few weeks to have a "fill" at Flutter in Broken Arrow. Well, man, if this saintly mother I admire who is deep in the baby trenches can do this lash thing, maybe I should give it a go!

So, I book an appointment for a full set (after erroneously booking an appointment for a mere fill because it's cheaper!), and show up for my lash extensions at Bloom on 31st and Harvard. Bloom feels like an opulent French boudoir; its mauve walls, dainty chandeliers and shaggy carpets make me feel a bit more comfortable – like maybe I'm getting a little massage and not something too uncomfortable and invasive! To Jordan, my lovely and warm applicator/esthetician, I giggle, "I'm a little nervous. I'm an old mom and don't want to look like a hooker." She laughs. "It's pain free. We'll go more natural the first time - you can always build up."

Gulp. OK! So I lie down on the posh and comfy massage table, and I start to see Sarah's attraction: Jordan tells me she's going to tape down my lower lashes, and then I have to close my eyes - it's pretty much a



forced, hour-long nap! I freak out a bit when I hear about four texts and three missed calls, and figure my teenager has been in a car accident and my 3-year-old is in urgent care with stitches, but nope! Just my 14-year-old calling me repeatedly to ask to spend the night at a friend's.

It's a lot of close one-on-one time with my esthetician. Luckily she has good breath. When she's done, I sit up a la Sleeping Beauty and she hands me the mirror - wow! I don't look like a hooker at all — just a slightly sexier, younger, dewier version of moi. They feel ok, not like the three occasions when I've dawned false eyelashes and felt like blinking was akin to strength training, what with the two-pound caterpillars nestled on my eyelids. But then Jordan tells me some of the no-nos: mascara (too many oils), eye liner (aack! I can line my eyelids with eye shadow instead), too much sweating (huh? What happens here in July? A massive unleashing of lashes puddling on the sidewalks?), exercise (again, the oils), and excessive steam (too much wet heat can damage the glue). And then I have to gently dab them with baby soap morning and night to keep the lashes clean to prevent eye infection. This all strikes me as a bit too "precious vessel." While I've never participated in a woman's march, I don't think most women are just sitting around all day batting their eyelashes at potential suitors meandering by. In fact, PVT doesn't even notice, nor do any of my rotten kids. Are we moms that invisible? I take note of all the prohibitions, though, and dutifully tap baby soap around my eyes that evening.

Then around 3 a.m., I wake up from a bad dream (something about having to get all the kids four miles down Sheridan during rush hour so the first grade teacher doesn't freak out, except they're all traipsing around an empty indoor pool — feel free to Freud that), and I'm scratching around my eyes! Gah! Even in my semi-consciousness I know I'm committing lash crimes. In the morning, I'm chagrined to find a few sad eyelash larvae lying around my eyes and down my cheeks — even in the sink! But they still look pretty full. And I'm relieved that once I get used to treading lightly around my eyelids, they seem to be holding up fine, even though I sort of ignore the hot showering, hot tubbing, working out advice. And, it is nice to wake up and not have to slab on some fancy lash primer and mascara before I can even join the ranks of humanity.

Over the next week, I feel like I'm shedding a lot of lashes, and wake up with annoying crusty, sandy eyes. So a mere week-and-a-half later, I decide to go for a "fill": a brief reparation of lost lashes. This time I'm looking forward to my nap and go into deep REM for 30 minutes (I hope I didn't snore). I ask my esthetician if my "loss" is usual, and she says it seemed to be on the heavy side. Huh. I love this look, but I can't drop over $50 every nine days! We'll see how I fare. But I'm keeping in mind Jean's (of goop) thoughts: "Everyone I know who's tried extensions says the same thing: They're fantastic and make you look prettier, younger, flirtier—and they're just not viable long-term. They're a hassle to keep up, and the removal process invariably involves casualties in the form of your actual lashes."

Shoot! But then again, isn't life, liberty and the pursuit of perfect lashes a viable life philosophy?

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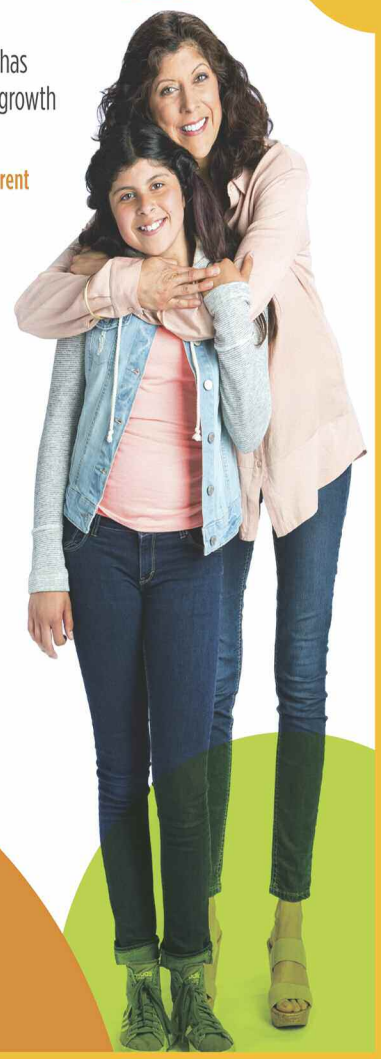
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BY NATALIE MIKLES

basic foods to make at home

As part of my work as a food writer, I do quite a bit of recipe testing and development. That means my family gets to taste a lot of different foods. Most of the time, they're excited to try something new, especially if it's something like a layered cake. Other times, my kids take one look, turn up their noses and pull out the bread and peanut butter to make a sandwich.

After a week or so of testing some stews and chilis, my son had a request: "Mom, can we have some plain food?'

I knew exactly what he meant. Sometimes what we want is basic food, kitchen staples to reset our palates.

When I'm out of time or tired of cooking, I stop at a market or deli to grab what we need for dinner that night. Stonehorse Market or Reasor's are my favorites for things like baked chicken, roasted vegetables or mashed potatoes. But it's also great to know how to make some basic foods at home. A woman at the Reasor's deli told me she often talks to people who don't buy mashed potatoes for convenience but because they don't know how to make them.

There's no shame in not knowing how to cook some basics. But knowing how to make a simple chicken dish or a quick dessert is really helpful, especially when you have little, hungry people at your feet.



Making your own breakfast cereal is easy and keeps well in an airtight container. It's also good as an after-school snack, sprinkled over plain or vanilla yogurt.

Three-Grain Cereal with Walnuts and Fruit

- 1/2 cup maple syrup
- 1/3 cup honey
- 3 tablespoons canola oil
- 1 1/2 tablespoons vanilla extract
- 4 1/2 cups old-fashioned oats
- 1 cup uncooked quick-cooking barley
- 3/4 cup chopped walnuts or pecans
- 1/2 cup wheat germ
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup dried mixed fruit, chopped

1. Preheat oven to 325 degrees.

2. Whisk together maple syrup, honey, canola oil and vanilla.

3. Combine oats, barley, walnuts, wheat germ, cinnamon and nutmeg in a large bowl. Add syrup mixture; stir well to coat. Spread oat mixture evenly onto a jelly roll pan coated with cooking spray. Bake at 325 degrees for 30 minutes or until browned, stirring every 10 minutes. Stir in dried fruit. Cool completely.

Most kids will like the Greek flavor in this chicken. Make it simple by serving with white rice or make it a feast by serving with rice, pita bread, hummus and roasted vegetables.

