



Family Times

March 7, 2011

Hello Wonderful Parents,

Welcome to your latest edition of the Family Times - all the news you can use as you raise your Army Strong Family in the Southwest Oklahoma Region. Family time is precious, so keep these events in mind as you plan out your activities for the coming weeks. Previously announced information is in regular font. New information is in bold font.

We strongly recommend when possible to call ahead and verify the details of events with the organization hosting the activity so as to confirm information is still current and/or ongoing.



March in Oklahoma is a great time to learn about daffodils.

What other names do these flowers go by? Do they have a nice fragrance? Do daffodils grow from seeds or bulbs? How long do they bloom? Have the kids do a library or net search and then head out on a nature walk in your neighborhood to see if you can add this common flora to your family's field guide.

Every Wednesday & Saturday, Farmers Market, Southwest Oklahoma Growers Association, 8 am – 12 pm, Comanche County Fairgrounds, Lawton, OK.

Have you seen the Fort Sill Fitness Class schedule? All we can say is WOW! Military families would pay hundreds per month to take advantage of these at a private health club. Spin, Boxercise, Zumba, body pump, low impact aerobics, 3D abs, water aerobics, Hips, Abs, Buns and Incredible Thighs, Body Pump, Boot Camp fitness, family water aerobics, self defense, yoga and Pilates. The new fitness classes available this Fall are just as diverse and exciting. There are several new classes such as Belly Dancing, P.H.A.T. Club and Cardio and Core Attack. Check it all out on Ft. Sill. For more information call the different gyms on post at 442-2740/6712/4670 for times and locations. For more information about the fitness classes call (580) 442-6175 or email

Claudia.mejia1@conus.army.mil

Playgroup, Mondays - Thursdays from 9:30 to 10:30 for Parents and Children Ages Birth to 2 Years Old and Tuesdays and Wednesdays from 9:30 to 10:30 for Parents and Children Ages 5 and Under. Bring your kiddos and come to playgroup. Join us for a great time of socialization and exploration through play by allowing your children to interact with other children in a safe and developmentally appropriate environment. Cost: Free for ID card holders and MWR patrons. For more information contact the Family Advocacy Program at ACS at 442-0648 or 442-0359.

Explorer's Club, Friday's from 0930 - 1030 for Parents and Children Ages 3 - 5 Years Old. Explorer's club is



theme based directed play designed to emphasize language skills, cognitive development and both fine and gross motor skills. Reading, singing and creating crafts are typical activities for Explorer's. Bring your children and come join us for some great fun. Cost: Free for ID card holders and MWR patrons. For more information contact the Family Advocacy Program at ACS at 442-0648 or 442-0359.

Mondays or Thursdays, Guitar Lessons, 5:30-6:30pm & 6:30-7:30pm, Resiliency Training Center, Ft. Sill, Oklahoma. Students (ages 7-18) will learn the basics of playing the guitar including knowledge of strings, frets, tuning, and proper position. Cost \$45 per month for 4 sessions. For more information, call 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>.

Every Tuesday & Thursday, Ballet Classes, 4:45-5:30 pm (ages 4-5) & 5:30-6:30 pm (ages 6-8), RecPlex, Ft. Sill, Oklahoma. Students must be registered with CYS Services and have a sports physical. Concentration is placed on fine tuning motor skills, building teamwork, and expanding a sense of spatial awareness. Cost is \$45 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Every Tuesday or Thursday, Piano and Voice Lessons, RecPlex, Ft. Sill, Oklahoma. Classes emphasize fundamentals of piano and voice while fostering an interest and appreciation for music of all styles. Classes are taught in 30 minute sessions, one per week (4 sessions monthly). Cost: \$50 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Every Tuesday & Thursday, Martial Arts Classes, 4:30-5:15 pm (ages 4-5), 5:30-6:15 pm (ages 6-12) & 6:30-7:15 pm (ages 13+), Resiliency Training Center, Ft. Sill, Oklahoma. Learn various punches, kicks, and self defense moves. Students will develop and improve discipline and self-confidence. Cost: \$45 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

