October 2021 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.

Everything Halloween!

Pumpkin Patches, Trick-or-Treating, Events & More!

When Autism and Law Enforcement Meet

Fall Recipes

INCLUSIVE RESOURCE GUIDE



PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Design Awards Competition

Be The First to
DISCOVER
The All-New Discovery Lab!

Ask About The gizmo guild Philanthropic Membership

Don't Miss **Member's-Only** Pre-Opening Week!

BECOME A MEMBER TODAY!

- *Spend An Entire Week in the New Discovery Lab Before We Open To the Public In December*
- *Member's Only Events Like "Parents Night Out"*
- *10% Discount on Parties, Rentals, Gift Shop*
- *Jump the Line on Busy Days & More...*

discovery LAB

(918) 295-8144 | www.discoverylab.org/membership | Coming Soon to 3123 S. Riverside Drive











EXPLORE the possibilities

Private tours offered by appointment, visit us virtually or at a Welcome Wednesday Open House.

For more information call **918-879-4755**.

Learn more at hollandhall.org/open-house.

100 HOLLAND HALL CENTENNIAL 1922 – 2022

Holland Hall

Tulsa's PreK through Grade 12 Independent Episcopal School

soccercity TULSA



FALL SESSION:
Now – October 30
Sign up for Fall TODAY!

FIRST WINTER SESSION:
November 1 – January 15
(No Classes 11/25–27, 12/24–25, & 1/1)

SECOND WINTER SESSION:
January 17 – March 12

tulsakids family favorites 2020 WINNER

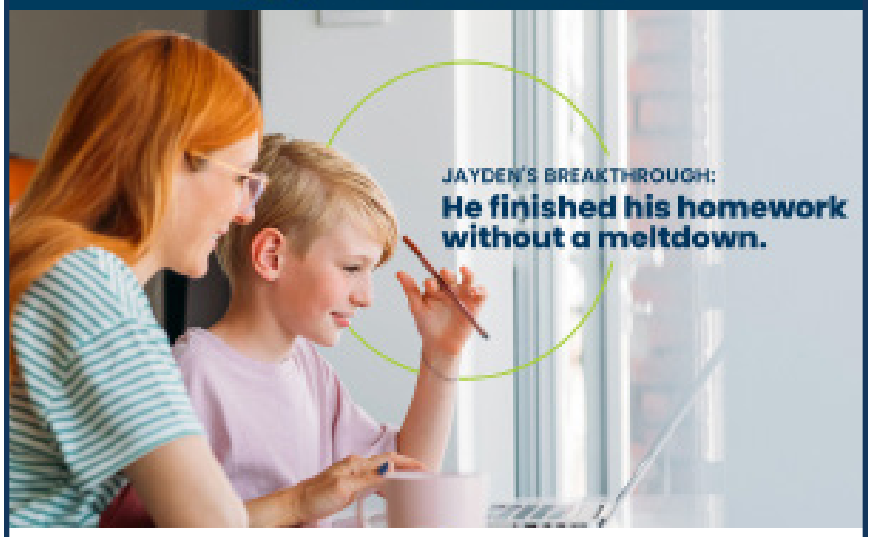
THANK YOU, READERS, FOR VOTING US THE BEST SOCCER PROGRAM/ATHLETIC LEAGUE IN GREATER TULSA SINCE 2013!

tulsakids family favorites 2021 WINNER

Northeastern Oklahoma's Only State-of-the-Art Indoor Soccer Facility!
Summer Camps | Birthday Parties | Lock-ins | Adult & Youth Leagues

5817 S. 118th East Ave. | 918.249.0044
www.soccercitytulsa.com

Brain Balance® ACHIEVEMENT CENTERS



MAKING BREAKTHROUGHS POSSIBLE.

At Brain Balance, we're changing the game. We've made it our mission to help frustrated families by offering an alternative: addressing the underlying causes of the symptoms. Our holistic programming incorporates learnings from cognitive, behavioral, and nutrition fields—an integrated approach that is literally redefining what's possible. To learn more, visit **brainbalance.com**.

CALL FOR AN ASSESSMENT TODAY!

tulsakids family favorites 2021 FINALIST

Brain Balance of Tulsa
6022 S Yale Ave
(918) 488-8991

Brain Balance of Oklahoma City
3545 W Memorial Rd
(405) 492-6800

Call 800-877-5500 or visit BrainBalance.com

Brain Balance Achievement Centers are independently owned and operated. Individual results may vary. ©2020 Brain Balance Achievement Centers



We've been caring for Tulsa Kids for almost 50 years!

We know you have choices in your children's healthcare and we appreciate your trust in our physicians!

Stephen Brownlee, MD
Jeremy Foon, MD
David Hall, MD
Anthony Loehr, MD
Landon Massoth, MD
Evan Moore, MD
William Sawyer, MD
Chris Siemens, MD
Atul Vaidya, MD
David White, MD

Eastern Oklahoma Ear, Nose & Throat, Inc.

68th & Yale | 93rd & Mingo
918-492-3636 | www.eoent.com

tulsakids family favorites 2021 WINNER

WANDER AMONG THE *Wild*

Johnny Morris's
WONDERS OF WILDLIFE
NATIONAL
MUSEUM & AQUARIUM

Join us during our 2021 Passport to Play series! Educational programs, speakers and animal encounters will make each visit a unique and passport-worthy adventure.

WONDERSOFWILDLIFE.ORG/PLAY



DETECT · TREAT DEFEAT

Hillcrest helps you stay ahead of breast cancer with a comprehensive approach, using the latest technology and breast health experts to detect and treat breast cancer during its earliest stages.

Early detection is key.

With locations throughout northeast Oklahoma, you can schedule your annual mammogram conveniently at a Hillcrest location close to home or work.

Stay a step ahead of breast cancer with early detection and prevention.



hillcrest

hillcrest.com/breasthealth • 918-268-3565

tulsakids

October 2021

what's inside

Volume XXXIV, Number 10

www.tulsakids.com



Family Friendly Halloween Events

PAGE 37



29-31 When Autism and Law Enforcement Meet



14-15 Lead With Love: Advice for Parents of LGBTQ+ Youth



38 Pumpkin Patches



41-42 Inclusive Resource Guide

SHORTS

7–8 NEWS & NOTES

10 ASK THE EXPERTS

FEATURE

29–31 WHEN AUTISM AND LAW ENFORCEMENT MEET: TRAINING, UNDERSTANDING AND ADVOCACY
By Kristi Roe Owen

IN EVERY ISSUE

9 TULSAKIDS.COM
What's Going On(line)?

12 BABIES & BEYOND
Good Self-Care Habits Begin in the Early Years
By Kiley Roberson

14–15 SCHOOL AGE
Lead With Love: Advice for Parents of LGBTQ+ Youth
By Dr. Tamecca Rogers

16–17 TWEENS & TEENS
Filling the Gap Between Inpatient and Outpatient Mental Health Care
By Julie Wenger Watson

18–19 GET COOKING
The Rhythm of Fall Reflected in Family Recipes
By Natalie Mikles

20–21 GREEN COUNTRY GROWN-UP
Kara Joy "KJ" McKee: City Councilor & Changemaker
By Nancy A. Moore

22–23 COMMUNITY VOICES
Education Advocacy Group Speaks Out Against HB 1775
By Darryl F. Bright

26 BOOKS
The Pros & Cons of When to Get Library Cards for Kids
By Tori Hamilton

32–36 COMMUNITY CALENDAR
By Tara Rittler

44 FAMILY FUN
5 Halloween Costumes You Can Throw Together in Under 30 Minutes
By Rachael Moshman

SPECIAL SECTIONS

11 COVER KID CONTEST WINNERS

13 HOLIDAY GIFTS AND DONATIONS

37 FAMILY FRIENDLY HALLOWEEN EVENTS

38 IT'S PUMPKIN PICKIN' TIME!

41–42 INCLUSIVE RESOURCE GUIDE

editor's note

YOU KNOW WHAT'S SCARY?

Scary is having a child who is atypical in some way. Not because we don't love them and accept them as they are, but because others — society and its many systems — may not understand or accept them.

Years ago, my perfectionist son was at an optometrist's office having his eyes checked. He was in elementary school at the time and took special pride in following directions — perfectly. For some reason, he couldn't quite understand what the optometrist was asking him to do. This caused him to become anxious and upset. Ultimately, the optometrist told me that my son had ADHD. Hmmm. No one — ever — had said that about my son in his years at school and in his various interactions with adults. Yet, this untrained person diagnosed my son after spending 10 minutes with him.

I left and made an appointment with a pediatric ophthalmologist where he had a perfectly fine and successful eye exam.

While this interaction may seem trivial, I still feel upset when I recall it all these years later. The optometrist didn't take the time to understand my child. He didn't ask me or my child what might help to make him more comfortable in the situation.

What if these little moments of misunderstanding and non-acceptance are multiplied? What happens if you have a neuroatypical child who not only may be misunderstood by the public, but often misunderstands situations and social cues as they are out and about?

Our feature about children and youth on the autism spectrum and law enforcement shows what may happen when the two collide without training. The article highlights what both parents and police can do to mitigate what can become difficult and occasionally deadly encounters.

If you are looking for therapy or therapists for an atypical child, I invite you to take a look at the Inclusive Resource Guide in this issue.

Also in this issue, you'll find all the fun Halloween happenings in the community, fall festivals and events — even free movies. It's a beautiful month to get outdoors in Tulsa, so enjoy friends and family as we greet a new (cooler) season!



Betty Casey
associate publisher and
editor in chief



tulsakids.com
@tulsakidsmagazine
@tulsakids
@tulsakids
@tulsakids
tulsakids.com/newsletter





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

ON THE COVER:
FOUR-YEAR-OLD CONNER,
A COVER KID WINNER,
IS READY FOR HALLOWEEN!

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Publisher	Charles Foshee
Associate Publisher & Editor In Chief	Betty Casey
Treasurer & Comptroller	Debbie Talley
Web Editor	Tara Rittler
Advertising Sales	Brandi Moore
	Lindsey Copes
Graphic Designer	Annie Tyndall
Distribution	Joan Perez
Editorial & Special Projects Assistant	Danielle Hill
Contributing Writers	Kristi Roe Owen
	Kiley Roberson
	Tamecca Rogers
	Julie Wenger Watson
	Natalie Mikles
	Nancy A. Moore
	Darryl F. Bright
	Tori Hamilton
	Tara Rittler
	Rachael Moshman

TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com

©TK Publishing, Inc. 2021.
All Rights Reserved.

Volume XXXIV, Number 10

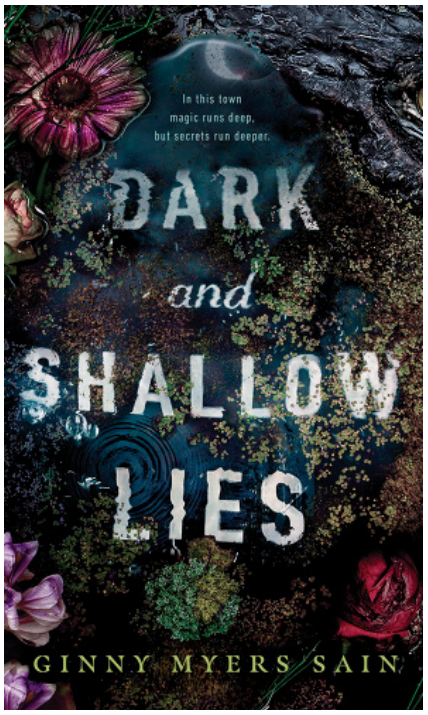
Publisher
publisher@tulsakids.com

Editor-In-Chief
editor@tulsakids.com

Calendar
(submit by 10th of the month prior)
calendar@tulsakids.com

Articles and advertisements in TulsaKids do not necessarily reflect the opinions of the magazine or TK Publishing, Inc. We do not assume responsibility for statements made by advertisers or editorial contributors. The acceptance of advertising by TulsaKids does not constitute an endorsement of the products, services, or information. We do not knowingly present any product or service which is fraudulent or misleading in nature.

MEMBER OF
PMA
PARENTING MEDIA ASSOCIATION



TULSAN'S NEW YA NOVEL IS SUPERNATURAL THRILLER

Dark and Shallow Lies by Ginny Myers Sain (Razorbill) is a supernatural thriller that tells the story of a teen girl who disappears from La Cachette, a tiny town in the Louisiana bayou, nicknamed the Psychic Capital of the World. And everybody in town is hiding something.

Myers Sain said her inspiration for the novel came from her travels to the real town of Cassadaga, Florida—a place that does proclaim itself to be "The Psychic Capital of the World."

"*Dark and Shallow Lies* is a young adult thriller/mystery with some magical elements," she said. "My son and I stumbled across this very unusual little place on a road trip a few years ago, and it put the question into my head, How do you keep a secret in a town full of psychics?"

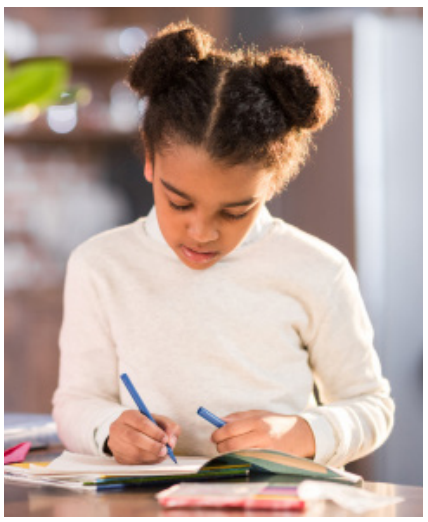
Myers Sain lives in Tulsa and has spent the past 20 years working with teens as a director and acting instructor in a program designed for high school students who are interested in pursuing a career in professional theatre. *Dark and Shallow Lies* is her debut novel.

The book is recommended for ages 14 and older and is on sale now.

ORU SPORTS IS A FUN FAMILY ACTIVITY

If you're looking for a family outing that won't break the bank, you can take everyone to an ORU athletic event. Kids aged 13 and younger get in free to all men's and women's basketball and baseball games when accompanied by an adult. This includes both individual game tickets and season tickets. For more information, visit oruathletics.com/tickets.





STUDENTS INVITED TO ENTER MY FAVORITE BOOK

Do you have a favorite book that made you laugh out loud when you were sad? Or one that helped you through a difficult time? Or maybe one that kept you up all night to finish? Young readers in Oklahoma in grades four through 12 are invited to write a letter to the author of a favorite book to express just how much the book meant to them.

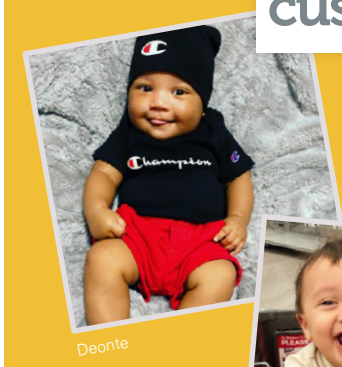
Cash prizes will be awarded in three grade categories: grades 4–6; grades 7–8; and grades 9–12. First place winners in each category will win $500, second place winners will receive $250; and third place, $100. First place winners will also select their school library or public library to receive a cash prize of $1,000. First place letters will also be printed in TulsaKids Magazine.

To enter, visit libraries.ok.gov/my-favorite-book.

Cutest Baby Contest

Thank you to everyone who entered last month's Cutest Baby Contest, sponsored by On the Cusp!

on the cusp


Deonte


Kaiden


Haizley

Kids in Costume Photo Contest

Whether your kid's costume is curiously quirky, sparkly and sweet or slightly spooky—we want to see it!

Enter our Kids in Costume Photo Contest, sponsored by The Orthopaedic Center, for a chance to win a $100 Visa gift card! Entry is open October 1–31.



The ORTHOPAEDIC CENTER

TULSA PAC MASK REQUIREMENTS

Because the number of Covid-19 cases in the areas served by the Tulsa Performing Arts Center continues to be high and categorized as Severe to Extreme Severe Risk by the Tulsa Health Department, the management team at the TPAC has made the decision to require masks inside of the building and during all events through the end of the calendar year.

The community partners who utilize the TPAC also have their own policies regarding vaccination requirements, and patrons are encouraged to check the TPAC website and social media feeds often for details pertaining to specific events.

The TPAC management team has been working closely with the Tulsa Health Department and other governmental agencies to ensure all regulations and best practices are followed to keep everyone safe. They are also doing everything they can to keep patrons up to date on all requirements for the events in the building.





UP WITH TREES HUMAN NATURE FUNDRAISER

Bring your family and friends to the new "Human Nature" fundraiser to benefit Up With Trees. The event is Sat., Oct. 2 from 10:30 a.m. to 2:30 p.m. at Chandler Park. The outdoor event will feature interactive activities, exhibits, live entertainment, performance art, a scavenger hunt, food trucks, face-painting, storytime and more family friendly activities.

Tickets are $10 for children, $40 for students and seniors and $50 for adults. For more information, visit humannatureok.org.

Get excited about learning at University School!

918-631-5060 • UTULSA.EDU/USCHOOL

PRESCHOOL – 8TH GRADE GIFTED CHILDREN

THE UNIVERSITY OF TULSA
University School



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

CONTESTS + GIVEAWAYS

Find links to all the following contests and giveaways at tulsakids.com/contests.



Brush Creek Bazaar Ticket Giveaway

From September 28–October 12, enter to win four tickets to Brush Creek Bazaar, returning to Tulsa October 16–17! This arts and crafts festival features live music and family fun while supporting Teen Challenge programs. Learn more at brushcreekbazaar.org.



Kids in Costume Photo Contest, sponsored by The Orthopaedic Center

From October 1–31, enter our Kids in Costume Photo Contest for a chance to win a $100 Visa gift card, courtesy of The Orthopaedic Center! Plus, if you enter by October 15, your child's photo could appear in our November magazine!



