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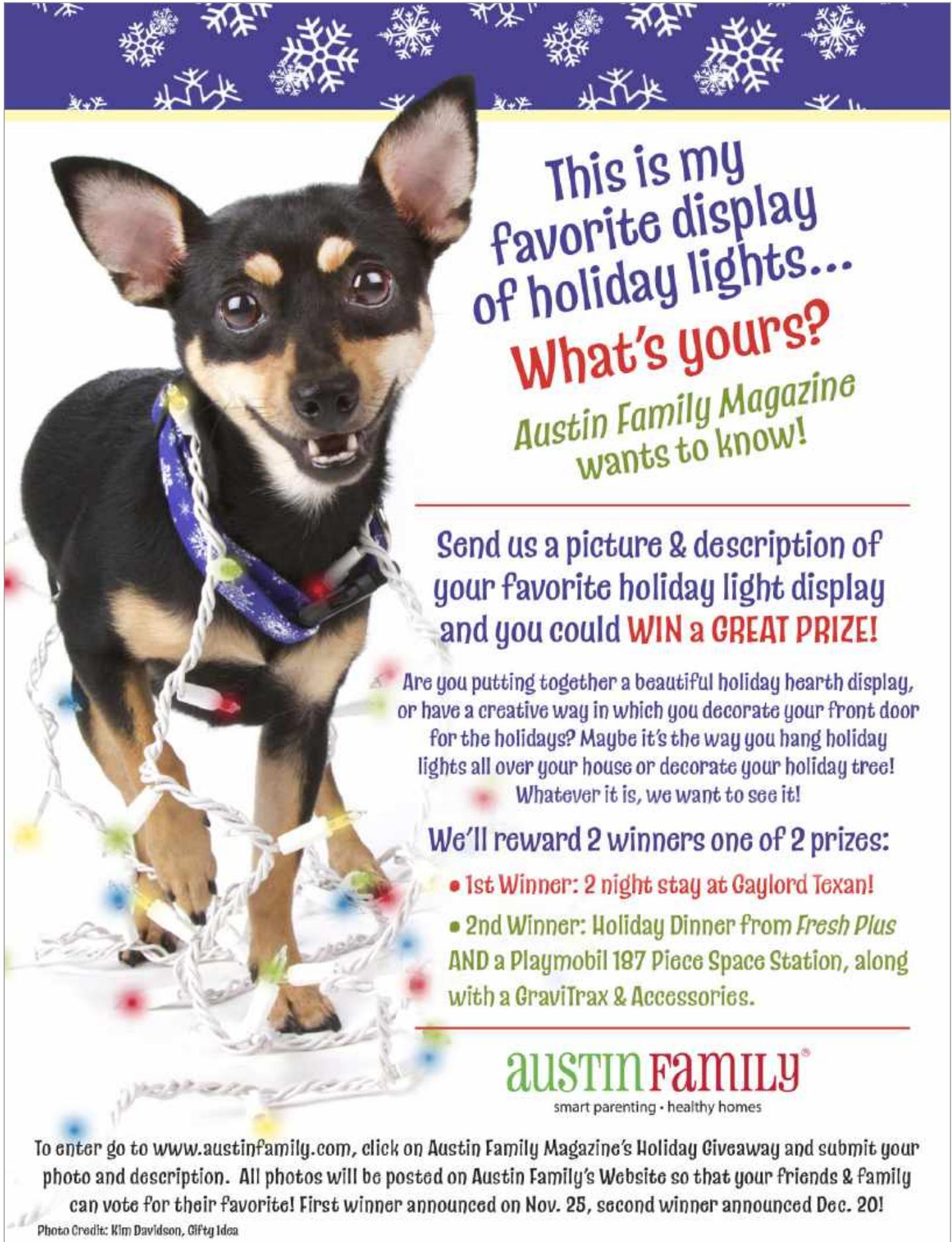
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To enter go to www.austinfamily.com, click on Austin Family Magazine's Holiday Giveaway and submit your photo and description. All photos will be posted on Austin Family's Website so that your friends & family can vote for their favorite! First winner announced on Nov. 25, second winner announced Dec. 20!

Photo Credit: Kim Davidson, Giftg Idea

November 2019

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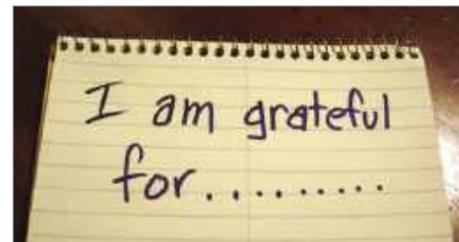
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FILM REVIEW

By Jack Kyser

Jojo Rabbit

Read online at:
www.austinfamily.com/films



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Catch *Austin Family Magazine* live on "Good Day Austin" every Thursday morning and "Despierta Austin" monthly.

