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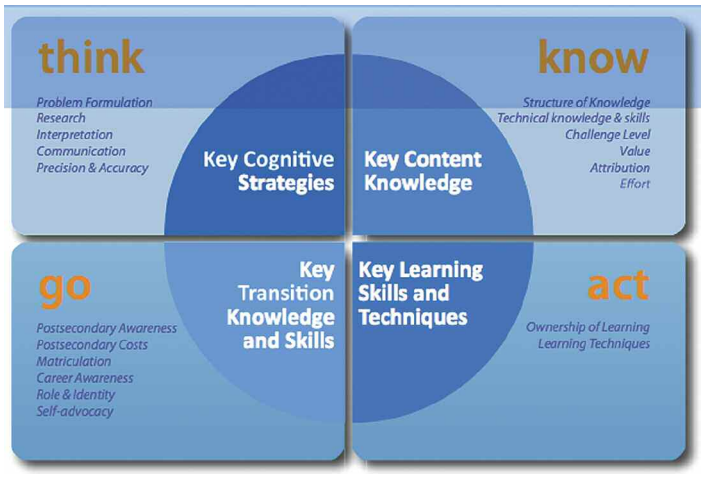
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editor's note

Happy New Year!

In this issue of TulsaKids, I purposely steered clear of advice on making New Year's resolutions. There's more than enough of that to go around – most of it forgotten in a couple of weeks.

I do hope that you'll find something useful that you won't want to discard in this issue of TulsaKids. For example, are you a Lawnmower Parent? Read Mary Beth Ritchie's column to find out. Are you looking for day care for your child? Kiley Roberson tells you some things to look for to find a good one.

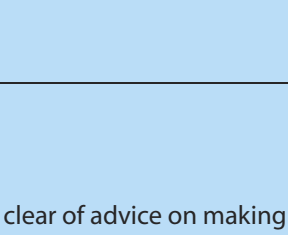
And, I'm sure you've heard the phrase "college and career ready." But what does it mean? Writer Tricia Milford-Hoyt gets behind the words to dig deeper to give you some insight into not only what experts say (and it's not just high test scores), but also what you can do at every age to ensure that your child will be ready for a successful post-high-school launch.

And, while it may seem early to be researching schools for the fall, it isn't! Find out what you need to know now about public and private schools so that you and your child will have a happy and successful 2019-20 school year. Our annual School Guide in this issue may be a good place to start your search.

And, I want to welcome new columnist Natalie Hanson to our staff of regular contributors. Being a mom of several children and the wife of musician Taylor Hanson, Natalie's life may be a little more hectic than yours or mine, but you will find her commonsense advice and ideas for homeschooling useful, even if you're not homeschooling.

Whether you are making resolutions or not, I hope that you all have a happy and healthy year! TulsaKids in print, online and via social media will be here to bring you more information, support and entertainment in 2019.

We always love to hear from you. Write to me at editor@tulsakids.com or to our social media/web/calendar editor Tara Rittler at tara.rittler@gmail.com



Betty Casey
associate publisher and
editor in chief

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





ON OUR COVER:

TYNLEE WILSON IS ONE OF OUR COVER KIDS WINNERS.

LESLIE HOYT PHOTOGRAPHY

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PRE-K - 2ND GRADE FAMILY GUIDES DESIGNED FOR CLASSROOM SUPPORT

The Oklahoma State Department of Education (OSDE) has developed a set of Oklahoma Family Guides with at-home activities that add value to classroom instruction. The guides are available for Pre-K, kindergarten-, first- and second-grade core subjects – English language arts (ELA), math, science and social studies.

State Superintendent of Public Instruction Joy Hofmeister said the guides help strengthen community engagement in learning.

"It is imperative that parents and families be engaged educational partners," she said. "It can be a challenge to find the most appropriate ways to enhance classroom learning at home. These user-friendly guides are excellent tools for families that offer simple tips on how to augment classroom instruction and literacy."

The guides, written by subject matter experts in OSDE's Office of Instruction, are color-coded by subject and include information on how families can support the goals of the Oklahoma Academic Standards (OAS). The front side of each one-page guide includes academic standards-focused sections on grade-level and subject-specific expectations for the school year, learning goals and what to do at home to help children reach them. The reverse side shares guiding questions to foster curiosity, communication and comprehension.

Moreover, the printable guides can be used as conversation-starters during parent-teacher conferences and to strengthen overall parent-teacher collaboration.

In January 2019, OSDE plans to publish the next set of guides for families of students in third through sixth grade. To download or print the Oklahoma Family Guides for Pre-K through second grade, go to https://sde.ok.gov/oklahoma-family-guides.

NSU-BROKEN ARROW OPENS STEAM MAKER LAB

Northeastern State University opened the Broken Arrow STEAM Maker Lab in November. The lab is located in the Education Building on NSU's Broken Arrow campus.

This endeavor is a part of the Robotics Academy of Critical Engagement. RACE is a program which houses robotics in the College of Education and provides STEAM opportunities at NSU and in the surrounding community.

The Tahlequah STEAM Maker Lab, with Barbara Fuller as director, celebrated its first anniversary in September. The lab has served over 2,500 PK-12 students, in-service teachers, pre-service teachers and community members within the last year.

The decision was made to open a Broken Arrow lab allowing the same opportunities. Jericho Hobson will oversee the lab. Hobson also oversees the Teaching & Urban Reform Network as part of the clinical experience for interns. The lab will place a special emphasis on urban education and how NSU's pre-service students and community can use resources to meet the needs of students in urban areas.

"The College of Education is so excited to offer STEAM and robotics opportunities on the Broken Arrow campus," said College of Education Dean Vanessa Anton. "Not only can this heighten interest in the STEAM fields, it can facilitate critical thinking, problem solving and decision making skills in pre-service teacher candidates, in-service teachers and in their current and future P-12 students."

Both STEAM Maker and Robotics Labs are equipped with low technology materials, as well as emerging technologies and are open to community, teachers and students for free.

LESS ACTIVE BABIES GET LESS SLEEP

New Michigan State University research suggests babies who are less active get less sleep, something new parents may want to consider when looking for possible solutions for the long, sleepless nights.

Napping doesn't help either. In fact, babies who slept less at night, yet napped more during the day, still weren't able to get as much sleep overall as those who slept more at night. Plus, the tired tots weighed significantly more based on their length, indicating a potential risk for early onset obesity.

The research, published in the journal Infant Behavior and Development, is one of the first to focus on the connection between common health behaviors in babies.

"We know physical activity and sleep influence each other and are strongly associated with growth in older children and adults," said Janet Hauck, an assistant professor of kinesiology, who specializes in infant motor intervention research. "Our findings suggest that this association could emerge as early as infancy, a critical developmental period."

Hauck's research centers around the effect physical activity, such as tummy time, has on babies as they grow and develop. Tummy time is exactly that — the time babies are positioned on their stomachs and encouraged to develop motor skills while supervised.

"While we don't have evidence yet that tummy time directly affects sleep, it increases physical activity and promotes healthy weight gain," Hauck said. "So, parents who feel their baby isn't sleeping enough could promote tummy time during the day to boost their baby's physical activity level."

The study analyzed 22 healthy 6-month-old infants and monitored physical activity level and sleep over 24 hours. Weight and length were also measured.

"Babies who slept less overall in the 24 hours and had the least amount of nighttime sleep had more overnight feedings and were significantly less active during the day," Hauck said.

She also indicated that infants who slept longer than 12 hours in a day had a better weight-for-length score, around the 53rd percentile, than those who slept fewer than 12 hours and weighed more.

"Parents can make 12 hours of sleep or more a priority for their baby by creating a bedtime routine and being consistent with it," Hauck said. "While their little one is awake, they should encourage physical activity by interacting with their baby during floor time activities and do supervised tummy time several times a day."

FREEDOM FUND BANQUET

The annual **Freedom Fund Banquet**, sponsored by the Christian Ministers Alliance, Inc., is set for Feb. 2, 2019, at the Downtown Double Tree Hotel.

The Christian Ministers Alliance serves needy Tulsans in a variety of ways, from holding holiday food drives to helping with medical care, clothing, housing and other services.

Dr. Leigh Goodson, president and CEO of Tulsa Community College, will be the keynote speaker at the banquet. Honorees include Beau Williams, attorney; Donnita Rogers, Langston University athletic director; Lee Bird, vice president, Student Affairs, OSU; Gov. Bill Anoatubby, governor, Cherokee Nation; Larry Rice, president, Rogers State University; Chuyck Hoskin, Jr., secretary of state, Cherokee Nation; Mike Mills, assistant vice president of enrollment and student services, University of Tulsa; Joe Moore, owner, Moore Funeral Home.

For information, tickets or sponsorships, call Rev. W.R. Casey, Jr., 918.951.7407.

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I9 SPORTS OFFERS LEAGUES FOR ALL KIDS



i9 Sports, a new concept in youth sports leagues, is now serving families in the Tulsa area. Tiffany DeSautell, area developer, says i9 Sports offers leagues, camps and clinics for boys and girls age 3 and older in popular sports such as flag football, soccer, basketball and baseball.

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Interested families can go to i9sports.com for more information, registration and to find out where different programs are located. Currently, baseball, soccer and flag football are at Evergreen Baptist Church in Bixby, and basketball is at Parkview Baptist Church in midtown Tulsa. Venues will expand and may change as the programs and options grow.

MATHNASIUM OPENS NEW MIDTOWN TULSA LOCATION

Mathnasium, a math tutoring and learning center, has opened a new location at 3230 E. 21st Street, Suite B, near the intersection of 21st & Harvard. Owner Van Lucas holds a BSE in Mechanical and Aerospace Engineering from Princeton University and an MBA from the Wharton School of the University of Pennsylvania. A Sunday school teacher, youth coach, middle school and high school tutor and mentor to younger employees, Lucas has always enjoyed teaching, especially math.



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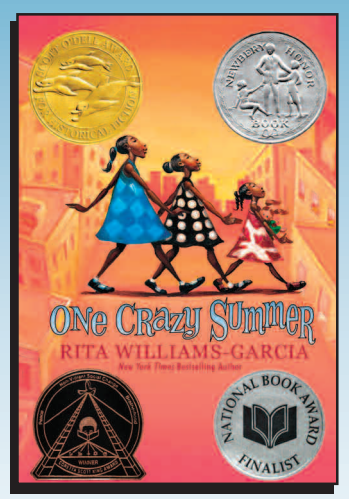
Lucas also owns locations at 8032 S. Yale (www.mathnasium.com/southtulsa) and 1077 N. 9th St., Broken Arrow (www.mathnasium.com/brokenarrow)

To learn more about Mathnasium, go to www.mathnasium.com/midtowntulsa, or call 918.574.2222, ext. 4.

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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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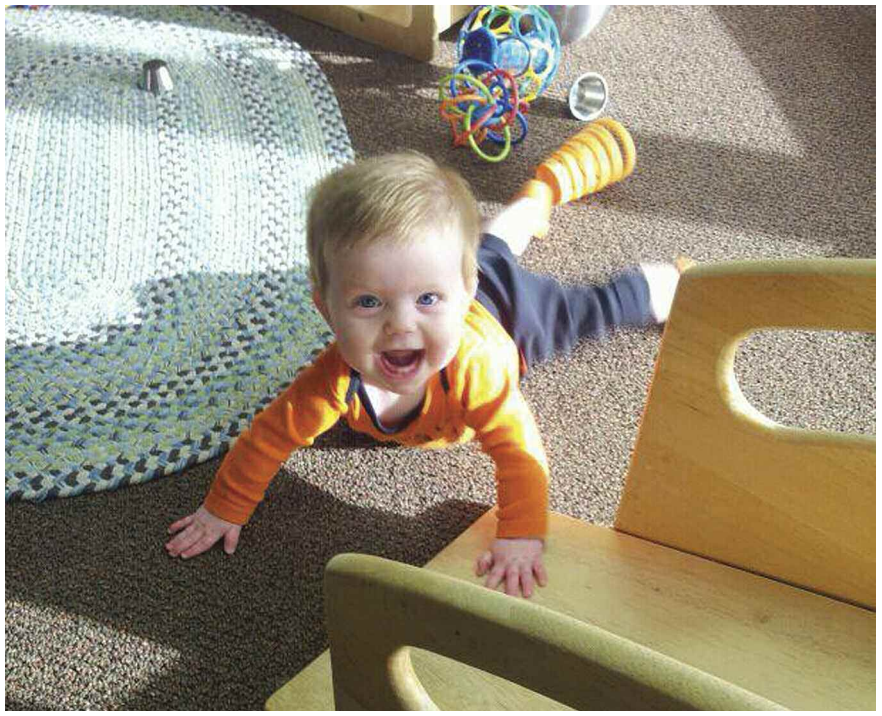


BY KILEY ROBERSON

daycare 101

As parents, we try not to raise "picky" children. We want them to be well-rounded, try varieties of different foods, etc. But, when it comes to daycares, take a lesson from your green-bean pusher and get picky. Choosing an appropriate daycare facility can seem overwhelming. We're responsible for ensuring that our kids are safe and happy in an environment that is fun, educational and nurturing. According to the American Academy of Pediatrics (AAP), nearly 70 percent of parents place their young children in some type of daily care. I am one of the 70 percent.

As a full-time working mom, choosing a daycare facility for my children was one of the most difficult decisions I had to make. I wanted a place where I knew they would be safe, loved and learn at the same time. I did extensive research, even before our oldest was born. My husband and I went on daycare interviews, read books and articles — all before finding the perfect fit for our daughter. And, even after all that hard work, we still ended up changing daycares before she turned one. Why? As my daughter grew, I realized that, although I had asked all the questions and walked through the buildings, I had been looking only at what her life would be like there as an infant. I forgot to look just as closely at how she would transition as she got older, what kind of play the center encouraged for toddlers, what learning activities were offered, potty training, etc. It turns out that my dream daycare for our infant was very lacking for our soon-to-be toddler.



CHOOSING A DAYCARE IS ONE OF THE MOST DIFFICULT DECISIONS A PARENT CAN MAKE.

Research is key when looking for childcare. There is a lot to consider before leaving your child just anywhere. You should question everything, and a good daycare director will welcome those questions with a smile. Here are some topics recommended by the AAP.

Adult –to-Child Ratio. One of the most important questions you should ask is how many children there are for each adult. The fewer the children for each adult, the more one-on-one attention your child will get. The younger your child, the more important this is. Babies need an adult-to-child ratio of no more than 1:3 (one adult for three infants), while 4-year-olds can do well with a ratio of 1:8 (one adult for eight children).

Caregiver Qualifications. Ask about the caregivers' training and education. At the least, CPR certified is a must. Caregivers with degrees or special training in working with children will be better able to help your child learn. You should also ask if they attend regular classes and workshops to learn new skills or brush up on training.

Accreditation. Find out if the child-care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and The National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.

Turnover. Ask how long caregivers have been at the center. It's best if children stay with the same caregiver at least a year. Caregivers who come and go make it hard for your child to connect. Getting used to new caregivers takes time and energy that could be spent learning new things.

The Child Care Resource Center (www.ccrctulsa.org; 918.834.2273) in Tulsa is a child-care resource with a staff of professionals with expertise in child development, early childhood, nutrition, social work and more. The center can help parents and caregivers find accredited child care options.

Deciding on a daycare is a rough job. Don't be afraid to ask the tough questions and, if you don't like what you hear, leave. Being picky with daycares is a good thing. Most of all, remember to take your time and stay relaxed. Finding that perfect place for your little one won't be easy. It will take research, interviews and lots of questions, but at least it's not college…yet.



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BY MARY BETH RITCHIE, LCSW

lawnmower parents clear a path to failure

WATCH OUT, HELICOPTER PARENTS, THERE'S A NEW PUSHY PARENT IN TOWN.

You may have heard of helicopter parents who hover and swoop or tiger moms who roar. The latest trend in parenting has become the lawnmower parent. These parents are similar to helicopter parents, but they are even more extreme. Lawnmower parents will mow down any person or obstacle that may cause their children to struggle. These parents don't want to allow their children to experience any failures or adversities.

Being a teacher, I have run across many types of parents, including those who fit the lawnmower parenting style. I have yet to meet one of these parents whose heart is not in the right place. Lawnmower parents want to protect and advocate for their children. They want their children to be happy and to experience success. These goals are admirable. However, sometimes lawnmower parents are so focused on removing the current obstacles that they neglect considering the long-term consequences of their actions.

A recent Facebook post went viral, which brought attention to lawnmower parenting. In this particular situation, a student had been texting her father, begging him to bring her favorite bottled water to school. Of course, there were water fountains, but she didn't want to drink from them. She wanted the expensive brand that she had forgotten to bring. This was a working father who took time out of his busy day to bring the special water. He did not want her to be without it for the day. This seems like a sweet and thoughtful father. However, it seems to me that the daughter would have learned more from the experience if her dad hadn't rescued her from drinking from the water fountain. My guess is that she would be much less likely to forget her water in the future.



