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HEALTHY FAMILIES:
TOP TIPS FROM PROFESSIONALS

PAYING FOR GRADES:
THE PROS AND CONS OF AN ACADEMIC ALLOWANCE

F&CS ART CONTEST WINNERS:
READ THEIR STATEMENTS ON FAMILY TRADITIONS

HEALTH, WELLNESS & FITNESS GUIDE

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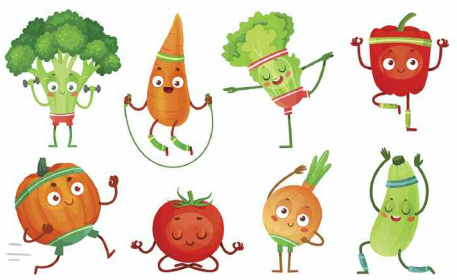
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Volume XXXIII, Number 2

www.tulsakids.com

Healthy Families





WE'RE INUNDATED WITH HEALTH INFORMATION THAT TOO OFTEN CAN BE CONFUSING, UNRELIABLE AND EVEN DOWNRIGHT CONTRADICTORY. TULSAKIDS WENT TO THE LOCAL HEALTH EXPERTS TO ASK THEM TO PROVIDE BASIC TIPS AND ADVICE FOR HEALTHY FAMILIES. SOMETIMES IT'S NOT THE COMPLICATED TREND OF THE MOMENT, BUT THE SCIENCE-BASED, STRAIGHT-FORWARD ADVICE FROM PROFESSIONALS THAT CAN HELP US GET HEALTHY AND STAY THAT WAY.

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An Ounce of Prevention…..

When I took my dog in for a 1-year checkup last week, I was reminded how important preventive medicine is. Not that kids are dogs, but there are some similarities. For example, adults have to be responsible for their basic health and welfare, and preventing a problem is easier than treating it after the fact.

I pointed out to my vet that my doodle had developed a raw area on her back, right at the base of her tail, because she had been gnawing at it. Noticing that the dog was no longer wearing her flea collar, the vet asked about it. I said, "I took it off when I gave her a bath a couple of weeks ago and didn't put it back on because I didn't think fleas were a problem in the winter. I've never seen any fleas on her." Wrong. Evidently, our milder weather these days has made fleas a year-round issue.

Lesson learned. Prevention is cheaper and easier than paying for medications, not to mention that my poor dog was miserable.

It's the same with children. Besides following basic nutrition and health guidelines, checking in with your child's healthcare professional, the dentist, and the eye doctor before your child has a problem can prevent small things from becoming larger problems, or even prevent problems altogether.

Those yearly (or more often, depending on the age of your child) visits will also give you an opportunity to ask questions. Maybe you're not sure if your child is developing at the proper rate. Your child's doctor can monitor that. Write down questions and concerns before you go for an office visit, and discuss them with your child's doctor.

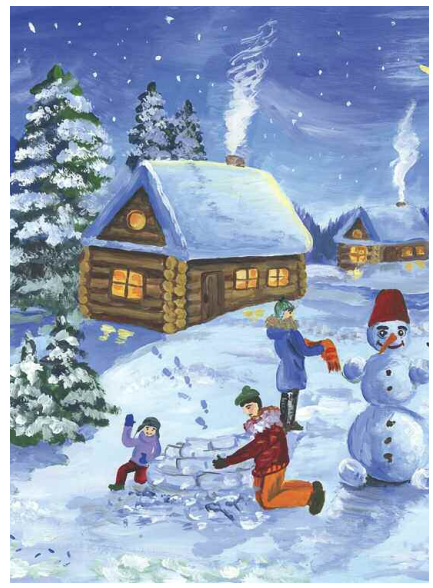
In this issue, you'll find some top tips from doctors to keep children healthy. There are also places, such as the Tulsa Health Department, where you can get speech/hearing and developmental screenings for your children. Getting away from gimmicks and focusing on the basics of general health and wellness will give your children the foundation for a lifetime of good health.

And, if a problem does crop up, you'll have the relationship with your healthcare professional to be able to discuss changes or concerns with someone who already knows your child's medical history.

While kids don't need flea collars, there are plenty of other things you can do to keep them healthy.

Betty Casey
associate publisher and
editor in chief





COVER ART BY ILLIA ARAPOV, BEST OF SHOW, F&CS ART CONTEST

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

Good Day Tulsa



33RD ANNUAL TOUR DE TULSA REGISTRATION NOW OPEN

The 33rd annual Tour de Tulsa presented by St. John Health System/Ascension registration is now open. More than 800 cyclists from across the state and region will descend upon Tulsa on Saturday, May 2, to participate in this annual go-at-your-pace biking event.

Cyclists will begin their ride at OSU Center for Health Sciences, 1111 West 17th Street, on the west bank of the Arkansas River at 8 a.m. Cyclists will complete their choice of an 8-mile family ride, 20, 36, 50, 61 and 101 mile routes. More than 70 volunteers will be working rest stops along the routes serving fruit, granola bars, water and Gatorade. Tour de Tulsa is hosted annually by the Tulsa Health Department and the Tulsa Bicycle Club as a way to promote health in the community.

Proceeds from Tour de Tulsa benefit Pathways to Health (P2H), which unites more than 90 local agencies, organizations, corporations and health systems to improve health outcomes in Tulsa County. Last year, this fundraiser ride raised over $36,000 that directly improved the health and well-being of Tulsa residents.

Early bird registration is $40 for those 13 years of age or over and $15 for those 12 and younger. The Family Fun Ride cost is $15 for participants of any age. Register online at www.tulsabicycleclub.com/tdt. Register by April 15 for a free t-shirt

ADULT AND BABY BRAINS ON THE SAME WAVELENGTH

A study on how baby and adult brains interact during natural play showed measurable connections in their neural activity. The study, done by a team of researchers at Princeton University and published in Psychological Science (Dec. 17, 2019), suggests that you and your baby might quite literally be 'on the same wavelength,' experiencing similar brain activity in the same brain regions, those areas known to be involved in high-level understanding of the world.

"While communicating, the adult and child seem to form a feedback loop," said Elise Piazza, an associate research scholar in the Princeton Neuroscience Institute. "That is, the adult's brain seemed to predict when the infants would smile, the infants' brains anticipated when the adult would use more 'baby talk,' and both brains tracked joint eye contact and joint attention to toys. So, when a baby and adult play together, their brains influence each other in dynamic ways."

PHILBROOK ANNOUNCES ACCESS PROGRAM FOR LOW-INCOME FAMILIES

Philbrook Museum of Art has joined Museums for All, a signature access program of the Institute of Museum and Library Services (IMLS), administered by the Association of Children's Museums (ACM), to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program took effect January 1, 2020.

The daily program supports qualified guests visiting Philbrook for a minimal fee of $1 per person, up to four people, with the presentation of a SNAP Electronic Benefits Transfer (EBT) card, WIC (Women, Infant, Children), and SoonerCare. Children 17 and younger are always free for general admission.

Similar free and reduced admission is available to eligible members of the public at more than 400 museums across the country. Museums for All is part of Philbrook's broad commitment to seek, include, and welcome all audiences.

Museums for All helps expand access to museums and also raise public awareness about how museums in the U.S. are reaching their entire communities. More than 400 institutions participate in the initiative, including art museums, children's museums, science centers, botanical gardens, zoos, history museums, and more. Participating museums are located nationwide, representing 48 states.



KIDS WATCHING COOKING SHOWS WITH HEALTHY FOOD MORE LIKELY TO EAT IT

A study in the Journal of Nutrition Education and Behavior found that kids who watched a television program featuring healthy foods as the key ingredient were more likely to make healthier food choices now and into adulthood.

Researchers asked 125 10- to 12-year-olds, with parental consent, at five schools in the Netherlands to watch 10 minutes of a Dutch public television cooking program designed for children, and then offered them a snack as a reward for participating. Children who watched the healthy program were far more likely to choose one of the healthy snack options — an apple or a few pieces of cucumber — than one of the unhealthy options — a handful of chips or a handful of salted mini-pretzels.



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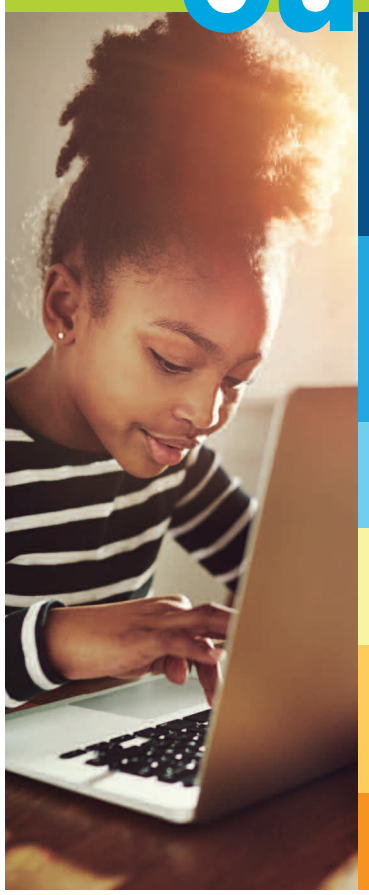


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Feb. 2 | 1 to 4 p.m.

Learn and Play
Designed for children ages 0-5 and their caregivers, enjoy an age-appropriate gallery experience and hands-on activities. February's theme is "Memories & Inspiration: Faces and Expressions" in celebration of our new exhibition.
Feb. 6 and 7 | 10:30 to 11:30 a.m.

Funday Sunday
A FREE-admission day celebrating our new exhibition *Memories and Inspiration: The Kerry and C. Betty Davis Collection of African American Art* with gallery talks, activities and more.
Feb. 16 | Activities noon to 4 p.m.

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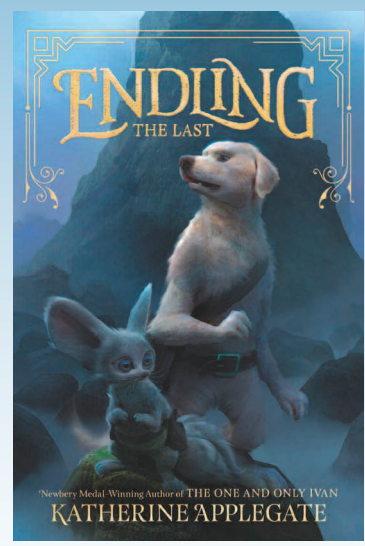
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Mr. Henry's Books
EDUCATOR WORKSHOP

Saturday, Feb. 8, 2020 • 9-11 a.m.
Pocahontas Greadington Learning and Creativity Center
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Attention, upper-elementary and middle-school teachers and librarians! You are invited to this continuing-education workshop focusing on the works of renowned author Katherine Applegate, winner of the 2020 Anne V. Zarrow Award for Young Readers' Literature. You will:



- Receive 50 copies of *The Last* by Katherine Applegate for your students to keep as their own.
- Learn how to incorporate various elements of *The Last* into your classroom and receive lesson plans on how to use Applegate's works in a variety of school subjects.
- Be introduced to Tulsa City-County Library's Anne V. Zarrow Award for Young Readers' Literature.
- Gain an opportunity to win a classroom visit by Applegate on Friday, May 1, 2020.

Continental breakfast will be provided. Every participant will receive their copies of *The Last* at the end of the workshop, as well as an official continuing-education certificate.

Participants must be employed by a school district within Tulsa County.

Mr. Henry's Books is a program of the Tulsa City-County Library, sponsored by the Tulsa Library Trust, made possible by a grant from the Anne and Henry Zarrow Foundation.

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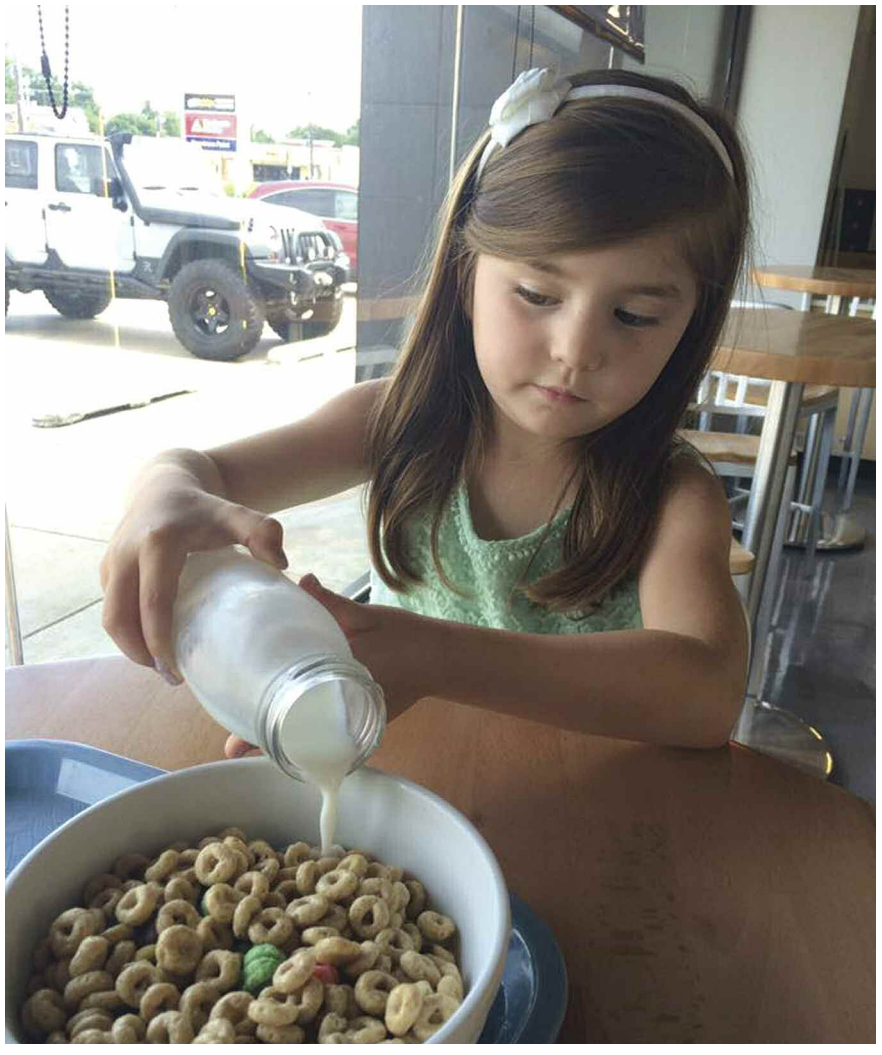


BY KILEY ROBERSON

toddler independence: "I do it"

As parents, we ultimately want to raise smart, healthy and independent children. Children that will grow into confident individuals ready to take on the world around them. But, even with all this in mind, it still came as a shock to me the first time my daughter yanked the spoon out of my hand at dinner and yelled, "I do it!" Her confidence level was most certainly there. An entire bowl of cereal all over her face later, and she and I were both a little frustrated. It took a few weeks and a few tears, but she got the hang of it and has slowly conquered that motor skill one bite at a time.

Today my daughter is a cereal-eating pro. However, her quest for independence has only expanded. I'd like to say the same for my patience level, but let's be honest, watching her tediously dress herself only to realize that she had her pants on backwards and shoes on the wrong feet, was very difficult to do. Especially since it often added about 30 extra minutes to our morning routine, and that's on a good day.



As frustrated as I would sometimes get with her independent outbursts, I had to remind myself that this was exactly what I wanted. I don't want to have a child that I am still hand feeding at 15 or dressing for college each day. Overall, independence is a good thing, and a developmental rite of passage. But saving yourself from a mommy meltdown while your little angel is pouring her own milk "by herself" (all over the floor) is also a good thing. Below are some tips from other parents who've taken a few trips on the "I do it" train and survived.

Toddler Savings Time

Build in extra time for her extra efforts to keep the pressure off both of you. If you usually get up at 6 a.m., set the alarm for 5:30 a.m. We all love the extra sleep, but keeping the peace can be just as beneficial.

Sneaky Suggestions

If your child is determined not to let you help them, try to slip in some subtle tips when you can. "I like to scoop my cereal with a spoon instead of a fork." "It's raining outside, I'm going to wear my boots."

Work-Arounds

We can't always allow children to try everything they want, but we can try to find acceptable substitutes. If he really wants to cuts his own food, give him a butter knife. She insists on dressing herself — buy elastic-waist jeans and Velcro shoes.

Give in When You Can

Stand your ground when it comes to flip-flops in February, but make peace with the crazy color and print combos. If she wants to dress herself, let her, as long as it's reasonable. No parents are going to judge you for taking your daughter to the store wearing a t-shirt and tutu. We've all been there. And if they do, who cares, she's learning to be her own person.

Perhaps the most important thing to remember is that just like anyone learning a new skill, your toddler needs practice to perfect it. Help them through their frustrations, celebrate their determination and pat yourself on the back for raising a confident, independent little person.

Summer Camps & Activities Fair



Saturday, April 4, 2020 11 a.m. – 2:00 p.m.

Union Multipurpose Activity Center (UMAC) 6836 S. Mingo Rd

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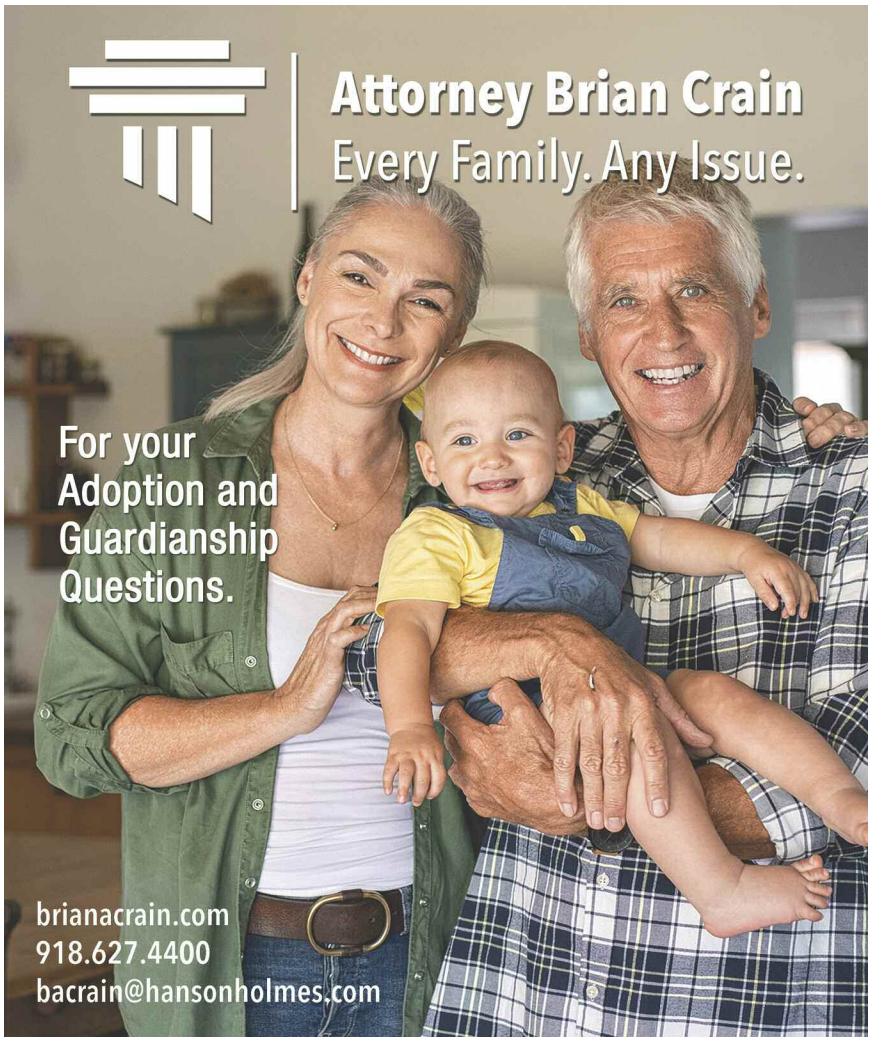
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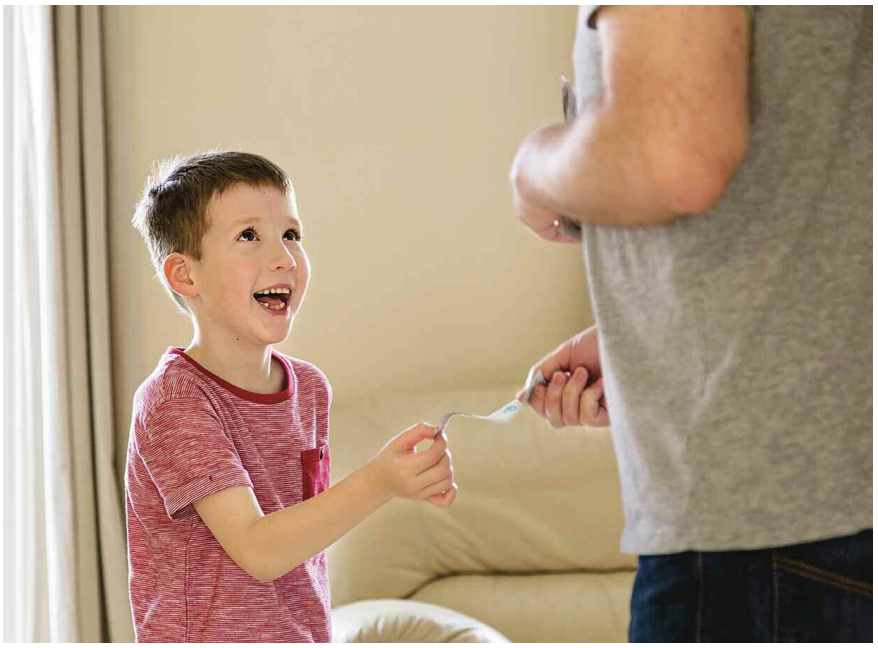
- Infants through Pre-K
- After School Care for School Age
- Internet Monitoring
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BY MARY BETH RITCHIE, LCSW

paying for grades: the pros and cons of an academic allowance

Should we pay our children for making good grades? Parents frequently disagree on this subject, and good arguments can be made on both sides. Research suggests that paying students for good grades can be effective, but the results are often only temporary. Approximately half of the parents in the U.S. do provide monetary incentive for good grades, while about half do not. Sometimes referred to as an "academic allowance," amounts vary by household, but an example would be that students would receive $10 for A's and $5 for B's. In order to be transparent, I'll share that I was given monetary rewards for my report cards, and I incentivized my sons in the same way.



