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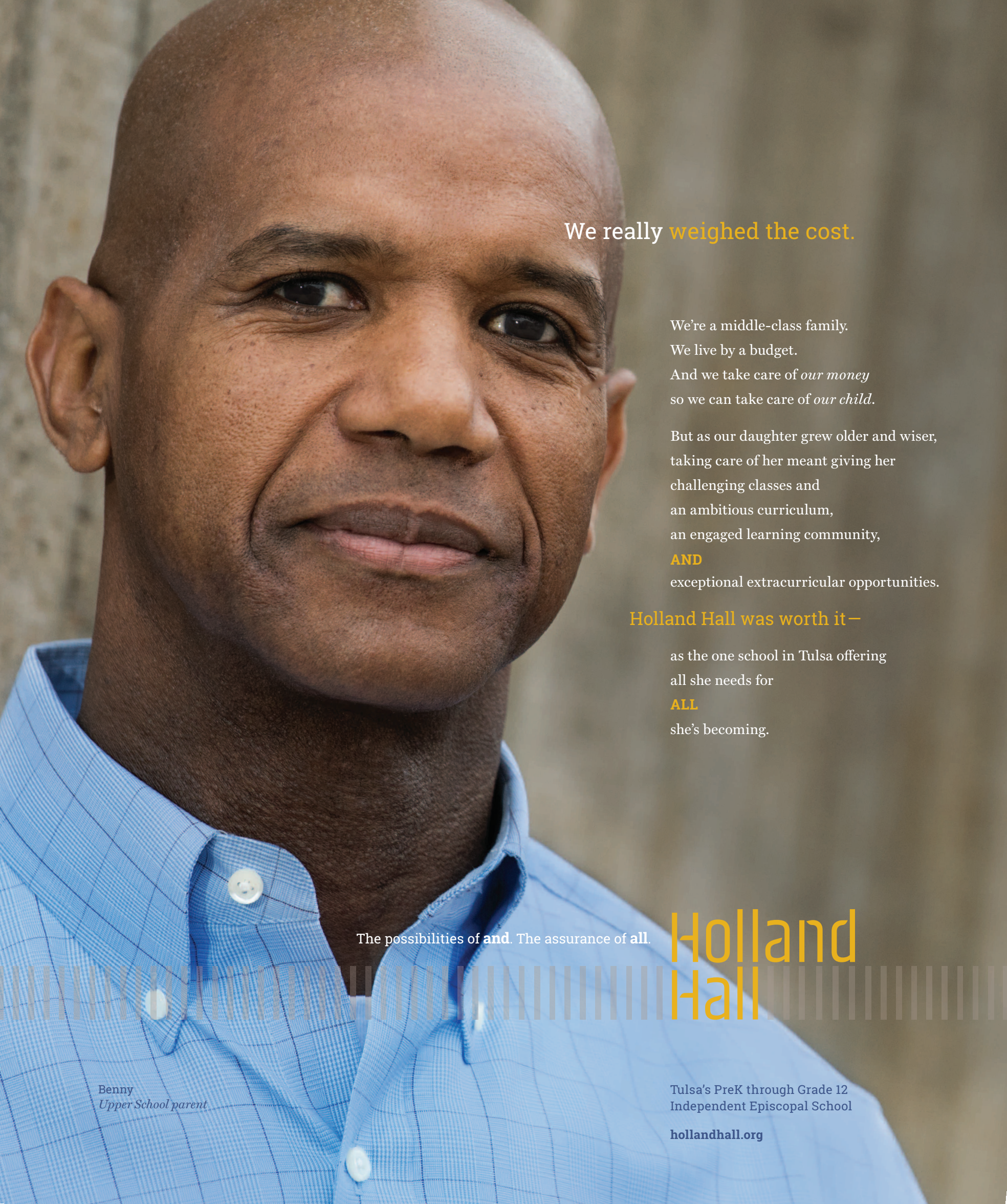
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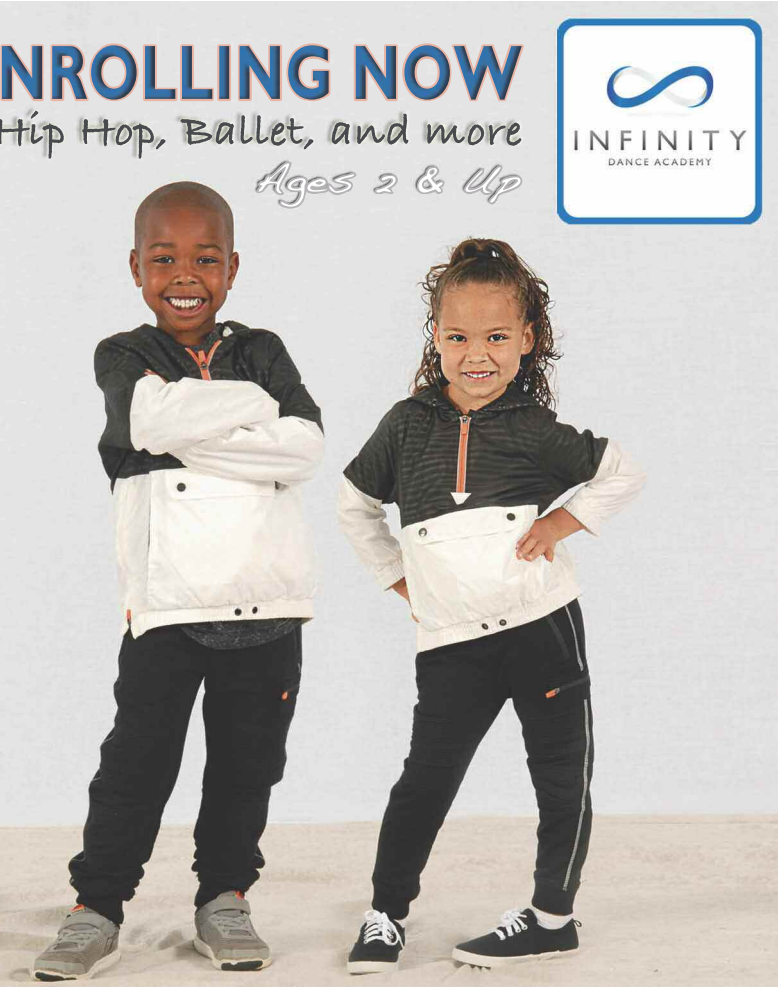
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George, Robb, Jack & Natalie M.

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You are invited to join the *Peggy V. Helmerich* Women's Health Center Labor of Love program for access to fun pregnancy perks such as free parenting classes and in-hospital amenities. We will even help you find a health care provider and insurance if you don't currently have a health plan.



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

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

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

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tulsakids

September 2017

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www.tulsakids.com



BY BETTY CASEY



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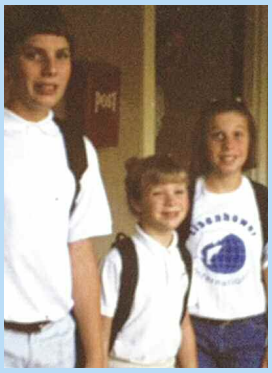
editor's note

Moving on…

Did we all get past the solar eclipse without burning our retinas? I'm a little worried about my daughters. They sent me a picture where they appeared to be using a homemade pinhole camera incorrectly, but I guess we'll see (pun intended). My son's response was typical: "Glad I was inside not caring."

So, moving on….school is now in session. Coincidently, the first day for Tulsa Public School students and the solar eclipse happened on the same day. That's a lot of excitement to cram into a single day. When I was walking my ~~child substitute~~ dog this morning, I noticed the parents across the street taking pictures of their son in his brand new uniform on the first day. It made me a little nostalgic thinking of the myriad back-to-school pictures I've taken over the years. And it doesn't stop (at least not for me) – even in graduate school. And, it's true what everyone says, it goes by fast. One minute, you're holding back tears as they walk in the school building for kindergarten, and the next, you're moving them in to their college dorm room.

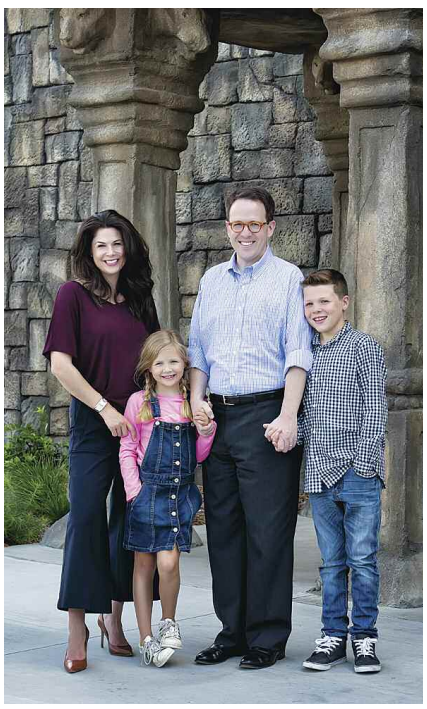
So, as you silently curse your children for dumping backpacks and shoes across the entryway, and unload the uniform that has been stewing in its own juices for a week out of the athletic bag, and make the one-millionth lunch, remember that saying that somebody always brings up when it comes to being a parent: "The days are long, but the years are short." I guess I should google who actually said it, but I've always kind of hated that quote. I get it, but it always seemed a little condescending to me until now. Because, here's the thing, I don't think you can really get it until it's too late.











ON OUR COVER:
MAYOR BYNUM AND HIS FAMILY
ENJOY THE ZOO'S LATEST EXHIBIT.

PHOTO BY: LESLIE HOYT
PHOTOGRAPHY

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

tulsakids
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MOM'S PROJECT GROWS FROM DAUGHTER'S TRAGEDY



When Gail Lambert's daughter Bobbi was killed by a distracted driver, she knew she had to do something. Bobbie was an Owasso teacher and mother of two, so Lambert wanted to create something that would honor her daughter, while sending a message about the dangers of distracted driving. While there was no proof of what the driver in Bobbi's accident was doing, Lambert said her daughter had been concerned as a mom and as a teacher about children's devotion to their electronic devices. That led to Lambert's decision to focus on the distraction of using electronic devices while driving. What started out as a project to help keep the Owasso community safe, Drop It and Drive has grown into a message reaching over 65 Oklahoma cities and towns, eight states, the United Kingdom and Canada.

"We don't know exactly what distracted the driver that killed Bobbi," Lambert said, "but because phone use while driving is the biggest distraction at this time, that had to be the main focus."

Lambert provides Drop It and Drive decals for vehicles, and signs for roadways and around schools. Her message resonates with people, and Lambert sometimes has a hard time keeping up with the demand from those wanting decals. Regardless, Lambert says she's ready, and cites the many ways people have already been tailoring the message to their communities.

"Several schools placed #DD stickers on their football helmets last year," she said, "and made announcements before games about distracted driving. I was told by a mother in Norman [OK] that it really hit home when the announcer told the story. That's what it's all about."

Lambert especially wants to get out the message about the dangers of distracted driving to children and teens by implementing an educational program in schools. She is meeting with school officials and the director of Oklahoma Highway Safety to put together a curriculum for kindergarten through 12th grade.

"My daughter's children were seriously injured in the wreck that killed their mother, so they learned a hard personal lesson," she said. "They will be driving one day, but there are other people on the road that don't want to change their habits. It's scary."

Lambert wants families to discuss the dangers of distracted driving and to remind one another to put the phone down while driving.

"We desperately need to attach a stigma to distracted driving," she said. "It's accepted and shouldn't be. I believe the public is tired of worrying about what the other person on the road is doing."

For more information about Drop It and Drive, contact Gail Lambert at gailambert62@yahoo.com or www.https://facebook.com/gail.lambert.96-.



GRETTA AND CLAY LONEY WITH TINA PEÑA.

MITA'S FOUNDATION EVENT

Celebrate the food, music and warmth of Peru at the 7th Annual MITA's Foundation Charity event on Saturday, Sept. 9, 6:30 p.m. at the Renaissance Tulsa Hotel & Convention Center.

"Traditional food, a silent auction and music will keep everyone entertained," said Tina Pena, president of the foundation. "Dress is business casual, but be sure to bring your dancing shoes."

Honorary chairs are FOX 23's Clay Loney and his wife Gretta Loney.

Funds raised benefit MITA's Foundation, a non-profit organization that provides charitable relief to improve the quality of life for the impoverished and underprivileged children of Peru and their families.

For sponsorships or individual tickets, go to www.mitasfoundation.org.

NEW THRIFT STORE BENEFITS F&CS

Family & Children's Services opened a thrift store that will help fund F&CS programs, give clients work opportunities and provide clients with clothing and household items.

The store is located at 724 S. Utica. For more information, to donate items or to schedule a pickup of items you would like to donate, call 918.340.5040.

continued next page

NEW TULSA CITY-COUNTY LIBRARY APP NOW AVAILABLE

Tulsa City-County Library's new, free mobile app turns your smartphone or tablet into a library on the go. Convenience is key to connecting with a librarian, downloading your favorite books and music, and searching the library's catalog of services.

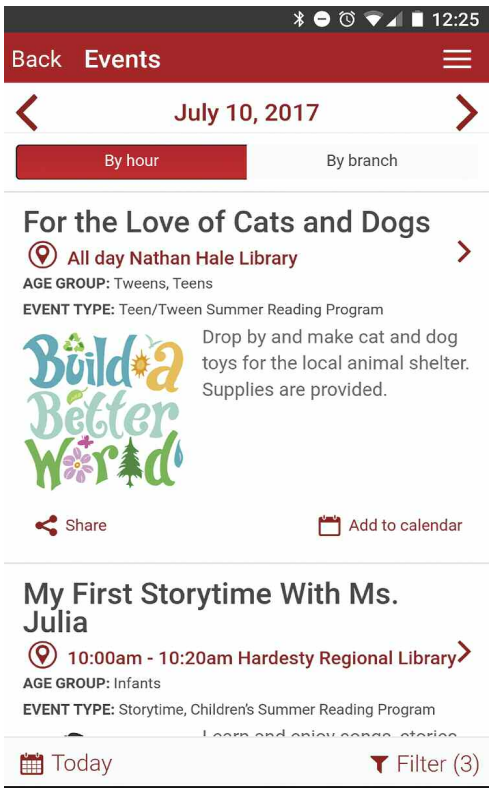
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For more information, call the AskUs Hotline, 918.549.7323, or visit www.tulsalibrary.org.



THERAPYWORKS TALENT SHOW AND EVENT

Hometown Heroes is the theme of TherapyWorks 8th Annual Talent Show to be held on Saturday, Sept. 23, 2017, 10 a.m. – 1 p.m. at Faith United Methodist Church, 7431 E. 91st Street.

The public is invited to the event, which will feature a gift basket auction, including Rustic Cuff, OSU/TU sports, Drillers and Guys Night Out baskets. Proceeds will benefit the Christmas Working Wonders Angel Tree, which provides gifts for TherapyWorks families in need.

Other family entertainment will include a bounce house, and emergency vehicles and personnel.





A NIGHT FOR ALL SAINTS EVENT

All Saints Catholic School in Broken Arrow is hosting a fundraising dinner and auction on Saturday, Sept. 30, at the Renaissance Tulsa Hotel & Convention Center. The event will feature a dinner, live auction and silent auction.

All Saints serves 400 students in pre-K through eighth grade and offers over 22 elective classes including drama, healthy living and tech education. It also offers Spanish, French and Latin.

The fundraiser is open to the public and proceeds will go to enhance the school's curriculum, offer tuition assistance and to update the facility. For tickets to A Night for All Saints, to donate, or to bid on items in an on-line auction beginning September 16, go to www.AllSaintsAuction.com.

HELPING KIDS AFFECTED BY TRAUMA

Thousands of Oklahoma children are affected by trauma, which can disrupt healthy development, leading to life-long psychological and physical problems.

Connected Kids, a Tulsa nonprofit founded by Dr. Barbara Sorrels, offers programs and tools that help families and children build healing connections to overcome their circumstances.

On Thurs., Oct. 5, 2017, 6:30 p.m., Connected Kids is holding a fundraiser at the Oklahoma Jazz Hall of Fame in downtown Tulsa. The event will feature dinner, an auction, and guest speaker Alton Carter, author of "The Boy Who Carried Bricks."