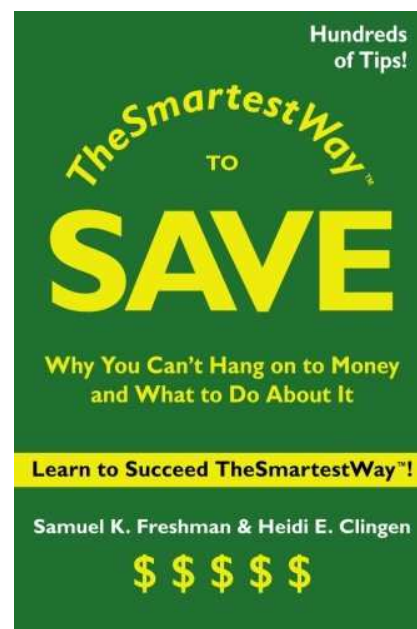
Learn to Swim Lessons, Rinehart Pool, Ft. Sill, Oklahoma. Cost: \$35 per session. For more information on dates of enrollment for each session and specific class level schedule call (580) 442-4831/3927.

The book of the week is "The Smartest Way to Save: Why You Can't Hang on to Money and What to Do About It" by Heidi Clingen and Samuel Freshman.

The truth is many of us spend a lot of time playing financial offense (looking for ways to earn more) rather than having a strong financial defense (spending frugally only on what we really need). This book gives 26 tried and true ways to strengthen your financial defense and bank your rewards!

Tuesdays, Zumba for Kids, 4:30-5:15 pm, Cooper CDC, Ft. Sill, Oklahoma. Zumba for kids ages 5+. A fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Cost: \$25 per month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Mondays & Thursdays, Hip Hop, Jazz & Tap Dance Classes, Ft. Sill, Oklahoma. Classes available for various age categories and time slots. The classes begin the week of



November 1st and are ongoing. Cost: \$45 per month and is due before the 5th of each month. For more information call (580) 442-4831/3927 or to register visit <https://webtrac.mwr.army.mil>

Army Community Service is on Facebook. Get the latest info straight to your wall via newsfeed. Become a fan of our page today! Search Fort Sill Army Community Service to find us.

Fridays, Explorer's Club, 10am, Resiliency Training Center (RTC), Ft. Sill, Oklahoma. Parents and children participate in activities with music, arts, and crafts, reading and language. Come and enjoy a new adventure every week. For more information call (580) 442-6801.

Kid Friendly Guided Family Hikes, 8:30 am, every Saturday morning at the Wichita Mountains Wildlife Refuge. Hike is free. Meet at the Visitor's Center.

OKC Zoo offers a 50% military discount at the ticket booth for up to 5 people! WOW! Just show your Military ID. For hours and other info, their number is (405) 424-3344 and their website is www.okczoo.com.

Attention Army Kids! Get Real-time help. Find a resource 24/7. Get FREE online tutoring for Grades K-12+ at www.myarmyonesource.com/cyss_tutor. Online learning and career services for Families! SKIES Unlimited, run by Fort Sill's Child, Youth & School Services, offers lessons in Piano, Voice, Ballet and so much more. Call the Central Enrollment Office at 442- 3927/4831 for information, pricing, and registration.

Stroll and Stride meets every Tuesday and Thursday morning at 8:00 am at the 3-mile track parking lot pavilion. Military Moms and their kids of all ages are welcome. A fitness instructor will exercise with participants while they walk with functional exercises like pulling the stroller backwards, lunges while using the stroller as resistance and exercises utilizing the playground equipment. Looking to get fit and become a good role model for your children? Let them see firsthand that exercise is FUN by taking them to class with you!!!!



This week's pearl of wisdom is a Chinese Proverb that says, " The wise adapt themselves to circumstances, as water moulds itself to the pitcher."

