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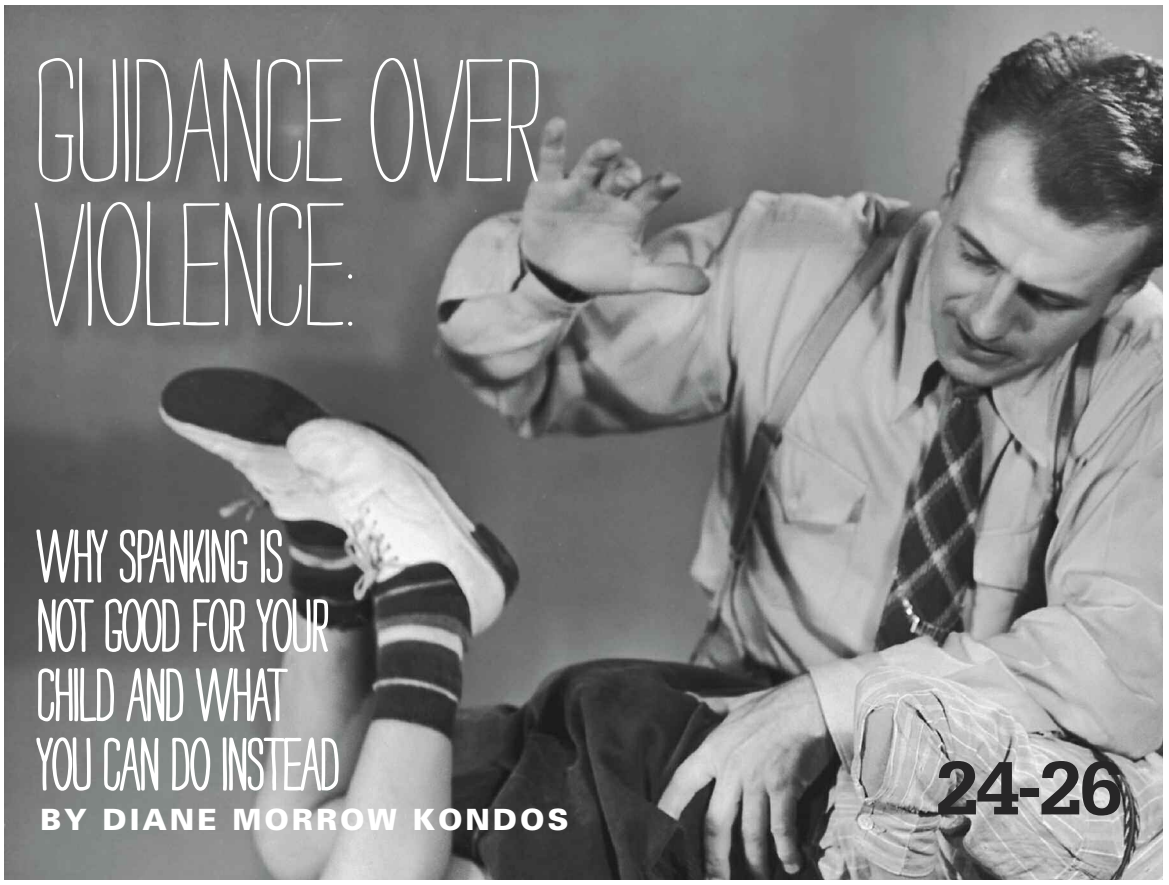
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September 2019

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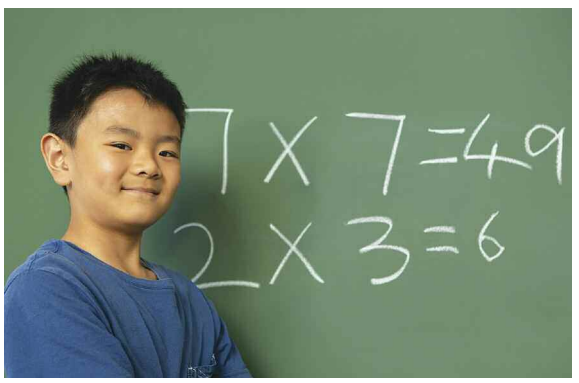




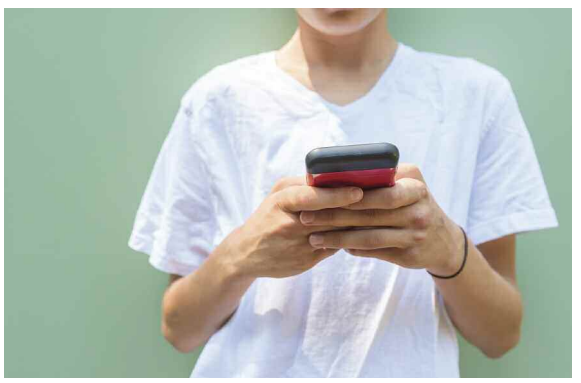
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Discipline: I'm so over it. . .

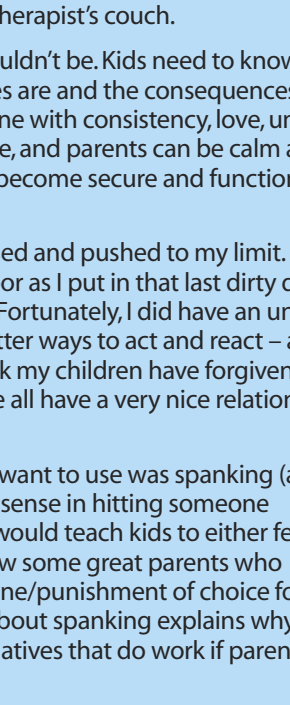
. . .and so glad. Now that my kids are adults, I don't have to worry about the how, what and why of discipline. No more guilt over whether or not I'm doing it right or possibly driving my kids to life on a therapist's couch.

Discipline, though, is not a dirty word. Or it shouldn't be. Kids need to know what we expect of them, what their boundaries are and the consequences of stepping too far outside those boundaries. Done with consistency, love, understanding and respect, children feel more secure, and parents can be calm and peaceful knowing they are raising children to become secure and functioning adults.

Was I always good at this? No. I often felt stressed and pushed to my limit. I might yell, threaten or slam the dishwasher door as I put in that last dirty dish of the night. I didn't like myself at those times. Fortunately, I did have an understanding of child development, and I knew better ways to act and react – and used those better ways most of the time. I think my children have forgiven my imperfections and occasional slips because we all have a very nice relationship.

One discipline technique that I knew I did not want to use was spanking (as tempting as it was at times!). I couldn't see the sense in hitting someone smaller than me. In my logic, it seemed that it would teach kids to either fear me or to hit others, or both. However, I did know some great parents who chose to spank their kids, and it is still a discipline/punishment of choice for many parents. Our feature article this month about spanking explains why it is not good for kids and gives some better alternatives that do work if parents commit to them and use them consistently.

As fall approaches and the seasons change, it might be a good time to assess how satisfied you are with your relationship with your children and make some adjustments. We will be here each month, in print and online, to bring you the best information that we can find to help you be the best parent that you can be.



Betty Casey
associate publisher and
editor in chief





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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.

THERAPYWORKS HOLDS ANNUAL TALENT SHOW EVENT

Big Top 10th is the theme of TherapyWorks' 10th annual talent show set for Sat., Sept. 28, 2019 from 9 a.m. to 1 p.m. at Faith United Methodist Church gymnasium and outdoor area.

Approximately 30 children from TherapyWorks will perform at the talent show for friends, family and therapists that they have been working with at the clinic. Attractions include a bounce house, snow cone trolley, carnival games, a trackless train, photo booth, a basket raffle and more.

The event is open to TherapyWorks clients and families, past and present employees, and families who have children with disabilities. Faith United Methodist Church is located at 7431 E. 91st Street, Tulsa.



JOIN THE STEM ALLIANCE FOR STEMTEMBER EVENTS

The Tulsa Regional STEM Alliance (TRSA) and Cox Media Group (CMG) are teaming up to offer a STEMtember event each week of September.

Week 1, Sept. 5, will be a Teacher's Night Out with ideas for curriculum enrichment, resources and networking with other teachers and local STEM organizations. On week 2, CMG and TRSA will release a video of STEM demonstrations for teachers and parents. A back-to-school STEM Expo at Expo Square is planned for Thurs., Sept. 19, featuring opportunities for interactive exploration for teachers and students. The final week will have a free STEM Family Night on Tues., Sept. 24, at Gathering Place with hands-on STEM activities created for families to enjoy together.



PARKSIDE CHOSEN AS TULSA RUN CHARITY RECIPIENT

Parkside Psychiatric Hospital & Clinic was chosen by The Tulsa Sports Commission as this year's $25,000 charity recipient of the Tulsa Federal Credit Union Tulsa Run.

Parkside offers outpatient counseling and inpatient hospitalization for children, adolescents and adults experiencing acute mental health crises. Many of their patients also struggle with food and job insecurity, so Parkside maintains the By Your Side Food Pantry and the By Your Side Patient Assistance to provide food, books, clothing assistance and transportation for patients who need support.

ORU PROVIDES FREE TICKETS FOR KIDS

Oral Roberts University (ORU) is encouraging parents to enjoy athletic events with their children by offering a Kids in Free program. All home athletic contests offer a complimentary ticket for any kid age 13 and younger when accompanied by an adult. Kids in Free applies to individual-game tickets, group tickets and season tickets.

In addition, ORU Men's Basketball games feature a free kids' zone with inflatable games for kids to enjoy while at the Mabee Center.

For more information, contact ORU Athletics at 918.495-7ORU.

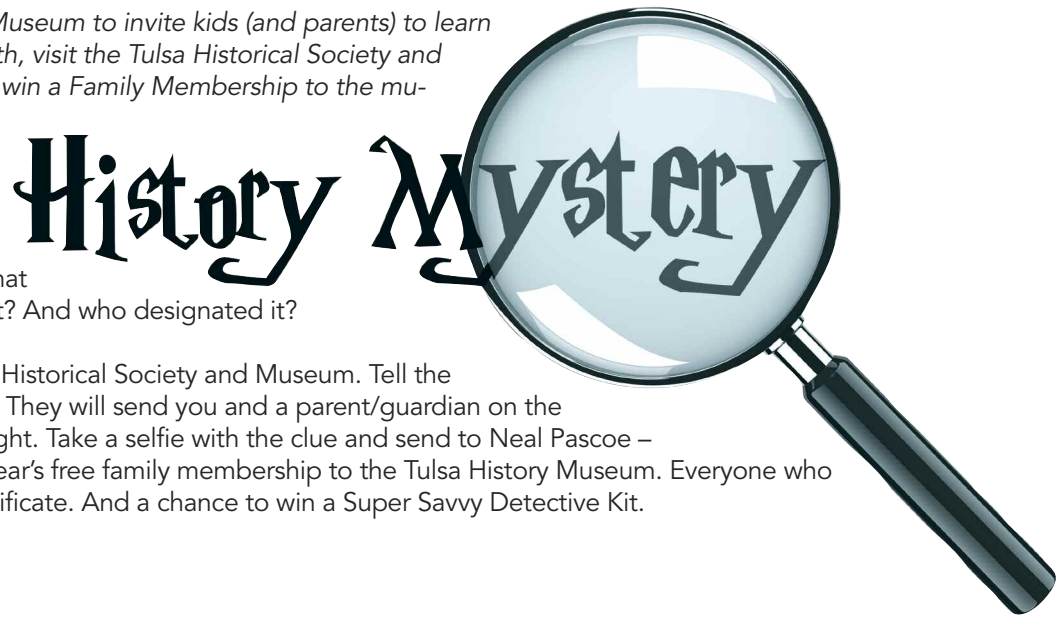
BROKEN ARROW LAUNCHES EARLY COLLEGE HIGH SCHOOL

Broken Arrow Public Schools is launching a new program called Early College High School which will allow students to take high school courses on the Northeastern State University-Broken Arrow campus.

The program is designed to allow students to earn between 16 and 30 credits by the time they graduate from high school. Approximately 165 students in ninth and 10th grades are currently enrolled for the inaugural school year. All high school classes will be taught by Broken Arrow teachers on the NSUBA campus. All college classes will be taught by instructors from Tulsa Community College.

TULSA HISTORY MYSTERIES

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



Are you ready to be a Super-Savvy History Detective and solve a mystery? Tulsa's story is full of them.
Can you name this landmark and its location?
Tulsa offers many intriguing early day sites. But there is one that stands as the landmark for its founding. What is it? Where is it? And who designated it?

If you think you know the answer, bring this story to the Tulsa Historical Society and Museum. Tell the Guardian volunteer at the front desk "I saw this in TulsaKids." They will send you and a parent/guardian on the hunt. Find the mystery person; or landmark hiding in plain sight. Take a selfie with the clue and send to Neal Pascoe – npascoe@tulsahistory.org. The first 10 to respond will win a year's free family membership to the Tulsa History Museum. Everyone who guesses right receives a "Super-Savvy History Detective" certificate. And a chance to win a Super Savvy Detective Kit.

Winners' photos will be included on TulsaKids' website.

ROOMS WITH A HEART ANNUAL FUNDRAISER

Rooms With a Heart will hold its 2nd Annual Fundraiser, a Casino Night, on Thursday, September 19, 2019 at the Greenwood Cultural Center from 6-9 p.m. Besides casino games, the evening will offer live and silent auctions, raffles and giveaways. All proceeds will benefit Rooms With a Heart to offset the cost of reconstructing rooms for children with critical illnesses.

Rooms With A Heart, Inc. is a not-for-profit organization whose principal purpose is to develop and construct customized rooms for children with critical illnesses. Their goal is to create a room that makes each child happy, customizing the rooms to reflect the child's personality and dreams. Each room costs approximately $3,500 and is constructed by a team of volunteers from the community. In their first year, Rooms With A Heart volunteers completed six rooms for Tulsa-area children.

The cost to attend the event is $50, which includes one drink ticket and $4,000 in Casino Cash. Tickets are available for purchase online at www.roomswithaheart.org. More information on the organization including galleries of completed rooms and additional ways to volunteer or contribute are also on the website.



ABOVE: DAPHNE SPALDING, DONATION COMMITTEE MEMBER, CONGRATULATES AN AUCTION WINNER.
BELOW: A DECORATED ROOM.



CORRECTIONS

The website for the National Association for Gifted Children listed as a source in the School-Age column should be www.nagc.org.



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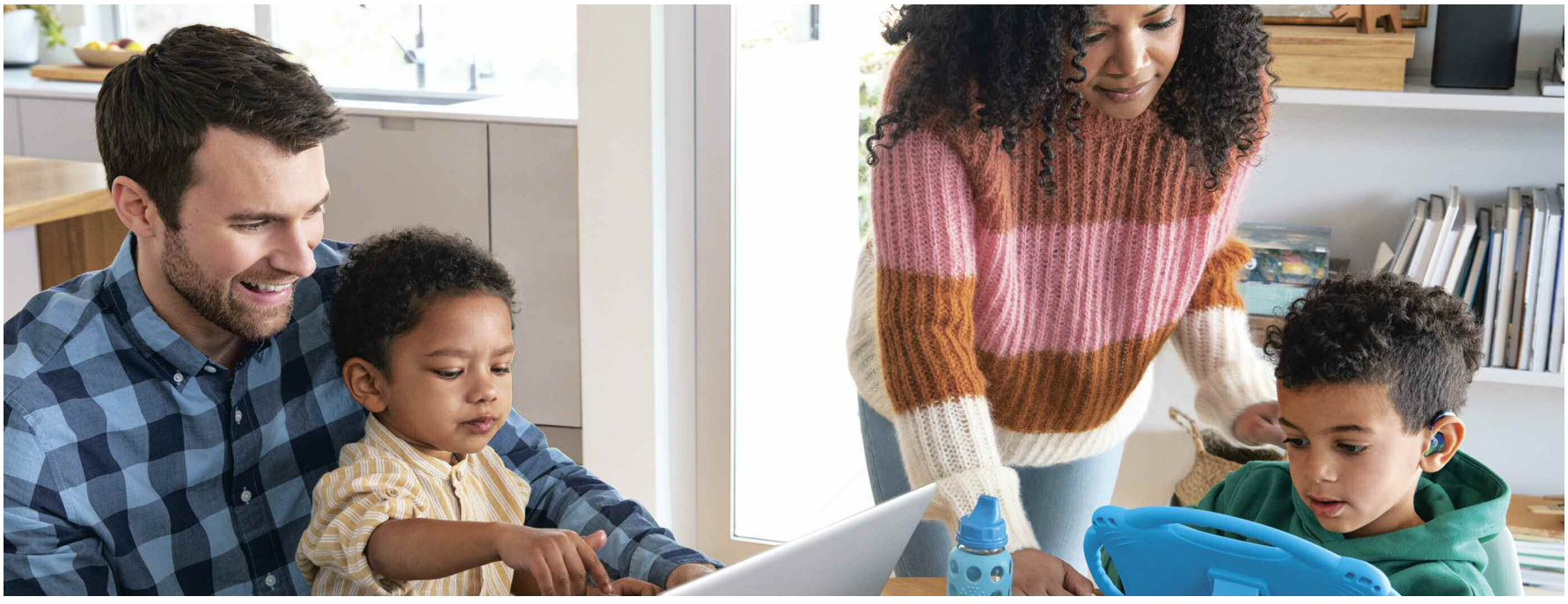
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Bridging the Gap



THE POWER OF DIGITAL ACCESS
By Tiffani Bruton
Director of Public Affairs, Cox Communications

Today, most of us don't think twice about access to the internet for all sorts of things that have become essential in our daily routine at home, at work and at play. In school, this is especially true. Children are exposed to the latest technology in their classrooms and use the internet as a gateway to learning, information and exploration. While many children have the same technology and access at home which allows them to retrieve homework assignments, communicate with their teachers and research topics online, many children in our community do not have what is now essential in the 21st Century — a computer with internet access in their home.

Access to the digital world, specifically the internet, is an absolute necessity today for every student. For years, colleges have required students to have their own computers. It's estimated that 76 percent of K-12 teachers assign internet-based homework. Where does that leave children who don't have broadband internet access at home?

Home computers, in addition to broadband internet service, remove one more barrier to ensuring that students have what they need to succeed in school and in life. Success in school goes well beyond the doors of the classroom, as the computer skills that are learned spill over into students' daily lives, assisting families in maintaining their budgets, obtaining employment, getting proper healthcare and engaging their communities.

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The internet empowers children and is AS CRITICAL today as pencil and paper were 20 years ago. It's a tool that helps ensure that ALL students are set up for success.

Cox Communications and its Connect2Compete program provide low-cost internet services to economically disadvantaged students and their families. By providing students with low-cost home internet service and access to computers, they are now able to complete schoolwork in their own homes rather than having to go to a neighborhood library or fast food restaurant to access the internet over a public Wi-Fi service. This program helps us all take positive steps toward bringing students into the digital world so they can use it on their own terms.

By helping people get online, Cox is linking them with the tools, resources and information they need to transform their lives and their communities. And, by receiving these tools in the beginning of their school years, students are not only better prepared to succeed in school — they are better prepared to face the challenges of obtaining higher education through college or training programs. This program demonstrates the powerful impact one company can have on its local school district and our children.