For further information or tickets, go to www.ConnectedKids.org.

UNVACCINATED CHILDREN POSE HEALTH AND ECONOMIC RISK

Researchers at the Stanford University School of Medicine, California, and the Baylor College of Medicine, Houston, estimated the health and economic cost of U.S. children not getting the MMR vaccine. They estimated that even a 5 percent decline in MMR vaccine coverage would result in a three-fold increase in national measles cases in children ages 2 to 11. That would mean a total of 150 cases in this age-group, and an increase in public sector costs of $2.1 million. When unvaccinated infants, adolescents and adults were added, estimated outbreaks and costs were higher.

The article, published in JAMA Pediatrics, concluded, "The results of our study find substantial health and economic consequences with even minor reductions in MMR coverage due to vaccine hesitancy…These findings should play a key role in any policies adapted by state or national governments that relate to childhood vaccination."



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BY KILEY ROBERSON

time-out troubles



It had been one of "those" days in our house. Every time I turned around my 3-year-old son was getting into something, climbing on the outside railing of the stairs, spilling milk all over the floor, teasing the cat. Despite my scolding, it wasn't ending. Right after telling him to leave the cat alone for the fourth time, I walked into the other room just in time to hear a crash. Sprinting into the living room I saw that he had pushed a toy dump truck carrying all of his hot wheels down the stairs. My newly cleaned living room now resembled a horrific crash scene with toy car causalities everywhere. That was the last straw, TIME OUT!

That's right, I'm a time-out parent. Now this doesn't mean that I don't use other forms of discipline too, but on this day…we both needed a time-out. However, as he was crying in the corner, I couldn't help but feel like this wasn't working. Interestingly, child psychology experts agree. While time-outs certainly sound like a brilliant fix, most parents often admit that they simply don't work. But, according to a recent study from Oregon Health and Science University in Portland, 85 percent of parents who use the time-out strategy make mistakes that can reduce its success.

Top Time-Out Mistakes

Using Them Too Often

Research from Oklahoma State University has found that time-outs work best on young children who are defiant or intentionally doing the opposite of what you ask, but only if you first try milder responses like talking it out and warnings. Too many time-outs make them not as meaningful.

Giving Kids Attention During Time-Out

A time-out is a consequence. Young kids crave attention, and even negative attention may be good enough. So a time-out should really be a short lack of parental attention that lets a child see that his behavior led to losing attention instead of getting it.

Using Them for the Wrong Reason

Despite popular belief, time-outs aren't supposed to be about getting children to think through their misdeeds. The American Academy of Pediatrics (AAP) explains that a time-out is primarily a 'Let's stop things from getting worse' strategy.

What Does Work

If your child does end up needing a time-out, experts say there are new and improved time-out techniques that make a difference.

Step 1: Give a clear warning. Studies have found that a single non-repetitive warning before every time-out can reduce the number of time-outs needed by 74 percent.

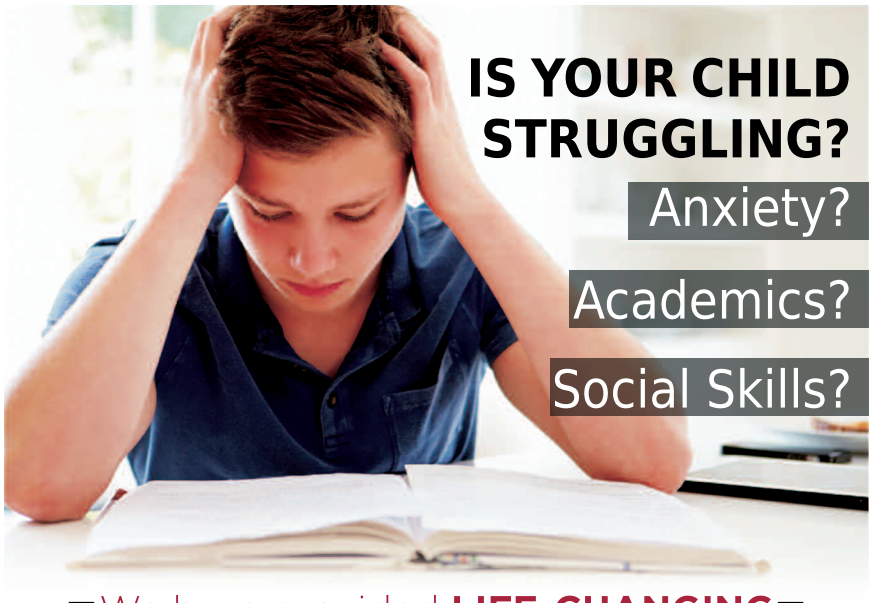
Step 2: Announce a time-out. You might wait until your child is relatively calm, but briefly reiterate what he did wrong ("No hitting. Time-out."), and escort him to a naughty chair.

Step 3: Start the clock. Recent research shows that even brief-time outs of one to three minutes are effective, especially for children ages 3 to 5.

Step 4: Make it boring. During the time-out, do not talk to your child or make eye contact.

Step 5: Move on. It doesn't matter if your child is still fidgety, sassy or crying. Once the timer goes off, the time-out is over.

After a time-out, the AAP says it's good to have a have a quick chat with your child. Ask if she understands why you gave her a time-out. Allow her to express her feelings, and then, very briefly, remind her that time-outs happen only when she breaks a rule or needs help to calm things down. Praise her for completing the time-out, and then go on with life. Your child now has a clean slate to show off her newly improved behavior!



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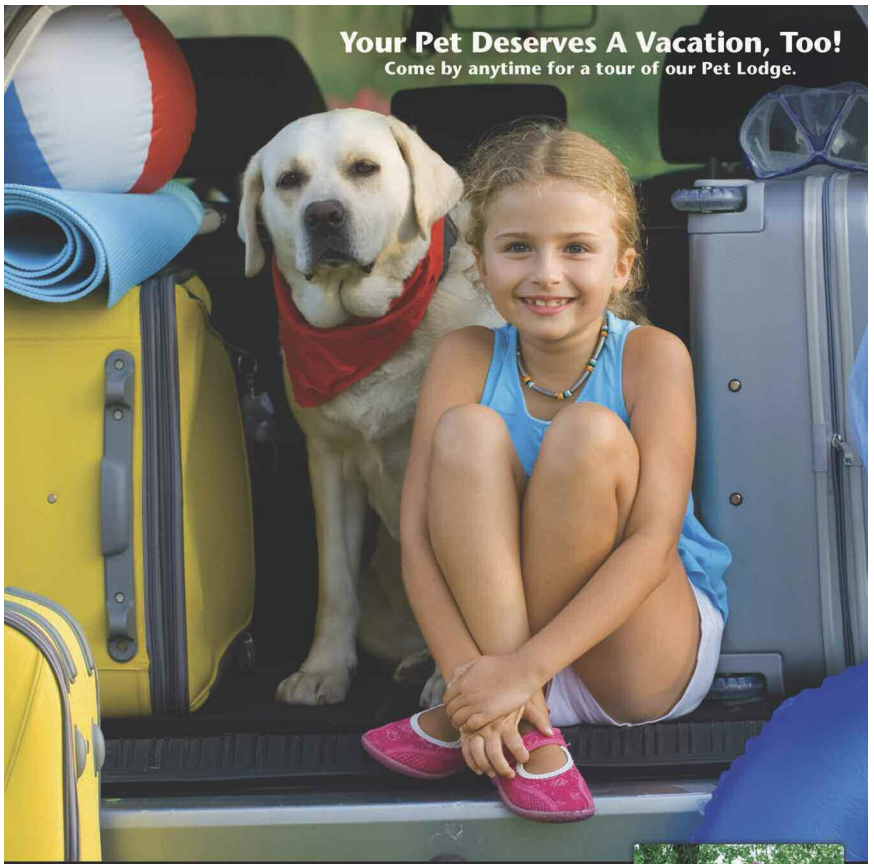
Learn about caterpillars and the butterfly life cycle Saturday, September 9, 10am

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BY BRIA BOLTON MOORE

Passport to Literacy Reading Fair

TULSA-AREA FAMILIES ARE INVITED TO FREE FAIR SEPTEMBER 16

Just as a passport is a tool for travel, the Passport to Literacy Reading Fair will provide tools for parents and caregivers as they help little learners travel toward greater literacy.

The free reading fair is September 16 from 9 a.m. to 1 p.m. at the Wilson Teaching and Learning Academy, 2710 E. 11th Street, Tulsa. Content and activities are geared toward those with children in pre-kindergarten through third grade. The event is hosted by ABLE Tech, the statewide Assistive Technology Act Program; Oklahoma Parents Center, a federally-funded Parent Training and Information Center; Oklahoma State Department of Education and Tulsa Public Schools.

Parents will have the opportunity to travel to four sessions—Learning Made Easy, Tools for Learning, ABC's and 123's Early Literacy, and Speaking Up. Each session will last 20 to 30 minutes. Meanwhile, children will enjoy snacks and visit craft and activity stations. Local businesses and organizations like the Channel 2 weather team, Safari Joe's H2O Water Park, University of Tulsa STEM team and Tulsa City-County Library will be on hand with fun presentations and activities to encourage reading.

Allyson Robinson, speech-language pathologist and assistive technology specialist with ABLE Tech, is in charge of the Tools for Learning session.

"We'll have tons of low-tech to no-tech solutions that are fun for adapting books, so we can show parents how easy it is to help their kids get ahold of a book," Robinson said.

For example, Robinson's session will show parents how to turn pages with Popsicle sticks as well as how to read with guided reading sticks and transparent color overlays—see-through, colored sheets of plastic.

"There's research to show that certain overlays help kiddos with vision impairment and ADHD or things like that," Robinson said. "The thought is, what if your kid got to pick the color of overlay that they want to put over the pages of their book while they're reading it. Maybe they will have a more motivated reason to go through their book, because they've got their color overlay."

Those interested in attending the reading fair can pre-register online at https://www.surveymonkey.com/r/passporttoliteracy or register in person at the event. Families that pre-register will have the option to use Tulsa Transit for free to attend the event, and transportation passes will be mailed.

"Parents and guardians are our most important partners in education, so it's critical that we provide the supports, resources and training that families need to keep kids growing and learning outside of the school day," said Emma Garrett-Nelson, director of communications with Tulsa Public Schools. "We hope that parents, guardians, and families will leave feeling well-prepared to help their new or struggling readers to reach grade-level literacy."

Part of Oklahoma's State Systemic Improvement Plan is to improve early literacy skills, and the Passport to Literacy Reading Fair is one action item. The fair is funded by the Oklahoma State Department of Education and the Oklahoma Parents Center and will be duplicated in other parts of Oklahoma in the future.

"I feel like we need to get excited about reading," Robinson said. "Sometimes we think of reading as a chore or something you have to do because you're going to get tested on it, but what about that reading is fun, and it's about learning about things you're interested in? If it's not fun, kids don't want to do it. So, why not make it fun and have them learn? We have to have something that puts fun into reading, and that's what this event is."

Simple Steps to Encourage Reading

Allyson Robinson, speech-language pathologist and assistive technology specialist with ABLE Tech, shares easy ideas on how to keep kids interested in reading.

Keep books on low shelves.

Robinson said that regardless of a child's age, it's important to keep books accessible —whether a 1-year-old simply wants to pull them off a shelf or an older child is hungry for new reading material.

Have your kids catch you reading—especially paper materials.

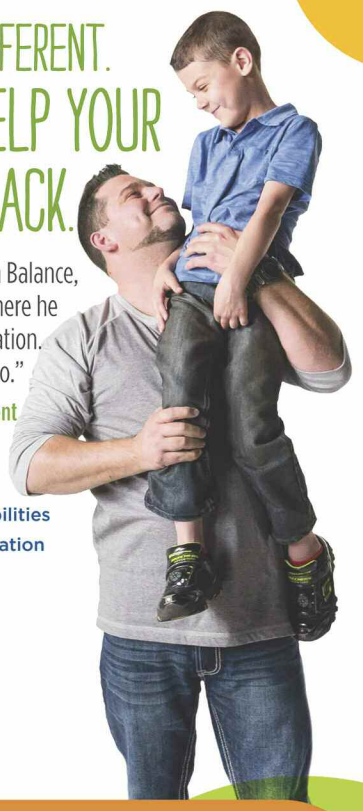
"It's hard to tell if you're reading if you're looking at a phone or a tablet," Robinson said. "Having our kids catch us reading a real book or magazine or newspaper is really powerful. Then they know we think it's important."

Turn everyday activities into reading opportunities.

Talk to kids about the letters and words you see as you go about daily activities. "There are words everywhere," Robinson said. While driving, talk to little kids about the letters on signs, and read signs with bigger kids. When you get a drink from a restaurant, read the cup with kids.

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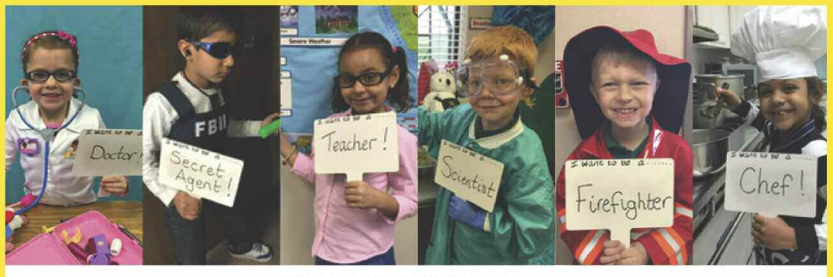
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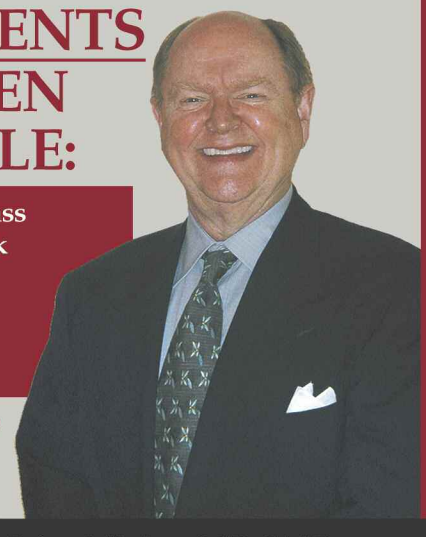
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BY JULIE WENGER WATSON

what's in your medicine cabinet?

KIDS AND TEENS FIND OPIOIDS THROUGH ADULTS' LEFTOVERS

The opioid crisis is big news these days. Misuse, abuse, addiction and overdose related to prescription opioids, such as oxycodone or hydrocodone, are epidemic in the U.S. In Oklahoma, the situation is particularly acute. According to a 2016 study prepared for the Oklahoma Department of Mental Health and Substance Abuse Services, more overdose deaths in this state involved hydrocodone or oxycodone than methamphetamines, heroin and cocaine combined. The statistics are alarming, and as they pertain to Oklahoma's children, they can also be confusing.



Opioid Prescriptions for Adolescents

While there are many things to be proud of in our state, the number of deaths from drug overdose isn't one. According to the substance abuse study, Oklahoma had the 10th highest overdose rate in the country in 2014, with opioids being the most common class of drugs involved in unintentional overdoses. While 15-24-year-olds account for a smaller number of those deaths than their older counterparts, Oklahoma leads the nation in nonmedical use of painkillers, with nearly 5 percent of the population aged 12 and older abusing or misusing painkillers.

For the most part, kids aren't obtaining these drugs through legal prescriptions. In fact, outside of specific instances, such as post-operative pain or severe pain caused by conditions such as cancer or a chronic medical condition such as sickle cell anemia, opioid prescriptions for children are not that common.

"Honestly, we prescribe vanishingly little of the types of medicines that have become problematic, especially if you think about particularly problematic medicines like oxycodone and these new super long-release opioids," said Dr. Don Zetik, a Tulsa pediatrician.

While Dr. Zetik notes that any sort of narcotic use can segue towards abuse, dependence or addiction, properly prescribed medications for adolescents are usually not the source of the problem.

"We pay closer attention to them, and we're very cautious. These are not the scenarios that should provoke anxiety for families, and they're not the scenarios out of which the opioid epidemic has grown," Dr. Zetik noted. "I think, as a medical profession, we're more highly attuned to keeping those doses low and duration limited, and we're very wary of the longer acting opioid medications, particularly when it come to children."