Some parents are opposed to the idea of paying for good grades. Some may find that their children aren't motivated by this incentive. These parents may want to focus their attention in different directions. For example, parents might want to insist that all homework is complete before screen time or another reward is allowed. As a classroom teacher, I'd like to offer a word of wisdom. My students have a list of morning assignments to complete while I work with some small groups who are struggling with something in particular. There are written assignments to complete before the computer assignments are begun. I have found that some students will rush through the written material in order to get to the computer assignments. You don't want your child to rush through the homework assignments in order to obtain screen time. You will likely need to provide some quality control by checking over the homework before allowing the screen time. This will also give parents the opportunity to see what the child is learning in school. Parents may also spot areas in which students are experiencing difficulties. This is a wonderful chance for parents to provide assistance when needed.

Parents on this side of the fence will want to provide praise and verbal encouragement. Remember to praise the effort as much as the results. If the child worked diligently on the assignment, but didn't do very well, be sure to tell the student how proud you are of his effort. Let him know you are impressed with the way he didn't become discouraged and give up. Then, provide some assistance with the assignment. Help your child to understand the mistakes that were made. Remind children that we learn by making mistakes. If we never made mistakes, we wouldn't be learning anything new.

One of the most common arguments against an academic allowance is that children won't develop a love of learning. They will only be motivated to learn in order to earn monetary compensation. I haven't seen the research on this, but I can speak to it personally. As an adult, I still have a tremendous love of learning. Paying me for my grades certainly never squelched that.

Parents who don't wish to pay for grades may consider some other options. If the child does bring home a good report card, the parents may wish to suggest a special celebration. Dinner at a favorite restaurant or a trip to the ice cream parlor may be in order. This should be treated as a celebration of a goal having been achieved.

Some parents do see advantages to paying children for their

continued next page

grades. There are a number of reasons to consider this option. Many parents view school as the current occupation of the child. This is a way for children to actually earn their money, rather than just having it given to them. This may help to foster a good work ethic. Additionally, the child is getting paid more when she achieves better results. In some ways, this mirrors real life.

Providing an academic allowance can also demonstrate to children that education is valued by the parents. In general, we spend money on those things that we prioritize in life.

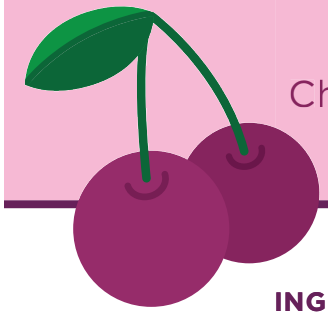
Once students have earned their reward, there are more life lessons to be learned. For example, the child learns about the amount of work involved in earning this money. This may encourage children to spend and save more wisely as they grow.

While we would all like for the intrinsic reward and the love of learning to be enough motivation, there are times when it simply isn't. We aren't all interested in every subject. One of my sons has never enjoyed math. There was never any intrinsic motivation for him to learn math. He is currently a senior in college, and he has even chosen a major that requires little math. Perhaps the extrinsic motivation is particularly helpful to children in the subject areas that don't interest them.

There are valid arguments on both sides of this controversy. Whether monetary compensation works well may depend upon the individual child involved. If you do choose to provide an academic allowance for your child, I think it is important that you explain your reasoning. Take time to explain your thinking and have a discussion with the child. Providing an academic allowance without a thorough explanation will likely not produce the results you are seeking.

A HEART-HEALTHY DESSERT? LOVE AT FIRST BITE.

Chocolate Cherry Heart-Smart Cookies



INGREDIENTS

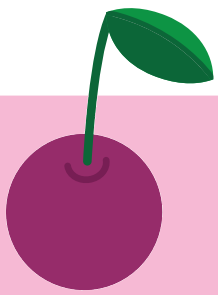
- 1/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1 1/2 cups rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter
- 3/4 cup packed light brown sugar
- 1 cup dried cherries
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- 3 oz. bittersweet chocolate, coarsely chopped

INSTRUCTIONS

Preheat oven to 350° F. Spoon flours into measuring cups; level with a knife. Combine flours and next 3 ingredients in a large bowl. Stir with a whisk.

Melt butter over low heat. Remove from heat. Add brown sugar; stir until smooth. Add sugar mixture to flour mixture; beat at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate.

Drop dough onto baking sheets coated with cooking spray, two inches apart. Bake at 350° F for 12 minutes. Cool on pans 3 minutes or until almost firm, then cool on wire racks.



IS YOUR HEART IN THE RIGHT PLACE?

1. Aim for 30 minutes of physical activity a day (60 for kids).
2. Fill half your plate with fruits and veggies at every meal.
3. Choose water over sugary drinks.

Find more heart-healthy recipes and physicalactivity ideas at:

ShapeYourFutureOK.com

A Program of TSET

BY JULIE WENGER WATSON

Tulsa Term: where street smarts meet book smarts

Imagine the city is your classroom. No longer restricted by four walls, you navigate downtown on foot, exploring the community around you. The opportunity to learn expands from the pages of your textbooks to real-world experiences in art galleries, community facilities and architectural landmarks. Interacting with city leaders, business owners and creative entrepreneurs, you think critically about your city and begin to wonder what and how you can contribute. What sounds like the daydream of a restless teenager anxiously counting the minutes until the school bell rings is actually a reality. Tulsa Term, a new innovative and immersive learning experience, created and supported by Holland Hall in collaboration with Tulsa Public Schools, is an opportunity for high school juniors and seniors to leave the classroom behind and take their education to the streets.

Holland Hall teachers Jane Beckwith and Eder J. Williams McKnight are co-directors of the program, which they also helped develop. Tulsa Term is inspired in part by CITYterm, a New York City-based educational experience that uses the city's urban core as its classroom.



TULSA TERM IS TAKING APPLICATIONS FROM HIGH SCHOOL STUDENTS THIS MONTH.

Williams McKnight taught for a number of years at CITYterm before moving to Tulsa and joining the faculty at Holland Hall. Beckwith first encountered the program when she traveled to New York City in the summer of 2009 through a professional development program for teachers. She returned home from the trip contemplating what she'd learned and how it might fit in to her own classroom.

"It was such an awakening for me," recalls Beckwith, who was teaching seventh grade at the time. "I kept thinking, why aren't we out in our own city? Why aren't we in these places and in these buildings, looking at this architecture and talking to people who experience these things in the real world?"

Eventually, Beckwith, along with two other Holland Hall teachers, developed a curriculum for the school's seventh graders known as "Downtown Studies." The program, which began in 2011, takes students downtown to learn about the city firsthand. After Beckwith moved to Holland Hall's Upper School and Williams McKnight joined the faculty, the two teachers joined forces to create Tulsa Term.

"Tulsa Term is a deeper dive and a more holistic approach to what started in seventh grade," Beckwith explains.

The program, which is in its second year, is offered for the spring semester and is open to juniors and seniors. Tulsa Term accepts up to 12 students, with a goal of half from Holland Hall and the other half from TPS. This year's cohort, the second in the new program, includes TPS students from Webster, McLain and Booker T. Washington high schools.

The program is housed downtown in Tulsa's City Hall, which serves as home base for the students.

"We start within the City because they are doing amazing work, and they're very welcoming to us," says Beckwith. "We have classroom space there. We always meet there, and we always end the day there. Sometimes we spend the day working there. But a lot of days, we are all over the place, walking around, talking to people."

Tulsa Term meets five days a week from 8:30 a.m.-2:45 p.m. Students work on both individual and group projects, earning cred-

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its and grades for English, Applied Statistics, History and Science. In addition to Beckwith and Williams McKnight, experts from a variety of disciplines contribute to the students' educational experience. For example, Dr. Jennifer Clark, a physician and faculty member of the University of Tulsa Institute for Health Care Delivery Sciences, and James Spicer, owner and operator of Green Country Permaculture, will both contribute their expertise this semester.

Tulsa Term concludes with a "Capstone" project, which allows the participants to use their newly acquired knowledge and skills to explore a particular area that interests them.

"The students design their own Capstone," Beckwith explains. "They get to pick a topic that has been particularly meaningful to them during the semester and also dive into things they are curious about. They get to decide for themselves, using all the skills they've practiced."

According to the Tulsa Term materials, the program's learning philosophy is "student-centered, place-based, and transdisciplinary" and uses "academic skills and experience to encounter the places and people of Tulsa, face real problems, create solutions, and make a difference in the city."

Beckwith believes the students themselves, and what each brings to the group, are a large part of the program's success.

"Watching them run with a concept, or apply it in a way you didn't expect, or make a connection in a way you hadn't thought of before is really what it's all about," she notes. "Watching each individual student recognize their own capacity for creativity, innovation, and change making and how they define their own intelligence and their own way in the world – it's a really remarkable thing to witness."

For more information on Tulsa Term, as well as an application for Spring 2021 (due Feb. 21, 2020), visit www.hollandhall.org.

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Healthy Families

WE'RE INUNDATED WITH HEALTH INFORMATION THAT TOO OFTEN CAN BE CONFUSING, UNRELIABLE AND EVEN DOWNRIGHT CONTRADICTORY. TULSAKIDS WENT TO THE LOCAL HEALTH EXPERTS TO ASK THEM TO PROVIDE BASIC TIPS AND ADVICE FOR HEALTHY FAMILIES. SOMETIMES IT'S NOT THE COMPLICATED TREND OF THE MOMENT, BUT THE SCIENCE-BASED, STRAIGHT-FORWARD ADVICE FROM PROFESSIONALS THAT CAN HELP US GET HEALTHY AND STAY THAT WAY.

Infants

Top Infant Health Concerns

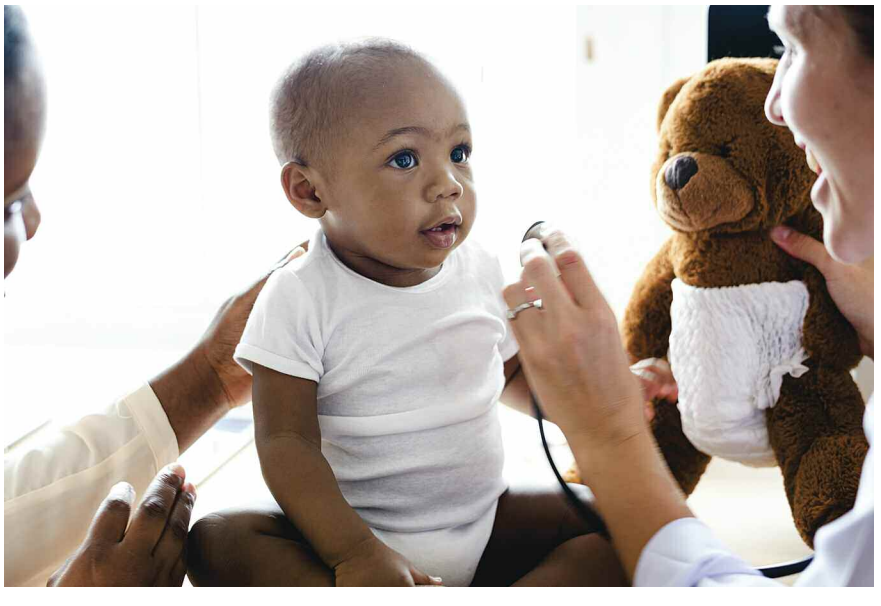


DR. COURTNEY SAULS

Parenting an infant is never easy, especially when it comes to keeping them healthy! Dr. Courtney Sauls from Ascension Medical Group St. John Pediatric & Adolescent Medicine has seen it all when it comes to infants, and she can help you understand whether or not it's time to call the doctor. Here are the five most common concerns she sees from parents and the best way to handle them.

1. Pooping. Commonly talked about in the pediatric world, pooping is often a concern of new parents and toddlers. A good rule of thumb is that it's not the timing that so much matters as long as each poop is soft. Infants can have a hard time figuring out how to poop in the early days, and they may look uncomfortable or even cry and strain, but if it's soft then no need to worry. Concerning issues you should always bring to your pediatrician's attention are black, red or white poops or if they are hard like pebbles.

2. Congestion. The bane of every parent's existence in the winter months. There are not any



approved medicines for infants under 2 months for cough and congestion. The best you can do is frequent nasal suctioning with nasal saline and a nasal aspirator such as a blue bulb or Nose Frida. Above 2 months there are all natural cold syrups like Zarbees, or infant chest rubs without menthol. I also recommend honey if they are older than 1 year. A cool mist humidifier will also help. The

continued next page

biggest things to look out for are too fast or troubled breathing, prolonged fever or dehydration.

3. Reflux. Spitting up is a common issue among infants. Some babies spit up more than others. It becomes problematic when infants are not gaining weight well or having so much pain with spitting up that they refuse to eat. Projectile spit ups after every feeding are concerning and you should see your doctor. Otherwise, if your child is growing well and healthy, spit ups are most likely more of a laundry problem than a problem that needs medicine. Children typically start spitting up less when they start eating more solids around age 6 months and most grow out of it entirely by age 12 months. If your child ever vomits blood or dark green bile, see a doctor immediately.

4. Crying. Crying is a way for new babies to communicate and often the only way they know how. Periods of inconsolable crying can start to increase around 4-6 weeks of age and is called The Period of Purple Crying. This is a social developmental stage and often confused with colic. Make sure your baby is comfortable, has had a diaper change, is fed and swaddled. Gently rock, sing and take shifts with another caregiver. Never shake your baby.

5. Fever. In infants younger than 1 month of age, fever is very serious. The best way to take a temperature in an infant is rectally. If the reading is 100.4 or above and your infant is less than 30 days old, see a doctor immediately. Fevers in infants can be from something as simple as a cold to something as serious as meningitis or sepsis. If you ever have concerns about fever in your child, a quick call to your doctor's office is always welcomed.

Pregnancy

Tips for a Healthy Pregnancy



DR. TANIESHA BUFFIN

Expecting a baby is an exciting time but, let's be honest, it can also be a worrisome time. If you're pregnant or thinking of getting pregnant, here are some basic tips from Dr. Taniesha Buffin, an OBGYN with Utica Park Clinic, to keep you healthy during your pregnancy.

1. Dr. Buffin suggests that if you're thinking of getting pregnant, it's a good idea to make a preconception visit with your physician. That way, you can get all these great tips and more as well as identify and discuss any risk factors before you and your partner get pregnant. And, once you're pregnant, the earlier you start getting prenatal care, the better.

2. Prenatal vitamins are an important way to ensure that you are getting the appropriate amount of folic acid. Folic acid decreases the risk of birth defects to your baby's spinal cord and brain. Dr. Buffin suggests that women of child-bearing age take a prenatal vitamin because it's important to have the folic acid before pregnancy and during early pregnancy.

3. Stay Active. Dr. Buffin encourages women who have been active before pregnancy to remain active. If you're not active, don't do something intense, but mild to moderate exercise will help you maintain your energy level and keep your blood sugar stable. Talk to your healthcare professional about exercise during pregnancy.

4. Maintain a Healthy Diet. Talk to your provider about eating. Avoid soft cheeses and unpasteurized food and drink. If you eat lunchmeat, remember to heat it before you eat it. A couple of servings of fish a week is part of a healthy diet, but doctors recommend limiting fish with high mercury content such as salmon or tuna. Making sure you're eating regularly, like every couple of hours, will help with nausea and keep your blood sugar level.

5. Weight. The recommendation on weight gain is 25 to 35 pounds if you are normal weight, and 15 to 25 pounds if you are overweight.

6. Finally Dr. Biffin I recommends getting a flu shot.



continued next page

Common Childhood Emergencies and What to Do

An emergency can cause confusion and panic in even the calmest parent. Understanding what is (or might be) an emergency before you face it can help you know what to do. Dr. Mark Blubaugh, medical director with Tulsa ER & Hospital shared some of the top reasons that parents seek emergency care for their children. Always call your healthcare professional if you are concerned about your child's health, but here are some common emergency occurrences from Dr. Blubaugh.

1. Fever – A fever in a child is anything 100.4 or higher. The degree of fever does not necessarily correlate with severity of illness. Tylenol and Motrin are the usual treatments. Do not bundle your children. Do not use alcohol baths. Most fevers are caused by viruses; however, if accompanied by other symptoms should be seen emergently – such as headache or neck stiffness, altered mental status, severe abdominal pain, bloody diarrhea, shortness of breath. The best way for virus prevention is frequent hand washing. This is so important and parents should model this for their children.

2. Shortness of breath – This can just mean a faster respiratory rate than usual or labored breathing. Signs include retractions where the space between or below their ribs suck in when children are breathing. This could also mean difficulty getting air in. This always needs to be evaluated emergently. It could be caused by an infection, obstruction, or even metabolic process.

3. Trauma – (potential break/fracture/head injury) – An obvious deformity of an extremity or refusal to use an extremity or walk needs to be seen right away. As for head injury, if it is accompanied by vomiting, a seizure, loss of consciousness, or altered mental status a trip to the emergency room is a must. To prevent trauma, wear safety gear when playing sports and a helmet as well when riding a bike.

4. Abdominal pain – Most abdominal pain is functional in children; however, if accompanied by fever or intractable vomiting, or bloody diarrhea, the child needs to be seen emergently.



Pain in the right lower quadrant could be appendicitis. However, appendicitis in children does not always follow this rule.

5. Ingestions – (in small children) – Any ingestions in small children need to be seen immediately. If a child has ingested a medication, the medication should be identified and brought to the emergency department if possible. Ways to prevent the ingestion of objects or medications include childproofing, keeping potentially dangerous items far out of reach, and locking up medications.

Kids in the Kitchen

The best way to teach kids about eating right is to get them into the kitchen to prepare healthy meals together. Cooking is a valuable life skill that teaches children about nutrition and food safety, as well as building math, science, literacy and fine motor skills.

Encourage your child's interest and excitement in healthy foods by teaching them how to cook safely with this guide of age-appropriate kitchen activities. Here are some age-appropriate cooking activities to try with your child.

The medical experts at the OU/TU School of Community Medicine Culinary Medicine offer these tips:

Younger than 3 years old

• Washing vegetables - this is a great way of teaching them the names of vegetables and sparking an interest which will hopefully encourage them to try different foods

• Stirring ingredients - they should be at room temperature

• Mashing with a fork or potato masher - again watch out for temperature

• Sprinkling - flour, cake decorations and icing sugar, put a tray underneath to avoid too much mess

• Spooning ingredients into scales - you'll need to help!

Another way to keep young children occupied is to give them plastic containers and utensils to wash in the sink - this can provide lengthy entertainment while you cook.

3-5 year-olds

Young children love helping out, but need very close adult supervision since their motor skills are still developing. Teach these youngsters the importance of washing produce and using clean appliances and utensils.

• Weighing - pouring or spooning ingredients into scales.

continued next page



Using measuring spoons

• Washing fruit and vegetables

• Cutting soft ingredients e.g. mushrooms, strawberries using a strong plastic knife

• Breading and flouring - you can set up three stations with flour, beaten egg and breadcrumbs

• Mixing - using either a spoon or hands to mix together ingredients

• Tearing and squashing - tearing herbs and lettuce or squashing fruit

• Using a pestle and mortar - a light wooden one is better than a heavy one

• Kneading - light kneading can be fun, but you'll need to step in to complete the task

• Rolling, shaping and cutting dough - choose plastic cutters and a small rolling pin

• Spreading - buttering bread and spreading icing



• Podding, picking and hulling - podding broad beans, picking leaves, tomatoes or grapes off the vine and hulling strawberries

5-7-year-olds

Most 5-7-year-olds have developed fine motor skills, so they can handle more detailed work, but they will still need food safety reminders.

• Cutting using a small knife - children should learn how to form their hand into a claw to keep fingertips out of danger, take a look at our knife skills video

• Cutting with scissors - if you can get smaller scissors or children's scissors, use them to snip herbs

• Grating - fingers can easily be grated so keep watch and make sure they don't get too close to the end of whatever they're grating

• Measuring - even the very youngest children can do this but as children learn to read and do basic math, this is a great opportunity for them to do this with less supervision

• Beating and folding - show children how to beat cake mixture with a wooden spoon or fold in egg whites without knocking out too much air

• Greasing and lining a cake tin or tray

• Peel oranges or hard-boiled eggs - make sure eggs aren't too hot, run them under the cold tap first and be careful of residual heat

• Scoop out avocados after sliced in half by an adult.

• Deseed tomatoes and cooled, roasted peppers with a spoon

• Snap green beans

• Shuck corn and rinse before cooking

• Setting the table - encourage them to cherish the ritual of family meals

• Load the dishwasher

8-11 year-olds

• Planning the family meal

• Rinse and cut parsley or green onions with clean, blunt kitchen scissors.

• Following a simple recipe

• Finding ingredients in the cupboards and fridge

• Using a peeler

• Whisking, using a balloon whisk or handheld mixer

• Using heat on a hob, oven and microwave

• Making salads

• Opening cans

Food Safety Basics

Before you enter the kitchen, remember to cover the ground rules with children first:

• Wash hands in warm, soapy water before and after handling food.

• Pull back long hair, off the shoulders.

• Keep counter tops and working surfaces clean.

• Teach children to wait until food is cooked before tasting. Don't let them lick their fingers or put their hands in their mouths, especially when working with raw foods such as cookie dough and raw meat or poultry.

• Avoid double dipping or putting spoons back into food after using them for tasting.

Remember, young cooks need supervision.

Follow the four simple steps:

1. Wash hands, surfaces and kitchen utensils.

2. Keep raw meat, poultry and seafood separate from cooked and other ready-to-eat foods.

3. Cook to proper temperatures.

4. Refrigerate promptly to 40°F or lower.

These food safety basics are helpful guidelines for children and adults of all ages.

