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# tulsakids

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## TWICE THE LOVE: PARENTING TWINS

## SPECIAL NEEDS RESOURCE GUIDE

## NAVIGATING SCHOOL WITH A DISABILITY

## PUMPKIN PATCHES

## TULSA'S TREE FOR ALL

## HALLOWEEN PARTY RECIPES

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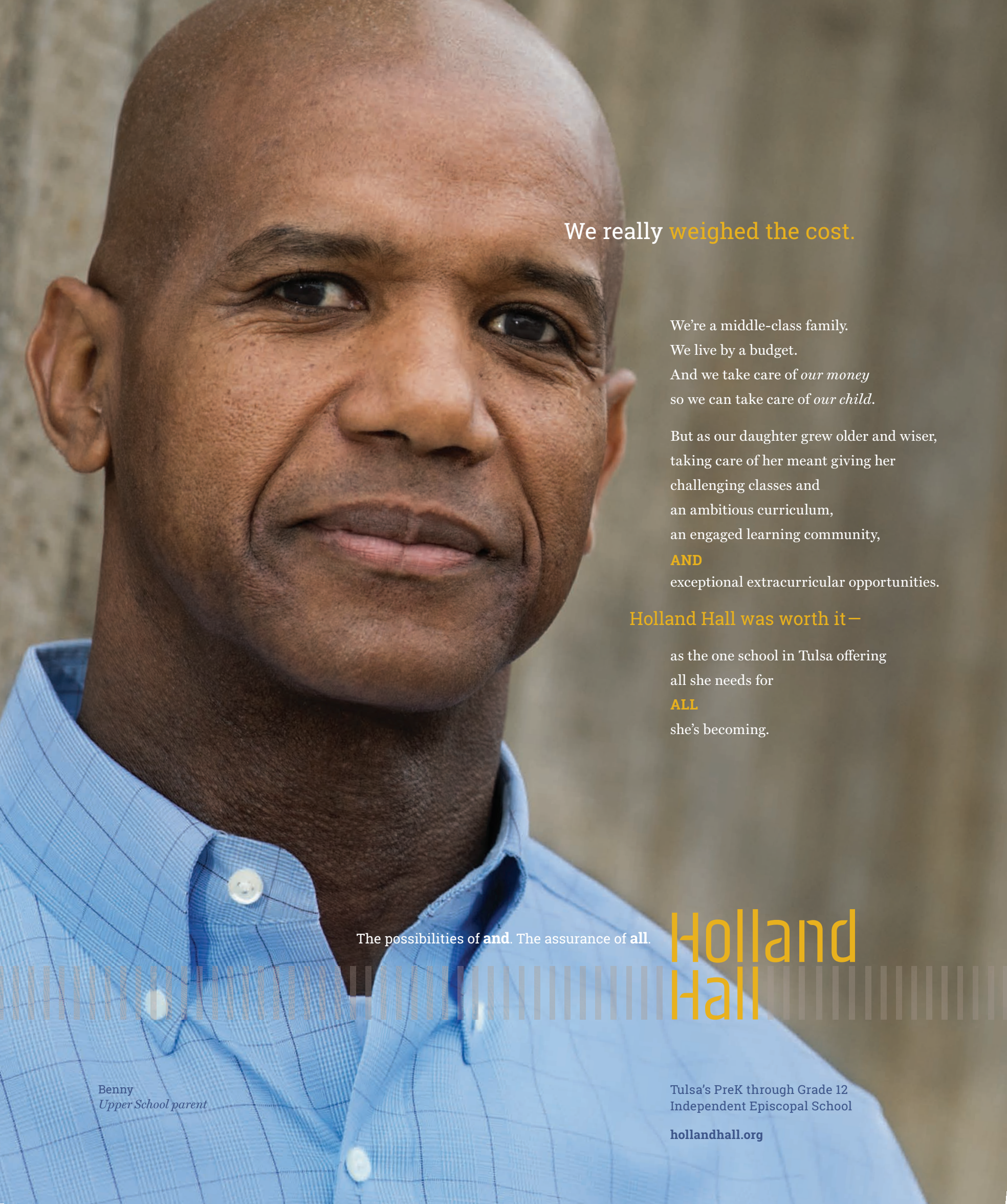
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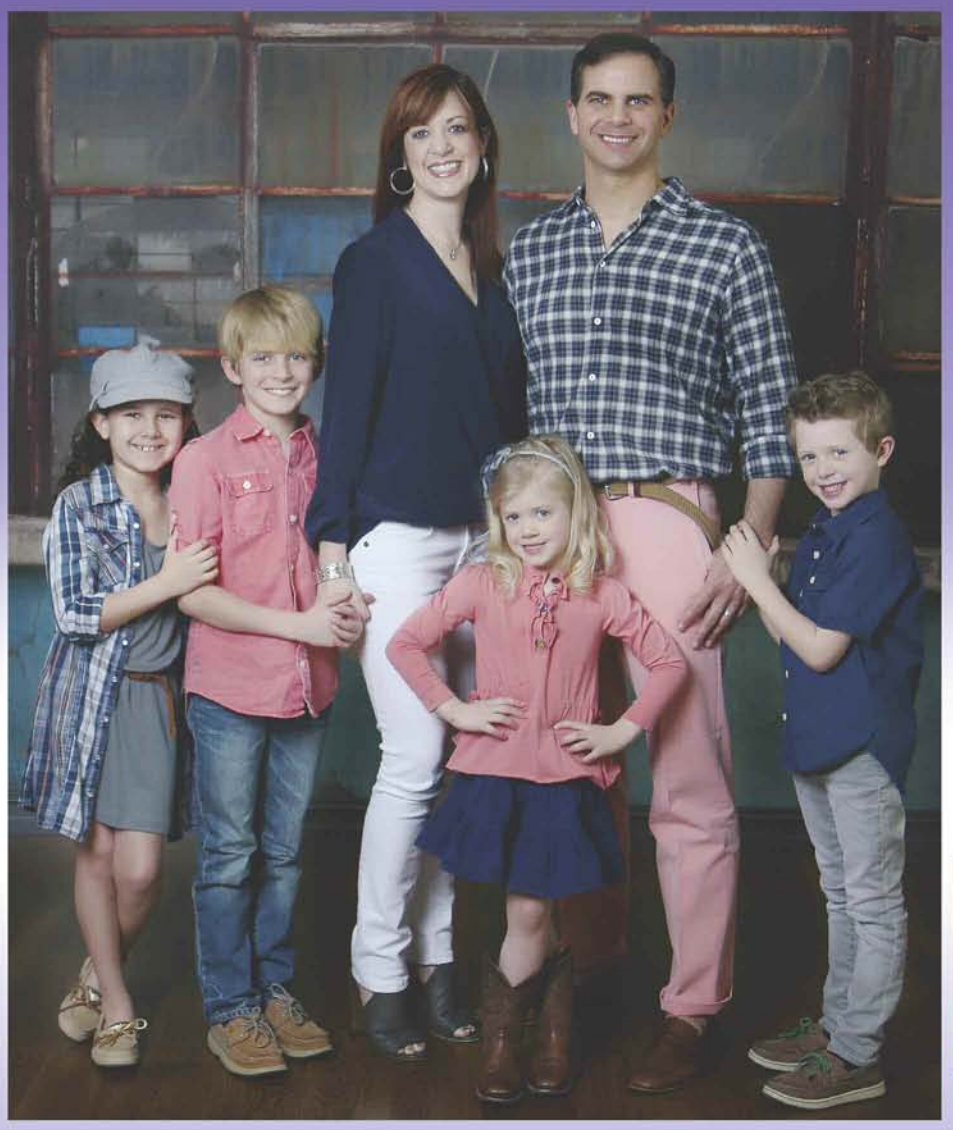
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George, Robb, Jack & Natalie M.

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

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

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

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tulsakids

October 2016

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www.tulsakids.com






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# editor's note

## Per-fect /perfikt/ adjective

When I interviewed Jane Jacobs, the mom of the twins on our cover, she was realistic about the daily work involved in caring for them. But, as we sat over coffee, her eyes glowed and I could see that the work is a labor of love. She talked about what joy thee boys bring to her family's life, and how happy and funny they are. Those are the twins that she wants people to see, not their disability. As Jane told me, "My children are perfect."

I thought about that statement. I think my children are perfect, too. Not in the sense that they are without flaws, or that they are above others, but if I look at the dictionary definition, I could call them perfect for me. The definition says, "having all the required or desirable elements, qualities, or characteristics; as good as it is possible to be."

It seems to me that, our children do have all the "required and desirable elements," and it's up to us to provide the supporting, loving environment for those elements to develop to be "as good as it is possible to be."

If we looked at all children in that light – those with disabilities or not – we could stop comparing and, instead, enjoy the children we have.

This is not to diminish or sentimentalize the difficulties of having children with special needs. One of the reasons that we do this issue every October is to bring different aspects of parenting a child with special needs to the forefront. Those parents who do not have children with special needs can become more aware, and perhaps become helpful advocates for people with physical and mental disabilities. Those parents who have children with disabilities can, we hope, find resources and support in these pages.

And, as always, we have something for everyone. If you are planning a fall or Halloween party, be sure to turn to Natalie Mikles' column for some tasty and easy treats to make.

Most of us have experienced that dark side of toddler behavior – biting! If your child is a biter or if your child has been bitten by another toddler, read Kiley Roberson's column to find out what causes kids to bite and what you can do to stop the behavior.

With Halloween just days away, you'll want to know where to take the kids and what to do to celebrate. Pumpkin patches are popular and we have a long list of places to pick a pumpkin, navigate a maze or get a good scare. You can find even more events on our website, so be sure to check often.

Take some time to enjoy the beautiful October weather with your family!






ON OUR COVER:
JANE JACOBS WITH SONS
DONOVAN AND SEBASTIAN

PHOTO BY: LESLIE HOYT
PHOTOGRAPHY

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.

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| Publisher: | Charles Foshee |
| Editor: | Betty Casey |
| Web Editor: | Abby Rodgers |
| Advertising Sales: | Caroline Shaw<br>Kathy Thompson<br>Cathy Wilkie |
| Production: | Charles Foshee |
| Cover Photo: | Leslie Hoyt Photography |
| Distribution: | Joan Perez |
| Contributing Writers: | Meredith Deaton<br>Danielle Hill<br>Lisa A. Beach<br>Kiley Roberson<br>Lynn Adams<br>Julie Wenger Watson<br>Diane Morrow Kondos<br>Natalie Mikles<br>Nancy A. Moore<br>Diane Tritt Eaton<br>Jill VanTrease<br>Laura Raphael<br>Sheeba Atiqi |

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## OETA ACCEPTING APPLICATIONS FOR READY TO LEARN PROGRAM

The Oklahoma Educational Television Authority (OETA) is accepting applications for its Ready to Learn program. Ready to Learn is a community engagement and outreach program designed to support the education of Oklahoma's early learners. The Ready to Learn program empowers teachers and caregivers with tools and training while maximizing every opportunity for learning in traditional and non-traditional learning environments and leverages OETA's children's television programming like Curious George, SuperWhy and Wordgirl.

The Ready to Learn program offers parent workshops designed to help parents support their child's education by maximizing out-of-class learning opportunities. Student workshops encourage storybook reading and help build literacy and STEM skills along with opportunities to continue learning at home through PBS apps and PBS LearningMedia. Participating families have the opportunity to receive tools and resources to support learning at home. Ready to Learn's community-based learning events take learning traditional concepts like literacy and STEM into non-traditional environments with activities led by certified teachers and supported by parents to help strengthen the parent-teacher partnership.

Ready to Learn is open to children in prekindergarten through third grade or ages 4 to 9 (child must have turned four years old by September 1, 2016 and will not turn 10 years old before June 30, 2017). Students enrolled in public, charter or homeschool are eligible. To learn more or to signup, visit http://www.oeta.tv/education/ready-to-learn/.

## TASM TEAM UP WITH GROGG'S GREEN BARN FOR EXHIBIT



The Tulsa Air and Space Museum & Planetarium have teamed up for a special exhibit called Hydroponics in Space. Hydroponic gardening is a method of growing plants using mineral nutrient solutions, in water, without soil. The exhibit highlights the role hydroponics can play in providing fresh food for astronauts or other visitors to space.

Hydroponically grown plants may be the future for providing fresh food for those in space. Better nutrition through fresh food may open the door to future space colonization.

The exhibit will continue over several months at the Tulsa Air and Space Museum & Planetarium, located at 3624 N. 74th E. Ave. in Tulsa.




## OKLAHOMA PEOPLE FIRST CONFERENCE

The Oklahoma Department of Human Services Developmental Disabilities Council and Oklahoma People First are sponsoring the annual statewide Oklahoma People First Conference Oct. 14-16 at the DoubleTree Warren Place in Tulsa.

The conference includes educational sessions, a statewide meeting, election of new officers and an awards banquet. This year, Commissioner Thomas Hicks, chairman of the U.S. Election Assistance Commission, will be a keynote speaker. Hicks was nominated by President Barack Obama and confirmed by the U.S. Senate to serve on the commission through 2017.

Hicks also served as a special assistant and legislative assistant in the Office of Congressional Relations and Office of Personnel Management during the Clinton Administration. His speech will begin at 11 a.m. Sunday, October 16 and is free and open to the public.

Another component of the conference will be the Expressions Gallery, showcasing the talent and artwork of people with developmental disabilities.

"The Expressions Gallery first began in 2012," said Jenifer Randle, youth advocacy & training coordinator for the Oklahoma Developmental Disabilities Council. "We sponsor a contest and ask entrants to show us their artwork. They may submit up to five works of art, and can include painting, drawing, sculpture, pottery, photography and quilting."

Winning pieces will be on display at the conference.

"Our goal is to showcase the works of Oklahomans who have a disability. Every year there are some really great pieces of art, so we hope the public will come by and see the work from some very talented artists," Randle said.

Artwork pictured is from last year's gallery.

continued next page

## EVERY KID IN A PARK PASS

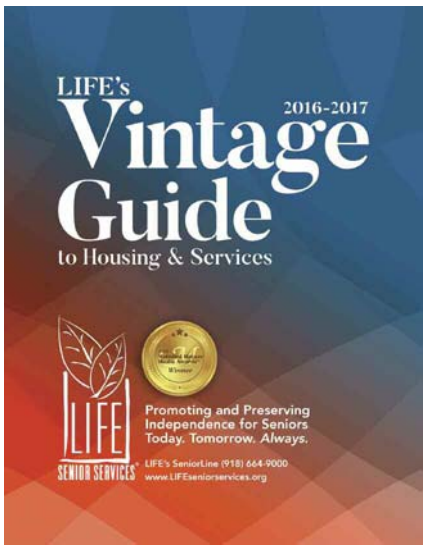
As part of President Obama's commitment to protect our nation's unique outdoor spaces and ensure that every American has the opportunity to visit and enjoy them, the Obama Administration launched the second year of the **Every Kid in a Park** program, which gives fourth graders and their families free access to federal lands and waters nationwide for a full year.

Fourth graders can visit the **Every Kid in a Park** website to obtain a free pass that provides access to federally managed lands and waters – including national parks, forests, wildlife refuges and marine sanctuaries. The pass – which features a new design for this year's students – is valid from September 1, 2016 through August 31, 2017 and grants free entry for fourth graders and up to three accompanying adults (or an entire non-commerical vehicle for drive-in parks) at more than 2,000 sites across the country.

Fourth graders can log onto the Every Kid website at **www.everykidinapark.gov** and complete a fun educational activity in order to obtain and print their pass. Students can also trade in their paper pass for a more durable pass at participating federal sites nationwide.

Visitors to the expanded website will find several new features this year. Educators and community leaders can access educational activities, field trip options, information and tools in English and Spanish, and have the ability to print passes for their classrooms. Parents can find additional links to plan trips to nearby public lands. The website also contains a toolkit with resources for planning field trips, along with an extended list of public lands and waters to consider for field trips.

## VINTAGE GUIDE AVAILABLE NOW




For more than 30 years, LIFE Senior Services, a nonprofit Tulsa Area United Way organization, has published the annual *Vintage Guide to Housing & Services* to help seniors, family caregivers and professionals in aging services. The new 2016-17 edition is available now at LIFE Senior Services and the Tulsa City-County Library system.

With people continuing to live longer and baby boomers barreling toward retirement, more people are finding themselves caring for an older loved who needs some type of assistance. It could simply be helping with grocery shopping or going to the doctor with them. On the other end of the spectrum, it could be providing 24/7 care.

The 2016-17 edition features a full range of information about housing, programs, services and resources plus 27 articles dealing with some of the most commonly asked questions about aging.

LIFE's Vintage Guide is available to pick up at LIFE Senior Services, 5950 East 31st St. in Tulsa and at any Tulsa City-County Library. It is also available at the Coweta, Catoosa and Will Rogers (Claremore) libraries. A fully-searchable digital edition is also available online at www.LIFEseniorservices.org. For mail delivery or bulk orders, please call LIFE Senior Services at 918.664.9000.

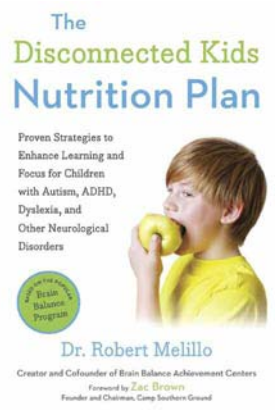
## RIVERWORKS DISCOVERY OPENS AT DISCOVERY LAB

The Tulsa Children's Museum Discovery Lab is hosting a new exhibit titled RiverWorks Discovery through February in the Featured Hall. The exhibit opened on Friday, September 16 and is included in regular admission.

RiverWorks Discovery is a hands-on, educational exhibit designed to teach the importance of commerce, culture, and conservation on America's inland waterways. The exhibit is appropriate for all ages.

"The RiverWorks Discovery exhibit teaches the unique importance of America's inland waterways," said Ray Vandiver, executive director of Discovery Lab. "This exhibit aligns well with the Museum's STEAM (Science, Technology, Engineering, Art, and Math) educational initiatives through showcasing different ecosystems, river-inspired music, and commerce tools."

## NEW BOOK ADDRESSES FOOD ISSUES IN CHILDREN WITH NEUROLOGICAL DISORDERS




Dr. Robert Melillo, an expert in childhood neurological disorders and creator and co-founder of Brain Balance Achievement Centers™, has a new book, **The Disconnected Kids Nutrition Plan** (Perigee Paperback, 2016), which is based on the Brain Balance Program. Brain Balance offers a drug-free, scientifically based method to address the wide range of neurological conditions, which Dr. Melillo writes about in his bestselling book *Disconnected Kids: The Groundbreaking Brain Balance Program for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders*. This new release features guidelines, tips, and kid-friendly recipes based on the latest scientific research on how food affects the brain. Dr. Melillo addresses topics such as how common ADHD medications can aggravate appetite; picky eating or problem feeder; food sensitivities as opposed to food allergies; mealtime sensitivities to touching, smelling, tasting auditory processing and visual processing problems; how to embark on an elimination diet to track down food sensitivities, and the 10 most-wanted list of food "offenders."

## AIM HIGH ACADEMY MOVES TO TWOG'S FACILITY

Aim High Academy, a nonprofit whose mission is to combine fitness and faith in teaching children's gymnastics, recently purchased the Tulsa World of Gymnastics (TWOG) facility, located at 7020 E. 38th Street in Tulsa. After 40 years, TWOG founders and owners Wayne and Linda Bradshaw are retiring. Aim High Academy will take over the TWOG business in full, while also continuing its mission to help underserved children in the community.

Aim High Academy's original building was destroyed in March 2015 by a tornado, and Jennifer Patterson, executive director of Aim High Academy, has been raising funds to rebuild.

While the new building will function as Aim High's home base, Patterson said the gym will continue to have a temporary facility in northwest Tulsa to maintain operation until a permanent North Tulsa satellite gym is opened.



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BY KILEY ROBERSON

# biting blues

Fall is here with cooler days, pumpkin flavors and some spooky fun just around the corner. While you can count on princesses and superheroes to be out in full force, if your family is like mine, you may have already experienced a little Dracula running amuck. That's right, with a 2-year-old boy, we've officially entered the biting stage. Luckily for us, he's not the biter… unlucky for him. For the past two weeks, he's come home from daycare with bite marks on his arms, legs and back. It's tough to see, but thankfully his teachers have been very involved and reassuring. They've also been in touch and working with the parents of the biter. To be honest, I feel worse for them than my own son. Dealing with a biter can make a parent feel helpless, and horrible for the other child involved.