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Madelaine is 4 years old and is grateful for gymnastics, dogs, and princesses. Her outfit was furnished by Dragonsnaps. Photo by Jordan Ashley Photography.



One of my favorite quotes from writer Barbara Kingsolver comes from her acclaimed 2007 memoir *Animal, Vegetable, Miracle: A Year of Food Life*. It reads:

Our holiday food splurge was a small crate of tangerines, which we found ridiculously thrilling after an eight-month abstinence from citrus... Lily hugged each one to her chest before undressing it as gently as a doll. Watching her do that as she sat cross-legged on the floor one morning in pink pajamas, with bliss lighting her cheeks, I thought: Lucky is the world, to receive this grateful child. Value is not made of money, but a tender balance of expectation and longing.

As we prepare for Thanksgiving, it seems a natural time to be reminded of the power of gratitude. That's the theme of this issue, which features pieces on how to cultivate gratitude in ourselves and in our children. As a parent, it's easy to fall into a spiral of worry and comparisons. While those instincts are based in fear, gratitude is a strong antidote that can replace doubt with joy.



EDITOR'S NOTE

JENNIFER HILL ROBENALT

Robenalt is an editor, content creator, creative writer, and mother

I'm grateful for my family, friends, and so much more. The smell of peppermint tea. A nap with my dogs. Walking in the woods. The list is endless. I'm also thankful for you, our readers. You're an essential part of Austin Family that we truly treasure. We're here for you in everything we report and share. What are you grateful for?

Jennifer

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Play it product recalls SAFE

Government Recalls Bibs, Scooters, and Dressers



IKEA is recalling about 7,000 **MATVRÅ Infant Bibs**. The snap on the bibs can detach, posing a choking hazard to young children. The firm received two reports of the snaps on the bibs detaching. Neither incident occurred in the United States. No injuries have been reported. The bibs were sold in a two-pack containing one blue and one red bib with snaps at the back of the neck. The

blue bib has a green seam along the outside with white polka dots. The red bib has a yellow seam along the outside with red polka dots. MATVRÅ, IKEA, and the IKEA logo are printed on a white tag on the back of the bib. The bibs were sold exclusively at IKEA stores nationwide and online at www.ikea-usa.com from Aug. 2019 through Sep. 2019 for about \$2. Consumers should immediately stop using the recalled bibs and return them to any IKEA store for a full refund. Consumers can also contact IKEA toll-free at 888-966-4532 anytime, or go visit www.ikea-usa.com and click on "Product Recalls" at the bottom of the page for more information.

About 1,800 Mercane **WideWheel Electric Kick Scooters** are being recalled by Fluid Freeride. The brake caliper can fail causing the rider to lose control and suffer serious bodily harm, posing fall and injury hazards. The foldable electric scooters are gray aluminum alloy and have four-inch-wide wheels. "WideWheel" and "Mercane" are printed on the scooter's platform. The recalled scooters have a single 500W motor with an 8.8Ah battery or dual 500W motors with a 13.2Ah battery. The firm has received 15 reports of brake failure and four reports of injuries including two bloody knees, lower back bruises, and a sprained ankle. The scooters were sold online at fluidfreeride.com, Amazon.com, and ebay.com from Oct. 2018 through Sep. 2019 for between \$1000.00 and \$1200.00. Consumers should immediately stop using the electric scooters and contact Fluid Freeride for a free repair. The company is contacting all known purchasers directly. Call Fluid Freeride toll-free at 855-949-0192 from 8 a.m. to 5 p.m. CT Monday through Friday, e-mail support@fluidfreeride.com, or go to www.fluidfreeride.com and click on "Recall" at the top of the page for more information.



E&E is recalling about 1,800 **INK+IVY Renu dressers**. The recalled dressers are unstable if they are not anchored to the wall, posing serious tip-over and entrapment hazards that can result in death or injuries to children. No incidents of injuries have been reported. The dressers are made from multi-colored pine wood, have three drawers, and metal legs. Each is about 36 inches tall and weighs about

73 pounds. The INK+IVY brand name can be found on a hanging tag attached to a dresser drawer. The dressers were sold online on bedbathandbeyond.com, jcpenny.com, kohls.com, macys.com, ollix.com, overstock.com, and wayfair.com from Jan. 2017 through Sep. 2019 for about \$350. Consumers should immediately stop using the recalled dressers unless properly anchored to the wall and place them in an area that children cannot access. Contact E&E for a full refund with free dresser pick-up or a free tip-over restraint kit and a one-time free in-home installation of the kit. Consumers can also choose to receive a pre-paid packaging label to ship their recalled dresser back to E&E for a full refund check or a \$400 Designerliving.com store credit. Call E&E toll-free at 844-701-5979 from 9 a.m. to 5:30 p.m. CT Monday through Friday, or visit www.ee1994.com and click on "Recall" for more information.

