

October 2018

Oklahoma's Award-Winning Magazine for Parents & Families

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# tulsa kids

FOR PARENTS & FAMILIES. FOR

## DOWN SYNDROME & UP SYNDROME:

TULSA MOM SHARES LIFE'S  
UPS AND DOWNS WITH  
OZ, LILY & FAYE

PUMPKIN PATCHES,  
FALL FESTIVALS + HIKES

LOOK WHO'S COMING TO  
TULSA POP CULTURE EXPO

OKLAHOMA SCHOOLS AND  
SELF-PACED LEARNING

TODDLERS, TANTRUMS &  
TEEN DEPRESSION:  
ARE THEY CONNECTED?

2018 SPECIAL  
NEEDS GUIDE



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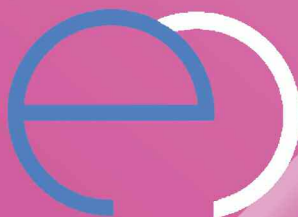
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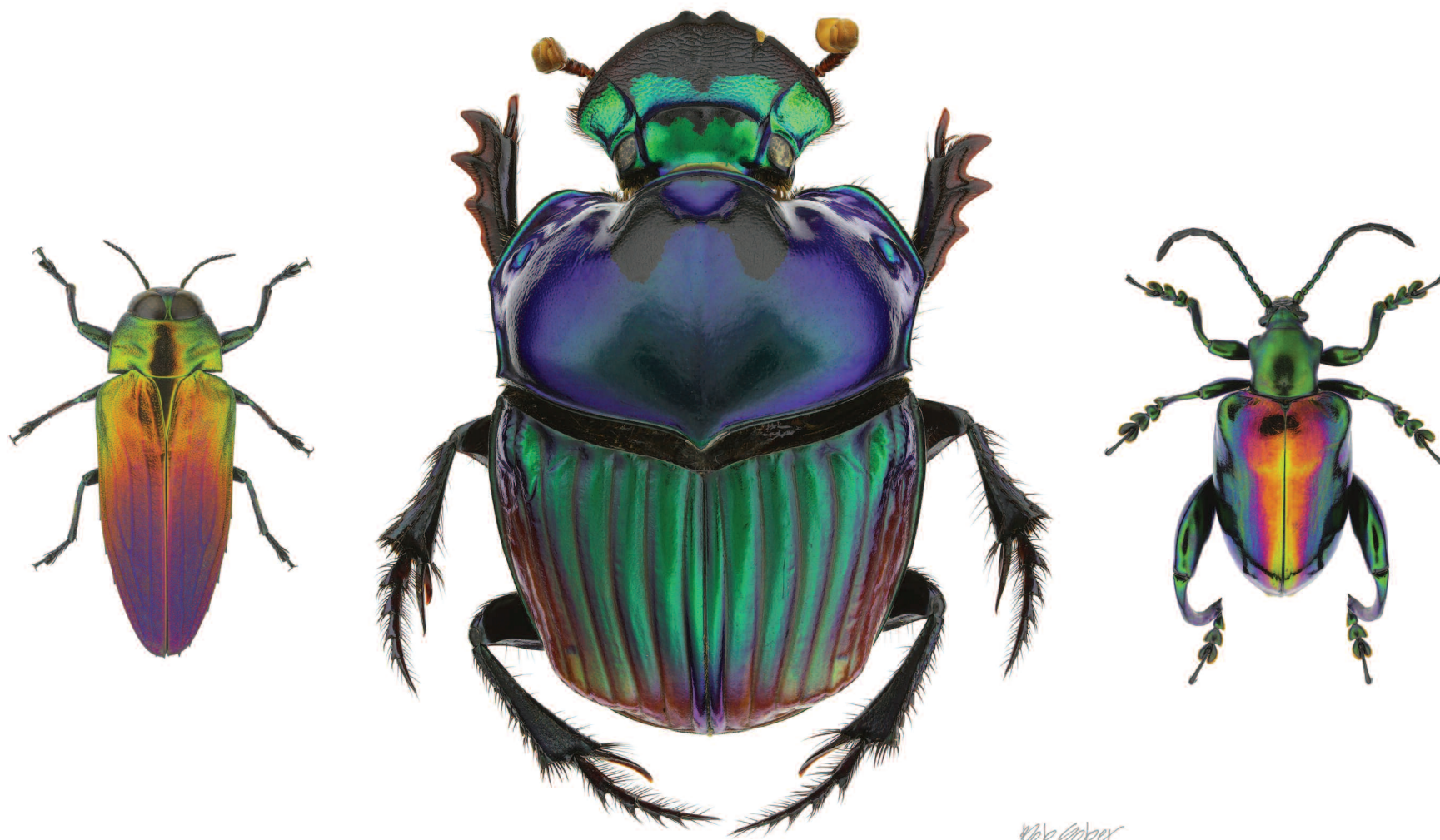


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# You're invited to the 2018 ARTworks Gallery Opening featuring photographer Bob Sober.

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

**We invite you to join us as we celebrate the 2018 ARTworks artist, Bob Sober.** Bob is a Tulsa native who grew up exploring the natural world. He now uses macro-photography and large-scale printing to explore the hidden beauty of insects. Bob says, "My attitude is that the insect is the artwork. My role is to create a human scale image that may allow the viewer to see the patterns, textures, colors, and details that have always been present, but too small to appreciate."

## GALLERY OPENING

**Tuesday, October 23, 5:00–8:00 pm**

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## Emergency care now available in Glenpool.

Saint Francis Health System is dedicated to bringing high-quality healthcare services to communities large and small throughout eastern Oklahoma. The latest example of this commitment is the new Saint Francis Glenpool.

As a part of Oklahoma's largest healthcare system, which includes northeastern Oklahoma's only children's hospital, Saint Francis Glenpool is proud to offer outstanding healthcare to families in Glenpool and the surrounding area.

*For more information about Saint Francis Glenpool, please call 918-488-6688 or visit [saintfrancis.com/glenpool](http://saintfrancis.com/glenpool).*

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This state-of-the-art healthplex features:

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# tulsakids what's inside

October 2018

Volume XXXI, Number 10

www.tulsakids.com



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Why Not Make Some Doughnuts?

After reading Natalie Mikles' recipe for easy homemade doughnuts in this issue, I told a couple of my friends, Brandi and Chuck, at the office that I was going to try to make them on KTUL's Good Morning Oklahoma – for the first time. I have a very brief segment on the show on Tuesday mornings, and I occasionally cook something. The doughnut recipe looks easy (except for the hot oil). Hey, I'm daring.

They both said that their moms used to make those doughnuts for them when they were kids. Brandi said her mom had just made them last week for her son. Grandmas are the best. While Natalie's version uses cinnamon sugar for a topping, Brandi's mom used to make a powdered sugar glaze and then dip the doughnuts in chopped pecans. Yum.

I don't remember my mom making these, but it seems like one of those recipes that was passed around back in the day that lots of moms tried. Since my mom was a great cook and liked trying things (wasn't there a cake with Dr. Pepper or something in it? I do remember her trying hot Dr. Pepper. Not my favorite), I suspect that she tried these quick doughnuts.

While I might not recall having quick doughnuts, I do remember the first time I had nachos (I'm old). The "recipe" was on the back of a Doritos bag, and, evidently, I had an uncle by marriage who enjoyed them with a martini.

Talking about what our moms used to cook for us brought back such warm memories of my mom pulling recipes out of magazines or getting the "you have to try this" dish from friends or relatives. As a child, I would leaf through my mom's copies of "Woman's Day" or "Good Housekeeping" that might be lying around. I must have gotten my love of cooking from watching her – I also love browsing through cookbooks and trying new recipes. Even when my kids' birthday cakes come out lopsided, they still say they taste good.

Do you have a favorite childhood recipe? Or something besides mac n' cheese that your make for your kids? Share it! Maybe we can create an e-newsletter of recipes from readers. Send them to editor@tulsakids.com.

I'll let you know how the doughnuts turn out.

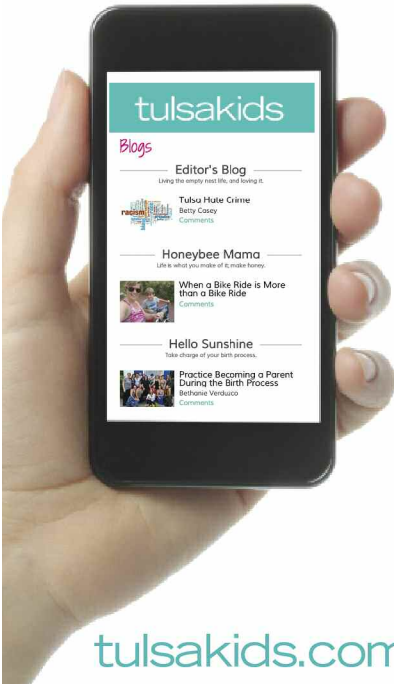
P.S. They were great!

*Betty Casey*

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:  
SIBLINGS OZ, LILY AND FAYE GIVE EACH OTHER A HUG  
LESLIE HOYT PHOTOGRAPHY

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## FAMILY & CHILDREN'S SERVICES AND OSU-CHS FIND NEW HOME

Family & Children's Services (F&CS) announced that The Anne & Henry Zarrow Foundation selected F&CS and Oklahoma State University Center for Health Sciences (OSU-CHS) as the recipients of an in-kind, transformative gift of Legacy Plaza West, the largest in a three-building complex on 31st Street, formerly Dollar Thrifty's headquarters.

The Anne & Henry Zarrow Foundation will transfer ownership of eight floors to F&CS and five floors to OSU-CHS, once renovations are complete. This completes the occupancy of Legacy Plaza, the new home to seven nonprofit partner organizations.

As the largest outpatient community mental health center in Oklahoma, F&CS serves one in six Tulsans annually through 50 plus life-changing programs in mental health, substance abuse, and child and family services. F&CS heals hurting and abused children, strengthens families and provides hope and a path to recovery for those battling mental illness and addiction.

The gift of eight floors at Legacy Plaza West Tower will enable F&CS to expand services without additional cost to the community.

The gift of eight floors will enable F&CS to:

- Consolidate various community-based and home-based children's services into a single location to champion the wellbeing of families and children.
- Expand psychiatric telephone and mobile crisis services (COPES) and partnership with the National Suicide Prevention Lifeline and first responders.
- Establish a centralized children's mental health treatment facility at the 8th & Peoria location for children who are abused or traumatized and others who are burdened by behavioral health or family problems.
- Consolidate and streamline administrative operations into a single location, as the F&CS's new headquarters.
- Expand local mental health professional workforce through F&CS graduate student internship program.
- Increase meeting and conference space to host more parenting classes and professional staff training.

OSU-CHS is a leader in Oklahoma for medical education, patient care, and research. Its Department of Psychiatry and Behavioral Sciences is the region's largest academic mental health department dedicated to advancing the understanding and treatment of mental illness and addiction. In November 2017, OSU-CHS established the Center for Wellness & Recovery to improve the lives of Tulsans and Oklahomans affected by pain and substance abuse through treatment, education, research and policy. Through its Project ECHO service lines, OSU-CHS is transforming the delivery of mental health and addiction services in Oklahoma. Project ECHO is a collaborative model of medical education and care management that enables a team of OSU-CHS specialists to transfer specialty knowledge to clinicians in rural and underserved communities who can then provide specialty care to their patients in a local and familiar setting.

The gift of five floors at Legacy Plaza West Tower will enable OSU-CHS to:

- Create a central hub for addiction medicine and mental health education, research, and advocacy by consolidating its Department of Psychiatry and Behavioral Sciences, Center for Wellness & Recovery, CIRCA, and Project ECHO into a single, convenient location.
- Grow the OSU Center for Wellness & Recovery in pain and addiction education, treatment, research and policy.
- Expand its Project ECHO (Extension for Community Health Care Outcomes) service lines which include Addiction Medicine, Pediatric Behavioral and Emotional Health, and Psychiatry among others.
- Promote the research endeavors of the Center for Integrative Research on Childhood Adversity (CIRCA), a program funded by an \$11.3 million grant from National Institutes of Health, which is exploring the biological, cognitive, and socioemotional effects of childhood stress on health status.
- Collaborate with leading mental health-focused nonprofits at Legacy Plaza including F&CS and Mental Health Association Oklahoma to promote mental health and addiction education, services and public policy recommendations.



## CASE TENNIS CENTER WINS AWARD

The Case Tennis Center at LaFortune Park has won the 2018 USTA Featured Facility of the Year. For 37 years, the USTA has recognized facilities throughout the country to encourage increasingly high standards for construction and/or renovation through the Outstanding Facility Awards program. There are 24 winners, but only one "Featured Facility". The official announcement took place at the USTA Semi-annual meeting at the Grand Hyatt Hotel in New York City on September 3 during the US Open.

The Case Tennis Center at LaFortune Park has been a gathering place for local tennis players for decades, providing affordable access to tennis courts and tennis instruction to all Tulsans regardless of age or ability. There are 21 lighted outdoor courts, three indoor courts, pro shop, lounge, locker rooms and offices. It is maintained and operated by the Tulsa County Parks Department and is located at 5302 S. Hudson Ave., Tulsa, OK.



## AAP SAYS REAR-FACING CAR SEAT IS BEST

Benjamin D. Hoffman, M.D., FAAP

The most dangerous thing that U.S. children do as part of daily life is ride in a car. Motor vehicle crashes remain the leading cause of death for children 4 years and older.

Using the correct car safety seat or booster seat can help decrease the risk of death or serious injury by over 70 percent.

New evidence over the past decade prompted the Academy (American Academy of Pediatrics) to update the policy statement and technical report Child Passenger Safety. The report will be published in the November issue of Pediatrics.

The impact of the revised policy should be minimal, as the only significant change is the removal of a specific age, 2 years, as a criterion for when a child changes from a rear- to a forward-facing car safety seat.

### Guidance for families

The evidence-based recommendations call for the following:

- Children should ride in a rear-facing car safety seat as long as possible, up to the limits of their car safety seat. This will include virtually all children under 2 years of age and most children up to age 4.
- Once they have been turned around, children should remain in a forward-facing car safety seat up to that seat's weight and length limits. Most seats can accommodate children up to 60 pounds or more.
- When they exceed these limits, child passengers should ride in a belt-positioning booster seat until they can use a seat belt that fits correctly.
- Once they exceed the booster limits and are large enough to use the vehicle seat belt alone, they should always use a lap and shoulder belt.
- All children younger than 13 years should be restrained in the rear seats of vehicles for optimal protection.

In most families, milestones and transitions are viewed in a positive light. Child passenger safety is one of the few areas where the next step is not "positive" and where delaying transitions is best practice.

*Information provided by Benjamin D. Hoffman, M.D., FAAP, a lead author of the policy statement and technical report, is chair of the AAP Council on Injury, Violence and Poison Prevention Executive Committee.*

## NEW LIFE RANCH ACQUIRES DRY GULCH

New Life Ranch and Church on the Move of Tulsa announced the transfer of ownership on the 230-acre camp facility on Lake Hudson, formerly known as Dry Gulch, U.S.A. New Life Ranch now owns and operates the former Dry Gulch under the new name: New Life Ranch - Frontier Cove. With over 90 years of Christian camping ministry between the two organizations, the exchange continues much of the original intent and mission of the original founder of Dry Gulch, Willie George Ministries.

For those who enjoyed the Christmas Train over the years, it will be sold to an out-of-state entity.

With this transaction, New Life Ranch will double its capacity to serve campers and retreat guests for the near future. New Life Ranch - Frontier Cove will begin serving retreat groups immediately for the fall '18 and spring '19 seasons.

## AIM HIGH ACADEMY HOSTS SPECIAL GUESTS AT GALA

Alicia Sacramone-Quinn and Trevor Knight will be the guests of honor at Aim High Academy's Gold Medal Night. The renowned athletes will help celebrate the annual fundraising event's 11th birthday on October 11.

Aim High Academy is a non-profit organization serving over 700 children in the Tulsa community through gymnastics, dance and ninja classes.

Sacramone-Quinn holds dozens of World Championship and U.S. National Championship medals in gymnastics. She is best known for bringing home a silver medal for women's team gymnastics at the 2008 Summer Olympics. Trevor Knight, 2014 Sugar Bowl MVP, played quarterback in college football for the Oklahoma Sooners and Texas A&M. Previously, Knight played for the Arizona Cardinals and in 2017, was ranked as the 15th best quarterback prospect by NFL-DraftScout.com.

Gold Medal Night helps raise funds to support Aim High's current capital campaign "That AHA Moment" to build a safe room at the main campus and provide scholarships to children from low-income families. The evening will be hosted by KOTV Anchor, Tess Maune. The event includes food from a variety of restaurants and an auction.

Gold Medal Night will be held on Thurs., October 11 at the Church at Battle Creek. For more information regarding tickets or sponsorships, contact Aim High at 918.664.8683.

## THERAPYWORKS TALENT SHOW

Down on the Farm is the theme of TherapyWorks 9th Annual Talent Show to be held on Saturday, Oct. 6, 2018, 10 a.m. - 1 p.m. at Faith United Methodist Church, 7431 E. 91st Street.

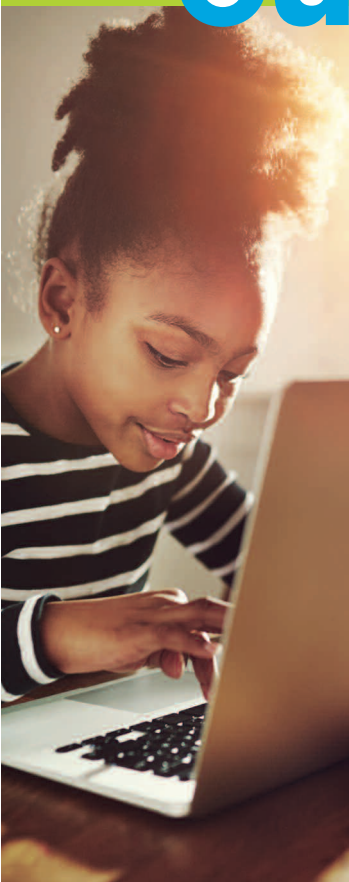
The public is invited to the free event, which will feature a gift basket raffle, including Rustic Cuff, OSU/OU sports, Drillers and Guys Night Out baskets. Proceeds will benefit the annual Christmas Working Wonders Giving Program, which provides gifts for TherapyWorks families in need.

Other family entertainment will include a bounce house and petting zoo. For more information, call 918-663-0606





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BY KILEY ROBERSON



# flu shots: soothing the sting

Regardless of your opinion on childhood vaccines, almost everyone can agree that they're a pain, literally. The dreaded flu season is upon us and, for many families, that means flu shots. The Centers for Disease Control (CDC) recommends that everyone, including babies who are at least 6 months old, get a flu vaccine. Getting shots is anxiety provoking; allowing a medical provider to cause your beautiful, healthy baby pain is more than unsettling. In fact, research has found that the pain and discomfort associated with shots is one of the primary reasons parents "elect not to perform timely vaccination or get flu shots at all." Pediatricians used to give babies acetaminophen (Tylenol) to ease shot pain, but recent research found the drug might reduce their antibody response to immunizations. Breast-feeding has been effective for soothing after shots, but not all women breast-feed. So how can you and baby stay calm?

As a parent of two, I can honestly say that shots still make me cringe. Even though we go through it each year, it doesn't feel any easier. Sure, my kiddos are getting a bit older now and we can talk it out before hand...but it's still tough, and even tougher for parents with babies. However, a popular technique is giving parents hope. The



method is known as the five S's, popularized by the book "The Happiest Baby on the Block," by pediatrician Dr. Harvey Karp. The S's include: swaddling, side positioning, swaying, sucking on a pacifier and shushing sounds. Together, these steps work to calm the baby by mimicking the sensations of being in the womb, according to Dr. Karp, and can even be used more broadly by parents

to ease a fussy or colicky baby.

"Parents do many of these things intuitively, but they may not be doing them correctly," Karp says. "You have to do them exactly right, or they don't work." For example, he says, the swaddling must be tight, and the shushing has to be pretty loud (think about how a vacuum cleaner can calm a crying baby).

