

# tulsakids

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## HOMESCHOOLING:

AREA FAMILIES CHOOSE  
HOMESCHOOLING FOR A  
VARIETY OF REASONS—  
AND MOLD OPTIONS TO  
FIT THEIR UNIQUE NEEDS

## DECODING DACA:

UNCERTAIN IMMIGRATION  
POLICY LEAVES FAMILIES  
ANXIOUS

## AVOIDING GENDER STEREOTYPES

## SCHOOL PROBLEM RED FLAGS

## 2018 EDUCATION & ENRICHMENT GUIDE





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**OVER**  
Screen Time



**WALK BREAKS**  
**OVER**  
Smoke Breaks



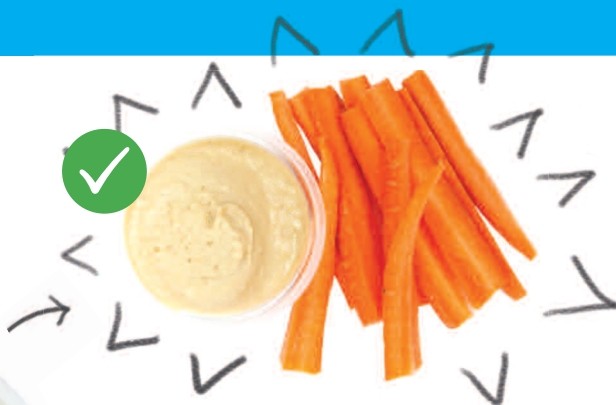
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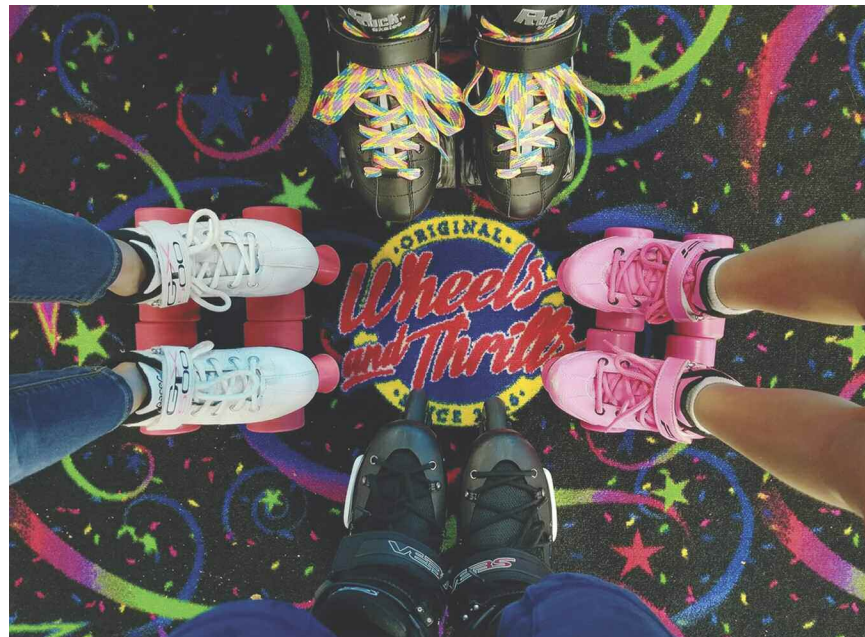
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## A New Year

A new you (just kidding). Do you make New Year's resolutions? I don't. I can't handle the humiliation of not following through with them. But I admire all you goal-setters out there! I'm sure you can google up tons of advice on how to make and keep resolutions.

One thing that struck me as I put together this issue is how alike people are in their wishes for themselves and their families: We want to provide our children with the best education we can give them; we want to be embraced for our uniqueness; we want to feel that we're making our children healthy and strong. Not too much to ask.

But don't forget the joy, and to trust yourself.

The home-school article not only shows many different ways to home school, it also shows how each family fashioned the best experience for their children. And, all of them seemed willing to be flexible if circumstances changed. Maybe flexibility should be the word of 2018.

Speaking of flexibility, there's yoga. If you read Jill VanTrease's column this month, you will see that exercise comes in many different flavors. I've learned this myself over time. While I've been a runner for 40 years, I added Christy Hays Zumba class a few years ago (I thought learning a new thing might help my brain and give my body something new to work on), and, most recently, I've added hot yoga at YogaQuest. I think I wrote a blog about how I didn't like yoga. Well, I changed my mind. I love it. I think it's a matter of finding that match that fits you – there are so many options.

Flexibility. We all have enough rigidity in our lives. Why not look for ways to find joy, to find your flow this year?

I clearly remember a moment as a young mom that I realized that I really didn't have to say "no" to my children all the time. I could say "yes," and it felt great. As long as it wasn't dangerous or hurtful or impossible, why not say yes?

Maybe 2018 can be a year of asking ourselves *why* we're hanging on to old habits, out-dated rules, unrealistic expectations, unfulfilling relationships, negative behaviors and all of those "because-I-think-I'm-supposed-to-I've-always-done-it-this-way" stuff. If you can't get to the "why" of it, maybe it's just not important. Be flexible. Let it go.

Thanks for reading TulsaKids, and I hope you continue to include reading TK in your plans for 2018.

Be sure to visit our website, like us on Facebook, sign up for the e-newsletter and Instagram and, as always, feel free to contact me at [editor@tulsakids.com](mailto:editor@tulsakids.com).

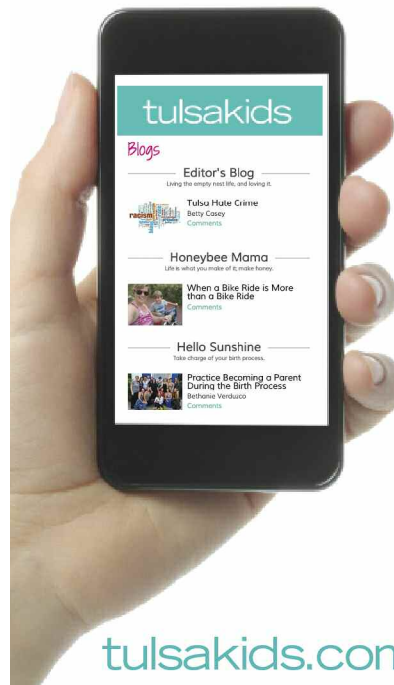
Betty Casey, editor



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.



ON OUR COVER:  
THE ZURITA CHILDREN ENJOY  
SCHOOL AT HOME.

PHOTO BY: LESLIE HOYT  
PHOTOGRAPHY

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## ARTS ALLIANCE TULSA ANNOUNCES NEW WAY TO GIVE

The arts play a significant role in quality of life, bringing beauty, entertainment and enjoyment to a community. In addition, a thriving arts scene drives economic development and maintains home values, drawing new homebuyers to Tulsa and the surrounding area. Because real estate value is integrally linked to quality of life, it seemed a natural fit for the Arts Alliance Tulsa (AAT) to partner with the real estate/mortgage banking community in a mutually beneficial relationship. Chinowth & Cohen Realtors have signed on as the flagship real estate partner in the new endeavor. The partnership, called AAT Home, will be kicked off this month.

Arts Alliance Tulsa provides economic and marketing support for over 40 nonprofit performing and visual arts organizations, so a single gift can help support all of them.

"Our team spent several months developing the AAT Home program and we believe it has the potential to provide a unique and continuous funding source for our Alliance Members," said Todd Cunningham, AAT executive director. "We have Chinowth & Cohen to thank for recognizing its merit and coming on board not only as the first major sponsor but also the Founding Agency leading what we believe will be a long and successful partnership."

"AAT Home is the first initiative in the nation to partner real estate brokerages and individual realtors in a membership program that supports a local United Arts Fund," said Suzie Bogle, director of development with AAT. Arts organizations are being forced to become more creative with funding since public support from the state's Oklahoma Arts Council (OAC) has been reduced by 46 percent since FY08.

"In addition to cuts to the OAC, cuts in public education funding have reduced opportunities for students to experience the arts," Bogle said. "In order to ensure every child has access to the arts as an essential part of their education, local nonprofit arts institutions have expanded their education programming. From FY15 to FY16, AAT member organizations increased their educational outreach by 24 percent. Our local nonprofit arts organizations are doing more with less. This is unsustainable for the long-term and is the reason why the AAT exists. It provides much-needed economic support to the cultural institutions which educate tomorrow's workforce and maintain a high quality of life in our city."

"We are excited about the possibilities that Art Alliance Tulsa will be bringing to the Tulsa community," said Sheryl Chinowth, Chinowth & Cohen Realtors. "We have been impressed with the forward thinking of the Art Alliance group and are looking forward to the relationship we have developed with them and in helping them reach their goals."

Besides being a corporate sponsor of AAT Home, Chinowth & Cohen will offer the opportunity for their agents to purchase a membership in AAT Home starting at \$250 annually. Memberships will be tiered, offering a variety of benefits, depending on the tier. Some benefits include behind-the-scenes events at Tulsa's museums and performing arts organizations as well as marketing and networking opportunities for agents. Memberships will also become available to agents from other real estate brokerages in the greater Tulsa area.



(L TO R) LEE COHEN AND SHERYL CHINOWTH, OF CHINOWTH & COHEN REALTORS, WITH TODD CUNNINGHAM, EXECUTIVE DIRECTOR OF ARTS ALLIANCE TULSA. CHINOWTH & COHEN HAVE PARTNERED WITH AAT ON A CREATIVE INITIATIVE TO SUPPORT TULSA AREA ARTS NONPROFITS.

## MIDDLE SCHOOL GIRLS INVITED TO STEM EVENT

The Society of Women Engineers (SWE) is hosting a SWENext DesignLab on Sat., Jan. 27, 2018, from 2 p.m. to 5 p.m. at the Renaissance Tulsa Hotel & Convention Center.

The event is designed to encourage girls in grades 6-8 to become engineers by introducing them to local engineers, giving them an opportunity to do hands-on engineering activities and meet other girls who are interested in possible engineering careers.

The program also has a Parent/Educator component where parents can learn about engineering careers, scholarships, college admission and resources as well as network with SWE members and other parents and educators.

Cost for the girls is \$7 and for adults, \$5. Scholarships are available. For more information, or to register, go to <https://welocal.swe.org/tulsa/designlab/>

## FOOD BANK AND TCC PARTNER IN CAMPUS PANTRY PROGRAM

Tulsa Community College (TCC) and the Community Food Bank of Eastern Oklahoma have partnered to form the Campus Pantry Program at TCC's Metro Campus in downtown Tulsa. The campus pantry program is tailored to fit the needs and organization of a commuter-based college campus.

According to Shiraya Proffit, community initiative manager for the Food Bank, "food insecure students tend to struggle" with academics and their social environment. The program establishes a shelf-stable pantry on-campus, which is run by volunteers and work-study students. It will provide a convenient and confidential way for students to receive food assistance when they need it.

"When students have the resources to succeed here, chances are better that they will graduate and improve their economic positions," said Eileen Bradshaw, executive director of the Food Bank. "Our whole community improves when this occurs."

continued next page



UNION TEACHER NAMED  
SPEECH & DEBATE OK  
EDUCATOR OF THE YEAR

The National Speech & Debate Association (NSDA) named Christian Jones from Union High School as the 2017-2018 Oklahoma Educator of the Year.

From more than 5,000 member coaches and teachers across the country, Christian Jones was selected as the Oklahoma Educator of the Year because of his unwavering commitment to speech and debate education. His passion for speech and debate has enhanced the quality of education in Oklahoma and beyond.

“Speech and debate changes lives,” said National Speech & Debate Association Executive Director J. Scott Wunn. “Christian Jones has provided outstanding leadership in helping students improve their communication skills, build confidence, and increase critical thinking skills. All of these skills will better prepare students for college, a career, and a successful life after school.”

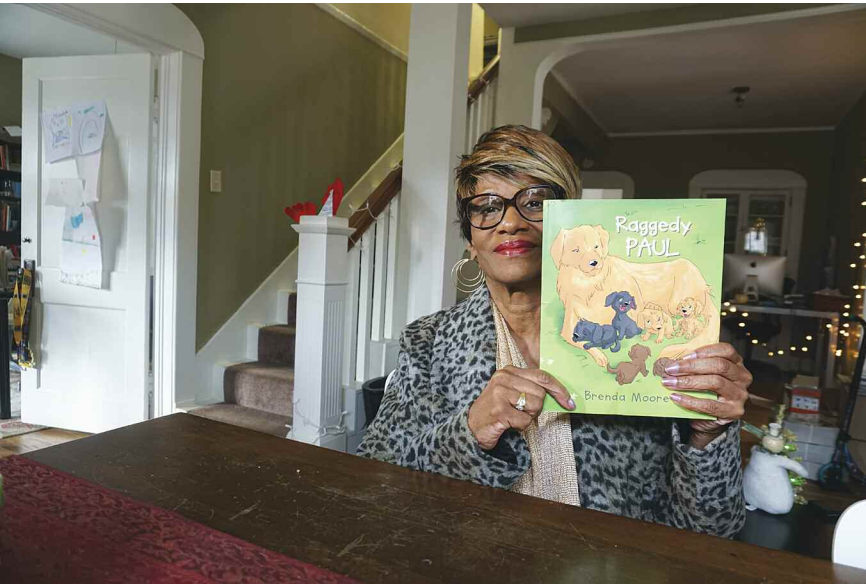
Each State Educator of the Year award winner will be considered for the 2017-2018 National Educator of the Year Award. The national award winner will be announced on National Speech and Debate Education Day on March 2, 2018.

LOCAL AUTHOR’S PICTURE  
BOOK TEACHES KINDNESS  
AND ACCEPTANCE

Local author Brenda Moore’s newly released “Raggedy Paul” tells the tale of a puppy who is ostracized by the other dogs because of his “raggedy” look until he meets a boy who takes care of him and loves him. Soon Paul is transformed into a beautiful dog.

Moore says she lived through the Civil Rights Movement and has a passion for telling stories about protagonists who rise up and overcome difficulties and unfairness. The book also includes Christian verses at the back, which tie into the themes of the story.

“Raggedy Paul” is available on Amazon or online at Barnes and Noble.



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A new skating rink and entertainment venue, Wheels and Thrills, opened in Aug. 2017 in Owasso. Besides indoor skating, visitors will find arcades, a play zone, a restaurant and a laser tag area, all under one roof.

Owners Robert and Tammy Johnson grew up in Owasso and are excited about having a place where families and groups can gather to have fun. Almost every day offers a special. The first Monday of each month is Homeschool Skate from noon to 2 p.m., and Christian Music Night from 6:30 – 8:30 p.m. Tuesdays have Thrifty Night from 4:30 – 8:30 p.m. (discount) and Adult Night from 8:30 – 10:30 p.m.. Family Night is Thurs., and Friday is Midnight Madness from 4 p.m. – midnight. Saturdays offer a Stay & Play from 11 a.m. – 10 p.m.; 10 p.m. – 1 a.m. is especially for those age 16 and older.

The Johnsons also scheduled two special times for children 6 years and younger: Tiny Tots is every Thurs. from 10 a.m. to 1 p.m. as well as the first Sat. of each month from 9 – 11 a.m. Tammy says this is her favorite time. The kids can play in bounce houses, skate, play games, do the hokey pokey, parachute game and more. “The little guys have the run of the place.”



One of the employees working with the young children is Jensen, who has Down syndrome. “Jensen came to us by way of Lisa at Gatesway,” Tammy Johnson said. “She’s his job coach. She brought Jensen to visit us, and it was a perfect fit! He works during Tiny Tots and is fabulous with the children. He loves the music and dancing.”

Tammy said they value all of their Team members. “We need each and every one of them; what each one adds to Wheels and Thrills makes us what we are.”

One of the unique offerings at Wheels and Thrills is a STEM field trip. “We have one hour of fun education – the school can choose from several curriculum packages – and then we eat [at the cooked-to-order restaurant] and play,” Tammy said.

For families looking for a fun, family friendly New Years Eve, Wheels and Thrill is hosting a Skate All Night with a midnight balloon drop with cash prizes in them. Wheels and Thrills offers parties (including glow parties) any time of the year, whether it’s a birthday, company gathering, conference or other. Watch the website for current offerings and schedule additions





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9



BY KILEY ROBERSON



# avoiding gender stereotypes

**A**s a mom of both a girl and a boy, I hear comments all the time about how nice it must be to have one of each. “You must get the best of both worlds,” one friend will say. “A sweet little girl and a rowdy, silly boy.” While my children do have very different personalities, something rubs me the wrong way about suggesting that it’s simply left to their anatomy to decide their behavior. In fact, this idea of gender roles influencing behavior is a big topic of debate. While it’s easy to get sucked into the extremes of each side, experts in the field say that gender stereotypes are real and aren’t the product of the child, but rather their environment.

As it turns out, children begin modeling behavior based on a host of messages—some subtle, some not so subtle—that they’ve been receiving since birth. “Research shows that infants can tell the difference between males and females as early as their first year,” says Elaine Blakemore, Ph.D., a professor of psychology at Indiana University—Purdue University Indianapolis. It’s not until kids are 3 or 4, however, that they really begin to work out for themselves what it means to be a boy or a girl. As they gradually test their theories through observation and imitation, many preschoolers



begin adopting stereotypical behaviors. Blakemore explains that girls, for example, may spend most of their time in the dress-up or kitchen corner of their preschool classroom. Little boys may engage in activities that make them feel powerful, such as constructing block towers and then knocking them down with a toy truck.

Although many progressive parents, like me, are shocked to see their children conforming to such narrowly defined gender play roles, we may inadvertently perpetuate those stereotypes. “Adults aren’t aware of how much they reinforce stereotyping by complimenting boys and girls

in stereotypical ways – commenting on how pretty a little girl looks in her dress, for example,” says Blakemore. “And even the most enlightened fathers often become uncomfortable when they see their sons playing with dolls or exhibiting other traditional feminine behavior.”

