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Contents

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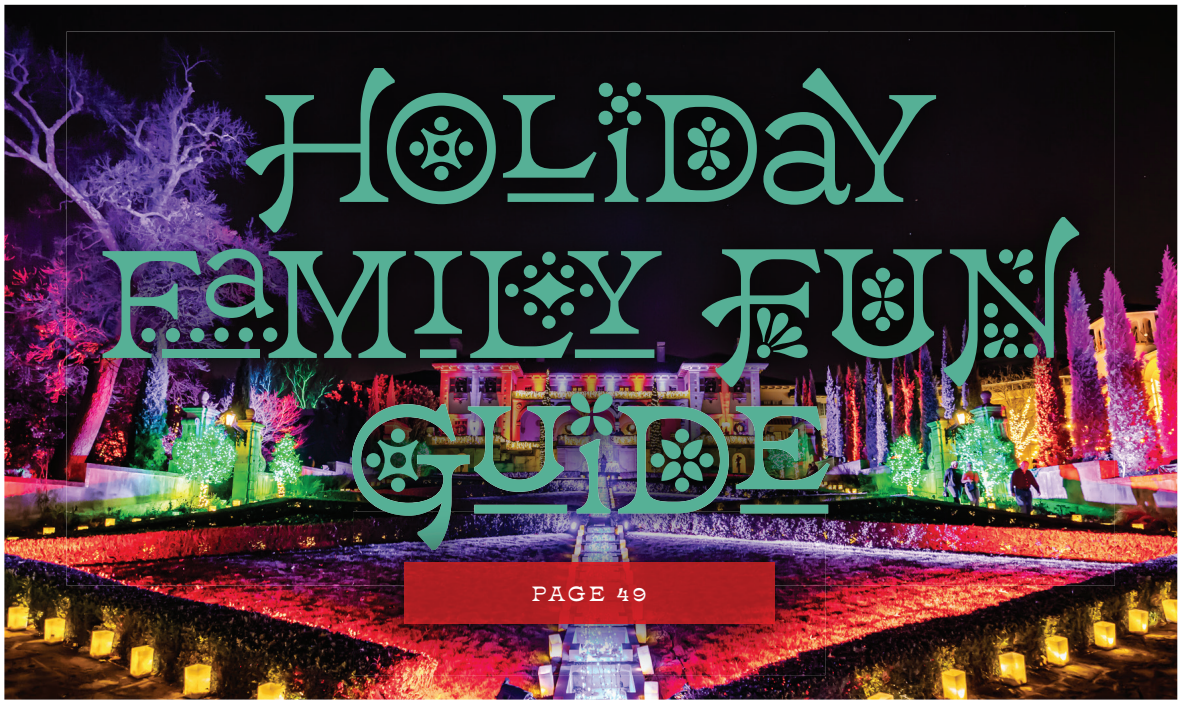


PHOTO COURTESY OF PHILBROOK MUSEUM; COVER PHOTOGRAPHY BY ANDREA MURPHY

8
NEWS & NOTES

10
WHATS GOING ON**LINE**?

12
TULSAKIDS SPOTLIGHT
TulsaKids Wins Big at PMA Conference in Denver

14
BABIES & TODDLERS
Making Magical Memories with Your Minis
By Alicia Kobilnyk

16
SCHOOL AGE
The Christmas Countdown: 7 Ideas for Creating Family Memories
By Dr. Tamecca Rogers

18
TWEENS & TEENS
Need Teen Gift Ideas? We've Got Your Covered
By Julia Wenger Watson

20
I'M A TULSA KID
Olivia Gilchrist: Baking a Difference
By Staff

22
GREEN COUNTRY GROWN-UP
Jody McIntyre: Coming Full Circle at the Circle Cinema
By Nancy A. Moore

24
GET COOKING
Local Social Media Moms Share Favorite Holiday Recipes
By Natalie Mikles

28
FEATURE
Positive Parenting: Building Bonds with Love & Kindness
By Natalie Mikles

30
HOLIDAY GIVING
Gifts of Experience
By Betty Casey

32
FAMILY RELATIONSHIPS
Why Chores Are Good for Kids
By Tanni Haas, Ph.D.

34
BOOKS
Your Favorite Librarians Loved These Books in 2022
By Laura Raphael, MA, MLIS

37
SEASON OF GIVING
Holiday Gifts and Donations

40
SPONSORED SECTION
Ask the Experts

41
COMMUNITY CALENDAR
December 2022
By Tara Rittler

49
TULSAKIDS 2022
Holiday Family Fun Guide

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What Kind of Parent Do You Want to Be?

AS THE MOM of three adult children, I look back on the things I would've done differently as a parent. Is that normal? Maybe? There were times when I lost it and yelled at my kids. One time, I'm ashamed to admit, I dumped a glass of water (small one) on my two-and-a half-year-old son's head after we had gone back and forth about what cup he wanted to use. First he wanted one, then he wanted the other, then he wanted the first one and on and on. Obviously, I could have handled that differently, but in the moment, I simply reacted in frustration. And most certainly fatigue from caring for his infant sister. Not one of my prouder moments.

I share this shame with you because I know that being a parent, while rewarding, is often difficult. Our feature on positive parenting shows that we can make choices in how we treat our children. My husband and I were on the same page about discipline. We would not hit our kids. Yelling was unproductive. Over the years, the articles in TulsaKids have helped me raise my kids in positive and joyful ways. They were amazing kids and are kind, amazing adults, despite the water incident and my other stumbles along the way. I can attest that positive parenting is a mindset and a philosophy — it may look slightly different for each child, depending on their personality, abilities and temperament, but it helps to focus on the big picture of the adult you hope your child will become.

We can't ignore that it's the holiday season. You'll find lots of ways to celebrate in this issue. Julie Watson has put together a list of gifts that any teen would love to open. And don't forget the most important gifts of time together and experiences that last. Inside, you'll find a big list of ideas for gifts of experience that will satisfy a range of interests.

As 2022 draws to a close, we wish you a happy holiday season and look forward to serving you in 2023.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

tulsakids

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NEWS & NOTES



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INCLUSIVE PLAYGROUND TO BE BUILT AT WHITESIDE

Mayor G.T. Bynum and Tulsa Parks officials announced plans to build an inclusive playground at Whiteside Park, 4009 S. Pittsburg Ave.

When completed, this new playground will be one of the most inclusive play spaces in the state of Oklahoma.

An inclusive playground is more than wheelchair ramps and accessibility. They are designed with all users in mind and engage children and adults with a wide range of abilities.

Well-designed playgrounds support the health and development of the whole child and the whole community.

"Children are constantly learning through play, by making new friends, sharing, taking turns, and interacting with other children," Anna America, chief of culture and recreation and parks director, said. "When all children can play side-by-side no matter their background or ability, it creates life lessons and new friendships."

The Sanford and Irene Burnstein Foundation donated $1.2 million in funding for the inclusive playground.

Along with the inclusive playground features, Tulsa Parks will also convert one of the bathrooms inside the community center at Whiteside into a fully accessible family restroom.

ACS Playground Adventures designed Tulsa's first all-inclusive playground with the help of inclusive play specialist Jill Moore. Moore is a wheelchair user who has a background in design. She uses her personal experience to create and design products based on real-life experiences.

"One of my favorite features of this playground is how many play options it has for children who are staying in their mobility devices," Jill Moore said. "There are also many options for a child's range of motion, no matter where they are in their sensory development. For children with sensory disabilities, autism diagnoses, even ADHD and dyslexia, the variety of sensory play in this space provides ample opportunity to seek out what a child's sensory system is craving."

Construction on the new playground is slated to begin in early 2023.

FOOD ON THE MOVE STREAMS PODCAST

Food On The Move, a Tulsa-based non-profit committed to combatting hunger and food insecurity, has launched a new podcast, "Movers and Shakers."

Hosted by Taylor Hanson, founder and board chair, Kevin Harper, CEO, Ramal Brown, community development ambassador, and Danielle Stoltz, director of communications, The Food On The Move Movers and Shakers podcast promises to highlight the organization's passion for making an impact in its community on issues surrounding food insecurity. The podcast will also share stories from people who have inspired Food On The Move since its founding, along with a wide range of guests who are using their time, talent and field of influence to challenge the status quo and leave their communities better than they found them.

The Food On The Move Movers and Shakers Podcast premiered Oct. 14 and will stream on Spotify, Apple Podcasts, Google Podcasts and foodonthemoveok.com.

Food On The Move is a mobile food initiative designed to create a collaboration of food, health experts and community partners to mobilize good, quality food into food deserts (areas without access to fresh produce). Since 2014, it has worked to combat hunger and food insecurity throughout Tulsa and Oklahoma.



PHOTO COURTESY OF FOOD ON THE MOVE





PHOTOS COURTESY OF OTRD'S WEBSITE

OKLAHOMA TOURISM & RECREATION OPENS **RENOVATED ROBBERS CAVE LODGE**

The Oklahoma Tourism & Recreation Department (OTRD) announced that the newly renovated Robbers Cave Lodge is now open to the public.

Renovations began in September 2021. Using the services of Lingo Construction, OTRD updated the interior of the lodge by adding new furniture, paint and carpeting. The outside area has been transformed into a lounge and event space.

In addition to 21 rooms, the lodge now has a meeting room, catering kitchen and gift shop.

The lodge offers climate-controlled rooms that feature a TV, desk, microwave, refrigerator and coffee maker. Regular rooms sleep up to four. Guests may also take advantage of private outdoor seating to enjoy the scenery of the Sans Bois Mountains.

A king bed, sleeper sofa and two bunk beds, along with a full kitchen, is available in two suites that sleep 10 for guests who want an elevated stay.

The park office has moved into the lodge.

To book a room at the lodge, visit **TravelOK.com/RobbersCave**.

SCHOOL COUNSELOR CORPS ADDS **MENTAL HEALTH PROFESSIONALS TO PUBLIC SCHOOLS**

More than 300 school counselors and mental health professionals have been added to Oklahoma public schools through the Oklahoma State Department of Education's (OSDE) School Counselor Corps. The corps, launched in 2021 by State Superintendent of Public Instruction Joy Hofmeister, is a three-year, $35 million initiative supported by COVID stabilization funding through the Elementary and Secondary School Emergency Relief (ESSER) Fund.

Schools in 176 Oklahoma school districts have added 201 counselors, 47 licensed mental health professionals, 22 licensed clinical social workers and three recreational therapists. Schools also have filled 50 mental health positions through contracted services.

Hofmeister said the School Counselor Corps is bringing much-needed services to schools, some of which have not had a single school counselor in the past.

Schools are creating innovate programs for their students. For example, Bixby Schools added a district counseling services coordinator who has been providing overarching support for counselors, educators and students from pre-K through twelfth grade. Educators have completed training in trauma-informed practices and Conscious Discipline, an evidence-based self-regulation program. Students have participated in leadership groups, focused on their character strengths and taken part in a Be Well program. The district also partnered with Tristesse Grief Center in Tulsa to provide grief groups for students in seven of its schools.

Bixby District Counseling Services Coordinator Allison Morris said she has seen a new level of awareness among students and families about what resources are available to them.

WHAT'S GOING ONLINE?



CONTESTS & GIVEAWAYS

GET LINKS to the following at **tulsakids.com/contests.**

THE NUTCRACKER TICKET GIVEAWAY

From December 4-18, enter to win six tickets to Tulsa Ballet's Dec. 23, 2 p.m. performance of *The Nutcracker!*

PHOTO BY JEREMY CHARLES

16 DAYS OF CHRISTMAS GIVEAWAYS!

It's our biggest holiday giveaway ever! Enter to win more than **$1,500 worth of prizes from Dec. 1-16.** Each giveaway is open for one day only, so check in frequently so you don't miss out!

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DEC. 3
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DEC. 4
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DEC. 5
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DEC. 6
$200 Gift Pack from Gearhead Outfitters

DEC. 7
$100 Gift Card to Lolly Garden

DEC. 8
$100 Gift Card to Purple Glaze

DEC. 9
4-Pack to Disney on Ice at BOK Center

DEC. 10
$100 Gift Card to The Melting Pot — Tulsa

DEC. 11
3-Month Family Membership to YMCA

DEC. 12
4 Power Play Passes from Wheels and Thrills

DEC. 13
Holiday Gift Basket from Whataburger

DEC. 14
4-Pack to *Bluey*, courtesy of Celebrity Attractions

DEC. 15
Year-long Membership to Airtopia Adventure Park

DEC. 16
Family 4-Pack + Gift Shop Merch from Tulsa Zoo



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TulsaKids Wins Big at PMA Conference in Denver

















TULSAKIDS MEDIA was honored with 15 awards in Design, Editorial and Digital Media, including a Silver award for General Excellence, at the recent Parenting Media Association convention in Denver, Colorado. Awards are judged by professors at the University of Missouri School of Journalism. The competition recognizes editorial, design and general excellence in local and regional parenting publications.

Congratulations to the TulsaKids team, our freelance writers, bloggers and cover photographer.

Our staff contributes to the entire publication every day. They include: Tara Rittler, web and social media editor; Annie Tyndall, graphic designer; Chuck Foshee, publisher; Brandi Moore and Lindsey Copes, advertising sales/marketing; and Debbie Talley, treasurer and comptroller.

