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LEVERAGING YOUR LEAVE:
A STAY-AT-HOME MOM'S GUIDE TO RE-ENTERING THE PROFESSIONAL POOL (SPECIAL FREE EVENT COMING THIS MONTH)

YOUR TODDLER:
HOW TO HANDLE HITTING

6 REASONS TO VISIT CENTRAL LIBRARY:
A SNEAK PEAK

THE HIP MOM RUNS:
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TEENS & TRAFFIC STOPS
DOES YOUR TEEN KNOW WHAT TO DO?





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LEVERAGING YOUR LEAVE

Are you a stay-at-home mom or dad who has taken time off from work or career to focus on child-rearing? Little ones grow up fast and, before you know it, you may be ready to re-enter the job market. TulsaKids is here to help you plan that future now.

Leveraging Your Leave, presented by Victory Christian School, is a workshop designed to provide you with the tools, information and vision to prepare for re-establishing your career, staying current in your profession or for planning an entirely new worklife.

Wednesday, Sept. 28, 8:30 a.m. – noon
Victory Christian School Campus, 7700 S. Lewis
Continental breakfast provided

The Event is FREE.

Space is limited and pre-registration is required. To register, go to www.tulsakids.com

Meet our exciting panel of presenters:



Jill Donovan. Rustic Cuff. "What Might Feel Like the End Is Often Just the Beginning." Jill's need for a creative outlet and life-long obsession with cuffs turned into more than she could have ever dreamed. But not before being humiliated in front of 20 million people. A self-proclaimed "regifter," Jill was once a guest on Oprah and unexpectedly embarrassed by a panel of "etiquette experts" who labeled her as rude and tacky on air. Find out how Jill turned embarrassment and devastation into a booming business, which is as much about giving to others as it is about beautiful products. Jill's cuffs are worn by celebrities such as Miranda Lambert, Giuliana Rancic, Kristin Chenoweth and Oprah. Jill was born in Baltimore, raised in Pensacola and graduated from ORU where she met her husband Terry. She has a law degree from the University of Tulsa. Jill and Terry have two children.



David Leifeste. David earned a B.S. in Psychology and a minor in Sociology from Oral Roberts University in Tulsa, and a Masters in Counseling Psychology from Oklahoma State University. In 1989 he founded a Tulsa-based multi-disciplinary group practice offering individual, group, and substance abuse counseling, as well as psychometric testing to children, adolescents, and couples. David entered his current solo practice in 1999 and serves clients in Tulsa, Oklahoma City, Dallas, Austin, Denver, Atlanta, St. Louis, Kansas City, and New York. His corporate-level motivational coaching and team-building has allowed him to work with national clients like QuikTrip, Cancer Treatment Centers of America, and many others. David is a life coach, executive coach, speaker and author. David and his wife Julia have two adult children. His website is www.davidleifeste.net.



Liz Brolick. Liz is the Professional Division Director for Switchgear Search & Recruiting. She has more than 18 years of experience in management, staffing, business development, human resources and employment law. Liz is recognized for her strong problem-solving skills, excellent communication, and consistent leadership abilities, which equip her to recruit top performing professionals to meet her client's unique needs. Active in the community, Liz has been involved in Junior League of Tulsa and with the Jenks West PTAG. Liz has won numerous awards and honors, and was named as one of the year's Women of Distinction by the Tulsa World. Liz and her husband Peter have two children.



John "Yahiya" Brown, MBA, SPHR. John is a seasoned professional with nearly 30 years of experience in a broad range of industries, including the U.S. Air Force, banking, information technology, real estate, education, and human resources. John served as the Director of College and Career Advisement at Oral Roberts University and was actively involved with both the National Career Development Association (NCDA) and the Society of Human Resources Management (SHRM). In 2007, John served as a Business Development Advisor with the United Nations Development Program (UNDP) in Kabul, Afghanistan. During his eight years in Afghanistan John served as the Executive Director for the International School of Kabul, and worked closely with ranking members of the Afghan Government, the U.S. State Department, as well as U.S. military leaders assigned to the NATO led International Security Assistance Force (ISAF).

John has an MBA from Oral Roberts University, a BA in Business/MIS from Saint Leo University in Florida, and holds the Senior Professional in Human Resources (SPHR) certification from the HR Certification Institute. He is the Director of Human Resources at Victory Christian Center, and John as a member of the Jenks Planning Commission and is a former Program Facilitator for Leadership Jenks. John has been a featured conference speaker for several organizations and is known for his limitless capacity for "paronomasia."

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



Brooke and Mickey were fortunate to become parents twice in two years. They met their adopted son, Evan, in the neonatal intensive care unit (NICU) at the *Peggy V. Helmerich* Women's Health Center at Hillcrest Medical Center. After bringing Evan home, Brooke soon learned she was pregnant. And, exactly one year to the day after Evan was born, the family welcomed Sawyer. The boys spent a combined 139 days in the same NICU. Thanks to the compassionate and knowledgeable team who surrounded them, today the boys are healthy, energetic and happy. With such similar beginnings, these two boys were destined to be brothers.

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



Leveraging Your Leave: A Stay-at-Home Mom's Guide to Re-Entering the Professional Pool

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BY NIKKI CYTER SACK



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In This Issue

Before my son was born, I intended to go back to work, but once he was born, it took about half-a-second to change my mind. Eventually, I turned to freelance writing and adjunct teaching at Tulsa Community College. With the cost of full-time childcare (even way back then), it wasn't a difficult decision. I was able to continue doing something I loved, while still being able to spend time with my son and, subsequently, two daughters.

Being able to keep my toe in the working waters, I was able to wade in deeper when my youngest was age 3, and then jump back in completely as they all approached school-age. Having a job with some flexibility and a supportive husband helped a lot.

While many women can't take time off work, or don't desire to, many moms or dads do take a few years out of the workforce to stay at home with young children with the intention of returning to work at some point.

For those temporary stay-at-home moms and dads, doing a little planning and purposeful soul-searching in the off years can yield rewards when they are ready to resume their careers. Read Nikki Cyter Sacks' article about Leveraging Your Leave on page 20.

To help you out even more, TulsaKids will be holding a free workshop/panel discussion on this topic at Victory Christian School, our presenting sponsor, on Wed., Sept. 28. Get more information in this issue, and register online at www.tulsakids.com.

As you ease (I hope "ease" is the appropriate word) back into the school year, you may be looking for some time-saving, cost-cutting family meals to make. Our food writer, Natalie Mikles has some delicious recipes in addition to some great advice.

And, the beginning of fall for many of us also means training for three of Tulsa's favorite runs: The Zoo Run, The Tulsa Run and Route 66. Jill VanTrease, our Hip Mom, has decided that she's a runner (we think). She plans to train for the Tulsa Run. I'll make sure she updates us on that!

We love our grandparent readers, so I wish you a happy Grandparents' Month. Diane Morrow Kondos writes about grandparents raising grandchildren this month, and gives some important resources on page 18.

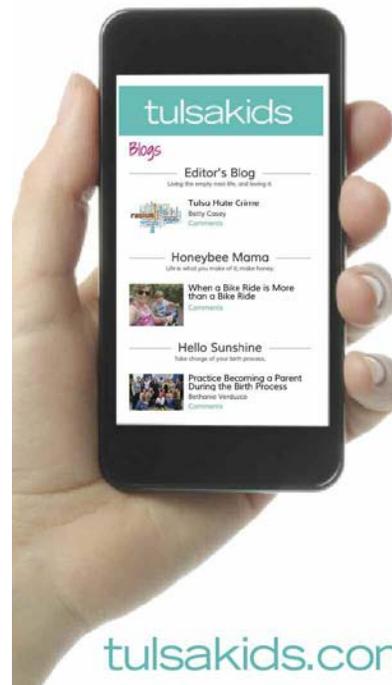
And, finally, my friend Dr. Harold Battenfield has written a lovely memoir about family, including being a grandparent. My review can be found on page 32.



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.



Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.



tulsakids.com



ON OUR COVER:
PRESLEY, 13, PAYTON, 10, PARKER, 8 AND PIPER, 3, IN THE APPLE DRESS, ARE READY FOR BACK-TO-SCHOOL. PIPER'S DRESS BY HARTLEY IS COURTESY OF LOLLY GARDEN CHILDREN'S CLOTHING STORE AT UTICA SQUARE.

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“ONE BOOK, ONE TULSA” AND SNEAK PEEK AT CENTRAL LIBRARY

In conjunction with the Mental Health Association Oklahoma's 2016 National Zarrow Mental Health Symposium, Tulsa City-County Library is offering a communitywide reading initiative focusing on the nonfiction book *The Soloist: A Lost Dream, an Unlikely Friendship and the Redemptive Power of Music* by Steve Lopez and the themes of mental illness and homelessness.

In this poignant, beautifully told story, Lopez recounts his real-life encounter and friendship with Nathaniel Ayers, who 30 years earlier had been a promising classical bass student at Juilliard – ambitious, charming and also one of the few African-Americans – until he gradually lost his ability to function, overcome by schizophrenia. When Lopez meets him, Ayers is homeless, paranoid and deeply troubled, but glimmers of that brilliance are still there. Copies of “*The Soloist*” are available for checkout through the Tulsa City-County Library.

After reading the book, expand your “One Book, One Tulsa” experience by meeting the author and seeing the movie adaptation of the book – all while getting a sneak peek at the renewed Central Library before it officially opens to the public.

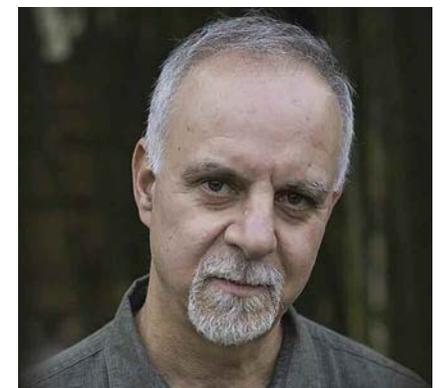
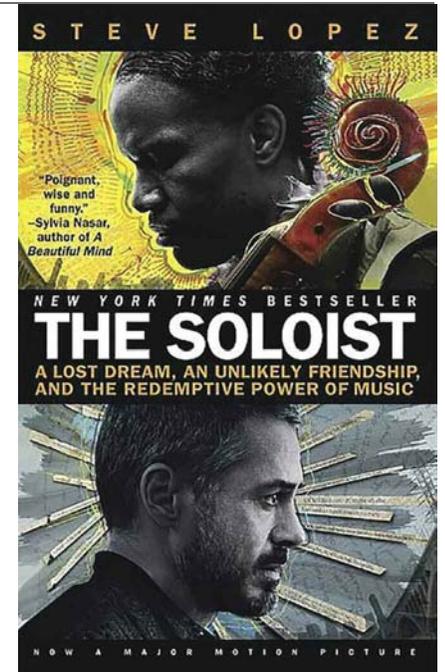
Lopez will discuss *The Soloist*, answer questions from the audience and sign books at a free presentation on Wednesday, Sept. 28 from 7 to 8:30 p.m. at Central Library, Fifth Street and Denver Avenue, on the first floor. Copies of the book will be available for purchasing, courtesy of Barnes & Noble.

On Thursday, Sept. 29, Central Library will host a free outdoor showing of the movie adaptation of the book from 7 to 9 p.m. in the new A.R. and MaryLouise Tandy Foundation Children’s Garden. The movie is rated PG-13. Bring a blanket or lawn chair to sit on.

After attending these events, make plans to join Tulsa City-County Library for the official grand opening of the Central Library on Saturday, Oct. 1 at 11 a.m. The spectacular grand opening will feature fun for the entire family.

“One Book, One Tulsa” is sponsored by the Tulsa Library Trust, Mental Health Association Oklahoma and Community Solutions, with assistance from the Mary K. Chapman Foundation and George Kaiser Family Foundation.

For more information about “One Book, One Tulsa” and related programming, call 918.549.7323.



MITA'S FOUNDATION PLANS SEPTEMBER EVENT

Living Arts of Tulsa, 307 E. Brady, will be the location for the MITA's Foundation 6th Annual Charity Event on Saturday, Sept. 10, 6:30 p.m. Patrons will enjoy food, music and a large silent auction.

“Traditional Spanish Tapas will be featured,” said Tina Pena, foundation president, “and a silent auction and music will keep everyone entertained. Dress is business casual, but be sure to bring your dancing shoes!”

Patrons can purchase individual tickets for \$25, or sponsorships are available for \$250 to \$1,000. For tickets or for more information, visit www.mitasfoundation.org.

The MITA's Foundation is a nonprofit organization whose mission is to provide charitable relief and improve the quality of life for the impoverished and underprivileged children of Peru and their families.

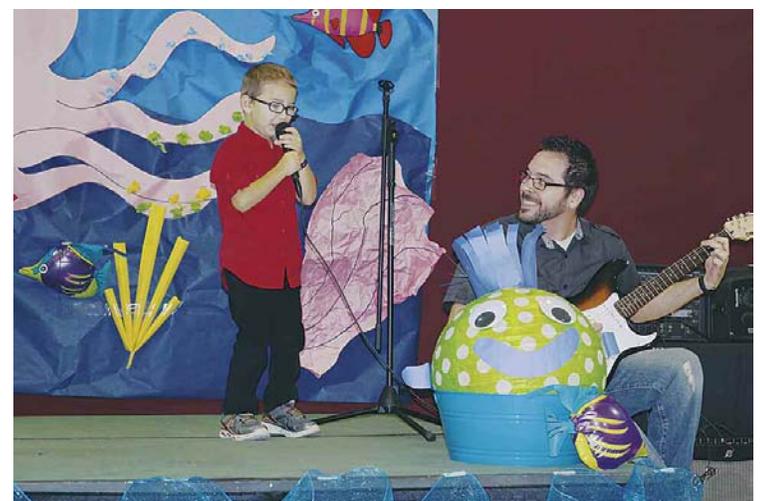


THERAPYWORKS INVITES FAMILIES TO TALENT SHOW

Set for Sept. 10 at 10 a.m. at Faith United Methodist Church, the annual TherapyWorks talent show will be featuring a space theme, Out of This World. Activities include games, tattoos, photo booths and more inside the church auditorium. Outside, there will be a Jupiter Jump with a climbing wall and a slide. TherapyWorks clients will perform at the talent show, which will be followed by a pizza lunch.

Also included in this year's event is a raffle drawing for gift baskets that will raise funds for TherapyWorks “Working Wonders Angel Tree.” One-hundred percent of the raffle funds go to the Angel Tree, which helps provide Christmas gifts for needy families that attend therapy at TherapyWorks.

For more information about the event, go to “events” on TherapyWorks Facebook Page, facebook.com/TherapyWorks. TherapyWorks is located at 7608 E. 91st St., Tulsa and Faith United Methodist Church is across the street.



continued next page

TAKE YOUR FAMILY TO SCOTTFEST

A September Tulsa tradition, Scotfest offers attractions for the entire family, including a Kids Glen and Wee Highland Games especially for the youngest Scots. Kids will get to do their own version of the big games, including a caber toss, tug of war, stone toss, sheaf toss and Haggis Hurl. Inflatables and make and take crafts round out the fun. The three-day festival is held at Tulsa's River West Festival Park and runs Fri., Sept. 16 through Sun., Sept. 18.

This year, Scotfest will once again feature live Celtic musical entertainers of local, national and international merit that includes a Celtic rock music stage with acts such as The Mudmen and Cleghorn Live, along with a more traditional folk Celtic music stage featuring Colin Grant-Adams and Tullamore, among others. Scotfest (adult) visitors may enjoy a great selection of Scottish and Irish beers, as well as specialty whisky tastings. And, of course, traditional food will be available, including steak bridies, fish and chips, scotch eggs and more.



True to its heritage, Scotfest has Scottish and Irish dance demonstrations, solo piping/drumming and pipe band competitions, featuring some of the best talent across the U.S. and from abroad. The festival also features Scottish heavy athletic competitions, with over 90 national and international athletes. To top off the festival there is a car show of UK Marques, vendors of Scottish and Celtic crafts and products, demonstrations of Scottish traditional domestic skills, and continual education sessions including genealogy and family (clan) history.

For more information, go to www.okscotfest.com

letters to the editor

Re" Editor's Note, August 2016

Tulsa Kids is a well respected, award-winning magazine that I frequently read. So, I was surprised in a recent editorial, that you used the term "idiot savant" to describe a possible condition your child might have. I can only assume you were trying to be cute or glib, because surely you must realize the pejorative connotation this term has and that it has not been used for years. The term "autistic savant" or just "savant" has replaced the archaic term "idiot savant," but why use a label at all? Why not just say that you weren't sure whether your child was "gifted" or just brilliant in one particular area? I feel quite confident that if your child was, in fact, an "idiot savant" that is not a term you would be using. You and your magazine are better than this.

Teri Shaffer

I have personally apologized to Teri and we've had a nice exchange of emails. I asked if I could print her letter because words are important. I sincerely appreciate that she took the time to write to educate me about this condition. I wanted to print the letter to publicly apologize for my ignorant and insensitive mistake. Betty Casey

advertiser in the news

RENUYOU NEUROFEEDBACK CENTER EXPANDS TO NEW LOCATION

RenuYou Neurofeedback Center, a local biofeedback clinic, is relocating to a new, 4,000 square-foot facility at 7424 S. Yale, Suite 100. Cyndie Gardner and her husband Dr. Barry Gardner own and operate the center, the only one of its kind in Oklahoma.

