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The Holland Hall ARTworks program supports the school's core belief that an appreciation for and experiences in the arts are essential. Each year during ARTworks, an acclaimed, professional artist is invited to exhibit on campus and spend a week as the artist-in-residence at Holland Hall.

We invite you to join us as we celebrate the 2019 ARTworks artist, Taylor Painter-Wolfe. Taylor is a fiber artist from Tulsa who divides her time between creating and showing her work and teaching elementary art. She makes and dyes her own felted wool by hand, which she uses to design abstract landscapes inspired by aerial photography and satellite images.

More information and tickets available at www.hollandhall.org/artworks.

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tulsakids

October 2019

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Volume XXXII, Number 10

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TEACHING CHILDREN TO BECOME SELF-ADVOCATES

BY ANN CAPPS

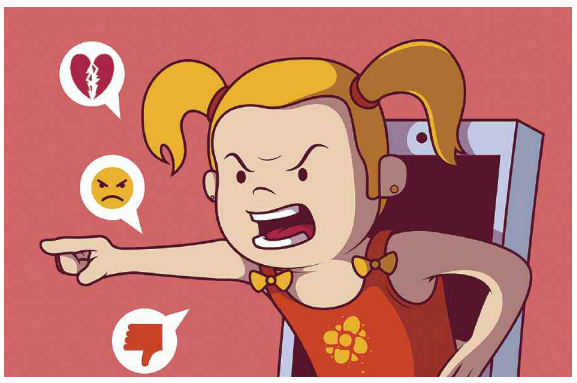
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2019 SPECIAL NEEDS GUIDE

editor's note

What's the IDEA?

Parents of children with disabilities or challenges often find themselves navigating systems, learning about diagnoses and becoming experts in advocacy for their children. At the same time, these parents are doing the hard work of being present 24/7 for a differently abled child.

In our feature story about advocating for children with special needs, writer Ann Capps interviewed two parents, one has a child with physical disabilities, and the other has a child with autism. Both parents talked about difficulties with their children's public school environments.

In 1975 Gerald Ford signed into law what we now call the Individuals with Disability Education Act (IDEA). Children with disabilities are also entitled to a Free Appropriate Public Education (FAPE), Appropriate Evaluation, Individualized Education Plan (IEP), Least Restrictive Environment, Parent Participation, and Procedural Safeguards.

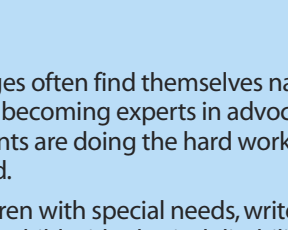
Only 21 states are meeting IDEA's requirements, according to a U.S. Department of Education report. Oklahoma is not one of them.

Parents know the unfortunate statistics for children whose public schools are failing them. They are less likely to receive early identification, more likely to drop out, more likely to be suspended and, later, less likely to find employment.

A data analysis by the National Center for Special Education in Charter Schools found that students with disabilities were disciplined at twice the rate of students without disabilities. Traditional public schools had higher numbers of students with disabilities, yet charter schools suspended or expelled students with disabilities at a higher rate.

IDEA has never been properly funded, so the current public school financial situation makes things even more dire for families who have children with special needs. Large class sizes are not good for any child, but imagine being in a large, noisy classroom if you have a disability or sensory disorder? Teach for America and emergency trained individuals may have no idea how to read an IEP, leaving the child with no services, if there are even adequate services available at the school. More charter schools will further divide those with disabilities from those who do not have disabilities.

That may be the worst outcome. Families of students with special needs may be forced to take their children out of school, to homeschool them or to put them in a specialized private school, separating them from their peers and depriving all children of learning about one another, developing understanding, compassion and friendships.



Betty Casey
associate publisher and
editor in chief

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





TULSAKIDS COVER KID WINNER CALVIN BARNEY LOVES DOING WHEELIES, AND SHOWED US A FEW AT THE PHOTO SHOOT!
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CALM CENTER UNVEILS RENOVATION

The CALM (Child and Adolescent Life Management) Center recently completed renovation after a two-year capital campaign. The CALM Center provides immediate crisis support for Oklahoma youth ages 10-17 and their families. According to information provided by the CALM Center, it is the only youth crisis stabilization center in eastern Oklahoma and one of only three in the state, filling the gap between outpatient care and inpatient/residential care. The renovations created a larger, more welcoming lobby, new multipurpose room for family visits and education and new offices for admissions and counseling.



CONGRATS TO TULSAKIDS BLOGGER DIANE MORROW-KONDOS



Diane Morrow-Kondos, grandparent blogger, author and award-winning triathlete, has essays in several Chicken Soup for the Soul collections. You can find her writings in *Chicken Soup for the Soul: Grandparents* as well as the following Chicken Soup for the Soul titles: *Running for Good*; *Think Positive*, *Live Happy* (Sept. 24); and The Forgiveness Fix (Nov. 5). Find them on Amazon, Wal-Mart and Barnes and Noble Bookstores.

Diane also has a forthcoming memoir entitled *The Long Road To Happy: A Sister's Struggle Through Her Brother's Disabilities* about growing up with a brother with intellectual challenges. Told from her perspective, the book is an honest and personal exploration of her experiences, the impact on her family as well as some of the stigma and prejudices that have surrounded those with disabilities.



LIFE SENIOR SERVICES NAMES NEW CEO

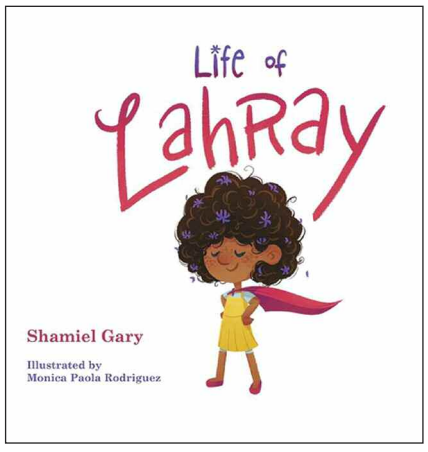
LIFE Senior Services recently announced that Eileen Ryan Bradshaw has been named President and Chief Executive Officer of LIFE Senior Services and its affiliate organizations, Vintage Housing and LIFE PACE.

Bradshaw brings a background of volunteering and working with Tulsa nonprofits since her high school days at Bishop Kelly. As an adult, she began working part-time at Emergency Infant Services (EIS) while her children were in school, which eventually led to serving full-time as their Executive Director. Most recently, Bradshaw was Executive Director at the Food Bank.

In her nearly eight years at the helm of Community Food Bank, her passion for helping others sparked the development of several programs including the Culinary Center, the Food for Kids Backpack program and Senior Servings, which brings fresh produce to lower income senior housing communities.

LIFE Senior Services is a non-profit United Way organization that serves more than 25,000 seniors and family caregivers each year.

LOCAL AUTHOR PUBLISHES CHILDREN'S BOOK



Written by local author and dad Shamiel Gary, the picture book *Life of Lahray* tells a story that encourages children to believe in themselves and to love themselves.

"I was inspired by my daughter, and speaking around the country to children," Gary said.

The *Life of Lahray*, illustrated by Monica Rodriquez, is a two-book story for children ages newborn through third grade. It is available at lifeoflahray.com, Barnes and Noble, Amazon and the local bookstore, Lavender's Bleu.

HOLIDAY ASSISTANCE

Family & Children's Services' (F&CS) Holiday Assistance program provides necessities and hope to F&CS's neediest families. To help create a joyful season for those less fortunate, adopt a family or donate items to the Santa Shop. Monetary donations are also accepted.

For those who wish to adopt a family, donors will be matched with the F&CS family that matches their requested family size. Donors will then shop for the items on their family's holiday wish list or make a monetary donation and let F&CS staff shop. All families in the program are active in treatment and have the most need of resource assistance.

The Santa Shop is stocked with gifts for children, teens and adults thanks to donations from generous Tulsans. Caseworkers can then shop for client families who weren't adopted. Needed items include toys, books and games, gifts for teens, clothing, coats, pajamas, hats, underwear, gloves and socks, small household items and toiletries, and monetary gifts/grocery cards.

Donations may be dropped off through Friday, Dec. 13 at F&CS Central Office, 650 S. Peoria. To adopt a family, go to www.fcsok.org/holiday-assistance/, email holidyassistance@fcsok.org or call 918.560.1115.

news & notes

TULSA HISTORY MYSTERIES

TulsaKids is partnering with the Tulsa Historical Society and Museum to invite kids (and parents) to learn more about Tulsa's fascinating past. Read the clue each month, visit the Tulsa Historical Society and Museum at 2445 S. Peoria, and solve the mystery. You could win a Family Membership to the museum.



Are you ready to be a Super-Savvy History Detective and solve a mystery? Tulsa's story is full of them.

He was most notably known for defending the survivors of the Tulsa Race Massacre of 1921. He was also father of another famous Tulsan.

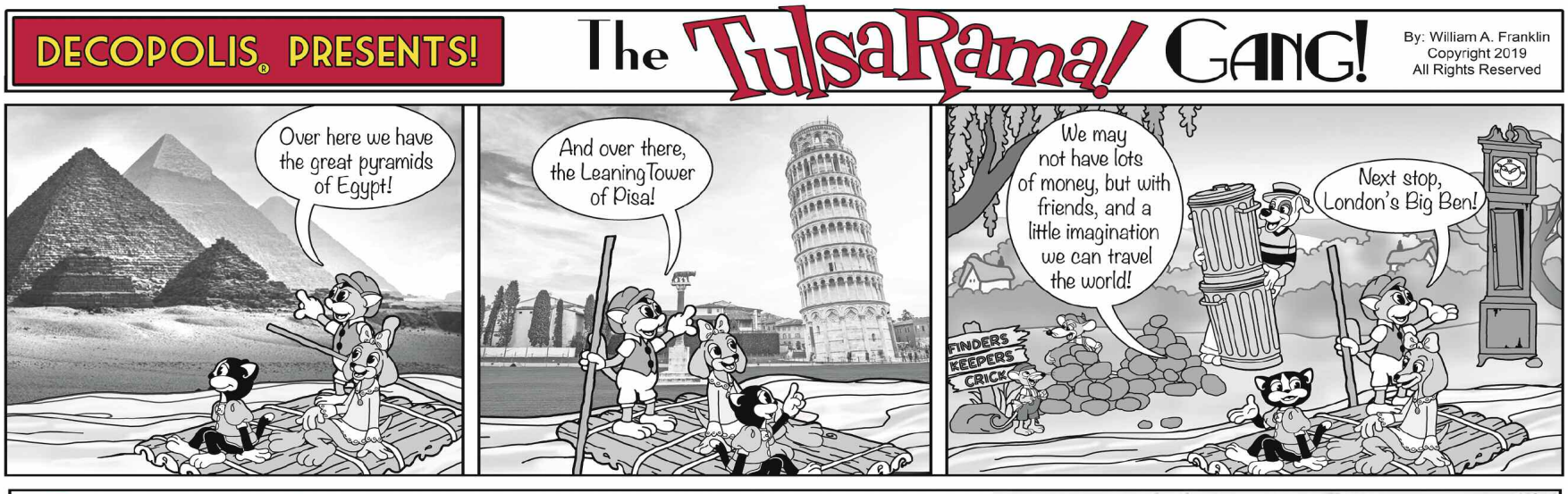
Do you know him? To find out who he was, go the to Tulsa Historical Society and Museum. Look for clues and find his photo. Take a selfie with this famous early Tulsan and send it to npascoe@TulsaHistory.org. Your photo will be placed on the TulsaKids and Tulsa History Museum websites and you'll earn a free membership to the museum.

letters and emails to the editor

Re: Spanking Article, by Diane Morrow-Kondos, Sept. 2019

I just wanted to reach out to tell you how much I enjoyed and appreciated your article in the Tulsa Kids magazine on spanking. My wife and I are both licensed counselors and we have a practice in Tulsa called Parenting Legacy. We love helping parents move away from spanking and teach them Peaceful Parenting. We use a lot of LR Knost, Dr. Laura Markham, Dr. Siegel, and Dr. Becky Bailey. We are very passionate about helping Christians move away from spanking. It was very encouraging to see such a well-written article on the topic in this magazine.

Kyle Wester, MHR, LPC, Peaceful Parenting Coach



Fun Facts!

Before Tulsa Was Tulsa, and before Oklahoma was even a state, America's most famous, celebrity author of the early 1800's, Washington Irving, visited the Tulsa area in 1832. Irving, the author of stories like *The Legend of Sleepy Hollow* & *Rip Van Winkle* wrote about his travels here in a book entitled *A Tour on the Prairies.* Irving wrote "We came upon the banks of the Arkansas [River], at a place (near Tulsa) where tracks of numerous horses, all entering the water, showed where a party of Osage hunters had recently crossed the river on their way to the buffalo range . . ." "There is something exciting to the imagination and stirring to the feelings, while traversing these hostile plains, in seeing a horseman prowling along the horizon. The weather was perfect; the game was plentiful; and the glorious country spread out far and wide in the golden sunshine."





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BY KILEY ROBERSON

self-care for kids: start young to instill healthy habits

For parents of young children, even thinking about the words "self-care" can seem like an imaginary trend. However, we all know that setting aside time to care for our bodies and minds is a key ingredient for a healthy, happy life. It's just like that old analogy of putting on the oxygen mask to help yourself before you help others. If your body and mind aren't in proper working order, how can you help anyone else? While we may try to get in whatever little bit of self-care we can, realizing how important good self-care habits are to kids is also important, and it's up to us as parents to model that behavior.

According to the American Academy of Pediatrics (AAP), instilling self-care habits from a young age can help kids manage future life stressors and reach their full potential while reducing the risk of developing mental health conditions like anxiety and depression. The best self-care habits for kids are those that can be practiced regularly, provide relief from stress and support the maintenance of a healthy body and mind. Simple self-care habits can begin early. Here are four places to start:



Start with the basics. Do you help your child take a bath? Brush her teeth? Eat nutritious foods? Then according the AAP, you've already started setting the foundation for good self-care. Some other good self-care practices to model for your kid are as simple as hand-washing and preparing food.

Grow the mind. Help your child take a step away from the screen, set down their toys and get in touch with their inner self. Activities that encourage mindfulness like yoga, meditation and guided imagery are powerful tools that help build insight, awareness and even tolerance for discomfort.

Push the body. Exercise is a big part of self-care, especially when it is approached with the intention of taking care of the physical body and mind. Encourage your children to pursue physical activity that they enjoy whether that's joining a team sport of just walking around the neighborhood.

Prioritize downtime. Everyone can benefit from downtime. Routines that include quiet time, even if it is a few moments being held in a rocking chair, perhaps being sung to or read to, offer opportunities for centering and connection.

It's also important for parents to remember that our idea of self-care may differ from our kid's idea. The AAP suggests that parents should watch out for how their children respond to different self-care activities. It could be that our children do not find the same benefits from our self-care activity of choice. Exposing your kids to a variety of strategies so that they can discover what suits their needs is really best.

While teaching your child self-care habits, don't forget to take care of yourself too. As parents, we often feel like we're neglecting our many demands and chores when we take time for self-care, but taking time to recharge and re-center can provide reserves of energy for work and family tasks. It's also a great example to our children who often learn more from what we do than what we say.

