tulsakids

FOR ACTIVE PARENTS IN TULSA & SURROUN[illegible]ITIES



BUILDING BONDS THROUGH Family Stories

+

GIVING SEASON: Places to Volunteer as a Family

When CRISIS Comes, HELP is Here

5 BOOKS that Show Gratitude

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner General Excellence Awards Competition



BROUGHT TO YOU BY THE OKLAHOMA DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

FOLLOW @988OKLA

988OKLAHOMA.COM



EXPLORE our _____

- Six age-appropriate playgrounds
- 162 acres
- Daily art and PE classes

Come tour our PreK and Primary School spaces. Now enrolling students as young as 3.
For more information call **539-476-8046** or visit **hollandhall.org**.

100 HOLLAND HALL CENTENNIAL 1922 – 2022

Holland Hall

Tulsa's PreK through Grade 12 Independent Episcopal School

Contents

November 2022
VOLUME XXXV | ISSUE 11



COMMUNITY CALENDAR | P. 39



SHIRONOSOV/GETTY

YES: NEW PROGRAM HELPS KIDS IN CRISIS | P. 22



PONDSAKSIT/GETTY

Building Bonds Through Family Stories

PAGE 26

6
NEWS & NOTES

8
WHATS GOING ON**LINE**?

10
BABIES & TODDLERS
Parent Burn-Out: Put on That Oxygen Mask
By Alicia Kobilnyk

12
SCHOOL AGE
The Trail of Tears: Learning the Complete History of Tribes and Freedmen
By Dr. Tamecca Rogers

14
TWEENS & TEENS
Listening Is Key to Communication
By Julia Wenger Watson

16
I'M A TULSA KID
Coding Classes Inspired Eighth Grader to Create App for Parents

18
GREEN COUNTRY GROWN-UP
Kate Atkinson Embraces New Opportunities & Motherhood
By Nancy A. Moore

20
BOOKS
Naming and Explaining "Gratitude" and Other Abstract Concepts in Children's Books
By Laura Raphael

22
BRAIN HEALTH
Saying YES: A New Resource Fills a Gap for Children and Youth in Crisis
By Betty Casey

24
GET COOKING
Kids Will Be Thankful for These Thanksgiving Recipes
By Natalie Mikles

25
SPONSORED CONTENT
4 Ways To Feed A Crowd On A Tight Budget (And Schedule)
By Shape Your Future

26
COVER FEATURE
Building Bonds Through Family Stories:
By Natalie Mikles

28
SOCIAL EMOTIONAL HEALTH
How To Build An Uplifting Gratitude Habit In Your Home
By Sandi Schwartz

30
WINNING STUDENTS
The Oklahoma Center for the Book Invites Students to Enter My Favorite Book Contest

32
BRAIN HEALTH
Talking to Kids Can Help Prevent a Crisis
By Betty Casey

33
SEASON OF GIVING
Holiday Gifts and Donations

36
GIVING BACK YEAR-ROUND
Places to Volunteer as a Family
By Tara Rittler

38
SPONSORED SECTION
Ask the Experts

46
Holiday Season Kick-Off!

LOOKING FOR A SCHOOL FOR YOUR CHILD?

Start your search with **TulsaKids 2023 School Guide** coming in January!

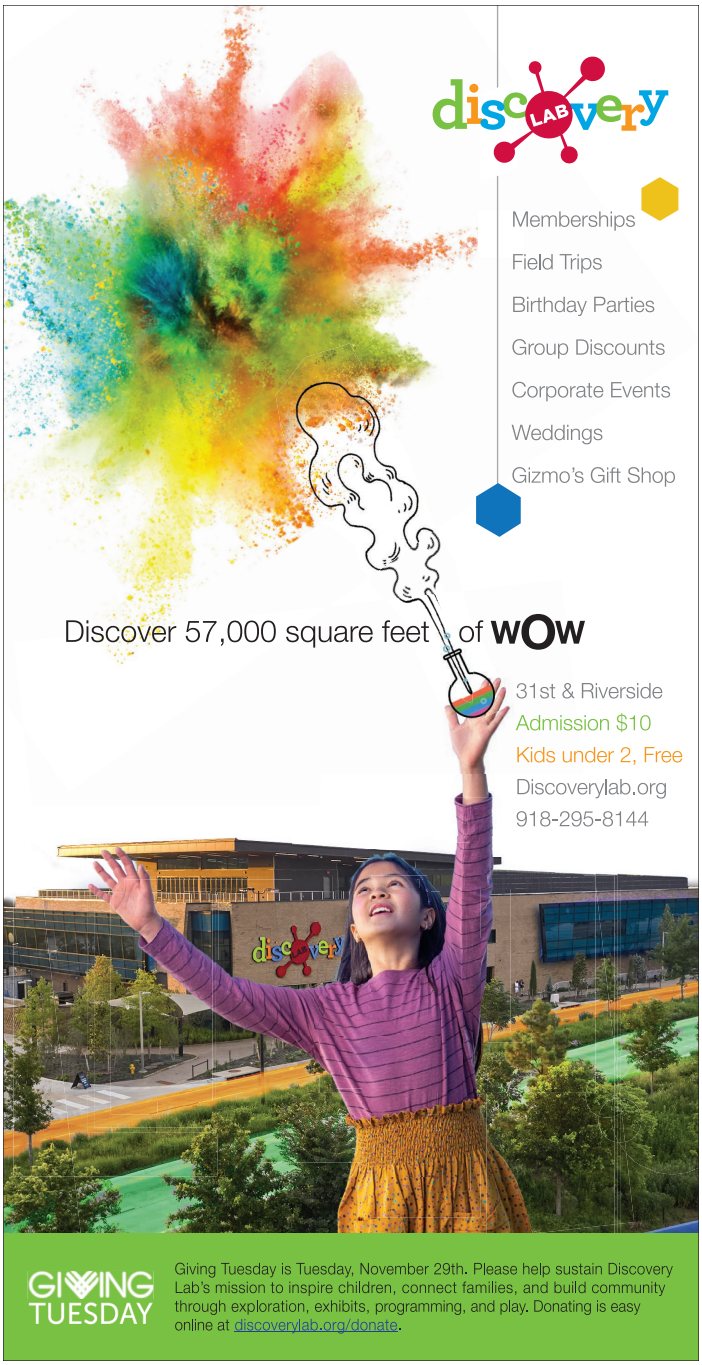
Find the best fit for your child, preschool–high school.

To advertise your school, contact **BrandiMooreTK@gmail.com** or **LindseyCopesTK@gmail.com**.

SCHOOL GUIDE

tulsakids







LET'S Talk



PHOTOGRAPHY BY ANDREA MURPHY

EVERY SUNDAY MORNING, my husband and I talk with our daughters, one in Illinois and one in Washington, DC. Our calls usually turn into at least a two-hour gabfest where we catch up on everyone's activities for the week, work, politics and books and then the emotional highs and lows begin to surface. We call our son in Dallas in the evening and have another long conversation. That's not to say that we don't text or talk on other days, but our Sundays are about catching up with our kids when they are not busy. It's a time that we can all really focus, check in and let the conversation flow.

Our cover story is about communicating and sharing family stories. These narratives are the stories of who we are. If you've ever watched any of the ancestry shows, you see how emotional the subjects become as they learn more about their family's history. Sharing stories is a gift. The stories don't have to be big events. Your second grader would probably love hearing about what you did in second grade or what grandma's elementary school days were like. And listen as the kids tell their stories, following your lead.

As with my family phone calls, sometimes it takes some time talking and listening for the most important topics to surface.

While the habit of listening and talking as a family is enjoyable, it also establishes a foundation that will make it easier for children to come to you if they have a problem, question or are struggling in some way.

Another way to bond with your family might be to volunteer together. Tara Rittler, our web and social media editor, has put together a great list of local volunteer opportunities that you can do now or throughout the year.

Take some time this Thanksgiving to share serious, silly or funny stories with your family. Maybe share what you're grateful for this year, even if it's just to be together to talk.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

tulsakids

Volume XXXV | Number 11
©TK Publishing, Inc. 2022.
All Rights Reserved.
TulsaKids is published monthly by
TK Publishing, Inc.
1622 S. Denver Ave., Tulsa, OK 74119
Phone: 918-582-8504
Fax: 918-583-1366
tulsakids.com

TK PUBLISHING inc.

Publisher
Charles Foshee
publisher@tulsakids.com

Associate Publisher & Editor-In-Chief
Betty Casey
editor@tulsakids.com

Web Editor & Calendar
Tara Rittler
tara.rittler@gmail.com

Treasurer & Comptroller
Debbie Talley

Advertising Sales
Brandi Moore
Lindsey Copes

Graphic Designer
Annie Tyndall

Distribution
Joan Ross

Contributing Writers
Alicia Kobilnyk
Tamecca Rogers
Julia Wenger Watson
Nancy A. Moore
Laura Raphael
Natalie Mikles
Sandi Schwartz

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.

parentingmedia association

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2021 GOLD Award Winner General Excellence Awards Competition

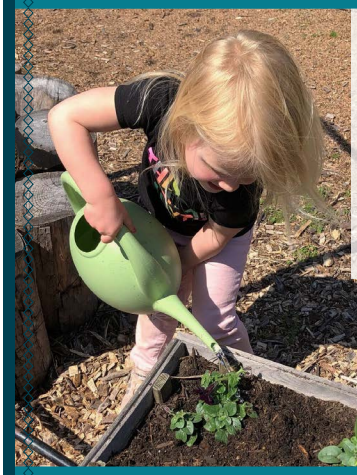


andrea | murphy
PHOTOGRAPHY

MATERNITY | NEWBORN | FAMILY
918.488.6180 | amurphyphoto.com

Happy Campers Academy
A Creative Learning Environment

GREAT ADVENTURES IN LEARNING



- Infants through Pre-K
- After School Care for School Age
- Child-Centered Philosophy
- Full-and Part-time Programs Available

Cherry Street 918-584-2779 | John Knox 918-742-7656 | Temple Israel 918-747-3122

HAPPYCAMPERSACADEMY.COM



FREE
COVID-19 SHOTS
918-382-2264

Most appointments take only 30 minutes from check-in to check-out. ANYONE ages 6 months and older is eligible.

INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA

OKLAHOMA FAMILY GUIDES SUPPORT **CLASSROOM INSTRUCTION AT HOME**

The Oklahoma State Department of Education (OSDE) has published 58 new or updated Oklahoma Family Guides to give families a convenient way to support their children's classroom learning at home.

The guides originally were produced in fall 2019 for core subjects – English language arts, mathematics, science and social studies – in prekindergarten through second grade. In 2019, the OSDE added guides for the same subjects in third through sixth grades. All now include additional examples to help make student learning expectations more concrete and understandable and to reflect shifts in academic standards since that time, if applicable. Guides for prekindergarten through sixth grade are newly available for music, physical education and visual art, as well as kindergarten through fifth grade for health.

Written by subject matter experts in the OSDE's Office of Curriculum and Instruction, the guides are color-coded by subject. The front side of each guide focuses on grade- and subject-specific expectations and learning goals for the school year and what to do at home to help children reach them. The reverse side includes guiding questions to foster additional skills including curiosity, communication and comprehension, or to connection across school subjects.

Each of the guides is a printable, one-page flyer convenient for at-home use or while meeting or talking with teachers during conferences or other occasions. Suggestions in each guide were designed to be easily integrated into existing family routines and schedules. Guides are available by individual grades and subjects, for all subjects within a single grade and for all grades within a subject.

To access the Oklahoma Family Guides, visit sde.ok.gov/oklahoma-family-guides.



ELIZABETH STROUT TO RECEIVE **2022 HELMERICH AWARD**

For the past three decades, New York Times best-selling author and Pulitzer Prize winner Elizabeth Strout has captivated readers with her distinctively New England stories and wondrous talent to transform the ordinary into the extraordinary.

"I think my biggest trait that has helped with my success is that I have tremendous tenacity. I never gave up, even when no one was interested for years in my work. I just understood somehow that if I kept going, I would get better, and this is what happened," said Strout about her many accolades including her 2022 induction into the American Academy of Arts and Letters.

Strout has written nine novels. Titles include: *Amy and Isabelle,* winner of the 1999 Los Angeles Times Art Seidenbaum Award for first fiction; *Olive Kitteridge,* winner of the 2009 Pulitzer Prize for fiction; *My Name Is Lucy Barton,* longlisted for the 2016 Man Booker Prize; *Oh William!,* shortlisted for the 2022 Booker Prize; *The Burgess Boys;* and *Lucy by the Sea,* released in September 2022.

For her distinguished body of work and major contribution to the field of literature and letters, Strout will receive the 37th annual Peggy V. Helmerich Distinguished Author Award. Given by the Tulsa City-County Library and the Tulsa Library Trust, the Helmerich Award consists of a $40,000 cash prize and an engraved crystal book. Strout will accept the award at a black-tie gala on Friday, Dec. 2 and will give a free public address on Saturday, Dec. 3 at 10:30 a.m. Both events will take place at Central Library, Fifth Street and Denver Avenue. Copies of her works will be for sale at the public presentation.

To complement Strout's visit to Tulsa, the Friends of the Tulsa City-County Libraries will offer "An Elizabeth Strout Sampler" as a part of its popular Books Sandwiched In series on Monday, Nov. 28 at 12:10 p.m. at Central Library in Aaronson Auditorium. Rebecca Howard, a regional manager for the Tulsa City-County Library and member of the Helmerich Award author selection committee, will offer a retrospect of Strout's work, highlighting its significance and impact on the literary world.

For more information about the Helmerich Award or Strout's visit to Tulsa, go to tulsalibrary.org/helmerichaward or call 918.549.7323.



ART CONTEST WINNER FROM 2022: 1ST PLACE – ANAHY SIMON GARCIA, 6TH GRADE, MCKINLEY ELEMENTARY

CALL TO ENTER **MLK STUDENT CONTESTS**

Tulsa-area students are invited to participate in art, dance, essay and oratorical contests in celebration of Dr. King's legacy of unity, justice and love. The contests are part of a weeklong celebration that culminates in the Tulsa MLK Parade that will take place on January 16, 2023. This year's theme is "We Are Stronger When Working Together."

Students in kindergarten through grade 12 have the opportunity to win cash prizes in one of four contests. Deadlines are Nov. 30.

For full contest details, visit mlktulsa.com/schoolcontests.

CASA DE LA CULTURA OPENS

Located on Pine and Harvard, Casa de la Cultura Tulsa held a ribbon cutting in October, attended by dignitaries from Aguascalientes and Zacatecas, México. The space was donated by Supermercados Morelos and remodeled with a grant from the Commemoration Fund. Décor includes a mural by local artist Vini Avendaño.

Casa de la Cultura is the first Hispanic cultural center of its kind in the state of Oklahoma with a dedicated space for the advancement of Hispanic arts. 2021 and 2022 were spent remodeling the space, with the help of volunteers, mostly members from Federación Casa Zacatecas, an organization that brings together families from the state of Zacatecas, México. The Federación shares office space with Casa de la Cultura.

This year, Casa de la Cultura began offering art classes to children ages 5 to 10. The weekly classes are held in Spanish, and volunteers from American Airlines assist by providing snacks and hosting celebrations.

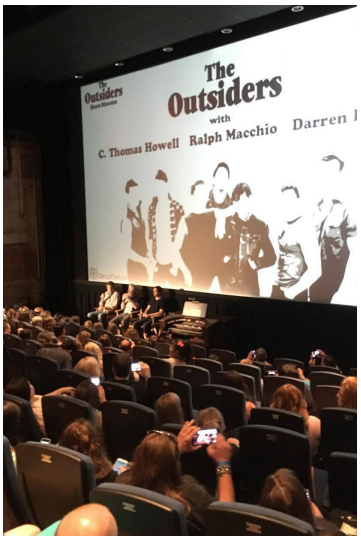
"The art classes have become a center for community in the short time we've held them," said Francisco Treviño, executive director. "The parents and volunteers are coming together to celebrate birthdays, the traditional Children's Day, (Día de los Niños) and have even put together an art package for the families at Uvalde Elementary in Texas. We now have close to 40 students and plan to have more once it's fully open."

Casa de la Cultura also began offering guitar lessons for students ages 8 and older. Future plans include the Casa de los Abuelos (Grandparents' Home), a program that seeks to provide Hispanic senior citizens with programming to maintain an active lifestyle, and dance classes.

For more information, visit casdelaculturaltulsa.org or follow them on Facebook.









CIRCLE CINEMA NOW OFFERING A FAMILY PACKAGE AND **50% OFF ALL MEMBERSHIPS**

The nonprofit Circle Cinema invites you to become part of Tulsa's iconic theater with savings up to 50% on annual memberships this month, including the new Family Membership, offering full benefits for two adults and three children under 18 for a special introductory rate of $75. The rate returns to the full rate of $150 in December. As part of the matching grant from Mona and Mark Whitmire, members will receive one FREE small popcorn with every member ticket purchased through Dec. 21, 2023.

"This fall is the perfect time to experience the rich and diverse programming at Circle Cinema with annual memberships available at a reduced price," said Brent Ortolani, Circle Cinema executive director. "This is a tremendous opportunity to join movie lovers by becoming a part of Tulsa's only independent, nonprofit art house theater."