The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.

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Junior League Christmas Affair



Now in its 44th year, A Christmas Affair is a five-day holiday market that hosts more than 200 retail merchants from across the country and attracts more than 25,000 patrons. The theme, "I'll Be Home for Christmas," celebrates Christmas spent with loved ones. A Christmas Affair will be held at Palmer Events Center located at 900 Barton Springs Road. Shopping space has expanded this year to include upstairs loft space for the Thursday and Friday market. Also new, the Hometown Food Court will offer food trucks and a place to relax. The Saturday market will even feature an outdoor Home Team Tailgate, where a 24-foot LED screen will be showing the most exciting college games, including the Texas Longhorns. You don't have to decide between shopping and College Game Day—you can do both!

The Junior League of Austin uses funds from every ticket purchased at A Christmas Affair to carry forth its mission of developing the potential of women and improving the Austin community by providing essential funding and volunteer hours to programs such as Coats for Kids, Food in Tummies, Kids in Cool Shoes, and over 30 local community non-profits.

In addition to the extremely popular holiday gift market, the Junior League invites attendees to enhance their A Christmas Affair experience by attending one or more special events. All events require a separate ticket and prices vary depending on the event. Event tickets include entrance to the holiday market.

Market tickets are \$15 per person per day, and include a shuttle ride to and from Barton Creek Mall. The holiday market is open on the following days and times:

- Thursday, Nov. 21, 12:00 - 8:00 p.m.
- Friday, Nov. 22, 10:00 a.m. - 8:00 p.m.
- Saturday, Nov. 23, 10:00 a.m. - 7:00 p.m.
- Sunday, Nov. 24, 10:00 a.m.- 4:00 p.m.

All market days and special events are open to the public. Tickets are on sale now at achristmasaffair.com.

Must-Do This November

10

Family Nature Day

at Travis Audubon Blair Woods Preserve

28

ThunderCloud Subs Turkey Trot

at The Long Center

30

Chuy's Children Giving to Children Parade

in Downtown Austin



Run for the Water

The Gazelle Foundation Run for the Water will be held Nov. 3 in downtown Austin. This premier fall running/walking fundraiser supports the people of Burundi. Through their collective fundraising efforts, the foundation is able to build water projects that provide access to clean water for entire Burundi communities. Beginning at 7 a.m., 5k and 10-mile races start on Caesar Chavez, just East of Lamar. The Kids K starts at 9:15 a.m. at the finish line on the South 1st Street bridge. To register, visit www.runforthewater.com.



Christmas Parade

On Saturday, Nov. 30, the 31st Annual Chuy's Children Giving to Children Parade will be held, benefiting the Austin Police Department's Operation Blue Santa. Enjoy giant inflatable balloons, festive holiday floats, famous children's characters, spectacular marching bands, cool classic cars, and a special appearance by Santa Claus himself. Attendees are encouraged to bring new, unwrapped toys to donate at a designated time during the parade procession. Santa's Helpers will line the parade route and help spectators give their toys. The parade starts at the State Capitol at 11th and Congress, moving south on Congress to Cesar Chavez, ending just north of the bridge. Toys will be distributed by Operation Blue Santa to children in need, just in time for the holidays. To date, organizers have collected over a quarter of a million toys for the children of Central Texas. This is made possible by the thousands of spectators, young and old, who come out each year and share in the great joy of giving. For more information, visit www.chuysparade.com.



Austin Empty Bowl Project

On Sunday, Nov. 24 from 11 a.m. to 3 p.m., the Austin Empty Bowl Project (AEBP) will host its annual fundraising event benefiting Meals on Wheels Central Texas' Meals for Kids and the Central Texas Food Bank (CTFB). Potters from all over Central Texas donate bowls of all sizes, shapes, and colors. Friends and families come together to purchase single bowls for \$25 or two for \$40. Thirty restaurants and bakeries donate delicious gourmet soups and breads to fill the bowls, while musicians donate their time and talent to entertain attendees. The bowl is a keepsake reminder of those whose bowls are empty. The proceeds also sponsor the CTFB Kids Cafe Program. Kids Cafe provides a safe, nurturing place where children receive a hot, nutritious dinner, as well as help with homework. The event will take place at CTFB located at 6500 Metropolis Dr. For more information, visit www.austinemptybowl.org.