In my teaching experience, I have come across lawnmower parents who want their children exempt from classroom rules and policies. For example, I have a late homework policy that is

IF YOU'RE MICROMANAGING YOUR CHILD'S LIFE, YOU MAY BE A LAWNMOWER PARENT. CHILDREN NEED TO LEARN TO MAKE CHOICES, EXPERIENCE FAILURE WITH LOGICAL CONSEQUENCES AND LEARN TO DO THINGS ON THEIR OWN TO BECOME HEALTHY ADULTS.

continued next page

clearly spelled out at the beginning of the year. Parents may discover that their children have not been turning in assignments and are consequently making poor grades. Lawnmower parents will expect me to make special exceptions for their children. They do not want the students to experience the negative consequences of their actions.

What would the children learn if I did agree to allow them exceptions to my homework policy? These children would likely learn that there are no consequences when they mess up. I would argue that they would continue not turning in assignments, because they haven't learned any lessons. What would the children learn if I didn't allow the exceptions? I believe it's likely that these students would learn to turn in their assignments. This is an essential life lesson. It's important to turn our work in on time. If I were to fail to submit this column promptly every month, my editor would likely find a replacement for me. We begin learning these lessons at a young age with things such as homework.

Unfortunately, children of lawnmower parents don't have the opportunities to begin learning these vital life lessons. These children are not allowed to experience struggles, adversities and failures. Instead, they are left to discover how the real world works at a much later date. At this point, they haven't developed the required skills to cope with challenges. The college professor is going to expect work turned in on time. A young adult will not get every job for which he applies. In real life, not everyone gets a trophy.

In third grade, we often struggle to get students to master their multiplication facts. Often, close to the winter break, we provide a party for those who have mastered their facts, while the students who haven't mastered them are provided with extra time to practice. More than once, I've heard, "That's not fair!" These statements frequently come from students who have lawnmower parents. These children have been learning that everyone deserves the prize, even those who haven't done the work.

Experiencing struggles and challenges, even at a young age, does have benefits. Children who have faced difficulties have learned problem-solving skills and resiliency. For example, the student with poor grades learns to be more responsible. She learns that there are natural consequences, such as the low grades, when assignments aren't turned in on time. Hopefully, parents let children know that the poor grades are unacceptable and may even provide consequences of their own. These children will likely make changes in their behavior by turning in their work on time. Those students with lawnmower parents will not have learned anything. They will probably blame the teacher. They will also likely not modify their behavior, because these children have no motivation to make better choices.

While I acknowledge that lawnmower parents have good intentions, they are not making their children happier or more successful in the long run. Children of these parents are being robbed of opportunities to learn important lessons as their parents go through life mowing down all of the challenges, struggles and adversities the children encounter. These children are left to learn critical life lessons at a much later time, when the lessons are more difficult to learn. Worse yet, some of them will never learn these important lessons and will likely not be successful in life, because they haven't learned how to deal with life's challenges.

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BY JULIE WENGER WATSON

parents' New Year's resolutions for their teens (as if…)

The New Year has arrived, and, with it, a metaphorical clean slate and 12 months of possibilities. Much has been written about the value of the New Year's Resolution, and most of us have given them a shot, whether we choose to admit it or not. Rather than the perennial "lose 10 pounds" or "exercise more," what if we could make resolutions for our kids? Would it be practical everyday advice, or more philosophical life wisdom? We asked some Tulsa parents what they would resolve for their offspring for 2019. The answer was a little of both.

TS, the mother of a 16-year-old girl, has some simple advice for her daughter that most parents will relate to: "Get up each day and be on time – maybe even early – to school, without an argument or negotiation."

A high school counselor and the mother of three kids between the ages of 15 and 22, JS has the same advice for all of them: "Focus on growing spiritually closer to God in the New Year. Shed the pop culture message about what is 'good,' 'pretty,' and 'popular," and grow more deeply into who you really are in your heart."

ME has two daughters at university. For her freshman, she would resolve "to fully enjoy the opportunity of learning new things and meeting new people in college, while not stressing out too much over grades, and to have the freedom to take a class just because it sounds interesting, not because it's required."



She wants her junior to have the strength and wisdom to continue to stay true to herself and her beliefs.

A nurse and a mother of two boys, ST wants her 22-year-old who graduates this semester from college to "make a plan to stash away a portion of his paycheck each time in order to build his savings."

According to ST, her 19-year-old needs to eat healthier and stick to his workout routine in 2019.

"He's unhappy with the extra pounds he's added in college," she notes. Aren't we all?

JW, a physician and a mother of three, has one child still at home, her 18-year-old daughter, a senior in high school. JW would like for daughter to keep her "long-term goals in sight and remember that sacrifices are necessary to reach those goals." Good advice for any young person.

Finally, we hear from SD, who is still down in the trenches with elementary and middle school-aged children. For her 9-year-old daughter, she leans toward the practical. SD would like to see her girl start putting away her clean clothes rather than hiding them right back in her dirty laundry basket to avoid putting them away. A clever trick, nevertheless.

Finally, for her 13-year-old son, SD would resolve for him to sit down often with his grandparents and enjoy learning from them about their lives and how they overcame the challenges they encountered.

Whatever your resolutions are for yourself, or for your children, may 2019 be a year of grace, health and wisdom for all Tulsa kids and their families.


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BY BETSY PENTURF

NewView Oklahoma:

IT'S NOT WHAT YOU CAN SEE, IT'S WHAT YOU CAN BE

A violinist since age 5, young Madison Ingram began having problems seeing her music during violin practice when she was around 8 years old. In most cases, a prescription for glasses would be the solution for children needing vision correction.

"I thought she was wanting to quit violin, but she just couldn't see it," said Yoriko Ingram, Madison's mom. "We took her to the eye doctor and thought with getting her glasses, she would be fine."

A trip to Dean McGee Eye Institute in Oklahoma City resulted in a diagnosis of Stargardt disease, the most common form of inherited juvenile macular degeneration that causes progressive vision loss in children and young adults.

Stargardt disease, like other forms of macular degeneration, does not yet have a cure. It affects one in 10,000 children. Vision loss generally stops progressing in the late teen years.

Madison was then referred to NewView Oklahoma, the only private in-state provider of comprehensive services for people with significant vision loss that cannot be corrected with glasses, surgery or medication. A 501(c)(3) non-profit organization, NewView seeks to empower blind and vision-impaired individuals to achieve their maximum potential through rehabilitation, employment and community outreach.



THE HENRY ZARROW INTERNATIONAL SCHOOL STUDENT COUNCIL (WHICH MADISON INGRAM IS PART OF AND PICTURED).

NewView offers two comprehensive low vision clinics in Tulsa and Oklahoma City to provide one-of-a-kind vision rehabilitation services for individuals living with blindness and vision loss. Most patients utilize NewView through physician referrals. Medicare and most major insurance plans are accepted, and a sliding scale method is used for individuals without insurance.

Madison is now 10 and has been a patient at NewView for two years. She sees Judy Riley, O.D., at the clinic.

"My daughter loves Dr. Riley," Yoriko said. "She explained everything so well so that we could easily understand. Dr. Riley is really good with kids and is so patient. She takes time to answer all of our questions."

Madison uses bioptic telescopes to see more clearly and give her the ability to see much further away, especially her violin music. The telescopes are attached to her glasses and work like miniature binoculars to make images larger and easier to see.

Yoriko highly recommends NewView to other parents. She said NewView staff will even visit your home to check to ensure nothing is dangerous for a person with limited vision or blindness.

"They were so helpful, especially since we didn't know anything about Madison's disease," Yoriko said. "They just make you feel better, feel so good...like a blanket."

Madison is in fifth grade and part of the gifted and talented program at her school. She maintains a 4.0 grade point average and is in an Individualized Education Program. She and another girl in her class, who also has been diagnosed with Stargardt's disease, have the assistance of an aide during school hours.

NewView started in Oklahoma City in 1949 and opened a low vision clinic in Tulsa in 2014. Ten clinical staff work at the Tulsa location.

"Our clinic is full all of the time," said Lauren Branch, President and CEO. "In the 21 years I have been in my role, there hasn't been a day that I haven't wanted to go to work. I love what I do."

NewView also offers community programs for people of all ages living with blindness and visual impairments, including art classes, summer camps and support groups.

NewView offers three types of summer camps that are also known as OWL (Oklahomans Without Limits) camps. One OWL camp is structured for 8- to 14-year-olds to build confidence and friendships and just to have fun. Campers are paired with a sighted buddy during the week.

"It's amazing the benefit the sighted kids receive. It helps them look at kids with disabilities differently...that's how we break down barriers," Branch said. "This camp helps set expectations and raise the bar for children and parents."

Another camp is a week of

continued next page

water sports for 15- to 18-year-olds. The camp takes place at Lake Tenkiller near Tahlequah and campers learn through adaptive water skiing. "This camp is focused on teaching the kids to water ski and to help teach them confidence and daily living skills," Branch said.

For older teens and young adults, NewView offers Keys to Work. This camp is a program focused on individual living to help students and young adults gain skills to transition from school to higher education or work. Activities include mock interviews, learning how to grocery shop, learning how to use Uber and public transportation, budgeting and more.

"Keys to Work is an intense learning experience," Branch said. "This program helps older teens and young adults learn how to self-advocate."

NewView plans to join other Tulsa non-profits at Legacy Plaza near 31st and the Broken Arrow Expressway next spring. The organization will be co-locating with a non-profit new to Tulsa, Hearts for Hearing, one of the largest providers of cochlear implant services in the region.(https://heartsforhearing.org/) Vision and hearing loss often go together, according to Branch.

The new location will provide more space for NewView and allow them to add a teaching kitchen, neurological services and more group programming.

"Vision loss and blindness can be very isolating," Branch said. "Our mission is to provide a place that offers a sense of community. This helps alleviate the sense of isolation and depression that can occur."

NewView is also the state's leading employer of individuals who are blind and visually impaired, providing nearly 150 jobs through in-house positions in manufacturing, administration, management and rehabilitation.

For more information about NewView Oklahoma and its services, please visit https://nvoklahoma.org/. NewView's Tulsa office is currently located at 5986 S. Yale in KingsPointe Village.

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

add up STEAM skills with bedtime math

TIPS FOR INCORPORATING MATH INTO YOUR LITERACY ROUTINES

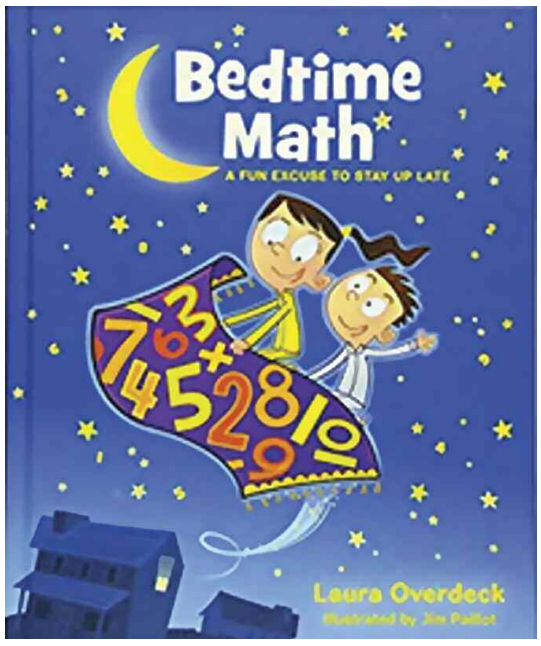
If reading to your kids before they go to sleep at night is part of your family routine, congratulations! You are doing something wonderful for their little brains as well as establishing a deep family bond that your kids will fondly remember their entire lives.

I'd like to suggest a small but powerful change in your routine: for every five or six "regular" bedtime stories, consider reading one "math" story. The concept is something called Bedtime Math (www.bedtimemath.org), and it's an easy way to support your children's book literacy while strengthening their number literacy.

There are several "Bedtime Math" books available in the library:

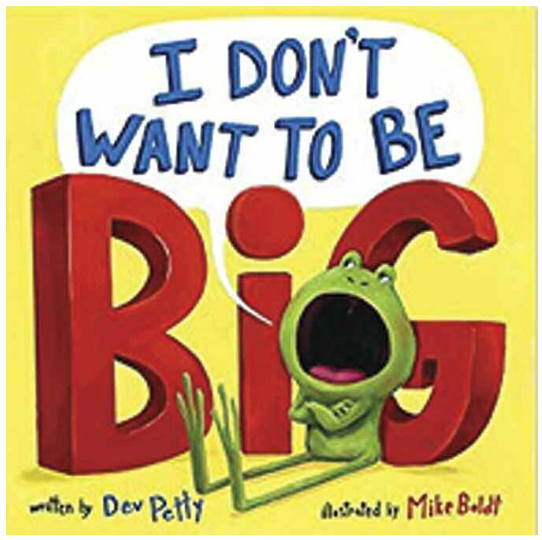
- **Bedtime Math**
- **Bedtime Math 2: This Time It's Personal**
- **Bedtime Math: The Truth Comes Out**
- **How Many Guinea Pigs Can Fit on a Plane?**

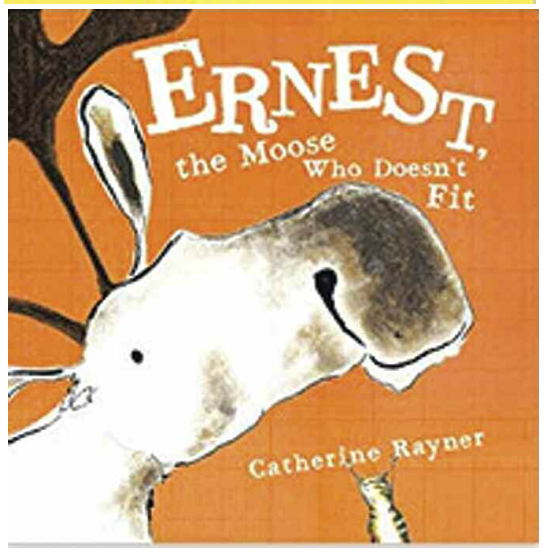
But you can also easily turn any "regular" book into a math lesson by counting and talking about other math concepts such as speed, distance, measurement, and size.How? A librarian's best friend: the catalog!



This is where the keyword and subject search part of the library catalog is your friend. Simply go to the search box in the upper right hand of the library website (located on every page) and type the concept name plus "easy picture" (for easier picture books) or "juvenile literature" (for nonfiction fact books). So if you search "Size - Easy Picture", you'll find three of my favorite picture books to read to children:

- **You Are (Not) Small** by Anna Kang





- **I Don't Want To Be Big** by Dev Petty
- **Ernest, the Moose Who Doesn't Fit** by Catherine Rayner

Not only are these great stories with colorful illustrations, they introduce the concept of size and can lead to interesting math discussions with your child.

Try it with "Measurement - easy picture" or "Counting - juvenile literature" and see what wonderful math books for kids come up. You won't be disappointed!

Have fun on your math journey!

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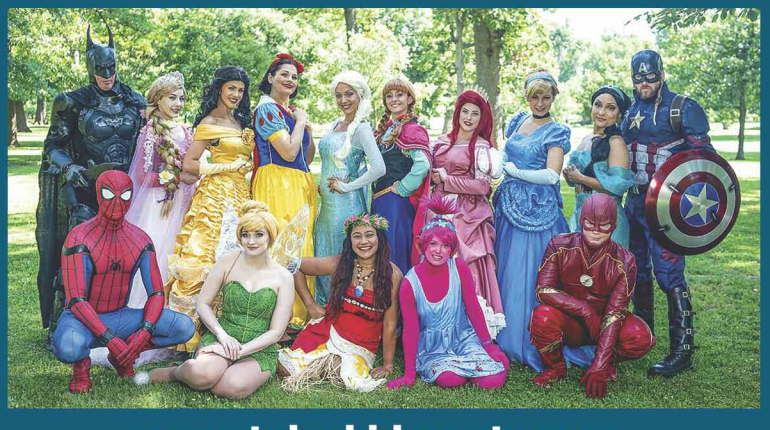
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COLLEGE AND CAREER READINESS REPORT: MANY KIDS AREN'T PREPARED, BUT PARENTS CAN HELP

BY TRICIA MILFORD HOYT

A quick look at recent headlines and it's clear that politicians, employers and the data agree: graduating high school students are often not prepared for college and careers. There is a gap between completing the requirements of high school and succeeding in work or higher education; in other words, there is a gap in college and career readiness.

College and career readiness is defined as the knowledge necessary to exit high school and move into a postsecondary program, such as university, community college, technical school, certification or license classes or apprenticeship program. It's all about the transition into adulthood from high school. For example, will students succeed in their first year courses in college? Will young professionals have basic problem-solving skills required to succeed in a workplace?

