

■ LIVING

Tulsa author to speak at NSU

Native Tulsan and Northeastern State University graduate Monica Epperson has released an illustrated children's book titled "A Heart with Two Homes" to help kids who are dealing with divorce. Epperson will be speaking at NSU at 9:30 a.m., Tuesday, March 4.

In "A Heart with Two Homes," Epperson deals with the unfairness many parents unintentionally place on their children after a marriage ends. This message is personified in the book's main character Elizabeth. Through Elizabeth's struggles, Epperson shows how one girl tries to define who she is while dealing with her parents' divorce. In the book, Elizabeth discovered the tool of journaling to help her find her true self.

"A Heart with Two Homes" came about from Epperson's life experience. At the age of 1, her parents

divorced, and Epperson filled many journals as an adolescent and teen on her personal journey to define herself.

Later as a teacher at Union Public Schools, Epperson had the opportunity to see children experience the same struggles she faced as an adolescent.

"Seeing kids in the trenches made an impact on me to share my own personal coping system, primarily journaling, with kids," Epperson said.

Epperson is an advocate for children and families dealing with divorce, and is actively involved in spreading the message through public schools in the local area.

She is currently in the process of founding a non-profit organization with the purpose of educating and equipping families who have been through or are currently going through a divorce.