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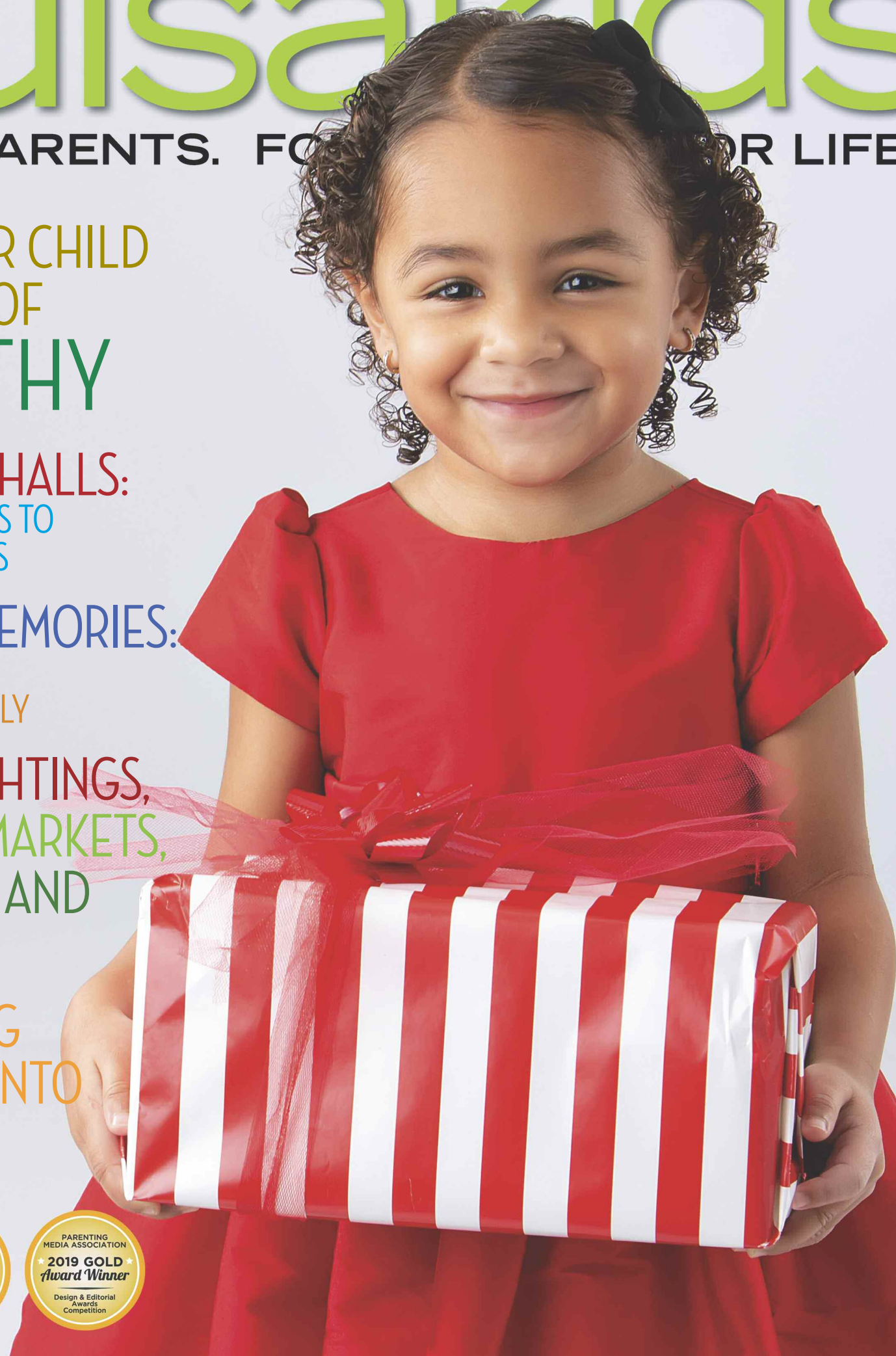
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December 2019

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editor's note

Putting Yourself in Another's Shoes

When my daughter was a child, her elementary school had a Valentine's Day secret admirer fundraiser where students could buy a flower with a note and have it anonymously put in another student's locker. My daughter's friend got a flower and was telling everyone how *she* had a secret admirer. I don't think my daughter got a flower. She did, however, tell me that she knew that her friend's flower came not from another student, but from the girl's dad.

"So, did you say anything?" I asked.

"No," my daughter said. "I didn't want to hurt her feelings or make her feel bad."

Those moments, when my children could understand – *empathize* – with another person were my proudest moments as a mom. They trumped any awards, accolades or external accomplishments.

Being able to understand another person's feelings, to walk in another person's shoes, takes maturity and a certain level of cognitive and emotional development. Often, it is easier to not show kindness to others or to respect their differences or to stand up for what's right. Empathy is critical for children to do any of the aforementioned.

Our cover story by Danielle Hill shows the important role that parents have in encouraging and supporting the development of empathy in their children.

Sharing favorite recipes is one way that my family shows love. Most of us love to cook, and we all certainly love to eat! Natalie Mikles' recipe column in this issue shares some holiday recipes that evoke love and memories. I was happy to see that Pistachio Christmas Salad was one of the recipes. My late mother-in-law used to make this every year, and the cousins lovingly named it "Green Slime." they loved it, and it had to be on the Casey family Christmas table. Someone in the family still makes it every year, and the now-adult cousins enjoy the memories of their grandmother entwined in that dish.

You will also find many more ways to make memories with your family in this issue, from light displays to ways to give to shows to places to find Santa.

May you and your family enjoy time together in whatever way is meaningful to you.

Betty Casey
associate publisher and
editor in chief





ON THE COVER: COVER KID WINNER KEAGAN WILLIAMS IS READY FOR THE HOLIDAYS IN A SUSANNE LIVELY DESIGNS DRESS PROVIDED **BY LOLLY GARDEN CHILDREN'S CLOTHING AT UTICA SQUARE**.

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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.

DECOPOLIS ON ROUTE 66

Tulsa artist William A. Franklin (who creates our TulsaRama cartoon each month) has plans to open DECOPLIS Curiosities & Wonders and TulsaRama! Art & Treasure of Tulsa at 1401 E. 11th Street in the spring of 2020.

The two-part store, DECOPOLIS Curiosities & Wonders, will have a "Steampunk-Art Deco" theme and is based on a story William is writing about a time-traveling scientist and explorer called "The Wizard of DECOPOLIS."

Franklin envisions his new project, which is next door to Buck Atoms, as a "must stop" Route 66 attraction for locals and tourists alike.

"I think of DECOPOLIS as a giant work of art and imagination that you can walk into and explore, while doing some shopping if you like!" Franklin said. "Ultimately I want DECOPOLIS to be more than just a store, I want it to grow to be an experience, an attraction!"



MEASLES WIPES OUT BODY'S IMMUNE MEMORY

A recent international study led by Harvard Medical School shows that having measles depletes a person's previous immunity, wiping out 20 to 50 percent of antibodies against an array of viruses and bacteria such as influenza, herpesvirus, and bacteria that cause pneumonia and skin infections.. The measles vaccine not only protects against measles but also protects from other infections over the long term. According to a summary of the study in Science Daily, "A measles-ravaged immune system must 'relearn' how to protect the body against infections. The findings underscore the importance of measles vaccination, suggesting those infected with measles may benefit from booster shots of all previous childhood vaccines."

PARENTS CAN INFLUENCE HOW CHILDREN VIEW PEERS' BEHAVIOR

Young children are more likely to behave aggressively if they think other children want to hurt them. Researchers investigated whether parents' explanations of how peers interact would help 4- to 6-year-olds interpret others' behavior with less hostility and behave less aggressively.

Research published in Child Development showed that parents could help their children perceive less hostility in their social worlds and behave less aggressively by framing social situations in a positive way. Source: *Society for Research in Child Development*

LOCAL RADIO MUSIC SHOW AWARDED GRANT

"Live From Cain's," the public radio music show at the crossroads of the American music and cultural experience, has received a $200,000 development grant from the Corporation for Public Broadcasting (CPB) to support the production of a seven-episode pilot season beginning in 2020. The development grant, approved by CPB in September and announced at a "Suds and Sounds" event supporting the show at the Marshall Brewing Company Tap Room on October 29, will be used to grow "Live from Cain's" from the concept stage to a viable music program for eventual national distribution within the public radio system. Funding from CPB and community sources will support show productions and research, as well as strategies for digital content and marketing.

The pilot radio series will follow the successful completion of the first-ever "Live From Cain's" pilot show, recorded May 29 at historic Cain's Ballroom and set to air on Saturday, November 30 at 4pm on KGOU 106.3/105.7 in Norman/Oklahoma City, and Sunday, December 1 at 8pm on KWGS 89.5 in Tulsa. The additional radio shows will also be recorded live at Cain's Ballroom, hosted by Grammy-nominated singer-songwriter Robbie Fulks. He will be joined by Tulsa musician Paul Benjaman, who will lead an all-star house band, the Oklahoma Specials, featuring a rotating lineup of homegrown talent from Grammy-nominated musician John Fulbright to pros such as Travis Linville, Paddy Ryan and Jeremy Watkins. For more information, go to www.livefromcains.com.

RENOWNED CHEF FEATURED AT GLOBAL GARDENS FUNDRAISER

Fiore Tedesco, owner and chef of the Austin restaurant L'Oca d'Oro, will bring his community-focused, from-scratch Italian concept to Tulsa on Friday, January 31, 2020. The family-style dinner will be served at The Silos event center in West Tulsa as part of GLOW, the second-annual fundraiser for Global Gardens, an organization promoting science and peace education through gardening in Tulsa area schools.

Rob McKeown, creative director of culinary pop-up concept Beautiful Rice , will curate the event, a rustic, light-filled and community-focused evening, featuring artisanal charcuterie, roasted meats, and hand-made pasta prepared by Chef Tedesco and his team, with help from Global Gardens' students. A pop-up Negroni Lounge will follow dinner, and farmhouse Italian cheeses from Boston's Formaggio Kitchen will conclude the evening, alongside Italian cookies and sweets.

Sponsorships for the event are available. Tickets will go on sale the first week of December.

Global Gardens was founded in Tulsa in 2007, with a mission to break the cycle of poverty and empower low-income students to become agents of change in their communities through inquiry-based science and peace education. For information, go to www.global-gardens.org

TCC OPENS $2.5M CHEMISTRY AND BIOLOGY LAB RENOVATION

Tulsa Community College celebrated the grand opening of a $2.5 million renovation of three biology and chemistry labs at the Metro Campus in downtown Tulsa. The Charles and Lynn Schusterman Family Foundation provided a $1 million gift and the Morningcrest Healthcare Foundation provided a $300,000 gift specifically for the project through the $20 million Clearing the Pathway: The Campaign for Completion.

The remodeled, state-of-the-art labs allow for equipment storage areas, larger lab prep rooms with added safety features for faculty and students working with chemicals, an instrument room for students to conduct research, and a specific room for chemical storage.

The new Biology lab also features a six-foot living plant wall that nourishes an appreciation for life and nature and provides air cleaned by the plants. An interactive periodic table is displayed at the entrance to the Chemistry labs that showcases chemical elements, real examples of where they are found and used, and computer graphics and tutorials to guide the student to greater learning and understanding.

EMERGENCY INFANT SERVICES OPENS AT NEW LOCATION

Formerly located at 3rd St. and Houston Ave., Emergency Infant Services (EIS) is now open at its new location at 11th St. and Denver Ave. The new space is larger, allowing the non-profit to serve more area families.

EIS is a non-profit organization that provides basic needs such as food, formula, clothing and diapers for infants and children age 5 and younger when their families are in crisis or experiencing economic struggles.

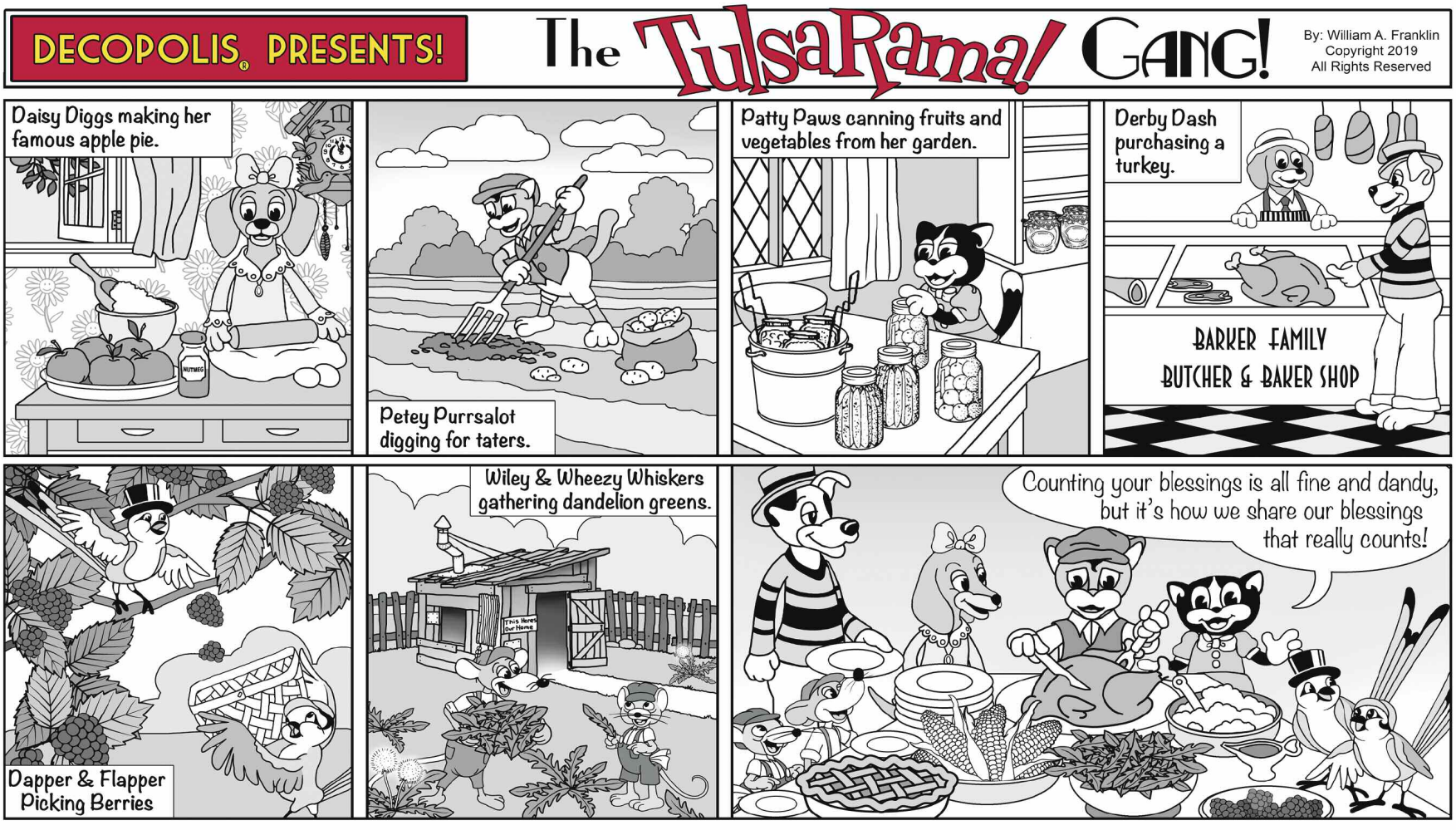
For more information about EIS, go to www.eistulsa.org

CONSTRUCTION STARTING ON THE HELMERICH BEHAVING LIKE ANIMALS PLAYGROUND

The Tulsa Zoo broke ground on its newest guest amenity, the Helmerich Behaving Like Animals Playground, in October.

The new $3 million playground is the first project of Building Beyond Phase 2 and will allow children to mimic behaviors and movements they see displayed by zoo animals.

The Helmerich Behaving Like Animals Playground will feature areas designed for different age groups with accessibility in mind, including a Cub Corner for toddlers. The playground will also be used to help children gain a greater understanding of animals through shared experiences. The Hardesty Overcoming Obstacles area will allow teens and parents to have a little friendly competition while enjoying a view of the zoo from the sky-walk. Other sections include Fledgling Fun, Winging It, Balancing Act, Give Me Shelter, Ups and Down, Finding My Way, and Hop to It.





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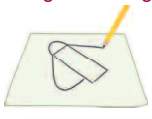


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3. **Cut** out the shape.





4. **Trace** the bottom of a toilet paper tube on top of another. Then **cut** out the round shape.

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BY KILEY ROBERSON

breathing new life into old toys

My son turned 5 a few months ago, and I decided that it was time to go through and weed out some of the baby toys he hadn't played with in ages. As I was going through different items, I came to a toy phone, the kind with large push button numbers. I started to add it to the donate pile, but then had the best idea. We could use it to help teach his phone number! It was like a light flipped on. What other uses could some of these old toys have?

The lesson? Many of the objects gathering dust in your toy box can actually be transformed into fresh and exciting playthings with a little imagination and a bit of guidance. So before you hit the stores this holiday season for shiny new toys, here are a few ways to breathe new life into old toys.

Switch it, change it

Your son's toy car collection might be languishing in the closet, but with some nudging, he can figure out new ways to play. For instance, he could build a racetrack or a garage to "work" on his cars. Along those same lines, you could help transform a neglected wagon into an ambulance for the doll hospital.

Sometimes changing just one tiny part of a toy can make it seem new and fun to a toddler or preschooler. Jazz up a tired easel by adding glittery new paints, or get more months out of an old tricycle by attaching a sharp new basket or fun horn.



HELPING CHILDREN USE OLD TOYS IN DIFFERENT WAYS, SUCH AS SORTING BY COLOR OR SHAPE, CAN GIVE CHILDREN NEW INTEREST IN FAMILIAR PLAYTHINGS.

"Toddlers are very interested in anything slightly off or with a funny spin," says Maureen O'Brien, Ph.D., director of parenting and child development at the website thefirstyears.com. "Once you get your child used to thinking creatively, he'll be more likely to do it on his own, without your help."

Donate and Recycle

It's always a great lesson to teach kids about generosity. Help your toddler go through her toys and assess which ones might be better suited for another child who is less fortunate. Hopefully, they will learn about giving back and caring for others, but chances are that some of those previously forgotten toys will never make it to the giveaway pile. Instead of parting with them, your child may start playing with them again.

Another way to recycle toys is to hold a toy swap. Other families are not strangers to the old toy dilemma. Get together with some friends or neighbors and gather up all the toys your kiddo doesn't play with. Exchange the toys among yourselves and come home with new-to-you toys for your little one.

Stash it Away

Holiday decorations like your Christmas tree are so exciting because we only see them once per year. Toys can follow suit. Build a collection of "special" toys, like a set of dolls, tea set or certain videos that your kids can only play with when they have friends over, or on rainy days, etc. Your child will be so excited because they don't see these things every day.

New Name

Sometimes it's not what the toy is, it's what you call it. When my daughter was small, she didn't like playing with blocks. "Blocks are for babies," she would say. But one day I sat in the floor with her and started building a castle with her block set. When she asked what I was making I told her it was a beautiful palace with her "castle-building set." From that day forward, all blocks at our house were part of our castle-building set, and we create new homes for all her little toy animals. "What's in a name?" apparently means a lot to preschoolers.

Get Creative

Another strategy to revive your kid's toy stash is to arrange items in unexpected groupings. For example, put all the green or orange toys together. It leads kids to think about things in new ways. Ask them how they would group the toys differently. Not only are you getting mileage out of old toys, but you're encouraging creativity and problem-solving — lessons you can't put a price tag on.



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BY MARY BETH RITCHIE, LCSW

could your child have autism spectrum disorder?

The hit television series "The Good Doctor" has helped bring autism spectrum disorder (ASD) into the public eye. The main character is a positive role model, but he also deals with the challenges of living with ASD. Have you ever suspected that your child might be on the spectrum? It can be difficult to spot because it has a wide variety of looks. There is a common expression that says, "If you've met one child with autism, you've met one child with autism." This is why it is referred to as a spectrum disorder. In the past, there were multiple diagnoses given for disorders associated with autism. In 2013, they were all combined into one diagnosis referred to as autism spectrum disorder. Approximately one in 43 children is affected by autism. Like all children, each child with ASD has his or her own strengths and weaknesses. There are, however, some common symptoms that are shared by individuals on the spectrum. All experience some problems with social interaction and communication. They will also experience some difficulties with empathy and the capacity to be flexible.