Greek Chicken

- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons Greek seasoning
- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 red bell pepper, chopped
- 1 onion, thinly sliced
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1-2 cups pitted kalamata or black olives
- Hot cooked rice

1. Preheat oven to 350 degrees. Combine salt, pepper and Greek seasoning, and sprinkle over chicken.

2. Warm olive oil over medium-high heat. Cook 5 minutes on each side or until browned. Remove chicken.

3. Add bell pepper and onion to skillet, and saute 5 minutes or until tender. Stir in wine and broth, stirring to loosen bits on the bottom of the pan. Stir in olives. Return chicken to skillet. Bring to a boil, then remove skillet from heat.

4. Bake, covered, at 350 degrees, for 30 minutes or until

continued next page

chicken is done. Serve over rice.

Some kids will eat practically anything if there's a little ranch dressing for dipping. This version, from the Food Network, is super.

Ranch Dressing

Makes 1 3/4 cups

- 3/4 cup lowfat buttermilk
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 tablespoons white wine vinegar
- 1 tablespoon dried chives
- 1 tablespoon dried parsley flakes
- 3/4 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon freshly ground black pepper

1. In a medium bowl, whisk together the buttermilk, mayonnaise, sour cream and vinegar. Add the chives, parsley, salt, garlic powder, onion powder and black pepper and whisk well to combine.

2. Store in an airtight container in the refrigerator for up to 1 week.

This is about as basic as it gets. But if you've never made mashed potatoes, this is a good recipe to start. Serve them with practically anything for dinner.

Creamy Mashed Potatoes

- 4 pounds russet or Yukon gold potatoes, peeled and cut into 1-inch cubes
- 6 tablespoons unsalted butter
- 1/2 cup 2 percent reduced-fat milk
- 1/2 cup reduced-fat sour cream
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

1. Place potatoes in a large saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender. Drain.

2. Press potatoes through a food mill or potato ricer into a large bowl. (If you don't have either, use an electric mixer.) Add butter, mixing until melted. Mix in milk and remaining ingredients.

If you want to be known for making a good dessert, grab this recipe. It's a go-to when you need to bring a dessert to a party, and it's loved by kids and adults.

Lemon Bars

- 1 cup all-purpose flour
- 1/2 cup butter, softened
- 1/4 cup confectioners sugar

Filling:

- 2 eggs
- 1 cup sugar
- 2 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 3 tablespoons lemon juice
- 1 tablespoon grated lemon peel

1. Combine flour, butter and confectioners sugar to make crust. Pat into an ungreased 8-inch square baking pan. Bake at 350 degrees for 15-20 minutes.

2. Meanwhile, beat eggs in a mixing bowl. Add sugar, flour, baking powder, lemon juice and peel, and beat until frothy. Pour over the crust.

3. Bake 25 minutes or until filling is set. Cool, then dust with additional confectioners sugar.

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BY BETTY CASEY

your budget-friendly, nutritious guide to the grocery store

When that cookie aisle beckons, stop, take a deep breath and think of how much money and calories you'll be saving by choosing some equally delicious items in other parts of the grocery store.

We asked an expert to help create budget-friendly lists packed with healthful foods. Registered Dietitian Heather Steele, RD/LD, who works for Reasor's in Broken Arrow provided these tips on shopping.

Q: What are some budget-friendly foods that also pack a nutritional punch?

Steele: When shopping, I am always looking for the best nutritional bang for my buck when it comes to feeding my family. Some of my favorites include:

• **Milled flaxseed** as it is easily incorporated into staple recipes like oatmeal for an added nutritional boost.

• **Beans** because they are so versatile and packed with fiber and other great nutrients keeping us full longer. Try dry beans in the slow cooker for even more cost savings.

• **Canned proteins like tuna**. Having some stocked in your pantry is great for when you want to throw together a meal last minute without wrecking your health goals.



• **Frozen, shelled edamame**. Edamame can be a quick and nutritious snack or used as a protein alternative and thrown in to a stir-fry or on a salad.

• **Eggs** are a great source of protein and can be enjoyed any time of day. With a relatively quick cook time, it is also a great option for families' on-the-go.

Q: If you've made a resolution to feed your family healthy, made-at-home meals, what tips do you have for doing that? What should you avoid or substitute if you're trying to make your grocery list a healthy one?

Steele: The number one thing I talk to customers about with cooking more at home is having a plan. Set your expectations to what is realistic for your family. If you know you will be busy a couple nights a week, plan for leftovers or something you throw together quickly.

• Mealtime shouldn't be a source of stress. Research shows children who sit down for a family meal tend to be a little healthier – so start by just sharing a home-cooked meal.

• I like to start with small, attainable changes like swapping out mayo or sour cream and using plain Greek yogurt in its place.

• A great way to boost the nutritional content of your food is by blending diced mushrooms into your favorite ground meat. This trick can add vitamin D and other nutrients to your meal and save you a little money. Plus, most parents love that they can sneak more veggies into their children's diet.

Q: What are the most important things to know about reading food labels?

Steele: Sometimes when we are trying to be conscious about our health, we get caught up in calorie counting. Calories are simply a measure of energy; if you only look at calories, you may end up excluding some nutritionally dense foods like avocados and nuts that can play an important role in health.

• Look beyond the front of the package. Marketing on product labels can sometimes be confusing, so your best bet is to flip the product over and read the nutrition facts and ingredients.

• When I am looking for products more suitable to younger members of the family, I try to be conscious about the amount of added sugar and sodium in a product. These two nutrients are only necessary in smaller amounts. A great way to reduce your family's intake is by preparing more meals and snacks from home and not salting your foods.

Q: Are fresh fruits and vegetables more nutritious than frozen?

Steele: Frozen fruits and vegetables are just as nutritious as fresh! The great thing about frozen produce is that it is picked at peak harvest, processed, and frozen immediately locking in the nutritional content. Frozen produce is economical, helps to reduce food waste, and great when some of your favorite options may be out of season. Look for frozen vegetables without added sauces and frozen fruit without added sugar.



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BY DIANE TRITT EATON

to quell your crew's mid-winter blues, think local!



During the cold, gray days of winter, a change of scenery can be invigorating. Come February, people, ripe for a break from the routine, take the family skiing or somewhere out of town for a few days. But, with all the latest and greatest happenings in Tulsa's downtown area, taking a mini-vacation at home might be the ticket.

You've surely noticed that our city has been in the national news lately; thanks, in part, to the opening of Gathering Place, the new park on Riverside that was just awarded USA Today's Best New Attraction 2018. In recent years, The New York Times, Forbes and Travel & Leisure have showcased Tulsa's growth, highlighting places such as The Woody Guthrie Center, Glacier Confection, the restoration and repurposing of historic buildings and other new dining, lodging and entertainment endeavors.

Last month, the Tulsa World ran a story featuring 50 downtown Tulsa development projects coming soon or recently completed. Ten years ago, I'd have thought it was a joke. But today, the proof is in the pudding. The downtown restaurant/hotel scene is on fire, thanks to the success of the BOK Center and the renovated Cox Business Center, and local investors and developers who are bullish about Tulsa's future. Within downtown's 1.4 square miles, visitors can enjoy an energized cosmopolitan urban space, polished with oil boomtown history and flair.

Trying to capitalize on "all new things downtown," my family and I have eagerly explored new museums and educational venues, tried the newest cuisine and visited the latest hotels. There's something to be said for packing an overnight bag because it allows for total immersion and the ability to see Tulsa through a vacation lens. With such a plethora of choices, it was hard to cull down our favorite spots, but here are a few to consider as you map out what works best for your crew.