Research published in the

journal *Pediatrics* backs Karp's theory. Independent researchers put the five S's to the test by training medical residents to use them on infants undergoing routine vaccination shots at their 2- and 4-month, well-child visits. During the study, the babies received three shots in alternating thighs. The residents then swaddled the babies in under 15 seconds and provided at least three of the other five S's within 30 seconds of the shots (some of the babies calmed down before sucking on a pacifier, the fifth S).

The residents rated the babies' pain, based on how hard they were crying and their facial expressions, immediately after the third shot and continued for two to five minutes. They concluded that the five S's calmed the babies significantly better than the parents' efforts, or other remedies such as sugar water. After the study, researchers said nearly all of the parents asked to be trained in the technique because they were so impressed with results.

If you have a little one and are planning a flu shot visit in the near future, you can actually find videos of five S's on YouTube so you can learn to master these measures yourself. Honestly, anything that can help lessen the sting to baby and your heart is worth the try.



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BY MARY BETH RITCHIE, LCSW

# how to communicate with your child's teacher

**N**ot long ago, a parent of one of my students was sending rude and disrespectful notes to me through her child. Of course, third graders read these notes, so the parent's chosen method and manner of communication was probably not the best choice. It's better to share constructive criticism with the teacher without involving the child. While it is natural for parents to be unhappy with teachers on occasion, remember that the teacher/student relationship is crucial to a child's success and happiness in school. Teachers want to partner with parents, so being critical of the teacher in front of the child can undermine this very important relationship.

And, a note sent with your child is often never seen by the teacher.

In order to achieve the best possible communication, I suggest that parents ask the teacher about preferred methods. As a teacher, I prefer to use email or the popular Remind app. I can often respond to brief questions during class, when the students are working independently. This allows for prompt responses to parental concerns. I frequently even respond to Remind messages from home in the evenings. On the other hand, if a parent wishes to speak to a teacher by telephone, this can delay the re-



PARENTS SHOULD PLAN TO ATTEND PARENT/TEACHER CONFERENCES.

sponse time. I have had parents call me in the middle of class time to discuss issues such as their child's behavior. This is not a good time. First, your child's teacher is in the middle of teaching class. Second, the teacher is

not likely to discuss your child in front of all the students in class. While a phone call may seem to be more immediate, teachers must return calls when they have time, so calls are not usually as efficient as electronic communica-

tion. Teachers do have daily plan times, which are typically less than an hour in length. However, parents often are unaware how frequently those plan times are devoted to meetings. The remaining plan times are needed to create lesson plans, make copies, grade papers, and prepare lessons. This explains why teachers would often prefer to communicate electronically.

Take advantage of every opportunity to meet your child's teacher in person. Meet the Teacher night, scheduled before school starts, is a terrific time to have a casual chat with the teacher, and to ask any questions you may have. These events are usually casual come and go events, so bring a list of your questions, including asking about the teacher's preferred method of communication.

Other meet-the-teacher opportunities include Back to School Night or Curriculum Night at the beginning of every school year. Teachers will have prepared information which they believe to be important to parents. This is another chance to get many of your questions addressed, and to get to know the teacher better.

There are also parent/teacher conferences, usually held in October and March. Parents should attend both of these. Some schools and teachers

*continued next page*

schedule private conferences. Others have several families in the room at once. Inquire ahead of time as to whether your conference will be private. The teacher will likely be discussing such things as test scores, grades, and student behavior with you. Many parents don't wish to discuss these matters when others are within earshot. If you would prefer a private conference, be sure to request this ahead of time. Again, have a list of questions and concerns ready.

While most issues can be handled electronically or by phone, there may be times that a personal meeting is needed. The teacher will request one when he or she feels it is necessary. If you would like to talk with your child's teacher, be sure to schedule the meeting in advance so that both you and the teacher can sit down and focus on your child. Many parents want to meet immediately after school, not realizing that teachers have mandatory duties and meetings after school. Teachers also have lives after school. Many are parents and are trying to pick up their own children, get them to activities, and spend some quality time with them. Other teachers have multiple jobs. It is no secret that teacher pay doesn't pay the bills. Parents should not mistake this as a lack of dedication to their teaching career. On the contrary, we work the extra jobs so that we can afford to teach your children.

Teachers desire good communication with parents. Take advantage of events and conferences to get to know the teacher. If possible, offer to volunteer in the classroom. Most importantly, be familiar with the preferred methods of communication at the beginning of the school year. Taking these steps will help you establish a strong partnership with your child's teacher.



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BY JULIE WENGER WATSON

# a medical marijuana primer for parents

**W**ith voter approval of Oklahoma State Question 788, the Medical Marijuana Legalization Initiative, the licensed cultivation, use and possession of marijuana for medicinal purposes is now legal in this state. While it's clear medical marijuana is on its way, the reality of how this will actually look in practice for Tulsans is not yet known. Regulations continue to evolve as local government figures out the details. Meanwhile, many parents wonder what this means for their kids.

## What is Medical Marijuana

According to the National Institutes of Health (NIH), medical marijuana refers to the use of the whole, unprocessed marijuana plant or its basic extracts to treat symptoms of illness and other conditions. Marijuana is derived from the Cannabis sativa plant. It contains more than 100 chemical compounds, called cannabinoids. When ingested or inhaled, these compounds act on the brain and nerve cells, slowing pain and easing discomfort. Currently, the two main compounds for medical interest are tetrahydrocannabinol (THC) – which creates the “high” – and cannabidiol (CBD). Medical marijuana can be consumed in a



DR. SUSAN STUDEBAKER IS A PEDIATRICIAN WITH THE UNIVERSITY OF OKLAHOMA DEPARTMENT OF PEDIATRICS.

number of ways. It comes in a variety of forms, dried, edible or oil (smoking, vaporizing, edibles, tinctures, etc.)

While anecdotal evidence of the medicinal benefits of marijuana abound, currently, the US Food and Drug Administration (FDA) has neither recognized nor approved the use of marijuana plants as medicine. The FDA requires extensive studies in hundreds to thousands of human subjects to assess the risks and benefits of possible medications before approving them for use. The kinds of large-scale clinical trials necessary for FDA approval simply haven't been done. However, scientific studies of cannabinoids have led to FDA-approval of medications that contain cannabinoid chemicals in pill and liquid form for some uses.

Scientists are currently conducting preclinical and clinical trials with marijuana and its extracts to treat symptoms of illness and other conditions ranging from HIV/Aids, multiple sclerosis and pain to seizures, inflammation, substance abuse disorders and mental disorders. Much remains to be discovered.

## Medical Marijuana, Minors & Oklahoma Law

With the passage of State

*continued next page*

Question 788, individuals (including minors) with a state-issued medical marijuana license can legally possess, grow and use marijuana in a variety of forms, including plants, concentrates and edibles, and the legal consequences for possession without a license have been significantly reduced.

Just as the new legislation raises many questions about medical marijuana in an office/work setting, it also raises issues about its use by students in the public school system. Recently, the Oklahoma State Department of Education issued a non-binding document responding to some of these issues. More information can be found here: <http://sde.ok.gov/sde/newsblog/2018-09-10/faqs-medical-marijuana>.

Although Oklahoma has legalized medical marijuana, federal law doesn't recognize or protect its possession or use. While someone with a patient license isn't likely to be prosecuted under federal law, this conflict is still relevant. Under the Controlled Substances Act (CSA) of 1970, marijuana is classified as a Schedule 1 substance, meaning it is considered to have high potential for abuse and dependency, with no recognized medical use of value. Because of these conflicting laws, in Oklahoma, most physicians are currently unwilling to sign medical marijuana recommendations, and some local health-care systems specifically prohibit their physicians and providers from doing so.

#### **Health, Teens & Medical Marijuana**

Studies done on adults on the therapeutic effects of cannabinoids have shown them to be helpful in addressing some symptoms, such as increasing appetite and decreasing nausea and vomiting in patients receiving chemotherapy and reducing chronic pain with certain syndromes.

The only studies done on the use or efficacy of medicinal mari-

juana in children and adolescents have been limited to treating severe seizure disorders.

Dr. Susan Studebaker is a pediatrician with the University of Oklahoma Department of Pediatrics working at the Schusterman Clinic. According to Dr. Studebaker, the only approved use of medical marijuana by the American Academy of Pediatrics (the national professional organization for pediatricians) is for intractable seizures, severe seizures that are extremely difficult to control. Other uses for the drugs, such as with patients receiving chemotherapy or those with chronic pain syndromes, are not common in a pediatric patient

long-term, there isn't a benefit for the adolescent population."

Dr. Studebaker doesn't believe there is currently enough hard data to justify marijuana's medical use in teens outside of specific cases of severe seizures, chronic pain or chemotherapy, especially when weighed against the risks of chronic recreational use.

"The concern from a pediatric standpoint is that when medical marijuana is legalized or available, it's going to be seen as a safe drug or a safe medicine to take," she explains. "It's not the one kid who smokes on Saturday night once in his lifetime. That's not really the issue. It's the

“ We know that their brains are still developing. We know that the prefrontal cortex hasn't fully developed. Initial studies show that in teens who smoke greater than 15 to 20 days a month, it affects their executive functioning and their planning skills. Decreased concentration skills, decreased judgment and the fact that it can lead to increased mental health issues and psychosis ”

population.

While many people tout the benefits of medical marijuana for treating anxiety, depression and other mental health issues, Dr. Studebaker is concerned about its use in teenagers.

"Research has shown that in adolescents who smoke chronically, it tends to actually increase depression over time," she notes. "In the short-term, it may look or feel like you're treating your anxiety and depression, but over time, with chronic users, it can increase mental health disorders and psychosis. We feel like, in the

chronic users. We know that their brains are still developing. We know that the prefrontal cortex hasn't fully developed. Initial studies show that in teens who smoke greater than 15 to 20 days a month, it affects their executive functioning and their planning skills. Decreased concentration skills, decreased judgment and the fact that it can lead to increased mental health issues and psychosis - I'm worried that the general public may see it as a benign drug or medication and not see the potential harmful side effects down the line."

Dr. Studebaker is concerned that the increased availability of medical marijuana in the adult population means increased access for teens. For younger kids, edibles and oils also pose threats.

"I think there are going to be accidents and ingestion just like there are with other drugs that get left out on the table around a toddler or young child," she says.

Dr. Studebaker also notes that many of her patients who claim they would "never smoke cigarettes or do drugs" do not see a problem with smoking pot.

"I feel like it's become mainstream to the point where people don't see it as dangerous. I don't think the general public sees that it potentially is, especially to the teenage brain that is still developing," she notes.

While Dr. Studebaker currently doesn't see many benefits for medical marijuana in adolescents outside its particular, documented and approved uses, especially when compared to the downside of chronic, long-term use, she encourages families and patients to discuss it with their physician if they have questions.

"Absolutely people should talk to their physicians," she says. "I may never prescribe it or obtain a license to prescribe it, but I would be happy to talk to them about it, or refer them to another physician to talk about it. We could also refer them to reputable websites and reputable resources, whether it's locally or on the internet."

While many adults welcome the arrival of legalized medical marijuana in Oklahoma, questions and issues remain as to what this means for adolescents. As parents wait for the regulation and the research to catch up with the current law, it's a good time to consult the experts and obtain as much good information as possible to help make informed and intelligent decisions.

BY BETSY PENTURF

# Soaring On Hope Pediatric Therapy Center: where hope takes flight

**B**orn from the vision of its founder, Soaring on Hope (SOH) Pediatric Therapy Center was created to centralize therapy services and resources for families in one space.

"Through my foster parenting experience, I had a desire to be the voice for other families and a real passion for helping families and kids," said Jessica Dyer, CEO and founder of the center. "There are not a lot of places to go for treatment that provide easy access to care and all services in one location. Our goal at the center is...to provide community for all our SOH kids."

SOH Pediatric Therapy Center opened its doors in March 2018. Board certified therapists provide therapies, which include: Applied Behavior Analysis (ABA), speech, occupational, physical, behavioral and nutrition pediatric therapies, family counseling, community outreach and more.

"ABA is considered one of the most effective and evidenced-based treatments for autism," Dyer said. "Our goal at SOH is to prepare our children for school and society. We stop where the ABCs start."

Another service offered at SOH is Spectrum Academy, a special program specifically for chil-



dren diagnosed with Autism Spectrum Disorder. Spectrum Academy offers part-time, half day and full-day programs. SOH Kids attending Spectrum Academy are able to participate in music, art, S.T.E.M. and PE classes.

In the spirit of providing community, offerings at SOH include a community education center, cafe, free fruit available at the reception desk, and monthly events designed especially for families dealing with pediatric challenges. Child care is provided during monthly coffee talks, which allow parents to discuss a variety of topics and to learn more about resources available to

them.

Around Mother's Day, SOH hosted a mom's event and offered free child care, massages, a coffee truck and more. "I prayed for 25 and 400 showed up," Dyer said. "It's a blessing seeing how my vision is what people needed."

The center also makes counseling, speech and occupational therapy services available to students in the school setting to assist busy parents and educators. "We are trying to give parents more margin in their lives," Dyer said. "We want to make their lives better."

Starting in November, planning is underway to launch monthly date nights for parents.

"This will be an opportunity for couples dealing with a difficult diagnosis to nurture their marriage," Dyer said.

SOH currently employs almost 30. "Our team is very special. We plan to hire 100 more therapists by next year – every child we see receives one-to-one therapy," Dyer said. The center also offers free hearing and developmental screenings to every child in Green Country by appointment.

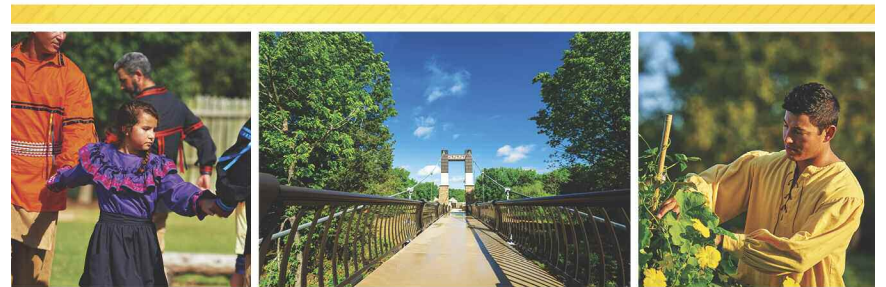
A second location at 101st and Sheridan is being developed next door to Anchored in Hope, a pediatric/adult/marriage/family counseling therapy center. Anchored in Hope is a sister company to SOH. "Parents dealing with a difficult diagnosis often have a need for mental health support to learn to cope and thrive," Dyer said.

SOH services are provided in a 34,000 square foot clinic located at 49th and Sheridan. SOH is a private practice owned, operated and funded by Dyer, a Tulsa native and single mom. SOH accepts most major insurance plans and SoonerCare.

For more information about SOH Pediatric Therapy Center and its services, please visit [www.sohkids.com](http://www.sohkids.com).



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BY NANCY A. MOORE  
PHOTO: SHEEBA ATIQUI

# Libby Billings: a little spice and everything nice

**N**ative Tulsan Libby Billings is one smart mother. She has been referred to as the Queen of Boston, and rightfully so. She owns three restaurants, The Vault, Elote and Roppongi, tucked along Boston Avenue in downtown Tulsa. Her strong work ethic, determination, and creative ability in uniquely combining fresh ingredients, has helped her develop and grow these businesses into successful culinary destinations. So, what's her recipe for success? As a natural optimist, she finds joy on a daily basis. When she's off work, she enjoys uninterrupted time with her kids by following one rule (she shares below!) that has sparked creative ideas, engaged conversation and kept their connection strong.

Recently, her son began his freshman year at her high school alma mater, Booker T. Washington. She is looking forward to sharing this connection with him (and going to high school football games again!).

**TK: How did your childhood influence who you are today?**

**Libby:** I grew up spending a month every summer with my grandma in Santa Barbara, which was like heaven on earth. I vividly remember picking oranges from



the orange trees in her backyard. Eating locally grown foods, like spinach and strawberries, was so good! I believe experiencing such fresh food influenced my style of cooking. The restaurants all source fresh, locally grown food.

Also, my parents were very conservative in the way we packaged things. Growing up, we didn't use plastic bags. When I first started in the restaurant industry, I was shocked to see how many plastic bags were used when they didn't need to be. The restaurants' biodegradable take-out packaging and straws are a result of my upbringing and commitment to sustainability.

**TK: What inspired you to attend culinary school?**

**Libby:** I wasn't that interested in academics, but really enjoyed people and cooking. My first job during high school was at a local Mexican restaurant. It was an introduction to an industry where I really thrived. I liked the fast-paced environment and customer service. I remember my dad bringing up college and it didn't sound that interesting to me. When he suggested going to culinary school, that seemed right up my alley. After high school, I enrolled in OSU Technical School and loved it. I am a huge supporter of vocational and technical

schools.

**TK: Where would we find you and your family on a typical weekend?**

**Libby:** We're usually at one of the kids' sporting events. Between baseball, volleyball and soccer, we stay very busy. If we're not at those, we love to take trips exploring Oklahoma. We venture to different hiking trails, creeks and lakes – anything that takes us away from the electronics. Unplugging is one way to relax, hang out in nature and connect with my family.

**TK: What do you think of your son attending your high school alma mater?**

**Libby:** It has been exciting and surreal. When we went to Back-to-School night and I stood up to sing the school song, I was standing next to an African-American woman, about 20 years older than I, who also stood up and sang. When we sat down, she asked me what year I graduated, and we started visiting. It was an instant connection and great reminder of how BTW bonds generations of alumni, regardless of race.

After my son got his schedule, I realized that my Driver's Ed teacher is still teaching and is now my son's PE teacher! I'm excited to experience high school

*continued next page*

again by going to football games and other events.

**TK: How do you create daily joy with your family?**

**Libby:** I look forward to cooking for my family and sharing a meal every night. I'm lucky because my passion for cooking healthy, fresh food is good for my life, job and a great way to be with my kids.

**TK: What is one of your parenting rules?**

**Libby:** I don't allow them to play on their phones in the car. That time is precious to me, and I want to utilize that time we have to connect. We have had some of our best conversations in the car.

**TK: As a mother of teenagers, what has helped you in parenting?**

**Libby:** I really try to listen to my kids. Hearing what they have to say and not immediately reacting is important. Also, trusting them to make the right decisions.

**TK: To what do you attribute your work ethic?**

**Libby:** Both of my parents are really hard workers. Even though they could retire, they are still working. They instilled a strong work ethic in me, and I'm trying to instill that value in my kids. Elote is 10 years old now, so my kids have really grown up watching me work to grow the businesses.

**TK: What one trick has helped you with time management?**

**Libby:** I do my weekly meal preparation on Sundays. This helps to maintain healthy, nutrient-rich meals throughout the

week. I sauté a variety of vegetables and steam beans, rice and legumes. I also make a couple of sauces to mix in. Each food is in a different container. On a busy night, all I have to do is pull out what I want, maybe adding a couple of things, heat it up and dinner is ready.

**TK: What would your kids say is their favorite dinner you make?**

**Libby:** They are used to me cooking at home all the time, so if asked, they would rather go out. Roppongi is their favorite right now. If we're home, they like boxed macaroni and cheese.

**TK: Can you share an easy, healthy and delicious, five-ingredient recipe that takes 15 minutes or less to prepare?**

Absolutely! This is my Sweet Potato Recipe I use for meal prep:

- 3 large sweet potatoes (medium dice)
- 2 Tbsp. EVOO
- 1 Tbsp. kosher salt
- 1 Tbsp. fresh garlic
- 2 tsp. Garam masala spice

Toss ingredients together and bake at 350 degrees for 25-30 minutes. Cool, keep in the fridge and add to just about any meal. I eat these with kale and over easy eggs a couple of times a week for a filling and healthy meal.

Visit [www.elotetulsa.com](http://www.elotetulsa.com) for more information about Libby or the following upcoming family-friendly events: Pumpkin Spice Luchador Night - October 13; Downtown Tulsa Dog Pageant on the Patio - October 20.