If you visit with therapists, doctors and teachers, you may hear a number of terms being used. You might hear about high-functioning autism, Asperger's syndrome, atypical autism, pervasive developmental disorder and more. People will use these terms interchangeably, and even incorrectly. It is important for parents to understand that the terms are unimportant. Parents will need to focus on their child's specific needs, regardless of where their child falls on the spectrum. It is also important for parents to realize that having some of these symptoms doesn't mean that their child has ASD. Multiple symptoms must be present, and they must interfere with the child's ability to communicate, form relationships, learn and play.

A child who falls on the spectrum will have some difficulties with social interaction. You might notice that the child shows a lack of interest in other people and prefers to play alone. They may appear detached and aloof. You may also notice a lack of empathy from these children. They have trouble understanding other people's feelings and nonverbal cues. These symptoms can lead to difficulties making friends. Parents may also notice that the child has an adverse reaction to being touched or difficulty making eye contact.

Speech and language problems are also common with children on the spectrum. Parents might recognize that their child didn't learn to talk as early as others. They may speak with unusual patterns or tones. It might be difficult for a child with ASD to start a conversation. Children on the spectrum may not understand humor, sarcasm and irony,

continued next page

as they commonly take things literally.

Other behaviors frequently associated with ASD include negative responses to certain sounds or textures. Parents may notice that children can't tolerate the feel of certain fabrics or the tags inside clothing. Children on the spectrum often have odd ways of moving. They may appear clumsy or seem to exhibit an odd posture. Parents might notice that these children get unusually upset at changes in their environments or schedules.

There are a number of ways that parents can support their children with ASD at home. Most importantly, be aware of your child's specific challenges. As mentioned earlier, most children on the spectrum do best with a routine. Parents should provide a stricter schedule for these children than they might for children who are not on the spectrum. If there is going to be a change to the daily routine, it is important to discuss this with the child before it occurs. Individuals on the spectrum often have trouble following directions. Parents will want to provide directions in as few words as possible. The child may respond with a blank stare because it takes longer for children with ASD to process information. If this occurs, repeat your instructions. If you attempt to reword the directions, this may make matters worse, because the child will need to begin processing all over again. Parents also may find that they must explicitly teach very basic social skills. There are therapists in Tulsa that provide social skills classes for children. Children on the spectrum may need to be taught how to take turns, wait in line and play with other children. Because they often lack rudimentary social skills, children on the spectrum may also say things which others perceive as mean or rude.

If you suspect that your child may be on the autism spectrum, you should discuss this with your child's physician. You will want to identify your child's particular issues and address them specifically at home. Organizations such as TARC Tulsa (www.ddavocacy.net) can help answer questions, help with Individual Education Plan (IEP) and resources. Other resources include autismtulsa.org and www.autismspeaks.org. You may also want to hire a child therapist with expertise in this field and consider enrolling the child in a class that teaches social skills. It may be beneficial to provide a diagnosis to your child's school as well. He or she may qualify for an (IEP) based on this diagnosis. Accommodations and modifications may be valuable to your child's academic success. Even if your child is high functioning, and not in need of an IEP, it would be useful for the teacher to gain some understanding about your child early in the year.

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CITY OF Tulsa A New Kind of Energy.

BY JULIE WENGER WATSON

faith, family and finding your way

Faith – always personal and too often political. The same could be said, perhaps, of family. For many, the holidays bring complicated contemplations of both. While recent studies find the percentage of Americans who report belonging to a church, synagogue or mosque at an all-time low, my own experiences with friends here near the buckle of the Bible Belt suggest people continue to ponder questions of religion, spirituality and belief.

Unlike many of my friends' recollections of their own youth, for me, growing up in what was by my perception a "middle-of-the-spiritual-road" Presbyterian Church (U.S.A.), religion was never a divisive, judgmental or negative presence. More like the tick of a Grandfather clock, it's always been there, a comforting, steady rhythm in the background of my life and a useful resource when I've needed to reset my own spiritual timing.

As I've aged, had children and faced life's losses, it's made me take a closer look at my own beliefs and wonder how other parents deal with the big questions, especially in families of interfaith marriages. With Christmas around the corner, I thought I'd ask, and I turned to my own brother and his wife for one family's perspective.



PICTURED LEFT TO RIGHT: PETER, AARON, ALLIE, LIBBY AND JILL WENGER

My brother Peter and his wife Jill have been married for 27 years and have three children. Peter's religious background is the same as mine, but an unfortunate encounter with a fundamentalist summer camp at an impressionable age sent him down a path that finds him now a self-declared agnostic. Jill, on the other hand, was raised by two Jewish parents in what she would say was a "secularly Jewish" household.

"I was raised with a Jewish identity and a Jewish heritage," she says. "I went to Sunday school and Hebrew school, but we didn't keep Shabbat every Friday night."

Although Jill only dated Jewish boys growing up and never thought she'd marry outside of her faith, the two met in medical school, married and started their residencies where religion, and pretty much everything else, took a back seat to the long hours required by their programs.

"I think our true spiritual beliefs, religious beliefs, were pretty neutral, or not that important to us when we met," Peter recalls. "I think we had our religious

continued next page

backgrounds or traditions, obviously, mine being Presbyterian and hers being Jewish."

After the birth of their second child and their return to Tulsa, Jill felt the desire to find a community for herself and for her kids. She chose Tulsa's Congregation B'nai Emunah, finding the Synagogue and Rabbi Fitzerman to be welcoming to her and her interfaith marriage.

"I was completely fine with it because I knew if it were just left up to me, the kids would have no exposure to any type of religion at all," Peter admits.

"It was important for me that the kids feel like they had a community, especially in Oklahoma where after you find out someone's name, the second or third question is, 'where do you go to church?' I wanted them to have a place, a community to support them," she says. "I had a wonderful Jewish community growing up in Tulsa, so I wanted my kids to have that."

While Peter is open to and supportive of raising the kids in Jill's faith, he's still in favor of a Christmas tree, Christmas music and Christmas movies over the December holidays, and his kids love sharing that with their father.

"I really liked being able to celebrate both Christmas and Hanukkah," says daughter Libby, now 22. "But I definitely felt like we celebrated them in a 'cultural' way. I think of Christmas as a family holiday where I got to watch "Scrooge", gather round the tree, exchange gifts and just be with the family."

Libby considers herself Jewish, but she says her siblings have all come to their own conclusions about the role of faith and religion in their lives.

"I think my sister would also say she's Jewish, but my brother would say not so much. I think he identifies a lot more with being spiritual, but not really believing in a God," she says. "But I'm definitely Jewish, but with Judaism, it doesn't seem as much faith-based to me. It's more cultural. So I'm Jewish, but I'm not necessarily guided by a belief in some sort of higher being. I'm more guided by Jewish morality and just by the way I was raised as a Jewish person."

Libby, who minored in Jewish Studies in college and currently works part time at the Synagogue, finds herself contemplating her own faith more these days.

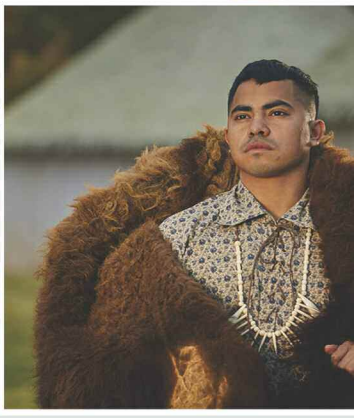
"Working at the Synagogue and having studied different religions, I'm just kind of trying to evaluate my own upbringing. I think, overall, maybe I'm more open-minded not because I was raised in a household with two different religious views, but more because neither of my parents was very religious, per se," she says. "I think both of my parents are very logical and scientific in the way they do things. I think that was definitely more of a defining factor."

While she's grateful for the opportunity to make her own decisions about religion, she says that comes with its own challenges, too.

"While I'm glad I had this open-minded thing where I was able to look at religion objectively, without much spiritual or dogmatic investment, I do feel sometimes at a loss as far as meaning or purpose goes," she says. "I've had to come to terms with not having a spirituality or not having a faith I could believe in completely. I think faith has been something that baffles me in other people. Sometimes I just wish I had a God that I could just say, 'this is what I'm supposed to be doing. This is a book that tells me what is a sin and what is not a sin,' but I think it's both a blessing and a curse to grow up with almost a moral gray area. Here's the world, and you have to make sense of it yourself. But I think, in many ways, it's really nice. It can be really frustrating, but I think that's what gives me open-mindedness in a way."





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ADVENTURE ROAD 35

BY DIANE TRITT EATON

Chicago lights up big for the holidays

As the holiday song says, "It's the Most Wonderful Time of the Year" and, for many, it's the most hectic time of the year too. Of course, adorning the tree with a garland and ornaments and decorating cookies is perfectly suitable for getting in the holiday mood. But, if you want to get your festive groove on, think beyond the normal traditions and head north to high-spirited Chicago.

Very few places come alive during Christmastime the way the beloved Windy City does. Of course, New York gets a lot of press with the Rockefeller Center tree lighting and its famously decked-out department storefronts. But, Chicago warrants well-deserved attention, too. With its signature lakefront skyline becoming a more magical backdrop than the rest of the year, December's Chicago is aglow with sparkling light displays interwoven with both new and traditional holiday attractions. And, because wintertime can be blustery cold, Chicago offers a ginormous wintry mix of both indoor and outdoor activities to enjoy while sometimes literally "dashing through the snow."



PHOTO COURTESY: CHOOSE CHICAGO

An Illuminated Winter Wonderland

Chicago takes pride in hosting over a dozen lighting ceremonies to kick off the season in November, and these illuminated hotspots stay brightly lit into January. Some of the best of the best include the enchanting two-and-a-half million bulb-lit Zoo Lights exhibit at Lincoln Park, the Magnificent Mile Lights display with its more than one million lights aglow all over the Michigan Avenue District, and the Chicago Botanic Gardens, with its cathedral of lights, and this year's new exhibit, Lightscape, an after-dark, illuminated trail meandering through the garden. If that's not enough, there's Winter Wonderfest at super kid-friendly Navy Pier, and the German-themed, open-air Christkindlmarket.

Your Own Ice Capades Show

For family fun on the ice, Chicago has several skating rinks open to the public. The most popular of them is Millennium Park's McCormick Tribune Ice Rink. Adjacent to it is Maggie Daley Park 's rink, called Skating Ribbon, which winds through the property. For skaters who'd like a unique twist, there's the "rink with a view" from four stories high at Michigan Avenue's Peninsula Hotel. Rentals are available at each location.

Worldly Traditions at Chicago's Museum of Science and Industry

The "Christmas Around the World and Holidays of Light" celebration has been underway at Chicago's Museum of Science and Industry for over 75 years. The museum displays a jaw-dropping, 4-story Grand Tree, which is encircled by over 50 smaller trees. Each of them is specifically decorated to match various cultures and unique holiday traditions the world over.

A Golden Ticket to the North Pole

Who doesn't love trains? At Chicago's Union Square Station, you can purchase golden tickets to hop onboard this magical hour-long Amtrak-powered journey. While listening to the soundtrack from the Polar Express movie, you will be entertained by Santa and his elves and served hot cocoa and sweet treats while taking an imaginary trip to the North Pole. It is recommended that you reserve tickets in advance and get to the station at least an hour before the train's departure.

continued next page



Macy's Merriment on State Street

Window shopping is more fun than ever when strolling along State Street at Macy's on State Street. For over 50 years, Macy's has served up beautifully decorated window displays, drawing thousands upon thousands of visitors each year. This tradition provides the chance to immerse yourself in imaginative scenes, bringing the holiday world to life. This year's theme is "Believe in the Wonder." Be sure to warm up inside and take a gander at the domed, vaulted Tiffany Ceiling, a 1.6 million piece, 6,000 square foot colorful glass mosaic, the largest of its kind worldwide. Also, admire the 450-foot Great Tree and dine around it in the nearly 115-year-old Walnut Room.

A Panoramic Holiday Treat

If you care to see the city from 94 stories up while sharing your wish list with jolly Old St. Nick (who visits on weekends and on Christmas Eve), be sure to experience 360 Chicago at the top of the iconic John Hancock Tower. It's the second tallest building in the city and located right along the Magnificent Mile. For an added thrill, experience the Tilt, which is an extended ledge on the observation deck that tilts at an angle, giving you a downward facing perspective of the bustling, decorated city streets below.

Making Your List, Checking it Twice

This is just a short list of ideas that may help your family feel the wonderful warmth and excitement a holiday trip to Chicago offers. There are always first-rate live theater productions to consider such as the Joffrey Ballet's own reimagined rendition of "The Nutcracker" and lots of authentic deep-dish Chicago-style pizza to be had at Giordano's when your toes are cold and your tummies are empty.

Chicago is a wondrous place to visit any time of year, and it continually ranks as a top destination by Conde Nast Traveler readers, remaining #1 for three consecutive years. For more details about specific holiday happenings, visit www.choosechicago.com.



ASK THE EXPERTS

HTR Pediatruc Therapy | Kelly Williams, PTA, Pediatric Incontinence Therapist

Q: My child has daytime urinary accidents and sometimes wets the bed. Is this normal?



A: Bedwetting and daytime accidents—while certainly common—are not normal. Oftentimes, children hold their urine because they are busy playing or are in a social situation such as school where it isn't convenient to use the bathroom. When urine is held for an extended period of time and the body's signals to eliminate are ignored, it can cause the bladder to become enlarged and the pelvic floor muscles to become weak, making urinary accidents more likely to occur. Caffeine, juice and acidic foods are known bladder irritants that can also contribute to urinary accidents. Constipation usually goes hand-in-hand with these issues and needs to be addressed as well. Children struggling with bladder and bowel dysfunction often have self-esteem issues that influence which activities and social events the child can or is willing to participate in, so it is important to seek early intervention when these issues arise. A Physical Therapist with specialized training in Pediatric Incontinence can assess your child and implement a customized program involving bladder retraining, pelvic floor exercises and dietary education matching your child's specific needs. To learn more, go to htrpediatrics.com.

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OATH Law | Rod Yancy

Q. Did you know that your estate plan can be customized to be the perfect fit for your family?



A. Many young parents overlook the importance of having a plan in place to protect their children and loved ones if something were to happen to them. What unique challenges or situations do your family face? How would these affect your children if you were to pass away? Setting up an estate plan is a simple way to put these worries to rest, because you can create a plan that considers all of your family's specific circumstances. Procrastination can put your family and loved ones at risk - begin your planning early to ensure that the things you love most are taken care of exactly how you want them to be.

To learn more go to www.oath.law/online

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OATH

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

Q: My daughter used to love to go to school. Now in the third grade she tells me she doesn't want to go to school. She is falling behind and often leaves homework at school. When I am able to sit down with her to do homework, she begins to tear up and sometimes will have a full meltdown. We know she needs to do her schoolwork, but how do we help her?



A: This question always hurts my heart, as it is hard to see the joy of learning lost on such a young child. Children often do not have the words to express what they are really feeling. In many cases crying, teary eyes, tantrums, and becoming withdrawn are signs of frustration, processing the world around them, overwhelming feelings or just a simple case of the child not understanding the work she needs to complete. Early on, children with dyslexia understand they are different from others. Watching their peers and younger siblings soar past them in reading and learning can be very defeating. Understanding this as the underlying issue is the first step in supporting your daughter for learning and reading success. Approaching with empathy, rewarding effort, asking open-ended questions, acknowledging frustration and pain validates that they have been heard. This keeps them open to learning. Seeking professional support such as a play therapist or a trauma specialist can also be helpful in the long-term to resolve their feelings.

DYSLEXIA CENTER OF TULSA

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

Miller Swim School | Sarah Miller

Q. When my child puts his face in the water, he tends to just drink or lick the water. How/when should I teach him to blow bubbles or hold his breath?



A. Believe it or not, this is common with beginner swimmers, infants and toddlers. Developmentally, babies instinctually hold their breath when they submerge in the water. This reflex (laryngeal reflex) disappears around 6 months of age, which opens the door to prepare infants for submersion with a "cue." At Miller, we cue by saying, "One, two, ready, go," before they submerge. The babies very quickly learn to associate this cue with holding their breath. This way, the reflex seamlessly turns into a learned response, and you will never notice the reflex wearing off. It is amazing how soon even the littlest babies learn to anticipate going under water in response to the verbal cue. From there, infants/toddlers can learn to blow bubbles on the surface of the water anywhere from 9 months and up. Both blowing bubbles and breath holding are two forms of breath control that are key elements in learning to swim and water safety.

Miller swim school

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Whether you contribute a toy to a child in need, serve a meal, or volunteer to help a non-profit, there is no time like the holidays to help others in need.



12&12
12&12 is an addiction recovery center for adults. Services offered include medically supervised detoxification, intensive residential treatment, transitional living, outpatient treatment, etc. Support 12&12's work by making a donation on 12&12 Day (December 12). This year, the goal for 12&12 Day is to get at least 1,200 people to donate $12. In addition to monetary donations, items on 12&12's Wish List include shoes, socks, board games, jackets, hoodies, underwear, toiletries, adult coloring books and colored pencils, gloves and books. Learn more at 12and12.org/donate.

THE CENTER FOR INDIVIDUALS WITH PHYSICAL CHALLENGES
The Center for Individuals with Physical Challenges' mission is to "provide opportunities for persons with physical disabilities to enhance the quality of their lives." Center services include youth programming, adaptive sports, support groups and more.
This season, consider donating an item from The Center's Wish List at www.tulsacenter.org/how-to-help/donate/donate-item-equipment/

CHRISTIAN MINISTERS ALLIANCE, INC.
The non-profit Christian Ministers Alliance provides holiday food baskets for families from 60 Tulsa Public Schools, eight Union Schools, Bixby Schools and Low Income Families. Christmas baskets will be distributed on Friday, December 20, beginning at 6 p.m., at the Booker T. Washington Historical Building, 1631 E. Woodrow St. in Tulsa.
You can help by donating toys.To donate food, cash or toys, contact Rev. W.R. Casey at 918.951.7407.

CHILD ABUSE NETWORK, INC.
Every donation counts! CAN helps stop the hurt and begin the healing of children going through a child abuse investigation. Items on the Wish List include: Blankets, Blank Journals, Pens, Coloring Books, Backpacks, School Supplies, Stuffed Animals (new), etc. View CAN's wish list or make a donation online at childabusenetwork.org.

COATS FOR KIDS
Coats for Kids distributes used or new coats to families in need and is sponsored by Channel 6, Yale Cleaners, and Catholic Charities. You can drop off your coats at any Tulsa Yale Cleaners location through December 31. Learn more at yale-cleaners.com/community/coats-for-kids.

EMERGENCY INFANT SERVICES
Emergency Infant Services is a non-denominational, non-profit organization which assists over18,000 infants and toddlers annually. Funded through the generosity of the community, staff and volunteers work together to make sure that infants and toddlers have the essentials they need.
Go to eistulsa.org to find out how to donate money or supplies.

FAMILY & CHILDREN'S SERVICES
Give overburdened families the happiest of holidays. Adopt a family or help stock F&CS Santa Shop. Toys, books and games for children of all ages are needed in addition to gifts for teens. Clothing, coats, pajamas and HUGS (hats, underwear, gloves and socks), small household items and toiletries, monetary donations or gift/grocery cards are also needed. For information, call 918.560.1115 or email holidayassistance@fcsokorg. Learn more at fcsok.org.

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Girl Scouts has a pathway for every girl, and your help makes a difference in the lives of girls.
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For GSEOK's Girl Scouts in need: girls' coats (all sizes), hats, gloves, scarves, grocery gift cards, and monetary donations.
For GSEOK's Girl Scout programs:

continued next page

Chromebooks, fishing equipment, walkie talkies with head-sets, 8-10 person tents, dutch ovens, water coolers, and many other items. Please contact Fund Development at 918.745.5202 to learn how you can help. A $25 donation gives the gift of Girl Scouts for a year, www.gseok.org/give.