The good news is that the American Academy of Pediatrics (AAP) says that, in most cases, our tiny terrors will stop biting once they learn to speak more. The AAP says that biting is common in children between the ages of 12 and 36 months, when developmental theorists believe that it serves as a crude form of communication before children acquire enough language to express their emotions, and when most kids are suddenly exposed to many more kids at preschool. In one study of children in daycare, physical aggression peaked at 24 months of age, at which point one in four kids engaged in aggressive acts. And the National Association for the Education of Young Children estimates that one out of every 10 2-year-olds engages in biting behaviors. While infants bite primarily as a form of exploration or because of teething pain, toddlers may chomp away for a variety of reasons.

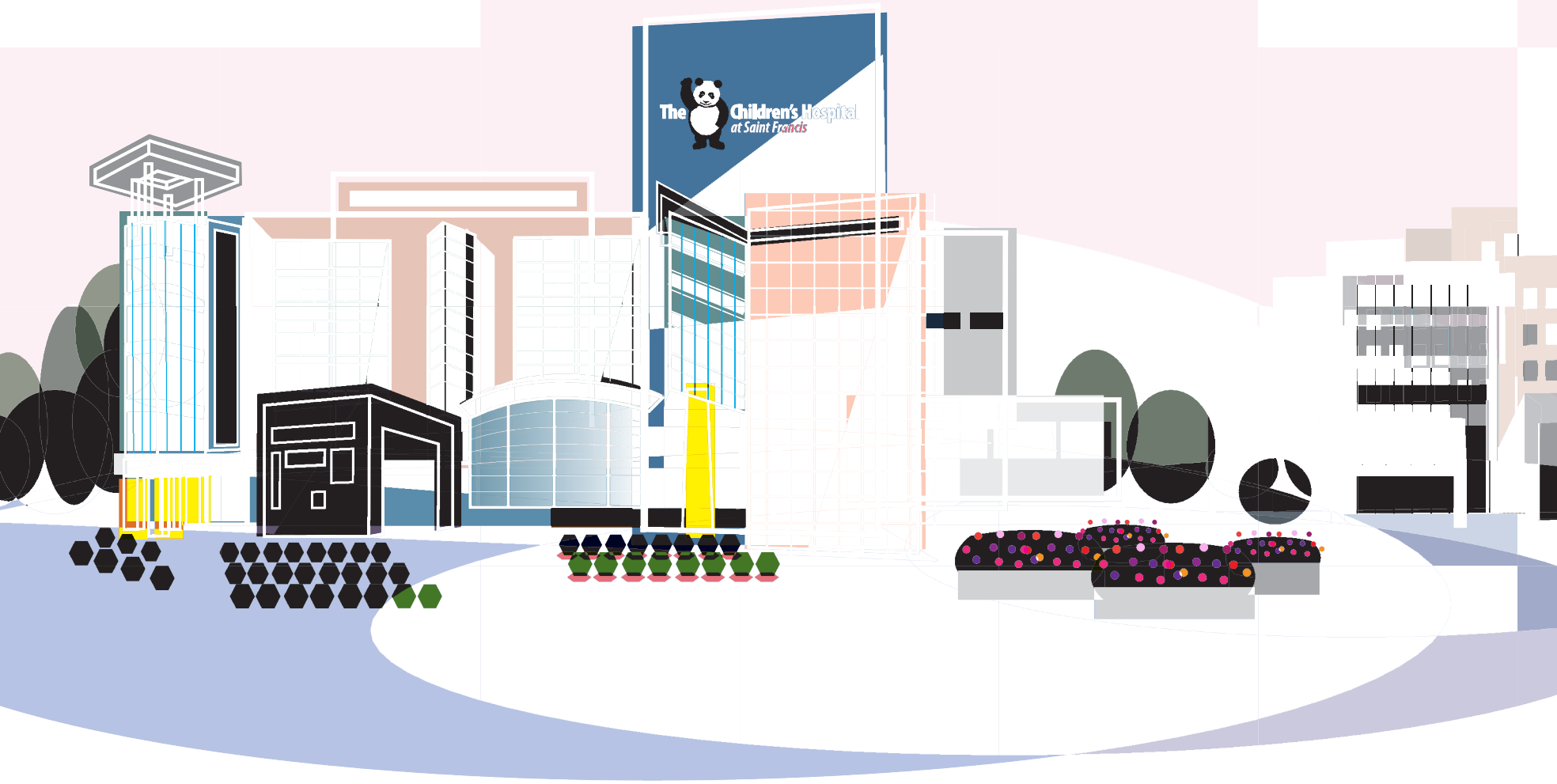
**Reason: Teething** – biting down makes her gums feel better. Toddlers often have the hardest time with this form of biting when they begin getting their 2-year-old molars.
**What to do:** Offer her a soft teething toy or wet washcloth.

**Reason: Frustration** – lacking language skills, he bites when he can't say what he wants.
**What to do:** Try to offer the right word. Tell him that biting is not okay, and give him something else to chew.

**Reason: Attention** – unable to speak, she'll try to engage her peers by taking a chunk out of them.
**What to do:** Model the words for her ("You'd like to play with Sam"), and remind her that biting is wrong.

**Reason: Anger** – toddlers are notorious for temper tantrums. Biting may occur during one of these fits.
**What to do:** Remove your little hothead from the situation; give the no-biting talk once she's cooled down.

So, biting is definitely the norm as far as toddler behavior is concerned, but that doesn't make it okay. Toddlers who are still learning to talk may bite to express their feelings, but the AAP says it should be addressed immediately. If your child bites someone, let her know that biting is not okay. A prompt time-out can help her understand that biting is not an acceptable behavior. Although young children have little natural self-control, the AAP says you can try to show your child how to express her anger through words, not acts of aggression. Help her learn the difference between expressing herself versus acting out physically in anger or frustration. As your child learns and demonstrates these coping skills, watch closely and praise her efforts. If these simple disciplinary measures do not seem to work, talk with your pediatrician to see if there are other issues that may be behind your child's aggressive behaviors.




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BY LYNN ADAMS

# my lesson in finding the right babysitter for my child with special needs

I used to say that only a Ph.D.-level child psychologist could babysit my son. It wasn't really a joke, because that's what I was at the time, and two close friends and colleagues were his earliest babysitters. Them, and my mom.

This was before James was diagnosed with Autism Spectrum Disorder when he was an extremely fussy, unpredictable, hard-to-read infant.

My main worry was that a babysitter wouldn't be able to withstand James' crying, which was long and loud. That he was vulnerable to abuse. Only someone who loved him or me could do the job.

Thankfully, James became less fussy and much more fun to be around. But I remained wary of sitters.

With James, the stakes were higher.

What was I supposed to do? Hire a "special needs babysitter," if such a person existed? And how much would that cost? I wasn't going to call up the teenager down the street, but I thought I could make do with someone experienced, someone older.

Also, was a diagnostic label — to which I was still adjusting — really necessary in order for the 75-year-old lady across the street to put James to bed while my husband and I went out to dinner? Autism Spectrum Disorder can be a hidden disability. It's not always apparent at first meeting, so a parent has a choice about whether or not to identify their child.

How would you like being introduced to new people with your worst qualities highlighted? This is Lynn. She's extremely nearsighted and more anxious than most people. She's okay at throwing, but she can't catch. Oh, and she gets really cranky when she's tired or hungry.

Turns out I probably should have said something. When we got home at 10:30 p.m., Ms. Veronica was sitting beside James' crib, overhead light on, singing "Polly Wolly Doodle." "Does this baby ever sleep?" she asked. "He won't close his eyes!"

James gave me a desperate look, as if to say, "Doesn't this lady know how to turn out the light and leave the room?" He was tired of entertaining her.

Although less fussy, James still had trouble reading people and being read. Because of his autism, he didn't communicate typically about really important household topics: sleepiness, hunger, thirst, discomfort, anxiety, illness, basic requests.

So this became my tactic. Instead of using the A-word, I'd deliver a clear, focused message about what made James different. Like ad copy: "You know how most kids yawn when they're tired? Well, this one runs up and down the house like a greyhound."

In this way I graduated from Ph.D.-level babysitters to preschool assistant teachers, Teach for America people, and budding speech/language therapists. That's where I remain today, when my mom's unavailable. Most importantly, I troll for sitters at James' school, looking for people with whom he already feels comfortable, and who know him without my having to explain much.

Any sitter must be able to accept that some children are different, and that parents know their own children better than anyone else can. I avoid the Know-It-All, who tries to reassure me that she doesn't need my instructions, that she's perfectly capable of handling James, and that he's not really so different from other children, after all.

All these statements are true, most of the time.

But no matter how well James does with babysitters, and he does very well nowadays, the stakes are higher because of his autism. Even higher than they are for his younger sister, though she benefits from his higher stakes.

And that's because, for children with autism and other special needs, major routines are all-important. I'm not talking about which book you read before bed, or how many times you say goodnight. I'm talking about how much and when they eat and drink, when they use the bathroom, when and if they take any medication, and when they fall asleep.

A slight variation in any of these can result in such ills as: bedwetting, night waking, early morning waking, stomach upset, and fussiness for days afterward.

*continued next page*

None of which are a good follow-up to my wild night on the town.

So that's it. You don't need an expert, but you do need someone who will keep major routines consistent. Someone who understands how important that is. And that person is most likely to be someone you already know, or someone who has experience with special needs kids. No Ph.D. required.

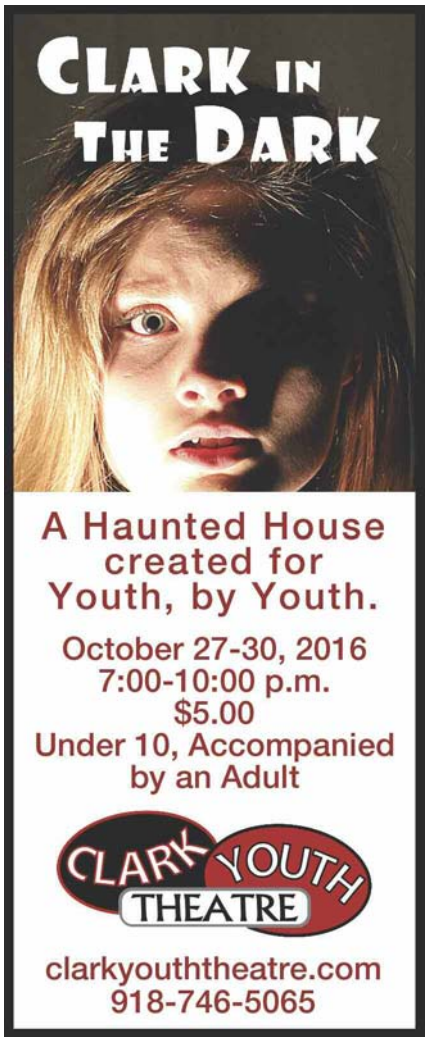
Once you've met the potty/food/bedtime requirement, anything else is extra. At our house, the extras are the best part. There was Jessie, the Teach for America teacher who had a rollicking "tuck-in machine" shtick. Then Marcia, the preschool teacher who served dinner picnic-style on the playroom floor. And now we have Ben, camp counselor extraordinaire, who organizes tournaments that get the kids interested in board games that normally gather dust on the shelf.

When we get home from our night out, the kids are in bed, bellies full and bladders empty. The next morning, they wake up happy, ready to share stories of the night's adventures. Just like we are.

### MORE TIPS FOR CHOOSING THE RIGHT SITTER

1. Schedule a play-date with the sitter as an introduction or try-out before you go out.
2. If your child has a speech delay or an unusual way of communicating, provide translations in advance.
3. Tell sitters in advance about unusual fears or worries.
4. Always have a written emergency plan, including back-up caregivers.
5. Emphasize that you'd rather have the sitter call you for advice than wing it if something really unusual happens.

*Bio: Lynn Adams is a child psychologist turned parenting writer.*





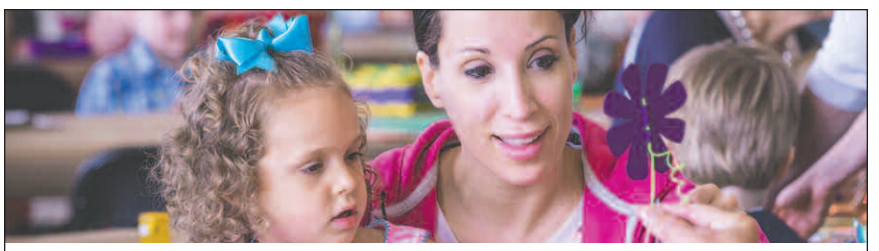
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BY JULIE WENGER WATSON

# concussions and the adolescent athlete

Adolescents benefit greatly from participating in sports. Beyond the obvious physical health and fitness returns, kids learn skills like time management, teamwork and dealing with adversity. While the upside of youth sports is readily apparent, the risk of injury is also part of the game – everything from bruised egos and scraped knees to twisted ankles and torn rotator cuffs. Although the majority of sports-related mishaps are minor with quick recoveries, others, like concussions, pose more serious consequences.

"Last year, there were eight high school football deaths in this country," said Dr. Eric Sherburn, a neurosurgeon who specializes in concussions at the University of Oklahoma's Department of Family Medicine/Sports Medicine. "Seven of the eight were from head injury, so it happens. We'll probably see even more deaths this coming season, and it's because people don't take concussions seriously."

According to Dr. Sherburn, the key to prevention, recognition and treatment of concussions is education that extends to the coaches, parents and the student athletes themselves.

A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or a hit to the body that causes the head and brain to move rapidly back and forth. This jarring or shaking of the brain inside the skull can result in a range of physical, cognitive and emotional issues.

While most people would recognize the potential for concussion from high impact sports like football or boxing, some might be surprised to find that high school girls' soccer carries a significant risk, too. According to Dr. Sherburn, female soccer players have one of the highest rates of concussion of any sport.

"Teenage female soccer players are very high risk for concussion in large part because their neck muscles are not as developed relative to their male counterparts," Dr. Sherburn explained. "One of the biggest causes of concussion is the 'slosh' of the brain inside the skull, so if you have underdeveloped neck muscles relative to the weight of your head and brain, you're going to get more 'slosh effect' of the brain within the skull. That's what puts them at high risk."

Although it's easy to see how colliding with another player while attempting to head a ball could lead to concussion, Dr. Sherburn thinks there may be some risk just from heading the ball itself.

> "Most experts I've listened to and talked with feel that you can't get a concussion from heading the ball," he said. "I think that is wrong."

"Most experts I've listened to and talked with feel that you can't get a concussion from heading the ball," he said. "I think that is wrong. I've had more than one athlete that I've taken care of with concussions who were simply doing heading drills without any other player involved, just heading the ball, and developed concussion symptoms from that."

Parents of football players may be surprised to learn that their child's helmet doesn't deter concussions.

"Helmets do not prevent concussions," Dr. Sherburn said. "Helmets prevent skull fractures. They do a very good job of that."

Unfortunately, according to Dr. Sherburn, many parents and players don't understand this. "The student athlete oftentimes views it as security and uses it as a weapon," he noted. "The single best way you can prevent it, at least in football, is by using good technique that takes the head out of the equation. It's not about drilling the opposing player. It's about taking them to the ground and doing it safely."

Dr. Sherburn refers parents, coaches and athletes to the Seattle Seahawks' website (www.seahawks.com) for videos demonstrating safe tackling drills.

"They're done without pads and helmets," he said. "It's a drill that takes the head out of the tackle, period. It's a much better, safer technique, and the last time I checked, the Seahawks have a pretty good defense," he laughed.

Dr. Sherburn stresses the importance of an honest and informed decision-making process when it comes to "Return to Play" protocol. According to Dr.

*continued next page*

Sherburn, it's vital that an athlete be symptom free before going back to the game, not only to avoid "second-impact syndrome," (suffering a second concussion before the first one has properly healed can cause rapid and severe brain swelling with potential catastrophic results), but also to prevent other types of injuries.

"This much we know for sure. If you sustain a concussion as an athlete and you go back before you're completely symptom free, you are six times more likely to have an orthopedic injury - a torn ACL, a torn MCL, a broken leg, a broken arm – than an athlete who has not had a concussion," he warns. "Because your reaction time is off, you're not putting your body in the right positions for that particular environment, so you're subject to sustaining a different type of injury, not necessarily a concussion, but a musculoskeletal injury."

The risks to the athlete's brain from a second concussion before healing from a first are also significant.

"The thing about second-impact syndrome is that it doesn't require a significant hit. It doesn't even require a hit to the head. You can have a concussion without being hit in the head just because of the 'slosh' effect,'" Dr. Sherburn explained. "In most cases of second-impact, it was a routine hit. There was no hit to the head, but it was with enough force that it gets transmitted to the brain in the setting of a previous concussion…If you sustain that second hit, that blood flow is dramatically increased because you don't have the ability to regulate [due to the previous brain trauma], and that can cause massive swelling in the brain and ultimately death."

Dr. Sherburn stresses the importance of athletes, coaches and parents being honest about concussion symptoms when considering a return to play.

"Every parent in the world thinks their kid's going to get an athletic scholarship to play in college, and we have to be realistic about it. There's not a college in the world out there that's going to want a kid who can't go because of concussion, so you're better off staying out and waiting until you're completely healed before you go back to play," he said.

Dr. Sherburn said that both Holland Hall and the University of Tulsa have well-developed return-to-play protocols that require student athletes to be able to handle their classes before even considering going back in the game.

"The University of Tulsa has one of the best concussion programs I've ever seen," he said. "They will not allow a student athlete to even start their return-to-play protocol until they are handling a full academic caseload. That's also the way it is at Holland Hall."

The danger posed by returning to play too early is very real, according to Dr. Sherburn.

"We still don't have a full understanding of what it means to be over a concussion. The general thinking is that, for the overwhelming majority of concussions, you should be good to go within seven to 10 days. I don't know if it's because of my practice, but I see tons and tons of athletes who have symptoms for six months or more."

As a father of three, Sherburn can relate to parents of student athletes.

"The one thing I get asked all the time by parents is, number one, do I have kids, and number two, do I let them play football," he laughed. "Right now, I have an 8-year-old son, and he plays flag football when many kids his age are already playing tackle football. I will let him play tackle football once he's in middle school, but my rule is if you have a concussion, I don't care if it's in preseason camp or whatever, you're done for the season. If you have a second concussion, you're done forever."

For more information on concussions, visit the website of the Center for Disease Control at cdc.gov/headsup. For more information on Dr. Sherburn's practice, visit www.concussionconsultantsllc.com.

## CONCUSSION SIGNS & SYMPTOMS

The Center for Disease Control lists the following signs and symptoms of concussion. Remember to consult with a medical professional if you suspect your child has suffered a concussion.

**Concussion Signs Observed**

- Can't recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

**Concussion Symptoms Reported**

- Headache or "pressure" in the head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."



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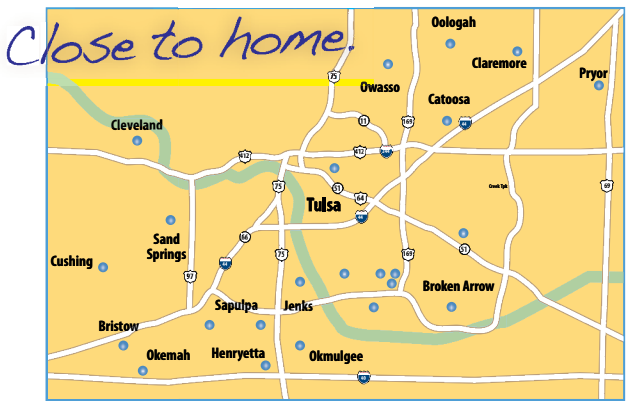
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BY DIANE MORROW KONDOS

# single parenting a child **with special needs**

Being a single parent is difficult. Raising a child with special needs is challenging. Now imagine combining the two and raising a child with special needs without the support and help of a partner. Taking care of a child with medical issues, developmental delays and/or physical limitations requires physical and emotional endurance that is challenging even for a team of parents. The absence of a partner can feel especially stressful because single parents of children with special needs must navigate through the maze of doctors, therapists, social services and special education programs on their own.

When a divorcing couple has a child with special needs, it can be very complex. Establishing guidelines for issues such as custody, visitation and support are critical as there is no cutoff when the child is 18; responsibilities are life-long.

Financial support does not end at age 18 because long-term support is necessary and legally mandated. States differ as to how long-term child support is determined. Eligibility for government benefits such as SSI and Medicaid need to be investigated before determining child support. Depending on the child, transitions to new situations may be very troublesome and confusing. Going between parent's homes may result in emotional meltdowns with physical ramifications in some children with disabilities. Co- parenting with the child's best interests as priority is paramount.

When there are other children in the family, their lives are impacted by having a sibling with special needs. Numerous variables have an influence on the viewpoint of the sibling: the severity of the sibling's limitations, the age difference and the expectations and sensitivity of the parent. Communication with all members of the family is essential. All children should be well informed and understand the nature of their sibling's limitations.