According to some experts, it’s not unusual for preschool girls to go through a pink and frilly phase and for preschool boys to spend their days imitating superheroes. Nevertheless, it’s important for parents to help guide their preschoolers’ thinking to make sure that they don’t end up with lasting gender ideas based on stereotypes. Here are a few

suggestions.

**Encourage mixed-gender playdates** – Boys and girls who play together tend to engage in more varied activities. When they’re playing with children of the opposite gender, boys may be more likely to participate in creative make-believe games or to practice their fine motor skills with art projects. Girls who regularly play with boys may spend more time outdoors, building their bodies through vigorous exercise.

**Reinforce behaviors that shatter stereotypes** – Rather than rule out certain stereotypical behaviors, make a point of reinforcing those that challenge the stereotype. For example, you might tell your daughter, “Wearing pants today was a good idea – it’ll be so much easier to climb the monkey bars.” A father may tell a son in tears, “Sometimes I feel like crying too.”

**Question all generalizations** – Encourage your child to deal with other kids as individuals in specific situations rather than as representatives of their gender.

**Tune in to your own biases** – As parents, we should also review our behavior to make sure we’re not unknowingly clinging to outdated stereotypes. Boys and girls both need to be shown that there are alternatives to the classic stereotypes.





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BY DR. ROBERT HUDSON

# school problem red flags

## HOW DO I KNOW IF MY CHILD'S SCHOOL STRUGGLES ARE SIGNIFICANT?

**T**he school year is half over and most parents have had at least one teacher-parent conference. Some meetings resulted in parents being concerned, yet unsure of what to do, wondering if they should just observe their child, visit with their pediatrician or just go straight to a therapist.

How do you know what to do? When is a problem a problem?

The following are guidelines for either concern or the need to watch your child's progress over time. They could also indicate a red flag that needs attention.

For too many years, the wait-and-let-them-mature approach ruled most of the early childhood issues, but that has changed. Previous advice from grandparents to pediatricians and educators was, "Oh give him a year, he's just immature," or "He is a boy," or "It's a phase and she will outgrow it." We now know that if we wait, the same concerns are present or may have worsened, and opportunities to help have slipped past. Research has shown that delay isn't the wise course; rather a full assessment of behavior and learning problems is warranted. Too often, I see parents whose child has had only the most pressing issue addressed, but a full assessment would have revealed other prob-

lems that also needed early intervention.

First, let's separate the behavioral from the learning issues. When most parents hear the words "school problems," the first thought is that the child is having trouble with learning, but really the most common issues in the early childhood classroom are behavioral/social. After all, children are on their own for the first time and experiencing life on all

steps for the child to learn.

It is not the failures, however, that are a problem, but how the child responds or reacts to these frustrations that tells the story that we are interested in and reveals the possible red flags that need to be addressed.

At the first sign of struggles, everyone wants the comfort of a diagnosis – a label to understand and treat. ADHD comes to mind as the diagnosis given to many

in children under 10 years of age may exhibit problematic symptoms and, without early intervention, may be diagnosed in their teens. With proper help, we have time to prevent a diagnosis from becoming a reality.

So, what are the symptoms we are looking for?

We have learned that behavioral/social skills affect learning, and a child needs a competency with these skills to have maximal learning potential. Learning also affects the behavioral/social problem-solving, but that takes a backseat in the first few school years. Teachers seem to recognize this intuitively, so those issues that cause disruption within the classroom get prime attention and are the most common concerns imparted to parents at the first parent-teacher conferences.

What are the wait-and-see concerns? Not all early learning behaviors are red flags or even cause for alarm. First, fine motor skills such as cutting with scissors, coloring within the lines, etc., are developmental skills that can vary widely in early childhood. Parents can practice these skills at home as they spend time with their children, and watch for progression over time. The same is true with gross motor skills such as jumping rope, skipping, etc. Unless a child is severely behind or parents and teachers are

**We have learned that behavioral/social skills affect learning, and a child needs a competency with these skills to have maximal learning potential.**

fronts. Everyone's expectations are enhanced and the common present-day hope is for a wonderful learning experience to prep the child for an Ivy League college and bright professional future. The reality is that navigating these social, behavioral and academic challenges all at once, and without parents' coaching, is sometimes daunting for young children. Failures are both expected and necessary

children, but in actuality ADHD only affects 7 percent of children. In OU-Tulsa's research studying all pre-K students in Broken Arrow, we found that almost 40 percent had some degree of an at-risk issue that could be strengthened by interventions that would give those children a better chance to succeed in school and, most importantly, in life.

Our research has shown that

*continued next page*



noticing something outside the bounds of “normal” development, a wait-and-see approach is warranted.

The next area needs a little history to clarify what may or may not be problematic. Educational/academic expectations have been pushed down over the years, and now a kindergartener is expected to be able to recognize letters, numbers and to perform other academic tasks that used to be introduced or mastered in first grade. Therefore, many preschool and kindergarten children are labeled as “behind” in the eyes of some classrooms, but in reality, those children may actually be developmentally on target. The child may not be the problem; the classroom expectations may be the problem. Be patient, it is improvement over time that counts. One large school district that began a gifted program found that only 38 percent of those that were “gifted” at age 4 were still gifted in fourth grade. Early development is not the same as being gifted. By age 9 or 10, you can truly tell if your child is gifted. Concentrate on who your child is, and not what he or she can produce.

In early childhood, red flags are more often behavioral/social difficulties. Behavioral/social skill weaknesses are:

- Excessive frustration when things don't go the child's way.
- Lock-ups/meltdowns that can follow anything that overwhelms the child.
- Difficulty sitting still, taking turns, or waiting; often interrupts.
- Refusal to obey rules.
- Frequent uncontrolled anger, particularly if it leads to fighting.
- Difficulty making friends.
- Trouble with transitions.

These all signify that the child has difficulty solving problems. When a child at age 4 is experiencing difficulties with change/transitions, new experiences and the demands of social rules, that is a predictor of long-term outcomes (success or lack of

success throughout school and life) and begs an assessment of the issue. An assessment will allow interventions to begin to immediately help the child to strengthen the skill sets that are weak. This early intervention gives the child an early start to maximize success. Taking a “wait and see” approach by waiting for behavior to improve without intervention merely delays this advantage and lessens a successful outcome of the early school experience.

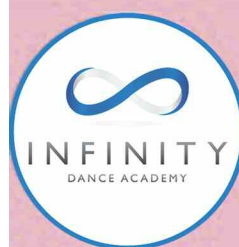
In addition, unattended behavioral/social issues in young children will continue through later elementary school and beyond, which will affect the child's ability to do well in school. The difficult early childhood behaviors discussed earlier will begin to manifest themselves in older children as difficulty with impulse control; difficulty paying attention to tasks; difficulty with planning, organizing and time management; difficulty organizing materials, completing and turning in homework; and difficulty monitoring work.

Pay attention to early red flags. If your child is struggling in school with a red flag issue, what should you do? First, trust yourself; if you are uncertain about whether or not your child has issues, you can either ask your doctor to do a screening assessment, or ask the school to have your child tested. Next step, share the results with your primary care physician prior to his referral to a specialist. The last option is to ask your physician to refer you for a private behavior/learning assessment. This information will allow your doctor to refer to the most appropriate specialist to begin early interventions to help your child maximize his successes.

*Robert J. Hudson, MD, is a recently retired clinical professor of pediatrics, OU-Tulsa School of Community Medicine, and co-director for the Center for Resilience. His book *The Normal but Not So Easy Child* will be available in the spring.*

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BY BRANDOON SCHMITZ

# STEM education

## CASCIA HALL STUDENTS TACKLE HYDRODYNAMICS CHALLENGE

Cascia Hall's Jr. Commandobots used Fall 2017's First Lego League (FLL) robotics competition as an opportunity to test the quality of Tulsa's water.

Each year, FLL teams are tasked with researching a real-world issue such as recycling or energy, developing a solution and sharing that solution with others. The students must design, build and program a robot and compete on a tabletop field.

Compared to previous competitions, this year's theme was fairly broad: hydrodynamics. The middle-school Commandobots collected water samples from across Cascia Hall and tested for chlorine, turbidity and pH.

Distributed by the Tulsa Metropolitan Utility Authority's (TMUA) water treatment plant, some of the water that they collected was cited as tasting unusual. Upon visiting the plant, the team discovered that the issue was not with the water itself, but rather the cleanliness of the faucet filter and pipes at the water's destination.

In turn, the students learned that they could improve their water quality by cleaning their filters with a toothbrush. Unwilling to keep this advice to itself, the team invited the Tulsa community at large to participate their #onelastbrush Instagram challenge.

"I actually went door-to-door in my neighborhood to try to



(L TO R) MEMBERS OF THE CASCIA ROBOTICS TEAM AT A RECENT COMPETITION INCLUDE ISAAC INGRAM, GREYSON GURSKY, HAILEY POLSON, SOPHIA BOYACI, CARTER NALLEY, STYRLING MURRAY, SAM KRAISS, WILLIAM SORANNO

get my neighbors to tell their friends and family members about it," student Sophia Kelly said. "I just felt like they would want to know about it."

The field trip also informed much of the design of the robot itself.

"With this year's theme,

you have to determine how water is used, treated, transported and conserved in a way in which it will get you to think about a problem we experience so that we can create an innovative solution for it," said teacher Roxi Vincent. "So going to the treatment plant was the research behind what we

needed to discover about water, and while we were there, the engineers were showing us how water is treated and then comes to us."

The team qualified for the State Championships in December. Among 48 teams, the Jr. Commandobots ranked 15th in Robot Performance and first place in Core Values.

"To come in first for Core Values is to honor them for how well they work together," Vincent said. "It was great to see how they embodied the FLL experience — how their work and their communication among each other accomplishes their goals with excellence and innovation. That's what's kind of delightful about this little team."

For many of the students, the competition has provided lessons and experiences that are being applied outside of the engineering room.

"The event was a good bonding experience for our team," said student Victoria Soranno. "After each robot performance round, we were forced to go to the pit and discuss our next steps. We had to put our heads together in order to determine what the problem was and the best way to execute a solution."

For more information regarding the Jr. Commandobot's research, as well as how to improve your water quality, visit the Instagram account @chmsrobotics.



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BY NANCY A. MOORE

# Sofia Noshay – beginning the year with positive intentions

If one of your goals for the New Year relates to being more intentional about the products you purchase and consume, one way to achieve this is through a new endeavor from a company right here in Tulsa. Sofia Noshay, founder of Jujuu, curates boxes of goodies that support, sustain and sync with the goal of social responsibility.

Jujuu grew out of Noshay's desire to enable a group of Tulsa Public School children to see the movie *Hidden Figures*. In order to do this, she organized a fundraiser through a crowd-sourcing site and was met with great success. After seeing the positive responses from the community and the children who benefitted from the experience, she decided to keep pouring positivity into the city she loves best: Tulsa.

**TK: What sparked your interest in starting Jujuu?**

**Noshay:** I started Jujuu about one year ago, simply to bring more positivity into the world after a particularly polarizing time in our country's history. The fleeting thought of a day at the movies – with tremendous community support – turned into 4,000 Tulsa kids getting to see *Hidden Figures* and four students winning prizes for impressive es-



says on hidden heroes right here in Oklahoma. We awarded a science museum membership, a trip to NASA Space Camp and two college scholarships. Let's just say after the ugly (happy!) crying subsided, I was hooked in wanting to continue making an impact.

**TK: How was the name of your company chosen?**

**Noshay:** "Jujuu" actually tells a lot about my own personal story. I am the product of Indian ("Gujarati" or "Guju") immigrants and married to the most incredible Jewish guy. Good karma or "juju" comes about through doing good for and with others, and that's why Jujuu exists!

**TK: What is the mission of Jujuu?**

**Noshay:** To empower intentional living. Meaningful consumerism, community connectedness, and giving back sound overwhelming but are surprisingly attainable with small yet purposeful pivots. We offer Jujuu Box, carefully curated subscription and gift boxes that give people an easy way to jump-start living a life of intention and lasting joy. The fun part is we get to highlight many local makers and businesses that create these "goods that do good."

*continued next page*



**TK:** Can you tell me about your Jujuu Team?

**Noshay:** While I operate Jujuu on my own, it is not without significant love and support from the Tulsa community. The Mine (Tulsa-based social innovation fellowship) and BetaBlox (local incubator/accelerator) both provide significant research and business acumen to ensure our lasting success. And, of course, we wouldn't be doing this without the countless local makers who pour their hearts into their craft.

**TK:** Jujuu is now taking a new direction. What do you attribute this to?

**Noshay:** I suppose intentionality is something I have always been drawn to, even when I didn't have a term to define it. Much like my personal journey, I took, and will continue to take, small, purposeful pivots with Jujuu to most effectively empower others and make a difference. Our new direction - subscription and gift boxes - is a fun way for our community to jump right in and see the lasting impact intentionality can have in their own lives.

**TK:** You describe Jujuu as a social enterprise. Can you explain?

**Noshay:** When people think about consumer goods that give back, brands like TOMS and Warby Parker stand out. These are actually social enterprises - companies that apply business strategies to maximize their social impact. And while big brands may come quicker to mind, a plethora of similarly-minded, yet smaller-scale goods exist, including right here in Tulsa. My goal is to put Tulsa on the map with these goods. Jujuu will be marketed across the U.S., and hopefully, will bring well-deserved notoriety and economic prosperity to our community because of it.

**TK:** What types of products do you foresee being included in the boxes?

**Noshay:** All sorts of goodies! Each box's contents will share a theme, like intentional home living or eating well. So, for example, our foodie box might highlight Glacier Confection, a chocolate shop with a cult following (present company included). Why? Other than being a local business creating only with the highest-quality ingredients, Glacier's core mission is to raise support and funds for the families of fallen soldiers. The high quality of all goods Jujuu Box will feature is a given, but the story behind them is what we believe really sets them apart.

**TK:** Who benefits from the sale of these boxes?

**Noshay:** Jujuu offers a unique model in that everyone wins. The makers of socially responsible goods are supported in their craft both in concept and financially. Jujuu's consumers experience items they may not have otherwise and further their own missions to live with intention. And finally, Jujuu's growth will allow us to create local jobs, support local businesses, and invest right back into the local community and causes we love.

**TK:** Wrap-up:

**Noshay:** We've seen a lot of wins with Jujuu over the last year, but I am most proud that Jujuu simply exists. It's easy for anyone to daydream about an idea, a passion, a pipedream, but as I have and continue to learn, it's completely different to have the courage to publicly announce and promote that passion to the world. Some might say it's crazy. I say it's my intention to leave Tulsa a better place for our city's children, being realized.

**To find out more about Jujuu or purchase a subscription or gift box, visit:**

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# Homeschooling

AREA FAMILIES CHOOSE HOMESCHOOLING  
FOR A VARIETY OF REASONS – AND MOLD  
OPTIONS TO FIT THEIR UNIQUE NEEDS

BY MARY SMITH

**L**aura Zurita gave up her Bridging the Gap scholarship at Tulsa Community College to become a teacher to her three children. “I have always wanted to be an early childhood education teacher. As our eldest son, Gabriel, was ap-

proaching the age of kindergarten, my husband and I felt that if I always wanted to teach, why not teach our kids,” Zurita said. “So, with our third child on the way, I resigned my scholarship so that someone else could receive those funds.”

Once Zurita made the commitment,

she began researching everything she could find on home schooling. The family kitchen is now decorated with posters of the alphabet, sign language, number charts and colors.

Oklahoma law exempts students from





compulsory school attendance when “other means of education are provided.” Parents must provide 180 days of instruction, but there are no notification, parent qualification, subject, bookkeeping or assessment requirements.

Zurita chose to home school to give her children individualized attention and flexibility.

“In the beginning, our routine was eat breakfast, make the beds, get dressed, and then dive into the daily lesson,” she said. “Lessons almost always ended just before lunchtime. This left time for lunch, play, and the much-needed nap or room time. The beauty of homeschooling is that it can conform to life changes.”

Now the children, ages 9, 7 and 4, have lessons beginning at 1:30 p.m., and they often work until dinnertime. “My husband reviews with them in the morning,” she said. “He also reviews Spanish with them.”

This year, Zurita is using EPIC Charter School, a virtual public charter school, with Gabriel and Elizabeth, age seven.

She soon found another reason to home-school: Gabriel is dyslexic.

“Looking back at his early schoolwork, the signs are so clear, but then hindsight is 20/20,” she said. “Our sweet Gabriel is a big thinker and has big dreams of being Oklahoma’s best architect. He is able to think outside the box in ways that most people don’t.”

But dyslexia can also bring daily challenges. Individualized education allows Zurita to “slow down, step back, and give precious one-on-one attention. I know this is a luxury that most teachers dream of, being able to give that needed attention and time to their students,” she said. “Being a home-school mom, that opportunity is there every day. It’s wonderful.” Gabriel also works with a special reading tutor once a week.

Doubling as a mom and teacher was not something Heather Pfeifer thought she’d ever do but has found it unexpectedly rewarding.

“I never thought I’d love it so much,” Pfeifer said. “It gives our family freedom to be together more and to choose what’s right for each kid.”

Home schooling also gives Pfeifer an opportunity to instill the same love of learning in her children that she has felt throughout her life. The Pfeifers prioritize each child’s unique learning style to help them better enjoy school. They also build in plenty of playtime.

“There’s a lot of wasted time in the shuffle of public school,” she said. “[I just want them to] take their time to exist and not rush and scramble.”

When the children were young, the Pfeifers emphasized reading and experiencing the natural world, but as their oldest son reached school age, they implemented Classical Conversations, a Christian home-school program that provides curriculum and a classroom-like setting once a week for a few hours. The family converted a room in their home into a classroom with desks, tables, a computer and a whiteboard. A repurposed closet holds learning and reading materials.

Popular among home-school parents in the Tulsa area, Classical Conversations focuses on memorization of history, geography and other subjects when children are preschool age so they can easily assimilate that knowledge into lessons as they get older. Although there is a curriculum, parents can choose which subjects and topics they wish to emphasize.

“It gives our family freedom to be together more and to choose what’s right for each kid,” Pfeifer said.