"Our new facility will allow us to expand," Cyndie Gardner said, "while better serving our patients."

Gardner explained that "neurofeedback is actually biofeedback for the brain, based on self-operant conditioning. Everything in the brain is electric – every thought, emotion and sensation is due to the electrical firing of neurons." Patients begin treatment with a qEEG (brainmap), which allows the professionals at RenuYou to identify the problem, and then target it for change using non-medical, non-invasive "reward" biofeedback to forge new neuro-pathways.

Neurofeedback can be used on children as young as age 5 through adults and can treat a wide range of problems such as ADD, anxiety, depression, learning difficulties and insomnia. It can also be used to improve performance "in sports, dance and music," Gardner said. "It is so effective, the U.S. Military uses it to treat PTSD, the NFL has begun using it to help athletes stay calm and focused and the American Academy of Pediatrics calls it an A-1 level 'best' choice in treating attention deficits."

The Gardners were trained by Dr. Richard Soutar and Dr. Leslie Sherlin, neurofeedback experts with 40 years of experience. RenuYou Neurofeedback Center is the only neurofeedback clinic in Oklahoma with licensed mental health professionals who are also board certified in neurofeedback. The center also is unique in that it is staffed with a D.O., psychiatrist and naturopathic doctor. "Sessions are done by experienced neurofeedback technicians, trained and supervised by board-certified clinicians," Gardner said.

In addition to neurofeedback, RenuYou offers licensed professional counseling and therapy, metabolic testing, nutritional counseling, medication management and psychiatric evaluations.

Because RenuYou Neurofeedback Center is a one-of-a-kind clinic in Oklahoma, it serves patients across Green Country and beyond. "We want to thank the doctors and healthcare practitioners around the state and across the country, as well as individuals who have benefited from neurofeedback for referring their friends and patients to us, Gardner said." We are a Christian office and believe that God is the Great Physician. We are honored to be His instruments."





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BY KILEY ROBERSON

how to handle hitting

We've all heard the saying, "boys will be boys." As a mom to both a boy and girl, I have definitely seen a difference between the two. My 2-year-old son can often be more aggressive than my 5-year-old daughter. He's occasionally guilty of hitting or kicking his sister, and while we intervene quickly, it still causes quite the reaction on both sides. The American Academy of Pediatrics (AAP) explains that this is exactly what he's looking for.

In fact, toddlers of both genders are constantly testing cause and effect – "If I do this, what will happen?" They are also using the only tools they have. They don't have the reasoning skills to get what they want in a reasonable way, so they may act pushy or be overly defiant.

Hitting, kicking and biting may be normal responses for toddler expressions, but that doesn't make them acceptable behaviors. The AAP says there are ways that you can end the aggression now, before it turns into bullying later.

Time-out: If you see your child hitting, kicking or biting, stop the behavior immediately. Try to speak calmly, but if your child doesn't listen, take her aside and say, "You're out of control. You need a time-out to calm down."

No explanation needed:



Asking a child why he did something wrong implies that there may be times when it's okay to be mean. That's not to say you shouldn't look for a cause. If your kid pulled his friend's hair because his pal was hogging the swing, do help them take turns after you've dealt with the hair-

pulling.

Keep you cool: Some kids believe that any kind of attention beats no attention at all. So if you freak out when your child does something wrong, she'll be intrigued ("Wow, Mommy went crazy!") and she'll have incentive to act up again.

Attach actions to feeling:

Toddlers have a limited understanding of how their behavior affects others. Your child needs to know how his friend felt when he got kicked. You can say something like, "That hurt Sam and made him feel bad." Tell him you know it's hard to share, but kicking someone is not the right thing to do.

Help them calm down: Toddlers get just as upset as adults do when they lose control. After a brief time-out, talk to your child in a comforting and compassionate way.

Start teaching positive problem-solving skills: Use imaginary play to help your child learn positive ways to resolve a sticky situation. You might pretend to be another child who has taken your toddler's favorite toy. Teach him how to use his words ("That's my toy – please give it back"), and if that doesn't work, tell him he should ask an adult for help. Act out these scenes often so that the lessons sink in.

Saying sorry: If you've ever seen a child mumble a half-hearted sorry, you might think that it's pointless to ask your toddler to apologize. After all, will she really mean it at this age? Maybe not – but even if she doesn't today, she will someday, and it's a good idea to start practicing now.

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BY DENISE MORRISON YEARIAN

helping children navigate negative friendship issues

Mary and Sean were next-door neighbors for nine years. But it wasn't always a walk in the park. "The problems began when the two were preschoolers and started spending a lot of time together," reports Mary's mother Eileen Dina. Mary was about 4 and Sean was 5.

"Sean was highly competitive and always wanted to beat Mary at everything," Eileen continues. "He also had issues with sharing. He would bring his toys to our house and wouldn't let Mary or her younger brother play with them."

This went on for several years until one day Eileen knew something had to be done. "My husband picked up the children from Sean's house and Mary was in tears. I realized the more time she spent with Sean the more it was chopping away at her self esteem." But since they were playmates and next-door neighbors, what could Eileen do?

There are several reasons why children end up with troubled friendships, says Nancy DePaul, LCSW, LMFT. "Most often it is an issue of proximity—they're in the same class at school, live in the same neighborhood or participate in the same after-school program—so a relationship naturally develops. Other times children make a choice to befriend a peer who is a negative influence."

Dr. D'Arcy Lyness, child psy-

chologist for KidsHealth.org, agrees. "Friendships are birthed from a variety of settings and for various reasons, but most children choose a friend because there is something they like about that person. Maybe he's good at soccer or music. Maybe he's funny and makes others laugh."

The flip side to this is that a child may lack the judgment skills needed to see the negative traits in his peer and may be influenced by or emulate the poor behavior.

This, says Lyness, is where parents can step in. "Rather than isolating the child from his friend, parents should use this as an opportunity to help guide their child so he learns how to choose friends without being negatively influenced by them."

Dawn Jones did this. "Last year when Douglas was in fifth grade, he became friends with a boy named George who wasn't respectful to other classmates or adults," she says. "My first reaction was to tell Doug he couldn't be friends with George. But then I realized it was best to wait and talk it over."

So every day when Doug came home from school, Dawn would ask him about his day. "We talked about what he did and who he interacted with. When George's name came up, we discussed what happened—if he was rude to someone or hurt their feelings. It was a great opportu-

nity to communicate our values to him."

Eileen did this too. "Sean was always about win, win, win, so I tapped into Mary's empathy skills. I would ask her how it felt to be so poorly treated. Then I would say, 'This is not how you treat a friend.'"

Another thing Eileen did was to insist the children play at her house so she could monitor their activity. "I figured if they were in our yard, I could watch what was going on and intercept any problems."

Both experts agree inviting children to your house is one of the best ways to get to know your child's friends and supervise their free time. "When you see an unacceptable behavior in your child's peer, take mental note and find an appropriate time to talk it over with your child," says DePaul.

But she warns parents not to criticize their child's friend. "Children can be fiercely devoted to their peers. If your child thinks you don't like his friend, he may become defensive out of a sense of loyalty, or rebel against authority if he is older."

Address the behavior, but don't attack the child, advises Lyness. "Be specific about what you find offensive. Then get your child's feedback,—'I don't like how Johnny was so rude to the coach today. What did you think about that? How could he have

handled it differently?' This not only shows what you find unacceptable, but also guides your child in appropriate behavior."

One thing Dawn found helpful was to get to know George and observe his family dynamics. "When we went to school functions, I made an effort to talk with him. I realized he came from a home where the parenting style was vastly different from our own."

Eileen found parenting style to be the root of the problem too. So much so, she finally called it quits on Mary and Sean's relationship.

"When the friendship gets to the point where it no longer enriches both parties it may be time to sever the relationship, particularly if there is a health, safety or power issue," says DePaul. "But for the most part, it's about teaching kids how to live alongside all types of people."

"I think it's important for Douglas to know he can still be friends with people, even if their values don't exactly match up with ours," Dawn concludes. "I tell him, 'You don't have to like everyone but you do need to respect them and try to get along with them.'"

-Denise Yearian is a former educator and editor of two parenting magazines, as well as the mother of three children and four grandchildren.



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BY JULIE WENGER WATSON

teens and traffic stops

As parents, we give our kids a lot of “advice.” In an effort to protect, guide and teach them, we offer up our wisdom. Don’t put that in your mouth. Look both ways before you cross the street. Take your sweaty clothes out of your gym bag. As our children mature, so does our counsel. Eat your vegetables. Turn down your music. Keep your hands visible if you get pulled over, and don’t reach for your license until you’re asked to do so. While that last one may seem like a mouthful, ensuring that our teenage drivers know how to behave at a traffic stop may be one of the most important things we teach them. It could even save their lives.

What should teen drivers do when they see those flashing lights in the rearview mirror? According to Officer Leland Ashley of the Tulsa Police Department, after safely pulling the car over, it’s important to remain calm and keep your hands visible.

“If someone is going to do harm to an officer, they’re more than likely going to have to use their hands,” Ashley explained. “Most officers are going to ask you for your driver’s license and insurance verification. Before you reach for it, you want to let the officer know, ‘Officer, my insurance is in my glove box, or officer, my insurance is in my console.’ Just



TEACH YOUR TEEN WHAT TO DO WHEN STOPPED BY A POLICE OFFICER.

speak clearly to the officer and let the officer know what you’re getting ready to do.”

And while, according to Ashley, it’s perfectly reasonable to ask why you were pulled over, this isn’t the time to argue your guilt or innocence. That’s better left for your court date.

“I tell people when you sign a citation, it’s not an admission of guilt. It’s just saying you either promise to pay the citation or appear in court,” he said.

Ashley noted that you can also follow up with the TPD if you feel like the officer said or did anything wrong.

“You can file a complaint,” he advised. “We have an open

door policy with our internal affairs unit, whether it’s by phone, in person or even online.”

The take away here is that police work can be dangerous, and a seemingly routine traffic stop can escalate into something much more serious for the officer, the driver and any passengers. It’s in everyone’s best interest that all parties remain calm and respectful. It’s important that young drivers understand this.

Beyond these basic safety and procedural guidelines is the issue of a driver’s rights during a traffic stop and when or whether to assert them. While the Fourth Amendment to the United States Constitution, as well as our own

state’s constitution, provides protection against unreasonable search and seizure of a person and his or her property, this protection is limited when it comes to cars and their drivers.

Of course, police are free to search a car any time a driver consents to a search. However, under certain circumstances, they can search even without the driver’s consent. If police reasonably suspect a traffic violation has been committed, and this can mean something as basic as failure to properly use a turn signal or wear a seatbelt, they can initiate a traffic stop. If that stop is valid, and the police have probable cause to believe a crime has been committed (for example, they believe they smell marijuana), the car can be searched without a warrant. And there’s where things can get tricky for your teen.

“The bottom line is that you respond in a reasonable manner to reasonable police inquiries,” said Allen Smallwood, Tulsa criminal defense attorney and former president of the Oklahoma Bar Association.

This includes declining to consent to a police search of your vehicle when asked.

“My advice to my clients and my kids is don’t agree to the search,” Smallwood said. “Be polite about it. Just say, ‘there’s no contraband in my car; there’s

continued next page

nothing illegal in my car. I need to be on my way, and no, you can't search my car, sir.' They're going to search it anyway if they want to."

Even if you're driving teen is sober and fundamentally law abiding, there can still be consequences. According to Smallwood, the law says that a driver is considered to have "constructive possession" of everything in the car. This can include items left behind by previous passengers or those in possession of current ones.

Smallwood sketched the type of scenario that plays out time and time again at traffic stops.

"Your daughter is pulled over for a traffic violation," Smallwood narrated. "Her boyfriend sitting in the passenger seat has had three beers in the last two hours. The police officer says, 'I smell alcohol. Get out. Sit on the curb, and give me your keys.' They go through the car. The kid in the back seat had a joint, and stuffed it between the seats. The officers find the joint in your daughter's car, and your daughter goes to jail. That's the way these things happen."

Things can go seriously wrong if someone in the car is armed.

"If you're in a scenario, even a peaceful scenario with police officers and you, or someone in your car, brandishes a dangerous weapon – god forbid a firearm – you're paid for. They're going to kill you," Smallwood said.

Smallwood's overarching advice at a traffic stop? Plead the Fifth.

"I always tell people, you have a Fifth Amendment right to remain silent. You have no obligation to make a confession," he explained. "For instance, if I had a load of drugs in my car, and I knew it, and I got stopped and they asked me to search, I would politely decline. If they searched and they found it, and asked, 'what's this?' I would say, 'I have nothing to say.'"

Smallwood concluded with these words of advice, "They're the ones with the loaded pistol on their hip, not you. You just need to remember that. You don't do anything aggressive. Don't mouth off. Don't call them 'pigs.' You don't use profanity. The only thing you really have an obligation to do is give them name, rank and serial number. That's all you have to say."

For more information on legal services and lawyer referrals, visit the Oklahoma Bar Association at www.okbar.org.

The Grocery Savings Challenge

Your kids won't even realize they are learning the fundamentals of budgeting



School's back in session, and once again it is a loop of homework, sports schedules and carpooling...on repeat. The last thing you want to think about is meal planning and making dinner, but also don't want to break the bank by eating out every single night.

But, what if there were a solution that would (*gasp*) actually involve your kids participating in the meal planning and buying process?

Introducing the Grocery Savings Challenge! Not only will this challenge be fun for your kids (and lessen your workload considerably), they will inadvertently learn the fundamentals of budgeting along the way.

It's simple. Here's how it works:

1. Get the family together and make a menu plan for the week. Preparing a week in advance will cut down on trips to the store and will open up more time in your already packed schedules
2. Then, make an itemized list of all products needed for each meal
3. Hit your favorite grocery store, list in hand. Make it a challenge to see who can find the very best prices for each of the items on your list
4. Whoever finds the best overall prices gets to pick one meal for the next week!

Sounds pretty easy, right? The great thing is that your kids will have so much fun competing to find the best deal that they won't even notice that they are actually learning about good money savings habits. Big. Time. Parent. Win.

After you've saved up a few weeks-worth of grocery receipts, start comparing how much it costs to eat at home versus eating out. The savings will be a real eye-opener!

The Grocery Savings Challenge is a win-win! A win for you (the kids do all the shopping) and a win for the kids (they get to do all the shopping). It also opens up a great opportunity to talk to your kids about the benefits of budgeting and saving money.

As always, extra help is just a click away at ttcu.com.



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Is Your Stop Legitimate? How to Tell and What to Do

What do you do when you suspect you're being pulled over by someone other than legitimate law enforcement? Tulsa Police Officer Leland Ashley offers the following advice.

1. Be aware that, while TPD does use some "low profile" cars, the majority of vehicles working traffic violations will be clearly marked as TPD units.

2. ALL officers will be in some variety of regulation TPD uniform that readily identifies them as TPD personnel. This will be either the regular blue uniform, or in the case of gang investigators, a jersey labeled "Tulsa Police" with a shield on the back.

3. If you're concerned that the vehicle pulling you over may not be legitimate, lower your window to signal you're aware of it and not trying to elude it, and then try to get to a well-lighted area. If the stop is legitimate, you can express your concerns to the officer later.

4. In the meantime, use your cell phone to dial 911 and explain the situation. If it's a legitimate stop, the officer will have already communicated the location to dispatch, who will then let you know.



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BY DIANE MORROW KONDOS

when grandparents are raising grandchildren

OKLAHOMA IS AMONG THE TOP 10 STATES IN NUMBERS OF GRANDPARENTS IN THE PARENTING ROLE.

Relinquishing the role of grandparents to become parents again is complicated emotional territory. According to one anonymous grandparent, “You grieve because it hasn’t turned out like you thought it would. I thought I would be having fun with my grandkids, but instead I’m forced to play the parenting role with them.”

Disappointment, anger and guilt concerning the adult child are also very common emotions. The grandparents often feel sad and even angry that their adult children have created a situation where they are unable or unwilling to take on the task of parenting their own children. According to another grandmother whose daughter was heavily involved in drug manufacturing and use, putting the safety of her grandchildren came first. “I had to give up on my daughter,” she said. “It took me years to forgive her for what she did to all of us.”

Love them, spoil them and then send them home to their parents. That’s the desired role for many of the 70 million grandparents in America. In our culture, grandparenting is viewed as a time to enjoy all the pleasures of having children without all the tensions, sleepless nights and responsibilities associated with child rearing. While a majority of



grandparents envision an indulgent, fun relationship with their grandchildren, an increasing number of grandparents are being asked to forego that role

and assume the task of full-time parenting of their grandchildren. According to the 2010 U.S. Census Bureau, it is estimated that 2.7 million grandparents are the pri-

mary caregivers for their grandchildren. Sixty percent of these grandparents are still in the workforce and twenty-one percent have incomes that fall below the poverty lines. Oklahoma is among the top 10 states in numbers of grandparents in the parenting role.