Where To Expand the Mind

Magic City Books, 221 E Archer Street — This independent bookstore, owned by the nonprofit Tulsa Literary Coalition, is inviting and cozy, housing a robust collection of books for readers of all ages. The friendly staff serves up coffee, snacks and wine, and there are comfy chairs to nestle in for a time of relaxation and learning.

ahha, 101 East Archer Street — ahha is a place where Tulsa's artists, cultural organizations and the public can come together. In addition to permanent and rotating art exhibits like the interactive, immersive art installation, "The Experience," the family lab is a must do. For $10/person, the whole family can spend hours making use of all sorts of art supplies to create personal pieces of expression to take home.

Woodie Guthrie Center, 102 East Brady Street

The center is overflowing with artifacts, photos, videos and musical instruments related to the life and legacy of Oklahoma folk musician and singer-songwriter Woody Guthrie. Check out the "This Land Is Your Land" exhibit and the song-writing station to compose your own music.

Where To Dine

Peacemaker Lobster and Crab, 313 East 2nd Street — The décor alone is worth the visit for it evokes the feeling of being along the shores of the east coast. Don't miss out on the fresh seafood that's flown in daily. Enjoy peel-n-eat shrimp, lobster rolls and learn how to crack crabs.

Shuffles: Board Game Café 207 East Archer Street — The idea of paying a nominal hourly rate to play board games while relaxing and dining together as a family is simply brilliant. Along with hundreds of games, Shuffles has an impressive kid-friendly menu and choices that satisfy adults, too.

Glacier Confection (two downtown locations), 15 East Brady Street and 209 East Archer Street —

Both locations offer up nationally award-winning artisan chocolates. The Archer Street venue is a bean-to-bar internet café serving wine, beer, hot chocolate, gelato and French pas-

continued next page

tries. Check out the chocolate-making class schedule.

Where to Enjoy Peaceful Slumber

Hampton Inn and Suites Downtown, 211 W 3rd Street — Adjacent to the BOK Center, this is a modern hotel with a noticeable hint of art deco in its décor. Rooms are spacious and cheery and the beds are really comfortable. There's free breakfast and a pool, which is always a hit with the kids.

Residence Inn and Suites, 202 W. 5th Street — With a larger brood, consider reserving a one- or two-bedroom suite with a separate living area. If planning to spend more than a night or two, make use of the fully equipped kitchen. There's an outdoor pool for seasonal use.

Hotel Indigo, 121 S. Elgin Avenue — Located in the Blue Dome District, this hip boutique hotel has a Tulsa-centric design and houses its own restaurant, Prospect Local Bar & Kitchen as well as an indoor-outdoor rooftop bar serving up sensational sunsets. There's even a tower binocular to admire distant views.

Watch for the highly anticipated early 2019 opening of the luxurious Tulsa Club Hotel, A Curio Collection by Hilton, located at 115 East 5th Street, where sophistication and style will reign.

More Reasons to Stay and Play Locally

National Geographic's Heather Greenwood Davis, in an article about staycations, says, "Trips that don't involve packing for a week-plus or dealing with multiple bouts of airport security may not rate as front-page moments in your travel life, but they can be just as rewarding as the epic itinerary. By staying local and getting up close and personal with downtown Tulsa, you can save on travel expenses and travel time while investing in the local economy.

For the most current information, visit www.visittulsa.com and be sure to download 2018 Fall/Winter 2019 Guide to plan your staycation with ease.

RECYCLE THIS

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NOT THAT

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Take light bulbs to the Household Pollutant Collection Facility. Donate dishware or throw in gray trash cart.



Glass bottles and jars are perfect for recycling, but light bulbs and ceramic dishware are NOT acceptable for your blue recycling cart.

LEARN MORE | TulsaRecycles.com

CITY OF Tulsa A New Kind of Energy.

BY NANCY A. MOORE

Symon Hajjar: giving children a voice through music

Local musician, educator and father, Symon Hajjar (aka Mr. Symon), of Hot Toast Music Company, expertly combines his educational background and musical talent to compose music that resonate with both kids and adults. His songs have purpose – with topics ranging from light-hearted and silly to more serious topics that spark discussion between adults and kids. With a musical mission to help kids discover, play and create, his engaging style encourages just that! What makes the lyrics perfect for kids? They influence every song. Check out Hajjar's newest album, "Let Me Hear Your Voice" out this month.

TK: Tell us about your background.

Mr. Symon: Originally from New York, I came to Tulsa to attend Oral Roberts University. After finishing college, I made Tulsa my home. My wife (Princess) and I have two boys, Isaac, 4, and Ezra, 23 months.

TK: What is your favorite quote? Why is it your favorite?

Mr. Symon: There are two quotes from the Mr. Rogers documentary, "Won't You be my Neighbor," that really resonate with me. The first being when Mr. Rogers is describing why he started making TV, saying, "I got into television because I saw people throwing pies at each other's faces, and that to me was such demeaning behavior. And if there's anything that bothers me, it's one person demeaning another." When I heard that, it just hit me — why waste an opportunity? Kids are experiencing things for the first time and their brains are like little sponges soaking up knowledge. Music is a great way to set the context to help them learn how to ask questions, learn to appreciate others who are different than they are and provide a way to dignify their voices.



MUSICIAN SYMON HAJJAR WITH HIS WIFE, PRINCESS, AND SONS EZRA AND ISAAC. PHOTO CREDIT: TONY LI

The second meaningful quote, also from the same documentary, is "Love is at the root of everything." Mr. Rogers says, "All learning, all parenting, all relationships. Love or the lack of it. And what we see and hear on the screen is part of who we become." For me, it's a big responsibility to write words and songs that kids are going to repeat and remember hopefully for a long time. So, it's important that love is at the root of them.

TK: Why do you target your songs toward children?

Mr. Symon: It was a natural progression. I've been writing songs for almost 20 years and after the birth of our son, Isaac, I started making up little lullabies to help him fall asleep. As he got older, I transitioned from writing songs for him to writing songs with him. I have found music is a great way to communicate an emotion that might be difficult for a small child to articulate – like sadness or frustration. They are so in-tune with everything happening. Early on, I found that songs helped him communicate and gave him the words to express his emotions.

TK: How do you find ideas, or inspiration, for your music?

Mr. Symon: A lot of people think that you can just sit down and write a song. For me, it's more of a process than that. My boys are a constant well of inspiration. Also, over the years I've learned to let the children I'm singing with take the lead. Much of the time my inspiration comes from my interaction with kids. I simply ask them, 'What do you want to sing about today?' It's not always dinosaurs and trains.

continued next page

Sometimes it's bullies or Click beetles. I give them words, and then we put them into action. It's amazing the depth of knowledge in 3- and 4-year-old kids.

TK: Where did the clever musical name of "Hot Toast" originate?

Mr. Symon: It came from making a song about our son's favorite food, hot toast. That was one of my first songs about all that was happening in the kitchen, including throwing a piece of hot toast in the air. My music has always been introspective, thoughtful and lyric based, but the name also shows the silly edge that my songs have.

TK: Why do you feel it is important to put an educational spin on your lyrics?

Mr. Symon: Because kids are always learning, all songs are empowering and play a role in kid's development. For example, when my family and I made a trip to the ocean, we noticed that they loved the sound of the ocean and the gentle and calming effect it had on our boys. We wrote a song to mimic the sounds and the memories of the ocean that we can sing when we need to feel calm. Another song on the album, about beards, is a social and emotional song about how being different is something to be celebrated.

TK: Why do you feel it is important for adults and kids listen to these songs together?

Mr. Symon: Music is another way for parents to engage with their kids. One of our goals is for the songs and activities we share to help parents talk with their kids about themes brought up in the songs. There are so many ways parents can connect with their kids, and I want to help them take advantage of these opportunities. We can teach kids now. They are ready.

TK: Tell us more about what's behind developing your songs.

