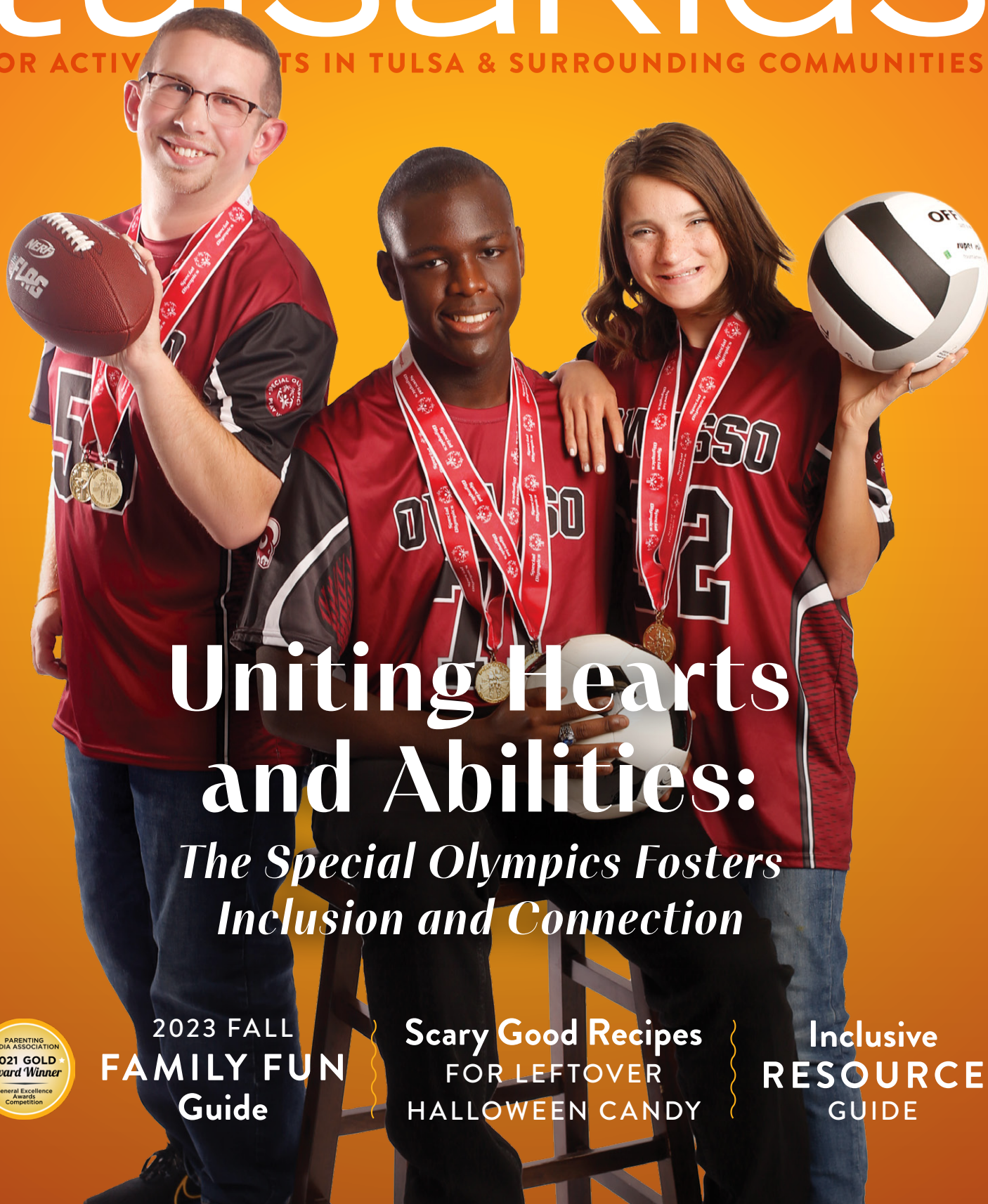


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Uniting Hearts and Abilities:

*The Special Olympics Fosters
Inclusion and Connection*



2023 FALL
FAMILY FUN
Guide

Scary Good Recipes
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Uniting Hearts and Abilities:

The Special Olympics Fosters Inclusion and Connection

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OUR COVER STORY about Special Olympics is, well, special. The athletes and their coaches seem to equally love what they do. The Owasso coach who was interviewed told me that pairing students with Special Olympics students is especially rewarding for everyone. Rather than spending time as an office aid, for example, Owasso students can get to know one of the students in special education, which creates new bonds and friendships. The athletes on our cover were really fun to photograph. It was lovely to meet them.

Speaking of fun, check out our Fall Family Fun Guide in this issue. You'll find fall festivals, places to trick-or-treat, pumpkin patches and even a few fall break camps, should you need those.

I don't know about you, but I don't think my kids ever had leftover Halloween candy. I know that I hid candy from them, but they were like my dog when I open a chip bag — if I thought I was alone and opened it, they were right there at my feet. But, maybe you're like my

husband who tends to over-buy chocolate Halloween candy (as if we're going to have 1,000 trick-or-treaters at our house!). So, rather than leave those bags of tempting treats around, I plan to try out one of Natalie Mikles' leftover Halloween candy recipes.

Nancy Moore interviewed a special education teacher, autism advocate and parent of two children on the autism spectrum this month. I learned a lot from this interview, and I think it's important information for all of us. Nancy interviews lots of interesting locals on her podcast Sharing Passion and Purpose. Check it out.

Enjoy the cooler temperatures and find some fun ways to spend time with your family this month!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

parentingmedia
association



HOPE PLAYGROUND OPENS AT WHITESIDE PARK

A new playground, designed by ACS Playground Adventures, recently opened at Whiteside Park, 4009 S. Pittsburg Ave. Hope Playground is designed for inclusive, all-abilities play. Planned with users in mind, the colorful playground engages children and adults who have a wide range of abilities. The structures have different levels of difficulty and remove barriers of access that exist in more traditional parks and playgrounds. Whiteside Park also has a redesigned bathroom in the community center with a height-adjustable changing table, automatic doors, grab bars and ADA-compliant fixtures.



MAKAYLA GOODE



CAITLIN MCMULLEN



TRINITY CHATMAN



COLIN HURT



QUINN JOHNSON

MLK, JR. COMMEMORATION SOCIETY AWARDS

The Martin Luther King, Jr. Commemoration Society awarded \$12,000 in scholarships to six Tulsa-area students enrolled in post-secondary educational institutions for the 2023–24 academic year.

"Once again, we had a terrific response from student applicants in the Tulsa community, and the quality of this year's applicants was truly outstanding," said Pleas Thompson, president of the Dr. Martin Luther King, Jr. Commemoration Society. "All MLK Scholarship winners are not only academic scholars, but they are leaders and volunteers in their respective schools and communities. Dr. King's vision for the future is alive and well in our community, and we are pleased to help these young leaders achieve their dreams for the future."

Six scholarships were awarded as follows:

- \$3,500 — Servant Leader: **Makayla Goode**, a graduate of Union High School, attending the University of Tulsa with plans to study

economics or business. She has participated in the MLK Parade and placed several times in the MLK Oratorical Contest, reciting from memory Dr. King's "I Have a Dream" speech (in 2021, 2022 and 2023).

- \$2,500 — Change Maker: **Caitlin McMullen**, Broken Arrow High School, attending the University of Central Oklahoma, majoring in graphic design. In addition to earning a 4.0 GPA in high school, she also participated in Broken Arrow Tiger Rhythm, the school's varsity show choir, and has taken concurrent classes at Tulsa Community College.
- \$1,500 — Mountain of Hope: **Trinity Chatman**, Union High School, attending the University of Science and Arts of Oklahoma in Chickasha, OK, majoring in communications. Trinity played on the Union High School varsity tennis team and was a member of the NBDA All-District Honor Band in 2021 and 2022. She dreams of one day becoming a movie producer and owning her own production studio.

- \$1,500 — Drum Major of Justice: **Colin Hurt**, Tulsa School of Arts and Sciences, attending Tulsa Community College, majoring in art and digital media. He is a member of National Honor Society, participates in Bike Club and recently helped clean and reorganize the Black Wall Street Community Garden in Tulsa.
- \$1,500 — Mountain of Hope (two winners):
 - **Deanna Robinson**, Nathan Hale High School, attending Tulsa Community College, majoring in sports or business management. She played Varsity Girls Basketball and is ranked fourth in her graduating class.
 - **Quinn Johnson**, Union High School, with plans to attend SUNY College of Environmental Science and Forestry, majoring in wildlife science. Quinn participated in the 2017 MLK Parade in Tulsa and works seven days a week as a supervisor at Incredible Pizza and an associate at Wal-Mart.



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Tippi Toes Tulsa offers dance instruction throughout the Tulsa metro area at their studio as well as at schools and early learning centers. Children ages 18 months through age 12 can learn the fundamentals of dance, whether they are new to dance or have experience.

For the youngest dancers (18 months–3 years old), moms or dads can join their child in a fun class with lots of music and movement. Ages 2–4 can participate in Baby Ballet, while those ages 3–8 can learn ballet, tap and jazz.

Tippi Pro focuses on the growing dancer, while hip hop/jazz classes are created with kids ages 6–12 in mind. Recitals and dance camps are part of the fun. And, with ongoing enrollment, children can begin a class any time. The new location is located at KingsPointe Village, 5984 S. Yale.

TULSA INTERNATIONAL AIRPORT ENHANCES GUEST SERVICES AMENITIES AND OFFERS STORYTIME

Air travel can often be stressful for families. However, due to recent updates, travelers through the Tulsa International Airport will find enhanced services that can help make trips less stressful. The airport has partnered with the Tulsa City-County Library for Storytime at the Airport. Every month at 10 a.m., children with their adults are invited to hear a themed story led by library staff. The event is free, and parking at the airport is free for attendees. Storytimes and themes are on the following dates: 10/19, Halloween; 11/16, What's It Like to Fly?; 12/14, Christmas/Holiday.

In late May, the airport opened two new guest services areas, one for each concourse, which include the following amenities:

- Sensory Room — designed for younger passengers with sensory issues or with autism.
- Quiet Room — For those with dementia, PTSD or anxiety to take a break if they tend to become overwhelmed by stimulating environments.

- Lactation Room — Mothers who need to breastfeed their children or pump while traveling or working can utilize these private rooms. The rooms are equipped with comfortable furniture, outlets for breast pumps, a changing table and a sink.
- Indoor Service Animal and Pet Relief Area
- Family Restroom — The new lower-level family restrooms have both standard changing tables and adult changing tables, which are essential since many adults with intellectual or physical disabilities cannot utilize standard toilets.

As we head into the busy holiday travel season, families going through the Tulsa International Airport can relax knowing that there are welcoming spaces available to them.



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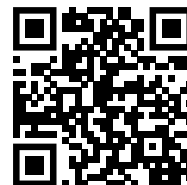
WHAT'S GOING ONLINE?



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CONTESTS & GIVEAWAYS

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3



4



2

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Easy, Last-Minute Costume Ideas



PHOTO COURTESY OF MARY LOWE MARLIN

We asked our Facebook followers (@tulsakidsmagazine) and members of our TulsaParents Facebook Group for their best last-minute costume ideas. Here's what they had to say if you need some inspiration!

"I had a friend of mine attach a dangling leaf to the bill of his hat and called himself a 'leaf blower.' Lol"

MIRIAH B.

"Wrap yourself in foil and be a leftover.
(My dad's favorite joke growing up)"

SHANNON W.

"Red sweatshirt, duct tape, red beanie,
glasses...Where's Waldo."

HEATHER C.

"Any sports uniforms you have already!"

CHRIS-MELITA A.

"Shop in your closet! Pick your favorite character and find everyday clothes that match. Last year my son wore clothes he already owns, and we bought the hat and necklace off Amazon to create a Dipper Pines costume from *Gravity Falls*."

TULSA CITY COUNCILOR
LORI DECTER WRIGHT, DISTRICT 7

"Cut two holes in a sheet and become a ghost."

KESIA S.

"My favorite Halloween costume I've ever made my kids were robots. I painted a box silver/gray, but them in a gray sweatsuit. Printed off gauges and stuff from Google and got them reflective tape, a kitchen timer, a tap light from Dollar Tree. Attached all of it to the silver/gray box. Pipe insulation for the inside of the neck of the robot to protect them from cardboard paper cuts. Cutest robots ever."

MARY LOWE MARLIN

"Lego. Just hot glue some cups on a box then spray paint."

MEGAN A.

"Wear a shirt with the letter P on it. Take makeup and blacken one of your eyes. Put it all together and, voila, a Black-Eyed P(ea)!"

AMY D.

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- Onifade's Bakery
- Sugar Llamas Tulsa Hills
- Tiny Things by Bowen

Birthday Club members will receive one email with party-planning discounts 45 days before their kid's birthday, and another email on the day of the birthday.

Learn more and join today at tulsakids.com/birthday-club.

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Seeking Help for Developmental Delays

By **Alicia Kobilnyk**



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

Developmental delays do not define your child or your child's potential. They are one part of the picture. Seek out professionals who include parents as a valuable part of the team.

BEING A PARENT brings so many opportunities to worry about things. Most of these worries are easily resolved or addressed without a fuss. There are some concerns, however, that feel insurmountable or cause us to freeze. Often, these particular struggles are complicated by a lack of control. Nothing comes to my mind in the "out of my control" column more than the subject of potential developmental delays in infants and toddlers.

Even as an early childhood educator and experienced mother, I've often looked at my children and asked myself, "Should she be doing that? When is she supposed to do this? Is this behavior normal?" It's normal to worry about your young child. But what can we do to move past this state of unease to informed action?

A good first step for any concern regarding your child's development is a chat with a professional you trust, like their pediatrician or childcare teacher. At your scheduled well-child visits, your little one's doctor will ask questions to help rule out any issues or delays. Writing a note with your own questions or observations

before the visit can help you remember what you wanted to ask, even as you wrangle a wriggling little person in your lap.

As you leave, you may be given printouts from a source such as the Centers for Disease Control or World Health Organization addressing forthcoming milestones and red flags for developmental issues. Use these simple resources to educate yourself and soothe your mind before more questions and changes inevitably come from your growing child.

What happens if your child does have a delay? You'll be relieved to know there are resources already lined up to assist you. One of these programs you have access to (at no cost) is SoonerStart. Through my work, I recently had the privilege of visiting with Kimberly Percival, a child development specialist working with SoonerStart. We had a lively discussion all about child development (It is nice to meet another person who geeks out about pincer grasp), and she agreed to share some information with me about the life-changing program she works for. Here is some of our edited conversation:

Alicia: Can you describe what you do?