Annual memberships offer a year's worth of savings for all-new signups and for previously lapsed members. The Basic tier, including the Single, Dual, 35mm Young Adult and new Family Package, are discounted to 50% off. The premium Director tier memberships, including up to 10 free tickets and popcorn to use throughout the year, are discounted to 30% off.

Basic memberships during the drive are $25 for an individual or $45 for a dual membership. The discount also applies to the 35mm level for young adults under 35 for $17.50, and the new Family Membership for a special introductory rate of $75. All Basic memberships include $3 off admission to all regular films, special program discounts, concession and merchandise discounts, advance purchase opportunities and more. Director memberships are discounted to $87.50 for an individual and $157.50 for a dual membership.

Visit CircleCinema.org to join or to see a full list of member benefits. Memberships also may be purchased at the Circle Cinema box office or over the phone at 918.585.3456.

WHAT'S GOING ONLINE?


PHOTO COURTESY OF THE POLAR EXPRESS™ TRAIN RIDE

CONTESTS & GIVEAWAYS

FIND ENTRY LINKS at **tulsakids.com/contests.**

POLAR EXPRESS TICKET GIVEAWAY

Enter to win a Family 4-Pack to The Polar Express™ Train Ride in Oklahoma City! Passengers get to take a magical, one-hour journey to meet Santa, accompanied by the motion picture soundtrack. Plus, there are snacks, storytime and other entertainment. Entry dates are November 1–14.

THANK YOU FOR ENTERING OUR PUMPKIN PATCH PHOTO CONTEST

SPONSORED BY TULSA botanic GARDEN


Addison
PHOTO BY KRISTINE CHAMBERS



Aiden and Andie Nichols
PHOTO BY SANDRA NICHOLS


Rhett Miller
PHOTO BY HAILEE MILLER

WANT TO CONNECT WITH LOCAL PARENTS? JOIN TULSAPARENTS

TulsaParents is our Facebook group, where you can ask parenting questions, get access to exclusive giveaways and photo submission opportunities, etc. To join, simply go to our Facebook page, **@tulsakidsmagazine**, and click the "Groups" tab. And while you're there, make sure you're following **@tulsakidsmagazine**!



WIN RENT OR MORTGAGE FOR A YEAR!

From November 7–December 12, enter to win $15,000, which can be used to pay your rent or mortgage for the next year — or whatever you like! This is part of a national sweepstakes, so there may or may not be a local winner.

CONNECT WITH US!

- tulsakids.com
- tulsakidsmagazine
- tulsakids
- tulsakids
- tulsakids
- tulsakids.com/newsletter



Special

HOLIDAY OFFER

FAMILY HOLIDAY OFFER

4 MEMBERSHIPS
4 GUEST TICKETS
*Single-day. Blackout dates may apply.

+

1 FREE PLUSH
$50 GIFT CARD

FOR ONLY

$300

VISIT WONDERSOFWILDLIFE.ORG/SEASONS

*Offer valid online or walk-up. November 1 through December 31. May not be combined with other offers.

Parent Burn-Out:

Put on That Oxygen Mask

By **Alicia Kobilnyk**





Once I began to carve out **time for these needs, I found more joy** in the moments I was focused on my children.

THERE ARE FEW experiences as universal in life, as far as parenting goes, as feeling burnt out. The signs are clear as day if you look. The dad who drops off his 3-year-old, not in his usual three-piece suit, but in basketball shorts, a blood donation T-shirt and a ball cap. The mom who meets her friend at the mall play zone, sighing heavily as she sets down a cheerful, drooling baby and collapses onto a bench, hands held in a voiceless shrug as she asks no one in particular, "Why?"

Why is parenting so hard? That's the million-dollar question and one I cannot truly answer. But I can share one thing I have learned (the hard way) that will make the early years less hard: self-care.

SELF-CARE IS CRITICAL

Roll your eyes if you must, but beneath the TikTok toxic positivity of that phrase, usually thrown out by well-rested influencers in clean houses who exercise for fun and proclaim delight in being sugar-free and vegan — beneath the hollow advice — there is merit. Self-care is not just an ideal to aspire to when everything else is situated. It's critical.

I came to understand this better as I, the half of the mom date who collapsed on the bench with sloppy hair and an empty, exasperated look, gazed into the eyes of my best mom friend, Christi. We met when our oldest daughters were infants and bonded over the ridiculous, darling and unpredictable things we faced each day. As Christi set her baby next to mine and handed me a snack from her purse, she'd hear me out. She would empathize, and then remind me that when the plane is crashing, you have to put on your own oxygen mask before you can help anyone else. She didn't just point out that I had unmet needs. She was giving me permission to have needs at all.

Unmet needs in children result in meltdowns, crying and misery for all. As parents, we often stop at nothing to meet these needs expediently with love and grace, sometimes sacrificing our own comforts in the process. While this is noble and perhaps part of the equation, it is not a tenable solution for the long, long time we have the responsibility of caring for these tiny humans. Their needs are ongoing, something we understand. So, what if we understood just as much the truth that our unmet needs result in misery and that adult needs are ongoing, appropriate and acceptable parts of being a human?

IDENTIFY YOUR NEEDS

The tricky part, once you accept that you have needs and they are permissible, is asking, "What are my needs?" and "How do I meet them?" How do you take care of yourself while still caring for young children? This part is not quite universal and requires some self-reflection. I find I often do best when I find events/situations that upset me and break down what it was that bothered me so badly.

For example, by examining my irritation with my youngest child's habit of singing songs to herself around the clock, I learned that I need silence sometimes. My frustration with my oldest child interrupting me showed me that I value being heard and needed to find a suitable, adult outlet for that need. I came to realize that when I had clean hair, I felt capable and worthy, even when life kept up its barrage of nonsense and inconvenience. Once I began to carve out time for these needs, I found more joy in the moments I was focused on my children. I needed my oxygen mask before I could fully support them.

WHAT ARE THE OUTLETS?

We each have our own list of needs and outlets/solutions. My husband has long found a sense of normalcy and control when he works out and makes gym time a priority as much as morning coffee or weekly grocery runs. It makes him feel like himself, and that's what I need from him.

Christi, my bestie and self-care guru, has maintained a distance-running ritual through sleepless babies, daily life strains and major life events. She also stays up and listens to audio books as she soothes fussy children back to sleep. Shelley, another friend, does pen and ink drawings during her coffee breaks to reset. Jennifer, a college buddy who lives in a


JACOBLUND/GETTY

rustic farmhouse with her two young girls, prioritizes her body with well checks, daily showers and good sleep habits. The facet of her self-care that challenged me most was her preference for not sharing her food.

How often did I painstakingly prepare a cute, nutritiously balanced plate for my children only to have a chubby hand reaching for my food? I often delayed my own meals to satisfy my children, leaving me hangry and short tempered. I would often be resentful of their developmentally appropriate mealtime behaviors and, though I had been well intentioned and sacrificial, found myself creating emotional eating habits in my children I'd been trying to break in my own life. Maybe Jennifer is on to something here. Food is a need. Find a way to feed everyone in a timely and secure way, so they are nourished, calm and peaceful.

What else could self-care look like? Katie, a mother of five children now approaching their teens, told me she wished she had prioritized therapy (physical and otherwise) in her earlier years. As her friend, I have watched her create a community of people around her, sharing a passion for volunteering and challenging herself to write a book. She invested in herself, and I know it must impact her family. That oxygen mask looks good on her.

As I started work on this article, I thought of so many people I have the pleasure of knowing: acquaintances who opened a gym together so they could work out, have a business and still be there for their children, and another friend who dug deep and rediscovered her passion for dramatic makeup, even in the face of divorce and solo-parenting three young boys. Self-care is not easy, but neither is parenting, and I know you're not backing down from that challenge. So put on your oxygen mask and get ready to be there for your little passengers in a better way. TK

Alicia Kobilnyk is an Early Childhood Educator who works with young toddlers. She finds joy and inspiration to write in their cheeky shenanigans, as well as those of her two daughters.

PJ'S CORNER

Flu & RSV: What Parents Need to Know





Q & A WITH

Dr. John Lukeman, D.O.

Pediatrics | ADOLESCENT MEDICINE

Q: What is the flu and what is RSV?

A: The flu is a virus that typically causes upper respiratory-type symptoms. Most commonly in our pediatric patients, we'll see fever, headache, sore throat and cough. And sometimes we'll see vomiting and diarrhea as well. Respiratory syncytial virus, or RSV, is somewhat similar to the flu in that it spreads throughout communities. We worry about the very young and very old with RSV, but it's a virus that classically affects babies. Cough, runny nose and difficulty breathing can all be signs of RSV. When babies are younger than 6 months old, they may have significant difficulties breathing and can sometimes need oxygen support or other treatment to help them get through that sickness.

Q: How can these viruses be prevented?

A: Probably one of the best ways to prevent the flu and RSV is washing your hands. However, viruses can also be spread by respiratory droplets. When we talk, cough or sneeze, we spread droplets into the air and these droplets stay in the air. I know that nobody's excited about wearing masks these days, but wearing masks can actually prevent the spread of flu.

Q: What about vaccines?

A: The flu vaccine is a great preventative measure. It can sometimes help prevent getting flu but, more than anything — and I like to stress this with my patients — the flu vaccine prevents serious illness from the flu. And, in most cases, it prevents death from the flu. The flu vaccine can be started at 6 months old, so anywhere from 6 months and above, anyone can get the flu vaccine… at the doctor's office or many pharmacies.

Q: How is RSV different from a cold?

A: That's a question I get every day in my office. Many times, for children that are 2 years old and above and adults, RSV will be a cold. That's exactly what it is. But the younger patients, when they get RSV, they tend to have copious amounts of secretion. That's one of those key features to RSV. You'll see that congestion and mucus everywhere, and a lot of times infants will be working hard to breathe, where they're taking these big breaths and their whole body is moving because there are so many secretions.

Q: What else should parents know about these viruses?

A: Viruses tend to last about five days, and then you improve for an additional five days. If your child is getting more and more sick each day, it tells me something else must be wrong, and that's certainly the point you would want to go in and see your pediatrician for a good physical exam. If you're having any concerns, your doctor wants to see you.

For the complete interview, visit TulsaKids.com

If you have a question for one of the Saint Francis pediatricians to answer, please email **editor@tulsakids.com**

The Children's Hospital at Saint Francis

6161 South Yale Avenue, Tulsa, OK
918-502-6000 | saintfrancis.com

The Trail of Tears:

Learning the Complete History of Tribes and Freedmen

By **Dr. Tamecca Rogers**





Cherokee National History Museum in Tahlequah, 101 S. Muskogee Ave.
PHOTO CREDIT: TAMECCA ROGERS

NOVEMBER IS NATIONAL Native American Heritage Month, a time to celebrate our nation's first people's rich histories, diverse cultures and significant contributions.

Oklahoma is and has always been Native land. Growing up in Oklahoma and attending elementary and high school here, I learned very little about Native culture and history, but I remember learning about the Trail of Tears.

I learned that the Trail of Tears was the forced relocation of over 60,000 Native Americans from the "Five Civilized Tribes." The tribes included Cherokee, Muskogee (Creek), Choctaw, Seminole and Chickasaw. The United States government forced the relocation through the Removal Act. The tribes were forced to leave their homelands in the Southeast to areas west of the Mississippi River. Through the relocation, Native Americans suffered from diseases and starvation, resulting in thousands of deaths before they reached their assigned destination. But I did not learn in school that the Trail of Tears was also a Black migration. Native Americans owned enslaved Black people, and the enslaved people made the same journey with their owners.

I also was unaware of what it means to be a Native Freedman, and I recently discovered I am a descendant of the Cherokee Freedmen. Of course, I wanted to know exactly what that meant, so I did a little research and found that, when slavery ended in the Five Tribes after the Civil War, the formerly enslaved Black people became known as "Freedmen." They spoke tribal languages, ate tribal food and lived in the manner of the tribes of their former owners. By any cultural metric, they were the Choctaw, Chickasaw, Cherokee, Muskogee and Seminole people.

Freedmen fought long and hard to protect their rights. Finally, in 2007, the Cherokee Nation amended their constitution in favor of the Freedman. "The 'by blood' language found within the Cherokee Nation Constitution, and any laws which flow from that language, is illegal, obsolete, and repugnant to the ideal of liberty," Cherokee Nation Supreme Court Justice Shawna S. Baker wrote. "These words insult and degrade the descendants of the Freedman much like the Jim Crow laws found lingering on the books in Southern states some fifty-seven years after the passage of the 1964 Civil Rights Act."

Cherokee Nation Principal Chief Hoskin supported the constitution and said, "Cherokee Nation is stronger when we move forward as citizens together and on an equal basis under the law."

So, as parents and educators prepare to celebrate Native American Heritage Month, let's not leave out the Freedmen. Here are a few suggestions about how to include them.

1. Discuss historical and current events from Indigenous perspectives. In November, many families celebrate Thanksgiving, and learning how Indigenous people view the holiday would be a great idea. Include Native Freedmen's perspectives on the holiday and compare and contrast them to Native non-Freedmen's views.
2. Read books written by and about Native Americans. There are picture books, read-aloud and chapter books, from elementary to beyond high school reading levels. There are also books about Freedmen, but they are limited. Therefore, in addition to the books, you can research articles on Google and discuss them.
3. Visit the Cherokee National History Museum in Tahlequah (101 S. Muskogee Avenue), which has a new exhibit examining the history of Black slavery in the Cherokee Nation. The museum presents the exhibit as part of the Cherokee Freedmen Art and History Project, which seeks materials and stories to broaden the understanding of the Cherokee Freedmen's experience.

As we celebrate Native American Heritage Month in our homes and schools, it's good to recognize the great moments, history and contributions Native Americans have given this country. And it's equally important to share and learn the full story of triumph and tragedy with the goal of unity and inclusion. TK

Dr. Tamecca Rogers
Dr. Rogers is Director of Diversity, Equity and Inclusion at Tulsa Technology Center. She is a writer and mom to three boys who love adventures.

KONA ICE
OF MIDTOWN TULSA
Mobile Gourmet Shaved Ice!
For booking inquiries, sponsorship requests, or fundraising options, visit Kona-Ice.com.
find us on
PHONE: 918-984-1727 | EMAIL: tulsamidtown@kona-ice.com



WHO IS GOING TO CARE FOR YOUR CHILD IF YOU DIE?
South Tulsa Law can help you put an estate plan in place to bring you peace of mind that your family will always be protected and cared for.
TULSAKIDS Family Favorites 2022 FINALIST



WILLS • TRUSTS • POWER OF ATTORNEY
SOUTH TULSA LAW
Arrange your complimentary consultation today.
Call 918-512-1800 or visit southtulsalaw.com



CELEBRATING 44 YEARS OF THEATRE EXCELLENCE IN TULSA!
Classes, camps and free to participate plays and musical for kids ages 8–18!
CLARK YOUTH THEATRE
918-596-1412
CLARKYOUTHTHEATRE.COM
TULSAKIDS Family Favorites 2022 WINNER

To be a better listener, **be genuinely interested and curious** about what your child is telling you. This means giving them your complete attention.

Listening Is Key to Communication

By **Julie Wenger Watson**



COMMUNICATION, we're told, is the key to, well, pretty much everything. Communicating with our teenage kids, however, is often one of the most challenging issues we face as parents and caregivers. Even when our attempts at conversation are met with stony silence, eye rolls or an indecipherable grunt, the importance of keeping the intergenerational lines of communication open outweighs any frustration, irritation or awkwardness we may encounter. Fortunately, communication is both an art and a skill. With a little practice and a lot of patience, we can improve — and the rewards are well worth the effort.

IMPORTANCE OF COMMUNICATION

The teenage years are a time when adolescents begin to pull away from parents and assert their own independence, making their own decisions about issues with real consequences – everything from school, friends and driving to substance use/abuse and sex. Unfortunately, this happens just when they're particularly prone to risk-taking and impulsivity and not especially adept at regulating their emotions.

Needless to say, it can get messy. More than a few parents are tempted to throw up their hands and throw in the towel. Yet, this is exactly when it's most important to have a healthy and trusting relationship with your child. Despite what you may think, they need you just as much as they ever did, if not more. Continued communication allows you to serve as a sounding board and encourages your teen to come to you with problems.

You benefit, too. Effective communication helps parents feel more connected with their kids, improves their relationship and makes them more confident about having difficult conversations and resolving conflicts. It's not easy, but it's worth it.

LISTEN

Listen. Don't lecture.

"The truth is, with teenagers, if you're talking to them at all, it's always a lecture. That's all they hear," says Scott Aycock, a licensed Marriage & Family Therapist. "In your mind, you may think, 'Oh, I'm just instructing them, just giving them advice.' But if they're in their teenage years, in their mind, if your lips are moving, it's a lecture."

To be a better listener, be genuinely interested and curious about what your child is telling you. This means giving them your complete attention. Put down the cell phone and turn off the TV. Don't jump in with advice, and don't interrogate them with rapid-fire questions.

