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DANIEL LERNER TALKS HAPPINESS

JUMPSTART YOUR CHILD'S READING

TULSA CHANGEMAKERS:
HARNESSING THE POWER OF YOUTH

SPECIAL SECTION:
2020 EDUCATION & ENRICHMENT GUIDE

PARENTING MEDIA ASSOCIATION 2019 GOLD Award Winner Digital Media Awards Competition

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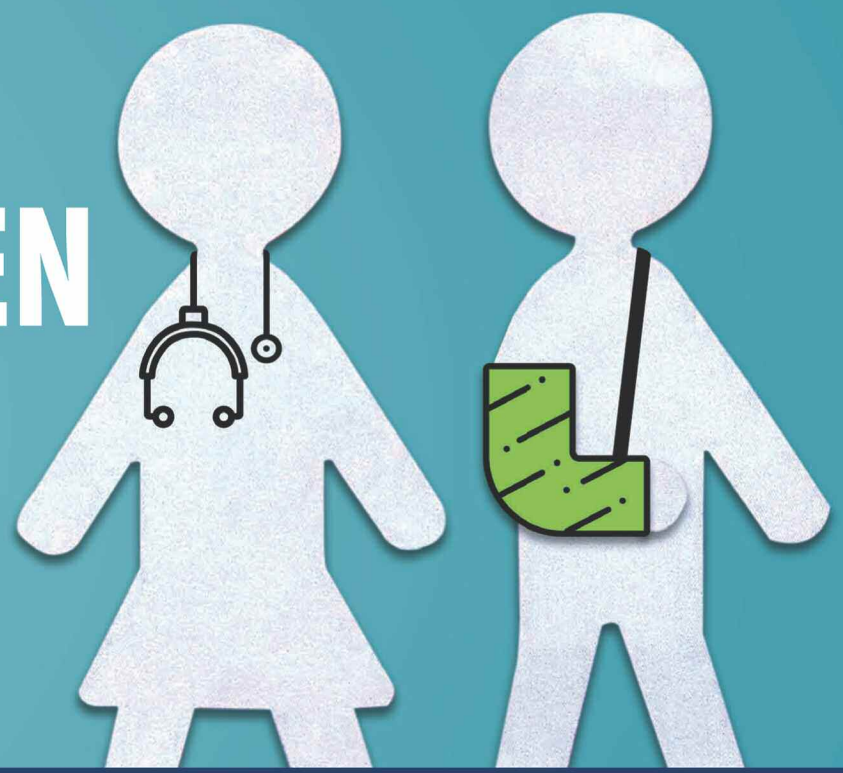
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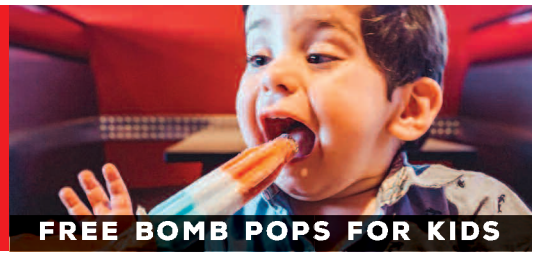
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January 2020

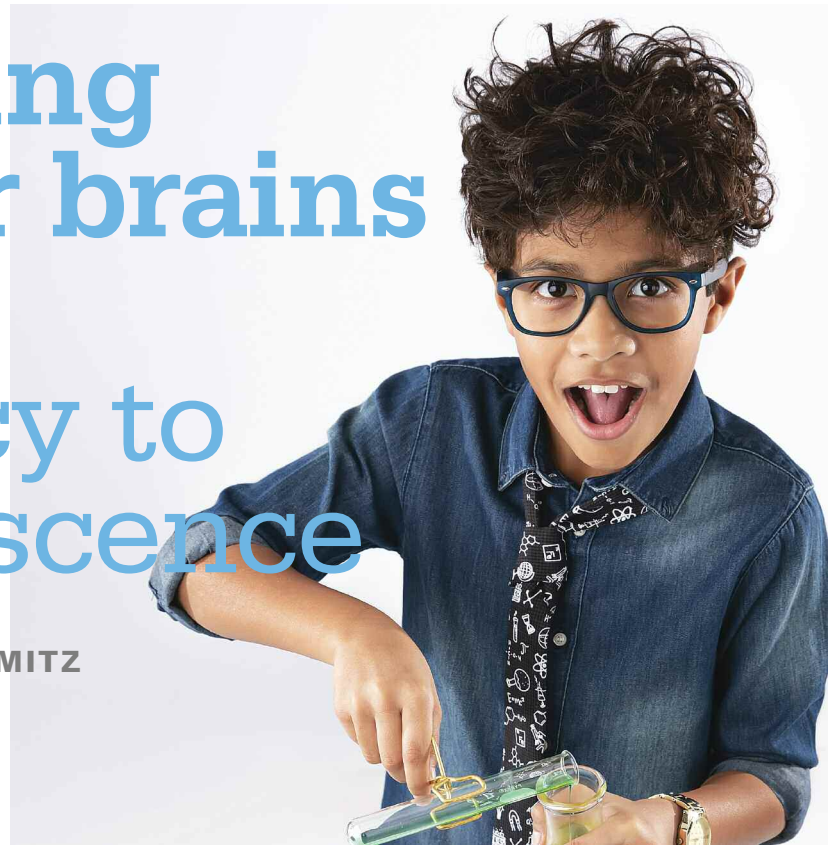
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www.tulsakids.com

building better brains from infancy to adolescence

BY BRANDON SCHMITZ



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Building Smarter Kids

I don't know if we can make our kids smarter, but there's no lack of trying on the part of many parents. I remember sometimes feeling guilty when my child wasn't in enough activities or feeling like a bad parent because maybe I wasn't pushing my child to excel in *fill in the blank.* I'm sure every parent feels this at one time or another – what if we're not keeping up?! What if we're not doing enough?

I remember things like Baby Mozart and Baby Einstein and any number of tech tools popping up when my kids were little. It's the typical misapplication, often well intended but sometimes profit-motivated, of new information. If research shows the most dramatic brain growth happening between ages 0 – 3, then certainly it must follow that babies and toddlers should be given much more academic work to do! Let them learn Shakespeare and algebra and the periodic table! Have them tested to see how gifted they are! It's a lot of pressure on parents and kids.

Turns out, according to the experts interviewed in our cover feature, building better brains is not that difficult. You don't need the latest tools and tech for your baby – you just need to do what caring moms and dads have done for generations. One of the most interesting takeaways for me was learning about how adults are continuously helping develop the prefrontal cortex for their children. The prefrontal cortex is the part of the brain that helps us with impulse control, problem solving, reasoning and comprehension – very complex functions that are often referred to as "executive functions." Executive functions are still developing in young brains, so adults can help model good executive function as children (and their brains) grow. For a number of years, a parent actually *is* the executive function of the child's brain in many ways.

Read our feature by Brandon Schmitz to learn more about the basic things you can do with your children and teens to enhance brain development. Hint: you're probably already doing most of it.

So, as we start the New Year, pull back, relax and enjoy spending a little time with your family and with TulsaKids.

Happy New Year!

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.





COVER KID WINNER NIGEL KINGSTON JACOB DOES SOME EXPERIMENTING IN MAYORAL PANTS AND DENIM SHIRT PAIRED WITH A SCIENCE-THEMED NECKTIE **FROM LOLLY GARDEN CHILDREN'S CLOTHING AT UTICA SQUARE.**

LESLIE HOYT PHOTOGRAPHY
www.lesliehoyt.com

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TULSAKIDS HONORED WITH TARC ADVOCACY AWARD



TulsaKids Magazine was honored with the 2019 Media Advocate of the Year award at the TARC 2019 Advocacy Awards and Volunteer Recognition Program at the Southern Hills Marriott in December.

Outstanding volunteers, professionals and advocates who were honored included: Jeff Wonderley, Brooke Andrews, Ellen Kunze, Andee Cooper, Tomas Davis, Joe Honeycutt, Cassandra Marlar, Board Members Seth Campbell and John Corpolongo, Rep. Cyndi Munson, Lori Hauge, Chris Castleberry & Darla Hill-Meyers, Wanda Felty & Joanne Goin, Valerie Wood and Sandy Ingraham was presented with the John Gajda Legacy Award.

TARC, a Tulsa Area United Way Partner Agency, is committed to ensuring a high quality of life for individuals with developmental disabilities and their families through education, empowerment, support and advocacy.

KATHERINE APPLEGATE TO RECEIVE YOUNG READERS' LITERATURE AWARD



New York Times best-selling author Katherine Applegate is the winner of the Tulsa Library Trust's 2020 Anne V. Zarrow Award for Young Readers' Literature.

She will accept the award at a public presentation at Hardesty Regional Library's Connor's Cove, 8316 E. 93rd St., Friday, May 1, at 7 p.m. She also will present awards to winners of the 2020 Young People's Creative Writing Contest at the ceremony.

Katherine Applegate has published more than 100 books, mainly for young readers, including "The One and Only Ivan," winner of the 2013 Newbery Medal. Along with her husband, Michael Grant, they published the "Animorphs" series under the name K.A. Applegate. The series features more than 60 books that have sold more than 35 million copies worldwide. She also has written the popular chapter book series "Roscoe Riley Rules," the picture book "The Buffalo Storm" and the award-winning novel "Home of the Brave."

Applegate said she was inspired to write "The One and Only Ivan" after reading about the true story of a captive gorilla know as Ivan, the Shopping Mall Gorilla. The real Ivan lived alone in a tiny cage for 27 years at a shopping mall before being moved to Zoo Atlanta after a public outcry. He was a beloved celebrity at the zoo, which houses the nation's largest collection of western lowland gorillas. Ivan was well known for his paintings, which he signed with a thumbprint.

Her novel, "Crenshaw," spent more than 20 weeks on the New York Times children's bestseller list. The heart-warming story follows a homeless boy and his family, as well as his imaginary friend, a large cat. Applegate joined with her publisher and bookstores for the "Nationwide Crenshaw Food Campaign," to help combat childhood hunger.

The Anne V. Zarrow Award for Young Readers' Literature gives formal recognition, on behalf of the Tulsa County community, to a nationally acclaimed author who has made a significant contribution to the field of literature for young adults. The award, presented by the Tulsa Library Trust, consists of a $10,000 cash prize and an engraved crystal book.

For more information on the Anne V. Zarrow Award for Young Readers' Literature or library programming, call the AskUs Hotline, 918.549.7323, or visit the library's website, www.tulsalibrary.org.

MONTE CASSINO STUDENTS RAISE OVER $10,000 FOR ANGEL TREE.

On December 5, Monte Cassino sixth graders completed a long-standing service project tradition by shopping for Salvation Army Angel Tree Angels. At the beginning of the fall semester the students were tasked to raise money by raking leaves, doing jobs, hosting bake sales, spaghetti dinners and babysitting events. They were not allowed to accept donations without performing some kind of service or chore. At the end of November, the students pooled all their money together and this enthusiastic class of 63 students had raised over $10,000. Students and chaperones went to Woodland Hills Mall, picked their Salvation Army Angels, shopped for them, and delivered armloads of unwrapped toys and necessities back to the Angel Tree station where they will be distributed to the families who requested them. In the end, by being thoughtful and collaborative with the money they raised, the students were able to make Christmas wishes come true for over 100 Angels!



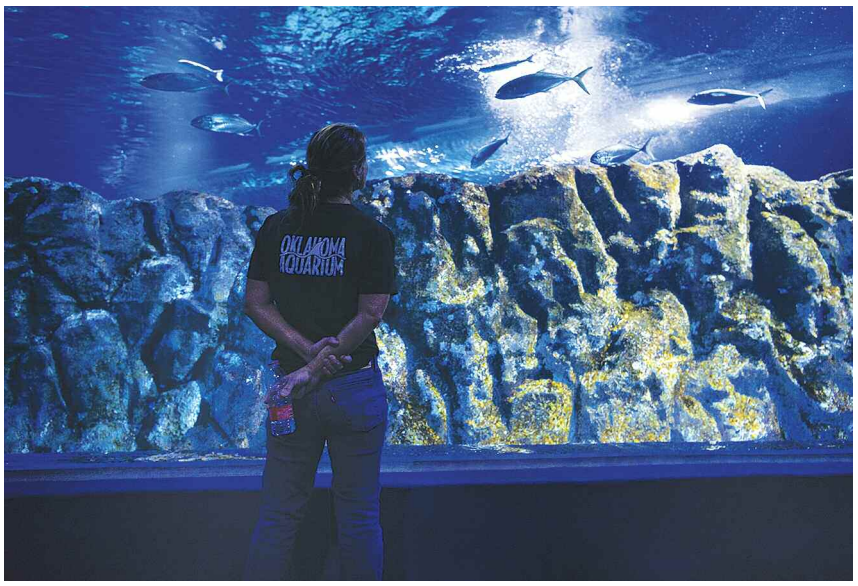
OKLAHOMA AQUARIUM STAFF VISITS ISRAEL

Oklahoma Aquarium biologists traveled to the Gottesman Family Israel Aquarium in Jerusalem to share successes in the areas of animal health and husbandry as well as educational programs and research in December.

Amy Alexopoulos, lead aquarist of marine fishes, and Ann Money, director of research and education, cross-trained with Gottesman Family Israel Aquarium staff in animal husbandry, presented educational opportunities, and performed coral research in the Red Sea in Eilat, Israel.

The collaboration will bring new ideas and exposure to species from different regions.

This is the first time for Oklahoma Aquarium biologists to visit Israel specifically for animal husbandry, education, and research.



AMY ALEXOPOULOS LOOKS AT AN EXHIBIT AT THE GOTTESMAN FAMILY ISRAEL AQUARIUM IN ISRAEL.



CHILDREN DRINKING TOO MANY SWEETENED DRINKS

Fruit drinks and flavored waters that contain added sugars and/or low-calorie (diet) sweeteners dominated sales of drinks intended for children in 2018, making up 62 percent of the $2.2 billion in total children's drink sales, according to a report from the Rudd Center for Food Policy & Obesity at the University of Connecticut. Healthier drinks represented just 38 percent of children's drink sales the same year. The report also found that companies spent $20.7 million to advertise children's drinks with added sugars in 2018, primarily to kids under age 12.

One-third of all children's fruit drinks contained 16 grams or more of sugar per serving – equivalent to 4 teaspoons, which is more than half of the maximum amount of added sugars experts recommend for children per day.

TULSA POP KIDS AWARDS SUPER TEACHER

Tulsa Pop Kids presented Lisa Snowden, a second-grade teacher at Country Lane Elementary School, with their first Super Teacher Award this month.

TulsaKids Magazine and Tulsa Pop Kids teamed up to invite readers to nominate a teacher who had made a difference in a child's life through literacy.

Ms. Snowden was nominated by Cherlyn Reeve, a grandmother to one of Snowden's students. Reeve wrote: "Ms. Snowden helped our grandson learn to LOVE reading. He fell behind in reading at his old school and met Ms. Snowden at a very important time in his life. Learning how to read and, most importantly, learning to love reading. Ms. Snowden has her own in-class library that the kids get to choose from, even on the days that they don't get to go to the library, which my grandson really enjoyed. She also spent extra time working with him so he would feel comfortable and confident reading. If it wasn't for Ms. Snowden's passion for teaching, he might still be struggling on his reading."

Tulsa Pop Kids is a nonprofit whose primary focus is to advance literacy, inspiration, and aspiration to the children of the community through pop culture and entertainment.

PUBLIC PRESENTATION AND FORUM ON PAY FOR SUCCESS

The Society of Oklahomans United for Liberty and the Public Good (SOULPG) are inviting the public to a series of free public forums and conversations on the future of education from PreK – college. The forum, titled "Paying for Success: How Social Impact Policy Transforms Education and the Public Sphere," will be held Wed., Jan. 22 – Sat., Jan. 25, 2020, at the Central Library, 400 Civic Center, Tulsa.

The year 2020 is one that aims at massive changes to Oklahoma's educational institutions and public service sector — changes that proclaim to be "data-driven" and "evidence-based" and that hold out the promise of an efficient, transparent, and equitable future. A new mode of social service finance and delivery - the Pay for Success contract (PFS) - is at the heart of these changes. This conference gathers together experts to explore what effect these massive changes will have on Oklahoma's children, on the quality of Oklahoma's public services, and on the vitality of representative government in Oklahoma.

Presentations include: "Pay for Success Contracts and the Future of Education, Work and Social Vitality," by Alison Hawver McDowell, parent, education and justice advocate and author of WrenchInTheGears.com. Wed., Jan. 22, 6 p.m.

Special Session and Discussion: "On Oklahoma's Changing Educational Institutions: from Common Core to Personalized Learning in a Digital Age," Linda Murphy, Deputy Commissioner of Labor for Workforce Education and Training, and 30-year certified teacher. Thurs., Jan. 23, 11 a.m.

Panel Discussion: "The P20 Pipeline: the Consolidation of Educational Systems from Preschool to PhD," with panelists from Tulsa Public Schools, the University of Tulsa, and other education institutions serving the Oklahoma area. Fri., Jan. 24, 11 a.m.

Saturday, January 25, Tulsa Central Library, Special Address: "Pay for Success Contracts and the Future of Education, Work, and Social Vitality," Alison Hawver McDowell.

For more information, email SocietyofOklahomansUnited@gmail.com



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2. **Draw** a rounded nose to the traced shape. Then **draw** two rounded triangles for wings.

3. **Cut** out the shape.

4. **Trace** the bottom of a toilet paper tube on top of another. Then **cut** out the round shape.

5. **Glue** your cut tube on top of the cardboard in the shape of a spacecraft, and let it dry.

6. **Color** or paint your spacecraft. You can also **decorate** it with stickers. **Place** a small toy inside and go for a ride. **Tell** a story about where you're going!



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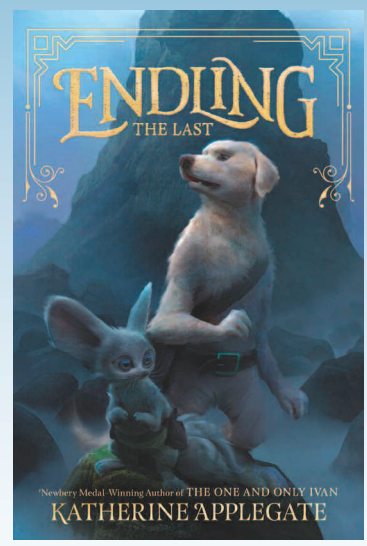
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- Learn how to incorporate various elements of *The Last* into your classroom and receive lesson plans on how to use Applegate's works in a variety of school subjects.
- Be introduced to Tulsa City-County Library's Anne V. Zarrow Award for Young Readers'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

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

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

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

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www.tulsalibrary.org/mr-henrys-books-registration

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BY KILEY ROBERSON

picky eater? genetics may be to blame

It's too mushy! It's too crunchy! The peas are touching the chicken! As a parent of two, I've often heard these battle cries. As much as I hate to admit it, my kids are a bit picky when it comes to food. Some of it relates to taste but a lot of the hang up is on textures. When both of my babies inched closer to the solids stage, I was determined to make sure that the next fuel for their bodies would be healthy and nutritious.

I chose organic veggies, fruits and protein and pureed delicious homemade concoctions. But when the purees graduated to chunky, my kiddos graduated to yucky. We've all seen it…they furrow the brow and turn up the nose in complete and utter disgust at the whole steamed carrot, insisting that pureed carrots are delicious and taste nothing like their sturdier counterpart. Persistence pays in the picky world. There are really only so many pieces of carrot that you can clean up off the floor before the going to bed hungry option starts to not feel like outrageous child neglect. But alas, I grab another container of applesauce just for good measure.

This has been the case for both my kids…yet I've clearly witnessed those magic moms that feed their kids Brussels sprouts and salmon with smiles all around. Fortunately, with my



daughter, as she's aged, her texture woes have mostly subsided. But my 5-year-old son, on the other hand, seems to be holding tight to his food convictions. Feeling completely defeated, I brought this up to our pediatrician who told me very simply, "Children will not knowingly starve themselves, and they won't go to college eating purees." This is why I love our doc — he always finds a way to reign in the stressed-out parent syndrome with a dose of reality. He also gave some quick tips like:

For Babies

• Offer crunchy finger foods first. Try grated apples or pears, rice cakes and cheerios.

• Alternate offering solid meals with smooth purees; if they refuse the chunkier solids, they won't have long to wait until their next meal.

• Give them a main course containing lumpy, solid foods followed by a more liquid pudding like yogurt or fruit puree.

For Young Children

• Add chopped vegetables like peppers, carrots, onions and mushrooms to child-friendly recipes like pasta sauces, pizza and soup.

• Involve children in the meal planning and cooking. If they help cook it, they're more likely to try it.

• Try, try again. Some children need to be offered a new food as many as 10-15 times before they will eat it.

Although it sometimes feels like it, my kids actually aren't the only picky eaters in the world. In fact, according to a study published in the American Journal of Clinical Nutrition, they're not alone and it's not their fault–it's mine.