If the disability is a genetic issue, at the appropriate age, siblings need to have proper information to make decisions regarding their own future children. As with any family, siblings may be expected to help out with each other but in a family with a child with special needs, the burden can sometimes be too much.

Sarah, a single mother of three, including a daughter with cerebral palsy, said that her children help, but guidelines are kept clear. "It's part of the family responsibility to help take care of her," she said, "but I make sure the other children know it is not their responsibility to be her sole caregiver."

Keep the lines of communication open and allow them to openly express their feelings. Sarah said she makes sure to provide one-on-one time with each of her children, and she encourages them to discuss any feelings or problems they are experiencing in relation to having a sister with special needs. Sarah has also sought the services of a professional counselor when dealing with difficult issues.

Being a single parent with a child with special needs can be very isolating. People may believe they are offering words of comfort when they say things such as "there are reasons for everything," "God won't give you more than you can handle," "Down syndrome people are always happy," "God only gives special people special children". These platitudes come from a place of good intentions but also from not being aware of the challenges a family such as Sarah's faces on a daily basis.

It is essential to find support through formal support groups, parents of other children with special needs or even with online support groups. It's vital for a single parent of a child with special needs to have at least one person who "gets it" to talk to.

It's also important to get a break occasionally, but that can be very difficult, if not impossible, for a single parent who may lack a strong support network. Sarah just recently had her first evening out with a friend in over a year. Her main support system had been her parents, but they are deceased and her ex is minimally involved. Time with friends or alone is a hard-won rarity.

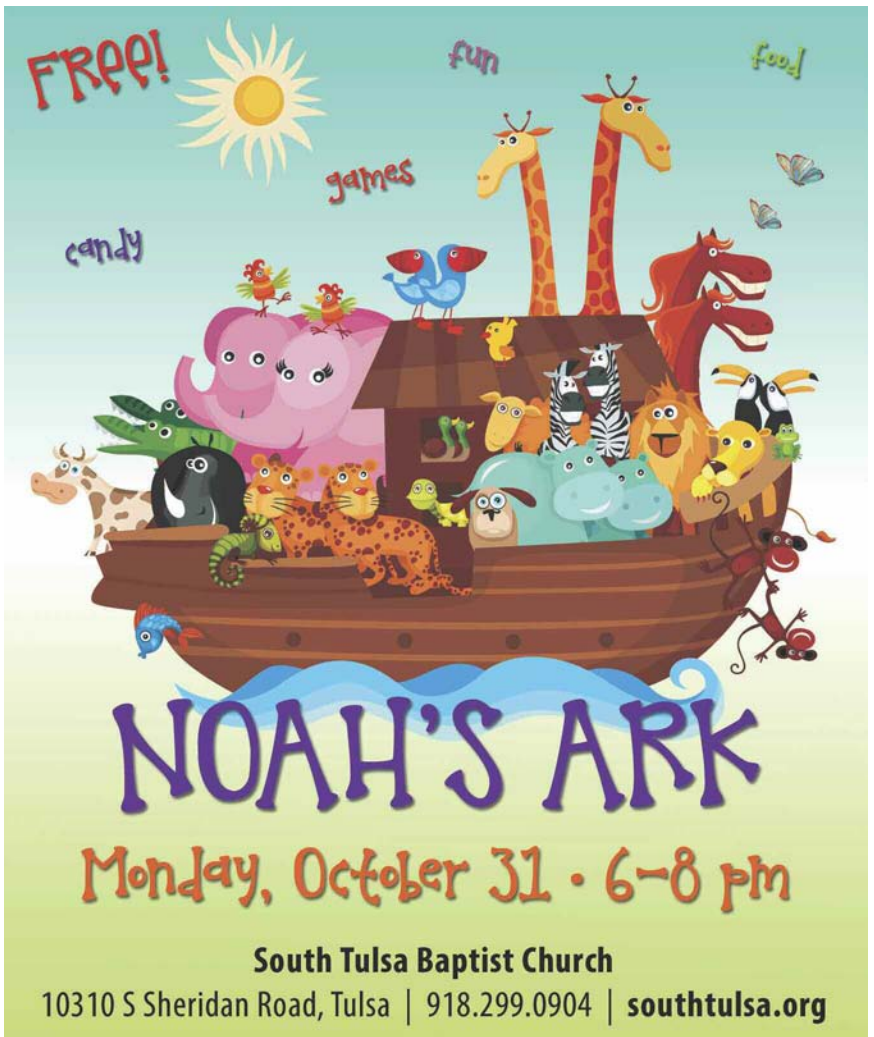
They say parenting isn't a sprint but a marathon. When you are parenting a child with special needs, it's more like many ultra-marathons run back to back. There are so many varieties of disabilities, each carrying its own challenges and prognosis. Public schools are required to provide education up to the age of 21, but plans must be made to continue to provide care, education and/or vocation into the child's adult-

*continued next page*

hood. As Sarah faces the impending "aging out" of the school system for her daughter, she is seeking alternatives. The Medicaid Waiver program provides approximately 12 hours of care per week for her daughter, but that's not enough to allow Sarah to work full time. At the present time, there is a long waiting list in Oklahoma for the Medicaid Waiver program, which leaves many families without services.

Making long-term arrangements for the child with special needs weighs heavily on the mind of a single parent. Who will take care of the child after they die? Is it fair to ask siblings to provide long-term care in their homes? For some, family care is a solution, but every family dynamic is different and the extent of care the individual requires varies widely. Many parents like Sarah hope their other children will always make sure their sibling is taken care of, but have made it clear that they don't expect the other children to provide round the clock care in their homes.

The challenges and struggles of a single parent raising a child with special needs are complex and plentiful, requiring patient navigation through an intricate system of programs and services. Despite the struggles, parenting a child with special needs, as with any child, is full of rewards. Parents describe developing a close relationship with their children, celebrating every milestone, and feeling accomplished and proud of successfully parenting alone under tough circumstances as just a few of the special aspects of parenting a special child.




# How soon is too soon to teach your child the value of money?



Every morning a local radio station encourages people to call in with their disagreements. Both parties voice their side of the argument and then the public gets to render their opinions.

On a recent episode, a couple had a six-year-old son who wanted to play sports. Both parents were in favor of the child participating; the disagreement was whether or not to discuss with the child how much the activity would cost.

Some might ask, "Why would anyone *not* want their child to understand the value of money as soon as possible?" Giving children tools to be financially successful in life – that's like the world's best birthday present!

This got one TTCU employee thinking:

*"One of my biggest regrets is not learning how to budget until well in my 40s. I cringe when I look back on all the wasted years of overspending and not saving.*

*As a child, finances were not discussed. It was considered a private matter and somewhat crass if you discussed salaries or budgets. Consequently, one of my biggest stumbling blocks to obtaining financial security has been my reluctance to discuss my financial situation. I'm hesitant to tell my friends that I won't be joining them for dinner because it's not in the budget this week. I'm getting better, but it's still a somewhat awkward conversation.*

*The lively radio discussion also brought to mind my recent trip to Atlanta to visit some relatives. On our first night together, my family members stated very firmly that going out to eat that night was not in their budget. If it was okay with everyone, we'd just prepare dinner at their apartment.*

*Obviously I was fine with that, but their openness about their financial situation was like a breath of fresh air. The frankness with which they broached the subject, and their responsible, mature attitude impressed me so much that it made me review my own outlook on money. Why can't I do that same thing? I can!"*

What does this all mean? It seems as parents, we're very eager to teach our children to be responsible, have manners, be polite and kind, do well in school…but perhaps we fall short on teaching sound money practices, such as:

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# TWICE THE LOVE

## LIVING WITH TWINS WITH SPECIAL NEEDS

**BY BETTY CASEY**

When I requested an interview with Jane Jacobs, she asked if we could meet at a coffee shop in Broken Arrow because she couldn't be more than 20 minutes from her 14-year-old twin sons in case one of them had a seizure. The boys, Donovan and Sebastian, who are in a special education class at Broken Arrow Public School's Freshman Academy, might have as

>

many as 30 seizures a day. Seizures that last longer than three minutes require medication and the child must go home.

Donovan and Sebastian have Migrational Brain Disorder, a birth defect of the developing brain and nervous system. Simply put, the cerebellum didn't develop normally during the first trimester, so the twins are left with a host of difficulties, including the inability to speak, eat, balance themselves when walking or bathe themselves. As a result, Donovan and Sebastian use wheelchairs and wear helmets for their own safety, and they must also wear diapers. The seven medications they take each day minimize, but don't eliminate, the seizures.

That's the reality for the Jacob family, but it doesn't cloud Jane's cheerful nature. She said that people always ask about her almost constant smile. "I've always smiled all my life," she says. But, she admitted, sometimes the warm smile belies her inner feelings of isolation. "Inside you're lonely," she said. "I can't relate to other parents, especially when they complain about normal life, like being up at night with a sick child."

Despite the twins' constant need for care, they bring happiness to the Jacobs. "If you're in a bad mood," Jane said, "you'll be happy hanging out with them. They have more struggles, but they love life and they love people talking to them."

Jane says that Donovan and Sebastian have taught her two younger children, Maya, age 10, and Nigel, age 7, to be kinder, more mature, people. Maya enjoys helping with the twins' care, including doing tube feedings, changing diapers and bathing them.

"Maya takes on the role of the older sibling," Jane said. "They (Maya and Nigel) can tell you all about seizures. They do tube feedings. Their love for their brothers amazes me."

Maya is also the twins' biggest friendship ambassador. "She got all the neighborhood children to accept them," Jane said. "She told them they could sit [on the twins'] laps and she would roll them around."

Jane encourages parents to talk to their children about individuals with disabilities so that the children won't be afraid of people who look or sound different from them. She says that parents also should talk to their children about positive behavior and not bullying children with differences.

Children take their cues from adults, so parents should be aware of their own behavior. Comments such as "Oh, I'm so sorry," from a well-meaning person are actually hurtful. "My children are perfect," Jane said. It's also hurtful when adults speak to Maya and Nigel, but ignore Donovan and Sebastian. Even though they are non-verbal, the boys love being smiled at and talked to. And Jane doesn't mind being asked questions about her children.

"I encourage parents to let their kids interact with the boys," Jane said. "Sometimes they're afraid of them, but you can help by letting your kids be around children with disabilities. Exposure is good."

Having siblings with disabilities has made Maya and Nigel much more aware and protective of others who may be bullied or ignored. "My kids are attracted to underdogs at school or kids who are left out," Jane said. "They befriend them."

The downside of having children who require constant care is that family life revolves around it. A bus picks up Donovan and Sebastian for school where they receive two of the three tube feedings they require each day. They go to aftercare until five when Jane picks them up. Because her husband is often traveling for work, much of the caregiving is left to Jane. By the time she's finished getting Donovan and Sebastian situated and ready for bed, it's 7:30 or 8 in the evening and she has had little time to spend with Nigel or Maya to talk or help with homework.

"Sometimes I feel guilty," Jane said. "Nigel and Maya want their time with mom. I also can't take the younger kids to activities or just hop in the car and go somewhere. It takes 20 minutes each just to load the twins in the car. Sometimes we feel we're trapped at home."

To provide a feeling of normalcy for their younger children, Jane and her husband travel in the summer without the twins. Sebastian and Donovan stay with a trusted caregiver while the rest of the family spends time together and gets a much-needed break. "It feels strange to just hop in and out of the car," Jane said.

While the family was in Europe visiting family over the summer, Jane noticed an advocacy movement for getting changing tables for people with disabilities like her twins into public restrooms. They're much like infant changing tables, only much lower to the ground and sturdier. As it is, caregivers are left with using the floor of restrooms or struggling to change a child or an adult in the car. "I'd like to advocate for that [special needs changing tables] here," she said. "It affects 10 percent of the population, and it's a reason that we rarely go out in public. And it wouldn't be very costly."

Another cause that Jane supports is having medical marijuana available to patients in Oklahoma. She was disappointed that the measure won't appear on the November ballot. Cannabis oil could help replace some of the boys' medications. "The side effects of the medications are horrible, and they have to have constant lab work because of that," Jane said. "I've been reading and researching cannabis oil and it has tremendous benefits without all the side effects."

Jane said that she and her husband worry about what will happen to Sebastian and Donovan when they're gone and, like most parents, they worry even more about the twins passing away before them. "I've even talked to Maya about it, and Maya said, 'don't worry, they can live with me and my husband.'" Jane smiles, tears filling her eyes. "Maya even said she wants to have two children, one of them with special needs."

"I encourage parents to let their kids interact with the boys," Jane said. "Sometimes they're afraid of them, but you can help by letting your kids be around children with disabilities. Exposure is good."

BY MEREDITH DEATON

# navigating school with a disability

When Maya Rogers was in second grade, she started having trouble getting up from the ground or climbing out of the backseat of the car. By September of that year, she was in the hospital, and her muscles had grown so weak she couldn't swallow or sit up. Eventually doctors diagnosed her with a disease called juvenile dermatomyositis, a muscle disease that affects just 1 in 3 million children. After two years of homeschooling and physical therapy, Maya returned to school in the fifth grade facing a new challenge: navigating the world in a wheelchair.

Statistics on the number of students with physical disabilities are hard to come by. According to the most recent census, 2.8 million school-aged children in the United States experience some form of disability. However, most statistics lump impairments in vision, hearing and mobility together with cognitive problems and learning disabilities. The lack of targeted resources for physically disabled students can leave both parents and teachers feeling confused.

"Initially, when Maya got sick, we didn't deal with school at all," her mother Christine says. Like most parents, she just wanted her daughter healthy. Once Maya was well enough to continue her education, getting her back to school proved more complicated than expected. Her old elementary school wasn't wheelchair accessible, so she had to be transferred to a new building. Then, since she wasn't present on the first day of school, she was automatically dropped from the roll.

Once Maya was re-enrolled, her mother worked with school leaders to develop an individual education plan (IEP) to make sure that she received accommodations in the classroom. Not every student with a physical disability needs an IEP, but many find them useful. Maya's IEP ensured she could start the year by meeting with all her teachers. "It gave me a chance to tell everyone what I could and couldn't do, like I can be a little late to class, and I can't just use the stairs instead of the elevator," she says. Explaining these basic rules helped avoid embarrassing misunderstandings later in the year.

To start arranging an IEP, special education teacher Laura Bullock recommends that parents contact the school counselor. "They can put you in touch with the special education teacher, who can create a child study team," she explains. Some parents believe that special education only refers to learning disabilities, but it also encompasses medical conditions that require special classroom accommodations. "The goal of the child study is to help us get the full picture of what the student needs," Bullock explains. Parents will have the opportunity to meet special education and regular education teachers, as well as administrators, nurses, or social workers. Together, the team determines whether a student needs an individual education plan to succeed in the classroom.

Bullock emphasizes that the initial IEP meeting isn't meant to be a one-stop solution. "We need [regular] communication from parents to know if what we're doing is working," she says. By law, all IEPs are reviewed after six weeks, and the meetings are designed to give teachers an opportunity to collaborate on instructional strategy.

Even with these procedures in place, misunderstandings can still arise. A school might serve dozens of students with dyslexia or attention deficit disorder, but only one or two who use a wheelchair. "When people don't live the reality of disability every day, they don't always understand what you need," Maya says. Her mother remembers a frustrating experience at one IEP meeting. "I tried to explain that Maya might not be able to pick up a pencil if she dropped it on the floor," she says. "[The teacher] just gave this cute response like, 'Well, she'll just have to pick it up.' She thought I was just being an overprotective mom."

At her middle school, Maya was happy not to be the only student who used a wheelchair, but another conflict arose: the wheelchair-accessible bus dropped her off at the bottom of a hill. Having to wheel herself uphill made Maya late to class, but it took the school a year and a half to allow the bus to drop her off at the front door.

If she had to do it over again, Maya's mother says she would have enlisted outside help to resolve some of these issues. Organizations like the Special Education Resolution Center (SERC) provide advice, mediation and training to schools and parents free of charge. "Developing an IEP is an ongoing process. It's human nature that people will not always be in agreement," their website explains. They encourage parents to seek help if their child's needs are complex or difficult to explain, or if past disagreements are taking the focus away from a child's present needs.

Joanne Pool Blades is a program manager at the SERC and says that most problems result from a lack of education. "Most teachers only get one class that covers all disabilities, and that's not really enough," she says. On the other hand, parents don't always understand educational jar-

*continued next page*

gon or special education policy. Misunderstandings on both sides can result in a loss of trust and a breakdown in communication. The SERC can help by sending trained mediators to IEP meetings, but Blades says that their most important work is conflict prevention. "We spend a third of our time doing training for parents and schools so that everyone knows what to expect," she explains. She adds that parent groups are welcome to call and receive free training.

Children and teens with disabilities may also need support socializing. Maya, who's now a high school junior and no longer needs a wheelchair, remembers feeling frustrated by the lack of social opportunities. "People would invite me to hang out, but it would be in a tiny space where my wheelchair didn't fit," she says. "There weren't a lot of organized activities for people in wheelchairs either. You could do Special Olympics or stay in and read a book, but there wasn't much in between."

Tulsa's Center for Individuals with Physical Challenges aims to change that. Their new 35,000 square-foot facility offers classes in everything from current events to stained glass design. The building features wide corridors, signage in a variety of formats, and easy-to-reach light switches that are accessible to people with a variety of abilities.

Other Tulsa-area programs are designed specifically for tweens and teens. At Hope's Crossing, students with illnesses and disabilities can participate in traditional summer camp activities with the help of specially trained counselors. "Our goal is to help campers love themselves and appreciate what they have," says founder Bob Degen.

Maya also recommends Camp Anytown, a leadership and diversity education camp for high school students run by the Oklahoma Council for Community and Justice. Rather than focusing specifically on disability, it trains young people to interact with peers from a wide range of cultural, social, and economic backgrounds. "It was the first time I really remember hearing about disability in an educational setting, and that was really powerful," Maya says. "We've realized that we need to teach kids about different races, different religions and even different sexual orientations, but we don't ever talk about different abilities."

This lack of education fuels demeaning stereotypes. Maya, who loves reading and writing and maintains near-perfect grades at Booker T. Washington High School, was especially frustrated by how many people assumed that she had a mental disability as well as a physical one. "People would lean in like they were talking to a child and use a baby voice," she recalls. "You don't realize what that behavior does to someone's psyche."

The United Spinal Association urges people to educate themselves about disability rather than expecting wheelchair users to educate everyone around them, advice that Maya concurs with. "It's really exhausting to have to explain yourself to every group you interact with," she says. The Association offers a free downloadable booklet covering the basics of wheelchair etiquette. Key tips include:

- Speak directly to wheelchair users, not their companion or caregiver.
- Consider the wheelchair part of an individual's personal space. Don't touch it or place objects on it.
- Ask if a person wants assistance before trying to help him or her. Suddenly being pushed by a stranger is frightening, and moving a wheelchair improperly can damage it.
- Don't make assumptions about what a person can and cannot do, or make decisions about whether he or she can participate in an activity.

Most importantly, the Spinal Association reminds people to focus on the person, not the disability. Maya thinks more people need to listen to this advice. "When you first meet someone, you don't need to know how they use the restroom or take a shower," she points out. "You need to know what music they like and what hobbies they have." Ultimately, she says, people should stop thinking of people who have disabilities as different and try to treat them just like anyone else. Although she's proud of her journey through her illness, she doesn't want it to define her. She says, "I'd rather be known for what I've done than what I am."

## Resources:

**Special Education Resolution Center**
9726 E. 42nd Street, Suite 203 | Tulsa, OK 74146
Phone: 918.270.1849 or 888.267.0028
Website: http://serc.okstate.edu

**Hope's Crossing**
Phone: 918.855.0817
Email: hopescrossingcamp@gmail.com
Website: www.hopescrossingcamp.org

**Camp Anytown**
A program of the Oklahoma Center for Community & Justice
Phone: 918.583.1361
Email: info@occjok.org
Website: www.occjok.org/programs/camp-anytown.html

**Center for Individuals with Physical Challenges**
815 South Utica Avenue
Tulsa, OK 74104
Phone: 918.584.8607
Website: www.tulsacenter.org

## Know Your Rights

Public school students in the United States who have been diagnosed as learning disabled or physically disabled are guaranteed a Free Appropriate Public Education (FAPE), thanks to the Rehabilitation Act of 1973 and the Individuals with Disabilities Education Act (IDEA). If you feel that your child has a learning disability, you can request testing from the school. Public schools are required to provide a FAPE, which may include specialized instruction and services that will prepare a child for further education, employment and independent living in "the least restrictive environment along with nondisabled peers."