Sometimes it's better just to sit back than ask any questions at all. Teens are more likely to open up if they don't feel pressured to share information. Pay attention to what they are saying, even in passing. An offhand comment about something that happened during the day is often their way of reaching out. Try to stay open and interested without prying (admittedly a balancing act), and you may learn more.

"That can be frustrating for parents because, in a lot of ways, communication is how we really connect," Aycock says. "But if you have a kid that's doing relatively well, and they're not misbehaving in some way, or showing signs of drug or alcohol abuse, and they're not suicidal, then you can kind of back off and say, 'I'm here. If you ever want to talk, please let me know. I'm interested in your life.'"

VALIDATE THEIR FEELINGS

It's hard not to want to solve your child's problems or downplay their disappointments, but to them, doing so can feel dismissive of their feelings. Most teens feel no one truly understands what they're going through. Try showing them that you understand and empathize. It can feel awkward at first, but statements like, "I know this seems unfair," or "That must be frustrating for you," let your teenager know you're listening and doing your best to understand how they feel.

DON'T BLAME OR SHAME

Teenagers will make mistakes. That's how they learn. If your child talks to you about those mistakes, resist the urge to blame or shame them for what has happened. That's the quickest way to shut them down. Be understanding and compassionate. Assure them it's okay to make mistakes. Focus on helping them process their emotions and reflect on what they've learned.

This requires you to control your own emotions. Aycock advises parents not to "overreact or freak out." Instead, try to listen calmly before responding.

LOOK FOR THE GOOD

Parenting often seems like being a perpetual hall monitor, constantly checking for and correcting bad behavior. It's not fun for us, and it's definitely not fun for our kids. Finding everyday opportunities to notice the good things kids do goes a long way toward improving communication.

"You don't want to just notice when kids do something wrong. You also want to notice when they do something, right," Aycock encourages. "It's positive reinforcement."

As Aycock explains, this can be as simple as expressing appreciation for daily courtesies or acknowledging positive behavior with comments like, "That means a lot. I really appreciate it. That makes my job easier."

Without a doubt, communicating with teenagers can be challenging, but the rewards can, quite literally, last a lifetime, and small steps can make a big difference. If you're looking for more tips, Aycock recommends Foster Cline, MD's *Parenting with Love & Logic* as a good resource. TK

Julie Wenger Watson is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.



Serving Oklahoma Since 1975

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





918.582.6800 | toctulsa.com

THE ORTHOPAEDIC CENTER

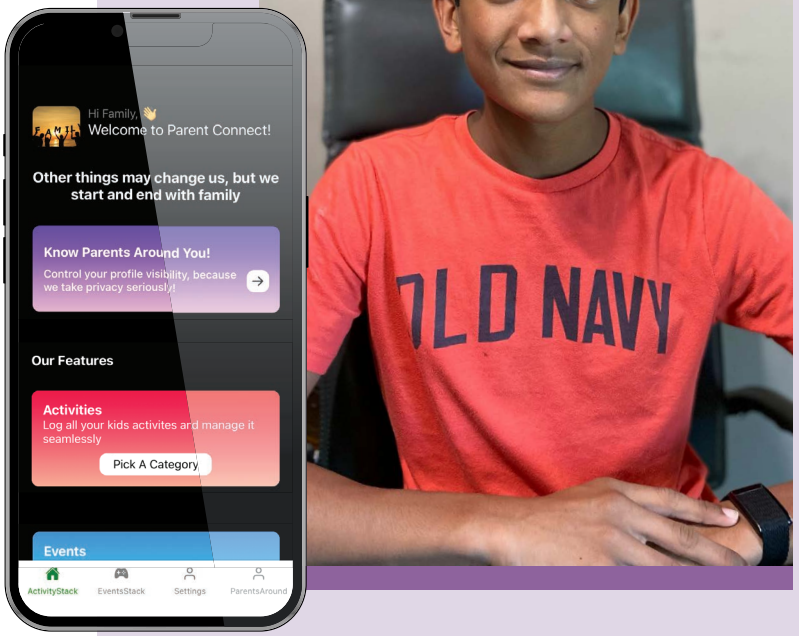
YOUR FIRST CALL WHEN YOU TAKE "FALL" TOO SERIOUSLY!



1809 E 13th Street, Tulsa, OK

Coding Classes Inspired Eighth Grader to Create App for Parents

By **Staff**



ARJUN DEEPAK, an eighth-grade student at University School, is a finalist in BYJU's FutureSchool "18 Under 18" coding contest. Arjun has been taking coding classes through BYJU'S FutureSchool online learning platform in addition to his classes at University School. BYJU's FutureSchool teaches math and coding via one-on-one, live instruction. After a year of instruction, Arjun's teacher challenged him to think of a problem that can be solved using technology, via an app. While initially he wanted to create an app to help kids with their mental health, due to the pandemic, he decided to address a more practical, everyday problem – the major challenges parents face when having to juggle kids' busy schedules, especially if there's more than one child and multiple activities after school and on weekends.

TK: How did you become interested in coding, and how did you get started doing it?

Arjun: I got interested in coding in fourth grade, and I learned a bit by myself with Khan Academy. It was a great resource for learning at a beginners' level for free. In the summer of fifth grade, during COVID, I started attending BYJU'S FutureSchool, and they have taken me to the next level. I learned new coding languages, and I learned more about the languages I knew.

TK: Your BYJU'S coding teacher challenged you to solve a problem using technology. How did you come up with your idea?

Arjun: My teacher asked me to find a problem around me that I could solve with technology, and one of the first ideas I had was mental health in teens. But with the amount of coding I knew, and the challenges that came with the topic, this idea was not practical for me. I looked for a new idea that I understood better. I started at home and saw that it was very difficult for my mom, a full-time physician, to keep track of all of my sister's and my activities. So I decided to see if I could help her with an app, and that transpired into my app, Parent Connect.

TK: BYJU'S selected you to participate in a competition. What was it and what were you assigned to do?

Arjun: The competition is called "18 Under 18." It is a global coding competition where coding students enter their apps, and some get chosen for further mentorship. The mentors help them build their app and, in the end, they submit it to the judges. The judges then choose 18 students under the age of 18 as the winners. I was selected for the mentorship, and I'm told the winners are to be revealed in December.

TK: What was the most difficult thing about developing the app? Did you ever want to give up? How did you overcome difficulties and bumps in the road as you created the app?

Arjun: Building an app is a long process, and one of the hardest things was dealing with the errors in the code. When you are coding, you are likely to make a mistake. If you do not use the exact correct spelling, or use a command in the wrong way, the computer will not understand, and the platform you are coding on will give you an error signal. The platform I used gave me a lot of error signals, some of which were quite difficult to understand.

The way I overcame these problems was by taking things step by step. The problems were complex, and I would not have been able to take them out in one move. You have to test each component that could have gone wrong, and then find a way to fix the problem.

TK: What was the most fun thing about working on the creation of the app?

Arjun: The most fun thing for me was the things I learned in the process of picking an idea and turning it into an app. Seeing it come together in the end was also extremely satisfying. I was doing a few finishing touches and

I could see the result of a lot of work. Seeing my work pay off was the most fun thing in creating the app.

TK: What does your app do? Is the end product any different from what you imagined?

Arjun: Parent Connect is an app that helps parents organize all their kids' activities. When first getting on to the app you will create an account. Then the app will take you to a homepage. There, you can go to the activities page where you will see different categories of activity such as "School" and "Extracurricular: Sports." When you enter these categories, you will see all the activities you have logged in those categories. All of them will be in one place for you to see. This is mostly for weekly practices.

The events screen is for competitions or tournaments that you definitely don't want to miss. You can add events and they will show up in a list format on the "Events" page.

Finally, there is a "Parents Around" screen where, if you make yourself visible, you can see all the parents in your area who use the app. You can contact them for carpool or pick-up and drop-off. A feature I would add in the future is a way for parents to share their activities with babysitters or nannies who pick up and drop off the kid. That is Parent Connect.

TK: What happens next? Can people get the app now?

Arjun: I am currently working on getting the app onto the Google Play store. It has been quite busy the last few weeks, but my fall break is coming up, and Parent Connect should be on the Google Play store by the end of October.

TK: What other activities do you like to do besides coding?

Arjun: I do robotics at University School. I was team captain last year, and we made it to state. I do Mathcounts also at University School. Mathcounts is a math competition where you can go all the way up to the national level, but I have only ever been to state. I do Academic Bowl also at my school, which is a competition kind of like Jeopardy where you buzz in and answer a question. My team made it to state. I also swim with Jenks Trojan Swim Club. I have been to state for the past three years in swim.

I also play guitar and take lessons with BYJU'S FutureSchool. I dance for Kripalaya Dance Academy, which teaches Indian Classical Dance. My sister does most of these activities as well, and it can be very hard for my mom to keep track of all of it. That's why I made Parent Connect.

TK: What are some of your favorite places to go in Tulsa?

Arjun: The Gathering Place is a lot of fun for me, especially when I'm there with friends. It's a really nice area, and it's got a lot of fun activities for free. Climb Tulsa is really fun as well, and it's great because it has many levels of climbs for any person, which makes it a great place to go with friends or family.

TK: Tell us a fun fact about yourself.

Arjun: A fun fact about me is that I have done the Tulsa Run for the past seven years. I started in 2015, and this year I am hoping to beat my dad's personal record in the 5K, which is a 22:30.

Editor's Note: An update from BYJU's FutureSchool: BYJU'S FutureSchool announced the prize given to each winner of the 18 Under18 global coding competition will be $18,000. Arjun is a finalist in this competition and the final 5 winners will be announced in December. TK





Kate Atkinson Embraces New Opportunities & Motherhood

By **Nancy A. Moore**





KATE ATKINSON IS ALWAYS up for an adventure. One of her biggest adventures happened after college when she attended culinary school at Le Cordon Bleu in Paris. Prior to enrolling full time, she took a class to get her feet wet and realized that she was in her element. She soaked up the knowledge and embraced her experience living abroad.

Fast-forward several years. Following a divorce, she relocated from Los Angeles back to Tulsa and shortly after doing so had an opportunity to be a personal chef for film director and producer Martin Scorsese while he was in Oklahoma filming *Killers of the Flower Moon*. She decided to pursue that opportunity, even though the timing was less than ideal. It resulted in preparing and serving meals to Mr. Scorsese and his family for six months. She recalls the experience as truly incredible.

TK: What is your superpower?

Kate: Curiosity. I look into something until I figure it out.

TK: When did you decide to pursue a career in the culinary arts?

Kate: I spent time in college studying abroad and knew I'd love to study more in depth abroad. I loved the 1954 movie *Sabrina* when I was younger — especially the part with Audrey Hepburn attending Le Cordon Blu — and thought it would be amazing! I was a Spanish major in college and enjoyed traveling. When I got the opportunity to attend an introductory class at Le Cordon Bleu, I loved every minute of it. I knew that I wanted to enroll full time and learn all I could. The hurdle was learning French at the same time I was learning French cooking.

TK: What encouragement did you receive when you told others that you wanted to become a chef?

Kate: My parents have really instilled a love of travel, new experiences and education. They were supportive when I decided to move to Paris and attend culinary school. Another person who encouraged me was Restaurateur Justin Thompson. While I was waiting to get into Le Cordon Blu in Paris, I worked for him. I was eager to learn, and he was very kind to extend an opportunity early on. It was interesting to learn the restaurant side of the business including different hacks and the speed of the kitchen.

TK: Do you have a mentor? How have they helped you?

Kate: Justin Thompson is a mentor in the restaurant business. And entrepreneurs Annie Brady and Tracy Salisbury are both such an inspiration to me in business and life! Something that I learned early on is that you never know when your path is going to cross later with someone. Justin gave me that opportunity 10 years ago, and now our kids are at the same school. I am currently working on our school fundraiser; I knew I could reach out to him for assistance.

TK: You had the opportunity to be a personal chef for a celebrity while he was filming the movie Killers of the Flower Moon. Can you share how that came about?

Kate: I was in the middle of a divorce and had just moved back to Tulsa from Los Angeles. I was also just starting my catering business. A friend of mine, Chef Valerie Carter, learned about that opportunity and shared it with me. I found out about the opportunity on a Wednesday, had an interview on Thursday and was working full time on Friday! All in the span of three days my life was totally different! I was on the road to Bartlesville every day from April through September 2021 working for Martin Scorsese!

TK: There is something you can learn from every experience. What did you learn from that one?

Kate: That experience set me up for success in creating really special menus. I also realized that I could handle that situation. I was really proud of myself that I could do it. Another cool thing was seeing what was happening on the movie set and what a well-oiled machine it is. The people working on the set were on top of their game. I was in awe of the


PHOTO CREDIT: TONY LI

attention to detail and genuine concern for representing this book accurately and respectfully. It was truly an honor to be a part of it.

TK: It seems like you have your hand in a lot of different things. One of them is learning to fly. When did you decide that you wanted to attend flight school. How is that process going so far?

Kate: I used to be so scared to fly. So, I decided to learn everything I could about flying. I believe learning more about something helps take away that fear. I started six months ago and am attempting to earn my private pilot's license. It's been a lot of fun to learn something new. I don't know where it will take me, but it's been great so far!

TK: As a busy single mom, what do you do to take care of yourself?

Kate: Balance is a hard thing to attain! As a busy mom, I realized it's important to do things just for you. If you're taking care of yourself, you'll be better for your kids. My yoga practice has been very important to me and also learning a new hobby has been good. I view these activities as mandatory, so I am able to unplug and do something just for me.

TK: What is your biggest motivation?

Kate: My kids! I want to be the best I can for them, and Tulsa is the place to do it. Having grown up in Tulsa, it took living several places to realize that I really appreciate living in Tulsa. I know this is where I want to raise my kids. TK

To listen to this interview, check out the Sharing Passion and Purpose Podcast on your favorite podcasting platform or directly at: SharingPassionandPurpose.com.

Nancy A. Moore is a Public Relations Coordinator at Montereau, Adjunct Professor at Tulsa Community College, and has been writing for TulsaKids for almost 20 years.

Find Pregnancy and Postpartum Resources in the **TulsaKids Baby Handbook**

tulsakids.com/baby

Baby HANDBOOK

tulsakids



Brain Balance®

Know Success.



Brain Balance parents report a 53% improvement in their child's happiness and academic follow-through.

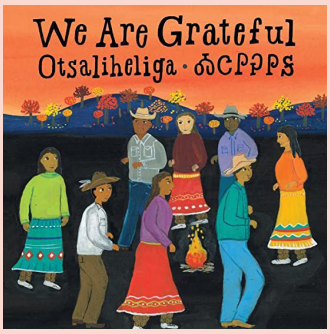
TULSAKIDS Family Favorites 2022 FINALIST

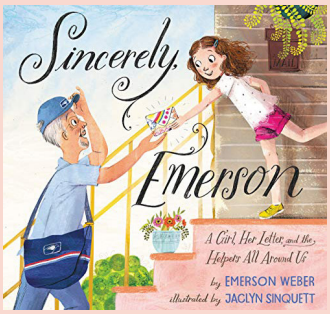
Brain Balance of Tulsa
6022 S Yale Ave
(918) 488-8991

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. ©2021 Brain Balance Achievement Centers





Thank You for Reading This!

Naming and Explaining "Gratitude" and Other Abstract Concepts in Children's Books



By **Laura Raphael, MA, MLIS**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY

Books are a perfect way to **introduce** and **explore** some of these more **complex concepts** and start a conversation with your child about them.

I LOVE A GREAT NUMBERS or colors book for kids. While these are considered "concept books," they are pretty straightforward to present and kids "get" them easily.

A little more difficult? Naming and explaining more abstract ideas and emotions like "forgiveness," "regret," "empathy" and "resilience."

Don't get me wrong, your child probably has already experienced these concepts; they just don't have the language for them yet. Books are a perfect way to introduce and explore some of these more complex concepts and start a conversation with your child about them.

Because it is November, the month of Thanksgiving — and giving thanks — let's look at some books and literacy-related activities you can share with your child around the concept of "gratitude."

5 GREAT BOOKS NAMING & EXPLAINING GRATITUDE

We Are Grateful: Otsaliheliga written by Traci Sorell and illustrated by Frané Lessac

What is a Cherokee family grateful for? Children will be introduced to blessings both small and large in this year-long look at modern American Indian celebrations of gratitude. Written by the Tulsa-based author Traci Sorell!

Sincerely, Emerson: A Girl, Her Letter, and the Helpers All Around Us written by Emerson Weber and illustrated by Jaclyn Sinquett

This inspiring and sweet story shows that a letter can change the world! Or at least the hearts of people.

Giving Thanks: More Than 100 Ways to Say Thank You written and illustrated by Ellen Surrey

The perfect book to find examples of how to thank others in new and interesting ways!

Dear Teacher: A Celebration of People Who Inspire Us written by Paris Rosenthal and illustrated by Holly Hatam

Wonderful teachers are all around us! This book explores just some of the people who help children every day, whether in the classroom, on the soccer field, or in the neighborhood.

