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THE BENEFITS OF READING ALOUD WITH KIDS

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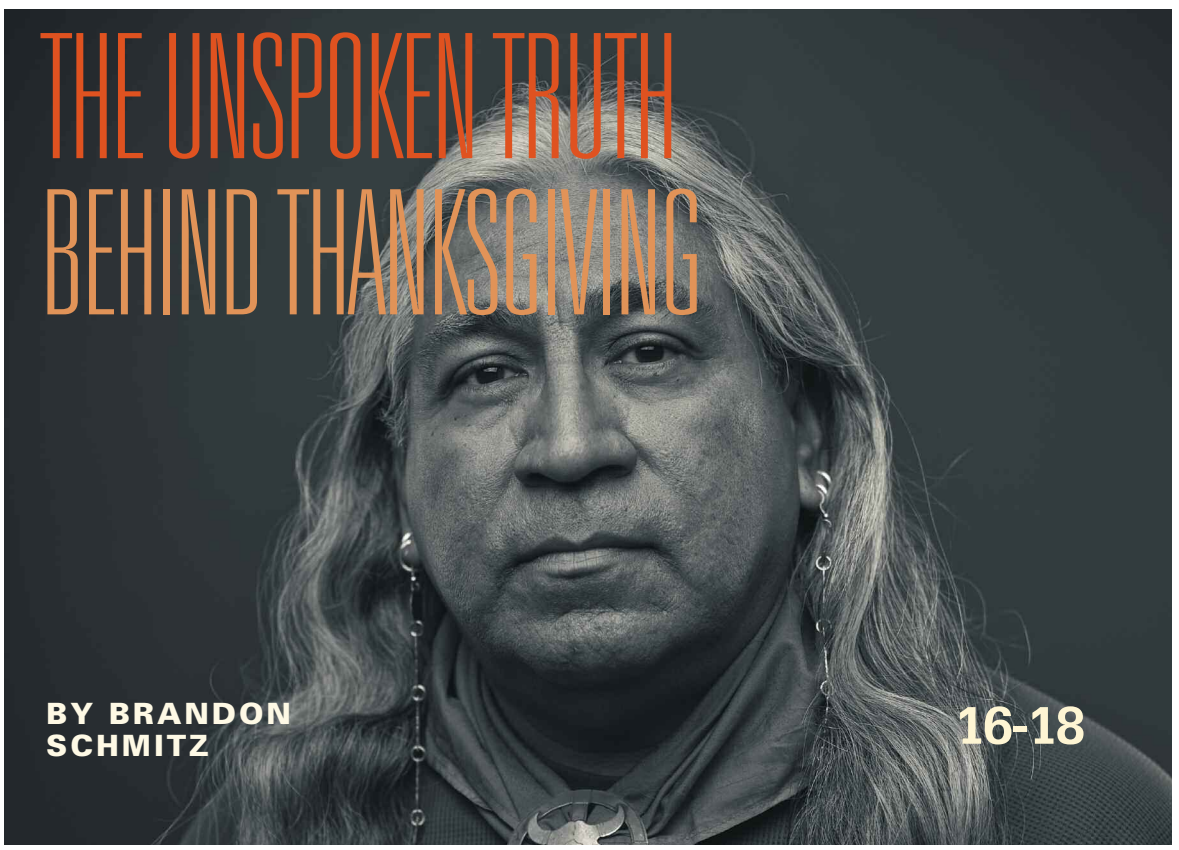
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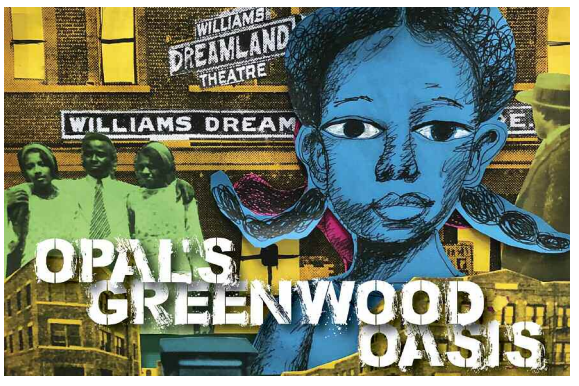
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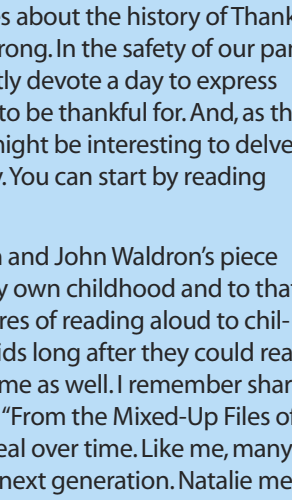
Thinking About Thanksgiving

While the Covid-19 pandemic has us all thinking about Thanksgiving in a different way – large gatherings of friends and family may not happen this year – it might be enlightening to educate ourselves about the history of Thanksgiving, and how most of us probably have it wrong. In the safety of our pandemic pods, it wouldn't be a bad thing to quietly devote a day to express appreciation and gratitude to all that we have to be thankful for. And, as the Thanksgiving holiday is turned on its head, it might be interesting to delve into what we think we know about the holiday. You can start by reading Brandon Schmitz's feature in this magazine.

As I read Natalie Hanson's homeschool column and John Waldron's piece about play, I was immediately taken back to my own childhood and to that of my children. Natalie writes about the pleasures of reading aloud to children of all ages. I used to read aloud with my kids long after they could read to themselves. Sometimes they would read to me as well. I remember sharing one of my childhood favorites with them – "From the Mixed-Up Files of Mrs. Basil E. Frankweiler" – it didn't lose its appeal over time. Like me, many of you may have shared "The Outsiders" with the next generation. Natalie mentions reading the Little House series aloud. I was immediately taken back to fourth grade when Mrs. Long would read a chapter from *Little House on the Prairie* to the class every day after lunch. It was my favorite part of the day, and I'm sure it sparked an interest in reading in all of us.

Waldron writes about the loss of play and flexibility in schools. I wonder if Mrs. Long would have had the time to read to us every day, to share literature and ideas, if she were teaching today. Between preparing for standardized tests would we have had time to watch chicks hatch from eggs or learn to draw? I hear parents lamenting the lack of creative social studies lessons or hand-on science in elementary school – the imagination-sparking, open-ended, playful learning that Waldron writes about. The type of learning that leads to discovery and critical thinking that many teachers can no longer fit into their day. Waldron raises an important question about the place of play in education.

I was recently having dinner (outdoors!) with friends, and the topic of what we've learned so far about ourselves from the pandemic came up. We all had something to share – showing that even Boomers can learn and grow! Life is not the same as it was pre-pandemic, but as bad as it has been, I still have much to be thankful for this year.



Betty Casey
associate publisher and editor in chief





ON OUR COVER: T ULSAKIDS COVER KID FINALIST FABIAN PINTO IS READY FOR PIE. CLOTHING PROVIDED BY LOLLY GARDEN CHILDREN'S CLOTHING AT UTICA SQUARE.

PHOTO BY LESLIE HOYT
www.lesliehoyt.com

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.

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TULSA COMMUNITY COLLEGE AWARDED $1.3M FOR STUDENTS

Tulsa Community College received $1.3 million to help first generation college students, economically challenged students or students with disabilities. The federal grant, for TRIO Student Support Services, is awarded every five years by the U.S. Department of Education for academic needs.

TRIO SSS provides individualized support services such as tutoring, academic advising, university transfer counseling, career exploration guidance, assistance in applying for scholarships and other forms of financial aid, and educational and cultural events for students. The services, funded by the grant, are free to students. Currently, the TRIO SSS office at TCC serves 165 students and is part of the Office of Diversity, Equity & Inclusion.

Additional benefits include tuition waivers awarded through TRIO SSS each year. This year approximately 50 students will each be awarded a $1,000 tuition waiver. Plus, TRIO SSS students are first in line to enroll for classes each semester. TRIO SSS also awards four $500 scholarships each year, funded by the TCC Foundation.

TCC is currently accepting applications to the TRIO SSS program. Learn more or complete an application. You can also email TRIOSSS@tulsacc.edu or call 918.595.8970 for more information.

TULSA MASK ORDINANCE INCLUDES AGES 10 AND OLDER



Tulsa City Councilors voted and approved a citywide addendum to the City's existing mask ordinance, which lowers the age requirement for those who are required to wear a mask from ages 18 and older to ages 10 and older.

Additionally, the ordinance will now expire the earlier of Jan. 31, 2021, or when the expiration of all Civil Emergency Orders related to COVID-19 issued by the Mayor; or by repeal, modification or extension by the City Council through a subsequent ordinance.

For more information about masks in Tulsa, including a detailed list of FAQs, exceptions to the ordinance and ordinance-specific guidance, visit www.cityoftulsa.org/masks.

OU TO ADOPT TEST-OPTIONAL ADMISSIONS POLICY FOR THE NEXT FIVE YEARS

The University of Oklahoma will utilize a test-optional admissions process for the next five years, making OU the first public university in the state to adopt a multi-year, test-optional undergraduate admissions policy.

The university has been authorized by the Oklahoma State Regents for Higher Education to implement the new policy through the 2025 admissions cycle, making the submission of common standardized tests, such as the ACT and SAT, optional for OU admission. The decision follows guidance issued in July by the State Regents that lifted the testing requirement for students applying to enter OU in the spring and fall 2021 semesters.

Since 2012, OU has utilized a holistic admissions process, which evaluates prospective students on four components: academic rigor and performance, activities and engagement, personal essay and letter(s) of recommendation. Holistic admission has allowed OU to use many factors to predict the likelihood of student success, and now the university can make admission decisions without relying on a test score.

Students are still encouraged to submit test scores, as they allow for accurate course placement, and in some cases could also improve a student's opportunity to gain admission and scholarship. Test scores can also maximize scholarship opportunities, but OU will consider students for scholarships holistically as well.

To connect with the Office of Admissions and Recruitment, please visit admissions.ou.edu.

CORRECTION

The correct spelling for one of the winners of TulsaKids Cover Kids Contest is Conner Beers.

CONGRATULATIONS TO LOCAL NATIONAL MERIT SEMIFINALISTS

The National Merit Scholarship Corp. named semifinalists for the 66th annual National Merit Scholarship program. Approximately 200 Oklahoma students are semi-finalists.

The finalists have an opportunity to be awarded the National Merit Scholarship and become Merit Scholars.

Tulsa Semi-finalists include: Andre Armstrong, Delaun Blake, Sarah Jackson, Patrick Lambrecht, Lane McCoy, **Cascia Hall;** Victoria Clingan, **Edison;** Michael Ferguson, **Holland Hall;** Paul Biederman, Elias Ford, **homeschool;** Emma Glover, Abigail Hills, Quang Ho, Gregory Shildt, Jenna Thomas, **Bishop Kelley;** Jonathan Wilson, **Metro Christian Academy;** Lydia Wood, **Regent Preparatory;** Robert Hale, **Riverfield Country Day School;** AnnaRose Jones, **Tulsa Adventist Academy;** Courtney Bloom, John E. Brown, Kaitlyn Darrow, Hannah Fuller, Cadence Garcia, Madeline Loyd, Abigail Ren, Daniel Sibley, Shrea Tyagi, Connor Wallace, Jackson Williams, Joseph Ye, **Union High School;** Harper Brewin, Graham Hubner, Katherine Huckaby, Lachlan Matlock, Brooke Meyers, Ashna Pasricha, Parrish Pipestem, Jesse Schumann, **Booker T. Washington**.

Good Day Tulsa

Thank you for entering TulsaKids' Mask Up! Photo Contest, sponsored by

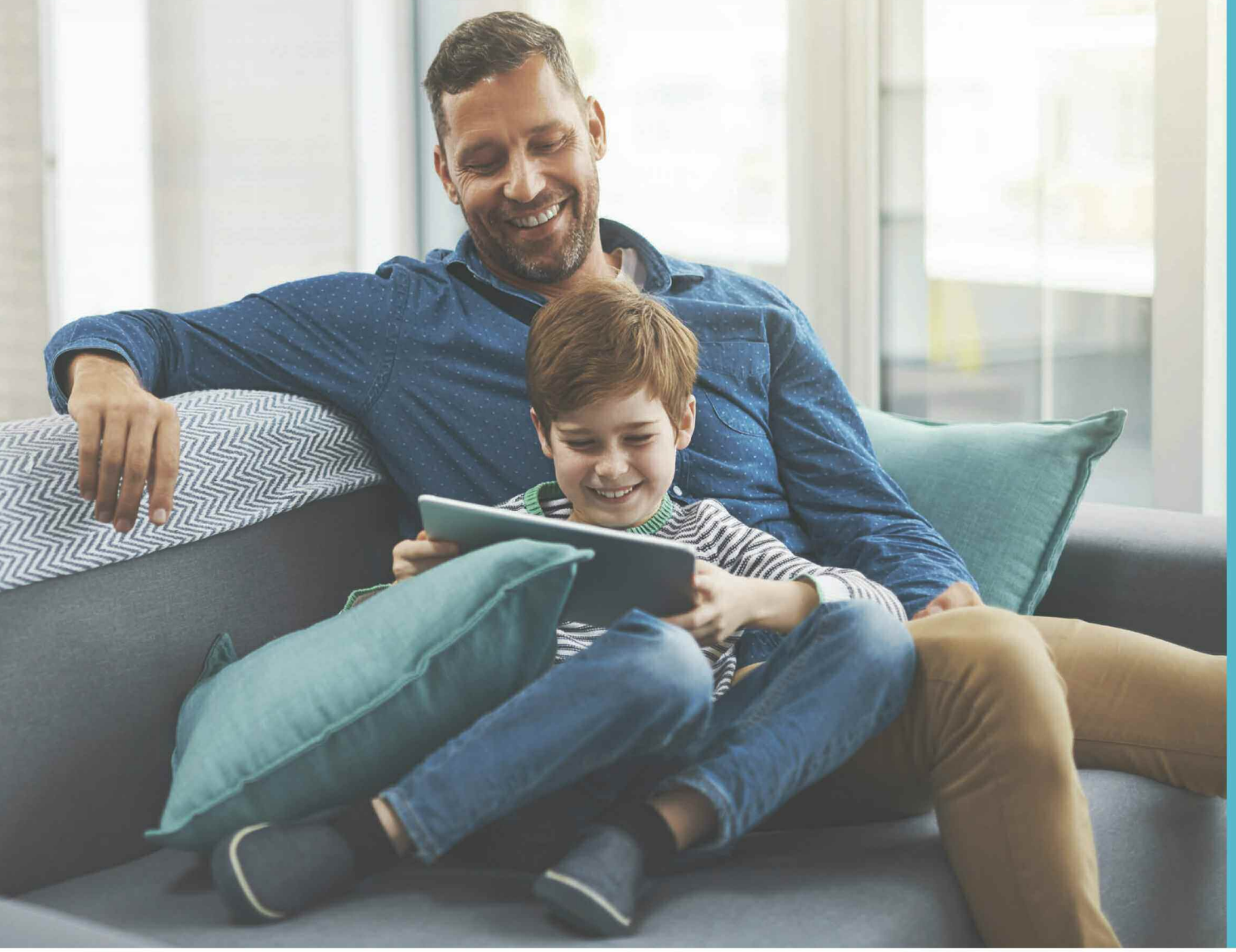
The Children's Hospital at Saint Francis

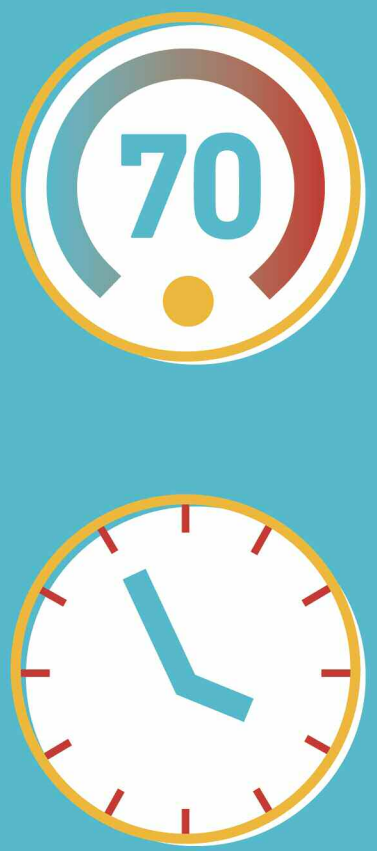


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BY KILEY ROBERSON

flu shots: soothing the sting

Regardless of your opinion on childhood vaccines, almost everyone can agree that they're a pain, literally. The dreaded flu season is upon us and the Center for Disease Control (CDC) says flu shots are even more important in the time of COVID-19, because no one wants to potentially get both illnesses at the same time. Getting shots is anxiety provoking; allowing a medical provider to cause your beautiful, healthy baby pain is more than unsettling. In fact, research has found that the pain and discomfort associated with shots is one of the primary reasons caregivers "elect not to perform timely vaccination or get flu shots at all." So how can you and child stay calm?

