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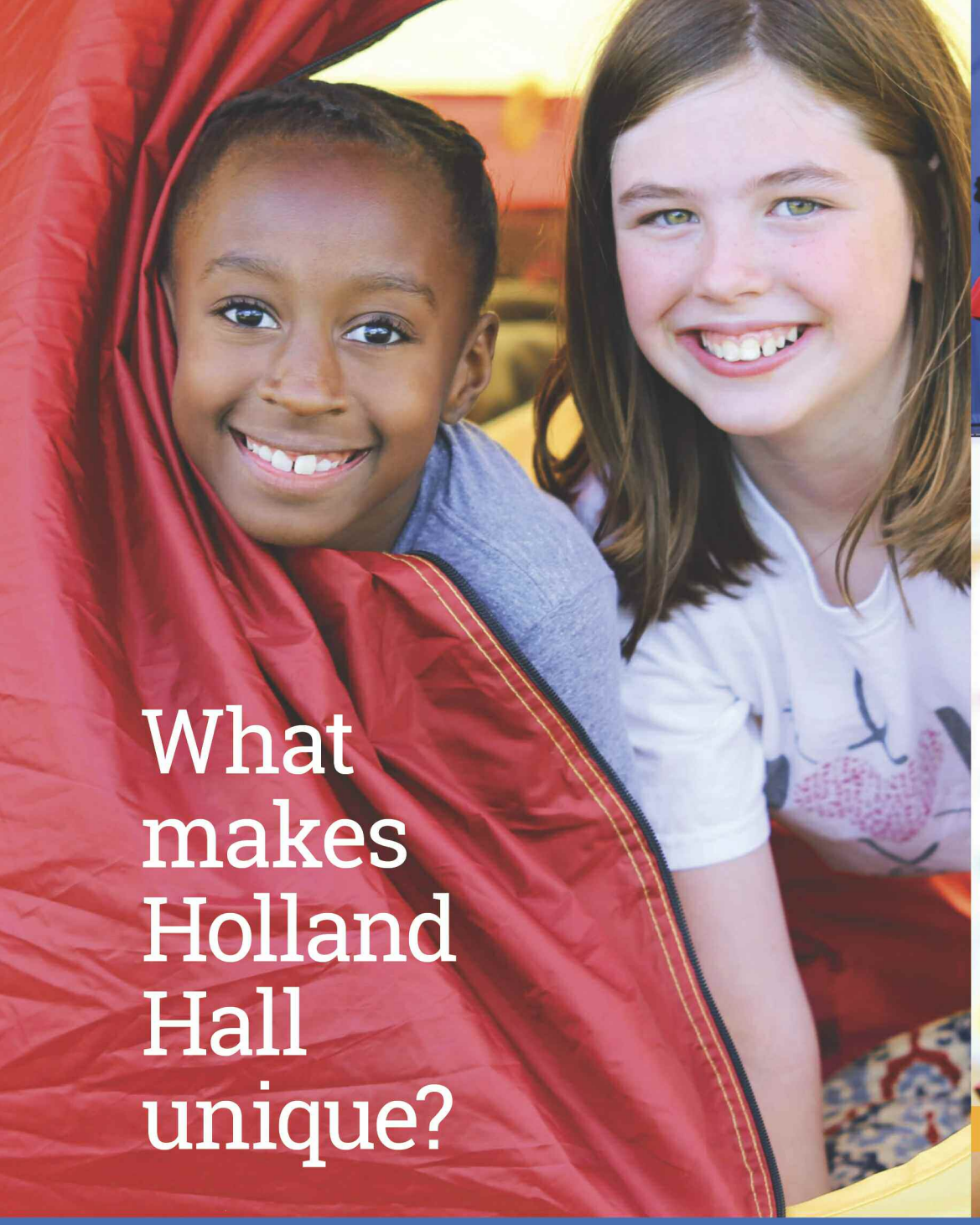
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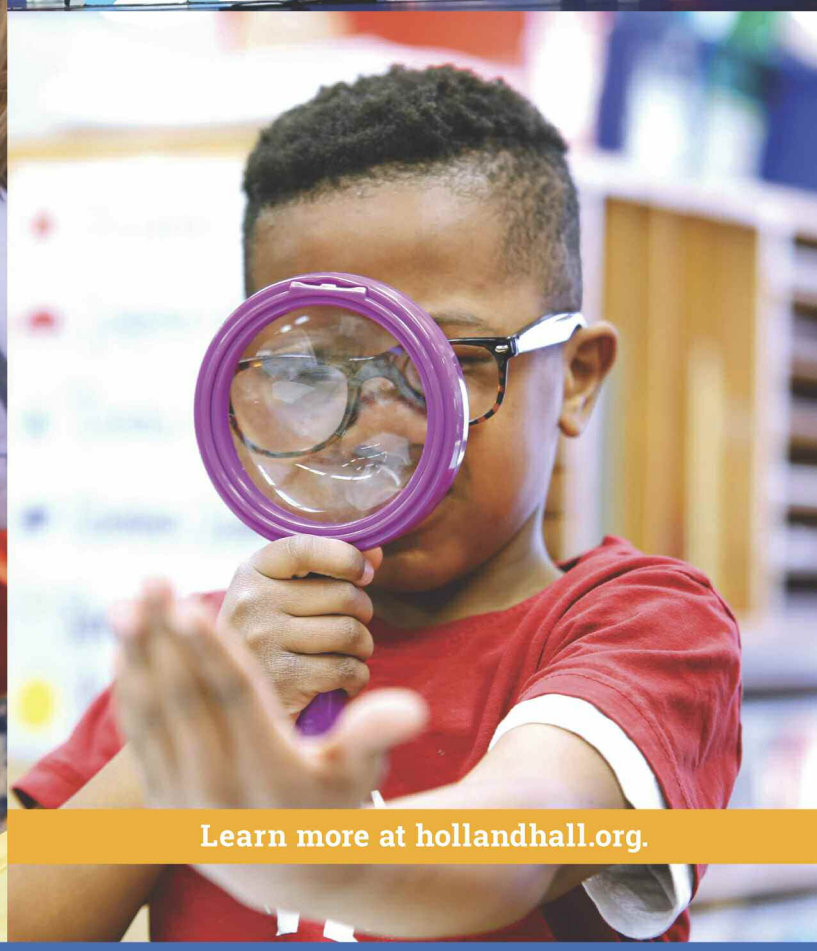
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November 2018

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editor's note

Home Is Where They Have to Take You In

When my brother and I were in college backpacking around Europe, we decided to go seek out our relatives in Croatia. So, we boarded the train from Italy through Trieste to Lublijana, the capital of Slovenia, where we knew our dad's cousin lived. We called cousin Marko from the Holiday Inn. (Yes, there was a Holiday Inn in Lublijana and the desk clerk spoke English).

Skipping ahead, my brother and I were greeted warmly, enveloped in love and given the royal treatment by our many, many relatives. We were escorted to Zagreb and Split, the mountains (where our great uncle Peter lived with his daughter near some amazing hot springs) and the beach (where there was a family beach house), and the village where my grandmother's family had lived, and where my grandfather left when he was 18.

Even though only our cousin Marko could speak English, there was much kissing and patting and pinching of cheeks, smiling and laughing, eating and drinking. It was such a meaningful interlude in our travel among strangers to be treated like long-lost, beloved family.

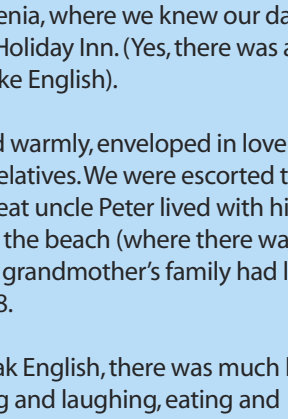
Today, locating connections to far-flung places often comes from a DNA kit purchased at the local Walgreen's. This can often start the search, the travel and the fun of self-discovery. Read Tricia Milford-Hoyt's feature about how connecting children with immediate family and with their roots can boost self-esteem and self-confidence.

If your family is getting together for Thanksgiving, it might be a great time to share those family stories that bring the tribe together.

And, as you prepare for family gatherings, you might want to try out a new side dish to go with the turkey from Natalie Mikles' column, or check out places to go in town if you have teens to entertain.

Whatever you're doing, I hope you enjoy being with family and friends.

As Robert Frost said, "Home is the place where, when you have to go there, they have to take you in."



Betty Casey
associate publisher and
editor in chief

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:

SILAS NEWKIRK, OUR COVER KID WINNER, MODELS A DINOSAUR COAT BY LITTLE GOODALL
LESLIE HOYT PHOTOGRAPHY

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YOUTH LEADERSHIP OKLAHOMA ACCEPTING APPLICATIONS

Leadership Oklahoma, a statewide leadership program, is now accepting applications for its 2019 Youth Leadership Oklahoma (YLOK) class. The application deadline is Wednesday, December 5, 2018 by 5 p.m. Applicants must be high school juniors or home-schooled equivalent with at least a 3.25 grade point average on a 4.0 scale.

Youth Leadership Oklahoma accepts 50 class members each year. The program includes a weeklong journey across the state with the purpose to introduce high school students between their junior and senior years to state leaders, issues, resources and cultural treasures of Oklahoma. The program dates for YLOK Class 19 will be June 2 - June 7, 2019.

Criteria for selection includes demonstrated leadership ability in activities such as student council, athletics and service clubs in their schools and communities as well as an exhibited commitment to community service and extra-curricular activities. Participants are also considered on the basis of geographic, racial and cultural diversity.

Applications may be downloaded at www.leadershipoklahoma.com or requested by calling the LOK office at 405.848.0001. 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., Wednesday, December 5, 2018.

SCIENCE MUSEUM OKLAHOMA ADDS SENSORY SENSITIVE AMENITIES

Families with children who have sensory processing disorders now have new amenities and programming options available to them at Science Museum Oklahoma (SMO) in Oklahoma City with the addition of sensory kits and stories, a sensory-focused museum map, and a sensory-friendly family night at the museum set for early 2019.

SMO's museum educators have worked to develop the suite of tools over the last year with partners including the Oklahoma Autism Network, experts on sensory sensitivity, parents of children with sensory processing disorders and museums and organizations including the Oklahoma City Museum of Art, Oklahoma Museums Association and Tulsa Children's Museum Discovery Lab.

"Science Museum Oklahoma is for everyone — the young and old, science enthusiasts and guests who have a bit of curiosity. We strive to be an inclusive, welcoming place for all people who want to experience the wonder and relevance that is science or try something new," said Clint Stone, vice president for programs at SMO.

Each aspect of the museum's sensory kit, which includes earmuffs, a timer, gloves, sunglasses, fidget toys, and printed copies of the museum's sensory story and sensory-focused map, is designed to make a visit to SMO more enjoyable and to allow families with special needs to spend more time in the museum. Kits can be checked out at the museum's box office and should be returned at the end of a visit.

Sensory stories are a commonly used tool among families with children with autism spectrum disorder. The stories include brief descriptions about a place, activity or event and what to expect while there and why. For families who prefer to read it together ahead of time, SMO's sensory story and map are available for download at www.sciencemuseumok.org/amenities.

In addition to the new kits, a sensory-friendly family night at the museum has been set for 6-10 p.m. on Feb. 9, 2019. The evening will include numerous hands-on activities and is one of SMO's regular Late Nite Labs, a night at the museum designed for families to experience special programming as well as Science Live and Kirkpatrick Planetarium shows. Tickets are $18 for museum members, $20 for nonmembers, and registration is available on the museum's website or over the phone at 405.602.3760.

For more information about Late Nite Labs at Science Museum Oklahoma, visit www.sciencemuseumok.org/late-nite-labs. For more information about Science Museum Oklahoma, visit www.sciencemuseumok.org.

CHRISTIAN MINISTERS ALLIANCE ACCEPTING THANKSGIVING DONATIONS

The non-profit Christian Ministers Alliance provides holiday food baskets for families from 60 Tulsa Public Schools and eight Union Schools. Thanksgiving baskets will be distributed on Tues., Nov. 20, beginning at 6 p.m., at the Booker T. Washington Historical Building, 1631 E. Woodrow St. in Tulsa.

To donate food or cash, please call Rev. W.R. Casey at 918.951.7407.

BOOKS TO TREASURE ILLUSTRATOR TO SHARE TALENTS WITH FAMILIES

To celebrate the vibrant work of illustrators, Tulsa City-County Library presents the 16th annual "Books to Treasure," promoting the beauty of children's literature and introducing the community to popular book illustrators.

Shadra Strickland is the featured illustrator for Tulsa City-County Library's 2018 "Books to Treasure." Strickland will speak, answer questions and sign copies of her books during a special visit on Nov. 9, 7 p.m. at Hardesty Regional Library's Connor' s Cove, 8316 E. 93rd St. This event is free and open to the public.

Strickland's passion of visual storytelling led her to study design, writing and illustration at Syracuse University. After graduation, she taught art with Atlanta Public Schools for three years. She then completed her M.F.A. at the School of Visual Arts in New York City.

In 2009, Strickland was awarded the Coretta Scott King/John Steptoe Award for New Talent for work in her first picture book, *Bird*. She also received the 2009 Ezra Jack Keats Award for her illustration of *Bird*. This award was special to her since one of her favorite books as a child was, *The Snowy Day*, by Ezra Jack Keats. As a co-illustrator, she was awarded the 2010 NAACP Image Award for Our Children Can Soar.

She has illustrated more than 20 books during her career where she recalls, "My road, like my work process, was long and crooked. I stumbled many times, but I never gave up."

"Books to Treasure" is sponsored by the Tulsa Library Trust through a grant from the Anne and Henry Zarrow Foundation. The Anne and Henry Zarrow Foundation is providing one free copy to each second-grader in Tulsa County of the book, *Please, Louise*, illustrated by Strickland, and written by Toni Morrison and Slade Morrison. Every student also receives a bookmark and bookplate featuring illustrations from the featured book. Students have the opportunity to receive a special library card featuring artwork from the featured book.

Tulsa City-County Library children's librarians will visit second-grade classes at all public and private schools in Tulsa County to promote the program. Librarians will provide specific lesson plans using Strickland's books focusing on curriculum areas such as reading, math, writing, science and social studies.

For more information on "Books to Treasure," call the AskUs Hotline, 918.549.7323, or visit the library's webpage, www.tulsalibrary.org.



KERRY ALEXANDER, SENIOR DIRECTOR FOR THE OKLAHOMA 529 COLLEGE SAVINGS PLAN, PRESENTS $5,529 IN COLLEGE SAVINGS TO LUKE AND KRYSTLE CARTE AND FAMILY AT ST. JOHN MEDICAL CENTER IN TULSA. THE CARTE'S SON DEACON WILL BE THE BENEFICIARY OF THE FUNDS AFTER THE FAMILY WON OCSP'S 2017 NEWBORN SWEEPSTAKES.

OK SAVINGS PLAN AWARDS TULSA NEWBORN $5,529

Parent Krystle Carte of Westville, Oklahoma, was randomly selected from more than 1,300 entries as the winner of the statewide 2017 Newborn Sweepstakes. Her son, Deacon Reed Carte, was born at St. John Medical Center in July 2017.

Deacon will be the beneficiary of a $5,529 Oklahoma 529 College Savings Plan (OCSP) account and St. John Medical Center will receive a $1,529 cash donation.

"We feel so blessed to have been chosen as the winners of the Oklahoma College Savings Plan Newborn Sweepstakes," said Krystle Carte, Deacon's mother. "These funds will allow us to give Deacon a great start toward paying for his higher education. We want to be able to help all three of our children further their education. Each has their own 529 college saving plan."

State Treasurer Ken Miller, board chair of OCSP, said the annual Newborn Sweepstakes is a great opportunity to reach new parents and encourage them to start saving for college.

"College seems so distant when a baby is born, but it arrives sooner than you realize," Miller said. "The sooner families make a plan and start saving, the better off they'll be when the time comes to pursue higher education. Even setting aside small amounts now can make a big difference in the future."

Carte said she wants Deacon to be able to pursue his dreams and be successful."Education is very important to our family," she said. "My husband and I both graduated from Northeastern State University and are educators here in Oklahoma. A college degree will help Deacon be better prepared for his future career."





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BY KILEY ROBERSON

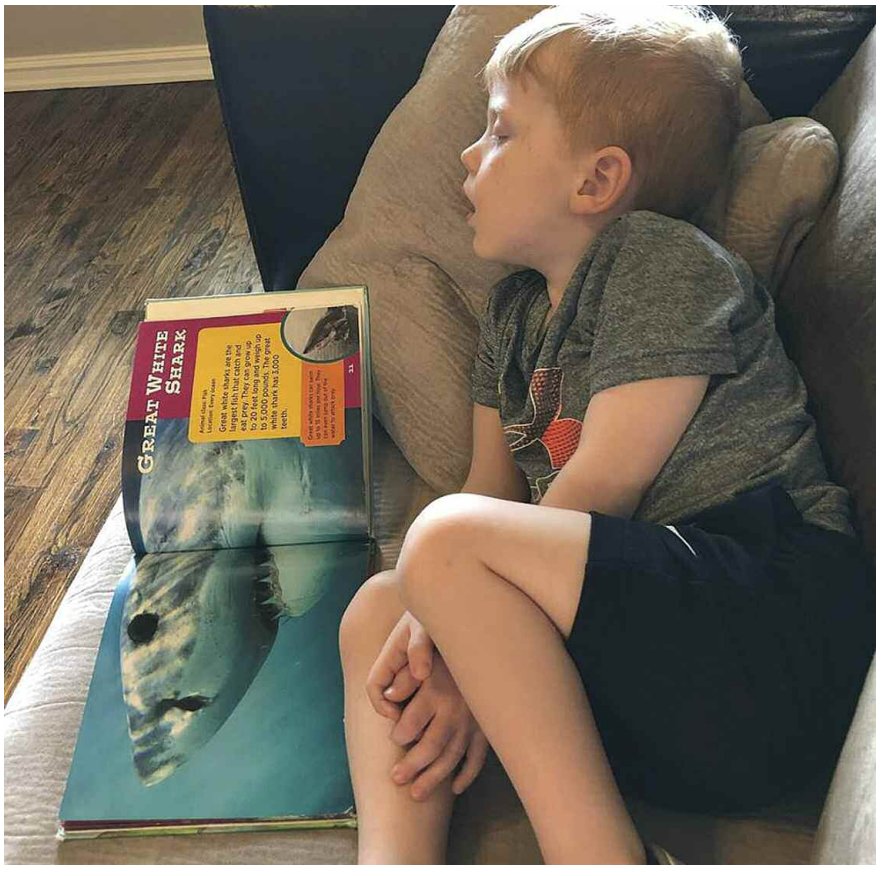
is it time to ditch the nap?