Thank You, God by J. Bradley Wigger

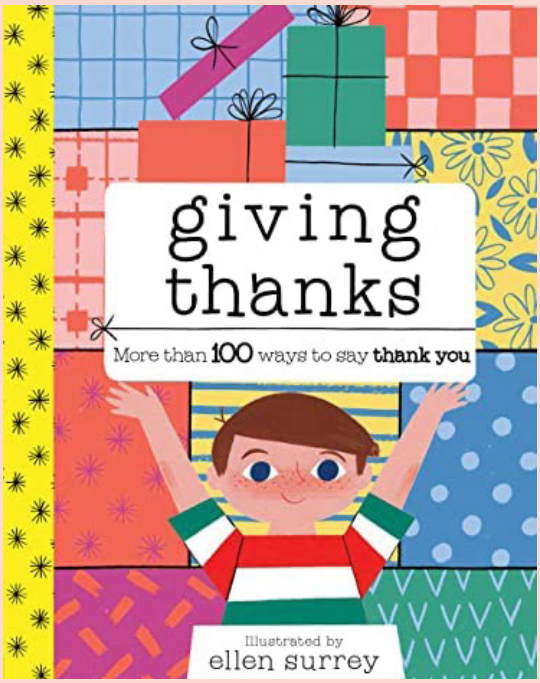
A Christian exploration of the greater gratitude to God for families, friends, homes and food.

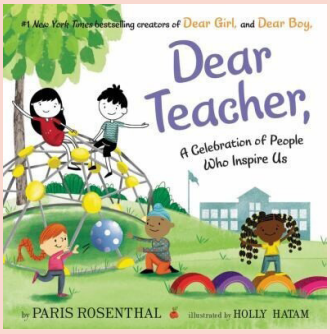
5 GREAT ACTIVITIES TO IDENTIFY AND INCREASE GRATITUDE

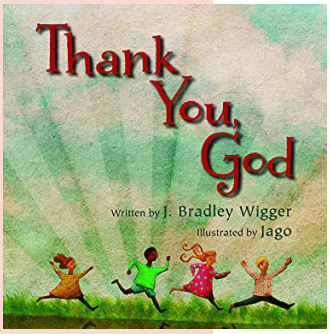
The Tulsa City-County Library follows the Build A Reader activities identified by literacy researchers and educators as being most helpful in getting babies and young children ready to read: **TALK, SING, READ, WRITE** and **PLAY**.

Here are some great gratitude-related suggestions for each Build A Reader activity:

TALK: As part of your bedtime or dinnertime routine, share "Three







Thank-Yous" — three people you are grateful to that day.

SING: There are literally thousands of wonderful thank-you songs for children on YouTube! I'm partial to *Here You Are, Thank You* by Super Simple Songs because you can use it throughout the day when you are handing or taking an object (shoes, a fork, an apple) from your child.

READ: In addition to the books above, you can regularly read out loud an ongoing list of things your family is grateful for. (Consider writing down some of your daily "Three Thank-Yous"!)

WRITE: Writing thank-you notes to family, friends and community helpers is always a wonderful activity to help your child understand how we all help each other and should share our gratitude with others.

PLAY: When you are playing dolls or make-believe with your child, be intentional about saying "Thank you" to them for their cooperation. Extend your thank-yous with longer explanations, such as "Thank you for bringing the Legos to this side of the room! I'm more comfortable here, and you made it easier for me to play." You can also model gratitude between characters in role-play ("Mr. Potato Head is so happy that Ms. Barbie invited him on the spaceship to the moon!").

Happy Thanksgiving, Tulsa parents! We are grateful that you read the "Books" column in this magazine, and we hope you will come to the library soon so we can thank you in person! TK

MISS HELEN'S
PRIVATE SCHOOL
A new season, a fresh start for every student.

TULSAKIDS Family Favorites 2022 FINALIST
ENROLL TODAY!
918-622-2327 | director@misshelens.com
MissHelens.com | 4849 South Mingo, Tulsa

Our email subscribers get ten weekend event ideas delivered to their inboxes every Thursday!
Subscribe to stay connected all month long! tulsakids.com/newsletter


BRAIN HEALTH

Saying YES: A New Resource Fills a Gap for Children and Youth in Crisis

BY BETTY CASEY

PARENTS OFTEN DON'T KNOW WHERE to turn when their children are experiencing a mental health crisis. Not knowing what resources are available, they often rush to emergency rooms or outpatient health clinics, or they may try to make an appointment with their child's healthcare provider. In an extreme crisis, law enforcement may become involved. Too often emergency facilities are overloaded and ill-equipped to handle a brain-health emergency. Cost and access to private psychiatric facilities can also be prohibitive for many families.

Youth Evaluation Services (YES) Tulsa is a new service operated by Counseling & Recovery Services (CRS) meant to fill the gap for children and youth ages 6-17 who are experiencing a mental health crisis. Funded under a contract with the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), YES's services are free and accessible to all.

For youth and young adults in Oklahoma, suicide is the second leading cause of death and, according to the latest data from Healthy Minds 2021 update on the impact of Covid-19 on children's mental health in Oklahoma, in any given year more than 54,600 children and youth between the ages of 6 and 17 will experience a major depressive episode. Almost 51,500 will struggle with a serious emotional disturbance, and more than 24,800 will attempt suicide.

The Healthy Minds report spurred the creation of YES to close the gap in crisis care for children and youth.

"These numbers are significant," says Solmaz Bulut, MS, LPC, BHWC, program director for YES.

"Crisis means experiencing suicidal thoughts, ideation, self-harm, or if they have already had a suicide attempt or they have the idea of hurting others – severe mental health issues."

Trauma-informed intervention services such as those provided by YES can save lives.

When a parent or guardian calls YES, they receive a response 24/7. "We do an assessment and screenings to determine the child's needs," Bulut says.

The evaluation also will determine co-occurring disorders such as substance abuse.

"If you see people dealing with depression or anxiety, they may use substances," Bulut says. "We'll be able to address those issues and guide parents."

If necessary, YES can provide overnight care for children and youth, allowing a parent or guardian to stay with the child.

Once a child is assessed and stabilized, families are offered continued support. An outreach coordinator will help them connect to other resources and facilitate transitions to further care, depending on the child's needs.

"We provide follow-up after the kids are released," Bulut says. "We make sure they have a safety plan, and we encourage the caregiver or parent to have one, too. They can learn to recognize their triggers, who they can call, what they can do, and how they can cope. Parents can be aware of the mental health issues, and how to handle them. There's a lot of education beyond the assessment."

For those families who don't have services, YES staff will help them find what they need in terms of on-going support, whether that is next-day behavioral health services or a higher level of care such as a mental-health facility.

"They can continue services here," Bulut says, "or we make sure they make an appointment with the therapist they're already seeing outside of our services. We work as a team to make a decision about what will be best for the child. If the child is high risk, and they are not committed to any safety plan, or if they most likely will attempt (suicide), we'll find a facility for them."

Bulut says that more resources like YES are needed to fill the crisis gap for children and youth. YES is the first of its kind in Oklahoma, but others are planned as awareness is growing, and the need is great statewide.

"Most parents want to help their kids," Bulut says. "They just don't have resources. We're state funded. That's a big relief for families that our services are free. TK

RESOURCES FOR CRISIS HELP 24/7

YES Tulsa: 918.779.HELP (4357)
for ages 5-17 experiencing crisis

COPES Tulsa: 918.744.4800

SUICIDE HOTLINE: 988



Solmaz Bulut, MS, LPC, BHWC, program director for YES Tulsa.

YES Tulsa
Youth Evaluation Services
Certified Sanctuary Community

Immediate YOUTH crisis response, evaluation, and stabilization.

Youth ages 5 - 17 experiencing:

- Suicidal thoughts
- Severe depressive episode
- Thoughts of self-harm
- Thoughts of harming others
- Overwhelming anxiety/panic attacks

24/7

Immediate coordination and referral to higher levels of care, as needed.

918.779.HELP (4357)

A Partnership between:
Counseling&Recovery
SERVICES OF OKLAHOMA
Certified Sanctuary Community

Located at 9912 East 21st St.
Marina Shopping Center
(between I-44 and HWY 169)

OKLAHOMA
Mental Health &
Substance Abuse

Monthly tours available!



Call 918-631-5060 to reserve your space today

- Small class sizes – 5:1 student teacher ratio
- Faculty adept at working with gifted students
- Challenging and nurturing environment

PreK3-8th grade gifted children

THE UNIVERSITY OF TULSA
University School
TU is an EEO/AA institution.

UTULSA.EDU/USCHOOL

Kids Will Be Thankful for These Thanksgiving Recipes

By **Natalie Mikles**



THE DAYS BEFORE

Thanksgiving are a cooking marathon in my family.

It's our tradition that Thanksgiving week the kids and I drive to the Flying G Ranch in Sand Springs to buy a five-pound bag of pecans. Then my kids come home and shell the pecans until their fingertips are red.

They sit in the kitchen shelling pecans while I make pie crusts, roast sweet potatoes and do all the other pre-meal prep.

These days, my middle-school-aged kids are pretty adventurous eaters, filling their plates with a little of everything on Thanksgiving. But there were years when their plates were sparse — with just turkey and a roll. Truth be told, my 12-year-old son's plate is still pretty much the same.

So, when they were little, it was great when I spotted something I knew they would love, like chicken and noodles, a perennial favorite. And the little ones at our family Thanksgiving always like macaroni and cheese and pumpkin pie.

We've rounded up some recipes, including some of my family's favorites, that are kid-friendly and perfect for Thanksgiving. Consider making one or two of these to ensure your kids will have something besides turkey and a roll on their plates.

Picky eaters will like these plain noodles. Gruyère gives them good flavor. Even the adults may want to have a bite.

CHEESY NOODLES

SERVES 8

- 1 pound dried egg noodles
- 3 tablespoons butter
- Salt and pepper, to taste
- 1 ½ cups heavy cream
- ½ cup grated Gruyère cheese

1. Cook the noodles according to package directions. Drain. Place in an oven-safe casserole dish. Stir in 1 ½ tablespoons butter to keep the noodles from sticking. Season with salt and pepper.
2. Warm the cream in the microwave or a saucepan. Do not let it come to a boil. Pour cream over noodles and mix thoroughly. Sprinkle the top with cheese, and dot with the rest of the butter. Place under a preheated broiler, just briefly, until the cheese melts.

This creamy pie is a favorite with kids. The eggnog adds flavor, but also smooths out the pumpkin.

PUMPKIN EGGNOG PIE

- 1 (9-inch) pastry shell, baked and cooled
- 1 envelope unflavored gelatin
- ½ cup brown sugar
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- 2 egg yolks, slightly beaten
- 1 cup eggnog
- 1 (15-ounce) can pumpkin

1. In a medium saucepan, mix unflavored gelatin, brown sugar, salt, cinnamon, ginger and nutmeg. Add egg yolk, eggnog and pumpkin. Cook and stir over medium-high heat until gelatin dissolves and mixture begins to boil. Reduce heat to medium and continue stirring until mixture thickens. Be sure not to undercook. Mixture should be like a pudding.
2. Pour into prepared pie shell and chill until set.

These carrots are made even sweeter with maple and orange. They can be pureed for babies and are soft enough for young toddlers to eat.

ORANGE MAPLE GLAZED CARROTS

SERVES 4

- ⅓ cup orange juice
- 12 carrots, peeled and thinly sliced
- Zest of 1 orange
- 3 tablespoons maple syrup
- 2 tablespoons butter
- 1 teaspoon fresh, grated nutmeg or ¼ teaspoon ground nutmeg

1. Heat orange juice in saucepan until hot. Add carrots and orange zest, stirring to coat. Cook around 15 minutes or until tender. Stir in syrup, butter and nutmeg. Continue to cook, around 5 minutes. Carrots should be crisp but tender. Sprinkle with additional nutmeg if desired.

These apples are a kid-friendly side dish for Thanksgiving. But they're also good over pancakes, waffles or even a bowl of oatmeal.

SLOW COOKER SPICED APPLES

- ⅓ cup granulated sugar
- ¼ cup packed brown sugar
- 1 tablespoon cornstarch
- 3 teaspoons ground cinnamon
- ⅛ teaspoon ground nutmeg
- 6 large Granny Smith apples, peeled and cut into eighths
- ¼ cup butter, cubed

1. In a small bowl, mix the sugar, brown sugar, cornstarch, cinnamon and nutmeg. Place apples in a slow cooker. Add sugar mixture and toss to coat. Top with butter. Cook, covered, on low 3-4 hours or until apples are tender. Stir halfway through cooking. TK

Natalie Mikles is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

4 Ways To Feed A Crowd On A Tight Budget (And Schedule)

Shape Your Future
A Program of TSET







ANYONE WHO'S EVER hosted a large group knows one thing: It takes a village to (affordably) feed a village — whether it's a holiday meal or run-of-the-mill family dinner.

Start by getting your priorities in check. What matters most: cost, convenience or both? Then, check out these helpful tips and tools ... including healthy recipes!

5. **Try DIY.** If you're short on time, buffet-style meals are your BFF. A salad bar, baked sweet potato bar, homemade soup bar or make-your-own-pizza night are always fun — especially when it cuts your workload in half!

6. **Cut costs with a potluck.** Hosting a gathering is already a challenge on its own. It's OK to call in backup! If your guests are able, ask them to bring something to the table. Need ideas? Point them toward healthy takes on traditional sides, like the Classic Macaroni and Cheese and Good-for-You Cornbread recipes available on ShapeYourFutureOK.com.

7. **Hunt for bargains.** With holiday grocery shopping, the early bird gets the deal. Starting in October, many stores offer big discounts on items like turkeys, baking supplies, canned vegetables and more. Want a year-round tip? Bone-in chicken or turkey options are usually cheaper. They take slightly longer to cook but taste just as great!

8. **Get strategic.** Want another tip for saving big while serving big? When you plan your menu, choose recipes that feature the same ingredients. That way, you'll buy less — and waste less. Shape Your Future has a free grocery list planner to keep you on track.

Want more healthy tips for the holiday season? Visit ShapeYourFutureOK.com today!



PONDSAKSIT/GETTY

COVER FEATURE

Building Bonds Through Family Stories:

TIPS TO GET THE STORY STARTED

BY NATALIE MIKLES

SO MANY OF US go to great lengths to spend time with family during the holidays.

We fly across the country and pack the car for a long drive. Or even with family locally, we make a point to bring the kids to grandma and grandpa's house or a great aunt whom they may only see a couple of times a year.

Though some people may visit family entirely out of obligation, for many it's important to stay connected and worth the effort to gather around the table with the ones who knew us when we were babies, the ones who share in our family stories.

Making the most of our time with family requires some intentionality. Both families who rarely see each other and those who are tight-knit can build even more memories and tighten their bond by sharing each other's stories.

The American Psychological Association notes that holiday stress is very much a real thing, and one of the causes is family dynamics. Talking about good family times and sharing stories about loved ones who have passed is more pleasant than talking politics with a family member who doesn't share your views, for instance.

So, let's talk about ways families can bond through story telling this holiday season.

MODERN STORYTELLING

The art of storytelling is ancient, with oral traditions having been around as long as humans themselves. But we do have the capability to tell our stories differently today. Modern storytelling, with the use of video, podcasts and social media has become a big part of how families share.

In fact, George Quraishi and Ross Chanin built a business around it. Their company, Artifact, tells the life stories of everyday people. With Artifact, journalists do the interviews, then editors create a compelling podcast-like story with videos of the subject.

"The insight we stumbled into is the interview format is very powerful. But it's typically reserved for the rich and famous. Bringing that to our moms and dads and grandmas and grandpas — it's an amazing way to get someone's thoughts and feelings down to preserve for future generations," Quraishi said.

Capturing family stories and memories is something we often have good intentions to do, but also something we put off until it's too late. Maybe it's never digitizing the cassette tapes of family interviews you did for a school project when you were young. Or, maybe you've always intended to do a family scrapbook with photos and passed-down stories, but you just can't find the time.

This medium of turning a life story into a product is something more people are interested in.

Quraishi notes that children only know the older version of their grandparents and great-grandparents. For them, they may not know their grandfather was once a marathon runner or that their grandmother was an anti-war activist in college.

"We're able to tell the whole story. Not just the version of the Grandpa Harry you see sitting at the Thanksgiving table, but the sharpest, tightest version of Grandpa Harry," Quraishi said.

GATHER ROUND

It may seem forced, but you'll see a big payoff in simply pulling out old family photos. Set them on a table, or if you've digitized them, show them on your television. Looking at old photos sparks memories and storytelling like nothing else.

Children love looking at photos of their parents when they were young. And those photos often bring up stories the kids have never heard.

Another fun use of pictures is to place an old photo of each family member — baby pictures are perfect for this if you have them — as a place card. This is a great way to get everyone talking.

Photographs help family history come alive, and whether it's their own baby pictures or photos of great-great ancestors, children can turn the idea of family history from a notion into something much more tangible with family photos.

EVERYONE HAS A STORY

One way to get the entire family involved in storytelling is with story prompts. Even if it feels forced and you might get some groans from the teenagers, ultimately, it's worth encouraging everyone to share.

One TulsaKids reader told us she remembered her grandfather used to hold court at family gatherings, telling stories about his parents and grandparents and about growing up on a soybean farm in western Oklahoma. She loved his stories, but says she now wishes her grandmother and others in the family had told their stories, too.