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

LITTLE LIGHT HOUSE
Little Light House is a developmental center for special needs children ages birth to six. Little Light House provides tuition-free education and therapy services to 150 children year round. Stop by and pick up an item from the Wish Trees located in both lobbies. These items are needs that Little Light House has for the classrooms and administrative departments. Little Light House is open Monday-Friday 8-4 and closed December 12, 13, 24, 25, 26, & 31.
Little Light House is always in need of volunteers and donations! For more information call 918.664.6749 or go to www.littlelighthouse.org .

MAKE A WISH OKLAHOMA
There are many ways to donate to Make A Wish Oklahoma, from donating airline miles to Adopt-A-Wish to general monetary donations to hosting your own holiday toy drive. If you're interested in hosting a holiday toy drive, Make A Wish Oklahoma has a Toy Drive Tool Kit available at oklahoma.wish.org/ ways-to-help/giving/in-kind. You can also donate toys and gift cards to help grant wishes to kids in Oklahoma. Learn more and find a complete Amazon wish list at oklahoma.wish.org/ways-to-help/giving/in-kind.

THE PARENT CHILD CENTER OF TULSA
Project Joy is The Parent Child Center of Tulsa's annual holiday giving initiative. They present parents or guardians of children they are currently serving with a stocking filled with useful items. To participate, purchase a stocking that is 14.5x8.75 inches that is red with white trim (you can find these at Hobby Lobby). Then, fill your stocking with the following: 1 tube of Chapstick, an 8-pack box of crayons, a gender-neutral child's winter hat, gender-neutral child's winter socks, gender-neutral child's winter gloves, a children's book (should be small enough to fit in the stocking), and a $20 gift card from Target, WalMart or QuikTrip.
Filled stockings can be delivered to The Parent Child Center of Tulsa. Email mthomas@parentchildcenter.org to schedule your drop-off some time between November 18-27, 2019. Please include a label on your stocking detailing whether it is for a child 2 years or younger, 2-5 years old or 6-12 years old. Learn more about The Parent Child Center of Tulsa at parentchildcenter.org.

READING PARTNERS
Reading Partners is a national literacy nonprofit that works with under-resourced elementary schools to support students who are reading six months to two-and-a-half years below grade-level.
Volunteers are needed at Tulsa area elementary schools! Give one hour of your time and volunteer with Reading Partners. Sign up at www.readingpartners.org or call 918.949.1979

SANTA COMMUNITY PROJECT
The Mother's Group Inc. sponsors this annual event, which brings Santa and Mrs. Claus to Greenwood Cultural Center (322 N. Greenwood Ave, Tulsa, OK 74120). The kids that attend receive a visit and a complimentary picture with Santa and Mrs. Claus in addition to a brand new book suited to their age group. Monetary donations can be sent to their P.O. Box 702915 Tulsa, OK 74170. For more information or to donate books, find them at themothersgroup.org.

STOCK THE STATION
Through December 13, drop off non-perishable food items to any Tulsa Fire Station, Tulsa Police Station Tulsa City-County Regional Library, or the Community Food Bank of Oklahoma. Donations will go to the Community Food Bank of Eastern Oklahoma. Most needed items include canned fruit, meal kits, peanut butter and canned protein. You can also donate to Stock the Station online at okfoodbank.org/donate (select Stock the Station when asked what you'd like your gift to be donated toward).

TAPC'S CHRISTMAS FOR KIDS PROGRAM
There are about 1,400 children in foster care in Tulsa county. Help make their holiday season brighter by sponsoring a child, donating money, or purchasing an item from Tulsa Advocates for the Protection of Children's (TAPC) Amazon wish list.
For more information, go to www.tapchelps.org or search for TAPC Foster Family Resource Center on Facebook.
To donate or volunteer, email cfk@tapchelps.org or 918.764.9187.

TARC
TARC provides services free-of-charge that benefit people with disabilities and their families. These services include family support, grief support, advocacy (both for individuals and at the policy level), etc. TARC accepts financial and automobile donations year-round. Learn more at ddadvocay.net.

THE COMMUNITY FOOD BANK OF EASTERN OKLAHOMA
The Food Bank provides enough food to provide hungry Oklahomans 396,000 meals each week. From volunteering to holding your own canned food drive, you can help in so many ways. Learn more at okfoodbank.org/ways-to-give.

TOYS FOR TOTS
Toys for Tots collects new, unwrapped toys each year and distributes those toys as Christmas gifts to less fortunate children in the community. Get more information about what and where to donate at broken-arrow-ok.toysfortots.org. Mother Road Market (1124 S. Lewis Ave.) will have a Toys for Tots donation bin from November 1 through December 12.

TULSA DAY CENTER FOR THE HOMELESS
The Tulsa Day Center for the Homeless is open 24 hours a day, 7 days a week offering programs such as case management, community voice mail, day center clinic, life skills classes, and onsite access for other service providers. Monetary donations can be made at www.tulsadaycenter.org/index.php and other volunteer opportunities can be found at tulsadaycenter.org/give-help/volunteer/.

TULSA ZOO
You can help enrich the lives of Tulsa Zoo animals by purchasing wish list item(s) from their Amazon store. Items can be shipped directly to the zoo for wildlife to enjoy! Find this and more ways to help at https://tulsazoo.org/support-us

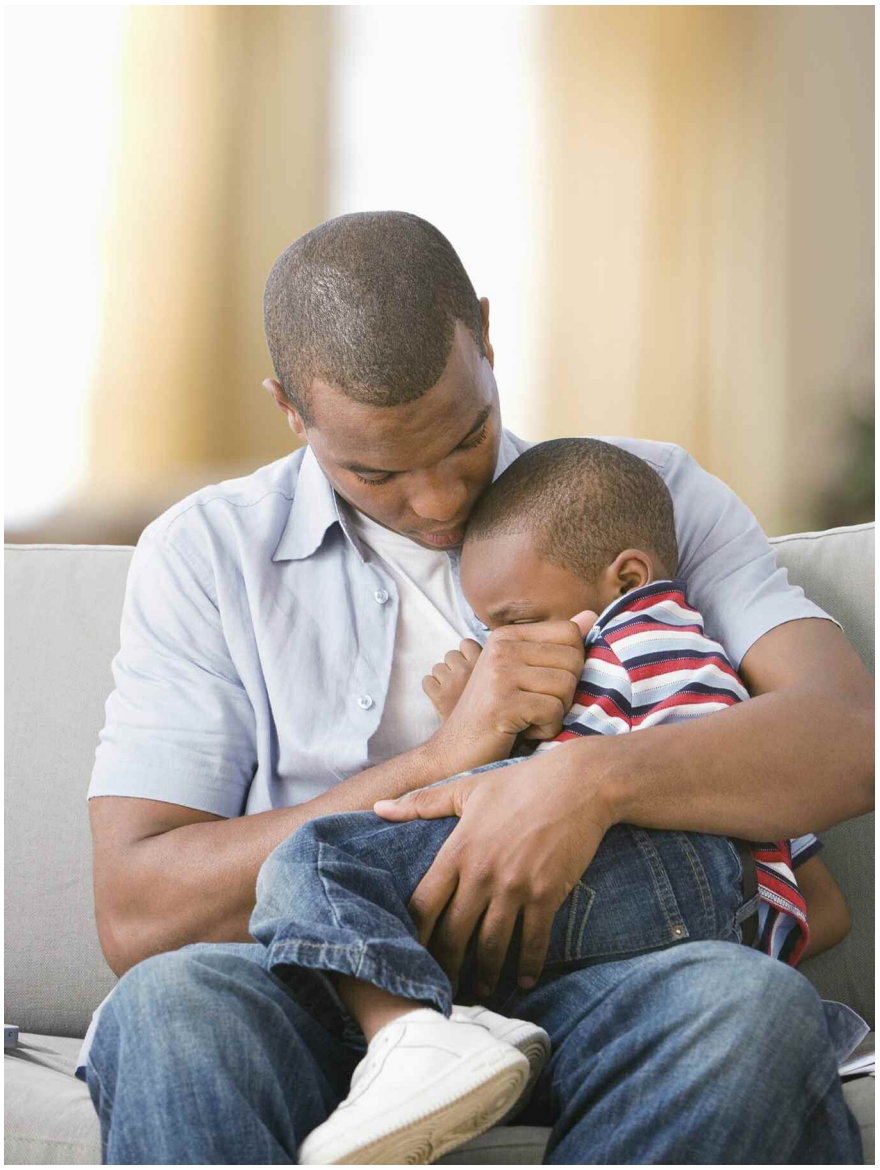
YOUTH SERVICES OF TULSA: GIFTS OF HOPE
Youth Services programs address the needs of youth and families in our community. Teens are often forgotten during the holidays, so consider "adopting" a teen through Youth Services. For teens who haven't had a chance to fill out a wishlist, you can choose items from a list provided by YST, creating a gift bag that will be distributed at their annual Holiday Party.
In addition to cash donations through www.yst.org/donate/, there are other ways you can help. Become a volunteer, or give in-kind donations like new and gently used clothing, furniture and household items.

YMCA OF GREATER TULSA
The YMCA of Greater Tulsa provides quality programming benefiting youth in the greater Tulsa area. Donate online year-round at ymcatulsa.org/supporting-ymca.

YWCA WISH UPON A STAR INITIATIVE
YWCA's inaugural Wish Upon a Star Initiative is a way to serve disadvantaged and/or underserved teen moms during the holiday season. The YWCA is collecting gifts for teen moms at its Patti Johnson Wilson Center location (1910 S. Lewis Ave.). These gifts will be distributed on December 16, so make your donation before that date. The YWCA requests that all donated items be new and unwrapped. Learn more at ywcatulsa.org or at facebook.com/ywcatulsa.

GIVE YOUR CHILD THE GIFT OF EMPATHY

BY DANIELLE HILL



ACKNOWLEDGING CHILDREN'S FEELINGS HELPS THEM LEARN TO ACKNOWLEDGE THE FEELINGS OF OTHERS.

A child has just fallen down on the playground and is clearly in pain. Would your child stop to help or would he or she dash off to the slides, knowing that a teacher would eventually step in to save the day?

Empathy. So many parents want their children to possess it, but may not realize the profound role they play in fostering its development.

According to Dr. Anita Ede, professor of early childhood education at Northeastern State University Broken Arrow campus, empathy is an important component of child development that impacts the way children interact with and relate to others.

"When children have empathy, they are able to put their feet in the shoes of another person," Ede said.

As a parent, grandparent and professor, Ede sees through multiple lenses regarding the development of empathy in young children.

"It is all about acknowledging the feelings of others," she explained. Interestingly, for young children, the process of learning that other people's feelings matter begins with the parents. It's a familiar scene—the wailing child in the grocery store with an exhausted parent who tells him to stop crying or they'll give him something to cry about. When a parent or an adult neglects to acknowledge a child's feelings, Ede notes that the child in turn learns to do the same to others.

"There is no sympathy for my feelings, so I don't have to have sympathy for anyone else's feelings," she explained.

Instead of ignoring the child's feelings, Ede says that it is very important for parents to begin by helping the child label the emotion that he or she is experiencing. For example, "I see that you're really angry about that." Parents also should let the child know that there is nothing wrong with being angry—it's all about how the child chooses to respond to the emotion. This is where appropriate modeling comes in.

Above all else, Ede stresses the point that a child's development of empathy or a lack thereof hinges upon what the child sees modeled by parents.

"Children are always watching, and when parents model a lack of empathy, children will pick that right up," she said.

On the flipside, they're just as eager to follow along when they see their parents engaging in small acts of kindness.

For seasoned mom of seven, Rebecca Summers, using life's teachable moments to help children develop empathy is a vital component of parenthood.

"I remember shortly after my husband passed, the kids were ages 13, 12, 10, 9, 6, 3 and 16 months, and we had such an outpouring of love and support. I just knew this was a golden opportunity to talk with and teach the kids about the why and how we too can show this same empathy," Summers said. "We took a mason jar and gathered all our loose change – took money from their piggy banks, from spare change after the store – and started saving money. We then decided as a family who we were going to surprise with our Christmas Jar. It was based off a book I had read and loved. And we as a family did a ding-dong-ditch with the Christmas Jar to a family we knew could use the extra help and love, just as we had been shown after Daddy had passed. Connecting their feelings with others' feelings made a huge impact on the kids with this act of

continued next page

service."

Summers also makes a point to use everyday life occurrences and relationships to model understanding and concern for the feelings of others. For her, this is a process that begins at home.

"It all starts with the family," she said. "How we treat each other at home will reflect how our children respond and treat others in society. If we show our kids that their feelings matter, that we understand and that we are really trying, they in turn may go out into the world and do the same."

Teaching children to value the feelings of everyone, including those who they do not identify as in need, is an important component of helping children understand that empathy is not a light switch that should be turned on and off—on when a family's house has burned down and off when a school classmate is being teased. Social media is one of the platforms where today's children often turn off their empathetic switches, making comments that they otherwise might not be brash enough to make to their peers' faces. Mom of five, Christie Reed, feels it is critical to be mindful of this.

"The biggest thing as far as being empathetic is trying to stress the importance of social media and what to put out there," Reed said. "It's so easy for children to join in when they are with their friends and people are laughing. "

Rather than ignoring the behavior or scolding the offender and then moving on, Reed emphasizes the importance of using the incident to have a conversation with the child.

"I encourage them to think about how they would feel if they were that person who someone is saying those comments about."

Aside from conversing about actual incidents, Reed believes in the power of engaging in meaningful empathy-focused conversations with children. Furthermore, she has always used story time as an opportunity to teach children about feelings and empathy.

"You don't have to be reading something that specifically is about empathy," Reed said. "Even if you're reading a book and someone falls down, you can ask, 'How do you think they feel?" and you can point out, 'Look what a good friend—he went and got a Band-Aid.'"

But what if a child doesn't seem to possess quite as much empathy as his or her parents would expect? Ede explains that this may not be as concerning as one might think.

"One thing that people have to remember is that a lot of unempathetic acts are due to a child's developmental immaturity," Ede said. "Everything is intentional for young children and they do things with purpose."

For example, imagine that preschool student Robert accidentally knocks over Emily's milk carton in the cafeteria. Emily knows that this heinous act must have been on purpose and decides to push Robert, screaming, "Teacher, he threw my milk!" To Emily, the only reason that Robert would have knocked over her milk carton is that he wanted to. Therefore, she feels the need to teach him a lesson.

According to Ede, this mindset is developmental, and often continues until children are anywhere between the ages of 6 and 8 when they start to realize that accidents do occur.

However, if parents who model empathy notice that their child does not seem to possess it, there is a point at which Ede notes there may be cause for concern.

"I would be particularly concerned if I had a child who was late 3 to 4 or 5 and showed no signs of empathy, especially in regards to younger, smaller children and animals—animals in particular," Ede said. "If this is the case, I recommend that parents go to their child's pediatrician and share this concern. It is important to remember that even very young children can have mental illness."

The good news is that some children may simply struggle to show empathy because they have not had many opportunities to observe empathy at home, such as children who may have experienced neglect in their early years. Ede asserts that it's never impossible to teach a child empathy, regardless of the child's age. For caregivers who are navigating the task of helping older children to develop empathy, Ede suggests beginning by treating the children with love and respect, acknowledging their feelings and demonstrating a willingness to discuss those feelings. Furthermore, she cautions parents to avoid using "Button it up and go on or shake it off—that kind of throw-away language." Just as with younger children, this only cements the idea that the child's feelings are unimportant, and thus, so are the feelings of everyone else. Yes, the journey of helping an older child develop empathy will likely be longer and more difficult, but at the end of the day, children want to do the right thing.

"...to help older children develop empathy, Ede suggests beginning by treating the children with love and respect, acknowledging their feelings and demonstrating a willingness to discuss those feelings."

On the topic of older children, the vast majority of them have been trained to say they are sorry following any negative encounter with another child or person, whether or not the incident was a mistake. Ede cautions against forcing children to pretend empathy by making them say they are sorry when they aren't.

"Forcing a child to say I'm sorry teaches them to lie," Ede said. "They learn to pretend empathy and this is a lifelong developmental process that begins when children are toddlers."

Instead, Ede recommends a different, more effective approach.

"Do not insist that they say they are sorry. Give the child opportunity for restitution," she said. "If Johnny knocks over Suzy by accident, allow him the opportunity to make the situation better. 'Can you help me get a wet paper towel for Suzy's knee?' Allow the child to become a helper and to become a positive force in the situation."

Furthermore, Ede does not recommend timeout, as it is not helpful and ultimately does not model a positive way to interact with others and improve the negative occurrence.

Instead, Ede recommends the following tips for helping children to develop empathy:

- Model empathetic behaviors.
- Read books about helping. Ede suggests *Chrysanthemum* by Kevin Henkes, *The Rabbit Listened* by Cori Doerrfeld and *Stand in My Shoes: Kids Learning About Empathy* by Bob Sornson.
- Have children be responsible for caring for a pet or plant. Start off with the plant and move to the pet.
- Positively acknowledge when children demonstrate empathy.
- Be mindful of the media children watch or play that glorify violence, demeaning behaviors and crime without consequence.

At the end of the day, as Summers said, teaching children to have empathy is all about the golden rule: "Do unto others as you would have them do unto you."

BY NANCY A. MOORE

PHOTO: SHEEBA ATIQI

Betsy Hendershot: ready to swirl, smell, sip and support

With the holidays in full swing, we caught up with a new face in the wine industry who is toasting the town with her own boxed wine label, **Downward Dog Wine**. Betsy Hendershot is the woman behind the local brand that launched only 14 months ago. As she can attest, starting a business while raising kids is a balancing act, but understands it is well worth the investment as she witnesses the slow, steady and positive growth in both.

Betsy's family is a constant source of support and has served as the key inspiration in several business decisions – including her plans of donating 5 percent of all sales to various children's charities. Even the branding cleverly captures the family dog, a Cockapoo named Lincoln, in the downward dog yoga pose, a nod to her yoga influence.



TK: Tell us about your family and connection to Tulsa.

Betsy: I grew up in Missouri but attended college at The University of Tulsa. I love Tulsa and met my husband here. We have two kids and live in midtown and absolutely love it.

TK: As a kid, what did you dream of becoming?

Betsy: I didn't have one particular thing that I dreamed of becoming. I have always been interested in a variety of things and my ideas and interests have evolved over time.

TK: While growing up, what type of influence did your parents have on you?

Betsy: Looking back, I realize what a big influence my parents were to me. My dad was an entrepreneur and ran his own boat manufacturing business. I would overhear him on business calls and listened to him – from this, I learned to appreciate his patience with people. My parents were great parents. They instilled a strong work ethic in me – I am so thankful for that. My mom was also active in the family business; it was good that my mom had a role in it. I grew up watching them both work hard while raising my sister and I. I think they did a great job!

TK: What is one piece of advice you've received that has helped you in your life?

Betsy: My parents taught me that I have the ability to make choices and to embrace the results of making those decisions. It's what has set me on this path and I'm pretty happy where I am.

TK: What is one activity your family does together?

Betsy: We enjoy riding our bikes together. One of our favorite family activities is biking to breakfast on Sundays.

TK: Do you have a holiday tradition you would like to share?

Betsy: The ladies in my family have started a new tradition of sharing our favorite things. It's a lot of fun and we really enjoy it. The kids also exchange gifts with each other, but we don't get too caught up in all the gift giving – it's more about being together.

TK: Let's visit about your new business venture. What sparked your interest in starting a business?

Betsy: I always knew I wanted to build a business on my own. The concept stems from my daughter being born with some

continued next page

health issues that we found out about when she was three. I wanted to raise money for a cause – children's charities — through creating a product where part of the proceeds goes towards that purpose.

TK: Why did you decide to start your own wine label?

Betsy: When considering what business to start, I thought about what I enjoy and what made the most sense. With my husband being a wine & liquor distributor, I have insight into this industry. As I started considering starting my own wine label, I noticed that things related to this idea kept presenting themselves to me and finally I decided to go for it. Once I made the decision, I began the process of locating a single vineyard wine with different varietals while at the same time making sure it was of good quality while remaining affordable – Downward Dog is from the Columbia Valley in Washington State.

TK: Why did you decide to package it as a boxed wine?

Betsy: It's an economical way to enjoy great quality wine. And the box is just a portion of it – we considered the reduction in carbon emissions from shipping as well as reducing glass, cork, and foil used for the capsule – eliminating all those elements equals less waste for the consumer. Wine lasts longer in the box and any portion can be enjoyed – even just one glass – without compromising the taste and quality of the wine.