TULSAKIDS BABY GUIDE

Just a reminder from baby Gracelynn that you can find the TulsaKids Baby Guide online year-round at tulsakids.com/baby! It shares important information about infant health and safety, postpartum recovery and much more.

Photo courtesy of Brandi Moore.

FALL FAMILY FUN GUIDE

Fall into the autumn season with the help of our Fall Family Fun Guide! You'll find everything from local pumpkin patches, to costume inspiration, spooky movie suggestions, Halloween happenings and more! tulsakids.com/fall-activities-in-tulsa



ASK THE EXPERTS

tulsakids.com/ask-the-experts

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

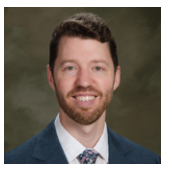


Q: My son hates going to reading tutoring and honestly isn't making much progress, but he needs the practice. Do you have any suggestions?

A: Dyslexia is so much more then reading struggles. If it were as simple as just re-teaching how to read, long-term tutoring would not be in the experiences of those who struggle with dyslexia. Tutoring focuses on the issue at hand. This could be current schoolwork or re-learning a concept to keep up with school assignments. Occupational and Speech Therapy delves much deeper to explore the "why" behind the struggles you see and your child experiences. There is always an underlying reason why someone has difficulty with reading. For some, reading difficulties are due to less-than-average ability in memory, or they may be unable to accurately process what they see or hear or unable to associate sounds with letters. Understanding the "why" is the first step to reading success. Accommodations and strategies are only a piece of what is helpful. Without treating the "why," many children go from one reading program to the next without ever making permanent change, leaving them frustrated and often on an academic or career trajectory that does not really reflect their true potential.

Dyslexia Center of Tulsa
8988 S. Sheridan Rd #D1, Tulsa OK 74133
918.313.5518 | DyslexiaTulsa.com

Eastern Oklahoma Ear, Nose and Throat | Landon Massoth, MD



Q: My child seems to always be congested and struggles to breathe through their nose. How can I help them breathe more comfortably?

A: Nasal obstruction occurs when one or both nasal passages are blocked. This can be caused by several factors such as swelling of the nasal lining due to allergies, adenoid enlargement, a deviated septum, a foreign body, or rarely a cyst or mass. Often, the cause can be determined by a careful history and examination of the nose. In some cases, a small flexible camera can be used in the clinic to evaluate the entire nasal cavity. Treatment can be tailored based on the child's age and underlying cause of their nasal obstruction. This can include simple nasal washes, medications taken by mouth or sprayed into the nose, allergy desensitization, and in some cases, surgery. Left untreated, nasal blockage can affect general wellbeing, sleep quality, and even ear health and hearing. If congestion does not resolve on its own or with over-the-counter medication it can be helpful to visit with an ear, nose, and throat doctor. They can help to identify the underlying cause and find an effective treatment.

Eastern Oklahoma Ear, Nose and Throat
5020 E 68th St., Tulsa | 9343 S Mingo Rd., Tulsa
918.492.3636 | EOENT.com

HTR Pediatric Therapy | Karin Cantrell, MS, CCC-SLP



Q: What is a feeding disorder, and what are some indicators that my child may need feeding therapy?

A: Feeding is a developmental skill that is really an intricate combination of skills, using 26 muscles and six cranial nerves. It is a complex process involving the use of every organ and all the senses.

A pediatric feeding disorder (PFD) is impaired oral intake that is not age-appropriate and is associated with medical, nutritional, feeding skill or psychosocial dysfunction.

Feeding therapy may be indicated if your child has limited volume of intake, is a slow eater taking longer than 30 minutes to eat, has latch issues on the nipple, has weight loss or difficulty with weight gain, will only eat a small number of foods, has a history of choking, gagging, pocketing foods or aspiration, will only eat certain textures or colors of foods, has excessive drooling, is failing to advance to age-appropriate textures or utensils, has food spillage from the mouth or nose, has gurgly or hoarse breathing sounds while eating, or is vomiting at or shortly after meals.

HTR has a dedicated team of therapists who can assess your child and provide appropriate interventions to manage a feeding disorder.

HTR Pediatric Therapy | 6715 E. 41st St., Tulsa, OK
918.806.0106 | HTRPediatrics.com

Miller Swim School | Sarah Clavin



Q: Why is there so much repetition in swimming lessons? Sometimes it looks like they're doing the same thing over and over and over.

A. It can be hard to watch your kids do the same things over and over in swim lessons, especially when you think they're ready to move onto another skill. But repetition is important! We wouldn't expect our kids to ride a bike, tie their shoes, etc., without plenty of practice. The same goes for learning to swim!

Additionally, many young kids like to listen to or watch the same book or movie over and over again. Have you ever stopped to wonder why they enjoy the repetition?

Kids find comfort in the familiar, and as their brains develop, they gain something new every time they watch, read or do the same thing. That's because children need to repeat things over and over in order to build a strong neurologic pathway. While strengthening that pathway, they're also building more connections in the brain that enhance other rote learning activities, such as memorizing sight words or math facts. Simply put, swim lessons can help children create connections and find detours around other learning roadblocks they may be experiencing.

Miller Swim School
6415 S. Mingo Rd., Tulsa | 525 W. 91st St. S., Jenks
918.254.1988 | MillerSwimSchool.com

See Your Message Here!

For information, call 918.582.8504

CONGRATULATIONS

TO OUR 2021 COVER KID CONTEST WINNERS!



Eleanor Faulk;
Photo by Ariel Faulk



Emma Josephine Schnoor;
Photo by Jillian Schnoor



Hutch Akins;
Photo by Adam Akins

Thank you to Tulsa ER & Hospital for sponsoring our 2021 Cover Kid Contest!

TULSA ER & HOSPITAL

BY KILEY ROBERSON

good self-care habits begin in the early years

School has started along with children's sports and activities—and don't forget parenting through a pandemic. Let's just say that it's a lot. For parents of young children, even thinking about the words "self-care" can seem like an imaginary trend. However, we all know that setting aside time to care for our bodies and minds is a key ingredient for a healthy, happy life. It's just like that old analogy of putting on the oxygen mask to help yourself before you help others. If your body and mind aren't in proper working order, how can you help anyone else? While we may try to get in whatever little bit of self-care we can, good self-care habits for kids are equally important, and it's up to us as parents to model that behavior.

According to the American Academy of Pediatrics (AAP), instilling self-care habits from a young age can help kids manage future life stressors and reach their full potential, while reducing the risk of developing mental health conditions like anxiety and depression. The best self-care habits for kids are those that can be practiced regularly, provide relief from stress and support the maintenance of a healthy body and mind. From painting and running to journaling and meditation, there's bound to be a self-care habit your child can get excited about. Here are four places to start:



Start with the basics. Do you help your child take a bath? Brush her teeth? Eat nutritious foods? Then according the AAP, you've already started setting the foundation for good self-care. Some other good self-care practices to model for your kid are as simple as hand-washing and preparing food.

Grow the mind. Help your child take a step away from the screen, set down their toys and get in touch with their inner self. Activities that encourage mindfulness like yoga, meditation and guided imagery are powerful tools that help build insight, awareness and even tolerance for discomfort.

Push the body. Exercise is a big part of self-care, especially when it is approached with the intention of taking care of the physical body and mind. Encourage your child to pursue physical activity that they enjoy whether that's joining a team sport of just walking around the neighborhood.

Prioritize downtime. Everyone can benefit from downtime. Routines that include quiet time, even if it is a few moments holding your child in a rocking chair, perhaps being sung to or read to, offer opportunities for centering and connection.

It's also important for parents to remember that our idea of self-care may differ from our kid's idea. The AAP suggests that parents should watch out for how their children respond to different self-care activities. It could be that our children do not find the same benefits from our self-care activity of choice. Exposing your kids to a variety of strategies so that they can discover what suits their needs is really best.

While teaching your child self-care habits, don't forget to take care of yourself, too. As parents, we often feel like we're neglecting our many demands and chores when we take time for self-care, but taking time to recharge and re-center can provide reserves of energy for work and family tasks. It's also a great example to our children who often learn more from what we do than what we say.

SEASON OF GIVING:
Holiday Gifts and Donations

Give back this holiday season! These non-profits fulfill key needs in the Tulsa community. Learn how to support their missions below, and find even more ways to give at tulsakids.com/tulsa-area-holiday-gifts-and-donations-listing.

FAMILY & CHILDREN'S SERVICES

Family & Children's Services (F&CS) is a non-profit in Tulsa that serves hurting and abused children, strengthens families and gives a path of hope and recovery to those battling mental illness and addiction. We have been serving this mission for 100 years. Our Santa Shop provides gifts and necessities to F&CS's neediest families. Monetary donations are also appreciated at www.fcsok.org/donate.

Donation Requests

- Toys, books, games, and gifts for kids of all ages
- Clothing, pajamas, hats, underwear, gloves and socks
- Winter coats for children, teens and adults
- Small household items and toiletries
- Visit our Amazon wish list for easy shipping directly to our office!

Donations accepted through Wed. December 15, 2021.

650 S. Peoria Ave., Tulsa, 74120
918.587.9471



100 Family & Children's Services 1921-2021

SALVATION ARMY

The Salvation Army assists approximately **23 million** Americans annually. From homeless shelters, to disaster relief, to holiday giving, we exist to meet human need without discrimination. While we serve our community year-round, the holiday season is especially special to us! We believe every child deserves to experience the joy of Christmas morning. Through our Angel Tree program, we can provide this to thousands of kids in our community. To pull this off, we need YOU! To easily shop and ship a gift for the Angel Tree program, please visit www.salarmytulsa.org, and click on the Registry for Good button.

924 S. Hudson Ave., Tulsa | 918.587.7801

SHARE YOUR MESSAGE HERE!

These Seasons of Giving features will appear in TulsaKids' November and December Magazines.

Call 918.582.8504 to learn more.

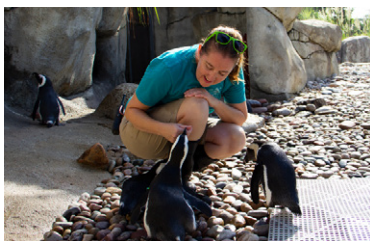
TULSA ZOO

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!

Enrichment is fun to watch, but it's also part of the daily care of animals at the zoo. Enrichment helps to encourage natural behaviors, keep animals mentally and physically healthy while creating an engaging experience for zoo guests.

On behalf of the Tulsa Zoo, thank you for your commitment to wildlife education and conservation. tulsazoo.org/support-us.

6421 E. 36th St. N., Tulsa
918.669.6600



TULSAZOO

THE ARC

The Arc of Oklahoma (formerly TARC) is a statewide nonprofit that promotes and protects the human rights of Oklahomans with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. Learn more at TheArcOK.org.

2516 E. 71st St., Suite A, Tulsa
918.582.8272



The Arc of Oklahoma



BY DR. TAMECCA ROGERS

lead with love: advice for parents of LGBTQ+ youth

According to a 2020 report by the Williams Institute at UCLA, it's estimated that 9.5 percent of 13- to 17-year-olds are LGBTQ+ in America. Although children are coming out at a much younger age, it can be challenging for them and their families.

There are several reasons coming out can be difficult for children. One of the most common reasons is fear. This includes fear of what their parents and friends will think of them and the fear of disappointing others. However, in environments where LGBTQ+ individuals are accepted, it's easier for them to come out because they are most likely to receive support from their friends and family.

It's safe to say, most parents want the best for their children. However, providing support can be difficult, particularly if you are the parent of a lesbian, gay, bisexual, transgender or queer/questioning (LGBTQ+) child. In many ways, LGBTQ+ youth encounter a variety of unique challenges that parents often feel unprepared to tackle.

Amanda Kirkland was one Tulsa parent that was taken aback when her son, Nate, stated he did not feel right in his 8-year-old body. But he was 11 when he came out as a transgender male.



LEFT TO RIGHT: BROOKE GRAGG, HEATHER GRAGG, AMANDA KIRKLAND, AND NATE KIRKLAND AT THE DENNIS R. NEILL EQUALITY CENTER IN TULSA. PHOTO CREDIT: VANESSA AZIERE

"Although I have considered myself a progressive and an open-minded parent, it still hit me like a ton of bricks," she said. "Even before I had kids, I had always considered the possibility of having a gay kid and was totally prepared to be a supportive parent. However, I had never considered having a transgender child, and I knew very little about the transgender community."

Amanda said Nate came out to her in a letter where he explained he felt like he was born in the wrong body and identified as a male. Nate asked her to address him with he/him pronouns and wanted to change his name from Naomi to Nathan or Nate for short.

"I'm so glad he chose to write me a letter because it gave me time to process it on my own and in private. I was not at all surprised, but I was very confused, mostly because I knew so little about it," she said.

Most parents want to keep a healthy relationship with their children, whether or not they are LGBTQ+. They may have mixed emotions about discovering they have a LGBTQ+ child for various reasons. Parents could be worried about how people view their child, and of bullying in schools or discrimination in the workplace, and some may cite religious reservations. But whatever parents' feelings are, it's a good idea to err on the side of being supportive and empathetic.

The following advice from Tulsa parents of LGBTQ+ kids, and their children, may help others steer a clearer course through this transition.

GET EDUCATED

After reading the letter from her son, Amanda was eager to learn more about the transgender community. She immediately hit Google and began researching the subject. She was careful to only research reputable articles from sources like The American Academy of Pediatrics and The Mayo Clinic. After she gained some information, she sat down with Nate to address his letter.

"I took a very honest approach with him. I explained to him that this was something that was very new to me, and it was something that I could not relate to, but that I was completely open to learning and gaining an understanding. I told him that I would respect his request on name and pronouns, and that I loved and supported him unconditionally."

She also told him that she may have a lot of questions for him and to not mistake them as her doubting him, but as her trying to gain more understanding.

Amanda said parents should take time in private to process their child coming out and to educate themselves on the subject.

"I believe it's okay to be confused and scared and even in disbelief, but your child does not necessarily need to witness all of that," she said. "Your child is most likely experiencing a lot of confusion themselves and may be looking to you for strength. I also believe it is very important to be honest with your child about your lack of knowledge or understanding, but it's even more important to let them know that you are completely willing and open to learning how to best support them."

GET COUNSELING

According to the National Survey on LGBTQ+ Youth Mental Health, 2020, 46 percent of LGBTQ+ youth report they wanted psychological or emotional counseling from a mental health professional but could not receive it due to therapy being expensive and/or having to obtain parental permission.

Amanda's support for Nate made counseling a logical step.

"Nate and I began attending counseling sessions with a counselor who specializes in transgender teens, and I began attending a parent support group of transgender teens at The Equality Center. The purpose of that was for me to know how best to support Nate. Nate has been out for five years and now it just feels like the most normal thing in the world to me."

Another Tulsa mother of a LGBTQ+ child, Heather Gragg, also highlighted the benefits of counseling. "I also highly recommend counseling and support groups for yourself with professionals who specialize in the subject, and the same for your child."

FAMILY ACCEPTANCE

Dr. Caitlin Ryan, the director of the Family Acceptance Project at San Francisco State University, has conducted several studies on how a family's accepting and rejecting behaviors affect the well-being of LGBTQ+ children. One of her studies concluded that family acceptance helps protect adolescents against depression, substance abuse and suicidal behavior. Additionally, she reported that young people with accepting families also reported higher self-esteem, social support and overall health.

Heather Gragg's daughter, Brooke, was in eighth grade when she came out. "I was called in to the guidance counselor's office because there was an upset between girls, and it came out she was struggling with her sexuality," Heather said. "I was more worried she didn't feel she could share that with me than the fact that she liked girls."

Heather had not liked how a gay uncle in her conservative family was treated and was keen to avoid this with Brooke. She said every child needs to feel loved and accepted unconditionally and that them being LGBTQ+ does not change the love parents have for them.

However, Nate Kirkland did not have a good experience with his biological father. His mother, Amanda, said, "Nate experienced a lot of criticism and judgement from him. He was unwilling to accept Nate as a transgender male, and it has resulted in their relationship being completely severed."

IDENTIFY BULLYING

According to GLSEN (Gay, Lesbian Straight Education Network), 90 percent of LGBTQ+ students hear anti-LGBTQ+ comments in school and only 26 percent feel safe at school. Bullying is an issue for many students; however, LGBTQ+ youth are often targeted for being different. If you recognize signs of bullying, you can reach out to a school administrator, guidance counselor or teacher.

Heather Gragg said there was some bullying she was unaware of. For some time, kids were cruel and called Brooke derogatory names. However, Brooke has been "out and proud" since the beginning. Heather said, "I imagine it's easier when you have a parent who does not react with shame or any implications that it means the child is broken."

Nate Kirkland attends Booker T. Washington High School, which has an excellent reputation for inclusiveness, and his mother reported no bullying.

ADVICE FROM LGBTQ+ PARENTS

Heather said parents should "love our kids completely and without condition" as it was the best thing a parent could do, and what they are meant to do. She said parents should support their children while they figure out who they are and impose no restrictions on that exploration except what is necessary to keep them safe.

"Most times, around here [Tulsa, Oklahoma], it is religious belief that creates the disconnect. If that is the case, I would suggest parents read *Walking the Bridgeless Canyon* by Kathy Baldock. She will have another book out later this year, *Forging a Sacred Weapon: How the Bible Became Anti-Gay.* I truly believe the revelations involved will impact the conversation significantly. At least I pray it does," Heather said.

ADVICE FROM LGBTQ+ CHILDREN

Nate said parents should love their kids "no matter what!" He said the hardest thing about coming out was wondering if his parents would accept him or be disappointed. "The best thing a parent can do to support their teen is not to question why," he said. "Just because it makes little sense to the parent doesn't mean it doesn't make sense to the kid. Ask your kid questions if you don't understand; they will most likely be happy to explain their feelings to you."