With a story prompt, everyone gets a chance to share. After Thanksgiving dinner, serve dessert in the living room and give everyone the same prompt. It could be, "What is the best Christmas present you ever received?" "What's your earliest memory?" or "What would our ancestors think of our family today?" Let everyone — even the youngest in the room — share their story.



PONDSAKSIT/GETTY

CONVERSATION STARTERS

Some families are naturals at storytelling. But if you need a nudge, here are some good conversation starters to keep the dinner table conversation meaningful and memorable.

- When you were a kid, what did you want to be when you grew up? For kids, what do you want to be?
- Who was/is your favorite teacher, and why?
- What would you do with the money if you won $1 million?
- If you could travel anywhere in the world, where would you go?
- If our family played Survivor, who would win?
- What was your first job?

WRITTEN HISTORY

Oral storytelling is wonderful, but you're going to want to preserve those stories. Here's one way to do so: When everyone is telling those stories around the living room, set up your phone to record it.

Creating a family heirloom book is another idea that you will long treasure. It may take a little work to create it, but for each holiday, ask each family member to bring with them a written answer to a prompt you've given them a few weeks in advance. Combine those stories into a book that the family can read — or even read aloud.

Companies like Storyworth make a family's written history easier, with story prompts and questions that are then combined into a beautifully bound book. Storyworth has questions appropriate for the youngest to the oldest members of the family, and it doesn't sugarcoat the stories. Families can share the good and bad to give a full picture of what life was like growing up and beyond.

MAKE IT FUN

Sharing anecdotes and funny or poignant family stories may end up being the best part of your Thanksgiving holiday.

If sharing in a group isn't natural to your family, start with something simple like the classic, "What are you thankful for this year?"

The National Children's Book and Literacy Alliance suggests using specific language to pull the story out of children and others in the family. For instance, ask the question, "What is your favorite holiday memory?" Have them talk about what they saw and smelled that day, what they ate, what they sang, where they went and what the weather was like. Sometimes it's in those details that the best parts of the story are revealed. TK

NATALIE MIKLES is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

How To Build An Uplifting Gratitude Habit In Your Home

By **Sandi Schwartz**





EVERSTE/GETTY

"...spark their appreciation for nature by taking them to awe-inspiring places like gardens, parks, hiking and camping spots."

GRATITUDE IS ONE of the most important ways for us to get a happiness boost, providing us with so many wonderful psychological, physical and interpersonal benefits. It improves our health, reduces stress and helps us focus on the positive. Stepping back and being thankful for what we have gives us energy, inspires us and transforms us. It also helps us realize that life is truly a gift.

Learning how to be grateful is definitely something that we should pass on to our kids. If you can get them into the habit of expressing gratitude from an early age, it is likely to have a positive effect in the long run. Here are some ways to build a gratitude habit in your home.

GRATITUDE JOURNALS

One of the most popular and effective ways to express gratitude stories is through journaling. It encourages our kids to acknowledge the positive moments in their day, no matter how insignificant they may seem. Whether it is a smile from a stranger, a good grade on a test, a gift from a relative, or an awe-inspiring sunset, they will begin to feel calmer and more joyful by appreciating these experiences. Our children can greatly benefit from keeping a gratitude journal, but it's important that we keep it fun for them such as with multimedia ideas like creating collages, vlogs, blogs and videos.

THANKSGIVING DINNER EVERY NIGHT

Just because Thanksgiving is in November doesn't mean we can't incorporate Thanksgiving traditions year-round as we sit down together at the dinner table. Enjoy your time with your family and encourage your children to tell you all about their day and the things to be grateful for. Ask them to remember to thank siblings and other family members. Some families find it helpful to put together a gratitude jar to collect their thankful statements all year, and then they can go through everything they wrote each year on Thanksgiving.

BEDTIME ROUTINE

The most important stress buster that I added to my life was introducing a gratitude prayer with my children every night as part of their bedtime routine. We go around the room and each say one thing we are thankful for that day and one thing we hope for in the future. It is such a special time we share together, and has become a key part of our lives. I love this practice because it gives me a chance to think about gratitude every day, even if I don't always say everything I am thinking out loud for my children to hear. And when you do it with your children, they hold you accountable. My children love it so much that they now need to say thank you before they can fall asleep. You can also read books about gratitude at bedtime, such as *The Thankful Book* by Todd Parr and *My Grateful Book* by Diana Smith.

SPONTANEOUS MOMENTS

Finally, try finding gratitude moments with your children throughout the day. A great time is during the car ride to and from school or when you are waiting in line at a store or in the doctor's office. Connect with your children by asking them what happened during their day that they are grateful for. Make gratitude part of your children's afterschool routine.

Add some fun and interest by asking your kids to use the alphabet, colors, shapes, or other categories to guide what that are thankful for. For example, ask them to find one thing they are grateful for based on the colors of the rainbow: the delicious red apple they had during lunch, the bright blue sky and the beautiful purple flower blooming in front of your house. Next, spark their appreciation for nature by taking them to awe-inspiring places like gardens, parks, hiking and camping spots. And just when your day seems stressful and out of control, take a gratitude break to calm everyone down and to gain a new, more uplifting perspective. TK

Sandi Schwartz is an author, journalist and mother of two. She has written extensively about parenting, wellness and environmental issues.

OPPORTUNITY SCHOLARSHIP FUND
EST. 2014

DONATE TO RECEIVE HUGE TAX CREDITS & DEDUCTIONS

HELP FAMILIES BRIDGE THE FINANCIAL GAP FOR PREK-12 PRIVATE EDUCATION

WWW.OSFKIDS.ORG



YOUR DONATION = LIFE-CHANGING SCHOLARSHIPS

Training tomorrow's leaders today!

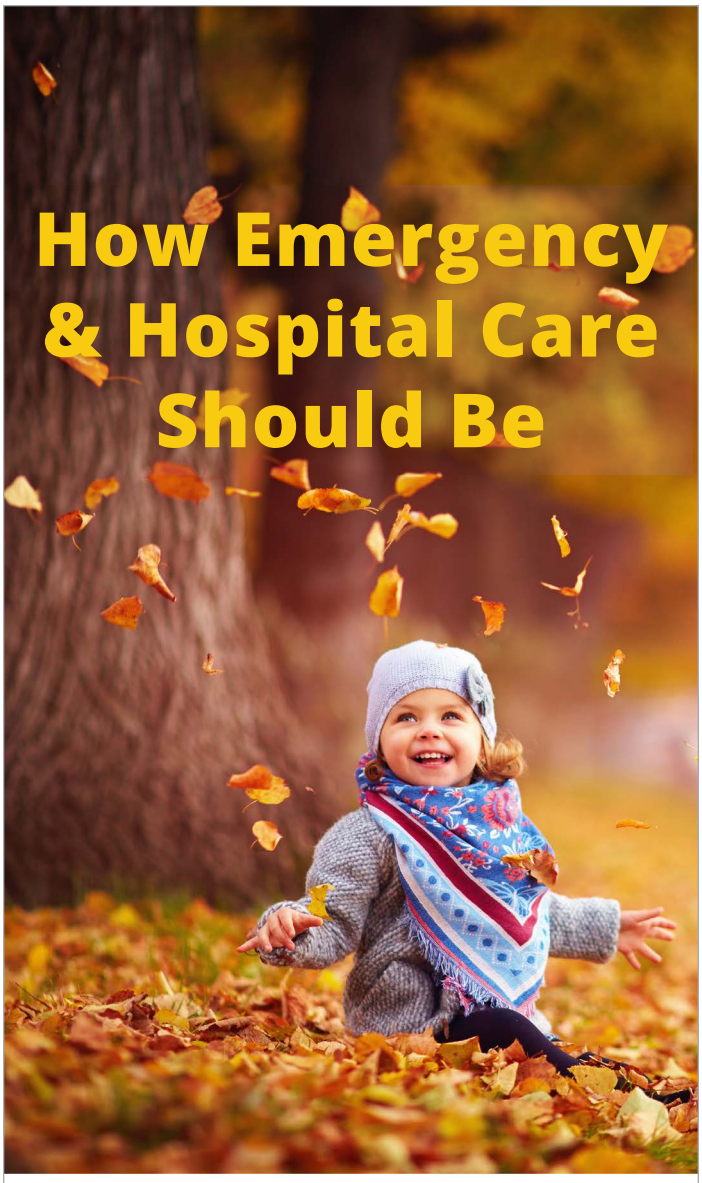
❶ Nurturing, responsive teachers
❷ Academic curriculum: math, science, phonics, art, and Spanish
❸ Age-appropriate learning centers in each classroom

RHEMA Child Development Center

Call to enroll your child today!
918-258-0594
1025 W. Kenosha
Broken Arrow, OK 74012
RhemaChildCare.com



How Emergency & Hospital Care Should Be



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

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

TULSA ER & HOSPITAL

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

The Oklahoma Center for the Book Invites Students to Enter My Favorite Book Contest

By **Staff**

OKLAHOMA STUDENTS in grades four through 12 are invited to write a personal letter to an author of a book (fiction or non-fiction), book series, essay or short story that they have strong feelings about. The letter should express the student's thoughts, feelings and/or ideas inspired by the author's writing as well as its impact on the student's life.

First-, second- and third-place winners in each of three grade categories (grades 4–6, grades 7 and 8, grades 9–12) will receive cash prizes: $500 first place; $250 second place; $100 third place. The first-place winner in each competition level will select their school library or public library to receive a $1,000 cash prize.

The deadline to enter is Dec. 16, 2022. For complete rules and instructions for submitting, go to **oklahoma.gov/libraries/ocb/**

For inspiration, here's a letter from one of last year's winners:



Steven Baker (President of the Friends of the Oklahoma Center for the Book), Elyse Haslam (Level III-2nd), Fathiyah Ayodele (Level II-2nd), Cate Dennis (Level III-1st), Lillian Salon (Level I-2nd), Blake Wolfe (Level II-1st), Jenna Thompson (Level I-1st), Zachary Fralick (Level I-3rd), Natalie Currie (Deputy Director ODL). Not pictured- Kennedy Postier (Level II-3rd) and Sophia Phan (Level II-3rd).

DIVISION I (GRADES 4 THROUGH 6)

First Place: Jenna Thompson, Metro Christian Academy, Tulsa
For letter to author Shannon Messenger for the *Keeper of the Lost Cities* book series

Second Place: Lillian Salong, University School, Tulsa, for letter to Thanhha Lai, author of *Inside Out and Back Again*

Third Place: Zachary Fralick, Jenks West Intermediate School, Jenks, for letter to Tom Pace, author of *The Mentor*

December 5, 2021

Dear Mr. Rather,

When I read your book, *What Unites Us* , your perspective on present day patriotism was enlightening. I agree that what is often overlooked is the simplicity of what makes our country a beacon to the world. Your book is an excellent reminder that it is the hard-working attitude of everyday citizens that has made this country what it is today.

Your description of the multiple facets of our common national community highlights the answer to the wandering question of "what unites us?" Although we all have different opinions and beliefs, it is our diversity that brings us together. Your book taught me that citizenship must be rooted in the minds of ALL people.

We are shielded from the real meaning of patriotism when we see government officials saying their vision of America represents the only real patriotism. This attitude sends a message to many people with strong ancestral ties to America that this nation is not for them. Thankfully, you have reminded Americans that separation is not the answer. Thank you for explaining that our nation will not survive as we know it without an engaged and committed population.

I appreciate your book for highlighting serious topics such as racism, power of the press, women's rights, gay marriage, and immigration. Even though they are often considered to be controversial topics, you let us know that this is what patriotism is about — the rights of every individual. Being different makes our country unique.

I have personally felt different in some situations because I frequently don't have the same opinion as others, but your book has given me a perspective to see this as a positive thing. Our diversity makes us who we are as a nation, and we would be unwise if we only saw patriotism as our love for this country and were unable to see improvements that need to be made.

Although I love myself and who I am, I know I am imperfect and that there are things I need to work on. It would be wonderful if we could apply this same logic to our country and ask how we can make our nation better. I have developed this perspective through my reading of your book because it helped me realize that it's important to acknowledge that our country is unfinished and can grow from the mistakes we have made.

Through my reading of your historical account of our country, I have learned things that are seldom spoken of in history classes. I used to think history wasn't as important as subjects such as math and English, but I now understand more about my country and have seen growth in my personal beliefs. Through a better understanding of history, I see the importance of improving our country.

It is obvious that our country will continue to have problems, but I see more clearly that we can learn from leaders mentioned in your book when we build upon solutions they developed to make our country strong. Your book helped me discover what unites us and how I can help unite others through staying involved with my school and community and showing patriotism by getting others involved.

History helps us see that "not working together" prevents us from finding long-lasting solutions to problems. We must have the courage to identify what is wrong in society, but we must realize that it can't just be done by one person. Throughout my involvement at school, as freshmen class president, I have made it my duty to get as many people involved as possible. I often talk to students — council members as well as non-council members — about getting involved in planning and finding solutions.

I hope to be known as someone that welcomes everyone and includes people no matter who they are. My favorite quote from your book is "Our own history has shown that we are stronger as a mosaic than a melting pot." I find myself asking "why should we try to assimilate people into being like everyone else, when we are in need of each other's differences?" I have learned that we gain so much more when we include people for what they have to offer and not make them into something they are not.

I am delighted that I had the opportunity to read your book because it has helped me realize the true definition of patriotism and to become more aware of the importance of including ALL students, regardless of differences, to get involved and improve our school and country for the greater good.

Sincerely,

Cate Dennis

DIVISION II (GRADES 7 AND 8)

First Place: Blake Wolfe, Clyde Boyd Middle School, Sand Springs
For letter to author S.E. Hinton for *The Outsiders*

Second Place: Fathiyah Ayodele, Oakdale School, Edmond, for letter to Katherine Johnson, author of *Reaching for the Moon: The Autobiography of NASA Mathematician Katherine Johnson*

Third Place: Kennedy Postier, Bixby Middle School, Bixby, for letter to J.K. Rowling, author of the *Harry Potter* series

DIVISION III (GRADES 9 THROUGH 12)

First Place: Cate Dennis, MacArthur Senior High School, Lawton
For letter to author Dan Rather for *What Unites Us*

Second Place: Elyse Haslam, Crescent High School, Crescent, for letter to John Steinbeck author of *Of Mice and Men*

Third Place: Sophia Pham, Westmoore High School, Oklahoma City, for letter to Ko Moon-Young, author of *The Boy Who Fed on Nightmares*

Talking to Kids Can Help Prevent a Crisis

BY BETTY CASEY

"WE WANT TO PREVENT SUICIDE, AND we can prevent it if we talk about it," says Emily Farmer, senior clinical director and suicidologist at Family & Children's Services (F&CS) in Tulsa.

Farmer says that national suicide rates continue to rise. During Covid Oklahoma was an anomaly. While national rates fell, Oklahoma's suicide rates continued to rise.

"There are a lot of different reasons for that," Farmer says. "Access to resources, access to mental health care, different kinds of stressors for people who live in our state — environmental factors, emotional factors."

And, the numbers continue to increase for young people.

Farmer says that it's a myth that talking about suicide will make people more likely to carry it out.

"Everyone should talk about it in ways that highlight support and resources that are available," Farmer says. "We make sure that adults are aware that they can recognize warning signs, and we make sure that kids are aware of the warning signs to decrease suicides in the clients that we serve in our community and the agency."

WHAT ARE THE SIGNS?

Parents or others who work with children can look for changes in mood, behavior or changes in things their children are talking about. The changes are behaviors that are outside the norm for that child.

"A lot of times, young people will be more irritable and angry," Farmer says. "Parents may be frustrated and want to discipline that, but some people express their struggle through anger. The key is change."

Parents might notice other changes in their child's behavior such as losing interest in friends or activities that they used to care about, or changes in sleeping and eating. Some children and young people will verbalize their thoughts or post them on social media. They may say things like, "I don't want to be here anymore," or "I don't want to live anymore."

Farmer suggests that parents monitor social media even before they think there's a reason.

In fact, taking a preventive approach with communication can build positive relationships with children, which can avert a crisis or make things easier if a crisis should arise.

"Be mindful of the risks that our kids have right now," Farmer says. "Start thinking about those things before you think you have to, before an overt issue comes up. Just know that because of their age and what they've been through (during covid isolation), a lot of our young people are at risk. Try to be proactive about what they're going through."

Talking about brain health and how it functions should be just as normal as talking to children about healthy eating, wearing a seat belt and other preventive health topics. Develop an open environment where kids feel comfortable coming to you. Listen to them.

If parents are picking up on behaviors that concern them, Farmer suggestions starting a conversation to check in.

"Reach out in a way that's comfortable for them," she says. "I always talk in their language. It can be a simple as saying 'How's everything going?' or 'Is everything ok?'"

If they try to deflect, keep gently pressing. You might say, "No, really. I noticed you don't want to go to soccer practice anymore. Is there something going on?" Give children plenty of room to talk, and then calmly listen without thinking ahead to the next steps.

"Don't try to problem solve too soon," Farmer says. "They should feel heard and understood."