According to the report, scientists discovered that most children can attribute 78 percent of their food aversions to genetics. If parents have a strong dislike of a certain food or texture issues themselves, most likely their child will also experience that to some level.

But, even though food aversions appear to be genetic, doctors say parents of picky eaters can't just surrender and pass the pasta.

"We have to understand that biology is not destiny," says Patricia Pliner, a social psychology professor at the University of Toronto in his New York Times Interview. "This doesn't necessarily mean there is nothing we can do about the environment."

Pliner's recommendation is to keep trying. She says repeated exposure to new foods every day for between five days to two weeks is an effective way to overcome a child's fears and aversion. So hang in there parents of pickies and know that you are not alone.

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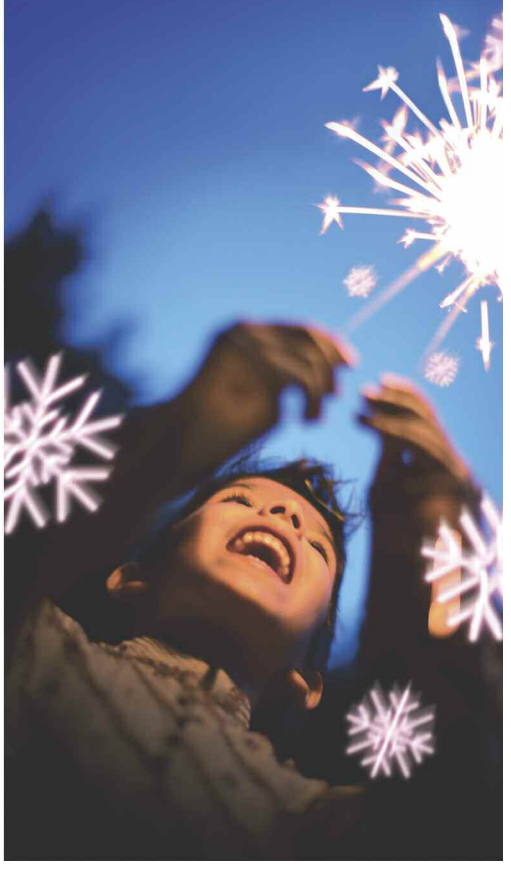
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BY MARY BETH RITCHIE, LCSW

ADHD doesn't always have a hyperactivity component

When does ADHD not look like ADHD? When the most notable symptoms of hyperactivity and impulsivity are not present, a diagnosis of ADHD (Attention Deficit Hyperactivity Disorder) often gets overlooked. When parents, teachers, and even doctors, think about ADHD, we most often think about the little boy who can't be still or control his impulses. It is common to overlook ADHD being a problem when we only witness the symptoms of the inattentive type.

There are three types of ADHD. There is the Predominantly Hyperactive/Impulsive ADHD, the Predominantly Inattentive ADHD, and the Combined Type ADHD. Two of the three types include the hyperactivity and impulsiveness that we most often associate with ADHD. However, children with the Predominantly Inattentive subtype of ADHD may not display these symptoms at all. This is why the diagnosis is often missed.

How would you know if your child has the inattentive type of ADHD? This child may appear to daydream frequently. Some may describe this child as "spacey," "apathetic," or even "lazy." Young students with this form of ADHD often have difficulty focusing and following directions. They are easily distracted and regularly have trouble with organization. These children may frequently lose things, and they may experience difficulty completing tasks. They may also appear to not be listening when you speak to them.



It can be difficult to distinguish between typical childlike behavior and ADHD. Any health concerns might begin with a visit to your child's healthcare professional to rule out physical issues, including hearing and vision. If your child experiences at least six of the following symptoms, you may want to seek the help of a therapist who specializes in working with children with ADHD:

1. Makes frequent careless mistakes.

2. Has trouble focusing.

3. Seems to not be listening when being spoken to.

4. Frequently doesn't finish chores or schoolwork.

5. Has trouble with organization.

6. Has difficulty with activities which require sustained mental effort.

7. Frequently loses items.

8. Often forgetful.

9. Easily distracted.

One common misconception is that children with ADHD aren't able to focus their attention on anything. For example, in my practice, I was frequently told that, "My child can focus on video games for hours." Children with ADHD can often remain focused on an activity they enjoy. They may even appear to become hyper-focused on such activities. This does not mean that the child does not have ADHD.

The student with inattentive ADHD frequently appears to be careless. I have witnessed this in my own third-grade classroom. These students will not only skip questions on a test, but will actually skip entire pages. This child may want to do well on her assignment, but she may find it almost painful to slow down and work carefully. As a third-grade teacher, I would suggest taking steps to treat all subtypes of ADHD by third grade. These students will struggle throughout the year, and especially during the high- stakes testing that begins in third grade.

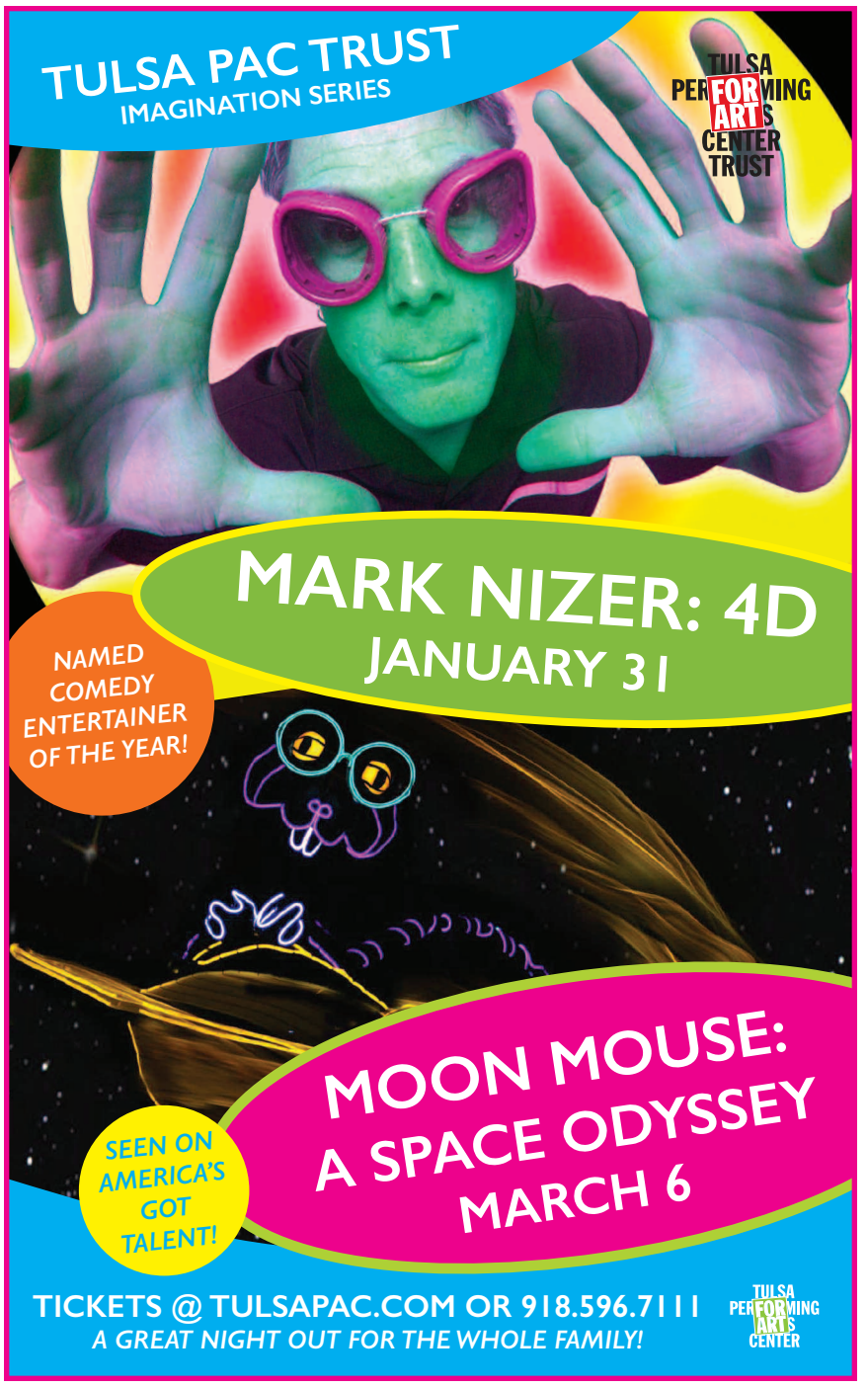
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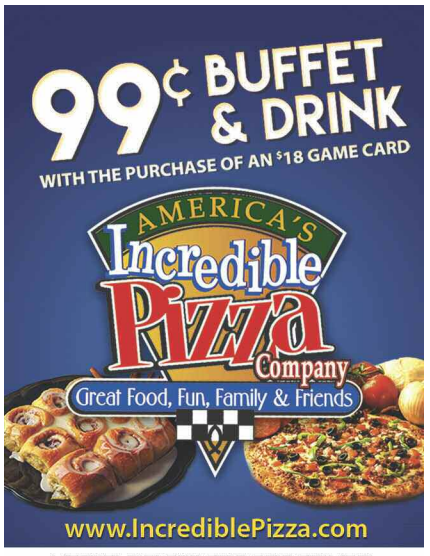
Unfinished homework, classwork and reading assignments are common among students who have the inattentive symptoms of ADHD. This is another reason to have problems addressed by the time the child enters the third grade. This is notably the big transition year, when much more is expected of our students, letter grades are given, and students must become more responsible. Unfinished work will lead to poor performance in the third-grade classroom.

Children with this form of ADHD commonly miss many of the verbal directions they are given. They also struggle to pay attention as lessons are taught, and they will often begin to daydream or doodle in class. These students also frequently lose things, which may include their homework or various items they need in order to complete assignments, often due to their struggle with organization. One of the things I notice at school is the cluttered desks. At times, their desks are so messy that items seem to just start tumbling out. Due to their forgetfulness, they may not remember to complete homework assignments, prepare for tests, or turn in projects on time. These are additional reasons to have ADHD or other learning issues addressed by the time the serious work of third grade begins.

If you suspect your child may suffer from this subtype of ADHD, your child's teacher can be a good resource. However, parents should know that teachers are generally precluded from discussing the diagnosis with you. Instead, parents should listen for key phrases such as, "daydreams often," "has trouble focusing," "struggles to pay attention," "trouble with organization," and "often loses materials." This is how the teacher will often let parents know that they suspect a problem. It is important to realize that teachers are not generally qualified to make the diagnosis. However, they often have an abundance of experience with numerous students, and their observations can be quite valuable.

The students with the inattentive form of ADHD often don't get the treatment they need because the issue has not been properly identified. These students may be frustrated by school and begin to feel like failures. They may appear apathetic, but they are more likely feeling shame. For these reasons, a child's self-esteem can be significantly impacted. It's important to identify this form of ADHD or any learning disability, early in childhood, and have it treated by a professional. Some parents may be fearful of seeking help because they believe that their child will be put on medication. Treatment does not always involve the use of medication. If you question whether your child may suffer from this subtype of ADHD, consider consulting a child therapist who specializes in ADHD.









BY JULIE WENGER WATSON

Modus provides transportation for teens

For too many young Tulsans, safe and reliable transportation is a challenge, making it difficult for them to access critical health and social service appointments. Fortunately, one local nonprofit is providing a simple, but innovative, solution. By matching volunteer drivers with clients, Modus is empowering teens and young adults one ride at a time.

The concept for Modus came from a collaborative effort to solve a community problem. In 2016, the Tulsa Campaign to Prevent Teen Pregnancy shed light on the fact that many young women in the city couldn't access reproductive health services because they lacked transportation. The organization turned to the MINE, a Tulsa entrepreneurial incubator, to help them address the problem. Modus was the result.

Since 2017, Modus has used a team of trained volunteers and its own staff to provide rides to and from appointments with Modus' partner agencies for clients ages 13-24. Currently, there are 12 partner agencies, which include Youth Services of Tulsa, Family & Children Services, and The Tulsa Health Department, and that list continues to grow. Rides are available free to clients Monday through Friday from 8 a.m. to 8 p.m. Clients must be picked up within a geographical range that includes the City of



Tulsa and parts of Tulsa and Osage Counties. Clients work directly through the partner agencies to book their rides, which ensures that there is a legitimate need for the service.

According to Leslie Neal, Modus executive director, the organization provided its 3000th ride in October.

"But 1000 of those rides were between April and October 2019," she points out. "We've increased substantially, so we're not just doing the same amount of rides per month. From the third quarter of last year to the third quarter of this year, we saw a 220 percent increase in rides. We're between 250 and 300 rides a month right now, and our goal is to get that to 500 rides a month by the end of our fiscal year in July."

Modus has trained 30 volunteer drivers, with 15 of those regularly providing transport. To volunteer for Modus, a driver must have a clean driving record, undergo a background test, and complete driver training. Although many of the volunteers are retirees or empty-nesters,

MODUS HAS PROVIDED THOUSANDS OF RIDES TO TEENS WHO NEED TO GET TO MEDICAL OR COUNSELING APPOINTMENTS, AND THEY ARE ALWAYS IN NEED OF VOLUNTEERS.

Neal says all types of people volunteer.

"The fact is, this is a very small commitment," she notes. "One ride can take just 15 to 20 minutes, and there is no minimum commitment, so you could give one ride a week."

There is always a need for more drivers.

"This is the only way we can grow. For us to be self-sustaining in the future, we need to be primarily volunteer based," Neal says. "There are enough people that need rides right now that we could be giving 15,000 rides a year, at least."

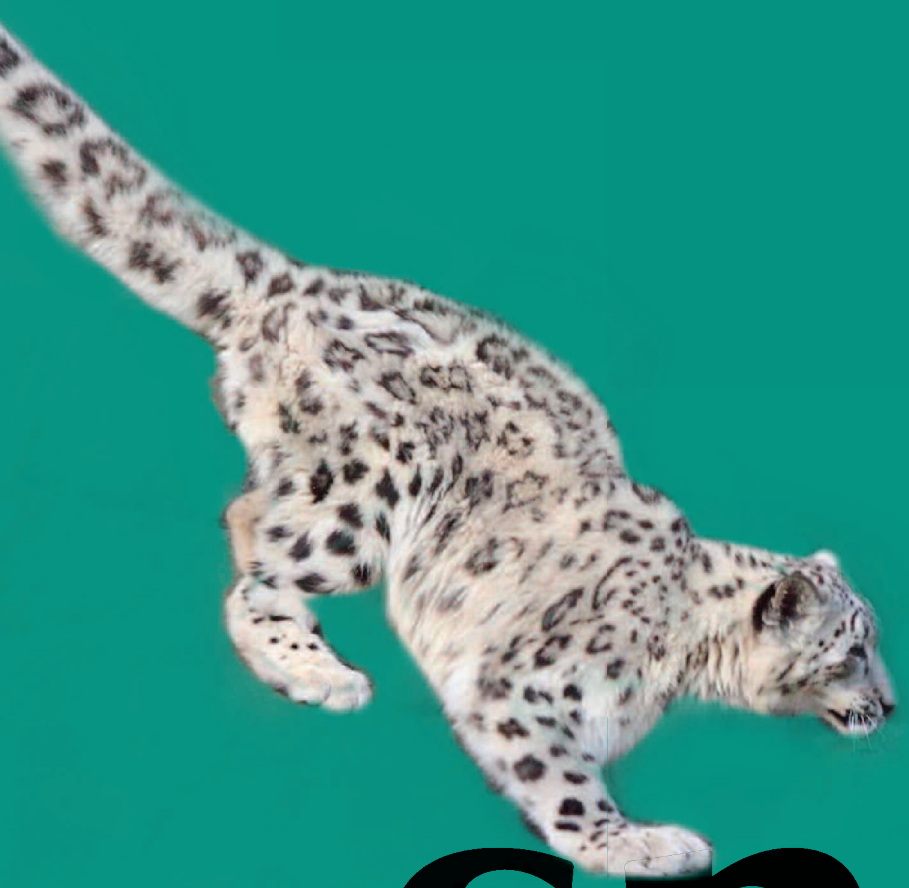
Modus is funded 80 percent by private foundations and 20 percent by earned income in the form of membership fees from partner agencies, according to Neal. As Modus grows, she'd like to see less reliance on foundation support and more on an expanded membership base. Partner agencies are happy with the program, which provides a reliable way for their own clients to keep their appointments, making it easier to provide consistent services. The riders like the program, too.

"We collect feedback after every ride on a scale of one to five as to how you would rate your driver," Neal explains. "It's astonishing how highly they rate every one. We have an average rate of 4.95 out of five stars for our drivers."

Modus discovered they're often providing more than just transportation.

"When we set out to build Modus, we were going to be happy if we just did something that got kids were they needed to go. If we got them from A to B, then our goal was accomplished. But it is turned into so much more than just a ride. What we found is that so much more happens when they commute," Neal says. "A lot of our kiddos might not have anyone else ask him specifically how their day was, so we really train our volunteers just to be good listeners, too. The kids that are riding really open up, and it provides opportunity to empower the kids and just make them feel heard. Knowing that a volunteer is taking the time out of their day to go pick them up because it's important to that volunteer for that kid to be successful makes that kid want to be successful."

For more information on Modus, including information on Modused, a program that teaches high school students in Tulsa Public Schools the basics of using public transportation, visit www.modustulsa.org.



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BY DIANE TRITT EATON

bond with the elephants at Oklahoma's endangerd ark foundation

In May, I was afforded the once-in-a-lifetime chance to go on an African safari. My husband and I explored Kenya's Masai Mara National Reserve and the experience exceeded our expectations beyond measure. Among the astonishing number of wildlife, we encountered the highly sought out Big Five: rhinos, African buffalo, leopards, lions and (my all-time favorite) elephants!

For decades, I've been in love with elephants so much so that my "all things elephant" collection of jewelry, bookends and china keeps growing and includes two one-of-a-kind paintings, created by elephants themselves who held paint brushes in their long, muscular trunks to gently stroke the canvas in front of them.

Most of us simply don't have the resources to pick up and go to Africa or Asia, especially while raising children. But, surprisingly, there's a spot in nearby Hugo, Oklahoma, called the Endangered Ark Foundation (EAF) that affords visitors a tiny taste of what a safari might be like and it's only 2 ½ hours southeast of Tulsa.

Why EAF

EAF provides an up-close and personal experience with Asian elephants who call Hugo home. Established in 1993 by DR and Isla Miller (the former owners of multi-generational Carson and Barnes Circus), EAF's herd is the second largest in America, consisting of 11 trumpeting elephants at present, with eight females and three males. The youngest, Dori Marie, was born only four years ago while the oldest, Susie, a newly retired show gal, will soon turn 64. Each pachyderm (the scientific word for a large mammal with exceptionally thick skin) has his/her own distinct and delightful personality, and they all live harmoniously on a 200-acre sanctuary.

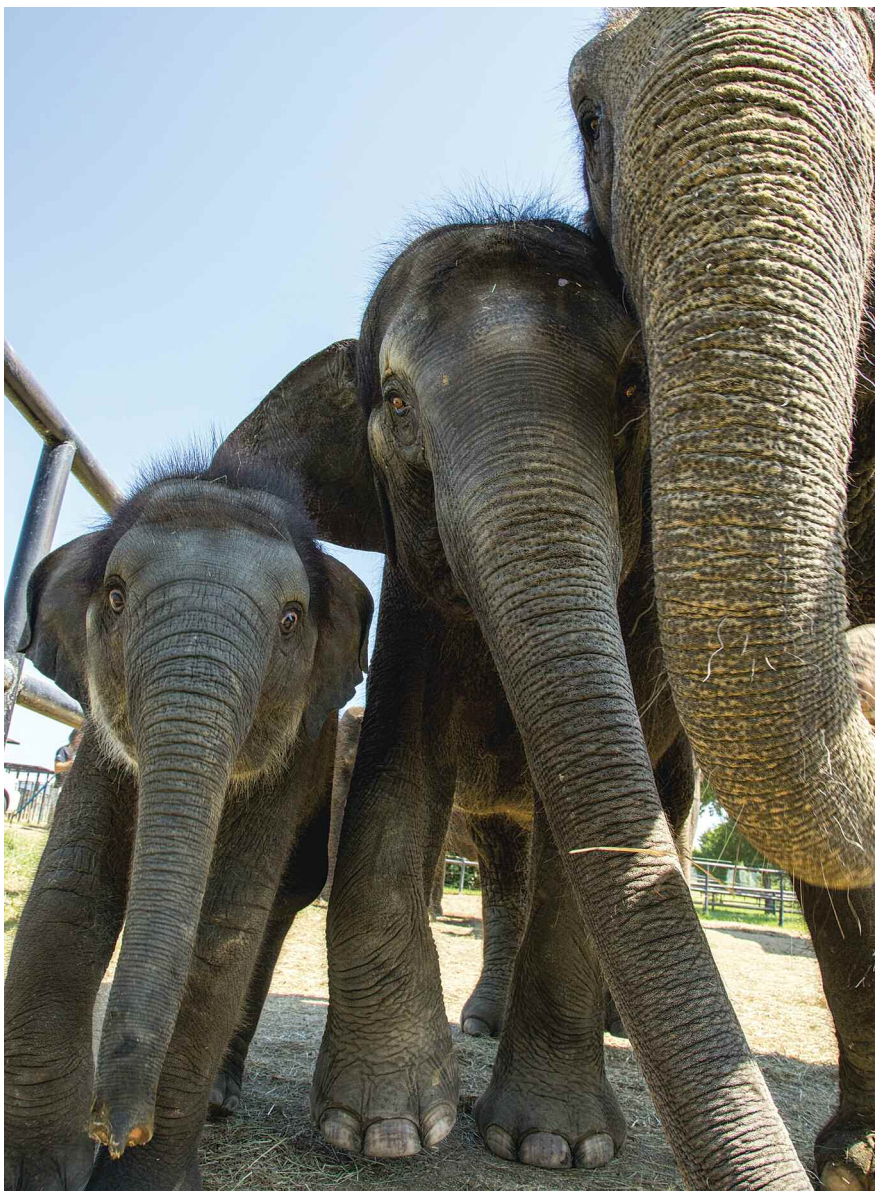


PHOTO CREDIT: LORI DUCKWORTH/OKLAHOMA TOURISM

The non-profit's focus is on the conservation, education and preservation of endangered Asian elephants, and it operates as a circus elephant retirement "village." The foundation started 26years ago to take care of these beauties, and since 2017, there's been an evolving program to invite and expose the public to them in a fun and exciting way. (Despite some animal welfare activists, Barbara Byrd, the Miller's daughter, who is now in charge, insists that they've never violated the animal welfare act.