Brooke said the hardest part about coming out was just the fear of being judged. "At home I was never scared because my mom had always been an LGBTQ+ ally, even before I knew I was gay. But I was scared of coming out at school, because kids are mean and a lot of them don't like things they don't understand.

"But having my mother's support and being raised knowing that love is love and everyone deserves to be treated with kindness and respect, and that you cannot control who you love, really helped me become comfortable with myself and come fully out and not care what anyone had to say."

Her biggest advice to parents was to just love unconditionally, no matter if they understood or saw that for them in their future.

"Your children are their own human beings, and whatever gender they are, whatever pronouns they use, and whatever sexuality they are, does not hurt you and does not define them. They deserve love, just like anyone else. Plus, make sure you raise them to love themselves, because if you love yourself, nothing anyone can say to you can tear you down because you know your worth."

LEAD WITH LOVE

Ultimately, parents want their children to be safe, healthy and happy. If your child comes out to you as LGBTQ+, that may not be something you are prepared for. However, your acceptance really matters to their safety, health and mental well-being.

The common theme in this journey is love. You may not know all the answers and you may have tons of questions, but leading with love and keeping the lines of communication open puts you on a good path to supporting your LGBTQ+ child.

LGBTQ+ FAMILY RESOURCES

Dennis R. Neill Equality Center: **okeq.org**

Gay Straight Alliance: **yst.org/programs**

PFLAG (Parents, Families, Friends of Lesbian, Gay, Bisexual, Transgender, and Queer People): **tulsapflag.org**

Straight for Equality: **straightforequality.org/about-us**

BY JULIE WENGER WATSON

filling the gap between inpatient and outpatient mental health care

Isolation, gender identity, information overload—many of today's teenagers struggle with a host of issues unknown, or at least unacknowledged, by previous generations. Combine that with the continuous connectivity of life in the digital age and a pandemic, and it's no surprise that anxiety and depression are on the rise among adolescents. As hospitals and mental health facilities in Oklahoma struggle to keep up with the demand for their services, providers work on new ways to care for those in need of help. By filling the gap between inpatient and outpatient mental health care for Tulsa youth ages 10-17, Counseling & Recovery Services of Oklahoma's (CRSOK's) Calm Center seeks to be part of the solution.

"There was this ever-widening gap between a kid who was in the community and could be maintained within the community versus somebody that needed to be maintained in a psychiatric hospital based on functional deficits, danger to self or others or depression or something like that," says Matthew Crum, Calm Center's director.

Designed for short-term crisis stabilization, the Center can house up to 15 kids at a time. Services, which include support, assessment and stabilization for an emotional, behavioral or substance abuse crisis, are provided free of charge, and no referral is necessary.



According to Crum, the Center uses a "sanctuary model of trauma-informed care," based on seven core commitments to create a safe environment where clients learn to manage and change their behavior. These commitments are things like emotional intelligence, social responsibility and non-violence. Each of the seven days a client spends at the Center corresponds to one of the commitments.

"We encourage kids to take a pause from the world, get away from the phone and friends and family and all of the pressure [in order] to develop some perspective about what's going on, what you think about yourself, where you fit in this equation of frustration," Crum says. "We develop a plan, and talk about safety skills and what you want to do differently."

Before clients leave the facility to return to their homes, the Center does several things to help with the transition, including facilitating a family session and coordinating with the client's outpatient therapist or assisting the client in connecting with one. The staff also communicates with the client's school.

"We have a safety plan, which the kids develop while they're here, and we include a lot of functional instructions. We're sharing that with the school, and then also the outpatient provider," Crum says.

Crum believes the clients at the Center are interested in change and growth, and that atmosphere and community contribute to each client's success. Adolescents, who are often withdrawn and feeling isolated when they first arrive, are encouraged to communicate with those who are at the end of their stay.

"Kids who are at the tail end of their treatment are more hopeful and more determined, and they invigorate the kids who are feeling lost or hopeless," he notes. "There are also interactions with the therapist and sometimes doctors working on the meds, but the big part of what we recognize as the staff's job is not necessarily to create change, but to maintain a culture of safety and an environment of support that allows kids to know each other."

While the teenage years have never been easy, Covid has exacerbated problems for many. The isolation brought

on by the pandemic was hard for some, and for those who struggled socially pre-Covid, the pressure of returning to school and activities created a different type of stress.

According to Crum, the advent of social media and the digital age has resulted in new problems for adolescents, too.

"You see an increase in cyber bullying," he says. "There's some research out there about the amount of time kids spend on their phones and screens, and how we're seeing increased anxiety, depression and suicide. I don't think we have a crystal-clear picture or understanding of what's going on, but I definitely think we're seeing increased levels of anxiety and feelings of powerlessness, and I think some of that comes from information overload."

The incidence of issues relating to gender and sexual identity has also soared in recent years.

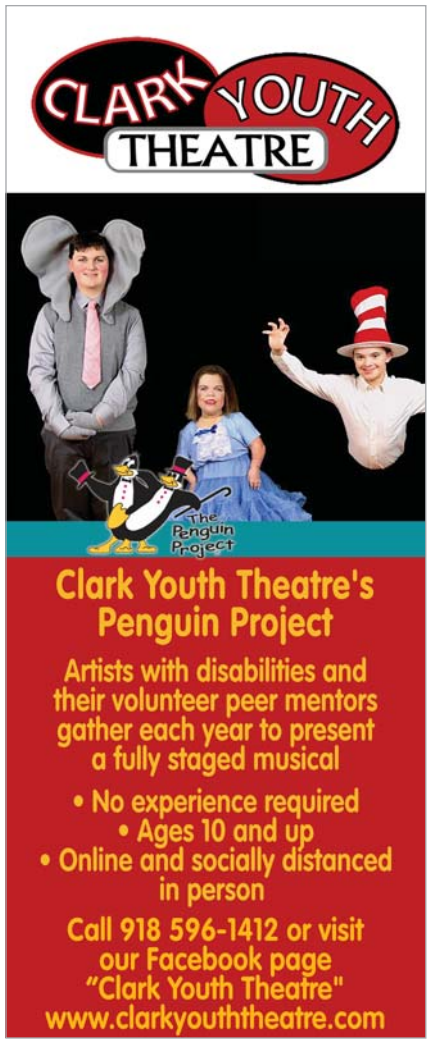
"Statistically, what we see is that probably 30-40 percent of kids who make attempts on their lives are struggling with gender identity or consider themselves as gender confused, or they're frustrated or conflicted about their sexuality," Crum says.

One of the things the Center has done to accommodate this is to welcome transgender kids on site.

"When I first started five years ago, we would have maybe one or two transgender kids a month," he notes. "Now, we rarely go a week without two or three nonbinary, gender fluid or transgender kids on the unit. That's another evolution of what we've tried to offer the community, but also an indication of what the community needs. That need has grown, and we've tried to evolve to meet it."

For more information on the Calm Center, visit crsok.org.

If you or someone you know may be considering suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255 (en español: 1-888-628-9454; deaf and hard of hearing: dial 711, then 1-800-273-8255) or the Crisis Text Line by texting HOME to 741741.















BY NATALIE MIKLES

the rhythm of fall reflected in family recipes

Establishing rhythms for your family is one of the joys of family life.

Some of them are easy and happen without any effort. Friday night pizza, Dad making omelets on Sunday mornings, birthday doughnuts – these are just some of the things your family can do to make family rituals special.

Other rhythms are seasonal, and fall is a time for many of our family rituals. Every fall since my children were babies, we go to the pumpkin patch. For many years, we propped them on the pumpkins, making silly faces to keep them from crying while we took a hundred pictures. My kids are now in middle school, but we still go to the pumpkin patch for our annual photo and to pick out pumpkins to bring home to carve.

For us, fall also means a trip to Livesay Orchards in Porter for you-pick apples. The apple season is short, so call ahead before driving out, but if it's available, this is a really fun family outing. Once you have your apples home, it's a lot of fun to then make apple pie, apple bread and apple-cinnamon pancakes.

One of my earliest kitchen memories is making caramel apples with my Aunt Sandy. I know it wasn't easy for her to go to the trouble of making caramel apples with four little kids gathered around. But I remember helping her unwrap each little square of caramel and then standing on a stool to watch her add the cream and then stirring until it was ready. She let us help put a popsicle stick in each apple and then dip the apples in the caramel.



I wonder if she knows that the work and mess was worth it, and that the memory has stayed with her niece all these years. It certainly reminds me that making the extra effort with our kids is important. Dragging them to the pumpkin patch, taking them on early morning hikes, apple picking or making homemade doughnuts — all of these seasonal rhythms are important for creating fun for our kids. And it's more than fun. Family rituals help them feel connected and important.

Here are some of our favorite recipes to make in the fall.

Popcorn balls are a favorite at our house for Halloween. You can add mini candy corn or M&Ms to the mix for extra fun.

CLASSIC POPCORN BALLS

- 1 stick butter, plus extra for forming
- 14 cups popped popcorn
- 1 (10-ounce) bag mini marshmallows

1. Line two cookie sheets with parchment paper. Lightly smear butter around the inside of a large bowl. Add popped popcorn to bowl.
2. In a large sauté pan over low heat, melt butter. Add marshmallows and stir to combine until melted. Remove mixture from heat and pour over popcorn, stirring quickly to combine.
3. Let cool slightly, then quickly form into 25-30 balls. Place on cookie sheets. Popcorn balls can be stored in an airtight container for up to three days.

Fall aromatherapy begins with these muffins. The smell of them baking is magnificent.

APPLE CINNAMON MUFFINS

Makes 12 muffins

- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- ½ teaspoon salt

- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ⅓ cup plain yogurt
- 1 egg
- ⅓ cup milk
- 2 small apples, peeled, cored and chopped

Topping:

- ¼ cup white sugar
- ⅓ cup all-purpose flour
- 1/4 cup butter, cubed
- 1 ½ teaspoons ground cinnamon

1. Preheat oven to 400 degrees. Grease 12 muffin cups or line with paper muffin liners.
2. Stir together 1 ½ cups flour, ¾ cup sugar, salt, baking powder and 1 teaspoon cinnamon. Mix in yogurt, egg and milk. Fold in apples. Spoon batter into prepared muffin cups, filling to the top of the cup.
3. For topping, in a small bowl, stir together ¼ cup sugar, ⅓ cup flour, ¼ cup butter and 1 ½ teaspoons cinnamon. Mix together with fork and sprinkle over unbaked muffins.
4. Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into center of a muffin comes out clean.

This recipe, from the Yummy Toddler Food blog, is a good one for young kids. It's soft and easily digestible. But it's also one older kids and adults will be happy to have for breakfast or a snack.

HEALTHY PUMPKIN BARS

- 1 cup old-fashioned oats
- ½ cup whole-wheat flour (or gluten free flour blend)
- 1 tablespoon ground flaxseed
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 2 large eggs
- 1 cup pumpkin puree
- ¼ cup maple syrup
- 3 tablespoons melted coconut oil (slightly cooled)
- 1 teaspoon vanilla extract
- ⅓ cup chocolate chips (or raisins, dried cranberries, or chopped walnuts)

1. Preheat the oven to 350 degrees F and coat an 8"x 8" pan with nonstick spray.
2. Add all ingredients to a medium bowl and stir together to combine thoroughly, but gently.
3. Place batter into prepared pan and smooth with a spatula so the batter is evenly distributed. Bake for 20-24 minutes or until lightly golden brown around the edges and a cake tester inserted into the middle comes out cleanly.
4. Remove from oven, place pan on a wire rack and allow to cool completely before slicing. Serve warm, at room temperature.

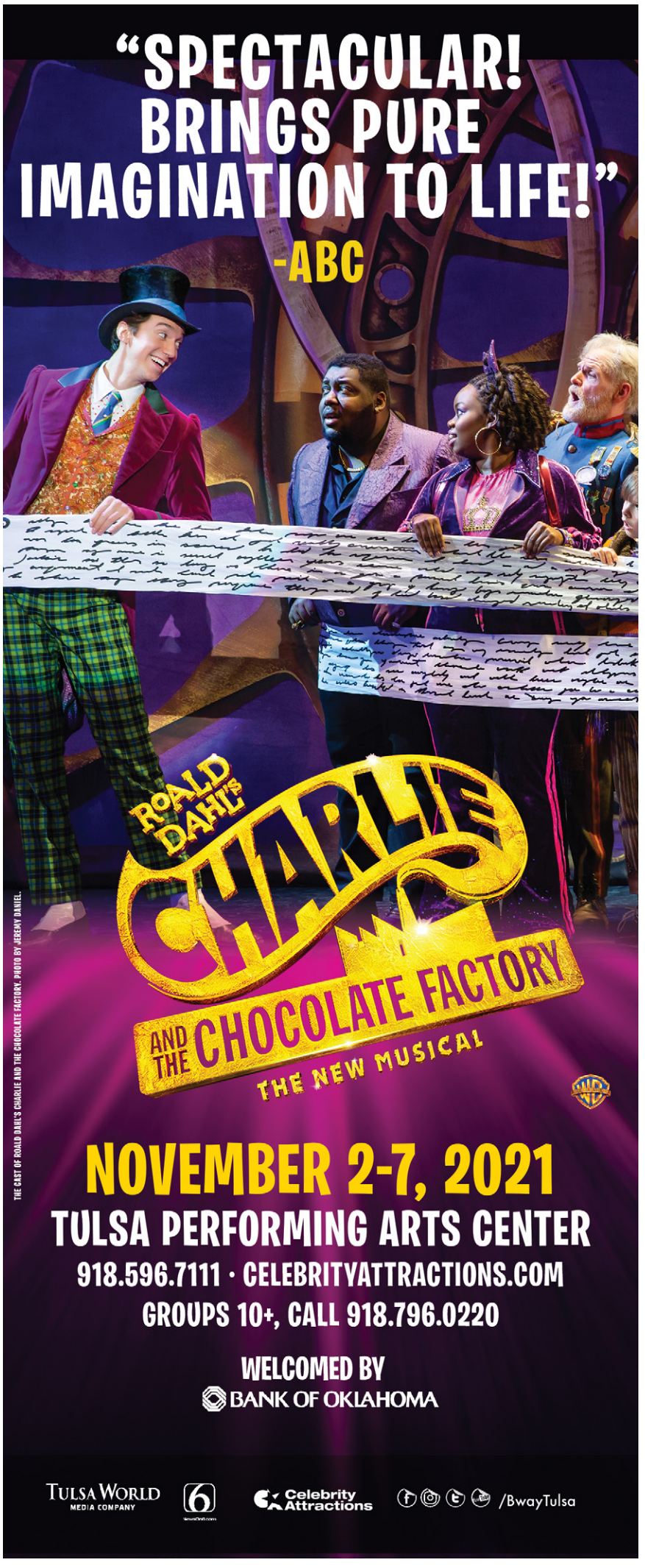
Starting by melting down caramel candies makes this an easy recipe. Melt caramels and milk in a 4-cup Pyrex measuring cup and then dip the apples there to make it simple.

EASY CARAMEL APPLES

- 6 craft sticks
- 6 apples
- 1 (14-ounce) package individually wrapped caramels, unwrapped
- 2 tablespoons milk

1. Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.
2. Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.
3. Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.





BY NANCY A. MOORE

kara joy "KJ" mckee: city councilor & changemaker

Kara Joy McKee, known as "KJ," is a fourth-generation Oklahoman who is passionate about Tulsa. She is a wife, mother, business leader and change-maker who is impacting the community at large through her elected position as District 4 City Councilor. She focuses on positively affecting the community on a day-to-day basis while being mindful of the impact for future generations. Her philosophy is to encourage people to believe they can do better.

TK: Tell us about your family:

KJ: I married one of my best friends from college, and it turns out, he is not only as smart as all get-out, but he's also an excellent dad! We used to plan events and play in a band; now we plan public policies and play with blocks. Nothing like getting stuck in-house with a couple people to really test how much you like each other. I'm fortunate to find that I like my spouse and our little one very much! My job is a stupid amount of difficult sometimes, and I wouldn't want to do it without them having my back, keeping me going and making me laugh.

TK: How has becoming a parent made your life better?

KJ: My daughter is the touchstone who can ground me in the moment, remind me of my past, or project my hopes and dreams into the future. Little things bother me less, and the big things bother me more. I don't know if it would have been like this for me had I had a child in my 20s, and I know every parent-child situation is unique, but as a 42-year-old mom I feel my life is more nuanced, and I'm more dedicated to being my best self because she is here.



PHOTO CREDIT: KJ MCKEE

TK: What does your family enjoy doing around the Tulsa area?

KJ: We dance outside when music is playing! If there is a good beat at Guthrie Green, Philbrook, Gilcrease, Gathering Place, Mayfest, Art Crawl, you name it, we don't hold back. That can be a bit awkward when we are the only ones dancing, but I'd rather be part of the music and fun than miss out because other people feel too shy. The pandemic has also made it easier to visit our favorite restaurants for curbside pickup and a picnic in the park.

TK: What do you enjoy most about being a public servant/serving in your role as city councilor?

KJ: I like to help people craft our city and improve our quality of life. There are so many big dreams of who we can be as a city, and as individuals. When I'm not putting out fires and trying to build a better fire truck, I love looking for the ideas whose time has come.

TK: With everything you have going, how do you recharge mentally and/or physically?

KJ: With around 40,000 constituents, I could spend every waking moment answering emails and fixing problems and still have people wanting more. I need to remind myself every day that I don't have to do it all, just do my best and do my part. Playing with my daughter and working in my garden are my main sources of solace, but I'm starting to go on walks more, too.

TK: What is it like being a city councilor and (fairly) new mom during a pandemic? How has it influenced your perspective?