As a parent of two, I can honestly say that shots still make me cringe. Even though we go through it each year, it doesn't feel any easier. Sure, my kiddos are a bit older now, and we can talk it out before hand…but it's still tough, and even tougher for parents with very young children. However, experts say there are still some things caregivers can do to help soothe the sting of shots.



Before the vaccination

Talk it out. Choose a quiet time to talk with your child and speak with a calm and relaxed tone of voice. Use honest, simple explanations that your child can understand. For example, you could say, "We need to make sure that you stay healthy. This medicine can help protect you from the flu."

Avoid empty promises. Don't make promises you can't keep, like, "You won't feel anything." This may be misleading.

Acknowledge feelings. Avoid statements like, "Don't be nervous," or "Big boys don't cry." These statements could make your child feel ashamed if he/she does feel nervous or needs to cry.

Stay calm. Listen to soothing music in the car, or watch a calm movie on the way to your appointment. Leave plenty of time to get to your appointment. If you are tense in traffic or rushing to arrive on time, your child will feel tense too.

During the visit

Much of the unpleasantness of having a vaccination comes from anticipation and a child's feeling of helplessness. To help restore your child's sense of control, try offering him or her these choices:

Get comfy. Ask if your child wants to sit on your lap, or by him/herself.

Offer a hand. Ask if they'd like to hold your hand or use a stress ball. Even many adults like to use a stress ball to help keep their hands and mind busy!

Use distraction. Your child can choose an interesting toy or book to bring from home. Bubbles, light-up toys and look-and-find books can help keep your child's attention away from the needle. Some families use cell

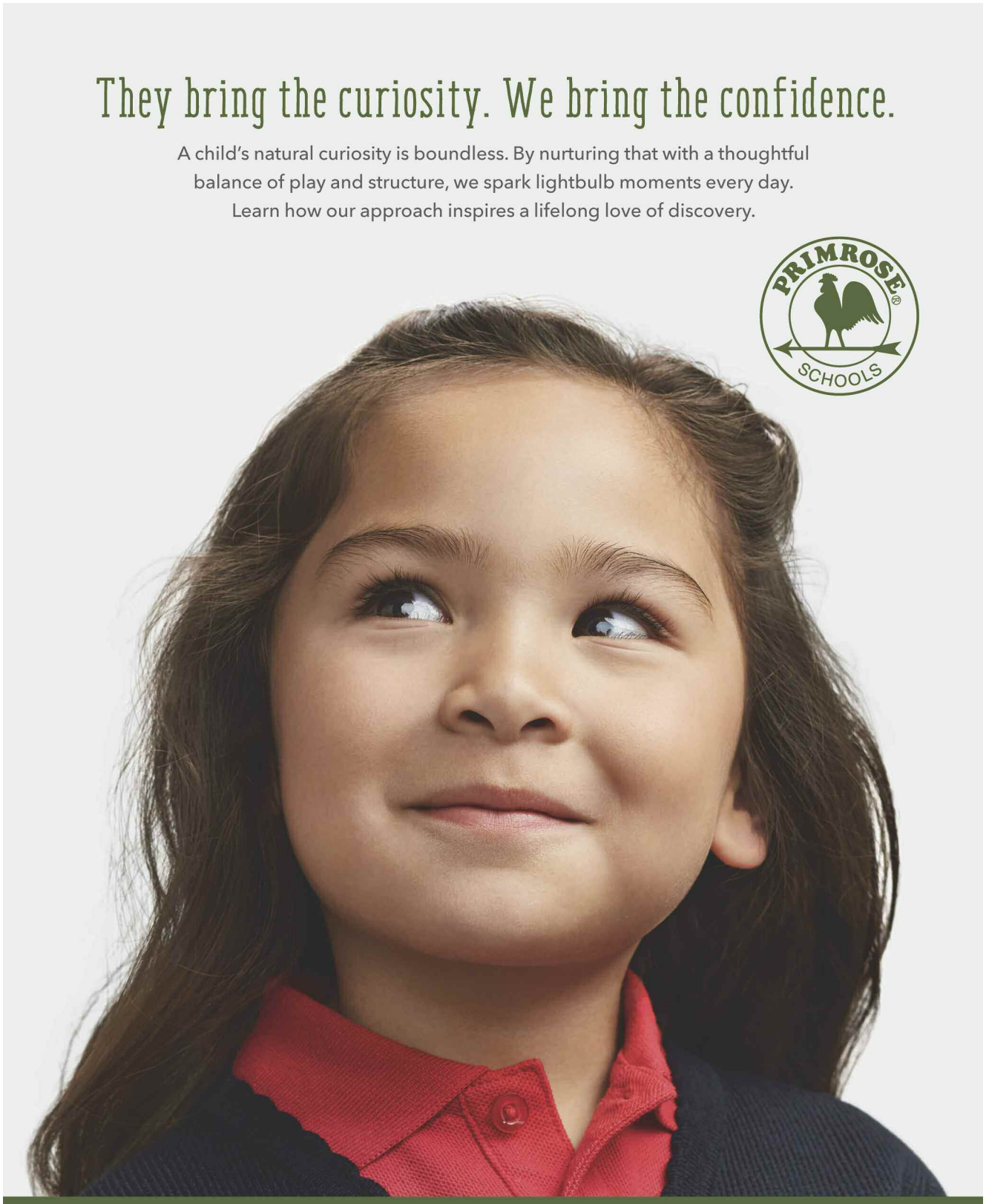
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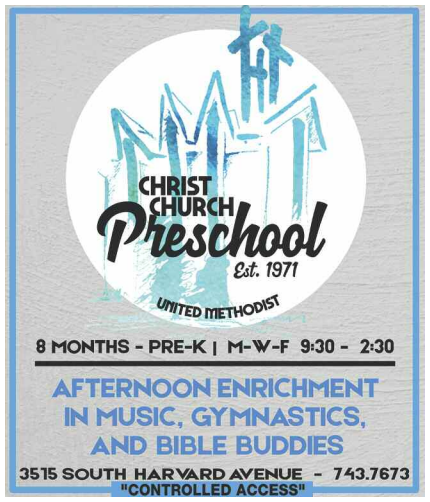
phones as a distraction too.

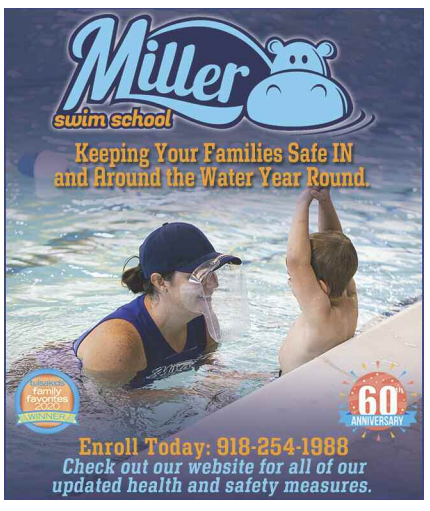
Have them count to three. Many children like to know exactly when the needle will go in. If your child would like, ask the clinician to count to three, ask your child to take a deep breath in, and then exhale slowly as the vaccination is given.

Breathe. Tell them to "breathe in the roses, blow out the candles." Slow, deep breaths will help your child's body relax. You and your child can practice this at home before your child's visit and use again in other stressful situations.

If you have a little one and are planning a flu shot visit in the near future, give these strategies a try. Honestly, anything that can help lessen the sting to your child and your heart is worth the try.







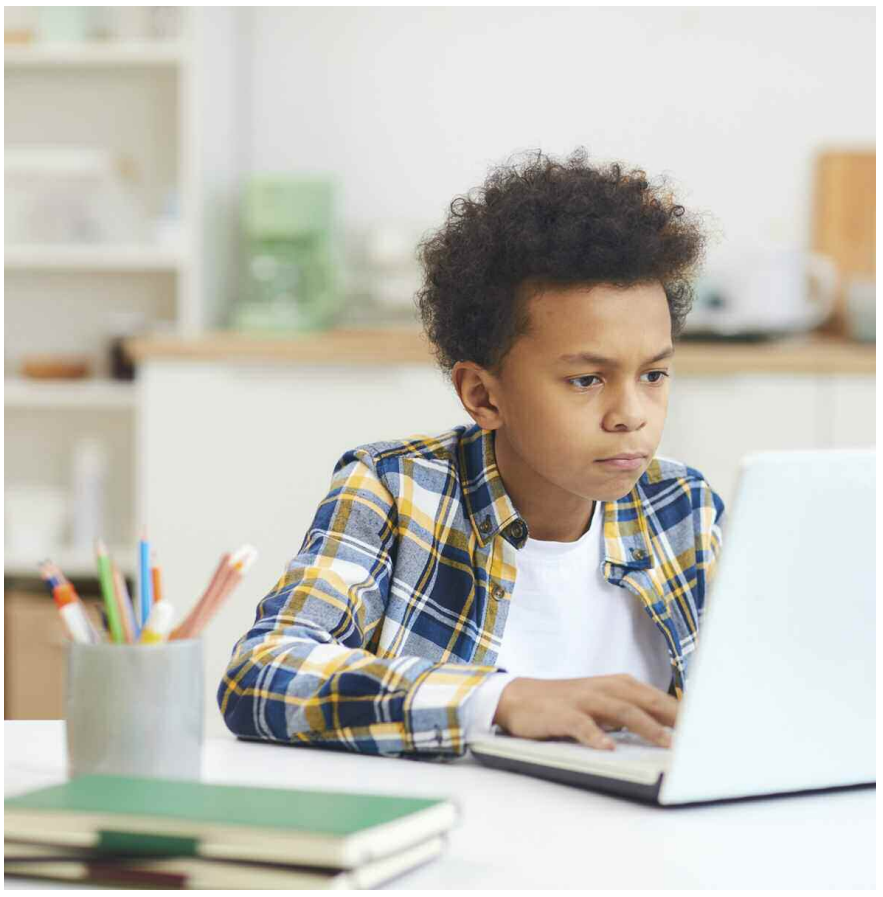
BY MARY BETH RITCHIE, LCSW

we'll get through this **together!**

Are children falling behind academically in the midst of COVID-19? Many parents are concerned that their children may be falling behind due to distance learning. As a third-grade teacher, I can confirm that virtual learning is not the same as learning in the traditional classroom. However, it may not be as dire as you fear.

The first thing to remember is that many students across the country, and even around the world, are participating in some form of distance learning during this pandemic. Enormous numbers of children are in this same predicament. The question becomes, just whom are our students actually falling behind? "Behind" is a relative term and is often based on arbitrary benchmarks or definitions of "success."

Another factor to consider is how things have changed over the last several months. Virtual learning is much different this fall than it was in the spring. When I left my classroom for Spring Break, I believed we would be returning to school as usual following the break. We didn't return at all. This caught school districts, families and teachers unprepared. Teachers had to learn how to do their jobs virtually, and practically overnight. Families had to figure out how to accomplish student learning from home. Many parents had to manage childcare situations without any warning. Schools struggled to provide materials and internet services for all students. We continued to try to keep students engaged in learning, but there were many limitations to what could be done with no time to prepare. The process of grading was modified, allowing for more leniency. I believe everyone did their best in these extreme circumstances. As it became apparent that this pandemic might continue to affect us in the fall, school districts and teachers prepared. Summer was spent getting ready for the possibility that distance learning would continue. Teachers learned how to teach in different ways. We learned to manage classrooms through new platforms. Districts explored how to reach all students. Through this planning, fall looks remarkably different than spring.



In my district, a typical virtual school day looks very similar to how it would look in person. At my school, all subjects, even Physical Education and Music, are being taught at the same times they would be if students were in the building. Students even have time to learn in the library and visit with the school counselor. Our Gifted and Talented students are meeting virtually with their teacher. All of this is being done through Zoom classrooms. A student's day looks very similar to how it would look in person. Grades are given in the same manner they would be with in-person instruction. Every effort is being made to continue the educational process with our students.

Teachers do understand that virtual learning differs from in-person instruction. It is not realistic to believe that everything can be done exactly the same through distance learning as it would be in the actual classrooms. Teachers are prioritizing. We do know which things are most important for students to master each year.

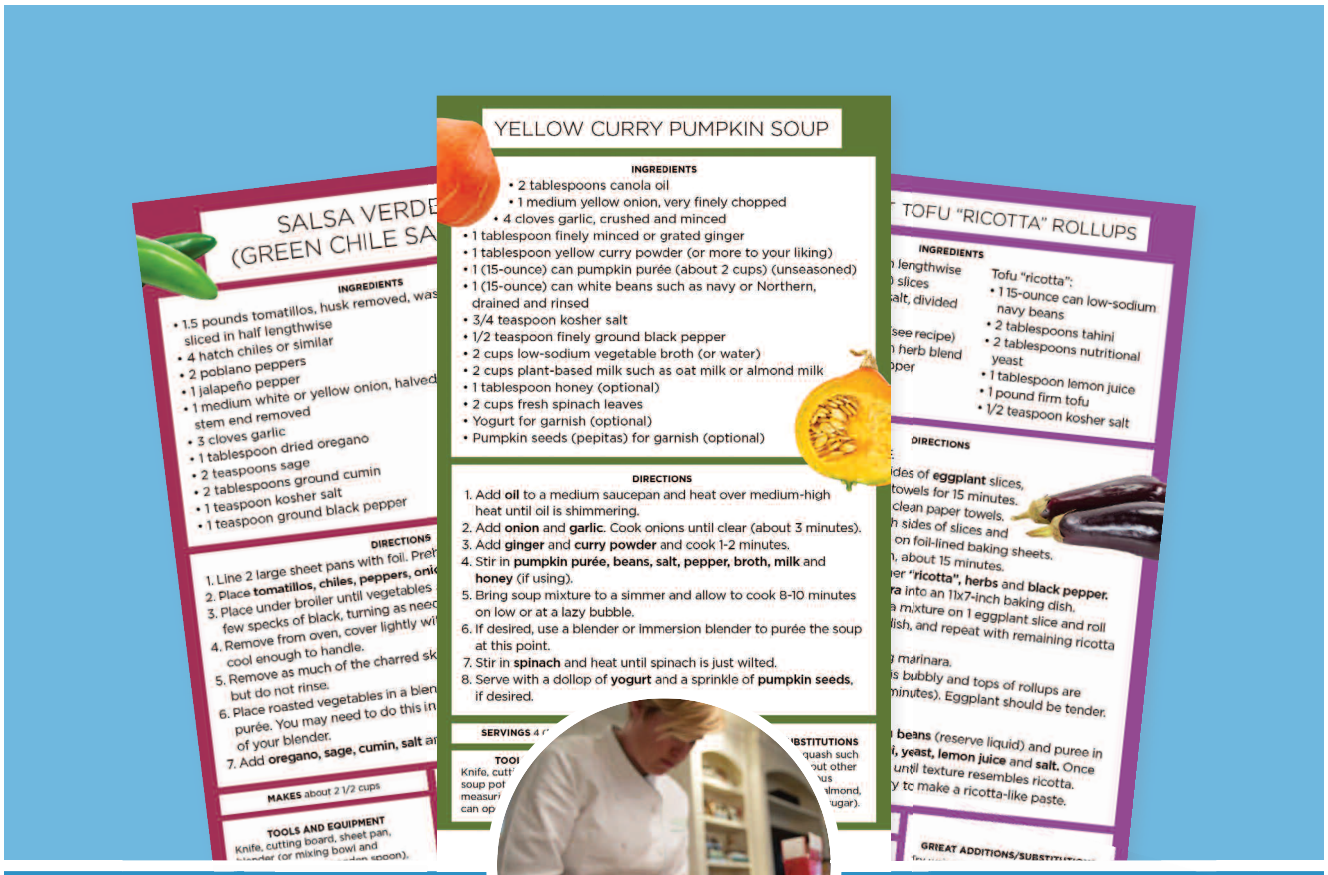
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We are focusing most of our attention in these areas.