We also share resources through the Cox Digital Academy. The Cox Digital Academy provides easy access to computer literacy tips, educational videos, tutorials and games. You can also learn how to keep your kids safe on social media, financial wellness and more.

To learn more about these programs, visit www.cox.com/connect2compete.

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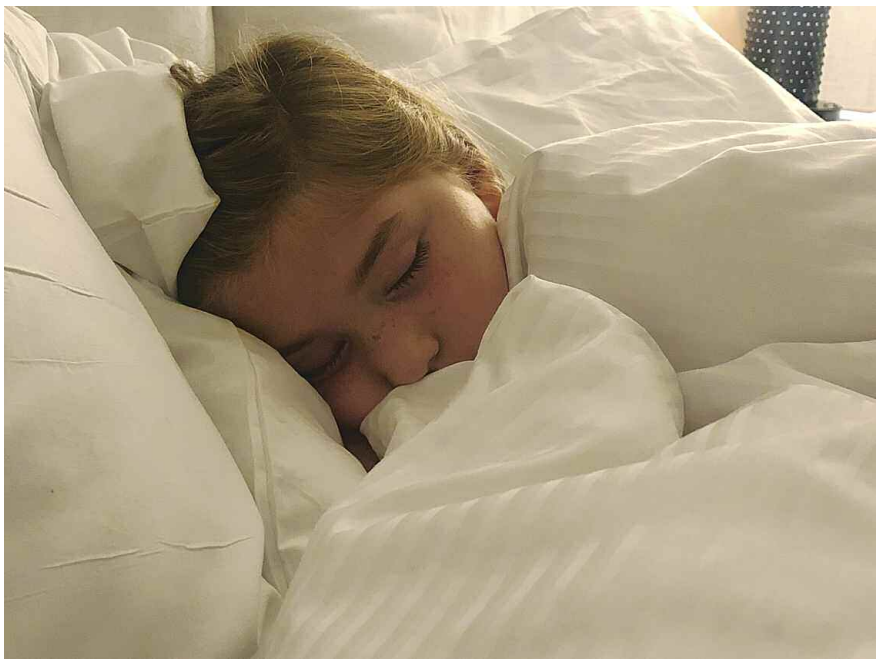


BY KILEY ROBERSON

when dreadful dreams interrupt sweet dreams

Sleep, to the parents of a newborn, is about as common as unicorns. Actually, chances are, parents are more likely to have seen a unicorn during their delirious fumblings to find a bottle at 3 a.m. than to have actually caught any real Z's. I must say, as much as I miss my children being tiny babies, I do not miss the "up-all-nights" that went with it. But just when I think I'm out of the woods, I'm pulled right back in with just one word: nightmares. Nightmares are a common occurrence in childhood. The American Academy of Pediatrics (AAP) defines nightmares as frightening dreams that may awaken a sleeping child, not to be confused with night terrors which consist of a screaming, crying sleep-like state where the child appears awake but isn't and doesn't remember the episode later.

Thankfully, so far, my kids have only suffered from the occasional frightful dream, which their pediatrician agrees is very normal at any age starting as young as age 2. It is a little difficult to imagine what 2-year-olds could possibly have a nightmare about. But, the reality is that nightmares are very real to toddlers and young children, mostly because they have a harder time distinguishing between a dream and real-life. However, the majority of nightmares happen between the ages of 3-6 because this is the age at which normal fears develop and a child's imagination is very active. Some studies estimate that as many as 50 percent of children in this age group have nightmares.



CHILDREN'S NIGHTMARES MAY BE TRIGGERED BY THEIR DEVELOPMENTAL AGE, STRESS OR TRAUMA.

Exactly why nightmares occur is a mystery. But doctors do recognize some triggers: Being too tired, not getting enough sleep, having an irregular routine for sleep, and having stress or anxiety may all increase the risk of having nightmares. These dreadful dreams can also be related to the child's stage of development or as part of coping with life changes such as starting school, moving to a new neighborhood, or living through a family divorce or remarriage. Research has also found that genetic factors can lead to nightmares. Nearly seven percent of children who have nightmares have a sibling or parent with a history of nightmares too. And, not surprisingly, nightmares can also occur after a trauma.

According to the Cleveland Clinic, there are several ways you can help reduce your child's likelihood of having nightmares. Among them:

Ensure adequate sleep. Is your child getting enough sleep and maintaining his or her regular bedtime schedule and routine? Doing so will likely cut down on the number and intensity of nightmares.

Keep the bedtime routine 'light,' happy, and fun. In the 30 to 60 minutes before bedtime, don't expose your child to scary movies, TV shows, frightening bedtime stories, scary music or other stimuli that may be upsetting to your child.

Discuss the nightmare during the day. Try to determine if there might be a theme to the nightmares – especially if they are occurring frequently. Identify what the stressors in your child's life might be. Talk about these stressors and work with your child to reduce them.

Most importantly, go to your children when they cry out. Physical reassurance is important, so hold them or rub their back until they calm down. You can also get their favorite stuffed animal or toy and double-check that the night-light is on. One tip I recently received from an experienced parent was using air freshener as monster repellant. If her child wakes up with a nightmare, she sprays the room with the "repellant" and as long as she can smell it, the monsters stay away. She swears it's worked miracles.

continued next page

Other tips include a peaceful bedtime routine like a warm bath, upbeat story and happy song before bedtime. But if your child suffers from persistent bad dreams, it may be time for a trip to the doctor. Nightmares might signal that there's something going on in their waking life that needs to be addressed.

Sleep is a vital part of maintaining good physical and mental health for children and parents. And, while everyone experiences the occasional nightmare, working through it is key. After all, a healthy happy family is the sweetest dream anyone could ask for.

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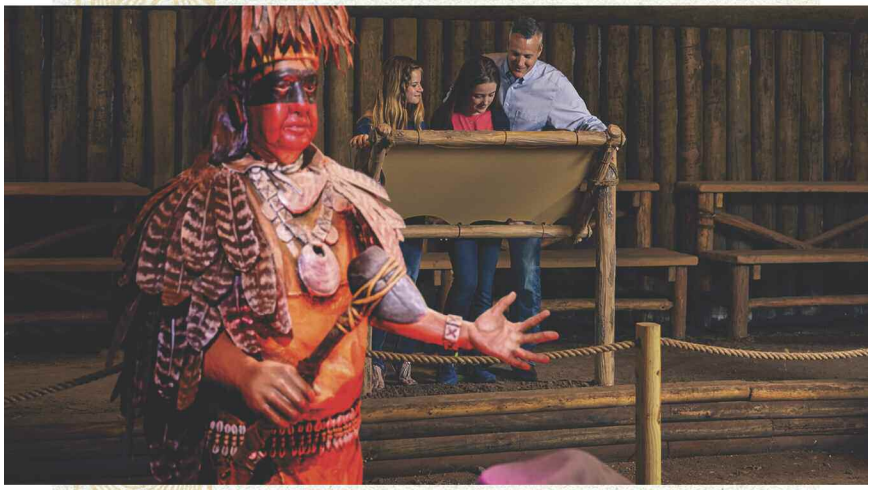


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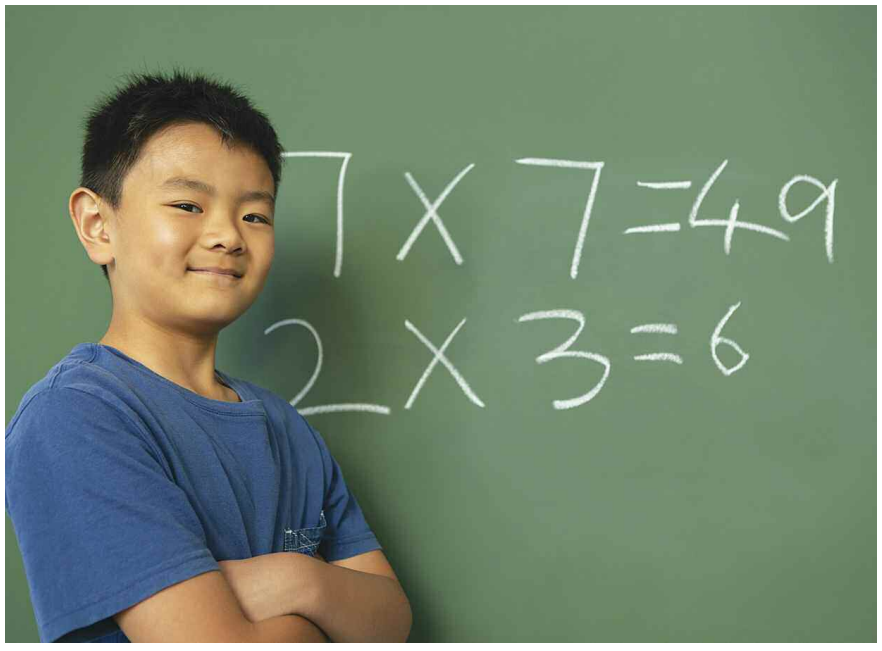
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BY MARY BETH RITCHIE, LCSW

third grade is an important transitional year: **how parents can help**

Are you aware that the transition from second to third grade is often considered to be one of the most difficult years in your child's education? Most educators are aware of this big leap, but many parents may not be. This transition from lower elementary grades to upper is frequently believed to be even more challenging than the transition to middle school. Both students and parents often struggle with the many new expectations. As a third-grade teacher, I witness these difficulties every year. Being aware of the new changes should help parents assist their children with the transition.

One of the main changes in third grade is the beginning of high-stakes standardized testing. In Oklahoma, this is the Oklahoma School Testing Program (OSTP). These are generally given in April. According to Oklahoma law, students who don't pass the Reading portion will not be allowed to move on to fourth grade. There are, however, some exceptions to this law. In order to be successful on these tests, students must do a lot of growing during the third-grade school year. Students will be required to focus and work autonomously for extended periods of time. They are also expected to use more abstract thinking skills in both reading and math.



THIRD-GRADE STUDENTS NEED TO LEARN MULTIPLICATION FACTS.

Third graders are required to complete much more of their work independently. Therefore, it becomes necessary to develop some new skills. They must become more responsible, develop a good work ethic, and be able to focus for extended periods of time. This will be necessary in order to be successful on the OSTP tests. While the tests are divided into segments over a four-day period, it is not uncommon for some children to take more than two hours to complete one segment.

The Reading portion of the test requires the mastery of some skills that may surprise parents. It is not enough for a student to read a passage and answer questions about what happened in the story. In previous grades, students were basically learning to read. In third grade, they transition toward "reading to learn." Students will be expected to compare and contrast texts, analyze characters, determine the main idea, understand figurative language, and much more. In fact, I wrote an entire column dedicated to the third-grade reading expectations in the April 2018 issue of TulsaKids. You may want to refer back to it, if you have a child entering third grade.

While there are a multitude of third-grade math standards, there will be a large focus on multiplication and division. It will be

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important that students learn their multiplication facts early, and have a deep understanding of how multiplication works. If I could give parents one piece of advice to ensure their child's success in math, it would be to help them master their facts during the first quarter of the school year. Fact mastery makes many of our math standards much simpler. Problems involving fractions, areas and perimeter, are all easier once fact mastery is achieved. I watch students struggle unnecessarily with math every year simply because they haven't yet mastered multiplication facts.

Another major change you will notice in third grade is the grading system. This is typically when students begin receiving letter grades in Tulsa Public Schools. It is common for parents and students to be surprised, and even disappointed, by their grades. This is especially true at the beginning of the school year. When a child previously received an S (Satisfactory), this included all B's and C's. Therefore, a child who was barely making C's would have been receiving Satisfactory grades. It is understandable that parents may be surprised to see C's, or even D's, on their child's report card.

Many teachers and parents may disagree about whether or not homework is helpful, but it is a common practice in third grade. I believe it gives children some practice away from school. It is also a terrific opportunity for parents to learn more about our challenging third-grade standards. In order to help your child through this transitional year, I suggest parents look over the homework after it's been completed. You may notice where your child is struggling, and offer any necessary assistance. This will give the child the independence she needs, while also providing an opportunity to help her as required.

Third grade is generally the year that cursive writing is also introduced. Due to the increased demands of the third-grade classroom, this isn't always the case. Teachers struggle to get through the tested standards, so they frequently don't have time to teach this skill. There is also some debate as to the importance of cursive in today's world of technology.

There are several things parents can do in order to make this transitional year less difficult for our students. First, be aware of the expected changes, and help your child understand the new expectations. Second, have your child complete his homework independently. Then, look over his assignments, and provide any needed assistance. Third, work with your child to make sure multiplication facts are mastered early in the schoolyear. Fourth, speak with your child's teacher if you have any concerns or questions. He or she is there to help you and your child make a smooth transition!



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BY JULIE WENGER WATSON

tips for moving to **middle school**

Parenting is a tricky thing. Just when you think you've got things figured out, everything's upended. If beginning kindergarten can seem like an adjustment, transitioning to middle school can seem like a seismic shift. For parents and kids alike, change can be stressful. Fortunately there are some things you can do to make this often-tumultuous time more bearable for everyone.



Accept that middle school is an adjustment

In general, middle schools are larger, both as a facility and in the number of students, than elementary schools. Your child goes from the top of the 5th grade heap back down to the bottom of an even bigger pile.

Day-to-day school life is different. Now there may be multiple teachers, increased travel between classes, more academic responsibility, and even an "impersonal" feel. On the positive side, middle school is like a launching pad – kids begin to have more agency and learn how to make decisions for themselves, and also see the consequences of those decisions.

Anxiety and social fears

Students headed to middle school often have concerns – everything from finding the classroom to finding a friend at lunch. It's a time when kids start to pull away from their parents and start to rely more on their peers. Being a part of the group, fitting in, becomes much more important than it was when they were younger. Add to all of this an increased academic load, and anxiety can skyrocket.

As parents, there are some things you can do to help alleviate your child's stress. Help your child with time management and organizational skills. Although they're expected to shoulder more of the responsibility for their own work now, they may still need your help figuring out how to balance it all. Teach your child to be his or her own advocate, encouraging them to discuss problems with their teachers on their own, but be ready to step in, if necessary. Don't overreact to grades. Instead, help your child get a handle on the demands of the new school.

To help ease the social transition, encourage your child to join a sports team or a club. Talk with your child about traits that make a good friend and talk about social skills – how your words and actions can affect others. If weekends are lonely at first, encourage your child to schedule weekend activities with friends from the neighborhood or grade school.

Keep the lines of communication open. This is a time when both boys and girls become more socially aggressive as they jostle for a place among the social hierarchy. Even if you're child isn't on the giving or receiving end, bullying, teasing and exclusion become more prevalent at this age, whether in real life, or in the digital world. Encourage your children to talk to you about what they might be experiencing or what they are witnessing.

Middle School is an adjustment for parents, too

Just as a child may be overwhelmed going from an intimate

continued next page

grade-school setting to what can seem like the Wild West of middle school, parents, too, can be caught off guard by the changes. Multiple teachers can mean that no one teacher knows your child as well as his or her grade-school teacher did. Middle-school teachers may seem less responsive and harder to reach because they're responsible for many more students. Remember, this doesn't mean the teachers are unapproachable, it just means they have more obligations on their time.

Parents may feel their own peer pressure to parent "like everyone else." However, the popular thing may not be the right decision for your family. Trust your gut and don't be afraid to think independently for your child and your values. Create your own "village" of parents for support and camaraderie.

Understand that it's normal for your child to change, and that some of these changes may be challenging. Middle school is a time to grow more independent and this can mean complaints, arguments, delays and disobedience. Testing limits is often a daily activity. Try to respond calmly to your child's challenges. While middle school kids still need guidance and protection from parents (they even want it), they also need opportunities to make their own decisions and handle their own conflicts as they grow in independence.

As your child begins to pull away from you and turn to friends for support and advice, it's tempting to take a more hands-off approach to your parenting. While your relationship is definitely evolving, you are still a necessary presence and voice in your child's life. They continue to need your mentoring, your guidance and, most of all, your love, to smooth the path.

THE SIMPLE STEPS TO MEAL PREP

Save time, energy and money by planning and preparing a week's worth of meals at once. Get started with these simple meal prep steps below.

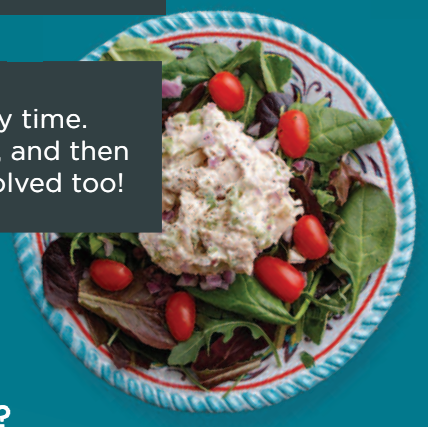


1 **Simpler Is Better.** Choose recipes that call for simple ingredients — ones that can be used in a variety of meals, like onions, peppers and brown rice.

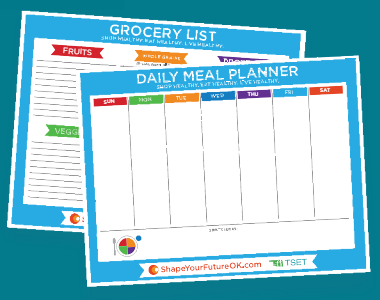


2 **Use Your Freezer.** Double up. Make extra food and store it in the freezer. Then, just reheat for a fast meal throughout the week!

3 **Pick Chicken.** Buy a pre-cooked rotisserie chicken and add it to sandwiches, tacos, salads and more.



4 **Prep on Weekends.** Or any time. Spend some time at the store, and then the kitchen. Get your kids involved too!



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BY BRANDON SCHMITZ

therapy clinic evolves with the times:

THERAPYWORKS CELEBRATES 38 YEARS OF HELPING CHILDREN



SUZETTE WERNER JONES

For nearly four decades, Occupational Therapist Suzette Werner Jones has worked toward improving families' lives across Tulsa. Founded by Jones in 1981, Developmental Therapy Services – known today as TherapyWorks — specialized in on-site occupational and physical therapy in schools.

Within just a few years, the services had expanded to facilities for the developmentally disabled, home health agencies, and hospitals. By the end of 1987, Jones had established a specialty pediatric clinic in South Tulsa. These days, TherapyWorks offers not only the aforementioned occupational therapy, but also physical, speech and feeding therapy at both the clinic and in schools across the state.

"When we opened, the vast majority of kids we saw had cerebral palsy," Jones said. "Today, simply due to how much medicine has improved, we see very few children with cerebral palsy."

That said, the number of clients with autism has increased dramatically over the years. Whereas Jones may have initially seen only one child with autism per year, roughly 60 percent of today's clients have autism.

"One thing we do see a lot of are kids who are born early and have more subtle problems," Jones said. "These issues may not become noticeable until they're about 2 or 3 years old."

Within the practice's early years, Jones worked primarily with schools such as Tulsa Public and Broken Arrow. Since then, TherapyWorks has worked directly with the teachers themselves – consulted with them and provided ideas. The practice now



SUZETTE WORKS WITH ELLA FLEMING.

provides services to about 30 different school districts, offering important support for schools.

"Considering Oklahoma is such a rural state, the therapy they get in school may be the only therapy they get," Jones said. "School therapy is educationally based – it's about developing the skills they need."

