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HOLIDAY EVENTS & MORE!

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READING:**

IS CKLA WORKING
FOR TPS STUDENTS?

**WARM WINTER
STYLES
FOR COOL KIDS**

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The Tulsa Zoo presents **Washed Ashore: Art to Save the Sea**. Made entirely of plastic debris collected from beaches, Washed Ashore sculptures unmask the impacts of plastic pollution on oceans, waterways and wildlife. This exhibit is free with regular zoo admission.





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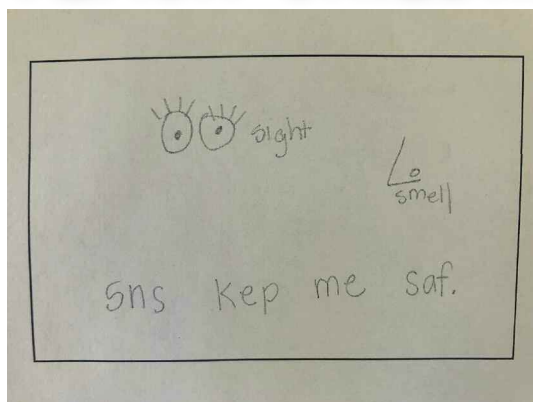
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November 2019

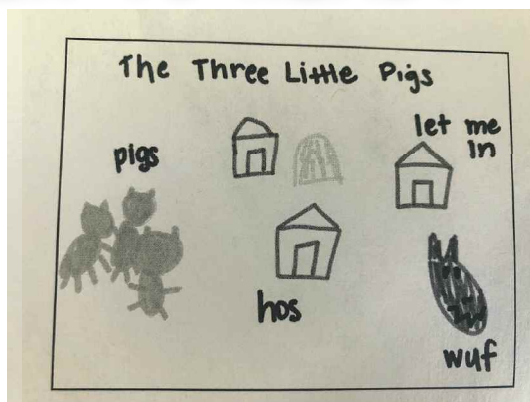
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www.tulsakids.com

IS CKLA THE BEST WAY TO TEACH CHILDREN TO READ?



BY BETTY CASEY



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Reading About Reading

I've been reading a lot about reading lately. With most states, including Oklahoma, using some type of high-stakes testing to measure students' reading ability, I was curious about how Tulsa Public Schools teaches children to read. As I talked with teachers and parents, I found that many do not feel that the elementary school curriculum called Core Knowledge Language Arts (CKLA) is the best way, or even an enjoyable way, to teach reading. While they were open to new and innovative methods, they didn't find CKLA to be a good choice for their students. Read my feature to find out what some TPS teachers think about CKLA.

If you're looking forward to the holiday season, we've got you covered! Not only will you find some delicious Thanksgiving recipes from Natalie Mikles (I have to try the Salted Caramel-Chocolate Pecan Pie), our web and social media editor Tara Rittler has rounded up all the fall events, early holiday happenings and even a way to get a response from Santa to your child's Christmas letter.

And, it's the giving time of year, so we have a story about Make-A-Wish Oklahoma's annual fundraiser at LaFortune Park. Find out how you can help make wishes come true by reading Betsy Penturf's article.

So, I hope you're enjoying a pumpkin latte as you read these pages. Find some time to treat yourselves during the busy weeks ahead, Moms and Dads! And, to keep up, you can always find TulsaKids on your mobile devices, and be sure to sign up for Tara's e-newsletters to get the latest information and contests delivered straight to your inbox.

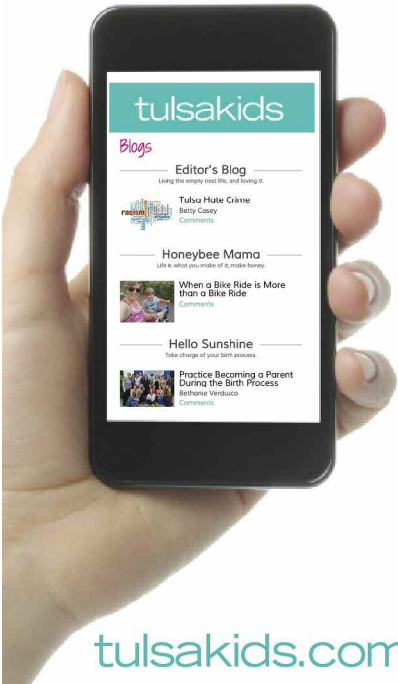
Happy Thanksgiving!



Betty Casey
associate publisher and
editor in chief



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



ON THE COVER: COVER KIDS WINNER EMERSON MCGARRAH WELCOMES FALL IN A BURGUNDY "FUR" VEST AND A GOLDEN SPARKLY TURTLENECK, BOTH BY MAYORAL. CLOTHING PROVIDED BY LOLLY GARDEN CHILDREN'S CLOTHING STORE IN UTICA SQUARE. LESLIE HOYT PHOTOGRAPHY www.lesliehoyt.com

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OKLAHOMA FOUNDATION FOR EXCELLENCE SEEKING NOMINATIONS

The Oklahoma Foundation for Excellence, a nonprofit organization that recognizes and encourages academic excellence in Oklahoma's public schools, is seeking nominations for its 2020 Academic All-State Scholarships and Medal for Excellence Awards.

Scholarships and educator awards totaling \$125,000 will be presented at the foundation's 34th annual Academic Awards Banquet on May 16, 2020, at the Embassy Suites Conference Center in Norman.

Academic Awards nominations are being accepted through an online portal at www.ofe.org in the following categories:

1. Academic All-State, which honors 100 public high school seniors with a \$1,000 merit-based scholarship. Academic All-State nominations must be submitted by 5 p.m. Thursday, Dec. 5.

2. The Oklahoma Medal for Excellence in Elementary/Secondary Teaching, which honors two educators – a public school elementary teacher and a secondary teacher.

3. The Oklahoma Medal for Excellence in Elementary/Secondary Administration, which honors an exceptional public school administrator at the elementary or secondary level.

4. The Oklahoma Medal for Excellence in Teaching at a Regional University or Community College, which honors an innovative teacher at a public regional university or community college.

5. The Oklahoma Medal for Excellence in Teaching at a Research University, honoring an outstanding educator at a public research university.

Oklahoma Medal for Excellence honorees each receive a \$5,000 cash award and a glass Roots and Wings sculpture. Anyone may nominate an educator for a Medal for Excellence Award. All Medal for Excellence nominations must be submitted by 5 p.m. Tuesday, Dec. 3.

For more information, visit the foundation's website at www.ofe.org or call (405) 236-0006.



ACADEMIC ALL-STATE LAIBA AKHTAR OF TULSA UNION HIGH SCHOOL IS RECOGNIZED AT THE OKLAHOMA FOUNDATION FOR EXCELLENCE 2019 ACADEMIC AWARDS BANQUET IN TULSA. THE FOUNDATION IS NOW SEEKING NOMINATIONS FOR 2020 ACADEMIC ALL-STATE SCHOLARSHIPS RECOGNIZING 100 OF THE STATE'S TOP HIGH SCHOOL SENIORS AND MEDAL FOR EXCELLENCE AWARDS HONORING INNOVATIVE EDUCATORS IN OKLAHOMA'S PUBLIC SCHOOLS.

CAROLS AND CRUMPETS

Unique handcrafted gifts, decorations, and delicious food products will again be presented at Carols & Crumpets, the Tulsa Herb Society's annual craft fair. It will be held Saturday December 7, 2019, from 8 a.m. until 3 p.m. at the Tulsa Garden Center, 2435 South Peoria Ave. Admission is free.

Tulsa Herb Society members have been preparing a variety of handcrafted items including Christmas ornaments, garlands and banners, pet toys and treats, wreaths, iris folding cards, dryer balls and scrubbies, and many other gift items perfect for teachers and neighbors and the hard-to-buy-for friend. One special booth will offer fresh greenery for home decorating and another will feature Vintage Treasures. Food and sweet items will also be available. A large red felt Merry Christmas banner will be raffled at the close of the show.

Over 20 other vendors will offer mosaic garden items, hypertufa pots, live wreaths and poinsettias, handmade soaps, bath salts, hand knit clothing, stoneware pottery, spice blends, wood items from nature, fabric art, honey, vintage merchandise and much more.

The Snowflake Café will be open from 11 a.m. – 2 p.m. for lunch. Shoppers can also enjoy hot spiced cider and cookies.

For more information call 918.496.8019 or "like" the Tulsa Herb Society on Facebook.

A portion of the proceeds benefit the Tulsa Garden Center and the Linnaeus Teaching Garden.

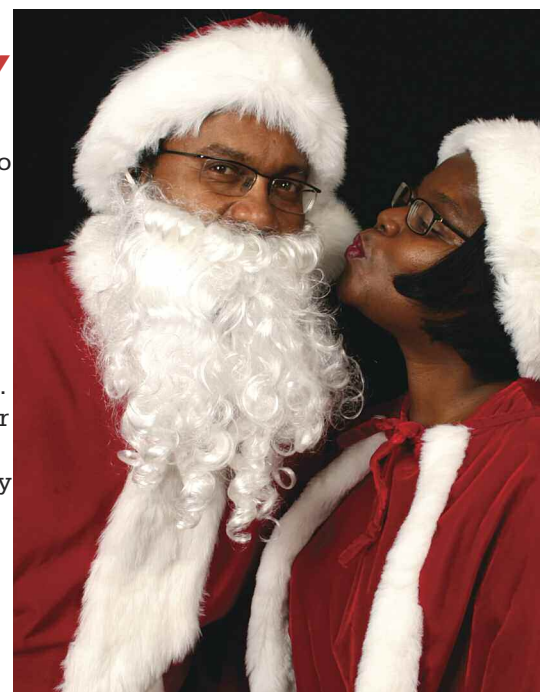
THE SANTA COMMUNITY PROJECT

Children are invited to visit Santa Claus and Mrs.

Claus, receive a complimentary photo and a free book (while supplies last) at the annual Santa Community Project, sponsored by the Mothers Group, Inc. Families may also apply for library cards at the event.

The Santa Community Project is Saturday, Dec. 7, from 9 a.m. to noon at Greenwood Cultural Center, 322 North Greenwood Ave. It is free and open to the public.

If you would like to donate cash to purchase books, please mail to P.O. Box 702915, Tulsa, OK 74170-2915. For more information or to donate new books, go to <http://themothersgroup.org/>



COMMEMORATION TO ADDRESS "KRISTALLNACHT AFTERMATH: NO PLACE FOR US"

The Tulsa Council for Holocaust Education and the Tulsa City-County Library will present "Kristallnacht Aftermath: No Place for Us," featuring The Rev. Dr. Mouzon Biggs Jr., at 2 p.m. on Sunday, Nov. 17 at the Charles Schusterman Jewish Community Center, Sylvan Auditorium, 2021 E. 71st St.

The program commemorates the 81st anniversary of Kristallnacht, the event that is widely considered to be the beginning of the Holocaust. Also known as the "Night of Broken Glass," Kristallnacht refers to the wave of violent anti-Jewish pogroms which took place on Nov. 9 and 10, 1938, throughout Germany, annexed Austria and in areas of the Sudetenland in Czechoslovakia that were occupied by German troops. During Kristallnacht, 1,668 synagogues were ransacked and 267 burned; 7,500 Jewish business storefronts were shattered; roughly 30,000 Jewish men were arrested and deported; and 91 Jewish civilians were killed.

The effect of Kristallnacht on Jews in German-occupied territory was far greater than the sum of damage to buildings and assaults on individual victims. According to the United States Holocaust Memorial Museum in Washington, D.C., "the violence of Kristallnacht served notice to German Jews that Nazi anti-Semitism was not a temporary predicament and would only intensify." Consequently, many Jews attempted to escape from their native land, only to discover there was no place for them.

At the commemoration, Biggs, former pastor of Tulsa's Boston Avenue United Methodist Church, will address the issues facing the Jews who fled after Kristallnacht. A chance encounter with two Jewish professors whose lives were drastically transformed by Kristallnacht not only altered the trajectory of Biggs' life, but also set him on a lifelong journey.

Also at the commemoration, a student exhibit of Kristallnacht Art Contest entries will be on display. The commemoration is free and suitable for adults and youth in sixth grade and above. Contact the Jewish Federation of Tulsa at 918-495-1100 for more details.



REV. DR. MOUZON BIGGS

AMERICAN BIOGRAPHER STACY SCHIFF TO RECEIVE DISTINGUISHED AUTHOR AWARD

Pulitzer Prize-winning biographer and journalist Stacy Schiff is coming to Tulsa Dec. 6 and 7 to receive the 2019 Peggy V. Helmerich Distinguished Author Award.

Schiff is the No. 1 bestselling author of five nonfiction works: *The Witches: Salem, 1692*, *Cleopatra: A Life, A Great Improvisation: Franklin, France, and the Birth of America*, *Véra (Mrs. Vladimir Nabokov): Portrait of a Marriage* and *Saint-Exupéry: A Biography*. She also has written for *The New Yorker*, *The New York Times*, *The Washington Post*, *The New York Review of Books*, *The Los Angeles Times*, among many other publications.

Former Helmerich award-winner David McCullough said about Schiff in Favorite Reads of 2015: "She writes with such spirit and agility that to read her books is something like watching a great dancer."

For her distinguished body of work and major contribution to the field of literature and letters, the Tulsa City-County Library and Tulsa Library Trust will honor Schiff with the 35th annual Peggy V. Helmerich Distinguished Author Award, which consists of a \$40,000 cash prize and engraved crystal book. She will receive the award at a black-tie gala on Friday, Dec. 6 and will give a free public address on Saturday, Dec. 7 at 10:30 a.m. Both events will take place at Central Library, Fifth Street and Denver Avenue. Copies of her works will be for sale at the public presentation.

To complement Schiff's visit to Tulsa, the Friends of the Tulsa City-County Libraries will offer "A Stacy Schiff Sampler" as a part of its Books Sandwiched In series on Monday, Nov. 25 at 12:10 p.m. at Central Library in Aaronson Auditorium. Adrian Alexander, dean of The University of Tulsa's McFarlin Library and chair of the Distinguished Author Award Selection Committee, will review a selection of Schiff's work, highlighting its significance and impact.

For more information about the Peggy V. Helmerich Distinguished Author Award, visit www.tulsalibrary.org/helmerichaward or call 918.549.7323.

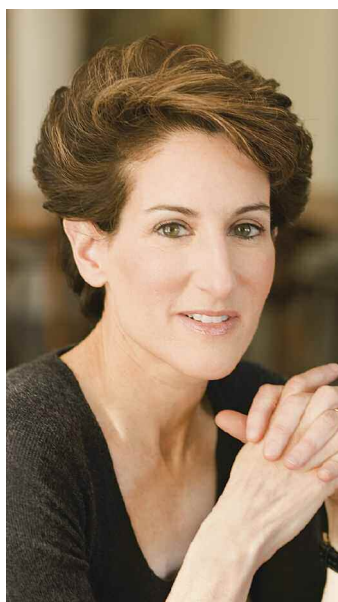


PHOTO: ELENA SEIBERT

TULSAKID THEN AND NOW

We love to have updates on the Tulsa Kids that we have featured in the magazine. Former TulsaKid, Sofia, the young woman pictured here, is a member of the Girl Power Alliance, a group that she created to support and inform girls on a variety of topics, while giving them activities and games to encourage teamwork.

Sofia is now a senior at Jenks High School and is one of the senior editors of the yearbook. She is also a member of the National Honor Society, the mock trial team and DECA.