Life certainly has a lot of circumstances to throw at us! How much time, emotion and mental energy do we spend trying to alter those circumstances rather than simply trying to adapt?

This week, try for fluidity and mould yourself to successfully manage the circumstances at hand!

Story Time, every Wednesday, 11 am—noon and Thursdays, 2pm-3pm, Nye Library, Fort Sill, OK. Young children and parents are invited to enjoy stories and crafts. Call 442-2048/3806 for more information.

Book Club for Kids, grades 3—6, every Wednesday, 4—5 pm, Nye Library, Fort Sill, OK. Sign up at Nye Library. For more information call 442-3806. Book Club for Grown-Ups, 2-4 pm, First Sunday of Every Month. Snacks and drinks will be provided by book club members. Call Nye Library at 442-3806 for more information and registration.

Scrapbooking Club, Every Saturday, 10 am—4 pm, Nye Library. Would you like to meet new people and share scrapbooking ideas? A scrapbooking technique will be taught from 1 -4 pm. Call 442-3806 for more information.

Girl's After School Book Club every Tuesday, 4:30 pm & boy's After School Book Club every Thursday, 4:30 pm. Story time, every Wednesday, 11 am, Lawton Public Library, Lawton, OK. For more information call 581-3450.

Wichita Falls Public Library Story time, 10:30 am each Tuesday. Call 940-767-0868 for more information.

Pre-School Film Festival, 10:30 am, each Tuesday for preschool through 2nd grade and their parents at the Altus Public Library. For information call 480-477-2890.



The frugal family tip of the week is to go green when it comes to energy consumption. Gas prices are up again, our carbon footprints are holding steady and electricity doesn't grow on trees. Spring is a great time to turn over a new leaf when it comes to being a green family. So at your next family meeting



talk about ways you can reduce, reuse, repurpose and recycle your way into a greener future. Car pool, take the bus, ride your bikes, plant a family garden, buy local, use compact florescent bulbs – little changes are easy and can add up to comfortable green conversion!



Every Wednesday, 10:30-11:00, Story time at Altus Public Library for children 3 1/2 and older. Books, video and felt story boards are used to present different themes including family relationships, animals, seasonal events, and early learning concepts.

Writers Group, 6 pm each Tuesday, Duncan Public Library, Duncan, OK. Call 580-255-0636 for more information.

The Relocation Readiness Program has combined the Waiting Families and Culture Connection Group Meetings. Waiting Families provides support for Spouses and Families living in the Lawton Fort Sill area while separated from their Service Member for mission requirements. Culture Connection assists Family Members from other countries as they transition into the Lawton Fort Sill community. Family Members can receive help in obtaining a drivers license, information on English classes, child care and more. For more information, contact Cliff Hagele with the ACS Relocation Readiness Program at (580) 442- 2360.

Free tutoring for Military Families at www.tutor.com/military. Get help from a professional tutor anytime you need it – FREE. Tutors are on-line 24/7 so Service Members and their Families can get help with more than 16 subjects. Unlimited access provided by the Department of Defense.



Every Tuesday, Love and Logic: Basic Parenting Class for all ages, 11:30 am—12:30 pm, Bldg 4700, Fort Sill, Oklahoma. Pre-registration is required. For child care and enrollment information call 442-0359.

Discovery Room Programs for kids, 1—4 pm, each Saturday, Wichita Mountains Wildlife Refuge. Fun, educational activities led by WMWR staff and volunteers. Free of charge. Reading Tails, Each Tuesday, 4—5 pm, Wichita Falls Public Library. Call 940-767-0868 for more information.

You are invited to join a group of mothers who are committed to making a difference. Moms on a Mission recognizes that we have the power to make the world a better place, and the best place to start is at home with our own families. With us, we hope you'll experience

mothering support as well as authentic community, personal growth and spiritual direction, all to help you be the best mom possible. We plan to achieve this through fellowship, food (of course), creative crafts, Bible studies, Christian-based book discussions, guest speakers on parenting issues, and local and world mission projects. Childcare will be provided, and the first meeting is FREE. Call 355-5757 or visit www.glowgrowgo.org.

