November 2017
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Oklahoma's Award-Winning Magazine
for Parents & Families

30 YEARS

# tulsakids

FOR PARENT[illegible]R LIFE.

## REINVENTING HOLIDAYS:
HOW TO CHANGE THINGS UP WITHOUT CAUSING A FAMILY FEUD

## HELPING HANDS; GIVING HEARTS
10 PLACES TO VOLUNTEER WITH YOUR FAMILY

## HOLIDAY COOKING WITH KIDS

## FAMILY FUN FOR THE HOLIDAYS:
PERFORMANCES, EVENTS AND SHOWS

## TEENAGE ALCOHOL POISONING?
I NEVER THOUGHT IT WOULD BE MY DAUGHTER

## HOW TO CREATE THANKFUL KIDS

PARENTING MEDIA ASSOCIATION ★ 2017 BRONZE ★ Award Winner — General Excellence Awards Competition

PARENTING MEDIA ASSOCIATION ★ 2017 GOLD ★ Award Winner — Editorial Awards Competition

PARENTING MEDIA ASSOCIATION ★ 2017 GOLD ★ Award Winner — Digital Media Awards Competition

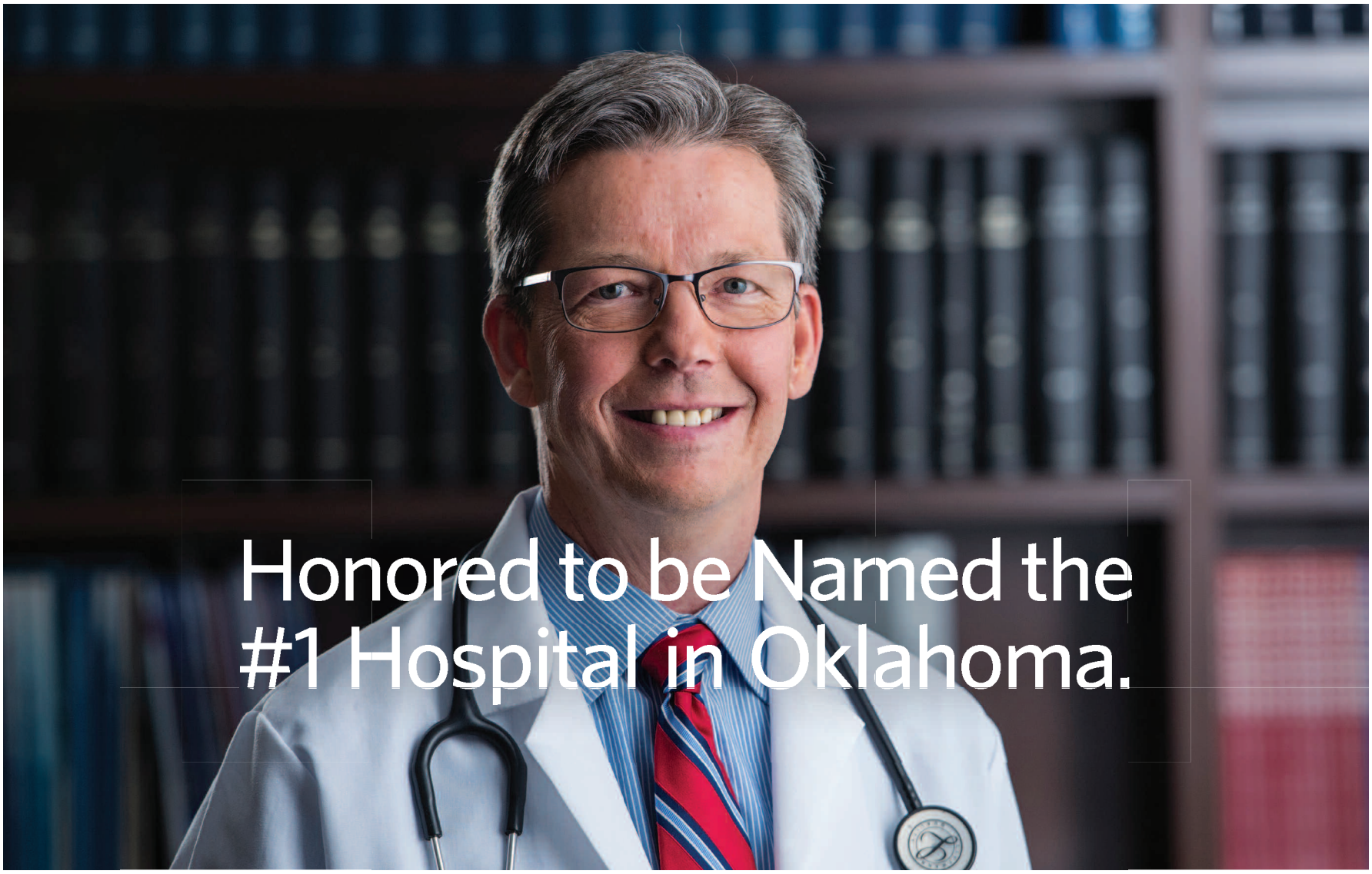
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St. John Medical Center takes great pride in being named Oklahoma's No. 1 hospital by U.S. News and World Report. More than 4,500 medical centers across the nation were evaluated in 25 specialties, procedures and conditions. Assessments included risk-adjusted survival and readmission rates, volume, patient experience, patient safety, quality of nursing care and other care-quality indicators.




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they're becoming.

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SHIITAKE AND RED ONIONS



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# WISH YOU COULD MAKE YOUR *holidays* A LITTLE HEALTHIER?

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PEAR WALNUT SALAD



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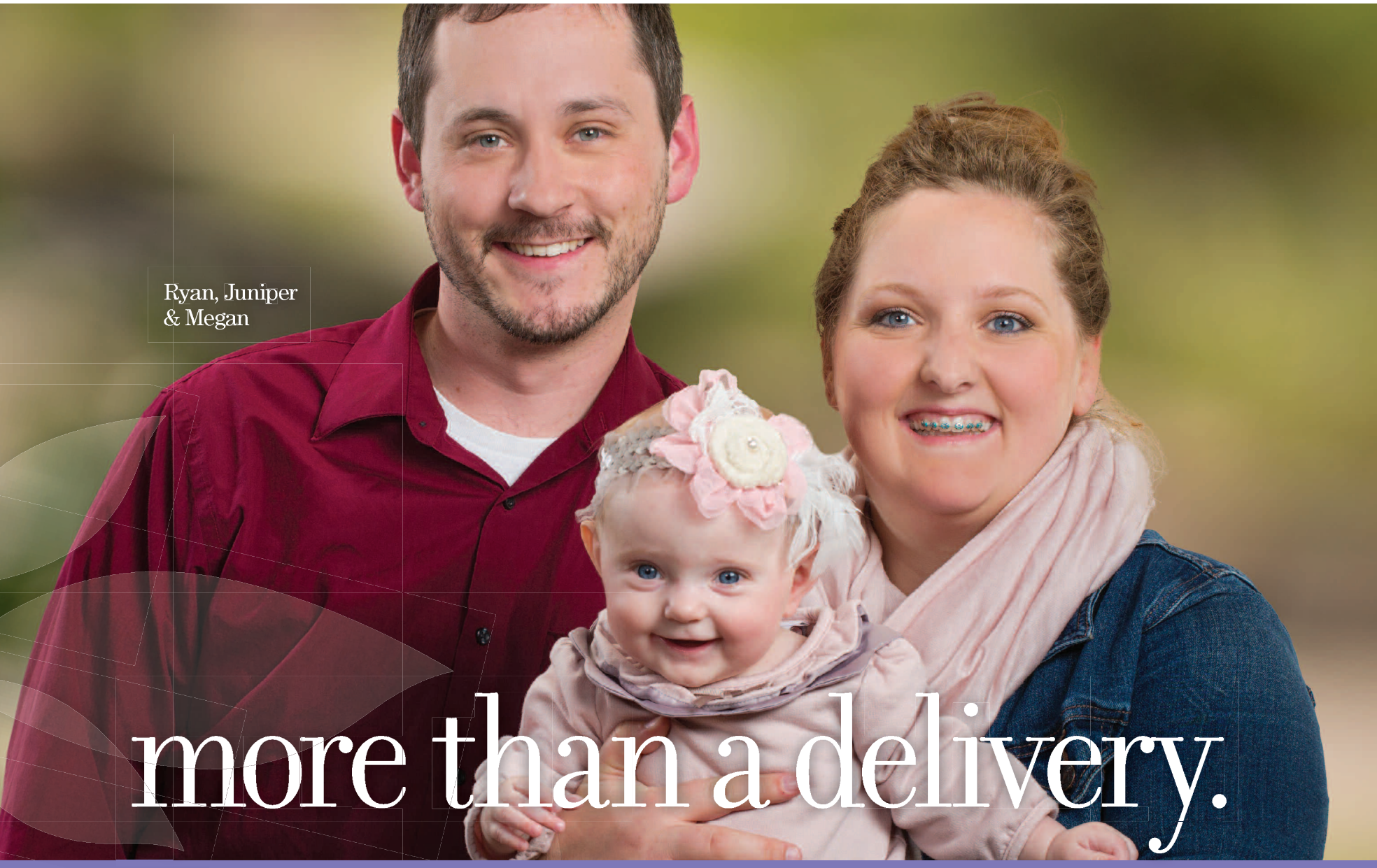
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**To sign up or learn more about the Helmerich Women's Center Labor of Love program, visit LaborofLoveOK.com, call 918.579.8085 or e-mail LaborofLove@Hillcrest.com**

A diagnosis of high-blood pressure led Megan to be hospitalized several times during her pregnancy. While any complication is stressful, first-time mom Megan found reassurance and comfort in her providers at the *Peggy V. Helmerich* Women's Health Center at Hillcrest South. When it was time to deliver, Megan was surrounded by a supportive team. And when baby Juniper had to spend a few extra nights in the hospital, the team did everything they could to accommodate the family. Megan knows that when it comes time to expand their family, she'll choose Hillcrest South again because of her incredible experience.

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

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tulsakids

November 2017

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Volume XXX, Number 11

www.tulsakids.com



## helping hands giving heart

10 PLACES TO VOLUNTEER WITH YOUR FAMILY IN TULSA

**BY VICKI MAY THORNE**

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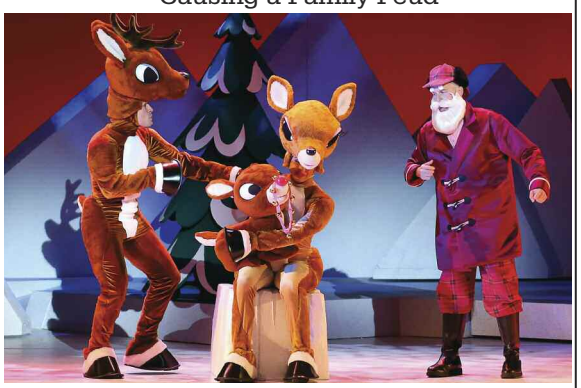

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# editor's note

## When Traditions Change

Over the years, my husband and I traded off going to his parents' house or my parents' house for Thanksgiving. As the kids got older, especially as they went off to college, we started having Thanksgiving at our house, inviting parents to join us.

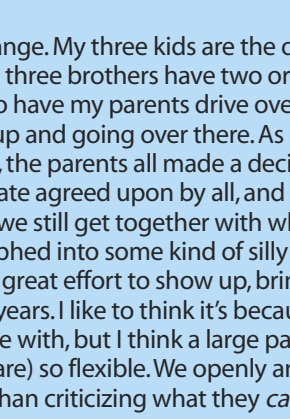
Christmas went through the same gradual change. My three kids are the only grandchildren on my side, while my husband's three brothers have two or three kids each. On my side, it became easier to have my parents drive over from Stillwater rather than packing everyone up and going over there. As my husband's extended family continued to swell, the parents all made a decision to do the Casey Christmas after Dec. 25, on a date agreed upon by all, and to draw names. Now that the cousins are grown, we still get together with whoever can show up. The name drawing has morphed into some kind of silly gift exchange game. The adult cousins still make a great effort to show up, bringing along assorted significant others over the years. I like to think it's because all of us aunts and uncles are so much fun to be with, but I think a large part of the credit lies with the fact that we were (and are) so flexible. We openly and lovingly welcome what people *can* do rather than criticizing what they *can't,* whether it's spending two hours or two days.

Read the article about staying home for the holidays with your nuclear family. No need to feel guilty – Thanksgiving and Christmas should be times of warmth and love, not bitterness and hurt.

Speaking of warmth and love, Tulsa writer Vicki May Thorne has compiled a list of places your family can volunteer, not just during the holiday season, but all year long.

And, if you're looking for special seasonal performances and events, Tara Rittler, our web, calendar and social media editor, has been as busy as an elf in Toyland compiling a list of holiday happenings.

As we prepare to share time together with family and friends on Thanksgiving, we want to wish all of you a wonderful Thanksgiving and may you have much to be thankful for.



*Betty Casey, editor*

If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.






ON OUR COVER:
SOFIA MARLOWE YATES.

PHOTO BY: LESLIE HOYT PHOTOGRAPHY


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PUBLISHER
publisher@tulsakids.com
EDITOR
editor@tulsakids.com
CALENDAR
(submit by 10th of the month prior)
calendar@tulsakids.com



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## BROKEN ARROW'S DONNA GRADEL NAMED 2018 OKLAHOMA TEACHER OF THE YEAR



In a ceremony at Oklahoma City's State Fair Park, environmental science teacher Donna Gradel was named the Oklahoma 2018 Teacher of the Year. Gradel has taught at Broken Arrow Public Schools for 21 years.

State Superintendent of Public Instruction Joy Hofmeister said Gradel's commitment to teaching has translated into positive change well beyond the Broken Arrow district.

Under her direction, Gradel's students designed a large-scale aquaponics system to provide clean water and a sustainable food system to raise fish and plants for impoverished orphans in a remote region of Kenya. After months of research and data collection, Gradel and her students then traveled to Africa to complete the system.

In addition to her work in Kenya, where she also provides curriculum and science supplies to a school that rescues victims of human trafficking, Gradel has made numerous contributions within her community. She promotes environmental education programs through Project Learning Tree and helps monitor water quality for local streams through the Blue Thumb Program. She is working with local officials on Broken Arrow's Monarch Initiative and the design of the city's first ecological green park. With her students, Gradel built an outdoor ecological classroom and planted dozens of trees with Up with Trees.

She distributes hundreds of backpacks and supplies to local schools and distributes food and bicycles to foster children at Christmas. A breast cancer survivor, Gradel strives to increase awareness as a KTUL Channel 8 Buddy Check Survivor and as a 12-time Race for the Cure participant. Her other volunteer work includes projects with Meals on Wheels, Night to Shine Special Needs Prom, Salvation Army, Gatesway Foundation, Broken Arrow Neighbors and Habitat for Humanity.

To recruit and retain teachers, Gradel advocates for providing educators access and time to collaborate with college professors, school administrators and experienced mentors, free or reduced tuition for graduate programs, stipends for teachers in high-need areas and professional development created through the private sector.

Gradel's philosophy of teaching is: "Children are yearning to be inspired, to go beyond what they think they can accomplish."

## BUILDING ALL CHILDREN AWARDED $13,000 GRANT

A Tulsa child development nonprofit that serves children of local families by assessing, screening, and helping them connect to appropriate community resources was awarded a $13,000 Nation of Neighbors℠ grant from Royal Neighbors of America, a U.S. women-led life insurer (www.royalneighbors.org).

"We believe in Tulsa. We believe in helping children," said Kendra Morgan founder of Building All Children. "This grant will help more children. Every penny will go to changing lives."

Morgan was nominated for the grant by Ginger Ford, a mom and member of Pioneer Financial Group. Ford said her son was having some problems at school, so she took him to Building All Children for assessment. "Kendra referred my son to a doctor and gave me resources. He was diagnosed with dyslexia/dysgraphia." Ford says having the assessment, a diagnosis, resources, and the continuing support of Morgan has helped her son at school.

"I have parents calling me who are confused and concerned about why their children are behind in reading or not achieving other developmental milestones like recognizing colors," Morgan said, "but they don't know where to go to address the delays."

Morgan said she had her own difficulties and was helped by a college counselor who suggested she use visual strategies when she studied, so she understands how confusing and frustrating it is for parents to see their child fall behind.

Morgan plans to use the grant to expand her practice to help more families. "It's an unbelievable opportunity."

Building All Children is located at 5550 S. Lewis Ave., #202; buildingallchildren.org.



KENDRA MORGAN, FOUNDER OF BUILDING ALL CHILDREN, WITH GINGER FORD AND HER SON. FORD NOMINATED MORGAN FOR A $13,000 ROYAL NEIGHBORS OF AMERICA GRANT.

## PAM TEBOW YOUTHWORKS CHALLENGE

Families are invited to attend a dinner with Pam Tebow as she shares her journey of raising her son Tim Tebow. She will talk about how to equip children to be world changers. Proceeds from the dinner will be used to "empower north Tulsa children to serve their community, improve their reading skills, become physically fit, eat healthy meals, and develop leaderships skills through a 30-week afterschool program, 10-week summer leadership camp, and a youth-run pizza business" called the Pizza Factory. The event is Fri., Nov. 17, 6 p.m., at the Other Side Event Center, 6904 S. Lewis.

For sponsorship or ticket information, call 918.734.0471 or email YouthWorks@tulsacan.org.

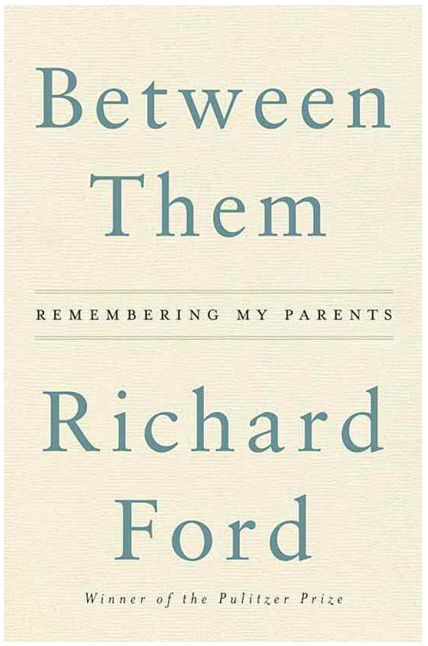
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## NOVELIST RICHARD FORD TO RECEIVE 2017 HELMERICH AWARD

As a child and adolescent, Richard Ford decidedly did not like to read. He was a painfully slow reader who had difficulty comprehending words spoken or written on a page.

"Being slow frustrated me and made me feel I was always behind the other kids," said Ford, who is the winner of this year's Peggy V. Helmerich Distinguished Author Award. "And I was behind the other kids – which occasioned, shall we say, other developmental problems – deportment problems, nonstop talking, seeking other unfavored ways to make myself noticed."

Nobody ever said the word dyslexia to Ford when he was growing up. In fact, by the time he realized his lifelong reading difficulties were because he was dyslexic, he already was in his 40s and well on his way to becoming a distinguished novelist and short-story writer.




Though having dyslexia has created many challenges for Ford, this learning disability also has helped shape his writing style.

"Being dyslexic is not all bad," said the Pulitzer Prize-winning author. "Indeed, some parts are quite interesting and even good. I retain a great, great deal once I do get something properly read and installed. And by reading slowly I render myself available as a reader to many of language's sensuous, noncognitive qualities: sounds, words' appearances on the page, rhythms – all qualities that written literature fully engages and makes relevant and adds to what words merely mean. Because I read this way, I write by engaging these qualities. My sentences rely on how words sound and look and trip along. Finally, it's a net gain, even though I'm still very slow as a reader."