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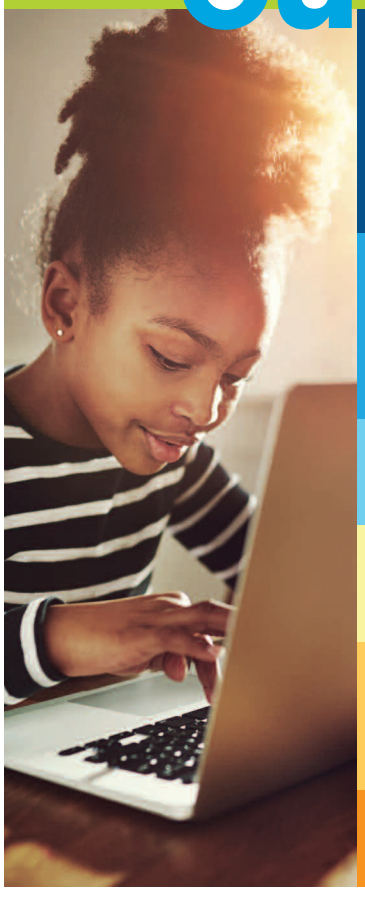
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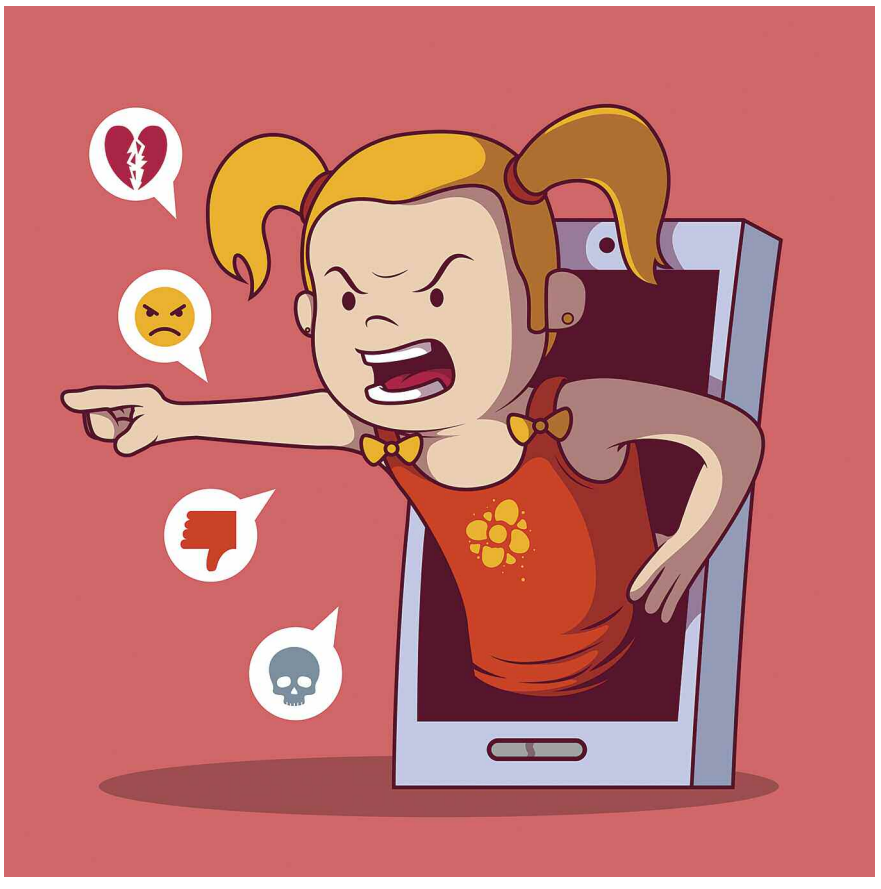


BY MARY BETH RITCHIE, LCSW

identifying bullying and **what parents can do**

Exactly what is bullying? According to the definition provided by the CDC and Department of Education, the core elements of bullying include, "unwanted aggressive behavior; observed or perceived power imbalance; and repetition of behaviors or high likelihood of repetition." Bullying is a persistent pattern of hurting or humiliating others who are frequently weaker, smaller, younger or somehow more vulnerable. Bullying can be accomplished physically, verbally or emotionally. It can also take the forms of damaging someone's property or reputation. Bullying differs from general aggression because it is intentional, and it is recurrent. A bully repeatedly seeks ways to exploit those who are less powerful.

As a teacher, it seems to me that the word "bullying" has become overused in recent years. I have frequently had students who claim to be being bullied. When I explore the situation further, it may be that one of their friends didn't play with them at recess that day or said something that wasn't nice. A child may have even become physically aggressive. Unless this is a pattern, this does not fit the definition of bullying.



Who are the bullies? Bullies aren't born; they are created. This can occur when the natural aggressiveness of a toddler is not dealt with properly. Young children need to learn that they can't get away with this behavior. Parents need to be firm in establishing boundaries. However, bullying can also be the result of being raised in an aggressive home. Parents must be firm, but not aggressive, when dealing with inappropriate behavior in toddlers.

Bullies often have difficult relationships with both family and peers. They seem to have no empathy for the feelings of others. Bullies often attribute bad intentions to others, even when none are present. I have witnessed this in my third-grade classroom. I recall watching a boy accidentally bump into the desk of a bully. It was clearly an accident, and he barely touched the desk. The bully went ballistic and was ready to throw punches. Having been in the classroom for over 13 years, I'm confident stating that this incident would have had little or no effect on most children. What I found most interesting is that I had witnessed this same bully intentionally and regularly bump the desks of other students. I believe this may be why he assumed mal intent from the other child.

There are no bullies without victims. So, who are the victims? Bullies search for available prey. They want to find someone who seems scared and lacks assertiveness. Bullies seek someone who will be submissive. They want a victim they can overpower or control.

What is cyberbullying? When someone uses electronic media to bully another person, it

continued next page

is called cyberbullying. It does not seem to be a major issue in third grade, but teachers tell me that it gets worse in fourth and fifth grades. It can involve social media, such as Facebook, Instagram, Twitter and Snapchat. It also includes text messaging on cell phones as well as email.

There are some special considerations with cyberbullying. It is more difficult to avoid cyberbullying, because one can't simply walk away, and children are unlikely to shut down their social media. Because parents and teachers are unlikely to witness cyberbullying, parents should monitor their children's social media and enforce breaks from all electronics at night. It is also important to teach children that once something is posted publicly on the internet, it is usually permanent. This can affect the online reputation of the victim and can be difficult to overcome. The bully may also experience repercussions from cyberbullying if employers or even college admission counselors check the internet footprint of potential hires or students.

How should we teach our children to deal with a bully? One of the most important things we can teach our children is to walk away from a bully. This is often a very effective strategy because it takes away the bully's power over the victim. Another way to avoid a bully is to be in the company of one or more friends, and to teach children to stand up for one another. Bullies prefer to strike when the potential victim is alone.

Parents can help their children not become victims by working to instill self-confidence in their children and by practicing responses to the bully. Teach children to have a plan, including a "safe" adult to talk to, if they feel they are in danger. It's also important to ask children about how they are treated by other students. Children can be embarrassed to talk about being bullied, as they often feel ashamed. Let them know that it is never their fault, and that no one should be bullied.

If you are concerned or suspect that your child is being bullied, speak with the child's teacher. Another option to consider is speaking with a therapist. Some even provide social skills classes intended to increase self-confidence. It is also important to get help from teachers or professionals if you suspect that your child is bullying other children.

ANTI-BULLYING RESOURCES

• **Stopbullying.gov.** This site gives the laws, policies and regulations created around bullying prevention. A searchable map gives the anti-bullying laws and policies in each state. Oklahoma public schools must have a policy for the discipline of all children attending public school and for the investigation of report incidence of bullying. The Oklahoma law requires districts to provide education programming for students and parents for preventing, identifying, responding to and reporting incidents of bullying. Districts are also required to provide annual training for administrators and school employees.

• **https://oklahomaparentscenter.org.** This site gives examples of different types of bullying, how to be a self-advocate and how to create an action plan.

• **www.pacer.org.** PACER's is a National Bullying Prevention Center that provides resources for students, parents, educators and others. Resources include classroom activities, lessons and toolkits, inspires communities to get involved in anti-bullying efforts, provides guides and resources for parents and creates school-wide opportunities to address bullying.

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BY JULIE WENGER WATSON

TPS students can earn a new recognition for biliteracy

"I remember going home and crying because I couldn't communicate," recalls Yovanca Cervantes of her return to the United States a decade ago.

Born in Florida, Cervantes spent her early childhood in her parents' native Mexico before moving to Oklahoma in 2009. Determined to learn English, the then 9-year-old began to study in earnest.

"I set a goal for myself," Cervantes said. "Every day I would practice as much as I could with my sister, with my friends and at school with teachers. I would ask questions about stuff I didn't understand."

Ten years later, Cervantes' efforts have paid off. Not only was she valedictorian of her Hale High School class of 2019, she's one of 39 Tulsa Public School students to be awarded the Seal of Biliteracy in the inaugural year of the program.

In order to receive the Seal, students had to score at least a 460 on the evidence-based reading and writing portion of the SAT and test at the intermediate-mid level on a world-language assessment. While Cervantes is proficient in both Spanish and English, other languages represented among this year's recipients included Bangla, French, Hmong, Latin, Pashto and Russian.



"Multilingualism is an asset," explains Laura Grisso, executive director of Language and Cultural Services for TPS. "Our students who speak other languages and learn English, as well as our English-speaking students who pursue learning an additional language, have made great accomplishments that benefit them, their community and our city. It's very challenging to develop true proficiency in an additional language, and these students should be encouraged, celebrated and proud for what they've accomplished."

Cervantes' family is very proud of her achievement, and Cervantes was pleased to realize her long-held dream of English fluency.

"When I found out that I got the Seal, I was very happy and proud of myself because I'd reached that goal that I set a long, long time ago," she says.

Grisso is excited to implement this new program in the TPS system. She believes it will have positive consequences for the students who receive the Seals.

"Multilingualism is recognized as an asset by employers and colleges," she notes. "The Seal of Biliteracy provides a formal recognition of their accomplishment and language proficiency that they can include on resumes and applications. In many states, colleges even award college credit hours in the language to recipients of the Seal of Biliteracy, and we're hopeful to form those partnerships in the future."

Cervantes, now a freshman studying graphic design at University of Central Oklahoma, thinks the Seal will help her in the future. Eventually, Cervantes plans to open a graphic design business of her own, with an office in the United States and one in Mexico.

"I think it's going to help me a lot," she says. "I feel more confident in myself, and I think it will look good on my resume and help me obtain a better job."

Cervantes encourages other bilingual students to pursue the Seal of Biliteracy.

"I think everyone should take this opportunity and just try it – even if they don't think they're fluent," she says. "They should try it and see. Sometimes we're not confident in ourselves, and I think we should be more confident and try stuff out."

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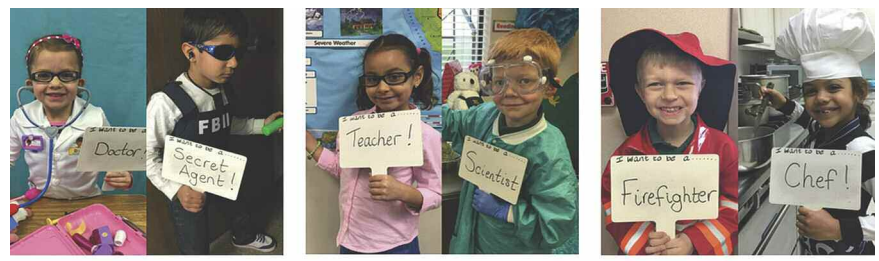
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*Results based on a parent evaluation form filled out pre and post-program where the parents ranked a set of statements about their child, on a scale from 0-10 (0=not observed/does not apply and 10=frequently observed). Statement: Child has difficulty learning in school - 40% improvement for avg. student (2015-2018, data for 4,827 students where parents reported this issue).



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BY CHRISTA MELNYK HINES

whoever fits in wins

Sitting in my warm, sunlit living room, I heave my 13-year-old son's overstuffed black and yellow backpack into my lap. He hates it when I do this, but I'm determined to find the missing assignments he insists are lost.

He leans toward me on the edge of our grey sofa opposite from me, his arms crossed in a tight self-hug in his grey hooded school-issued sweatshirt. His blue eyes scowl, and his lank dark blonde hair, in need of a trim, hangs over his eyebrows.

Out of the backpack, I pull crumpled schoolwork, artwork, balled up tissues and snack wrappers that spill crumbs onto the carpet. As I pull out his assignment planner, I notice it is cut up. Further down into the bag, I find twisted pens, and pencils snapped in half. His blue pencil bag is also sliced up.

"Why did you cut your stuff up?" I ask.

"I didn't," he says.

I glower at him, waiting for an explanation, wondering what could have happened to provoke this. My 8th grader sighs and tells me that he was in another part of the classroom for a group project. When he returned to his desk, he found the contents of his backpack torn up and strewn around the floor.

"Who was sitting at your desk?"

He shrugs.

I can feel blood rushing to my ears. An undercurrent of rage twitches treacherously behind my left eye.

"How Christian of them," I say. The word trickles slowly off my tongue like a drop of acid. The destroyed plastic of his pencil bag crinkles as I tighten my grip.

"Did you tell the teacher?"

"I told her, but she was busy."

I despise bullying behavior, but the hypocrisy of it happening at my kids' parochial school somehow infuriates me more. I understand that some kids are as broken as the smashed contents in this backpack and turn their hurt on others. But, I also believe that some kids in a quest for attention, get twisted satisfaction out of humiliating another in front of an audience of peers.

I think about the anti-bullying lip service painted in fat loopy marker on colorful posters that hang in the hallways at my son's school, reminding students to "Be Kind" and consider "What Would Jesus Do?"

Turns out you can post gentle reminders, hang a large cross on a wall and trot students to weekly religious services, and some will still operate under the assumption that only those who fit in win coveted spots in middle school hierarchy. To remind who is where in the pecking order, they play a little too rough in P.E. They talk over or ignore the perceived weak link attempting to join the conversation at lunch. And, they mutter profanities as they purposely bump into their target in the hallways.

"The ripped up school supplies are the latest slap to my son's spirit. He's a quirky, gentle kid who struggles with organization and has little interest in school or sports."

Instead of getting angry about the rejection he feels, my son delivers his grief like a rain-drenched puppy dropping an old dirty bone on my doorstep. He wonders what is wrong with him. He wishes he was dead. Disgust for these tween cretins tightens like a clenched fist in my stomach. I respond in a gravelly voice that there isn't a damn thing wrong with him. I wrap my arms around his broadening body in a tight hug and urge him to focus on the kind kids because they are there too.

The ripped up school supplies are the latest slap to my son's spirit. He's a quirky, gentle kid who struggles with organization and has little interest in school or sports. At home, he spends hours in his room sketching cars, and architecting elaborate structures on the computer that he brings to life with Legos. He prefers to spend recess sitting on the curb with a pencil and drawing pad in his lap, rather than throw himself into the fray of wild, yelling boys roughly kicking balls and shooting baskets. He stubbornly refuses to trade his strong opinions of right and wrong for fleeting like-ability.

As much as my son wants me to ignore this latest transgres-

continued next page

sion, I can't. I contact the teacher, the school counselor and administration. The staff apologizes profusely and insists they will get to the bottom of the situation. Later, they do learn who destroyed his things, but they refuse to identify the student to me. No parent forces their kid toward an apology nor are any reparations offered. We move on and count the days until middle school is over.

A few months later, just before school lets out for the summer, my son tells me how he stood up for a boy, who only a week before had been lobbing pencils at his back. For some reason, another irritated classmate called the boy an idiot during passing period.

"Considering what a pain he's been, why would you stand up for him?" I ask. I'm certain I would never have been so charitable.

"No one deserves to be treated like that, Mom," he says.

As my son piles out of the car on his last day of middle school hauling his backpack, which is once again spilling its guts, he chirps, "I love you, Mom." Before I put the car into gear and drive away, I watch as he cheerfully greets a teacher aide, who has been particularly supportive of him this year. Unlike me, he doesn't seem calloused by the challenges he's faced these past couple of years. Rather, his resilience, strength and optimism are stronger and brighter than ever. Maybe whoever fits in wins in middle school, but whoever loves harder, ultimately wins in life.

Christa Melnyk Hines is an internationally published freelance writer who writes frequently about health, wellness and raising kids. Visit her at www.christamelnykhines.com



BY TANNI HASS, Ph.D.

6 great apps for kids with special needs

Kids with special needs are diverse like any other kids, and there are many educational apps that can help them with their special needs. Here are six of the best ones, and they're all free. So if you're parents or caregivers of a child with special needs, have them check out the apps, and then download the ones that are the most useful and fun.

ChatterPix Kids

(Available at: Apple Appstore; Google Play)

This app is great for kids who need help practicing their oral communication skills. They can either upload or take a picture of themselves, draw a mouth, and then record anything they want to say. It's particularly useful if you're having a difficult conversation at home and your kids find it easier to express their views through an avatar rather than directly to you. It can also be useful in school if your kids require extra time composing an answer to a teacher's question. They can record and re-record their response until they get it just the way they want it.

iOT Session

(Available: Apple Appstore)

Created by a well-known occupational therapist, Dr. Frederick Covington, this app features lots of kid-friendly, game-like exercises aimed at improving their visual perception, tracking and coordination. It also improves fine motor skills, especially kids' ability to create proper letters. The app is used by occupational therapists everywhere, but your kids can use it too, either on their own or with your help, to track their progress over time.



MindShift CBT

(Available at: Apple Appstore; Google Play)

Based on cognitive behavioral therapy, which is widely used, this app teaches kids how to deal with different anxiety-provoking situations such as conflicts, social situations and tests. It features tools that help users relax, practice mindfulness and re-orient their thoughts. It has audio recordings with guided meditations, a journal for users to record thoughts that make them the most anxious and general tips for managing anxiety.

Model Me Going Places 2

(Available: Apple Appstore)

This social skills app teaches kids how to interact with different kinds of people that they encounter in their daily lives, such as grocery store clerks, hairdressers, doctors and restaurant waiters. It has 12-photo slideshows that model kids engaging in appropriate behaviors with people in different settings.

My Little Suitcase

(Available: Apple Appstore)

This game-like app, which can be played by up to four people, enhances kids' ability to memorize and match items. Similar to the popular card game Memory, each player has a suitcase with six different items represented on a small card that is faced down. Players take turns turning the cards over. If the card is theirs, they put it in their suitcase. If not, it's the next player's turn. Aside from improving their working memory and retention skills, they learn how to focus, categorize and engage in proper turn-taking. It's a great game for the whole family.

Unstuck

(Available at: Apple Appstore; Google Play)

This award-winning app helps users identify useful strategies when they're stuck while trying to reach a specific goal. Kids are asked to explain in what way they're stuck, how they feel about it, and how strong those feelings are. It also tells them what percentage of other users and famous historical figures have faced similar issues. The app then generates possible solutions to the problem. Its biggest educational value, however, is letting kids put words to their feelings and showing them that they're not alone in feeling the way they do.