Another important thing to remember is that teachers are accustomed to receiving students at a variety of levels. Most of us use small instructional groups in order to help students catch up to grade level. When we do return to brick and mortar classrooms, teachers will be ready to address the needs of each child. This isn't new to us.

I do see one advantage to distance learning. Parents are becoming more involved in the education of their children. Busy parents often struggle with being as involved as they truly need to be. The teacher, parents and students need to work together as a team in order to successfully educate children. I usually assign nightly homework, mostly because it gives the parents an opportunity to be involved in their child's education. Sadly, some children don't return homework, and it's obvious that some parents don't review homework assignments with their children. In the midst of distance learning, I see no purpose for an additional "homework" assignment. Parents are necessarily becoming more involved, and they are able to see exactly what we are doing in class and participate in the education of their children.

I understand the worries of parents who fear that their children aren't getting the same education through distance learning as they would be in a regular classroom. It's true that things are not the same. However, every effort is now being made to simulate a regular school day experience for our students. Teachers have learned how to modify lessons for distance learning, and we will know exactly what to do in order to help our students catch back up when they do return to our classrooms. Parents needn't worry. We will all get through this together!



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School of COMMUNITY MEDICINE

TSET

BY JULIE WENGER WATSON

learning in the pandemic: parents and teachers assess the year so far

It's difficult to find the correct adjective to describe 2020 so far. Words like "challenging" and "interesting" come to mind, and while I can think of a few more, they're not suitable for print in this magazine. Although everyone's experience has been different during this pandemic, it's safe to say we've all had to adjust to the new reality of life during the time of coronavirus. Since we're well into the first semester of school, it seems like a good time to check in with parents and educators to see how things have been so far. You may be surprised to learn that even in a virus downpour, the clouds can still have a silver lining.

Tulsa Public Schools started the fall semester online and are currently contemplating a multi-step return to in-person classes. For parents and teachers alike, it's been a journey. For Amber Harrington, chair of Edison High School's Fine Arts Department and a drama teacher for 21 years, one of the most difficult things has been missing her students and the theatre season.

"My entire life has been built around the theatre season. We would have done three productions already," she explains. "I miss the process."

Harrington believes her students have missed each other and their "community," too.

To accommodate her virtual classroom, she's had to create a new curriculum, and she's learned a lot about technology as a result. In many ways, she believes it's made her a better teacher.

> "...it has been really fun and exciting as an educator to be malleable and try to find alternative ways to grow a classroom family during these times."

"My advice is to look to the big picture," she suggests. "You won't be defined by how you survived this year because that's really what we're all trying to do. Survive."

Jen's been a public high school counselor for nine years. According to her, communication is one of the most important, and most challenging things about this school year. Zoom calls make it easier for students to dodge assignments and more difficult for teachers to keep them engaged. Faced with new learning platforms, it's harder to hold students accountable for missing information.

Since much of Jen's job is centered on direct communication with students, the lack of in-person contact has been particularly tough.

"With the distance learning format, there is not time set aside or scheduled for counselors to meet with students," she says. "We've had to get creative and carve out where we can."

Jen worries some students may not have the self-discipline needed for distance learning to be most effective. Many of them aren't engaging with their Zoom classes "live," assuming they can catch up later.

"But that mindset doesn't work," she notes. "Their schoolwork quickly snowballs and becomes an overwhelming load when they put it all off to the weekend or do not allow enough time to take care of school business throughout normal hours."

Jen encourages communication and teamwork between parents and teachers and between students and teachers, too.

"I think adjusting expectations is also important. You just can't expect the same degree of progress you'd see under normal school conditions. The important thing is to keep kids engaged and don't lose ground," she says.

Kathy Pitcock is the parent of three TPS students. Balancing full-time jobs with helping the

continued next page

kids with their schoolwork has been the biggest challenge of distance learning for her and her husband. Her kids miss their friends, too, and she worries about all of their time spent on screens.

There is an upside, though.

"We're not leaving the house, which has given us more time together," she says. "We've played more, watched more movies together and gone on more walks. None of us miss the running around."

TPS chose distance learning, but several Tulsa area private schools have used a combination of in-person and online this fall. Libby Easterling just launched her teaching career with a first-grade class at Monte Cassino. Before school started, she was concerned about her students' ability to keep their masks on and their hands clean. However, she's been pleasantly surprised at how well they've done. She credits the parents with having prepared their kids well for the unusual school year.

"The current challenge we are facing is the difficulty to build classroom community without all the things that normally come in a classroom like hugging, playing close together, high fives, and sharing, just to name a few," Easterling notes. "On the flip side, it has been really fun and exciting as an educator to be malleable and try to find alternative ways to grow a classroom family during these times."

While she feels her students are adjusting well, she does think they miss some of the social aspects such as eating with kids from other classes during lunchtime, playing with them at recess and missing activities like field trips and class parties.

Despite the challenges, Easterling finds a lot to be thankful for.

"Watching my students, parents, coworkers and school community deal with the circumstances with grace and a positive attitude makes me so proud to be in education right now. I feel so supported every single day and everyone is always extending an extra hand," she says. "I have just been so proud of how well my students have handled the entire situation. They are great listeners and they know that everything they are doing is to keep others safe and keep themselves in school."

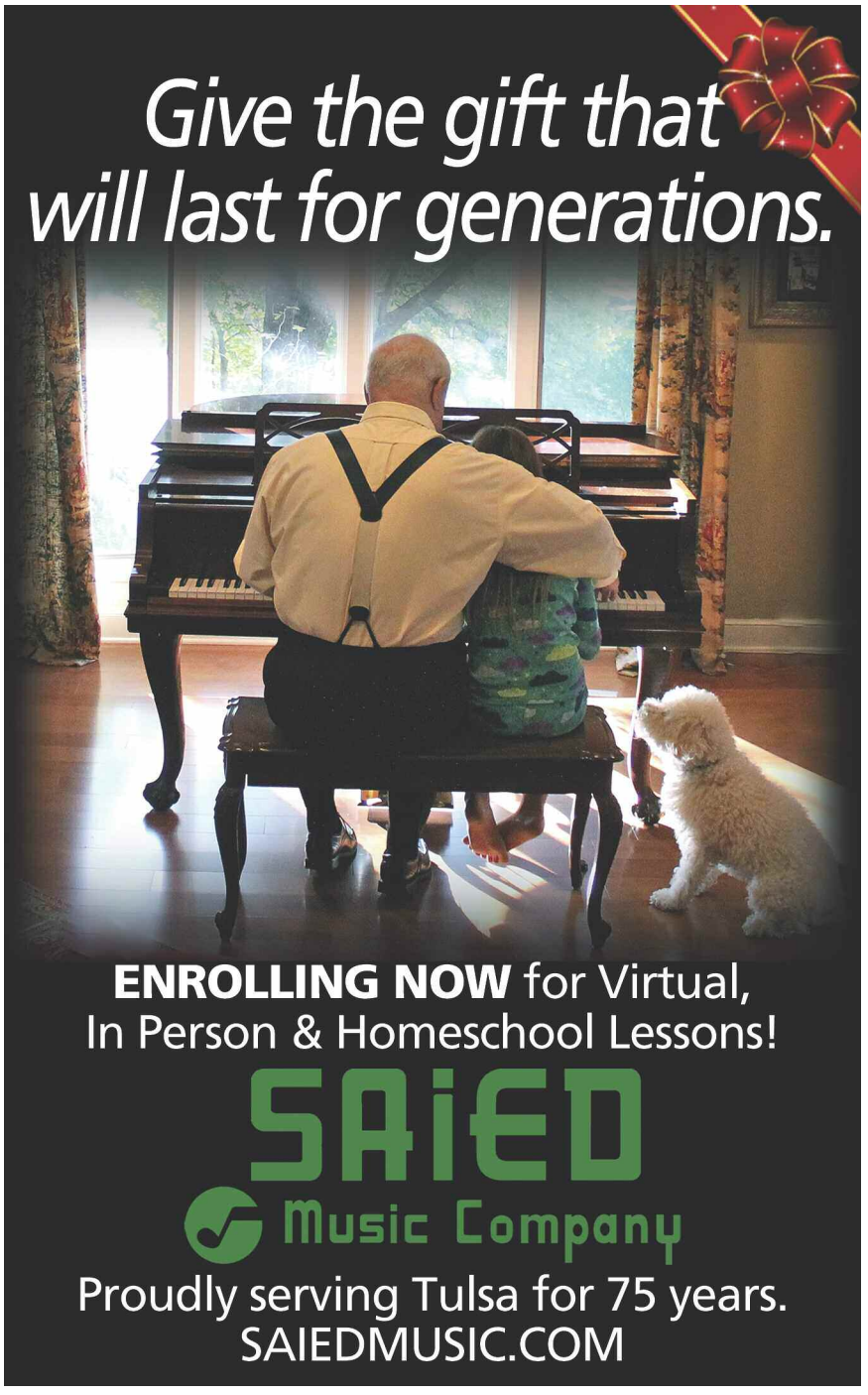
Stephanie Arnold de Verges has a fifth grader at Monte Cassino and a freshman at Bishop Kelley. De Verges is grateful that both she and her husband are self-employed, giving them the flexibility to deal with the kids' schedules.

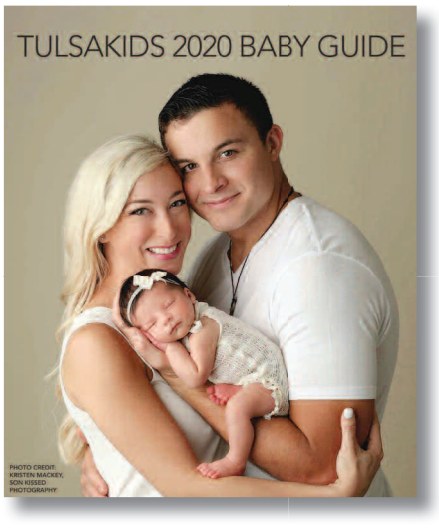
"The biggest challenges I've faced have been emotional," she says. "How to keep cooking when glum kids complain about everything I serve, how to stay upbeat when we can't spend time with my aging parents, how to stay creative when faced with another day of isolation, how to stay calm when I see my son's screen-time report."

De Verges thinks both schools are doing a good job handling the remote and in-person learning. Her fifth grader has been on campus five days a week, and that has made things easier. Bishop Kelley's hybrid schedule means her freshman is on campus two days a week, which he likes more than the online learning.

"He enjoys his friends and is in good spirits when I pick him up, especially on football days. Getting to work hard and have fun on the field has been a huge contributor to his great start to high school, in spite of Covid," de Verges notes.

When asked, de Verges offers this advice, echoed by many, for other families finding their way during this pandemic. "Open up to other parents about what is working for you, as well as what's hard for you. With your child's teachers, keep the lines of communication open, and remember to tell teachers what's going well for your child. They need positive reinforcement, too!"





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BY BRANDON SCHMITZ

THE UNSPOKEN TRUTH BEHIND THANKSGIVING



DR. CORNEL PEWEWARDY

Deeply imbedded within American culture, the celebration of Thanksgiving tends to be among the few instances in which our education system addresses Native Americans in a historical context — and that context is often wrong.

"When I was younger and went to vacation bible school, I remember a kid asking 'what are you?,'" said Parrish Pipestem, a senior at Booker T. Washington High School. "I told them I was Native American and they said 'I thought they were all dead.'"

Part of the problem lies in the fact that too often our understanding of Native American history is based on myth, stereotype and conquering culture. Children learn little about Thanksgiving beyond the romanticized pageantry – the turkeys and togetherness.

"The idea of Thanksgiving really comes from a few different events, including the Pequot Massacre," said Gable Roubideaux-Davis, a Tulsa Public Schools Native Studies teacher. "In 1637, pilgrims found the body of a white man in a boat and the nearby Pequot people were blamed for that. The pilgrims subsequently burned their village, killing men, women and children. A day of thanksgiving for their victory was then declared."

The Wampanoag Meeting of 1621 is another piece of the

continued next page



PARRISH PIPESTEM

puzzle, as it's about the closest thing to a "first Thanksgiving."

"The Wampanoag tribe outnumbered the pilgrims two-to-one," Roubideaux-Davis said. "They thought they heard some gunshots, so when they arrived at the scene, the pilgrims may have thought 'well, we don't want to die, so here's some food.' They may have been aware of their power."

The Native Studies teacher argues that history itself is the greatest indicator of how mythologized Thanksgiving has become.

"Regardless of when this meeting actually took place, the American government would still continue to take tribal land," he said. "It's not the reciprocal relationship so many people think it is."

Roubideaux-Davis also stressed the importance of a term his mentor coined: land acknowledgement. In school, this involves teachers going over the history of the land that the school or the town sits on.

"I'm still in the process of moving to Tulsa, but once I get here, I aim to teach more about the history of the Creek Nation," he said. "One of the main functions of society is education – it starts there."

The power of the personal, lived experience can't be discounted, though. Even if Thanksgiving is a dominant cultural myth, it's been a part of our lives for so long that many people have become emotionally attached to the idea of the holiday.

"One thing Indigenous people are faced with is being asked about our past, culture and laws," Roubideaux-Davis said. "One of our biggest hurdles is convincing people that not only are we still here, but we're still capable of taking care of ourselves and our community."

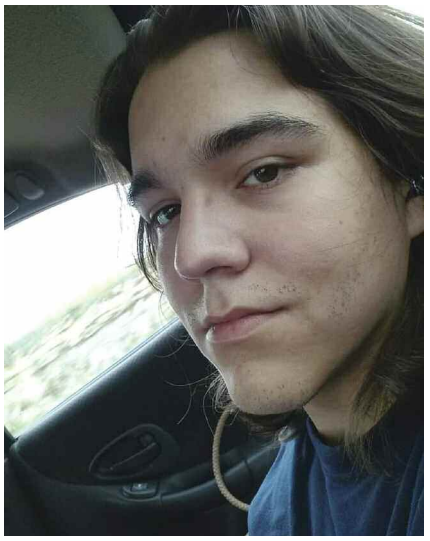
To that end, Theresa Hinman founded the Coalition for the Betterment of Indian Education, a volunteer group comprised of local and statewide community members, tribal leaders and educators. Its mission is "to provide pathways for students, families and educators to improve the recruitment and retention of American Indian and Alaska Native students, staff, teachers and administrators in Oklahoma public schools."