In October 2018, ACT released its annual report, the Condition of College and Career Readiness, which analyzes the ACT test results of 1.9 million students. This sample represents just over half of the graduating class of 2018. ACT reported a steady decline year-over-year in the number of students who will find probable success in their freshman college courses. In all, 35 percent of students met none of the four ACT benchmarks to determine college readiness, a 2 percent increase from last year. In math, college readiness fell to a 14-year low. Despite the low scores, over three-fourths of all students (76 percent) indicated aspirations of postsecondary education.

The annual ACT report focuses on four learning benchmarks: reading, English, math and science. Students who take the ACT are tested to determine if they have the knowledge necessary to complete the first-year college coursework specifically in those core areas.

More Than a Test Score

In an article in the Spring 2018 issue of the "New England Board of Higher Education" journal, David Conley of University of Oregon introduced a more inclusive definition of college readiness in order to move beyond content competence. "A key problem is that current measures of college preparation are limited to their ability to communicate to students and educators the true range of what students must do to be fully ready to succeed in college." Conley's broader definition is built on four facets of college readiness: cognitive strategies, content knowledge, academic behaviors and contextual skills and knowledge.

Cognitive strategies include a student's ability to analyze, interpret, find precision and accuracy, problem solve and reason. Conley suggests it's less about repeating what a student knows and more about how a student approaches a problem. Can he hypothesize and strategize to solve a problem? Can he identify and collect data points so that he can analyze the outcome? Can he communicate his ideas and findings while accepting the flaws or inconsistencies in his research?

Content knowledge includes the ACT benchmarks but also emphasizes that student interest plays a large role in her success in a particular content area. "A student's interests and post-high school aspirations influence the precise knowledge and skill profiles necessary to be ready for postsecondary studies," wrote Conley. This does not mean that students can avoid difficult subjects, but he does encourage teachers and administrators to acknowledge interest over one-size-fits-all expectations. In which subjects does she more easily excel? Which subjects does she enjoy more than others? On what topics does she read for pleasure?

Academic behaviors include time management, strategic study skills, and awareness of one's true performance, persist-

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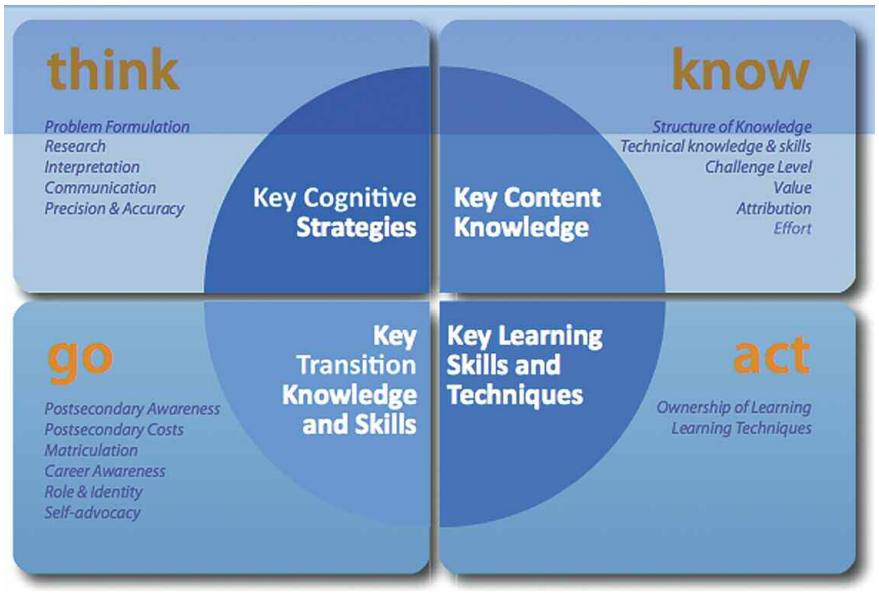
ence, and the ability to visualize goals. This facet of college and career readiness boils down to self-awareness, self-control and intentional actions on the part of the student. Does he take responsibility for his homework and prioritize his time well? Does he understand that hard work results in academic success?

Contextual skills and knowledge is defined as the ability to navigate the college application process and adjust to the culture of college life. This skill can be especially difficult for first-generation college students who are the first in their family to apply to college. Most schools do not provide this type of support due to decreasing budgets, which results in growing caseloads per school counselor. A 2018 report from the National Association for College Admission Counseling reported that only 33 percent of public high schools and 68 percent of private high schools have a counselor devoted to assisting with the college admissions process.

Other definitions of college and career readiness align with Conley's definition, and some offer more specific behaviors and personality traits that lead to success in and after high school. Many of these traits are not limited to academic learning environments and can be taught and reinforced by parents outside of school.

Developmental, Emotional & Social Traits for Success

The Search Institute expanded on the ACT rubric for college and career readiness by identifying 40 developmental assets across four broad areas: commitment to learning (e.g. achievement motivation, school engagement, reading for pleasure), positive values (e.g. responsibility, integrity, caring, honesty, equality), social competencies (e.g. planning and decision making, interpersonal competence, resistance skills), and positive identity (e.g. positive view of personal future, personal power,



sense of purpose).

The National Association of Colleges and Employers identifies the following skills necessary for success in the workforce: critical thinking/problem solving, communication skills, collaboration, digital technology, leadership, work ethic, career management and global/intercultural knowledge. With similarities to other expanded definitions of college and career readiness, this list of competencies arose from a task force comprised of representatives in higher education, work force development, and public policy.

In their book "Teaching New Basic Skills," Richard Murnane and Frank Levy identified three basic types of skills all young people need to succeed in the workplace: hard skills (e.g. mathematics, problem solving, reading); soft skills (e.g. oral and written communications, teamwork); and information technology. And in 2008 the Gallup Organization introduced three specific assets credited toward postsecondary success: hope, school engagement, and well-being. According to their report, hope predicts GPA and the ability to remain in school; school engagement consistently distinguishes between high-performing and low-performing schools; and well-being drives academic and vocational success.

> "...in 2008 the Gallup Organization introduced three specific assets credited toward postsecondary success: hope, school engagement, and well-being."

Solutions for Success

As Karen Pittman of Ready by 21 wrote, "It would be wonderful to report that thought leaders have come together to create a master list, recognizing that young people need to develop both the capacity and the motivation to succeed."

Understanding what skills, traits, and educational milestones students need to close the career and college readiness gap is one thing. Identifying clear solutions is another. In their 2018 annual report, ACT shared a list of five recommendations for districts, states and policymakers to begin reversing the decline of college and career readiness among high school graduates. First among them, increase funding for schools and education across the board to ensure educators have the resources to improve educational outcomes, as well providing equitable resources to underserved populations. ACT also recommends testing students earlier in their academic career, citing that high school might be too late to "catch up," and making sure students receive a holistic learning approach, which would address their soft skills like attitude, well being and community involvement.

Oklahoma State Department of Education (OSDE) predicts that 65 percent of jobs in 2025 will require postsecondary certification or education and is using grant funds to pilot a program that creates a flexible pathway for each seventh grader in the state. Individualized Career and Academic Plans (iCAP) use tools such as career and college interest surveys, academic progress, standardized test scores and experience in service, mentor or internships to get student, parents, counselors and teachers aligned.

Eric Fox, associate principal of Teaching and Learning at Jenks Public Schools, one of the pilot districts, believes that iCAP helps rethink the role of middle and high school education for students and families. "We are educating not just to reach graduation, but for the first step off the commencement stage," Fox says.

In addition to student plans, the program also offers field trips for teachers to OSU IT in Okmulgee or the Port of Catoosa, where they learn more about the future of the American workforce and how they can incorporate skills in

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the classroom. iCAP will launch statewide in Fall 2019.

How Parents Can Help

Parents need not wait for policymakers or administrators to adopt, fund and implement programs to ensure their child's success in college, career or life. By understanding the definitions and skills associated with college and career readiness, parents can actively support their child's education, growth and development outside of the classroom well before high school.

Parents can teach time management skills to toddlers and teens. New Jersey-based psychologist Eileen Kennedy-Moore, Ph.D., wrote that while children do not have adult-level productivity and time-management skills, parents can regularly ask children of all ages four key questions to develop the concept of time: 1. What comes next? 2. What happened before? 3. How long? 4. Which comes first?

In order to be college and career ready, children need to learn the reality of how much time is in their day, understand delayed gratification and learn the skills of prioritizing which tasks must be done and which can wait until later. Parents can reinforce these skills by planning the week together as a family, while letting the children see how choices need to be made even by grown-ups.

To help children acquire the critical thinking, cognitive strategies and skills needed to succeed in any content area, parents can encourage the scientific method in everyday life. A little refresher, the scientific method has six steps: 1. Ask a question, 2. Gather information and observe (research), 3. Make a hypothesis (guess the answer), 4. Experiment and test the hypothesis, 5. Analyze the test results (talk about them), 6. Present a conclusion. While this is taught in many science classes throughout a child's academic life, career and college readiness experts agree that parents can use this in every day language to reinforce creative problem solving and using sourced information to find an answer. Thinking in line with the scientific method can improve how students calmly cope with difficult test questions or seemingly overwhelming tasks.

The ACT College and Career Readiness Report indicates that much more needs to be done to ensure that all students have the opportunity to advance to their postsecondary experience of choice. Many of the recommendations from ACT include important steps for policymakers and schools across the country. By understanding the expanded definitions associated with the skills and assets needed to be college and career ready, parents too can join the effort in their child's everyday life to support the important work being done in the classroom.

COLLEGE AND CAREER READINESS TIPS FOR PARENTS AT EVERY AGE

Preschool:

Talk about the daily schedule frequently.

Teach delayed gratification by scheduling fun activities and counting down the days on a physical calendar.

Read and reread the same stories to reinforce reading comprehension.

Use the scientific method with children to develop cognitive strategies by asking them what they see, what they think will happen and how they can measure to find out if their prediction is true.

Grade School:

Introduce a calendar and schedule daily activities, including free time, to help reinforce how much time activities take.

Read (and reread) books with your reader and discuss the plot and how the author reveals the storyline to improve reading comprehension.

Use the scientific method in everyday conversations to reinforce creative problem solving, research and making predictions.

Middle School & High School

Read "The Seven Habits of Highly Effective Teens" by Sean Covey together.

Host weekly "Family Calendar Nights" complete with physical calendars around the table to discuss the week's events: swim practice, dad's big meeting, and that test next week. Help break down large tasks into manageable pieces so teens aren't overwhelmed.

Find out what your teen is reading and read it too, so you can discuss the plot and characters during car rides or over dinner to improve reading comprehension.

Enroll your tween in a computer coding class to gain exposure to the languages of 21st century technology.

TulsaKids' Guides and Directories are designed to help you at every stage of your parenting journey.

From our Baby Guide to Education and Enrichment Directories to our College & Career Planner, TK Guides offer resources for all caregivers in the community.

Find these and more at tulsakids.com/guides



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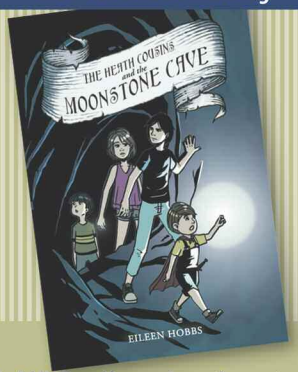


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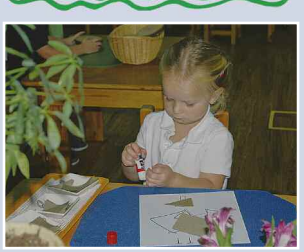
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"Yesterday, Today and Tomorrow—The Dream is Forever" Tulsa's 40th Annual MLK Parade will return to the Greenwood District on Monday, Jan. 21. Get more information at mlktulsa.com

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

January 1 Tuesday

HAPPY NEW YEAR!

ALL TULSA CITY-COUNTY LIBRARIES CLOSED

January 2 Wednesday

GARDEN OF LIGHTS
Enjoy one of winter's prettiest strolls as Tulsa Botanic Garden transforms into a magical illuminated wonderland. Roast marshmallows for s'mores, add a wish to the Garden's Wishing Tree and take in the beauty of season! Purchase tickets in advance. Open nightly through Jan. 6 (closed Jan. 1), 5-10 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.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.

ALL TULSA CITY-COUNTY LIBRARIES CLOSED

January 3 Thursday

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

NATURE'S BUDDIES: THE SHAPE OF NATURE-WINTER (SERIES)
Toddlers and caregivers will explore nature's whimsical winter forms in this three-part series. Investigate what makes each snowflake unique, where spirals exist in nature and more while meeting a zoo animal at each class. Cost for the series is $40, with zoo members receiving 10% off. For more information and registration at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North; 2&3 year-old series meets 9-10 a.m. on Jan. 3, 10, 17; 3-year-old through Pre-K series meets 11 a.m.-12 p.m. on Jan. 3, 10, 17

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa! Broken Arrow Fire Department Station 6, 3151 N. 9th St. (Lynn Ln.), Broken Arrow, 1-3 p.m. safekidstulsa.com

SO YOU WANNA PODCAST? [FREE]
Head to Central Library's recording studio for an introduction on the ways you can create your own podcast. Seating is limited. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For teens. Central Library, 400 Civic Center, 2-3:30 p.m.

January 4 Friday

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

SECOND ANNUAL HARRY POTTER NEW YEAR'S BASH [FREE]
Hogwarts School of Witchcraft and Wizardry requests the pleasure of your company at the Harry Potter New Year's Bash. Enjoy an evening of enchantment and merrymaking. Celebrate the magic of the winter season! Take part in a live owl demonstration, find out your Hogwarts house, create magical crafts and much more. You'll bring home your own Hogwarts acceptance letter, House tie and magic wand. This year's bash will feature an enchanted photo booth, trivia, plus costume contests for adults, children and teens. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. NOTE: Live owl demonstration is limited seating and requires separate registration. For all ages. Central Library, 400 Civic Center, 5:30-8 p.m.

TULSA OILERS VS. ALLEN
Cheer for the Tulsa Oilers as they play hockey at the BOK Center, 200 S. Denver Ave., 7:05 p.m. tulsaoilers.com

January 5 Saturday

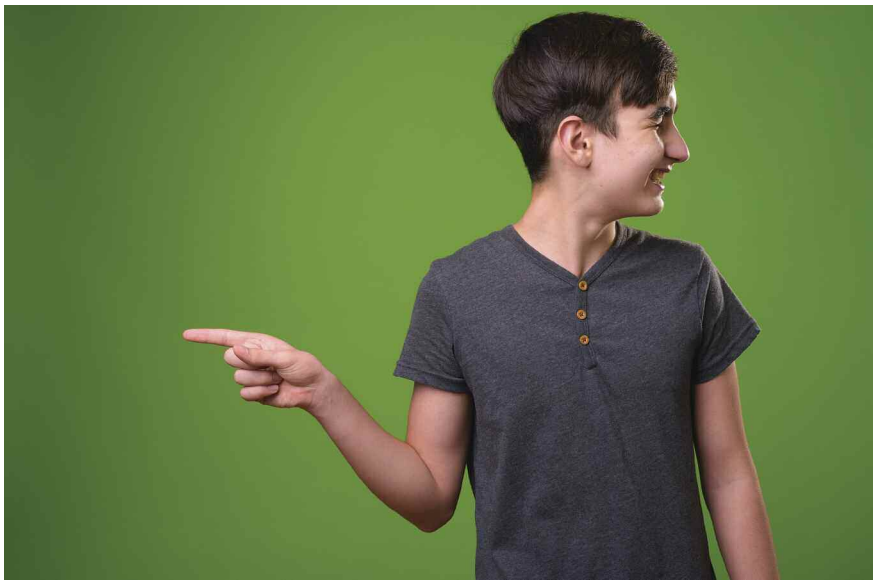
NATURE'S BUDDIES: THE SHAPE OF NATURE-WINTER (SERIES)
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WEATHER IN THE WEST: SATURDAYS FOR KIDS
Western weather can be wild! Tornadoes, hail, blizzards, and extreme temperatures are just a few of the elements that impact humans and animals living there. Make a tornado in a bottle and participate in other weather-related activities. Free for children and accompanying adults. Available while supplies last. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-12 p.m. nationalcowboymuseum.org

January 6 Sunday

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

GOLDEN GLOBE WATCH PARTY
Enjoy a televised red-carpet arrival special, trivia and snacks before watching the LIVE awards show! Circle Cinema, 10 S. Lewis Ave., 6 p.m. circlecinema.com



MAKE YOUR OWN MOVIE WITH THE GREEN SCREEN! [FREE]
Lights, camera, action! Help make a movie at the library using the green screen. Seating is limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 12-18. Central Library, 400 Civic Center, Mon., Jan. 14, 4-5:30 p.m.