AWARDS

General Excellence, Silver: TulsaKids staff, freelance writers and photographers

General Excellence, Best Redesigned, Silver: Annie Tyndall

EDITORIAL AWARDS

Gold, Calendar of Events: Tara Rittler

Silver, Column: Child Development & Parenting Issues: Babies & Toddlers, Alicia Kobilnyk, columnist

Silver, Column: Family Matters: School Age, Dr. Tamecca Rogers, columnist

Silver, Column: Family Fun: Get Cooking, Natalie Mikles, columnist

Silver, General Feature Writing: Taking it Outside: Families Learn Lessons from Nature, Brandon Schmitz, writer

DESIGN AWARDS

Gold, Original Cover Photo: May 2022, Andrea Murphy, photographer

Bronze, Single Page Design: Back to School Checklist, Annie Tyndall, designer

Gold, Calendar of Events, Annie Tyndall, designer

Gold, Feature Layout: Summer Camps: Choosing a Good Fit for Your Child, Annie Tyndall, designer

DIGITAL MEDIA AWARDS

Bronze, Blog: Grand Life, Diane Morrow-Kondos

Gold, Blog: Coffee Nebula, Kristi Roe Owen

Gold, Best E-Newsletter, Tara Rittler

Bronze, Best Use of Social Media, Tara Rittler TK



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Making Magical Memories with Your Minis

By **Alicia Kobilnyk**





> Let the littleness of your children save you from the overwhelming bigness of this time of year, and you may find a new kind of peace, joy and, perhaps, humorous memories.

THE DAYS ARE getting shorter, and tiny T-shirts are giving way to tiny sweaters, little boots and adorable, if often removed, beanies. With the cooler weather comes many festive traditions and gatherings, times we optimistically hope will be full of peace, joy and memory making. Of course, reality is never far behind when you dwell with the tiniest of humans, and soon you remember the pitfalls of the "happiest season of all," regardless of what holidays you celebrate. With that in mind, let's make a plan of action to ensure that when you're in the thick of the memory making, it's mostly joyful and not fodder for January therapy sessions.

PICK YOUR ROUTINE BATTLES

Children thrive on routine and consistency, something difficult to maintain during holidays. Perhaps you're taking off work to observe a religious occasion or traveling out of town to visit family. Plan which parts of your child's routine you can preserve and which you can temporarily suspend. For instance, making the drive to the family gathering a day's drive away during the night allows children to have a "bedtime" of sorts in the car and prevents the often-complicated circus of daytime driving long distances with young children. On the other hand, once you arrive at the gathering, suspend your usual insistence of a certain screen time allowance or quantity of small treats, allowing for a little holiday magic and prevailing peace. I find that providing relatives strategic chances to spoil my children often recruits their support when I must draw a line later on, such as insisting on a nap or suggesting we turn off the TV and go outside with cousins.

> The real magic, it turns out, **is the time we spend together** in the season of life we are in, accepting all the chicanery that comes with it.

UNDERSTAND HESITANCY

Change can often disorient or overwhelm young children, leading to either clingy or hyperactive behavior and meltdowns. If your child is timid about new foods, plan to bring a selection of snacks to supplement Grandma's potluck lunch. Ask in advance if your hosts have the means for you to make a simple sandwich for your child or can provide room in the refrigerator for a small container of an alternative meal.

Likewise, if your little one is nervous around new people or animals, prepare the adults with whom they will be interacting. "We're looking forward to the party! Lydia is going to have fun seeing everyone again. She does take a little time to warm up in new settings, so she might stay close to us for a bit." When you arrive, make it clear that you are unfazed by any developmentally appropriate caution or nervousness and be your child's voice.

MAKE IT HANDS ON

Small children often explore new stimuli with their whole person, taking materials in with all their senses and asking so many questions. Meet this need with child-safe versions of commonplace holiday decor. A felt Christmas tree, low on the wall and covered with removable felt baubles invites tiny hands, perhaps sparing the baubles on your actual Christmas tree (however high up you might be placing them).

A little playset of candles, latkes, dreidels and a hanukkiah can be a wonderful way to practice Hebrew blessings and create fond memories of Hanukkah magic, paving the way for fewer issues when you light your actual candles each night. You can even incorporate modeling gentleness with the baubles ("Try not to drop it. Gentle.") and caution with false flames on the candle ("Ouch. That's hot. Don't touch").


DRAZEN ZIGIC/GETTY

MANAGE ADULT EXPECTATIONS

Much of the holiday magic we remember as children comes from effort from adults, a service we provide happily, though sometimes with a blind eye to developmental needs in children. Tradition may be that every grandchild bakes pies together, but if cajoling the 2-year-old to maintain clean hands, wait turns to mix and resist eating raw dough raises everyone's blood pressure, perhaps it's best to scale it back for now. Encourage family to move the crystal unicorn collection to a higher shelf, remind Grandpa that Logan is not ready to ride on the ATV to the apple orchard like the older children and politely thank your relatives for any gifts your child receives, reminding them that in time Serena will be offering her own genuine gratitude because you are modeling it for her.

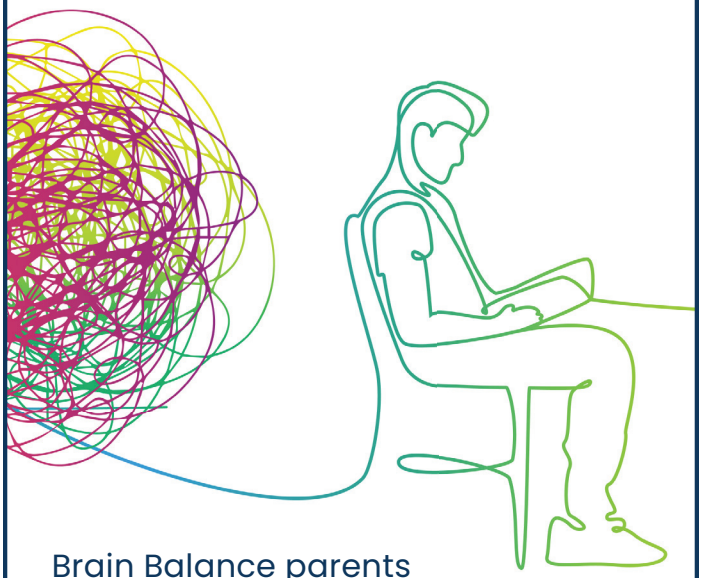
SLOW DOWN

If you want magic, set aside the list of "things we have to do" and look to your little one. Hold them up to the holiday lights or candles and watch their faces glow with wonder. Hand your preschooler a little piece of cookie dough and watch them roll it to create a little, sticky masterpiece. Laugh when your 3-year-old boycotts the matching family pajamas in favor of their usual Lightning McQueen set and smile in pictures even as the baby wriggles away and the 1-year-old picks their nose. The real magic, it turns out, is the time we spend together in the season of life we are in, accepting all the chicanery that comes with it. We only have so many holidays with these small, sticky people before they grow up. Let the littleness of your children save you from the overwhelming bigness of this time of year, and you may find a new kind of peace, joy and, perhaps, humorous memories. 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.

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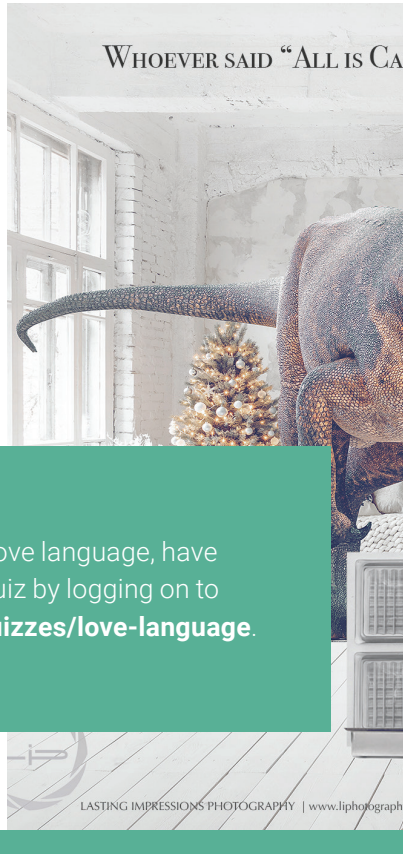
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The Christmas Countdown:

7 Ideas for Creating Family Memories

By **Dr. Tamecca Rogers**





To learn your child's love language, have them do this online quiz by logging on to **5lovelanguages.com/quizzes/love-language**.

THE HOLIDAYS SURE sneak up on us quickly. I love Christmastime, and my children always get on to me because I typically like to put up my Christmas tree before Thanksgiving. My children think it's too early, so they make fun and criticize a bit, but I accept all of it with a smile and a "so what." I love the smell, feel and sounds of Christmas. Plus, everyone seems much nicer this time of year.

However, as a single mom, I have some unpopular views on some things about Christmas. For instance, my children were always well aware there was no Santa Claus, and they would have been way creeped out if I told them a little elf on the shelf was watching their every move.

We lived in apartments, so how could Santa have gotten in? We had no chimney. Would he have broken down the front door? The fact is, I worked hard and sometimes worked two jobs while going to school to support my family. I knew there would be Christmases when my children wouldn't get what they wanted or wished for. Therefore, letting them believe that a strange, big man with a long white beard broke into houses to give children presents would give them false hope.

Clothes will be outgrown, toys will be put aside and stepped on, and the latest gadget will be replaced with the latest device. But what will never be replaced is the smell of a home-cooked meal when you walk in the house, the feeling of a long hug, the sound of Mariah Carey's song *All I Want for Christmas is You* playing on repeat, and the sense of appreciation for family, friends and loved ones. Instead of framing Christmas around getting and receiving material gifts, I framed it around the gift of quality time with each other and incorporated my children's love language.

My youngest child's love language is words of affirmation, and if I am being frank, that boy also loves receiving gifts. My middle son's love language is quality time, and my oldest son's love language is physical touch. To learn your child's love language, have them do this online quiz by logging on to **5lovelanguages.com/quizzes/love-language**.

We often talk about each other's love language and how it makes us feel, but in December, I create a calendar to count down the days to Christmas. Each day has an activity we do as a family that incorporates our love languages and the holiday spirit. The catch is that my children only know what the activity will be once they open the envelope and read my letter, which includes an inspirational, positive quote about them and tells them what activity we will be doing. The activities are local, and most can be done at home on weekdays. The activities don't require breaking the bank. Here's an example of some of our activities:

1. **Movie night.** We vote on three of our favorite movies, which are typically *Elf, Christmas with the Kranks* and *Home Alone.* We watch at least two. I always fall asleep on the second one. It's tradition. We make popcorn recipes and vote on the best-tasting popcorn. My favorite is butter popcorn mixed with peanut M&Ms. They try to outdo each other every year.
2. **S'mores and hot cocoa.** We make s'mores in the backyard fire pit, and we compete for the best-dressed cocoa. We go all out with candy canes, marshmallows, sprinkles, whip cream, etc.
3. **Cookie bake-off.** We almost burned down the kitchen on this one. But the memories are priceless, and the laughs were contagious. We always come out with pretty interesting cookies and post them on Facebook to let the "like" votes judge them.
4. **Utica Square.** We attend Utica Square's Lights On event annually. It's free, and over 700,000 lights are a



great way to kick off the holiday season with so many smiles. This event is typically held on Thanksgiving, and we enjoy the food and dessert trucks, plus the photo booths. The oversized nutcrackers always take our breath away.

5. **Tulsa Botanic Garden.** The Tulsa Botanic Garden is perfect for getting you in the holiday mood. The lights are beautiful, they play holiday music, and we make some excellent s'mores.

6. **Rhema.** Rhema is a popular destination during the holiday season, so it is always on our Christmas countdown calendar. We bundle up and enjoy the Christmas lights and typically walk through every exhibit. A few years ago, we were able to spring a helicopter ride to look at the lights, and my children still talk about how fun that was.

7. **Family photo.** I challenge the boys to create a Christmas theme for our family photo every year. The conversations are hilarious when they are brainstorming. They are very creative, but my idea always wins. Therefore, each year they are challenged to come up with a better idea than their mom.

The above list is seven daily activities; we typically count down 25 days until Christmas, so we have 25 days' worth of activities. I usually start planning in November, but some years, the activities are planned that day. Some activities must be rearranged due to weather or whatever emergency is happening that day, and the children know the schedule can change. The important thing is that we are sharing the holiday together and making lifelong memories. 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.

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Need Teen Gift Ideas?

We've Got You Covered

By **Julie Wenger Watson**





'TIS THE SEASON, and even the elves know that gift shopping for a teen or tween can be a real challenge. To offer some assistance, we've done a little holiday reconnaissance. Read on for our under-the-tree intel.

TECH

Oprah has jumped on the virtual reality bandwagon, including the **Meta Quest 2**[1] (formerly Oculus Quest 2) virtual reality headset on her list of favorite things for the second year in a row. At $399.99, this isn't an inexpensive gift — even if it does come with a free download of the popular **Beat Saber** game. However, if your teen is a gamer, and you're worried about the amount of time they spend glued to a chair, many virtual reality games have a fitness component and almost all require movement. As a bonus, parents can borrow the headsets for their own virtual workouts! Add in a local angle with a download of **Golden Gloves VR** ($29.99). This virtual reality boxing game is a real workout, and it was developed right here in Tulsa.

Useful and efficient, the **Elago 3 in 1 Charging Hub**[2] ($28.99) charges three Apple products — iPhone, iWatch and AirPods — at the same time.

KODAK Smile Classic Digital Instant Camera[3] ($149.99) is the perfect way to get those retro selfies. Old-school design meets modern tech in this camera, which features Bluetooth connectivity and allows you to print out photos or save them for later.

The **3Doodler Create+ 3D Printing Pen** ($80) heats up and extrudes multi-colored plastic inserts, allowing you to draw in 3D. The kit includes 15 different colors and a guidebook.

PRACTICAL

Reusable water bottles are a useful gift for kids of every age. The **Hydro Flask**[4] is one of the more popular brands. Dishwasher safe and BPA-free, it's a great way to travel with a beverage, while maintaining its temperature. The **40-Ounce Wide Mouth Cap** ($49.95) version holds plenty, and makes a great gift paired with a **pack of stickers** for personalizing.

Novelty socks from brands like **Hotsox** ($8), **Sock It To Me** ($10) and **Blue Q** ($13.99) are as entertaining as they are useful. With dozens of whimsical prints and quotes to choose from, it's easy to find the perfect pair for everyone on your list.