For parents, there are several signs to be on the lookout for when determining whether their child should see a therapist. Speech therapists, for instance, work with children who persistently experience delayed speaking or mispronunciation of basic terms.

Other therapists provide assistance with other physical or cognitive needs. For example, oc-

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cupational therapists help infants who have trouble rolling over or sitting up. If a child is anywhere from 3 to 5 years old and is having difficulty with manipulating objects or getting dressed, then the child may need occupational therapy. Other potential signs include lack of eye contact and difficulty with transitioning from one activity to another.

Many children may need more than one type of therapy, so it is helpful to them and to their parents or guardians to have all of those therapists under one roof.

To help parents identify If their children may need therapy in certain areas, TherapyWorks offers free screenings several times a year. Speech therapy screenings are usually offered in the spring, while occupational therapy screenings tend to be offered in the fall. The practice also provides free parent seminars on various topics.

"Many kids have difficulty with sensory input – to the point that they're hypersensitive to sound, touch, and taste," Jones said. "This can later be tied to autism, but it can also stand on its own. Kids who experience outbursts to something as simple as being near water or getting a haircut tend to have difficulties with sensory input."

For children who are particularly resistant toward food, the clinic offers a sensory-based feeding program in which the staff works with different types of eating disorders. The clients are initially fed through a stomach tube, with the ultimate goal being for them to eat by mouth.

"There's a large group of kids who don't eat because of taste or texture – kids who eat only one or two things a day," Jones said. "It's critical that that diet be expanded."

What should parents look for in a therapist, though? According to Jones, a pediatric therapist needs to not only have a ton of patience, but also be willing to be creative.

"Therapy often looks like play because it's designed that way," she said. "A therapist has to be able to engage that child and have him or her want to come to therapy. They must be flexible in offering opportunities, too – give them two or three choices and have them pick out what they want to do."

Although TherapyWorks just celebrated its 38th year this past August, 2019 marks the 10-year anniversary of its annual talent show-carnival. The event will kick off on Saturday, Sept. 28 at 9:30 a.m. at Faith United Methodist Church.

"We encourage all types of talents," Jones said. "It's an opportunity for these kids to be stars – to demonstrate an achievement. That's not an opportunity they get often, or even at all."

As an occupational therapist, Jones says she still loves working closely with the clients' families.

"When it's easy for a child to do something or when a parent's workload is lightened, that's tremendously rewarding," she said. "Every child is unique and special. Every achievement they make – no matter how small – is still great."

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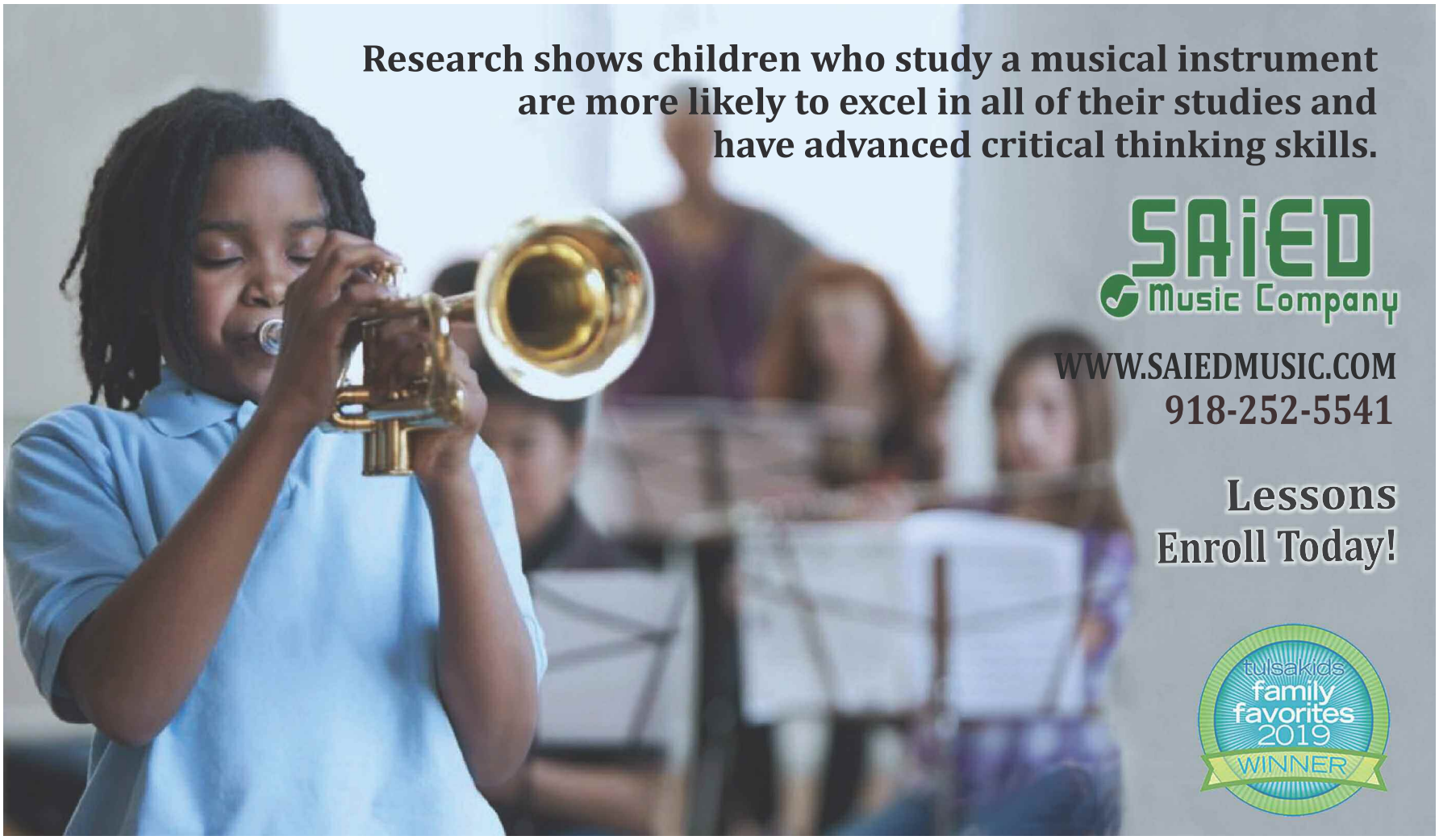


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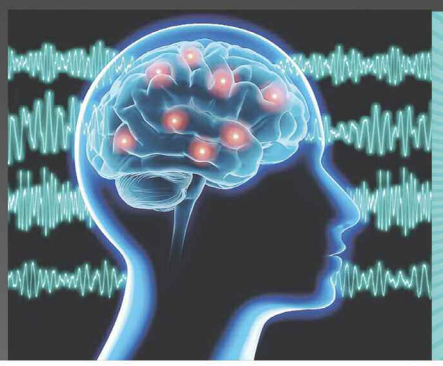
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"My eight year old daughter used to have multiple melt downs, often hitting herself, pulling out her hair, throwing things and hitting others. After treating at RenuYou, our daughter is so much happier. She is more relaxed, able to do school work, can read better and is able to express her feelings in healthier ways. RenuYou neurofeedback has been amazing! They have helped us find the joy in our family again."



"I am 15 years old and I became so depressed I began cutting myself. I believe in God so I didn't understand why I couldn't overcome it. My mom heard about RenuYou Neurofeedback Center and so I went in for a brain analysis. I was so impressed to find state of the art technology but I was most excited to find a Christian company who prays over their patients. My qEEG brain map revealed that my brain was stuck in a high Alpha brain wave pattern that can cause depression. I was so relieved to find it was not my fault! After treatment, I've changed so much! I don't desire to 'cut' anymore! RenuYou Neurofeedback Center saved my life!"



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"My son was discharged, from the Navy, at 18 years old for ADHD. I brought him to RenuYou and the treatment did exactly what they old me it would do. He was able to proceed with his career without the dysfunction of attention deficits. We could not have been happier with the outcome and are so very thankful!

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Q. How do I help prepare my little one for their first swim lessons?



A. The start of swim lessons is a BIG deal for both mom/dad and baby! It's only natural to have some anxiety and excitement when transitioning to a new environment. But if your goal is to help your toddler learn to swim, you're making the right choice in putting them in swimming class. Here are a few suggestions to help prepare your child for the first class:

- Bath time with a purpose! Gently pour water over their head. Practice blowing bubbles, kicking their legs and incorporate fun sing-a-longs like "Row Row Row Your Boat."
- Talk it up! Start chatting with your little one about the swim school and what fun they are going to have in class! Create positive associations from the very beginning.
- Come to open swim. Take a look around the facility so both you and your little one feel confident on the first day.
- Think like a child. Remember the first time you got water in your nose? It might have felt funny! Your child will experience many new sensations during their first swim class, so be patient as your child acclimates to the new environment.

These tips can help your child transition smoothly in to swim lessons. Even if the first class or two gets off to a rough start, stick with it. Kids almost always adapt within a few classes and start to really look forward to their lessons!

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



A: Dyslexia is so much more then reading struggles. If it were as simple as just re-teaching how to read, long-term tutoring would not be in the experiences of those who struggle with dyslexia. Tutoring focuses on the issue at hand. This could be current schoolwork or re-learning a concept to keep up with school assignments. Occupational and Speech Therapy delves much deeper to explore the "why" behind the struggles you see and your child experiences. There is always an underlying reason why someone has difficulty with reading. For some, reading difficulties are due to less-than-average ability in memory, or they may be unable to accurately process what they see or hear or unable to associate sounds with letters. Understanding the "why" is the first step to reading success. Accommodations and strategies are only a piece of what of is helpful. Without treating the "why," many children go from one reading program to the next without ever making permanent change, leaving them frustrated and often on an academic or career trajectory that does not really reflect their true potential. **Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, wwwdyslexiatulsa.com**

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GUIDANCE OVER VIOLENCE:

WHY SPANKING IS NOT GOOD FOR YOUR CHILD AND WHAT YOU CAN DO INSTEAD



BY DIANE MORROW KONDOS

"I was spanked, and I resent my parents for it to this day," Tulsa mother and grandmother Rhonda Reid said. "I only spanked my own son a couple of times, and will never spank my grandchildren. Hitting doesn't prove anything and only serves as a substitute for real parenting. Discipline and spanking are not the same thing, and I prefer guidance over violence."

Reid's assertion comes from experience, but her experience is now backed by piles of research on the subject.

The American Academy of Pediatrics (AAP) recently strengthened their long-held statement against spanking. The current official statement is as follows: *Aversive disciplinary strategies, including all forms of corporal punishment and yelling at or shaming children, are minimally effective in the short-term and not effective in the long-term. With new evidence, researchers link corporal punishment to an increased risk of negative behavioral, cognitive, psychosocial, and emotional outcomes for children.*

The AAP cites multiple studies that show spanking is not an effective way to teach children right from wrong. It may provide an immediate desired result but may also likely have long-term results of increased aggression and defiant behavior.

The studies cited by the AAP show that spanking produces results that are similar to children that are physically abused; corporal punishment has also been linked to actual changes in the brain. There is some evidence that young adults who experienced harsh physical punishment are at a greater risk

continued next page

for reduced gray matter volume in the prefrontal cortex, the area that plays an important role in social cognition. In a small study group, those participants who were physically punished also had a lower performance I.Q.

Ashleigh Kraft, LPC and clinical director at The Parent Child Center of Tulsa, a child abuse prevention agency, says that one of the dangers of spanking is that it can sometimes escalate to more abusive behavior.

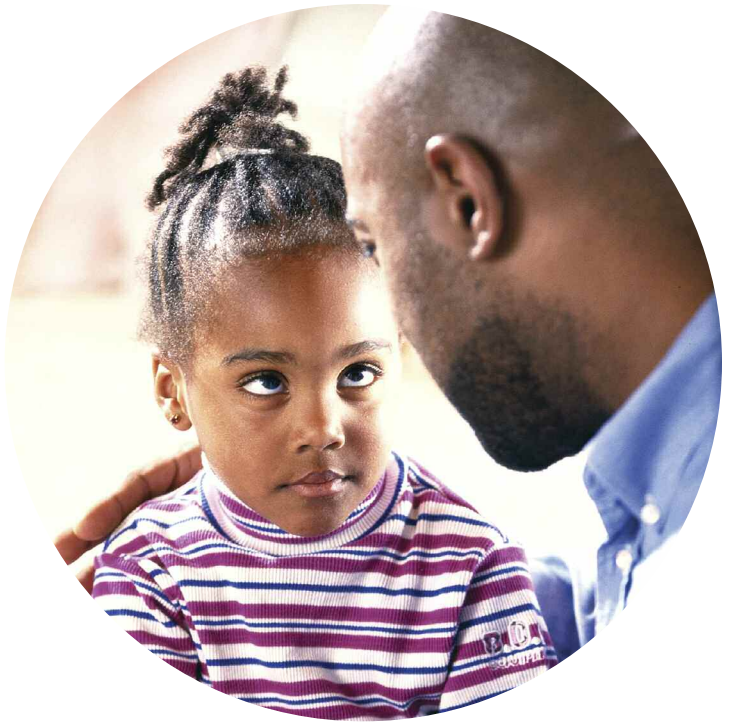
"The Parent Child Center strongly supports the recent stance the AAP has published about the negative effects of spanking," Kraft said. "At best, spanking is a missed opportunity, and at worst it is tremendously harmful. We work with both parents who have been abusive, and children who have been abused. Parents are often frustrated and angry when their child misbehaves. When you combine those intense negative emotions with spanking, there is just too much risk of a parent going too far. This risk increases when parents use implements to spank such as switches or paddles."

Like many parents, Tulsa mom Jennifer Meyers was spanked as a child, and spanked her own children, but none of them remember it as being a serious event.

"I was spanked," Meyers said, "but not often enough to take it seriously. I did spank my own kids. I think it broke them out of the moment of disobedience, if that makes sense. It put an immediate stop to the behavior, and let them know I meant business. When they became teens, they confessed that most of the time the spankings didn't hurt and they would actually chuckle when I left the room, so I don't think they were exactly traumatized by it. My husband was much more patient (most of the time), and he would spank them, then sit down with them and talk about what they'd done, pray with them, and usually encourage them to apologize to whoever they'd hurt by their actions."

While spanking may stop the immediate behavior, Kraft says it doesn't allow parents to use discipline strategies that develop a child's character and values.

"The parent forfeits the ability to use a strategy that teaches the child about how to behave, why people behave in that way, and how their misbehavior may have harmed the child or someone else," she explained. "A primary goal of parenting is for children to be able to make wise, safe and kind decisions independently across settings. The children must internalize norms and values that guide their behavior."



POSITIVE DISCIPLINE HELPS CHILDREN LEARN FROM INAPPROPIATE BEHAVIOR.

Alternative discipline methods require that parents make a commitment to have a discipline plan in place and to control their own anger. It also helps to approach the child from a place of empathy and respect, and to know something about child development. Tulsa mom Hope Jordan and her husband take a long-term view of how gentle discipline techniques will benefit their child's emotional growth.

"I was hit as a child, as was my husband," Jordan said, a "We do not spank, not only because our child is a person, and no person deserves to be hit, especially our smallest and most vulnerable, but also because it doesn't teach them anything in the long run. Gentle parenting takes so much more time and effort, but it is what is best for our small humans."

The American Psychological Association's position on physical punishment supports the Jordans' discipline choice, and urges parents to use alternatives to spanking. In a statement, the APA said, "Research indicates that physical discipline is not effective in achieving parents' long-term goals of decreasing aggressive and defiant behavior in children or of promoting regulated and socially competent behavior in children. The research on the adverse outcomes associated with physical discipline indicates that any perceived short-term benefits of physical discipline do not outweigh the detriments of this form of discipline."

Discipline literally means "to teach" and involves the thinking part of the child's brain. To discipline a child requires the adult to show and explain the desired future behavior. This is best done through role modeling, positive words and positive reinforcements. Punishment is fear-based and focuses on inflicting pain for past behavior, which negatively impacts the emotional part of a child's brain.

If a child is in frequent fear, his or her brain produces a high amount of the stress hormone cortisol which provokes the fight or flight response, leaving the child's emotional brain in charge. Parents use physical punishment because it does achieve some level of short-term success, but the child may pay a big price long term. If a child's brain stays in the fear mode for extended periods of time, the results may eventually be anxiety, depression and post-traumatic stress disorder.

While parents like the Jordans have made a conscious choice to use alternatives to physical punishment, other parents feel that spanking is an integral part of their belief system and their biblical values. One study showed that 85 percent of Evangelical Christians practice spanking as a form of discipline for their children.

Many Christian parents find biblical support for physical punishment with Proverbs 13:24 being the most often quoted: "He that spareth his rod hateth his son: but he that loveth him chasteneth him often." This verse is usually paraphrased "spare the rod, spoil the child," but another version of this verse is "whoever spares the rod hates his son, but he who loves him is diligent to discipline him."

A Tulsa mom who responded to a question about spanking on TulsaKids' Tulsa Parents Facebook page used Proverbs 22:15 from the Bible as her reason for spanking: "Foolishness is bound up in the heart of a child, but the rod of discipline will drive it far from him."

Not all Christians, however, adhere to those biblical interpretations. Thomas Haller, an or-

dained minister and parenting and relationship expert, has studied the biblical perspective on spanking. Haller spent eight years studying Hebrew and Greek to enable him to understand that Bible in its original language. He interprets Proverbs 13:24 as a verse imploring parents to guide their children. Haller says the Hebrew word for rod (shebet) was most often used in reference to the stick shepherds used when tending their flock, but it was used to gently guide their sheep in the correct direction, not to hit them. Haller says the point that God is making in this verse is to ask parents to hold their children accountable for their choices and actions, but he emphasizes that physical punishment does not need to be part of teaching accountability to children. Haller also reminds us of a verse admonishing parents, Ephesians 6:4 "Fathers, do not embitter your children, or they will become discouraged."

Alternatives to Physical Punishment

Spanking and other forms of physical punishment have been shown to be potentially physically and psychologically harmful, but that doesn't mean there should not be discipline. Tulsa's Parent Child Center offered this advice: "Discipline is most effective when it is kind, clear and consistently applied. A strong relationship between a parent and child is the most effective tool a parent can have when trying to discipline a child."

The staff at The Parent Child Center of Tulsa teaches parents to match discipline to their child's developmental age. When parents have unrealistic expectations of what their children can and should do at various ages, it can result in overly harsh discipline.

For example, most children do not potty train by age 2, but they may be curious about the potty. A parent may assume that curiosity means that the child has complete control over his or her bodily functions at age 2. It is important for parents to understand what is developmentally appropriate for children at different ages.

"When parents expect the child to be able to have that kind of control necessary for potty training, they become frustrated," Kraft said, "However, what is most appropriate in this instance is for the parent to adjust his or her expectations of the child."

For very young children, discipline techniques largely involve redirecting the child's attention from one item to another, removing unsafe or off-limits items from reach, and providing appropriate supervision and containment.

Consistently reinforcing positive behavior is an effective discipline technique for children of all ages.