Kimberly: I do home/daycare visits with children who have developmental delays. I work with the child and the family during their daily routines and activities to accomplish goals determined by the family and myself when they enter the program. Most goals involve helping children to reach developmental milestones, reduce problem behaviors or enhance areas that will benefit the child or family.

Alicia: You mentioned an app you like. What is that called?

Kimberly: CDC's (Center for Disease Control) Milestone Tracker. [It's a] great app for parents that is research based.

Alicia: Do you have any advice for parents navigating this or new to working through delays?

Kimberly: Developmental delays do not define your child or your child's potential. They are one part of the picture. Seek out professionals who include parents as a valuable part of the team. No one knows your child

better than you. Contact your pediatrician or SoonerStart if you suspect delays. Early intervention can make a significant difference.

As I visited with Kimberly and reviewed the information she shared with me about SoonerStart, I felt comforted that each and every Oklahoma child has access to informed and passionate professionals who have made it their life's work to support them and their families through all manner of challenges and obstacles.

No one wishes to undertake the journey of guiding their child through developmental delays, but with the help of good resources, parent education and early intervention, we all stand a good chance to flip the script and overcome these obstacles. For more information about SoonerStart, visit their website at sde.ok.gov/soonerstart.

Many thanks to Kimberly Percival for sharing more about this program with me. I hope all families remember that when it comes to your child, it's never too early to reach out for help. **TK**

HB1775: A Remedy Seeking a Dilemma

By **Dr. Tamecca Rogers**, Ph.D.



EDUCATION IS NOT only about imparting knowledge; it's about fostering critical thinking, empathy and an understanding of shared history. At a time when Oklahoma ranks 50th in school quality and 31st in safety, it's disheartening to witness the misallocation of resources and attention given to legislation that creates more problems than it solves. House Bill 1775 (HB1775) claims to address specific issues in education. Still, it's essential to question whether these issues are pressing concerns or just an unnecessary remedy to a non-existent dilemma.

THE REALITY OF EDUCATIONAL CHALLENGES

Oklahoma's education system faces a multitude of challenges. Recent data places the state 30th in the U.S. for the highest teacher shortages. High student-to-teacher ratios often hinder

effective learning environments. Such circumstances raise the question of whether our focus should be to address these tangible issues that directly impact our children's education quality.

Furthermore, graduation rates and academic performance are crucial indicators of educational success. Although Oklahoma's 2022 test results indicate improvement compared to 2021, there is still considerable progress needed to reach the desired levels of student success in reading, math and science. Rather than prioritizing solutions to elevate these essential benchmarks, the state's attention is diverted toward the implementation of HB1775.

A CLOSER LOOK AT HB1775

HB1775 is grounded in eight principles, including the assertion that teachers cannot teach that one race or sex is superior

to another. It emphasizes that students should not feel psychological distress due to discussions of race or sex. However, the principles outlined in the bill seem to target a problem that simply isn't there. In my two decades as a classroom teacher and a school administrator, I have never encountered educators pushing such narratives. The legislation needs to understand the approach teachers already employ in addressing sensitive topics.

NAVIGATING COMPLEX HISTORIES

A poignant example of the impact of this legislation is the teaching of the 1921 Tulsa Race Massacre. The 1921 Tulsa Race Massacre was a violent and racially motivated attack on the predominantly Black Greenwood District of Tulsa, Oklahoma, resulting in the destruction of homes and businesses, the loss of countless lives and the displacement of thousands of African American residents. This tragedy, emblematic of racial violence, is critical to Oklahoma's history. However, it was omitted from textbooks and lessons for decades. Teaching students about these events is not a matter of making students feel guilty or uncomfortable but letting them see the good and the bad to foster a comprehensive understanding of the past.

During the centennial commemorating the massacre, Oklahoma seemed poised to confront this history head-on. However, the passing of HB1775 has cast a shadow of uncertainty. Educators are now hesitant to broach these essential conversations, afraid of political or ideological backlash. This fear stifles the necessary evolution of historical education, promoting an inaccurate narrative that does a disservice to our students.

THE LARGER CONSEQUENCES

The consequences of these legislative distractions extend far beyond the classroom. With the focus shifting away from crucial educational challenges, we risk creating a generation that will

lack the skills needed to engage in meaningful dialogue, understand different perspectives and think critically. The rhetoric surrounding these issues further divides communities and intensifies educators' challenges.

In a state already grappling with teacher shortages and low academic performance, introducing unnecessary regulations only exacerbates the situation. The future of Oklahoma's workforce, its economy and its social fabric all depend on a robust education system that empowers students with knowledge, empathy and a strong sense of self-awareness.

A CALL FOR PRUDENT PRIORITIES

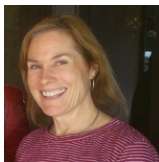
Education is a powerful tool for progress, but it requires a prudent allocation of resources and attention. Instead of diverting efforts toward unnecessary solutions and creating pointless division, we should address the real challenges hindering our students' growth and potential. Let's nurture an environment where educators can guide students through complex histories, encouraging understanding and empathy. We can shape a brighter future for all Oklahomans by prioritizing meaningful education and productive dialogue. Prioritizing meaningful education and productive dialogue would involve fostering an inclusive and equitable curriculum that encourages critical thinking, empathy and an understanding of diverse perspectives, while also creating safe spaces for open and respectful discussions on complex and often sensitive topics.

As we move forward, let's remember that education is not just about imparting facts; it's about fostering curiosity and preparing the next generation to navigate a complex world. Our students deserve nothing less. **TK**

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

Inclusive Sports Support Physical and Social Health for All Abilities

By **Julie Wenger Watson**



Broken Arrow Soccer Club recently started a TOPSoccer program for children and young adults.
PHOTO COURTESY BASC/TOPSoccer



THE BENEFITS OF youth sports are well documented. Beyond physical health, participating in sports also has a positive effect on mental, emotional and social wellbeing. For children with disabilities, finding an inclusive athletic activity can be a challenge. This fall, the Broken Arrow Soccer Club (BASC) will begin offering US Youth Soccer's "TOPSoccer" (The Outreach Program for Soccer), a recreational soccer program created for children and young adults with intellectual, emotional or physical disabilities.

Katie Caillavet is a volunteer with BASC and the director of the TOPSoccer program.

"I have such a passion for it," Caillavet says. "I just love seeing this inclusive environment being brought to Broken Arrow. There

are so many children with special needs who need an opportunity like this and deserve an opportunity to learn to play the game and be a part of something like this."

Caillavet emphasizes that the program is about more than just soccer.

"We want to provide this inclusive and safe environment, while also delivering a program that provides skills that could carry over into day-to-day life," she says.

According to Caillavet, that includes social skills, teamwork, perseverance and self-confidence.

Each participant in the program is assigned a volunteer, a trained "Buddy" with whom they work individually. The Buddy makes sure his or her player-partner is safe, engaged, supported and having fun. Their partnership lasts throughout the course of

a season, helping to develop strong interpersonal bonds and establish trust and confidence.

TOPSoccer coaches and administrators receive formal education and certification training through USYS. According to Caillavet, the coaches who work with the program have previous coaching experience, but the additional USYS training includes coaching strategies and tactics specifically for children with special needs and provides guidance on how to modify typical soccer practice activities so that every player can participate. Players in the program are grouped by ability, rather than just age, which Caillavet says helps them develop skills at their own pace.

"We want to just spread the word to reach as many families as we

possibly can to let them know they may be able to benefit from this program," she says.

TOPSoccer registration is free for participants (ages 4 and up) and continues throughout the season. Cleats aren't necessary, but shin guards are recommended. Participants receive a free T-shirt. Practices take place for an hour and a half on Saturday afternoons at Broken Arrow's Indian Springs Sports Complex, but the program isn't limited to Broken Arrow residents. For more information, contact Katie Caillavet at TOPSoccer@basoccer.club. **TK**

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



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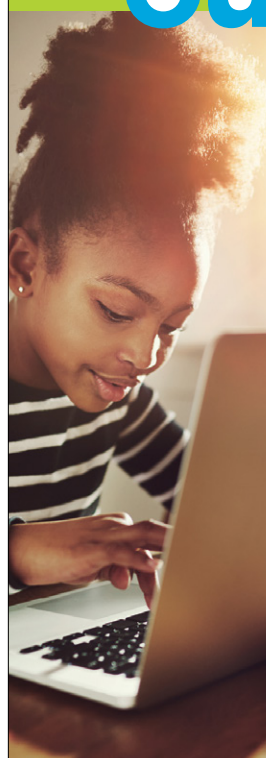
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Christi Newendorp

Autism Advocate

By **Nancy A. Moore**



CHRISTI NEWENDORP is dedicated to improving the lives of children with special needs. As a special education teacher, Christi works with students who have a variety of needs and understands the importance of providing outstanding care as well as getting access to resources, so kids and parents are supported. Personally, she and her husband have two sons with autism; one who is considered moderate and the other, severe.

Our visit shares more about her background as an educator and sheds light into her reality as a parent of two sons who have graduated from a traditional high school but don't have a clear path toward their future. It is up to Christi and her husband to provide and coordinate care that includes around-the-clock supervision and support.

TK: How did you become interested in a career teaching special education?

Christi: My previous career was in non-profit and university fundraising and administration. My two sons were diagnosed with autism in 2003 and 2005, and I

was finding it increasingly difficult to manage the demands of working, especially a lot of nights and weekends, with their needs. When we moved to Tulsa in 2007, my sons' elementary special education teacher encouraged me to consider changing my career to elementary special education, and I loved it. I enrolled in coursework to change my career, and I haven't looked back.

TK: How does having two boys diagnosed with autism inform the way you teach and interact with your students and parents?

Christi: I have the perspective of a special needs parent, which can be invaluable when you are trying to understand what parents across the conference table are thinking and feeling. I have also been an early childhood assistant, paraprofessional and am currently a teacher, so I understand what it's like to perform multiple roles in education.

While I have a depth and breadth of knowledge in autism spectrum disorder, I have also developed skills in teaching students with other disabilities, including

dyslexia and ADHD. I just passed the national certification exam to become a Registered Behavior Technician. It's a magical feeling knowing that you are opening the door to academic, social and behavioral success for many students because you have the knowledge and the tools to make a difference for them.

TK: What would you like others to understand about people with autism?

Christi: Autism spectrum disorder (ASD) is a social, communication and behavior disorder. A main focus of ASD is the presence of repetitive, restrictive patterns of behavior. This can look like hand flapping, spinning or the individual appearing to talk to themselves, but those core behaviors will look different for each person.

In 2013, the APA published the Diagnostic and Statistical Manual 5, which changed all previous diagnostic categories in autism to one category, autism spectrum disorder, and added levels of severity, 1, 2 and 3, depending on the level of support the individual needed. This was

controversial. Some members of the autism 1 category, formerly known as Asperger's, were not happy with this change because they feel that Asperger's was an identity, not a disorder. This group is the basis for the modern "neurodiversity" movement that promotes the idea that autism is not a disorder or a disabling condition, just a difference.

Autism 2 is a middle category. One of my sons falls here. Autism 3, for individuals "requiring very substantial support," is now known as severe or profound autism. My other son falls here. He requires 24/7 support, will most likely never live independently, and has no housing, vocational or educational opportunities. I would consider his autism to be a disorder.

"Autism" by itself is no longer a useful diagnostic term because such diverse people have been put together under the same label. In my opinion, the APA needs to separate the groups again with DSM 6, as an urgent matter of research and public policy.

The other important thing for people to know is that





the prevalence of autism has increased dramatically in the last 20 years. The CDC now says that about 1 in 36 children has autism, up from 1 in 44 in 2018 and 1 in 150 in 2002, when my sons were diagnosed. This is an incredible rise that is not due to better identification or the DSM revisions, as some have claimed. The increase is staggering, and it's seen across all severity categories. Our systems are simply not prepared for these numbers....it's a national crisis receiving very little attention.

TK: What progress do you see being made on treatment/therapy/research?

Christi: Unfortunately ... not much. We know as much about the cause or causes of autism as we did 20 years ago, when my sons were diagnosed. Research has been hampered by the controversy and division mentioned above—if you have one group saying that there's no need to research causes of autism because the condition is just a “difference,” then researchers and policymakers start to question the need for answers.

However, there are some groups nationally who are fighting to change that perception. The Profound Autism Alliance, the National Council for Severe Autism and the Autism Science Foundation are all working to promote national policy to continue research that will improve people's lives.

TK: Where have you seen breakthroughs in support?

Christi: We have made great strides in providing autism insurance coverage, thanks largely to initiatives and leadership from Autism Speaks. Locally, Oklahomans for Autism Insurance Reform, led by my friend Tara Hood, was successful in passing insurance reform in 2016 that has enabled families to access Applied Behavior Analysis to treat autism at young ages. ABA is recommended by every major pediatric health organization in the world as the gold standard for increasing individuals' ability to communicate, meet social and behavior expectations in education and to better prepare them for success as adults. We need to continue to

increase access to ABA in private clinics and schools across the country and here in Oklahoma. We still have a tremendous problem with access to ABA in rural areas and its integration with special education in schools, due to a shortage of providers.

We also continue to have a tremendous problem with access to other beneficial therapies such as speech, occupational therapy and psychological services such as social skills groups in Oklahoma due to a shortage of providers.

TK: There's been some controversy about whether or not autism is actually a disability — or that people with autism don't need to be cured. Can you share your perspective on this?

Christi: As I shared above, I strongly believe that autism is a disability. I am happy to shed the name “autism” and go with a completely different name if members of the neurodiversity movement are proud of the autism identity and want to keep it.

A prominent article in the journal *Lancet* in 2021 defined “profound autism” as describing people who are unable to advocate for themselves and are likely to need 24/7 support throughout their lives. This means that our community of severely affected loved ones will probably stick with the name, but I feel strongly that we need to be considered separate for all public policy and health initiatives. We have completely different needs, and I think it's confusing to the general public that Greta Thunberg, climate activist, and NBA star Tony Snell have autism, but so do individuals who injure themselves, aren't toilet trained and can't communicate.

TK: What role do schools play in supporting families with autistic children?

Christi: Public schools play a significant role in supporting children with autism in Oklahoma. Only a few of the most mildly affected have a private school option. Legislators

and policymakers need to remember that IDEA guarantees a free and appropriate public education to students in public schools. Private schools can and do discriminate against those severely affected by their disabilities by suspending and/or declining the enrollment of children they feel they can't serve. When this happens, these children end up back in public schools.

The only private school option I know of for parents whose children have severe/profound autism in the Tulsa area is Pathways to Independence in Bartlesville. There are several ABA clinics in the Tulsa area that operate similarly to private speech/occupational/physical therapy clinics, but they are not comprehensive private schools. We need to be doing everything we can to support public schools, primarily through increasing funding.