Something you may not suspect when you meet Jenks Middle School seventh-grader Sofia Lambicum is that she is a brown belt in Taekwondo. In order to attain her brown belt, Sofia had to break a board with her hand and another board with her foot. Sofia enjoys reading and writing and serves on her school's student council. But behind her mild, studious manner is a girl who can spar with the best. Over the summer she represented Team USA in the International Taekwondo Tournament in Orlando, Florida.

TK: Please explain what practicing Taekwondo entails?

Sofia: I work on patterns (series of techniques and movements), sparring or fighting, self defense tactics, basic fitness and flexibility. I have also learned how to be a supportive teammate and a patient teacher.

TK: How long have you been involved in Taekwondo and where and how many days a week do you train?

Sofia: I have been involved in Taekwondo since I was 5 years old. I train at the Wave Master Taekwondo Academy in Tulsa, Oklahoma, three times a week.



SOFIA IN TULSAKIDS MAGAZINE.

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DECOPOLIS PRESENTS!

The *TulsaRama!* GANG!

By: William A. Franklin
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Fun Facts!



One of the places Patty Paws and Daisy Diggs might have gone to get their 5 Cent Fizzies, was the Public Market at 11th and Elgin. Due in part to the Great Depression, the market closed in the mid 1930s and became Club Lido. There you could dance the night away to the music of Jazz Age musicians who played there like Benny Goodman, Duke Ellington and Cab Calloway! The beautiful Art Deco facade and tower still stand. The building has become a beloved icon as you visit Tulsa's downtown on historic Route 66!

Images courtesy: Beryl Ford Collection/Rotary Club of Tulsa, Tulsa City-County Library and Tulsa Historical Society.



Public Market
Lunch Counter 1929



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BY KILEY ROBERSON



tonsil trouble

"Do you notice him grinding his teeth?" our dentist asked at my son's regular, 3-year-old cleaning appointment. He was closely inspecting my son's tiny teeth one at a time, but paused to ask his question with a serious face. "Not really," I said. "But he does wake up a few times a night, maybe he's grinding then?" I questioned back. "He's probably waking up because he can't breathe," he replied bluntly. "His tonsils are huge." That conversation was the first time I had ever heard my 3-year-old had overly large tonsils. Our pediatrician had never mentioned it, and he really didn't get sick that often.

After that teeth cleaning, our dentist recommended that we bring it up during our next doctor visit. So casually at our well-child checkup a month or so later, I mentioned that our dentist had commented on the size of my son's tonsils. Our doctor looked closely and said that they did appear large, but that often kids grow into them and we shouldn't worry especially since he was a pretty healthy kid. Relieved, I thanked him and mentioned that the waking up at night must be a stage.

"Wait, you didn't mention he



A CHILD MAY NEED TO HAVE TONSILS OUT DUE TO PROBLEMS RELATED TO SLEEP.

was having trouble sleeping," the doctor said.

Until these visits, I had only thought tonsillectomies were for sick kids. Kids who got strep throat multiple times per year or had constant sore throats would of course have their tonsils taken out. But after several tests later and a visit to the ears, nose and

throat doctor (ENT), I learned that tonsillectomies can also be used for obstruction cases. In some kids, like my son, tonsils (and adenoids) can grow large enough to block the airway, making it difficult to breathe. This can be especially noticeable when they're lying down, when gravity brings the tonsils down onto the airway.

According to our ENT, this leads to a condition called obstructive sleep apnea (OSA), which can be serious and lead to health and behavioral problems in children.

Snoring during sleep isn't enough to diagnose OSA. "Apnea" means that the person actually stops breathing — according to our ENT, parents should listen for not just snoring but pauses in breathing. For our son, it sounded like a choking noise followed by silence. In our case, it was pretty clear that our son needed to have his tonsils removed. For others that aren't so obvious, our ENT said he often orders a sleep study, called a polysomnogram (PSG). During this study, the child is monitored during sleep to get a better sense of exactly what is happening.

These studies can be very helpful, but even our doctor admitted that they aren't perfect. Not only are they a measure of just one night, which may or may not be typical, but they don't always predict whether or not a child will have the health and behavioral problems we worry about, or whether they will get better after surgery. Also, PSGs are expensive and not always widely available.

While tonsillectomies are pretty routine, they are certainly

continued next page

not without risks. And when your tonsils are working properly they play an important part of the overall lymphatic system and help to fight infection by filtering bacteria and viruses from the air and food. However, if your little one is having sleep problems and also has large tonsils, it doesn't hurt to talk with your doctor.

While getting our son's tonsils out was certainly not at the top of our list, the risks to his health made a strong argument. We scheduled an appointment and the procedure was quick and relatively easy. Our little guy was feeling about 70 percent later that same day and after about a week, he was back to normal...and sleeping straight through the night.

She's already dreaming of graduation. Make sure she's ready for what comes next.



**Find TulsaKids' College and Career Planner at
TulsaKids.com/College**

Gather for healthy holiday **SIDES**

MAPLE-GLAZED CARROTS

- 1 large bag of baby carrots
- 2 Tbsp. butter
- 1/4 cup maple syrup
- A squeeze of fresh lemon juice
- Dash of salt
- Dash of pepper
- 1 Tbsp. fresh thyme leaves

MELT butter in a large sauté pan over medium-low heat. Add carrots. Cover and cook slowly on simmer, stirring occasionally, until carrots are fork-tender (about 20-30 minutes).

INCREASE heat to medium. Stir in syrup and a squeeze of lemon juice. Cook for 2 minutes, then season to taste with salt and pepper. Add thyme and mix well.



GREEN BEANS WITH LEMON AND GARLIC

- 2 cups of water
- 1 1/2 pounds green beans, trimmed
- 1 1/2 Tbsp. olive oil
- 1 1/2 Tbsp. butter
- 1 garlic clove, minced
- 2 Tbsp. lemon juice
- Dash of salt
- Dash of black pepper

BOIL water in a large skillet. Add the beans, cover and simmer on low heat for about 8 minutes. Drain beans and pat dry.

HEAT oil and butter in pan. Add garlic and sauté for 30 seconds.

ADD beans, lemon juice, salt, and pepper. Cook for 2 minutes (or until hot). Serve!



Aim to fill half your plate with fruits and veggies this holiday season. Find more healthy recipes at

 **ShapeYourFutureOK.com**

A Program of
 **TSET**

BY MARY BETH RITCHIE, LCSW

a case for cursive

Should we continue teaching cursive in the elementary grades? There are compelling arguments on both sides of this debate. Many argue that cursive writing has become obsolete in this new world of technology. The Common Core standards do not include cursive. It was felt that technology should be the priority. Teachers involved in the creation of these standards were concerned about the enormous amount of time it takes to teach cursive. Because there are a limited number of hours in the day, and so many things to be covered, tough decisions have to be made about what will and won't get taught. As a third-grade teacher, I can attest to the numerous things being added to our expectations every year. Something has to be given up when another thing is added.

However, some states, including Oklahoma, have added cursive to their state-specific standards.

Some argue that, due to time constraints, teachers shouldn't teach more than one form of writing. The argument is that it's not an effective use of time. American children typically learn to print before they learn to write in cursive. However, many European countries begin with cursive. It has been suggested that Ameri-



can students may also want to focus on cursive over print. Because handwriting skills aren't included on high-stakes standardized tests, teachers are not spending as much time on these skills as they did in the past. This isn't because teachers don't want to teach better handwriting skills. It is simply not possible to devote adequate time to this in addition to those skills that are being tested.

There are also many excellent arguments being made in favor of continuing to teach cursive. Some studies have found that the continual movement used in cursive helps the writer to think in complete words instead of the individual letters used in

print. This makes our thinking more fluid and increases our comprehension. It has also been shown that writing in cursive improves spelling skills. A person writing in cursive thinks of words, instead of letters, as single units. Have you ever been asked how to spell a word, and you feel the need to write it down? Chances are that you write it down in cursive. This is a direct result of this very thing.

Writing in cursive can also improve comprehension. When typing notes in class, a student typically transcribes the words verbatim. This can be done without retaining much information. When writing notes, a student can't write down every word spo-

ken. The information must be processed, and the student must distinguish between needed and unneeded information. The student may also use summarization skills. These skills aren't used when typing notes. Attempting to take notes using print is too slow to be effective. Students are likely to miss some critical information. Once proficiency in cursive is achieved, the person can focus more on content. The College Board reported that those students who wrote in cursive on the S.A.T. exam scored higher than those who printed. Other studies have shown that information that is hand-written is retained better than information that is typed.

Cursive writing involves fine-motor skills, which require a great deal of practice. From what I've witnessed in my classroom, these skills seem to be lacking more than ever. Many students are forming letters in unusual ways, and they appear awkward when forming them. It is my opinion that this may be due to spending too much time with screens. Some of my students will actually try to skip all assignments which require writing and work only on computer assignments. Learning cursive writing helps develop fine motor skills, which leads to less resistance to written work.

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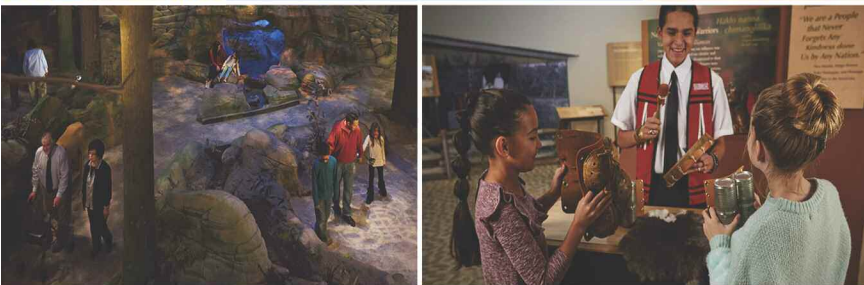
Writing in cursive also helps to develop sensory skills. Students learn how much force is required to get words written on the paper. They learn how to position both the pencil and the paper, and to plan how to form the words without lifting their pencil.

Once proficient, it is much quicker to write in cursive than print. It also encourages children to write more and to increase their attention span. Elementary students express more ideas when writing than at a keyboard. Furthermore, some printed letters are easily confused, such as the b and the d. Young students often reverse these. For these reasons, writing in cursive can be especially helpful for those who struggle with learning disabilities, such as dysgraphia or dyslexia.

It may seem like cursive is just another way to write. How-

ever, it actually activates different pathways in the brain, and it improves neural connections. It gets the left and right hemispheres of the brain working together in a way that typing doesn't. Learning cursive actually helps to develop the brain in much the same way as learning to play a musical instrument or learning a foreign language. It cultivates the brain in the areas of thinking, language and working memory.

Through learning to write in cursive, a person also learns to read in cursive. When people are unable to read things written in cursive, they become "cursively illiterate." There are things such as historical documents or handwritten letters that even some adults are unable to read because they never learned cursive writing. In my opinion, this presents a great loss.



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BY JULIE WENGER WATSON

Tulsa Police and Engine Room boxing Create afterschool program at Monroe

Crowded classrooms, teacher shortages and budget deficits – Tulsa Public Schools has it all, and it's a sad state of affairs for our children and our city. With no simple solution on the horizon, it's easy to get discouraged. While it may be impossible to solve the big problems overnight, creative and dedicated individuals are finding a way to make a difference. At Tulsa Public School's Monroe Demonstration Academy, the Tulsa Police Activities League and the Engine Room Boxing Gym are joining forces with the school's administration to bring an afterschool, non-contact boxing program directly to the students, teaching the value of discipline, self-control and perseverance with every jab, straight and hook.

A former TPS physical education teacher and a regular at the Engine Room's fitness boxing classes, Monroe Assistant Principal Rob Kaiser recognizes the benefits of regular exercise in his own life and the lives of his students. With the help of the gym's owner and head coach, Aaron Sloan, Kaiser hatched a plan to offer non-contact boxing through



KHARA ROGERS, COMMUNITY RELATIONS OFFICER WITH TULSA POLICE ACTIVITIES LEAGUE, WORKS WITH STUDENTS IN AN AFTERSCHOOL PROGRAM AT MONROE DEMONSTRATION ACADEMY.

the Engine Room's Ready to Fight Youth Specific Boxing Program as part of the Monroe's afterschool program this fall. With a plan in place, the only thing missing

were the coaches.

As a result of recent school closures, Monroe was left as the only middle school in the McLain High School "feeder pattern,"

causing the school's student body to triple in size just as the semester began. An already tight budget was now stretched thin, leaving no room for new hires. Fortunately, help was just a uniform away in the form of The Tulsa Police Activities League (TPAL), a program designed to foster positive relationships between kids, police officers and the community. Volunteers from the Tulsa Police Department and a representative from the Tulsa Fire Department converged on the Engine Room for boxing training with Coach Sloan at the end of the summer.

"With the funding challenges we face in public education, we see this program as a way to offer a safe, affordable and healthy afterschool activity to engage the students and expand their learning opportunities," Sloan says. "In this particular instance, working with volunteers from the Tulsa Police Department and the Tulsa Fire Department also allows the students to interact in a fun and positive way with first responders in their community."

Khara Rogers, Community Relations Officer for TPAL, is one of those volunteer coaches. Ac-

continued next page

cording to Rogers, PALs in other cities across the nation are involved in boxing programs in their communities, so this was a perfect fit for the local officers.

"I was excited to be presented with the partnership with the Engine Room and Monroe," Rogers says. "The Tulsa Police Activities League has been researching boxing programs and had discussed different options and avenues within the community. This program seemed to be exactly the layout and plan that we were looking for."

Roger's recruited Tulsa firefighter Xavier McNac to join his fellow first responders. McNac began boxing when he was 19, and for many years, he was the fight coordinator for "Smoke & Guns," an annual charity fight night with police officers and firefighters in the ring. McNac believes boxing taught him a lot of useful life lessons, and he hopes to share those with the kids at Monroe.

"Boxing changed my life completely. I would not be where I am today without it," he says. "It taught me a lot about drive and pursuit. I call it 'education' – educating you through fight training. It teaches you a lot about yourself. It teaches you a lot about what it takes to be successful."

Rogers agrees. "Any athletic program is great for kids because it helps them focus better in the classroom and at home. Boxing is excellent for kids that are not involved in team sports and have better success competing with themselves," she adds. "It takes a different type of responsibility, focus and concentration than other sports. The kids learn respect, discipline and accountability because it's a sport that's completely based on their determination and work."

According to Rogers, the program is also a good opportunity to have positive and fun interactions between the kids and the officers – a chance to build trust.

"From the officer standpoint, it's important for the children to see that officers are human and

also want to help them succeed," she explains. "They are our community's future, and we don't want to see them get involved in gangs, crime or drugs. By helping them in any type of program, there's more potential for them to maintain a positive pathway for their future."

McNac hopes to be a positive role model, too.

"I want to be a representative for the Fire Department. I want to help," he says. "It's not teaching them to fight. It's teaching them to be disciplined. Fighting takes discipline. I think this could be what they need – a path, an outlet. A way to help keep them structured and focused. There are a lot of bad things that can go on. If we can give these kids a positive influence and somewhere to go, maybe we can prevent some of them. I'm hoping that's what this will do."

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BY TARA RITTLER

attitude of gratitude activities

We searched the Internet for some fun craft ideas that will also encourage your kids to think about what they're grateful for! Here are four of our favorites. For more ideas, see Mary Beth Ritchie's article from TulsaKids' November 2018 issue, "10 Practical Ways to Teach Kids Gratitude." Find it online at tulsa-kids.com/10-practical-ways-to-teach-kids-gratitude.

Gratitude Jar

Decorate a jar, and set it in a place that is easy for the kids to reach. Leave some colorful scraps of paper next to the jar. When family members think of something they are grateful for, they



at the end of each day to write down what you are thankful for. Share some as a family. Alternately, use one journal for the whole family. You can either just write down your thoughts, or turn this into a scrapbook-type project, gluing in mementos like concert tickets, photos, etc.