"Toddlers and older children respond well to specific praise for desired behaviors, such as 'Thanks for putting your plate by the sink, Luke'," Kraft said. "We know this increases the likelihood that Luke will put his plate by the sink again. Children want to please their parents, so pairing praise for desired behaviors with ignoring undesirable behavior can be effective."

Another positive technique is to use rewards as children work toward agreed upon goals.

"Children respond well to being offered goals to work toward," Kraft said. "A parent might have a chore chart for a child and when they earn 5 stars, the child gets a reward such as 30 minutes later bedtime, extra screen time, or an item from the dollar store."

Other discipline methods that the Parent Child Center staff teaches are time in (as opposed to time out), offering choices, and showing parents how to set up appropriate consequences for misbehavior.

Some may argue that many generations were spanked without harm, but the evidence doesn't support that belief. As L.R Knost, founder of Little Hearts/Gentle Parenting Resources, said, "Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions, not retribution."

POSITIVE DISCIPLINE TECHNIQUES

It's important that your expectations for behavior are developmentally appropriate and that your child knows what is expected. Keep the rules clear and be consistent with enforcing them. Each child may respond to a different form of discipline. Here are a few suggestions:

1. Positive Reinforcement. Give specific praise when you notice good behavior: "I noticed that you've been sharing your toys with your little brother today!" This will encourage your child to repeat the good behavior, and it will help reinforce a positive relationship with you. Ignore behavior if your child is acting out to get negative attention.

2. Time In. Time in, as opposed to "time out" where a child sits alone for a period of time, involves the child sitting near a parent or caregiver to calm down and express feelings. The parent empathizes with the child and, once the child is calm, the parent can address the inappropriate behavior. If both you and the child are angry and struggling, a brief time out may be in order to take a break from one another until you are both calm.

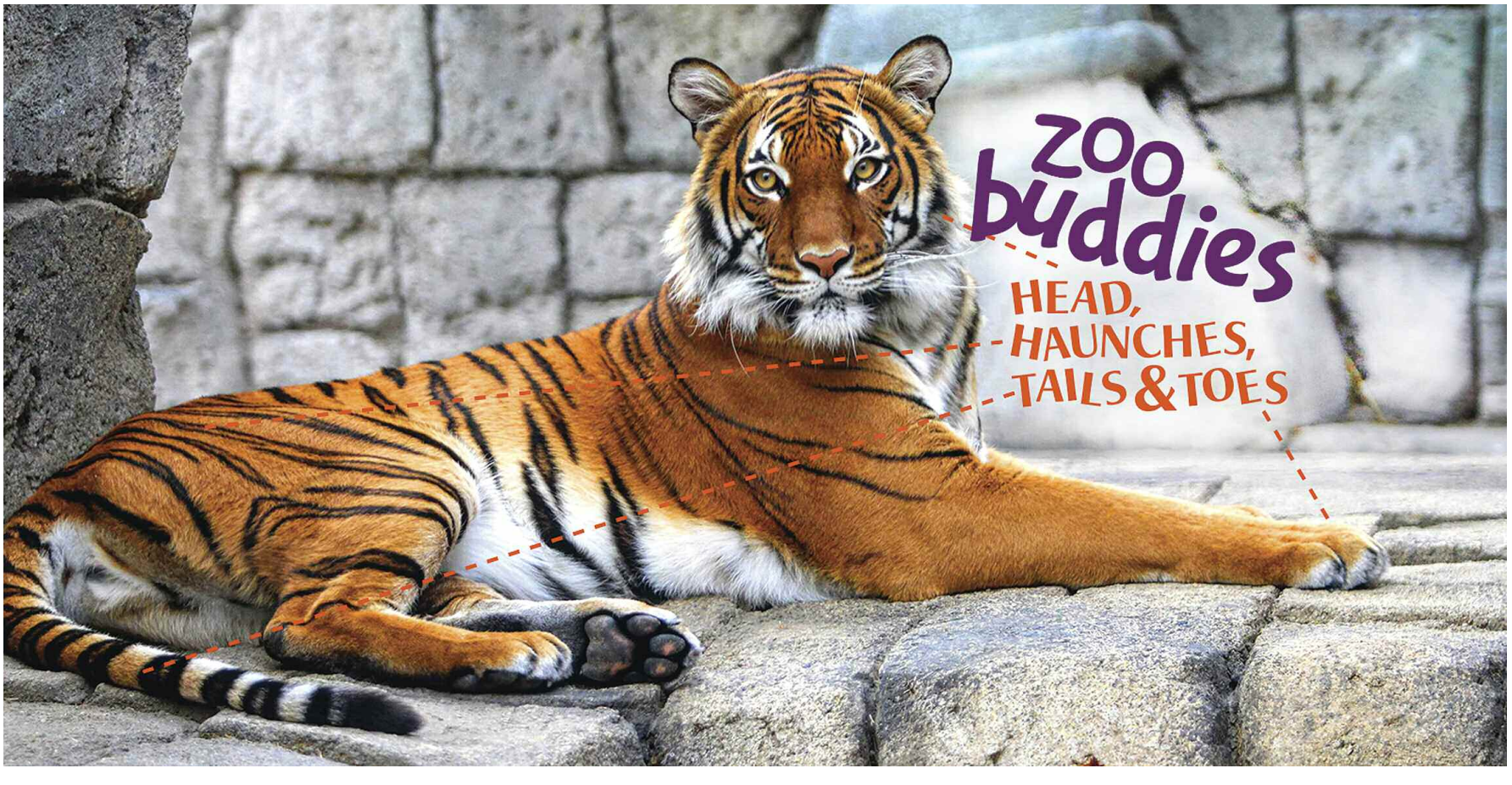
3. Natural Consequences. The child faces an immediate and related consequence to their behavior. For example, if the child doesn't pick up the toys as asked, the toys are temporarily removed from their room.

4. Discuss solutions. Involve an older child in finding a solution to reoccurring issues. For example, if a teenager is having problems getting up and dressed for school, discuss possible strategies to solve the problem.

5. Give choices. For some children, the need for control is important. A child that has a meltdown getting dressed in the morning may respond better if given two acceptable choices of clothing. Or if you find yourself constantly yelling, "No!," redirect your child to what she can do rather than what she can't.

6. Change the way you speak. Sometimes it isn't what you say, but how you say it. Do you respond well to someone yelling at you or barking commands? Children don't either.

7. Give children time. Rather than saying, "Go to bed now!" give the child time to process the directive. For example, say, "In 10 minutes, it will be time to put your toy away and get ready for bed." Some children respond to setting a timer. And, don't forget to give your children quality time with you. That means uninterrupted (no screens) one-on-one time with your child on a regular basis, toddlers through teens.



Zoo Buddies: Head, Haunches, Tails & Toes – Fall
2- & 3-year-old series: Thursday Series: 9 a.m. – 10 a.m. on September 5, 12 & 19
3-year-old to PreK series: Thursday Series: 11 a.m. – noon on September 5, 12 & 19
Saturday Series: 10 a.m. – 11 a.m. on September 7, 14 & 21
Explore the noses, ears and feet of some favorite zoo animals with your toddler in this three-part series. What is a trunk and what is it for? How do big ears help? Discover this and more while meeting a zoo animal at each class! Cost for the series is $40, zoo members get 10% off. More information and registration at: tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North

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

September 1 Sunday

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

September 2 Monday

LA 25: A 25TH ANNIVERSARY CELEBRATION
The Lemon Aid Project at Guthrie Green will feature Tulsa kids selling lemonade at a variety of lemonade stands, food trucks, live music and more. Proceeds benefit the Tulsa Day Center for the Homeless. Guthrie Green, 111 E. M.B. Brady St., 11 a.m.-5 p.m. thelemonaidproject.org

September 3 Tuesday

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

AVENGING BOOKLINGS: TEEN BOOK CLUB [FREE]
To celebrate Hispanic Heritage Month, read the award-winning book "Aristotle and Dante Discover the Secrets of the Universe" by Benjamin Alire Saenz and then join us for this lively discussion. For teens only. Owasso Library, 103 W. Broadway St., Owasso, 4-5 p.m. tulsalibrary.org

September 4 Wednesday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Schusterman-Benson Library, 3333 E. 32nd Pl., 10-10:20 and 10:30-10:50 a.m. tulsalibrary.org

YOUNG @ HEART BOOK CLUB FOR ADULTS [FREE]
Are you a parent, grandparent or educator looking for quality read-aloud books for the young people in your life? Would you like to meet with other adults and discuss one of this year's Children's Sequoyah books? Come for an afternoon of book discussion and exploration. This month's book is "The Story Collector: A New York Public Library Book" by Kristin O'Donnell Tubb from the 2020 Children's Sequoyah

list. Sponsored by the Friends of the Helmerich Library. Helmerich Library, 5131 E. 91st St., 4-5 p.m. tulsalibrary.org

September 5 Thursday

STORYTIME AT LINNAEUS TEACHING GARDEN [FREE, W]
Story Time will be held for children every Thursday from June through September. Older children who enjoy listening to stories read aloud are welcome to attend as well. You are encouraged to bring a blanket and personal snacks and drinks for your own children. After the reading, participants will move into the garden for a follow-up activity, feeding the fish, and fun in the barn. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 10-11 a.m.

SO YOU WANNA PODCAST? [FREE]
Come and learn how you can use the Audio Lab recording studio to create your own podcast. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 14-18. Central Library, 400 Civic Center, 4-5 p.m.

GREEN COUNTRY WATERCOLOR SOCIETY: MEMBERSHIP SHOW PUBLIC VIEWING [FREE]
Green Country Watercolor Society's annual Membership Show runs September 5-26 and showcases the works of 60-75 Green Country Watercolor Society members. The public is invited to view the show, meet the artists and enjoy refreshments on the evening of September 5 and may also view the show during The Hive's usual business hours, Monday through Friday, 9 a.m.-5 p.m. The Hive, 115 S. 1st St., Jenks, 6-8 p.m. greencountryws.com

September 6 Friday

STAR PARTY
Tulsa Botanic Garden and BA Sidewalk Astronomer are teaming up for some Night-Sky Viewing. There will be a sun scope for viewing until dark, and telescopes available for viewing the night sky (possible views of Jupiter and more). After the sun sets, there will be a photo opportunity with a moon projection for "Moon-Selfies" – complete with props! Make your own star charts and moon phase flip books and bring your own binoculars or telescope for night viewing, if you would like. Food truck and cash bar will be open from 7 - 10 p.m. Bring a blanket and hang out by the lake! Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-11 p.m. tulsabotanic.org

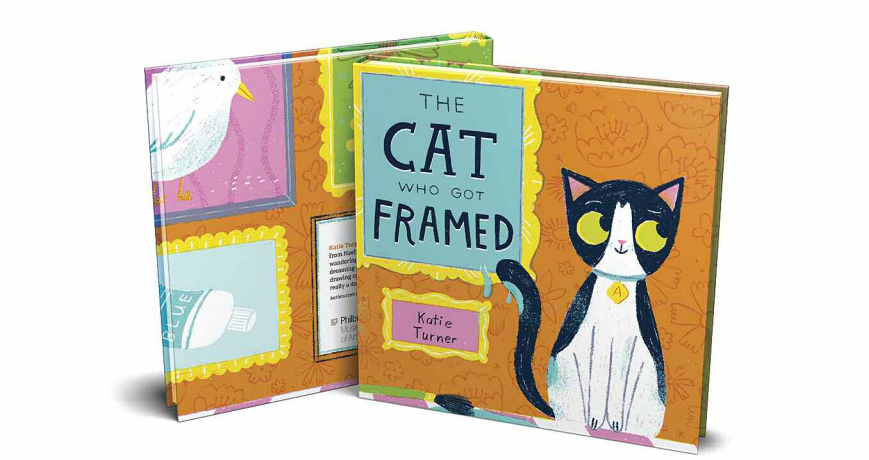
FIRST FRIDAY ART CRAWL [FREE]
Explore the Tulsa Arts District, enjoying free admission and extended hours at district galleries, as well as family friendly entertainment. Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

September 7 Saturday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE]
Hike amid centuries-old cedars and post oak trees, as well as a variety of wildlife. Bring comfortable shoes and remember, gates lock at 2 p.m.! Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

ITTY BITTY TRIATHLON
Sign up for the first Itty Bitty Triathlon at Whiteside! Athletes will participate in a run, water event and bike/trike event. Fun and prizes for all participants. Cost is $15 and includes shirt. Open to ages 3-5. Sign up online or at Whiteside. Whiteside Park, 4009 S. Pittsburg Ave., 10 a.m. cityoftulsa.org

GRANDPARENTS DAY PICNIC/PICNIC DEL DÍA DE LOS ABUELOS [FREE]
Everyone is welcome to come and celebrate grandparents with the library! Bring a blanket, your favorite book and stuffed animal friend to this Grandparents Day Picnic! There will be snacks and bubbles, but more importantly, reading and spending time with family and friends. Please call Jocelyn at 918-549-7593 with any questions. //¡Todos son bienvenidos a venir y celebrar a los abuelos con nosotros! ¡Vengan con una manta, su libro favorito y su peluche al Picnic del Día de los Abuelos! Tendremos bocadillos y burbujas, pero lo más importante es que nos vamos a divertir con nuestra familia y amigos mientras leemos juntos. Llame Jocelyn si tiene preguntas 918-549-7593. Martin Regional Library, 2601 S. Garnett Rd., 11 a.m.-12 p.m. tulsalibrary.org



Philbrook Museum just published its first children's book, featuring one of its beloved garden cats, Acer! Get a signed copy of "The Cat Who Got Framed" by Katie Turner at the book launch party on Friday, September 13. Stay afterwards for Philbrook's annual Internet Cat Video Festival. philbrook.org

LABAPALOOZA 2019 [FREE]
Food, Music, Family Fun and Fundraising! Lab Rescue Ok. Inc. is holding its largest annual fundraiser. Many breed rescues will have dogs available for adoption. The event will feature an amazing ONLINE silent auction and a silent auction at the event. Food trucks, live music, vendors, and a great cause. Guthrie Green, 111 E. M.B> Brady St., 11 a.m.-2 p.m. labrescue.net

September 8 Sunday

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

GRANDPARENT'S CELEBRATION [FREE]
In honor of grandparents, the Chickasaw Cultural Center is hosting its annual Grandparent's Celebration! Grandparent's will receive free admission to the Chikasha Poya Exhibit Center, as well as special discounts in the Aachompa' gift shops and the Aaimpa' Café. Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 12-5 p.m. (also 10 a.m.-5 p.m. on Saturday, September 7). Chickasawculturalcenter.com

September 9 Monday

JUST BETWEEN FRIENDS-TULSA [FREE]
Shop Just Between Friends-Tulsa's annual Fall and Winter Sale! Go to tulsa.jbfsale.com to see daily discount details, and enjoy low prices on high-quality, gently used items throughout the sale. Expo Square, 4145 E. 21st St., September 9-14 (Shop on Sunday, September 8, for $10 admission). See schedule at tulsa.jbfsale.com

GRANDPARENTS BOOT CAMP: COME AND UP YOUR GRANDPARENT GAME [FREE]
Can you name a Pokémon or know

the difference between a game rated T and M? Do you know what TLDR and other slang mean? Would you like to learn some fun crafts you can do with the kids in your life? Come and up your grandparent game at Grandparents Boot Camp! Helmerich Library, 5131 E. 91st St., 11 a.m.-12 p.m. tulsalibrary.org

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

September 10 Tuesday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Learn and enjoy songs, stories and activities that are just right for your little one at this lapsit storytime. For newborns to 2-year-olds and their caregivers. Hardesty Library, 8316 E. 93rd St., 10-10:20 a.m. tulsalibrary.org

IN THE MIDDLE: A KIDS READ BOOK DISCUSSION [FREE]
Bring your favorite manga or graphic novel to discuss together. Light refreshments are served. For ages 9-12. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 6-7 p.m. tulsalibrary.org

September 11 Wednesday

TEACHERS NIGHT OUT AT AHHA [FREE]
Calling all PreK–12 and college/university educators! Ahha Tulsa is pleased to host its second annual Teachers Night Out at the Hardesty Center. Enjoy refreshments, a prize raffle, hands-on activities, and special tours of ahha exhibitions and studio facilities. Best of all, admission for teachers and their families is FREE! To qualify, all educators must show their official school ID. ahha Tulsa, 101 E. Archer St., 5-8 p.m. ahhatulsa.org

September 12 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Owasso Fire Department Station 4, 11933 E. 116th St. N., Owasso, 1-3 p.m. safekidstulsa.com

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

TULSA MOMS DEMAND ACTION MEETING [FREE]
Join the Tulsa chapter of Moms Demand Action to learn how you can help demand sensible gun laws in Oklahoma. Feel free to bring a friend. See Facebook event page for RSVP information. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6:30 p.m. facebook.com/MomsDemandActionOK

September 13 Friday

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

GARDEN CAT BOOK LAUNCH
Join Philbrook for the launch of its very first picture book featuring the museum's famous garden cats! Perfectly timed to be the same night as Philbrook's annual Internet Cat Video Festival. Tulsa native and acclaimed author/illustrator Katie Turner will be here to sign copies. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. philbrook.org

September 14 Saturday

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

GRAND EXPERIENCE: ROYAL RENDEZVOUS
Revel in the majesty of a kaleidoscope of butterflies! Learn about monarch's long journey south while creating fun-filled memories that will last a lifetime. Grandchildren K-6 welcome. Grandparents can be any age. Registration is for one grandchild and one grandparent. $25 per class. More information and registration at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

SNOOZ-A-PA-ZOO-ZA FAMILY OVERNIGHT: WASHED ASHORE
Drift to the Tulsa Zoo and discover how the magnificent sculptures of Washed Ashore were created while spending the night! Let your creative tide flow while building your own Art to Save the Sea. Visit zoo animals, meet zookeepers, play games, roast marshmallows and more during this overnight for families with children 6 – 17 years old. Cost is $45 per person, zoo members get 10% off. More information and registration at: tulsazoo.org/overnights Tulsa Zoo, 6421 E 36th St. North

September 15 Sunday

FUNDAY SUNDAY [FREE]
The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

September 16 Monday

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

September 17 Tuesday

PAWS FOR READING [FREE]
Registered therapy dogs are excellent listeners. Elementary students are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Call 918-549-7323 to reserve your spot. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4:30-5:30 p.m. tulsalibrary.org

September 18 Wednesday

TEA PARTY: CELEBRATE GRANDPARENTS DAY! [FREE]
Bring your grandma and grandpa to the library and celebrate Grandparents Day with tea, light snacks, crafts and bubbles! For preschoolers and their grandparents. Broken Arrow Library, 300 W. Broadway Ave., 10:30-11:30 a.m. tulsalibrary.org

GNOME FAMILY FUN
Create a miniature garden gnome scene alongside your little! Each crafter will leave with their own small scene complete with a gnome, mushroom, rose, and butterfly, with the help of local artist Tiny Things by Bowen. Max of 2 children per adult, ages 8 and up. Pre-register. ahha Tulsa, 101 E. Archer St., 1-3 p.m. ahhatulsa.org

September 19 Thursday

FLIGHT NIGHT: BACK TO SCHOOL STEM EXPO
The Flight Night Back to School STEM Expo is a day for middle school students to experience



Do you sweat about screen time? Join TulsaKids Magazine and Valerie Larson-Howard, LCSW, for TulsaKids Live! on September 25, 6-7:30, at Southminster Presbyterian Church. Larson-Howard will discuss practical strategies parents can use when it comes to managing screen time with their kids. This event is free and open to the public, and free childcare is provided. facebook.com/tulsakidsmagazine

hands-on STEM activities. It's part county fair, part science fair, part job fair, and all fun! Expo Square, 4145 E. 21st St., 10 a.m.-1 p.m. tulsastem.org/stem-expo

CASINO NIGHT 2019: ROOMS WITH A HEART FUNDRAISER
This event raises funds and awareness for Rooms With A Heart Inc. Rooms With A Heart is a local nonprofit 501c3 organization whose principal purpose is to develop and construct customized rooms for critically ill children in the Greater Tulsa Area. Greenwood Cultural Center, 322 N. Greenwood Ave., 6-10 p.m. roomswithaheart.org

September 20 Friday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

September 21 Saturday

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

RHEA LANA'S OF SOUTH TULSA [FREE]
Shop hundreds of families at once and save 60-90% off retail prices! Since each item is inspected you can rely on us for HIGH QUALITY children's items at unbeatable prices! Rhea Lana's of South Tulsa's fall sale will take place September 21-28 at Woodland Hills Mall, 7021 S. Memorial Dr. See daily schedule at southtulsa.rhealana.com.