TK: What more could the city or state be doing to help improve the lives of individuals with autism and their families?

Christi: Tulsa has some great parent organizations and some schools and school districts who are doing good things to help individuals with autism and their families. However, we have a severe shortage of special education teachers, paraprofessionals and therapists, so I would love to see the Oklahoma State Department of Education (OSDE) and districts work together to meaningfully address this.

The city could consider some initiatives to make our parks and playgrounds more accessible and inclusive. Our police department could and should consider some updates to their existing training to make sure that officers know to consider signs of autism to help prevent and respond to incidents of wandering and elopement, and how to safely de-escalate and support families whose loved one might be having a crisis related to their autism, especially when that individual is an adult.

TK: What improvements has Oklahoma made that have made a difference in your lives?

Christi: The state of Oklahoma recently made a tremendous breakthrough when passing legislation to end the 13-year wait list for Medicaid waiver services through Developmental Disabilities Services for the severe autism population and others who meet DDS criteria. However, the additional money does not immediately equate to an increase in the capacity of the system to provide services. There's a lot of work to be done to actually serve people. DDS needs to start with parent/consumer groups to advise them on policy—it's hard to believe, but there's currently nothing in place like this.

TK: What advice do you have for parents of children with autism?

Christi: First, I believe that your child is a child first, and a child with autism second. Love them, support them and never give up on them. No one loves your child as fiercely as you do. Next, I would say that there are so many resources out there to help, and more being developed each day. Reach out and form connections with other parents as soon as possible. Seek out information from national groups. Educate yourself continuously on what's out there to help your child. Educate yourself in special education policy and relevant laws. Trust your special education and therapeutic professionals. If they're not the right fit, keep looking. Once you receive a diagnosis, intervene with ABA as soon as possible. Autism affects each individual differently—never let anyone tell you what your child can or cannot do. Keep fighting for them.

TK: Tell us what you're doing to advocate on a national level.

Christi: I am involved with the groups mentioned above. The PAA and the NCSA are relatively new. I plan to be a state chairperson or function in a similar role as

Autism spectrum disorder (ASD) is a social, communication and behavior disorder. A main focus of ASD is the presence of repetitive, restrictive patterns of behavior.

they grow. The Council of Autism Service Providers, Autism Speaks and the Autism Law Summit are other groups that I have participated in to share resources and knowledge. I am interested in seeing more groups form in Oklahoma to advocate for continuous improvement in Medicaid services for the adult population, as none currently exist.

TK: What has been the most difficult part of being a parent of two severely autistic kids?

Christi: We had a tremendous struggle with our school district to provide special education services for my sons through age 21. The Individuals with Disabilities Education Act (IDEA) mandates that districts "consider" the need for these transition services through that age, but our district believed that if my sons had "earned" their credits, they should graduate as soon as possible, with no additional years of service to prepare them for life after graduation. We disagreed with our district and went through the special education dispute resolution process.

This resulted in one additional year of high school for my oldest, which matched up with the beginning of adult Medicaid waiver service for him in 2020. He graduated at age 19. Unfortunately, we had to hire an attorney and go through an expensive, stressful process for this result. My younger son graduated at age 18. The process was so awful for my oldest, we didn't fight again.

As of February 2023, the OSDE-SE now recognizes that students like my sons should have received an alternate diploma and up to four years of additional high school

education to appropriately prepare them for life after graduation. While I'm happy that other families will not have to go through what we endured going forward, I'm obviously saddened that my sons missed out on the opportunity to receive additional years of education by about two years.

There is nothing being offered to this population who were forced to graduate between 1977-2023 under the old system. You can't go back to request additional years of education after the standard diploma. Unfortunately, my sons can't use the diploma for much—they don't qualify for vocational training, can't participate in the new college experience programs, and there aren't any adult educational programs designed for them.

TK: You mentioned that your boys are young adults, no longer in the school system. What challenges do you/they face?

Christi: Once you qualify for adult waiver services, you realize that Oklahoma has almost no housing options for individuals who need 24/7 care. We rely heavily on parents to provide it in our system. There are also no day programming or education options for this population. We have DDS-supported vocational programs, but none that accommodate those who need 1:1 support from an aide. The Department of Vocational Rehabilitation does not offer programming for this population.

That leaves what's called Self-Directed Services, which can provide some funding for parents to recruit, hire, train, employ and retain an aide for your adult children to get them into the

community, for recreation, practicing life skills or volunteering. It's also our vital support so that my husband and I can continue working and save for retirement.

It's inadequate to say that one person that parents hire to help them is a program, but that's what's available. There's a huge need for reform and continuous improvement in our system. We have an ever-growing group of people in Oklahoma who fall into this category and need much more help.

TK: What resources would you like to share that might help others?

Christi: The organizations I mentioned above. I might also add nationally the Autism Society of America and National Autism Association. Locally, Autism Foundation of Oklahoma, Oklahoma Autism Network, Autism Tulsa and The Arc of Oklahoma (thearcok.org). Support our great non-profits in the area that employ some of the ID/DD population: Not Your Average Joe in Broken Arrow, for example.

TK: What else would you like to mention?

Christi: While I am grateful and appreciative of the Oklahoma legislature's efforts to end the Medicaid waiver wait list, there is so much more needed to reform DDS programming. I would encourage our legislators to get involved directly with the agency and to create legislation, if necessary, to increase the ability of consumers of their services to directly improve them. **TK**

Learn how Christi is living purposefully in 2023 on the audio version of this interview on the Sharing Passion and Purpose Podcast. You can access on your favorite podcasting platform or directly at SharingPassionandPurpose.com.

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

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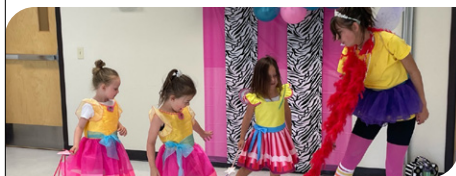
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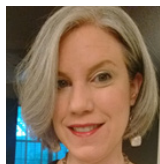
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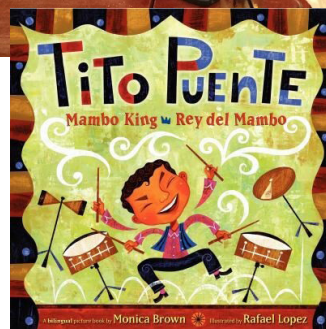
20 Years, 20 Great Books: Books to Treasure, A Tulsa Tradition

By **Laura Raphael, MA, MLIS**

CHILDREN'S SERVICES COORDINATOR
TULSA CITY-COUNTY LIBRARY



Rafael Lopez poses with **Tulsa City-County Library** children's staff (Laura Raphael is the one in glasses behind Rafael, smiling like a fool because he was such a delightful person, she says).



2016

TWENTY YEARS AGO this fall, the Tulsa City-County Library (TCCL) entered into a partnership with the Anne and Henry Zarrow Foundation to create something completely new, completely unique and completely focused on supporting children's love of reading through their love of art: Books to Treasure.

We're celebrating two decades of finding outstanding children's book illustrators, bringing them to Tulsa, and sharing their work with free books and special library cards for each year's group of lucky second graders. In addition, illustrators visit some schools, and teachers and parents can access lesson plans at tulsalibrary.org/BooksToTreasure.

This year, the inestimable Ben Clanton, creator of the popular *Narwhal & Jelly* graphic novel

series as well as numerous other hilarious and heartfelt picture books, will be in Tulsa to talk about his work, share stories and pictures, and sign books.

But he's just the latest in a long line of wonderful Books to Treasure illustrators.

Here are some of our favorite Books to Treasure books (and newer books by Books to Treasure illustrators).

THE BOOK THAT STARTED IT ALL

In 2003, Marla Frazee and her kinetic masterpiece *Roller Coaster* launched Books To Treasure — and a tradition of TCCL's children's librarians and staff creating lesson plans based on the featured illustrators' works.

NEWBERY WINNERS, THANK YOU VERY MUCH

Books to Treasure focuses on visual storytelling and the outstanding artists behind picture book illustrations, but many of our illustrators are also writers, and they tend to rack up awards for their written work as well. Two former Books to Treasure illustrators have had books that were winners of the top award in children's literature, the Newbery. Our 2011 illustrator Grace Lin's chapter book *Where the Mountain Meets the Moon* was a Newbery Honor book, and our 2019 illustrator Christian Robinson's *Last Stop on Market Street* won the top Newbery Medal in 2016. (While Christian did not write the words — that would be Matt de la Peña — the story was from his childhood.)

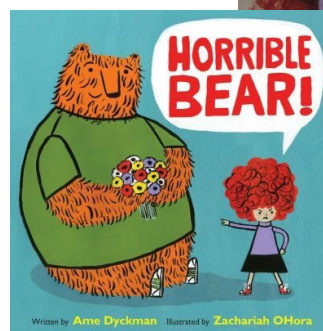
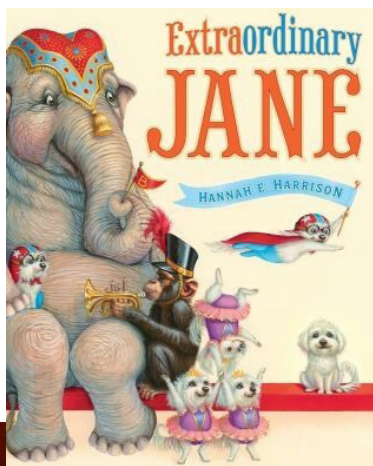
Grace Lin's Books to Treasure book was *Lissy's Friends*, a

beautiful and humorous meditation on making friends. (Sometimes, you can literally make friends by folding paper — origami! — and then make friends who like origami. Brilliant!)

And the 2019 Christian Robinson book? *Gaston*, about a dog discovering that he might not be the same as his siblings but still belonged in all of the important ways.

HOMETOWN HEROES, OKLAHOMA STARS

In 2007, Tulsa native Floyd Cooper returned to his hometown for Books to Treasure, sharing his book *I Have Heard of a Land*, a historical tale of an African-American pioneer woman in Oklahoma territory. Sadly, Floyd died in 2021, but not before illustrating the extraordinary historical picture



2017

book *Unspeakable: The Tulsa Race Massacre* (written by Carole Boston Weatherford).

Ten years later, another Oklahoma star, Ada resident Hannah E. Harrison, shared her book *Extraordinary Jane* with excited Tulsa fans. Full of intricate drawings of circus animals.

L. RAPHAEL'S FAVORITE: RAFAEL L.

I have had the pleasure of working with Books to Treasure for more than a decade, first as a Youth Librarian and, since 2016, as the program coordinator. All Books to Treasure illustrators have been my favorites, but my favorite favorite is Rafael Lopez (2016), and not just because we share a similar name. He was generous and kind, and he spent hours drawing little doodles in every child's book at the book signing. (We had to hurry him up

so that everyone could get out of the library before midnight!)

Rafael's book, *Tito Puente, Mambo King*, is a masterpiece of color, energy and music (his illustrations really sing), but two more recent books — *The Day You Begin* and *Book Fiesta* — are also feasts for the eye and heart. Not only has Rafael's artwork been featured on stamps for the U.S. Postal Service, he's had murals and paintings displayed around the world, including at one of Oprah Winfrey's schools in South Africa.

BEST BOOK TO COSPLAY

Finally, although we weren't able to host our 2020 illustrator Zachariah O'Hara in person (remember 2020?), his book *Horrible Bear!* inspired the BEST costumes from children's librarians Alex Gates and Melody Palmer. **TK**

2020



BOOKS TO TREASURE

Meet illustrator Ben Clanton (characters Narwhal & Jelly might make an appearance, too)

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For information about all Books to Treasure, go to tulsalibrary.org/BooksToTreasure

Don't Let Leftover Halloween Candy Scare You

Try These Delicious Recipes

By **Natalie Mikles**



WE DON'T HAVE any forbidden foods at our house. I keep a little candy or chocolate in the pantry year-round, and the kids know where to look when they're craving something sweet.

But beginning around Halloween, I have to keep my permissiveness in regard to sweets in check. Halloween rings in a long season of a sugar rush that doesn't end until after Christmas. That said, I'm also not one to throw away an excess of Halloween candy.

Parents handle their kids' bags of Halloween candy in many creative ways. Some allow their kids to pick 10 or 20 pieces and give the rest away. Some let the kids have a piece every night after dinner until the bag is empty. Others find a charity to give it to, like organizations that give candy to those in the armed forces serving overseas.

It seems like my kids love counting, swapping and looking at their candy as much as they love eating it. They often trade with each other or make a pile of rejects for my husband and me. When they were little, I would have them organize their candy into categories and make bar graphs of their haul.

Inevitably, we always end up with leftover candy. Sometimes it's candy they like but that they're sick of after a week or so. And sometimes, there's a big pile of candy none of my kids particularly like. With these piles, I take the candy to make something sweet.

Take away the candy to make something equally sweet? It might sound a little crazy, but this is a good time to bake and then freeze treats that can be tucked into lunchboxes or set out for a birthday party or play-date. You'll be so glad to have

something fresh baked that's ready to go in your freezer.

Here are some ideas for using that leftover Halloween candy.

.....
Snickers bars are especially good in these brownies.

CANDY BAR BROWNIES

- 1 ½ cups white sugar
 - ¾ cup all-purpose flour
 - ½ cup unsweetened cocoa powder
 - ½ teaspoon salt
 - ¼ teaspoon baking powder
 - ¾ cup butter, melted
 - 3 eggs
 - 1 teaspoon vanilla extract
 - 2 cups (about 30 mini) Snickers bars chopped, divided
1. Preheat the oven to 350 degrees. Grease a 9-inch square baking pan. Mix sugar, flour, cocoa powder, salt and baking powder

together in a mixing bowl.

2. Mix butter, eggs and vanilla extract together in a separate bowl. Add butter mixture to the bowl with the flour mixture and stir batter until well mixed.
3. Pour half the batter into the prepared baking pan. Top with half the candy bar pieces. Spread remaining batter on top, covering candy completely.
4. Bake in the preheated oven until edges are brown and center is set, about 30 minutes.
5. Remove brownies from the oven and spread remaining candy bar pieces on top, lightly pressing them in while the brownies are still hot. Let brownies cool completely before serving, about 30 minutes.



MEDIAPHOTOS/GETTY

Chocolate Halloween candy, like M&Ms, Kit Kats, Rolos or mini Reese's cups work well in this mix.

HALLOWEEN TRAIL MIX

- 1 cup salted cashews
- 1 cup pecan halves
- ½ cup shelled, salted pistachios
- 1 cup dried blueberries
- 1 cup dried cherries
- ½ cup dried pineapple chunks
- 1 cup leftover Halloween candy pieces

1. In a large bowl, combine all the ingredients. Mix well!

We love these cookie bars using leftover Halloween candy. Your premium leftovers are best for these bars. Think Butterfinger, Reese's cups, Snickers and M&Ms. This recipe comes from the Together as Family blog, where you can find lots of kid-approved recipes.