Sources: Academy of Nutrition and Dietetics; BBC Good Food



Tips for Keeping School-Aged Kids Healthy

1. Diet: A healthy, balanced diet is always key to a child's health. According to the American Academy of Pediatrics, school-aged children should typically get the following per day: 3-5 servings of vegetables; 2-4 servings of fruits; 6-11 servings of bread, cereal or pasta; 2-3, 2- or 3-oz. servings of lean meat or other protein (beans, peanut butter, etc.); 2-3 servings per day of dairy products. Additionally, try to limit your child's salt and sugar intake. Learn more at healthychildren.org.

Other ideas for helping your child maintain a healthy diet include discussing their lunch options and choices at school, and letting your child help you plan and prepare meals! Also, avoid watching media at meal times. Watching television while eating can distract your child, causing them to keep eating even after they are full.

For more tips like these visit ShapeYourFutureOK.com

2. Exercise: The Department of Health and Human Services advises children and adolescents (ages 6+) to get at least one hour of physical activity each day. Find out how much physical activity your children get at school through recess, P.E., etc., and think about how you can supplement that at home or by enrolling them in an extracurricular activity.

3. Puberty: Girls typically begin puberty between ages 8 and 13, and boys between ages 9 and 14. Help your child prepare for puberty by researching and discussing ahead of time the changes they will experience. The American Academy of Pediatrics recommends tracking your child's bodily changes—while making sure to respect their privacy. Get some resources for talking to your children about puberty and sex at tulsakids.com/age-appropriate-books-to-talk-to-your-kids-about-sex.

4. Sleep: On average, school-aged children need 9-11 hours of sleep each night. There are many ways to help ensure your child gets an adequate amount of sleep, including: turn off cell phones and electronic devices at least one hour before bedtime; avoid caffeine, especially in the evenings; establish a bedtime routine. This bedtime routine should include brushing teeth and reading time. Get more tips at tulsakids.com/is-your-child-getting-enough-zzzzzs.

5. Media: Spending too much time on screens can have a negative influence on your child's health. This includes increased risk of obesity, sleep problems, difficulty at school, etc. Not to mention the risk that children could be exposed to cyberbullying, predators or additional peer pressure to engage in risky behavior. To help your child use screens in a healthier way, the AAP recommends creating a Family Media Use Plan, establishing screen-free times (such as meal times and before bedtime) and talking with your kids about online citizenship and safety. Learn more and get additional tips at healthychildren.org.

6: Handwashing and vaccines. Teach your children proper handwashing techniques to avoid getting or spreading illnesses. Talk to your child's doctor about getting the flu vaccine and make sure other vaccinations are up-to-date. For more information, visit www.cdc.gov.



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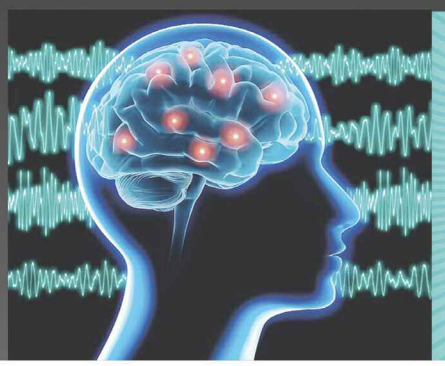
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ADD/ADHD, Autism, Anxiety, Depression, Insomnia, OCD, or Learning Difficulties



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...This highly esteemed, board certified clinic draws people from as far away as South Africa and is the founder and pioneer of neurofeedback in the state of Oklahoma and is considered to be tops in their field with ongoing research for the past 11 years. They are also certified brain health coaches under renowned neuro-scientist, Dr Daniel Amen and are staffed with physicians and professional licensed counselors. Safe and non-invasive, brain wave biofeedback is considered to be one of the most advanced, drug-free therapies of this technological generation and performs what most of us are conditioned to think of as miraculous. In addition, RenuYou offers Christian based counseling and believes that each individual is created in the image of a magnificent God and that God has a plan and purpose for every one of us. Consultations are complimentary but do require an appointment. Call today or stop by...you'll see why doctors all over the country refer their patients to RenuYou Neurofeedback Brain Fitness Center.



"Our son is whole again or maybe for the first time ever. Samuel was born 3 months premature at 1lb 8oz. School was a living nightmare as he struggled with ADHD off the charts and learning disabilities. After 30 treatments at RenuYou, he is making A's and B's. He no longer has a math disability. His depression/anxiety is almost nonexistent. This was our last stop. He turns 18 soon and we are no longer concerned about a secondary education. Nothing else could have helped him. We are so thankful!"



"My eight year old daughter used to have multiple melt downs, often hitting herself, pulling out her hair, throwing things and hitting others. After treating at RenuYou, our daughter is so much happier. She is more relaxed, able to do school work, can read better and is able to express her feelings in healthier ways. RenuYou neurofeedback has been amazing! They have helped us find the joy in our family again."



"I am 15 years old and I became so depressed I began cutting myself. I believe in God so I didn't understand why I couldn't overcome it. My mom heard about RenuYou Neurofeedback Center and so I went in for a brain analysis. I was so impressed to find state of the art technology but I was most excited to find a Christian company who prays over their patients. My qEEG brain map revealed that my brain was stuck in a high Alpha brain wave pattern that can cause depression. I was so relieved to find it was not my fault! After treatment, I've changed so much! I don't desire to 'cut' anymore! RenuYou Neurofeedback Center saved my life!"



"Our son was about to be held back a year in school when we came to RenuYou. We are happy to say that after treatment, he was able to go into the next grade. His confidence has excelled and he is happy to be keeping up with the rest of the class. We recommend RenuYou to everyone! They truly care about their patients and it shows in the results!



"My son was discharged, from the Navy, at 18 years old for ADHD. I brought him to RenuYou and the treatment did exactly what they old me it would do. He was able to proceed with his career without the dysfunction of attention deficits. We could not have been happier with the outcome and are so very thankful!

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Could Biofeedback Be for You?

While many people may have heard the term neurofeedback or biofeedback, they often don't know what it involves and what uses it has. To find out more, we sent some questions to Cyndie Gardner, who owns RenuYou Biofeedback, along with her husband Dr. Barry Gardner. Marie McCabe, MA, LMFT, BCN, a partner with the Gardners at Renu You in Tulsa, answered the questions below.

Q: Briefly explain what neurofeedback is and how neurofeedback works.

A: Neurofeedback, also called EEG Biofeedback, is a state-of-the-art, non-invasive method for teaching the brain to function in a more balanced and healthful way. It does so by shifting the way the brain produces and distributes its electrical energy.

Q: How does it work?

A: Everything in our brain is electric…every thought you think, every sensation and emotion is due to the electrical firing of neurons. We begin with a qEEG (quantitative electroencephalography), also called a "Brain Map," which measures the electrical activity in the brain using sensors placed on your head to measure the brain-wave activity of the various frequency bands. Our equipment will then analyze this information and generate a series of images that will identify which areas of the brain may be too active or not active enough.

The Brain Map provides an invaluable overview of what is going on in the brain and will be used in conjunction with information provided by the client to develop the training plan. Using sophisticated computer software, a customized protocol is developed to address the individual's unique needs. For example, ADHD is often the result of too much Delta brain wave in the frontal cortex; when we see that, we target the treatment to bring the Delta down to improve focus and attention.

At RenuYou, we use reward biofeedback, based on self operant conditioning. The client watches a video of his choice. The video fades slightly, in and out as the brain increases the desired frequencies while decreasing undesired frequencies.



Neurofeedback takes advantage of the brain's ability to change itself through a process known as neuroplasticity. It utilizes the same learning process that occurs whenever we acquire a new skill. The brain learns by forming connections between nerve cells and utilizing important pathways that connect different locations in the brain. Quite simply, neurofeedback offers the perfect learning conditions, since it facilitates awareness of when the brain is producing healthier brainwave patterns, provides reinforcement for the positive change and multiple opportunities to provide practice during a training session.

Q: There is some research that shows that neurofeedback can be used to help athletes, artists or even just regular students improve their focus and help them perform better. Can you talk a little about this, and maybe give a brief example or two from your experience?

A: Neurofeedback can retrain brainwave activity to enhance optimal performance in athletics, acting, choreography, dancing and music…in fact, virtually every area that involves the need for calm, sustained attention. Neurofeedback can quiet the mind, improve concentration, focus, improve cognitive function and emotional control.

It is extremely helpful following concussions and head injuries, and increases physical balance in gymnastics, ice skating, skiing, golf, tennis, football, baseball and many other sports. One of the most well-known examples is the Italian Soccer team that won the 2004 World Cup final in Germany against France. To prepare for the tournament, Italian soccer players used neurofeedback techniques to train focus, concentration and getting "into the zone." The Wall Street Journal also reported how neurofeedback helped beach-volleyball stars Kerri Walsh-Jennings and Misty May-Treanor to win the London 2012 Olympic gold medal.

One professional MLB baseball player, treated by RenuYou said that, "when I am in the zone…the baseball looks like a bowling ball." Another young student who played soccer, and came in to treat ADHD, was thrilled when his coach noticed that he was sharper focused and asked him what he was doing to improve so much.

We also have treated many football players who have suffered from mild to severe concussions and helped them get past the rage and anger often associated with traumatic brain Injuries.

Q: Neurofeedback has been used to help children and adults cope with anxiety. Can neurofeedback help students who have test anxiety?

A: Severe test anxiety can be a performance-inhibiting and traumatic experience for some students. According to a 2010 study, test anxiety affects 10-40 percent of students and it appears that the higher the stakes, such as SAT or ACT, the greater the anxiety. At RenuYou, we have countless testimonies of students who have achieved a more calm and focused brain, which in turn allows for a more relaxed test-taking experience. If you or your child feels a rapid heartbeat, shortness of breath, sweating, stomach pain or lightheadedness before a test…then you could be a good candidate for neurofeedback. In addition, research shows that ACT scores can increase 3-7 points. The most recent report we received was an increase of an ACT score from 23 to 29 upon completing a neurofeedback protocol of about 30 sessions.

Q: What about other anxiety

issues?

A: A child can actually be born with an overstimulated brain- wave pattern. Oftentimes this gets diagnosed as ADHD, when it is in fact overstimulation of the brain, which is anxiety. We know from our research that if the biological mother was dealing with anxiety during the pregnancy, the fetus feels everything the mother feels at 5 1/2 months, so a child can actually be born with an overstimulated brain-wave pattern that will look similar to ADHD. We do what is called a Theta/Beta Ration where we divide Beta brain waves into Theta...if we get a 3 or above, we know they fit our criteria for ADHD and if it is below 3, we know it is anxiety driving attention difficulties.

Q: Can neurofeedback be used in conjunction with talk therapy or medication?

A: When we do the Brain Map, we can see how much of the symptoms are neurological and how many are psychological. This is very important because if we see that we have a number of psychological implications, then we know to also recommend some talk therapy, in addition to the neurofeedback. We have licensed professional therapists on staff to assist with that.

Q: Can you explain a little about that. How many sessions do people need?

A: If we see that an individual is also dealing with psychogenic symptoms, as determined by the brain mapping, we may then have them meet with a therapist to determine if they may also benefit from talk therapy or other therapy modalities that we use at RenuYou. The licensed therapist, will determine a diagnosis as well as how many treatments may be needed. We provide EMDR, Trauma Focus Therapy, Clinical Hypnotherapy, Licensed Professional Counseling, Cognitive Behavioral Therapy.

Q: What ages of people can use neurofeedback?

A: We treat from ages 5 to 90 plus.We have just as many children as we do adults. Sometimes we start as early as 4, but it would depend on the situation.If we do that, we have a standard protocol that we would use that would not require a brain mapping until the child was 5.

Q: What types of patients (children) do you see the most?

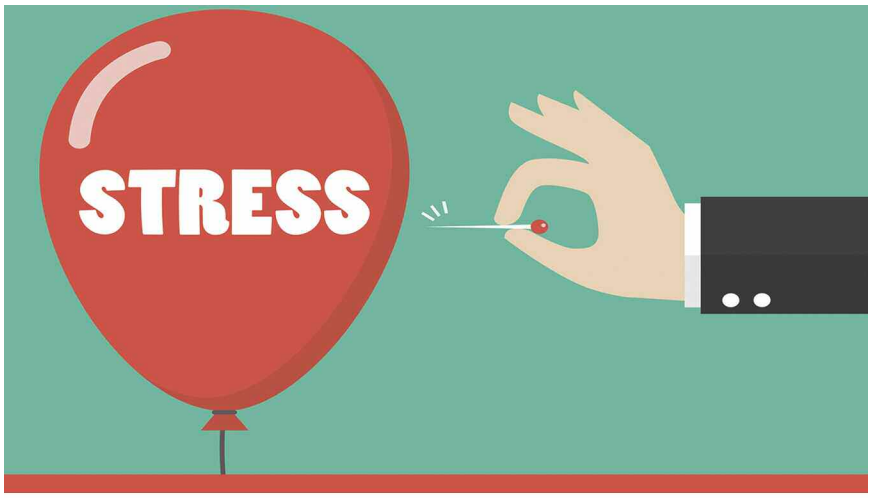
A: Mostly we see kids with anxiety, ADD/ADHD, autism, and depression. The majority of adults we see come in for anxiety, depression and also to achieve peak performance. We have politicians, CEO's of corporations, physicians, attorneys and athletes who just want to achieve optimal performance of the brain and improve memory, focus and sustained attention.

Q: Do you work with pediatricians or other healthcare professionals as treatment partners with some patients?

A: Yes, we get many referrals from physicians and professional therapists who even come in themselves or bring in their own children. Client referrals from physicians range from symptoms of concussions, TBI's, PTSD, and emotional trauma and ADD/ADHD.

Q: Is there anything else you'd like to add about neurofeedback?

A: In my opinion, it is one of the greatest breakthroughs of this technological generation because its safe, non-invasive and will actually cause the brain to reroute and forge a new neuropathway. I continue to be amazed at how lives are completely turned around.



ABOUT OUR RESEARCH

LIBR is recruiting adolescents for a new research study to better understand how mindfulness training may help teens cope with stress and become more resilient.

We use magnetic resonance imaging (MRI) to take live images of the brain. It's safe, painless, and involves no radiation.

HOW TO PARTICIPATE

You may be eligible if you are:

- 13-17 years of age
- Fluent in English
- Have a parent or legal guardian to give permission for your participation

Compensation will be provided.

PARENTS, PLEASE CONTACT US:
CALL 918-502-5142

LIBR Laureate Institute for Brain Research
6655 South Yale Ave, Tulsa OK 74136
Visit us online at www.laureateinstitute.org or email mindreal@libr.net

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ashley.marler@okstate.edu

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6022 S. Yale Ave.
KingsPointe Village
Tulsa, OK
918.488.8991
www.brainbalancecenters.com

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

THE CENTER FOR INDIVIDUALS WITH PHYSICAL CHALLENGES

815 S. Utica Ave.
Tulsa, OK
918.584.8607
www.tulsacenter.org

The Center for Individuals with Physical Challenges (The Center) is an adaptive sports complex in the Tulsa metro community, dedicated to providing opportunities for individuals with physical challenges to enhance quality of life. The Center's Youth Program is established to provide opportunity for youth with physical challenges to increase awareness of and actively participate in recreational and leisure activities, while building friendships and a social network. Youth programming includes Summer Camp, Clinics, Homeschool Programs, In-School Adaptive Sport & Recreation Education Programs, and After-School Clubs.

LAUREATE INSTITUTE FOR BRAIN RESEARCH

6655 S. Yale Ave.
Tulsa, OK
918.502.5100
www.laureateinstitute.org
info@libr.net

The Laureate Institute for Brain Research (LIBR) has studies for teens (ages 13-17) to participate in. Here's what teens can get involved with right now:
One study is interested in how teens respond to stress and how stress reactions can affect the body and brain. The study involves online questionnaires, blood and saliva collection, a memory and reasoning task, and a magnetic resonance imaging (MRI) scan with computer games. Parents are also asked to complete questionnaires in this study.
Another study looks at how mindfulness can help teens better cope with stress. Teens will learn about and practice mindfulness before completing an MRI scan. During the scan, teens will view their brain activity levels and attempt to control or change them by practicing the mindfulness techniques that they learned.
For all studies, teens must have a parent or legal guardian give permission for participation and be fluent in English. Monetary compensation is provided.
Parents who wish to find out if their teen is eligible for these studies can call LIBR at 918.502.5142. To learn more about our adult studies at LIBR, call our main line at 918.502.5100 or email info@libr.net.

LICE CLINICS OF AMERICA

3421 E. 21st St.
Tulsa, OK
918.212.9575
www.liceclinicsofamerica.com

The Journal of Medical Entomology recently reported that pesticide resistant lice, commonly known as super lice, have rendered traditional over the counter treatments less than 25% effective. Pesticides and hours of combing are unhealthy, uncomfortable, time-consuming, and ineffective. But there is a better, modern way to treat.

Lice Clinics of America is the world's leading lice treatment service with over 350 locations worldwide. Our certified technicians can cure lice in 90 minutes or less with over 99% effectiveness using the FDA cleared AirAlle medical device. The AirAlle dehydrates and kills all lice and eggs in the hair and is safe for all ages and types of hair. Most kids can be treated and return to school the same day.
In addition to treatment, our lice treatment experts will teach you how to clear lice from your home environment as well as prevention tips to avoid a reinfestation of lice in the future.
As a medical procedure, our service is often covered by health insurance plans, HSAs, and FSAs. It also comes with a 30-day guarantee or we will retreat at no charge.

MATHNASIUM SOUTH TULSA

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MATHNASIUM MIDTOWN TULSA

3230 E. 21st St.
Tulsa, OK

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MILLER SWIM SCHOOL JENKS

525 W. 91st St. South
Jenks, OK

918.254.1988
www.millerswimschool.com

Ages: 6 Months-Adult

Miller Swim School has been in the business of swimming for over 60 years. We believe in building a safer community, one family at a time, through swim lessons, water safety education, and drowning prevention.
Through participation in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually as well.
At Miller Swim School, students are grouped according to ability and comfort in the

continued next page

water. Classes are offered year-round, in both morning and evening at our main facility in Tulsa and at our second location located in Jenks at 91st and Elwood! Transportation for large groups, schools, and Early Learning Centers may be provided in our Miller Buses as well.
Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool each Saturday and Sunday.
Check out our website to find our complete summer and year-round program schedules as well as more information regarding parties and the other classes we offer! Also, "like" us on Facebook and Instagram to stay up to date on current news and discounts! Ending the drowning epidemic, one swimmer at a time!

OKLAHOMA DENTAL ASSOCIATION

405.848.8873
information@okda.org
www.okda.org
The Oklahoma Dental Association fosters an awareness of good dental health and encourages all Oklahomans to find a dental home. 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. There is a direct link between oral health and an individual's overall health.
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.

SOARING ON HOPE

4908 S. Sheridan Rd.
Tulsa, OK
918.984.9153
www.soaringonhopetherapy.com
At Soaring on Hope our passion is to help your child be the best they can be. We celebrate with you every step of the way as they work on goals and skills. We believe that every child can enjoy a life that brings them joy and happiness. We understand each child is different and unique, this is why we thoroughly evaluate and provide custom treatment plans for each and every child we see at SOH. If your child needs more than one type of therapy, your child is given a success team of therapists who work together on a very special treatment program and set goals just for them. We offer ABA Therapy, Speech, Occupational Therapy, Physical Therapy andCounseling. We invite you to experience the difference SOH can make in the lives of you and your child. Learn how we can help your child overcome behavioral, learning and social challenges. We can't wait to celebrate as your child learns new skills, meets goals and conquers challenges!
Soaring on Hope, Where **Hope** Takes Flight!

SOCCERCITY TULSA

5817 S. 118th E. Ave.
Tulsa, OK
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 14th. Spring is set to start March 23rd, 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 275 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 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.

Preventing Problems with Checkups



Teeth: The American Academy of Pediatric Dentistry says kids should have regular dental checkups, usually at 6-month intervals. The first visit should be by age 1.

Eyes: If your child is not at risk for eye and vision problems, the American Optometric Association recommends a first visit at age 6-12 months; at least once between ages 3-5; and before first grade and annually after that. The InfantSEE (infantsee.org) public health program provides no-cost eye assessments for infants 6-12 months.

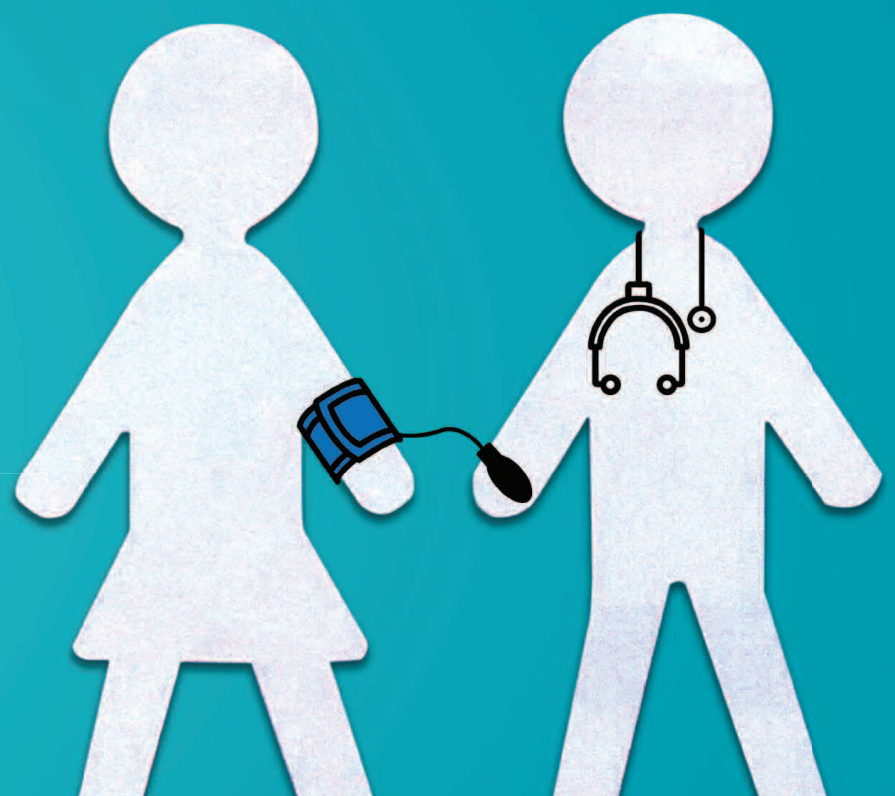
Ears: Hearing tests are usually done at well-child visits at ages 4, 5, 6, 8 and 10. If you suspect your child is having a hearing problem, talk to your doctor. The Mary K. Chapman Speech & Hearing Clinic at the University of Tulsa offers free speech-language and hearing screening tests for children. Call 918.631.2504 for an appointment. The Tulsa Health Department (www.tulsa-health.org) provides audiology services for clients from birth to age 21.