SOCON @ SOCO
This family friendly event is for everyone interested in comics, anime, gaming, cosplay, or related art forms. SoCON celebrates historic and ongoing contributions of comics to art and culture. A cosplay contest, vendors galore, gaming tournaments, and door prizes are some of the featured attractions. Potential vendors contact center staff. Sign up online or at location. South County Recreation Center, 13800 S. Peoria Ave., Bixby, 9 a.m.-5 p.m. parks.tulsacounty.org

MONARCHS ON THE MOUNTAIN: MIGRATION CELEBRATION! [FREE]
Celebrate the vital role eastern Oklahoma plays in the amazing Monarch butterfly migration! Enjoy activities and presentations including educational activities and crafts, tagging and releasing of Monarch butterflies, and native pollinator plants and milkweed available for purchase. Turkey Mountain, 6850 S. Elwood Ave., 10 a.m.-2 p.m. facebook.com/turkeymountain

COMMUNITY BABY SHOWER [FREE]
The fifth annual community baby shower is a FREE event for expecting mothers and parents of young infants. No registration required. You'll enjoy free food, games, prizes and gain valuable health information to keep your baby safe and healthy. Booker T. Washington High School, 1514 E. Zion St., 11 a.m.-2 p.m. tulsa-health.org

September 22 Sunday

RHEA LANA'S OF SOUTH TULSA [FREE]
Shop hundreds of families at once and save 60-90% off retail prices! Since each item is inspected you can rely on finding high-quality children's items at unbeatable prices! Daily, September 22-28. Woodland Hills Mall, 7021 S. Memorial Dr. See daily schedule at southtulsa.rhealana.com

September 23 Monday

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

September 24 Tuesday

TALK & TOUR TUESDAY [FREE]
Learn about what Youth Services of Tulsa is doing for youth in our community while touring their facility. Youth Services of Tulsa, 311 S. Madison Ave., 12 p.m. Register in advance at yst.org.

YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome at this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of the library's. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m. tulsalibrary.org

September 25 Wednesday

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

TULSAKIDS LIVE!: SCREEN-TIME STRATEGIES WITH VALERIE LARSON-HOWARD, LCSW [FREE]
If you asked parents about their top concern regarding their kids, you would hear two words: screen time. Since this is a new world for all of us, it's hard to know what to do. At this month's Tulsa Kids Live!, we will go beyond the scary headlines and discuss practical strategies for how parents can guide their families in rethinking the role electronic gadgets play in their lives.
Bio: Valerie Larson-Howard is a Licensed Clinical Social Worker with over twenty years of experience providing therapy to kids, teens and adults. For more information about her therapy practice, check out her website: valerielarsonhoward.com
TulsaKids Live! is a free, monthly Parents Meet-Up hosted by TulsaKids Magazine. These events are free and open to the public, and free childcare is provided! Southminster Presbyterian Church, 3500 S. Peoria Ave., 6-7:30 p.m. facebook.com/tulsakidsmagazine

September 26 Thursday

FRIENDSHIP PAINTING: BEST FRIEND PAINTING PARTY [FREE]
Spend time with your best friend painting complementing friendship pictures or a design of your own choosing. Supplies are provided. Registration is required. Sign up your favorite duo at the South Broken Arrow Library or by calling 918-549-7323. Sponsored by the Friends of the Helmerich Library. For ages 12-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4-5 p.m. tulsalibrary.org

DIG WITH A DIETICIAN [FREE]
During this class, participants will learn about all the changing of the seasons! They will get to learn more about all the fresh fall produce, what happens to vegetation when the seasons change, and plant fall crops. Ideal for ages 6-12. Broken Arrow Neighbors Community Garden, 322 W. Broadway Ave., 4:15-5:15 p.m. reasors.com

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

September 27 Friday

LOOKING FOR MORE? CHECK OUT OUR LIST OF SEPTEMBER SHOWTIMES!

September 28 Saturday

THERAPYWORKS 10TH ANNUAL TALENT SHOW
Applaud local talent and support a good cause at TherapyWorks' annual talent show! Plus, enjoy other family friendly entertainment. Faith United Methodist Church, 7431 E. 91st St., 9:30 a.m. facebook.com/therapyworkstulsa

ZOO INSIDER: MONARCH MIGRATION
The butterflies are coming! Teenagers will learn about these amazing migrators and their essential role as pollinators. Register at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

TINKERFEST [FREE]
Join Science Museum Oklahoma for a daylong celebration of curiosity and creativity!
Tinkering is a valuable form of learning powered by exploration and discovery. SMO's Tinkerfest will encompass the entire museum and grounds, bringing together makers, artists, crafters, engineers, and educators to showcase how their diverse skills converge. Science Museum Oklahoma, 2020 Remington Pl., Oklahoma City, 9 a.m.-4 p.m. sciencemuseumok.org

TEEN PROGRAM: BUTTERFLY GARDENING AND ROCK PAINTING
Butterflies are some of the most beautiful and interesting creatures on Earth and they make the world a little more colorful. In this workshop to learn why butterflies are beneficial and how to attract them to your yard. After touring the Linnaeus Butterfly Garden we will be guided in painting beautiful garden rocks to take home. This event is free for members of the Tulsa Garden Center and $5 for non-members. Tulsa Garden Center at Woodward Park, 2435 S. Peoria Ave., 1-3 p.m. tulsagardencenter.org

September 29 Sunday

STUDIO SUNDAYS [W]
Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer St., 12-7 p.m. ahhatulsa.org

September 30 Monday

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

SCARECROWS WANTED!
Tulsa Botanic Garden is inviting families, youth organizations, schools, non-profits, businesses, artists – really anyone – to create a scarecrow for their annual Scarecrows in the Garden display during Autumn in the Garden, Oct. 3 to Nov. 3. "Think outside the overalls" to create a unique and fun scarecrow to add to the festival. Prizes include a People's Choice award, voted on by Garden visitors, and Best in Show. Registration deadline is September 20 with drop-off starting September 26. For more information visit tulsabotanic.org or call 918-289-0330.



GET MOVING FOR A GOOD CAUSE:

September is Childhood Cancer Awareness Month. According to the American Childhood Cancer Organization, 15, 780 children ages 0-19 in the United States are diagnosed with cancer each year. If you'd like to help organizations supporting those affected by childhood cancer, consider participating in the Gold4Kids Walk & 5K on September 7 or the St. Jude Walk/Run Tulsa on September 21.

Beyond these, there are a number of athletic events benefiting nonprofits this month. Find details below:

GOLD4KIDS WALK & 5K
When: Saturday, Sept. 7; day-of registration begins at 7:30 a.m.; activities begin at 8 a.m., and the 5K and 10K begin at 8:30 a.m.
Where: River West Festival Park, 2100 S. Jackson Ave.
The Gold4Kids Walk and 5K is an event for the entire family! It is more than just a walk and race as we pause to honor our local childhood cancer fighters and survivors and remember the ones who have been taken. What better way to honor kids than to have lots of fun activities for the entire family? Food, entertainment, games, and music will all be a part of the festivities. Learn more at gold4kidstulsa.org.

ST. JUDE WALK/RUN TULSA
When: Saturday, September 21, 8 a.m.
Where: ONEOK Field, 201 N. Elgin Ave.
This event raises money for the kids of St. Jude, where families never receive a bill for anything. Timed 5K or 1 mile fun run options available. fundraising.stjude.org/



Hip Mom Hits the Books

BY JILL VANTREASE

I have a recurring dream - well, really a nightmare: I am wandering around my college campus, lost in some way. Either I can't find the class I'm supposed to go to, or I can't figure out what classes I need to graduate, or I can't figure out what homework is due, or I've missed a deadline for a paper. Or I can't find the classroom for the final. I wander around in a panic, horrified and ruing the mess I've made of my life. And the worst: PVT is not my husband, but just a casual boyfriend who's "just not that into me." Terrifying!

Then, recently, after watching my son and his friend struggling over their summer calculus packets, I had a dream - nightmare! - that I was back in calculus, trying to solve a math problem over and over that I couldn't get right. From all of these dreams, I wake up very happy and relieved that I am no longer in school. Unfortunately for our children - and happily for us - the kiddies are BACK in school! And as I'm so fond of telling them when they ask for excessive help with their homework, I gloat: "I already finished (first) (third) (eighth) (whatever) grade. I don't have to figure that out, but you do." Aren't I rotten? And I'm going to continue gloating throughout the school year because guess what? When you're a mom, you can take classes for fun! And, fortuitously, Tulsa



FOOLISH THINGS.

seems to offer a class for just about anything that intrigues you. Here's an incomplete roundup:

COOKING:

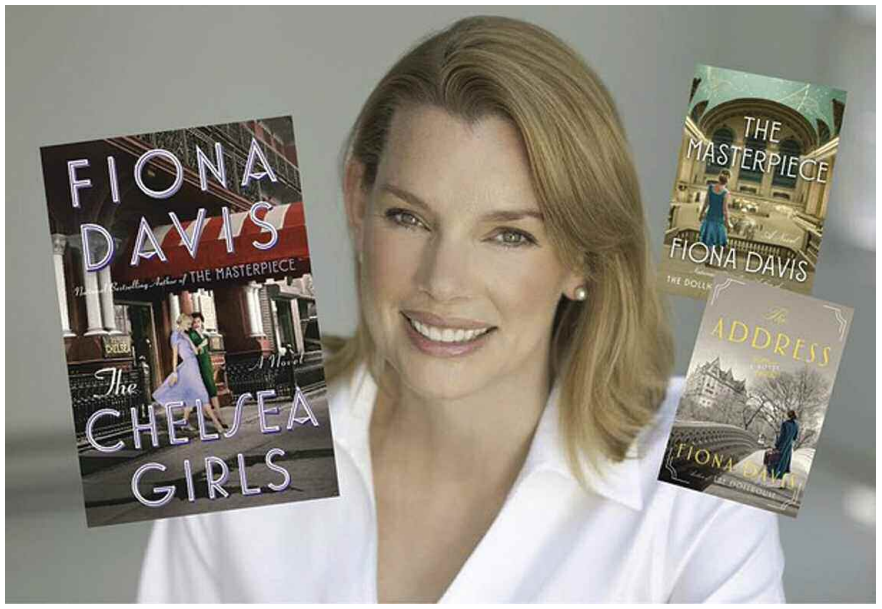
The Girl Can Cook Cooking School in the darling Rose District in Broken Arrow hosts an amazing array of hands-on cooking classes, from "All Kinds of Kabobs," "Hawaiian Luau," "Spanish Tapas Party," to "Happy Birthday Julia Child," and "Wine Tastings with Small Bites." All of the classes involve preparing three or four courses under Chef Candace Connolly's brusque, no-nonsense but lots of fun tutelage. Plus, there are wine pairings with each course! I've been to several classes, both with a friend and PVT, and had a great time while learning new but practical cooking tips. (Did you know you don't really need to bother washing fresh herbs?) I also learned a lot about grilling -- usually the provenance of the male types. Sign up for one of her classes today -- either with friends or a date. (Side note: Candace has just launched a podcast called "Not a Single Fork." It's full of cooking tips and tricks, and makes people like me in a cooking rut excited to get back into the kitchen. She has a great camaraderie with her co-host, Natalia. There is cussing, so you might want to listen with earbuds, but somehow the cussing is hilarious - it just works!)

COCKTAILS:

Yes, even drinking can be a class! Isn't being an adult great? The Vault hosts monthly cocktail classes featuring a seasonal cocktail, where you learn about the spirit, how to mix certain drinks -- plus you'll get some hors d'oeuvres pairings. So much fun! Well, I think they are. I'm always on the waitlist. I've been on the "Vodka" waitlist, the "Farmer's Market Cocktail" waitlist, and the "Tiki" waitlist. Blast it! One of these days I'll get in.

Another fun and tipsy option: Foolish Things Bar and Biscuit hosts flower arranging classes, and provides you a signature cocktail while you're designing your masterpiece! I suppose

continued next page



MAGIC CITY.

you wouldn't want to attend a cocktail class where you were also, say, installing a car seat, but a little drink probably fuels those floral-decorating juices. And, of course, Pinot's Palette is the granddaddy of tipsy creativity: Their classes are a great way to relax, play with color, paint with friends, and, with some wine, you won't care if your picture rivals a Van Gogh or not.

BOOKISH SMARTY PANTS THINGS:

Magic City Books hosts the most stimulating literary salons since probably Frenchies in 19th century Paris. Jeff Martin somehow procures big name authors to little old Tulsa, and the gatherings make me feel like I have a brain again. I have a fabulous time at "Meet Fiona Davis: Drinks, Design, Discussion."



GIRL CAN COOK.

Fiona Davis is the author of, most recently, "The Chelsea Girls," a novel about two women in NYC at the iconic Chelsea Hotel during the tense period of McCarthyism. It's so fun to hear about the author's fascinating background in journalism and her leap to historical fiction, her writing process, New York City -- my flabby brain is so happy to be peppered with all these new thoughts! Magic City's calendar is impressive. Just this fall, there's a midnight release party with Margaret Atwood (of a "Handmaid's Tale"!), an evening with Salman Rushdie (yes, the real one!), Celebrating Meryl Streep (!), and an evening with Delia Owens (of the hit novel "Where the Crawdads Sing"). What great opportunities to read books for fun and discuss them just to dig into stories, life, and love a bit more, instead of having to read for an A in Language Arts.



VAULT.

ACTUAL REAL-LIFE SKILLS:

If you actually want to learn a new skill with real-world application -- say, knitting, or car repair, or personal finance, or how to take a decent picture -- various community education classes around town are ideal resources. Where I live, Jenks Community Ed provides a smorgasbord of offerings for all kinds of interests. From jewelry making to Tae Kwon Do, there is something for everyone to learn. And if you really want to pull out the big guns, enroll at TCC. They have a continuing education program where you can learn anything from Graphic Design to Art Therapy. Now, you can actually earn degrees at TCC, so this is getting dangerously close to real school. But you don't have to do that! You can just take a class or two. I've enrolled at TCC -- a ridiculously easy online process -- with the hopes of taking a creative writing course, just for the joy of it. We'll see if I can find a class schedule that suits me -- they even have courses online!

So get back to school, mama. This time, just for fun!



BY NATALIE MIKLES

back-to-school breakfasts to power kids through the morning

On the weekends, it's fun to go all out for breakfast.

That's when we have time to flip an omelet, make French toast and sizzle bacon.

But when the kids are back to school, breakfast is more likely to be a bowl of cereal, a cup of yogurt or a frozen waffle. And there's nothing wrong with that. But kids appreciate a change from their typical breakfasts. And some kids really need the change.

My son would eat bowl after bowl of cereal if I would let him. But the refined grains in cereal cause a quick spike in blood sugar. So some cereals may satiate at first, but by the time the morning bell rings, kids are hungry all over again. Whole grains are better for breakfast since they help a child to remain full for longer. A combination of whole grains, fiber and protein help keep tummies full all the way to snack or even lunchtime.

Also keep in mind that our kids are growing. Growth spurts are real, and there are times our toddler or teen needs more food than other times. If our kids are full after a few bites of yogurt and toast, let it be. Soon enough they're likely to want more. And when they do, be ready with some healthy breakfast foods. Our recipe for homemade instant oatmeal mix has dried fruit and nuts to hold back hunger. Or make a bunch of silver dollar pancakes and keep them in the freezer for a quick morning treat.



ADD NUTRITIONAL PUNCH TO HOMEMADE INSTANT OATMEAL WITH CHOPPED NUTS AND DRIED FRUIT.

For some kids, a light breakfast isn't enough. If breakfast is your kid's favorite meal, make something more substantial like a breakfast bagel sandwich. Our version uses Canadian bacon and provolone cheese, but it's also great with spinach and cheddar cheese or sausage and pepper jack cheese.

Whether breakfast is the most important meal of the day is debatable, but there's no doubt it gives kids the fuel their brains need to diagram sentences, remember their multiplication tables or sing their ABC's.

Packages of instant oatmeal are great for quick breakfasts, but can have lots of added sodium, sugars or unpronounceable ingredients. If you want to know every ingredient that's going into that oatmeal, try making your own.

HOMEMADE INSTANT OATMEAL MIX

Serves 1

- 1/2 cup quick oats
- 2 teaspoons dried milk powder
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1/8 cup nuts or seeds (almonds, crushed walnuts, pumpkin seeds)
- 1/8 cup dried fruit (cherries, cranberries, raisins)

1. Combine ingredients in a small plastic bag. Seal bag, and it will be ready to use any time you want oatmeal.

2. When ready to cook, place ingredients in a small bowl. Add 1 cup boiling water, stirring to combine. Let oatmeal sit a minute or two before eating.

Wrap these sandwiches in aluminum foil, and hand to the kids as they run for the school bus.

QUICK BREAKFAST

continued next page

BAGEL SANDWICH

Serves 4

- 4 eggs
- Salt and pepper, to taste
- Dash of hot sauce
- 4 slices Canadian bacon
- 4 plain bagels, split
- 4 slices provolone cheese

1. Crack eggs into a bowl, and whisk thoroughly. Add salt, pepper and hot sauce. Add mixture to a nonstick saute pan, cooking over medium heat until eggs are set. You can cook these as scrambled eggs, or cook it more like an omelet, and then cut into pieces to fit each bagel.

2. Warm Canadian bacon in skillet or microwave until warmed through.

3. Toast bagels. Place slices of cheese, Canadian bacon and eggs on each bagel bottom. Top with bagel top. Keep warm by wrapping tightly in aluminum foil until serving.

These little silver dollar pancakes, adapted from the book Good Food for Kids, are just the right size for little ones. If you don't have time for the mess of butter and syrup, spread them with peanut butter or apple butter. If you have kids who prefer a perfectly smooth texture, whirl the oats in a food processor before adding to mixture.