TK: Each box contains the following mantra: "Live in color. Live your life fully and kindly without hesitation. Spend time with others and play nicely. Respect yourself. Think about things that make the world better. Do these things. Enjoy. Rest. Renew. Appreciate the beautiful earth that surrounds you. Drink good wine." Where did it originate?

Betsy: I wrote it. These are the things that I like to focus on and thought it might be good for others, too. That's what I think life should be.

TK: How are you able to accomplish the rest and renew parts of this focus?

Betsy: In addition to practicing yoga, I am a runner. This is a source of stress release. I am not good at sitting and relaxing. I need a reminder that it's ok to have some downtime.

TK: In order to juggle/balance all that you have going on, how do you manage your time? Do you have a specific time of the day when you work the best?

Betsy: It comes down to just starting. I am a morning person. I like to get up early and have a cup of coffee. My perfect wake-up time is between 5:00-5:30am. If I can get up and get my day started early, I am so productive during that time. I also appreciate the help of family and friends – I had to learn to let go and let others help.

TK: What words of advice do you have for others thinking about taking a leap and following their dreams?

Betsy: Find something that you love and do that. It truly takes years to build a business and a brand. For me, I have a purpose for making this work -- eventually raising money for children's charities. I knew I wanted to develop a brand that spoke to me and combining wine, dogs, yoga is perfect - it's something that represents me. I'm so passionate about it I can talk about it all day long. If it's something you've been searching for and thinking about, you should go for it!

Wrap-up: What's next for you?

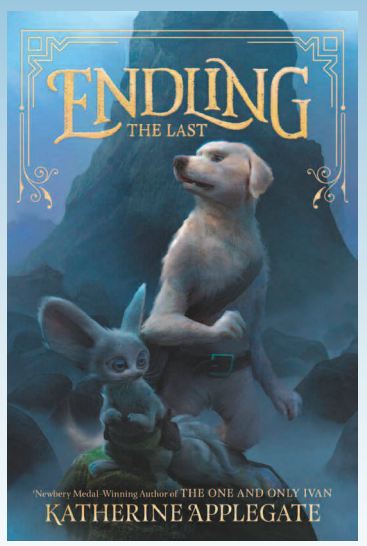
Betsy: We live in a society of wanting things to happen immediately. I am in the process of expanding into other states, which is challenging and exciting. It takes so much time to build a business and this one is still in the infancy stages, but it's growing and I'm really proud of that.

To learn more about Betsy and Downward Dog Wine, visit www.DownwardDogWine.com or Instagram: @downwarddogwine

Mr. Henry's Books
EDUCATOR WORKSHOP

Saturday, Feb. 8, 2020 • 9-11 a.m.
Pocahontas Greadington Learning and Creativity Center
Central Library • Fifth Street and Denver Avenue

Attention, upper-elementary and middle-school teachers and librarians! You are invited to this continuing-education workshop focusing on the works of renowned author Katherine Applegate, winner of the 2020 Anne V. Zarrow Award for Young Readers' Literature. You will:



- Receive 50 copies of *The Last* by Katherine Applegate for your students to keep as their own.
- Learn how to incorporate various elements of *The Last* into your classroom and receive lesson plans on how to use Applegate's works in a variety of school subjects.
- Be introduced to Tulsa City-County Library's Anne V. Zarrow Award for Young Readers' Literature.
- Gain an opportunity to win a classroom visit by Applegate on Friday, May 1, 2020.

Continental breakfast will be provided. Every participant will receive their copies of *The Last* at the end of the workshop, as well as an official continuing-education certificate.

Participants must be employed by a school district within Tulsa County.

Mr. Henry's Books is a program of the Tulsa City-County Library, sponsored by the Tulsa Library Trust, made possible by a grant from the Anne and Henry Zarrow Foundation.

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Tulsa City-County LIBRARY
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REGISTRATION IS REQUIRED

Registration Deadline: Friday, Feb. 7, 2020
Registration Fee: $10

REGISTER/PAY ONLINE

www.tulsalibrary.org/mr-henrys-books-registration

REGISTER ONLINE/PAY VIA MAIL

Complete and submit the online registration form, make your check or money order payable to Tulsa City-County Library, and mail to:

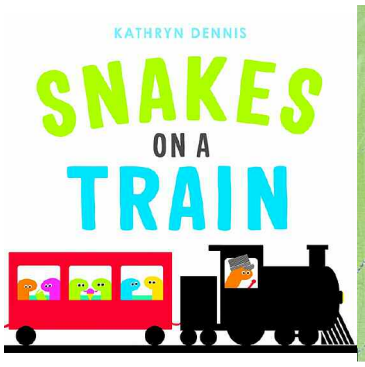
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Mr. Henry's Books
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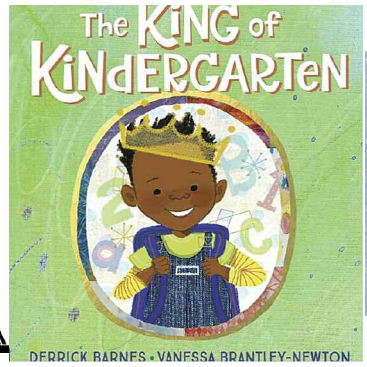
Registration fees are nonrefundable, but teachers may send a substitute if unable to attend.

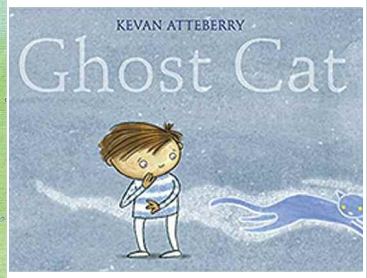
BY TULSA CITY-COUNTY LIBRARIANS

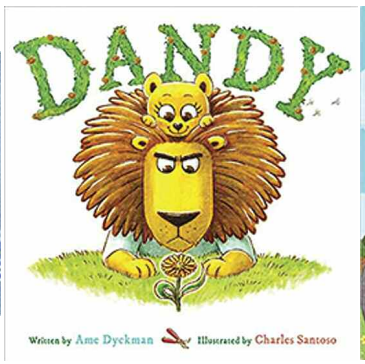
10 (+5) library picks for kids

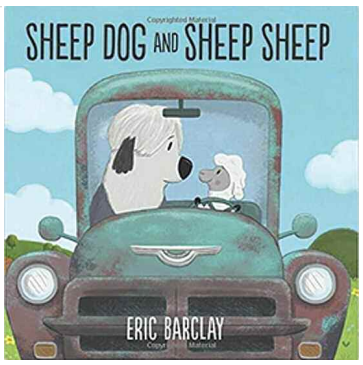
OUR FAVORITE PICTURE BOOKS OF 2019











Top 10?! When it comes to outstanding picture books, children's librarians have a hard time limiting ourselves, so for our annual round-up, we give you 10…plus five to grow on!

Snakes on a Train written and illustrated by Kathryn Dennis

This is a giggle-worthy for children and adults alike – great for making SSSSSSS sounds, which is important for phonological awareness, a building block of early literacy!

The King of Kindergarten written by Derrick Barnes and illustrated by Vanessa Brantley-Newton

A young boy is ready to take on the adventure of kindergarten! An excellent choice to accentuate the positive aspects of school.

Ghost Cat written and illustrated by Kevan Atteberry

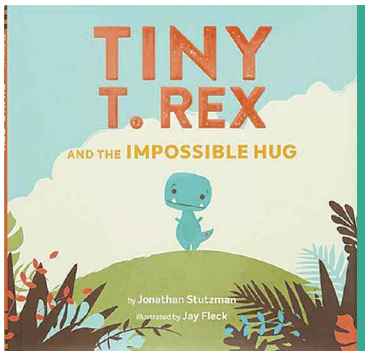
Prepare to have all of the feelings! The perfect blend of sweet and sadness, with an ending that will make you reach for a hankie – or possibly take a trip to the cat shelter.

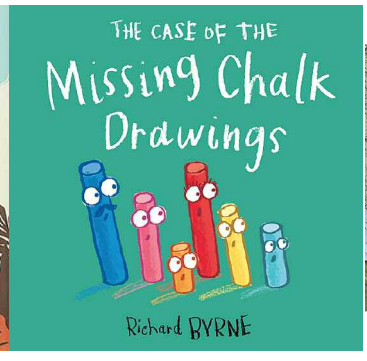
Dandy written by Ame Dyckman and illustrated by Charles Santoso

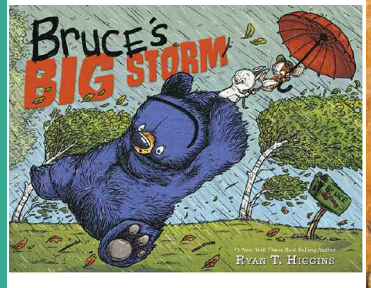
Beauty is definitely in the eye of the beholder! Charming and funny, and many adults will identify with the lawn-obsessed father.

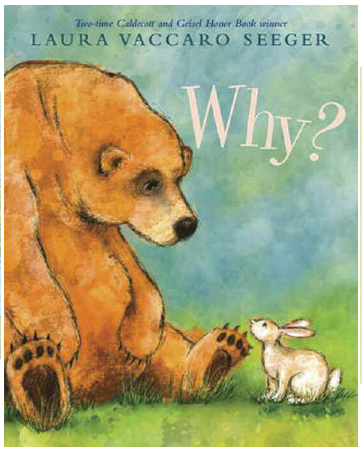
Sheep Dog and Sheep Sheep written and illustrated by Eric Barclay

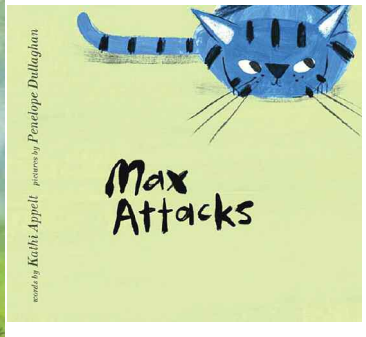
Who is protecting who? This one follows the Pixar model of

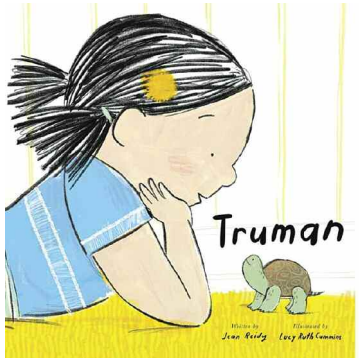


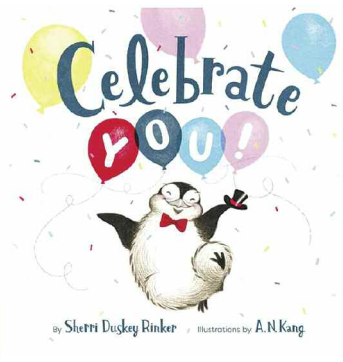


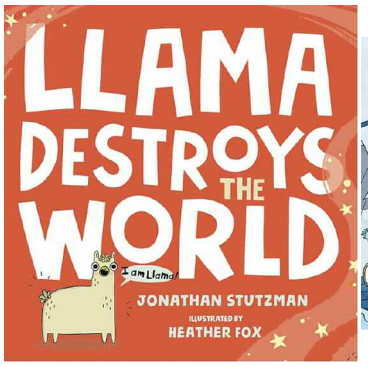


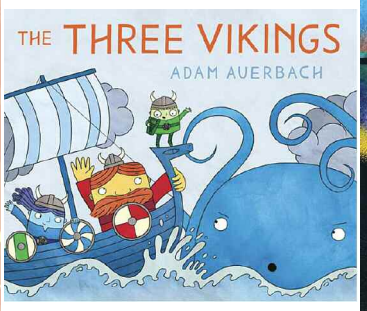


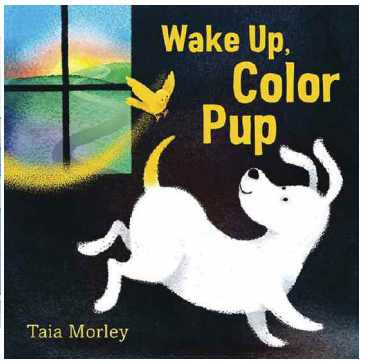












having easy humor for kids, overlaid with more sophisticated humor for adults.

Tiny T. Rex and the Impossible Hug written by Jonathan Stutzman and illustrated by Jay Fleck

Tiny arms won't stop this loving dinosaur from giving the perfect hug! Truly heartwarming – and a great excuse to hug your kid while reading.

The Case of the Missing Chalk Drawings written and illustrated by Richard Byrne

You don't have to be an adult to love a good mystery! In this detective story for the preschool set, enemies are revealed as friends and predictive reasoning takes center stage.

Bruce's Big Storm written and illustrated by Ryan T. Higgins

The saga of "Mother Bruce" continues, this time forcing the lovably grumpy bear into caring for neighbors during a storm.

Why? written and illustrated by Laura Vaccaro Seeger

A slyly philosophical story about friendship by an author who has written sensitively about emotions in children. (See Seeger's *Walter Was Worried* and *I Used to Be Afraid.*)

Max Attacks written by Kathi Appelt and illustrated by Penelope Dullaghan

You don't need a cat to appreciate this clever book, but it helps! Great rhymes for little ears

Truman written by Jean Reidy and illustrated by Lucy Ruth Cummins

Turtles can have adventures, too! Especially if they are missing their humans. Alliterative repeating text and charming illustrations make for a book many kids will want to read again and again.

Celebrate You! written by Sherri Dusky Rinker and illustrated by A.N. Kang

Life-affirming to the extreme – perfect for birthdays, but also appropriate for smaller milestones in a child's life.

Llama Destroys the World written by Jonathan Stutzman and illustrated by Heather Fox

There aren't too many picture books that take a science fiction approach to things, but this silly, hilarious story is about a llama who causes a rift in the space-time continuum…by eating too much cake.

The Three Vikings written and illustrated by Adam Auerbach

Everybody has skills to share – even the littlest among us! A theme that will resonate among the shorter set, who will also be charmed by the active illustrations.

Wake Up, Color Pup written and illustrated by Taia Morley

Get your color fix and your dog fix in one place!

A big thank you to these children's library staff for their year-end recommendations: Tori Hamilton, Glenpool Library; Sarah Davis, Herman and Kate Kaiser Library; Shelly Wimberley, Owasso Library; Melody Palmer, South Broken Arrow Library.

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WOMEN

18-64 YEARS OF AGE

WHO REGULARLY BUY ONE OR MORE MAGAZINES.

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BY NATALIE MIKLES

making memories: recipes from friends & family

I'm a cookbook collector with at least two-dozen books dedicated to Christmas recipes.

But given the choice between a recipe from a cookbook and a recipe given to me from a friend, I'll make the latter every time.

Baking is about measuring and mixing, leveling the flour and pulling the cookies out of the oven at the right second. But it's also about doing all those things for and with people you love. It's about standing on a stepstool at your grandma's house, stirring the sugar until it becomes buttery toffee. Or eating slices of warm cake under the kitchen table, laughing with your sister and hoping not to be caught. The experience and memories associated with baking are every bit as important as a recipe.

Many of us have passed down recipes we make during the holidays. Even if that recipe doesn't fall in line with food trends, make it anyway. Make the creamed corn or the Jello salad or the sliced apples seasoned with Red Hots candy. Make whatever it is that gives you warm memories of loved ones or special times around the table. There's room on the charcuterie board for a little nostalgia.



BLAIR, GRACE AND MARION OHMAN LOVE TULSA BALLET'S THE NUTCRACKER AND THEIR MOM'S, ASHLEY OHMAN'S, HOLIDAY FUDGE.

Christmastime at Ashley and Trent Ohman's house is as magical and fun as you would expect in a house with three little girls. Daughters Blair and Grace are both in the Tulsa Ballet's The Nutcracker this year, and little sister Marion may follow her sisters as a baby clown or mouse one day. Ballet shoes and visions of sugarplums are very much part of this family's Christmas. As is Ashley's wonderful recipe for fudge. The fudge makes a nice gift for friends, neighbors or teachers.

FABULOUS CHOCOLATE FUDGE

Makes 100 small squares

- 4 1/2 cups sugar
- 3 teaspoons cornstarch
- 1 large can evaporated milk
- 3 cups semisweet chocolate chips
- 1 cup (2 sticks) butter
- 3 tablespoons vanilla extract

1. Combine sugar, cornstarch and milk in a large, heavy saucepan, and bring to a rolling boil. Let boil for 6 minutes, stirring frequently during the entire cooking process.

2. Remove from stove, and add chocolate chips and butter. Stir until the chocolate and butter are melted and smooth. Add the vanilla extract and stir to combine.

3. Quickly spread mixture in a greased 9-by-13-inch pan, and let cool. After it has cooled, cut into small squares.

Southerners and Midwesterners tend to use the word "salad" loosely. But no worries, picky kids, there's not a leafy green in sight in this recipe. It comes from Ureka Williams and is a favorite of her kids, Claire and Gentry, at Christmastime.

PISTACHIO CHRISTMAS SALAD

- 1 (20-ounce) can crushed pineapple
- 1 package Jello instant pistachio pudding and pie filling mix
- 1 cup miniature marshmallows
- 1 regular-size tub Cool Whip
- 1/2 cup pecan halves

1. Mix together all ingredients until completely combined. Chill for a few hours or overnight.

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CLAIRE MAKING HER MOTHER'S PISTACHIO CHRISTMAS SALAD.

This makes such a pretty cookie – perfect for a cookie exchange or for gift giving.

GUMDROP COOKIES

Makes 4-5 dozen

- 1 cup butter, softened
- 1/2 cup sugar
- 1/2 cup brown sugar, packed
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 3/4 cup gumdrops, finely chopped

1. Blend together butter and sugars. Beat in milk and vanilla. Set aside.

2. Stir together the flour and baking powder; blend into butter mixture. Stir in gumdrops.

3. Shape dough into 2 (14-inch) rolls. Wrap in plastic wrap, chill at least 1 hour.

4. Cut into ¼-inch slices, and arrange on ungreased baking sheets. Bake at 375 degrees for 10 minutes.

CLASSIC SUGAR COOKIES

Makes 7 dozen

- 1 cup butter, softened
- 1 cup sugar
- 1 cup sour cream
- 2 eggs, beaten
- 2 teaspoons vanilla extract
- 5 cups all-purpose flour
- 2 teaspoons baking powder
- 1 1/4 teaspoons salt
- 1 teaspoon baking soda

1. Beat butter and sugar until fluffy; set aside. Stir together sour cream, eggs and vanilla; mix well and set aside.

2. Combine flour, baking powder, salt and baking soda. Add flour mixture alternately with egg mixture to the butter mixture; blend well. Chill 2 hours.

3. Roll out dough – a softball-size amount at a time – on a floured surface with a floured rolling pin. Roll out to 1/8-inch thickness. Cut using your favorite cookie cutters.

4. Arrange cookies on ungreased baking sheets. Bake at 375 degrees for 9 to 10 minutes or until just golden on bottoms. Cool completely on wire racks. Frost and decorate.

Royal icing is preferred by many for decorating Christmas cookies. But if you don't want to worry about raw eggs or finding meringue powder, this easy recipe for buttercream comes together quickly and tastes delicious.

Simple Cookie Frosting

- 3 cups powdered sugar
- 1/3 cup butter, softened
- 1 1/2 teaspoons vanilla
- 1 to 2 tablespoons milk

1. In a medium bowl, mix powdered sugar and butter with spoon or electric mixer on low speed. Stir in vanilla and 1 tablespoon of the milk.

2. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time. If frosting becomes too thin, beat in a small amount of powdered sugar. Stir in food coloring, if desired.







deck the halls with these DIY ornaments!

BY TARA RITTLER

For many families, decorating the Christmas tree is one of the focal points of the holiday season. Unwrapping beloved ornaments each year brings back memories of "Baby's First Christmas," a parent's childhood, and more.

Making homemade ornaments can add to this experience—and help your tree look ultra-festive while saving you money, which is always helpful around the holidays!

Here are three ideas for homemade ornaments that may not even require a trip to the craft store.



Pinecone Ornaments

Bundle up and go on a pinecone hunt! Once you've collected your treasures, bring them inside and start decorating.

Supplies:

- Pinecones
- Thin ribbon or twine, cut into 4" segments
- Hot glue
- Other decorative elements (silk leaves or fake berries, glitter, spray paint, bells, etc.)