Make and Write Thank You Notes

Buy some blank note cards or high quality paper (watercolor paper might work well!), and create your own thank you cards! Give some out at Thanksgiving, or simply work on them over the Thanksgiving holiday so you're prepared to send cards after Christmas.

Gratitude Garland

All you need is some colorful paper, ribbon/twine and clothespins, and this project can double as fall décor! Hang the ribbon in your home. Cut the paper into whatever shape you like (again, leaf shapes can work well for this). Have your family discuss what they are grateful for, and write the answers on the paper. Use the clothespins to hang the paper on the ribbon as an ongoing reminder of all the good things and people in your life.



can write it down on a piece of paper and leave it in the jar. Then, at the end of the week, the whole family can sit down together, empty the jar and read what they were thankful for!

Take this a step further: Instead of random pieces of paper, cut paper into leaf shapes, and write your "gratitudes" on those. Paint a "gratitude tree" on a large sheet of paper. When you empty your gratitude jar at the end of the week, glue the leaves onto the tree—and watch it grow!

Gratitude Journal

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Q: My child spends five hours on homework every night. Her teachers say she is bright and it should only take 20 minutes. Could she have dyslexia?

A: Yes. Your child may have dyslexia or another learning difference. Spending significantly more time to complete homework than expected, getting good grades and excelling in other areas of life or academics is a sign of dyslexia. Research by Dr. Sally Shaywitz at the Yale Center of Creativity and Dyslexia shows that a person needs to have an IQ of average or above to be diagnosed with dyslexia. When academic performance does not match up to potential (average IQ), dyslexia is suspected. A professional evaluation of Executive Cognitive Function, required for reading and learning success, is recommended. Once an evaluation is completed, a therapy treatment plan to address those areas that are below average and recommendations for accommodations to keep up with schoolwork can help your daughter bridge the gap between performance and academic potential.



Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner Dyslexia Center of Tulsa, 8118-B S. Memorial Drive, 918-313-5518, www.dyslexiatulsa.com

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

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



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BY BETSY PENTURF

help make local wishes come true

The community can help Dan and the kids support Make-A-Wish Oklahoma Nov. 19-21 at a fundraiser radiothon at LaFortune Park.

Oklahomans will have an opportunity this month to help make wishes come true during KRMG's 14th Annual Stories of Light three-day radiothon. The event is the largest annual fundraiser for Make-A-Wish Oklahoma and is hosted by KRMG's Morning News Host Dan Potter.

The Make-A-Wish organization was created to provide life-changing wishes for children with a critical illness ages 2 ½ to 18. Chapters are located throughout the United States and around the world. In the United States, a wish is granted every 34 minutes.

The KRMG fundraiser takes place each year the week before Thanksgiving, with this year's event scheduled for Nov. 19-21 at LaFortune Park in the baseball field parking lot at 5837 S. Yale. The radiothon features live broadcasts and accepts donations in person and by phone. The third day of the event has a festival feel with games and entertainment for families to enjoy. Satellite collection points will also be located in communities around the Tulsa area. The annual event usually raises around \$300,000 for Make-A-Wish Oklahoma.

"There are incredibly generous people in the Tulsa area," Dan said. "People just open up and give."



KRMG'S MORNING NEWS HOST DAN POTTER WITH SOME OF THE MAKE-A-WISH KIDS THAT HAVE BEEN GRANTED WISHES BY THE FOUNDATION.

The real linchpin of the whole effort is the stories of light, Dan said. These are poignant radio vignettes of Make-a-Wish kids that illustrate the process the kids go through to get their wish granted, usually in their own words along with comments from family members.

"When you hear from the kids and parents and the impact it has on the entire family and siblings, you can't help but be moved," Dan said.

Dan has been involved with fundraising for Make-a-Wish Oklahoma since 2008 when Joe Kelley left the station to be news director and morning show host for sister station News 96.5 in Orlando.

"It is one of the best gifts I have ever been given," Potter said.

The first radiothon raised about \$30,000 and was hosted by Joe, who is a former Make-a-Wish kid, and Rick Couri in the parking

lot at LaFortune Park. Now 14 years later, the KRMG crew has raised more than \$3 million for Make-A-Wish Oklahoma. "It is the single largest fundraiser for Make-A-Wish in the state, making it the No. 1 revenue source for them," Dan said.

"Listeners like to keep their money local and see where their money goes," Dan said.

During his work with Make-A-Wish, Dan had the opportunity to meet Linda Pauling, whose son helped launch the cause. In April 1980, Linda's son, Chris Greicius, was only 7 years old and diagnosed with leukemia. When friends found out he had a wish to be police officer, they arranged for him to spend the day with Arizona Department of Public Safety officers. When he died the following month, Chris was honored with the ceremony of a fellow fallen officer.

"It was such a small gesture by the Phoenix police officers that has grown into the world's most powerful charitable organization," Dan said.

Last year, Make-A-Wish Oklahoma granted 172 wishes, with the average cost of a wish running around \$7,000. The Oklahoma chapter started in 1982 and has granted more than 2,780 wishes over the years. About 300 kids are currently in the wish

continued next page

pipeline, Dan said.

"I'm such a believer in Make-a-Wish – it's a pure trans-parent charity," Dan said. "Every dime raised stays in Oklahoma."

From the volunteers, to the way money is raised and remains in the community to the fact you can make dreams come true is what makes Make-A-Wish such a great organization, Dan said.

"I took over the fundraising because I believe in the Make-A-Wish mission," Dan said. "I'm just so honored to be involved."

Katie Goss is 25 and serves as an ambassador for Make-A-Wish. Diagnosed with scoliosis as a child, Katie and her brother have both been Wish kids. She and her brother, Jared, also have Friedreich's ataxia, a genetic disease that causes difficulty walking, loss of sensation in the limbs and impaired speech.

"Katie is a rock star in the Make-A-Wish community," Dan said.

A heart specialist recommended the Goss siblings contact Make-A-Wish. Her brother got his wish granted first in 2010 with an opportunity to help coach the Minnesota Vikings in a home game.

"It was such an awesome wish that he got to coach them at their first home game, and they won!" Katie said.

Several years later, Katie was granted her wish in 2012 – a week in Hawaii. "Since my brother picked Minnesota and it was September and 50 degrees outside...and I hate the cold...when I was asked in Minnesota where I was going for my wish, I said I had no idea, but it would be somewhere warm!"

Katie and her family love warm weather and the beach. She enjoyed staying up late during her stay there just to watch the ocean.

"In Hawaii, I got to swim with dolphins, go to a luau and went snorkeling. The best thing about Hawaii was my dolphin swim. My dolphin's name was Kolohe, which means rascal in Hawaiian – which is just like my

personality," Katie said. "Hawaii was just amazing and the people in Hawaii are completely different than the people here – they are so laidback and chill."

After her wish trip, Katie had the opportunity to attend several Make-A-Wish events.

"I got the chance to see behind the scenes of Make-A-Wish just after my wish. That just touched me seeing people who don't even know you raise money for you to go on your wish for the chance for you to get the hope, strength and joy from it," Katie said.

Katie tries to attend every Make-A-Wish event in Oklahoma, and her goal is to visit every chapter in the world. In 2014, she received the top award at Make-A-Wish, the Lori Schultz-Betan-court Indomitable Spirit award for her bravery and spirit.

Katie and her brother live with their parents in Vinita. She enjoys riding horses, crafts, makeup and plans to get her cosmetology license this winter.

"I just love Vinita," Katie said. "It's a small town and I work at a gas station, so I know everyone and their grandmother."

Next year is a big year for Make-A-Wish as it turns 40. The national conference will be at Disney World.

"I'm trying to visit as many chapters as I can so they can tell the national chapter they want Katie speaking at the conference," Katie said.

Katie has a wall in her room dedicated to all of the people she has met through Make-A-Wish, including Garth Brooks. Country singer and guitarist Ty England even arranged for her to get an autographed guitar from Garth.

"My Make-A-Wish family is just humongous. I cry just thinking about it," Katie said.

For more information about Make-a-Wish Oklahoma and the KRMG Stories of Light radiothon, please visit oklahoma.wish.org.

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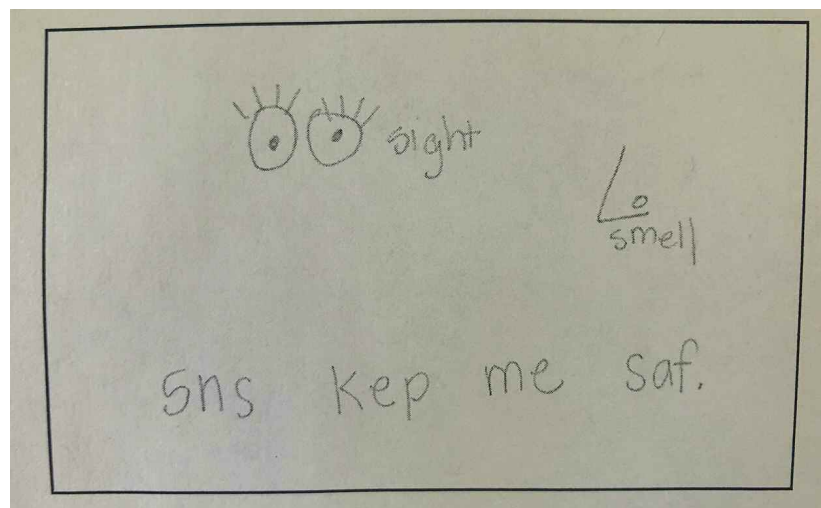


(GFK MRI)

IS CKLA THE BEST WAY TO TEACH CHILDREN TO READ?

BY BETTY CASEY

Note: Five TPS teachers from three schools were interviewed for this article. All of them have at least eight years of experience and all are certified teachers in elementary schools. They spoke under condition of anonymity for fear of retaliation by the district. Devin Fletcher, chief academic officer at TPS, was invited to explain the district's choice of CKLA, and also to respond to the teachers' concerns, but as of press time, he had not responded to the emailed questions that the TPS administration requested.



THIS IS A RUBRIC BY A SECOND-GRADE TPS STUDENT TO ANSWER THE FOLLOWING WRITING TASK: DRAW AND WRITE ABOUT WHAT YOU KNOW ABOUT THE FIVE SENSES. USE WORDS FROM OUR WORD WALL.

Do you think primogeniture is fair? Justify your answer with three supporting reasons.

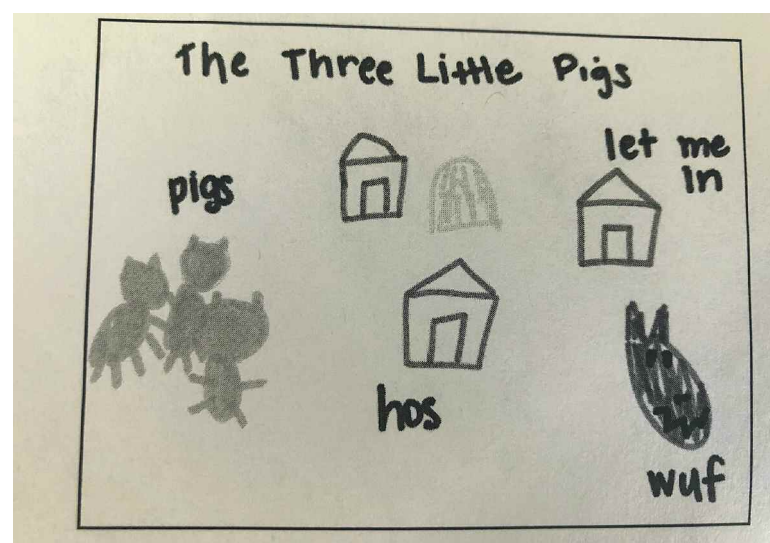
You may think this is from a high school test, but it's a question from a Common Knowledge Language Arts (CKLA) workbook for third-graders.

Why is the War of 1812 often referred to as America's second war for independence? In your response, describe what caused the war and Great Britain's three-part plan for defeating the United States. This is a writing task for

second-grade students.

A first-grade Tulsa Public Schools teacher described this reading lesson: "You say, 'I'm going to say one of the vocabulary words, and I'm going to use it in a sentence. If I use it correctly in a sentence, I want you to circle a happy face. If I use it incorrectly, I want you to circle a sad face. The sentence is *Personification is when animals act like a person.*'"

That lesson is given 10 days after the start of school. "I had kids who wouldn't circle either



THIS IS A RUBRIC BY A SECOND-GRADE TPS STUDENT TO ANSWER THE FOLLOWING WRITING TASK: CHOOSE ONE OF THE STORIES WE HAVE READ. WRITE AND DRAW ABOUT A CHARACTER, THE SETTING, AND WHAT HAPPENED IN THE BEGINNING, MIDDLE, AND END OF THE STORY.

one," the teacher said. "Some cried. I have sped (special education) kids in my room, and they had no idea. That's wrong. Good grief! These are 6-year-olds!"

Recently, the happy and sad faces have been replaced by CANVAS (an ed-tech company) so children now respond on screens.

"It's awful," she says. "They have to take their assessments on the computer, except the writing portion."

The writing assessment asks

first-grade students to complete a rubric using words and pictures. In one assessment, children are prompted to retell a fable or folktale that they have read, and to include a character, the setting, an important event from the beginning, middle and end of the plot, and then write the moral in their own words.

"This is especially difficult with our student population," another first-grade teacher explained, "because we have so

continued next page

many children who come in not speaking English. This is an unrealistic expectation, and it certainly doesn't make it inviting."

CKLA is a product of Amplify, the education division of Rupert Murdoch's News Corp., an entertainment/news media company. The corporation planned to disrupt the American education industry as a newcomer in the curriculum development arena by introducing its own tablet computer and bundled education software into classrooms across the United States. When the ed-tech company didn't deliver on its financial objective, Murdoch sold it to private investors.

Allowing flexibility to experiment with untested ideas and products that may be disruptive, and may often fail, can be a positive in business (sometimes described as "failing forward") but can be devastating to school systems where children are the losers when the product doesn't deliver on promises.

Shannon Johnson, a TPS teacher for 14 years who now works at TU's University School, noticed a shift in focus when TPS accepted the Bill and Melinda Gates Foundation grant for teacher evaluations.

"There was a push to have business practices put into place for education, but it didn't work," Johnson says. "The evaluation tools, the rubric, was a huge change."

In 2009, the Gates Foundation invested millions of dollars to experiment with something called a value-added model to use a scientific approach to quantify and evaluate a teacher's effectiveness in improving student outcomes. A RAND Corporation study found that the Gates reform "did not achieve its stated goals for students, particularly low-income minority students..." <https://www.edsurge.com/news/2018-06-29-the-gates-foundation-spent-200m-trying-to-improve-teacher-performance-and-all-it-got-was-this-report>.

"I don't think you can 'value add' a teacher. You can't assign a number to what we add or create a mathematical equation to measure what we do as teachers," Johnson said, even though her value-added number was quite high. "Clearly, I didn't put a lot of

value in it."

What is CKLA?

Amplify CKLA is described on www.amplify.com as "a unique core curriculum for PreK-5 ELA, combining rich, diverse content knowledge in history, science, literature, and the arts with systematic, research-based foundational skills instruction... The Core Knowledge Language Arts Listening and Learning Strand is designed to help students build the background knowledge and vocabulary critical to listening and reading comprehension." It also promises "off-the-charts reading growth in K-8," but provides no research to back this claim.