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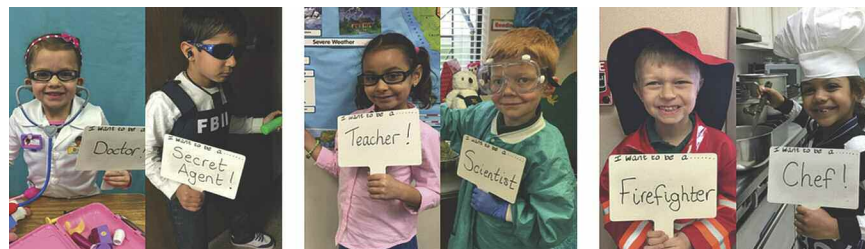
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# Down Syndrome & Up Syndrome:

## TULSA MOM SHARES LIFE'S UPS AND DOWNS WITH OZ, LILY & FAYE

BY BRIA BOLTON MOORE

**M**aybe she will be a journalist when she grows up, because Lily McKenzie is always asking “W questions” – those that start who, what, where, when and why.

Lily is 6 years old. She loves sports. She’s outspoken, independent and what her mom calls “fiery.” She also has Down syndrome.

When Kalyn McKenzie and her husband James began their parenthood journey, things didn’t go as expected.

“I had gone to the doctor, and we discovered that I had a congenital birth defect that gave me an odd-shaped uterus, and was told our chances of conception were low and that carrying the baby would be even lower,” Kalyn says. “I got pregnant the next month. It was kind of ironic.”

When Kalyn was 16 weeks pregnant, she had a routine anatomy ultrasound and was told her baby had about five soft markers for Down syndrome, “a genetic disorder caused when abnormal cell division results in an

extra full or partial copy of chromosome 21,” according to Mayo Clinic. Kalyn and James declined the amniocentesis, a procedure where amniotic fluid is removed from the uterus for testing, which would have given them a definite answer.

“We didn’t know for sure, but I will say I grieved for about four days,” Kalyn recalls. “I don’t remember getting home from that doctor’s office. I sat in my bed and cried. I grieved for the baby I thought I was going to have. I grieved for the baby I was going to have. I grieved for all of us. Then, after a few days, the tears dried up. I still think it’s crazy, but I got over it. I just forgot about it. I had prayed, just let her be okay.”

Lily was born by emergency cesarean delivery and stayed in the NICU for 11 days. Kalyn remembers when a whole team of doctors filled their hospital room and gave the official news.

“I didn’t feel sad anymore, and I think it was because I could look at her and go, ‘She’s okay. I got what I wanted,’” Kalyn remembers.

Thankfully, Lily doesn’t have any major health issues, none of the ones that often accompany Down syndrome.

“I often kind of joke that all she has is Down syndrome,” Kalyn says. “The older that she’s getting, the more we’re noticing the difference between her and her peers. I call those my ‘down days’ when I get confronted with, ‘Oh yeah, I forgot. She has Down syndrome. Damn.’ But, it’s not an everyday thing. I mean, she’s just Lily to us.”

While Kalyn often forgets about Lily’s differences, she says one of the hard parts is watching her child realize she can’t always keep up with friends. Lily took her first steps around 18 months but didn’t take off walking until she was 2 1/2.

“That was the first milestone that she was so late on,” Kalyn remembers. “She saw all her little friends get up and walk off. There were a few defining moments where she would watch them walk away and sit there with her shoulders slumped.”

There are other challenging moments. Kalyn says it’s stressful

to think too far into the future, and one of her greatest fears is that her daughter won’t have true friends. Then again, Lily’s Down syndrome has also brought the McKenzie family a beautiful perspective.

“One thing Lily has gifted us with is just the ability to be in the moment,” Kalyn explains. “That’s a real hard thing for me, or used to be. She lives in this moment, so to be with Lily is to be in that moment. It’s hard to explain the intense freedom that comes from just being in the moment. There’s no pressure in the moment. There’s no worry. You’re just with your kid. And I’ve learned to do that with my other kids – just be in their moments. It doesn’t take a special needs child to learn that, but I don’t know that I would have without her.”

Lily has two siblings: a 5-year-old brother Oz and a 3-year-old sister Faye. Kalyn says her kids are just now starting to realize Lily’s differences — that she has a lot of therapy appointments and she often comes home from her school, The Little Lighthouse, with gifts. The McKenzies re-

*continued next page*



cently sat down with Oz to talk about Down syndrome. He, in turn, wanted to explain it to his sister Faye.

"They don't understand it entirely, but they know Lily needs extra help with things and extra time to do things, and that she doesn't always understand what she's supposed to do," Kalyn says. "They're real cute though. The other day Oz said, 'Mom I feel sad that Lily has Down syndrome.'" Kalyn responded by saying, "Oh, okay, how come?" "I just wish she could have up syndrome like me," Oz replied.

Kalyn says their family is at a crossroads. Although Oz is younger, he's starting to surpass Lily in some ways and is becoming more of a big brother.

"It's an interesting dynamic shift," she says. "Lily is very competitive. I'm pretty sure she decided to walk because her brother

was about to walk, and she did not want him to be first."

The McKenzies have told Oz and Faye it's okay to get frustrated with their sister. It's okay to not like the way she does certain things.

"I want them to be able to express their full range of emotions, because it's not easy having a sibling with special needs," she says. "It's okay for them to say, 'I hate Down syndrome.'"

As this story is written, Lily is preparing for a new transition, a new adventure as she starts kindergarten at Wright Elementary School. Then again, everything is an adventure, according to Kalyn.

"It's kind of a strange thing, but I love that we're on an adventure," she says. "We will never have a boring life. We will never do things like everyone else. Lily teaches us things."

#### A NOTE TO SPECIAL NEEDS FAMILIES

Claudette L. Grinnell-Davis, Ph.D, is an assistant professor at the University of Oklahoma Anne and Henry Zarrow School of Social Work. She shares a few notes for families who have a family member with special needs:

**Have open dialogue about the hard things, especially with kids.**

"One of the most important things, especially when there are other children in the family, is to let your children know that it's okay to talk about how sometimes you get frustrated. People feel guilty because they get frustrated with family members, especially family members who can't help the way they're acting. It's important to be able to say, 'This makes me sad. This makes me angry, and I need to have a safe place to talk about it.'"

**Find space to just be you.**

"I think one of the things that's important is maintaining an identity or allowing yourself to have an identity that's solely about you and not in relationship to your family member with a disability. One of the biggest pieces of balance is finding space to just be you."

**Be mindful of how stress is negotiated.**

"A family is an organic living entity itself made up of components. When one component of the family needs a little bit more help or a little bit more support, the family negotiates stress and negotiates change as to minimize the amount of stress." Grinnell-Davis mentioned that sometimes stress is shifted to a family member unduly or inappropriately.

**Be a part of organizations that understand your family member's special needs.**

"It's really important to be a part of those types of organizations, because they're normalizing, they're supportive, and they give you hope. They give inspiration."

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Race past tigers, giraffes and bears on your way to the finish line at St. John ZooRun at the Tulsa Zoo on October 6. Tulsa's family friendly race features a 5k and 10k, plus the St. John 1-mile Fun Run. Admission for the whole herd is part of the fun! Until 10 a.m., family members of participants can enter the zoo for free to cheer on runners at the finish line. After the race, runners can enjoy this year's hospitality area with the St. John Fun Run Fun Zone, educational activities, face painting and more. The St. John 1-mile Fun Run begins at 8 a.m., the 5k begins at 8:30 a.m. and the 10k begins at 9 a.m. Race week registration is \$35 for the 5k and 10k, \$25 for the St. John Fun Run. For more information, visit [tulsazoo.org/run](http://tulsazoo.org/run) or contact the zoo at (918) 669-6602. Tulsa Zoo, 6421 E 36th St. North, 7-10 a.m.

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

## October 1 Monday

### STORYTIME 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 included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. [www.discoverylab.org](http://www.discoverylab.org)

### MAGIC MONDAY STORYTIME [FREE, W]

Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books,

221 E. Archer St., 10:30-11:30 a.m. [www.magiccitybooks.com](http://www.magiccitybooks.com)

### CRAFTERNOON DELIGHT [FREE]

Bring whatever project you're working on, from knitting to decoupage, cross-stitch to scrapbooking, and hang out with fellow crafting nerds and enjoy a spot of tea, all while "Hocus Pocus" (rated PG) plays quietly in the background (with subtitles). Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For adults and teens. Central Library, 400 Civic Center, 5:30-7 p.m.

## October 2 Tuesday

### BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]

Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Schusterman-Benson Library, 3333 E. 32nd Pl., 10:30-11 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### MAKE-AND-TAKE CRAFTS: OAXACA SNAKE PAINTING: ARTESINÍAS: CELEBRANDO EL MES DE LA HERENCIA HISPANA [FREE]

Make a craft celebrating Hispanic culture and traditions. Registration is required. Register online

at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For ages 5-12. / Ven y crea manualidades que celebran los tradiciones y la cultura hispana. Central Library, 400 Civic Center, 6-7 p.m.

## October 3 Wednesday

### TINY TOTS IN TRAINING [FREE, W]

Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Case Community Center, 1050 W. Wewika Rd., Sand Springs, 10-11:30 a.m. [www.sandspringsok.org](http://www.sandspringsok.org)

## October 4 Thursday

### SAFE KIDS CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa. Broken Arrow Fire Department Station 6, 3151 N. 9th St. (Lynn Lane), 1-3 p.m. [www.safekidstulsa.com](http://www.safekidstulsa.com)

## October 5 Friday

### 80S KARAOKE AT PHILBROOK

Get your favorite 80's jams ready: It's 80's Karaoke at Philbrook! Treat yourself to burgers and beer at Kitchen 27's Burger Night, enjoy a night of classic 80's tunes. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. [www.philbrook.org](http://www.philbrook.org)

### FIRST FRIDAY [FREE]

Enjoy an evening full of entertainment and free admission to area galleries in the Tulsa Arts District. Tulsa Arts District, 6-9 p.m. [www.thetulsaartsdistrict.org](http://www.thetulsaartsdistrict.org)

## October 6 Saturday

### KEYSTONE ANCIENT FOREST HIKE DAY [FREE]

Hike amidst a classic Oklahoma crosstimbers forest with 500-year-old cedars and 300-year-old post oak tress. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. [www.sand-springsok.org](http://www.sand-springsok.org)

### TOYS FROM TRASH WORKSHOP

Kids don't need a trip to the mall for toys when you show them how to make their own out of cardboard, paper, cereal boxes, rubber bands and other priceless "trash". Teach them self-reliance and creativity (along with thrift)—and have a lot of hands-on fun! Batteries not included. ahha Tulsa, 101 E. Archer St., 9 a.m.-12 p.m. [www.ahhatulsa.org](http://www.ahhatulsa.org)

### ART ON MAIN

Art on Main is an award-winning art show featuring art and wineries in addition to upscale food trucks. Art on Main's mission is to create access to a broad array of arts experiences, nurture the development and understanding of diverse art forms

and cultures and encourage the expanding depth and breadth of cultural life in Oklahoma. Downtown Jenks, 4-9 p.m. [www.jenkschamber.com](http://www.jenkschamber.com)

## October 7 Sunday

### STUDIO SUNDAYS [W]

Calling all tinkerers, artists, and families! You're invited to drop in for creative exploration at The STUDIO, located on the 3rd floor of ahha's Hardesty Center. Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. ahha Tulsa, 101 E. Archer St., 12-7 p.m. [www.ahhatulsa.org](http://www.ahhatulsa.org)

### DROP-IN STUDIO

Explore new materials and concepts each month under the guidance of Gilcrease teaching artists. Studio activities can be adapted for visitors of all ages, backgrounds and artist abilities. All supplies and materials provided. Free for members, and free with museum admission for not-yet-members. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. [www.gilcrease.org](http://www.gilcrease.org)

### OKLAHOMA CITY THUNDER VS. THE ATLANTA HAWKS

Watch the Oklahoma City Thunder play the Atlanta Hawks at the BOK Center, 200 S. Denver Ave., 2 p.m. [www.bokcenter.com](http://www.bokcenter.com)

## October 8 Monday

### NATIVE AMERICAN DAY CELEBRATION [FREE]

Tulsa's 2nd Annual Native American Day Celebration will feature a parade at 11:30, which will be followed by a day of exhibition dancing, speeches from community leaders, vendors, and a showing of the Cherokee film Nanyehi beginning at 7:30 p.m. Guthrie Green, 111 E. M.B. Brady St., 11 a.m.-8:30 p.m. [www.guthriegreen.com](http://www.guthriegreen.com)

## October 9 Tuesday

### BUILD A READER STORYTIME: FAMILY [FREE, W]

Enjoy great stories, silly songs, fun finger plays with Ms. Sarah! For ages 8 and younger. Families and



Oh, my stars! If you're have a star-gazing enthusiast in your home, don't miss "How to Use My Telescope" on Oct. 16, "Celebrate Teen Read Month with Stargazing and Book Swap" on Oct. 23, and "Astronomy for Beginners" on Oct. 30! See dates for event details.

siblings are encouraged to attend and join in on the fun! Maxwell Park, 1313 N. Canton, 3-3:30 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### CELEBRATE TEEN READ MONTH WITH BUTTON MAKING [FREE]

Make a button about your favorite book. Draw your own or use some preprinted pictures. For ages 10-18. Rudisill Regional Library, 1520 N. Hartford Ave., 4-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## October 10 Wednesday

### BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE, W]

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster your child's early literacy skills. Owasso Library, 103 W. Broadway Ave., 10:30-11:25 a.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## October 11 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, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. [www.ddadvocacy.net](http://www.ddadvocacy.net)

### READING TENT [FREE]

Come and dwell in a twinkle-light paradise, to relax and read in one of the reserved study rooms on the second floor. You must reserve your spot on a reservation sheet on-site for use of the reading tent for one hour. For ages 10-18. Hardesty Regional Library, 8316 E. 93rd St., 5-9 p.m. Additional date Oct. 18. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### MAKE-AND-TAKE CRAFTS: HUICHOL YARN

**PAINTING/ARTESINÍAS: CELEBRANDO EL MES DE LA HERENCIA HISPANA [FREE]** Make a craft celebrating Hispanic culture and traditions. Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For ages 5-18. / Ven y crea manualidades que celebran los tradiciones y la cultura hispana. Central Library, 400 Civic Center, 4:30-5:30 p.m.

## October 12 Friday

### STORYTIME FOR GROWNUPS: DOUBLE, DOUBLE TOIL AND



Gilcrease Museum hosts "Funday Sunday" every third Sunday of the month. Guests receive free admission all day, and participants can engage in special art activities from noon till 4 p.m. Learn more at [gilcrease.org](http://gilcrease.org). Photo courtesy of Gilcrease Museum.

#### TRouble [FREE]

'Tis the season of mischief and frights. Ghosts roam, bogeymen play and terror strikes. Delight in spooky and dreadful stories, as speakers toy with your delights. Bring your lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Central Library, 400 Civic Library, 12-1 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

#### BLOCK PARTY AT THE LIBRARY/ CALLEJONEADA EN LA BIBLIOTECA [FREE]

Celebrate Hispanic Heritage Month with a fun block party for all ages featuring Cathy Camper and Raul the Third, the creators of the "Lowriders in Space" series. For all ages. // Ven y celebra el mes de la herencia hispana en nuestra primera callejoneada en la biblioteca re-

gional Martin. Nuestros invitados especiales son Cathy Camper y Raul the Third, los creadores de la serie Lowriders in Space. Para todas las edades. Martin Regional Library, 2601 S. Garnett Rd., 5-8 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

#### October 13 Saturday

##### 2ND SATURDAY AT PHILBROOK [FREE]

Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a variety of events and hands-on activities. Philbrook Museum of Art, 2727 S. Rockford Rd., 9 a.m.-5 p.m. [www.philbrook.org](http://www.philbrook.org)

##### ID A TREE!

Pick up a guide to the trees on Tulsa Botanic Garden's nature trail and see how many you can identify on a



self-guided hike. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

##### 2ND SATURDAY SILENTS PRESENTS: "BLUE BLAZES RAWDEN"

William S. Hart is a lumberjack who fights with a crooked dance hall owner over the affections of a lady. Accompanied by Bill Rowland on Circle Cinema's original 1928 pipe organ. Circle Cinema, 10 S. Lewis Ave., 11 a.m. [www.circlecinema.com](http://www.circlecinema.com)

#### October 14 Sunday

##### SENSORY FRIENDLY FAMILY FUN TIME

Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 9:30-11 a.m. [www.discoverylab.org](http://www.discoverylab.org)

##### SEED SCAVENGER HUNT

Pick up a Seed Scavenger Hunt in the Visitor Center, and see how many different types of seeds you can find while walking through the Gardens and the Nature Trail. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

#### October 15 Monday

##### SENSORY FOR THE YOUNG SCIENTISTS

Every third Monday of the month, let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. [www.discoverylab.org](http://www.discoverylab.org)

##### LAURA INGALLS WILDER: WITH PULITZER PRIZE WINNER CAROLINE FRASER

Listen to Caroline Fraser discuss her new book, "Prairie Fires: The American Dreams of Laura Ingalls Wilder," a biography of the famous author. Hosted by Booksmart Tulsa. TCC Center for Creativity, 910 S. Boston Ave., 7-8:30 p.m. [www.booksmartt-tulsa.com](http://www.booksmartt-tulsa.com)

#### October 16 Tuesday

##### HOW TO USE MY TELESCOPE

Do you have a telescope but don't get it out because it doesn't seem to work? Bring it to Jenks Planetarium and learn about the telescope and how it operates. Then, take it to the roof-top observation deck and practice your new skills! This show is weather permitting. Please dress for the weather. The target audience for How to Use My Telescope is ages 6 years to adult. Jenks Planetarium, 105 E. B St., Jenks, 7-8 p.m. [www.jenkscommu-](http://www.jenkscommu-)

nityed.com

## October 17 Wednesday

### FALL BREAK STORYTIME— ALL ABOUT SEEDS

Join guest readers for a different story and craft each morning (Oct. 17-19) as participants learn about seeds. Story starts at 10:30 a.m., followed by a craft available until noon. Wednesday, Oct. 17: Make Seed Mosaics; Thursday, Oct. 18: Go on a seed hunt after story. Friday, Oct. 19.: Dissect seeds and plant one to take home. Bring a picnic lunch to enjoy in the Garden afterward. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

### PAWS FOR READING [FREE]

Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Call 918-549-7323 to register. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 3:30-5 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## October 18 Thursday

### BABY AND ME MATINEE: "GHOSTBUSTERS" (PG-13) [FREE]

Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights are kept dimmed and the sound volume down. In this 2016 film, four women fight ghosts that have invaded New York City, and face an entity who can control humans. Hardesty Regional Library, 8316 E. 93rd St., 10 a.m.-12 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### YOGA AT THE ZOO

Are you down, dog, for Yoga at the Zoo? This \$15 public yoga class for ages 12 and older will be led by instructor Nicole Peltier of The Yoga Room. Registration fee includes a 50-minute yoga session and admission to the Tulsa Zoo one hour before the event. More information and registration at: [tulsazoo.org/yoga](http://tulsazoo.org/yoga). Tulsa Zoo, 6421

E 36th St. North, 5-7 p.m. [www.tulsazoo.org](http://www.tulsazoo.org)

### STORYTIME UNDER THE STARS [FREE]

Twice during the year, Linnaeus Teaching Gardens hosts Storytime Under the Stars. These events focus on stories and songs. The theme for the October 18 event is Pumpkins, Bats, Owls and Nighttime. Free; no registration required. Linnaeus Teaching Garden, 2435 S. Peoria Ave., 6:30 p.m. [www.tulsagarden-center.org](http://www.tulsagarden-center.org)

## October 19 Friday

### GLOW-IN-THE-DARK GALAXY JARS [FREE]

Celebrate Teen Read Month and create a cool glow-in-the-dark galaxy jar. Supplies and snacks are provided. Registration is required. Register online at [www.tulsalibrary.org/events](http://www.tulsalibrary.org/events) or call 918-549-7323. For ages 10-18. Jenks Library, 523 W. B St., 2-3 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## October 20 Saturday

### ZOO INSIDER: PARASITES

Tulsa Zoo will HOST teenagers and explore all things that go bite in the night. Get an INSIDE look at what it takes to combat these monsters within and learn tricks of the trade from zoo veterinary technicians. You'd be a lunaTICK to miss this one! Middle and high school students 13 to 18 years old are welcome to attend. Cost is \$25 per class. More information and registration at [tulsazoo.org/classes](http://tulsazoo.org/classes). Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m. [www.tulsazoo.org](http://www.tulsazoo.org)

## October 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 Noon to 4:00 pm, with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. [www.gilcrease.org](http://www.gilcrease.org)

## October 22 Monday

### MOVE IT MONDAY

Move to music, play a game, and read a book! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. [www.discoverylab.org](http://www.discoverylab.org)

## October 23 Tuesday

### ARTWORKS GALLERY OPENING

The Holland Hall ARTworks program supports the school's core belief that an appreciation for and experiences in the arts are essential. Each year during ARTworks, an acclaimed, professional artist is invited to exhibit on campus and spend a week as artist-in-residence at Holland Hall. Join Holland Hall to celebrate the 2018 ARTworks artist, Bob Sober. Bob is a Tulsa native who grew up exploring the natural world. He now uses macro-photography and large-scale printing to explore the hidden beauty of insects. Holland Hall, 5666 E. 81st St., 5-8 p.m. [www.hollandhall.org/artworks](http://www.hollandhall.org/artworks)

### CELEBRATE TEEN READ MONTH WITH STARGAZING AND BOOK SWAP [FREE]

It's written in the stars ... READ! Join us for some stargazing, snacks and a book swap as we celebrate Teen Read Month. Sponsored by the Broken Arrow Sidewalk Astronomers and Friends of the Helmerich Library. For teens. Helmerich Library, 5131 E. 91st St., 6-8 p.m. [www.tulsalibrary.org](http://www.tulsalibrary.org)

## October 24 Wednesday

### TEEN CONNECTIONS [FREE]

Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Teen Connections meets on the fourth Wednesday of each month from 4:30-6 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at

918-582-8272.