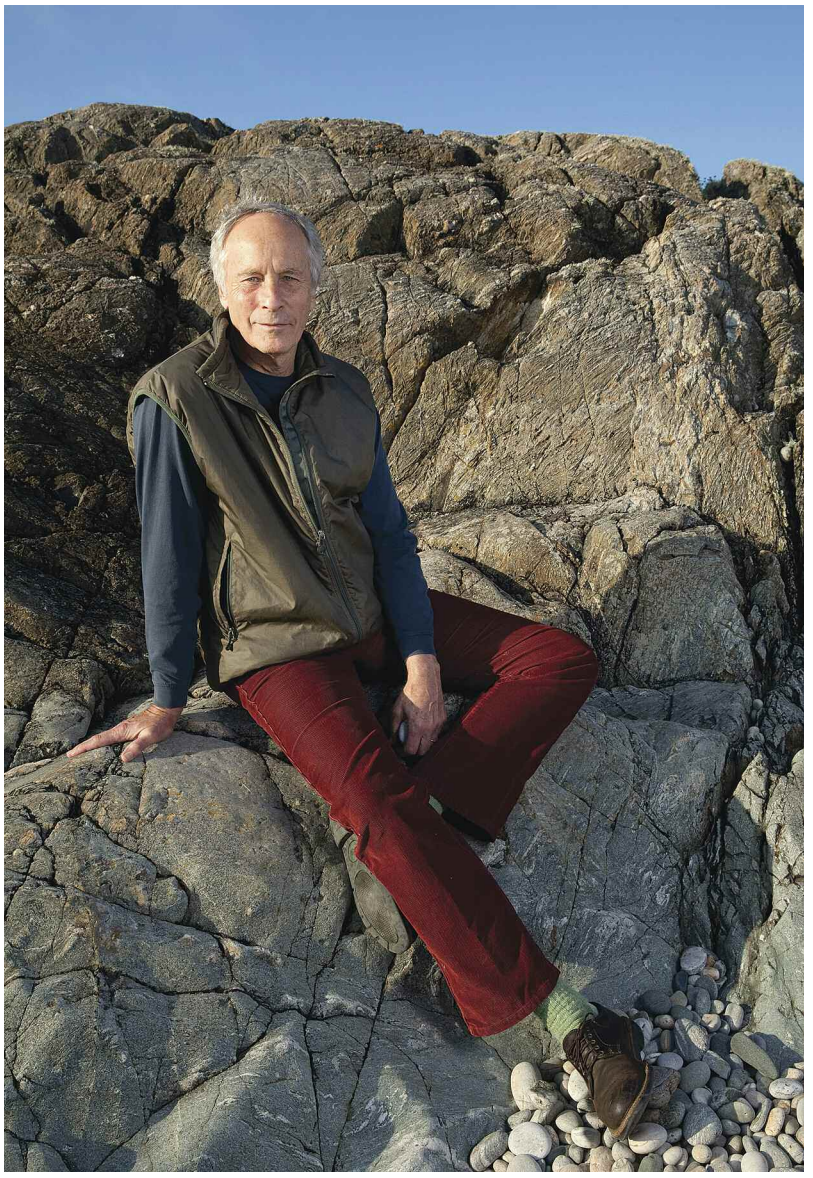


PHOTO CREDIT © KAREN ROBINSON

Ford has delighted readers around the world for the past 40 years with his portrayal of everyday contemporary middle-class American life in such works as the critically acclaimed *The Sportswriter, Independence Day, The Lay of the Land* and *Let Me Be Frank With You*. Earlier this year, he released his first nonfiction title, *Between Them: Remembering My Parents*, an eloquent memoir which has received many favorable reviews. For his distinguished body of work and major contribution to the field of literature and letters, the Tulsa City-County Library and Tulsa Library Trust will honor Ford with the 33rd annual Peggy V. Helmerich Distinguished Author Award, which consists of a $40,000 cash prize and engraved crystal book. He will receive the award at a black-tie gala on Friday, Dec. 1 and will give a free public address on Saturday, Dec. 2 at 10:30 a.m. Both events will take place at Central Library, Fifth Street and Denver Avenue.

To complement Ford's visit to Tulsa, the Friends of the Tulsa City-County Libraries will offer "A Richard Ford Sampler" as a part of its popular Books Sandwiched In series on Monday, Nov. 27 at 12:10 p.m. at Central Library in Aaronson Auditorium. Adrian Alexander, dean of the University of Tulsa's McFarlin Library and chair of the Distinguished Author Award Selection Committee, will review a selection of Ford's work, highlighting its significance and impact.

Visit www.TulsaLibrary.org or call 918-549-7323 for more details about the Peggy V. Helmerich Distinguished Author Award.

## YOUTH LEADERSHIP OKLAHOMA ACCEPTING APPLICATIONS

Leadership Oklahoma, a statewide leadership program, is now accepting applications for its 2018 Youth Leadership Oklahoma (YLOK) class which will be held June 3-8, 2018. Applicants must be high school juniors or home schooled equivalent with at least a 3.25 grade point average on a 4.0 scale.

Applications can be downloaded from www.leadershipoklahoma.com or requested by calling 405.848.0001 or emailing lstone@leadershipoklahoma.com.

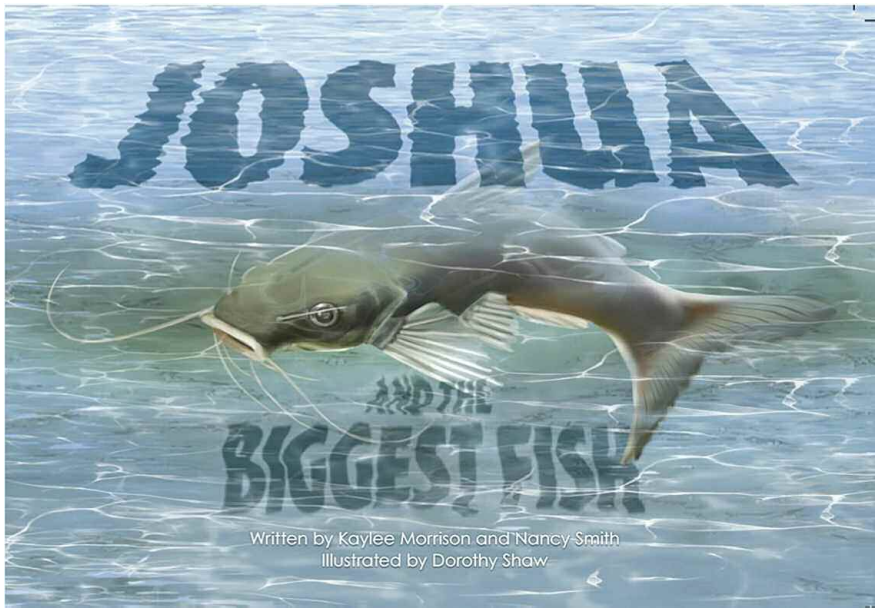
**Completed applications must be received in the Leadership Oklahoma office, located at 5500 N. Western, Suite 142, Oklahoma City, OK 73118, no later than 5:00 p.m., Tuesday, December 5, 2017.**

## SPAGHETTI EDDIE HAS NEW CD




Oklahoma City musician Brendan Parker (aka "Spaghetti Eddie") has a newly released CD of children's songs, just in time for holiday giving. Spaghetti Eddie is a long-time friend of TulsaKids – one of our favorite entertainers. Who can forget his performance of "Kitty Cat Town" at one of our moms' meet-ups? If you're looking for preschool pop that will have you hosting some living room dance parties, check out Eddie's catalog of kindie hits that hit all the right notes with kids – and their parents. Volume 5 tunes include "Wake Up!," "Wonder Where Everybody's Going?," "Forts," "Growing Up," and "Here for You," to name a few favorites.

Available on Amazon, thespaghettieddie.com




## LOCAL MUSCOGEE INDIAN WRITERS PEN CHILDREN'S PICTURE BOOK

Kaylee Morrison and her grandmother Nancy Smith, co-authored the children's picture book *Joshua and the Biggest Fish*, a traditional Muscogee (Creek) Indian "fish kill" tale that take place in east central Oklahoma. The book is illustrated by Dorothy Shaw.

Both women wished to preserve their heritage, and Morrison wanted to learn more about her ancestry. The book uses some Creek words with English translations as well as a glossary at the end of the book.

*Joshua and the Biggest Fish* is available on Amazon.



### AUGUSTINE CHRISTIAN ACADEMY CELEBRATES 20 YEARS

Augustine Christian Academy, located at 6310 E. 30th, has been serving students in Tulsa and the surrounding area with a unique classical, non-denominational, college preparatory education since 1997. Kirk Post, the current headmaster, started the school with a fellow teacher, Judith Stewart. With only 19 students, the school has grown over the years to a full pre-K through 12th grade campus. The Classical Christian School, still led by Mr. Post, teaches young people from a Christian worldview. The school website explains that the curriculum in each grade is infused with doing everything "for the glory of the Lord," thus allowing students to "become greater than the sum of their individual parts, producing results that far exceed expectations."

The Classical Education model introduces students to great Western thought, classical literature and languages. The goal of this approach is to teach young people to think and reason. Students are also divided into four "houses," patterned after European schools, allowing older students to know and act as mentors for younger ones. The school also has a robust fine arts department.

School statistics show that 100 percent of ACA graduates attend a four-year or community college; 7 percent have become National Merit Finalists, and 100 percent took that ACT with an average composite score of 25.

Augustine Christian Academy is a member of the Association of Classical Christian Schools. Learn more at www.acatulsa.org or call 918.832.4600.

### NEW FAMILY MEDICINE AND PSYCHIATRIC DOCTOR JOINING RENUYOU TEAM



RenuYou Neurofeedback Brain Fitness Center announces the addition of family medicine and psychiatric doctor Anton Surja to our group. Dr. Surja is one of only a few triple board certified psychiatrists in the state of Oklahoma. His certifications include General Psychiatry, Child/Adolescent Psychiatry and Addiction Psychiatry. He completed his residency at the University of Louisville, Louisville, KY. Dr. Surja has over 18 years of diverse experience treating patients of all ages with services including preventive healthcare and medication management. While recognizing the need for medications, Dr. Surja would like to help patients reduce or better manage their medication when possible and believes that neurofeedback is the perfect adjunct to help accomplish that task. Dr. Surja specializes in helping children and adolescents with mood, anxiety, attention and affective disorders as well as adolescents and adults dealing with substance abuse. Dr. Surja is looking forward to working with RenuYou Neurofeedback Brain Fitness Center to help patients be the best they can be. "I see neurofeedback as a very effective piece of the puzzle to help my patients achieve peak performance in their health," he said. "I'm excited about the opportunity to work with such a dedicated staff." Appointments with Dr. Surja can be made by calling RenuYou at 918.747.7400.



BY KILEY ROBERSON

# picky eater rehab: table tips that work

I always wanted my children to be good eaters. It mattered quite a bit to me, in fact. When my daughter reached the solid food stage, I made all her baby food by hand. I steamed and mashed as many different fruits and veggies that I could come up with. I mixed together combinations with varying flavors to keep her taste buds trying new things. I would say that my now 6-year-old is a pretty good eater. She loves fruits and vegetables…but has a harder time with proteins like beans and meats. Feeling somewhat successful, I took the same approach when my son started eating solids. However, that outcome has been vastly different so far.

At age 3, my son's current diet consists mostly of carbs and dairy. I can typically get him to eat pureed veggies mixed with applesauce, but that's been the extent of his variety. How can two kids, raised in the same way, turn out so differently? I'm sure that's a question many parents ask about a variety of things, but this picky eating has me stumped. So I hit the books, researched the experts and found a new program currently treating kids with picky eating problems.

It's an outpatient program at Kennedy Krieger Institute in Baltimore. The program's director, Dr. Peter A. Girolami, says the clinic sees a wide range of kids — from



those who don't like vegetables to other kids who have never eaten solid food at all. "Some have autism, digestive troubles, or food allergies," Dr. Girolami explains, "but others are just typical kids — ones without an underlying medical condition whose fussy eating habits are getting in the way of family life."

While an outpatient picky eater clinic may seem a little extreme for my circumstances, some of the tips and strategies the program suggests are research based and have proven results. Here are some of the recommendations of Dr. Girolami and his team of researchers:

**Start very small.** Sure, you're not giving your kid a giant bowl of peas. But Dr. Girolami says many parents offer a portion that's way too large. He suggests beginning with pieces so small that they could literally be blown away. At home, try a single pea, part of a noodle, or a crumble of cheese. Encourage your child by saying something like, "This is easy — you could be done in a second." Once your child eats it, give him a food he does like. Then, at subsequent meals, increase the portion of the new food and phase out the follow-up food.

**Stick with it.** You've probably heard it before: A child has to try something 10 to 15 times before he likes it. While that sounds daunting to many parents who have a hard time getting their kids to try something once, Dr. Girolami promises it does get easier. His research shows that once you get the ball rolling on tasting new foods, it takes on average only six attempts for kids to accept them.

**Scale back on snacks and drinks.** A lot of kids who resist new foods eat snack foods or drink all day long, which limits their hunger for foods at meals. Once families cut back to three meals and one to three snacks at relatively consistent times, their kids are more receptive to trying something new because they're truly hungry.

Dr. Girolami also suggests parents of picky eaters write down all the foods their child eats; closely related ones, like string cheese and American cheese, count separately. Disordered or extreme picky eaters accept only 20 or fewer foods and are often sensitive to texture, temperature or color. If your child really only eats 20 or fewer foods, it might be time to ask her doctor for help. If he or she eats more than 20, keep at it. It may just be that your child has a more refined palette.



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# GIVE THEM A BIG SURPRISE



An annual membership to the Oklahoma Aquarium makes a great gift anytime, but especially this year. We just unwrapped Sea Turtle Island and have another big surprise *coming in 2018*.

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**For information about memberships, please visit okaquarium.org.**



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BY SARAH LYONS

# how to create thankful kids this Thanksgiving

As Thanksgiving approaches it is nice to reflect on and appreciate our blessings. In our family, each member writes down something he or she is thankful for on Thanksgiving Day, and we read them aloud at Thanksgiving dinner. This is a fun exercise that teaches our children to show gratitude for things otherwise taken for granted. We enjoy that daily pause to remember what we are grateful for, but what about every other day of the year? How do we teach our kids to be grateful all year long?




**Model gratefulness**

The easiest and most effective way to start teaching your children gratitude is to model it yourself. Let your children hear you talk about the things you are thankful for. "I am so grateful for this beautiful day today so that we can go to the park" or "I am so thankful for a great job to pay for our home and our food." You can also do as we have on Thanksgiving Day and go around the table at dinner and name something you are thankful for any night of the year. When kids acknowledge the blessings they have in their lives, they will begin to take note and appreciate them.

**Serve as a family**

Families who do service projects together tend to be families who have a greater appreciation for what they have. When children see that some are less fortunate, they will develop a desire to help others and make a difference. Not only do they become more aware of others and the blessings in their own lives, but they are more likely to give of their time and treasures for a lifetime.

**Teach them to say thank you**

From a young age, teach children to say thank you. Encourage kids to say thank you for any acts of service or gifts. Writing thank you notes is a great way to provide kids the opportunity to thank someone for the gifts they receive and the time it took to purchase them. Encourage a "It's the thought that counts" policy and explain that it isn't the actual gift itself, but the thought behind the purchase that we are grateful for.

**Take care of property**

Teach kids the value of their property by showing them the importance of caring for their belongings. Clothes cost money so they should not be on the floor in piles. Toys cost money so if one is broken due to misuse, do not rush to replace it.

**Say no**

It isn't healthy to say yes to every request your child has. An answer of "No" or "Not right now" teaches children both the value of delayed gratification and encourages gratefulness for occasional treats. If a child is allowed to purchase a toy every time he visits the store, this will become expected. If the toy is purchased as a special reward or with her own money, the child will appreciate it much more.

**Teach them the cost of things**

Parents know everything costs money and it adds up fast. Allow your children to come along to the grocery store and have them help you find the best deal on food they would like to purchase or allow them to bring their own allowance and purchase something they would like. Point out how much it costs when you go out to eat as a family or make a large purchase of groceries or other items the family needs. Take care to avoid blaming or anger when discussing the cost of items and use the opportunity to teach. When children understand the true cost of items, they are more likely to appreciate the purchase in the first place.

**Give them chores**

When children have chores and responsibilities to their family, they begin to understand how much work goes into cleaning, yard work, or other household tasks. Some families may choose to give an allowance for tasks completed, which can help kids learn to budget and understand the value of hard work and in turn develop gratitude for the work that others do.

The main thing to remember as you encourage gratefulness in children is to model the behavior. Thank them for their hard work, acknowledge and thank others for their acts of service, help kids understand the value of items, and give them responsibilities that teach them hard work. We don't have to eat turkey every day to be thankful for the blessings that surround us all year.

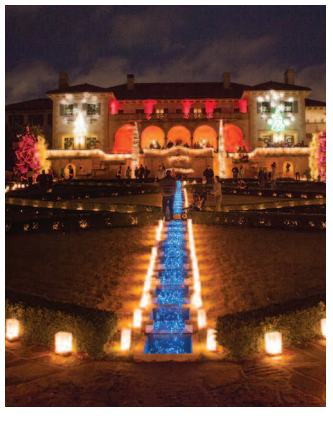
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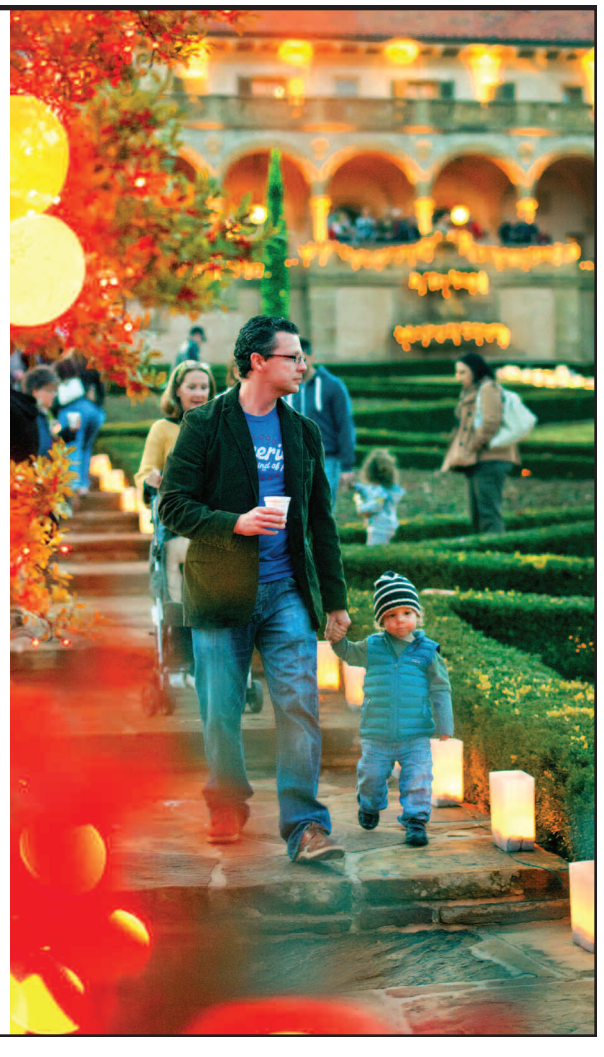
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BY SANDRA GORDON

# teenage alcohol poisoning?

## I NEVER THOUGHT IT WOULD BE MY DAUGHTER

It was 12:30 a.m. on a Sunday last December when my cellphone woke me up from a dead sleep. Earlier that evening, my 14-year-old daughter, Jane, had gone to her first formal high school dance and then to her first "after party."

I don't consider myself a helicopter parent. In fact, my parenting style has always been more free-range. After all, I grew up on a farm in the Midwest. But that night, I kept my cellphone on my nightstand just in case.

"Come pick up your daughter now!" said a man's voice mixed with thumping party music.

My heart suddenly racing, I threw back the covers and scrambled in the dark to throw on whatever I could find. What was going on? As I drove through my suburban neighborhood, my panic mounted, as teens from the party began cluing me in. One caller, a boy, asked if I was on my way and if I was okay with alcohol.

"No, I'm not!" I screamed. "How much did she drink?" No answer.

At the luxury apartment complex where the party was held, I found Jane splayed on the cold tile of the first floor restroom, unconscious. She was wearing her favorite black yoga pants and a white T-shirt, her pretty, long brown hair in a ponytail. I was stunned seeing her this out of it. Thankfully, another mom was there, holding up Jane's head so Jane wouldn't choke on her own vomit. "JANE! JANE!" I yelled. Her eyelids don't even flutter.

The man who called nervously appeared. Fortyish and boyish-looking, he was someone's divorced dad and the party's host. He had no idea how it happened, but just knew that my daughter drank too much. He wasn't sure what exactly she drank. He just wanted me to get Jane out of there, as if it were possible for me to sling my gangly 125-pound daughter over my shoulder.