While districts that adopt the curriculum may see it as an innovative, rigorous common core product that levels the playing field for all children, an Ad Hoc Committee tasked to study the Core Knowledge Curriculum in Rochester, New York found otherwise.

Tasked with addressing educators' concerns, the committee stated that the "Core Knowledge Curriculum has essentially the same curricular content used in American public schools since before people of African ancestry were allowed to go to school. It is conceptually the same curriculum that was in use as urban districts became predominantly Black and Latino."

The committee writes, "There is no dispute among educators and psychologists over the developmental concept that learning for very young students would begin with themselves, which includes their families, communities and ancestral origins. However, in Core Knowledge Curriculum, young students primarily learn about Europeans and their ancestors."

Particularly concerning to the committee were racial, class and gender stereotypes in the stories, fairytales and myths. They felt that "from a developmental standpoint, examples for young students... would largely come from the best of the African world and Diaspora, past and present. Once grounded in self and cultural knowledge, children are ready for exposure to the worlds around them. This was still the approach for white stu-

dents... but when it comes to Black and Latina/o students, this approach is highly resisted."

The committee also expressed "alarm regarding the detrimental impact of highly paced and scripted lessons..." on English language learners and special education students.

These mirror concerns of some TPS teachers and reading professionals.

The speed at which teachers are required to complete lessons also frustrated the teachers interviewed for this article.

"The principal says it's only a tool," a first-grade teacher said, "but she also says it has to be done on time to take the assessment. If we do one lesson a day (CKLA and Eureka Math), we're not even through it. There are days we can't even get to a lesson, or the kids might need two days on one lesson. We can't do that. Everybody has to be on the same lesson at the same time. There's no time to give children extra help. They (the administration) tell us to just keep going. They'll get it by the end of the year. About half of them are failing reading."

A veteran teacher who has taught CKLA in third and fourth grades at another TPS school described her concerns about content and delivery.

"CKLA teaches a lot of content, but not necessarily scaffold and spiral," she said. "It builds on content so kids in primary grades learn about ancient civilizations, and it shows some vertical articulation, but it doesn't have good scope and sequence when learning skills. It's not developmentally appropriate to introduce a skill or curriculum or new learning concept and then not refer to it again for a very long time."

One of the selling points of CKLA is that it is content rich. The rationale is that children, especially those coming from impoverished backgrounds, need to be exposed to a lot of content in order to achieve equity with their more privileged peers. Many teachers, however, say the content is developmentally inappropriate and, as the Rochester, NY, committee found, not culturally sensitive. Teachers also say that the curriculum is dry and workbook heavy (9-14 workbooks in

first through third grades), and they have no time or autonomy to make sure the children are actually learning. They also have little time to try to create meaningful context so that students will understand the lessons.

Even though the principal at one school told teachers that they could supplement with outside material, the teachers said that CKLA doesn't allow time for that. As long-time educators, these teachers have developed engaging supplemental units and hands-on projects, but those materials sit gathering dust in a closet because there's no time to use them.

One teacher said that her principal was "very disappointed that there wasn't a lot of neat stuff in the hall, but CKLA doesn't allow for much creative-type work. I didn't want to hang worksheets in the hall," she said.

Teacher Training

Dr. Mindy Smith, a recently retired NSU literacy professor and owner of Lavender's Bleu Literacy Market, a children's bookstore and literacy center in south Tulsa, has seen significant changes in how reading is taught. While she says that professors are sending teachers out with good skills and qualifications, the new teachers are facing fewer opportunities to use those professional skills.

"It's a challenging job to teach," Smith said. "We feel good about our candidates, but there's been a change in districts. What we feel is good practice hasn't changed at all over the years, but how districts say it needs to be delivered is not the same. Unfortunately, there's not enough autonomy. They don't trust teachers enough to give them autonomy. Knowing the kids and guiding your instruction based on the kids doesn't really happen anymore. It's more prescribed."

Smith feels that using a scripted curriculum may be the result of having so many emergency certified teachers.

"It's not the right thing for kids," Smith said, "and teachers intuitively feel that. I would tell my university students to continue to try to differentiate instruction when they started teaching. When districts have a thumb on you, you don't feel you're being successful. It's not

continued next page

fun to teach.”

However, Smith says she is encouraged by the interest in her workshops for teachers at Laverder's Bleu. They have been well attended, and teachers are excited about learning effective and creative classroom strategies for teaching reading.

Testing and Professional Autonomy

After an 8-year break from teaching, Shannon Johnson returned post-No Child Left Behind (NCLB), which introduced high-stakes testing into public education. Johnson was hitting the 90th percentile and above with her fourth-graders, and enjoyed professional autonomy.

“I had autonomy until CKLA was adopted,” Johnson said. “My first two principals at Carnegie let us teach how we wanted, and the third one did as well until she was instructed to make us use the district-wide CKLA scripted curriculum.”

For Johnson, who had always based her lessons on high quality children's literature, CKLA was a step back to the old “Dick and Jane” basal reading approach of dry text followed by workbook pages. CKLA left little room for teaching critical thinking, new vocabulary and interesting content. It also took away the opportunity to encourage her students to love reading.

“You get a piece of a book (with CKLA),” she said, “a taste of a book, not a full novel experience. We always read whole books, and studied them, and I worked my curriculum around it. We would do projects and spelling lists, and language arts. I don't remember any chapter of a basal reader, but my former students talk about the books we read.”

The last year that Johnson taught at TPS she said she did not teach CKLA, although “everyone else in the district was teaching it. I was teaching literacy rich lessons using novels, not CKLA,” she said, “and my OCCT reading scores were the highest for fourth grade in the district.”

Johnson said she couldn't continue at TPS when the district required that she use CKLA, so she left.

“I'm a TPS grad, and I loved the school I was in, but I wasn't

treated like a professional. My job was to make the students love reading. I'm supposed to read a script and follow along?” she said. “I'm not needed.”

Many teachers echoed Johnson's assertion that part of their job was to encourage a love of reading, and were trying hard to find ways to create contextual relevance with CKLA.

“I try to hook the lessons to something kids have already known or experienced,” one teacher explained. “The kids are learning about the Roman Empire, aqueducts 2000 years ago. They don't have the concept of time to understand that, so we've been talking about how ancient Romans invented concrete – roads are made from concrete. The lesson says that Romans developed veto. Do they understand what veto is? They might make connections,” she said.

Although she is trying to find ways to make CKLA content fun and engaging, this teacher says it's difficult.

“I wouldn't want my children taught this way,” she said. “I don't know the rationale behind adopting it. The curriculum doesn't light up the eyes of kids. It removes the autonomy from the teacher. I guess if people have come through an alternate route and don't have a teaching degree, you can teach it without much experience.”

Tulsa teachers have also felt left out of the process of choosing a reading curriculum. Prior to Superintendent Gist taking over, the teachers would gather to review and discuss several curriculum options, and then vote on the best. Now, the district administration chooses the curriculum.

Peter DeWitt, Ed.D., a former elementary school principal, author and consultant in New York, who has worked as a consultant in Oklahoma, says that tying teacher evaluation to state testing has resulted in politicizing education, thus creating a system where states and districts work backwards from the test rather than beginning with the children.

“We've seen an increase in special needs and mental health,” DeWitt said, “because people want their kids to do better on the test. We know for a fact that principals and superintendents

are taking recess out of the curriculum...taking away brain breaks.”

DeWitt believes that some students understand the CKLA content because they have already had exposure at home, but there is a large percentage of students who will not understand it.

“Kids in poverty are going to be the ones who struggle more,” DeWitt said. “CKLA doesn't bridge the gap, and they're having it shoved down their throats. Oklahoma has one of the highest percentages of kids living in trauma. We're not going to meet them at an academic level unless we're meeting the social and emotional needs. I'm sad for Oklahoma because of low pay, lack of resources, kids in trauma and poverty. The way they teach will trigger their trauma. And with compliance classroom management, the kid will look like the one with the problem, but it's the teaching strategy that is the problem.”

Expecting young children to perform academic tasks and skills before they're developmentally and cognitively ready can lead to frustration, both for student and teacher.

“One of the things that has been so disconcerting is the expectations about what is developmentally appropriate for kids,” Mindy Smith said. “What we expected of children readiness-wise in kindergarten in the mid '80s compared to now is exponentially different.”

Smith says that first- and second-grade academic expectations are now expected of kindergarten and first graders. “It's really unfair. How you teach a preschooler is very different from how you teach a second grader because of their developmental abilities – how long they can sit, how long they can stay on task. We've made expectations unreasonable to achieve.”

The two first-grade teachers interviewed said that kindergarten children are expected to come to first grade knowing material that they are not cognitively ready for such as all letters and sounds, consonant-vowel-consonant words, how to phonetically blend words together, and to be able to write complete sentences at the end of kindergarten. And

teachers only have the first three weeks of first grade to “review” these lessons.

“The children are so overwhelmed,” one teacher lamented. “I've got kids who say, ‘when is it time to go home? When is lunch?’ They cry because they don't understand it, and the speed of the lessons doesn't allow time to go back and review and reteach.”

According to The Alliance for Childhood, there is no research documenting long-term gains from learning to read in kindergarten. In a report entitled “Reading Instruction in Kindergarten: Little to Gain and Much to Lose,” researchers found that adopting these standards “falsely implies that having children achieve these standards will overcome the impact of poverty on development and learning, and will create equal educational opportunity for all children.” In fact, a study found the opposite to be true. Preschoolers and kindergartners show “greater gains from play-based programs than from preschools and kindergartens with a more academic focus. Active, play-based experiences in language-rich environments help children develop their ideas about symbols, oral language and the printed word – all vital components of reading.”

Reading Problems or a Testing Problem

Sometimes trauma or inappropriate curriculum may make a child look as if she has a learning disability. Another issue may be the method of testing or the test itself.

“With MAP (Measures of Academic Progress, www.nwea.org), students get a percentile,” a first-grade teacher explained. “If you're a kindergartner or a first-grader under a 40th percentile, we make a reading plan. There are 44 questions on a computer for 5- and 6-year-olds. They may take 10 minutes to do it. I have a student who scored 35 percent, yet he is in my top reading group. He can read second-grade material. But the opposite can happen as well. You can get someone who scores high on the MAP test, but they can't do anything. Lucky guesser. On the questions, you have to push the button to get the story, then you have to push a button for the

continued next page

question, then you have four more buttons for the different answers, and then you have to figure out which one is the correct one and go back to that.”

The teachers said that often the computers won't work, or the students are constantly kicked out of the program. “These kids are just trying to learn, but they give up. They don't even attempt it, because it's just too much,” said one teacher.

Oklahoma HB 1228 requires annual professional development training programs for dyslexia awareness for teachers and administrators beginning in the 2020-21 school year. At a minimum, the law requires training in awareness of dyslexia characteristics in students; training in effective classroom instruction to meet the needs of students with dyslexia; and available dyslexia resources for teachers, students and parents.

The Dyslexia and Education Task Force developed Oklahoma Dyslexia Handbook: A Guide to Literacy Development and Read-

ing Struggles. The book's purpose is to provide information and guidance about dyslexia to those who work with children and youth. (<https://sde.ok.gov/>)

According to Dr. Penny Stack, OTD, OTR/L, CLT and owner of the Dyslexia Center of Tulsa, dyslexia is a complex neurological difference that is much more than a problem with reading, yet educators too often look at the problem through the lens of teaching children to read.

“The difference between what schools do and what we do here (at the Dyslexia Center),” Stack says, “is that schools work on the educational model – getting the child back into the classroom as quickly as possible – and we use a medical model.”

Stack says that going over and over the same areas will not help the person with dyslexia until the underlying neural pathway has been built to support the educational component. In her initial assessment of a child, Stack looks at all the cognitive functions required for reading success, in-

cluding the underlying issues such as “lived experience,” “confidence,” “self-esteem” and “grit.” Sometimes she discovers that a child is suffering from trauma, which is causing what looks like a learning disability, but is actually something else, and it may take a different kind of therapy to get the child on track to read.

Stack works on the whole brain system, and if there are any holes in the system, the child will continue to have difficulty. “I've seen fifth graders who could read at a high school level, but they can't remember a thing they're reading. They slip through the cracks. They're getting A's and B's in school, but they have to spend five hours on homework.”

She is glad to see the state investing in training teachers to understand and recognize dyslexia.

“No matter what reading program you're using, that pattern has to be addressed,” she says. “I would love to see us spend money in the early years

doing a medical model rather than an educational model to help these kids. Their dropout rate is significant. We could keep these kids from dropping out.”

In the End

“Are we asking too much of students at too young an age?” Peter DeWitt asks. “We have taken away the voice of the student and the autonomy of the teacher. If kids aren't allowed to have a voice, it will come out in another way, and it may be a way you don't like. It's so much more than some script that teachers have to read. Top-down compliance strips away voices of teachers and students. We don't need to go back to a time with total autonomy and no accountability. We need to find a balance of autonomy, accountability and responsibility.”

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greetings from the north pole!: how to receive a letter from Santa

From the United States Postal Service website. Originally published at about.usps.com/holidaynews/letters-front-santa.htm

Yes, Virginia, there is a Santa Claus — and the Postal Service can help you prove it when Santa replies to your child's letter, complete with a North Pole postmark! The Greetings from the North Pole Post Office program adds to the excitement of Christmas and is ideal for getting kids interested in letter writing, stamps and penmanship.

Here are the steps for your child to get a letter back from Santa:

Have the child write a letter to Santa and place it in an envelope addressed to: Santa Claus, North Pole.

Write a personalized response to the child's letter and sign it "From Santa." To save paper you can write the response on the back of your child's letter.

Insert both letters into an envelope, and address it to the child.

Add the return address:



SANTA, NORTH POLE, to the envelope.

Ensure a First-Class Mail stamp is affixed to the envelope.

Place the complete envelope into a larger envelope, with appropriate postage, and address it to:

**North Pole Postmark
Postmaster
4141 Postmark Drive
Anchorage, AK 99530-9998**

We recommend sending Greetings from the North Pole by December 7 so that they can be received by the Anchorage, AK,

Postmaster no later than December 14. Santa's helpers in Anchorage, AK, will take care of the rest!

Be sure to share the experience on social media using #GreetingsFromTheNorthPole.

Tips

- To save paper, write on the back of your child's letter. If you keep them together, your child will also be able to recall what he or she wrote.

- When responding as Santa, make the response as personal as possible by highlighting your child's accomplishments over the past year. For example, helping around the house, receiving good grades in a particular subject at school or participating in community service activities.

- This is a great activity for Thanksgiving that the whole family can enjoy, including parents, grandparents, aunts, uncles and other caregivers.



HOLIDAY SHOPPING!

If you've got "purchase Christmas presents" on your to-do list, here are a couple of tips: 1) Save yourself some stress by shopping early and 2) Shop local! These local holiday bazaars can get you off to a good start!