Gift cards are always a welcome sight for cash-strapped teens. Available in any price range, you can go specific — Starbucks, McDonald's, QuikTrip — or general in the form of a prepaid Visa gift card.



GAMES & PUZZLES

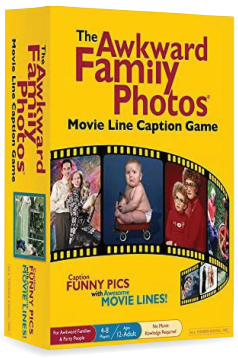
It can be tough competing against any electronic device for a teen's attention, but the holidays are a perfect time to pull out the ancient arsenal of tried and true "old-fashioned fun." Consider wrapping one of these no-battery-required options.

The Awkward Family Photos Movie Line Caption Game[5] ($30) — Players use memorable movie lines to caption awkward family photos. The favorite caption wins the round.

Wingspan[6] ($45) — This board game is beautifully made. Players are "bird lovers" who try to bring the most birds to their yard. Start off with an action mat, bird cards, bonus cards and food tokens, then strategically use them to win the most points over four rounds.

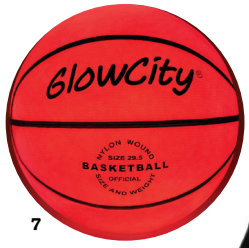
Not Parent Approved ($25) — Like a family-friendly version of Cards Against Humanity, players respond to fill-in-the-blank questions with a (ridiculous) answer card from their hand.

Tulsa Flag playing cards ($15) and **Expo Pavilion jigsaw puzzles** ($30) from locally owned Crazy Ideas make the perfect holiday hostess gifts, as well as fun under the tree for the whole family. Available at Kiddlestix, Ida Red and other Tulsa locations.



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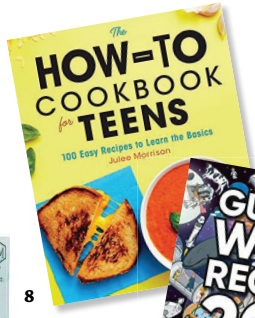


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BOOKS

Life Skills 101: Everything You Need But Won't Learn in School ($25) — This book addresses social media and mindfulness through infographics. Colorful and practical, it covers everything from time-management to budgeting and parent-child relationships.

Guinness World Records 2023[9] ($30) — This perennial family favorite is full of fascinating facts and entertaining tidbits that can be digested by all levels of readers in manageable time increments. The newer editions have been updated to be more diverse and inclusive in their coverage.

The How-To Cookbook for Teens[8] ($15) contains 100 simple recipes in an easy-to-follow format, using readily available and affordable ingredients. For a slightly older adolescent, try **The Ultimate College Cookbook** ($20) with 60 recipes that can be prepared in a dorm room or apartment.



SPORTS & FITNESS

Keep 'em moving through the holidays and beyond with these sports and fitness-related gifts. Fitness trackers continue to be popular and are available in a wide range of price and sophistication. The **Fitbit Charge 5**[10] ($99.95) is water resistant up to 50 meters and includes a GPS. For a more affordable tracker, consider the **Amazfit Band 5** ($27.99), which includes a lot of the same basic services.

The **GlowCity glow-in-the-dark basketball**[7] ($39.99) is the perfect way to extend outdoor game time, especially with the shorter days of winter. Activated with a bounce, the lights automatically turn off when not in use, and the batteries are good for up to 30 hours (extras are provided).

Fitness dice are a simple way to encourage movement. **Flex it Pink Fitness Dice** ($3.99) make a great stocking stuffer. **Chronicle Books Fitness Dice** ($19) are made for all experience levels. With seven wooden dice, you can roll over 45,000 possible bodyweight workout routines.

SILLY

What are the holidays without a little bit of frivolous fun? The **GummyGoods Nightlight**[12] ($40) is a squishy, much larger, electrical version of its edible cousin. With a rechargeable battery and a wide range of colors, it's a cute gift that's also useful.

For your music lover, a **Pick-a-Palooza DIY Guitar Pick Punch** ($23.95) looks much like a stapler and creates custom guitar picks from old credit cards, gift cards, hotel room key cards, driver's licenses or any thin piece of plastic.

Make your own beverage with the **Flavor Purveyor Bubble Tea Kit DIY Boba Tapioca Pearls**[11] ($34.99). The kit comes with everything you need to make your own bubble tea in minutes — just add boiling water. 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.

Olivia Gilchrist:

Baking a Difference

By **Staff**



"There are so many opportunities here in Tulsa for kids to volunteer. Find what you are passionate about and then have your parents help you search online for areas you could volunteer that fit your passion. You will not regret it"

NINE-YEAR-OLD Olivia Gilchrist is already an avid baker. She also loves to enter pageants, so she melded the two together, making her pageant platform "Baking a Difference with Olivia." She discovered that she could bring a smile to peoples' faces by sharing her baked goods. Olivia bakes treats for families staying at the Ronald McDonald House, for the homeless, and she recently delivered baked goods to the Broken Arrow Police Department.

TK: Tell us about yourself and your baking hobby.

Olivia: I LOVE to bake! Baking a Difference with Olivia is dear to my heart because I may only be 9 years old, but I am very aware that many people are struggling in my hometown of Tulsa. Something as simple as a homemade chocolate chip cookie or warm brownies can bring a smile to anyone's face. Science proves food is truly good for the soul. When I 'bake a difference,' my favorite part is knowing that I may be helping someone who is having a hard day feel better.

Did you know that studies show that eating a homemade, warm chocolate chip cookie takes most adults back to a happier time in life? I want to promote how baking and cooking are truly good for the soul of any person at any age.

TK: How did you learn to bake?

Olivia: I learned to bake because of my parents. My mom always lets me help in the kitchen, and my dad taught me how to scramble eggs when I was 3.

TK: Tell us about one of your memorable experiences with baking.

Olivia: A dad came by the kitchen (at the Ronald McDonald House). I was making five pans of brownies. He was touring the facility because his child was in the hospital, and they needed to be close to him. You could see that the weight of the world was on his shoulders, and he saw me bring out the warm brownies and smiled at me. He took one, saying 'Thank you so much for this. This is just what I needed.' Who knows? Maybe because of that one simple act his day got just a little bit brighter.

TK: What advice would you give other kids who might want to help others?

Olivia: You are never too young to make a difference. There are so many opportunities here in Tulsa for kids to volunteer. Find what you are passionate about and then have your parents help you search online for areas you could volunteer that fit your passion. You will not regret it.

TK: What other interests do you have besides baking?

Olivia: I LOVE to do pageants. I am currently the National American Miss Oklahoma Jr. Pre-teen for 2022-2023. When I am on stage I feel at home. I also love to woodwork in the garage with my dad. We have made so many cool things together. I love learning about the weather and the human brain. It is all so cool. I am currently learning to use fondant on my cakes.

TK: Who inspires you?

Olivia: I am inspired by Mike Collier, our local weatherman. I want to be a meteorologist one day and I had the opportunity to meet him a few months ago and get a tour of the awesome Channel 2 weather car. It was so neat. He inspires me to keep learning about weather and pursuing my career of one day becoming a chief meteorologist.

TK: What plans do you have for your future:

Olivia: My hope for the future is to continue doing what I love, which are pageants, do good in school and just enjoy being a kid. BUT for my future goal, watch for me on our local news channel in a few years as Tulsa's own female chief meteorologist Olivia Gilchrist. TK

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Jody McIntyre: Coming Full Circle at the Circle Cinema

By **Nancy A. Moore**





Jody is excited to offer new Family Memberships at Circle Cinema.

PHOTO COURTESY OF CIRCLE CINEMA WEBSITE

Jody McIntyre has a deep love for Tulsa. She grew up in Tulsa, raised a family and continues to serve the city in her new role as membership manager of Circle Cinema. The Circle, as it's often referred to by locals, is a treasured historical movie theater. As a lifelong movie lover, Jody fits right in. Her love of the entertainment industry gave her the courage to move to Los Angeles at a young age where she worked for a television and movie production company.

Her time in California added up to over 25 years, but after having children, she knew she wanted to raise them in her favorite city and moved back to Tulsa. She has spent the past 18 years working as an executive producer at a local television station and recently transitioned to Circle Cinema.

TK: Tell us about growing up in Tulsa and a little about the passion that took you to Hollywood.

Jody: My family moved to Tulsa when I was in third grade. I graduated from Edison High School and attended The University of Tulsa for one year but realized that college wasn't something I was good at. I really had always wanted to move to Los Angeles, so I quit school and moved to LA. My parents were very nice about me leaving school.

TK: What did you do in Los Angeles?

Jody: When I was a kid, I loved movies, but after high school I worked at Channel 6 for Clayton Vaughn. I realized that I enjoyed television, too. I thought I wanted to work in films, but after working for Channel 6, I looked for a job in television. Once I moved out to LA, I got a job at an answering service to pay the bills, but I found one place that I really wanted to be — Norman Lear's company. I would call every Monday and, finally, after six months, the day I called, the receptionist happened to be out, and they told me to come in.

TK: What did you do for Norman Lear's company?

Jody: My first job was as a receptionist. I would sit at the reception desk and practice typing scripts so when an opening became available working for writers, I would be ready. I was able to move into working with writers and typing scripts for popular television shows like *The Jeffersons*. I worked for that company for about 10 years. Two of the writers I worked with were the writers on the *I Love Lucy Show*. The people I got to meet, work with and absorb things from were great. I wouldn't trade that opportunity for the world. I knew I was lucky to work with those people and those shows. It was amazing, and I am so grateful that I had a chance to be there for that opportunity.

TK: What did you learn from your time in Hollywood that you brought back to Tulsa?

Jody: I learned that if you're working for amazing people, you're going to learn amazing things. I learned to really love the Los Angeles Dodgers and how to drive really fast! I also developed an acute sense of sarcasm.

TK: What advice would you give to others who are thinking about taking a big leap to follow their dreams?

Jody: Don't be afraid of it. As you do it, and when you land somewhere, take stock of who you're around. Try to choose to be around people you want to learn from. And choose wisely because those people will always give you a chance to grow. It's very important to surround yourself with the right environment. I was able to watch the people I worked with pursue a career that they enjoyed and recognize the joy that it gave other people. I always worked for people who felt that way. If you're happy in what you do and you're making a positive difference, it doesn't get any better than that.

TK: What made you decide to return to Tulsa, and what did you do once you returned?

Jody: I returned a couple of times. The second time was to move back to Tulsa after having twins. We wanted to raise our kids in this city away from LA.



NEW AT CIRCLE CINEMA!

Family Memberships

$150 — includes discounted tickets for two adults and three kids (under 18 years). Everyone receives a complimentary box of popcorn with ticket in addition to other member perks. Your membership supports the Circle Cinema Foundation and its mission.

TK: The mission of Circle Cinema is "Community Consciousness through Film." Can you tell us more about Circle Cinema and what it offers?

Jody: It opened in 1928 and started with silent films and then almost immediately started showing "talkies." It's Tulsa's only independent art house. We show art films and documentaries and bring in a lot of speakers. We also show mainstream movies.

TK: As the new membership manager at Circle Cinema, what do you enjoy in your new role? Can you share some information about family memberships?

Jody: Before the Circle, I was an executive producer at Channel 8 for Good Day Tulsa. I enjoyed serving the community in that role and now at the Circle, I'm able to do the same thing. You get to meet members and help others get to know about the Circle. It's another way to serve the community.

We just started offering a Family Membership for $150. It includes two adults and three kids (under 18 years), and you get the chance to take your family at a discounted rate. Everyone receives a complimentary box of popcorn, too. This is a wonderful opportunity because you get a chance to bring your kids to some great entertainment and enjoy some quality family time. There are great speakers, documentaries and films that will help kids learn a little more about the world and open their eyes to new information.

TK: 'Tis the Season! It will be a White Christmas at Circle Cinema with a program you started several years ago. Can you tell us more about that?

Jody: I was on the board of directors for the Circle for many years. During that time, Circle decided to do a *White Christmas* Sing-Along, and I mentioned to them that when I lived in LA, I would get together with friends and do fun choreography, look for bloopers and, of course, sing! They asked me to emcee the *White Christmas* Sing-Along event, and I agreed. That was several years ago. We have a great time! I ask trivia questions and tell the audience about all the bloopers in the movie to watch out for. It has grown in popularity, so there are 10–12 sing-along shows, and then we have some showings of the movie only. It's become a tradition for many to attend and has grown over the years. This is a fun, family-friendly event!

TK: I know you have a love for the movies! Can you share what your favorite movie is?

Jody: I have several! My very favorite film is *How Green Was My Valley* from 1941 directed by John Ford. I also love P*rincess Bride,* and *The American President*. Oh, and I love, love, love, *Casablanca*!

TK: In wrapping up, what do you enjoy most about living in Tulsa?

Jody: The people. And I just think Tulsa is a wonderful place. It was a wonderful place for me to raise a family, and it's just a great place to live. I know when people visit for the first time, they are surprised to find how beautiful Tulsa is and how friendly our city is! I love living in Tulsa.

For more information about Circle Cinema, including show information and Family Memberships, visit CircleCinema.org or call 918.582.1929.

White Christmas Sing-along schedule: Fri.–Sun., Dec. 9–11; Fri.–Sun., Dec. 16–18; Fri., Dec. 23. **TK**

Want to hear more?
Jody had the opportunity to babysit a child who grew up to become a major star! If you'd like to find out who that is, listen to the audio version of this interview on the Sharing Passion and Purpose Podcast. Access it on 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.

Local Social Media Moms Share Favorite Holiday Recipes

By **Natalie Mikles**



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

MOST OF US have a few treasured holiday recipes.

Mom's favorite sugar cookies. The French toast Grandpa made every Christmas morning. The Chex mix your best friend's mom always made.