Photo Club for Ages 10 & up, 4 pm each Tuesday, River Bend Nature Center, Wichita Falls, TX. Call 940-767-0843 for more information. Re-employment /Tuition Assistance. Funding is available to military spouses who have relocated to Fort Sill with their service member recently and were employed prior to coming to Fort Sill. This support is for a college (associate / bachelor / master) degree program or a technical center certification program. This grant covers tuition, books, and fees for up to \$5,000/Technology Center, \$7,000/Associate Degree, and \$10,000 for a Bachelor or Master's Degree. This grant is provided through a WIA (Workforce Investment Act) Dislocated Worker BRAC Grant. For details on this program and eligibility requirements contact Mr. Shofner at the Fort Sill Workforce Center/Family Member Employment Readiness Program at 442-4256.

Discovery Room Programs, Saturday and Sunday, 3:00 pm, Sam Noble Museum of Natural History, Norman, OK. Join us for stories and activities on a variety of natural history topics. Programs generally last 30 minutes and are geared for pre-school through elementary school aged children and their parents. Visit www.snomnh.ou.edu for more information.

Each Wednesday and Saturday, 10 am – 12 pm, there is an Open Art Class presented by the Lawton/Fort Sill Art Council. The class, held at the Art Center, 1701 NW Ferris is free and open to the public. Call 355-3211 for more information.

Each Sunday, 1-5 pm, admission to the Museum of the Great Plains is free for residents of Lawton/Fort Sill. Take along a picnic and enjoy the prairie dogs in Elmer Thomas Park. Call 581-3460 for more information.

Overnight Express, 3rd Friday of every month at Lawton Family YMCA. Fee required. Contact 355-9622 for more information.

Every Tuesday, Newcomer's Brief (Start Right), 8am-4pm, Building 2871 Craig road at the Resiliency Training Campus, Ft. Sill, Oklahoma.

The website of the week is <http://www.naturemoms.com/blog/>. Written by a cancer survivor and Mom of three young children, this website has a lot to offer those who are trying to raise a family in a natural, stress free environment. Whether you are interested in making your own yogurt, trying to find a BPA free sippy cup or get the kids interested in gardening, NatureMoms.com has something to offer.



Cooperton County Barn Dances are held every Saturday from 7-11 pm. For a \$6 entry fee, your own soda or water and a pot luck dish you get dinner and 4 hours of live musical entertainment. Dances are held in an alcohol and smoke free environment and are open to all ages. Bring your kids and teach them to country two step. For more information, call Kenneth Boyd at (580)639-2776.

Tuesdays and Thursdays, Positive Parenting, 2 pm (Tues) & 8:30 am (Thurs), Bldg. 4700, Ft. Sill, Oklahoma. Classes address parenting in different age groups/categories and topics such as parenting teens, toddlers, and co-parenting after divorce. For more information call (580)442-4916/0692.

Monday - Saturday, Great Plains Museum, 10 am - 5pm & Sundays, 1pm - 5pm, Museum of the Great Plains, Lawton, Oklahoma. The museum is a place to explore, discover, experience and learn. Visit the museum and learn about Lawton's history through numerous exhibits and explore the settlement of the Great Plains. Ages 12 and older \$6, Senior Citizen \$5, Ages 7-11 \$2.50, Ages 6 and under free (must be accompanied by an adult). For more information call (580)581-3460.