She enjoys having the freedom to present lessons in ways that each child will best understand and to allow each child to progress independently of regular classroom expectations. When her daughter grew distressed about reading in kindergarten, Pfeifer eased up, and her daughter was reading fluently within a few months. If concerns arise about their children being behind their public or private school peers, the Pfeifers remind themselves that one size does not fit all in education.

Spending most of her time with her children also allows Pfeifer to take advantage of everyday teachable moments to reinforce character and life skills, such as teaching them how to behave in public and how to work out issues and emotions.

“Everything is a learning opportunity; it changes your mindset,” Pfeifer said.

Critics of homeschooling often point to lack of socialization when children are isolated at home. Pfeifer says that most of the older children are involved with extracurricular activities such as piano and ballet and are involved with their church. Pfeifer feels that her children benefit from socializing with children of a variety of ages.

Pfeifer’s family has been happy with the decision to home-school. Their goal is to prepare their children for college and to

teach them to be independent thinkers who can function well in the workforce.

Although she knows that home schooling isn’t the path for every family, Pfeifer feels that it has been the right one for hers. “Each family has to do what works for their family unit,” Pfeifer said. “I have nothing against public school, but this just fits my family and our lifestyle so much better.”

Another family that found the home schooling alternative to be a better fit is the Meade family from Owasso. When Emily Meade’s oldest son first started school, he attended both private and public schools before they realized that maybe these traditional settings weren’t the best for him. He often got in trouble for talking too much and having too much energy, and he would come home crying every day, Meade said. Because of the large class sizes, he didn’t always get the one-on-one attention that he needed and would often try to avoid class-work.

Although picking an alternative education route was never something she thought her family would do, they realized that they needed a change. “We love our public school, we have no problem with the public education; it just wasn’t working for my son.”

At first the Meades tried Classical Conversations, but with three younger children and her job, it was too overwhelming. After doing some research, Meade chose Owasso Prep, a Christian-based, university-model school. Meade said her son immediately loved it.

Owasso Prep allows for the best of both worlds, Meade said. It offers classes two to three days a week where teachers present new material while the parents receive the week’s lesson plan so they can review with their children at home. Children still get more time at home and with family but also receive one-on-one instruction from teachers in the small classes.

Finally receiving the attention he needed, Meade’s son has thrived and now makes straight A’s. Her second-oldest daughter, who used to struggle with reading, recently started attending Owasso Prep. Within a month of starting school, she became a fluent reader.

In the beginning, Meade was nervous to make the transition to homeschooling, but seeing her children succeed has made her more confident in their decision.

“I like getting to be their part-time teacher and stay at home now because the





school is so structured," she said. "I didn't know if I was going to like [being at home] or not, but I have."

Meade has been fortunate enough to work from home. Her husband, who often travels for work, also enjoys getting to see more of his kids when he is home.

"Integrating this into our lives has been very easy," Meade said.

Her two children at Owasso Prep love it and don't want to go back to public school, but Meade says that they plan on taking it one year at a time. They have a first-grade son with special needs who goes to public school because that's where his needs are best met, and while they plan on having their youngest daughter attend Owasso Prep, things could always change.

Home schooling can look different for everyone and can evolve in a variety of ways. University of Oklahoma sophomore Aimee Lewis began her education as a home-schooler but has also attended public and private schools.

Her parents started home schooling her oldest sister because they felt that she was too advanced for the school system, and they wanted her to learn at her own pace, Lewis said. They ended up home schooling their other three children as well.

Lewis enjoyed home schooling because of the freedom to learn at her own pace and, since she always excelled at math, she never had to slow down and wait for anyone else. She could also get immediate assistance from her parents and didn't have to contend with test-taking stress. Lewis notes that this freedom from academic pressure can be both an advantage and disadvantage.

"I think home schooling is a unique opportunity because you get really close with your family; [you] can go on vacations a lot easier, so I got to travel without getting behind in my schoolwork, and [you] can spend more time doing extra-curricular activities," she said.

However, that doesn't mean that there weren't drawbacks. She felt that she missed out on making friends her own age and on other social aspects that come with traditional schooling, like field trips. Although playing sports taught Lewis how to work in a group setting, she wishes that she'd had more opportunities to do group work in an academic setting.

Ultimately home schooling was a positive experience, and Lewis felt it prepared her fairly well for other forms of schooling.

Lewis spent her middle school years at

Union Public School because her mother suffered from breast cancer and didn't have time to home-school, and then switched to Metro Christian High School since her older siblings had gone there.

The transition from home school to public school was drastic, but she adapted well thanks to her outgoing personality, Lewis said.

"I went from homeschooling with my best friend to [having] 1,400 kids in my grade alone," she said. "It was a bit scary until I got my routine down, but I loved it once I got used to it."

Her advice to anyone who's home-schooled but may be switching to traditional schooling? Don't be afraid to put yourself out there.

"If you're bold and embrace who you are, you won't have to worry about 'fitting in' because you'll find a group of people who appreciate you and where you come from," Lewis said. "The worst thing you can do is conform to the people around you, because even if you do make friends, they won't be genuine."

The home-school experience can look different for everyone, and Oklahoma Baptist University senior Amy Lashar's experience with home schooling helped her decide her career path: teaching.

As the youngest of five, Lashar's family was well-versed in home schooling by the time she began her education since her older twin sisters blazed the trail years before. Her parents had started to see negative changes in their eldest daughters in their first few years at their public school, and since they believed that passing down their Christian values was important, they started home schooling the twins after third grade.

Her parents also saw homeschooling as a good way to academically challenge their children. Lashar appreciated having a curriculum tailored to her strengths and weaknesses, and the family used a variety of curricula such as Saxon, Exploring Creation with Dr. Wyle, Sonlight Christian Homeschool and more.

"On my own, I was able to excel in certain subjects and take my time in others," Lashar said. "If I was interested in something in particular, I could study it as deeply as I needed or wanted."

In high school she briefly wanted to try public school but instead started Classical Conversations and enjoyed the opportunity to see a tutor and interact with other students.

When it was time to start thinking about college, Lashar was nervous about pursuing an education at a private university like OBU but found that she was even more prepared than her traditionally educated peers in certain ways. It was a completely new experience; however, since her previous schooling required so much self-motivation, she had little trouble adapting to her collegiate studies.

Choosing what career path she'd take was never a tough decision; Lashar has always been drawn to teaching thanks to the love of learning home schooling fostered in her.

"Home schooling allowed me to enjoy school all the way through until senior year of high school, where often kids are peer-pressured or bored into hating it by junior high," she said.

Lashar wants to bring this passion to her future classrooms and to inspire her students to pursue knowledge for the sake of it, not just because they have to.

Having had the chance to challenge her academic strengths and work on her weaknesses, she understands how valuable it is to give students the time to do just that, even in a classroom of 25.

"Every child is different, and they deserve the opportunity to be unique in their learning as well as their personalities," she said.

Although her family's home schooling experience was a positive one, Lashar notes that homeschooling isn't for everyone. Since each child learns differently, she understands that being in a classroom every day may be a better option for some and that home schooling requires a hefty commitment from parents.

"There are a wide range of reasons home schooling can be a great option, but there are also many reasons for why it might not be," Lashar said. "Overall, it greatly depends on the family situation and the child, but I definitely still see the value and benefit of home schooling."

For more information about home schooling in Oklahoma, go to the Oklahoma State Department of Education's Home School page at [sde.ok.gov/sde/home-school](http://sde.ok.gov/sde/home-school). The U.S. Department of Education reports that 3.4 percent of children, or 1.8 million, were home-schooled in 2012.

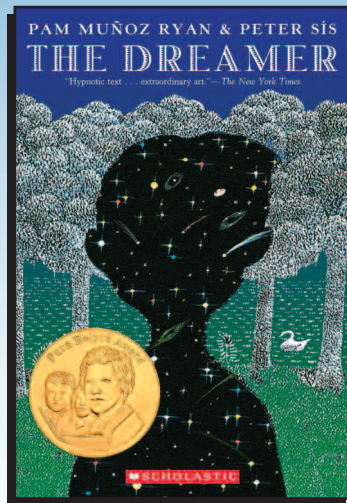


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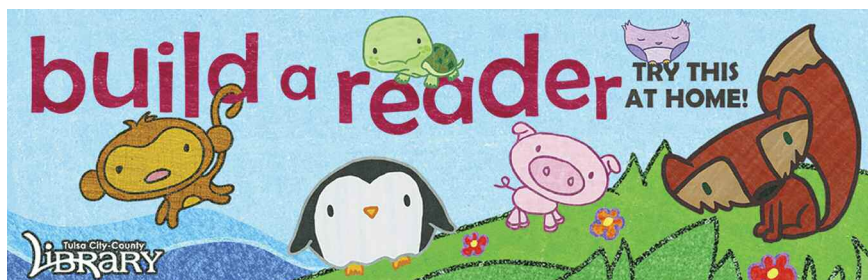
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### **BIXBY LIBRARY (20 E. BRECKENRIDGE)**

\*Build-A-Reader Storytime: Family  
Mondays, Jan. 8, 22, 29, 10:30-11 a.m.

### **BROKEN ARROW LIBRARY (300 W. BROADWAY)**

\*Build-A-Reader Storytime: Babies & Toddlers  
Tuesdays, Jan. 16, 23, 30, 10:30-11 a.m.  
\*Build-A-Reader Storytime: Preschool with Miss Hannah  
Mondays, Jan. 22, 29, 10:30-11 a.m.

### **BROKEN ARROW LIBRARY/SOUTH (3600 S. CHESTNUT)**

\*Build-A-Reader Storytime: Preschool  
Tuesdays, Jan. 9, 16, 23, 30, 10:30-11 a.m.  
\*Build-A-Reader Storytime: Babies & Toddlers  
Wednesdays, Jan. 10, 17, 24, 31, 10:30-11 a.m.

### **BROOKSIDE LIBRARY (1207 E. 45TH PL.)**

\*Build-A-Reader Storytime: Preschool  
Wednesdays, Jan. 3, 10, 17, 24, 31, 10:15-10:45 a.m.  
\*Build-A-Reader Storytime: Babies & Toddlers  
Tuesdays, Jan. 9, 16, 23, 30, 10:15-10:35 a.m.

### **CENTRAL LIBRARY (400 CIVIC CENTER)**

\*Build-A-Reader Storytime: Family  
Tuesdays, Jan. 16, 23, 30, 10:30-11 a.m.  
Mondays, Jan. 22, 29, 6:30-7 p.m.  
\*Build-A-Reader Storytime: Toddlers  
Wednesdays, Jan. 17, 31, 10:30-11 a.m.  
\*Build-A-Reader Storytime: Babies, Bubbles & Books  
Wednesday, Jan. 24, 10:30-11 a.m.

### **CHARLES PAGE LIBRARY (551 E. 4TH ST., SAND SPRINGS)**

\*Build-A-Reader Storytime: Preschool  
Tuesdays, Jan. 23, 30, 10:30-11 a.m.

### **COLLINSVILLE LIBRARY (1223 MAIN)**

\*Build-A-Reader Storytime: Family  
Tuesdays, Jan. 9, 16, 23, 30, 10-10:30 a.m.

### **GLENPOOL LIBRARY (730 E. 141ST ST.)**

\*Build-A-Reader Storytime: Family  
Wednesdays, Jan. 10, 17, 24, 31, 10:30-11 a.m.

### **HARDESTY LIBRARY (8316 E. 93RD ST.)**

\*Build-A-Reader Storytime: Babies  
Mondays, Jan. 8, 22, 29, 10-10:20 a.m.  
Tuesdays, Jan. 9, 16, 23, 30, 10-10:20 a.m.  
\*Build-A-Reader Storytime: Toddlers  
Tuesdays, Jan. 9, 16, 23, 30, 11-11:20 a.m.  
Wednesdays, Jan. 10, 17, 24, 31, 10-10:20 a.m.  
\*Build-A-Reader Storytime: Preschool  
Wednesdays, Jan. 10, 17, 24, 31, 11-11:30 a.m.

\*Build-A-Reader Storytime: Family  
Thursdays, Jan. 11, 18, 25, 6:30-7 p.m.

### **HELMERICH LIBRARY (5131 E. 91ST ST.)**

\*Build-A-Reader Storytime: Family/Stay and Play  
Tuesdays, Jan. 16, 23, 30, 10:30-11:30 a.m.

### **HERMAN AND KATE KAISER LIBRARY (5202 S. HUDSON AVE., SUITE B)**

\*Build-A-Reader Storytime: Family/Stay and Play  
Thursdays, Jan. 18, 25, 10:30-11:30 a.m.

### **JENKS LIBRARY (523 W. B ST.)**

\*Build-A-Reader Storytime: Family  
Wednesdays, Jan. 10, 17, 24, 31, 10:30-11 a.m.

### **MARTIN REGIONAL LIBRARY (2601 S. GARNETT RD.)**

\*Build-A-Reader Storytime: Bilingual  
Tuesdays, Jan. 9, 16, 23, 30, 11-11:30 a.m.

### **MAXWELL PARK LIBRARY (1313 N. CANTON)**

\*Build-A-Reader Storytime: Family  
Wednesdays, Jan. 3, 10, 17, 24, 31, 10:30-11 a.m.  
Tuesdays, Jan. 9, 16, 23, 30, 3-3:30 p.m.  
\*Build-A-Reader Storytime: Pop-Up!  
Thursdays, Jan. 4, 11, 18, 25, 10 a.m.-6 p.m.

### **NATHAN HALE LIBRARY (6038 E. 3RD ST.)**

\*Build-A-Reader Storytime: Family/Stay and Play  
Thursdays, Jan. 11, 18, 25, 10:30-11:30 a.m.

### **OWASSO LIBRARY (103 S. BROADWAY)**

\*Build-A-Reader Storytime: Babies & Toddlers  
Tuesdays, Jan. 16, 23, 30, 10-10:25 a.m.  
Tuesdays, Jan. 16, 23, 30, 10:30-10:55 a.m.  
\*Build-A-Reader Storytime: Preschool  
Wednesdays, Jan. 17, 24, 31, 10-10:25 a.m.  
Wednesdays, Jan. 17, 24, 31, 10:30-10:55 a.m.

### **PRATT LIBRARY (3219 S. 113TH W. AVE., SAND SPRINGS)**

\*Build-A-Reader Storytime: Family  
Thursdays, Jan. 11, 18, 25, 10:30-11:15 a.m.

### **RUDISILL REGIONAL LIBRARY (1520 N. HARTFORD)**

\*Build-A-Reader Storytime: Preschool  
Tuesdays, Jan. 16, 23, 30, 10-10:30 a.m.  
Wednesdays, Jan. 17, 24, 31, 10-10:30 a.m.

### **SCHUSTERMAN-BENSON LIBRARY (3333 E. 32ND PL.)**

\*Build-A-Reader Storytime: Bilingual  
Tuesdays, Jan. 9, 16, 23, 30, 10:30-11 a.m.  
\*Build-A-Reader Storytime: Babies & Toddlers  
Wednesdays, Jan. 10, 17, 24, 31, 10-10:20 a.m.  
Wednesdays, Jan. 10, 17, 24, 31, 10:30-10:50 a.m.

### **SKIATOOK LIBRARY (316 E. ROGERS)**

\*Build-A-Reader Storytime: Family  
Wednesdays, Jan. 3, 10, 17, 24, 31, 11-11:20 a.m.

### **ZARROW REGIONAL LIBRARY (2224 W. 51ST ST.)**

\*Build-A-Reader Storytime: Family  
Wednesdays, Jan. 10, 17, 24, 31, 10:30-11 a.m.





TULSA AUDUBON SOCIETY'S  
ANNUAL EAGLE DAY RETURNS  
SATURDAY, JANUARY 27.

## January 1 Monday

### CAREGIVER-CHILD YOGA

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is free with the price of admission and is best for ages 1-6 years! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. [www.tulsachildrengmuseum.org](http://www.tulsachildrengmuseum.org)

### NATURE TRAIL FULL MOON HIKE

Join the Tulsa Botanic Garden for a night hike on the 1.5 mile Cross Timbers Nature Trail. Spiced wine and rum cider will be available for sale. S'more kits will be available for making s'mores after the walk. Register online. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7-9 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

## January 2 Tuesday

### CRAFT TIME AT TULSA TOY DEPOT [FREE]

Stop by Tulsa Toy Depot to create something fun at this weekly craft session. Tulsa Toy Depot, 10114 S. Sheridan Rd., 10:30 a.m. [www.tulsatoydepot.com](http://www.tulsatoydepot.com)

## January 3 Wednesday

### GAMER LAB [FREE]

Teens have the opportunity to play video games in a room all to themselves! Martin Regional Library, 2601 S. Garnett Rd., 3-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 4 Thursday

### CAR SEAT SAFETY CHECK [FREE]

Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids. Broken Arrow Fire Station 6, 3151 N. 9th St.