Mr. Symon: My lyrics have a social and emotional focus. It's about dignifying kids and their feelings and emotions. It teaches kids how words and melody come together to communicate a message.

TK: How do you recommend parents encourage music in their homes?

Mr. Symon: Making music doesn't have to cost a lot of money. We encourage parents to grab items from their recycling bin to make instruments. The lesson is that found and recycled objects can be some of the best. It also sparks the conversation about the importance of reusing items and not being wasteful. Kids are innate learners and habits taught at an early age will stick with them into adulthood.

TK: What is your favorite song from the new album, "Let Me Hear Your Voice"?

Mr. Symon: The song, "I'll Think of You in My Heart," is a song about goodbyes. It talks about remembering people in your heart and how when you think of them, it causes a warm feeling in your heart. This song can be used in so many situations – from the difficulty a child has saying goodbye at school drop-off to losing a loved one who passes away.

TK: What age range does the music best lend itself to?

Mr. Symon: This music is geared towards children from birth to age 8. All songs are empowering and play a role in their development.

Follow Hot Toast on Instagram @hottoastmusicco and Facebook: Hot Toast Music Co. for instrument ideas and inspiration for sharing music with the children in your life.

For more information about Mr. Symon, to view a show schedule, or to order a CD visit: **www.hottoastmusic.com**

You are invited to Gathering Place on Sat., Feb. 16, 11 a.m., at the boathouse for a free concert. CD's available for purchase



BY NATALIE HANSON

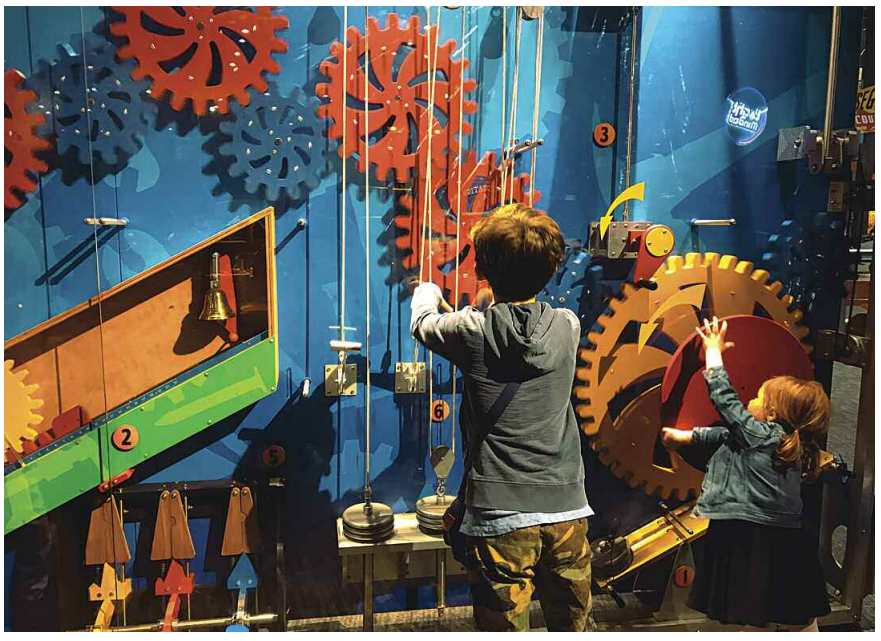
my homeschool experiment

LEARNING THE (REALITY) LESSONS OF HOMESCHOOLING

The summer after I brought everyone home and made the decision to homeschool, I took the next step any reasonable parent would take. I purchased every piece of curriculum under the sun in order to fully ensure that my children would receive a top-notch education right from our living room. There would be no subject left behind! Fall rolled around, and I was ready. We had a former living area turned into a makeshift classroom with color-coded boxes lining the shelves. We began our lessons at 9 a.m. right after we finished the breakfast I'd risen early to prepare. Then we carefully worked through our lessons until all was complete. Ah, the joy of molding young minds!

This beautiful picture of efficiency and excellence lasted, you guessed it, almost a full week! Then reality showed up. Unscheduled interruptions, lessons that were not on track with skill levels, and all the other things that still had to happen in life regardless of this new homeschool gig, were wearing me thin. We muddled through the rest of the year and finished with some small victories and big lessons.

The biggest lesson was, if I was going to make this work in the long run, I was going to need to adjust my approach. I needed to stop trying to emulate traditional school at home, streamline our curriculum and adjust my expectations concerning housework and life. I eventually relaxed some of my ideas on things, such as everyone only completing work at the table. I tried to focus on our core subjects before adding in so much interest-led learning. (This is still a struggle for me as I can be a bit of a moth to a flame on something that sparks my interest!) I also hired a teenage homeschooler to come help me with laundry and lunch twice a week, which was a total game-changer! We entered in to a season of trying things one way, and then another, and then another, until we found what worked for us.



SUCCESSFUL HOMESCHOOLING MEANS FINDING WHAT WORKS BEST FOR YOUR FAMILY.

Looking back, the tedious trial and error process of those early years was a glimpse into one of the "invisible" lessons that homeschool provides. It empowers you to see the learning process, not as one size fits all, but as an ongoing decision you make to pursue learning. Now that some of my children are older, it is rewarding to see them be able to decide with me what works and what doesn't, based on their individual goals. I hope this skill of self-evaluation will be an asset to them throughout their lives.

There were some early wins too, like getting to know each of my children in a new way as I observed each of their learning styles. I was able to solve some issues that had come up when they were in school that I couldn't see clearly before attempting to teach them myself. I also saw a new sense of peace and unity in my home that I clung to as a victory that would hopefully make up for all those awesome at-home science experiments we most definitely did not complete. (Still really want to do more of these!)

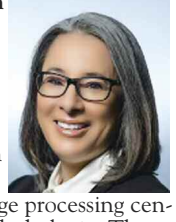
After several years with everyone at home, we decided to change it up and send the kids to a small local private school. Our time there was a great experience and seeing the little lab rats of my homeschool experiment thrive in a new environment felt amazing! I thought our homeschool time had come to an end, and I was totally happy with that as long as it was the best thing for everyone. Then last year, right as school was about to start, plans for my husband to be traveling for most of the year, and the news that baby number six would be arriving at the end of the year, led us to make the decision to bring everyone home again and do this year together as a family.

Homeschool was back in session!

As with so many things, I think perspective is key and our break from homeschooling seems to have made us all more focused with our goals for everyone's education. I think it has also made everyone more appreciative of the freedom homeschool offers. I've never been more excited about the possibilities of continuing our homeschooling adventure, and to share some of the journey each month with you all!



Q. Is it possible for my child to have dyslexia if it does not run in our family?



A. Dyslexia can be acquired due to physical trauma, an injury to the brain. This is called Trauma Dyslexia. Other trauma such as separation from the mother at birth (premature birth or adoption), or being bullied, suffering from physical or psychological trauma/abuse, having anxiety or Post Traumatic Stress Disorder can cause the child to show symptoms of dyslexia when, in actuality, it is not dyslexia. These types of trauma can interfere with the language processing centers of the brain, causing it to function very much like someone with dyslexia. The child may have difficulty with attention and learning to read. For this reason, it is important to share your child's life events with the person who evaluates your child. Trauma resolution by a counselor or psychologist often can improve the child's performance in these areas. When the trauma is not recognized, a misdiagnosis of dyslexia may occur. Having the correct diagnosis is very important as it provides the best direction for treatment.

Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, wwwdyslexiatulsa.com

Q. If my child goes swimming, is he going to have ear infections or an increased risk of ear infections?



A. Frequently, the term "ear infection" is used interchangeably to describe really two or three different problems. The ear is divided into three parts: outer, middle, and inner ear. Each has a distinct function, and an infection in one part means something very different compared to the others. An infection in the outer ear (otitis externa) is commonly called "swimmer's ear," but really can occur for many different reasons. The ear canal is a dark, warm, moist place, which makes it the perfect breeding ground for infection when water or moisture becomes trapped. There is no evidence to suggest swimming causes, or places, children at higher risk for middle ear infections. A middle ear infection usually has swelling in the middle ear space, behind the eardrum, which causes the eardrum to become red and allows fluid to collect behind the eardrum. Inner ear infections are rare, and can cause hearing loss, dizziness and imbalance. Generally, children with inner ear infections are very ill. So, as you go swimming or consider enrolling your little one in swim classes, have a great time! Learn the symptoms of otitis externa, and immediately call your doctor if you are concerned. If your child is prone to ear infections or has tubes, please ask your deck supervisor for information on pre/post treatments available for little ones' sensitive ears! **Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988 Website: www.millerswimschool.com**



In the old days estate planning was only for the wealthy. Now, estate planning is easier to accomplish and our lives are more complicated than ever.

If you have things that you value and people that you love, you need an estate plan. Estate planning will organize your estate so that the people you care most about in the world have access and control of your assets when you pass away.

Without a plan your family will be left wondering what to do, left wondering who is in control, left wondering why your affairs were so disorganized.

With a plan you get the peace of mind that comes with knowing you have done your best to protect the people you love most in the world and the assets you value.

Rod YancyEstate Planning & Investment Attorney Oath Law

p: 918-200-9094 w: www.oath.law e: rod@oath.law

Q. How Does Neurofeedback Work with Counseling?

A. Neurofeedback is often the first strategy used because it takes advantage of the brain's ability to change itself. Resistance to change is often a major stumbling block in counseling, and Neurofeedback can be an excellent tool to assist a person of any age to make changes in behavior and thinking patterns more easily. The decision to do a combination of Neurofeedback and counseling is based on the information shared by the client during the assessment process. The goals of counseling and Neurofeedback are often to reduce stress, improve focus, memory and decision making, increase productivity and emotional resistance, enhance restorative sleep and strengthen positive interpersonal relationships. We see both services as complementary modalities. Because each client is unique, individual circumstances are always the driving factor in determining the most appropriate services.

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Showtimes Calendar



"ALL GROWN-UPS WERE ONCE CHILDREN... BUT ONLY FEW OF THEM REMEMBER IT."— ANTOINE DE SAINT-EXUPÉRY, "THE LITTLE PRINCE" – STEP BACK INTO THE PAIN AND SWEETNESS OF CHILDHOOD WITH THE TULSA OPERA'S PRODUCTION OF "THE LITTLE PRINCE," COMING TO THE PAC FEB. 15-17. PHOTO BY LYNN LANE, COURTESY OF HOUSTON GRAND OPERA.

AS YOU LIKE IT
When: Feb. 1-2, 7-9, 7:30 p.m.; Feb. 3 and 10, 2 p.m.
Where: Henthrone Performance Center, 4825 S. Quaker Ave.
A Shakespeare comedy full of betrayal, fighting, love, and confusion. As You Like It is a show you don't want to miss. With some of Shakespeare's most famous speeches, "All the world's a stage," and packed full of hilarious characters, this pastoral play leaves audiences laughing at these lover's crazy antics. Clarkyouththeatre.com

CLASSICS IV: SHOSTAKOVITCH'S 7th SYMPHONY
When: Saturday, Feb. 2, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
A musical testament to the Soviet citizens who lost their lives in World War II, Shostakovich's Symphony No. 7 expresses conflict and strength as well as lyricism and loss. Prior to the piece, guest conductor Gerhardt Zimmermann will present his "beneath the score" insights into this incredible work of music with a dramatic visual presentation. Tulsasymphony.org

THE GREEN BOOK
When: Sunday, Feb. 3 and 10, 3 p.m.; Saturday, Feb. 9, 8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
This play by Calvin A. Ramsey is about a time in the 1930s through 1960s when many African-Americans were traveling by car for the first time. Their excitement was tempered by the knowledge that segregation existed and laws varied from state to state. These vulnerable citizens had to know where to find safe accommodations, restaurants, service stations and anything else they would need during their travels. Hence, the creation of The Negro Motorist Green Book, which listed places throughout the country that would welcome African-Americans. The play reveals how serious a concern safety was for Black travelers during the Jim Crow Era. When a Jewish concentration camp survivor enters the play, the complexities of the times play out. Presented by Theatre North. Tulsapac.com

JAMBALAYA JASS BAND
When: Wednesday, Feb. 6, 12:10 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Brown Bag It Series is a free concert series offered the first Wednesday of each month. Bring your lunch and enjoy the best regional talent Tulsa has to offer! Known throughout Oklahoma for performing New Orleans Jazz, the Jambalaya Jass Band also performs standards, big band music and some Western Swing. The band is under the leadership of vocalist and trombonist Steve Ham. Tulsapac.com

CONCERTS WITH COMMENTARY
When: Thursday, Feb. 7, 7:30 p.m.
Where: Lorton Performance Center, 550 S. Gary Ave.
The University of Tulsa School of Music Concerts with Commentary presents soprano Judith Pannill Raiford, violinist Maureen O'Boyle, flutist John Rush, percussionist Brady McElligott and harpist Lorelei Barton in an evening of love songs and dances. Calendar.utulsa.edu

SCOTT MULVAHILL IN CONCERT
When: Friday, Feb. 8, 7 p.m.
Where: Woody Guthrie Center, 102 E. M.B. Brady St.
A master of the upright bass, Scott Mulvahill is set to bring his range of talent as a musician and songwriter to the Woody Guthrie Center on Feb. 8. Tickets are $20 in advance. Woodyguthriecenter.org

KELLY CLARKSON
When: Friday, Feb. 8, 7 p.m.
Where: BOK Center, 200 S. Denver Ave.
GRAMMY Award-winning global superstar Kelly Clarkson brings her "Meaning of Life" Tour to the BOK Center. She will be joined by special guests GRAMMY-nominated Kelsea Ballerini and last season's winner of NBC's "The Voice," Team Kelly's Brynn Cartelli. Bokcenter.com

CRAYONS IMPROV SHOW FOR ALL AGES
When: Friday, Feb. 8, 7-9 p.m.
Where: Heritage United Methodist Church, 5300 Kenosha Ave., Broken Arrow
Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only $5 but children 5 and under are free. Crayonsimprov.com

THE RESURRECTION OF BLACK WALL STREET
When: Friday-Saturday, Feb. 8-9, 8 p.m.; Sunday, Feb. 10, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
In the early 1900s, Tulsa was home to a famous African American business district known as Greenwood. Booker T. Washington visited the area and christened it "Black Wall Street" because it was so prosperous. Sadly, much of it was destroyed in the 1921 Tulsa Race Massacre. This new play, written by Rebecca Marks Jimerson and Henry Primeaux, is based on the childhood memories of massacre survivor Lassie Benningfield Randle. Presented by Tulsa Project Theatre. Tulsapac.com



CRAYONS IMPROV SHOWS ARE FULL OF LIGHTHEARTED, INTERACTIVE FUN FOR THE WHOLE FAMILY. DON'T MISS THEIR NEXT PERFORMANCE ON FEB. 8 AT HERITAGE METHODIST CHURCH! PHOTO BY TOM FINK.