Free First Mondays!!! Make your way to the Sam Noble Museum of Natural History on the first Monday of each month and receive free admission. This stunning, family-friendly museum features dinosaur skeletons, prehistoric bugs and the world's largest Apatosaurus. For more information visit <http://www.snomnh.ou.edu>

Now-8 March, Love & Logic Classes, Bldg. 4700, Ft. Sill, Oklahoma. Army Community Service is offering this basic parenting class for parents of children of all ages. Topics such as, avoiding power struggles while setting limits, teaching character and responsibility through modeling, application of logical consequences instead of punishment, teaching children healthy problem-solving skills, and staying calm in stressful parenting situations will be taught and/or addressed. Pre-registration is required and free child care is available for military families registered with CYSS. For more information call (580)442-6801/0359 or visit www.loveandlogic.com



Now-13 March, The Adventures of Tom Sawyer, 7:30pm (Fridays), 2:30pm and/or 7:30pm (Saturdays) & 2:30pm (Sundays), Wichita Theatre, Wichita Falls, Texas. Presented by Encore Theatre 4 Kidz. Based on the classic novel by Mark Twain, this production stars a cast of talented young actors. For information call (940) 723-9037 or visit <http://www.wichitatheatre.com/>

Now-20 March, Biloxi Blues, 8pm (Friday shows), 4pm & 8pm (Saturday shows) & 2pm (Sunday shows), Civic Center Music Hall, Oklahoma City. Biloxi Blues is the second in Neil Simon's Pulitzer Prize-winning trilogy of plays about growing up and coming of age during the Depression and World War Two (Rated PG). For tickets call (405)297-2264 or for more information and/or tickets visit www.okcciviccenter.com

Now-15 April, Free Tax Help, Lawton Public Library, Oklahoma. The AARP Foundation's Tax-Aide volunteers provide tax preparation assistance to taxpayers with low and moderate incomes, offering special attention to people age 60 and older. Come get the tax help you need in the meeting rooms of the Lawton Public Library. Available Mondays (5-8pm), Wednesdays (1-5pm), Thursdays (9am-1pm) Cost: Absolutely Free. For more information call (580)581-3450.



The family friendly recipe of the week is for anything with Cauliflower. Whether your family likes it raw, roasted, steamed or made into "mashed potatoes" this highly nutritious vegetable is full

of vitamins C and K which are powerful antioxidants. So search your favorite recipe database and add a little more cauliflower into your family's diet today!



Now-30 April, Ft. Sill Indian School Exhibition, 8am-5pm (Mon-Fri) & 10am-2pm (Sat), Comanche National Museum & Cultural Center, Lawton, Oklahoma. This exhibition celebrates the history and legacy of Lawton's Fort Sill Indian School. The exhibit examines assimilation and the role it played in shaping early 18th and 19th century American Indians. The exhibit features school memorabilia and photos graciously loaned to the museum by former students and staff. Cost: Admission is Free. For more information call (580)353-0404 or visit <http://www.comanchemuseum.com>

10-13 March, RV Super Show, 10am-8pm (10th-12th) & 10am-6pm (13th), Oklahoma City. The annual RV Super Show, held at Oklahoma City's State Fair Park, features hundreds of RVs on display from central Oklahoma's premier RV dealers. RV products and services, including RV campgrounds and destination resorts, will also be on display. The general public is invited to attend this family friendly event. Come to the RV Super Show and browse through a massive inventory of brand-name RVs including motor homes, fifth wheels, travel trailers, sport utility RVs and pop-up campers. Parking will be free all four days of the event. Cost: Half-price admission will be available on both Thursday and Friday & children 12 and under will be admitted free of charge. For more information call (405) 376-3897.

11 March, Lawton-Ft. Sill Calvary vs. Halifax, 7:05pm, Great Plains Coliseum, Lawton, Oklahoma. Come on Cav fans! Support our Calvary team playing against Halifax. Doors open an hour before game time. For more information call (580)353-CAVS (2287).

11 March, 2nd Friday Circuit of Art, 6-10pm, Norman, Oklahoma. The 2nd Friday Circuit of Art is a monthly celebration of the arts in Norman that connects the downtown arts district with outlying galleries, performance halls and Campus Corner. Coordinating with the Norman Gallery Association, CART and the Fred Jones Jr. Museum of Art, the entire city of Norman becomes an arts district, culminating in a wonderful experience of music, visual art and lots of fun. Whether you like dance, painting, photography or music, there will be something for you to see and hear during the 2nd Friday Circuit of Art in Norman. Cost: All events are free and open to the public. For more information, please call (405)360-1162 or (405)204-1248.