KJ: I studied to be a scientist in college, not a politician, and the politicization of scientific facts has been very frustrating. That's due to a mix of genuine confusion, unhealthy dynamics on social media, and a few bad

actors who think making us afraid and angry will help their personal ambitions. Facing a pandemic was always going to be hard, but it's lasted longer and caused more unnecessary suffering and death than it could have if we'd communicated with each other more effectively and been more willing to keep each other safe. My mother missed the second year of her only grandchild's life because of the pandemic. I know many of my constituents and others in our community have lost even more. The pandemic has sadly uncovered how much work we still have to do to become a community where we look out for each other instead of finding new ways to fight with each other.

TK: What are you doing to educate people on hot-button pandemic topics, like wearing masks?

KJ: I was the first to raise the alarm at Tulsa City Council about the pandemic back in January 2020, and I haven't let up since. I have been trying to help Tulsans be prepared and take action. I frequently talk to local media, and I consistently share quality information on Facebook. I also talk to people in our community every day. We all have a lot of good and bad information to weed through these days, so I take seriously the need to communicate as clearly and succinctly as I can.

TK: In line with your personal philosophy, how do you believe you are inspiring others to do better?

KJ: I try to ask questions to find out where people are coming from. I think we can all do better when we seek to understand before rushing to argue. A few people are really committed to being angry and rude, but for many others, asking questions can de-escalate the situation and help us learn from each other. Also, whenever I meet someone who wants to help, I try to connect them with others in our community who have similar dreams. As Kathryn Sullivan, the first American woman to walk in space, said, "The only thing any of us can do completely on our own is to have the start of a good idea."

TK: What local programs do you find are most beneficial for Tulsans to support?

KJ: Housing Solutions Tulsa is doing heroic work helping our community members without homes get back on their feet. This got a lot of attention during this year's winter storms when it became an emergency to get everyone indoors, but they were working with unhoused Tulsans long before that situation and long after, building the relationships that make it possible to deal with some of the hardest problems any of us can face.

A group that I've been closely involved with helping get started is the Tulsa Health Safety Coalition. These are local business owners who are committed to keeping their employees and customers safe during the pandemic and are developing a labeling system to communicate clearly about what precautions they are taking. Even when I've found our city, state and national policy responses to the pandemic frustratingly inadequate, I am heartened by these community-led efforts.

TK: Can you expand on your goal of engaging all members of the community to know what's happening with our city government and how people can stay in the loop? Including learning about local programs?

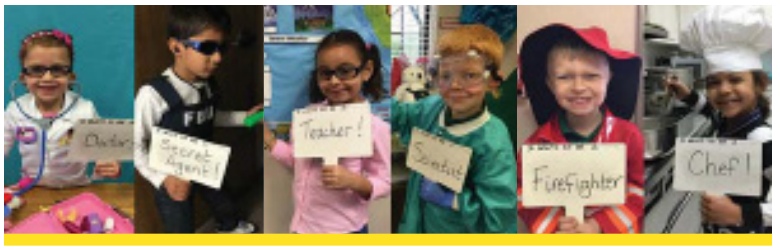
KJ: I first became interested in city government as a college student in Norman. I attended a city council meeting as part of a class assignment, and I was inspired to speak up during public comments about bike lanes. Then, to my surprise, the mayor at the time asked if I wanted to be on the city's bike advisory committee.

It really can be that easy to get involved. Even for a city as big as Tulsa, the number of people who regularly pay attention to city issues is small. That's an opportunity for anyone reading this to make a difference, because while your voice might be lost in the crowd of people talking about national issues, you can speak up on the local level and find it much easier to be heard.

TK: What's next for you?

KJ: I think my daughter is just about ready for potty-training. After that, the sky's the limit!

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on your favorite podcasting platform.



Their FUTURE Starts HERE

ENROLL TODAY!

MISS HELEN'S PRIVATE SCHOOL

tulsakids family favorites 2021 FINALIST

MissHelens.com
4849 South Mingo, Tulsa

918-622-2327
director@misshelens.com

Lice Clinics OF AMERICA®
One & Done Treatment
Over 99% Effective
30 Day Guarantee
918.779.0001
3421 E 21st Street, Tulsa, OK
LiceClinicsMidsouth.com

Est. 1971
Early Learning Center
ELC
CHRIST UNITED METHODIST CHURCH
3 MONTHS - 3 YEARS
M-W-F 9:30a - 2:30p
www.cumctulsa.com
3515 SOUTH HARVARD AVENUE - 743.7673

OCTOBER 16TH-17TH TULSA, OK
Non-Profit Benefit for At-Risk Teens
BRUSH CREEK BAZAAR
ART, CRAFT, & MUSIC FESTIVAL
Sponsors
McGraw REALTORS®
Woodlake CHURCH
AMC MORTGAGE
GIVING HOPE FOUNDATION JASCO
www.brushcreekbazaar.org
TULSA'S FALL FESTIVAL
FAMILY FUN - OUTDOOR
EXOTIC ANIMAL PETTING ZOO
TASTY EATS - LIVE JAMS

DARRYL F. BRIGHT, CHAIRMAN, C.U.B.E.S TULSA

education advocacy group speaks out against HB 1775

Note: The following statement by C.U.B.E.S has been edited for length.

The ill-conceived Oklahoma State House Bill 1775 law and its "rules" ban educators from teaching the truths of Oklahoma and U.S. histories, the truth of the United States' white male-dominated cultural, political and economic systems. Those systems have perpetuated racism, sexism, classism and ableism (discrimination of disabled people) in America.

By design, this law will revise American and Oklahoma history. The revisions will prevent the internalization of historical truths and facts that serve as life-lessons for our children's moral compass. This void in history will debilitate the context required to eradicate historical and current political and economic injustices—to be ignorant of history is to be ignorant of present realities. Such ignorance prevents our children and our communities from creating a future of equity and equality.

The main strategy of those who created and passed HB 1775 is to stop the teaching of Critical Race Theory (CRT) in Oklahoma schools. What is CRT? Critical Race theory (CRT) is a legal, scholarly and academic movement of civil rights scholars and activists in the United States who critically examined the relationship of race, racism and power. The embedded historical racism in U.S. social institutions (school systems, housing, healthcare, criminal justice) perpetuate inequities today. CRT theorists view mainstream education as one of the many institutions that historically and contemporarily serve to reproduce unequal power relations and academic outcomes. Schools have played a powerful role in creating and maintaining racial inequality.

The authors and sponsors of HB 1775 offered no credible evidence regarding why this law would be necessary for any Oklahoma school district, charter school or virtual charter school. There was never public identification of citizens advocating or supporting a "1775" law prior to the creation of the bill.

As Calisha Williams Bradley, Oklahoma School Board of Education member, stated in a July 17, 2021, interview in the Tulsa World, "... Critical Race Theory...is not taught in K–12 education—we are solving for an issue that is not present. Even the State Department (of Education) shared there have been zero complaints about CRT, or race or topics that were uncomfortable surfacing to require this legislation or these rules."

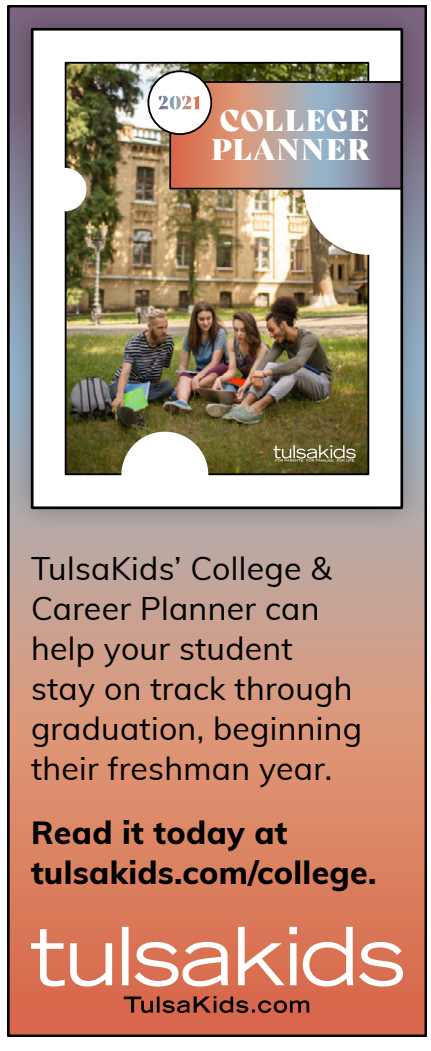
There are eight "discriminatory principles" in the 1775 law. One bans teaching course content that would make "...any individual... feel discomfort, guilt, anguish or any other form of psychological distress on account of his or her race or sex." This mandate is about the authors and sponsors who want to stay in power by appearing to have a concern about individuals' "comfort level." Yet, they have never taken comprehensive or strategic actions to pass legislation or fund education to the level needed for transformational systemic change. Change which would eliminate the "discomfort" and "anguish" experienced by too many children, particularly children of color. These children feel the debilitating impact of poverty and hunger. They feel the anguish of their schools' and their districts' alienating cultures. Curricula and teaching are culturally irresponsive and irrelevant. They have attended schools that have made them feel "dumb" and demoralized. They are shamed, alienated by low expectations, biases and stereotypes. Our children carry the burden of "guilt" because of their chronic academic failures. Soon after graduation from high school, many of our children feel the "discomfort" and "anguish" of not being prepared for college, trade school and/or gainful employment.

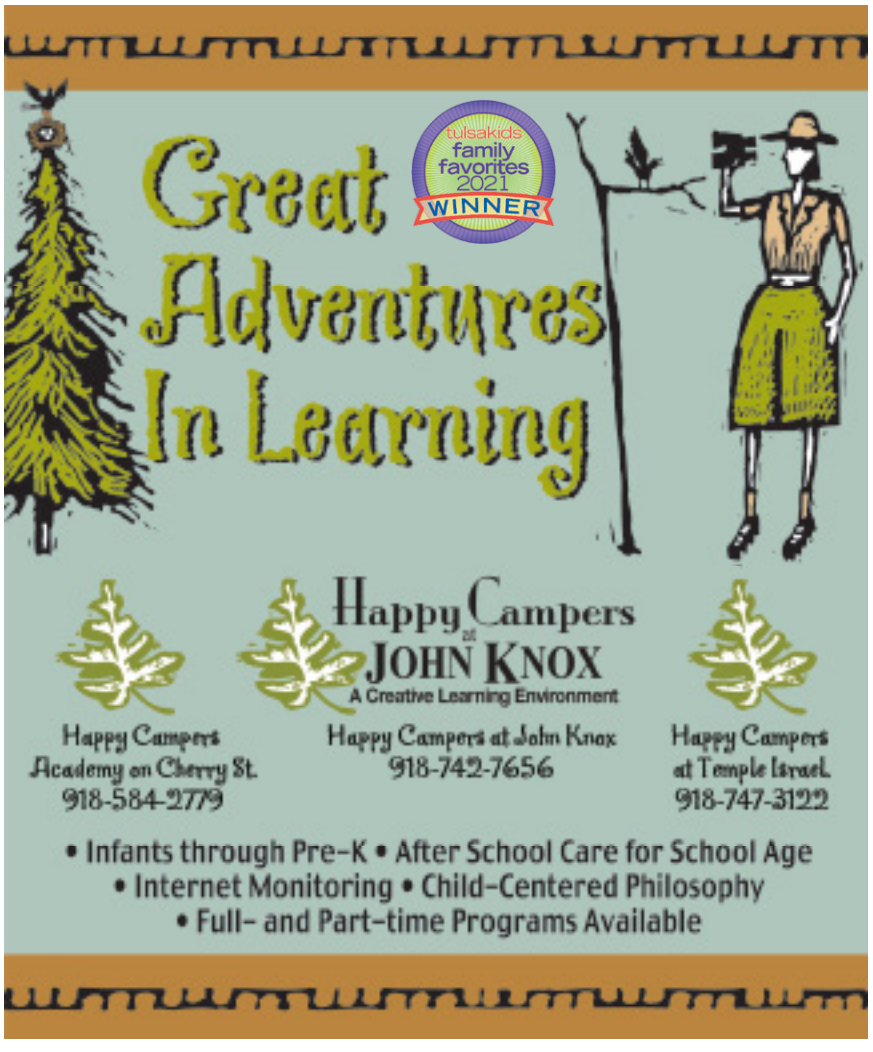
The legislators who sponsored the "emergency" 1775 law and the Governor have never expressed (for the public record) authentic moral outrage or righteous indignation about the above generational issues and related barriers. Those issues and barriers have contributed to the intolerable, conditions and outcomes that negatively affect our children. Governor Stitt and the Oklahoma State Legislators have not taken actions against the generational negative impact and manifestations of systemic racism, classism, sexism and ableism. Moreover, "discomfort and guilt" are personal. Therefore, being alert for personal reactions will be extremely difficult, if not impossible, for a teacher to discern and measure for each child in the classroom. HB 1775 will be a barrier to achieving an Oklahoma and American society free of racial and sexual discrimination, marginalization and disenfranchisement. The 1775 law will play a significant role in obstructing, by design, all endeavors meant to institute systemic actions required to ensure political justice, economic justice and human rights for all Oklahomans.

The bill's punitive consequences for educators who are not compliant with the law will make teachers second-guess what they are saying and teaching. To enforce compliance and to punish non-compliance would impede teachers' responsiveness to their students' unique academic and developmental needs. Teaching is an art that is about building relationships and having a "romance" with teaching and love for children. The pressure, stresses and strains of compliance to the law will affect teachers' ability to teach with an ease of mind and confidence. This has the potential to force teachers to look for teaching opportunities at private schools, move out of state or leave the teaching profession. This is something Oklahoma schools can ill-afford. The enforcement of HB 1775 will force educators to make adaptations to half-truth mindsets, irrelevant/ nonresponsive teaching practices and relationships. It will encourage bureaucratic, one-size-fits-all practices, which will have dire consequences for our children's achievement, growth and development.

There is no reason, per Section 3, that the law should have been designated an emergency. There was no emergency! By declaring an "emergency," formally structured statewide input never occurred. There were no solicited comments or input from principals, teachers, school staff, families, students, community members, community education advocates or community leaders—by design. HB 1775 is a codified "gag order."

This law is not what our teachers, children, Tulsa Public School District or the state of Oklahoma require for addressing institutional inequality and inequity. Governor Stitt's desire to have Oklahoma's educational system ranked in the nation's top 10 is a mere pipedream. The 1775 law is not a law predicated on defending current or historical truths, courageous actions or moral righteousness. The law is predicated on the fear the sponsors and power-brokers have of losing their control and influence over Oklahomans' lives, thoughts, and political and economic systems. It's a power struggle. The purpose of the HB 1775 is to maintain and increase the majority of right-leaning legislators' and Governor Stitt's grip on power over our lives now and in the future!









TulsaZoo

HALLOWZOOEEN

day & night

1PM-4PM

SATURDAY 10/23 10/30 | SUNDAY 10/24 10/31

6PM-9PM

FRIDAY 10/22 10/29 | SATURDAY 10/23 10/30

Reservations Required. Visit tulsazoo.org/boo

THANK YOU
MAJOR SPONSORS

Andy B's Bowl Social · 6 · 98.5 The Bull Today's Hot Country · Bank of Oklahoma N.A. · Burger King (Switchgrass Management, Verity Family) · Insurica · Pepsi-Cola · QT

CONTRIBUTING
SPONSORS

CommunityCare · IHOP · Jenni Burkitt, DDS · LAMAR · MIX96 The Best Mix Of The 80's, 90's, And Today · Oklahoma Central Credit Union

GOBLIN STOP SPONSORS: FEDEX GROUND, PAPA MURPHY'S

CONTINUED SUPPORT

The Anne & Henry Zarrow Foundation · George Kaiser Family Foundation (A supporting organization of Tulsa Community Foundation) · Hardesty Family Foundation · The Oxley Foundation · The Helmerich Trust · The H.A. and Mary K. Chapman Charitable Trust

HALLOWZOOEEN

Switchgrass Management
BURGER KING
Verity Family

Royal Castle

INSURICA
PUMPKIN PATCH PLAYROOM

HELMERICH PLAYGROUND:
BEHAVING LIKE ANIMALS

THE GHOULISH GRILLE

98.5 THE BULL
TODAY'S NOT COUNTRY

Haunted House

ASCENSION ST. JOHN
FAMILY DEN

RAINFOREST

Andy B's
BOWL SOCIAL
ARACHNID ARCADE

LOST KINGDOM

the Ann and Jack Graves
Cursed Canteen

QT

Pirate Island

CHILDREN'S ZOO

BANK OF OKLAHOMA N.A.

Haunted Train

ARVEST
WILDLIFE CAROUSEL

GIFT SHOP

ENTRANCE

HARDESTY
GEM DIG & SLUICE

TULSA ZOO

BY TORI HAMILTON, CHILDREN'S LIBRARY ASSOCIATE, GLENPOOL LIBRARY

the pros & cons of when to get library cards for kids

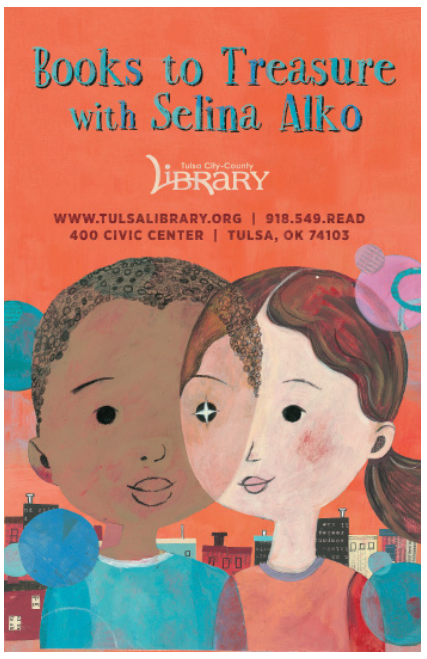
At TCCL, our library cards are available to children of any age (though minors do need parental consent). Since there are no age restrictions, deciding when your children should get their first library card is ultimately up to you. No parenting expert or literacy guru can tell you the right age, but, as always, your friendly librarians are here to help.