Well-Child Visits: According to The American Academy of Pediatrics, your child's doctor will see your baby several times during the first year. The schedule after 1 year is 15 months, 18 months, 2 years, 2 ½ years, and then once a year unless your child is experiencing problems or the doctor adjusts the schedule. Well-child visits allow your child's doctor to give any vaccines that are due, check your child's growth and development, discuss concerns you may have, and test vision and hearing.

Development: The Tulsa Health Department (www.tulsa-health.org) will do developmental screenings. Also, go to https://sproutsdevelopment.com for information on child development and developmental screenings.

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OPIOIDS AND PREGNANCY



WHAT ARE OPIOIDS?

Opioids are a powerful class of drugs used to manage severe pain after illness, injury or surgery such as Norco, OxyContin and Percoset.

Source: JourneyWorks Publishing, 2018



IS IT SAFE TO USE DURING PREGNANCY?

Taking opioids shortly before or during pregnancy can harm your baby or cause birth defects, premature deliveries or stillbirths.

Source: JourneyWorks Publishing, 2018



WHAT SHOULD I DO?

Talk to your doctor about upcoming plans for pregnancy and ask about alternatives. Do not stop using on your own, seek treatment if you become addicted.

Source: JourneyWorks Publishing, 2018

This program is funded by Oklahoma Department of Mental Health and Substance Abuse Services, Substance Abuse and Mental Health Services Administration and the Center for Substance Abuse Prevention.

THD TULSA HEALTH Department

CAPSAT Coalition Against Prescription and Substance Abuse of Tulsa

BY NATALIE MIKLES



budget-stretching pasta is perfect for families

Parents of big families have some of the best tips for tightening the food budget.

A friend with six children once showed me her monthly grocery budget, and I was shocked she was spending considerably less than I was feeding my three kids. She gave me several tips, including sticking to my grocery list, cutting down on packaged snacks and finding meals that can be stretched.

And her tip for the best way to stretch any meal is using pasta.

My kids love pasta, so it's something we eat nearly every week. Whole-wheat pasta with salmon or roasted chicken sausages are favorites. We also eat a lot of basic pasta dishes, like spaghetti with meat sauce. Taking the time to double the sauce and freeze it for future meals always pays off.

Using pasta to stretch a meal is a trick many parents have up their sleeves. This works great when there's not enough chili left for everyone to have a bowl. Three-way chili for dinner is a favorite of one of my kids. Chili poured over spaghetti and topped with cheese is worth a try if your kids have never tried it.

A new favorite for my kids is taco pasta. This is a one-dish dinner, where the taco meat and pasta cook in the same pan. It's a good way to feed unexpected guests if your kids invite friends



over. If your kids like tacos, give this one a try.

This family favorite comes from the book "Once a Month Cooking." Make the sauce on a slow day at home, then freeze for later.

MAKE AHEAD SPAGHETTI

Makes 6 servings

- 1 pound Italian sausage
- 1 1/2 cups finely chopped onion
- 2 (6-ounce) cans tomato paste
- 3 (28-ounce) cans crushed tomatoes
- 2 cups water
- 4 teaspoons minced garlic
- 4 bay leaves
- 2 tablespoons sugar
- 4 teaspoons dried basil leaves
- 2 teaspoons dried oregano leaves
- 1/4 cup chopped fresh parsley
- 2 teaspoons kosher salt
- 1 (16-ounce) package spaghetti

1. In a large pot, cook and stir the sausage with onions until the meat is brown, about 15 minutes, then drain fat. Add remaining ingredients, except the spaghetti. Bring sauce to a boil; reduce heat. Cook in a slow cooker on low for 4-6 hours. Or, simmer on stove, partly covered, for 2 hours, stirring occasionally.

2. Allow sauce to cool. Freeze.

3. To prepare spaghetti, thaw 4 cups sauce, then heat in a saucepan. At the same time, cook spaghetti according to package directions, drain and pour sauce over.

This simple recipe is perfect for toddlers.

EASY CHEESY VEGGIE PASTA

Makes 2 small servings

- 1/2 cup uncooked pasta spirals
- 2 tablespoons peas
- 2 tablespoons corn
- 1 tablespoon grated carrot
- 1 tablespoon grated zucchini
- 2 tablespoons heavy cream
- 1/4 cup grated Parmesan cheese

1. Cook pasta according to package instructions.

2. Meanwhile, steam or boil veggies until tender.

3. Mix veggies with pasta. Add cream and parmesan. Return to heat, stirring, until cheese is melted.

This pasta dish is super easy to make on a weeknight. And leftovers are great in a lunchbox the next day.

BOWTIE PASTA WITH PEAS AND PROSCIUTTO

Makes 4 servings

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 onion, finely chopped
- 1 cup frozen peas
- 2 cloves crushed garlic
- 2 tablespoons chopped fresh parsley
- 1 cup chicken broth
- 4 slices prosciutto, finely

continued next page



chopped
- 16 ounces bowtie pasta
- 1/4 cup grated Parmesan cheese

1. Heat the olive oil and butter. Sauté the onion until softened. Add peas, cooking for a minute. Stir in garlic and parsley, cooking another minute. Stir in chicken broth, bring to a boil, then reduce heat and cook 4-5 minutes. Stir in the prosciutto.

2. Cook pasta in a large pot of boiling water until al dente. Drain pasta, and add to onion and pea mixture. Stir in cheese.

It's all the flavor of a taco stretched with pasta to feed a bunch of hungry kids.

TACO PASTA

Makes 6 servings
- 1 pound ground beef
- 8 ounces uncooked pasta, such as rotini or elbow macaroni
- 1 can whole kernel corn, drained
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 1/2 cups water
- 1 package taco seasoning
- 1 cup shredded cheddar cheese

1. Brown meat in large skillet on medium-high heat. Drain fat.

2. Stir in remaining ingredients except cheese. Bring to boil on high heat. Reduce heat to low; cover and cook 15 minutes or until pasta is tender, stirring occasionally.

3. Sprinkle top with cheese. Cover. Cook 5 minutes longer or until cheese is melted.

Warren Clinic Pediatrics.



As a part of Saint Francis Health System, Warren Clinic Pediatrics provides comprehensive healthcare for infants, children and teens.

*For more information, or to find a pediatrician for your child, please call **918-488-6688** or visit **saintfrancis.com/warrenclinic.***

Contact the Warren Clinic location near you.

TULSA CENTRAL
6565 South Yale Avenue
Kelly Medical Building
918-502-4210
Rick Cohen, M.D.
Linda Murphy, M.D.

6160 South Yale Avenue
Springer Building
918-497-3004
Rowena Baumgartner, M.D.
Jean Feghali, M.D.
Tammi Lahr, D.O.
Kyle Rock, M.D.
Pratibha Shah, M.D.

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Sylvia August, M.D.
Lisa Macek, M.D.

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918-486-2161
Ashley Petersen, M.D.

GLENPOOL
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Erin Latimer, M.D.

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Paul Thomas, M.D.
Jody Wilson, M.D.
Rebecca Auld, PA-C

OWASSO
13600 East 86th Street North
918-272-2247
Chelsea Galutia, D.O.

SAND SPRINGS
102 South Main Street
918-245-2286
Wendy McConnell, M.D.

WarrenClinic
A part of Saint Francis Health System

Family & Children's Services 2019-20 Art Contest Winners Artists' Statements

Family & Children's Services invited students in kindergarten through 12th grade to enter artwork using the theme "Family Traditions." The contest received hundreds of entries from Tulsa and the surrounding communities from public school, homeschool and private school students. A panel of judges chose 1st, 2nd and 3rd place winners in each category, along with honorable mentions. The Best of Show went to Illia Arapov, a fourth grader in Jenks. He was featured as the "I'm a Tulsa Kid" this month, so find his interview on that page. Below are the winners in each age category, along with their statements.

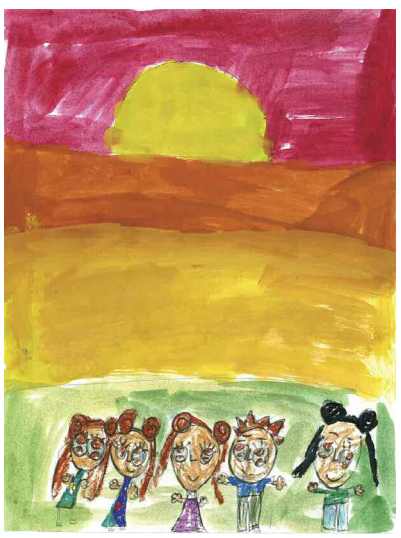


BEST OF SHOW: Illia Arapov: Jenks Northwest Elementary School, teacher Rudi James

GRADES K-1

1st Place: Alexia Garcia: Northwoods Fine Arts Academy; first grade, teacher Jennifer Barretto

Alexia's art features her and her family going to Florida every spring to visit family and friends. While on vacation, they spend time in Key West with her dad's aunt, Marina G. Wood. Alexia included in her art Key West's amazing sunsets. Spending time with all the family is something the whole family looks forward to every year. They don't have family in Oklahoma.



This art was made using oil pastels and paint. Alexia loves to paint and spends time with her sister looking up videos on YouTube on how to draw different animals and holiday scenes and painting them afterwards. For the last two years, Alexis has been a cheerleader for Eclipse Cheer Empire in Sapulpa. She is a very determined little girl and never gives up. When she can't do something, she tries and tries again and again until she gets it.

Other winners in this category:

- **2nd Place:** Gordon Bryan, 1st Grade, Homeschool
- **3rd Place:** Briar Miller, 1st Grade, Northwoods Fine Arts Academy
- **Honorable Mentions:** Itzel Armendariz, kindergarten, Patrick Henry; Julie Capps, first grade, Patrick Henry; Carsen Fleetwood, kindergarten, Northwoods Fine Arts Academy; Roxy Gonzales, first grade, Northwoods Fine Arts Academy

GRADES 2-3

1st Place: Alyssa Xiang: Union Anderson Elementary, third grade, teacher Heidi Contreras



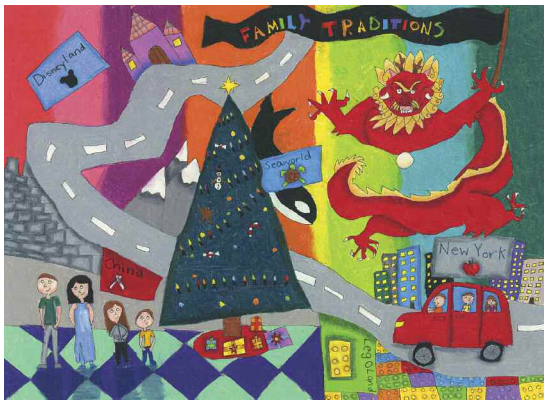
Alyssa Xiang is growing up in a family rich with Chinese traditions as her parents are originally from China. Alyssa said, "Mom and Dad told me that Chinese New Year is China's most important festival and holiday time. It is full of celebrations, people set off firecrackers at midnight, have family reunion dinner, watch colorful lanterns, watch dragon dances etc. I also watch a live Chinese TV show on Chinese New Year Eve every year to learn more about the customs and traditions."

Alyssa has never visited China during Chinese New Year period, so she wanted to create her art all about the Chinese New Year saying, "Chinese is Good!" Alyssa said, "In this poster Mom, Dad and I are performing the Dragon Dance. Mom also holds a red fire lantern. The dragon represents prosperity, good luck and good fortune. In the background a lot of people are also celebrating with torches, fireworks and lanterns and watching the parade." Alyssa used markers, acrylic paint and a paint marker.

Other winners in this category:

- **2nd Place:** Callie Turner, third grade, St. Mary
- **3rd Place:** Declah Buckner, second grade, Homeschool
- **Honorable Mentions:** Ryann Brown, third grade, Northwoods

Fine Arts Academy; Izzy Henry, second grade, Northwoods Fine Arts Academy; Sabrina Horton, third grade, Northwoods Fine Arts Academy; Bella Huynh, third grade, Union Anderson Elementary



GRADES 4-5

1st Place: Anya McDaniel: Jenks East Intermediate, fifth grade, teacher Heidi Contreras

Anya's family has several traditions. Half of her family on her mom's side is from China. Every three years they visit them, as represented by the dragon in her art. Every summer her family also goes on a road trip. The road and van represent that tradition. All the postcards represent places visited. The Christmas tree represents her tradition surrounding Christmas when as a family, they celebrate and give gifts to each other. Anya used Prismacolor, a uniball pin, and a pencil.

Other winners in this category:

• **2nd Place:** Karime Amaya, 5th Grade, Lewis and Clark Elementary

• **3rd Place:** Adrian Gonzalez, 4th Grade, Mitchell Elementary

• **Honorable Mentions:** Jackelin Benitez Gonzalez, fifth grade, Marshall T. Moore Elementary; Andrea Flores, fifth grade, Saints Peter and Paul; Jennifer Ngo, fifth grade, Jarman Elementary; fAbbie Vogt, fourth grade, Lake Country Christian School



GRADES 6-8

1st Place: Emma Bowden; Lake Country Christian School, eighth grade, teacher Pam DePetris

Emma's family likes to take pictures of everything they do. They especially love to travel, watch movies, and swim. Emma's favorite place she traveled with friends was Destin, Florida. Her family also has a lot of movie nights, a tradition carried down from her dad's family. Recently, Emma's family got a pool, so they spent most of their summer outside swimming. Emma said, "I have learned to be an artist because of my art teacher, Mrs. DePetris. I've been her student since kindergarten, and she has taught me to use many different media. She has also encouraged me to enter many art contests, including this one. I am grateful to be her student." Emma used was Prismacolor

.

Other winners in this category:

• **2nd Place:** Wyatt Wooden, 8th grade, Rejoice Christian School

• **3rd Place:** Yedid Nefesh Max, 6th grade, Cooper Elementary

• **Honorable Mentions:** Ava Coulter, seventh grade, Rejoice Christian School; Asucena Pozos, sixth grade, Mitchell Elementary; Sophie Roberts, eighth grade, Rejoice Christian School



GRADES 9-12

1st Place: CamHang Tsan, Union High School, 10th grade, teacher Rodney Cheug

CamHang Tsan used to live in a small country town in Vietnam, where agriculture was significant. His family were farmers and would plant corn, black beans, coffee bean, and fruits. They also raised backyard chickens for eggs. Because there was so much work, every family member shared the load. Adults took care of the fields and the children helped feed the chickens, collect eggs and did chores around the house. The work was harsh, but they would get it done as a family – cherishing their time together and taking pride in their work. CamHang said, "I always find myself interested in art, but I did not have much of a chance to learn and explore it back then in Vietnam because of the hard life. Now that I am in America, I hope things will change. This is the very first contest that I have ever participated, and I am very happy that I made the first place. This contest really gives me an opportunity to prove myself. I wish there will be more contests like this so I can learn new things, sharpen my skills and fulfill my dream as becoming a professional artist."

Today, most of CamHang's family lives in the United States. The farming in Vietnam was given to CamHang's big brother, Long, and his family so that they can carry on the family tradition.

This painting is both watercolor and acrylic.

Other winners in this category:

• **2nd Place:** Annelise Eggen-McElmurry, 10th grade, Riverfield Country Day School

• **3rd Place:** Dianna Bautista, 12th grade, Union High School

• **Honorable Mentions:** Yasmine Enge, 11th grade, Union High School; Valentine Moraes, 12th grade, Union High School; Jennifer Nguyen, 11th grade, Union High School; Savanna Rogers, 10th grade, Union High School; Marbeth Vazquez, 10th grade, Union High School

ASK THE EXPERTS

HTR Pediatruc Therapy | Kim Wade, MS, CCC-SLP

Q: Wouldn't the use of AAC (Augmentative and Alternative Communication) for communication discourage my child from talking?



A: No, it would not. Research actually proves the opposite. Children who are limited verbal communicators or even late talkers verbalize more when introduced to AAC. It allows the child to make a concrete connection between the verbal language and object or concept the child is attempting to obtain or communicate.

AAC can look different for every child or individual. Most of the time, children and adults combine different modes of communication such as sign language, gesturing/pointing, verbalizations, picture boards, facial expression, etc. For example, a child may use a picture board to communicate they are hungry but use pointing or gesturing to request the specific food they want and smile or giggle when they have successfully communicated their needs/wants.

When AAC is introduced to children 3 years or under, it can aid in natural speech development and increase their vocabularies. When AAC is introduced to preschool-aged children, it can aid in increased word combinations, either verbal or with assistive technology, as well as in development of grammar. AAC can also help decrease some of those challenging behaviors in children by providing them a mode in which to communicate and eliminate frustration.

HTR Pediatric Therapy • 6715 E. 41st St., Tulsa • 918.806.0106

On the Cusp Pediatric Dentistry & Orthodontics | Dr. Ryan Roberts, DDS

Q: Does thumb sucking hurt my child's teeth?



A: Thumb sucking is a comforting, natural reflex for infants. In most cases, babies stop sucking their thumb by themselves. However, thumb sucking is a habit that needs to be broken early on, because it may cause problems in a child's growth and development. Thumb sucking could result in a number of problems such as interfering with normal tooth eruption; a narrowing the palate; pushing upper front teeth outward; misaligning the bite of a child's mouth, and much more. Thumb sucking and using a pacifier usually go hand in hand, and while using a pacifier is not ideal, I recommend using the brand MAM. We do offer a tool to help keep children's facial growth and development on the right track, the Myo Munchee!! The Myo Munchee looks like a small mouthguard, made from a soft silicone oral orthotic that children can chew on. It improves the function of the tongue and throat muscles and strengthens the lip muscles. The Myo Munchee's internal prongs stimulate the teeth and gums, and the chewing action reverses the faulty muscle actions created through sucking; it is a great replacement for a pacifier and sucking for children ages 2 – 5.

South: 8222 E. 103rd St.
Midtown: 4444 S. Harvard Ave.
918.921.8822 • OntheCuspdds.com

Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner

Q: My child seems to be good at reading, but his test scores are much lower than they should be. He wants to do well. Is he just a bad test-taker or could it be something else?

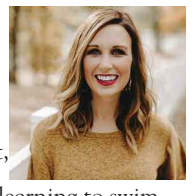


A: I don't believe anyone is a bad test-taker. Test taking is a skill that is not typically taught. For some, test taking can provoke anxiety, which can override the ability to recall the required information, particularly with timed tests. A professional evaluation of Executive Cognitive Function, required for learning and test taking, would help to rule out any learning disability, dyslexia, hearing or visual deficits. An evaluation can identify if there is an underlying reason for recall, organization of thoughts or written or verbal communication difficulties that occur at the time of the test. Proper therapy treatment along with accommodations could be very helpful in ensuring test performance matches your child's abilities.

Dr. Penny Stack, OTD, OTR/L, CLT,
8988 S. Sheridan Rd #D1, Tulsa OK 74133, 918-313-5518,
wwwdyslexiatulsa.com

Miller Swim School | Sarah Miller

"Research shows that it takes 25 times for an individual to learn something new. If you take lessons once or twice weekly, you'd need a minimum of 13 weeks to learn a new skill and retain it. New research also tells us that it can take up to three times that amount of time for a student with a learning disability or special needs to learn a new skill.



Is there a quick fix to learn to swim (and remember how)? In short, no. Are there ways to speed up the learning process? Yes. Frequency of classes and consistency in attendance are key factors in learning to swim.

And, drowning knows no season. In fact, a boy drowned in OKC in Nov. The boy, his mother and brother went to look at a lake. The boy fell off the dock; his mother couldn't swim and was unable to save him. For this reason, we recommend a year-round, learn-to-swim program that emphasizes timely aspects of water safety to prepare a swimmer for potential water accidents. As evidenced by this tragedy, it is important that both children and adults know how to swim and know water safety."

Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK.,
918-254-1988
Website: www.millerswimschool.com

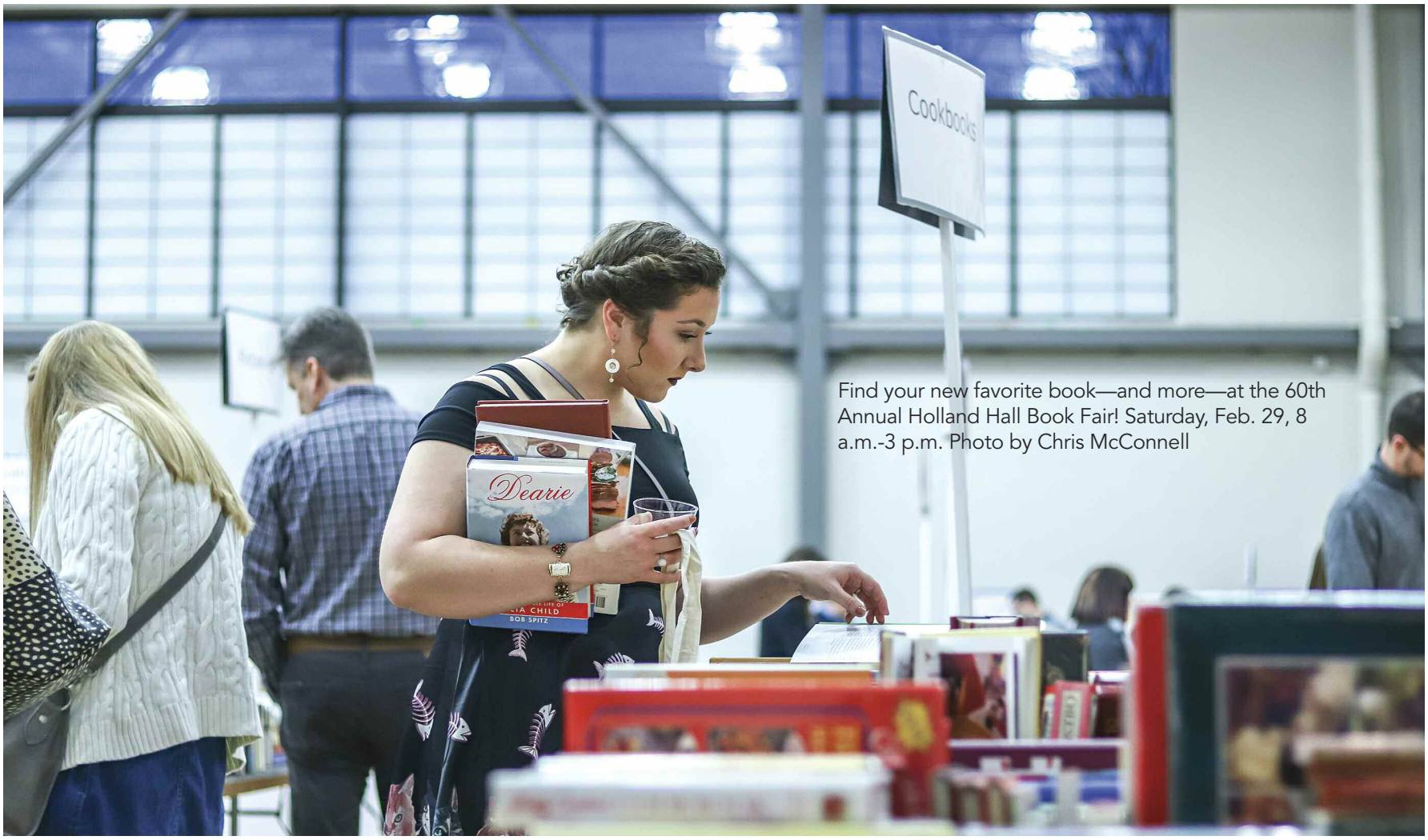


Stay in touch with TulsaKids all month long!

Sign up for our award-winning eNewsletter at tulsakids.com/newsletter.

You'll receive our Weekend Event Roundup, links to our latest blog posts, giveaway reminders and more every Thursday!





Find your new favorite book—and more—at the 60th Annual Holland Hall Book Fair! Saturday, Feb. 29, 8 a.m.-3 p.m. Photo by Chris McConnell

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

February 1 Saturday

TASM RUNWAY RUN
Tulsa Air and Space Museum's Runway Run is the ONLY run in Oklahoma on an airport runway! Participants get to race alongside vintage aircraft and military vehicles. Race-day registration available. Tulsa Air and Space Museum & Planetarium, 3624 N. 74th E. Ave., 10-11 a.m. tulsamuseum.org

STEAM SATURDAY [FREE]
Every first Saturday of the month your family can explore an interactive, hands-on activity designed to spark curiosity in Science, Technology, Engineering, or Math at Gathering Place! Each STEM Saturday activity is completely different, adding a new challenge to test your problem-solving skills. Gathering Place (ONEOK Boathouse), 2600 S. Riverside Dr., 12-2 p.m. gatheringplace.org

SING FOR OUR SCHOOLS PIE FUN-RAISER
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. All Souls Unitarian Church, 2952 S. Peoria Ave., 7-9 p.m. allsoulschurch.org

February 2 Sunday

RHEA LANA'S OF BROKEN ARROW [FREE]
Shop Rhea Lana's of Broken Arrow's consignment sale February 2-6. This event features thousands of gently-used, high-quality children's clothes, baby equipment, shoes, toys, books, etc. Rhema Ninowski Rec Center, 1367 W. Kenosha St., Broken Arrow. Find schedule at brokenarrow.rhealana.com

DROP-IN STUDIO
Join Gilcrease Museum for studio time on the first Sunday of the month. Studio activities are inspired by museum collections and exhibitions, and encourage intergenerational, process-based creative learning. This program is appropriate for all ages and is free with museum admission. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org

MOVIE MATINEE: "GROUNDHOG DAY" (PG) [FREE]
Celebrate Groundhog Day with this comedy classic from 1993. Free

popcorn will be provided. For adults and teens. Central Library, 5th St. and Denver Ave., 2-4 p.m. tulsalibrary.org

February 3 Monday

WALK-IN HEALTH CARE ASSISTANCE [FREE]
Tulsa Healthcare Coverage Program will be on-site to provide individualized assistance with SoonerCare, Insure Oklahoma and the Affordable Care Act. Please bring ID and income verification. For adults. Central Library, 5th St. and Denver Ave., 9 a.m.-12 p.m. tulsalibrary.org

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. Included with regular admission. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

I CAN'T DANCE WITH TULSA BALLET [FREE]
Think you can't do something? Think again! Step outside your comfort zone and try something new at the McKeon Center for Creativity's I Can't workshops. The spring lineup includes crowd favorites as well as some new workshops. On Feb. 3, learn the basics of dance in a fun and relaxed atmosphere. No experience or special shoes required. McKeon Center for Creativity, 910 S. Boston Ave., 12-12:45 p.m. tulsacc.edu

February 4 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 and Thursdays, 9:30-11 a.m. Cost is 50 cents/child per visit. No Bikes and Balls during school holidays. Whiteside Community Center, 4009 S. Pittsburg Ave. cityoftulsa.org



GRAND EXPERIENCE: STEPPE INTO ASIA
Grandparents and children will discover the animals that call the Lost Kingdom home. From red pandas to Komodo dragons, participants will learn about some of their favorite species while creating fun-filled memories that will last a lifetime. Grandchildren must be 5-12 years old. Grandparents can be any age. Cost is $25 per pair, 10% off for zoo members. More information at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

AQUA TOTS
Every good aquanaut started as an Aqua Tot! Bring your future ocean explorers (ages 2-5) for story time by the sea. First Tuesday of every month. Included with admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10:30 a.m. okaquarium.org

TARC HISPANIC FAMILY SUPPORT GROUP [FREE]
The Hispanic support group is for parents who have children with intellectual or developmental disabilities. Children are welcome. Guest speakers present on a variety of helpful topics, and then parents have a chance to interact with other parents. For more information, please call Hannah Chaboya at: 918-582-8272 ext. 210. Catholic Charities, 2450 N. Harvard Ave., 6-7:30 p.m. ddadvocacy.net

February 5 Wednesday

WELCOME WEDNESDAY AT HOLLAND HALL [FREE]
Interested in Holland Hall? Go to a Welcome Wednesday open house! 8-10:30 a.m. for Middle or Upper School students; 9:15 a.m. to 10 a.m. for Primary School students. Holland Hall, 5666 E. 81st St. hollandhall.org

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 Discover 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. North, 10 a.m.

February 6 Thursday

HOMESCHOOL DAY AT OKLAHOMA AQUARIUM
Homeschool students and educators are invited to visit for day of special activities and discounted admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m. okaquarium.org

HANDS-ON STORYTIME! [FREE, W]
Busy hands, busy brain! Preschoolers learn through hands-on activities. We will explore, experiment and create. Be ready to get messy! For ages 3-5 and their caregivers. Central Library, 5th St. and Denver Ave., 10:30-11 a.m. tulsalibrary.org

SAFE KIDS CAR SEAT CHECKUP [FREE]
Make sure your child's car seat is installed correctly! Broken Arrow Fire Station 6, 3151 N. 9th St., Broken Arrow, 1-3 p.m. safekidstulsa.com

EDUCARE TALKING IS TEACHING FAMILY ENGAGEMENT NIGHT [FREE]
The Educare Talking is Teaching family engagement night is Feb 6 for families with children birth-five. Dinner is provided and all families leave with a new book. For more information, call 918.779.6250. MacArthur Educare, 2190 S. 67th E. Ave., 6 p.m. talkingisteaching-tulsa.com

February 7 Friday

NATIONAL TAKE YOUR KID TO THE LIBRARY DAY: ERIC CARLE ART WORKSHOP [FREE]
Create art in the style of Eric Carle. For preschool and elementary-aged children. Sponsored by the Friends of the Tulsa City-County Libraries. Broken Arrow Library/South, 3600 S. Chestnut Ave., Broken Arrow, 4:30-5:30 p.m. tulsalibrary.org

FIRST FRIDAY ART CRAWL [FREE]
Tulsa Arts District's First Friday Art Crawl features free admission to select district galleries plus other special activities. Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

February 8 Saturday

SECOND SATURDAY [FREE]
Visit Philbrook on the second Saturday of each month for free family-friendly art-making, tours, and activities for kids of all ages in the museum and in the gardens. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-4 p.m. philbrook.org

G.R.O.W. SECOND SATURDAY [FREE]
Gather and read every second Saturday of the month at G.R.O.W. (Gather and Read On Wheels) Mobile Library events, in partnership with Tulsa City County Library. Starting at 9:30 a.m. in ONEOK Boathouse, G.R.O.W. Second Saturdays feature activities designed to spark interest in reading. Gathering Place guests can browse through the G.R.O.W. book selection and read together in the Park or use their TCCL Library cards to check-out books and take them home to read. Gathering Place, 2600 S. Riverside Dr., 9:30 a.m.-12 p.m. gatheringplace.org

2ND SATURDAY SILENTS: DIARY OF A LOST GIRL (1929)
2nd Saturday Silents presents Louise Brooks in "DIARY OF A LOST GIRL" (1929). This silent German drama will feature live accompaniment by Bill Rowland on Circle Cinema's original 1928 pipe organ, with walk-in music provided by House Organist Phil Judkins. Adults are $5, Children $2. Circle Cinema, 10 S. Lewis Ave., 11 a.m.-12:30 p.m. circlecinema.org

SNOOZA-PA-ZOO-ZA FAMILY OVERNIGHT: YEAR OF THE RAT
The first family overnight of 2020 celebrates the Chinese Year of the Rat! Learn about zodiac animals, enjoy animal encounters, roast marshmallows on a nighttime zoo tour, breakfast and more. 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 Tulsa Zoo, 6421 E 36th St. North, 6:30 p.m.-10 a.m.

February 9 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 10:30-11:30 a.m. discoverylab.org

FULL MOON NATURE HIKE
Take a self-guided hike through native prairie and forest to experience the nocturnal sights and sounds. You may hear or see owls in the night sky or hear coyotes calling in the distance. Wear comfortable walking shoes and bring a flashlight for this 1.5 mile hike. Event is come and go. A cash bar will be available for refreshments before or after your walk. Cost is $10 per person for members; $15 for non-members. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5:30-7:30 p.m. tulsabotanic.org

February 10 Monday

DANCE & SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

BUILD A READER STORYTIME: FAMILY [FREE]
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. Bixby Library, 20 E. Breckenridge Ave., 10:30-11 a.m. Repeats Feb. 10 and 24. tulsalibrary.org

EVENING TINY TOTS AT WHEELS AND THRILLS
Kids 6 and under are invited to skate, play, ride and jump! Admission is $7 or, if you'd like dinner included, $12. Don't forget your socks! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 6-8 p.m. wheelsandthrills.com

February 11 Tuesday

OPEN GYM FOR TOTS [FREE, W]
This is an open gym time for kids ages 1-5. There will be mini basketball, hula hoops and more. Bring your own riding toy! Meets Tuesdays and Thursdays from 10-11:30 a.m. Hicks Park, 3443 S. Mingo Rd. cityoftulsa.org

BUILD A READER STORYTIME: BABIES & TODDLERS/STAY AND PLAY [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Stay after storytime for games, toys and activities that foster critical early literacy skills. Brookside Library, 1207 E. 45th Pl., 10:15-11:05 a.m. tulsalibrary.org

February 12 Wednesday

MARDI GRAS MASKS [FREE]
Get ready for Mardi Gras by decorating your own mask. Supplies are limited and are on a first-come-first-serve basis, so get here early! For ages 9-17. Nathan Hale Library, 6038 E. 23rd St., 3:30-5:30 p.m. tulsalibrary.org

ORU MEN'S BASKETBALL HOME GAME
Cheer for the ORU Men's Basketball team! Mabee Center, 7777 S. Lewis Ave., 7 p.m. oruathletics.com

February 13 Thursday

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

MOMS DEMAND ACTION OKLAHOMA FEBRAURY MEETING [FREE]
Learn more about Moms Demand Action at the group's monthly meeting. Bring a friend! Get the link to RSVP at facebook.com/MomsDemandActionOK. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6:30-7:30 p.m.

February 14 Friday

HAPPY VALENTINE'S DAY! DON'T MISS OUR SWEET ROUNDUP OF VALENTINE'S DAY EVENTS!

February 15 Saturday

DRAWING RALLY 2020 [FREE]
75 artists work side-by-side to create original pieces of art. Finished

work will be available for purchase on the spot on a first come, first served basis for a ridiculously affordable price. Proceeds support Philbrook arts and education programming. Cabin Boys Brewery, 1717 E. 7th St., 6-9:30 p.m. philbrook.org

YOUTH SERVICES OF TULSA COFFEE HOUSE [FREE, W]
Youth ages 12-18 have a place to hang out, express themselves and enjoy live music, wifi and free hot beverages courtesy of QuikTrip. Coffee House is open every Saturday night from 7-11 and admission is always free. Youth Services of Tulsa, 311 S. Madison Ave., 7-11 p.m. yst.org

February 16 Sunday

SUNDAY FAMILY NATURE WALK [FREE]
Every third Sunday of the month, spend your day strolling through the Park as you learn about nature and explore the many ecosystems that call Gathering Place their home at Sunday Family Nature Walk! Sunday Family Nature Walk begins and ends at ONEOK Boathouse, with two separate walk times available at 11 a.m. and 1 p.m., and is free and open for all ages! Gathering Place, 2600 S. Riverside Dr. gatheringplace.org

FUNDAY SUNDAY[FREE]
The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances from 12-4 p.m. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10 a.m.-5 p.m.

February 17 Monday

SENSORY FOR THE YOUNG SCIENTIST
Every third Monday of the month, let your little scientists explore their senses! New activities have been designed to introduce children to chemistry, physics, and natural sciences, all while practicing fine and gross motor skills with a caregiver! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30–11a.m., discoverylab.org

February 18 Tuesday

BUILD A READER STORYTIME: BABIES [FREE, W]
Learn and enjoy songs, stories and activities that are just right for your little one at this lapsit storytime. For newborns to 2-year-olds and their caregivers. Hardesty Library, 8316 E. 93rd St., 10-10:20 a.m. tulsalibrary.org

February 19 Wednesday

SEARCHING FOR STORYTIMES? FIND A COMPLETE LIST OF TCCL STORYTIMES AT TULSAKIDS.COM/STORYTIMES!

February 20 Thursday

MUSIC AND MOVEMENT/ MOVIMIENTO Y MUSICA [FREE]
This is an interactive program featuring songs, dancing and lots of fun. For infants, toddlers and preschoolers. Registration is required. Register at www.tulsalibrary.org/events or call 918-549-7323. // Venga con nosotros a esta programa interactiva con canciones, bailes y mucha diversión. Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, 10:30-11:30 a.m.

CREATIVITY MATTERS CRAFTERS SERIES: INAUGURAL MEETING [FREE]
Learn the art of macramé as participants make key chains. Supplies are limited and are on a first-come-first-serve-basis. For ages 13 and up. Nathan Hale Library, 6038 E. 23rd St., 4-5:30 p.m. tulsalibrary.org

ART LAB: MAKE YOUR OWN WAND [FREE]
The wand may choose the wizard, but who says a crafty witch or wizard can't make their own? Come and create some fun wands with us! Supplies are provided. For elementary students to adults. Schusterman-Benson Library, 3333 E. 32nd Pl., 5:30-7:30 p.m. tulsalibrary.org

MISS HELEN'S PRIVATE SCHOOL OPEN HOUSE (ALL AGES) [FREE]
Miss Helen's Private School is a family-owned, family-focused business celebrating over 60 years. Learn more about Miss Helen's Private School, which serves ages 3 through 5th grade, at this Open House. An additional Open House for children entering Kindergarten through 1st Grade is available on Tuesday, Feb. 4, 6-7 p.m. Miss Helen's Private School, 4849 S. Mingo, 6:30-8 p.m. misshelens.com

February 21 Friday

TULSA DAY OF YA: OPENING KEYNOTE ADDRESS: JUSTINA IRELAND IN CONVERSATION WITH JULIANA GOODMAN [FREE]
Justina Ireland, bestselling author of "Dread Nation" and other books for young adults, will be in conversation with Tulsa Artist Fellow Juliana Goodman. Books will be available for purchase, courtesy of Magic City Books. A book signing will follow. The main Tulsa Day of YA conference will take place Feb. 22. Don't forget to register for this free day of writing workshops and author panels! Call 918.549.7490 for more information. Sponsored by Tulsa City-County Library, Tulsa Library Trust, Nimrod International Journal and Tulsa Studies in Women's Literature Journal. For teens and adults. Central Library, 5th St. and Denver Ave., 7-8:30 p.m. tulsalibrary.org

February 22 Saturday

TULSA DAY OF YA: AUTHOR PANELS, WRITING WORKSHOPS AND MORE! [FREE]
This free one-day event celebrates young adult literature, writing, authors and fans. All readers of YA are welcome! Registration is required, and lunch is provided. Visit www.tulsalibrary.org/tulsa-day-ya to register or for more details. For teens and adults. Central Library, 5th St. and Denver Ave., 9 a.m.-5 p.m.

MARCH & RALLY—SUFFRAGE COMMEMORATION [FREE]
Tulsa Historical Society & Museum is holding a March and Rally to commemorate the 100th Anniversary of Women's Suffrage! Get more info and register to participate at tulsahistory.org/event/suffrage. Tulsa Historical Society & Museum, 2445 S. Peoria Ave., 11 a.m.-2 p.m.

ZOO INSIDER: ANIMALS OF ASIA
Teenagers will journey from the snow leopard's Himalayan habitat to bamboo forests where red pandas dwell, all while discovering what it's like to work in a zoo. Cost $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

INTRODUCE A GIRL TO ENGINEERING DAY
Girls and their female role models or mentors are invited to work together to solve an engineering challenge during one or all of our classroom sessions during this 1-day event. Upon entry, grab a passport and see where innovation takes you! Drop-in activities available throughout the day. For girls ages 7 and older, accompanied by an adult. Register at discoverylab.org/events. Discovery Lab, 560 N. Maybelle Ave., 9:30 a.m.-5 p.m.

February 23 Sunday

RHEA LANA'S OF SOUTH TULSA [FREE]
Find thousands of consignment items to benefit your family at Rhea Lana's of South Tulsa, February 23-29! Woodland Hills Mall, 7021 S. Memorial Dr. Find the schedule at southtulsa.rhealana.com.

ALL AGES DRAFTS AND CRAFTS
Make whatever you'd like with the assistance of artist Sarah Bowen and pay per item—one for $8 or a family deal of 3 for $20! You can even grab lunch to munch while you craft at 1907 BBQ right out front. Cabin Boys Brewery, 1717 E. 7th St., 12-3 p.m. tinythingsbyyou.com/events

MID-AFTERNOON FROLIC TALENT SHOW
Join the Will Rogers Museum for a Mid-Afternoon Frolic Talent Show! Students 5-18 years old are qualified to enter and must register by February 20. Any talent is accepted as long as its family friendly. Prizes for 1st, 2nd, and 3rd places are awarded. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 2-4 p.m. willrogers.com

February 24 Monday

MOVE IT MONDAY!
Move to music and play some games! 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., 10:30am – 11am, discoverylab.org

February 25 Tuesday

BUILD A READER STORYTIME: BILINGUAL TODDLERS/CUENTOS BILINGÜES [FREE, W]
Join Ms. Stephanie for stories, rhymes and songs in English and Spanish that help your baby or toddler develop important early literacy skills. // Disfruta de cuentos, canciones y actividades en inglés y español. Ven y disfruta de un momento con la Srta. Stephanie, vamos a leer cuentos, cantar rimas y canciones que ayudan a tu bebé a aprender de una manera divertida. Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, 10:30-11 a.m. tulsalibrary.org

YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to 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, 5th St. and Denver Ave., 5:30-6:30 p.m. tulsalibrary.org

February 26 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., 4:30-6 p.m. ddadvocacy.net

February 27 Thursday

ORU WOMEN'S BASKETBALL HOME GAME
Cheer for the ORU Women's Basketball Team at the Mabee Center, 7777 S. Lewis Ave., 5 p.m. oruathletics.com

AFRICAN-AMERICAN HERITAGE BOWL: 1921 TULSA RACE RIOT/MASSACRE CENTENNIAL EDITION [FREE]
TEAM REGISTRATION DEADLINE: Feb. 10 Participation is open to junior high schools, high schools, social and business organizations, churches, book clubs and families. The competition features a Junior High School Bowl, High School Bowl and a Community Bowl. Trophies will be awarded for first, second and third place in each bowl. Plus, first-place Junior High School Bowl and High School Bowl teams will receive Amazon Fire tablets for each team member. Each team can consist of up to four players and two alternates. Only two teams may compete per school. Team registration deadline is Feb.
10. Contact Adrienne.Teague@tulsalibrary.org to register and for a team packet.
This year's quiz book was created by 1921 Tulsa Race Riot Commission members Vivian Clark Adams, Ph.D., and historian Jimmie White, along with African-American Resource Center Coordinator Alicia Latimer. Filled with information from newspapers, magazines, books and eyewitness testimonies, the African-American Heritage Bowl – 1921 Tulsa Race Riot/Massacre Centennial Edition quiz book is a historic, one-of-a-kind treasure.
Sponsored by Tulsa City-County Library's African-American Resource Center, the Tulsa Library Trust, and Jim and Sally Frasier. Rudisill Regional Library, 1520 N. Hartford Ave., 6-9 p.m. tulsalibrary.org

February 28 Friday

JUST BETWEEN FRIENDS BROKEN ARROW: ALL SEASON SALE
Bag unbeatable bargains at JBF-Broken Arrow's All Season Sale! Open 10 a.m.-7 p.m. on Friday and Saturday, Feb. 28-29, and 10 a.m.5 p.m. on Sunday, March 1. Rhema Ninowski Rec Center, 1421 W. Kenosha St., Broken Arrow ba.jbf-sale.com

FAMILY GAME NIGHT
Join the Whiteside staff for a night of your kids' favorite camp games! Dodgeball, spiderball, Hot-feet, Ships & Sailors and more! Cost is $15 per family (kids in Kindergarten thru 6th) Sign up online at www.tulsaparks.org Registration Deadline: Wednesday, February 26. Whiteside Community Center, 4009 S. Pittsburg Ave., 6-8 p.m.