Access

Unfortunately, the relatively low number of legal prescriptions written for adolescents doesn't eliminate their access to opioids and the potential for abuse. For some kids, it's a matter of simply opening a medicine cabinet. Adults often save their unused prescription painkillers "in case they need them later," and this can be a problem. According to

continued next page

"Although legal prescriptions of opioids for children tend to be limited and carefully controlled, kids continue to have access to these painkillers through family and friends, in the form of unused prescription medications."

the study, most people who use prescription painkillers non-medically report getting their drugs from friends or family members.

"If you were going to do anything to try to help the problem, get them out of your drug cabinet because someone else can find them. Someone else can use them," Zetik noted. "Maybe not your family member, but someone who's visiting your house and decides to peruse the drug cabinet."

The Oklahoma Bureau of Narcotics & Dangerous Drugs Control www.ok.gov/obndd/ provides information about Disposal Boxes around the state, and www.takeasprescribed.org has disposal tips, too.

Collateral Damage

The profound consequences of opioid addiction and abuse aren't just limited to the users. According to a 2016 Harvard study, an estimated one in five children in the U.S. grows up in a home in which someone has a substance use disorder. Children in these environments are subject to everything from increased risk of physical, sexual and emotional abuse to developmental and educational delays, and a greater likelihood of having their own abuse issues later in life.

"As far as young children go, they become collateral damage because of addicted or abusing adults," Zetik commented. "They cease to be effective caregivers as addicts."

Reports from across the U.S. suggest the opioid crisis is overwhelming the nation's foster care systems, with more children being removed from homes with addicted caregivers. A 2017 article in Mother Jones magazine reported an 8 percent increase from 2011 to 2105 in the number of children in foster care at the same time federal funding for these children decreased by two percent. While exact data is hard to obtain, anecdotally, child welfare workers across the country attribute much of that increase to opioid addiction.

Hard data on deaths as a result of unintentional prescription opioid overdose in Oklahoma exists, however, with adults 45-54 years old most likely to die of such an overdose, followed closely by those in the 35-44 year-old range. Behind those statistics are increasing numbers of adolescents who have lost one or both parents (and countless caregivers) to this epidemic.

While Oklahoma has taken measures to gain control of the growing epidemic, it's clear a real crisis exists. It's a multi-faceted problem that impacts Oklahoma's kids in multiple ways. Although legal prescriptions of opioids for children tend to be limited and carefully controlled, kids continue to have access to these painkillers, inadvertently and intentionally, through family and friends, in the form of unused prescription medications. In addition, adults with opioid abuse and addiction issues are incapable of providing adequate, safe care to their own offspring or those in their charge, resulting in myriad social, health and emotional problems for our state's younger population. For more information, visit the Oklahoma Department of Mental Health and Substance Abuse Services at www.ok.gov/odmhsas.

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BY NANCY A. MOORE

Nancy Bolzle: an A+ Tulsan

Many Tulsa children are beginning the new school year empty-handed because their parents can't afford to buy the paper, pencils, notebooks, pens, erasers and myriad supplies on classroom lists. While school- supply drives help fill some of the need, The Pencil Box, a non-profit founded by Nancy Bolzle, provides free school supplies to teachers year round.



NANCY BOLZLE AT THE PENCIL BOX.

TK: Tell us about yourself.
Nancy: We moved to Tulsa my senior year in high school. Moving in my senior year was my choice. I immediately fell in love with Tulsa, especially The Restless Ribbon. I attended The University of Tulsa, and in 1972 married Bruce and moved back to Houston where he lived and worked as an architect. After our second son was born, we decided to move to Tulsa to raise our family and be close to grandparents. We believed Tulsa would be a good place to raise our family, and it was. Tulsa has an unusual spirit of community, all the amenities of the big city, and it doesn't beat you up. We love Tulsa.

I feel fortunate to be born to parents who believed in the importance of service to others. My mother was the first volunteer in the emergency room at the county hospital in Houston and my father was instrumental in the founding of Youth Services of Tulsa.

TK: How did the concept of The Pencil Box come about?
Nancy: In 2004 I visited the original teacher free store, Crayons to Computers, in Cincinnati and thought, wow, Tulsa needs this. I came back and tried to find an organization or individual to develop the concept here, but, after numerous attempts, finally decided the time was right for me to do it.

TK: What is The Pencil Box and who does it benefit?
Nancy: The Pencil Box is a free store for teachers to provide school supplies for disadvantaged students. Our model is unique in Tulsa in that it is a retail setting where teachers can shop for free supplies specific to the needs of their students and classrooms throughout the school year. Schools eligible to shop are public schools where 70 percent or more of the students live at or below the Federal Poverty Level. Our mission is to provide supplies for high needs students and equalize the learning experience. Initially, we are serving Tulsa Public Schools where 80.02 percent of the students live at or below the poverty level. As funding and supplies allow, we will expand to serve all of the eligible schools in Tulsa County.

TK: What inspired you to start The Pencil Box?
Nancy: The need. According to the 2017 Oklahoma State Department of Education Low Income Report, 63,196 of the 103,521 students in Tulsa County are enrolled in the National School Lunch Program. In Tulsa Public Schools, 60 of the 78 schools have 70 percent or more of their students living at the poverty level. For the third consecutive year, Oklahoma leads the country in cutting funds for education. The Annie E. Casey Foundation KIDS COUNT 2016 ranked Oklahoma 37 among 50 states in overall child well-being. Youth Services of Tulsa reports 1,500 to 1,800 homeless school-aged youth living in Tulsa. Families struggling to make ends meet and critically underfunded schools cannot afford the supplies necessary for successful learning. Ranked 50th in the country for teacher pay, Tulsa teachers spend an average of $500 to $1,000 annually to bridge the need.

TK: How was The Pencil Box able to help TPS during the last school year?
Nancy: Teachers tell us the #1 school supply need is pencils. During the 2016-2017 school year, The Pencil Box gave away 54,856 pencils. Last school year, we also distributed 9,924 pens, 6,630 spiral notebooks, 5,151 boxes of crayons, 5,116 boxes of colored

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pencils, 4,486 boxes of markers, 3,275 rulers 3,192 scissors 2,494 watercolor paint sets, 1,586 packs of filler paper, 747 backpacks and 545 calculators, just to name a few. Teachers tell us our supplies are making a difference. In November 2016, we conducted a school supply impact study with 100 percent of our teachers reporting access to free supplies was critically important.

TK: How many kids (or schools) have you been able to help so far?

Nancy: In our first school year of distribution, 2015-2016, we served 36 schools. During the 2016-2017 school year, we served 39 TPS schools, including all the eligible junior and senior high schools and half the elementary schools. In August, 41 schools will be shopping, and we have identified three additional schools to begin shopping in September and another two schools by November.

TK: Can you share a success story of how The Pencil Box has helped a school (or child) in our community?

Nancy: A teacher shared the following story in our school supply impact study:

I had a 9th grade student in class and she had a very worn out backpack. I knew she didn't have much because she was always getting clean clothes from the social worker. One day, I held her after class and gave her a backpack that was full of supplies for each of her classes. They were labeled and organized just for her schedule. Her little face just started to glow. After talking with another teacher, I found out that she periodically lived in the shelter downtown. Every day she came by and showed me her bag, that she still had it. About three months later, I was walking in the halls and she ran up to me just crying her eyes out. Someone had stolen her bag. She was devastated and beside herself. I told her that it was okay and that she could come to my room and I could give her another one. By the end of the year she still had her backpack and the supplies were well used. I found out that she slept with her bag so no one could take it. She showed me her report card, and she had all A's and B's.

TK: How can others in the community get involved?

Nancy: 1. Donate money. We can maximize financial contributions because of relationships we have with national retailers and manufacturers that allow us to purchase supplies at significantly discounted prices. 2. Donate new and almost-new school supplies. New quality school supplies are in high demand, but we also accept almost-new supplies. 3. Donate time. Our program is volunteer driven. 4. Support our annual fundraiser, Cocktails for Crayons. This year's event will be on Friday, October 6 at the Tulsa Historical Society. For more information, visit www.pencilbox-tulsa.org.

TK: In your free time, what do you and your family enjoy doing?

Nancy: We just like being together. We also enjoy traveling together. I'm hoping the next family destination vacation will be on an ocean beach. Bruce and I enjoy our friends and entertaining at home, Bruce is active with the Commemorative Air Force, and I design, make and sell jewelry.

TK: What else would you like to share?

Nancy: I recently heard a young woman speak who grew up in dire poverty and with the help of teachers became a leader in the health-care industry. She said the problem is not growing up poor, the problem is growing up without hope. At The Pencil Box, our goal is to give hope for the future and prepare students for success by giving them the tools they need to succeed today. Today's students are tomorrow's leaders, workers, neighbors and our hope for the future. It's amazing what a #2 yellow pencil can do in the hand of a child.



School is back in session— don't let our fish get lonely without you! The Oklahoma Aquarium offers ample educational opportunities for you and your eager-to-learn pupil. Check out our calendar for upcoming dates for events such as Aqua-Tots, ZZZs in the Seas, & Scout Days!
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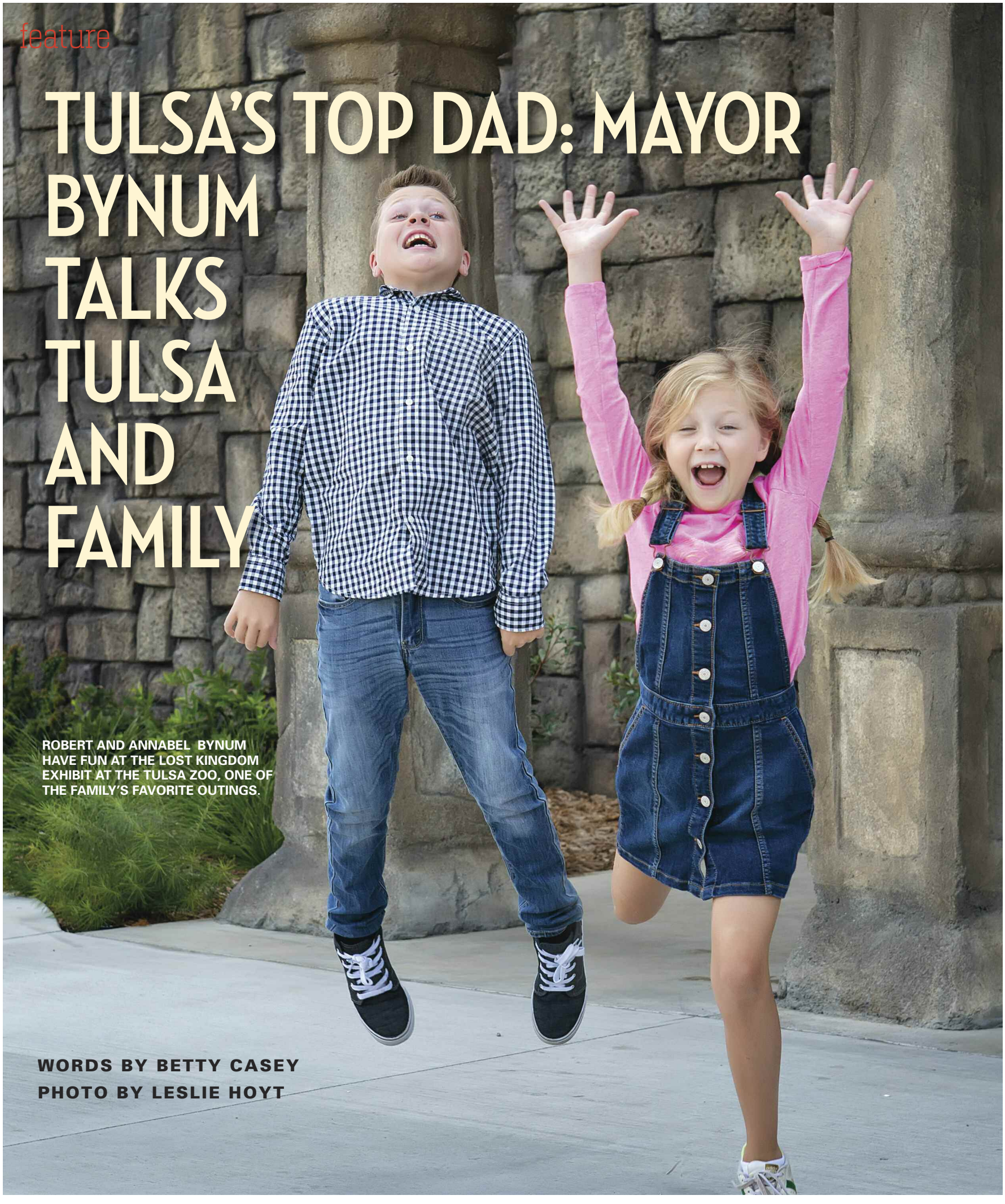
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TULSA'S TOP DAD: MAYOR BYNUM TALKS TULSA AND FAMILY



ROBERT AND ANNABEL BYNUM HAVE FUN AT THE LOST KINGDOM EXHIBIT AT THE TULSA ZOO, ONE OF THE FAMILY'S FAVORITE OUTINGS.

WORDS BY BETTY CASEY
PHOTO BY LESLIE HOYT

During the Tulsa mayoral campaign, Susan Bynum stuck a post-it note on the bathroom mirror that read, "It's about a better city for our kids."

G.T. Bynum said he looked at that post-it note every morning as a reminder that, no matter how grueling the Tulsa mayoral campaign got, he knew why he was running.

Spend a few minutes with Tulsa Mayor G.T. Bynum and three things will be evident: 1. He loves his family; 2. He loves history; 3. He loves Tulsa.

And those three loves are inextricably combined. Mayor Bynum's family has lived in Tulsa since the 1880s. He grew up in Tulsa, went to Eliot Elementary School in the Brookside neighborhood, and recalls a childhood of neighborhood bike rides and fishing from a paddleboat with his friend.

"That's the kind of Tulsa I grew up in," he said, "and that's a big part of the inspiration for me wanting to be involved in public service now as a parent."

Mayor Bynum wants his children, Robert, age 10, and Annabel, age 7, to feel the same love for the city that he feels.

"I want my kids to think about Tulsa as a special place," he said, "as a city second to none in the country, and to view it as the same place of opportunity when they grow up that I viewed it when I was a kid. When I was growing up, Tulsans still very much had the mindset that we were a world-class city."

"World class" is an adjective that Mayor Bynum's consistently attaches to Tulsa.

The mayor's conversation flows smoothly from his own family history to an almost nerd-like knowledge of Tulsa's history, easily referencing statistics about everything from population growth during the 1900s to the sociological and economic events that led to Tulsa building its first skyscraper.

Such details are not the stuff for trivia games or interesting conversation, but create context for Mayor Bynum's policies and worldview. His sincere enthusiasm for Tulsa as a world-class city informs his approach to identifying and solving city problems.

"My overall focus is to get Tulsans to start thinking of Tulsa as a nationally competitive and world-class city," he said. "That's the frame of reference from which we make our decisions now. We're not competing with Broken Arrow and Owasso and Jenks. We're working with them to compete at a national and international level."

The second big picture focus for the mayor is growth. "We're a city that's growing again," he said. "Our growth has been very stagnant for the last two decades, and I really think that's attributable to us not being focused on the growth in the 21st century. It's national and international."

Mayor Bynum pulls from history to make his case that mindset coupled with action can create dynamic, transformation.

"I love the fact that we built skyscrapers in downtown Tulsa in the 1920s when there was plenty of land available," he said. "But they had a mindset that a world-class city had skyscrapers."

While many might attribute Tulsa's early growth to oil, the mayor believes that it wasn't just money; it was mindset.

"I think the reason for that growth is that people wanted to build a city that they could brag to their friends back home about. That brought the best that the world had to offer here to Tulsa," he said. "When Waite Phillips decides to build his new house, he goes and tours Italy, looks at the villas there, and builds Philbrook. When Mr. Gilcrease decides to collect art, he builds the best collection of Western art anywhere in the world."

Without action, however, mindset can remain an unfulfilled dream, but Mayor Bynum's mindset requires, like his forebears, that action be taken.

One issue that "weighs heavily" on him is Tulsa's racial disparity. While he points to innovations, such as Guthrie Green and the upcoming Gathering Place, that create community by bringing people together from all over the city, he recognizes that specific initiatives are needed to face the hard challenge of Tulsa's racial inequities.

