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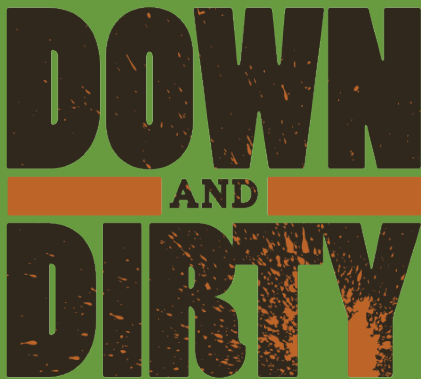
HOLIDAY
ROAD TRIPS



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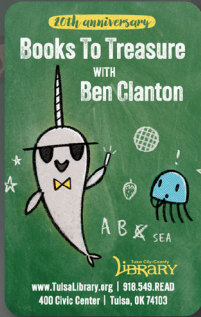
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BOOKS TO TREASURE

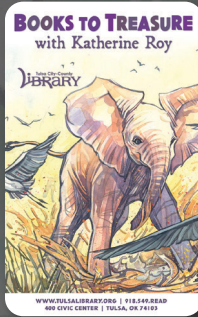
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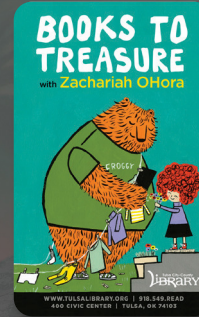
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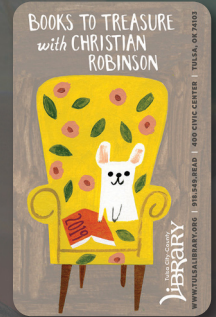
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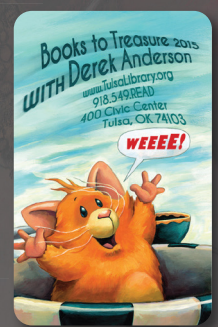
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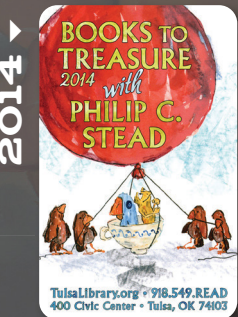
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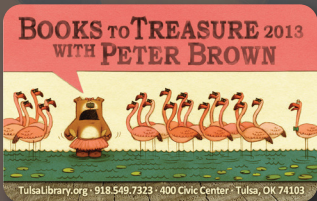
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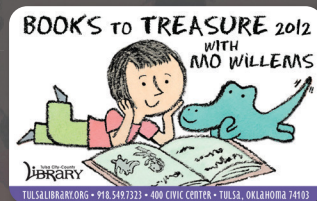
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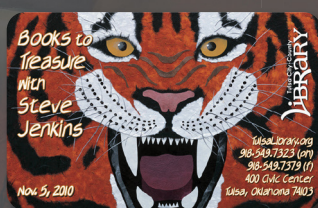
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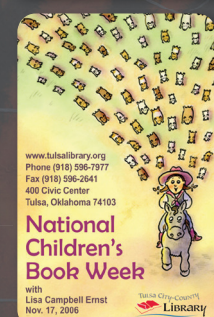
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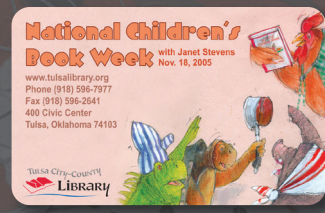
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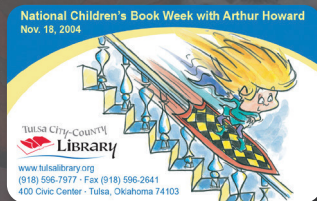
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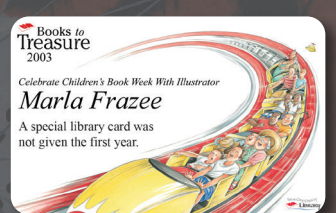
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2004



2003

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PHOTOGRAPHY BY IAN UPTON

I'M THANKFUL, BUT...

...it's all about the food. I love to cook. I love reading recipes. I love trying new things. So, holiday cooking does not intimidate me. I will say that I prefer the side dishes on Thanksgiving rather than the turkey. My mom has the best Southern cornbread recipe. I could just eat that and a nice winter salad with cranberries or pears and candied pecans. Throw in some squeaky halloumi cheese or goat cheese and I'm happy. I don't love that big ol' turkey carcass; although my husband's head might explode if he doesn't get to eat a sandwich made from the leftovers, including a topping of the spicy cranberry chutney I make. My son is not a fan of turkey (he never did like poultry with bones), and my daughter likes sweet potatoes with marshmallows. This year, her pescatarian boyfriend will be joining us, so we may have an interesting assortment of foods. Fine with me. I lean toward vegetarian, so I've had fun pulling out those recipes. I'll gladly accommodate everyone.

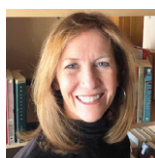
Our cover story this month is about connecting through food. Whether it's Thanksgiving or just a weeknight dinner, sharing a meal can bring us together. Trying foods from different cultures is a

fun way to learn about people who may do things differently from us. Sharing new traditions – and new foods – can also open minds, especially if we talk about where the foods originated and why they're special.

We also visited **Broken Arrow** this month in our **Know Your Neighbors** series. Broken Arrow is a fast-growing community, and it pulls out all the stops for the holidays. If you haven't been to Broken Arrow lately, you might want to plan a visit during the holiday season.

And, speaking of the festivities, we have a fun round-up of drivable holiday destinations this month. If you're itching to get out of town, but don't have a lot of time, read this article for some great ideas that are not too far from home.

Happy Eating!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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AMOR TOWLES TO RECEIVE 2023 DISTINGUISHED AUTHOR AWARD

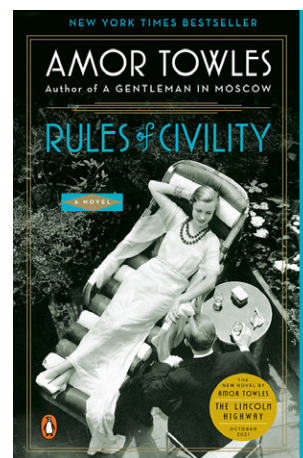
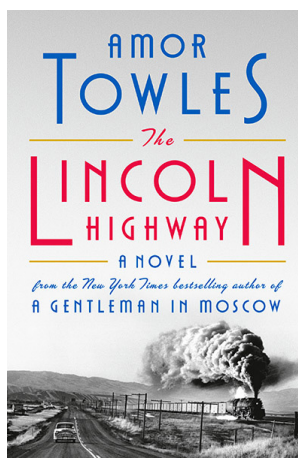
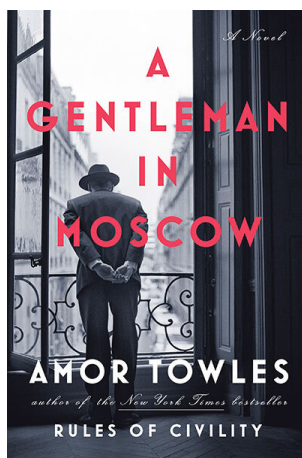
Bestselling novelist and master storyteller Amor Towles is coming to Tulsa Nov. 30 and Dec. 1 to receive the 2023 Peggy V. Helmerich Distinguished Author Award, given by the Tulsa City-County Library and Tulsa Library Trust.

Towles is best known for his novels *Rules of Civility*, *A Gentleman in Moscow* and *The Lincoln Highway*, which have collectively sold more than 6 million copies and been translated into more than 30 languages. Published in 2021, *The Lincoln Highway* debuted as No. 1 on the *New York Times* bestseller list.

Towles will receive the Helmerich Award, which consists of a \$40,000 cash prize and an engraved crystal book, at a black-tie gala in his honor on Friday, Dec. 1. He will give a free public presentation at 5:30 p.m. on Thursday, Nov. 30, and speak about his life and works, answer questions and sign autographs. Copies of his books will be available for purchase at the event. Both presentations will take place at Central Library, Fifth Street and Denver Avenue.

To complement Towles' visit to Tulsa, the Friends of the Tulsa City-County Libraries will offer "An Amor Towles Sampler" as a part of its popular Books Sandwiched In series on Monday, Nov. 27 at 12:10 p.m. at Central Library in Aaronson Auditorium. Annabel Jones, a retired corporate attorney and member of the Helmerich Award committee, will offer a retrospect of Towles' work, highlighting its significance and impact on the literary world.

For more information about the Distinguished Author Award or to purchase tickets to the gala, visit tulsalibrary.org/helmerichaward or call 918.549.7323.



STUDENTS INVITED TO ENTER "MY FAVORITE BOOK" CONTEST

The Oklahoma Center for The Book in the Oklahoma Department of Libraries has announced the start of the 2023–2024 My Favorite Book statewide writing competition for students in fourth through 12th grades. Oklahoma students attending public, private, charter and home schools are invited to participate in the competition. Students are invited to write a letter to the author of a favorite book, book series, short story or essay and explain how the literature or one of the characters impacted their life.

Contest levels are the following: Level 1: grades 4–6; Level 2: grades 7–8; Level 3: Grades 9–12. Cash Prizes will be awarded to the first (\$500), second (\$250), and third (\$100) place winners in each level. First place winners will select their school library or public library to receive a cash prize of \$1,000.

Deadline to enter is December 15, 2023. For information, go to oklahoma.gov/libraries/ocb.html

NEW CHILDREN'S BOOK ON WILL ROGERS

Bart Taylor, Will Rogers Interpreter, has released his second children's book, *Will Rogers and His Great Presidential Pals*. The book follows Will Rogers' career as a comedian and political commentator over the terms of five presidents: Wilson, Harding, Coolidge, Hoover and Roosevelt. It explains how Rogers got to know each president on a personal level.

This book is a follow-up to Taylor's first book, *Will Rogers and the Great White House Sleepover*, that tells the story of when President Calvin Coolidge invited the famous humorist to stay overnight.

Taylor's goal with his books is to help children see how Will Rogers started out as a kid from Indian Territory and ended up friends with presidents. Rogers went on to use his platform to show the American people that their president was a human, with feelings and ideas — not just a political figurehead. Taylor explains in the book how Will Rogers maintained friendships with these five presidents — even when he didn't agree with some of them politically. "We can always find something in common. Taking presidents, making them



human...showing kids there's another way, you can be that Will Rogers character and have fun and bring people together," Taylor said. "It's friendship over politics."

When speaking to children and school groups at the Will Rogers Memorial Museum, Taylor uses examples from Will Rogers' life to explain topics like kindness, empathy, and how to respectfully disagree with another person.

"Will Rogers embodies kindness, he embodies being himself, and he's playful. His humor and his kindness and his wit is how he connects to people. I constantly hear 'we need something like that today.' It's what we want to inspire in kids at the museum," Taylor said.

Will Rogers and His Great Presidential Pals is available at the Will Rogers Memorial Museum gift shop and willrogers.com.

GLOBAL GARDENS PUBLISHES COOKBOOK

If you, or the young chef at your house, would like a great cookbook designed to engage all ages, grab a copy of *The Global Gardens Cookbook*. Global Gardens, a local nonprofit that provides inquiry-based learning through student-led gardens at local elementary schools across Tulsa, invites kids and adults to experience the joy of cooking together with fresh vegetables easily grown in a home garden or found in a grocery store or farmer's market.

"We believe that kids of any age and skill level can be involved in the cooking process, and that this involvement can have a positive impact on kids' curiosity, confidence, and willingness to try new fruits and vegetables," said Global Gardens Executive Director Maryann Donahue. "When whole families cook together, it positively impacts family bonding. We have been cooking with kids and families for 16 years, and during that time, we have learned a lot about how to support kids' involvement in the kitchen. We wanted to share this knowledge with families."

The cookbook, which features a collection of recipes curated by the Global Gardens community of educators, students, and their families, is not just a compilation of dishes. It's a testament to the collaborative spirit of Global Gardens, where many recipes were developed or shared over the organization's 16-year history, often co-created with students and families. These recipes encourage exploration and experimentation, allowing kids and families to make choices and make them their own.

The Global Gardens cookbook can be purchased online at global-gardens.org. The book will also be sold at local retailers including Magic City Books, Kiddlestix, Whitty Books, Decopolis, Mother Road Market and many more. Find a complete list of local retailers at global-gardens.org. Furthermore, Global Gardens plans to make the cookbook available through the Tulsa City-County Library.

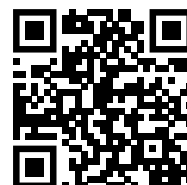


WHAT'S GOING ONLINE?



CONTESTS & GIVEAWAYS

Get links to the
following at
tulsakids.com/contests.



JANET'S PLANET TICKET GIVEAWAY

Janet's Planet: A Tour Through the Solar System is playing three shows at the Tulsa PAC Nov. 15-16, and we are giving away four tickets to each performance! Enter to win through Nov. 9 for the chance to attend this engaging show "designed to inspire STEM...potential in elementary school age kids." Learn more at tulsapac.com.



TULSA SYMPHONY PRESENTS *HOW THE GRINCH STOLE CHRISTMAS* TICKET GIVEAWAY

From Nov. 3-16, enter to win a Family 4-Pack to Tulsa Symphony's *How the Grinch Stole Christmas*, coming to the Tulsa PAC Dec. 1. The Tulsa Symphony will play the soundtrack as the movie plays on the big screen! Additional details available at tulsasymphony.org.



THE POLAR EXPRESS™ TRAIN RIDE TICKET GIVEAWAY

From Nov. 1-14, enter to win a Family 4-pack to ride the magical POLAR EXPRESS™ train, departing from the Oklahoma Railway Museum in OKC! Learn more about the ride at okcthepolarexpressride.com.

COMING SOON: 12 DAYS OF CHRISTMAS GIVEAWAYS

Sign up for our eNewsletter before Dec. 1, so you don't miss out on our 12 Days of Christmas Giveaways!



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Tried and True Road Trip Hacks

By **Alicia Kobilnyk**



THERE ARE MANY

unwritten rules in this parenting life that the experienced have burned into their cranium and the uninitiated neglect at their peril. Never speak aloud an ice cream run unless you're fully committed. When your toddler falls in love with a new stuffed animal, buy two extras as backups. And, last but not least, only the brazen attempt a road trip with young children without strategy.

Road trips with children are fun, memorable and can lead to some really great moments of bonding, rest and new experiences. They can also be dramatic, stressful and seemingly cursed. The balance of these outcomes is often out of one's control, but there are some ways to tip the scales toward "Ah, what a fun trip!" instead of "Ugh, why did we even bother?"

The following are some tried and true road trip hacks that I've accumulated over the years, some through personal experience and others through the feedback of parents around me. If you're itching to spread your wings with some tiny passengers, give these tips a try.

SAFETY FIRST

Ensuring everyone is riding comfortably but safely is the first priority. While car seats and buckles are non-negotiable, providing comfort items such as blankets and loveys (for toddlers and up) can make the long hours in one spot tolerable.