THE LITTLE PRINCE
When: Friday, Feb. 15, 7:30 p.m.; Sunday, Feb. 17, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Prolific film composer Rachel Portman brings the enchanting tale of adventure, friendship and love to the stage in an adaptation of the much-beloved book "The Little Prince" by Antoine de Saint-Exupéry. Presented by Tulsa Opera. Tulsapac.com

SUNDAY IN THE PARK WITH GEORGE
When: Friday-Saturday, Feb. 15-16, 22-23, 8 p.m.; Sunday, Feb. 17 and 24, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Inspired by the painting A Sunday Afternoon on the Island of La Grande Jatte by Georges Seurat, this masterpiece musical by Stephen Sondheim and James Lapine merges past and present into beautiful, poignant truths about life, love and the creation of art. Sunday in the Park with George won a Pulitzer Prize and was nominated for 10 Tony Awards, including Best Musical. Tulsa PAC, 110 E. 2nd St. tulsapac.com

THE SLEEPING BEAUTY
When: Thursday-Saturday, Feb. 21-23, 7:30 p.m.; Sunday, Feb. 24, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
True love awakens with a kiss to triumph over evil in one of the most beloved story ballets of all time, featuring a vibrant cast of characters, including the innocent Princess Aurora, her dashing Prince Florimund, the malevolent Carabosse, and many more. With lavish scenery and opulent costumes, The Sleeping Beauty is one of the great classics in the history of ballet. Enjoy it with your entire family! Tulsaballet.org

MY FAIR LADY
When: Feb. 22-23, 28, March 1 and 2, 8 p.m.; Feb. 24 and March 2, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
"My Fair Lady" is one of the most beloved musicals of all time! Professor Henry Higgins seeks to prove he can make anyone a lady – even the brash and bawdy cockney flower girl Eliza Doolittle. She started as his challenge; she became his inspiration! Presented by Theatre Tulsa. Tulsapac.com

THE PLAY THAT GOES WRONG
When: Feb. 26-28, 7:30 p.m.; March 1-2, 8 p.m; March 2, 2 p.m.; March 3, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get THE PLAY THAT GOES WRONG, Broadway & London's award-winning smash comedy! Called "A GUT-BUSTING HIT" (The New York Times) and "THE FUNNIEST PLAY BROADWAY HAS EVER SEEN" (HuffPost), this classic murder mystery is chock-full of mishaps and madcap mania delivering "A RIOTOUS EXPLOSION OF COMEDY" (Daily Beast). Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's "TONS OF FUN FOR ALL AGES" (HuffPost) and "COMIC GOLD" (Variety) – sure to bring down the house! Presented by Celebrity Attractions. Tulsapac.com



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two local couples take on TulsaKids' **date night dare**

We gave two couples $100, and then challenged them to do something together that they have never done – a Date Night Dare. Our couples, Bobby & Christi Tom, and Hector & Asja Proano, took on the challenge. They sent back answers to some questions about the date as well as some great photos.

May all of you enjoy a fun date night (or day) with your significant other this Valentine's Day.



BOBBY & CHRISTI TOM

Bobby and Christi Tom took some time away from their two girls, Zella, age, and Sybil, age 2, to try a cooking class at That Girl Can Cook in Broken Arrow. The Toms have been married for six years and have lived in Tulsa all of those years. Both grew up in Owasso, although in their younger years, Christi lived in California and Bobby in Hawaii and Guam.

TK: Share what you typically do for a date night?

Christi: Bobby and I don't have many date nights out. When we do, we go to see a movie in the afternoon, or go out to eat for an early dinner. The kids are just now at the age we can have grandparents watch them at bedtime and actually get both girls to sleep.

TK: Describe your date. What did you do, and why did you want to do this particular activity?

Christi: We took a cooking class at That Girl Can Cook in Broken Arrow. It was a Greek Isles date night cooking class. Both my husband and I like to cook and, when we were first married, we would cook together and try new recipes. Since having kids, one of us cooks and the other wrangles the children.



continued next page

Bobby has said he wanted to learn more about making sauces, and I want more experience with cooking meat and the best way to chop things. We made a chopped Greek salad, tzatziki sauce, Shrimp Saganaki and lamb chops.

Chef Candace Conley gave great instructions, had a practical sense of humor, and kept the class motivated and moving forward. Her assistant, Natalia Banjac, was friendly and efficient, delivering ingredients and refilling wine glasses. The couple next to us had been married two years and had a 4-month-old daughter at home. The date night class was their Christmas present from one of their parents.

TK: Did you learn anything new or unexpected about your partner on your date?

Christi: My husband talked about how much he loves lamb, but that it has been ruined for him in a way. He grew up visiting his grandparents on the Navajo Indian Reservation and they butchered sheep and then cooked them that day. He said nothing compares to fresh lamb. He wondered if his childhood memories of tasting and eating lamb are true or if he went back to Shiprock, New Mexico, if the meat would taste as good as he remembered.

TK: Would you recommend this activity to other couples?

Christi: We would definitely recommend this to other couples. It was relaxing and fun, taught us a new skill, gave us something to do while we talked, and we got delicious food at the end.

TK: Why are date nights important for parents?

Christi: It's nice to get out together as adults and remember why you like your partner as a person. I depend on my husband so much in our day-to-day life. We are in this boat together and weather the storms of life together. It's nice to just go out and relax and strengthen our relationship without interruption from kids or the stress of parenting or work.



HECTOR & ASJA PROANO

Hector & Asja Proano have three children, ages 10, 9 and 7. They have lived in Tulsa since 2007. On their date, they tried a tour of the downtown Tulsa architecture. Although they wanted to do an official Tulsa Foundation for Architecture Tour (https://tulsaarchitecture.org), they had to opt for a self-guided version since the times and dates didn't work out for the group tour. Asja said they used the app "Strol." For six self-guided tours, go to www.gpsmycity.com.

TK: Share what you typically do for a date night?



Asja: For a date night, we usually go out to eat and then see a show, whether it's stand-up comedy, concert or a musical. After the show, we may get some drinks at a bar.

TK: Describe your date. What did you do, and why did you want to do this particular activity?

Asja: On this particular date, we decided to do a self-guided walking tour of downtown Tulsa during the day and also to enjoy delicious brunch from food trucks at Fuel 66. For us, it was fun to go out during the day and do some physical activity for a change. We walked for over an hour and we learned new facts about the history of the downtown area. The yummy food that we normally wouldn't have eaten was a bonus as well.

TK: Did you learn anything new or unexpected about your partner on your date?

Asja: I was surprised to hear that he would consider living at a loft in the downtown area as opposed to the suburban life in Broken Arrow. That's how much he liked what it had to offer. I also was happy to see that he was open to more active kinds of dates, especially since he's a more "chill" type of guy.

TK: Would you recommend this activity to other couples?

Asja: Other couples should definitely try it, just to get out of their comfort zone and to learn something new about the city they live in and (if they have a step-counting app) to get their steps in in a beautiful environment.

TK: Why are date nights important for parents?

Asja: Since we don't have much time alone as a couple, date nights (or days!) make the parents see each other as a man or woman again and remind them why they fell in love with each other in the first place.

I would like to thank you for this opportunity and add it was a great date day that we liked so much, we are planning to do again. Maybe even with kids!