"We've partnered with the Rockefeller Foundation with something called 100 Resilient Cities. There are 100 cities around the world, and 12 in the U.S."

Tulsa is one of the 12 that received the Rockefeller Foundation grant that provides a resilience director to push the city's chosen initiative. Mayor Bynum believed that the foundation initially was interested in Tulsa because of natural disasters – floods, tornadoes, and now earthquakes – but the mayor pointed out that there were experts already working on those problems.

"What we don't have," he said, "what we've failed to make progress on in 100 years are issues of racial disparity. So [the resilient cities grant] allows us to bring in experts from all around the world on this particular issue. If you want to boil it down to one statistic – a kid growing up in north Tulsa today is expected to live 11 years less than a kid growing up in other parts of the city."

Mayor Bynum notes that Tulsans in every part of the community are outraged by that statistic and want to play a part in addressing it.

Another issue that the mayor feels strongly about is public education. Once again, he pulls from the ghosts of family history to assert his obligation to the city's schools.

"My great-great grandfather was the second mayor of Tulsa, and he ran in 1899-1900," Mayor Bynum said. "He ran for one reason, which was he thought we should have a public school in Tulsa. He ran, got it built and then refused to run again. That's the only reason he wanted to be mayor."

However, mayors often are not heavily involved in public school policy, and Tulsa has been no different. When he came to office, Mayor Bynum found a hands-off approach to public education.

"The city had pretty much vacated responsibility for schools in Tulsa," he said. "We were providing crossing guards and that was about it. At the same time, the perception of educational opportunity is one of the greatest indicators of a city's long-term success. So, I decided that we're not going to continue to ignore the issues of education relative to Tulsa, especially at a time when I don't feel like the state is giving it the focus that is needed."

To address the challenge of underfunded schools, Mayor Bynum created an Education Cabinet composed of the three district superintendents, and the presidents of Tulsa's higher education institutions to advise him.

"We recognize a failure of leadership when it comes to funding schools the way they need to be funded, and we want more ability to deal with it at a local level," he said.

Mayor Bynum and his education advisors are working on bringing a recommendation to the next legislative session that would allow Tulsa to use funds from a property tax initiative without the state reducing Tulsa's allocations, as the formula is set up now.

"Local citizens ought to have a say in how we fund education in a community," Mayor Bynum said.

The mayor also signed an executive order giving any of the city's 3600 employees time off to volunteer for Reading Partners, a tutoring program that helps

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struggling early elementary school students. Children in the program have over a 90 percent success rate in achieving reading proficiency. The city will track each student through the end of the year to show the citizens of Tulsa the reading proficiency gains that were made thanks to city employees.

Family Time

While Mayor Bynum could certainly be away from home every evening, he makes a point of turning down everything but the most important evening engagements in order to be home with his family. Evenings, and especially weekends, are important downtimes for Mayor Bynum and his wife, Susan.

"There are plenty of sacrifices I'm willing to make," he said, "but I don't want them to have to."

In Tulsa, the family enjoys going to the zoo, riding bikes in the neighborhood, and going to local parks.

And Mayor Bynum is trying to get his kids as excited about The Gathering Place as he is.

"We went to the groundbreaking," he said, "and they were both moaning about it, and I said, 'You don't understand. This is going to be the nicest park in America and it's going to be right here in Tulsa!' And that blew their minds. We're going to have the best park in America, maybe the world, in their city, and I love that, because it restores their expectations of the kind of special place that Tulsa is, and it inspires me as mayor to hold us to that kind of standard."

Mayor Bynum also enjoys sharing his love of history with his children. "One of the goals we have is to take them to every presidential library," Mayor Bynum said, and then laughs because he admits that it's more his goal than Susan's. "The kids love doing it. They loved the Reagan Library because Air Force One is there, and it's on top of a mountain."

When asked about his favorite thing about being a dad, Mayor Bynum gave an interesting, thoughtful answer, but one totally in keeping with his historical perspective on life.

"My wife and I were just talking about this a couple of weeks ago," he said. "My favorite thing about being a dad is that in each one of my kids, I can see traits of people I love who are not alive anymore. So, like in my son, I see my grandfather Bynum's sense of humor, his love of life. In my daughter, I see my grandmother LaFortune's sense of style and love of art. It's so cool to see these people that neither one of them got to meet, yet you see them through your kids. I don't know how it happens, it's just really a miracle, but to see those traits in them is wonderful."

Mayor Bynum's love of family and the city carries with it the weight of responsibility.

"That's the motivation for me for doing all this," he said. "I think about the city my great-great grandfather came to in the 1880s. It was a couple of wood buildings and mud streets, and everything that has been built here that my kids enjoy today is here because somebody was trying to leave the city better than they found it. Just as people built it up for me, I want to build it up for them. We're just another generation of Tulsans trying to build a better city for the next generation. That's why it's a great city, because multiple generations have done that."





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Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



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

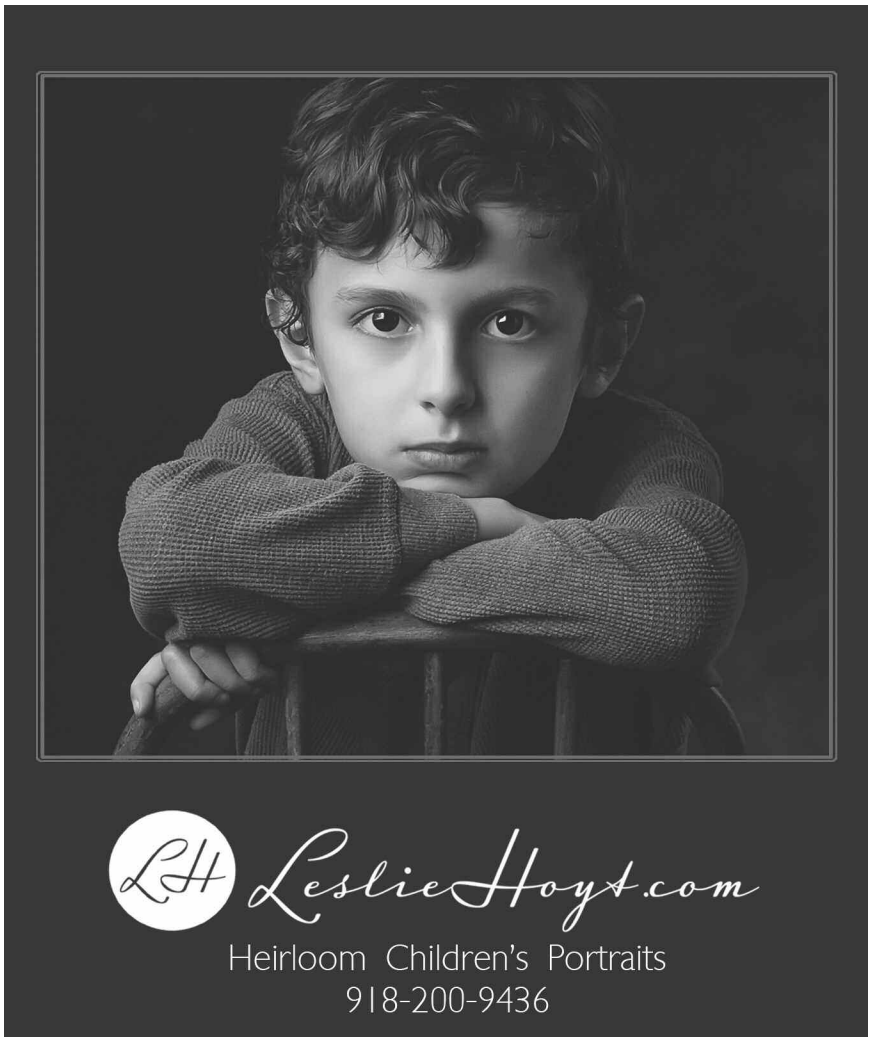
The historic Circle Cinema is located at

10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA

Sooner State Chapter American Theatre Organ Society

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.



BY BETTY CASEY

freebie and discount site helps teachers

Tulsan Christy Hays was listening to Tulsa Public Schools Superintendent Deborah Gist's presentation to Leadership Tulsa, and it made an impact on her. Hays was disheartened to learn that Oklahoma teachers struggle to pay bills, often buy their own class supplies and can teach in Texas and make in three years what it would take 15 years to make in Oklahoma.

"It came to me," Hays said, "that because it's such a hurdle to get raises for teachers, the other side would be to reduce expenses."

As the idea percolated, Hays decided she could start with her own business as a Zumba instructor and offer free classes for teachers.

"It [the story of the free classes] was on Channel 6," she said, "Morrison Automotive saw it, and they offered something, too."

Encouraged by others' willingness to help, Hays built a Facebook page and a website called Oklahomans for Teachers. Businesses can post free services and discounts on the site by clicking on "contact us" and filling out a form, which Hays will post to both Facebook and the website, www.oklahomansforteachers.com.

Teacher Kelly Caffey learned about Hays' free Zumba classes through Facebook and took advantage of the offer. She has also used a restaurant offer and plans to use Philbrook's free membership for teachers.



CHRISTY HAYS CREATED OKLAHOMANS FOR TEACHERS.COM

"Oklahomans for Teachers is a wonderful and innovative idea to help with the statewide plight of teacher salaries," Caffey said. "Since salaries in Oklahoma remain embarrassingly low, helping teachers with typical expenditures is a great way to help them combat their low salaries. It's a practical and simple way to do something positive for teachers, and anyone can participate by jumping on board or asking friends with businesses to offer a discount."

Caffey says she is a "reluctant exerciser," but enjoys Hays' classes and now goes three times a week. "Exercise classes weren't in my budget, so had Christy not offered her classes for free to teachers, I would not be able to attend them."

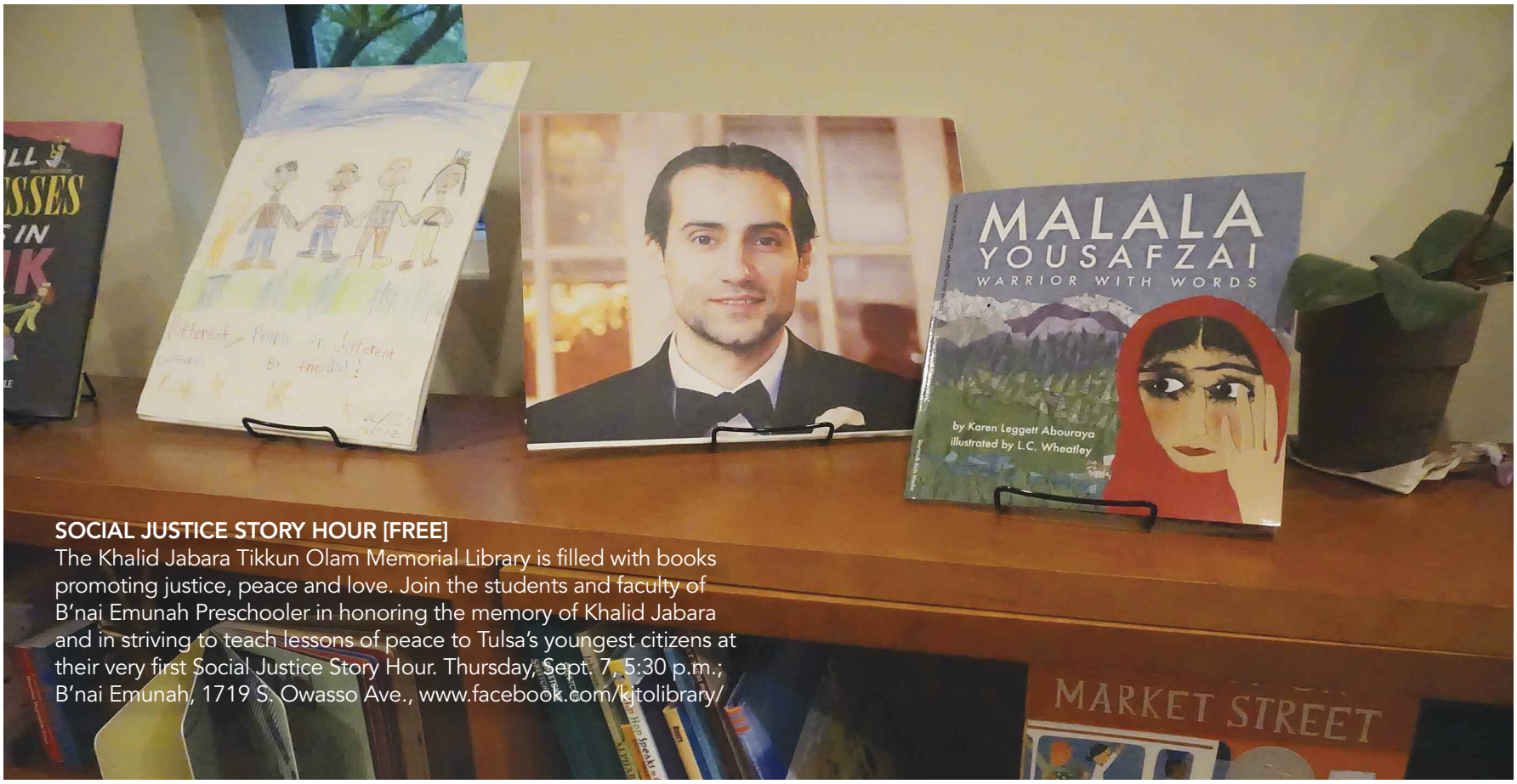
Caffey notes that participation in the program is growing.

"I am impressed with Christy's dedication to helping our state's teachers, because she is not an educator," Caffey said. "It's nice to know people outside of the profession, like Christy, are willing to use their time, resources, and talent to encourage and show their appreciation to Oklahoma educators.

Hays says that while teachers appreciate the discounts, "they're almost more excited about someone giving them recognition and support. They feel like nobody's paying attention. They go to D.C. They go to the state capital and nothing happens. They feel good that at least some businesses are showing that someone cares and appreciates them."

As the word has spread, Oklahoma City has picked up the idea and now has a website with over 100 businesses on it. Hays' goal is that Oklahomans for Teachers will be statewide and continue to grow.

"My perspective is that Oklahoma is so far behind in so many things," Hays said. "Wouldn't it be nice if we could lead in some area? Wouldn't it be great to have the best schools? For every dollar that we spend on education, we have five times the return on investment in economic development."