[www.ddadvocacy.net](http://www.ddadvocacy.net)

## October 25 Thursday

### SAFE KIDS CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly at this event sponsored by Safe Kids Tulsa! Bixby Fire Department Station 2, 8300 E. 121st St. S., Bixby, 2-4 p.m. [www.safekidstulsa.com](http://www.safekidstulsa.com)

### SILENT DINNER [FREE]

Silent Dinners are THE place to come and practice sign language in a non-threatening environment. You will find that many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome from very beginning learner to native signers. The atmosphere is relaxed and unstructured. Woodland Hills Mall—Food Court, 7021 S. Memorial Dr., 6 p.m. [www.tsha.cc](http://www.tsha.cc)

### MOMS & DADS SUPPORT GROUP [FREE]

The mission of this long-standing support group for parents of children with developmental disabilities is to nurture and support families, encourage positive strategies in dealing with challenges, and share in the joy of raising children. The Moms & Dads Support Group meets on the last Thursday of each month from 7-9 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. The group is sponsored by TARC and Ability Connection Oklahoma. For more information, call Sherilyn at 918.582.8272 or email [swalton@ddadvocacy.net](mailto:swalton@ddadvocacy.net).

## October 26 Friday

### S.T.E.A.M. CON [FREE]

S.T.E.A.M. Con is a Steampunk-themed Science, Technology, Engineering, Art and Mathematics-focused event presented by SeneGence International and the Muscogee Creek Nation. There will be book signings, kid's activities, gaming tables, vendors and more. Sapulpa Public Library, 27 W. Dewey Ave., Sapulpa, 10 a.m.-4 p.m. Additional date Saturday, Oct. 27, 10 a.m.-2 p.m. [www.cityofsapulpa.net](http://www.cityofsapulpa.net)

## October 27 Saturday

### 41ST ANNUAL TULSA FEDERAL CREDIT UNION RUN

Head downtown for Oklahoma's most historic race! Choose between the 2K, 5K or legendary 15K distances and have a ton of fun along the way. And...don't forget your costume! Downtown Tulsa, 1 W. 3rd St., 7 a.m.-12 p.m.  
www.tulsarun.com

## October 28 Sunday

For more activities, see our lists of Halloween Events and Fall Festivals!

## October 29 Monday

### IN THE MIDDLE [FREE]

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 Ave., 6:30-7:30 p.m. www.tulsalibrary.org

## October 30 Tuesday

### BUILD A READER STORYTIME: FAMILY [FREE, W]

Bring the whole family for this storytime geared toward children ages 0 to 5! Learn and enjoy songs, stories and activities that will aid in developing your child's early literacy. Central Library, 400 Civic Center, 10:30-11 a.m. www.tulsalibrary.org

### ASTRONOMY FOR BEGINNERS: IT'S WRITTEN IN THE STARS!

[FREE]  
Learn about the basics of astronomy, find fun resources and much more! Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 10-18. Skiatook Library, 316 E. Rogers, 4-6 p.m.

## October 31 Wednesday

### HAPPY HALLOWEEN! DON'T MISS OUR ROUNDUP OF FAMILY FRIENDLY HALLOWEEN EVENTS!

### BOOKS TO TREASURE ART WORKSHOPS WITH TCCL

The featured illustrator of this year's Books to Treasure program is Shadra Strickland. Strickland has illustrated "Please Louise," written by Slade Morrison and Toni Morrison, among other works. She will be doing a public presentation and book signing on Friday, Nov. 9 at Hardesty Library. Learn more at kids.tulsalibrary.org. To prepare for this event, Tulsa Libraries are hosting a variety of art-making workshops throughout October. All events are free.

### IMPRESSIONISTIC MARKET PAINTING

When: Friday, Oct. 5, 4:30-5:30 p.m.  
Where: Central Library, 400 Civic Center

Head to Central Library for an invigorating art workshop inspired by the upcoming Books to Treasure event for school-aged children!

### DRAWING ILLUSTRATIONS

When: Wednesday, Oct. 17, 1-2 p.m.  
Where: Jenks Library, 523 W. B St.

Learn how to draw book illustrations. Listen to the story "Please Louise" and then get creative drawing your own illustrations for the book. The finished project will be displayed in the library! For elementary-school kids.

### PAINT LIKE MICHAELANGELO

When: Wednesday, Oct. 17, 3-4 p.m.  
Where: Maxwell Park Library, 1313 N. Canton

Did you know that Michelangelo painted the Sistine Chapel mostly while lying flat on his back? You don't have to paint a masterpiece; just paint while lying down! To make things easier, you won't be painting a ceiling but painting under tables instead.

### KIDS ART EXTRAVAGANZA—COLLABORATIVE ART AND PLAY

When: Wednesday, Oct. 17, 3-4 p.m.  
Where: Schusterman-Benson Library, 3333 E. 32nd Pl.

In this fun-filled workshop, art and play will be combined as elementary-school kids use their imaginations to collaborate on paintings and drawings. Paints will be washable.

### ART WORKSHOP

When: Friday, Oct. 19, 11 a.m.-1 p.m.

Where: Rudisill Library, 1520 N. Hartford Ave.

Get creative with rubber stamps as you make wrapping paper or greeting cards. You also can paint and decorate rocks. Supplies are provided. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 5-12.

### ART WORKSHOP FOR CHILDREN

When: Friday, Oct. 19, 2-3 p.m.

Where: Broken Arrow Library/South, 3600 S. Chestnut Ave.

Like to paint or want to become a more confident artist? Join the Broken Arrow Library/South for an art workshop for elementary-school children and prepare to celebrate the library's Books to Treasure illustrator in November.

### MIXED MEDIA FOR KIDS

When: Friday, Oct. 19, 3-4 p.m.  
Where: Broken Arrow Library, 300 W. Broadway St.

To complement Books to Treasure, kids ages 5-12 will create an imaginative world using a variety of artistic tools.

### STRING PAINTING

When: Wednesday, Oct. 24, 3:30-4:30 p.m.

Where: Herman and Kate Kaiser Library, 5202 S. Hudson Ave.

Make fun string paintings and learn how your art can tell a creative story. The Books to Treasure program celebrates visual storytelling with this year's illustrator Shadra Strickland. For elementary-school kids.

### STRING ART

When: Friday, Oct. 26, 3-4:30 p.m.  
Where: Martin Regional Library, 2601 S. Garnett Rd.

Get messy and make a masterpiece using just paint, string and paper. For first- through fourth-graders. // Ven y pinta una obra de arte usando pinturas, cuerda, y papel. Para estudiantes en los grados primero hasta cuarto.

### ABSTRACT NAME ART

When: Tuesday, Oct. 30, 3:30-5 p.m.

Where: Hardesty Library, 8316 E. 93rd St.

Enjoy a fun program in which attendees will turn their names into art! For second- through fifth-graders. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323.



The Melting Pot

FONDUE RESTAURANT

### FAMILY FALL BREAK

October 18 - 21

Feast from the regular menu or the four-course special family menu.

\$29.95 per adult

\$19.95 per child

### MAGICAL FAMILY EVENING

October 21

Treat your family with mystifying magic at your tableside and kid-friendly meal.

RESERVATIONS RECOMMENDED

300 Riverwalk Terrace,  
Jenks, OK, 74037  
(918) 299-8000



**FALL FUN KICK-OFF WITH JACOB TOVAR**

**WHEN: OCTOBER 4, 5-8 P.M.**

**WHERE: TULSA BOTANIC GARDEN, 3900 TULSA BOTANIC DR.**

Kick-off Tulsa Botanic Garden's Autumn In the Garden events with the first of four weekly music nights at the Garden, which will feature a different Tulsa musician and local craft brewery and food truck each week. Tulsa singer/musician Jacob Tovar will get your feet tapping with his style of "honky-tonk country tinged with red dirt". Andolini's Pizzeria food truck will have delicious food available and one of Tulsa's newest breweries, Welltown Brewery will be on site with their latest brews available. Food and bar will be available starting 5 p.m. Music is 5:30-7:30 p.m. [www.tulsabotanic.org](http://www.tulsabotanic.org)

**WINE, JAZZ & WORLD FÊTE**

**WHEN: OCTOBER 5-6**

**WHERE: GUTHRIE GREEN AND OTHER DOWNTOWN VENUES**

The greatest jazz & world artists, fine wines, delicious culinary offerings, performance art, kids & family activities. Join Tulsa Roots Music for the inaugural celebration FREE on Guthrie Green and at Tulsa's new Duet jazz club. There's music everywhere...enjoy. [www.guthriegreen.com](http://www.guthriegreen.com).

**FALL TRADERS ENCAMPMENT**

**WHEN: OCTOBER 5-6**

**WHERE: WOOLAROC MUSEUM**

**& WILDLIFE PRESERVE, 1925 WOOLAROC RANCH RD., OOLOGAH**

Woolaroc will once again host the Fall Trader's Encampment on Friday and Saturday at the Mountain Man Camp at Woolaroc. Hosted by Woolaroc's Mountain Men, Wes & Roger Butcher, the camp has quickly become a favorite for traders and re-enactors from across the country. The camp will be historically accurate, recreating what a settlement of this type would have looked like in the 1840s. [www.woolaroc.org](http://www.woolaroc.org)

**BRUSH CREEK BAZAAR**

**WHEN: OCTOBER 12-14**

**WHERE: THE BARN, 10900 S. LOUISVILLE**

The Brush Creek Bazaar is an outdoor festival that has something for everyone. It is an "arts paradise" showcasing more than 80 craft vendors. There is a "kidzone extravaganza" awaiting all children with face-painting, a pumpkin patch, as well as other specialty activities for the children to enjoy! [www.brushcreekbazaar.org](http://www.brushcreekbazaar.org)

**PLEASANT VALLEY FARMS 8TH ANNUAL WINTER SQUASH AND PUMPKIN FESTIVAL**

**WHEN: OCTOBER 13-14**

**WHERE: PLEASANT VALLEY FARMS OK, 22350 W. 71ST ST., SAND SPRINGS**

Pleasant Valley Farms' 8th Annual Winter Squash and Pumpkin Festival features all your autumnal favorites, including hayrides, a 15-acre corn maze, a kiddie corn maze, live bluegrass music, and of course, a pumpkin patch! [www.pleasantvalleyfarmsok.com](http://www.pleasantvalleyfarmsok.com)

**SHALOMFEST**

**WHEN: OCTOBER 14, 12-4 P.M.**

**WHERE: TEMPLE ISRAEL, 2004 E. 22ND PL.**

This is Temple Israel (Tulsa)'s 25th annual celebration of Jewish food, music, art, and culture! You will want to be here for falafel, Klezmer, hummus, Jewish religious rituals, & great people! There will be all manner of fun stuff for the kiddos and for the grown folks to enjoy. [www.templetulsa.com/shalomfest](http://www.templetulsa.com/shalomfest)

**LINDE OKTOBERFEST**

**WHEN: OCTOBER 18-21**

**WHERE: RIVER WEST FESTIVAL PARK, 2100 S. JACKSON AVE.**

Linde Oktoberfest Tulsa celebrates its 40th year as an authentic Bavarian cultural festival in the heart of Oklahoma. You'll enjoy große (huge) quantities of bratwurst, German beers, Bavarian cheesecake, great music and thousands of your friends together at one place at the new River West Festival Park with 116,000 square feet of new tents, stages and more. [www.tulsaoktoberfest.org](http://www.tulsaoktoberfest.org)

[berfest.org](http://berfest.org)

**FALL FESTIVAL AT CHICKASAW CULTURAL CENTER**

**WHEN: OCTOBER 20, 10 A.M.-5 P.M.**

**WHERE: CHICKASAW CULTURAL CENTER, 867 COOPER MEMORIAL DR., SULPHUR**

The fall season is a grand event at the Chickasaw Cultural Center! Festivities include cultural demonstrations, traditional games, storytelling, a pumpkin patch, food arbors, stomp dance demonstrations and more! [www.chickasawculturalcenter.com](http://www.chickasawculturalcenter.com)

**KIEFER MEDIEVAL FAIRE, A FAIRY TALE OUT OF TIME**

**WHEN: OCTOBER 26-28**

**WHERE: KIEFER MUNICIPAL PARK, INDIANA AVE. AND N. A ST.**

The Kiefer Medieval Faire, A Fairy Tale Out Of Time takes it's theme from A Connecticut Yankee in King Arthurs Court. King Harold will be back to knight "yankee" kids and "rebel" kids alike! With many activities for the young and young at heart, fabulous feasting, music and more, why not come and spend some time with the fairies? Might meet a scallywag pirate? And who knows who may show up?

Find more at [www.tulsakids.com/fallfestivals](http://www.tulsakids.com/fallfestivals).



GATHERING PLACE<sup>SM</sup>  
TULSA'S RIVERFRONT PARK

# 100 DAYS OF

*Mom, watch this!*

GATHERINGPLACE.ORG



# LEARN AND PLAY

**October 11 and 12 | 10:30 to 11:30 a.m.**

*Free with museum admission*

Art education starts here.

Designed for ages 0 to 5 years old and their caregivers, enjoy an age-appropriate gallery tour followed by hands-on activities. Registration required.

Presented in collaboration with Tulsa Community College Early Childhood Education Department.



**GILCREASE MUSEUM**  
*Thomas Gilcrease Institute of American History and Art*

GILCREASE.ORG/EVENTS





# The Hip Mom Hits the Brady District

BY JILL VANTREASE

Friends, I need to start this little bit with a strange, unsettling, horrible, wonderful and downright weird thing that happened to me a few weeks ago: For the first time in 16 years, there are three days per week when, during school hours, I have no children at home. It's the oddest thing. The first day I held up for about eight minutes in the car, and then I started crying big snotty tears. But, ha! I started to get used to it a bit. I started to actually revel in the glorious moments in a quiet house where I can think my own thoughts and read Vogue for 12 minutes. But now I'm getting restless: I can only clean this pigsty so much without going bonkers. What am I supposed to be doing? I took a pilates class, I took a barre class, but I'm just too lazy to look like a geriatric Tracy Anderson. What else? Do I adopt a baby? Get a job? Launch something like Goop? (Ha! Ha!) But it's not a ton of extra time. I start to do normal things: I fit in an extra mass; I meet dear friends for coffee and lunch...it's all bizarre and decadent and wholly odd.

So, one very early Saturday morning I'm wandering around downtown waiting for my son to finish up his endless cross country team run, and I find myself circling this building. Huh? Where am I? Hip store after hip restaurant after hip...guitar museum? Where am I? And then it hits me: Tulsa is sort of...cool! I think even natives will agree that the hip-



ness factor has increased almost exponentially in the decade I've lived here. A little encapsulation of all this chic seems to be housed in just one building — the Archer building in the Tulsa Arts District

I decide to devote a few of my free hours to exploring this little corner of downtown.

I launch my mission with a hot vinyasa class at Press Cafe and Yoga, a hot yoga studio with

an adjoining cafe and bar. In typical moi fashion, I arrive late (I couldn't find a parking space - you might need a few extra minutes on weekdays!), stumble in to the studio with shoes on and no mat, realize my faux pas, re-enter, and squeeze myself into the remaining corner by the teacher. Surely I've ruined everyone's chakras - gah! And then the teacher gently points out I'm facing the wrong way. Ah, well. But once I'm settled, I really enjoy the class - it's like taking yoga outside in Oklahoma in August - you will sweat! Thankfully, I sweat less than the guy behind me, who seems to have a waterfall spilling onto his mat. The class can be as difficult as you like -- there are modifications for all the positions, which is good for someone with the flexibility of a bison, like me. Afterwards, the teacher warmly greets me and signs me up for the introductory deal - \$7 for 7 days! Yay.

I grab an iced coffee and head down to Made Tulsa, the retail space for an "Indie Emporium." This is Tulsa's first Indie craft show, and it's a gem, full of handmade and vintage goods made by a variety of local artisans. I fall in love with some air plants (so hard to kill!), and some handmade cards with definitions of words that make me weep: Wabisabi, for example, is "The discovery of beauty in imperfection; the acceptance of the cycle of life and death." Sheesh! They also hold workshops like embroi-



PRESS CAFÉ AND YOGA.



MADE TULSA.

dery and other crafting classes like calligraphy and lettering. If you're curious about indulging your creative side, or maybe you're so creative you have baubles you could sell yourself here - check out Made!

Then of course I have to go next door to Glacier Confection. If you haven't had their achingly beautiful, handcrafted chocolates, you have not lived. This is one of two locations — the other is in Utica Square. There's also a cafe here with a selection of coffees; they stay open late on the weekends for passers by on First Friday.

And then, because I can go to a lunch venue where the menu extends beyond grilled cheese and waffle fries, I try Lone Wolf

Banh Mi. I'm out of the loop, friends: Food truck fare is way too sexy for the preschool set. But Lone Wolf started as a food truck in 2012 and found instant success. Bahn Mi is a spicy Vietnamese sandwich filled with delicious notes like English cucumber, jalapeno, pickled daikon and carrot slaw. I decide to try the kimchi fries (probably because I've been reading about the health benefits of fermented foods, I don't know!) and am wowed by the delicious array of unfamiliar spices. Topped with a portobello mushroom, it's as exciting a lunch as I've had in a very long time.

Right next door I'm surprised to find Que Gusto, a company I've known almost from its inception. Carla and Fernando moved here from Ecuador in 2012, and their son played soccer with mine, so I first tasted their delightful empanadas at a soccer party. Their empanadas and homemade yucca fries were such a hit they launched a catering business and now have a storefront. Their Latin flavors - coconut smoothies, ceviches, plantains, arepas, and dulce de leche cakes - are so unexpected. If you want a unique catering experience for your next soiree, Que Gusto will be sure to wow your guests, and you'll get accolades for being au courant!



LONE WOLF.

Of course there's that magical place, Magic City Books, the home for Booksmart Tulsa, which continues to wow the city with the caliber of authors coming to town: Ian Frazier of the New Yorker, James Frey (he caused a bit of a brouhaha with A Million Little Pieces), Mary Gabriel — it's a bona fide literary salon here. The Magic City Books employees can help you find the perfect book



SHUFFLES.

for your particular tastes.