Under FAPE, an "Appropriate Education" will include:

- education services designed to meet the individual education needs of students with disabilities as adequately as the needs of nondisabled students are met;
- the education of each student with a disability with nondisabled students, to the maximum extent appropriate to the needs of the student with a disability;
- evaluation and placement procedures established to guard against misclassification or inappropriate placement of students, and a periodic reevaluation of students who have been provided special education or related services; and
- establishment of due process procedures that enable parents and guardians to:
  * receive required notices;
  * review their child's records; and
  * challenge identification, evaluation and placement decisions.

Due process procedures must also provide for an impartial hearing with the opportunity for participation by parents and representation by counsel, and a review procedure.



BY NATALIE MIKLES

# Halloween party recipes

My earliest food memory is helping my aunt make caramel apples.

I was just a preschooler, so the most I did to help was push popsicle sticks into the apples before my Aunt Sandy gave them a dip into melted caramel. My aunt had four little children under her feet, and I'm sure we were all begging to help or making a fuss over who would get the first apple. But I hope she knows it was worth the trouble.

I think about those caramel apples sometimes when I'm debating whether to take on a project – cooking or otherwise – with my children. Sometimes, in all honesty, it's not worth the trouble. But usually, it's time well spent. I hope my kids will remember frosting cookies, shaping popcorn balls and making caramel apples with me, too.

October is a fun time to bring kids into the kitchen, whether it be for apple dumplings, pumpkin bread or spooky Halloween treats.

Or how about a Halloween party? You don't have to wait until Oct. 31. Invite some friends after school, and keep it simple with a couple of snacks and maybe a fun game in the backyard – while in costume, of course.



*I really like this caramel sauce from Simply Recipes. Of course you can unwrap the little squares of caramel and melt them in the microwave for quick caramel apples. But this homemade caramel sauce is worth the extra trouble. Sprinkle your finished apples with sea salt, M&Ms, chocolate chips or pecans.*

Note: You'll need a candy thermometer for this recipe.

**Homemade Caramel Apples**

- 1 cup sugar
- 1/2 cup (1 stick) unsalted butter
- 3/4 cup heavy whipping cream
- 1/2 cup dark corn syrup
- 1 tablespoon dark molasses
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 6 sturdy lollipop or popsicle sticks
- 6 medium apples (rinsed and patted dry, room temperature)

Place sugar, butter, cream, corn syrup, molasses, vanilla and salt in three-quart saucepan. Heat on medium to medium-low heat, and stir slowly with a wooden spoon until the butter has melted and the sugar has dissolved. If you see sugar crystals on the edge of the pan, brush them down with a wet pastry brush.

Let the caramel mixture come to a rolling boil, adjusting the heat so that the caramel doesn't boil over the pan. Continue to stir in a slow figure-eight pattern with a wooden spoon. Monitor the temperature of the caramel with a candy thermometer. When the temperature of the mixture reaches 240 degrees (after about 15 minutes or so of boiling), remove from heat and pour into a metal bowl.

Let the hot caramel mixture sit in the bowl until the temperature cools to just below 200 degrees, at which point you are ready to dip the apples.

Line a baking sheet with buttered aluminum foil. Insert the sticks into the center of the apples through the stem end.

Dip the apples into the sauce. Swirl each apple around in the sauce so that the caramel sauce completely coats the apple, except for the very top near the stick. Let the excess caramel drip back into the bowl.

Refrigerate for 15 minutes. Once the caramel has chilled a few minutes, remove from the refrigerator and press the caramel that has pooled at the bottom of the apples up against the side of the apples.

If you are using coatings, such as sprinkles or chopped nuts, roll the caramel apples in them now. Then return the apples to the refrigerator and chill for at least another hour.

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*Moms and dads will want sips of this delicious punch, too. It can be served cold or warm.*

**Halloween Punch**

- 3 cups cranberry-apple juice
- 3 cups water
- 15 hard cinnamon candies
- 1 (6-ounce) can thawed limeade concentrate, undiluted

Combine all the ingredients in a large pitcher. Cover and chill 8 hours or until candies are dissolved, for cold punch.

For warm punch, pour mixture into a large Dutch oven, and cook over medium heat until thoroughly heated.

*Make sure the mixture is cool enough for little hands if your kids are going to help make these.*

**Candy Corn Popcorn Balls**

- 8 cups popped popcorn
- 1 cup candy corn
- 1/4 cup butter
- 1/4 teaspoon salt
- 1 (10-ounce) bag marshmallows

Combine popcorn and candy corn in a large bowl.

Melt butter in a large saucepan over medium heat. Stir in salt and marshmallows. Reduce heat to low, and cook, while stirring, for about 7 minutes, or until the marshmallows melt and the mixture is smooth.

Pour marshmallow mixture over popcorn and candy corn, stirring to coat well. Lightly coat hands with cooking spray or butter; shape popcorn mixture into balls. This will make about 20 (2-inch) balls.








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BY BETTY CASEY

# Tree For All
## abilities and disabilities

When Lynn Endres set her sights on creating a special place for individuals with physical and developmental disabilities, she looked up, not down. Her idea was to build a treehouse. But not just any treehouse. This one would be accessible to all. Her inspiration came from her friends Brook and Jill Tarbel. Endres admired the couple for both their advocacy for people with disabilities, but also for the way they lived their lives. When they passed, Endres sought to honor them in a way that would be "a reminder to all of us to live life to the fullest," she said. "I wanted those same men, women and children that the Tarbels advocated for to have the opportunity to view the world from the tops of trees."

Endres also is guardian to her younger brother, John, who is developmentally disabled. "I wanted to create a place that would enrich his, and others', personal quality of life," she said.

That was the beginning of the Tree For All project. Endres partnered with the non-profit Ability Resources, and enlisted Tulsa architect Michael Birkes for the design. Tulsa County Parks offered a site on a cliff's edge at Chandler Park. Once the site was secured, surrounding projects grew. The Center for Individuals with Physical Challenges wanted to honor Nate Waters, so a landscaped area on the west side of the treehouse will become The Nate Waters Memorial Grove.




A TREE FOR ALL AREA PLANNED AT CHANDLER PARK.

Another special area will be The Spirit Walkway, which features 9,000 square feet of access-friendly paved trail with an inclusive design and turn-about areas for wheelchair maneuverability. Along the cliff's edge, The Wounded Veterans Meditation Garden is planned. It will have secluded seating, and its centerpiece will be a 12-foot wind chime and a light-sensitive device that will play Taps at sunset each evening.

And, because Nancy and Raymond Feldman were instrumental in securing the site at Chandler Park, they are being honored with The Nancy & Raymond Feldman Musical Sensory Zone. The sensory zone will have four outdoor instruments that are accessible to those of all abilities.

The Tree for All itself will offer visitors a 360-degree view. "It will sit some 30 feet off the canyon floor, accessed by a 30-foot expansion bridge from the cliff's edge," Endres explained. "During the summer months, you will definitely be in the canopy of the giant old oaks, but in the winter months, when the leaves drop, the view opens up to include the downtown landscape, the Arkansas River below, and all year round, the eagles fly overhead from their nesting site west of the park."

Endres added that Tree For All "will make it possible for

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ARTIST'S RENDERING OF A TREE FOR ALL AT CHANDLER PARK.

everyone, regardless of ability, to view the stunning rock formations that make up the north wall of this treasured destination."

Ensuring that all people can access all components of Tree For All is important to Endres. "The reality is, that even with a disability, in spite of their disability, those with physical and developmental challenges share the same desire as you and me to go places, see things, and be involved in their community's activities," she said. "The real issue isn't their disability, but rather the lack of accessibility."

While public facilities must meet minimal Americans with Disabilities Act (ADA) guidelines, Endres said those involved in the Tree For All project hope to go beyond that, providing access to rock formations that have never been seen because they aren't accessible. ADA guidelines can be expensive to retrofit to existing structures and to implement in new ones. "We've designed Tree For All to be compliant, as well as being built with materials that will require low to no maintenance," Endres said. Walkways, picnic tables, conservation displays and all equipment are designed to be accessible to everyone. "The project is also flexible in its layout to allow us to install future advancements in accessible outdoor activities."

Endres said the biggest issue now in completing the Tree For All project is money. While she and her project co-chair Richard Tibbs have secured several generous donations, and many organizations such as Up With Trees, The Oklahoma Native Plant Society, and the Tulsa County Commission led by Karen Keith, have all been instrumental in supporting the project, they need more cash donations to see the project to completion.

"If only 7,500 people gave $50 today, we could start building tomorrow!" Endres said. "But we would love to see kids organize group fundraising activities to help Tree For All get built."

> "The reality is that...those with physical and developmental challenges share the same desire as you and me to go places, see things, and be involved in their community's activities. The real issue isn't their disability, but rather the lack of accessibility."

Youth groups, scouting groups or any club, organization or business that would like to start a fund-raising drive is welcome to contact Endres. "One-hundred percent of donations go directly to the build," she said. "There are no salaries or overhead. No tax dollars or bond money is being used. We are proud to say that the project reflects local talent."

Endres wants Tree For All to be a destination for everyone. "Parks are about 'family,'" she said, "and while a playground is for the kids, Tree For All will be for everyone of every age."

**To Donate to Tree For All**

Send checks made payable to "Tulsa Community Foundation—Tree For All" to

Tulsa County Parks, ATTN: Tree For All, 2315 Charles Page Blvd., Tulsa, OK 74127. Donations may also be made by credit card via Pay Pal. Go to www.tulsatreeforall.org.

All donations are tax deductible.

Join Tree For All's Facebook page for up-to-date information; visit the website; contact Lynn Endres directly at tulsatree4all@yahoo.com.




BY NANCY A. MOORE

# Heather Matheson shares **peace, love** and **cookies**

The commercial kitchen inside Family and Children's Services (F&CS) provides one sweet home for Heather Matheson's cookie business: Peace, Love and Cookies. There, Matheson is able to spread peace and love to a special group of ladies she employs through the Women in Recovery (WIR) Program facilitated by F&CS. The combination of utilizing the F&CS kitchen for baking along with providing employment to several of the women in the program, who package the treats, has provided a mixture for success.

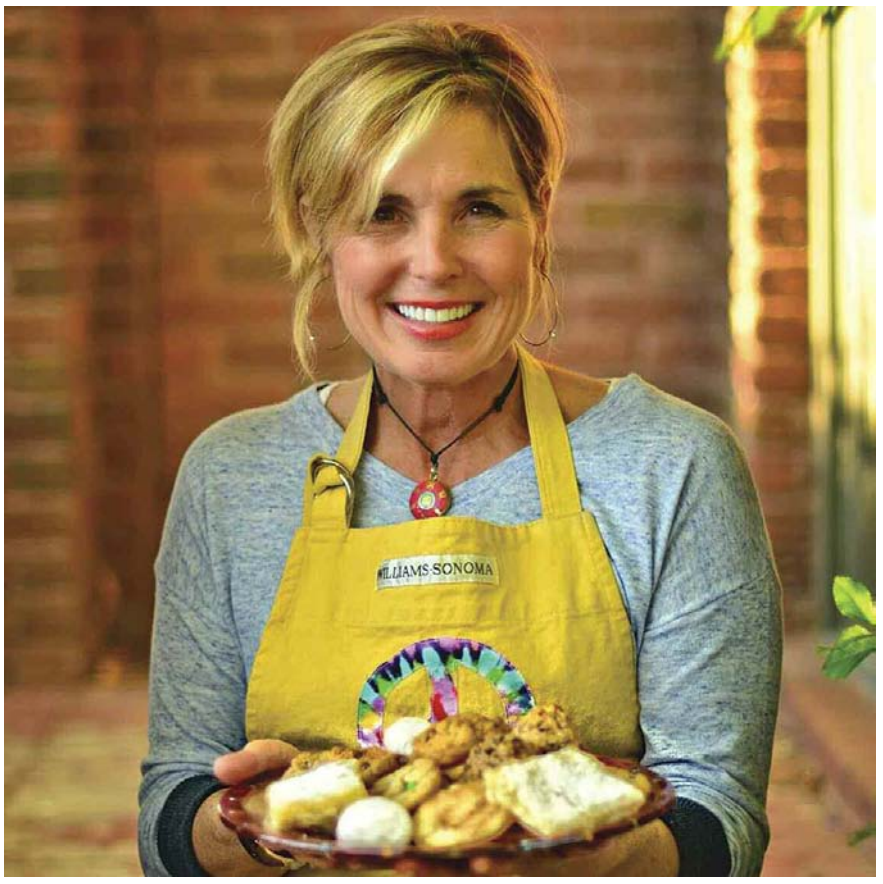



PHOTO CREDIT: HILL TAYLOR

**TK: How long have you been in business?**
**Matheson:** I started Peace, Love and Cookies in my own kitchen three years ago, shortly after the Oklahoma Home Baker's Act passed. This act allows producers to sell certain types of baked goods from home, but it also has limitations in annual sales.

**TK: How did your cookie business begin?**
**Matheson:** I have a master's degree in Social Work and had worked as a medical social worker for 20 years. I am also a mother to three sons, which has always been my greatest joy. My cookie business idea was born during a time of transition in my life. I realized I wanted meaningful work, but I also wanted to do something that I loved, and that gave me flexibility so that I could be home more with my boys.

**TK: What do you love about your job?**
**Matheson:** I have always had a passion for cooking and have very fond childhood memories of baking holiday cookies with my mother. Friends and family members have always loved the cookies I baked from family recipes.

**TK: Where did the name of your cookie business originate?**
**Matheson:** With a little help from some of my very smart and talented friends, I came up with the idea of Peace, Love and Cookies, homemade cookies that are baked fresh and delivered the same day, in creative, colorful packaging. My business name is symbolic of my hippy roots. I am also a lover of music, and decided to name each of the cookies after some great tunes.

**TK: What kinds of cookies do you offer?**
**Matheson:** I bake 12 varieties of cookies, including lemon bars, vegan organic cookies, and gluten-free cookies. They are delicious homemade cookies with the perfect mix of sweet and salty.

**TK: I'm sure your sons enjoy your cookies. What are their favorite flavors?**
**Matheson:** My sons would tell you that the chocolate chip cookies are the best!

**TK: What is the Women in Recovery Program and who does it help?**
**Matheson:** Women In Recovery, through Family and Children's Services, is an intensive outpatient alternative for women facing long prison sentences for non-violent, drug-related offenses. It operates in partnership with the George Kaiser Family Foundation. After learning about WIR, I knew that I wanted to be a part of this program. It is truly special.

**TK: What prompted you to get involved in the Women in Recovery program through Family and Children's Services?**
**Matheson:** After two years of business, I had outgrown my home kitchen and needed to find a licensed, commercial kitchen. I got the word out, and soon after

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was contacted by Mimi Tarrasch, director of Women In Recovery. She invited me to tour their state-of-the-art kitchen and learn about their program. After several more meetings to work out the logistics, Peace Love and Cookies had a new home!

**TK: What percentage of your sales do you donate?**
**Matheson:** I knew that I wanted to create a business that does some good and decided that 10 percent of my sales would be donated to a charity. For the first two years, I gave 10 percent of my sales to OK Center for Community and Justice, Different and the Same program (a child-focused program that helps prevent prejudice). Now, 10 percent of all sales is donated back to WIR.

**TK: What opportunities do you offer the WIR who work for you?**
**Matheson:** I employ some of the women in the program to help with packaging. I have the opportunity to mentor the women, which is the most exciting part for me. It is a joy to watch them grow and change in the program. They share their stories with me, and I feel privileged to have a small part in their recovery.

**TK: Can you share a success story that has occurred from working with one of the women?**
**Matheson:** I have one employee who has been working with me for almost a year. When she first started working with me, she did not have transportation. I would pick her up at her apartment at 4:30 a.m. and we would head to the kitchen. Several months ago, she purchased her own car with the money she has earned. She now meets me at the kitchen in the morning! Little victories like that make this job incredibly rewarding.

**TK: How much advanced notice do you require when placing an order for cookies?**
**Matheson:** I require one day's notice for orders. Since the kitchen is a central part of the WIR program during the day, I bake and package the cookies very early in the morning and then deliver them. I deliver primarily in midtown and downtown Tulsa, but will travel further for larger orders. The cookies are packaged by the dozen, and cost $11.95/dozen. Lemon bars are $13.95/dozen.

**TK: Where are your cookies sold?**
**Matheson:** You can order the cookies from my website: Peaceloveandcookies-tulsa.com or call 918.519.5131. All cookies are delivered the same day they are baked. I bake for small and large events (minimum order is one dozen). Several Tulsa businesses have weekly standing orders. The cookies make great gifts for all occasions and are a fan favorite. Plus, your order helps to fund a program that changes the lives of WIR participants and their families. As my label says, "every bite gives hope." It is truly a win-win!










BY DIANE TRITT EATON

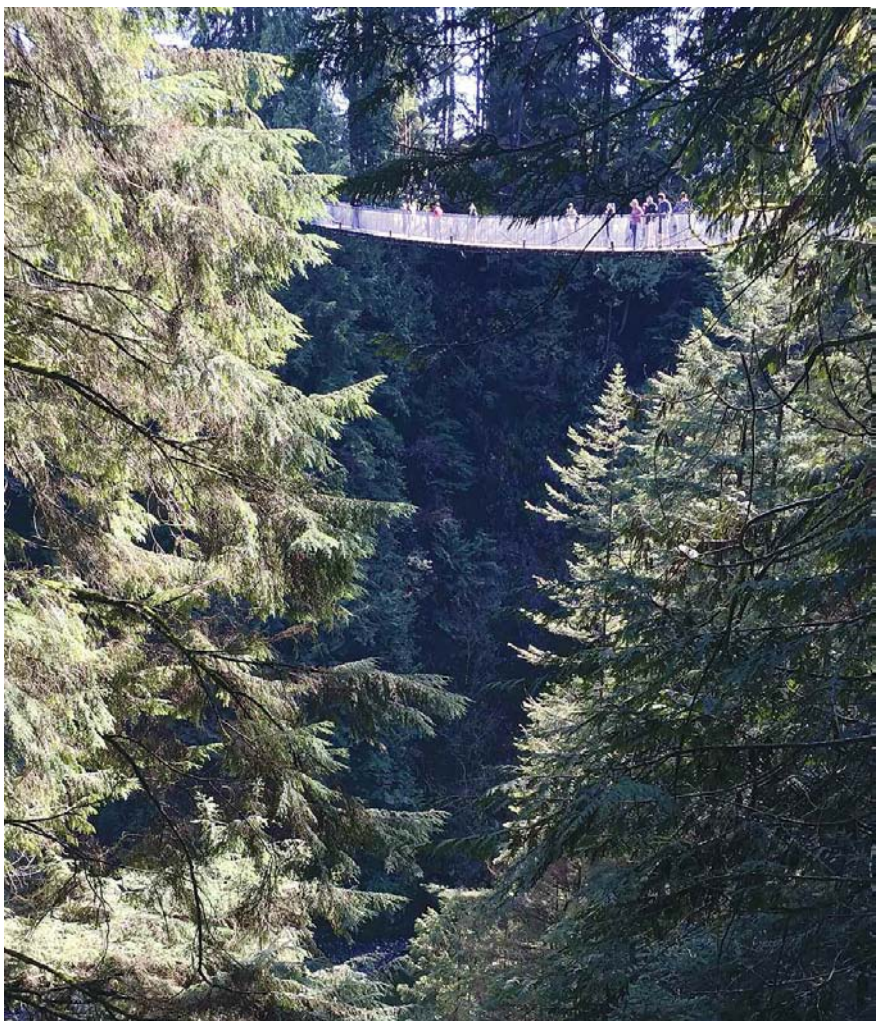
# Vancouver, Canada: where the mountains meet the sea

Purely from a visual standpoint, Canada's Vancouver, British Columbia, is one of the most incredible cities I've seen to date. It is a majestic metropolis where blue sea and snowcapped mountain landscapes are juxtaposed with mostly glass skyscrapers, waterfront developments and a plethora of parks. The city is richly adorned with sandy beaches and dense forests, too. Every vista from most any vantage point is stunning.

The vibe is laid back, despite Vancouver's sophisticated and cosmopolitan nature. Ethnically diverse citizens and visitors from around the globe harmoniously co-mingle in this great outdoor playground. The temperate climate, which perfectly suits centuries-old trees growing tall in the rainforests, also enables people to spend lots of time outside.

Whether exploring the surroundings on foot, by bike or ferry or on a seaplane above the fray, there's much to discover. An added bonus is that simply living (and breathing) here seems easier than in other cities.

Vancouver's proximity to nearby Whistler, an Olympic Village and ski resort only two hours away, was my initial reason for choosing the city as our Spring Break 2016 destination. The original plan was to take day trips and ski for at least half of our week-long vacation, using downtown as base camp. Other skiing options closer to the city are Grouse and Cypress Mountains, which were on the docket. One day at Whistler was grand but, by unanimous vote, the lure of exploring Vancouver overshadowed further slope time.