Elephant Encounters

To bond with the animals, elephant lovers have several different options with various levels of engagement, time and intimacy. On property, there are three separate buildings. One is a workshop and "baby barn" for

continued next page

expectant females. The remaining ladies live in a separate dwelling space while males are kept in the third space. The elephants spend time in and out of these structures throughout each day and night. EAF provides visitors with "… interactive educational demonstrations about what goes into caring for an elephant, as well as...information on the endangered Asian elephant residents and their behaviors."

Highlights of the different tours include:

Public Tours: 60-90 minute tours are available Fridays, Saturdays, and most Sundays and timing "accommodates the structure and routines" of the herd. EAF asks guest to arrive 15 minutes prior to the start.

Private Encounters: Get more intimate with a deeper engagement with the herd. You will form an unforgettable bond as you feed, wash and just hang out with them. They may make paintings for you to admire, too.

Elephant Expeditions: EAF, in partnership with Oklahoma Awesome Adventures, now serves up day-long adventures. The experience begins at 8:30 a.m. and ends at 3 p.m. and includes bathing and feeding the elephants, and a luncheon with the caretakers.

Cabin Rentals: Rustic cabin rentals right next door to the sanctuary are available through Oklahoma Awesome Adventures. Costs include a hearty breakfast with the elephants. Overnight stays start at $275.

Special Groups: Private, tailor-made tours are available for groups such as school field trips, businesses, church groups, etc. Special arrangements must be made in advance.

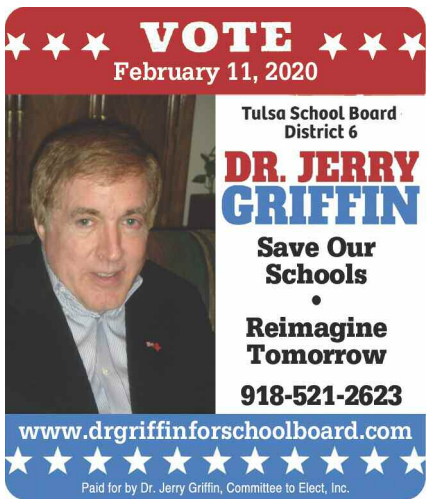
Making Memories

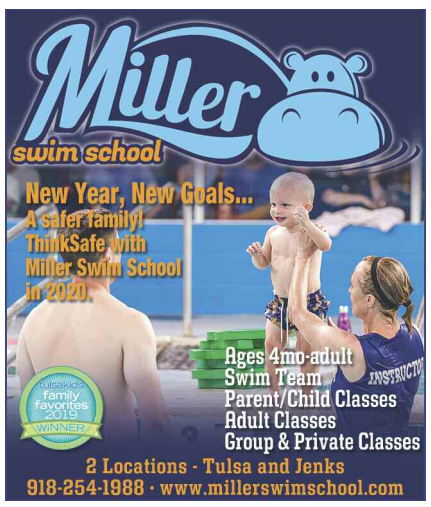
Please keep in mind that each scenario requires advanced planning and arrangements made through EAF's website or by phone. While in Hugo, if you'd like to add more adventure, picturesque Hugo Lake State Park is right up the road from AEF, offering a quiet respite for walking, hiking, fishing, boating and camping. Cabins are available here as well; plus, the sunsets are considered sensational.

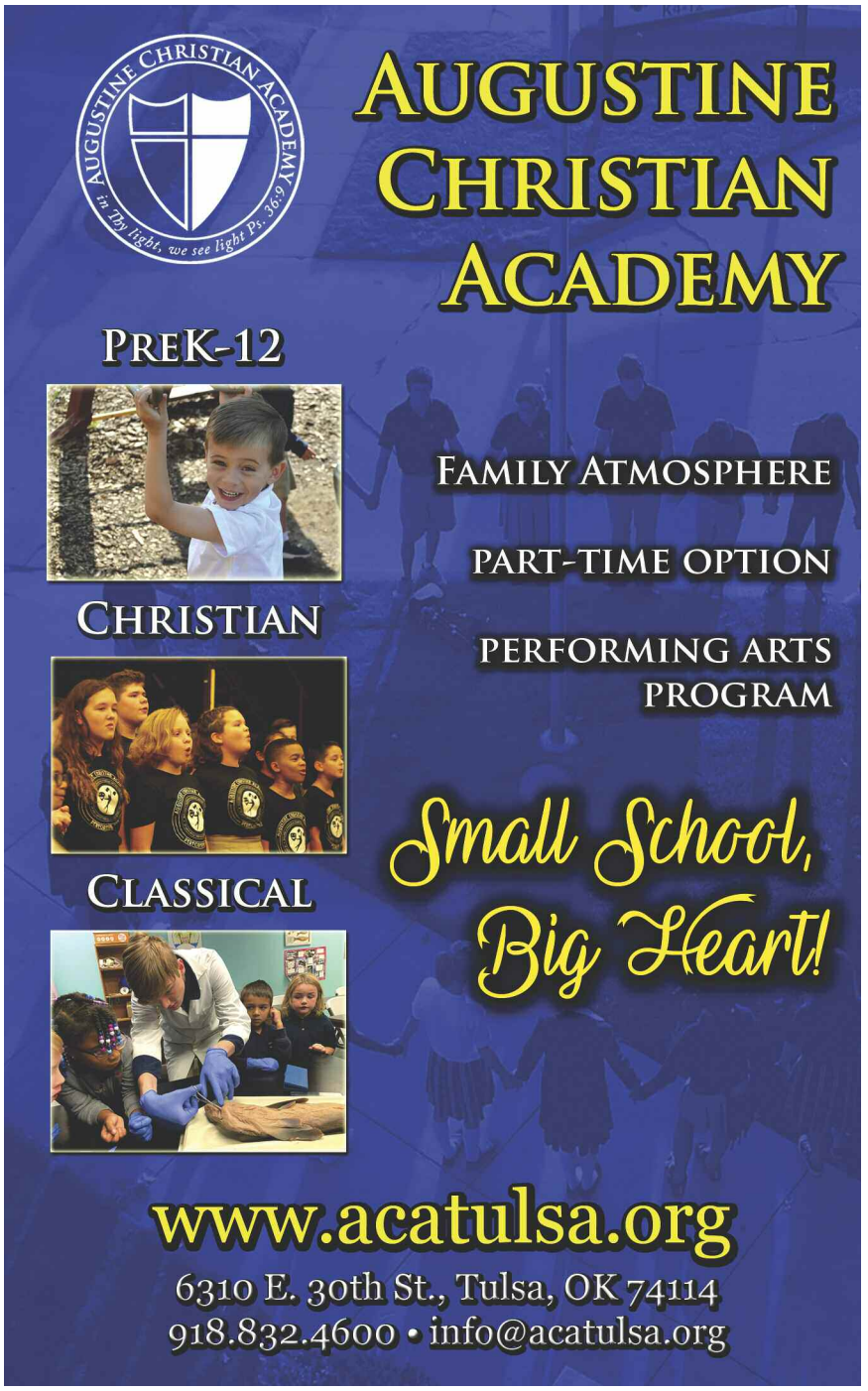
At any rate, whether you spend an hour, a day or an overnighter, EAF's elephant encounters offer an intimate experience with the animals. These gentle giants, young and old, embrace their human guests and welcome being fed, brushed and bathed — and even help to serve a meal.

It's a well-known fact that elephants have memories of, well, elephants, so you will certainly leave a lasting imprint in their minds. To ensure that you will never forget your time with them, take a few "elphie selfies" for the memory book before heading home. And, ultimately, if you do get a chance to visit Africa someday, look for the differences between Asian and African elephants so, like me, you can further your expertise about all things elephant.

Check out www.endangeredarkfoundation.org and visit www.oklahomaawesomeadventures.com for more on how to bond with these Asian elephants.









ASK THE EXPERTS

HTR Pediatruc Therapy | Nicole DeWitt, PTA



Q: My child has been diagnosed with cerebral palsy, and I keep hearing the terms spasticity and spasticity management. What does this mean?

A: Spasticity is a form of hypertonia, or increased muscle tone. When children without cerebral palsy perform a movement, some groups of muscles turn on, and some groups of muscles turn off. In children with spastic cerebral palsy, both groups of muscles may become turned on at the same time. In some instances, the wrong muscle groups may turn on. This makes movement difficult or even impossible. The majority of children with cerebral palsy have spasticity. With spasticity, muscles appear stiff because the messages to the muscles are sent incorrectly through the damaged part of the brain. When a muscle is affected by spasticity, the faster the limb is moved, the stiffer it seems. Spasticity can result in functional problems with daily living activities such as gait, feeding, speech, hygiene, toileting and dressing. Over time, spasticity may also cause problems such as muscle pain or spasms, impaired ability to stand and walk, bony deformation, etc. Spasticity management should be addressed as a team including your therapist(s) as well as your medical team. There are many forms of spasticity management, including medications, surgical options and therapeutic interventions.

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



Q. Are baby teeth really that important to my child?

A. Baby teeth or primary teeth are very crucial for a child's growth and development. Primary teeth help children's speech, eating, as well as helps preserve the bone, and hold a space for adult teeth. It is vital to remember that oral health is a part of your child's overall wellbeing. Cavities in a baby tooth can cause pain, swelling, and can be tremendously uncomfortable for your child. Cavities that are left untreated can lead to infections that could potentially enter the blood stream and lead to other serious health problems. The bacteria in a cavity can quickly spread from one part of the mouth to another, which causes the infection to grow so it is important to get cavities taken care of as early as possible. All in all, baby teeth are just as important as adult teeth, bringing your child to the dentist every six months starting as early as one year old is very beneficial to your child's oral health.

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



Q: My son hates going to reading tutoring and honestly isn't making much progress, but he needs the practice. Do you have any suggestions?

A: Dyslexia is so much more then reading struggles. If it were as simple as just re-teaching how to read, long-term tutoring would not be in the experiences of those who struggle with dyslexia. Tutoring focuses on the issue at hand. This could be current schoolwork or re-learning a concept to keep up with school assignments. Occupational and Speech Therapy delves much deeper to explore the "why" behind the struggles you see and your child experiences. There is always an underlying reason why someone has difficulty with reading. For some, reading difficulties are due to less-than-average ability in memory, or they may be unable to accurately process what they see or hear or unable to associate sounds with letters. Understanding the "why" is the first step to reading success. Accommodations and strategies are only a piece of what of is helpful. Without treating the "why," many children go from one reading program to the next without ever making permanent change, leaving them frustrated and often on an academic or career trajectory that does not really reflect their true potential.

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

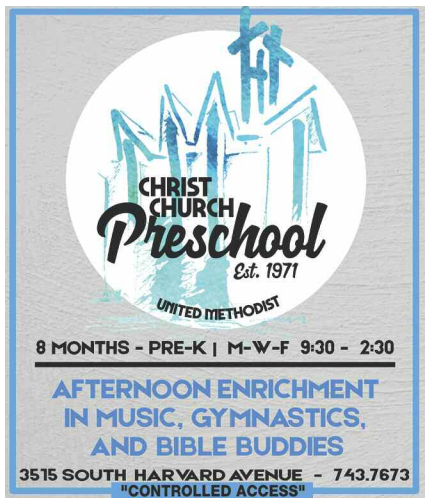
Miller Swim School | Sarah Miller



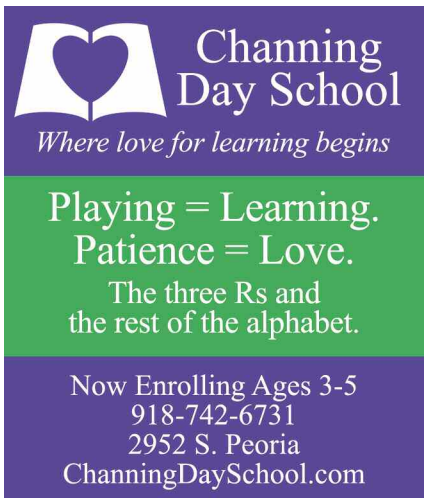
Q: My kiddos are already so stressed with their current activities, why should I add swim lessons to their already crazy schedule???

A: Did you know that swimming can actually help reduce stress and anxiety in kids? Participation in physical activity releases endorphins in the brain and reduces cortisol, the stress hormone. As they get their blood pumping, their bodies naturally fend off stress and anxiety! In addition to the happy hormones, physical activity helps improve sleep. Swimming works the body and the brain, allowing both to relax quicker for a good night's rest. Finally, it increases focus and relaxation. While learning the rhythmic breathing utilized in swimming, little ones have to focus intently on their inhale and exhale patterns, leaving little room for anxious or negative thoughts. Swimming works the body bilaterally, which takes a lot of coordination physically and mentally! There are plenty of safety reasons why your child should learn to swim; reducing stress and anxiety are just ancillary benefits everyone can benefit from!

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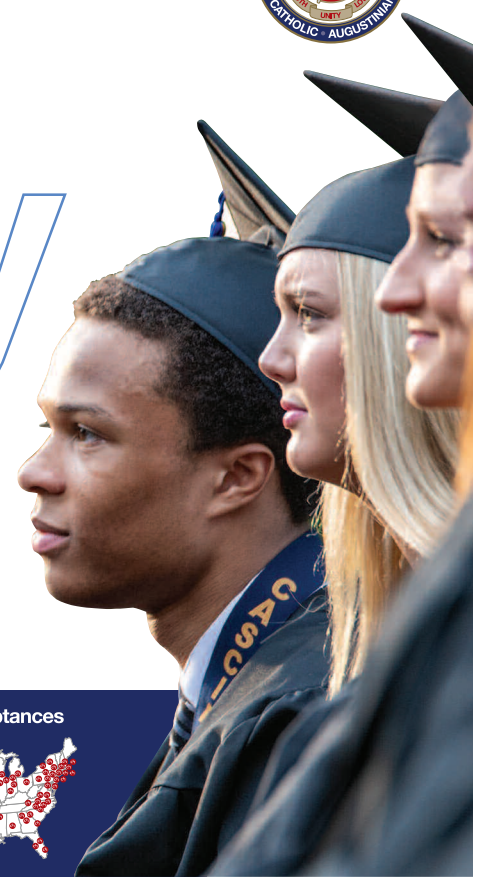
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WHERE DIFFERENCES ARE OUR STRENGTH



BY BETSY PENTURF

Tulsa Changemakers: harnessing the power of youth

Like most people, Nathan Hale junior Emily Lara had a fear of speaking in public. Despite her fear, she had a strong desire to have an impact at her school. When she discovered the Tulsa Changemakers program in fall 2018, she was able to learn public speaking skills and support her school at the same time.

"I met the coach and she told me about Changemakers and encouraged me to get in it, and then I decided to join because I was afraid to talk to people. I thought it was going to be good opportunity for me to help the school and the community," Emily said. "It allowed me to help make a positive impact in the community and also gave me more opportunities to get involved in a leadership program."

Tulsa Changemakers started in 2016 and is committed to empowering youth leaders to drive positive impact in the Tulsa community to create a model city for youth influence. The program was a collaboration between Andrew Spector and Jake Lerner, two teachers who had moved to Tulsa from the east coast as part of the Teach for America program.

"We were just struck with the same two experiences when we moved here. The first one was feeling incredibly welcomed by the Tulsa community…the people, organizations, businesses and non-profits were communicating to us in one way or another that 'you are valued, you are appreciated – please stay here, how can we connect you,'" Andrew said. "The second experience we both shared was going into our classrooms and being deeply impressed by our students. Our students were bright, they were socially minded and they had leadership skills that rivaled adults we knew. We just came really struck between this juxtaposition of the experience of these outsiders to Tulsa and the experience of our students, the insiders. As insiders, they have unique experiences and perspectives growing up in their schools and communities that Jake and I can't have or ever have and because of that, they are better positioned to be the changemakers in their schools and communities."



EMILY LARA (FAR LEFT) HELPED START THE FIRST CULTURAL DIVERSITY NIGHT AT NATHAN HALE HIGH SCHOOL.

"So, the question for Jake and I became what can we do to position the young people (as young as 10 years old) in our classrooms to drive real measurable, sustainable impact in their schools and communities right now. And in doing so, prepare them for lives of leadership in the future as well," Andrew added.

At the end of their first year of teaching in Tulsa, Andrew and Jake brought together a few students from their classrooms to 36 Degrees North downtown and conducted a workshop. Jake had some background in design thinking from leadership workshops when he was a student at the University of Pennsylvania and Andrew had experience with community development. They ran a workshop focused on leadership skills, design thinking and community development and challenged the group to complete a root cause analysis.

"One of my favorite stories from the day – one of my students and one of Jake's was really frustrated about vandalism and graffiti in their schools and communities. They found that a foundational cause for vandalism and graffiti was because people didn't have enough places to pub-

continued next page

licly express themselves, particularly young people. And they thought a foundational solution was more public art spaces, which was a pretty cool idea," Andrew said.

Now in its third year of programming, Tulsa Changemakers has grown to 16 school sites in the Tulsa and Union school districts (eight elementary schools, five middle schools and three high schools) with 16 coaches who are also teachers at their respective schools. Each coach supports three to six students at each site, and they meet twice a week after school for one semester. As of the end of the fall 2019 semester, Tulsa Changemakers now has almost 300 alumni members.

"They go through a process called Listen, Listen, Act where the Changemakers will start by listening to themselves and honoring themselves as experts in their communities. The second Listen is to peers, family, community members, etc. Then to Act based on the listening," Andrew said. "Changemakers set SMART goals and objectives, do a small impact project to make a difference toward a larger topic area, evaluate its objectiveness and they prepare to share about it a public Pitch Night to more than 200 people."

Emily's project for Pitch Night was a Cultural Diversity Night. The goal of it was to get as many students as they could involved in it and to give them some knowledge about other cultures and traditions, typical foods and dances to make a positive impact.

"On Pitch Night, I was very afraid because this was my first time talking to people, so I did it bilingual – my two cousins did it in English and my sister and I did it in Spanish. At Pitch Night we even got $500 from an audience member that allowed us to host a second night," Emily said.

"A lot of people really enjoyed it. We had a lot of people say positive comments about it and a lot of students came up to me and asked me when we were going to have a cultural diversity night again. That really helped the school get involved together with students and teachers… even our principal liked it a lot. She said she would like this to become a tradition at our school," Emily said. "We decided to have another one this year because it really helped the students get involved more. For the second one, we asked students what they would like to have at the next cultural diversity night, and they said more food, more dances, more flags and more art. It was such a great experience."

Tulsa Changemakers has the benefit of being under Leadership Tulsa's non-profit umbrella. Leadership Tulsa provides mentorship for the Changemakers program.

"Leadership Tulsa's mission was almost word for word for what we had drafted for our program. Leadership Tulsa was just the right fit. Through Leadership Tulsa, we have access to over 40 years of wisdom, connections and credibility that we can then give to students," Andrew said.

In addition to the after-school program, Changemakers offers alumni programming opportunities, the Superintendent's Student Council and Teens on Board, a youth philanthropy initiative. Emily is currently a member of the Superintendent's Student Council.

"We meet once a month and get to interview people one on one about school safety and other school issues that we have," Emily said. "I really like this program as much as Changemakers because it is just incredible how youth power is important to people and our voice gets to be heard by important adults who are helping the community. We are the voice for the future."

In 2020, Tulsa Changemakers has goals of expanding the number of school sites to 30 and building upon training and consulting to expand the program's impact in the community.