Well, we've all heard the expression 'all good things must come to an end,' right? It proves true in many cases like good books, beach vacations and chocolate cake…sooner or later, good stuff ends.

We could add something else to that list – naps. It's true, these midday siestas that were (or perhaps are) a regular part of your child's life will gradually decrease, and at some point in your little one's toddlerhood, they will stop altogether.

Oddly enough, toddlers don't turn their nose up at napping because they suddenly need less rest – changing sleep patterns are the real culprit. According to the American Academy of Pediatrics, a baby's urge to sleep builds up faster than a toddler's or preschooler's, so a baby gets tired earlier in the day. By the toddler years, a child's urge to sleep earlier in the day weakens, allowing him to stay awake longer. Consequently, your child's need to nap may come and go as his body adjusts to a more adult-like sleep pattern. But biology isn't totally to blame here — there are a few temporary factors that trigger naptime battles.

Independence. Toddlers love to be in control, so it's no surprise that they'll refuse to sleep on your command. Plus, kids this age are so active and curious that they hate the idea of taking a snooze break.



Lack of sleep. It's hard to believe, but overtired kids may have trouble falling asleep. That's because when toddlers get tired, they often become irritable and hyperactive.

A major change. Any stressful event — moving to a new house or switching to a big-kid bed, for example — may make your child feel too anxious to doze off easily.

But how do you know when your toddler is ready to drop the nap completely? The answer is really dependent on each individual child. Some toddlers are finished napping by age 2 and others will continue to nap past age 5. However, the American Academy of Pediatrics indicates that the average age for toddlers to stop napping is sometime between ages 3 and 4.

So, even though you know the averages, how can you be sure that your child is really ready to drop that nap? Be on the lookout for these three signs that your toddler is ready to stop napping:

1. Resisting naps. Instead of the normal fuss-and-go-right-to-sleep routine, your child's naptime resistance may go into overdrive. He may keep getting out of bed, whine endlessly about not wanting to take a nap, or not fall asleep at all.

2. A good disposition. Kids who are ready to give up daytime dozing will be able to maintain a generally stable mood all day without a nap. Obviously, your child will have normal ups and downs, but for the most part, he'll be in good spirits and will have enough energy to make it from morning to bedtime.

3. Easy mornings. If, even without a nap, your child sleeps well all night, and usually wakes up on his own and in a pleasant mood, that may be an indication he's ready to be nap-free.

Regardless of your child's nap schedule, your main concern is to ensure that he gets enough sleep in a 24-hour period. Studies have shown that at age 3, for example, kids need anywhere from 10 1/2 to 15 hours of sleep. When he logs those hours is less important. In fact, many toddlers who stop napping during the day will compensate by sleeping longer at night anyway.

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BY MARY BETH RITCHIE, LCSW

10 practical ways to teach kids gratitude

As the holidays approach, many parents are thinking about how to please and entertain their children. Parents may also want to take this opportunity to teach children to genuinely feel and appropriately express gratitude. Adults may wonder why gratefulness is so important for children to experience. Studies show that feeling a sense of gratitude increases happiness, self-esteem and optimism. A lack of gratitude is associated with depression and stress. Children who have cultivated gratitude have improved attitudes toward both family and school. Gratitude also improves relationships. It makes sense that relationships are enhanced if the individuals express their appreciation of each other.

I've put together some ideas you might want to try this holiday season.

1 Say "please" and "thank you." Some children are shy around adults. You've taught your children to say please and thank you, but they may be nervous, embarrassed or shy. This may lead to the child forgetting. Parents may wish to rehearse ahead of time with their children. Depending on the child's age, the child may then teach younger siblings, or even their stuffed animals.



FEELING A SENSE OF GRATITUDE INCREASES HAPPINESS, SELF-ESTEEM AND OPTIMISM.

2 Be a good role model. Our children are frequently watching and listening to us, even when we don't realize it. Parents can make a special effort to express words of appreciation in their daily lives. Tell your server how much you appreciated the excellent service. Tell the manager too. Tell your child's teacher how much you appreciate his or her efforts. Do these things in front of your child. Be sure to also tell your youngsters how thankful you are for them, their smiles, and the joy they bring to your daily lives. Chances are your children will grow up to follow your lead.

3 Involve your child in charitable activities. Parents can take children to various places to volunteer. Children are allowed to volunteer with parents at The Community Food Bank of Eastern Oklahoma and The Tulsa Day Center for the Homeless. Parents may also wish to involve children in choosing clothes and toys to donate to a local charity. Take the time to explain how these things will help other families and children in need.

4 Identify areas of gratitude. In my private practice as a therapist, I frequently assign a Gratitude Journal to my clients who struggle with depression. While a journal may not be appropriate for all children, the idea can be adapted. When my sons were younger, I would regularly ask them to share with me the best and worst parts of their days. It made for much better conversation than, "How was your day?" Parents could modify this by also asking about one thing the child is especially grateful for on that particular day.

5 Avoid too much materialism. It's natural for parents to want to provide everything we can for our children. Often we are tempted to buy them everything they want. This actually has some negative consequences. The more material items that children have handed to them, the less they tend to appreciate each new item. They quickly become focused on what they want next. Consider providing your time as an alternative.

6 Teach children to write thank-you notes. This is a terrific way for children to express their appreciation. Look for frequent opportunities to write these notes. Children may write notes for gifts received, but there are also many other opportunities. Children may express their thankfulness to their teachers at the end of a school year. Remember the coaches, piano teachers, and martial arts instructors, too. One way to make the task of writ-

continued next page

ing notes more fun is to have a special box. Put a variety of note cards, markers, crayons, and craft items in the box. Parents might consider requiring children to write the notes before playing with the gift they received.

7 Have children help around the house. Depending on their age and abilities, have children help with taking out the trash, raking the leaves and clearing the table. The more children help with chores, the more they understand that these things take time and effort. It then becomes easier for them to appreciate the efforts of others. If youngsters spent a half hour shoveling snow from the driveway, they may have more appreciation for those people who work out in the cold to provide services for us.

8 Do something crafty for the holidays. At Thanksgiving you might consider making a Gratitude Tree. Cut out some colorful leaves from construction paper. Children write on each leaf something for which they are thankful. Cut out a tree trunk, or use something from the craft store. Attach the leaves to the trunk.

9 Share books with your children. Some good children's books are, "Thankful," by Eileen Spinelli, "Should I Share My Ice Cream?," by Mo Willems, and "The Giving Book: Open the Door to a Lifetime of Giving," by Ellen Sabin. Your local librarian will likely be able to offer you a variety of other age-appropriate options.

10 Be patient. Developing a sense of gratitude doesn't happen overnight. It is cultivated gradually over time.

Teaching children to feel and express gratitude serves to do more than just to raise polite children. It also increases their happiness, self-esteem, and optimism. These qualities will likely stay with them into adulthood. What a wonderful gift you will be giving your children as you help them develop a sense of gratitude!



GIVE YOUR CRAYONS A SECOND LIFE!

The City of Tulsa and Tulsa Parks are celebrating America Recycles Day by collecting your old, unwanted crayons! Drop them off at one of these locations between Oct. 1 and Nov. 15, and we'll use them to create new crayons in fun shapes for Tulsa children.

Reed Community Center, 4233 S. Yukon Ave.

Whiteside Community Center, 4009 S. Pittsburg Ave.

Hicks Community Center, 3443 S. Mingo Rd.

Lacy Community Center, 2134 N. Madison Pl.

Waterworks Art Studio, 1710 Charles Page Blvd.

tulsa recycles .com

TULSA PARKS

CITY OF Tulsa A New Kind of Energy

BY JULIE WENGER WATSON

entertaining teen relatives in Tulsa? **no problem**

Along with turkey, parades and plenty of football, Thanksgiving often means an influx of relatives and a scramble to entertain them. While adults may be content to help in the kitchen or sprawl in front of the television, entertaining teenagers – our own and those of our guests - can present more of a challenge. Fortunately, Tulsa offers plenty of options, many of which are free, and can appeal to every age.

Gathering Place

A $450 million gift from George Kaiser Family Foundation and numerous other donors, this amazing 70-acre park in the heart of Tulsa is open seven days a week from 9 a.m.-10 p.m. Entrance to the park is free. Sports equipment rents for a small fee, and there are food and beverages available for purchase at several locations. On a cold day, take some board games or a book to the beautiful Williams Lodge with its fireplace and huge windows offering a great view of the park. The sports courts at the southern end of the park are the perfect spot for a game of basketball or volleyball, and the nearby Skate Bowl and BMX Pump Tracks are ideal for participants and spectators alike. In addition to these daytime activities, "Lumino us!", a light show, begins at 9 p.m. with a colorful display on Peggy's Pond. On Nov. 17, enjoy a special New Orleans' influenced show with performances from Tulsa's Count Tutu, and Louisiana's Dirty Dozen Brass Band and Dumpstaphunk, all free on the QuikTrip Great Lawn beginning at 4 p.m. For more information, visit www.gatheringplace.org. Check out Guthrie Green, a sister park located in the Tulsa Arts District, for other free, family friendly activities. www.guthriegreen.com.



Climb Tulsa

A state-of-the-art indoor climbing gym at 32nd & Yale, Climb Tulsa features two floors of climbing walls and the tallest (and longest!) indoor slack line – think tightrope - in the U.S. This 17,000-square foot facility has close to 20,000-square feet of vertical climbing walls and is one of the largest climbing gyms in the country. You don't have to be an expert to participate. Beginners are welcome, and the climbing routes are color-coded and graded. Climb Tulsa is open seven days a week and offers gear rental, classes, private coaching and day passes. For additional details, visit www.climb-tulsa.com.

BA Ninja Warrior

Not only does this Broken Arrow gym offer American Ninja Warrior training, you can also polish your bull-riding skills under the same roof. Created by Venn Johns, a former US National Team gymnast, professional bull rider and two-time American Ninja Warrior competitor, the gym features ninja warrior training, open gym sessions, personal training and parkour instruction. While there are several gym membership options, single drop-in class are also available. More information at www.baninjawarrior.com.

Shuffles

Shuffles is a relatively new addition to the Tulsa Arts District. A café with a full service restau-

continued next page

rant, Shuffles also features coffee, adult beverages, and a separate milkshake menu. A fee of $6 per person provides unlimited access to over 700 board games – from the classics to contemporary favorites. Prices are higher at "peak" hours on Friday and Saturday evenings. There are even "navigators" on site to guide your game selections.

Escape Rooms

With escape rooms like The Escape Tulsa, The Safe House and Eleventh Hour Enigma, participants play detective, using clues to solve puzzles and challenges in order to escape from a "locked" room before time runs out. Each room has a different setting and a different story. It's an immersive, collaborative and interactive experience set against elaborately decorated and themed rooms. Most of the escape rooms allow kids of all ages to participate, as long as there is an adult with the group. Pricing varies from a flat fee for up to a certain number of players per room to a fee for each participant.

Other Options

While there isn't enough space to list all of the local entertainment options, here are a few more notables. Tulsa is an art city. Philbrook and Gilcrease offer wonderful exhibits all year (and special holiday events), but also consider places like Living Arts, ahha Tulsa, and 108 Contemporary in the Tulsa Arts District for a change of pace. The Jenks Aquarium and the Tulsa Zoo are always great outings for families and kids, and the Tulsa Botanic Garden and Turkey Mountain should be on everyone's list for an outdoor adventure. Don't think that teens are too old for these spots! If the weather isn't cooperating, the Dust Bowl in the Blue Dome District is the perfect spot to while away an afternoon eating and bowling. For more teen-friendly activities and events, check out our Tulsa Kids calendar!

Side with healthy holiday

SIDES



MAPLE-GLAZED CARROTS

- 1 large bag of baby carrots
- 2 Tbsp. butter
- 1/4 cup maple syrup
- A squeeze of fresh lemon juice
- Dash of salt
- Dash of pepper
- 1 Tbsp. fresh thyme leaves

MELT butter in a large sauté pan over medium-low heat. Add carrots and cover, then braise, stirring occasionally, until carrots are fork-tender (about 20–30 minutes).

INCREASE heat to medium and stir in syrup and a squeeze of lemon juice. Cook for 2 minutes, then season to taste with salt and pepper. Add thyme and mix well.



GREEN BEANS WITH LEMON AND GARLIC

- 2 cups of water
- 1 1/2 pounds green beans, trimmed
- 1 1/2 Tbsp. olive oil
- 1 1/2 Tbsp. butter
- 1 garlic clove, minced
- 2 Tbsp. lemon juice
- Dash of salt
- Dash of black pepper

BOIL water in a large skillet. Add the beans, cover and simmer on low heat for about 8 minutes. Drain beans and pat dry.

HEAT oil and butter in pan. Add garlic and sauté for 30 seconds.

ADD beans, lemon juice, salt, and pepper. Cook for 2 minutes (or until hot). Serve!

Be sure to fill half your plate with fruits and veggies this holiday season. Find more healthy recipes at

ShapeYourFutureOK.com

TSET

BY DANIELLE HILL

Science + Art = Fun, educational experience for all

It's not every day that science and art merge to create a fun, educational experience for children and adults alike. But Holland Hall's ARTworks program offers an opportunity for everyone to explore an insect-themed art exhibition that will have visitors crawling with amazement.

The ARTworks Holliman Gallery Exhibit features human-sized photographs of insects taken by acclaimed photographer Bob Sober. Visitors to the exhibit will be able to view Sober's unique photographs showcasing the unseen beauty of the insect world, while seeing some of the actual insects displayed alongside their photographic portraits.

"The insect is a mosaic of color, texture and pattern," Sober said. "It is a testament to the beauty of nature."

Sober spent a week last month at Holland Hall as the school's annual ARTworks artist-in-residence. During his residency, Sober collaborated with science teachers, leading students on exploratory hikes on the 160-acre campus, located in south Tulsa, to teach them about insects and how to photograph nature.

"Insects may be the perfect marriage of science and art," Sober said, who uses a technique called macrophotography to create extremely intricate images of bugs that oftentimes are mistaken as paintings. "Not only are they beautiful, they are an engineering marvel. Imagine for a minute, if you attached functioning wings to your refrigeration, could it fly? That description fits a dung beetle in flight. How can this small creature that resembles a tank actually fly?"



BOB SOBER LEADS THE CLASS DISCUSSION.

For the ARTworks exhibition, Sober decided to concentrate on just one order of insects – beetles (Coleoptera) – to showcase the vast number of beetles we live with every day. The display features about 100 images of beetles, organized by family, as well as several murals of male beetles fighting to defend their territory or to win the heart of a beautiful female beetle.

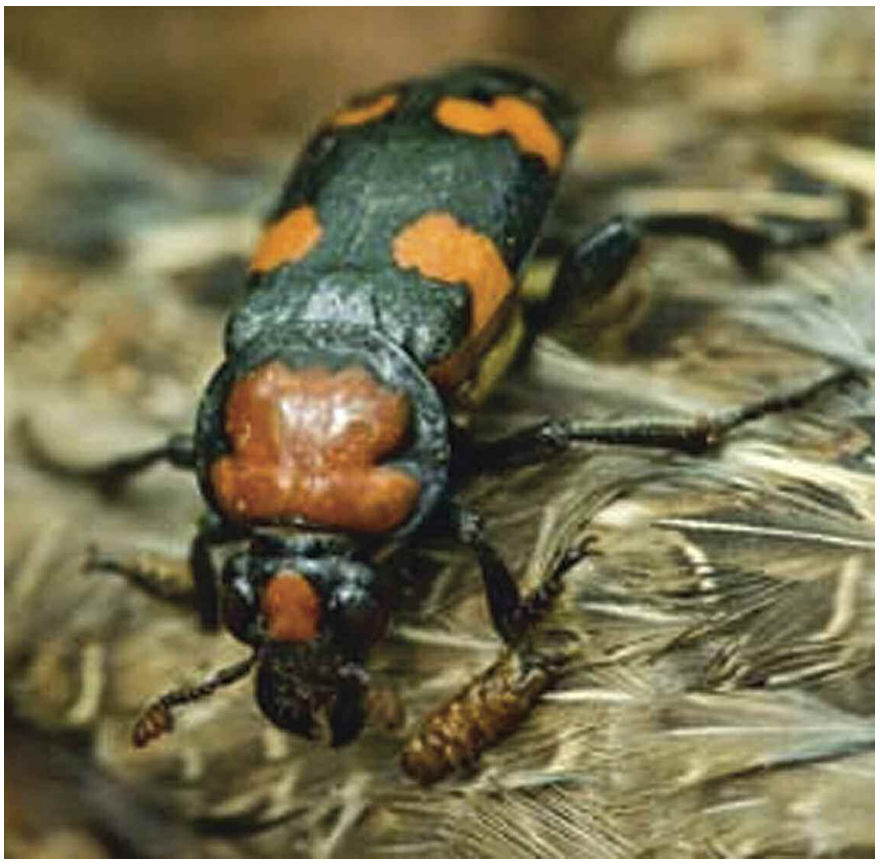
"While they fight in earnest, neither beetle is hurt," Sober said. "It is more like playing 'king of the mountain.' The winner is the one left standing on the stump or branch where the fight occurred. I hope this brings some fun to the exhibition while providing a little insight into the life of a beetle."

Holland Hall students are getting the opportunity to learn this and many other fascinating facts about beetles in their biology classes this fall. Keri Shingleton, biology teacher at Holland Hall's upper school, is taking full advantage of Sober's unique gallery to further engage her students in the study of these tiny creatures.

"Beetles are an amazing group to inspire awe and wonder, since they come in so many different shapes and colors and sizes, and they play many different ecological roles in Earth's ecosystems," Shingleton said.