January 7 Monday

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

SWING & LINE DANCE [W]
Instructor Pam Butler teaches this fun class for people ages 12 and up. Come by yourself or bring a partner! Cost is $5 per session. Central Center in Centennial Park, 1028 E. 6th St., 6-8:30 p.m. cityoftulsa.org

January 8 Tuesday

STEAMPUNK MINI BOOKS [FREE]
Make steampunk mini books for a key chain or necklace. Materials are provided, but are limited. Registration is required. Call 918-549-7323 to register. For ages 10-18. Glenpool Library, 730 E. 141st St., 4:30-5:30 p.m. tulsalibrary.org

ACTIVE PARENTING NOW [W]
Good family relationships and lots of positive attention are just what your child needs to learn and grow. In this six-week program, parents of 5- to 12-year-olds learn: How to build cooperation, effective discipline, logical consequences and how to teach responsibility. Call 918.560.1114 if you have questions. Family & Children's Services Central Office, 650 S. Peoria Ave., 6-8 p.m. fcsok.org

January 9 Wednesday

BUILD A READER STORYTIME: TODDLERS [FREE, W]
Enjoy songs, stories and movements geared to your toddler. Hardesty Library, 8316 E. 93rd St., 10-10:20 a.m. (Does not meet Jan. 2) tulsalibrary.org

FIND MORE STORYTIMES AT TULSAKIDS.COM/STORYTIME

SQUARE DANCE [W]
Enjoy one of America's original folk dance styles with the Rushing Stars. Partners and singles welcome. Ages 16 and over. $3 per session. Central Center in Centennial Park, 1028 E. 6th St., 1-3 p.m. cityoftulsa.org



YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to join this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of the library's! For adults and teens. Central Library, 400 Civic Center, Tuesdays in Jan., 5:30-6:30 p.m. (Does not meet Jan. 1) tulsalibrary.org

January 10 Thursday

SURVIVAL SKILLS: NEW YEAR, NEW YOU [FREE]
Make your own personal care products using inexpensive home remedies. Space is limited. Register at South Broken Arrow Library or call 918-549-7323. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 3:30-4:30 p.m. tulsalibrary.org

OSU CULINARY CLASS: HEALTHY COOKING ON A BUDGET [FREE]
Learn some tips on how to stretch your food dollar while preparing fresh, healthy foods your family will love. Class is free, but register in advance. Mother Road Market, 1124 S. Lewis Ave., 6-8 p.m. motherroadmarket.com

January 11 Friday

STORYTIME FOR GROWNUPS: NEW BEGINNINGS [FREE]
Bring a brown-bag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Light bites are provided! Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

MAXWELL PARK GEEKERY GUILD [FREE]
The Maxwell Park Geekery Guild is a place for fandom fanatics of all kinds to unite and share their love of all things geeky in pop culture (comics, graphic novels, anime, etc.)! Come and eat snacks and enjoy the company of like-minded teens. Maxwell Park Library, 1313 N. Canton Ave., 4:30-5:30 p.m. tulsalibrary.org

LINDY IN THE PARK [FREE]
Join Vintage Swing Movement Tulsa on the second Friday of each month for a FREE community swing dancing event. Beginners! Pros! Everyone is welcome. Lessons begin at 6:30 p.m., followed by a dance from 7-9 p.m. Guthrie Green, 111 E. M.B. Brady St. guthriegreen.com

January 12 Saturday

918 FITNESS EXPO
The 918 Fitness Expo will highlight all the fitness disciplines and services in the 918 area to the community. There will be a CrossFit comp, powerlifting meet, zumba demonstrations, American ninja warrior obstacles, and much more. Learn more at rdoyeto.wixsite.com/918fit. Cox Business Center, 100 Civic Center, 10 a.m.-8 p.m.

CRAFT: EXPRESS YOUR DREAMS TO COMMEMORATE DR. MARTIN LUTHER KING JR. [FREE]
In honor of Dr. Martin Luther King Jr., express your DREAMS by creating mobiles to share with each other, your family, friends and community. Supplies are provided. For all ages. Suburban Acres Library, 4606 N. Garrison Ave., 12-2 p.m. tulsalibrary.org

FRANKENTOYS [FREE]
Two parts broken toy, one part superglue and five parts wackiness. Find some broken toys and bring them back to life by splicing them together to form something unusual. Bring your own toys or browse through the library's to find the perfect parts for your creation. Younger elementary kids will need adult supervision as there will be tools and glue. For ages 7 to adult. Brookside Library, 1207 E. 45th Pl., 1-3 p.m. tulsalibrary.org

January 13 Sunday

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

STUDIO SUNDAYS [W]
Calling all tinkerers, artists, and families! You're invited to drop in for creative exploration at The STUDIO, located on the 3rd floor of ahha's Hardesty Center. Ahha Tulsa, 101 E. Archer St., 12-7 p.m. ahhatulsa.org

January 14 Monday

BUILD A READER STORYTIME: FAMILY [FREE, W]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Bixby Library, 20 E. Breckenridge, 10:30-11 a.m. (Does not meet Jan. 21) tulsalibrary.org

AMERICAN OVERDOSE: THE OPIOID TRAGEDY [FREE]
Join BookSmart Tulsa for an important evening with journalist Chris McGreal of The Guardian. Free and open to all. All Souls Unitarian Church, 2952 S. Peoria Ave., 7-8:30 p.m. facebook.com/tulsalitco

CEILI IRISH DANCE [FREE]

Learn traditional Irish dances with this fun group! Live music. All ages welcome. Meets weekly with the exception of Jan. 21. Central Center in Centennial Park, 1028 E. 6th St., 7-8:30 p.m. cityoftulsa.org

January 15 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Martin Regional Library, 2601 S. Garnett Rd., 11-11:30 a.m. (Does not meet Jan. 1) tulsalibrary.org

BUILD A READER STORYTIME: FAMILY AFTERNOON [FREE]
Bring the whole family to this storytime focused on STEAM (science, technology, engineering, arts, mathematics). Enjoy stories, songs and activities for babies to elementary ages. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 4:15-4:45 p.m. tulsalibrary.org

TEEN WRITING WORKSHOP: INFORMAL ESSAY [FREE]
Get ready for the Young People's Creative Writing Contest! Do activities and receive useful tips on how to write an informal essay. Registration is encouraged, as supplies are limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. Entries for Tulsa City-County Library's 2019 Young People's Creative Writing Contest will be accepted Feb. 1-March 2. The contest is open to ages 10-18. Owasso Library, 103 W. Broadway St., 5-6 p.m.

January 16 Wednesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after storytime for games, toys and activities that foster critical early literacy skills. Zarrow Regional Library, 2224 W. 51st St., 10:30-11:30 a.m. (Does not meet Jan. 2) tulsalibrary.org

January 17 Thursday

BABY & ME MATINEE: "WHILE YOU WERE SLEEPING" (PG) [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights aredimmed and the sound volume down. In the featured film, a lonely clerk saves a man who has fallen onto the tracks and then poses as the comatose man's fiancée to gain access to his condition. Hardesty Library, 8316 E. 93rd St., 10 a.m.-12 p.m. tulsalibrary.org

SPILLED INK FOR ADULTS AND TEENS [FREE]
Explore the great works of some of the masters of poetry and try your own hand at the eloquent wordplay. Hardesty Library, 8316 E. 93rd St., 6-7 p.m. tulsalibrary.org

January 18 Friday

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. Brookside Library, 1207 E. 45th Pl. 3:30-4:30 p.m.

January 19 Saturday

FAMILY GAME DAY! [FREE]
Play board and word games, and enjoy other fun activities for the family. For ages 5 and up. Bixby Library, 20 E. Breckenridge, 10:30 a.m.-12 p.m. tulsalibrary.org

January 20 Sunday

FUNDAY SUNDAY AT GILCREASE [FREE]
The third Sunday of every month is Funday Sunday. It's a FREE admission day loaded with fun for the whole family. Visitors can enjoy art-making stations throughout the museum, special exhibition-themed programming, open galleries and our gardens. Art activities take place from noon to 4 p.m., but admission is free all day. Gilcrease Museum, 1400 Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

January 21 Monday

40TH ANNUAL MLK PARADE [FREE]
The theme of this year's Martin Luther King, Jr., parade is "Yesterday, Today & Tomorrow—The Dream is Forever." The parade is designed to celebrate Dr. King's legacy and compel viewers to think about how they can help keep his dream alive. Downtown Tulsa, 11 a.m. mlktulsa.com

ALL TULSA CITY-COUNTY LIBRARIES CLOSED

January 22 Tuesday

LEGOS AND A MOVIE [FREE]
Come and create with LEGOs while watching "The LEGO Movie." Bring your imagination; the library will provide the LEGOs! For ages 5-12. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry, 3:15-5:15 p.m. tulsalibrary.org

TEEN WRITING WORKSHOP: POETRY [FREE]
Get ready for the Young People's Creative Writing Contest! Do activities and receive useful tips on how to write poetry. Registration is encouraged, as supplies are limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. Entries for Tulsa City-County Library's 2019 Young People's Creative Writing Contest will be accepted Feb. 1-March 2. The contest is open to ages 10-18. Owasso Library, 103 W. Broadway St., 5-6 p.m.

KIDS READ: FREE READ FESTIVAL FOR AGES 7-10 [FREE]
In this fun, fast celebration, librarians will take you on a journey of awesome books while helping you figure out what kinds of books YOU will love! There will be refreshments and door prizes too! Schusterman-Benson Library, 3333 E. 32nd Pl., 6-7 p.m. tulsalibrary.org

January 23 Wednesday

BUILD A READER STORYTIME: BABIES & TODDLERS [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. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11 a.m. (Does not meet Jan. 2) tulsalibrary.org

DIY PUZZLES USING THE LASER ENGRAVER [FREE]
Design your own puzzles using the laser engraver! Seating is limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 12-18. Central Library, 400 Civic Center, 4-5 p.m.

January 24 Thursday

HANDS-ON STORYTIME! [FREE]
Busy hands, busy brain! Preschoolers learn through hands-on activities. Participants will explore, experiment and create. Be ready to get messy! Central Library, 400 Civic Center, 10:30-11 a.m. tulsalibrary.org

GAMEZONE [FREE]
Bring your friends for some gaming on systems like the Nintendo Switch and Xbox One. For teens. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 4-5 p.m. tulsalibrary.org

January 25 Friday

TULSA OILERS HOME GAME
Watch the Tulsa Oilers play hockey at the BOK Center, 200 S. Denver Ave., 7:05 p.m. tulsaoilers.com

January 26 Saturday

5TH ANNUAL TULSA OILERS ARENA CHALLENGE
Join Fleet Feet Tulsa for the 5th Annual Tulsa Oilers Arena Challenge! This unique event combines running/walking and stair climbing in-

side the BOK Center. BOK Center, 200 S. Denver Ave., 9 a.m.-12 p.m. fleetfeettulsa.com

ZOO INSIDER: CROCODILIANS
Teenagers will investigator the amazing animals that make up this diverse order of reptiles. Will alligators really see you later? Are those crocodile tears for real? Get ready to CROC your world! Middle and high school students 13 to 18 years old are welcome to attend. Cost is $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

January 27 Sunday

Looking for more? Go to tulsakids.com/calendar!

January 28 Monday

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

MUSIC MONDAYS [FREE]
Sing, dance and have fun with Mr Benji. For toddlers to elementary-school kids.
Central Library, 400 Civic Center, 11-11:30 a.m. tulsalibrary.org

MAKER MONDAY: SEWING FOR ABSOLUTE BEGINNERS [FREE]
Learn the basics of hand stitching and machine sewing from Mary Perisho of Owl & Drum, while making a little pouch to take home. All materials are provided. Registration is required and limited. Register online at www.tulsalibrary.org/events or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 5:30-7 p.m.

TULSA BOAT, SPORT & TRAVEL SHOW
Prepare for summer fun at this long-running family friendly expo. RiverSpirit Expo at Expo Square, 4145 E. 21st St., Jan. 28-Feb. 3. Get the complete schedule at tulsaboatshow.com.

January 29 Tuesday

IT'S ME AGAIN, HANK THE COWDOG: A KIDS READ SERIAL BOOK DISCUSSION FOR ALL [FREE]
Enjoy a fun book discussion for all ages about "Hank the Cowdog," a series written for families to share together! Discuss "The Case of the Double Bumblebee Sting" and enjoy tasty snacks. Not able to read the selected Hank title but still love other Hank the Cowdog mysteries? The discussion will cover all-things Hank, so don't miss out! There may even be a sing-along! Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 6-7 p.m. tulsalibrary.org

January 30 Wednesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster critical early literacy skills. Rudisill Library, 1520 N. Hartford Ave., 10-11 a.m. tulsalibrary.org

TEEN MOVIE DAY [FREE]
Relax after a hard day in school with a teen movie on the library's big screen. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd., 3:15-4:45 p.m. tulsalibrary.org





Themes Are More Hip Than Resolutions

BY JILL VANTREASE

Well, dear parents. Happy 2019! Are you ready to take on the new year, listing all kinds of optimistic resolutions for your own betterment and the conquering of your universe? Is this the year you lose 12 pounds, commit to Cross Fit six times per week, read daily to your children, volunteer weekly at a homeless shelter, buy all organic, non-GMO, whole foods that have been raised on farms with a sun-dappled pond, and start your own podcast analyzing hot-button political topics? Or...perhaps you're like me, still muddling around in a daze, trying to unpack suitcases from an ill-advised holiday trip, wondering where to stuff superfluous gifts, and dreading venturing out into the cold, cruel world that is Oklahoma in January. (I know, I know, I'd last 12 minutes in Minnesota.)

Well, if you're lolling about in this latter state, this is no time to formulate lofty goals that you can't imagine embarking on today, let alone an entire year. Just as I was deciding that January is a really crappy time for moms to make dreaded resolutions (isn't September, the beginning of a new fresh school year, better?), I stumbled across an article in Medium Daily Digest, an online magazine that somehow whooshes into my inbox. Written by Niklas Göke, it's titled, "You Don't Need a Goal, You Need a Theme." Voila! This sounds exactly right for approaching a new year. Göke writes, "Goals don't help you create long-term happiness, let alone sustain it. They never have, and they never will." He continues, "...on a day-to-day basis, goals often lead to anxiety, worry, and regret rather than fulfillment, pride, and contentment. Until we reach them, goals exert pressure from afar." Well, setting a bunch of pressure-cooker goals doesn't sound like a great way to start 2019, does it?



Entrepreneur and author James Altucher tries a different approach. He lives by "themes." As Altucher sees it, your overall satisfaction with life isn't determined by singular events. "Instead, the average of how you feel at the end of each day is what counts. A theme might be a single word—a verb, a noun, or an adjective. 'Commit,' 'growth' and 'healthy' are all valid themes. So are 'invest,' 'help,' 'kindness' and 'gratitude.' Themes are immune to anxiety about tomorrow. They are indifferent to your regrets about yesterday. All that matters is what you do today, who you are in this second, and how you choose to live right now. With a theme, happiness becomes more about how you behave rather than what you achieve."

Isn't that a subtle but refreshing distinction? Don't you feel a lot less pressure, and a lot more enthusiasm for changing things up a bit just by changing your mindset? So let's look at a couple of "themes" I'm going to explore this year - but come up with your own!

Commit: I haven't fully documented my move here to Tulsa, a tortuous journey from a deer-in-the-headlights snotty coastal girl to fully devoted and enamored Tulsa mom; let's just say it took 12 years of living here to fall in love with our town, but now that I have, I'm not sure I could live anywhere else. Tulsans treasure this town fiercely, and that's one of the reasons I love it so much. Maybe that's why there's a myriad of ways to commit some of your time to improving lives here.

Mayor G.T. Bynum's Facebook page showcases a wealth of ways you can make our town better in your own way: Oklahoma Veteran's Connection, New Tulsans Initiative (making our town easier to navigate for recent immigrants), Tulsa Pet Coalition, Urban Data Pioneers (volunteers who analyze data to tackle problems like crime) - if you don't think you have a passion, spend



just a few minutes sniffing around - you're sure to find something you'd love to devote your energy towards. I occasionally volunteer for Catholic Charities in their child care department, while moms take English and GED classes. It's a small way to gradually improve the lives of Tulsans that feels natural to me. But for moms of small kids, this probably sounds like, well, like more of what you're already doing. In fact, if you only have small kids, stay at home and read to them -- commit to life outside your walls when the kids are in high school! (On the other hand, if your kids are older and you MISS little kids and reading to them, try Reading Partners - it pairs volunteers with kids at many different local schools.)