Farmer also says that parents shouldn't be afraid to ask directly if their child has considered suicide.

"There's so much out there now that kids are seeing and being exposed to, and the idea is already out there," she says. "If you ask directly, it can be a relief. You care enough to ask these things."

If the answer is "yes," Farmer says that Tulsa has resources to help. "Stay calm, continue to listen and once you have a full understanding of what's going on, you think of your next steps."

Family & Children's Services operates COPES, a 24-hour crisis line for Tulsa County. COPES also has a crisis team that can come to you 24/7. Anyone can call — kids, parents, teens.

"We talk with the caller and give a recommendation for what should be most helpful," Farmer says. "We start with what we can do over the phone, find out what is needed, and decide if the mobile response would be helpful."

Farmer wants to encourage people to understand that brain health is health, and that people can be helped. It's a myth that it's impossible to stop a person who wants to take their own life.

"They're at highest risk to carry out the plan for a very short period of time," she says. "If we can interact in a positive, supportive way, we can help that dissipate. Something happens to stop that plan. They might not have access to dangerous items. They may have a good conversation with someone who recognizes the warning signs A lot of times, people won't have a plan B. If we can mitigate their plan, many times we can save the person's life."

Farmer encourages young people to connect. They can be involved in extracurricular or faith-based activities. "Sometimes it's enough to be in a classroom with someone," she says. "The pandemic took away those daily kinds of caring interactions."

Knowing that resources are available can give parents the confidence to get help if they need it.

"Ask. Check in. Listen," Farmer says. "We don't listen enough in our world to really learn. Have the confidence to have the conversation if they (children) need it." TK

RESOURCES

YES Tulsa. crsok.org. 24/7 Urgent Youth Crisis. Provides immediate crisis response, assessment, stabilization and coordination referral for families and youth ages 6-17 years old, 24 hours a day, 7 days a week. 918.779.HELP

COPES. fcsok.org. 24/7 local crisis and emotional support helpline for F&CS clients, community, adults and children. If you are depressed, overwhelmed anxious, have thoughts of suicide or fear that someone you love is suicidal, call 918.744.4800.

988 Suicide and Crisis Lifeline. 988oklahoma.com. New National Suicide Prevention Lifeline. Available 24 hours.

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

Give the gift of joy to families in need this holiday season.

Our Holiday Assistance program gives overburdened families the happiest of holidays, turning a stressful season into a joyous one. You can help by adopting a family in need or donating any of the following items to our Santa Shop:

- Toys, books and games for kids of all ages
- Gifts for teens
- HUGS (hats, underwear, gloves and socks)
- Clothing, coats and pajamas
- Small household items and toiletries
- Monetary gifts/grocery cards

Donation Deadline

We welcome donations through **December 15, 2022** at Family & Children's Services' Lapidus Children's Center, 650 S. Peoria Ave

650 S. Peoria Ave., Tulsa
918.600.3815
fcsok.org
holidayassistance@fcsok.org



FOOD BANK OF EASTERN OKLAHOMA

Nearly 1 in 6 Oklahomans are struggling daily with food insecurity. The Food Bank of Eastern Oklahoma provides much-needed relief to families struggling to choose between keeping the lights on and putting food on the table.

We are working every day with our community, local farmers, and partners to get families the food they need. Your dollar goes further because we leverage our relationships, and 97% of it goes directly towards hunger relief.

Give today to help ensure no family goes hungry this holiday season.

OKFoodBank.org

1304 N. Kenosha Ave.,
Tulsa
918.585.2800
OKFoodBank.org



TULSA HIGHER EDUCATION CONSORTIUM

Description of THE Consortium:

The Tulsa Higher Education Consortium (THE Consortium) is a non-profit collaboration of seven Tulsa-area colleges and universities. Our mission is to support Tulsa-area residents in their pursuit of earning a degree and gaining employment. THE Consortium equips individuals with information about degree programs offered in Northeast Oklahoma, scholarships, tuition assistance benefits, and financial aid resources. To learn more about us, visit **tulsahighered.com**.

Our wish list includes donations for THE Consortium's student support initiatives including:

- High school student campus ambassador program
- Financial aid and scholarship supports
- FAFSA resources for current and future students

907 S. Detroit Ave. Suite 1100B
Tulsa, OK 74120
info@tulsahighered.com
tulsahighered.com | 918.268.9069



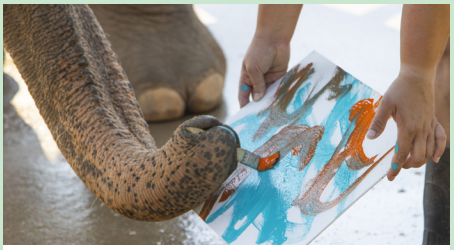
THE TRISTESSE GRIEF CENTER

The Grief Center is a nonprofit providing individual counseling, group counseling, and loss-specific groups at its clinic in Tulsa, Oklahoma. Off-site services include community crisis response and grief outreach to local organizations.

Grieving Oklahoma children and teens receive support through the clinic or school-based grief services like Healing Hearts Club, a school-specific loss group partnering with five area school districts. Additional youth outreach includes Camp Erin Tulsa, a free weekend summer camp for grieving youth.

This holiday season, give the gift of hope of healing to grieving hearts across Green Country by supporting The Grief Center's mission.

2502 E 71st Street South
Tulsa, OK 74136
918.587.1200
thegriefcenter.org



TULSA ZOO

You can help enrich the lives of Tulsa Zoo animals! From Art Untamed, to our ADOPT program or our Animals' Amazon Wishlist, each one provides a unique form of enrichment for animals to enjoy!

Enrichment is fun to watch, but it's also part of the daily care of the 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 Tulsa Zoo, thank you for your commitment to wildlife, education and conservation.

6421 E. 36th St. N.,
Tulsa, OK 74115
918.669.6600
tulsazoo.org/support-us



TULSA SYMPHONY

The Tulsa Symphony Orchestra is proud to celebrate 16 years as a vital community service organization that entertains, advocates, heals, and inspires through musical excellence, innovation, and collaboration. Serving as the cornerstone of the arts in Tulsa, the TSO partners and collaborates with Tulsa Ballet, Tulsa Chorale, Philbrook Museum, Gilcrease Museum, and Oklahoma Aquarium. A leader in classical music and music education, TSO presents over 30 major performances per season, which touch over 55,000 people in the Northeast Oklahoma region. At the forefront of the Orchestra is artistic integrity, collaborating with renowned artists such as Wynton Marsalis, Joshua Bell, Amy Grant, Eric Whitacre, Yefim Bronfman, and Hanson. For additional information about TSO, please visit our website at **my.tulsasymphony.org/donate/q/tulsakids**.

117 N. Boston Ave.
Suite 201, Tulsa
918.584.3645
tulsasymphony.org

SEASON OF GIVING



OPPORTUNITY SCHOLARSHIP FUND

The Opportunity Scholarship Fund (OSF) helps low-income Oklahoma families bridge the financial gap between what they can afford and what is best suited for their student for specialized PreK-12 education.

Give the gift of education this holiday season at **osfkids.org/donate**. You'll receive big tax credits and deductions, and you'll make a major impact on children's lives!

Choose a specific school or designate your contribution to support **KIDS IN CRISIS**. This fund provides financial assistance to children who need to immediately switch learning environments due to severe social, emotional, physical or educational needs.

1831 E 71st St.,
Tulsa, OK 74136
918.877.2710
osfkids.org



AMPLIFY YOUTH HEALTH COLLECTIVE

Amplify is advancing youth sexual health and well-being through collaboration, education, and advocacy. Amplify is the collective impact agency for adolescent sexual health in Tulsa and provides training and resources to school and community-based organizations to educate and support youth, parents, and other trusted adults. Tulsa County's teen birth numbers have declined 56% in the last decade, alongside the expansion of effective, evidence-based sexual health education programs and services. When young people are given accurate information, they make the healthiest decisions for themselves. Our vision is to create vibrant communities with informed youth and equitable access.

1601 S. Main Street, Suite 200
Tulsa OK, 74119
info@amplifytulsa.org
amplifytulsa.org | 918.794.9073



TULSA YOUTH SYMPHONY

Entering its 60th season, the Tulsa Youth Symphony is a 501(c)(3) organization founded in 1963 with a mission to provide advanced musical training and exceptional performance opportunities to our community's future leaders. Our goal is to improve problem-solving skills, stimulate creativity, expand the imagination, and instill a love and passion for music thereby developing an ability to recognize beauty and formulate an appreciation for the arts. Check out our website to explore new opportunities for young musicians through TYS!

tulsayouthsymphony.org

8282 S Memorial Dr
Tulsa, OK 74133
918.592.7725
programs@tulsayouthsymphony.org



THE BAIR FOUNDATION

A Home for the Holidays is the Best Gift a Child can Receive!

Bair is a Faith-based Therapeutic Foster Care Ministry right here in Tulsa Oklahoma! Bair is in desperate need of families who are willing and able to open their home to 1-2 children and adolescent children that are in the foster system. A home for the holidays is the best gift a child can receive. If you aren't able to provide a home, Bair accepts gift cards to provide foster families when a child is placed in their home. Gift cards are easy for us to have on hand and provide to families for help with groceries, pajamas, socks, school supplies, etc.

6705 E. 81st. St.,
Suite 120
Tulsa, OK 74133
918.727.2555 | bair.org



DISCOVERY LAB

Discovery Lab opened a 57,000-square-foot world-class facility in Gathering Place park in January 2022 that is transformative for Tulsa's children and families, and responds to a compelling educational need in the community. The museum projects to impact more than 300,000 children and families each year at the new site.

Exhibits and programming encourage the development of executive function and process skills, including critical thinking, problem solving, communication, collaboration, creativity, and innovation. Educational content focuses on Science, Technology, Engineering, Arts, and Math (STEAM), with a mission to inspire children, connect families, and build community through exploration, exhibits, programming, and play. Donate at discoverylab.org/donate.

3123 South Riverside Drive
Tulsa, OK 74105
info@discoverylab.org
discoverylab.org | 918.295.8144

WANT TO SEE YOUR ORGANIZATION HERE?

Contact us today!

TulsaKids.com | 918.582.8504

tulsakids



THE ARC OF OKLAHOMA

Oklahomans of all genders, racial backgrounds, ages and financial situations are touched by disability. When we build a better community for people with intellectual and developmental disabilities (IDD), we build a better world for all of us. For 70 years, we have provided supports, services, advocacy, and programs for Oklahomans with IDD and their families. With your help, we grow stronger. Give today at TheArcOK.org.

2516 E. 71st St., Suite A
Tulsa, OK 74136
918.582.8272
TheArcOK.org

The Arc of Oklahoma



TULSA BALLET

Hope for the Holidays is a benefit performance of the holiday classic, The Nutcracker, staged especially for the clients of Tulsa-area social services agencies. Since 2000, Tulsa Ballet has provided this program at no cost to thousands of individuals in the Tulsa community. At Hope for the Holidays, The Tulsa Performing Arts Center is packed full of families who could not otherwise afford to attend a performance but are eager to experience the magic of Tulsa Ballet. Sponsor a child or family to attend The Nutcracker this December.

secure.givelively.org/donate/tulsa-ballet-theater-inc/hope-for-the-holidays

1212 East 45th Place South
Tulsa, Oklahoma 74105
918.749.6030
tulsaballet.org

tulsa ballet
Marcello Angelini | Artistic Director



LIVING ARTS

Living Arts' mission is to present and develop contemporary art in Tulsa, Oklahoma. We believe boundary-breaking art is essential within a diverse arts-ecology and a catalyst for social change. We are interested in evolving ideas, engendering new art forms, exploring the relationship of art to other disciplines and fields of knowledge, and empowering the community through creative workshops, performances, exhibitions, films, demonstrations of current art, lectures and educational activities. Since 1969, Living Arts has been a platform for artistic integrity and experimentation. We produce cultural history-in-the-making.

307 East Reconciliation Way,
Tulsa, OK 74120
info@livingarts.org
livingarts.org | 918.585.1234

LIVING ARTS



GIVING BACK YEAR-ROUND: Places to Volunteer as a Family

By Tara Rittler

The holiday giving season may prompt you to think about ways your family can give back year-round. While monetary donations are always welcome, volunteering is another great way to support local organizations and become more familiar with the important work they do. Here are several places you can volunteer as a family.

SERVING NEIGHBORS IN NEED

Catholic Charities

AGES
4+ (Ages 4–12 must be accompanied by an adult)

MISSION
Catholic Charities has 15 programs, providing food and emergency assistance, legal services for immigrants, refugee resettlement, adoption services, help for homeless mothers and children and much more.

VOLUNTEER OPPORTUNITIES
Working in the food pantry, sorting clothing donations, groundskeeping, welcoming committee, etc.

LEARN MORE
cceok.org/volunteer

Emergency Infant Services

AGES
5+

MISSION
Emergency Infant Services provides essential items such as baby formula, diapers and clothing to those in need, mainly to families with children ages 5 and under.

VOLUNTEER OPPORTUNITIES
Organizing and sorting donations, watching the boutique where families "shop" for clothing and other items, etc.

LEARN MORE
eistulsa.org/en/volunteer

Food Bank of Eastern Oklahoma

AGES
11+

MISSION
The Community Food Bank of Eastern Oklahoma's mission is simple: to end hunger in Oklahoma. They do this through multiple programs, including Food for Kids, which provides nutritious food to kids facing food insecurity.

VOLUNTEER OPPORTUNITIES
Packing/unpacking food, packing Backpacks for Kids, assisting at the Free Family Farmer's Market and more

LEARN MORE
okfoodbank.org/volunteer

Iron Gate

AGES
13+

MISSION
Iron Gate's mission statement is "Feeding the hungry of Tulsa every day." Iron Gate provides a free breakfast every day from 8:30–10:30 a.m. at their inviting facility. Plus, they have a food pantry on Monday, Wednesdays and Fridays. Every youth who comes for breakfast or visits the food pantry also receives a Kid's Pack of nutritious snacks.

VOLUNTEER OPPORTUNITIES
Serving food, assisting in the grocery pantry, helping assemble Kid's Packs

LEARN MORE
irongatetulsa.org/volunteer

John 3:16 Mission

AGES
10+

MISSION
John 3:16 provides food and shelter to those experiencing homelessness, hunger and other crises, 365 days/year. They provide additional assistance to men and women in recovery, and families and youth, such as tutoring and summer literacy programs.

VOLUNTEER OPPORTUNITIES
Serving meals, cooking, cleaning, clothing distribution, stocking the food pantry, helping families find clothing, after-school tutoring, etc.

LEARN MORE
john316mission.org/volunteer

Meals on Wheels of Metro Tulsa

AGES
Any, but must be accompanied by an adult

MISSION
Meals on Wheels is primarily a meal delivery service, serving homebound seniors and others. Other programs include PAWS (Pets Assisting Wellness in Seniors), which provides pet food delivery, and Feed Our Future, which provides weekend meals to Tulsa Public Schools students facing "significant obstacles due to poor nutrition and food insecurity."

VOLUNTEER OPPORTUNITIES
Meal delivery, meal packing, wellness check calls, pet care assistance, etc.

LEARN MORE
mealsonwheelstulsa.org/volunteer

Tulsa Day Center

AGES
16+

MISSION
Tulsa Day Center provides people with "all of the tools necessary in overcoming anticipated, situational and chronic homelessness." They do this through meeting basic needs, providing medical and housing assistance and more.

VOLUNTEER OPPORTUNITIES
Clothing room/shower desk assistant, organizing donations, creating housewarming baskets and assisting clients with computers

LEARN MORE
tulsadaycenter.org/give-help/volunteer

CONNECTING WITH ANIMALS

Humane Society of Tulsa

AGES
10+ (Ages 10–17 must be accompanied by a parent HST volunteer)

MISSION
The Humane Society of Tulsa is dedicated to bringing pets and people together and keeping them together.

VOLUNTEER OPPORTUNITIES
Assisting with offsite adoption and fundraising events, special projects, etc.

LEARN MORE
tulsapets.com/volunteer

SPCA

AGES
9+ (Volunteers 9–15 must be accompanied by a parent or guardian)

MISSION
The Tulsa SPCA aids dogs and cats by facilitating adoptions, offering low-cost vaccination clinics, community education and more.

VOLUNTEER OPPORTUNITIES
Cleaning the clinic, shelter and kennels, assisting with dog and cat socialization, showing animals to potential adopters or foster families, etc.

LEARN MORE
tulsaspca.org/become-a-volunteer

Tulsa Animal Welfare

AGES
13+ (Ages 13–17 must have signed parental consent and be accompanied by an adult)

MISSION
City of Tulsa Animal Welfare helps pets find their fur-ever home. They also investigate animal cruelty and provide humane education.

VOLUNTEER OPPORTUNITIES
Providing direct care to animals, helping with community education, administrative duties and events outreach

LEARN MORE
cityoftulsa.org/government/departments/working-in-neighborhoods/animal-welfare/volunteers-and-fosters

VOLUNTEERING IN NATURE

Tulsa Botanic Garden

AGES
16+

MISSION
Tulsa Botanic Garden is a top local attraction. Visitors can explore the various landscapes found at Tulsa Botanic Garden, including a Cross Timbers Trail, Terrace Gardens and Children's Discovery Garden. They have multiple family-friendly events throughout the year, like Garden of Lights and live music.