STBC ARTS & CRAFTS EXPO

Please join South Tulsa Baptist Church for its 12th Annual Arts & Crafts Expo. There will be over 60 vendors selling home decor items, wood-working, pottery, artwork, clothing, holiday items, baby items, and much more. There will also be a basket silent auction and food trucks. Admission is free. South Tulsa Baptist Church, 10310 S. Sheridan Rd., November 2, 9 a.m.-3 p.m. southtulsa.org/artsandcrafts

GARDEN DEVA OPEN 20TH ANNUAL OPEN STUDIO ART & MUSIC PARTY

Garden Deva's popular Open Studio is back! Garden Deva Studio, 1326 E. 3rd St., November 8, 10 a.m.-8 p.m.; November 9, 10 a.m.-6 p.m. Learn more at facebook.com/gardendevasculpture

AN AFFAIR OF THE HEART

The three-day shopping event features unique, one-of-a-kind and often handmade items from jewelry and handbags to furniture, clothing and gourmet foods. River Spirit Expo, 4145 E. 21st St., November 22-24. heartoftulsa.com

THE CENTER'S HOLIDAY MART [FREE]

Shop for holiday decorations, jewelry, knitted and crocheted items, mosaics, paintings, stained glass and more, created by CENTER members. Eighty percent of proceeds go directly to the artist. The CENTER for Individuals with Physical Challenges, 815 S. Utica Ave., November 23, 9 a.m.-2 p.m. tulsacenter.org

ST. HENRY'S 42ND ANNUAL CRAFT BAZAAR [FREE]

The St. Henry Altar Society 42nd Annual Craft Bazaar will be held November 23rd. Bring friends and family to shop handmade crafts, home-made sweets including cakes, pies, cookies and sweetbreads. Enter to win hourly raffle prizes like gifts to your favorite local eateries, Oklahoma wines & jellies, and a variety of auto care and local boutiques surprises. St. Henry Catholic Church, 8500 N. Owasso Expy., Owasso, November 23, 9 a.m.-5 p.m. facebook.com/sthenryaltarsociety

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recipes for a Happy Thanksgiving with friends and family

Looking through recipes for Thanksgiving, one magazine headline jumped out. “How to Have the Happiest Thanksgiving Ever.”

That’s what we all want, isn’t it? I would take the “happiest” Thanksgiving for the “easiest,” “most delicious,” or “show stopping” every time.

I’ve been reading a lot of Jane Watson Hopping, who wrote prolifically about her family life on an Oregon farm in the 1940s to 1960s. She writes of Thanksgiving days with her big, extended family. “...the feeling of belonging, of the warmth of kith and kin that spread throughout the house, leaving a silence in its wake.”

A happy Thanksgiving is hugs and laughter, talking about old times, passing around babies and sharing what we’re thankful for. The food provides a beautiful focal point – but it really doesn’t matter if it’s a golden, roasted turkey, turducken or tofurky.

Familiar foods that become tradition help to make a holiday special. Even very young children will be quick to realize it’s a special day when they see the adults taking special care to roll out pie dough and roast the sweet potatoes.

Going to extra trouble in the kitchen for Thanksgiving helps children to see this is a day set



apart. And bringing them into the kitchen to help will further plant memories for them.

My kids can count on a few traditions at the Thanksgiving table. They know their nana will make her fluffy yeast rolls, I will make their favorite salted caramel-chocolate pecan pie and their uncle will make our family’s favorite fried turkey. But even more than that, they know they will laugh and play with cousins in the back yard, they will be given more hugs than they can count and they will be tucked in that night with a feeling of belonging, the warmth of family and the peaceful silence it leaves in

its wake.

I will forever be required to bring this pie to Thanksgiving. I usually make a couple so that we have enough for pie for breakfast the next day. The recipe comes from Southern Living magazine.

SALTED CARAMEL-CHOCOLATE PECAN PIE

Chocolate Filling:

- 1 1/2 cups sugar
- 3/4 cup butter, melted
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa
- 1 tablespoon light corn syrup
- 1 teaspoon vanilla extract
- 3 large eggs
- 1 cup toasted chopped pecans

- 1 (9-inch) unbaked deep-dish piecrust

Salted Caramel Topping:

- 3/4 cup sugar
- 1 tablespoon fresh lemon juice
- 1/4 cup water
- 1/3 cup heavy cream
- 4 tablespoons butter
- 1/4 teaspoon table salt
- 2 cups toasted pecan halves
- 1/2 teaspoon sea salt

1. Preheat oven to 350 degrees. Stir together first 6 ingredients in a large bowl. Add eggs, stirring until well blended. Fold in chopped pecans. Pour mixture into pie shell.

2. Bake at 350 degrees for 35 minutes. (Filling will be loose but will set as it cools.) Remove from oven to a wire rack.

3. Prepare Topping: Bring sugar, lemon juice and water to a boil in a medium saucepan over high heat. (Do not stir.) Boil, swirling occasionally after sugar begins to change color, 8 minutes or until dark amber. (Do not walk away from the pan, as the sugar could burn quickly once it begins to change color.) Remove from heat; add cream and butter. Stir constantly until bubbling stops and butter is incorporated (about 1 minute). Stir in table salt.

4. Arrange pecan halves on pie. Top with warm caramel. Cool 15 minutes; sprinkle with sea salt.

This pumpkin pie is a new

continued next page

recipe to me, but will be on our family's Thanksgiving table this year. It is from "The Many Blessings Cookbook."

HONEY PECAN PUMPKIN PIE

- 9-inch unbaked pie shell
- 1 1/2 cups canned or cooked pumpkin puree
- 2/3 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 2 eggs, beaten until frothy
- 1 1/2 cups milk
- 1/2 cup heavy cream
- 1 cup pecans, chopped
- 1/4 cup honey

1. Preheat oven to 425 degrees. Line a 9-inch pie pan with pastry dough.

2. In a large bowl, combine pumpkin, brown sugar, cinnamon, nutmeg, ginger, salt and cloves. Stir until sugar is dissolved. When thoroughly blended, pour eggs, milk and heavy cream into the pumpkin mixture. Stir until smooth.

3. Bake pie shell in 425 degree oven for 25 minutes to set the crust. Remove from oven and fill with pumpkin mixture. Reduce oven temperature to 350 degrees and bake until a knife blade comes out clean when inserted, 40 to 50 minutes.

4. When pie is done, turn off oven and transfer pie to a wire rack to cool. When thoroughly cool, sprinkle chopped pecans over the entire surface and pour warmed honey over pecans.

If you don't already have a favorite dressing recipe, give this one a try. This is a true stuffing recipe, meant to be stuffed in the turkey. We are a dressing family, baking it in a dish and serving alongside the turkey. But if it's just not Thanksgiving without stuffing inside the bird, go for it. This recipe is adapted from the Food Network.

SIMPLE SAUSAGE CORNBREAD STUFFING

- Extra-virgin olive oil
- 1 large onion, small dice
- 3 ribs celery, small dice
- Kosher salt
- 1 pound spicy sausage, casing removed, broken into bite-size chunks

- 3 cloves garlic, smashed and finely diced
- 3/4 cup coarsely chopped walnuts
- 10 fresh sage leaves, finely chopped
- 3 sprigs rosemary, leaves finely chopped
- 10 cups stale cornbread, cut into 1-inch cubes
- 2 cups dried cranberries
- 3 to 4 cups chicken stock

1. Preheat the oven to 350 degrees.

2. Coat a large saute pan with olive oil, add the onions and celery and saute over medium heat. Continue cooking until vegetables are soft and aromatic. Add sausage and cook until browned. Stir in garlic and cook for a minute or two. Add walnuts, sage and rosemary, cooking another minute. Remove from heat.

3. In a large bowl, mix together the cornbread, cranberries and sausage mixture. Add chicken stock and mix with a wooden spoon or your hands until bread is very moist. Taste for seasoning and add salt, if needed.

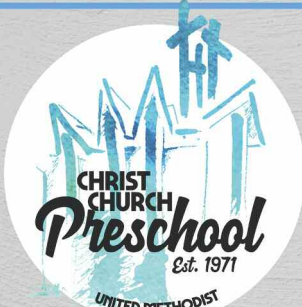
4. Stuff into turkey and immediately place in oven. Or, place dressing in large casserole dish and bake 30 to 35 minutes.

If canned soup offends you, avert your eyes. But if you're looking for something super simple the kids will eat, add this to your menu. This one cooks in a slow cooker, so it will save your oven space.

THANKSGIVING CHEESY POTATOES

- 1 can condensed cream of chicken soup, undiluted
- 1 cup sour cream
- 1 small onion, finely chopped (optional)
- 1/4 cup butter, melted
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 package (32 ounces) frozen cubed hash brown potatoes, thawed
- 2 cups shredded cheddar cheese, divided

1. In a 4-quart slow cooker, combine the first six ingredients. Stir in hash browns and 1 1/2 cups cheese. Cook, covered, on low until potatoes are tender, 4-5 hours, sprinkling with remaining cheese during the last 5 minutes.




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Lights On!

A guide to the area's best Christmas light displays and Lights On! events.

ROSE DISTRICT LIGHTS ON
WHEN: THURSDAY, NOVEMBER 14, 6-9 P.M.
WHERE: ROSE DISTRICT PLAZA, 418 S. MAIN ST., BROKEN ARROW

The holiday shopping season officially begins in Broken Arrow! Hosted by the Broken Arrow Main Street Merchants Association, the Festival begins at 6 p.m. at the Rose District Plaza, where City Leaders will turn on the Rose District Christmas tree and lights will illuminate the district. The ice skating rink at the pavilion opens immediately after the lights come on. After the lights come on, visitors can enjoy the rest of the celebration with merchant giveaways, specials and more! brokenarrowok.gov

RHEMA LIGHTS
WHEN: NOVEMBER 27-JANUARY 1, 5:30-11:30 P.M. (OPENS AT 6 ON WEDNESDAY, NOV. 27)
WHERE: RHEMA BIBLE CHURCH, 1025 W. KENOSHA ST., BROKEN ARROW

Rhema's Christmas Lights Extravaganza began in 1982 with about 60,000 lights. Today, more than two million lights adorn the campus from Thanksgiving Eve through New Year's Day. The glittering lights will shine every day from 5:30-11:30 p.m. Admission is free. www.rhema-lights.org

CASTLE CHRISTMAS
WHEN: NOVEMBER 28-JANUARY 1, 5:30-10 P.M.
WHERE: THE CASTLE OF MUSKOGEE, 3400 W. FERN MOUNTAIN RD., MUSKOGEE
Drive through Castleton Village, filled with over 2,000 holiday displays and thousands of colorful lights, creating an unforgettable experience. Open every night, Thanksgiving through New Year's, 5:30-10 p.m. Drive-through is free; donations accepted. Other activities, including visits with Father Christmas a cafe, train rides through the village, and more, are available certain days for an additional fee. Learn more at www.ok-castle.com.

GARDEN OF LIGHTS
WHEN: NOVEMBER 28-JANUARY



1, 5:30-10 P.M.
WHERE: HONOR HEIGHTS PARK, 1400 HONOR HEIGHTS DR., MUSKOGEE

The beautiful Honor Heights Park comes alive with lights in the evenings. From Thanksgiving through New Year's Day, visitors can enjoy a stunning drive through a holiday delight. The drive-through display includes over 1.2 million shimmering lights, enhancing the natural beauty of the park's gardens, waterfalls and ponds with holiday displays the whole family will love. www.visitmuskogee.com

LIGHTS ON! AT UTICA SQUARE
WHEN: THURSDAY, NOVEMBER 28, 6:30 P.M.
WHERE: UTICA SQUARE, 21ST AND UTICA

Put away the turkey, bundle up the kids, and head over to Utica Square for Lights On! For the last 51 years, Lights On has evoked the holiday spirit in all who attend. Sip on some hot chocolate as you sing your favorite holiday carols. As for the little ones, Santa Claus will join to conduct the final countdown when over

1,000,000 lights, adorning 175 trees, light up the evening sky. This Thanksgiving, make a Tulsa tradition a family tradition at Utica Square. uticasquare.com

GARDEN OF LIGHTS AT TULSA BOTANIC GARDEN
WHEN: THURSDAY-SUNDAY, 5-10 P.M., FROM FRIDAY, NOVEMBER 29 THROUGH SUNDAY, JANUARY 5, 2020

WHERE: TULSA BOTANIC GARDEN, 3900 TULSA BOTANIC DR.
Tulsa Botanic Garden will light up for the second year in a row, with stunning light displays reflected on the pond, special light features in the Children's Garden, and more. Details to come at tulsabotanic.org.

WOOLAROC WONDERLAND OF LIGHTS
WHEN: WEEKLY, FRIDAY, SATURDAY AND SUNDAY, NOVEMBER 29-DECEMBER 22, 5-9 P.M.
WHERE: WOOLAROC MUSEUM & WILDLIFE PRESERVE, 1925 WOOLAROC RANCH RD., BARTLESVILLE
A wonderful holiday tradition re-

turns again this year at Woolaroc Museum & Wildlife Preserve, with the spectacular Wonderland of Lights. The grounds and buildings of Woolaroc will be covered with over 750,000 lights as the historic ranch transforms itself into a magical winter wonderland! Admission to Wonderland of Lights is \$6 for adults and \$1 for children 11 and under. Learn more at woolaroc.org.

CHANDLER PARK LIGHTS ON!
WHEN: FRIDAY, NOVEMBER 29, 6-9 P.M.
WHERE: CHANDLER PARK, 6500 W. 21ST ST.
Meet inside the community center for refreshments and fun...then cruise the park to see the lights! Lights can be viewed Friday through Sunday, November 30-December 15, and daily, December 16-26, 6-9 p.m. parks.tulsacounty.com



GARDEN of LIGHTS

St. Nick · Model Trains · S'mores · Food Truck · Warm Drinks · Family Fun



NOV. 29 - JAN. 5
Thursdays - Sundays

MEDIA
PARTNER:



TICKETS & SCHEDULE | TULSABOTANIC.ORG | 918-289-0330



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BY KESHIA PAVEY

warm winter styles for cool kids

Layers are a must during the winter. The more layers of clothing the better. Surely that is what the mom in the movie “A Christmas Story” was thinking when she bundled up Ralphie’s kid brother, Randy, for winter. Although the snowsuit probably gave his mother comfort, it wasn’t the most fashionable piece of winter clothing she could’ve put Randy in. Winter clothing doesn’t have to be boring or purely practical. The options for cold weather styles are growing.

Traditional with Modern Touches

A resurgence of classic style elements leads the way in fashion just in time for the winter season. Blazers, long sleeve button-downs, trousers, and barn coats bring a familiar breath of fresh air to children’s fashion. Charla Murrah, owner of the Tulsa children’s clothing boutique **The Lolly Garden**, attributes much of that to the growing popularity of



GRUNGE



GRAPHICS

the Royal Family. With the new additions to British royalty in Prince George, Princess Charlotte, Prince Louis and Baby Archie, we can’t help but be influenced by their posh threads. The royal youth across the pond are always sporting looks that tell of age-appropriate sophistication.

Rebel Streak

Be prepared to see clothes with attitude. Grunge is slowly emerging back into the fashion world. You may have noticed graphic tees featuring band logos and distressed denim on the clothing store shelves. Now you can include flannel shirts, faux fur coats and vegan leather jackets. The tween in your family may opt to pair distressed jeans and a graphic tee with a flannel shirt to really set off the look. You also may notice more denim jackets, but with modern twists like frayed hems. A refined faux fur coat may be



paired with a distressed pair of overalls and boots.

Delightful Details

Hats no longer have to be an afterthought or a practical way to keep the chill at bay. A wide-brimmed fedora will keep heads warm while simultaneously looking stylish. Wide-brimmed fedora hats have begun to hit the store shelves all over. This trend will pick up steam amongst the teens and work its way down to the younger fashionistas. Browns and blacks will be the most popular shades, but expect to see some greys and off-white options available. Accessories featuring unicorns will remain popular throughout the winter season. Winter necessities including hats, boots, gloves and coats will be unicorn inspired.

Navy Blues

Don’t look for any color to

dethrone the classic red for the winter and holiday season. However, there may be a color option nipping at red’s heels.

“Expect to see more navy blues on the shelves this winter season,” said Charla Murrah.

That’s right. Deep and rich blues will more than likely be the “it” hues for the season. Consider navy barn coats with matching berets for little girls. Also, navy blue puffer jackets or vests with coordinating beanies for the boys.