LEFTOVER HALLOWEEN CANDY COOKIE BARS

- 1 1/2 cups all-purpose flour
 - 3/4 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 cup whole-grain old-fashioned oats (not quick oats)
 - 1/2 cup butter, softened
 - 1/3 cup creamy peanut butter
 - 1/2 cup granulated sugar
 - 1/2 cup packed light brown sugar
 - 1 teaspoon vanilla extract
 - 1 large egg
 - 1 large egg yolk
 - 2 cups chopped leftover candy bars
1. Preheat the oven to 350 degrees. Lightly grease a 9x13-inch baking pan and set aside.
 2. In a medium bowl, whisk together the flour, baking soda, salt and oats.
 3. In a large bowl, or in the bowl of a stand mixer fitted with the paddle attachment, cream together the butter,

peanut butter, brown sugar and sugar until fluffy looking and light in color, 2–3 minutes. Add in the vanilla, egg and egg yolk. Mix together well. Add the dry ingredients into the wet and mix just until combined. Add the chopped candy bars and combine.

4. Press the batter into the prepared pan. Press a few additional chopped candy bars on top of the dough for a pretty presentation. Bake for 15–18 minutes or until lightly browned on the edges. The bars will still look pale and slightly underdone in the middle. That's OK. Don't overbake or the bars will be dry!

Leftover M&Ms are perfect in these popcorn bars. I was happy to find this recipe with all the taste of a popcorn ball, but without the mess of forming the balls.

POPCORN BARS

- ¼ cup butter
 - ¼ cup light corn syrup
 - 1 (10-ounce) package large marshmallows
 - 8 cups popped popcorn
 - 1 ¼ cups miniature M&Ms
 - ¾ cup dry roasted peanuts, chopped (optional)
1. In a Dutch oven, melt the butter. Add corn syrup and marshmallows. Cook and stir over low heat for 3–4 minutes or until smooth. Add popcorn and stir until coated. Stir in M&Ms and peanuts.
 2. Spread in a 9x13-inch pan. Cool to room temperature before cutting into bars. **TK**

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



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(L-R) BEN OKWUFULUEZE, ATHLETE; VANESSA BORDERS, COACH; ZOYA URBAN, ATHLETE; SUSAN ST. JOHN, COACH; AND JAYDEN BROWN, ATHLETE.



COVER STORY

Uniting Hearts and Abilities:

The Special Olympics Fosters Inclusion and Connection

BY TAMECCA ROGERS, PH.D.
PHOTOGRAPHY BY ANDREA MURPHY



In the vibrant realm of the Special Olympics, champions are not just measured by their medals but by the unity, empowerment and joy they bring to everyone they touch. Susan St. John is a powerhouse of dedication and passion and has seen the extraordinary impact of this movement. As the coordinator for Owasso Public School's Special Olympics team and Unified Champion Schools programs, Susan has dedicated over two decades to fostering inclusivity, building community and transforming lives.

PROMOTING INCLUSIVITY THROUGH UNIFIED SPORTS

"At Owasso, we believe in the power of Unified Sports," Susan said.

Unified Sports is a hallmark of the Green Country Special Olympics program, which includes Tulsa and Creek County. It brings students with and without disabilities together to train, compete and build friendships through sports. With nearly 200 students participating in over 10 sports, Owasso fosters a sense of belonging and unity that extends far beyond the playing field.

The commitment to inclusion has resonated across the campuses within the district, thanks to the Unified Champion Schools program. The program encourages inclusivity through sports and empowers students to take on leadership roles and engage in inclusive activities throughout the school year.

Beyond physical skills, athletes also learn essential life lessons of perseverance, sportsmanship and teamwork.

TWO DECADES OF DEDICATION

Susan St. John's commitment to the cause stems from personal experience as the parent of an athlete. Her daughter, Chelsea, was among the first to experience the transformative impact of the Special Olympics.

"This is my 20th year involved in the Special Olympics and my 19th year as the head coach for Owasso," she said. Her younger daughter, Vanessa Borders, has also become a Unified partner and carried on her involvement as a coach.

THE POWER OF CONNECTION AND PURE JOY

Susan said athletes form bonds and connections through Unified Sports. "The joy is just so pure and something you really can't experience anywhere else," she said. Unified partners play a crucial role in providing support and genuine friendship. These connections become potent catalysts for change, spreading acceptance, empathy and respect.

BUILDING STRONGER COMMUNITIES

The Special Olympics isn't just about sports but about creating a more accepting, inclusive community. "Sports like bowling, bocce and cornhole are so universal," she said, and the athletes continue to enjoy the sports long after their Special Olympics experience. Beyond physical skills, athletes also learn essential life lessons of perseverance, sportsmanship and teamwork.

CELEBRATING GROWTH AND UNITY

For participants and families, the Special Olympics offers a unique opportunity for growth and shared experiences.

"Families enjoy coming out and cheering their athletes and watching them grow, learn new skills, experience the joy of winning and also how to accept defeat graciously," Susan said.

The program provides a platform for athletes to thrive, families to bond and everyone involved to learn the value of sportsmanship and mutual respect.

A TRIBUTE TO PEOPLE AND POSSIBILITIES

Susan said it is hard to choose just one aspect of the Special Olympics as her favorite. "Wow, that's a really hard question to answer, but I would have to say the people!" she said. From the athletes' determination to the Unified partners' dedication and the unwavering support of families, the Special Olympics is a testament to the potential of human connection.

**BEN
OKWUFULUEZE**



ILLUMINATING ABILITIES

Susan's daughter, Vanessa Borders, recognizes her role as a Special Olympics coach and special education teacher. "It's nice for us to see our students shine," she said. "Yeah, they have a disability and may not be able to do things the same way everyone else can, but that doesn't mean they can't do it."

Vanessa's involvement began early, influenced by her family's strong ties to the Special Olympics. The involvement of her inspirational mom and sister, and even her dad as a coach, drew her into the movement at the age of 10.

"Once you start volunteering and participating, you don't want to stop," Vanessa said. Her journey from a Unified partner to a dedicated coach exemplifies the lasting impact of this movement.

TRIUMPHING OVER CHALLENGES, FORGING CONNECTIONS

Jayden Brown, Ben Okwufuleze and Zoya Urban are three Special Olympics athletes that have benefited from their unique journeys. They highlighted the growth, friendship and resilience that have defined their experiences.

Jayden, a Super Senior who has been part of the Special Olympics since fourth grade, emphasized the importance of hard work and the thrill of victory in sport. "When you work hard, you win. It's best always to try your hardest," Jayden said. Super Seniors are students on the autism spectrum who have finished their high school curriculum but choose to remain in an educational setting until they reach the age of 21.

Ben, another Super Senior, likes playing games and connecting with others. "I met a lot of people, and they all know me. I am a celebrity," he chuckles. The camaraderie and recognition he experiences reflect the power of shared experiences within the Special Olympics community.

Zoya, another Super Senior, enjoys the fun and friendships the Special Olympics foster. "I meet a lot of people, and we become real good friends," she said. For Zoya, the program is an avenue to connect with her family and even embark on a new adventure with an upcoming cheerleading competition.

JAYDEN
BROWN



ZOYA
URBAN



A CALL TO UNITY

It's clear the Special Olympics has touched many lives. The movement is a catalyst for unity, growth and transformation but still needs help.

"I encourage everyone to volunteer for a Special Olympics event," Vanessa said. "By doing so, we not only contribute to the success of the events but also experience firsthand the joy, acceptance and camaraderie that define the Special Olympics spirit."

Susan and Vanessa's unwavering dedication to the Special Olympics underscores the profound impact committed individuals can have on a community. Through their leadership and passion, they exemplify how positive change can help others.

The Special Olympics is a testament to the extraordinary transformation experienced when individuals come together to embrace differences, champion abilities and create a more inclusive world. Through the stories of athletes like Jayden, Ben and Zoya, and the unwavering dedication of coaches like Vanessa and Susan, the Special Olympics is a powerful force of unity and empowerment that ripples through communities and touches lives in profound ways.

To become a volunteer for the Special Olympics, go to the Special Olympics Oklahoma webpage and click the "Get Involved" tab. **TK**



HALLOWZOOEEN

day & night
1PM-4PM 6PM-9PM

SATURDAY | SUNDAY

10/21 | 10/22
10/28 | 10/29

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10/20
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SPECIAL THANKS TO: TULSAKIDS MAGAZINE

HALLOWZOOEEN



October Is a Great Time to Visit Osage County Before Seeing *Killers of the Flower Moon*

By **Adrienne Kallweit**

THE HIGHLY ANTICIPATED

film *Killers of the Flower Moon* is scheduled for release on October 20, 2023, and early reviews are raving about Martin Scorsese's film adaptation of the book by David Gann. The movie unravels the enigma behind the Osage murders of the 1920s, shedding light on a grand conspiracy aimed at exploiting the oil-rich land owned by Native Americans. This gripping narrative not only delves into the Osage murders but also explores their connection to the birth of the FBI.

I read *Killers of the Flower Moon* more than two years ago while living in Osage County, the setting of the events. Our family moved from the Tulsa area in 2020, during filming of the movie in Pawhuska. Many of

the Apple movie crew members were living and working in Pawhuska and nearby Bartlesville, and Pawhuska and Bartlesville residents played parts in the movie, whether as cast or crew. Everywhere you went, conversations revolved around the movie.

The book's description of Osage County mirrored the rocky soil, tallgrass and wildlife that our family found as we explored the region. Knowing that we were just the fourth owner and first to ever build a residence on this Osage land made everything about the book and all that was going on with filming even more thrilling. On one of those explorations, we discovered an abandoned and very rusted car located down a ravine, deep in the thick of the woods. It looked

to be a 1940s Studebaker, missing the engine and dashboard accessories. The car seemed to us like an image from the film of the real-life Osage saga.

A visit to Pawhuska to obtain our home building permit even came with movie-set challenges. We were instructed to enter through the back-alley entrance, as paved streets were filled with dirt for filming. Winding through offices and hallways that were not intended for the public to pass, we made our way to the counter and noticed all the windows were covered up as the outside was staged for the movie. While helping us through the permit process, the County Clerk couldn't help but share the excitement that the movie had brought to this small town. She

scrolled through photos she had taken through the gaps in the taped-up windows, showing us De Niro, DiCaprio and others in 1920s costume.

As the movie comes out, I would encourage people to take the short drive to Osage County, Pawhuska and Bartlesville to learn more about the Osage land, the culture and the environment. Hike through the hills at Osage Hills State Park, bike along HWY 60 and take in the beauty. Visit the Tallgrass Prairie Preserve and some of the spots where filming took place in downtown Pawhuska. Or even pop by the Osage County permitting office. I promise they've got some great stories to share. **TK**





RIGHT & ABOVE PHOTOS COURTESY OF VISIT BARTLESVILLE.

If You Visit Bartlesville This Month...

October is a beautiful month for a drive, and Bartlesville is only a 45-minute drive from Tulsa. Visit the Price Tower Arts Center (Frank Lloyd Wright's only skyscraper), Frank Phillips Home (it has a John Singer Sargent painting), Bartlesville Union Depot, if your kids like trains, and the Bartlesville Area History Museum. Try the Painted Horse Bar & Grille for lunch or dinner.

Most of these events and more can be found at visitbartlesville.com.

- **Farmer's Market** until Oct. 14 at Frank Phillips Park located at the corner of Frank Phillips Blvd. and Keeler Ave.
- **Bartlesville Kiddie Park** usually holds a Halloween Spook-A-Rama, 200 N. Cherokee Ave. Check their Facebook Page.
- **Woolaroc Fall Trader's Encampment:** Oct. 6–7. See how the 1840s Mountain Men lived at this event!
- **The Gathering at the Roc Car Show:** Oct 7. Over 200 Hot Rods at Woolaroc.
- **OKM Music Oktoberfest:** Oct. 7, 3–9 p.m. in downtown Bartlesville.
- **Buck Atom's Cosmic Cowboy Concert:** Oct. 14, 6–9 p.m. on the street between Frank and Lola's and Cooper & Mill. 3rd Annual Robert Babcock Memorial Concert, benefiting The Journey Home.
- **The Best of the Ghost Walk at Theater Bartlesville** (tentatively 10/25 and 10/26), Rocky Horror Picture Show viewing at Theater Bartlesville (date is TBA). Check visitbartlesville.com
- **BooFest hosted by Sunfest:** Oct. 21, Madison Blvd South of Tuxedo Blvd. Free event for families, 4–9 p.m.
- **Pumpkin Patches: The Country Bumpkin Pumpkin Patch** and **Heritage Farm**. Heritage also has hayrides, slides, pumpkin chunkin', etc.
- **Downtown Spooktacular:** Oct. 27, 5:30–7:30 p.m. along Dewey Ave.
- **The Woolaroc art show and sale:** Weekend of Oct. 13 through the end of the year.



PHOTO BY ANNIE TYNDALL

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Denise Jurbala,
Director of Admissions
djurbala@tandcschool.org
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BRAIN BALANCE

6022 S. Yale Ave., KingsPointe Village, Tulsa

918.488.8991

brainbalancecenters.com

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

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

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

EASTERN OKLAHOMA ENT

Yale Office: 5020 E. 68th St., Tulsa

Mingo Office: 9343 S. Mingo Rd., Tulsa

918.492.3636

eoent.com

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

ENTs Treat the Fundamental Functions of Life

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

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

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

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

*AAOA website source

Physicians

Stephen Brownlee, MD

Cody Buchanan, DO

Jeremy Foon, MD

David Hall, MD

Anthony Loehr, MD

Landon Massoth, MD

Evan Moore, MD

Chris Siemens, MD

Atul Vaidya, MD

David White, MD

TOWN & COUNTRY SCHOOL

Contact: Denise Jurbala, Director of Admissions

8906 E. 34th St., Tulsa

918.296.3113 Ext. 111

tandcschool.org

Founded in 1961, Town & Country School is Northeastern Oklahoma's only accredited, non-public, full-day program specifically designed to meet the needs of students who have been diagnosed with learning disabilities, ADHD and Autism Spectrum Disorders.

Serving students in grades 2–12, Town & Country improves each student's life by advancing critical academic, social and personal skills through individualized attention, family support and flexible curriculum enhancements. Children with learning disabilities, ADHD, and Autism Spectrum Disorders are bright — they just learn differently.

We look beyond their difficulties to find our student's strengths. This builds self-esteem and inspires our students to learn. We believe that by providing the tools and skills needed our students can succeed in their life goals.