GATHER SUPPLIES

Planning ahead with a tote bag of car-approved toys, art supplies and snacks can help the time pass quite well. Small notebooks with a pen, crayons or a marker are often a hit, as are board books

and figurines. A mother recently told me she kept her two young children happily occupied during a trip with small containers of Play-Doh, a tray and blunt safety scissors. Snacks that are easy to open and a convenient water bottle can help stave off boredom and hunger as well, helping children feel less frustrated with their inability to move around. Be sure to monitor very young children while eating in the car to prevent choking.

SPRINKLE IN SOME SURPRISES

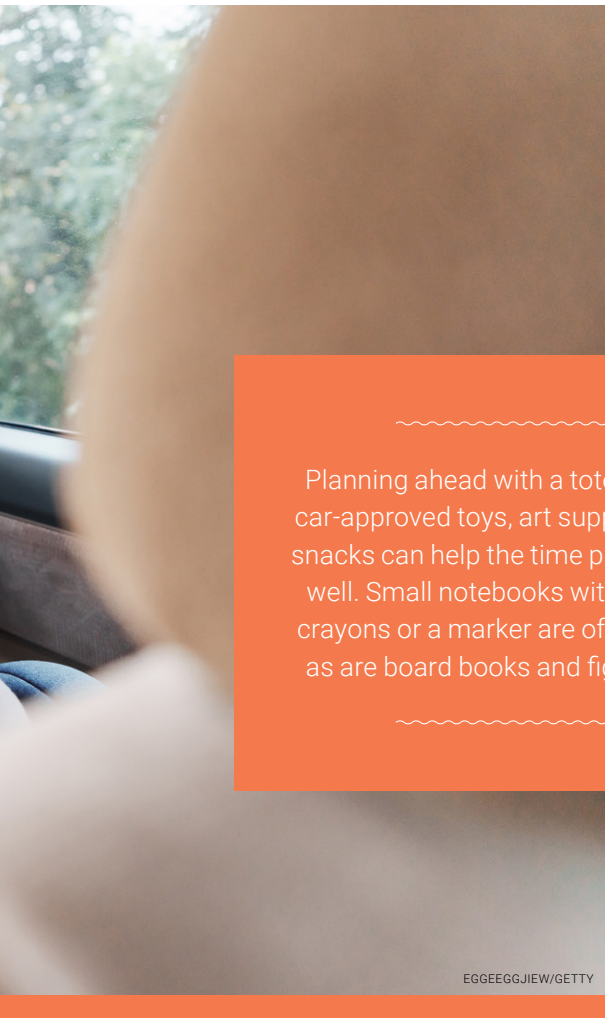
Collect a few favorite things, like small cars or manipulatives, and wrap them in fun paper. These can be new items (the Dollar Spot at Target is your friend) or things you already own. Tuck these little packages into a backpack and hand them out every few hours for a little excitement.

Even the youngest babies will delight in new stimuli every so often, particularly items they can mouth or manipulate in their hands like crinkly blankets or ping pong balls. (Pro tip: Ping pong balls are too large to present a choking hazard and come in packages of 50+ on Amazon. Prepare to be incredibly popular.)

MAP IT OUT

Look ahead, not only to your destination, but to the route you will be using. Are there any parks or small pit stops you can schedule in? Legs long and short will appreciate a stretch in the fresh air. At the very least, plan rest stops so bladders can be emptied and drinks refilled.

Traveling with infants often means frequent stops to feed baby (as it's unsafe in the car) and change diapers. The vibrations of the road can sometimes help



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Planning ahead with a tote bag of car-approved toys, art supplies and snacks can help the time pass quite well. Small notebooks with a pen, crayons or a marker are often a hit, as are board books and figurines.

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EGGEGGJIEW/GETTY

infant digestive tracts really move, so be sure you have changes of clothes, wipes and extra diapers in the car with you. Even if you don't have a child in diapers, carry wipes, some plastic trash bags and a small container like a washtub in the event of motion sickness.

PULL A RED EYE

If you are not keen on stopping for breaks or want to maximize your days off, you can always try to make the drive when your children will be sleeping. Leaving town after dinner, kids in pajamas, can make for a more efficient and peaceful drive as, ideally, your passengers will snooze and you can get to your destination sooner.

Be sure to power nap prior to leaving or fuel up with a cup of coffee. The driver may need their navigator to stay up with them and chat to ensure everyone is

alert — and be ready to swap if needed. Ideally, you will have one adult rested up for the morning when the children are up or can persuade friends or family at your destination to give you a nap once you arrive.

These simple tips, while not revolutionary, can minimize shenanigans and lead to some pleasant road trip memories with your children. May your coffee be hot, your luggage symmetrical and your playthroughs of Cocomelon be limited. **TK**

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



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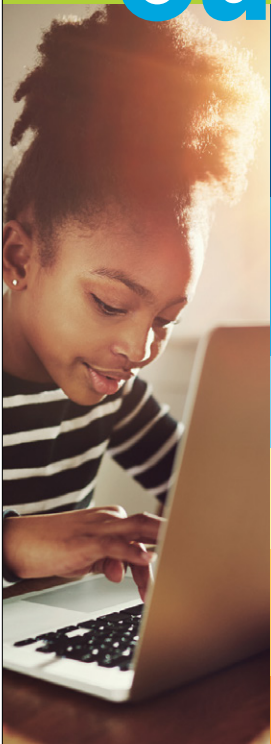
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Parenting the Video Game Fanatic:

How to Encourage Other Interests

By **Cheryl Maguire**



He suggests limiting gaming for teens to **60–90 minutes at a time**, even if parents decide to allow more total time daily.

“IT’S TIME FOR karate class,” I said to my 13-year-old son.

“Do I have to go?”

“Yes.”

This has been a common exchange between us for a variety of activities over the past 10 years. He has tried everything from baseball to cooking class — yet nothing holds his interest as much as video games.

Every now and then I wonder if it is worth investing money and time into classes or sports he doesn’t want to participate in. But if I hold off on signing him up for things, he does nothing except play video games until we try something new again. It’s a never-ending cycle.

ARE VIDEO GAMES HEALTHY?

My son is not an anomaly. According to the Pew Research Center, 72% of teens — and 84% of teen boys — play video games.

Conflicting information about video game use can make it hard for parents to know what to allow. It’s screen time, of course, but video gaming is often also a social activity played with friends, either in the same room or online. And if it’s a popular pastime among a teen’s peer group, some parents may be inclined to let them play for an unlimited amount of time with their friends.

Playing video games can have positive benefits, says Dr. Larry D. Rosen, a professor at California State University and author of *The Distracted Mind*. Gaming “can offer some skill-building, including reaction time, executive functioning, and strategic thinking,” Rosen says. He cautions, though, that “playing video games can be very addictive and create problematic thinking, including desensitization to violence.”

VIDEO GAME OBSESSION?

Rosen recommends that video game play should be limited. Research shows that physiological arousal increases when playing, and kids need breaks from that. He suggests limiting gaming for teens to 60–90 minutes at a time, even if parents decide to allow more total time daily.

Maria Sanders, a licensed social worker and certified parent coach, also recommends creating clear boundaries with your teen regarding when and how long they are allowed to play. She says an example of boundaries might be letting teens choose to play an hour of video games either before or after completing homework.

She encourages parents to learn more about their teen’s interest in video games. Sit down and play the games with them. “The child will see that you have an interest in what they are doing,” she says,

“and you will learn about why they are so attracted to the game.”

ENCOURAGING OTHER ACTIVITIES

Teens should live “balanced lives and not live solely in the video game,” Sanders says. But if your teen doesn’t express interest in anything else, it may be difficult to figure out which activity or sport to encourage. Sanders suggests asking your teen about the type of video games they like to play. Then you might be able to figure out an activity that uses similar skills or gameplay. An avid Fortnite player, for example, might enjoy a laser tag league.

Parents should avoid simply announcing which activities their teen must do. Rosen stresses the importance of including the child in the decision-making process. With your child’s input, create a list of the types of activities they could do at home during unstructured times or when they



Parent negativity can make a teen feel as if they are being **judged and misunderstood**.

Focus on their strengths while playing a video game — perhaps, for instance, their ability to help a friend get to another level.

VORDA/GETTY

feel bored. Similarly, involving your child in discussions about organized extracurriculars will prevent them from feeling forced into participating in certain activities.

STAY POSITIVE ABOUT VIDEO GAMES

Often parents make comments like “video games are a waste of time” or “video games are unhealthy” in an effort to decrease video game use. Rosen says this almost always backfires. Instead, parents could reward the child for responsible behavior. For example, when a child demonstrates that they can stop playing on their own without parent badgering, parents might loosen strict time limits on screen time.

Instead of making negative statements, Sanders says, “The best thing a parent can do is guide their child down a path of self-reflection. Asking questions like,

‘I notice you seem pretty tired after playing video games. How are you feeling?’ will help your child figure out their own beliefs about video game use.”

Parent negativity can make a teen feel as if they are being judged and misunderstood. Focus on their strengths while playing a video game — perhaps, for instance, their ability to help a friend get to another level. A parent should notice that ability and point out how it might connect to real-life situations. Next step: Parents can help them get out there and do just that. **TK**

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and has three children. Her writing has been published in *The New York Times*, *National Geographic*, *Parents Magazine*, *AARP*, *Healthline*, *Your Teen Magazine*, and many other publications. X: @CherylMaguire05

Too Many Video Games: When To Worry

Video game addiction is not yet a disorder recognized by the American Psychiatric Association. The World Health Organization, however, recently recognized the existence of “gaming disorder” for the first time. Excessive video game play and other types of addictions do show similar patterns, says Rosen.

Some signs parents should look for are:

- Isolating behavior or ignoring family and friends
- Sneaking video game play at night or at friends’ houses
- Changes in eating or sleeping patterns
- A decline in academic performance or not doing homework
- A need to continue playing video games beyond a time limit
- An interest only in playing video games, at the expense of other activities
- Always thinking about video games

If you are concerned about your teen, you can contact a mental health professional to discuss counseling options.

Meet Dr. Ebony Johnson:

Inspiring Excellence and Resilience in Tulsa Public Schools

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



IN THE WORLD of education, there are leaders who inspire, uplift and transform the lives of students, parents and teachers. Dr. Ebony Johnson, the interim superintendent of Tulsa Public Schools (TPS), is a leader whose journey ranges from being a young student in Tulsa to an educator and now an interim superintendent tasked with steering the district out of the recent threat of a state takeover.

Initially, Dr. Johnson dreamt of a career in broadcast journalism, inspired by Kim Graham, a KOTV News on 6 anchor who served as her mentor through a program supported by her high school teacher, Ann Burcham, at McLain High School. Mrs. Burcham recognized Dr. Johnson's interest in broadcast journalism and, knowing the importance of mentorship, brought in Kim Graham. This act of guidance provided Dr. Johnson with an opportunity to explore her interests and understand the world of journalism. While she admired Graham's intelligence and professionalism, Dr. Johnson ultimately found her calling in education.

As Dr. Johnson continued to climb the educational ladder, she committed to making a difference

in students' lives. Her journey took her from teaching to principalship, to being the Student Support Services executive director, and the chief learning officer of TPS, where she played a pivotal role in developing curriculum, focusing on students' mental and physical health, and expanding multilingual programs. Her impact was felt in the classroom and the broader community, where she supported refugee families and students in their transition to TPS.

Today, as the interim superintendent of one of the largest school districts in Oklahoma, Dr. Johnson has set her sights on three core goals: being responsive, results-oriented and resilient. They are the three Rs that drive her leadership.

Responsive: Dr. Johnson emphasized the importance of responsiveness to the immediate needs of students.

"We have students in our buildings who need us daily," she said. "It's important that we don't let a day go by where we're not doing everything we can to get our students where they are capable of going and giving them a quality education, giving them the rigor and expectation of greatness."

She understands that every day counts and is dedicated to providing students with a quality education, exposure to post-secondary opportunities, and a strong foundation in elementary school. She recognizes the importance of meeting the expectations that State Superintendent Ryan Walters set for the district, which include a corrective action plan for struggling schools' professional development for the science of reading and strengthened internal controls.

Dr. Johnson's appreciation for the importance of responsiveness in education is rooted in her own experiences as a student.

"I had teachers who knew at the beginning of my earlier years that I struggled, and from that, I had teachers who knew how to pick me up, and get me on grade level and then beyond to the next level," she said.

Teachers like Mrs. Bernardy and Mrs. Wayne at Walt Whitman Elementary School significantly influenced Dr. Johnson's educational journey. They invested their time and efforts to ensure she not only became a proficient reader but also developed strong comprehension skills. Her personal experiences

underscore the vital role teachers play in identifying and addressing students' needs early on and providing them with the foundation to excel. This perspective informs her commitment to being responsive to students' needs as she leads TPS.

Result-Oriented: Dr. Johnson believes in using data to drive decision-making. She and her team are committed to using data to address learning gaps, offer students more opportunities and to ensure that students are prepared for success beyond high school.

Dr. Johnson's journey through education has always been marked by her unwavering commitment to achieving tangible results.

"Even when I was teaching," she said, "I knew I had wondered about how the whole system worked. I knew I had to get a master's degree to do more. I'm determined to see growth in students, and I aspire to get them to places they have never been before because that's my life; I am 'walking resilience.'"

This determination led her to drive positive change as a principal, where she spearheaded

“Our students’ success is the constant. That hasn’t changed, and as long as we continue to pour into our young people every single day, ensuring they get all the resources they need and have endless opportunities to be great, we will understand that all of the other things are variables.”

transformative efforts in schools that needed improvement with the support of her dedicated team. As the Student Support Services executive director, Johnson played a pivotal role in reducing school suspensions by 27 percent, focusing on addressing chronic absenteeism.

Resilience: Dr. Johnson is determined to rewrite the narrative surrounding TPS. She believes in the greatness of the district and its students. With her leadership, she aims to showcase the remarkable achievements of TPS alums who are making a difference worldwide. She wants the community to be proud of TPS and its students.

“Coming from a strong mother who didn’t take excuses for going to school and doing well, coupled with my extensive experience in education, I think I am in a position to drive positive change and overcome challenges,” she said.

In facing challenges and uncertainty, Dr. Johnson remains steadfast in her commitment to students’ success. She reminds us that amidst the variables of politics and change, it is essential to preserve a dedication to the needs and education of

children. Dr. Johnson believes in the incredible potential of TPS students.

“Our students’ success is the constant,” she said. “That hasn’t changed, and as long as we continue to pour into our young people every single day, ensuring they get all the resources they need and have endless opportunities to be great, we will understand that all of the other things are variables. As long as we keep that constant what it is, the variables will be what they are.”

Dr. Ebony Johnson hopes to be a leader who embodies a spirit of resilience and determination. Her own background as a TPS student, teacher and administrator gives her a historical memory of TPS’s past, while creating a vision to guide the district through the current challenges it is facing into a future focused on providing all children an opportunity to reach their potential. **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.