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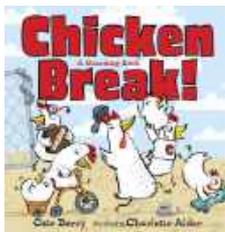
All of our camp activities are based on the Y's character development values and the Search Institute's 40 Developmental Assets.

Camps in Northwest Austin, East Austin,
South Austin, Buda and Manor.

[Register Today at AustinYMCA.org](http://AustinYMCA.org)

or call Program Services at 512.236.9622

Children's Book Signing



On Sunday, Nov. 3 at 2 p.m. Austin writer Cate Berry will launch her latest children's book, *Chicken Break!* at BookPeople. The book features ten wild and crazy chickens on a mission to escape the coop and have some fun. One by one, the chickens break out. When all ten are out, they let loose. But chickens get tired, and after their wild day, one by one, they head back for some much needed relaxation. Filled with spunk and spirit, this is a fun and energetic way of engaging young readers to count from one to ten, and from ten to one. To get a

book signed at the event, a copy of the event book must be purchased from BookPeople located at 603 N. Lamar Blvd. For more information, visit www.bookpeople.com.

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by the numbers



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Average cost to serve 10 people a Thanksgiving feast

Source: CNN.com



10%

Increase in overall happiness by writing in a daily gratitude journal for five minutes

Source: HappierHuman.com



113 million

Number of people who have eaten pie for breakfast

Source: PieCouncil.org

Putt for Autism

Spark Learning's Putt Fore Autism is celebrating its 6th year featuring a mini-golf tournament, raffle, and silent auction. The event will take place on Sat. Nov. 2 at Peter Pan Mini Golf located at 1207 Barton Springs Rd. Participants can try their hands at the mini-tournament, which is open to children and adults of all ages and abilities. One hundred percent of the proceeds will go to the Autism Society of Texas to fund training, education programs, and adult recreation activities. The individual fee to enter is \$10. A \$4 payment is also required at Peter Pan Mini Golf on the day of event for clubs and balls. For more information on participating, registering, or sponsoring, email lynne@spark-learning.com.





National Merit Semifinalists

Officials of the National Merit Scholarship Corporation (NMSC) announced the names of approximately

16,000 semifinalists in the 65th annual National Merit Scholarship Program. From the Austin area, 75 students were selected. These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$31 million that will be offered next spring.

To be considered for a Merit Scholarship award, semifinalists must fulfill several requirements to advance to the finalist level of the competition. Over 90 percent of the semifinalists are expected to attain finalist standing, and about half of the finalists will win a National Merit Scholarship, earning the Merit Scholar title. The National Merit Scholarship Program honors individual students who show exceptional academic ability and potential for success in rigorous college studies. The Austin semifinalists for the scholarship are:

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Azeem Bhairwala, Daria Deeds, Cara Fonken, Michael Lumpkin, Nicholas Shields

STEPHEN F. AUSTIN HIGH SCHOOL

Emma Galbraith

JAMES BOWIE HIGH SCHOOL

Kathryn Cole, Eva Dwelle, Luke Leifker, Caroline Myers, Vishnu Ranganath, Jacob Rasmussen

HILL COUNTRY CHRISTIAN SCHOOL

Jefferson Lind

HOMESCHOOL

Caleb Capoccia, Elijah Roberts, Macintyre Syrett

LAKE TRAVIS HIGH SCHOOL

Annabel To

LIBERAL ARTS AND SCIENCE ACADEMY HIGH SCHOOL

Lucas Abounader, Alejandro Barrera-Waters, Aytahn Ben-Avi, Jeannine Bradsby, Schuyler Colfax, Aditya Desai, Arden Floyd, Drué Gillentine, Sabrina Hasik, Jules Hays, Sruthi Ilangovan, Camille Kao, Adithya Kumar, Jeremy Li, Ava Longi, Nikhil Lyles, Priya Malhotra, Anaya Mehta, Chinmay Murthy, Suchith Palyam, Elizabeth Reed, Charlee Savinelli, Raphael Stone, Nishth Tripathi, Roman Ugarte, Gandharvi Varma, Arien Wagen, Rosalind Yang