"History repeats itself," Hinman said. "If you don't tell the whole story, it'll happen again. You normalize the marginalization (of Indigenous people) – make people think it's OK."

Along with fostering a more informed populace, the Coalition also aims to provide curriculum that is culturally responsive.

"The way in which certain subjects are taught is important, too," Hinman said. "If you teach math in a Persian way, for instance, that instills a greater appreciation for that culture."

Pipestem, who serves as the Coalition's student chair, has spoken with Native youth to guage what his fellow students want most.



GABLE ROUBIDEAUX-DAVIS

"Right now, one of the big things being asked for is tutoring," he said. "Having someone who looks the same as you and who is there to advocate for you – that's huge."

> "There's this grand narrative from an American perspective – accenting the pilgrims rather than the Indigenous people. Today's Thanksgiving isn't even close to the original one."

Looking beyond Thanksgiving specifically, Pipestem cited Native Americans' oversexualization in media as contributing toward their marginalization.



THERESA HINMAN

"There's this image of redskinned people with feathers in their hair," he said. "If that's the extent of your Indigenous education, then there's a problem."

That said, he did preface that most people have good intentions and are not intentionally coming from a place of insensitivity.

"I've just noticed that any time Native Americans are brought up in class, my classmates will turn to me," the senior said. "However, it's not a student's job to teach Indian education. It starts with the schools."

Pipestem recalled growing up in the D.C. area and visiting a friend's house, where the local team mascot – an Indian caricature – was plastered all over the family's t-shirts and hats.

"Some will point to poorly conducted studies throughout history of self-proclaimed Native Americans who thought such representation was OK – that it was a symbol of pride," he said. "However, more recent studies show that more Native Americans find these depictions to be racist. And it affects children, as it's been proven to be a contributing factor toward depression and low self-esteem."

The Booker T. Washington senior implored his fellow, non-Native peers to – rather than ask "how does it feel to be Native American" – look within themselves and ask "how does Thanksgiving affect my thoughts on who Native Americans are? And is that a positive thing?"

"Indian education shouldn't be opt-in," he said. "This should be a natural, universal part of the curriculum – if you're going to be around these people your whole life, then you should understand their culture."

Dr. Cornel Pewewardy, Founding Member of Indigenous Peoples' Day and professor emeritus at Portland State University, acknowledged that the spirit of reciprocity and togetherness be-

continued next page

hind Thanksgiving has been commercialized over time.

"There's this grand narrative from an American perspective – accenting the pilgrims rather than the Indigenous people," he said. "Today's Thanksgiving isn't even close to the original one. It's almost cartoonish, considering that most of the Wampanoag are no longer here due to history."

In what seems to have become a time-honored tradition, many elementary schools will have students dress up as pilgrims and natives every November.

"The worst thing you can do is select a Native American – or just dark-skinned – kid in elementary school and ask them to dress up as the Indians and the white kids as pilgrims," Pewewardy said. "These particular teachers are not even close to understanding the culture, so they are prone to doing things they're used to."

Pewewardy argues that the greatest obstacle for many Native American kids is getting them to feel comfortable with their own culture. Indeed, some elementary school students don't even know or identify as Native American and they end up asking a teacher. Meanwhile, others don't discover their heritage until they're in middle school or high school.

"Knowing the whole story is the first step toward healing," Pewewardy said. "It's taken generations to overcome – it's a soul wound caused by the U.S. government, language use, and just the culture in the curriculum. Kids want to know their own stories and become comfortable with who they are so that they have a better idea of where they want to go."







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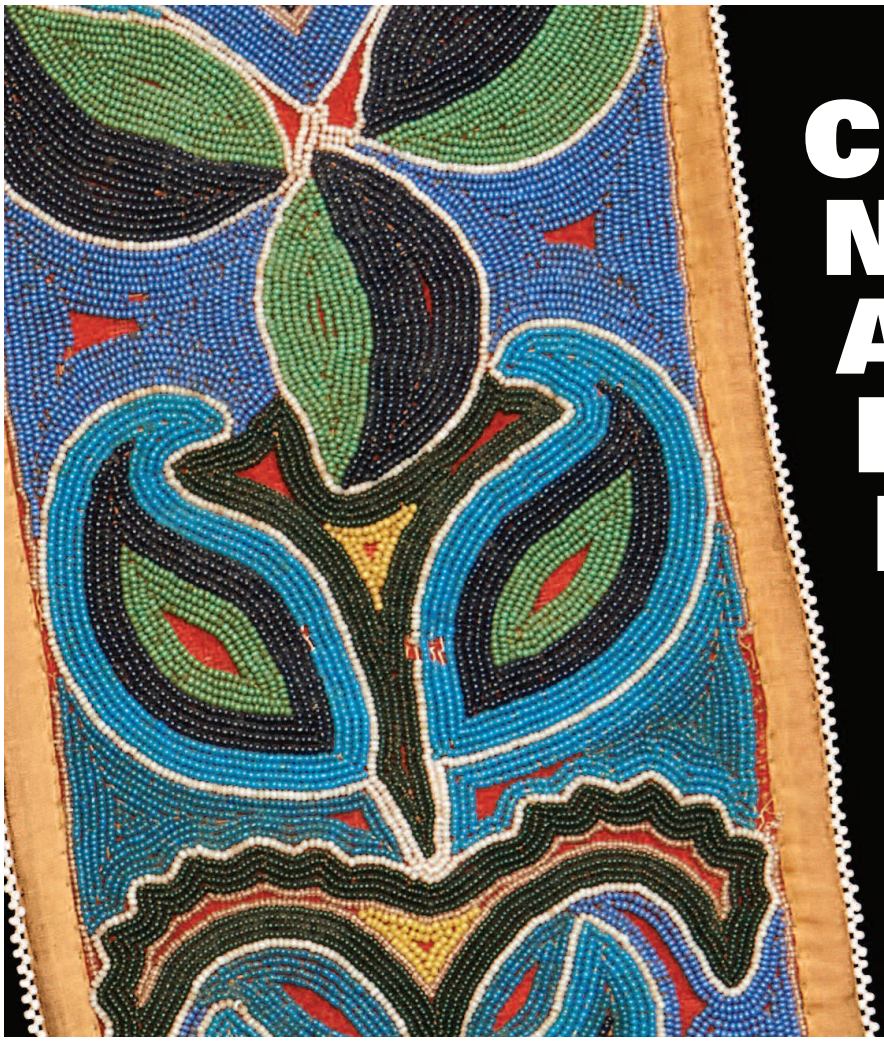
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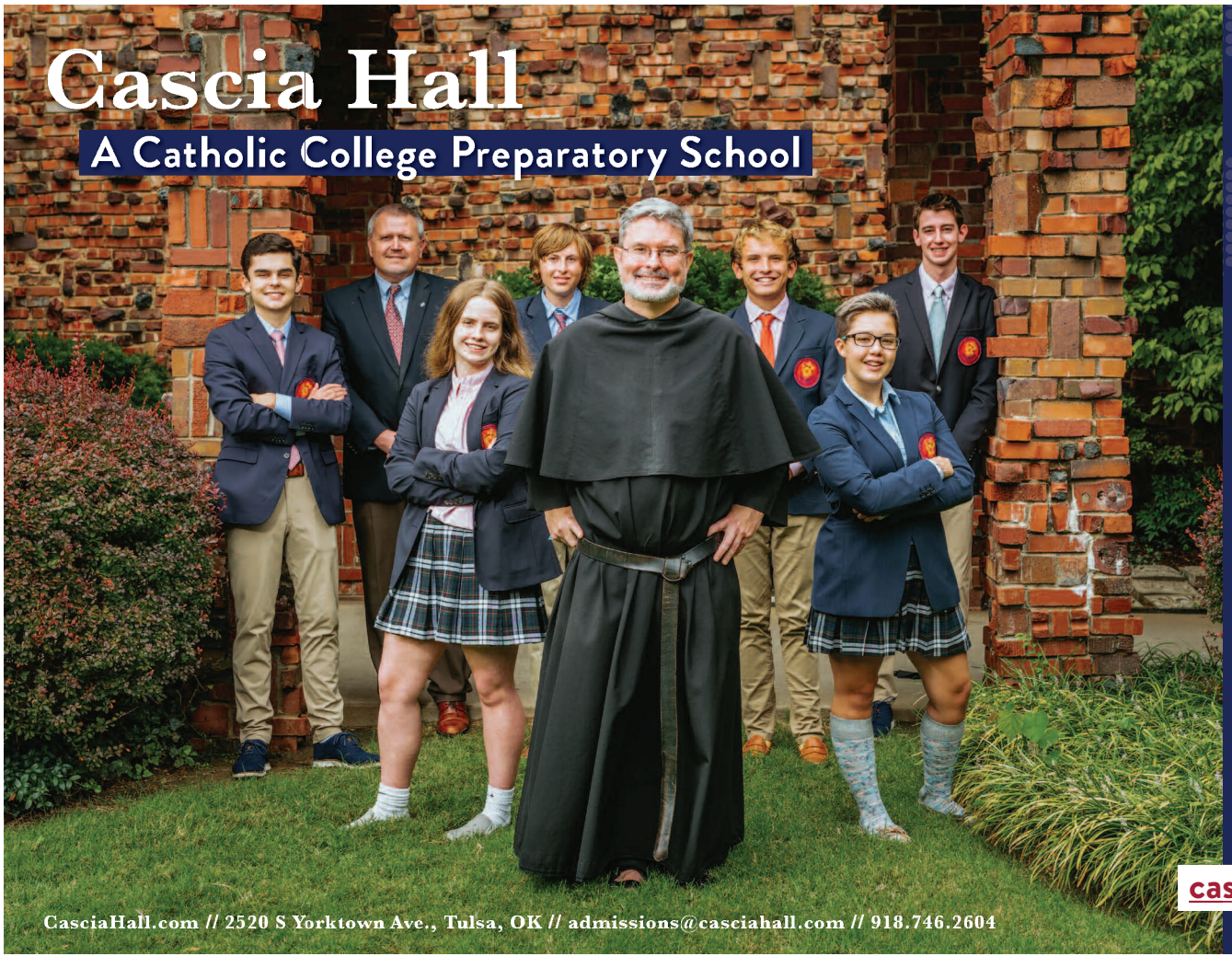
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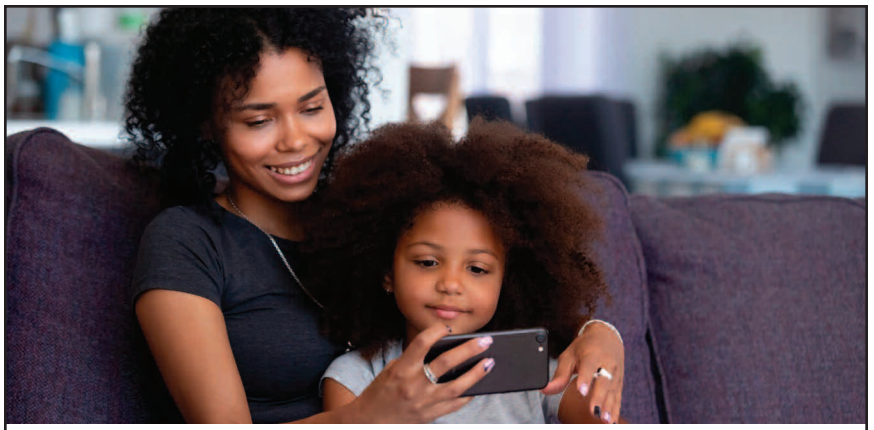
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BY TARA RITTLER

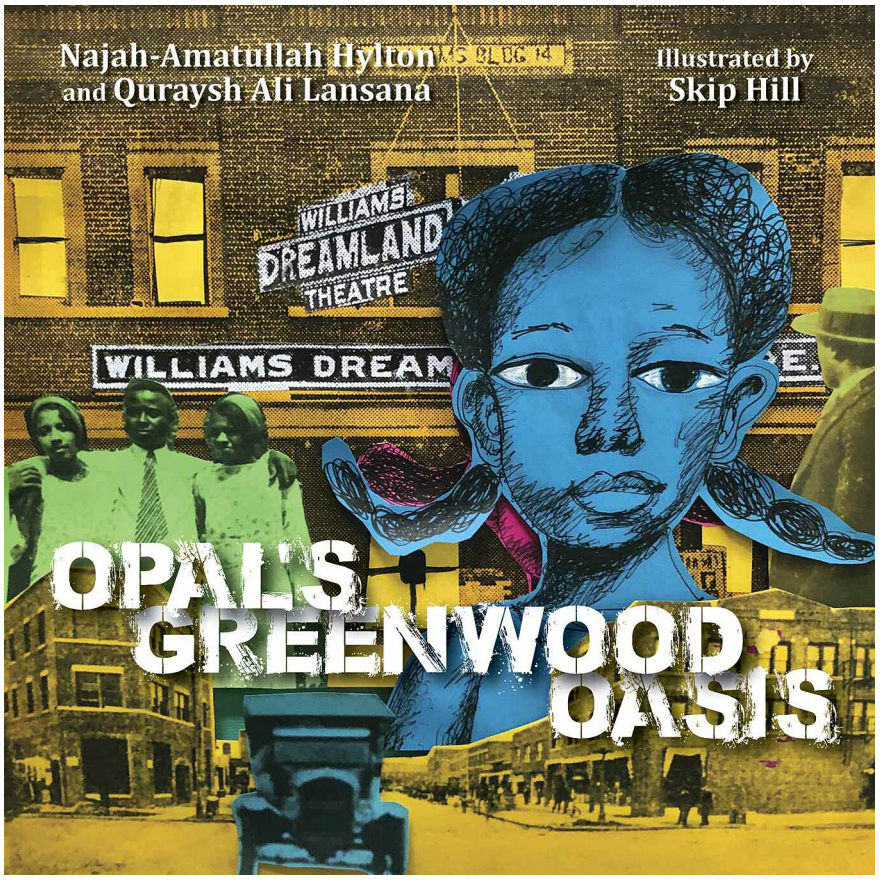
everyone looks like me: "Opal's Greenwood Oasis"

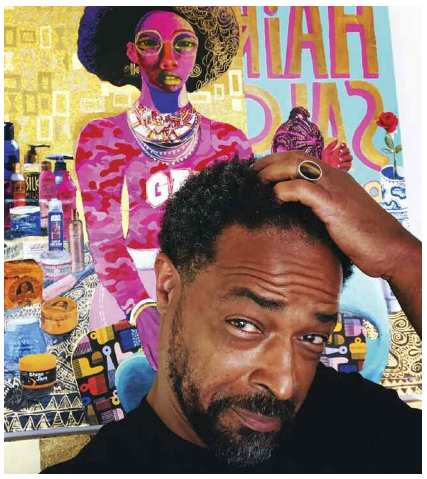
CELEBRATES THE GREENWOOD COMMUNITY THROUGH THE EYES OF A YOUNG BLACK GIRL

2021 marks 100 years since the Tulsa Race Massacre. A new children's book, co-authored by Quraysh Ali Lansana and Najah-Amatullah Hylton, allows readers to experience what it may have been like to live in Greenwood just prior to the Massacre. *Opal's Greenwood Oasis* follows third-grader Opal Brown as she rides her bike around Greenwood, helping her family prepare for the community's Memorial Day picnic.

"We wanted to write a picture book about Greenwood to share the rich, vibrant history of Black life in the District prior to its destruction," says Lansana. "We chose to highlight Black excellence over Black pain, and to provide children an opportunity to see themselves happy and loved. We chose to end the story just prior to the Massacre because we believe the horror and violence was too much for the age group to ascertain."

Thank you to the authors and illustrator for answering our questions about their work on *Opal's Greenwood Oasis*.