Feel the Love: Family Friendly Valentine's Events

HEARTS FOR ART
WHEN: FEBRUARY 1-14
WHERE: NATIONAL COWBOY & WESTERN HERITAGE MUSEUM, 1700 NORTHEAST 63RD ST., OKLAHOMA CITY
One day to celebrate love is not enough! Visit the Museum any time during February 1 – 14 and show your love for your favorite piece of art or artifact. Pick up a heart at Visitor Services, leave it by your selection, and share on social media using #MyWest and #HeartsForArt. While visiting, pick up the "Find the Love" guide, a selection of art from the Museum's collection that speaks of love. Free to Museum members or with Museum admission. nationalcowboymuseum.org

SOCO FATHER DAUGHTER VALENTINE'S DAY DANCE
WHEN: SATURDAY, FEB. 2, 6-9 P.M.
WHERE: SOUTH COUNTY RECREATION CENTER, 13800 S. PEORIA AVE., BIXBY
Make new memories together at our annual Father Daughter Valentine Dance. Enjoy an evening of music, refreshments, and dancing. Tickets will be sold in advance only and can be purchased at SoCo Rec Center. There is a limit of 300 tickets. parks.tulsacounty.com

BE MY VALENTINE
WHEN: THURSDAY, FEB. 7, 10 A.M.-5 P.M.
WHERE: JENKS LIBRARY, 523 W. B ST.
Stop by and make a valentine to keep or give away. Supplies are provided. For all ages. tulsalibrary.org

VALENTINE'S DAY COOKIE WORKSHOP
WHEN: SATURDAY, FEB. 9, 11 A.M.-12 P.M.
WHERE: POTTERY BARN KIDS, 1876 UTICA SQUARE
Decorate 4 Valentine's Cookies, plus enjoy a special storytime and make cards for your favorite Valentine! $10 reservation goes to support St. Jude's Children's Hospital.

LAFORTUNE DADDY DAUGHTER TEA TIME
WHEN: SATURDAY, FEB. 9, 1:30-3 P.M.
WHERE: LAFORTUNE PARK, 5202 S. HUDSON AVE.
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. $10 per couple; additional guests are $2.50 each. Sign up at location by February 5. parks.tulsacounty.org

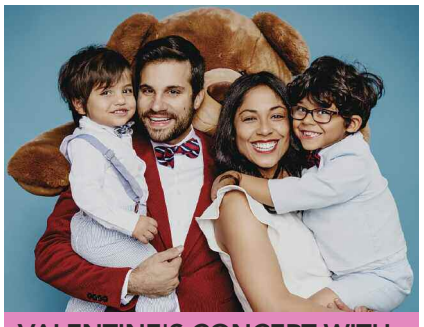
BIXBY FATHER DAUGHTER VALENTINE'S DANCE
WHEN: SATURDAY, FEB. 9, 6-9 P.M.
WHERE: BIXBY COMMUNITY CENTER, 211 N. CABANISS AVE., BIXBY
Fathers and daughters of all ages are invited to a fun evening of dancing. Snacks and beverages are provided. Music is by D.J. Connection. Tickets available at the door, $5/person. parks.tulsacounty.org

DADDY DAUGHTER DANCE
WHEN: SATURDAY, FEB. 9, 6-7:30 OR 8-9:30
WHERE: NIENHUIS PARK COMMUNITY CENTER, 3201 N. 9TH ST., BROKEN ARROW
Calling all Dads, Grandpas, or male role models! Come create memories with your little princess. Live DJ, light refreshments provided, and a special gift for the princess. $5 per ticket per person. Tickets must be purchased in advance at either Broken Arrow Community Center. Please don't wait to buy tickets, both dances will sell out. brokenarrow.gov

BEADING FOR YOUR SWEETIE
WHEN: WEDNESDAY, FEB. 13, 3-5 P.M.
WHERE: BROOKSIDE LIBRARY, 1207 E. 45TH PL.
Make a piece of jewelry for your friend or sweetie for Valentine's Day, or make it for yourself and celebrate Anti-Valentine's Day! Materials are provided. For ages 10-18. tulsalibrary.org

STEAM WORKSHOP FOR TWEENS
WHEN: WEDNESDAY, FEB. 13, 3:30-5 P.M.
WHERE: HERMAN AND KATE KAISER LIBRARY, 5202 S. HUDSON AVE.
Create one-of-a-kind stickers and valentines, and then satisfy your sweet tooth with games of candy-heart bingo. For ages 8-12. tulsalibrary.org

CONVERSATION HEARTS: COOKIE DECORATING CLASS
WHEN: THURSDAY, FEB. 14, 3:30-4:30 P.M.
WHERE: BROKEN ARROW LIBRARY/SOUTH, 3600 S. CHESTNUT AVE.
Make something sweet for someone sweet! Learn basic royal-icing/decorating techniques and enjoy a delicious cookie. Class size is limited. Registration is required. Register at the library or call 918-549-7323. For ages 12-18.



VALENTINE'S CONCERT WITH HOT TOAST MUSIC CO., SPONSORED BY TULSAKIDS
WHEN: SATURDAY, FEB. 16, 11 A.M.
WHERE: GATHERING PLACE, 2600 S. RIVERSIDE DR.
Join TulsaKids in the Boathouse at Gathering Place for a special Valentine's Day Family Concert with Hot Toast Music Co.! Get ready to dance, sing along and enjoy some Valentine's Day treats. Learn more about Symon Hajjar, founder of Hot Toast Music Co., in this month's Green Country Grown-Up article! Get more information at facebook.com/hottoastmusicco, facebook.com/tulsakidsmagazine, or facebook.org/gathertulsa.

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



AMAZING MOMS CONTEST

Do you know an Amazing Mom? Of course you do—and we'd love to hear about her!

From March 1-15, submit a photo of an Amazing Mom at tulsakids.com/contests. Include a brief description of what makes her such an outstanding mother.

Then, from March 16-31, get all your friends to vote (once daily) for your nominee! Five Amazing Moms will be featured in our May issue.

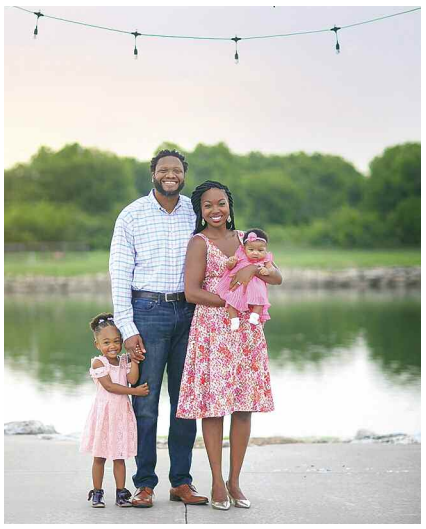
POLL: WHAT IS YOUR FAVORITE DATE NIGHT ACTIVITY/RESTAURANT?

"SO many amazing date options! I've been dating my husband locally forever, and we are still finding new things!" – Misty J. T.

"Jinya…because I don't cook ramen at home and because it is a neat place to see all the beautiful food!" – Daven F. T.

"We enjoy Sake 2 Me Sushi and visiting the drive-in theater when it's open. Even works well if we're going as a family with our 3 year old." – Amber G.

GUEST BLOGGER: JONATHAN OLIVER



(Photo Credit: Steph T Photography)

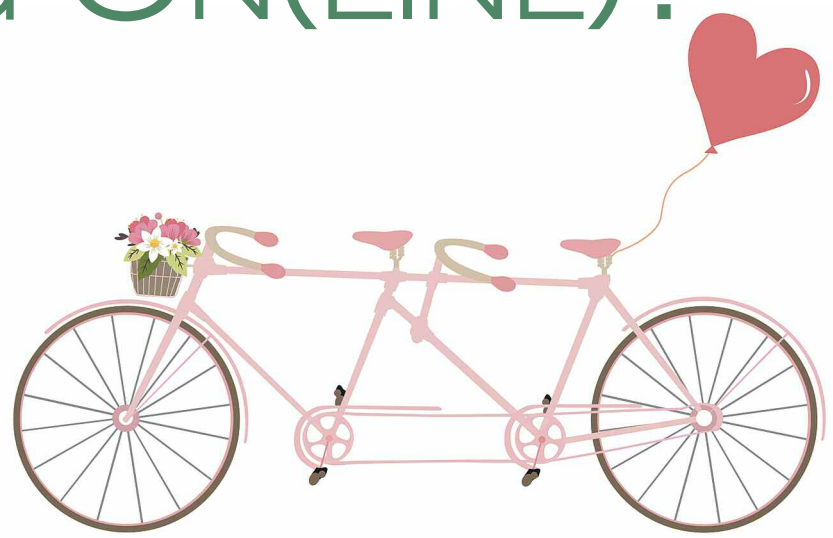
Jonathan Oliver is a personal development coach, motivational speaker, author and a stay-at-home dad coach who helps people around the world attain more success in the midst of great challenges

He is the founder of Higher Enlightenment – a personal development coaching company dedicated to providing spiritual and intelligent insight with the goal of helping people believe in themselves and soar through their fears and hurdles.