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

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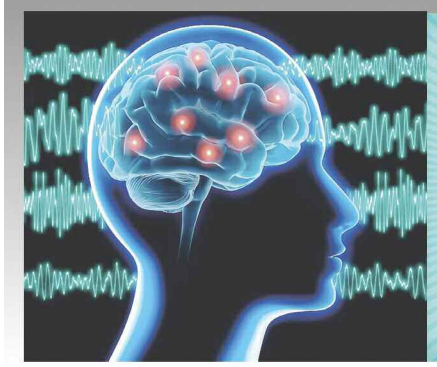
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BY BETSY PENTURF

new Tulsan Jenna Boyd learns about autism through Atypical role

When a teenage boy on the autism spectrum decides to get a girlfriend, his bid for independence opens a whole new world for his family in the Netflix series Atypical.

Jenna Boyd plays Paige, the girlfriend to lead character Sam Gardner (Keir Gilchrist), in the coming of age comedy/drama returning for a third season this fall. Sam and Paige will be freshmen in college when the new season starts. "This season that's coming soon is very much about that first step into the college world," Jenna said.

"Since my character plays Sam's girlfriend, it's been really awesome to learn along with my character what it looks like to navigate the relationship and relational struggles with somebody with autism," Jenna said.

Atypical is more than just another drama series about a middle-class American family living in suburbia.

"The show is super impactful to a lot of people just because it touches on some subjects that not a lot of shows do, mainly the issue being autism and how people with autism navigate the world around them and how their families navigate being close to someone with autism on a daily basis," Jenna said. "That is really central to the show, along with also being about family and friendships."



ACTRESS AND NEW TULSA RESIDENT JENNA BOYD PLAYS PAIGE IN THE NEXFLIX SERIES ATYPICAL.

For Jenna, it has been rewarding to experience how the series touches lives.

"I didn't realize how many people were facing issues like autism in their daily life – the response to the show has been huge," Jenna said. "I have met so many people who have a cousin or a brother or a parent with autism, so it's really been amazing to see the impact."

Working as a cast member on *Atypical* has created an opportunity to learn more about autism.

"I thought I knew a little about autism before it started, but it was basically shown that I really didn't. We do have actors with autism who actually play some of the roles in our show, and it's been exciting to witness and just be a part of it. I have learned that I really didn't know much about it and there's always going to be things for me to learn," Jenna said. "The really big thing I've learned is that autism doesn't look the same on everyone. The way that autism looks for Sam is not the way it looks for the actors we know on set who do have autism. It's been really eye opening to see the way it looks on different people, and it has just been a really cool and healthy reminder not to make assumptions about people and really listen and get to know people."

While Jenna has a lot of commonality with her character, Paige, they aren't exactly alike, either.

"She's so much more over the top than I am because there definitely is that neurotic thing – I try to keep that under wraps a bit more and not wear my feelings on my sleeve, where she is completely unfiltered. That's the biggest difference between the two of us. I am more introverted than Paige…she's the completely unhinged, unfiltered version of myself," Jenna said. "On a daily basis, playing Paige is so outside my comfort zone and it's hard for me, but honestly so rewarding."

Like Jenna, Paige is very ambitious and a Type A perfectionist kind of a person, which Jenna relates to completely since she's a big planner.

"I have been asked very often, what has Paige learned from Sam? We all as human beings, autism or not, struggle with wanting our way in a situation and wanting moments of selfishness. I think one thing I've seen

continued next page

Paige learn is that she has to navigate her moments of selfishness just as much as Sam does. That's been something she's definitely learned and grown in and not perfectly because she still really likes to have her own way and learning she's not just going to get to have that all of the time. That's a big theme and the arc of her character so far," Jenna said.

Jenna is very excited for viewers to see season three and said there's definitely some unexpected events that are going to happen this season. The storylines for Paige hit close to home for her, and she thinks they will resonate with a lot of people.

"I really think it's going to be my favorite season yet," Jenna said. "Everyone will really appreciate the storylines. Maybe there are things that aren't going the way you expected them to…we all go through these disappointments. I am just excited for people to see it, and I have had so much fun filming this coming season."

Making a difference through her career is imperative to Jenna.

"It is so important for me as an actor to get involved with shows like this, to be a part of something that really means something to people," Jenna said.

A native Texan, Jenna has lived most of her life in Los Angeles and attended Pepperdine University. She recently relocated to Tulsa after acceptance into Tulsa Remote, the George Kaiser Family Foundation's program to encourage remote workers to move to Tulsa.

"I had wanted to split my time between LA and somewhere else for a while. I had friends who live in Tulsa and were posting all the time about what they were doing in Tulsa and how much they loved it. I trusted their opinion and started toying around with the idea of moving to Tulsa for the first time. Then a friend randomly sent me the Tulsa World article about the Tulsa Remote program. I read the article, applied immediately and was accepted into the program," Jenna said. "It is a great network of people – I am really thankful to them because they made moving here and getting settled and being able to bounce back and forth to LA so much easier. It's a built-in community – I knew I was walking into a situation where I would already have friends."

While growing up in Texas, Jenna and her younger brother, Cayden, were featured on the cover of a 1998 issue of Fort Worth Child. Also an actor, her brother lives and works in Los Angeles. Their family moved to Los Angeles when Jenna and her brother were ages 9 and 8 to pursue their careers.

"I can't remember a time when I wasn't living in LA at this point," Jenna said. "So many of my childhood formative years were spent growing up in Los Angeles."

Jenna is exploring ways she can give back to the Tulsa community, perhaps through teaching drama students, working with the local crisis pregnancy center or perhaps even providing acting lessons. "I would love to serve the community any way that I can," Jenna said.

Since her arrival in Tulsa, Jenna has enjoyed visiting local sites like Gathering Place and finding new eating establishments to try.

"Tulsa's food scene is amazing! It's truly, truly great," Jenna said. "And it's been fun to explore all of the great coffee shops!"

So, what's the next project for Jenna? She plays the younger sister of the main character's wife in Vudu's adaption of 1983's *Mr. Mom*, which premiered on the streaming service Sept. 12.

"I love being busy with the things that I love to do," Jenna said. "This is such an exciting new chapter of my life."

Be sure to watch Jenna and Sam embark on their college journey when *Atypical* season three airs this fall.



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



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

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



CALVIN.

TEACHING CHILDREN TO BECOME SELF-ADVOCATES

BY ANN CAPPS

When Cami Barney gives examples of her son Calvin's ability to get his needs met, she recalls a visit to Costco. "He wanted a drink of water," she says. "So, he went up to the counter by himself, asked for a cup for water and wheeled himself over to the soda fountain. I was really proud at that moment."

Calvin is five years old, and he happens to be in a wheelchair because he has spina bifida. But he is also learning at an early age to speak for himself and ensure his own needs are met. He is learning to advocate for himself—a skill that every child with unique challenges, and their parents, can benefit from.

What is advocacy? In the simplest of terms, it's the act of speaking up for yourself—or on behalf of someone—and ensuring his or her needs are met. As parents become effective advocates for their child with special needs, they and their child stand a better chance of receiving the accommodations and support they require,

continued next page

which in turn can improve everything from the child's academic performance and social interactions to their emotional health and happiness.

The tools of advocacy are essential for every family with children who have special needs to master—especially when it comes to education. But it's not always easy for parents to figure out what their child is entitled to and get connected to resources.

"When I was teaching, I realized how much help parents needed to understand their child's issues [and how to advocate]," says Sherilyn Walton, LCSW. As the Family Support Program Coordinator for TARC, a nonprofit organization that educates, empowers, advocates, and supports individuals with developmental disabilities, Walton works with many families whose children have special needs. She attends school meetings, answers parents' questions and helps link people with resources.

"Parents are the experts on their child, and when they have knowledge, they feel more assertive," Walton says. This is important, because it is all too easy for any child to fall through the cracks—and all the more so when a child needs additional accommodations that teachers and schools may not always be equipped to offer.

"At my old school, I couldn't raise my hand because if the teacher noticed me, it was rare. Most of the time, I would have to go up to her and ask a question," explains Noah Roe, an 11-year-old diagnosed with autism, who has sometimes struggled to find his footing in the classroom.

Advocacy exists in part because it often takes extra efforts to ensure children like Calvin and Noah are heard and helped. Schools differ in their budgets, the number of special education teachers on staff, and their understanding of children with unique needs. The level of service, opportunities and access can be an issue. Barney, for example, has had her challenges to find the right education environment for her son—sending Calvin first to



NOAH.

the Little Lighthouse, then to a pre-K program in Bixby, then to a private preschool. This year, he's being homeschooled.

"There's a lot of disparity between what's required legally versus what the school says is available. Also, where you go to school really matters," Barney says. "All of the decisions to move Calvin have been related to his needs for school. It makes what to do and where to go very stressful."

Barney's challenges have been less about accessibility—most public places are wheelchair-accessible these days—and more about the everyday details that often result in complications for children with disabilities. For instance, an inadequate student-teacher ratio can be a serious problem for children like Calvin.

"We've been worried by a lack of supervision," Barney explains, because other students are often tempted to push Calvin's wheelchair. So are adults. Even though they think they are helping, this simple act can create a safety issue for Calvin. In addition, it robs him of a chance to develop a sense of competence and self-confidence, something every child benefits from.

For Barney, advocating for Calvin has meant championing his ability to take charge of his life. She pushed to get him a wheelchair as soon as other kids his age were crawling and starting to walk, so he'd learn to be mobile at an age-appropriate time.

"We have to advocate not just for his physical needs, but also his independence," she says. "He's learning to be independent, and he wants to be independent. And if we take that away from him, he's not going to get that back."

In addition to independence and self-determination, children with special needs and disabilities have a vital human need to be seen and recognized—something we all long for.

"I guess I just need to be heard, like when I have a question or something," Noah explains.

As the number of children being diagnosed with autism continues to soar, so too do the challenges associated with helping these children excel in school.

"Children with autism often have a lot of behavioral issues at home and at school," Walton notes. But these behavioral issues are more complex than many people realize.

"Meltdowns are like what neurotypical people think of as temper tantrums. From the outside, meltdowns can look like temper tantrums, but they're not at all," explains Kristi Roe Owen, who has been raising her nephew Noah since his biological father (her brother) died. "If you look closer, you'll see the person with autism is in a state of extreme anxiety and suffering. It's like a kind of full sensory overload."

Challenges like this are a part of navigating autism. Meeting Noah's needs in a classroom requires understanding how his autism uniquely affects him. And as Roe Owen and many other parents in similar shoes can attest, there is no such thing as a one-size-fits-all approach to raising any child, including those with special needs.

"The biggest thing you run into is people who think that all people with autism are the stereotype they know of autism," she says. "This 'method' worked for one kid they knew, so ipso facto, it should work for your kid. The most important revelation we've probably had as parents of a child with autism is that we don't know sometimes obvious things, and we have to keep learning and looking to Noah or others who have autism. Of course, now it's much easier since he's extremely good at self-advocating."

As Noah himself is likely to tell you, the experience of having autism is not always what those of us who are neurotypical might expect. "It's a different way that we think or work or whatever," he says. 'If you're a car fan, you might understand this. If you're a neurotypical person, I mean, let's say you would call that a Chevy. And people with autism spectrum disorder are Fords. They're just different things that are the same. I shouldn't say ASD because it's not a disorder. It's just a different order. Maybe it should be renamed ASDO — autism spectrum different order."

Addressing those differences effectively is why proper advocacy by parents and self-advocacy by the child can be so valuable. Like Calvin, Noah has moved schools a few times as his family has sought to ensure he received support. It hasn't always

continued next page

been easy. At one TPS school, he was placed in an overcrowded classroom, a situation that was automatically overwhelming for a child with the sensory processing challenges associated with autism. On top of that, Noah experienced bullying. His academic performance began to nosedive.

"Noah's classroom teachers were very good about listening to what we told them about his needs, but they didn't have the time or support to give him what he needed," Roe Owen says. The administration was less supportive, she says. "The principal was adamant that her special ed teacher was one of the best in TPS. It was very clear that the culture at that school viewed most of Noah's issues as behavioral."

Roe Owen said that many other parents have shared similar stories with her. "They lose countelss hours in pay and often their jobs getting pulled up to the school for meetings about their child's 'behavior problems.' The whole experience [at that particular school] lasted less than 12 weeks, but it was one of the most fundamentally trying things we've been through as a family."

Choosing the right school is an essential part of creating a supportive educational environment. So is knowing what your child is entitled to receive in terms of support, and then communicating effectively with school staff to ensure the child's needs are properly addressed. Working with groups like TARC, which offers its services for free, can be beneficial.

Walton spends much of her time attending meetings between teachers and parents to help the communication process go smoothly, a role she and TARC are happy to play. It helps, she says, to know what schools are required by law to provide—and what they don't have to do.

"In-school and out-of-school therapies are different," Walton says. "The qualifications are different. In-school therapies must be related to educational outcomes."

A child's IEP (Individual Education Plan), which is normally adjusted annually at the start of each school year, should spell out what therapies, accommodations, and other services the child will receive through the school.

If you have an IEP for your child but don't understand it, Walton and her fellow staff at TARC can help. TARC can also assist parents by pinpointing available resources in the community that may be helpful to the child, both inside and outside of school.

Yet even when parents and the school are both working hard to follow a child's IEP, things can get off track. Often, teachers simply get busy and overwhelmed with their jobs. To help prevent things from getting overlooked or delayed, parents can take steps to keep the communication lines open. Walton also suggests that parents equip the child to know what to ask for, so they can advocate for themselves.

Roe Owen says that when the system fails the child, especially those with challenges that neurotypical individuals may not face, there is a huge cost, not just for the child, but for society.

"Having a system that fails them until they're essentially forced out of the school system, and possibly depriving their communities of their potential contribution," Roe Owen says, "is a very real, direct consequence to failing these kids."

For Barney, teaching her son Calvin to advocate for himself has involved encouraging him to speak and act on his own behalf whenever possible.

"For us, early on, our long-term goal has been for him to be independent," she says. "He has a lot of doctor and therapy appointments, so from the time he could talk, I've had him be the one who checks in. He's the one who talks and asks questions. When we go out to eat, I have him order."

Teaching children with special needs or disabilities to advocate for themselves is vital, says Walton, because at some point, children will reach the age of 18. At that point, the parent is no longer automatically the legal guardian, no matter what a child's disability is.

To teach a child to self-advocate, Walton suggests inviting the child to be present for the IEP meetings, if they are comfortable doing so. "They may not need to be there for the whole meeting," she says, "but they can be eased into it."

Barney recommends that parents educate themselves, do research and find support. "Always try to get multiple opinions around decisions," she says. "One of most helpful things is finding a support group, local or online. Talk to other parents because there's a lot more sources to draw from (than you may realize)."

Roe Owen agrees, noting that part of the role of the parent is in helping a child create relationships—a system of support. "Noah has become a tremendous self-advocate, but he has learned to go to people he can trust, so we've had to help him build those connections," she says. "You're constantly reminding yourself that you're trying to build alliances at the end of the day."

TIPS FOR ADVOCATING FOR YOUR CHILD

Sherilyn Walton, LCSW, has been assisting parents and children with special needs advocate successfully for years. Here are some of her tips for ensuring your child is receiving proper support in school.

Understand your rights. The Individuals with Disabilities Education Act (IDEA) makes provisions to help children with different disabilities to have their educational needs met.

Be familiar with your child's IEP. Carry a copy of your child's current IEP with you at all times so it can be referenced whenever it is needed. Ask questions to be sure you understand what the IEP contains.

Keep good files. Retain all past and present IEPs, as well as records and reports from any testing done by schools, outside experts, and licensed professionals.

Be able to sum up your child's needs. Walton recommends that parents create an "all about me" sheet—a single-page document that includes the child's picture, who the child is, what a teacher needs to know, what worked well in the past, what hasn't worked well, parents' contact information—at-a-glance details that can help teachers.

Draw on all available resources. TARC offers free assistance to parents, helping to answer questions, provide a better understanding of IEPs and more. CREOKS and other organizations also offer community help to children with special needs.

Become involved in legislative efforts. Many of the challenges schools face in serving children with special needs comes down to budgeting. Talk to local and state representatives. Urge them to make funding education, including special education, a priority.

Get education. TARC presents programming regularly to help parents. On October 23, Walton will be answering questions parents have about IEPs. The meeting is being held 6:00-7:30 p.m. at Southminster Presbyterian Church, 3500 S. Peoria.

Be part of the whole school. Volunteer at the school. Attend parent-teacher meetings, and get to know other parents.

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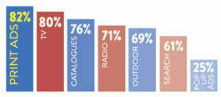
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(Nielsen Catalina Solutions, 2015)

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(Marketing Sherpa, 2017)

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(Digital First Content Marketing: the Return of Print - CMO by Adobe, 2016)

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HTR Pediatrics is excited to introduce the Universal Exercise Unit (UEU). The UEU is a large, metal, three dimensional cage that houses a system of pulleys and bungees that can be used to treat a variety of patients. When properly used, the pulley system allows therapists to stretch and/or strengthen a desired muscle group in isolation from the rest of the body. This allows that particular muscle group to work without compensations in order to enhance a specific movement necessary to achieve a functional skill.