WILL ROGERS MOVIE NIGHT: "OUR LITTLE GIRL" [FREE]
Enjoy a free movie with popcorn and drinks at the Will Rogers Theater! Doors open at 6:30 p.m., and the movie starts at 7. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 7 p.m. willrogers.com

FEBRUARY 29 Saturday

HOLLAND HALL BOOK FAIR
Holland Hall's popular book fair is back for its 60th anniversary! Featuring thousands of gently used, quality adult and children's books, toys, games, educational resources and more! Holland Hall, 5666 E. 81st St., 8 a.m.-3 p.m. hollandhall.org

A LEAPIN' LEAP YEAR PARTY WITH THE TULSA ZOO [FREE]
Celebrate Leap Day! The Tulsa Zoo will be at the library chatting about various animals that leap. Plus, they'll bring a leapin' animal for everyone to see. For all ages. Schusterman-Benson Library, 3333 E. 32nd Pl., 11 a.m.-12 p.m. tulsalibrary.org

SEED STARTING WORKSHOP
Get a jump on your summer plantings with Ellen Weatherholt, curator of the Children's Discovery Garden. Using readily available household materials, Ellen will guide participants through the creation of their own "mini-greenhouse" along with the process of sowing seeds. The seeds started in March may ultimately be transplanted into a summer veggie garden. Think tomatoes, peppers and herbs! All materials will be provided. Bring a friend! Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 3:30 p.m. tulsabotanic.org

SPLASH! MARDI GRAS
Come make a SPLASH at the Oklahoma Aquarium's largest annual fundraiser. SPLASH! is a unique event that brings together craft beers from area breweries, food by top local chefs, and live entertainment. Also on tap will be games and prizes, a silent auction and raffle, and a mechanical bull shark, making this one of Tulsa's can't-miss events. 21+ only. Pre-register at okaquarium.org. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7-10 p.m.

**We make every effort to ensure the accuracy of our calendar information. However, you should always confirm dates, times, locations and other information.*

February Showtimes



LET THE YELLOW BRICK ROAD LEAD YOU STRAIGHT TO THE TULSA PAC FOR TULSA BALLET'S PRODUCTION OF DOROTHY AND THE PRINCE OF OZ, COMING FEBRAURY 14-16. DETAILS AT TULSABALLET.ORG.

THE SOUND OF MUSIC
When: February 1, 6, 7and 8 at 7:30 p.m.; February 2 and 9 at 2 p.m. (Additional dates in January)
Where: Clark Youth Theatre, 4825 S. Quaker Ave.
When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters gradually captures the heart of the stern Captain. The motion picture version remains the most popular movie musical of all time, and The Sound of Music returns to CYT for the 2020 musical production. clarkyouththeatre.com

I HAVE BEFORE ME A REMARKABLE DOCUMENT GIVEN TO ME BY A YOUNG LADY FROM RWANDA
When: February 6-8, 8 p.m.; February 8-9, 3 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Inspired by the real life experiences of Rwandan refugees in the UK, this play tells the story of two people from entirely different worlds who meet at a refugee center in London. Juliette is a young Rwandan asylum seeker, determined to write a book on the genocide that killed her family. Simon is a middle-aged failing novelist whose job is to help people write. Presented by OK World Stage Theatre Company. tulsapac.com

CLASSICS V: MOZART AND GRIEG
When: February 8, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
In celebration of the 2020 Summer Olympics, this program commences with the sonic olympiad that is Michael Torke's effervescent Javelin. Praised by the New York Times for his alluring, colorfully shaded renditions," guest artist Sean Chen performs Grieg's lyrical Piano Concerto. The evening concludes with Mozart's majestic Symphony No. 39. Guest conductor Leslie Dunner takes the podium. tulsasymphony.org

PIONEER WOMEN: CONCERTS WITH COMMENTARY
When: February 11, 7:30-8:30 p.m.
Where: Lorton Performance Center, 550 S. Gary Place
Join the TU School of Music faculty at Concerts with Commentary, a concert series designed to acquaint you with the varied and unusual repertoire for instruments and voice. Led by award-winning TU professors Judith Pannill Raiford (soprano), Brady McElligott (baritone/piano) and Diane Bucchianeri (cello), Pioneer Women will be an informal and lively hour-long concert beginning with insightful commentary about the music and conclude with an opportunity to

continued next page

converse with the musicians. It's like taking a music class but with no homework! Every concert is free and open to the public. calendar.utulsa.edu

DANIEL TIGER'S NEIGHBORHOOD LIVE!
When: February 12, 6 p.m.
Where: Tulsa Theater, 105 W. M.B. Brady St.
Daniel Tiger's Neighborhood is coming to the Tulsa Arts District! Don't miss this chance to see some of your kids' favorite characters. tulsatheater.com

THE PENGUIN PROJECT: THE LION KING JR.
When: February 14-16
Where: Casica Hall PAC, 2520 S. Yorktown Ave.
Clark Youth Theatre is excited to present the 5th year of The Penguin Project in Tulsa! The Penguin Project is an organization that produces musicals with children with developmental disabilities. They are joined on stage by "peer mentors," a group of children without disabilities, who work with them side-by-side to guide them in rehearsals and performances. clarkyouththeatre.com

DOROTHY AND THE PRINCE OF OZ
When: February 14-15, 7:30 p.m.; February 16, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Land of Oz is in danger, and only Dorothy can return and help restore peace to this magical world. With help from her friend Scarecrow, she braves a dangerous journey to save the Prince and reunite the kingdom, finding love along the way. Edwaard Liang's ballet is "visually stunning" (Tulsa World), featuring vibrant costumes, epic battle scenes, and animated puppets from visionary Basil Twist. tulsaballet.org

POPS: QUEENS OF ROCK AND SOUL
When: February 14-15, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
"What's Love Got To Do With It?" Join LaKisha Jones, finalist from the sixth season of American Idol, as she sings beloved hits of Tina Turner, Whitney Houston and Aretha Franklin. signaturesymphony.org

AUGUST: OSAGE COUNTY
When: February 15, 21 and 22, 8 p.m.; February 16, 22 and 23, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Tulsa playwright Tracy Letts' Pulitzer Prize-winning triumph. Following their patriarch's suicide, the Weston family comes together in Osage County, Oklahoma. Buried secrets are revealed and the bonds of family are tested in this frighteningly poignant show that proves the deepest scars come from the ones you love the most. Presented by Theatre Tulsa. tulsapac.com

GODSPELL
When: February 14-15, 21-22, 8 p.m.; February 16 and 23, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
This 2012 revival version tells the story of the Gospel of Matthew in modern-day New York City. A small group of people help Jesus tell different parables by using a wide variety of games and storytelling techniques with hefty doses of comic timing. An eclectic blend of songs, ranging in style from pop to vaudeville, is employed as the story of Jesus and his messages of kindness, tolerance and love come vibrantly to life. Presented by Tulsa Project Theatre. tulsaprojecttheatre.com

JACKIE VENSON IN CONCERT
When: February 15, 7 p.m.
Where: Woody Guthrie Center, 102 E. M.B. Brady St.
Jackie Venson brings her dynamic music back to Tulsa for a concert Feb. 15 at the Woody Guthrie Center Theater. Tickets are $30 in advance, available online, by phone at 918-574-2710 or at the Woody Guthrie Center front desk. woodyguthriecenter.org

SISTEMA BENEFIT CONCERT
When: February 18, 7-8:30 p.m.
Where: Boston Avenue United Methodist Church Sanctuary, 1301 S. Boston Ave.
Sistema Tulsa is proud to present virtuoso violinist Tessa Lark. She has consistently been praised by critics and audiences for her astounding range of sounds, technical agility, and musical elegance. A budding superstar in the classical realm, she is also a highly acclaimed fiddler in the tradition of her native Kentucky, delighting audiences with programming that includes Appalachian and bluegrass music and inspiring composers to write for her. sistematulsa.networkforgood.com

MADAMA BUTTERFLY
When: February 28, 7:30 p.m.; March 1, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
An unscrupulous American naval officer (tenor Matthew White) marries a young Japanese geisha (soprano Maria Natale) who believes that their love is eternal, leading to a heartbreaking betrayal. Last presented by Tulsa Opera in 2012, Francesca Zambello's production of Puccini's Madama Butterfly returns to the stage under the direction of John de los Santos with James Lowe conducting. tulsaopera.com

TROLLS LIVE!
When: February 29, 10 a.m., 2:30 p.m. and 6:30 p.m.; March 1, 11 a.m. and 3 p.m.
Where: BOK Center, 200 S. Denver Ave.
Get ready for another hair-raising adventure when Poppy, Branch and all their Trolls friends come to life on stage in Trolls LIVE!, their first ever live tour! Jam-packed with epic music, glitter, humor and happiness, Trolls LIVE! will visit the BOK Center for five Trolls-tastic performances. Children over a year old will require a ticket. bokcenter.com




The silent film series featuring Circle's 1928 theatre pipe organ!
Second Saturday of the month at 11:00AM!
$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK
CIRCLECINEMA Sooner State Chapter American Theatre Organ Society tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.

BY LAURA LYLES REAGAN

head lice **myths** and **solutions**

Surprise! Winter months give kids the opportunity to share hats and hats give kids the opportunity to share combs and brushes for hat hair. But all that sharing may result in an unwanted occupant – lice!

According to Jessie Foley, director of clinics with Lice Clinics of America in Tulsa, Oklahoma City and Northwest Arkansas, the most common way for people to contract lice is head-to-head contact.

"It only takes three seconds for lice to climb the hair shaft and go to their food source," Foley said. Any time kids are in close contact with one another, lice are possible.

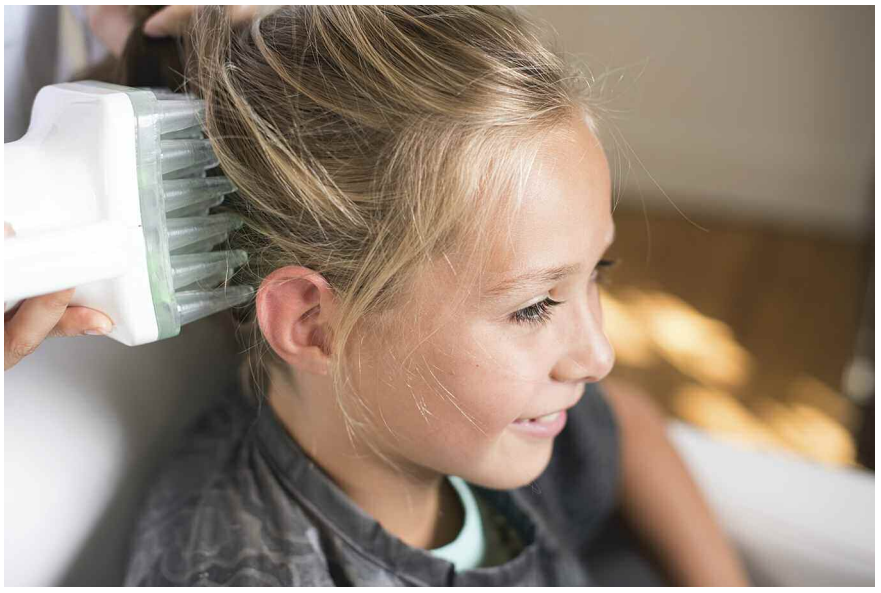
Here are some myths about lice, and some solutions for battling them if your kid comes home with a scalp full of uninvited guests.

Myth #1 – Head lice infestations occur because of a lack of cleanliness.

Head lice love clean hair! It is easier for them to grip the base of the hair shaft so they can lay their eggs. Lice feed off a blood protein, which they obtain from biting the scalp, their food source.

Myth #2 –Head lice are contracted from pets.

The Center for Disease Control reports, head lice infestation, or pediculosis, is spread most commonly by close person-to-person contact. While head lice can be perceived as contagious, head lice are really human parasites. The CDC uses language like infestation rather than infection. Dogs, cats, and other pets do not play a role in the transmission of human lice. So don't blame the dog or cat for your child's lice.



AIRALLÉ TREATMENT IS AN EFFECTIVE, ONE TREATMENT WAY, TO KILL LICE AND EGGS.

Myth #3 – Lice hop or fly from one infected person to the other.

Head lice multiply easily if there is close proximity to an affected person, or the brush, combs or hats of affected persons are shared. Head lice are spread most commonly from head-to-head contact. Head lice do not hop or fly. Lice have no hind legs to hop and no wings to fly. Head lice do crawl, quite rapidly at times, and blend into the hair shaft very well.

"Hugs and selfies are a big way to get lice," Foley said. "This year [the clinic] did an entire cheerleading team. Keeping hair pulled back in a ponytail or a bun can help prevent lice from getting to the hair."

Myth #4 – After a lice infestation you must mega-clean your house, top to bottom including steam the carpets, curtains and burn the mattresses!

Housecleaning myths for lice eradication abound! Lice are not bedbugs. They do not survive off their host's head. Lice have approximately a 48-hour or less survival rate when they are off of their food source – the head.

Simple vacuuming, including upholstered furniture, will work to pick up bugs and eggs.

Foley also suggests putting bedding in a hot dryer, and placing hairbrushes and combs in a "breathable" plastic bag (not ziplock) in the freezer for 48 hours to kill lice and eggs.

"The Lice Clinics of America provides head checks, treatments, preventive treatments and products at our locations," Foley said.

Myth #5 - Head lice will go away in one-day shampooing with over-the-counter pesticides and will kill all lice and their eggs.

If you choose to go to a doctor for a prescription shampoo or whether you choose one or more of the numerous green products, consistent comb-outs with a lice comb is required after the shampooing to remove all lice and eggs and follow-up comb-outs will be required. Even then, it may not kill all the lice and eggs.

AirAllé treatment. Today's lice are resistant to over-the-counter pesticides. Avoid using them.

If using prescription shampoo, follow directions for the product. The initial comb-out may take up to two hours. Finish one small section of hair at a time and move to the next section.

When using this method,

continued next page

you will need to follow up with comb-outs either every day for seven days after shampooing, or if the initial comb-out was thorough, another one may not be needed until the seventh day. Either way, follow-up is vital.

The current "super lice" are often resistant to this treatment, regardless of follow up.

"Super lice are pesticide resistant," Foley says. "Over-the-counter meds kill only about 25 percent of bugs. Prescriptions kill about 50 percent of bugs, but not the eggs."

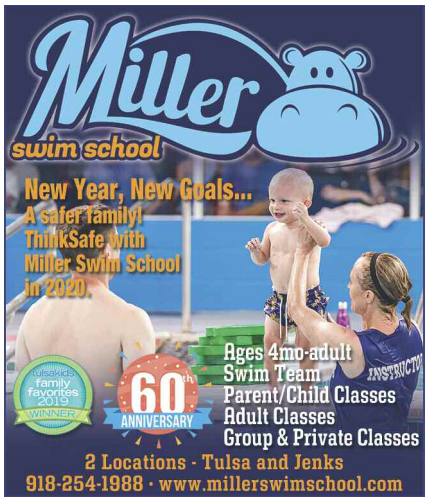
The AirAllé controlled heat technique that Lice Clinics of America uses, is an FDA-cleared medical device that takes approximately one hour to 90 minutes, depending on the length and thickness of a person's hair. It is non-toxic, pesticide-free, and is 99.2 percent effective in killing lice and eggs by dehydrating them. The treatment includes using AirAllé, and a debris removal as well as a non-toxic oil application. Other family members should be checked for lice in order to guarantee effectiveness. Kids can return to school the same day they receive treatment. Foley says that if eggs are found on the hair over the next 30 days, the eggs have been dehydrated during the treatment, so they are harmless and will come off.

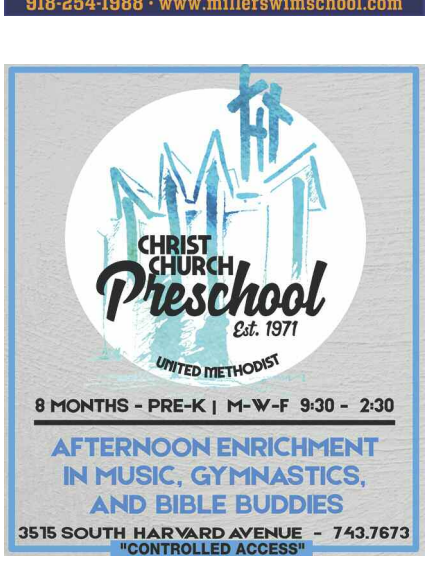
While it may be tempting to think you can "heat treat" your child's lice infestation at home with a hair dryer, Foley says the unregulated heat can be dangerous, potentially causing burns to the scalp.

Lice are as common as a cold. Any time groups of people are together, the potential for sharing lice increases. For that reason Lice Clinics of America provides camp and school screenings as well as on-site treatments.

And, to protect teachers and school nurses from the "occupational hazard" of lice, the clinic offers free treatment to them with preregistration.













BY MELODY PALMER, YOUTH LIBRARIAN, SOUTH BROKEN ARROW LIBRARY

cooking with kids!

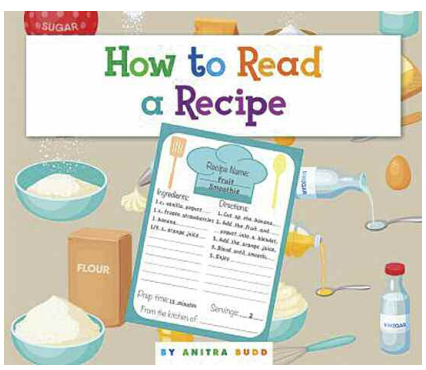
BEST COOKBOOKS TO SHARE WITH YOUR CHEFS-IN-TRAINING

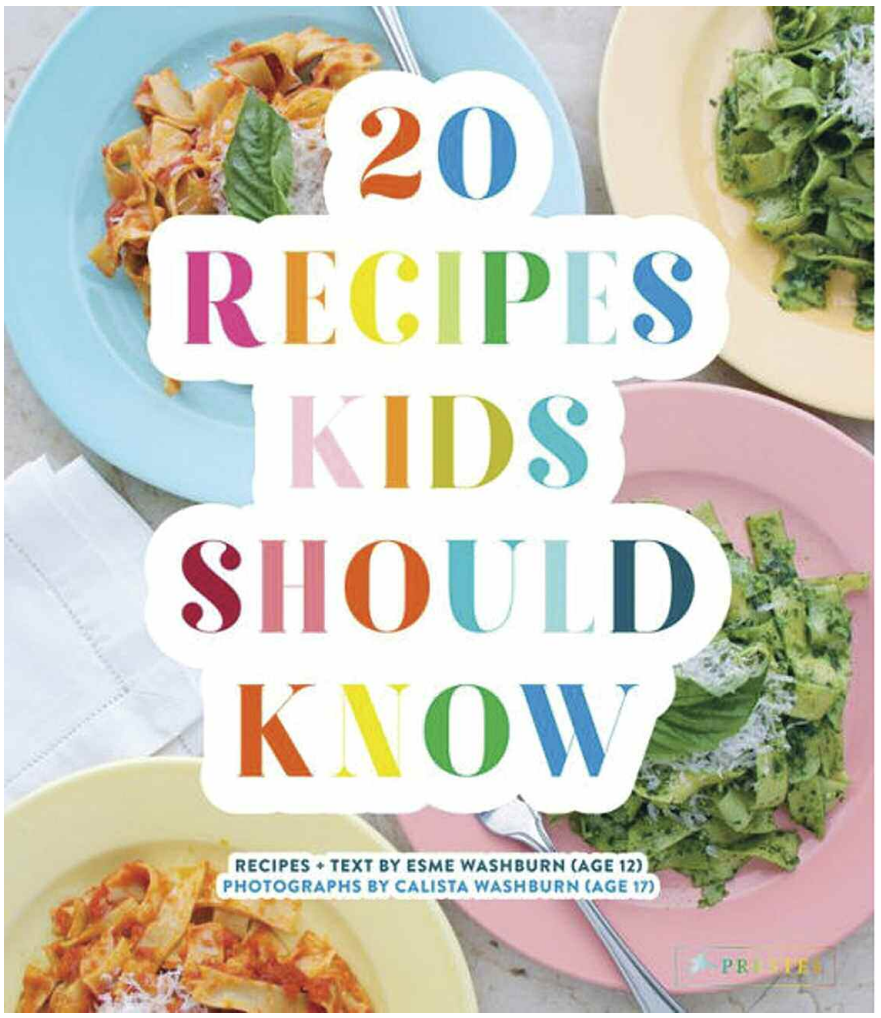
Start with the basics

Let's get cooking! Cooking with your children has multiple benefits – not only are they getting great hands-on science and math experience, it's also a great opportunity for you to connect on a personal level. While you sift and measure, chop and stir, you can be asking your child about what's going on with them, their friends, school projects and more.

I'd like to share some of my favorite cookbooks – available at the library, of course! – to use with your kids as you take on the great adventure of cooking.

Let's start with the basics and "*How To Read a Recipe*" by Anitra Budd. This is the perfect place to start for an absolute beginner cook, whether adult or child. This book informs the reader how to read a recipe, what the abbreviations mean, how to measure, what the recipe title means, important basics like clean hands, tools, and following the directions in order. This is a helpful book for all ages.