CAPILANO SUSPENSION BRIDGE.

**Personal Favorite To Do's**

It's difficult to narrow down my personal favorites list, but if you and your family do nothing more than the following activities during your stay, I feel confident that you'll become as excited about Vancouver as I am.

**Take a Walk**

Before doing anything else, walk around the waterfront, simply paying attention to the views. Stroll around the dazzling downtown and visit the little neighborhoods, including the Gastown district with its pretty streetlights and happening restaurants. Notice the people, happy and relaxed, operating at a slower pace. Listen to the sounds and watch for birds, especially bald eagles. Take lots of photos because you may want to blow one or two up for all to admire.

**Capilano Suspension Bridge**

250 feet high above the river below and 460 feet across the canyon, the Capilano Suspension Bridge will thrill all. Since 1889, folks have been visiting this North Vancouver attraction. To

continued next page



AERIAL VIEW OF VANCOUVER.

add to the fun, enjoy the Swiss Family Robinson-esque Treetop Adventures, a relatively new activity on the west side of the suspension bridge. Each of seven footbridges is suspended roughly 100 feet above ground and span from one mature Douglas fir tree to another. Lastly, after successfully challenging your troop to tackle the Cliff Walk, a stop at the onsite homemade fudge shop might be a great bravery reward for everyone.

**Off To Stanley Park We Go**

One of the largest parks in North America and one of the highest ranked world-wide, Stanley Park is a magical retreat. Jutting out along the peninsula, the park is home to ancient fir, cedar and hemlock trees that sweep the sky (at up to 250 feet tall), a world-class aquarium (featuring white beluga whales), and sandy beaches for sunning and swimming. Surrounded by Vancouver Harbor and English Bay, the 1,000+ acre mecca is fringed by a 5.5 mile, man-made sea wall, built for walkers, joggers, skaters and bikers to enjoy. Overlooking the sea where ships and vessels come in is the Teahouse restaurant, serving up seafood and wine to supplement unbeatable sunset views.

**"Sea to Sky" Highway Drive**

If you choose to head up to Whistler to ski or simply visit the Olympic Village, this 75-mile drive along the coast from Vancouver to Whistler is worth its weight in gold. You'll want to take a thousand pictures because the views around each curve are simply jaw dropping and the vistas of glistening Howe Sound edging up to rocky cliffs with mountain peaks in the distance are breathtaking. It's no wonder that National Geographic calls this one of the most scenic routes the world over.

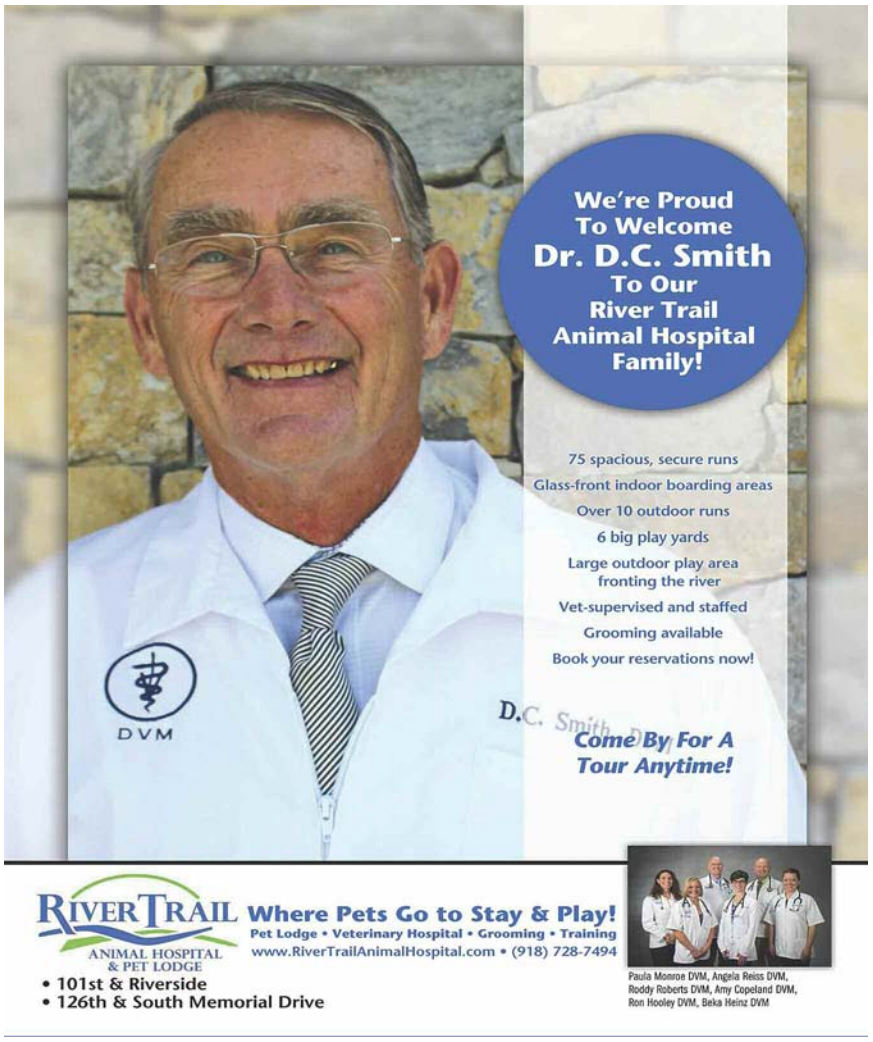
**FlyOver Canada**

Shown multiple times each day in the architecturally impressive Convention Center at the end of a pier, the "Flyover Over Canada" experience is extraordinary. Just hold on tight while strapped into your seat (that moves in a half-dozen directions) and prepare for a simulated flight over Canada's natural beauty, including close encounters with the Colorado Rockies with a final landing in Vancouver, of course. Super cool special effects such as mist and wind further enhance the feeling that you really are in flight.

**The US Dollar Works Wonders**

Remember, US currency goes further in Canada. In fact, the exchange rate in September 2016 is averaging around $1.32 Canadian dollar to $1.00 US, meaning it's almost 1/3 less expensive to make purchases there. Transportation, hotel accommodations, restaurants, shopping and entrance fees at exhibits, parks and museums are all a bargain, in many cases. With the family in tow, savings really add up.

By now, it's apparent that Vancouver "had me at hello." The question is, will it be a love at first sight experience for you, too?




**Bowl-n-Spoon**
4510 S. Peoria
Mon.-Thur.: 7 a.m. – 8 p.m.
Fri. & Sat.: 7 a.m.- 10 p.m.
Sun.: 8 a.m. – 3 p.m.
918.232.5542

BY DANIELLE HILL

# mom was right: breakfast is the best meal

## (AND BOWL-N-SPOON SERVES IT ALL DAY)

In a town bursting at the seams with dining options to suit every palate and craving, it's difficult to find a restaurant that truly offers something new and delightful, an experience that you can't say you've had before. Well, look no more because that unique place has been found—introducing Bowl-n-Spoon, Tulsa's very own cereal bar.

While you're probably familiar with the customizable ice-cream eateries, when's the last time you can say you dined at a customizable cereal bar? Located in the heart of Brookside at 45th and Peoria, Bowl-n-Spoon offers fun and delicious delights for the whole family, with options that both kids and adults alike will find irresistible.

Bowl-n-Spoon owner Jamie Horton opened the cereal bar in July 2016. As for what partially inspired Horton to open a restaurant like Bowl-n-Spoon, she says that "As a mom, I knew that cereal was a big part of my kids' lives, but like all moms, I always bought the healthy cereal and didn't let it be taken to the next level."

With it's wide range of offerings, Bowl-n-Spoon is a special treat for families looking to add a little fun to life. In fact, since opening, Horton says she's been pleasantly surprised to see that Bowl-n-Spoon has been visited and enjoyed by a wide array of customers from families and grandparents with grandchildren to young couples and even colleagues out for a business meeting.



MIXOLOGIST CREATES A CEREAL CONCOCTION.

As you might have already guessed, cereal is the star on Bowl-n-Spoon's menu, and the best part is that guests have the option to make a cold cereal concoction that is as unique as they are, courtesy of Bowl-n-Spoon's "mixologists." Ready to work their magic at the cereal bar, these mixologists specialize in combining each customer's chosen cereals and toppings into a bowl of deliciousness served with a side of milk poured straight from a vintage milk bottle. In total, Bowl-n-Spoon offers an array of 30 cereal options, including classic favorites such as Fruit Loops, Lucky Charms, Special K, and many more. And, if customers so desire, they may choose from a variety of 20 toppings, including fruit, nuts, Greek yogurt, and fun additions such as coconut and several different candy options.

For customers with special dietary requirements or food allergies, Horton says that Bowl-n-Spoon offers cereal varieties such as Chex, Cheerios and Fruit Loops, which are all gluten-free. And, in addition to cow's milk options, such as whole, 2 percent, skim, strawberry, and chocolate, Bowl-n-Spoon offers several allergy-friendly options, including soy, rice, Lactaid, and almond—so everyone can partake in the cereal fun.

*continued next page*

If you aren't a cereal person or simply aren't in the mood for a cereal concoction, Bowl-n-Spoon If you're looking for something to satisfy a craving for something savory, Bowl-n-Spoon has several panini options, which come with chips or fruit. Horton's personal favorite is the egg Panini — egg, bacon, cheese and a touch of maple syrup nestled into a bagel and cooked in a panini press. And, every panini needs a caffeine accompaniment which, in Horton's case, is a cup of Guatemala coffee with cream.

Other noteworthy features of Bowl-n-Spoon's menu are the malted Belgian waffles, the smoothie bowls featuring fruit and yogurt, and the sweet and savory bacon bundles, which Horton says are a crowd favorite. Additional menu items can be found at Bowl-n-Spoon's website: www.bowl-n-spoon.com.

Now for the really fun part: Bowl-n-Spoon is about more than just food. In addition to the kid-friendly atmosphere that features games, cereal choices displayed in candy jars, and a large-screen TV showing vintage cartoons and episodes of I Love Lucy, Bowl-n-Spoon hosts birthday parties. Currently, there are two options for party themes: superhero and slumber party, and both come with a variety of games, crafts, and, of course, FOOD!

Whether you visit Bowl-n-Spoon for the cereal, the parties, or the atmosphere, there's no question you and your family are in for a fun surprise. As Horton says, "In the business of life's challenges, Bowl-n-Spoon represents a presence of taking a moment and finding a little peace in this crazy world. We hope that [customers] walk away knowing they were noticed and feeling full of peace, love and happiness."










# HALLOWZOOEEN

## HANG OUT AN EXTRA SATURDAY & SUNDAY

# HOUR



TulsaZoo

## NIGHTLY HOURS

| THURSDAY | FRIDAY | SATURDAY | SUNDAY | MONDAY |
|---|---|---|---|---|
| 27 | 28 | 29 | 30 | 31 |
| 6:30-8:30 | 6:30-8:30 | 5:30-8:30 | 5:30-8:30 | 6:30-8:30 |

tulsazoo.org/boo for tickets and details

THANKS 2016 MAJOR SPONSORS:

QuikTrip · CommunityCare · Burger King · Coca-Cola

2016 CONTRIBUTING SPONSORS:

HILTI · SUBWAY · First Federal Oklahoma Credit Union · Therapy Beyond · Spirit AeroSystems · U.S. Cellular

2016 GOBLIN STOPS:

BP America, Inc. | Helmerich & Payne | OU Physicians-Tulsa

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# OCTOBER




Racers take off at the annual Tulsa Zoo Run.

## 1 | SATURDAY

**Tulsa Zoo Run**
Whether you're a strolling tortoise or a racing hare, with a 5k, 10k and 1-mile FunRun, there is a pace for everyone. ZooRun is the second-oldest running event in Tulsa and sixth-largest race in the state. Sign up at tulsazoo.org.

**Helping Children Cope with Divorce**
Family & Children's Services is the place to turn for help when parents live apart. This seminar will make difficult life transitions easier for you and your children. North Park Trinity Baptist Church 2999 N. Sioux (off Highway 66, east on Stuart Roosa Blvd., north on Sioux); 9 a.m.-1 p.m.

**Looking at Leaves**
Have fun with leaves before they change for fall at the Tulsa Botanic Garden, 10 a.m.-2 p.m.

**Bark For Life of Tulsa**
The American Cancer Society Bark For Life is a fundraising event associated with Relay For Life. Bark For Life honors the care-giving qualities of our canine "Best Friends" and caregivers. Hunter Park 5804 E 91st St.; 9 a.m.-noon. www.relayforlife.org/barkfortulsa

**JRDF Walk Tulsa 2016**
JDRF One Walk has a single goal: creating a world without type 1 diabetes (T1D). Guthrie Green, 9 a.m. www.guthriegreen.com

**Walk with Compassion Tulsa**
Walk With Compassion is the walk to end child poverty. Leading up to the walk, Tulsa is working together to raise life-changing funds benefiting children in the developing world suffering from extreme poverty. Haikey Creek Park, 11327 S Garnett Rd.; 9:30-11 a.m. www.walkwithcompassion.com

**Art in the Square**
Beautiful Utica Square is the backdrop for over 90 local artists as they showcase their work. As you stroll down the tree-lined sidewalks, you can admire the different mediums of art ranging from watercolors and stained glass to pottery, sculpture and woodturning. Utica Square, 10 a.m. www.uticasquare.com

**Zumba with Carlos {FREE}**
Start your Saturday morning right with some fun dance moves set to upbeat Latin rhythms. Wear tennis shoes and comfortable clothes you can move in! For all ages. Martin Regional Library, 2601 S Garnett Rd.; 10 a.m.

**OETA Fall Literacy Festival {FREE}**
The Fall Literacy Festival features interactive educational activities and entertainment designed for prekindergarten through third-grade students. The event celebrates literacy and establishes an interest in learning. Will Rogers Park, 3400 North Portland Ave. in OKC; 10 a.m.-2 p.m. OETAtv./education

**Mini Masters: Five Senses in Art**
Kids will explore the galleries and gardens of Gilcrease Museum as they use their five senses - sight, sound, hearing, taste and touch. For ages 3-6, who must be accompanied by an adult. Because of the age-specific activities, only children ages 3-6 may participate. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon. www.gilcrease.utulsa.edu.

**Saturday Morning Movie: "Babe The Gallant Pig" {FREE}**
Stay in your pajamas and enjoy a fun movie at the library. For families. Broken Arrow Library, 300 W Broadway Ave.; 10:30 a.m.-noon.

## 2 | SUNDAY

See sidebar for on-going events/ activities.

## 3 | MONDAY

See sidebar for on-going events/ activities.

## 4 | TUESDAY

**Mini Masters: Five Senses in Art**
See previous description, noon.

**DIY Fiesta!**
Learn how to plan and prepare your own fiesta, complete with items such as piñatas and more! Join us for some great hands-on fun! For all ages. Martin Regional Library, 2601 S Garnett Rd.; 4 p.m.

## 5 | WEDNESDAY

**1, 2, 3 Play With Me** {FREE}
Join in for this five-week series that involves toddlers and their parents and caregivers and features local professionals who serve as resources for parents. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B.; 10 a.m.-5 p.m. Oct. 5 - Nov. 2. Call 918.549.7542 to register.

## 6 | THURSDAY

**Museum Babies at Gilcrease**
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments.For ages Birth to not yet three years old, accompanied by caregiver. Space is limited and advanced registration is required. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m. www.gilcrease.utulsa.edu

**Hands On!** {FREE}
Busy hands, busy brain! Join in to explore, experiment and create. Be ready to get messy! For ages 3-8. Central Library, 400 Civic Center; 10:30 a.m.

**Safe Kids Car Seat Check-Up** {FREE}
Get your car seat evaluated by trained professionals. Broken Arrow Fire Department Station 6, 3151 N 9th St (55th St & Lynn Lane); 1-3 p.m.

**Dog Night in the Garden**
Pups, bring your people for a walk in the Garden. They will have wading pools and treats just for you. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 5-8 p.m. www.tulsabotanic.org.

**Minecraft Gaming** {FREE}
Put your imagination to the test building your own world in the popular game Minecraft. For ages 10-18. Hardesty Regional Library, 8316 E. 93rd St.; 6-8 p.m.

**BA Sidewalk Astronomers: Lord of the Bling**
{FREE} Examine the many phenomena in the rings of Saturn, moonlets, shepherd moons and disruptions in the rings by constructing a model. For all ages. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 6:30-7:45 p.m.

**Meet Author Zoraida Córdova** {FREE}
Meet Zoraida Córdova, author of "Labyrinth Lost," the "Vicious Deep" series and more. Córdova will speak about her life as an author, answer questions and sign books. Books will be available for purchasing. For teens and adults. Hardesty Regional Library, 8316 E. 93rd St.; 7-9 p.m.

## 7 | FRIDAY

**Museum Babies at Gilcrease**
See previous description, 10:30 a.m.

**Aqua-Tots at the Oklahoma Aquarium**
Bring your little ones out for a special Seaside Story Time and join educators for an interactive experience. Oklahoma Aquarium, 300 Aquarium Dr.; 11 a.m. www.okaquarium.org

**First Friday Art Crawl**
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show art. The Art Crawl is held on the first Friday of the month and open from 6–9 pm in the Brady Arts District. www.bradyartsdistric.com

## 8 | SATURDAY

**2016 Tulsa Walk for Children with Apraxia of Speech**
A fun event to recognize local children who are fighting Childhood Apraxia of Speech. There will be a balloon artist, arts and crafts and an award ceremony. LaFortune Park - Southease Pavilion, 61st & Yale; 9 a.m.-noon.



### AUTUMN IN THE GARDEN

From October 11 through November 13, Tulsa Botanic Garden is transforming into an autumn paradise! The popular Pumpkin Patch and Scarecrows in the Garden are back. Featured elements throughout Autumn in the Garden include a hay maze on the "island," pumpkin creatures and totems, and the golden pumpkin hunt. Find event details at www.tulsabotanic.org.

**Bixby Model Train Show**
Browse around and watch the train layouts. Bring your old trains to buy, sell or trade. Bixby Community Center, 211 N Cabaniss Ave.; 9 a.m.-3 p.m. www.parks.tulsacounty.org

**Art on Main**
Art on Main is a one-day celebration of Oklahoma art, wine and music. Featuring artists from across the state, Art on Main, includes art from many mediums including painting, sculpture, photography and more. Downtown Jenks, 9 a.m.-5 p.m.
Find more at www.jenkschamber.com.

**Second Saturday at Philbrook** {FREE}
Bring out the inner artist in each member of the family and experience Philbrook in a whole new way! Visit on the second Saturday of each month for free family-friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum of Art, 2727 S. Rockford Rd.; 10 a.m. www.philbrook.org

**Hardesty Teen Anime/Manga Club** {FREE}
Discuss your favorite manga characters and books while making a craft. For ages 12-18. Hardesty Regional Library, 8316 E. 93rd St.; 1-2:30 p.m.

**Future For Our Youth Extravaganza**
The Future For Our Youth Extravaganza is organized as a Fall Festival for the family. Admission is FREE to the public. The event serves as a community fundraiser for Education For Scholars, Inc. that reaches the youth of Tulsa with mentoring and educational services. Virginia College, 5124 S Peoria Ave.; 11 a.m.-5 p.m. www.educationforscholars.org

**Costume Parade at Pottery Barn Kids**
Get dressed up in Pottery Barn Kids' costumes, walk the run way, enjoy a special prize, a parade through the store and more. Limited spots for ages 0-12 years old. Call the store to sign up: 918.743.1700. Pottery Barn Kids, Utica Square; 2 p.m.

**Light up the night with Girl Scouts at the Thin Mint Sprint GLOW Run!**
This year there are more ways to join the fun – be a virtual runner, a Rah Rah Raisin cheerleader, enjoy the activity stations. Participants are encouraged to wear their brightest glow-in-the-dark costumes. Bentley Park Sports Complex, 8505 E 148th St.; 6:30 p.m. Find more at www.gseok.org.

# COMMUNITY STORYTIMES

**Bixby Library (20 E. Breckenridge, Bixby)**
- Preschool Storytime: Mondays, Oct. 3, 17, 24, 31 • 11-11:30 a.m.
- My First Storytime: Mondays, Oct. 3, 17, 24, 31 • 10:10-10:30 a.m.

**Broken Arrow Library (300 W. Broadway, Broken Arrow)**
- My First Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-10:50 a.m.
- Preschool Storytime: Mondays, Oct. 3, 17, 24, 31 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Oct. 12 • 4-5 p.m.
- Evening Family Storytime: Thursday, Oct. 6 • 7-7:30 p.m.

**Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)**
- Preschool Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Oct. 5, 12, 19, 16 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Oct. 5 • 4:30-5:30 p.m.