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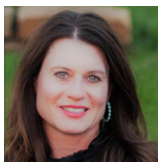
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Hannah Smith and Tristen Swengle Encourage Moms to Walk—and Talk

By **Nancy A. Moore**



MOTHERHOOD IS A beautiful gift, but it isn't always smooth sailing. That's why it's important to have a supportive community around you. Two Tulsa moms decided to build their community by starting a healthy activity—walking. The friend-duo, Hannah Smith and Tristen Swengle, started Mom Walk Tulsa. Beyond the health benefits, the women discovered the benefits of being connected to a community of people who are experiencing the same season of life.

TK: Tell us about yourselves.

Hannah: I am married to my husband, Chris, mom to three great kids, Elijah (3), and twins Ava and Cameron (1). In my free time, I enjoy working out and embroidery. I grew up as a military kid and moved nine times before landing at OSU my sophomore year of college. Moving so much has definitely given me the advantage of learning how to make friends and find where I fit in where I am, and a heart for others who are maybe moving for the first time or just have a harder time putting themselves out there. I am actually quite introverted

and care a lot about logistics, so running Mom Walk has been a really fun thing for me to be a part of.

Tristen: I'm a Tulsa native and have been married to my husband, Jared, for 10 years. We have a sweet 10 ½-month-old son, Scottie. My passion is pelvic floor physical therapy, and I have been lucky to be in the field for the last five years. Helping people become a better version of themselves is my goal. It is so rewarding to get to play a small role in someone's overall health and get them back to doing what they love with whom they love! In my free time, I love playing with my son and watching him explore and learn more each day, traveling with my family, working out and making sourdough!

TK: Where did the idea for Mom Walk Tulsa originate?

Hannah: This idea certainly is not original to us. There was another Tulsa mom who was running this before as part of a nationwide Mom Walk. However, I never got to attend because I wasn't ready to take my three kids out for an outing like that at the time. By the time I was ready, that group was

no longer getting together, so I reached out to see if I could step in to lead. She gave me the advice to have a co-host, and I quickly invited Tristen to partner with me and am so thankful she said yes. My desire to continue the walk definitely stemmed from craving community.

Tristen: Much like Hannah said, the idea was definitely not ours! Hannah approached me earlier this year about something we could do together. I was more than happy because as a mom of one, especially a working mom, finding community can be hard! Doing it alongside Hannah has been such a blessing, and I'm so thankful to get to play a small role in this awesome community!

TK: What is your goal for Mom Walk Tulsa?

Hannah: I wrote this mission statement for Mom Walk Tulsa: To be a meeting place for all moms to come together and know there will be other moms looking for the same thing as them—connection, friendship and the building of community through the years of mothering.

I know just how hard it is to make friends both as someone new and from becoming a mom in a new town, and I want to help other moms find where they fit in as best I can.

TK: What benefits have you seen from these gatherings?

Hannah: The benefits I have seen from Mom Walks have been so positively overwhelming. I personally have made some really awesome connections with other moms who have kids right around my kids' ages, which is really special with our close age gap and twins. We like to ask how many moms have come for the first time at the beginning of walks, and it is always so neat to see how many moms come looking for connection and community, that they trust these walks as a safe place to put themselves out there.

We are also building connections with a lot of local businesses. We are really glad we get to support them through Mom Walk. We are only a few months in, but it's neat to see the friendships that have already begun forming.





Tristen: The benefits that I've seen from Mom Walk has been our main goal — to facilitate community. Moms from all over the Tulsa metro come to be a part of Mom Walk Tulsa and have really stepped out of their comfort zones to meet other moms. It's been especially cool for there to be such a variety between new moms, veteran moms, home-school moms, public school moms, working moms, stay-at-home moms and so much more. I think it has helped moms feel more seen and human to know they're not in this season alone.

TK: As a physical therapist who specializes in pelvic floor health (dysfunction), what do you see most often from women, and what tips can you share?

Tristen: I'm finding more moms with littles taking ownership of their health and pursuing pelvic floor physical therapy to be the best version of themselves. These ladies have undergone such drastic changes in their body from being pregnant, having a baby and then relearning their postpartum body. Concerns such

as core weakness of diastasis rectus abdominis, bladder leakage, hip and back pain, and pain with intercourse are all the more common things new moms are talking to me about.

Learning how to reconnect with your core, pelvic floor and especially your breath are some of the most important things you can do for yourself postpartum. My main advice would be to not settle for pain, weakness or dysfunction just because someone has told you that it's normal. Pelvic floor dysfunction is very common, but it is NOT normal. Be your own advocate and invest in yourself so you can better invest in the lives of your littles.

TK: If someone new wants to join, what should they consider before they start?

Hannah: I think truly the only thing you need to consider is, "What could you be missing if you don't go?" I think nearly all moms are craving friendships. I think we trick ourselves into thinking others don't feel this way, but we have such a big turnout at these walks because we are all looking for community and connection.

You may chat with a mom for just that one walk, but you never know, you may hit it off and find a bestie to walk through motherhood with, and that's one of our biggest prayers for Mom Walk Tulsa.

TK: Can you share some details for the moms who join in the walk?

Hannah: For starters, the only requirement to coming to Mom Walk Tulsa is that you're a mom. We have moms with their babies all the way from just a few weeks old up to teen years attend with them, so truly, you're welcome! As for pace, we typically end up walking a little, stopping and then going to allow the back end of our train to catch up with us at certain points. We walk at Gathering Place, and we do walk up the big hill. We usually walk about a mile.

TK: This season with young kids (babies and toddlers) can be draining! What do you personally do to fill your cup?

Hannah: My first answer to this is that I do my best to keep my eyes on Jesus. In the middle of tantrums times three, if I can't do that, my battery definitely burns

out much quicker. I also really enjoy going to lift weights to help take care of my mental health, and ice cream definitely helps, too.

Tristen: Time with the Lord is going to be number one. This is much harder during this season than I would have anticipated, so it looks different each time, but even if it's prayer, reading scripture or worship, that instantly changes my heart and turns my focus to that of the Lord and the purpose He has given me as a mom. Investing in my health is also a way I fill my cup. Between walking daily, sunshine, eating real food and lifting weights, when I invest in my health, I feel energized and like I can take on the day.

TK: As T-town moms, what does your family enjoy doing around the Tulsa area?

Hannah: Given the season we are in, the zoo and aquarium have been a couple of our favorite places to go. We also really enjoy taking the kids on walk-through nature trails around town.

Tristen: We love to get out and try new restaurants around Tulsa and also visit a few of the fun breweries in town with our friends. We are big foodies and working on bringing Scottie up to be the same way.

TK: What else would you like to mention?

Hannah: I would just like to encourage any moms who are unsure if they want to come to an event like Mom Walk to take that step. One of the best pieces of advice I feel like I've heard in regard to friendship was to "just go first." It can definitely be hard to put yourself out there, but the risk of someone saying "no" feels so much smaller than the possibility of making a friend who can walk through life with you. **TK**

Follow @momwalktulsa on Instagram for details about upcoming Mom Walks.

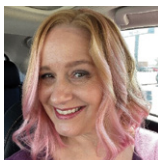
Want to hear this conversation? Hear how Hannah and Tristen are living purposefully in 2023 on the audio version of this interview on the Sharing Passion and Purpose Podcast. You can access it on favorite podcasting platform or directly at SharingPassionandPurpose.com.

Feelings! They're Just So BIG!

Four ways to help your children successfully manage emotions

By **Melody Palmer**

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As you read books together, you can look at the pictures and try to infer feelings the characters might be experiencing.

EMOTIONS. Kids have all the emotions but don't come into the world knowing how to appropriately express them. One of the more exciting, or terrifying in some cases, aspects of being a parent is helping your child learn to navigate all the feelings. Before they can learn to act appropriately, it's important for them to have the right vocabulary.

Here are a few strategies for developing a great emotional vocabulary followed by strategies for helping your child develop self-regulation skills.

We've all seen it: a toddler total meltdown over something seemingly insignificant. Parenting pros step in and say something like: "Oh my, it looks like you are pretty frustrated today!" This brilliant bit of parenting not only helps defuse the situation, but it also helps

the child identify the big feelings they are having. This technique is one of many tools that adults can use to help their child identify what they are feeling. Here are a few other ways parents can help children learn to use their words when it comes to developing their emotional vocabulary, something many adults struggle with as well.

FACES MOOD CHART

When my children were very small, we had a "faces with different moods" magnet on the fridge: visual images that showed what happy, sad, frustrated, angry and other emotions looked like. It was a great way to touch base with each other and to take the opportunity to put names to different emotions. We also had lots of fun imitating the faces. Each child could move the frame throughout the day to the

emotion they were feeling and then we talked about it. Parents can make this a bit more personal by snapping photos of the child (or friends and family) with different expressions to help with visual identification of mood.

MIRROR

Showing a child what they look like when they feel a certain way can help them name the emotion and also help them develop emotional intelligence to identify the same emotion on others' faces. This identification of others' emotions is an important part of social development and can lead to development and maintenance of friendships.

WORDS

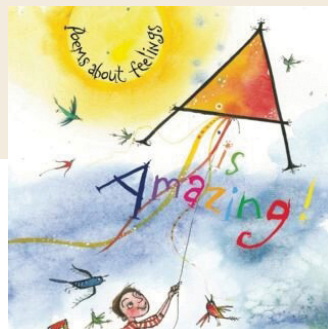
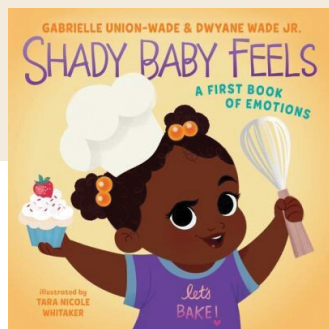
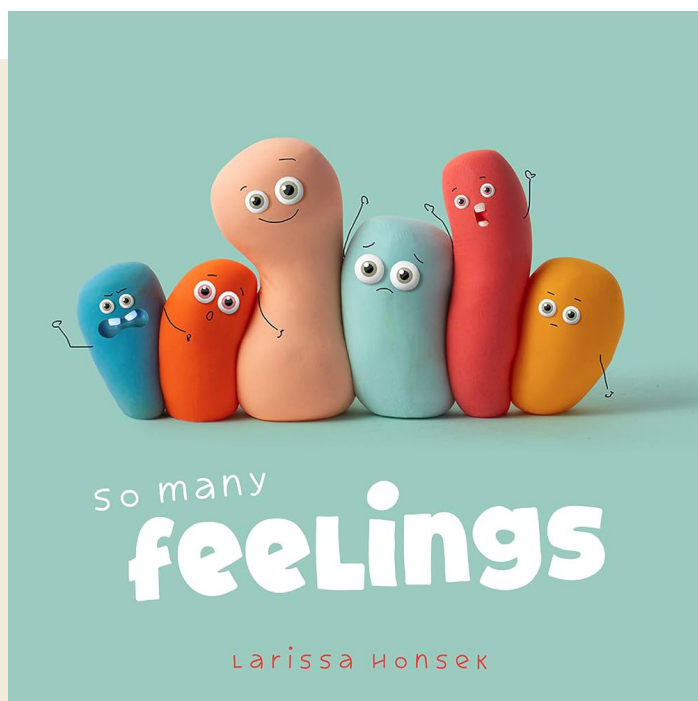
Sometimes the child might have a general idea of what they are feeling but not have the words to fully express their feelings.

You can make a big list or use a wheel that has easily identifiable emotions and then names more with granularity. The important part is to help your child identify feelings as they feel them so they have that immediate word/feeling association.

READ TOGETHER!

Last but not least, and not surprising advice coming from a librarian, **READING TOGETHER** is an excellent way to identify and talk about emotions. As you read books together, you can look at the pictures and try to infer feelings the characters might be experiencing. This is usually pretty easy (and fun!) because children's book artists create very expressive faces.

Here are some books to assist with developing a child's emotional vocabulary:



So Many Feelings

by Larissa Honsek

When Sophie Gets Angry — Really, Really Angry

by Molly Bang

Lena's Shoes Are Nervous

by Keith Calabrese and Juana Medina

A Is Amazing! Poems About Feelings

by Wendy Cooling

Today I Feel Silly & Other Moods That Make My Day

written by Jamie Lee Curtis and illustrated by Laura Cornell

Bernice Gets Carried Away

by Hannah E. Harrison

My Many Colored Days

by Dr. Seuss

Shady Baby Feels

by Gabrielle Union-Wade and Dwayne Wade Jr.

A WORD ABOUT SELF-REGULATION

Now that your child has developed a robust emotional vocabulary, you can help your child develop self-regulation, which is a tough but valuable skill to learn. As children grow, they generally become better at remaining calm and thinking before they act, but find ways to provide structure, encouragement and breaks to support that self-regulation growth.

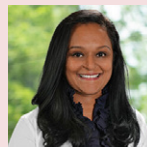
Learning to navigate big feelings is a challenge at any age, but these tried and true strategies aid adults as they help children develop skills that will benefit them throughout their life. **TK**

Melody Palmer is a mother and grandmother who loves spending time baking and reading.

PJ'S CORNER



New Safe Sleep Guidelines for Infants



Q & A WITH

Dr. Pooja Parmar

WARREN CLINIC PEDIATRICIAN

Dr. Pooja Parmar, a pediatrician at Warren Clinic Owasso, explains the new American Academy of Pediatrics (AAP) safe sleep guidelines.

Q: The AAP changed its safe sleep guidelines for the first time in eight years. What necessitated these changes?

A: Every year there are approximately 3,500 sleep-related infant deaths. After a monumental decline in 1990s, the numbers have been stagnant since the 2000s. For that reason, the AAP wanted to inform families about safe sleep.

Q: Walk us through some of the main changes that the AAP is recommending.

A: Many things did not change, such as babies should be sleeping on their backs in their own bed — a crib, bassinet or a play yard — on a flat, non-inclined surface with a firm mattress and tightly fitted sheet. There should be no stuffed toys, loose blankets or sheets. The changes specify surfaces that are not safe, such as bed sleepers, loungers, strollers, swings, slings and car seats. They can pose all different kinds of dangers like blocked airways on inclined surfaces, entrapment between things like the couch and cushion if they're on a lounger, or they may fall from one of these unsafe sleeping surfaces.

Q: Parents often want to buy the latest, cutest sleep-related items

for their babies. Can you give examples of some of these items that are sold but may be unsafe?

A: Just because products are marketed as being safe does not mean that they are regulated by the Consumer Product Safety Commission. If it's not regulated, it means it isn't tested enough to meet their safety standards. In recent years other products have become very popular, such as a pulse-oximeters or heart monitors. Parents use them thinking that they are safe, but there is no evidence to support that these products ensure safe sleep or prevent SIDS.

Q: What are some of the reasons that parents and caregivers give for not using safe sleep guidelines?

A: I think there's survivor bias, where parents say they were fine as babies sleeping in a bed with their parents. Grandparents or older caregivers may take offense if they are asked to care for a baby in a way that is different from what they did. Ethnic backgrounds and cultural norms also carry from generation to generation. It doesn't mean they did anything wrong. With research and medical evidence, we are learning more. Since we know better, we ought to do better. If you have any doubt, talk to your pediatrician or family doctor. One thing that helps us all sleep better at night is knowing our babies are safe.