The pulleys may also act as a suspension system to allow the patient to perform an isolated, independent movement repetitively without the adverse effects of gravitational forces. The pulley system can be used to strengthen muscles, improve function and endurance, increase range of motion and flexibility, decrease contractures, and prevent muscle atrophy.

The bungee system (or "spider") is a combination of 8 bungee cords that are attached to a waist belt. The bungees can be manipulated by the therapists to produce a dynamic system of support or resistance that is needed to practice a particular component of a functional skill. The spider can be used to improve functional skills, enhance balance and coordination, increase strength, endurance and stability, as well as to improve sensory-motor integration.

The primary goal of the spider is to promote independence. As a child improves, the amount of bands and the degree of resistance can be adjusted to account for greater independence. The UEU is appropriate for patients that are experiencing delayed development, decreased balance, coordination, stability, and strength, as well as disturbed sensory integration, muscle atrophy, or vestibular deficits.



DIAGNOSES

- Cerebral Palsy
- Developmental Delay
- Traumatic Brain Injury
- Autism
- Spinal Cord Injury
- Spina Bifida
- Down Syndrome
- Stroke

WHAT ARE THE TREATMENT RESULTS?

- Increases strength
- Increases active and passive range of motion
- Prevention of joint contractures
- Improves balance and coordination
- Promotes motor learning and motor planning
- Promotes developmental milestones
- Improves vestibular functioning

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BY NATALIE HANSON



the one thing I forget: **myself**

When rookie homeschool moms ask me for advice on getting started, I tend to go straight into telling them about things like great curricula, local resources, and all sorts of other things that are exciting to explore! However, more than once, I've finished these initial homeschool pep talks and realized I left out the one piece of information I really wish someone had shared with me years ago. It's not necessarily the most fun to hear, but I've found it to be one of the most important points to make homeschool work in the long run. Here it is — don't forget about YOU.

That's right, YOU. Becoming a homeschool parent isn't a job you pick up and leave at the end of a day. It's a life, and YOUR attitude can make or break the experience for your family. If I'm being honest, this was my first big mistake when I began homeschooling. And to be really, truly honest, it's a mistake I make over and over again if I'm not careful.

When I began homeschooling, I was so focused on all the things I could do for my children to make it an awesome experience for them, that I don't think I thought about how my life would play into the decision at all for that first year, and, boy, did we all pay for my oversight!

It's tricky being your own boss, and just like with so much of homeschooling, there is no real blueprint on how to do it, but it is vital that you consider your needs and preferences with the same intention you do those of your students. I am not in the homeschool martyrdom camp! I really think it can and should be a pretty pleasant experience for everyone. That's not to say there won't be hard days that are worth facing, but I believe being purposeful about setting up a home education that works for YOU is key to having success.

Here are a few ways to help set yourself up to be a happy, healthy homeschool parent:

1. Write out a list of goals you have for yourself, and then your children to strive for during your year. Jot down a few ways you can work toward achieving those goals, and make time for them. Keep your goals at the top of the list to avoid the temptation of brushing them aside. Keep this list somewhere to reference and check-in with during the year.

2. Find a way to step away. One of the reasons I homeschool my kids is because I genuinely really like being with them. I like it so much, though, that I can sometimes forget that it's still work. I'm putting out a lot of energy to do a good job for them, and I need to step away and recharge. Since we don't have those built-in kids-are-at-school hours, it's really important for me to be intentional about planning some kid-free hours during the week. I have to do it ahead of time, because if I don't, I will not do it, and two or three weeks will go by, and I am starting to be a little short with everyone. Then it will hit me that I been with everyone non-stop! When I'm able to think ahead and carve out just a little time to fly solo, everything in our world runs better.

> "...when I am spread too thin, and too many dinners are Taco Bueno in the van, I'm not at my best, and no one is winning."

3. If you like to be social, be social! If you like to stay home, plan ways to keep things engaging while allowing you to be in a headspace that works for you. For me, this means saying no to too many evenings out doing extracurricular activities. This is always a struggle for me because I feel super guilty for not giving 1000 percent to help my kids pursue their interests. But when I am spread too thin, and too many dinners are Taco Bueno in the van, I'm not at my best, and no one is winning.

I don't want homeschool to constantly feel like an uphill battle. I want it to feel like I am present in the moment. I also want to look back on these days and feel like they were some of the best days of my life. Remembering that I am the one who sets the tone for my family's experience helps me steer the ship toward one of presence and peace instead of chaos and missed opportunities to enjoy this precious time together.



The Tulsa Zoo's Ascension St. John ZooRun Presented by Community Care is celebrating its 50th year! This popular race features a 5k and 10k as well as a 1-mile Fun Run. Learn more and register at tulsazoo.org/run.

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

October 1 Tuesday

BIKES, BALLS & YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Tuesdays & Thursdays 9:30-11 a.m. Cost is 50 cents/child per visit. No Bikes and Balls during school holidays. Whiteside Community Center, 4009 S. Pittsburg Ave., 9:30-11 a.m. cityoftulsa.org

AQUA TOTS
Every good aquanaut started as an Aqua Tot! Bring your future ocean explorers (ages 2-5) for story time by the sea. Included with admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 9:30 a.m. okaquarium.org

October 2 Wednesday

MEET STRAWBERRY SHORTCAKE CREATOR MURIEL FAHRION [FREE]
Register today for a "berry" sweet workshop and lecture with Muriel Fahrion, creator of Strawberry Shortcake, Care Bears and The Get Along Gang. A reception with the artist begins at 5 p.m., with the talk and workshop following at 5:30. The event is free but registration is required. McKeon Center for Creativity, 910 S. Boston Ave., 5 p.m. tulsacc.edu

October 3 Thursday

AUTUMN IN THE GARDEN
Enjoy pumpkin displays, scarecrows, and fall fun at Tulsa Botanic Garden's Autumn In the Garden. Vote for your favorite scarecrow to win the People's Choice award. Each Thursday evening includes live music from 6-8 p.m. and food truck. Check website for event details. Regular admission, Tulsa Botanic Garden, 3900 Tulsa Botanic Dr. Occurs daily through November 3. tulsabotanic.org

DANCING FOR BIRTH [W]
This low impact cardio dance class incorporates dance moves from around the world to best prepare you to give birth. Birth can be like a marathon, and Dancing for Birth classes prepare you for the challenge. You'll become stronger, more agile, more at ease with your body and both mentally and physically ready to embrace your unique birth experience. $5 Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 6:30-7:30 p.m. breathebirthandwellness.com

WINE, JAZZ & WORLD FETE
Join Oklahoma Roots Music for the greatest jazz, reggae and folk artists from around the world, fine wines & wine tastings, a Latin Food Fair, performance art, family activities & more. The 2nd annual celebration is FREE on Guthrie Green and ticketed at Duet Jazz. October 3-5, Guthrie Green, 111 E. M.B. Brady St. okrootsmusic.org

October 4 Friday

PHILBROOK PLAYDATES
Come and play with your child, let your child play with other kids, and

meet other adults! Philbrook provides the creative activity and cleans up the mess.
Spark wonder and foster creative development with rotating activities for you and your child (under 5). Playdates at Philbrook are facilitated by early learning specialists. The first 30 minutes are a soft start with coffee, low-key activities and getting-to-know-you time. After that, attendees transition to activities in the garden or Philbrook galleries. Philbrook Museum, 2727 S. Rockford Rd., 9:30-11 a.m. Also Saturday, October 5, 9:30-11 a.m. philbrook.org

FALL TRADERS ENCAMPMENT
Hosted by Woolaroc's Mountain Men Wes & Roger Butcher, Woolaroc's Fall Traders Encampent has quickly become a favorite for traders and re-enactors from across the country. The camp will be historically accurate, recreating what a settlement of this type would have looked like in the 1840s. Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville, October 4 and 5, woolaroc.org

AFTER-HOURS FAMILY FORT NIGHT [FREE]
Bring your blankets, sheets, pillows and flashlights to help build reading forts all over the library and enjoy stories by the "campfire," snacks, prizes and more! For all ages. Owasso Library, 103 W. Broadway St., Owasso, 6:30-7:30 p.m. tulsalibrary.org

CROWDSOURCED MOVIE NIGHT! [FREE]
Enjoy an '80's-themed movie at Chapman Green! The movie will begin at dusk. Chapman Green, 605 S. Main St. chapmangreenarts.com

October 5 Saturday

ASCENSION ST. JOHN ZOORUN PRESENTED BY COMMUNITY CARE
Whether you are a strolling tortoise or a racing hare, there is a pace for you at the Ascension St. John ZooRun presented by CommunityCare at the Tulsa Zoo. The 50th annual family friendly race features a 5k and 10k, plus the Ascension St. John 1-mile Fun Run. Admission for the whole squad is part of the fun! Until 10 a.m., family members of participants can enter the zoo for free to cheer on runners at the finish line. After the race, runners can enjoy this year's Ascension St. John Fun Run Fun Zone featuring educational activities, airbrush tattoos and more. The Ascension St. John 1-mile Fun Run begins at 8 a.m., the 5k begins at 8:30 a.m. and the 10k begins at 9 a.m. Race week registration is $35 for the 5k and 10k, $25 for the Ascension St. John Fun Run. For more information, visit tulsazoo.org/run or contact the zoo at (918) 669-6602. Tulsa Zoo, 6421 E 36th St. North, 7-10 a.m.

GOAT FEST 2019
Have you been dying to try Goat Yoga? Head to Fostering Hope of Muskogee's 2nd Annual Goat Fest, which helps fund Fostering Hope's mission of supporting children in the foster care system. Other activities include carnival games and a petting zoo! 313 W. Broadway St., Muskogee, 10 a.m.-2:30 p.m. fosteringhopemuskogee.org

MAGICAL MORNINGS FOR FAMILIES AT AHHA
Children's first years are a critical period of learning and discovery. In this special workshop with ahha artists and educators, you'll engage in age-appropriate activities designed to stimulate your child's curiosity and wonder. You'll also leave with new ideas for hands-on activities and practical knowledge of teaching and learning strategies that you can apply at home or in other out-of-school learning contexts. ahha Tulsa, 101 E. Archer, 10 a.m.-12 p.m. ahhatulsa.org

DRAGONS LOVE TACOS PARTY! [FREE]
Celebrate National Taco Day with a fiery fun program filled with dragon masks, taco crafts, music and a special reading of "Dragons Love Tacos"! For preschoolers and elementary students. Central Library, 400 Civic Center, 1-2 p.m. tulsalibrary.org



Searching for Storytimes? Find a list of weekly storytime events at tulsakids.com/storytimes!

TASM MOVIE NIGHT: "OCTOBER SKY" (1999/PG)
Enjoy a movie in Tulsa Air and Space Museum's hangar! Bring a chair or blanket, if possible. TASM Members are free; others get in for $5. Tulsa Air and Space Museum, 3624 N. 74th E. Ave., Tulsa, 6-9 p.m. tulsamuseum.org

October 6 Sunday

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

October 7 Monday

POSTPARTUM/LACTATION SUPPORT GROUP
Motherhood is extremely rewarding but can also be most the most exhausting job you will ever have. This class incorporates time for strengthening your soul, body and mind all while enjoying the fellowship of other mothers. Each class will offer a different educational topic pertaining to motherhood as well as a time for questions and answers on topic such as breastfeeding, intimacy, transitioning back to work, exercise, whole body healing and much more. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 10-11 a.m. breathebirthandwellness.com

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

October 8 Tuesday

GAMES ON THE GREEN [FREE, W]
Grab lunch to go from one of the surrounding restaurants and bring it over to the Green to eat, then spend the rest of your lunch hour playing lawn games! Assortment of games will vary throughout the season. Chapman Green Arts, 605 S. Main St., 11 a.m.-1 p.m. chapmangreenarts.com

OKC THUNDER VS. DALLAS MAVERICKS
Game on, Tulsa! The Oklahoma City Thunder is set to head to Tulsa during the 2019 preseason. Oklahoma City will host the Dallas Mavericks

on October 8 at 8 p.m. at BOK Center, 200 S. Denver Ave. bokcenter.com

October 9 Wednesday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Schusterman-Benson Library, 3333 E. 32nd Pl., 10:30-10:50 a.m. tulsalibrary.org

FAMILY DAY
Join ahha Tulsa for an afternoon of hands-on learning for families of children and teens of all ages! Parents/caregivers and their children and teens will enjoy interactive tours of THE GALLERY and THE EXPERIENCE, explore new ideas in THE STUDIO, and dive deeper into artmaking processes in the Creative Labs. ahha Tulsa, 101 E. Archer St., 12-4 p.m. ahhatulsa.org

MONSTER MOVIE MADNESS: "JURASSIC PARK" (PG-13) [FREE]
In this Steven Spielberg classic, a theme park suffers a major power breakdown that allows its cloned dinosaurs to run amok. Bring your chairs and blankets, and enjoy free popcorn! Doors open at 6 p.m.; movie begins at 6:30 p.m. For adults and teens. Central Library (Tandy Garden), 400 Civic Center, 6:30-9 p.m. tulsalibrary.org

October 10 Thursday

LEARN AND PLAY
Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities designed to stimulate early learners in a lively, social atmosphere. Snacks and all materials are provided. Free with museum admission, but advance reservation is required due to limited space. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. gilcrease.org

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

October 11 Friday

HOMESCHOOL BOOKS TO TREASURE CELEBRATION [FREE]
Calling all homeschooled second-grade students in Tulsa County! Celebrate Books to Treasure 2019 with a free book and custom library card. Enjoy a special storytime and educational resources. Parents/Caregivers: Please make sure children have valid information to apply for a library card. Owasso Library, 103 W. Broadway St., Owasso, 10-11 a.m. tulsalibrary.org

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

HALLOWEEN MOVIE NIGHT! [FREE]
Enjoy a Halloween movie at Chapman Green! The movie shown will be whichever receives the most votes from the public, so follow @chapmangreenarts on social media for updates! Before the film begins, kids can go trick or treating at neighborhood businesses. Chapman Green, 605 S. Main St., chapmangreenarts.com

October 12 Saturday

BRUSH CREEK BAZAAR
Every year thousands of people venture out to South Tulsa's largest arts and crafts festival to enjoy the beautiful scenery and the wide variety of art and entertainment. Showcasing over 70 vendors, the Brush Creek Bazaar provides you with artists of wood, home decor, soap, jewelry, outdoor decor, metal, clothing, candles & much more. There will also be live music and entertainment. The kids will enjoy a kid-zone, including a petting zoo, pumpkin patch, face painting and more. 10900 S. Louisville Ave., October 12 and 13. Find schedule at brushcreekbazaar.org

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

CONSERVATION FAIR [FREE]
Meet local groups and organizations who are working to promote sustainability in the Tulsa area! There will also be a craft for kids, food trucks and a raffle. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 10 a.m.-2 p.m. brokenarrowok.gov

THE WIZARDING RUN TULSA
This magical run in downtown Tulsa features 5K and 1-Mile Fun Run options. Participants receive a shirt in the color of their choice (red, green, yellow or blue), a custom wand and a free butterscotch soda at the finish line! Costumes are encouraged. All proceeds benefit The Brain Injury Recovery Foundation. Wizarding 1-mile Fun Run begins at 10:30 a.m.; the Wizarding 5K begins at 11 a.m. Learn more and register at localraces.com/wizardingrun/the-wizarding-run-tulsa.

GRAND EXPERIENCE: GHOST OF SPECIES PAST
Discover animals that once roamed the Earth during this choose-your-own-adventure class about extinct species. Create memories that will last a lifetime. You will even meet a zoo animal at each class! Grandchildren K-6 welcome. Grandparents can be any age. Registration is for one grandchild and one grandparent. $25 per class. More information and registration at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

October 13 Sunday

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

TEMPLE ISRAEL'S SHALOMFEST SUKKAH BUILD AND LAWN PARTY [FREE]
With a new vision for ShalomFest, Temple Israel will welcome the public to help decorate its sukkah with family friendly activities and all sorts of lawn games. Temple Israel's Sisterhood Judaica Shop will be open for all your Jewish shopping needs. Temple Israel's Clergy Team will provide engaging learning opportunities in the sanctuary. Temple Israel, 2004 E. 22nd Pl., 12-3 p.m. templetulsa.com

TULSA MOMS DEMAND ACTION MEETING [FREE]
Please join the Oklahoma Chapter of Moms Demand Action to learn how you can help to demand sensible gun laws in Oklahoma. Feel free to bring a friend. Check Facebook event page for RSVP details. Southminster Presbyterian Church, 3500 S. Peoria Ave., 3-4 p.m. facebook.com/momsdemandactionok

October 14 Monday

TULSA NATIVE AMERICAN DAY [FREE]
The 3nd Annual Tulsa Native American Day Celebration will begin at 9 a.m. and is open to the public. Vendors, artists, and food trucks will be available throughout the day! Come listen to local community leaders and guest speakers talk about what



Tulsa Public School's Fall Break is officially October 17-18, but students will be out of school from that entire week for professional days and parent conferences. Thankfully, there is plenty to do around town! See our Community Calendar for several options, but if you're looking for more Fall Break Fun, go to tulsakids.com/fallbreak.

this day means to them. Parade will begin at 12:00 pm followed by exhibition dancing. Guthrie Green, 111 E. M.B. Brady St., 9 a.m.-5 p.m. facebook.com/tulsanativeamericanday

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

October 15 Tuesday

DIG WITH A DIETICIAN [FREE]
During this class with a Reasor's Registered Dietician, participants will learn about all the different types of soils and composting. They will dive into the benefits and drawbacks of each soil type and how everyone can make a difference with composting, including how you can make your own compost at home! Participants will get to help with preparing beds for a nice winter. Ideal for ages 6-12. Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., 2:30-3:30 p.m. Pre-register at reasors.com.