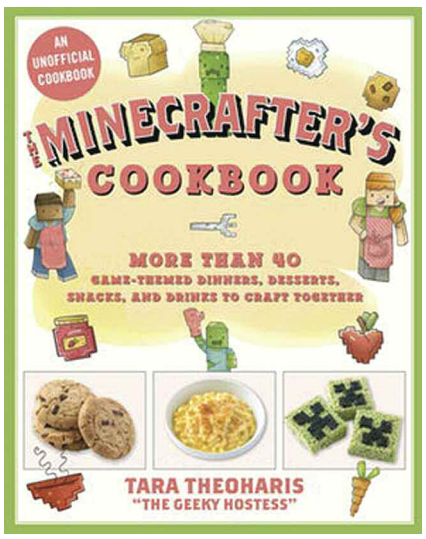




Get Minecraft-y with your cookery

Does your child love Minecraft? They probably know all about food and potions and buffs in-game, while you are more likely concerned with food IRL (in real life).

Let me tell you about *The Minecrafter's Cookbook* by Tara Theoharis. This book makes a perfect bridge between the two and includes more than 40 recipes based on items in the game. Some of the recipe names sound really tasty and some sound really gross, but the recipes themselves are yummy. Here are some examples: Gold Block Sandwiches (grilled cheese sandwiches) and Slime Blocks (gelatin blocks).



The Minecrafter's Cookbook offers a nice selection of snacks, main dishes, desserts and drinks. While it doesn't go

continued next page

into any actual cooking training, it does emphasize that cooking is part science and encourages experiments in ingredient swapping.

The layout of the recipe tells the cook at a glance what tools and ingredients you will need to make it. It provides a nice photo of the end result and gives a cooking tip or a gaming tip, sometimes both! This is a fun book for helping adults understand some of the nuances of a game their child loves as well as providing a fun theme for a party or family game night, where everyone can pitch in to make some of these recipes.

Recipes in this book are straightforward, so most beginner cooks can follow. It also includes a few recipes that present a little more of a cooking challenge and require adult supervision. I highly recommend this fun cookbook for families and gamers.

Recipes kids should know

What's for supper?

Sometimes this question strikes dread in me, even as an experienced home cook. Often, in those situations, I stand in front of the refrigerator with the doors open just thinking, looking for inspiration. What can I make with x, y, or z?

Having several recipes in the back of my mind helps with this task immensely. This book, *20 Recipes Kids Should Know* by sisters Esme and Calista Washburn (who, by the way, are 12 and 17 years old, respectively) gives kids (and other beginner cooks) some recipes to have ready in just such a cooking emergency.

20 Recipes Kids Should Know offers basic instruction in cooking terms and techniques, offers some safety tips, and lists things to do before you begin cooking, like putting your hair up, rolling up your sleeves and reading the recipe. It offers cooking inspiration in the following categories: Breakfast, Lunch, Appetizers, Sides, Desserts, and More. Some that sound particularly tasty (and easy) include Crispy Roasted Vegetables, Crispiest Breaded Chicken, and Chewy Chocolate Chip Cookies. The authors offer substitutions on a number of recipes. They also are not afraid to take on what many would think too difficult for a kid's cookbook: making your own pasta and bread. They break it down step by step and include photos of each step to assist in visualizing their instructions.

While this is categorized as a kid's book (technically, Juvenile Nonfiction), it has recipes for every age and skill level. I highly recommend.

Don't forget: sandwiches!

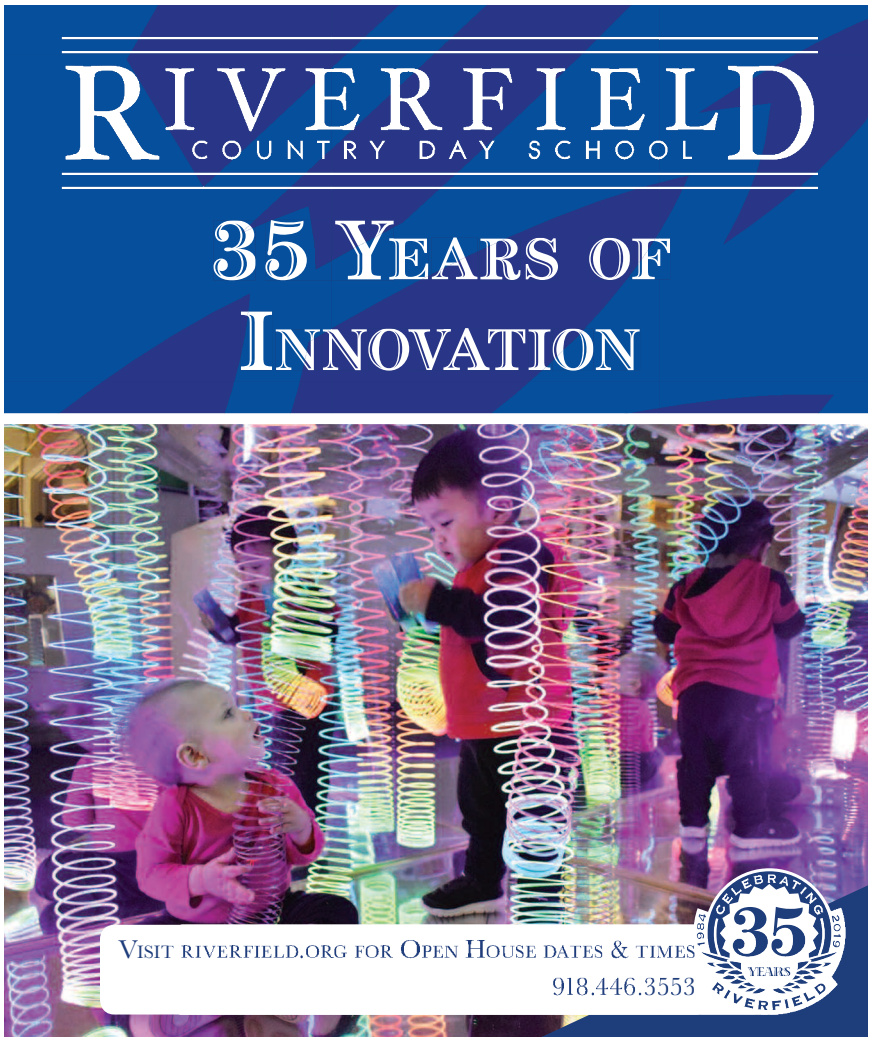
"Everything tastes better squished between two pieces of bread" is often heard at my house, as is "Sandwiches always taste better when someone else makes them!"

Sandwiches! by Alison Deering offers more than 50 recipes at five different skill levels and hundreds of tips for making your perfect sandwich. It also has several "We Dare You" pages filled with ideas to take your sandwich to the next level, like cheese puffs or sliced pickles on a peanut butter sandwich. While those combinations don't appeal to me, some adventurous gastronomes might enjoy the challenge.

Sandwiches! walks the reader through recipes that only need 1) a plate and a knife, 2) recipes that need a toaster and a microwave, 3) an oven/broiler, 4) a stove, skillet, or panini press, and 5) the top of the sandwich-making food chain: the Big Time, which includes extra cooking, recipes and prep work.

The recipes range from a simple PB&J to the Vietnamese favorite Banh Mi and almost every other sandwich you can conceive. It includes recipes for sweet and savory sandwiches, offers creamy and crunchy textures for variety, and cold and hot sandwich options.

If you like sandwiches, this is a must-read homage to the humble and not-so-humble sandwich. Highly recommended.







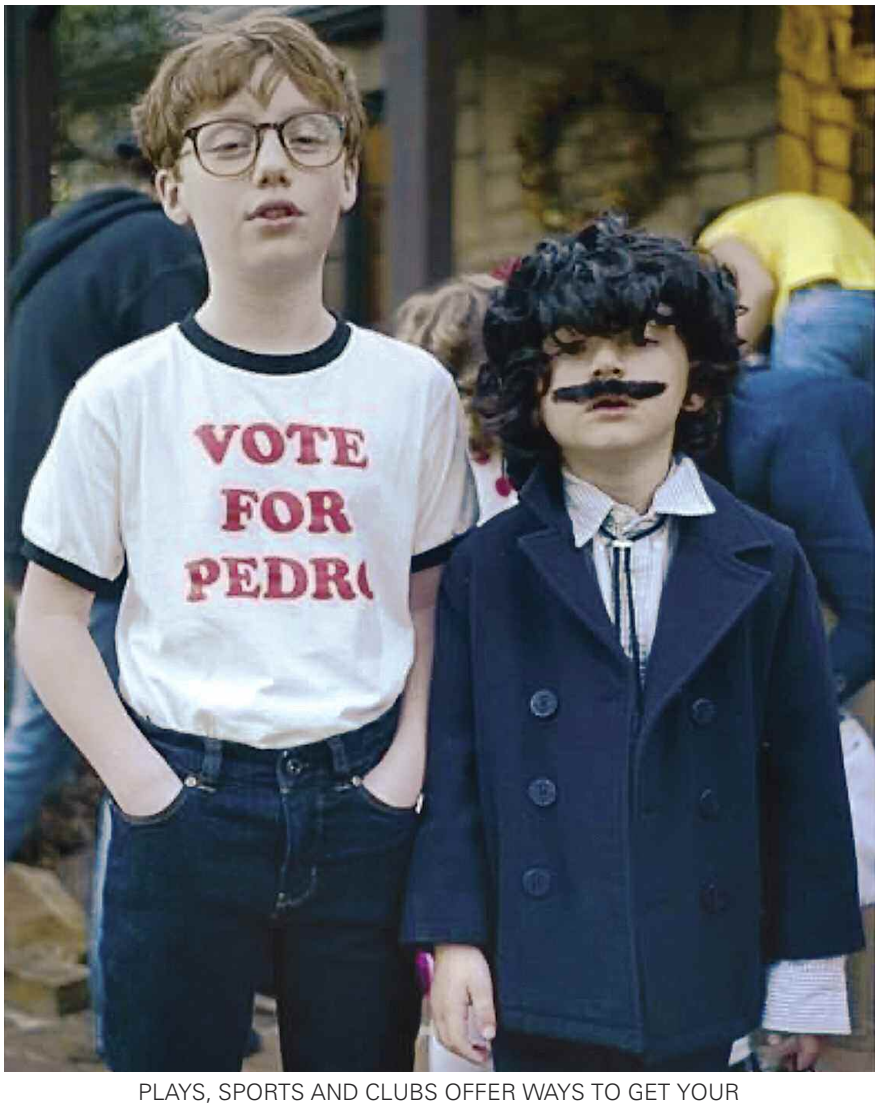
BY NATALIE HANSON

what about socialization?

"What about socialization?" Any homeschool parent will tell you that this is far and away the question they get hit with the most when it comes to their decision to homeschool. The level of curiosity it arouses in outsiders has led to those on the inside referring to it as the "s-word." This fascination with our lack of socialization is baffling to most homeschoolers. We have so many other worries related to our children's education that this one is rarely a top concern. In many ways, I feel like my homeschooled kids are more socialized than I was during my school years, and have more varied experiences than I did. We are able to fill up our time with activities that correlate with our interests. We see friends all the time, just to hang out without school pressures. They have friends of all ages, and aren't phased by babies or adults. We do not live in a bubble and life is busy and full of social interactions.

I think we're good. Or are we?

If the worry is that our kids are going to turn out differently because they do not share those classic school memories that seem so key to our adolescence, then I am sorry to say they may be justified in their concern. Being married to someone who was homeschooled, there are times when his lack of memories of things like recess, lunch ladies, cool kids, mean kids, weird kids, etc. is hard for me to understand. His homeschool existence deprived him of these critical experiences! Like most people, my school years defined my youth. Sometimes it is strange to not be able to connect on those things. I am often tempted to poke fun at his lack of understanding of "normal" things.



PLAYS, SPORTS AND CLUBS OFFER WAYS TO GET YOUR HOMESCHOOLER OUT AND ABOUT.

Whether we realize it or not, we socially connect with others based on having similar experiences. Digging deeper, though, I wonder how valuable is the bond of normalcy? One of the things I admire most about my husband is his ability to work without the constraints of any sort of box. He doesn't even see boxes most of the time, and I can't help but think this is the gift of his lack of "normal" school socialization coming into play.

I recently watched an episode of the James Corden Show where he interviews popstar Billie Eilish in her childhood home. Billie and her brother were always homeschooled. She tells James a story about how her parents would let them stay up as late as they wanted as long as they were doing something creative. If you have seen or heard of Billie Eilish, you know she doesn't dress or sound like anyone else. Yep, all the trappings of an unsocialized homeschool kid. As it turns out, her parents were actually inspired to homeschool their kids after hearing about some funky kids from Oklahoma that were able to pursue their dreams full-time due to their parent's decision to teach them at home.

Remember the scene in "Mean Girls" where Cady Heron gets up to go to the bathroom without asking permission? And then is shocked when she is scolded by the teacher? That scene says it all. There is definitely a chance our homeschoolers are going to grow up and not know when to raise their hand.

So, is lack of socialization a risk with homeschool? Maybe, but I'll roll the dice.

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The Hip Mom Searches for Romance

BY JILL VANTREASE

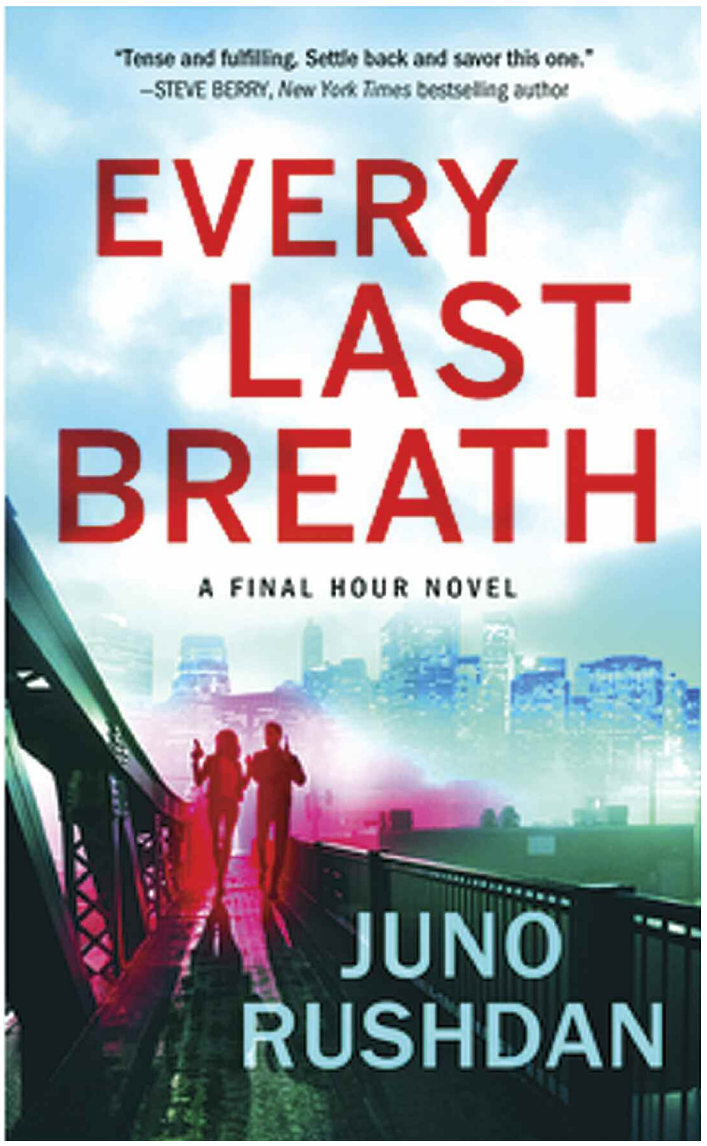
Ah, February: the month of romance! Well, ha ha, you might guffaw — what room is there for romance in the life of a mother? Where is the time for candlelit dinners, technicolor sunsets, breathless whispers and ripped bodices in the midst of diapers, boogers, ear infections and carpools?

Well, I would argue, even if you're not in the throes of early love (remember those halcyon days of our young love affairs?), there's a certain imperative to keeping a bit of romance in your life - even in our lives as harried mothers. Let's take a look at the good old Oxford definition: *noun 1. a feeling of excitement and mystery associated with love.* Well, OK!

I hope you do indeed get a nice date night out with the love of your life this month, and that this date night does indeed bring a flush to your cheeks and a spring to your step. But life is not a string of date nights! What about the second definition of romance? *2. A quality or feeling of mystery, excitement, and remoteness from everyday life.* Hmmm! Now that sounds like something you can consciously cultivate in little, modest ways without having to speed dial some Outlander-esque hero to sweep you off on in his horse and stow you away in his castle (although doesn't that sound kind of fun?).

So. Mystery, excitement and remoteness from everyday life. Let's start with something easy: reading romance novels! Now, I need to admit I've been a little snooty about the genre. Not since I was a lovesick 12-year-old pining away for Jason Queen in my seventh-grade class have I read anything remotely like a Harlequin. Like the book maven Anne Bogel (of Modern Mrs. Darcy) notes, "I didn't used to read romance, largely because I (wrongly) assumed serious readers didn't." And it's true the genre is (sadly) much maligned. But a few savvy readers with great taste convinced me that a good book is a good book, good writing is good writing, and romance writers are some of the best writers out there. A romance goes a step further in that to meet the conventions of the genre, it must have a central love story. And, according to the conventions of the genre, it must have a happy ending. "Must." That doesn't sound like a horrible proposition for gray, dank February! Some suggestions: "Every Last Breath" by Juno Rushdan (a romance with a bit of lethal bioweapon thrown in!), "The Austen Playbook" by Lucy Parker (revolving around the filming of a Jane Austen-based TV adaptation), and "The Prince on Paper: Reluctant Royals" by Alyssa Cole (a bad boy prince!). I've heard several podcasters recommend "Evie Drake Starts Over," about a recent widow who's actually not too sad about said widowhood. My reading goddess friend Jill recommends Katherine Center's "Things you Save in a Fire," and Elin Hildebrand's "Winter in Paradise," and the sequel, "What Happens in Paradise." She also loved "The Unhoneymooners" by Christina Lauren. She notes that

continued next page





the reading tracking website (and app!) Goodreads has lists created by members which show their favorite romance novels.

If you've spurned romance novels like me, it's time to dive in - surely these books will provide that sense of "mystery, excitement and remoteness from everyday life." Note: a fun podcast to listen to if you're interested in diving into the genre is "Learning the Tropes" - where Erin (the "Veteran") and Clayton (the "Virgin") discuss a new romance novel every week in a fun celebration of the romance genre.

What next? Flowers! Now, don't get annoyed if someone doesn't send you a forest of flowers on Valentine's Day -- it's a trite, expensive cliché anyway. But does anything transport us to a world of nature, beauty and wildness than a beautiful bunch of blossoms? There are several flower of the month clubs; Olive and Cocoa's are my favorite -- lush and opulent and loudly extravagant! You can even buy houseplants on Amazon, which seems to be an easy way to get some greenery into your life – stat!

Or you can go all out and take a floral decorating class with Ever Something at Foolish Bar and Biscuit in Brookside. Happily enough it's also a cocktail-making class, so the class starts out with a lively tutorial on how to concoct a beloved New Orleans tipple, the French 75. So we sip our drinks and then get an informative workshop about constructing an arrangement by the lovely Kayla. We each receive bowls with a wet, foamy block to keep our flowers saturated for several





days. There are very few rules: Aim for a triangle or heart shape; try not to let the foam show; and cut the flowers to proportion. She also shows us a neat trick to open flowers up: Twist them back and forth in your hands a few times! And then she lets us loose with an array of roses, mums, ranunculus, carnations and greenery. It's so much fun to experiment with color and form; I find this much less stressful than some of the group wine sipping-and-painting classes. And I'm quite proud of my creation.

Finally, if you want to play at pretending you're a Jane Austen heroine for a bit, visit the Harwelden mansion. The mansion has been lovingly restored by Teresa Knox; the home is an English Tudor and it's a visual — and romantic — delight. You can take a tour of the mansion, or visit for a real English tea time -- this event is so popular that it's held monthly on the first Tuesday. Tea time includes little English finger sandwiches, scones and sweets all served on an extensive collection of vintage fine-bone China teacups. Or if you're able to splurge a bit -- book a night or two in one of the beautifully appointed suites. Even the room names evoke a sense of Edwardian drama: the Primrose Suite, the Lilac Suite, the Magnolia Suite, the Sycamore Suite. A few of the suites include your very own butler, which is exactly my kind of romance. I take a tour with my 11-year-old daughter; she loves hearing about the mansion's history, and is especially intrigued by the Harwelden's only daughter, Margot, who married on the property. And there's even an underground tunnel which connects the main house to the carriage house -- perhaps it was used during Prohibition or for hiding from evil ransomers. How romantic!

So romance doesn't have to involve a diamond brooch from your husband (although that sounds nice!), or eating bon bons on a pink chaise, or a torrid affair with a barista (I don't recommend that at all!). Just look for small ways to add a little pleasure, whimsy, a frisson of excitement that can add a bit of sparkle to the humdrum gray of everyday life. Isn't that a great way to approach life anyway?

BY NANCY A. MOORE

PHOTO: SHEEBA ATIQI

Dr. Amy Emerson: for the love of kids

As a mother of four and pediatrician, Dr. Amy Emerson carries a personal belief that it is her moral obligation to provide support and care for others, especially those less fortunate. This belief, coupled with her extraordinary heart and steadfast determination, has led her to become an important advocate of several notable non-profit organizations helping parents and children.

She is confident that investing time and attention in our kids now will make a positive difference for future generations, especially those who have traditionally been in poverty. As she continues work to expand these educational programs and build financial support, her real focus remains on the future of the kids in our community.

TK: Tell us about yourself:

Dr. Emerson: Growing up, I realized fairly early on that I was interested in studying medicine. I attended medical school and focused on pediatrics with a specialization in developmental and behavioral issues. After moving to Tulsa, I had the opportunity to work with families at The University of Oklahoma's Pediatric Clinic. During that time, I worked with patients who were diagnosed with autism, ADHD, experiencing developmental delays or had other parent-child struggles.

TK: Tell us about your family:



Dr. Emerson: My husband, Clint, and I have been married for 23 years. We have four amazing children, from 10-14 years old, own a couple of businesses and attend Park Church of Christ. We also have a fish and a dog named Roux who joined our family just a few months ago.