To find Saint Francis Health System's Safe Sleep Guide and additional resources visit: saintfrancis.com/postpartum-and-newborn-care

For the complete interview, visit TulsaKids.com

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



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918-502-6000 | saintfrancis.com

New Recipes to Add to Your Thanksgiving Traditions

By **Natalie Mikles**



THE BEST THANKSGIVING holidays aren't always the ones where the turkey is perfectly cooked.

The anticipation of golden turkey, mashed sweet potatoes, tart cranberry sauce and pecan pie is dizzying. But if the pie crust is soggy or salt was used instead of sugar for the cranberry sauce, it's still going to be a good Thanksgiving.

Gathering around the table is as much about family as it is the food. That beautiful feast may be the focal point, but what we're more likely to remember is giving thanks together, passing around babies and taking pictures of the kids on their grandparents' laps.

The familiar foods help us create traditions. The green bean casserole your great-grandmother made is now the one your own children can help make this year. It's a special thing to create these traditions and memories with our children, and it helps them to feel connected to a larger family unit.

Here are some of our favorite Thanksgiving recipes. It's fun to make your family's traditions and then choose one or two new recipes to try each year.

This is such a delicious bread for nibbling on Thanksgiving before the big meal. It's also good the next day for breakfast.

THANKSGIVING CRANBERRY BREAD

- 2 eggs
 - 1 ¼ cups sugar
 - 4 tablespoons butter, melted
 - 1 ¼ cups whole milk
 - 3 cups all-purpose flour
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - ½ teaspoon salt
 - 1 ¼ cups fresh cranberries, roughly chopped
 - ¾ cup chopped pecans
1. Preheat oven to 350 degrees. Spray a 9-by-5-inch loaf pan with cooking spray.
 2. In a medium bowl, whisk eggs and sugar until blended. Stir in melted butter and then milk. Fold in dry ingredients just until blended. Add cranberries and pecans. Pour batter into loaf pan.
 3. Bake 55 minutes. Transfer to a wire rack to cool for 10 minutes before inverting onto the rack.



NATKINZU/GETTY



BHOFACK/GETTY



Gathering around the table is as much about family as it is the food.

My aunt's cornbread and sausage dressing is our family's favorite. But we also like this rice version.

RICE, SAUSAGE AND PECAN DRESSING

- 2 cups reduced-sodium chicken broth, divided
 - 1 cup water, divided
 - ½ cup wild rice
 - ¾ cup white rice
 - 3 tablespoon unsalted butter, divided
 - 1 small yellow onion, chopped
 - 2 stalks celery, thinly sliced
 - ½ pound sweet Italian sausage, casings removed
 - 1 tart apple, peeled and diced
 - ½ cup dried cranberries
 - ½ cup chopped pecans
 - 1 teaspoon dried sage
 - ¾ teaspoon dried thyme
 - Salt and pepper, to taste
1. In a medium saucepan, bring 1 cup broth and ½ cup water to a boil over high heat. Add wild rice, bring to a boil again. Reduce heat to low, then cover and cook 45 minutes or until rice is tender and liquid is absorbed.
 2. In another saucepan, bring remaining broth and water to a boil over high heat. Add white rice, bringing to a boil. Reduce heat to low, cover and cook 15 minutes or until rice is tender and liquid is absorbed.
 3. Preheat oven to 325 degrees. Melt 2 tablespoons butter in a skillet over medium-low heat. Add onion and celery, cooking 7 minutes or until softened. Scrape into large bowl. In same skillet over medium heat, cook sausage until done, breaking into small pieces. Drain fat, then add sausage to bowl with vegetables.
 4. Add cooked wild and white rice to bowl with sausage and vegetables. Stir in apple, cranberries, pecans, sage, thyme, salt and pepper. Spoon into casserole dish and dot with remaining 1 tablespoon butter. Cover and bake 30–45 minutes or until warmed through.

Kids can help make this easy — and delicious — spread for Thanksgiving. It's perfect on homemade rolls or toast.

PUMPKIN APPLE BUTTER

- 1 (15-ounce) can pumpkin
 - 1 cup applesauce
 - ¾ cup apple juice
 - ½ cup packed brown sugar
 - 1 teaspoon pumpkin pie spice
1. Combine all ingredients in a saucepan. Bring to a boil over medium heat. Reduce heat, simmering for 1 hour. Chill, then keep in the refrigerator for up to a week.

This rich gratin is a hit with young and old alike.

POTATO AND GRUYERE GRATIN

- 2 pounds Yukon Gold potatoes, peeled sliced and divided
 - 8 ounces Gruyere, shredded and divided
 - 1 cup milk
 - 1 cup heavy whipping cream
 - Dash of nutmeg
 - Salt and pepper, to taste
1. Cook potatoes in a saucepan of boiling water for 5 minutes. Drain.
 2. Arrange ⅓ of the potatoes in a 3-quart casserole dish. Sprinkle with ⅓ cup cheese, salt and pepper. Repeat layers once, topping with remaining potato slices. Set aside.
 3. Combine milk and cream in a heavy saucepan, heating just to boiling. Whisk in nutmeg, then pour over potatoes.
 4. Sprinkle remaining cheese over potatoes. Bake at 400 degrees for 30–40 minutes or until potatoes are golden and tender. **TK**

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

November 3, 2023 Living Arts of Tulsa



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



LITTLE LIGHT HOUSE

Little Light House is a tuition-free, Christian developmental center providing expert education, and proven therapeutic services for children with special needs and their families, showcasing their commitment to accessibility. They focus on maximizing the potential of every child by providing best-practice tools and personalized support tailored to individual needs, ensuring comprehensive development.

Little Light House maintains a safe and prayerful community, creating a supportive environment for both children and their families, fostering a sense of belonging and comfort. With your donation, big or small, monthly or annually, you can make a lasting impact on these incredible kids and their families.

5120 E 36th Street,
Tulsa, OK 74135
918.664.6746
littleshighthouse.org



YOUTH SERVICES OF TULSA

Help a youth experiencing homelessness have a happy holiday!

Give the gift of hope to a young person in crisis by supporting Youth Services of Tulsa, the only agency in the area devoted solely to meeting the needs of youth ages 12–24. Here are three easy ways to help:

- "Adopt a Youth" by fulfilling their personalized wish list with two needs, one special wish, and their favorite snack.
- Drop off adult sleeping bags, tents, and heavy blankets to keep youth warm on the streets.
- Donate cash to make sure no youth is left behind.

Thank you and happy holidays!

311 S Madison Ave,
Tulsa, OK 74120
giftsofhope@yst.org
yst.org/giftsofhope | 918.582.0061



TULSA HIGHER EDUCATION CONSORTIUM

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

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

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

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



TULSA BALLET

Hope for the Holidays is Tulsa Ballet's special performance of *The Nutcracker* dedicated to underserved children and their families. Each year, we provide thousands of free tickets to local social service partners who, in turn, distribute those tickets to their clients. For many attendees, this will be their first experience with ballet. The evening features photo opportunities with fun, costumed characters, and each attendee receives a cookie, juice and a special gift. We request monetary donations to ensure Tulsa Ballet can continue to host this program this year and for years to come. Donate \$25 today to sponsor a child to attend Hope for the Holidays!

1212 East 45th Place South
Tulsa, OK 74105
918.749.6030 | tulsaaballet.org
bit.ly/tulsaaballethehopefor



READING PARTNERS

Looking back on our ten-year journey, we're inspired by the progress we've made and excited about the future. We're committed to continuing our mission of empowering students to succeed in reading and life, and we invite you to join us in this important work. Together, we can ensure that all children have the individualized support they need to thrive.

This giving season, you can join Reading Partners in transforming futures through the power of literacy. Donate today or sign up to become a volunteer. Visit readingpartners.org or call (918) 949-1979.

volunteerTUL@readingpartners.org

907 South Detroit Ave., Ste. 505,
Tulsa, OK 74120
918.949.1979
readingpartners.org



GIRL SCOUTS OF EASTERN OKLAHOMA

Oklahoma incarcerates women at one of the highest rates in the nation, with devastating impacts on their children. Our Girl Scouts Beyond Bars program is here to help, providing reunification services, youth leadership training, and Nurturing Parenting curriculum to strengthen families. This holiday season, help us provide welcome packs for new children that join the program and hygiene packs for their moms. Donations can be dropped off at our Tulsa address below.

- Shampoo
- Conditioner
- Tooth Paste
- Tooth Brush
- Hair comb and/or brush
- Hair ties
- White socks
- Chap Stick
- Journal
- Pen/Pencil

Learn more at gseok.org.

4810 South 129th East Avenue
Tulsa, OK 74134
800-707-9914
gseok.org



SEASON OF GIVING



CIRCLE OF CARE

The holiday season is a time of sharing, connecting, and celebrating with the ones you love. But for children in foster care and families experiencing separation, it can be a season of loneliness and heartache. That's why our goal is to bring help, healing, and hope to these families in crisis.

Circle of Care is a faith-based agency providing foster care and prevention services throughout the state of Oklahoma. We are committed to keeping families together through intervention, prevention, and restoration through our children and family-focused programs. Help us today at givebutter.com/thestorycontinues.

6910 S. 101st E. Ave., Suite 130
Tulsa, OK 74133
405.530.2078
circleofcare.org



AMPLIFY YOUTH HEALTH COLLECTIVE

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

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



FAMILY & CHILDREN'S SERVICES

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

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

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

Donation Deadline

We welcome donations through **December 13, 2023** at Family & Children's Services' Gail Lapidus Center, 650 S. Peoria Ave.

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



FOOD BANK OF EASTERN OKLAHOMA

Nearly 1 in 5 children in Oklahoma is at risk of going to bed hungry. The Food Bank of Eastern Oklahoma provides much-needed relief to families struggling to pay their bills and put food on the table.

Our Food for Kids programs focus on ending childhood hunger. We fight hunger year-round to get families the food they need. Join by donating, volunteering, or advocating. Learn more at OKFoodBank.org

1304 N. Kenosha Ave.,
Tulsa, OK 74106
918.585.2800
OKFoodBank.org



CITY YEAR TULSA

City Year Tulsa AmeriCorps members work with students, schools, and communities to help students succeed academically and as leaders. They provide individualized and group support, develop and implement programs that address students' needs, and create a positive school climate. City Year believes that all students are capable of success, and their work helps ensure that all students have the opportunity to reach their full potential.

During this season of giving, refer a young person to serve, and help City Year and students succeed.

15 E 5th St Suite 1621,
Tulsa, OK 74103
918.986.1940
cityyear.org/tulsa



TULSA ZOO

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

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

This year, consider purchasing our inaugural annual holiday ornament featuring footprints from Shaka the meerkat. This 2023 limited edition ornament, which features specialty artwork from our Art Untamed program, is only available now through December 31, 2023.

On behalf of Tulsa Zoo, thank you for your commitment to wildlife, education and conservation.

6421 E. 36th St. N.,
Tulsa, OK 74115
918.669.6600
tulsaazoo.org/holiday





CLARK YOUTH THEATRE

Clark Youth Theatre is Tulsa's longest-running youth arts program outside the public schools. We offer a full season of main stage productions, a full lineup of improv and acting classes on Saturdays, homeschool weekday classes, as well as camps. Youth ages 8-18 can participate, and all skill levels are welcome.

Clark Youth Theatre also is home to The Penguin Project each year. The Penguin Project is a free program where artists ages 8-18 with cognitive, learning, motor, hearing and visual impairments, genetic disorders, and neurological conditions have the opportunity to star in a full performance alongside trained mentors. Past productions have included *Aladdin, Jr.*, *The Music Man, Jr.* and *Seussical, Jr.*

Support Clark Youth Theatre by donating today. You can find a "donate" button on our homepage at clarkyouththeatre.com.

4825 S Quaker Ave,
Tulsa, OK 74105
918.596.1412
clarkyouththeatre.com



WANT TO FIND MORE WAYS TO GIVE?

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

tulsakids

Subscribe to our email list
to stay connected
all month long!

tulsakids.com/newsletter



tulsakids

COVER FEATURE

USING FOOD AND FELLOWSHIP TO LEARN ABOUT OTHER CULTURES

BY MEGAN MIERS

PHOTOGRAPHY BY ANDREA MURPHY



For many Tulsa families, fall and winter not only means gathering with loved ones and friends to celebrate and enjoy delicious meals together, they're also an ideal time to embrace individual heritages, share cultural traditions and introduce younger generations to new cuisines.

Modern celebratory meals and the sharing of cultural traditions harken back to ancient festivities, including what is believed by some historians to be the first Thanksgiving celebration in 1621. President George Washington declared Thursday, Nov. 26 a day of public thanksgiving "for the People of the United States."

However, many Native Americans and others see Thanksgiving as a day of mourning for the taking of lives and land rather than one of celebration and giving thanks.

Perhaps viewing Thanksgiving as a day for openness and cultural understanding could provide an opportunity to learn more about others, using food as a catalyst.

For many families, trying new cuisines or sharing their culture with others through cooking allows younger generations to broaden their view of the world and develop a taste for foods different than those they are used to at home.

"The experience of sharing food is a very personal thing," said Lesley Bumgarner, director of congregational life at Temple Israel in Tulsa. "It's a good way to get to know people when you break bread."

The benefits of sharing meals are wide ranging for children, according to the American Academy of Pediatrics. Those benefits include more healthful dietary patterns, better academic performance, improved social skills and less fussiness when it comes to trying new foods.

Bumgarner, a mother of three who has a master's degree in elementary education and is a former teacher, said trying foods from different ethnic or cultural backgrounds is a great learning opportunity for children and can help them appreciate differences with others.