Health: no, I don't care about losing weight or flaunting six-pack abs, despite what I'm told by the magazines in the checkout line. But, I do care about feeling generally good, energetic and sane, and limiting sugar around here -- if only to prevent a few cavities! I've tried to cut down on sugar in my own life, and it's been a long process with dramatic (to me) ups and downs. But I can brag that I no longer have Reese's Peanut Butter Cups and Diet Mountain Dew for breakfast





— go me! Places like Ediblend Superfood Cafe and Pure Food and Juice have helped me recalibrate my palate -- their smoothies and salads are delicious but so fortifying -- you can actually feel your body soaking up all the nutrients. So, since I'm craving sugar less, I'm buying it less, which means my kids are eating healthier, too. One of them has even gone off soda! As for moving around, we all know it's better than Netflix bingeing. After using babies as an excuse for sitting around for 15 years, I finally started a light yet regular workout routine; I run a little bit, take adult tap and ballet at the iconic Miss Shelley's, and find I enjoy classes at Revved, a gym with hour-long classes combining both cardio and strength training. The classes vary, so they're not so dreadfully boring! Those are my attempts to weave a theme of health through my days. But again, there's no big goal, just trying to keep all these body parts from freezing over. Maybe you want to limit sugar, or kick your diet soda habit (let me know your secrets!), or want to cook dinners more often at home for the family (services like Shipt for Reasor's and Target have really helped me here!). Again, daily little decisions make changes far less onerous than setting a hard and fast goal.

Presence: Perhaps it's a universal condition in the age of social media, but I have noticed that if my children -- one daughter in particular -- start unspooling a long, tedious tale of some incident that happened during lunchtime, I start fidgeting for my phone. How horrible! Even if my kids need to work on their oratory skills, that's no excuse for me to need a hit of Facebook dopamine. What is more important than living in this moment right now? What I am learning -- gah, such a cliche! -- is that these years with kids are sluicing like sand through my hands, and I can't stop the onslaught of time. It's so odd that 2 p.m. on a Tuesday afternoon with only little babies can feel like an eternity, but now the roller coaster just won't stop. So if I'm going to enjoy this ride, I'm going to soak it all in, brace myself for every stomach-churning drop, and make sure I don't know more about what's happening in my friends' lives than I do about the one smack dab in front of me.

There are my three "themes," then. So much more organic and natural than always striving towards an elusive goal that may or may not bring you where you want to go. What will your themes be in this wild and crazy year?

"What is it you plan to do/with your one wild and precious life?" asks Mary Oliver; well, I haven't figured that out yet, but I'm at least going to pay more attention to it!



BY NATALIE MIKLES

soup for supper

Soup itself is delicious. But soup has more levels to it than just taste. Soup making is an art. There's the chopping, adding the vegetables at just the right time, creating levels of flavor through herbs and spices. Some soups are thickened with a roux, or you can thicken with a puree of roasted vegetables for great flavor.

Then there's the art of eating the soup. Soup served in mugs is what you want for a casual dinner, savored by the fireplace or even with your feet up on the couch watching television. If your kids are used to only eating dinner at the table, they will be thrilled with the idea of eating (or drinking) their dinner out of mugs in the living room. If you're eating at the kitchen table, serve your soup in big, shallow soup bowls and fill the center of the table with toppings, like cheese, chives, crumbled bacon or hot sauce.

Warm bread is the perfect match for soup. Depending on the soup you're making, you could make cornbread, French bread, rolls or just toast some sandwich bread.

At my house, if it's a soup night, the kids know that means dessert will follow. With heavy meals, we sometimes skip dessert for a piece of fruit or yogurt. But if soup's on the menu,



we're likely to have something like brownies, warm cookies or cake.

Even if your kids are resistant to soup, you may find one of these recipes that appeals to them. The Mac and Cheese Soup is definitely kid-approved and a good one even for toddlers.

If your kids don't like spicy foods, cut the amount of green chiles by half. And if they don't love soup, you can simply pull out some of the cooked pork and beans and serve with rice or fold up in a tortilla.

GREEN CHILE PORK STEW

Serves 16

- 1 (16-ounce) package dried pinto beans, soaked overnight
- 1 bone-in pork loin roast (about 3 pounds), trimmed
- 4 to 5 cloves garlic, minced
- 2 tablespoons chili powder
- 1 to 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2 cans (4 ounces each) chopped green chiles
- 5 medium carrots, sliced
- 1 (14 1/2-ounce) can diced tomatoes
- 3 small zucchini, sliced

1. In a large bowl or stockpot, cover beans with water and soak overnight. The next day, drain and rinse beans.

2. In a stockpot, combine beans, pork roast, garlic, chili powder, cumin, oregano and green chiles. Cover with water, and bring to a boil. Reduce the heat, and simmer, covered, 3 to 4 hours or until the meat and beans are tender.

3. Remove the pork to a cutting board. Stir the carrots and tomatoes into beans mixture, then return to a boil. Reduce heat and simmer, covered, until vegetables are tender. Add the zucchini, and cook for 8 to 10 minutes longer.

4. Remove pork from bone, cutting into bite-size pieces. Return pork to broth, and heat through. This is great served with warm tortillas.

We love this recipe from "The Mom 100 Cookbook." You can easily make this one vegetarian by skipping the bacon and using olive oil in place of the bacon fat. And vegetable broth can always be subbed for chicken broth.

LENTIL, TOMATO AND RICE SOUP

Serves 6 to 8

- 4 to 6 slices bacon, cut into ½-inch pieces
- 2 teaspoons olive oil
- 1 cup chopped onion
- 3/4 cup peeled and chopped carrots
- 1/2 cup rice (Arborio is especially good in this soup)
- 1 1/2 teaspoons minced garlic
- 1 teaspoon dried thyme

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• Splash of red wine (optional)
• 1 (28-ounce) can crushed tomatoes
• 5 cups low-sodium chicken broth
• 3/4 cup dried lentils, rinsed and picked through
• Kosher salt and fresh ground pepper
• Freshly grated Parmesan cheese or feta cheese, for serving

1. Heat a large pot over medium-high heat. Add the bacon and cook, stirring occasionally, until crisp, 4 to 5 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain. Pour off all but 2 teaspoons of the bacon fat from the pot, add the olive oil, onion and carrots. Cook over medium-high heat, stirring, until the vegetables soften, about 5 minutes.

2. Add the rice, garlic and thyme and cook, stirring until well combined, about 3 minutes. Add the wine, if using, and stir until it's almost evaporated, about 1 minute

3. Add the tomatoes, chicken broth, lentils and half of the bacon, and stir to combine. Season with salt and pepper to taste.

4. Let the lentil mixture simmer, uncovered, over medium-low heat, stirring occasionally, until the lentils and the rice are tender, 20 to 30 minutes. Feel free to add more liquid if you like a thinner soup. Serve the soup in bowls with the rest of the bacon and a sprinkling of Parmesan or feta cheese on top, if desired.

Mugs or bowls of this creamy soup are just what you want after a long day of work or school. If you make it a day ahead, you may want to add a bit more broth to keep it soupy when warming through. It can also be packed in a thermos for lunch.

CHEDDAR CORN CHOWDER

Serves 8

• 1 medium onion, chopped
• 1 red bell pepper, diced
• 2 tablespoons butter
• 1/4 cup all-purpose flour
• 2 cups chicken or vegetable broth
• 2 large potatoes, diced
• 1 1/2 cups frozen corn
• 1/4 teaspoon ground mustard
• 1/2 teaspoon paprika
• 1/4 teaspoon salt
• 1/4 teaspoon crushed red pepper flakes
• 1/8 teaspoon ground pepper
• 2 cups milk
• 1 1/2 cups shredded cheddar cheese
• Green onions or chives for garnish

1. In a large saucepan, saute onion and bell pepper in butter until tender. Stir in flour until blended, gradually adding broth. Bring to a boil, then cook and stir for 1 minute or until thickened.

2. Add the potatoes, corn, mustard, paprika, salt, red pepper flakes and pepper; return to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender.

3. Add milk, cook and stir until soup comes to a boil. Remove from heat, then stir in cheese until melted. Sprinkle with green onions or chives.

Here's a great recipe for kids who aren't big soup fans. This slurpable mac and cheese is yummy matched with a grilled turkey sandwich. You'll want to serve it the day you make it. Over time, the pasta will absorb the liquid and the soup will be no more.

MAC AND CHEESE SOUP

Serves 6

• 1 (32 ounce) container reduced-sodium chicken broth
• 2 cups dried elbow macaroni or small shell pasta
• 1 (16-ounce) bag frozen broccoli, cauliflower and carrot blend
• 1 1/2 cups low-fat milk
• 2 tablespoons all-purpose flour
• 1 1/2 cups shredded cheddar cheese

1. In a large saucepan, bring broth to a boil over high heat. Add pasta. Return to a boil. Reduce heat and let simmer, uncovered, for 5 minutes. Add vegetables. Cook until pasta and vegetables are tender, about 5 minutes more.

2. Combine milk and flour in a small bowl, whisking until it is smooth with no lumps. Stir in to pasta mixture. Cook and stir until thickened and bubbly. Gradually add the cheese, stirring until cheese melts.





BY BRANDON SCHMITZ

student robotics teams look to establish regional competition in Tulsa

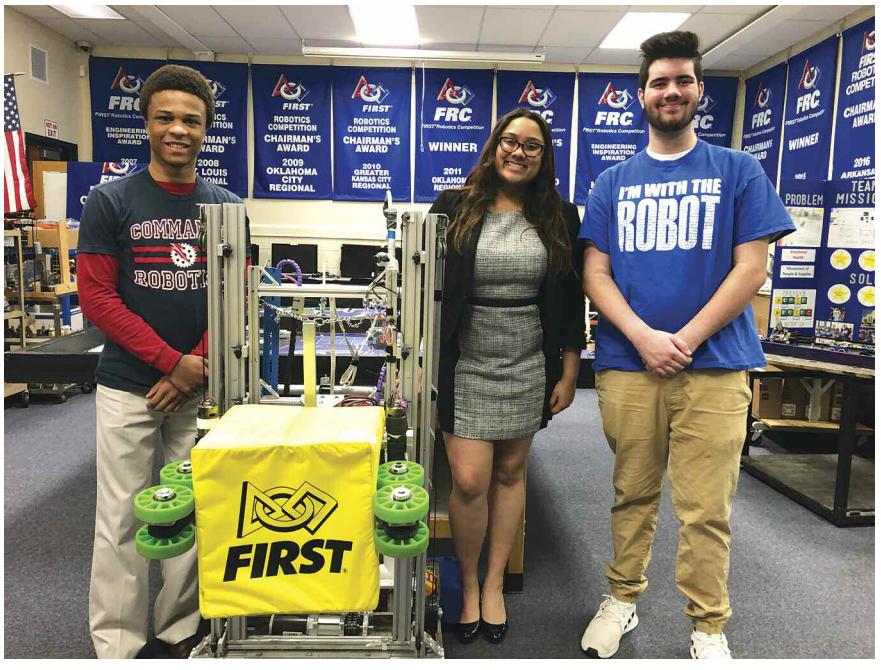
In an effort to keep their respective robotics programs afloat, students and teachers from throughout the Tulsa area are working to raise enough money to bring a FIRST Robotics regional competition to Tulsa.

Although the Oklahoma City-based regional has existed for the past 10 years, it's the only in-state option for Oklahoma's robotics students. As a result of being unable to afford the travel cost, some Tulsa schools have had to drop their robotics programs.

"It costs $4000 to register, and that's not even including the hotels and the travel costs," Jenks High School Senior Lily Tennekoon said. "Having a competition in Tulsa would not only allow our teams to stay at home, but it would also support Tulsa by having teams from outside areas come to our hotels and eat at our restaurants."

The movement recently gained some traction with a $25,000 contribution from Williams. According to a teacher associated with the cause, there are several other companies that are looking to help, although they can't officially provide funds until their next fiscal year.

"With Tulsa being so prominent in engineering and with all of these companies around here who are looking for students who are going to be engineers, it's going to be great motivation for them to invest in this and get their name out there," Memorial High School Senior Chase Parker said. "On top of that, it will just bring a bunch of new talent to see the Tulsa area."



(L TO R) JULIAN ZANDERS, CASCIA; LILY TENNEKOON, JENKS; CHASE PARKER, MEMORIAL ARE ROBOTICS TEAM MEMBERS WORKING TO BRING A LARGE COMPETITION TO TULSA.

It isn't all about engineering, though, as Tennekoon stressed that virtually any type of company could benefit from supporting this cause.

"While engineering plays the biggest part in this, we have students who are interested in business, medicine, and law," she said. "First and foremost, what we have are creative, hardworking, passionate students and what we really want to do is express that to companies who are able to help."

Although the Jenks senior said she is generally optimistic about her school's support for STEM education, her team has seen its fair share of shifts throughout the past two years.

"A couple of our mentors weren't able to continue with us and our lower levels of the robotics program have been cut," Tennekoon said. "Of course, we're working to make sure that that doesn't happen at the high school, but it definitely has been a struggle."

That said, these students' aspirations extend beyond just sustaining their own programs.

"After this first year with the regional, we're definitely going to be raising awareness for other teams that may be struggling and maybe they can seek similar sponsors," Parker said. "Also, I'm sure word is going to spread about that, and this will lead to the regional happening year after year because we're accumulating more sponsors."

Additionally, having one more competition grants opportunities for teams across the world to travel to Oklahoma, including teams from Mexico and California who regularly attend the OKC regional.

"For me, this program is about learning real-world skills that I'm going to use at my job," Cascia Hall Senior Julian Zanders said. "Our community is one in

continued next page

which we help each other, but to do that, you need to plan, anticipate outcomes – so many real-world skills can only be learned by doing them."

Tennekoon celebrated FIRST Robotics' unique approach to learning, as well as its ability to break boundaries among fellow students.

"I've met so many people from around the world with different skill sets, ideas and backgrounds that I wouldn't have known otherwise," she said. "There's a magic to this program – nothing tops it."

Even beyond education, though, these competitions have showcased a refreshing degree of sportsmanship.

"When you see these sports teams come out and trash talk the other team – FIRST is the opposite in that it's always about 'hey, it's randomized teams of three, so you never know whether these guys can help you out and lead you to victory," Parker said. "You build relationships with all of these teams and I feel like – more than working with the team of people at your school – it's about working with a team throughout all of Oklahoma."

According to Zanders, some teams will even dedicate some of their members to helping other teams program their robots "just so that they can have a better day."

"It's a competition, but it's collaborative," Tennekoon said. "It's not about bringing other people down so that you can win – it's about bringing other people up so that you can succeed together."

To support this cause, visit the Green Country Regional page at https://oksef.org/green-country-regional.

5 WORKOUTS FOR THE WEEK

Busy week? Try this simple day-by-day workout plan. Do it in order, or mix and match days to better fit your schedule.

DAY 1 - TURN 'N BURN WORKOUT *Turn physical activity up a notch.*



SQUATS
3 sets of 10



CRUNCHES
3 sets of 20



LUNGES
3 sets of 10 on each side

DAY 2 - PARTNER WORKOUT *Find a buddy and move your body.*



REACH & TOUCH PLANK
5 sets, 20 sec. each



PARTNER CRUNCHES
5 sets, 20 sec. each



PARTNER TWIST
5 sets, 30 sec. each

DAY 3 - TIME-SAVING WORKOUT *In a rush? No sweat.*



TRASH CAN TOE TOUCH
3 sets of 30, twice a day



TRICEPS CHAIR DIPS
2 sets of 10, twice a day



SEATED FLUTTER KICKS
3 sets of 30, twice a day

DAY 4 - YOGA WORKOUT *Relax and get your "om" on.*



CRESCENT LUNGE
3 sets, 30 sec. each



PIGEON POSE
3 sets, 30 sec. each



GLUTE BRIDGE
3 sets, 30 sec. each



CHAIR POSE
3 sets, 30 sec. each

DAY 5 - KID CIRCUIT WORKOUT *Moving with your kids is fun.*



JUMPING JACKS
3 sets of 10



LEAP FROG
3 sets of 10



HIGH 5 PUSH-UPS
2 sets of 10



ELEPHANT POSE
2 sets, 30 sec. each

Try this plan, or make your own with exercises from **ShapeYourFutureOK.com**.
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ShapeYourFutureOK.com TSET

BY DIANE TRITT EATON

Bentonville, Arkansas: much more than Walmart

Last month I drove to Bentonville, Arkansas, to visit a cherished friend from New York, who had meetings with the big-box giant, Walmart, headquartered in Rogers County. It was a chance to get caught up and enjoy time in the foothills of the Ozark Mountains before Christmas. I had been to the area before, specifically to explore the world-class Crystal Bridges Museum, but hadn't checked out Bentonville's downtown historic district and its surroundings.

Upon arrival, I grabbed a map at the Bentonville Convention & Visitor's Bureau on Central Avenue in the heart of the square. I was immediately impressed with this quaint town, laced with colorful two-story, old-world buildings housed with tiny boutiques and trendy eateries.