(55th and Lynn Lane), 1-3 p.m.  
[www.safekidstulsa.com](http://www.safekidstulsa.com)

## January 5 Friday

### 2018 SOUTHWOOD QUILT AND FIBER ART SHOW [FREE]

Tulsa's major free and non-judged quilt show is coming back for another year! There will be a variety of vendors and quilters on display. Southwood Landscape and Nursery, 9025 S. Lewis Ave., 10 a.m.-6 p.m. on Friday, Jan. 5 and Saturday, Jan. 6 [www.southwoodgardencenter.com](http://www.southwoodgardencenter.com)

### DOG DAYS OF WINTER

Every Friday and Saturday throughout January and February, your four-legged family members can join you for a walk at Tulsa Botanic Garden. Dogs must be leashed and have up-to-date vaccinations. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

## January 6 Saturday

### BIRD WALK AT OXLEY NATURE CENTER [FREE]

Bring your binoculars (if you have them) and enjoy a bird walk led by an Oxley staff member. This event occurs on the first Saturday of each month. Oxley Nature Center at Mohawk Park, 8 a.m. [www.oxleynaturecenter.org](http://www.oxleynaturecenter.org)

## January 7 Sunday

### GOLDEN GLOBE AWARDS [FREE]

Head to Circle Cinema for a free live viewing of the Golden Globe Awards, complete with trivia and prizes during commercial breaks! Circle Cinema, 10 S. Lewis Ave., 7-10 p.m. [www.circlecinema.com](http://www.circlecinema.com) January 8 Monday



**2ND SATURDAY SILENTS PRESENTS "THE PENALTY," A SILENT THRILLER FROM 1920, WITH LIVE ACCOMPANIMENT BY BILL ROLAND ON CIRCLE CINEMA'S ORIGINAL 1928 PIPE ORGAN. JANUARY 13, 11 A.M.**

**DANCE & SING-ALONG AT TULSA CHILDREN'S MUSEUM**  
Join Executive Director Ray Vandiver as he sings classic children's songs. Dance with scarves and shakers provided by the museum as you sing along. This event is free with the price of admission and best for ages birth through 6 years! Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30-11 a.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

**AUDITIONS FOR "TOM SAWYER, DETECTIVE" [FREE]**  
Do you have a child who is an aspiring actor? Now is their chance to audition for Spotlight Children's Theatre's production of "Tom Sawyer, Detective." Performances will be February 16-18 and 23-25. Spotlight Theatre, 1381 Riverside Dr., 7 p.m. on Monday, Jan. 8 and Tuesday, Jan. 9 [www.spotlighttheatre.org](http://www.spotlighttheatre.org)

## January 9 Tuesday

**MINI MASTERS: FIVE SENSES IN ART**  
Children ages 3-6, accompanied by an adult, will explore the galleries and gardens of Gilcrease Museum using their five senses. They will learn to look at the world in new ways, which will inspire their art creations. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-1 p.m. [www.gilcrease.org](http://www.gilcrease.org)

## January 10 Wednesday

**TODDLER TIME AT CHANDLER PARK**  
Enjoy a variety of activities including crafts, music and story time, sensory activities, gym games, nature walks and a field trip. Cost is just \$2/class. Additional date on Jan. 24. Chandler Park, 6500 W. 21st St., 10-11 a.m. [parks.tulsacounty.org](http://parks.tulsacounty.org)

## January 11 Thursday



**CHILDREN'S STORYTIME AT TULSA TOY DEPOT [FREE]**  
Tulsa Toy Depot's popular weekly children's storytime is led by Miss Carol Meyer. Carol leads the kids in music and story telling each week for 30 minutes of great active fun for the little ones. Tulsa Toy Depot, 10114 S. Sheridan Rd., 11 a.m. [www.tulsatoydepot.com](http://www.tulsatoydepot.com)

## January 12 Friday

**MS POWERPOINT 101 [FREE]**  
This class shows how to create group presentations and slide shows. You should take MS Word 2 prior to taking this class. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For adults. Rudisill Library, 1520 N. Hartford Ave., 10-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 13 Saturday

**RUNWAY RUN 5K**  
Start the year off with a run on an actual Tulsa International Airport runway! Run past vintage and new planes and enjoy free admission to the Tulsa Air and Space Museum on the day of the race! Tulsa Air and Space Museum, 3624 N. 74th E. Ave., 10 a.m. [www.tulsaairand-spacemuseum.org](http://www.tulsaairand-spacemuseum.org)

**2ND SATURDAY SILENTS PRESENTS "THE PENALTY" (1920)**  
Lon Chaney stars as a mastermind with big plans to loot the city of San

Francisco. Bill Roland hosts and provides accompaniment on Circle Cinema's original 1928 pipe organ. Circle Cinema, 10 S. Lewis Ave., 11 a.m.-1 p.m. [www.circlecinema.com](http://www.circlecinema.com)

**AUDITIONS FOR "THE CINDERELLA COMPLEX" [FREE]**  
Children ages 8-14 are invited to audition for Clark Youth Theatre's production of "The Cinderella Complex," a witty take on the classic story in which Cinderella is a compulsive martyr who wants unending sympathy from her family. Clark Youth Theatre, 4825 S. Quaker Ave., 3-6 p.m. [www.clarkyouththeatre.com](http://www.clarkyouththeatre.com)

## January 14 Sunday

**DROP-IN STUDIO**  
Are you feeling creative but need some inspiration? Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages and backgrounds. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. [www.gilcrease.org](http://www.gilcrease.org)

## January 15 Monday

**STORYTIME AT KIDDESTIX [FREE]**  
Enjoy storytime at Kiddlestix Toy Store every Monday at 10 a.m.! Kiddlestix Toys, 3815 S. Harvard Ave., 10 a.m. [www.kiddlestixtoys.com](http://www.kiddlestixtoys.com)

**39TH ANNUAL TULSA MLK PARADE**  
The theme of this years MLK Day Parade is "50 Years Later. The Dream Still Lives." Honor the work of Dr. Martin Luther King Jr. at this event. Detroit and John Hope Franklin Blvd., 11 a.m. [www.mltkulsa.com](http://www.mltkulsa.com)

## January 16 Tuesday

**ANIMALS OF THE SKY**  
A young girl, Delphina, finds herself in an unfortunate incident and gets helps from the unexpected Animals of the Sky. Come experience her story and discover how the stars can be connected to create real life animals! The target audience age for Animals of the Sky is 3 to 10 years. Jenks Planetarium, 105 E. B St., 7-8

p.m. [www.jenkscommunityed.com](http://www.jenkscommunityed.com)

## January 17 Wednesday

**IDEA BOX: PAUSE. BE. MINDFUL. [FREE]**  
Come and pause a moment while engaging with Central Library's large-scale Zen Garden. Allow yourself to stop and be still. Stroll through a digital meditation labyrinth and be with your thoughts. Learn about different cultures' approaches to labyrinth meditation. The Idea Box is an exciting new way for customers to engage with novel concepts and experiences. Through pop-up installations, inspiring programming, topical book recommendations and one-of-a-kind associated events, the Idea Box challenges you to think outside your box! For all ages. Central Library, 400 Civic Center, Jan. 16-28, during regular library hours. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 18 Thursday

**CAR SEAT SAFETY CHECK [FREE]**  
Make sure your child's car seat is installed correctly at this free safety check sponsored by Safe Kids. Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. [www.safekidstulsa.com](http://www.safekidstulsa.com)

**ORIGAMI WITH EMILY**  
Learn the art of origami! Fold paper into something simple like a sailboat or try a more complicated creation like the Millennium Falcon. Discovery Lab staff member Emily will lead families through the creation of their own origami art. This event is free with the price of admission and is best for ages 6 and up! Tulsa Children's Museum, 560 N. Maybelle Ave., 4-5 p.m. [www.tulsachildrensmuseum.org](http://www.tulsachildrensmuseum.org)

## January 19 Friday

**MOVIE AND GAMES: NATIONAL POPCORN DAY [FREE]**  
Stop by for a bag of your favorite popped treat and enjoy a late-afternoon snack at your neighborhood library. We'll have a good movie and games on hand to enjoy! For all ages. Suburban Acres Library, 4606 N. Garrison, 4-6 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)





## January 20 Saturday

### **BUILD A READER STORYTIME: FAMILY—SPECIAL SATURDAY EDITION! [FREE]**

Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after storytime for Stay-and-Play activities, where guests will play with a whole heap of educational toys. Maxwell Park Library, 1313 N. Canton, 11 a.m.-12 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### **TULSA FLUTE BAND: A CONCERT FOR THE WHOLE FAMILY [FREE]**

Join the Tulsa Flute Band for this fun, eclectic, casual concert featuring songs you know and songs you love! For all ages. Central Library, 400 Civic Center, 2:30-3:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 21 Sunday

### **FUNDAY SUNDAY [FREE]**

Children and adults alike can enjoy an afternoon of exhibition-inspired activities, artist-led studio projects, museum exhibitions and interactive spaces. Special activities from 12-4 p.m., with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. [www.gilcrease.org](http://www.gilcrease.org)

## January 22 Monday

### **LEGO BUILD [FREE]**

Get hands-on experience with engineering principles as you design and build with LEGOs. For ages 5-18. Broken Arrow Library/South, 3600 S. Chestnut, 10:30-11:30 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### **DON'T STOP THE MUSIC [FREE]**

Join us for a fun children's program all about music and movement. Shake, shimmy and dance your twinkle toes to the bebop boogie with Ms. Julia and Ms. Maureen. For preschoolers and toddlers. Hardesty Library, 8316 E. 93rd St., 11-11:35 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 23 Tuesday

### **FRIENDS AND FAMILY CPR-INFANTS/CHILDREN [FREE]**

Learn CPR for infants and children at this free class held on the 4th Tuesday of every month. Class is limited to 9 participants, so register in advance. Owasso Fire Station 1, 8901 N. Garnett Rd., 6-8 p.m. [www.cityofowasso.com](http://www.cityofowasso.com)

## January 24 Wednesday

### **TEEN CONNECTIONS [FREE]**

Teen Connections is a social group for middle and high school students on the autism spectrum. On the fourth Wednesday of each month, they meet for fun activities such as board and video games where they can practice positive social skills with others with similar interests. TARC Office, 2516 E. 71st St., Suite A, 4:30-6 p.m. [www.ddadvocacy.net](http://www.ddadvocacy.net)

## January 25 Thursday

### **KIDS CONNECTIONS [FREE]**

This social group is designed for children (grades K-5) on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30-5:30 p.m. at the TARC office, 2516 E. 71st St., Suite A. For more information, call Sherilyn or Steve at 918.582.8272. [www.ddadvocacy.net](http://www.ddadvocacy.net)

## January 26 Friday

### **STORYTIME IN THE GARDEN**

Join Garden staff for a botanically themed story followed by a hands-on activity. Free with regular admission. All ages welcome. Craft best suits ages 3 – 12 years. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30-11:30 a.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

## January 27 Saturday

### **TULSA ANNUAL EAGLE DAY [FREE]**

Tulsa Annual Eagle Day will be Jan. 27, 2018 from 10:00-2:00 at Jenks High School, Building 6 (this is a new location). There will be presentations from the Grey Snow Eagle House and the Tulsa Zoo. Vendors and exhibits will be present and also pizza slices will be available for purchase. Please check [tulsaaudubon.org](http://tulsaaudubon.org) for details on the Eagle Watch. This is a FREE event for the public! This is put on by the Tulsa Audubon Society. Jenks High School, Building 6, 205 E. B St., 10 a.m.-2 p.m. [www.tulsaaudubon.org](http://www.tulsaaudubon.org)

### **SIDEWALK ASTRONOMY [FREE]**

Come out for an evening of winter sky fun! Children welcome, but must be accompanied and supervised by a parent, legal guardian, or other responsible family member over the age of 18. Bass Pro Shops Broken Arrow, 101 Bass Pro Dr., 4:45-10 p.m. [www.facebook.com/Astronomy-ClubofTulsa](http://www.facebook.com/Astronomy-ClubofTulsa)

## January 28 Sunday

See our Showtimes page for additional events!

## January 29 Monday

### **STEAM WORKSHOP: A-MAZE-ING ROBOTS! [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](http://www.tulsalibrary.org/events). Central Library, 400 Civic Center, 2-3:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### **IN THE MIDDLE [FREE]**

Join us as we discuss a book and enjoy lively conversation. The featured book is available for checkout at the library. Light refreshments are provided. For ages 10-12. Broken Arrow Library/South, 3600 S. Chestnut, 6:30-7:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## January 30 Tuesday

### **MESSY ART CLUB: LET IT SNOW WITH PUFFY PAINT [FREE]**

Create your own snowscape, snowman or snowflakes with puffy paint. For ages 3-12. Zarrow Regional Library, 2224 W. 51st St., 6-7 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### **EARTH, MOON & SUN**

Coyote has a razor-sharp wit, but he's a little confused about what he sees in the sky. Join this amusing character (adapted from American Indian oral traditions) in a fast-paced and fun show that explores lunar phases, eclipses and other puzzles. Jenks Planetarium, 105 E. B St., 7-8 p.m. [www.jenkscommunityed.com](http://www.jenkscommunityed.com)

## January 31 Wednesday

### **TRAVELS WITH TULSANS: HUNGARY AND THE CZECH REPUBLIC [FREE]**

Join the Friends of the Tulsa City-County Libraries for this travelogue series. This week features seasoned traveler Joel Embry sharing enlightening tidbits from his visits to Hungary and the Czech Republic. For adults. Central Library, 400 Civic Center, 12:10-12:50 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)



BY JULIE WENGER WATSON

# uncertain immigration policy leaves families anxious

**N**o matter where you stand on the political spectrum, 2017 has been a divisive and tumultuous year for this country. Heated rhetoric abounds on all sides, and the facts are often overlooked in the debates. As adults, it can be challenging to sort through all the vitriol to make sense of the issues. For our kids, whose news comes primarily from social media, it can be even more confusing. Immigration, specifically DACA (Deferred Action for Childhood Arrivals Program), impacts each and every Oklahoman in one way or another, and unfortunately, it's an issue where the relevant information needed to form a rational opinion has been lost in the polemics. The better educated we are as parents, the better we can help our kids develop their own philosophies and opinions about the world around them.

## What is DACA?

DACA protects eligible undocumented immigrants by providing them with a temporary legal status to reside in the United States. It is not a path to become a U.S. citizen or even a legal permanent resident. To be eligible, DACA applicants must have arrived in the U.S. before they turned 16 and have lived

here since June 15, 2007. In addition, applicants could not have been older than 30 as of 2012 when the Department of Homeland Security enacted the policy.

DACA applicants have to provide proof of education and pass background, fingerprint and other checks verifying their identities. Those who have been convicted of a felony or a significant misdemeanor, or three or more other misdemeanors, or those who otherwise pose a threat to national security or public safety, are not eligible for DACA. The application fee is \$495, which is also the cost to renew the status every two years.

Recipients can obtain valid driver's licenses and enroll in college, as well as legally hold a job. Employed DACA recipients pay income taxes, just like their citizen counterparts.

The program was created as part of then-President Obama's immigration policy. The current administration is rescinding DACA. It's set to expire March 5, 2018, and President Trump has left it to Congress to decide what to do about the almost 700,000 people who currently have temporary legal status in this country because of DACA.

## DACA in Oklahoma

Close to 7,000 DACA recipi-

ents live in Oklahoma, the majority of whom came from Mexico. DACA recipients and immigrants (both documented and undocumented) in general play a huge role in the state's economy. Immigrants of all kinds represent a significant part of the workforce in fields such as construction, tourism and hospitality, and manufacturing.

It's estimated that Oklahoma's entire foreign-born population paid \$135.2 million in state and local taxes in 2016, of which Oklahoma DACA recipients were responsible for \$17.4 million. While statistics vary, ending DACA would likely cost the state nearly \$350 million in its annual GDP.

## People - Not just Numbers

Of course, behind all of the statistics are real people, many of whom have never really known another country and consider this one to be their home. They are your child's friends and classmates. They are your nurse, your electrician, and your neighbor. They are people just like you and just like your child.

"They were brought here as children. They didn't know they were crossing without proper documentation," explained Blanca Zavala, president of the Coalition for the American Dream,

a Tulsa based immigrant advocacy group. "Many didn't even know they didn't have legal status until they were ready to graduate from high school or get a driver's license."

Zavala noted that many DACA recipients know very little about the country where they were born.

"Most DACA recipients grew up with the belief that they belong to the United States, that they're no different than any other kid who was born in the United States because they have the same values," she said. "By heart, this is their country. They don't know anything about the country in which they were actually born. A lot of people fail to connect those things and start calling them names when they didn't do anything. They're not at fault."

Twenty-three-year-old Fatima is a DACA recipient who moved to the United States from Mexico when she was 11. Fatima currently works at OSU-Tulsa with the Juntos program, a collaboration between the University and Tulsa Public Schools that helps Latino youth succeed in middle and high school and pursue paths to higher education. She's also taking classes at TCC. Regardless of what Congress de-

*continued next page*



cides to do about DACA, Fatima has no intention of leaving the U.S.

"I'm staying, no matter what," she said. "There is no reason why I should go back. I moved to the United States when I was 11. I've lived half of my life here. I'm not ashamed of who I am or my [Mexican] culture. I'm bilingual, and I love my language. I have an accent that defines who I am, but that doesn't mean I don't belong here."

Fatima's younger brother, now 11, was born in the U.S., which makes him a citizen.

"My brother was born here. How am I just going to say, 'Let's all forget about the United States and go back [to Mexico]'?" she said. "This country may not be mine by birth, but I'm working here. I'm feeding it. It's feeding me."

Fatima emphasized that DACA recipients are attending school, paying tuition, holding jobs, paying taxes and contributing to the economy just like any U.S. citizen.

"It's not just bilingual people with Spanish and English. I have a lot of friends with other languages and their services are being used, especially in the medical field," Fatima noted. "I have a friend who is studying to be a doctor right now. He's already out doing big things, saving lives. Are you going to fire him because of a card that doesn't have valid dates?"

The uncertain future of the DACA program is unsettling for many recipients, especially families like Fatima's whose members are a mix of documented and undocumented individuals, as well as U.S. citizens.

"I'm worried about the two kids in our home. I have a brother who was born in the states. My brother said, 'Why do they keep asking me when I'm going back? Where are we going? Am I leaving? I don't want to go, my friends are here,'" she recounted. "I'm not going to take him out of his home. I have a sister who is undocumented because she

couldn't apply for DACA."

Many parents are scared and worried about their children should they be deported.

"I was talking to another family where the kids said they had a big family meeting. The parents taught them to fill out checks in case they needed to pay rent or buy groceries on their own – in case the parents were deported," she said.

"Right now, they're like a piñata," Blanca Zavala said of the individuals she helps through her organization. "They're being hit, and they're being played in a political arena. They're the piñata of both parties. They forget that these are people."

Both Zavala and Fatima agree that education is key to helping others understand the reality of DACA and what it means for the recipients and for this country.

"I don't blame people for saying what they say or doing what they do," Zavala said. "More than anything, it's just a lack of education. I would ask them, 'How would you feel if this person were you?' I believe more than anything in dignity and respect for all. Regardless of legal status, we should all be treated with the same respect and dignity, the way everybody would like to be treated."