AMPLIFY YOUTH HEALTH COLLECTIVE

1601 S. Main St., Suite 200, Tulsa

918.794.9073

info@amplifytulsa.org

amplifytulsa.org

In the journey of parenthood, families of children with disabilities often face unique challenges, like navigating conversations about youth sexual health and well-being. Amplify Youth Health Collective equips families with the tools to discuss these topics confidently, illuminating the path toward healthier futures for young people in Tulsa.

Amplify advances youth sexual health and well-being through collaboration, education and advocacy. Amplify serves as the collective impact agency for adolescent sexual health in Tulsa and provides training and resources to school and community-based organizations to educate and support youth, parents and other trusted adults.

Tulsa County's teen birth rates have declined 56% in the last decade, alongside the expansion of effective, evidence-based sexual health education programs and services. When young people are given accurate information, they make the healthiest decisions for themselves. Our vision is to create vibrant communities with informed youth and equitable access to services and information. We work with partners in the community to ensure that every child has the knowledge and support they need to thrive.

Visit amplifytulsa.org to find resources for engaging in open, honest conversations with your children about changing bodies, love, sex and the building blocks of healthy relationships.

ANCHORED IN HOPE THERAPY

7627 E. 126th St. S., Bixby

918.296.7746

admin@anchoredinhopetherapy.com

anchoredinhopetherapy.com

At Anchored In Hope, our mission is to provide top quality therapy services, community education and consultation. Our therapists are highly qualified clinicians who believe in client centered and family focused practices. Our practice offers diverse services and serves all populations and ages. We accept most major insurances, EAPs and offer self-pay options.

Focus Areas:

Infant mental health, ADHD/ADD, adoption, anxiety, anger/aggression, communication skills, couples counseling, Christian counseling upon request, depression, family therapy, self esteem, issues surrounding divorce, issues involving school behaviors, mood disorders, OCD, ODD, school anxiety, sensory processing disorder, women's issues, life transitions, stress management, trauma/PTSD, infertility counseling, perinatal and postpartum, grief, eating disorders and parenting strategies

Extended Services:

Virtual Sessions, EMDR: Eye Movement Desensitization and Reprocessing, ADHD diagnostic assessment, nutritional and integrative medicine for mental health and perinatal/postpartum mental health.

New location:

Anchored in Hope has moved to 121st and Memorial to a new 6200-square-foot building, and we are so excited to share this space in the service to our community!

Contact us today to learn more about our services, group classes or to schedule an appointment!

THE CENTER FOR INDIVIDUALS WITH PHYSICAL CHALLENGES

815 S. Utica Ave., Tulsa

918.794.4526

kevans@tulsacenter.org

tulsacenter.org

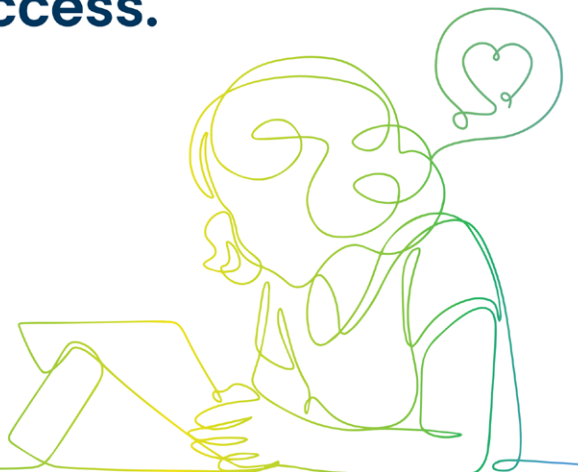
The Center for Individuals with Physical Challenges' (The Center) Youth Program offers opportunities for youth with physical challenges, ages 6- to 17-years-old, to actively engage in recreational activities, adaptive sports, outings and cooperative games all while building a social network with peers and meeting their individual needs and goals. Activities encourage relationship development, increased confidence and independence through a variety of experiences.

Individuals must have a primary diagnosis of a physical disability and have independent skills of daily living, including feeding and toileting, or have a caregiver to provide this assistance.

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Brain Balance of Tulsa

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Brain Balance of Oklahoma City

3545 W Memorial Rd
(405) 492-6800



Call 800-877-5500 or visit [BrainBalance.com](https://www.BrainBalance.com)

Brain Balance Achievement Centers are independently owned and operated. Individual results may vary. ©2021 Brain Balance Achievement Centers

HAVE YOU HAD

"THE TALK?"

Find resources for talking with youth of all ages and stages about changing bodies, love, sex, and healthy relationships at AMPLIFYTULSA.ORG



J.D. McCarty Center

The J.D. McCarty Center in Norman is a hospital for children with developmental disabilities. We offer inpatient and outpatient services for children from birth to 21 years old.

Our services are tailored to meet the unique needs of children with disabilities and are designed to improve their skills and confidence and promote independence.



405-307-2800



www.jdmc.org

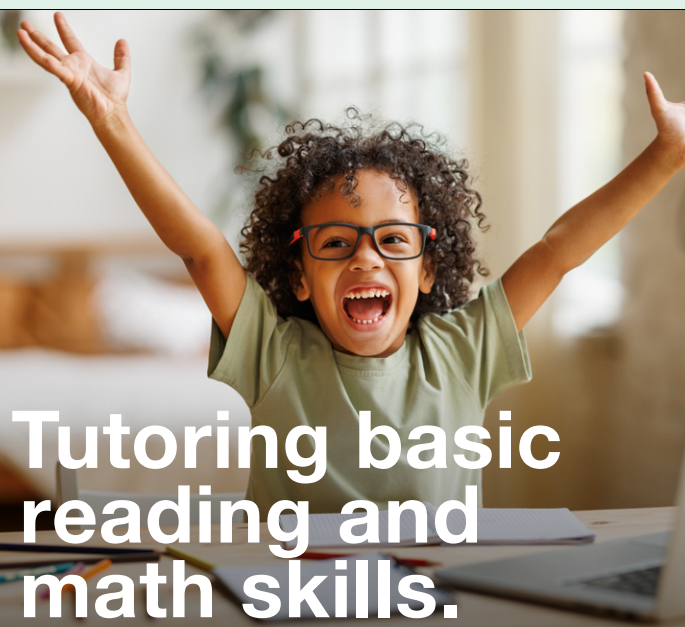


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CLARK YOUTH THEATRE'S PENGUIN PROJECT

4825 S. Quaker Ave., Tulsa

918.596.1412

clarkyouththeatre.com

Now in our ninth year, the Penguin Project at Clark Youth Theatre offers not only theatre, but also fun and friends! Artists with disabilities and their volunteer peer mentors gather each year to present a fully staged musical like *Aladdin, Jr.*, *The Music Man, Jr.*, *Seussical, Jr.*, *The Little Mermaid, Jr.*, or *The Lion King, Jr.*! No previous experience required, just a willingness to show up and participate in the fun. Weekly rehearsals culminate in a full performance in the early part of 2024 — informational meetings happening soon!

Artists and volunteer Mentors should be ages 10 and up, with some exceptions if space is available in the program, and parents are very welcome to attend and get to know each other — we love our parent volunteers! During the 2023-2024 season, our Penguin Project rehearsals will be in person at Clark Youth Theatre. We can't wait to see all of our Penguin friends thrive on stage!

Don't forget Clark Youth Theatre for all of your youth theatre programming needs! In addition to the Penguin Project, we offer a full range of free-to-participate theatre productions, Saturday Classes, Homeschool Classes on Tuesday and Thursday, and 12 weeks of Summer, Fall and Spring Break Camp! For more information, call 918.596.1412 or visit clarkyouththeatre.com.

HOPE'S CROSSING CAMP

Contact: Macy Neph

Camp Loughridge, 4900 W. Oak Leaf Dr.

539.238.7677

hopescrossingcamp@gmail.com

hopescrossingcamp.org

Hope's Crossing Camp is a FREE day camp for kids ages 7 -15 years old with cognitive or physical disabilities such as heart disease, cancer, muscular dystrophy, spina bifida, cerebral palsy and down syndrome.

Our goal is to provide life changing experiences for each camper that are fun, challenging, socially enriching, and tailored to each camper.

Hope's Crossing Camp is located at Camp Loughridge in West Tulsa.

Activities: Campers can participate in ALL activities including fishing, swimming, canoeing, archery, basketball, soccer, arts and crafts and a zip line designed for children with disabilities under the guidance of a certified ropes instructor.

Counselors and Staff: Are ALL volunteers, selected for their positive values and maturity, as well as their ability and desire to work with children with special needs. Counselors are high school students, college students, and young adults, ages 17-25.

Camp Week: July 1-5, 2024

With other events throughout the year: Fall Family Festival, Christmas Party, & Valentines Social Lesson/Dance.

Register online at hopescrossingcamp.org.

J.D. MCCARTY CENTER

2002 E. Robinson St., Norman

405.307.2800

info@jdmc.ok.gov

jdmc.org

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

MILLER SWIM SCHOOL

Miller Swim School Tulsa

6415 S. Mingo Rd., Tulsa

Miller Swim School Jenks

525 W. 91st St. S., Tulsa

Miller Swim School Owasso

10001 N. 127th E. Ave., Owasso

Miller Swim School Tulsa South

7820 E. 101st St., Suite A, Tulsa

918.254.1988

millerswimschool.com

Miller Swim School has been teaching Tulsa and surrounding communities about water safety for over 60 years. We offer private or group swim lessons with our highly trained instructors for students with disabilities or special needs.

Individuals with special needs can benefit from swimming to increase confidence and self-respect, as well as improve physical strength and coordination. Most importantly, ongoing swimming lessons reduce the risk of drowning by 88%, an incident students with special needs are at a higher risk for. Swim lessons offer social interaction, joy, friendship and a sense of accomplishment.

We offer year-round swim lessons for ages 6 months to adult. Miller Swim School is an authorized American Red Cross provider and a member of the United States Swim School Association.



RAMSEY THERAPY GROUP

2840 E. 101st St., Tulsa

918.681.7555

ramseytherapygroup.com

At Ramsey Therapy we strive to provide therapy services to rural communities often lacking in these services. After 10 years we are proud to offer physical, occupational and speech therapy to many communities throughout Eastern Oklahoma. With five clinics in Oklahoma, we aim to provide therapy to children and adults in our community. Each clinic is unique and strives to meet the needs of that individual community.

Locations: South Tulsa/Jenks, Muskogee, Tahlequah, Checotah, Stigler

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SPEECH & BEYOND PEDIATRIC THERAPY

240 S. Adams St., Jenks

918.409.0157

tulsaspeech.com

The children who come to see us here at Speech and Beyond are often struggling with some area of life that they can't control. We take a child-directed approach in therapy, which can be mistaken for "just play." However, it's so much more! We adapt our treatment to support a child's interests, which empowers their success both in therapy and in "real" life. We believe in creating the best life possible for our clients through the services we provide. We are proud to offer Speech, Occupational, Feeding, Dyslexia and Physical Therapy at our brand-new Jenks clinic.

We serve children of ALL ages/abilities, and we accept all insurances.

THERAPYTOWN

3223 E. 31st St., Tulsa

918.250.7093 (phone)

918.250.9976 (fax)

therapytown.com

Research shows early intervention therapy manifests a significant difference to a child's development leading to improved outcomes. Our goal at TherapyTown

is to provide exceptional comprehensive speech, occupational, behavior, physical therapy services and nutritional counseling from a Registered Dietitian, to children birth through eighteen years of age.

We use a whole-person approach to help kids reach their highest goals with the core belief that therapy should be a fun, challenging and highly rewarding experience. Creativity and play-based activities are some of our various approaches to our individualized plan for each patient who comes through these doors. At TherapyTown, we are committed to not only assisting children to overcome their immediate challenges, but also working with children to build successes that will last a lifetime.

We are in the business of helping children achieve their dreams...one step at a time. Would you like your child to become a patient of TherapyTown? Speak to your pediatrician about the possibilities of receiving therapy. If they qualify, a referral from the PCP is all we need to get started. Not sure if your child needs therapy? We always offer complimentary screenings for any discipline. The screening report can be taken with you to your child's next visit with the pediatrician to help them further assess if a script for evaluation and treatment is needed.

THERAPYWORKS

7608 E. 91st St., Tulsa

918.663.0606 | therapyworkstulsa.com

info@therapyworkstulsa.com

Founded in 1981, TherapyWorks is Tulsa's premier pediatric therapy clinic for speech, occupational, physical, feeding and aquatic therapy. With over 60 employees providing treatment in our clinic and in schools across Oklahoma, TherapyWorks is one of the largest and most respected individually owned private practices in the state. Our beautiful south Tulsa clinic has over 12,000 square feet of treatment space and utilizes the newest equipment and latest treatment techniques.

TherapyWorks' staff treats patients from birth to 21 years of age with:


- Developmental delays and learning disorders
- Autism
- Orthopedic concerns
- Motor impairments
- Attention, behavior
- Speech and language delays
- and many other conditions

Our therapists have specialty certifications and expertise in numerous areas including:

- Sensory processing and behavioral management
- Feeding and lactation
- Casting for orthopedics/orthotic management
- Dynamic Movement Intervention (DMI)
- PECS training, Hanen More Than Words, Childhood Apraxia of Speech
- Augmentative and Alternative Communication (AAC)
- and several other specialties


TherapyWorks accepts all major insurance plans including Medicaid/SoonerCare and has Spanish, Zomi and Burmese translation services on-site. We also offer assessment and treatment for dyslexia and dysgraphia through the Dyslexia Center of Tulsa.

Will Rogers Days





Nov 1-4
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[Schedule at willrogers.com](http://willrogers.com)

Parade



Nov 4, 3 p.m.

Oklahoma Historical Society



Fall Break Camp



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HTR PEDIATRIC THERAPY

Gunner King,

HTR Pediatric Therapy Patient Ambassador



How can I help my children approach kids with different types of abilities?

Gunner King has a rare, genetic skin disorder called Recessive Dystrophic Epidermolysis Bullosa that causes the skin to slough off the body, leaving blisters and wounds. He deals first-hand with people staring or asking questions regarding his skin and bandages. Gunner has some tips on how to approach someone with different abilities:

Please don't stare. I am a kid just like you. I would prefer if someone would say, "Hi, my name is so-and-so, what's your name?" instead of, "What's wrong with you? What happened?" Questions like that are upsetting and make me feel like something is wrong with me. I don't want them to focus on my skin or bandages, I want them to get to know me.

A lot of times, people see me in my power wheelchair and bend down to talk to me in a voice like you would talk to a baby. But I'm 11 years old. Just because someone is in a wheelchair, that doesn't mean they're younger than you or like a baby. Treat that person the way you would want to be treated. It makes them feel included, and they may end up being your friend.