The cold winter months do not have to be spent wearing drab clothes. The ever-evolving fashion world has made sure to include the youth in the latest trends for all seasons. If you’re a parent, do your kids a favor and don’t be like Randy’s mom. There are options that allow kids to stay warm and on trend.



NAVY BLUE



Embrace the holiday spirit at Philbrook Festival! Philbrook Festival features a LEGO village, light show, Santa, Christmas crafts for kids and more! All, of course, within the beautiful Philbrook villa, especially decorated for the holidays! Philbrook Festival kicks off Friday, November 29. Get tickets at philbrook.org/festival.

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

November 1 Friday

DÍA DE LOS MUERTOS FESTIVAL [FREE]

Living Arts of Tulsa, in partnership with Guthrie Green and Casa de la Cultura is hosting Tulsa's annual Día de los Muertos Arts Festival on November 1st, 2019, 5:00 – 11:00 PM. Día de Los Muertos (Day of the Dead) is a celebration of the Hispanic heritage honoring loved ones who have passed away. This year the event will be held from Living Arts of Tulsa to Guthrie Green. The Tulsa Arts District, 5-11 p.m. livingarts.org

FIRST FRIDAY ART CRAWL [FREE]

Enjoy free admission to art galleries and other activities in the Tulsa Arts District, 6-9 p.m. thetulsaartsdistrict.org

November 2 Saturday

TULSA POP CULTURE EXPO

Tulsa Pop Culture Expo is a family friendly celebration of pop culture, including kids activities, celebrity guests, gaming, cosplayers and panels with industry professionals. Woodland Hills Mall, 7021 S. Memorial Dr., November 2 and 3, tulsapopcultureexpo.com

SURVIVING THE HOLIDAYS FOR DIVORCED/SEPARATED FAMILIES [FREE]

Separated. Divorced. Wondering how you will survive Thanksgiving and Christmas knowing that everything has changed? Asbury and DivorceCare are here to offer you help and hope as you navigate the holidays. Spend time learning practical tips for handling emotions, social

events, time with family, and turning discouragement into hope. Asbury United Methodist Church, 6767 S. Mingo Rd. # 1900, 9:30-11:30 a.m. Preregister at asburytulsa.org

BARK IN THE PARK [FREE]

Get your pets and the rest of the family out of the house for the 2019 Bark in the Park at the Ray Harral Nature Park! This event will feature local pet focused vendors, a food truck, as well as fun contests and games to enter your pet in. Pets must be on a leash. This event is free and for all ages. Ray Harral Nature Park, 7101 S. 3rd St., Broken Arrow, 10 a.m.-2 p.m. facebook.com/rayharralnaturecenter

FLYING CAR SHOW

TASM is hosting a 1940-1960's Vin-

tage Car Show, complete with food trucks, lawn games, music, door prizes and more! Tulsa Air and Space Museum (TASM), 3624 N. 74th E. Ave., 10 a.m.-4 p.m. tulsamuseum.org

MAGICAL MORNINGS FOR FAMILIES

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

LOCAL AUTHOR BOOK FAIR

[FREE]

Browse and purchase works written by local authors, and meet and talk with Oklahoman authors. For all ages. Central Library, 400 Civic Center, 1:30-3:30 p.m. tulsalibrary.org

November 3 Sunday

KING'S MEDIEVAL FAIRE [FREE]

Come to King's Medieval Faire's fourth annual festival of all things Medieval, Renaissance, Steampunk and Cosplay! Eat a turkey leg, tapas, and a wide selection of festival food. Get your Christmas shopping done early (500 years early) with the most unique gifts your loved ones will ever receive, some crafted by artisans on site during the faire. Talk to a mermaid, hear stories from a wizard, see magic shows, learn historical songs from a pirate, try viking games, shoot arrows or throw an axe. And best of all? Admission is free! There is a small charge for parking. Black Gold Park, 95 W. 145th St. S., Glenpool, November 1-3, kingsmedievalfaire.com

OPEN STAGE MATINEE [FREE]

Celebrate Tulsa's talented kids at Open Stage Matinee on Sunday, November 3! Children in grades K-12 have the opportunity to show off their skills in front of a live audience. From poetry and singing to playing instruments and dancing, Open Stage Matinee will give kids a chance to build their confidence and presentation skills through performance. Open Stage Matinee is free to attend and does not have a participation fee. Kids participating may take the stage solo or as a group, but must apply in advance. Gathering Place, 2650 S. John Williams Way, 3-5 p.m. gatheringplace.org

November 4 Monday

POSTPARTUM/LACTATION SUPPORT GROUP

Motherhood is extremely rewarding but can also be most the most exhausting job you will ever have. This class incorporates time for strengthening your soul, body and mind all

while enjoying the fellowship of other mothers. Each class will offer a different educational topic pertaining to motherhood as well as a time for questions and answers on topic such as breastfeeding, intimacy, transitioning back to work, exercise, whole body healing and much more. Children welcome. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 10-11 a.m. Repeats every other week. breathebirthandwellness.com

CAREGIVER/CHILD YOGA

With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

November 5 Tuesday

BIKES, BALLS & YOU [W]

This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Tuesdays & Thursdays, 9:30-11 a.m. Cost is 50 cents/child per visit. No Bikes and Balls during school holidays. Whiteside Community Center, 4009 S. Pittsburg Ave., 9:30-11 a.m. cityoftulsa.org

AQUA TOTS

Every good aquanaut started as an Aqua Tot! Bring your future ocean explorers (ages 2-5) for story time by the sea. Included with admission. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10:30-11 a.m. okaquarium.org

TARC HISPANIC FAMILY SUPPORT GROUP [FREE]

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

November 6 Wednesday



Our web editor, Tara Rittler, enjoyed sharpening her Spidey senses at last year's Tulsa Pop Culture Expo! This celebration of pop culture returns November 2-3 at Woodland Hills Mall. Get details at tulsapopcultureexpo.com.

YOUNG @ HEART: BOOK CLUB FOR ADULTS: SPECIAL INTERNATIONAL GAMES WEEK EDITION [FREE]

Are you a parent, grandparent or educator looking for quality read-aloud books for the young people in your life? Would you like to meet with other adults and discuss one of this year's Children's Sequoyah books? Come and join us for an afternoon of book discussion and exploration. This month's book is "The Rhino in Right Field" by Stacy DeKeyser. Also, play some board games for both young and young at heart. Sponsored by the Friends of the Helmerich Library. Helmerich Library, 5131 E. 91st St., 4-5 p.m. tulsalibrary.org

November 7 Thursday

OPEN GYM FOR TOTS [FREE, W]

Tots (ages 1-5) can play with mini basketballs, hula hoops, tunnels, etc. Bring your own riding toys! Free. Hicks Park, 3443 S. Mingo Rd., 10-11:30 a.m. cityoftulsa.org

BUILD A READER STORYTIME: BILINGUAL/CUENTOS BILINGÜES [FREE]

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

español. Kendall-Whittier Library, 21 S. Lewis Ave., 3-4 p.m. tulsalibrary.org

GOLD MEDAL NIGHT

Aim High Academy is pleased to announce that this year's GOLD MEDAL NIGHT guest speakers are Dominique Moceanu and Kenyatta Wright! Join Aim High Academy for an unforgettable evening that also includes music by Grady Nichols, special performances by Aim High and dinner provided by some of Tulsa's best restaurants! Battle Creek Church, 3025 N. Aspen Ave., Broken Arrow, 6:15-9 p.m. aimhigh-gym.org

November 8 Friday

LIGHT THE NIGHT

Light The Night is an inspirational community event to raise awareness and funding for groundbreaking research and treatment options to eliminate blood cancer. Register at www.lightthenight.org/events/tulsa. River West Festival Park, 2100 S. Jackson Ave., 6-9 p.m.

POWERED BY ART, A BRIGHT FUTURE

The Tulsa Girls Art School yearly gala has been called "the most creative event in Tulsa." Partnering with Ihloff Salon and Day Spa, art

school students to create outrageous, futuristic, avant-garde fashions showcased by models the evening of the event. On the night of the event, students get involved by presenting a gallery of work for patrons to peruse while they share their stories and love of art. There is an appetizer contest featuring four of Tulsa's best restaurants, wine tastings, a delicious dinner and great music. This is a can't-miss event for art lovers. Greenwood Cultural Center, 322 N. Greenwood Ave., 6:30-10:30 p.m.
tulsagirlsartschool.org/gala

November 9 Saturday

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

TRUTHFUL FOOD AND ART FESTIVAL [FREE]

Celebrate Turkish culture at Raindrop Turkish House Tulsa's annual Turkish Food and Art Festival! Free admission. RSVP on their Facebook event page so they know how many people are coming! Raindrop Turkish House Tulsa, 4444 W. Houston St., Broken Arrow, 10 a.m.-6 p.m.
facebook.com/raindropturkish-housetulsa

2ND SATURDAY SILENTS: "A ROMANCE OF THE REDWOODS" (1917)

2nd Saturday Silents presents Mary Pickford in "A ROMANCE OF THE REDWOODS" (1917). This Cecil B. DeMille western will feature live accompaniment by Bill Rowland on Circle Cinema's original 1928 pipe organ, with walk-in music provided by House Organist Phil Judkins. Circle Cinema, 10 S. Lewis Ave., 11 a.m.-12:30 p.m. circlecinema.org

OKLAHOMA TRIBAL CELEBRATION [FREE]

Oklahoma is home to more than 39 Native American Tribes and Tulsa

has long been proud of its native heritage. Oklahoma Tribal Celebration will be a proud expression of music, dance, art, food, and fashion; where each nation will have the opportunity to share its story and speak of their cultural legacy in a realm within the park. Don't miss a special performance by The Levi Platero Band! Gathering Place, 2650 S. John Williams Way, 1-6 p.m. gatheringplace.org

SEA TURTLE BIRTHDAY PARTY

Celebrate Oklahoma Aquarium's loggerhead sea turtle's 25th birthday with special treats, gifts, and fun activities for everyone! The Aquarium will reveal the new name of its male turtle, and you'll find out how you can help save the sea turtles from right here in Oklahoma. Cost: Free for members; general admission for non-members. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 2-4 p.m. okaquarium.org

November 10 Sunday

SENSORY-FRIENDLY FAMILY FUN TIME

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

FIDDLER ON THE ROOF (1971) SING-ALONG

The 6th Oklahoma Jewish Film Festival begins by screening a classic audience favorite...with a twist. Croon along to all-time favorites like "Tradition," "If I Were A Rich Man," "To Life," "Sunrise, Sunset," "Do You Love Me?" and "Anatevka," among many others. We encourage you to come in costume! Guaranteed fun for all. Children are welcome (Fiddler is rated "G") though some themes may be challenging for young children. Circle Cinema, 10 S. Lewis Ave., 1-4

p.m. circlecinema.org

November 11 Monday

MAGIC MONDAY STORYTIME

[FREE, W]

Bring the kids every Monday for storytime at Magic City Books. Classics, new favorites, and more. Snacks included. Magic City Books, 221 E. Archer St., 10:30 a.m. magic-citybooks.com

November 12 Tuesday

GAMES ON THE GREEN

[FREE, W]

Grab lunch to-go from one of the surrounding restaurants and bring it over to the Green to eat, then spend the rest of your lunch hour playing our lawn games. Assortment of games will vary throughout the season. All activities provided by Chapman Green Arts are FREE to the public, thanks to the Chapman Foundations. Chapman Green Arts, 605 S. Main St., 11 a.m.-1 p.m. chapmangreenarts.com

FULL MOON NATURE HIKE

Take a self-guided night hike to experience the sights and sounds along a nature trail through native prairie and forest. Wear comfortable walking shoes and bring a flashlight for this 1.5-mile hike. Not recommended for children under age 6. A cash bar with beer and wine will be available for refreshments before or after your walk. Cost is \$10 per person for members; \$15 for non-members. Register online at tulsabotanic.org. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 5-7 p.m.

November 13 Wednesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY

[FREE, W]

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster critical early literacy skills. Rudisill Library, 1520 N. Hartford Ave., 10-11 a.m. tulsalibrary.org

CHILL OUT: COCOA AND COLORING [FREE]

Hang out and do a little coloring while you drink some hot chocolate! For teens. Schusterman-Benson Library, 3333 E. 32nd Pl., 5:30-6:30 p.m. tulsalibrary.org

November 14 Thursday

HOMESCHOOL DAY

A day full of fun, educational activities for homeschooled students and their educators. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m. okaquarium.org

LEARN AND PLAY

Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities designed to stimulate early learners in a lively, social atmosphere. Snacks and all materials are provided. Free with museum admission, but advance reservation is required due to limited space. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30-11:30 a.m. Also on Friday, November 15, gilcrease.org/events

KIDS CONNECTION [FREE]

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

GIVE BACK! [FREE]

Do you need community service hours? The holiday season is coming up, and this is an opportunity to make cards for children in hospitals as a way to give back and spread encouragement. Registration is required. Register online at www.tulsalibrary.org/events or call 918-549-7323. For ages 10-18. Central Library, 400 Civic Center, 4:30-6:30 p.m. tulsalibrary.org

TULSA MOMS DEMAND ACTION



GRAND EXPERIENCE: WASHED ASHORE

Grandparents and kiddos will experience the wonder of Art to Save the Sea while creating memories that will last a lifetime. Discover how to turn the tide on plastic pollution during this guided view of the colorful, larger-than-life aquatic animal sculptures. \$25 per class. 10% off for zoo members. More information and registration at tulsazoo.org/classes or (918) 669-6204. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m. on Saturday, November 16.

MEETING [FREE]

Please join the Oklahoma chapter of Moms Demand Action to learn how you can help to demand sensible gun laws in Oklahoma. Feel free to bring a friend. Check Facebook event page for RSVP details. Southminster Presbyterian Church, 3500 S. Peoria Ave., 6:30-7:30 p.m. facebook.com/momsdemandactionok

November 15 Friday

CHILDREN'S ART CONTEST DEADLINE!

Family & Children's Services invites all K-12 students to participate in its 22nd Art Contest. This year's theme is "Family Traditions." Create artwork that tells the story of your family's special traditions. Examples include holiday, seasonal, cultural, generational or special events that are unique to your family. Best of Show artwork will be featured on the cover of Tulsa Kids magazine's February 2020 issue. All winning artwork will be showcased at Philbrook's Second Saturday on February 8. In addition, cash prizes will be awarded. November 15 is the LAST day to submit! Learn more at fcsok.org.

BOOKS TO TREASURE: A TULSA TRADITION—MEET CHRISTIAN ROBINSON! [FREE]

Celebrate the joy and beauty of children's literature with the 2019 Books to Treasure illustrator Christian Robinson! Robinson is known for telling engaging stories with his fresh artistic style in such lauded children's books as "Rain!," "School's First Day of School" and "The Smallest Girl in the Smallest Grade." During this presentation, he will discuss his creative process and artistic inspiration, particularly for the 2019 Books to Treasure book, "Gaston." Books illustrated by Robinson will be for sale. Book signing to follow. For all ages. Hardesty Library, 8316 E. 93rd St., 7 p.m. tulsalibrary.org

November 16 Saturday

SIBLINGS CLASS

Fun and informative class for children ages 1-10 who are being promoted to big brothers or sisters! Hands on interaction, fun games and much more to help your little one become excited about welcoming a baby into your household. All participants will receive an official Big Brother or Big Sister Certificate as well as keepsake to give their little siblings once they arrive. Space

is limited! \$5 per child. Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 10-11 a.m. breathebirthandwellness.com

SUPER SATURDAY!