Q&A with illustrator Skip Hill

TK: Can you tell me about the process behind creating the art for *Opal's Greenwood Oasis*?

SH: The creative process began when I received Quraysh's manuscript for the book.

I read it many times, flipping pages back and forward, to get familiar with the story itself, and with the different characters in the story.

continued next page

For me, putting an illustrated book together is like making a movie. The characters must be developed, and I establish the different scenes in the story like a film director. That means lots of thinking and sketching to figure out the visual flow of the book.

TK: What kind of research did you do? Where did you find the original photos used in your collages?

SH: I spent as much time doing research for the book as I did creating the actual illustrations! First, I visited the Greenwood Cultural Center to begin educating myself about the history of Greenwood, about the people who lived, worked and thrived there. I was gifted a copy of Tim Madigan's book *The Burning: Destruction and the Tulsa Race Riot of 1921*, a deeply compelling account of the local dynamics that enabled the building and flourishing of Greenwood and led to its devastation.

Because Opal's story takes place 100 years ago, it was essential for me to capture the small details of daily rural African American life during that time.

TK: What did you enjoy most about working on this project? What aspects were the most challenging?

SH: I am a history geek, so researching and revisiting the era in 'Opal's Greenwood Oasis' and seeing what the community of Greenwood managed to accomplish in a segregated Oklahoma was inspiring. I enjoyed finding just the right image to reference a particular scene in the book. Seeing the words of the authors come to life through my hands is always a thrill and is always the biggest challenge. While there are plenty of images of the smoldering ruins in the aftermath, it was challenging to find photos of normal life in Greenwood before the massacre. You can imagine all the personal archives and family photos lost in the destruction.

View Skip Hill's art at skiphillart.com or instagram.com/skiphillart.



Q&A with co-author Quraysh Ali Lansana

TK: Can you tell me about the writing process behind *Opal's Greenwood Oasis*?

QAL: We conceived of the storyline and direction collaboratively, and wrote collaboratively as well. It was important to us for the book to present a Girl-forward focus, as Black girls as lead characters doesn't happen as often as it should.

TK: How did you settle on Opal as the main character?

QAL: I actually don't recall how we arrived at the name Opal. I know we both like the name, and wanted to gift our lead character with a name that was not only period appropriate, but also possessed metaphoric weight. Opal's likeness is based on photos of Najah's daughter.

TK: What do you love most about *Opal's Greenwood Oasis*?

QAL: I love several things about this book. First, I love Skip Hill's amazing, vibrant and historically detailed illustrations. His work is stunning. I love that Opal guides us through her community that was economically independent and rich in Black love and faith. I love that we've crafted a book that will introduce Greenwood to younger readers, a place that all children, but especially Black children, can and should find pride.

TK: What age range is the target audience for the book?

QAL: The target age range is 8 – 12 years of age. I think younger readers will find a connection with Opal and her life in Greenwood, which was one of kindness and safety. I think older children will be introduced to the history of Greenwood, with its many businesses and homes. I think the sense of community is palpable for both younger and older readers.



Q&A with co-author Najah-Amatullah Hylton

TK: How did you meet Quraysh, and how did you end up working on the book together?

N-AH: Q and I were both asked to read poetry at an event in Oklahoma City in November 2015. We started talking about projects he was working on and he invited me to assist him in bringing those projects to fruition…When Q moved to Tulsa, in 2018, I believe, he immediately started thinking ahead to the centennial year of the Tulsa Race Massacre. He presented me with the opportunity to collaborate with him on a children's book about Greenwood, and I was glad to share it with him.

The most exciting thing about this project was that it would focus on Greenwood in its glory, rather than it living only as a ruin.

TK: What drew you to writing as a child?

NA-H: My grandfather said I wrote because I was lonely. I'm an only child to a single mother and I spent a lot of time with my grandparents. I think I also fell in love early with stories in every format. I was constantly retelling every detail of a movie or show or making up a new story. As soon as I had enough words in my vocabulary to make them rhyme, I was writing poems for fun and to impress my teachers, but stories were my go-to as a child. I still have most of my full notebooks and my documents from long-ago hard drives.

TK: What compels you to write as an adult?

N-AH: I fell in love with the way poetry can make hard themes beautiful. I was still scribbling poems for fun my freshman year of college when I was invited to the Red Dirt Home for Wayward Poets in OKC. My focus shifted to performance poetry, or slam, or spoken word, however you want to call it. Now I am chasing two things: words that transform the emotions behind real events (through poetry or fiction) and words that are accessible enough to explain what was previously inaccessible (through blogs and other nonfiction). I want to make people feel something different, and I want to teach through my writing.

Opal's Greenwood Oasis will be published by The Calliope Group in February 2021. Pre-order the book through TulsaKids starting in mid-November. Follow @tulsakidsmagazine on Facebook, @tulsakids on Instagram, or subscribe to our email list (tulsakids.com/newsletter) for exclusive presale information!

BY LAUREN MIERS

compassionate conversations:

HOW TO SHARE IDEAS, OPINIONS AND THOUGHTS WITHOUT FIGHTING

In Oklahoma, a house divided often refers to football rivalries, but the same can be true when family members hold different opinions on any topic. And boy, is 2020 rife with disagreements.

For those gathering together this holiday season, there's no doubt the baggage of this year will have a seat at the table. Tensions are high, people are tired and an argument at the dinner table feels inevitable. Yet, it's possible to gather without disagreement.

SET THE FRAMEWORK

Many of us are afraid of conflict and approach family gatherings with anxiety. But holding back and dancing around tough topics keep us from authentic connections.

Tulsa therapist Claudia Arthrell offers that all of us are doing the best we can with the information we have. Instead of being anxious and fearful, attempt to see people through that lens; be open to the other person and avoid being defensive.

"All it takes is one person to set that framework," Arthrell says. "If you set that framework, no one has to argue with you. No one has to fight. No one has to think they've got the corner market on who's right."



ERIC AND MEREDITH LINDAMAN WANT THEIR CHILDREN TO SEE VARIOUS VIEWPOINTS.

START WITH THE RELATIONSHIP

Arthrell suggests beginning by reminding yourself of how important this person is to you. Mentally make a list of several things you appreciate about them. Remember the ways you connect so that before you've even uttered a word, you're focused on the areas you both agree. If you're conversing with someone who likes to argue, this mental list provides a touchpoint you can bring the conversation back to.

Local attorney Meredith Lindaman says when she married her husband Eric, they brought together the cultures from both of their vastly different backgrounds. Now with three children and a fourth on the way, Lindaman and her husband actively work to juggle and combine the two different perspectives in their home. Lindaman says they try to show their kids multiple sides of every issue to help them understand that there are many viewpoints for every topic.

Lindaman offers that the unfollow button on Facebook can be helpful, especially leading up to family gatherings. If you're seeing every political post a family member makes, it can weigh on your mind when you see them in person. With limited in-person contact, families are missing much of the supplementary dialogue that helps frame the "why" behind a post.

"Social media is not everything you know about a person," Lindaman says.

GET CURIOUS

When differences in opinion arise in her family, Lindaman says the conversation is always respectful and doesn't become pointless or confrontational.

"I think we get a lot more

continued next page

out asking questions instead of making more divisive statements," she says.

One way you can help others feel heard is by asking questions. Arthrell says when people feel heard, they're more likely to hear. When someone is expressing an opinion you don't agree with, ask them how long they've felt that way or what experiences influenced their perspective.

"Being curious about someone else, how they think and how they make their decisions is a pretty wonderful thing," Arthrell says. "If you do a good job of listening, it might open the door to a whole new relationship."

EDUCATE, DON'T DOMINATE

When it comes to expressing your opinion, the key is to do so without squaring off in opposition; it's not about who's right and wrong.

"It just doesn't work to tell someone they're wrong," Arthrell says. "It doesn't maintain a conversation."

Instead, Arthrell suggests you offer your perspective by sharing the experiences or research that have helped you land at your opinion. This isn't confrontational, but educational, and allows for differences.

If someone is expressing their opinion in a way that's hurtful to you, respond by speaking from the heart. In this case, the method is just as important as the message. Drop your tone, speak quietly, be succinct and slow down. Change the pace of the conversation. Instead of getting louder and escalating the situation, use this moment to change the momentum to a calmer, slower dynamic.

SIDELINE THE KEY PLAYER

Some families know the holidays will involve that one family member who wants to speak of nothing but personal political opinions. Even all the strategies in the playbook won't keep it from coming up. Arthrell says you should be thinking about how to steal the conversation or, if possible, seek out this person, allow them to hold court and be heard before mealtime.

One idea is to say, "I bet you know how I'm thinking. Is it O.K. that we can still love one other and be in the same family and think a little bit differently?" While this might seem bold, it allows you to address the person without a direct challenge, tell them you've heard them and bring it back to the relationship. It also serves as a warning that you aren't looking for a fight.

No matter the occasion, Lindaman's goal in every family situation is to approach each other with empathy and avoid putting labels on family members who have differences of opinion. She aims to see her family members first as people she loves and respects.

"I want to know that at the end of the day, they're seeing me and not just my opinion about this particular thing we disagree about," Lindaman says. "I'm more than that. I'm more than what my particular opinion is about this political or cultural issue.

TALKING ABOUT THE C-WORD

When conversation inevitably turns towards 2020's favorite topic, COVID-19, invite people into intentional thinking instead of commiserating. Arthrell suggests the following framework for sharing. This strategy honors the whole picture of the difficult and tumultuous year we've been through.

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Bud: What are you hopeful for?

Thorn: What's one thing that's been hard?

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BY REPRESENTATIVE JOHN WALDRON

lost play

Play is the first form of learning. By whimsically exploring our environment, we learn the boundaries and possibilities in our world. We should never stop playing no matter our age, because it's one of the best ways our brain processes information. Late in September I attended an interim study on play-based learning hosted by State Representative Jacob Rosecrants. We spent two hours listening to experts talk about how play stimulates brain function, promotes social-emotional development and love of learning.

We also heard from early childhood teachers who talked about their own frustrations with the standards. They feel pressured to promote rigor and content to such a degree that it crowds out the old games and activities they used to use. State Department officials countered that. Play is in the state standards, but sometimes teachers get curriculum that crowds out play with extraneous content. For whatever reason, our classrooms seem to be changing.

"The reality" said Becca Waggoner, director of the University of Oklahoma Early Childhood Institute, "is that play stations are being removed… We have gotten so far over to the standards side that we can't see the play anymore."



I was a high school teacher for 25 years before I became a legislator. I valued games, simulations, debates and other free-form activities as a cornerstone of my method. But then, I spent most of my career trying to dodge standards and directives from on high. This generation of teachers may not be so lucky. From my vantage in the Oklahoma State House of Representatives, I see the way standardized testing is linked to state report cards and tens of millions of dollars awarded to educational consultants. I can see why content and rigor now call the tune. But ask yourselves: Would you rather learn through a curriculum that included play or one focused entirely on test preparation?

I look at my own child, a sixth grader at Edison Middle School. He receives dozens of assignments every week in his virtual learning program. Dozens. When teachers are handing out and taking in assignments at that pace, there's no room for play, for accidental discoveries or for taking advantage of off-topic opportunities for discussion. In the interim study, Horacio Sanchez, president and CEO of Resiliency Inc. and author of "*The Education Revolution*," talked about the difference between the early engineers who worked for NASA in the '50s and '60s and the newer corps that came in in the '70s and '80s. The newer workers came from excellent schools and were great at calculation. But they had a harder time solving unexpected problems because they weren't trained to think about the unexpected. In the classroom, when you set up a space for play, you are really giving young minds the permission and freedom to explore the unexpected and deal with the unanticipated.

I think we need to rethink how our system works. In this age of big data, we rely on test scores, attendance records and other inputs to determine how well we are doing. We are getting very good at keeping track of all this information. But in observing the phenomenon of school, we run the risk of changing the way young minds think in unfortunate ways. We may raise a generation of kids who know how to comply with directions but have forgotten how to play. And that's not something teachers, parents or students signed up for.

John Waldron is an Oklahoma State Representative, husband, former teacher, and a dad to son Van.



ASK THE EXPERTS

Miller Swim School | Sarah Miller

Q. The weather is getting cooler, so we aren't swimming in our pool. Should we postpone our swim lessons till spring?



A. Ironically, winter is one of the BEST times to learn to swim! Experts all agree that drowning knows no season, and an accident can happen at any time, regardless of season or temperature. In fact, accidental drowning incidents increase in November and December at residential pools (usually during a family event). Unfortunately, the water doesn't disappear with the cooler temps. Fall and winter are truly the ideal time of year to start and continue a learn-to-swim program. Students proactively learn to swim before summertime and go into lake and boating season prepared to be safe in and around the water. Furthermore, during cooler winter months, it is more difficult to get outside to play and stay active. The indoor heated pool becomes a tropical oasis to look forward to each week and is a great way to keep kids active and healthy. So grab you beach bag and head to the pool. The water is warm year round!

6415 S. Mingo Rd., Tulsa • 525 W/ 91st St. S., Jenks 918.254.1988 • millerswimschool.com

On the Cusp Pediatric Dentistry & Orthodontics | Dr. Ryan Roberts, DDS

Q. What would be a dental emergency?



A. Not all accidents need emergency dental care, but for those that do, pediatric dentists are here to help! If your child has severe tooth pain, a bubble on their gum (looks like a pimple in the mouth), a tooth that has been knocked out, cracked or broken, or if their gums are swollen, call your pediatric dentist and ask for an emergency dental visit. An example of a non-emergency dental appointment would be a filling or crown fell out, a loose tooth, or a dull toothache. Remember, if your child is around the age of six, that means they will be getting their six-year-old molars and it is usually uncomfortable for them. Think of it as teething for infants all over again! For cases like this, I recommend rotating Tylenol and Motrin every three hours for optimal pain relief.

If you find yourself with a dental emergency after business hours, you're in luck! Our office has an after-hours line, so please feel free to call 918.921.8822. We'd be honored to help you and your family out!

South: 8222 E. 103rd St.
Midtown: 4444 S. Harvard Ave.
918.921.8822 • OntheCuspdds.com

HTR Pediatric Therapy | Haleigh Lockard, OTR/L

Q: My child seems to have weak or "floppy" movements. What causes this?



A: Hypotonia is a condition that causes muscles to have slower reaction times and makes it harder for them to sustain a contraction. This presents as muscle weakness or decreased tone. Hypotonia does not have to be associated with a diagnosis, but some common ones are: Autism, Sensory Processing Disorder, Down Syndrome, Muscular Dystrophy, Cerebral Palsy, etc. One indication of hypotonia is increased or excessive fatigue levels. This is due to children having to work harder than peers to perform tasks. An occupational therapist can assist in providing strengthening and coordination exercises, assisting in developing appropriate compensatory techniques, identify equipment that may be helpful in performing activities, and working to develop fine and gross motor ability to complete daily skills.
What are some things you can try at home?

- Warm-up activities such as jumping before seated activities
- Lying on tummy, using a therapy ball, or sitting on wobble cushion to complete activities
- Go outside for walks or other activities
- Implement a positive reward system to complete difficult activities

Hypotonia can cause injuries if not handled appropriately. If you are concerned that your child has signs of hypotonia, please visit your PCP and ask for a referral. Therapists can assist in developing home exercises and training in appropriately handling to avoid injury.

HTR Pediatric Therapy • 6715 E. 41st St., Tulsa • 918.806.0106 • htrpediatrics.com

Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner

Q: My daughter is in 4th grade enrolled in a Spanish immersion curriculum. I have noticed her English reading level is lower than her brother who is in 3rd grade. Is this because she has not been taught how to read in English or should I be worried she may have dyslexia? If she has dyslexia should I transfer her to an English curriculum?