Maybe another parent would yell at him for hosting a booze bash for high school freshman and sophomores. Me? I was in a vortex of tears. Yet, I knew yelling wouldn't change anything. Instead, I focused on solving the problem. "CALL 911!" I said to one of Jane's friends, who had wandered into the restroom to check on her. After what felt like forever, Jane was hauled out on a yellow stretcher.

Teenage Alcohol Poisoning

In the local hospital emergency department, Jane's clothes were cut off and IVs were inserted. She looked like a crumpled fawn in a mass of tubes. Her blood alcohol level tested at 0.2, four times the legal limit. She was the smell of a bar at closing time.

"We see this every weekend," said the young emergency medicine physician, shaking her head.

Teenage alcohol poisoning kills roughly 4,300 young men and women every year in the U.S., according to the Centers for Disease Control and Prevention (CDC). Jane turned out to be one of the lucky ones.

There wasn't much to do but wait until she woke up. "Try to get some sleep," the doctor said, while pulling shut the thick curtain that separated us from the ER's main area.

While shifting in my green plastic chair all night, I decided not to wake my husband, who was still at home sleeping, and I mulled over the events of the past week. When Jane asked to go to the after party, I saw the glint in her eye. I had a feeling alcohol was going to be there. Each night before bed for the past week, I had talked with Jane about the dangers of alcohol on the teenage brain, that because your brain is still growing, you're more likely to develop a lifelong addiction. That consuming alcohol at such a vulnerable age can mess with your brain's circuitry. As a health writer, I was up on the latest research. I knew about the dangers of teenage alcohol poisoning.

Right before the party, Jane's 16-year-old sister showed me a photo on social media of the event's exact alcohol stash—a mass of vodka, whiskey, and beer bottles. "The party's going to be lit!" the caption had read. At that, I sent Jane a text saying that she couldn't go to the party after all. "I promise I won't drink, Mommy," Jane texted. I decided to trust her. After all, we had had those talks. But we might as well have chatted about the weather.

At 6:30 a.m., Jane, still a tangle of tubes, finally stirred. "How do you feel?" I say.

"Safe," she says.

"Safe?" I repeat.

Jane nods.

"You're in the hospital," I say. "You almost killed yourself."

"I'm so sorry, Mommy," Jane says, with a tear streaming down her face.

When we got home at 10:30 a.m. that Sunday morning, the parents of Jane's friends began calling and I pieced together what happened. Egged on by the "cool" sophomores, freshman Jane had downed seven vodka shots. Not knowing what she was doing, she passed out before she even knew she was drunk.

In 2010, there were roughly 189,000 emergency department visits in the U.S. by underage drinkers, according to the CDC. I never want to know the statistics about teenage alcohol poisoning so personally again.

For weeks, I relived the ter-

*continued next page*

ror of the cliché phone call, racing to the apartment complex, the haunting image of my daughter conked out on the tile floor and the alcohol coma at the hospital. And Jane? Well, thanks to anti-nausea medication, she didn't even get a hangover. She knew she made a big mistake. Still, she was mostly upset that her yoga pants were in shreds.

Since Jane's near-death experience with teenage alcohol poisoning, there have been more talks about alcohol and how Jane's impulsive actions terrorized us all. My husband, Jane, and I attended two pricey sessions with a leading teen therapist so we could drive home the point that even though she was mostly unconscious throughout the whole thing, it was a BIG deal. Jane must earn back our trust, the therapist said.

We're not sure how to do this other than one neighborhood pool party, bonfire, and hang-out at a time. I let Jane go because I know she needs to be with her friends, as all teens do. Yet, she has a firm rule. If alcohol gets smuggled in, it's off limits. "IF YOU DRINK ANYTHING, I'M SHUTTING IT DOWN!" I routinely say, glaring. Jane also has an 11:00 p.m. curfew. I always pick her up instead of letting someone else drop her off at home. She can't have a sleepover after a party either, which is how many teens hide drinking from their parents.

What will happen when Jane does drink again at a party is anyone's guess. In the meantime, to help Jane feel safe and buy time until she's more mature and can hopefully make better decisions for herself, forget being a free-range parent. I now think of myself as a helicopter parent on steroids—or rather, a party drone, hovering just above Jane's pony-tailed head.

*Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.*



















BY NANCY A. MOORE

# Chris Siemens: serving the foster-care community

Chris Siemens' heart lies in helping children. Over the years, she has worked for local nonprofit agencies whose focus has been on helping those who couldn't help themselves – abused, neglected and abandoned children in various stages of need. After learning that her now current position was available, she knew it was meant for her. The years of professional experience she had working for nonprofits in various leadership roles coupled with her personal role as a foster parent prepared her well for stepping into her new position as executive director for Tulsa Advocates for the Protection of Children (TAPC).

Currently, TAPC is preparing for the Christmas for Kids program, aimed at supporting children and families in Tulsa's fostercare system. The program's success is directly dependent on support from the Tulsa Community. I talked to Chris Siemens about her new role at TAPC and the impact of the Christmas for Kids program.

**Getting to know Chris:**

**TK: Tell us a little about yourself.**

**Chris:** I grew up in Tulsa and love it here. After high school, I attended Tulsa Community College and then moved on to the University of Oklahoma. After college, I worked in corporate America, but quickly realized my heart and talents were with helping kids in need. I decided to attend graduate school for my master's in Marriage and Family Therapy from Southern Nazarene University. I eventually found a spot with a nonprofit and have worked for several in the Tulsa area over the years prior to becoming TAPC's Executive Director.



CHRIS SIEMENS WITH HER HUSBAND BRIAN AND THEIR CHILDREN JAY, CAMERON AND JORDAN. NOT PICTURED ARE FOSTER CHILDREN KYLE AND ALEX.

**TK: How did you and your husband initially become interested in fostering children?**

**Chris:** Even at a young age, I was interested in adopting children. It was many years later that I had friends who were going through the fostering process. Over time, we visited at great length about their experience [with fostering children]. I knew it was something I was meant to do and, ironically, we ended up taking one of the kids that our friends initially started fostering and, after going through the adoption process, he was our first adoption.

**TK: As a seasoned foster-care parent, what advice would you give to those who are considering becoming a foster parent?**

**Chris:** People ask me all the time, "How do you do it"? They follow that statement with "I could never foster. I would get too attached." My reply is telling them yes, you do get attached, but that is the point. These children have experienced severe trauma, trauma that many adults haven't experienced. They need to feel the bond and attachment to a parental figure. Foster parents should be vulnerable when working with foster children and allow themselves to become attached. When or if the child should leave the foster home to be reunited with their biological family or move to another placement, yes, it hurts and, yes, it's hard. It's the hardest thing I've done. But, it's worth it to know that for that amount of time, I was able to provide a child with the safety and security of living in a loving, healthy home environment. I know I will heal. I know how to cope with the loss of the child leaving. The feelings I experience when a child leaves my home is nothing compared to the hurt and pain that the child feels due to the trauma they experienced.

**TK: Can you share one fun fact about your family?**

**Chris:** In 2016, my family was invited and recognized by Govenor Fallin during her State of the State address when she kicked off the Oklahoma Fosters campaign.

**More about the TAPC Organization**

**TK: Tell us about TAPC.**

**Chris:** Tulsa Advocates for the Protection of Children is a Tulsa based 501(c)(3) nonprofit designed to assist children in DHS custody with basic needs. Our mission is to improve the lives of abused and neglected children in Tulsa County through

*continued next page*

advocacy, resource development, best practice service provision and community outreach. We help provide for necessities and outings for children at the Laura Dester Children's Center, operate a Foster Family Resource Center for foster children to obtain items to meet their basic needs on a monthly basis, and celebrate Christmas through our Christmas for Kids program which matches the Christmas gift wishes of Tulsa County foster children.

**TK: What is TAPC's goal?**

**Chris:** TAPC's goal is to serve the almost 1500 children in DHS custody in Tulsa County. Through our Foster Family Resource Center, we served over 3500 foster families last year, and our Christmas for Kids program provided gifts for 1561 foster children in 2016. The children we serve are our community's most vulnerable, and TAPC serves to meet the needs as best as we can, to help normalize the lives of these children.

**TK: What interested you about serving as the executive director for TAPC?**

**Chris:** When I learned of the position, I jumped on it! This opportunity came at the right time for me. I was ready to make the next step and lead an organization, and the perfect organization was looking for their next leader. TAPC has served foster children in the Tulsa area for over 10 years, and I knew I had the experience both professionally and personally to grow the organization.

**TK: What do you envision for the future of TAPC, and what is the organization doing to get there?**

**Chris:** Each day brings a greater need for foster children and foster families. On any given day, there are over 40 children at the Laura Dester Children's Center, and the need for foster parents is enormous. We work closely with DHS in supporting foster children and foster/kinship parents in meeting the basic needs of the children, but there is still so much work to be done. My vision for TAPC is to eventually move into one location - we are currently spread out in three separate locations – to better serve our population. We are refining our processes every day, and looking for innovative ways to meet the needs of our children on a daily basis. We are working to place ourselves strategically in the community, and will soon be conducting a needs assessment to understand better how we can serve foster children and foster families.

**TK: Tell us about Christmas for Kids.**

**Chris:** Each Christmas, we run our Christmas for Kids program. We ask each DHS foster child in Tulsa County to complete a form (or have someone complete the form for them) asking what their top two wishes are for Christmas. We ask for sponsors for each of these children, hoping to meet the needs and fulfill their exact wishes. We also are asking for cash donations, as not every child receives a sponsor and we purchase the gifts for them. We're looking for individual, family and corporate donors!

**TK: How can Tulsa residents get involved in TAPC?**

**Chris:**We greatly value and rely heavily on our volunteers. Our volunteers make our organization run smoothly and are dedicated to our cause. Volunteers help us at the Laura Dester Children's Center by mentoring and helping the children, transporting goods from various locations, sorting through our donations, organizing our warehouse and Foster Family Resource Center, helping with Christmas for Kids, talking with foster families and offering assistance if needed during their visits to the Resource Center. We accept donations of new or gently used children's items, i.e. clothing, shoes, toys, strollers, car seats, socks, new undergarments, cribs, beds (frames and mattresses), bedding, etc. And of course, we are always seeking monetary donations to be able to smoothly run our organization.

For more information: www.tapchelps.org or on Facebook at TAPC Foster Family Resource Center.

To Donate or Volunteer: Please contact Chris Siemens at csiemens@tapchelps.org or 918.728.6726.





# REINVENTING HOLIDAYS: HOW TO CHANGE THINGS UP WITHOUT CAUSING A FAMILY FEUD

**WORDS BY MYRNA BETH HASKELL**

Thanksgiving and Christmas are approaching and perhaps you are curled up by the fire envisioning a cozy celebration with your nuclear family. There will be no dressy outfits to don, no fussy children, no adverse road conditions to navigate and no massive post-meal cleanup. Sheer bliss! Just thinking about long-distance travel to the grandparents, aunts and uncles has you exhausted.

Uh oh. What will they say if you don't come? Will Nana have a fit and write you out of the will? Will your sisters tell you that you've got a lousy temperament, one that rivals Ebenezer Scrooge?

There are diplomatic ways to ensure that your holiday celebration suits your immediate family without alienating the rest of your clan. After all, you love them all dearly and don't want to put a crimp in everyone else's plans, or worse yet, cause long-lasting, hurt feelings.

**Stress on Young Families**

The holidays can be a stressful time under normal circumstances. Busy families are already on overload. Add shopping, wrapping, performances and travel to the mix, and you've got a recipe for disaster. You may also have the stress of fitting in time with both sides of the family, or several sides, if family includes divorces and remarriages. As delicious as it may sound, having four Thanksgiving feasts or two Christmas dinners in one day is too much. However, expectations can be the biggest stressor of all. Seeking the Norman Rockwell version of the holidays, where perfect children are awestruck and adults are playful and relaxed, can make many families combust under the pressure. Stress can reignite age-old quarrels and tempers may take center stage. Mix in several children who haven't napped, and – bingo – even the adults are in meltdown mode.

Take a deep breath and consider your ultimate goal. Do you want to spend stress-free time surrounded by the ones you love? Generally, low-key celebrations are better for young children who tend to unravel when exposed to long hours, erratic schedules and lots of unfamiliar people. So, racing from Grandma's to Cousin Jim's, and then somehow squeezing in Aunt Lucy's before bedtime, will only cause exhaustion and resentment. Perhaps it's time to reinvent the holidays.

According to an article posted by the Mayo Clinic titled "Stress, Depression and the Holidays: Tips for Coping," parents should remember that the holidays don't have to be perfect. "As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones." If travel is out of the question, "Find new ways to celebrate together, such as sharing pictures, emails or videos. Saying yes when you should say no can leave you feeling resentful and overwhelmed."

"Don't give in to guilt," cautions Christina Hibbert, Psy.D., a clinical psychologist, author of *This is How We Grow*, and host of Motherhood Radio and TV (www.motherhoodtv.com). "Guilt isn't a good reason to do anything, unless it is the type of motivational guilt you need after you've actually made a mistake. Most guilt is the depressive kind and only drags us down. Remember that saying no to something is saying 'yes' to something better.

>

Remind yourself of what you're saying 'yes' to, and then let the guilt go."

Hibbert explains that parents have to remember to prioritize their nuclear family needs, especially in times of major life stress or duress (for example, after the birth of a baby or during a time of grief). "During a particularly rough season of my family's life, we had to do this. We told our [extended family], as kindly as possible, that we just needed to be 'us' for this one year. Though there was some fallout, it didn't last. It showed our children that their needs - and ours - are important," Hibbert explained.

**Broaching the Subject**

Deep down, you know that you have to talk to your family about making some changes, but you don't want to upset anyone. It's always best to start with the truth and an empathetic attitude.

"Honesty is always the best policy," Hibbert says. "Too often, we go along with extended family plans simply because we don't want to hurt any feelings, when all it really does is prolong the inevitable. If we ignore or fail to honestly explain our feelings and desires for our own young family during the holidays, we end up feeling resentful and frustrated. I remember traveling with all six of our kids the first year we had our large family and feeling so wiped out I couldn't even enjoy the holidays. It was a wakeup call for me." She suggests using "I statements" (e.g. "I feel exhausted and overwhelmed when…") in order to take ownership of your feelings as you communicate with relatives.

Nicki Nance, Ph.D., a licensed psychotherapist and assistant professor of human services and psychology, advises parents to help family members understand their predicament while making it clear that extended family relationships are important. She suggests bringing up the topic by saying, "We want our visits with you to be special, but this year the kiddies are just too little for that to happen. We want to be part of the holiday, though, and hope you will be willing to use Skype so we can still share in real time." If you explain your concerns in detail, but suggest another way of connecting, the discussion may go more smoothly than you imagined.

Be sure to tell your loved ones how much you cherish your own childhood memories and that you want your kids to have special memories of the holidays, too – both new traditions and those that are shared by visiting grandparents and other relatives.

**Alternatives and Solutions**

Make an effort to spend time with your relatives, even if it differs from what you've done in the past. This will go a long way toward keeping the peace.

If location is not an issue, plan ahead to ensure both a peaceful morning with just your spouse and kids, followed by a road trip to Grandma's later in the day. However, pack ahead of time and load gifts in the car the day before to avoid a frantic exit.

Some families choose to spend the evening before the holiday with their nuclear family so they can start their own traditions..

"Very young children have no expectations," Nance explains. "Make ornaments, sing songs, open gifts and call it a celebration." Then, the next day's focus is on the rest of the family.

Hibbert recalls, "Several years ago, I wanted a more meaningful Christmas Eve for my nuclear family, and we started a 'Christmas Jar' tradition. All year, we collect money in our Christmas Jar, and on Christmas Eve, we pile in the car to find a person in need to receive the jar. My parents and siblings heard about this and wanted to join in." Hibbert's extended family now gathers each year to deliver their jars on Christmas Eve and share a traditional breakfast the next morning. Afterward, all families head home for their individual celebrations.

Having a "special date" for your family celebration can also work. Some families choose the weekend before or after the holiday every year. Be sure to make it special for all of those involved. A visit before Christmas could involve going to a holiday concert together or attending a tree lighting ceremony before spending some quality time. Some families opt to bring in the New Year together as an alternative.

Nance suggests having a gathering at a location where everyone can meet without feeling stressed about hosting. "Meet somewhere in between at a theme park, resort or campsite. Fees to attend can be given as gifts."

Whatever you do, approach the topic with openness and love — and be flexible.

"Remain open to changing needs as your family grows. You may find that, a few years down the road, what worked for your young family doesn't work so well for your not-so-young family. If you speak your needs kindly and honestly and are willing to keep others' perspectives in mind, you will find that you can reinvent the holidays as often as needed, and everyone will benefit," Hibbert says.

## Traveling with Young Children

Whether a trip to see grandparents is a long drive or a flight away, traveling with young children can produce myriad stressors if parents aren't prepared. Here are some tips for a safe and stress-free journey:

**General:**

- Avoid busiest travel dates and times
- Leave extra time for mishaps and weather-related delays
- When possible, plan to travel during hours your child sleeps
- Pack healthy snacks and water
- Bring toys and reading materials (add something new – activities with magnetic pieces are convenient while traveling)
- Pack medications (infant Tylenol, inhaler, etc.) and first aid kit in accessible bag
- Don't forget your child's comforter (Teddy bear or blanket)
- Stick to children's meal schedules

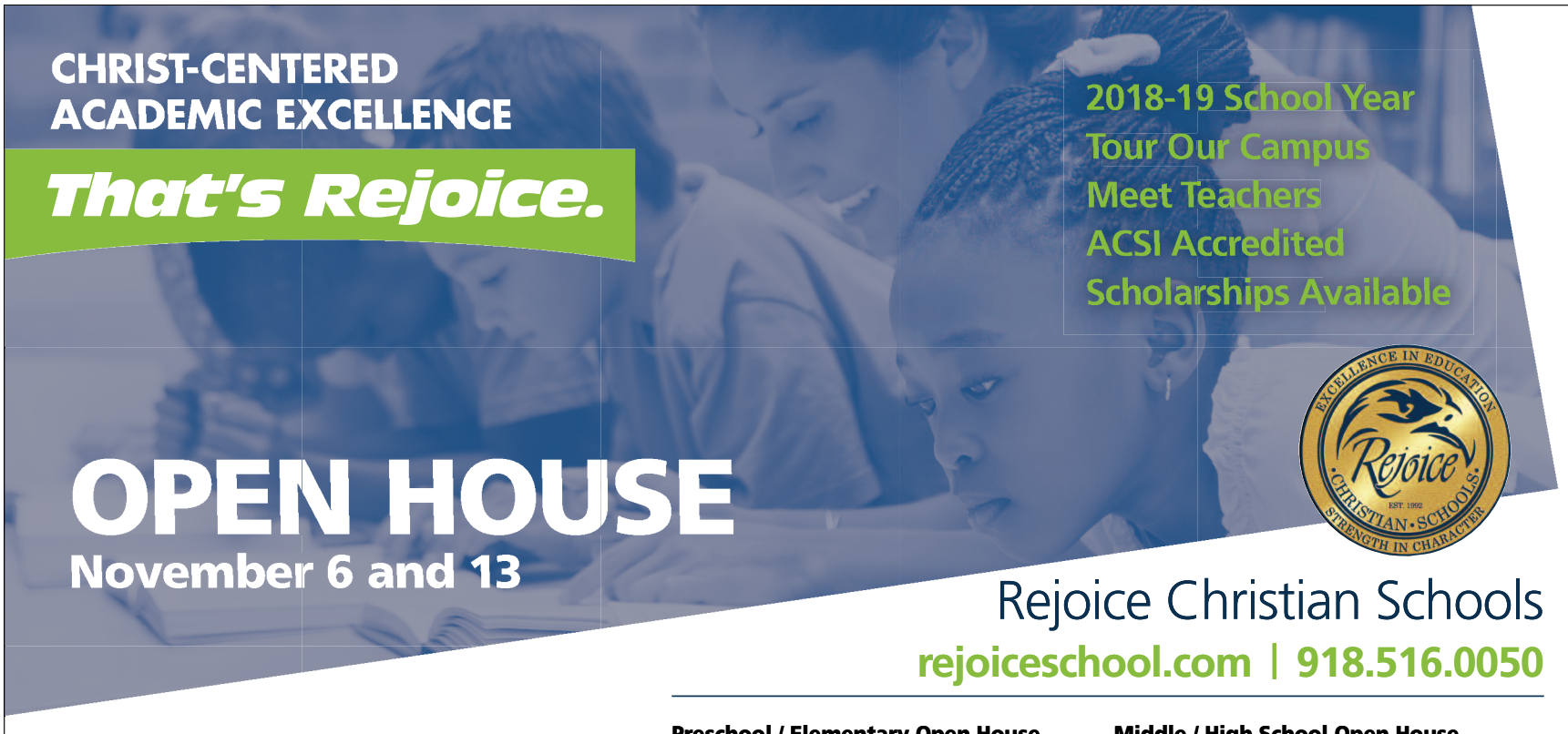
**By car:**

- Check tires, oil, etc. Inspection up to date?
- Safety equipment: flashlight, reflector warning triangles, blanket, jumper cables, water, etc.
- Bring USB car charger for your cell phone
- Check ahead of time for rest stop locations – stretch, use bathroom, throw a ball
- Parents: Take turns driving to avoid fatigue