Method:

1. Use hot glue to create loops out of the ribbon, with the glue closing the two ends together. Then, glue onto the flat part of the pinecone.

2. Decorate pinecone as desired. Depending on what you are doing, you may want to do this step first—for example, if you want to spray paint your pinecone gold or another color. But if you are just gluing decorative elements on the top, you should wait until the ribbon is set.

Salt Dough Ornaments

This one's a classic! Just make sure that your kids (and pets!) know not to try to eat the dough. We don't want any Christmastime tummy aches!

Supplies:

For Salt Dough:

- 4 c. flour
- 1 c. salt
- 1.5 c. warm water

For Decorations:

- Paint
- Glitter
- Modge Podge or other sealant
- Ribbon

Method:

1. Preheat oven to 325 degrees F. Mix flour and salt in a large bowl, then gradually stir in the water. When it gets too thick to stir with a spoon, start kneading with your hands. Knead until dough is smooth and easy to work.

2. Roll dough out to about 1/8" thickness. Cut with cookie cutters and place on baking tray lined with parchment paper. Use a toothpick or other utensil to cut



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a whole near the top of the ornament for your ribbon/string.

3. Bake for about 1 hour.

4. When cookies are cool, it's time to decorate! Use paint and glitter to make your ornaments pop! Once dry, seal your ornaments with a layer of Modge Podge or other sealant. When that is dry, thread ribbon through the hole at the top.

Popsicle Stick Frame Ornaments

Ah, popsicle sticks! A crafting staple! You can use popsicle sticks to create any number of frame shapes, from Christmas Trees (simply glue three green popsicle sticks in a triangle and add a brown cardstock base at the bottom) to Snowflakes to Snowmen and more. This tutorial is for a simple rectangular frame, but once you have the basics down, start thinking "outside the gift box"!

Supplies:

- Popsicle sticks (Try to find ones on the smaller side; these may be known as "craft sticks")
- Markers or paint
- Beads, bells, etc. for decorating
- Ribbon
- Elmer's Glue

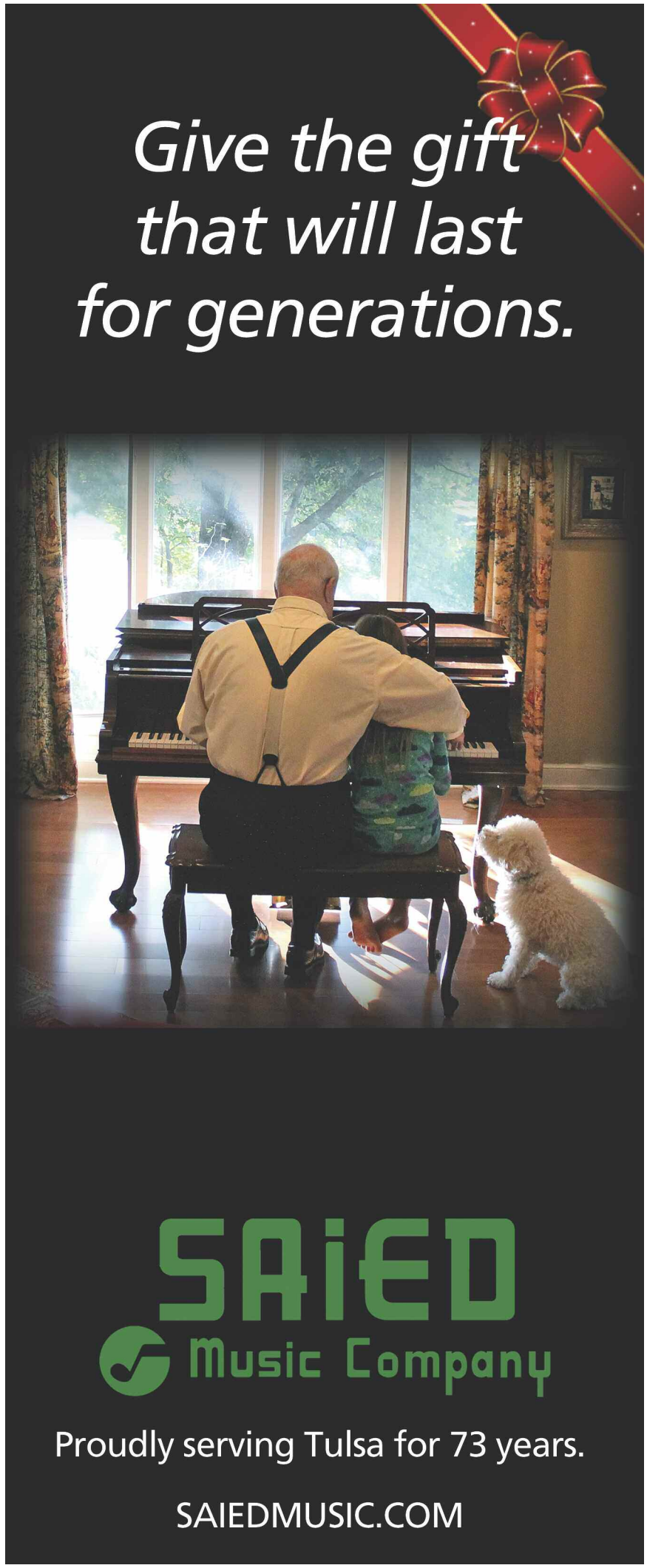
Method:

1. If desired, color popsicle sticks using markers or paint.

2. Glue popsicle sticks into a square or rectangle. If you have longer popsicle sticks, you may want to glue them so that the ends stick out beyond the basic square, rather than gluing the ends together.

3. Once dry, use glue to decorate the frame with beads, etc. Once this glue has dried, turn the frame over and glue a loop of ribbon to the back.

4. Cut desired photo so that it fits inside the frame. Glue to the backside of the frame so that when you flip it over, you can see your picture showing through your beautifully festive frame!



Festive Festivals

Gathering Place's 2nd annual Winter Wonderland transforms the park into just that! In addition to thousands of lights lighting up the Adventure Playground, enjoy a holiday train, visits with Santa and more!



PHILBROOK FESTIVAL
When: Fridays and Saturdays, November 29-December 28, 6-9 p.m.
Where: Philbrook Museum of Art, 2727 S. Rockford Rd.
Celebrate the holiday season with Philbrook as the Museum comes alive with festive holiday events, Santa, train rides, a Lego village, garden games, live music, shopping, décor, and thousands of lights reflecting the spirit of the season. Gather the whole family for unforgettable experiences. Purchase tickets in advance. www.philbrook.org.

GARDEN OF LIGHTS
When: Weekly, November 29-January 5, Thursday through Sunday, 5-10 p.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Garden of Lights at Tulsa Botanic Garden will be Thursdays through Sundays, 5-10 p.m., starting Friday, Nov. 29 and going through Sunday, Jan. 5. Stroll through the Garden illuminated in colorful lights – take photos with the "Ice Giants" and "Frost Bison" in the Children's Discovery Garden. Add your wish to the Wishing Tree, enjoy hot chocolate and make s'mores and take selfies at the photo booth. Botanical St. Nick will be available for informal visits and photos (bring your camera!) Thursdays – Saturdays, 6-9 p.m., starting Dec. 5 – Dec. 21. The Holiday Model Railroad will be up for two weekends: Dec. 12-15 and Dec. 19-22.
Tickets are $15 for ages 13+; $5 for ages 3-12. Children 2 and under are free. Tickets are limited each night and advance purchase is highly recommended. www.tulsabotanic.org/gardenoflights or 918-289-0330.

ARVEST WINTERFEST
When: November 23-January 5
Where: Outside BOK Center, 200 S. Denver Ave.
Arvest Winterfest will return to downtown Tulsa for its 12th year! Enjoy outdoor ice skating, a giant Christmas tree and more! www.tulsawinterfest.com

WEST BEND WINTERLAND
When: Kicks off Monday, December 2
Where: West Bend Winterland, Claremore Expo Center, 400 Veterans Pkwy, Claremore
Come out to the third annual Winterland at the West Bend Green located outside at the Claremore Expo Center! Winterland is reminiscent of holiday memories with lots of wonderful activates, a beautiful 65 foot live Christmas tree and more! Bring out your family to a great holiday event for everlasting memories. www.visitclaremore.org

HOMETOWN HOLIDAYS: A CHRISTMAS CELEBRATION FESTIVAL
When: December 6-8
Where: Downtown Sand Springs
This will be two days of family fun and everything Christmas, starting with a Festival of Lights Christmas Parade on Friday, December 6 at 7 p.m. sandspringschamber.com

WINTER WONDERLAND PRESENTED BY AMERICAN AIRLINES
When: December 18-January 1, 5-8 p.m.
Where: Gathering Place, 2650 S. John Williams Way
Gathering Place will once again transform itself into a Winter Wonderland presented by American Airlines, spreading holiday cheer with special performances and carolers, festive food, holiday drinks, a train for kids, and of course thousands of twinkling lights turning our five-acre Adventure Playground into a festive holiday village!. Don't forget to capture a holiday family photo with Santa Claus by the fireplace! Create holiday traditions and memories for the whole family at Winter Wonderland presented by American Airlines at Gathering Place. gatheringplace.org



Save right meow at the Tulsa Zoo! All December and January guests will receive half off regular admission. Grizzly bears, Arctic foxes, red pandas and, of course, snow leopards love the cold – they playfully romp around snow-covered spaces and even enjoy chilly, snow-free days. Bundle up and save this December and January at the Tulsa Zoo. Details at tulsazoo.org. 6421 E. 36th St. North. Open all winter 9 a.m.-5 p.m. except Christmas day and during inclement weather.

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

December 1 Sunday

DROP-IN STUDIO
Enjoy studio time at Gilcrease on the first Sunday of the month. Studio activities are inspired by museum collections and exhibitions, and encourage intergenerational, process-based creative learning. This program is appropriate for all ages and is free with museum admission. Children must be accompanied by adults. No reservations are required and visitors can stay for as little or as long as they would like. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org.

TULSA OILERS HOME GAME
Cheer for the Tulsa Oilers as they play hockey against Allen at the BOK Center, 200 S. Denver Ave., 4:05 p.m. tulsaoilers.com

December 2 Monday

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

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. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

SPEAKER: DR. FALLON LONG WITH LUMOS CHIROPRACTIC
On the fence about Chiropractic care? Have questions you would like answered about what chiropractics looks like for your family? Join Dr. Fallon Long from Lumos Chiropractic as she helps families navigate the health benefits of chiropractic care for adults, children & babies plus view a live adjustment! Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 6:30-8 p.m. breathebirthandwellness.com

December 3 Tuesday

AQUA-TOTS
Every good aquanaut started as an Aqua Tot! Bring your future ocean explorers (ages 2-5) for story time by the sea. First Tuesday of every month at 10:30 a.m. Included with admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10:30 a.m. okaquarium.org

TARC HISPANIC FAMILY SUPPORT GROUP [FREE]
The Hispanic support group is for parents who have children with intellectual or developmental disabilities. Children are welcome. Guest speakers present on a variety of helpful topics, and then parents have a chance to interact with other parents. For more information, please call Hannah Chaboya at: 918-582-8272 ext. 210. Catholic Charities, 2450 N. Harvard Ave., 6-7:30 p.m. ddadvocacy.net

December 4 Wednesday

TODDLER TIME AT CHANDLER PARK
Head to Chandler Park every other Wednesday for organized activities for you and your little one. Activities includes crafts, music, story time, sensory activities, gym games, na-

ture walks and field trips. Maximum 15 children per class. Chandler Park, 6500 W. 21st St., 10 a.m. facebook.com/chandlerparktulsa

December 5 Thursday

LEARN AND PLAY
Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities designed to stimulate early learners in a lively, social atmosphere. Snacks and all materials are provided. Space is limited and advanced registration is required. For more information, call 918-596-2786 or e-mail angie-williams@utulsa.edu. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. Also occurs Friday, December 6, 10:30-11:30 a.m. gilcrease.org

DANCING FOR BIRTH [W]
Taught by a certified Dancing For Birth instructor. This low impact cardio dance class incorporates dance moves from around the world to best prepare you to give birth. Birth can be like a marathon, and Dancing for Birth classes prepare you for the challenge. You'll become stronger, more agile, more at ease with your body and both mentally and physically ready to embrace your unique birth experience. $5 per person. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 6:30-7:30 p.m. breathebirthandwellness.com

LA LECHE LEAGUE TULSA DOWNTOWN EVENING MEETING [FREE]
Join La Leche League Tulsa to discuss breastfeeding with other pregnant and/or nursing parents! Kids and support people are welcome. Boston Avenue United Methodist Church, 1301 S. Boston Ave., 6:30-7:30 p.m. llloftulsa.org

December 6 Friday

FIRST FRIDAY ART CRAWL [FREE]
Enjoy free, late-night admission to select art galleries in the Tulsa Arts District and other entertainment. The Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

DADDY DAUGHTER DANCE
Girls age 4-12 can bring their dad, grandpa, uncle or other significant male to dance the night away. Advanced tickets can be purchased through Dec. 5 for $8 at tulsaparks.org; tickets can also be purchased at the door for $10 per person. Whiteside Community Center, 4009 S. Pittsburg Ave., 7-9 p.m.

December 7 Saturday

BIRD WALK AT OXLEY NATURE CENTER [FREE]
An Oxley staff member will lead a bird walk on the first Saturday of every month for all ages. Beginners are welcome. Bring binoculars if you have them, and meet at the Nature Center. Oxley Nature Center, 6700 Mohawk Blvd., 8 a.m. oxleynaturecenter.org

KEYSTONE FOREST ANCIENT HIKE DAY [FREE]
Hike amid centuries-old cedar and post oak trees. There are three trails to choose from, varying by length and difficulty. Keystone Ancient Forest, 160 Ancient Forest Dr., Sand Springs, 8 a.m.-2 p.m. sandspringsok.org

TFM WINTER MARKET [FREE]
The Cherry St. Farmer's Market is moving to Kendall-Whittier Square for the winter! Shop from your favorite farmer's market vendors every other Saturday from 8:30-12 p.m. Kendall-Whittier Square, Admiral and Lewis

MAGICAL MORNINGS FOR FAMILIES
In this special workshop with ahha artists and educators, you'll engage in age-appropriate activities designed to stimulate your child's curiosity and wonder. You'll also leave with new ideas for hands-on activities and practical knowledge of teaching and learning strategies that you can apply at home or in other out-of-school learning contexts. Ideal for kids ages 3-7. ahha Tulsa, 101 E. Archer St., 10 a.m.-12 p.m. ahhatulsa.org



Oxley Nature Center offers a variety of activities each month, including Full Moon Walks, Junior Naturalist events and more! Find some in our calendar and online at oxleynaturecenter.org.

MURDER AT THE MANOR [FREE]
It's holiday season at the Manor. Guests are enjoying their afternoon tea and murder is on the menu. Get clues and meet the suspects, enjoy teas and treats, and unleash your inner sleuth! This Downton-esque murder is perfect for fans of the PBS series. Registration is required. Register at www.tulsalibrary.org/events or call 918-549-7323. For all ages. Zarrow Regional Library, 2224 W. 51st St., 2:30-4 p.m.

REINDEER DASH: KIDS FUN RUN!
Enjoy a Reindeer Dash Kid's Fun Run at Kelly Lane Park this holiday season! Hot cocoa, cookies and Santa will all be on hand at the finish line! Happy holidays from Sapulpa Parks & Recreation! Kelly Lane Park, 1151 S. Park St., Sapulpa, 4-5 p.m. facebook.com/SapulpaCityParks

December 8 Sunday

SENSORY FRIENDLY FAMILY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 10:30-11:30 a.m. discoverylab.org

December 9 Monday

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

NATURAL BABIES
The holidays are coming, a time of celebration. How do we and the animals spend our time during the cold? Take a walk and then create a snow globe to take home. Registration is required. For ages 1-5 and their caregivers. Free for members, $5 for non-members. Oxley Nature Center, 6700 Mohawk Blvd., 10:30-11:30 a.m. oxleynaturecenter.org

December 10 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after storytime for games, toys and activities that foster critical early literacy skills. Helmerich Library, 5131 E. 91st St., 10:30-11:30 a.m. Repeats Dec. 10 and 17. tulsalibrary.org

December 11 Wednesday

FAMILY DAY
Join ahha Tulsa for an afternoon of hands-on learning for families of children and teens of all ages! Parents/caregivers and their children and teens will enjoy interactive tours of THE GALLERY and THE EXPERIENCE, explore new ideas in THE STUDIO, and dive deeper into artmaking processes in the Creative Labs. ahha Tulsa, 101 E. Archer St., 12-4 p.m. ahhatulsa.org

FULL MOON COLD WALK
Brrrr. The days are short, leading to frosty cold nights. If it is still, the sounds will carry on the air, across the prairie and and through the rattling dry leaves of the red oak. What experiences will tonight's adventure bring? $3 for members; $5 for non-members Oxley Nature Center, 6700 Mohawk Blvd., 7-8:30 p.m. oxleynaturecenter.org

December 12 Thursday

BABY WINTER FORMAL/GALA DE INVIERNO PARA BEBÉS [FREE]
The Martin Regional Library has the great honor of inviting you to its baby winter formal! Dress in your fanciest clothes or come in whatever is comfortable! There will be snacks, music, bubbles and crafts. This program is for ages 0-5, but all members of the family are welcome. / La Biblioteca Regional Martin tiene el gran honor de invitarlo a su gran gala de invierno. ¡Ven y festeja con nosotros! Vístete para impresionar o con tu ropa de gala. Habrá bocadillos, música, burbujas y artessanias. Para edades de 0 a 5 años, pero toda la familia está invitada. Martin Regional Library, 2601 S. Garnett Rd., 11 a.m.-12 p.m. tulsalibrary.org

GIVE BACK [FREE]
Do you need community service hours? The holiday season is coming up, and this is an opportunity to make cards for children in hospitals as a way to give back and spread encouragement. Registration is required. Register at www.tulsalibrary.org/events or call 918-549-7323. For ages 10-18. Central Library, 400 Civic Center, 4:30-5:30 p.m.

KIDS CONNECTION [FREE]
Kids Connection is a social group designed for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St. A., 4:30-5:30 p.m. ddadvocacy.net

HOLIDAY CLAY AT WHITTY BOOKS
Come create your own polymer clay gingerbread ornaments at Whitty Books! The cost to participate in this one is $15, but you don't have to buy tickets in advance. It's a drop-in class, so come by when you can! Plan by beginning your creation by 6 p.m. to make sure you have enough time to make and bake it. Whitty Books, 2407 E. Admiral Blvd., 4:30-7 p.m. tinythingsbybowen.com

December 13 Friday

STORYTIME FOR GROWNUPS: 'TIS THE SEASON! [FREE]
Bring a brownbag lunch, craft or art project, and cozy in while listening to local orators delight you with some of their favorite reads. Light bites are provided! Central Library, 400 Civic Center, 12:15-1 p.m. tulsalibrary.org

ARVEST FOUNDATION FILMS PRESENTS "THE NIGHTMARE BEFORE CHRSITMAS" [FREE]
Yes! Chapman Green Arts is showing The Nightmare Before Christmas on Friday the 13th! The evening will start off with a kids ornament craft at 5 p.m., and the movie will begin around 6. There will be outdoor heaters placed around the lawn to keep warm! Chapman Green Arts, 605 S. Main St., 5-7:30 p.m. chapmangreenarts.com

December 14 Saturday

FREE ADMISSION: SECOND SATURDAY [FREE]
Visit Philbrook on the second Saturday of each month for free family-friendly art-making, tours, and activities for kids of all ages in the museum and in the gardens. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-4 p.m. philbrook.org

HOLIDAY MOVIE MADNESS: "SANTA BUDDIES" [FREE]
Eat popcorn, make a craft and watch "Santa Buddies" (rated G). It's up to Puppy Paws and his newfound buddies to save Christmas. For all ages. Bixby Library, 20 E. Breckenridge Ave., 10:30 a.m.-12:30 p.m. tulsalibrary.org

GRAPHIC NOVELS PRESENTED BY THE AFTER-SCHOOL HOMEWORK CLUB [FREE]
Learn how to write graphic novels. Participants will work on storyboarding, layout and problems unique to this genre. Registration is required. Register at www.tulsalibrary.org/events or call 918-549-7323. For ages 10-18. Helmerich Library, 5131 E. 91st St., 2-3 p.m.