SOCIAL JUSTICE STORY HOUR [FREE]
The Khalid Jabara Tikkun Olam Memorial Library is filled with books promoting justice, peace and love. Join the students and faculty of B'nai Emunah Preschooler in honoring the memory of Khalid Jabara and in striving to teach lessons of peace to Tulsa's youngest citizens at their very first Social Justice Story Hour. Thursday, Sept. 7, 5:30 p.m.; B'nai Emunah, 1719 S. Owasso Ave., www.facebook.com/kjtolibrary/

September 1 Friday

AMERICAN IDOL AUDITIONS [FREE]
If you are between 15 and 28 years old, you could be the next American Idol. Audition at the Guthrie Green on September 1, but be sure to check out their website for additional regulations and information. Guthrie Green, 111 E. M.B. Brady St., 7 a.m.-5 p.m. abc.go.com/shows/American-idol

September 2 Saturday

CHERRY STREET FARMERS MARKET [FREE]
Shop for local produce, dairy items, baked goods, probiotic popsicles and more at the Cherry Street Farmer's Market. Cherry Street, 15th and Peoria, 7-11 a.m. www.tulsafarmersmarket.org

ROSE DISTRICT FARMERS MARKET [FREE]
Visit the farmers market in Broken Arrow's blossoming Rose District Saturdays from 7 a.m.-12 p.m. and Tuesdays from 4-7 p.m. Rose District Plaza, 418 S. Main St., Broken Arrow, 7 a.m.-12 p.m. www.brokenarrowok.gov/357/Farmers-Market-Rose-District

TULSA FLEA MARKET [FREE]
Go treasure hunting at the Tulsa Flea Market, with booths covering over 50,000 square feet. River Spirit Expo, Lower Level, 4145 E. 21st St., 8 a.m.-4 p.m. www.tulsafleamarket.net

September 3 Sunday

SUNDAY DRAWS
Sunday Draws is for anyone who wants to learn to draw or to learn to draw better and have fun doing it. Teaching artists will guide participants using various drawing techniques, and different drawing tools and materials. For adults and children ages 8 and older. Registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Road, 1-2:30 p.m. www.gilcrease.org

September 4 Monday

SCOUT DAY AT THE OKLAHOMA AQUARIUM
The Oklahoma Aquarium hosts Scout Days to honor all youth organizations and their members, such as Boy Scouts, Girl Scouts, Campfire, 4-H, FFA, etc. There are special activities offered from 11:00 a.m. to 1:00 p.m., but the discounted rate ($7/students 3 and older; $10/adults) is available for the entire day. Visit their website for more details. Oklahoma Aquarium, 300 Aquarium Drive, Jenks, 10 a.m.-6 p.m. (last ticket sold at 5 p.m.) www.okaquarium.org

September 5 Tuesday

MINI MASTERS: FIVE SENSES IN ART
Kids will explore the galleries and gardens of Gilcrease Museum as they use their five senses - sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations. For ages 3-6, who must be accompanied by an adult. Registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-1 p.m. www.gilcrease.org

September 6 Wednesday

WIDE OPEN WEDNESDAYS [FREE]
Every Wednesday in September, the National Cowboy & Western Heritage Museum is offering free admission, courtesy of Oklahoma Ford Dealers. Not only can guests attend the museum for free, they can also attend a weekly lecture and movie screening. This week's topic is "It's Relative: Genealogy and Collections Research," and the movie is "Cimarron," a 1931 film about an adventurer and his wife who move to Oklahoma. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-5 p.m. www.nationalcowboymuseum.org

COMMUNITY CALENDAR | SEPTEMBER

September 7 Thursday

TEEN LOUNGE: TISSUE PAPER WATERCOLOR ART [FREE]
Using tissue paper and water to create one-of-a-kind watercolor artwork. For ages 10-18. Judy Z. Kishner Library, 10150 N. Cincinnati Ave. E., Sperry, 3-5 p.m. www.tulsalibrary.org.

September 8 Friday

DAY OF CARING 2017 [FREE]
Tulsa's Day of Caring, sponsored by Tulsa Area United Way, is one of the nation's largest days of community service - last year 4,000 volunteers representing hundreds of companies participated in helping complete more than 360 projects. Begin your day of caring with a free kick-off breakfast in the Central Library's Tandy Garden. Central Library, 400 Civic Center, 7 a.m. www.tauw.org

SIGNATURE SYMPHONY: THE ROARING 20S AND ALL THAT JAZZ
The hot jazz of Louis Armstrong, Jelly Roll Morton, Bessie Smith and others takes center stage as the light shines on the 1920s. If you can't make it to this evening's performance, there is another on Saturday, Sept. 9 at 7:30 p.m. VanTrease PACE, 10300 E. 81st St., 7:30 p.m. www.signaturesymphony.org

September 9 Saturday

BRICK UNIVERSE
Brick Universe is the ultimate LEGO experience. This year's event, occurring both Sept. 9 and 10, includes a challenge zone, a building zone, a brick market, and more. Cox Business Center, 100 Civic Center, 10 a.m.-4 p.m. www.brickuniverse.com

LABAPALOOZA 2017 [FREE]
Labapalooza is a FREE fun filled event for pets and people all ages and is Lab Rescue Ok Inc.'s biggest fundraiser of the year. The fun includes live music, dog and non dog-related vendor booths, food trucks and a HUGE silent auction. Guthrie Green, 111 E. M.B. Brady St., 11 a.m.-4 p.m. www.labrescue.net/labapalooza

2ND SATURDAY TOUR
Tulsa Foundation for Architecture holds monthly walking tours to help Tulsans learn more about our town's unique architecture. This month's focus is downtown's Cathedral District. Tulsa Foundation for Architecture, 633 S. Boston Ave., 10-11:30 a.m. www.tulsaarchitecture.org

September 10 Sunday

CLARK YOUTH THEATRE: PENGUIN PROJECT® INFORMATIONAL MEETING [FREE]
The Penguin Project® provides an opportunity for children with disabilities to develop creative skills related to the theatre arts. If you have a child with a disability and would like to learn more about this program, consider attending this meeting. If you are unable to attend, there will be another meeting on October 2 at 6:30 p.m. Clark Youth Theatre, 4825 S. Quaker Ave., 2 p.m. www.clarkyouththeatre.com

September 11 Monday

AMERICAN MINIATURE HORSE REGISTRY NATIONALS
If you still miss Li'l Sebastian (in the greatest fashion, of course), get your miniature horse fix at the AMHR Nationals at Expo Square. Built Ford Tough Livestock Complex, 4145 E. 21st St. www.shetlandminiature.com

OSAGE LANGUAGE CLASS [FREE]
Join a teacher from the Osage Nation Language Department and learn the basics of the Osage language. For ages 10-adult. This class occurs weekly on Mondays, September 11, 18 and 25. Zarrow Regional Library, 2224 W. 51st St., 7-8 p.m. www.tulsalibrary.org

September 12 Tuesday

BIXBY ROCKS! [FREE]
Have you heard about the rock-hiding craze? Be a part of it by painting your own rocks to either hide or keep. All supplies are provided. For teens. Bixby Library, 20 E. Breckenridge, Bixby; 4-5 p.m. www.tulsalibrary.org

LITERARY VARIETY SHOW [FREE]
Join Booksmart Tulsa and Magic City Books for a wild evening of fiction, poetry, drinks, music and more. Featuring special guest Zachary Schomburg, a poet, illustrator, publisher and more. Blackbird on Pearl, 1336 E. 6th St., 7-8:30 p.m. www.booksmarttulsa.com

September 13 Wednesday

FREE SUMMER MOVIES AT ELWOOD'S [FREE]
Enjoy free movies on the lawn at Elwood's every Wednesday through October. Visit their Facebook page for movie titles. Elwood's, 1924 Riverside Drive, 8 p.m. www.facebook.com/elwoodstulsa

September 14 Thursday

TARC KIDS CONNECTIONS [FREE]
This social skills group is designed for children, grades K-5th grade, on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30 to 5:30pm at the TARC office in Tulsa. TARC Office, 2516 E. 71st St., Suite A, 4:30-5:30 p.m. Call 918-582-8272 for more information. www.ddadvocacy.net

SOCIAL MEDIA, TEENS AND THE ANONYMOUS BULLY [FREE]
Social media has created the ability for you to meet people from around the world in the safety of your own home, but it also has become a popular source for bullying. Find out the mental effects of online bullying, what resources you have in your area to stop it, and what are the consequences for online bullies. For ages 10-adult. Hardesty Library, 8316 E. 93rd St., 7:15-8:15 p.m. www.tulsalibrary.org

MOVIE IN THE PARK [FREE]
If you love a literary tearjerker, don't miss Dead Poet's Society at Guthrie Green. This film stars Robin Williams as an unorthodox English teacher at an all-boys preparatory school. Guthrie Green, 111 E. M.B. Brady St., 8:30 p.m. www.guthriegreen.com

September 15 Friday

MUSEUM BABIES
Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages birth to not yet three years old. Registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. www.gilcrease.org

NOCHE MEXICANA/ MEXICAN FIESTA [FREE]
Join us for a Mexican fiesta with the mariachi band Santo Domingo. There will be piñatas for the children, plus chips and salsa. Bring your lawn chair and enjoy the festivities! For all ages. Kendall-Whittier Library, 21 S. Lewis, 7-9 p.m. www.tulsalibrary.org

September 16 Saturday

2017 SAND SPRINGS ROTARY DOWNHILL DERBY [FREE]
This annual event promises a day of fun, with Soapbox Car races, food trucks and a Kids Zone. 100 E. Broadway St., Sand Springs, 7 a.m.-3 p.m.

SoCON 2017
SoCON is a fusion of events, sponsors, and participation. It is inexpensive, family friendly, and open to the public. Attractions include vendors galore, gaming tournaments, a costume contest, panel speakers, food trucks, and much more for all! South County Recreation Center, 13800 S. Peoria Ave., Bixby, 9 a.m.-5 p.m. www.parks.tulsacounty.org

2017 FALL FATHER DAUGHTER DANCE
Fathers and daughters of all ages are invited to kick up your heels at a boot scootin dance located at the Bixby Community Center. Admisssion is $5 per person plus one can of food donated for our food drive to benefit the Bixby Outreach Center. Pay at the door with cash or check. Bixby Community Center, 211 N. Cabaniss Ave., Bixby, 6-9



p.m. www.parks.tulsacounty.org

September 17 Sunday

See our list of Family-Friendly Fall Festivals or check out our online calendar at www.tulsakids.com!

September 18 Monday

SENSORY FOR YOUNG SCIENTISTS AT THE TULSA CHILDREN'S MUSEUM
Let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. www.tulsachildrensmuseum.org

PROJECT CITIZENSHIP [FREE]
In celebration of Welcoming Week, representatives from the YWCA will provide an overview of the many services available to immigrants and refugees in our community. For adults. Martin Regional Library, 2601 S. Garnett Rd., 6-8 p.m. www.tulsalibrary.org

September 19 Tuesday

CELEBRATE TALK LIKE A PIRATE DAY! [FREE]
Ahoy, mateys! Join us for a come-and-go event all day celebrating International Talk Like a Pirate Day with games, crafts and more! Costumes are optional. For all ages. Bixby Library, 20 E. Breckenridge, Bixby, 1-7:30 p.m. www.tulsalibrary.org

CHITA RIVERA & TOMMY TUNE: TWO FOR THE ROAD
Chita Rivera and Tommy Tune have won a total of 12 Tony awards and have been nominated for several others for their work in such beloved musicals as "West Side Story," "Guys and Dolls" and "My One And Only." See this talented pair perform Sept. 19 at the Broken Arrow PAC, 701 Main St., Broken Arrow, 7:30 p.m. www.brokenarrowpac.com

September 20 Wednesday

BROOKSIDE FARMERS MARKET [FREE]
If you need some mid-week produce or other local goods, stop by the Brookside Farmers Market on Wednesday mornings! Whole Foods parking lot, 41st and Peoria, 7:30-11 a.m. www.tulsafarmersmarkets.org

September 21 Thursday

ORIGAMI WITH EMILY
Learn the art of origami! Fold paper into something simple like a sail boat or try a more complicated creation like the Milennium Falcon. This event occurs monthly on the third Thursday of the month. Tulsa Children's Museum, 560 N. Maybelle Ave., 4 p.m. www.tulsachildrensmuseum.org

STOPMOTION ANIMATION FOR TEENS [FREE]
Have you ever wanted to create your own stop motion animation film? Join the Tulsa Library and use clay to create characters and worlds. Class size is limited. Register online. For ages 10-18. Central Library, 400 Civic Center, 4-5 p.m. www.tulsalibrary.org

BROOKSIDE BLOCK PARTY AT THE BALLET [FREE]
Head to the Tulsa Ballet studios (45th & Peoria) for a free event, Brookside Block Party at the Ballet, featuring live music, food trucks, craft beer, local vendors and more! The Ballet's production, Creations in Studio K, will begin after the block party, so check the Tulsa Ballet website for ticket information if you'd like to attend. Tulsa Ballet, 1212 E. 45th Place, 5-8 p.m. www.tulsaballet.org

September 22 Friday

GREEN DAY'S AMERICAN IDIOT
A group of fed-up suburban youths struggle to find their place in a superficial society in this 2010 Broadway rock-opera from the band Green Day. Other performance dates are September 23, 29 and 30, 8 p.m., and October 1 at 2 p.m. Tulsa PAC-John H. Williams Theatre, 110 E. 2nd St., 8 p.m. www.tulsapac.com

September 23 Saturday

BATMAN DAY TULSA
The 3rd annual Batman Day Tulsa Masquerade/Cosplay, Charity Silent Auction event, benefits the Salvation Army Boys & Girls Club of Broken Arrow. There will be music, Batman-themed activities and a silent auction. If you like, come dressed as your favorite Batman character! Salvation Army Boys & Girls Club of Broken Arrow, 1400 W. Washington, 6-9 p.m. Contact Sean Henry at batmandaytulsa@gmail.com or search for "Batman Day Tulsa" on Facebook for more information.

SUNDAY FUNDAY [FREE]
It's an afternoon of museum fun for the whole family. Visitors will enjoy different art-making stations in the museum, going on an art hunt, various interactive spaces and additional fun activities. For families with children ages 3-15. Sunday, Sept. 17, 12-4 p.m.; Gilcrease Museum, 1400 N. Gilcrease Museum Rd. www.gilcrease.org

September 24 Sunday

CHEROKEE DAY AT GILCREASE MUSEUM
Visit as Cherokee Nation celebrates Gilcrease Museum's exhibition, "After Removal: Rebuilding the Cherokee Nation," with a special day of performances by the Cherokee National Youth Choir, Cherokee Adult Choir, traditional storytellers, as well as artist and cultural demonstrations and activities for children.

September 25 Monday

OUTDOOR FALL FILM FESTIVAL [FREE]
The University of Tulsa's Outdoor Fall Film Festival highlights films produced by students in the Department of Film Studies. There will also be a raffle and refreshments. University of Tulsa, Harwell Field (Park at 8th and Harvard Lot), 7-8:15 p.m. www.utulsa.edu

September 26 Tuesday

COSTUME AND PROP MAKING [FREE]
Need a costume for Halloween on the cheap? Learn how you can get started using EVA foam. Registration is required. Register online or call 918-549-7323. For teens and adults. Central Library, 400 Civic Center, 5-7 p.m. www.tulsalibrary.org

TULSA GIRLS' MATH CIRCLE OPEN HOUSE [FREE]
A math circle is a group of people who work together to explore new mathematics. Sessions are informal, fun, and consist of students and leaders working together on a series of problems. The Tulsa Girls' Math Circle, sponsored by Tulsa STEM, will be focused on the inter-

ests of girls in grade 6 and up. If you have a child interested in participating, learn more at this open house. University of Tulsa, Keplinger Hall, Room 3160, 6-7 p.m. www.tulsastem.org

SILENT DINNER [FREE]
Silent Dinners are THE place to come and practice sign language in a non-threatening environment. You will find that many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome from very beginning learner to native signers. The atmosphere is relaxed and unstructured. Incredible Pizza, 8314 E. 71st St., 6 p.m. www.tsha.cc

September 27 Wednesday

TARC TEEN CONNECTIONS
Teen Connections is a social group for middle and high school students on the autism spectrum. On the fourth Wednesday of the month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Please call 918-582-8272 for more information. TARC Office, 2516 E. 71st St., Suite A, 4:30-6 p.m. www.ddadvocacy.net



SNOOZ-A-PA-ZOO-ZA FAMILY OVERNIGHT: NIGHT IN THE LOST KINGDOM
Journey with the Tulsa Zoo to a mysterious world! You will learn all about the elusive animals that call this new land home, bed down for the night right in the center of the Lost Kingdom and awake to the stillness of the zoo and a special keeper chat. Look forward to exploring zoo trails, visiting zoo animals, playing special games, roasting marshmallows over a fire, and much more! Tulsa Zoo, 6421 E. 36th St. N., 6:30 p.m. on September 30-10 a.m., October 1 www.tulsazoo.org/overnights

September 28 Thursday

FREE CAR SEAT SAFETY CHECKS [FREE]
Make sure your child's car seat is installed correctly! This event occurs monthly on the 4th Thursday of the month. Bixby Fire Station #2, 8300 E. 121st St. S., 2-4 p.m. www.bixbyok.gov



TARC MOMS & DADS SUPPORT GROUP[FREE]
This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. Please note that there is no childcare available, and call 918-592-8272 for more information. TARC Office, 2516 E. 71st St., Suite A., 7-9 p.m. www.ddadvocacy.net

September 29 Friday

DAY OUT WITH THOMAS
Thomas the Tank Engine™ is pulling into the Oklahoma Railway Museum for Day Out With Thomas™: The Friendship Tour 2017. This event offers little engineers and their families the opportunity to take a ride with Thomas the Tank Engine, star of the popular Thomas & Friends™ series. In addition, children will meet Sir Topham Hatt, Controller of the Railway and enjoy a day of Thomas-themed activities including arts & crafts, storytelling and more. Oklahoma Railway Museum, 3400 NE Grand Blvd., Oklahoma City www.oklahomarailwaymuseum.org