"We just see that the work we're doing is so foundational to our democracy. By investing in young people as young as possible, we can create a future that we want to see. Youth who are making real, measurable impact in their community and communities are actively engaged with supporting them, and that's the model city for youth to make an impact," Andrew said.

In addition to her studies at Nathan Hale and being a member of the Superintendent's Student Cabinet, Emily is studying cosmetology at Tulsa Technology Center. She looks forward to attending Tulsa Community College and is interested in physical therapy.

"I just want to encourage teenagers to take the next step to have a better community and get involved in an awesome leadership program because to me, teenagers are the future," Emily said.

Tulsa Changemakers believes in the youth of the local community and views them as critical assets to transforming the Tulsa area by cultivating leaders to empower future generations.

"If we're not investing in youth, the community is missing out on a real opportunity – Changemakers are making a real long-term, sustainable, meaningful impact in their schools and communities right now. Youth really are the greatest untapped resource in Tulsa and Oklahoma and around the world. Young people with incredible skills and insights have so much to offer. What we've seen is that incredible things happen," Andrew said.

For more information about the program, please visit www.tulsachangemakers.org.



building better brains from infancy to adolescence

BY BRANDON SCHMITZ



With four young children between them, friends and moms Kara Allison and Rachel Irwin, were letting their children enjoy exploring Gathering Place's outdoor attractions on a warm December day. We talked about their thoughts on young children and brain development.

"To the extent that I think about it," Rachel said, "I think it's about reading and talking conversationally to your child, even when they're to young to talk back."

Rachel has several teachers in her family as well as a son in kindergarten, so she has picked up information from her family and from what her son has been learning at school. She uses rhymes, singing, conversation and books to build a strong foundation for learning.

Kara also has educators in her family, including a mother-in-law who teaches kindergarten. She affirmed Rachel's comments, but also added that she has learned from her mother-in-law that playing outside and giving children plenty of opportunities to use their imaginations are important for brain development in young children.

Regarding technology, both women acknowledged that screens are a part of their children's lives, but they carefully monitor their use.

"Both of my kids, ages 3 and 5, have tablets," Rachel said, "but we limit screen time. They don't get very much. And whenever I see my son having behavior problems, I take them away completely."

Rachel says she notices a big improvement in her son's behavior, particularly impulse control, when he is not using screens.

Kara also noticed that Gunnar's behavior deteriorated when he spent too much time on a tablet or watching TV. "He's not as obedient," she said. "He won't do what he knows he's supposed to do. He'll want to keep watching TV or stay on the screen rather than eat. They're definitely addictive."

Both Rachel and Kara say they will monitor how much screen time their children get in school as they grow older, and will continue to limit screen time at home.

Early Years

According to professionals, Rachek and Kara are doing things right."One thing that researchers in child development talk a lot about is the importance of the first thousand days," said Dr. Dian Horm, director at the University of Oklahoma's Early Childhood Education Institute. "Brain development is rapid up to age 5, so that early progression lays the foundation for all future development."

For parents, those early experiences or lack thereof can have a tremendous impact on not only the child's brain development itself, but also connections and the experiences those children have with them as they grow older.

"I like to use the serve-and-return analogy," Horm said. "You know, it's like a tennis match in that it's important for parents to be responsive to their child's coos

continued next page

and overtures by repeating and expanding upon that. It's this cycle of reciprocal interactions, and it's particularly essential for teachers and parents."

On top of simply being responsive, parents will also want to provide their kids with a set of engaging activities.

"These don't necessarily need to be tied to the latest toy," Horm said. "Sometimes a box or a safe kitchen utensil is all they need. Parents don't need to spend a fortune. Honestly, it can even be as simple as pointing things out about the world around them – the shapes of the apples at the grocery store, for instance."

Even with this degree of attentiveness in place, though, there are certain trappings parents will need to actively avoid.

"Most kids who grow up in average families end up doing fine," Horm said. "That said, parents shouldn't cause too much stress for too long. I mean, mild stress is good for us – it motivates us to go to work. What I'm talking about is toxic stress – the kind that makes the child hyper-alert and promotes negative behavior. It impairs good connections being built in the brain."

The director referenced ACEs (Adverse Childhood Experiences/Events) and how they may be tied to health issues experienced later in life. Many clients who suffered child abuse or witnessed violence when they were younger, for example, died at a relatively young age or experienced chronic health problems.

"Going back to activities, you've got to strike that balance between outdoor and indoor play," Horm said. "Make sure children have a range of experiences. In an age where it seems as though people aren't really going outside, many schools are cutting recess. For some kids, that's their only time of the day to run or use their larger muscles."

Similarly, Horm recommended that parents promote a greater connection with nature. Let them take in the world around them – the trees, the leaves, the dirt.



(L TO R) FINLEY ALLISON WITH HER MOM KARA ALLISON, GUNNAR ALLISON, AGE 4, RACHEL IRWIN AND TILLIE IRWIN, AGE 3, ENJOY SOME OUTDOOR PLAYTIME AT GATHERING PLACE.

"Being someone who studies infants, I've found that it's a gradual process in terms of developing things such as impulse control and empathy," she said. "We have a hard time measuring infants, but the root of things like empathy start to form in infancy."

Horm noted that some parents may feel silly for talking, reading or singing to their infants – that they might just think "what's the point? They don't even know what I'm saying!"

"Even so, start this stuff at birth," she said. "They may not know the actual words, but they are learning about language and when to take turns in a conversation."

Finally, Horm urges parents to treat their child's mistakes as teaching opportunities.

"Look at it less as them trying to get to you," she said. "Maybe they don't even know what the right thing to do is."

Childhood and Adolescence

Brain development doesn't end at infancy, though. Indeed, it's a lifelong process, but some of those foundations are certainly solidified throughout early childhood and adolescence.

"As kids get older, they want more authority, and parents can encourage that in positive ways," said Dr. Amanda Morris, Regents Professor at Oklahoma State University. "Have those conversations that get them thinking, but don't just make all of their decisions for them. You need to be their 'frontal lobe' and set those boundaries because their brains are not fully developed."

In terms of what could inhibit an older child's development, substance abuse was Morris' immediate go-to. Additionally, if the child is involved in sports and experiences a concussion, then parents need to be aware of the potential long-term effects and act accordingly.

Just as it's important for infants to have a variety of engaging activities, older kids and teens should venture outside of their own neighborhood – both literally and figuratively – and create new experiences.

Regardless of age, excessive amounts of screen time have proven to have an adverse effect on a young person's development and academic performance. Additionally, parents will want to make sure kids get at least eight hours of sleep each night. Bedtime should be screen-free for everyone.

"Screen time is not always so clear-cut, though," Morris said. "Some kids use technology for positive purposes such as staying connected with or learning more about the world around them. Obviously, though, you want to set limits and boundaries."

Exercise, too, is a wonderful way to relieve stress hormones – again, regardless of age. That said, considering school can often demand higher-level thinking, physical activity is – in some ways – even more important for adolescents.

"Around the time kids hit age 10, you see them begin to think in more abstract ways," Morris said. "When kids are little, parents help them regulate emotions. When they're teenagers, parents provide support as a sounding board, but the idea of 'I'm going to take care of all this for you' isn't really appropriate. As kids get older, you want them to be able to handle more on their own."

Supporting the notion that child's brains can be re-wired – at least to some extent – Morris likened the human brain to plastic.

"Of course, some patterns are kind of set as we get older, so the extent of rewiring is debatable," she said. "However, kids are more susceptible to new experiences. That's why drug use is so dangerous – that 'reward response' is so powerful."

Even now, research is ongoing. Since 2016, the Laureate Institute for Brain Research's ABCD (Adolescent Brain Cognitive Development) study has enrolled 10,000 children, the goal being to follow them from age 9-10 into early adulthood.

"We have 743 children enrolled just at the Tulsa site of this study," Morris said. "There's a ton of valuable research and Tulsa is really at the forefront of these studies."

For more information about the study, visit http://www.laureateinstitute.org/abcd.html

BY BRANDON SCHMITZ

Daniel Lerner to talk positive psychology at Holland Hall



Positive Psychologist and New York University Professor Daniel Lerner is set to bring his insight to Tulsa this month. Drawing from his "Science of Happiness" course at NYU, Lerner will speak at Holland Hall (5666 E. 81st St.) on January 5 at 7:30 p.m. The talk – titled "Greatness, Goodness, and Grit: How to Realize Your Potential and Succeed in Work and in Life" – is free and open to the public.

I recently had the opportunity to speak with Lerner about not only his research, but also the experiences that led him to this his theories on happiness.

Q: How would you define happiness?

Lerner: Happiness is an interesting concept. Everyone wants it. It's this idea that things are going well and that we get to enjoy things. It's positive emotions – it could be communicated through smiling, laughing, jumping for joy. But it can also be seen through a sense of calm, transcendence, love – there are different ways we feel good. It's essential to our life's well-being, but it's also just one element. Say you have an ice cream cone or a new car, for instance, but no one to share those things with. It's hard to be thriving in life without a greater meaning behind having those things.

Q: How would you define positive psychology?

Lerner: It's the psychology of what makes life worth living. From the 1880s up until World War II, we would have a ton of studies on both sides – both mental illness and those who were thriving. Then in WWII, we discovered PTSD, and funding shifted to more trauma-focused psychology – you'll see that if you look at psychology from 1960 to 2000. I'm not knocking it, by the way. We've gotten really good at treating depression and anxiety, but we've kind of lost that emphasis on positivity and well-being. Think about it like this: "Brandon, I want to get healthier." You'd say, "Well, you'll probably want to stop eating Twinkies and Coke." It's about moving beyond the zero into the positive zone.

Q: What are some ways in which people can raise their levels of positive emotion?

Lerner: There are some exercises we make part of our routine, one of which being a gratitude journal. In this journal, they'll – over the course of 30 days – write down three things they are grateful for before they go to bed. Through this, we're rewiring the way our brain works. Throughout this process, they'll come to realize that it's not actually three things but more like 30 things each day. They start taking notice of all these things, and it changes the way they look at the world. "Oh, someone held the door open for me" or "That barista at Starbucks smiled at me!"

We've found that exercise, too, is tremendously helpful when it comes to raising positive emotions. Part of that stems from the knowledge that this is something that's in your hands – something that you can do yourself.

Here's one big caveat, though: Throughout my class, about 80 percent of the assignments are these exercises, and not all of them will work for my students. For you, it might be the journal, but someone else may find that exercise is more effective. You have to find yours!

All of them are scientifically sound, though. We have something we call PERMA (Positive Emotions, Engagement, Relationships, Meaning, Achievement), and it's important to have a drop in every bucket. There are countless celebrities who have achieved so much, but are they happy people? You don't need to be overflowing in every bucket – that's almost impossible – but it's this matrix of well-being that shows where they might be lacking.

Q: How do you help people identify their strengths?

Lerner: There's a character assessment I have students take at viacharacter.org. It covers about 24 strengths, ranging from bravery, love, humility, and kindness. I have this three-word process I borrowed from a colleague: aware, explore, apply. For instance, we find that in the case of West Point Cadets, their strength is often love. At first they think "Oh, no, you have the wrong guy!" But then you start to ask them questions such as

continued next page

"why do you jump on a grenade?" They'll then say, "because I love the soldier next to me. Oh, I guess you're right."

What does your strength look like for you? What is humor to you? Is it just constant pratfalls, or is it subtle jokes at work? It's valuable, too, to look at exemplars of your strength. When you identify with them, you can see yourself and find ways to use your strength more consistently.

Q: What do you talk about in your happiness class?

Lerner: Alongside Alan Schlecter – my best friend – I talk about 27 different topics. This is our eighth year teaching together, and he's an adolescent psychiatrist. If he wasn't a psychiatrist, he'd be a comedian, which is all to say that we have a ton of fun. Our class is about promoting well-being, but you need to address both sides. Happiness is just one facet.

One class session is centered on positive emotions, while another's focus is neuro-plasticity. When we discuss optimism and pessimism, we address whether there's a place for the latter. Finally, how do you take everything we've taught you and apply that?

Q: What's the most rewarding aspect of your job?

Lerner: Pretty much everything I've done in life has been about helping other people. I used to be an agent for aspiring classical musicians. Throughout that decade, I saw people who were happy on stage but not offstage, as well as people who were happy both on and off. I wanted to know what was going on there, so I went back to school.

Now I get to work with these vibrant, young minds and help them lead more fulfilling lives. I get a thousand students a year at NYU, and when they leave with the tools to lead better lives, that's just the best feeling. I'm so blessed to be given the chance to do that.

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BY NANCY A. MOORE

PHOTO: SHEEBA ATIQI

Kristi Stanger: living unconventionally

With the start of a new year, many commit to New Year's Resolutions that center around eating healthier, getting organized or reducing debt. It didn't take a resolution for the Stanger family to consider the latter – being debt-free.

It was a little over a year ago Kristi and Chad Stanger decided to take the leap and followed their hearts on an unconventional journey of becoming mortgage-free. They sold their traditional home and used the funds to purchase land and live modestly in a 140-square-foot rustic cabin as they build their "round house." The dreamy part of their process includes the gorgeous piece of property they found. The reality of living under those circumstances with two kids and five dogs has definitely been an adventure.

TK: Tell us about your family:

Kristi: My husband Chad and I have two kids. Jaxon is 12, and Olivia is 10. We also have five dogs, Cooper, Humphrey, Millie, Drake, and the baby, Annie.

TK: How long did you dream/plan buying some land and building a home?

Kristi: We started discussing the idea around five or six years ago. The whole plan evolved over the years and is continually changing as we go forward.

TK: At what point did you decide to sell your home?

Kristi: In the fall of 2017, we decided we would list our house for sale in spring of 2018. We knew we wouldn't be able to buy land and build a house as long as we had a mortgage. We sold our house and moved out by July 1st - significantly faster than we had anticipated. We rented a house for six months before we found the land to build our home.



TK: After selling your home, was it liberating to be debt-free?

Kristi: Debt-free definitely has its perks. I can't say we are debt-free yet, but our land is paid for and we are paying for materials as we go. We have also performed a majority of the labor ourselves — with some help from friends. It is a slower process than we anticipated, but we're grateful to be doing it together.

TK: What has been difficult about this process?

Kristi: (Laughing) What hasn't been?

TK: Have there been any moments of regret? If so, how did you overcome those feelings?

Kristi: I don't think we've had any regret. We have had moments where it felt like everything was working against us, for every five steps forward, it seemed we were taking three back. Those days come and go. There are days the kids don't like the lifestyle we've created, and there are days where they appreciate and enjoy it.

TK: What did your friends and family think about this choice?

Kristi: I think some were envious and would love to take the leap themselves. There were also some who thought we had lost our minds.

TK: Has this process been harder or easier than you thought? Why?

Kristi: Definitely harder and longer than I had in mind. From January-April 2019 we were going between our Airbnb in Tulsa and our land — staying in a 140-square-foot cabin with our five dogs. The cabin is small and very basic, with no amenities i.e.: bathroom, kitchen or beds. We were sleeping on cots and air mattresses. We made an outhouse until it was taken over by snakes and spiders, then we went back to primitive ways. We got our water from a well and had no electricity.

TK: How did you incorporate modern conveniences like lighting, toilets, showers, laundry?

Kristi: We've gone from lighting a room with candles, to lights powered by batteries from a solar panel, to getting electricity a few months after moving into the round house. The toilet installation may have been one of the most momentous moments yet! Showering outside next to the pond and tons of trees isn't too bad. I tried to take up doing laundry by hand. It lasted a month or more, and I was back to the laundromat.

TK: Where are you in the process of building your family's home, dubbed the "Round

continued next page

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House"?

Kristi: In May, we finally reached a progress point with our house where we felt like we could stay there as we build and still have more room for our family and dogs. On Father's Day (June), my friend and I installed a toilet; that was a huge upgrade! Then, in mid-July, we got electricity and could close the windows and enjoy some air conditioning. We are currently planning to get a water line installed from the well to the house before it gets too cold. Until then, we will continue to collect our water from the well and bring it to the house.

TK: What have you found to be the best part of taking this leap?

Kristi: I really think it has brought our family closer together, and that's what really matters. We've all pushed ourselves further than we knew we could even possibly go. We always seem to get through the hard days and keep rocking it. All that… and still have a good attitude.

TK: What are some things that you all specifically enjoy about this piece of property that are different from your former house?

Kristi: There is so much that we love about living on 24 acres. Other than exploring the land, some of the kids' favorite things would be the stars, the quietness, different types of insects, plants, animals, and learning to drive the tractor. Jaxon actually pulled my car out of the mud the first time he learned to drive it. There are days when the kids are covered from head to toe in mud or are swimming in the pond. I agree with the kids and all of their favorite things. I've seen more ladybugs, dragonflies, and Scissor-tailed Flycatchers where we are now.

TK: What advice would you give to those thinking about following their dreams?

Kristi: Do it! You only live once.



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BY NATALIE MIKLES

foods that inspire **coziness** and **comfort**

Rhythms are important to kids. They're important to parents, too!

Kids may not be able to express in words how they feel after all the holiday decorations are boxed up and put in the attic. But they may show you with sulky behavior or tantrums.

The rhythm of the holiday season is, for many families, pretty frenetic. And the let down from it can be hard for us all. But embracing a new rhythm for January can be just what the whole family needs.

For us, that rhythm looks like freeing up our calendars, building Legos in front of the fireplace, taking a break from soccer, staying in our pajamas on Saturdays and having more family dinners at the table.

Kids appreciate hygge as much as adults do. They may not say it, but they like when there are extra blankets set out in the living room, when candles are on the table or when you drape twinkly lights on the mantle. They also appreciate foods that help inspire that coziness and comfort.

And forget the idea that comfort food is synonymous with unhealthy food. A bowl of potato soup, stir-fried tofu with veggies and brown rice, roasted salmon with mashed sweet potatoes, chocolate chip cookies. They all count as comfort foods. Whatever provide nutrition as well as sweet memories with your kids are comfort foods.



Here are some favorite winter foods to help bring warmth and comfort to your home this month. For full coziness, eat them by candlelight.

Place the cubed potatoes in the slow cooker in the morning, and you'll have mashed potatoes by dinnertime.

CROCK POT MASHED POTATOES

Makes 8 to 10 servings

- 10 large Yukon Gold potatoes, peeled and cubed
- 7 cups chicken broth
- 1 cup half and half or whole milk, warmed
- 1 stick butter, cut into pieces
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

1. Put the peeled and cubed potatoes and chicken stock in the slow cooker. Cover and cook on low for about 6 hours or on high for about 4 hours or until potatoes are tender.

2. With the slow cooker on warm, mash the potatoes with the cream and butter. Add salt and pepper and stir. Add additional chicken broth if needed. Season with more salt and pepper to taste.

I've been making this old Martha Stewart recipe for many years. It is pure comfort to me.

QUICK APPLESAUCE

Serves 4

- 12 tart apples
- 1/2 cup water
- Grated rind of 1 lemon
- 1 teaspoon honey
- 1 teaspoon cinnamon

1. Core, peel and chop apples. Put apples and water in a saucepan, cover and cook over medium heat until apples are soft, 15 to 20 minutes.

2. Mash apples with a heavy spoon. Stir in the lemon rind, honey and cinnamon. Serve warm.

This recipe, from "The Naptime Chef," can easily be made vegetarian by omitting the ham. She suggests making it during naptime so that it is ready to be reheated and served in the evening. Or, make it on the weekend and reheat. It keeps well for up to three days.

POTATO, HAM AND CORN CHOWDER

Makes 4 to 6 servings

- 3 Yukon Gold potatoes
- 2 carrots, shredded
- 1/2 yellow onion, chopped
- 1 teaspoon kosher salt
- 2 tablespoons unsalted butter
- 1 (14-ounce) can creamed corn
- 1 cup cubed, cooked ham
- 1 cup half-and-half
- 1 cup whole milk

Pinch ground black pepper

1. Peel and cut potatoes into ½-inch cubes. In a large, heavy saucepan, combine the potatoes, carrots, onion and salt. Pour in enough water to cover the vegetables and bring to a boil over medium-high heat. Continue boiling until the potatoes are soft

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when pushed with a fork, about 5 minutes. Remove from the heat, and strain liquid from vegetables.

2. Pour the vegetables back into the same pan, and add the butter, creamed corn, chopped ham, cream, milk and pepper. Warm the soup over medium-low until it is heated though and serve.

This take on Indian Butter Chicken, from the New York Times, substitutes tofu for the chicken. If you haven't introduced Indian food to your kids, give this one a try. They will likely love the aromatic flavors of this classic Indian dish, and will have fun scooping it with naan.