Read on for the pros and cons of getting library cards at various stages of development.

As soon as possible! Yes, even newborn babies can get their own cards according to TCCL policies. Just fill out the application on behalf of your newborn. TCCL staff will include your name in the account information as well.

Pros: Never forget a title again! Log on to your child's library account on our website to turn on the "Borrowing History" feature, which will keep a list of every book you check out on that card. You can also rate and review books or save titles in the catalog that you or your child would like to check out later.

Cons: As easy as it is to keep track of your child's books with our catalog, it is more to keep track of. Multiple kids, multiple library cards (and the books that go with them) can add to the chaos. While you'll still have to keep track of the items you check out, keep in mind that items from TCCL renew automatically, and we no longer charge late fees, so don't worry on that account!



The 2021 Books To Treasure illustrator is Selina Alko. Every second grader in Tulsa and Tulsa County will be able to get a special library card that looks like this! Artwork is from the book "Why Am I Me?" Each second grader will receive a free copy of the book.

Toddlers. When children are a little older, they're more aware of what the library is and what it does. If you've been visiting the library regularly, your child may have cottoned onto the fact you need that little card to check out books.

Pros: Telling children they can get their own library card when they've learned to write their name can be a motivating tool for writing instruction. Additionally, children at this age still think the library is a serious and grown-up institution—a little speech about the responsibilities a library card represents can go a long way.

Cons: Unfortunately, speeches on responsibility don't change the fact that children can be forgetful at this age, old enough to feel possessive of "their" card and "their" books but often not mature enough to keep track of them. Should that deter you from getting a card for the child? Not necessarily! Since most of TCCL's standard wallet-sized library cards come with matching key-fob cards, one solution to this problem is to give the larger card to the child but keep the smaller one for yourself.

Elementary School. By the time children start school, they may already be able to read on their own, and it's possible your elementary aged child has even asked for a library card. Is now a good time?

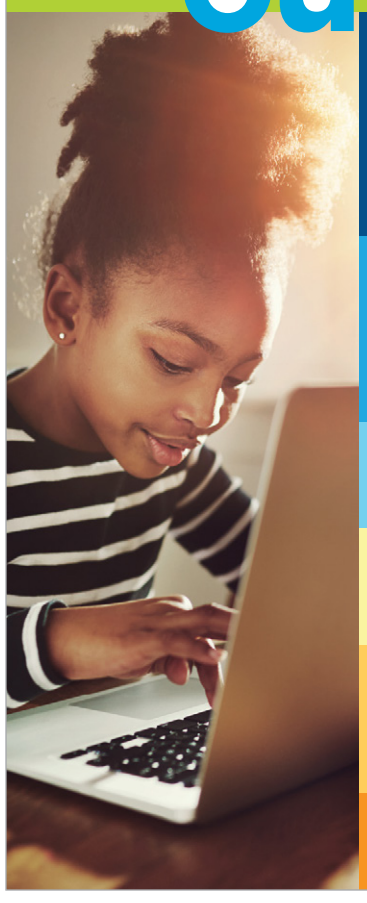
Pros: One of our library programs, Books to Treasure (www.tulsalibrary.org/booktotreasure), is specifically geared toward encouraging elementary students, specifically second graders, to apply for library cards. If your child hasn't gotten a library card by second grade, just wait for your friendly neighborhood librarian to drop the applications off at your child's school and your child will be the proud owner of a special limited-edition Books to Treasure library card. You won't even have to leave your house for it!

Cons: You may not have to leave your house to get the card, but chances are the card, your child, and all your child's books will be traveling to and from school every day. Losing books between school and home is a big problem for elementary school children. Want to be sure your child won't lose a book without your knowing about it? You can set up children's library accounts to send you weekly email alerts of what they have checked out and when their items are due, which can help you remind them to bring their books home.

Yes, a library card can be a lot of work for a parent, but it can also be a valuable lesson in responsibility for a child, helping kids feel more grown up and engaged in their library usage. That's a fairly low risk for a potentially huge reward.

check out this

AT TULSA CITY-COUNTY LIBRARY



Homework Help Now!

POWERED BY BRAINFUSE

Featuring Live Tutors

(2-11 p.m., daily CST) Get EXPERT one-to-one subject-specific help for students in grades K-12 ... plus college! Spanish-speaking tutors available too!

FREE Brainfuse App

Available in App Store or Google Play

Visit www.TulsaLibrary.org/homeworkhelp and use your Tulsa City-County Library card to access Homework Help Now!

DON'T HAVE A LIBRARY CARD?

Apply online at www.TulsaLibrary.org/application and get instant access to this service and more!

Tulsa City-County LIBRARY

tulsakids www.tulsakids.com



WHERE YOUR CHILD IS MORE THAN A NUMBER!

- Nurturing, responsive teachers
- Academic curriculum: math, science, phonics, art, and Spanish
- Age-appropriate learning centers in each classroom

RHEMA Child Development Center

RhemaChildCare.com

Call to enroll your child today!

(918) 258-0594

1025 W. Kenosha, Broken Arrow, OK 74012

ORU BASKETBALL

SEASON TICKETS ON SALE NOW!

MEN'S AND WOMEN'S GAMES **KIDS IN FREE!**



SCAN ME

CALL 918-495-7678



We are always here for you and your family, **24/7/365.**

How Emergency Care Should Be

Tulsa ER & Hospital was created to bring around the clock, concierge-level, quality adult and pediatric emergency care for our community.

We strive to provide our patients with the best experience with short wait times in a comfortable and inviting environment.

71st & Hwy 75| tulsaer.com | 918-517-6300

Mary K. Chapman Center for Communicative Disorders
Speech, Language and Hearing Services

We offer evaluation and therapy services for children, specializing in:

- Articulation/speech
- Voice
- Language
- Dysphagia
- Fluency/stuttering
- Tongue thrust
- Hearing
- Craniofacial clinic team assessments
- Floortime-based therapy for children with autism
- Free speech-language and hearing screenings by appointment
- Augmentative and Alternative Communication (AAC)
- Spanish interpreters available
- Scholarships available
- Medicaid accepted

THE UNIVERSITY OF TULSA
Mary K. Chapman Center for Communicative Disorders
918-631-2504 • healthsciences.utulsa.edu/communication-disorders

Soaring ON HOPE
Pediatric Therapy & Autism Center
Where Hope takes flight

HELPING YOUR CHILD SOAR TO NEW HEIGHTS & REACH THEIR HIGHEST POTENTIAL
WE ARE LOCATED IN THE HEART OF TULSA




ABA THERAPY · SPEECH THERAPY · OCCUPATIONAL THERAPY
PHYSICAL THERAPY · COUNSELING
At SOH, our greatest joy is to see your child gain confidence and reach their highest potential with therapy that is individually created for your child.
MOST INSURANCES ACCEPTED AND SOONERCARE
soaringonhopetherapy.com | 4908 S. Sheridan Road Tulsa, OK 74145 | 918.984.9153

GREAT FUTURES START HERE.



THE SALVATION ARMY DOING THE MOST GOOD
BOYS & GIRLS CLUBS

SCAN ME

The Salvation Army Boys & Girls Clubs of Metro Tulsa

Interested in becoming a member? Visit www.salarmytulsa.org or contact one of the clubs listed below!

- Broken Arrow Unit - 918-258-7545 — *1400 W. Washington | Broken Arrow*
- Creek County Unit - 918-224-4415 — *1721 S. Hickory | Sapulpa*
- Sand Springs Unit - 918-245-2237 — *4403 S. 129th West Ave. | Sand Springs*
- Mabee Red Shield Unit - 918-834-2464 — *1231 N. Harvard | Tulsa*
- North Mabee Unit - 918-425-7534 — *3001 N. MLK Jr. Blvd. | Tulsa*

ACADEMIC SUCCESS
- *Homework assistance*
- *STEM activities & the Arts*
- *Career exploration*

CHARACTER DEVELOPMENT
- *Community engagement*
- *Service clubs & philanthropy*
- *Mentorship*

HEALTHY LIFESTYLE
- *Sports & athletic leagues*
- *Healthy eating habits*
- *Social & emotional learning*

SPIRITUAL DEVELOPMENT
- *Spiritual growth & guidance*
- *Vacation Bible School*
- *Devotionals & lessons*

When Autism and Law Enforcement Meet: **Training, Understanding** and **Advocacy**

BY KRISTI ROE OWEN



As the parent of a high-functioning child on the autism spectrum, I long ago lost count of the times we had to explain to my son's teachers and school administration the importance of de-escalation during a difficult moment.

The word obstinate was thrown around when he struggled to comply with basic classroom instructions, never mind that the classroom would be maxed out with 30-plus students and an often-chaotic noise level that would cause him to completely shut down.

"You need to understand when it's autism and when it's behavioral," a special education teacher once chastised during an IEP meeting.

With every school authority showdown, a growing worry began to metastasize: If we couldn't convince a highly trained special education teacher that our son's behavior was inextricable from autism, what might happen when someday a law enforcement officer encounters his "obstinance"?

What, I wondered, might happen if a law enforcement officer encountered behaviors like literal thinking, inability to process complex orders, lack of eye contact and a combative response to touch?

AUTISM AND LAW ENFORCEMENT

By the time they reach age 21, one in five autistic youths will have been questioned by police and one in 20 will be arrested. With autism prevalence up 30 percent since 2008, the need for safety initiatives has never been greater, as evidenced by how rapidly an encounter between inadequately trained law enforcement officers and autistic individuals can escalate.

In 2017, an officer in Buckeye, Arizona, who was certified in drug recognition expertise, tackled, slammed against a tree, and pinned to the ground a 14-year-old autistic child he believed to be exhibiting signs of drug-related behavior. He released the traumatized boy only after a caretaker intervened.

In 2020, a 13-year-old autistic child was shot 11 times in an encounter with Salt Lake City police after his mother had called 911 to ask for crisis intervention support.

On September 9, 2021, police in Brunswick, Georgia, repeatedly tased a 21-year-old nonverbal autistic man who had been observed screaming and hitting himself in the head with a cooking spoon.

Speaking anonymously, one parent of an autistic adult expressed concerns about her son based on something she witnessed happen to a friend with Tourette's during a routine traffic stop.

"They thought she was impaired on drugs and searched her car, where they found her prescription medication. They made fun of her, laughing at her and saying that she was tweaking. It was horrible." Convinced she must be high, they took her to jail for the night.

If this could happen to a person with Tourette's, the parent realized, it could happen to her autistic child.

As Kat Martin, who has high-functioning autism, explained, "I've always been afraid of police officers. They intimidate me because I feel their presence puts pressure on me to try to 'perform.' I get stressed and I stammer and mix up my sentences."

If an officer isn't familiar with neurodiversity, this behavior could be easily misunderstood.

Julie Latimer, whose 19-year-old child has high-functioning autism, agrees. "Freaking out, melting down, whatever you want to call it can mimic an individual with a mental illness, or someone on drugs, someone being non-compliant, etc. And depending on how the officer reacts and treats them, this could cause setbacks that may never be regained."

One parent, who asked to remain anonymous, worries about her adoptive 13-year-old son, a child with a history of trauma and neglect who struggles with auditory processing issues, social skills, eye contact and self-regulation.

His first response is verbal aggression and sometimes physical aggression. He has meltdowns, and you can't reason with him while he is dysregulated." She is also concerned about how his race might factor into an interaction. She is white and her son is Black.

But like many parents, she believes that the right plan could go a long way in protecting her son and others. "I've considered putting a sticker in our window at home and in the car because I don't think he would follow instructions. I wish there was a way to register our home with the police so that they know not to come in with guns drawn."

Lea Ann Friend worries about her adult autistic son when he's driving. "If someone just met him, you wouldn't know he was autistic because he communicates fairly well, or seems to. But he often doesn't say what he meant to say and has to take time to think about answers. That scares me."

Kat Martin also stressed this communication gap. "To an officer, that might look like I'm trying to hide something, which makes it worse, and I risk going into a meltdown or burnout. When that happens, I get very irritable and might verbally snap, which is bad. I'm worried about young kids who may have it worse or lack the coping skills I have."

But a positive encounter with local law enforcement helped to allay Martin's concerns. "He was asking me about something I had witnessed," Martin said. "This particular officer was understanding and let me take a deep breath and calm down a bit. Even if I don't 'perform,' I know the police are there to protect me and the community, and all everyone can do is their best."

Nonetheless, there will always be gaps in the training and in the system, a reminder that advocacy work isn't just a "one-and-done" effort.

One parent of an autistic teenager shared a unique perspective from a family member working in the Tulsa County Juvenile Bureau. "No one can accurately determine whether a person is belligerent due to mental illness, drug influence, or other causes such as autism/sensory issues just by looking at them. When anyone is in a fight/flight mode, they will not be coherent enough to respond well to authorities. Unfortunately, for many, being touched or restrained triggers an even more violent response. These situations are a no-win for all involved."

> By the time they reach age 21, **one in five autistic youths** will have been questioned by police and **one in 20 will be arrested.**

ADVOCACY FROM LAW ENFORCEMENT

As I began looking at some of the programs and training in place around the country, it became clear that the best outcomes center around advocacy from within the law enforcement and first responder communities.

And because many law enforcement professionals have family members who are autistic, you don't have to look hard to find individuals with a heart for autism advocacy within the law enforcement community.

Julie Latimer encountered this type of advocacy while living in Dallas a few years back. A Plano SWAT team member with an autistic child himself offered "tons of insight" into mitigating the very real risks that law enforcement encounters pose for autistic individuals.

"He did lessons for our kids about what to do in the event they were ever stopped, pulled over, etc. We had cards made that said 'I have an Autism Spectrum Disorder' and contained important demographic information."

Ahead of the national curve, Tulsa PD has incorporated an autism curriculum into police academy training for about 15 years. This training is based on a model pioneered by Dennis Debbaudt, who began reporting on police/autism interactions back in the 1990s and helmed an effort to change those relations.

TPD also partnered with the former Autism Center of Tulsa to add autism awareness to their annual mental health training.

One of the leading advocates of this training is Lt. Pat Harker, whose adult son has high-functioning autism and Tourette's. "We're well represented on the department as far as folks that have dealt with autism personally and/or professionally," Lt. Harker told me. "We saw the training was needed years ago, and my major at the time reached out to me about training all of the officers."

Officers will sometimes call Harker for support with an autistic individual who is having a difficult time, and sensory issues are one of the first concerns they'll address. "Turn the siren off, take the handcuffs off. Talk softly, turn the radio down," he'll tell them.

For the training program, Harker explained, "We kind of bottled some of the behavior we like officers to have and how to handle those situations as best they can. If you're dealing with a Tulsa police officer, they've been through training on how to deal with folks on the spectrum."

During the training, officers start by learning that, as Harker explained, "Autistic doesn't have a 'look.'"

Officers also learn to take a step back and assess a situation. "Just grabbing somebody and manhandling them, they're going to fight you just because they don't understand exactly what's going on. We know a lot of people with sensory issues don't like to be touched."

Depending on a person's level of autism, Harker said, "They may walk right up to you, want to touch your gun or radio or something. They may be overstimulated, sensory, the wandering that happens sometimes, being able to communicate or not communicate."

TPD has a Crisis Response Team (CRT) for handling many of these situations. The CRT often works with mental health issues and individuals experiencing homelessness as well as other urgent crisis issues.

For officers like Harker, sensitivity and compassion are essential to police work.

"Ninety-five percent of the time when we get called to your house or wherever you're at, we know you're having a bad day. We try to be empathetic and give solutions or suggestions on what they can do. It's part of the community service we do."

But Harker also recognizes the need for continued work and advocacy. He's currently looking into creating and distributing an autism alert sticker for homes and vehicles to alert first responders about an autistic individual.

We also talked about the need for positive encounters between police officers and autistic individuals in a safe, controlled environment. "We want them to come to us if they're scared and get them the service they need."

Preparing for **Encounters**



There are a few important steps families and individuals can do to help prepare for encounters with law enforcement officers and first responders.

1. **Continue to normalize neurodiversity.**

   The more people in the community see people with autism and interact with them on a personal basis, the more allies and advocacy the autistic community will have. Get to know your neighbors, talk to them about what autism looks like, and share your contact information in case of an emergency.

2. **Get your information on file with first responders.**

   Don't wait until an emergency to alert first responders about your loved one. First responders can actually flag your address to let them know if there's an individual who requires special attention or care such as an autistic family member or someone with Alzheimer's. Harker suggests calling the police non-emergency line to get your family member's information on file.

3. **Ask for CRT in a mental health emergency.**

   If your loved one is having a mental health emergency, call 911 and ask specifically for the Crisis Response Team. There are also specially trained Crisis Intervention Teams (CITs) working within the police department to help with a mental health moment in a home with autism.

   And be sure you truly need to call 911 if you're calling for someone you don't know. Always try to be aware of the possible outcomes when you call 911 for any reason and exercise good judgment before making that call.

4. **Meet police officers.**

   Try to arrange for your child to interact with police officers in a safe, comfortable setting. Give verbal individuals a chance to introduce themselves and ask any questions. Meeting police officers in a neutral social environment can help autistic individuals recognize that police are just regular folks like them.

5. **Practice 911 interactions.**

   Take the time to go over what to do in an encounter with police and use police encounter social stories.

   Teach autistic children to always show their hands and never keep them in their pocket, backpack, or anywhere else when talking with police. If they need a calming object, they should tell police where it is and ask if they may carefully retrieve it.