These are the best of our recipes because they're not only tried and true, but they also have a memory attached to them.

We asked some of our favorite Tulsa social media stars — those people we love to follow on Instagram, Facebook or TikTok — about their favorite holiday recipes. These are tested, much-loved and well-worn recipes — the very best kind. Just the kind you want to add to your own collection this season.



Sallie Dale, @theurbanacres on Instagram, is a great follow. Her embroidery and punch needle designs are both an aesthetic inspiration and entirely doable thanks to her punch needle kits. We also love the photos of her cute kiddos in her gorgeous chunky knit scarves or bubble rompers.

Sallie says her sugar cookie recipe is great for decorating because the cookies really hold their shape.



YOBAB/GETTY

FOOLPROOF SUGAR COOKIES

- 1 ⅓ cups shortening
- 1 ¾ cups sugar
- 4 teaspoons vanilla extract
- 2 eggs, beaten
- ¼ cup milk
- 4 cups flour
- ½ tablespoon baking powder
- Pinch of salt

1. Mix shortening and sugar together in a large bowl. Blend in vanilla, beaten egg and milk.
2. In a medium bowl, combine sifted flour, baking powder and salt.
3. Add ⅓ cup of dry ingredients to creamed mixture. Stir together. Repeat until all dry ingredients have been added.
4. Wrap dough in wax paper, and chill for one hour.
5. On a lightly floured board, roll out dough to desired thickness. Cut cookies into shapes. Bake 6 to 8 minutes in a preheated 375-degree oven.



Melissa Beeler's Instagram (@melissa_beeler_) is a must-follow for fun and sarcasm from this Tulsa mom. She shares the day-to-day of family life with her firefighter husband and three kids. Her more than 86,000 Instagram followers and 295,000 TikTok followers have a glimpse into the fun and — occasional — chaos of her life.

Melissa couldn't decide on one favorite recipe, so she shared two she makes at Christmastime. The gingerbread is her grandmother's recipe.



PHOTOS COURTESY OF MELISSA BEELER

GRANDMA'S GINGERBREAD

- 1 cup sugar
- 1 cup molasses
- 2 eggs
- Large pinch of salt
- 2 teaspoons ground ginger
- 8 tablespoons butter, room temperature
- 2 cups all-purpose flour
- 1 cup boiling water mixed with 2 teaspoons baking soda (ADD LAST)

1. Mix together all ingredients, adding boiling water with baking soda last, after other ingredients have been mixed.
2. Pour into a buttered 8"x 8" or 9"x 9" baking pan. Bake at 350 degrees for 20 minutes. Test with a knife. The knife should pull a moist but not soggy crumb. Double the recipe for large gatherings!



Cheryl Reeder (@reeders_tulsa) is prolific on Instagram and TikTok. Her already long-successful convenience store, Reeder's, at 21st Street and Lewis Avenue, gained popularity across the state and beyond when Cheryl dove into social media, producing funny videos about the family-run store. What started small has become huge, with nearly 50,000 TikTok followers.

A cranberry-strawberry jam is one of Cheryl's family's favorites. They love to give the jars as gifts.



PHOTOS COURTESY OF CHERYL REEDER

HOLIDAY JAM

- 1 (12-ounce) package fresh cranberries
- 2 (10-ounce each) packages frozen strawberries, thawed
- 4 cups sugar
- 1 (3-ounce) package liquid pectin

1. Coarsely chop cranberries; combine with strawberries and sugar in large saucepan.
2. Bring to a boil, cook 1 minute, stirring occasionally. Remove from flame; add pectin.
   Bring back to a rolling boil; boil 1 minute, stirring constantly.
3. Remove from flame and skim off foam. Quickly pour jam into hot, sterilized jars, leaving ¼-inch headspace; wipe jar rims. Cover jars at once with metal lids and screw on bands. Turn upside down until you hear them make a popping sound.



PHOTO COURTESY OF SHANNON SMITH



If you're lucky enough to have attended one of **Shannon Smith's** cooking classes, you know what a gift she is to Tulsa. Shannon is a world traveler and a culinary traveler. She picks up recipes, techniques and the stories of people she meets along the way, sharing them on Instagram and on her website, chef-shannon.com. Shannon also often teaches women across the world how to make an income through cooking. We're happy she shared a favorite holiday recipe with our readers. This one has several steps, but don't let it intimidate. Break it into pieces, taking your time to have a world-class dessert this holiday season.

CHOCOLATE AND DULCE DE LECHE TRIFLE WITH CARAMEL CORN

SERVES 16

Chocolate Cake:

- 1 cup unsalted butter (2 sticks)
- ½ cup unsweetened Dutch-processed cocoa powder
- ¾ cup water
- 2 cups sugar
- 2 large eggs
- 1 cup buttermilk
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon kosher salt

Pudding:

- ¼ cup cornstarch
- 1 cup sugar
- 1 teaspoon kosher salt
- 4 cups whole milk
- 4 egg yolks
- 2 teaspoons vanilla extract (or vanilla paste)
- 2 tablespoons butter

Whipped Cream:

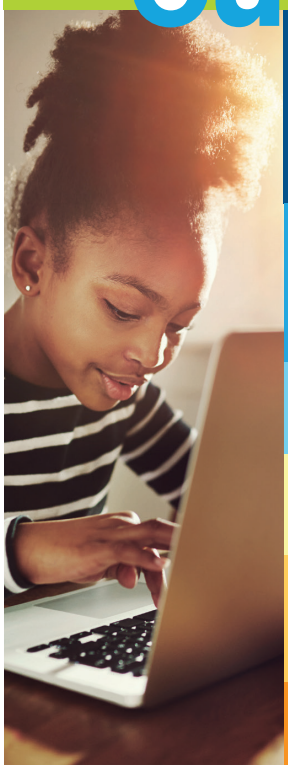
- 2 cups heavy cream
- ⅔ cup powdered sugar
- 1 teaspoon vanilla extract (or vanilla paste)

Additional ingredients needed:

- 1 can of dulce de leche
- 2 SKOR candy bars, crumbled
- 2 cups of caramel corn (or Moose Munch)
- 1 trifle dish

1. **Make cake:** Preheat oven to 350 degrees. In a large saucepan, melt the butter over medium heat. Add the cocoa and stir until smooth. Remove pan from heat and add water and sugar. Whisk until smooth. Add eggs, buttermilk, and vanilla and whisk again until smooth. Add flour, baking soda, and salt and whisk until all dry ingredients are blended. Pour into a buttered 9"X13" pan and bake for 30-35 minutes, until a toothpick inserted in the center of the cake comes out clean. Let cool completely.
2. **Make pudding:** In a large saucepan, combine cornstarch, sugar, salt and milk over medium high heat. Whisk frequently until mixture comes to a simmer. Let simmer for one minute then turn down heat. In a medium-sized bowl, stir the egg yolks. Slowly add small amounts of the pudding to the yolks while whisking, until half the pudding has been added. Then pour the egg yolk mixture back into the pan with the remaining pudding. Turn heat back up and whisk to combine. Let mixture simmer for two minutes, then turn off heat and add vanilla and butter. Whisk to combine. Pour pudding into a sieve over a bowl. Discard any solid bits that collect in the sieve. Place plastic wrap over the pudding, allowing the wrap to touch the entire surface of the pudding to prevent a skin from forming. Refrigerate for at least 4 hours.
3. **Make Whipped Cream:** In a medium bowl, add cold cream and whip with a hand mixer (or standing mixer) until it just starts to thicken. Slowly add the powdered sugar while mixing, and increase mixer speed until cream is thick and forms soft peak when the beaters are lifted. Mix in vanilla at the end. Keep refrigerated until ready to assemble the trifle.
4. **Assemble the Trifle:** Have everything ready to go into the trifle: cake, pudding, whipped cream, dulce de leche, chopped candy bars, and popcorn. Cut or tear the cake into large chunks and cover the bottom of the trifle dish with one third of the cake pieces. Top with dollops of pudding (one third), dollops of whipped cream (one third), one third of the SKOR candy and one third of the dulce de leche. Repeat layers, and end with the last of the dulce de leche. Top the trifle with a mound of the caramel corn. Serve right away or cover with plastic wrap and refrigerate until ready to serve. It is best eaten within 4 hours of assembly. TK

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FEATURE

Positive Parenting

Building Bonds with Love & Kindness

BY NATALIE MIKLES

Harsh parenting styles may contribute to the lack of a bond between parents and children…Parents who cause additional distress to their children are less likely to have a secure attachment.

It's something Whitney Downie has heard many times over the years in the parenting classes she teaches.

"My parents spanked me, and I turned out OK."

Her answer to that: But it was unnecessary. A better approach: Parenting with love and kindness, committing to consistency and parenting with intention.

It's understandable how parents fall into bad parenting ruts. We do what we know, we slide into some of the poor patterns of our own parents, and we take the easy way out.

Sometimes that means yelling, using sarcasm or threatening a spanking.

When you're running late for a dentist appointment and can't get your crying 5-year-old to put on his shoes after an epic meltdown, you may find yourself yelling. And you might regret it later, knowing there was a better way to handle it.

The ideas of positive discipline and parenting with kindness aren't new, but they are becoming increasingly important to a new generation of parents.

Downie, chief program officer at Family and Children's Services, has had many discussions with parents about how to parent with consistency and intention.

"It's really hard to do something different. We say, 'I'm not going to do that with my children,' and then we end up doing what we know. And sometimes what we know is screaming, yelling, spanking. It takes a lot of effort and being intentional to do something different," Downie said.

She says parents need to fill their toolbox with new tools. Those new tools may include taking a parenting class, reading a parenting book or joining a group. It also includes using natural consequences.

It's something Downie — and many other parents — were doing before it had become a parenting buzzword.

Downie remembers when her now grown son was 2 and wouldn't get dressed in the morning. She had to get to work and get him to daycare. So what did she do?

"I stayed out of power struggles," she said. "I decided I can't be managed by a 2-year-old."

She gave her son the natural consequence, buckling him in his car seat without his clothes on. By the time he got to daycare, he was cold and was ready to get dressed.

No yelling. No spanking. Maybe some inner frustration. But he was none the wiser.

This didn't happen just once, but many times. And while it may feel counterintuitive to not raise your voice or tell your child he's bad,

letting the natural consequence work for you is often a way to let children discover for themselves and to deepen the trust they have for you.

Downie knows there are situations when stress is high, particularly in families with a high degree of conflict. But even then, she says, it's important to be consistent and to never hit.

"That's just a big person hurting a little person. This is one of those things I'm black and white about," she said.

Times have changed

As a new generation of parents examine how they were raised and what might be best for their families, the authoritarian style of parenting may not be as strong as in the past.

A recent study from the National Institutes of Health showed that 6 out of 10 U.S. children develop secure attachments to their parents. Harsh parenting styles may contribute to the lack of a bond between parents and children in the other 4 out of 10 kids. Parents who cause additional distress to their children are less likely to have a secure attachment, the study said.

This strong attachment is important for coping with life's challenges, including poverty, family instability and everyday stress.

Downie cites an acknowledgement of past parenting wrongs as one reason for a shift in perspective on how children should be raised.

The more society talks about issues that were once not talked about — child abuse, domestic violence, suicide, mental health — the more open the discussion can be.

"In the last 10 to 15 years, we're talking about the trauma and crisis that's happening in our families and our communities," she said.

Positive discipline

It's important to remember the age of the child being disciplined.

Downie says parents often think kids understand more than they do. For instance, a young child who touches a hot oven isn't doing so out of disobedience, but out of curiosity. So rather than yell at or hit the child who touches the stove, show the child how dangerous it can be and how it could burn, talking about what that might mean.

"Kids are curious about their environment. It's their developmental job," Downie said.

Choosing when to discipline also comes down to picking your battles. Is a clean bedroom important to you? If so, set boundaries about what that means, whether it's making the bed each day or taking cups and trash out of the room each night. If it's something that's not hurting them and you don't care about, let it go.

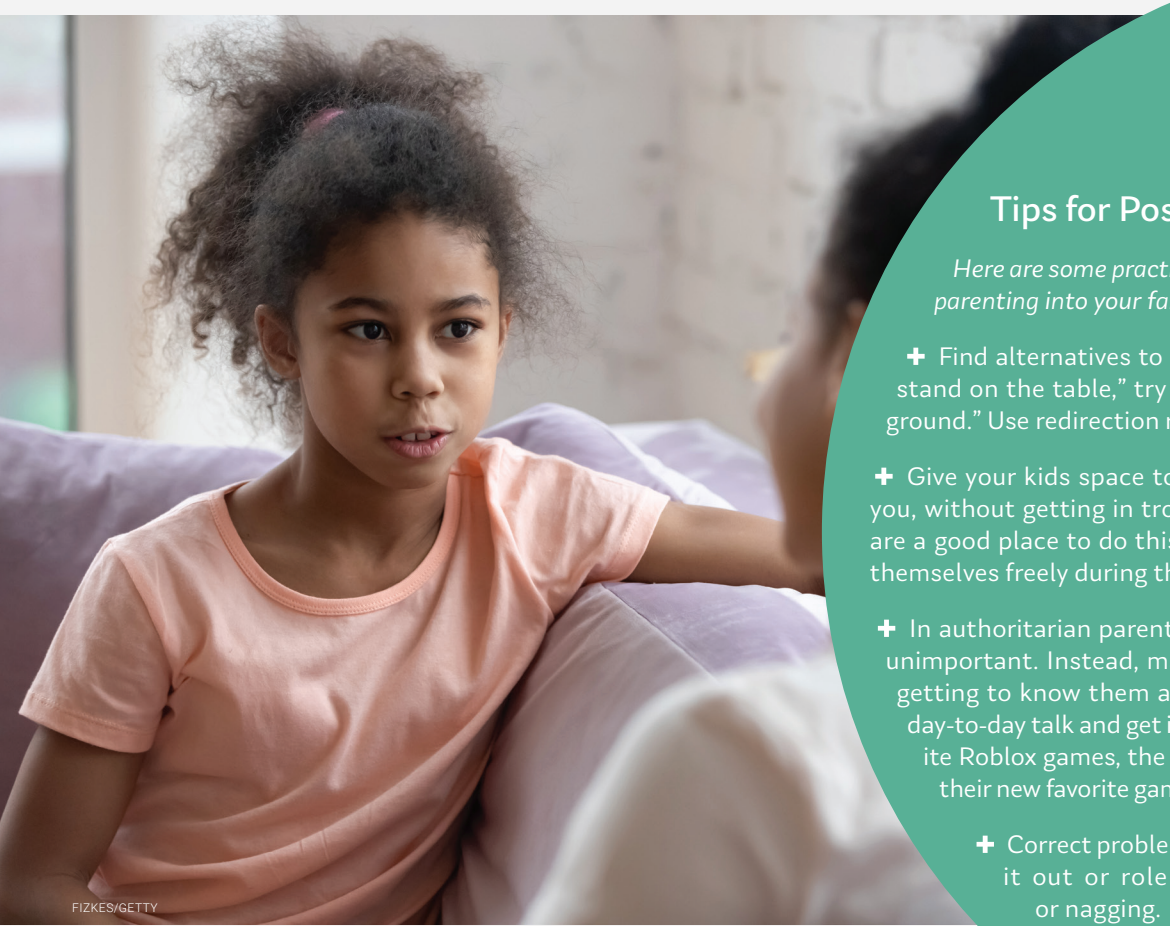
Parents who practiced attachment parenting with their babies and young children may find themselves in a new realm with teens.