INDIAN BUTTER TOFU

Makes 4 to 6 servings

- 2 tablespoons fresh lemon juice
- 1 tablespoon ground cumin
- 1 heaping tablespoon plus 1 teaspoon ground turmeric
- 2 (14-ounce) packages firm tofu
- 8 tablespoons ghee or unsalted butter (1 stick)
- 2 yellow onions, peeled and diced
- 1 teaspoon ground chile powder, such as cayenne
- 3 tablespoons peeled and minced fresh ginger
- 4 garlic cloves, minced
- 1 (28-ounce) can whole peeled tomatoes
- 1 cinnamon stick
- 1 teaspoon paprika
- 1 1/2 teaspoons fine sea salt
- 1 1/2 cups heavy cream or full-fat coconut milk
- 3 scallions, thinly sliced on the bias
- 1/4 cup cilantro leaves and tender stems

Naan, basmati rice, yogurt and quartered cucumbers, for serving

1. In a large bowl, whisk the lemon juice, cumin and 1 heaping tablespoon turmeric with 1 tablespoon water to make a thin paste. Drain and pat the tofu dry then cut it into 1-inch cubes. Add it to the turmeric marinade, gently stirring to coat. Set aside at room temperature while you prepare the remaining ingredients, or cover and refrigerate for up to 1 day.

2. In a large pot over medium heat, melt the butter. Add the onions and chile powder, and cook, stirring frequently, until onions are translucent, about 5 minutes. Lower the heat, add the ginger and garlic and cook, stirring occasionally, until the onions are starting to brown, about 5 minutes.

3. Add the tomatoes and their juices, gently crushing the tomatoes with your hands as you go. Add the cinnamon stick, paprika and sea salt along with the remaining 1 teaspoon turmeric. Cook until the tomatoes and onions break down and the sauce is the consistency of a thick ragù, about 10 minutes. Blend with an immersion blender, or transfer to a blender and purée until smooth. Return to the pot.

4. Gently stir in the cream and the tofu and its marinade. Simmer over low heat, uncovered, until the tofu has taken on the color of the sauce and is flavored all the way through, about 5 minutes. Stir occasionally but gently, so the tofu doesn't fall apart. Transfer the tofu and sauce to a deep platter or large shallow serving bowl and sprinkle with scallions and cilantro. Serve with warm naan, rice, yogurt and cucumbers.

If anyone remembers Catherine's Tea Room, this comes from her little cookbook, "Catherine's Cookies." These sugar cookies are a sweet comfort and make good memories when eaten with little children.

DROP SUGAR COOKIES

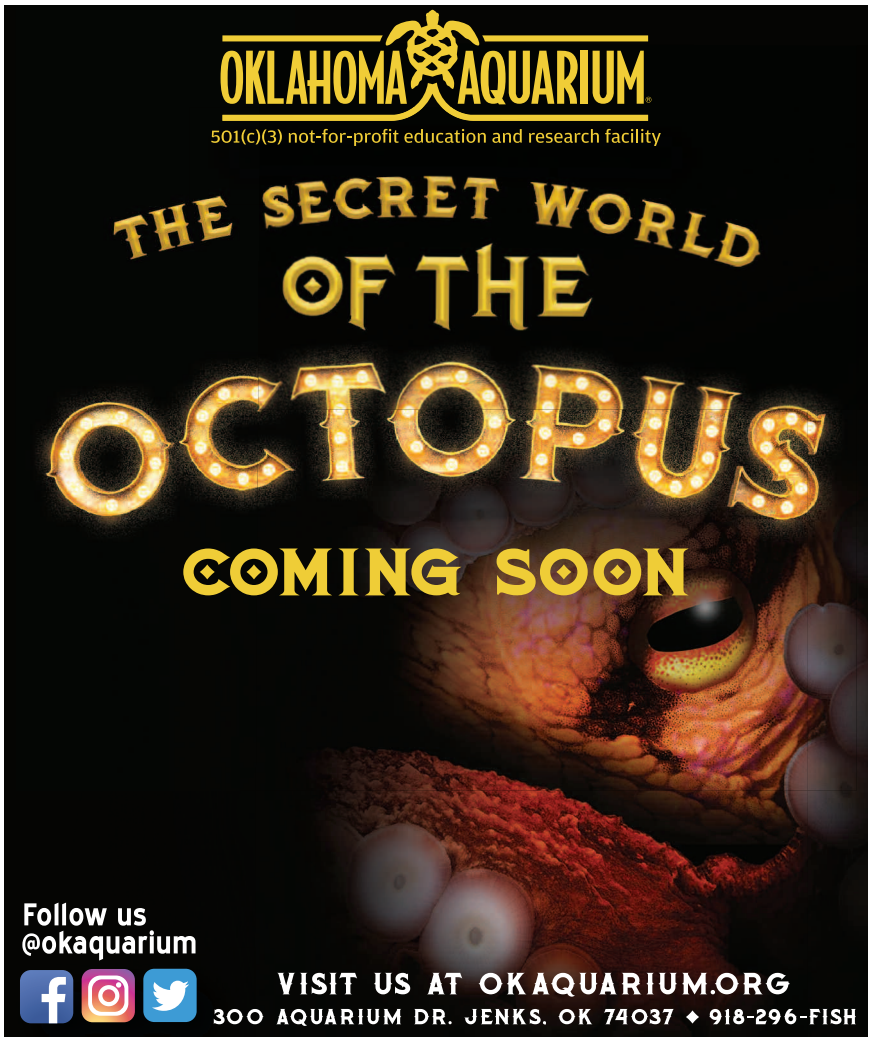
Makes 6 dozen

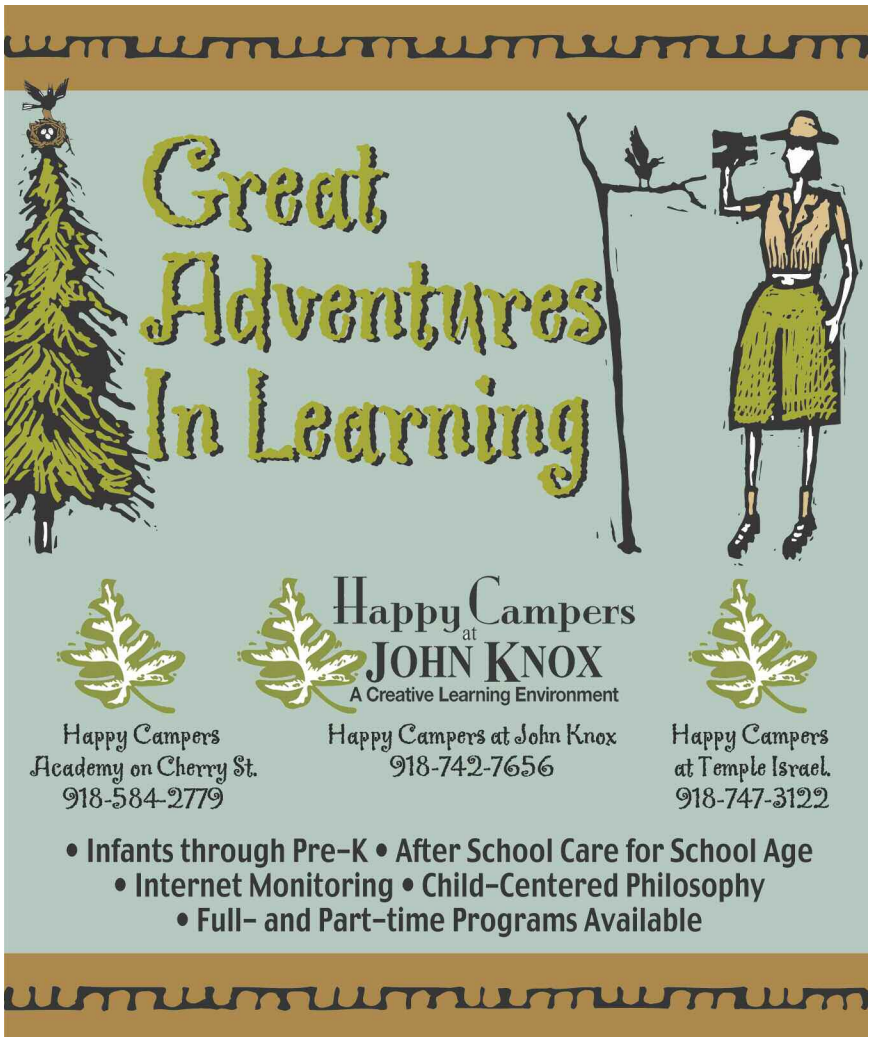
- 1/2 cup butter
- 1 1/2 cups sugar
- 2 eggs
- 1 cup sour cream
- 1 teaspoon vanilla
- 2 3/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda

1. Beat butter, sugar and eggs in large bowl at high speed for 3 minutes. Stir in sour cream and vanilla.

2. Sift together flour, soda and salt. Blend into butter mixture. Beat well to make a soft dough.

3. Drop by teaspoonfuls 2 inches apart on ungreased cookie sheet. Sprinkle with granulated sugar. Bake at 375 degrees for 12 minutes.





BY BRANDON SCHMITZ

Tulsa ER & Hospital offers new treatment for **postpartum depression**

In an effort to combat postpartum depression, Tulsa ER & Hospital recently began offering what they have dubbed a revolutionary new treatment. Since just a few months ago, the drug Zulresso has been available at the facility for some women who need treatment.

According to Medical Director Dr. Mark Blubaugh, the drug helps reduce both emotional and physical symptoms of postpartum depression. These include anxiety, rage, a sense of hopelessness, and/or thoughts of harming oneself or one's baby.

"A high number of women – one in seven – will experience postpartum depression," Blubaugh said in a press release. "We are excited to offer Zulresso in our quiet, concierge-style facility, which feels much more like home than a larger hospital setting."

Zulresso is also touted for alleviating physical symptoms such as body aches, changes in appetite and issues with sleeping. According to the press release issued by Tulsa ER & Hospital, more than 90 percent of the women whose symptoms decreased with Zulresso still felt better 30 days after receiving the treatment.

"Postpartum depression is often tied to a decrease in progesterone levels," Blubaugh said. "Acting on neurotransmitters in the brain, Zulresso doesn't replenish those progesterone levels, but it adds something similar."



Zulresso is meant only for women who suffer from postpartum depression. Additionally, in order to qualify, the patient needs to have failed previous treatments and cannot be pregnant while taking Zulresso.

"It's been available for just a few months, and we've had only one patient who's undergone the treatment," Dr. Blubaugh said. "Within about 30 hours of her leaving the hospital, though, she looked better. Her husband said her overall demeanor had changed and that she felt a whole lot better."

One caveat, however, is that Zulresso does require hospital admission. Specifically, it involves a 60-hour IV infusion. That said, it is a one-time infusion.

"I would not call this a cure-all, either," Blubaugh said. "We don't see Zulresso as an alternative, but rather as something taken in addition to standard antidepressant pills. Even after taking Zulresso, you'll definitely want to continue taking your current medication and speaking with your therapist."

According to Blubaugh, Tulsa ER & Hospital is the only location in the Green Country area that offers this treatment.

Postpartum depression is different from "baby blues," which may have similar symptoms to postpartum depression, but the symptoms are not as intense and are short-lived. According to www.mayoclinic.org, postpartum depression symptoms are intense, last longer and may interfere with a woman's ability to care for her baby or handle daily tasks. Symptoms may even appear up to a year after giving birth. If you are experiencing any of these signs and symptoms of postpartum depression, talk to you healthcare provider.

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good mother
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide


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3-year-olds - PreK — 11 a.m.-noon Thursdays Jan. 2,9,16
10-11 a.m. Saturdays Jan. 4,11,18
Zoo Buddies: Head, Haunches, Tails & Toes Winter
Toddlers and caregivers will explore eyes, wings and haunches of some favorite zoo animals! Discover what eyes on the side mean, what is a haunch and more while meeting a zoo animal at each class. $40, with zoo members receiving 10% off. Registration at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North

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

January 1 Wednesday

SNOW LEOPARD DAYS AT THE TULSA ZOO [DAILY]
Save right meow at the Tulsa Zoo! All December and January guests will receive half-off regular admission. Grizzly bears, Arctic foxes, red pandas and, of course, snow leopards love the cold – they playfully romp around snow-covered spaces and even enjoy chilly, snow-free days. Bundle up and save this January at the Tulsa Zoo. Details at tulsazoo.org/pounce 6421 E. 36th St. North. Open all winter 9 a.m.-5 p.m. except during inclement weather.

STORY TIME AT THE TULSA ZOO [W]
Be ready for tales, and even tails, as you meet an ambassador animal 10 a.m. every Wednesday in January! 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.

WINTER WONDERLAND[FREE]
Don't miss Gathering Place's 2nd annual Winter Wonderland presented by American Airlines! Kids and families can enjoy train rides, holiday food and drinks, carolers and performers, and Gathering Place's Adventure Playground illuminated by thousands of lights! Gathering Place, 2650 S. John Williams Way, 5-8 p.m. gatheringplace.org

January 2 Thursday

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

GARDEN OF LIGHTS
Reconnect with family and friends in the garden illuminated with colorful lights. Make s'mores over fire pits, enjoy holiday music and take in the spirit of the season in Tulsa Botanic Garden's magical garden escape! Add your wish to The Wishing Tree and take selfies at the photo booth and holiday tree inside the Mabee Grange. Warm drinks and cash bar and s'more kits are available every night for purchase. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-10 p.m. Repeats Thursday through Sunday through January 5. Purchase tickets in advance at tulsabotnanic.org.

January 3 Friday

SOUTHWOOD QUILT AND FIBER ARTS SHOW [FREE]
This annual free event showcases work by local quilters and other vendors. Southwood Landscape and Nursery, 9025 S. Lewis Ave., 10 a.m.-4 p.m. (also occurs Saturday, January 4, 10 a.m.-4 p.m.) southwoodgardencenter.com

FIRST FRIDAY ART CRAWL [FREE]
Enjoy extended shopping hours, free admission at select galleries and other activities at the Tulsa Arts District's First Friday Art Crawl! 6-9 p.m. thetulsaartsdistrict.org

FAMILY MUSIC NIGHT WITH HOT TOAST MUSIC CO.
Join Philbrook for Family Music Night as Mr. Symon of Hot Toast Music Co. takes guests on a musical journey exploring light and shadow. Kids will investigate the light that shines all around us and through us with hands-on activities, singing and movement. Live interactive performances at 6 and 7 p.m. Free with general admission. Philbrook Museum, 2727 S. Rockford Rd., 6-7:30 p.m. philbrook.org

January 4 Saturday

DÍA DE REYES [FREE]
Celebrate this great Latin American tradition rooted in benevolence. Bring the whole family and enjoy festive foods, a procession, art activities, dancing, and more. The event, presented in partnership with The Power of Families Project and Casa de la Cultura, is free and requires no reservations. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10 a.m.-4 p.m. gilcrease.org

MAGICAL MORNINGS FOR FAMILIES
In this special workshop with ahha artists and educators, you'll engage in age-appropriate activities designed to stimulate your child's curiosity and wonder. You'll also leave with new ideas for hands-on activities and practical knowledge of teaching and learning strategies that you can apply at home or in other out-of-school learning contexts. Ideal for children ages 3 to 7, who must be accompanied by a ticketed adult. ahha Tulsa, 101 E. Archer St., 10 a.m.-12 p.m. Pre-register at ahhatulsa.org.

BUILD A READER STORYTIME: SENSORY [FREE]
Does your child have difficulty sitting through storytime? If so, this inclusive program of stories, songs and activities may be just what you are looking for! Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. Class size is limited. Registration is required. Call 918-549-7323 or visit the South Broken Arrow Library to sign up. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:15-11:15 a.m. tulsalibrary.org

January 5 Sunday

DROP-IN STUDIO
Drop-In Studio is the first Sunday of the month. Each month, Gilcrease's teaching artists will debut a new theme and guide participants through various art disciplines with all materials and supplies provided. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org

"HOW TO SUCCEED IN WORK AND LIFE" WITH DANIEL LERNER [FREE]
Daniel Lerner helps people unlock their unique potential. After a decade as a talent agent, developing the careers of some of the world's greatest musicians, he now serves as a performance coach for clients ranging from athletes and executives to educators, lawyers, doctors and other high-achievers. His talk "Greatness, Goodness and Grit: How to Realize Your Potential and Succeed in Work and in Life" is free and open to the public. Listeners have called his presentations "life changing" and "electric," and he will focus on how passion, grit and happiness help us transcend what we believe is possible at work and at home and realize the best version of ourselves. Holland Hall, 5666 E. 81st St., 7:30-9 p.m. hollandhall.org



Get ready to dance! Tulsa Ballet Center for Dance Education is hosting two Open Houses on January 11—one at each of their locations. These events are a wonderful opportunity to learn about TBCDE's spring classes—and even try one out! Learn more at tulsaballet.org or at facebook.com/TulsaBalletCenterforDanceEducation/

January 6 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. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

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

BOOK CLUB PARTY! [FREE]
Start off your reading year right with a Book Club Party! Whether you're already in a book club or looking to join one, come to TCCL's New Year's kickoff party to learn about Tulsa City-County Library's book clubs. See what books the library's book clubs read in 2019 and what titles they are looking forward to reading in 2020. Connect with other bookish types in your community and hear from librarians about their latest and greatest reads. Games, crafts and light refreshments will be available. For adults. Hardesty Library, 8316 E. 93rd St., 7-8:30 p.m. tulsalibrary.org

January 7 Tuesday

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

Charities, 2450 N. Harvard Ave., 6-7:30 p.m. ddadvocacy.net

January 8 Wednesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. 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. tulsalibrary.org

ORU WOMEN'S BASKETBALL HOME GAME
The ORU Women's Basketball team is playing North Dakota State! Cheer for them at the Mabee Center Basketball Arena, 7777 S. Lewis Ave., at 7 p.m. oruathletics.com

January 9 Thursday

OPEN GYM FOR TOTS [FREE]
Children ages 1-5 can enjoy mini basketball, hula hoops, tunnels, etc. Bring your own riding toy! Occurs weekly both Tuesday and Thursday from 10-11:30 a.m. Hicks Park, 3443 S. Mingo Rd. tulsaparks.org

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

ORU MEN'S BASKETBALL HOME GAME
Cheer for ORU Men's Basketball team as they play North Dakota State! Mabee Center Basketball Arena, 7777 S. Lewis Ave., 7 p.m. oruathletics.com

January 10 Friday

SEW WHAT: TEEN QUILTING CLASS [FREE]
Learn basic sewing and quilting techniques to create your own pencil case. Materials are provided by the Friends of the Helmerich Library. Registration is required. Call 918-549-7323 to register. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4:30-5:30 p.m. tulsalibrary.org

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

January 11 Saturday

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

2ND SATURDAY SILENTS PRESENTS: "WEST OF ZANZIBAR" (1928)
A magician seeks vengeance upon the man who paralyzed him and the illegitimate daughter he sired with the magician's wife. Even by the standards of star Lon Chaney and director Tod Browning, "West of Zanzibar" is an unrelentingly grim and gruesome melodrama. Chaney delivers an unforgettable performance as Flint, the crippled "king" of a faraway jungle island. Circle Cinema, 10 S. Lewis Ave., 11 a.m.-1 p.m. circlecinema.org

TULSA BALLET CENTER FOR DANCE EDUCATION OPEN HOUSE [FREE]
TBCDE is hosting open houses at both its Brookside and Broken Arrow locations! Have your child take a sample class, tour the facility, enjoy a snack and meet some of the faculty and staff at Tulsa Ballet Center for Dance Education! Then check out the schedule of new classes opening for the spring semester and find one that fits your family's schedule! TBCDE Brookside, 1212 E. 45th Pl., 12-2:30 p.m.; TBCDE Broken Arrow, 1901 New Orleans St., Broken Arrow, 12-1:30 p.m. tulsaballet.org/classes/open-houses

MONTHLY MOVIE AT MAXWELL: "SMALLFOOT" (PG) [FREE]
Join Maxwell Park Library for a family-friendly movie for all ages. Think it would be strange to encounter a real Yeti? Well, just think of how strange it would be for a Yeti to encounter a real Human! This fun, wintry, animated movie will teach kids about discovery and the importance of thinking for themselves. Popcorn will be made fresh every 30 minutes while the film plays. Maxwell Park Library, 1313 N. Canton Ave., 2-4 p.m. tulsalibrary.org

January 12 Sunday

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

January 13 Monday

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

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Kids ages 5-12 are invited to read their favorite books to a furry friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Call 918-549-7323 or see a staff member to register. Schusterman-Benson Library, 3333 E. 32nd Pl., 3:30-4:30 p.m. tulsalibrary.org

EVENING TINY TOTS AT WHEELS AND THRILLS
Children 6 and under can skate, play, ride and jump. Admission is $7 or $12, if you'd like a fun meal included. Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 6-8 p.m. wheelsandthrills.com

January 14 Tuesday

WORKSHOP: SHORT STORY—GET READY FOR THE YOUNG PEOPLE'S CREATIVE WRITING CONTEST! [FREE]
Do activities and receive useful tips on how to write a short story. Paper and pens will be provided. The workshop is intended to help participants prepare for TCCL's annual Young People's Creative Writing Contest. Winners of the contest receive a cash prize. Registration is encouraged, as supplies are limited. Register at www.tulsalibrary.org /events or call 918-549-7323. For ages 10-18. Owasso Library, 103 W. Broadway St., Owasso, 5-6 p.m.