Biology students have been researching specific beetles that Sober previously had photographed, and will share their findings, along with the photographs, on their personal websites, Shingleton said. As many of the beetles are not from the United States, this is an excellent way to learn about beetle diversity worldwide, as anyone can view the students' blogs and ask

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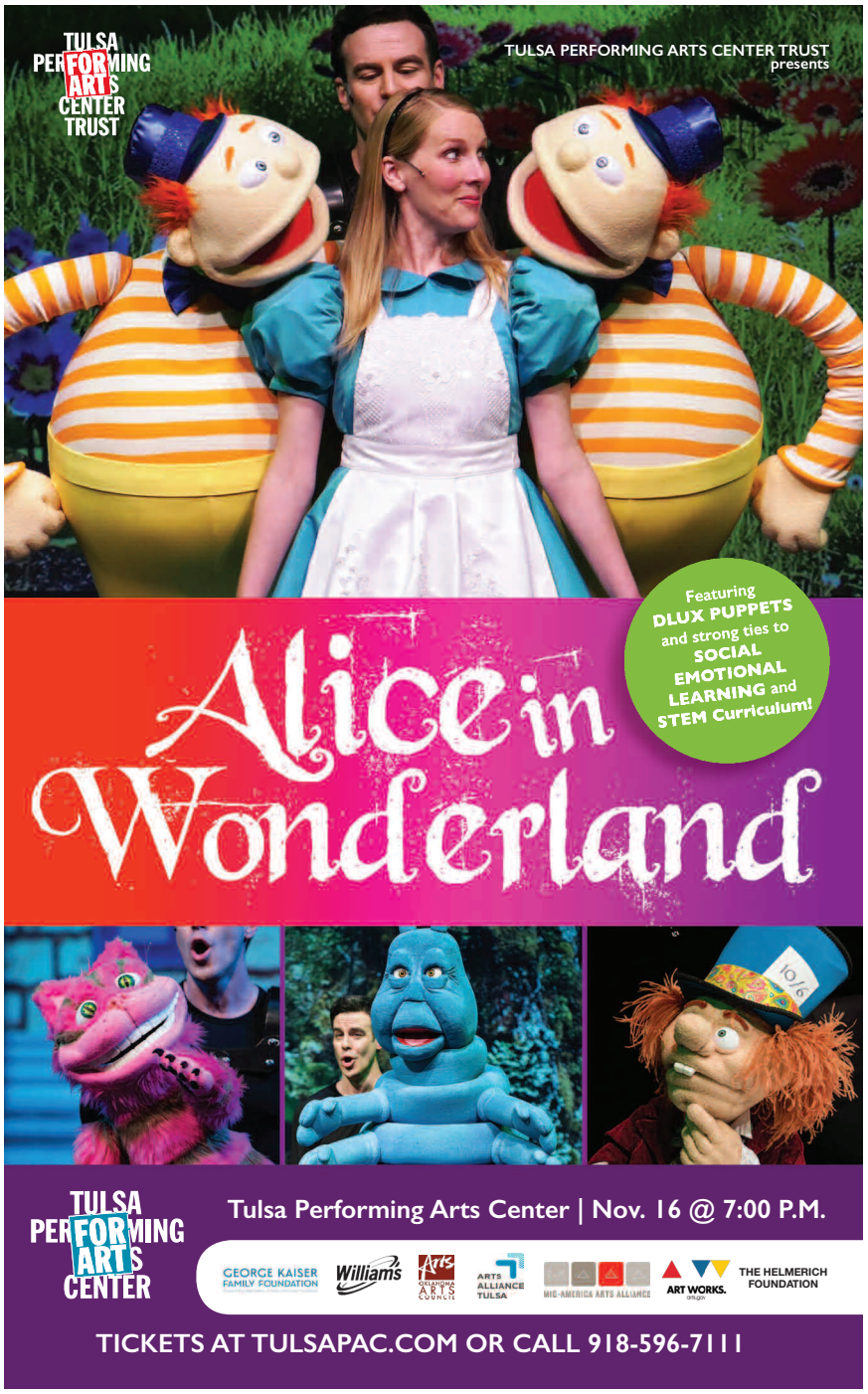
AMERICAN BURYING BEETLE.

questions.

For families interested in finding their own beetles to study in nature, Shingleton said, "Leaf litter and rotting logs in the forest are great places to find them. Ground beetles are also easy to catch in simple pitfall traps. It is most fun for children to watch live beetles in their habitat or in a small container for a short time, after which they can be returned to the wild."

However, like animals and birds, insects too run the risk of becoming extinct, so Shingleton cautions parents to be on the lookout for the American Burying Beetle and to "please let it be" if they find one, as it is among the species of endangered beetle in our area.

The ARTworks Holliman Gallery Exhibit is free and open to the public on weekdays through Nov. 20 from 8 a.m. to 4:30 p.m. at Holland Hall, 5666 E. 81st St. For more information, visit www.hollandhall.org/events/artworks/.







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6421 E. 36th St. North; 918.669.6600; tulsazoo.org/gift







Junior League of Tulsa's Holiday Market

Holiday Market is a three-day, one-stop holiday shopping extravaganza December 7-9 featuring unique merchandise from more than 100 carefully selected vendors from Oklahoma and across the country. Shop for clothing, gourmet foods, gifts, children's items, jewelry and more during the market – we promise you'll find everything you need and more! Make sure to stop by and snag a picture with the Clauses while you shop on Saturday and Sunday.

Holiday Market raises funds to support the mission of the Junior League of Tulsa. Proceeds from Holiday Market support the League's mission-based programs and community partnerships that work to end the cycle of poverty affecting women and children in Tulsa (e.g., Food Bank, Food on the Move, Hawthorne Elementary, Resonance Center for Women, Street School, and Poetic Justice) and train women to become effective community leaders and advocates for social change within our Tulsa communities.

Union Multipurpose Activity Center, 6836 S. Mingo Rd., Tulsa. Tickets $5; jltulsaholidaymarket.com

Smitty's Garage

Smitty's Garage gift cards make great stocking stuffers! From juicy burgers to the new Avocado Chicken Salad, we have something to please everyone in the family. Don't forget, free bomb pops for kids with purchase of a kid's meal! Learn more at eatatthegarage.com

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~ Brady Heinig, Class of 2019



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The Mystery of Family History: Building Kids' Confidence through Genealogy

"the more children knew about their family's history, the stronger their sense of control over their lives, the higher their sense of self-esteem and the more successfully they believed their families function."

BY TRICIA MILFORD-HOYT

Each Thanksgiving my mother told the same story. It was after midnight on the family's Pennsylvania farm one Saturday in February. Her youngest brother spoke softly but firmly as he tried to rouse his eldest sister. "KAAATHHHY!" he hissed as he pushed her shoulder forward and back until her eyes cautiously opened. "I need your help," he whispered.

My mother loves to help, and this story always remains one of her fondest memories. Her baby brother, then 6 years old, now a successful attorney, had snuck downstairs into the garage to serve himself a bowl of ice cream. In the dark he had not noticed the 13-by-9-inch casserole dish sitting on top of the family's garage freezer. Once it slid off and crashed behind the large appliance with contents smearing down the wall, he recalled how my grandmother had asked my mom to make and store the side dish in the 30-degree garage in preparation for tomorrow's dinner with my great-grandparents. Once he cleaned up his mess, he knew he needed my mom's help because he had no idea how to make - or remake - Jello.

When I was very young, I remember being fascinated by that story as I imagined my mother and uncle living in my grandparents' farmhouse as small children, siblings, like me and my sister. As I grew into a teenager I became annoyed at the repetition of the story every holiday, perhaps even rolling my eyes at its retelling, but I was also secretly grateful to have that connection to these people - aunts, uncles, cousins - sitting around the dinner table each holiday together. And as I grew into an adult, I wanted to know more. Who else had lived in that farmhouse? It had been in our family since 1827. What other stories were there to know?

Where to Begin?

Holiday gatherings provide an excellent opportunity for children of all ages to learn more about their family's history and genealogy. Family stories flow freely as the generations reminisce about growing up together. Questions bounce across the



"Just because you don't remember, doesn't mean it's not in you."

continued next page

room between generations as younger children try to understand the world without cell service and Netflix and older generations strive to retain details from the family's eldest members who may not be with them at next year's gathering. With a little planning, this year's family gatherings can begin the collection, documentation and excitement about a family's history and genealogy.

Knowing family history can offer identity and comfort to children and teens as they understand from where they came. These ROOTS offer a sense of security and belonging as each child's family story is uniquely his or her own and may include immigration, tragedy, triumph and ingenuity. Stories from family history can give children ideas about how they can overcome life's challenges while they celebrate the diversity of past generations and their own uniqueness and similarities to family members. Researchers from Emory University report, "The more children knew about their family's history, the stronger their sense of control over their lives, the higher their sense of self-esteem and the more successfully they believed their families function."

But where to begin? "Genealogy" sounds like a huge research project littered with dead-ends and unknowns. Family history is a broader term that includes immediate relatives and those who lived long ago. Several books on genealogy compare the quest to uncovering a mystery, one clue at a time.

To begin, Liz Walker of the Tulsa City-County Library Genealogy Center suggests reading age appropriate books on the topic of family, of which the library has several. Children will learn terms like aunt, uncle, grandparent and cousin (first and twice-removed), in advance of the holiday gatherings to help make sure relational connections are understood. Together parents and children can begin to document what is known.

The central tool to get started with a family's genealogy is to create a family tree chart. Smaller children can identify immediate family members with whom they have regular interaction, while older children can begin to build more complicated genealogical charts going back several generations, complete with holes and unknown facts, to be filled in later. The family tree chart serves as a roadmap by documenting four key elements of each family member: full name, birth date and location, marriage date(s) and location(s), and death date and location. A printable version is available on the TCCL Genealogy Center's website or by visiting the Hardesty Regional Library Branch. Families can also create their own family tree chart to accommodate their unique family situation as traditional family tree charts do not typically account for divorce, remarriage, step- or half-siblings, etc. Genealogy websites like ancestry.com and familysearch.org offer online versions of family tree charts that enable users to share with other known (and unknown) family members to help fill-in the blanks.

As the people, places and dates fall into place on a family tree chart, online resources with searchable records have hastened the process of finding missing details in recent years. The Tulsa City-County Library Genealogy Center offers several such databases. The library edition of ancestry.com is available in all TCCL branches across the region. While more specific resources like American Ancestors and fold3 are only available on desktop computers at the Hardesty Regional Library, databases continue to grow as more documents are transferred to digital. Genealogy Center librarians can assist in identifying which resources are available to help piece together a family's story.

The Dash Between the Dates

To gain a real connection with family history, genealogy must go beyond nouns (names, dates, and places) and include the verbs and adjectives of each family member's life. Broken Arrow resident Cathleen Hull became interested in family history and genealogy over 20 years ago, after discovering how understanding family origins can build stronger families. She refers to the family tree chart as the "skeleton."

But Hull said the real fun comes from the "dash between the dates; the stories of the experiences and lives of those long [and maybe not so long] dead ancestors. There are important values and lessons that can be learned from their lives."

Stories come from the natural curiosity of children by asking questions such as: How did they live? What was happening during their life? What did she and her friends like to do when she was my age? Why did he decide to study that in school?

Holiday gatherings offer the perfect opportunity to save some current oral history. Families can encourage the kids to use smartphones to record older family members talking about their lives as youth. Here are several prompts to get them started: What is your earliest memory? Why did you decide to become a (farmer, doctor, or mechanic)? Who were your best friends when you were my age? What did you and your best friends do for fun?

Researchers have found that understanding one's own family history can make a person more open to learning about the journeys of others. Pulitzer Prize-winning author Junot Diaz tapped this concept in his first children's book, "Islandborn," released earlier this year. In it he tells the story of Lola, an elementary-aged girl living in an American city, who receives an assignment to share information about her country of origin. Lola, who emigrated to the United States at age 3 and does not remember her birthplace, asks her grandmother and elder neighbors to tell her stories of their shared heritage. These interviews lead Lola to create a beautiful drawing of her heritage, eliciting a feeling of belonging to the island, so she becomes less worried about how her story compares with her peers.

Details can become sparse as families move backward on their family tree chart. For those relatives long gone, historical databases available at the TCCL and physical documents available through county court houses become more and more important to discover details such as land purchases, relocations, and newspaper articles directly related to a specific ancestor. Families with children can also turn to historical fiction and nonfiction books and movies to gain an understanding of what life was like during the time of an ancestor. Using the family tree chart, parents can search for books and movies that take place during the time and location of an ancestor. Perhaps the chart has revealed that a family is related to an American Revolutionary captain, a farmer during the Dust Bowl, or a slave. Local librarians can assist in identifying age-appropriate books and movies that take place in that time period. Reading and watching these stories can stimulate additional questions to consider as they research their family's history.

Each family must decide how best to document and pursue their family history or genealogy. No two genealogies are the same, which researchers believe is why valuing family history can strengthen each child's sense of self-worth. A resource on family history from the Clemson Extension Cooperative states that details of a familys story can increase communication between family members, create a stronger sense of worth and belonging among individuals and establish a deeper sense of appreciation for individuality and diversity. As Lola's grandmother tells her, "Just because you don't remember, doesn't mean it's not in you."

continued next page

GETTING KIDS INTERESTED IN FAMILY HISTORY AND GENEALOGY

Toddler/Preschool:

Create a family photo album using a soft-sided photo book shell (available online or at a local baby store), print photos of each person in the family's tree chart, label with their role (e.g. grandma, grandpa, great-grandma, great-grandpa, aunt, uncle) related to that child's story.

Visit the local library and read books about family; discuss the various types of families that exist.

Draw a family tree chart and post in the child's room complete with photos and names of each person in that child's family.

Elementary-age children:

Interview grandparents or older family members to learn what it was like when he or she was the child's age.

Draw and color a collage based on family stories, like Lola in Junot Diaz's new book, "Islandborn."

Research a family member who lived during a specific time period to learn about what it was like to live during the Great Depression, World War II, or American Revolution.

Create an "ancestor" dress up box with clothes and accessories so the child can pretend to be his relative during the time she lived.

Middle and High School students:

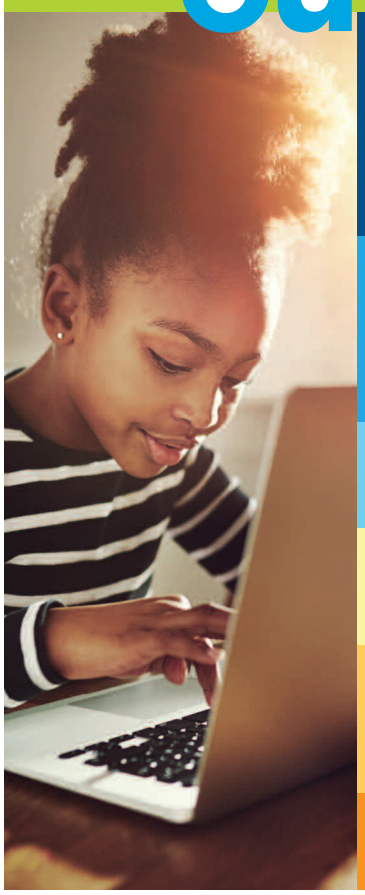
Use a smart phone or other technology available to document the oral history of a family member, like stories of Grandpa when he was young; the audio file can be added to a family's tree chart on sites like familysearch.org or ancestry.com or saved and shared via YouTube.

Contribute to the global genealogy community by visiting area or family cemeteries to document graves using the app Billiongraves, which creates a geotag on the location of the grave site so other users can find the location and use the information visible on the headstone.

Write and illustrate (using drawings or photographs) a story from the family history and publish copies using Shutterfly, Snapfish, or customboardbooks.com to share with other family members.

Choose a family member from the family tree chart and do a school research project on life during that time period and location; share the finished project with other family members.

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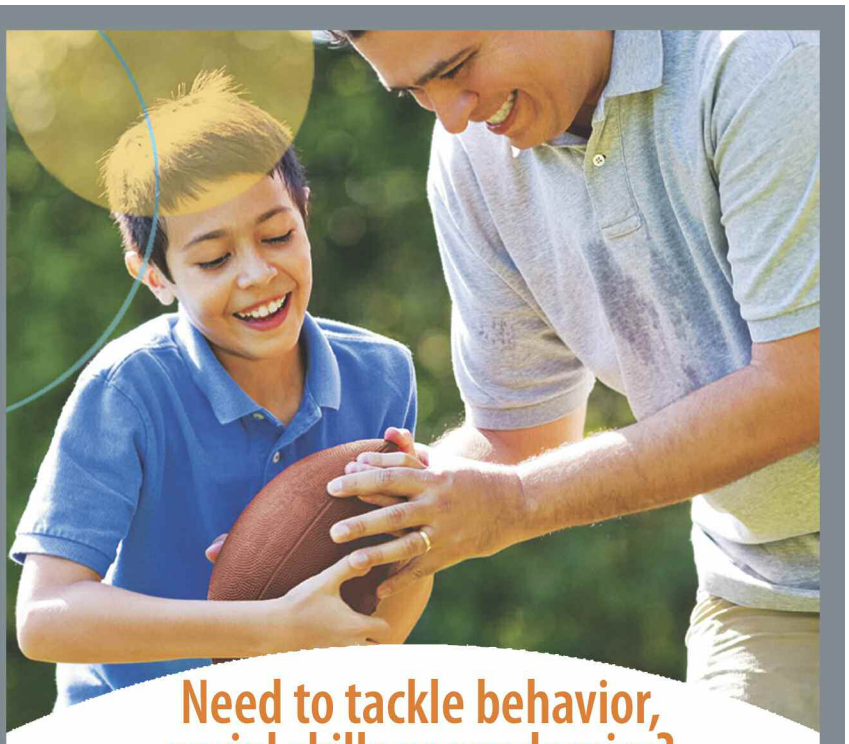
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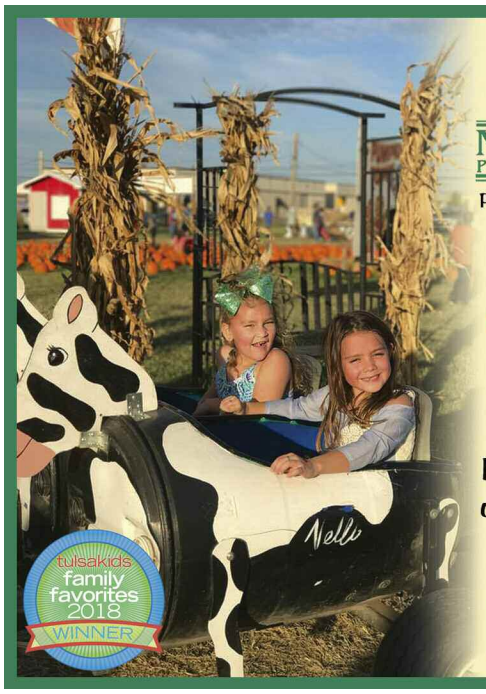
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NOVEMBER AT GILCREASE

Drop In Studio | November 4 (1 to 4 p.m.)
Funday Sunday | November 18 (all day)

Join us in November as we focus on wildlife and environmental conservation in celebration of our exhibition *Albert Bierstadt: Witness to a Changing West*. From creating conservation posters and postcards at Drop In Studio, to activities with The Nature Conservancy of Oklahoma on Funday Sunday, it is fun for the entire family.