September 30 Saturday

COMMUNITY BABY SHOWER
The third annual community baby shower is a FREE event is for expecting mothers and parents of young infants. You'll enjoy free food, games, prizes and gain valuable health information to keep your baby safe and healthy. Register in advance. Booker T. Washington High School, 1514 E. Zion St., 11 a.m.-2 p.m. www.tulsahealth.org/babyshower

HOBBIT FEST
Celebrate J.R.R. Tolkien's hobbits and Middle-Earth! Both Bilbo and Frodo Baggins' birthdays are in September, and the Zarrow Library having a hobbit celebration in honor of all hobbits and hobbits-at-heart. Comb your toes and come for crafting, gaming and fun – Middle-Earth style! For all ages. Zarrow Regional Library, 2224 W. 51st St., 2-4 p.m. www.tulsalibrary.org

WOOFSTOCK 2017 [FREE]
Mark your calendars for Woofstock – 2017, Oklahoma's largest and grooviest pet adoption event and a day full of Peace, Love and Pets! Activities include food trucks, music, pet-related vendors, $20 microchipping, the chance to adopt a pet from over 40 participating organizations, and more. Saturday, Sept. 23, 10 a.m.-3 p.m.; Riverwalk Crossing, 300 Riverwalk Terrace www.animalallianceok.org

PHOTOS BY JOHN FANCHER

COMMUNITY STORYTIMES



Barnes & Noble, Woodland Plaza (8620 E. 71st St.)
Saturdays, Sept. 2, 9, 16, 23, 30; 11 a.m.
Barnes & Noble, Southroads Shopping Center (5231 E. 41st St.)
Tuesdays, Sept. 5, 12, 19, 26; 11 a.m.
Saturdays, Sept. 2, 9, 16, 23, 30; 11 a.m.
Bixby Library (20 E. Breckenridge)
Babies & Toddlers: Mondays, Sept. 11, 18, 25; 10-10:30 a.m.
Preschool: Mondays, Sept. 11, 18, 25; 11-11:30 a.m.
Broken Arrow Library (300 W. Broadway, Broken Arrow)
Preschool: Mondays, Sept. 11, 18, 25; 10:30-11 a.m.
Babies & Toddlers: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Explore and Play (ages 0-4): Thursdays, Sept. 7, 21, 28; 10:30-11 a.m.
Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)
Preschool: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Stay and Play (Preschoolers): Tuesdays, Sept. 5, 12, 19, 26; 11-11:30 a.m.
Babies & Toddlers: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11 a.m.
Brookside Library (1207 E. 45th Place)
Babies: Tuesdays, Sept. 5, 12, 19, 26; 10:15-10:35
Babies & Toddlers: Wednesdays, Sept. 6, 13, 20, 27; 10:15-10:45 a.m.
Central Library (400 Civic Center)
Family: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Toddlers, Trikes & Tales: Wednesdays, Sept. 6, 20; 10:30-11 a.m.
Babies, Bubbles & Books: Wednesdays, Sept. 13, 27; 10:30-11 a.m.
Charles Page Library (551 E. 4th St., Sand Springs)
Preschool: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Stay and Play: Tuesdays, Sept. 5, 12, 19, 26; 11-11:30 a.m.
Collinsville Library (1223 Main, Collinsville)
Family: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Glenpool Library (730 E. 141st St.)
Family: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11:30 a.m.
Hardesty Regional Library (8316 E. 93rd St.)
Babies: Mondays, Sept. 11, 18, 25; 10-10:20 a.m.
Babies: Tuesdays, Sept. 5, 12, 19, 26; 10-10:20 a.m.
Toddlers: Tuesdays, Sept. 5, 12, 19, 26; 11-11:20 a.m.
Toddlers: Wednesdays, Sept. 6, 13, 20, 27; 10-10:20 a.m.
Preschool: Wednesdays, Sept. 6, 13, 20, 27; 11-11:30 a.m.
Family: Thursdays, Sept. 14, 21, 28; 6:30-7 p.m.
Helmerich Library (5131 E. 91st St.)
Family: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Stay and Play: Tuesdays, Sept. 5, 12, 19, 26; 11-11:30 a.m.
Herman and Kate Kaiser Library (5202 S. Hudson Ave., Suite B)
Babies & Toddlers: Thursdays, Sept. 7, 14, 21, 28; 10:30-11 a.m.
Jenks Library (523 W. B St., Jenks)
Babies: Wednesdays, Sept. 6, 13, 20, 27; 10-10:15 a.m.
Preschool: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11 a.m.
Stay and Play: Wednesdays, Sept. 6, 13, 20, 27; 11-11:30 a.m.
Judy Z. Kishner Library (10150 N. Cincinnati Ave. E., Sperry)
Family: Tuesdays, Sept. 5, 12, 19, 26; 1-2 p.m.
Kendall-Whittier Library
Bilingual: Tuesdays, Sept. 5, 12, 19; 10-11 a.m.
Kiddlestix Toy Store (3815 S. Harvard Ave.)
Mondays, Sept. 4, 11, 18, 25; 10 a.m.
Martin Regional Library (2601 S. Garnett Road)
Bilingual: Tuesdays, Sept. 5, 12, 19, 26; 11-11:30 a.m.
Stay and Play: Tuesdays, Sept. 5, 12, 19, 26; 11:30 a.m.-noon
Maxwell Park Library (1313 N. Canton)
Family: Tuesdays, Sept. 5, 12, 19, 26; 3-3:30 p.m.
Preschool: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11:30 a.m.
Nathan Hale Library (6038 E. 23rd St.)
Family/Stay and Play: Thursdays, Sept. 7, 14, 21, 28; 10-11 a.m.
Owasso Library (103 W. Broadway, Owasso)
Babies & Toddlers: Tuesdays, Sept. 5, 12, 19, 26; 10-10:25 a.m.
Babies & Toddlers: Tuesdays, Sept. 5, 12, 19, 26; 10:30-10:55 a.m.
Stay and Play: Tuesdays, Sept. 5, 12, 19, 26; 11-11:25 a.m.
Pottery Barn Kids (1876 Utica Square A)
Tuesdays, 11-11:30 a.m.
Pratt Library (3219 S. 113th W. Ave., Sand Springs)
Family: Thursdays, Sept. 7, 14, 21, 28; 10:30-11:15 a.m.
Schusterman-Benson Library (3333 E. 32nd Place)
Bilingual: Tuesdays, Sept. 5, 12, 19, 26; 10:30-11 a.m.
Stay and Play: Tuesdays, Sept. 5, 12, 19, 26; 11-11:30 a.m.
Babies: Wednesdays, Sept. 6, 13, 20, 27; 10-10:20 a.m.
Stay and Play: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11:30 a.m.
Babies: Wednesdays, Sept. 6, 13, 20, 27; 10:30-10:50 a.m.
Skiatook Library (316 E. Rogers, Skiatook)
Family: Wednesdays, Sept. 6, 13, 20, 27; 11-11:30 a.m.
Stay and Play: Wednesdays, Sept. 6, 13, 20, 27; 11:30 a.m.-noon
Zarrow Regional Library (2224 W. 51st St.)
Family: Wednesdays, Sept. 6, 13, 20, 27; 10:30-11 a.m.
Stay and Play: Wednesdays, Sept. 6, 13, 20, 27; 11-11:30 a.m.

PAWS FOR READING STORYTIMES

Registered therapy dogs are excellent listeners. Kids ages 5-12 are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Tulsa Library Trust.
Tuesday, Sept. 5, 4-5 p.m.—Jenks Library (523 W. B St._
Wednesday, Sept. 6, 4:30-5:30 p.m.—Broken Arrow Library/South (3600 S. Chestnut)
Saturday, Sept. 9, 1-2 p.m.—Central Library (400 Civic Center)
Saturday, Sept. 9, 2-3 p.m.—Nathan Hale Library (6038 E. 23rd St.)
Monday, Sept. 11, 3:30-4:30 p.m.—Schusterman-Benson Library (3333 E. 32nd Place)
Wednesday, Sept. 13, 4-5 p.m.—Broken Arrow Library (300 W. Broadway)
Wednesday, Sept. 13, 4-5 p.m.—Helmerich Library (5131 E. 91st St.)
Wednesday, Sept. 13, 3:30-5 p.m.—Herman and Kate Kaiser Library (5202 S. Hudson Ave.)
Thursday, Sept. 14, 6-7:30 p.m.—Bixby Library (20 E. Breckenridge)
Friday, Sept. 15, 3:30-4:30 p.m.—Brookside Library (1207 E. 45th Place)
Saturday, Sept. 16, 2-3 p.m.—Zarrow Regional Library (2224 W. 51st St.)
Thursday, Sept. 21, 4-5 p.m.—Glenpool Library (730 E. 141st St.)
Wednesday, Sept. 27, 3:30-5 p.m.—Herman and Kate Kaiser Library (5202 S. Hudson Ave.)
Wednesday, Sept. 27, 4-5 p.m.—Owasso Library (103 W. Broadway)
Check out our list at www.tulsakids.com/storytimes-in-tulsa for additional storytimes in September.

FAMILY-FRIENDLY FALL FESTIVALS



TULSA'S GREAT RAFT RACE

POSTOAK WINE & JAZZ FESTIVAL
When: Friday, September 1-Sunday, September 3
Where: PostOak Lodge, 5323 W. 31st St. N., Tulsa
This three-day, outdoor festival is a celebration of delicious drinks and food, local music and the arts. Learn more at www.postoaklodge.com

TULSA'S GREAT RAFT RACE
When: Monday, September 4, 10 a.m.-3 p.m.
Where: River West Festival Park, 2100 S. Jackson Ave., Tulsa
Whether you registered to captain your own craft or just want to watch a variety of seaworthy vessels floating down the Arkansas River, Tulsa's Great Raft Race will be a blast. Enjoy music, a kids zone, food, a sand sculpture challenge and more at the Bud Light Boatyard Bash after party. For more information, go to tulsaraftrace.com.

38TH ANNUAL BLUEGRASS AND CHILI FESTIVAL
When: Thursday-Saturday, September 7-9
Where: Claremore Expo Center, 400 Veterans Parkway, Claremore
Of course there will be delicious chili and great bluegrass, but the 38th Annual Bluegrass & Chili Festival will also feature Outhouse Races, a car show, a kiddie corral, a vocal competition and a talent show! Find out more at www.bluegrasschilifest.com.

BLUE WHALE COMEDY FESTIVAL
When: Thursday-Saturday, September 7-9
Where: Various locations, Tulsa
The Blue Whale Comedy Festival has been a Tulsa staple since 2014. This year, it starts off Thursday, September 7, with a film festival at Guthrie Green and a Kick-off Party benefiting Bike Club Tulsa at the Soundpony. The next two days feature performances by a variety of comedians, including Eugene Mirman (the voice of "Gene" from "Bob's Burgers") and the Sklar Brothers. If you love to laugh, you won't want to miss this. Find a complete schedule at www.bluewhalecomedyfestival.com.

WALNUT VALLEY FESTIVAL
When: Wednesday-Sunday, September 13-17
Where: Winfield Fairgrounds, Winfield, Kansas
Although located just under 2.5 hours from Tulsa, the Walnut Valley Festival is a signature event for bluegrass and folk music lovers everywhere. While the festival does hold multiple musical contests and scheduled shows, any musician can participate in the fun by joining with others around the campsite; and any non-musician can look forward to evenings of spontaneous music. Come for a day, or camp out for the entire festival. Visit www.wvfest.com for complete information.

GATESWAY BALLOON FESTIVAL
When: Friday-Sunday, September 15-17
Where: Chisolm Trail South Park, 21101 E. 101st St., Broken Arrow
This family event will highlight approximately 30 hot air balloons from across the nation, and feature balloon competitions, live musical entertainment, arts and crafts vendors and of course, plenty of great food. All of the proceeds from this event will be used to continue the programs and services offered to individuals with intellectual and developmental disabilities served by Gatesway. Learn more at www.gatewayballoonfestival.org.

SCOTFEST
When: Friday-Saturday, September 15-17
Where: River West Festival Park, 2100 S. Jackson Ave., Tulsa
SCOTFEST is one of the largest Celtic gatherings in the United States, and 2017 marks the 38th year of this popular fall festival. This year's festival welcomes back crowd favorite Celtica: Pipes Rock, after a two year hiatus, as well as other musical acts, whiskey tastings, Celtic food, and more. And of

course, you won't want to miss the feats of strength on display at the highland games. Visit www.okscotfest for more information.

FESTIVAL AMERICAS
When: Friday-Saturday, September 22-23
Where: Guthrie Green, 111 E. M.B. Brady St., Tulsa
This two-day Latin Festival celebrates the rich culture of the Americas through live music, dance performances, food trucks, a tequila garden, art market, and much more!

"CHALK IT UP" AN ART FESTIVAL
When: Friday-Saturday, September 22-23
Where: Main Street, the Rose District, Broken Arrow
Watch artists turn Main Street of the Rose District into a work of art—or rather, multiple works of art. Besides the chalk art competition, this event features local art vendors, local musicians, and even performance artists like jugglers and living statues. Many Rose District shops and restaurants will be offering specials during the event. Learn more at www.baarts.org.

MONARCHS ON THE MOUNTAIN
When: Saturday, September 23, 10 a.m.-2 p.m.
Where: Turkey Mountain Urban Wilderness Area, 6850 S. Elwood Ave.
Monarchs on the Mountain is a festival celebrating the vital role Eastern Oklahoma plays in the Monarch Butterfly migration. The day will be filled with fun and educational activities highlighting the life cycle of the Monarch Butterfly, the Great Monarch Migration and the habitat of Turkey Mountain which supports a myriad of wildlife.

TULSA STATE FAIR
When: Thursday, September 28-Sunday, October 8
Where: Expo Square 4145 E. 21st St., Tulsa
What's your favorite part of the fair? The gloriously greasy food and discovering the newest flavor of funnel cake? Viewing the livestock exhibitions and petting a potbellied pig? The anticipation that maybe this year you'll show up just in time to watch a goat give birth? Or maybe you love the thrill of the carnival rides. In any case, there's so much to experience at the fair, you know you don't want to miss it. Visit www.tulsastatefair.com for a complete schedule and further information.

OKMULGEE AIRFEST
When: September 30, 12-2 p.m.
Where: Okmulgee Regional Airport, 100 W. Airport Road, Okmulgee
The City of Okmulgee, the Okmulgee Area Development Council, and Okmulgee Regional Airportwill host the first-ever air show on Saturday, September 30, 2017. The air show will have twelve different acts, including skydivers, aerobatic performances, formation stunts, a flash-fire fuel truck, and the world's smallest jet. There will be food trucks, a KidsZone complete with inflatables and face painting, and helicopter rides.

GRAPE STOMP FESTIVAL 2017
When: Sunday, October 1, 10 a.m.-5 p.m.
Where: Canadian River Winery, 7050 Slaughterville Rd., Lexington, OK
Isn't October a wonderful month? And isn't wine a wonderful drink? Celebrate both at Grape Stomp Festival, a celebration of Oklahoma-grown wine and local artisans. Also enjoy music by John the Franklin and a pumpkin patch. Learn more at www.canadianriverwinery.net.

OPA!HOMA
When: Thursday-Saturday, October 5-7
Where: Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.
Enjoy traditional Greek cuisine, including spanikopita, baklava and turkish coffee, Greek dancing representing the various regions and cultures of Greece, tours of Holy Trinity Greek Orthodox Church, a Kids Zone, and more. Go to www.htgoctulsa.com for more information.



OKTOBERFEST'S DASCHUND DASH RACE IS SCHEDULED FOR SUNDAY, OCT. 22, 2:20 P.M

FALL FAMILY FUN DAY/RESOURCE FAIR
When: Saturday, October 14, 10 a.m.-2 p.m.
Where: Kirk of the Hills, 4102 E. 61st St.
Kirk of the Hills and Sooner Success are hosting a Fall Family Fun Day/Resource Fair on Saturday, October 14, from 10:00 a.m. to 2:00 p.m. at Kirk of the Hills, located at 4102 E. 61st St. in Tulsa. Families that have children with special needs are invited to attend this free Fall Fun Day with their entire family. To pre-register, contact cfulda@thekirk.com.