BUILD A READER STORYTIME: FAMILY—FEATURING TULSA SPCA! [FREE]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. To help us celebrate 2019 Books to Treasure, the Tulsa SPCA is bringing one of their dogs from their Pets Are Love (PAL) program to read with us at storytime! Maxwell Park Library, 1313 N. Canton Ave., 3-3:30 p.m. tulsalibrary.org

INFANT LOSS AWARENESS CEREMONY [FREE]
Ceremony and candlelight vigil for anyone who has lost a child to stillbirth, miscarriage, SIDS, or any other cause at any point during pregnancy, infancy, or childhood. Open to the public. All are welcome. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 6:30-7:30 p.m. breathebirthandwellness.com

October 16 Wednesday

RHEA LANA'S OF MIDTOWN TULSA [FREE]
Rhea Lana's is a consignment event featuring great deals on kids' clothes, baby supplies, toys, books and more! Fontana Shopping Center, 7911 E. 51st St., October 13-17. Get schedule at midtown.rhealana.com.

BOOKS TO TREASURE ART WORKSHOP: PUFFY PAINT [FREE]
TCCL celebrates 2019 Books to Treasure children's book illustrator Christian Robinson by melding science and art to make artwork with puffy paint. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For elementary students. Hardesty Library, 8316 E. 93rd St., 2-3 p.m.

TEEN READ MONTH: BOOK PAGE ART [FREE]
Make art using book pages, including blackout poetry and collages. For ages 10-18. Broken Arrow Library, 300 W. Broadway Ave., 3-4 p.m. tulsalibrary.org

October 17 Thursday

BLACK POETRY DAY: READ! RECITE! [FREE]
Drop by and recite a poem or haiku and receive a small thank-you token of appreciation for participating as the library and its visitors celebrate the magnificence of black poets and their writings. For all ages. Suburban Acres Library, 4606 N. Garrison Ave., 10 a.m.-6 p.m. tulsalibrary.org

FALL BREAK STORY TIMES
Meet in the Tree Fort in the Children's Discovery Garden for a nature-themed story, music, games, and crafts. Free with admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m. Occurs daily, October 15-18. tulsabotanic.org

October 18 Friday

MOVIE IN THE GARDEN: "THE LEGO MOVIE: THE SECOND PART" (PG) [FREE]
Come to the garden to watch "The LEGO Movie 2" and play with the library's LEGOs (weather permitting). For ages 5-12. Central Library, 400 Civic Center, 10:30 a.m.-12 p.m. tulsalibrary.org

CABIN CLUB
You don't have to be an artist to play with art supplies! Paint, sketch, scrawl or doodle with Philbrook's art supplies in the Karl Unnasch Art log cabin. Free with museum admission. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. philbrook.org

October 19 Saturday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE]
Take a family hike through the beautiful Keystone Ancient Forest, home to centuries-old cedars and post oak trees. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

SIBLINGS CLASS
Fun and informative class for children ages 1-10 who are being promoted to big brothers or sisters! Hands-on interaction, fun games and much more to help your little one become excited about welcoming a baby into your household. All participants will receive an official Big Brother or Big Sister Certificate as well as keepsake to give their little siblings once they arrive. Space is limited! Breathe Birth and Wellness, 4800 W. San Antonio Dr., Broken Arrow, 10-11 a.m. breathebirthandwellness.com

ZOO INSIDER: EXTINCTION
Uncover the secrets of species gone silent. Teenagers will explore the remains of animals not yet fossils and rejoice in those brought back from the brink, all while learning about careers available in the zoo field. Register at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

October 20 Sunday

FUNDAY SUNDAY [FREE]
The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole

family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

October 21 Monday

OPIOIDS: PREVENTION AND AWARENESS [FREE]
A RSVP/OSU Opioids Awareness Educator volunteer will educate and inform the community about the personal, family and community risks of opioids addiction. Sponsored by Oklahoma State University's Cooperative Extension Service and RSVP (Retired Senior Volunteer Program) of Tulsa. For adults. Central Library, 400 Civic Center, 12-1 p.m. tulsalibrary.org

FALL BREAK CRAFT LAB [FREE]
Celebrate fall break with a variety of fall-themed. Come prepared to get messy as participants make bird feeders, paper pumpkins, apple trees and more! For ages 4-12. Owasso Library, 103 W. Broadway St., Owasso, 3-4 p.m. tulsalibrary.org

QPR (QUESTION, PERSUADE, REFER) [FREE]
Recognizing the warning signs of suicide, knowing the risk factors, and learning the skills to help may just save the life of a friend, a family member, a co-worker, or even a stranger. Everyone can play a role in prevention. Instructed by members of Mental Health Association Oklahoma. Must pre-register to attend. Central Center, 1028 E. 6th St., 6-7 p.m. cityoftulsa.org

October 22 Tuesday

TEEN READ MONTH: THE DYSTOPIAN GAMES [FREE]
Test your survival skills. Stand up against a corrupt government. BE the corrupt government. It's all fair game in Dystopian games. If you enjoy the dark social and political climates of this genre, volunteer as tribute at The Dystopian Games! For ages 10-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4-6 p.m. tulsalibrary.org

YOGA AT THE ZOO: EVENING FLOW
Perfect your pigeon pose during Yoga at the Zoo! This $15 public yoga class for ages 12 and older and will be led by instructor Nicole Peltier of The Yoga Room. Registration fee includes a 50-minute yoga session and admission to the Tulsa Zoo. More information and registration at: tulsazoo.org/yoga Tulsa Zoo, 6421 E 36th St. North, 5 p.m. Also enjoy Morning Flow yoga on Saturday, October 12.

October 23 Wednesday

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

TULSAKIDS LIVE!: NAVIGATING THE WORLD OF SPECIAL EDUCATION: HELPING PARENTS ADVOCATE FOR THEIR CHILDREN [FREE]
Lisa Turner, Executive Director, and Sherilyn Walton, Family Support Coordinator at TARC, will lead a discussion covering basic principles of IDEA (Individuals with Disabilities Education Act). This will be presented along with helpful tips for parents as they advocate for their children in the school. TulsaKids Live! is a monthly parents meet-up hosted by TulsaKids Magazine. These events are free and open to the public; plus, free childcare is provided. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

October 24 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa! Bixby Fire Department Station 2, 8300 E. 121st St. S., 2-4 p.m. safekidstulsa.com

SPECIAL MOVIE NIGHT: "PRETTY IN PINK" [FREE]
Bring a girlfriend, mom, daughter, or sister! In recognition of Breast Cancer Awareness Month, Guthrie Green is hosting a special Movie Night, partnering with OU Physicians-Tulsa who will provide education on mammography screenings before the movie. Guthrie Green, 111 E. M.B. Brady St., 8-9:30 p.m. guthriegreen.com

October 25 Friday

S.T.E.A.M. CON 2019 [FREE]
S.T.E.A.M. Con is a Science, Technology, Engineering, Art, and Mathematics event with a fun Steampunk theme. Sapulpa Public Library, 27 W. Dewey Ave., Sapulpa, 9 a.m.-5 p.m. Also Saturday, October 26, 10 a.m.-6 p.m. facebook.com/sapulpapubliclibrary

October 26 Saturday

42ND ANNUAL TULSA FEDERAL CREDIT UNION RUN
The "Tulsa Run" features 2K, 5K and 15K routes, starting in downtown Tulsa. Learn more and sign up at runsignup.com/race/ok/tulsa/tulsarun

STORYTELLING: HOW TO GET STARTED—PRESENTED BY THE AFTER-SCHOOL HOMEWORK CLUB [FREE]
Get your creativity flowing as participants work on brainstorming, character development and world building so you have all the skills you need to tell your story. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 9-18. Pratt Library, 3219 S. 113th W. Ave., Sand Springs, 2-3 p.m. tulsalibrary.org

October 27 Sunday

Looking for more? Look for our roundup of Family Friendly Halloween Events in our Fall Family Fun Guide! You can also find it online at tulsakids.com/Halloween.

October 28 Monday

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

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

October 29 Tuesday

I-SCREAM SOCIAL: ICE CREAM IN A BAG [FREE]
Make ice cream in a bag! Participants will work together by literally tossing our ingredients around the room until it becomes ice cream and then add spooky toppings and eat our work. For ages 6-15. Schusterman-Benson Library, 3333 E. 32nd Pl., 4-5 p.m. tulsalibrary.org

October 30 Wednesday

WILL ROGERS MOTION PICTURE FESTIVAL
The Will Rogers Motion Picture Festival will take place October 30-November 3. It will feature film submissions from around the world while celebrating Will Rogers' film career. This is a family friendly event in Claremore, Oklahoma. Other activities include a block party on Friday, November 1, and a Fun Run on November 2. Learn more at dogirons.com

October 31 Thursday

Happy Halloween! Find our list of Family Friendly Halloween Events in our Fall Family Fun Guide!



Hip Mom in the Hospital

BY JILL VANTREASE

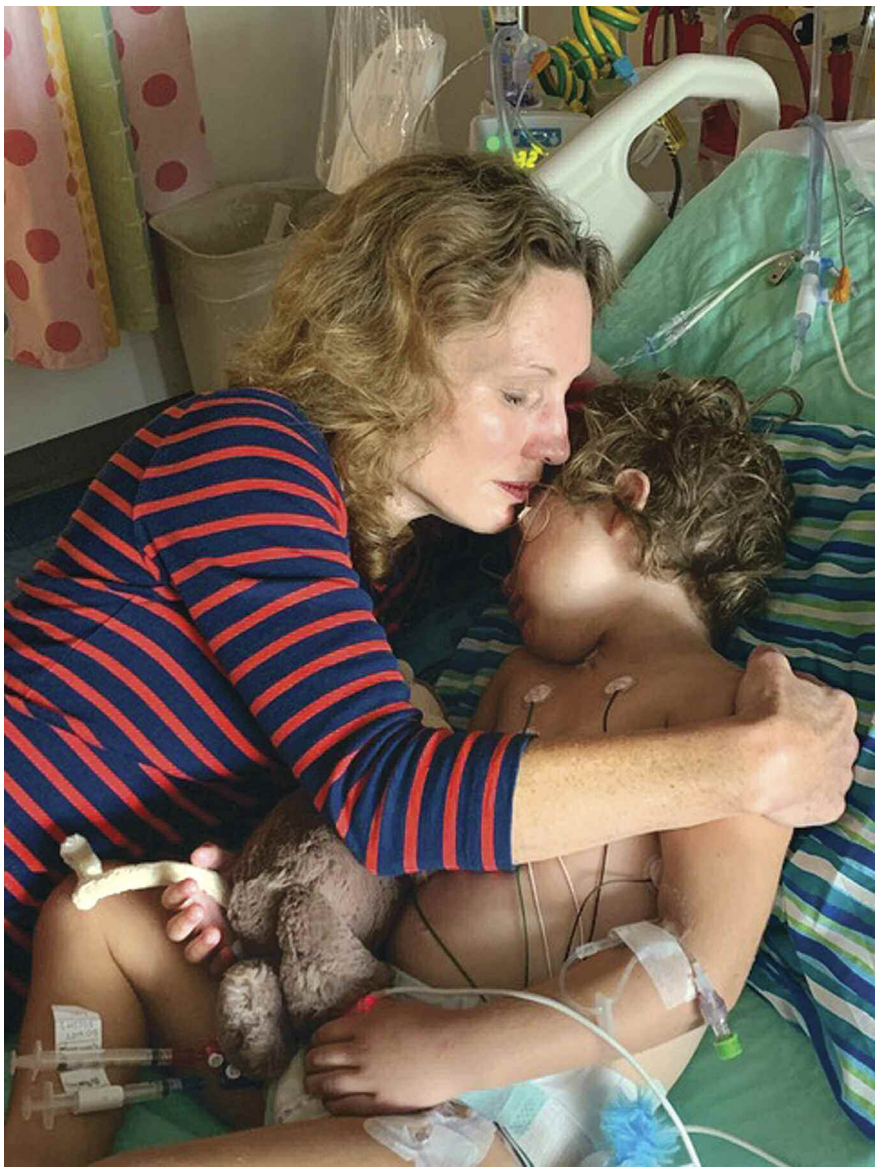
October. This was going to be an article about a fun fall break trip to Dallas: easy, right down the road, glamorous shopping, excellent Tex Mex food, plenty of entertainment for both kiddies and parents - and then the subsequent relief in coming home to beautiful green Tulsa without all that rage-inducing traffic.

This is not that article.

On August 24th, my 4-year-old daughter, Francie, was having an odd time bouncing back from what I thought was a back-to-school, 24-hour bug. She was listless, lying on our bed, not fully herself. Puzzled, I called the pediatrician; he thought maybe she was a bit dehydrated, and suggested bypassing urgent care and going to Saint Francis for fluids. So I wrapped her up in a Dave and Buster's blanket, carried her to our van, and headed to the ER, thinking I'd be back home in a couple of hours, eating Panda Express with the rest of my family.

Within 12 minutes of arriving at the ER, she was being intubated.

Chaos ensued. Doctors, EMTs scurried around, trying to keep her vitals stable. IVs were inserted; monitors hooked up. They sedated her so she was unconscious. I called PVT, unsure what was transpiring — a massive infection was mentioned? -- and told him to get here now. I called our priest; the chaplain came by to pray with us. After what seemed like a couple hours -- my recollection of time here is hazy -- Francie was stabilized.



JILL AND FRANCIE.

Doctors wheeled her back to get a CAT scan, and then they admitted her to the pediatric ICU. The pediatric attending doctor called us to confer in a lobby while she was being set up in her unit. Francie apparently was in septic shock from a severe e coli infection - an infection that was in her stool and they suspected had spread to her blood and urine. She told us that Francie would need to be put on dialysis to help her kidneys function. It was around 1 a.m. Shocked, we wandered into her room; not long after, I dropped into the recliner, PVT onto the vinyl couch, and we tried to sleep for a little while.

We dozed for 30 minutes until we were awakened by a scurrying of footsteps and activity, monitors beeping. Suddenly, a dozen medical professionals were gathered in our room. An EMT sprinted in; he started giving Francie chest compressions. PVT, who is not outwardly spiritual, started praying. I felt like I was in some horrible made-for-TV drama. Was this really happening? I observed myself, almost detached, having mordant thoughts: Did I have to let her go? I grappled with the thought of surrendering her: I know where she would go, and I knew she had been absolutely smothered in love for her four years of life. But if she left, would something like that destroy my marriage? Would it crush our other children? PVT told me later that he had mental images of her funeral and the anguish of her siblings. I can barely admit the dark thoughts I had

continued next page

during those horrible moments.

But then after the four longest minutes of our lives, her heart started beating again. Phil and I dropped to the crappy laminate bench, mute and relieved for the moment, but her vitals still were not great (note my learned medical terminology). The doctor came to tell us she would likely need to go on the bypass - "ECMO"- machine in a couple of hours. So we waited in a hushed vigil in the room, a surreal reality.

While I prayed fervently, my mind spun. How did I miss this? Was this my fault? And then: Why had I ever wished for anything else besides my seven healthy children? I just wanted them all here, healthy. I am selfish.

We were asked to leave the room while the surgery team prepared Francie for the ECMO machine. The surgeon came to tell us about the procedure and noted that this was a last ditch effort to save her. But after an hour or so, the team of doctors rounded the corner, and their smiles of relief will be etched in my brain forever: "Her vitals look better. We don't think we need to start her on the ECMO at this point." She had rebounded with a few minutes to spare. This moment, perhaps, was the third miracle of the past 15 hours (the first, that I got her to the ER when I did; the second, that the ER team was so aggressive with her so quickly). Dr. Thukuram will forever have a special place in our hearts.

As of this writing, we are still here in the PICU, slowly and steadily making progress. We are not yet on the other side of this, but we are optimistic. And I'm going to share with you what you might need if you're in the hospital facing a crisis.

Creature comforts

Hospitals are cold, dry, drafty boxes of ice. Why? I don't know! Does keeping a hospital the temperature of a garage freezer prevent the spread of infection? At any rate, my friend Sarah knows to send me a bag's worth of cute, warm clothes (I had come in from the August heat with just a light summer dress). And she includes delightful basics: deodorant, lip balm (again, the dry air), some perfume samples (because there is no showering when you're just lived through an episode of ER), snacks (what good are the cafeteria and snack bar when they're closed at night and on Sundays?) and the warmest Ugg slippers. Later, I'm able to sneak home to get a few skincare basics and my favorite shampoo. But, sheesh, don't worry about anything beyond very basic skincare. There are very few times in life where you can get away with smelling like a homeless person, and having a kid in the PICU is one of them.