VOLUNTEER OPPORTUNITIES
Assisting with special events, guest services, education and horticulture

LEARN MORE
tulsabotanic.org/support/volunteer

Up with Trees

AGES
13+

MISSION
Up with Trees' homepage proclaims, "We stand for trees because trees stand for people." Trees are vital for environmental, community and individual health, so Up with Trees supports the planting of trees and education around this important resource.

VOLUNTEER OPPORTUNITIES
Planting and caring for trees, community education

LEARN MORE
upwithtrees.org/volunteer

OTHER OPPORTUNITIES

Discovery Lab

AGES
14+

MISSION
Discovery Lab provides an exciting place for kids to explore science through hands-on activities. They also partner with Tulsa Public Schools, inviting all K–5th grade classrooms to their STEAM Center each year.

VOLUNTEER OPPORTUNITIES
Greeting museum visitors, assisting in classrooms or other areas and helping with special projects

LEARN MORE
discoverylab.org/volunteer

Little Lighthouse

AGES
14+

MISSION
Little Lighthouse provides free education to children ages 0-6 who have "physical or mental challenges that result in a developmental delay."

VOLUNTEER OPPORTUNITIES
Administration, classroom assistance, cleaning and maintaining facilities, fundraising, etc.

LEARN MORE
littlelighthouse.org/give-help

Tulsa Air and Space Museum

AGES
10+

MISSION
Tulsa Air and Space Museum provides a hands-on opportunity to learn about Oklahoma's aerospace heritage and current innovations in the aerospace field.

VOLUNTEER OPPORTUNITIES
Leading tours, greeting guests and assisting with special events

LEARN MORE
tulsamuseum.org/volunteer

UNIQUE PROGRAMS FOR TEENS

Aqua-Teens

AGES 13–17

Teens interested in life sciences, the environment and helping Oklahoma Aquarium visitors are invited to apply for the Aqua-Teens program.

okaquarium.org

Junior Ambassadors

AGES High school

High school students can apply to the Community Food Bank of Eastern Oklahoma's Junior Ambassadors program. Members volunteer, advocate at the state capitol, plan initiatives and more.

okfoodbank.org/volunteer

Tulsa City-County Library Teen Team

AGES 13–15

Teen Team Members assist TCCL librarians with Summer Reading Program events. Applications are accepted in the spring. Other volunteer opportunities for ages 16+ include Special Events volunteers and Maker Space volunteers.

tulsalibrary.org/programs-and-services/literacy-outreach-volunteer-services/volunteer-services

Zoo Teens

AGES 8th–12th graders

The Zoo Teen program is a way to help teens learn more about working with animals, in conservation and in zoo careers. This multi-year program is by invitation only. Contact zooteens@tulsazoo.org if you are interested in applying.

tulsazoo.org/support-us/volunteer/zooteens



BUNDY LAW OFFICE

Aaron Bundy

Trial Lawyer

I'm having trouble getting the other parent to help me buy things for our kids. What expenses are covered by child support?

Child support is intended to assist you with your children's needs and living expenses. Oklahoma law bases child support on a number of factors. The two biggest factors impacting child support are often: 1) each parent's monthly gross (before-tax) income and 2) each parent's time with the children. In most cases, a spreadsheet is used to calculate child support. The spreadsheet also helps determine each parent's responsibility for certain child-related expenses, including childcare costs and the children's medical expenses that are not covered by health insurance for whatever reason. It is common for parents to agree to share the costs of their children's extracurricular activities as well.

BUNDY LAW OFFICE

2509 E. 21st Street,
Tulsa, OK 74114
918.208.0129
BundyLawOffice.com



MILLER SWIM SCHOOL

Sarah Clavin

As we approach the cooler months, water safety can be the furthest thing from our minds. However, there are many aquatic situations parents and children should still be aware of.

1. **Never walk on a frozen body of water.** It's hard to gauge ice conditions by appearance alone. Many factors influence the strength of ice, so it's best to avoid ice that you're not familiar with.
2. **Prioritize swim lessons, even during cold-weather months.** According to the NIH, guaranteeing your child knows how to swim decreases the risk of drowning by 88%. Prioritize swim lessons early on and ensure that they would know what to do in an aquatic emergency. At Miller, we like to say, "Summer swimmers are made in the winter!"
3. **Be diligent in hotel pools and on vacation.** Unfamiliar bodies of water can be dangerous even for experienced swimmers. Furthermore, don't rely on the lifeguards or other parents to watch your swimmers.
4. **Never leave your child in a hot tub unattended.** The Pool and Hot Tub Alliance recommends turning the thermostat down to 98 degrees for kids. Remember to always monitor your child in the hot tub and ensure they stay hydrated!

Miller swim school

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



LICE CLINICS OF AMERICA — MIDSOUTH

Wade Huntsman

Owner

How do I keep my kids lice free when family visits?

If you are concerned that certain family members may be bringing lice into your home, there are a few ways to prevent it from spreading to your family.

All About the Hair: Lice don't jump or fly, they need hair to climb. Girls need to keep their hair pulled up into a tight bun, braid, or ponytail. Both boys and girls can opt to wear a ball cap for added protection.

Picture Time: By all means, take family pictures. However, use caution when taking pictures to avoid head-to-head contact. Group selfies are an excellent way to spread lice.

Prevention: Active Rinse is a Lice Clinics of America product that suffocates live bugs and should be in every home. If you think you have been exposed, simply apply to the head for 20 minutes to kill the bugs before they lay eggs. Once a bug lays eggs, the infestation will require professional treatment.

Lice Clinics OF AMERICA®

3421 E. 21st Street
Tulsa, OK 74114
918.779.0001
LiceClinicsMidsouth.com

NOVEMBER 2022



PIRATE SCHOOL
NOVEMBER 10 & 11
Details p. **42**

Enroll your kids in Pirate School, coming to the **Tulsa PAC** November 10 and 11.

PHOTO COURTESY DAVID ENGEL AND TULSA PAC

SCAN THE QR CODE
to find more events at
tulsakids.com/calendar!



SIX THE MUSICAL
NOVEMBER 22–27
Details p. **44**

The North American Tour Boleyn Company of SIX.

PHOTO BY JOAN MARCUS



HODARI'S FIRST BIRTHDAY
NOVEMBER 7
Details p. **41**

Tulsa Zoo is celebrating Hodari's first birthday November 7!

PHOTO COURTESY OF TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO





Celebrate Día de los Muertos at **Guthrie Green** on November 4.

November 1 Tuesday

BUILD A READER STORYTIME: FAMILY — DINO-VEMBER! (F) (W)

Ages 0-5, 4-4:30 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Calling all dinosaurs! November storytimes at Nathan Hale Library are going back in time!

YOGA FOR EVERY BODY (F) (W)

For adults, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Take a beginner-friendly yoga class taught by certified yoga instructor.

SENSORY AWARENESS NIGHT

All ages, 6-9 p.m., Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org

Oklahoma Aquarium hosts Sensory Awareness Evenings on the first Tuesday of each month. okaquarium.org

November 2 Wednesday

BIKES & BALLS

Ages 1-5, 9:30-11 a.m., Whiteside Community Center, 4009 S. Pittsburg Ave., cityoftulsa.org

An open gym time for toddlers and preschoolers. Bring your own riding toy; meets weekly, while Tulsa Public Schools is in session. $1 per child.

LITTLE GARDEN EXPLORERS (W)

Ages 0-5, 9:30-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

An easy-going, drop-in play session for young children.

STORYTIME AT TULSA ZOO (W)

All ages, 10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Listen to a story and meet an animal ambassador each Wednesday morning inside the Cox Nature Exchange.

November 3 Thursday

TINY TOTS! (W)

Ages 0-6, 9 a.m.-1 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Kids ages 6 and under are invited to skate, play, ride and jump at a special play time just for them!

KIDS READ BOOK CLUB (F)

For K-3rd grade, 6:30-7:15 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

This book club will explore an exciting new topic each month. Join for stories, activities and fun! No pre-reading required.

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

All ages, 7:30 p.m., Clark Youth Theatre, 4825 S. Quaker Ave., clarkyouththeatre.com

Clark Youth Theatre presents Andrew Lloyd Webber's classic musical. Additional showtimes available through November 13.

November 4 Friday

HORTICULTURE TOUR

1 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Join a horticulturist for a tour of the Garden. Free with admission.

DÍA DE LOS MUERTOS ARTS FESTIVAL (F)

All ages, 5-11 p.m., Guthrie Green, 111 E. Reconciliation Way, livingarts.org

Living Arts of Tulsa, in partnership with Casa de la Cultura and Guthrie Green, is hosting Tulsa's annual Día de los Muertos Arts Festival.

FAMILY FORT NIGHT (F)

For preschoolers and elementary students, 6:30-8 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Bring your blankets, sheets, pillows and flashlights, and enjoy stories by the "campfire," snacks, free books and more!

November 5 Saturday

SATURDAY MORNING BIRDING (F)

All ages, 8-9:45 a.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

Wake up early and head to Oxley to see how many varieties of birds you can spot! Bring binoculars if you have them.

THIRD ANNUAL LOCAL AUTHOR CONFERENCE (F)

For high schoolers and adults, 8:30 a.m.-12 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Join TCCL for a morning of sessions covering topics like how to self-publish, writing LGBTQ+ characters, editing and more. At noon, activities conclude with a Local Author Book Fair. Must pre-register at tulsalibrary.org/events.

TREE FORT STORY TIME

All ages, 12 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Join author and TulsaKids magazine editor Betty Casey as she shares some of the children's books she's written. Diana Emerson, certified interpreter and Program Director at TSHA (the nonprofit agency serving deaf individuals) will interpret the stories in sign language. Free with admission.

CHANGING PERCEPTIONS BY MOVING MINDS: MENTAL HEALTH AND DANCE SYMPOSIUM

1-6 p.m., Tulsa Ballet Studio K, 1212 E. 45th Pl., erasethroughdance.org

This one-day symposium includes a keynote by Guggenheim Fellow Bill Evans and multiple dance performances. Tickets through donation of $5-50. Limited seating available; RSVP online.

WRENCHING FOR BEGINNERS: A BASIC GUIDE FOR CAR MAINTENANCE (F)

For high schoolers and adults, 1-2:30 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Get a walk-through of basic car maintenance. Pre-register at tulsalibrary.org/events or by calling 918.549.7323.

November 6 Sunday

SENSORY SKATE SUNDAY

All ages, 10:30 a.m.-12:30 p.m., Wheels and Thrills, 10637 N. Garnett Rd., wheelsandthrills.com

Play at Wheels and Thrills while the arcade and laser tag are suspended, and there is no flashing lights or loud music.

CARMEN

2:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaballet.org

Tulsa Ballet presents this classic tale of seduction and betrayal. Additional showtimes available November 4 and 5 at 7:30 p.m.

November 7 Monday

MONDAY MORNING PROGRAMMING

Ages 0-4, 11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org (W)

The youngest Discovery Lab visitors are invited to enjoy special programing in the Little Lab!

ART IN THE AFTERNOON (F)

For elementary schoolers, 2-3 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Do a fun art activity at the library! All materials will be provided.

November 8 Tuesday

DON'T FORGET TO VOTE!

Polls are open 7 a.m.-7 p.m.

Find your polling location at okvoterportal.okelections.us

BETWEEN THE PAGES: A TWEEN BOOK CLUB (F)

Ages 8-12, 6-7 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

This month is all about games! Chat about your favorite competition stories that include mazes, puzzles, riddles or contests.

SEWING 101 FOR TEENS (F)

For middle and high schoolers, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn about the tools, lingo and know-how to help you get started with basic hand- and machine-sewing projects! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

November 9 Wednesday

STUFFED ANIMAL SLEEPOVER (F)

For preschoolers and elementary students, 3:30-5:30 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Your stuffed animal is invited to spend the night at the library! Join the library for a fun craft, then tuck your furry friend in for the night and pick them up the next morning! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323

KIDS CONNECTION (F)

Grades K-5, 4:30-5:30 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, thearcok.org

Social group for students in kindergarten through 5th grade with high-functioning autism. Contact Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org for more information.

November 10 Thursday

NATURE CRAFT (F) (W)

Ages 2+, 2-3 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Drop in for craft time every Thursday! Projects vary by season and are always fun and educational.

MANDALA SCRATCH ART UPCYLING (F)

For high schoolers, 5-7 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Inspired by the repeating circular forms in mandalas, try out some scratch art and other methods of decorating CDs!



This beautiful work from the **Gilcrease Museum** collection is on display at thirty locations around town. Learn more at **gilcrease.org/about/gilcrease-in-your-neighborhood**.

PHOTO COURTESY GILCREASE MUSEUM

November 11 Friday

TULSA VETERANS DAY PARADE (F)

All ages, 11 a.m., VFW Post 577, 1109 E. 6th St., tulsaveteransdayparade.com

Celebrate the dedication of our service members!

VETERANS DAY

All ages, 12-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

All veterans receive free admission.

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

November 11 Friday

PIRATE SCHOOL!

Ages 4+, 7 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

The bumbling pirate professor Billy Bones, played by David Engel, teachers youngers 4 and up the finer points of light-hearted mischief. Additional showtimes November 10, 9:30 and 11:30 a.m.

November 12 Saturday

TULSA FARMERS' MARKET (F)

All ages, 8:30 a.m.-12 p.m., Kendall Whittier District, Admiral and Lewis, tulsafarmersmarket.org

The Tulsa Farmers' Market continues through the winter months! Repeats November 5 and 19, and Sunday, November 13, 10 a.m.-1 p.m.

SINGALONG SATURDAY

All ages, 10-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Enjoy a fun concert with Hot Toast Music Co. in the Philbrook gardens!

STICKBALL IN THE PARK: SOCIAL STICKBALL GAME (F)

All ages, 10:30 a.m.-12:30 p.m., Charley Young Event Park, 50 W. Dawes Ave., Bixby, tulsalibrary.org

Celebrate Native American Heritage Month! Social stickball is a game played by tribes from the southeast such as Yuchi (Euchee), Muscogee (Creeks), Cherokees, Choctaws, Chickasaws and many other tribes. This is a demonstration game, but audience participation is encouraged.

DOG DAY

All ages, 12-5 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Dogs can join you for a walk in the Garden. Animal Aid of Tulsa will be onsite 12-3 p.m.

THROUGH THE NARROWS

All ages, 2 and 7:30 p.m., University United Methodist Church, 2915 E. 5th St., tulsamusicals.com

Follow Chootch, a 6-year-old Cherokee boy as he bears witness to the Trail of Tears, and Elli, a 3500-year old Jewish woman, as she recounts the crossing of the Red Sea. Through puppetry and live music, slide across continents and centuries as they travel from struggle to triumph.

November 13 Sunday

SENSORY FRIENDLY FAMILY TIME

All ages, 9:30-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

This is a time for guests who need a quieter, less crowded place to explore Discovery Lab with their families.

SECOND SUNDAY SKATE (F)

All ages, 2-5 p.m., Jane A. Malone Center in Chamberlain Park, 4940 N. Frankfort Ave., cityoftulsa.org

Pre-register by Wednesday, November 9, to participate in this fun family skate. Bring your own skates.

NATIVE AMERICAN HERITAGE MONTH: WEAVING & MOVIES (F)

For high schoolers and adults, 3-4 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Learn about traditional weaving techniques, create your own original piece of art, plus enjoy a film showcasing Indigenous talent. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

November 14 Monday

NATURE BABIES NATURE PROGRAM

Ages 0-5, 9-10 a.m., Chandler Park, 6500 W. 21st St., facebook.com/chandlerparktulsa

Chandler Park Naturalist Kim Watson invites adults and their babies to get outside and learn about nature through hikes, books, song and dance and the arts! $1 per person.

November 15 Tuesday

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES (F) (W)

10:30-11 a.m., Maxwell Park Library, 1313 N. Canton, tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish. // Cuentos, canciones y actividades en inglés y español.

OUT-LIT BOOK CLUB (F)

For middle and high schoolers, 5-6 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Chat about *The Disasters* by M.K. England! There will be an activity in addition to the discussion, and snacks will be available.



Discovery Lab's Monday Morning Programming is a special time for early learners and their caregivers to explore and learn!

PHOTO COURTESY OF DISCOVERY LAB



Chandler Park is hosting new nature programs for kids — and adults — of all ages! Find upcoming events at **facebook.com/chandlerparktulsa**.

PHOTO BY BRITTNEY BENNET, TULSA COUNTY PARKS & RECREATION.

November 16 Wednesday

BOOKS AND BAKING: KIDS BOOK CLUB (F)

For 3rd-5th graders, 3:20-4:35 p.m., Pratt Library, 3219 S. 113th W. Ave., Sand Springs, tulsalibrary.org

Read *The Tea Dragon Society* by Kay O'Neill and *Gingersnap* by Patricia Reilly Giff, then join to make a snack while discussing what you did or did not like about the book.