13 March, Lawton-Ft. Sill Calvary vs. Dayton, 2:35pm, Great Plains Coliseum, Lawton, Oklahoma. For those great Cav basketball fans, come and support our Calvary team playing against Dayton again on Sunday. Doors open an hour before game time. For more information call (580)353-CAVS (2287).

15 March, Anderson & Roe Concert Piano Duo, 7:30pm, Armstrong Auditorium, Edmond, Oklahoma. Make your way to the Armstrong Auditorium this March to witness a dazzling performance by Anderson & Roe, a notable concert piano duo. Transcending unquestioned artistic and technical brilliance, these rising young stars collide on the concert stage in an explosion of collaborative genius that must be experienced to believe. Designed for all ages, their cosmopolitan, accessible and virtuosic music program packs a visceral punch that is certain to please both die-hard classical enthusiasts and novices alike. For more information call (405)285-1010.

17-18 March, Pre-War Auto Swap Meet, 6:30am-5pm, Grady County Fairgrounds, Chickasha, Oklahoma. This is one of the largest pre-war swap meets in the world. It features over 1,000 vendors from multiple countries. This popular swap meet offers visitors and automobile enthusiasts the largest selection of brass era parts anywhere and is limited to transportation items pre-1945. Browse hundreds of booths filled with 1895-1945 automobile items and collectibles. This event features everything from bicycles and airplanes, to motorcycles and horse-drawn vehicles. Cost: Admission is free. For more information call (405)224-9090.

18 March, Lawton-Ft. Sill Calvary vs. Rochester, 7:05pm, Great Plains Coliseum, Lawton, Oklahoma. Hey Cav fans, come and support our Calvary team playing against Rochester. Doors open an hour before game time. For more information call (580)353-CAVS (2287).

19 March, Oklahoma City St. Patrick's Day Parade, 1pm-4pm, Oklahoma City. The 2011 Oklahoma City Saint Patrick's Day Parade invites guests to come and enjoy a grand day of Irish music and laughter. Be among the thousands of spectators watching this great parade as it marches through the heart of Oklahoma City. Come for the parade, be Irish for a day and stay for awhile in fabulous Bricktown. Bring your lawn chairs, listen to live music and see authentic Irish step dancing. Come and be a part of welcoming the "green" of spring to this great city. Cost: Admission is free. For more information call (405)297-8912.

20 March, Lawton-Ft. Sill Calvary vs. Quebec, 2:35pm, Great Plains Coliseum, Lawton, Oklahoma. Hey there basketball fans!! Come and support our Calvary team playing against Quebec. Doors open an hour before game time. For more information call (580)353-CAVS (2287).

21 March, Adult Education Class-Candle Making, 2pm, Chisholm Trail Heritage Center, Duncan, OK. Come join our candle making class, where we'll have lots of fun making our own candles! Class is limited to 15. Cost: \$5 class fee in advance with no refunds. For more information call (580)252-6692.



23 & 24 March, Building Resilience in Children and Teens Workshop, 8am-4pm, Resiliency Training Center (RTC), Ft. Sill, OK. Featuring, Ken Ginsburg, MD, MS Ed, FAAP- a nationally renowned pediatrician and a leading authority on developing resilience in children and adolescents at our

nation's largest health clinic. The first day of the workshop will be for educators such as teachers, trainers, parents and community members as well. The second day will be dedicated to the BH community, Family Advocacy and the MWR staff. Dr. Ginsburg uses humor, real-life scenarios and poignant cases, to teach us how to help our children build resilience in these times of deployment and non-stop stress. His unique perspective emphasizes the developmental strengths of youth, equipping participants with skills needed to better teach kids to help themselves. **Cost:** Admission is free, but space is limited so RSVP soon. To RSVP contact Lindsay Ralston at Lindsay.Ralston@us.army.mil. For more information call (580) 442-4190.