SILVER DOLLAR OAT PANCAKES

Makes 16 small pancakes

- 1/2 cup all-purpose flour or white whole-wheat flour
- 1/2 cup quick-cooking oats
- 1 1/2 teaspoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 3/4 cup buttermilk
- 1 teaspoon vanilla
- 1/2 cup cinnamon applesauce
- 2 tablespoons butter, melted

1. Combine dry ingredients in a large bowl.

2. In a small bowl, whisk together the egg, buttermilk, vanilla, applesauce and butter. Stir into dry ingredients, just until moistened. Overmixing will give you dry pancakes.

3. Pour batter by 2 tablespoonfuls onto a hot griddle. Turn when bubbles form on top. Cook until second side is golden brown.

To freeze pancakes: Allow to cool. Wrap each pancake in plastic wrap, then place each in a plastic freezer bag. When ready to use, place on a baking sheet and bake at 400 degrees for 4-6 minutes or until heated through.

Smoothies are a favorite of many kids. Here are a couple to add to your breakfast rotation.

CHOCOLATE BANANA SMOOTHIE

Serves 1

- 1 cup chocolate Greek yogurt
- Splash of milk (plain or chocolate)
- 2 tablespoons cocoa powder
- 1 banana, sliced and frozen
- 2 teaspoons honey

1. Blend all ingredients at high speed until smooth.

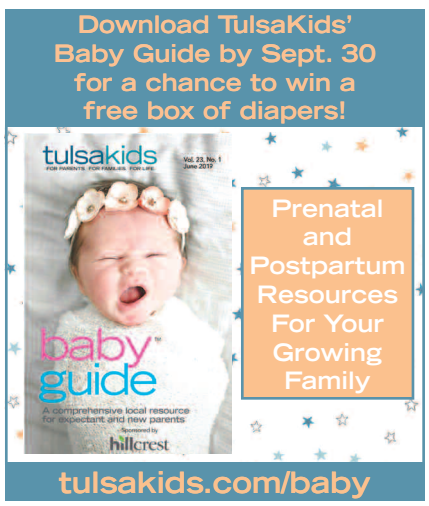
PINEAPPLE MANGO SMOOTHIE

Serves 1

- 1/2 cup milk
- 1 cup Greek yogurt
- 1/4 cup fresh squeezed orange juice
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 2 teaspoons honey

1. Blend all ingredients at high speed until smooth.









BY NATALIE HANSON

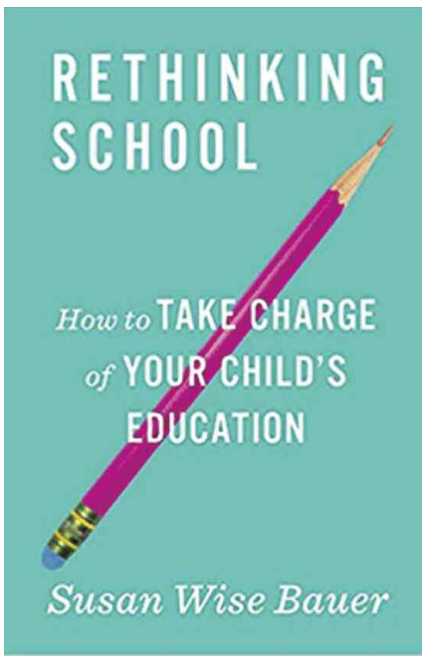
Rethinking School made me rethink my approach

For the first few years of homeschooling I would read every book I could find on the topic, eager to soak up any information on my new endeavor. Now, after almost 10 years of homeschooling, it is becoming rare to feel freshly inspired by a book on the subject, which is why I was pleasantly surprised by how invigorated I felt after reading *Rethinking School*, the new book by Susan Wise Bauer. This book challenged me to dig deeper into what the school experience is, what it could be, and what that means for our children. If you are familiar with Bauer, it is most likely from her best-selling book on classical education at home, *The Well-Trained Mind*. I assumed her new book would be in the same vein, but I was wrong. In fact, it turns out that it's not even really a homeschooling book at all. This is a book about how to help your child get the most out of their school experience, whatever that may be.

One of the ideas discussed in the book that got my wheels turning was Bauer reminding us that school as the K-12 system as we know it, in the home or traditional setting, is just that, a system. It is a system that has been created over time to fill certain roles. She gives a little history of how it has become what we know today, then challenges the reader to think hard about the specific needs you want school to fulfill for your child. She asks you to try and come up with your ideal version of how each of those different needs could be met, and I found this exercise enlightening! It made me realize how much we expect out of school. It is not just learning, but responsibility, socialization and personal growth, to name a few. It was good food for thought to try to make those delineations in order to make sense of what is and isn't working within the system to serve those needs. Even in the home education community, we can become so accustomed to doing things a certain way that becomes hard to reshape the box when necessary. She then goes on to explain ways to work within the school system by coming alongside teachers in constructive ways to achieve results. I appreciate how Bauer remains adamantly clear on how important it is to respect teachers as professionals, giving specific examples of how to do this while still advocating for your child.

> "Bauer gives parents permission to question things that they are not sure are best for their child, with standardized testing being a big one. Interestingly, her reference for this was the two teachers in Tulsa who refused to give the standardized tests to their students and lost their jobs."

Throughout the book, Bauer gives parents permission to question things that they are not sure are best for their child, with standardized testing being a big one. Interestingly, her reference for this was the two teachers in Tulsa who refused to give the standardized tests to their students and lost their jobs. Bauer explains that participating in standardized testing is rarely actually required, and lays out the options for how to handle it best for your child. Reading this reminded me that parents really do have power, especially when armed with the right information, to stand together for change when it is needed.

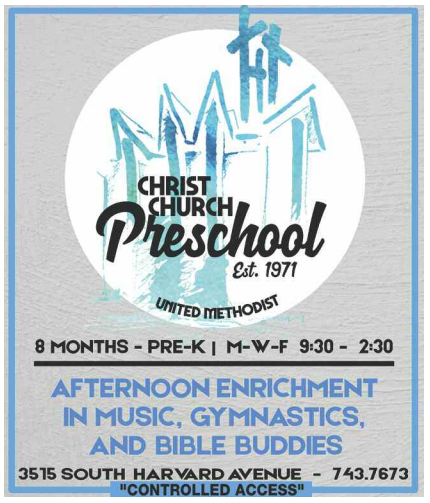


I wanted to share this book with you because it comes from a

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place that can be tricky to navigate in the homeschool world. I may homeschool my children because I think is the best thing for my family, but I love school and think all of our children deserve the best we can give them. This book encouraged me that we can take steps to address the long-term problem of school reform, by engaging in what needs to be reformed in our own children's schooling experience. As they say, knowledge is power, and *Rethinking School* left me feeling powerful. Powerful in my choice to homeschool, and powerful that each of us can work towards better education as a whole, by rethinking what it is and what it could possibly be, starting with the children we know best.











BY NANCY A. MOORE

Christie Matthews: helping children and adults stay connected

Christie Matthews' career in special education has spanned over 20 years. During that time, she witnessed first-hand the struggles parents and caregivers experienced with special needs kids unable to verbally convey necessary information when they were separated from their loved ones. After many years of hearing similar stories, Christie decided to tackle the problem by developing a product for kids that would allow them freedom to safely explore within set boundaries while providing peace of mind for the adult caring for them. With help from a local technology expert, she devised a solution known as K8ebands, www.K8ebands.com (pronounced "Katy" bands).



Getting to know Christie

TK: Tell us a little about your background.

Christie: I have worked with children in education for 20 years – most of those years have been working with special needs and autistic children. I love working with kids, and I understand children with special needs. It's always been my dream to make the world a better place for those children to grow up.

TK: How did you become interested in developing a product for kids with special needs, specifically those on the autism spectrum?

Christie: I was working with "K8e" (not the child's real name) a couple of summers ago and her family went on vacation to a popular waterpark. She had not really been one to venture off, but on that day, she did. Her grandparents were frantically looking for her and after 12 long minutes, she was eventually found safe. She had ventured off and was unable to verbally express vital information about her grandparents to the lifeguard who found her. After hearing that story, I began thinking about a way she could experience the fun of the water park while being protected. This was the beginning of my interest in developing a product that could help all kids, especially autistic kids like K8e.

TK: What is the company's Mission Statement?

Christie: "Offering all children the freedom to run, play, grow, and explore, while allowing parents peace of mind." I wanted the Mission Statement to relate that we have so much to offer our children -- parks and museums to explore, going outside to catch lightening bugs and going on family trips – children with special needs need to be able to explore the world, and parents

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want to be able to offer all of this to their children while staying connected.

TK: Who can use this product?

Christie: This product was developed with special needs, and autistic children in mind, but it has become popular for kids and adults – anyone who might wander off. I recently became aware of an added benefit. It can be strapped to a car seat and will notify an adult if they accidently leave their child in the car.

TK: What are some of the major benefits of using the product?

Christie: Users can set a safety perimeter for the child and be alerted if the child extends outside of that perimeter. When time is on your side, you can quickly lay eyes on a child that is still at a safe distance. Each band has a water feature – if it becomes submerged in water, you are notified immediately. Additionally, I developed a special key that is needed to remove the product, so it cannot easily be removed by the child or a would-be abductor.

TK: Describe how K8ebands work:

Christie: It is very simple to use. The adult has a K8ebands watch or app and can link as many children as they would like. The watch provides a 30-feet safety perimeter and the app provides a little more – up to 100 feet of safety perimeter. If the child ventures outside the safety zone set up by the adult, the watch has an immediate alarm sound and lights up. The 30-feet circular zone provides an easy way to visually see the child if you turn around 360 degrees. If you don't see the child, you can start moving until you see the distance getting smaller as you approach the child.

TK: It has been less than a year since the product was launched. Have you heard any success stories from those using it?

Christie: We have heard back from numerous parents and adults thanking us for developing this product. It definitely provides parents a safety barrier and peace of mind for those using it.

TK: How can people find out how to work the product?

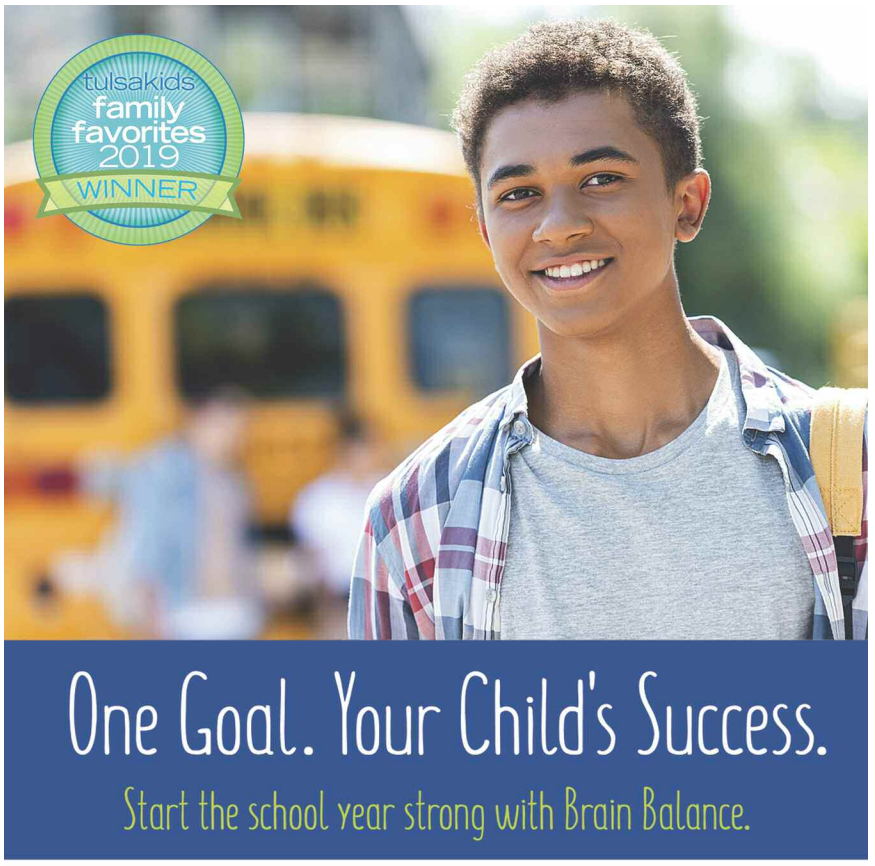
Christie: We provide step-by-step tutorials on video available through our Facebook page.

TK: What's next for K8ebands?

Christie: We want to enable kids to grow up being a kid – able to explore, travel and enjoy the outdoors. We have several other products in the design phase to help adults provide the fun while keeping safety as the utmost concern.

Final Thoughts

Christie: We live in an amazing world. There is no reason why we can't allow children to experience all the world has to offer while keeping them safe. That's what is all about.



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PMA PARENTING MEDIA ASSOCIATION

(GFK MRI)

Family Friendly Fall Festivals



GET YOUR KICKS AT GREEK 66! THE THEME OF THIS YEAR'S ANNUAL GREEK FESTIVAL IS "GREEK 66—THE BEST LIL STOP IN OPA!HOMA." LEARN MORE ABOUT THIS TULSA FAVORITE AT TULSAGREEKFESTIVAL.COM.

TULSA'S GREAT RAFT RACE
When: Monday, September 2
Where: River West Festival Park, 2100 S. Jackson AvE.
Watch Tulsa-area businesses and organizations float down the Arkansas river in homemade rafts while enjoying a Finish Line Festival, complete with sand castle-building contest, local music, inflatables, yard games, food trucks and more! tulsaraftrace.com

BLUEGRASS & CHILI FESTIVAL
When: September 6-7
Where: Historic Downtown Wagoner, OK
The 40th annual Bluegrass & Chili Festival is free to attend and features two days of live music, food, shopping and more! bluegrass-chilifest.com

INTERNET CAT VIDEO FESTIVAL
When: September 13, 6-10 p.m.
Where: Philbrook Museum, 2727 S. Rockford Rd.
Meow's the time. Get ready for the Internet Cat Video Festival, airing in the Philbrook Gardens! This notorious offline celebration of online cats, co-hosted by Philbrook Director Scott Stulen, features the best cat videos the internet has to offer. philbrook.org

SCOTFEST
When: September 13-15
Where: Broken Arrow Events Park, 21101 E. 101st St., Broken Arrow
ScotFest is the Tulsa area's annual celebration of Scottish culture, including Highland games, live music, Highland and Irish dance, kids activities, vendors, etc. okscotfest.com

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MISFEST
When: Saturday, September 14
Where: Guthrie Green, 111 E. M.B. Brady St.
MisFest highlights the talents of local female musicians and other women in the music business with a day of free music. Special guest KT Tunstall headlines. misfest.com

TULSA GREEK FESTIVAL
When: September 19-22
Where: Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.
Opa! Celebrate Greek culture with cultural demonstrations and displays, Greek food, vendors and more! tulsagreekfestival.com

FESTIVAL AMERICAS
When: September 21, 4-10 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Festival Americas is a free multicultural festival that celebrates the rich culture and heritage of Latin America with live music, dance performances, food trucks, tequila garden, art marketplace and much more! Don't miss an unforgettable night that will include a special presentation by three-time Grammy Award-winning band Ozomatli! guthriegreen.com

TINY PORCH FESTIVAL
When: September 21, 3-8 p.m.
Where: Owen Park Neighborhood
Tiny Porch Festival is a free community event showcasing local music, food and drinks on the front porches of the historic Owen Park neighborhood. facebook.com/tinyporchfestival

TULSA STATE FAIR
When: September 26-October 6
Where: Expo Square, 4145 E. 21st St.
The Tulsa State Fair is the ultimate family friendly event, featuring live performances (including Disney on Ice), carnival games and rides, a kids activity building, petting zoo, vendors and of course, deep-fried fair food! Visit tulsastatefair.com for more information.

Follow our Bloggers on Instagram!

@coffeenebulakristi



Coffee Nebula by Kristi Roe Owen

@jkerckhoff

Tulsa Times Two by Jen Kerckhoff



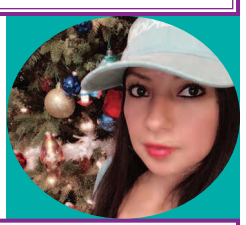
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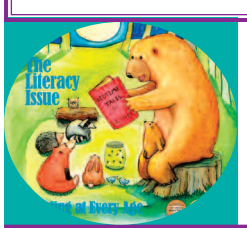
Grand Life by Diane Morrow-Kondos

@lilly_en_oklahoma_vlog

Lilly en Oklahoma Vlog by Liliana Sproul



@bettyselakovichcasey1



Editor's Blog by Betty Casey

@peppermint_squeak

Spaghetti on the Wall by Tara Rittler



@tulsakids

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September Showtimes



THE COMPANY OF LES MISÉRABLES PERFORMS "ONE DAY MORE." Photo by Matthew Murphy

POPS-THE WONDERFUL WIZARD OF OZ
WHEN: SEPTEMBER 6 AND 7, 7:30 P.M.
WHERE: VANTREASE PACE, 10300 E. 81ST ST.
Follow the yellow brick road and defy gravity on a musical journey somewhere over the rainbow. Relive the Wonderful Music of Oz with selections from Broadway's Wicked, The Wiz, and Hollywood's The Wizard of Oz with Scott Coulter and a trio of New York's top vocalists. signaturesymphony.org

SYMPHONY IN THE PARK
WHEN: SEPTEMBER 6, 7:30-9:30 P.M.
WHERE: GUTHRIE GREEN, 111 E. M.B. BRADY ST.
Join the Tulsa Symphony to celebrate music, family, and our wonderful city with this classic Tulsa tradition. Bring your picnic, enjoy the park, and hear an appealing program of pops and light classics. This evening is completely free and culminates in a spectacular fireworks finale in front of the beautiful Tulsa skyline. tulsasymphony.org

CREATIONS IN STUDIO K
WHEN: SEPTEMBER 12-14, 19-21, 7:30 P.M.; SEPTEMBER 14-15, 21-22, 2:30 P.M.
WHERE: TULSA BALLET'S STUDIO K, 1212 E. 45TH PL.
Creations in Studio K is known for commissioning incredible works from the most in-demand choreographers in the world. This year's production features works from Ma Cong, Garrett Smith and Val Caniparoli. tulsaballet.org

JOJO SIWA
WHEN: SEPTEMBER 20, 7-8 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
JoJo Siwa brings her D.R.E.A.M. tour to Tulsa, along with special guest The Belles. bokcenter.com

PROJECT ALICE
WHEN: SEPTEMBER 20-21, 8 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Portico Dance Theatre celebrates its 10-year anniversary with a re-staging of its inaugural production, Project Alice, a contemporary dance interpretation of Lewis Carroll's Alice's Adventures in Wonderland and Through the Looking-Glass, and What Alice Found There, set in two acts. The production is an exciting dance interpretation of the classic tale with pieces in jazz, ballet, modern, stage combat and aerial performance. Project Alice will appeal to adults and children alike. porticodance.org

LES MISÉRABLES
WHEN: SEPTEMBER 24-26, 7:30 P.M.; SEPTEMBER 27, 8 P.M.; SEPTEMBER 28, 2 AND 8 P.M.; SEPTEMBER 29, 1 AND 6:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Set in early 19th-century France, Les Misérables tells an enthralling story of broken dreams, unrequited love, passion, sacrifice and redemption. Stirring songs such as "I Dreamed a Dream," "One Day More" and others make Les Miz one of the world's most popular musicals. Presented by Celebrity Attractions. tulsapac.com