**MOTHER ROAD MARKET AT 11TH
& LEWIS OFFERS A VARIETY OF
CUISINES TO TRY UNDER ONE ROOF.**

TASTES OF TULSA

Whether it's fresenjoon, a classic pastrami on rye, authentic French pastries or a plateful of made-from-scratch polenta, Tulsa's restaurant scene offers a vibrant, mouthwatering array of options perfect for introducing children to new tastes and cultures. Here's a sample of the many delicious offerings available in Tulsa and surrounding communities:

BASQUE TULSA

114 N. Boston Ave.,
918.442.2996

DESI WOK

3966 S. Hudson Ave.,
918.621.6565

ELOTE CAFE & CATERING

514 S. Boston Ave.,
918.582.1403

EL RIO VERDE

38 N. Trenton Ave.,
918.592.2555

FRENCH HEN

319 E. Archer St.,
918.492.2596

FREYA NORDIC KITCHEN

3410 S. Peoria Ave., Suite 200,
918.779.4413

GAMBILL'S JEWISH DELI

1102 S. Lewis Ave.,
facebook.com/gambillsdeli

GIGI'S CHINESE CUISINE AND SUSHI BAR

7105 S. Yale Ave.,
918.992.5822

GOGI GUI KOREAN GRILL

6380 E. 31st St., Suite M,
918.949.9377

INDIA PALACE

6963 S. Lewis Ave.,
918.492.8040

KAI VIETNAMESE CUISINE

201 W. 5th St.,
918.582.0200

LALIBELA ETHIOPIAN RESTAURANT

312 S. Elm Place, Broken Arrow,
918.455.0057

MARGARET'S GERMAN RESTAURANT

5107 S. Sheridan Road,
918.622.3747

MONDO'S ITALIAN RISTORANTE

3534 S. Peoria Ave.,
918.561.6300

NOLA'S

1334 E. 15th St.,
918.779.7776

PANCHO ANAYA BAKERY

2420 E. Admiral Blvd.,
918.561.6735

PROSSIMO RISTORANTE

1550 E. 15th St.,
918.271.5096

SAFFRON MEDITERRANEAN CUISINE

3313 E. 32nd Place,
539.525.0503

SAINT AMON BAKING COMPANY

8156 S. Lewis Ave., Suite E,
918.364.2143

SHAWKAT'S MEDITERRANEAN GRILL

4123 S. Sheridan Road,
918.742.7023

SIEGI'S SAUSAGE FACTORY

8104 S. Sheridan Road,
918.492.8988

WHITE LION PUB

6927 S. Canton Ave.,
918.491.6533

PEG'S BEEHIVE HONEY CAKES

This recipe for honey cake, a sweet treat often served during the celebration of the Jewish New Year, Rosh Hashanah, comes from the Temple Sisterhood at Temple Israel in Tulsa and would make a delicious accompaniment to any holiday meal or celebration. It can be baked in a regular loaf pan or specialty pans, such as Nordic Ware beehive cakelet pans.

INGREDIENTS

- 1¼ cups all-purpose flour
- ½ cup honey
- ½ teaspoon baking soda
- ⅓ cup canola oil
- 1 teaspoon baking powder
- ½ cup tea (mix ½ cup hot water with one tea bag — chai or spicy flavor preferred)
- ¼ teaspoon salt
- ½ teaspoon vanilla extract
- ¾ teaspoon ground cinnamon
- Additional mixed granulated sugar and cinnamon mixture for sprinkling on top of cake.
- ¼ teaspoon cloves
- 2 large eggs
- ½ cup granulated sugar

DIRECTIONS

1. Preheat oven to 340 degrees F.
2. Grease or spray a 9-by-5-inch loaf pan or specialty pan. You will need to adjust baking time for the specialty pan, so watch carefully.
3. In a large bowl, sift together flour, baking soda, baking powder, salt, cinnamon and cloves. Set aside.
4. In another large bowl, beat together eggs, sugar and honey until light and fluffy, 2-3 minutes. On low speed, mix in oil and vanilla.
5. Beat in the flour mixture in three additions, alternating with tea in two additions, starting and ending with the flour. Do not over mix.
6. Pour batter into prepared pan. Bake for 35-45 minutes (for smaller specialty pan) or until toothpick inserted into center of cake comes out clean.
7. Allow cake to cool for 10 minutes, then remove from pan. Drizzle with honey and sprinkle with cinnamon sugar.
8. Store cake in airtight container for up to four days or freeze until ready to thaw/serve.

"Educationally, more information and exposure is always a good thing for kids," she said of introducing them to new cultures and cuisines. "It helps them expand their view of the world to see how other people, families and kids eat differently and think differently."

Before becoming a parent, Bumgarner spent a year living in France and said the experience not only made her a more adventurous eater, but also carried over to her children. Having experienced life in a different country helped shape her own approach to cooking and encouraging her children to try new things.

"Moms in France introduce their kids to different foods at a young age," she said. "The kids are better for it, and they're not hesitant to try new things."

Now grown, Bumgarner's children were exposed to many different cuisines during their childhood. Travel, celebrating holidays with special foods and assisting in the preparation of family meals all helped to expand their palates and their understanding of different cultures.

"My kids grew up eating all sorts of things - everything from escargot to boeuf bourguignon," Bumgarner said, adding that encouraging her kids to help in the kitchen and passing down family recipes from previous generations also helped pique their interest in trying different dishes.

"Judaism is a very home-based religion, and Jewish kids are raised with cooking at home," she said, noting that she keeps a treasured collection of her grandmother's handwritten recipes, which she still uses for family meals and celebrations.

"Kids are more likely to taste and try foods they've been involved in preparing," she said. "They will see the love and care that goes into those foods and have some pride in that."

Tulsan Gina Michalopoulos Kingsley, a former educator and psychometrist, grew up in a Greek-American household and said 90 percent of what she ate as a child was Greek food. Her family traditions and recipes also have been passed down to her three sons, who she said joined her in the kitchen from a young age and learned how to cook and develop an appreciation for their heritage.

"We raised them totally immersed in the Greek culture," she said.

Kingsley said having kids help shop for ingredients at the supermarket is a great way to get them excited about trying new foods, as well as being a learning experience.



HELPING SHOP FOR A MEAL GIVES KIDS AN

OPPORTUNITY TO PRACTICE READING

AND OTHER SKILLS SUCH AS LEARNING

MEASUREMENTS AND FRACTIONS.

SHE SAID, ADDING THAT MAKING THE PROCESS FUN IS KEY.



- GINA MICHALOPULOS KINGSLEY

Helping shop for a meal gives kids an opportunity to practice reading and other skills such as learning measurements and fractions, she said, adding that making the process fun is key.

"We would split the grocery list and make it into a game," she said of her sons when they were younger. "Everyone had to find their items and race to meet back at the register."

Local festivals also are a fantastic way to get kids to try new foods and learn about other cultures that they might not otherwise experience on a regular basis. Throughout the year, Tulsa is home to a multitude of ethnic festivals ranging from Tulsa City-County Library's annual Asian American Festival and Tulsa German-American Society's GermanFest in May to the Tulsa Greek Festival, Festival Americas and Scotfest in the fall.

Each celebration offers traditional music, activities and lots of great food, but also the chance for Tulsans to celebrate their heritage and introduce it to others from different backgrounds.

"We have made such an effort to promote our culture in Tulsa," said Kingsley, who is active in the local Greek-American community and notes the overwhelmingly positive response to the annual Greek Festival, where visitors can find yummy, kid-friendly treats such as loukoumades (Greek honey puffs) and Greek fries (potatoes with Greek seasonings, feta and tzatziki).

"People have always been very supportive of our culture."

*For more ideas on introducing kids to new cuisines and cultures, check out **foodbycountry.com**, which features tasty recipes for traditional ethnic foods, along with information about dining customs and the history of cooking in each country. TK*

MEGAN MIERS is a Tulsa-based freelance writer with a degree in French from the University of Tulsa. She enjoys cooking, learning new languages and hopes to someday visit her great-grandparents' birthplaces in Italy.



CHICKASHA. PHOTO COURTESY OF DEAN IMAGES.

FAMILY FUN

Drivable HOLIDAY Destinations

BY TARA RITTLER



PHOTO BY RICK MCPHERSON, COURTESY OF BOTANICA

Although winter weather can make travel less predictable, there's something special about bundling up and hitting the highway for a holiday family road trip. Sing your favorite carols along the way, keep an eye out for Christmas lights and don't forget to fill your travel mug with hot chocolate and extra marshmallows. If holiday travel is in your future, consider plotting your course to one of these festive locales.



CHICKASHA. PHOTOS COURTESY OF DEAN IMAGES

OKLAHOMA CITY AREA

When you have your pick of holiday destinations, Oklahoma City is an obvious choice. Less than two hours from Tulsa, OKC metro makes for an ideal day trip or weekend getaway. If you're not in a rush, traveling along **Route 66** will make for a memorable journey, as you can stretch your legs at Pops 66, the Arcadia Round Barn or one of the other attractions.

For the ultimate magical experience, pre-purchase tickets for **The Polar Express™ Train Ride**, departing from the Oklahoma Railway Museum Nov. 11–Dec. 27. Accompanied by the motion picture soundtrack, this one-hour journey begins with mugs of hot chocolate, Walker's Shortbread, a reading of *The Polar Express* and a Christmas carol sing-along. The highlight, of course, is Santa, who gives each passenger their very own sleigh bell souvenir. oklahomarailwaymuseum.org/polar-express

The area is also home to some magnificent light displays. Twenty-two minutes from OKC itself, **Yukon's Christmas in the Park** covers three miles and offers both drive-through and walk-through options. A bit further away, **Chickasha's Festival of Lights** is a community-driven experience that also includes carriage rides, ice skating and a Ferris wheel. yukonok.gov/301/Christmas-in-the-Park; chickashawfestivaloflight.org





LISTENING FOREST. PHOTO COURTESY OF CRYSTAL BRIDGES MUSEUM



CRESCENT HOTEL. PHOTO COURTESY OF PURDY ART COMPANY

NORTHWEST ARKANSAS

Northwest Arkansas is home to several unique communities within easy driving distance of one another. Put Bentonville at the top of your list. Here, you'll find the renowned **Crystal Bridges Museum** and its *Listening Forest* by Rafael Lozano-Hemmer. This interactive, outdoor exhibition is both meditative and engaging, blending technology and nature in fascinating ways. As you walk through the forest accompanied by an atmospheric soundtrack, you can control giant robots of light, add your voice to a chorus of echoes, walk along a sidewalk "river" of flowing digital letters and more. crystalbridges.org/calendar/listening-forest-rafael-lozano-hemmer

Make time to visit **downtown Bentonville Square** and grab a bite to eat while you're there, as the area is full of delicious dining destinations. The square also features charming holiday lights and a large Christmas tree. downtownbentonville.org/events

An hour east of Bentonville, Eureka Springs is a haven for artists and creatives and is the perfect place to finish up your Christmas shopping, as **downtown Eureka** is lined with one-of-a-kind shops. Pay a visit to the **Christmas Tree Forest at Crescent Hotel** (Dec. 2–Jan. 1). Vote for your favorite Christmas tree at this historic property. Even better — proceeds benefit local charities.

visiteurekasprings.com

Can't get enough Christmas lights? Hop aboard a Eureka Springs trolley and head to the **Great Passion Play** property for a drive-through light display and Christmas Snow Village with Trains (Nov. 23–Jan. 2). Perhaps you've seen Christmas villages before, if you know someone who loves nostalgic holiday décor; however, this one is on a much grander scale, with 300+ ceramic buildings and multiple trains. eurekatrolley.org; greatpassionplay.org/christmas.html

WICHITA

Wichita, Kansas, offers a wealth of holiday experiences. Locals are quick to recommend **illuminations at Botanica**, Wichita's botanic gardens. Billed as "Wichita's Premier Light Display," *illuminations* features unique light installations throughout the gardens, such as giant flowers, towering Christmas trees and interactive displays kids will love.

botanica.org/illuminations

Another top recommendation is **Prairie Pines Christmas Tree Farm**. Although you may not be in the market for a Christmas tree while on vacation, *Prairie Pines* also has a rustic barn full of holiday décor, concessions, horse-drawn wagon rides and even visits from Santa, who pulls up in a classic sleigh for free photo ops. It's the perfect "old-fashioned Christmas" feel. prairiepines.com/Christmas-tree-farm

Speaking of old-fashioned, travel even further back in time at **Old Cowtown Museum's Victorian Christmas** nights. *Cowtown* is an immersive recreation of a town from the late-1800s. Visitors can step inside a one-room schoolhouse, residences, and businesses such as a general store, barbershop and train depot. Many of the buildings are originals, relocated and preserved for history. At *Victorian Christmas* nights, held 6–9 p.m. on Dec. 1, 2, 8 and 9, visitors can enjoy hot chocolate, carols and lamp-lit streets.

oldcowtown.org

Finally, don't leave without visiting the **Sedgwick County Zoo**. Go during the day to experience what makes this award-winning zoo truly special, from the Downing Gorilla Forest to the 5+ acre elephant habitat. However, through Dec. 17, you can also visit during the evening for *Wild Lights*, where Asian Lantern sculptures illuminate the grounds.

scz.org/event/wild-lights;

visitwichita.com/things-to-do-holidays



PHOTO BY RICK MCPHERSON, COURTESY OF BOTANICA



PHOTO COURTESY OF DOLLY PARTON'S STAMPEDE

BRANSON/ SPRINGFIELD

Following a visit to Branson in November 2021, TulsaKids blogger Kristi Roe Owen wrote, "If you've been dreaming of a magical holiday vacation, Branson completely lives up to the hype..." Her list of Branson holiday must-dos includes Silver Dollar City and Dolly Parton's Stampede. branson.com

Dolly Parton's Stampede is worth a visit year-round, but the Christmas dinner-and-a-show combo is "filled with nostalgia and holiday humor" (explorebranson.com). Expect a four-course meal, 32 horses, trick riders, elves battling it out in friendly competition and a visit from Santa. dpstampede.com/branson

Perennial favorite **Silver Dollar City** combines world-class roller coasters with an 1880s-inspired Ozark setting. Their "Old Time Christmas" festival will dazzle visitors of all ages, with 6.5-million lights, holiday-themed live shows, seasonal menus and unique shopping venues. silverdollarcity.com/theme-park/festivals/an-old-time-christmas

Fifty minutes north of Branson is Springfield, Missouri, where one can visit the incredible **Wonders of Wildlife Museum and Aquarium**. This 350,000-square-foot museum allows visitors to walk through jaw-dropping exhibits representing habitats from around the world, like the Great Barrier Reef, swamps, north and south poles — and even America's national parks. wondersofwildlife.org

On your way home, take a detour to Ozark, Missouri, for a bite at the famous **Lambert's Café**, "Home of the Threwed Rolls." How many can you catch? threwedrolls.com

KANSAS CITY

Those who flock to Utica Square's Lights On event every Thanksgiving may want to travel north to Kansas City's **Country Club Plaza**, which former TulsaKids travel writer Diane Tritt Eaton once referred to as "Utica Square on steroids." Get your Christmas shopping done at stores like Free People, Moosejaw Mountaineering and Paper Source — then treat yourself to a "Let It Snow" cupcake at Cupcake À La Mode. You deserve it! countryclubplaza.com

After all that shopping, it may be time for something more kid-oriented, especially if you are traveling with kids ages 3–10, the ideal age range for **LEGOLAND Discovery Center**. Here, kids can meet favorite LEGO® characters,

attend LEGO® Ninjago Training Camp, build with bricks — and so much more. There's even a LEGO®-themed coffee shop if you need to fuel up with some caffeine or snacks.

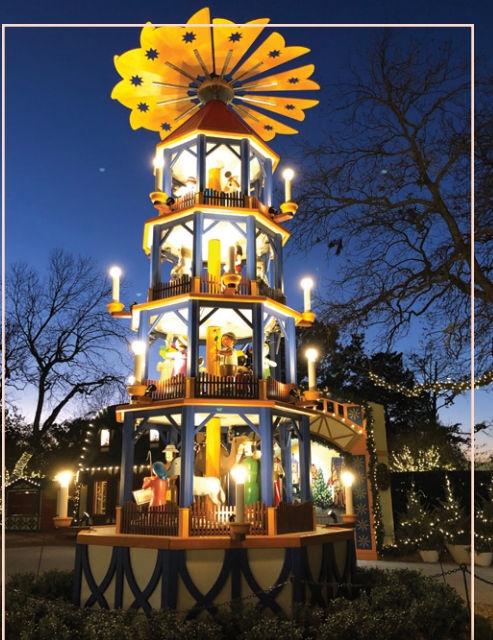
legolanddiscoverycenter.com/kansas-city

Finally, Hallmark has long been associated with winter holidays, from cozy Hallmark movies to cards and collectible ornaments.