Program partner:

The Nature Conservancy
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GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art
gilcrease.org/events



Share the wonders of our aquatic world with someone special!

An annual membership to the Oklahoma Aquarium is the perfect gift this season because we just unwrapped our newest exhibit,the Polynesian Reef. Plus, there are more breathtaking exhibits to come in the new year!

For information about memberships, please visit okaquarium.org.

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FETCH: DOG DAY AT THE LIBRARY
Come to the Hardesty Library (8316 E. 93rd St.) on Saturday, Nov. 17, 11 a.m.-3 p.m., for a celebration of the loyal dogs in your life and those who still need a forever home. Puppy Haven Rescue will have adoptable puppies and older dogs for you to cuddle and love for the duration of the program. Fill out an application to adopt, and they will follow up with you. Dog-themed crafts for kids will be available as supplies last. Attend one or all of the following presentations:
Dog Care Q&A, 11:30 a.m.-12:30 p.m. Veterinarian Donna A. Leahey will discuss pet health and care. A 2003 graduate of Oklahoma State University College of Veterinary Medicine, Leahey has been practicing small-animal general medicine since then in Norman, Oklahoma City, Bethany and most recently Muskogee. Her special interests are small-animal surgery, exotic pets and behavior.
Pet Hacks, 12:30-1:30 p.m. Learn DIY tips and tricks on pet accessories, entertainment, care and more. Make your own rope toy out of an old shirt. Some supplies will be available while they last or bring your own old shirt.
Dog Tales, 2-2:30 p.m. Enjoy a dog-themed storytime for toddlers to elementary schoolers.

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

November 1 Thursday

BIKES AND BALLS AND YOU
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Tuesdays & Thursdays, 9:30-11 a.m. Note: Bikes and Ball and You will not be held Thursday, Nov. 22 Cost is 50 cents/child per visit. Whiteside Park, 4009 S. Pittsburgh Ave, 9:30-11 a.m. www.cityoftulsa.org

BIKES AND BALLS AT HICKS COMMUNITY CENTER [FREE, W]
This Bikes and Balls activity is for children ages 1-5. It meets Tuesdays and Thursdays from 10-11 a.m. Hicks Community Center, 3443 S. Mingo Rd., 10-11 a.m.

DAY OF THE DEAD FESTIVAL
Activities at Living Arts' annual Day of the Dead Festival will include face painting, mariachi and salsa bands, food and beer. The festival will celebrate the Día de Los Muertos tradition with a display of altars to honor those who have passed. Children 12 and under get in free on Nov. 1. Living Arts of Tulsa, 307 E. M.B. Brady St., Nov. 1 and 2, 5-10:30 p.m. www.livingarts.org

November 2 Friday

MOTHER ROAD MARKET GRAND OPENING WEEKEND [FREE]
Mother Road Market is celebrating its grand opening with three days (Nov. 2-4) of family friendly activities, including live music, live screen printing, mini golf and more! Learn more at motherroadmarket.com/events. Mother Road Market, 1124 S. Lewis Ave.

MOVIE IN THE GARDEN: "COCO" [FREE]
Celebrate the Day of the Dead with Central Library! Watch "Coco," the Best Animated Film of 2017, and enjoy crafts and refreshments. Central Library, 400 Civic Center, 4-6 p.m. www.tulsalibrary.org

FIRST FRIDAY ART CRAWL [FREE]
This year-round monthly event features all of the galleries, studios and museums as well as the part-time galleries in various shops opening their doors to show and sell art. Shops are open late and there are lots of dining and entertainment opportunities as well. Tulsa Arts District, 6-9 p.m. www.thetulsaartsdistrict.org

November 3 Saturday

MULTI-TRIBAL DAY AT CHICKA-

SAW CULTURAL CENTER [FREE]
The Chickasaw Cultural Center will welcome Native American tribes from across the country for a celebration of culture, traditions and cuisine. Enjoy an enriching day of Native hymns, dance demonstrations, storytelling, traditional games and more. Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur, 10 a.m.-5 p.m. www.chickasawculturalcenter.com

BARK IN THE PARK [FREE]
Meet pet-focused vendors and to take your family's furry friend on a hike through the nature park! Pets must be on a leash. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 10 a.m.-2 p.m. www.brokenarrow.gov

ANNUAL BIG BAND HANGAR DANCE
Experience an authentic World War II Hangar Dance, sponsored by the Commemorative Air Force—Spirit of Tulsa Squadron. In addition to a live Big Band, there will be a vintage canteen with retro sodas and candy, free swing dance lessons, a silent auction, food available for purchase, and WW2 Warbirds surrounding the dance floor. Adult tickets are $30; children 12 and under get in free. 801 E. 91st St., 6-9 p.m. www.caftulsa.org

November 4 Sunday

STUDIO SUNDAYS [W]
Calling all tinkerers, artists, and families! You're invited to drop in for creative exploration at The STUDIO, located on the 3rd floor of ahha's Hardesty Center. Every Sunday in The STUDIO, you'll discover special activities and new creative challenges, techniques, and materials for kids of all ages to explore. You'll also have the chance to meet artists participating in the Open Studios program in the nearby printmaking, metal, photography, and digital media labs. ahha Tulsa, 101 E. Archer St., 12-7 p.m. www.ahhatulsa.org

WINTER SQUASH RECIPES WITH BARRY JARVIS
Pumpkins and other winter squashes are not only good for decorating, they also taste delicious. Join chef Barry Jarvis as he shares cooking tips and recipe ideas for several varieties of winter squashes. Participants will learn how to turn pumpkins and other squashes into both savory and sweet dishes, will be able to sample everything prepared by Barry, and also take home a few squashes to try out the recipes for themselves. Registration is required. $7 for Garden members; $12 for non-members. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 3-4 p.m. www.tulsabotanic.org

November 5 Monday

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. www.discoverylab.org

MAGIC MONDAY STORYTIME [FREE, W]
Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books, 221 E. Archer St., 10:30-11:30 a.m. www.magiccitybooks.com

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 p.m. www.tsha.cc



DON'T FORGET Your cosplay! Tulsa Pop Culture Expo is coming to Tulsa Renaissance Hotel November 2-4! This three-day collaboration between Tulsa Pop Kids, XPO Game Festival and OK POP will feature celebrity guests, gaming, vendors, a kids area and much more! Get your tickets and more information at tulsapopcultureexpo.com.

November 6 Tuesday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Broken Arrow Library, 300 W. Broadway Ave., 10:30-10:55 a.m. www.tulsalibrary.org

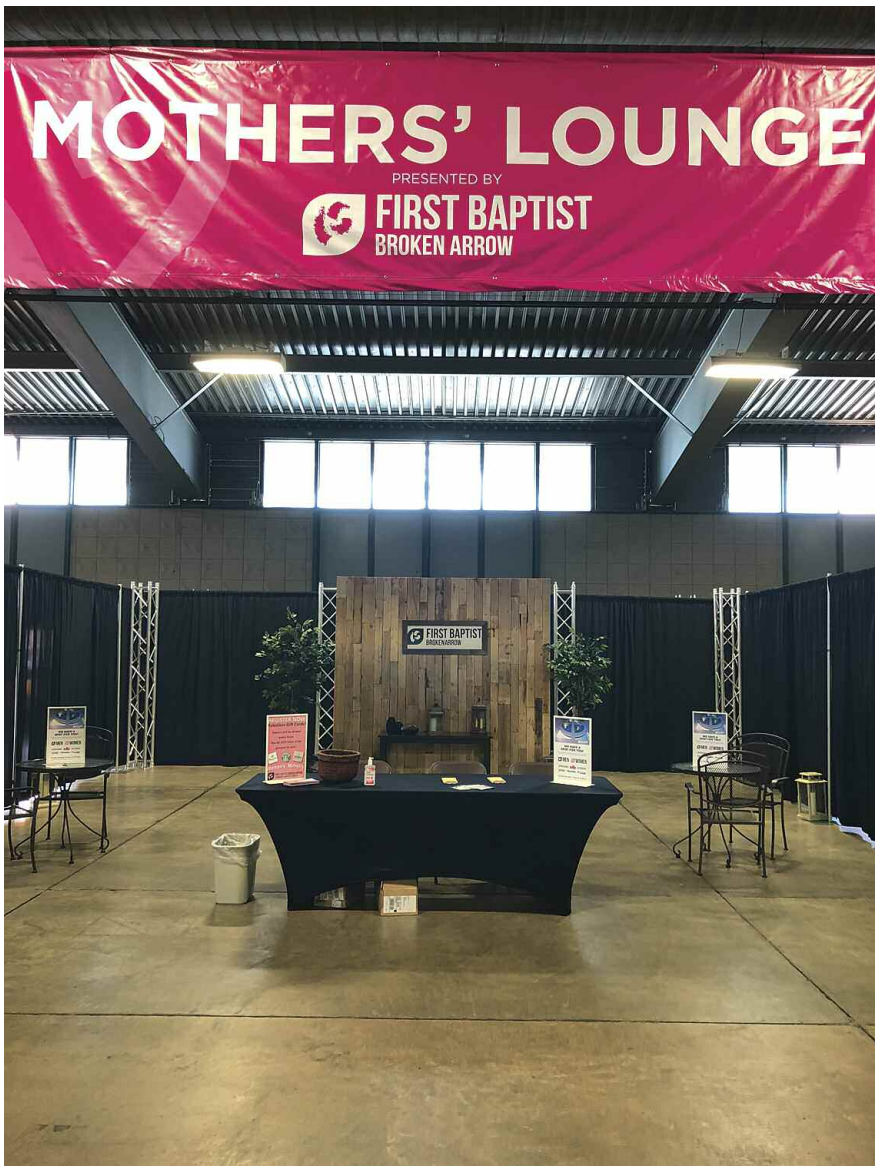
YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to join this beginning yoga class taught by certified yoga instructor Christine Von de Veld. A limited number of yoga mats will be provided. For adults and teens. Central Library, 400 Civic Center, 5:30-6:30 p.m. www.tulsalibrary.org

November 7 Wednesday

BUILD A READER STORYTIME: BABIES, BUBBLES, BOOKS [FREE]
This storytime is geared toward children ages 0 to 5! Learn and enjoy songs, stories and activities that will aid in developing your child's early literacy skills. Central Library, 400 Civic Center, 10:30-11 a.m. www.tulsalibrary.org

COMICS FOR KIDS [FREE]
Create your own comic using any drawing style you prefer. For ages 5-18. Hardesty Library, 8316 E. 93rd St., 3:30-4:30 p.m. www.tulsalibrary.org

WRITE TIME [FREE]
Are you an aspiring writer? Join this writing group for ages 7-10 to learn writing tips, talk about favorite books and meet new friends. Her-



An Affair of the Heart is returning to Expo Square November 16-18! This three-day shopping event features 100s of vendors selling unique handmade items, from housewares to clothing to jewelry and more! For the second time, First Baptist of Broken Arrow will be hosting a Mothers Lounge, a private space for young mothers to breastfeed, pump, etc. Learn more at aaoth.com. Photo provided by An Affair of the Heart.

man and Kate Kaiser Library, 5202 S. Hudson Ave., 3:30-4:30 p.m. www.tulsalibrary.org

November 8 Thursday

MS. TORI'S MESSY ART: FINGER-PAINT MASTERPIECES [FREE]
Wear your grubby clothes and join Ms. Tori for a messy art project using finger paints and hand prints. Space is limited. Call 918-549-7323 to register. For elementary students. Glenpool Library, 730 E. 141st St., 4-4:45 p.m. www.tulsalibrary.org

KIDS CONNECTIONS [FREE]
This social group is designed for children (grades K-5) on the autism spectrum. Kids Connections meets on the second Thursday of each month from 4:30-5:30 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. www.ddadvocacy.net

November 9 Friday

STORYTIME FOR GROWNUPS: YOU CAN'T CHOOSE YOUR FAMILY [FREE]
This storytime is all about the people you can't live without – the ones you love and the ones you love to hate – it's about family! Bring your lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Central Library, 400 Civic Center, 12-1 p.m. www.tulsalibrary.org

MEET BOOKS TO TREASURE ILLUSTRATOR SHADRA STRICKLAND [FREE]
Celebrate the joy and beauty of children's literature with the 2018 Books to Treasure illustrator Shadra Strickland! She will discuss her creative process and artistic inspirations. Copies of "Please, Louise," written by Toni Morrison and Slade Morrison, and illustrated by Strickland, will be for sale. A book signing will follow. Sponsored by the Tulsa Library Trust through a grant from the Anne and Henry Zarrow Foundation. For all ages. Hardesty Library, 8316 E. 93rd St., 7-9 p.m. www.tulsalibrary.org

November 10 Saturday

KEYSTONE FOREST ANCIENT HIKE DAY [FREE]
At the Keystone Ancient Forest, you'll hike amidst a classic Oklahoma crosstimbers forest with 500-year-old cedars and 300-year-old post oak trees. Come take in all that this magnificent forest has to offer! Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. www.sandspringsok.org

BACK THE BLUE 5K AND CROSSFIT WORKOUT
This is a fundraiser event for the Tulsa Police Foundation, which raises awareness and funds for the needs of the Tulsa Police Department. Participants can enjoy a 1-mile fun run or 5K, getting an up-close look at police vehicles, speaking with police officers, and a Crossfit workout for ages 13+. River West Festival Park, 2100 S. Jackson Ave., 9 a.m.-12 p.m. www.tpdfoundation.org

SECOND SATURDAY AT PHILBROOK [FREE]
Free. Family. Fun. Bring the whole family for Philbrook Second Saturdays. Free admission all day and a variety of events and hands-on activities. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-5 p.m. www.philbrook.org

HANDMADE WOOL FELTING FOR FAMILIES
Learn the basics of wet felting in a child-friendly setting. With gentle instruction from artist Taylor Painter-Wolfe, you'll arrange and layer wool and other materials to create a piece of felt art. This class is designed for caregivers and children ages 4-12; preregistration required. ahha Tulsa, 101 E. Archer St., 1-4 p.m. www.ahhatulsa.org

$1 WINTER SQUASH SALE
Pick up winter squash from the Garden's autumn displays to take home and use for fall decorating or cooking! Regular admission applies. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.-5 pm. Additional date Sunday, Nov. 11, 10 a.m.-5 p.m. www.tulsabotanic.org

November 11 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive envi-

ronment. Discovery Lab, 560 N. Maybelle Ave., 9:30-11 a.m. www.discoverylab.org

November 12 Monday

DANCE & SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. www.discoverylab.org

STEAM WORKSHOP [FREE]
Homeschoolers, this program is for you! Enjoy STEAM (science, technology, engineering, art, mathematics) activities for ages 5-12. Class size is limited. Registration is required. Register online at http://events.tulsalibrary.org/events or call 918.549.7323. Central Library, 400 Civic Center, 1:30-2:30 p.m. Additional date Nov. 26.

November 13 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Bring the whole family for storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after for games, toys and activities that foster critical early literacy skills. Charles Page Library, 551 E. 4th St., Sand Springs, 10:30-11:30 a.m. www.tulsalibrary.org

DATABASE DIVING FOR EVERYONE [FREE]
Dive into library resources and discover over 100 online databases covering a gigantic variety of subjects. Come on in, the water's fun! Registration is required. Register online at http://events.tulsalibrary.org/events or call 918-549-7323. For ages 10 to adult. Hardesty Library, 8316 E. 93rd St., 6:30-7:30 p.m.

November 14 Wednesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE, W]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime and enjoy games, toys and activities that foster critical early literacy skills. Brookside Library, 1207 E. 45th Pl., 10:15-11:15 a.m. www.tulsalibrary.org

ROLE-PLAYING GAMES FOR BEGINNERS [FREE]
Have you ever wanted to play an RPG but didn't know how or where to start? Library staff can help get you started in a fun and addictive hobby. For teens and adults. Martin Regional Library, 2601 S. Garnett Rd., 7-8 p.m. www.tulsalibrary.org

November 15 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa. Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. www.safekidstulsa.com

BABY & ME MATINEE: "BABY BOOM" [FREE]
Moms, dads, caregivers! Relax and enjoy a movie just for you without worrying about your baby's noise or movement disrupting other moviegoers. The lights are kept dimmed and the sound volume down. In the featured film "Baby Boom" (PG), a successful Manhattan yuppie becomes the custodian for a 1-year old. Though she plans to give the child up for adoption, she grows to love motherhood, leading to an unexpected career change. Hardesty Library, 8316 E. 93rd St., 10 a.m.-12 p.m. www.tulsalibrary.org

AMERICA RECYCLES DAY [FREE]
Create fun recycled projects including a cell phone holder, speaker amplifier & more. For ages 5 and older. Reed Park, 4233 S. Yukon Ave., 4-5 p.m. www.cityoftulsa.org

GLENPOOL POETRY & SHORT STORY CAFÉ [FREE]
Share an original or favorite poem, or excerpt from a short story. Participants will have approximately 5 minutes to present their work. Not a writer? Come and listen to the writings shared by others! For adults and teens. Glenpool Library, 730 E. 141st St., 6:30-7:45 p.m. www.tulsalibrary.org

November 16 Friday

2018 WILLIAMS ROUTE 66 MARATHON HEALTH AND FITNESS EXPO [FREE]
The Williams Route 66 Marathon Health and Fitness Expo host exhibitors featuring running gear and shoes, as well as sports and fitness and sustainability-related items. Cox Business Center, 100 Civic Center, 11 a.m.-8 p.m. Additional date Saturday, Nov. 17, 10 a.m.-6 p.m. www.route66marathon.com

CROSS-GENERATIONAL ART [FREE]
Participate in an art activity with residents from Brookdale Retirement Center. For all ages. Broken Arrow Library/South, 3600 S. Chestnut Ave., 2-3 p.m. www.tulsalibrary.org

November 17 Saturday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's child's car seat is installed correctly at this free event sponsored by Safe Kids Tulsa. Keystone Chevrolet, 8700 Charles Page Blvd., 10 a.m.-12 p.m. www.safekidstulsa.com

ZOO INSIDER: MARKETING
Teenagers will explore how the media is used to make the Tulsa Zoo a world class destination! Learn what it takes to balance education, conservation and recreation while ensuring our zoo can grow bigger and better. It's not just the birds tweeting about this one! Middle and high school students 13 to 18 years old are welcome to attend. Cost is $25 per class. More information and registration at tulsazoo.org/classes. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m.