The reasons grandparents are asked to take over as parents are varied, but the most common one is substance abuse. The rapid growth of methamphetamines is an escalating source of child neglect and abuse. Other reasons contributing to the rise of the older generation assuming responsibility for the children are incarceration, mental health issues, military deployment and, more rarely, the death of the children’s parents.

Emotional Complexities

Some grandparents feel guilty about their role in creating their adult child’s problems, often questioning where they went wrong in raising their own child. There is also resentment. Grandparents may feel robbed of a time in their lives when they thought they would be enjoying their “golden years,” traveling, socializing and enjoying their own hobbies. While friends are golfing and going on cruises, the grandparents raising grandchildren are thrust back into the world of diapers, Little League and homework.

continued next page

Physical Stress

Physical fatigue is also a common problem for grandparents raising grandchildren. Because the ages of grandparents ranges from late 30s and upward, the level of this problem will vary according to age and health of the grandparent. Since many are still in the workforce, they must find a way to deal with working and raising children while also dealing with the physical effects of aging. Sleepless nights are difficult enough when you're in your 20s or 30s but in your 60s and 70s, walking the floor at night with an infant is even more physically demanding.

Adding to the normal child-rearing issues is the fact that many of the children come to grandparents having been neglected, or have been physically, sexually and/or emotionally abused. Children coming from a difficult situation need extra time, attention and, often, professional counseling. One grandmother shared her experience of having gone from being a single woman living alone one day to having three young grandchildren living with her the next day. Her grandchildren had never slept in real beds; they had slept in cars, on couches and floors. They had never eaten a meal at a table or used utensils. Time, energy, patience and professional counseling were required to teach her young grandchildren basic skills of daily living and help them adapt to a "normal" living situation. As a single woman, she had to meet the physical demands of

working full-time and providing sole responsibility and care for three young children.

Legal Issues

The legal rights of grandparents vary from state to state and each family and situation is unique, so it's best to consult with a family law attorney. However, there are some basic legal issues grandparents will encounter. To be able to enroll the children in school, obtain medical care, mental health care or apply for financial assistance, the grandparents will need to have the children's birth certificates and social security numbers. Verbal agreement with the adult child is not enough. Grandparents must have formal legal arrangements such as legal custody, legal guardianship or adoption, to protect themselves and the grandchildren they are raising.

Financial

All but the most well-off families face financial hardships associated with raising grandchildren. By the time the grandchildren actually are in their care, funds have often been used to try to assist the adult child. Legal services are expensive but a necessity when attempting to gain guardianship, custody or to adopt the children. Many grandchildren come with special needs that incur additional medical and mental-health expenses. Add these expenses to the normal costs of raising children and it is evident that there will almost always be financial stress associated with raising grandchildren.

Finding Support and Assistance

Life Senior Services of Broken Arrow, 3106 South Juniper Avenue, will be hosting an education forum addressing the needs of grandparents raising grandchildren on Tuesday, September 13 from 9 a.m. until 2 p.m. Registration, including lunch, is free. To reserve a place, call 918.664.9000, ex. 224. This forum will be held again in March.

DHS: 918.584.1222. Food stamps, Medicaid and other government-funded programs to benefit lower income children.

WIC: 918.669.8200. A supplemental nutritional program for children up to the age of 5. There is an income criteria to qualify.

Grandparents Raising Grandchildren Support Group: Contact Sandy Sullivan for meeting information at 918.381.1931

Oxford Health Care: 918.258.1111 ex. 219. Grandparents 55 and older are eligible to receive a voucher for respite care. Call for specific information.

AARP: Grandparent Information at 202.434.2296



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Leveraging Your Leave: A Stay-at-Home Mom's Guide to Re-Entering the Professional Pool

BY NIKKI CYTER SACK

According to Pew Research the share of mothers who do not work outside the home has risen over the past decade, reversing a long-term decline in stay-at-home mothers. For many of these mothers, staying at home is viewed as more of a hia-

tus, an ellipsis in their professional career rather than a permanent life station. So what happens when the inner yearning for work outside the family starts creeping in? Or financial circumstances make it such that work is a necessity?

For some who have exited the workforce to stay at home, re-entry as a professional is a frightening prospect, whether the length of their absence is measured in months or years. But, says local life coach and psychotherapist David Leifeste, M.S., L.P.C., this time can be a remarkable opportunity to connect with your inner self and even perhaps to chart a new course.

The (Unexpected) Emotional Toll

Having a child is life-changing in most every way possible - a fact that is advertised by just about any parent you talk to. But the choice to stay at home full-time with a child comes with some particular emotional consequences that many women do not anticipate and that are not widely or openly discussed. There can be profound feelings of loss of self, notes Leifeste and self-doubt both in our success as parents





CLAIRE COMBS RETURNED TO PART-TIME WORK.
PHOTO: LAUREN PAULL PHOTOGRAPHY

and our abilities to one day re-engage with the outside world.

Because of this “loss of self,” Leifeste explains that a consequent desire or a need to return to the workforce can be accompanied by feelings that follow the classic grief model: (1) denial (2) anger (3) bargaining (4) depression and (5) acceptance. As a full-time parent, you’re filled up with the stress of “just surviving” day to day, says Leifeste. After a period tending to the minutiae of daily life, there is an anger and shock that you can no longer find who “you” really are anymore. You may even start bargaining with yourself, asking “what’s wrong with me - why can’t I be happy with what I have?” or even feel sad or guilty at having negative feelings. Ultimately, Leifeste concludes, this introspective journey should aid in accepting your feelings, honoring them and then, once you’ve emotionally cleaned house, moving forward to re-discovering yourself as a professional.

For Tulsa mom of two Claire Combs, the decision to stay home came somewhat unexpectedly when, last year, her long-time position in a local company was relocated to Texas. After much soul searching, she and her husband decided that she would spend

the summer at home with her boys without immediately looking for another job.

As a person who always expected she would eventually go back to work full-time, Combs was surprised when, just a few months into her leave, a former business contact at Git Wit Creative (a Tulsa-based digital advertising agency) approached her about working part-time. The company was open to her naming her own terms. Claire set up a schedule working 9 a.m.-2 p.m. five days per week, which allows her to do school pick up and drop off and still be intimately engaged in her children’s lives. Though the job itself is different from her previous one, the job category is quite similar and she found her skills transferable. “Even though I’m part-time, I don’t feel like I’m stepping back from my career,” she says.

Keep Up Connections

The key to a successful re-entry into the professional world after an absence, like much in life, lies in prior preparation. Though it can feel impossible when you’re exhausted with a nursing infant and a whiny toddler, Leifeste encourages women to keep an eye to the future. If going back into your previous career, even in five years’ time, sounds the least bit interesting, try to keep up with your business contacts, if only to have lunch a few times a year. Don’t cancel your subscription to the relevant professional association. Try to do a bit of industry-related volunteer work during your time at home.

When you decide to actively seek out a job - connect with people wherever you can, says Leifeste. Network, network, network! Churches, civic organizations, any boards or committees you may already serve on - even if they are not industry specific - are all great avenues for leveraging your network by your participation.

Combs, who is currently working in a job that did not previously exist, encourages women to “work your connections, say what you need, be persistent.” It’s those very tactics that led her to find “a super progressive, cool work environment. As women we have to be sure we are going out there and looking and finding opportunities and not expecting that dream job to roll onto your plate,” Combs says.

Most importantly, “there is nothing to be embarrassed about,” Leifeste stresses. In presenting yourself personally or through your resume, your attitude should be “proud, nothing to apologize for, nothing to prove.” This is a really important state of



AMY HERNDON CHANGED CAREERS.
PHOTO: AMY HERNDON PHOTOGRAPHY

mind, he says, “so that you can go out confidently in the negotiating process.”

Charting a New Course

But what about those women for whom returning to their prior professional lives is either not desirable or not possible? Leifeste believes time spent at home can be the ultimate jumping off point for changing course.

Tulsa mom of three Amy Herndon elected to take nine years off from her previous career in trading floor risk control for Williams Energy when, soon after the birth of her first child, she realized her often-stressful work and home life were not compatible. She recalls that during that time, people often spoke of “finding your passion,” but that even with photography as a hobby, identifying it as such eluded her. “I never connected the dots,” she says.

As a mom, Herndon became “obsessed” with trying to capture photos of her own kids. She recalls knowing what she wanted the end products to look like, “what I was seeing and living with every day...their true expressions,” and not the stiff studio photos taken against a backdrop with props that were fashionable at the time. “That’s not how my kids looked to me,” Herndon says.

After practicing the technical aspects and taking tons of snaps of her family, other people took note and started asking if they could pay for Herndon’s photography services. It was the realization that she loved taking photos coupled with her continuing desire to learn and expand her technique that allowed her to develop her eponymous business.

"My true passion is capturing childhood moments - so when [parents] look back they see how their love felt at the time. It's what makes me love my job," she says. Herndon's success, which she credits as "preparation meeting opportunity," is a prime example of a hobby organically becoming a new career path. "If people can find what brings them joy, then that will lead to satisfaction and joy and accomplishment in whatever they pursue," she advises.

Changing course for Tulsa mom Margo Woodward meant an opportunity to return to school. Though she says she "never imagined or even wanted to be a stay-at-home mom," her choice to stay at home came following a company layoff from her job as a customer service specialist in 2014, during which she was also a full-time student pursuing her bachelor's degree. She graduated and soon thereafter welcomed a second daughter. Staying at home while pursuing her master's degree in Communications from OSU-Tulsa just made sense for their family. "I think trusting that it's going to work out is one of the biggest things," says Woodward. Once she completes her Master's in 2017, Woodward is hopeful that a career shift to either teaching or advising at TCC is in her future.

Not sure where your particular aptitudes or passions lie? Leifeste suggests taking a career assessment test either through your prior institution of higher education or online. These tests can do wonders in helping to identify your interests, personality and lifestyle values as you seek out a new career.

Best Foot Forward

Writing a resume after an absence can be tricky business in the best of circumstances. But for women who have a "gap" in their professional work history, the big question is how, and if, to address that time at home. Leifeste suggests pointing out things you developed as a full-time parent that will be a benefit to the company - skills such as organization, juggling multiple tasks simultaneously, showing initiative and creativity.

And a lot of the fear surrounding how full-time parenting will be perceived is in the eye of the beholder, assures Leifeste. Indeed, "for many companies there is an awareness that this time has value to them, and there will be a respect for the time spent at home." Showing that you have spent your childrearing time cultivating yourself personally will bode well when a potential employer is assessing how much



MARGO WOODWARD CONTINUED HER EDUCATION.

time they'll need to devote to training. "Moms with advanced degrees and flexibility are wasted resources," notes Combs. Think of yourself as highly valuable.

Still need help crafting a resume or feeling generally unsteady about the process? Work your connections -- but this time of the alumni variety. If you attended a four-year university, community college or a trade school, call up the office of alumni relations or career services and ask for help. You'll be surprised at the (free!) guidance you'll score.

Kitchen table and sticky fingers not cutting it to give you that "professional vibe" as you send off cover letters? Head downtown to the awesome co-working space 36n (36degreesnorth.co) at 36 E. Cameron Street in the Brady District. Day passes are available for \$20 per day as are memberships for \$149 per month. Coffee, printing and wifi are all included -- all you bring is your laptop. A great (and free) way to try it out is on Women's Co-Working Days

the third Wednesday of each month, complete with complimentary babysitting for children over age 2 by Seeking Sitters. You may even do some constructive networking while there that leads to your "next great thing."

Go Team

Support is so critical as a woman seeks to re-enter the workforce. It's important when making a life change to reach out to others, whether professionals, the right friend, or a spouse who will support you, says Leifeste. Attempting to do it on your own just makes it that much more difficult.

"It almost makes me emotional thinking about it," says Herndon. "At the time I started my business my husband was commuting to Houston [for work] each week." At home alone with her three small children, Herndon would spend the nights after bedtime online doing photography courses and learning technique. Touting the benefits of having a "cheerleader in your corner," she notes that her husband felt passion toward their children - her original subjects - and was excited that "I found something that brought me such joy." As her business has grown, and she opened a physical studio outside of their home, he remains, she says with a smile in her voice, "incredibly, unbelievably supportive."

How to ask for help from a partner? Leifeste suggests women attempt to be as specific and concrete as possible. Take time to know your needs and objectives well so that you can articulate them clearly. This, in turn, notes Leifeste, will give you a more effective partnership.

You're In! Now What...?

The challenges surely don't end with a formal job offer. "The first week back I felt a bit flustered about it," admits Combs. But, she advises, "Calm down, be patient and give yourself time to adjust to the new normal."

As a part-time worker in a full-time office, Combs also has had to establish clear expectations. "I have to be clear, these are the hours I work...setting up a structure and sticking with it." Making sure everyone is on the same page, including her employer and her husband, has also been crucial to success.

"There is no mom out there who will say whatever they do is 'easy'," notes Herndon. "Whether working outside of the home, staying home or both, [it] comes with benefits and challenges."

"At the end of the day," Combs says, "I would still rather be doing this than anything else...that's my 'north star.'"

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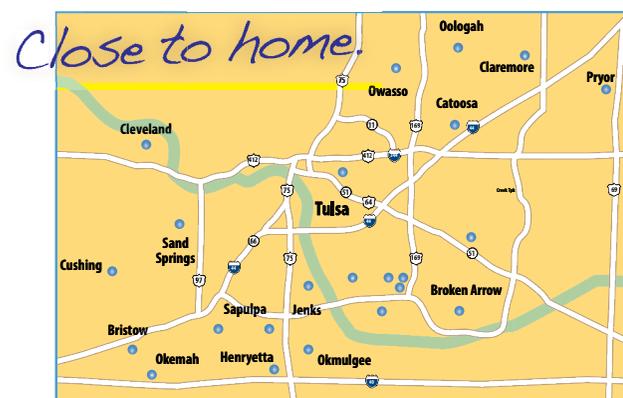
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cost-cutting cooking

For many families, food cost is one area of the monthly budget where there's at least some wiggle room.

Making small changes, like cutting out convenience foods and drinks – think small bags of goldfish crackers and juice boxes – is one way to save money. Dinner is another area where costs can be cut. Eating at home is a start for saving money at dinnertime, but then having some inexpensive family favorite recipes to add to your weekly or monthly meal plans can also help.

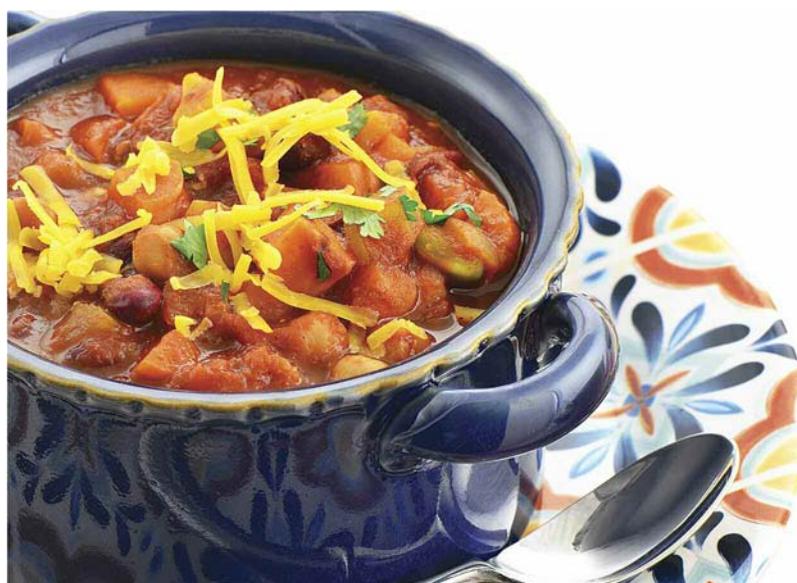
Here are some of my favorites.

CHILI

Chili is economical both for its simple ingredients and versatility. Keep the pantry items for chili stocked during the fall, so all you might need to pick up is the ground beef, onion and peppers to have a family favorite dinner.

Tired of chili? Add Fritos to make Frito pie, a perennial kid-favorite, or add spaghetti and cheese to make three-way chili. When there's not enough chili leftovers to serve everyone the next day, take what you do have and pour it on top of baked potatoes for a quick dinner. Or, make a big green salad with tomatoes, olives, bell peppers and avocado, then add tortilla chips and chili for a taco salad.

When I'm in super-mom mode, I make a double batch of



chili, and then freeze quart-size bags to pull out as a topping for hot dogs or nachos for quick dinners. All you moms who instinctively do this type of planning deserve a pat on the back. It's taken me years to get it in my head that working harder the first time will give me a pay-off in the end.

This is one of my favorite chili recipes. It's lighter on the ground beef and heavier on the beans, which I like for my kids. If your kids don't like spicy foods, omit either the jalapeno or cayenne pepper. Remember to double the recipe and freeze batches to use for future dinners.