   Teach them to never touch a police officer or anything on their person like a gun or badge and remind them to be aware of personal space and not to stand too close.

   They should also never touch a police officer's dog. Let them know that the dog is an officer, too.

6. **Practice stating their name, age and diagnosis.**

   Let them know that it's fine to tell the officer they don't understand what they're being asked to do or what is happening.

   Finally, tell them to wait for a caretaker before answering any questions since autistic individuals don't always understand what they're being asked and may be misunderstood in a way that might have legal repercussions.

7. **Use autism stickers and other identifiers.**

   Place an alert sticker on the windows in your home and vehicles to alert police and first responders. Consider investing in a medical alert bracelet for your child as well.

   For older individuals, consider adding an autism information card to your child's wallet. Teach them never to reach for this but instead to ask police if they may show it to them.

8. **Consider getting power of attorney for adult children.**

   Based on his personal experience, Lt. Harker reminds parents that getting power of attorney for adult children once they turn 18 gives them the legal ability to access medical records and private information and aid in the decision-making process on important issues.

9. **Know helpful contact information:**

   Tulsa Police Non-Emergency (918) 596-9222

   The Arc of Oklahoma (918) 582-8272



CHEER FOR YOUR FAVORITE DISNEY CHARACTERS AS THEY DREAM BIG AT DISNEY ON ICE! PHOTO COURTESY OF DISNEY ON ICE.

This information is correct to the best of our knowledge. However, check with the organizer before attending events, as information can change.

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

October 1 Friday

ROSE FESTIVAL/"CHALK IT UP!" ART FESTIVAL AND KITES OVER BA [FREE]

It's three festivals in one! On October 1–2, head to the Broken Arrow Rose District for the Chalk It Up! And Rose Festivals. Activities include a chalk artist competition, rose show, Free Kid Zone, vendors and other entertainment. On October 3, don't miss Rose Kites Over Broken Arrow, where Tulsa Wind Riders Kite Club and Kite Artists will fly large kites, and the public can decorate and fly their own kites. There will also be food trucks and entertainment. Broken Arrow Rose District, keepbabeautiful.org

TULSA STATE FAIR

The Tulsa State Fair is back for 2021! For more information on the Livestock Show schedules, Ford Family Food Court and other entertainment, go to TulsaStateFair.com. Expo Square, 4145 E. 21st St. Repeats through October 10.

FIRST FRIDAY AT LIVING ARTS [FREE]

Living Arts of Tulsa will have Oh Tulsa up in the gallery again for October First Friday! This exhibition features 75 local artists, curated by Daniel Mooney, showcasing works about Tulsa, for Tulsa, by Tulsa. Living Arts, 307 E. Reconciliation Way, 6–9 p.m. livingarts.org

October 2 Saturday

SATURDAY MORNING TINY TOTS

Kids 6 and under are invited to skate, play, ride and jump at Wheels and Thrills for a special Saturday Morning Tiny Tots! 10637 N. Garnett Rd., Owasso, 9-11 a.m. wheelsandthrills.com

OPERA IN THE GARDEN

Join us for songs, stories, and lots of joy as artists from Tulsa Opera read picture books and sing opera music for kids and their grownups. Designed for children ages 2–7 though all ages are welcome. **Subject to cancellation in case of inclement weather. Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m. philbrook.org

HUMAN NATURE: BRANCHING OUT

Benefiting Up With Trees, bring your family and friends to join us for Human Nature on October 2, 2021 at Chandler Park! This outdoor, midday event is the first of its kind, as Up With Trees' annual fundraiser. Enjoy local food and drinks while watching live performances and engaging in interactive activities for all ages! With a mixture of art, education, and music, you will

leave this event with a day of new memories and a newfound appreciation for how Humans and Nature intermingle. humannatureok.org

DISNEY ON ICE: DREAM BIG

Disney On Ice returns to the Expo Square Pavilion September 30–October 3! October 1 and 2 showtimes are 11:30 a.m., 3:30 p.m. and 7:30 p.m. October 3 showtimes are 10:30 a.m., 2:30 p.m. and 6:30 p.m. Expo Square Pavilion, 4145 E. 21st St. disneyonice.com

October 3 Sunday

SENSORY SKATE AT WHEELS AND THRILLS

Join Wheels and Thrills for Sensory Sunday. Families can enjoy skate rental, a skate mate and the playzone but without flashing lights or loud noises. Both laser tag and the arcade will be suspended during this time. Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10:30 a.m.–12:30 p.m. wheelsandthrills.com

October 4 Monday

COMMUNITY MURAL PROJECT: HISPANIC HERITAGE MONTH [FREE]

Help Tulsa City-County Library create a large community mural honoring the legacy and culture of our Latinx artists. Visit your local library and pick up a community mural kit. Each kit will come with the history of a Latinx artist and invite you to recreate one of their masterpieces. Return your finished canvas to your local library by Friday, Oct. 15. For all ages. tulsalibrary.org

October 5 Tuesday

BUILD A READER STORYTIME: FAMILY [FREE, W]

Tune in for this 0–5 storytime and grow that love of reading! Enjoy simple songs and books for little ones and more interactive stories and activities for older children. Join here: www.facebook.com/tulsalibrary. Can't make it live? TCCL will save all storytime videos on Facebook and TCCL's YouTube channel for your children to enjoy later! Find them here: www.youtube.com/TulsaLibrary/playlists. 10:30–11 a.m.

NOS APOYAMOS! [FREE]

This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918-582-8272. 6–7 p.m. thearcok.org

October 6 Wednesday

SPOOKY STORIES: CREATIVE WRITING CONTEST FOR AGES 8-18 [FREE]

Thrills, chills and spine-tingling tales is what the library is looking for! The top 10 winners in each age category will have their story published online and in a book to be added to TCCL's library collection. All entries must be the original work of the student. There are three age categories: 8–11, 12–14, 15–18. Deliver submissions to any Tulsa City-County Library by Saturday, October 30. No more than 3,500 words per entry. All entries must include a title page with the author's first and last name, age and contact information (phone number or email). Only one entry will be accepted per contestant. October 1–30. tulsalibrary.org

October 7 Thursday

SAFEKIDS TULSA CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly! Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, 10 a.m.–12 p.m. safekidstulsa.com

MUSIC ON THE PORCH FEATURING KALYN FAY

Gilcrease Museum's Thursday night concert series offers plenty of fun for the whole family. Bring a picnic blanket or lawn chair and enjoy live music, lawn games, cash bar, food for purchase and more! Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 6–8 p.m. Food trucks and lawn games begin at 5:30 p.m. gilcrease.org

October 8 Friday

AN ENEMY OF THE PEOPLE

Local playwright David Blakely updates Henrik Ibsen's 1882 drama, setting it in Cushing, Oklahoma, and focusing on how fracking is changing the environment and threatening the town. Like the original, this modern adaptation shows how political pressure can make doing the right thing dangerous—both for the truth-teller and for an entire town. Julie Tattershall will direct. Presented by American Theatre Company. Tulsa PAC, 110 E. 2nd St., 8 p.m. Other showtimes available. See schedule and purchase tickets at tulsapac.com.

CHILLBROOK CONCERT SERIES: HOT TOAST "ALL THE FEELS" ALBUM RELEASE PARTY

Join family-favorite Hot Toast Music Co. to celebrate the release of their sophomore album, "All the Feels". Bring the entire family for an evening of music you can't help but wiggle and boogie to. There will be hands-on fun activities for the littles, cash bar for their grownups, and food available for all to enjoy. You won't want to miss this very special night! Philbrook Museum, 2727 S. Rockford Rd., 6 p.m. Doors open at 6 p.m. Visit philbrook.org/calendar for tickets and details.

October 9 Saturday

SATURDAY MORNING BACKYARD STUDIO

Get creative in Philbrook's backyard. Join local artist Katy Bruce in a pop-up art studio in the Philbrook Gardens! Have fun making art inspired by nature, the galleries, and your own imaginations. **Subject to cancellation in case of inclement weather. Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.–12 p.m. philbrook.org

JUNIOR NATURALISTS (AGES 8-12)

Each month, join the Junior Naturalists at Oxley Nature Center for a morning of adventure and nature connection! Registration is required. Free for Members, Non-members $5 per session. Please bring exact change (cash). Call 918-596-9054 for information or to register (please register 48 hours in advance). Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.–12:30 p.m. oxleynaturecenter.org

FESTIVAL AMERICAS [FREE]

Celebrate the rich culture of Tulsa's Hispanic and Latino community at the 7th annual Festival Americas. The colorful multi-cultural festival will include a variety of food flavors from across Latin America, plus live music, dance performances, food trucks, street market, cigar rolling and activities for all ages! Outside ONEOK Field, 201 N. Elgin Ave., 2–8 p.m. festivalamericas.org

October 10 Sunday

STORYTIME AT ELEANOR'S BOOKSHOP [FREE, W]

Eleanor's Bookshop hosts a free storytime geared toward kids ages 10 and under each day at 11:30, with the exception of Mondays. Eleanor's Bookshop, 1102 S. Lewis Ave., Suite D, 11:30 a.m. eleanorsbookshop.com

October 11 Monday

TULSA NATIVE AMERICAN DAY [FREE]

Join the City of Tulsa for the 5th annual Tulsa Native American Day Celebration, featuring vendors, artists, food trucks, and local leaders talking about what this day means to them. There will also be a parade at 12 p.m., followed by exhibition dancing. Guthrie Green, 111 E. Reconciliation Way, 9 a.m.–5 p.m. facebook.com/tulsanativeamericanday

FINDING FALL SCAVENGER HUNTS

Tulsa Botanic Garden will be open on Monday, October 11. All week long, from October 11–17, families can pick up a scavenger hunt in the visitor center to look for signs of autumn as they explore the Garden. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.–5 p.m. tulsabotanic.org

FALL BREAK FUN FOR KIDS

During Fall Break, Reed Park will host activities for kids ages 6–12 Monday through Friday at 1 p.m. Classes will last about one hour, and each will feature a different creative, seasonal activity. Space is limited, so you must pre-register. $5 per day. Reed Park, 4233 S. Yukon Ave., 1–2 p.m. cityoftulsa.org

October 12 Tuesday

STORYTIME AT LAVENDER'S BLEU [FREE, W]

Lavender's Bleu Literacy Market hosts a storytime each Tuesady and Saturday in their adorable, Cat in the Hat-themed storytime corner! Lavender's Bleu, 8210 S. Harvard Ave., 11 a.m. lbliteracymarket.com

October 12 Tuesday

ZUMBA WITH FERNANDA—FALL FITNESS [FREE, W]

Get on your feet and groove to the beat at Zumba, happening every other Tuesday at the QuikTrip Great Lawn. Dance to great music, meet new people, and burn a ton of calories without even realizing it! Gathering Place, 2600 S. Riverside Dr., 6–7 p.m. gatheringplace.org

COME FROM AWAY

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Presented by Celebrity Attractions. Tulsa PAC, 110 E. 2nd St., 7:30 p.m. Additional showtimes available through October 17. tulsapac.com

October 13 Wednesday

LITTLE GARDEN EXPLORERS [W]

Spark wonder at Little Garden Explorers, an easygoing play invitation designed for children under 5. Drop in anytime between 9:30 and 11:30 a.m. to play—and let Philbrook take care of the mess! **Subject to cancellation in case of inclement weather. Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 9:30-11:30 a.m. philbrook.org

CLAY DAY AT AHHA TULSA

It only happens once a month—create with air dry clay! The STUDIO at ahha Tulsa, 101 E. Archer St., 12-9 p.m. ahhatulsa.org

October 14 Thursday

STORY TIME AT GATHERING PLACE [FREE, W]

Meet under the Reading Tree every Thursday afternoon for story time! A different guest reader will read each week. Gathering Place, 2600 S. Riverside Dr., 4 p.m., gatheringplace.org

KIDS CONNECTION [FREE]

This 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. 4:30-5:30 p.m. thearcok.org

BOO-TANICAL BANDS & BLOOMS [W]

Thursdays are Bands & Blooms nights at Tulsa Botanic Garden, featuring local musicians, a food truck and bar. Visitors can bring chairs or blankets to enjoy music on the lawn or while strolling the Garden. Thursday nights in October will be BOO-tanical Bands & Blooms offering non-scary, trick-or-treating and costume contests each week in addition to the live music, food truck and drinks. Thursday, October 14, instead of a food truck, the Garden will have a Hot Dog Roast with hot dog kits for roasting hot dogs over fire pits. Local ice cream cart Cherry & Bark will be on site with sweet treats for sale. Advance tickets required. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 6-8 p.m. tulsabotanic.org



OKLAHOMA KIDS AGES 8-12 ARE INVITED TO SUBMIT WORK TO PHILBROOK MUSEUM'S SPRING EXHIBITION, THE BIG SHOW! VISIT PHILBROOK.ORG FOR DETAILS. PHOTO COURTESY OF PHILBROOK MUSEUM.

October 15 Friday

JUST BETWEEN FRIENDS FALL/WINTER MOTHER'S DAY OUT SALE [FREE]

Shop and Save! The Just Between Friends consignment sale has everything you need for kids about 50 to 90 percent off! Presale is October 14. Woodland Hills Mall, 7021 S. Memorial Dr. October 15–17. facebook.com/jbftulsa

GLAM GRUBS

Add some paint and other sparkly accessories to plastic bugs! Repeats daily, October 13–17, at ahha Tulsa, 101 E. Archer St., ahhatulsa.org

October 16 Saturday

PATHWAYS FAMILY-FRIENDLY FALL CARNIVAL [FREE]

Pathways Adult Learning Center is celebrating 12 years of providing enrichment classes for adults with intellectual and developmental disabilities by hosting a family-friendly Fall Carnival. This event will feature numerous kid-friendly activities, including an aerial performance by Calliope Youth Circus, a Pet Fashion Show, petting zoo, pumpkin decorating, Trunk or Treat and more. Kirk of the Hills, 4102 E. 61st St., 10 a.m.–2 p.m. pathwaysok.org/carnival

LAST CHANCE! THE BIG SHOW: MAKE AT THE MUSEUM

Calling all young artists! Make a work of art for Philbrook's upcoming exhibition, The BIG Show: Work by Young Artists in this drop-in artmaking workshop. Use Philbrook's supplies in the museum or out in the gardens, submit your artwork, and see it on the gallery walls in March! Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.–2 p.m. philbrook.org

FAMILY DAY AT WILL ROGERS MEMORIAL MUSEUM

Long-time friend of the museum Lea McCormick will teach a class on Traditional Basket Weaving. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1–3 p.m. willrogers.com

KENDALL WHITTIER ARTS FESTIVAL [FREE]

Kendall Whittier comes alive with local art vendors, gallery shows, food trucks, live music, interactive art and kids activities, creating an environment to enjoy and foster the arts for the whole family! Whittier Square, 1 S. Lewis Ave., 2–10 p.m. facebook.com/visitkendallwhittier

October 17 Sunday

FAMILY NATURE WALK [FREE]

Explore the plants and wildlife at Gathering Place, 2600 S. Riverside Dr., 10 a.m. and 11 a.m. gatheringplace.org

BRUSH CREEK BAZAAR

Brush Creek Bazaar is fun for the entire family! Shop from over 70 arts vendors while enjoying live music, dining and other entertainment such as the Oasis Animal Adventure! Proceeds support the Teen Challenge Programs of New Lifehouse Academy for girls and Brush Creek Ranch Academy for boys. 10900 S. Louisville Ave., 10 a.m.–6 p.m. Also occurs October 16, 9 a.m.–6 p.m. brushcreekbazaar.org

STUDIO SUNDAY: MINI PUMPKIN PAINTING

Paint mini pumpkins at ahha Tulsa, 101 E. Archer St., 1–5 p.m. ahhatulsa.org

October 18 Monday

VISIT GILCREASE GARDENS [FREE, ONGOING]

Gilcrease Museum may be closed, but the Gilcrease Gardens and neighboring Stuart Park are open daily, 6 a.m.–11 p.m. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., gilcrease.org/gardens

October 19 Tuesday

FOOD ON THE MOVE COMMUNITY BLOCK PARTY [FREE]

Food on the Move's Community Block Parties offer fresh produce and resources from community partners as well as a DJ, food trucks and other fun activities. Food On The Move provides produce through a 'Pay-As-You-Can' model, which allows guests of every background to participate and support the initiative, while ensuring families in need of assistance are given access to fresh produce, hot meals and community resources in a way that treats







CELEBRATE THE RICH CULTURE OF TULSA'S HISPANIC AND LATINO COMMUNITY AT FESTIVAL AMERICAS OCTOBER 9! PHOTOS COURTESY OF FESTIVAL AMERICAS.

all guests equally. Chamberlain Park, 4940 N. Frankfort Ave., 5:30–7:30 p.m. foodonthemoveok.com

October 20 Wednesday

STORY TIME AT TULSA ZOO [W]

Bring your listening ears for story time and meet an animal ambassador every Wednesday at the Tulsa Zoo! Storytime will begin at 10 a.m. at the elephant pavilion. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m. tulsazoo.org

FULL HUNTER MOON WALK

Enjoy a walk under the gorgeous Full Hunger Moon at Oxley Nature Center! $3 for members, $5 for non-members. Please bring exact change. Registration is required by 4:30 p.m. two days before the walk. Call 918.596.9054 to register. Oxley Nature Center, 6700 Mohawk Blvd., 7–8:30 p.m. oxleynaturecenter.org

October 21 Thursday

TREE FORT STORYTIME

Local bookstore Whitty Books will be guest reader to share a story in the Children's Discovery Garden. Free with admission, advance tickets required. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m. tulsabotanic.org

TULSA OKTOBERFEST

Expect authentic German food and music, plus a Dachshund Dash, and other fun at Tulsa's annual Oktoberfest! River West Festival Park, 2100 S. Jackson Ave., October 21–14, tulsaoktoberfest.org

THE SPONGEBOB MUSICAL

Clark Youth Theatre presents The SpongeBob Musical! About the show: "Stakes are higher than ever before as SpongeBob and all of Bikini Bottom face the total annihilation of their undersea world. Chaos erupts. Lives hang in the balance. And just when all hope seems lost, a most unexpected hero rises up and takes center stage. Get ready to dive to all-new depths of theatrical innovation at SpongeBob SquarePants, where the power of optimism really can save the world!" Clark Youth Theatre, 4825 S. Quaker Ave., 7:30 p.m. Additional showtimes available, through October 29. clarkyouththeatre.com

SAFE KIDS TULSA CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.–12 p.m. safekidstulsa.com

October 22 Friday

CAMPFIRE BUILDING WORKSHOP

Join the Ray Harral Nature Center for a campfire building class! This program will explore ways to build a campfire from a leave no trace perspective. This program will also include the opportunity to make s'mores. Registration is required. This program is for ages 10 and up. Parental assistance required for participants under 16. Call the Nature Center to sign up today! 918-615-6099. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 6–8 p.m. facebook.com/rayharralnaturecenter

October 23 Saturday

SATURDAY STORYTIME WITH MS. TIFFANY [FREE]

Join Ms. Tiffany for her first Saturday Storytime events of the year with a book and a song! Join here: https://www.facebook.com/suburbanacreslibrary. For ages 0–5. 1–1:30 p.m. Also occurs Saturday, October 9.