WHY LIBRARIES MATTER WITH SUSAN ORLEAN [FREE]
New Yorker Staff Writer Susan Orlean, hailed as a "national treasure" by The Washington Post and the acclaimed bestselling author of The Orchid Thief, reopens the unsolved mystery of the most catastrophic library fire in American history, and delivers a dazzling love letter to a beloved institution—our libraries. Central Library, 400 Civic Center, 7-9 p.m. www.booksmarttulsa.com

November 18 Sunday

FUNDAY SUNDAY [FREE]
Children and adults alike can enjoy an afternoon of exhibition-inspired activities, artist-led studio projects, museum exhibitions and interactive spaces. Special activities from Noon to 4:00 pm, with free admission all day. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. www.gilcrease.org

November 19 Monday

MUSIC MONDAYS [FREE, W]
Sing, dance and have fun with Mr Benji. For toddlers to elementary-school kids. Central Library, 400 Civic Center, 11-11:30 a.m. www.tulsalibrary.org

PAWS FOR READING [FREE]
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 Raymond and Bessie Kravis Foundation through the Tulsa Library Trust. Registration is required. Please see a staff member to register. Schusterman-Benson Library, 3333 E. 32nd Pl., 3:30-4:30 p.m. www.tulsalibrary.org

November 20 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE, W]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Schusterman-Benson Library, 3333 E. 32nd Pl., 10:30-11 a.m. www.tulsalibrary.org

MANGA FANS UNITE! [FREE]
Join other manga fans as in discussing favorite characters and books along with a fun activity. Bring a friend! For sixth- through 12th graders. Bixby Library, 20 E. Breckenridge Ave., 6-7 p.m. www.tulsalibrary.org

November 21 Wednesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
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. Stay after storytime for games, toys and activities that foster critical early literacy skills. Zarrow Regional Library, 2224 W. 51st St., 10:30-11:30 a.m. www.tulsalibrary.org

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE, W]
The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster your child's early literacy skills. Owasso Library, 103 W. Broadway St., 10:30-11:25 a.m. www.tulsalibrary.org

November 22 Thursday

HAPPY THANKSGIVING! WE ARE THANKFUL FOR YOU!

November 23 Friday

SEE OUR LIST OF HOLIDAY HAPPENINGS FOR MORE WEEKEND SUGGESTIONS

November 24 Saturday

KEYSTONE ANCIENT FOREST HIKE DAY [FREE]
See previous description. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. www.sandspringsok.org

BOTANY WALK AT OXLEY NATURE CENTER [FREE]
Enjoy a botany walk at the beautiful Oxley Nature Center on the 4th Saturday of each month. Oxley Nature Center at Mohawk Park, 10:30 a.m. www.oxleynaturecenter.org

November 25 Sunday

LOOKING FOR MORE? VISIT US ONLINE AT TULSAKIDS.COM/CALENDAR

November 26 Monday

MAKER MONDAY: KNIT A COZY WINTER HAT! [FREE]
Enjoy this fun crafting workshop, taught by an expert instructor. Registration is required and seating is limited. Register online at http://events.tulsalibrary.org/events or call 918.549.7323. For adults and teens. Central Library, 400 Civic Center, 5:30-7 p.m.

November 27 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Join Adam for this fun storytime as he sings songs and reads stories for the whole family. Stay after storytime and enjoy toys and activities that foster early literacy skills. For infants and toddlers, but children of all ages are welcome. Helmerich Library, 5131 E. 91st St., 10:30-11:30 a.m. www.tulsalibrary.org

BUILD A READER STORYTIME: FAMILY [FREE, W]
Enjoy great stories, silly songs, fun finger plays! For ages 8 and younger. Families and siblings are encouraged to attend and join in on the fun! Maxwell Park Library, 1313 N. Canton, 3-3:30 p.m. www.tulsalibrary.org

November 28 Wednesday

MAKE AND GIVE: SOUND-WAVE ART [FREE]
It's the season of giving, and you can turn your voice into a gift with sound-wave art! Come and learn about the Audio Lab recording studio and paint a message to someone. Registration is required. Register online at http://events.tulsalibrary.org/eventsor call 918.549.7323. For ages 12-18. Central Library, 400 Civic Center, 4-5 p.m.

TEEN CONNECTIONS [FREE]
Teen Connections is a social group for middle and high school students on the autism spectrum. Once each month, they meet together for fun activities such as board and video games where they can practice positive social skills with others with similar interests. Connections meets on the fourth Wednesday of each month from 4:30-6 p.m. at the TARC office, 2516 E. 71st St., Suite A, Tulsa. For more information and to enroll, call Sherilyn or Steve at 918-582-8272. www.ddadvocacy.net

November 29 Thursday

TEEN LOUNGE: MOVIE DAY! [FREE]
Enjoy a showing of the '90s Nickleodeon kids classic "Harriet the Spy." Popcorn and water will be served. For ages 5-18. Judy Z. Kishner Library, 10150 E. Cincinnati Ave., Sperry, 3-5 p.m. www.tulsalibrary.org

BOOK BUSTERS [FREE]
Enjoy snacks, fun and a lively book discussion featuring "Greenglass House" by Kate Milford. For ages 10-14. Broken Arrow Library, 300 W. Broadway Ave., 4-5 p.m. www.tulsalibrary.org

November 30 Friday

FINAL FRIDAY ARCADE DAY [FREE]
End your month on a high note by playing games on Maxwell Park's new Nintendo Switch and Xbox One consoles! Space is limited to four players per game on the Switch and two per game on the Xbox. Taking turns is a must! For ages 10-18. Maxwell Park Library, 1313 N. Canton, 4:30-5:30 p.m. www.tulsalibrary.org

DADDY DAUGHTER DANCE
A special night for girls and the special man in their lives. Please contact Whiteside for pricing information. Ages 4-12. Whiteside Park, 4009 S. Pittsburg Ave., 7-9 p.m. www.cityoftulsa.org



Balancing Beautiful Events and a Beautiful Baby

BY JILL VANTREASE

So I'm scrolling down Facebook, trying to zone out and ignore kids' pleas for snacks and "Fuller House" on Netflix, when I start coming across these other-worldly pictures of a jaw-dropping wedding: #oklovefest. It's like staring at pages from Town and Country, or a Goop spread, but it's a four-day festival described as a "Tulsan Coachella." There's even an itinerary: dove hunts, camping, ranch tours, food trucks, bands. There's yoga and salon-ing for the bridesmaids, and there's after-parties galore. The weekend caps off with a brunch flowing with Bloody Marys and mimosas. I am simply mesmerized by this exuberant bacchanale. And the mastermind behind this spectacle? A beautiful blonde Owasso high school graduate named Ashley Farthing.

Ashley is an OSU grad, a wife and a new mom, and a genius at executing logistics. She jokes she could probably run Fedex. She has learned to do what she does by working hundreds of events, starting with grunt work at fundraising events at the Tulsa Zoo. After a few years of working and honing her skills and attention to detail, she tentatively started going out on her own, doing lots of pro bono fundraising events, and word got out about her magician-like event- planning skills. A friend asked her to plan her wedding, and she laughed. She couldn't do



THAT. Too personal! But her friend begged, Ashley considered, and then decided to give it a try. Voila! Of course the wedding was a smashing success. Her wedding business was born, and raving reviews from word-of-mouth clients have made Ashley a premier Tulsa event and wedding planner. She's been booked almost solid for years now; one of her weddings has even been featured in Vogue. Yes, that Vogue!

So, I sit down with Ashley, who resembles an angelic meshing of Lady Gaga and Gwen Stefani, and ask her about her work. "It's really about lots of hard work, long hours, and attention to detail," she says.

So it's not really a fairy wand and a whimsical genius? Despite the gorgeous, artistic details in her events, I am stunned to find out Ashley feels she does not have a creative bone in her body. She can't sketch, and she didn't minor in Fine Arts or anything like that.

"No! It's about the relationships I've built with vendors all over the world who trust me and know that I am reliable and show up," Ashley said.

Clearly there's a lot of imagination that goes in to these stunning fetes, but Ashley insists it's her finely honed eye and military precision. Her team makes up a to-the-minute map out of the event — a huge book — so everyone knows exactly where this flower goes, what napkin goes where, and what happens at 6:08 pm. She encourages her brides to dream big and not worry about what things cost initially. Because, for example, if a bride wants a unicorn-shaped topiary, Ashley might already have access to one, or might know someone who could build it very cheaply.

Ashley worked tirelessly the first few years of her business, and was regularly working over 100+ weeks in the months leading up to the birth of her first son, a seraphic little blonde boy named Mateo. And she knows it's

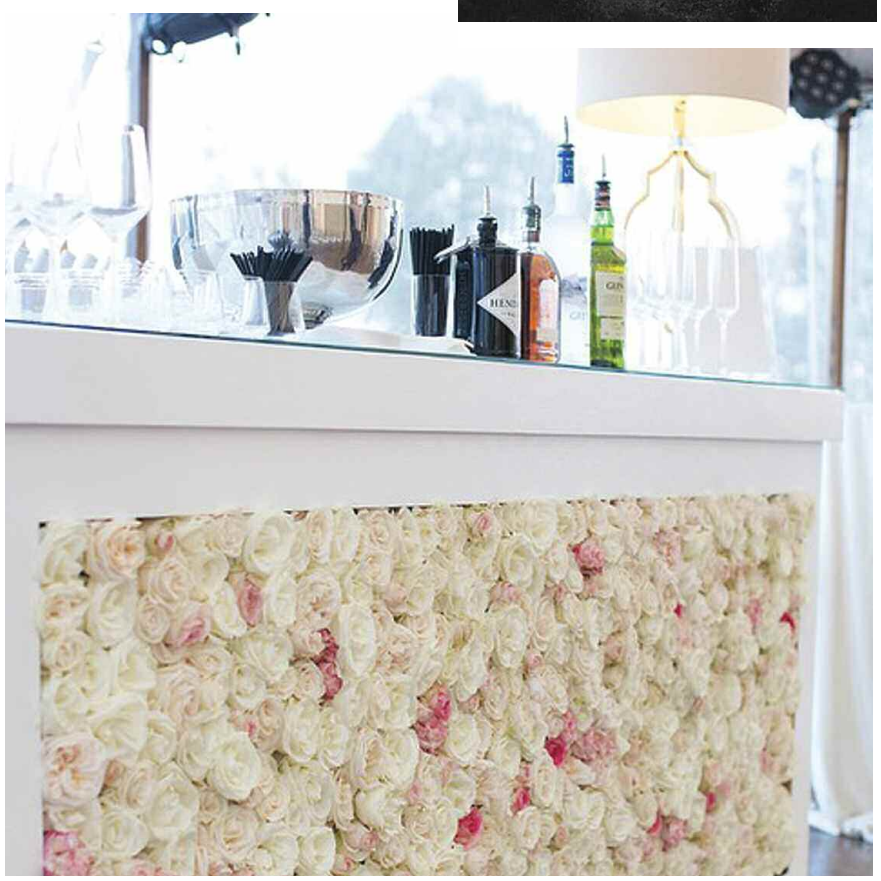






a cliche — how everyone told her that she wouldn't know how much she would love her child -- but right away, she was blown away by her all-encompassing love for her little boy. Suddenly, she saw her work totally differently. Despite her passion, Ashley realized that she had to take projects that she really enjoyed, because every minute working was a minute away from Mateo.

Like so many of us moms discover, she finds it difficult to focus on her son at home with work emails and calls coming in from all directions, and being a distracted mom really bothered her. After a whirlwind year of finishing up big projects like the #oklovefest, Ashley has decided to winnow her focus to big projects that excite her and her team. She has discovered -- like we moms do -- how having a child makes the extraneous noise of work and life fall away; we want to focus on what excites us and makes us happy and engaged if it's going to take us away from our babies! And, oddly, birthing a baby awakens in many of us a new energy. Watching our baby's perspective -- the giggles and excitement about ordinary things -- expands our own vision, and helps us see the world in a new way. Ashley hopes to grow her family -- and her business -- and looks forward to the hard but joyful dance of balancing good work with time with her family.



So if you're a mom struggling to balance work and babies, take some cues from Ashley if you can. Work hard and make that time away count. While we're not all uber-entrepreneurs with our own successful businesses, we can strive to say no to work that feels more "con" than "pro," even if we sacrifice some short-term profit. Time with the babies doesn't last. A line I read back in my 20s still flits through my head: "You can write a book (or start the business or launch the website or join the circus, et cetera) when your daughter's in college." There's time for all of it later. "Balance" is a relative term and unique to each person, and finding what works is part of the journey.



BY NATALIE MIKLES

not-quite-non-traditional Thanksgiving side dishes

When it comes to Thanksgiving, I crave tradition over deliciousness.

I'll be creative with my food any other day of the year, but for Thanksgiving I want turkey, dressing, cranberry sauce and pecan pie.

But my creative side is happy for one caveat: side dishes. Thanksgiving side dishes are a perfect place to try a new recipe, swap out ingredients and have fun.

Side dishes are in high demand whether you're making them for your own feast or taking them to a host's dinner. In case you have more company than expected or people are piling on more food than usual, side dishes can fill in the gaps when the turkey is running low.

A friend taught me several years ago to always make more mashed potatoes than you think you need. They're inexpensive and simple to make, and no one will begrudge you for having too many mashed potatoes. The same goes for many other side dishes, including a few we are featuring like fried corn and sautéed apples.

These side dishes are non-traditional but don't go too far outside the box. They will be loved by both adults expecting traditional Thanksgiving food and kids who tend toward picky eating.

Kids will appreciate the sweetness of the carrots in the Sweet Potato and Carrot Casserole. (The topping of toasted marshmallows doesn't hurt, either.) And since most kids love macaroni and cheese, you may want to try this great recipe for mac and cheese with roasted butternut squash. It may become a new tradition for your Thanksgiving table.



This recipe, adapted from Southern Living, is a great new take on creamed corn. Kids who like bacon will love the bacon topping on this creamy corn.

FRIED CONFETTI CORN

Serves 6

- 8 bacon slices
- 6 cups fresh or frozen corn kernels (if fresh, from about 8 ears of corn)
- 1 cup diced yellow onion
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1 (8-ounce) package cream cheese, cubed
- 1/2 cup half and half
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- 1 teaspoon pepper

1. Cook bacon in a large skillet over medium-high heat until crisp, about 6 to 8 minutes. Remove bacon, and drain on paper towels. Reserve 2 tablespoons bacon drippings in skillet. Coarsely crumble bacon.

2. Saute corn and next three ingredients in hot drippings over medium-high heat 6 minutes or until tender. Add cream cheese and half and half, stirring until cream cheese melts. Stir in sugar and next two ingredients. Transfer to a serving dish, and top with bacon.

It's the best of both worlds – cheesy mac and cheese and nutty butternut squash.

BUTTERNUT SQUASH MAC AND CHEESE

Serves 6

- 8 ounces uncooked whole wheat elbow macaroni
- 1 butternut squash (about 3 pounds), seeded and cubed
- 1/4 cup plain Greek yogurt
- 1 cup milk (skim or 2 percent)
- 1 teaspoon kosher salt
- 1/4 teaspoon pepper
- Dash ground nutmeg
- 1 1/2 cups shredded sharp cheddar cheese
- 1/2 cup shredded Parmesan cheese
- 1/2 cup soft whole wheat bread crumbs

1. Preheat oven to 400 degrees. Cook pasta according to package directions.

2. Place squash in a saucepan, and add water to cover. Bring to a boil. Cook, covered, until tender, about 8 to 10 minutes.

3. Place yogurt, milk, salt, pepper and nutmeg in a blender. Drain squash and transfer to blender; cover and process until pureed. Return mixture to saucepan, and heat until warm. Stir in cheeses until melted.

4. Drain pasta, then add to

continued next page

squash mixture. Toss to coat. Transfer to a greased 8-inch square baking dish. Sprinkle mixture with bread crumbs.

5. Bake, uncovered, until golden brown, 15 to 20 minutes.

My kids like the sweetness of the carrots and mini marshmallows in this casserole.

SWEET POTATO AND CARROT CASSEROLE

Serves 8 to 10

- 6 large sweet potatoes (about 5 pounds)
- 1 1/2 pounds carrots, sliced
- 1/2 stick butter
- 1 cup sour cream
- 2 tablespoons sugar
- 1 teaspoon lemon zest
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups mini marshmallows
- 1 cup glazed or sugared pecans

1. Preheat oven to 400 degrees. Bake sweet potatoes on a foil-lined large baking pan for 1 hour or until tender. Reduce oven temperature to 350 degrees. Cool potatoes 30 minutes.

2. Meanwhile, cook carrots in boiling water to cover 20 to 25 minutes or until very tender, then drain.

3. Process carrots and butter in a food processor until smooth, stopping to scrape down sides as needed. Transfer carrot mixture to a large bowl.

4. Peel and cube sweet potatoes. Process, in batches, in food processor until smooth. Add sweet potatoes to carrot mixture. Stir in sour cream and next five ingredients, stirring until blended. Spoon mixture into a lightly greased 9-by-13-inch baking dish.

5. Bake at 350 degrees for 30 minutes or until thoroughly heated. Remove from oven. Sprinkle with marshmallows. Bake 10 more minutes or until marshmallows are golden brown. Remove from oven, and sprinkle with sugared pecans.

This is one of my daughter's favorite side dishes. We eat them as a side dish with turkey or ham. We also like them topped on waffles or pancakes.

SUGAR AND SPICE SAUTEED APPLES

Serves 4

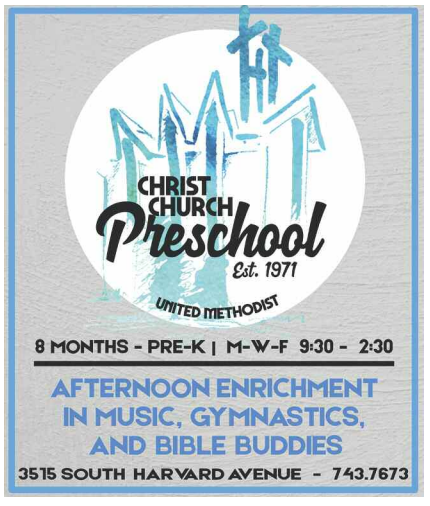
- 3 tablespoons unsalted butter
- 5 large apples, peeled and sliced into ¼" thick pieces
- 1/4 cup orange juice
- 1/2 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon apple pie spice
- teaspoon salt
- 1 teaspoon vanilla extract
- 2 teaspoons cornstarch
- 1/4 cup cold water

1. Melt butter in a large nonstick skillet over medium heat. When the butter has melted, add the apples and cook for 5-8 minutes or until tender.