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WESTWOOD HIGH SCHOOL

Vikas Burugu, Santiago Campos-Araoz, Sandra Cong, Andrew Ditterline, Dylan Dong, April Gao, Helena Greebe, Shreyes Kaliyur, Purva Kantawala, Mahir Kota, Ananth Kumar, Davina Le, Brian Lee, Michelle Lee, Sophia Li, Andrew Lin, Anish Maddipoti, Anirudh Margam, Anaita Merchant, Adam Morris, Anurima Mummaneni, Saavan Myneni, Emily Nguyen, Brandon Qin, Devin Qu, Harsha Rajesh, Ajit Ramamohan, Anusha Saha, Mihir Shah, Riya Shah, Rehana Shaik, Daniel Shi, Daniel Sialm, Berea Suen, Sydney Thornborrow, Sindhuja Uppuluri, Jasmine Wang, Benjamin Willingham, Erika Yao, Melody Yin, Jeffrey You, Alice Zhang, Yucheng Zhang, Joyce Zhuang

Finalists will be announced in Feb. 2020. Scholarship winners will be announced beginning in April 2020.

Turkey Trot



On Thursday, Nov. 28, some 20,000 runners will gather at the Long Center for the annual ThunderCloud Subs Turkey Trot. Registrants can participate in one of several races: a timed five-mile run, an untimed five-mile run, a one-mile walk, or the Stepping Stone School Kids K. The family-friendly event also features live music, children's activities, a raffle, and runner prizes.

Every year, one hundred percent of the proceeds from the run go to Caritas of Austin, a local nonprofit dedicated to preventing and ending homelessness. Caritas builds well-being by making sure that people have a safe home, access to healthy groceries, jobs that provide a reliable living wage, and educational opportunities to learn life skills. Nearly \$3.8 million has been raised for Caritas since the Trot's inception in 1991, with a record \$350,000 raised in 2018.

Participants can help raise money for Caritas by registering for the event or by entering the 2019 ThunderCloud Subs Turkey Trot raffle for a chance to win a new Honda Accord Sedan EX CVT courtesy of First Texas Honda, among other prizes. The raffle is open to the public, and participants do not have to register for the race or be present to win.

The Trot is made possible by the efforts of over 600 volunteers each year. Volunteer opportunities are available from Nov. 23-28 for both individuals and groups, and include options for check-in and registration, t-shirt distribution, water stops, and event management. Sign-ups are open online.

Early bird registration, which includes a t-shirt and a run guide, is \$27 for the untimed five-mile run; \$32 for the timed five-mile run; \$22 for the one-mile walk; and \$12 for the Stepping Stone School Kid's K. Registration fees increase on Nov. 13. To register, visit www.thundercloud.com/register.

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STILL ENROLLING FOR WINTER BREAK CAMPS

Girls Empowerment

Girls Empowerment Network welcomes its 2019 featured speakers Aisha Thomas of San Antonio and April Bowman of Dallas to reinforce a powerful message for girls, BELIEVE IT & BE IT, at its 12th annual WE ARE GIRLS AUSTIN on Sat., Nov. 16, 2019 from 9 a.m. to 3 p.m. Doors open 8 a.m. at Anderson High School located at 8403 Mesa Dr. in Austin. This year's honorary chair is Dr. Collette Pierce Burnette.

"We Are Girls is an incredible day of education and self-discovery for girls," says Julia Cuba Lewis, MSW, Executive Director, Girls

Empowerment Network. "Girls walk through the doors and they learn that they are in charge of their day, choosing sessions where they can learn how to believe in their ability to succeed. We see many girls who open up their hearts to their moms who attended with them, transforming themselves and expanding their own views of what they believe is possible for themselves and for their relationships."

WE ARE GIRLS is designed especially for girls in grades 3 through 8 and the adults who care about them. Its 2019 theme is BELIEVE IT & BE IT with inspiring speakers and dozens of activities and workshops covering everything from creativity, entrepreneurship, and goal-setting to body image, bullying, and healthy relationships. Conference organizers recruit experts from areas including arts, education, social/emotional learning, health and wellness, dance, parenting, counseling, technology and entrepreneurship.

Tickets to WE ARE GIRLS AUSTIN are \$30 and are available for purchase at the event and online at www.wearegirlsAustin.eventbrite.com. Scholarships are available. Admission includes lunch, GIRLSFair, supplies, goodie bag, access to all Featured Conference Speaker's presentations, breakout workshops, and resource fair.