Walmart Museum

With map in hand, my first stop was the Walmart Museum, a perfect venue for kids at heart. The 5 & Dime shop, which is the original store owned and operated by Sam Walton himself, is a sweet spot, selling nostalgic games, toys and candies. The self-guided, complimentary museum tour extends beyond the register. There are a few small rooms containing attractive educational displays and a short video that helps to highlight Mr. Walton's public and private life, and business philosophies and practices. Kids will enjoy the simplicity of the museum and the throwback feel of the tiny shop. The icing on top is the Spark Café located right next door, which serves old-fashioned milkshakes and locally made Yarnell's ice cream. The signature Spark Cream flavor is served only at this store and, not surprising, is colored Walmart yellow and blue.



BENTONVILLE'S WALMART MUSEUM IS A FUN STOP IN THE HISTORIC DOWNTOWN SQUARE.
PHOTO COURTESY: DIANE TRITT EATON

Food, Drink and Shopping in the Square

A few years ago, The Wall Street Journal named Bentonville as one of its up and coming culinary scenes. Of course, this is largely due to the business folks that have both moved here and/or conduct business with others from all over the world. In the downtown district, I visited the hip Press Room, a boutique coffee shop that serves breakfast, lunch and dinner, while encouraging its guests to simply hang out and plug in. I also sampled and purchased some locally handcrafted, bean-to-bar chocolate at Kyya on Main Street. A real gem in town is a top-notch restaurant called The Hive, situated in the lobby of the ultra-chic 21C Museum Hotel. The executive chef, Matthew McClure, was named a semifinalist for the prestigious 2018 James Beard Foundation Awards. The children will love the unique experience; especially the giant vines, honeycombs and bee sculptures adorning the walls and ceilings throughout the dining room.

Window shopping is fun in this attractive and authentic

continued next page

downtown district. Unique, kid-friendly boutiques in the square include Rollie Pollie, a children's store that sells "beautiful, high-quality, fair-trade goods from all over the world." You can also find sports memorabilia galore at Bleachers.

Crystal Bridges Museum of American Art

Internationally acclaimed Crystal Bridges' Museum, designed by famed architect Moshe Safdie, is a must see! Located on the fringe of downtown Bentonville, the museum and its expansive grounds are a collective gem. Sam Walton's wife, Alice, wanted to bring world-class art to the heart of America so more people could have access to it. The Walton family's permanent collection spans over five centuries and includes works by John Singer Sargent, Georgia O'Keefe, Jackson Pollack and Andy Warhol. .A separate building, Frank Lloyd Wright's Bachman-Wilson House, was preserved and acquired by the museum and can be toured (but be sure to reserve passes in advance). Admission to everything on the museum grounds is free. Crystal Bridges' grounds are connected to downtown Bentonville by a four-mile rail system if you want to get some additional exercise.

Scott Family Amazeum

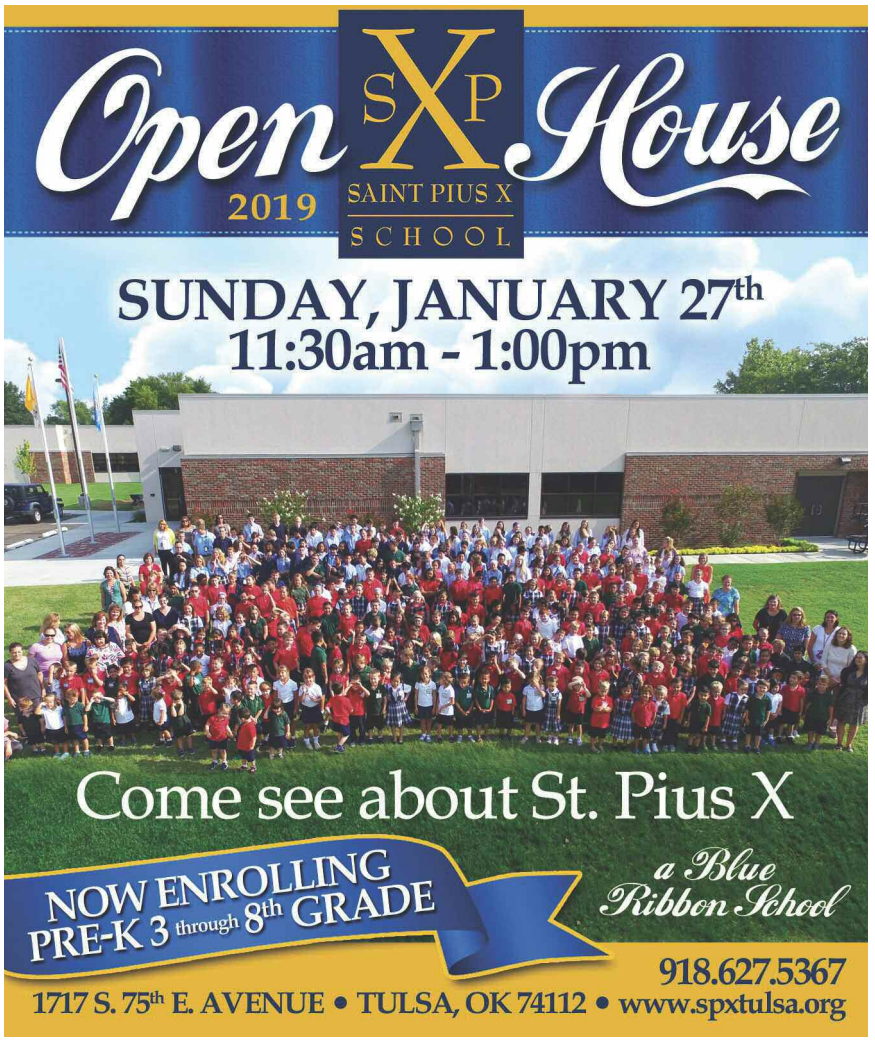
For more high quality, educational play, visitors must carve out time for the 50,000 square-foot Scott Family Amazeum. Here, play isn't just for children. Adults and kids can interact with one another by engaging in hands-on learning exhibits and activities that incorporate the land, industries and people who built and sustain the Arkansas culture. Families can enjoy the 3M Tinkering Hub; General Mills Lift, Load and Haul; Market Sponsored by Walmart; Nature Valley Water Amazements; Nickelodeon Play Lab; Hershey's Lab and so much more. The Amazeum exceeds all expectations in providing and enhancing family interconnectivity, which is hard to come by in these days of fast-paced living and technological toys.

Put Bentonville on Your Bucket List

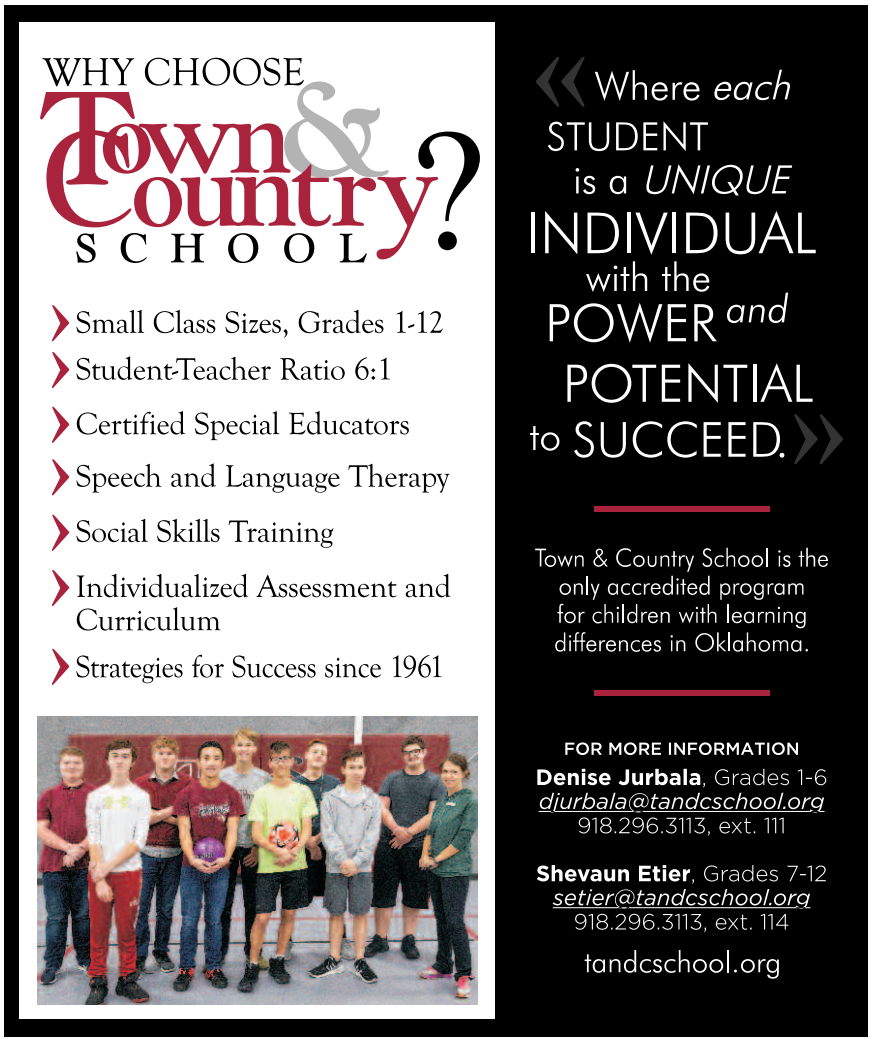
Highbrow Town & Country magazine did a story about Bentonville in mid-2018, boasting, "Northwest Arkansas might not be at the top of your travel bucket list, but it should be. Its city of Bentonville…has reaped the benefits of having some of the richest people in the world, the Walton family, as residents." Bentonville's renaissance is in high gear and has become a welcoming blend of a charming old town with a new twist of innovation, invention and inspiration.

Bentonville is an easy two-hour drive from Tulsa. There are plenty of hotels and motels including an Embassy Suites a short 10 minutes off of the square. Or, for a really unique experience, the **21c Museum Hotel** is right in the heart of all things downtown.

Check out www.visitbentonville.com for lots more details on all things fun to see and do!









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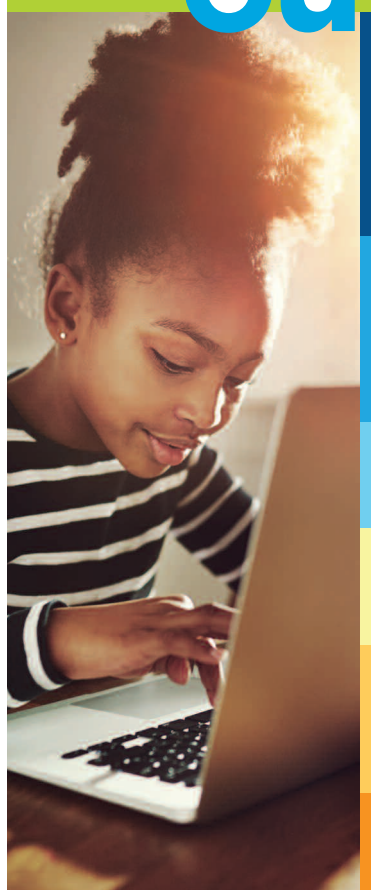
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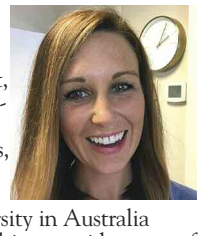
Q. What are some red flags to look for that would identify a child is at risk for dyslexia?



A. 10 red flag signs that transcend age and grade levels include:
1. Difficulty remembering the name or sounds associated with letters.
2. Unable to understand rhyming.
3. Spells spelling words at home correctly. On the day of the spelling test the child is unable to spell the words, especially if the words are given out of order.
4. Spells words how they sound or writes all of the letters in the word, but the letters are not in the right order.
5. Difficulty following or remembering multi-step verbal or written instructions.
6. Words are on the tip of their tongue, but they just struggle getting them out.
7. Struggle getting thoughts on paper. For example, when asked to write a paragraph, they are only able to write two sentences, but if asked what they wanted to write, they can tell you a full and detailed story.
8. Difficulty understanding social cues.
9. When the list of abilities and struggles do not make sense or fit into another learning disability. The randomness is a key indicator of dyslexia.
10. When a child has been retained, and has spent significant time in tutoring, Response to Intervention (RTI), or participated in Tier II or Tier III reading and little to no progress has occurred.

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

Q. What makes swimming so different than any other activity?



A. The benefits of swimming are numerous, significant and irrefutable. The benefits of swimming are not bound by age or ability. Along with the obvious physical benefits of being a low impact, aerobic exercise that works the entire body at once, swimming positively affects many aspects of life including the mental and emotional well-being of its participants. It is no wonder that physicians, physical therapists, exercise physiologists and child development specialists recommend swimming as one of the best forms of exercise for all areas of development. A recent study at Griffith University in Australia cited: "Young children who participate in early-years swimming achieve a wide range of skills earlier than the normal population." It goes on to conclude that, "As well as achieving physical milestones faster, children also scored significantly better in visual-motor skills such as cutting paper, coloring in and drawing lines and shapes, and many mathematically-related tasks. Their oral expression was also better as well as in the general areas of literacy and numeracy." The study noted that swimmers were more social, confident and eager to learn and try new things than their non-swimming peers. **Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988**
Website: www.millerswimschool.com

Q. How do I name a guardian for my kids, if I am unable to take care of them?



A. If you have young children, naming a guardian is the most important part of your estate plan. Imagine if you are in an accident, or if you die, and you are unable to care for your children. Who would get them to school? Who would get them fed? Who would get them to bed?
This important decision should be made with the counseling of a qualified attorney who focuses on estate planning. With an understanding of the law, a competent attorney will learn about you and your children and be able to prepare a complete estate plan, including a Will, and often a trust, making sure you legally name a guardian for your minor children.

Rod Yancy, Attorney, 1214 East 33rd Street, Tulsa, OK, 918-200-9094, www.rtylaw.com

Q. How Does Neurofeedback Work with Counseling?

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

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Jonathan Oliver: encouraging others to embrace opportunities

Jonathan Oliver, known as "J.O.", has many roles; among his newest are stay-at-home dad and author. What began as a creative outlet chronicling a unique perspective on his non-traditional role of stay-at-home dad, turned into an important message about embracing life's opportunities. His book, *Joy in the Journey*, accurately blends the struggles and blessings of parenthood with humor, clever parenting anecdotes and powerful life lessons. In visiting with J.O., he shares a little about himself, his background and why it's important for him to encourage others to find their joy.

TK: Tell us about your family

J.O.: I've been married for nine-and-a-half years to my amazing wife. We met in an MCAT prep course because, at one point, I was interested in medicine, but I realized that wasn't the path for me. She continued with her medical education and is now a general cardiologist. We moved here from central Texas three years ago. From the beginning of our relationship, we always talked about the fact that she would likely want to continue working full-time if we had children, so we planned for that. We now have two beautiful daughters. Journey (3) was born in Texas and Justice (6 months) was born here in Tulsa.



TK: What are three adjectives that best describe you?

J.O.: Encourager, honest and personable

TK: What is your favorite quote and why is it your favorite?

J.O.: I like to say, "Life is what you are born with. Living is what you do with it." We all have life but not everyone lives life. I choose to live life daily. Living life with intention is what leads to fulfillment.

TK: What is your favorite

JONATHAN OLIVER WITH HIS DAUGHTERS JOURNEY (3) AND JUSTICE (6 MONTHS) AND WIFE, DR. SARAN OLIVER.

continued next page

part about being a stay-at-home dad?

J.O.: The amount of time I get to spend with Journey and Justice during these formative stages of their life. I know this time is precious and will ultimately help to shepherd and guide them for the rest of their lives.

TK: What is the hardest part about being a stay-at-home dad?

J.O.: Being intentional with my marriage. I have to be intentional to continue to invest, grow and nourish my spouse and marriage. Being a stay-at-home dad is easy in the sense that Journey and Justice are going to demand the things that they need in order to survive. If Justice is crying, I know that is an indicator that there is a need that has to be met (ie. hunger, diaper change, a nap, or just to be held). Journey also has her behaviors and actions that are indicators of her needs. So, for me, it's important to be proactive and not reactive. It's obvious what my daughters are going to need; however, it's a lot easier to overlook or neglect my spouse due to the fact that she may not make her needs known as loudly as small children do. I want to be a great husband first before I worry about being a great father.

TK: Why did you decide to write Joy in the Journey?

J.O.: Before I became stay-at-home dad, I traveled on the road about 250 days out of the year as a professional speaker and training coach with Rachel's Challenge. I was also (and continue to be) a personal development coach and author. Becoming a stay-at-home dad was very isolating and lonely, especially after being in a career that involved speaking with people constantly. I wanted to do something that would allow me to stay connected and not lose myself in the identity of my children. Writing Joy In the Journey gave me the ability to remain connected to myself while still being able to encourage and support others.

TK: What are some important take-aways from the book?