Hallmark Kaleidoscope, located in Crown Center, is a free space for kids to create using all the Hallmark and Crayola products they can imagine. Spend some time making home-made gifts — or just unwind after a busy day. Make reservations in advance to guarantee your spot. hallmarkkaleidoscope.com



PHOTOS COURTESY OF SILVER DOLLAR CITY



DALLAS/FORT WORTH AREA

Perhaps you like the thought of heading south for the winter, or at least for part of it. Dallas's average December temperatures are 8–9 degrees warmer than Tulsa's, but of course, they still embrace the holiday spirit!

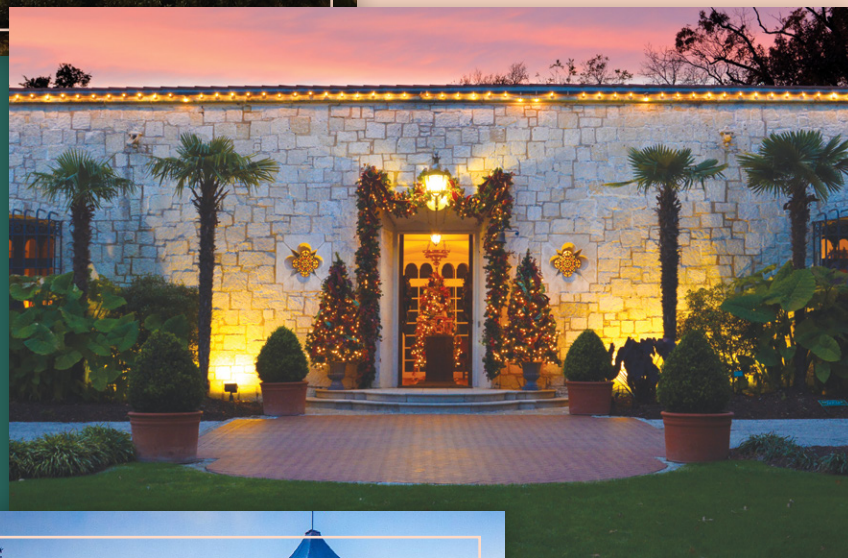
If you enjoy ice skating, the **Rockwall community** near Dallas has a gorgeous lakeside skating rink open Nov. 18–Jan. 2. And the historic **Fort Worth Stockyards' "Rodeo Rink"** is open Nov. 20–Jan. 7. Browse local Texas and Western-inspired stores like the Longhorn General Store or the Texas Gold Minors kids' boutique while you're in the area. visitorckwall.com; fortworthstockyards.com

Want to make the trip extra special? Why not ditch the drive and take a train instead? Amtrak's **Heartland Flyer** runs from Oklahoma City to Fort Worth every day and ends within walking distance of the Stockyards.

amtrak.com/heartland-flyer-train

For a truly over-the-top holiday experience, book your tickets now for **Gaylord Texan's ICE!** event featuring *How the Grinch Stole Christmas* (Nov. 10–Dec. 31). According to their website, ICE! "is a dazzling, immersive, story-driven holiday showplace complete with larger-than-life ice sculptures, thrilling frozen slides and awe-inspiring tunnels." This indoor experience is kept at nine degrees to preserve the ice, but guests are given "iconic" blue parkas to keep them warm during the tour. christmasatgaylordtexan.marriott.com/ice

And last but certainly not least, don't leave town without a visit to **Dallas Arboretum's Holiday at the Arboretum** (Nov. 9–Jan. 5), which *Southern Living Magazine* called "Texas' Best Christmas Event," according to their website. Experience the Christmas classic *12 Days of Christmas* through a series of decorated musical gazebos, a 50-foot Dazzling Musical Tree and a Christmas Village, where you'll find shops, live entertainment and more. While the Arboretum is open during the day, consider an evening visit to truly experience the full effect of the 1,000,000+ lights adorning the attraction. dallasarboretum.org/events-activities/holiday-at-the-arboretum TK



PHOTOS COURTESY OF THE DALLAS ARBORETUM

100 THINGS TO DO IN OKLAHOMA BEFORE YOU DIE

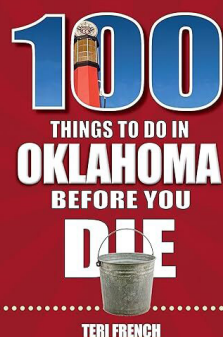
Broken Arrow resident Teri French is celebrating the publication of her book, *100 Things to Do in Oklahoma Before You Die* (Reedy Press). Bucket list items include visiting the world's largest gas pump,

climbing the world's tallest hill, visiting Oklahoma's Little Italy and more. Grab a copy if you want some more road trip inspiration!

MEET THE AUTHOR AT THESE UPCOMING EVENTS:

Book Signing: Nov. 4, 10 a.m.–2 p.m. at The Museum Broken Arrow, 400 S. Main St., BA

Presentation and Book Signing: Nov. 18, 4–6 p.m. at American Legion, 1120 E. 8th St.



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Morning, 9am - 12pm: \$60

Afternoon, 1pm - 4pm: \$60

ALL DAY, 9am - 4pm: \$105 (Ages 6+ ONLY)

Camp 2 (4-day), Dec. 26 - 29:

Morning, 9am - 12 pm: \$105

Afternoon, 1pm - 4pm: \$105

ALL DAY, 9am - 4pm: \$185 (Ages 6+ ONLY)

Camp 3 (2-day), Jan. 1 & 2:

Morning, 9am - 12 pm: \$60

Afternoon, 1pm - 4pm: \$60

ALL DAY, 9am - 4pm: \$105 (Ages 6+ ONLY)



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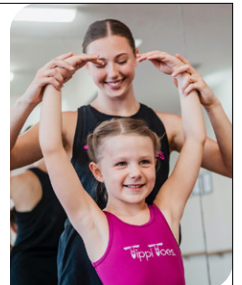
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BROKEN ARROW

Written by Betty Casey
Photography by Ian Upton



ROSE DISTRICT SPLASH PAD



Broken Arrow at a Glance

- Named a Top 25 Best Places to Live in the Southwest by Livability.com
- Broken Arrow was settled by the Muscogee (Creek) tribe. The tribe was creating a new town, symbolized by breaking cane or branches used in making arrows, thus calling themselves Broken Arrows.
- The 4th largest city in Oklahoma with 116,330 people (brokenarrowok.gov)
- Median household income: \$74,070 (BA Chamber of Commerce)
- Broken Arrow has 31 public schools and programs, including early learning centers, Early College High School, Tulsa Tech, Vanguard Innovation Academy, opportunities for college credit in high school, and a Career Pathways opportunity. Northeastern State University has a Broken Arrow Campus.
- Broken Arrow has many private school options for students in preschool through high school.



"A CITY IN BLOOM" MURAL

Holidays in Broken Arrow

BROKEN ARROW knows how to celebrate the holidays. Festivities begin with **The Rose District Kick-Off** on Thursday, Nov. 16 from 6:30–8:30 p.m. Merchants will open their doors for shoppers, serenaded by **Grady Nichols** and his band. Visitors can take a horse-drawn carriage ride, shop for unique gifts at the **Craft Show at Central**, watch the holiday lights come on, visit **Santa**, **ice skate** (rink opens Nov. 10) and enjoy entertainment by **Victorian carolers** and **Inspyral Circus artists**. Kids can also skate with some of their favorite princesses (baicerink.com).



MAIN STREET



WILD IVY ON MAIN STREET

Festivals + More

Rose District. Arts and entertainment district located on Main Street

Christmas in Broken Arrow.

Opens in mid-November, Rose District

Rhema Christmas Lights Extravaganza.

Nov. 22–Jan. 1

Broken Arrow Civitan Christmas Parade

Presented by TTCU. Saturday, Dec. 2, 10 a.m.

Sensory Sensitive Santa and vendors for those with special needs. Dec. 20, 11 a.m.–1 p.m.

New Orleans Square. Shopping & retail New Orleans & Elm. Arts & Crafts Show, Dec. 9, 10 a.m.–3 p.m.

The Rose Festival

Chalk It Up

Green Country Hot Air Balloon Festival

Safety Spooktacular

Veterans Day Parade

Rooster Days. Longest-running annual celebration in Oklahoma. Don't miss the statue of the rooster, "Strutting Thru The Rose District"

Farmers Market. First Saturday in April to last Saturday in October; also Tuesday evenings from 4–8 p.m.

Broken Arrow Brewing Co. Native American-owned craft brewery and tap room in historic Ice and Electric Power Plant building, 309 W. Dallas

Bass Pro Shops Outdoor World.

101 Bass Pro Drive

Broken Arrow Performing Arts Center.

701 S. Main St.

Broken Arrow Community Playhouse.

1800 S. Main St.

Museum Broken Arrow.

400 S. Main St.

Military History Center.

112 N. Main St.

Ray Harral Nature Center. 40-acre natural park; three-mile walking trail; 7101 S. 3rd St.

Parks and Recreation. 41 parks facilities





THE MUSEUM BROKEN ARROW



RAY HARRAL NATURE CENTER



BROKEN ARROW PERFORMING ARTS CENTER

What We Love to Do in **BROKEN ARROW:** TULSAKIDS' FACEBOOK FOLLOWERS

"Walking the **Rose District** and getting some **Rose Rock ice cream** before playing in that splash pad is a really great summer night."

ALICIA K.

"Coffee or hang out at [**Laurannae Baking Co.**], or ice cream at **Rose Rock** and visit the **library**."

VANESSA S.

"Our kids love **Rocket Fizz candy** store in the **Rose District**. They also have a great splash pad in the summer months. We always enjoy the **Christmas parade** along Main Street!"

MORGAN P.

"Fishing in **Bass Pro's pond**, eating **Coney-I-Lander** at LL/71, shopping at all the local **flea markets**, going to **Rocket Fizz Candy** store on Main with the kiddos!"

BRI H.

"**Rose District Farmers Market** on Saturday mornings followed by the **splash pad** on Main Street."

BRITTANY D.

"**Ray Harral Nature Center**. We often explore this very walkable trail and visit the Nature Center. In the summer, we love to visit the downtown interactive **water feature** and grab a treat at **Nouveau Chocolates**. Just some of our favorites!"

AARON C.

"**Rocket Brothers Espresso**

The Rose District

Parades!!! Homecoming and **Rooster Days** are excellent.

Stopping by **Rocket Fizz** and **The Succulent Shop**.

Eating at **Main Street Tavern** and shopping at **1907**.

New Orleans Square (101st and Elm Pl)

Jack Of All Games

Old World Pizza

7 Brew Coffee"

TANDI W.

"Walking down the **Rose District**, window shopping; walking the trail at **Arrowhead Park**; going to the **Farmers Market** on Saturday mornings; eating at the **Rooftop** on a nice day."

M. W.

"**Indigo Tie Dye Company**. We love to go tie dye with the kids and visit **Nouveau Chocolates**, and we love **Bass Pro!**"

CHRIS-MELITA A.

Farmers Market Creates Community

KATHRYN VICK, the Rose District Farmers Market facilitator, has lived in the city for 17 years. “I hardly ever leave Broken Arrow because I simply don’t have to,” she says. “That’s appealing to me. Everything I could want or need is within 15 minutes.”

Kathryn loves her job at the Farmers Market. She visits the farms of vendors, writing up “spotlights” of the business or farm and posting them on the Rose District Farmers Market Facebook under 2023 Vendor Spotlights.

Besides the produce, meats, eggs and cheeses, visitors can find vendors with homemade goods.

“We started the Little Sprouts initiative this year,” she says. “Every second Saturday, we set up a Kids’ Corner with activities. The first Saturday of every month, we have a traveling barnyard. A Broken Arrow teacher has an array of critters that she brings on site so kids can pet them.”

There is also a Tuesday evening Farmers Market from 4 to 8 p.m.

“November and December are very big in Broken Arrow,” Kathryn says. “They set up a skating rink under the large pavilion, a Christmas tree—which will be 18 feet wide this year—and Santa will be at the market from the Tuesday before Thanksgiving to the Tuesday before Christmas from 5:30 to 7:30.”

Because of her job, Kathryn often helps with the many events in the Rose District. “It seems like there’s a parade for just about everything,” she says. “It’s odd for there to be a weekend when there’s not an event.”

Watching the Rose District grow, Kathryn appreciates the way the development progressed. “They have managed to capture a small-town feel in the heart of Main Street. It’s very charming. You want to be there. It feels safe.”

The community aspect is what she enjoys most about facilitating the Farmers Market. “You get to be part of this family of vendors—they’re all there for each other,” she says. “Our community is really interested in what the vendors do, how they do it, what they feed their animals. We have live music every Saturday. It’s beautiful to see people from all backgrounds and demographics. It’s more than shopping. It’s a community event.”



KATHRYN VICK, PHOTO COURTESY OF KATHRYN VICK.



ROSE DISTRICT FARMERS MARKET



ROSE DISTRICT FARMERS MARKET



BRILEY WALL AND FAMILY, PHOTO COURTESY OF BRILEY WALL



ROSE DISTRICT, MAIN STREET

Broken Arrow's Family Appeal

BRILEY WALL and her family have lived in Broken Arrow for seven years, although her husband, BJ, was born and raised in BA. The couple has three daughters: Madison, 11; Chandler, 9; and Collins, 4.

Briley says they looked at a home in Tulsa, but “kept going back to the small-town feel that BA has. Anywhere we go, we know someone, or someone related to them,” Briley says. “That’s what made us settle here.”

Being from a small town in Oklahoma, Briley says she was a little overwhelmed with the size of the schools at first. When the girls were young, they attended Immanuel Lutheran, where Collins still goes to preschool. “That preschool is like family to us,” she says.

Madison is now at Oliver, and Chandler goes to Wolf Creek Elementary. “The principal there knows every child’s name in the school,” Briley says. “She also knows the siblings’ names! We love that it’s a neighborhood school and that their friends are within a few minutes from us.”

As a realtor, she points out that the development of Main Street (the Rose District) is a draw for families moving to Broken Arrow, including hers. Despite the growth, Briley says Broken Arrow always feels safe, and she has been watching

with interest the development happening at New Orleans Square at 101st and Elm. “In the next five years, that will be really incredible.”

Describing things that her family loves, she says they all enjoy going downtown to eat or to grab a snack.

“The girls love Rainbow Bowls,” she says. “We go to the winery to listen to live music on weekends. There are so many events going on like the Taste of Summer. It’s fun to take the kids. I didn’t have that growing up. There are so many activities to do.”

The girls are looking forward to the seasonal holiday happenings in the Rose District—like the ice rink.