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Registration opens November 16th!
For more info: www.between-the-pages.org/camp

SAVE the DATE!
 Sunday, February 23
 Noon to 4 p.m.
 Palmer Events Center

SUMMER CAMP FAIR

Grab a sneak peek at the best 2020 Summer Camps before summer even arrives!

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Family Nature Day

Join Travis Audubon for a morning of nature-filled activities on Sat., Nov. 16, from 10 a.m. to noon at Blair Woods Sanctuary. Enjoy a fascinating presentation by Sky Kings Falconry featuring majestic live birds of prey at 11:30 a.m. Other activities include guided nature walks and crafts led by volunteers. Family Nature Day is free and open to the public. Plus, snacks and water will be provided. The sanctuary is located at 5401 E. Martin Luther King Jr. Blvd. For questions, email caley@travisaudubon.org.



Feast of Sharing

The H-E-B Feast of Sharing event in Austin will take place at the Palmer Events Center located at 900 Barton Springs Rd. on Tuesday, Nov. 26 from 4-8 p.m. The H-E-B Feast of Sharing is a series of festive gatherings that include more than 250,000 meals served during 33 dinners throughout Texas and Mexico. Filled with food, music, kids' activities, and good cheer, these free holiday feasts bring together family, friends and neighbors. Launched in 1989, the H-E-B Feast of Sharing invites everyone to their holiday dinner table. This initiative is part of H-E-B's Food Bank Assistance Program, which works year-round to prevent hunger. Kids ages 14 years and up are eligible to volunteer with an accompanying adult. For more information, contact Tamra Jones at jones.tamra@heb.com.



BY JENNIFER HILL ROBENALT

Wide Open Spaces

One of the best ways to cultivate gratitude is to seek out wide open spaces. Marveling at the vastness of the star-filled sky, an expansive view, or a wide river can create a unique sense of wonder that only the natural world can provide. Here are just a few places that may offer a new perspective on what to be grateful for.

Mount Bonnell



If you long for a new perspective, visit what is considered the highest point in Austin. At 775 feet, Mount Bonnell is a beloved spot designed to inspire and invigorate with magnificent open views. You'll see downtown Austin and the Pennybacker Bridge on 360 in the distance, with the majestic Colorado River taking a star role. Located in Covert Park, admission and parking is free. Plus, it's open to the public every day until 10 p.m. You don't need to be a pro climber or fitness fanatic to take advantage of the surroundings. But you will still have to climb 102 steps. Then... breathe. The trip to the top may take around 15-20 minutes at a somewhat leisurely pace. Mount Bonnell is a popular place to take pictures, bring kids and dogs, and marvel at natural surroundings and city markers. You may even see a marriage proposal. It happens. To get there from Mopac, go west on 35th Street for about a mile until you hit Mount Bonnell Rd. So, take a gratitude journal, pack some snacks and water, and contemplate everything that our beautiful city has to offer.

UT Star Parties

What better way to feel a deep sense of gratitude than to gaze at the cosmos? Every Wednesday night from 8 - 10 p.m. while UT is in session, the astronomy department sponsors free public star parties on the top roof of the Physics, Math, and Astronomy Building, also known as Robert Lee Moore Hall. Attendees have the chance to look through a modern telescope and explore the night skies in a completely new way. An astronomy staff member or student are always on hand run the telescope, explain what you're seeing, and to answer questions. Kids are welcome but should be attended by an adult at all times. As with everything on the 40 acres, it's a bit tricky managing the parking situation if it's your first time. But a quick visit to their site will give you all the information you need, including directions to the right location. There are two telescopes! The second one is located in Painter Hall and open to the public for viewing on Friday and Saturday nights. Also, you may want to note that there won't be a star party or viewings during Thanksgiving week. So, boldly go and explore the night skies. For more information, visit <http://outreach.as.utexas.edu/public/parties.html>.



Lady Bird Lake



November is an ideal time to take to the water in a kayak or stand-up paddleboard. The waterways are less crowded, and the trees lining the river are beginning to change color. A unique thing happens when you're paddling in calm waters. Your breath begins to synch up with the rhythm of your rowing, and you begin to relax into the wide open spaces all around you. There are plenty of options for planning a day on the water. The Rowing Dock, located at 2418 Stratford Drive, is a great option west of Mopac. Going left will lead you toward Red Bud Island. If you prefer an entrance on the east side, check out Live Love Paddle at 1610 East Riverside Dr. where paddlers can circle an island, explore a cove, or head toward the Congress Ave. Bridge. Most docks have comparable rates and rental protocols, so shop around. Once you've settled on where you'd like to start, slide into your preferred mode of travel: kayak, canoe, paddleboard. When on the water, paying attention to every part of your surroundings not only ensures safety, it helps you to be more present and notice the profound beauty of the natural world. You may even make friends with a great blue heron, a red-eared slider turtle, or an American coot. Now, that's something to be thankful for.