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



HTR PEDIATRIC THERAPY

RIDDLE LAW, PLLC.

Trevor Riddle



What is an Oklahoma Advance Healthcare Directive?

An Advance Healthcare Directive, sometimes called a "living will," lets you state your medical wishes in case you are ever unable to communicate. Here's why it's vital for parents:

Personal Choice: Dictate your medical preferences, such as end-of-life care and organ donation, ensuring your choices are honored.

Family Clarity: During emergencies, this directive reduces the stress on family members, sparing them the pain of guessing your wishes.

Designate a Proxy: Appoint someone trusted to make health decisions for you. Crucial if both parents are incapacitated.

Guarding Children: Secure your healthcare wishes without compromising your children's welfare.

In short, an Advance Healthcare Directive offers clarity and peace of mind. Life is full of unexpected events, and a little planning can prepare you for anything life may throw your way.

110 S. Hartford Ave., Suite 2548
Tulsa, OK 74120
918.779.1446
trevor.riddle@riddle.law



MILLER SWIM SCHOOL

Sarah Clavin



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

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!

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



DENTAL DEPOT



As Halloween and the holiday season approach, how can I keep our teeth in great shape?

Taking care of your teeth when more sugar is consumed is essential to maintain good oral health. Here are some helpful tips:

- **Moderation is Key:** Limit your consumption of sugary candies and sweets.
- **Brush Regularly:** Brush your teeth at least twice a day.
- **Floss Daily:** This helps remove food particles and plaque that can lead to cavities and gum disease.
- **Drink Water:** Drinking plenty of water throughout the day helps rinse away food particles and acids that can harm your teeth.
- **Snack Wisely:** Choose healthier options like raw vegetables, nuts and cheese instead of sugary snacks.
- **Avoid Sticky and Hard Candies:** These can linger on your teeth, increasing the risk of cavities. If you do indulge, brush and floss afterward.
- **Visit Your Dentist:** Schedule regular check-ups and cleanings with your dentist. They can catch and address any dental issues early on, preventing them from becoming more significant problems.

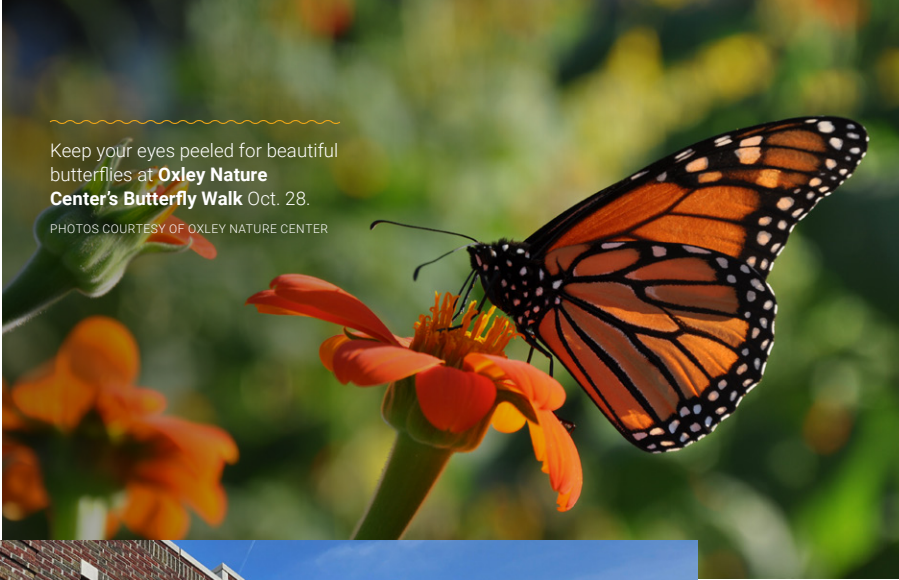
Maintaining good oral hygiene is a year-round commitment. While it's okay to indulge in sweet treats, following these tips can help you minimize the impact of sugar on your dental health and keep your smile bright and healthy!

Six Convenient Tulsa Metro Locations
DentalDepot.net



Keep your eyes peeled for beautiful butterflies at **Oxley Nature Center's Butterfly Walk** Oct. 28.

PHOTOS COURTESY OF OXLEY NATURE CENTER



OCTOBER 2023

SCAN THE QR CODE
to find more events at
[tulsakids.com/calendar!](https://tulsakids.com/calendar)



Killers of the Flower Moon debuts at **Circle Cinema** on Oct. 19. Get your tickets today!

PHOTO COURTESY CIRCLE CINEMA



African Penguin Awareness Day is Oct. 14!

PHOTO COURTESY TULSA ZOO

BROUGHT TO YOU BY



**October 1 Sunday****SENSORY SKATE SUNDAY**

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

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

TULSA BUDDY WALK

All ages, 1:30-4:30 p.m.,
Holland Hall, 5666 E. 81st St.,
dsat.org

The Buddy Walk, hosted by The Down Syndrome Association of Tulsa, is a 1/4-mile walk designed to promote the understanding and acceptance of people with Down syndrome.

ALADDIN

Recommended ages 6+,
1 and 6:30 p.m.,
Tulsa PAC, 110 E. 2nd St.,
celebrityattractions.com

Discover a whole new world at Disney's *Aladdin*, the hit Broadway musical.

October 2 Monday**FOURTH ANNUAL SPOOKY STORY CONTEST ^F**

Ages 8-18, Oct. 1-31, tulsalibrary.org/spooky-stories-contest

Let the Halloween spirit flow from your fingertips! The top 10 stories from each age category will be published on TCCL's website, as well as in a physical anthology.

MONDAY MORNING PROGRAMMING ^W

For early learners, 11-11:30 a.m.,
Discovery Lab, 3123 S. Riverside Dr.,
discoverylab.org

Early learners and their caregivers can participate in educational activities taught by experienced educators.

October 3 Tuesday**BUILD A READER STORYTIME: BABIES & TODDLERS ^F ^W**

For babies and toddlers,
10:30-10:55 a.m., Broken Arrow
Library, 300 W. Broadway Ave.,
Broken Arrow, tulsalibrary.org

This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading.

SENSORY NIGHT

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

Explore the Oklahoma Aquarium with low lights and quiet music.

October 4 Wednesday**STORY TIME AT TULSA ZOO ^W**

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

Listen to a story and meet an animal ambassador every Wednesday! On Oct. 4, Philbrook will visit to provide a free craft.

TEEN LOUNGE ^F ^W

For teens and tweens,
3-6 p.m., Central Library,
400 Civic Center, tulsalibrary.org

Play board and video games, create crafts, check out books and comics, or catch up on homework.

October 5 Thursday**TINY TOTS ^W**

Ages 0-6, 10 a.m.-1 p.m., Wheels
and Thrills, 10637 N. Garnett Rd.,
Owasso, wheelsandthrills.com

Skate, play, ride and jump. Don't forget your socks!

SPACE CAMP: WORLD SPACE WEEK ^F

For elementary schoolers, 3:30-4:30 p.m., Herman and Kate Kaiser
Library, 5202 S. Hudson Ave.,
tulsalibrary.org

Celebrate World Space Week with out-of-this-world books, snacks and STEAM activities.

October 6 Friday**ART BABIES**

For pre-walking babies, 9:15-10:15
a.m., Philbrook Museum, 2727 S.
Rockford Rd., philbrook.org

Art Babies sessions will include hands-on sensory exploration, singing, stories and more in the Philbrook galleries. Capacity limited; advanced ticket required. Repeats Oct. 7.

HOMESCHOOL FRIDAY

All ages, 11:30 a.m.-3 p.m.,
Oilers Ice Center, 6413 S. Mingo Rd.,
oilersicecenter.net

The first Friday of every month, the Oilers Ice Center hosts a homeschool skate for all homeschool families.

KIDS NIGHT OUT

Grades 1-5, 6-9 p.m.
Tulsa Zoo, 6421 E. 36th St. N.,
tulsazoo.org

Kids Night Out is a 3-hour evening adventure, offering parents a chance to drop off their kids for a fun and educational experience.

BALLET ON THE GREEN

All ages, 7:30 p.m.,
Guthrie Green,
111 E. Reconciliation Way,
tulsaballet.org

Tulsa Ballet returns to Guthrie Green for a night of dance under the stars.

October 7 Saturday**SATURDAY MORNING BIRDING**

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

Join Oxley for their monthly birding walk. All skill levels welcome. Bring binoculars if you have them.

SATURDAY TINY TOTS

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

Skate, play, ride and jump with your favorite characters! Today's theme is *Star Wars*.

ART IN THE SQUARE

All ages, 10 a.m.-5 p.m.,
Utica Square, uticasquare.com

Get to know local artists and purchase some unique art for your home.

NATURE ADVENTURE WITH OXLEY NATURE CENTER

All ages, 10:45-11:30 a.m.,
Kendall Whittier Library,
21 S. Lewis Ave., tulsalibrary.org

Take an in-library nature adventure with the Oxley Nature Center.

TULSA ZOO AT THE LIBRARY

All ages, 1-2 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Meet a zookeeper from the Tulsa Zoo. Learn about animals, plants and geology native to Oklahoma while discovering the different ecoregions and habitats in our state.

October 8 Sunday**SENSORY-FRIENDLY FAMILY TIME**

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

Guests who need a quieter, less crowded place to play can enjoy the Museum with their families.

UNDER THE CANOPY SCHOOL PARENT MEETING

For adults, 3 p.m., UTC Office, 1110 S. Yale Ave., underthecanopy.org

Learn about Under the Canopy's nature-based public Waldorf school.

October 9 Monday**FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR.****October 10 Tuesday****STORYTIME AT ENCHANTED CHILDREN'S BOOKSTORE**

All ages, 10:30 a.m.,
Enchanted Children's Bookstore,
1023 W. Main St., Collinsville,
enchantedchildrensbookstore.
godaddysites.com

Join Enchanted Children's Bookstore for storytime every Tuesday morning!

October 11 Wednesday**FOSSIL DAY**

All ages, 10 a.m.-3 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Uncover the mysteries of fossils at the Tulsa Zoo Cox Nature Exchange. Throughout the day the zoo will be highlighting native Oklahoma relics that could be found in your backyard! There will also be a Fossil Sale.

October 12 Thursday**HOMESCHOOL SKATE**

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

This month's Homeschool Skate theme is Halloween. Enjoy fun frights and wear your costume.

POKÉMON PARTY

Ages 10-18, 5-7 p.m.,
Schusterman-Benson Library,
3333 E. 32nd Pl., tulsalibrary.org

Participate in old-school card battles, do crafts and activities and enter giveaways! Bring your own device to play or cards to trade.

HONKA HAPPY HOUR: NATIVE GHOST STORIES

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

Join Apollonia and guests as they share the oral tradition of storytelling through Native ghost stories.

October 13 Friday**JACK AND THE BEANSTALK**

All ages, 10 a.m. and 11:45 a.m.,
Studio K, 1212 E. 45th Pl.,
tulsaballet.org

Follow Jack up the giant beanstalk to world of castles in the sky, magical treasures, and one despicable Ogre. This ballet performance is entertaining and educational for all ages. Repeats Oct. 14, 11:45 a.m. and 1:30 p.m.

THE HAUNTING ON THE HILL

All ages, 5-9 p.m., Chandler Park, 6500 W. 21st St., facebook.com/chandlerparktulsa

Participate in a scavenger hunt, games and crafts. Haunted Hayride starts at 5:30 p.m.; \$2 per person per ride.

LIGHT THE NIGHT

All ages, 5:30 p.m., Guthrie Green, 111 E. Reconciliation Way, lightthenight.org

At The Leukemia & Lymphoma Society's Light The Night walk, participants gather to celebrate, honor and remember those touched by blood cancers.

Fee, fi, fo, fum! **Tulsa Ballet's** kid-friendly *Jack and the Beanstalk* returns to the stage this month.

PHOTO COURTESY TULSA BALLET



October 14 Saturday

SPACE WEEK COMMUNITY DAY

All ages, 9 a.m.-12 p.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Do special activities in the Workshop and watch the annular solar eclipse from the Hardesty Amphitheater.

NAILING YOUR FIRST JOB INTERVIEW: INTERNSHIPS OR FIRST JOBS/INTERVIEWING TIPS FOR TEENS F

Ages 13-18, 11 a.m.-12:30 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Elaina Ross of Northeastern State University will explain self-presentation skills and talking points to help succeed at an interview. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

TULSA OILERS PRESEASON GAME

All ages, 5 p.m., Oilers Ice Center, 6413 S. Mingo Rd., oilersicecenter.net

Cheer for Tulsa Oilers as they play hockey.

October 1 Sunday

FITNESS ON THE GREEN: SUNDAY ZUMBA WITH ARIANE F W

All ages, 10:30-11:30 a.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Take a free Zumba class at Guthrie Green.

October 16 Monday

WRITE YOUR OWN SCARY STORY F

For elementary schoolers, 9 a.m.-9 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

Drop by and create your own super-duper or not-so-scary story.

YOUNG ADULT CREATIVE WRITING CAMP F

Ages 13-18, 5-6 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

This five-week camp meets after school on Mondays, Oct. 16 through Nov. 13. Each participant will receive a notebook, pen and a copy of *Writing Magic* by Newbery Honor author Gail Carson Levine. Must register at tulsalibrary.org/events, or call 918.549.7323.

October 17 Tuesday

BUILD A READER STORYTIME: FAMILY/ IMAGINATION LIBRARY ENROLLMENT EVENT F

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

After storytime, learn about Dolly Parton's Imagination Library and enroll your children under age 5 for this free book-gifting program.

ADULT LITERACY OPEN HOUSE F

For adults, 6-8 p.m., Literacy, Outreach, and Volunteer Services, 2901 S. Harvard, tulsalibrary.org

Stop by the Ruth G. Hardman Adult Literacy Service to learn more about what they do, meet their staff and how YOU can become an adult literacy tutor! Call 918.549.7400 for details.

October 18 Wednesday

LITTLE GARDEN EXPLORERS W

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

Spark wonder at this easygoing, drop-in play invitation.

BOOKS TO TREASURE: NARWHAL AND JELLY SCAVENGER HUNT F

For elementary schoolers, 10 a.m.-8 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Do a scavenger hunt in honor of Books To Treasure featured illustrator Ben Clanton. Second graders who show their new Narwhal and Jelly Tulsa City-County Library card may enter a grand-prize drawing. Repeats through Oct. 21, times may vary.

October 19 Thursday

BUILD A READER STORYTIME: FAMILY STORYTIME AT THE AIRPORT F

Ages 0-5, 10-10:30 a.m., Tulsa International Airport, 7777 Airport Dr., Schwab Hall, tulsalibrary.org

Join the Maxwell Park Library for this fun storytime at the airport.