It's something discussed on the site Conscious Parenting Revolution, where Katherine Winter-Sellery talks about the importance of maintaining the parent-child bond through love and respect, sensitivity, constant loving-care and positive discipline.

Talking openly with kids and teens — speaking with respect and care rather than cynicism and sarcasm — helps to secure that bond.

No parent is going to get it right 100 percent of the time. But striving toward parenting with love, kindness, positivity and consistency is worth the effort.

"You're not going to be perfect. But you can apologize, and you can get help," Downie said. TK



FIZKES/GETTY

Tips for Positive Parenting

Here are some practical ways to incorporate positive parenting into your family life.

+ Find alternatives to "no." Instead of "No, you can't stand on the table," try "Our feet need to stay on the ground." Use redirection rather than negative language.

+ Give your kids space to talk, and even disagree with you, without getting in trouble. Weekly family meetings are a good place to do this. Kids know they can express themselves freely during that time.

+ In authoritarian parenting, kids are often left feeling unimportant. Instead, make your children feel seen by getting to know them and their interests. Go beyond day-to-day talk and get into the minutiae of their favorite Roblox games, the books series they're reading or their new favorite game in PE or other school activity.

+ Correct problematic behavior through talking it out or role playing rather than yelling or nagging.

GIFTS OF EXPERIENCE

BY BETTY CASEY

Sometimes the best gift is not the trendiest toy of the season, but the gift of time spent together. As you plan what to give this year, consider gifts that you can share with your family all year, gifts that provide on-going learning or a promise of a special evening out. Think about what the children on your list love to do and give accordingly. When you purchase tickets and buy memberships, you are also supporting these attractions year-round. Here are some ideas to get your started.

Wildlife

Do you have a child who loves animals, reptiles, birds or sea creatures? Buy a toy or science kit that matches the interest and give it along with a family membership or a note to provide regular trips to the Tulsa Zoo, Oklahoma Aquarium, Wonders of Wildlife Museum, Dogwood Canyon, Tulsa Botanic Garden or other nature-related attraction.

STEAM

Science, Technology, Engineering, Art and Math activities and locations are abundant. Here are a few creative gifts for creative kids. Memberships to museums such as Philbrook along with art classes or art supplies make a great gift. Introduce your child to FabLab in Tulsa or music lessons at The bART or Saied Music Company, along with an instrument.

If you have a child who loves plays, dancing or singing, why not take kids to a Broadway show like *The Lion King* or performances by the Tulsa Ballet, which has a "Cinderella Afternoon Tea" coming up in February? The PAC Trust's Imagination Series is just for kids. Dinner before the show makes it extra-special. There are so many places downtown these days, from McNellie's burgers to fancier fare at The Tavern. Check out upcoming offerings at Stillwater's new McKnight Center on the OSU campus (hint: they have a Family Series, and *Peter Pan* is coming up in April).



Plus: a Broadway show is the perfect opportunity for one more wear of that holiday outfit.

PHOTOGRAPHY BY ANDREA MURPHY

Athletics

Why not give a new soccer ball and shin guards along with classes or camps at SoccerCity? Or swim lessons or family passes to Miller Swim School? Think about places where kids can stay active. Wheels and Thrills in Owasso, Discovery Lab or the Broken Arrow Ice Rink. To keep the family moving all year, a YMCA membership is ideal.

Fandom

Comic books, movies, books, video games, sports — kids are fans of many things. Just ask them. You can satisfy those interests with any number of experiential gifts. Tickets or season passes to the Tulsa Drillers will delight baseball fans. Include a ball, glove and bat and promise some backyard time with your baseball kid. If you have a film buff in the family or if you just enjoy seeing movies together, consider a Family Membership at the iconic Circle Cinema. This is a new offering that gives something to the whole family while helping support the non-profit Circle Cinema. Video game fans will love visiting Rewind eSports. Promise to play a few games with the kids.

Finances & Giving

Parents, grandparents, aunts, uncles and friends can give the gift that keeps on giving — money. Open a college savings account, a checking account or other savings account for a child. If you're providing savings for an infant, put in a little cash every birthday and holiday to save for college. Teach older children about the concepts of saving for long-term, planning for medium-term wants and desires, having a little cash on hand to spend immediately and holding back some money to give to those less fortunate. Buy a fun piggy bank or a set that teaches the save, spend and give concepts. **TK**

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Why Chores Are Good for Kids

By **Tanni Haas, Ph.D.**





ABRAHAM GONZALEZ FERNANDEZ/GETTY

> "By assigning chores," says Educational Psychologist Patricia Anderson, "you let your child **feel competent, capable and valued.**"

IF YOUR FAMILY makes New Year's resolutions, consider committing your tribe to tackling chores together. Few items are as high on parents' lists than to get the kids to help out around the house. But should parents require their kids to do chores and, if yes, what's the best way to go about it?

The answer to the first part of the question is a resounding "Yes!" Experts agree that having the kids do chores not only enhances their self-esteem and sense of responsibility towards others, but it also strengthens internal family bonds.

"By assigning chores," says Educational Psychologist Patricia Anderson, "you let your child feel competent, capable and valued."

Development Psychologist Richard Rende agrees: "It contributes to family cohesion when there's a feeling of everybody trying to help each other and take care of each other."

Research shows that one of the best predictors of how well kids do later in life is if they did family chores. In a study conducted over a span of 25 years, researchers found that kids who started doing chores at age 3 or 4 had more satisfying relationships with family and friends and were more successful in their careers two decades later than their non-chore-doing peers. Julie Lythcott-Haims, former dean of undergraduate students at Stanford University, sums it up well: "By making kids do chores — taking out the garbage, doing their own laundry — they realize 'I have to do the work of life in order to be part of life. It's not just about me and what I need in this moment, but that I'm part of an ecosystem. I'm part of a family. I'm part of a workplace.'"

If doing chores is so vital to kids' personal and professional development, the question is how should you go about making them do it?

Experts agree that it's better to create a chore system than to assign chores on an as-needed basis. Jim Fay, author of the best-selling book *Parenting with Love and Logic*, says that you should "create a list of every job it takes to keep a family going." Clinical Psychologist Tom Brunner agrees that this list should include everything that needs to be done, "from garbage to yard duties to getting the mail." Dr. Brunner says that one of the main advantages of having a list is that you won't need to remind your kids what to do. It teaches them accountability that they have "to go to the chore list and get things done on their own."

Once you've created a chore list, call a family meeting to decide who does what. When assigning chores, make sure that they're distributed fairly and that your kids have a say. Dr. Nicholas Long, founder of the Center for Effective Parenting, says that the chores assigned to your kids should benefit the family as a whole rather than their simply their own well-being. This will help your kids understand that doing chores is about supporting the greater good, not just themselves. For example, it's better to have them dust the living room or the den than their own bedrooms.

Explain to your kids precisely how they're supposed to do their chores. It might sound unnecessary, but kids need to be told, as Dr. Anderson says, "what it takes to do it and how to tell it's done." Here, most parents are lacking. According to Dr. Long, "parents don't spend enough time on being specific about what exactly the chore entails and even demonstrating how to do it and how to do it properly." TK

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York — Brooklyn College.

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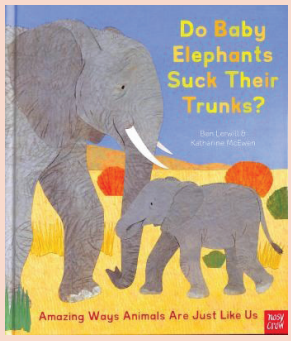
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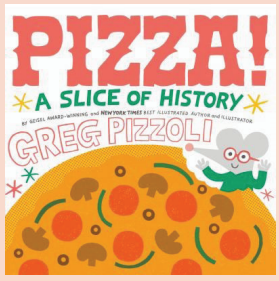
Your Favorite Librarians Loved These Books in 2022



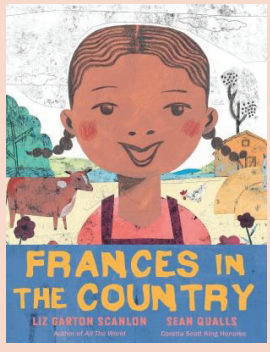
By **Laura Raphael, MA, MLIS**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY









AS WE WALK gently away from 2022 into 2023, it's time for your favorite children's librarians to reflect on the books they loved this year. Here are the year's top choices from Tulsa City-County Library Youth Librarians Joy Carr, Melody Palmer, Sarah Davis and Julia Cantrell.

JOY CARR, youth librarian at the Schusterman-Benson Library, recommends these 2022 reads:

Viking in Love by Doug Cenko — The kitten-loving Stig is as tough as any other Viking guy; he just happens to hate the sea. Unfortunately, the girl he loves is sea-crazy. Can Stig overcome his fears to woo the Viking Ingrid? Grownups will enjoy this hilarious picture book as much as the kids! [Picture book]

Punk Rock Poodle by Laura Dockrill — One little poodle stomps, and stamps and cries, "Oi, Oi, Oi!" The punk rock attitude lasts just until naptime, when the poodle kindly wants a cuddle. Filled with British slang and rhythmic text that makes it read like an actual punk song. (We won't fault you for getting out your old "London Calling" albums after reading this.) [Picture book]

Beatrice Likes the Dark by April Genevieve Tucholke — Not everyone loves sunshine and rainbows — some prefer nighttime picnics and a sky full of stars. With absolutely magical illustrations, this book shows kids that it's okay to be unique. [Picture book]



Joy Carr in a Halloween social media post, showing why kids love her. (Taters, anyone?)



Cosplay, anyone? **Melody Palmer** dresses up in a variety of costumes to connect kids to books.

MELODY PALMER, youth librarian at the South Broken Arrow Library, says these books knocked her socks off in 2022:

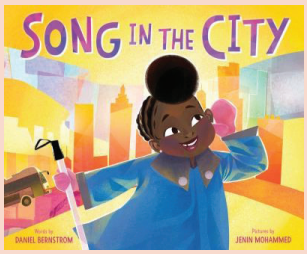
Creepy Crayon by Aaron Reynolds — This scary-not-scary book, when read just right, can keep a group of squiggly 4-year-olds captivated. [Picture book]

Song in the City by Daniel Bernstrom — This beautifully captures how a young blind girl experiences the world through sound. [Picture book]

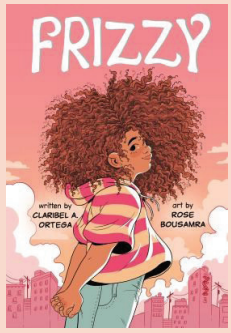
Do Baby Elephants Suck Their Trunks? by Bill Lerwill — How are baby elephants and baby humans the same? How are they different? This delightful book explores baby animals and what makes them unique. [Juvenile nonfiction]

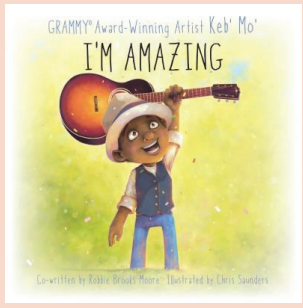
How to Say Hello to a Worm: A First Guide to Outside by Kari Percival — Well, how DO you say hello to a worm? Very gently. This is a very simple guide to not only outside, but growing your own food, which is fascinating to watch, no matter how old you are! [Juvenile nonfiction]

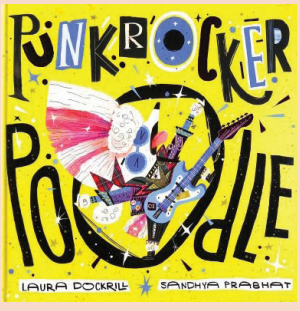


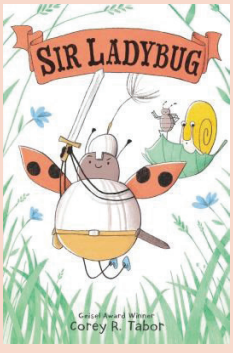




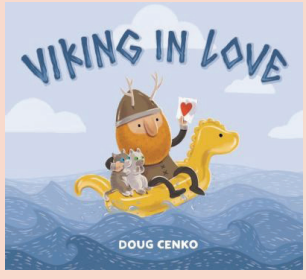


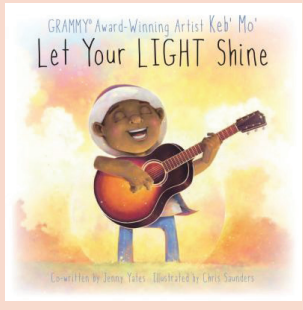












SARAH DAVIS, youth librarian at the Herman and Kate Kaiser Library, fell in love with these 2022 charmers:

Frances in the Country written by Liz Garton Scanlon and illustrated by Sean Qualls — Cows! And quiet. Frances escapes the city to visit her cousins and discovers adventure and fun. Charming illustrations by perennial favorite Sean Qualls. [Picture book]

The Tide Pool Waits written by Candace Fleming and illustrated by Amy Hevron — A lyrical look at one of nature's great beauties: the Pacific Ocean and the tide pools that develop there. Like the tide itself, this book ebbs and flows and is a perfect bedtime story to lull your child to sleep while teaching them about the ocean and its many mysteries. [Juvenile nonfiction]

Frizzy by Claribel Ortega — Even if you're not of the "curly-haired" cohort, this lively story of a girl growing to love her hair – and make it look amazing – will have you cheering. Growing up is hard; doing your hair shouldn't be! [Graphic novel for children]



Sarah Davis gets "framed" at a Children's Day Book Party earlier this year.