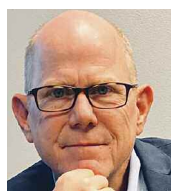


A: This is a very common question. If a child has dyslexia, adding another language that associates a different sound for the sound recognized in English does make learning to read a bit more complicated. An in-depth evaluation to assess phonological awareness, phonological memory, visual perceptual skills, auditory and visual memory are recommended. Testing these specific executive cognitive functions required for reading success will identify if there is an underlying reason for the reading delay or if it was a lack of opportunity to learn English. The evaluation results are the foundation for your child's treatment. Immersion is a great opportunity to learn a new language. In making this decision it would be to identify your end goal.

Dr. Penny Stack, OTD, OTR/L, CLT,
8988 S. Sheridan Rd #D1, Tulsa OK 74133, 918-313-5518, www.dyslexiatulsa.com

World Travel Service | Alex Eaton, President

Q. With the holidays approaching, I want to start traveling yet have concerns because of Coronavirus. Is it safe to travel again?



A. Yes! Most health experts agree that, with the necessary precautions, you can travel confidently, especially in much of the United States, Mexico and the Caribbean. World Travel has always been proactive but is even more so now than ever due to the Coronavirus pandemic. Working with us ensures you'll have the most current information before and while you travel. We can also help identify some amazing deals and discuss the comprehensive cleanliness measures being taken throughout the airline, car rental and hotel industries. There's more good news. You can confidently book now without losing money because strict cancellation policies have been eliminated. Possibly the greatest risk is losing the chance to see family and friends if you don't book right away. Let us guide you in the new age of travel.

918.743.8856 • World Travel Service,
7645 E. 63rd Street, Tulsa, OK 74133
www.WorldTravelToday.com

SHARE YOUR EXPERTISE WITH OUR READERS.

THIS SPACE IS AVAILABLE
CALL TODAY
918.582.8504



Join Living Arts of Tulsa the first three Wednesdays of the month for a Day of the Dead craft tutorial. Learn more at livingarts.org.
Photo courtesy of Living Arts

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

• ALERT •
***Please note: This information is correct to the best of our knowledge. However, please always check with the event organizer ahead of time to confirm details, as information could change due to COVID-19 or other factors.**

November 1 Sunday

SCALE MODEL GINGERBREAD BUILDING CONTEST: VIRTUAL COMPETITION! [FREE]
Tulsa Regional STEM Alliance invites you to participate in the 2020 Virtual Scale Model Gingerbread Building Competition powered by Tulsa Tech! and presented in partnership with AIA of Eastern Oklahoma and TCCL. Registration is required. Register at tulsastem.org/gingerbread-building-competition. Deadline for submissions is Saturday, Dec. 5 at 11:59 p.m. Start early! Perfection really does take time. This wonderful, dynamic, artistic and architectural process will take longer than you think it will. Up to 30 scale model gingerbread entries will be accepted. This competition is for all ages, from elementary to professional. The gingerbread buildings will be grouped according to division. Divisions include: Elementary, Middle School, High School, College, Amateur and Professional. Cash prizes in all categories will be awarded this year. The top three structures in each division will receive: first place, $100; second place, $50; and third place, $25. Community favorite, decided by reactions on Facebook posting, will receive a $100 cash prize. Visit tulsastem.org/gingerbread-building-competition for more information.

November 2 Monday

HOLIDAY HOPE NOTES [FREE]
The Arc of Oklahoma is collecting Hope Notes for individuals with disabilities from November 1-13. Mail or drop off your Holiday Hope Notes by Nov. 13th to:
The Arc of Oklahoma 2516 E. 71st St., Ste. A - Tulsa, OK 74136. ddadvocacy.net

BUILD A READER STORYTIME: BILINGUAL FOR BABIES & TODDLERS [FREE]
Enjoy stories, songs and activities in English and Spanish. Join here: www.facebook.com/tulsalibrary. // Cuentos, canciones y actividades en inglés y español.

November 3 Tuesday

NATIONAL ELECTION DAY
If you haven't already – don't forget to vote! Get information at ok.gov/elections.

ELL CONVERSATION CIRCLES [FREE]
Practice your English speaking and listening skills in this fun and friendly Zoom class. Contact the Adult Literacy Office to register: 918-549-7400 or literacy@tulsalibrary.org. For adults. Meets Mondays, Nov. 2, 9, 16, 30 , 1-2:30 p.m.; Tuesdays, Nov. 3, 10, 17, 3-4:30 p.m.; Wednesdays, Nov. 4, 18, 10-11:30 a.m.

YOGA FOR EVERY BODY [FREE, W]
Join Tulsa City-County Library via Facebook Live for a free beginner-friendly yoga class taught by certified yoga instructor Christine Von de Veld. To access this class, visit TCCL's Facebook page: www.facebook.com/tulsalibrary. For all ages.

November 4 Wednesday

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. discoverylab.org

CRAFT: DAY OF THE DEAD [FREE]
Follow @livingartsoftulsa on social media for instructions on making a Day of the Dead craft! livingarts.org

November 5 Thursday

CELEBRATE: NATIONAL DOUGHNUT DAY
Dough, or dough-nut. Butchered Star Wars quotes aside, Tulsa is home to some fabulous doughnut shops! Which is your favorite?

BUILD A READER STORYTIME: FAMILY [FREE]
Tune in for this real-time birth-5 storytime! Enjoy simple songs and books for little ones and more interactive stories and activities for older children. Join here: www.facebook.com/tulsalibrary. Can't make it live? We'll save the videos on our Facebook page

for your children to enjoy later! Also meets November 4, 12, 18, 19 and 25, 10:30-11 a.m.

November 6 Friday

PRESERVING FAMILY HEIRLOOMS [FREE]
Join Gilcrease Museum via Facebook Live Friday, Nov. 6 at noon for a conversation with Veronica Pipestem, Librarian/Archivist at Gilcrease Museum, and cultural heritage preservation consultant Rebecca Elder as they discuss how to best preserve your family heirlooms. 12 p.m. facebook.com/gilcreasemuseum

TEEN HANGOUT [FREE]
Visit each other virtually on Zoom. Participants will play games and master trivia questions. Contact heather.lozano@tulsalibrary.org for the Zoom link. For ages 12-18. 5-6 p.m.

ARTS IN THE AIR: TULSA YOUTH OPERA & TULSA CABERET PERFORMERS [FREE]
The Tulsa PAC Trust and Williams Companies are proud to bring local art back to Tulsa with Arts in the Air. Every Friday and Saturday evening through November 14, a different group of local and regional entertainers will put their incredible talents on display at the Williams Green, located just west of the PAC. Each event will be free to the public. Some seating will be provided, but feel free to bring your own seating with you. In order to keep these events as safe as possible, please understand that all attendees must practice social distancing and wear a mask. On Friday, November 6, enjoy performances by members of the Tulsa Youth Opera and Tulsa Caberet. Tulsa PAC, 110 E. 2nd St., 7 p.m. tulsapac.com

November 7 Saturday

MERMAID DAY
Mermaid Days are back at the Oklahoma Aquarium! Take an enchanted trip to the aquarium with mermaid-themed goodies, scavenger hunts, and decorations. From 10 a.m. - 12 p.m. and 2 p.m. - 4 p.m., you can even meet a mermaid all while surrounded by our beautiful aquatic life. Included in general admission. Repeats November 21. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 am.-5 p.m. okaquarium.org

MEADOW GOLD MARKET DAY [FREE]
The Route 66 Commission is promoting a Shop Saturday 66 campaign on the
first Saturday of every month, beginning Sat., Nov. 7, 10 a.m. - 3 p.m.
Buck Atom's, Decopolis and Sky Gallery, located at 1401 E. 11th Street,
will have special activities for the day, including local artists selling their works in front of Sky Gallery.

SINGALONG SATURDAY
Enjoy a performance by Hot Toast Music Co. LIVE in the Philbrook Gardens! Philbrook Museum, 2727 S. Rockford Rd., 10-11:30 a.m. Advance tickets required. philbrook.org

ARTS IN THE AIR: CLARK YOUTH THEATRE [FREE]
The Tulsa PAC Trust and Williams Companies are proud to bring local art back to Tulsa with Arts in the Air. Every Friday and Saturday evening through November 14, a different group of local and regional entertainers will put their incredible talents on display at the Williams Green, located just west of the PAC. Each event will be free to the public. Some seating will be provided, but feel free to bring your own seating with you. In order to keep these events as safe as possible, please understand that all attendees must practice social distancing and wear a mask. On Friday, November 6, enjoy performances by members of Clark Youth Theatre. Tulsa PAC, 110 E. 2nd St., 7 p.m. tulsapac.com

November 8 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR.



Sweet! Tulsa Regional STEM Alliance is partnering with Tulsa City-County Library and others to host a Scale Model Gingerbread Building Contest, November 1-December 5. Learn more at tulsastem.org/gingerbread-building-competition.

November 9 Monday

TO-GO ACTIVITY KITS: PUPPETEER KNIGHTS [FREE]
Hear Ye, Hear Ye! Get to work on decorating your own puppet theater and medieval minipuppets! Write your own play script or perform "A Sword in the Stone" from a King Arthur colorable minibook. Stop by the Judy Z. Kishner Library (10150 N. Cincinnati Ave., Sperry), to pick up your kit while supplies last. Watch a preview for this kit on the library's Facebook
page: www.facebook.com/judyzkishnerlibrary. For preschoolers to elementary students.

TO-GO ORIGAMI CRAFT KIT [FREE]
Stop by the Brookside Library (1207 E. 45th Pl.) to pick up an origami kit while supplies last. Make lucky stars, a paper crane and more! For ages 10-18. tulsalibrary.org

November 10 Tuesday

MEET AUTHOR BEN GUTERSON [FREE]
Chat with author Ben Guterson about his book "Winterhouse," a mystery filled with puzzles and magic! Register at www.tulsalibrary.org/events with your email address to receive the Zoom link. For tweens. 6-7 p.m.

November 11 Wednesday

TULSA VETERAN'S DAY PARADE [FREE]
Celebrate and honor our service members at the Tulsa's annual Veteran's Day Parade. Tulsa VFW Post 577, 1109 E. 6th St., 11 a.m. tulsaveteransdayparade.com

CRAFT: DAY OF THE DEAD [FREE]
Follow @livingartsoftulsa on social media for instructions on making a Day of the Dead craft! livingarts.org

VETERAN'S DAY: FREE ADMISSION FOR VETERANS AT OKLAHOMA AQUARIUM
Veterans receive free admission to Oklahoma Aquarium with proof of military of veterans I.D. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m. okaquarium.org

DANCE & SING ALONG
Every second Wednesday 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. discoverylab.org

November 12 Thursday

HOMESCHOOL AND DISTANCE LEARNING DAY AT OKLAHOMA AQUARIUM
Homeschool students and educators are invited to visit for day of special activities and discounted admission. Student admission (3-17 yrs) - $7 plus tax Adult admission (18+) - $10 plus tax *Note: admission will not be limited to homeschool day attendees; we will remain open for field trips and public admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m. okaquarium.org

November 13 Friday

TRUTH TO POWER: A.J. SMITHERMAN, THE TULSA STAR, AND THE ROLE OF BLACK-OWNED MEDIA [FREE]
Join Philbrook in kicking off the museum's year-long partnership with Tri-City Collective in a panel exploring the rich legacy of Black-owned media in the United States, and how writers, publishers, and artists today imagine media's future. This event is virtual and will be hosted over Zoom. Tickets are free, but pre-reserved tickets are required! Reserve your tickets in advance online or by phone: 918-748-5300. philbrook.org
November 14 Saturday

HARVEST WEEKEND SECOND SATURDAY: HARVEST TOGETHER
Every Second Saturday, Philbrook offers creative activities for families! This month, celebrate harvest season and the Philbrook Victory Garden. Activities will include hands-on artmaking and harvesting, storytime, live music and more. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-2 p.m. Museum closes at 5 p.m. Advance tickets required. philbrook.org

NATIVE CULTURE ARTS [FREE]
Tune in to enjoy Native American Arts on TCCL's YouTube channel: www.youtube.com/TulsaLibrary. Featured artists are: 10 a.m., Cherokee baskets presented by Choogie Kingfisher; 10:30 a.m., beading medallions presented by Robin Tiger; and 11 a.m., Plains Indian sign language presented by Mike Pahsetopah. For all ages.

November 15 Sunday

SUNDAY FAMILY NATURE WALK [FREE, ONLINE]
Go to gatheringplace.org/events for a fun nature-themed activity you can do at home or at the park all month long! According to their website "These fun, family activities will spark your observational and critical thinking skills, as well as help you develop an eye for detail."

I LOVE TO WRITE DAY
I Love to Write Day was founded by author John Riddle, a non-fiction and self-help writer, to get kids writing in schools and encourage adults to rekindle an old dream. Visit Tulsa Botanic Garden on November 15 for your own "I Love to Write" experience (writing prompts and materials provided). If you're a NaNoWriMo (National Novel Writing Month) author, join us for outdoor inspiration and up your word count surrounded by nature. Free with admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 1-4 p.m. tulsabotanic.org

November 16 Monday

TINY ART VIRTUAL CAMP *REGISTRATION DEADLINE NOVEMBER 2
Create small artwork in a variety of media with tiny artist extraordinaire Sarah Bowen! This class will be taught virtually over Zoom and is perfect for homeschool families or distance learning families looking to add art and creativity to students' curriculum. Meets Monday-Friday, November 16-20. 1-2 p.m. (5-7 year olds) or 2:30-3:30 p.m. (8-10 year olds). Register by November 2 at ahhatulsa.org/classes/virtual-art-camp-tiny-art.

November 17 Tuesday

BUILD A READER STORYTIME: BILINGUAL FOR PRESCHOOLERS [FREE]
Enjoy stories, songs and activities in English and Spanish. / Cuentos, canciones y actividades en inglés y español. Join here: www.facebook.com/tulsalibrary. 10:30-11 a.m.

SIT & SKETCH: DRAW-ALONG [FREE]
Try your hand at different illustration styles and techniques with a virtual draw-along. Step-by-step templates of our monthly episodes are also available here: www.facebook.com/tcclprattlibrary. For ages 5-18. 4-4:30 p.m.

STAR NIGHT: METEOR SHOWER
Enjoy the Garden at night! Bring chairs or blanket to spread out on the lawn and look up at the night sky. A telescope will be set up at the top of the Tandy Floral Terraces, with Garden staff on hand to facilitate viewings of stellar, planetary and deep sky objects. The Leonid meteor shower will peak around Nov. 17 and the moon will be only 5% full.
Ages 3+ are $10 per person for Garden members and $15 per person for non-members. Tickets limited and must be purchased in advance. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7-10 p.m. tulsabotanic.org

November 18 Wednesday

SCIENCE DEMO
Enjoy a scientific demonstration at Discovery Lab on the third Wednesday of each month! Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

CRAFT: DAY OF THE DEAD [FREE]
Follow @livingartsoftulsa on social media for instructions on making a Day of the Dead craft! livingarts.org

DISMANTLING RACISM: NATIONAL DAY OF MOURNING [FREE]
Join OSU-Tulsa professor Quraysh Ali Lansana, TulsaKids Editor Betty Casey and members from the Tulsa community for a Facebook Live discussion about the National Day of Mourning: What You Don't Know About Thanksgiving. Watch the discussion at facebook.com/tulsakidsmagazine, and feel free to ask questions in the comment section throughout. This is part of a monthly series. 12 p.m.

November 19 Thursday

CELEBRATE: NATIONAL PLAY MONOPOLY DAY
According to nationaldaycalendar.com, Monopoly has been played by an estimated 500 million people since 1935. Wow! Even if you don't have a copy of this classic game, you can still host a Family Game Night!