J.O.: I wanted to dispel the myth that black men are deadbeat dads. Black men are thriving and growing in our marriages and our communities, and I wanted to put that message out there. Furthermore, I wanted to give all stay-at-home parents, particularly fathers, the information, confidence and encouragement to fully engage in the parenting process, their marriages and their communities. I want people to realize there is a shift occurring and more men are transitioning to the homemaker role than ever before. We, as men, are more than capable and are wanting and willing to raise our children.

TK: What steps did you take to embrace your unique position as a stay-at-home dad?

J.O.: Being a stay-at-home dad, I feel, is a calling on my life. This isn't something that happened by accident. My wife and I knew even when we were dating that I was going to more than likely stay home and raise our children. I truly believe all the skills, tools and struggles that I have developed and experienced in my life have prepared me for this current stage of life. Being dyslexic and ADHD are also blessings in my role of being a stay-at-home dad because there is never a dull moment in parenting, so I'm always on the go, which keeps me interested.

TK: What advice would you give to others who are struggling with their current situation?

J.O.: First, ask the question: What is your current situation trying to teach you? Second, list at least 10 things that you are grateful for and why. I actually text nine people that are part of my accountability team my 10 things every day. I have been doing this for the last five years and it makes a huge difference when I am feeling stuck. I would also say to identify what your needs are. I truly believe that all people are naturally creative, resourceful and whole, so figure out what makes you tick and make sure you make time for it. Lastly, ask for help. This may include seeing a therapist. I have been seeing a therapist for the past five years, and it's one of the best decisions I have ever made.

TK: Is there anything else you would rather be doing at this point in your life? If so, what would it be?

J.O.: Absolutely not. Being a stay-at-home dad and being able to chronicle my day and turn my experiences into encouragement and content has truly become a passion for me. I'm blessed to have such a strong, guiding hand in raising my daughters.

Wrap-up:

I currently have a new book coming out in spring 2019 entitled The Little Boy in Me. It's about me writing back to my younger self from this current stage in my life. I'm talking to that little boy who grew up not knowing that he was dyslexic until he was a junior in college, yet still graduated from high school with honors. I'm also talking to the me who didn't realize that he had ADHD until he was 30. After all the struggles and ups and downs, being dyslexic and having ADHD are two of the absolute best gifts that God has ever given me. I want to let that boy know that he is going to be ok and that we made it.

For more about Jonathan, go to: https://www.jonathanoliveronline.com/

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BY NATALIE HANSON

a homeschooling tale

I am so excited to get to talk to you about a subject I know is the hot topic on everyone's mind these days — homeschooling! OK, maybe that is a bit of a stretch considering homeschoolers only make up about 3 percent of the population, but bear with me. I believe the ideas behind the why and how of homeschooling are issues all parents have to confront at some point along the way. For me, homeschool came into the picture when I needed to advocate for and assist my children in a way no one else quite could. This idea, and others tenets of the homeschool experience are what I hope to connect with all of you on in this column. But first, I thought you might like to get to know me by hearing a little of my homeschooling journey so far…

My first encounter with the idea of homeschooling came 18 years ago in the form of a cute, rebellious, blonde boy. I'd not known a single homeschooler before then. When I met my husband and observed his symbiotic relationship with education I was intrigued. It was nothing like that of my peers. There was a sense of personal responsibility for education that I didn't fully recognize then, but would now say is one of my favorite byproducts of homeschooling. Now, granted, his life was unorthodox in many facets, school being just one of them, but years later I can see that the entrepreneurial spirit I admired in him was partly formed by his parents' choice in how they educated their children.



NATALIE HANSON WITH HER FAMILY.

When I welcomed my own child, I had a vague image of homeschooling in the back of my mind as a dreamy, institution-free way of life, but when kindergarten age approached, I wiped the clouds from my eyes and put that boy in school! Now, it wasn't just my lack of confidence in going off the grid that weighed in that decision at the time. We had been traveling almost nonstop since Ezra was born, and I felt like it would be nice for him and for me to put down roots and make some friends, and it was! Plus, I had happy, magical memories of my own public-school upbringing and didn't want to deprive him of any of that. So, with that, we spent three happy years in a great local public school and all was well.

Then I had a fourth baby. And my husband hit the road on tour. I was beginning to feel torn between my role as good little baby mom, and good school mom, and good wife and keeper of the family morale. We were doing OK, but not awesome and not as well as I felt we could. Still, we hung in there a little longer and all seemed right until child number two joined the ranks of school goer. If you met my second child, you would never in a million years pick out her to be the one to have school struggles. She is bright, well-spoken, and, in many ways, mature beyond her years, so it too me a long time to accept that she had inherited the disease of Einstein and Richard Branson — dyslexia.

We didn't know exactly what we were dealing with at first. It was just a constant stream of uncharacteristic stress and tears from my bright, beautiful girl, and I was at a loss. I tried to talk to her teachers to get more of an idea of what they were seeing and how best to work with them to help her, but in our case, this just wasn't enough. Now, I don't blame the teachers for being unable to solve all of our problems. Yes, this was a public school and the classroom was large, but she was also displaying coping behavior in school and not giving them much to clearly work with.

I really felt something deeper was going on, and some of it had to do with me. I had a big family, a husband with a weird job, and I came to the frightening conclusion that if I was going to succeed with my family the way I hoped, I was going to have to think outside the box. We finished school that May, and as I pulled out of that car line for the last time, I didn't know where we were going, but I knew we weren't going back. The road to homeschool was beginning to pave itself in front of me.

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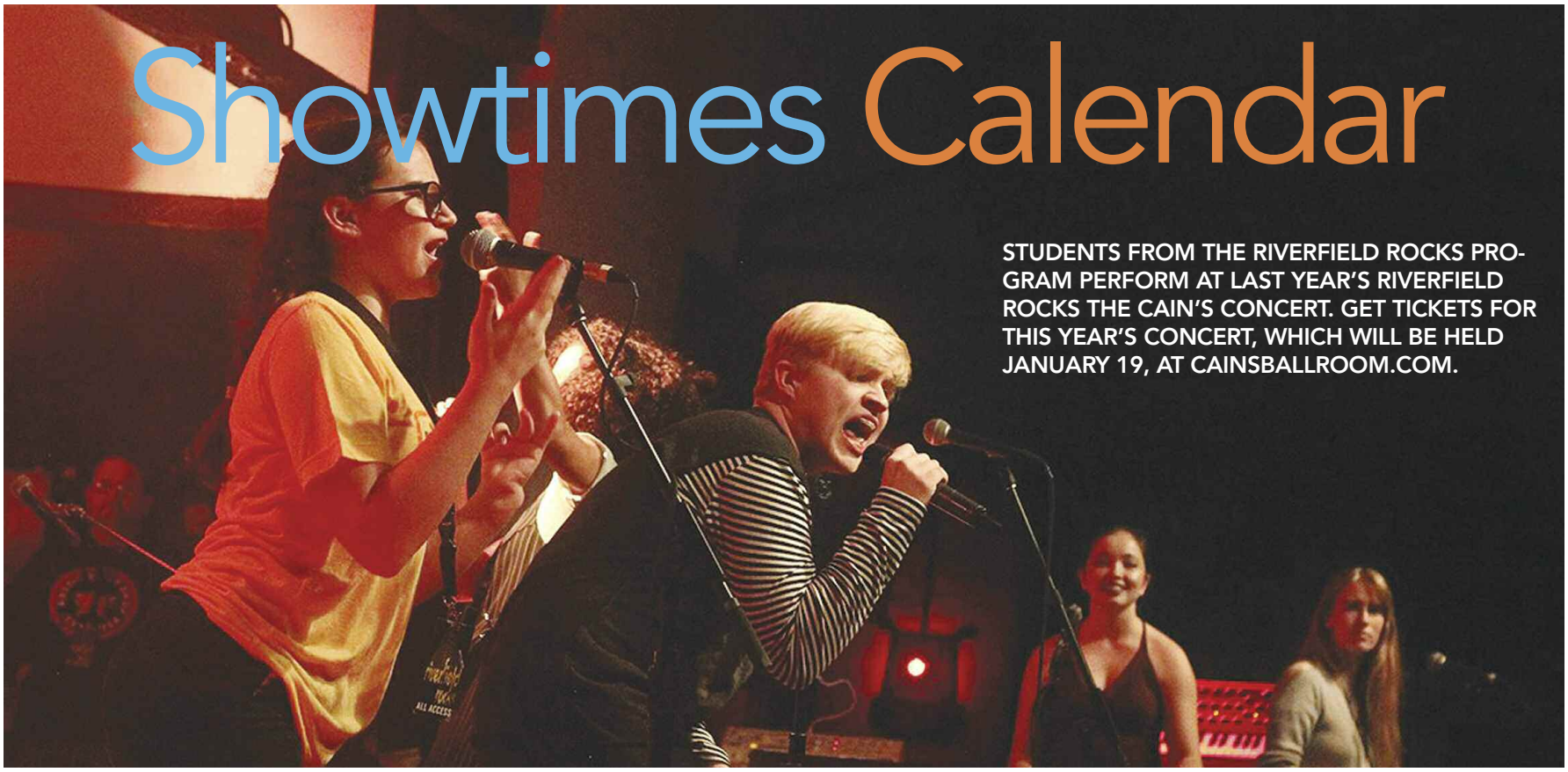
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Showtimes Calendar



STUDENTS FROM THE RIVERFIELD ROCKS PROGRAM PERFORM AT LAST YEAR'S RIVERFIELD ROCKS THE CAIN'S CONCERT. GET TICKETS FOR THIS YEAR'S CONCERT, WHICH WILL BE HELD JANUARY 19, AT CAINSBALLROOM.COM.

CLASSICS III: PROKOFIEV'S ROMEO & JULIET
When: Saturday, Jan. 5, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Sublime and sparkling, this program features a delightful variety of music from Wolfgang Amadeus Mozart, Michael Gandolfi, and Sergei Prokofiev. Daniel Hege conducts. Tulsasymphony.org

THE BOOK OF MORMON
When: Jan. 8-10, 7:30 p.m.; Jan. 11-12, 8 p.m.; Jan. 12, 2 p.m.; Jan. 13, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Winner of nine Tony Awards, including Best Musical, this outrageous comedy follows the misadventures of a mismatched pair of missionaries sent halfway across the world to spread the Good Word. The show makes light of various Mormon beliefs and practices, but ultimately endorses the positive power of love and service. Contains explicit language. Presented by Celebrity Attractions. Tulsapac.com

BEAUTY AND THE BEAST
When: Jan. 11-12, 18-19, 24-26, 8 p.m.; Jan. 13, 20, 26, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
"Be our guest" for a spectacular production of the enchanting Disney classic! Experience this tale as old as time, as the brutish Beast must break a witch's curse by winning the heart of the beautiful, headstrong Belle. Presented by Theatre Tulsa. Tulsapac.com

PETER AND THE WOLF
When: Friday, Jan. 18, 10 a.m.
Where: Zarrow Performance Center, 1901 W. New Orleans St., Broken Arrow
Tulsa Ballet's new Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans. This brand-new ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. This magical performance will come to life onstage thanks to all-new sets, costumes, and choreography, designed just for Tulsa Ballet. Tulsaballet.org

RIVERFIELD ROCKS THE CAIN'S
When: Saturday, Jan. 19, 6 p.m.
Where: Cain's Ballroom, 423 N. Main St.
The Tulsa community is invited to the Riverfield Rocks the Cain's concert on Saturday, January 19. The concert will feature 12 bands comprised of 6th - 12th graders from Riverfield Country Day School. Doors to this family-friendly concert open at 6 p.m., and advance tickets are available for purchase at www.cainsballroom.com. Music performed will include songs by White Stripes, Led Zeppelin, Young the Giant, Weezer, Jackson 5, and more.
Riverfield Rocks is the nation's largest and most comprehensive in-school rock band program, and program graduates have studied music at Berklee College of Music, the Academy of Contemporary Music at UCO, Belmont University, and others. Several alumni have gone on to write, perform, and/or produce albums for themselves as well as today's top artists. This is a concert event not to be missed!

WILD KRATTS® LIVE 2.0: ACTIVATE CREATURE POWER®!
When: Sunday, Jan. 20, 1 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
It's going to be WILD! Young fans and their families nationwide are in store for even more adventure on the creature trail when the world-famous Kratt Brothers hit the road with an all-new stage adventure! Wild Kratts® LIVE 2.0 – Activate Creature Power ®!, the theatrical production starring Martin and Chris Kratt, based on the Emmy-nominated hit PBS KIDS series, will bring audiences along on a "wild" ride with a dynamic mix of live-action and animation. Tulsapac.com

GOLDEN HORNET'S "THE SOUND OF SCIENCE" FEATURING JEFF ZEIGLER
When: Friday, Jan. 25, 8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The sound of science is a concert and album presenting eight pieces of music by seven celebrated composers. Written for amplified cello and electronics, all pieces will be performed by world-renowned cellist Jeffrey Zeigler, longtime member of Kronos Quartet and cellist for John Zorn, Philip Glass, Laurie Anderson, and many other composers. Paired with scientists of their own choosing, composers will create music inspired by and reflective of the scientist's life and practice. Presented by Choregus Productions. Tulsapac.com

CLASSICS 3: BACH AND SONS, INC.
When: Saturday, Jan. 26, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
To celebrate Signature Symphony's 40th anniversary, they will recreate the first program performed by the Tulsa LittleSymphony on February 2, 1979 with music from the extended Bach family. Signaturesymphony.org

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918.743.7673
www.cumctulsa.com
Our program is a Monday, Wednesday, Friday pre-school program. Hours are 9:30 to 2:30. There are several options as to how many days and the times children can attend. In the afternoons, we offer enrichment classes in gymnastics, music and "Bible Buddies." Our staff members are chosen for their early childhood experience and training as well as sensitivity to the individual needs of each child. We use a hands-on approach so children learn by doing. Classes are arranged in learning centers and areas of interest where the daily theme is carried out throughout the room. Parent participation is encouraged.

HAPPY CAMPERS ACADEMY

Happy Campers
1819 E. 15th St.
Tulsa, OK
918.584.2779
hcatulsa@gmail.com
7:30am - 5:30pm

Happy Campers at Temple Israel
2004 E. 22nd Pl.
Tulsa, OK
918.747.3122
israel@gmail.com
7:00am - 6:00pm

Happy Campers at John Knox
2929 E. 31st St.
Tulsa, OK
918.742.7656
happycampersjohnknox@gmail.com
Ages 5-12 years old for after school care
Enrollment: year round enrollment as space allows

Happy Campers Academy offers Tulsa and surrounding communities quality child care while families are at work. We accept children ages 6 weeks to pre-kindergarten, and provide parents an opportunity to view their children in the early learning center through a closed-circuit internet connection. At all three of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment. Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing–all while having fun and expressing themselves creatively. We start the foundation for learning when our students are infants–bonding and connecting. When they become toddlers, the focus is self-help and self-recognition and then during the twos, we build upon independence and language skills. The three-year-olds start making cognitive connections and experience the beginnings of social skills. Finally, in PreK, students start connecting all the tools from every stage to form a strong foundation for early reading preparation to build confidence for kindergarten.
Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.

HOLLAND HALL

Contact: J.P. Culley, headmaster
5666 E. 81st St.
Tulsa, OK
918.481.1111
www.hollandhall.org
Grades: Pre-school – Grade 12
Holland Hall is Tulsa's Pre-K through Grade 12 Independent Episcopal School. We offer an ambitious curriculum, an extensive array of exciting electives, dozens of individual and team sports, transformative arts programming, and an apprenticeship in self-reliance. Our student/teacher ratio of 9:1 means your child's teachers truly know who they are and where their strengths and passions lie. Located on a beautiful 162-acre campus, Holland Hall provides a lively and uncommonly kind community that honors the individual integrity of each child while providing the bedrock education every student needs to succeed in college, work, and the world beyond.

LAKE HILLS MONTESSORI

Contact: Jodie Whitman
5130 E. 101st St.
Tulsa, OK
918.296.9936
www.lakehillsmontessori.com
Lake Hills Montessori is committed to providing quality education for children ages 2-6 years in a safe, loving, and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning. LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers healthy lunches, dance, Spanish, soccer, music, yoga and art. School time 8:30 a.m. -3:00 p.m. and before/after care 7:30 a.m. - 5:30 p.m.

MARQUETTE SCHOOL

Contact: Jay Luetkemeyer, Principal
1519 S. Quincy
Tulsa, OK
918.584.4631
www.marquetteschool.org
Since its founding in 1918 as Sacred Heart School under the direction of the Ursuline Sisters, Marquette has a long tradition of academic excellence. That tradition continues today as we educate our children for the world of tomorrow. Combined with outstanding academics, Marquette students receive an education that nurtures their spirit and heart. Participating in weekly Masses as well as mission projects in and out of school, our children develop empathy and compassion for the less fortunate. These experiences will enable them as future leaders to govern not only with their minds but also with a conscience. As a service to the Parish of Christ the King, Marquette Catholic School teaches Catholic values and offers a comprehensive curriculum to preschool, elementary, and middle school students in an atmosphere that promotes the growth of each child's mind, body and spirit.