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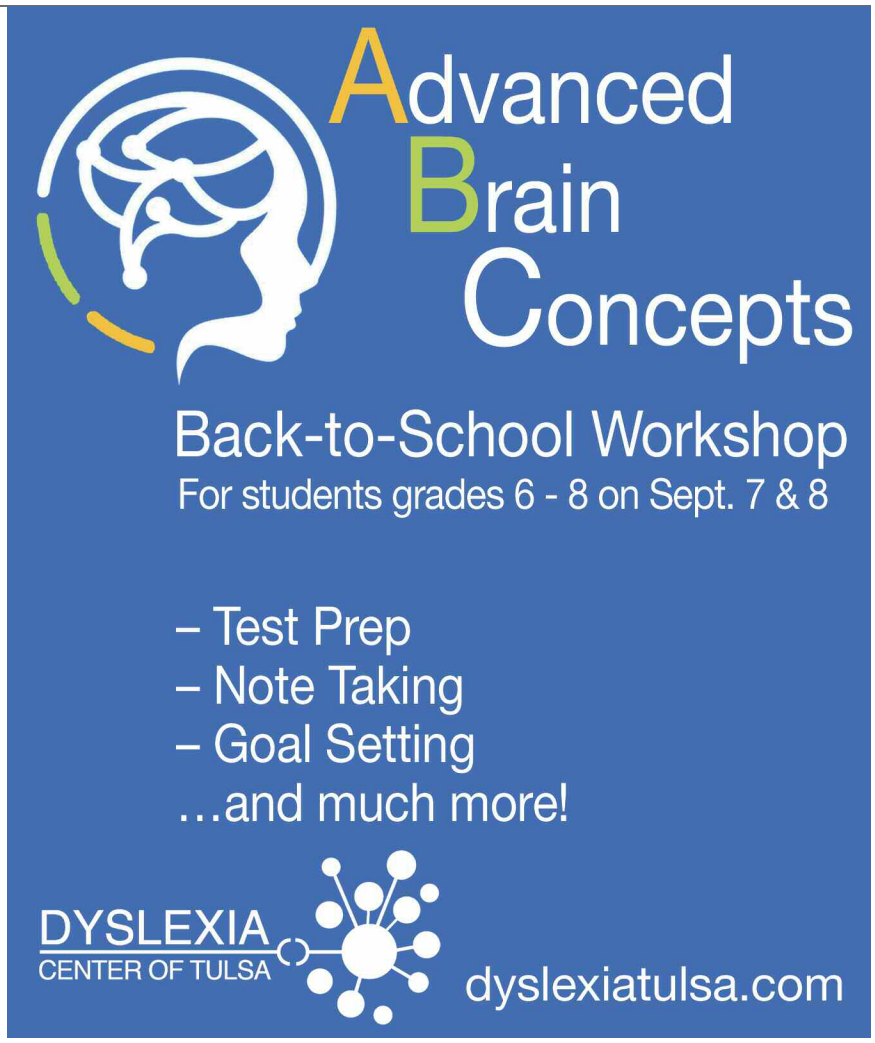
FALL INTO WONDERLAND WITH PORTICO DANCE THEATRE! PORTICO DANCE THEATRE IS CELEBRATING ITS 10-YEAR ANNIVERSARY BY REPRODUCING ITS INAUGURAL PRODUCTION, "PROJECT ALICE." DETAILS AT PORTICODANCE.ORG.

DISNEY ON ICE: MICKEY'S SEARCH PARTY
WHEN: SEPTEMBER 26, 7:30 P.M.; SEPTEMBER 27-28, 11:30 A.M., 3:30 P.M. AND 7:30 P.M.; SEPTEMBER 29, 10:30 A.M., 2:30 P.M. AND 6:30 P.M.
WHERE: EXPO SQUARE, 4145 E. 21ST ST.
Mickey's Search Party includes appearances by your favorite Disney characters, including Miguel from CoCo, Moana, Woody and Buzz, Elsa and more! disneyonice.com

MISS NELSON HAS A FIELD DAY
WHEN: SEPTEMBER 27, 9:30 A.M., 11:30 A.M. AND 7 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Return to Horace B. Smedley School where the Smedley Tornadoes have never won a football game. In fact, they have never even scored a single point! With such a poor record and a team that is out of control, kindhearted Miss Nelson comes to the rescue, enlisting the help of her alter ego, the ill-tempered Miss Viola Swamp, to coach the team and whip them into shape. Part of the Imagination/Young at Art series. tulsapac.com

PETER AND THE WOLF
WHEN: SEPTEMBER 27, 10 A.M. AND 11:45 A.M.; SEPTEMBER 28, 2 P.M.
WHERE: TULSA BALLET'S STUDIO K, 1212 E. 45TH PL.
The Hardesty Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans. This theatrical ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. tulsaballet.org

JONAS BROTHERS
WHEN: SEPTEMBER 29, 7:30 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
Jonas Brothers bring their Happiness Begins Tour to the BOK Center, along with special guests Bebe Rexha and Jordan McGraw. bokcenter.com





BY TORI HAMILTON, MELODY PALMER, AND LAURA RAPHAEL, TULSA CITY-COUNTY LIBRARY

what is moral and what is story?

GREAT BOOKS THAT HELP YOU EXPLORE MORAL ISSUES WITH YOUR CHILDREN

Introducing moral issues in children's books has a long – and not always good – history. Often, the moral is too obvious and the story bland. Presenting an engaging story is ignored at the expense of getting across the moral precept.

Fortunately, some books do both. We have rounded up a few books that manage to pack a powerful punch about a variety of moral issues without sacrificing appealing characters, interesting situations or surprising stories.

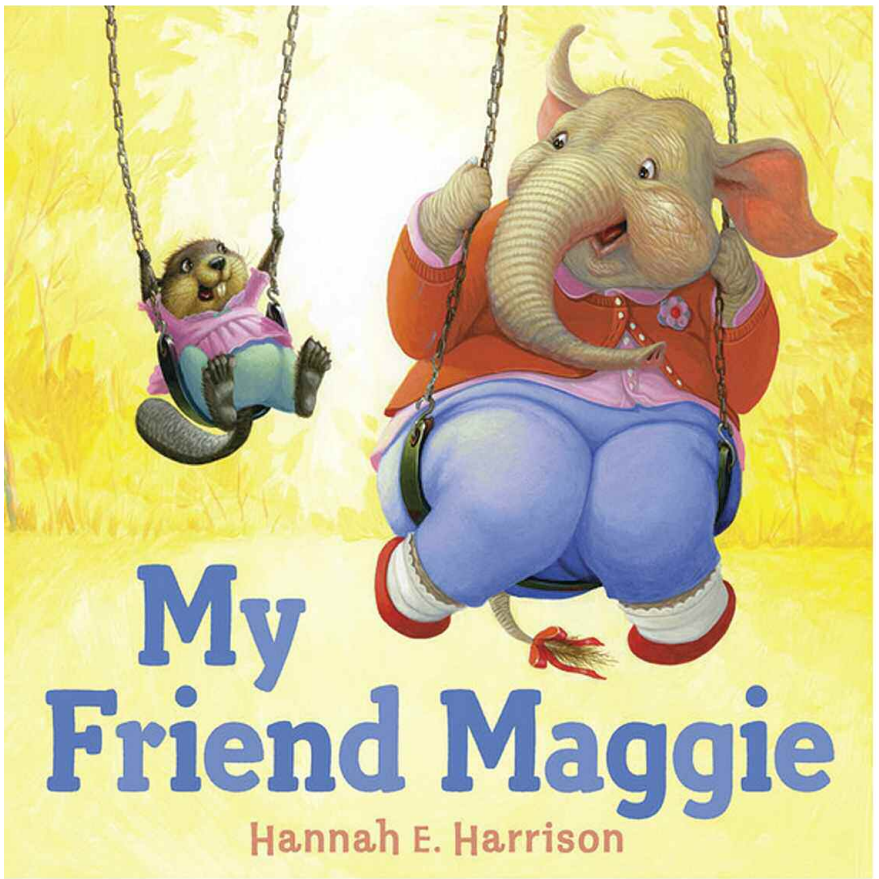
Consider using them as a way to have conversations with your children about the issues they bring up.

Strictly No Elephants *written by Lisa Mantchev and illustrated by Taeeun Yoo*

A young boy and his pet, a tiny elephant, share walks and books. Like any pet owner, the boy must find ways to care for and protect his beloved animal friend. One day, the boy decides to take his elephant to Pet Club Day so he can meet other pet owners and not be so lonely.

He is thwarted by a sign.

While the sign says "Strictly No Elephants," the boy discovers it's not just elephants that are not allowed in the Pet Club - neither are skunks, or giraffes, or pigs, or hedgehogs.



The answer is to start their own club, open to all pet owners! The final pages, which shows a gleeful assortment of children and their unusual pets (a penguin, a bat, even a hammerhead shark), reasserts the friendship message in a sweet way that nevertheless takes a back seat to the story. - Laura Raphael, MLIS, Children's Services Coordinator, Tulsa City-County Library

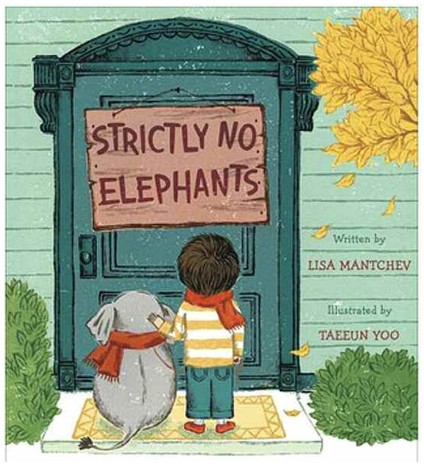
One *written and illustrated by Kathryn Otoshi*

In this book, colors come to life. Blue, a quiet color, is constantly picked on by Red. Though the other colors see the mistreatment, no one speaks up. But every time Red is mean, he grows bigger and bigger. Soon, Red is so big that all the colors are afraid of him. Red's bullying only stops when One comes along and teaches the colors to stand up for themselves.

Though the illustrations consist entirely of simple bright colors against a white background, it's amazing how much emotion the story manages to convey. The text focuses on emotional words, describing the colors' feelings so that readers can identify with them even though the colors have no facial expressions, while the colors themselves are portrayed as dynamic spots whose lines shrink and expand in response to those feelings.

And there are a lot of feelings to consider here, some of them quite complicated for such a brief story. Blue has done nothing to deserve Red's bullying. The other colors quite like Blue, yet none of them act to stop the abuse, showing how even when someone knows that something is wrong, sometimes it's hard to find the courage to speak up. It's also important to note that Red is not portrayed as a villain here. At the end, the other colors accept

continued next page





him back into their group when he is remorseful for his actions and it is Blue himself who urges their forgiveness.

One shows that one person can make a difference, that children have the power to speak up against bullying, to forgive and befriend, and that children who may not realize their actions are bullying or hurtful have the power to change. - Tori Hamilton, MLIS, Children's Library Associate, Glenpool Library

***My Friend Maggie** written and illustrated by Hannah E. Harrison*

When thinking about children's books that have a great message without being heavy-handed, *My Friend Maggie* by Hannah E. Harrison comes immediately to mind.

This is the story of Paula, a little beaver who shares with the reader all the fun things she and Maggie have done in the past. She points out delicately that Maggie is pretty clumsy, she's pretty terrible at hide-and-seek, and that Maggie is a big girl. Oh yeah, Veronica, a popular (mean) girl, doesn't like Maggie.

This leads to the moral dilemma Paula faces. Should she stand up for her friend, Maggie, who has been her friend for a long time? Or should she play with the popular girls? What happens when the popular girls decide Paula's front teeth are too big?

You'll want to share this book not only with all the young children in your life, but anyone who is around children or loves children's literature.

This offers a great perspective on how bullying can affect others. It also very subtly demonstrates the power of friendship and loyalty, and how important those characteristics are not just in elementary school, but for all ages. - Melody Palmer, MLIS, Youth Librarian, South Broken Arrow Library





BY TANNI HASS, Ph.D.

signs of cyberbullying

No matter how much and how well you try to protect your kids, there's always the possibility that they'll become the victims of cyberbullying. If that's the case, how do you know if your kids are being cyberbullied? What are the telltale signs?

It's important to know the warning signs as only about one in 10 kids tell their parents about being cyberbullied.

Dr. Michele Borba, an expert on cyberbullying, says, "Don't expect your child will come and tell you about the harassment. Research says chances are that your child won't tell, which is why you need to tune in closer and get educated."

Kids often keep silent because they're ashamed, fear retribution from the bully, and, perhaps most surprising to parents, are afraid that their computer and phone access will be restricted or taken away, which they see as an unfair punishment of them rather than the bully. Unlike traditional bullying which often leaves physical marks, cyberbullying can often only be identified by certain changes in a child's behavior. Cyberbullying can occur right in front of parents, or in the next room, without them realizing it.

According to Drs. Sameer Hinduja and Justin Patchin of the Cyberbullying Research Center, you can tell if your kids might be the victims of cyberbullying by paying close attention to their general demeanor and online behavior. Like victims of traditional bullying, kids who're cyberbullied often show signs of depression. They exhibit little interest in the things and activities that used to matter to them the most, tend to withdraw from friends and family, experience sudden changes in their eating and sleeping patterns, and complain of headaches and stomachaches.

"Moodiness and mood swings are just part of being [a child]," says Walter Meyer, a cyberbullying expert. "But if a child really changes – becomes withdrawn, stops speaking to friends, etc. – the parents should ask what is going on and not be satisfied with 'nothing' as an answer."

Research by the National Crime Prevention Council shows that kids who're cyberbullied often are fearful about going to school, ask to be driven to school rather than take the school bus, skip school when they can get away with it or request permission to leave school early because they feel sick, have trouble focusing and fall behind in their school work, and may even experience a significant drop in their grades. This is often precipitated by problems with sleeping which make it difficult for them to focus on schoolwork.

While it's important to pay close attention to your kids' general demeanor, pay particularly close attention to their online behavior. Kids who are cyberbullied tend to be unusually secretive about what they're doing online, avoiding conversations with their parents about which sites they're on, who they're talking to, and the topics of their conversations. If they're willing to talk to their parents about what they're doing online at all, they're likely to get defensive and give vague or dubious-sounding explanations.

Kids who are cyberbullied often quickly turn off their computers or phones when a parent enters their space, hide, clear or rapidly switch screens, or outright refuse to use their devices unless the parent leaves. They also tend to be unwilling to part with their devices, or share them with their parents, fearing that their parents might find out what's going on. This is especially true in the evening when friends and cyberbullies are most likely to be online.

When they are online, kids who are cyberbullied tend to be visibly agitated or jumpy, especially when they receive an IM, text or email from a bully. Their minds are racing with thoughts and emotions as they're trying to figure out how best to handle the situation without revealing anything to others. They're also likely to keep checking their computers and phones while going back and forth between different screens in short spurs, say they're doing homework when they're really doing something else entirely, and may abruptly shut off or walk away from their devices mid-use for no outwardly apparent reason.

Not surprisingly, kids who are cyberbullied often appear angry or frustrated after they have been online. Some may suddenly and unexpectedly stop going online at all. Others may go online more than usual, unable to resist the temptation to check whether any new comments have been posted about them. Another possible indication that your kids are the victims of cyberbullying is that they try to cover their "online tracks," for example, by erasing their user history folders every time they turn off their devices.

You know your kids better than anyone else. Look for multiple signs that seem to go together; the signs could be an indication that your kids are the victims of cyberbullying. "The key," as Dr. Borba says, "is to look for a pattern in your child. You shouldn't overlook a sudden change that's not your child's 'normal' behavior."

BY TANNI HASS, Ph.D.

5 anti-bullying apps every family should have

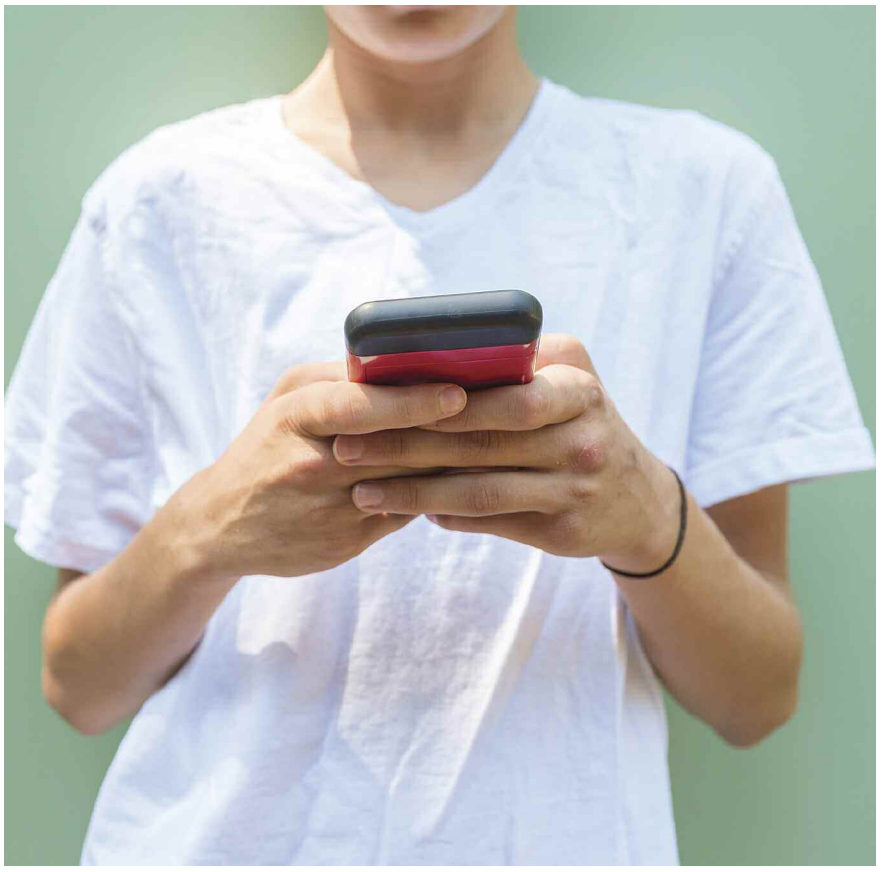
Bullying happens more often than most parents realize: one in three kids has either bullied someone or been bullied themselves. Here are 5 anti-bullying apps that you and your kids ought to download. They're some of the best ones available, and they're all free.

KnowBullying
Available at: Apple Appstore; Google Play

The most important first step in any anti-bullying effort is to talk to your kids about what bullying is and how to prevent it. KnowBullying, developed by the U.S. Department of Health and Human Services, is an award-winning app that explains the warning signs of bullying, offers advice on how to talk to your kids about bullying, and includes important strategies for preventing bullying for kids in different age groups (3-6, 7-12, and older.)

ReThink - Stop Cyberbullying
Available at: Apple Appstore; Google Play

Despite parents' best efforts, kids often don't realize when they're about to bully someone. This is especially true with online messages. One way to ensure that potentially hurtful messages aren't sent is to download Re-



think – Stop Cyberbullying. Developed by a 13-year-old girl who wanted to help fight cyberbullying, this app issues alerts such as "Would you like to re-word this? Remember, you are what you type!" when it detects hurtful language. This approach has been shown to stop kids from sending hurtful messages in the first place.