Other friends drop by with great snacks, chocolate, even my preferred Diet Mountain Dew and wine (I don't think hooch is allowed per hospital protocol). These treats are a delight to have. Although that legend that hospital food is one step away from disposal fare doesn't quite ring true to me - I think the food is fine! Most of the time I'm not terribly interested in big meals anyway.

Many people send stuffed animals, toys and balloons for Francie, which make the room so much more festive. She can't enjoy most of them immediately, but her siblings do, and that is a great blessing.

Emotional support

Well, my only advice here is this: Make sure you have a whole big community of friends, family, acquaintances, teachers and neighbors before you have to head to the hospital. I guess you don't necessarily know whether you have this in advance - we didn't. But we were deluged in a torrent of love and care for our daughter. Within 24 hours of being admitted to the hospital, my bossy, love-filled, take-charge friend Kym had set up a three-week meal train that "sold out" quickly. Prayers came from all over Tulsa, and then from coast to coast. Perhaps what gave my addled, stressed-out self the most joy: finding out some friends had organized an impromptu prayer service -- a "flash rosary" — in the Saint Francis chapel. I stumbled down and muddled my way through the city-like maze that is Saint Francis, fresh from speaking to Francie's doctors and wrapped in her Dave and Buster's blanket, only to discover that the chapel was full of people praying for my little girl. I opened the door, let out a loud, snot-filled gulp that was surely audible to the entire congregation, and slinked to a back corner to finish praying. To know and feel bathed in such love in terrifying times is surely a sign that the divine is interwoven into tragedy and crisis.

If you find yourself on the other side of a medical emergency -- perhaps a friend or family member has a critically ill child -- here are some things I found helpful: I deeply appreciated every single text I received. But when I received many inquiries for updates, I found it difficult to reply to each one. What was most comforting and least stressful were the texts from friends just telling me not to reply but letting me know they were there thinking of Francie and our family. I tried to update Facebook when I could, but it was also helpful to have a friend or two who would blast out messages to the greater community.

And then there were friends who just texted and wanted to know if they could drop by briefly, and they did. While having visitors at stressful, medically tense times was hard (you can't always predict what these times will be), it was so comforting to have friends just say hello, laugh, cry, hug you, and make you remember that life is still happening, happily.

There. I hope this is the most useless, irrelevant article you will ever read in your life, mama!





The silent film series featuring Circle's 1928 theatre pipe organ!

Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under

The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA Sooner State Chapter American Theatre Organ Society tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.



BY NATALIE MIKLES

sweet and savory fall recipes

This is the month the sugar rush begins. Beginning in October, I have to keep us in check as the Halloween candy, popcorn balls and other treats come rolling in.

My kids eat more candy from October through December than they do the rest of the year. And honestly, I'm guilty, too. As soon as the first leaf dropped, I put a little bowl of candy corn mixed with peanuts on the kitchen table.

I don't have the willpower to put my foot down on sugar. But I do make sure they're not eating so much they end up with stomachaches and cavities.

One thing that helps curb the simple carbs is to make a big deal out of fall foods that aren't forbidden. For instance, I get really excited about finding small, local apples in the fall. The kids love eating them plain or in salads, as applesauce or in little muffins in their lunchboxes.

Sweet potatoes make more of a splash at our house in the fall, too. If they've eaten a healthy dinner of baked sweet potatoes, roasted chicken and salad with thin-sliced apples, their tummies are full and they're less likely to beg for sweets.

But dessert after dinner doesn't need to be forbidden. It's fine to end dinner with a small brownie and glass of milk or whatever is a favorite at your house.



That said, the recipes shared for this month are a mix of wholesome fall foods and splurges that make life extra sweet. Let's enjoy every day – teaching our kids that balance means taking care of our bodies by eating healthy foods, while savoring the sweets and fun foods of the season.

This pumpkin soup has a great, smoky flavor from bacon and chipotle in adobo. If your kids like milder flavors, you can leave out the pepper and fire-roasted tomatoes.

PUMPKIN SOUP

- 8 slices bacon
- 2 cups chopped yellow onion
- 4 cloves garlic
- 5 1/2 cups peeled and cubed fresh pumpkin (you can substitute 2 (15-ounce) cans of pumpkin
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 tablespoon minced chipotle in adobo sauce
- 1 teaspoon cumin
- 1/2 teaspoon kosher salt
- 2 tablespoons lime juice

1. In a large Dutch oven or soup pot, cook bacon until crisp. Remove bacon, crumble and set aside. Reserve 2 tablespoons drippings in pan.

2. Cook onion in hot drippings over medium heat. Stir often, cooking about 10 minutes, then add garlic, cooking until garlic becomes fragrant.

3. Add broth and remaining ingredients. Bring to a boil, reduce heat to a simmer and cook for 30 minutes.

4. Use an immersion blender to smooth the soup. Or, working in batches, add pumpkin mixture to a blender to smooth. Serve soup with crumbled bacon.

You don't need a recipe to make a salad. But sometimes I need inspiration for a new salad to make, so here goes. We often make a variation of this one, leaving off or adding ingredients to adjust to picky kids' tastes.

AUTUMN APPLE SALAD

- 10 ounces baby spinach
- 2 large apples, cored and thinly-sliced

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• 1 cup cubed, roasted sweet potatoes (I add these if I have them leftover)
• 1 cup walnut or pecan halves, toasted
• 2/3 cup dried cranberries
• 5 ounces goat cheese, crumbled

1. Combine salad ingredients, adding goat cheese last. Serve with Apple Cider Vinaigrette.

Apple Cider Vinaigrette

• 1/4 cup apple cider vinegar
• 1/4 cup olive oil
• 1 tablespoon maple syrup
• 1 tablespoon Dijon mustard
• Salt and pepper, to taste

1. Whisk together all ingredients. Store in refrigerator until ready to serve.

Popcorn balls at Halloween are a tradition at my house. I was happy to find this recipe for popcorn bars, with all the taste of a popcorn ball, but without the mess of forming the balls.

POPCORN BARS

• 1/4 cup butter
• 1/4 cup light corn syrup
• 1 (10-ounce) package large marshmallows
• 8 cups popped popcorn
• 1 1/4 miniature M&Ms
• 3/4 cup dry roasted peanuts, chopped (optional)

1. In a Dutch oven, melt the butter. Add corn syrup and marshmallows. Cook and stir over low heat for 3-4 minutes or until smooth. Add popcorn and stir until coated. Stir in M&Ms and peanuts. Spread in a 9-by-13-inch pan. Cool to room temperature before cutting into bars.

We love these cookie bars using leftover Halloween candy. Your premium leftovers are best for these bars. Think Butterfinger, Reese's cups, Snickers and M&Ms. This recipe comes from the Together as Family blog, where you can find lots of kid-approved recipes.

LEFTOVER HALLOWEEN CANDY COOKIE BARS

• 1 1/2 cups all-purpose flour
• 3/4 teaspoon baking soda
• 1/4 teaspoon salt
• 1 cup whole-grain old fashioned oats (not quick oats)
• 1/2 cup butter, softened
• 1/3 cup creamy peanut butter
• 1/2 cup granulated sugar
• 1/2 cup packed light brown sugar
• 1 teaspoon vanilla extract
• 1 large egg
• 1 large egg yolk
• 2 cups chopped leftover candy bars

1. Preheat the oven to 350 degrees. Lightly grease a 9X13-inch baking pan and set aside.

2. In a medium bowl, whisk together the flour, baking soda, salt and oats.

3. In a large bowl, or in the bowl of a stand mixer fitted with the paddle attachment, cream together the butter, peanut butter, brown sugar and sugar until fluffy looking and light in color, 2-3 minutes. Add in the vanilla, egg and egg yolk. Mix together well. Add the dry ingredients into the wet and mix just until combined. Add the chopped candy bars and combine.

4. Press the batter into the prepared pan. Press a few additional chopped candy pieces on top of the dough for a pretty presentation. Bake for 15-18 minutes or until lightly browned on the edges. The bars will still look pale and slightly underdone in the middle. That's OK. Don't over bake or the bars will be dry!







BY NANCY A. MOORE

Margarita Vega: helping others connect with their guiding values

Margarita Vega is bright, beautiful and strong. Her breast cancer diagnosis, almost four years ago, is a thing of the past. Today, Margarita is cancer-free and truly happy, but it didn't happen overnight. As a result of her own soul-searching journey, she listened to her inner voice and has found her true joy as a certified Life Coach.

During Breast Cancer Awareness month, Margarita opens up about her diagnosis and the process of finding a career that guides women toward reaching their personal goals.



TK: What prompted you to visit a doctor?

Margarita: I felt a lump in my breast and went to get it checked out. At the time, the tests didn't reveal anything, but a few months later I was tested again, and they discovered I had breast cancer.

TK: Following your cancer diagnosis, what emotions and thoughts did you experience?

Margarita: I didn't ever fear death. I didn't even fear losing my hair. It felt surreal going through it – it seemed like it was one of those things that happens to others, but I thought, 'Why not me?' Of course, it could be me – it could be anyone.

TK: What was your lifestyle like during this time?

Margarita: Three years earlier, I had gotten out of a high-stress job. My husband and I owned a bi-lingual publication where I was the manager for over 13 years. I was unhappy and dying inside. Stress was controlling my life, and I had to break free of that lifestyle. In fact, I think it contributed to my getting cancer. Although at the time I received the cancer diagnosis, I was working for a nonprofit and enjoyed my job and didn't have a lot of stress in my life.

TK: What role did cancer play in your life?

Margarita: I am very adamant about my life and my decisions not being defined by cancer. I thought about the old saying, when you have it bad, think about those who have it worse. I thought about foster kids who have a cancer diagnosis and don't have all the resources I had; kids who have nothing and no one. I was lucky to have the support of my family.

TK: Why did you decide to become a life coach?

Margarita: I went to a work conference and found out about life coaching for a community. As we got deeper in the class, I realized life coaching had all the ele-

continued next page

ments I liked – a shared connection with tremendous focus on following personal instincts and wisdom. I knew I needed to quit my job and follow my gut – so I could go into an intense training and become a certified life coach. As a wife and mother, I wanted my husband and kids to see me as a happy and productive adult following my passion.

TK: What are you most excited about right now?

Margarita: Helping women. As a life coach, I can and will coach anyone. However, I do feel very strongly about women forgetting about themselves. It seems like it's in our nature, but that doesn't mean that it is ok. I work alongside my clients to help guide them in their own self-discovery journey as well as support them in their decisions and their progress.

TK: What is an example of a discussion point you have with clients?

Margarita: One thing I find very enlightening is values work - knowing your values. Examining the reasons why we do what we do when we do it with heart – that identifies the values that are most important to each individual. My values are courage, beauty and adventure. When we are aware of our values, we make decisions honoring our values system and ourselves.

TK: Is self-care a consideration when trying to live your best life?

Margarita: To me, it is beyond self-care; that sounds like taking time for yourself. It is about intentionally making caring and thoughtful decisions that put yourself first so you can be your best for others. When we live our purpose - what we are put on this earth for - our lives will be happy and fulfilled.

TK: How can people begin to think about their own values?

Margarita: Embrace curiosity and your own behavior. Our behavior is driven by our values. Pay attention to your body and how you feel. Mindfulness is important.

TK: What is one piece of advice that you might offer to other women?

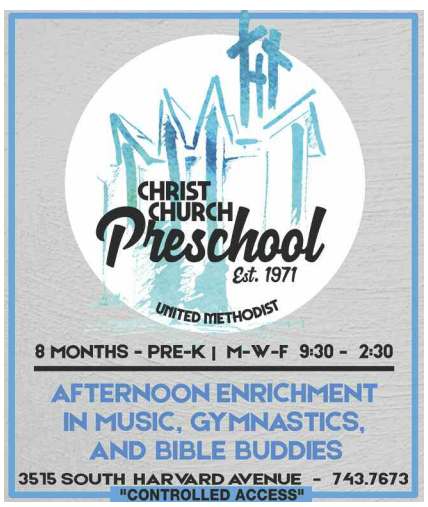
Margarita: We undermine our ability to make decisions and we shouldn't. It's important to embrace that inner voice that may be buried or may be difficult to hear.

Wrap-up:

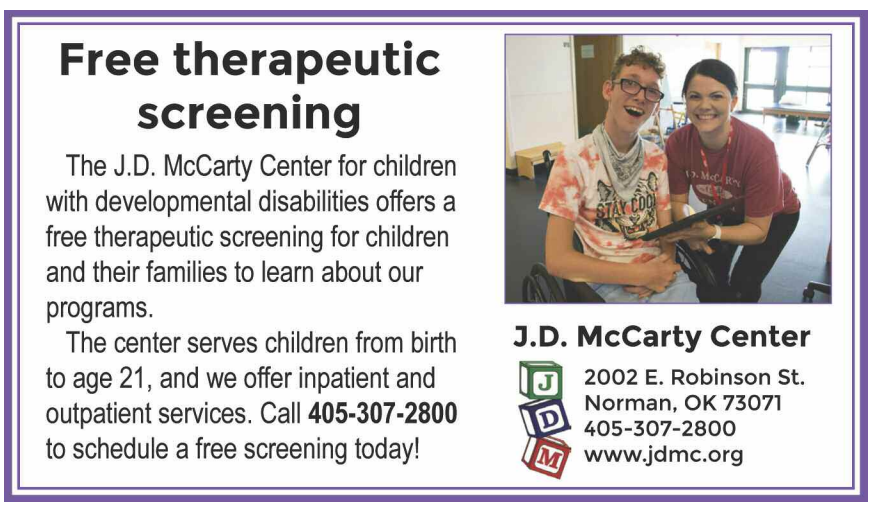
Sometimes it helps to visit with someone who can help guide a career change, navigate the process of balancing work and personal life or someone who will hold you accountable for reaching your goals. For those wondering how a life coach can be beneficial, Margarita provides a complimentary introductory session. Contact her at: https://www.facebook.com/margarita.vegatrevino; www.mvegalifecoach.com











Family Friendly Halloween Fun!



HALLOWEEN FESTIVAL AT CASTLE OF MUSKOGEE
When: September 27-October 26; Fridays and Saturdays; gates open at 5:30, ticket sales end at 10 p.m.
Where: Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee
Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Kids can enjoy Halloweenland, the Enchanted Boardwalk, a Halloween Train and more, while those who can't get enough make-believe horror can sign up for Domus Horrificus, Casa Morte and the Trail of Blood. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at www.okcastle.com.

CHANDLER PARK SCAVENGER HUNT
When: Saturday, Oct. 19, 6-7 p.m.
Where: Chandler Park, 6500 W. 21st St.
Explore the 'haunted' Chandler Park in search of candy and prizes. Bring a flashlight. See you there…if you dare. parks.tulsacounty.org

CHANDLER TRUNK OR TREAT
When: Friday, October 25, 6-8 p.m.
Where: Chandler Park, 6500 W. 21st St.
Come to Chandler Park's first Trunk-or-Treat, located in in the community center parking lot. Enjoy family time and lots of candy! Concessions available for purchase and costumes encouraged. In the chance of rain, event moves inside the community center. parks.tulsacounty.org

HALLOWMARINE 2019
When: October 25-31, 6-9 p.m.
Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks
For the first time, the Oklahoma Aquarium will host seven nights of indoor trick-or-treating for kids of all ages from Friday, October 25 to Thursday, October 31! Guests can follow the Trick-or-Treat trail for loads of candy, and see our fascinating marine life in the surrounding exhibits. Dress up in your best Halloween costume for a chance to win prizes, get your face painted with your favorite animal, and join us for the opportunity to interact with some of the ocean's most curious creatures from the deep! Little ones can explore the Coral Cove, a sweet and spooky play area with age-appropriate games, candy, and prizes. www.okaquarium.org

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SOCO FLASHLIGHT SCAVENGER HUNT
When: Friday, October 25, 7:30-8:00 p.m.
Where: South County Recreation Center, 13800 S. Peoria Ave., Bixby
Age groups: 0-3, 4-6, 7-9 & 10-12 Calling all families of Super Heroes, Princesses, Zombies, Mummies, and more! Don't miss out on your chance to search for candy and toys at the SOCO Soccer Fields. DON'T forget your flashlights. parks.tulsacounty.org

O'BRIEN PARK HALLOWEEN FLASHLIGHT HUNT
When: Friday, October 25, 7:15-8 p.m.
Where: O'Brien Park, 6149 N. Lewis Ave.
Bring your flashlight for a Halloween candy hunt in the dark! Costume Contest begins at 7:15 p.m. Hunt begins promptly at 7:30 p.m. parks.tulsacounty.org

BOOHAHA
When: Saturday, October 26, 9 a.m.-12 p.m.
Where: Brookside (Peoria between 31st and 41st)
Kids can enjoy trick or treating at Brookside businesses and restaurants, as well as Kid's Zones complete with costume contests, bouncy houses and more!