IT'S A WONDERFUL LIFE IN BROKEN ARROW [FREE]
Broken Arrow is kicking off the holiday season! The city will be turning on holiday lights, opening the ice rink, providing pictures with Santa, food and live music. Safety guidelines will be implemented. Broken Arrow Rose District, 6-8 p.m. rosedistrict.com

November 20 Friday

JBF TOY AND HOLIDAY SALE [FREE]
Do your Christmas shopping at Just Between Friends! You'll find more than 100,000 name-brand items at 50-90% off retail. Presale is November 19, 12-9 p.m. Sale dates are November 20-21, 10 a.m.-7 p.m. and November 22, 10 a.m.-5 p.m. Rhema NRC, 1025 W. Kenosha St., Broken Arrow, ba.jbfsale.com

FANDOM FRIDAY TRIVIA: JANE AUSTEN [FREE]
Think you know your Pride from your Prejudice? Your Sense from your Sensibility? It's a truth universally acknowledged that a Jane Austen fan in possession of a Friday evening must be in want of a trivia night! Test your knowledge on all things geeky. Register at www.tulsalibrary.org/events to receive a Zoom meeting invite. Questions? Contact Rebecca.Harrison@tulsalibrary.org. For adults. 6-8:30 p.m.

November 21 Saturday

STUDIO SATURDAY WITH KRISTIN GENTRY
Pick up a kit designed by Kristin Gentry, a registered artist of the Choctaw Nation of Oklahoma, which you can create either at Philbrook or take home. Advance tickets required. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m. philbrook.org

November 22 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

November 23 Monday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Join here: www.facebook.com/tulsalibrary. 10:30-10:50 a.m. Also occurs November 9 and 16.

November 24 Tuesday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

November 25 Wednesday

MOVE IT!
Move to music, play a game, and read a book! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. 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. discoverylab.org

November 26 Thursday

VON FRANKEN FAMILY FOOD RUN [FREE]
The Von Franken Family Food Run is an annual tradition presented by the Tulsa Running Club. It is a 5K run/walk that the whole family can enjoy. There is no entry fee, but attendees should plan to bring a bag or two of nonperishable food items, which will be donated to the Salvation Army. Sapulpa Furry Friends will be on-site collecting pet supplies as well. River West Festival Park, 2100 S. Jackson Ave., Tulsa, 9-11 a.m. tulsarunningclub.com

November 27 Friday

GARDEN OF LIGHTS
Reconnect with family and friends in the garden illuminated with colorful lights. Make s'mores over fire pits, enjoy holiday music and take in the spirit of the season in Tulsa Botanic Garden's magical garden escape. Warm drinks, cash bar and s'more kits are available every night for purchase.
Train rides are Thursdays, Fridays and Saturdays, and Dec. 21-23, 5-9 p.m. on the peninsula. (Note path to peninsula is not accessible)
TICKETS: $15 for ages 13+, $5 for ages 3-12. Children 2 and under are free.
Garden member discounted tickets are $10 for ages 13+; $5 for ages 3-12. Tickets are limited and advance purchase is required.
Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-9 p.m. Repeats every Thursday-Sunday, Nov. 27-Jan. 3, with additional dates Dec. 21-23. Closed Dec. 24 & 25. tulsabotanic.org



Shop local for the holidays on Route 66! The Route 66 Commission is hosting Meadow Gold Market Day on November 7. Visit Decopolis, Buck Atom's Cosmic Curios and The Sky Gallery for a unique gift ideas and an open-air market featuring local artists. facebook.com/decopolis66

November 28 Saturday

EXPLORE THE FLORA [FREE]
Explore the native flora found at Oxley Nature Center, 6700 Mohawk Blvd. This event is free, no registration required. 10:30 a.m.-12 p.m. oxleynaturecenter.org

CELEBRATE: SMALL BUSINESS SATURDAY
Support the local businesses that help make Tulsa and the neighboring communities unique!

November 29 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

November 30 Monday

BUILD A READER STORYTIME: BILINGUAL/INFANT & TODDLERS [FREE]
Enjoy stories, songs and activities in English and Spanish. Join us here: www.facebook.com/tulsalibrary. // Cuentos, canciones y actividades en inglés y español.



BY NATALIE HANSON

reading aloud together for the win

It has been a year of boxes left unchecked by everyone. School, jobs, events, trips. All cancelled or left looking different from what was expected. With all of this change, it is easy to be left with a sense of dissatisfaction. Recently, something said by a friend at my book club sparked an idea for a surprisingly simple way to combat this feeling of defeat, and to claim a victory for your year.

While we sat around sharing the books we were currently reading, she proclaimed, "We read *Return of the King* together, just to make sure we had a win this year." I loved that! The idea that just by finishing a great book, we could absorb rich language and have an immersive experience together! This was something the pandemic had not been able to take away. It reminded me of why I love running. I feel like once I run, those are my miles. They are finished and no one can take them away. Once you read a book, that experience is yours. Contemplating the power of a book well-read led me to research the advantages of reading aloud to each other. It turns out, there are quite a few. In Sarah Mackenzie's book, *The Read Aloud Family*, she delves into the many benefits of the read-aloud experience, among which are an elevated language and vocabulary experience you do not get from everyday conversation or most likely your favorite television show.



CREATE A BOOK CLUB CULTURE IN YOUR FAMILY BY READING ALOUD.

There is also the ability to grow what Mackenzie refers to as a "book club culture" in your home. I connected with this concept because something I try to instill in my children is being purposeful about keeping their conversations elevated to ideas, not to complaints or other people. What could be a more natural way to facilitate this, especially right now, then a shared experience getting to know characters and situations right from your living room that bond you together and offer plenty of healthy conversation material?

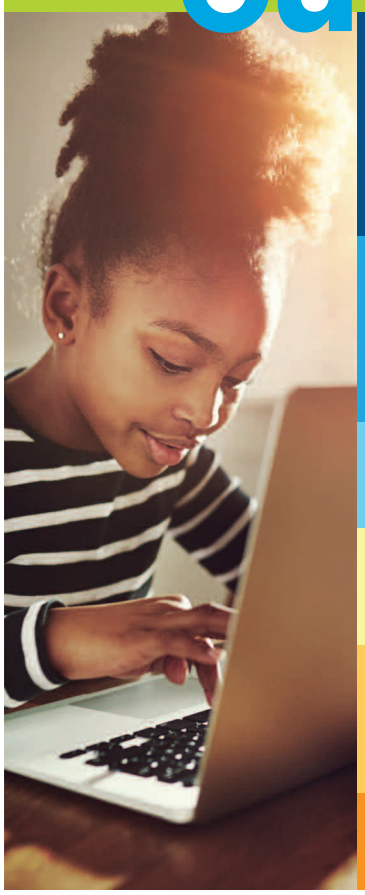
Another point I appreciated in the book was her explanation that when it's broken down, the effort needed to reap the benefits of reading aloud are quite small. The author advocates for finding ways to make this experience as laid back and easy as possible. Especially being pregnant, the idea that I could accomplish something valuable with a bare minimum of effort had me all ears! A few minutes a day adds up quickly and over time you have built a beautiful investment in your children and your home. I dare you to read this book and not feel inspired to stop everything, plop down on the sofa, and read quality literature to your family.

Wilhelmina and I have been reading the Little House series together in preparation for a trip to the Little House Museum in Kansas. Little House gets mixed reviews as a read aloud, but we've been taking it in small bites and it's been a pleasure. On one occasion, when my children realized how close some of these stories took place, they were led down a fabulous rabbit hole of thinking about what was built and happening right in the spot where we were sitting and reading the book during the time of Laura Ingalls Wilder.

In my quest for a way to "win" 2020, I might have discovered the panacea the world is looking for right now. Maybe it is simply reading aloud. For the win.

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BY NANCY A. MOORE

Kendra Morgan – providing help and hope to struggling kids and families

For Kendra Morgan, starting the non-profit Building All Children (BAC) was a team effort with her family close by her side. Her idea for the non-profit married her educational background in Family Relations and Childhood Development and her servant's heart for helping kids who are struggling to learn. Her small start six years ago led to exponential growth in size and reach. To date, BAC has helped thousands of children throughout the Tulsa area. And, despite the pandemic, the program has adapted and continues to expand in a time when it is needed more than ever.

A quick tour of the facility where BAC is housed revealed a warm and welcoming environment focused on development and encouragement. During our visit, Morgan shared why she felt called to start this organization and how this resource has been a blessing to so many.

TK: Tell us about yourself?

KM: My husband and I met in college and have three kids. I love my family and am crazy about my kids. My family comes first, so that is why it was so important to have my family's blessing and support when I started Building All Children. My greatest fear was starting something and not having support – as I quickly learned, the support and funding needed to sustain the organization fell into place.



BUILDING ALL CHILDREN DRIVE THROUGH EVENT.

TK: What is your educational background?

KM: My undergraduate degree is in Family Relations and Childhood Development and a Master's in Early Childhood Education. I am a Child Development Specialist (CDS) and a Certified Child and Parenting Specialist (CCPS).

TK: What is your inspirational word of 2020?

KM: My favorite word has always been "build" – because it never stops, it is on-going. Building is development – that's why I chose Child Development as a major in college. Building is learning, adapting and growing.

TK: Why did you decide to start Building All Children?

KM: I came from a great family – very loving and supportive.

Although they tried to help me, I personally struggled in school my entire life. I hated school; worked hard, and just couldn't seem to get it. My tummy hurt all week during school and it stopped on Friday when I was able to leave. My outlet was basketball – I was a good player and I loved competing. After finishing high school, I wanted to pursue college and play basketball, but wasn't equipped academically or ready to go to college. After much prayer, the Lord said, "Trust me and go." And I did - on a basketball scholarship at Northern Oklahoma College (NOC)! It wasn't until I was in college at NOC that a professor was able to assess me and attribute my struggles to my learning style. He told me that my visual skills were off the chart, but I had been taught in an auditory learning environment. It was a light-bulb moment – I learn differently! I quickly got help from a specially trained educator who turned all my notes into pictures. And then my brain got it! Once I was able to retrain my brain, learning became so much fun. I want to give families hope from my story.

TK: What is Building All Children?

KM: We assess, resource and empower children and their families to build each child's development and individual learning style. It helps children reach their full potential by identifying learning and development obstacles and what resources to utilize that will help them overcome and grow. By providing tools to help build development at home or suggesting community resources, like speech pathologists, therapists, classes, workshops, families realize that they don't have to struggle alone.

TK: Can you share some free resources BAC offers that the community can take advantage of:

KM: We offer Building Readers, a program serving children ages 6-12 for children who struggle with reading and comprehension; Weekly Developmental Playgroups; Teacher Workshops; and Talking is Teaching - implemented by the George Kaiser Family Foundation, a monthly program of family education on specific childhood topics – every family leaves with a new book. We also coordinate a Moms and Mentors program that provides on-going support and encouragement, and we work closely with local churches to help them serve their children and families.

TK: Who can utilize BAC? What is the cost?

KM: Everyone qualifies, regardless of the child's level of development or family's financial situation. We can work with any child from birth to age 12. The children fall under sponsorship and our monthly donors and church partnerships help pay for the services. We do ask the family to donate $100 to sponsor the next family (provided they can afford to do so). This helps the family focus on the next child and give back.

TK: How has Covid-19 impacted the organization? How have you adapted?

KM: Covid was extremely disruptive and we had to be very creative and revamp our program, but we never stopped serving. Like the rest of the world, we had to go virtual. Zoom meetings and virtual speakers became the norm. For example, we had "Wake Up with BAC" where our staff member, Lauren, would host a virtual playgroup with dancing and singing. One popular virtual group gathering was a Developmental Question and Answer time with a different professional every other week. That grew tremendously and is still very popular and one we are looking at continuing. We were also able to host drive-thru playgroups. We are now slowly transitioning from being all virtual to in-person and that is a true blessing. Children need developmental and emotional interaction and the parents are enjoying it, too.

TK: Can you share a story of success from your program?

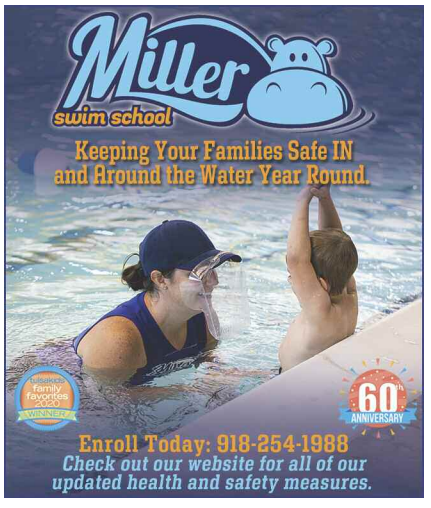
KM: There are so many wonderful stories! I can tell you that parents are hopeful after visiting with us – hopeful for their children and happy to finally be getting the support and encouragement that they so desperately needed. One parent shared with me that she didn't fully understand her son's diagnosis and didn't understand his sensory aversion. After sharing why wearing headphones would help her son in certain situations to cancel out noise and distractions, her son ate with the family at the dinner table for the first time ever while wearing the headphones.

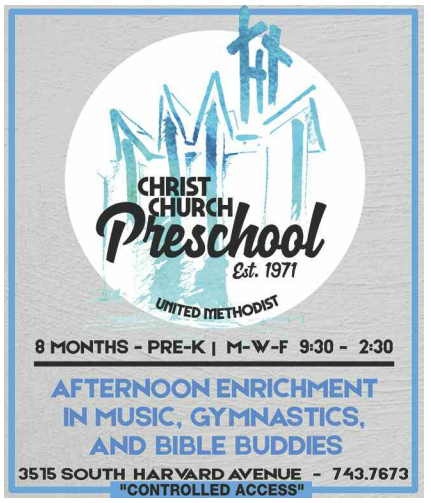
TK: What message do you have for parents who are thinking about reaching out to BAC?

KM: Parenting is hard. You are not alone – we can be in this together. Our program provides coaching, guiding and supporting families, and it is worth your time to have your child assessed if you feel like they are struggling or falling behind. A child's early developmental years are important: 90 percent of brain development happens before a child turns 5 years old. Research also showed that 44 percent of parents waited a year to receive services for their child after acknowledging their child had a serious problem. These are significant statistics! Families don't have to wait. The majority of children we see are in the 3- to 5-year-old range and there is still time to work on vital brain development.

TK: What's coming up for you and/or the organization?

KM: We are having a Family Game Night fundraiser on November 8 where community members can get involved and support BAC. We desire for families and friends to come together, learn about our program and see how, together, we can change lives. To purchase the Family Game Night Box or make a donation - specific sponsorship levels are available - visit buildingallchildren.org









BY NATALIE MIKLES

sweet treats for thanksgiving – or any day

If we've ever needed a little extra sweetness at Thanksgiving, it's now.

Many of us will be spending Thanksgiving away from family this year. Some families who normally have houses packed with friends and relatives will opt for a smaller scale. And beloved grandparents who would normally leave their assisted living centers for the day will be greatly missed.

The thanks we give this year will be sincere. Kids will give thanks for their favorite stuffed animals and pets, and parents will give thanks for family and health. The gatherings may be smaller, but the love will be there as families reflect on an unprecedented year.

I have a lump in my throat thinking about our family Thanksgiving, which will be much smaller. I will terribly miss my aunt and uncle, cousins and grandmother. We may get together for dessert via Zoom, but I'll miss drying dishes side by side with my aunt and joking with my cousin about being too old for the kids' table.

One thing we won't be missing out on is dessert. I plan on making extra this year, so along with pumpkin and pecan pies, we will also have a pecan pie cake, pumpkin bars and maybe even some butter pecan fudge.