**By plane:**

- Explain airport security to little ones ahead of time
- Check latest rules on banned items and carry-on restrictions
- If possible, book a non-stop flight – less chance for delays, loss of luggage, etc.
- Check bag weights/size restrictions – particularly for carry-ons
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# HAPPY HOLIDAYS




## DeckedOut Scooters

Pro scooters are always one of the hottest kids' gifts for Christmas and birthdays. DeckedOut Scooters is Tulsa's one-stop pro scooter shop, providing the top brands of complete pro scooters, parts, and safety gear all in one store. Awesome selection. Best prices. Outstanding customer service. **918.212.6850; wwwdeckedoutscooters.com**

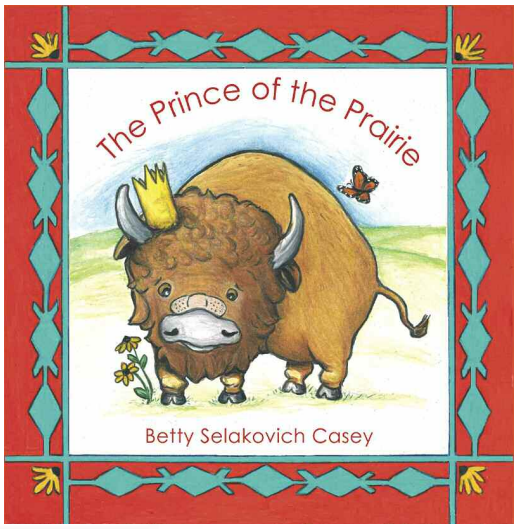


## Discovery Lab

Give the gift of discovery this holiday with a year-long membership to Discovery Lab! At Discovery Lab, families enjoy meaningful, hands-on play through exhibits, The WorkShop, and, of course, the iconic tape tunnels and slide. The museum offers an environment where education and fun meet with ever-changing experiences designed to encourage process skill development and support STEAM curricula. **560 N. Maybelle Ave.; 918.295.8144;www.tulsachildrensmuseum.org; facebook.com/DiscoveryLabTulsa; instagram.com/discovery-**

## Prince of the Prairie

As their plot of prairie gets smaller and smaller, Little Buffalo and his friends Prairie Dog and Meadowlark plan to move to the tallgrass prairie, but Little Buffalo can't get over (or under) the fence. A sacrifice from a friend saves the day. *The Prince of the Prairie*, written and illustrated by Betty Selakovich Casey, comes with a "learn more" page and a reminder that the bison is the official U.S. Mammal. Watch TulsaKids calendar for book-signings (see Nov. 16) Available at your local bookstore and online at **Amazon.com, BarnesandNoble.com, and indiebound.org.**







## Kringle's Christmas Land

Take a ride on the Kringle Express at Kringle's Christmas Land, a one-of-a-kind, ride-through experience. You and your children will feel as if you've entered a life-size Christmas storybook, narrated by Mr. And Mrs. Kringle. The unique animated characters were made in the USA between the 1940s and 1990s – you'll visit a Vintage Christmas Town, Candy Cane Lane, Santa's House, Toy Shop, Reindeer Barn, Nativity Scene and more. Up to 12 people can ride together. **Nov. 10 – Dec. 31, Tues. – Sun., closed Christmas Day. Tickets $10; Lower Level, Promenade Mall, 41st & Yale; www.kringlesChristmasLand.com.**



## Tulsa Zoo

Appeal to the animal fanatic in your life with a zoonique gift that also will benefit your Tulsa Zoo. From symbolic animal adoptions, to annual memberships, gift purchases support the zoo's mission of inspiring passion for wildlife. **6421 E. 36th St. North; 918.669.6600; tulsazoo.org/gift; facebook/tulsazoo.**



**SUPERKIDS! HEROES VS. VILLAINS**
Head to Guthrie Green dressed as your favorite super hero for an afternoon of activities—including a physical challenge course and photo station—entertainment, food and more! Guthrie Green, 111 E. M.B. Brady St., 1-5 p.m. www.guthriegreen.com

## November 1 Wednesday

**DAY OF THE DEAD FESTIVAL**
Kids can decorate sugar skulls, make sidewalk chalk altars, and more at Living Arts' 24th Day of the Dead Arts Festival. Plus, the entire family will enjoy watching fire performers, other authentic Latino performances, and shopping at the merchant's market. Living Arts of Tulsa, 307 E. M.B. Brady St., 5-10 p.m. www.livingarts.org/day-of-the-dead

## November 2 Thursday

**SILENT DINNER [FREE]**
Silent Dinners are THE place to come and practice sign language in a non-threatening environment. You will find that many Deaf people of all ages attend Silent Dinners to socialize in sign language. All levels of skill are welcome from very beginning learner to native signers. Woodland Hills Mall Food Court, 7021 S. Memorial Dr., 6-9 p.m. www.tsha.cc

## November 3 Friday

**FROM MY POINT OF VIEW: REBUILDING THE CHEROKEE NATION**
Learn about the inspiration behind the Gilcrease Museum's exhibit, "After Removal: Rebuilding the Cherokee Nation" in a relaxed, informal environment. Bring a lunch! Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-1 p.m. www.gilcrease.org

**TULSA OILERS VS. UTAH**
Watch the Tulsa Oilers play hockey at the BOK Center! BOK Center, 200 S. Denver Ave., 7:05 p.m. tulsaoilers.com

## November 4 Saturday

**BARK IN THE PARK [FREE]**
Bark in the Park is the perfect opportunity to hike with the whole family—including your furry friends! The Broken Arrow Animal Shelter will be present for on-site adoptions; other attractions include pet-focused vendors, visits with veterinarians and food trucks. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 10 a.m.-2 p.m. www.brokenarrowok.gov/589/Nature-Center

**TURKISH FOOD AND ART FESTIVAL [FREE]**
Enjoy gyro kebab, Turkish ravioli, baklava, kofte, stuffed grape leaves, Turkish tea and coffee, and more, as well as demonstrations of Turkish ebru (water marbeling) and calligraphy. Raindrop Turkish House of Tulsa, 4444 W. Houston St., Broken Arrow, 10 a.m.-6 p.m. www.raindropturkishhouse.org/oklahoma/tulsa

**NATURE TRAIL FULL MOON HIKE**

Join Tulsa Botanic Garden for a night hike on their 1. 5 mile Cross Timbers Nature Trail. Please note: Participants should wear comfortable walking shoes and be able to walk 1.5 mile nature trail. Not recommended for children under 6. Register at www.tulsabotanic.org Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 8-9 p.m. www.tulsabotanic.org

## November 5 Sunday

**FALL STEAM TRAIN**
Relive the golden age of steam railroading when the Oklahoma Railway Museum hosts Leigh Valley Coal Company #126, a beautifully restored 1930s-era coal-burning saddle tank steam locomotive affectionately known as "Sadie". Ride in vintage 1920s and 30s passenger cars or on an open flatcar or caboose and enjoy the unique experience of hearing that engine chug down the track during the 40 minute excursion. For a full schedule, visit www.oklahomarailwaymuseum.org. Oklahoma Railway Museum, 3400 NE Grand Blvd., Oklahoma City

## November 6 Monday

**DON'T STOP THE MUSIC [FREE]**
Head to the Hardesty Library for a fun children's program all about music and movement. Shake, shimmy and dance your twinkle toes to the bebop boogie with Ms. Julia and Ms. Maureen. For preschoolers and toddlers. Hardesty Library, 8316 E. 93rd St., 11-11:35 a.m. www.tulsalibrary.org

## November 7 Tuesday

**COMPASS, CALENDAR, CLOCK**
As our ancients learned, the sky is not just a thing of beauty... it's the ruler for the position of our planet. Understanding how our planet is aligned with the distant stars allows anyone to use the sky as a compass, a calendar and a clock. Come learn how to use the sky yourself! Best for ages 10-adult. Jenks Planetarium, 105 E. B St., 7-8 p.m. www.jenkscommunityed.com

**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. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-1 p.m. www.gilcrease.org

## November 8 Wednesday

**DIGITAL LITERACY LAB ORIENTATION [FREE]**
Want to learn more about the Digital Literacy Lab? Come and see what we're about! Orientation is required before independent use. Registration is required. Register online or call 918-549-7323. For adults. Central Library, 400 Civic Center, 5:30-6:30 p.m. www.tulsalibrary.org

## November 9 Thursday

**DIG WITH A DIETICIAN: PLAYING IN THE DIRT [FREE]**
This is a free one-hour science class and activity with a Reasor's Registered Dietician. Appropriate for ages 6-13, class size is limited to 20 participants. During this class participants will learn about all the different types of soils and composting. Broken Arrow Neighbors Community Garden, 332 W. Broadway Ave., Broken Arrow, 4:30-5:30 p.m. www.reasors.com/event

## November 10 Friday

**REACH FOR THE SKY! [FREE]**
Join the Oklahoma Women in STEM and Spartan College of Aeronautics and Technology for a hands-on day of STEM! Discover careers and celebrate the fun of aviation. This event is an incredible opportunity for girls in middle and high school. Spartan College of Aeronautics and Technology, 7499 E. Young Place, 10 a.m.-1 p.m. www.tulsastem.org

## November 11 Saturday

**SECOND SATURDAY TOUR: ROUTE 66 + BLUE DOME DISTRICT**
Join the Tulsa Foundation for Architecture for their monthly downtown walking tour! Learn about industry, commerce and the Red Light District in this month's tour of Route 66 and the Blue Dome District. Tulsa Foundation for Architecture, 633 S. Boston Ave., 10 a.m.-12 p.m. tulsaarchitecture.org

**SECOND SATURDAY AT PHILBROOK [FREE]**
Bring out the inner artist in each member of the family and experience Philbrook in a whole new way! Visit on the second Saturday of each month for free family-friendly art activities, tours and scavenger hunts for kids of all ages. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m. www.philbrook.org

## November 12 Sunday

**SENSORY-FRIENDLY FAMILY FUN TIME**
Every month, on the 2nd Sunday, the Tulsa Children's Museum hosts a Sensory-Friendly Family Day event. This event is geared toward families with children on the autism spectrum and those who have sensory processing disorders. Discovery Lab will open two hours early for our families to explore. Once the doors open to the public, they are free to stay and explore the rest of the museum. Tulsa Children's Museum, 560 N. Maybelle Ave., 9:30 a.m.-12:30 p.m. www.tulsachildrensmuseum.org

**TULSA TIME OVERNIGHT AT TU [FREE]**
Tulsa Time Overnight is a chance for potential students to envision themselves at The University of Tulsa. Students can see TU's beautiful campus firsthand, spend the night in the residence halls with TU students, visit with professors and staff about all aspects of the TU experience and meet other students who are applying to TU. Email visit@utulsa.edu for more information. University of Tulsa, 800 S. Tucker Dr., 1:30 p.m. www.utulsa.edu

## November 13 Monday

**LEGO LAB [FREE]**
Learn new building ideas, partner with other children during team-building challenges and explore free building. Leave your LEGOS at home and come play with ours! For ages 6-12. Martin Regional Library, 2601 S. Garnett Rd., 3-4 p.m. www.tulsalibrary.org

**BUILD A READER STORYTIME: FAMILY [FREE]**
Enjoy stories, songs and rhymes with friends and family. For preschoolers and their families. Central Library, 400 Civic Center, 6:30-7 p.m. www.tulsalibrary.org

## November 14 Tuesday

**CAR SEAT SAFETY CHECK [FREE]**
Make sure your child's car seat is installed correctly at this FREE car seat safety check. Owasso Fire Department Station 2, 201 S. Cedar St., Owasso, 10 a.m.-12 p.m. www.safekidstulsa.com

## November 15 Wednesday

**AQUA-TOTS!**
Fish, fun, friends and stories! Join the Oklahoma Aquarium for a fun seaside storytime. Ages 2-5, maximum of 35, available on a first-come-first-served basis. Free with admission to the Aquarium. Oklahoma Aquarium, 300 Aquarium Dr., 11 a.m. www.okaquarium.org

## November 16 Thursday

**MUSEUM BABIES**
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 babies birth to not-yet-three years old; registration required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. www.gilcrease.org




**WILL ROGERS BIRTHDAY BASH**
Celebrate Will Rogers' birthday with a full weekend of community events! Don't miss Kid's Day at the Will Rogers Memorial Museum on Nov. 2, and a Birthday Celebration at the Will Rogers Birthplace Ranch on Nov. 3. Nov. 4 is the official Birthday Bash, which begins with at Claremore Rec-Expo at 11 a.m. Five hundred children along the parade route will receive a special "Will Rogers Birthday Card" and memento, and later, at the Birthday Bash, which takes place at noon at the Claremore Museum of History/Gazebo Park, 100 of those children will receive an additional present. Kids can participate in the Mid-afternoon Frolic Talent Show on Sunday, Nov. 5. Prizes will be awarded for ages 5-12 and 13-18. Learn more at www.willrogers.com

**JOHN HOPE FRANKLIN 8TH ANNUAL DINNER OF RECONCILIATION**
The keynote speaker at this year's Dinner of Reconciliation is Ms. Dawnn Lewis, a Grammy-award-winning singer, an award-winning songwriter, an actor and community activist. Greenwood Cultural Center, 322 N. Greenwood Ave., 6:30-9 p.m. www.jhfcenter.org

**CHILDREN'S BOOKS AND THE CREATIVE PROCESS [FREE]**
Children's book author and illustrator Betty Selakovich Casey will talk about the creative process in writing and illustrating children's picture books and the importance of reading in child development. Free and open to the public. A book signing will follow, and her latest book, Prince of the Prairie, will be available for purchase. Southminster Presbyterian Church, 3500 S. Peoria; 6:30 – 8 p.m.; https://southminstertulsa.org; 918.743.4427.

## November 17 Friday

**GRAVEYARD SHIFT: PHANTOM OF THE PARADISE**
This 1970s retelling of the Phantom of the Opera combines rock and horror to tell the story of an aspiring rocker who sells his soul to fame and ends up living in the bowels of a popular night club. Circle Cinema, 10 S. Lewis Ave., 10 p.m. www.circlecinema.com

## November 18 Saturday

**IMAGINATION DAYS AT AHHA [FREE]**
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, 101 E. Archer St., 12-5 p.m. www.ahhatulsa.org

## November 19 Sunday

**FUNDAY SUNDAY AT GILCREASE [FREE]**
Funday Sunday is 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. Activities take place from 12-4 p.m.; the Gilcrease is open and free to the public from 10 a.m.-5 p.m. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10-5 p.m. www.gilcrease.org

## November 20 Monday

**SENSORY FOR YOUNG SCIENTSTS**
Let your little scientists explore their senses! Listen to a science-themed story before experimenting on your own. Tulsa Children's Museum, 560 N. Maybelle Ave., 10:30 a.m. www.tulsachildrensmuseum.com

**CODING FOR TEENS [FREE]**
Learning to code can be intimidating. Learn to code using JavaScript and HTML with the help of the Central Library staff. Class size is limited. Registration is required. Register online. Central Library, 400 Civic Center, 4-5 p.m. www.tulsalibrary.org

## November 21 Tuesday

**BUILD A READER FAMILY STORYTIME: EVENING STORYTIME [FREE]**
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Broken Arrow Library/South, 3600 S. Chestnut, Broken Arrow, 6-6:30 p.m. www.tulsalibrary.org

## November 22 Wednesday

**TARC "TEEN CONNECTIONS" GROUP [FREE]**
This 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 6:00 pm at the TARC office in Tulsa. TARC Office, 2516 E. 71st St., Suite A, 4:30-6 p.m. www.ddadvocacy.net

## November 23 Thursday

**HAPPY THANKSGIVING!**

## November 24 Friday

**HOLIDAY MOVIE: "BEAUTY AND THE BEAST" [FREE]**
After a day of feasting on Thanksgiving food, come to the Hardesty Library and enjoy this classic family film. Emma Watson stars in this adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love. Rated PG. For all ages. Hardesty Library, 8316 E. 93rd St., 1-3 p.m. www.tulsalibrary.org

**TICKLE YOUR FUNNYBONE STORYTIME [FREE]**
Join us for a storytime guaranteed to give you the giggles as we celebrate National Picture Book Month. Stories will be geared toward kids ages 5-10, but all are welcome! Schusterman-Benson Library, 3333 E. 32nd Place, 2-2:45 p.m. www.tulsalibrary.org

## November 25 Saturday

**FAMILY CINEMA SATURDAY [FREE]**
Come to the garden at Central Library to watch a movie based on a popular children's book. For preschoolers and elementary students and their families. Central Library, 400 Civic Center, 11 a.m.-1 p.m. www.tulsalibrary.org

**SIDEWALK ASTRONOMY [FREE]**
This astronomy viewing event is free and open to the public! Bass Pro Shops, 101 Bass Pro Drive, Broken Arrow, 5-10 p.m. www.basspro.com

## November 26 Sunday

**BUILD A READER STORYTIME: BABIES & TODDLERS [FREE]**
Join Ms. Shelly for fun stories, songs and activities that help your child develop important early literacy skills. For infants to 2-year-olds. Owasso Library, 103 W. Broadway, 10:30-10:55 a.m. www.tulsalibrary.org

## November 27 Monday

**IN THE MIDDLE [FREE]**
Join us for snacks and great conversation about "Masterminds" by Gordon Korman. For ages 9-12. Broken Arrow Library/South, 3600 S. Chestnut, Broken Arrow, 6:30-7:30 p.m.

## November 28 Tuesday

**MAINLY MYSTERIES: DIG IN! FOOD WITH A SIDE OF MURDER [FREE]**
Take a bite out of crime and share culinary mysteries. Light snacks are provided. Sponsored by the Friends of the Helmerich Library. For adults. Helmerich Library, 5131 E. 91st St., 6-7:30 p.m.