"I would encourage people to read and ask questions, but ask more than one person," Fatima commented. "Not every documented person has the same story. Get informed and don't go only by what the media says."

"It's a very critical time for immigrants nationwide, but I would not lose hope," Zavala said. "I think better things are coming. Sometimes we have to go through hard times and struggles, but I think the future is going to grant them the opportunity to stay here legally, and they're going to be able to pursue their dreams and have the happiness that all of us deserve here in the United States."

For more information about DACA, visit [www.USCIS.gov](http://www.USCIS.gov).



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BY BRANDON SCHMITZ

# LeadLearnLive expands opportunities for students with disabilities

When Julie Lackey discovered that her son would need to leave Oklahoma in order to continue his education after high school, she decided to initiate change herself.

"My husband and I have a son with Asperger's," Lackey said. "As we were looking at what the prospects for him were after high school, we were looking toward college options because we know what college can do for a person in determining what they want to do with their life."

Founded by Lackey in 2012, LeadLearnLive is an organization dedicated to bringing four-year college programs for students with intellectual or developmental disabilities to Oklahoma. Although there are more than 260 of these programs in 48 states, Oklahoma has none.

"What these programs provide for students is the support that they need to be successful," Lackey said. "These are students that cannot typically gain admittance with a regular admittance process."

For instance, students with intellectual or developmental dis-



TOM, JACOB AND JULIE LACKEY

abilities may not have the ACT scores that colleges usually require. Considering that they go through an alternate admission process, alternative programs

provide additional support. LeadLearnLive in particular looks to begin programs that support independent living, social skills, academics and career develop-

ment.

Lackey started LeadLearnLive as a grassroots effort with the assumption that it would be able to get funding from either

*continued next page*



the state legislature or from agencies.

"I was uneducated, honestly, and realized the shape that Oklahoma was in from a higher education standpoint," she said. "As we know, Oklahoma does not have a whole lot of money."

Since then, Lackey has spoken at multiple conferences and transition fairs across Oklahoma, as well as met with state regents and the state legislature. Additionally, the organization was behind House Resolution 1065, which "supports the development of education programs for students with intellectual or developmental disabilities."

"As we know, a house resolution isn't a bill and it doesn't provide money or anything like that, but it did bring awareness to the effort," Lackey said. "Then we became a nonprofit after finding out that we would basically need to raise the money ourselves, so that is what we have been doing. We are three quarters of the way through raising our funding."

Throughout the process of raising money and spreading awareness, Lackey learned the importance of speaking with as many people as possible.

"You kind of go into starting out something new, especially an effort that is unfamiliar in our state, with assuming that everybody will think the same thing you think, and that's not true," she said. "So you really need to talk to everybody – parents, legislature, agencies, state regents, professionals, and colleges because the biggest thing that you need to do is communicate well."

LeadLearnLive has an advisory board of national and local experts. Additionally, the organization has gained the support of Think College, the national coordinating center for programs such as LeadLearnLive.

Think College's Principal Investigator Meg Grigal has found the path toward implementing such programs to be a long-term endeavor. Indeed, convincing others that higher education is a realistic possibility will not happen overnight.

Grigal said.

"It's about changing people's expectations," Grigal said. "People only see what's in their backyard, and if what they see in their backyard is that people with intellectual disability leave high school and they go to a sheltered workshop, then that's what the professionals and the parents expect. When that's the case, it can be a real uphill battle to offer a different alternative."

Grigal suggests that initiatives such as LeadLearnLive offer a particularly strong message about who deserves to learn.

"Often the concern is 'Why would you want to support someone with an intellectual disability to go to college,' as the exclusion criteria is the fact that they may learn somewhat differently," she said. "You wouldn't exclude any other population based on a label, and yet, for centuries, we have not seen people with intellectual disability afforded the same options to learn outside of high school that other people have."

Lackey says that one of the most rewarding aspects of this process has been the opportunity to make a difference in students' lives.

"I have met amazing families with stories of their kids and what their kids' dreams are of going to college," she said. "So when you think about being able to make some of those dreams come true, that's huge."

The founder maintains that an effort that is not only this big, but also new to Oklahoma, takes everyone in order to succeed.

"We are in our final push to finish out our funding for our first program, so, if anyone feels led to, that would be wonderful for them to donate towards the program," Lackey said. "Our dream is to have five of these programs in Oklahoma because obviously there's a whole lot more kids than one program can handle."

**For more information, visit [LeadLearnLive.org](http://LeadLearnLive.org).**

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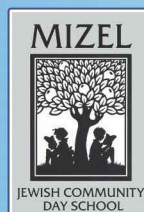
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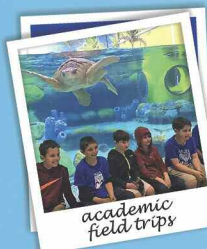


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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

# windows & mirrors

## THE LEGACY OF "THE SNOWY DAY" IN CHILDREN'S LITERATURE – AND LIFE

A famous librarian dictum (yes, there are famous librarian dictums!) is that picture books should be both windows and mirrors for children.

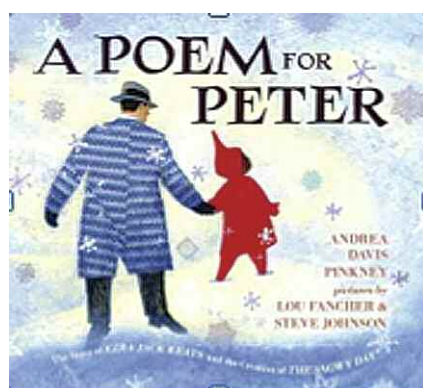
Windows: into other worlds, knowledge, meaning.

What is better than being able to look out through a clear glass and see all kinds of different and unexpected sights, whether it is the fantastical lands of Narnia or the very real landscape of our own country's history? Children should be introduced to this great and wonderful world of ours, and be surprised and delighted and even horrified. Windows bring the new, the different, the world outside of what we know.

But mirrors are also important: reflecting unique experiences, cultures and lives.

It's profoundly satisfying to know that there are other people who are like you – that you are not alone or "other." When you don't see yourself reflected in culture, you begin to wonder if something is wrong with you. Looking into a mirror brings the recognition that you are here, and that is good.

Before *The Snowy Day* by



Ezra Jack Keats was published in 1962, there were a lot of windows for African-American children... but no real mirrors.

It was the first real picture book that featured an African-American main character having a normal childhood experience of playing in the snow. It was an instant hit and, nearly 55 years later, it is still given a place of honor in the hearts (and shelves) of many children's librarians.

A new, gorgeously written and illustrated children's book about Ezra Jack Keats, *A Poem for Peter* by Andrea Davis Pinkney, details Keats's life and his creation of *The Snowy Day* – all told directly to Peter the character himself, "brown-sugar boy in a blanket of white."

Share this lovely book with



your child after reading "*The Snowy Day*" to discover more about Keats and his classic picture books.

Some of my favorite picture books that act as "mirrors" for many children (and "windows" for others) to check out include:

*Jabari Jumps* by Gaia Cornwall – Finding the courage to jump from the high dive is as universal as playing in the snow.

*When We Were Alone* by David Robertson – A child learns from her grandmother how Native American children were treated many years ago.

*Rain!* by Linda Ashman – In true Ezra Jack Keats fashion, this

book shows a child enjoying a wetter form of precipitation.

*Marisol McDonald Doesn't Match* by Monica Brown – The catalog description says it best: "Marisol McDonald, a biracial, nonconformist, soccer-playing pirate-princess with brown skin and red hair, celebrates her uniqueness."

*This Is How We Do It: One Day in the Lives of Seven Kids From Around the World* by Matt Lamothe – This is both "window" AND "mirror" in that it follows kids from a variety of countries. Comparing and contrasting what children in Japan versus children in Uganda eat, wear, and do in school is fascinating!



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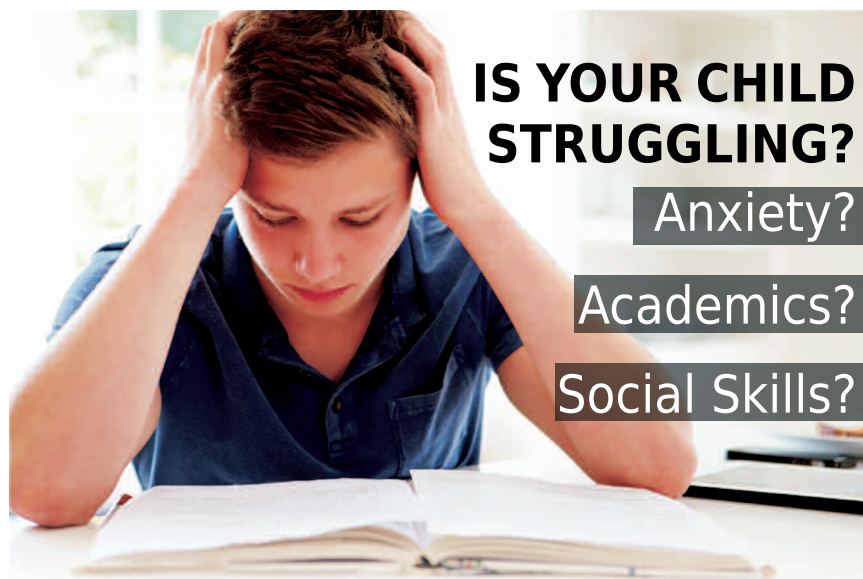
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# It's Hip to Sweat

BY JILL VANTREASE

**A**h, January. The grocery store headlines are exhorting you to hit the gym, get in shape! Well, blech! Such drudgery! What mom who is already serving her penance in diaper duty and allergy screenings can forego even eight minutes on the couch with ice cream and reality TV? Well, a confessional: As a former big-time hater of the slightest additional movement beyond what kept me and my offspring alive, I've discovered that just a bit of exercise is actually sort of invigorating — and moving all the stuff keeps it from freezing over. I don't think exercise is going to necessarily make you lose weight (that just involves a lot a celery and tears), but it will sure make you feel a lot better about yourself! I'll never be an ultra-marathoner, but just a bit of conscious movement helps lift my mood.

So, if you're one of the ladies who wants to try to exercise more in 2018, I say go for it. It's a great time to work out in Tulsa. There's lots of new, hip places to try — so hip that you may need to show up to some of these places from time to time just to maintain your street cred. What's even more fun? You will probably need to go shopping to get some swanky “athleisure” wear to swan gracefully from the carpool line to your chic workout venue to Trader Joe's, all while looking cool as a cucumber.

One up-and-coming, uber-hip spot is Press Cafe X Yoga —



just opening as this issue goes to press at the beginning of December in the Archer building in the Tulsa Arts District. It's co-owned by Brady Ballew, a Tulsa Roughnecks soccer player, and Claire Spears, a Tulsa native and yoga guru. Press Cafe X Yoga offers heated vinyasa flow. If you've ever done a hot yoga class, well, it's a special kind of bad arse yoga. Press's experienced teachers build classes in a way that students of all levels progress when they consistently come to class. And the best part? After you sweat your toxins out, you get to retox — The Press Cafe serves beer and wine! (And also coffee, tea, smoothies and local baked goods.) What to wear to Press? Anything you want, of course, but both Claire and Brady are Lululemon ambassadors.

Claire says, “We are also using

Lululemon mats and blocks in the studio. I love the way I can move in the clothes, and how the clothes breathe and feel — especially in hot classes. Also, their casual wear makes going from class to coffee easy.”

For hot yogis (or non-hot, too) who prefer years of experience behind their establishment, try Yoga Quest at 31st and Harvard. It's the original hot yoga studio in Tulsa and has been heating up bodies for 17 years.

You've probably heard of barre classes, too, such as Sculpt Tulsa - “The Best Lift and Tuck in Town!” - on Peoria is one of a handful of spots offering this unique blend of ballet barre work and pilates. Barre workouts origi-



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CETINA TEACHES AT SCULPT TULSA.

nated when a German ballet dancer, Lotte Berk, sustained a back injury and during time rehab, she combined her ballet barre work with her rehab exercises. The workout gained celebrity devotees on both coasts, and now even little old Tulsa has Barre! Barre routines consist of small deep muscular movements, done repetitively, working specific muscle groups to near failure. I've tried barre classes, and I thought since I wasn't running my buns off I wasn't doing anything - until my legs started quaking and shaking! That's what they're supposed to do, as weird as it feels initially. My lovely and sculpted friend Cetina teaches at Sculpt Tulsa. Cetina always floats nimbly from teaching classes to the pick-up line, so I asked where she gets her athleisure looks. She shops at Lululemon, Nordstrom.com (their Zella brand is one of her favorites), and a new-to-me website, Carbon38. Oh my. If you suffer from occasional low self-esteem and inner-thigh hatred, this website is not for you. It is full of lean, golden goddesses with perfect abs and glittery mesh leggings. Launched in 2013 by a pair of lithe and brainy goddesses, Carbon38 has grown by double digits and now holds a huge chunk of the "athleisure" market. Check it out — and then get yourself to a barre class!

Oh, but there's more: Studio

Pop is a heartbreakingly hip new gym near Driller's stadium. And it combines all the coolest things: Buti Yoga (yoga with weights?!), cycling with core - terrifying stuff. Or Orangetheory on Cherry Street might meet your workout needs. I tried Orangetheory, a hardcore workout with 30 minutes of various forms of cardio (running on treadmills, rowing machines) and 30 minutes of weights. The workouts change daily, so you never get bored! You have to wear a heart-rate monitor so there's no cheating -- I learn after my trial class that the goal is to stay within the "orange zone" to achieve maximum results, which I didn't quite achieve. Alas.

For those of you who aren't sure what your favorite workout might be (and are thinking of bringing family members into the mix), Sky Fitness is a good choice. No excuses. If you don't like yoga, you can do weights....you get the idea. Or a family membership to the YMCA or YWCA could get you all off the couch.

Or maybe you're in a stage of life like me - right now all I can do is roll out of bed at dark thirty a couple of times per week, throw on a ragged sorority sweatshirt, and jump around in front of some online thing. It's all good! Just move a little bit. Remind yourself that despite all the kids, carpools and booger duty, you can still shake it.

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# small changes can pack a big nutritional impact

Once the candy canes are gone and the sugar cookies have all been eaten, it's time for a reality check.

I don't know about you, but I'm guilty of letting my kids indulge in sweets and treats during the holidays. And as much as we love hot cocoa every day in December, even my kids are ready to hit the restart button in January.

That doesn't mean we're making radical resolutions. Small changes can make a big difference to nutrition and well-being, even for kids.

For your family, that may look like going back to meatless Mondays or removing your stock cokes and juice boxes from the fridge or reintroducing fruits, veggies and whole grains to the dinner table.

That's going to be my approach this January. Rather than doing something crazy like blocking the pizza delivery number from my phone, I'm going to be easier on myself. Maybe the next time we have pizza night, we do so with a fruit salad on the side.

Here are five ideas, one for each Monday in January, to give us all a nutritional boost, a jumpstart to healthy eating habits for 2018.

## 1. Sweet Potatoes

*There's so much you can do*



*with the lowly sweet potato. Its versatility can take it from a savory side dish to a sweet ending. Or, add it to a stew or combine it with lean sausage for a main dish.*

*Here's a great recipe to go with turkey burgers or grilled chicken breasts. For a vegetarian dinner, try these fries with black bean burgers.*

### Spicy Sweet Potato Fries

- 6 sweet potatoes, cut into fries
- 2 tablespoons canola oil
- 2 tablespoons taco seasoning mix
- 1 tablespoon kosher salt
- 1/4 teaspoon cayenne pepper

Preheat the oven to 400 degrees.

In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread

the fries out in a single layer on two large baking sheets.

Bake for 20 minutes, or until crispy and brown on one side. Remove fries from oven, increase heat to 425 degrees, and turn the fries over using a spatula. Cook for another 20 to 30 minutes, or until they are crispy on the outside and tender inside.

Note: The cooking time will greatly depend on how thick or thin you've cut the fries, so keep an eye on them!

## 2. Quinoa

*Quinoa's simple, slightly nutty flavor makes it adaptable to familiar recipes calling for grains or pasta. But this protein-packed grain's properties, including high fiber, make it a super healthy choice. If your kids are new to it, try it in place of rice and see what*

*they think.*

*This breakfast quinoa is a tasty change from oatmeal.*

### Breakfast Quinoa with Cinnamon and Apples

- 1/3 cup quinoa
- 1/3 cup water
- 2/3 cup apple juice
- 1 teaspoon ground cinnamon
- 1 small Granny Smith apple – peeled, cored, and chopped
- 1 teaspoon agave syrup, or to taste (optional)

Bring quinoa, water and apple juice to a boil in a saucepan. Reduce heat to medium-low and add cinnamon. Cover and simmer quinoa for 10 minutes. Stir apples into the quinoa; continue simmering until the liquid is absorbed and quinoa is tender about 10 more minutes. Drizzle with agave nectar to serve.

Note: For a creamier taste, add a little milk or half-and-half.

## 3. Bananas

*Bananas aren't a hard sell for most kids. Many kids are happy to eat a banana, whether it's mashed onto the tray of a high chair or packed into a school lunchbox.*

*These breakfast bars are a good choice for a nutritious start to the day or as an after-school snack.*

### Banana Breakfast Bars

- 2 ripe bananas
- 1/4 cup vegetable or coconut oil
- 1/4 cup packed brown sugar

*continued next page*



- 1 large egg
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup whole-wheat flour
- 1 cup old fashioned oats

Preheat oven to 350 degrees. Spray an 8- or 8-inch pan with nonstick cooking spray.

Place bananas in a large bowl, and mash them with a fork. Stir in oil and brown sugar. Add egg, vanilla and salt, and stir until combined. Stir in baking soda. Add flour and oats, and stir until mixed. (You will still have some lumps.) Spread into pan.

Bake for 18 to 22 minutes until browned around the edges and not jiggly in the center. Cool completely. Slice into bars.

#### 4. Plain Yogurt

Calcium and vitamin D are important for growing kids. Yogurt marketed to kids has some healthy benefits, but it's often also laced with sugar and additives. Instead, opt for plain yogurt and then mix in either a little honey or fruit.