KWANZAA CRAFTS [FREE]
Celebrate the Kwanzaa holiday with simple and fun crafts to share for the season. Limited supplies are provided. For all ages. Suburban Acres Library, 4606 N. Garrison Ave., 2-4 p.m. tulsalibrary.org

December 15 Sunday

FUNDAY SUNDAY [FREE]
The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

TULSA MOMS DEMAND ACTION MEETING [FREE]
Join the Oklahoma chapter of Moms Demand Action to learn how you can help to demand sensible gun laws in Oklahoma. Feel free to bring a friend. Check Facebook event page for RSVP details. Southminster Presbyterian Church, 3500 S. Peoria Ave., 3 p.m. facebook.com/momsdemandactionok

December 16 Monday

POSTPARTUM/LACTATION SUPPORT GROUP [FREE]
Motherhood is extremely rewarding but can also be most the most exhausting job you will ever have. This class incorporates time for strengthening your soul, body and mind all while enjoying the fellowship of other mothers. Each class will offer a different educational topic pertaining to motherhood as well as a time for questions and answers on topic such as breastfeeding, intimacy, transitioning back to work, exercise, whole body healing and much more. Children welcome. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 10-11 a.m. breathebirthandwellness.com

OPIOIDS: PREVENTION AND AWARENESS [FREE]
A RSVP/OSU Opioids Awareness Educator volunteer will educate and inform the community about the personal, family and community risks of opioids addiction. Sponsored by Oklahoma State University's Cooperative Extension Service and RSVP (Retired Senior Volunteer Program) of Tulsa. For adults. Cen-



Keep it, or gift it? Either way, you'll have a blast making your own tiny gingerbread ornament at Tiny Things by Bowen's drop-in event at Whitty Books on December 12! Details at tinythingsbybowen.com.

tral Library, 400 Civic Center, 12-1 p.m. tulsalibrary.org

December 17 Tuesday

LORD OF THE RINGS MOVIE MARATHON [FREE]
It's been almost 18 years since the first "Lord of the Rings" movie hit theaters, so it's time to celebrate! Binge-watch all three movies, beginning with "The Fellowship of the Ring, all while making crafts native to Middle Earth. Drop in at any point throughout the day to join in on the merriment! Popcorn is provided. Costumes are encouraged, but certainly not required. For all ages. Central Library, 400 Civic Center, 9 a.m.-9 p.m. tulsalibrary.org

YOGA/STRETCHING [W]
Introductory yoga stretching and breathing class; ideal for pregnancy, postpartum and beginners. This class will also include a kid friendly component for littles who want to join mom. Exercises will be tailored to fit all levels and ages. Each class is one hour in duration (equipment included). $5 Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 10-11 a.m. breathebirthandwellness.com

December 18 Wednesday

COME-AND-GO HOLIDAY CRAFTS [FREE]
Drop in and make a holiday craft to keep or give away. Supplies are provided. All ages are welcome. Jenks Library, 523 B St., Jenks, 10 a.m.-6 p.m. tulsalibrary.org

December 19 Thursday

STORY TIME AT GATHERING PLACE [FREE, W]
Fall in love with the magic found in children's books! Head to Gathering Place every Thursday at 4 p.m. under the Reading Tree, and every Saturday at 9:30 a.m. in the Boathouse for Story Time from guest readers. Gathering Place, 2650 S. John Williams Way, 4 p.m. gatheringplace.org

December 20 Friday

FROSTY: MELTED SNOWMAN ORNAMENTS [FREE]
Craft ornaments that look like melted snowmen and enjoy holiday fun! For ages 10-18. Broken Arrow Library/South, 3600 S. Chestnut Ave., 4:30-5:30 p.m. tulsalibrary.org

ZZZS IN THE SEAS
HOLIDAY SLEEPOVER
Celebrate the holiday season with a one-of-a-kind sleepover at the Oklahoma Aquarium! Guests can drink from a hot cocoa station, take pictures with Santa, make holiday ornaments at a decoration station, eat cookies and candy canes, and go on a flashlight tour of the aquarium decorated in thousands of glittering holiday lights. Plus, spend the night with a sea turtle, sharks, and thousands of other fish "while visions of sugar-plums danced in their heads"! All guests will receive a special holiday gift from the Aquarium's fish friends to take home after a light continental breakfast. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7 p.m.-8 a.m. on December 21. okaquarium.org

December 21 Saturday

HOLIDAY MOVIE MADNESS: "THE SANTA CLAUSE" [FREE]
Eat popcorn, make a craft and watch "The Santa Clause" (rated PG). Because of the Santa clause, Scott inherits the job of Santa and meets the elf Bernard. For all ages. Bixby Library, 20 E. Breckenridge, Bixby, 10:30 a.m.-12:30 p.m. tulsalibrary.org

PHILBROOK STUDIO SATURDAYS
Studio Saturdays is a drop-in program for families with children of all ages (toddler-to-teen). Each month a new skill is explored with both studio and gallery activities. Included with general admission. Kids 17 and under always free. Philbrook Museum, 2727 S. Rockford Rd., 12:30-3:30 p.m. philbrook.org

GRAND EXPERIENCE: SLITHERING SERPENTS
Share the wonder of Tulsa Zoo's snake friends with your grandchild while creating memories that will last a lifetime. Slither in to learn about serpents while playing games, going on scavenger hunts and more. $25 per class. 10% off for zoo members. Information and registration at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E. 36th St. North, 1-4 p.m.

December 22 Sunday

TEMPLE ISRAEL'S SHALOMFEST HANNUKAH PARTY [FREE]
On the first night of Hanukkah, as the sun is setting, enjoy a first night lighting of a large hanukkiah, holiday candelabra on the front lawn at Temple Israel. Winter holiday treats and hot beverages will be provided. The stories and songs of Hanukkah will be shared, and there will even be a bit of a Hanukkah special treat for the children in attendance! Temple Israel, 2004 E. 22nd Pl., 4:45-5:45 p.m. templetulsa.com

WINTERLIGHT CHANUKAH FESTIVAL [FREE]
The Synagogue's annual community-wide Chanukah festival will take place on Sunday, December 22. Neighbors, friends, and community members won't want to miss out on this gigantic party. Congregation B'nai Emunah, 1719 S. Owasso Ave., 6-9 p.m. tulsagogue.com

December 23 Monday

WINTER BREAK DROP-IN ACTIVITIES FOR KIDS
Drop by and participate in family-friendly activities. Create a different make-and-take craft each day from Dec. 23-Jan. 3 (excluding Dec. 25 and Jan. 1). No reservations required and activities are available while supplies last. Free with Museum admission. For more information,visit nationalcowboymuseum.org/kids. National Cowboy and Western Heritage Museum, 1700 NE 63rd St., 10 a.m.-2 p.m.

MOVE IT MONDAY!
Move to music and play some games! 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

December 24 Tuesday

FIND ADDITIONAL EVENTS AT TULSAKIDS.COM/CALENDAR.

December 25 Wednesday

MERRY CHRISTMAS FROM TULSAKIDS!

December 26 Thursday

LET'S CELEBRATE KWANZAA: ANNUAL AFRICAN-AMERICAN HARVEST CELEBRATION [FREE]
Kwanzaa is a time to celebrate the African-American cultural commitment to the seven principles that benefit the overall community. Celebrate African-American drummers, elders, family members, ancestors, spoken-word artists, entrepreneurs and everybody! Invite all of your family and friends for "Mamanem," the talent segment of the program, to offer their talent as a gift to honor the past and embrace the future. Harambee! For all ages. Rudisill Regional Library, 1520 N. Hartford Ave., 6-8:45 p.m. tulsalibrary.org

December 27 Friday

CPR FOR KIDS [FREE]
Does your child babysit or have younger siblings? Would he or she know what to do in a lifesaving emergency? This class is designed for kids ages 10-16 to learn the basics of CPR and is taught by a certified trainer. Advanced registration is mandatory and class size is strictly limited to 12 students. Osteopathic Founders Foundation, 8801 S. Yale Ave. #400, 9-11 a.m. or 1-3 p.m. osteopathicfounders.org

December 28 Saturday

ZOO INSIDER: SNAKES
From boas and pythons to vipers and rattlers, teenagers will discover what makes snakes unique and the important role they have in our lives, all while learning about careers available in the zoo field. Register at tulsazoo.org/classes Tulsa Zoo, 6421 E. 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

BOTANY WALK [FREE]
Enjoy a guided walk through Oxley on the fourth Saturday of the month at 10:30 a.m. This walk will will focus on local flora. Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m. oxleynaturecenter.org

HOLIDAY MOVIE MADNESS: "HARRY POTTER AND THE GOBLET OF FIRE" [FREE]
Eat popcorn, make a craft and watch "Harry Potter & the Goblet of Fire" (rated PG-13). Harry and friends compete in the Quidditch World Cup and the Triwizard Tournament. For ages 10 and up. Bixby Library, 20 E. Breckenridge Ave., Bixby, 10:30 a.m.-12:30 p.m. bixbylibrary.org

December 29 Sunday

DISCOVERY TIME
Come to Sam Noble Museum's Discovery Room for Discovery Time! Explore natural history topic through stories, crafts and museum objects and specimens. Sam Noble Museum, 2401 Chautauqua Ave., Norman, 2:30-3 p.m. samnoblemuseum.ou.edu

December 30 Monday

PAW PATROL LIVE!
PAW Patrol Live return to save the day in Tulsa this December 28 through 30 with 'The Great Pirate Adventure!' Don't miss your chance to see all your favorite pups in Tulsa! BOK Center, 200 S. Denver Ave., 2 p.m. See additional showtimes at bokcenter.com

December 31 Tuesday

LEGO WINTER PARTY [FREE]
Come and build a LEGO masterpiece during your winter break. Popcorn will be served. For ages 7-12. Nathan Hale Library, 6038 E. 23rd St., 3:30-5:30 p.m. tulsalibrary.org

HAPPY NEW YEAR! SEE OUR LIST OF FAMILY FRIENDLY NEW YEAR'S EVENTS ELSEWHERE IN THE MAGAZINE.







Holiday Showtimes

Bob and Tiny Tim Cratchit from ATC's 2011 production of "A Christmas Carol." Photo by Michael Ervin. Photo courtesy of American Theatre Company.

BROWN BAG IT: TULSA FESTIVAL RINGERS
When: December 4, 11:30 a.m. and 12:45 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Brown Bag It free noontime concert series at the Tulsa Performing Arts Center happens the first Wednesday of the month. The series features some of Oklahoma's finest professional musicians performing in the PAC's Westby Pavilion.
Tulsa Festival Ringers, Inc., Tulsa's only auditioned community handbell ensemble, is more than a musical novelty; it is an ensemble of musicians who specialize in handbell ringing. The members are handbell directors and ringers from various churches throughout the Tulsa area who want to share their love of music and handbells. Their annual Christmas Brown Bag it show at the Tulsa PAC has become a seasonal favorite! tulsapac.com

THE BEST CHRISTMAS PAGEANT EVER
When: December 5, 6, 7, 12, 13, 14 at 7:30 p.m. and December 8 and 15 at 2 p.m.
Where: Clark Youth Theatre, 4825 S. Quaker Ave.
The Herdmans never go to church.

continued next page

So how did they end up with the lead roles in the Christmas play? Chance, intimidation, and maybe a little Christmas magic help bring the Herdmans, as well as the rest of the town, to a new understanding of the holiday season. Don't miss this Clark Youth Theatre tradition, 39 years strong! clarkyouththeatre.com

THE PETERSENS BLUEGRASS CHRISTMAS
When: December 7, 7:30 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
The Petersens are an award-winning bluegrass band in their ninth season of shows in Branson, Missouri. In 2015, the band received international attention when their banjo-playing yodelist Ellen Petersen competed on American Idol and placed in the top 48. The family has toured throughout the U.S., Canada and Ireland, performing bluegrass standards and gospel favorites. tulsapac.com

THE NUTCRACKER
When: December 7, 7 p.m.; December 8, 2 p.m.; December 13, 7 p.m.; December 14-15, 2 p.m.; December 21, 2 and 7 p.m.; December 22, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Celebrating 50 years of Tulsa Ballet bringing you this magical holiday experience, bring your family and friends to see Oklahoma's premiere holiday show featuring world-class dancing, spectacular sets and costumes, plus a thrilling on-stage snow fall! Set in 1920's Paris, the birthplace of classical ballet, Marcello Angelini's vision of The Nutcracker has been a Tulsa favorite since 2003. Whether you've seen it once or one hundred times, this spectacular production is guaranteed to capture your imagination and your heart. tulsaballet.org



The Nutcracker and young Marie.
Photographer: Jeremy Charles. Photo courtesy of Tulsa Ballet

A CHRISTMAS CAROL
When: December 12-14, 17-21, 23, 7:30 p.m.; December 15 and 22, 2 p.m.
Where: Tulsa PAC, 110 E. 2nd St.
Robert Odle and Richard Averill's musical adaptation of Charles Dickens' beloved novella about the joy of giving has been a Tulsa tradition for more than 40 years. It's a heartwarming story about Scrooge, a lonely humbug who is given the rare chance to change his life and find his heart. Presented by American Theatre Company. tulsapac.com

POPS: CHRISTMAS IN TULSA
When: December 13-14, 7:30 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Kick off the holiday season with Signature Symphony's annual Christmas in Tulsa concert featuring holiday favorites performed by the Signature Chorale and the 2019 winner of the Tulsa Sings! competition. signaturesymphony.org

RHAPSODY IN BLUEGRASS: A CHRISTMAS JUBILEE
When: December 15, 7-8 p.m.
Where: Trinity Presbyterian Church, 9303 E. 111th St. S., Bixby
Come and hear the Trinity Presbyterian Church Cancel Choir in their presentation of Joseph Martin's Rhapsody in Bluegrass: A Christmas Jubilee. This cantata is a mingling of refreshing, traditional choral sounds with the rustic beauty of bluegrass folk music. This sixty-minute work is filled with joyful songs of the season as well as introspective readings between each movement. The evening will conclude with a reflective piece entitled "Peace, Peace," in which the community will join in singing Silent Night. This event is free and open to the public. Childcare will be available at no charge. trinitychurchbixby.org

DECORATING THE TREE
When: December 19-23, 7 p.m.
Where: ORU Timko Barton Performance Hall, 7777 S. Lewis Ave.
Experience the "Drama" of Christmas. Join an average American family as they take you on a journey as they "Decorate the Tree." Funny and hilarious with a point. Bring your family and create a holiday moment that is sure to last. Produced by Fervent Fire Productions. decoratingthetree.com

KRISTIN CHENOWETH & SANDI PATTY CHRISTMAS
When: December 20, 7:30 p.m.
Where: Broken Arrow PAC, 701 S. Main St., Broken Arrow
A powerhouse duo for the ages, Emmy and Tony winner Kristin Chenoweth comes back to her hometown for a magical evening of Yuletide carols and classics. Joining her is Grammy and Dove award winner Sandi Patty, whose connection to the holiday season spans several decades and more than half a dozen Christmas albums. This evening with two dynamic divas is not to be missed! brokenarrowpac.com

TRANS-SIBERIAN ORCHESTRA
When: December 20, 8 p.m.
Where: BOK Center, 200 S. Denver Ave.
The multi-platinum, critically-acclaimed progressive rock group Trans-Siberian Orchestra will be bringing its highly-anticipated Winter Tour 2019 back to Tulsa! Returning with all-new staging and effects is the unforgettable show that started it all, "Christmas Eve and Other Stories." bokcenter.com

"THE VOICE" CHRISTMAS CONCERT WITH BRIAN NHIRA AND FRIENDS
When: December 21, 7-9 p.m.
Where: VanTrease PACE, 10300 E. 81st St.
Brian Nhira's acclaimed Tulsa Christmas concert featuring his friends from 'The Voice' returns for its fourth year and grand finale show. This will be the family friendly Christmas concert of the season, and you don't want to miss it! Proudly presented by Good Life Music and Media Lessons, the Christmas concert benefits 'The Backpack Project' and aims to surpass the 5,000 total backpacks donated mark, as a result of this exciting concert series. For more information, please visit briannhira.com/Christmas.



"Now dash away, dash away, dash away all…" to the Tulsa Zoo! Eat Breakfast with Santa AND meet his reindeer on December 7 or 14. Details at tulsazoo.org/santa. Photo courtesy of Tulsa Zoo

Santa Claus is Coming to Town
Where to find Santa in the Tulsa area

Whether your kids have a wish list a mile long or a single item they've set their sights on, there's a good chance they'd like the opportunity to tell Santa first hand. Here is a list of places to find Santa in the Tulsa Metro.

As more information becomes available, we will update this list at tulsakids.com/santa.

SANTA AT WOODLAND HILLS MALL
When: Daily, November 2-December 24 (Closed Thanksgiving)
Where: Woodland Hills Mall, Center Court, 7021 S. Memorial Dr.
Families can capture the magic of the holidays and whisper Santa their wishes.
Don't Miss: Disney Junior Holiday Play Date on December 7, 2-4 p.m., with snacks, crafts, games and a visit from Santa. Located in the JC Penney Court at Woodland Hills. simon.com/mall/woodland-hills-mall/stores/santa-photo-experience

SANTA AT MILLER SWIM SCHOOL
When: November 23, 9 a.m.-12 p.m. (Jenks location); November 25 and 26, 4:30-7:30 p.m. (Jenks location); December 2, 3 and 5, 4:30-7:30 p.m. (Tulsa location); December 7, 9-11:30 a.m. (Tulsa location)
Where: Miller Swim School Jenks, 525 W. 91st St. S., Tulsa; Miller Swim School Tulsa, 6415 S. Mingo Rd.
Santa is coming to BOTH Miller Swim School locations! Don't wait in those crazy long times, just swim on by and grab a picture with Santa at Miller Swim School.
-Digital images
– individual, sibling or family pictures
– wear a swimsuit or dress up!
-come during your swim time or another time and bring a friend!!
www.millerswimschool.com

SANTA AT UTICA SQUARE
When: Monday through Saturday, 11 a.m.-9 p.m.; Sunday, 12-6 p.m. Santa's House will be open from the day after Thanksgiving through Christmas Eve.
Where: Utica Square, 21st and Utica
Get your picture taken with one of Tulsa's most popular Santas! You may even get a free cookie! www.uticasquare.com

BREAKFAST WITH SANTA
When: Saturday, December 7 and 14, 9-10:30 a.m.
Where: Tulsa Zoo, 6421 E. 36th St. N.
The Tulsa Zoo will once again welcome the big jolly man himself during Breakfast with Santa. NEW Experience extra magic with Santa's live reindeer! Celebrate the ho-ho-holidays while enjoying a full hot breakfast buffet, arts and crafts, animal chats, and, most importantly, meet Santa Claus. Tickets are $24 for zoo members, $29 non-members, children under 3-years-old are $5 each. More information and registration at tulsazoo.org/santa.