Julia Cantrell shows off her storytime in action. Open, shut them!

JULIA CANTRELL, youth librarian at the Peggy Helmerich Library, says get ready to rock and read with these eclectic picks from 2022:

I'm Amazing and ***Let Your Light Shine*** by Keb' Mo', cowritten by Robbie Brooks Moore and Jenny Yates, respectively; illustrated by Chris Saunders — I grew up listening to Keb' Mo' and was thrilled to see this artist being introduced to a new generation. The books have simple and sweet messages that accompany stunning, vibrant, cheery illustrations. Sweet, joyful and beautiful. [Board books]

Pizza: A Slice of History by Greg Pizzoli — Who doesn't love PIZZA? Learn about the history of your favorite food and enjoy the distinctive illustrative style of Pizzoli. Side effects include wanting to order pizza and reading more Greg Pizzoli books! [Juvenile nonfiction]

Isla to Island by Alexis Castellanos — A beautiful wordless story about feeling displaced and finding happiness in the beauty around you. [Graphic novel for children]

Sir Ladybug by Corey R. Tabor — A solid, new graphic novel series with fun adventure, humor and a little bit of philosophy. It also has one of the best ending lines I've read all year: "There's always cake when you know how to bake!" [Graphic novel for children] TK



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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)
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- Small household items and toiletries
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Donation Deadline

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

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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.

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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
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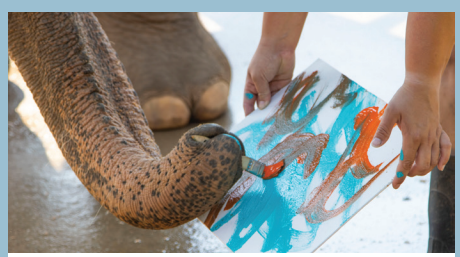
THE TRISTESSE GRIEF CENTER

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.

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SEASON OF GIVING



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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 FIND MORE WAYS TO GIVE?

Visit **tulsakids.com/tulsa-area-holiday-gifts-and-donations-listing**

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



BUNDY LAW OFFICE



Aaron Bundy

Trial Lawyer

What is "shared parenting"?

Shared parenting generally refers to equal, or substantially equal, time with minor children. Unfortunately, both the written law and professionals in the legal community sometimes use words and phrases with distinct meanings interchangeably. For example, although "custody" is understood to mean decision-making authority, "physical custody" refers to the time a parent has a minor child in his or her care.

Oklahoma law includes a policy for shared parenting. The shared parenting statute, Okla. Stat. tit. 43 § 110.1, uses different phrases to describe shared parenting, including "substantially equal access" and "frequent and continuing contact." Broadly, courts may award shared parenting to both parents in the event of divorce unless the court determines that shared parenting would be detrimental to the child.

The statute also blurs the line between custody, or decision-making authority, and parenting time. It provides that a factor for a court to consider when deciding if shared parenting is appropriate is the ability of the parents to cooperate on issues related to their minor children. That is also a factor for determining whether parents should share joint legal custody or if one parent should have sole custody, neither of which is the same thing as parenting time.

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

BUNDY LAW OFFICE

LICE CLINICS OF AMERICA – MIDSOUTH



Wade Huntsman

Owner

What time of year are you most likely to get head lice?

Head lice is always present in the community. The CDC says 5% of the population has head lice at any given time, usually concentrated in girls between the ages of 4 and 14. In a school of 500 children, it is realistic to assume there are 30-35 children who are lice positive.

Lice are most often treated in the summer months. It is difficult to say if lice are more prevalent at this time of year, or if families are spending more quality time together and lice is more likely noticed.

My recommendation would be to set a monthly reminder to really look over your child's hair. This includes teenagers who typically maintain their own hair. If you want to perform a more thorough check, pick up a professional lice comb at Lice Clinics of America or book a head check with one of our certified technicians.

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

Lice Clinics OF AMERICA®

MILLER SWIM SCHOOL



Sarah Clavin

Why swimming lessons are an ideal winter activity:

Swimming lessons are very important for the safety of every child. You may not have a pool to worry about at your home, but your child will end up in a pool, lake or the ocean at some point, and you'll need to know they'll be safe when that happens.

Winter is the perfect time to make sure your child is prepared! It's also a great time to capitalize some of the many other benefits swimming provides, such as;

1. Improved cardiovascular health
2. Strengthened lung capacity
3. Improved sleep
4. Improved safety in water

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

Miller swim school

HTR PEDIATRIC THERAPY



Kelli Anderson, DPT, PCS

I've noticed my baby prefers to look to the same side all the time. What should I do?

It is not uncommon for babies, especially newborns, to find an easy, comfortable position. However, once they find that position, it can be hard for them to move out of it. Start by encouraging your baby to look to the opposite side, either by getting on that side to talk to them or placing interesting objects on the side you want them to look toward. You may need to help your baby turn to that side by placing your hand on the forehead and gently encouraging them to look to the opposite side.

You should talk with your child's pediatrician about their preference to look to one side. If your pediatrician finds restrictions, they may diagnose your baby with torticollis, a condition where your baby's head is turned to one side, and they have difficulty turning it the opposite direction. It is often accompanied by a tilt.

Your pediatrician may refer your baby for physical therapy, as this is highly recommended for babies with torticollis. Treatment consists of strengthening, stretching and active movement as well as a detailed home program tailored to your child's needs.

6846 S Canton Ave Suite 120,
Tulsa, OK 74136
918.806.0106
HTRPediatrics.com

HTR PEDIATRIC THERAPY

DECEMBER 2022

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



OPEN SWIM
WEEKLY
Details p. **42**

Miller Swim School is now hosting weekly Open Swim events at their Owasso location!

PHOTO COURTESY MILLER SWIM SCHOOL



DOG PLAY WEDNESDAYS
WEEKLY
Details p. **45**

Bring your four-legged friends to **Gathering Place** for Dog Play Wednesdays!

PHOTO COURTESY OF GATHERING PLACE.



STORYTIME AT TULSA ZOO
WEEKLY
Details p. **43**

What a milestone! Celebrate Booper the Asian elephant's 50th birthday all month long at **Tulsa Zoo**!

PHOTO COURTESY TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO



Explore your world through **Gathering Place's Exploration Stations** on Wednesdays, 1-3pm.

PHOTO COURTESY OF GATHERING PLACE.

December 1 Thursday

ANIMAL CROSSING WINTER EXTRAVAGANZA F

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

Bring your Animal Crossing: New Horizons game to the library and enjoy a winter island getaway adventure! There will be a scavenger hunt and in-game prizes for everyone.

PEGGY V. HELMERICH DISTINGUISHED AUTHOR AWARD FEATURING ANN PATCHETT F

For high schoolers and adults, 5:30-6:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

American novelist and author Ann Patchett will give a free public address and sign books. Due to illness, Elizabeth Strout is unable to accept the 2022 Helmerich Award, and Patchett has graciously agreed to step in as the featured speaker.

TEENTREPRENEUR: BUSINESS CLASS FOR TEENS F

For high schoolers, 5:30-6:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn from teen entrepreneurs and get all the info you need to become a successful teentrepreneur! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

December 2 Friday

THE ENCHANTED BOOKSHOP

All ages, 7:30 p.m., Spotlight Theatre, 1381 S. Riverside Dr., tulsaspotlighttheater.com

Spotlight Children's Theatre presents *The Enchanted Bookshop,* a fun show that is similar to *Night at the Museum,* with a bookstore setting. Each child who attends will receive a free book! Additional showtimes through Dec. 11.

December 3 Saturday

SATURDAY TINY TOTS

Ages 0-6, 9-11 a.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Skate, play, ride and jump at this *Monsters, Inc.*-themed Tiny Tots event. Repeats Dec. 10 (Star Wars theme) and Dec. 17 (Olaf & Grinch theme).

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.

JANE AUSTEN HOUSE VIRTUAL TOUR F

For high schoolers and adults, 12-1:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Celebrate Jane Austen's birthday with fun crafts and a live virtual tour of Chawton Cottage in England. Tea will be served — bring your own teacup!

FAMILY PAINTING: PENGUIN ORNAMENTS F

All ages, 2-3 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, tulsalibrary.org

Paint your own penguin ornament at this fun and crafty holiday event!

December 4 Sunday

SENSORY SKATE SUNDAY

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

On the first Sunday of each month, Wheels and Thrills will suspend its arcade and laser tag, and there will be no flashing lights or loud music.

OPEN SWIM W

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

Keep your swim skills sharp over the winter at Miller Swim School's weekend Open Swim sessions! Also occurs Saturdays from 4-6 p.m.

TULSA YOUTH SYMPHONY FALL CONCERT

All ages, 3-5 p.m., Union High School PAC, 6636 S. Mingo Rd., Tulsa, tulsayouthsymphony.org

The three orchestras of the Tulsa Youth Symphony will present their Fall Concert, featuring music by Gustav Holst, Antonio Vivaldi and John Williams.

December 5 Monday

MONDAY MORNING PROGRAMMING W

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

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

DIY BATH BOMB F

For middle and high schoolers, 5:30-7 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Make and decorate a bath bomb to give as a gift or keep for yourself! Repeats Dec. 12.

December 6 Tuesday

SENSORY AWARENESS NIGHT

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

With low lights and quiet music, you and your family can explore the Oklahoma Aquarium without the usual crowd.

BUILD A READER STORYTIME: FAMILY — WINTER HOLIDAYS! F

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

Celebrate winter holidays from around the world at this storytime. Repeats Dec. 13.

PASSPORT TO THE UNIVERSE

Ages 4+, 6:30-7:30 p.m., Jenks Planetarium, 105 E. B St., Jenks, jenkscommunityed.com

Tom Hanks narrates an exciting trip through the universe like you've never seen before.

SOCIAL MEDIA FOR PARENTS OF TEENS — WHAT ARE YOUR KIDS DOING ONLINE? F

For adults, 7-8:30 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Take a look at the most popular social media apps, how teens use them and how to use them safely.

December 7 Wednesday

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.

TODDLER MOVIE DRIVE-IN F

For toddlers and preschoolers, 10:30 a.m.-12 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Decorate your own cardboard car and watch a movie!

December 8 Thursday

STORYTIME WITH TULSA ZOO

Ages 0-10, 10-10:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Representatives from Tulsa Zoo — both human and animal! — will visit Philbrook's weekly storytime.

HOMESCHOOL SKATE: UGLY SWEATER CONTEST!

All ages, 1-3 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Wear your ugliest holiday sweater to Wheels and Thrills' Homeschool Skate event for a chance to win!

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 to make a seasonal, educational craft! All supplies provided.

December 9 Friday

HOBBY CLUB F

For middle and high schoolers, 3-6 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Relax after a week of school with crafts, games and more. Repeats Dec. 2.

December 10 Saturday

A MERRY BOOK SALE — FRIENDS OF THE RUDISILL REGIONAL LIBRARY FUNDRAISER F

All ages, 10 a.m.-4 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Join the Friends of the Rudisill Regional Library for an all-ages book sale fundraiser!

OPEN SWIM W

All ages, 12:45-2:45 p.m., Miller Swim School Owasso, 10001 N. 127th E. Ave., Owasso, millerswimschool.com

Practice your swim skills and have fun in the water at Miller Swim School's weekly Open Swim events.

WINTER WONDERLAND WORKSHOP F

All ages, 6-9 p.m., Gathering Place, 2650 S. John Williams Way, tinythingsbybowen.com

Join Sarah Bowen of Tiny Things by Bowen to make your own polymer clay ornament in the Williams Lodge Solarium at Gathering Place!

December 11 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.

POLYMER CLAY WORKSHOP

All ages, 2-5 p.m., Tulsa Athletic Club, 2439 E. 11th St., tinythingsbybowen.com

Kiddos are invited to make gifts for their adults at this open-ended, drop-in workshop hosted by Tiny Things by Bowen.



Get creative and make holiday gifts at **Tiny Things by Bowen's** drop-in workshop on Dec. 10.

PHOTO COURTESY TINY THINGS BY BOWEN

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

December 12 Monday

SCRAPBOOK SOCIAL (F)

For high schoolers and adults, 2-4 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Join an amazing group of people for crafting of any kind, not just scrapbooking! Bring your own project.

December 13 Tuesday

THE SKY WE DON'T SEE

Ages 6+, 6:30-7:30 p.m., Jenks Planetarium, 105 E. B St., Jenks, jenkscommunityed.com

Learn about the beautiful sky and constellations of the Southern Hemisphere.