**BUILD A READER FAMILY STORYTIME: FAIRYTALES AND FOLKLORE [FREE]**
Bring the whole family to the Broken Arrow Library for a fun evening of fairy tales and folklore. This program is designed for children ages 0-5, but everyone in the family is encouraged to attend! Broken Arrow Library, 300 W. Broadway, Broken Arrow, 7-7:30 p.m. www.tulsalibrary.org

## November 29 Wednesday

**GAMER LAB [FREE]**
Teens can come to the Gaming Lab at Martin Regional Library for two free hours of gaming time! Martin Regional Library, 2601 S. Garnett Rd., 3-5 p.m. www.tulsalibrary.org

## November 30 Thursday

**MUSIC TOGETHER WITH CHRISTY [FREE]**
Share the joy of music with your little ones! This fun demo class allows kids to explore their own musical nature in a relaxed and playful environment. Music Together is a research-based music program for children ages 0-5 and their caregivers. Children participate at their own level in many ways, including singing, moving, playing instruments and chanting. Brookside Library, 1207 E. 45th Place, 10:30-11 a.m. www.tulsalibrary.org

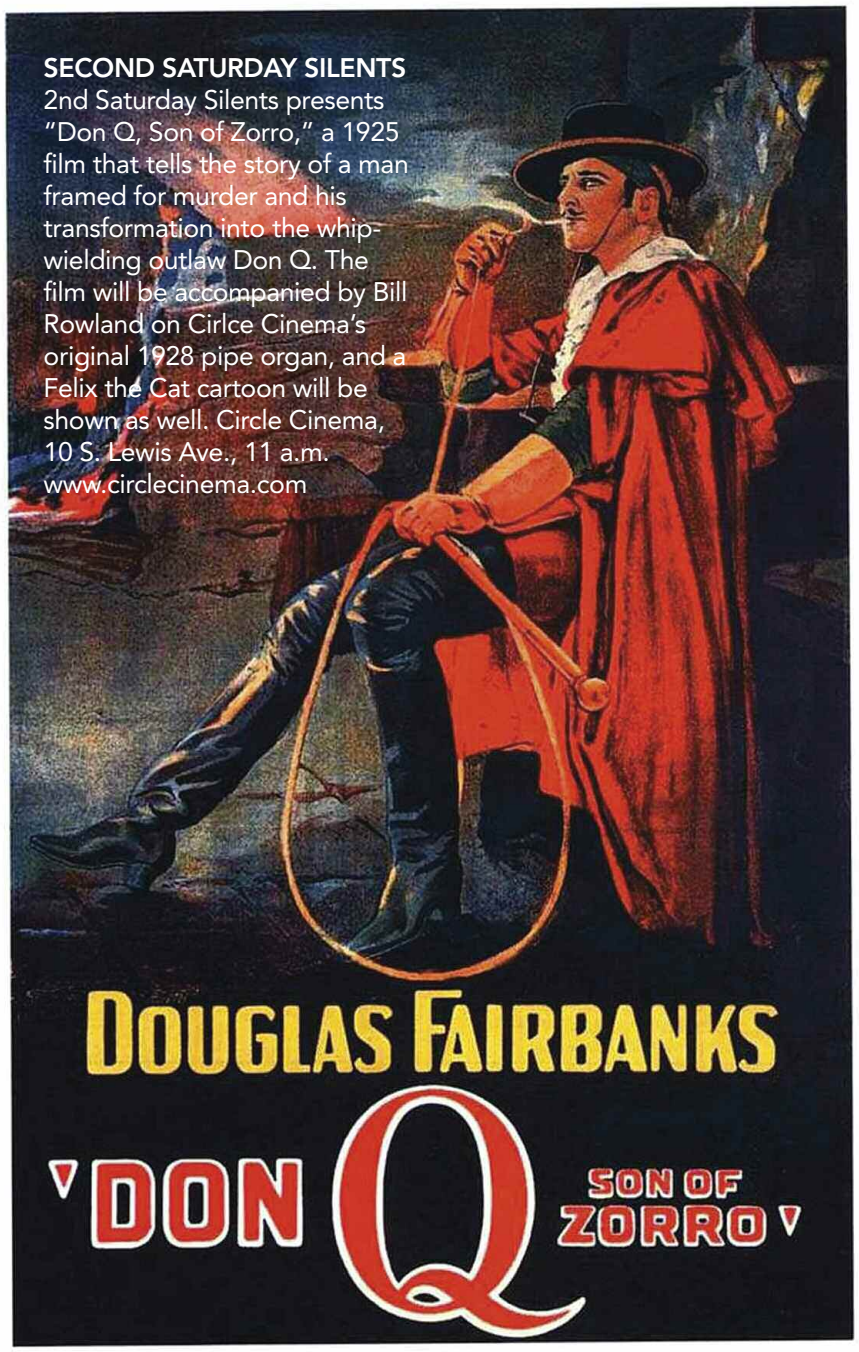
**TARC MOMS AND DADS SUPPORT GROUP [FREE]**
This a support group for parents of children with developmental disabilities. The purpose is to nurture and support families dealing with challenges and share in the joy of raising children with developmental disabilities. The group meets on the last Thursday of each month. Please note that there is no childcare provided. TARC Office, 2516 E. 71st St., Suite A, 7-9 p.m. www.ddadvocacy.net

### PAWS FOR READING STORYTIMES

Registered therapy dogs are excellent listeners. Kids ages 5-12 are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Tulsa Library Trust.

Wednesday, Nov. 1, 4:30-5:30 p.m. Broken Arrow Library/South, 3600 S. Chestnut Ave.
Saturday, Nov. 4, 2-3 p.m. Nathan Hale Library, 6038 E. 23rd St.
Tuesday, Nov. 7, 4-5 p.m. Jenks Library, 523 W. B St.
Wednesday, Nov. 8, 4-5 p.m. Broken Arrow Library, 300 W. Broadway
Wednesday, Nov. 8, 4-5 p.m. Helmerich Library, 5131 E. 91st St.
Thursday, Nov. 9, 6:30-7:30 p.m. Bixby Library, 20 E. Breckenridge
Monday, Nov. 13, 3:30-4:30 p.m. Schusterman-Benson Library, 3333 E. 32nd Pl.
Thursday, Nov. 16, 3:30-4:30 p.m. Charles Page Library, 551 E. 4th St., Sand Springs
Thursday, Nov. 16, 4-5 p.m. Glenpool Library, 730 E. 141st St.
Friday, Nov. 17, 3:30-4:30 p.m. Brookside Library, 1207 E. 45th Pl.
Saturday, Nov. 18, 10:30-11:30 a.m. Zarrow Regional Library, 2224 W. 51st St.
Saturday, Nov. 18, 1-2 p.m. Skiatook Library, 316 Wc Rogers Blvd.
Wednesday, Nov. 29, 4-5 p.m. Owasso Library, 103 W. Broadway St.

For additional storytimes, visit www.tulsakids.com/storytimes

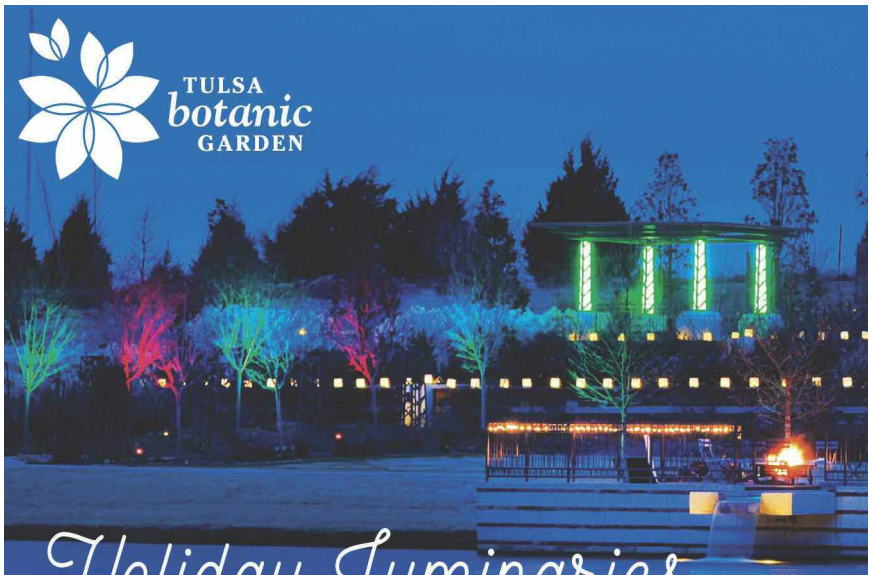



**SECOND SATURDAY SILENTS**
2nd Saturday Silents presents "Don Q, Son of Zorro," a 1925 film that tells the story of a man framed for murder and his transformation into the whip-wielding outlaw Don Q. The film will be accompanied by Bill Rowland on Cirlce Cinema's original 1928 pipe organ, and a Felix the Cat cartoon will be shown as well. Circle Cinema, 10 S. Lewis Ave., 11 a.m. www.circlecinema.com

### OTHER IMPORTANT DATES:

Sunday, Nov. 5 Daylight Savings Time ends. Set your clock back an hour Saturday night!
Nov. 1-Dec. 15 Open Enrollment at healthcare.gov

TULSA botanic GARDEN

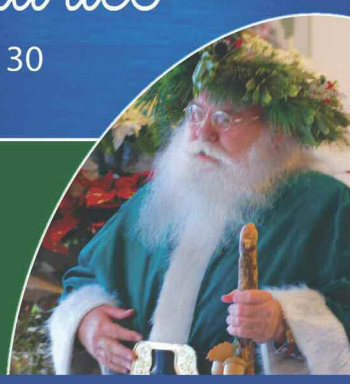


Holiday Luminaries

Thursday evenings: November 30
and December 7, 14, & 21

Join us for Breakfast
with Saint Nick

Saturday, December 9
Register online or by phone



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BY VICKI MAY THORNE

# helping hands giving heart

## 10 PLACES TO VOLUNTEER WITH YOUR FAMILY IN TULSA



Tulsa is a uniquely philanthropic city. We have the benefit of many generous private foundations, including the second largest community foundation in the country; second only to the Silicon Valley Community Foundation (thanks, Zuckerberg). From major gifts to the community, like A Gathering Place For Tulsa Park (funded in part by George Kaiser Family Foundation), to the dozens of fundraisers and charity 5Ks every spring and fall, charitable giving is a way of life for many of us in Tulsa.

But when it comes to demonstrating to our children what it means to give of "time, talent and treasure," things can get a little more complicated. We worry, will my kids be welcome? Will my kids get anything out of it? Where do I start?

It can feel overwhelming to know where to find a volunteer experience that fits your family.

**How to choose where to volunteer**

Start with considering your family's interests and values. You may have already had conversations with your children about current events (helping hurricane or fire victims) or answered questions related to the upcoming holidays. Likely, you are emphasizing kindness and generosity toward others. Consider what other values you might want to teach your children, such as resilience, compassion, conservation, civic pride or generosity.

Next, ask your kids' opinions about what kind of concerns they have or what they would like to do to help others. If they get to have input about where or what volunteer activities that your family might participate in, they will be more enthusiastic (especially true for preteens and teens). And by starting the discussion, you may discover that kids have some creative suggestions. They may be interested in picking up litter, when you might have guessed something different.

Last, just try it! Many of us may already be involved with the PTA or scouting or church ministry. That's fine — community volunteering doesn't have to be a long-term commitment. Many organizations like to have volunteers come in to do one-off projects (see: Tulsa Area United Way Day of Caring). Others prefer weekly or monthly engagement. Be prepared to go through training and/or a background check; organizations have these steps in place to protect both your time and theirs — because both are so valuable!

**The value of a volunteer**

Americans volunteer more than eight billion hours of time an-

*continued next page*

nually; this time is valued at more than $193 billion! This breaks down to nearly $25 for each volunteer hour. Organizations that rely heavily on volunteers to carry out their mission often calculate the value of volunteer time as part of their budget. They know that if they had to pay staff to do the same work, their reach would be much more limited. Volunteers can literally be the difference between an organization contributing to the greater good of the community or closing its doors.

Not only do organizations value your time, but your investment makes our community stronger and more connected. And your family will gain as much as it gives, possibly including a new-found gratitude for what you have.

**Get Started**

These local organizations have volunteer opportunities for families; recommended ages are indicated next to the organization's contact information.

**Community Food Bank of Eastern Oklahoma** (okfoodbank.org, 918.585.2800 ) Ages 11+. The Community Food Bank of Eastern Oklahoma is the largest hunger relief organization in Northeastern Oklahoma and has more than 450 partner agencies; 1 in 4 Oklahoma children faces food insecurity. The Food Bank's volunteer activities include: packing/unpacking food, packing Backpacks for Kids, assisting on the Mobile Pantry and more. Conversation starter: Ask your children how they feel when they are hungry. Is it hard to do school work? Talk about how the food bank helps hungry children.

**Meals on Wheels of Metro Tulsa** (mealsonwheelstulsa.org, 918.627.4105) Any age with an adult. Meals on Wheels delivers meals to homebound seniors and other individuals; volunteer drivers do the vast majority of the meal delivery throughout the Tulsa area. Neighborhood deliveries are along a pre-arranged route, to the same people every week. More than just a hot meal, volunteers provide a human connection and may be the only person a meal recipient sees all day. Children who enjoy talking to others, especially elderly people, may enjoy riding along with you. Conversation starter: Ask your child what volunteers provide besides just a hot meal to clients.

**SPCA** (spcatulsa.org; 918.428.7722) Ages 9+. If your child loves animals, a volunteer opportunity with the SPCA may be a good choice; with numerous volunteer opportunities and regular volunteer trainings, your family can support the adoption and rehabilitation of cats, dogs and other furry friends. Conversation-starter: What are some of the most important responsibilities of animal owners?

**Catholic Charities** (cctulsa.org; 918.949.4673) Ages 4+. Now, you don't have to be Catholic to volunteer with Catholic Charities, but if your family is interested in supporting refugee families, Catholic Charities is the place to go. They are the federally designated refugee organization in the city of Tulsa, and they help refugees from Burma, Vietnam and more make the transition to life in the United States. Volunteer opportunities include: food pantry work, sorting clothing, grounds keeping/trash pickup, administration, babysitting, putting together apartment kits for refugee families, reufee welcoming committee. Conversation starter: Ask your children to describe what it would be like to go to another country where you couldn't speak the language and didn't know anyone.

**Iron Gate** (irongatetulsa.org; 918.359.9001) Ages 13+. Iron Gate provides daily hot meals, grocery pantry resources, and kids' snack packs. Volunteer opportunities include serving food, stocking shelves, distributing groceries and packing Kids Packs; ages 13+. Conversation starter: what do you think kids like best about getting the Kids' Packs?

**James Mission** (jamesmission.org; 918.895.8733) Ages 6+. James Mission is a clothing and essential needs resource for foster care families; often when kids enter foster care, they have just the clothes on their backs. Volunteer opportunities include sorting clothes, shelving items, shopping with families, and more. Ages 6+. Conversation starter: what do you think it would be like to live with a new family if you were a child?

**Salvation Army** (salarmytulsa.org; 918.587.7801); Salvation Army in Tulsa is best known for the Angel Tree program at Christmas, but they also run programs year round for the homeless and disadvantaged youth. Holiday opportunities range widely, but do include meal services (Thanksgiving and Christmas shifts are very popular; children 12+ can serve with an adult), working at the Angel Tree booth at the mall and Bell Ringing. Ages 6+. Conversation starter: What do you think will be the most popular toy or item asked for by kids on the Angel Tree?

**John 3:16 Mission**.(john316mission.org; 918-587.1186) Ages 10+. John 3:16 Mission volunteer opportunities include a little bit of everything including serving meals at their overnight shelter, food distribution, clothing services, mentoring, after-school tutoring, summer literacy programs and more. Conversation starter: why is it important to help people who might be having a hard time getting clothing or even doing well in school?

**Up with Trees** (upwithtrees.org; 918.610.8733) Ages 8+. We've all seen the numerous "Up with Trees" signs around town, but did you know that your family can adopt your own tree site? (Sponsorships start at $6,000). You can also get your hands dirty by helping plant trees, pruning, mulching, distributing saplings, and more! Conversation starter: Why are trees important to human beings and to our planet?

**Little Lighthouse** (littlelighthouse.org; 918.664.6746) Ages 12+. Serves individuals with "physical or mental challenges that result in a developmental delay, ages 0-6"; volunteer opportunities include administration, classroom, facilities, fundraising. Conversation starter: Do you know any children who have disabilities? What are some ways you can include them?

Whether you volunteer with your family, your place of worship, school or scout group, getting involved with community organizations shows kids what it's like to be part of the larger community and increases empathy. Volunteering is often on our minds during the holiday season, but that shouldn't be the only time we participate. Talk with your family (kids included) about how they might like to get involved and start to explore the many way to help people and places in need, right here in Tulsa.

### More Ways to Give

**Christian Ministers Alliance, Inc.**

The Christian Ministers Alliance is in need of food donations for holiday meals. To donate, contact Rev. W.R. Casey at 918.951.7407.

**Child Abuse Network, Inc.**

For more information, call 918-624-0200 or email events@childabusenetwork.org.

**Family & Children's Services**

Adopt a family or help stock F&CS Santa Shop.

For information, call 918.560.1115 or email holidayassistance@fcsokorg.

**Coats for Kids**

Coats for Kids distributes used or new coats to these families in need and is sponsored by Channel 6, Yale Cleaners, and Catholic Charities. You can drop off your coats at any Tulsa Yale Cleaners location.

**Tulsa Day Center for the Homeless**

Monetary donations can be made at www.tulsadaycenter.org/index.php and other volunteer opportunities can be found at tulsadaycenter.org/support/volunteer/.

**Youth Services of Tulsa**

Youth Services programs address the needs of youth and families in our community. Teens are often forgotten during the holidays, so consider "adopting" a teen through Youth Services. Cash donations are welcome. Go to www.yst.org/donate/. Volunteer donate items like new and gently used clothing, furniture and household items.

**Iron Gate: Feeding the Hungry and Homeless in Tulsa—Everyday**

If you are interested in becoming a volunteer contact volunteers@irongatetulsa.org

**Emergency Infant Services**

There are so many ways that an individual or a group can make a difference in the lives of these infants and children. Go to https://eistulsa.org to donate money or supplies.

**Christmas for Kids Program**

Each DHS foster child in Tulsa County completes a form asking what their top two wishes are for Christmas. TAPC asks for sponsors for each of these children. TAPC is looking for individual, family and corporate donors. TAPC also needs donations and volunteers throughout the year.

For more information, go to www.tapchelps.org or search for TAPC Foster Family Resource Center on Facebook.

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

# how do you **build a reader?**

## TALK, SING, READ, WRITE AND PLAY EVERY DAY!

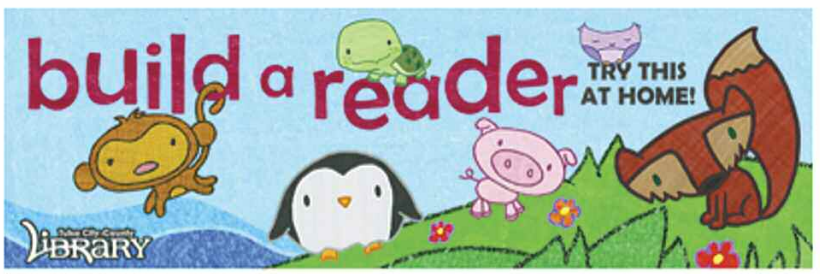
The library gives you great suggestions for what to do at home to get your baby and young child ready to read

To get a simple idea of what research says you should be doing to help prepare your baby and young child for later reading success, put one hand out in front of you. Now point to each finger:

1. **Talking**
2. **Singing**
3. **Reading**
4. **Writing**
5. **Playing**

That's it! Decades of longitudinal studies, complex research experiments, and statistical analysis by reading and literacy experts all point to these five simple activities. When you talk, sing, read, write and play with your children every day, you are ensuring that, when they are ready to learn the mechanics of reading (around the age of 6 or so), the process will be both easier and more joyful. What you do for babies and young children from ages 0 to 5 has a direct impact on their later success in navigating written language.

To help parents and caregivers with this important development, the Public Library Association created the Every Child Ready to Read initiative in 2004. Here at the Tulsa City-County Library, this initiative is known as "Build A Reader" and forms the backbone of our early literacy programming – primarily,






weekly storytimes offered at most of our 24 locations across the city and county.

It doesn't matter which TCCL library you visit, from A (Allie Beth Martin Library) to Z (Henry Zarrow Library), if you pop in to a storytime you'll hear our professional children's staff encouraging you to Talk, Sing, Read, Write and Play!

If you're like most parents, this sounds great – but you could use some ideas to incorporate talking, singing, reading, writing and playing into your child's everyday life. (Especially writing! How on earth do you "write" with babies? The easy answer: waving "hi!" and "bye!", which develops hand muscles and prepares babies for the idea that we use our hands for communication.)

Fortunately, the Tulsa City-County Library has translated these simple concepts into around 60 or so easy-to-use activity ideas that will engage your children (and you) while preparing their growing brains for later reading success.

For example:

"Bathtub Picasso" – how to encourage writing with just a tub of soapy water and shaving cream.

"I Spy: Family Edition" – make the visual skills practice of "I Spy" even more enjoyable!

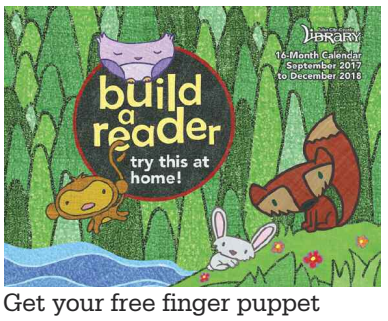
"Junk-Mail Post Office" – don't just throw out all of those grocery store circulars and offers for new cable services. Use them to help your child start to understand the concept that print has meaning.