25 March, Puppet Theatre, 11am-Noon, Nye Library, Ft. Sill, Oklahoma. Great puppet drama and crafting after the show. For more information call (580)442-2048/3806.

25-26 March, Chickasha Springfest, 12pm-7pm (25th) & 9am-6pm (26th), Grady County Fairgrounds, Chickasha, Oklahoma. This family-friendly expo in Chickasha will feature rows of vendor and commercial booths, fun children's events, do-it-yourself demonstrations and plenty of exhibitors. Past Springfest events have included a bounce house and inflatable slide for the kids. Concessions will also be available and the Lion's Club Toy Tractor Collectible Show will be on the 26th. For more information call (405)224-0787.



25-26 March, Duncan Automotive Swap Meet, 8am-5pm, Stephens County Fairgrounds and Expo Center, Duncan, Oklahoma. Duncan's annual Automotive Swap Meet, held at the Stephens County Fairgrounds, is an indoor and outdoor swap meet for avid muscle car and antique car enthusiasts. Held in the heart of southwest Oklahoma, the Automotive Swap Meet includes auto-related vendors, on-site camping facilities and concessions. Spend the day browsing through everything from boats and motorcycles, to trucks and

tractors. This Duncan event also features hot rods, as well as a huge variety of classic and exotic cars. **Cost:** Free admission. For more information call (580)467-7752.

25-27 March, Home & Garden Show, 5-8pm (25th), 9am-6pm (26th), & 12-5pm (27th), Great Plains Coliseum, Lawton, Oklahoma. Come and enjoy this annual expo of home and garden products. Over 80 exhibitors and organizations will showcase ideas and resources from the latest in kitchen, bedding and landscaping concepts. Visitors to the Home & Garden Expo can expect to see beautiful landscaped displays, practical home improvement ideas and a taste of the many professional home and garden services Lawton has to offer. For more information call (580)355-2490.

31 March-3 April, Dodge National Circuit Finals Rodeo, Oklahoma City. This event will feature exciting and traditional rodeo events such as bareback riding, saddle bronc riding, barrel racing, steer wrestling, team roping, tie-down roping and bull riding. See circuit winners from the 12 PRCA circuits compete for over \$800,000 in cash and prizes. Each of the 12 PRCA circuits will send two competitors in each event to the Dodge National Circuit Finals Rodeo (DNCFR) including the year-end earnings champion and the winner of each circuit final. A trade show featuring a variety of Western goods will also take place along the concourse. For more information call (405)232-7787.

1-3 April, Norman Medieval Fair, 10am-7pm, Reaves Park, Norman, Oklahoma. Journey to a time of kings, queens, knights and shining armor at the Norman Medieval Fair. Held annually since 1976, this event relives the Middle Ages with arts and crafts, food, games, jousting tournaments, human chess games, costume contests and more. Entertainment for the whole family includes minstrels, dancing, theater and reenactments, jugglers, magicians, knights jousting on horseback and more. Brightly costumed characters include King Arthur, mermaids and the fair's king and queen. Feast on smoked turkey legs, roasted corn or handcrafted root beer. Stick around and learn about the Middle Ages with educational exhibits and craft demonstrations. The Norman Medieval Fair is also proud to offer over 200 artisan booths. Unique, handmade and one-of-a-kind wares include whimsical and fine art, jewelry, woodworking, leather goods, swords and shields, pottery, stained glass and clothing. Cost: Free Admission. For more information call (800)767-7260.