These popsicles are a perfect after-dinner treat and alternative to a sugary dessert.

#### Fruit and Yogurt Pops

- 1 cup plain yogurt
- 1 cup fresh or frozen (slightly thawed) blueberries or strawberries
- 1 tablespoon honey

Combine yogurt, fruit and honey in a blender, and blend to the desired consistency. Pour fruit mixture into 4 (5-ounce) paper cups, filling each about three-fourths full. You may also use clean plastic yogurt cups.

Cover each cup with foil, then make a small slit in the middle of the foil cover and insert an ice-pop stick into each one. Freeze until solid, about 5 hours. When ready to eat, peel off the paper cups and eat. If using yogurt cups, sit on the counter for a couple of minutes, then slide the popsicle out of the cup.

#### 5. Kale

I've made kale chips with varying degrees of success. And

while my kids will eat them, it's not their favorite thing. I've been looking for other ways to add kale into our diets, and found it was delicious in one of their favorite dinners – fried rice.

#### Chicken Fried Rice with Kale

- 4 cups kale, removed from stems and chopped
- 1 teaspoon canola oil plus 2 tablespoons, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced
- 2 teaspoons grated fresh ginger
- 2 teaspoons minced garlic
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1/2-inch pieces
- 2 cups frozen mixed vegetables, thawed
- 2 cups cold cooked brown rice
- 2 1/2 tablespoons reduced-sodium soy sauce

Bring 4 cups water plus 1/2 teaspoon salt to a boil. Add kale, and boil for 4-5 minutes or until tender. Drain the kale and, when cool enough to handle, squeeze the excess moisture out with your hands and set it aside.

Heat 1 teaspoon oil in a large flat-bottomed wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.

Add 1 tablespoon oil to the wok along with scallions, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken; cooking and stirring for 1 minute. Add vegetables; cooking and stirring until just tender, 2 to 4 minutes. Transfer chicken and veggie mixture to a large plate or bowl.

Add the remaining 1 tablespoon oil to the wok. Add rice and stir until hot, 1 to 2 minutes. As you stir, pull the rice from the bottom to the top so it all gets coated with oil and evenly cooked. Return the chicken-egg-veggie mixture plus the kale to the wok. Add soy sauce, and stir until well combined and warmed through.

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Rejoice Christian Schools admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

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# 2018 EDUCATION & ENRICHMENT GUIDE

www.tulsakids.com

## ACADEMIC ADVANTAGE, LLC

**Contact:** Trissy Pitkin, Ph.D., ET, DRS  
Owasso, OK  
918.231.7669

trissy@academicadvantage.org

www.academicadvantage.org

Academic Advantage is a creative, unique, "one-of-a-kind," business that specializes in an innovative, personalized, educational experience for your child. Dr. Trissy Pitkin has over 20 years of experience with proven strategies and techniques to improve and enhance the cognitive development of students to become independent life-long learners.

A Board Certified Cognitive Specialist, Dr. Pitkin is certified in many areas, including reading, Autism, ADHD, Dyslexia, music therapy, special education, and early childhood education. Your child will benefit from Dr. Pitkin's extensive expertise in the following areas: assessments, personalized education plans, reflex integration, dyslexia remediation, attention coaching and training, integration of learning and movement, auditory and visual improvement, music therapy, test taking techniques, study skills, ACT preparation, partnering with your child's school, and much more!

"No matter what your child's unique needs are, Dr. Pitkin has the expertise to help him or her succeed."

## AUGUSTINE CHRISTIAN ACADEMY

**Contact:** Kirk Post, Headmaster and Founder

John Ahrens, Director of Operations  
6310 E. 30th Street

Tulsa, OK

918.832.4600

www.acatulsa.org

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

## AVANT GARDE PRESCHOOL AND EARLY LEARNING CENTERS

**Brookside Location:**

4103 S. Detroit Ave.

Tulsa, OK

918.743.0975

**Sheridan Location:**

7607 S. Sheridan Rd.

Tulsa, OK

918.497.1335

www.avantgardeschools.com

At Avant Garde, we know that entrusting someone to provide care for your family is a big decision! We take this responsibility very seriously, and we pride ourselves in offering the highest quality of care.

Each Avant Garde facility has been completely renovated and modernized to foster a creative and child-led learning environment.

We are happy to have an extremely dedicated and highly qualified staff who attend regular, ongoing training above state licensing requirements.

Our owners have over 15 years of experience managing and operating local preschools in Tulsa, formerly known as Koala Care. We have the best team of people that make every day full of fun, love, learning and creativity!

At Avant Garde Preschool, we nurture a lifelong passion for learning through developmentally appropriate practices such as:

- Individualizations
- Investigative style project approach
- Child-led topics of study
- Learning through play
- Holistic approach to school readiness
- Family-style dining
- Cooking Classes
- Baby Yoga
- American Sign Language

## BRAIN BALANCE OF TULSA

**Contact:** Meghan Tappan

6022 S. Yale Ave.

KingsPointe Village

Tulsa, OK

918.488.8991

www.brainbalancecenters.com

Brain Balance of Tulsa offers a comprehensive, drug-free program that helps kids overcome their behavioral and learning difficulties, enabling them to reach their social and academic potential. If your child suffers with behavioral

issues, ADHD or a learning disability, then you've experienced their painful frustration and lack of confidence both academically and socially. At Brain Balance Achievement Centers, we can help your child achieve success behaviorally, socially, and academically. We are specialized achievement centers that utilize a drug-free, whole-child approach to address the underlying issues in many of the behavioral, developmental and learning disorders that plague so many children today. Call us today to schedule your free consultation!

## CASCIA HALL PREPARATORY SCHOOL

**Contact:** Mr. Roger Carter, Headmaster  
2520 S. Yorktown Ave.

Tulsa, OK

918.746.2600

www.casciahall.com

Cascia Hall Preparatory School is a Catholic, Augustinian School for students of all faiths in grades 6-12. Students are prepared for college and for life in a supportive, Christian community with a well-rounded and challenging program of academics, extra-curricular activities, and community service. With an enrollment of less than 550, students are related to as individuals, resulting in stronger motivation and achievement. One hundred percent of Cascia Hall seniors matriculate to college following graduation.

## CHANNING DAY SCHOOL

**Contact:** Carol Ainsworth

2952 S. Peoria Ave.

Tulsa, OK

918.742.6731

www.channingdayschool.com

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

## CHRISTIAN MONTESSORI ACADEMY

**Contact:** Ami Chapman or Mollie Heaberlin

3702 S. 90th E. Ave.

Tulsa, OK

918.628.6524

www.montessorilearning.org

Cookie-cutter molds don't fit everyone, nor do traditional classrooms. For 20 years, Christian Montessori Academy has offered metro Tulsa students innovative, progressive, and individualized opportunities using the Montessori Method of instruction in a non-denominational setting. For over 100 years, Montessori education has been a proven method for excellence in education. CMA students have a strong sense of citizenship, community involvement, and values. Students are encouraged to excel to their full potential in a non-stressful manner. Our advanced core curriculum available for ages 3-15 (preschool through 8th grade) includes: Mathematics, Language, Science, Geography, History, Life Skills, Sensorial Development, Spanish, Art, and Music. Extra-curricular activities include: art, piano, swimming, computer, and home economics. Summer camp is also available to students in the community. If you feel your child would benefit from a non-traditional setting, please give us a call. Tours are given Monday through Thursday, 918.628.6524 or www.montessorilearning.org.

## CHRIST UNITED METHODIST ELC

**Contact:** Laurie Pearn

3515 S. Harvard

Tulsa, OK

918.743.7673

www.cumctulsa.com

Our program is a Monday, Wednesday, Friday pre-school program. Hours are 9:30 to 2:30. There are several options as to how many days and the times children can attend. In the afternoons, we offer enrichment classes in gymnastics, music and "Bible Buddies." Our staff members are chosen for their early childhood experience and training as well as sensitivity to the individual needs of each child. We use a hands-on approach so children learn by doing. Classes are arranged in learning centers and areas of interest where the daily theme is carried out throughout the

continued



room. Parent participation is encouraged.

## **HAPPY CAMPERS ACADEMY**

**Happy Campers**  
1819 E. 15th St.  
Tulsa, OK  
918.584.2779  
hcatulsa@gmail.com  
7:30am - 5:30pm

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

**Happy Campers at John Knox**  
2929 E. 31st St.  
Tulsa, OK  
918.742.7656  
happycampersjohnknox@gmail.com  
Ages 5-12 years old for after school care

**Enrollment: year round enrollment as space allows**

Happy Campers Academy offers Tulsa and surrounding communities quality child care while families are at work. We accept children ages 6 weeks to five years of age, and provide parents an opportunity to view their children in the early learning center through a closed-circuit internet connection. At both of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment. Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing—all while having fun and expressing themselves creatively. We start the foundation for learning when our students are infants—bonding and connecting. When they become toddlers, the focus is self-help and self-recognition and then during the twos, we build upon independence and language skills. The three-year-olds start making cognitive connections and experience the beginnings of social skills. Finally, in PreK, students start connecting all the tools from every stage to form a strong foundation for early reading preparation to build confidence for kindergarten.

Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and



suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.

## **HOLLAND HALL**

**Contact: J.P. Culley, Headmaster**  
5666 E. 81st St.  
Tulsa, OK  
918.481.1111

**www.hollandhall.org**

Grades: Pre-school – Grade 12  
Holland Hall is Tulsa's Pre-K through Grade 12 Independent Episcopal School. We offer an ambitious curriculum, an extensive array of exciting electives, dozens of individual and team sports, transformative arts programming, and an apprenticeship in self-reliance. Our student/teacher ratio of 9:1 means your child's teachers truly know who they are and where their strengths and passions lie. Located on a beautiful 162-acre campus, Holland Hall provides a lively and uncommonly kind community that honors the individual integrity of each child while providing the bedrock education every student needs to succeed in college, work, and the world beyond.

## **LAKE HILLS MONTESSORI**

**Contact: Jodie Whitman**  
5130 E. 101st St.  
Tulsa, OK  
918.296.9936

**www.lakehillsmontessori.com**

Lake Hills Montessori is committed to providing quality education for children ages 2-6 years in a safe, loving, and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning. LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers healthy lunches, dance, Spanish, soccer, music, yoga and art. School time 8:30 a.m. - 3:00 p.m. and before/after care 7:30 a.m. - 5:30 p.m.

## **MARQUETTE SCHOOL**

**Contact: Pete Theban, Principal**  
1519 S. Quincy  
Tulsa, OK  
918.584.4631

**www.marquetteschool.org**

Since its founding in 1918 as Sacred Heart School under the direction of the Ursuline Sisters, Marquette has a long tradition of academic excellence. That tradition continues today as we educate our children for the world of tomorrow. Combined with outstanding academics,

Marquette students receive an education that nurtures their spirit and heart. Participating in weekly Masses as well as mission projects in and out of school, our children develop empathy and compassion for the less fortunate. These experiences will enable them as future leaders to govern not only with their minds but also with a conscience. As a service to the Parish of Christ the King, Marquette Catholic School teaches Catholic values and offers a comprehensive curriculum to preschool, elementary, and middle school students in an atmosphere that promotes the growth of each child's mind, body and spirit.

## **METRO CHRISTIAN ACADEMY**

**Contact: Jana Annett,**  
**Admissions Director**  
6363 S. Trenton Ave.  
Tulsa, OK  
918.745.9868

**www.metroca.com**

Established in 1983, Metro Christian Academy is a state-accredited, college preparatory school serving students P3-12th grade. From their first morning in the halls to the day they don cap and gown, Metro Christian Academy students learn and live out the school's four pillars. Academics, spiritual life, activities and community each make up a vital part of the student experience. Academics are taken seriously at every level. Our educational standards are clearly articulated and aligned to ensure every student receives a consistent education. MCA maintains small class sizes for students. They stay challenged and remain on track because teachers are in tune with them and can offer differentiated instruction.

Biblical principles and truths are woven throughout every part of the school. Students study the Bible, strengthen their faith, and serve the community through outreach and mission opportunities. Students are encouraged to discover and display their talents in activities ranging from athletics to fine arts to leadership. Participation in activities builds character, strengthens skills and fosters relationships.

Metro cultivates innovators, artists, leaders, and lifelong learners so they are prepared for the path ahead of them. For more information visit [www.metroca.com](http://www.metroca.com)

## **MILLER SWIM SCHOOL**

6415 S. Mingo Road  
Tulsa, OK  
918.254.1988

**www.millersswimschool.com**

Ages: 6 Months-Adult  
Miller Swim School has been in the

business of swimming for over 60 years. We believe in building a safer community, one family at a time, through swim lessons, water safety education, and drowning prevention.

Through participation in water activities, students are able to gain self-discipline, coordination, and balance. Studies have also shown that swimming lessons help children grow socially and intellectually as well.

At Miller Swim School, students are grouped according to ability and comfort in the water. Classes are offered year-round, in both morning and evening at our main facility in Tulsa and coming soon to Jenks in 2018!

Transportation for large groups may be provided in our Miller Buses as well. Miller Swim School also offers party packages and open swim times for families and friends to enjoy the pool!

Check out our website to find our complete summer and year-round program schedules as well as more information regarding parties and the other classes we offer! Also, "like" us on Facebook and Instagram to stay up to date on current news and discounts!

Ending the drowning epidemic, one swimmer at a time!

## **MINGO VALLEY CHRISTIAN**

**Contact: Mrs. Lisa Padgett, Admissions**  
8304 S. 107th E. Ave.  
Tulsa, OK  
918.294.0404

**www.mingovalley.org**

Mingo Valley Christian has been serving Tulsa area families for over 40 years. We are a college preparatory, non-denominational, private school, serving students in grades PK-12, through personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. We know our students are tomorrow's leaders, and our school culture is infused with opportunities for leadership, mentoring, and service to the Tulsa community. Learning happens best in the context of relationships, so our teachers engage personally with each student to encourage academic success. We offer honors and AP courses, NHS/NJHS, concurrent college enrollment, art, computer, music, and foreign language, with technology utilized throughout all academic disciplines. Our highly regarded theatre program attracts arts patrons from across the Tulsa community. Our athletic programs include football, volleyball, basketball, soccer, cross country/track, and cheer. For more information or to schedule a tour or shadowing, please call or visit our website, or visit us at our two open houses in the spring of 2018: January 30 (9 am-1 pm) and March 27 (9 am-1 pm). Office hours: 7:45 a.m.-3:45 p.m. Accreditation: State of Oklahoma (OPSAC); AdvancED; Association of Christian Schools International (ACSI)



## MISS HELEN'S PRIVATE SCHOOL

Contact: Jayme Wingo-Martin

4849 S. Mingo

Tulsa, OK

918.622.2327

[www.misshelens.com](http://www.misshelens.com)

Miss Helen's Private School is a family-owned, family-focused business celebrating over 60 years. Teachers are college degreed, caring and dedicated. All pre-kindergarten classes offer music, Spanish, art, stories & science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels. In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects as well as health, nutrition and fitness. After-school activities include computer classes, swimming, cheerleading, Amazing Athletes and more. Serving ages 3 years through 5th grade. We thank the TulsaKids readers for voting us the 2017 Family Favorite for Best Preschool/Early Learning Center AND Best Private Elementary School in the Tulsa Area. Come for a tour and see why!

## MIZEL JEWISH COMMUNITY DAY SCHOOL

Contact: Lillian Hellman

2021 E. 71st St.

Tulsa, OK

918.494.0953

[www.mizelschool.org](http://www.mizelschool.org)

Founded in 1975, and located on the beautiful Zarrow Campus, Mizel Jewish Community Day School provides hands-on learning for students of all faiths in preschool through fifth grade. Our highly experienced, talented staff provides a nurturing environment with small class sizes, individualized instruction and innovative General and Judaic Studies. Hebrew is taught as a modern, living language and our strong Character and Values Education Program complements our overall curriculum. Specialists conduct classes in Fine Arts, Music, Physical Education and LEGO robotics. Smart Boards, Chromebooks and iPads allow for academic innovation. Educational field trips, student-to-student mentoring, an enriched after-school program, and multi-age interaction round out our program. Mizel students also have the unique opportunity to experience multigenerational activities with residents at Zarrow Pointe Retirement Center. Art appreciation classes are conducted at the Sherwin Miller Museum of Jewish Art and students participate in planting and harvesting at the Community Garden, all located on our exceptional campus.

## MONTE CASSINO SCHOOL

Contact: Kevin Smith, Headmaster

2206 S. Lewis Ave.

Tulsa, OK

918.746.4238

[www.montecassino.org](http://www.montecassino.org)



For more than 90 years, Monte Cassino School has been committed to academic excellence while educating the whole student. Beyond the classroom, Monte Cassino Students, ages PreK 3's—eighth grade, develop socially and morally within a supportive community of educators and parents to develop the active skills for life. Enrichment opportunities abound for all students including team sports, Scouting, Robotics, Newsletter, Academic Bowl, fine arts and drama. Monte Cassino School represents 30 teachers with advanced degrees, 40 zip codes, 16 cities and a 10:1 student/teacher ratio; our students rank in the 90th percentile of school norms for standardized testing. Supported by the legacy of the Benedictine Sisters, Monte Cassino School provides students with a distinctly Catholic education.

## REJOICE CHRISTIAN SCHOOLS

Contact: Heather Koerner, Registrar

13407 E. 106th St. North

Owasso, OK

918.516.0050

[www.rejoiceschool.com](http://www.rejoiceschool.com)

The right school will change a child's future. At Rejoice Christian Schools (RCS), our experienced faculty provides for your child's best future through Christian nurturing, educational challenges, and small class sizes. Year after year, RCS continues to rank as one of the top academic schools in the country. Our God-given ministry is to lead young people to know Christ and train them in Biblical principles, Christian character, language and traditional subject matter. RCS offers a complete curriculum from Pre3 - 12th grade, including college preparatory and honors classes, a vibrant arts program and a dynamic sports program.

## RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kacey Davenport

2433 W. 61st St.

Tulsa, OK

918.446.3553

[www.riverfield.org](http://www.riverfield.org)

Riverfield provides a student-centered approach to education for students 8 weeks through 12th Grade with an innovative program of authentic, experiential learning in which individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and flexible scheduling offer Middle and

Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms and athletic fields. Accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC) and Oklahoma Private School Accreditation Commission (OPSAC).

## ST. PIUS X SCHOOL

Contact: Lisa Bell, Principal

1717 S. 75 E. Ave.

Tulsa, OK

918.627.5367

[www.spxtulsa.com](http://www.spxtulsa.com)

For 60 years St. Pius X has educated leaders of tomorrow by focusing on academic success, personal responsibility, spiritual growth and character development. Conveniently located in downtown Tulsa, the campus offers new state-of-the-art 3-year-old through 8th grade classrooms with two FEMA-approved storm shelters. Computer technology, music, art and foreign language are part of a comprehensive curriculum taught in classrooms with an average 19:1 student to teacher ratio. We offer 18 extracurricular activities including State-qualifying Robotics and Academic Bowl teams, traditional team sports, Service Club, Mad Science, Running & Fitness Club, Musical Theater and more. St. Pius X alumni are regularly named National Merit Semifinalists—one of the reasons we're recognized as a Blue Ribbon School of Excellence. At the same time, we employ tutors to help students with special needs. Our diverse student population represents 37 Tulsa-area zip codes with 29% of our students speaking a second language at home. Need-based financial aid is available. Come see why St. Pius X could be the right school and church community for your family.

## UNDERCROFT MONTESSORI SCHOOL

Contact: Nancy Davis

3745 South Hudson

Tulsa, OK

918.622.2890

[www.undercroft.org](http://www.undercroft.org)

With a 50-year history in Tulsa, Undercroft Montessori School is the first Montessori school in Oklahoma accredited through the American Montessori Society and AdvancEd. Undercroft provides an authentic Montessori education, which is uniquely effective for children from age 3 through 8th grade. Undercroft students are diverse in interests, personality and learning style. Our

approach supports development of individual capacities, and our students are well prepared for high school with academic skills as well as life skills. Instruction is individualized as children take a more active role in their own learning, and our graduates thrive in a variety of both public and private high schools. Most importantly, our students love to learn. Call for a tour at 918.622.2890 or visit [www.undercroft.org](http://www.undercroft.org) for more information.

## UNIVERSITY SCHOOL

Contact: Debra Price,

Associate Director

326 S. College Ave.

Tulsa, OK

918.631.5060

[Debra-price@utulsa.edu](mailto:Debra-price@utulsa.edu)

[www.utulsa.edu/uschool](http://www.utulsa.edu/uschool)

University School offers a challenging, yet nurturing, environment for gifted students ages 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all ages. Located on The University of Tulsa campus, our beautiful facility provides a unique setting and resources that few schools can match. University School students benefit from a rich variety of learning opportunities and interactions with college professors and students as they endeavor to maximize their potential, develop creativity, and become responsible citizens.

## VICTORY CHRISTIAN SCHOOL

Contact: Jim Cherry, Superintendent

7700 S. Lewis Ave.

Tulsa, OK

918.491.7720

[www.vcstulsa.org](http://www.vcstulsa.org)

Victory Christian School is a K-12 Christian school that in its pursuit of excellence integrates a rigorous college preparatory curriculum with a distinctive biblical worldview designed to ignite a passion for the Word of God while empowering our students to pursue and achieve academic excellence. VCS students daily thrive under outstanding instruction and skillfully develop in an environment designed to refine their God-given talents. Victory's vast curriculum offers students the ability to academically engage in a course of study that provides advanced educational opportunities in our lower school. Students may secure high-school credit in grades 7 and 8, with the option to earn university credit through college concurrency and participation in classes offered by the AP College Board. VCS also offers a spirited athletic program that regularly competes for conference, regional and state championships while holding fast to its core beliefs. Take the next step by contacting our Admissions Office at 918.491.7720 to schedule a tour and see why we say, "It's a Good Day to Be a Conqueror." Finally, we want to thank the readers of TulsaKids for voting us as a TulsaKids Family Favorite!





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tulsakids  
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## Second Saturday Silents

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**NEW LOCATION! 81ST AND HWAY 169**



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CHRISTIAN  
mingovalley.org



The Oklahoma Aquarium hosts **Scout Days** to honor all youth organizations and their members (such as Boy Scouts, Girl Scouts, Camp Fire, 4-H, FFA, etc.). Special activities from 11:00 to 1:00 pm, but the discounted rate is available for the entire day!

- \$7 per student
- \$10 per adult

\*Cost includes full Aquarium admission

### Upcoming Events

**Aqua Tots (11am):**

Jan 11th

Jan 29th

Feb 6th

Feb 28th

**Homeschool Day (All Day):**

Feb 20th

**Coming Soon!**  
New educational program offerings



300 Aquarium Dr. Jenks, OK 74037 • 918-296-FISH • okaquarium.org  
501(c)(3) not-for-profit education and research facility

Stay up to date  
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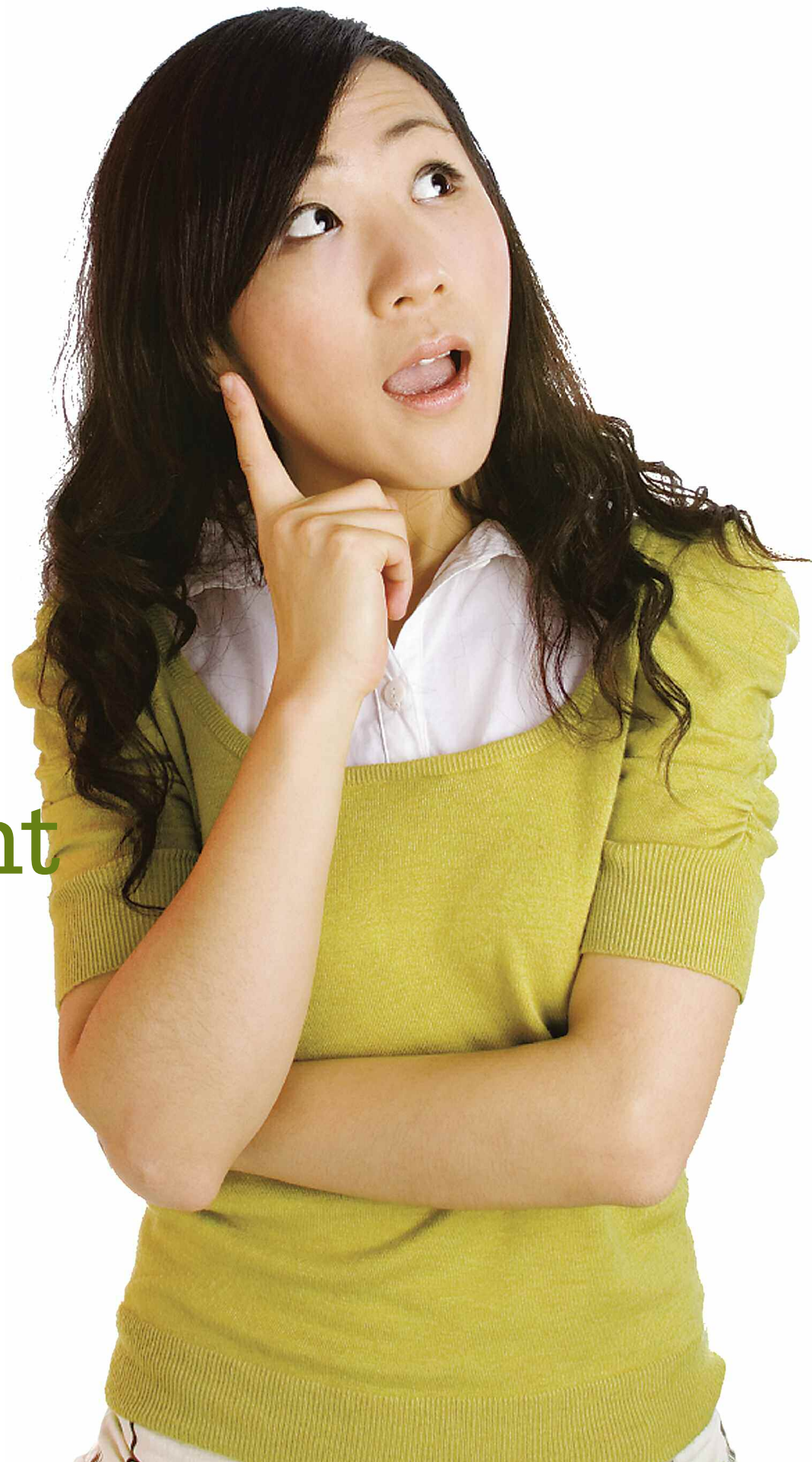
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BY BETTY CASEY

# teachers can't find the Nurturer in TPS's classroom management system





*Editor's Note: Current TPS employees who were interviewed for this article did not want to be identified for fear of retribution from the district. I contacted principals and teachers at two schools, but did not get a response.*

No Nonsense Nurturer, a classroom management program meant to create district-wide consistency at Tulsa Public Schools, has many teachers and administrators seeing a lot of nonsense and not much nurturing. Many are simply not using the expensive package, or they're choosing to leave the district. Some veteran educators say they feel "pushed out" for not complying.

A product of the Center for Transformative Teacher Training (CT3), a company based in San Francisco, California, No-Nonsense Nurturer (NNN) can be purchased as a package for school districts, or educators can buy online training. At TPS, the program was presented to teachers at a district-wide training session before school began in August 2016. A "Teacher Institute" was held at Cox Business Center where CT3 representatives trained teachers on the classroom management strategies of NNN. According to an article in the Tulsa World, the cost for the two-day Teacher Institute was \$308,000, with \$285,600 from the Foundation for Tulsa Schools, and TPS paying \$22,400.

No-Nonsense Nurturer teachers, according to CT3 documents, do the following: give precise directions; narrate, consistently take corrective action; and build relationships with students. Teachers are expected to use a non-emotional voice, and to use "positive narration" ("Tim has his book out") with two or

three students on task, while ignoring students who are not on task. Directions are restated to the off-task students. Teachers are instructed not to use "please" or "thank-you" when narrating or giving directions. CT3 suggests using a hierarchy of colored cards (blue, green, purple, yellow, orange, red) for student behavior with blue being "exceptional" and red meaning "office referral." Directions and narrations are scripted and discussed with teachers in advance. Coaches trained in the management system will sit at the back of a classroom and give corrective instructions on how to use the script to a teacher who is wearing an earpiece.

Paula Shannon, deputy superintendent for TPS, explained that NNN aligns with the goals of the district's strategic plan, Destination Excellence ([www.tulsa-schools.org/plan](http://www.tulsa-schools.org/plan)). She outlined that two "big goals" of the plan are that "we are contributors, and that we want safe, supported and joyful learning environments. We believe in supported learning," Shannon added. "This is kind of an aspirational vision of what we want to achieve. At the heart of it is building strong relationships because we believe that's the building block to creating those safe, supported, joyful learning environments. That's where No-Nonsense Nurturing came from."

Shannon went on to describe how NNN's "strong practices" create a consistent discipline system for the district where teachers use "precise directions," "positive narration" with "some positive incentives attached to it."

While she could not recall the exact cost of NNN to the district, she did say that most was covered by "philanthropic" dollars, and some schools were using some of their Title I funds.

According to many profes-

sionals, NNN classrooms are anything but "joyful" or nurturing. In fact, some current and former teachers and support personnel view NNN as part of a larger issue of top-down control from the district. Rather than feeling supported, they feel disrespected, and are looking for teaching jobs outside TPS. As one teacher, who wishes to remain anonymous said, "It's never been about money. Teachers leave TPS because of the hostile work environment." She pointed to the 600 teacher vacancies last summer as being just as much a work environment issue as a pay issue, especially for veteran teachers. "They're not all going out of state," she said. "Some are just looking for jobs in nearby districts."

Another currently employed educator, who also wanted to remain anonymous for fear of retribution by the district, said, "The district rolled out a brand-new classroom management program [NNN]; a reading program called CKLA, which is Common Core revamped, and Eureka Math. Teachers just bolted."

While educators agree that precise, clear directions are important to classroom management, many balk at the scripted, emotionless nature of NNN. Linda Gier, who left TPS as a Student Engagement Coordinator in the office of Student and Family Support Services, said that the four components of NNN are good. Gier, who has worked in schools and in educational psychology for over 40 years, was hired by TPS in 2009. Prior to that she had been a teacher in Kansas, a behavior interventionist for the district, owned her own business working with challenging children, and was the Positive Behavioral Intervention Services coordinator for the Kansas State Department of Education. She was supposed to begin implementing Positive Behavioral Inter-

vention and Supports (PBIS), an evidence-based school management model, in TPS, but when Paula Shannon became deputy superintendent, she made the decision to drop PBIS and implement NNN. Gier was then trained in NNN.

Building relationships, precise directions, positive narration and consequences are "all researched and highly effective," Gier said. "The problem is that No-Nonsense Nurturing turns teachers into robots. Teachers don't say 'please' and 'thank-you'. Where will kids learn respectful asking? It seems to take the feeling of a classroom family and turn the whole day into a structured experience where everyone looks and acts the same. Kids are recognized for looking and acting like everyone else."

"Here's what I worry about," Gier continued. "I taught second grade, and I had a highly impulsive kid in class. But my approval drove him. If he never heard a nice word or joy or excitement from me, he would not keep working on his behavior. Not all children look alike and sound alike."

Another employee who observed and was trained to implement NNN and asked to be quoted anonymously, responded, "It is very scripted. Every model they have adopted is scripted. With NNN, coaches listen to teachers and tell them what kind of praise you can say to students (can't say things like 'good job' 'thank you for ...'). Teachers are supposed to praise kids by stating the obvious ('John picked up his pencil,' 'Sally started her math,' 'Jose finished page 10'), and they are expected to do this continuously throughout their instruction. NNN has an element for developing relationships with students. Any relationships being developed are because teachers are going above and beyond, and doing this on their own."

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"No-Nonsense Nurturing makes neither neurodevelopmental nor psychological sense and is in no way nurturing," said Dr. Robert Hudson, recently retired clinical professor of pediatrics, OU-Tulsa School of Community Medicine, and co-director for the Center for Resilience. Dr. Hudson led a research project to study executive function in young children in at-risk TPS schools. "No-Nonsense Nurturing makes the students with the greatest need for help with behaving and learning, or 'self-regulation,' worse."

Dr. Hudson said that low-performing schools have a "higher proportion of disruptive students" who have difficulty with impulse control, flexibility, problem-solving and social/emotional development." The NNN belief structure of "earning respect," "100 percent compliance 100 percent of the time," and expecting all students to behave in the same way is "built on false assumptions, disproved with neuroscience research over the past 25 years. No-Nonsense Nurturing is founded on the belief that all students are alike and capable of the same response to correction, which also flies in the face of well-established neuroscience," he said.

Gier echoes Hudson's concerns about NNN's impact on highly stressed children. "In TPS, the district recognizes the numbers of students coming into classrooms every day from traumatized backgrounds. A lot of kids don't know what they're going to eat. That's traumatic," Gier said. "Then they put in something that has no nurturing, kids coming in with trauma and the district using this 100 percent compliance – it doesn't match up."

Paula Shannon said that she has "colleagues in different places shooting for 100 percent. That works in some places better than other places," Shannon said.

"We're by far not perfect, but through data we can track...we know that generally across the board, teachers are feeling more supported and things are getting a little better. I can see where folks might think that it's robotic. What I would say is that the teacher is very central to making this theirs. If teachers don't use it, that's fine."

Shannon said that NNN is one tool of many that teachers can use, stressing that NNN is a set of "strategies," not a "program"; although, the CT3 website refers to NNN as a "program" for classroom management. When asked to name other strategies available to teachers, Shannon couldn't think of others, but named "resolution," which is also a piece of NNN relating to suspensions.

"When we look at the decrease in the number of referrals we're getting from schools, we're seeing good results," Shannon said.

A behavior specialist who is currently employed by TPS and spoke on the condition of anonymity said that referrals and suspensions are down because the district isn't counting long-term suspensions, nor do teachers or administrators feel that they can suspend. "Eight teachers walked out at Hale Junior High," she said. "You have to ask why. Social/emotional practices are being pushed out. Teachers are feeling that if a kid blows up at them and spits at them, they go to a restorative conference, and then right back in the same room. You do not suspend, and you can say 'suspensions are down'. That's just smoke and mirrors."

The same employee said that her background is in special education. "No-Nonsense Nurturing is not good for a stressed population of kids. It's supposed to have an emphasis on building relationships with kids," she said,

"but teachers don't see that; they just see this as robotic. Our kids are not all the same."

When this administrator was asked to coach teachers, she said she saw them "in tears all the time." I was told 'I want you to go coach these five teachers.' It [NNN] just devalued them. It made them feel like kindergarteners. They said, 'I don't want to be humiliated. I quit.'"

She added that she doesn't see NNN being used. "They [the district] rolled it out, and rolled it out poorly. This year, they targeted schools, cohort schools, and they have backed off on the other schools. I don't see it being used when I go in to observe."

Linda Gier said, "Last year, the people I supervised were forced to become Coaches. They spent a semester coaching teachers under the supervision from NNN trainers. Teachers did not like the model. It was too scripted, for one thing. The coaching process was extremely time intensive. Even if the model did have research to back it up, the model is not being implemented as designed and is, thus, invalid even by NNN standards. Teachers would say they would use it when they were being supervised, but not otherwise."

Teachers also did not have the necessary on-site support to make them successful.

"The NNN model is set up to train coaches to support the school building," Gier said. "There's supposed to be a coach in every building to support teachers. You can develop a relationship with the on-site coach. In Tulsa, we had four behavior coaches and seven social service specialists and a number of 20 to 25 coaches, tops. So for the NNN model, this is completely off the mark. The training is extremely expensive. There was no continued training this year as far as I know."