These activities and more are the basis for the Build A Reader: Try This at Home 16-month calendar, which you can get for FREE at any of the Tulsa City-County Library's 24 locations. Simply complete the digital program at http://tulsalibrary.beanstack.org OR pick up a Build A Reader bookmark at any location. (For a complete list of libraries, go to www.tulsalibrary.org and go to "Locations.") The bookmark even has a bonus: a detachable finger puppet for your child.

Complete just one activity, and you will receive the calendar completely FREE!

Using the simple concepts of TALK, SING, READ, WRITE and PLAY, and with the help of the Tulsa City-County Library, you will make sure to BUILD A READER!

### Build A Reader: Try This at Home!




Get your free finger puppet bookmark and calendar at any of the 24 locations of the Tulsa City-County Library.
You can also sign up online at http://tulsalibrary.beanstack.org

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Learn about the written syllabary invented by Sequoyah.

**Full STEAM Ahead**

**Nov. 18 • 1-3 p.m.**

STEAM focuses on STEM (science, technology, engineering, math) and incorporates art into the mix. For students ages 8-12 years old.

**Funday Sunday**

**Nov. 19 • Noon-4 p.m.**

Activities inspired by the exhibition *After Removal: Rebuilding the Cherokee Nation.*

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GILCREASE.ORG

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FROM THE HIP

# The Hip Mom's Holiday Decorating Hacks

BY JILL VANTREASE

I don't know about you, but the thought of decorating for the holidays gives me a mild case of hives. It's already a crazy time of year: the big kids have lots of projects and tests, the little kids have these adorable winter programs and shows that you have to attend, there's presents to buy, parties to attend (if you have a social life - there are some years I do, some years I don't), you have to figure out what big holiday dinners you have to endure with your charming relatives - yikes! While some women seem to relish transforming their entire homes into temples of holiday glory a la Martha Stewart, alas, I am not one of them. Luckily, PVT sets up the tree and throws up some outdoor lights; all that's left for me is setting up a nativity scene, which I love to do. But surely there are a few easy things I could do to up my holiday mojo that won't force me to turn to prescription drugs or start on the spiked eggnog at 10 a.m., right?!

Fortunately, there are a few local stores that are real treasures for sprucing up your home even if you don't know a thing about decor. The Garden Trug down south off 101st and Riverside is owned by two lovely Tulsa ladies, Sue Welch and Marcy Smith. They always have plenty of easy, seasonal decor: for fall, there are pumpkins and gourds and lots of fall landscaping color such as beautiful chrysanthemums, and other pretty orange and gold flowers whose names remain a mystery to me. For Christmas and the winter season, there are poinsettias, wreaths, ornaments, and oodles of seasonal trinkets. The Garden Trug also offers classes like Fairy Gardens and Terrariums, and they have plenty of practical gardening and landscaping advice for people like me whose thumbs are decidedly black. And their Holiday Open House is Thursday, November 12 -- comfort foods to nosh on and hot apple cider while you shop.



THE GARDEN TRUG.

Another store new-ish to Tulsa is Home Goods, right around from Costco at 101st and Memorial. Home Goods is chock full of inexpensive seasonal fixes: vases, florals, table runners -- and even seasonal snacks! Everything is really quite reasonably priced, so you can go a little nuts and get something perfect for every corner of your house should you so desire. There's also a nice selection of bedding and furniture and — be forewarned — a darling toy section for little kids.

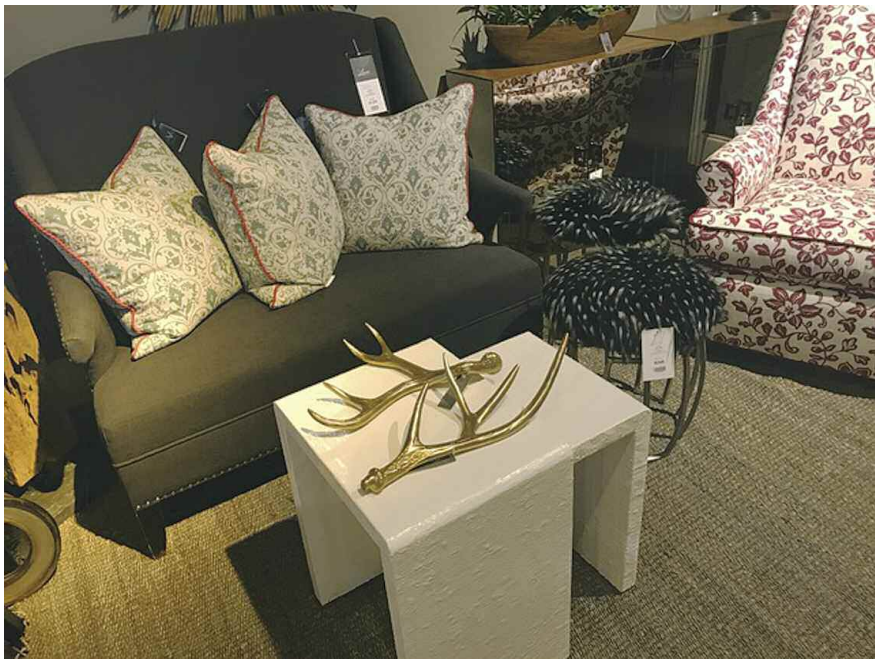
And if you haven't yet been to Cost Plus World Market in a larger city like Dallas or Houston, you are in for a treat. It finally landed in Tulsa over the summer and is a veritable bazaar of inexpensive, fun home decor with an international flare. You'll find art, pillows galore, furniture, and all kinds of interesting delicacies from around the globe. There are teas from Asia to Europe, candies from China to Norway, Japanese seaweeds, cookware, tableware




HOME GOODS.




COST PLUE WORLD MARKET.



and furniture! If you're craving Turkish figs, Lebkuchen gingerbread and German Snibbles Sausages, AND you need some throw pillows, art work and a new side table, you can get ALL of these things in one trip to Cost Plus World Market. As of this printing, the holiday displays were not out yet (thank goodness; who wants to look at Christmas in September?), but a gander at their website suggests their holiday offerings will be plentiful. From latkes to stockings, Advent calendars to wreaths, gingersnaps to peppermint bark, every holiday whim your heart holds can be fulfilled.




LUXE INTERIORS.

Finally, I talk to Tamra Noel, owner of Luxe Interiors at 96th and Riverside, just off the turnpike. She says, "One easy way to spread the holiday cheer in your home is by switching out your throw pillows. Pillows like these available at Luxe are simple, yet elegant and perfect for holiday decorating without necessarily succumbing to red and green." I love this idea - everyone loves a pillow, and I really do get a bit burned out on the traditional red and green. Surely we can celebrate the holidays without feeling like we're all living in Appalachia in the 1970s!

Another suggestion from Tamra? "For something more DIY, fill up a vase, bowl, or platter with something seasonal, such as pine cones or ornaments. Try incorporating sprigs of evergreen to add more color and the element of something living." What a great - and cheap! - idea! Plus, you can bundle those kids up and send them outside to look for seasonal greenery - maybe while you mix yourself up some eggnog. Luxe also has some fun blingy things in their showroom — I love their golden antlers, and a regal reindeer watercolor looks particularly festive.

Tamra suggests another creative way to decorate is to use items you already have such as hanging those holiday cards you will get. String them with twine or even hang them from an evergreen branch with ribbon at varying lengths to create visual interest. So much better than just shoving all those beautiful faces in the drawer!

So don't go crazy with decorating this holiday season unless it's your thing. String up some cards, grab a few new pillows and then snuggle up on the couch where you belong after your crazy week!

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BY NATALIE MIKLES

# holiday cooking with kids

Teaching a 7-year-old how to make a pie crust will take you to the next level of Supermomdom.

When my daughter asked me if she could make a pumpkin pie for Thanksgiving, I was thrilled. I love making pies, so I thought teaching her to make pies would be great. This could be "our thing," I thought. Teaching a child to make a pie is like teaching a child to do anything. It's sometimes a struggle, with twists and turns of challenges, gritted teeth and tears. But ultimately, it's rewarding, both to you and your child.

Canned pumpkin wasn't good enough for this daughter who is always up for a challenge. She wanted a "real" pumpkin pie. So, we cut and roasted a small pumpkin, added all the delicious spices and maple syrup and butter and poured it into the pie crust she had rolled out herself. It was the best pumpkin pie I've ever tasted, and we both felt proud for having made it.

The time we take to teach our children how to build, create or cook something isn't wasted time. Even during the hectic holiday season, setting aside some time for an art project, science experiment or recipe creation will build memories and bind hearts.

Beyond the experience, the wonderful thing about that pumpkin pie my daughter and I made is that it was one less pie I would have to make for the Thanksgiving feast. Letting kids help in the kitchen can actually work to your benefit, as long as you give them age-appropriate jobs and lower your expectations.



NATALIE BAKES WITH HER GIRLS.

Blast your Spotify or favorite Pandora station, give everyone an apron (it makes the kids feel like real cooks) and have fun in the kitchen together this Thanksgiving.

Here are some of our favorite recipes to cook with your kids and a couple they can make entirely on their own.

*We love this idea, adapted from Family Fun magazine, for mini pecan pies. The bonus: Finally, a use for those mason jar lids. Parents should toast the pecans, but elementary-aged kids can do many of the steps themselves.*

### Mason Jar Pecan Pies

- 8 (3.5 inch) wide-mouth canning jar lids
- 1 package refrigerated pie crusts (or your own recipe)
- 1/2 cup dark corn syrup
- 1/4 cup firmly packed light brown sugar
- 2 large eggs, lightly beaten
- 1/4 cup melted butter
- 2 teaspoons vanilla extract
- 1/2 teaspoon kosher salt
- 1 1/2 cups coarsely chopped pecans, lightly toasted
- 1 cup heavy cream
- 2 tablespoons maple syrup
- 1/4 teaspoon ground cinnamon

Heat oven to 375 degrees. Arrange mason jar rings on a baking sheet; add metal lid inserts, but flip them over so the shiny metal side faces up.

Cut each crust into four 4 1/2-inch rounds, using a small bowl as a guide. Freeze at least 20 minutes.

Whisk together corn syrup, sugar, eggs, butter, vanilla and salt until blended. Divide pecans among crusts. Pour syrup mixture over the nuts.

Bake on bottom oven rack for 20 minutes or until edges are golden and filling is set. Cool on a wire rack.

Beat cream, maple syrup, and cinnamon at medium-high speed with an electric mixer until peaks form. Serve pies with whipped cream. (You can make both a day in advance!)

*Here's a great pre-turkey appetizer. Kids will like the sweet cranberries and goat cheese. Leave out the rosemary if you have picky eaters. Kids will love helping roll and cut these.*

### Cranberry and Goat Cheese Pinwheels

- 1 large egg
- 1 tablespoon water
- 1 sheet frozen puff pastry, thawed

*continued next page*

• 3 ounces crumbled goat cheese, softened
• 1/4 cup finely chopped sweetened dried cranberries
• 1 1/2 teaspoons finely chopped fresh rosemary
• Kosher salt and ground pepper

Whisk together egg and water until well blended. Unfold pastry on a lightly floured surface. Brush with egg wash.

Sprinkle and spread cheese over dough. Add cranberries and rosemary. Season with salt and pepper.

Starting at one side, tightly roll it up. Cover with plastic wrap and freeze 45 minutes or until very firm. (To make ahead, freeze up to 2 weeks. Let stand 25 minutes before moving to next step.)

Heat oven to 400 degrees. Slice roll into about 24 (1/4 inch) slices. Arrange on 2 parchment-lined baking sheets. Brush with egg wash. Bake for 15 to 18 minutes or until golden brown. Cool on wire rack.

*Even toddlers can help pour and stir for this recipe. Little ones also love putting the muffin liners in the pan. Place these muffins on the kids' table at Thanksgiving, and the kids will gobble them up.*

**Sweet Cornbread Muffins**

• 2 (8.5 ounce) packages corn muffin mix
• 1 (18.25 ounce) box yellow cake mix
• 5 eggs
• 2 cups milk
• 1/3 cup vegetable oil

Preheat oven to 350 degrees. Place muffin liners in two muffin pans.

Stir corn muffin and cake mix together in a large bowl. Add eggs, milk, and vegetable oil and stir. Pour filling in muffin pans. Bake for 18 minutes, or until golden brown and a toothpick comes out clean.

Serve with butter and honey.










# tulsakids.com

# What's Going On(line)?

Dear Reader,

It's been so much fun putting together our list of Family-friendly Holiday Activities! I am grateful for all the local businesses and organizations that go all-out into making sure Tulsa families have countless ways to create wonderful memories over the holidays. And I am thankful for all our readers and social media followers who interact with us on Facebook and Instagram—who answer our questions about books, favorite fall activities, grandparenting, etc., and who enter our contests and giveaways. It is a joy to watch conversations begin and to hear great ideas and recommendations from our readers.

November is Prematurity Awareness Month, and we are looking forward to a special Guest Blog series by Leah Harper of Preemie Mom Camp. This series will include information about what it is like having a child in NICU, ways to support a preemie mom, etc.

Also, we are welcoming a new full-time blogger, Kristi Roe Owen! Kristi's blog, "Coffee Nebula," will focus on her family's love of all things Geek and promises to be a both thoughtful and entertaining.

As always, follow us on social media (@tulsakidsmagazine on Facebook and @tulsakids on Instagram) to stay up-to-date on the latest giveaways, blog posts, community events and more.

*—Tara Rittler, Web & Social Media Editor*

## Contests and Giveaways!

**"Rudolph the Red-Nosed Reindeer: The Musical" Ticket Giveaway!**

Enter to win a Family 5-Pack to the live version of this beloved Christmas classic, coming to the Tulsa PAC on November 26! Go to www.tulsakids.com/contests for more details.



**"12 Days of Christmas" Giveaways!**

Christmas is coming early this year: our 12 Days of Christmas Giveaways will take place December 1-12! We will be giving away gift certificates, retail items and more from local businesses. Visit www.tulsakids.com/contests and grab a copy of our December issue for upcoming details!

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## Congratulations Sofia!

**Thank you to Herman Orthodontics for sponsoring the TulsaKids Cover Kid Contest this year.**

Sofia Yates was our winner. You can see Sofia on our cover, and also pictured here with Robert J. Herman, DDS, MS, at the Tulsa office, located at 6565 S. Yale, Ste. 510.

For more information about Herman Orthodontics, treatment for children and adults, visit www.DrHermanBraces.com or call 918.492.4822 (Tulsa); 918.213.4466 (Bartlesville).

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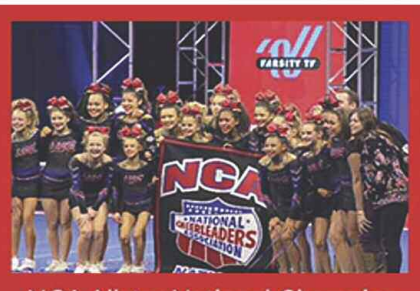
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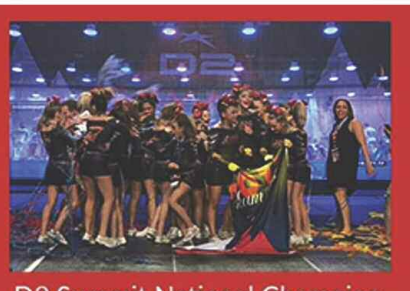
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- Fill a child's wishlist
- Make a financial donation
- Sponsor a toy drive

*Make a Difference* in the Life of a Child by participating in
**"Christmas for Kids"**
Contact: Maura.Brown@okdhs.org
918-706-1608

TAPC Tulsa Advocates for the Protection of Children

Child Welfare Services

Unwrapped toys and gifts can also be dropped off at the **"Christmas for Kids"** distribution site, 2740 E. 21st St. (former Borders)
From Dec. 11th to 16th – 8:30 - 5:30 pm
Tax forms provided upon request

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-Corey McCormick

*Parent, Class of 2023 and 2026*

**riverfield.org**

BY DIANE TRITT EATON

# Little Rock offers big fun



COURTESY OF LITTLE ROCK CVB

Are you searching for a quick family getaway between now and your annual Spring Break or summer vacation? Sometimes simply hopping in the car offers new and exciting discoveries. Often, short road trips steer Tulsans toward more bustling nearby metropolises like Dallas/Fort-Worth and Kansas City, but Arkansas' Little Rock, similar in distance from T-town, can provide a boatload of fun, too.

The Natural State's capital, settled in 1812, is named after a small rock formation along the banks of the Arkansas River. It was discovered by French explorer Bernard de la Harpe. He earmarked the rock as a landmark for river crossing. Today, inhabited by over 770,000 in the metro area, "Le Petit Rocher" is regarded as one of the friendliest and cleanest cities throughout the South and is serving up big-time family fun.

**Small Southern Charm**

One of the key differences is the size of Little Rock vs. Big D and K.C. With the smaller size comes a noticeably more laid-back vibe, warmed with Southern charm and hospitality that feels more like a grandmother's welcome than a cattleman's slap on the back. Like in Tulsa, there's a robust revitalization effort underway. Shopping, dining and entertainment districts draw both locals and visitors year-round. And, because the city is built in to the Ouachita Mountains' foothills, Little Rock is home to gorgeous parks and natural sights. When you're not busy breathing in the fresh outdoor air, there are plenty of kid-friendly museums to explore.

**Downtown Entertains**

Areas along Little Rock's waterfront have been transformed into pedestrian-friendly districts, each with its own distinct neighborhood feel. The River Market, MacArthur Park and the Creative Corridor districts all have unique cultural attractions, vibrant restaurants and shops to check out. The food scene is comprised of local cheese makers, cake bakers and brew masters, and it also serves up some great burgers and barbeque.

At night, downtown comes alive with the dazzling River Lights in The Rocks light show. Three river bridges—The Clinton Presidential Center, Main Street and Junction Bridges—illuminate the night sky with millions upon millions of high-efficiency LED lights, beautifying the cityscape. This is no ordinary bridge lighting, I might add. The Color Kinetics team, well-seasoned lighting professionals, along with Philips Lighting, was chosen for the project and they've worked on internationally famous structures, including the Empire State Building, the London Bridge, the Eiffel Tower and the Sydney Opera House.

**Natural Beauty Excites**

From downtown, you can soak up the beauty of the Natural State simply by admiring the views along the riverfront. For extra exposure, nature lovers can enjoy the mostly flat Arkansas River Trail on foot or by bike. The trail runs a 15+-mile loop within the city from the Clinton Presidential Bridge to the Big Dam Bridge and back. (The extended trail is almost 90 miles for those with more time and who want a more expansive experience.)

There's also an opportunity to trek across the 90-foot high Big Dam Bridge, which, at a length of 4226 feet, makes it the longest bridge on the continent built solely for pedestrian and bicycle use. Big Dam also connects miles and miles of scenic riverside trails between Little Rock and North Little Rock.

*continued next page*

The natural crown jewel in the region is 2,000-acre Pinnacle Mountain State Park, located a mere mile to the northwest of downtown. With an elevation of over 1000 feet, Pinnacle Mountain offers hikers a nice workout with a great reward: sweeping views of the Arkansas River Valley and its city, bridges and river below.

**Museums Educate**

Little Rock does not fall short when it comes to places to enhance your knowledge. Here's a small sampling of historical sites/museums to visit.

**Heifer International/Heifer Village**—-Suited more for older children, taking a tour of Heifer International and the village is highly recommended. It will teach them about sustainable living and how to help feed the hungry worldwide. Additionally, the building, an architectural masterpiece, is eco-friendly, earning accolades for being one of the "greenest" nationwide.

**Museum of Discovery**—-For the young and young at heart, this is a captivating and thrilling place for all those interested in science. Children are easily engaged in hands-on learning and can spend hours "playing" with interactive exhibits.

**William J. Clinton Presidential Library and Museum**—-Housed along the banks of the river, you will find a wealth of information about Clinton's oval office experiences. Beforehand, download the free app for an audio tour narrated by President Clinton himself. The building has nice river views and is architecturally impressive.

**Getting Around/Where To Stay**

The River Rail trolley system is a fun way to get around. Everyone will love the replica trolleys running along a 2.5-mile route from morning until night. They go all over the River Market District and through the Argenta District in North Little Rock, across the Arkansas River.