There's more. The Guitar House of Tulsa, full of vintage and rare guitars - I know less than zero about guitars - would be heaven for the guitar aficionado. And then there's this new little venue called Shuffles: board games, video games and food! It's a family friendly spot with a great menu and an impressive library of board games -- about 800. There's a full coffee bar, and a brunch and dinner menu with "haute" pub food. I can't wait to bring my bigger kids here to defeat them solidly at Scrabble.

So, friends, do check out this little block of cosmopolitan delight. Even a jaded New Yorker might find something interesting here. If you find a disheveled mom walking around here in a cloud of post-traumatic school drop-off syndrome, that's just me.



# recipes that serve up some Oklahoma history

One of my family's favorite places to hike is the Keystone Ancient Forest in Sand Springs.

Walking through the Cross Timbers, up the same forest walked by writer Washington Irving, is a perfect spot to imagine headless horsemen racing past the post oak trees. It's hard not to picture scenes from Irving's *The Legend of Sleepy Hollow* when walking the trails flanked by dense forest.

Irving's classic wasn't inspired by his exploration of Oklahoma Territory. *Sleepy Hollow* was written in 1820, 12 years before Irving made his way through the forested area of what is now 1,200 acres of the Keystone Ancient Forest.

But that shouldn't stop you from retelling the spooky tale on a fall hike with your family. Last fall, I carried a backpack with hot apple cider and cinnamon-coated doughnuts for this hike. We all loved this delicious treat, sitting on rocks at the halfway mark overlooking Keystone Lake.

It's amazing how many opportunities for learning are all around us.

As parents, it takes effort for us to plan and seek out these types of experiences, but it's worth it. It's mini-adventures like this that expand our kids' intellectual curiosity.

My friend, mother of four



DeAnna Cooper, likened going on family adventures to doing a marathon. She said, "The entire four-and-a-half hours would be me thinking, 'Man, this is hard...Be patient...Never again...Why am I doing this?' Then enough time would pass, and I would forget about all the struggles and sign up for another one."

She's right. It's sometimes hard. It's tiring. But in the end, it's worth it for us to create fun out of learning, to open our kids' worlds and vision of geography and history through exploration.

*Pack apple cider in a thermos and these doughnuts in an insu-*

*lated bag for a perfectly sweet fall hike.*

## EASY CINNAMON DOUGHNUTS

Makes 10 doughnuts

- Canola oil
- 1 stick butter, melted
- 1 1/2 tablespoons ground cinnamon
- 1 cup sugar
- 1 (10-count) can biscuits (Any kind of biscuits are fine, except flaky layers. Flaky layers don't make good doughnuts.)

1. Add enough oil to a pan to create a depth of 1/2 inch. Heat on medium-high heat for about 5 minutes to get oil hot.

2. Place melted butter in a medium-size bowl. In a separate medium-size bowl, combine cin-

namon and sugar.

3. Using a plastic bottle cap, cut the center out of each biscuit. Lower heat of oil to medium. Drop each biscuit into the oil, turning when golden. Once the doughnuts are golden on both sides, remove to paper towels or a cooling rack. Repeat until all the doughnuts are cooked, including the doughnut holes. Watch carefully when cooking doughnuts as they can burn quickly.

4. Dip both sides of each doughnut into melted butter, then press both sides into the cinnamon-sugar mixture.

*When studying Oklahoma history and homesteaders, there's no better place to visit than Harn Homestead in Oklahoma City. Expand on that experience by cooking a simple dinner like that made by Oklahoma settlers more than 100 years ago.*

Here's an old-fashioned recipe for spoon bread, similar to what would have been made in Oklahoma Indian Territory.

## OKLAHOMA SPOON BREAD

- 3 cups milk
- 1 1/4 cups yellow cornmeal
- 3 eggs, beaten
- 1 teaspoon salt
- 1 3/4 teaspoons baking powder
- 2 tablespoons butter, melted

1. Measure milk into a saucepan and bring to a boil. Add the cornmeal; cook and stir for several minutes, until cornmeal

*continued next page*

has absorbed all the milk. Remove from heat and allow to cool for about 1 hour. The mixture will be very stiff.

2. Preheat the oven to 375 degrees. Lightly grease a 1 1/2 quart casserole dish. Place the cornmeal mixture into a large bowl. Stir in the eggs, salt, baking powder and butter. Pour into the prepared casserole dish.

3. Bake for 35 minutes in the preheated oven, or until the edges become lightly toasted. Serve hot directly from the dish by the spoonful.

*A lesson on the Mother Road can come to life with a trip to the Route 66 Museum in Clinton. Kids will like combining this trip with a stop at Pops. And at home, you can make some nostalgic food like you would have found at a diner along old Route 66.*



THE WASHINGTON IRVING MONUMENT NEAR OWEN PARK IN TULSA. THE MONUMENT IS LOCATED AT THE INTERSECTION OF EASTON BLVD. AND VANCOUVER AVE.

## CROCKPOT CHILI DOGS

Serves 8

- 1 pound lean ground beef
- 1 (15-ounce) can tomato sauce
- 1/2 cup water
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground mustard
- 1 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- Dash cayenne pepper
- 8 hot dogs
- 8 hot dog buns, split
- Toppings: shredded cheddar cheese, relish, chopped onion

1. In a large skillet, cook ground beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Stir in tomato sauce, water, Worcestershire sauce and seasonings.

2. Place hot dogs in a 3-qt. slow cooker; top with beef mixture. Cook, covered, on low 4 hours or until heated through. Serve on buns with toppings.

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## JUST SPOOKY ENOUGH:

### HALLOWEEN FESTIVAL AT CASTLE OF MUSKOGEE

**When:** Fridays and Saturdays, Sept. 28-Oct. 27, 6-10 p.m. (gates open at 5:30 p.m.)

**Where:** Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee  
Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Kids can enjoy Halloweenland, the Enchanted Boardwalk, a Halloween Train and more, while those who can't get enough make-believe horror can sign up for Domus Horrificus, Casa Morte and the Trail of Blood. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at [www.ok-castle.com](http://www.ok-castle.com).

### PUMPKIN PAINTING

**When:** Saturday, Oct. 6, 1-4 p.m.

**Where:** Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Drop-in to paint and take home a pumpkin for the season. \$5 per pumpkin. Regular admission applies. [www.tulsabotanic.org](http://www.tulsabotanic.org)

### HARDESTY'S HAUNTED MOVIES [FREE]

**Where:** Hardesty Library, 8316 E. 93rd St.

**When:**

**Saturday, Oct. 6, 2-4 p.m.:** "A Quiet Place" (PG-13, for teens and adults)

**Saturday, Oct. 13, 2-4 p.m.:**

"Split" (PG-13, for teens and adults)

**Saturday, Oct. 20, 2-4 p.m.:**

"The Haunting" (PG-13, for teens and adults)

**Saturday, Oct. 27, 2-4 p.m.:**

"Hotel Transylvania" (PG, for all ages)

### BLOOD AND GORE HALLOWEEN MAKEUP [FREE]

**When:** Saturday, Oct. 13, 2-3 p.m.

**Where:** Bixby Library, 20 E. Breckenridge

Learn how to perfect your Halloween makeup and create the perfect scars, bruises and grotesque wounds for your costume. For sixth-through 12th-graders. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### CELEBRATE TEEN READ MONTH WITH DIY MONSTER MAKEUP [FREE]

**When:** Monday, Oct. 15, 6:30-

7:30 p.m.

**Where:** Broken Arrow Library/South, 3600 S. Chestnut Ave.

Zombies, werewolves, Dracula and Frankenstein have one thing in common - they all can be found in the pages of books. Use face paint and cheap simple products to make cuts and gashes, simple disguises and other monsterly makeup techniques! Plus, get some tips on great books you can check out that contain your favorite characters! For teens. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### POPCORN AND A MOVIE: "HOCUS POCUS" [FREE]

**When:** Thursday, Oct. 18, 4-6 p.m.

**Where:** Pratt Library, 3219 S. 113th W. Ave., Sand Springs

Bring the family for a Halloween fa-

*continued next page*

favorite, "Hocus Pocus," starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. The movie is rated PG. You may wear your favorite costume! [www.tulsalibrary.org](http://www.tulsalibrary.org)

**FAMILY CINEMA SATURDAY:  
"CORALINE" [FREE]**

**When:** Saturday, Oct. 20, 11 a.m.-12:30 p.m.

**Where:** Central Library, 400 Civic Center

Watch "Coraline," a spooky movie based on a popular children's book. If you have not read the book, check it out and let library staff know which was better – the film or the book. For ages 5-12. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**SCARY MOVIE DAY [FREE]**

**When:** Saturday, Oct. 20, 2-4 p.m.

**Where:** Rudisill Library, 1520 N. Hartford Ave.

Celebrate Halloween early with a scary movie! For teens and adults. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**CHANDLER PARK  
SPOOK-O-RAMA**

**When:** Saturday, Oct. 20, 5-9 p.m.

**Where:** Chandler Park, 6500 W. 21st St.

Chandler Park's Spook-O-Rama is a one-of-a-kind outdoor event. The evening will start with bounce houses, costume party, refreshments, dancing, and prizes! As it gets dark, gather around the fire for scary stories from local storytellers. Make sure you bring your blankets and camp chairs! Ages 2 & under are free. All others are \$3. [Parks.tulsacounty.org](http://Parks.tulsacounty.org)

**MUMMY & ME DANCE**

**When:** Saturday, Oct. 20, 6-7:30 p.m.

**Where:** Nienhuis Community Center, 3201 N. 9th St., Broken Arrow

A delightful dance for Mummy and her pack of scary goblins! Light refreshments, snacks and ghoulishly good times will be included. This Halloween-themed dance will be held in the center's gymnasium. Costumes are not required, but definitely recommended. A live DJ will be on site so mom can show off her scary dance moves. Sorry, no dads allowed. Tickets will not be sold at

the door. [www.brokenarrow.gov](http://www.brokenarrow.gov)

**MOVIE IN THE GARDEN AND  
PUMPKIN DECORATING [FREE]**

**When:** Tuesday, Oct. 23, 7-9 p.m.

**Where:** Central Library, 400 Civic Center

Watch Mel Brooks' comedy "Young Frankenstein" while decorating pumpkins. The library will supply the decorations. Please bring a pumpkin; there will be a limited number of pumpkins available on a first-come-first-serve basis. For ages 16 and up. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**STEAM ACTIVITY: SMOKING  
PUMPKINS! [FREE]**

**When:** Thursday, Oct. 25, 4:30-6 p.m.

**Where:** Broken Arrow Library/South, 3600 S. Chestnut Ave.

Do a pumpkin-carving science experiment that causes spooky smoke to pour out of them! Space is limited. Registration is required. Call 918-549-7323 to reserve your spot or sign up at the library. For ages 12 and up. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**HARDESTY HAUNTED HOUSE:  
THE HORROR OF STEPHEN KING [FREE]**

**When:** Friday, Oct. 26, 5-9 p.m.

**Where:** Hardesty Library, 8316 E. 93rd St.

Prepare to walk the corridors of the Overlook Hotel, but be on the lookout for the insane Jack Torrance. If you escape, continue your journey through the maze, but beware, eyes might be stalking you. For ages 12 and older only, no exceptions. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**BIXBY MUMMY & ME DANCE**

**When:** Friday, October 26, 6-9 p.m.

**Where:** Bixby Community Center, 211 N. Cabaniss Ave.

Mummies of all ages! Bring your sons and daughters in costume to an exciting Halloween Dance. There will be costume contests, dance competitions, games and refreshments. Just show up. No pre-ticket sales, \$5/person. Celia Wetherill (918) 366-4841.

[Parks.tulsacounty.org](http://Parks.tulsacounty.org)

**DRACULA**

**When:** Friday-Saturday,

Oct. 26-27, 7:30 p.m.;

Sunday, Oct. 28, 2:30 p.m.

**Where:** Tulsa PAC, 110 E. 2nd St.

Ben Stevenson's gothic ballet returns to Tulsa for the first time in six years! With awe inspiring stunning theatrics, vampire brides who soar through the air, and an exploding chandelier, this dramatic production will have you at the edge of your seat. [www.tuslaballet.org](http://www.tuslaballet.org)

**HALLOWMARINE 2018**

**When:** October 27-31,

6:30-9 p.m.

**Where:** Oklahoma Aquarium, 300 Aquarium Dr., Jenks

Once a year, the Oklahoma Aquarium opens its doors to trick-or-treaters of all ages to enjoy a safe, fun, indoor alternative to traditional Halloween activities. HallowMarine 2018 will feature the popular giant pirate ship bounce house, a Pee-Wee Pirate Zone just for the little ones and plenty of games, activities and candy on the Trick-or-Treat Trail. [www.okaquarium.org](http://www.okaquarium.org)

**HALLOWZOOEEN**

**When:** October 27-28, 5-9 p.m.;

Oct. 29-31, 6-9 p.m.

**Where:** Tulsa Zoo, 6421 E. 36th St. N.

Grab your broomsticks and fly to HallowZOOeen on Oct. 27-31, the Tulsa Zoo's premier spooky (but not-too-scary) Halloween trick-or-treat event for the whole family. Activities include Goblin Stops full of treats, swashbuckling adventure at Quik-Trip Pirate Island, treasured treats with Burger King Royal Castle, or carnival style games in the Paycor Pumpkin Patch Playroom. Buy tickets in advance to skip the lines. Tickets can be purchased online at [tulsazoo.org/boo](http://tulsazoo.org/boo) or at the Tulsa Zoo during regular business hours, daily from 9 a.m. to 5 p.m. Cost for admission is \$9 for ages 1 and older; \$8 for Tulsa Zoo members. The Haunted Train is back with surprises around every turn for only \$5. Children can take a spin on the Scary-Go-Round for only \$1. In addition to providing a safe trick-or-treating option, HallowZOOeen is an important fundraiser to help

build a bigger, better zoo. Dates: Oct. 29, 30 and 31 from 6-9 p.m.; 5-9 p.m. on Oct. 27-28. Tulsa Zoo, 6421 E 36th St. North.

**BROOKSIDE BOOHAHA [FREE]**

**When:** Saturday, Oct. 27, 8:30 a.m.-1 p.m.

**Where:** Brookside

Brookside's 28th annual Boohaha opens with a pancake breakfast at 8:30 a.m. at Brookside Church Fellowship Hall, sponsored by the Brookside Lion's Club. At 9 a.m., Kids Zones open along the street, with stops at Southminster Presbyterian, Brookside Collective, Brookside Church, City Vet, and Brookside Library (in Walmart's south parking lot). These stops include trick-or-treat stations, inflatables, games, prizes and more. There are also Kids Costume Contests and a Pet Costume Contest. Get more information at [www.brooksidethep-lacetobe.com](http://www.brooksidethep-lacetobe.com).

**JACK O' LANTERN JAM [FREE]**

**When:** Saturday, Oct. 27, 10:30-11:30 a.m.

**Where:** Bixby Library, 20 E. Breckenridge

Create spooky creatures in celebration of Halloween. Turn a pumpkin into a sparkling or scary Jack O' Lantern, create a pack of hanging bats or puffy ghost, feed a hungry monster or perfect your magical focus at the Rings of the Witch! Costumes are welcome. Pumpkins donated by Carmichael's Produce. For ages 4-11. [www.tulsalibrary.org](http://www.tulsalibrary.org)

**PUMPKINHEAD WORKSHOP  
WITH ANNIE FERRIS**

**When:** Saturday, Oct. 27, 10:30 a.m.-12:30 p.m.

**Where:** Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Local artist and teacher Annie Ferris will lead a workshop session for kids ages 5 to 12 where they will learn about the Wyeth family artists and create their own "Pumpkinheads" based on Jamie Wyeth's self-portrait. Limited spaces. Cost is \$65 for Garden members; \$75 for non-members. Pre-registration required. Call 918-289-0330 or online at [www.tulsabotanic.org](http://www.tulsabotanic.org)

## FAMILY FRIENDLY | HALLOWEEN EVENTS

### MAKE A PUMPKINFACE

**When:** Sunday, Oct. 28, 1-4 p.m.

**Where:** Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Drop in and use natural materials to create a face on one of our pumpkins in the Pumpkin Labyrinth to become part of our fall display. Free with admission.

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

### GHOULS ON THE GREEN [FREE]

**When:** Sunday, Oct. 28; Time TBA

**Where:** Guthrie Green, 111 E.

**M.B. Brady**

Visit [www.guthriegreen.com](http://www.guthriegreen.com) for up-to-date information on this popular Halloween event!

### PIRATES AND PRINCESSES

**When:** Monday, Oct. 29, 5-6 p.m.

**Where:** George Kaiser Family Foundation Rajan's at the Tulsa Zoo, 6421 E. 36th St. N.

Enjoy a feast fit for your little princess or your budding buccaneer during Pirates and Princesses. This royal adventure starts at 5 p.m. and includes an interactive dinner with pirates and princesses, admission to HallowZOOeen, Haunted Train tickets and early entrance to start trick-or-treating before the gates open. Chart yer course for a fairy-tale Halloween they'll never forget. Tickets are \$25 per dinner seat or \$250 per reserved table of 8. Tickets are required for all guests, including children of all ages. For more information, visit [tulsazoo.org/feast](http://tulsazoo.org/feast) or contact the zoo at (918) 669-6602.

### SPOOKTACULAR

#### EXTRAVAGANZA [FREE]

**When:** Monday, Oct. 29, 6-8 p.m.

**Where:** Central Library, 400 Civic Center

Enjoy a spooky storytime, Halloween-themed activities and a showing of "Hotel Transylvania" in the garden! For ages 3-12. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### MESSY ART CLUB: HALLOWEEN POTIONS LAB [FREE]

**When:** Tuesday, Oct. 30, 6-7 p.m.

**Where:** Zarrow Library, 2224 W. 51st St.

Mix magical potions and create unique Halloween crafts. Costumes

are welcome but you might get messy. Ideal for ages 3-12. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### TEEN HALLOWEEN PARTY:

#### COME FOR PIZZA, STAY FOR THE AUTHORS [FREE]

**When:** Tuesday, Oct. 30, 6-8 p.m.

**Where:** Central Library, 400 Civic Center

Dress up in your awesome Halloween or cosplay costume to meet the authors behind some of 2018's hottest teen titles! Snack on pizza, check out the photo booth and get your books signed! Authors Dhonielle Clayton, Zoraida Córdova, Tessa Gratton and Natalie C. Parker will discuss their books and more, with Eilis O'Neal moderating. Don't forget your costume! Enjoy pizza, drinks and activities starting at 6 p.m., and then listen to the author panel starting at 6:30. Book signing to follow. Books will be available for purchase on-site from Magic City Books. [www.tulsalibrary.org](http://www.tulsalibrary.org)

### HALLOWEEN NIGHT

#### AT THE MUSEUM [FREE]

**When:** Wednesday, Oct. 31, 6-8 p.m.

**Where:** Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore

Want a fun and safe place to Trick or Treat? The Will Rogers Memorial Museum in Claremore will be open from 6-8 p.m. for trick-or-treaters of all ages. [www.willrogers.com](http://www.willrogers.com)

### HALLOWEEN FUN FEST [FREE]

**When:** Wednesday, Oct. 31, 6-8 p.m.

**Where:** Chuck E. Cheese, 7108 S. Memorial

Save Our Youth Presents: Chuck E Cheese Halloween Fun Fest. There will be Trick or Treat, Carnival Games, Prizes, Face Printing and Live Entertainment. The first 60 kids in costume will get free pizza and drinks. Adults must be present. [www.saveouryouthok.com](http://www.saveouryouthok.com)

Find more spooky fun at [tulsakids.com/Halloween!](http://tulsakids.com/Halloween!)