TULSA AUDUBON SOCIETY: KIDS EDITION F

For elementary schoolers, 2-3 p.m. OR 3-4 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Investigate Oklahoma's most interesting birds through a presentation and hands-on activities.

KILLERS OF THE FLOWER MOON DEBUT

Various times, Circle Cinema, 10 S. Lewis Ave., circlecinema.org

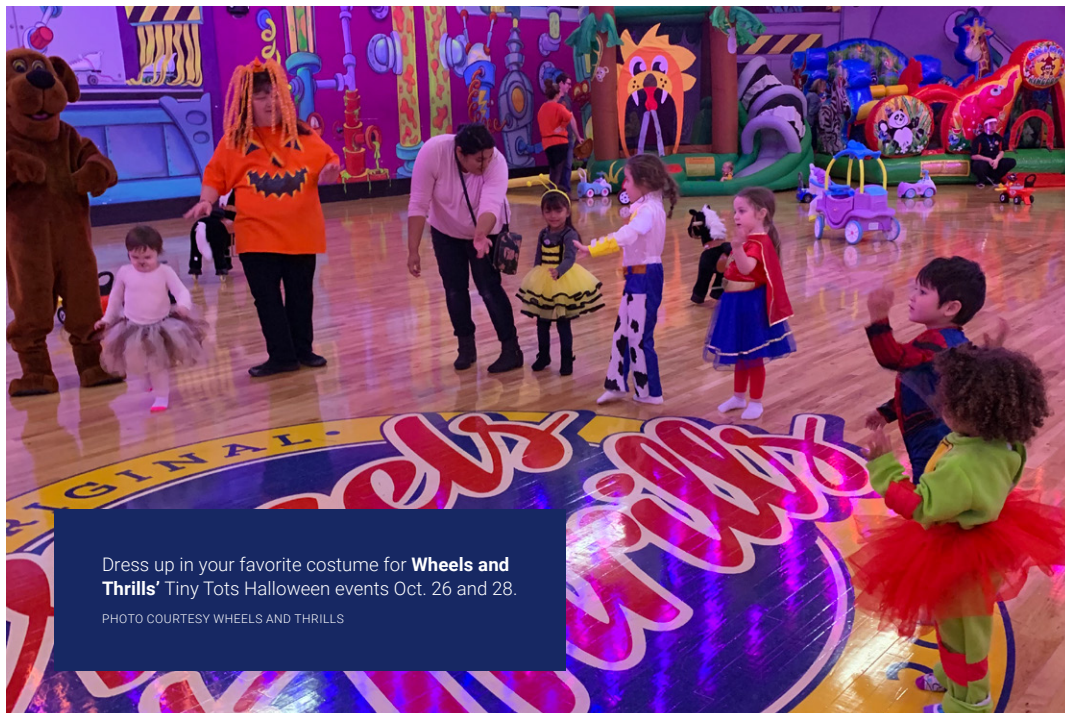
The long-awaited film *Killers of the Flower Moon* arrives at Circle Cinema.

October 20 Friday

FLINT FAMILY FOUNDATION CONCERT SERIES F

All ages, 11 a.m.-12:30 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsasymphony.org/flint

Join the Tulsa Symphony Orchestra (TSO) for this free, family-friendly concert for all ages.



Dress up in your favorite costume for **Wheels and Thrills'** Tiny Tots Halloween events Oct. 26 and 28.

PHOTO COURTESY WHEELS AND THRILLS

October 21 Saturday**SPOOKY STORIES
AROUND THE
CAMPFIRE F**

For teens and tweens, 2-3 p.m.,
Rudisill Regional Library, 1520 N.
Hartford Ave., tulsalibrary.org

Sit around the "campfire," eat s'mores
and tell scary stories in the dark.

October 22 Sunday**SUNDAY CONCERT
SERIES F W**

All ages, 2-5 p.m., Guthrie
Green, 111 E. Reconciliation Way,
guthriegreen.com

Enjoy an afternoon of live music by
local and regional bands.

October 23 Monday**SKULL DECORATING F**

For teens and tweens, 5-6 p.m.,
Owasso Library, 103 W. Broadway
St., Owasso, tulsalibrary.org

Decorate your own skull. Whether
you celebrate Día de los Muertos or
Halloween, this craft is for you.

PAW PATROL TINY TOTS

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

Jump, ride and play with your
favorite pups! Socks required.

October 24 Tuesday**BUILD A READER
STORYTIME:
BILINGUAL F**

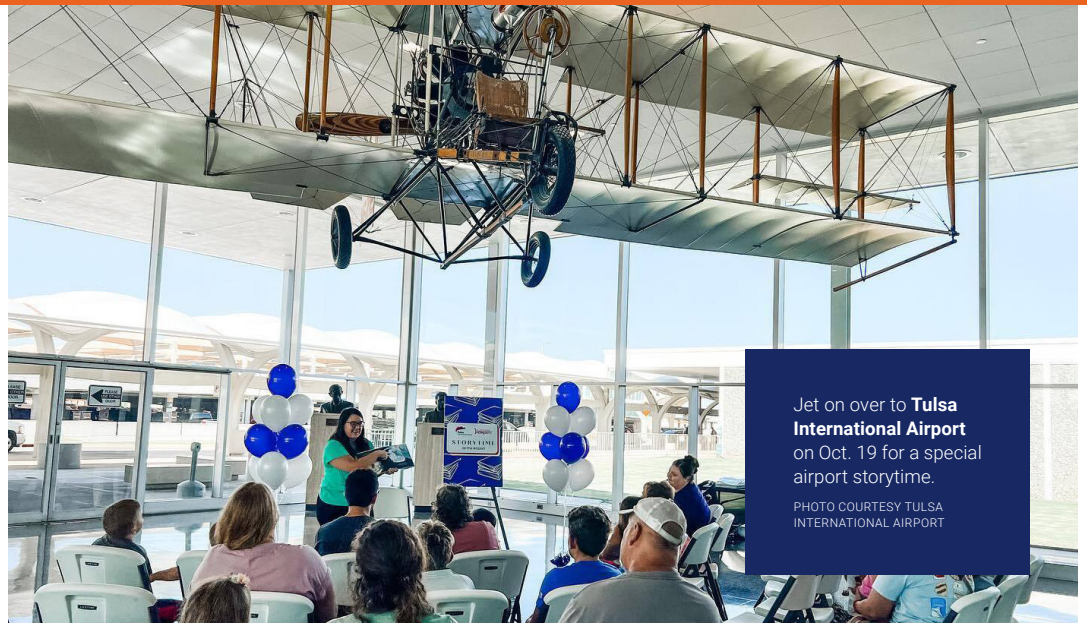
10-10:45 a.m., Kendall-Whittier
Library, 21 S. Lewis Ave.,
tulsalibrary.org

Enjoy stories, songs and activities
in English and Spanish.

**SKINS AND SKULLS!
WITH THE OKLAHOMA
DEPARTMENT OF WILDLIFE
CONSERVATION F**

For elementary and middle
schoolers, 4-5 p.m., Herman
and Kate Kaiser Library, 5202 S.
Hudson Ave., tulsalibrary.org

Explore Oklahoma wildlife through
skins and skulls brought in by a local
wildlife game warden.



Jet on over to **Tulsa
International Airport**
on Oct. 19 for a special
airport storytime.

PHOTO COURTESY TULSA
INTERNATIONAL AIRPORT

October 25 Wednesday**ZOO SCHOOL — HABITATS:
WOODLANDS**

Grades 1-5, 9 a.m.-12 p.m., Tulsa
Zoo, 6421 E. 36th St. N., tulsazoo.org

Zoo School is an exciting adventure
for students. Each 3-hour expedition
covers topics including animal
science, life science and physical
science and includes classroom
learning, adventures in the zoo and
more. Pre-register online.

TEEN CONNECTION F

For middle and high school
students, 4:30-6 p.m., The Arc of
Oklahoma, 2516 E. 71st St., Suite A,
thearcok.org

This is a social group for students
with high-functioning autism. Call
918.582.8272 for more information.

October 26 Thursday**LET'S MAKE FRIENDS
AND PLAY YAHTZEE F**

For teens and tweens, 3-4:15 p.m.,
Kendall-Whittier Library, 21 S.
Lewis Ave., tulsalibrary.org

Meet other teens and tweens while
playing a game of Yahtzee.

**TEEN READ MONTH:
DUNGEONS &
DRAGONS — A HAUNTED
ADVENTURE F**

For teens and tweens, 4:30-7 p.m.,
Pratt Library, 3219 S. 113th Ave. W.,
Sand Springs, tulsalibrary.org

Beginners and experienced players
are invited to join this harrow-
ing, haunted adventure. All materials
are provided.

October 27 Friday**SCREENING OF FLOWER**

All ages, 7 p.m., Lorton
Performance Center,
550 S. Gary Pl.,
facebook.com/tulsaballetcde

Tulsa Ballet Center for Dance
Education will host world-renowned
ballerina Misty Copeland for a
screening of her first independently
produced short art film, *Flower*. After
the screening, Copeland and her Life
in Motion Productions co-founder
Leyla Fayyaz will take the stage for
an in-person talkback.

October 28 Saturday**OKLAHOMA TEEN
BOOK CON F**

Ages 12-18, 9:30 a.m., OSU-Tulsa,
700 N. Greenwood Ave., oktbc.org

Listen to panel discussions with YA
authors, participate in author meet-
ups for small group discussions,
shop vendors and exhibitors, etc.

**ZOO SCHOOL — HABITATS:
WOODLANDS**

Grades 3-5, 9 a.m.-12 p.m., Tulsa
Zoo, 6421 E. 36th St. N., tulsazoo.org

Zoo School is an exciting adventure
for students. Each 3-hour expedi-
tion covers topics including animal
science, life science and physical

science and includes classroom
learning, adventures in the zoo and
more. Pre-register online.

BUTTERFLY WALK F

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

Join Oxley for their monthly Butter-
fly Walk. Bring binoculars if you have
them. All skill levels welcome.

October 29 Sunday**SUNDAY FAMILY FUN DAY**

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

Spend the day skating, playing laser
tag and more at Wheels and Thrills.

October 30 Monday**TEENS READ MONTH:
MEET MAN MADE
MONSTERS AUTHOR
ANDREA ROGERS F**

Ages 13-18, 4:30-5:30 p.m.,
Nathan Hale Library, 6038 E. 23rd
St., tulsalibrary.org

Meet the author of the 2023 Walter
Award winner for Teen Lit. *Man
Made Monsters* is a chilling story
collection following a sprawling
Cherokee family through many
generations.

October 31 Tuesday**HAPPY HALLOWEEN!**

Check out our **Fall Family Fun Guide**
for trick or treat events and more.




TULSA TRAILS★WEST FALL FESTIVAL

2023 Attractions:

- Petting Zoo
- Giant Jumping Pad
- Cow Train
- Bubble Barn
- 3-Story Rock Wall
- Scenic Wagon Ride
- Archery Gallery
- Axe Throwing
- Giant Jenga
- Cornhole
- Kiddie Barrel Train
- 3-Story Slide
- Bungee Jumper
- 3-Story Web Climb
- Horse Walker Swing
- Hand-Led Pony Rides
- Horse Drawn Wagon Ride
- Bounce House
- Barnyard Speedway
- And Much More

www.TulsaTrailsWest.com

Come out and enjoy a fall festival in 'real country,' but conveniently located!

Weekends October 13th thru 29th.







FUN FOR THE WHOLE FAMILY



TULSA TERROR TRAILS ZOMBIE PAINTBALL RIDE FRI-SAT EVENINGS THROUGH OCT 29TH

CANDY PALOOZA

OCTOBER 29TH
9:15 + 11AM

FREE FAMILY EVENT

Following each service. Wear those costumes!
Food + Inflatables + Games + Candy + More!



7777 S. Garnett Rd., Broken Arrow, OK 74012
www.weareanthem.church





COME OVER TO THE WHIMSY SIDE!

SUNDAES · SHAKES · CANDY · TOYS



YUM EATS & SWEETS
8204 S. HARVARD, TULSA OK 74137

November 3, 2023 Living Arts of Tulsa



DÍA DE LOS MUERTOS

Art Festival 2023

Living Arts of Tulsa is excited to announce that our annual Día de los Muertos Arts Festival will take place on Friday, November 3, 2023. Food trucks and performances will be at both Living Arts and the Drillers Stadium. We will be providing a wide variety of programming during the months of October and November.

Estamos emocionados de anunciar que el festival del día de los muertos va a tomar lugar el viernes 3 de noviembre de 2023. Trocas de comida y entretenimiento van a tomar lugar en los escenarios de Living Arts y el estadio de los Drillers. Vamos a anunciar la programación durante octubre y noviembre.

Learn more at our website LivingArts.org!



FALL FAMILY FUN GUIDE



SPONSORED BY
HALLOWEEN FESTIVAL
at the
Castle
MUSKOGEE, OK

PHOTOS COURTESY OF CASTLE OF MUSKOGEE



CLARK PATCHETT. PHOTO BY MICHELLE PATCHETT

PUMPKIN PATCHES

Pumpkins are just the beginning when you visit your favorite pumpkin patch! Other activities may include getting lost in a corn maze (just make sure you find your way out again!), feeding adorable farm animals, snapping the perfect fall photo, taking a hayride and more.

Find our full list of local pumpkin patches at tulsakids.com/pumpkin-patches-in-tulsa

CARMICHAEL'S

Sept. 23–Oct. 31; Open daily,
Monday–Saturday, 9 a.m.–7 p.m.;
Sunday, 10 a.m.–7 p.m.

17137 S. Mingo Rd., Bixby

carmichaelsproduce.wordpress.com

LIVESAY ORCHARDS

Open Saturdays and Sundays,
Sept. 30–Oct. 29; Saturday,
10 a.m.–6 p.m.; Sunday, 1–6 p.m.

39232 E. 231st St. S., Pryor

livesayorchards.com

OKLAHOMA HERITAGE FARM

Sept. 30–Nov. 5; Monday–Thursday,
9 a.m.–6 p.m.; Friday and Saturday,
9 a.m.–7 p.m.; Sunday, 1–6 p.m.

38512 US 75 Hwy., Ramona

okheritagefarm.com

PLEASANT VALLEY FARMS

Open daily in October, 9 a.m.–7 p.m.

22350 W. 71st St., Sand Springs

pleasantvalleyfarmsok.com

SHEPHERD'S CROSS

Sept. 26–Nov. 4; Tuesday–Saturday,
9 a.m.–6:30 p.m.; closed Sundays
and Mondays, with the exception of
Monday, Oct. 30

16792 E. 450 Rd., Claremore

shepherdscross.com

PUMPKIN PATCH FOR MISSION

Oct. 13–31, 12–7 p.m.