TK: What does your family enjoy doing together?

Dr. Emerson: We love going on trips together, especially road trips. We are not big on allowing electronics, especially not in the car. I try to be intentional about having fun things to occupy our time. For example, reading aloud is a great way for children to let their imagination grow. I will admit, it takes some preplanning but the end result of building memories in the car is what we enjoy. Our favorite places are the mountains and New Orleans.

TK: What is the best piece of advice you have ever received that you would like to pass along?

Dr. Emerson: Growing up, my parents supported me unconditionally. I was raised in a home where my parents told me I could do and be anything I dreamed of, and they taught me to believe I could do anything I put my mind to. I know I am very blessed to have grown up in a home with two very loving parents. Having that beginning has shaped me into the person I am today. I believe that if we plant that seed in all our children, we help them get the best start in life, and they will achieve their dreams.

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TK: What sparked your interest in pediatrics?

Dr. Emerson: I was (and still am) fascinated by science – especially brain development. Studying pediatrics allowed me to do what I love and put it into practice in so many ways.

TK: What are some ways you are able to put your professional background into practice?

Dr. Emerson: I work and volunteer in several local programs that target families with young children, and often these families look different than the traditional family in which I grew up, either because of socio-economics or exposure to trauma. We are working through these organizations to meet families where they are – we do not want poverty or mental illness (brain illness) to be isolating. We are encouraging social connections, development of problem-solving abilities and relationship-building as well as connections to services that offer pathways to a more secure future.

TK: Can you highlight the organizations you are a part of and how they benefit children?

Dr. Emerson: Talking is Teaching: Talk, Read, Sing (talkingisteachingtulsa.com) sponsored by GKFF. Our program was one of the first in the country with its primary focus on supporting community partners to host monthly events at which we model ways to build healthy relationships with children beginning at birth. This program is implemented through Tulsa Educare's Beyond the Walls team, which I'm proud to be a part of. We work with amazing folks all over our city including faith-based partners, recovery programs and in-home daycares, and everyone is invited to attend our fun events at which books are given and meals are shared.

Reach Out and Read: (reachoutandread.org) – weaves early literacy into well-child check-ups. A child is given an age-appropriate book to take home, and doctors have an opportunity to practice medicine with a book along with a stethoscope as they disseminate information about brain growth and building healthy relationships in families through important activities like book sharing.

Lilyfield Empower Tulsa (empowerfamiliesokc.com)-an adoption/foster care agency that has recently launched an ambitious preventive program designed to transform families and communities into places where children are safe and can thrive. We are actively recruiting volunteers to serve as community connectors and mentors for children in elementary school.

TK: What is the significance of these programs?

Dr. Emerson: Research has shown a 30 million word gap (in amount and type of words) in children who come from homes where they are encouraged to explore, ask open-ended questions and have parents who are talking, singing and reading to their kids versus homes where children are told to be quiet and do not have much positive interaction. This number translates into about 1100 words less in a child's vocabulary when they enter school. These programs work to encourage parents in what they are doing well and provide support and resources in areas that may need more emphasis. It takes a village to raise children, and we need to support each other in our community.

TK: How do these programs benefit children and families?

Dr. Emerson: For the array of health and wellness benefits they offer on a long-term basis. Statistics show that adult illnesses such as depression, obesity, heart disease and diabetes are linked to the adverse things that happen in childhood, and the more relationships we can build during these years, the more we seem to protect kids. Recognizing the importance of pouring time into and building healthy connections for our kids will benefit this community for years to come.

TK: Why are you so passionate about serving in these organizations?

Dr. Emerson: I feel we all have a moral obligation to help others in our community, especially babies and children who have no control over the circumstances in which they are placed. There are many ways to get involved besides being an advocate. You can donate time, money or books to any (or all) of these organizations.

TK: How do parents/caregivers react to these programs?

Dr. Emerson: I meet parents every day who want to be the best they can be for their children, but sometimes there are things standing in the way of healthy parenting. It could be lack of resources, fear of judgment, health issues, history of their own neglect or abuse, or a variety of other reasons; and more times than not, when they are offered opportunities to help support their children, they take them. When they realize they can break a cycle that has been perpetuated for generations, they want to be part of that change.

TK: What advice have you learned that you can pass along to others?

Dr. Emerson: There is a season for everything. When my children were young, it was important for me to be close to home and be with them as much as I could. Now that they're older, I have more flexibility and time to be involved in other passion projects. This is my season of yes!

TK: What's next?

Dr. Emerson: Next month, there will be an opportunity for families to donate new books to the programs mentioned. This city-wide and student-led book drive gives everyone a chance to donate to a program that will have a lasting impact on local families. It's been such fun to see the next generation already fully engaged in making Tulsa the best city for children to live in and their enthusiasm keeps me young! For details, go to www.reachoutandread.org or Tulsa Teens Unite on Facebook.



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Get the ballot at tulsakids.com/contests from March 1-15!



Family Friendly Valentine's Day Events

FATHER DAUGHTER DANCE
When: Saturday, Feb. 1, 6-9 p.m.
Where: SoCo Rec Center, 13800 S. Peoria Ave., Bixby
It's time for Tulsa County Parks' Boots & Bling Father Daughter Dance! Tickets are $5.00 per person and are expected to sell out. Tickets will not be sold at the door. There will be a DJ, refreshments and lots of memories made. For more information call 918.746.3780! facebook.com/southcountyrec

DADDY DAUGHTER DANCE
When: Saturday, Feb. 8, 6-7:30 p.m.
Where: Nienhuis Park Community Center, 485 N. Poplar Ave., Broken Arrow
The annual Daddy Daughter Dance is back! Dance times are 6-7:30 p.m. or 8-9:30 p.m. Tickets are $5 a person and are on sale now at Nienhuis Park Community Center, Central Park Community Center and Ray Harral Nature Center. Tickets must be purchased in advance. No tickets will be sold at the door on the day of the event. Don't wait! Daddy Daughter Dance sells out every year. brokenarrowok.gov

VALENTINE'S DAY FATHER DAUGHTER DANCE
When: Saturday, Feb. 8, 6-9 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave., Bixby
The Bixby Community Center will be having their annual Father Daughter Valentine's Day Dance on Saturday, February 8, for fathers and daughters of all ages. Admission is $5/person. There will be plenty of food and punch for everyone. Tickets are not pre-sold. Purchase them at the door using cash or checks. No debit or credit cards will be accepted. parks.tulsacounty.org

TOSS FANCY PANTS VALENTINE'S SWING DANCE
When: Saturday, Feb. 8, 7:30-10 p.m.
Where: Southminster Presbyterian Community Center, 3500 S. Peoria Ave.
The Oklahoma Swing Syndicate is hosting a Valentine's dance for all, complete with drinks, snacks and a photo area. Kids who want to come but not dance can enjoy a coloring area next to the dance floor. There is an intermediate lesson at 6:30 and a beginner lesson at 7, followed by the dance. Don't forget to dress fancy! facebook.com/theoklahomaswingsyndicate

FAMILY SUNDAY: I HEART ART
When: Sunday, Feb. 9, 12-5 p.m.
Where: Crystal Bridges Museum of Art, 600 Museum Way, Bentonville, AR
Bring your loved ones to Crystal Bridges to enjoy performances, artmaking, valentines, creative play, gallery activities, and more for a Valentine's-themed day. Don't forget to pick up a paper heart in the lobby and show your love to your favorite artwork with #HeartsforArt! crystalbridges.org

ANTI-VALENTINE'S DAY PARTY
When: Tuesday, Feb. 11, 4:30-6 p.m.
Where: Bixby Library, 20 E. Breckenridge Ave., Bixby
Sick of cupid? Hating all the excess hearts and flowers? If you're not a fan of the overrated Hallmark holiday, you're in luck! Join us for an afternoon of anti-romance where we'll partake in "un-festive" snacks, create your own anti-romance book cover, make some anti-Valentine's Day cards, take out some frustration on our broken-heart piñata and watch a classic, modern retelling of the "Taming of the Shrew" with "10 Things I Hate About You" (rated PG-13). For sixth-12th graders. tulsalibrary.org

BE MY VALENTINE
When: Wednesday, Feb. 12, 10 a.m.-6 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 DECORATING
When: Friday, Feb. 14, 3-4 p.m.
Where: Collinsville Library, 1223 Main, Collinsville
Show someone (like yourself) you care with a decorated Valentine's Day cookie. We will provide the cookies, frosting and toppings. You provide the creativity. For ages 10-18. tulsalibrary.org

WAVY '80S VALENTINE'S DAY DANCE
When: Friday, Feb. 14, 7-11 p.m.
Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks
Break out the leg warmers and hairspray—the '80s are back at the Oklahoma Aquarium's Wavy 80s Valentine's Day Dance! Dress up in your most neon spandex for a radical night under the sea. This magical evening will include a live DJ playing the best hits from Generation X, a photo booth to capture the fun, and delectable hors d'oeuvres, all while surrounded by our totally tubular aquatic life. okaquarium.org



8 WAYS TO CELEBRATE VALENTINE'S DAY WITH YOUR KIDS

We asked members of our Facebook group, TulsaParents, how they like to celebrate Valentine's Day with their kids. Here are some of their suggestions, plus a few of our own!

1. EXTRA CHOCOLATE: FONDUE OR FOUNTAIN

"I'll make a pot of chocolate fondue and have lots of things to dip in it: strawberries, graham crackers, marshmallows, bananas. When my kids were younger, I just melted chocolate chips in a bowl for each of them to dip in. We do a special family dinner, and I put their box of Valentine candy on their plate." Jennifer M.

"We always have a chocolate fountain, everybody loves it." Katerina A.

"Fondue at home!" Beth S.N.

2. SPECIAL GIFTS

"For Valentine's Day we give presents to each other. So anything you didn't get for Christmas you can ask for for Valentine's Day." Jen H.

3. CARDS AND COMPLIMENTS

"My daughters always enjoy card making, so we do some art for one another and tell each other why we think the other is special. While we eat chocolate, of course." Alicia K.

4. BREAKFAST (IN BED)

"I always started the day with a Valentines themed breakfast; heart-shaped pancakes, strawberries, served on good china, and a Valentine's card with messages about what I love about them. Begin the day with all the love!" Diane M-K.

*Hint: Find a recipe for Red Velvet Pancakes and other Valentine's Day Breakfast suggestions at tulsakids.com/food!

5. MAKE IT A DATE

Growing up, we were always thrilled to go on "Daddy-Daughter Dates," which typically involved a trip to Marble Slab Creamery or some other indulgent destination. Take your kid to their favorite restaurant, shop, or entertainment venue and just have fun together!

6. HEARTFELT STORYTIME

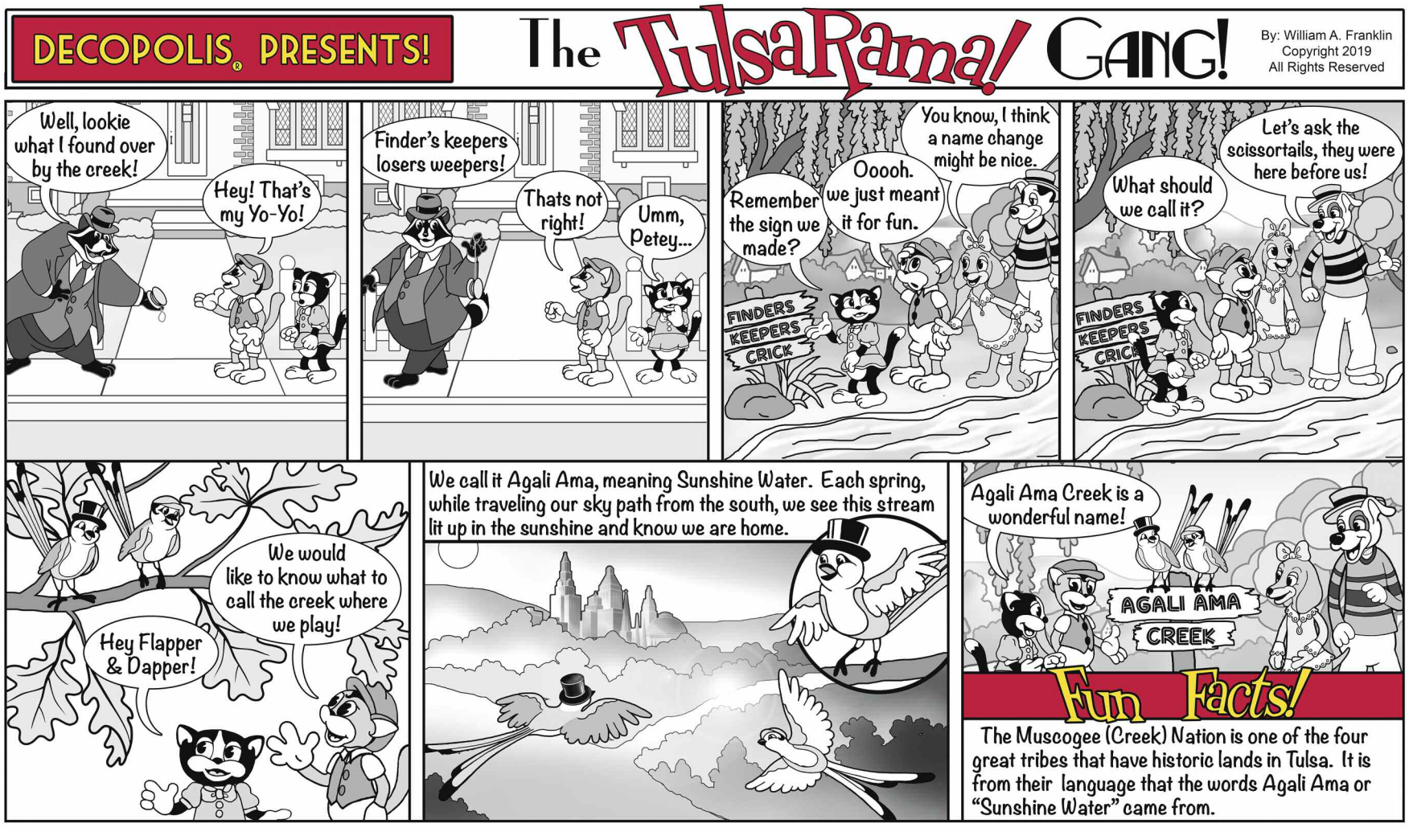
There is no shortage of books about love. Purchase a new one (or two!) and have a special storytime with your child. Suggestions include "You Can Never Run Out of Love" by Helen Docherty, "The Invisible String" by Patrick Karst and "Day It Rained Hearts" by Felicia Bond.

7. DAILY DOSE OF LOVE

Each day, from February 1-14, cut out a construction paper heart and put a "love note" on your child's bedroom door telling them why you love them!

8. SHARE THE LOVE

Do something nice for someone else as a family. Bake cookies for a neighbor (heart-shaped, of course!), offer to do yard work for a friend (spring will be here before you know it!) or call up a local children's hospital, senior center or fire station to see how you can drop off homemade cards or donate other items.







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VALENTINE'S FAMILY DATE GIVEAWAY! (January 27-February 9)

Valentine's Day isn't just about romance. It's also a chance to shower your kids with love and show them how much they mean to you. Enter our Valentine's Day Family Date Giveaway for a chance to win the following items and make special memories with your family:

• 2 adult projects and 3 youth projects at AR® Workshop Tulsa. AR® Workshop is "a boutique DIY studio that offers hands-on classes for creating custom and charming home decor from raw materials." Learn more at arworkshop.com/tulsa!

• 4 tickets to Trolls Live!, coming to the BOK Center February 9-March 1!



DATE NIGHT GIVEAWAY (January 27-February 9)

Spend a night out with the one you love! Our Date Night Giveaway package includes the following:

• $100 gift card to Taziki's Mediterranean Café

• 4 tickets to the Harlem Globetrotters, coming to BOK Center on March 15!

• A Bella Donna Spa Package from **Bella Vita Spa and Salon.** This spa package includes a 60-minute Swedish massage, 60-minute European facial, manicure and a pedicure. Learn more at bellavitaspaandsalon.com

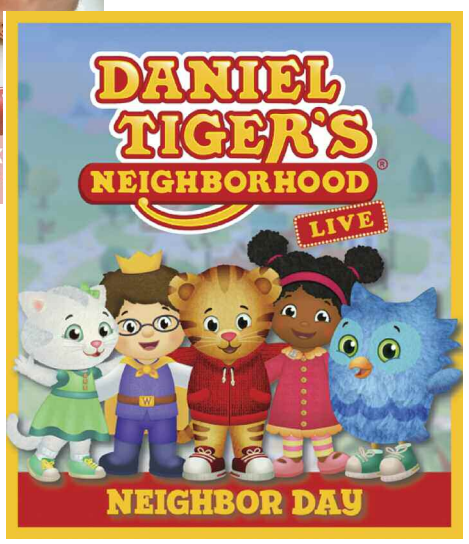
JUST BETWEEN FRIENDS BROKEN ARROW GIVE-AWAY (February 10-23)

From February 10-23, enter to win a one-month supply of diapers and 2 early shopping passes to Just Between Friends—Broken Arrow, coming to the Rhema Ninowski Rec Center February 28-March 1! Presale day is Thursday, February 27. Get more information about this popular consignment sale at ba.jbf-sale.com.



DANIEL TIGER'S NEIGHBORHOOD LIVE TICKET GIVEAWAY (January 28-February 9)

From January 28-February 9, enter to win a Family 4-Pack of tickets to Daniel Tiger's Neighborhood LIVE, coming to the Tulsa Theater (formerly known as the Brady Theater) on February 12. Two winners will be chosen!



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI



Illia Arapov: Family & Children's Art Contest Best of Show Winner

Family and tradition run deep in the Arapov family, and a big part of their family tradition is art. Illia Arapov, a Jenks fourth grader, also loves competing. Whether it's competing with his brother building with MineCraft or entering the Family & Children Services (F&CS) art contest,10-year-old Illia enjoys creative pursuits. Illia won Best of Show out of the hundreds of children's artwork, from kindergarten through 12th grade, that was entered in this year's F&CS art contest.

Q: I understand that your family is from Russia. When did you move here?
A: Dad is from Russia, but we were born and lived in Ukraine, in the city of Zaporozhye.
We have been living in Tulsa since June 2018.

Q: Have you ever been to Russia?
A: Yes. Many times with dad's parents.

Q: What does "family tradition," the art contest theme, mean to you, and how did it inspire your painting?
A: We love spending time with our family. We like to travel a lot together and celebrate holidays together. I participated in competitions in Ukraine and won them. I like it. I love to draw from childhood and do crafts.

Q: How did you feel when you won Best of Show for your painting?
A: It was very unexpected! It was super! I was very worried and wanted to win!

Q: How did you learn to paint like that?
A: We draw a lot in the family. In kindergarten we were taught to draw. My mother teaches me to draw.

Q: If you could paint a scene in Tulsa, what would it be?
A: I really like Gathering Place Park. I would draw how we swim in a boat in the park. I would have painted the park as children play in the park.

Q: Who are your inspirations?
A: I was inspired to participate in the contest, I wanted to win. I wanted to show the traditions of our family and our country.

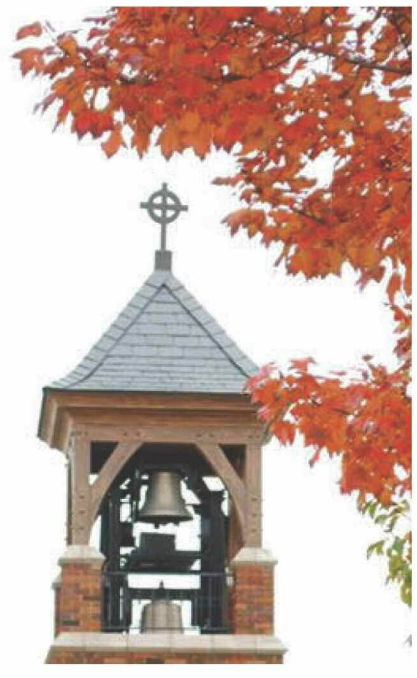
Q: What other hobbies do you have?
A: I like to make crafts out of cardboard and Legos. I play ice hockey. I like to ride a bike.

Q: What do you want to do in the future?
A: I would like to make 3D models and design something.

Q: Tell me a fun fact about you.
A: I know three languages. Russian, Ukrainian and here I study English. I traveled a lot with my family and have been to many countries — Switzerland, Spain, Italy, Hungary, Germany, Austria, Egypt, Turkey, France, Monaco. Our family has friends in different countries.
In my free time I like to make crafts and do them. From Legos, I like to make mobile robots and mobile mechanisms. I like to build in Minecraft - my brother and I are competing - who will do better?!



NOW ENROLLING



MONTE CASSINO

A Pre-K through 8th grade Benedictine School



Tour → Shadow → Apply → *Be a Saint.*

SPRING OPEN HOUSES

FEB 5, 12, 19 & 26
MAR 4, 11 & 25

8:00AM MIDDLE SCHOOL
[Grades 5 - 8]

9:30AM ELEMENTARY SCHOOL
[Grades 1 -4]

ECLC AND OTHER TIMES ARE AVAILABLE BY APPOINTMENT

- STEM
- ROBOTICS TEAMS
- PERSONAL FINANCE
- DRONE CLUB
- TINKERCAD
- MS HONORS PROGRAM
- MUSICAL THEATER CLUB
- ROCKETRY CLUB
- ATHLETICS
- FRENCH, SPANISH, LATIN
- CODING CLUB
- ADVANCED MATH
- FINANCIAL ASSISTANCE

FOR MORE INFORMATION, CALL BROOKE JONES 918-746-4238

Monte Cassino School 2206 South Lewis 918-746-4238 www.montecassino.org

SPLASH PEDAL AND RUN



SATURDAY, MARCH 7

Health Zone at Saint Francis
5353 East 68th Street | Tulsa, Oklahoma
$25 in advance; $30 day of event
Make checks payable to Health Zone

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**.

HealthZone at Saint Francis

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 age categories.

7TH ANNUAL HEALTH ZONE KIDS (mini) TRIATHLON