THE MOTHERS GROUP INC.'S SANTA COMMUNITY PROJECT
When: Saturday, December 7, 9 a.m.-12 p.m.
Where: Greenwood Cultural Center, 322 N. Greenwood Ave.
Children are invited to visit Santa Claus and Mrs. Claus, receive a complimentary photo and a free book (while supplies last). Families can apply for library cards, also. Free and open to the public.
Cash donations to purchase books may be mailed to P.O. Box 702915, Tulsa, OK 74170-2915.
For more information or to donate new books, go to themothersgroup.org

BREAKFAST WITH SAINT NICK
When: Saturday, Dec. 7, 9-11 a.m.
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Bring the family for a continental breakfast in the Garden's Mabee Grange decked out for the holidays! Make a wish to hang on the Wishing Tree. Meet St. Nick and Mother Christmas when they arrive from the North Pole at 9:30 a.m. This jolly couple will share stories and interactive songs with plenty of opportunities for visits and photos with families sprinkled in. Cash bar with mimosas and bloody marys.
Tickets are limited for this event. Tickets are $20 per person for Garden members; $25 for non-members. Children 2 and under are free, but do require a ticket. tulsabotanic.org

SANTA CLAUS IS COMING TO TOWN!
When: Saturday, Dec. 7, 10:30-11:30 a.m.
Where: Bixby Library, 20 E. Breckenridge Ave., BixbY
Celebrate Christmas with games, crafts and a visit with Santa! Limited to 40 children ages 3-10. Registration is required to visit with Santa. Call 918-549-7323 to register. Cookies provided by Doc's Country Mart. tulsalibrary.org



GRINCHMAS PARTY FEATURING SANTA CLAUS
When: Saturday, Dec. 7, 11 a.m.-12 p.m.
Where: Schusterman-Benson Library, 3333 E. 32nd Pl.
Enjoy Grinchy games, crafts and goodies. Special guest Santa will be here for chats and photos. Whoville costumes, pj's or other holiday-inspired dress encouraged. For preschoolers and elementary students. tulsalibrary.org

CHANDLER PARK COOKIES WITH SANTA
When: Saturday, Dec. 7, 11 a.m.-1 p.m.
Where: Chandler Park, 6500 W. 21st St.
Bring the family out to enjoy milk and cookies with the 'man in red'. Don't forget to bring your wish lists and cameras to snap a photo. The 1st 100 guests will receive a goodie bag! parks.tulsacounty.org

BUILD A READER STORYTIME: SANTA/STAY AND PLAY
When: Wednesday, Dec. 11, 10:30-11:30 a.m.
Where: Glenpool Library, 730 E. 141st St., Glenpool
Join Ms. Tori and her guitar for this 0-to-5 storytime featuring some very special guests from the North Pole, plus songs, rhymes, stories and more. Bring your camera for pictures afterward. Stay after storytime for games, toys and activities that foster critical early literacy skills. tulsalibrary.org

CHRISTMAS CELEBRATION & HOLIDAY ART MARKET
When: Saturday, Dec. 14, 10 a.m.-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr.
Santa will be visiting Chickasaw Cultural Center's Christmas Celebration and Holiday Art Market. Guests can also enjoy a variety of activities, including Christmas films, cultural crafts and more. www.chickasawculturalcenter.com

PICTURES WITH SANTA AT THE WILL ROGERS MEMORIAL MUSEUM
When: Saturday, Dec. 7 and 14, 11 a.m.-2 p.m.
Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore
Come to the Will Rogers Memorial to get your Christmas Card pictures made. There is a beautiful setting and this year, admission is FREE to take pictures. Bring your own camera. www.willrogers.com

BIXBY VISIT FROM SANTA CLAUS
When: Friday, Dec. 13, 4-5 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave.
This free event is for children ages 0-12. Enjoy games, snacks and a visit from Santa! parks.tulsacounty.org

BREAKFAST WITH SANTA
When: Saturday, December 14, 9-10:30 a.m. and 11 a.m.-12:30 p.m.
Where: Cox Business Center, 100 Civic Center
The 2019 Arvest Winterfest will include two sessions of "Breakfast with Santa" in the Tulsa Ballroom at the Cox Business Center. For full details, please visit Tulsawinterfest.com.

SOCO SANTA BRUNCH
When: Saturday, Dec. 14, 10 a.m.-12 p.m.
Where: So. County Recreation Ctr, 13800 S. Peoria Ave., Bixby
Experience all the joy and wonder that our annual Brunch with Santa brings. Don't forget your wish list! Limit 250 tickets. Maximum 4 tickets per adult. All ages. Free. Sign up at location. parks.tulsacounty.org

SIBLINGS WITH SANTA
When: Saturday, December 14, 10:30 a.m.-12 p.m.
Where: Breathe Birth and Wellness, 4800 W. San Antonio St., Broken Arrow
Join Breathe Birth & Wellness for a FREE event Saturday December 14th from 10:30-12:00. Enjoy a visit with Santa, pictures, milk & cookies, crafts and fun! Open to all! breathebirthandwellness.com.

LAFORTUNE PARK VISIT FROM SANTA
When: Saturday, Dec. 21, 11:30 a.m.-1 p.m.
Where: LaFortune Park, 5202 S. Hudson Ave.
Head to LaFortune Park for games, snacks, and a visit from Santa! parks.tulsacounty.org

Holiday Markets



Sure, shopping online may save you a little bit of time, but shopping local gives back to the community—and it's more fun, too! Support local businesses and artisans by checking items off your Christmas list at any of these festive markets.
Find more in TulsaKids' Holiday Family Fun Guide at tulsakids.com/holiday.

CHRISTKINDLMARKT
When: Friday, December 6, 10 a.m.-7 p.m.; Saturday, December 7, 10 a.m.-5 p.m.; Sunday, December 8, 11 a.m.-5 p.m.
Where: GAST Event Center, 2301 E. 15th St.
German-American Society of Tulsa is hosting its 20th Annual Christmas Market, a 3-day event featuring 25 local artisans and vendors. GAST will also be selling a wide selection of German food and gift items shipped directly from Germany. www.gastulsa.org

CAROLS & CRUMPETS
When: Saturday, Dec. 7, 8 a.m.-3 p.m.
Where: Tulsa Garden Center, 2435 S. Peoria Ave.
Join the Tulsa Herb Society at Carols & Crumpets, their yearly arts and crafts show. There will be all sorts of goodies available for you and your home. Plus, you can enjoy a lovely lunch at the Snowflake Cafe in the Ballroom of the Tulsa Garden Center. Admission is free. www.tulsagardencenter.org

37TH ANNUAL DARNABY ARTS AND CRAFTS SHOW
When: Saturday, December 7, 9 a.m.-4 p.m.
Where: Union Multipurpose Activity Center (UMAC), 6835 S. Mingo Rd.
This free-to-attend event is celebrating over three decades of success by featuring a variety of distinctive hand-made items from over 100 skilled artists and crafters. The Darnaby show is a must stop for everyone's holiday shopping as it offers a wide variety of items such as monogrammed gifts, holiday accents, home decor, delicious baked goods, adorable children's clothing and accessories, adult fashions, jewelry, purses, pet items, woodcrafts and much, much more. www.darnabyartsandcraftsshow.com

BIXBY HOLIDAY ARTS & CRAFTS SHOW
When: Saturday, December 7, 9 a.m.-4 p.m.
Where: Bixby Community Center, 211 N. Cabaniss Ave., Bixby
Bixby's largest holiday arts and craft show, with over 70 booths! Gifts and treasures from all over Oklahoma. Support local artists and small business. parks.tulsacounty.org

LAFORTUNE PARK CRAFTS BAZAAR
When: Saturday, December 7, 9:30 a.m.-3 p.m.
Where: LaFortune Community Center, 5202 S. Hudson Ave.
Browse homemade items, decorations, scarves, jewelry, and other unique treasures for your holiday shopping list from quality vendors. parks.tulsacounty.org

CHRISTMAS IN KENDALL WHITTIER
When: Saturday, December 7, 10 a.m.-6 p.m.
Where: Kendall-Whittier District, Admiral and Lewis
Browse and buy from pop-up shops housed in Kendall-Whittier businesses! facebook.com/kendallwhittierpopupshops

CASCIA HALL CHRISTMAS HOME TOUR & BOUTIQUE
When: Sunday, December 8, 11 a.m.-4 p.m.
Where: Cascia Hall, 2520 S. Yorktown Ave.
Cascia Hall's annual Christmas Home Tour and Boutique will showcase four Midtown homes, beautifully decorated for the holidays, a boutique featuring more than 50 vendors and entertainment by Cascia students. Plus, new this year, Cascia Hall will host an Old Fashioned Christmas Tree lot and Santa's Village! Tickets for the Home Tour may be purchased online at www.casciahall.com/walk.

THE ALLIDAY SHOW
When: Sunday, December 8, 10 a.m.-5 p.m.
Where: Retro Den, 1216 S. Harvard Ave.
The popular Alliday Show returns to Retro Den for its 10th (and final) year! Shop for unique gifts made by some of Tulsa's best artisans. Free admission. www.theallidayshow.com

CHRISTMAS CELEBRATION AND HOLIDAY ART MARKET
When: Saturday, Dec. 14, 10 a.m.-5 p.m.
Where: Chickasaw Cultural Center, 867 Cooper Memorial Dr., Sulphur
Enjoy a variety of activities, including Christmas films, pictures with Santa, cultural crafts, and more. www.chickasawculturalcenter.com

SANTA PHOTO TIME

It's time for holiday photos with Santa.

He'll be waiting for you in Center Court near Starbucks. To reserve your FastPass and for Santa hours, visit **simon.com/santa**.

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BY NATALIE HANSON

the gift of encouragement

I was riding in the car with my daughter the other day after dropping my boys off late (again) for an activity. I don't know if it was the weather, or hormones, or what, but I started to tear up. She asked me what was wrong, and I told her, "I just feel like a failure today." Then I began to list all the ways I felt that I had failed in the last 24 hours. She wisely counseled me to stop, and list all the things I HAD accomplished in the day. She started for me, and I have to say, she was right. That list didn't sound so bad. I had done much more than I was giving myself credit for in the moment. My daughter turned me around that day. What a gift.

When I started writing this column at the beginning of the year, I had just given birth, and was feeling a little extra nervous about putting myself out there. There were several moments during that time where a kind word of encouragement from a friend would change my outlook right when I needed it. It was the small things. I doubt if most of them would even remember what they said, but it made all the difference to me. Sometimes just feeling like someone sees you can help lift you, and give you the capacity to keep going. If it weren't for the encouragement of some dear friends and family, I don't know if I could have made it through the year. Their words carried me, and I am so grateful.



This year has been one of realizing "women supporting women" is a real thing. We need it. The truth is, we women fight a different battle than men. I don't know a single woman who doesn't wrestle with the innate job of caring for those around us and at the same time doing justice to all of our other responsibilities. We have a unique insight into each other's burden, and we can do so much to build up each other and the world by passing on encouragement.

At our best, we homeschoolers do not have a care in the world what anyone else is doing. At our worst, we can be overwrought with the fear that surely everyone else is doing it all better than we are in our home. So, let me encourage you to do this for each other — when you notice good things in other people's children, let them know! It could be anything, like how well they interact with adults. I mean, we all know homeschool kids are weirdly good at that! We are pouring countless hours and love into these little guys and it means so much to have it recognized by others. Of course, this applies to all parents, but a special reminder that those taking on the task of education at home can always use a pat on the back.

This holiday season, join me in setting a goal to reach out and encourage the women in your life. Acknowledge what you see them doing. Who knows what your words will help to build, and together we can lift up our communities, our city, our world.





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LOCALLY OWNED AND OPERATED





Hip Mom Hits the Holidays

BY JILL VANTREASE

I have a horrible, Grinchy confession: For the past few years, I have stared down the barrel of the upcoming holiday season with a sense of cold, nauseating dread. Isn't that mortifying? I have all these lovely children, and the thought of all the weeks leading up to Christmas -- and therefore all the things I have to do -- makes me queasy! It's all my doing; back when I had a darling chubby 2-year-old and his little squishy infant brother, I wanted to recreate the over-the-top magic my very middle-class Santa provided me every year: So many blingy presents under the tree every Christmas! Well, I didn't know I'd have a jillion kids. All that love -- but all that stress, time and money! Top off all the gift gathering for the kids with all their holiday parties and concerts, and then layer in extended family, office parties, (do we tip the UPS guy?) — where is the sacred in all this holidaypalooza?

There seems to be no fun, no joy, no reprieve or relaxation in these coming weeks. So it's with hope and relief I sign up for a "Holiday Entertaining Class" hosted by Lauren Allen of Lauren Kim Allen Events at Mother Road Market. Lauren is an event planner who specializes in gorgeous cheese plates and "grazing tables." Her spreads are beautiful - she believes food should both look like an edible rainbow and taste sublime. And, indeed, when



my friend Jacque and I enter the Demonstration Kitchen, we are greeted by a sumptuous spread: olives, salami, prosciutto-wrapped melon, pumpkin butter, Mercona almonds...it's breathtaking. And the beverages: a "Whisky Smash" garnished with a cinnamon stick, and a "Champagne Sparkler" with Grenadine, Elderflower and sprinkled with berries and a sprig of rosemary. The thoughtful details are simply transformative.

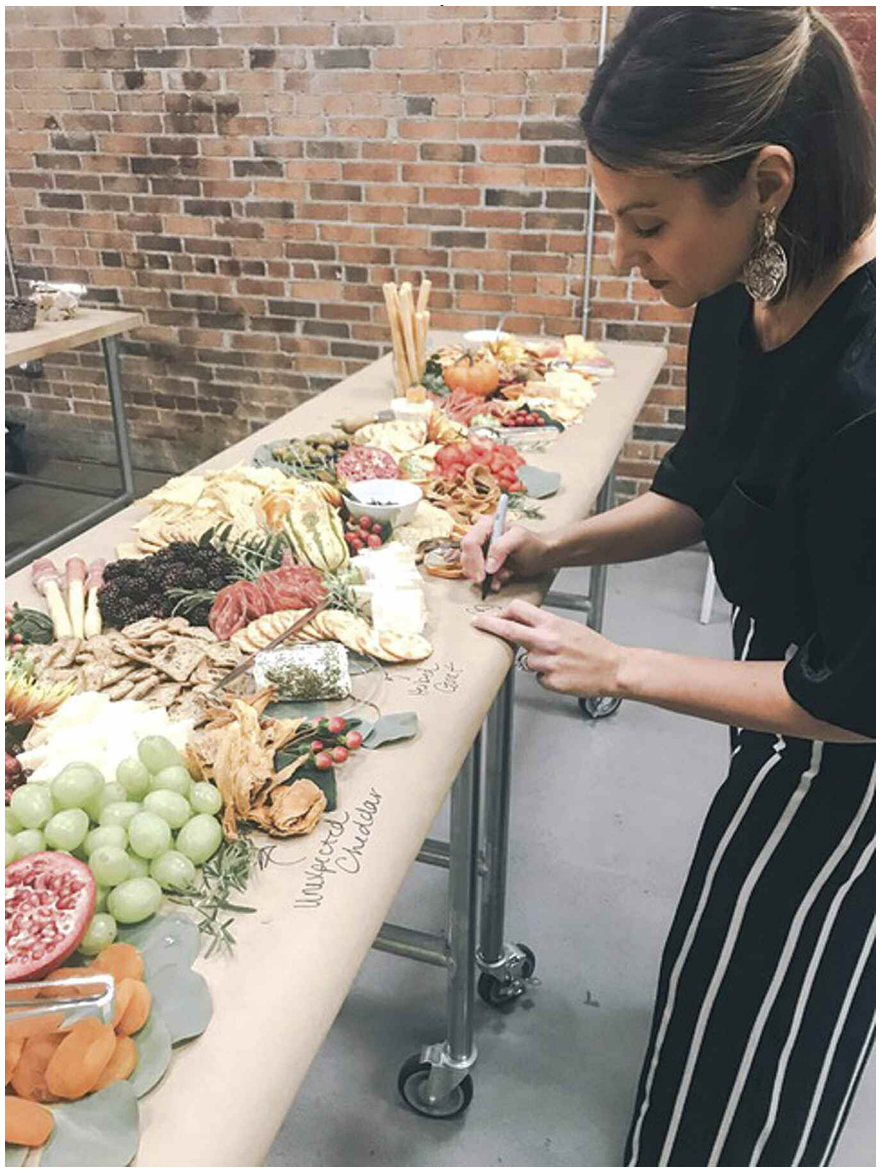
But Lauren is about more than fancy food and drinks. She wants her events to be about the guests: meaningful and people centered, which - after a really rough fall for my family - sounds just about right to me! She offers three easy tips to center your event around what really matters.

1. FIND YOUR PURPOSE. "We almost always turn to those who are focused on the mechanics of gathering: chefs, etiquette experts, event planners. In doing so, we inadvertently shrink a problem that is a human challenge into a logistical one. We are tempted to focus on the "stuff" of gatherings because we believe that is all we can control. So instead, place the people and what happens between them at the center of every gathering."

Isn't that an interesting shift in perspective? The food and the logistics should be secondary to the people you are inviting - and what you serve and do should naturally flow from that!

Lauren continues: "Decide why you're really gathering - drill down until you've nailed it."

continued next page





Maybe you're gathering to pass down what it means to be a family. Maybe you're gathering to celebrate a birthday, or the end of the semester. Lauren even suggests when in doubt, "reverse engineer your gathering - organize your gathering around the desired outcome." And then, "if you still can't think of why you're gathering, or it's simply just a 'hangout' - give people their time back and plan something that has a purpose!" How refreshing: People don't need something meaningless with which to fill their time - especially in December! Another common misconception: "The more the merrier" might not necessarily fit. If another invitee or two thwarts the purpose of the party, exclude with intention. And the purpose of the party starts with the invitation, which sets the mood -- either a casual text or a formal invitation in the mail.

2. CROSS THE THRESHOLD. The threshold is any space you deem to take a guest from their current reality into yours. As Priya Parker notes in "The Art of Gathering," your aim is to "Create a temporary alternative world." Invite your guests to leave their brains at the door. I love this concept: It's sort of like the feeling when I go to my mom's house -- whew! I'm not in charge anymore! I can just sit on the couch, laugh and maybe drool a bit. And then, Lauren notes, there must be a place to gather. This might be the bar for the guys, a grazing table, or for kids, a crafts' table. Lauren notes that at a recent fundraiser there was a champagne fountain -- it was just something beautiful to stand around, even if guests weren't drinking champagne. People need direction!

3. BE THE BOSS. Lauren implores us: Don't be a chill host! (I'm guilty of this!) Assume your role. Don't just have people over and let them navigate on their own. Take your role seriously. Go over guests' names and details before they arrive so you don't find yourself suddenly blanking on a name -- which of course makes a guest doubt his or her role at your soiree! Introduce people to each other, and take your time with this. Isn't that the point of an event -- making new connections and friends? Also, be generous with everything: food, wine, compliments! Keep everyone's spirits - and blood sugar - up!

And now a few notes about food and drink. It does not have to be difficult at all, but it does have to be attractive! Lauren notes she gets most of her delights from Trader Joe's. "Masala Meatballs," for instance, are ridiculously easy and beautiful. Warm up the meatballs in the crockpot, stick up a dollop of Masala sauce on the platter per each meatball, and voila - gorgeous balls of carnivorous delight! She notes that smoked salmon always elevates an event -- sophisticated, delicious and, as a side benefit, good for you and your brain!

She also has some great rules of thumb for Cheese Boards and Grazing Tables:

■ Follow the rule of odd numbers: three cheese for a small tray, five for a medium, and seven for a large. Include hard (Parmeesan), aged (cheddar), gooey (Brie), indulgent (Midnight Moon), soft (Boursin), and bleu. Mix these among texture.

■ Accompaniments are key! Include meats, fruits, dried fruits and veggies, nuts, jams, jellies, olives and cornichons.

■ Don't forget the bread and crackers!

■ To cut or not to cut? If it's three friends at an informal gathering, it's more fun to dig in, but if there are more than a few at a more formal gathering, cut the cheese! Guests are more likely to eat it cut. But some cheeses - Brie, for example - are hard to cut and best left whole.

Maybe you can host an event this holiday season; maybe you can attend one. But Lauren reminds us that the heart of all these gatherings is to spend time with people you care about in a meaningful, intentional way. Time at this time of year isn't to be wasted, so spend it well! Happy, happy holidays!

TulsaKids'12 Days of Christmas Giveaways

Happy Holidays from TulsaKids!

Enter a new giveaway daily from December 1-12.
Details and links available at tulsakids.com/contests.

Sunday, December 1

Enter to win tickets to Tulsa Ballet's "The Nutcracker"!

Monday, December 2

Enter to win 6 tickets to Paw Patrol Live!, courtesy of the BOK Center!

Tuesday, December 3

Enter to win 2 Men's & Women's Basketball season tickets, courtesy of ORU!

Wednesday, December 4

Enter to win 4 guest passes, T-shirts and other goodies from ahha Tulsa!

Thursday, December 5

Enter to win a Camp Registration Certificate from SoccerCity!

Friday, December 6

Enter to win 4 admission passes to Arvest Winterfest, plus 4 hot chocolate vouchers!

Saturday, December 7

Enter to win a swimsuit, goggles and family swim pass to Miller Swim School!

Sunday, December 8

Enter to win a Family Membership + merchandise from Discovery Lab!

Monday, December 9

Enter to win 2 adult and 2 children's tickets to the Oklahoma Aquarium!

Tuesday, December 10

Enter to win a gift card, necklace and hand-stamped ornament from The Vintage Pearl!