2. Add the orange juice, brown sugar, cinnamon, apple pie spice, salt and vanilla extract, and stir to combine.

3. In a small bowl, whisk together the cornstarch and cold water. Pour into the apples, and whisk to combine. Bring apples to a boil, and simmer until the mixture thickens, about 2 minutes. Serve immediately. Or, cool, refrigerate and then reheat before Thanksgiving dinner.

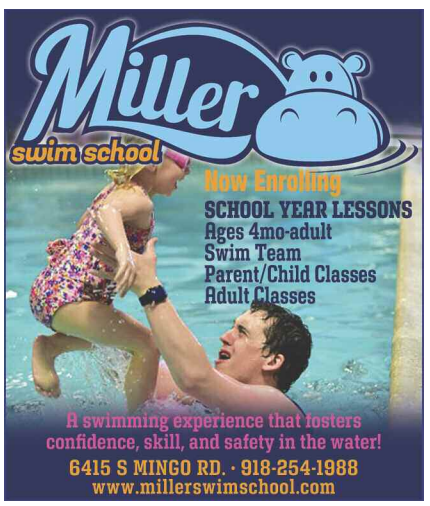
















Celebrate the season with Chickasaw Cultural Center's Celebration of Lights, November 24-Decemberr 31! Photo provided by The Chickasaw Nation.

HOLIDAY MARKETS

TASTE OF NORTH TULSA HOLIDAY AND RESOURCE BAZAAR
When: Sunday, Nov. 4, 1-4 p.m.
Where: Rudisill Library, 1520 N. Hartford Ave.
Do your holiday sampling and shopping, and learn about library and community resources and services. Samples tasty dishes prepared by local caterers and restaurants while placing your orders for holiday meals and desserts. There will be a minimal fee for the tasting. The bazaar is sponsored by the Friends of the Rudisill Regional Library and is a fundraiser for the Freddie Martin Rudisill Scholarship Award. Please bring a gently used or new children's book to donate to the Friends of the Rudisill Regional Library's literacy initiative. www.tulsalibrary.org

THE CENTER'S HOLIDAY MART!
When: Saturday, Nov. 17, 9 a.m.-2 p.m.
Where: THE CENTER for Individuals with Physical Challenges, 815 S. Utica Ave.
Shop for holiday decorations, jewelry, knitted and crocheted items, mosaics, paintings, stained glass and more, created by CENTER members. Eighty percent of proceeds go directly to the artist. www.tulsacenter.org

CHRISTKINDLMARKT
When: Friday, Nov. 30, 10 a.m.-7 p.m.; Saturday, Dec. 1, 10 a.m.-5 p.m.; Sunday, Dec. 2, 12-5 p.m.
Where: GAST Event Center, 2301 E. 15th St.
German-American Society of Tulsa is hosting its 20th Annual Christmas Market, a 3-day event featuring 25 local artisans and vendors. GAST will also be selling a wide selection of German food and gift items shipped directly from Germany. Traditional German food served in a bistro atmosphere and a mug of warm Gluhwein makes this shopping experience one the whole family will enjoy! www.gastulsa.org

CAROLS & CRUMPETS
When: Saturday, Dec. 1, 8 a.m.-3 p.m.
Where: Tulsa Garden Center, 2435 S. Peoria Ave.
Join the Tulsa Herb Society at Carols & Crumpets, their yearly arts and crafts show. There will be all sorts of goodies available for you and your home. Plus, you can enjoy a lovely lunch at the Snowflake Cafe in the Ballroom of the Tulsa Garden Center. Admission is free. www.tulsagardencenter.org

37TH ANNUAL DARNABY ARTS AND CRAFTS SHOW
When: Saturday, Dec. 1, 9 a.m.-4 p.m.
Where: Union Multipurpose Activity Center (UMAC), 6835 S. Mingo Rd.
This free-to-attend event is celebrating over three decades of success by featuring a variety of distinctive hand-made items from over 150 skilled artists and crafters. The Darnaby show is a must-stop for everyone's holiday shopping, as it offers a wide variety of items such as monogrammed gifts, holiday accents, home decor, delicious baked goods, adorable children's clothing and accessories, adult fashions, jewelry, purses, pet treats, woodcrafts and much, much more. www.darnabyartsandcraftsshow.com

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LAFORTUNE PARK CRAFTS BAZAAR
When: Saturday, Dec. 1, 10 a.m.-3 p.m.
Where: LaFortune Community Center, 5202 S. Hudson Ave.
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. Parks.tulsacounty.org

CASCIA HALL CHRISTMAS HOME TOUR & BOUTIQUE
When: Sunday, Dec. 2, 11 a.m.-4 p.m.
Where: Cascia Hall, 2520 S. Yorktown Ave.
Cascia Hall's annual Christmas Home Tour and Boutique will showcase four Midtown homes, beautifully decorated for the holidays, a boutique featuring more than 50 vendors, a Santa Brunch & Bistro, and entertainment by Cascia students. Tickets for the Home Tour and Santa Brunch may be purchased online at www.casciahall.com/walk.

HOLIDAY LIGHTS AND TREES

"BIG SPIRIT, LITTLE TREES" CHRISTMAS TREE EXHIBIT
When: November 3-December 8
Where: Broken Arrow History Museum, 400 S. Main St., Broken Arrow
The Museum Broken Arrow will welcome the Christmas season with a showcase of community donated and decorated trees at their annual Christmas Tree exhibit. This year's exhibit will feature a variety of themed Christmas trees decorated by local businesses, organizations and individuals. Featured trees will be donated to Broken Arrow Neighbors at the close of the exhibition. Broken Arrow Neighbors will distribute the Christmas trees to families in the Broken Arrow community. In addition, Museum visitors are encouraged to bring an unwrapped toy suitable for children under 12 to be donated. www.brokenarrowmuseum.org

RHEMA LIGHTS
When: November 21-January 1, 5:30-11:30 p.m.
Where: Rhema Bible Church, 1025 W. Kenosha St., Broken Arrow
Rhema's Christmas Lights Extravaganza began in 1982 with about 60,000 lights. Today, more than two million lights adorn the campus from Thanksgiving Eve through New Year's Day. The glittering lights will shine every day from 5:30-11:30 p.m. Admission is free. www.rhemalights.org

CASTLE CHRISTMAS
When: November 22-December 31, 5:30-10 p.m.
Where: The Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee
Drive through Castleton Village, filled with over 2,000 holiday displays and thousands of colorful lights, creating an unforgettable experience. Open every night, Thanksgiving through New Year's, 5:30-10 p.m. Drive-through is free; donations accepted.
Other activities, including visits with Father Christmas a cafe, train rides through the village, and more, are available certain days for an additional fee. Learn more at www.okcastle.com.

LIGHTS ON! AT UTICA SQUARE
When: Thursday, Nov. 22, 6:30 p.m.
Where: Utica Square, 21st and Utica
Put away the turkey, bundle up the kids, and head over to Utica Square for the 50th Anniversary of Lights On! For 50 years Lights On has evoked the holiday spirit in all who attend. Sip on some hot chocolate as you sing your favorite holiday carols. And for the little ones, Santa Claus will be there to conduct the final countdown when over 700,000 lights, adorning 175 trees, light up the evening sky. This Thanksgiving, make a Tulsa tradition a family tradition at Utica Square. www.uticasquare.com.

GARDEN OF LIGHTS
When: November 22-January 1, 2019
Where: Honor Heights Park, 1400 Honor Heights Dr., Muskogee
The beautiful Honor Heights Park comes alive with lights in the evenings. From Thanksgiving through New Years Day, visitors can enjoy a stunning drive through a holiday delight. The drive-through display includes over 1.2 million shimmering lights, enhancing the natural beauty of the park's gardens, waterfalls and ponds with holiday displays the whole family will love. www.visitmuskogee.com

CHANDLER PARK—LIGHTS ON!
When: Friday, Nov. 23, 6 p.m.
Where: Chandler Park, 6500 W. 21st St.
Chandler Park will flip the switch for their Lights on the Hill at 6 p.m. Meet inside the community center for refreshments and fun! Then cruise the park and see all the lights! Parks.tulsacounty.org

WONDERLAND OF LIGHTS
When: Fridays, Saturdays and Sundays, Nov. 23-Dec. 23, 5-9 p.m.
Where: Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville
A wonderful holiday tradition returns again this year at Woolaroc! The grounds and buildings of Woolaroc will be covered with over 750,000 lights as the historic ranch transforms itself into a magical winter wonderland! Admission to Wonderland of Lights is $4 for adults and $1 for children 11 and under. www.woolaroc.org

CELEBRATION OF LIGHTS AT CHICKASAW CULTURAL CENTER
When: November 24-December 31
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
Embrace the holiday season with a spectacular drive-thru light display at the Chickasaw Cultural Center's Celebration of Lights. This spectacular drive-thru light extravaganza features dozens of displays with traditional Christmas themes. www.chickasawculturalcenter.com.

CHICKASAW CULTURAL CENTER'S FESTIVAL OF TREES
When: November 24-December 31
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
In the spirit of Christmas, departments from across the Chickasaw Nation decorate a tree in accordance to the selected theme, and votes are cast for the best tree! www.chickasawculturalcenter.com

FESTIVALS

ROSE DISTRICT ICE RINK
When: November 15-January 6
Where: Rose District, Broken ArroW
Enjoy ice skating in Broken Arrow's Rose District! Make sure you leave time for some district shopping afterwards! www.rosedistrict.com

PHILBROOK FESTIVAL
When: Friday and Saturday following Thanksgiving (Nov. 23-24); Friday, Nov. 30; All Fridays in December (Dec. 7, 14, 21, 28) and Christmas Eve (Dec. 24), 6-9 p.m.
Where: Philbrook Museum of Art, 2727 S. Rockford Rd.
Celebrate the holiday season with Philbrook as the Museum comes alive with festive holiday events, Santa, train rides, a Lego village, garden games, live music, shopping, décor, and thousands of lights reflecting the spirit of the season. Gather the whole family for unforgettable experiences. www.philbrook.org.

ARVEST WINTERFEST
When: November 23, 2018-January 6, 2019
Where: Outside BOK Center, 200 S. Denver Ave.
Arvest Winterfest will return to downtown Tulsa for its 11th year! Enjoy outdoor ice skating, a giant Christmas tree and more! www.tulsawinterfest.com

THANKSGIVING CELEBRATION AT CHICKASAW CULTURAL CENTER
When: Saturday, Nov. 24, 10 a.m.-5 p.m.; Sunday, Nov. 25,

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flu shot best prevention, but parents still skeptical

According to a new national survey by Orlando Health Arnold Palmer Hospital for Children, a surprising number of parents are skeptical that the flu shot is effective and safe for children.

A third of the parents with children younger than 18 surveyed believe that the shot will not protect their children against the flu, and more than half think that their children can get the flu from a flu shot.

One reason for these misconceptions, according to Jean Moorjani, MD, a pediatrician at the Orlando children's hospital, is that it can take about two weeks for the body to build up antibodies after getting the vaccine. If a child contracts the flu within that time, parents incorrectly assume that the shot was ineffective, or that the child got the flu from the shot.

According to Ellen Niemitalo, RN, BSN, immunizations manager with the Tulsa Health Department, the effectiveness of the vaccine can vary from year to year, depending on which virus is circulating. Even so, getting the vaccine can reduce the severity of illness.

The survey also found that 30 percent of parents surveyed question the safety of the vaccine, with 30 percent believing it is a conspiracy, while 28 percent believe it can cause autism.



GETTING THE FLU VACCINE IS THE BEST PROTECTION AGAINST FLU.

Dr. Moorjani says, "After extensive studies, we know that the flu vaccine is safe. You cannot get autism from the flu vaccine. It is not a conspiracy for doctors to recommend the flu vaccine…It is the best way to protect yourself and your family against the flu."

Niemitalo says, "Flu vaccine can be life-saving in children. A 2017 study showed that flu vaccination can significantly reduce a child's risk of dying from influenza. A 2014 study shows that the flu vaccine reduced children's risk of flu-related pediatric intensive care unit admissions."

Because of the protective value of flu vaccine, Niemitalo recommends that everyone older than age 6 months get the flu vaccine every year. "The flu vaccine is even more important for individuals who are at high risk of developing complications from influenza," Niemitalo says.

High-risk individuals include children younger than age 5, adults age 65 and older, pregnant women, and those with medical conditions such as heart or lung disease, diabetes, weakened immune system or asthma.

In addition to having their children vaccinated to prevent flu, parents can teach children to frequently wash or sanitize their hands and practice cough etiquette by coughing or sneezing into their upper sleeve if a tissue is not available. Parents should also keep children home when they are sick and not expose them to others who are ill.

"Parents want to make the best decisions for their children, and protect their children from becoming ill," Niemitalo says. "We want parents to feel comfortable and confident in their decision to get a seasonal flu shot for their children, which is why we [Tulsa Health Department] provide education and information in the community about the importance of flu prevention. A seasonal flu shot is the best protection against the flu for everyone 6 months and older. Additionally, our nurses really take their time with each client to speak about the benefits of the flu shot so parents understand the protection they're providing to their whole family when everyone is vaccinated against the flu."

12-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
Enjoy a day of family friendly festivities at Chickasaw Cultural Center's Thanksgiving Celebration! www.chickasawculturalcenter.com

WEST BEND WINTERLAND
When: Monday, Nov. 26, 5-9 p.m. (Tree Lighting Ceremony); Fridays and Saturdays, Nov. 30-Dec. 22
Where: West Bend Winterland, Claremore Expo Center, 400 Veterans Pkwy, Claremore
Come out to the second annual Winterland at the West Bend Green located outside at the Claremore Expo Center! Winterland is reminiscent of holiday memories with an ice skating rink, pictures with Santa, shopping from local artisans, a beautiful 50 foot live Christmas tree and more! Bring out your family to enjoy skating, hot cocoa and caroling. It's going to be a great holiday event for everlasting memories.
West Bend Winterland will kick off with a tree lighting ceremony on Nov. 26; it will then be open for the season on Fridays and Saturdays, Nov. 30-Dec. 22. www.visitclaremore.org

HALLELUJAH HAYRIDE
When: Nov. 30, Dec. 1, 7, 8, 6-9 p.m.
Where: New Life Assembly, 12215 N. Garnett Rd., Collinsville
The Hallelujah Hayride continues its community outreach production of the birth of Jesus. There will be refreshments while you wait, as well as outside activities such as a Christmas barrel ride for little ones to meet Santa and inflatables (weather permitting). Visit us on the web at oknewlife.com. www.hallelujahhayride.com

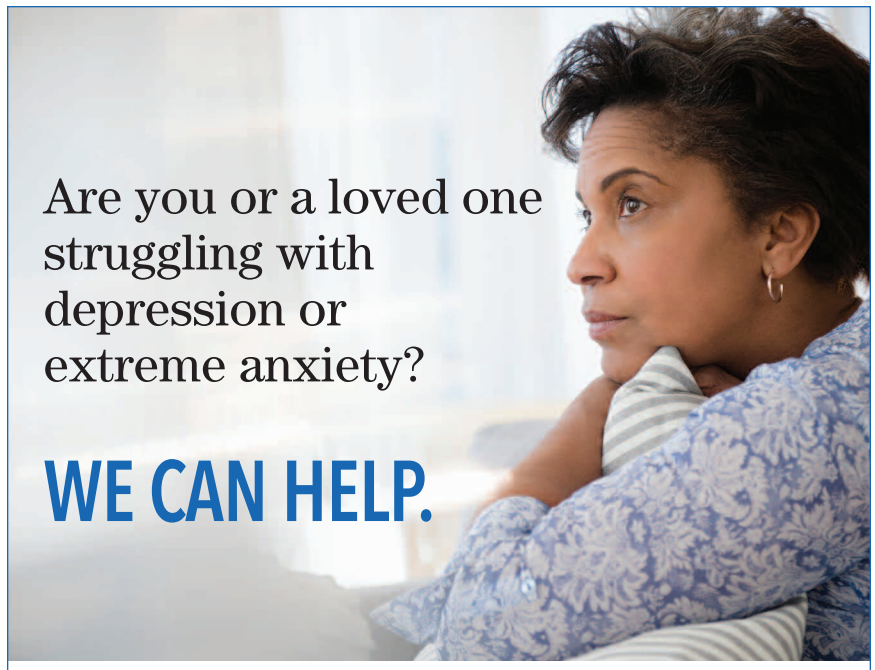
OTHER HOLIDAY ACTIVITIES

WILL ROGERS COUNTRY CHRISTMAS
When: Friday-Saturday, Nov. 30-DeC. 1, 5-9 P.M.
Where: Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah
What could be more fun than a good ole Country Christmas? There will be shopping, a hayride with Cowboy show, hot chocolate, 19th-century games, storytelling,food trucks and a visit from good Saint Nick himself. Free Admission. Bring the whole family for this fun event. www.willrogers.com

SATURDAYS FOR KIDS: HOLIDAYS AT THE MUSEUM
When: Saturday, Dec. 1, 10 a.m.-1 p.m.
Where: National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City
Celebrate the holidays in Prosperity Junction, the Museum's turn-of-the-century frontier town. Make Western-inspired ornaments, pinecone birdfeeders, and decorations, meet historical Western figures, sample frontier food, and mosey up to the sarsaparilla bar before dropping off your holiday wish list with Santa! Find Howe and Dee the Cowboy Elves to earn a special badge. Free for children and accompanying adults. For more information, email education@nationalcowboymuseum.org. www.nationalcowboymuseum.org

TSHA'S DEAF/HARD OF HEARING CHILDREN'S HOLIDAY PARTY
When: Saturday, Dec. 1, 2-4:30 p.m.
Where: Boston Avenue Methodist Church, 1301 S. Boston Ave.
TSHA's party is a time when kids with hearing loss 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. Come and enjoy refreshments, games, crafts, prizes, AND a stocking filled with goodies! Best of all, come and 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. ALL of this for FREE! www.tsha.cc





BY NANCY A. MOORE

Jeff Moore – connecting the past, present and future

Recently, the Oklahoma Historical Society announced an exciting endeavor known as the OKPOP Museum. One of the main individuals responsible for bringing this project to fruition is Jeff Moore. Moore is the Executive Director of "OKPOP," and has been an instrumental force guiding development since its conception. In fact, Moore has been working diligently for over 12 years to locate, secure and catalog significant historical artifacts, archives, treasures and other one-of-a-kind items. The collection will demonstrate Oklahomans' significant influence on comics, music, movies, theater, television and literature over the years and how it relates to the popular culture of today. A central theme of capturing the creativity of people from Oklahoma will serve as the focus of the curated collection of inspirational treasures from the past and present.