METRO CHRISTIAN ACADEMY

Contact: Keith Currivean, PhD, Headmaster
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868
www.metroca.com
Established in 1983, Metro Christian Academy is a state-accredited, college preparatory school serving students P3-12th grade. From their first morning in the halls to the day they don cap and gown, Metro Christian Academy students learn and live out the school's four pillars. Academics, spiritual life, activities and community each make up a vital part of the student experience. Academics are taken seriously at every level. Our educational standards are clearly articulated and aligned to ensure every student receives a consistent education. MCA maintains small class sizes for students. They stay challenged and remain on track because teachers are in tune with them and can offer differentiated instruction.
Biblical principles and truths are woven throughout every part of the school. Students study the Bible, strengthen their faith, and serve the community through outreach and mission opportunities. Students are encouraged to discover and display their talents in activities ranging from athletics to fine arts to leadership. Participation in activities builds character, strengthens skills and fosters relationships.
Metro cultivates innovators, artists, leaders, and lifelong learners so they are prepared for the path ahead of them. For more information visit www.metroca.com

MILLER SWIM SCHOOL

6415 S. Mingo Rd.
Tulsa, OK
918.254.1988
www.millersswimschool.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 water. Classes are offered year-round, in both morning and evening at our main facility in Tulsa, and our second location will be opening early spring, located in Jenks at 91st and Elwood! Registration for spring classes will open February 2019.
Transportation for large groups 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!
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!

MINGO VALLEY CHRISTIAN

Contact: Mrs. Lisa Padgett, Admissions
8304 S. 107th E. Ave.
Tulsa, OK
918.294.0404
www.mingovalley.org
Mingo Valley Christian has been serving Tulsa area families for over 40 years. We are a college preparatory, non-denominational, private school, serving students in grades PK-12, through personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. We know our students are tomorrow's leaders, and our school culture is infused with opportunities for leadership, mentoring, and service to the Tulsa community. Learning happens best in the context of relationships, so our teachers engage personally with each student to encourage academic success. We offer honors and AP courses, NHS/NJHS, concurrent college enrollment, art, computer, music, and foreign language, with technology utilized throughout all academic disciplines. Our highly regarded theatre program attracts arts patrons from across the Tulsa community. Our athletic programs include football, volleyball, basketball, soccer, cross country/track, and cheer. For more information or to schedule a tour or shadowing, please call or visit our website, or visit us at our two open houses in the spring of 2019: January 29 (9 am-1 pm) and March 26 (9 am-1 pm). Office hours: 7:45 a.m.-3:45 p.m. Accreditation: State of Oklahoma (OPSAC); AdvancED; Association of Christian Schools International (ACSI)

MISS HELEN'S PRIVATE SCHOOL

Contact: Jayme Wingo-Baker
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Miss Helen's Private School is a family-owned, family-focused business celebrating over 60 years. Teachers are college degreed, caring and dedicated. All pre-kindergarten classes offer music, Spanish, art, stories & science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels. In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects, as well as, health, nutrition and fitness. After-school activities include computer tutorial, swimming and music. Serving ages 3 years through 5th grade.

MIZEL JEWISH COMMUNITY DAY SCHOOL

Contact: Lillian Hellman
2021 E. 71st St.
Tulsa, OK
918.494.0953
www.mizelschool.org
Founded in 1975, and located on the beautiful Zarrow Campus, Mizel Jewish Community Day School provides hands-on learning for students of all faiths in preschool through fifth grade. Our highly experienced, talented staff provides a nurturing environment with small class sizes, individualized instruction and innovative General and Judaic Studies. Hebrew is taught as a modern, living language and our strong Character and Values Education Program complements our overall curriculum. Specialists conduct classes in Fine Arts, Music, Physical Education and LEGO robotics. Smart Boards, Chromebooks and iPads allow for academic innovation. Educational field trips, student-to-student mentoring, an enriched after-school program, and multi-age interaction round out our program. Mizel students also have the unique opportunity to experience multigenerational activities with residents at Zarrow Pointe Retirement Center. Art appreciation classes are conducted at the Sherwin Miller Museum of Jewish Art and students participate in planting and harvesting at the Community Garden, all located on our exceptional campus.

MONTE CASSINO SCHOOL

Contact: Kevin Smith, Headmaster
2206 S. Lewis Ave.
Tulsa, OK
918.746.4238
www.montecassino.org
For more than 90 years, Monte Cassino School has been committed to academic excellence while educating the whole student. Beyond the classroom, Monte Cassino Students, ages PreK 3's –eighth grade, develop socially and morally within a supportive community of educators and parents to develop the active skills for life. Enrichment opportunities abound for all students including team sports, Scouting, Robotics, Newsletter, Academic Bowl, fine arts and drama. Monte Cassino School represents 30 teachers with advanced degrees, 40 zip codes, 16 cities and a 10:1 student/teacher ratio; our students rank in the 90th percentile of school norms for standardized testing. Supported by the legacy of the Benedictine Sisters, Monte Cassino School provides students with a distinctly Catholic education.

REJOICE CHRISTIAN SCHOOLS

Contact: Heather Koerner, Registrar
13407 E. 106th St. North
Owasso, OK
918.516.0050
www.rejoiceschool.com
The right school will change a child's future. At Rejoice Christian Schools (RCS), our experienced faculty provides for your child's best future through Christian nurturing, educational challenges, and small class sizes. Year after year, RCS continues to rank as one of the top academic schools in the country. Our God-given ministry is to lead
young people to know Christ and train them in Biblical principles, Christian character, language and traditional subject matter. RCS offers a complete curriculum from Pre3 - 12th grade, including college preparatory and honors classes, a vibrant arts program and a dynamic sports program.

RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kacey Davenport
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org/
Riverfield provides a student-centered approach to education for students 8 weeks through 12th Grade with an innovative program of authentic, experiential learning in which individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and flexible scheduling offer Middle and Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms and athletic fields. Accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC) and Oklahoma Private School Accreditation Commission (OPSAC).

SOCCERCITY TULSA

Contact: Dustin Knight
5817 S. 118th East Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com
Ages: 18 mos. – 9 yrs.
Step onto the field during any Lil' Kickers class and you will find it transformed into a world created just for your child. Our well-trained coaches will thrill your child with 50 minutes of highly creative, high energy and age-appropriate activities that serve as a great introduction to soccer, and help children master developmental milestones, appropriate for their age. Because Lil' Kickers is first and foremost a child development program, our purpose is really to help children mature on all levels. Our program focuses on 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 sessions runs through March 16th. Open enrollment, SIGN UP TODAY! *Spring break camp will be March 18th - 22nd * *Spring Lil Kickers will run March 25th - June 1st. Spring registration will be open by mid February* *Summer events will follow. Registration will be open by mid April *

ST. PIUS X SCHOOL

Contact: Heidi McCoy, principal
1717 S. 75 E. Ave.
Tulsa, OK
918.627.5367
www.spxtulsa.com
For 61 years St. Pius X has educated leaders of tomorrow by focusing on academic success, personal responsibility, spiritual growth and character development. Conveniently located in midtown Tulsa, the campus offers new state-of-the-art 3-year-old through 8th grade classrooms with two FEMA-approved storm shelters. Computer technology, music, art and foreign language are part of a comprehensive curriculum taught in classrooms with an average 18:1 student to teacher ratio. We offer numerous extracurricular activities including State-qualifying Robotics and Academic Bowl teams, traditional team sports, Service Club, Mad Science, Running & Fitness Club, Musical Theater and more. St. Pius X alumni are National Merit Scholars and are also recognized as Commended Scholars at the diocesan high schools— which is one of the many reasons we are established as a Blue Ribbon School of Excellence. We also provide resources, such as tutoring, for our students with special needs, whether it be learning difficulties, or the need for a more challenging curriculum. Our diverse student population represents 38 Tulsa-area zip codes with 28% of our students speaking a second language at home. Need-based financial aid is available. Come see why St. Pius X could be the right school and church community for your family!

TOWN & COUNTRY SCHOOL

Contact: Loretta Keller, Executive Director
8906 E. 34th St.
Tulsa, OK
918.296.3113
www.tandcschool.org

Grades 1-12, year-round tutoring services offered to all students with learning disabilities, attention disorders, or Autism Spectrum Disorders in Tulsa and surrounding communities.
Accreditation: Oklahoma State Department of Education
Founded in 1961, Town & Country School is Oklahoma's only accredited, non-public, full-day program specifically designed to meet the needs of students who have been diagnosed with learning disabilities, attention disorders, and Autism Spectrum Disorders. Serving students in grades 1-12, Town & Country improves each student's life by advancing critical academic, social and personal skills through individualized attention, family support and flexible curriculum enhancements. Children with learning disabilities, attention disorders, and Autism Spectrum Disorders are bright – they just learn differently. We look beyond their difficulties to find what our students can do. This builds self-esteem and inspires our students to learn. We believe that by providing the right tools and developing the right skills, our students can be successful in their life goals.
Applications accepted year round.

TULSA ZOO

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

Let the Tulsa Zoo inspire your young animal enthusiasts. The zoo offers year-round educational experiences for individuals, schools, groups, and entire families - from kids to grandparents. For individuals, check out our seasonal camps and classes. Our school and outreach programs offer unique ways for you to explore the zoo or bring the zoo to you. Spend the night at the zoo - look for scheduled Snooz-a-pa-Zoo-za family events or schedule your own L.U.N.A. group outing. Each day brings new opportunities to learn about our animals through chats and demonstrations led by staff and volunteer docents, and about the wonders found in nature through our COX Nature Exchange. Visit tulsazoo.org to learn more about educational opportunities at the Tulsa Zoo, the region's largest daily attraction. Tulsa Zoo: Inspiring passion for wildlife in every guest, every day.

UNDERCROFT MONTESSORI SCHOOL

Contact: Nancy Davis
3745 S. Hudson
Tulsa, OK
918.622.2890
www.undercroft.org

With a 50-year history in Tulsa, Undercroft Montessori School is the first Montessori school in Oklahoma accredited through the American Montessori Society and AdvancEd. Undercroft provides an authentic Montessori education, which is uniquely effective for children from age 3 through 8th grade. Undercroft students are diverse in interests, personality and learning style. Our approach supports development of individual capacities, and our students are well prepared for high school with academic skills as well as life skills. Instruction is individualized as children take a more active role in their own learning, and our graduates thrive in a variety of both public and private high schools. Most importantly, our students love to learn. Call for a tour at 918.622.2890 or visit www.undercroft.org for more information.

UNIVERSITY SCHOOL

Contact: Debra Price, Associate Director
326 S. College Ave.
Tulsa, OK
918.631.5060
Debra-price@utulsa.edu
www.utulsa.edu/uschool

University School offers a challenging, yet nurturing, environment for gifted students ages 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all ages. Located on The University of Tulsa campus, our beautiful facility provides a unique setting and resources that few schools can match. University School students benefit from a rich variety of learning opportunities and interactions with college professors and students as they endeavor to maximize their potential, develop creativity, and become responsible citizens.



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



Blog Highlight

Jen Kerckhoff shares her and her twin girls' adventures in Tulsa Times Two, often highlighting new local businesses and other fun things to do in Tulsa. Last month, she shared the story of her dad's struggle with addition to prescription pain medication and how that has led her to volunteer at 12&12, a inpatient treatment center. This heartfelt blog post clearly resonated with many people in the area, quickly becoming one of our most-read blog posts ever. If you have a family member struggling with addition, you can find Jen's post at tulsakids.com/Tulsa-Times-Two/Web-2018/12-12-Day

Dear Reader,

I'm both shocked and more than a little stressed about the fact that I will soon have to make the second major decision of my son's scholastic career: whether to re-enroll him at his current preschool (which we love), or go ahead and make the (less financially stressful) switch to a public school pre-K program. For those of you facing similar educational decisions, don't forget that you can find this month's 2019 Education & Enrichment Guide online year-round at tulsakids.com/guides, along with several other guides to help you in your parenting journey, such as our annual Party Planner, Baby Guide and Special Needs Guide. We hope these can be a great resource for you all year long!

—Tara Rittler, Web & Social Media Editor

ENewsletters

Did you know TulsaKids sends out an award-winning ENewsletter every Thursday? These include our Top Weekend Events list, the latest information about contests and giveaways, relevant parenting articles and much more.

Don't miss out! Subscribe today at tulsakids.com/newsletters.



Accepting Submissions!

Does your child have a unique hobby? Have they given back to their community in a way that you would like to share with us? We would love to hear about them and possibly share their story in an upcoming "I'm a Tulsa Kid" article! Simply email editor@tulsakids.com with the name and age of your child, and a brief paragraph explaining why you're nominating them.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI



Tulsa's Little Lighthouse is a school that serves children with special needs, their families and the community. The Little Lighthouse helps those who live with Down syndrome, spina bifida, cerebral palsy, autism spectrum disorders and sensory deprivations. Recently, a new sculpture was added to the schoolyard garden. It was modeled after 8-year-old Kadence Long. The statue captures the essence of Kadence, and her incredibly infectious smile, spirit and personality. A perfect welcome to a wonderful facility.

TK: What is the Little Lighthouse?
Kadence: My old school that was so much fun!
Mom: It was our safe haven, honestly — a breath of fresh air while coping with a lifelong disability in your child. Sometimes that's all you can see, but the Little Lighthouse is a constant reminder of potential, the potential to love and hope and appreciate the good.

TK: What did you learn from the Little Lighthouse?
Kadence: to play!
Mom: I think we mostly learned that we all have a special place in this word, completely decided before we were born. And that there are some amazing people with huge hearts that truly love our kiddos with special needs and want the best for them. They want them to do the most that they can do. For someone to have that much hope for your child is nothing short of a God thing.

TK: How were you chosen to be a statue in the garden?
Mom: No special reason other than to help represent the love and work of God through the Little Lighthouse. Kadence has a fun spirit about her and brings light to those she encounters. Her presence in a room is captivating... perhaps the best part about that is that she has no idea.

TK: How did it feel when it was revealed to the public?
A: Kadence giggled. Mom said, "It was a precious moment, full of curiosity and awe of what was before her... similar, perhaps, to our meeting with Jesus that is to come.

TK: What are Kadence's hobbies?
Mom: Playing with babies, riding her wild thing, and making slime!

TK: Who inspires you?
Kadence: My GaGa (her grandma) and God (as she points upward) because he's nice.

TK: What do you want to be when you grow up?
Kadence: A cop!

TK: What advice do you have for others?
Kadence: Just to be nice and a friend.

Q: What is a fun fact about you?
Kadence: I was born twice!
Mom: Kadence had in-utero surgery as part of a NIH trial for Spina Bifida. They closed her defect (hole in her spine) while I was 25-weeks pregnant and she was born prematurely about seven weeks later.



MONTE CASSINO

A Benedictine School

Kindergarten Open House Week

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

January 14 - January 18

9:00am - 11:00am, daily

Monte Cassino Early Childhood Learning Center

Contact Brooke Jones at 918.746.4238 to reserve your spot.

Elementary & Middle School Open Houses

January 16, 23 & 30 **February 6, 13 & 20**

Middle School Open Houses begin at 8:00am

Elementary School Open Houses begin at 11:00am

*Additional dates available for **Middle and Elementary school tours.***
Please contact Brooke Jones to schedule 918-746-4238.

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

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

Come see what it means to Be a Saint.

Tour → *Shadow* → *Apply*

Be a Saint.

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



JOIN FOR FREE.

VALID JANUARY 5 – 12, 2019.

HealthZone at Saint Francis

Health & Wellness EXPO

SATURDAY, JANUARY 12, 2019
9 a.m. to 1 p.m.

Whatever you have promised yourself to do this year—trim down, tone up, eat healthier, exercise more—now is the time to get started. Join us on Saturday, January 12 from 9 a.m. to 1 p.m. and sample everything the Health Zone at Saint Francis has to offer. The event is free and open to the public and will include fitness classes, free health screenings, physician presentations and wellness education.

HEALTH ZONE FEATURES AND SERVICES:

- Two indoor saltwater pools
- Aqua Stand Up® paddleboard classes
- Year-round swimming lessons
- CrossFit®
- Racquetball courts
- Pickleball
- Basketball
- R.I.P.P.E.D. and RUMBLE
- Indoor cycling
- Premier cardio, weight training and strength equipment
- Zumba, barre and yoga
- Pilates equipment studio
- Boot camp, suspension training
- Massage services
- Weight loss and life balance classes
- Steam rooms and saunas
- Kids Zone activity center
- Specialized kids' programming
- Indoor walking track
- Grab-and-go deli with smoothies, wraps and sandwiches

5353 East 68th Street South | Tulsa, Oklahoma | 918-494-1671 | saintfrancis.com/healthzone