Family Favorite 3 Bean Chili

- 1 pound ground beef
- 1 medium onion, chopped

- 2 jalapeño peppers, seeded and chopped
- 2 tablespoons chili powder
- 2 teaspoons brown sugar
- 1/2 teaspoon ground cayenne pepper
- 1/4 teaspoon ground cumin
- 2 (15-ounce) cans tomato sauce
- 1 (6-ounce) can tomato paste
- 1 3/4 cups water
- 1 1/4 cups broth or beer
- 1 teaspoon apple cider vinegar
- 1 (16-ounce) can light red kidney beans, drained
- 1 (15.5-ounce) can small great northern beans, drained
- 1 (15-ounce) can pinto beans, drained
- 1/2 teaspoon salt

Cook ground beef and onion in a Dutch oven over medium-high heat, stirring until meat

crumbles and onion is tender. Drain, then return to pan.

Add jalapeño pepper, chili powder, brown sugar, cayenne pepper and cumin; cook 2 minutes. Add tomato sauce, tomato paste, water and beef broth; stir well. Stir in beans. Bring to a boil; reduce heat, and simmer, uncovered, over medium-low heat 45 minutes, stirring occasionally. Stir in salt before serving.

ROTISSERIE CHICKEN

When the clock is ticking for dinnertime, you can always rely on a rotisserie chicken. The grocery store stand-by has a few advantages: it's inexpensive, relatively healthy and is just boring enough to not cause a protest by either toddlers or teenagers.

I especially like the rotisserie chickens both at Whole Foods and Costco. If you're thinking ahead, pick up a few to debone and shred or chop for future meals. If there's no time for that, just pick up a chicken and serve with rice, salad and bread. Dinner is done.

As far as cost goes, you do save a little by roasting your own chicken – which you can do either in the oven or a Crock-Pot. But the cost saving is minimal and not worth it if you're in a busy season of life.

Any recipe that calls for cooked, chopped chicken is a green light for rotisserie chicken.

continued next page

Using my own kids and my nieces as a focus group, I know that kids prefer simple. Casseroles may be comfort food for me, but they're off the table for my kids.

So, I use rotisserie chicken simply. Chopped and seasoned with chili powder, cumin and a little salsa, you have the filling for chicken tacos, quesadillas or burritos. Sliced and seasoned with salt and pepper, you have a protein to mix with veggies and rice for a quick stir fry.

Here's another way I like it – as a pizza topping. This inexpensive dinner comes together easily with Trader Joe's pizza dough (find it in the freezer case) or a premade pizza crust from any grocery store. Another inexpensive – and fun – way to make this pizza is to substitute flour tortillas for the pizza dough. Let each kid make his or her own pizza using the tortilla as a base.

I have one child who picks and eats basil straight from the garden. My other two have put it squarely in the category of "green stuff," in other words "not to be touched." But even they like this pizza, once they've picked off the green stuff.

Chicken Bruschetta Pizza

- 1 cup chopped cooked chicken
- 2 tomatoes, seeded and chopped
- 2 cloves garlic, chopped
- 1 tablespoon balsamic vinegar
- Salt and pepper, to taste
- 1 large prebaked pizza crust
- 1 tablespoon olive oil
- 1 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1/4 cup chopped fresh basil

Heat oven to 450 degrees.

Combine chicken, tomatoes, garlic, balsamic vinegar and salt and pepper in bowl.

Brush olive oil over pizza crust. Bake 3 minutes; remove from oven. Top with chicken mixture and mozzarella cheese. Bake 7 to 9 minutes or until cheese is melted and bubbly.

Once out of oven, top with Parmesan cheese and fresh basil. Cut into slices.

BEANS

Beans are synonymous with frugality. Dried beans are, of course, the cheapest way to go. But canned beans are also economical.

For kids, the prospect of staring down a plate of haricot verts and zucchini on a Meatless Monday might be doomsday. Instead, take that vegetarian night of the week to capitalize on tasty and healthy beans. Make a mixed bean soup with cornbread. Mash pinto beans and top with cheese and sour cream for a dip served with cut vegetables and baked tortilla chips.

Or, you can't go wrong with a black bean burger. Serve it with sweet potato fries for a dinner so good even carnivores won't miss the meat.

A vegetarian friend gave me this recipe that's a favorite of her kids. She says her kids love these burgers topped with ketchup and pickles. This recipe makes eight burgers.

Black Bean Burgers

- 1 medium onion, diced
- 4 to 5 tablespoons extra-virgin olive oil, divided
- 3 cups cooked black beans, divided
- 2 garlic cloves, chopped
- 1 1/2 cups coarse breadcrumbs
- 2 eggs
- 1 1/2 teaspoons liquid smoke
- 3/4 teaspoon lemon pepper
- 1/4 teaspoon red pepper flakes
- 1 teaspoon kosher salt

Cook onion in 3 tablespoons olive oil over medium heat until onion becomes translucent and begins to brown. Remove from heat.

In a blender or food processor, puree 2 1/2 cups of the beans.

Mix pureed and remaining whole beans with onions, garlic, breadcrumbs, eggs, liquid smoke, lemon pepper, red pepper flakes and salt. Form the mixture into 8 patties.

On a griddle, heat 1 to 2 tablespoons olive oil over medium heat. Cook patties on the griddle until they start to crisp on the edges and are warmed through (just a couple of minutes). Serve on hamburger buns with your favorite hamburger toppings.



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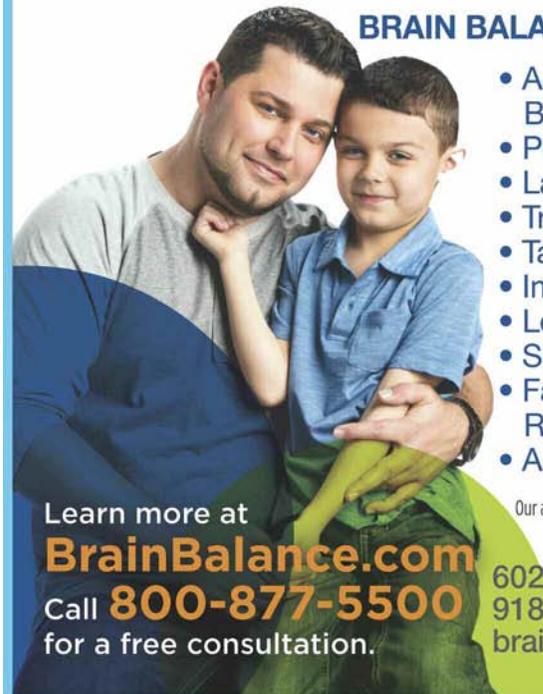
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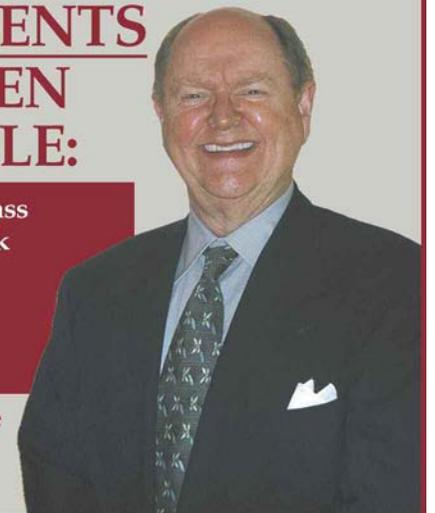
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BY BETSY PENTURF

this one's for the girls

GIRL SCOUTS OF EASTERN OKLAHOMA UNVEILS NEW FACILITY

With plenty of natural light, ample space and color themes to match its cookie boxes, the Girl Scouts of Eastern Oklahoma's new Hardesty Leadership Center is a long-awaited resource for staff, volunteers and troops. The facility opened June 1 and serves as the headquarters for the local Girl Scouts.

"I've not seen one Girl Scout office with the design detail of this one," said Roberta Preston, Girl Scouts of Eastern Oklahoma CEO. "I've been to half a dozen to 10 around the country, and none of them are as beautiful as this. We waited for the right time and held on to the land for 10 years so that we knew we had the support of the philanthropic community. We were very fortunate with the timing and did all of our pledges before the oil prices dropped. I think that made a difference."

Built by Flintco and conceived by Beck Design, the building illustrates the Girl Scouts theme throughout the facility. Beck Design met with each department to determine the needs for each area.

"Beck Design really delved into the Girl Scouts' story and history, and as a result, their concept really incorporated all of the Girl Scouts elements – the green sash on the front of the building, the wavy line that goes from the front



of the building to the outdoors, the outdoor fire pit and even a bridge above the first floor that reflects the transition of the girls from one level to the next," said Susan Kenny, chief development officer. "All of the colors throughout the building are based on colors of our cookie boxes – they are seen all throughout the building in the flooring, paint colors and upholstery. This is another example of how the Girl Scouts component was incorporated into the building."

The first floor was designed for girls and volunteers, with a separate wing for each. The first floor also includes a catering kitchen, meeting rooms, store, museum, warehouse space and

in-house print shop. Several of the rooms even double as safe rooms with FEMA doors.

Twice the size of the old store, the new Girl Scouts store is a cheery space near the lobby with its own entrance that can be accessed on weekends if the building is closed. "The store is bright with lots of light and stocked with everything you need depending on what level, from Daisy to Cadette," Kenny said.

The Girl Scouts' former building at 51st and Lewis was almost 50 years old, and space was tight. "It was designed for a staff serving 3,000 people. Now we're serving almost 13,000 people," Kenny said.

The new space was de-

signed to allow the organization to offer multiple activities at the same time. "We now have so much more space to have so much more going on over the course of a weekend or in the evenings than we were ever able to have before," Kenny said.

The new building even features a small Girl Scouts museum that will showcase vintage uniforms, interactive exhibits and more. "We partnered with the University of Tulsa Museum Program to develop the museum. Working with TU really helped us by having someone with expertise," Kenny said.

A climate-controlled warehouse space is another key part of the new facility, which is where the cookies are stored. The old building storage space consisted of a basement that was a fraction of the new storage space. "The old building had a sloped driveway and the cookie truck couldn't even make it down the driveway, so staff had to help unload the truck," Kenny said.

The building's second floor provides office space for their 50 employees, including a staff kitchen and employee break area. The new space contributes to how the staff can better serve the volunteers and the girls. "Having more space has really made an impact for our employees," Kenny said. "What a difference having a new building makes!"

continued next page

The building was financed through a capital campaign that began in 2013, and the campaign is nearing its end. "Our goal was to fund the building completely through philanthropy, and we are currently in a closing the gap campaign," Kenny said. "The campaign has been funded through the generosity of our family foundations and corporations."

Camp Tallchief, the Girl Scouts' resident camp at Zink Ranch, also received funding from the capital campaign for new cabins, facility enhancements and more.

"I think this building really invites kids. It's warm, and it welcomes children," said Lauren Zeligson, communications director. "In the other building, there just wasn't enough space for kids to come, except to visit the store. This new building is kidcentric."

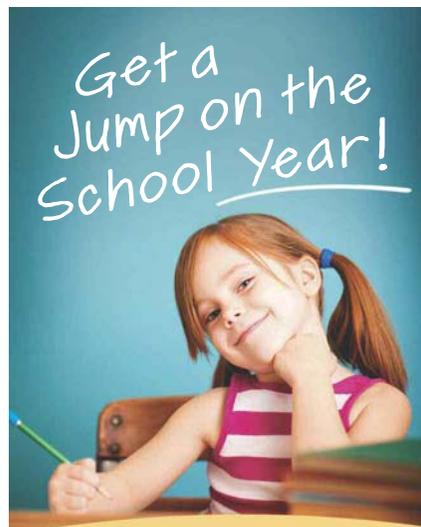
The Girl Scouts of Eastern Oklahoma serves 30 counties, with almost 11,000 girls and 2,500 volunteers. One of their special programs includes Girl Scouts Beyond Bars, a national initiative to strengthen parent-child relationships for girls with incarcerated parents. "Our goal is to reach every girl where she is," Kenny said.

Community Open House

Girl Scouts will be showcasing the Hardesty Leadership Center to the public on Saturday, Sept. 24 from 1-4 p.m. The event will include building tours, activities for troops and girls and more. The building is located at 4810 S. 129th E. Ave. in Tulsa.

New Cookie Introduced

On a sweeter note, Girl Scouts of the USA recently introduced a new cookie for 2017. In celebration of 100 years of Girl Scouts selling cookies, troops will have the new S'mores™ cookies available next year.



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BY NANCY A. MOORE

meet Philbrook's New Director, Scott Stulen

After launching a lengthy international search, the Scott Stulen was selected as Philbrook Museum of Art's new director. Stulen's top-notch experience, leadership and unique approach to engaging audiences with art hints at things to come.

GETTING TO KNOW SCOTT:

TK: What are three adjectives that describe you?

Stulen: Passionate, Creative and Approachable

TK: Where were you employed prior to accepting the position at Philbrook, and what was your role?

Stulen: I was the Curator of Audience Experiences and Performance at the Indianapolis Museum of Art, the first position of its kind in the country. At IMA I created engaging (and often surprising) exhibitions and programs to connect new audiences with the museum collection and campus.

TK: What interested you about the director's position at Philbrook?

Stulen: Many things. The beautiful campus, the uniquely positioned downtown space, financial stability, a dedicated board, talented staff, rich and diverse collection and all set inside a vibrant Midwestern city. But most importantly I have admired how



SCOTT STULEN WITH HIS WIFE RACHEL AND TWO SONS, ERLEND AND OLIVER

Philbrook has become a community-focused institution, striving to be an innovator while embracing risk...precisely the place I want to work.

TK: I noticed from your Instagram page that you like Legos. Has this always been a favorite? When did your hobby begin?

Stulen: I have loved Legos since I was a kid. My favorite were the classic space Legos of the 1980s

(think Benny from the Lego Movie). I would spend hours in my room crafting complicated narratives around my own creations, including LOTS of space-ships. As an adult, I like building architecture models (and get help from the boys). Recently I had one of my Lego models of the Miller House in Columbus, Indiana, in an exhibition of mid-century modern buildings. (The Miller House is an example of

American modernism, designed by Eero Saarinen and Associates. A National Historic Landmark, the house and gardens are owned by the Indianapolis Museum of Art.)

PHILBROOK MUSEUM:

TK: What's on the horizon for Philbrook?

Stulen: We are excited to open the Native Fashion Now on October 2, which features the original work from over 70 contemporary Native fashion designers representing over 55 nations across North America. Like all installations of Native American art at Philbrook, this exhibition, organized by the Peabody Essex Museum, focuses on the identity and inspiration of Native artists. From haute couture to street wear, today's Native American fashion design may not be what most visitors expect and we're excited to be the only venue in the Central U.S. to present this work.

TK: What do you plan to integrate into Philbrook's programming?

Stulen: Unique and engaging programming is key to attracting new audiences, particularly families. I am hoping we can build on the strong programming at Philbrook and take it to another level over the coming years. Expect more family-friendly performances, interactive programming

continued next page

and mash-ups, seasonal celebrations and maybe even a cat video festival. My goal is to create relevant, exciting exhibitions and programs where families want to visit Philbrook monthly or even weekly.

TK: What does Philbrook offer specifically for kids and families?

Stulen: Philbrook offers free admission to kids daily. Families can pick up self-guided experiences at both locations every day. Every Saturday families can enjoy free hands-on art making activities at the main campus. On the second Saturday of every month, Philbrook offers free admission to everyone. Philbrook enables families to enjoy quality time every time.

TK: What do you hope families and kids will come away with after visiting the museum?

Stulen: I hope that families will think of Philbrook as a welcoming place to learn, gather and have fun. And a place that is relevant to their daily lives and community.

TK: What is Museum Hack and is it something that will be coming to Philbrook soon?

Stulen: Museum Hack is a group based in New York that creates original, and sometimes irreverent tours within museums, sometimes in partnership with museum staff, sometimes not. Their tours are scavenger hunts, history lessons and dance parties smartly stitched together into a highly interactive experience. I have worked with the Museum Hack team in the past and plan to work with them early in my tenure at Philbrook to create an original experience around the art collection and garden. Recently they have been focusing on work with Pokemon Go, which could be interesting to implement depending on how the current trend evolves.

FAMILY LIFE:

TK: Tell us about your family:

Stulen: My wife Rachel and I just

celebrated our 20th wedding anniversary in June. We have two kids, Erlend who will turn 6 in October and Oliver who is 20 months old. Erlend will start kindergarten, Oliver day care, and I start at Philbrook on the same day in August. Big day for the Stulen Family! Rachel works full-time for a financial services company and will work remotely from Tulsa.

TK: What does your family enjoy doing in your free time?

Stulen: We love going to the park, riding bikes, visiting museums, finding new restaurants, having impromptu dance parties in the living room, playing music and having family movie nights.

TK: Are your boys into Legos as much as you are?

Stulen: Yes, they have a similar passion for Legos. It was a big moment when I mixed the Legos from my childhood with Erlend's and we sat down to play together. Now his room is dominated by his Lego adventures. Oliver is still at the Duplo stage, but loves building with his brother.

TK: Once you get settled, what is your family looking forward to visiting around Tulsa?

Stulen: We are eager to check out the food and coffee shop scene, go to the Farmer's Market on Cherry Street, take the kids to the new children's garden at the Tulsa Botanical Garden, watch a film on Guthrie Green, attend a Drillers game, see a show at Cain's Ballroom and of course spend a lot of time at Philbrook meeting the community.

WRAP-UP:

If people want to follow my Lego and museum habits directly, my Instagram account is scottstulen and my Twitter is @middlewest I post often. It's a great way to get some insight into what we are doing at Philbrook behind the scenes and on my family adventures.