It's the flavor of pecan pie in an easy-to-make cake. It's a great recipe for kids to help make, and older children can make it by themselves, with help getting it in and out of the oven from an adult.

PECAN PIE CAKE

- 1 box yellow cake mix
- 4 large eggs
- 1 stick butter, melted
- 1 1/2 cups light corn syrup
- 1/2 cup dark brown sugar, packed
- 1 teaspoon vanilla extract
- 1 1/2 cups chopped pecans

1. Preheat oven to 350 degrees. Lightly coat a 9-by-13-inch baking dish with butter or nonstick cooking spray.

2. Place the cake mix, 1 egg and the melted butter in a large mixing bowl. Beat with an electric mixer at medium speed until well blended, about 2 minutes. Place 2/3 cup of the batter in a medium bowl and set aside.

3. Spread the remaining batter in the baking dish, and bake until just lightly browned, about 15 minutes.

4. While the crust is cooking, add the remaining 3 eggs, corn syrup, brown sugar, vanilla and pecans to the reserved batter, and mix with an electric mixer at medium speed until well combined, 1 to 2 minutes.

5. Pour the filling on top of the crust and bake until set in the center, 50 to 60 minutes. Allow to cool completely before serving.

A layer of cream cheese on the bottom is a delicious surprise when biting into this pumpkin pie. And a layer of cardamom-spiced whipped cream makes it extra special.

PUMPKIN CREAM PIE

- 1 (9-inch) unbaked pie crust

Cream Cheese Layer:

- 1/3 cup sugar
- 1 (8-ounce) package cream cheese, softened
- 1/2 teaspoon vanilla
- 1/4 teaspoon ground cardamom
- 1 large egg

Pumpkin Layer:

- 3/4 cup firmly packed brown sugar
- 2 large eggs, beaten
- 1 (15-ounce) can pumpkin
- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup half and half

Topping:

- 1 cup heavy whipping cream
- 2 tablespoons firmly packed brown sugar
- 1/4 teaspoon ground cardamom

1. Heat oven to 375 degrees. Place pie dough into 9-inch pan, fluting edges. Place in refrigerator until filling is ready.

2. Beat sugar, cream cheese, vanilla and 1/4 teaspoon car-

continued next page

damom at medium speed in bowl until fluffy. Add 1 egg and continue beating just until combined. Spread mixture evenly into crust.

3. Combine 3/4 cup brown sugar, 2 eggs, pumpkin, flour and pumpkin pie spice in bowl. Gradually stir in half and half. Carefully spoon pumpkin mixture over cream cheese layer in crust.

4. Cover edge of crust with 2-inch strip of aluminum foil. Bake 30 minutes. Remove foil. Continue baking 30-40 minutes or until knife inserted in center comes out clean. Cool on cooling rack 2 hours. Refrigerate at least 2 hours or until serving time.

5. Beat whipping cream, 2 tablespoons brown sugar and 1/4 teaspoon cardamom at high speed in bowl until stiff peaks form. Spoon or pipe whipped cream onto pie.

A friend gave me this recipe, her family's favorite for the holidays.

BUTTER PECAN FUDGE

- 1 teaspoon plus 1/2 cup butter, cubed
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 1/2 cup heavy whipping cream
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups sifted confectioners sugar
- 1 cup coarsely chopped pecans, toasted

1. Line an 8-inch square pan with foil; grease foil with 1 teaspoon butter.

2. In a large heavy saucepan, combine remaining butter, granulated and brown sugars, cream and salt. Bring to a rapid boil over medium heat, stirring constantly. Cook, without stirring, until a candy thermometer reads 234 degrees. (This is the soft-ball stage). Remove from heat. Add vanilla to pan (do not stir).

3. Cool, without stirring, to 110 degrees, about 30 minutes. Beat with a spoon until fudge just begins to thicken. Gradually stir in confectioners' sugar until smooth; add nuts and continue stirring until fudge becomes very thick and just begins to lose its sheen. Immediately spread into prepared pan. Cool.

4. Using foil, lift fudge out of pan. Remove foil; cut fudge into 1-inch squares. Store between layers of parchment paper in an airtight container.

These bars look pretty when cut and placed on a tray. It's a good alternative for those who don't love pie.

PUMPKIN BARS

Makes 48 bars

- 1 1/2 cups sugar
- 3/4 cup butter, softened
- 1 (15-ounce) can pumpkin
- 4 large eggs
- 2 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

Frosting:

- 3 cups powdered sugar
- 1/3 cup butter, softened
- 3 ounces cream cheese, softened
- 2 to 3 tablespoons milk
- 1/2 cup chopped pecans

1. Heat oven to 350 degrees. Combine sugar, 3/4 cup butter, pumpkin and eggs in bowl. Beat at medium speed, scraping bowl often, until well mixed. Add flour, baking powder, baking soda, salt and cinnamon; beat at low speed, scraping bowl often, until well mixed.

2. Pour into 15x10x1-inch ungreased baking pan. Bake 30-40 minutes or until toothpick inserted in center comes out clean. Cool completely.

3. Combine all frosting ingredients except milk in bowl. Beat at medium speed, gradually adding enough milk for desired spreading consistency. Frost cooled bars. Sprinkle with pecans. Cut into bars.





During the pandemic, it is more important than ever to support local business! Here are some local favorites ready to serve your family.

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BY BETTY CASEY

Shawna Mott-Wright: another educator running for state office

Fred up about the perennial lack of funding for public education, teachers across the country not only walked out, but also stepped up to run for public office in 2018. Oklahoma was no exception and elected several teachers in both parties to the state House and Senate in 2018, growing the education caucus from nine to 25 members.

This year, Shawna Mott-Wright, veteran teacher and current president of Tulsa Classroom Teachers Association (TTCA) is running in District 39 for many of the same reasons that teachers ran two years ago.

Mott-Wright, who spent 16 years teaching speech, debate, drama and English says she follows in her mother's footsteps, who taught for 38 years at Webster High School.

"I'm proud to say that I attended TPS all my life and both of my children currently do, too," she says.

Six years ago, she was elected to serve as TCTA Vice President and is now TCTA President. While she misses the classroom, Mott-Wright says that being a voice for educators has been worth it.

"You can't advocate for students without also advocating for teachers," Mott-Wright says, "because teachers' working conditions are students' learning conditions."



As a teacher, negotiator and advocate, Mott-Wright says she has honed the skills necessary to be a good legislator.

"The only way to truly serve people is to first listen to their needs and wants," she says.

Mott-Wright believes that teachers and schools need additional funding because current funding remains at 2008 levels.

"Think about that," she says. "So much has changed in 12 years, including technology, new jobs and careers that didn't exist, and increases in the cost of everything from gas for the busses to books in the library. Public education is Oklahoma's path to economic prosperity."

Mott-Wright is also concerned about the teacher shortage in Oklahoma. While teacher pay has increased, she says that legislators also need to look at problems such as student loan debt and lack of family health insurance that keep teachers for entering the profession.

Vouchers are another drain on public education, and Mott-Wright says she is strongly opposed to them.

"Our public schools are underfunded as it is; we can't afford to send any of their funding to private schools," she says. "Over 90 percent of Oklahoma children attend public schools, so that's where we need to direct our tax dollars. It's important that the voters of State District 39 know that their current senator has been leading the effort to pass vouchers in the state legislature. For the past two years, he has authored legislation that would divert millions from public education by way of tax credits for wealthy donors to private schools. I'm confident that does not reflect the views of this district."

Besides education, Mott-Wright is concerned about the pandemic's toll on small businesses in the state.

"Our state elected officials should be working in cooperation with federal officials to assist businesses with additional payroll protection measures," she says. "My dad was a small business owner in Tulsa. He taught me about the importance of getting a good return on your investment. That includes both investing in the right things and investing enough. Oklahoma's biggest obstacle is that for decades we simply have not been making good investments."

She points out that making investments in education and jobs, while working toward criminal justice reform, will help lower crime rates and improve quality of life for Oklahomans.

Health care is another area where Mott-Wright says smart investment can yield long-term benefits for Oklahomans.

"Oklahoma is second only to Texas in the percentage of our state that is uninsured," she says. "Too many Oklahomans go without seeing a doctor when they're sick because they can't afford it. I see this as both a moral and an economic problem for our state. It's also a problem that costs taxpayers a lot on the back end, but would cost us far less if we'd work on insuring more Oklahomans on the front end."

Mott-Wright was motivated to run for office because she says her opponent vowed to be an advocate for public education and vowed to oppose vouchers. "Neither of those turned out to be true. Our families deserve a senator who brings legislation to bolster our educators in the classroom, not erode the funding our children so desperately need."

For a 2020 Election Guide, go to The League of Women Voters' of Metropolitan Tulsa site, https://lwvtulsa.org, to research the issues and the candidates in the 2020 election.

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when advertisers were asked which medium offers the highest ROAS, which was the highest overall?

MAGAZINES.

THE MAGAZINE ROAS OF $6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF $3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF $2.43.

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)

THE PRINT MAGAZINE INDUSTRY IS GROWING

139 new print magazine brands with a frequency of quarterly or greater were introduced in 2019

(Samir "Mr. Magazine" ™ Husani Monitor 2020)

MAGAZINES REACH **PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS***

At a greater rate than newspapers, internet, radio or TV

** Household income $250K+*

(MRI-Simmons, Fall 2019)

compared to top tech sites **MAGAZINES** outperform reaching

WOMEN *AGES 18+*

(MRI Media Fusion)

PRINT READERS **REMEMBER MORE.**

- **PRINT STIMULATES** EMOTIONS AND DESIRES
- **PRINT IS PREFERRED** BY THE MAJORITY *(EVEN MILLENNIALS)*
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomas Research)

PMA
PARENTING MEDIA ASSOCIATION

tulsakids.com
What's Going On(line)?

CONTESTS + GIVEAWAYS
RENT OR MORTGAGE FOR A YEAR SWEEPSTAKES

From November 16-December 14, enter to win $15,000 that can be used toward your rent or mortgage payment! This is part of a national sweepstakes, but we would love to see a local winner! Details and link at tulsakids.com/contests.



JBF TOY & HOLIDAY SALE GIVEAWAY!

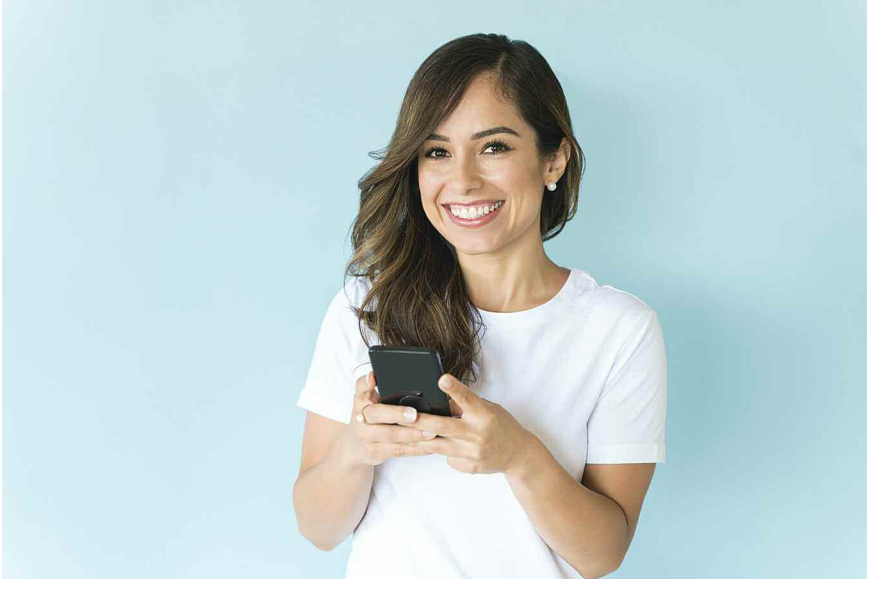
Stretch your holiday gift budget by shopping at Just Between Friends – and guess what? We're giving away not only 2 Diamond VIP Passes to JBF's Toy & Holiday Sale, but $50 in JBF bucks as well! Enter the giveaway from November 23-December 1. The VIP Passes are good for the December 3-6 presale. Find the entry link at tulsakids.com/contests and more details about the sale at facebook.com/jbfbrokenarrow



TULSAKIDS' HOLIDAY FAMILY FUN GUIDE

We're SO ready for holiday season! TulsaKids' Holiday Family Fun Guide brings you everything from arts and crafts, markets and gift ideas, local holiday events and more! Find it all at tulsakids.com/tulsakids-holiday-family-fun-guide.





DON'T BE A STRANGER!

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Also, join our Facebook group, TulsaParents, if you'd like to receive bonus community info, invitations to contribute to our magazine and to connect other parents in the Tulsa area.

I'M A TULSA KID

WORDS BY SHEEBA ATIQI





Illa Marangoni: Artist

The year 2020 has been a difficult one for everyone but 9-year-old Illa Marangoni, has taken her time in quarantine and used it as inspiration. This summer Scholastic held a contest to illustrate for J.K. Rowling's new book, The Ickabog, Illa has taken her time away from friends and school and used it as her muse to create a winning illustration.

TK: At what age did you start drawing?

Illa: I've been drawing for as long as I can remember. As a really little kid, around age 2 and 3, I didn't really like coloring books because I wanted to draw my own pictures and color them in. My mom says I would go through so much paper that way.

TK: What made you want to enter Scholastic's competition to illustrate for J.K. Rowling's The Ickabog?

Illa: Every summer, my family puts together a summer bucket list of fun activities, and entering this contest was on my list. I really love the Harry Potter series and I also love drawing, so this contest brought together two things that I really love.

TK: What was your inspiration behind the illustration?

Illa: I've always had close friends who are boys, and so I really related to Bert and Daisy's friendship. This year, one of my closest friends is homeschooling, and I really miss him. My picture of Bert and Daisy hugging shows how I think I'll feel when I see him again.

TK: How did you feel when you won?

Illa: We were having a family movie night and my mom and dad pulled me aside in my room during the middle of the movie. I thought I might be in trouble. When they told me the good news, I was like "Is this real?" and I made them show me the email. Truth be told, I almost fainted! Then, throughout the rest of the movie, I kept smiling, even during the sad parts.

TK: What did you learn from the experience?

Illa: I think this has been a really hard year for a lot of people. This has taught me to look for the positives that can come out of bad situations. I'm so happy that the proceeds from this book will go to help people struggling from the coronavirus.

TK: What advice do you have for other artists?

Illa: Keep trying – it takes a long time to make a good piece of art. The goal isn't always to win contests but to express yourself.

TK: What other hobbies do you have?

Illa: I love reading, spending time with animals, and writing stories and illustrating them. I also love hanging out with my Girl Scout troop and making pasta with my dad.

TK: What do you want to be when you grow up?

Illa: I haven't quite decided yet, but some options are a teacher of fourth grade, a veterinarian, or an art teacher. No matter what I do, I definitely want to be a dog owner.

TK: Who inspires you?

Illa: I've been reading a lot of Calvin and Hobbes and I really like how the words and pictures come together to create humor. Sometimes I try to draw my own comics, something that I think I'm getting a little better at. I'm also really inspired by my teachers. They worked so hard to give us a good education even in the middle of the pandemic. Last year, on top of all the extra work of making school available online, my teacher made really funny videos that would be the highlight of my day.

TK: What is a fun fact about you?

Illa: I take ninja classes and have learned to do a flip on a trampoline. I really love animals and got to foster a dog during the Coronavirus shutdown. I also have a pet hamster named Ginger who is adorable.

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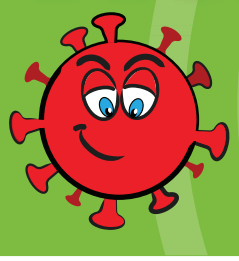


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