Celebrate Latin American culture and the spirit of benevolence at Gilcrease Museum's Día de Reyes Celebration on January 4. Details at gilcrease.org/events. Photo courtesy of Gilcrease Museum.

TRIVIA NIGHT
Join Oklahoma Aquarium for an evening of mind-melting, brain-busting trivia fun! Trivia Night guests will test their knowledge of sea creatures, pop culture, history and more. This fun night of facts and fishes will include a cash bar, a chance to win fin-credible prizes, and the Aquarium's amazing aquatic life! *This event is 21+ only. Oklahoma Aquarium, 300 Aquarium Dr., 7-9 p.m. okaquarium.org

January 15 Wednesday

WELCOME WEDNESDAY OPEN HOUSE AT HOLLAND HALL [FREE]
Interested in Holland Hall? Go to a Welcome Wednesday open house! The Open House for Middle and Upper School students will be held from 8-10:30 a.m., and the Open House for Primary School students will be held from 9:15-10 a.m. To RSVP, call the office at 481.1111 or go to hollandhall.org/admission. Holland Hall, 5666 E. 81st St.

January 16 Thursday

SAFE KIDS CAR SEAT CHECKUP [FREE]
Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. safekidstulsa.com

CHESS LAB [FREE]
Come and test your chess skills. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd., 3:30-4:45 p.m. tulsalibrary.org

January 17 Friday

FIND MORE EVENTS ONLINE AT TULSAKIDS.COM/CALENDAR!

January 18 Saturday

TFM WINTER MARKET [FREE]
Get fresh produce and other products all winter long at Tulsa Farmers Market's Winter Market! Kendall Whittier Square, Admiral and Lewis, 8:30 a.m.-12 p.m. tulsafarmersmarket.org

GRAND EXPERIENCE: SLITHERING SERPENTS
From boas and pythons to vipers and rattlers, grandparents and children will discover what makes snakes unique and the important role they have in our lives. Meet a zoo animal at each class! $25 per pair, zoo members save 10% Register at tulsazoo.org/classes Tulsa Zoo, 6421 E. 36th St. North, 1 to 4 p.m.

WRITING FANFICTION [FREE]
Have you ever felt like your favorite movie, comic-book character or book should have ended differently or had a better plot twist? Welcome to the world of fanfiction, where fans write alternate stories based on existing characters or story lines. Expand your creativity while being guided by a fellow fanfic during this writing workshop for teens. Central Library, 5th Street and Denver Ave., 2-3 p.m. tulsalibrary.org

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

January 19 Sunday

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

January 20 Monday

41ST ANNUAL TULSA MLK PARADE [FREE]
The theme of this year's MLK parade is "20/20 Vision: The Dream Seen Clearly." Parade-goers are encouraged to both have fun and to reflect on Dr. King's legacy and how they can be part of keeping his dream alive. Detroit Ave. and John Hope Franklin Blvd., 11 a.m. mlktulsa.com

SILENT MOVIE NIGHT: THREE AGES (1923) [FREE]
Presented by Sooner State Chapter of ATOS (American Theatre Organ Society), Three Ages is the first full-length comedy produced by and starring legendary comic Buster Keaton. An obvious parody of D.W. Griffith's Intolerance, Keaton and paramour Margaret Leahy are shown coping with the problems of the Stone Age, life in ancient Rome, and the Modern Age. Circle Cinema, 10 S. Lewis Ave., 7-9 p.m. circlecinema.org

January 21 Tuesday

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

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

January 22 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 CONNECTION [FREE]
Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-6 p.m. ddadvocacy.net

January 23 Thursday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY[FREE]
Join Miss Sarah at this family storytime for ages 0-5 and their caregivers. We will read stories, sing songs and learn about fun early literacy activities to try at home! Stay after storytime for toys and activities that foster critical early literacy skills. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 10:30-11:30 a.m. tulsalibrary.org

ART LAB: TIN FOIL TEXTURE ART [FREE]
Make a tin-foil relief art. Great for kids and parents to do together, but fun for everyone! For all ages. Schusterman-Benson Library, 3333 E. 32nd Pl., 4-5 p.m. tulsalibrary.org

January 24 Friday

STORYTIME/PLAYDATE [FREE]
This is a fun time for preschoolers and their friends. Kids can enjoy age-appropriate activities indoors, as well as storytime and snacks. No registration needed. First Baptist-Tulsa, 423 S. Detroit, 9:30-11 a.m. tulsafbc.org

FAMILY PLAY DATE [FREE]
Playing is learning! Come and play with educational toys and make new friends in a laid-back play group atmosphere. There will be dramatic play centers, blocks and manipulatives, transportation toys, music, puzzles and gross-motor toys for you to explore and play with your child! For ages birth-5. Owasso Library, 103 W. Broadway St., Owasso, 10:30-11:30 a.m. tulsalibrary.org

January 25 Saturday

EAGLE WATCH AND RAPTOR RALLY [FREE]
Tulsa Audubon's Annual Eagle Watch and Raptor Rally will be on Jan. 25, 2020 from 9 a.m.-12:15 p.m. at Jenks High School, Building 6. Separate programs will be running simultaneously for families with younger children and adults/older children. Live raptors will be showcased for all. This is a FREE event for the public! Please check tulsaaudubon.org for details. The Eagle Watch will take place on the same day from 8:00-9:00 on the Jenks Pedestrian Bridge. Jenks High School, Building 6, 301 N. Birch St., Jenks, tulsaaudubon.org

ZOO INSIDER: FOXES
From the frigid Arctic to the searing Sahara teenagers will learn how foxes have conquered some of the most extreme environments, including our own backyards. $25 Register at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

BOTANY WALK AT OXLEY NATURE CENTER [FREE]
Join us for a guided walk through Oxley on the fourth Saturday of the month. This walk will will focus on local flora. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m. oxleynaturecenter.org

MOVIES AT THE LIBRARY: "TOY STORY 4" (G) [FREE]
Come to the library and enjoy a film about a group of toys reconnecting and working together to save a beloved utensil from the doll holding him hostage. For children of all ages. Bixby Library, 20 E. Breckenridge Ave., 10:30 a.m.-12:30 p.m. tulsalibrary.org

January 26 Sunday

TULSA OILERS HOME GAME
Cheer for the Tulsa Oilers at the BOK Center, 200 S. Denver Ave., 4:05 p.m. tulsaoilers.com

January 27 Monday

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

FANDOM CLUB: SEWING AND CROSS-STITCHING [FREE]
Get together with old friends and new and craft to your heart's content! Don't worry if you don't know how to sew or cross-stitch! Library staff will teach you the basics, using simply needles and thread to create a variety of awesome crafts. Participants will eat snacks and watch a movie, too. For ages 10-17. Martin Regional Library, 2601 S. Garnett Rd., 5-7 p.m. tulsalibrary.org

January 28 Tuesday

BUILD A READER: BILINGUAL STORYTIME WITH STAY AND PLAY/CUENTOS BILINGÜES CON JUEGAN [FREE]
Enjoy stories, songs and activities in English and Spanish. Then join us after storytime for games, toys and activities. Playing is learning! // Disfruta de cuentos, canciones y actividades en inglés y español. Después de los cuentos, vamos a jugar con juguetes y hacer actividades. ¡Jugar es aprender! Martin Regional Library, 2601 S. Garnett Rd., 11 a.m.-12 p.m. tulsalibrary.org

January 29 Wednesday

SHAWNEE LANGUAGE CLASS [FREE]
Come and learn the native tongue of the Shawnee people. This class is provided by the Shawnee Tribe's Language Department. For adults and teens. Zarrow Regional Library, 2224 W. 51st St., 6-8 p.m. tulsalibrary.org

ORU WOMEN'S BASKETBALL HOME GAME
Cheer for ORU's Women's Basketball team at the Mabee Center Basketball Arena, 7777 S. Lewis Ave., 7 p.m. oruathletics.com

January 30 Thursday

BUILD A READER STORYTIME: FAMILY [FREE]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Hardesty Library, 8316 E. 93rd St., 6:30-6:50 p.m. tulsalibrary.org

January 31 Friday

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

BIKES, BALL & YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Cost is 50 cents per child per visit. Meets every Tuesday and Thursday, 9:30-11 a.m. excluding school holidays. Whiteside Community Center, 4009 S. Pittsburg Ave. tulsaparks.org

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

January Showtimes



THEATRE TULSA PRESENTS "THE MUSIC MAN" STARRING MARK FRIE, JANUARY 10-26. LEARN MORE AT TULSAPAC.COM.

MISS SAIGON
When: December 31-January 2, 7:30 p.m.; January 3, 8 p.m.; January 4, 2 and 8 p.m.; January 5, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Experience the acclaimed new production of the legendary musical Miss Saigon. It's the story of a young Vietnamese woman named Kim who is orphaned by war and forced to work in a bar. There she meets and falls in love with an American G.I. named Chris, but they are torn apart by the fall of Saigon. For three years, Kim struggles to find her way back to Chris, who has no idea he's fathered a son. tulsapac.com

THE MUSIC MAN
When: January 10-11, 17-18, 24-25, 8 p.m.; January 12, 19, 25 and 26, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The classic musical-comedy comes to town! Con man Harold Hill poses as a band director to "sell" instruments to unsuspecting Midwestern townsfolk. Hill's plan hits a snag when he is found out – and falls in love – with a prim and proper piano teacher. Featuring the beloved hit "'Til There Was You."
Please Note: The Saturday, Jan. 25, 2020, 2:00 pm performance will be sign language interpreted. tulsapac.com

CIRQUE DU SOLEIL AXEL
When: January 16-17, 7:30 p.m.; January 18, 3:30 and 7:30 p.m.; January 19, 1 and 5 p.m.
Where: BOK Center, 200 S. Denver Ave.
Cirque du Soleil is back on ice with AXEL, a new electrifying experience fusing world-class ice skating with breathtaking acrobatics. bokcenter.com

CONCERTS WITH COMMENTARY
When: January 16, 7:30-8:30 p.m.
Where: Lorton Performance Cen-

continued next page

ter, 550 S. Gary Pl.
Join the TU School of Music faculty at Concerts with Commentary, a concert series designed to acquaint you with the varied and unusual repertoire for instruments and voice. Led by TU adjunct professor Dana Maher (Celtic harp) and her bandmates Abby Bozarth (fiddle) and Audrey Schmidt (lead vocals) Vintage Wildflowers will be an informal and lively hour-long concert beginning with insightful commentary about the music and conclude with an opportunity to converse with the musicians. It's like taking a music class but with no homework! Every concert is free and open to the public. calendar.utulsa.edu

PETER AND THE WOLF
When: January 17, 10 and 11:45 a.m.; January 18, 2 p.m.
Where: Zarrow Performance Studio, 1901 W. New Orleans St., Broken Arrow
The Hardesty Family Foundation Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans and features a cast of characters children know and love, amazing sets and costumes, plus an on-stage narrator to help guide them through the story. tulsaballet.org

RIVERFIELD ROCKS
When: January 18, 6 p.m.
Where: Cain's Ballroom, 423 N. Main St.
Enjoy performances by members of the Riverfield Rocks program! Riverfield Rocks is a comprehensive in-school middle and high school rock music program at Riverfield Country Day School. Three dollars from each ticket goes to help fund Riverfield's iNSPiRED capital campaign. riverfield.org

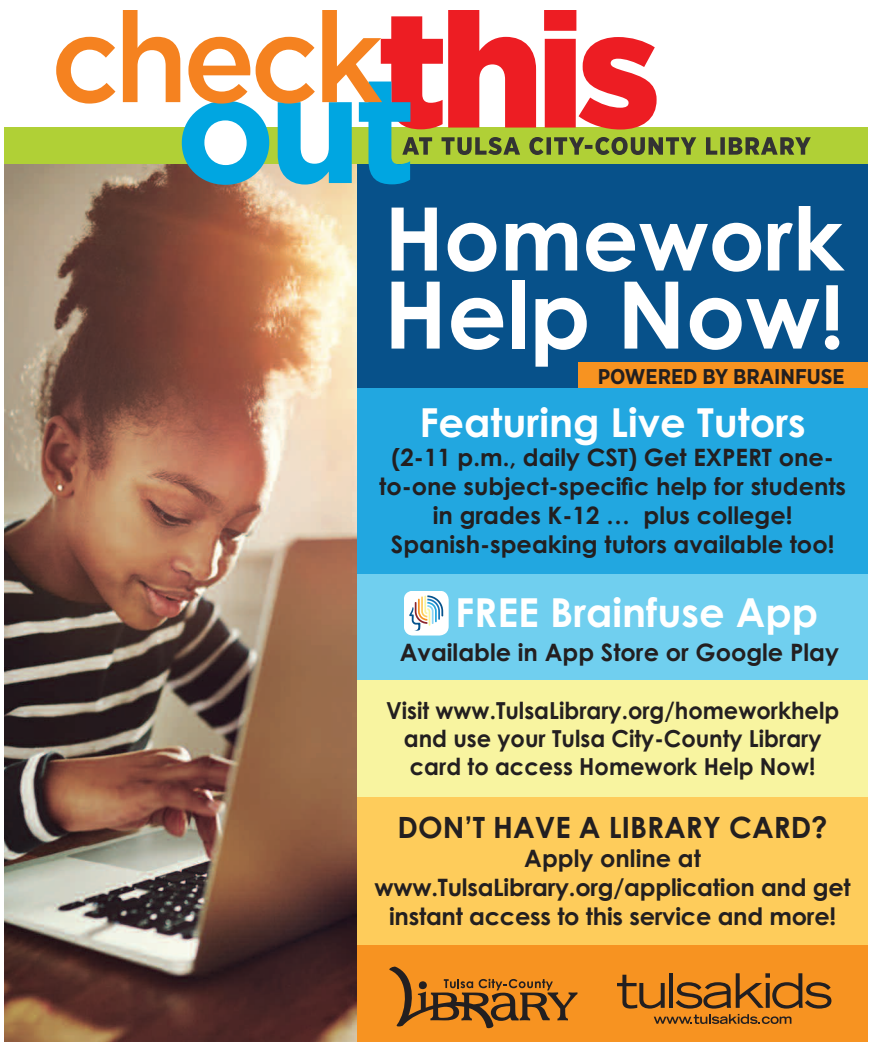
BLUE MAN GROUP: SPEECHLESS
When: January 20-22, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The world-renowned bald and blue trio embarks on a new journey of discovery, the result of more than 27 years spent observing humanity. Speechless features new and original compositions, acts and instruments alongside iconic Blue Man Group moments based in joy, art, music, comedy, social commentary and hilarious absurdity. tulsapac.com

THE COLOR PURPLE
When: January 21, 7:30 p.m.
Where: Broken Arrow PAC, 701 S. Main St., Broken Arrow
From Alice Walker's Pulitzer Prize-winning bestseller and Steven Spielberg's Oscar-nominated film comes a stage musical with a fresh, joyous score of jazz, ragtime, gospel and blues. This stirring family chronicle follows the inspirational Celie as she journeys from childhood through joy and despair, anguish and hope to discover the power of love and life. This Tony and Drama Desk award-winning musical has been graced with such talents as Destiny's Child member Michelle Williams and "American Idol" alums Jennifer Hudson and Fantasia Barrino. brokenarrowpac.com

THE SOUND OF MUSIC
When: January 23-25, 30-31, February 1, 6-8 at 7:30 p.m.; January 26 and February 2, 9 at 2 p.m.
Where: Clark Youth Theatre, 4825 S. Quaker Ave.
When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters gradually captures the heart of the stern Captain. The motion picture version remains the most popular movie musical of all time, and The Sound of Music returns to CYT for the 2020 musical production. clarkyouththeatre.com

MARK NIZER: 4D & SCIENCE EXPLOSION
When: January 30, 11 a.m.; January 31, 11 a.m. and 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Since winning first place in the International Juggling Championships and being named Collegiate Entertainer of the Year and Comedy Entertainer of the year, Mark Nizer has been changing the way people view the world. In Scienceplosion, "future" Mark saves the earth by bringing students up to speed on science. 4D takes live performance and adds a fourth dimension! SCIENCESPLOSION is the show for the Young At Art series, running Jan. 30 at 11:30 a.m., and Jan. 31 at 11:30 a.m. The Young At Art series features daytime shows for school groups and homeschool students. 4D is the show for the Imagination Series only, running Friday, Jan. 31 at 7:00 p.m. The Imagination Series features an evening show for students, families and friends! Purchase a Family Fun Night package to participate in a pre-show craft activity and snacks, starting at 6:00 p.m. tulsapac.com

HARRY POTTER AND THE PRIZONER OF AZKABAN™ IN CONCERT
When: January 31, 7:30 p.m. and February 1, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban™ in Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by the music of a live symphony orchestra as Harry soars across the big screen. Get ready to encounter a Dementor™, ride the Knight Bus™ and discover just who Sirius Black™ really is. HARRY POTTER characters, names and related indicia are ©& ™ Warner Bros. Entertainment Inc. WIZARDING WORLD trademark and logo ©& ™ Warner Bros. Entertainment Inc. Publishing Rights ©JKR. (s19)
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QUESTIONS BY BETTY CASEY, EDITOR OF TULSAKIDS MAGAZINE
ANSWERS BY LYDIA VOLES, VICE PRESIDENT, WIDMEYER-FINN PARTNERS

response to CKLA article

I reached out to Devin Fletcher at Tulsa Public Schools for an interview when I was writing the Nov. 2019 TulsaKids' article about Core Knowledge Language Arts (Amplify CKLA), which is used by TPS elementary schools. I never received a response from the TPS administration; however, after the article was published, I did receive a request to respond from Lydia Voles, vice president of Widmeyer-Finn Partners, a public relations firm with offices in New York City and Washington, D.C. Widmeyer-Finn is the agency that promotes and markets Amplify.

Q: Describe Amplify, its ownership and which cities/schools use its products.

Voles: A pioneer in K–12 education since 2000, Amplify is leading the way in next-generation curriculum and assessment. Today, Amplify serves five million students in all 50 states, including students in the largest districts in the country: New York City, Chicago, Denver, Seattle, Baltimore, Miami, Los Angeles, and San Francisco.

Tulsa Public Schools has been using the Amplify CKLA program since 2016.

Since 2015, Amplify's lead investor has been Emerson Collective, a social change organization focused on education, immigration reform, the environment, media and journalism, and health.

Editor's Note: Emerson Collective is an organization started by Laurene Powell Jobs, widow of Apple co-founder Steve Jobs. According to a Nov. 20, 2015, article in Reuters, https://www.reuters.com/article/us-news-corp-powell-idUSKCN0T930V20151121, she is "the lead investor who funded the buyout of News Corp's money losing digital education business Amplify… Rupert Murdoch's News Corp said Sept. 30 that it had sold Amplify to a management team backed by a group of private investors for an undisclosed sum. The identity of the investors was not revealed at the time." — B.C.

Q: What is the "gold-standard research" that you refer to about how children learn to read?

Voles: CKLA's structure is based on "The Simple View of Reading" (Gogh and Tunmer, 1986). This seminal research demonstrates that to read, a person needs to be able to decode the words on the page and then make sense of those words. The first task is made possible by decoding skills and the second by language comprehension ability.

To decode, students must have effective and systematic phonics instruction (Bodrova and Leong, 2006; DeGraaff et al., 2009), which is the basis of the skills strand in CKLA. In addition to solid early language skills, students need to learn background knowledge for later reading comprehension (Dickinson, Golinkoff, and Hirsch-Pasek, 2010; Kintsch, 1994; Neuman and Celano, 2006; Scarborough, Neuman, and Dickinson, 2009). Based on this research, CKLA designed a read-aloud component, the knowledge strand, that blends language support, vocabulary, knowledge building, and listening comprehension skill development in an integrated manner.

The coupling of rigorous skills instruction with research-based knowledge instruction makes CKLA unique. In its early grades, CKLA has a two-strand structure—skills and knowledge. In the upper grades, CKLA presents an integrated instructional strand that synthesizes skills and knowledge activities and prepares students for grappling with texts in middle school and beyond.

Just recently, in November 2019, a group of 12 education organizations—including the National Association of Elementary School Principals, the National Council on Teacher Quality (NCTQ) the National Urban Alliance, and the National Urban League—called on all schools to adopt the research-based approach to teaching reading that CKLA uses. By the time Amplify started providing CKLA to Tulsa Public Schools in 2016, the program's efficacy had been demonstrated by a three-year pilot study conducted by the New York City Department of Education that found the fall-to-spring literacy gains of CKLA students were more than double the gains of students at demographically matched comparison schools.

More recently, a 2019 study in Arizona also found that the use of CKLA was a positive predictor of improved outcomes on the Arizona Grade 5 state test for all students.

Editor's Note: The cited studies do not reflect peer-reviewed research specifically on CKLA.

Q: How would you respond to teachers who say the curriculum moves too quickly and doesn't allow for individualization or "reteaching" and is especially difficult for students with special needs?