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

facebook.com/pumpkinpatchformission

PUMPKIN TOWN FARMS

Sept. 23–Oct. 31, 10 a.m.–8 p.m. daily

61st and Garnett

pumpkintownfarm.com

TULSA BOTANIC GARDEN

Sept. 21–Oct. 31; Tuesday–Sunday,
10 a.m.–5 p.m.; Open late on
Thursdays, till 8 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

tulsabotanic.org

PREMIER TRICK OR TREAT EVENTS

From Tootsie Pops to Butterfingers, you'll find your favorite sweets at these kid-friendly trick or treat events. Discover even more at tulsakids.com/Halloween.

BOO-TANICAL BANDS & BLOOMS

Thursdays in October, 6–8 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Enjoy an evening of live music, meet a different costumed character each week and participate in other BOO-tanical activities. tulsabotanic.org

HALLOWZOOEEN

Oct. 21–22, 28–29, 1–4 p.m.;

Oct. 20–21, 27–28, 6–9 p.m.

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

HallowZOOeen includes Goblin Stops where kids can pick up treats as well as other fun activities located throughout the zoo. Pirates and Princesses dinner events take place Oct. 20 and 27 at 5 p.m. tulsazoo.org/boo

BROOKSIDE BOOHAHA

Oct. 21, 9 a.m.–12 p.m.

Brookside, Peoria between 31st and 41st St.

Kids can trick or treat and play in various kid zones along Peoria before the popular BooHaHa parade. tulsabooahaha.com

TRUNK OR TREAT

Oct. 21, 1–3 p.m.

Oilers Ice Center, 6413 S. Mingo Rd.

Trunk or treat at Oilers Ice Center!
oilersicecenter.net

HALLOWMARINE

Oct. 25–31, 6:30–9 p.m.

Oklahoma Aquarium, 300 Aquarium Dr., Jenks

Dress up in your best Halloween costume for a chance to win prizes, and explore the trick-or-treat trail to collect candy and visit all 10,000 of Oklahoma Aquarium's amazing animals!
okaquarium.org

PHOTO COURTESY OF TULSA ZOO.

**PHILBOO**

Oct. 28, 11 a.m.–4 p.m.

Philbrook Museum, 2727 S. Rockford Rd.

Bring your little ghoulies and goblins to a frightfully fun day just for families, with art-making stations, music performances and more as you Trick ART Treat through the gardens. philbrook.org

BIXBY'S 8TH ANNUAL HALLOW(THEMED) PARTY

Oct. 28, 3–7 p.m.

Downtown Bixby

This free event features carnival games and rides, inflatables, face painting, food trucks, trunk or treating, a costume contest and more. hallowthemedparty.com

BOO AT CASE PARK

Oct. 29, 3–5 p.m.

Case Park, 2500 S. River City Park Rd., Sand Springs

Trick or treat, participate in the costume contest and more! facebook.com/boatcasepark

TRICK OR TREAT MAIN STREET

Oct. 31, 4–6 p.m.

Downtown Jenks

Wear your costume and trick or treat along Main Street, play games and more. facebook.com/jenkschamber

HALLOWEEN NIGHT AT THE MUSEUM

Oct. 31, 6–8 p.m.

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

Will Rogers Memorial Museum provides a safe space to trick or treat for all ages. willrogers.com

HAUNTED MOVIE NIGHTS

In the mood for a shiver up your spine? Don't miss these chilling film nights!

COMMUNITY MOVIE NIGHT: HOCUS POCUS

Oct. 21, 6–10 p.m.

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

Dress in costume and bring a lawn chair to enjoy a movie in the park. facebook.com/redbudfestivalpark

DRACULA

Oct. 27, 6–8 p.m.

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

Enjoy movie-themed crafts and socializing from 6–7, then watch the original *Dracula*, starring Bela Lugosi! Free admission and popcorn. willrogers.com

FOWLER AUTOMOTIVE PRESENTS CLUE

Oct. 27, 5–9:10 p.m. (Film begins at 7)

Philbrook Museum, 2727 S. Rockford Rd.

Celebrate Halloween at Philbrook with a showing of *Clue* and fun activities like trick or treating and a costume contest. philbrook.org

COX MOVIE NIGHT: HOCUS POCUS

Oct. 28, 5:30–9 p.m.

Gathering Place, 2650 S. John Williams Way

Enjoy themed activities like face painting, roaming movie characters and crafts before the showing of this Halloween classic. gatheringplace.org

MISCELLANEOUS FUN

HOW I MET YOUR MUMMY

Oct. 6 and 13, 7-8:30 p.m.;
Oct. 7-8, 14-15, 2-3:30 p.m.

Spotlight Theatre, 1381 S. Riverside Dr.

Spotlight Children's Theatre presents this delightful Halloween tale.

tulsaspotlighttheater.com

YUM ARTS & SWEETS

Oct. 18-20

Yum Eats & Sweets, 8204 S. Harvard Ave.

Join us on the deck for our art competition. Supplies will be provided. Submissions will be posted on our Facebook page. Pictures with the most likes will be printed and displayed inside the store. Find Yum Eats & Sweets on Facebook.

PUMPKIN PALOOZA

Oct. 21, 5-7 p.m.

Nathan Hale Library, 6038 E. 23rd St.

Take part in pumpkin painting, book giveaways and a bad art contest. Costumes encouraged.

tulsalibrary.org/events

TINY TOTS HALLOWEEN

Oct. 26, 10 a.m.-1 p.m.; Oct. 28, 9-11 a.m.

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

Kids 6 and under are invited to wear their costumes and skate, play, ride and jump! Socks required. Sully and Mike W. from *Monsters, Inc.* visit Oct. 28. wheelsandthrills.com

OL' JACK'S LANTERNS: PUMPKIN CARVING AND DECORATING

Oct. 26, 7-8:30 p.m.

Martin Regional Library, 2601 S. Garnett Rd.

Join in for some Halloween and Día de los Muertos pumpkin carving and decorating. Supplies provided, registration recommended.

tulsalibrary.org/events

HALLOWEEN GLOW SKATE

Oct. 27, 7-9 p.m.

Oilers Ice Center, 6413 S. Mingo Rd.

Enjoy a luminescent skate on the ice!
oilersicecenter.net

CANDYPALOOZA

Oct. 29, 9:15 and 11 a.m.

Anthem Church, 7777 S. Garnett Rd.,
Broken Arrow

Following each service, join Anthem Church for this free family event! Wear your costumes and enjoy food, inflatables, games, candy and more. weareanthem.church

WILL ROGERS DAYS

Nov. 4

Claremore, OK

Celebrate Will Rogers' birthday at the Will Rogers Memorial Museum and downtown Claremore. The Will Rogers parade starts at 3 p.m., followed by a party at the museum.

willrogers.com



PHOTO COURTESY OF TULSA BOTANIC GARDEN.

ADULTS-ONLY

SIP N' SKATE HALLOWEEN

Oct. 21, 9 p.m.-midnight

Wheels and Thrills, N. Garnett Rd., Owasso

Adults 21 and older can enjoy a night of laser tag, skating, cornhole and other games, spooky drinks and a costume contest.

wheelsandthrills.com

FALL BREAK CAMPS

DISCOVERY LAB

Oct. 18, 19 and 20
(Single-day camp)

Discovery Lab,
3123 S. Riverside Dr.

Discovery Lab is hosting single-day camps for pre-K through 6th grade. Learn more and sign up at discoverylab.org/camps

FALL BREAK CAMP AT TULSA ZOO

Oct. 18-20, 9:30 a.m.-4 p.m.

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

Tulsa Zoo is hosting two three-day Fall Break camps for grades K-5. The K-2 camp will cover giraffes, elephants and chimps. The 3rd-5th grade camp will be all about aquatic habitats. Pre-register. tulsazoo.org/camps

MVP SPORTS CAMP

Oct. 19-20

MVP Sports and Training,
12808 S. Memorial Dr., Bixby

Choose from one of five sports at MVP's Fall Break Camp! Fun Camp (all-day) option available. Siblings receive a discount. Thanksgiving Camp also available Nov. 20-21. Learn more and sign up at mvpsportsbixby.com/fallwintercamps

PHOTOS BY DESTINY GREEN, COURTESY LIVING ARTS OF TULSA.

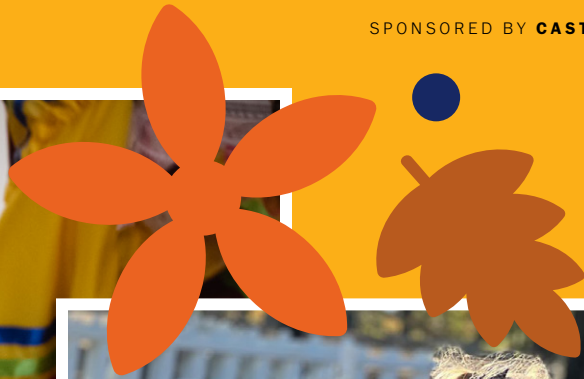


PHOTO COURTESY TULSA TRAILS WEST.

FALL FESTIVALS

HALLOWEEN FESTIVAL

Fridays and Saturdays,
Sept. 29–Oct. 29, 5:30–10 p.m.

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

Castle of Muskogee's annual Halloween Festival has attractions for people of every age and desired scare level. Plus, you can purchase Halloween decor and costumes on-site as well as food and beverages. Learn more at okcastle.com

TULSA STATE FAIR

Sept. 28–Oct. 8

Expo Square, 4145 E. 21st St.

The Tulsa State Fair is back for 2023! For more information on the Livestock Show Schedules, Ford Family Food Court and Vendor List, go to tulsastatefair.com.

LOST CITY LEGENDS FALL FESTIVAL

Oct. 7, 4–8 p.m.

Chandler Park, 6500 W. 21st St.

Come for live music, storytelling, carnival games for the whole family, food trucks, as well as arts and crafts vendors.

facebook.com/chandlerparktulsa

FALL FUN FEST

Oct. 14–29; Saturdays, 10:30 a.m.–6:30 p.m.;
Sundays, 12–6:30 p.m.

Tulsa Trails West, 3301 W. 29th W. Ave.

With over 20 included attractions, from guided pony rides and axe throwing, to scenic wagon rides and a petting zoo—there's something to delight every family member! Looking for more of a Halloween scare? Check out our evening Zombie Paintball Adventure. tulsatrailswest.com

BRUSH CREEK BAZAAR

Oct. 14–15

10900 S. Louisville Ave.

With live music, numerous vendors, and dining areas, the entire family will have a place to enjoy this beautiful fall weekend at South Tulsa's premier Arts and Crafts Event. brushcreekbazaar.com

TULSA OKTOBERFEST

Oct. 19–22

River West Festival Park, 2100 S. Jackson Ave.

Celebrate authentic Bavarian culture with a week-end of authentic food, live music, carnival rides, a Daschund Dash and other fun for the whole family. tulsaoktoberfest.com

FALL FESTIVAL

Oct. 28, 1–3 p.m.

Hardesty Regional Library, 8316 E. 93rd St.

Enjoy fall-themed games, activities, refreshments, raffle drawings and more. tulsalibrary.org/events

DÍA DE LOS MUERTOS FESTIVAL

Nov. 3, 6 p.m.

Living Arts, 307 E. Reconciliation Way

The Dia de los Muertos Arts Festival will feature food trucks, cultural performances and more. livingarts.org

Izzi Blue Pennington:

Carver Wildcats Football Kicker

By Staff



EIGHTH GRADER IZZI BLUE

Pennington is the kicker for the Carver Middle School football team. She talks to us about trying out and playing football on an all-male team.

TulsaKids: Tell us about joining the Carver Middle School Wildcats football team.

Izzi: I played flag football for fun last year and had a blast. My brother's flag football coach (my dad's friend) showed me how to kick a field goal, and I caught on pretty fast. I've also been a goalie in competitive soccer for six years and have a pretty strong kick. I heard the Carver 8th grade team didn't have a kicker, so I decided to try out.

TulsaKids: Have you always enjoyed football?

Izzi: Yes! I love playing football around the house with my dad and my brother. Besides soccer, I've played basketball, softball and futsal, too.

TulsaKids: How did it feel to try out for the boys' football team?

Izzi: At some points, it was very overwhelming. Having to kick in front of all the boys on the team and the coaches was a lot of pressure, but it all worked out in the end. They have all been very kind and supportive.

TulsaKids: How does it feel to be part of the team?

Izzi: It feels great! I feel very welcomed and very supported by my teammates and my coaches.

TulsaKids: What kinds of reactions do your teammates have toward you as a female player?

Izzi: They all think I'm good and treat me like any other player. There really haven't been any bad reactions at all.

TulsaKids: What has been your best experience about being on the team so far?

Izzi: Making my first field goal, and all the guys on the team screaming and cheering for me.

TulsaKids: What about the worst thing?

Izzi: Having my PAT (point after touchdown) tipped in the game. I don't like to miss.

TulsaKids: Do you participate in the same drills and practices as the boys?

Izzi: No, I do not. I kick all practice, and the trainers get the balls for me while I kick. They are my friends from school. During each practice with the boys, we practice game time field goals, kick-offs and PATs.

TulsaKids: Who inspires you and why?

Izzi: My mom. She is super supportive of me and has always believed in me when no one else does. She pushes me to try my best and to work hard.

TulsaKids: What advice would you give to other girls who might want to play football?

Izzi: I would tell them they can do anything they set their minds to. Don't let another person bring you down. You can do whatever you want to do. Set goals for yourself and work hard to achieve your goals, and don't let anything or anyone hold you back.

TulsaKids: Tell us a fun fact about yourself.

Izzi: My middle name is Blue, and my family and close friends call me Blue. And I LOVE soft pretzels more than any other food!

TulsaKids: Any final words you'd like to say?

Izzi: Yes, that anything is possible, and everything happens for a reason and never give up on your dream. You can do anything you set your mind to as long as you have dedication. **TK**



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MVPsportsBixby.com/FallWinterCamps

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University School





HALLOWZOOEEN

RESERVATIONS
REQUIRED

day
1PM-4PM

SATURDAY | SUNDAY

10/21
10/28

10/22
10/29

&

night
6PM-9PM

FRIDAY

10/20
10/27

SATURDAY

10/21
10/28

tulsazoo.org/boo



HAUNTED TRAIN



PIRATE ISLAND



CREEPY CAROUSEL



PUMPKIN PATCH
PLAYROOM



NEVERGLADES



ARACHNID ARCADE



ROYAL CASTLE



PASSPORT &
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