Wednesday, December 11

Enter to win a gift from Lolly Garden!

Thursday, December 12

Enter to win 6 tickets to Trolls Live!, courtesy of the BOK Center!

Second Saturday Silents

Live organist + Silent film+ Felix the Cat cartoon



The silent film series featuring Circle's 1928 theatre pipe organ!

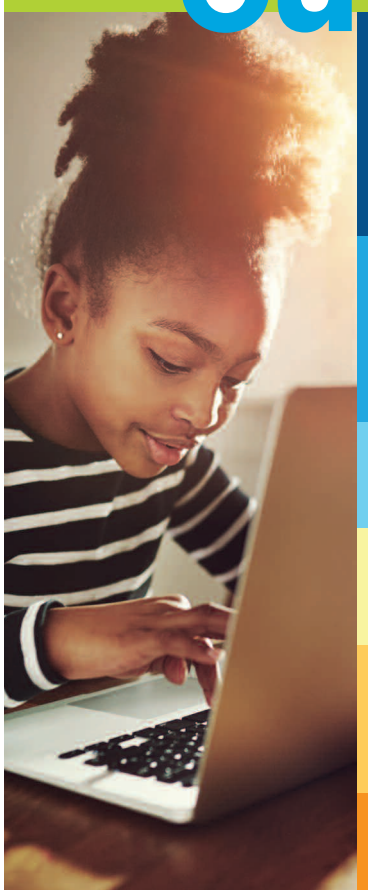
Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under
The historic Circle Cinema is located at
10 S. Lewis Ave Tulsa, OK

CIRCLECINEMA. Sooner State Chapter American Theatre Organ Society

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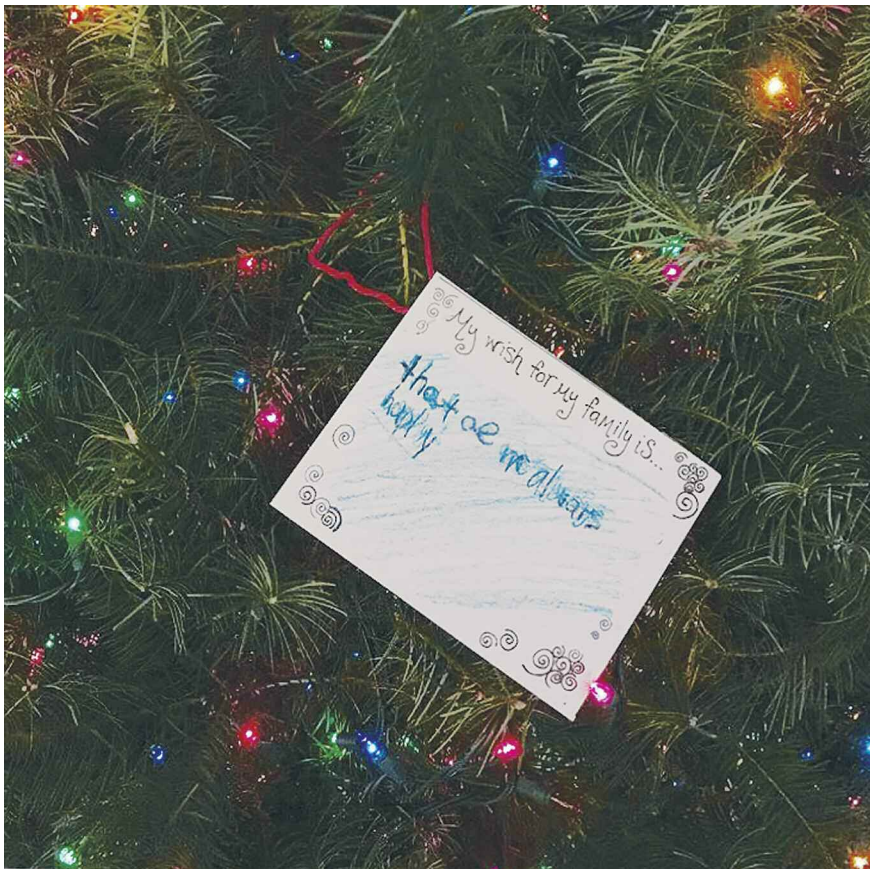
HEY, @TULSAKIDS!

Tag us in your Instagram photos or use #iamtulsakids when posting for a chance to have your photo shared here!
Thank you to @the_bene_life for sharing your family's adventure at the Tulsa Zoo with us!

"AWE AND WONDER AT THE TULSA ZOO. IT'S NOT TOO FAR FROM US AND IS EASY, FUN AND CATERS TO FAMILIES IN A BIG WAY. WE LOVE THAT YOU CAN BRING YOUR OWN PICNIC AND PLAY! THEIR PLAYGROUNDS ARE GETTING MAJOR UPGRADES THIS YEAR-WE CAN'T WAIT."







WHAT DO YOU WISH FOR?

Inspired by Tulsa Botanic Garden's holiday Wishing Tree, we asked members of our Facebook group, TulsaParents, what they wish for this holiday season. Here are their responses:

"I wish my mother would be able to come and celebrate the holidays with us. I have applied for her immigration in 2016, and after many appeals her case is still under consideration. I am an only child, and I would love my mom to live with us." –Katerina A.

"I wish that all the kids in my neighborhood would be gifted warm winter coats. Who can help with this?" –Kristi R.O.

"I wish for all the children in our community to spend the holidays knowing that someone cares about them and that they have purpose." –Alicia K.

"After seeing a little boy who forgot his coat on Tuesday, I wish that all children have a warm coat, gloves, and hat to wear during this season. And I'm thankful my son gave that boy his extra jacket to wear that day. Check the weather and make sure your kids are dressed appropriately for the day. (This is Oklahoma and we know our weather is crazy.) Keep extra winter items in your car if you can and if you see someone in need offer it to them. Remember your fur children too and keep them inside and/or protected from the weather." –Jen H.

TULSA BOTANIC GARDEN'S 2018 WISHING TREE.

I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI





PHOTO: COURTESY

Noah Handsel: Raises Money for Animal Rescue

After entering a cake auction fundraiser, quiet and shy 6-year-old Noah Handsel's cake, made with love, was the only one that was not bid on. Noah was heartbroken. Compassionate Animal Rescue Effort (CARE) heard Noah's story and instantly jumped in to ask him to make a special cake that they could auction off on their Facebook page. Noah rose to the occasion and made a beautiful cake. Followers of the CARE Facebook page went into a bidding war over this special cake, and showered Noah with support and encouragement.
We asked Noah some questions, and his mom helped him answer.

Q: How did CARE (Compassionate Animal Rescue Effort) hear about Noah?
A: I have a Facebook friend who volunteers with CARE, and she heard about what happened at the cake auction on Facebook. We talked about what happened, and it was her idea to have a "redo" cake auction to help lift Noah's spirits and to raise money for the rescue.

Q: How much was the winning bid?
A: The winning bid was $150, but all together they raised $205.

Q: How did Noah push himself to try again after being upset from the previous cake auction?
A: When the CARE volunteer suggested we make a cake for them, Noah was excited. We talked about how the money raised would be used to help animals in need, and he was excited to help. Our dog is a rescue, and so he wanted to help other animals find a home. We also volunteer at Tulsa Creek Indian Community Center so this opportunity was not the first time Noah has spent time volunteering.

Q: How did it feel reading the comments of support on the CARE Facebook page?
A: I feel like we stayed on Facebook all weekend just reading and rereading comments. The comments were so kind and encouraging, each one brought a smile to Noah's face.

Q: What advice do you have for others who experience disappointment?
A: Noah says a scout is always kind and does what they can to help others.

Q: Who inspires Noah?
A: Noah is very close with his dog, Dexter, who we adopted from the Animal Rescue Foundation. He was very motivated to help other dogs and cats find a home.

Q: What does Noah want to be when he grows up?
A: Noah is very interested in building and creating and wants to be an engineer, like his dad.

Q: What other hobbies does he have?
A: Noah enjoys building with Legos, spending time with his cousin, Jasien, and playing Fortnite. He loves to create his own Fortnite dances.

Q: What is a fun fact about Noah?
A: Noah says, "I collect Mario action figures. I love my dog; he is my brother."



Ring in the New Year With the Whole Family!
2020 New Year's Events in the Tulsa area

POKÉMON NEW YEAR'S EEVEE PARTY
WHEN: MONDAY, DEC. 30, 4-5 P.M.
WHERE: HELMERICH LIBRARY, 5131 E. 91ST ST.
Come to Helmerich Library's final Pokémon event of the year. There will be arts, crafts and pocket monsters galore! For all ages. tulsalibrary.org

NOON YEAR'S EVE
WHEN: TUESDAY, DEC. 31, 9:30 A.M.-1 P.M.
WHERE: DISCOVERY LAB, 560 N. MAYBELLE AVE.
Families can dance the day away with music and entertainment, and Discovery Lab will roll out the lime-green carpet so you can strut your New Year's best. Enjoy door prizes and New Year's themed hands-on activities and contests. At noon, everyone will count down and drop thousands and thousands of balloons from Discovery Lab's lime-green ceiling to ring in the noon year! Tickets are available until sold out; all participants must have a ticket, which can be purchased at discoverylab.org

NOON YEAR'S EVE AT THE ZOO
WHEN: DECEMBER 31, 10 A.M.-1 P.M.
WHERE: TULSA ZOO, 6421 E. 36TH ST. N.
Bop to the beat with bubbles during Tulsa Zoo's inaugural Noon Year's Eve celebration from 10 a.m. to 1 p.m. inside the Lost Kingdom. Included in regular zoo admission. Tulsa Zoo, 6421 E. 36th St. North. Details at tulsazoo.org/NoonYearsEve

TINY TOTS NOON YEAR'S EVE!
WHEN: DECEMBER 31, 10 A.M.-1 P.M.
WHERE: WHEELS AND THRILLS, 10637 N. GARNETT RD., OWASSO
Tiny Tots (ages 6 and under) are invited to a Noon Year's Eve party! This event will include a balloon drop, party favors and a countdown at noon. Learn more at wheelsandthrills.com.

NOON YEAR'S EVE BASH/FIESTA DE NOCHEVIEJA AL MEDIODÍA
WHEN: DECEMBER 31, 11:30 A.M.-12:30 P.M.
WHERE: BROKEN ARROW LIBRARY, 300 W. BROADWAY AVE.
Enjoy fun activities to celebrate the Noon Year's Eve. Dance, craft and count down to noon! After the countdown there will be a special storytime. Please feel welcome to bring your favorite plushie toy. Plushie toys are invited to hang out for an after party at the library. This event is for preschoolers and their families. // Están invitados a celebrar en nuestra fiesta de nochevieja durante el mediodía. ¡Ven a bailar, hacer manualidades y contar hasta el mediodía! Después de contar habrá un cuento bilingüe especial. Pueden traer su peluche favorito para disfrutar también del cuento. Los peluches están invitados a pasar el rato en la biblioteca después de la fiesta. Este evento es para niños y sus familias. tulsalibrary.org

NOON YEAR'S EVE
WHEN: TUESDAY, DEC. 31, 11:30 A.M.-12:30 P.M.
WHERE: HERMAN AND KATE KAISER LIBRARY, 5202 S. HUDSON AVE.
For the young and young at heart, celebrate New Year's at a reasonable hour as guests countdown to the new year at midday. For all ages. tulsalibrary.org

KISHNER'S NEW YEAR'S BASH!
WHEN: TUESDAY, DEC. 31, 1-2:30 P.M.
WHERE: JUDY Z. KISHNER LIBRARY, 10150 N. CINCINNATI AVE. E., SPERRY
It's midnight somewhere! Celebrate New Year's a little early! Create noise makers and other crafts and join in the festivities with treats, games and dancing. End the celebration with a countdown to New Year's in Dubai! For ages 12 and younger. tulsalibrary.org

ANNUAL NEW YEAR'S EVE CELEBRATION!
WHEN: TUESDAY, DEC. 31, 5:30-8 P.M.
WHERE: OXLEY NATURE CENTER, 6700 MOHAWK BLVD.
Take an evening hike to welcome the coming of the New Year! Follow this up by warming up in front of a bonfire or fireplace to share stories. Hot chocolate, apple cider and fixings for s'mores will be available. Come celebrate with Oxley Nature Center!
Registration is required 48 hours in advance of the program. Space is limited. $5 for members; $8 for non-members. oxleynaturecenter.org

NEW YEAR'S EVE PARTY!
WHEN: DECEMBER 31, 6-7 P.M.
WHERE: BIXBY LIBRARY, 20 E. BRECKENRIDGE AVE., BIXBY
Celebrate the end of 2019 with a party at the library. Enjoy a cupcake decorating contest, crafts and more! For ages 5-12. tulsalibrary.org

2020 IS OUT OF THIS WORLD! COSMIC GLOW NEW YEAR'S PARTY!
WHEN: DECEMBER 31, 7-11 P.M. OR 7 P.M.-7 A.M. ON JANUARY 1
WHERE: WHEELS AND THRILLS, 10637 N. GARNETT RD., OWASSO
Wheels and Thrills is hosting a Cosmic Glow New Year's Party! This party will feature a balloon drop, unlimited laser tag, skating and playzone, hats, horns and party favors, dinner and giveaways! For an additional fee, you can keep the party going all night long, which also includes breakfast and some other perks. This is a black light event, so wear your neon! Learn more at wheelsandthrills.com.

RACE INTO THE NEW YEAR 5K
WHEN: TUESDAY, DEC. 31, 11 P.M.-2:30 A.M.
WHERE: RIVER REST FESTIVAL PARK, 2100 S. JACKSON AVE.
Get a jump-start on your resolutions by racing into the new year at this fun, late-night 5K sponsored by Runners World. Plus, there will be music, fireworks at midnight and other festivities! runnersworldtulsa.com



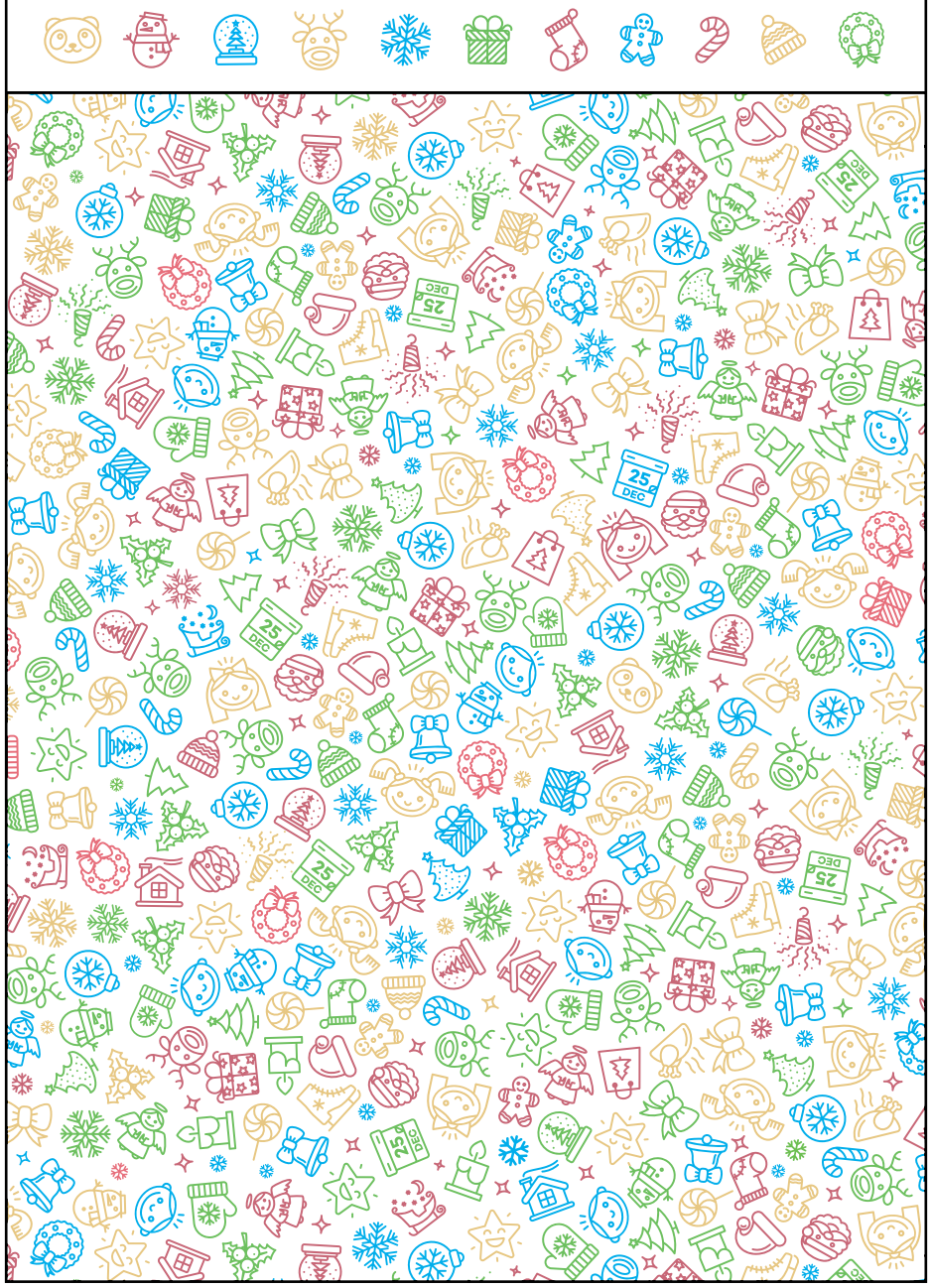
P.J.'s CHRISTMAS ACTIVITIES

FIND ALL THE WORDS IN THIS ZIG-ZAG WORD SEARCH.

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CANDY CANE
CAROL
CHRISTMAS TREE
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GREETING CARDS
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SANTA CLAUS
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FIND THE MATCHING CHRISTMAS SYMBOLS



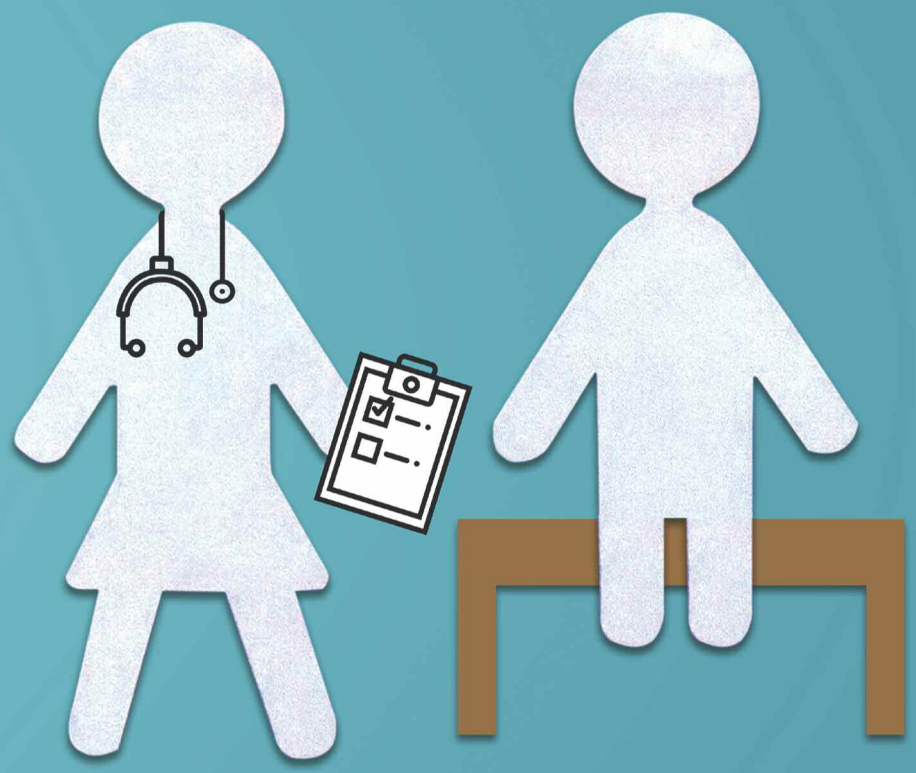
Merry Christmas from your friends at The Children's Hospital at Saint Francis.

The Children's Hospital at Saint Francis

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