ADOPT A PET DRAGON — *DRAGON MASTERS* (F)

For elementary and middle schoolers, 4-5:45 p.m., Suburban Acres Library, 4606 N. Garrison Ave., tulsalibrary.org

Celebrate Dragon Adoption Day with Ms. Tiffany! Participants will receive a stuffed dragon and discuss the *Dragon Masters* series by Tracey West.

November 17 Thursday

ANIMANGA! — MONTHLY ANIME/MANGA CLUB (F)

For high schoolers, 6:30-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Celebrate anime and manga fandoms!

BUILD A READER STORYTIME: FAMILY — BEDTIME STORIES (F)

Ages 0-5, 6:30-7 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Wear your pajamas and enjoy a cozy evening storytime!

November 18 Friday

2022 BOOKS TO TREASURE (F)

All ages, 6-7 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Celebrate the beauty and power of children's literature with the 2022 Books To Treasure illustrator Katherine Roy, the celebrated artist and author of *How To Be an Elephant* and others.

November 19 Saturday

CURIOUS KIDS NATURE PROGRAM

Ages 6-11, 1-2 p.m., Chandler Park, 6500 W. 21st St., facebook.com/chandlerparktulsa

Curious kids are invited to learn the skills of nature observation and conservation through fun and engaging activities. $2 per person. Meets the 1st and 3rd Saturday of the month.

POKÉMON BOOK PARTY! (F)

For elementary and middle schoolers, 2-4 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Search for rare Pokémon! "Catch 'em all" with your fellow trainers and earn badges by completing interactive challenges and activities.

NATURE CRIME SCENE INVESTIGATION NATURE PROGRAM

Ages 12-18, 2:30-3:30 p.m., Chandler Park, 6500 W. 21st St., facebook.com/chandlerparktulsa

Put your skills of observation and investigation to the test! Take control of a simulated scene by gathering evidence and clues as to how a nature crime unfolded. $3 per person.

SENSATIONAL: DVORAK'S SYMPHONY NO. 7

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsasymphony.org

Tulsa Symphony presents Dvorak's Symphony No. 7, performed by violinist Robert Chen, and other works.

November 20 Sunday

OPEN SWIM (W)

All ages, 4-6 p.m., Miller Swim School, 4-6 p.m., 6415 S. Mingo Rd., millerswimschool.com

Have fun swimming with friends and family!

November 21 Monday

GENERATIONS CELEBRATIONS: FRAME IT! (F)

All ages, 2-3 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Celebrate National Family Week with a homemade decorative picture frame, followed by a family member show-and-tell!

November 22 Tuesday

GENERATIONS CELEBRATIONS: CLASSIC FAMILY GAME NIGHT! (F)

For elementary schoolers and adults, 3:30-6:30 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Enjoy a come-and-go family game night featuring group activities, small-group games, crafts and prizes.

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





Celebrate girl power with The North American Tour Boleyn Company of SIX at the **Tulsa PAC**.

PHOTO BY JOAN MARCUS

November 23 Wednesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY (F) (W)

Ages 3-5, 10:15-11:15 a.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

The best in children's literature and reading-related activities are shared with preschoolers. Afterwards, stay for games, toys and activities that foster critical early literacy skills.

November 24 Thursday

HAPPY THANKSGIVING FROM TULSAKIDS!

See our Holiday Season Kick-off Page for Thanksgiving weekend activities.

November 25 Friday

SIX THE MUSICAL

Ages 10+, 2 and 8 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

From Tudor Queens to Pop Icons, the *SIX* wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st-century girl power! Additional showtimes available.

NATIVE CULTURE ARTS: COOKING TRADITIONAL NATIVE FOODS (F)

All ages, Virtual, November 1-30, youtube.org/tulsalibrary

Celebrate Native American Heritage Month! Join Carol Tiger as she demonstrates how to make chicken and dumplings, plus a surprise recipe! Watch on TCCL's YouTube channel.

November 26 Saturday

OPENING DAY OF YOGAQUEST WELLARTS SHOW (F)

All ages, Nov. 26-Dec. 23, YogaQuest, 3325 E. 31st St., tulsayogaquest.com

YogaQuest will be transformed into an art gallery featuring small works by local and no-local artists created on the theme of wellness. Proceeds for the sale of artwork will be used for holiday assistance to families and youth in need.

WALKING TOUR AT TULSA ZOO (W)

All ages, 10-11 a.m. and 11 a.m.-12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Learn about specific animals at the Tulsa Zoo and the conservation of these species in the wild.

EXPLORE THE FLORA (F)

All ages, 10:30 a.m.-12 p.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

What plants can you discover at Oxley Nature Center?

November 27 Sunday

Find more family-friendly fun at **tulsakids.com/calendar**.

November 28 Monday

NATIVE CULTURE ARTS: COMANCHE BOWS AND ARROWS (F)

All ages, Virtual, November 1-30, youtube.org/tulsalibrary

Celebrate Native American Heritage Month! Join Willie Pekah as he shares his wealth of knowledge about making Comanche bows and arrows. Watch on TCCL's YouTube channel.

YUCHI LANGUAGE CLASS (F)

All ages, 6:35-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Any and all skill levels are welcome to join this language revitalization class, led by Yuchi language instructor Brent Deo from the zOyaha School of Language. Repeats November 7 and 14.

November 29 Tuesday

CREATIVE TIME @ THE LIBRARY (F)

For high schoolers and adults, 4-7 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Bring your current writing or art project for a chill creative session as you meet like-minded individuals and discuss your projects!

November 30 Wednesday

HAPPY KIDS PLAYTIME (F)

Ages 0-5, 10 a.m.-12 p.m., Jane A. Malone Center in Chamberlain Park, 4940 N. Frankfort Ave., cityoftulsa.org

Bring the kiddo(s) to run and play or enjoy an occasional arts and crafts project.

STORYTIME WITH MRS. HOLLY (F)

All ages, 10:30 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Mrs. Holly will be at the Ray Harral Nature Center to read interactive stories to all who wish to listen.

EVERYTHING YOU NEED TO KNOW TO GO TO **COLLEGE…**

YOU CAN FIND IN THE TULSAKIDS

COLLEGE PLANNER



- How to apply for scholarships
- FAFSA information
- Writing stand-out college admission essays
- High school timeline
- How to choose a college or university
- The advantages of community college
- … and much more!



Read the mobile-friendly digital edition at **tulsakids.com/college** or reach out to a high school counselor for your **free print edition.**

Holiday Seas

KICK-OFF!



From November to December, the Tulsa area comes alive with festive events and dazzling lights. Here are some fun ways to embrace the holiday spirit this month, including a host of activities happening Thanksgiving weekend.



PHOTO COURTESY OF THE POLAR EXPRESS™ TRAIN RIDE

Find even more ideas at
tulsakids.com/holiday-family-fun-in-tulsa

THE POLAR EXPRESS™ TRAIN RIDE

November 12-December 27

Oklahoma Railway Museum, 3400 NE Grand Blvd., Oklahoma City

Take a magical train ride to see Santa! Passengers travel in festively decorated train cards while enjoying hot chocolate and Walker shortbread, storytime, caroling and other entertainment. Book your ticket today at okcthepolarexpressride.com/theride

LIGHTS ON! JENKS

November 17, 5-8 p.m.

Downtown Jenks

This annual event includes opportunities to see Santa, live entertainment by the Jenks High School Trojanaires and others, food trucks, free carriage rides, and a countdown to turning the lights on! jenkschamber.com

DICKENS ON THE BOULEVARD

November 18-19, 6-9 p.m.

Downtown Claremore

Downtown Claremore transports visitors to the Victorian era through reenactors, window displays, dancing and more. downtownclaremore.org

PAINTING IN THE PLANETARIUM

November 18, 7-9 p.m.

Tulsa Air and Space Museum, 3624 N. 74th E. Ave

Enjoy a fun and festive evening painting a cute snowman in the beautiful planetarium lobby. tulsamuseum.org

JENKS KIWANIS CHRISTMAS PARADE

November 19, 10 a.m.

Downtown Jenks

It's time for the annual Jenks Christmas Parade! jenkschamber.com

THANKSGIVING PLACEMAT CRAFT

November 21-23, during library hours

Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry

Come and make a placemat for Thanksgiving. For children of all ages. tulsalibrary.org

TEEN TUESDAY — NAILED IT: TURKEY CUPCAKES

November 22, 4:30-5:30 p.m.

South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow

Practice your cake decorating skills by topping a cupcake with a festive turkey. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323. For middle and high schoolers.

RHEMA LIGHTS

November 23, 2022-January 2, 2023, 5:30-11:30 p.m.

Rhema Bible Church, 1025 W. Kenosha, Broken Arrow

Ooh and aah over the dazzling light display at Rhema! rhemalights.org

VON FRANKEN FAMILY FOOD RUN

November 24, 9 a.m.

River West Festival Park, 2100 S. Jackson Ave.

Tulsa Running Club invites everyone to their annual untimed run/walk on Thanksgiving morning. Bring nonperishable food items or a toy for donation to Salvation Army's Angel Tree, or pet supplies, which will go to Oklahoma Alliance for Animals. tulsarunningclub.com

LIGHTS ON! AT UTICA SQUARE

November 24, 6:30 p.m.

Utica Square

Celebrate the start of the holiday season with a countdown to illuminating Utica Square's 700,000 lights. Enjoy Christmas carols and other festive activities. uticasquare.com

GARDEN OF LIGHTS AT HONOR HEIGHTS PARK

Thanksgiving Day-New Year's Day, Sunday-Thursday, 5:30-10 p.m.; Friday-Saturday, 5:30-11 p.m.

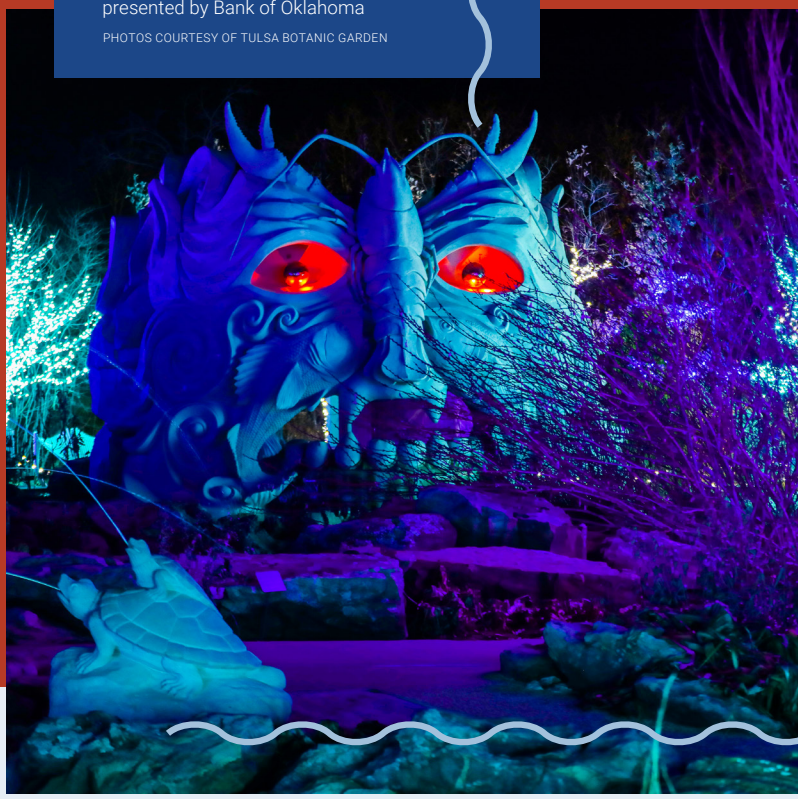
Honor Heights Park, 1400 Honor Heights Dr., Muskogee

Drive through dazzling lights covering Honor Heights Park in Muskogee. Monday nights are free; other nights are $5 per car, or $10 per bus or passenger van. Hot cocoa, popcorn and a sweet treat are sold at the concession area 5:30-9 p.m. daily. muskogeeparks.org

on







Botanic Garden of Lights
presented by Bank of Oklahoma

PHOTOS COURTESY OF TULSA BOTANIC GARDEN

CASTLE CHRISTMAS

Thanksgiving Day through New Year's Eve, 5:30-10 p.m.

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

Castleton Village is filled with over 2,000 holiday displays, plus thousands of colorful lights! Drive-through is free, although donations are accepted. Additionally, you can do some holiday shopping, stop in Rudolph's Café, and enjoy visits with Santa on select nights.
okcastle.com

WINTERFEST

November 25, 2022-January 8, 2023

Outside BOK Center, 200 S. Denver Ave.

Skate beneath the Tulsa skyline while enjoying hot chocolate and other festive activities.
tulsawinterfest.com

BOTANIC GARDEN OF LIGHTS PRESENTED BY BANK OF OKLAHOMA

Thursdays-Sundays, November 25-December 4; Nightly, December 8-30 (Closed December 14, 24 and 25), 5-9 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Make holiday memories as you stroll along garden paths illuminated with colorful lights, make s'mores, have a "snowball" fight, and more. Advance, timed-entry tickets required. See website for schedule of train rides, live music, visits from St. Nick or the Snow Princess, crafts and more.
tulsabotanic.org

WOOLAROC WONDERLAND OF LIGHTS

November 25-December 18, Friday, Saturday and Sundays, 5-9 p.m.

Woolaroc, 1925 Woolaroc Ranch Rd., Bartlesville

The historic Woolaroc Ranch is covered in 750,000 spectacular lights! Tickets are sold at the gate; $6 for adults, $1 for children 12 and under. woolaroc.org

CASCIA HALL CHRISTMAS TREE WALK

November 26, 11 a.m.-6 p.m.; November 27, 12-4 p.m.; December 2, 4-7 p.m.; December 3, 11 a.m.-7 p.m.

Cascia Hall, 2520 S. Yorktown Ave.

Cascia Hall's 40th annual Christmas Tree Lot features more than 200 Fraser fir trees, plus Santa's Village! Santa's Village is packed with fun activities for kids, including s'mores, lawn games, an Elf on the Shelf scavenger hunt, hayride and more. Plus, Santa will visit November 27 from 1-3 p.m. and December 3 from 3-6 p.m. cascia-hall.com/walk

LIGHTS ON OWASSO

November 26, 6-7:30 p.m.

Redbud Festival Park, 109 N. Main St., Owasso

Take photos with Santa, enjoy live entertainment, get food from local food trucks and watch the lighting of the tree! facebook.com/owassorecreationandculture

DOG PLAY EVENT SERIES: DECK THE PAWS!

November 27, 2-4 p.m.

Gathering Place, 2600 S. Riverside Dr.

Bring your furry friend to the PSO Reading Tree for a free picture with Santa! Plus, enjoy festival holiday music, free homemade biscuits from the Bridges Foundation and more. gatheringplace.org

WREATHMAKING WORKSHOP

November 29, 6-8 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Make and decorate a wreath for your seasonal décor. $100 Add-on ticket option for family member.
tulsabotanic.org

BREAKFAST WITH SANTA

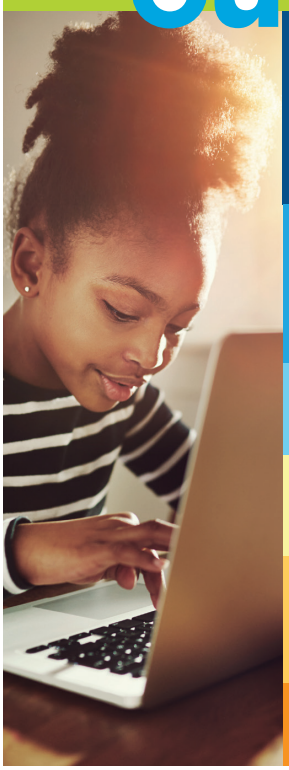
December 3 and 10, 9 a.m.

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

Guests are invited to enjoy a scrumptious hot breakfast, take part in arts and crafts, and most importantly, meet Santa Claus. Guests can also experience extra Christmas magic with Santa's live reindeer! Find pricing and pre-register at tulsazoo.org/santa

Find even more ideas at **tulsakids.com/holiday-family-fun-in-tulsa**

check this out
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 ge instant access to this service and more!

Tulsa City-County LIBRARY
tulsakids www.tulsakids.com

Kiddlestix
TOY STORE

OUR HELPFUL STAFF WILL HELP YOU FIND THE PERFECT TOY.

GIFT WRAPPING IS ALWAYS FREE!



shop online, by phone, or in person
3815 South Harvard Avenue ★ kiddlestixtoys.com ★ 918-749-8697





CELEBRATING

HODARI'S FIRST BIRTHDAY

COME WISH HIM A HAPPY BIRTHDAY THIS MONTH!

BORN NOVEMBER 7, 2021

TULSAZOO | WE'RE A SOCIAL SPECIES TULSAZOO





DOGWOOD CANYON
NATURE PARK

FAMILY HOLIDAY OFFER

4 MEMBERSHIPS
4 GUEST TICKETS
+
1 FREE GIFT
$50 GIFT CARD

**Single-day. Blackout dates may apply.*

FOR ONLY $300

VISIT DOGWOODCANYON.ORG/SEASONS

**Offer valid online or walk-up. November 1 through December 31. May not be combined with other offers.*