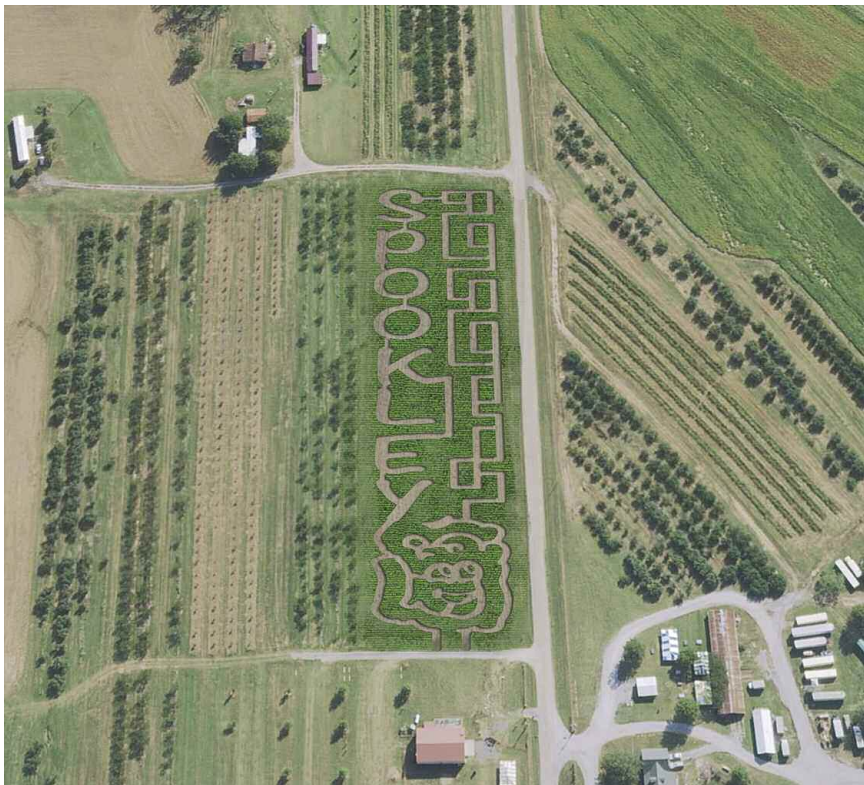


Castle of Muskogee's annual Halloween Festival offers everything from sweet, seasonal fun to horrifying haunts. Learn more at [www.okcastle.com!](http://www.okcastle.com!)

Oh, the places you'll Trick or Treat! Don't miss Tulsa Zoo's annual HallowZOOeen, Oct. 27-31!



## PUMPKIN PATCHES | HALLOWEEN EVENTS



Livesay Orchards is adding a Corn Maze to their lineup of attractions this year! Learn more at [www.livesayorchards.com](http://www.livesayorchards.com).

**CARMICHAEL'S PUMPKIN PATCH**  
Dates: Sept. 22-Oct. 31, Mon.-Sat., 9 a.m.-7 p.m.; Sun., 10 a.m.-7 p.m.

Location: 17137 S. Mingo Rd., Bixby  
Website: [www.facebook.com/Carmichaels-Pumpkin-Patch](http://www.facebook.com/Carmichaels-Pumpkin-Patch)

### LIVESAY ORCHARDS

Dates: Sept. 29-Oct. 28; Sat., 10 a.m.-5 p.m.; Sun., 1-5 p.m. Closed Monday-Friday. Additional dates: Oct. 18 and 19, 10 a.m.-5 p.m.  
Location: 39232 E. 231st St. S., Porter

Website: [www.livesayorchards.com](http://www.livesayorchards.com)

**OKLAHOMA HERITAGE FARM ANNUAL FALL FESTIVAL**  
Dates: September 22-October 31  
Location: 38512 US 75 Hwy., Ramona  
Website: [www.okheritagefarm.com](http://www.okheritagefarm.com)

**PLEASANT VALLEY FARMS**  
Dates: October 1-31, 9 a.m.-8 p.m. daily  
Location: 22350 W. 71st St., Sand Springs  
Website: [www.pleasantvalleyfarm-sok.com](http://www.pleasantvalleyfarm-sok.com)

**PUMPKIN PATCH FOR MISSION**  
Dates: October 8-31, 12-7 p.m. (Times may change on Saturdays and during Fall Break. See website for updates)

Location: First United Methodist Church of Owasso, 13800 E. 106th St. N.  
Website: [www.facebook.com/pumpkinpatchformission](http://www.facebook.com/pumpkinpatchformission)

### PUMPKIN TOWN

Dates: September 21-November 3  
Location: 6060 S. Garnett Rd.

Website: [www.pumpkintownfarms.com](http://www.pumpkintownfarms.com)

**Sand Springs Pumpkin Patch**  
Dates: October 1-31; Monday-Saturday, 10 a.m.-7 p.m.; Sunday, 12-7 p.m.

Where: 17516 W. 8th St., Sand Springs  
Website: [www.sandspringspumpkinpatch.com](http://www.sandspringspumpkinpatch.com)

### SHEPHERD'S CROSS PUMPKIN FESTIVAL

Dates: September 25-November 3, Tuesday-Saturday, 9 a.m.-6:30 p.m.; Closed Sundays; Monday by appointment only  
Location: 16792 E. 450 Rd., Claremore  
Website: [www.shepherdcross.com](http://www.shepherdcross.com)

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

# reading pictures, drawing feelings

## MEET SHADRA STRICKLAND @ HARDESTY LIBRARY ON NOV. 9 FOR "BOOKS TO TREASURE"

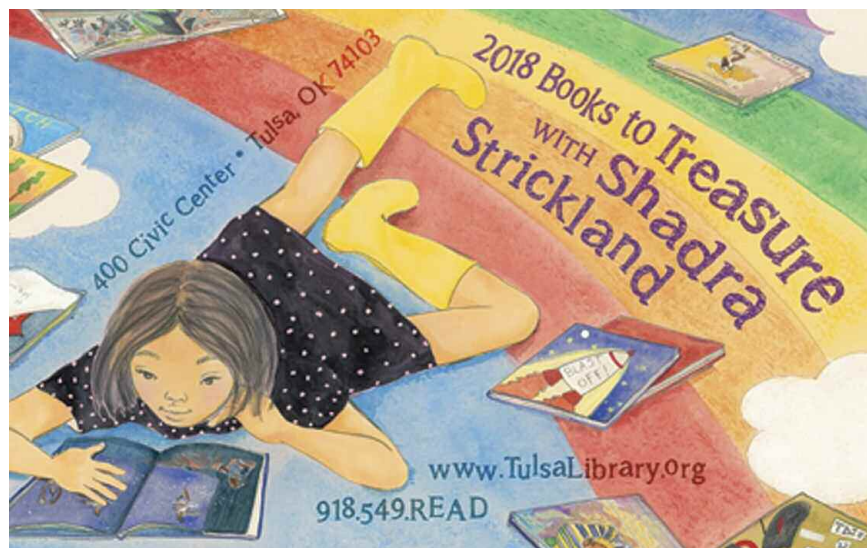
In children's worlds, art and stories have always been intertwined.

Just watch any child draw a picture – more often than not, when you ask about what's going on, she will happily explain the scene with a narrative that begins with a kid version of "Once upon a time" and ends with a definitive bang.

Recently, research in cognitive science has caught up with practice. Studies show that both drawing and interpreting pictures are excellent preparatory activities for learning how to read. When children have practice creating images – whether in pen, crayon, or finger paints – and spend time looking and thinking about pictures they see, they are better equipped to consistently and correctly interpret written text into meaning.

In other words — picture books are not just fun to look at and read – they can literally help your child become a reader!

That's the idea behind the Books To Treasure program, now in its 16th year, sponsored by the Tulsa Library Trust through a grant by the Anne and Henry



Zarrow Foundation. We want to use the power of artwork in children's literature to draw (pun intended) children into reading. As part of Books To Treasure this year, the award-winning illustrator Shadra Strickland will be giving a free public presentation about her art and creative process on Friday, November 9 at 7 p.m. at the Hardesty Regional Library in Connor's Cove.

Additionally, every second-grader in Tulsa County will receive a free copy of the book

*Please, Louise*, illustrated by Shadra Strickland and written by Toni Morrison (yes, that Toni Morrison, long-time literary lioness and winner of the Nobel Prize for Literature) and Slade Morrison.

This intricately illustrated book follows a young girl, Louise, as she heads out on a cloudy, rainy day to her local library.

The Booklist review of *Please, Louise* points out the importance of Shadra Strickland's illustrations: "Strickland's illustrations bring Louise's world

to life; the objects of fear, in dark colors and threatening profiles, dominate the pages until the world of the library embraces her. Off comes her hooded coat, the sun comes out, and she now dominates her environment. We even see a close-up of her face, totally absorbed in a book, a friendly dog by her side. A cozy way to address the subject of fears—and to get children to the library."

Children will be captivated by the detailed artwork, and may possibly even be inspired to work on their own drawing – and writing.

### ART & READING LESSON:

Comparing Feelings in *Please, Louise*

Use "*Please, Louise*" as a teachable moment with your child to discuss how art can convey feelings!

Look at this first set of pages from the beginning of *Please, Louise*. (Raincoat and dog picture)

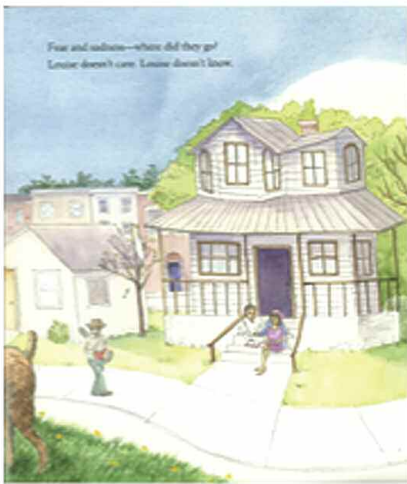
How do you think the little girl is feeling about the dog? How does the artwork tell you that she

*continued next page*

is scared, and that the dog is something to be scared of?

Now compare the same girl and dog at the end of the book. (next two pictures)

How do you think the girl feels now about the dog? What in the artwork tells you that they are friends, and everything is happy?



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### BOOKS TO TREASURE 2018

Featuring Shadra Strickland

All second-graders in Tulsa County will receive a copy of Please, Louise (illustrated by Shadra Strickland, written by Nobel Prize-winning Toni Morrison and Slade Morrison) and will have the opportunity to get their own special library card featuring artwork from Please, Louise.

**Public Presentation: Friday, November 9**

**7 p.m.**

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

**Find out more here: <http://kids.tulsalibrary.org/parents/book-stotreasure.php>**

*Book signing to follow presentation. Books available for sale.*

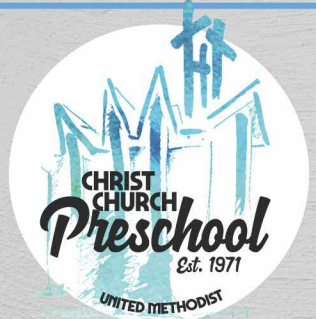
### Shepherd's Cross Pumpkin Festival

Sept. 25–Nov. 3,  
Tues.–Sat.  
9:00 am–6:30 p.m.  
Mon. by appt.

- Pumpkins
- Hay Maze
- Outdoor & Indoor Games
- Petting Barn
- Wagon Rides
- Farm Museum & Educational Silo



16792 E. 450 Rd. Claremore, (North of Claremore on Scenic Rte. 66)  
**918.342.5911 • [www.ShepherdsCross.com](http://www.ShepherdsCross.com)**



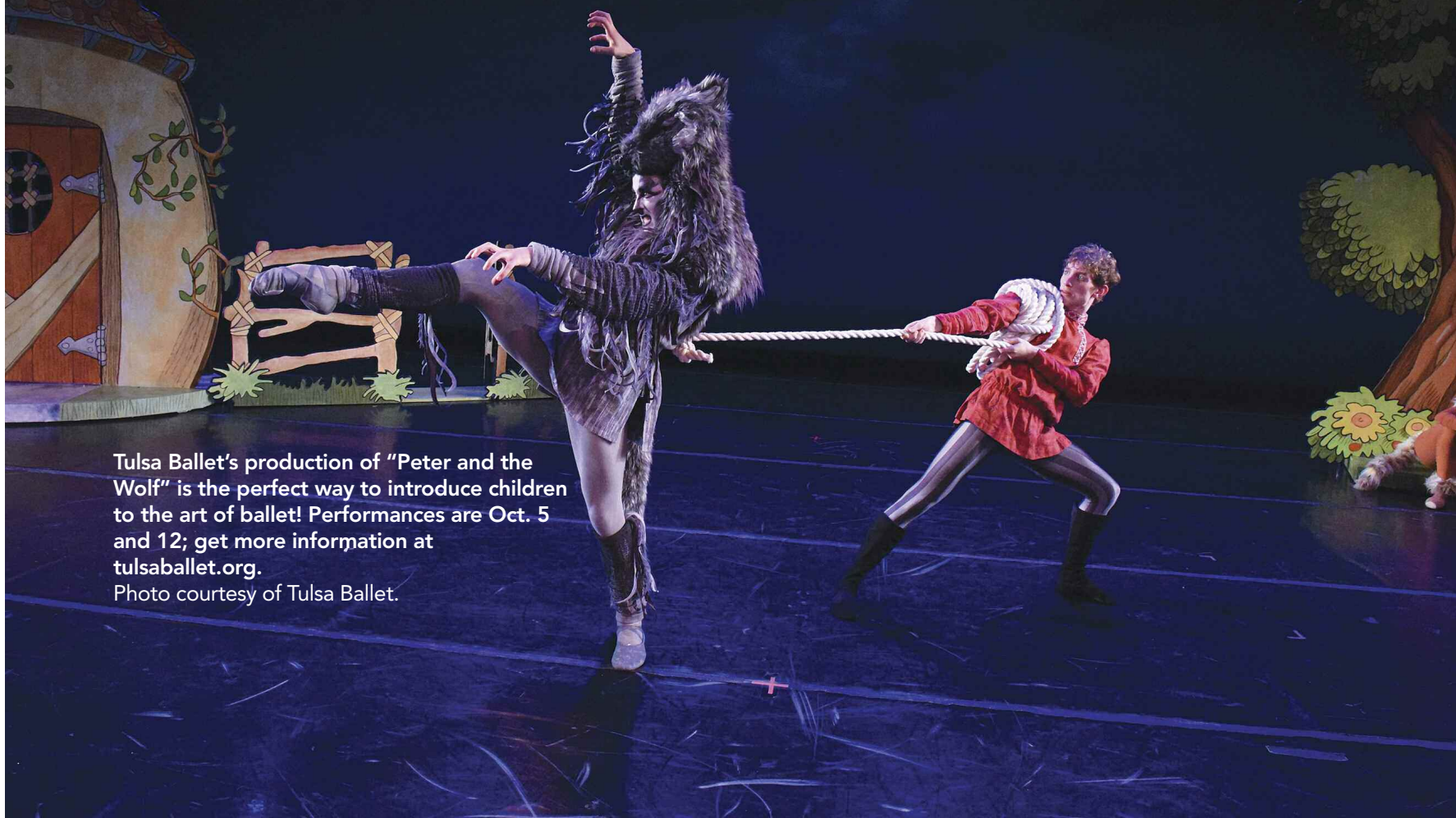
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# Showtimes & Concerts



Tulsa Ballet's production of "Peter and the Wolf" is the perfect way to introduce children to the art of ballet! Performances are Oct. 5 and 12; get more information at [tulsaballet.org](http://tulsaballet.org).

Photo courtesy of Tulsa Ballet.

## DANIEL D.

**When:** Oct. 4-5, 6 p.m.;

**Oct. 5, 3 p.m.**

**Where:** Gathering Place, 2650 S. John Williams Way E.

Daniel D. is a three-time 1st-place Apollo Theater Winner, and studied at NYC's Julliard School of Music. He has become one of the most popular new age social media superstars with a constantly growing international fan base. [www.gatheringplace.org](http://www.gatheringplace.org)

## CIRQUE ZUMA ZUMA

**When:** Oct. 4-5, 7:30-9 p.m.

**Where:** Gathering Place, 2650 S. John Williams Way E.

Audiences and critics agree – Cirque Zuma Zuma is unlike anything they have ever seen before. Many describe it as an African-style Cirque du Soleil; such is the standard of the performers and the

quality of the show's live musical score. [www.gatheringplace.org](http://www.gatheringplace.org)

## LITTLE SHOP OF HORRORS

**When:** Oct. 5-6, 7:30 p.m.; Oct. 7, 2 p.m.

**Where:** Henthorne Performance Center, 4825 S. Quaker Ave.

Based on the film by Roger Corman and screenplay by Charles Griffith, this horrifically, hilarious rock musical is a classic. What happens when a young floral shop worker comes upon a "strange and interesting plant" that might just have a taste for human flesh? [www.clark-ouththeatre.com](http://www.clark-ouththeatre.com)

## PETER AND THE WOLF

**When:** Oct. 5 and 12, 10 a.m.

**Where:** Studio K (Oct. 5), 1212 E. 45th Pl; Zarrow Studio (Oct. 12), 1901 W. New Orleans St., Broken Arrow

Tulsa Ballet's new Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans. This brand-new ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. This magical performance will come to life on-stage thanks to all-new sets, costumes, and choreography, designed just for Tulsa Ballet. [www.tulsaballet.org](http://www.tulsaballet.org)

## THE BOXCAR CHILDREN

**When:** October 5 and 12, 7:30 p.m.; October 6-7, 13-14, 2 p.m.

**Where:** Spotlight Theatre, 1381 Riverside Dr.

Enjoy Spotlight Children's Theatre's production of "The Boxcar Children." [www.spotlighttheatre.org](http://www.spotlighttheatre.org)

## SONIA DE LOS SANTOS

**When:** Oct. 11-12, 4 p.m.

**Where:** Gathering Place, 2650 S. John Williams Way E.

Born and raised in Monterrey, Mexico, Sonia was born with a smile on her face (that's what her mom always says) and she can easily find the things in the world that bring her joy. Messages of joyful community music making and cultural bridge building will inspire and excite children and grown ups of all backgrounds. [www.gatheringplace.org](http://www.gatheringplace.org)

## ALPHABET ROCKERS

**When:** Oct. 18-19, 4 p.m.

**Where:** Gathering Place, 2650 S. John Williams Way E.

Alphabet Rockers are known as the premiere children's hip hop artists who focus on social change and

*continued next page*

racial justice. Partnering with thought leaders on anti-bias and child development from U.C. Berkeley and World Trust, they create empowered, engaging concerts and activities for young children, families, and educators. [www.gathering-place.org](http://www.gathering-place.org)

#### POPS 2: STAR WARS AND BEYOND

**When:** Oct. 19-20, 7:30 p.m.  
**Where:** VanTrease PACE, 10300 81st St.

The music of Academy Award-winning composer John Williams has transported people beyond their imagination, to new worlds, through heart-pounding adventures. Be there as Signature Symphony performs John Williams favorites from "Jaws", "E.T.," Harry Potter and Indiana Jones in addition to music from Star Wars blockbusters, "The Force Awakens" and "Return of the Jedi." Bring the entire family to this fun evening that will feature a costume contest for all ages. Free admission for kids dressed as their favorite character in a movie scored by John Williams. [www.signaturesymphony.org](http://www.signaturesymphony.org)

#### THE BARBER OF SEVILLE

**When:** Oct. 19, 7:30 p.m.; Oct. 21, 2:30 p.m.  
**Where:** Tulsa PAC, 110 E. 2nd St.

A zany pursuit of love's twists, turns, ulterior motives, and true intentions. Count Almaviva, an aristocrat, falls in love with the lovely Rosina, the niece and ward of Doctor Bartolo. Almaviva attempts to woo Rosina, despite Bartolo's efforts to marry her himself. Enter Figaro, a barber and master schemer, singing the most famous aria in all of opera, Largo al factotum. With Figaro's help, Almaviva fools Bartolo with his schemes and disguises — ultimately winning the girl. A night of hilarity and belly-laughing humor. [www.tulsaopera.com](http://www.tulsaopera.com)

#### STORY PIRATES

**When:** Oct. 22-23, 4 p.m.  
**Where:** Gathering Place, 2650 S. John Williams Way E.

Story Pirates celebrates creative writing by students from coast to coast in a loud, hilarious sketch

comedy musical performed by professional improvisers and musicians. The show is based entirely on stories written by elementary school students, and part of the show is made up on the spot by the kids in the audience! [www.gathering-place.org](http://www.gathering-place.org)

#### DAN ZANES DUO

**When:** Oct. 25-26, 4:30 p.m.  
**Where:** Gathering Place, 2650 S. John Williams Way E.

Performing two days in a row, you don't want to miss this show! Dan Zanes and Haitian-American jazz vocalist Claudia Eliza perform Dan's most loved songs as well as the children's music of folk icon, Lead Belly. The shows are highly interactive and the audience is always invited to sing and dance along in what might be called a casual, and subversively educational, party atmosphere. [www.gatheringplace.org](http://www.gatheringplace.org)

#### DRACULA

**When:** Oct. 26-27, 7:30 p.m.; Oct. 28, 2:30 p.m.  
**Where:** Tulsa PAC, 110 E. 2nd St.

Ben Stevenson's "ghoulishly entertaining" (Tulsa World) gothic ballet returns to Tulsa for the first time in six years! With awe inspiring stunning theatrics, vampire brides who soar through the air, and an exploding chandelier, this dramatic production will have you at the edge of your seat. [www.tulsaballet.org](http://www.tulsaballet.org)

#### ARCATTACK

**When:** Oct. 26, 7 p.m.  
**Where:** Tulsa PAC, 110 E. 2nd St.

The crew of ArcAttack, creators of the original Singing Tesla Coil, use their high-tech wizardry to generate a truly "electrifying" performance. Combining their love of rock music with their love of science, the group invites the audience to explore concepts such as electricity, voltage and current, magnetism, robotics and lightning through a show that's both entertaining and interactive. [www.tulsapac.com](http://www.tulsapac.com)

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Class of 2021

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BY DIANE TRITT EATON

# family hiking and camping in the Sooner State

**P**arenting experts agree that hiking and camping are darn near vital ways to give you and your kids unstructured time together outside, away from fast-paced of everyday living. Oklahoma's vast landscape affords families oodles of options to unite with the great outdoors to share good times the old-fashioned way. Whether you head north, south, east or west, into Oklahoma's four primary mountain ranges or toward the 200+ lakes, you can find hiking trails galore, and camp sites are plentiful.