Voles: CKLA includes flexible instructional time in each unit for reteaching, reinforcing, and en-

riching previous learning, enabling teachers to plan and scaffold to the level of rigor called for by grade-level expectations. The CKLA Assessment and Remediation Guide also provides extensive, aligned resources for addressing learning needs in the foundational reading strand, given the wide range of decoding abilities often present in a class. The guide provides teachers with additional progress monitoring assessments to determine whether students have gaps in their knowledge of phonics, as well as additional mini-lessons and activities for remediation. In Tulsa Public Schools, the literacy block includes time for reading intervention, which may be leveraged as needed to address unfinished learning. In addition to the supports embedded in CKLA, schools also have leveled libraries and reading intervention software available to support students.

Q: Respond to teachers' concerns about having too many workbooks for young children, allowing little time for hands-on, experiential learning.

Teachers and students describe CKLA as highly engaging because of its unique focus on content knowledge. To build background knowledge, the program uses interactive read-alouds with vibrant imagery to support comprehension and invite rich class discussion.

For foundational skills, the program uses a multisensory approach to phonics backed by the latest research in early reading. CKLA's hands-on phonics materials incorporate movement activities and songs in addition to games where students manipulate letters to reinforce their phonics knowledge.

CKLA uses workbooks (called Activity Books within the program) primarily in the skills strand, for the purpose of allowing students the repeated practice needed to master reading and writing. Research demonstrates that effective instruction in foundational skills requires explicit instruction followed by connected and repeated practice, along with practice in decodable text. That research undergirds the design of our skills strand, and many teachers value the opportunities Activity Pages offer them for conducting formative assessment on lesson objectives. That said, teachers always have discretion to determine which activities should be assigned.

Q: Some teachers feel that the curriculum is too "scripted" and takes away professional autonomy. How would you respond to that?

Voles: The curriculum does provide detailed daily lessons, but it is not a script. The level of detail ensures that all teachers have the information they need to understand the context of the unit or domain, the intentionality behind the sequence of learning activities, and the multiple entry points for student learning. The curriculum enables teachers to focus their time preparing strong instruction, rather than curating materials on their own, and teachers can always make adjustments to what is taught based on their own professional judgement.

Q: Some teachers are concerned that students only read parts of the literature or descriptions about literature rather than reading and experiencing literature. Teachers also expressed concern that the concepts are presented out of context and in unconnected ways, leaving children with fractured content and little context. What whole works of literature are included in the CKLA curriculum?

Voles: CKLA is a tightly integrated program that builds intentionally over time. Skills and knowledge introduced in one lesson and unit build on skills and knowledge in subsequent lessons and units. In this way, domain-specific vocabulary and context can grow over time along with the content students are learning.

For example, The Fighting for a Cause domain, which comes at the end of Grade 2, enables students to reconcile the gap between the most troubled times in United States history and the principles set forth in the Declaration of Independence and the Constitution. This domain builds on Presidents and American Symbols from Kindergarten, A New Nation from Grade 1, and The US Civil War from earlier in Grade 2—and shows that determined people can bring America closer to making its principles a reality for all people.

Students in every grade encounter complete works of literature. Each grade introduces students to rich, complete literary texts, from nursery rhymes, fables, tall tales, and fairy tales in the younger grades to fiction, poetry, myths, and drama in the upper grades. Furthermore, for students to be ready for college and career, they must differentiate between literary and informational text, exhibiting a deep knowledge of each genre. To support this skill, CKLA has students reading approximately 50% literature and 50% informational text by the end of elementary school.

In addition, CKLA's trade book collection enables students to engage with full-length books that support each domain in K-2. Many of these texts have been purchased by school libraries to supplement student learning. Based on feedback, CKLA recently published an enhancement called Novel Guides, which provides teachers resources for teaching specific novels in Grades 3-5. The literacy team is working to make these guides and texts available in Tulsa.

Q: Tell me about the connection between E.D. Hirsch's Core Knowledge Foundation and CKLA.

Voles: The Core Knowledge Foundation (CKF) received many requests from educators across the country for a comprehensive curriculum. The team at CKF partnered with Amplify to develop the complete 1st Edition of Core Knowledge Language Arts. The program received high marks from rigorous state reviews, including Louisiana. Since then, Amplify has worked closely with districts and teachers across the country to make improvements to the program based on what works in the classroom. Amplify also works alongside districts to create custom professional development and implementation support materials that help meet district goals and support the unique local context.

Q: Respond to teachers' concerns that the design of the curriculum is not cognitively or developmentally appropriate for young children and does not match what we know about brain development and how young children learn.

Voles: CKLA instruction supports the Oklahoma Academic Standards for English Language Arts, which outline the skills students need to learn at each grade. The CKLA program intentionally builds skills in a developmentally appropriate way, starting in the earliest grades, where children begin with skills such as pencil grip and replicating shapes. A significant amount of the kindergarten year is focused specifically on sounds (phonological awareness) as a precursor to letter-sound correspondence (phonics) based on current brain research about how students learn to read. Lessons are sequenced in a developmentally appropriate way so that students acquire the reading and writing skills they need throughout the year to perform more challenging academic tasks by the end of the year. In addition, the curriculum resources and Tulsa Public Schools instructional support staff provide extensive professional development resources to help teachers support students with unfinished learning.

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

jumpstart your child's reading in 2020

TRY A READING CHALLENGE!

'Tis the season for self-help projects of all kinds, because the New Year represents a new chance to be our best selves. (Cue Oprah!)

If helping your child become a better reader – or just exploring the joys of reading together more as a family – is on that list, there's nothing better than trying out a monthly or even year-round reading challenge! You'll find lots of challenges online with specific tasks and goals that give you great ideas and new ways to make reading a fun surprise.

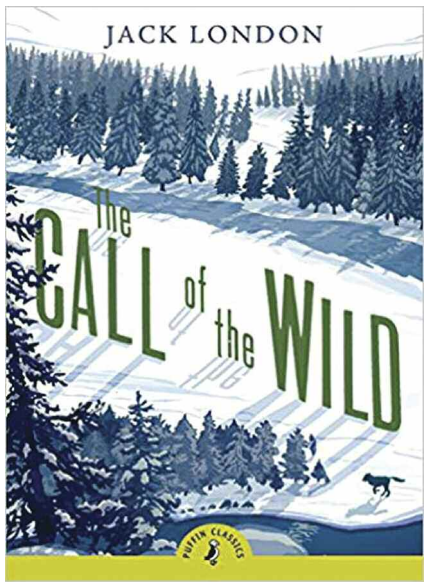
Or you can use the following Tulsa City-County Library 2020 Reading Challenge for Kids. Choose a few ideas for each season, or just select your favorite 10 ideas to try in the next year!

Winter Wows: A January and February Reading Challenge

■ Celebrate Jack London's birthday (January 12) by reading "Call of the Wild" or "White Fang" as a family. (Bonus if you do it on a very cold night in front of a fire!)

■ Read a book where the characters (or real people) go ice skating.

■ Talk to a Librarian: Visit your library branch and ask your friendly librarian for books about winter sports or polar bears.



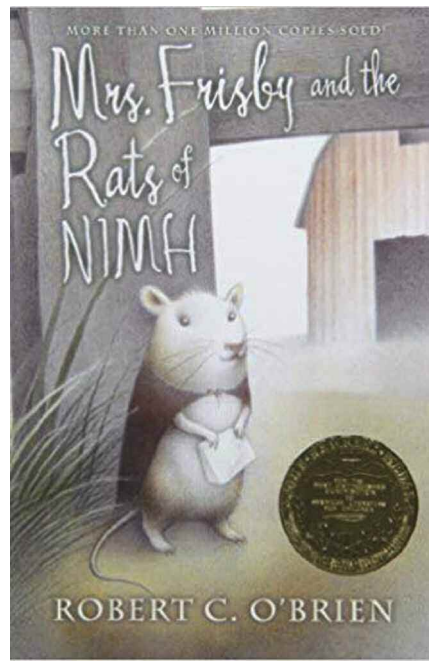
■ The Chinese New Year is January 25 and it is the Year of the Rat. Read a book about rats. (Classics include "Mrs. Frisby and the Rats of NIMH" and "Wind in the Willows.")

■ Choose 10 books with a red cover. Read the first page of each and decide which one to read all the way through.

■ It might be cold outside, but books can make you warm! Read a book set in the summer.

Spring Blooms: A March, April, and May Reading Challenge

■ Read a book published the year you were born.



■ Build a pillow fort and read a book inside it.

■ Read a book where the main character is not a human being.

■ Choose a different book for every day of the week to read at breakfast.

■ Talk to a Librarian: Ask your friendly librarian about books that explain how the heart and circulatory system works.

■ Create a reading corner that is just yours. Make a sign or banner so everyone knows that's where you like to read.

■ Try to read a book as you take a bath. (Be careful to keep the pages dry!)

■ The Summer Reading Program begins on May 26. Sign up at any of the 24 library branches!

Summer Reading: A June, July, and August Reading Challenge

■ The 2020 Summer Reading Program begins on May 26. Sign up for it at any of the 24 libraries in Tulsa or Tulsa County!

■ Read five books by the same author.

■ Read a magazine you checked out from the library. (Yes, the library has magazines!) Did you learn anything new? Find a book related to that topic and learn even more!

■ Find a cookbook for kids that looks good. Choose a recipe you'd like to try and ask for adult help in shopping for the ingredients and making the dish!

■ Talk to a Librarian: Ask where the travel books are. Find out what country your friendly librarian would like to visit!

■ If you have a pet, read a book about taking care of that pet. If you don't, read a book about a pet you would like to own.

■ Traveling somewhere together as a family? Listen to an

audiobook in the car together!

■ Be sure to finish the Summer Reading Program by August 1st! Pick up your medal and coupons (and bonus prize!) at your library branch.

Fall for Great Books: A September, October, and November Reading Challenge

■ Read a book about a character that is the same age or in the same grade as you.

■ Dictionary Day is October 16! Use a dictionary to look up the definitions of five words that you don't know.

■ Read a wordless picture book. Narrate the book out loud (say what is going on). Bonus points if you can make some of the sentences rhyme!

■ Read a book that is a game or uses games as part of its story.

■ Talk to a Librarian: What was a book you loved when you were a child? If it sounds good, see if the librarian can find a copy of the book for you to read.

■ Find the funny! Share a book with a sibling or grandparent that you found hilarious.

■ November is Picture Book Month! To celebrate, read your favorite picture book from when you were younger.

Holidays Are Here: A December Reading Challenge

■ Make a list of your favorite authors and kinds of books. Give them to your family for book gift ideas for you!

■ Read a book with a delicious food in the title. (Bonus: make that food and eat it as you read!)

■ Look back at all of the books you've read this year and decide which one was your favorite.

■ Talk to a Librarian: Ask your friendly librarian what their favorite animal is and then to find a book about that animal for you to read!

■ Read a book about a holiday that is NOT set in December.

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BY NATALIE HANSON

museums can help with heavy subjects

As a parent, you know at some point you are going to have to show your kids the ugliness in the world. It's never fun to think about those moments, but my mind is eased knowing that homeschooling can provide a wonderful haven to deal with hard things, and allow us to work through complicated feelings together. My older children had both recently read books that took place during the Holocaust, which had prompted some pretty deep conversations on the painful topic. Since museums are a great way to have a visceral learning experience, I scheduled a tour at the Sherwin Miller Museum of Jewish Art, located at 2021 E. 71st, for us to learn more together.

When you first walk in to the museum, you see four beautiful stained-glass windows that are from a synagogue in Houston built in 1908. On the other side of the entrance is a fun exhibit focused on Jewish people in music. Here, we met our docent and walked upstairs to the Herman and Kate Kaiser Holocaust Exhibition. The exhibit covers a history of the events the led up to the Holocaust, some of the specific horrors of the time, and the eventual liberation of the camps.

I appreciated how they use the history to teach visitors about what behaviors we as human beings have to be vigilant against in order to avoid history repeating itself. We talked about how trying to separate people into groups, and then teaching them racism from an early age are major causes. The propaganda they showed us was crazy! My kids were fascinated by this part because they had recently watched some documentaries on North Korea where there are a lot of similar patterns of behavior and use of propaganda to influence young people. Everyone except my 7-year-old seemed 100 percent engaged. A lot of it went over her head, but I'm sure seeds were planted.



STAINED-GLASS WINDOW ON DISPLAY AT SHERWIN MILLER JEWISH MUSEUM IN TULSA.

The next part of the museum was something I didn't expect, but was enlightening for all of us. Our sweet docent led us through an exhibit of the synagogue and explained the meaning of various objects, and the process of the reading of the Torah. Then we wound through display after display that explains different Jewish holidays and customs. This was the part my oldest son and I talked about the rest of the day. We learned so much!

After we left, I thought about how powerful museums can be in opening up worlds that are not normally open to everyone. It was moving to feel like we were in a safe space to ask questions about things we weren't familiar with, without fear of being disrespectful. Our docent was fabulous and patient as she answered our many questions. The kids and I left with great conversations about how ignorance and inability to see the common humanity in others is really what causes so much hurt and misunderstanding.

As we left, the staff told us that we must return next year when they open up a new exhibit! We certainly will, and you should too if you get the chance.

Recommended Reading:

Night by Elie Wiesel – Our docent recommended this memoir of a teenage boy taken from his home in Transylvania to Auschwitz in 1944.

The Girl in the Green Sweater by Krystyna Chigner and Daniel Paisner - Another recommendation from the museum which tells the story of a survivor who lived in the sewer system in Poland.

The Hiding Place by Corrie Ten Boom – An autobiography of Corrie Ten Boom, a Christian living in the Netherlands who risks her life to rescue as many Jews as possible.

The Diary of Anne Frank - The classic memoir of a young Jewish girl living in hiding with her family in Amsterdam.

Number the Stars by Lois Lowry – Historical Fiction that tells the story of the escape of a Jewish family from Copenhagen in 1943.

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VS CKRABBIT 1/29
VS DENVER 2/1
VS 2/12
VS SD 2/15
VS 2/27
VS 2/29

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Healthy New Year!

TulsaKids'
2020
Health & Wellness Guide
is coming soon!

Find it in our February issue or online at tulsakids.com/guides.





One Hip Wild and Precious Life

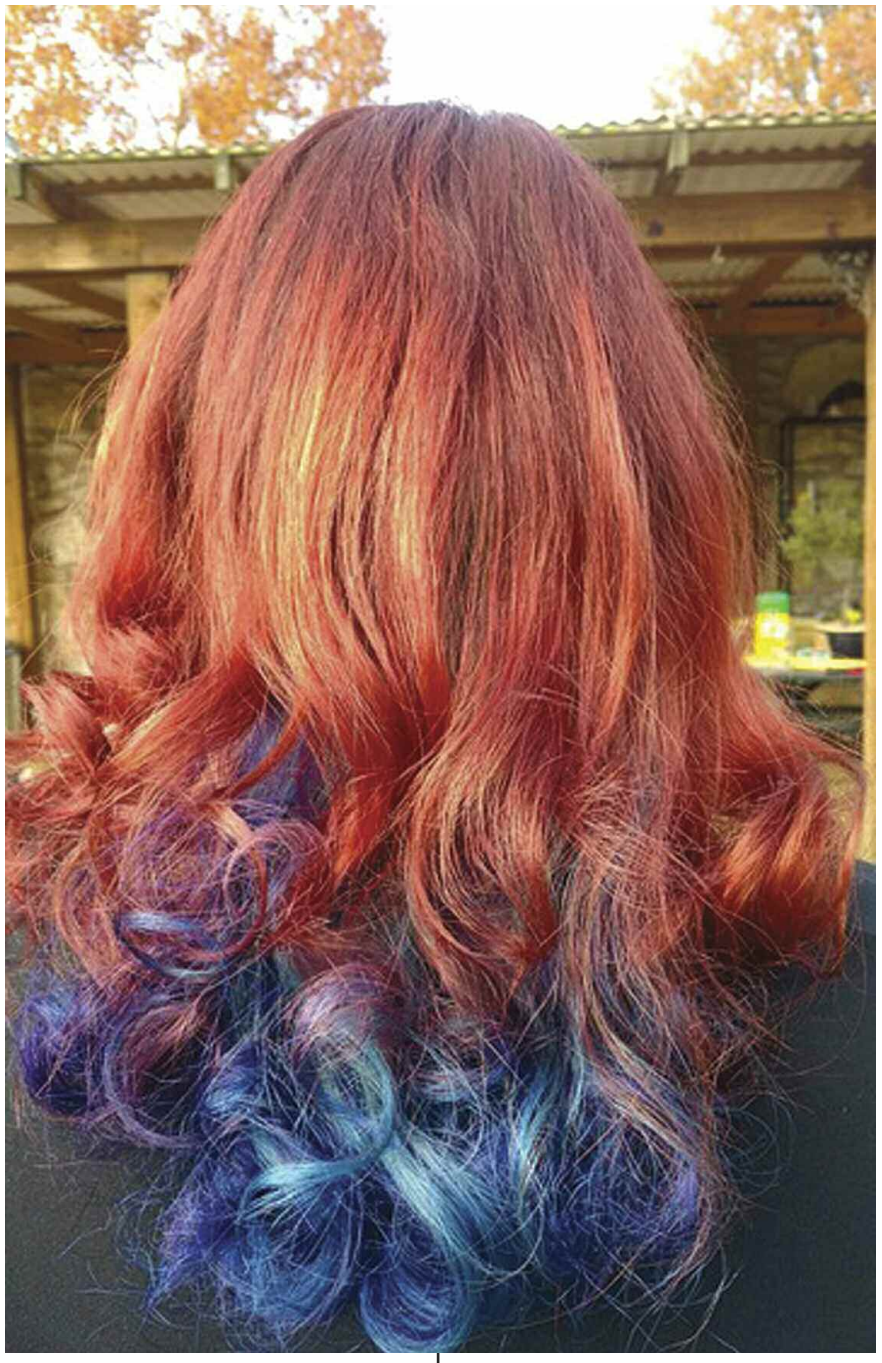
BY JILL VANTREASE

A shiny new year: 2020! A new decade! 2020 sounds like something big and exciting, doesn't it, with its pretty round numbers and cute hint of clear vision for the future? Time to accomplish something big and exciting! A new career? A new exercise regime? Writing a book? Launching a podcast? A fully plant-based diet? A complete life overhaul?

Well, based on my very scientific Facebook poll, you all answered a resounding "Heck no!" (I'm paraphrasing). It sounds like most of you moms are wanting to put on the brakes, to stop stressing out so much, to let go of fear, to carve out time for family and friends, to journal, meditate, find quiet and peace. Another friend wants to be more "Mary" and less "Martha," referring to the biblical story where Martha is running around like the proverbial headless chicken and Mary is sitting in rapt attention at the feet of Jesus.

Recently I heard a comment that really resonated with me: "If we are too busy, we lose our humanity."

If I'm too busy running errands and driving kids to flying trapeze camp to stop and make eye contact with the check-out lady or take time to notice that a friend is looking down, then what am I really doing with my time? It seems like that in the throes of our busy, tech-filled lives, a voice buried deep in the bottom of our souls is crying out: "Slow down! Less! Stop!" Maybe 2020 is the year we screech to a halt and realize that it's time, even though we're all busy moms in the trenches, to live our one "wild and precious life." (Mary Oliver)



So how do we do this? Well, I'm not proposing anything as preachy and depressing as "resolutions." But perhaps something uplifting and failure-proof — like "aspirations"? Doesn't that sound more fun and attainable? Let's start with the fun and frivolous:

HAIR:

Try something silly, new and fun with your hair. How bad can it be - it will grow, or you can change it! My friend Megan dyes her hair with good old Clairol, and the red just looks glamourous and fun - it always perks me up to see her fire raven locks in the pick-up line. And she kicked it up a notch for her 40th birthday: Mermaid hair! Although it bled a lot and faded fast, she had a lot of fun with her experiment.

My friend Amanda, who is very blonde, used a purple masque that she leaves on extra long for a silver tint - it's called Pravana. It's shocking and intriguing and makes one do a doubletake - almost like she's a medieval sorceress visiting from deep within a Harry Potter novel. Well, alas, she's too cute and young to quite pull that off, but you get the point.

You can also try some hair masques if your hair gets dry in

continued next page



the winter. Experiment with bangs, layers, dry shampoo, only washing twice per week. Try a pixie cut. Try growing it out! Cover up the grays — or let it all go gray! Aspire to have some fun with your appearance!

MOVEMENT:

Try a new workout or way to be active. There's all sorts of wild, fun, not-boring ways to sweat a bit and detox that stress away (side note: I've found that exer-



cise really does help me get out of my mind and be in the moment. In fact, it's one of the few things that does! Long gone are the days when I exercised as a punishment for excess brownie consumption. I still eat lots of brownies, but I exercise for fun and sanity!) Classes at studios like Revved and Orangetheory are fast-paced and - despite the intensity - keep me coming back for more. They offer a really sweaty overall body workout combining strength, cardio and core work. All of the Barre studios are fun too -- you get to channel some inner ballerina moves while you get some seriously toned body parts. One that's new to me is Hotworx. Hotworx is a virtually instructed exercise program that's performed under infrared heat absorption -- and it's just 15-30 minutes! The benefits are many, according to the studio: "…as the infrared heat penetrates your body causing you to sweat, the isometric postures further accelerate detoxification by physically removing the toxins from your organs through muscle contraction." You can choose yoga, pilates, bikes, or High Intensity Interval Training - that's HIIT, for people in the know. And yes - it's hot and efficient!