After a long day, there are nice overnight stay options downtown. The Capital Hotel provides a historic spin while the Marriott, Homewood Suites and Residence Inn offer amenities that traveling families may prefer.

There's clearly more to Little Rock than Bill, Hillary, Chelsea and Socks, the cat. In addition to being a smaller, more charming urban environment than regionally popular cities, you will most likely agree that there are some big reasons to add Little Rock to the family travel bucket list. For lots more information, see www.littlerock.com.







BY SUSAN SOLOMON YEM

# what's in a name?

When my friend, Anna, got married five years ago, she chose to keep her maiden name. Anna is French-Canadian with an Armenian background. In those traditions, women hold on to their names for a lifetime. Anna is very happily married and definitely not considering separating from her husband.

I was excited to take my husband's name when I wed. I often stumbled over my own alliterative appellation. Two names beginning with S did not roll off my tongue easily. I also liked downsizing from three syllables to one. Solomon is frequently misspelled with at least one of the o's becoming an a. Surprisingly, Yem can be spelled incorrectly too — Wem, Yam, Yen. The possibilities are almost endless.

One of the first questions my attorney asked when I began divorce proceedings was whether I wanted to keep my married name. Without hesitation, I said yes.

**It was my name almost as long as it wasn't.**

At the time of my divorce I was married for almost half my life. I was a newlywed when we moved from California to Massachusetts. We were starting a new life in a new state and I was forging a new identity. My friends and colleagues knew me only as Susan Yem. They had never met Susan Solomon. I would always remain a Solomon. I abandoned my middle name of Lilli and used Solomon in its place. (I wasn't really a fan of Lilli.)

As a writer my byline was updated from Susan Solomon to Susan Solomon Yem so that friends and editors, who knew me as a single woman, would still know that I was the author of the book or article they were reading.

> I suspect that people create their own narratives when they meet moms whose last name is not the same as their children's.

**It's my children's last name**

I suspect that people create their own narratives when they meet moms whose last name is not the same as their children's. Well, at least that's my tendency. I am proud to be identified as the mother of my children and I do not want anything to confuse that.

In an ironic twist, two of my children are using Solomon as their last name – my daughter and my oldest son. When I hosted my daughter's college friends at a dinner near her campus, they all thanked Mrs. Solomon. "Mrs. Solomon was my mother," I corrected them. They responded with puzzled expressions. See what I mean about confusing people!

**It's my professional name**

My business card reads Susan Solomon Yem so the people I interact with professionally will not anticipate greeting a small Asian woman when I schedule meetings. (I am 5'8" and Jewish.) More than one boss has asked if he has to call me Susan Solomon Yem when introducing me. I'm Susan Solomon Yem in print. I'm Susan Yem in person.

I do enjoy the looks I get when I walk in a room of people anticipating someone who is quite different from me. Inevitably they ask, what kind of name is Yem?

**I do not want to deny those years when I was married**

While mine was a difficult marriage, there were many years of satisfaction. My ex-husband and I built a life together. We created a home and raised five children. I hold those memories dear. Family photos that include him adorn my living room. I am the person I am today because of our years together.

**I still like being called Mrs.**

When Ms. came into common usage after the publication of Ms. Magazine in 1971 it was the default title for a woman whose marital status was unknown. In more recent years people have started to assume that Ms. is used to identify a divorced woman. Not necessarily, according to Emily Post, the acknowledged authority on etiquette. Ms. Post tells us, a divorced woman who chooses to keep her ex-husband's name can use Mrs. or Ms., but if she reverts to her maiden name then Ms., not Miss should precede it.

Nowadays we're rarely identified by our last names. In doctor's offices, supermarket check out lines, and insurances companies, we're all on a first name basis. I work in a school, where students still need to address adults as Mr., Miss., Mrs., or Ms. and I like being called Mrs.

My friend, April, divorced two years ago. She is in the process of adjusting her last name. During the first year, she continued to use her ex-husband's name. This year she has created a hyphenate of her maiden and married names and next year she will drop the back end and use her maiden name only. That's a little too complicated for me. Just call me Mrs. Yem.

# TulsaKidsGoBacktoSchool

The 2017-2018 school year is well under way! We asked our social media followers to share their kids' back-to-school photos with us and to let us know what their kids are most looking forward to this year. Here are their responses:

**Alana Tipton, Preschool**
Looking forward to: seeing her friends, spelling new words, counting to 100, and arts and crafts

**Camberly Henshaw, 2nd Grade**
Looking forward to: being with friends and reading chapter books

**Chloe Henshaw, 8th Grade**
Looking forward to: playing JH softball

**Matthew Kaminski, 4th Grade**
Looking forward to: lunch!

**Kyler Hobbs, Preschool**
Looking forward to: having his own school supplies like his brother, Grayson!

**Grayson Hobbs, 1st Grade**
Looking forward to: making new friends. And he loves his new teacher!

**Hunter Wann, age 7**
Looking forward to: meeting his teacher and buying lunch once a week.

**Brooklyne Tyner, 4th Grade**
Looking forward to: reconnecting with her friends from last year, meeting and making new friends, and meeting her new teacher.

**Kaden Tyner, 2nd Grade**
Looking forward to: PE because he loves his coach and seeing his friends.

**Noah Handsel, Pre-K**
Looking forward to: seeing his friends from last semester and learning to dance.

**Eliana Grass, 8th Grade**
Looking forward to: Applying and getting into Booker T. Washington High School and earning her high school Algebra I credit while in middle school.



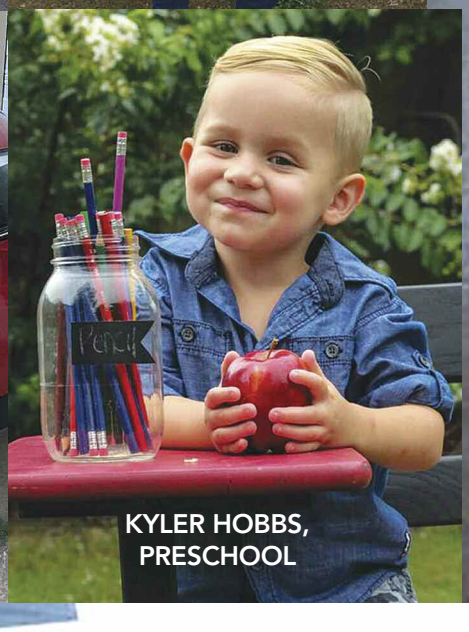
ALANA TIPTON, PRESCHOOL


CHLOE HENSHAW, 8TH GRADE

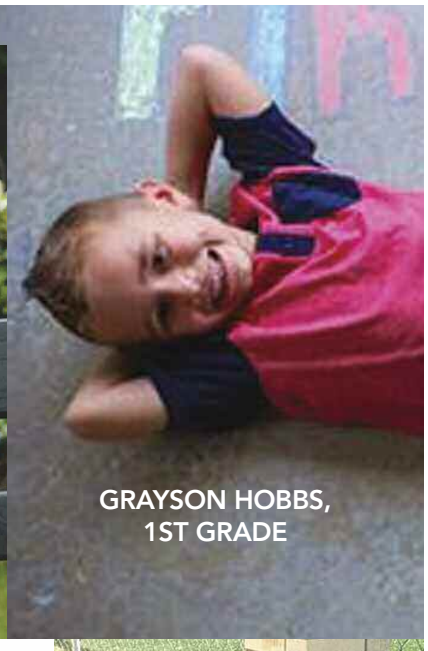

CAMBERLY HENSHAW, 2ND GRADE

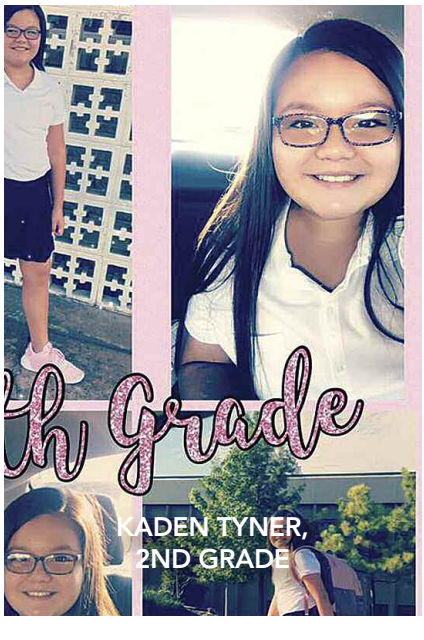


MATTHEW KAMINSKI, 4TH GRADE

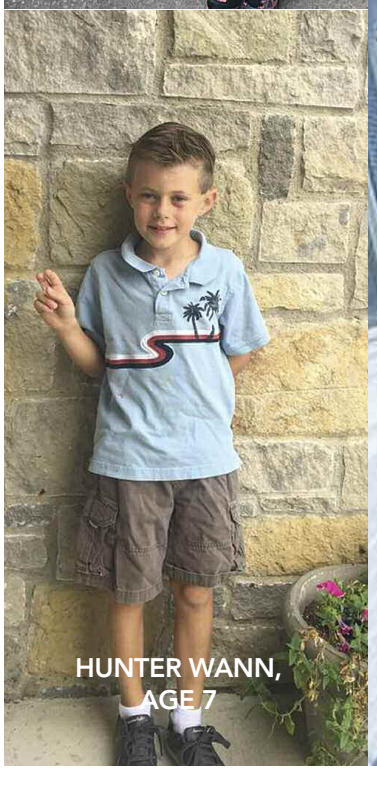


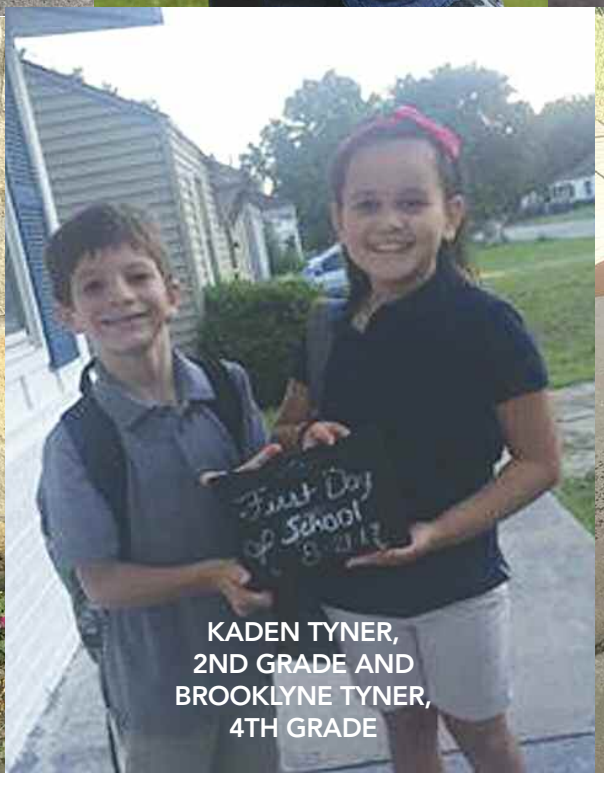
KYLER HOBBS, PRESCHOOL


GRAYSON HOBBS, 1ST GRADE



KADEN TYNER, 2ND GRADE


HUNTER WANN, AGE 7



KADEN TYNER, 2ND GRADE AND BROOKLYNE TYNER, 4TH GRADE


NOAH HANDSEL, PRE-K

# Family Fun for the Holidays



**RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL**
When: Sunday, Nov. 26, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.

**CHRISTMAS TREE EXHIBIT AT BROKEN ARROW HISTORY MUSEUM**
When: Nov.3-Dec.9
Where: Broken Arrow History Museum
Website: www.brokenarrowmuseum.org
Be dazzled by a display of trees decorated by local businesses, organizations and individuals. This year's trees will reflect the theme of "Big Spirit, Little Trees." Visitors are encouraged to bring an unwrapped toy suitable for children under 12 to be donated.

**GARDEN DEVA STUDIO PARTY**
When: Friday, Nov. 3, 10 a.m.-8 p.m.; Saturday, Nov. 4, 10 a.m.-6 p.m.
Where: Garden Deva Sculpture, 317 S. Trenton Ave.
Website: gardendeva.com
Bring a friend to this fabulous shopping extravaganza, featuring artists from all over the country, food trucks, live music, and—naturally—metal art by Garden Deva.

**TASTE OF NORTH TULSA HOLIDAY AND RESOURCE BAZAAR**
When: Sunday, Nov. 5, 1-4 p.m.
Where: Rudisill Regional Library, 1520 N. Hartvord
Website: www.tulsalibrary.org
Enjoy holiday shopping, tastes from north Tulsa caterers and restaurants, with community resources. Purchase gifts and request customized presents including jewelry, handmade toiletries and other festive treasures that are sure to please. Taste dishes prepared by local caterers and restaurants while placing your orders for holiday meals and desserts. Also peruse the booths of local agencies for information on resources and services. There will be a minimal fee for the tasting. Proceeds will benefit the Friends of the Rudisill Regional Library. Please bring a gently used or new book to donate to Rudisill Regional Library's literacy efforts. For all ages.

**HEALTHY HOLIDAY MEALS EVERYONE WILL LOVE**
When: Tuesday, Nov. 7, 6-7 p.m.
Where: Schusterman-Benson Library, 3333 E. 32nd Place
Website: www.tulsalibrary.org
Reasor's dietitian Sarah Cortese provides ideas for healthy holiday meals sure to make everyone happy, including gluten-free, diabetic and vegetarian/vegan options. For adults.

**MS. TORI'S MESSY ART: PAPER TURKEY BOOKS**
When: Thursday, Nov. 9, 4-5 p.m.
Where: Glenpool Library, 730 E. 141st St.
Website: www.tulsalibrary.org
Wear your grubby clothes and join Ms. Tori for a messy art project. November is Picture Book Month and participants will make turkey-themed books of our own. Space is limited. Call 918-549-7323 to register. For elementary students.

**CHRISTMAS CRAFTS ON THE FLY**
When: Wednesday, Nov. 15, 4-5 p.m.
Where: Martin Regional Library, 2601 S. Garnett Rd.
Website: www.tulsalibrary.org

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Come try these quick and inexpensive decorations, and save your pennies for more presents! For adults.

**HOLIDAY CRAFTING**
When: Thursday, Nov. 16, 4-5 p.m.
Where: Herman and Kate Kaiser Library, 5202 S. Hudson Ave., Suite B
Website: www.tulsalibrary.org
Make a holiday snow globe, coaster or other crafts. Supplies are provided. For ages 10-18.

**AN AFFAIR OF THE HEART**
When: Friday-Saturday, Nov. 17-18, 9 a.m.-6 p.m.; Sunday, Nov. 19, 11 a.m.-5 p.m.
Where: River Spirit Expo at Expo Square, 4145 E. 21st St.
Website: www.heartoftulsa.com
The three-day shopping event features unique, one-of-a-kind and often handmade items from jewelry and handbags to furniture, clothing and gourmet foods.

**A CHARLIE BROWN CHRISTMAS**
When: Friday-Sunday, Nov. 17-19, 7:30; Saturday-Sunday, Nov. 18-19, 2 p.m.
Where: Tulsa Little Theatre, 1511 S. Delaware Ave.
Website: www.encore-tulsa.com
Encore! Tulsa presents this heartwarming tale about Charlie Brown's quest to find Christmas cheer.

**PHILBROOK FESTIVAL**
When: Nov. 17-Dec. 31
Where: Philbrook Museum, 2727 S. Rockford Rd.
Website: festival.philbrook.org
Celebrate the holiday season with Philbrook! The Museum comes alive with festive holiday events, décor, and thousands of lights reflecting the spirit of the season. Gather the whole family for unforgettable experiences.

**PAINTING CHRISTMAS AND HANUKKAH ORNAMENTS**
When: Saturday, Nov. 18, 10:30-11:30 a.m.
Where: Glenpool Library, 730 E. 141st St., Glenpool
Website: www.tulsalibrary.org
Get a jump-start on the holiday season. All materials provided. For all ages.

**BOARE'S HEAD FEASTE**
When: Saturday, Nov. 18, 7-10 p.m.
Where: The Castle of Muskogee, 3400 W. Fern Rd., Muskogee
Website: www.okcastle.com
Dine on a sumptuous, four-course feast while enjoying music and entertainment from notable nobles such as Queen Elizabeth Tudor, King James V, and more! Seating is limited and must be reserved ahead of time; call 918.687.3625 for more information or to reserve your spot at the Feaste!

**CASTLE CHRISTMAS**
When: Thursday, Nov. 23-Sunday, Jan. 31
Where: The Castle of Muskogee, 3400 W. Fern Rd., Muskogee
Website: www.okcastle.com
Drive through Castleton Village every night from Thanksgiving through New Years to enjoy over 2,000 holiday displays and thousands of lights! If you head to the Castle earlier in the day, take a train ride through the village, ride ponies, make ornaments in Santa's workshop, enjoy family movies, and more. Check their online calendar to see when Father Christmas will be making appearances!

**ARVEST WINTERFEST**
When: Friday, Nov. 24-Sunday, Jan. 7
Where: Third Street between Denver & Frisco, just outside the BOK Center
Website: tulsawinterfest.com
Winterfest has become a favorite holiday tradition for many Tulsans. Enjoy skating under the Tulsa skyline, eating comfort foods, taking in the breath-taking sight Oklahoma's tallest Christmas tree, and more!

**WONDERLAND OF LIGHTS**
When: Friday-Sunday, Nov.24-Dec. 23, 5-9 p.m.
Where: Woolaroc Ranch, 1925 Woolaroc Ranch Rd., Bartlesville
Website: www.woolaroc.org
Stroll through a winter wonderland featuring over 750,000 lights, wagon rides, live entertainment, Santa Claus, hot chocolate, cider and more.

**TURKEY TROT**
When: Friday, Nov. 24, 8:30-11 a.m.
Where: BOK Center, 200 S. Denver Ave.
Website: www.fleetfeettulsa.com
Work off that Turkey dinner with a 5km & Fun Run & Walk on Friday, November 24th!

**LIGHTS ON! AT CHANDLER PARK**
When: Friday, Nov. 24, 6-7 p.m.
Where: Chandler Park, 6500 W. 21st St.
Website: www.parks.tulsacounty.org
Join the Tulsa Parks department as they flip the switch for "Lights On" the Hill. The Chandler Park light display features millions of light lining roads throughout the park. Meet inside the community center for refreshments and fun! Check the event schedule at www.parks.tulsacounty.org to get the full schedule of viewing opportunities

**MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER**
When: Friday, Nov. 24, 7-9 p.m.
Where: The Mabee Center, 7777 S. Lewis Ave.
Website: mabeecenter.com/event/moscow-ballet-2017/
Moscow Ballet's Great Russian Nutcracker has been called a "Knock out!" by the New York Times. Kids will delight at larger-than-life puppets, nesting dolls, gorgeous costumes and of course, performances by world-class artists.

**RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL**
When: Sunday, Nov. 26, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: www.tulsapac.com
You won't want to miss this stage production of the classic holiday movie featuring Hermie, the elf who wants to become a dentist, Bumble the Abominable Snow Monster, gold prospector Yukon Cornelius, and the most important character, Rudolph!

**GLOW ON THE GREEN**
When: Sunday, Nov. 26, 3-7 p.m.
Where: Guthrie Green, 111 E. M.B. Brady St.
Website: www.guthriegreen.com
Enjoy live music, a winter market, holiday-inspired food and beverages from Mr. Nice Guys, a visit from Mr. and Mrs. Claus, and more! At 6 p.m., Tulsa Mayor G.T. Bynum and others will count down to the lighting of the Green.

**DOWNTOWN GLOW**
When: Sunday, Nov. 26, 4:30-6:30
Where: John Hope Franklin Reconciliation Park, 321 N. Detroit
Website: www.jhfcenter.org
If you haven't visited the John Hope Franklin Reconciliation Park—and even

*continued*




if you have—take this opportunity to do so as the Park lights up for the holidays.

**MAKING AND GIVING: DIY HOLIDAY GIFTS**
When: Monday, Nov. 27, 4-5 p.m.
Where: Central Library, 400 Civic Center
Website: www.tulsalibrary.org
Use the library's sewing machines to make simple projects that you'll be able to take home with you. Space is limited. Register online. For ages 10-18.