Identifying where to go can be interesting, but time consuming, so, thankfully, there are outdoors experts with sound advice and a handful of robust websites that do a fine job of serving up ideas and providing enough details to help you cull what suits you best given your own family desires.

## Hiking and Blazing New Trails

As the heat dies down and fall colors emerge, Tulsans need not go far to admire Mother Nature at Turkey Mountain, Chandler Park and Haikey Creek Park. But, if you want more, with a little extra planning, AllTrails.com rates Oklahoma's kid-friendly trails and recommends the following:

**Bluff Creek Park Loop at Martin Park.** Bluff Creek Park



PHOTO: COURTESY OF NATIONAL PARK SERVICE

Loop Trail is a 3.4 mile heavily trafficked loop trail located near Oklahoma City, that features a river and is good for all skill levels

**Dripping Springs Trail at Natural Falls State Park.** Natural Falls State Park is home to Dripping Springs, a 77-foot fall beautifully situated in the Oklahoma Ozarks.

**Lakeview Lodge Trail at Beavers Bend State Park.** One of the better-maintained trails in the

Beaver's Bend State Park, the Lake View Lodge Trail features a roller coaster feel through the woods on the shores of Broken Bow Lake.

**Roman Nose State Park Trail at Roman Nose State Park.** The surroundings are beautiful, with wonderful lake views and a chance to see streams and a waterfall and climb rocks.

**Red Bud Valley Oxley Nature Trail at Mohawk Park.** This

1.3-mile loop trail features fabulous foliage, a river, bluffs and caves. It is good for all skill levels.

**Stanley Draper Green at Lake Stanley Draper.** This trail is well-shaded within a beautiful forest setting and packed with sand trails.

**Lake Hefner Trail at Lake Hefner Park.** Near Oklahoma City, this nearly 10-mile looped trail is robust with wild flowers and is good for all skill levels.

**Keystone Ancient Forest Trail.** Near Sand Springs, this trail features a great classic Oklahoma oak and crosstimbers forest setting. The preserve is open for free hikes on selected days each month.

## Overnighting It in Oklahoma

TravelOK.com says, "Whether you are looking for something cozy and secluded or prefer wide-open spaces under a starry sky, pack up your tent, grab your compass and navigate your way to an amazing Oklahoma camping adventure." There's no shortage of super campgrounds. Popular venues on their "favorites" list are:

**Chickasaw National Recreation Area – Sulphur.** Travel and Leisure Magazine dubbed the best campsite in OK with 30 miles of trails plus six campgrounds. Spring-fed swimming pools and waterfalls found throughout plus astounding array of deciduous

*continued next page*

flora and fauna.

**Beavers Bend State Park – Broken Bow.** Beavers Bend is a major hot spot to witness the changing of the leaves each autumn. Outstanding camping in cabins or within one of 10 tenting campgrounds. Kayaking and fishing. Nature center on site.

**Greenleaf State Park – Braggs.** Offers spectacular scenery with mountainous terrain in northeastern part of the state. Children's programs, swimming, hiking, and pontoon boat tours. Cabins built in the 1930s for rent.

**Sequoyah State Park & Fort Gibson Lake – Hulbert.** Tall, shady forests with an abundance of wildlife plus a darling nature center. Pretty peninsula overlooking the lake. Horseback riding available.

**Wichita Mountains Wildlife Refuge – Lawton.** Home to Mount Scott, one of Oklahoma's largest mountains. Located near Lawton in southwestern OK, the refuge has the oldest managed wildlife program in the United States Fish and Wildlife Service system.

**Illinois River – Tahlequah.** Unforgettable canoeing, kayaking or rafting are available along the crystal clear Illinois River. Shady spots throughout with beginner-friendly rapids (Class II rating).

**Ouachita National Forest – Hodgen.** Awe-inspiring views, hiking, biking and horseback riding trails, hunting, fishing and even hang gliding are available here among the over 350,000 acre area.

**Black Mesa State Park & Nature Preserve – Kenton.** Along the panhandle close to New Mexico, this spot is for the more adventurous type. Black Mesa is the highest point in OK.

**Robbers Cave State Park – Wilburton.** Notorious for being a hideout for Jesse James and Belle Starr, known as one of the premier camping areas in the state. Includes a petrified wood area and a bird trail. Great for cavers and anglers too.

#### Helpful Resources

In addition to the aforementioned websites like Alltrails.com and travelok.com, be sure to look closely at ReserveAmerica.com and Recreation.gov for they, too, are great resources. There's also freecampsites.net if you really want to save. In any case, you can see articles, pictures and videos as well as read about more detailed things to see and do at each location.

Priceless are the many benefits of taking kids on a hike or a camping trip. From exploring and discovering wildlife not found in their own backyard to expanding their sense of adventure and discovery, you can take in the world together and appreciate the simple things. And, rest assured, the kids will not remember their finest days in front of the television, but they will certain recall their time with you!



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BY DANIELLE HILL

# OSU's ECHO program aims to improve children's mental health

A happy, healthy child is every parent's wish. When a child is not feeling well or is sad, parents naturally want to make everything better. But sometimes listening to a favorite story, taking a dose of medicine or getting some extra sleep won't help, especially when a child is struggling with mental health. Unless properly diagnosed and treated, mental illness negatively can impact the lives of afflicted kids and teens, potentially affecting their mood and self-esteem, and ability to positively interact with others and focus on everyday tasks, making it impossible for them to thrive and live life to the fullest.

Recognizing the link between mental health and quality of life, Oklahoma State University Center for Health Sciences (OSU-CHS) has launched its Pediatric Behavioral and Emotional Health ECHO. The primary goal of this program is to enable primary care clinicians to provide more effective mental health care to their pediatric patients, eliminating the need for a referral to a specialist and the accompanying difficulties that some families encounter

when forced to look elsewhere for help.

"We have a lot of children with behavioral and emotional problems in Oklahoma who are not receiving the quality evidence-based care they deserve," said Sara Coffey, D.O., assistant clinical professor of psychiatry at OSU-CHS and co-leader of the pediatric ECHO program. "Often, children and teens who are struggling with emotional and behavioral health issues are referred to specialists who may be inaccessible for several months or are miles away from those living in rural or underserved areas. My experience is that it is not uncommon for wait lists for child and adolescent psychiatry to be several months long. Typically these families say that their children have been struggling for years without evaluation or intervention."

Through OSU's ECHO program, participating primary care clinicians can get the tools they need to broaden their knowledge on diagnosing and treating behavioral and emotional health, thereby enabling their patients to receive the same level of care

from them that they would have received from a specialist. Each week, the ECHO group meets via videoconference, making it easy for providers to attend, regardless of their location. At each meeting, OSU's team of mental health specialists delivers a lecture on a chosen topic, and attending participants have the opportunity to seek personalized guidance on diagnosing and treating specific patients within their own practices.

Toni Ramos, D.O., who heads the pediatrics department at Community Health Connection, began attending the pediatric ECHO clinics earlier this year and initially got involved with the program after struggling to identify the best treatment for a long-term patient with ADHD who was not responding to a variety of treatment combinations and types. In hopes of finding a better solution for her patient, Dr. Ramos presented the case at an ECHO meeting.

"I received such helpful feedback concerning her diagnosis and treatment options," said Dr. Ramos. "The team was able to help me take a step back and look at this case with fresh eyes. I was

able to see that I was missing some key information from my patient history that would have helped me in my patient's assessment. We began to formulate a plan of action that I was able to take back to my patient and her family and continue with her care."

After having such a positive first experience, Dr. Ramos felt that there was a lot she could gain from the program and has continued to attend meetings.

"Sometimes reading or learning the 'standard of care' for the management of certain conditions is not good enough," she said. "It is nice to have multiple listening ears to get feedback from, and to help you when what is recommended was attempted and failed."

Dr. Coffey shared one doctor and patient's success story that affirms the idea that having knowledge beyond the standard of care is not only beneficial, but essential for correctly diagnosing patients and subsequently preventing consequences that come with incorrect diagnoses.

"The primary care doctor was concerned for a diagnosis of

*continued next page*

Bipolar Disorder, often a severe and persistent mental illness," Dr. Coffey said. "However, after a thorough discussion about the symptoms this patient was experiencing, our team felt she was struggling with a Major Depressive Disorder and we offered recommendations based on this. Had this adolescent been diagnosed with Bipolar Disorder she might not have received the treatment that would help her symptoms, potentially being prescribed medications with more concerning side effects and a diagnosis that was likely not correct."

Over time, OSU-CHS hopes to bring positive change and many more success stories like this one to the state. Area physicians, physician assistants, nurses, school counselors and therapists are invited to join the ECHO program. Rural health providers can participate free of charge thanks to support provided by The Anne and Henry Zarrow Foundation, Blue Cross and Blue Shield of Oklahoma, and the Telligon Community Initiative.

For more information about the ECHO program, visit [www.health.okstate.edu](http://www.health.okstate.edu), or contact Tara Jackson, [tara.m.jackson@okstate.edu](mailto:tara.m.jackson@okstate.edu), 918-561-1460.

#### ADVICE FOR PARENTS: A Q&A WITH DR. COFFEY

While the ECHO program is intended for health professionals, it is vital for parents to know how to recognize signs that their child might be struggling with a mental health issue. The following is a Q&A with Dr. Coffey, who offers some tips for parents who play such an important role in the lives of their children.

**What are some things that parents can look for to help kids who may be struggling with mental health disorders?**

I think a great resource for parents comes from the American Academy of Child and Adolescent Psychiatry: "When to Seek Help for Your Child." From the time our babies are born, it is important to be talking about the emotional needs of our children. Social and emotional health is really the foundation of all that we do and helping children and adolescents know they can come to us when they are struggling is imperative to their wellbeing. (For signs that your child or teen may need a psychiatric evaluation, visit [www.aacap.org](http://www.aacap.org) and search "When to seek help for your child.")

**What should a parent do if he or she feels that a child may need help for such conditions?**

I always encourage parents to talk with their pediatrician or primary care doctor if they have concerns. Not every emotional or behavioral concern needs specialty treatment. Developmentally, children can struggle at times throughout childhood, think the toddler tantrum of the terrible twos or some mild anxiety about starting a new school. Oftentimes pediatricians can help determine if symptoms require additional attention. A great book I often recommend is *Raising Your Spirited Child* by Mary Sheedy Kurcinka. Sometimes reflecting on our parenting style and the personality of our children can be helpful for these struggles. However, we do know that up to 20 percent of children will have a diagnosable mental illness in their lifetime, so it is not rare, and, if parents are concerned, help from a mental health provider can be indicated.

**In the news, we sometimes hear of instances in which a child's or teen's ongoing mental health struggles are not treated and ultimately lead to devastating consequences for the individual and/or the people around them. In some of these cases, the parents or guardians might have seen signs that something wasn't right, but may have been in denial, afraid, or simply didn't know what to do to help their child. Do you have**

**any recommendations for parents who may see signs of mental illness in their child, but don't know how to proceed safely and effectively?**

This is a great question. I think we all need to start talking about this. Unfortunately, mental illness continues to have stigma around it and this can prohibit kids and adults from getting treatment. However, just like the heart and lungs have a function, so too does the brain. And just like the heart and lungs can have illness and stress, so too can the brain. I often have this talk with families. We know the lungs help us to breathe and some kids will have asthma, a disease that makes it hard for them to breathe; we know we give these kids medicine to help them with breathing. We know the brain helps us to think, to feel and to perceive the world (amongst many other things) and sometimes the brain has illnesses that make it hard for us to do these things too (anxiety, depression, ADHD, etc.). In these instances we can help the brain to heal either with therapy, medications or other interventions. It is important for parents and children to know brain illness/mental health is not their fault and it is treatable and with treatment kids and adults can have meaningful and successful lives.

## Therapeutic screenings are still free at the McCarty Center

The J. D. McCarty Center for children with developmental disabilities conducts FREE therapeutic screenings of children who have unique challenges or a disability, or for parents who have concerns about their child's development.

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BY DR. ROBERT HUDSON

# toddler tantrums, teen depression... are they connected?

**D**uring the past few years, increased warnings about teen depression has created anxiety in parents of children of all ages. Several weeks ago, the news was consumed by stories of two celebrities' suicides.

Most parents with young children have been through the "terrible twos," a label that comes from heightened tantrums at that age. Some of those same parents have seen those tantrums persist into the threes, fours and beyond, and some children have added "anger issues" to their repertoire. The majority of parents don't connect behavior in early childhood with teenage angst and certainly not to depression. Many parents think, "Oh, I know my child has a few of these issues, but I have been assured that he'll outgrow them. It's only a phase." The problem is if these tantrums persist, the child probably will not outgrow this tendency. Research over the past 10 years has shown that if a child has persistent meltdowns and excessive anger, and if he or she is not treated with specific skill building, these issues will persist. As these children mature, their less resilient reactions to stress

may lead to chronic anxiety and then depression. Yes, there is a connection between tantrums and teen depression.

## **When Tantrums Become a Problem**

Children under 10 years of age show only symptoms of their behavioral struggles, and the diagnoses of these same struggles appear in the teen years as chronic anxiety and depression with the complications those maladies bring. Many parents of teens look back and realize the denials and excuses of the first decade were just that, and years went by before their child's struggles received attention. If you have a child with anger and tantrums that concern you, please don't begin the litany of "But he's such a sweet kid, he only acts up for attention. It's only when she's stressed", etc. Stress is just a function of being overwhelmed by a problem she can't solve, and ignoring or explaining away the problem won't help the child.

## **Signs and Symptoms**

What are there signs and symptoms of these behavioral disruption symptoms that signal early childhood red flags and opportunities to build problem solv-

ing skill sets? First, tantrums, and then angry outbursts and meltdowns. These signal that your child is overwhelmed and struggling to solve a problem, but doesn't have the resources to do it on his own. Your child needs help. If you describe your child as challenging, high maintenance, high needs, strong willed, defiant, resistant, spoiled, difficult, always angry, temperamental, then you have a child in need of help now. If you notice that your child is often overwhelmed or fearful to the point of shutting down or not functioning, you have a child in need of help. This vulnerability to adversity leads to anxiety.

## **Temperament Characteristics**

There are several temperament characteristics that lead to this overwhelmed, shut-down condition. Most common is the less adaptable child who tends to need some lead time to transition to a new activity and certainly to a change of plans. They are anti-change, or what I call "No Surprise Kids." Another characteristic of the less-adaptable child is that it is impossible for the child to, "Do it now!" These kids are always asking what's next, and then what hap-

pens after that. These less-adaptive kids need to know exactly what is going to happen into the future. If they don't know what is going to happen, it causes anxiety. This all stems from the inability to solve a problem with multiple answers. Non-adaptive children have one way or one answer to solve a problem and when that doesn't happen, they don't know what to do. It seems like they are being resistive or defiant, but they aren't. What looks like being spoiled or having to have their way is simply only having one answer to every problem. This can be resolved, and their anxiety relieved if they are taught how to solve problems using multiple answers. It is that simple. You can teach your child to state the problem, list possible solutions other than their one answer and try other solutions.

Another form of nonadaptability is perfectionism, which often becomes a problem in pre-teens. The fixation that something must be perfect is the result that they have one answer to a problem and worry if the one answer doesn't work. This creates anxiety because no one is perfect, so at some point, their single answer is bound to fail. Early signs

*continued next page*

of “pre-perfectionism” is the child who can’t lose a game, that must be first, can’t fail and has to have what seems like their way or else. These are signs of a less-resilient child. Failure is a good experience. It teaches children that they can survive with failure and nothing catastrophic happens. It forces them to learn to find other options. It is what we do after we fail that is important.

There are several other behavioral traits that can overwhelm children and create anxiety. Some children have only one; some have many traits that contribute to their anxiety. Each can be strengthened with training.

### Helping Non-Adaptive Children

Stress and the resulting anxiety become an everyday occurrence in these struggling kids who have not received help. It’s not that they are anxious that is the problem. It’s what we do or don’t do next that is the problem. How can we help children who are “stuck” become more adept at working through difficulties? Again, we’re back to resilience. If you roll with the punches, if you have more answers than one to

the problems, you’re less likely to get bogged down, shut down, angry or non-functioning. As children grow, they are experiencing more and more adult-type problems. There is a natural increase in stress. If children don’t learn to handle small anxieties when they are young, (solve problems) then they don’t automatically or suddenly learn to manage them when they’re teenagers. So, when the hormones start increasing and the tensions increase about grades and friends and all the other things that occur in adolescence, a resilience response becomes a paramount skill.

Teaching children to problem solve, to be able to accept second- and third-choice answers and not be completely attached to one and only one outcome gives a valuable gift to your child. That is the parent’s formula to help prevent anxiety and depression for the long term.

*Dr. Hudson recently retired Clinical Professor of Pediatrics OU Tulsa and author whose book The Not So Easy Child will be available this fall.*

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## WHAT'S GOING ON(LINE)?



### Happy National Cat Day—and Day-light Savings Time!

National Cat Day is October 29, which will be followed quickly by the time change on Sunday, Nov. 4. To help you celebrate your favorite felines and stay on-track time-wise, we are giving away a baby blue Kit-Cat Klock®. Follow @tulsakids on Instagram for giveaway details!

### WE HAVE A WINNER!

Congratulations to Blake and Alex, who won our Back-to-School Photo Sweepstakes! We hope you truly are having "the best year ever"! And thank you to Discovery Lab for providing Blake and Alex's family with a membership!



## Contests and Giveaways

We love the **Oklahoma Aquarium** and are excited about their new **Polynesian Reef** exhibit! From October 1 to 15, enter to win a Playmobil Aquarium set, 4 admission tickets to Oklahoma Aquarium (for two kids and two adults), plus some fun Oklahoma Aquarium swag! Get the link at [tulsakids.com/contests](http://tulsakids.com/contests), and learn more about the aquarium's new exhibit at [www.okaquarium.org](http://www.okaquarium.org).