HOWL-O-WEEN
When: Saturday, October 26, 10 a.m.-1 p.m.
Where: Whiteside Park, 4009 S. Pittsburgh Ave.
Gather the dogs, the kids, the neighbors and come out for a howling good time at Whiteside! There will be dogs available for adoption, a dog parade, treat hunt, puppy yoga and costume contest and agility run! cityoftulsa.org

NOT-SO-SCARY MONSTER PARTY
When: Saturday, October 26, 10:30-11:30 a.m.
Where: Bixby Library, 20 E. Breckenridge Ave., Bixby
Join us for fun monster stories, games and crafts. Costumes are welcome. For ages 3-11. tulsalibrary.org

HALLOWZOOEEN
When: October 26-27, 5-9 p.m.; October 28-31, 6-9 p.m.
Where: Tulsa Zoo, 6421 E. 36th St. N.
Visit the zoo for a spooky, but not too scary, Halloween trick-or-treat event the whole family will enjoy! Your little ones can fill their bags with treats while exploring a world of royal courts, carnival games and swashbuckling pirate adventure. Burger King Royal Castle summons all princesses (and prince charming types) for royal court activities. Then, chart yer course for Quik-Trip Pirate Island with a one-of-a-kind pirate ship. The Pumpkin Patch Playroom delights kids of all ages with its hay maze and pumpkin decorating. Be warned, brave souls, that a tour through the Haunted House can be a hair raising experience. Cost for admission is $9 for ages 1 and older; $8 for Tulsa Zoo members. The Haunted Train is back with spooky (but not-too-scary) surprises around every turn for only $5. Children can take a spin on the Scary-Go-Round for only $1.

TEEN READ MONTH: HARDESTY FALL FESTIVAL AND HAUNTED HOUSE
When: Saturday, October 26, 5:30-8 p.m.
Where: Hardesty Library, 8316 E. 93rd St.
Games, crafts, candy and a haunted house! There is something for everyone at our Fall Festival. Take a trip through Alice's Wonderland in our haunted house (ages 10 and up) or join us for one of our spooky storytimes before making a Halloween mask and getting your face painted. It's going to be a hauntingly good time! tulsalibrary.org

BIXBY MUMMY & ME DANCE
When: Saturday, October 26, 6-9 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave.
Mummys of all ages! Bring your sons and daughters in costume to an exciting Halloween Dance. There will be costume contests, dance competitions, games and refreshments. No pre-ticket sales, $5/person. Just show up. parks.tulsacounty.org

PIRATES AND PRINCESSES
When: Monday, October 28, 5-6 p.m.
Where: George Kaiser Family Foundation Rajan's at the Tulsa Zoo, 6421 E. 36th St. N.
Chart yer course for a fairy-tale Halloween they'll never forget! Enjoy a feast fit for your wee royalty or budding buccaneer during Pirates & Princesses. This royal adventure starts at 5:20 p.m. and includes an interactive character dinner with pirates and princesses, admission to HallowZOOeen and Haunted Train tickets. Tickets are $25 per dinner seat or $250 per reserved table of 8. Tickets are required for all guests, including children of all ages. For more information, visit tulsazoo.org/feast or contact the zoo at (918) 669-6602.

PUMPKIN CARVING CONTEST
When: Monday, October 28, 6-7:30 p.m.
Where: Central Center, 1028 E. 6th St.
Join in as we carve up some fun at Central Center's Pumpkin Carving Contest. For ages 6 to 12. Show off your carving skills and you could win a prize. All contestants must be accompanied by a parent (Parents are encouraged to lend-a-hand when needed). Carving supplies and pumpkin included. Monday, Oct. 28th, 6-7:30 p.m. Cost: $10 per contestant. Must register at Central Center by Monday, Oct. 14. cityoftulsa.org

HALLOWEEN CARNIVAL
When: Tuesday, Oct. 29, 6-7:30 p.m.
Where: Whiteside Park, 4009 S. Pittsburgh Ave.
Whiteside's Halloween Carnival is for kids 8 and under. $5 gets you unlimited play, including a spook house, carnival games, cake walk face painting and a bounce house. cityoftulsa.org

IT'S PUMPKIN CARVING TIME!
When: Wednesday, October 30, 3:30-5:30 p.m.
Where: Nathan Hale Library, 6038 E. 23rd St.
Come and create the scariest pumpkin of all! Pumpkins are provided by the Tulsa Library Trust. For ages 10-16. tulsalibrary.org

SWEETS & TREATS ON SPOOKY STREET
When: October 30-31
Where: Gathering Place, 2650 S. John Williams Way
No tricks, just treats! Gathering Place is casting a spell for all not-so-scary ghosts and ghouls to make their way to the park for sweets and treats. Head to Spooky Street for a kid-friendly, family event where free candy stations will be a real scream. With fun games, costume contests, live entertainment and so much more, this all hallows celebration will be a monster mash of memories! gatheringplace.org

FANDOM CLUB: HALLOWEEN CRAFTS
When: Wednesday, October 30, 5-7 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Join us for a spooky night of Halloween crafts and a scary movie. We'll watch Alfred Hitchcock's "The Birds." For ages 10-18. tulsalibrary.org

TRICK OR TREAT MAIN STREET
When: Thursday, October 31, 4-6 p.m.
Where: Main Street Jenks, 115 S. First St.
Downtown Jenks becomes the home to ghouls, goblins and more for this one-of-a-kind Halloween celebration. Come in your costumes and join us for a wicked good time! Visit each location for a special Halloween surprise. jenkschamber.com

BOO-TANICAL
When: Thursday, October 31, 5-7 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Trick-or-treat in the Children's Discovery Garden as it becomes even more magical as the sun sets. No scares here, just fanciful fun for young and young at heart. Limited tickets. Purchase on website. tulsabotanic.org

HALLOWEEN TRICKS AND TREATS
When: Thursday, October 31, 5-9 p.m.
Where: ahha Tulsa, 101 E. Archer St.
Everyone is invited for special activities including:
- Ghostly refreshments
- A building-wide scavenger hunt with prizes
- Hands-on Halloween activities in THE STUDIO

Costumes are encouraged! All activities are included with admission. All ages welcome. ahhatulsa.org/halloween.

HALLOWEEN NIGHT AT THE MUSEUM
When: Thursday, October 31, 6-8 p.m.
Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore
Want a fun and safe place to Trick or Treat? The Will Rogers Memorial Museum in Claremore will be open from 6-8 p.m. for trick-or-treaters of all ages. www.willrogers.com

October Showtimes



The North American Tour Company of CATS. Photo by Matthew Murphy. 2019

TULSA BALLET ON THE GREEN
WHEN: FRIDAY, OCTOBER 4, 7:30-8:30 P.M.
WHERE: GUTHRIE GREEN, 111 E. M.B. BRADY ST.
During the Tulsa Art District's popular First Friday Art Crawl, you'll see exciting and innovative dance works performed by both Tulsa Ballet II and Tulsa Ballet's Main Company. Pack a picnic dinner, spread a blanket on the lawn, and get ready to experience the power of dance! Tulsaballet.org

CATS
WHEN: OCTOBER 9, 7:30 P.M.; OCTOBER 10, 1 AND 7:30 P.M.; OCTOBER 11, 8 P.M.; OCTOBER 12, 2 AND 8 P.M.; OCTOBER 13, 1 AND 6:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Andrew Lloyd Webber's wildly popular musical returns! Based on Old Possum's Book of Practical Cats by T.S. Eliot, it's the story of a tribe of felines called the Jellicles and the night they make what is known as the "Jellicle choice" to decide which cat will ascend to the Heaviside Layer and come back to a new life. tulsapac.com

CRAYONS IMPROV SHOW FOR ALL AGES
WHEN: FRIDAY, OCTOBER 11, 7-9 P.M.
WHERE: HERITAGE UNITED METHODIST CHURCH, 5300 E. KENOSHA ST., BROKEN ARROW
Crayons Improv uses audience drawings, suggestions, and participation to create hilarious scenes that are fun for the whole family. Shows are only $5 but children 5 and under are free. crayonsimprov.com

BABY SHARK LIVE!
WHEN: TUESDAY, OCTOBER 15, 6 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.

continued next page



Baby Shark and friends are swimming into the BOK Center on October 15! And you know what to doo-doo-doo: Get tickets at bokcenter.com.

This live show is based on Pinkfong's viral earworm and global dance phenomenon, Baby Shark. This one of a kind concert experience will delight fans of all ages as Baby Shark joins up with his friend Pinkfong to take an adventure into the sea, singing and dancing through new and classic songs including Five Little Monkeys, Wheels on the Bus, Jungle Boogie, Monkey Banana Dance and of course, Baby Shark! bokcenter.com

POPS: THE GOLDEN AGE OF GREENWOOD
WHEN: FRIDAY-SATURDAY, OCTOBER 18-19, 7:30 P.M.
WHERE: VANTREASE PACE, 10300 E. 81ST ST.
Get "In the Mood" with Tulsa native Ernie Fields Jr., saxophonist and inductee into the Oklahoma Jazz Hall of Fame. The evening features the music of his father at a time when the development of R&B, soul and funk music in America was sprouting right here in Tulsa. signaturesymphony.org

CARMEN
WHEN: OCTOBER 25, 7:30 P.M.; OCTOBER 27, 2:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Bizet's Carmen tells the story of a fiery, independent woman who drives a Spanish solider to choose between duty and freedom. tulsaopera.com



BY ALEX GATES, MLIS, YOUTH LIBRARIAN, PEGGY HELMERICH LIBRARY

seeing is reading in "Books to Treasure"

SEE LEGENDARY CHILDREN'S BOOK ILLUSTRATOR CHRISTIAN ROBINSON @ HARDESTY REGIONAL LIBRARY ON NOV. 15



Perception, perspective, and "mirrors and windows"

The thing about perception is it changes.

It slides around, your view shifts, the world is altered.

In children's literature we talk about the concept of "mirrors and windows."

Mirrors: Kids need to see themselves in what they read, to build their confidence in their own identity, their knowledge of how others like them interact with the world and solve problems.

Windows: Kids also need to learn about how others with different perspectives not only see themselves but see the world. These windows allow children to learn empathy for others, teach them to think outside their own lives, and help them push the edges of their own perception to see the world just a bit clearer.



Books to Treasure and different perspectives

Books to Treasure is an annual event by the Tulsa City-County Library that offers a unique library card to every second grader in Tulsa County, as well as a copy of a book featuring the illustrator of that year. This year's illustrator is Christian Robinson and his book featured is *Gaston* written by Kelly DiPucchio.

Think about the different perspectives of Books to Treasure:

…As a second grader you marvel as someone you saw this summer at the public library comes to your school to talk about books and read you a story. This is out of the ordinary. Normally only your teacher or your librarian or maybe the random parent reads. But this person is a librarian from somewhere else, a building dedicated to books, and they have one for you!

…As a school librarian you soak up the excitement that comes from seeing children get a book that is theirs, and theirs alone. The realization that there are special library cards just for them, that no one else will be able to ever get.

…As a public librarian you wonder at how this adult managed to keep their library card from second grade, holding it in their wallet, a piece of history clung to over the years, now connecting them to books at a differ-

continued next page

ent stage in their lives, their perception having shifted.

Many of the books Christian Robinson has illustrated deal with this idea of shifting perception. From the rain and puddles in *Rain!*, to the shifting realities a young girl explores in *Another*, the idea that each of us brings our own perspective to not only these books, but the ideas inside.

My changing perspectives

I have had the pleasure of experiencing Books to Treasure as a parent, a school librarian, and now a member of Tulsa City-County Library as the Youth Librarian at the Peggy Helmerich Library.

This year I will have the honor of going to several schools in the area to spread the joy of reading to many of our second-grade friends… to see their faces light up as they realize this book is theirs to keep, with no strings attached… hold up the giant display of the library card that is only for them… and see that glimmer in their eyes as they peer through the window of a small dog named Gaston, and their perception shifts.

Books to Treasure 2019

Featuring Christian Robinson

All second-graders in Tulsa County will receive a copy of Gaston (illustrated by Christian Robinson, written by Kelly DiPucchio) and will have the opportunity to get their own special library card featuring artwork from Gaston.

Public Presentation: Friday, Nov. 15, 7 p.m.

Hardesty Regional Library Connor's Cove, 8316 E. 93rd St.

Find out more here: https://www.tulsalibrary.org/kids/books-to-treasure

Book signing to follow presentation. Books available for purchase.



BY TARA RITTLER

benefits of family gaming

Some parents are taking an "if you can't beat 'em, join 'em" approach to their children's interest in video gaming, incorporating video games into the "Family Game Night." Playing video games with your children might help you understand the appeal of gaming as well as give you an opportunity to actively support your child's interest. In moderation, video games can be a means of bringing a family closer together, fostering communication and mutual encouragement.

A good game to begin with might be Minecraft. With more than 91 million monthly players, Minecraft remains one of the most popular games today. Minecraft encourages creative exploration and world-building, making it a far more palatable game to parents than a first-person shooter. Plus, some say, Minecraft offers educational benefits.

Parents and Minecraft fans can learn more about Minecraft at Tulsa Pop Culture Expo, set for early November at Woodland Hills Mall. The event will feature Minecraft gaming activities sponsored by Microsoft.

Arthur Greeno, a founding member and fundraising chair of Tulsa Pop! Kids and Tulsa Pop Culture Expo, reminds parents that it's all about balance. "Some of our job as parents is to not only



teach the kids, but engage them in different things. Literacy is so important. Creativity and problem solving are just as important. Too much reading can hinder someone from social skills; too much gaming can as well."

If you're unfamiliar with Minecraft, the basic mechanics are that you harvest resources and use them to build structures, from simple shelters to elaborate ecosystems. There are five different game modes that determine how you and the game interact. Perhaps the most popular one for younger kids would be "Creative" mode, where players explore and build their world.

The Family That Games Together…

The American Academy of Pediatrics advises, "Co-view, co-play and co-engage with your children when they are using screens -- it encourages social interactions, bonding, and learning…It is a good way to demonstrate good sportsmanship and gaming etiquette…Don't just monitor children online, interact with them - you can understand what they are doing and be a part of it."

Research done by Arizona State University professor Elisabeth Hayes and her colleagues found that playing video games together can facilitate conversation between parents and their children, rather than having games become a source of conflict — for example, if the parent feels the games are pulling the child away from family interaction.

Professor Hayes encourages parents take the opportunity for "teaching moments" when they play video games with their children. She points out "that many video games are meant to be shared and can teach young people about science, literacy and problem solving."

Alicia Kobilnyk, a local mother of two, agrees. "We like gaming as a family because it provides good opportunities for dialogue…and because it's fun to achieve things together." The Kobilnyk family's favorite games include Mario Cart and Breath of the Wild, a recent release from the Zelda franchise.

While Minecraft can be a

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multiplayer game, it's not quite as straightforward as games like Mario Kart. According to TulsaKids blogger Kristi Roe Owen, their Xbox version has a split-screen option where up to four players can play at once, but it's harder to see the screen and not quite as enjoyable.

Rather, she says, her family enjoys interacting via Minecraft by showing each other what they've built and allowing other family members to interact with the designer's creation, or by setting creative challenges for one another. "My kids will be like, 'We're all going to build a Kawaii amusement park. Yours is over there, my part is over here, etc. And then they share them when they're done," Roe Owen says.

Movie nights can provide good bonding opportunities for families and provoke discussion; however, gaming together offers the additional benefit of working toward a common goal, of being each other's cheerleaders and learning to work through conflict.

Roe Owen and her family enjoy playing Portal and BioShock together. She says, "There is…a level of empathy and communication going on. I can end up struggling and getting frustrated, and the kids will say, 'Oh, Mom, you're doing great' and just being super encouraging."