1-3 April, The OKC Home Show, 12-9pm (1st), 10am-9pm (2nd) & 10am-6pm (3rd), State Fair Park, Oklahoma City. This show features more than 200 local and national exhibitors highlighting the newest products in home decor, kitchen and bath, outdoor living and more. The show will be buzzing with ideas for interior design, home improvement and remodeling. Meet Chip Wade of HGTV's Curb Appeal: The Block and Designed to Sell at the 2011 OKC Home Show. Chip Wade will inspire visitors to rethink what can be accomplished with a limited budget and a three-day makeover. In addition, Christopher Straub from Project Runway will showcase an outfit created entirely from home improvement materials and relate advice from the runway to your living room. Visitors to the OKC Home Show will have the opportunity to seek advice from top professionals about embarking on your next home project. This Oklahoma City expo will feature celebrity remodelers, decor experts and lifestyle professionals. For more information call (800)466-7469.



7 April, Montmartre Sidewalk Chalk Art Festival, 7:30am-2pm, Chickasha, Oklahoma. This event features hundreds of artists of all ages creating wonderful works of art in chalk. Participants will receive a square (6' x 6') of pavement in which to create their original piece of artwork. Up to four artists can work on each square. Water-based, temporary chalk is the only medium permitted. The art will be judged and cash awards will be presented around 1:30pm on the main stage. Come to the Montmartre Sidewalk Chalk Art Festival in Chickasha to witness the creation of magnificent artwork, as well as to enjoy live music, vendors and a variety of exhibits. Cost: Free Admission. For more information call (405)574-1303 or (405)574-1302.

8 April, 2nd Friday Circuit of Art, 6pm-10pm, Norman, Oklahoma. The 2nd Friday Circuit of Art is a monthly celebration of the arts in Norman that connects the downtown arts district with outlying galleries, performance halls and Campus Corner. Coordinating with the Norman Gallery Association, CART and the Fred Jones Jr. Museum of Art, the entire city of Norman becomes an arts district,

culminating in a wonderful experience of music, visual art and lots of fun. Whether you like dance, painting, photography or music, there will be something for you to see and hear during the 2nd Friday Circuit of Art in Norman. Cost: All events are free and open to the public. For more information call (405)360-1162 or (405)204-1248.

8 April, Live on the Plaza, 7-11pm, Oklahoma City. In Oklahoma City's Plaza District, every second Friday is LIVE on the Plaza, an art walk featuring local artists, live music, film screenings, local retail shopping and much more. LIVE on the Plaza is known for promoting emerging artistic talent in Oklahoma City. During the art walk, Plaza District businesses open their doors to the public to feature monthly visual artists, performing artists and live musicians. LIVE on the Plaza provides the community with an opportunity to view emerging talent each month, as well as to socialize with a diverse mix of artists, professionals, neighborhood residents and families. Cost: Admission is free. For more information call (405)308-5991.



9 April, Norman Garden Festival, 8am-3pm, Cleveland County Fairgrounds, Norman, Oklahoma. Come to the Norman Garden Festival for locally grown plants and a wealth of gardening information. This event will be held rain or shine. Come for local growers and garden related vendors, master gardener demonstrations, teaching garden tours, a seed swap and a construction demonstration. In addition, educational speakers will be presenting throughout the day on several topics including canning and preserving, composting, native plants, landscaping, organic vegetable gardening and woody plant care. Cost: Free admission. For more information call (405)321-4774.

Please keep in mind that all information included in this issue is put out in good faith to the best of our ability for family leisure time planning purposes. Readers are reminded that organizational event calendars often change and are strongly encouraged to verify the enclosed information with the organization hosting the event.

If you received Family Times as a forward and would like to receive the weekly newsletter directly to your in-box, contact Lisa Jansen-Rees by e-mail (lisa.jansenrees@us.army.mil) with the word ADD in the subject line. To be removed from the distribution send an e-mail with the REMOVE in the subject line. To submit items to Family Times please format your information as events are listed here (date, event, time, location. Description including cost and target audience. Contact information.) and send electronically with the word SUBMISSION in the subject line. Thanks for reading and enjoy your family time!

(Weekly Features)
Lisa Jansen-Rees
Family Wellness Guru

(Research and Formatting)
M. Robles