Bellamy, Cyndi, Lyla, Trae,
and Nixon Schultz

Premature Loss: How the Schultz Family Transformed Tragedy Into Hope

BY TONYA KERR

PHOTOS BY JENNY DAVIS
PHOTOGRAPHY

As moms, we know to trust our gut. It's that uneasy feeling, the hairs on the back of our necks, or maybe an urge to ask just a few more questions. But what if there are no answers to those questions?

First-time mom, Cyndi Schultz, knew something was wrong as she decorated the nursery for her twin boys who weren't due for another four months. Cyndi was quick to follow her doctor's instructions to "drink some water, get off her feet, and take it easy" for the rest of the day. But when she spotted blood, her husband Trae agreed to meet her at the doctor's office, and Cyndi was admitted to the hospital immediately.

After a whirlwind of tests and explanations, she still couldn't process the words from her doctors. Cyndi remembers, "I heard talking but nothing made sense. I was only 23 weeks. How was I dilated? Was it pre-term labor? Was my cervix giving way? Within two and a half hours, my son Sawyer was born en caul, and Tristan followed nine minutes later." (An

"en caul" birth is when the baby is born still inside an entirely intact birth sac.)

Cyndi says the doctors were as shocked as anyone. "There were no warning signs. My regular check-up the week before was perfect. But as my babies grew, my cervix couldn't sustain their weight. I've since learned that less than one percent of women give birth prematurely due to an Incompetent Cervix, like mine. There were no answers when I asked why."

Even more heartbreaking news followed. Sawyer and Tristan fought hard to survive, but as "Micro Preemies" born in 2013, medical science couldn't save them. "The text my husband dreamed of sending 'Mom and babies are doing great' was replaced by words like 'get here fast' and 'babies in NICU,'" said Cyndi. "Trae and I were able to hold them, sing 'Eyes of Texas' to them daily (the only song Trae seemed to know the words to), feed them my milk, and even change their tiny diapers where we learned that no baby, not even my

23-week-old son likes to have his diaper changed. We were given a miraculous six days with our sons before they got too sick and we had to let them go.”

Cyndi says that precious time with Sawyer and Tristan wouldn't have been possible a decade earlier. “When I think of all the women before me who never got that precious time with their babies... maybe my great grandmothers.”

The grief and confusion Cyndi felt those next few months was followed by purpose at the Austin chapter of the March of Dimes (MOD). “I walked into the MOD office, and they greeted me with ‘Hi Tristan and Sawyer’s mom!’ I knew I was understood.”

Cyndi dug in with MOD friends and colleagues in support groups and fundraising, and everyone celebrated with Cyndi and Trae with the subsequent births of their three daughters, twins Lyla and Nixon (born exactly one year and three weeks after Sawyer and Tristan) and Bellamy, their youngest, in 2014.

Today, the Schultz family continues to honor the memory of the boys as Austin’s 2019 March of Dimes Ambassador Family, sharing Sawyer and Tristan’s story throughout the year. Cyndi says, “I will always be mom to my five kids, and my hope is that 20 years from now, when my babies are having babies- make that 30 years maybe- is that there will be answers. Being a mom is the greatest gift ever, and this allows me to give a little back.”

Tonya Kerr is a mom of three girls and a former KXAN news anchor in Austin. She currently freelance produces for ABC Good Morning America and enjoys writing for various family publications nationwide.



March of Dimes Austin

Premature births take a devastating toll on Texas families with a heavy financial burden on our health system.

- 1 in 10 babies in Texas are born premature
- Prematurity is the leading cause of death for children under 5
- Prematurity is a leading cause of lasting childhood disabilities
- It is estimated that the societal and economic costs of pre-term birth is \$26.2 billion annually

The 2019 March of Dimes Signature Chefs Auction, featuring the Schultz Ambassador Family, is an event to support healthy moms and strong babies. Austin’s top culinary chefs donate their talents to create tastings for the savviest “foodies.” Enjoy the tastes of Austin, dancing, and an auction as you support the research, advocacy, and resources for the March of Dimes’ Austin chapter.

Thursday November 7, 2019
The Fairmont Hotel, Austin

Tickets are still available at
www.signaturechefs.marchofdimes.org.