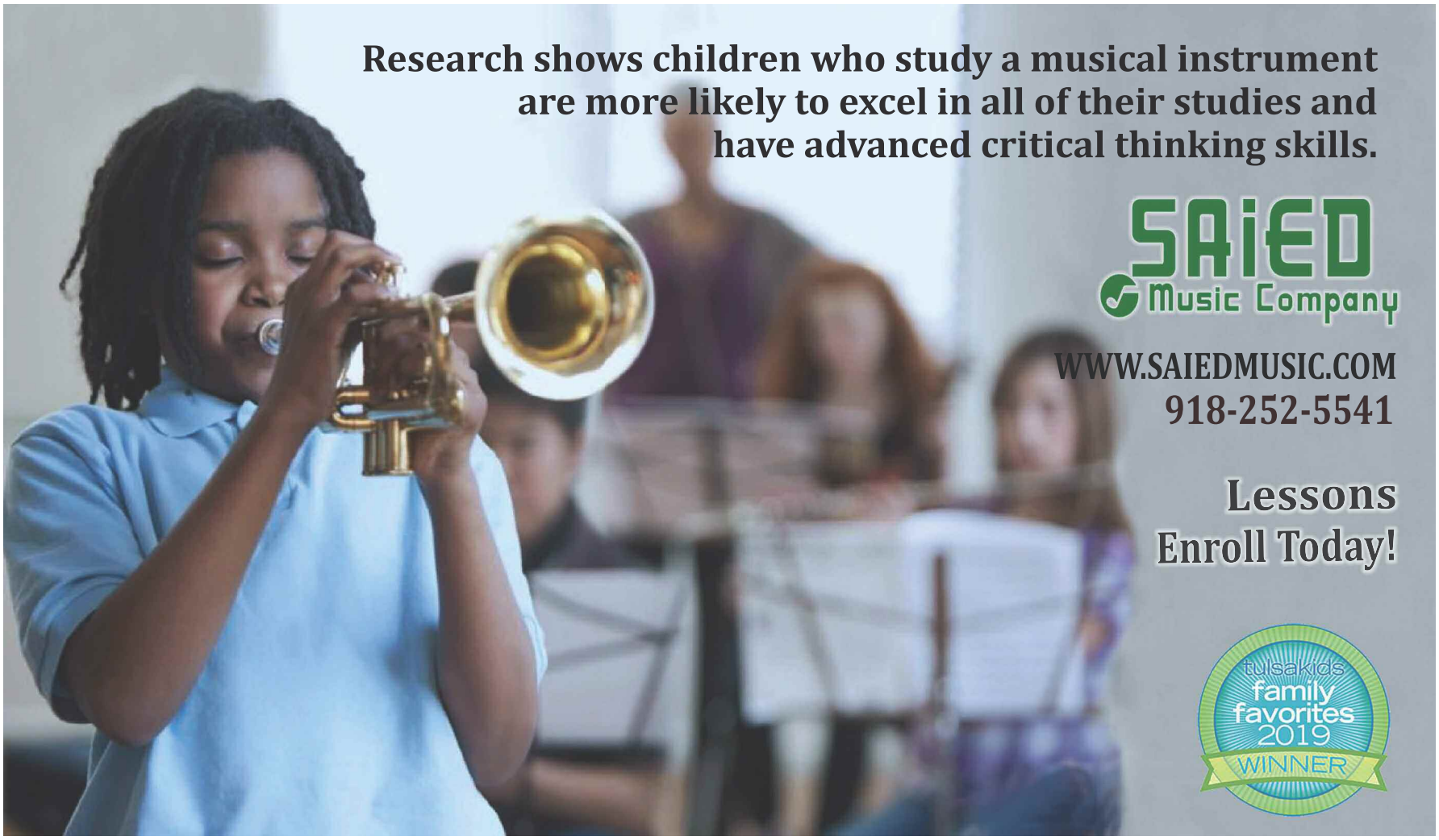
Tulsa Pop Culture Expo will be held November 2-3 at Woodland Hills Mall. In addition to Minecraft Gaming activities sponsored by Microsoft, attendees will have opportunities to meet celebrity guests, including Nick Maley (a creator of Yoda), Bill Goldberg, Summer Glau and more.

Get tickets and additional information at tulsapopcultureexpo.com.

Beyond Minecraft

If your child is a fan of Minecraft, consider supplementing their game time with these activities:

- **Build a Minecraft costume.** Do you have some cardboard boxes lying around? Minecraft's blocky look makes it an excellent source of inspiration for a good old-fashioned cardboard costume.
- **Arts and (Mine)craft.** Besides creating your own costume, a Google search for "Minecraft crafts" will result in plenty of potential projects, using materials from paper to felt to yarn.
- **Read a Minecraft novel.** It may not surprise you to learn that there is a plethora of "Official Minecraft Novels" available for sale. Many of these have received positive reviews on Amazon.
- **Check out a Minecraft Build Book.** Kristi Roe Owen said that many libraries and bookstores have Minecraft Build Books that kids can check out for inspiration.
- **Minecraft munchies.** Yes, there is an entire cookbook dedicated to Minecraft-inspired recipes. Get your kid to help you make some! Pro tip: Don't just Google "Minecraft recipes"—the results will be all about creating things within the game. Googling "Minecraft inspired recipes" yielded much more useful results!



Pumpkin Patches in the Tulsa Area



What could be a more quintessential way to celebrate fall than a trip to the pumpkin patch? Below, you'll find a list of pumpkin patches in the Tulsa area. In addition to pumpkins, all of these locations offer multiple family-friendly attractions.

CARMICHAEL'S
Dates: Open daily, September 21-October 31; Monday-Saturday, 9 a.m.-7 p.m.; Sunday, 10 a.m.-7 p.m.
Location: 17137 S. Mingo Rd., Bixby
Website: www.facebook.com/Carmichaels-Pumpkin-Patch
Attractions: Cane maze, dark house maze, animal feeding, parakeet feeding encounter, pony and camel rides, pumpkin patch, homemade jams, jellies, pickles, fudge available for purchase. Admission is free; some activities cost extra.

LIVESAY ORCHARDS
Dates: Opens the last weekend in September and weekends throughout October. Saturdays, 10 a.m.-5 p.m.; Sundays, 1-5 p.m.; Open Fall Break Thursday and Friday, 10 a.m.-5 p.m.
Location: 39232 E. 231st St. S., Porter
Website: www.livesayorchards.com
Attractions: Pumpkin patch, hay bale maze, corn maze, farm-related learning center, games, photo ops, scoop-and-shovel hard corn play table, and more.

OKLAHOMA HERITAGE FARM ANNUAL FALL FESTIVAL
Dates: September 28-November 3 (times may vary; visit Facebook page for details)
Location: 38512 US 75 Hwy., Ramona
Website: www.okheritagefarm.com
Attractions: Pick-your-own pumpkin patch, 11-acre corn maze, games, rides, special entertainment, concessions, a real country store

PLEASANT VALLEY FARMS WINTER SQUASH & PUMPKIN FESTIVAL
Dates: October 1-31, 9 a.m.-7 p.m. daily
Location: 22350 W. 71st St., Sand Springs
Website: www.pleasantvalleyfarmsok.com
Attractions: Pumpkin patch, 20-acre corn maze, kiddie corn maze, pumpkin chuckin', pumpkin chalkin', duck races, two 20-foot slides, over 20 photo ops, and more. Don't miss the 9th annual Pleasant Valley Farms Winter Squash and Pumpkin Festival October 12 and 13, 9 a.m.-7 p.m.

PUMPKIN PATCH AT SHEPHERD'S CROSS
Dates: September 24-November 9, Tuesday-Saturday, 9 a.m.-6:30 p.m.; Closed Sundays; Mondays by appointment only (with the exception of October 28, which will be open normal hours)



Courtesy: Carmichael's

Location: 16792 E. 450 Rd., Claremore
Website: www.shepherdscross.com
Attractions: Pumpkin patch, petting zoo, farm museum and games, pumpkin stroll, hay maze, 4-floor educational silo, festival games, hands-on learning station, picnic area, coloring contest, Shepherd's Shop and more. Pay-for-use activities include wagon rides and outdoor scarecrow making.

PUMPKIN PATCH FOR MISSION
Dates: Opens Monday, October 7; Open 12-7 p.m. daily, with extended hours on Saturday and during Owasso Public School's Fall Break (see Facebook page for updates)
Location: First United Methodist Church of Owasso, 13800 E. 106th St. N.
Website: www.facebook.com/pumpkinpatchformission
Attractions: Maze, weekend hayrides, photo ops, pumpkins. Special events include a movie night on Oct. 11, 7 p.m., the Hance Henrie Memorial Run for the Patch on Oct. 12, and Trunk or Treat on Oct. 31, 6-8 p.m. All activities are free; pumpkins are available for purchase, and proceeds benefit local and global mission through FUMC Owasso

SAND SPRINGS PUMPKIN PATCH
Dates: Open daily in October: Monday-Saturday, 10 a.m.-7 p.m.; Sundays, 12-7 p.m.
Where: 17516 W. 8th St., Sand Springs
Website: www.sandspringspumpkinpatch.com
Attractions: Photo ops, pony rides, petting zoo, festival games, kids hay maze, and of course, pumpkins! Admission is free; optional $8 unlimited activity pass for kids.



TulsaKids LIVE!
Parents Meet-Up

Navigating the World of Special Education: Helping Parents Advocate for their Children with Lisa Turner, Executive Director, and Sherilyn Walton, Family Support Coordinator at TARC





Join TulsaKids Magazine for a FREE Parents Meet-Up with TARC!
Lisa Turner and Sherilyn Walton will lead a discussion covering basic principles of IDEA (Individuals with Disabilities Education Act).
This will be presented along with helpful tips for parents as they advocate for their children in the school.

When: October 23, 6-7:30 p.m.
Where: Southminster Presbyterian Church, 3500 S. Peoria Ave.

Free and open to the public. Free childcare is provided.
Get additional details at tulsakids.com/tulsakids-live

BY CHERYL MAGUIRE

PANDAS disorder isn't cute or cuddly

When you read the word PANDAS, you probably envisioned a cute, cuddly animal native to China. Unfortunately, there is nothing cute or cuddly about the acronym PANDAS which stands for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. The disorder was first identified in an article by Dr. Susan E. Swedo and her team at NIMH in 1998.

According to NIH, a child with PANDAS experiences emotional symptoms such as irritability, separation anxiety, ADHD symptoms, sleep disturbances, bed wetting, fine motor changes, joint pain, concentration difficulties, loss of academic abilities, and developmental regression. Swedo has been quoted as saying, "Some families have told us that their children seem possessed."

PANDAS is considered an autoimmune or autoinflammatory disease in response to the strep infection. Streptococcus, the bacteria that causes strep throat, is also linked to other autoimmune diseases such as rheumatic fever and scarlet fever. In the case of PANDAS, the person's immune system attacks brain cells, causing OCD, tics and other emotional symptoms. It is unknown why only some children develop this disorder. It is a rare condition with only 2,000 children diagnosed; although, it's possible some children have it and are not properly identified.

The treatment for PANDAS depends on the severity of the disease. In mild cases, antibiotics are prescribed to treat the strep infection. In most cases, this will get rid of the OCD or other symptoms. In more serve cases, children are given a combination of antibiotics along with immunomodulatory therapy.

Doctors and researchers have debated whether PANDAS is even a real disorder. In "A Feverish Debate," Alison Motluk described the controversy surrounding the diagnosis of PANDAS. She wrote, "Skeptics argued that these findings could be coincidental: the children just happened to have strep when the behavioral symptoms appeared." She also notes that a research study conducted in 2002 found, "there was no evidence that strep uniquely intensified the symptoms in PANDAS kids." James Leckman, a psychiatrist at Yale University questioned the validity of this study in regard to the subjects and control group.

I interviewed Ella (names changed for privacy), a 12-year-old girl who was diagnosed with PANDAS at age 8. Her mother, Christine, also answered questions regarding their experience.

Q: Before you were diagnosed, did you know about PANDAS?

Christine and Ella: No

Q: How old were you when you first experienced symptoms?

Christine: She was around 5 years old when she first started getting strep throat. She would get strep throat and then go on antibiotics. Then the strep throat would come back once she was done with the antibiotics. Sometimes we didn't even know she had strep since she didn't have a sore throat. Her only symptoms were a headache and stomachache.

Q: What were your PANDAS symptoms?

Christine: Ella had a lot of OCD symptoms. She had to wash her hands all the time. She washed her hands so much they would bleed.

Ella: And I used hand sanitizer a lot.

Christine: At bedtime everything had to be in order. The closet door had to be the same as when she left it before. The comforter on the bed had to be the same position. All her toys and books had to be in order. At night she would also have temper tantrums that didn't seem to be set off by anything. It was an extreme rage. One time she even tried to push me down the stairs.

Q: How long did it take to receive a PANDAS diagnoses?

Christine: It took at least two years until I first heard of the diagnosis of PANDAS. The nurse at the pediatrician's office was the first person to mention it as a possibility. My pediatrician at the time did not think PANADAs was a real disorder. He said, "People will try to make money off of anything." He acted like I was crazy when I suggested it. We even started counseling for Ella since the pediatrician didn't think her behaviors were related to the strep throat.

When she was 8 years old, we ended up going to an ENT who didn't know much about PANDAS, but also didn't act like I was crazy for suggesting it as my pediatrician did. The ENT recommended that she get her tonsils out. She only got strep once after the tonsils were removed.

Around this time we also switched to a new pediatrician who diagnosed her with PANADAS and was supportive of her treatment. When she got strep after having her tonsils out, the pediatrician put her on antibiotics for a month.

Q: What was the treatment?

Christine: When Ella took the antibiotics, her PANDAS symptoms went away. The problem was before she got her tonsils out, she kept getting strep throat and a lot of times we didn't even know she had strep throat, so the PANDAS symptoms would continue until she had the antibiotics.

Q: Do you still experience symptoms?

Christine and Ella: No

Q: What advice would you offer for other families?

Christine: This experience was life-changing for us as a family. It was upsetting when we didn't know she had PANDAS and then when we thought she might have it, our pediatrician at the time didn't believe in the disorder. It was difficult to have to watch your child deal with mental health issues.

I would say to other families to trust your gut when you think there is something wrong. I also brought someone with me to our first pediatrician for support. I found an advocacy group which was really helpful called New England PANS/PANADAS Association.

Originally published on *Signature Moms*.

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

CONTESTS AND GIVEAWAYS

Get the links for all these contests at tulsakids.com/contests.

ENDING SOON: WIZARDING RUN GIVEAWAY

Through October 2, enter to win registration for two to The Wizarding Run Tulsa! This magical run in downtown Tulsa features 5K and 1-Mile Fun Run options. Participants receive a shirt in the color of their choice (red, green, yellow or blue), a custom wand and a free butterscotch soda at the finish line! Costumes are encouraged. Learn more at localraces.com/wizardingrun/the-wizarding-run-tulsa. All proceeds benefit The Brain Injury Recovery Foundation.



"CATS" TICKET GIVEAWAY

From September 24-October 6, enter to win a Family 5-Pack to "Cats," coming to the Tulsa PAC October 9-13, AND 5 "Cats" baseball caps! The tickets will be for the October 9 show at 7:30 p.m.



PHOTO CREDIT: MCGEE MADDOX AS 'RUM TUG TUGGER' AND THE NORTH AMERICAN TOUR COMPANY OF CATS. PHOTO BY MATTHEW MURPHY. 2019

TULSA POP CULTURE EXPO GIVEAWAY

From October 9 through 23, enter to win 2 VIP tickets to Tulsa Pop Culture Expo. VIP Passes include admission to both days of the expo, plus VIP reserved seating on the front two rows of all panels, early access to the vendor and convention hall, exclusive Tulsa Pop Culture Expo memorabilia, and a FREE Autograph and more! Tulsa Pop Culture Expo is happening Nov. 2-3 at the Woodland Hills Mall. Learn more at www.tulsapopcultureexpo.com. Get more information about Tulsa Pop Culture Expo, including guest appearances by celebrities Bill Goldberg, Dean Cain, Summer Glau, Asher Angel and others,at tulsapopcultureexpo.com.





NOMINATE A SUPER TEACHER!

From October 7-21, nominate a teacher who's inspired your child to love reading! The person who writes the winning entry—and the teacher they nominated—will be invited to a special VIP Dinner at Tulsa Pop Culture Expo and receive VIP tickets to Tulsa Pop Culture Expo. Get additional details, as well as the nomination link, at tulsakids.com/contests.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Liberty Griggs: Dog Rescue Volunteer

The famous saying "a dog is Man's best friend" applies to girls as well. Liberty Griggs, a 12-year-old from Sand Springs, has brought her charm and infectious personality to Route 66 Pet Rescue. Liberty not only helps care for the animals at hand, she helps families find the perfect dog — and gives them a unique gift at the end.

TK: When did you develop a passion for animals?

Liberty: I have loved animals ever since I was little. I have always wanted to care for and help them in any way I can.

TK: When and how did you start volunteering for Route 66 Pet Rescue?

Liberty: March was when I started looking for a pet rescue that needed volunteers. My mom and I had a list of places that I liked the most and Route 66 was at the top of my list. It was a Saturday morning, and we found out where they were and decided to go check them out. When we got there, I met Miss Katie, the owner, and the next thing I knew I was an official volunteer for Route 66 Pet Rescue. (giggles)

TK: What have you learned from volunteering there?

Liberty: I have learned how to set up crates for the dogs and get things ready for the day. I've learned how to properly clean up messes from the dogs. I grow in my way of helping people understand our dogs and look for the right dog for each person who seems interested in our dogs. I've learned how to deconstruct the crates and return things to the way they were at the end of the day. Most of all, I have learned commitment and responsibility.

TK: Share a unique story from your experience at Route 66 Pet Rescue.

Liberty: After a while of working with the rescue, I started thinking about drawing some of the dogs. The first dog I drew was Archie and when my mom saw the drawing, she suggested that I could make more drawings and when a dog got adopted, I could give it to the new owner as a bonus. So I agreed to (do that), and that is how it started.

TK: What are your favorite things to do in Tulsa?

Liberty: I love going to the Gathering Place. I love driving around with my mom and admiring all the different houses that have been built. I also like going to the theater.

TK: What other hobbies do you have?

Liberty: Art, art and art!!

TK: What do you want to be when you grow up?

Liberty: I have absolutely NO idea. (laughs) I'll wait to see what the future holds.

TK: Who inspires you?

Liberty: Miss Katie (owner of Route 66 Pet Rescue), my mom, and Tia (from Villalobos Pit Rescue)

TK: What advice do you have for others who want to volunteer with Route 66 Pet Rescue?



Liberty: If commitment and a passion for dogs is your thing then I say, go for it. But if it's not right for you, there are other opportunities and places you can volunteer.

TK: What is a fun fact about you?

Liberty: I'm very witty and can solve riddles pretty quickly.. (mischievous grin) And as you can see, I love Art.

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