Being dyslexic and diagnosed with ADHD, Jonathan learned to use his condition as a stepping stone for him, seeing them as the two best gifts he has ever received.

Mr. Oliver is the author of two sold-out books, "*Joy In The Journey: 1st Year Chronicles From A Stay At Home Dad*", and "*Impersonations*."

During his spare time, he enjoys playing golf, drinking wine, and traveling. He is married to his wife, Dr. Saran Oliver for nine years now and together they have two adorable daughters, Journey and Justice. Jonathan is a native of Texas and currently resides in Owasso, Oklahoma.



VALENTINE'S DAY GIVEAWAY!

All you need is love—but why not enter to win our Ultimate Valentine's Day Package as well? From Jan. 27-February 10, sign up to win the following items:

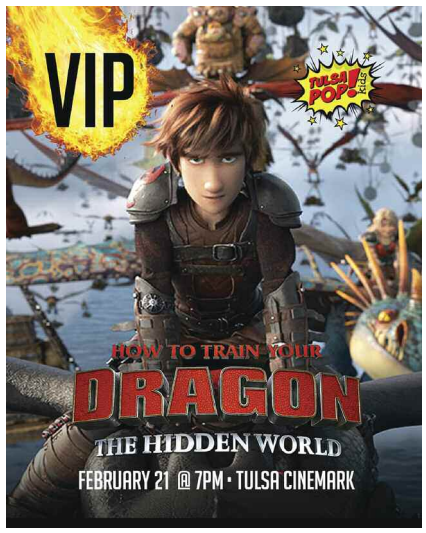
- 2-Hours Bay Play and Appetizer Sampler with FlyingTee
- A gift from the Vintage Pearl
- 2 tickets to Tulsa Ballet's Production of "Sleeping Beauty" on February 23
- $100 Ihloff Gift Card

Get the link at tulsakids.com/contests!

HOW TO TRAIN YOUR DRAGON 3: VIP TICKET GIVEAWAY

From February 1-14, enter to win 4 VIP passes to a screening of "How to Train Your Dragon 3," sponsored by Tulsa Pop! Kids. These VIP passes include a $20 Red Robin gift card, a VIP lanyard + badge, popcorn and a drink. The screening is February 21, 7 p.m. at Tulsa Cinemark.

Get the entry link at tulsakids.com/contests, or if you don't want to wait, purchase tickets at purchase. growtix.com/eh/Tulsa_Pop_Kids_Events_2019



JUST BETWEEN FRIENDS—BROKEN ARROW GIVEAWAY

If you're expecting or have a baby at home, you won't want to miss this! From February 11-24, enter to win a one-month supply of diapers and 2 early shopping passes to Just Between Friends—Broken Arrow, coming to the Rhema NRC (1367 E. 71st St., Broken Arrow) March 1-3! Presale day is February 28. Get the entry link at tulsakids.com/contests, and get more information about JBF—BA at ba.jbfsale.com.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Buck Todd
Tulsa Heart Ball Sweethearts and Mavericks

Every year the American Heart Association sponsors a program called the Tulsa Heart Ball Sweethearts and Mavericks for local high school sophomores. Cascia Hall student Buck Todd participated in the program and had the opportunity, not only to learn about giving, but also about heart healthy lifestyles and the importance of community engagement.

TK: How did you get involved with the American Heart Association?
Buck: Through my participation in the Tulsa Heart Ball

TK: What is the Tulsa Heart Ball?
Buck: The Tulsa Heart Ball raises money to fight heart disease. Seventy sophomore students are invited to be part of the fight against heart disease by the Tulsa Heart Ball each year. They are called "Sweethearts and Mavericks." We meet survivors of heart defects and diseases. We get CPR training and the opportunity to meet a doctor that treats patients with heart disease. We also help raise money for the fight against heart disease.

I learned that heart disease is the leading cause of death for both men and women; in the United States, someone has a heart attack every 40 seconds; and each minute, more than one person in the United States dies from a heart disease - related event. (CDC)

TK: How much money did you raise and how did you raise it?
Buck: I raised $4,600. I spoke to family and friends about the Heart Ball and how it raises money to fight heart disease, the ball itself and the recognition of the Sweethearts and Mavericks at the ball.

TK: What advice do you have for future philanthropists?
Buck: Become informed about the people in the community and their needs. Identify a person or group of people you feel strongly about helping. Find a group or entity that feels the way you do about helping and become a part of that group. Don't miss the opportunity to do something small and simple on your own for someone that really needs help.

TK: What are you goals for the future?
Buck: Complete my education, and to continue to be aware of the needs of other people as I make my own mark on the world.

TK: What are you hobbies and interest?
Buck: Cross country, track and field, student council.

TK: What is a fun fact about you?
Buck: I am at home in the city, at Cascia Hall and at the Heart Ball. I am also at home riding and working cattle on our ranch where I grew up. I guess you could say I am a little bit country, and a little bit rock and roll.





MONTE CASSINO

A Benedictine School

Now enrolling.

Come visit our beautiful campus, meet our educational teams and see where your child will fall in love with learning.

Elementary, Middle School and ECLC Open Houses

February 6, 13 & 20 March 6, 13 & 27

Middle School Open Houses begin at 8:00am
ECLC (Pre-K & K) Open Houses begin at 9:30am
Elementary School Open Houses begin at 11:00am

Additional dates available for tours for all grades.
Please contact Brooke Jones to schedule
918-746-4238 or openhouse@montecassino.org.

Monte Cassino School is a PreK-8 Catholic school where teachers, parents and students work together to educate each student as a child of God in innovative and challenging ways to prepare them for high school by developing the mind, heart and will.

$1,000,000 of Financial Assistance is available for K-8.

Come see what it means to Be a Saint.

Tour → *Shadow* → *Apply* → *Be a Saint.*

Monte Cassino School • 2206 South Lewis • Tulsa, OK 74114 • 918-746-4238 • www.montecassino.org

Splash, Pedal & Run!

6TH ANNUAL HEALTH ZONE KIDS (mini) TRIATHLON

When you sign up your little athlete for this fitness event, you both help other kids, as all proceeds benefit The Children's Hospital at Saint Francis. Registration fee includes a T-shirt and post-race celebration.

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

SATURDAY, MARCH 2

Health Zone at Saint Francis
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 (4 laps)
Bike 1 mile
Run 1/2 mile (6 laps)
8:30 a.m. Registration
9:00 a.m. Start Time

Child | Ages 6 – 9
Swim 50 yards (2 laps)
Bike 1/2 mile
Run 1/4 mile (3 laps)
10:30 a.m. Registration
11:00 a.m. Start Time
Must be 49" tall to participate.

Gold, silver and bronze awards will go to girls and boys in both the Youth and Child categories.

HealthZone at Saint Francis