Join Sam Noble Museum for an exciting day filled with family fun including Little Learners, a craft, Meet a Scientist, Exploration Station, special guests and more! Go wild as an OU Fit and Rec yoga instructor leads families in animal-themed yoga! Exploration Station, meet a Scientist, a craft and the Spot It! scavenger hunt will take place from 10 a.m. to 2 p.m. Other special activities include Wild Yoga at 11 a.m. and the museum's regular Saturday programs including Explore It! and Discovery Time. Sam Noble Museum, 2401 Chautauqua Ave., Norman, 10 a.m.-2 p.m. samnoblemuseum.ou.edu

GRANDPARENTS CLASS

Join Breathe Birth & Wellness for a relaxed class on becoming a grandparent! With each generation comes new ideas and new parenting styles. This informative class covers up-to-date information on newborn care and what to expect in the wonderful world of grandparenting! \$50/couple Breathe Birth & Wellness, 4800 W. San Antonio St., Broken Arrow, 1-3 p.m. breathebirthandwellness.com

November 17 Sunday

FUNDAY SUNDAY [FREE]

The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 12-4 p.m. gilcrease.org

November 18 Monday

BUILD A READER STORYTIME: FAMILY [FREE]

Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older

children. Bixby Library, 20 E. Breckenridge, 10:30-10:50 a.m. tulsalibrary.org

SENSORY FOR THE YOUNG SCIENTIST

Every third Monday of the month, let your little scientists explore their senses! New activities have been designed to introduce children to chemistry, physics, and natural sciences, all while practicing fine and gross motor skills with a caregiver! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

OPIOIDS: PREVENTION AND AWARENESS [FREE]

A RSVP/OSU Opioids Awareness Educator volunteer will educate and inform the community about the personal, family and community risks of opioids addiction. Sponsored by Oklahoma State University's Cooperative Extension Service and RSVP (Retired Senior Volunteer Program) of Tulsa. For adults. Central Library, 400 Civic Center, 12-1 p.m. tulsalibrary.org

November 19 Tuesday

BUILD A READER STORYTIME: PRESCHOOL/STAY AND PLAY [FREE, W]

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Stay after storytime for games, toys and activities that foster critical early literacy skills. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11:30 a.m. tulsalibrary.org

COMPASS, CALENDAR, CLOCK

As our ancients learned, the sky is not just a thing of beauty... it's the ruler for the position of our planet. Understanding how our planet is aligned with the distance stars allows anyone to use the sky as a compass, a calendar and a clock. Come learn how to use the sky yourself! The target audience age for Compass, Calendar, Clock is 10 years to adult. Jenks Planetarium, 205 E. B St., 7-8 p.m. jenkscommunity.com

November 20 Wednesday

POKÉMON 301: SPECIAL SWORD AND SHIELD EDITION [FREE]

Join Helmerich Library staff for the third of their ongoing Pokémon events! This time, the focus will be on the newest Pokémon game, Sword and Shield! Sponsored by the Friends of the Helmerich Library. For all ages. Helmerich Library, 5131 E. 91st St., 4-5 p.m. tulsalibrary.org

FANDOM CLUB: DUNGEONS & DRAGONS [FREE]

Enjoy a D&D extravaganza! Don't worry if you've never played before, this D&D one shot is designed for people who have no idea what they are doing. There will be premade character sheets and dice for you to borrow, or if you are already familiar with D&D you can bring your own. Call Jocelyn at 918-549-7595 with any questions. For ages 10-18. Martin Regional Library, 2601 S. Garnett Rd., 5-8 p.m. tulsalibrary.org

November 21 Thursday

HANDS-ON STORYTIME [FREE]

Busy hands, busy brain! Preschoolers learn through hands-on activities. Participants will explore, experiment and create. Be ready to get messy! For ages 3-5 and their caregivers. Central Library, 400 Civic Center, 10:30-11 a.m. tulsalibrary.org
November 22 Friday

CROSS-GENERATIONAL ART WITH BROOKDALE [FREE]

Do a fun painting project with residents of Brookdale Senior Living. All ages are welcome. Broken Arrow Library/South, 3600 S. Chestnut Ave., 10:30-11:30 a.m. tulsalibrary.org

November 23 Saturday

SANTA AT MILLER SWIM SCHOOL JENKS

Santa is visiting Miller Swim School! Don't wait in those crazy long lines, just swim on by and grab a picture with Santa at Miller Swim School. Digital images will be available; take

individual, sibling or family photos. Feel free to wear a swimsuit or dress up! Come during your child's regular swim lesson or another time, and bring a friend! Santa will also be visiting Miller Swim School's Tulsa location in December; look for TulsaKids' list of Santa Sightings in our December issue for those dates. Miller Swim School Jenks, 525 W. 91st St., Tulsa, 9 a.m.-12 p.m. Santa will also visit Miller Swim School Jenks on November 25 and 26, 4:30-7:30 p.m. millerswimschool.com

ZOO INSIDER: WASHED ASHORE

Teenagers will look at the effect of plastic pollution on aquatic animals and explore innovative ways to combat the threat, all while learning about careers available in the zoo field. Register at tulsazoo.org/classes Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade

JENKS KIWANIS CHRISTMAS PARADE [FREE]

Downtown Jenks will once again host the annual Jenks Kiwanis Christmas Parade on Saturday, Nov. 23, 2019. Downtown Jenks, 10 a.m.-12 p.m. jenkschamber.com

JENKS LIBRARY HOLIDAY OPEN HOUSE [FREE]

Warm up after watching the Jenks Christmas Parade with a hot drink and cookie. There will be crafts for the whole family and lots of other holiday fun. Jenks Library, 523 W. B St., Jenks, 10 a.m.-12 p.m. tulsalibrary.org

NATIVE CULTURE MAKE AND TAKE [FREE]

Come and enjoy making the following traditional American Indian arts: Cherokee baskets presented by Choogie Kingfisher; pony bead key chains, bracelets and lizards presented by Stella Foster; and bead necklaces presented by Robin Tiger. All materials are provided. For all ages. Zarrow Library, 2224 W. 51st St., 1-3 p.m. tulsalibrary.org

November 24 Sunday

Looking for more? Find our complete Community Calendar online at tulsakids.com/calendar!

November 25 Monday

MOVE IT MONDAY!

Move to music and play some games! All activities center around a theme and are designed for young children's physical, mental, emotional, and social development. This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

SUPERHERO TRAINING ACADEMY [FREE]

Do you have what it takes to be a superhero? Learn to fight crime and discover your superpower. Costumes are encouraged. Sponsored by the Friends of the Helmerich Library. Recommended for ages 4-8. Schusterman-Benson Library, 3333 E. 32nd Pl., 4-5 p.m. tulsalibrary.org

November 26 Tuesday

TALK & TOUR TUESDAY [FREE]

Tour Youth Services of Tulsa and learn about the services they provide. Register online at yst.org/about. Youth Services of Tulsa, 311 S. Madison Ave., 12 p.m.

CHESS LAB [FREE]

Drop in and play chess — or learn to play if you don't know how. Mr. Paul will share a few of his favorite chess resources, websites and books. For ages 8-12. Hardesty Library, 8316 E. 93rd St., 4:30-6:30 p.m. tulsalibrary.org

November 27 Wednesday

TEEN CONNECTION [FREE]

Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve

Pitts at 918-582-8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-6 p.m. ddadvocacy.net

November 28 Thursday

HAPPY THANKSGIVING!

VON FRANKEN FAMILY FOOD RUN

Join Tulsa Running Club on Thanksgiving morning, for the annual Von Franken Family Food Run. This 5k run/walk event is fun for the entire family (pets too!).

No entry fee, just bring a bag or two of nonperishable food items for the Salvation Army. Sapulpa Furry Friends will also be there collecting dog & cat supplies. River West Festival Park, 2100 S. Jackson Ave., 9-11 a.m. tulsarunningclub.com

November 29 Friday

PHILBROOK FESTIVAL

Philbrook Festival begins this weekend! Enjoy visiting with Santa, a Lego Village, games, music and more! Purchase tickets in advance at philbrook.org. Philbrook Museum, 2727 S. Rockford Rd., 6-9 p.m. Occurs each Friday and Saturday through December 28.

November 30 Saturday

SATURDAY TINY TOTS COOKIES WITH SANTA

Enjoy cookie decorating, a visit with Santa, themed games and more at Wheels and Thrills! For children 6 and under. Wheels and Thrills, 10637 N. Garnett Rd., 9-11 a.m. wheelsandthrills.com



a day in the life

This month's article was inspired by my sister-in-law who is in her first year of homeschooling. She told me she has read enough to understand that homeschool isn't just school-at-home, and it can be structured or not, but would love to read more specifically about how that looks in real life. Now before I attempt to break down our basic school day for you, let me give a little disclaimer. This is an outline of a day with few unexpected interruptions. I feel like a true guide to homeschool days with my family would read more like a "Choose Your Own Adventure"! But we work around whatever life throws at us and try to stay focused on learning with our long-term goals in mind. That said, here is a glimpse into our day:

6:30 a.m. – I normally wake up around this time. I'm a morning person and can't remember the last time I needed to set an alarm. My husband is usually already out the door for work, so I try to get my coffee and sit back down by my baby for a little quiet work time before the house awakens. My brain is clearest in the early hours, so I plow through work stuff until Indy wakes up.

7:30 a.m. – Indy wakes up and we cuddle for a minute while it's just the two of us.



8:00 a.m. – Willa and Viggo are up and ready to go! I usually pass Indy to them to get breakfast, and then I dress and meet them downstairs to start school.

9:00 a.m. – My bigger kids get up and join us. I don't mind them starting a little later because it lets me give the younger ones a little focus time while they are able to stay on task. The younger they are, the harder it is for me to keep them going unless I'm with them.

9:30-noon — I spend the next several hours bouncing around between kids. I'm usually with whoever needs me most. If I start to feel monopolized, I try to switch it up.

12:30 p.m. – People start to get hungry and we break for lunch. It's rare that I can get my younger ones to get back to focused school work after this, so I usually just tell them no screens until 3 p.m. and let them loose. This usually ends up being a little outside time, Legos, writing, and drawing, but by 3 or 4 p.m., the requests for the iPad start coming.

1-3 p.m. – My older children continue to work, and I start to be able to back off to do some of my own work alongside them, as long as I stay close in case they need me. The baby often falls asleep around this time, but he's pretty inconsistent. It's not a big deal though, because I usually do not have any trouble finding

someone to help with him in order to get out of other tasks!

After 3 p.m. – Each afternoon shapes up a little differently. We have activities that start as early as 1 p.m., and some that go as late as 7:30 p.m., so each day works around those things.

Dinner – We eat dinner anywhere between 4:30 – 7 p.m., depending on the day. Some people get it hot, some do not. Thankfully, my kids are getting old enough to pitch in, and I find it less of a scramble than when everyone was little. If somebody older than 13 is home, they can help get the dinner process rolling.

Bedtime – A hot mess. Really, though, with a 17-year-old and a 10-month-old, long gone are the days of everybody getting a bedtime story and me quietly cleaning the kitchen while listening to a baby monitor. On the upside, while bedtime might not fit into the neat box it once did, it's also mostly self-sufficient. Sometimes older ones have to stay up to work on things, and I let them make that call. My kids still like to share rooms, so if I feel someone is going to be up too late, I'll grab the younger ones and stick them in a different room. I know it's not the most organized, but we are surviving!

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BY NANCY A. MOORE

PHOTO: SHEEBA ATIQUI

Shannon Smith: using her talent to give back

By looking at her beautiful website, you can catch a glimpse of Shannon Smith in her element – shopping at a farmer’s market, preparing authentic dishes and perusing markets for unique pieces to design and make jewelry. She clearly has a passion for creating.

Her cooking career began 19 years ago, rather suddenly, following a divorce. She had to find a job and happened into a position working for a local non-profit, teaching basic cooking skills to underprivileged kids and previously incarcerated women. The ironic part was that at the time she did not have any formal training in what she was doing and had to figure it out. She was thrown in to the sink-or-swim situation, and she decided to embrace her opportunity.

Making that decision proved successful. She quickly realized that she was making a significant and positive difference in the lives of many women and their children – including hers and her children’s. Over time, her joy and passion for cooking became what it is today – leading cooking classes and teaching private lessons in Tulsa and beyond. But she hasn’t forgotten where it all started and continually gives back by teaching classes to local



women released from incarceration how to cook healthy and budget-friendly dishes for their children.

TK: How did you start teaching cooking classes?

Shannon: About 19 years ago, I was able to get a job with Tulsa Neighborhood Network teaching kids how to cook. The group of kids I would teach after school were from different cultural backgrounds and really didn’t seem to get along – but I observed that they were able to set aside their differences and come together when they were cooking. At the same time, I was working at a home for unwed mothers teaching them the same things – how to prepare easy, fast and low-cost meals. I had always wanted to be a teacher, and this sparked my love of cooking, so I enrolled in a local culinary program and took every class offered. It wasn’t long before I was teaching evening classes to people in the culinary program I had graduated from.

TK: When you travel, you often teach women all over the world how to make an income through cooking. How did this come about and why is it a priority for you?

Shannon: At the time I was

continued next page

teaching classes at the cooking school, I got remarried and started traveling quite a bit with my husband. During our travels, I wanted to do more than just sightsee – I wanted to become more immersed in the culture; one way to do this was by taking cooking classes. I wanted to learn what they were cooking, why they were using certain ingredients and the customs surrounding their cooking.

The traveling connection was through my husband who had written a book about micro-loans and financing and was speaking with others about the book. As our kids got older, I became more involved with the micro-finance program through Hope International and have traveled to several third-world countries where I have taught sewing and cooking to women in the micro-loan programs.

TK: I know you enjoy working with women all over the world. What is one of the ways you give back to the Tulsa community?

Shannon: Locally, I work with a non-profit organization called “Inside Out Reentry Services” teaching previously incarcerated women how to cook inexpensive, healthy and delicious food. This organization requires women in their program to take different classes – including cooking - to help rebuild their lives. It’s amazing because some of these women have never cooked before. Maybe some of them have worked in a restaurant, but don’t know the basics. Because these women want to do well, they are motivated to work hard.

TK: What is your favorite part about volunteering for this organization?

Shannon: I get to meet some great people – especially working with these women! It takes only a short amount of time to start making an impact. In teaching my most recent class, I could tell from the start that the women didn’t

want to be there. I knew it was because their kids were being babysat in another house and they really wanted to be with them. After the class wrapped up, I could see things had changed. They admitted to me that they didn’t want to be there but ended up enjoying the class. They also asked why I wanted to help, and I let them know that I truly care about them and know how difficult it is as a single mother to feed their children and work full time. I wanted to share my skills and recipes to make their lives easier.

TK: What is one thing you’ve observed from teaching these classes?

Shannon: Over the years, I have found that so many friendships happen during my classes. It’s not really that hard to make someone feel important or make someone happy. These women just want to talk with people who will listen and care.

TK: What is your favorite country to visit?

Shannon: I have been to 45 countries, so it’s hard to choose just one. Can I give you two? I love India and Israel. The beauty that I saw in India and the people I met were very impactful. I’ve been to Israel five times; three times in just the past year. During the last three trips, I met people interested in food and giving food tours. Everywhere I go it is important for me to meet a new friend – make a new connection. For example, I met a wonderful woman in Nazareth who owns a restaurant, and I enjoyed connecting with her and will keep that relationship going.

TK: Where did the name for your online platform “beads and basil” come from?

Shannon: I came up with the name about six years ago. It combines my love of cooking with my other creative outlet, designing jewelry from beads collected from my travels. The online platform connects me with people who are

interested in recipes, cooking, traveling and the classes I offer in Tulsa and beyond.