Take a Stand Together
Available at: Apple Appstore; Google Play

When bullying does happen, how should kids respond? Take a Stand Together offers lots of helpful advice for dealing with different types of bullying. The app has interactive scenarios that make kids think about what they'd do if they were being bullied or witnessed others being bullied.

Bully Button
Available at: Apple Appstore; Google Play

Sometimes, it's not possible for kids to deal with bullying on their own. They might need to tell their parents about it and ask for help. A great bullying-alert app is Bully Button. This app lets kids surreptitiously record the bullying and quickly and effectively alert their parents. It shows kids' exact locations and makes it easy for parents to offer advice on what to do in real-time.

Speak Up! For Someone
Available at: Apple Appstore; Google Play

An essential lesson you can teach your kids is that bullying can happen to anyone and, if they witness it, they need to speak up rather than stay quiet. Speak Up! For Someone is just the right app for that. It lets kids record bullying that they witness and report it anonymously and securely to school officials.

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

BY DIANE TRITT EATON

Fayetteville, Arkansas: local charm, history and outdoor adventures

Snce the 1920s, Northwest Arkansas' Razorback fans, sporting their supportive red and white gear, have been calling the hogs with the well-known chant, ""Wooo Pig Sooie!" Fayetteville, home to the University of Arkansas, bustles with students, alumni and fans —- and thousands more come in droves to support athletics, creating a very exciting atmosphere. But, the school, stadium and its impressive campus are only a piece of what makes Fayetteville a great place to visit.

Among the 10 cities that make up Northwest Arkansas, including Bentonville, Eureka Springs and Siloam Springs, Fayetteville, one of the largest, is a flourishing community full of vitality and dubbed "one of fastest growing travel destinations in the U.S." The town has a strong sense of community, and a true local vibe with its historic sites and eclectic, funky eateries and shops. Fayetteville is also attractive for it's geographic location in the Ozarks, offering easy access to walking, backpacking, hiking and biking as well as swimming, fishing and boating on the surrounding lakes and rivers.

Autumn in Fayetteville

In April 2019, Architectural Digest (AD) ran a story featuring Fayetteville and the local filming of HBO's True Detective series. Anne Roderique-Jones of AD described how "the hidden nooks and crannies of the lush environment took on a starring role in the hit anthology series—helping the rest of the world get a taste of blue-green waters, trails traversing lush forests, caverns and towering bluffs."



DICKSON STREET IN THE FALL.
PHOTO COURTESY: EXPERIENCE FAYETTEVILLE

With such an endorsement, now that summer is winding down and the cooler temperatures are on the near horizon, what better place to go for a day trip or a weekend sojourn than Fayetteville, only two short hours from Tulsa? The crisper autumn air will make playing in the great outdoors all the more comfortable and being among the magic of the changing leaves all the more enjoyable.

An Abundance of Treks and Trails

If, at first, you'd like to get the lay of the land rather than walking, hiking or biking, opt for a leisurely drive along the Pig Trail Scenic Byway, a 19-mile, winding stretch along Highway 23 that moves through the Ozark National Forest, offering sweeping vistas of fall's orange, red and yellow hues as well as scenic waterfalls, rivers and more. This historic trail was once a route used during the Civil War.

Walkers will find 45 miles of paved trails, which are also shared with joggers and cyclists. Within Fayetteville's city limits, there are 40 miles of natural surface trails for mountain biking and hiking, and 45 miles of paved, shared-use trails for cycling, jogging and walking. And guess what? If you want to bike, the city offers VeoRide, a convenient ride-share program, allowing you and your family to pick up and drop off bikes at your leisure. To see beyond Fayetteville, there's the Razorback Greenway, a walkable or bike-able 36-mile stretch, connecting the southern part of town to North Bentonville, with its own unique flair, including Crystal Bridges Museum.

Double the Fun on Dickson and the Downtown Square

Arkansas is not called "The Natural State" arbitrarily and Fayetteville doesn't fall short on

continued next page

opportunities to embrace the great outdoors. But, there's fun to be had and the grub is good in and around brick-and-mortar Dickson Street and the downtown square, both of which are part of the commercial historic district, adjacent to campus. In addition to restaurants like Hugo's, endorsed by many an Arkansian, and stores like Dickson Street Bookshop, voted the best book store in the state, be sure to look for larger-than-life murals and three-dimensional art pieces created by local and international artists, that, since 2017, have added a tasteful layer of eye candy throughout downtown. The art is an initiative of Green Candy Public Art, headed by Experience Fayetteville, the city's tourism department.

As if these reasons aren't enough to hang around Dickson and the square, make it a priority to be in downtown Fayetteville on Saturdays from 7 a.m. to 2 p.m. to experience one of the country's best-rated farmers markets. The market is set up among lush gardens and offers extraordinary choices—-locally produced baked items, fruits, flowers, vegetables, crafts, fine art and more. While browsing, live performers and musicians entertain the crowds. Before departing downtown, make a point to admire the giant 8,000-pound bronze sphere just off the square. Designed to be turned by hand like a prayer wheel, The World Peace Fountain proclaims the message, "May Peace Prevail on Earth" in over 100 languages.

A Taste of the Past

It is probably no surprise that Fayetteville was originally Native American Territory. It eventually became a settlement and was used by soldiers on both sides of the fight to abolish slavery. Dozens of sites are on the National Register of Historic Places. Be sure to stop in at the Headquarters House, a Greek Revival-style home built in 1853, used by the Union and the Confederate armies. Also visit the Trail of Tears Park on the university's grounds.

Directions, Information and Ideas

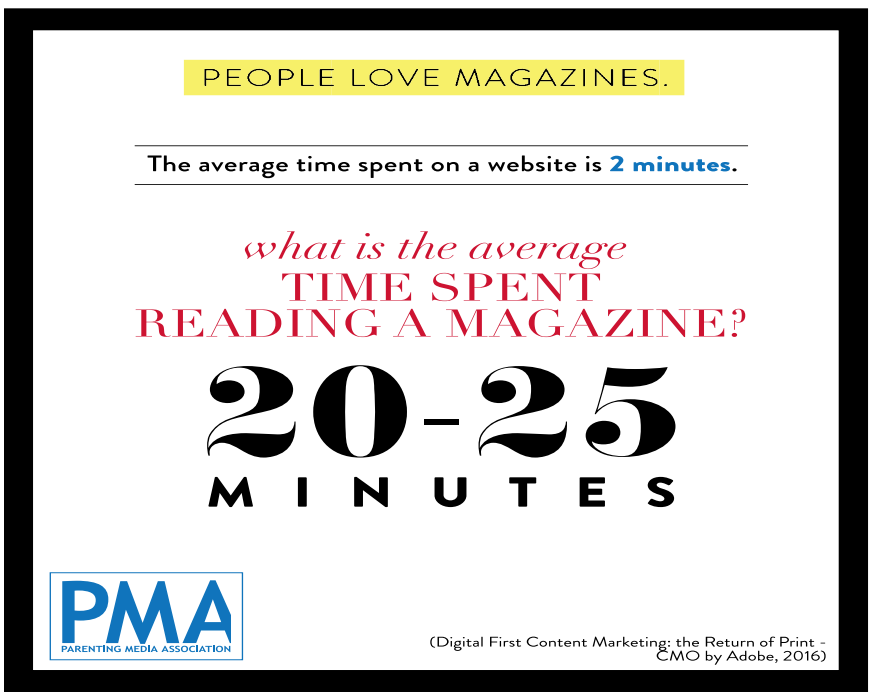
Fayetteville's Visitors and Convention's Bureau has a darling storefront along the square, so stop in upon arrival to get some expert advice on how best to uncover Fayetteville's best offerings. For advanced planning, visit www.experiencefayetteville.com and www.northwestarkansas.org for oodles of information including maps, lodging suggestions and more. Also, see www.arkansasstateparks.com.

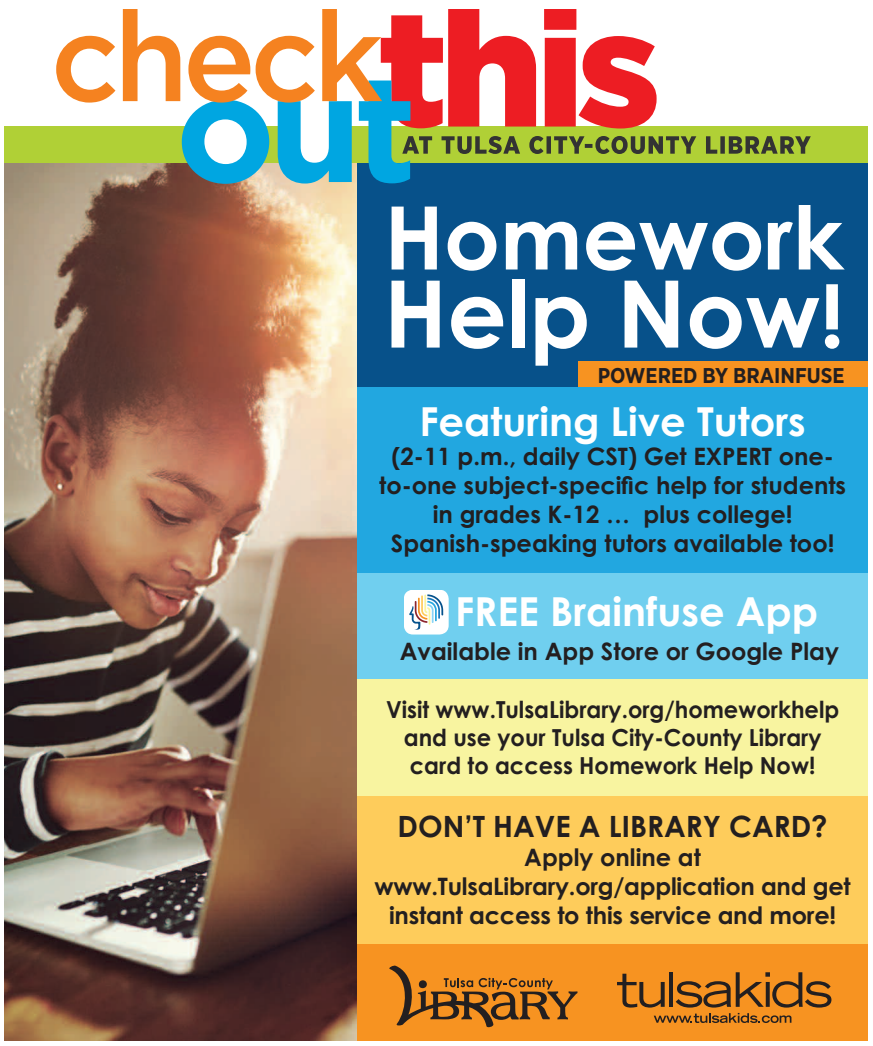




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Keagan Williams



Calvin Barney



Caila Ting



Nigel Kingston Jacob



Emerson McGarrah

...And Finalists!



Ashton Dunster



Evan Czarniak



Scarlett Henderson



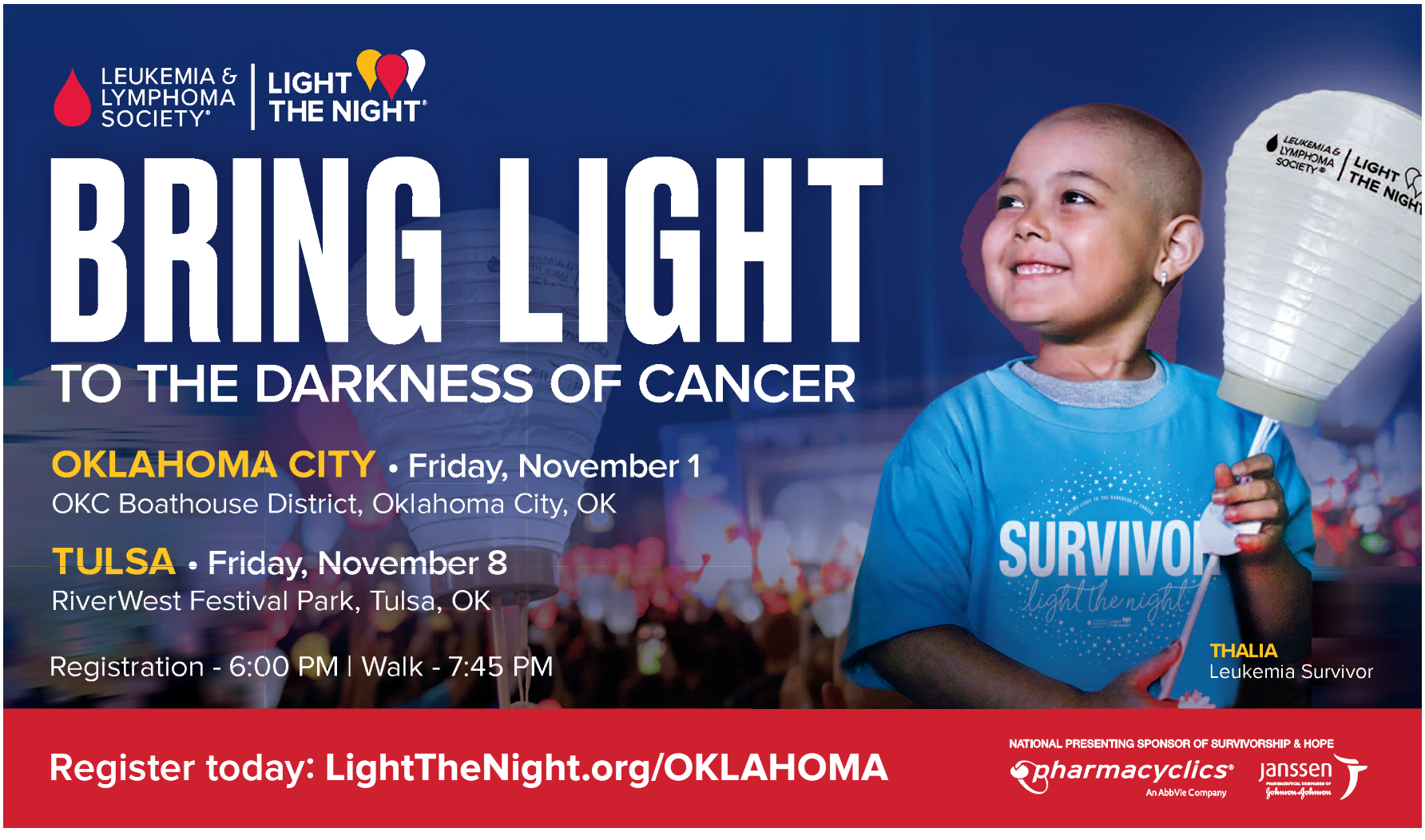
Fabian Pinto



Jack Mull

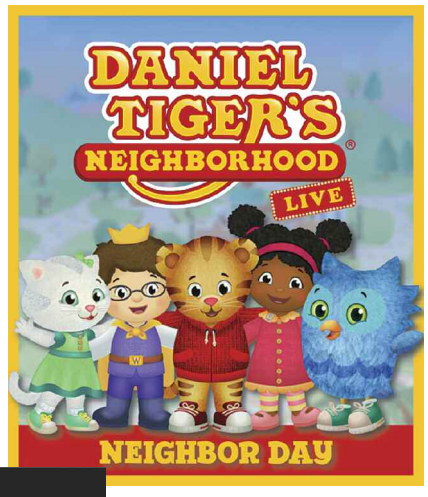
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OKC Boathouse District, Oklahoma City, OK
TULSA • Friday, November 8
RiverWest Festival Park, Tulsa, OK
Registration - 6:00 PM | Walk - 7:45 PM
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What's Going On(line)?



CONTESTS AND GIVEAWAYS

Daniel Tiger's Neighborhood Ticket Giveaway

It's a beautiful day to enter a giveaway! From September 5-19, enter to win one of two Family 4-Packs to Daniel Tiger's Neighborhood, coming to the Brady Theater on February 12, 2020! Get the link at tulsakids.com/contests. And if you don't want to leave it up to fate, purchase tickets at danieltiger-live.com.

Tulsa State Fair Giveaway

Does the imminent return of the Tulsa State Fair have you dreaming of funnel cakes and Ferris wheels? Enter to win Tulsa State Fair admission for four plus TWO Mega-Ride passes from September 9-20. Two winners will be chosen. Details and link at tulsakids.com/contests.

Tulsa Pop Culture Expo Giveaway

From September 3-16, enter to win 4 VIP Passes to Tulsa Pop Culture Expo, coming to Woodland Hills Mall on November 2-3!

VIP Passes include admission to both days of the expo, plus VIP reserved seating on the front two rows of all panels, early access to the vendor and convention hall, exclusive Tulsa Pop Culture Expo memorabilia, a FREE Autograph and more!

Get more information about Tulsa Pop Culture Expo, including guest appearances by celebrities Bill Goldberg, Dean Cain, Summer Glau and others, at tulsapopcultureexpo.com.



PHOTO SCAVENGER HUNT WINNER!

Congratulations to Lisa Fenimore and family for winning our Summer Family Fun Photo Scavenger Hunt! They had a summer packed full of fun, including visits to Whiteside community pool, Discovery Lab, the Aquarium and more!





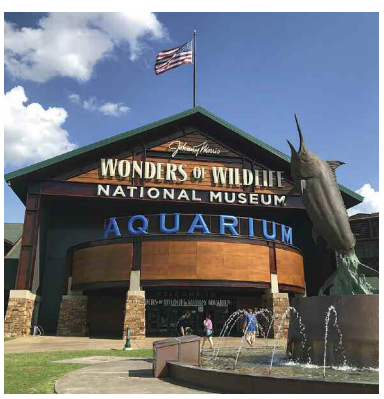
THE GRANDPARENTS' GUIDE TO TULSA

Our resident "grandparenting" blogger, Diane Morrow-Kondos, has put together **The Ultimate Grandparents' Guide to Tulsa**!

The Grandparents' Guide covers where to go and what to do with your grandkids, from nature walks to Route 66 exploration to trips to the library!

Find it at tulsakids.com/grandparentsguide, and read Diane's latest **Grand Life** blog posts at tulsakids.com/blog/Grand-Life.





TULSAKIDS READERSHIP SURVEY

What do you like most about TulsaKids Magazine? What are some topics you'd like to see covered? Fill out our Readership Survey for a chance to win SIX passes to Wonders of Wildlife Aquarium & Museum in Springfield, MO! The passes are good through December 31, 2019.

Get the link at tulsakids.com/survey through September 7.

COMING SOON: PLAN YOUR HOLIDAYS WITH TULSAKIDS!

You may still be recovering from the busy Back-to-School Season, but the holiday bustle is close behind! Look for **TulsaKids' Fall Family Fun Guide** in our October issue and online at tulsakids.com/fall! The Fall Family Fun Guide will include roundups of Halloween activities, pumpkin patches, kids crafts and more. Then, in November and December, keep an eye out for our **Holiday Family Fun Guides**, which will also be available both in print and online at tulsakids.com/holiday.

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