### Brush Creek Bazaar Ticket Giveaway

Enter to win 4 tickets to the 40th Annual Brush Creek Bazaar, October 12-14. Come join the fun with your whole family. Don't miss your chance to win 4 tickets along with your choice of one of Brush Creek Bazaar's famous jars of jams and jellies. Get the giveaway link at [tulsakids.com/contests](http://tulsakids.com/contests) from September 24-October 8, and learn more about the Bazaar at [brushcreekbazaar.org](http://brushcreekbazaar.org).

### Enter to win 4 Tickets to Cirque du Soleil® CRYSTAL

Cirque du Soleil® CRYSTAL is coming to the BOK Center Nov. 7-11, and we will be giving away 4 tickets to the show! Entry will be open October 18-November 1. Learn more about the show and get tickets at [bokcenter.com](http://bokcenter.com).

### Tulsa Pop Culture Expo Giveaway

From October 9 -23, enter to win 2 VIP tickets to Tulsa Pop Culture Expo AND 2 VIP Tickets to the Outsiders Movie Bus Tour (currently sold out!) on Sunday, November 4. This 1.5-2 hour tour will take you to 5-6 locations where The Outsiders movie was filmed in Tulsa, Oklahoma.

Tulsa Pop Culture Expo is happening Nov. 2-4 at the Tulsa Renaissance Hotel. Learn more at [www.tulsapopcultureexpo.com](http://www.tulsapopcultureexpo.com). The VIP Tickets earn you admission to all three days of the event, plus extra perks like early entrance to the vendor and convention halls, reserved seating for all panels while space lasts, Tulsa Pop Culture Expo merchandise, access to the VIP lounge, and more! Get the link at [tulsakids.com/contests](http://tulsakids.com/contests).

## BLOG SPOTLIGHT

TulsaKids hosts five fabulous blogs (if we do say so ourselves!). One of these is Grand Life, written by Diane Morrow-Kondos, in which she shares her grandparenting adventures, covering topics of interest to both grandparents and parents of young children. Posts from this past month include:

"Parenting Do-Overs: A Grandparent's Perspective"  
"Grand Adventures in Tulsa: Gathering Place with a Toddler"  
and "The Grandmother's Reading Chair: Are Fairy Tales Good for Story Time?"

Go to [tulsakids.com/blog](http://tulsakids.com/blog) to read these or any posts you may have missed from our other blogs!



## WANT TO SEE YOUR KID IN TULSAKIDS?

Each month for our **I'm a Tulsa Kid** column, we interview a child who has done something exceptional in their community. If you would like to nominate a kid to be interviewed, email [editor@tulsakids.com](mailto:editor@tulsakids.com) with their name, age and a brief paragraph explaining why you are nominating them. For more information and examples of past interviews, go to [tulsakids.com/tulsakid](http://tulsakids.com/tulsakid).

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BY JENNIFER PALMER, OKLAHOMA WATCH



# despite pitfalls, more schools introduce self-paced learning

**T**here are 75 middle-school students in the long, sunlit room, sitting four to a table.

They work quietly and independently on laptops, most wearing headphones. Some fidget, their chairs rocking with them.

A teacher sits at a desk reviewing the students' work. She announces someone has passed their assignment, and applause ripples through the room. Two other teachers roam around the class, checking with students individually. A fourth teacher sits next to a girl on a couch in the hall, working one-on-one.

When it's time, the students get up and hustle with their laptops to snag a lounge chair or bean bag. They can play a math-based video game now, but the server is down. Some students grumble, but then switch back to their lesson.

## Is this the classroom of the future?

Education experts embracing the concept of "personalized learning" think so. They see entire schools with large classes of students not tied to the lockstep of grade levels, advancing individually at their own pace. Once a student shows they've mastered a concept, they move on, independent of their classmates. Students have more control over when, where and how they learn.



JOHN REX CHARTER MIDDLE SCHOOL TEACHER KRISTIE RODRIGUEZ HELPS SIXTH GRADER FINLEY CUNNINGHAM WITH AN ASSIGNMENT. TEACHERS ARE AVAILABLE TO ANSWER QUESTIONS AND PROVIDE DEEPER EXPLANATION ON DIGITAL LESSONS AND ASSIGNMENTS. PHOTO CREDIT: WHITNEY BRYEN/OKLAHOMA WATCH

Personalized learning has caught the imagination of several Oklahoma school districts. Four districts adopted a personalized learning model in 2016-17: Union City, Oologah-Talala, Okmulgee and Chickasha. Several more joined in 2017-18, and additional schools, including John Rex Charter Middle School in Oklahoma City (where the 75 students sit in a bright room) and several Tulsa Public Schools high schools, are adopting the model for 2018-19.

Some have gone all in with all students. Others have created

a school-within-a-school or are using personalized learning only with alternative students.

But some early adopters have stumbled hard, demonstrating pitfalls when schools embrace the emerging trend. At least two districts with issues have since scaled back or put their program on hiatus.

"If implemented well, it can be a really good thing," said Brent Bushey, executive director of the Oklahoma Public School Resource Center, an Oklahoma City-based nonprofit that has led the

march toward personalized learning in Oklahoma through a program it calls Momentum Schools. But that's not always the case.

"Some of our most exciting work has also been some of our biggest failures," he said.

## The Concept

Tailoring instruction to individual students' needs and interests is not new, and origins of the concept can be traced back even to the 1890s, when the schools in Pueblo, Colorado, allowed students to work at their own pace. But the prevalence of technology in classrooms has fueled new approaches to learning.

The term "personalized learning" is now being used to describe everything from supplemental digital programs to completely redesigned schools.

It's not the same as online education, though most of these schools use a digital platform to teach concepts, assess students and monitor their progress.

Silicon Valley and the "ed-tech" industry are influential in pushing the model, with huge multi-million dollar investments from sources like the Chan Zuckerberg Initiative, created by Facebook founder and CEO Mark Zuckerberg and his wife, pediatrician Priscilla Chan, and the Bill & Melinda Gates Foundation, chaired by Microsoft founder Bill Gates. The Chan Zuckerberg Ini-

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tiative is behind the Summit Learning platform, which is now used by 330 schools across the country, according to their website, including some Tulsa district sites and John Rex Middle School.

Proponents of personalized learning say it meets students where they are. Instead of teaching to the middle in a classroom of 30 students, advanced students can move ahead, struggling students can get extra attention, and those in the middle can stay on track. Education experts say the concept should not be just about differentiating lessons but carving out holistic individualized learning paths.

Critics say there are risks: too much screen time, students gaming the system and little evidence of academic gains. A 2017 report by RAND Corp. found only modest gains in math. An earlier report by RAND found students at personalized learning schools were less likely to enjoy school and schoolwork, compared to a national sample of schools.

Some parents have questioned whether the technology platforms do enough to protect student privacy and data. Teachers may question how they fit in, when most of the instruction occurs online. A Chicago teacher wrote, "It isolates children, it breeds competition, it assumes children can learn entirely on their own, and it dehumanizes the learning environment..."

Despite the questions, some schools are forging ahead.

#### **Okmulgee's Approach**

Principal LuVona Copeland admits the first few weeks of Okmulgee's ACE High School in 2016 were chaos. In an attempt to improve students' outcomes after graduation, school leaders decided to try something new. They created a personalized learning program on the high school campus.

Many of the first students, who have to apply and be selected, thought it was too hard. Teachers struggled to adjust. There were angry calls to school board members.

"We hit the reset button on a lot of things," Copeland said recently in an interview, just before the beginning of the program's third year. "We worked really

hard on culture, and that has taken two years."

More than half the ACE students improved their math scores on the ACT exam last year, Copeland said.

This year, just over a third of the district's 400 high school students are in ACE and will have their own space next to the high school. There's a classroom for each core teacher (math, science, English and history) plus a lounge area. The furniture is flexible, and students choose where to work, and on what.

School hours are from 7:30 a.m. to 5 p.m., and students have to log six-and-a-half hours per day but can otherwise choose when they arrive and when they leave.

History teacher David Dunlap says if a traditional high school were a train station, with trains departing on a schedule like the school bells, ACE would be an airport. Each passenger comes and goes as needed within a time frame that works best for them.

"The structure is there, it's just loose," Dunlap said. "Some people are taken aback, because this isn't what school looks like."

The key, he says, are the relationships between the students and the staff, which includes four certified teachers and six "success coaches."

The community has struggled following devastating job losses: An oil refinery closed in 1981 and a glass plant shuttered in 1994. The district's student population has decreased by a third since the mid-1990s, and more than 90 percent of the district's students qualify for free or reduced-price lunch.

That's one reason the ACE program and its focus on life skills is important, Dunlap said. "We're trying to get kids life ready, not just walk across the stage ready," he said.

#### **Troubles in Chickasha**

Chickasha school leaders began touting the success of the district's personalized learning program immediately after it began in 2016. In the first months they were hosting other school districts for tours of the "Student Personalized Learning Campus," a remodeled school-within-a-school with its own amenities.

Superintendent Dave Cash frequently touted the program's successes and in October, he took a leave of absence to work for the Oklahoma Public School Resource Center, speaking to groups of school leaders interested in the model.

Students seemed to be excelling in the program – so much so that a parent called the state Education Department in February, concerned her daughter was "flying through the curriculum," would graduate a year early and "not learning anything," according to a state Education Department report.

The mother said her daughter, and 30 to 40 other students, had access to the teacher's username and password.

An investigation by the department found an unusually high number of personnel log-ins and grade changes. During a four-month period, about 5,500 student grades and 18,800 assignment grades were overridden. In March, State Superintendent Joy Hofmeister called the allegations "extremely troubling" and asked the Oklahoma State Bureau of Investigation to probe further.

Community members asked the State Auditor to investigate possible misuse of funds, technology purchases, alleged "double-dipping" and other problems.

Cash on Thursday denied wrongdoing. He said his biggest regret was moving too fast in implementing the program.

"Other groups were trying to push us as a model to replicate, and that was never our intention," Cash said. "Our intention was to educate kids."

The situation roiled the community of 16,000. There was a spate of suspensions and resignations at the school district and school board. Cash resigned in March and is now superintendent of Pawhuska Public Schools. "I hate the fact that it gave the whole school district a black eye," he said. "There are so many good people in that school district."

Also in March, the school board voted to discontinue the personalized learning program for the 2018-19 school year, records show.

#### **The Utah Model**

Chickasha and many other Oklahoma districts modeled their personalized learning program after Innovations Early College High School in Salt Lake City.

The school's founder, Ken Grover, has traveled the country as a consultant, inspiring many school leaders to implement the model in their own schools. He worked, or is working, with Okmulgee, Chickasha and John Rex.

According to a story by the Utah Investigative Journalism Project, Grover has come under fire by the school district for exaggerating graduation rates and profiting from outside consulting without disclosing it. School spending is also being questioned, with thousands of dollars spent on gaming systems, expensive headphones, candy and sugary treats.

When reached by phone Thursday, Grover denied any malfeasance or misrepresentation related to the school.

Grover resigned in December but has continued his consulting work, including with the Oklahoma Public School Resource Center, which hired him as a consultant to work with school leaders here.

Critics have accused the center of making money off the personalized learning push, but Bushey says it's actually a "huge expense." The center's 2016 tax return, which runs through June 30, 2017, shows total expenses of \$3.2 million and revenue of \$2.1 million. The centers' funding comes from foundations and memberships, which schools pay \$2,500 annually for.

Bushey said while setbacks have been disappointing, the center's work on personalized learning continues.

"We've had a lot of discussions at the OPSRC about what went wrong (in Chickasha)," he said. "We're proud of the work. We know it's hard."

*Oklahoma Watch is a nonprofit, nonpartisan media organization that produces in-depth and investigative journalism on a range of public-policy issues facing the state. For more Oklahoma Watch content, go to [www.oklahomawatch.org](http://www.oklahomawatch.org).*

BY BRANDON SCHMITZ

# Tulsa Pop Culture Expo promotes literacy through comics



**T**ulsa Pop Kids, XPO Game Festival and OKPOP have joined forces to bring their version of Comic-Con to town. The second annual Tulsa Pop Culture Expo will kick off from Nov. 2-4 at the Renaissance Hotel and Convention Center.

This weekend-long celebration of all things geeky will help fund Tulsa Pop Kids' mission to promote literacy through comic books and entertainment.

"If kids are in the hospital, then we'll dress up in costumes, visit them, and bring them comic books," Fundraising Chair Arthur Greeno said. "We're getting more traction where more and more organizations are writing us notes saying 'hey, we have an after-school program and we want these kids to be reading as part of our tutoring, so can you bring us comics?'"



Looking at its long-term goals, the organization aims to eventually provide scholarships for aspiring comic artists, musicians and filmmakers.

"I mean, we could do things like every other organization," Greeno said. "We can do the cigar-and-wine dinner and invite all of the high-level people and have them pay \$1000 per person, but something like this convention directly supports the community."

In an effort to distinguish itself from other pop culture expos, Tulsa Pop will tie the proceedings in with the city itself. For instance, attendees will have the opportunity to go on a tour across several locations in which the 1983 movie "The Outsiders" was shot. The film's lead, C. Thomas Howell, will even provide commentary through a separate VIP



tour.

"It's going to be a unique experience that no one has ever had before," Greeno said. "It'll be a really neat way to look at some of Tulsa's heritage and where it connects with pop culture and literacy."

The convention will also serve as host to more than a handful of celebrity guests, including the aforementioned Howell, Sean Gunn ("Guardians of the Galaxy"), Summer Glau ("Firefly"), Karen Gillan ("Doctor Who"), John Schneider ("Dukes of Hazzard"), Zach Callison ("Steven Universe"), Butch Patrick ("The Munsters"), Erik Estrada, Larry Wilcox, and Robert Pine ("Chips").

"We're going to have a huge kids area that families can come to," Greeno said. "We'll have some concerts from some people



who actually do music for video games, too."

An after party will take place on Nov. 3 at Pumpkin Town Tulsa and will include activities such as pumpkin smashing, pumpkin blasters, and corn cannons. If an attendee buys a ticket to the pumpkin patch through Tulsa Pop Kids, then the organization will save a pumpkin for them to smash at the event.

"Here's the way we look at this: if this isn't your thing but you like what we do, buy a ticket and give it to a friend," the fundraising chair said. "None of us get paid – we're volunteer-based and we're doing this to build a revenue source so that Tulsa Pop Kids can continue to provide great literacy tools to kids."

Greeno said he aims to attract 50,000 people to the event

*continued next page*

within five years.

"When you look around, Tulsa has such deep roots in pop culture and a lot of people don't realize it," he said. "We're having a great time while hosting this and people are connecting with others in ways they've never done before – it's a win all around."

Greeno founded the organization alongside his wife, Noell, Ron and Debbie Veit, and Pat and Debbie Loveless, all of whom shared an enthusiasm for comics.

"The home environment that I grew up in was not a great environment, so when I read comics, I would look at how the super heroes behaved and go 'oh, this is the right way to behave,'" Greeno said. "You know, by serving others – as I grew up and matured, things change a little bit, but for my life and where it was, comics were a big deal."

As he explored the prospect of hosting a pop culture convention, Greeno said he would often ask himself, "What would I be doing it for?"

"We started finding out from teachers that kids love comics because when they are, for instance, reading the word 'surprise,' maybe they don't understand the word 'surprise' fully, so when they're looking at the picture, they're seeing from the expression on the character's face that they're surprised," he said. "It's kind of like they're connecting the dots between what the word means and the picture they see, so we looked at that and said to the teachers 'let us help you with that and figure out a way to make that work.'"

Greeno emphasized that he hopes to inspire others through this convention.

"I hope that by doing this and supporting literacy, we can get people thinking in different ways," Greeno said. "Let's not only build this thing, but also build it as big as we possibly can."

To purchase tickets for the Tulsa Pop Culture Expo, visit [https://purchase.growtix.com/eh/tulsa\\_pop\\_culture\\_expo\\_2018](https://purchase.growtix.com/eh/tulsa_pop_culture_expo_2018).



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# I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

## Harper McIntyre, National Merit Semifinalist

Education is one of the most powerful tools that can be used to change the world. Edison Preparatory High School student Harper McIntyre took advantage of every resource provided to her to help her become a National Merit semifinalist. Harper learned that reaching her dreams is a lot of hard work (and even more studying), but all worth the work.

### **Q: What is a National Merit semifinalist?**

**Harper:** National Merit is a scholarship program that you qualify for based on your junior-year PSAT score. In April of your junior year, you find out whether you qualified for recognition from the program. In September, two-thirds of the 50,000 who qualified are Commended, while the remaining one-third move on to be semifinalists. Then, you have to submit an application to be considered for Finalist status. Once you are named a finalist, which happens around February, you can be selected for scholarships from National Merit, businesses, or colleges. I just found out that I made it to Semi-Finalist.

### **Q: How did you feel when you found out you were a semifinalist?**

**Harper:** When I found out I was a semi-finalist I was very happy, and a little surprised. I had to try to keep myself from smiling all day.

### **Q: How did the teachers at Edison prepare you for this?**

**Harper:** In my junior year, for about a month before we took the PSAT, our assistant principal had our English and math teachers give us time to practice on Khan Academy (which I highly recommend) a few hours a week.

### **Q: What is your most difficult class?**

**Harper:** This year AP Statistics and AP Government have been the most time-consuming, but I wouldn't say that any of my classes are hard, at least not yet. Check back with me towards the end of the semester; I'm sure I'll have a different answer.

### **Q: What is your favorite class?**

**Harper:** My favorite class is Differential Equations. It is the first year the class is being offered at my school, and there are only six of us. Right now we are working on a project where we design our own Mars colony.

### **Q: What are your plans for the future?**

**Harper:** As of right now I plan on going to a college up north or on the East Coast. If I get in to an Ivy (League school) that would be incredible, but I would also enjoy Macalester in St. Paul, Minnesota. I want to major in environmental studies or something along that line. My dream job would be to work for the United Nations on their sustainability initiatives, but before that I would like to work for a non-profit or government on local levels implementing policy to try to reverse environmental issues.

### **Q: What advice do you have for students who will be starting high school and want to be academically successful?**

**Harper:** Get organized! From the start, plan out the classes you want to take, activities you want to participate in, when to take your ACT, SAT, and subject tests, research colleges and career paths, and get yourself a planner. It is important to stay on top of your classwork and learn how to manage your time, because once you become an upper-classman, you will thank yourself for having those habits. Make sure you take the most challenging courses you can, but don't stretch yourself too thin by trying to do it all (trust me on this one). There will be many late nights, piles of homework, stress, and deadlines, but if you



stay on top of it, you will be fine. Most importantly, and I can't stress this enough - DO THE EXTRA CREDIT! Also work with your counselor at school. Ms. Stalcup is mine at Edison, and she's been great!

### **Q: What are your hobbies and interests?**

**Harper:** I enjoy reading, photography, traveling, and doing Brazilian Jiu Jitsu. I'm interested in sustainability and learning about how humans are affecting the environment, ecosystems, and our health and how to fix it.

### **Q: Where are your favorite places to study around town?**

**Harper:** The Central Library downtown is a great place to study, especially if you get one of the private glass rooms. I haven't been yet, but I am looking forward to studying at the Gathering Place.

### **Q: Who inspires you?**

**Harper:** I'm inspired by a friend of mine named Gracie Rule. She is currently studying at Vanderbilt to become a lawyer so that she can get into politics and one day become president. Her mother is my youth group leader, and I'm always asking her about how Gracie managed to be so successful in high school. Amazing test scores, cancer research with a college professor, president of numerous clubs, hundreds of volunteer hours, incredible student, great person - she is everything I strive to be, and I have looked up to her for many years now.

### **Q: What took you to Asia this summer? And where did you go?**

**Harper:** I studied Chinese for the past few years, so this summer I decided to take a two-week language intensive trip to Beijing sponsored by OU's Confucius Institute. We stayed on the Beijing Normal University campus and took language classes, culture classes, and went on excursions around the city to see its landmarks. It was an incredible way to practice my language skills, experience a new culture, and see many famous historical sites. I tried some new foods, improved my Chinese, and had quite a few interesting adventures.

### **Q: What is a fun fact about you?**

**Harper:** I was named after Harper Lee, one of my mom's favorite authors.

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