BE KIND TO YOUR MIND: STAYING HEALTHY DURING THE HOLIDAYS (F)

For adults, 7-8 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Licensed clinical social worker Andrew Duffy will provide encouraging tips on how to get through the holiday season as healthfully as possible.

December 14 Wednesday

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.

BOOKS AND BAKING: THIRD-FIFTH GRADE KIDS BOOK CLUB (F)

For 3rd-5th graders, 3:15-4:30 p.m., Pratt Library, 3219 S. 113th Ave. W., Sand Springs, tulsalibrary.org

Read *Space Battle Lunchtime, Volume 1* by Natalie Riess, and then join to make microwave fudge and discuss the book.

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.

December 15 Thursday

HOLIDAY ACTIVITY (F)

All ages, 3-4:30 p.m., Kendall-Whittier Library, 21 S. Lewis Ave., tulsalibrary.org

Do a fun activity to help spread holiday cheer!

TEEN ADVISORY BOARD (F)

For middle and high schoolers, 4-5 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Have fun, eat snacks, earn community service hours and work together to make the library a better place for teens!

December 16 Friday

GAME NIGHT AT NATHAN HALE LIBRARY — BOARD GAMES AND VIDEO GAMES! (F)

Ages 8+, 4-6 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Kick off your winter break by relaxing and enjoying fun games, from classic board games to games on a Nintendo Switch!

December 17 Saturday

STEAM SATURDAY: CANDY CANE CODING! (F)

For elementary schoolers, 11:30 a.m.-12:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn the basics of computer programming in a fun and festive craft! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

JACK AND THE BEANSTALK AUDITIONS (F)

Ages 8-14, 2 p.m., Clark Youth Theatre, 4825 S. Quaker Ave., clarkyouththeatre.com

Audition for Clark Youth Theatre's production of *Jack and the Beanstalk*. Must be prepared to sing 16-32 bars of a song and learn a brief dance combination.

December 18 Sunday

FAMILY FUN DAY (W)

All ages, 12:30-6 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Spend the evening with the family at Wheels and Thrills! An Unlimited Pass gets you skating, rental, unlimited laser tag and playzone access for just $18.25.

December 19 Monday

MONDAY TINY TOTS

Ages 0-6, 6-8 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

It's Mario Night at Monday Tiny Tots! Kids ages 0-6 can skate, play, ride and jump. Bring your socks!



Support young musicians while enjoying an afternoon of classical music at **Tulsa Youth Symphony's Fall Concert** on Dec. 4.

PHOTO BY OSCAR HO



Guests who need a quieter space to play are invited to **Discovery Lab's Sensory Friendly Family Time** Dec. 11.

PHOTO COURTESY DISCOVERY LAB

December 20 Tuesday

WINTER FAMILY FILM (F)

All ages, 5-6:30 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

The whole family can enjoy this night of fun with a beloved holiday classic!

GREENWOOD COMMUNITY FOOD AND RESOURCE FESTIVAL (F)

All ages, 5:30-7:30 p.m., Greenwood Cultural Center, 322 N. Greenwood Ave., foodonthemoveok.com

Get fresh produce on a pay-as-you-can model, while enjoying music, food trucks and other activities.

December 21 Wednesday

EXPLORATION STATION (F) (W)

All ages, 1-3 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Explore, learn and play at Gathering Place's Exploration Stations, located throughout the park.

WINTER BREAK BOREDOM BUSTER (F)

All ages, 2-4 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

The whole family is welcome to this come-and-go afternoon of crafting.

December 22 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 0-6 are invited to Wheels and Thrills each Thursday morning to skate, play, ride and jump!

December 23 Friday

Find more family fun at **tulsakids.com/calendar**!

December 24 Saturday

BIG BUILD SATURDAY

All ages, 10 a.m.-2 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Bring your imagination and build with a variety of materials in the Philbrook Gardens. Also occurs Dec. 17.

December 25 Sunday

MERRY CHRISTMAS FROM TULSAKIDS!

December 26 Monday

TEEN TIME! (F) (W)

For middle and high schoolers, 3-5 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Hang out in Nathan Hale Library's meeting room! There will be a Nintendo Switch, LEGO and other activities.

December 27 Tuesday

KARAOKE TIME (F)

For middle and high schoolers, 2-4 p.m., Rudisill Regional Library, tulsalibrary.org

There will be a karaoke machine, microphones, snacks and door prizes!

December 28 Wednesday

FULL STEAM AHEAD: RUBE GOLDBERG MACHINE BUILDING (F)

Ages 11-18, 4-5 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Challenge your innovative thinking by working as a team to build a Rube Goldberg machine. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

DOG PLAY WEDNESDAY (F) (W)

All ages, Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Bring your furry friend to Gathering Place to explore the park all day every Wednesday.

December 29 Thursday

PUZZLEMANIA: A PUZZLE COMPETITION (F)

For adults, 6:30-7:45 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Test your puzzle prowess! Teams of up to six will compete to assemble an identical puzzle in the least amount of time. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

December 30 Friday

WILL ROGERS MOVIE NIGHT (F)

All ages, 6-9 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Make crafts and socialize from 6-7 p.m. before watching *Meet Me in St. Louis.* Free admission and popcorn.

December 31 Saturday

HAPPY NEW YEAR!

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

BOTANIC GARDEN of LIGHTS

Presented by

BANK OF OKLAHOMA



Nightly, Dec. 1-4 and Dec. 8-30 (closed Dec. 15, 23 & 24)
Botanical St Nick · Kid's Train Rides · Thursday Crafts · Snowball Maze and more!
Meet The Snow Princess and Friends, Dec. 27-29

Thanks to our 2022 Supporting Sponsors: D&L Oil Tools, Reed Jules Oppenheimer Foundation

Advance, timed-entry tickets: TulsaBotanic.org | Tulsa Botanic Garden | 3900 Tulsa Botanic Dr. | 918-289-0330

VISIT TULSAWINTERFEST.COM TO SEE FULL DETAILS AND SCHEDULE.



ARVEST · CommunityCare · Public Service Company of Oklahoma · Power Forward · River Spirit Casino Resort · Ascension St. John · COX

OILERS · messages · Lexus of Tulsa · CMG · FOX23

16 Days of Christmas GIVEAWAYS!

It's our biggest holiday giveaway ever! Enter to win more than **$1,500 worth of prizes from Dec. 1-16.** Each giveaway is open for one day only, so check in frequently so you don't miss out!

Or, sign up for our emails at **tulsakids.com/newsletter** to get direct giveaway links delivered right to your inbox!

DEC. 1
4 First-Class Tickets to The Polar Express Train Ride in OKC

Oklahoma City THE POLAR EXPRESS Train Ride

DEC. 2
4 Skating + Hot Chocolate Vouchers to Arvest Winterfest

ARVEST Winterfest

DEC. 3
Family 4-Pack to Tulsa Ballet's The Nutcracker

tulsa ballet

DEC. 4
Camp Registration Certificate from SoccerCity Tulsa

SOCCERCITY TULSA

DEC. 5
Semester of Dance Class + Dance Attire from Tippi Toes Tulsa

Tippi Toes

DEC. 6
$200 Gift Pack from Gearhead Outfitters

GEARHEAD OUTFITTERS

DEC. 7
$100 Gift Card to Lolly Garden

the lolly garden

DEC. 8
$100 Gift Card to Purple Glaze

Purple Glaze Studio

DEC. 9
4-Pack to Disney on Ice at BOK Center

Disney ON ICE

DEC. 10
$100 Gift Card to The Melting Pot – Tulsa

Melting Pot

DEC. 11
3-Month Family Membership to YMCA

the YMCA

DEC. 12
4 Power Play Passes from Wheels and Thrills

Wheels and Thrills

DEC. 13
Holiday Gift Basket from Whataburger

WHATABURGER

DEC. 14
4-Pack to *Bluey*, courtesy of Celebrity Attractions

Celebrity Attractions

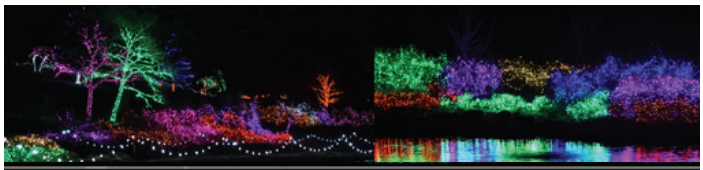
DEC. 15
Year-long Membership to Airtopia Adventure Park

AIRTOPIA ADVENTURE PARK

DEC. 16
Family 4-Pack + Gift Shop Merch from Tulsa Zoo

TULSA ZOO

tulsakids



IT'S THE MOST BEAUTIFUL TIME OF THE YEAR
GARDEN OF LIGHTS
HONOR HEIGHTS PARK - MUSKOGEE
THANKSGIVING DAY - NEW YEAR'S DAY
GATES OPEN DAILY @ 5:30PM

CHRISTMAS
AT DEPOT GREEN



SCHEDULE OF EVENTS

Dec. 1st - Lights On Ceremony | 5:30pm
Dec. 3rd - Christmas Pop-Up Market | 5:30pm
Dec. 11th - Reindeer Round Up | 4:30pm
Dec. 17th - Christmas Pop-Up Market | 5:30pm

CHRISTMAS TRAIN RUNS EVERY THURSDAY, FRIDAY, SATURDAY & SUNDAY IN DECEMBER
5:30PM-8:30PM
EXCLUDES 24TH & 25TH

DEPOT GREEN P&R RAILROAD MUSKOGEE, OK
MUSKOGEE PARKS & RECREATION
LOCAL MOTION DEPOT GREEN



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

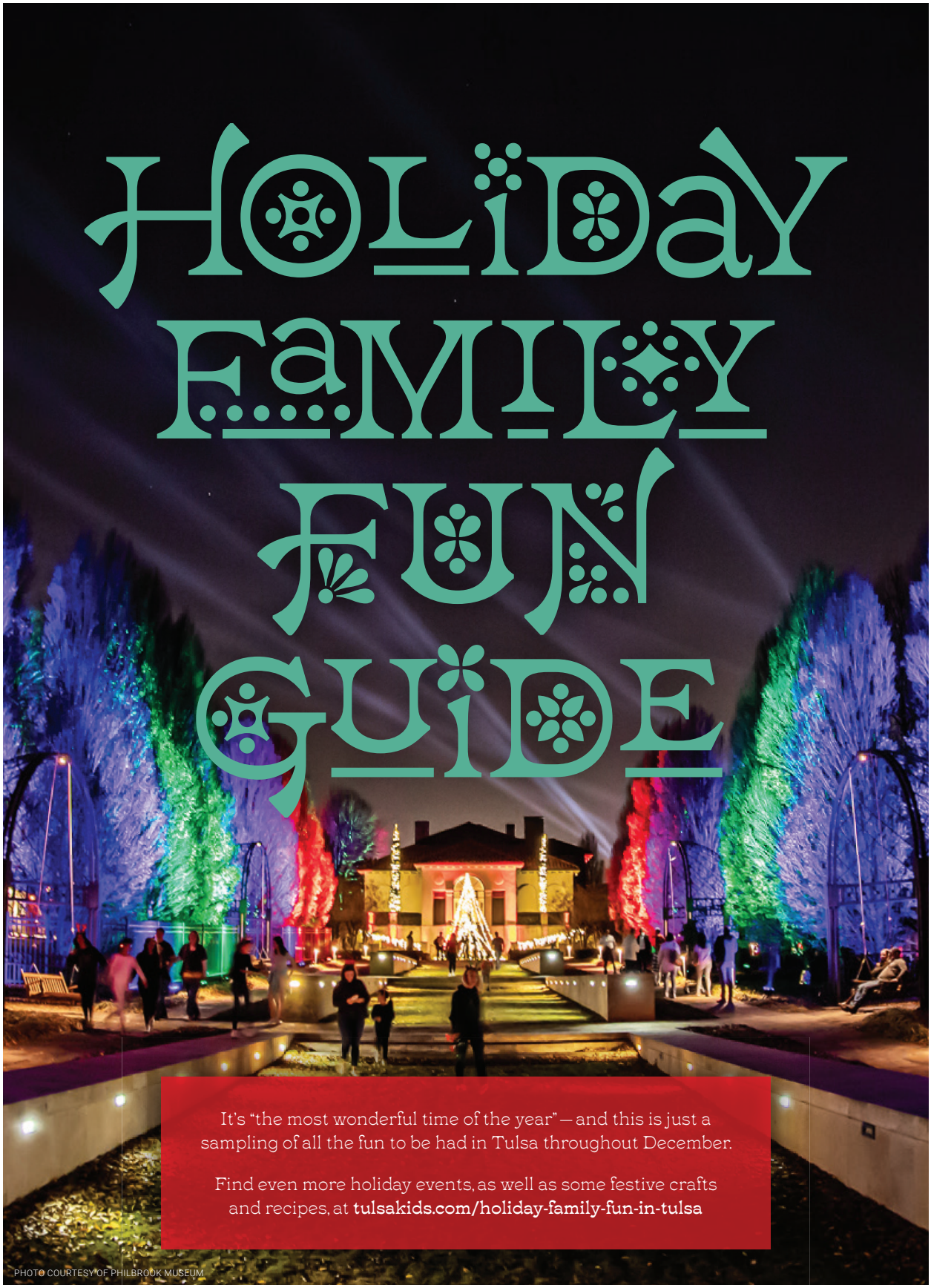


TULSAKIDS Family Favorites 2022

The best Tulsa has to offer is just a click away! Go to **tulsakids.com/family-favorites** for reader-recommended businesses and professionals in 100 categories.

You'll find everything from pediatricians to preschools, parks, party entertainers and more!

HOLIDAY FAMILY FUN GUIDE



It's "the most wonderful time of the year" — and this is just a sampling of all the fun to be had in Tulsa throughout December.