Another activity that the family enjoys is going to Haikey Creek with its expansive green areas and pickle ball courts. She and her husband play on a co-ed softball team at Challenger Sports Complex. Sometimes it’s a date night for the couple, and sometimes they take the girls. Either way, the facility is beautiful and concessions are plentiful.

Heading into the holidays, Briley says she and her family are looking forward to the Rhema Christmas Lights. “Not a lot of cities have something as big as Rhema puts on,” she says. “It’s so much fun. We try to make a night of it. We love it.” **TK**





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Stephanie Stamm, COTA/L

Occupational Therapy Assistant



What is a sensory diet, and how can it help my child?

Sensory diets are meaningful, strategic movement activities that are planned and implemented throughout the day to address the sensory needs of the child. The goals sensory diets can address include sleep difficulties, sensory seeking/avoiding behaviors, attention difficulties, emotional and behavioral regulation and transitions.

A strong sensory diet will contain vestibular input (movement of the body against gravity), proprioceptive input (movement impacting the joints and muscles of the body) and tactile input (interactions based on touch).

Examples of vestibular input: swinging, spinning, being upside down, bouncing on ball or trampoline and scooter board.

Examples of proprioceptive input: animal walks, pulling a wagon, carrying groceries, monkey bars and pushing weighted objects.

Examples of tactile input: gardening, sensory bins such as rice and kinetic sand, food play, finger painting and fidgets such as spinners and stress balls.

Occupational therapy practitioners are skilled in providing the resources for sensory diet implementation across a variety of environments. OTs can assist with finding the "just right" sensory supports for the child's individual sensory needs and creating visual schedules to implement throughout the day.

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Trevor Riddle



How can parents in a blended family (think Brady Bunch) use estate planning to protect each spouse's children?

Careful planning can ensure that your Brady Bunch is protected. Here are a few tips:

- 1. Consider a Trust:** Trusts can protect your separate assets, making sure your biological children aren't financially overlooked if something ever happens to you.
- 2. Clear Nominations:** Detailing guardians, appointing executors, and designing precise asset distribution outlines can extend protection to both biological and stepchildren.
- 3. Acknowledge Stepchildren:** Unlike natural children, stepchildren don't automatically inherit. So be sure to include them in your estate planning documents.
- 4. Select Trustworthy Decision Makers:** Pick individuals who will uphold your intentions and distribute your assets fairly.
- 5. Update Your Plan:** If you are recently married, it's wise to revisit and revise any existing plan to mirror your current family dynamics.

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trevor.riddle@riddle.law



SEEKING SITTERS

Adrienne Kallweit

Owner, Founder &
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How can I find a trustworthy babysitter?

In today's bustling world, parents and guardians often find themselves in need of reliable childcare solutions, whether for a much-deserved night out, assistance during work hours or help during special occasions. Finding a trustworthy babysitter is essential for your child's safety and your peace of mind.

As a private investigator and parent of young children, it is my mission to help families find safe care. Here are valuable insights on how to find a safe babysitter.

Start with Recommendations: One of the best ways to begin your search for a babysitter is by seeking recommendations from friends, family members, or trusted colleagues.

Background Checks Matter: Ensuring a babysitter's background is clean and free from any concerning records is crucial.

Speak to References: Ask for references from previous employers or families they've worked for.

Conduct Interviews: Discuss your expectations, your child's unique needs, and the sitter's qualifications.

Observe Interactions: Whenever possible, arrange a brief meeting between your child and the babysitter before leaving them alone. This allows you to gauge how the sitter interacts with your child and assess their rapport.

Check back next month for five additional recommendations. For further information on our comprehensive babysitting services and our dedication to your child's safety, please visit seekingsitters.com.

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MILLER SWIM SCHOOL

Sarah Clavin



I've been looking for Christmas ideas other than toys. Help!

While toys are fun, they often lose their charm over time. Swimming lessons, on the other hand, offer a gift that transcends the holiday season:

- 1. Lifelong Skills:** Swimming lessons provide essential skills that enhance safety and well-being throughout life.
- 2. Health and Fitness:** They promote physical activity, helping to combat the sedentary nature of modern living.
- 3. Confidence and Independence:** Learning to swim fosters self-assurance and empowers individuals to handle aquatic environments confidently.
- 4. Experiences Over Possessions:** Swimming lessons create memories and experiences, offering lasting value beyond material possessions.
- 5. Unique and Thoughtful:** It's a meaningful, thoughtful gift that showcases care for the recipient's health and personal development.

The gift of swimming lessons brings lasting benefits, unforgettable experiences and reinforces the spirit of the season — the joy of giving.

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DENTAL DEPOT



How can we keep our teeth in great shape?

Moderation is Key: Limit your consumption of sugary candies and sweets.

Brush Regularly: Your regular oral hygiene routine should include brushing 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: Drink plenty of water throughout the day. Water doesn't just keep us hydrated — it helps rinse away food particles and acids that can harm your teeth.

Snack Wisely: Choose healthier snack options like raw vegetables, nuts and cheese instead of sugary snacks. These foods are less likely to promote tooth decay.

Avoid Sticky and Hard Candies: Sticky candies like caramel and hard candies like lollipops 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. Following these tips can help you keep your smile bright and healthy!

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COMMUNITY CALENDAR

NOVEMBER 2023

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Find a list of weekly storytimes
at tulsakids.com/storytimes.

PHOTO COURTESY TULSA CITY-COUNTY LIBRARY.



Fall in love with **Tulsa Ballet's** vibrant
production of *Don Quixote* Nov. 2-5.

PHOTO BY JOSH NEW



With both indoor and outdoor
exhibits, **Tulsa Zoo** is a wonderful
place to visit even as the weather
cools down.

PHOTO COURTESY TULSA ZOO.

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Beetlejuice...Beetlejuice...Beetlejuice...
this hilarious musical plays at the
Tulsa PAC Nov. 21–26

PHOTO BY MATTHEW MURPHY, COURTESY OF THE
TOUR COMPANY OF BEETLEJUICE

November 1 Wednesday

STORYTIME AT TULSA ZOO **W**

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

Listen to a story and meet an animal
ambassador every Wednesday! On
Nov. 1, Philbrook will lead free arts
and crafts after storytime.

CREATIVE WRITING FOR TEENS: NANOWRIMO **F**

For teens, 4:30–5:30 p.m., Herman
and Kate Kaiser Library, 5202 S.
Hudson Ave., tulsalibrary.org

Today is the first day of National
Novel Writing Month. Get some
inspiration, make a daily word-count
“accountabilibuddy,” or just learn
what NaNoWriMo is and how to sign
up for it. Pre-register at tulsalibrary.org/events or call 918.549.7323.

November 2 Thursday

STORYTIME AT PHILBROOK **W**

10–10:30 a.m., Philbrook Museum,
2727 S. Rockford Rd., philbrook.org

Drop in for imaginative stories geared
towards kids 10 and under. On Nov. 2,

Tulsa Zoo will join for storytime with
an animal ambassador guest.

CLARK YOUTH THEATRE PRESENTS THE LIGHTNING THIEF

All ages, 7:30–9:30 p.m., Clark
Youth Theatre, 4825 S. Quaker Ave.,
clarkyouththeatre.org

Join Clark Youth Theatre for this
Off-Broadway production adapted
from the New York Times bestseller
by Rick Riordan. Additional
showtimes through November 12.

November 3 Friday

DIA DE LOS MUERTOS FESTIVAL

All ages, 6 p.m., Living Arts, 307 E.
Reconciliation Way, livingarts.org

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

DON QUIXOTE

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

This vibrant and entertaining ballet
follows the adventures of Don Quix-
ote and his squire, Sancho Panza.
Additional performances Nov. 2–5.

November 4 Saturday

BROKEN ARROW ELKS LODGE VETERANS DAY PARADE **F**

All ages, 10 a.m.–12 p.m.,
Downtown Broken Arrow,
brokenarrowok.gov

This parade is a way to honor
veterans past and present and to
thank them for their service. See
website for route details.

WILL ROGERS DAYS

All ages, 3 p.m., Claremore,
willrogers.com

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.

BIG BUILD SATURDAY WITH SCRAPS DESIGN

All ages, 10 a.m.–1 p.m.,
Philbrook Museum,
2727 S. Rockford Rd.,
philbrook.org

Bring the whole family, a picnic and
play with giant blocks and building
materials in the Gardens.

MOTHER ROAD MARKET’S 5TH BIRTHDAY BASH **F**

All ages, 11 a.m.–9 p.m.,
Mother Road Market, 1124
S. Lewis Ave., facebook.com/motherroadmarket

Celebrate Mother Road Market’s birth-
day with a day of fun, free activities.

SKASDICON **F**

All ages, 12–7 p.m., Northeastern
State University, 612 N. Grand Ave.,
Tahlequah, skasdicon.com

Attend graphic novel/Native Pop
Culture panel discussions, meet
Indigenous artists and creators,
participate in a cosplay competition
and more.

November 5 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.

November 6 Monday**YOUNG ADULT CREATIVE WRITING CAMP**

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

Take the fear out of creative writing using writing prompts, advice from famous writers and fun exercises designed to unlock creativity. Repeats Nov. 13. Pre-register at tulsalibrary.org/events or call 918.549.7323.

CYBERSECURITY BASICS: DIGITALEARN F

For adults, 6-7 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Learn how to be safe online with your accounts and passwords, and avoid frauds and scams.

November 7 Tuesday**BUILD A READER STORYTIME: FAMILY/ STAY AND PLAY F W**

The annual **Tulsa Veterans Day Parade** returns Nov. 10.

Ages 0-5, 10:15-11:15 a.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

After storytime, join for games, toys and activities that foster critical early literacy skills.

PAWS FOR READING F W

For elementary schoolers, 3:30-4:30 p.m., Jenks Library, 523 B St., Jenks, tulsalibrary.org

Elementary schoolers are invited to read their favorite books to a furry, four-pawed friend. Pre-register at tulsalibrary.org/events or call 918.549.7323.

November 8 Wednesday**TRADE & TRANSFORMATION**

All ages, Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Philbrook's current featured exhibition, *Trade & Transformation*, is on view during museum hours through Dec. 30.

HOMESCHOOL WORKSHOP: INTRO TO LIBRARY RESOURCES F

Ages 5-18, 11 a.m.-12 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Learn about the library's best digital resources for school projects and learn how to use them. Pre-register at tulsalibrary.org/events or call 918.549.7323.

November 9 Thursday**GENERATIONS CELEBRATIONS: NO-BAKE APPLE PIES F**

All ages, 4-5 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Celebrate National Family Week. This program will begin with a reading of *The Apple Pie Tree* by Zoe Hall and have other activities celebrating the harvest season and thankfulness. Pre-register your group under one name at tulsalibrary.org/events or call 918.549.7323.

BE KIND TO YOUR MIND: COPING F

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

Join Andrew Duffy, a licensed clinical social worker, for this judgment-free opportunity to evaluate your own coping skills and to practice a few new ones. Pre-register at tulsalibrary.org/events or call 918.549.7323.

November 10 Friday**TULSA VETERANS DAY PARADE**

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

Honor and celebrate those who have or are currently serving in the U.S. military.

STUDIO C: TEEN ART HANGOUT F

For teens, ages 14+, 5:30-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Hang out, try out new art or craft ideas, or play a game with friends. Free with general admission for teens.

BOOKS TO TREASURE 2023: A TULSA TRADITION FOR 20 YEARS (2003-2023) F

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

Join TCCL for an evening with the 2023 Books To Treasure illustrator Ben Clanton, who is best known for his entertaining *Narwhal* and *Jelly* graphic novel series.

November 11 Saturday**TULSA SYMPHONY PRESENTS HONOR, AMERICANA**

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

This Veteran's Day concert features music from American composers George Gershwin, Aaron Copland and Florence Price.

November 12 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.

November 13 Monday

Find more events at tulsakids.com/calendar.

November 14 Tuesday**BIXBY ANIME AND MANGA CLUB F**

For teens and tweens, 6-7 p.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

Discuss favorite manga and watch anime. Repeats Nov. 28.

November 15 Wednesday**ZOO SCHOOL: HABITATS: OCEANS**

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

Zoo School is a unique, hands-on learning opportunity for homeschool and other non-traditional students. This month, come on an underwater adventure while exploring the earth's oceans. Pre-register online.

JANET'S PLANET

All ages, 9:30 and 11:30 a.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

Janet's Planet: A Tour Through the Solar System introduces the wonders of the galaxy to families and young audiences throughout the country. Repeats Nov. 16, 9:30 a.m.

BUILD A READER STORYTIME: BABIES AND TODDLERS/ DOLLY PARTON'S IMAGINATION LIBRARY ENROLLMENT EVENT F

For babies and toddlers, 10-11 a.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

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

November 16 Thursday

BUILD A READER STORYTIME: FAMILY/ STORYTIME AT THE AIRPORT F

Ages 0-5, 10-11 a.m., Tulsa International Airport, 7777 Airport Dr., Schwab Hall, tulsalibrary.org

Read books about first flights and what it feels like to be so high up in the sky!

FLINT FAMILY FOUNDATION CONCERT SERIES: FEATURING THE TULSA SYMPHONY ORCHESTRA F

All ages, 2-3 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsasymphony.org

Join the Tulsa Symphony Orchestra (TSO) for this free, family-friendly concert for all ages. Must pre-register at tulsasymphony.org/flint.

November 17 Friday

MEAN GIRLS: HIGH SCHOOL EDITION

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

A fetch opportunity to see the fiercely hilarious musical, presented by Theatre Tulsa Academy.



Take a tour of the solar system with *Janet's Planet*, coming to the Tulsa PAC Nov. 15-16.

PHOTO COURTESY TULSA PAC.

November 18 Saturday

ZOO SCHOOL: HABITATS: OCEANS

Grades 1-2, 9 a.m.-12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Zoo School is a unique, hands-on learning opportunity for homeschool and other non-traditional students. This month, come on an underwater adventure while exploring the earth's oceans. Pre-register online.

BARK IN THE PARK F

All ages, 10 a.m.-2 p.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Bring your dogs and enjoy a day in the park filled with fun activities and a pet friendly atmosphere.

WILDFLOWER WALK F

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

Find out more about the lives of the plants in Oxley's habitats.

SATURDAY BUILD A READER STORYTIME: BILINGUAL F

10:30-11:15 a.m., Kendall-Whittier Library, 21 S. Lewis Ave., tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish.

NATIVE CULTURE MAKE AND TAKE: CELEBRATE NATIVE AMERICAN HERITAGE MONTH F

All ages, 1-3 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Enjoy a variety of make-and-take arts to celebrate Native American Heritage Month.

November 19 Sunday

Find more events at tulsakids.com/calendar.

November 20 Monday

GENERATIONS CELEBRATIONS: TIE-DYE BOOK BAGS F

For elementary schoolers, 2-3 p.m., Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, tulsalibrary.org

Celebrate National Family Week in style with a tie-dye book bag. We'll have books highlighting all types of families available for checkout.

November 21 Tuesday

COYOTE & CROW: LEARN HOW TO PLAY THE RPG F

Ages 12-18, 1-4 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Join TCCL for a rules-light version of the award-winning indie game *Coyote & Crow*, a science fiction RPG drawn from Indigenous cultures. Must pre-register at tulsalibrary.org/events or call 918.549.7323.