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BY DIANE TRITT EATON

Big Cedar Lodge's Dogwood Canyon: where nature is nurtured



BEAUTIFUL SUNSET AT BIG CEDAR. (COURTESY OF BIG CEDAR)

As huge fans of the scenic Ozarks, my family takes time away from everyday living and heads to Arkansas and Missouri at least once each year. One of the biggest draws is top-ranked Big Cedar Lodge's sister property, Dogwood Canyon Nature Park, which, straddling both states, is a unique spot that has been purposefully designed with nature in mind.

Situated 30 minutes southwest of Branson, Missouri, this 10,000-acre limestone canyon affords outdoor adventure for all. A

splendid blend of Mother Nature's magic and the tender loving care of human hands (namely Johnny Morris of Bass Pro and Big Cedar Lodge fame and his masterful influence), the preserve wows everyone.

Whether on foot or on a guided tour, the sites will blow your mind as you admire numerous waterfalls, blue-green natural pools, and crystal clear streams, abundantly filled with trout for eager anglers. Carefully maintained natural grounds display rugged rock formations, canopies of trees, deep dark caves and

plentiful flora—all indigenous to the area. Wildlife is plentiful, too. Herds of Bison, American Elk, Texas Longhorn cattle and white-tail deer call Dogwood Canyon Nature Park home and roam free, making encounters with them frequent and personal. Park scientists track and facilitate the herds' growth in an effort to revitalize and preserve the natural landscape as it was inhabited hundreds of years ago.

Ways to Soak In the Beauty

Upon arrival at the welcome center, you'll park the car since no automobiles are permitted in the preserve. At this point, you'll want to determine your preferred mode of transportation. General admission fees are \$10 for 12 years and older, \$5 for 3-11 year-olds and those under 3 are free.

Walking/Hiking

There are more than six-and-a-half miles of pristinely paved pathways for walking and hiking that weave throughout the park—winding through and over a series of bridges including an authentic covered bridge, gorgeously crafted by the Amish folk who live nearby.

Biking/Segway Tours

Bike rentals are offered and provide an extra fun way to zip through the paved route, stopping at any/all vantage points at

your own leisurely pace. If you pre-plan, the park allows you to bring bikes from home. Or, when opting to take a motorized Segway, you'll spend a short time getting trained and then be guided on a 90-minute adventure throughout the preserve. A highlight for kids in particular is when you stop to admire Glory Hole, a magnificent waterfall that cascades into a gorgeous pool full of colorful rainbow trout, waiting for you to feed them a snack.

Tram Tours

An open-air tram tour is a fun and relaxing way to enjoy your time, especially if you feel the walk or a bike ride may be hard on the little ones. Each guided tour lasts two hours and educates you about the history of the beautiful surroundings. There is a strong likelihood that, as the tram makes its way across the Arkansas border, you'll enjoy sightings of bison, elk or some other furry creatures. Advance reservations are strongly recommended and separate fees (in addition to general admission) are required.

Horseback Riding

Exploring the grounds on horseback is thrilling. The one- or two-hour guided equine tour, led by full-fledged wranglers, takes you and your crew into parts of

continued next page



THE TRANQUIL WOODS AND WATER IN DOGWOOD CANYON.
(COURTESY OF DOGWOOD CANYON).

the park that cannot be visited otherwise. Newly built Little Indian Stables is situated along the creek and contains two-dozen stalls, housing majestic horses. Advance reservations are required and separate fees (in addition to general admission) are charged.

Check out www.dogwood-canyon.org for pricing, hours and more in-depth information about the park.

A Daylong Adventure or an Overnight Stay

Less than three-and-a-half hours from Tulsa makes for a doable (yet rather long) day trip to Dogwood. Lodging options are plentiful. Unfortunately, for now, the cabins on property are not available. However, a host of low budget to high-end motels, hotels and resorts can be found nearby.

Our favorite is Big Cedar Lodge, a mere 20 minutes from the canyon. This nationally acclaimed resort provides a perfect extension for a nature-themed family trip. Consistently awarded by Travel and Leisure as one of the best in its class, Big Cedar Lodge sits along Table Rock Lake, just outside of Branson, and is best known for its outstanding ability to entertain outdoor adventure seekers, nature lovers, golfers, boaters and more. Rustic sophistication and comfort awaits you in one of the many lodging

choices available, including standard rooms, suites, cottages and larger cabins. A variety of restaurants are on-site for your hungry crew.

Always adapting to meet its guests' desires, the resort has evolved and grown—now offering Cedar Creek spa with its indoor grotto pool and Bass Pro Shop's Outdoor Academy for archery, skeet and clay. Big Cedar just keeps adding to the mix of activities available to its guests. Visit www.BigCedar.com for details and note that advance reservations (and often a minimum of two-night stays) are required.

Time Is Of the Essence

Dogwood Canyon is a tranquil sanctuary where you can find peace among the chaos of school, sports, recitals and homework. Opportunities at Dogwood can instill an inherit love for the great outdoors and the importance of preserving its beauty.

The park is open year round with only two exceptions—Thanksgiving and Christmas. Although an amazing place no matter the season, there is a particular draw during fall, when colored foliage is prolific. So, why not get back to nature now, and visit Dogwood Canyon this autumn?

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BY BETTY CASEY

a grandfather's memoir

A how-to book for grandparents wrapped in a memoir, *Braiding Generations: A Grandfather Breaks the Code* by Tulsan Harold Battenfield, begins with recollections of a boyhood along the banks of the Illinois River and ends with lessons learned from a life of joy, playfulness and heartache, including the loss of a child. Running through the book like the ever-present river is the importance of family connectedness.

Battenfield, a retired orthopedic surgeon, writes, "Not wanting my life history to be reduced to a name on a headstone, I chose to record mine in print to offer up what has been meaningful to me in life, so my children and grandchildren can know their family history, become witnesses to who I am, and better understand what I think and feel."

Often, reading one person's story stirs our own memories and illuminates those common human threads that bind us, even though the particulars may be different for each person.

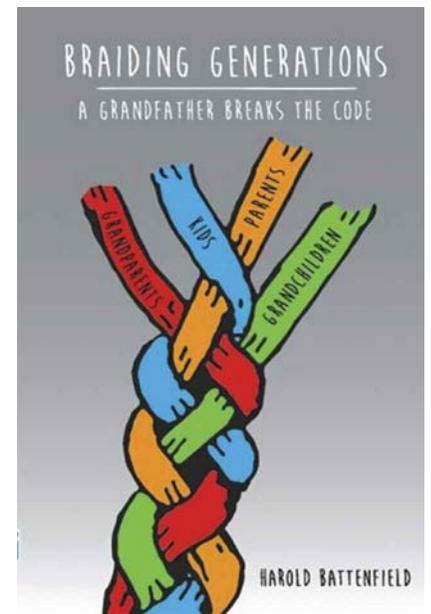
One of those ties is longing to be close to our children. In *Braiding Generations*, Battenfield writes about wanting to spend quality time with his daughter. He decides to read *Where the Red Fern Grows*, thinking the book will also show his daughter something of his childhood along the



DR. HAROLD AND MARY BATTENFIELD WITH THE ROCK HE CARVED FOR THEIR 50TH WEDDING ANNIVERSARY.

Illinois River. As they get to the end of the book, Battenfield is overcome with emotion and, with both he and his daughter in tears, hands the book over to his wife, Mary, to finish. The book becomes a tradition to be read to each child and grandchild as they enter third grade, with each child and grandchild signing and dating the book in chronological order in "third-grade script." Battenfield writes, "If a fire ever occurs in our house, what will I save first? The family photo album and *Where the Red Fern Grows*."

Each chapter of the book is a testament to family as well as a treasure-trove of good ideas for parents and grandparents. For some, Battenfield's ideas may be somewhat extreme. He dreams big and is not afraid to create projects that spring from the enormity of a child's imagination. There's the box house that he helped his grandchildren build that took a year-and-a-half to complete. Their mother complained that the children wouldn't do their homework or even watch TV because they



were so engaged in completing the house. And, what child hasn't tried to float into the air using a helium balloon? After experimenting with the grandchildren about what a helium balloon could and could not lift, Battenfield decided they could figure out a way to send Grant, the smallest child, airborne. After a couple of failed attempts, Battenfield refused to lose credibility by giving up. He studied lift and volume until he felt that he could successfully launch Grant. With all the grandchildren and other family members gathered around him, Grant safely flew and landed (with many precautions in place, of course).

"The code in the title refers
continued next page

to knowing how to interact with a child," Battenfield said. "Grandparents are boring compared with kids' friends, so I had to be more interesting than their friends. They wanted to come to our house."

Prolonged projects, such as building the cardboard house or the nine-foot Lego Eiffel Tower or the bridge across the swimming pool, were all not only ways to engage the children, but to educate them about a whole host of skills necessary to complete the projects.

"They were intrinsically involved in what we did," Battenfield said. "There was no teacher, no right or wrong."

Braiding Generations is an honest, often humorous, story of, as Battenfield writes, "what it means to be human." The dust-bowl past of his parents, the hard

work that it took to pay for and complete his own education, the heartbreak of losing a child and the fear of a wife's cancer diagnosis all blend with the high points of his life to show all of readers how life can be joyfully embraced with love of family.

Braiding Generations: A Grandfather Breaks the Code by Harold Battenfield Available on Amazon, Ribbons on Peoria and Ida Red, 3336 S. Peoria

Battenfield is available for book-signings and readings, and presentations to groups on grandparenting, writing, memoir and meaningful retirement. www.braidinggenerations.com

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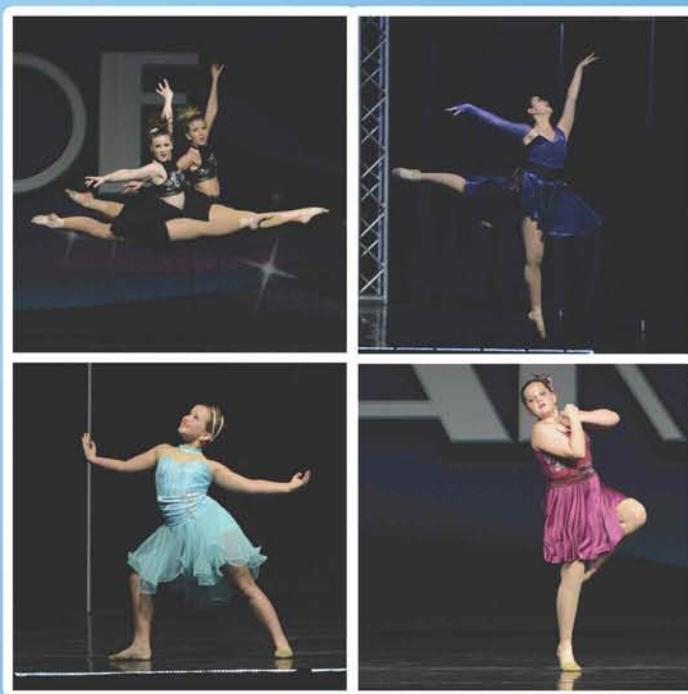
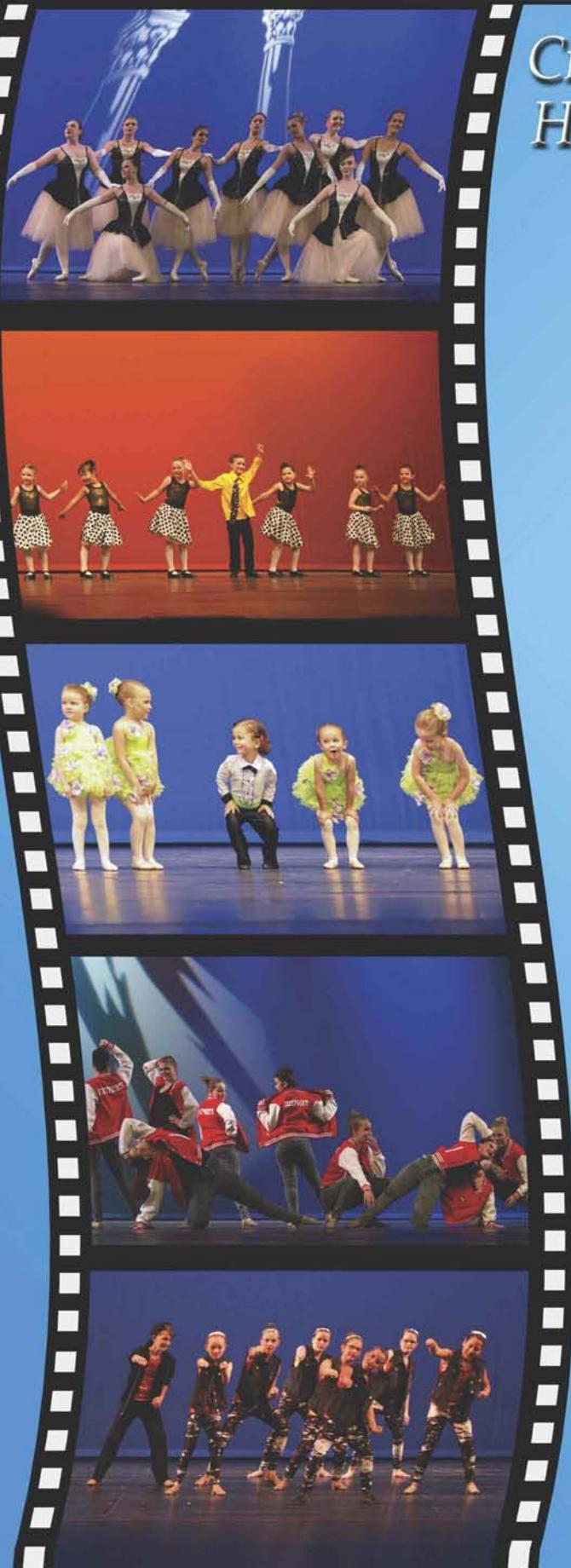
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SEPTEMBER



MUFARO'S DAUGHTERS

Don't miss this one-night-only production of Mufaro's Daughters at the Tulsa PAC on Friday, September 3. Tickets are \$10. [View listing.](#)

PHOTO CREDIT: KAREN ALMOND

1 | THURSDAY

Broken Arrow Sidewalk Astronomers:

Mars Madness (FREE)

Explore the Martian moons, Phobos and Deimos, and construct them from images taken by European Space Agency's Mars Express Orbiter. For all ages. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 6:30 P.M.

2 | FRIDAY

Adventures in Science (FREE)

Explore different science topics through hands-on projects that are fun for the whole family. For ages 5-12. Broken Arrow Library, 300 W. Broadway; 2 p.m.

First Friday Art Crawl

First Friday is a perfect date night starting with a cocktail, coffee or early dinner on one of the many patios. It can also be a leisurely browse of the art and a great late dinner or nightcap at the District's unique restaurants or clubs. Families can find many options from kid-friendly gallery shows to live music in the park. For those who like to linger even later, stay for one of the clubs, bars or coffee shops. First Friday begins at 6 p.m.

3 | SATURDAY

Helping Children Cope with Divorce

Family & Children's Services is the place to turn for help when parents live apart. This seminar will make difficult life transitions easier for you and your children. Family & Children's Services, Central Office, 650 S. Peoria Ave.; 9 a.m.-1 p.m.

4 | SUNDAY

See sidebar for on-going events/ activities.

5 | MONDAY

Scout Day at the Oklahoma Aquarium

The Oklahoma Aquarium hosts Scout Days to honor all youth organizations and their members (such as Boy Scouts, Girl Scouts, Camp Fire, 4-H, FFA, etc.). There are special activities offered from 12 to 2 p.m., but the discounted rate is available for the entire day (remember the last ticket is sold 1 hour prior to closing.) Oklahoma Aquarium 300 Riverwalk Terrace; 10 a.m. www.okaquarium.org

6 | TUESDAY

Mini Masters: Five Senses in Art

Kids will explore the galleries and gardens of Gilcrease Museum as they use their five senses - sight, sound, hearing, taste and touch. Children will learn to look at the world in new ways, which will inspire their art creations. For ages 3-6, who must be accompanied by an adult. Because of the age-specific activities, only children ages 3-6 may participate. Alternative arrangements should be made for younger siblings. Space is limited and advanced registration is required: 918.596.2774. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; noon. www.gilcrease.utulsa.edu.

7 | WEDNESDAY

Homeschool Art Class at Philbrook (5-8)

Each homeschool class offers gallery tours led by qualified art educators, an in-studio art-making project, as well as resources to guide parents through that week's class into a month-long learning opportunity. Class begins promptly at 1 p.m. Philbrook Museum, 2727 S Rockford Rd. www.philbrook.org

8 | THURSDAY

ZACH: Teen Time @ Zarrow

This exciting teen art program is designed especially for the homeschooling community. Students will enjoy an arts enrichment experience with a consistent concept of the month presented, such as Landscapes, Portraits, 2D/3D, Realism/ Abstraction based on the Elements of Art and the Principles of Design. Each lesson, materials and gallery discussions will be taught by qualified art instructors and designed to be age appropriate to create a targeted learning experience. For ages 13 - 16 years old. Registration required: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10 a.m.