PLEASANT VALLEY FARMS 7TH ANNUAL WINTER SQUASH AND PUMPKIN FEST
When: Saturday-Sunday, October 14-15, 9 a.m.-8 p.m.
Where: Pleasant Valley Farms OK, 22350 W. 71st St., Sand Springs
It's everything you love about a pumpkin patch: tractor-drawn hay rides, a corn maze, a punkin' chuckin' cannon, and more. But it's also a two-day festival complete with bluegrass music, arts vendors, 18-hole mini golf, pumpkin bowling, concessions, etc. Learn more at www.facebook.com/pleasantvalleyfarmsok

SHALOMFEST 2017
When: Sunday, October 15
Where: Temple Israel, 2004 E. 22nd Pl.
Visit Temple Israel in Tulsa to celebrate Jewish life at ShalomFest. This annual, one-day Tulsa tradition features tons of food, music, entertainment, a children's craft and play area and more. Learn more at www.templetulsa.com.

LINDE OKTOBERFEST
When: Thursday-Sunday, October 19-22
Where: River West Festival Park, 2100 S. Jackson Ave.
Bier! Bratwurst! Dressed-up daschunds dashing as fast as their legs can carry them. Find all this and more—including a Kids Area and feats-of-strength competitions—at Linde Oktoberfest. www.tulsaoktoberfest.org

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

kids read round-up

Every Wednesday, the Tulsa City-County Library posts a short article related to children's literacy in our "Kids Read" blog at http://www.tulsalibrary.org/blog/kids-read. Here are a few of our recent favorites:

Talking Points: Why You Should Have a Conversation This Summer

Summers with kids are not always cheap. Even a trip to the swimming pool, when you add the costs of bathing suits, sunscreen, towels, and snacks, can give your wallet a wallop.

Fortunately, you have an ace in your summer entertainment pocket. Yes, the library, but one more as well: talking.

Talking with your children is the cheapest children's entertainment (besides going to the library!) you will find this summer. The even better news is that this no-cost activity will also directly support your child's brain development and language learning. As research study after research study has shown, the more you talk with babies and young children, the faster they will begin to understand words. And the more you talk with older children, the deeper their thinking will become and the more they will want to learn.

Here are a few topics to talk about with your kids this summer:

• Your favorite places you went or things you did in the summer when YOU were a kid.



READING AND TALKING TO KIDS BUILDS THEIR BRAINS.

For older children, get out a map or check out a book about that place from the library to help add detail to your stories.

• If you could be a fish or a lion, which would you be?

• List all of the things you see in your child's closet. Extra points for picking some objects up and describing them in detail. (This one is particularly good for babies, but you might be surprised at how enthusiastic older children can be to catalog their closet possessions!)

• What do dogs dream about? (Bonus: if you have a family dog, ask specifically what [Boomer/Peanut/Zipper] dreams about.)

• Describe your favorite meal in the entire world.

New Book: "Short Stories for Little Monsters"

Most picture books for children feature a single narrative that carries from the first page until the last - a beginning, middle, and end, with a main character who wants something, encounters a problem, or must go somewhere.

(For example, look at the lovely and multi-award-winning "*Last Stop on Market Street*" written by Matt de la Pena and illustrated by Christian Robinson: a young boy takes a bus across town and discovers beautiful things along the way.)

"*Short Stories for Little Monsters*," written and illustrated by the prolific Marie-Louise Gay, takes a different approach. Instead of following a sustained story, she works much more in the mode of a graphic novel or comic strip a la "*Calvin and Hobbes*," with short vignettes answering important philosophical questions like, Do snails have nightmares? and What do trees talk about?

Each page is divided in the style of a graphic novel, with comic strip boxes of various sizes on each page. The dialogue is also delivered in the same mode via talk bubbles. If your child is eyeing big brother's or sister's graphic novel collections, you might want to steer her into this unusual and witty collection.

It's also a great book to share with children who ask funny questions and like exploring off-kilter topics.

Where Do Poison Frogs Get Their Poison?

Where do poison frogs get their poison? How do spider monkeys discourage intruders? What scientific family do prairie dogs belong to?

If you're using the Brittanica PreK-8 database offered through the library's website, you could find the answers to these ques-

continued next page

tions* easily.

Sure, you could go to Google, but with the Brittanica database, you know immediately that the information you are getting is accurate and reliable -- it comes from the folks who write the encyclopedia, after all.

Spend a little family research time on the Brittanica PreK-8 database and see what other fascinating facts (animal and otherwise) you can find! Go to www.tulsalibrary.org, select "Research & Learn" and then "Alphabetical List of Resources." If you are not at a library computer, you will need to enter your name and library card number.

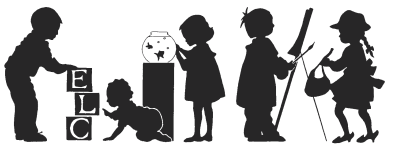
*Poison frogs get their poison by eating beetles. Spider monkeys break off tree branches and try to drop them on intruders and bark like dogs when approached. Prairie dogs are part of the squirrel family.







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The Hip Mom Goes Bald

BY JILL VANTREASE

Several years ago, in the middle of a dry, cold winter, pregnant with some baby or another, I decided to direct my angst toward my dull, flat hair. I even wrote an article on what great hair products I should be using, and other tips for having gorgeous hair in challenging weather or circumstances. In retrospect, what a myopic article I wrote! I totally took for granted what I had: a head full of fairly decent hair. But, what if you don't have hair? What if you have thinning hair? What if you have alopecia - that's a fancy word for hair loss - like my dear friend, Gaby, whose hair fell out after pregnancy number two? (Hers is particularly acute: alopecia universalis, which means she has just about zero hair anywhere - no hair on her head, no eyebrows, no eyelashes, nada!) What if you have more localized or spotty hair loss (alopecia areata)? And, of course, what if you have been battling the beast of the beast, cancer, like my friend, Jodi, and have lost your whole head of beautiful locks to chemotherapy?

Well, of course, full on bald is beautiful, as I'm sure any observer of a bold bald person can attest. But hair is such a powerful marker of beauty in our culture - perhaps one that we with our hair currently intact take for granted! And, of course, you can flaunt your baldness, as so many men and women do. But maybe you don't want to be stared at everywhere you go. More poignantly, perhaps your son or daughter doesn't want to be known as the "kid with the bald mom." Alas! People are buttheads. So if you have hair loss - for whatever reason - and want to have some options for hair, it's amazing what you can do, right here in little Tulsa.



We'll start with a lady who has been a godsend for Gaby: Kellie August, a certified Hair Loss Specialist. Kellie used to work as a hair stylist but felt called to help people with hair loss after she saw how prevalent the problem was for so many of her clients. She works at Prime Medical Spa, and is trained to look for hair loss problems in a holistic way. She evaluates clients based on personal history, lifestyle, genetic factors and environmental conditions. She provides treatments for male and female pattern baldness, effluvium (that's where your hair falls out in big horrible clumps!), hair loss due to stress, chemical damage and breakage. Kellie also offers cranial prosthesis - that's basically where she makes a wig out of human hair that is custom fitted and made especially for your skull!

Gaby was thrilled to meet Kellie, who was looking for some test cases to attempt laser therapy to stimulate and increase blood flow to the scalp. After just a few sessions, Gaby started seeing strands of hair coming out of her head that had been shiny and hair-free for 13 years! (The full protocol involves many visits over a year's time.) Other cutting-edge treatments include ozone or O3 therapy. Kellie notes that these therapies can be a good alternative to traditional drugs like Rogaine and Propecia, which often have side effects.

Another unique service Kellie can provide is that she can refer you to Dr. Iftikhar Hussain of the Allergy, Asthma and Immuniology Center in the same building if she suspects there is an underlying medical problem causing hair loss. Among his many professional accomplishments, Dr. Hussain's combined experience in immunology, allergies and dermatology gives him a unique perspective that differentiates him from many dermatologists. His immunology background enables him to integrate his knowledge of the body's internal workings with external factors to determine underlying skin issues. He has had success with many patients whose symptoms have defied the usual treatments.

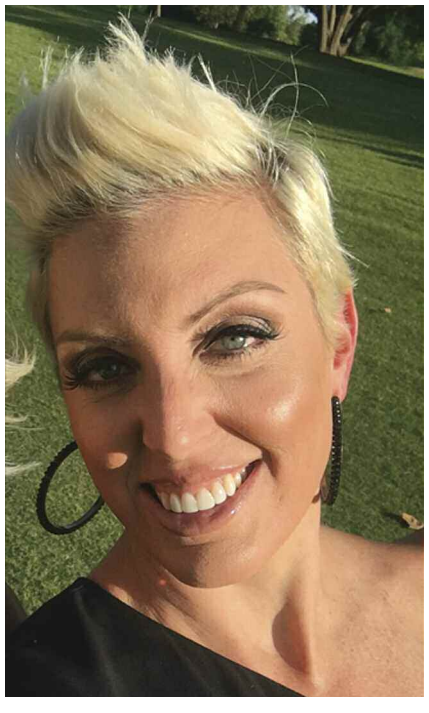
But perhaps you don't have time to grow hair. You need it pronto! Gaby was going to a L'Bri convention in Wisconsin in a few days, and needed a new wig — her old one was wearing out. So, we zipped on over to Wigs and More to try out the gorgeous, high quality synthetic wigs.

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Sherry, the owner of the store, notes how well wigs are made now. The styles are modern, and the colors are beautiful and natural. Sherry takes great joy and pride in her work. Often, she notes, her customers are quite emotional when they come in for the first time. She finds she is able to suggest styles, help the women fit the wigs correctly onto their heads, and guide the women through the process. She notes that when she's busy, providentially there will be some of her more experienced customers in the store to help the "newbies." She loves watching women bloom in confidence and happiness when they find the right wig. And, when they leave, they often glance in the mirror with pride as they sashay off with a brandnew look — and outlook. Gaby finds a very chic wig she likes — over the years she's figured out what works for her. She also finds a new style, a darling wig with a cap attached that is perfect for sitting outside at her kids' games or doing yard work. It's lightweight and not hot at all! (You might not think of it, but some of the wigs are heavy and hot.) I try a few wigs on, too. It's really fun and a great backup plan to a lousy haircut. To care for wigs, Gaby shampoos her wigs in a sink with cool water and wig shampoo. Synthetic wigs will keep their style even after they are washed. With care, wigs will last several months.

And then I talk to my friend Jodi, a dynamo mother of three who was diagnosed in early 2016 with a rare form of aggressive breast cancer. She went through





the ringer: chemotherapy, a double mastectomy, and injections for herceptin. Now, a year after her last chemotherapy treatment, she is 100 percent cancer free, and is the same beautiful, energetic blonde amazon she always has been. Predictably, her hair fell out during her treatment.

Jody has had great success with Monat, a hair care line that is aimed at thickening hair. After she shaved her head (her hair was falling out in horrible clumps, making her scalp hurt), she started using the Monat Intensive Oil, and her hair started growing back almost immediately. She also took Monat's oral supplement, which is purportedly even more potent than biotin. A friend of Jodi's who used the drug Taxol during chemotherapy - which makes hair loss permanent - has even had some success with Monat. All of the Monat product line - even styling products - contain the same hair-growing oils that help stimulate and open up hair follicles. You can find all of the Monat line at Bellissima Spa at 61st and Yale.

It's reassuring to know that thinning hair and hair loss is not necessarily an end of hair forever. There are lots of options! And, you beautiful bald people, I say show off sometimes and leave the wig at home. It keeps us - and those rotten kids of ours - on our toes!



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BY NATALIE MIKLES

20 school lunch ideas

Filling a lunchbox with a pb&j, cheese stick and an apple doesn't take too much time, but you don't have to get very far into the school year before kids are tired of the same old thing.

If you're a mom or dad who daily Instagrams your kid's bento box, you probably don't need these ideas. (But we need yours! Share your pictures with us.) For the rest of us lunchbox muggles, here are some fresh ideas to take you through the first few weeks of school.



20 WAYS TO PACK A LUNCH

1. Chopped Chicken Salad

Be sure to include an ice pack, and tuck in some whole-wheat crackers, fruit and string cheese.

- 1/2 cup plain yogurt
- 1 tablespoon mayonnaise
- 1 teaspoon honey
- 1 cup seedless grapes, quartered
- 1 celery stalk, chopped
- 1 to 2 cooked, diced chicken breasts

Mix yogurt, mayonnaise and honey. Toss with the rest of the ingredients.

2. Antipasto Plate

It may sound like a lunch for grownups, but most kids love the components in an antipasto platter. Pack sliced deli turkey, a sliced hard-boiled egg, cherry tomato halves and mozzarella cheese. A bento box or individual compartments come in handy for this one.

3. Avocado Whip Dip

In a blender, mix 1 ripe avocado (peeled and pitted) with ½ cup plain yogurt and 1 tablespoon lime juice. Pack as a dip with veggies or spread on whole-wheat bread.

4. Mini Pepper Pizzas

Quarter a bell pepper. Spread with a thin layer of pizza sauce, mozzarella cheese and mini pepperoni. Place on a baking sheet, and bake for 10 minutes at 350 degrees. A great gluten-free pizza option.

5. Nutty Honey Wraps

- 1/4 cup honey
- 1/3 cup peanut butter chips
- 6 ounces cream cheese, softened
- 1/2 teaspoon vanilla extract
- 2 medium bananas
- 4 (8-inch) whole-wheat tortillas
- 1/4 cup honey-roasted peanuts, coarsely chopped

In a medium bowl, mix

continued next page

honey, peanut butter chips, cream cheese and vanilla until blended. Cut each banana in half lengthwise and place one piece in each tortilla. Divide cream cheese filling evenly among four tortillas. Sprinkle peanuts and roll up.

6. Mini pita pockets

Look for small pita pockets, which are just the right size for kids. Spread the inside with hummus, stuff with sliced turkey and cheese or any of your favorite fillings.

7. Tuna Tortilla Roll-up

If your kids like tuna, try it in a tortilla instead of bread. Mix canned tuna with a little mayo and lemon juice. Then roll in a tortilla.



8. Tropical Smoothie

Smoothies are a great way to sneak greens into the diets of picky kids. Most kids will love this sweet tropical smoothie. Blend 1 cup frozen pineapple, 3 cups loosely packed baby spinach, 1 frozen banana and 1 1/2 cups coconut water. Pack in a thermos with a straw.

9. Lunchbox Sushi

Cut the sides of a spinach tortilla to square off the edges. Spread 1 teaspoon cream cheese to cover. Spread ¼ cup shredded mozzarella cheese and place 2 slices turkey on top. Spread ¼ cup chopped carrots and then tightly roll, gently squeezing tortilla as you go to keep ingredients intact. Slice into rolls. Pack with plastic chopsticks and a side of ranch dressing for dipping.

10. No-Bake Energy Bites

Pack these along with a sandwich and fruit.

- 1 1/2 cups quick-cooking oats (Rice Krispies cereal also works well)
- 2/3 cup peanut butter
- 1/3 cup honey
- 1 cup shredded coconut flakes
- 1/4 teaspoon ground cinnamon
- 3/4 cup mini chocolate chips

Lightly crush oats or Rice Krispies with your hand or a potato masher. Stir in peanut butter, honey, coconut and cinnamon. Fold in the chocolate chips. Place in refrigerator for 1 hour to firm. Form into balls.

11. Breakfast for Lunch

Two-ingredient banana pancakes are a Pinterest favorite. They couldn't be simpler to make. Tuck them into a lunchbox with some bacon or link sausage and fruit. To make, combine 2 eggs and 2 mashed bananas in a bowl until thoroughly mixed. For fluffier pancakes, add ¼ teaspoon baking powder. For flavor, add ¼ teaspoon vanilla extract. Pour ¼ cupfuls of batter onto a hot buttered griddle or saute pan and cook until light brown and cooked through.

12. Cold Quesadilla

It may go against adult taste, but quesadillas don't have to be piping hot to be delicious. Melted cheese between tortillas is pretty good no matter the temperature, actually. Prepare the quesadilla as you normally would the night before. Let cool, cut into triangles and wrap for the lunchbox. Serve with a little container of salsa for dipping.

13. Ranch Pasta Salad

Combine cooked seashell pasta with peas, shredded carrots, cheddar cheese cubes and crumbled bacon with ranch dressing for this salad that's a nice change of pace from a sandwich.