Find even more holiday events, as well as some festive crafts and recipes, at **tulsakids.com/holiday-family-fun-in-tulsa**

PHOTO COURTESY OF PHILBROOK MUSEUM



It's Beginning to Look a Lot Like Christmas:

DAZZLING LIGHT DISPLAYS

PHOTO COURTESY OF GUTHRIE GREEN

BOTANIC GARDEN OF LIGHTS

Thursdays through Sundays through December 4; Nightly December 8-30 (closed December 15, 24-25), 5-9 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Reconnect with family and friends in the garden illuminated with colorful lights. Make s'mores over fire pits, enjoy holiday music and take in the spirit of the season in this magical garden escape. **tulsabotanic.org**

CASTLE CHRISTMAS

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

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

This drive-through event takes you through Castleton Village, transformed with over 2,000 holiday displays and thousands of lights. Drive-through is free; donations are accepted. **okcastle.com**

GARDEN OF LIGHTS

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

Honor Heights Park, 1400 Honor Heights Dr., Muskogee

Tune your radio to the correct channel to fully appreciate the holiday experience at Honor Heights Park. Admission is free on Mondays, or $5 per car on other days. **muskogeeparks.org**

ROUTE 66 CHRISTMAS CHUTE

Daily through January 1

Downtown Sapulpa

Stroll historic Route 66 beneath 800-foot-long canopies loaded with ornaments and other Christmas décor. **route66christmaschute.com**

RHEMA LIGHTS

Nightly through January 1, 5:30-11:30 p.m.

Rhema Bible Church, 1025 W. Kenosha St., Broken Arrow

Admission is free to Rhema's annual, jaw-dropping display of lights! Donations are accepted, and snacks are available for purchase. **rhemalights.org**

WONDERLAND OF LIGHTS

Fridays, Saturdays and Sundays through December 18, 5-9 p.m.

Woolaroc, 1925 Woolaroc Ranch Rd., Bartlesville

Experience the historic Woolaroc Ranch in a unique way as you drive through a brightly lit winter wonderland. **woolaroc.org**

Santa Claus is Comin' to Town:

WHERE TO SEE ST. NICK

UTICA SQUARE

Daily through December 24

21st and Utica Ave.

Visit Santa at his charming cottage in Utica Square! Visit **uticasquare.com** for the schedule.

WOODLAND HILLS MALL

Daily through December 24

7021 S. Memorial Dr.

Santa will be available for pictures through December 24. Reserve your spot at **woodlandhillsmallsanta-photo2022.splashthat.com**



BRISTOW'S CHRISTMAS ON MAIN

December 1, 4-9 p.m.

Bristow City Hall, 110 W. 7th St., Bristow

Experience small town Christmas with a parade, shopping, live nativity scene, carolers, yummy treats, Santa, a Christmas tree lighting, prizes, and more! **cityofbristowok.org**

TULSA ZOO: 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. Experience extra Christmas magic with Santa's live reindeer! Pre-register at **tulsazoo.org/santa**

WILL ROGERS MEMORIAL MUSEUM

Saturday, Dec. 3 and 10, 2022, 11 a.m.-2 p.m.

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

Santa will be at the Will Rogers Memorial Museum! Children are invited to write letters to Santa and have it sent directly to the North Pole! **willrogers.com**

ROSE DISTRICT: SENSITIVE SANTA

December 20, 11 a.m.

Broken Arrow Rose District

Broken Arrow's Rose District and Autism Oklahoma are partnering to host a Santa event exclusively for neurodiverse individuals. **facebook.com/rosedistrict**

ABOVE: PHOTO COURTESY OF PHILBROOK MUSEUM
RIGHT: PHOTO COURTESY OF TULSA BOTANIC GARDEN

Let It Snow:

WINTER FESTIVALS

ARVEST WINTERFEST

Daily through January 8
(See website for schedule)

Outside BOK Center,
200 S. Denver Ave.

The time has come to bundle up and enjoy the magical spirit of the holidays as Tulsa's favorite winter festival returns to downtown Tulsa. **tulsawinterfest.com**

BA ICE RINK

Open through January 2;
Monday-Thursday, 3-9 p.m.
Friday, 3-10 p.m.;
Saturday, 12-10 p.m.;
Sunday, 2-9 p.m.
(See website for holiday hours)

Broken Arrow Rose District

Ice skate in Broken Arrow's Rose District! Make sure you leave time for some district shopping afterwards. **baicerink.com**

PHILBROOK FESTIVAL

November 25-26, December 2-3, 9-10, 15-17, 21-24, 5:30-9:30 p.m.

Philbrook Museum,
2727 S. Rockford Rd.

Enjoy thousands of holiday lights, music, and fun for the whole family at Festival Nights. Philbrook is excited to welcome you and your family back into the Villa for an unforgettable indoor and outdoor holiday experience.
philbrook.org/festival

CHRISTMAS IN THE VILLE

December 2-January 2;
Fridays, 6-9 p.m.; Saturdays-Sundays, 1-9 p.m.; Daily, December 19-January 2, 1-9 p.m.; December 24, 1-5 p.m.
Closed Christmas Day;
December 31-January 1, 1-9 p.m.

Bartlesville

Celebrate Christmas in Bartlesville, with ice skating, carriage rides, movies in the park, Santa, photo ops and more!
bartlesvillechristmas.com

WINTER WONDERLAND

December 9-10, 16-17, 23-25, 6-9 p.m.

Gathering Place, 2600 S. Riverside Dr.

Celebrate the most wonderful time of the year as Gathering Place transforms into Winter Wonderland! From thousands of twinkling lights to dreamy decor to festive fun for the whole family, there are plenty of ways to spread holiday cheer at the park. **gatheringplace.org**





ABOVE: PHOTO COURTESY OF PHILBROOK MUSEUM
RIGHT: PHOTO BY PHIL CLARKIN, COURTESY OF ARVEST WINTERFEST



Here Comes Christmas:

COMMUNITY PARADES

SAND SPRINGS PARADE: "CHRISTMAS AT THE MOVIES"

December 2, 7 p.m.

Sand Springs

facebook.com/sandsprings.ok

ROTARY CLUB OF COWETA PARADE: "CHRISTMAS TOYLAND"

December 3, 6 p.m.

Downtown Coweta

facebook.com/cowetarotary

OWASSO CHRISTMAS PARADE: "SWEET CANDY CHRISTMAS"

December 10, 9-10 a.m.

Smith Farm Marketplace, 9002 N. 121st E. Ave., Owasso

redbudowasso.com

TULSA CHRISTMAS PARADE: "ART DECO THE HALLS"

December 10, 11 a.m.

Downtown Tulsa

tulsachristmasparade.org

CATOOSA WINTERFEST CHRISTMAS PARADE: "CHRISTMAS AT THE MOVIES"

December 10, 2 p.m.

Cherokee Street, Catoosa

catoosachamber.org

SAPULPA CHRISTMAS PARADE OF LIGHTS

December 10, 6 p.m.

Sapulpa

sapulpachamber.com



PHOTOS COURTESY OF TULSA CHRISTMAS PARADE

Underneath the Tree:

HOLIDAY BAZAARS & MARKETS



PHOTO COURTESY THE CENTER FOR INDIVIDUALS WITH PHYSICAL CHALLENGES

TULSA GLASSBLOWING SCHOOL'S WINTER HOLIDAY SALE

November 29-December 3, 9 a.m.-4 p.m.

Tulsa Glassblowing School, 7440 E. 7th St.

Purchase hand-crafted blown glass holiday decor and gifts. Scheduling a shopping appointment in advance is appreciated, but not required. To reserve your shopping time, call 918.582.4527. **tulsaglassblowing.org**

CHRISTKINDLMARKT

December 2, 10 a.m.-7 p.m.; December 3, 10 a.m.-5 p.m.; December 4, 11 a.m.-5 p.m.

GAST Event Center, 2301 E. 15th St.

In addition to German and other merchandise, the German-American Society of Tulsa's popular Christkindlmarkt features a menu of authentic German cuisine, a children's play area, visits from Saint Nikolaus and more. **gastulsa.org/christkindlmarkt**

CAROLS & CRUMPETS

December 3, 8 a.m.-3 p.m.

Tulsa Garden Center, 2435 S. Peoria Ave.

Presenting Tulsa Herb Society Crafts and Culinary items as well as the handcrafted workmanship of over 25 skilled artisan vendors. Snowflake Café will be serving lunch from 11 a.m.-2 p.m. Free admission and free parking! **tulsagardencenter.org**

THE CENTER'S HOLIDAY MART!

December 3, 9 a.m.-1 p.m.

The Center for Individuals with Physical Challenges, 815 S. Utica Ave.

Shop for holiday decorations, jewelry, knitted and crocheted items, mosaics, paintings, stained glass and more, created by The Center members. Masks are required in The Center. **tulsacenter.org**

DARNABY ARTS & CRAFTS SHOW

December 3, 9 a.m.-4 p.m.

Union Multipurpose Activity Center, 6836 S. Mingo Rd.

The 40th Annual Darnaby Arts & Crafts Show is free to attend and features over 100 vendors, selling everything from children's clothing to baked goods, fashion accessories and more. **darnabyartsandcraftsshow.com**

Do You Hear What I Hear?:

HOLIDAY SHOWS & MUSIC





PHOTO COURTESY TULSA BALLET

THE BEST CHRISTMAS PAGEANT EVER

December 1-3, 8-10, 7:30 p.m.; December 4 and 11, 2 p.m.

Clark Youth Theatre, 4825 S. Quaker Ave.

The Herdmans never go to church. So how did they end up with the lead roles in the Christmas play? Don't miss this Clark Youth Theatre tradition, 43 years strong!
clarkyouththeatre.com

ELF IN CONCERT WITH TULSA SYMPHONY

December 2, 7:30 p.m. | Tulsa PAC, 110 E. 2nd St.

Relive this heartwarming holiday classic on a giant screen as every note of John Debney's wonderful score is played live by the Tulsa Symphony. **tulsasymphony.org**

THE NUTCRACKER

December 9-10, 16-17, 22, 7 p.m.;
December 10-11, 17-18, 23, 2 p.m.

Tulsa PAC, 110 E. 2nd St.

The Nutcracker presented by Tulsa Ballet is billed as "Tulsa's favorite holiday tradition!" **tulsaballet.org**

A CHRISTMAS CAROL

December 9-10, 13-17, 9-23, 7:30 p.m.;
December 11 and 18, 2 p.m.

Tulsa PAC, 110 E. 2nd St.

Robert Odle's and Richard Averill's musical adaptation of Charles Dickens' beloved novella about the joy of giving has been a Tulsa tradition for more than 40 years. Presented by American Theatre Company. **tulsapac.com**

CHRISTMAS IN TULSA

December 16-17, 7:30 p.m.

VanTrease PACE, 10300 E. 81st St.

Signature Symphony is joined by the Signature Chorale for an evening of holiday favorites, including a sing-along.
signaturesymphony.org

Oh, Christmas Tree:

CHRISTMAS TREE LOTS & FARMS

CASCIA HALL'S CHRISTMAS TREE LOT

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, full of activities for kids. Santa will visit December 3 from 3-6 p.m.
casciahall.com/walk

OWASSO CHRISTMAS TREE AND BLACKBERRY FARM

Opens November 19; Saturday and Sunday, 9 a.m.-7 p.m.;
Monday through Friday, 1-7 p.m.

11039 N. 129th E. Ave., Owasso

owassotreefarm.com

PLEASANT VALLEY FARMS

Opens November 25 | 22350 W. 71st St., Sand Springs

pleasantvalleyfarmsok.com


PUSHLAMA/GETTY

Kwanzaa

KWANZAA: CELEBRATING CULTURE AND COMMUNITY

December 26, 6-8 p.m.

Rudisill Regional Library, 1520 N. Hartford Ave.

Join the African American Resource Center for a brief explanation of the history and purpose of Kwanzaa alongside cultural expressions by members of the Tulsa community and an exploration of how the seven guiding principles of Kwanzaa can show up in our lives. **tulsalibrary.org**

Hanukkah

WINTERLIGHT CHANUKAH FESTIVAL

December 18, 5:30 p.m.

Congregation B'nai Emunah, 1719 S. Owasso Ave.

Celebrate the first night of Chanukah at Congregation B'nai Emunah's annual Winterlight Chanukah Festival. **tulsagogue.com**

What Are You Doing New Year's Eve?:

NEW YEAR'S EVENTS FOR FAMILIES

NOON YEAR'S EVE PARTY

December 31, 11 a.m.-12:15 p.m.

Herman and Kate Kaiser Library, 5202 S. Hudson Ave.

Celebrate the new year at a reasonable hour, with activities, games, songs and a new year countdown. All ages. **tulsalibrary.org**

TINY TOTS NEW YEAR'S CELEBRATION

December 29, 10 a.m.-1 p.m.

Wheels and Thrills, 10637 N. Garnett Rd., Owasso

Kids ages 6 and under are invited to a New Year's Celebration with special guest Moana, a beach ball drop, door prizes and more! **wheelsandthrills.com**

NOON YEAR'S EVE AT ARVEST WINTERFEST

December 31, 11 a.m.-12:30 p.m.

Outside BOK Center, 200 S. Denver Ave.

Join Arvest Winterfest for a kid-friendly countdown! **tulsawinterfest.com**


TULSAZOO
GIVE THE GIFT OF
Wonder
HOLIDAY MEMBERSHIP SPECIAL
LIMITED TIME ONLY
TULSAZOO.ORG/MEMBERSHIP

ELECTRIC VEHICLES TAKE AN AVERAGE OF 4 HOURS TO FULLY CHARGE.



HOLIDAY GIFT GIVERS AVERAGE 4 HOURS TO WRAP PRESENTS.

Charge Your EV While You Wrap. Sure, there's a lot of hype around electric vehicles (EVs) right now. But there are also a lot of questions about their performance, reliability and how they actually fit into most people's everyday life. At PSO, we want to provide you with answers to your EV questions, so you can make informed decisions. Learn more at: GetToKnowEV.com.

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