SATURDAY MORNING BACKYARD STUDIO

Get creative in Philbrook's backyard. Join local artist Katy Bruce in a pop-up art studio in the Philbrook Gardens! Have fun making art inspired by nature, the galleries, and your own imaginations. **Subject to cancellation in case of inclement weather. Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.–12 p.m. philbrook.org

October 24 Sunday

RHEA LANA'S OF SOUTH TULSA [FREE]

Get great bargains on infant through teen items, such as clothing, gifts and more. Admission is free, but you can purchase tickets to the October 22 and 23 presales if you'd like first pick! Rhema Ninowski Rec Center, 1367 W. Kenosha St., Broken Arrow. October 24–28. See the schedule at southtulsa.rhealana.com.

THE STUDIO AT AHHA TULSA [ONGOING]

All month long in ahha Tulsa's STUDIO, guests can play create with featured materials—cheesecloth, webbing, red crepe paper, googly eyes, faux fur, etc. Can you create a Halloween puppet? What else can you design and make? ahha Tulsa, 101 E. Archer St., 12–7 p.m. ahhatulsa.org

October 25 Monday

BABY TAKE HOME KITS [FREE, ONGOING]

Stop by Central Library for a take-and-make kit specifically designed to help infants 0–12 months old with their early literacy skills! Each kit will include a Build-A-Reader (BAR) brochure with early literacy information, a BAR coloring book, two jumbo crayons, four high-contrast cards and supplies needed for an egg-shaker craft! Central Library, 400 Civic Center, October 1–31. tulsalibrary.org



IT'S ALL ABOUT GEARS, GADGETS AND HISTORY AT THE NATIONAL COWBOY MUSEUM'S STEAMPUNK CELEBRATION! PHOTO COURTESY OF NATIONAL COWBOY & WESTERN HERITAGE MUSEUM.

October 26 Tuesday

FOOD ON THE MOVE COMMUNITY BLOCK PARTY [FREE]

Food on the Move's Community Block Parties offer fresh produce and resources from community partners as well as a DJ, food trucks and other fun activities. Food On The Move provides produce through a 'Pay-As-You-Can' model, which allows guests of every background to participate and support the initiative, while ensuring families in need of assistance are given access to fresh produce, hot meals and community resources in a way that treats all guests equally. Greenwood Cultural Center, 322 N. Greenwood Ave., 5:30–7:30 p.m. foodonthemoveok.com

October 27 Wednesday

COOKING WITH THE HISPANIC RESOURCE CENTER: HISPANIC HERITAGE MONTH [FREE]

Join TCCL for a cooking tutorial featuring a variety of dishes from across Latin America. The library will broadcast two videos a month that will teach you how to cook some of the most interesting and delicious dishes in Latin America. The tutorials will be broadcast live to the Hispanic Resource Center Facebook Page: www.facebook.com/TCCLhispanicresourcecenter. For all ages. 12–1 p.m. Also occurs October 13.

TEEN CONNECTION [FREE]

This is a social group for middle and high school students with high-functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. 4:30–6 p.m. thearcok.org

October 28 Thursday

STORYTIME IN THE GARDENS [W]

Join Philbrook each week for Storytime in the Garden. Drop in for imaginative stories geared towards kids 10 and under. **Subject to cancellation in case of inclement weather. Free with admission. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m. philbrook.org

October 29 Friday

BREAKIN' BRICKS (WITH FLIGHT OF FANCY)

In collaboration with the 1921 Tulsa Race Massacre Centennial Commission, this multimedia experience combines dance with documentary film to explore the events of 1921 and the path forward to hope and healing. This year, on the 100th anniversary of the Tulsa Race Massacre, choreographer Jennifer Archibald is telling this tragic story through dance, captivating visuals, and footage from the actual event for an important and unforgettable theatrical experience. This program will also feature the return of Flight of Fancy, fast-paced and lively piece by Ma Cong. Tulsa PAC, 110 E. 2nd St., 7:30 p.m. Additional showtimes available. tulsaballet.org

October 30 Saturday

TULSA FEDERAL CREDIT UNION RUN

It's time for a Tulsa tradition! Choose from 2K, 5K or 15K distances. Register at runsignup.com/race/ok/tulsa/tulsarun. Downtown Tulsa, 7:30 a.m.

HARVEST HAY DAY

Come celebrate the arrival of fall! With games, trunk or treating, a petting zoo, and more, Asbury is bringing in the autumn season! This event is free for everyone unless you'd like to purchase food or drinks from the food trucks. Invite your co-workers, neighbors, and friends! Asbury United Methodist Church, 6767 S. Mingo Rd., 11 a.m.–2 p.m. asburytulsa.org

STEAMPUNK FALL CELEBRATION

Come in your best Steampunk (or Halloween) get-up for the Museum's fall celebration. Create your own Steampunk accessories: bowtie or broach and goggles. Explore the Design-a-Robot maker space and create your own mini 'bot out of everyday objects. Try your hand at fast-draw target practice, look out for a penny-farthing and learn a dance or two. While supplies last. Free to Museum members or with Museum admission. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd Str., Oklahoma City, 10 a.m.-4 p.m. nationalcowboymuseum.org

SINGALONG SATURDAY

Head to the Philbrook gardens for fun concerts with Hot Toast Music Co. to get you movin' and groovin' as a family. Rock out the whole time or just drop by for a few songs! **Subject to cancellation in case of inclement weather. Free with admission. Philbook Museum, 2727 S. Rockford Rd., 10–11:30 a.m. philbrook.org

October 31 Sunday



DISCOVERY LAB BLOCK PARTY

Discovery Lab's farewell block party is set for Sunday, October 31st from 11:00 a.m. to 3:00 p.m., the last day the museum will be open at the Owen Park location. Enjoy STEM play, fun activities, free food, give-a-ways, and a special art project to express gratitude to Discovery Lab's community and members. This winter, join Discovery Lab for the grand opening of its new location at 31st and Riverside, south of Gathering Place. For more information, visit discoverylab.org. Discovery Lab, 560 N. Maybelle Ave., 11 a.m.–3 p.m. discoverylab.org

Family Friendly Halloween Events

Find even more frightful fun at tulsakids.com/Halloween!



TRICK OR TREAT ACTIVITIES

HALLOWMARINE

When: October 25-31, 6:30-9 p.m. (Last admission sold at 8 p.m.)

Where: Oklahoma Aquarium, 300 Aquarium Dr., Jenks

The Oklahoma Aquarium will host seven nights of indoor trick-or-treating for kids of all ages! Guests can follow the Trick-or-Treat trail for candy and see our fascinating marine life in the surrounding exhibits. Dress up in your best Halloween costume for a chance to win prizes, and join us for the opportunity to interact with some of the ocean's most curious creatures from the deep!

This year's event will include protocols to ensure the health and safety of our guests, vendors, staff, and volunteers. Safety measures include nightly admission caps, mask requirements, and glove requirements for vendors, in addition to our ongoing safety efforts. okaquarum.org

HALLOWZOOEEN

When: Friday, Oct. 22 and 29, 6-9 p.m.; Saturday, Oct. 22 and 30, 1-4 p.m. and 6-9 p.m.; Sunday, Oct. 24 and 31, 1-4 p.m.; Friday

Where: Tulsa Zoo, 6421 E. 36th St. N.

Tulsa Zoo's premier spooky (but not-too-scary) Halloween trick-or-treat event for the whole family is expanding! For 2021, enjoy two weekends of trick-or-treating, with both daytime and nighttime options available. HallowZOOeen events include candy stops, four themed zones including the all-new Andy B's Arachnid Arcade, ambassador animals meet-and-greets, and a haunted house! Tulsazoo.org/zoo-events/hallowzooeen

BOO-TANICAL NIGHTS

When: Thursdays, October 7, 14, 21 and 28, 6-8 p.m.

Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Dress up in your costume to visit the trick-or-treat trail at the Botanic Garden for botanical and animal-themed candy, toys and other surprises. Decorate a mini-pumpkin to take home, visit a tattoo station, and enter the costume contest. There will also be live music, a food truck and drinks available. Regular admission + $10 for trick-or-treaters at the door. Tickets at tulsabotanic.org.

SWEETS & TREATS ON SPOOKY STREET

When: October 30-31

Where: Gathering Place, 2600 S. Riverside Dr.

No tricks, just treats! Gathering Place is casting a spell for all not-so-scary ghosts and ghouls to make their way to the Park for Sweets and Treats on Spooky Street presented by U.S. Cellular! Don't miss a kid-friendly, family trick-or-treating experience that's a real scream. With fun games, costume contests, live entertainment and so much more, this all hallows celebration will be a monster mash of memories! gatheringplace.org

HALLOWEEN NIGHT AT THE MUSEUM

When: October 30, 6-8 p.m.

Where: Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore

This is a family fun event sponsored by the Will Rogers Memorial Museum's amazing community. Everyone is invited to get to know some of the museum's unique local businesses and organizations. willrogers.com

SPOOKY MOVIE NIGHTS

COX MOVIE NIGHT: "HOCUS POCUS"

When: October 22, 5:30-8:30 p.m.

Where: Gathering Place, 2600 S. Riverside Dr.

Cox Movie Nights are back at Gathering Place! Bring a lawn chair or blanket and gather around the QuikTrip Great Lawn for a free, family-favorite film made possible by Cox.The Sanderson sisters are casting a spell over Gathering Place and putting the fun in funky with our next feature film, Disney's Hocus Pocus, playing on Friday, October 22.

Pre-show activities begin at 5:30 p.m. and the movie starts at 6:30 p.m. on the QuikTrip Great Lawn. gatheringplace.org

MOVIE IN THE PARK: "BEETLEJUICE"

When: October 28, 7-10 p.m.

Where: Guthrie Green, 111 E. Reconciliation Way

Movie nights are back at Guthrie Green from 7-10 p.m.! Bring a lawn chair or picnic blanket for an outdoor screening of some of the most popular films in Hollywood along with popcorn and dinner options from some of Tulsa's best food trucks! guthriegreen.com

MISCELLANEOUS, MONSTROUS FUN

HALLOWEEN FESTIVAL AT CASTLE OF MUSKOGEE

When: Fridays and Saturdays in October; gates open at 5:30 p.m., ticket sales end at 10 p.m.

Where: Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee

Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Kids can enjoy Halloweenland, the Enchanted Boardwalk, a Halloween Train and more, while those who can't get enough make-believe horror can sign up for Domus Horrificus, Casa Morte and the Trail of Blood. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at okcastle.com.

WHITESIDE PARK & COMMUNITY CENTER HALLOWEEN CARNIVAL

When: October 29, 6-8 p.m.

Where: Whiteside Park, 4009 S. Pittsburg Ave.

Meet at the Whiteside tennis courts for a spooky walk-through, carnival games, costume contest and inflatables! Free admission. cityoftulsa.org

HALLOWEEN AT AHHA

When: October 31, 12-7 p.m.

Where: ahha Tulsa, 101 E. Archer St.

Make a mask or candle jar lantern and explore with glowing paint while watching classic Halloween movies. Plus, head to The STUDIO all month long to add to ahha's community Halloween Village and participate in Inktober and Drawloween! ahhatulsa.org

SPOT LITE MAGIC & COSTUMES

Address: 6808 S. Memorial Dr., Suite 220

Spot Lite Magic & Costumes has been serving the Tulsa area since 1976, offering fun costumes for children and adults. Spot Lite has it all; from spooky to funny, they will have you covered. Children's costumes starting at $9.99. They also provide the following items: Wigs, masks, professional make-up for special effects, hats, hundreds of costume accessories for the DYI costume creators, costume rentals, magic tricks, jokes, and much more. During the Halloween season Spot Lite also offers many Halloween decorations and animated props. Spot Lite is your One Stop Halloween Costume Shop, locally owned and family operated. Location is 68th and Memorial directly behind Red Lobster, between ShoGuns and Tandy Leather. 6808 S. Memorial Drive, Suite 220. Text the word "start" to 918-791-0175 and receive a discount on your purchase. spotlitemagic.com.

It's Pumpkin Pickin' Time!

Tulsa-area pumpkin patches, corn mazes and more

CARMICHAEL'S

Dates: Opens Saturday, Sept. 25. Open daily: Monday-Saturday, 9 a.m.-7 p.m.; Sunday, 10 a.m.-7 p.m.

Location: 17137 S. Mingo Rd., Bixby

Website: facebook.com/Carmichaels-Pumpkin-Patch-130583043658966/

Attractions: Cane maze, dark house maze, animal feeding, parakeet feeding encounter, pony and camel rides, pumpkin patch, homemade jams, jellies, pickles, fudge available for purchase. Admission is free; some activities cost extra.

LIVESAY ORCHARDS

Dates: Opens the last weekend in September and open weekends throughout October. Saturdays, 10 a.m.-6 p.m.; Sundays, 1-6 p.m.; Open Fall Break Thursday and Friday, 10 a.m.-6 p.m.

Location: 39232 E. 231st St. S., Porter

Website: livesayorchards.com

Attractions: Pumpkin Patch, hay bale maze, corn maze, pumpkin playland, haywagon rides, concessions and more.



OKLAHOMA HERITAGE FARM ANNUAL FALL FESTIVAL

Dates: Sept. 25-Oct. 31, Closed on Monday; Thursday-Friday: 9 a.m.-6 p.m.; Saturday: 9 a.m.-7 p.m.; Sunday Afternoon: 1-6 p.m.

Location: 38512 US 75 Hwy., Ramona

Website: okheritagefarm.com

Attractions: Pumpkin patch, 11-acre maze, games, rides, entertainment, concessions, country farm store, contests and prizes.

PLEASANT VALLEY FARMS

Dates: Opening Day: September 25. Don't miss the Winter Squash & Pumpkin Festival on October 16 and 17!

Location: 22350 W. 71st St., Sand Springs

Website: facebook.com/pleasantvalleyfarmsok

Attractions: Pumpkin patch, 20-acre corn maze, kiddie corn maze, pumpkin chuckin', pumpkin chalkin', duck races, two 20-foot slides, over 20 photo ops, and more.

PUMPKIN PATCH AT SHEPHERD'S CROSS

Dates: September 21-November 6, 2021; Tuesday-Saturday, 9 a.m.-6:30 p.m.; Closed Sundays and Mondays, with the exception of Monday, Oct. 25

Location: 16792 E. 450 Rd., Claremore

Website: shepherdscross.com

Attractions: Pumpkin patch, petting zoo, farm museum and games, pumpkin stroll, hay maze, 4-floor educational silo, festival games, hands-on learning station, picnic area, coloring contest, Shepherd's Shop and more. Admission is donation based, and there are also different activity packages available for purchase.

PUMPKIN PATCH FOR MISSION

Dates: October 15-31

Location: First United Methodist Church of Owasso, 13800 E. 106th St. N.

Website: facebook.com/pumpkin-patchformission

Attractions: Maze, weekend hay rides, photo ops, pumpkins.

THE PATCH @ SAND SPRINGS & GLENPOOL

Dates: Open daily in October

Where: Two Locations: 17516 W. 8th St., Sand Springs; 17902 S. Highway 75, Glenpool

Website: seeyouatthepatch.com

Attractions: Photo ops, pony rides, petting zoo, festival games, kids hay maze, and of course, pumpkins! Admission costs vary with each location, please visit the website for pricing and details.

PUMPKIN TOWN FARMS

Dates: September 24-October 31

Where: 61st and Garnett

Website: pumpkintownfarm.com

Attractions: Corn maze, petting zoo, pony & camel rides, giant jumping pillow, pumpkin blaster, thunder mountain slides, grain train, horse drawn hay rides (weekends only) and much more!

TULSA BOTANIC GARDEN'S AUTUMN IN THE GARDEN

Dates: September 23-October 31

Where: 3900 Tulsa Botanic Dr.

Website: tulsabotanic.org

Attractions: Thousands of pumpkins on display and for sale, plus creative scarecrows, a hay maze, a Bank of Oklahoma Photo Station and more. Plus live music from 6-8 p.m. on Thursdays.



PHOTO LEFT, COURTESY OF SHERINA DEYOE; PHOTO RIGHT, COURTESY OF KATERINA ALDER



ASBURY
HARVEST HAYDAY

Saturday, October 30, 2021
11 am to 2 pm

FREE EVENT

Trunk-or-Treat

Food trucks will be on-site for food purchases.