The Art of Tidying Up (FREE)

Is it hard to keep your house in order? Do you struggle with stuff? Create a dramatic change by applying home maintenance techniques made popular in Marie Kondo's book "The Life-Changing Magic of Tidying Up." For adults. Owasso Library 103 W Broadway St.; 11 a.m.

**TARC Kids "Connections" Group**

This is a social skills group for children with Asperger's and high functioning autism, ages K-5th grade. The Kids "Connections" group meets on the second Thursday of each month from 4:30 to 5:30 pm at the TARC office, 2516 E 71st St, Suite A. For more information: 918.582.8272.

Zentangle for Fun and Stress Relief

Get your creative juices flowing! Zentangle is a fun way to relieve stress. All materials will be provided. For ages 10-18. Registration is required: 918.549.7670. Schusterman-Benson Library, 3333 E 32nd Pl.; 6 p.m.

9 | FRIDAY**Healthy Brain, Healthy Mind (FREE)**

Developed within the University of Oklahoma's Health Sciences Center Department of Geriatric Medicine, the four-week Healthy Brain, Healthy Mind program is designed to help individuals understand many different techniques to help maintain a healthy brain which is vital for good mental health. Through class discussion and participation those who take this class will learn more than a dozen ways to improve their mental and physical health. For ages 55+ and family caregivers. Registration is required: 1-888-616-8161 or email devon-murray@ouhsc.edu to register. Nathan Hale Library, 6038 E 23rd St.; 10:30 a.m.

Bored? Board! (FREE)

Drop in and play a board game or two! Mr. Paul will demonstrate a few of his favorites, such as Sushi Go and Codenames. You'll also learn a few ways you can use a 3-D printer to spice up your board games at home. For ages 10-15. Hardesty Regional Library, 8316 E. 93rd St.; 3 p.m.

A Night Under the Stars: A Family Campout

Enjoy relay games, arts & crafts, scavenger hunt, campfire, stargazing, nighttime trail hike, music and more at this community campout. Campers must register and pay at the Bixby Community Center no later than 5 p.m. on Thursday, September 1. Meal tickets are included for Friday night dinner and Saturday morning breakfast. Campers must bring their own camping gear & equipment. No RV's. Campers will be assigned a site location. Check in: Fri., Sept. 9 @ 4 p.m./ Check out: Sat., Sept. 10 at 12 p.m. A parent or guardian must accompany children under 18 yrs. old. For more information, call 918.366.4841.

10 | SATURDAY**Gold4Kids: Gold Rush Walk & 5K**

Bring your whole family and stay for free breakfast, snacks, activities and entertainment! The GoldRush Walk and 5K is a day to celebrate local childhood cancer fighters and survivors, as well as remembering those we have lost. Oral Roberts University Campus, begins at 7 a.m. For more information, go to www.gold4kidstulsa.org.

Oklahoma Avicultural Society Bird Fair

Take the family to view exotic birds and learn about special birds in and outside of Oklahoma. Children 10 and younger are free. Expo Square, 4145 E 21st St.; 9 a.m.-5 p.m.

7th Annual TherapyWorks Talent Show!

The theme for this year's show is "OUT OF THIS WORLD" (AKA - A Space Theme). There will be a BIG Jupiter Jump with a climbing wall and slide. Inside the auditorium will be games, tattoos, photo booths and other fun. The Talent Show will showcase the amazing talent and skills of TherapyWorks kids followed by pizza. Faith United Methodist Church, 7431 E 91st St.; 10 a.m.-1 p.m. For more information, go to TherapyWorks Facebook event page.

Labapalooza 2016 (FREE)

Labapalooza helps raise funds and connect all kinds of canines with their forever homes. Guthrie Green, 111 E. Brady; 11 a.m.-4 p.m.

Sibshop September Workshop

Sibshops are opportunities for brothers and sisters of children with disabilities and special health care needs to obtain peer support and education within a recreational context. These workshops are open to siblings 5 to 13 years old. There is a small cost of \$6 for each session which covers a provided snack. Pre-registration is required: 918.227.1797. Happy Hands Education Center, 8801 S Gamett Rd.; 1-4 p.m.

11 | SUNDAY

See sidebar for on-going events/ activities.

12 | MONDAY

See sidebar for on-going events/ activities.

**SAND SPRINGS ROTARY DOWNHILL DERBY**

Join the fun that is the annual Sand Springs Downhill Derby. The Derby offers awards for competitive, people's choice and creativity for both children and adults. Find an entry form on their Facebook page and join the fun on Saturday, September 17 from 9 a.m. to 5 p.m. at Broadway & Main in Sand Springs.

13 | TUESDAY**Teen Lab: Fandom Tuesday**

Join in to discuss books, movies and more. What is your fandom? Make memes and crafts. Snacks are provided by the Friends of the Helmerich Library. Helmerich Library, 5131 E. 91st St.; 4:30 p.m.

Forever. For Real. Relationship Class (Next Level) (FREE)

This FREE, one session workshop focuses on important relationship topics not covered at other workshops and is based on real feedback from attendees. Family and Children Services, 2325 S Harvard Ave.; 6-8:30 p.m. www.fcsok.org

14 | WEDNESDAY

See sidebar for on-going events/ activities.

15 | THURSDAY**Museum Babies at Gilcrease**

Museum Babies is designed to nurture the needs of both parent and infant/toddler. Parents will enjoy a casual experience in the galleries, learning about the art of Gilcrease Museum, then it's "baby time" with activities to stimulate the five senses and refreshments. For ages Birth to not yet three years old, accompanied by caregiver. Space is limited and advanced registration is required. Gilcrease Museum, 1400 North Gilcrease Museum Rd.; 10:30 a.m. www.gilcrease.utulsa.edu

Explore and Play (FREE)

For babies and toddlers, playing is learning! Join in for games, toys and activities that foster critical early literacy skills. For ages 1-5 and their caregivers. Broken Arrow Library, 300 W. Broadway; 10:30 a.m.

Safe Kids Car Seat Check-Up (FREE)

Get your car seat evaluated by trained professionals. Tulsa Fire Department Station 22 7303 E 15th St (15th St between Sheridan & Memorial); 2-4 p.m.

Lego Lab (FREE)

Learn new building ideas, partner with other children during team-building challenges and explore free building. For ages 6-12. Class size is limited to 20 on a first-come, first-served basis. Martin Regional Library, 2601 S Gamett Rd.; 4 p.m.

Minecraft Gaming for Tweens (FREE)

Put your imagination to the test building your own world in the popular game Minecraft. For ages 8-12. Hardesty Regional Library, 8316 E. 93rd St.; 4:30 p.m.

Helping Children Cope with Divorce

Family & Children's Services is the place to turn for help when parents live apart by helping make difficult life transitions easier for you and your children. Tulsa Technology Center, 4000 W. Florence, F Wing, Room 215 (upstairs); 4:30-8:30 p.m. Register at www.fcsok.org.



COMMUNITY STORYTIMES

Bixby Library (20 E. Breckenridge, Bixby)

- Preschool Storytime: Mondays, Sept. 12, 19, 26 • 11-11:30 a.m.
- PAWS for Reading: Thursday, Sept. 8 • 6:30-7:30 p.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)

- My First Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-10:50 a.m.
- Preschool Storytime: Mondays, Sept. 12, 19, 26 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Sept. 14 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)

- Preschool Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Sept. 7, 14, 21, 28 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Sept. 7 • 4:30-5:30 p.m.

Charles Page Library (551 E. Fourth St., Sand Springs)

- Storytime with Ms. Julia: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-11:30 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)

- My First Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10-10:20 a.m. and Mondays, Sept. 12, 19, 26 • 10-10:20 a.m.
- Toddler Time: Tuesdays, Sept. 6, 13, 20, 27 • 11-11:20 a.m. and Wednesdays, Sept. 7, 14, 21, 28 • 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, Sept. 1, 8, 15, 22, 29 • 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, Sept. 7, 14, 21, 28 • 11-11:30 a.m.

Helmerich Library

- Mr. Adam's Stay and Play Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)

- My First Storytime: Thursdays, Sept. 1, 8, 15, 22, 29 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, Sept. 14, 28 • 3:30-5 p.m.
- Sensory Storytime: Saturday, Sept. 24 • 10:30 a.m.-noon

Jenks Library (523 W. B St., Jenks)

- My First Storytime: Wednesdays, Sept. 7, 14, 21, 28 • 10-10:15 a.m.
- Preschool Storytime: Wednesdays, Sept. 7, 14, 21, 28 • 10:30-11 a.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)

- Bilingual Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 11-11:30 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)

- Mrs. Cindy's Storytime: Thursdays, Sept. 1, 8, 15, 22, 29 • 10:30-11 a.m.
- PAWS for Reading: Saturday, Sept. 10 • 2-3 p.m.

Owasso Library (103 W. Broadway, Owasso)

- My First Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10-10:25 a.m. and Wednesdays, Sept. 7, 14, 21, 28 • 10-10:25 a.m.
- Preschool Storytime: Tuesday, Sept. 6, 13, 20, 27 • 10:30-11 a.m. and Wednesdays, Sept. 7, 14, 21, 28 • 10:30-11 a.m.
- Homeschool Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 2-3 p.m.
- PAWS for Reading: Monday, Sept. 19 • 4-5 p.m.

Pottery Barn Book Club Storytime (Utica Square)

- Tuesdays at 11 a.m.

Pratt Library (3219 S. 113th W. Ave., Sand Springs)

- Miss Connie's Storytime: Thursdays, Sept. 1, 8, 15, 22, 29 • 10:30-11:15 a.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)

- Preschool Storytime: Tuesdays, Sept. 6, 13, 20, 27 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Sept. 7, 14, 21, 28 • 10-10:20 a.m. and Wednesdays, Sept. 7, 14, 21, 28 • 10:30-10:50 a.m.
- PAWS for Reading: Monday, Sept. 12 • 3:30-4:30 p.m.

Tulsa Toy Depot (101st & Sheridan, Tulsa)

- Thursdays at 11 a.m.

Zarrow Regional Library (2224 W 51st St., Tulsa)

- Wednesdays, Sept. 7, 14, 21, 28 • 10:30-11:30 a.m.
- PAWS for Reading: Saturday, Sept. 24 • 2-3 p.m.

International Talk Like a Pirate Day Party

Ahoy, matesy! Come by for pirate-themed fun and activities all day, with a family-friendly pirate movie at 5:30 p.m. Costumes encouraged but not required. For all ages. Judy Z. Kishner Library, 101 East Archer St.; 5:30 p.m.

Bullying Presentation

The University of Tulsa will host a presentation on bullying by Jean Peterson, Professor Emerita Purdue University, College of Education. A private school showcase will also be included. For more information, go to utulsa.edu/school. TU Student Union, 7 p.m.

16 | FRIDAY

Mini Masters: Five Senses in Art

See previous description, 10 a.m.

Healthy Brain, Healthy Mind

See previous description, 10:30 a.m.

17 | SATURDAY

Time Management Workshop

What can you accomplish if you had more time in the day? In recognition of Self-Improvement Month, Suburban Acres Library is hosting this workshop on time management. Participants will complete pre/post assessments that will assist them in using time more wisely to get more done. For teens and adults. Class size is limited. Suburban Acres Library, 4606 N Garrison Ave.; noon.

Imagination Days at AHHA (FREE)

AHHA invites families to learn about the art of our time and experience it first-hand. Inspired by current AHHA exhibitions, this program fosters the development of lifelong learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative hands-on art activities. Hardesty Arts Center (AHHA), 101 East Archer St. 1-5 p.m.

Movie: "Muppet Treasure Island" (FREE)

Get ready for International Talk Like a Pirate Day by enjoying this free showing of "Muppet Treasure Island" (rated G). Bring a blanket, pillow, beanbag chair or whatever makes you comfortable, and enjoy free popcorn while watching this delightful movie. For all ages. Bixby Library, 20 E Breckenridge Ave.; 2:30 p.m.

Bixby Father/ Daughter Fall Dance

Fathers and daughters are invited to a fun evening of dancing. Snacks and beverages are provided. Music is by D.J. Connection. Dress is casual. No pre-ticket sales. Tickets available at the door, \$5/person. Bixby Community Center, 211 N Cabanis Ave.; 6-9 p.m.

18 | SUNDAY

Funday Sunday at Gilcrease (FREE)

It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire. 1400 North Gilcrease Museum Rd.; noon-4 p.m. gilcrease.utulsa.edu

19 | MONDAY

Celebrate Talk Like a Pirate Day! (FREE)

Ahoy, matey! Join in for a come-and-go event celebrating International Talk Like a Pirate Day with games, crafts and more! Costumes are optional for all ages. Bixby Library, 20 E Breckenridge Ave.; 10 a.m.-6 p.m.

20 | TUESDAY

See sidebar for on-going events/ activities.

21 | WEDNESDAY

Homeschool Art Class at Philbrook (9-12)

See previous description, 1 p.m.

22 | THURSDAY

Safe Kids Car Seat Check-Up (FREE)

Get your car seat evaluated by trained professionals. Bixby Fire Department Station 2 8300 E 121st St (121st St between Memorial & Mingo); 2-4 p.m.

First Day of Fall Fold-a-Rama! (FREE)

Celebrate the first day of autumn as we make fall-themed origami shapes. For ages 8-12. Schusterman-Benson Library, 3333 E 32nd Pl.; 4 p.m.

Craft Connection (FREE)

Have fun crafting with your friends. Supplies are provided. For ages 10-16. Schusterman-Benson Library, 3333 E 32nd Pl.; 6 p.m.



Hardesty Spilled Ink: Creative Writing Group
Develop your craft through writing exercises. Come with your own writings to share with the group, or just come to socialize and get to know other writers. All methods of storytelling are welcome. For ages 12-18. Hardesty Regional Library, 8316 E. 93rd St.; 6 p.m.

23 | FRIDAY

Chandler's Got Talent! Open Mic Night
Calling all poets, singers, rappers, bands, solo artists, dancers, magicians; if you've got talent, Chandler Park wants to see it! All acts must be 'family friendly'. No charge for performers, those attending contribute \$2 donation. Sound system provided, just bring your background music. Call ahead to reserve your spot. Concessions available. Sign up: by phone Jimmy Snow (918) 591-6053 jsnow@tulsacounty.org

24 | SATURDAY

Monarchs on the Mountain
The day will be filled with fun and educational activities highlighting the life cycle of the Monarch Butterfly, the Great Monarch Migration and the habitat of Turkey Mountain which supports a myriad of wildlife. Turkey Mountain Urban Wilderness Area 6850 S. Elwood Ave.; 10 a.m.-2 p.m.

Safe Kids Car Seat Check-Up (FREE)
Get your car seat evaluated by trained professionals at various locations throughout the Tulsa community. St. John Center for Women's Health, 1819 E 19th St.; noon-2 p.m.

25 | SUNDAY

See sidebar for on-going events/ activities.

26 | MONDAY

See sidebar for on-going events/ activities.

27 | TUESDAY

Talk & Tour Tuesday at Youth Services
Join Youth Services of Tulsa for a talk about who they are and what they do. Then, you will get a guided tour through the facilities. See how you and YST can make a difference for at-risk and homeless youth in the Tulsa community. RSVP required: www.yst.org.

Crafting With Shrinky Dinks (FREE)
Create jewelry, key chains, magnets and more. It's fun and easy with Shrinky Dinks! For ages 12-18. Bixby Library, 20 E Breckenridge Ave.; 6 p.m.

LEGO Club (FREE)
Create and build with LEGOs. Work on your own creation or build as a team. They'll provide the LEGOs, you provide the imagination. All LEGOs must stay at the library. No sign-up is required and all ages are welcome. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.

28 | WEDNESDAY

TARC Teen "Connections" Group
This is a social skills group for middle and high school students with Asperger's and high functioning autism. The Teen "Connections" group meets on the fourth Wednesday of each month from 4:30 to 6 p.m. at the TARC office, 2516 E 71st St, Suite A. For more information, call 918.582.8272.

29 | THURSDAY

Safe Kids Car Seat Check-Up (FREE)
Get your car seat evaluated by trained professionals at various locations throughout the Tulsa community. Salvation Army, 1721 S. Hickory St. in Sapulpa; noon-2 p.m.

ZACH: Zarrow Art Classes for Homeschool
Discover the world of art through this exciting program designed especially for the homeschooling community. Students create their own works of art in this engaging approach to arts education taught by qualified art instructors. The same class is offered three times a month and includes all art supplies. For ages 6 - 12 years old. Registration required: 918.631.4402. Gilcrease Museum, 1400 North Gilcrease Museum Road
AM Session: 10-11:30 a.m.
PM Session: 1:30-3 p.m.

Hispanic Heritage Celebración (FREE)
Join in for a bilingual storytime and a traditional craft in celebration of Hispanic Heritage Month. Learn Spanish words, while you work on a colorful project to take home at this biblioteca fiesta! For ages 5-12. Broken Arrow Library/ South, 3600 S Chestnut Ave.; 4:30 p.m.

Minecraft Night (FREE)
Put your imagination to the test building your own world in the popular game Minecraft. For ages 10-18. Seating is limited. Zarrow Regional Library, 2224 W. 51st St.; 6 p.m.