TULSA ZOO: OCEAN HABITATS F

For preschoolers and elementary schoolers, 2-2:45 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Join the Tulsa Zoo and learn how habitats provide food, water and shelter to the animals that live in the ocean.

BEETLEJUICE

Recommended ages 13+, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., celebrityattractions.com

Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

November 22 Wednesday

MAKER SPACE OPEN HOUSE F

All ages, 12-6 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn about some of the equipment available for your next project.

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.

November 23 Thursday

Check out our **Holiday Highlights** page for some fun things to do Thanksgiving weekend.

November 24 Friday**FINAL FRIDAY ARCADE** **F**

For teens and tweens, 4-5 p.m.,
Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Play games on the library's Nintendo Switch and Xbox. Taking turns is a must.

November 25 Saturday**BROOKSIDE MAKER CLUB** **F**

For adults and teens, 3-4 p.m.,
Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Join to sew, draw, crochet, paint and more. Bring your own project to work on.

GENERATIONS CELEBRATION: FAMILY TEA PARTY **F**

All ages, 2-3 p.m.,
Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Parents, grandparents, aunts and uncles are invited to bring a child to this multigenerational tea party. Pre-register at tulsalibrary.org/events or call 918.549.7323.

November 26 Sunday

Find more events at
tulsakids.com/calendar.

November 27 Monday**FULL BEAVER MOON WALK**

All ages, 7-8:30 p.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

Hike beneath the beautiful full moon — and see a lunar eclipse! Register by 4:30 p.m. two days before the walk.

November 28 Tuesday**PREHISTORIC TERRARIUMS** **F**

For teens and tweens, 4:30-5:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Use sand, pebbles, artificial plants and small prehistoric animals to create miniature scenes. Pre-register at tulsalibrary.org/events or call 918.549.7323.

GENERATIONS CELEBRATIONS: BUSYTOWN CARS **F**

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

Paint a wooden car inspired by Richard Scarry's Cars and Trucks and Things That Go.

November 29 Wednesday**BUILD A READER STORYTIME: BABIES AND TODDLERS/STAY AND PLAY** **F W**

For babies and toddlers, 10:30-11:30 a.m., Central Library, 400 Civic Center, tulsalibrary.org

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

November 30 Thursday**KIDS CRAFT CLUB: PINE-CONE CRITTERS** **F**

For elementary schoolers, 4-5 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Make a pine-cone critter from pine cones and felt. Materials, snacks and brain-break activities provided.

BE KIND TO YOUR MIND: ANXIETY **F**

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

Join Andrew Duffy, a licensed clinical social worker, and learn what anxiety is, where it comes from and how we can best respond to it. Pre-register at tulsalibrary.org/events or call 918.549.7323.

KIDS CREATE **F**

For elementary schoolers, 5:30-6:30 p.m., Owasso Library, 103 W. Broadway St., Owasso, tulsalibrary.org

Create art using recycled books and book pages.



Celebrate the Indigenous comic and pop culture community at **SkasdiCon '23**, Nov. 4.

PHOTOS COURTESY VISIT CHEROKEE NATION.



HOLIDAY HIGHLIGHTS

We're kicking off the holiday season this month! Find even more events in TulsaKids' Holiday Family Fun Guide, at tulsakids.com/holiday-family-fun-in-tulsa.



THE POLAR EXPRESS™
TRAIN RIDE

WILD AT ART

Nov. 4, 10 a.m.–7 p.m., Nov. 5, 12–5 p.m.

Arts@302, 302 S. Main St., Broken Arrow

Purchase unique gifts while supporting local businesses, artists and wildlife! Hosted by WING IT. facebook.com/wingintulsa

BA ICE RINK

Nov. 10–Jan. 7; Monday–Thursday, 3–9 p.m.; Friday, 3–10 p.m.; Saturday, 12–10 p.m.; Sunday, 12–9 p.m. (See website for special holiday/school break hours)

418 S. Main St., Broken Arrow

Grab your friends and family for a fun time on the ice! No reservations necessary for groups of 15 or under. baicerink.com

THE POLAR EXPRESS™ TRAIN RIDE

Nov. 11–Dec. 27

Oklahoma Railway Museum,
3400 NE Grand Blvd., OKC

Well, Are You Coming? With the holidays quickly approaching, Oklahoma Railway Museum is celebrating the return of THE POLAR EXPRESS™ Train Ride in Oklahoma City! Seats are now available for departures on select dates beginning Nov. 11 and continuing through Dec. 27. Tickets are on sale now at okcthepolarexpressride.com, and guests are encouraged to book soon as this beloved holiday tradition is expected to sell out!

SAPULPA'S ROUTE 66 CHRISTMAS CHUTE

Opens Nov. 16

Downtown Sapulpa

Back for a second year, Sapulpa's Christmas Chute is a walk-through experience where guests can walk underneath festive canopies lining the street. route66christmaschute.com

CHRISTMAS IN BROKEN ARROW KICKOFF

Nov. 16, 6–9 p.m.

Rose District Plaza, 418 S. Main St.

This is Broken Arrow Main Street's official tree-lighting ceremony, complete with live music, ice skating, horse-drawn carriages and Santa. brokenarrowok.gov

DICKENS ON THE BOULEVARD

Nov. 17–18, 6–9 p.m.

Downtown Claremore

This free, Victorian-themed Christmas event features live entertainment, a costume contest, period-themed dancing, carriage rides, Santa and shopping. downtownclaremore.org

SANTA AT THE ROSE DISTRICT FARMERS MARKET

Nov. 21 and 28 (additional dates in December), 5:30–7:30 p.m. (the market lasts from 4–8 p.m.)

Broken Arrow Rose District

Shop the midweek market, see Santa and spend some time ice skating and shopping. brokenarrowok.gov/farmersmarket

RHEMA LIGHTS

Nov. 22–Jan. 1, 5:30–11:30 p.m. (opens at 6 p.m. Nov. 22)

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

Arguably the largest light display in the Tulsa area, visitors have been flocking to Rhema Lights since 1982. Free admission, concessions available for purchase. rhemalights.org

CASTLE CHRISTMAS

Open nightly, Thanksgiving through New Year's Eve, 5:30–10 p.m.

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

Drive through Castleton Village, filled with over 2,000 holiday displays and thousands of colorful lights. Drive-through is free; donations accepted. Other scheduled activities available certain days for an additional fee. okcastle.com

BOTANIC GARDEN OF LIGHTS



SAPULPA'S ROUTE 66 CHRISTMAS CHUTE

ARVEST WINTERFEST

Nov. 24–Jan. 2

Downtown Tulsa

Skate beneath the Tulsa skyline and a towering Christmas tree while enjoying hot chocolate and other entertainment. tulsawinterfest.com

FESTIVAL OF THE TREES

Opens Nov. 23, 5 p.m.; Open daily through New Year's Day (Santa's House is open 4–8 p.m., Thursday–Sunday through Dec. 22)

Downtown Bixby, 15 E. Needles

Bixby Rotary Club's Festival of the Trees features 120 trees synchronized to music, visits with Santa in the historic Plummer's Station gas station, festive photo domes, lawn games and more. bixbyhistoricalsociety.com/festival-of-the-trees

LIGHTS ON AT UTICA SQUARE

Nov. 23, 6:30 p.m.

Utica Square

Sing Christmas carols, take photos and watch the lights turn on at Utica Square! uticasquare.com

PHILBROOK FESTIVAL

Nov. 24–25, Dec. 1–2, 8–9, 14–16, 20–23, 27–30
(See website for schedule)

Philbrook Museum, 2727 S. Rockford Rd.

Bundle up and head to Philbrook for a musical light display, beautifully decorated Villa, visits with Santa and more. philbrook.org/festival

WOOLAROC WONDERLAND OF LIGHTS

Fridays, Saturdays and Sundays,
Nov. 24–Dec. 17, 5–8 p.m.

Woolaroc, 1925 Woolaroc Ranch Rd., Bartlesville

Drive through the grounds and buildings of Woolaroc, which will be covered in more than 750,000 lights! woolaroc.org

BOTANIC GARDEN OF LIGHTS

Nov. 24–26, Nov. 30–Dec. 3, Nightly
Dec. 7–30 (closed Dec. 24 & 25), 5–9 p.m.

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Stroll along garden paths illuminated with colorful lights, take photos, have a friendly snowball fight and make s'mores! Kids' train rides are every night except Sunday. Free crafts on Thursday nights 5–8 p.m. See website for full schedule of events. tulsabotanic.org

TULSA SYMPHONY PRESENTS HOW THE GRINCH STOLE CHRISTMAS

Dec. 1, 7:30 p.m.

Tulsa PAC, 110 E. 2nd St.

Watch this holiday classic with the soundtrack played by Tulsa Symphony. tulsasymphony.org/grinch

BREAKFAST WITH SANTA

Dec. 2 and 9, 9 a.m.

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

Enjoy breakfast with Santa, plus story time and writing letters to Santa. Get tickets in advance at tulsazoo.org/zoo-events/santa

A CHRISTMAS CAROL

Dec. 8–23, various showtimes

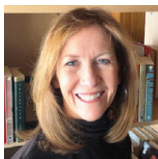
Tulsa PAC, 110 E. 2nd St.

American Theatre Company's presentation of *A Christmas Carol* has been delighting Tulsa audiences for over 46 years. A timeless tale of hope and redemption, this production represents community theater at its best. americantheatrecompany.org

Luke Williams:

Helping the Homeless One Bag at a Time

By **Betty Casey**



TWELVE-YEAR-OLD Luke Williams is a Metro Christian Academy seventh grader with a passion for helping the homeless. With three older siblings, Luke says there were always snacks in the car. When he was 5, his mom, Tammy Williams, would see a homeless person and ask if Luke wanted to give them a snack. From there, his interest in serving the homeless population grew.

TulsaKids: You started passing out snacks with your mom from the car, but tell us when this became a personal project for you?

Luke: It was with a Thanksgiving project in Ms. Barnett's class (Amy Barnett, Metro teacher). One of our activities was doing a homeless bag station where we packed bags. I started doing my own bags in batches, and after about nine months of doing it, my mom asked if I wanted to do a not-for-profit, so that's how it got started.

Note: Luke's bags include a bottled water, protein bar, toothbrush, socks and peanut butter crackers. He also gives away Bibles if a person wants one. If they have a dog companion, Luke provides dog bags that contain a bottled water, dog food, dog treat and a small dog toy.

TulsaKids: Tell us about giving out the bags.

Luke: I get out of the car and have a brief conversation. It can be as simple as a "Hi, hello." Or it can go to, "Hi, what's your name?" Sometimes people don't want to talk. If they give me their name, I call them by name because that makes them feel human. Sometimes people talk to me a lot. Some will tell me more of their life stories.

TulsaKids: Can you share a story about talking with someone?

Luke: A couple of weeks ago on our Friday adventures, a guy was talking to me a lot. I got him a Bible from the car. He started

venting to me. He was clearly frustrated, but he just wanted someone to listen to him, so I just sat there and listened to him. He said, "You act like I'm almost human." I gave him a Bible and said, "I know you don't believe in life after death, but I want you to read this." I told him there was a savior out there who loved him, no matter if he believed in him or didn't believe in him.

Note: Luke says they usually go out on Fridays after dropping a sister off for ballet, so he calls them "Friday adventures."

TulsaKids: Why do you think it's so important to get out of the car and listen?

Luke: All humans like to talk, and when they have something going on they like to talk about it with trusted people like parents or friends. The homeless people don't always have people to talk to or to listen to them. It's not healthy to not be able to talk.

TulsaKids: How do you relate so well to adults?

Luke: Some would say it's a blessing, but it's more of a curse. There are some really good things because it allows me to relate to the homeless community and do some of the things I'm doing, but it's harder sometimes in middle school.

TulsaKids: Do you have any other stories about serving people living on the street?

Luke: I saw a man in a wheelchair. He only had one arm, no legs. I asked him if he needed help, and he said he was going to the Day Center (for the Homeless). I asked if I could push him. At first he had a hard time trusting me to push him. He would go around the grates himself. It was hard because the one thing I never want to do is make them feel offended. He's a grown adult and I'm just a 12-year-old, so it was hard for me to push him. I was thinking, I don't know how



Luke Williams serves Tulsa's homeless population by distributing bags containing snacks and necessities.

PHOTOS COURTESY OF TAMMY WILLIAMS.

he does it, but I'm sure he was thankful. I wish I could do it every single time he goes to the Day Center, but I can't.

TulsaKids: Tell me about your not-for-profit.

Luke: It's called One Bag One Hope. My mom asked if I wanted to do it, but first we had to find out how to do it. We met with lawyers. We just got the 501(c)(3) after about five months. My main mission is to get other people involved in making and distributing bags, and I also want other people to find their passion. Not everyone wants to help homeless people. It could be helping infants or orphans. I don't want kids to think they're too young to make a difference in the world. I'm always reminded of that.

TulsaKids: You've been on quite a journey. What advice do you have for other young people?

Luke: Find your passion, grow your passion — and you're never

too young. There are so many places you can volunteer. It's just what you like and love. At chapel in elementary school, there was always an adult who would say, "You're never too young to make a difference in this world." I never believed it, but now I see that you can.

Note: Luke also helped out as a mentor at Camp Patriot over the summer. Amy Barnett, his teacher, says that Luke talked to the other kids about serving others, and they served at the Food Bank and Emergency Infant Services.

TulsaKids: What advice do you have for parents?

Luke: Don't let things hold your kids back. Don't hold your kid back. Don't let anything hold you back. I get it that kids and adults are busy and will make excuses to not do something. Just do it.

TulsaKids: Who inspires you and why?

Luke: Ms. Barnett inspires me the most. She has compassion for everybody, whether it be in the classroom or the community. She makes sure you're heard. She makes sure everyone's opinion is heard. She makes sure no one is left out. She's amazing.

TulsaKids: What else would you like to share?

Luke: What I have to think about is that my mission is not to solve the homeless problem. My mission is to show that people care, and that there is no way in the world that no one cares about them. I don't want people to hand the bags out the window. I want them to walk over to people, have a conversation with them. I never noticed homeless people until I actually looked for them. Some people look and turn their heads. Don't turn your head.

I'm OCD, and I think everything should be fair. Everything should be right. I feel that I should help people who are not as privileged

as us. I have anxiety and depression. One day I had a really bad day. I was telling my mom about how upset I was. My mom said, "OK, Luke, let's go hand out bags." I didn't want to, but when I did, I felt so much better. I realized that having anxiety and depression is normal. People have it, people have experienced it, and it happens. I know my family is by my side.

TulsaKids: Finally, what's a fun fact about you?

Luke: My favorite animal is a rabbit. **TK**

If you would like more information, would like Luke to speak to your organization or place of worship, or would like to contribute to One Bag One Hope, email onebagonehope@gmail.com.

Betty Casey is the Associate Publisher and Editor-in-Chief of TulsaKids Magazine. She has been with TulsaKids for over 20 years.

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