Asbury United Methodist Church
6767 S. Mingo Road, Tulsa, OK 74133 | 918.492.1771 | **asburytulsa.org**

Día de los Muertos
ART FESTIVAL



Living Arts of Tulsa is excited to announce that our annual Día de los Muertos Arts Festival will take place on Friday, November 5, 2021.

We will be providing a wide variety of programming, both in person and online, during the months of October and November including virtual workshops and 300 art kits.

Check out livingarts.org and our social media for more information.

Oklahoma Arts Council · HAF Hispanic American Foundation · Tito's Vodka · Living Arts · guthrie green · Casa de la Cultura Tulsa · National Endowment for the Arts · Tyler Media

autumn
in the Botanic Garden
til Oct. 31

BOO-TANICAL:
Trick-or-treating every Thursday 6-8pm

TULSA botanic GARDEN

BANDS & BLOOMS
Thursday nights
SCARECROWS
PUMPKINS



tulsabotanic.org | 918-289-0330



TULSA'S ONLY CHILDREN'S HOSPITAL.

With an emphasis on family-centered care, The Children's Hospital at Saint Francis provides state-of-the-art technology and a dedicated staff to meet the medical needs of children. Our pediatricians and pediatric subspecialists work as a team, so you can rest assured your child will receive the most comprehensive medical care available in eastern Oklahoma.

24/7 pediatric emergency center
The Henry Zarrow Neonatal Intensive Care Unit
The St. Jude Affiliate Clinic
Adolescent medicine
Allergy/Immunology
Cardiology
Child abuse pediatrics
Cystic Fibrosis clinic
Eating disorders
Endocrinology/Diabetes care
Gastroenterology
General surgery
Genetics
Hematology/Oncology
Infectious disease
Intensive Care/ECMO/CRRT
Neonatal transport team
Neonatology
Neurology
Neurosurgery
Oculoplastic surgery
Ophthalmology
Oral/Maxillofacial surgery
Orthopedic surgery
Otolaryngology (ENT)
Pathology
Pediatric MRI
Pediatric stroke team
Physical medicine and rehabilitation
Plastic and reconstructive surgery
Pulmonology
Radiology
Sickle Cell Clinic
Sports medicine
Trauma care
Urology
Wound Care Clinic

The Children's Hospital at Saint Francis
6161 South Yale Avenue | Tulsa, Oklahoma
918-502-6000 | saintfrancis.com/childrenshospital

The Children's Hospital at Saint Francis



INCLUSIVE RESOURCE GUIDE

BRAIN BALANCE OF TULSA

Kingspointe Village, 6022 S. Yale Ave., Tulsa, OK 74135
918.488.8991 | brainbalancecenters.com

When you or someone in your family is struggling with cognitive or behavioral issues, it doesn't take long to feel frustrated and limited by the established medical approaches.

We know because we've been there. We're parents who have gotten the diagnosis and realized it doesn't come with an action plan. We've been given the medication and coping strategies and wondered if it can ever get better than this. We know what it's like to be searching for better answers.

So with Brain Balance, we're changing the game. We've made it our mission to help frustrated families by offering an alternative: addressing the underlying causes of the symptoms. Our holistic programming incorporates learnings from cognitive, behavioral, and nutrition fields — an integrated approach that is literally redefining what's possible.

CLARK YOUTH THEATRE'S PENGUIN PROJECT

4825 S. Quaker Ave., Tulsa, OK
918.596.1412 | clarkyouththeatre.com

Now in our seventh year, the Penguin Project at Clark Youth Theatre offers not only theatre, but also fun and friends! Artists with disabilities and their volunteer peer mentors gather each year to present a fully staged musical like Aladdin, Jr., The Music Man, Jr., Seussical, Jr., The Little Mermaid, Jr., or The Lion King, Jr.! No previous experience required, just a willingness to show up and participate in the fun. Weekly rehearsals culminate in a full performance in the spring or early summer.

Artists and Mentors should be ages 10 and up, with some exceptions if space is available in the program, and parents are very welcome to attend — we love our parent volunteers!

Don't forget Clark Youth Theatre for all of your youth theatre programming needs! In addition to the Penguin Project, we offer a full range of free-to-participate theatre productions, Saturday Classes, Homeschool Classes on Tuesday and Wednesday, and 11 weeks of Summer, Fall and Spring Break Camp! For more information, call 918-596-1412 or visit www.clarkyouththeatre.com.

DYSLEXIA CENTER OF TULSA

Dr. Penny Stack | penny@dyslexiatulsa.com
8988 S. Sheridan Rd, Suite D-1, Tulsa, OK
918.313.5518 | dyslexiatulsa.com

Your child's reading success is our passion! Our expert team of occupational and speech therapists as well as teaching staff bring the perfect blend of evidence-based research supported medical and educational theory to address the "why" of reading struggles and the "how-to" reading mechanics. To ensure your child achieves their maximum learning potential we also provide services for printing and cursive handwriting, test strategies, organizational skills, time management, test prep and much more!

EASTERN OKLAHOMA ENT

Yale Office: 5020 E. 68th St., Tulsa
Mingo Office: 9343 S. Mingo Rd., Tulsa
918.492.3636 | eoent.com

Eastern Oklahoma Ear, Nose & Throat is the oldest and largest group of ENT physicians in the eastern side of Oklahoma, southern Kansas and southwestern Arkansas. Our physicians and have been caring for Tulsa kids for almost 50 years!

ENTs Treat the Fundamental Functions of Life

Imagine a singer not being able to sing, or you not being able to hear beautiful music. Imagine not being able to smell the earth after a spring rain, or not being able to taste and enjoy your favorite holiday meal.

These are some of the fundamental functions in your child's life that make living so rich and wonderful. Yet when one or more of these functions no longer work the way they should, living and learning may be diminished or normal development jeopardized.

Hearing, breathing, enlarged tonsils, sleep issues, allergies and sinus diseases are just some of the conditions that the physicians at Eastern Oklahoma Ear, Nose & Throat physicians treat in children. Professionally, ENT specialists are called "otolaryngologists" but it's easier just to say "ENT."*

Eastern Oklahoma Ear, Nose & Throat has the breadth of skills to handle your children's ENT needs, and we look forward to meeting you should the need for an ENT arise among your family members.

*AAOA website source

Physicians: Stephen M. Brownlee, MD, David W. Hall, MD, Jeremy G. Foon, MD, Anthony E. Loehr, MD, Evan R. Moore, MD, Landon Massoth, MD, Christopher R. Siemens, MD, Atul M. Vaidya, MD, David W. White, MD, Landon Massoth, MD

THE GRIFFIN PROMISE

2552 E. Kenosha St., Broken Arrow, OK
918.893.3735 | thegriffinpromise.com

At The Griffin Promise Autism Clinic we're about helping individuals become the best they can be. Our mission is to provide HOPE to individuals with social developmental disorders and their caregivers through therapy, training, summer camps, and community outreach. We believe in taking action with urgency in order to raise public awareness about Autism and helping our community learn ways to be inclusive. We are your Autism Specialty Resource located here in the Midwest using "Relationship First" principles to help your child. Our executive team has over 30 combined years of autism experience including our founder who is a parent of a child on the spectrum. Her journey has inspired hundreds of other families to find joy in their journey. Learn more at www.thegriffinpromise.com.

HOPE'S CROSSING CAMP

Contact: Bob Degen
Camp Loughridge, 4900 W. Oak Leaf Dr., Tulsa, OK
918.855.0817 | hopescrossingcamp.org
hopescrossingcamp@gmail.com
Ages Served: 9–15

Hope's Crossing Camp is a FREE one-week day camp in Tulsa for kids with disabilities such as cerebral palsy, Down syndrome, heart disease, cancer, and spina bifida. Each camper is matched one-to-one with a volunteer counselor. Activities include swimming, fishing, canoeing, archery, basketball, soccer, arts and crafts and a Zip Line! Counselors receive up to 40 volunteer hours. Apply at www.hopescrossingcamp.org. JOIN US! 2022 Dates: Coming Soon!



INCLUSIVE RESOURCE GUIDE

J.D. MCCARTY CENTER

Contact: Sharla Bardin
2002 E. Robinson St., Norman, OK
405.307.2800 | jdmc.org

The J.D. McCarty Center for children with developmental disabilities serves children from birth to 21 years old. The center is a pediatric rehab hospital that provides medical care and physical, occupational, speech and language therapy and Applied Behavior Analysis therapy for children on an inpatient and outpatient basis.

LIGHT OF MINE PEDIATRIC AND ADOLESCENT THERAPY SERVICES

Contact: Megan Hoffman
918.520.6166 | info@lightofminetherapy.org
lightofminetherapy.org

Light of Mine Therapy is a faith-based pediatric and adolescent therapy team offering effective treatment approaches to help our clients, families, and educators through occupational and speech therapy services. Family and school involvement in the treatment of our clients is crucial to ensure the success of children and adolescents across all environments. Our main focus is the unique needs of children and adolescents in order to help them grow academically, emotionally, socially, mentally, and spiritually.

Our team operates with sensitivity and compassionate understanding regarding the vulnerability of your child. We diligently aim to gain rapport with your child through creative relationship building and a strength based approach. We utilize a variety of treatment planning and interventions to focus on client-centered therapy.

Serving the Diocese of Tulsa.

MARY K CHAPMAN CENTER FOR COMMUNICATIVE DISORDERS

2820 E. 5th St., Tulsa, OK
healthsciences.utulsa.edu/communication-disorders/speech-hearing-clinic

The Mary K. Chapman Center for Communicative Disorders at The University of Tulsa provides professional audiology and speech-language pathology services to individuals of all ages. The center is a clinical learning facility of the speech-language pathology program. University students, under supervision of the program's faculty, provide assessment and therapy services for a variety of speech, language and hearing disorders. The center is located in a well-equipped building accessible to persons with disabilities.

All audiology and speech-language pathology faculty are certified by the American Speech-Language-Hearing Association and are licensed by the State of Oklahoma Board of Examiners for Speech-Language Pathology and Audiology.

The clinic provides a variety of services by appointment. Medical, educational and self-referrals are accepted. Services available include:

- Free speech-language and hearing screening tests for children
- Free hearing screenings for adults
- Speech-language assessment (evaluation)
- Hearing evaluation
- Speech-language therapy
- Audiologic rehabilitation (including cochlear implant)
- Augmentative communication

The clinic is open Monday through Friday from 8 a.m. to 5 p.m. Call 918-631-2504 for appointments.

THE SALVATION ARMY BOYS & GIRLS CLUB OF METRO TULSA

BROKEN ARROW UNIT
1400 W. Washington, Broken Arrow | 918.258.7545

CREEK CO/SAPULPA UNIT
1721 S. Hickory, Sapulpa | 918.224.4415

SAND SPRINGS UNIT
4403 S. 129th West Ave., Sand Springs | 918.245.2237

MABEE RED SHIELD UNIT
1231 N. Harvard, Tulsa | 918.834.2464

NORTH MABEE UNIT
3001 N. MLK Jr. Blvd. Tulsa | 918.425.7534
salarmytulsa.org

In every community, too many boys and girls are left to find their own recreation and companionship in the streets. With an increasing number of children at home with no adult care or supervision, these young people need to know someone cares about them. In Tulsa, our Boys & Girls Clubs are where kids turn to find a safe, positive place to be when school is not in session.

Our five Salvation Army Boys & Girls Clubs in the Metropolitan Tulsa area offer young people a place to succeed academically, develop and grow good character and leadership skills, engage in healthy lifestyle activities, and find a spiritual foundation. At each Boys & Girls Club, kids and adults alike find the love and acceptance they need to have Great Futures!

To speak to the Boys & Girls Club Administrative Offices, please call 918.835.6902 or email MetroTulsaBGC@uss.salvationarmy.org.

SOARING ON HOPE

4908 S. Sheridan Rd., Tulsa, OK
918.984.9153 | soaringonhopetherapy.com

At Soaring On Hope our passion is to help your child be the best they can be. We celebrate with you every step of the way as they work on goals and skills. We believe that every child can enjoy a life that brings them joy and happiness. We understand each child is different and unique. This is why we thoroughly evaluate and provide custom treatment plans for each and every child we see at SOH. If your child needs more than one type of therapy, your child is given a success team of therapists who work together on a very special treatment program and set goals just for them. We offer ABA Therapy, Speech, Occupational Therapy, Physical Therapy and Counseling. We invite you to experience the difference SOH can make in the lives of you and your child. Learn how we can help your child overcome behavioral, learning and social challenges. We can't wait to celebrate as your child learns new skills, meets goals and conquers challenges!

Soaring on Hope, Where Hope Takes Flight!

THERAPY AND BEYOND

308 N. Aspen Ave., Broken Arrow, OK
844.4.ABA.NOW | therapyandbeyond.com

See Potential Grow! Help Your Child Maximize Their True Potential Through Family-Focused ABA & Speech Therapy. Be sure to like our Facebook page to stay updated on FREE community events like our Annual Mom's Mingle, Trick-or-Treat Party, and Pictures with Santa!

DISCOVER YOUR CHILD'S POTENTIAL.

ABA THERAPY FOR INDIVIDUALS WITH AUTISM

308 N. ASPEN, BROKEN ARROW

Therapy BEYOND

SCAN QR CODE FOR YOUR FREE SENSORY BAG

THERAPYANDBEYOND.COM

844-4-ABA-NOW



MONTE CASSINO

Now Enrolling Fall 2022

PreK - 8th Grade

Your kids will love school again... and so will you.

Come see what a Monte Cassino education can do for your family.

tulsakids family favorites 2021 WINNER

Now scheduling tours and shadow days. Please call to schedule 918-746-4218.

montecassinoschool @MonteCassinoSchool www.montecassino.org 2206 South Lewis, Tulsa

BY RACHAEL MOSHMAN

5 halloween costumes you can throw together in under 30 minutes

Throwing together Halloween costumes is easy and fun. Creating homemade costumes for little ones is a great way to build memories. You'll save money and your child will look adorable!

Here are some easy costumes I've thrown together.

BAG OF JELLY BEANS

Dress your child in white leggings and a white long-sleeved t-shirt. Attach inflated balloons in a rainbow of colors all over clothing with super sticky double-sided tape. Finally, cut head and arm holes out of a large clear garbage bag to put over the balloons.

GHOST

We tried the old-fashioned blanket over the head trick, but my little girl couldn't see, despite having eye holes cut into the fabric. Plus, it kept falling down, causing her to trip. So I cut out a hole for her head in an old white sheet and stuck it over her poncho style. I used baby powder to make her face and hair pale. I gave her some plastic chains to drag around. She loved moaning and rattling her chains.

JELLYFISH

This one is super easy, yet I saw it win a community costume contest. Dress your child in solid-colored leggings with a matching t-shirt (any color will work). Then attach long pieces of birthday party paper streamers to the bottom of the shirt with double-sided tape.



OCTOPUS

Babies make the most adorable little sea creatures! Go with a onesie paired with tights or leggings. Pick up some brightly colored knee socks or tights at the dollar store. If using tights, cut off the legs. Stuff the legs of the tights or the knee socks with rags and use fabric glue to attach them to the onesie. (Or sew them if you know how—I don't!) You should have six legs made in this way. Combined with your child's own legs, there will be eight octopus legs.

BOTTLE OF KETCHUP

Dress your child in red pants, shirt, socks and shoes. Glue pieces of cardboard painted red into a triangle to resemble the top of a squeeze bottle. Attach the headpiece to a headband. My sister did the same for my niece only in yellow, so she could be a bottle of mustard. They were an adorable pair!

PUNK ROCKER

My daughter loves getting to pile on my makeup! This is a fun costume to put together that let's your child's natural style shine. Allow them to come up with their craziest outfit - stripes with polka dots, neon colors, whatever. My daughter rocked polka dot tights, an orange tutu, a glittery shirt and a plaid jacket. We teased her hair, layered on costume jewelry and gave her a toy microphone as a prop.

None of these costumes will take over an hour to make and almost every part of them is stuff you probably already have on hand.

Rachael Moshman is a mom, educator and writer. October is her favorite month. Find her at RamblingRach.com.

PUBLIC SERVICE COMPANY OF OKLAHOMA
An AEP Company

POWER HOURS℠

SCORE BIG ENERGY SAVINGS

When You Sign Up For Power Hours

Special **Time of Day program** rate applies June through October

Take advantage of a special rate all day on weekends and holidays

Shift your use on weekdays to before 2PM and after 7PM to save

Plus, earn up to $40 in automatic bill credits per thermostat with the **Direct Load Control program.**

To learn more, visit psoklahoma.com/powerhours

TulsaZoo

HALLOWZOOEEN

day

RESERVATIONS REQUIRED

1PM-4PM

SATURDAY	SUNDAY
10/23	10/24
10/30	10/31





&

night

6PM-9PM

FRIDAY	SATURDAY
10/22	10/23
10/29	10/30

tulsazoo.org/boo

Andy B's Bowl Social — ARACHNID ARCADE

98.5 The Bull Today's Hot Country — HAUNTED HOUSE

Bank of Oklahoma N.A. — HAUNTED TRAIN

Switchgrass Management — Burger King — Verity Family — ROYAL CASTLE

INSURICA — PUMPKIN PATCH PLAYROOM

QT — PIRATE ISLAND

CONTINUED SUPPORT

THE ANNE & HENRY ZARROW FOUNDATION

GEORGE KAISER FAMILY FOUNDATION
A supporting organization of Tulsa Community Foundation

HARDESTY FAMILY FOUNDATION

THE OXLEY FOUNDATION
THE HELMERICH TRUST
THE H.A. AND MARY K. CHAPMAN CHARITABLE TRUST