TULSA ROOTS MUSIC ROCKS THE GREEN
Tulsa Roots Music will present four consecutive Sundays of FREE concerts on Guthrie Green, in the heart of Tulsa's thriving Arts District, featuring 3-5 acts per day. Sept. 11 - Oct. 2, begins at 2:30 p.m.

TARC Moms & Dads Support Group
This is a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. TARC Office, 2516 E 71st St, Suite A; 7-9 p.m. Register: 918.582.8272.

Youth Services of Tulsa's Coffee House (FREE)
Coffee House is a place to hang out, visit with friends and enjoy being a teen. The Coffee House has Wi-Fi, so, teens can bring personal connection devices (laptops, internet phones, etc.) with you to the Coffee House while you enjoy your free coffee and cappuccino donated by QuikTrip.

30 | FRIDAY

See sidebar for on-going events/ activities.

ON-GOING

Insect Adventure
The Oklahoma Cooperative Extension has the only live bug petting zoo in the state. This presentation comes with more than 25 species of living arthropods as well as a knowledgeable, passionate, and entertaining professional entomologist to walk you through your arthropod discovery and exploration. Oklahoma Cooperative Extension, 127 Noble Research Center, Stillwater. First and third Saturday of the month; 10 a.m.-2 p.m. www.insectadventure.okstate.edu

Family Studio Saturdays at Philbrook
Each month, Family Studio Saturdays explores one big idea through art, making art in the studios and exploring in the galleries. Projects and activities change monthly. Drop in from 12:30 p.m. to 3:30 p.m. - each Saturday (excluding the 2nd Saturday) of the month. Philbrook Museum of Art, 2727 S. Rockford Rd. philbrook.org

FREE Community Fitness at Guthrie Green
Guthrie Green offers free community fitness opportunities.
Boot Camp: Every Tuesday and Thursday at 5:30 p.m.
BARRE in the Park: Tuesdays at 6:30 p.m.

Homework Help Now
Get free online homework assistance from your home, school or library.
Live Tutoring: Available 2-11 p.m., daily Central Standard Time, get expert one-to-one subject-specific help for students in grades K-12, plus college. Spanish-speaking tutors are available too!
Writing Lab: Connect with an online tutor for expert writing assistance, or for a more thorough analysis, submit your writing and receive within approximately 24 hours a detailed analysis of your paper.
24/7 Help Center: Submit a question and a tutor will provide you with a response (usually within 24 hours). www.tulsalibrary.org/homeworkhelp

*We make every effort to ensure the accuracy of this information. However, you should always call ahead to confirm dates, times, location, and other information for all events. If you're interested in submitting an event for the calendar, go to www.tulsakids.com



MOVIES IN THE PARK AT GUTHRIE GREEN

Admission is free and seating is first come, first serve.

Movie goers are welcome to bring blankets, lawn chairs, and snacks.

When: All movies begin at dusk.

Where: Guthrie Green

September 1: Rudy / We are Marshall

September 8: Catch me if you Can

September 15: Steel Magnolias

September 22: That Thing You Do

September 29: Children of Men

OKLAHOMA!

When: Sept. 1, 3 at 8 p.m., Sept. 4 at 2 p.m.

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

The high-spirited rivalry between local farmers and cowboys provides a colorful background against which Curly (Sam Briggs), a handsome cowboy, tries to win the heart of Laurey (Ruby Shadley), a winsome farm girl. With these two headstrong romantics holding the reins, their courtship is as bumpy as a surrey ride down a country road, but the appeal of a brand-new life together in a brand-new state proves irresistible. Oklahoma, OK!

THE WILL ROGERS FOLLIES

When: Sept. 2 at 8 p.m., Sept. 3 at 2 p.m.

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

Tulsa-area native Will Rogers was a multimedia star like no other before or since. A cowboy with a folksy sense of humor and mad rope-trick skills, he found success as a vaudeville performer, newspaper columnist, radio host, and stage and screen actor. He was the leading political wit and highest paid Hollywood movie star of his time. "The Will Rogers Follies" tells the story of his amazing life (1879-1935) in a series of Ziegfeld Follies-style song-and-dance numbers.

HEATHERS: THE MUSICAL

When: Sept. 2-3 at 8 p.m., Sept. 3-4 at 2 p.m.

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

"Heathers: The Musical" is the darkly delicious story of Veronica Sawyer, a brainy, beautiful teenage misfit who hustles her way into the most powerful and ruthless clique at Westerberg High: the Heathers.

DISNEY'S NEWSIES

When: Sept. 14 at 7:30 p.m., Sept. 15 at 1 p.m. and 7:30 p.m., Sept. 16 at 8 p.m., Sept. 17 at 2 p.m. and 8 p.m., Sept. 18 at 2 p.m. and 7 p.m.

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

NEWSIES, based on the 1992 movie, is another smash-hit, crowd-pleasing musical from Disney. Winner of the 2012 Tony Awards for Best Score and Best Choreography, it's a high-energy explosion of song and dance filled with one heart-pounding number after another.

MUFARO'S DAUGHTERS

When: Sept. 30 at 7 p.m.

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

When a great African king desires a wife, only the most perfect maidens in the land are invited to meet him. Mufaro's pride and joy, his two daughters of very different dispositions, travel a half-day's journey through a mystical jungle to be presented to the king. Along the way, the two girls encounter a number of extraordinary situations designed to test their kindness, compassion and strength of spirit. Told with authentic African drumming, colorful staging and powerful choreography, "Mufaro's Beautiful Daughters" unmask the true meaning of beauty and celebrates the mystery and splendor of the African continent. This Dallas Children's Theater production is based on the Caldecott Award-winning book by John Steptoe. It was adapted for the stage by Karen Abbott, with music and lyrics by S-Ankh Rasa.



DISNEY ON ICE PRESENTS: WORLD OF ENCHANTMENT

When: Sept. 29-Oct. 2

Where: Tulsa PAC, 110 E. 2nd St.; www.tulsapac.com

Rev up for non-stop fun with four of your favorite Disney stories with Disney On Ice presents Worlds of Enchantment. This action-packed ice spectacular visits the Tulsa State Fair – Pavilion at Expo Square. Tickets are on sale now at the Pavilion at Expo Square Box Office, online or by calling the Expo Ticket Xpress 918.376.6000.

ANNE OF GREEN GABLES

When: Friday, Sept. 23 at 7:30 p.m., Saturday, Sept. 24 at 2 p.m., Sunday, Sept. 25 at 2 p.m., Friday, Sept. 30 at 7:30 p.m., Saturday, Oct. 1 at 2 p.m. and Sunday, Oct. 2 at 2 p.m.

Where: Spotlight Theatre, 1381 Riverside Dr.

Anne of Green Gables is a 1908 novel by Canadian author Lucy Maud Montgomery. Written for all ages, it has been considered a children's novel since the mid-twentieth century. It recounts the adventures of Anne Shirley, an 11-year-old orphan girl who is mistakenly sent to Matthew and Marilla Cuthbert, a middle-aged brother and sister who had intended to adopt a boy to help them on their farm in Prince Edward Island.

ROMEO AND JULIET: LIVE FROM THE UNDERWORLD

When: Sept. 22-25, Sept. 29-Oct. 2nd, 2016 (times vary)

Where: Clark Theatre at the Henthorne PAC, 4825 S Quaker Ave.

Romeo and Juliet LIVE from the Underworld is a Clark Youth Theatre musical featuring original compositions and a fresh look at Shakespeare's immortal play. Directed by Erin Scarberry, with musical direction by John Crundleton III and stage management by Melissa Sparks, this live musical version of Shakespeare's Romeo and Juliet will be the opening production of Clark Youth Theatre's 2016-2017 Season.

Rating: TEEN (T) Suitable for audiences ages 13-up. Romeo & Juliet LIVE uses Shakespeare's classic text and receives a T rating for themes of teen suicide.



THE GREAT RAFT RACE

When: Monday (Labor Day), September 5
 Where: Arkansas River, various locations
 The Great Raft Race returns for the second year of the revival. Teams with kayaks, canoes, paddleboards, inflatable rafts or homemade rafts will race down the Arkansas River. If you're more inclined to observe, you can do that too. Find more at www.tulsaraftace.com.

POST OAK LODGE WINE & JAZZ FESTIVAL

When: Saturday, September 3; 4-11 p.m.
 Where: Post Oak Lodge: 5323 W 31st St N, Tulsa
 This festival is located on the spacious meadows east of the Main Lodge. Bring your blankets and lawn chairs to enjoy jazz, wine and local faire. Find more at www.postoaklodge.com.

BLUE WHALE COMEDY FESTIVAL

When: Thursday, September 8 - Sunday, September 11
 Where: Various locations in the Brady District area
 Blue Whale Comedy's mission is to put Tulsa on the national comedy map. By bringing comedy to Tulsa, Blue Whale is expanding on an already burgeoning performing arts scene and exposing local comedy acts to some of the most talented and successful acts in the country, helping them to hone their craft and be given an opportunity to take their own acts on the road. Find more festival information at www.bluewhalecomedyfestival.com.

LET IT BE: NATURAL ART FESTIVAL

When: Saturday, September 10
 Where: Chandler Park, 6500 W 21st St, Tulsa
 Chandler Park welcomes vendors with special handmade gifts, arts and more at this festival. There will also be a full schedule of live music, so bring your blankets and plan to stay a while.

ROCK N' RIB FESTIVAL

When: Thursday, September 15- Sunday, September 18
 Where: Downtown Tulsa, next to BOK Center
 Mark your calendars for the 2016 Rib Crib's Rock n' Rib Festival in Downtown Tulsa. Four days of championship BBQ and live music are slated on the streets right outside the BOK Center. Bring the entire family for Oklahoma's premiere celebration of award-winning ribs. Check their Facebook page for more festival information and updates.

SCOTFEST

When: Friday, September 16 - Sunday, 18
 Where: River West Festival Park, Tulsa
 A September Tulsa tradition, the three day festival offers attractions for the entire family. SCOTFEST is held at Tulsa's River West Festival Park. This fall will feature excellent live Celtic musical entertainers of local, national and international merit that includes a rowdy and robust Celtic rock music stage along with more traditional folk Celtic music stage. SCOTFEST also features a great selection of Scottish and Irish beers, as well as specialty whisky tastings, and of course a traditional Celtic food court.



I AM YOGA, ART+ MUSIC FESTIVAL

When: Saturday, September 17 & Sunday, September 18; festival begins at 9 a.m. with various events throughout the day
 Where: Veteran's Park, 1875 S. Boulder Blvd.
 This is a family (and earth)-friendly festival full of art, music, a conscious marketplace and, you guessed it, lots of yoga. This festival takes over Veteran's Park right next to downtown Tulsa. Find more information at iamyogafestival.com.

TULSA GREEK FESTIVAL

When: 11 a.m.- 9 p.m. on Thursday, September 15 and 11 a.m.-10 p.m. on Friday, September 16 and Saturday, September 17.
 Where: Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.
 OPAIHOMA Build your own Greek dinner, enjoy Greek desserts, buy a Greek cookbook with an area flavor and imagine the sights, sounds and smell of Mediterranean life at Greek Holiday. For more information, go to www.tulsagreekholiday.com.

MCNELLIE'S HARVEST BEER FESTIVAL

When: Saturday, September 24
 Where: Downtown Tulsa, 1st & Elgin
 Head downtown to 1st & Elgin to try local and non-local craft beers. Featuring over 30 breweries from across the nation, this festival is a craft beer fan's dream. Find more at www.mcnellies.com.

SHALOMFEST

When: Sunday, September 25, 2016; noon - 4:30 p.m.
 Where: Temple Israel, 2004 E 22nd Pl, Tulsa
 Visit Temple Israel in Tulsa to celebrate Jewish life at ShalomFest. This annual, one-day Tulsa tradition features tons of food, music, entertainment, a children's craft and play area and more. Find out more at www.templetulsa.com.

TULSA STATE FAIR

When: Thursday, September 29 - Sunday, October 9 (times vary)
 Where: Tulsa Fairgrounds
 The Tulsa State Fair is the City's largest family event, providing educational experiences and entertainment during an 11-day span. Annually held on the fourth Thursday after Labor Day, this historical event is based upon heritage, family values and quality entertainment for all ages. It was first organized in 1903 as the "Tulsa County Free Fair" and developed into the Tulsa State Fair of today. With the goal of providing and educational and entertaining experience to the community, it has over 100 years of history and continues to stand out as one of the premier fairs in the country, with an estimated attendance of 1.2 million in 2015. Find out more at www.tulsastatefair.com.



THERE'S MORE: WWW.TULSAKIDS.COM/FESTIVALS



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FROM THE HIP

The Hip Mom Runs

BY JILL VANTREASE

I think it was in the vein of “Hey! I’m not too old to try something new!” or “It’s summertime! Do stuff you wouldn’t otherwise do!” or “Sure! I can keep up with my son!” Whatever the reason, on a whim while on our epic road trip this summer, I signed up for a “Trail Run” in Park City, Utah, with my eldest. This son happens to be a genetically gifted runner (we are not sure from whence these genes come). Alas, I didn’t realize “Trail Run” is code for no pavement and lots of rocks. And hills! And it’s a 10k! I must have my Ks mixed up, because I had no idea I would be running over six miles.

All I ever really do is a half-hearted jog with my dog around the neighborhood. But we set out early Saturday morning, with PVT watching the rest of the kids while they wait for my son and me to finish the race.

And we’re off! Up, up, up a trail (hey! Where’s the pavement?). It’s hot. It’s rocky. It’s dusty. Plus, we are running in altitude, which we weenie Tulsans are not used to. By the time I reach the top of the hill - we’re not even a mile in - I am worried I will either pass out or die, and completely embarrass my cross-country running son and husband. But I keep going. The route gets a little flatter, but still rocky. I have to tiptoe around the rocks so as not to break my ankle or some other body part. I wonder how



JILL WITH HER RUNNING BUDDIES.

my son is doing, way ahead with the elite runners. But then something odd happens: I start to feel OK! Maybe I will survive this! Maybe this is that annoying “runner’s high” that people talk about? And while I still feel here and there like I might die, I keep going all the way to the blasted end. I cross the finish line in an hour and nine minutes....and am shocked to find that my studly running son only beat me by eight minutes! (He tried to head out too fast, apparently) And, to my total shock, I come in ninth out of 29 in my (albeit old lady) age group. Huh! So I leave, hot, tired and with a big blister forming on my foot, but I am strangely elated. Maybe I could actually be a....runner? What if I actually trained? What if I hadn’t stayed

up late with one-ish-two-ish glasses of wine the night before? I am totally intrigued!

So when we return to Tulsa, I decide to do some sleuthing. Fortuitously, Tulsa seems to be a very running-happy town, and hosts a whole smorgasbord of runs in the fall that are great opportunities to run - and run with your kids! There’s the **Tulsa Zoo Run on October 3**, with a 5K and 10K. Then there’s the **Tulsa Run on October 29**, which everyone seems to rave about. It’s been going on since 1978, and there’s a 5k - and a 15k! Gulp. Siri tells me that’s 9.32 miles (clearly I’m not a runner yet — I have to convert everything to miles to know what I’m facing). And then there’s the **Williams Route 66 Marathon on November 19 and 20**, two days of

running fun for the entire family. There’s a 5k, a one-mile fun run and a “Mascot Dash” the Saturday before the marathon, relay and half-marathon on Sunday. And, if you’re running, the kids can go to the Lobeck Taylor Family Foundation Fan Zone to create signs to cheer you on!

All of these runs actually sound sort of fun! Luckily, I have a whole bevy of run-crazy friends to turn to for advice. I always assumed they were masochistic saints, but maybe it’s not just all sweat and misery!



POVI.

First I turn to my friend Povi, a running guru who is actually a running coach at Lifetime Fitness.

continued next page



"FRUNNERS."

She is currently coaching a 5k/10k class called Lifetime Run. Does Povi have any tips for beginners? "Don't overdo it. Increasing mileage and consecutive days of running too quickly leads to injury. Listen to your body! This is probably the biggest mistake I see newbies make. And hydration! Especially in the summer. Hydrating doesn't start 30 minutes before you plan to run. It should be throughout the day, every day." Other tips? "Don't worry about pace or speed. It should be fun and not stressful when starting out." What about favorite runs in Tulsa? "My all-time favorite run is the Tulsa Run 15k. I love the distance, the time of year (last Saturday in October) and the atmosphere is indescribable. People are dressed up, firefighters run in full gear, and there are thousands of people lined up to watch."

My friend Jessica has a "frunner," a running friend who joins her at 4:30 in the morning so their husbands can get off to work at 6 a.m. Zoinks! Her number-one rule? "No walking during my run! If I start to cramp or feeling like I want to die, I pull back! This is your body's way of telling you to slow it down a bit. Slow

down but DO NOT walk!" Jessica has been distance running for eight years and she never knows how it's going to go until she is two miles in. "For me the first two miles are the hardest. It is all very mental and those first two miles I am telling myself that I want to be done already. When you get to this point, don't stop! Keep going!" To keep herself motivated, she signs up for races to keep her accountable. She recently ran her first full marathon at Big Sur. Now that is a goal I can relate to — getting a sexy trip out of all that training.