**Brookside Library (1207 E. 45th Pl., Tulsa)**
- Preschool Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 10:15-10:45 a.m.
- My First Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 11-11:20 a.m.
- PAWS for Reading; Friday, Oct. 21 • 3:30-4:30 p.m.

**Central Library (400 Civic Center, Tulsa)**
- Family Fun Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11 a.m.
- Babies, Bubbles & Books: Wednesdays, Oct. 5, 19 • 10:30-11 a.m.
- PAWS for Reading: Saturday, Oct. 8 • 1-2 p.m.
- Toddlers, Trikes & Tales: Wednesdays, Oct. 12, 26 • 10:30-11 a.m.

**Charles Page Library (551 E. Fourth St., Sand Springs)**
- Storytime with Ms. Julia: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11:20 a.m.

**Hardesty Regional Library (8316 E 93rd St., Tulsa)**
- My First Storytime: Mondays, Oct. 3, 17, 24, 31 • 10-10:20 a.m. and Tuesdays, Oct. 4, 11, 18, 25 • 10-10:20 a.m.
- Toddler Time: Tuesdays, Oct. 4, 11, 18, 25 • 11-11:20 a.m. and Wednesdays, Oct. 5, 12, 19, 26 • 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, Oct. 6, 13, 20, 27 • 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 11-11:30 a.m.

**Helmerich Library**
- Stay-And-Play Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11:30 a.m.

**Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)**
- My First Storytime: Thursdays, Oct. 6, 13, 20, 27 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, Oct. 12, 26 • 3:30-5 p.m.
- Sensory Storytime: Saturday, Oct. 22 • 10:30 a.m.-noon

**Jenks Library (523 W. B St., Jenks)**
- My First Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 10-10:15 a.m.
- Preschool Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 10:30-11 a.m.
- PAWS for Reading: Tuesday, Oct. 4 • 4-5 p.m.

**Kendall-Whittier Library( 21 S. Lewis, Tulsa)**
- Bilingual Storytime: Wednesdays, Oct. 5, 19, 26 • 10-10:45 a.m.

**Martin Regional Library (2601 S. Garnett Rd., Tulsa)**
- Bilingual Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 11-11:30 a.m.

**Nathan Hale (6038 E. 23rd St., Tulsa)**
- Mrs. Cindy's Storytime: Thursdays, Oct. 6, 13, 20, 27 • 10:30-11 a.m.
- PAWS for Reading: Saturday, Oct. 22 • 2-3 p.m

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

**Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)**
- Preschool Storytime: Tuesdays, Oct. 4, 11, 18, 25 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Oct. 5, 12, 19, 26 • 10-10:20 a.m. & 10:30-10:50 a.m.
- Bilingual Storytime: Tuesday, Oct. 25 • 10:30-11 a.m.

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

## 9 | SUNDAY

See sidebar for on-going events/ activities.

## 10 | MONDAY

**Savour & Stroll**
Savour & Stroll is the signature fundraising event for Lindsey House. Proceeds directly benefit the mothers and children who call Lindsey House home. Greenwood Cultural Center, 322 N Greenwood Ave.; 6 p.m. Find out more about Lindsey House at www.lindseyhourse.org.

## 11 | TUESDAY

See sidebar for on-going events/ activities.

## 12 | WEDNESDAY

**Cubelets {FREE}**
Build your own simple robot with Cubelets. For ages 9-16. Schusterman-Benson Library 3333 E 32nd Pl.; 4-5 p.m.

## 13 | THURSDAY

**ZACH: Teen Time @ Zarrow**
This exciting teen art program is designed especially for the homeschooling community. Students will enjoy an arts enrichment experience with a consistent concept of the month presented. Zarrow Center for Art & Education, 124 East M.B. Brady Street; 10 a.m. www.gilcrease.org

**Museum Babies at Gilcrease**
See previous description, 10:30 a.m.

**LEGO Club {FREE}**
Create and build with LEGOs. All Legos are provided by the library and must stay at the library. For all ages. Rudisill Regional Library, 1520 N Hartford Ave.; 3:30 p.m.

**Craft Day: Make and Take {FREE}**
Imagination is the key to creating a great craft. Come and see what you can do! They'll have face painting too. For ages 8-15. Nathan Hale Library, 6038 E 23rd St.; 3:30 p.m.

**Coding for Teens**
Join in for an introduction to the basics of computer coding. For ages 12-18. Registration is required; 918.549.7323. Central Library, 400 Civic Center; 4 p.m.

**LEGO Lab {FREE}**
Learn new building ideas, partner with other children during team-building challenges and explore free building. For ages 6-12. Martin Regional Library, 2601 S Garnett Rd.; 4 p.m.

**Helping Children Cope with Divorce**
See previous description, Tulsa Technology Center 4000 W. Florence; 4:30-8:30 p.m.

**SeekingSitters Member Appreciation {FREE}**
Come play at the free SeekingSitters Tulsa Metro Member Appreciation Tailgate Event hosted by Purple Glaze South (6528 91st St.); 3-6 p.m. This free, public event is open to the whole family with games, food, charitable auction and more. All proceeds go to The Little Light House. www.seekingsitterstulsa.com

## 14 | FRIDAY

**My Flowetry Is Like ... Spoken Word Workshop and Performance {FREE}**
If you and your teen share a flair for spoken word poetry, word play and creative self-expression, then join us for this spoken word workshop and performance. Rudisill Regional Library, 1520 N Hartford Ave.; 10 a.m.-noon

**Mini Masters: Five Senses in Art**
See previous description, 10 a.m.

**Museum Babies at Gilcrease**
See previous description, 10:30 a.m.

**Sleep with the Sharks at the OK Aquarium**
Ever wonder what it would be like to snooze alongside sharks? Enjoy a dive show, scavenger hunt, flashlight tour and movie, then spend the night alongside the exhibits. Oklahoma Aquarium, 300 Aquarium Dr.; 6 p.m.

## 15 | SATURDAY

**Safe Kids Car Seat Check-Up {FREE}**
Get your car seat evaluated by trained professionals. Jenks Fire Department Station 2, 1115 W 121st St (121st between Peoria/Elm & Elwood); 10 a.m.-noon

**Grief and the Holidays {FREE}**
During the holidays we miss loved ones we have lost. This seminar will cover ways we can accept the loss, move on and begin to embrace the holidays anew. For adults. Suburban Acres Library, 4606 N Garrison Ave.; 10:30 a.m.

**Imagination Days at AHHA** {FREE}
AHHA invites families to learn about the art of our time and experience it first-hand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills. Hardesty Arts Center (AHHA), 101 East Archer St. 1-5 p.m.

**Blood and Gore Halloween Makeup** {FREE}
Come and work with the talented artists from Clary Sage College to form the perfect Halloween makeup to go with your costume. For ages 12-18. Registration is required: 918.549.7550. Hardesty Regional Library, 8316 E. 93rd St.; 2-4 p.m.

**Chandler Park Fireside Scary Tales** {FREE}
Come listen to storytellers spin tales! Bring your blankets and camp chairs and scary story if you have one to tell.
S'mores & Cider; 6:30 - 7 p.m.
Stories: 7 - 8 p.m.
Chandler Park, 6500 W 21st St.

## 16 | SUNDAY

See sidebar for on-going events/ activities.

## 17 | MONDAY

See sidebar for on-going events/ activities.

## 18 | TUESDAY

**LEGO Club** {FREE}
Create and build with LEGOs. Work on your own creation or build as a team. They'll provide the LEGOs, you provide the imagination. All LEGOs must stay at the library. No sign-up is required and all ages are welcome. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.

**Both Animals of the Sky @ Jenks Planetarium**
See planets up close. Fly to distant stars and galaxies. Even rediscover our very own earth in ways never thought possible. Jenks Planetarium, 205 East B St.; 7 p.m.; $7/person

## 19 | WEDNESDAY

**Homeschool Class at Philbrook**
Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Philbrook Museum
2727 S Rockford Rd.; 1 p.m. Philbrook members only; $10 per class.

## 20 | THURSDAY

**STEAM Workshop** {FREE}
Experiment with LittleBits and Cubelets to learn about electricity and robotics. For ages 10-14. Registration is required: 918.549.7595. Martin Regional Library, 2601 S Garnett Rd.; 1 p.m.

**Safe Kids Car Seat Check-Up** {FREE}
Get your car seat evaluated by trained professionals. Tulsa Fire Department Station 22, 7303 E 15th St (15th St between Sheridan & Memorial); 2 p.m.

## 21 | FRIDAY

**LEGO Cinema** {FREE}
Everyone loves "The LEGO Movie"! Come to the Garden to watch it again and play with LEGOs. For ages 5-12. Central Library, 400 Civic Center; 10:30 a.m.

**Fall Break Family Drop-In Days @ Zarrow**
{FREE} Celebrate fall break downtown. Enjoy this free drop-in program designed especially for families to spend quality time together creating fun, fall art projects.

## 22 | SATURDAY

**2016 Walk to End Alzheimer's**
Join the Alzheimer's Association Walk to End Alzheimer's® and be inspired by all the footsteps that fall into place behind yours. Guthrie Green 111 E. Mathew B. Brady St.; 8 a.m. Find out more at www.tulsawalk.org.

## 23 | SUNDAY

**Buddy Walk - Down Syndrome Association of Tulsa**
The Buddy Walk is a multi-city advocacy walk in which people with Down syndrome invite "buddies" to walk with them. Buddies can be anyone from friends to teachers or coworkers to politicians. The Tulsa Buddy Walk will include entertainment, prize giveaways, games and fun activities for the whole family. DSAT exists to enhance the lives of individuals with Down syndrome, their families and their communities.
Oral Roberts University,
7777 S. Lewis; 1:30 p.m.



## OCTOBER FESTIVALS & SPECIAL EVENTS

**TULSA STATE FAIR**
When: Thursday, September 29 - Sunday, October 9 (times vary); Where: Tulsa Fairgrounds
The Tulsa State Fair is the City's largest family event, providing educational experiences and entertainment during an 11-day span. With the goal of providing and educational and entertaining experience to the community, it has over 100 years of history and continues to stand out as one of the premier fairs in the country, with an estimated attendance of 1.2 million in 2015. Find out more at www.tulsastatefair.com.

**ART ON MAIN**
When: Saturday, October 8; 9 a.m.-5 p.m.; Where: Downtown Jenks
Art on Main is a one-day celebration of Oklahoma art, wine and music. Featuring artists from across the state, Art on Main, includes art from many mediums including painting, sculpture, photography and more. Find more at www.jenkschamber.com.

**BRUSH CREEK BAZAAR**
When: Friday, October 14, 9 a.m.- 6 p.m.; Saturday, October 15, 9 a.m. - 6 p.m.; Sunday, October 16, noon - 5 p.m.
Where: The Barn, 10900 S. Louisville
The Brush Creek Bazaar is an outdoor festival that has something for everyone. It is an "arts paradise" showcasing more than 80 craft vendors. This 3-day event also features live music of all genres. Don't miss the kid zone with face-painting, pony rides, a pumpkin patch and more.
Find more at www.brushcreekbazaar.org.

**EAT STREET TULSA**
When: Saturday, October 15, 11 a.m.-10 p.m..; Where: Blue Dome District in downtown Tulsa
Eat at one or all of your favorite food trucks accompanied with live music. Be sure and bring the kids to check out the kid zone! Find more at www.eatstreettulsa.com.

**THE TULSA RUN**
When: Saturday, October 29, times vary; Where: Downtown Tulsa
Since 1978, thousands of runners have convened in downtown for this iconic footrace. With races for all skill levels , this race is fun for all. Find out more at www.tulsasports.org/tulsarun.

**OKTOBERFEST**
When: Thursday, October 20, 5 - 11 p.m.; Friday, October 21, 11 a.m. - 1 a.m.; Saturday, October 22, 11 a.m. - 1 a.m.; Sunday, October 23, noon - 6 p.m.
Where: River West Festival Park, 2100 S. Jackson Ave. in Tulsa
Linde Oktoberfest Tulsa celebrates an authentic Bavarian culture in the heart of Oklahoma, and represents an incredible setting patterned after Oktoberfest Munich in Bavaria, Germany. Presenting international German bands, Bavarian delicacies, authentic arts and crafts as well as games and competitions for the entire family, this Tulsa tradition is in its 38th year. Find more at tulsaoktoberfest.org.

## 24 | MONDAY

**Forest, Prairie or Pond at Oxley Nature Center**
Pretend you are an animal and determine which habitat best fits your animal needs. For ages 1 through 5 years, with caregiver. Call to register: 918.745.9264. Oxley Nature Center, 10:30 a.m.

## 25 | TUESDAY

**Spectacular Seasonal Science** {FREE}
Enjoy shrieking balloons, flying tea bags, glow-in-the-dark slime, and fun and exciting experiments and demonstrations. For ages 10-15. Herman and Kate Kaiser Library, 5202 S Hudson Ave Suite B; 4 p.m.

## 26 | WEDNESDAY

**TARC Teen "Connections" Group**
This a social skills group for middle and high school students with Asperger's and high functioning autism. For more information, contact Sherilyn at 918.582.8272. TARC Office, 2516 E 71st St, Suite A; 4:30 p.m.

## 27 | THURSDAY

**Hands On!** {FREE}
Busy hands, busy brain! Join in to explore, experiment and create. Be ready to get messy! For ages 3-8. Central Library, 400 Civic Center; 10:30 a.m.

**Safe Kids Car Seat Check-Up** {FREE}
Get your car seat evaluated by trained professionals. Bixby Fire Department Station 2 8300 E 121st St (121st St between Memorial & Mingo); 2-4 p.m.

**TARC Moms & Dads Support Group**
This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. TARC Office, 2516 E 71st St, Suite A; 7-9 p.m. Register: 918.582.8272.

## 28 | FRIDAY

See sidebar for on-going events/ activities.

## 29 | SATURDAY

**Looking for Fantastic Beasts?**
Calling all wizards ages 8-12. Drop in and join in for games, crafts and more to celebrate Harry Potter and Fantastic Beasts. Come in costume, bring your wands and spells! Helmerich Library, 5131 E. 91st St.; 10:30 a.m.

**Haunted Tulsa** {FREE}
Presented by the popular Tulsa Spirit Tours (www.tulsaspirittour.com), "Haunted Tulsa" will introduce you to some of the most supernatural places in town. Come prepared to witness some spooky findings during the presentation. For ages 12-18. Hardesty Regional Library, 8316 E. 93rd St.; 1 p.m.

**Night Out Against Crime** {FREE}
Night Out against Crime-The Broken Arrow Police Department along with the Main Street Merchants is sponsoring a community gathering On Saturday, October 29th at the Farmers Market located at 418 South Main Street in Broken Arrow. The event is called "Night Out on Crime with Fun and Games on Main" FREE and our objectives are to:

- Heighten crime and drug prevention awareness.
- Strengthen neighborhood spirit and police community partnerships.
- Send a message to criminals letting them know neighborhoods are organized and fighting back against crime.
- Generate support for, and participation in, local anticrime efforts.

## 30 | SUNDAY

**Pick-A-Pumpkin at the Tulsa Botanic Garden**
For three hours only, browse the creative pumpkin displays and take home your favorites! Prices $1-3 (varies with size). This event is part of "Autumn in the Garden" with scarecrows, pumpkin arrays, peninsula maze, golden pumpkin hunt, and more from October 11 through November 13. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 2-5 p.m. Find more at www.tulsabotanic.org.

## 31 | MONDAY

**HAPPY HALLOWEEN!**
Find out all of the fun Halloween activities happening on our calendar and on tulsakids.com/halloween.



**HALLOWEEN FESTIVAL AT THE CASTLE OF MUSKOGEE**
Open every Friday & Saturday; September 30 through October 29; 6-10 p.m.

## ON-GOING

**Family Studio Saturdays at Philbrook**
Each month, Family Studio Saturdays explores one big idea through art, making art in the studios and exploring in the galleries. Projects and activities change monthly. Drop in from 12:30 p.m. to 3:30 p.m. - each Saturday (excluding the 2nd Saturday) of the month. Philbrook Museum of Art, 2727 S. Rockford Rd. philbrook.org

**Youth Services of Tulsa's Coffee House** {FREE}
Coffee House is a place to hang out, visit with friends and enjoy being a teen. The Coffee House has Wi-Fi, so, teens can bring personal connection devices (laptops, internet phones, etc.) with you to the Coffee House while you enjoy your free coffee and cappuccino donated by QuikTrip.

**FREE Community Fitness at Guthrie Green**
Guthrie Green offers free community fitness opportunities.
**Boot Camp:** Every Tuesday and Thursday at 5:30 p.m.
**BARRE in the Park**: Tuesdays at 6:30 p.m

**Insect Adventure**
The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Oklahoma Cooperative Extension, 127 Noble Research Center, Stillwater. First and third Saturday of the month; 10 a.m.-2 p.m. www.insectadventure.okstate.edu

**Homework Help Now**
Get free online homework assistance from your home, school or library.
Live Tutoring: Available 2-11 p.m., daily Central Standard Time, get expert one-to-one subject-specific help for students in grades K-12, plus college. Spanish-speaking tutors are available too!
Writing Lab: Connect with an online tutor for expert writing assistance, or for a more thorough analysis, submit your writing and receive within approximately 24 hours a detailed analysis of your paper.
24/7 Help Center: Submit a question and a tutor will provide you with a response (usually within 24 hours). www.tulsalibrary.org/homeworkhelp

*We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information for all events. If you're interested in submitting an event for the calendar, go to www.tulsakids.com

## ANNE OF GREEN GABLES

When: Friday, Sept. 23 at 7:30 p.m., Saturday, Sept. 24 at 2 p.m., Sunday, Sept. 25 at 2 p.m., Friday, Sept. 30 at 7:30 p.m., Saturday, Oct. 1 at 2 p.m. and Sunday, Oct. 2 at 2 p.m.
Where: Spotlight Theatre, 1381 Riverside Dr.
Anne of Green Gables is a 1908 novel by Canadian author Lucy Maud Montgomery. Written for all ages, it has been considered a children's novel since the mid-twentieth century. It recounts the adventures of Anne Shirley, an 11-year-old orphan girl who is mistakenly sent to Matthew and Marilla Cuthbert, a middle-aged brother and sister who had intended to adopt a boy to help them on their farm in Prince Edward Island.

## THE WIZARD OF OZ

When: Friday, Sept. 30 at 7:30 p.m.; Saturday, Oct. 1 at p.m. and 7:30 p.m.; Sunday, Oct. 2 at 2 p.m. and 7:30 p.m.
Where: Tulsa Little Theatre, 1511 S. Delaware
Rediscover the classic Wizard of Oz in this fantastic, theatrical treat for the whole family! With exciting dance numbers, thrilling chase scenes, pyrotechnics, special effects, and beautiful sets and costumes, this production is sure to delight audiences of all ages.

## ROMEO & JULIET LIVE FROM THE UNDERWORLD ROMEO AND JULIET

When: Saturday, Oct. 1 at 7 p.m.
Where: Clark Theatre at the Henthorne PAC, 4825 S Quaker Ave.
Romeo and Juliet LIVE from the Underworld is a Clark Youth Theatre musical featuring original compositions and a fresh look at Shakespeare's immortal play. Directed by Erin Scarberry, with musical direction by John Cruncleton III and stage management by Melissa Sparks, this live musical version of Shakespeare's Romeo and Juliet will be the opening production of Clark Youth Theatre's 2016-2017 Season.
Rating: TEEN (T) Suitable for audiences ages 13-up. Romeo & Juliet LIVE uses Shakespeare's classic text and receives a T rating for themes of teen suicide.

## DANIEL TIGER'S NEIGHBORHOOD

When: Wednesday, October 5; 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
The legacy of the beloved "Mister Rogers Neighborhood" lives on with the award-winning television series "Daniel Tiger's Neighborhood" from The Fred Rogers Company and PBS KIDS.

## MOVIES IN THE PARK

When: The films begin at dusk. October 6: Election, October 13: Ghostbusters, October 20: Teen Witch
Where: Guthrie Green, 111 E. Brady St.
Admission is free and seating is first come, first serve. Movie goers are welcome to bring blankets, lawn chairs, and other amenities.

## OCTONAUTS LIVE!

When: Saturday, Oct.8; 5 p.m.
Where: Brady Theatre, 105 W. Brady St.
Calling all Octo-Cadets! The Octonauts and the Deep Sea Volcano Adventure features brand new and fan favorite songs from the entire crew of beloved underwater explorers, led by the intrepid Captain Barnacles, Lieutenant Kwazii and Medic Peso. Octonauts Live promises to be the perfect theatre show for all fans of the series!

