

How to talk to children about Katrina

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the hurricane to their lives. Regardless of age, kids must hear this message."

KidsPeace medical director Herbert Mandell said when it comes to dealing with older children, parents can use

more detail and acknowledge that the rescue efforts were "botched."
"You don't want to lie to

older kids either, but you want to let them know that moving forward there will be more help," Mandell said.

Dealing with the dreaded teenage rebellion

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can make mistakes. Don't restrict them to the point where they can't even take out the trash without you peeking out the door. I understand a lot of parents want the best for their child but when it gets to where the teenager feels like they can't breathe that's when they find an outlet by doing the unnecessary."

Pamela Swarr agrees with Baskin's point of view, "Don't put too much pressure on them, give them enough freedom but giving too much will only turn them down the wrong path," she said.

Enchant'e Davis, 17 gives her advice to parents with teenagers, "In psychology class we went over teens and why they rebel and even though the textbook was made years ago, we as teenagers have the same problems these days. Adults need to learn to listen to their kids. If your child is saying

"Mom I don't feel like going to school, cut the TV off and ask why not instead of making them go anyway because that's when they'll skip school. The same goes for dating. Telling your kids they just can't flat out have boys over will make them listen, yes but how do you know what happens when you're at work? It's better to know what your kids are up to so they won't have to rebel and sneak behind your back. All that goes back to actually talking not lecturing them."

Amanda Byers, a junior at Waddell High, said parents should be willing to maintain communication with teens, even if it means sacrificing some personal space.

"From my experience, my mom would leave the house and go on dates with her boyfriend," she said. "It got to the point where I didn't come home until midnight sometimes and that's just because I had school the next day. But

then I realized I was only hurting myself and moved in with my aunt. It's not a good feeling when you can't even count on your parents to be there for you." The teen years are the most important time when parents are needed. They should use these years as bonding time."

One 19 year old who goes by the alias Buddy says he rebelled by selling drugs.

"My dad had always bought me the things I wanted but when I got like 17 he made me pay for my cell phone and even my car insurance which was \$850 on it's own. He said it was called responsibility but I couldn't handle that with a paycheck from Wal-Mart. I chose to take my friend up on an offer he made me and started bringing home more than triple every two weeks than what I was used to. It was my way of saying where there's a will there's a way and he forced me to find a way."

Some teens take less drastic measures such as 19 year old Patricia Wilkes of Concord.

"I realized that it's normal to go against authority, so I rebelled by not rebelling," she said. "I came out fine but some of my peers let their parents get to them and one has a kid she has to deal with because of it. You know how kids are eager to see their parents after being away from them for hours? As long as parents keep that excitement in them by bonding there will be no reason for their child to make mistakes that will be with them for 18 years."

GREEN PAPAYA COLESLAW

Quick cooking recipes for fast times

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Green Papaya Coleslaw
1 large or 2 small green papayas, peeled, seeded and chopped
2 cups chopped bok choy or baby bok choy
1 cup shredded carrots
1 red bell pepper, cut into julienne strips
1/3 cup chopped red onion
2 tablespoons chopped fresh cilantro leaves
1 tablespoon chopped fresh mint leaves
For the Dressing:
1/4 cup rice vinegar
1/4 cup honey
2 tablespoon grapeseed oil
2 teaspoons grated fresh ginger
Optional garnish: Chives, reserved red bell pepper strips

In medium bowl, combine all coleslaw ingredients; set aside.

In small bowl, combine dressing ingredients; pour over coleslaw mixture. Stir to combine; set aside for at least 15 minutes to allow flavors to develop. Garnish with chives or red bell pepper strips, if desired. Serve with Pork Pot Stickers and Green Curry-Coconut Sauce.

Makes 6 servings.

Nutrition information per serving: 147 cal., 5 g total fat (0.5 g saturated), 0 mg chol., 33 mg sodium, 27 g carbo., 1.5 g pro., 3 g fiber.

Recipe developed by Joseph Royer, courtesy National Pork Board.

Saturn Grill, 6432 Avondale Drive, Nichols Hills, OK 73116. Telephone: (405) 843-7114.



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Warren F. Turner
City Council District 3
September 27, 2005

ACCOMPLISHMENTS

- Advocated for Westside light rail service
- Brought a new Super Wal-Mart to Wilkinson Blvd.
- Successfully lobbied funding of the CMPD "Gang of One" program.
- Created over 10,000 new jobs in District 3!
- Fought for hiring more police officers.
- Judicially led effort to create "Prostitution Free" Zones
- Advanced the "Model Neighborhood" ordinance
- Successfully lobbied for planning funds for the new Intermodal Center near airport (CDIA).

Educated in and a resident of the District for 35 years,
Warren Turner Fights For...

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