**HANSEL & GRETEL**
When: Friday, Dec. 1 and 8, 7:30 p.m.; Saturday and Sunday, Dec. 2, 3, 9 and 10, 2 p.m.
Where: Spotlight Theatre, 1381 Riverside Dr.
Website: www.spotlighttheatre.org
Winter is gingerbread season, and what better way to celebrate this fact than by enjoying a performance featuring one of the most well-known gingerbread cottages—and some of Tulsa's talented youth actors?

**WILL'S COUNTRY CHRISTMAS**
When: Friday-Saturday, Dec. 1-2, 5-9 p.m.
Where: Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah
Website: www.willrogers.com
Kids can take a photo with Santa, make crafts, listen to storytellers and carolers, and more, at the historic Will Rogers Birthplace Ranch. Admission is free; certain activities are available for a small fee.

**CAROLS & CRUMPETS**
When: Saturday, December 2, 8 a.m.-3 p.m.
Where: Tulsa Garden Center, 2435 S. Peoria Ave.
Website: www.tulsagardencenter.com
This unique craft fair, organized by the Tulsa Herb Society, features handmade items made by Tulsa Herb Society members as well as other vendors. Items include holiday wreaths, doggie treats, tree ornaments, and handmade soaps, as well as edible goods like herbal vinegars, jams and jellies. Shoppers can enjoy hot spiced cider and cookies in addition to the Snowflake Café, which will be open from 11 a.m.-2 p.m.

**SANTA COMMUNITY PROJECT**
When: Saturday, Dec. 2, 9 a.m.-12 p.m.
Where: Greenwood Cultural Center, 322 N. Greenwood Ave.
Website: www.facebook.com/MothersGroupInc
For the 28th year, The Mothers Group Inc. has invited Santa and Mrs. Claus to the historic Greenwood District to greet children. The delightful couple will bring with them their favorite gifts—brand new books— to give to the first 500 children who attend the event.

**BIXBY HOLIDAY ARTS & CRAFTS SHOW**
When: Saturday, Dec. 2, 9 a.m.-4 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave., Bixby
Website: www.parks.tulsacounty.org
Bixby's largest holiday arts and craft show, with over 70 booths! Gifts and treasures from all over Oklahoma.

**36TH ANNUAL DARNABY ARTS & CRAFTS SHOW**
When: Saturday, Dec. 2, 9 a.m.-4 p.m.
Where: Union Multipurpose Activity Center, 6836 S. Mingo Rd.
Website: www.darnabyartsandcraftsshow.com
The Darnaby Arts & Crafts Show features high-quality items from more than 150 skilled artisans and crafters. Shoppers can find everything from monogrammed items to children's clothing and accessories to jewelry and more!

**LAFORTUNE PARK CRAFTS BAZAAR**
When: Saturday, Dec. 2, 10 a.m.-3 p.m.
Where: Buddy LaFortune Community Center, 5202 S. Hudson Ave.
Website: www.parks.tulsacounty.org
Browse homemade items, decorations, scarves, jewelry, and other unique treasures for your holiday shopping list from quality vendors. Get out of the cold and enjoy stress-free shopping. No admission fee.

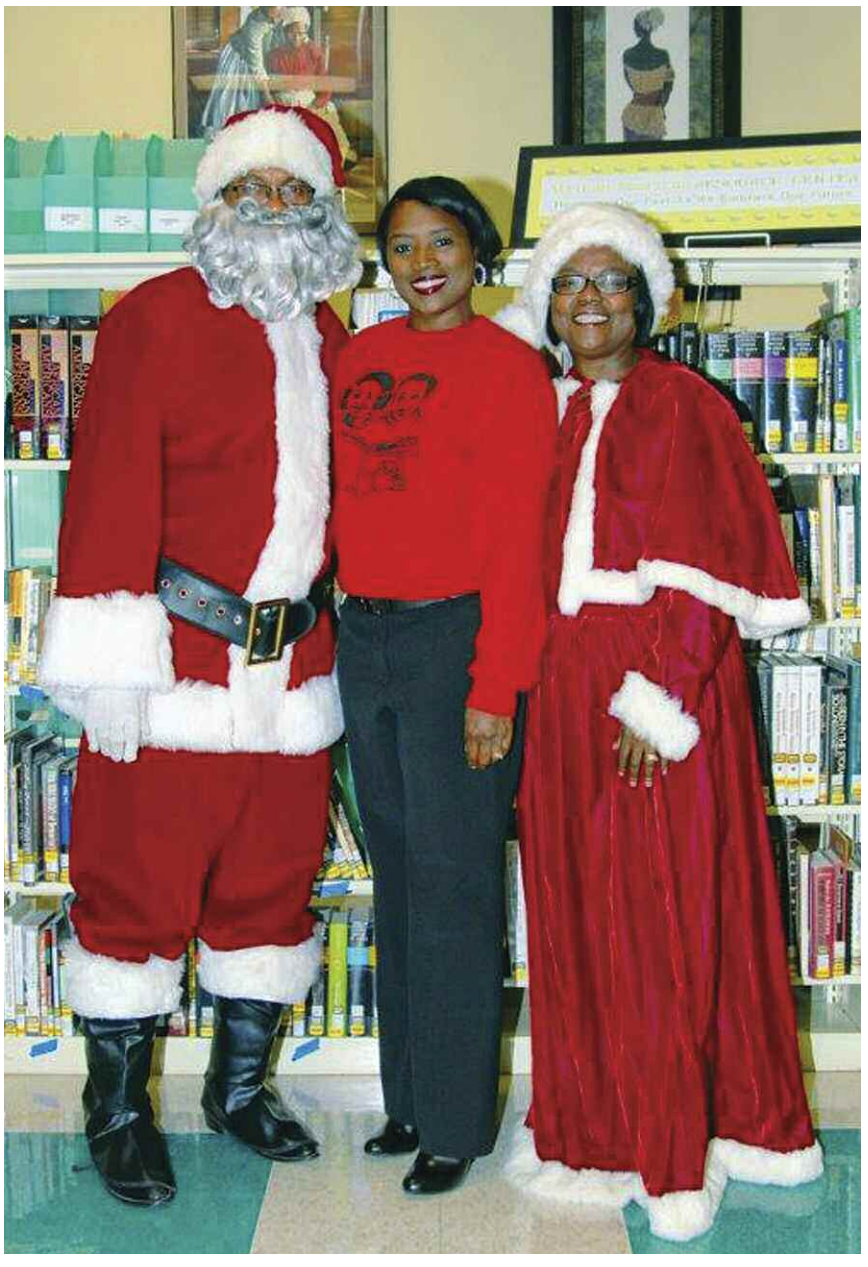
**POPS I: HOME FOR THE HOLIDAYS**
When: Saturday, Dec. 2, 7:30 p.m., and Sunday, Dec. 3, 2:30 p.m.
Where: Lorton Performing Arts Center, 550 S. Gary Place
Website: www.tulsasymphony.org
Kick off your holiday season with this family-centric blend of seasonal compositions! This night of diverse, classical-yet-jazzy collections will feature the acclaimed trumpeter Jeff Shadley along with members of the Tulsa Symphony Orchestra, led by guest conductor Ron Spigelman.

**TSHA'S ANNUAL CHILDREN'S HOLIDAY PARTY**
When: Saturday, Dec. 2, 2-4:30 p.m.
Where: Boston Avenue Methodist Church, 1301 S. Boston Ave.

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Website: www.tsha.cc
TSHA's party is a time when kids with hearing loss are the center of all the attention, and when they can go and talk to a deaf Santa. The party is for children who are deaf, hard of hearing, or speech-impaired and hearing children of deaf adults as well as their families. Enjoy refreshments, games, crafts, prizes, AND a stocking filled with goodies!! Best of all, tell a signing Santa and a hearing Mrs. Claus what you want. You will also have a chance to get your picture taken with Santa. Email kwilson@tsha.cc for more information.

**PICTURES WITH SANTA AT THE WILL ROGERS MEMORIAL**
When: Saturday, Dec. 2, 9 and 16, 11 a.m.-3 p.m.
Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore
Website: www.willrogers.com
Get your picture taken with Santa at the Will Rogers Memorial Museum! Admission is free.



**SANTA COMMUNITY PROJECT**
When: Saturday, Dec. 2, 9 a.m.-12 p.m.
Where: Greenwood Cultural Center, 322 N. Greenwood Ave.


*Give the gift that will last for generations.*

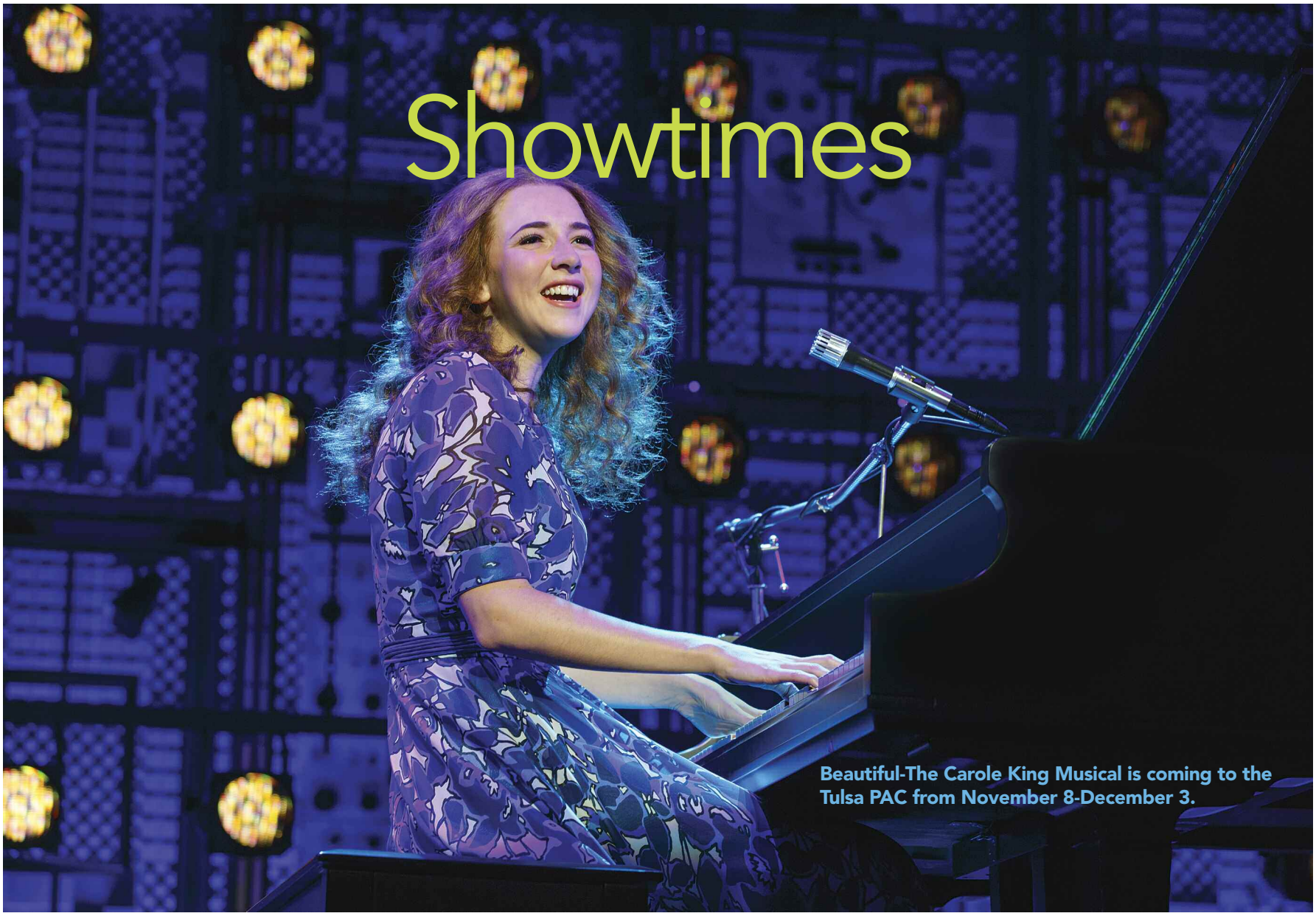


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# Showtimes



Beautiful-The Carole King Musical is coming to the Tulsa PAC from November 8-December 3.

**AMADEUS**
When: Nov 3-4, 10-11 at 8 p.m.; Nov. 5, 11 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
Theatre Tulsa presents the award-winning story about 18th-century composer Antonio Salieri who seeks to destroy by any means necessary his brilliant, bawdy rival, Wolfgang Amadeus Mozart.

**DON QUIXOTE**
When: Nov. 3-4, 8 p.m.; Nov. 5, 3 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsaballet.org
For the first time in ten years, Don Quixote triumphantly returns to the Tulsa stage. The story follows Don Quixote and his sidekick Sancho Panza as they chase after Kitri and Basilio, the forbidden lovers. Based on the timeless book by Miguel de Cervantes, this 19th century classical ballet is one of the most entertaining and hilarious performances in ballet repertory.

**SIGNATURE SYMPHONY: YEVTUSHENKO AND SHOSTAKOVICH**
When: Nov. 4, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Website: signaturesymphony.org
This concert will celebrate the life of acclaimed Russian poet Yevgeny Yevtushenko, who lived in Tulsa and taught at the University of Tulsa for nearly 30 years. In addition to Shostakovitch's "Execution of Stepan Razin," which pairs the words of Yevtushenko with Shostakovitch's powerful melodies, the concert will also feature the premier of "The Defiant Poet: Elegy in Memory of Yevgeny Yevtushenko," by Noam Faingold, Glazunov's "Stenka Razin" and Borodin's "Prince Igor: Polovitsian Dances."

**PJ MASKS LIVE! TIME TO BE A HERO**
When: Nov. 8, 6-8 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
This brand-new live musical production is based on Entertainment One's top-rated animated TV series "PJ Masks," which airs daily on Disney Junior. The hit series follows the thrilling nighttime adventures of three young friends who transform into their dynamic alter egos, Catboy, Owlette and Gekko, when they put on their pajamas and activate their animal amulets. Together, they embark on action-packed capers, solving mysteries and learning valuable lessons along the way.

**JACK HANNA'S INTO THE WILD LIVE!**
When: Nov. 9, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
From the jungles of Rwanda to the savannas of Australia, Jungle Jack Hanna has explored the globe as one of America's most visible and respected animal ambassadors. Fans of all ages will enjoy hearing stories about brushing a hippo's teeth and eating with wombats and watching film footage from his worldwide adventures. Of course, a visit from Jungle Jack would not be complete without an array of animals, such as cheetahs, kan-

garoos, penguins and more, parading across the stage!

**CAPELLA CHAMBER SINGERS & TU CHORALE FALL CONCERT**
When: Nov. 10, 7:30 p.m.
Where: Trinity Episcopal Church, 501 S. Cincinnati Ave.
Website: calendar.utulsa.edu
Prof. Kim Childs will conduct Benjamin Britten's "Rejoice in the Lamb" with organist Casey Cantwell, and Richard Wagner will conduct Ralph Vaughan Williams' "Serenade to Music" and John Rutter's "Gloria" with the TU Symphony.

**THE WIZARD OF OZ**
When: Nov. 11, 7:30 p.m.
Where: Broken Arrow PAC, 701 S. Main St., Broken Arrow
Website: www.brokenarrowpac.com
Follow the yellow brick road with Dorothy, Toto and their friends as they search for the Wonderful Wizard of Oz!

**TULSA ORATORIO CHORUS WITH TULSA SYMPHONY: TO HONOR**
When: Nov. 11, 8 p.m.
Where: Tulsa Air & Space Museum, 3624 N. 74th E. Ave.
Website: tulsasymphony.org
"To Honor" is presented by Tulsa Oratorio Chorus in appreciation for military service veterans for their service and sacrifice. This one-hour choral concert features songs that pay tribute to veterans, the United States, and songs that celebrate the American experience.

**MARTIN LUTHER ON TRIAL**
When: Nov. 16 at 7 p.m., Nov. 17-18 at 8 p.m., Nov. 18-19 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
In the new original play "Martin Luther on Trial," Luther's beloved wife Katarina defends him as witnesses — including Adolf Hitler, Sigmund Freud, Rabbi Josel, St. Paul, Martin Luther King Jr. and Pope Francis — take the stand.

**HARRY POTTER AND THE SORCERER'S STONE: IN CONCERT**
When: Nov. 18 at 1 p.m. and 7 p.m., Nov. 19 at 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
The Harry Potter™ film series is one of those once-in-a-lifetime cultural phenomena that continues to delight millions of fans around the world. The concert will feature The Tulsa Symphony performing every note from Harry Potter and the Sorcerer's Stone™. Audiences will be able to relive the magic of the film in high-definition on a giant screen while hearing the orchestra perform John Williams' unforgettable score.

**TULSA YOUTH SYMPHONY FALL CONCERT**
When: Nov. 20, 7 p.m.
Where: Union High School PAC, 6636 S. Mingo Rd.
Website: tyso.org
Enjoy a concert performed by the talented musicians of the Tulsa Youth Symphony!

**PAW PATROL LIVE! THE GREAT PIRATE ADVENTURE**
When: Nov. 25 at 10 a.m., 2 p.m. and 6 p.m.; Nov. 26 at 10 a.m. and 2 p.m.
Where: BOK Center, 200 S. Denver Ave.
Website: www.bokcenter.com
All paws on deck! Nickelodeon and VStar Entertainment Group present PAW Patrol Live! "The Great Pirate Adventure," an all-new action-packed, music-filled production based on the top-rated animated preschool series PAW Patrol, produced by Spin Master Entertainment.

**BEAUTIFUL-THE CAROLE KING MUSICAL**
When: Nov. 28-30, 7:30 p.m.; Dec. 1, 8 p.m.; Dec. 2, 2 p.m. and 8 p.m.; Dec. 3, 1:30 p.m. and 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Website: tulsapac.com
"Beautiful" tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. It is a story about finding your true voice set to the soundtrack of a generation.

*For additional, holiday-themed showtimes in November, see our Family Fun for the Holidays guide!*



# I'M A TULSA KID

**WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI**




## Lauren Conway Dances as Marie in Tulsa Ballet's The Nutcracker

Ballet is known for its difficulty and discipline, but eighth-grader Lauren Conway makes it seem effortless and beautiful. Dancing to the beat of her dreams, Lauren can be seen this year performing in Tulsa Ballet's *The Nutcracker*.

**TK: When did you start dancing?**

**Lauren:** I started dance classes when I was 3 years old. When I was 8, I became serious about it and started training at Tulsa Ballet.

**TK: How does it feel to be performing in *The Nutcracker*?**

**Lauren:** I love performing the The Nutcracker because it's really cool to get to dance with professional company members and see how a big show comes together! I also love getting to dance with my friends and experience the Christmas magic.

**TK: Have you ever performed in *The Nutcracker* before?**

**Lauren:** I am in the Intermediate Ballet II, which is part of the Tulsa Ballet Center for Dance Education's Upper School, so I've had the opportunity to play a Mouse and Party Girl before. This year I will get to play Marie!

**TK: What inspires you and your dancing?**

**Lauren:** The difficulty of ballet inspires me to keep doing it because you can never be perfect, and there's is always something you can work on.

**TK: Do you have any advice for aspiring dancers?**

**Lauren:** Advice that I have for aspiring dancers would be to never give up and always be yourself!

**TK: What other hobbies do you have?**

**Lauren:** When I'm not doing ballet, I like to play my violin and spend time outside.

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

**Lauren:** My goals for the future would be to get in to a ballet company as well as travel the world, because I love seeing different places and experiencing new things.

**TK: What is a fun fact about you?**

**Lauren:** A fun fact about me is that I love spending time with my friends and family, and I would like to go skydiving someday!

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# Every day, this nurse pays it forward.

When she was seven years old an accident left Heather Meadows with third-degree burns over 87 percent of her body. “My heart was also damaged in the accident, so on top of everything else I needed open-heart surgery,” she said. “I spent three months in the hospital and had over a hundred surgeries.” Despite the odds, she recovered and learned to walk again. When the time came for her to consider a vocation, she felt a calling to become a nurse. Today, she works as a clinical nurse in the Henry Zarrow Neonatal Intensive Care Unit (NICU) at The Children’s Hospital at Saint Francis. “When I was a patient, the nurses really gave me comfort and told me everything was going to be okay,” she said. “To now be able to use my experience to make some type of contribution for our patients is very rewarding.”

The Children’s Hospital at Saint Francis




saintfrancis.com/childrenshospital