## 2ND SATURDAY SILENT FILM SERIES PRESENTS "RAMONA" (1928)

When: Saturday, October 8; 10 a.m.
Where: Circle Cinema, 10 S. Lewis
Based on Helen Hunt Jackson's beloved tale of Old California, starring famed Latina actress Dolores Del Rio, and directed by Chickasaw filmmaker Edwin Carewe, it was written as a beacon against prejudice and injustice toward Native Americans. The film will feature live accompaniment by TU student musicians and singer Monique Valadez. Post- film discussion with film score composers David Spear and Joseph Julian Gonzalez. Presented by Tulsa American Film Festival & TU.



## PRYOR RENDERING

When: Thursday, Oct. 13-Saturday, Oct. 15 at 8 p.m.; Sunday, Oct. 16 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
It's the world premiere of a new musical set in Oklahoma! Based on the acclaimed novel by Tulsa native Gary Reed, "Pryor Rendering" is the story of a young man coming of age and coming out in the 1960s in rural Oklahoma. Music and lyrics are by Frank Schiro. Shawn Churchman wrote the book for this show, which is recommended for mature audiences.

## THE MAN WHO PLANTED TREES

When: Friday, Oct. 21; 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
This multi-sensory theatrical adaptation of Jean Giono's environmental classic tells the inspiring story of a shepherd who plants a forest, acorn by acorn, transforming a barren wasteland. As much a touching tale as it is a hilarious puppet show,. Suitable for adults and children over 7. Performed by the Puppet State Theatre Company.

## TULSA BALLET: ONEGIN

When: Friday, Oct. 28-Saturday, Oct. 29 at 8 p.m.; Sunday, Oct. 30 at 3 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
Based on Alexander Pushkin's verse-novel "Eugene Onegin" and choreographed by John Cranko, this full-length ballet tells the love story of Tatiana and Onegin. Sets and costumes are from the Polish National Ballet in Warsaw, birthplace of Roman Jasinski, co-founder of Tulsa Ballet.

## CABARET

When: Friday, Oct. 28-Saturday, Oct. 29 and Nov. 3-5 at 8 p.m.; Oct. 30 and Nov. 6 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com
The multiple Tony-winning classic about the whirlwind romance between a 19-year-old British dancer and a young American writer in 1930's Berlin. Music by John Kander, lyrics by Fred Ebb, and book by Joe Masteroff. Parental guidance suggested.

## THERE'S MORE!

Find more showtimes and performances at www.tulsakids.com/showtimes.



# HALLOWEEN FUN FOR THE WHOLE FAMILY



## HALLOWEEN FESTIVAL AT THE CASTLE OF MUSKOGEE

**When: Open every Friday & Saturday; September 30 through October 29; 6-10 p.m.**
**Where: The Castle at Muskogee, 3400 West Fern Mountain Road, Muskogee**
A 60-acre Halloween theme park? Believe it. Walk through the woods along the Trail of Blood, visit the Torture Chamber to see what really happened in dungeons in medieval times, take the Haunted Hayride through the castle grounds. Aaaah! But, no worries, kids 8 & younger can visit Halloween Land with safe trick-or-treating, games, face painting and no scares. Go to www.okcastle.com for discount tickets & combos.

## THE 13TH WARD HAUNTED ATTRACTION

**When: Open every Friday and Saturday in October; 7:30-11 p.m.**
**Additional dates: Thursday, October 20; Thursday, October 27; Sunday, October 23; Sunday, October 30 and Monday, October 31**
**Where: 2300 E Kenosha St., Broken Arrow**
Based on the look of their website, we think the little ones should sit this one out! With over 30,000 square feet of terrifying entertainment, The 13th Ward submerges you into a chaotic dimension, where savage patients run uncontrolled, and illusions are reality. It is here, under the guise of a rehabilitation facility, that Dr. Thaddeus Munck once subjected some of the world's most disturbed criminals to illegal, mind-altering experiments and horrendous tortures. See what we mean? Find more on www.the13thward.com.

## KIDDIE PARK SPOOK-A-RAMA

**When: Thursday, October 20-Saturday, October 22; 6 p.m. and 10 p.m.**
**Where: Johnstone Park, 201 S. Cherokee Ave., Bartlesville, OK**
The annual Spook-a-Rama is a Bartlesville institution offering rides, a costume parade, a haunted house, and more. For more information go to www.kiddiepark.net.

## GHOULS ON THE GREEN

**When: Sunday, October 30; 2:30 - 6:30 p.m.**
**Where: Guthie Green**
Take the family down to the Brady District for a Halloween extravaganza! Dress up your little ones for the costume contest, enjoy live music and sweet treats at the Guthrie Green. Next, cruise the the Brady District for a Mini-Art Crawl. www.guthriegreen.com.

## CLARK IN THE DARK: A HALLOWEEN EVENT

**When: Thursday, October 27 - Sunday, October 30; 7 - 10 p.m.**
**Where: Henthorne Performing Arts Center, 4825 South Quaker Ave.**
Every theater has a ghost story and Clark Theatre is no exception. Join in for the first annual Clark in the Dark and experience what happens in the dark. Clark in the Dark is a Haunted House with less-scary options for younger children. Admission is $5/ person. Find more at www.clarkyouththeatre.com.

## HALLOWEEN CARNIVAL AT WHITESIDE

**When: Thursday, October 27; 6-7:30 p.m.**
**Where: Whiteside Recreation Center, 4009 S. Pittsburgh**
Wear your costume and come for some fun! Enjoy carnival games, a costume contest, candy, jupiter jump, a cake walk and more. For ages 8 and younger. For more information, call 918.746.5040.

## HALLOWZOOEEN

**When: Thursday, October 27 through Monday, October 31; 6:30 - 8:30 p.m.**
**Where: The Tulsa Zoo, 6421 East 36th St N**
HallowZooeen is a premier spooky (but not too scary) trick-or-treat event for the whole family. The zoo offers an alternative to traditional Halloween activities and gives more than 15,000 children each year a safe place to enjoy the holiday. Activities include Goblin Stops full of treats, carnival-style games in the CommunityCare Pumpkin Patch Playroom, special themed activities in both the Burger King Royal Castle and the American Airlines Pirate Island, a Haunted Train Ride, and much more. Plus, it's at a zoo, so there's that, too! Find more at www.tulsazoo.org.

## HALLOWMARINE

**When: Thursday, October 27 - Monday, October 31; 6:30-9 p.m.**
**Where: Oklahoma Aquarium, 300 Aquarium Drive, Jenks**
Once a year, for 5 nights only, the Oklahoma Aquarium opens its doors to trick-or-treaters of all ages to enjoy a safe, fun, indoor alternative to traditional Halloween activities. It's the only place around where visitors can shake hands with a friendly pirate or two and leave with the biggest bag of loot on dry land. Aaaargh!

## HALLOWEEN AT THE TULSA CITY-COUNTY LIBRARY

**Blood and Gore Halloween Makeup:** Come and work with the talented artists from Clary Sage College to form the perfect Halloween makeup to go with your costume. For ages 12-18. Registration is required: 918.549.7550. Hardesty Regional Library, 8316 E. 93rd St.; 2-4 p.m.
**Halloween Spooktacular:** Join in for fun stories, games and pumpkin decorating. Pumpkins provided by Carmichael Produce (1 per child). For ages 4-12. Bixby Library, 20 E Breckenridge Ave.; 10:30 a.m.-noon.
**Not-So-Scary Kids Fall Festival:** Children may wear a costume or have their face painted. They'll have games, crafts, prizes and a costume parade. For ages 3-8. An adult must accompany children under age 6. Schusterman-Benson Library, 3333 E 32nd Pl.; 1-2 p.m.

## BOO HA HA ON BROOKSIDE

**When: Saturday, October 29; Noon - 4 p.m. *Parade begins at 3 p.m.**
**Where: Brookside; Peoria between 33rd and 49th**
Celebrate Halloween at Boo Ha Ha on Brookside! Dress up the kids in their costumes and head to South Peoria Avenue in Tulsa for a pancake breakfast, children's costume contest, pet costume contest and trick-or-treating.

## DAY OF THE DEAD

**When: Tuesday, November 1; 5 -10 p.m.**
**Where: Living Arts of Tulsa, 307 E. Brady St.**
Hispanic food, music and dancing will be featured at the annual Day of the Dead Arts Festival in downtown Tulsa. The festival, which is open to the public, will run from 5 to 10 p.m. Admission is $5 per person; children 12 and under are free.For more information call 918-585-1234 or visit www.livingarts.org.

**THERE'S MORE!**
**WWW.TULSAKIDS.COM/HALLOWEEN**

# IT'S THE GREAT PUMPKIN (AND THEN SOME)!




COURTESY: PUMPKIN TOWN FARMS
PHOTO CREDIT: 1 SHOT STUDIO

From movie nights to birthday parties, local pumpkin patches are pulling out the stops to heighten the Halloween fun for families. One of the new attractions is Pumpkin Town Farms' celebration of the 50th anniversary of the classic Peanuts cartoon "It's the Great Pumpkin, Charlie Brown." Pumpkin Town Farms will be featuring scenes from the well-loved cartoon in its maze and using a Peanuts theme throughout the farm.

"Over 75 farms in the U.S. were granted licensing rights and will be featuring scenes from 'It's the Great Pumpkin, Charlie Brown," said Bigette Basse, co-owner of Pumpkin Town Farms. "We were thrilled to be one of them."

Basse, whose parents, brother and sister assist in the day-to-day operations of Pumpkin Town Farms, said that watching the Great Pumpkin was a tradition for their family. "Our family absolutely jumped at the chance to feature the 50th anniversary of 'It's the Great Pumpkin, Charlie Brown,'" she said. "My favorite thing about the maze is we will be featuring the iconic image of Snoopy flying his doghouse through the sky."

This is the fourth year for Pumpkin Town Farms to do mazes. While no one has ever gotten lost, Basse suggests that families with small children do the one-acre maze first. The larger maze is a full four acres.

In past years, the family brainstormed ideas to come up with a design for the maze, and then voted on the one they liked best. "It's important to us that it speaks to our audience and still represents us," Basse said.

Besides the mazes, visitors to Pumpkin Town Farms can enjoy fall activities, take pictures at a Peanuts cut-out sign and enjoy "yummy treats." Following through with the Peanuts theme this year, the farm staff will be giving away Peanuts stickers and temporary tattoos. Pumpkin Town Farms also has a train, petting zoo, a Giant Jumping Pillow, a Thunder Mountain slide and hay forts.

Pumpkin Town Farms is located at 6060 S. Garnett Road. Hours are Sun. – Thurs., 10 a.m. – 8 p.m.; Fri. – Sat., 9 a.m. – 9 p.m. There are special rates for large groups, field trips, birthday parties and corporate events.

## OFF THE BEATEN PATH

**STORYTIME AT CARMIICHAEL'S: SATURDAY, OCT. 8; 9:30 & 10:30 A.M.**
Join Miss Allyson sitting among the pumpkins as she reads fun stories about autumn. For ages 2-10.

**PARTY AT THE PATCH: BY APPOINTMENT**
Carmichael's Pumpkin Patch allows guests to book parties throughout the season. The parties include tables, chairs and beyond depending which party package you purchase.

**CHARLIE BROWN GREAT PUMPKIN MOVIE: FRIDAY, OCT. 14; DUSK**
Visit Pumpkin Patch for Missions at FUMC Owasso to watch "It's the Great Pumpkin, Charlie Brown." The evening promises to be fun for the whole family and it is free to the public. Bring a chair or blankets and enjoy.

**6TH HANCE HENRIE MEMORIAL RUN FOR THE PATCH: SATURDAY, OCT. 8; 7 A.M.**
Have you ever run a 5K through a pumpkin patch? Here's your chance. The Pumpkin Patch for Missions offers a run for everyone from fun runners to 15Kers. The course is USATF Certified, Sanctioned Course and Chip Timed. Find more at www.fumcowasso.com.

**FIND A FULL LIST OF PUMPKIN PATCHES AND LOCATIONS ON THE NEXT PAGE.**

# 5 TIPS TO FIND THE PERFECT PUMPKIN



In search of the perfect pumpkin? We spoke with pumpkin expert Margaret Snow of Oklahoma Heritage Farm for the top 5 tips to pumpkin patch success:

**#1** LOOK FOR A NICE ORANGE COLOR. THE DEEPER COLOR INDICATES IT IS READY TO PICK.

**#2** TAP IT TO SEE IF IT SOUNDS HOLLOW INSIDE.

**#3** CHECK TO SEE THAT THE SKIN IS HARD AND WON'T CUT EASILY WHEN YOU PUSH IT WITH YOUR FINGERNAIL.

**#4** MAKE SURE THE STEM IS HARD. LOOK FOR ONE WITH A LONGER STEM OR CUT THE STEM A FEW INCHES LONG IF YOU ARE CUTTING IT A FROM THE VINE.

**#5** FINALLY, STORE YOUR PUMPKIN IN A COOL, DRY PLACE AND IT WILL KEEP LONGER.

# TULSA AREA PUMPKIN PATCHES & FESTIVALS

## CARMICHAEL'S PUMPKIN PATCH

When: Opens Saturday, September 24 and runs through October 31; Hours: Monday-Saturday, 9 a.m.-7 p.m.; Sunday, 10 a.m-7 p.m.
Where: 171st & Mingo, Bixby
Are you one of those people that liveS for fall? Well, then you'll get along great with the folks at Carmichael's Pumpkin Patch. Every fall, Carmichael's turns orange with pumpkins, yellow with school buses, and glows with the smiles on the children's faces. Get updates on their Facebook page.

## PUMPKIN FESTIVAL AT SHEPHERD'S CROSS

When: Thursday, September 22 - Saturday, November 5, 2016; Hours for drop by visitors or pre-scheduled groups: Thursday, Friday and Saturday 9 a.m. - 6:30 p.m. Monday, Tuesdays and Wednesdays are by appointment only.
Where: 16792 E. 450 Rd., Claremore
Bring the family for a peaceful respite and enjoy the country air! This festival includes all of the traditional activities and then some. Find all of their activities and pricing information at www.shepherdscross.com.

## OKLAHOMA HERITAGE FARM

When: September 20 - October 30, 2016; times vary
Where: Located along side Hwy 75; midway between Tulsa & Bartlesville
Visit the site where five generations have worked a family farm and enjoy a day of wholesome family-friendly activities combined with an authentic Oklahoma hayride that depicts a view of rich Oklahoma history and heritage. Featured events include: a seven acre maze, a pumpkin patch and pumpkin decorating and a hayride. Many other activities include giant sling shots, kids wagon rides, petting zoo, corn box, face painting, hay tunnel, pumpkin balloon bust and more. If all that isn't enough to keep you busy, enjoy the evening fire pit, live entertainment, craft vendors, concessions and the OHF Country Store. Find more on the Oklahoma Heritage Farm Facebook page.

## SAND SPRINGS PUMPKIN PATCH FESTIVAL

When: Open every day in October; Monday-Saturday, 10 a.m.-7 p.m. and Sunday, noon-7 p.m.
Where: 15 miles West of Downtown Tulsa; 17517 W. 8th St., Sand Springs
Sand Springs Pumpkin Patch Festival offers a fun-filled, family-friendly experience. Whether it involves taking pictures with your own lil pumpkins at one of the many free photo op areas, or letting your kiddos ride a pony, play in the games tent, or pet some of the fun loving farm animals, we guarantee a fun filled experience for all ages.
Find more information at www.sandspringspumpkinpatch.com.

## PLEASANT VALLEY FARMS WINTER SQUASH & PUMPKIN FESTIVAL

When: Open daily in October; 9 a.m. to 8 p.m.
Where: 22350 W. 71 St. S., Sand Springs
Come out to the farm and enjoy a day of fun! Pick out your own pumpkins and gourds. Play a round of mini golf, take a trip on the hayride and try to find your way out of the corn maze. Mental note: They also have a Christmas tree farm open the day after Thanksgiving. Find more information on www.pleasantvalleyfarmsok.com.

## PUMPKIN PATCH FOR MISSIONS

When: Monday, October 3 to Monday, October 31; Saturdays 10 a.m. to dusk, all other days noon to dusk
Where: FUMC Owasso; 13800 E 106th St North, Owasso
First United Methodist of Owasso (FUMC) has hosted an Annual Pumpkin Patch for Missions since October 2001. Their mission is to offer a safe and fun fall activity for families to enjoy year after year. They offer learning activities in their outdoor classroom, a maze, coloring, stickers and pumpkins of all sizes. The pumpkin patch offers a wonderful backdrop for an Autumn seasonal photo opportunity, too. Find more information go to www.fumcowasso.org.

## LIVESAY ORCHARDS

When: Open the last weekend of September and all Saturdays & Sundays in October: Saturday: 10 a.m. - 5 p.m.; Sunday: 1 - 5 p.m. Also open Thursday and Friday of Fall Break: 10 a.m. - 5 p.m.
Board the wagon for a hayride out to the pumpkin patch, where you and yours can take as long as you want to find the perfect pumpkins. Come ready to shop through an assortment of fall decorations: gourds, hay bales and Indian corn to decorate for fall. Find out more at www.livesayorchards.com.



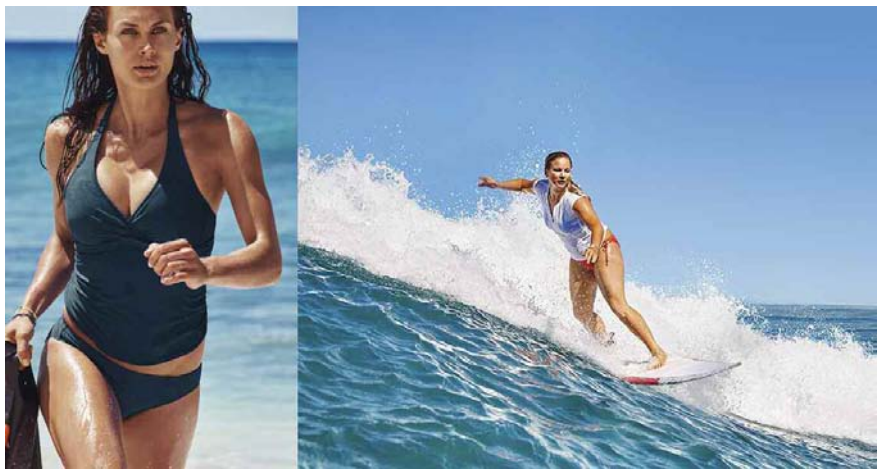


# It's Hip to be at the Square

BY JILL VANTREASE

All right, I'll admit it, when there were rumors percolating that the pinnacle of my retail dreams, Nordstrom, was going to take over the Miss Jackson's space at Utica Square (a space that now is tragically a gaping black hole), my heart soared. Nordstrom? Here in Oklahoma? Now that I've been an Okie for 10 years and have come to love this land of QuikTrips and thunderstorms, this was really the only thing I continue to lord over poor PVT: the lack of a Nordstrom in the whole blasted STATE. Yes, the Nordstrom Rack is a fun diversion, but it is not the REAL THING. Alas, it doesn't sound like Nordstrom is coming to Utica...yet. But! There are four new stores that are fabulous fun and seem to indicate that the rest of the country is recognizing Tulsa for the hip little enclave that it really is.

First up is **Suite One**, a trendy boutique for fashion-savvy girls and ladies. Suite One's first store is located in Fort Smith, Arkansas, and Tulsa is the lucky recipient of its second location. According to its marketing, Suite One "culls through the trends and the classics to offer an effortless style for women in a boutique atmosphere." The target market is younger ladies (even high school girls), women in their 20s and early 30s, and older moms like me who need a trendy piece or two to stay in the game. The store offers complimentary stylists to help you bring your look together. Suite One "believes in fun clothes, dressing up for no reason, effortless style, and wearing what makes you feel good." Well that's a philosophy I can stand behind! Everything is quite reasonable; these pieces probably aren't going to stay in your closet for years, but you will enjoy and wear them now! They offer dresses, separates, and lots of darling accessories -- handbags, jewelry and sunglasses. By the way, Suite One is right next door to the Lolly Garden, so if you are shopping here with a kid in tow, you are forewarned that you will probably need to pop next door as well.



ATHLETA.




Then there's **Athleta**. While Athleta hadn't opened as of this writinig, I know Athleta as quite literally the only place I can buy a bathing suit. Athleta's swimsuits are ideal for moms: they are not festooned with ruffles or bows trying to cover up certain "problem areas." They are not string bikinis for those of us whose string bikini days are long gone (if there ever were any of those days during our tumultuous youths!). They are beautifully cut, high quality suits that are modest without being prudish, and grown up without making you feel like a nursing home sideshow. You can purchase any



JILL TRYING ON SOME EVEREVE CLOTHING.