Dr. Hudson said that pro-

grams such as NNN may work in the short term, but adults should be thinking about what kind of person they are building. "Children with impulse control issues are not acting out intentionally. These kids are in desperate need of help developing skills of self-regulation, not the type of directive approach I witnessed in a TPS hallway where a teacher was telling 5-year-olds, 'Stand up straight, arms crossed over your chest, eyes on the head of the student in front of you, now march, silently, not talking, straight line...' The theory that more force is necessary to control the student creates an environment of more force. Spanking and duct tape work, too, but is that what we want? There are better ways to help get at the long-term problem and to design a better solution to help."

#### **Evidence-Based vs. Research**

According to teachers and administrators, better solutions do exist, but, they say, Superintendent Gist and other administrators are not listening to educators, but, rather, pursuing a "business, teacher-proof" model for education.

One veteran third-grade teacher with some of the highest test scores in the district, who also spoke anonymously for fear of retribution by the district, said that she was fortunate to have a principal who let her teach and manage her classroom the way she wanted. "Otherwise, I would leave," she said. "We call No-Nonsense Nurturing 'Nonsense Nurturing.' 'Positive Narration'? There's nothing positive about it. It was driving us crazy. A new teacher was so frustrated by it, she was in tears. My class is fantastic because I don't have a neutral voice! It's gotten worse with Gist rather than better. She has money for highly paid people, not us. The whole thing is condescending. I'm a successful, sea-

*continued next page*



soned teacher. I want to improve. I want good professional development. And I'm being set up to fail."

"I was hired at TPS to implement Positive Behavior Interventions and Support (PBIS)," Gier said. "I'm good at what I do, and I have a lot of respect in this district. PBIS was going to be the most exciting thing. It wasn't because of me or my lack of ability that this [PBIS] was dropped. I've never been chased out of a place. PBIS is a beautiful system to provide support to schools, and uses data to do that. NNN is simply a compliance program, a classroom management program, but it doesn't get into all the points of good classroom management."

Gier said that PBIS is a site-based school environment strategy, which is evidence-based and used in school systems throughout the world. Teachers and administrators at each school make decisions for their site with subsequent buy-in from students and parents.

"There's a child development piece where kids are supposed to start growing their own wings," she said. "With my second-graders, we talked about what we were going to do, what was going well, and what we needed to change. I turned over problems to them, and they came up with solutions. Class meetings are a big part of PBIS. A PBIS school is going to teach school-wide expectations. When Paula Shannon said [the district] was going to be using NNN, tiered support [of the PBIS model] went to the wayside. We sacrificed a whole system that could have helped every school."

Moreover, PBIS is an evidence-based model. "Evidence-based" practices and procedures are supported by rigorous research. Evidence-based practices have been demonstrated in formal research studies to be related to valued outcomes for children

and their families. According to research by Bob H. Horner, George Sugai and Timothy Lewis, "PBIS is not a packaged curriculum, but an approach that defines core elements that can be achieved through a variety of strategies." There is a system in place to identify and monitor progress of at-risk students as well as a team-based approach for comprehensive assessment. It also looks at ways to link behavior and academic supports for the best outcomes for the student.

No-Nonsense Nurturer is not an evidence-based program under this definition. The CT3 website has anecdotal evidence as well as claims made by CT3, but no external, rigorous, third-party research to support its claims.

"No-Nonsense Nurturer has not one peer-reviewed research paper saying that this approach is helpful to students," Dr. Hudson said. "I personally called the company and asked. NNN is a 'ready, fire, aim' program that is a knee-jerk reaction to a need, but an ill-advised and very costly reaction to help."

"If you look at TPS's mission statement," Gier said, "as educators, we're supposed to be thinking beyond today, beyond this classroom to a kid's future."

Other veteran educators worry that ultimately NNN stifles teachers' ability to do their jobs, and the students' ability to learn.

A past administrator summed it up this way: "TPS Destination Excellence has 'Joy' as a focus in the classrooms. 'Stifling' is a descriptor that sums up No Nonsense Nurturer, not 'Joy.' The problem with this program is the love doesn't feel authentic and students feel it."

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The cast with James Taylor Odom as Lord Adalbert D'Ysquith (red) and Blake Price (far right) as Monty Navarro in a scene from "A Gentleman's Guide to Love & Murder." Photo credit: Jeremy Daniel.

**EVITA**

**WHEN:** JAN. 12-13, 18-20 AT 8 P.M.; JAN. 14, 21 AT 2 P.M.

**WHERE:** TULSA PAC, 110 E. 2ND ST.

Experience the splendor and spectacle of Andrew Lloyd Webber and Tim Rice's epic saga about the life of political leader Eva Perón, the second wife of Argentine president Juan Perón. [www.tulsapac.com](http://www.tulsapac.com)

**AN EVENING WITH ERIC WHITACRE**

**WHEN:** JAN. 13, 7:30 P.M.

**WHERE:** TULSA PAC, 110 E. 2ND ST.

Tulsa Symphony Orchestra welcomes Grammy Award-winning composer and conductor Eric Whitacre as a guest conductor and featured composer. He is known for his "Virtual Choir" projects, bringing individual voices from around the globe together into an online choir. [www.tulsasympphony.org](http://www.tulsasympphony.org)

**CABARET**

**WHEN:** JAN. 14, 7:30 P.M.

**WHERE:** BROKEN ARROW PAC, 701 S. MAIN ST.

Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd—and to leave their troubles outside. But as life in pre-WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times? Mature audiences only. For tickets, call the BA PAC box office at 918.259.5778. [www.brokenarrowpac.com](http://www.brokenarrowpac.com)

**BROADWAY IN BARTLESVILLE! PRESENTS CINDERELLA**

**WHEN:** JAN. 16, 7:30-10 P.M.

**WHERE:** BARTLESVILLE COMMUNITY CENTER, 300 SE ADAMS BLVD.

Rodgers + Hammerstein's CINDERELLA is the Tony Award®-winning Broadway musical from the creators of The Sound of Music and South Pacific that's delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—the pumpkin, the glass slipper, the masked ball and more—plus some surprising new twists! [www.bartlesvillecommunitycenter.com](http://www.bartlesvillecommunitycenter.com)

**TULSA YOUTH SYMPHONY WINTER CONCERT**

**WHEN:** JAN. 19, 7 P.M.

**WHERE:** UNION HIGH SCHOOL PAC, 6636 S. MINGO RD.

Hear the Tulsa Youth Symphony's three orchestras, the Preparatory String Orchestra, the Concert Orchestra, and the Symphony Orchestra, perform at TYSO's Winter Concert. [www.tyso.org](http://www.tyso.org)

**OKMEA HONOR BAND CONCERT**

**WHEN:** JAN. 19, 7:30 P.M.

**WHERE:** TULSA PAC, 110 E. 2ND ST.

The Oklahoma Music Educators Association presents this special concert performed by some of Oklahoma's most talented young musicians. [www.tulsapac.com](http://www.tulsapac.com)



### **OKMEA ALL-STATE CHORUS CONCERT**

**WHEN: JAN. 20, 12 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Come hear some of Oklahoma's most talented young vocalists at this concert sponsored by the Oklahoma Music Educators Association. [www.tulsapac.com](http://www.tulsapac.com)

### **OKMEA ALL-STATE INSTRUMENTAL CONCERT**

**WHEN: JAN. 20, 2:30 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Oklahoma has no shortage of talented young musicians, but only a select group are chosen to play in the OkMEA all-state concerts. [www.tulsapac.com](http://www.tulsapac.com)

### **2CELLOS**

**WHEN: JAN. 20, 7:30-10:30 P.M.**

**WHERE: BRADY THEATER, 105 W. BRADY ST.**

Cellists Luka Sulic and Stjepan Hauser will have you rethinking everything you thought you knew about the cello. Playing everything from Vivaldi to AC/DC, 2Cellos rose to fame thanks to their cover of "Smooth Criminal" published on YouTube. [www.2cellos.com](http://www.2cellos.com)

### **TU CHAMBER MUSIC TULSA HECKMAN AWARD COMPETITION**

**WHEN: JAN. 22, 7:30 P.M.**

**WHERE: LORTON PERFORMANCE CENTER, 550 S. GARY PL.**

Student chamber music ensembles compete for the TU Chamber Music Tulsa Heckman Award in a concert format. The \$6000 award also includes an internship at the 2018 TU Chamber Music Camp. The concert is free and open to the public. There will be a 15-20 minute break following the concert to allow the judges to deliberate after which they will announce the winners. [lpc.utulsa.edu](http://lpc.utulsa.edu)

### **A GENTLEMAN'S GUIDE TO LOVE AND MURDER**

**WHEN: JAN. 23-25, 7:30 P.M.; JAN. 26, 8 P.M.; JAN. 27, 2 AND 8 P.M.; JAN. 28, 2 AND 7 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

"A Gentleman's Guide to Love and Murder" tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by — you guessed it — eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty must juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. [www.tulsapac.com](http://www.tulsapac.com)

### **THE MOODY BLUES**

**WHEN: JAN. 23, 8 P.M.**

**WHERE: BOK CENTER, 200 S. DENVER AVE.**

50 years of music, one iconic band. The Moody Blues bring their historic Days of Future Passed 50th Anniversary Tour to BOK Center. This is not a standard rock concert, it is a uniquely commemorative experience. Played in two parts, the set will include the band's greatest rock hits first, followed by a performance of the whole Days of Future Passed album. [www.bokcenter.com](http://www.bokcenter.com)

### **FRIDAYS IN THE LOFT CHAMBER SERIES:**

**BARTOK, BEETHOVEN, HARBISON**

**WHEN: JAN. 26, 6:30 P.M.**

**WHERE: FLY LOFT, 117 N. BOSTON AVE. #208**

An entire evening of musical contrasts of both time period and style, this chamber series concert will feature Bartók's Contrasts, Duo Sonatas by

Beethoven and Harbison's Songs America Loves to Sing, performed by members of the Tulsa Symphony Orchestra. [www.tulsasymphony.org](http://www.tulsasymphony.org)

### **RYAN MCLAUGHLIN IN CONCERT**

**WHEN: JAN. 26, 7 P.M.**

**WHERE: WOODY GUTHRIE CENTER, 102 E. BRADY ST.**

Tulsa singer-songwriter Ryan McLaughlin brings his style of Americana music to the Woody Guthrie Center stage for a unique experience with this rising artist. [www.woodyguthriecenter.org](http://www.woodyguthriecenter.org)

### **ASPEN SANTA FE BALLET**

**WHEN: JAN. 26-27, 8 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Aspen Santa Fe Ballet's bold vision — top global choreographers, distinctive groundbreaking repertoire, and virtuoso dancers — has fostered a jewel of a dance company in the American West. The company's pioneering spirit arises from a dual set of home cities: Aspen, nestled in the Rocky Mountains, and Santa Fe, gracing the Southwestern plateau. This contemporary ballet company, now two decades old, is shaping the cultural landscape of these communities and influencing the dance field at large. [www.tulsapac.com](http://www.tulsapac.com)

### **SIGNATURE SYMPHONY: A NIGHT AT THE OPERA**

**WHEN: JAN. 27, 7:30 P.M.**

**WHERE: VANTREASE PACE, 10300 E. 81ST ST.**

The Signature Symphony welcomes you to experience Bizet, Monteverdi, Mozart, Puccini, Verdi and Wagner, along with works by Tobias Picker, Artistic Director of the Tulsa Opera. [www.signaturesymphony.org](http://www.signaturesymphony.org)

### **ENSEMBLE 4.1**

**WHEN: JAN. 28, 3 P.M.**

**WHERE: TULSA PAC, 110 E. 2ND ST.**

Ensemble 4.1 offers a rare opportunity to hear the unusual quintet combination of piano, oboe, clarinet, bassoon and horn. This German ensemble, making its Tulsa debut, performs rarely heard masterworks by Mozart and Beethoven, along with other gems from the Romantic and modern eras. [www.tulsapac.com](http://www.tulsapac.com)

### **WINTER JAM 2018**

**WHEN: JAN. 28, 6-9 P.M.**

**WHERE: BOK CENTER, 200 S. DENVER AVE.**

Among the biggest annual tours in the world, Winter Jam 2018 Tour Spectacular is once again set to showcase a lineup of some of the best and brightest names in Christian music at BOK Center on Sunday, January 28. [www.bokcenter.com](http://www.bokcenter.com)

### **GOBSMACKED! A CAPELLA AND BEATBOXING SHOW**

**WHEN: JAN. 30, 7:30-10:30 P.M.**

**WHERE: BROKEN ARROW PAC, 701 S. MAIN ST.**

This next-generation a cappella show redefines the limits of the human voice. Featuring the reigning world champion beatboxer Ball-Zee and an international cast of world-class vocalists, GOBSMACKED! weaves stories through all forms of a cappella from traditional street corner harmonies to cutting edge, multi-track live looping. [www.brokenarrowpac.com](http://www.brokenarrowpac.com)



# I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

## Heidi Kay Lester

Although she may be much younger than most of our “I’m a Tulsa Kid” kids, 2-year-old Heidi Kay Lester is an “exceptional child,” according to mom Hayden Lester. Born five weeks premature, Heidi Kay has been able to break all the molds. Fun-loving, spirited and caring, she may be little, but Heidi Kay has made a huge impact on her parents’ lives and health! We talked to her mom, who nominated Heidi Kay.

### Q: What makes Heidi so exceptional?

**A:** Heidi Kay’s personality is bigger than life. She is genial and has a fun-loving spirit that draws people in. They want to be around her. She is greatly imaginative and speaks in long sentences. She is very expressive - what we like to call “extra”! She is very caring and intuitive, and takes joy in serving others and being helpful. She is in a unique situation where she has had to learn to care for others and learned the value of working together.

### Q: How long have you had Type I diabetes and how has your daughter, at such a young age, helped you?

**A:** I have had Type 1 diabetes for almost 20 years. I absolutely consider Heidi to be a blessing to me from God. So many things went right for me, being a diabetic, to have such a healthy and beautiful child. Heidi Kay helps me by keeping me smiling and laughing daily, and being caring and patient toward me when my blood sugar may be out of range. She cheerfully brings me my blood-sugar kit when I’ve sat it down somewhere in the house where she thinks I might lose track of it. She reminds me to check my blood sugar each time she sees my kit. She questions me about my insulin pump, trying to make sense of it all – it helps me to be even more mindful of my diabetes.

### Q: Can you describe Heidi in three words?

**A:** It is very difficult to sum up Heidi in just three words because there are so many dimensions to who she is. I’m stumped on this question! If I had to pick three, I would say Playful, Helpful, and Intelligent.

### Q: What are some of Heidi’s favorite things to do?

**A:** Playing outside with her kitties, Prince Charming and Cinderella. She especially likes to feed them kitty snacks! She likes to read books with her mama and daddy. We love going to Walt Disney World! Heidi has been there five times! Riding tricycles with her cousins, Calvin and Hazel. She loves to dress up in a princess or ballerina dress and twirl to music. She especially enjoys when Daddy is home and can be her “prince” and twirl her around the dance floor. She loves going to school at Riverfield where she sees her “Deer friends” and her wonderful teachers, Ms. Stafford and Ms. Ellzey.

### Q: What are some of Heidi’s hobbies?

**A:** Heidi Kay wants to be a ballerina so badly. She can’t wait to get a little older, so she can take ballet lessons. Heidi’s daddy, Wes Lester, is a pilot for SkyWest Airlines. He occasionally takes her to Richard Lloyd Jones, Jr. Airport to watch the planes take off and land – she loves to do that! She loves to fly in airplanes, watch airplanes, and pretend at home that she is flying an airplane. I am an RN and in school to be a Nurse Practitioner. She loves to pretend play “doctor” and gives us all frequent check-ups and band-aids!

### Q: What are some things you and Heidi like to do together?

**A:** We take “beauty walks” outside together, picking out beautiful things from nature as we go. We love to shop, strolling through Utica Square or walking the aisles of Target with a bag of caramel popcorn. We love to cook – lately we’ve been making Christmas candies, cookies, and Rice Krispie treats. We do a lot of singing and dancing together when it’s just us.

### Q: Fun fact about Heidi?

**A:** She wears socks on her hands for princess gloves. Her nicknames are “Princess Lolly” (from Candy Land), “Dolly girl” (because she looks like a doll to us), Lovey, and her Pops (grandpa) calls her the “Tascosa Kid.” One of the characters in the movie Winchester ’73, played by Dan Duryea, had a bigger than life personality and that character’s nickname was the “Tascosa Kid.”







**TULSAZ90**  
YEARS

As the Tulsa Zoo celebrates its 90th anniversary, wander the *Lost Kingdom* and encounter rare Malayan tigers and snow leopards. Go on a safari to the *Mary K. Chapman Rhino Reserve*. Then hike through our *Rainforest* to see what animals you can spot. Adventures await you at the zoo.

***tickets and info at [tulsazoo.org](http://tulsazoo.org)***



# HEALTH & WELLNESS

# EXPO



**SATURDAY, JANUARY 13, 2018**

Join us on **Saturday, January 13** from **9 a.m. to 1 p.m.** and sample everything the Health Zone at Saint Francis has to offer for adults and kids. The event is free and open to the public and will include fitness classes, cooking classes, free health screenings and wellness education.

#### HEALTH ZONE FEATURES FOR ADULTS:

- 70,000 square-foot fitness facility
- Full schedule of classes
- Premier cardio, weight training and strength equipment
- A dedicated Pilates equipment studio
- Boot camp, suspension training and CrossFit
- Two indoor saltwater pools
- Indoor cycling
- Zumba, barre and yoga
- Basketball and racquetball
- Massage services
- Weight loss and life balance classes
- Locker rooms with steam room, sauna and towel service
- Indoor walking track
- Grab-and-go deli with smoothies, wraps and sandwiches

#### HEALTH ZONE FEATURES FOR KIDS:

- **Annual kids' triathlon—March 3, 2018**
- Year-round swimming lessons
- Parents' night out
- Cooking classes for kids and adults
- Kids Zone activity center
- Summer programs for kids and teens