FRIENDS:

Finally - most critically - carve out time to connect with friends, slow down and just be. Such lofty ideals sound perfectly noble, but how do we deploy them in everyday, whacky, mom life? First, I think, you schedule some time, maybe weekly or monthly -- whatever makes sense in your current stage -- with a dear and treasured friend. Get it on the calendar with regular frequency! Sometimes I've noticed that when I DO schedule time with an old - or new! - friend, the thought of adding yet one more thing to my day seems overwhelming to a natural introvert who craves a bit of solitude in the midst of life with many kids. But I've noticed I NEVER regret spending time with a friend. Those conversations where you plough the deep, rich soil of maternal living always make me feel filled up and less alone in my struggles.

And where do you find this time to play with your hair and your body and your friends?



Here's where I really want you to take a cool, appraising eye to your day-to-day life, particularly regarding the kids' extracurricular activities. We were forced to do this when our 4-year-old was in the hospital for a month. What is really important for any one individual kid to do? Is this activity something they're passionate about, or something that you feel is good for some far-off theoretical resume? Is there anything that's just a space filler? If there's fluff, cut it out! You're a mom, not a chauffeur. Really, it's true!

As I face one kid heading off to college and contemplate an empty spot at the dinner table, what I really want to focus on for the rest of the school year is having my motley crew here most nights, most of the time. I know that's a crazy proposal for those of us in the thick of soccer practice, piano lessons, Tae Kwon Do, and demanding high school practice schedules. But try to find at least a night or two each week where everyone is home, preferably sitting around the table. The time I have treasured most over the years is my whole family just here, under one roof. Don't take that for granted!

Now, if you're a mom of only littles, I know you cannot contemplate a time when there will not be a kid dangling off your leg. It will come. And when it does, make sure you've logged lots of time with all your kids at all ages just at home, under your own roof, doing not much at all besides screeching at each other.

Here's to a happy, healthy 2020 to you dear mamas - may 2020 bring you peace, joy, love, friends who make you snort your drinks out your nose, and lots of precious time with your precious, snotty kids!





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VICTORY CHRISTIAN SCHOOL

Contact: Jan Thomas, Admissions Specialist
7700 S. Lewis Ave.
Tulsa, OK
918.491.7720
vcstulsa.org

Victory Christian School is a K3-12th grade, fully accredited school with a Biblical worldview. The class of 2019 was the final class of a "decade of dominance." Across that span, our senior class averaged $4.3 million in scholarship offers, produced 8 National Merit Scholars and scored 25 on average for their ACT. On the field, we had many district, regional and state championship runs while signing 43 student-athletes to collegiate scholarships. The class of 2020 is starting our next ten-year run by already winning the 5A state championship in volleyball and signing two athletes to D1 scholarships. Building a state-of-the-art STEM lab and completing our first year in our new kindergarten wing (complete with single entry access, a private playground, and lunchroom) we are preparing for an even more daring decade! We were founded to challenge students to become men and women fulfilling God's destiny for their life. Through challenging academics, a celebration of the arts and championship level athletics, Victory Christian School is where your student can thrive! Student-led chapels, biblical studies, and missions trips train your children and present opportunities to develop their faith. VCS is more than an education. It's a preparation for a calling. Learn more at vcstulsa.org

ahha TULSA

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

Ahha Tulsa is the arts destination for families and teens to explore, experience, and create! Check out THE STUDIO for drop-in activities that let guests think like artists through open-ended creative exploration and discovery. Select your own materials from a wide array of possibilities and make your own unique project. Ahha is also home to immersive art - make sure to visit the King's Mouth (created by The Flaming Lips) through May 2020 and visit the new EXPERIENCE: IMAGINE opening May 2020. Activities are included with the price of admission: $12.75 for adults, $8.75 for youth (3-17), and free for kids under 3 and ahha members. Be sure to keep in touch for information about community art classes, teen programs, and camps for school-aged children. Explore your creativity today! www.ahhatulsa.org

AIM HIGH ACADEMY

Two Locations
Tulsa, OK
918.664.8683
www.aimhighgym.org

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

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

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

AUGUSTINE CHRISTIAN ACADEMY

Kirk Post, Headmaster and Founder
John Ahrens, Director of Operations
6310 E. 30th Street
Tulsa, OK
918.832.4600
www.acatulsa.org

Augustine Christian Academy is a Christian, classical, non-denominational, college preparatory school for grades K4–12. We are dedicated to educating young people to think, reason, and persuade from a distinctly Christian worldview. Our goal is to equip students to understand their times, to impact their culture and to serve God and man. Augustine Christian Academy uses a classical model that integrates every subject with the Biblical truths of the Christian faith. Find us on Facebook and on our website at www.acatulsa.org!

BOSTON AVENUE WEEKDAY SCHOOL

1301 S. Boston Avenue
Tulsa OK
918.699.0112
preschool@bostonavenue.org

For 50 years the Boston Avenue Weekday School has nurtured children spiritually, emotionally, socially, creatively, intellectually and physically while offering a warm, accepting early learning environment. Our weekly theme-based curriculum, which includes early Christian faith lessons, supports teachers in their center-arranged classrooms with a small teacher to student ratio. Activities include community visitors, field trips, chapel, music, yoga, sign language, and Spanish vocabulary. We also have a summer program for school-age children through 3rd grade. Call for information and a tour today! Although we enroll all year, enrollment for the next school year begins in March. Be sure to call early as spots are limited. Serving ages 4 months through Pre-K. Oklahoma DHS Licensed.

BRAIN BALANCE OF TULSA

6022 S. Yale Ave.
KingsPointe Village
Tulsa, OK 74135
918.488.8991
www.brainbalancecenters.com

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

CASCIA HALL PREPARATORY SCHOOL

Contact: Makala Welsh
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.com

Preparation for college begins in grade 6 with a seamless Catholic liberal arts curriculum through grade 12. Each class is aligned year after year to create pathways for students to reach their goals in college and in life. Students in grades 6-8 have opportunities to earn high school credit in math, science, and world language. Students in grades 9-12 can earn college credit in the extensive Advanced Placement program. College-level courses are available to upperclassmen through concurrent enrollment. Cascia Hall Upper School hosts a unique program called "Minimester" for students to explore student interests and ambitions. With an enrollment of approximately 550, students are related to as individuals, resulting in stronger motivation and achievement. One hundred percent of Cascia Hall seniors matriculate to college following graduation.

CHANNING DAY SCHOOL

Contact: Carol Ainsworth
2952 S. Peoria Ave.
Tulsa, OK
918.742.6731
www.channingdayschool.com

Channing Day School, Where love for learning begins. It's a fact: children who are given positive support right from the start are far more successful than those who are not. For more than 50 years, our time-proven methods, programs and activities have given children the tools to enter kindergarten ahead of the curve and eager to learn. Utilizing a thematic curriculum for ages three to five, Channing teachers work one-on-one with each child to help them develop their fine motor skills. Our hands-on activities are structured to help kids learn as they play. See the difference in your child that only a low, eight-to-one student-teacher ratio can provide.

CHRISTIAN MONTESSORI ACADEMY

Contact: Ami Chapman
3702 S. 90th E. Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org

Cookie-cutter molds don't fit everyone, nor do traditional classrooms. For 20 years, Christian Montessori Academy

has offered metro Tulsa students innovative, progressive, and individualized opportunities using the Montessori Method of instruction in a non-denominational setting. For over 100 years, Montessori education has been a proven method for excellence in education. CMA students have a strong sense of citizenship, community involvement, and values. Students are encouraged to excel to their full potential in a non-stressful manner. Our advanced core curriculum available for ages 3-15 (preschool through 8th grade) includes: Mathematics, Language, Science, Geography, History, Life Skills, Sensorial Development, Spanish, Art, and Music. Extra-curricular activities include: art, piano, theater and swimming. Summer camp is also available to students in the community. If you feel your child would benefit from a non-traditional setting, please give us a call. Tours are given by appointment, 918.628.6524 or www.montessorilearning.org.

CHRIST UNITED METHODIST ELC

Contact: Laurie Pearn
3515 S. Harvard
Tulsa, OK
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—Cherry Street
1819 E. 15th St.
Tulsa, OK
918.584.2779
hcatulsa@gmail.com
7:00 a.m. - 6:00 p.m.

Happy Campers at Temple Israel
2004 E. 22nd Pl.
Tulsa, OK
918.747.3122
happycamperstempleisrael@gmail.com
7:00 a.m. - 6:00 p.m.

Happy Campers at John Knox
(This location has school-age after-school care and summer camp)
2929 E. 31st St.
Tulsa, OK
918.742.7656
happycampersjohnknox@gmail.com
Happy Campers Academy offers Tulsa and surrounding communities quality child care. 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. 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 10:1 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. Follow us on Instagram or Facebook!

METRO CHRISTIAN ACADEMY

Contact: Keith Currivean, PhD, Head of School
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868
metroca.com
Established in 1983, Metro Christian Academy is a state-accredited, college preparatory school serving students in P3-12th grade. From their first morning in the halls to the day they graduate, 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 TULSA

6415 S. Mingo Road
Tulsa, OK

MILLER SWIM SCHOOL JENKS

525 W. 91st St. South
Jenks, OK
918.254.1988
www.millerswimschool.com
Ages: 6 Months-Adult
Miller Swim School has been in the business of swimming for over 60 years. We believe in building a safer community, one family at a time, through swim lessons, water safety education, and drowning prevention.
Through participation in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually as well.
At Miller Swim School, students are grouped according to ability and comfort in the water. Classes are offered year-round, in both morning and evening at our main facility in Tulsa and at our second location located in Jenks at 91st and Elwood!
Transportation for large groups, Schools, and Early Learning Centers may be provided in our Miller Buses as well.
Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool each Saturday and Sunday.
Check out our website to find our complete summer and year-round program schedules as well as more information regarding parties and the other classes we offer! Also, "like" us on Facebook and Instagram to stay up to date on current news and discounts! Ending the drowning epidemic, one swimmer at a time!

MINGO VALLEY CHRISTIAN

Mrs. Lisa Padgett, Admissions
8304 S. 107th E. Ave.
Tulsa, OK
918.294.0404
www.mingovalley.org
Mingo Valley Christian (PreK-12) has been partnering with Tulsa area families for over 40 years. We are a college preparatory, non-denominational, private school, encouraging personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. Our students are tomorrow's leaders, so 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 foster 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 2020: January 28 (9 am-1 pm) and March 31 (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: Dr. Cathy Kass
2021 E. 71st St.
Tulsa, OK
918-494-0953
office@mizelschool.org
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 designed to meet the needs and interests of the whole child. Innovative General and Judaic Studies are multi-sensory, interactive and student-centered. Our classes are taught with respect for all branches of Judaism and other faiths. 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 and individual Chromebooks allow for academic innovation. Educational field trips, student-to-student mentoring, an enriched after-school program, and multi-age interaction round out our program and supportive school community. Mizel students also have the unique opportunity to experience Intergenerational programming with residents at Zarrow Pointe Retirement Center. Art appreciation tours and 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 the exceptional Zarrow Campus.

MONTE CASSINO SCHOOL

Contact: Kevin Smith, Headmaster
2206 S. Lewis Avenue
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 – eighth grade, develop socially and morally within a supportive community to develop the active skills for life. Monte Cassino School offers a 14:1 student/teacher ratio, students who rank in the 94th percentile of school norms for standardized testing, teachers with advanced degrees and a wide-serving support system in our REACH department. Extra-curricular opportunities abound for all students including team sports, Robotics, Rocketry, Academic Bowl, fine arts and drama and more. Led by the legacy of the Benedictine Sisters, Monte Cassino School offers 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.

RHEMA CHILD DEVELOPMENT CENTER

1025 W. Kenosha St.
Broken Arrow, OK
www.rhemachildcare.com
Rhema Child Development Center is committed to providing the finest quality programs to help your child develop academically, socially, and spiritually. These goals are accomplished with dual emphasis on Christian values and Bible truths as well as academic programs in our classroom activities. Additionally, we believe that the first step in learning is developing a healthy self-concept in each child. We want to help each child feel that he/she is worthwhile and a valuable person in his/her world, and in the eyes of God.
The enrollment process is easy! We encourage you to come by, between 10 a.m. and 3 p.m., Monday – Friday, to take a tour, meet our teachers, and get to know RCDC a little better. We will also have a packet of information waiting for you, along with a few forms to be filled out.

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).

SCHOOL OF SAINT MARY

Contact: Ms. Maureen Clements, Principal
1365 E. 49th Pl.
Tulsa, OK
918.749.9361
www.schoolofsaintmary.com
The School of Saint Mary exists to carry out the educational mission of the Church - to educate students in peace, justice, and human rights, according to Gospel principles and Catholic tradition. The school strives to promote academic excellence, to be responsible stewards, and to motivate students to give generously of self in an attitude of Christian charity.
Quick Facts:
Four of the past five valedictorians at Bishop Kelley High School are graduates of the School of Saint Mary.
In annual standardized testing, our middle school students test like high school graduates.
99% of parents say the School instills a commitment to the Faith.

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 14th. Open enrollment, SIGN UP TODAY!
*Spring break camp will be March 16th - 20th *
Spring Lil Kickers will begin March 23rd. Spring registration will be open by mid February

TOWN & COUNTRY SCHOOL

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

TULSA ZOO

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

Encourage and grow your child's passion for wildlife at the Tulsa Zoo! Through our fun and engaging education programs, we inspire guests of all ages. Children can GO WILD at our zoo camps and classes with hands-on activities and up-close animal experiences. School and outreach programs offer unique ways to explore the zoo or to bring the zoo to you. Upgrade your experience and spend the night at the zoo – look for scheduled Snooz-a-pa-ZOO-za family overnights or book your own L.U.N.A. group outing. Every day brings new opportunities to discover more about animals during Meet the Keepers. The zoo offers year-round learning experiences for individuals, schools, groups, and entire families – from toddlers to grandparents. Visit tulsazoo.org to discover more about educational opportunities at the Tulsa Zoo. Tulsa Zoo: Connecting, Caring, Advocating for Wildlife, People and Wild Places.

SPECIAL ADVERTISING SECTION

2020 EDUCATION & ENRICHMENT GUIDE

www.tulsakids.com

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

The mission of University School is to challenge gifted students with a dynamic curriculum in a nurturing academic environment. We serve students from age 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all students. 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.

WRIGHT CHRISTIAN ACADEMY

11391 E. Admiral Pl.
Tulsa, OK
918.438.0922
www.wrightchristianacademy.com

Wright Christian Academy has been serving Tulsa and the greater area for more than 30 years. Our goals are simple...partner with families to educate children from a Christian perspective so they can impact the world with the love of Christ. As a college preparatory academic institution, we are accredited by the Association of Christian Schools International (ACSI).

With a low student-to-teacher ratio, we are able to minister at the same time we teach. We are interested in families, not just students. We make a daily effort to reach into the young lives in our care and make a positive influence on their academics, character, spirituality and quality of life.

We are accessible and affordable. At a time when tuition costs are being questioned across the country, we have determined to remain financially within reach. Our tuition costs are the lowest in the Tulsa area, our demographics are diverse and we are physically located in an area that can be easily reached from a variety of points around the city on the I-244/169/I-44 corridor.

We were just voted "Best in The World" private Christian school for 2019. We love where we are called to serve. Come join us!



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

CONTESTS AND GIVEAWAYS

DOROTHY AND THE PRINCE OF OZ TICKET GIVEAWAY

Win tickets to Tulsa Ballet's production of "Dorothy and the Prince of Oz," coming to the Tulsa PAC February 13-16! Go to tulsakids.com/contests for giveaway details, including contest dates and ticket information.

HEY, @TULSAKIDS!

Thank you to @reddirtmama2 for sharing this great idea with us on Instagram!

"A little back story on this photo. My little girl is 2 and is autistic. She doesn't really understand holidays or Santa (she's actually scared of him but we're working on that!) but using TulsaKids has helped us so much! We have been re-cycling the magazine after I read it by cutting out photos and making it into collages about the month, a holiday, diversity, families, etc. I just wanted to say thank you for providing yet ANOTHER educational opportunity that maybe you weren't aware of."

WE HAVE A WINNER!

Are you following us on social media? Not only is this a great way to stay up-to-date on the latest TulsaKids news, but occasionally, we find ourselves with extra goodies to give away—tickets, books, etc. One of our Facebook followers, Andreina Farinas, won two tickets to Tulsa Ballet's "The Nutcracker"!
Facebook: @tulsakidsmagazine
Instagram: @tulsakids



THE FARINAS FAMILY, (L TO R) ELVIS, ANGELO, ANNA AND ANDREINA, AFTER COMPLETING THE RUDOLPH RUN!



WHAT NEW THING DO YOU WANT TO TRY THIS YEAR?

We asked our Facebook followers what they are looking forward to doing in 2020. Here are some of their responses:

"Looking forward to more family time spent outside the house. We want to do fun creative things that are budget friendly."—Amanda F.

"Going to take my daughter to her first musical theater show in the summer when Frozen is in town. Performance Art has always been a big part of my life and I can't wait to share it with her!"—Allison F.

"We still haven't gotten to try the Gathering Place yet so it's at the top of our 2020 bucket list!!!"—Britni T.

"We are going to start having family game nights with our 4 and 6 yr olds."—Alex Q.

"Planning on taking my grandsons to check out all the Museums in Oklahoma!"—Becky J.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI



Everleigh Mitchell Shares Books for Her Birthday

Kindness is a gift everyone can afford to give. This year Everleigh Mitchell, a girl with a heart as big as her smile, asked friends and family for book donations in lieu of presents for her 8th birthday party. Everleigh collected 150 books, including 35 from herself, to be donated to the Crimestoppers Book Nooks by the Tulsa Police Department. As Dr. Seuss once said, "You can find magic wherever you look. Sit back and relax, all you need is a book!"

Q: How did you come up with the idea to start the book drive?
Everleigh: Last year I collected clothes because my friend collected food for his birthday. This year I wanted to do something like that again, and my mom suggested a book drive.

Q: How many books did you collect?
Everleigh: Almost 150.

Q: What did you do with the books collected?
Everleigh: They were donated to Tulsa Crimestoppers for their book nooks. We took some to one of the book nooks, too.

Q: What is Tulsa Police's reading patrol?
Everleigh: It's a program where officers read with kids in different areas. Our friend Jennifer started it, and she reads and plays with kids at an apartment complex. They get to have snacks too.

Q: What is your favorite book?
Everleigh: The whole Ivy + Bean series.

Q: Where is your favorite place in Tulsa to read or find books?
Everleigh: The Tulsa library and thrift stores. Thrift stores always have good books, and they're really cheap!

Q: Do you have any advice for other children who'd like to give back to the community?
Everleigh: Find something you really care about, then ask your friends and family to help. They can come together to give more than you could give on your own.

Q: Who inspires you?
Everleigh: My friend Haven. She picks up trash at school, and she helps people feel better.

Q: What other hobbies do you have?
Everleigh: Tumbling! It's my favorite thing to do!

Q: What are your plans and goals for the future?
Everleigh: I want to continue tumbling and then become a tumbling coach. My goal is to win first place and move to elite level when I get older.

Q: What is a fun fact about you?
Everleigh: I can cross one eye at a time!

EARLY CHILDHOOD OPEN HOUSE WEEK

[PreK - Kindergarten]

JAN 13-17

9:00 - 11:00 AM DAILY



MONTE CASSINO



MIDDLE SCHOOL OPEN HOUSE WEEK

[Grades 5 - 8]

JAN 13-17

8:00 - 10:00 AM DAILY

FUTURE OPEN HOUSE DATES:

[Grades PreK 3 - 8]

JAN 22,29

FEB 5, 12, 26

Tour → *Shadow* → *Apply*

Be a Saint.

TO RESERVE YOUR SPOT, CONTACT BROOKE JONES 918-746-4238

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

Health & Wellness EXPO

SATURDAY, JANUARY 11, 2020
9 a.m. to 1 p.m.
5353 East 68th Street South | Tulsa, Oklahoma

Join us on **Saturday, January 11** 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, physician presentations, wellness education and a free health fair with screenings.

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
- Health and wellness education events
- Steam rooms and saunas
- Kids Zone activity center
- Specialized kids' programming
- Indoor walking track
- Grab-and-go deli with smoothies, wraps and sandwiches
- Discounted membership rate for Warren Clinic patients and seniors

918-494-1671 | saintfrancis.com/healthzone

JOIN FOR FREE.
VALID JANUARY 6 – 11, 2020.



HealthZone at Saint Francis