The future location, strategically placed in the Tulsa Arts District, will be on land donated by Tulsan David Sharp and Interak Corporation. Between now and the official opening, expect to see various pop-up exhibits that will offer a glimpse of what's to come when the permanent home of OKPOP opens.



JEFFREY MOORE WITH HIS DAUGHTER, ANIKA MOORE.

TK: Tell us about your background.

Jeff: I was a history major at Oral Roberts University and then attended the University of Central Oklahoma for my master's degree. After grad school, I was offered a job at the Oklahoma Historical Society and have been there ever since.

TK: What does your family enjoy doing around Tulsa?

Jeff: My daughter is now a senior in high school. She was 5 years old when I started this project, and she has been with me every step of the way. She loves pop culture and especially music and superheroes. She has been to see plenty of concerts with me, too; it is something that we can enjoy together. Music is really intergenerational.

TK: How did the OKPOP Museum project come about?

Jeff: It has been a creative and organic process. At the time, Larry O'Dell, another colleague of mine, and I were working on an exhibit in preparation for the State Centennial about the Governors of Oklahoma. I remember finding out that former Governor David Boren's aunt, Mae Boren Axton, co-wrote Elvis' first number-one hit song "Heart Break Hotel."

During a planning meeting, I asked the director, Dr. Blackburn, about doing an exhibit on Oklahomans in Rock and Roll and he agreed to give it a try. It all really started from there. As we started getting into the project, we were quickly finding amazing stories on a daily basis.

In 2006, the Oklahoma Historical Society had limited collec-

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tions related to Oklahoma's popular culture. We really had to start from scratch and knew that it was important to begin with an oral history effort that reflected the creativity. We were fortunate enough at the time to have a lot of people still living and recorded their interviews. One common theme was the impact that teachers have made on their lives and about various moments when teachers helped inspire and encourage them to pursue their talents. For example, actress Alfre Woodard mentioned one of her high school teachers taking her class to watch films and then discussing them in great detail. This was eye-opening and life-changing for her, all thanks to that teacher.

TK: How has Oklahoma been influential in popular culture?

Jeff: Creativity in Oklahoma goes back to before statehood. Folk traditions, from all immigrant groups, like storytelling, dance, humor, and music are a central part of the Oklahoma experience. Well-known people from the past like Will Rogers, Bob Wills, Patti Page and Gene Autry shaped the way generations of people grew up. Also, the creator of Dick Tracy, Chester Gould, was the first person to create a comic hero who used special gadgets and provided the foundation for characters like Batman or James Bond. So much has come from the inspiration of these people.

TK: What should people expect to find at this museum?

Jeff: OKPOP is very aware of the multi-generational and cultural aspects of pop culture and will house items that will be of interest to all ages and ethnicities. We will have items that were used by the artists, cartoonists, actors and musicians to create – things from their story and tell the creative process and how Oklahoma shaped their creative experience. The thing about popular culture is that there is always something new and current, and relating it back to their Oklahoma experience will link the past with the present. Contributions will be from music, movies, theater, television, art, comics and literature.

TK: What is in the collection that might be displayed?

Jeff: So many creatives and families have given to OKPOP. One of the very first families that believed in the project were the children and grandchildren of Bob Wills, the "King of Western Swing." His story is intertwined with the history of Cain's Ballroom and Route 66. We also have the personal piano of the late Leon Russell along with his personal collection of music. There are tens of thousands of items already donated, and many more to come.

TK: Where will OKPOP be located?

Jeff: We're going to be housed across the street from Cain's Ballroom, where five generations of people have experienced music [in that venue]. In my opinion, it is Oklahoma's most significant pop culture landmark.

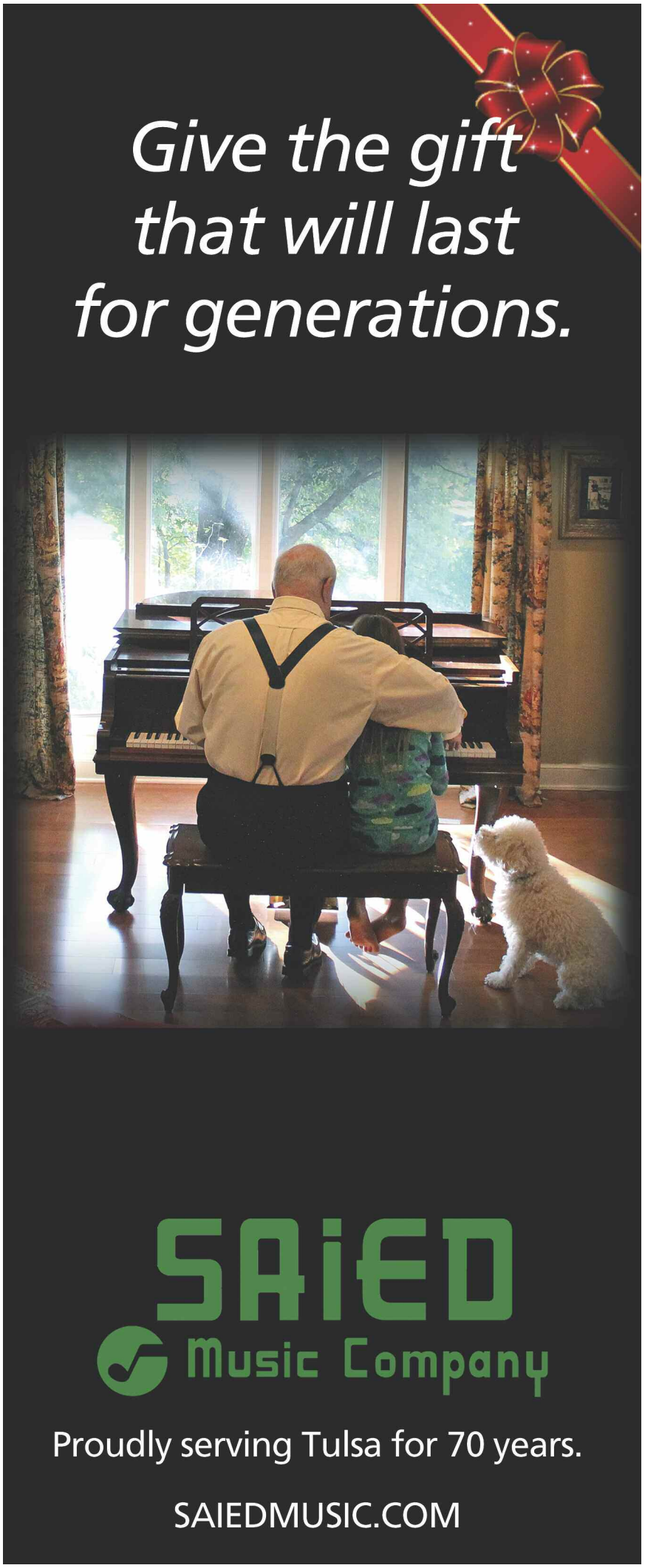
TK: Who will benefit from this project?

Jeff: This is a State project that is an investment in the future; our goal is for the return on investment in adding to Oklahoma's cultural fabric that will impact tourism and other areas of economic development. It is up to OKPOP to tell these stories and encourage creativity and provide inspiration to current and future generations.

TK: How can people get involved in this project?

Jeff: Go to the website, www.okpop.org for more information about OKPOP partnering with different groups and where they will be while the building is under construction. We will be announcing our groundbreaking very soon, and it will be open to the public.

To see a computer-generated rendering of the facility, visit: www.okpop.org



Showtimes & Concerts



Wonder and Imagination: The Tulsa PAC Trust presents "Alice in Wonderland" on November 15 and 16. This production uses life-sized puppets alongside human actors and, as part of the Imagination/Young At Art series, is an excellent opportunity to introduce young children to theater. Learn more at tulsapac.com.
Photo courtesy of Tulsa PAC.

LOVE NEVER DIES
When: Oct.30-31, Nov. 1, 7:30 p.m.; Nov. 2-3, 8 p.m.; Nov. 3, 2 p.m.; Nov. 4, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The ultimate love story continues in LOVE NEVER DIES, Andrew Lloyd Webber's spellbinding sequel to "The Phantom of the Opera." Ten years after disappearing from the Paris Opera House, The Phantom has a new life in New York where he lives among the joy rides and freak shows of Coney Island. Christine Daaé, now one of the world's finest sopranos, is coming to perform in New York. In a final bid to win back Christine's love, The Phantom lures her, Raoul, and their young son to the glittering and glorious world of Coney Island… Presented by Celebrity Attractions www.tulsapac.com

DISNEY JR. DANCE PARTY
When: Thursday, Nov. 1, 6 p.m.
Where: Brady Theater, 105 W. Brady St.
Enjoy an interactive live concert experience where your child sings and dances to Disney Jr.'s greatest hits with their favorite characters. Mickey, Minnie, Goofy, Vampirina, Elena of Avalor and many more! Children 1 year and under may sit on the lap of an accompanying adult. www.bradytheater.com

FAB FOUR: THE ULTIMATE TRIBUTE
When: Friday, Nov. 2, 7 p.m.
Where: BOK Center, 200 S. Denver Ave.
Experience the best Beatles tribute ever with The Fab Four—The Ultimate Tribute. Their incredible stage performances include three costume changes representing every era of the Beatles' ever-changing career. www.bokcenter.com

BARNUM THE MUSICAL
When: Nov. 2-3, 9-10, 8 p.m.; Nov. 4 and 10, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The true-life story of The Greatest Showman! Step right up and feast your eyes on the unbelievable tale of P.T. Barnum! Featuring touching tunes, dynamic dancing and incredible sights, this production is sure to be the greatest show on Earth! Presented by Theatre Tulsa www.tulsapac.com

BEETHOVEN'S EROICA
When: Saturday, Nov. 3, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
As part of a new series with the Signature Symphony, Maestro Franco will share an in-depth look at a masterpiece. The series will kick off with Beethoven's Symphony No. 3 in E-flat major (Eroica). The first half of the program will feature live musical examples with commentary, and the orchestra will perform the entire work in the second half. Symphonies were never the same, and Beethoven, like his 3rd Symphony, is the best! www.signaturesymphony.org

RANKY TANKY
When: Wednesday-Thursday, Nov. 7 and 8, 7 p.m.
Where: Gathering Place, 2650 S. John Williams Way E.
Come enjoy Jazz like never before as the group Ranky Tanky takes Tulsa for a ride on the soul train! www.gatheringplace.org

CIRQUE DU SOLEIL: CRYSTAL
When: Nov. 7-10, 7:30 p.m.; Nov. 10, 4 p.m.; Nov. 11, 1:30 and 5 p.m.
Where: BOK Center, 200 S. Denver Ave.
Cirque du Soleil is coming to BOK Center with a brand-new arena creation. Cirque du Soleil's CRYSTAL explores the artistic limits of ice for the first time in the company's 34-year history. This unique production pushes boundaries of performance by combining stunning skating and acrobatic feats that defy the imagination. www.bokcenter.com

THE TEN TENORS
When: Saturday, Nov. 10, 7:30 p.m.
Where: Broken Arrow PAC, 701 S. Main St., Broken Arrow
All the way from Down Under, The Ten Tenors shot to international fame during a guest spot on Oprah Winfrey and haven't stopped since. www.brokenarrowpac.com

CLOSE TO YOU: THE MUSIC OF THE CARPENTERS
When: Saturday, Nov. 10, 8 p.m.
Where: Cox Business Center, 100 Civic Center
Considered one of the greatest vocalists of all time, Karen Carpenter

continued next page

captured the attention of a generation with her unabashedly catchy pop music. Now singer Lisa Rock and her 6-piece band are bringing the music of The Carpenters back to the stage with their spot-on renditions of Carpenters classics. www.bokcenter.com

BRITTEN'S WAR REQUIEM
When: Sunday, Nov. 11, 2:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Guest conductor James Bagwell passionately interprets one of the great defining masterworks of the 20th century, Benjamin Britten's powerful War Requiem. This performance features the artistic collaborations of the Tulsa Oratorio Chorus, Tulsa Opera Chorus and Youth Opera, the University of Tulsa Concert Chorale and Symphony Orchestra with support from the Oklahoma Center for the Humanities. www.tulsasymphony.org

TRANS-SIBERIAN ORCHESTRA
When: Thursday, Nov. 15, 7:30 p.m.
Where: BOK Center, 200 S. Denver Ave.
Marking the band's 20th consecutive year of touring, Trans-Siberian Orchestra will return to BOK Center, performing The Ghost of Christmas Eve! www.bokcenter.com

PETER AND THE WOLF
When: Friday, Nov. 16, 10 a.m.
Where: Studio K, 1212 E. 45th Pl.
Tulsa Ballet's new Children's Series matinee performances of Ma Cong's Peter & the Wolf are perfect for ballet's youngest fans. This brand-new ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. This magical performance will come to life onstage thanks to all-new sets, costumes, and choreography, designed just for Tulsa Ballet. With tickets priced at only $10 and a total run time of 45 minutes, this performance is a fun way to spend a morning enjoying and learning about ballet, music and theater. www.tulsaballet.org

ALICE IN WONDERLAND
When: Thursday, Nov. 15, 9:30 and 11:30 a.m. (Young At Art series); Friday, Nov. 16, 7 p.m. (Imagination Series)
Where: Tulsa PAC, 110 E. 2nd St.
The literary classic ALICE IN WONDERLAND is transformed into a live musical adaptation using actors, life-sized puppets, and a digitally projected, Live Virtual Set™ by Steve Axtell/Axtell.com. This production arms children with the strategies and understanding to empower themselves in their lives. www.tulsapac.com

HARRY POTTER AND THE CHAMBER OF SECRETS™ IN CONCERT FEATURING THE TULSA SYMPHONY
When: Saturday, Nov. 17, 2 and 7:30 p.m.; Sunday, Nov. 18, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
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 Orchestra performing every note from Harry Potter and the Chamber of Secrets™. 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. www.tulsasymphony.org

IRVING BERLIN'S WHITE CHRISTMAS
When: Nov. 20-21, 7:30 p.m.; Nov. 23-24, 2 and 8 p.m.; Nov. 25, 1 and 6:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Irving Berlin's White Christmas tells the story of a song-and-dance team putting on a show in a magical Vermont inn who fall for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written, Irving Berlin's White Christmas promises to be a merry and bright experience for the entire family! Presented by Celebrity Attractions with the Tulsa PAC Trust www.tulsapac.com

CHRISTMAS WITH GRADY NICHOLS: FALLING IN LOVE WITH CHRISTMAS
When: Tuesday, Nov. 27, 7 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Saxophonist Grady Nichols, vocalist Andy Chrisman (formerly of 4Him) and acclaimed tenor Kelly Ford present "Falling in Love with Christmas," complete with a 30-piece orchestra, choir and special guests. Proceeds from the show will benefit ALS Patient Services Outreach, a Tulsa-based 501(c)3 that works with ALS patients and their families. www.tulsapac.com

CIRQUE MUSICA HOLIDAY PRESENTS WONDERLAND
When: Thursday, Nov. 29, 7:30 p.m.
Where: Brady Theater, 105 W. Brady St.
CIRQUE MUSICA HOLIDAY presents Wonderland is an all-new concert experience featuring the cast of Cirque Musica together with your favorite holiday songs performed by a live symphony orchestra. Cirque Musica Holiday will bring audiences on a journey into a world of "Wonderland" with unforgettable visuals and amazing acrobats, aerialists, hilarious hijinks and holiday cheer. This is the perfect opportunity for the entire family to experience great holiday music, LIVE, while enjoying spectacular costumes, production, and an edge-of-your-seat circus experience. www.bradytheater.com

THE BEST CHRISTMAS PAGEANT EVER
When: Thursday-Saturday, November 29-Dec. 1 and Dec. 6-8, 7:30 p.m.; Sunday, Dec. 2 and 9, 2 p.m.
Where: Henthorne Performance Center, 4825 S. Quaker Ave.
The Herdmans never go to church. So how did they end up with the lead roles in the Christmas play? Chance, intimidation, and maybe a little Christmas magic help bring the Herdmans, as well as the rest of the town, to a new understanding of the holiday season. Don't miss this Clark Youth Theatre tradition, 39 years strong! www.clarkyouththeater.com

HOME ALONE™ IN CONCERT
When: Saturday, Dec. 1, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
A true holiday favorite, this beloved comedy classic features renowned composer John Williams' charming and delightful score performed live to picture by the Tulsa Symphony. Macaulay Culkin stars as Kevin McCallister, an 8-year-old boy who's accidentally left behind when his family leaves for Christmas vacation, and who must defend his home against two bungling thieves. Hilarious and heart-warming, Home Alone is holiday fun for the entire family! © 1990 Twentieth Century Fox www.tulsasymphony.org



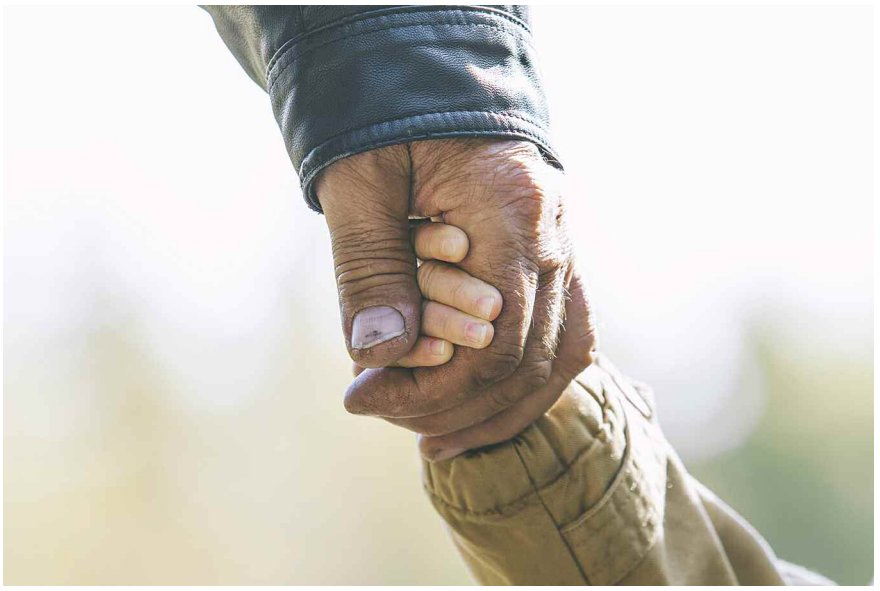
IBCW [Irving Berlin's White Christmas] National Tour Company. Jeremy Daniel Photography, 2016.