*continued next page*



THE AISLE AT EVEREVE.

of their suit pieces separately and mix and match to your heart's galore: everything is priced individually. But Athleta's offerings go way beyond bathing suits. They offer their high-quality, stylish clothing for every sport imaginable, from yoga to tennis to hiking to golf. They have even expanded to performance jackets, dresses (think casual day wear, no cocktail dresses) and shoes (again, shoes for doing stuff -- no high heels!). All of their clothing sort of makes me want to run in the forest, or sweat through a Bikram yoga class, or hike up Turkey Mountain. Their designs inspire you to move. And the prices? All quite reasonable for clothing you will probably live in.

The next newbie is **Madewell**. Both Madewell and Athleta will inhabit the former Talbots space between the Gap and West Elm, and Talbots is expanding and relocating into the former American Eagle location (oh, my mom will be thrilled when she visits!) I'd never even heard of Madewell, a purveyor of mostly denim and jeans. But they offer so much more. Madewell is "a modern-day interpretation of an American denim label" and is a sister company of J. Crew. Madewell is a fashion retail store for denim lovers – or anyone who appreciates timeless design. Not only does Madewell design jeans, they also focus on fashion pieces you can wear with jeans. Leather jackets, stylish boots, slouchy tees and totes you will use forever are among Madewell's many offerings. Just to test the goods for myself before the store opens, I order a darling shift dress online -- and I love it! I even get compliments on it; the graceful swingy lines are so pretty, and it is so comfortable too. It can be dressed up for a night out or just worn during the day. I can't wait to scour the store when it opens.




Finally, there's Evereve -- a shop just for moms. It's right down from the Stone Horse Cafe. Evereve promotes itself as "a casual contemporary boutique for the fashion-loving mom. From play-date to date-night, our clothing is curated to flatter no matter where your day takes you." The founder of the store, Megan, had a typical (well, typical for me!) postpartum shopping experience: infant crying, 2-year-old throwing a tantrum, an inability to maneuver the stroller, and no help -- just lots of judgmental stares. So Megan decided she was going to help moms shop. She opened her first store in Edina, Minnesota, and now has over 50 stores throughout the country. Kids are warmly welcomed in the store; I bring my 4-year-old, and her pumpkin fairy costume is enthusiastically applauded. (In fact, the only time the kiddies aren't welcome is during "Girls' Night Out" functions that are held occasionally in the evening.) There are practical features in every Evereve store that only moms would appreciate such as extra-wide aisles that can fit even the triplets' jogging stroller. And there's a little play area with toys and Goldfish for the littles -- so they can build things and throw crackers while you peruse the cute jeans, fun tops and fun and comfy dresses. There's shoes, too, and accessories galore (but no maternity sizes here -- Evereve focuses on the postpartum mama). What distinguishes Evereve from many retail stores is that every employee is also trained as a stylist; they will assess your body type, lifestyle, likes and dislikes, and help you create a look just for you. And the prices are super-reasonable. For just $58, I buy a darling transitional shift dress for summer to fall that conceals where it should but is still super soignee -- cute and stylish but won't make you feel like you're trying to pull off the teeny bopper thing.



A COAT FROM MADEWELL.

And Evereve has its own version of Stitch Fix called Trendsend.com. Like Stitch Fix, Trendsend helps you set up your profile, asking detailed questions about your body type, coloring, and style preferences. And then they'll even ask what kind of "mom" activities you partake in: band concerts? Gym? School drop-off (an outfit for school drop off?!)? Family dinner? Happy Hour? Clearly Trendsend gets my life! So I happily complete my style profile, and am awaiting my super chic "mom" wardrobe, so stay tuned!

So there's a lot going on at Utica Square. Now that those rotten kids are in school again, get yourself down there and have some fun!

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

# library celebrates visual storytelling

## RAFAEL LOPEZ @ HARDESTY LIBRARY ON NOV. 4 FOR "BOOKS TO TREASURE"

Once upon a time, before the printing press, all books were made by hand. (In fact, the word "manuscript" derives from the Latin for "written by hand.") Medieval monks spent months painstakingly creating the pages of one book at a time, using exotic inks made from berries and ash to add "illuminations" – better known as pictures – to accompany the text, which few could read except the monks themselves.

Today, book-making is mercifully easier, literacy is not just for the lucky few, and books with "illuminations" are as easy to find as walking into a public library.

The artistry of picture books, however, is still something of an achievement to celebrate.

That's the idea behind the Books To Treasure program, now in its 14th year, sponsored by the Tulsa Library Trust through a grant by the Anne and Henry Zarrow Foundation. The goal is to celebrate the beauty and power of children's literature and inspire a love of reading in children. As part of Books To Treasure this year, the award-winning illustrator Rafael Lopez will be giving a free public presentation about his art and his creative process on Friday, Nov. 4 at 7 p.m. at the Hardesty Regional Library in Connor's Cove, 8316 E. 93rd St..




RAFAEL LOPEZ AND **BOOKS TO TREASURE** LIBRARY CARD.

Additionally, every second-grader in Tulsa County will receive a free copy of the book *Tito Puente, Mambo King*, written by Monica Brown and illustrated by Rafael Lopez. *Tito Puente* is a bilingual picture book with riotous color and energy that tells the true-life story of musician and bandleader Tito Puente, who brought mambo, salsa, and other Latin music styles to 20th century American ears.

While the written text tells Puente's Spanish-Harlem-to-Grammy-Award success story in short, snappy sentences, Lopez matches the words with energetic swirls of color dancing in rhythm-inspired leaps off the page. Lopez's animals are particularly expressive. Cats carry flags declaring Puente "El Rey" ("The King"), parrots and songbirds streak through the air with trails of color in celebration of his music, and fish spring from the water in elegant, musical arcs.

What a wonderful expression of creativity and joy! And what child will be able to resist?

If you and your child enjoy *Tito Puente*, you should also seek out the Lopez-illustrated *Drum Dream Girl* (written by Margarita Engle) and *Maybe Something Beautiful* (written by F. Isabel Campoy). The first is another musical adventure – this time following a Chinese-African-Cuban girl who falls in love with drumming and pursues it, even though the culture only allows boys to drum. The second is a story about how a muralist – based on Lopez himself – transforms a neighborhood with his art. *Drum Dream Girl* just received the 2016 Pura Belpré Illustrator Award, given by the American Library Association.

Rafael Lopez grew up in Mexico City and now divides his

*continued next page*

time between studios in the colonial town of San Miguel de Allende, Mexico and a loft in downtown San Diego, where he lives with his wife and son.

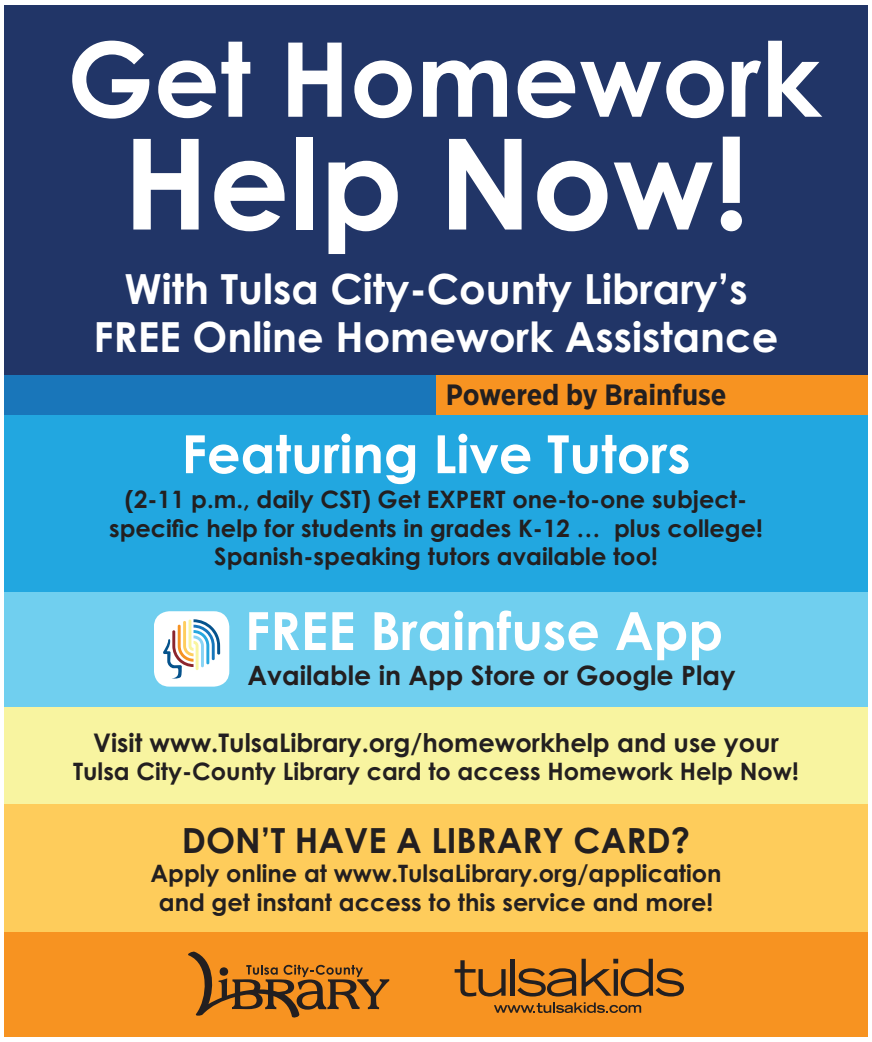
It's not a monastery, but he shares something in common with those long-ago monks creating books by hand: his pictures are illuminating, and the books he helps create are extraordinary.

**Books To Treasure 2016**
**Featuring Rafael Lopez**
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BY LISA A. BEACH

# the low-down on **shots, soaps, and sports**

Just when you think you've got this parenting thing figured out, new research comes along that refutes everything you've been doing since Day One. If you've been debating the merits of flu mists, antibacterial soaps and whether or not your kids should specialize in a singular sport, here's the scoop on the latest research to help you make the best choices for your family.



**Flu Shots**

Hoping to save your kids the pain of a flu shot this fall, opting instead for the painless nasal spray vaccine? Think again. According to a policy statement update in the October 2016 Pediatrics, the American Academy of Pediatrics (AAP) recommends that all children ages 6 months and older receive a seasonal flu shot (rather than the nasal spray vaccine) during the upcoming 2016-17 season. Because new research showed poor effectiveness of the flu mist compared with the traditional flu shot in recent flu seasons, the AAP recommends the flu shot as the best available preventive measure against influenza.

"We want to provide children with the best protection possible against flu," explains Henry H. Bernstein, DO, MHCM, FAAP, who co-authored the statement, "and these recent studies show the flu shot is likely to provide a higher level of protection."

**Antibacterial Soaps**

You can skip the expensive antibacterial soap the next time you're stocking up on supermarket essentials and instead buy less expensive, plain ol' soap. The U.S. Food and Drug Administration recently issued a statement that manufacturers can no longer market consumer antibacterial washes containing certain active ingredients, including the most commonly used ingredients—-triclosan and triclocarban. Why? Because the manufacturers failed to demonstrate that the ingredients are both safe for long-term daily use and more effective than plain soap and water to avoid getting sick and to prevent spreading germs to others.

"Consumers may think antibacterial washes are more effective at preventing the spread of germs, but we have no scientific evidence that they are any better than plain soap and water," said Janet Woodcock, M.D., director of the FDA's Center for Drug Evaluation and Research (CDER). "In fact, some data that suggests antibacterial ingredients may do more harm than good over the long-term."

What to do if soap and water aren't available? The U.S. Centers for Disease Control and Prevention (CDC) recommends using an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

**Specializing in Sports**

Even though you've been grooming your soccer star since she was 3 with the hopes of her someday snagging a college scholarship, you might be doing her more harm than good.

According to a new report from the American Academy of Pediatrics (AAP), young athletes who specialize in just one sport face an increased risk of overuse injuries from their highly focused training. Plus they're more likely to experience stress and burnout from the singular focus and the pressure of performing.

In the report published in the September 2016 Pediatrics, lead author Joel S. Brenner, MD, FAAP, explains that "more kids are participating in adult-led organized sports today, and sometimes the goals of the parents and coaches may be different than the young athletes."

The best advice? To minimize risk of overuse injury and boost the likelihood of being physically active into adulthood, the AAP encourages children to participate in multiple sports and delay specialization until at least 15 or 16.

*Lisa Beach is a freelance writer whose work has appeared in print and online, including Parents, Brain,Child, Orlando Family, Scary Mommy, Purple Clover, Sassy, Better After 50, Good Life Family, Boom, YourTango, and more.*




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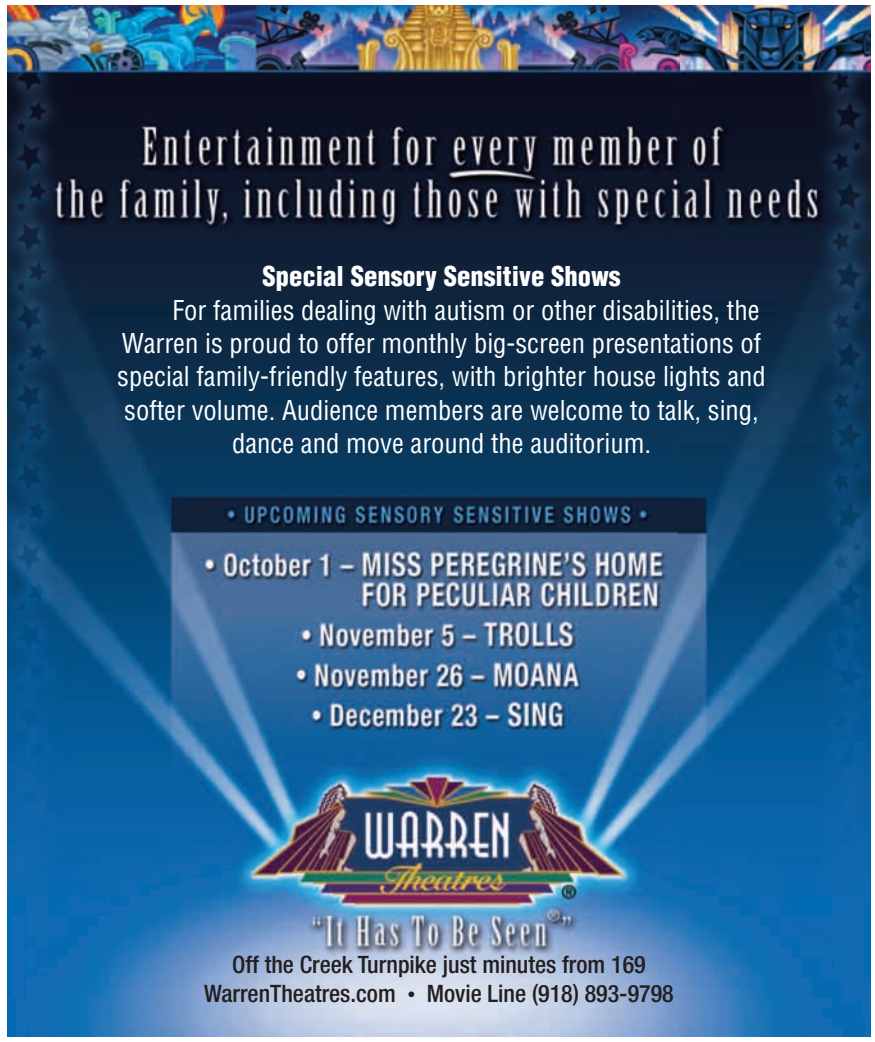
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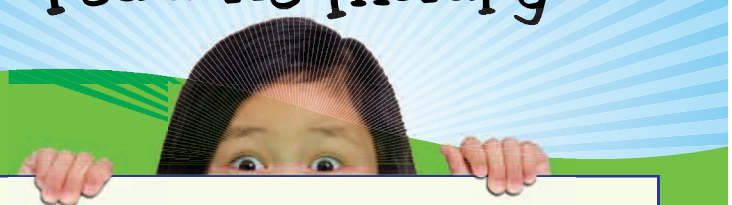
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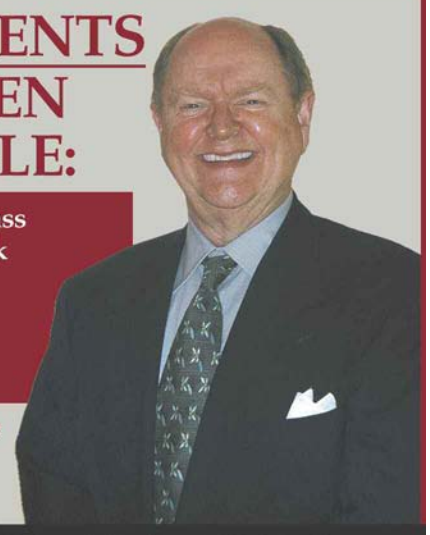
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# I'M A TULSA KID

**BY SHEEBA ATIQI**

PHOTO CREDIT: OH SNAP! PHOTOGRAPHY







## Emma Palmer: Writer & Artist

Did you ever dream that you were a cat in outer space and spent your time chasing a dinosaur? A dinosaur the size of a mouse? Seventeen-year-old Emma Palmer imagined it, put it on paper, and was awarded First Place in the Comix Division of the Tulsa City-County Library's Young People's Creative Writing Contest.

**TulsaKids: When did you start writing?**
**Emma:** I started writing around the age of 9 or 10. Ever since I was little, I've written stories in my head. I guess its just been getting the words on paper since then. Whatever I'm doing, be it playing cello, drawing or writing, I'm always telling a story!

**TulsaKids: Who are your favorite authors?**
**Emma:** I love the classics! American literature, especially, such as Hemingway or Steinbeck come to mind as some of the works of my favorite authors. I am also a big fan of graphic novels, particularly those written by Craig Thompson. I love the fluidity of a painting mixed with sentiments of writing.

**TulsaKids: What inspires your writing and creative thought process?**
**Emma:** Nature is always inspiring to me. When I'm feeling stressed out or worried, I can come to the great outdoors, pick up my sketchbook or notepad and write.

**TulsaKids: Do you have any advice for other young writers?**
**Emma:** Keep writing! I know it sounds trite but it's true. Some of the best awards I've won, I had to enter multiple times before I won. And don't be so afraid of how your work will be received by people to never get it out there. Take risks — you'll never know how you'll do unless you tried.

**TulsaKids: What other hobbies do you have?**
**Emma:** I play the cello and have played for five years now. I also love to read, paint and act!

**TulsaKids: What are your plans and goals for the future?**
**Emma:** I plan on finishing my senior year of high school and enrolling college, not sure where yet, with a double major in English and Spanish. After that, who knows? But I'm sure it will be good!

**Fun facts about Emma:**
I attended Quartz Mountain Institute for the Arts for creative writing, where I got to study under inaugural poet Richard Blanco, who read at the swearing in ceremony for Pres. Obama.

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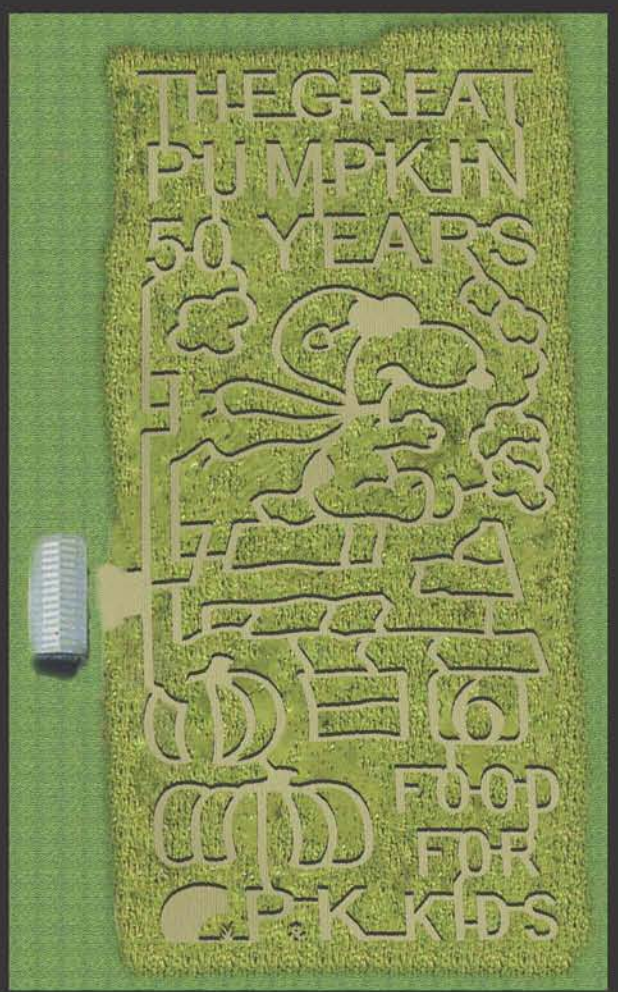
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