14. Kids' Kabobs

Your kids will love discovering lunch on a skewer. The options are endless here, but some delicious and fun examples include skewers of pepperoni, mozzarella and black olives, a kabob of cantaloupe, ham and cheddar cheese or grapes, turkey and cherry tomatoes.

15. On a Stick

Wrap deli meat around thick pretzel rods, then serve with a dipping sauce or mustard. Pack alongside yogurt and fruit for a simple, fun lunch.

16. Bean and Cheese Burrito

Spread canned refried beans and shredded cheddar cheese into a whole-wheat flour tortilla, then roll it up for a simple lunchtime burrito. Add sour cream or veggies if your kids will let you get away with it. This plus tortilla chips and salsa will fill them up.

17. Taco Bowl

Layer a plastic container with brown rice, shredded cheese, pinto beans, veggies and salsa. Let them mix it up, and eat with a fork or as a dip with tortilla chips.

18. Egg and Cheese Mini Muffins

These are good for a toddler's preschool lunch because they're a small size and good at room temperature. Recipe adapted from the site Yummy Toddler Food.

- 1 tablespoon onion, grated
- 1/2 cup winter squash such as butternut, finely grated (or leftover roasted squash, diced, which is shown above)
- 2 eggs, lightly beaten
- 1/2 cup cottage cheese, drained if necessary
- 1/4 cup shredded cheddar
- 2 tablespoons Parmesan

Preheat the oven to 350 degrees and grease 12 mini muffin cups.

Stir together all ingredients in a medium bowl. Spoon into muffin cups, filling about to the brim. Bake for 16-18 minutes or until firm to the touch and golden brown around the edges. Let cool for at least 5 minutes in the pan before serving. Serve warm or at room temperature. Store in the fridge for up to 3 days or store in the freezer in a zip top bag and reheat for 30 seconds in the microwave before serving.

19. Ham and Cheese Mini Bagel

When you're out of (or tired of) sandwich bread, make a sandwich on a mini bagel. Instead of mayo or mustard, try a smear of flavored cream cheese. Add ham, cheese and sliced pickles.

20. Cheese Board

Make a portable cheese board with wedges of Brie (or a soft spread cheese like Laughing Cow), crackers, grapes, strawberries, baby carrots and nuts.

loved ones tell their stories

When someone takes his or her life, loved ones are left behind to keep living after the loss. Suicide can touch anyone at any time. It knows no socio-economic, age, race or gender boundaries. Hearing the stories of loved ones left behind may be difficult, but each death is a person – a daughter, a son, a mother, a father – with a name and a unique life to be remembered and treasured always.

To remember those who were lost to suicide and to call attention to the issue, families will invite everyone to the join them in the Out of Darkness Walk to Fight Suicide on Sat., Sept. 9 in the Garden Area of LaFortune Park, 51st & Hudson. Registration is at 3:30 p.m.

Becky's Story (Becky Kruse lost her son Adam in 2007)

Our son Adam was the youngest of our three children. When my husband, Tom, and I sent him off to college in the autumn of 2003, we did not expect him to die. Our other two children were doing well, had survived the "college experience" and were moving on with their adult lives. While Adam was away at college, it did seem at times during his infrequent visits home that there were differences I noticed in his



BECKY KRUSE WITH ADAM.

habits: not sleeping well, weight loss, a little withdrawn or quieter than he had been in high school. I attributed all of these things to college life; never in a million years did I think to myself, "These are sign of depression and possibly suicide."

As a parent, I just assumed he was trying to figure out what major to declare, what apartment to rent after freshman year, which part-time job to get to help with expenses, how well he did on finals. Adam had never been diagnosed with depression. We all have seen the commercials on televisions: depression can kill. I will admit that I was one of those people who thought, "Get over it. Tomorrow is a better day; think happy thoughts." Oh, if it were that easy.

We are an average, all-American family. Tom and I have been married over 40 years. We have three healthy, normal "kids" who are now adults; it's just that one of them has died.

Adam continues to teach me even beyond death. When Adam died on July 25, 2007, I had absolutely no idea that suicide is the second leading cause of death among college-age students in America. Every parent sending a child off to college should know this. I did not know that four times as many men as women die of suicide. I did not know that Oklahoma ranks ninth out of the 50 states for suicides per capita. I did not know that in America, someone dies by suicide every 13 minutes.

And, while I am glad to have gained all this knowledge, I would gladly remain ignorant if I could have my Adam alive and healthy, living to a ripe old age. I will never see him be a college graduate, get engaged, married, have children, enjoy a long career, or live to be a grandpa.

Mental health affects each and every one of us, and we need to be willing and open to discuss depression, suicide, and intervention for the sake of all of us today and for the sake of future generations. Adam's death cannot be in vain. He was not selfish nor was he stupid (as many people describe someone lost to suicide). Adam was very smart and oh so kind and thoughtful, athletic, handsome and funny. He loved books and laughter. He would never intentionally hurt his family and friends. He was sick and needed help.

Please be aware. Speak for those who cannot speak, and fight for mental health parity.

Joan's Story (Joan Benedict lost her daughter Chelsea in 2007)

My only daughter, Chelsea, took her life when she was 22 years old. She was an animal lover, and never hung up the phone with family, or walked out the door without saying, "I love you." But, she would often talk about how mean the world was.

Chelsea was a bank teller in Bixby, and nothing seemed unusual the day she took her life on June 12, 2007. She went to work,

continued next page



JOAN AND HER DAUGHTER CHELSEA.

and then took an early lunch to go by a car dealership to check on getting some car repairs. She went home and called the bank to say she would be running a little late getting back to work. When she didn't return, a coworker drove by her house. She found Chelsea inside with a gunshot wound and called 911.

When I turned the corner and saw the police tape and the medical examiner's car, it was the most God-awful feeling in my life. They told me that Chelsea had been involved in an accident at her home and that I needed to come over. I thought that was odd, but I was not prepared for what I found.

Chelsea had been treated for depression and was taking an antidepressant, but had no previous suicide attempts. The night before Chelsea died she seemed upbeat and normal. When I think back, I ask myself, "What did I miss?"

She left a suicide note that said: "Please don't hurt n please don't cry there is no one 2 blame but me. Mom please don't blame urself. Keep going 'n b strong. I love u. Please don't ever let me go. Please don't be mad at me. I'm so scared. I'm very scared. I'm so excited 4 no more pain. Tell dad I love him. Always. Chelsea."

My daughter was not a quitter. She was a high school cheerleader, played softball for 12 years and showed grit under pressure. She finished everything she ever set her mind to do.

I lost my daughter to a mental illness.

Christian's Story (Christian lost her mom, Kim Ebenhack, in 2006)

I have this theory that it's impossible to feel anything less than pure joy when consuming homemade baked goods - cakes, pies, brownies, and especially my mother's sugar cookies. Brightly-decorated like the Christmas sweaters she loved to wear, they're always the hit of the party. One bite and you just know: the secret ingredient, besides lots of butter, is love.
Even though it was quite the process to roll, cut, bake, and ice "the cookies," Mom would make them for holidays, dinner parties, and other special events. She loved giving them to her friends and loved ones. Our good friend Jacques will probably eat anything sweet, but his favorite has always been the sugar cookies. I made some for him once, and when I gave him the box, I could almost see that he was saying this little prayer to himself,



CHRISTIAN AND HER MOM, KIM.

"Please let it be THE sugar cookies!" When he opened the box, his face lit up like he was a 5-year-old and I'd just told him we were going to Disney World.

I recently realized that Mom knew about my theory long before I came up with it. But for her, it was really about sharing love and bringing joy to people's lives. That was what brought her joy. She truly was the most generous person I've ever known.
It's been over 10 years since Mom has made any of her famous sugar cookies. I still have trouble believing sometimes that she's no longer with us. And, even more so, that we lost her to a self-inflicted gunshot wound to the heart. "Suicide" is what her death certificate reads, but really that's just the manner of her death. The cause is much more difficult to explain. Sure, we can name it - depression, brain disease, mental illness. But what does any of that mean, really? I think the most simplistic definition is that she lost her joy; she was sad and in pain. But it's more complex than that, of course. The chemical imbalance in her brain tricked her into thinking, no, believing, that she would never be able to feel or experience joy in her life ever again. And so, she lost her ability to seek joy, to pursue happiness, to be stubbornly glad despite her suffering and the heartache caused by her brain's lies.

I have struggled since Mom's passing to find joy for myself. There's this extreme sadness in knowing that I'll never be able to share another moment with my mother. But I've come to believe we're here for happiness. We can't always focus on the sorrow and injustice of the world. That's why we have Karaoke and sunsets and melted cheese and beach vacations, right? It's during those moments of joy that we find our purpose, that we experience the Divine. And I realize now how lucky I am to be able to carry on Mom's legacy of delivering joy, and sugar cookies, to others.

RESOURCES

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) (Veterans, press 1) or contact the Crisis Text Line by texting TALK to 741-741.

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

For mental health support and crisis resources, information about suicide and suicide prevention, go to afsp.org

Online Emotional Support: CrisisChat.org

Teen suicide prevention (includes a video for parents): www.sptsusa.org; 732-410-7900

STATISTICS

According to the American Foundation for Suicide Prevention (afsp.org):

- Suicide is the 10th leading cause of death in the US and the 8th leading cause of death in OK;
- In Oklahoma, suicide is the 2nd leading cause of death for ages 10 – 34;
- More than twice as many people die by suicide in Oklahoma annually than by homicide;
- Each year 44,193 Americans die by suicide;
  *For every suicide, 25 attempt it;
- Suicide costs the US $51 billion annually;
- Firearms account for almost 50% of all suicides;
- White males accounted for 7 of 10 suicides in 2015;
- The national rate of suicide is highest in middle age (white men in particular).

Walk to Fight Suicide
Sat., Sept. 9, 2017
LaFortune Park,
51st & Hudson (Garden Area)
Registration: 3:30 p.m.
Event is free.
Donations welcome.
afsp.org/walk

BY BRANDON SCHMITZ

Tulsa Debate League **prepares students for college**

Despite being placed into a debate class at random, Central High School graduate Brian Cain found it to be a surprisingly life-altering fit.

"I've always been kind of inquisitive," he said. "With debate, you were kind of forced to be – it was necessary to winning. So debate just opened my mind to all kinds of things and literally changed my life as far as how I engage with people in conversation."

Throughout the past two years, the Tulsa Debate League has served as a nonprofit to help build debate programs in under-resourced public schools. However, its origins can be traced back to the Tulsa Community Foundation's fund for the Central High School debate program in 2013.

"After a couple years of funding, we realized that we wanted to do more," said Founder Ross Faith. "We really wanted to build structures and systems in place that would sustain low-income schools over time."

Faith was dubious about whether the existing funds were enough, though. According to him, travel funds are only a small part of why many programs such as these fail to launch. Teacher turnover rates have a significant impact, too.



RESHAYLA TUCKER AT SUMMER DEBATE CAMP.

The league expanded to a full-fledged "urban debate league" by 2015, adding five other high schools, organizing its own tournaments, and providing full-time program support to teachers and students.

Faith argues that debate education is one of the most effective tools to teach higher-level thinking. With an emphasis on developing both critical thinking and communication skills, the league aims to not only help students ace high school, but also prepare them for college.

"The additional benefit of getting kids hooked on debate is that they become more engaged in school," Faith said. "A lot of our kids attend school more regularly than their non-debating peers."

Although the league began as an exclusively high school program, it expanded to middle and elementary schools in 2016. As of right now, it goes down to fourth grade.

"What we're doing is serving a population of kids who are at risk because of their school environment or conditions that make it less likely for them to graduate," Faith said. "We want to change the game for them."

That said, the program has faced at least one major hurdle within the past year. On Oct. 25, 2016, program director and retired Jenks High School teacher Gregg Hartney died in a car crash.

"That was a huge loss to the debate community and to our organization, so we had to really adapt," Faith said. "I ended up running the program by myself, but luckily, a lot of his former debaters chipped in and volunteered. Volunteers are a big part of what we do."

Although Faith learned as much as he could from Hartney before the accident, it initially was tough for him to adjust to the position.

"He had just boatloads of knowledge and experience with the activity and a huge network of people to help him, so I tried to go back to that well of knowledge and experience that I gleaned from him to the keep the league moving forward," he said. "The coaches really stepped up – the coach at Union and several of our other coaches stepped in to help develop the research and materials for the kids."

Much of that work appears to have paid off, as Union earned second place at April's National

continued next page

High School Urban Debate League championship.

"That was huge for us because it was our first year," Faith said. "Most of the other leagues who live in cities much bigger than Tulsa didn't even know where Tulsa was on the map and all of a sudden these kids come out of nowhere and get second place at the tournament."

Even so, the Executive Director is more proud of what the program has done for its students academically.

"Competitive accomplishments are really awesome," Faith said. "However, I would say that the biggest accomplishment of this past year is that all of our seniors graduated high school and are going to college."

During his senior year, Cain won several awards, including one from the National Speech and Debate Association. He said that his debate class was one of the few places in school where critical thinking was actively encouraged.

"I definitely got a lot of life-changing experiences as far as, you know, just questioning things and not always believing what you hear without making sure it's true," he said. "I definitely think more using logic as opposed to emotion when it comes to issues that might be uncomfortable."

Having just finished his first year at Tulsa Community College, Cain maintains that his experience with the league has continued to influence him.

"I think that, for anyone who goes into a debate round, setting aside all of the prizes and the cool places that you get to visit, it definitely opens up your mind to a new way of thinking that has a lasting impact," he said. "I went into philosophy at TCC, and, looking back, what would've happened if I wasn't in that debate class?"



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I'M A TULSA KID

WORDS AND PHOTO BY SHEEBA ATIQI



Jayden Turner: Jiu-Jitsu Training Partner & Medal Winner

Jayden Turner once was a shy 7th grader who avoided sports and school activities because he had always felt that he could not compete with the other kids his age who were larger and stronger. And then Jayden was introduced to jiu-jitsu. At Primate Brazilian Jiu-Jitsu (Primate BJJ) in Tulsa, Jayden was taught self-confidence, strength, patience, discipline and, most of all, how to have fun. In a short three months after joining Primate BJJ, Jayden went on to win his first of many gold medals. His drive and discipline has helped him move from new student to go-to training partner at the young age of 12.

TK: How did you get into jiu-jitsu?
Jayden: I wanted to do a martial art, and my parents' friends suggested jiu-jitsu. They told them it was great for kids.

TK: What is jiu-jitsu?
Jayden: Brazilian Jiu-Jitsu is a self-defense art that was started by the Gracies (Portuguese Jiu-Jitsu) in Brazil. It mixes Japanese Jiu-Jitsu and grappling. I think it's a fun hobby, and a great sport for anybody big or small.

TK: What has jiu-jitsu taught you?
Jayden: Jiu-jitsu has taught me that no matter how big or small, anyone can excel in the sport. It has taught me self-defense, and I have more self-confidence now.

TK: How has jiu-jitsu changed you?
Jayden: It has made me stronger, more outgoing, and helped me meet my best friends, Chase and Camden. It has taught me that you either win or you learn. You don't ever lose.

TK: Have you competed in tournaments? What kind of medals have you won?
Jayden: Yes, in my first tournament, I won a gold medal. And I've placed silver, bronze and gold in several other tournaments since I started training in 2016.

TK: What is it like to be a "training partner" for new kids who join Primate BJJ?
Jayden: I think it's fun to help other kids, and it's helped me learn how to teach other people things, and helped me build my own skills.

TK: What advice do you have for anyone who wants to try jiu-jitsu?
Jayden: To never give up, even if it's hard at first. It may seem boring sometimes, and sometimes it seems more fun, but keep trying because it always ends up more fun in the end!

TK: What other hobbies do you have?
Jayden: Playing the trumpet, reading and playing video games.

TK: Who inspires you?
Jayden: My coaches at Primate Brazilian Jiu Jitsu, Matt and Kendall Vernon. Also my parents and stepparents.

TK: What are your plans and goals for the future?
Jayden: I want to open my own jiu-jitsu gym and earn my black belt. But first I want to go to college!

TK: A fun fact about you?
Jayden: I grow my hair out long to donate it to children with hair loss. I've donated twice already.


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