BY DIANE MORROW-KONDOS

when grandparents **become parents**

John and Susan were ready for their golden years. The kids were grown, so they downsized to a one-bedroom apartment with a great view of the river and bought a sporty red convertible two-seater. They knew their daughter was having drug abuse issues; she was leaving her 3-year-old son with them more and more often and for longer periods. It was becoming normal for them to have Aiden for two and three days at a time with no contact from their daughter. Then came the visit that never ended. Their daughter left Aiden with them and has not seen him for over two years. John and Susan became legal guardians of Aiden, moved to the suburbs and completely changed their lifestyle to become parents again in their late 50s. "My entire world is my grandson," John says, "but is this where I want to be at this point in my life? No."

This story is becoming commonplace. Almost 90,000 children in Oklahoma are being raised by grandparents, and that number doesn't include the many informal kinship arrangements that are unreported. Although grandparents have often been seen as the safety net for grandchildren, social conditions have caused a rise in the number of grandparents raising grandchildren. In the past, the main causes for grandparents becoming parents again have been death, divorce, military deployment, drug abuse, illness and poverty. Increasing rates of female incarceration and substance abuse, specifically the opioid crisis, have created a significant increase in the numbers of grandchildren living with their grandparents. Oklahoma has the highest number of incarcerated women and just recently became the top state in incarcerated men as well, a high percentage of those doing time for drug-related convictions.



OKLAHOMA HAS THE SECOND HIGHEST NUMBER OF GRANDPARENTS RAISING GRANDCHILDREN IN THE NATION.

> "Almost 90,000 children in Oklahoma are being raised by grandparents, and that number doesn't include the many informal kinship arrangements that are unreported."

One in 10 Oklahoma children will experience having a parent in jail or prison during their childhood, leaving them without a parent in the home. Those statistics combined with other issues that make the adult children unable to parent their own children have led to Oklahoma having the second highest number of "grandfamilies" in the nation.

There are many complex issues regarding grandparents raising grandchildren and, fortunately for Tulsans, Sandie Sullivan of Ability Resources leads a support group for grandparents. As the facilitator for the group, she provides a wealth of information about resources for grandparents. Sullivan invites expert speakers to discuss relevant issues for grandparents raising grandchildren, including legal issues, financial assistance, child development expectations, behavioral issues and, perhaps the most crucial benefit, a safe place to express emotions involved in raising grandchildren. The group meets twice a month at Asbury Methodist Church and welcomes any grandparent raising grandchildren.

The members of the group say the adult child is often a source of disappointment, turmoil and worry. Grandparents must

continued next page

draw strong boundaries with their adult children in order to protect themselves but mostly to ensure safety and stability for their grandchildren. As one grandparent said, "I gained a grandchild but lost my daughter in the process. I lost the dream of the happy family at Thanksgiving. My grandchild's emotional needs and physical safety have to come first."

The adult children, usually substance abusers, take the family on an emotional rollercoaster, breaking promises and, in turn, breaking hearts. It's difficult for parents to give up hope that their adult children will someday be able to conquer their problems. Making it even more difficult for the grandparents is that, almost without exception, the children of the absent parents want them in their lives regardless of the chaos, neglect or abuse they suffered through while under their parents' care. When the child does have contact with the parent, there is usually a period of emotional fallout that is manifested in behavior issues as the child struggles to deal with the wide gap between their dream family and the reality.

Most of the grandchildren arrive in the grandparents' lives with a full suitcase of trauma, sometimes physical and/ or sexual abuse and almost always emotional trauma. Because a majority of the children have lived with parents who are drug abusers, they have often witnessed violence and sometimes suffer from post-traumatic stress syndrome. A Tulsa couple, Debbie and Tom, said that when their granddaughter came to them at the age of 4, she was not speaking, didn't seem to understand language and was suffering from severe malnutrition. Through several years of physical, speech and occupational therapy and proper nutrition she is doing well, even excelling at school. However, her grandparents, who have legally adopted her, are aware that she will need to continue counseling for many years to deal with the psychological aftermath.

The stress that comes with the territory of raising grandchildren can cause relationship issues. Sullivan reports that they have had several couples in the support group whose marriages have not survived the stress. This creates more upheaval for the grandchild's already fragile sense of stability and leaves the remaining grandparent to face the additional challenges of being a single parent. Raising a grandchild as a single person increases the level of physical exhaustion most grandparents already feel and has the added burden of emotional isolation. There is no one to share the work and, perhaps more importantly, to share the emotional burden.

Besides the tension on the marital relationship, friendships also suffer. While friends may initially be supportive, they often drift away as lifestyles become further apart. In their 50s and 60s most people are looking toward retirement and enjoying leisurely pursuits while the grandparents raising grandchildren find themselves immersed in diapers, homework and afterschool activities. Few people in their peer group understand what they are going through, resulting in fissures in their friendships.

Grandparenting traditionally is seen as a magical stage in life where grandparents get the joy of loving and spoiling their grandchildren without the responsibilities of parenting. The reality doesn't meet the expectations for 2.7 million grandparents in America that are the primary caregivers for their grandchildren. The grandparents must give up the dream of being the indulgent, fun grandparent and become full-time parents again, providing love, security and a home for their grandchildren. If you're a grandparent raising grandchildren, you're not alone. There is help and support.

SUPPORT AND ASSISTANCE

Grandparents Raising Grandchildren Support Group meets the second and fourth Wednesday, 6:30 p.m., at Asbury Methodist Church, 6767 South Mingo Road in Tulsa. There is free childcare for children 12 and younger. For further information call Sandie Sullivan at 918.381.1931.

Oxford Home HealthCare: Grandparents 55 and older are eligible to receive assistance with respite care. Call for specific information, 918.258.1111.

Department of Human Service: DHS offers resources such as food stamps, Medicaid and other government-funded programs to benefit lower income children, 918.295.3500.

AARP Foundation Grandparent Information Center (GIC) www.aarp.org/grandparents or 1.888.687.2277

Legal Aid Services of Oklahoma provides assistance with legal issues including guardianship paperwork. Calls taken Monday through Thursday at 888.534.5243.

SoonerCare: A healthcare program that covers most or some of the costs of medical care for qualified children under the age of 19. 800.987.7767.

www.grandfamilies.org provides state fact sheets with information about public benefits, educational assistance, legal relationship options and state laws.

How can I get other people to help me out?

As you take on the task of caring for grandchildren, your friends and family will probably want to help. But they may not be sure of what they can do. It's up to you to:

1. Ask for help. Make a list of small and large ways family and friends can support you. Asking for help is a sign of strength, not weakness. It shows that you are going to do your best in raising your grandchild and you know what it will take to get that done.

2. Have a family conference or meeting of close and extended family members. Discuss how your life, your grandchild's life and other family members' lives will change.

3. Try to divide up tasks and responsibilities for other areas of your life, such as caring for older parents, so you can have the time and energy for raising children again. A small amount of planning can save you some big headaches later.

4. Talk with your friends about how your social life will change. Let them know you'd still like to see them, but you might need help with babysitting.

Source: www.aarp.org



Q: Is Dyslexia Hereditary?



A: Yes and no. There are two types of Dyslexia. Developmental Dyslexia and Acquired Dyslexia. Developmental Dyslexia is genetic. Past generations often were not officially diagnosed with Dyslexia. You may recall a family member who disliked reading, struggled in school, did not read for pleasure or chose life interests in the arts, sports, or hands-on careers. The likelihood that they have or had Dyslexia is high. Acquired Dyslexia can occur due to an injury or illness such as a traumatic brain injury or a stroke. A person with Acquired Dyslexia most likely had no learning difficulties or a family history of learning difficulties, but after the injury now struggles with characteristics similar to Developmental Dyslexia.

Penny Stack, OTD, OTR/L, CLT Dyslexia Center of Tulsa 8118-B S. Memorial Drive Tulsa OK 74133 P: 918-313-5518
Website: www.dyslexiatulsa.com Email: penny@dyslexiatulsa.com

Q: What is a good age to start swim lessons?



A: Babies can start swim lessons at around 4 months of age. Swimming skills at this stage are taught in tandem with the developmental skills of babies; sitting up, rolling over, holding head up, standing, etc... At this stage babies have a natural breath holding reflex, laryngeal reflex. As they get older (6months+) breath holding and blowing bubbles becomes less instinctive and more of a learned skill. If your child is older than 4 months, don't fret! Most of our swimmers who don't start at babies/toddlers begin their classes at age 3. This preschool age brings a certain level of independence and readiness for quick water adaptation and learning. We have also seen an individual learn to swim at 90 years young! It is never too early or too late to learn to swim!

Q: My husband and I own everything jointly or have the other as beneficiary on our insurance and accounts. Do we still need a Will?



A: It is essential all adults have a Will, or an estate plan with a trust, especially for parents with minor children. In the event of the death of a parent, failure to do so may well result in the need for an administration proceeding and possibly a guardianship proceeding for property that by law is to be shared by the surviving parent and children. Leaving a properly drawn Will can eliminate or simplify such legal proceedings and insure that the estate is efficiently distributed in accordance with the instructions set forth in the Will and other estate documents.

Q: What is Neurofeedback?

Marie McCabe MA LMFT BCN
Clinical Director RenuYou



A: Neurofeedback (NFB), also called EEG Biofeedback, is a state-of-the-art, non-invasive method for teaching the brain to function in a more balanced and healthful way by shifting the way the brain produces and distributes its electrical energy. Four electrical impulses called "frequency bands", Delta, Theta, Alpha and Beta, tell us which parts of the brain are active and which ones the brain should be using to complete a given task. For instance, when we are in a class following directions, certain areas of the brain will need to activate and use the faster frequency Beta. If we wish to relax, a different part of the brain will need to activate using the slower frequency Alpha. The goal of NFB is to improve the brain's ability to self-regulate and smoothly shift between states of relaxation and attention. Call for a complimentary consultation to see how NFB can work for you! **RENUYOU NEUROFEEDBACK BRAIN FITNESS CENTER 918-747-7400 or www.renuyoutulsa.com**

For information on advertising on our "Ask The Expert" guide,
please contact JoJo Shatwell at joannashatwelltk@gmail.com
or Brandi Moore at brandimooretk@gmail.com

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What's Going On(line)?



Contests and Giveaways

Stay tuned for a special giveaway in early December!

And don't forget to subscribe to our eNewsletters (tulsakids.com/newsletter) to make sure you stay up-to-date on the latest giveaway information from TulsaKids!

Hey, @TulsaKids!

Thank you to Amy Lara Tidwell for sharing this photo of her son, Ty, enjoying Gathering Place's new BMX park! Amy says, "We are [at Gathering Place] about 5 days a week….No more sitting around at home. No more video games. It's a new 'state of mind.' We love it. This picture says it all." Photo taken by Stephen Tidwell.

Accepting Submissions:

Is your child making a difference in his or her community? We'd love to hear about it! If you'd like the opportunity to have your child featured in one of our "I'm a Tulsa Kid" interviews, nominate them by emailing editor@tulsakids.com. We just need to know their name, age, and a brief paragraph about why you think they are an outstanding Tulsa Kid!



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Harper McIntyre,
National Merit Semifinalist

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

Q: What is a National Merit semifinalist?
Harper: National Merit is a scholarship program that you qualify for based on your junior-year PSAT score. In April of your junior year, you find out whether you qualified for recognition from the program. In September, two-thirds of the 50,000 who qualified are Commended, while the remaining one-third move on to be semifinalists. Then, you have to submit an application to be considered for Finalist status. Once you are named a finalist, which happens around February, you can be selected for scholarships from National Merit, businesses, or colleges. I just found out that I made it to Semi-Finalist.
Q: How did you feel when you found out you were a semifinalist?
Harper: When I found out I was a semi-finalist I was very happy, and a little surprised. I had to try to keep myself from smiling all day.
Q: How did the teachers at Edison prepare you for this?
Harper: In my junior year, for about a month before we took the PSAT, our assistant principal had our English and math teachers give us time to practice on Khan Academy (which I highly recommend) a few hours a week.
Q: What is your most difficult class?
Harper: This year AP Statistics and AP Government have been the most time-consuming, but I wouldn't say that any of my classes are hard, at least not yet. Check back with me towards the end of the semester; I'm sure I'll have a different answer.
Q: What is your favorite class?
Harper: My favorite class is Differential Equations. It is the first year the class is being offered at my school, and there are only six of us. Right now we are working on a project where we design our own Mars colony.
Q: What are your plans for the future?
Harper: As of right now I plan on going to a college up north or on the East Coast. If I get in to an Ivy (League school) that would be incredible, but I would also enjoy Macalester in St. Paul, Minnesota. I want to major in environmental studies or something along that line. My dream job would be to work for the United Nations on their sustainability initiatives, but before that I would like to work for a non-profit or government on local levels implementing policy to try to reverse environmental issues.
Q: What advice do you have for students who will be starting high school and want to be academically successful?
Harper: Get organized! From the start, plan out the classes you want to take, activities you want to participate in, when to take your ACT, SAT, and subject tests, research colleges and career paths, and get yourself a planner. It is important to stay on top of your classwork and learn how to manage your time, because once you become an upperclassman, you will thank yourself for having those habits. Make sure you take the most challenging courses you can, but don't stretch yourself too thin by trying to do it all (trust me on this one). There will be many late nights, piles of homework, stress, and deadlines, but if you stay on top of it, you will be fine. Most importantly, and I can't stress this enough - DO THE EXTRA CREDIT! Also work with your counselor at school. Ms. Stalcup is mine at Edison, and she's been great!
Q: What are your hobbies and interests?
Harper: I enjoy reading, photography, traveling, and doing Brazilian Jiu Jitsu. I'm interested in sustainability and learning about how humans are affecting the environment, ecosystems, and our health and how to fix it.
Q: Where are your favorite places to study around town?
Harper: The Central Library downtown is a great place to study, especially if you get one of the private glass rooms. I haven't been yet, but I am looking forward to studying at the Gathering Place.
Q: Who inspires you?
Harper: I'm inspired by a friend of mine named Gracie Rule. She is currently studying at Vanderbilt to become a lawyer so that she can get into politics and one day become president. Her mother is my youth group leader, and I'm always asking her about how Gracie managed to be so successful in high school. Amazing test scores, cancer research with a college professor, president of numerous clubs, hundreds of volunteer hours, incredible student, great person - she is everything I strive to be, and I have looked up to her for many years now.
Q: What took you to Asia this summer? And where did you go?
Harper: I studied Chinese for the past few years, so this summer I decided to take a two-week language intensive trip to Beijing sponsored by OU's Confucius Institute. We stayed on the Beijing Normal University campus and took language classes, culture classes, and went on excursions around the city to see its landmarks. It was an incredible way to practice my language skills, experience a new culture, and see many famous historical sites. I tried some new foods, improved my Chinese, and had quite a few interesting adventures.
Q: What is a fun fact about you?
Harper: I was named after Harper Lee, one of my mom's favorite authors.

60 OCTOBER 2018 WWW.TULSAKIDS.COM

Blog Highlight:

Kristi Roe Owen, writer of our Coffee Nebula blog, is a full-time content writer and blogger, mother to Arthur (10), Noah (10) and Lucy (7), and wife to Justin. Kristi's family members are self-professed geeks, and Coffee Nebula reflects Kristi's love of fandom and fun, while also addressing weightier topics like anxiety and autism. Highlights from this past month on Coffee Nebula include:

"Kids and Media: Confessions of a busy mom."
"Oklahoma Aquarium Polynesian Reef: Our luau adventure."

Read these and other Coffee Nebula posts at tulsakids.com/Coffee-Nebula.





I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Andrew Kirby: Award-winning BMX Rider

Andrew Kirby, 13, a seventh grader at Tulsa School of Arts and Sciences (TSAS), juggles the life of student and BMX racer! Andrew has been riding and competing since he was 3 years old, and says the opportunities from BMX racing have taken him all over the United States and won him multiple awards.



TK: What is BMX?
Andrew: Bicycle motocross. BMX racing is a sport for all ages. Riders are grouped by age, proficiency, gender, and wheel size. (20" class; 24" cruiser). The track consists of a starting gate, dirt obstacles and a finish line. Riders race in qualifying moto rounds to try to make it to the main race. A maximum of eight riders will only make the main races per group.

TK: How long have you been riding? What made you want to start?
Andrew: Ten years! I started when I was 3 years old. I have loved bikes my whole life.

TK: How long have you been competing?
Andrew: I started competing when I was 3 years old in the 5 and under age group.

TK: What awards have you won? What is the latest award?
Andrew: I have won a lot of trophies, medals, plaques, jackets, backpacks and number plates. I have also held the #1 state plate for my age and proficiency for the past few years. In addition, I recently have won a #1 plate for the Gold Cup in the cruiser class and the #2 plate for my class bike. I travel to nationals all over the United State to compete. This year I have competed in Oklahoma, Texas, Missouri, Louisiana, Georgia, Kansas, Kentucky, and Florida.

TK: Where are your favorite places to practice ? Where in Tulsa is the best bike park?
Andrew: In the Tulsa area I practice in Sand Springs at the Sand Springs BMX track located in the River City Park. But my favorite track is Cowtown BMX in Fort Worth, Texas.
My favorite Tulsa bike park is Turkey Mountain (mountain biking trails).

TK: What advice do you have for future BMX riders?
Andrew: Practice and have fun!

TK: What are your other hobbies?
Andrew: Mountain biking, camping and traveling

TK: What do you want to be when you grow up?
Andrew: I haven't decided yet!

TK: Who inspires you?
Andrew: My family inspires me with all of their continued support to help me achieve my BMX goals.

TK: What is a fun fact about you?
Andrew: My favorite food is steak, I have a dog named Max, and I am looking forward to being a junior BMX trainer at Ohio Dreams BMX camp in the near future.

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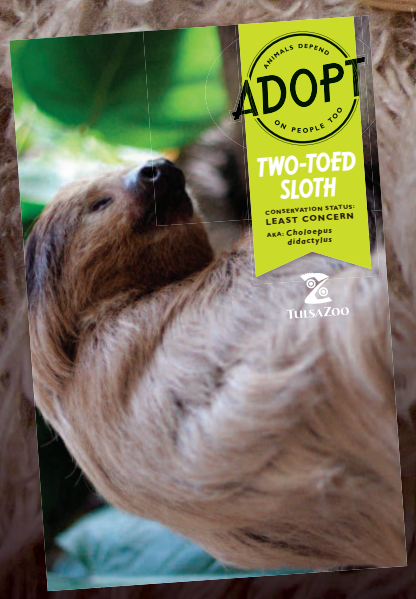


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