TK: What do you enjoy most about what you’re doing?

Shannon: I am really fortunate to have found my dream job. I enjoy working with people and getting people together. There have been so many friendships and business relationships that have developed from those in my classes. I like to think I am a connector of connectors.

TK: What advice do you have for others about volunteering?

Shannon: I encourage everyone to share any skills they have with other people who need it or want it. There are always ways to get involved.

TK: What’s next for you?

Shannon: I’ve started writing a book and have begun taking a creative writing class to help tell my stories. I have a huge collection of cookbooks that I am reading to get the style of what I want to do. I just had a huge lightbulb moment when someone gave me an Israeli Cookbook from a restaurant in New Orleans called Shaya – reading this book has sparked a lot of inspiration.

TK: What is your give-away thought?

Shannon: My hope is to inspire people to get out of their comfort zones and share what they know. It doesn’t have to be teaching. It can be as simple as sitting down and taking the time to visit with someone. Something small can make a huge impact.

Instagram: beadsandbasil;
www.beadsandbasil.com



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GISELLE

When: November 1-2, 7:30 p.m.;
November 3, 2:30 p.m.

Where: Tulsa PAC, 110 E. 2nd St.

One of ballet's greatest love stories, the haunting Giselle arrives this October to the Tulsa Performing Arts Center. When a young woman is betrayed by her fiancée and dies brokenhearted, she rises from the grave to save her beloved from the revenge of other scorned women.

tulsaballet.org

BANDSTAND

When: November 5, 7:30 p.m.

Where: Tulsa PAC, 110 E. 2nd St.

From Hamilton choreographer Andy Blankenbuehler comes a poignant and inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. It's 1945. As America's WWII soldiers come home to tickertape parades and overjoyed families, Private First Class Donny Novitski struggles to rebuild his life. With some fellow veterans, Donny forms a band un-

like any the nation has ever seen, and the men finally feel like they have a place to call home. tulsapac.com

PETER AND THE WOLF

When: November 8, 10 a.m. and
11:45 a.m.

Where: Zarrow Performance Studio, 1901 W. New Orleans St.,
Broken Arrow

The Hardesty Children's Series matinee performances of Ma-

Cong's Peter & the Wolf are perfect for ballet's youngest fans. This theatrical ballet experience is created especially for children and young families, and features a cast of characters children know and love, with narration to help them understand the story. This magical performance will come to life on-stage thanks to all-new sets, costumes, and choreography, designed just for Tulsa Ballet. tulsaballet.org

continued next page

DRAGONS LOVE TACOS AND OTHER STORIES

When: November 8, 9:30 a.m., 11:30 a.m. and 7:30 p.m.

Where: Tulsa PAC, 110 E. 2nd St.

Dragons love all sorts of tacos — except spicy ones! Find out what happens when a boy throws his new dragon friends a taco party in this musical revue of beloved contemporary children's books that features excerpts from *Dragons Love Tacos*, *Interrupting Chicken*, *The Dot*, *Mercy Watson Goes for a Ride* and *Cowgirl Kate and Cocoa*: School Days. tulsapac.com

ANNIE MOSES BAND: FROM COPLAND TO CASH

When: November 10, 7:30 p.m.

Where: Broken Arrow PAC, 701 S. Main St., Broken Arrow

A captivating blend of folk and classical, the Annie Moses Band is a talented ensemble of songwriters, singers, musicians, and siblings combining technical skill with exhilarating showmanship. The Band's innovative sound has delighted audiences in record breaking numbers of airings on PBS and on stages as diverse as Carnegie Hall and the Grand Ole Opry. brokenarrow-pac.com

LEGALLY BLONDE THE MUSICAL

When: November 16-17, 7:30 p.m.;

November 16-17, 2 p.m.

Where: Tulsa PAC, 110 E. 2nd St.

Theater Tulsa's Broadway Bound students present the inspiring story of Elle Woods as she journeys from sorority party girl to Harvard Law student. tulsapac.com

ENCORE! TULSA PRESENTS: A CHARLIE BROWN CHRISTMAS: LIVE!

When: Friday, November 22, 7:30 p.m. (adult cast); Saturday-Sunday, November 23-24, 2 and 7:30 p.m. (youth cast)

Where: Tulsa Little Theatre, 1511 S. Delaware Ave.

Watch Encore! Tulsa's production of the beloved Christmas classic, "A Charlie Brown Christmas." Learn more and purchase tickets at encore-tulsa.com.

GRADY NICHOLS CHRISTMAS SHOW

When: November 30, 8 p.m.

Where: Tulsa PAC, 110 E. 2nd St.

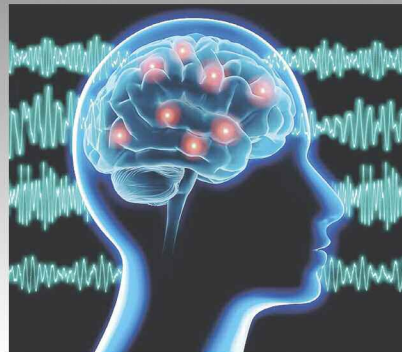
Saxophonist Grady Nichols and friends come together to present the coolest, smoothest holiday concert of the season. The show, which features traditional and contemporary Christmas music, benefits ALS Patient Services Outreach, a Tulsa-based nonprofit that works with ALS patients and their families. tul-sapac.com

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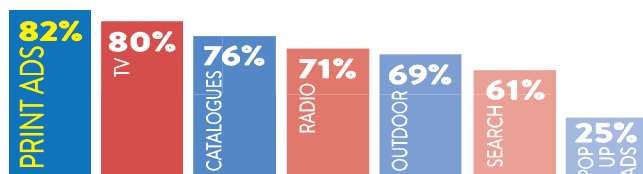
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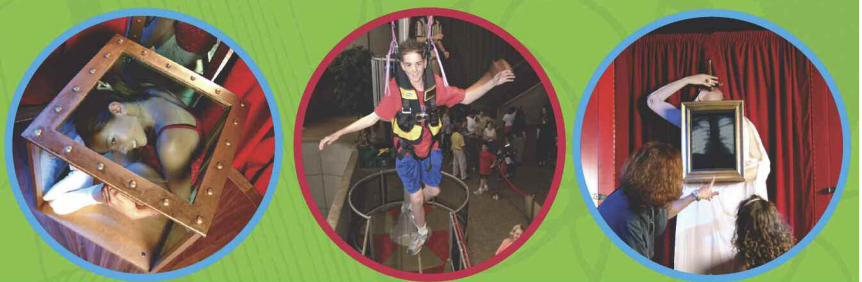
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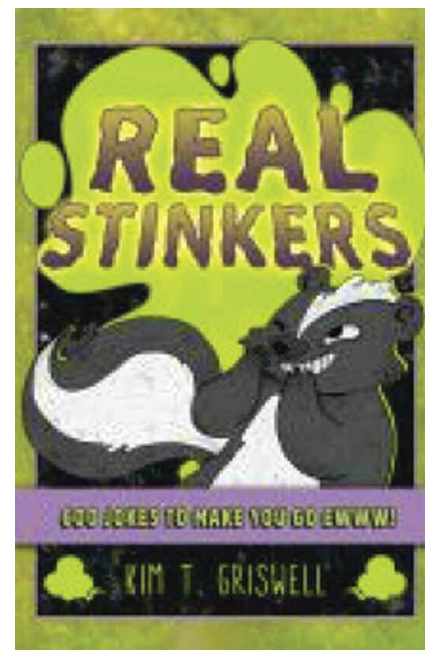
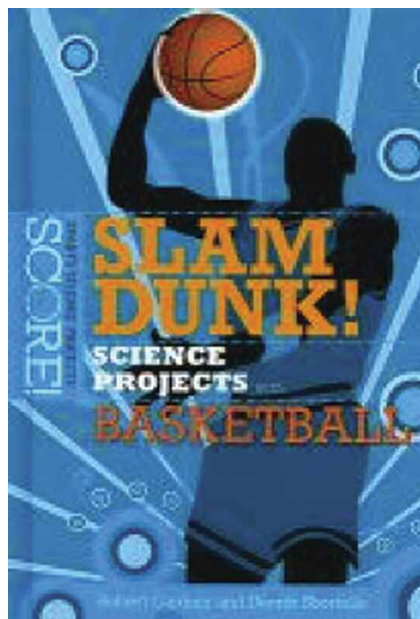
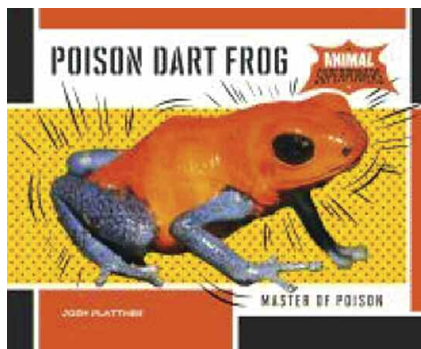
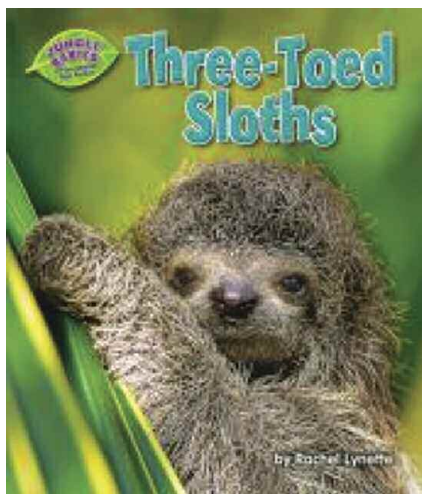


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BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

sloths, poison frogs and football physics

CULTIVATING CURIOUS MINDS
AT THE LIBRARY
WITH YOUTUBE... AND BOOKS



When Oscar-winning filmmaker Guillermo del Toro was a child, he loved movie monsters so much that he taught himself English to learn more about them.

He didn't do it for a class. He didn't do it for his parents. He didn't do it because it would improve his test scores. He did it because he was curious, and he wanted to read the *Famous Monsters of Filmland* magazine and

understand what the words said.

The children's librarians and staff at the Tulsa City-County Library like to take a page out of del Toro's monster magazine and build on children's curiosity while encouraging a love for reading.

And sometimes that means we start with a YouTube video. YouTube? For real?

The 21st century has given us technology that can be a burden and a chore (says anyone forced to answer work email dur-

ing vacation). But for children, it's also a great opportunity to stoke curiosity and build a sophisticated level of background knowledge about a wide variety of topics.

Background knowledge is a reading teacher's best friend. The more a child knows about a topic,

the easier it is to read and understand text about that topic.

And one of the best new modern ways to develop background knowledge?

You guessed it: YouTube.

What's more, your child has probably already discovered it and is just waiting for you to help

continued next page

cultivate their curiosity with even richer sources of knowledge: books!

Learn like a sloth, and other animal adventures

The chain of learning might go something like this.

You're noodling around on Facebook when you see a friend's posting of a funny video of a sloth. You show it to your child, who wants to know more about this strange, slow and fascinating creature.

Or you watched an animated movie with a sloth character. Or you jokingly called the slow driver in front of you a sloth. Sloths are everywhere these days!)

Together, you find a series of sloth videos perfect to watch with your child, from Animal Planet and National Geographic, that give more information about sloths but also show what they

look like, how they move and what they eat.

And then you say the magic words: "Let's go see what the library has about sloths!"

Books, glorious books, so many books, at the library! Books upon books about sloths, all ready for your child to check out and pore over, learning more and becoming experts.

But that's not all! Once in the juvenile nonfiction section where the animal books are (the Dewey Decimal number of 599s to be exact), other books may capture your child's curiosity.

Poison dart frogs? Hmm, that looks interesting! Camels, what are their humps for, anyway? And this big book of tigers and lions? Oh, my!

Riddle me this

Another YouTube entry point into library books is the

humble riddle and joke. Search for "Clean kid jokes" online (preview the results first, of course) and share with your child.

Then walk them to the 818s section of the children's nonfiction shelves of your library. You'll find a plethora of excellent joke books and books with brain-twisting riddles.

Who knows? Just as Guillermo del Toro became one of the most famous monster moviemakers in the world, your kid could become a renowned comedian.

And it all started in the library.

TED-Ed, Kids Learning Tube, and more

Excellent sources of curiosity-building videos can be found on the educational channels of TED-Ed (an offshoot from the popular adult channel of TED

Talks) and Kids Learning Tube, both of which offer playlists related to different topics.

From learning the geography of different countries to "the physics of basketball," these short videos can act as introductions for a variety of mind-blowing (and mind-building) subject areas, causing your child to want to learn more. And more. And more.

And do you know the best answer to their questions? "Let's go to the library!"



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI

Ezra Baird: YouTube Personality

Charismatic, radiant personality and adventure-seeker are just some of the words that describe 10-year-old Ezra Baird. The Jenks fifth grader is the creator and face of YouTube's EZ 101. The channel gives Ezra the opportunity to share his stories, opinions, advice and life with his subscribers, from gaming tips to his latest hike.

TK: Who are you and what makes you so unique?

Ezra: I am unique because I am not like every other Tulsa kid. I am a YouTube personality with my own channel called EZ 101. I have around 500 subscribers and more are joining every day. I use a wheelchair and have a trach and hearing aids which also makes me a unique Tulsa kid.

TK: What made you want to start making YouTube videos?

Ezra: I have watched YouTube my whole life and thought, "I really need to do this." My older brother Clinton knows a lot about YouTube and told me I'd be great at it. I asked my parents if I could start my own channel, and they agreed, and that's how it all started.

TK: How many videos have you made?

Ezra: I have made around 20 videos on my EZ 101 YouTube channel, but several more are currently in production and are being released every week.

TK: How do you come up with ideas for these videos?

Ezra: I mostly get ideas from different activities I do every day and also from trending topics online. I make videos like cooking shows, ghost hunting, when I meet celebrities like Sam "Flash Gordon" Jones, and I've talked a lot about the Area 51 raid. I also did a behind-the-scenes look at a commercial I was in.

TK: Any advice for future YouTube stars?

Ezra: I would say to try making a Vlog (video blog) about something you like or do, video game or toy reviews. These are very popular videos right now.

TK: What has been your favorite adventure so far?

Ezra: My favorite adventure is one that I am actually about to post on my channel. I did a paranormal investigation at the Stanley Hotel in Estes Park, Colorado. It is the hotel where the "The Shining" movie was filmed. I had an actual ghost encounter with the hotel ghost named Lucy!

TK: Where is your favorite place in Tulsa to explore?

Ezra: The Gathering Place is my favorite place in Tulsa. There is so much to do and I really like the slides and castle.

TK: Who inspires you?

Ezra: I am inspired by my dad to be a doctor and my older brother Clinton inspires me because he was the first person who believed in me and to tell me I make great videos.



TK: What other hobbies do you have?

Ezra: I like acting and have starred in a commercial for Cura Telehealth. I hope to do more commercials and appearances in the future. I also love to play video games like Roblox, Minecraft, Fortnite and Super Smash Bros.

TK: What are your plans and goals for the future?

Ezra: I want to keep my YouTube audience happy with lots of videos. I want to become a pediatrician and a crime fighter. I also want to make video games and have a wife and family. I'm not sure who my wife will be since I'm having girl problems right now.

TK: What is a fun fact about you?

Ezra: There are a lot! My wheelchair doesn't stop me from doing anything I want to do. I have climbed a mountain, went tubing at the lake, and I am starting a second YouTube channel with other local Tulsa kids called The Awesome People. I also once had a pet black widow spider named Midnight.

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