Even our own Betty Casey is a runner. She has been running since college (a long, long time) and was hooked after running in the second Tulsa Run. She says, "It can be solitary — a stress release, gives me time to think and I get ideas while I'm running. It's also social (or it is now that my kids are no longer at home). My husband and I run with a group from Starbucks at Utica Square two mornings a week — coffee reward at the end -- and we do a longer run on Sat. mornings with a different group, leaving from various breakfast or coffee shops and do speed work with a group at the track during the summer

up to the Tulsa Run." She recently ran a half marathon with her daughter and her daughter's boyfriend - she beat them both!

Then I talk to my good friend Samantha - our cautionary tale. She started training for the Route 66 Half Marathon with some mom friends from her son's first grade class — all neophyte runners. They started doing 5ks and then started training for the half marathon. Their big test was the Tulsa Run. Toward the end of the 15k Samantha's groin and hip were hurting, but she just figured it was the distance — she was determined to finish the race. She finished, but then sat down and couldn't walk. After two weeks she went to the doctor and found she had a femoral fracture and a labral tear in her hip! Ugh! To avoid surgery she was unable at to put weight on her leg for four

months and then was put in physical therapy. Now, she is able to jog on the treadmill. Her goal is to be able to run in the relay portion of the Route 66 Marathon. Samantha's advice: "When you are running if you EVER have any groin pain you need to get it checked out because it is most likely something with your hip." So be careful ladies!

So say I want to - gulp - actually train for something like the Tulsa Run? (Anything with the word "marathon" in it still seems too intimidating at this point in my life!) Heath Aucoin, the race

director of the Tulsa Run, points me to their official training partner - Fleet Feet Sports. I speak with Lori Dreiling, an owner of Fleet Feet who has been running for 30 years. She says I could sign up for the "Pathways" program, a 10-week coached running program with three runs per week, which culminates in the 15k Tulsa Run. As Lori points out, you can "fake" a 5K, but not a 15K (or you could end up in the medical tent). She points out if you are training, you should run outside and not on a treadmill, because treadmills just aren't comparable to pavement. Lori sees too many people who spend lots of money registering for races and then not investing in the training they will need to stay healthy and successful. And, as Heath points out, if running a 15k is too much, you can walk it. Or, if you've just had a



BETTY (RIGHT) AND DAUGHTER ANNA AT TULSA RUN.

baby, try the 2k to start -- this run allows strollers.

Well, I think I am going to do it. I am going to train for the Tulsa Run. I want to reclaim that feeling that I had after I finished that awful trail run. Paradoxically, it was so satisfying. Unlike motherhood, where there's often no end to the diapering, crumb sweeping, yelling and monitoring, that run is something I FINISHED. Unlike motherhood, unlike the laundry, unlike snacks, that is something that is DONE, that I did. What a great feeling!

BY STACY MOREHEAD, CENTRAL LIBRARY ASSISTANT MANAGER-CHILDREN'S DEPARTMENT

6 reasons to visit Central Library

The Central Library Children's Team can't wait for you to come and see all of the things that Central Library has to offer for children and teens. Families can expect to find many new and exciting elements waiting for them when the library reopens on Oct. 1. An opening ceremony is scheduled for 10 a.m. with featured speakers and a ribbon cutting at 11 a.m.

Here are six highlights for your family to look forward to on your first visit back to Central Library:

For Young Children

Play & Learn: Perfect for early learners who discover new ideas and skills through movement and hands-on activity. The Herman & Kate Kaiser Children's Area of Central Library will feature early literacy interactive centers custom designed for Tulsa City-County Library by the Burgeon Group of Portland, Oregon. There is so much to explore in this play and learn area. Children can delight in powering an alphabet whirligig, dream up imaginary edible creations in a garden café, become mini engineers as they design ball runs on a magnet wall, and so much more. Built in to this area are three beautiful tower-like structures where children can play while learning mapping skills, alphabet awareness, color recognition, animal sounds and even rare words. As children play, parents can look through and point out all of the Tulsa ties



STACY MOREHEAD STANDS IN THE NEW CHILDREN'S DEPARTMENT AT CENTRAL LIBRARY WHERE SHE AND OTHER LIBRARY STAFF HAVE WORKED TO STOCK THE BOOK STACKS FOR THE GRAND OPENING OCT 1.



FAMILIES WILL ENJOY EXPLORING AND LEARNING IN THE COLORFUL NEW BABY NOOK.

that are incorporated in the design. Children can learn about units of measurement while discovering just how tall our Golden Driller is! Families will have access to enjoy this area any time Central Library is open.

Children's Garden: Measuring just larger than one-and-a-half basketball courts in size, Central Library's A.R. and MaryLouise Tandy Children's Garden will offer programming for all ages. Being noisy, messy and active is encouraged in this outdoor space, and a team of library staff has programs specially designed for these purposes. Babies and toddlers will have storytimes that encourage movement with bubbles and tricycles. Families will be able to enjoy garden games on nice weather days. A gigantic movie screen on the east wall of the garden will allow for this space to host movie events. Keep an eye on our library event guides and social media for information about upcoming events.

Storytime: Storytime is a treasured service that the library provides and Central Library will offer storytimes in style. The redesigned building includes a room specially geared toward presenting storytimes where children can choose their own seat each week from the children's cushion cubbies. The Mary K. Chapman Meeting Room sits adjacent to the Children's Area and features a window overlooking the Children's Garden.

continued next page

For Older Children and Teens

Maker Space: Designed to inspire critical thinking and creativity, the Renee Neuwald Maker Space at Central Library is a place to build a robot, learn knitting and sewing, write a poem, use Legos to learn building and design functions, edit and produce music in an audio lab and so much more.

Digital Literacy Lab: This lab, hosted by the American Electric Power Foundation, houses state-of-the-art technologies and functions as a place where people of all ages can participate in STEM-based project and problem-solving learning. Computer programming, learning to code, robotics and game design are a few areas of focus.

For Parents

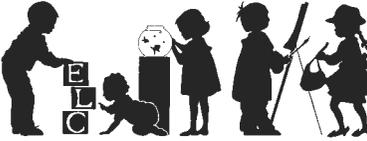
Starbucks: There will be a Starbucks inside the library. Cap off your family's visit to the library with a special treat, tea or latte.



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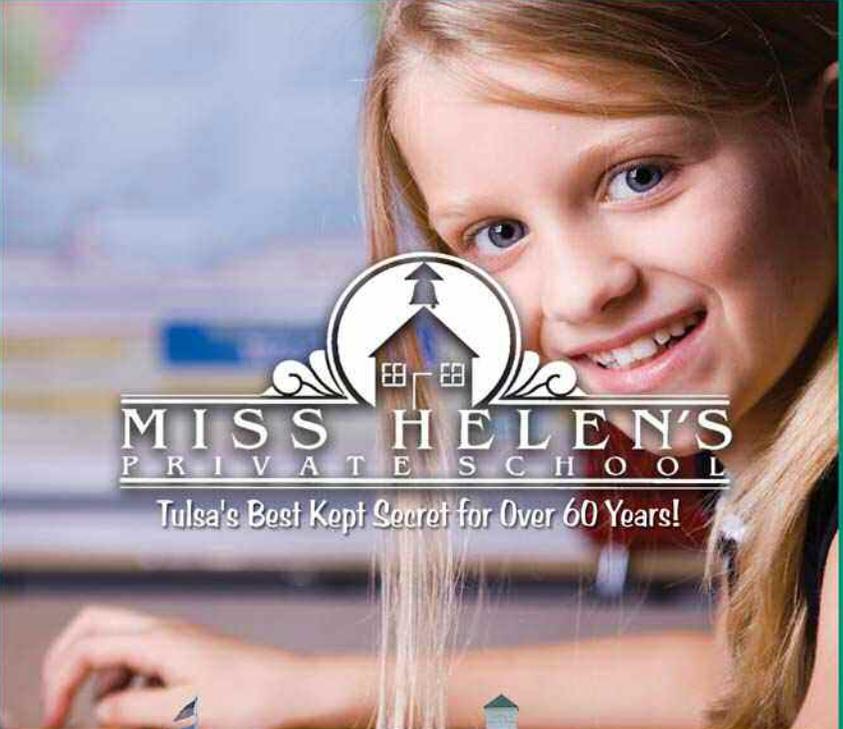
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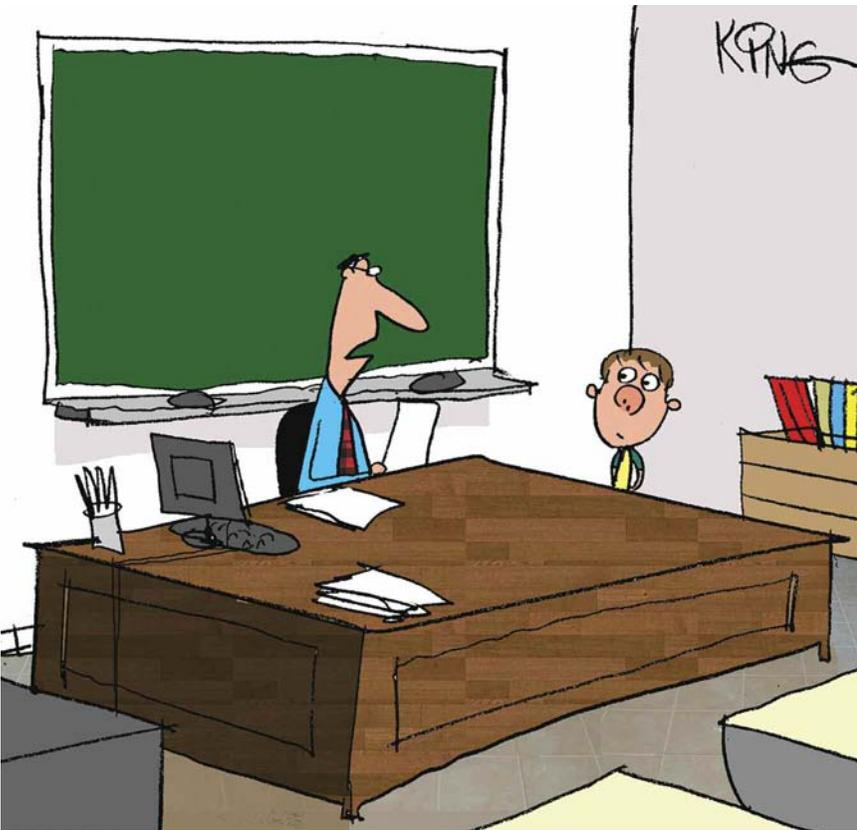
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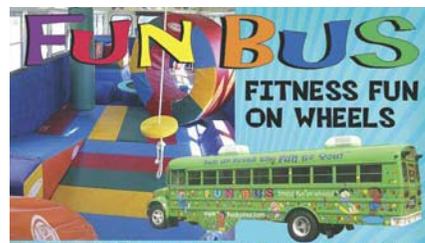
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Molly Lada - Jolly Mae Key Fobs

Entrepreneurs come in all shapes, sizes and even ages. There is no age limit when it comes to hard work, determination, dreams and goals. Molly Lada, age 10, best known for her kind heart, shyness and her fabulous key fobs is a student at Jenks West Intermediate School. The owner and creator of Jolly Mae Key Fobs juggles the life of student and business owner.

TK: How did you start making key fobs? What inspired the idea?

Molly: I started making key fobs because I wanted to learn how to sew, and I needed to make money to go to a summer camp in Tyler, Texas. I chose key fobs because they looked fun and easy. I also chose them because I thought they would sell well. Because everyone has keys! My family and I searched for ideas and how to make them all over the internet, Youtube and even Pinterest.

TK: How long have you been making key fobs?

Molly: I have been making key fobs for two years. I was eight years old when I sold my first key fob.

TK: How much time does it take to make one key fob?

Molly: It takes about three to five minutes to make one key fob. Custom-printed key fobs can take around 10 to 15 minutes. My whole family helps me. My two sisters help choose fabrics, my mom set up my etsy store and my dad even helps put on the hardware. I even taught several friends and neighbors to sew, and they've given their moms key fobs for Mother's Day or their birthdays.

TK: Do you have any plans on expanding into other products?

Molly: We thought about making dog collars but after a few attempts we realized they are really hard to make. We considered camera straps and lanyards for teachers too. Currently we stay pretty busy making key fobs between school, dance, soccer and other activities, so we aren't looking to expand right now.

TK: What do you do with your earnings?

Molly: I love having the freedom to buy fun things like Rustic Cuffs, S'well water bottles, fancy backpacks or other things that my mom and dad don't want to buy me. My summer camp was really fun but really expensive. I made a goal jar. I had to sell 186 key fobs to pay for half of camp. I had to fill my jar with marbles to know that I had reached my goal!

TK: I heard you gave key fobs to all the teachers and parent volunteers at your school. What made you make this kind gesture?

Molly: It was teacher appreciation week and I wanted to do something nice for them. Everyone was so surprised that I knew how to sew. It makes me feel proud to see the teachers and volunteers with my key fobs.

TK: What are your other plans and goals for the future?

Molly: I want to be a professional tennis player when I grow up.

TK: What other hobbies do you have?

Molly: I love to dance, swim and have driveway movie nights. My sisters and I are completely addicted to puzzles too. This summer we worked on a 2000-piece puzzle with our babysitter or "kid watcher," which we call her.

TK: Any advice for other kid entrepreneurs?

Molly: I think that other kids that want to start a business should go for it! Having a business is fun, but you have to think about time management. My parents taught me all about time management. You also have to come up with a good idea that people will want.

Fun Facts about Molly:

I came up with the name of my business by swapping the first letters of my name Molly Jae to Jolly Mae. Also I made and sent key fobs to a foundation that supports families who suffer from Ewings Sarcoma.

Jolly Mae Key Fobs are available at Liv-A-Little (downtown Jenks), the Oklahoma City Zoo Gift Shop and on etsy. Molly's Instagram is @JollyMaeLada.



PHOTO CREDIT: OH SNAP! PHOTOGRAPHY



LEVERAGING YOUR LEAVE

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Meet our exciting panel of presenters:



Jill Donovan. Rustic Cuff. "What Might Feel Like the End Is Often Just the Beginning." Jill's need for a creative outlet and life-long obsession with cuffs turned into more than she could have ever dreamed. But not before being humiliated in front of 20 million people. A self-proclaimed "regifter," Jill was once a guest on Oprah and unexpectedly embarrassed by a panel of "etiquette experts" who labeled her as rude and tacky on air. Find out how Jill turned embarrassment and devastation into a booming business, which is as much about giving to others as it is about beautiful products. Jill's cuffs are worn by celebrities such as Miranda Lambert, Giuliana Rancic, Kristin Chenoweth and Oprah. Jill was born in Baltimore, raised in Pensacola and graduated from ORU where she met her husband Terry. She has a law degree from the University of Tulsa. Jill and Terry have two children.



David Leifeste. David earned a B.S. in Psychology and a minor in Sociology from Oral Roberts University in Tulsa, and a Masters in Counseling Psychology from Oklahoma State University. In 1989 he founded a Tulsa-based multi-disciplinary group practice offering individual, group, and substance abuse counseling, as well as psychometric testing to children, adolescents, and couples. David entered his current solo practice in 1999 and serves clients in Tulsa, Oklahoma City, Dallas, Austin, Denver, Atlanta, St. Louis, Kansas City, and New York. His corporate-level motivational coaching and team-building has allowed him to work with national clients like QuikTrip, Cancer Treatment Centers of America, and many others. David is a life coach, executive coach, speaker and author. David and his wife Julia have two adult children. His website is www.davidleifeste.net.



Liz Brolick. Liz is the Professional Division Director for Switchgear Search & Recruiting. She has more than 18 years of experience in management, staffing, business development, human resources and employment law. Liz is recognized for her strong problem-solving skills, excellent communication, and consistent leadership abilities, which equip her to recruit top performing professionals to meet her client's unique needs. Active in the community, Liz has been involved in Junior League of Tulsa and with the Jenks West PTAG. Liz has won numerous awards and honors, and was named as one of the year's Women of Distinction by the Tulsa World. Liz and her husband Peter have two children.



John "Yahiya" Brown, MBA, SPHR. John is a seasoned professional with nearly 30 years of experience in a broad range of industries, including the U.S. Air Force, banking, information technology, real estate, education, and human resources. John served as the Director of College and Career Advisement at Oral Roberts University and was actively involved with both the National Career Development Association (NCDA) and the Society of Human Resources Management (SHRM). In 2007, John served as a Business Development Advisor with the United Nations Development Program (UNDP) in Kabul, Afghanistan. During his eight years in Afghanistan John served as the Executive Director for the International School of Kabul, and worked closely with ranking members of the Afghan Government, the U.S. State Department, as well as U.S. military leaders assigned to the NATO led International Security Assistance Force (ISAF). John has an MBA from Oral Roberts University, a BA in Business/MIS from Saint Leo University in Florida, and holds the Senior Professional in Human Resources (SPHR) certification from the HR Certification Institute. He is the Director of Human Resources at Victory Christian Center, and John as a member of the Jenks Planning Commission and is a former Program Facilitator for Leadership Jenks. John has been a featured conference speaker for several organizations and is known for his limitless capacity for "paronomasia."

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Laney Kate Daniels

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