Bellamy, Cyndi, Nixon, Trae, and Lyla Schultz

Three Ways to Cultivate an Attitude of Gratitude

BY RENÉE PETERSON TRUDEAU

ILLUSTRATIONS BY FRITZ ROBENALT

Growing up, my overachieving family placed a high value on competency. "Often this translated into a mindset critical of one's self and others, where we frequently saw the bad before the good.

This way of being, like all patterns, became habitual for me and my siblings. And as the oldest of seven and my father's daughter, I became a champion of "Let's make it the best!" A tendency I've been unraveling for years.

When you walk into a room and see your child working on a science project, observe your partner cooking dinner at the end of a long day, or receive an email update about a work project, do you immediately see what's going "right" or look for what's going "wrong"?

Cultivating a gratitude practice has helped me to shift my perspective and see the gifts in any situation; even those that look like they've gone horribly astray. An attitude of gratitude doesn't come naturally to us. It was something I had to learn, to bring my attention and focus to, and to practice, practice, practice. I chose to do so because I know from my colleagues in the field of positive psychology and from first-hand experience, it's one of the fastest ways to

feel good. And it helps those around us feel good, too.

I witnessed this recently while leading a women's self-renewal retreat at a large wellness center on the east coast. It was a Saturday afternoon. The retreat was half over, and I could sense some of the women experiencing a contrast between the amazing connection they were feeling at the retreat and how this compared to life at home. So, we hit the pause button and took a few minutes for gratitude sharing.



We went around the circle of fifty and heard, "I love the smell of vegetable soup cooking on the stove," "I appreciate it when my husband brings me coffee in the morning," "I adore cuddling with my daughter under our favorite fuzzy blanket," "I am so grateful I get to grow, pick and eat tomatoes with my son," and "I relish receiving big bear hugs from my partner at the end of the day."

In just a short period of time, the energy of the entire group had shifted. I could feel it; we all could. It was as if someone had poured liquid sunshine over the top of our heads. We were smiling, connected, heart-centered, and happy.

Some of the ways my family actively cultivates an attitude of gratitude include:

Communicating from our hearts, rather than our heads: Analytical criticism shuts others down, while gratitude and loving kindness makes us feel more open and appreciative of one another.

Faking it until we feel it: When we're stuck, grumpy, or feeling irritable, one of us challenges the others to share one thing we're grateful for and we continue this "round robin" style until we're freely sharing all the things we have to celebrate. It may feel corny at first but try it. It works every time, I promise.



“Voicing what we're grateful for heightens our mood, shifts and broadens our perspective, and supports us in remembering what really matters.”

Spreading the gratitude virus: Expressing gratitude is contagious. We feed off one another. It's like dropping a pebble in a pond. Being thankful begets thankfulness: at home, at work, at school, during carpool, on conference calls, and waiting in line at the grocery store.

5 Self-Care Strategies for Your Toughest Days

We asked Renee to reflect on her experience over the last 20 years helping people release stress and enhance well-being. Here are her top five self-care practices to help you “feel good fast,” even on your toughest days:

Get grateful. Voicing what we're grateful for heightens our mood, floods our body with endorphins, shifts and broadens how we see the world, and supports us in remembering what really matters. Try starting each day with a gratitude bomb; before you even step out of bed, give thanks, and then get your friends and family to voice what they appreciate.

Do less. Navigating uncertain times requires more space to breathe, feel, digest, and discern. We need time to just be so we can integrate what's happening around us and re-calibrate. Say no; overdoing is depleting. Give yourself full permission to do less.

Go outside. Time in nature—the ultimate antidepressant—positively affects our physical, mental, and emotional well-being. It reduces stress, enhances our mood, helps us to “reset,” promotes creativity and problem solving, and supports work/life balance. Plant your bare feet on the ground, lie on a blanket in your backyard or have lunch under a tree. Change your environment, change your thoughts.

Move your body and breathe. Ever heard the phrase, “The issues are in the tissues”? Conscious movement gets us out of our heads and into the present moment. Yoga, qi gong, NIA, and walking are particularly fortifying. Try this detoxifying breathing exercise (through your nose, mouth closed): breathe in for three, hold for three, breathe out for three. Repeat ten times.

Ask for help. Cultivating the ability to ask for and receive support—whether it's from a coach, therapist, mentor, neighbor, or co-worker—helps you feel more connected, calm, and confident when facing tough times. Learning this skill can be life changing!



Voicing what we're grateful for heightens our mood, shifts and broadens our perspective, and supports us in remembering what really matters. It's a gift that can be accessed anytime, anywhere. Not just on Turkey Day.

Renée Peterson Trudeau is an award-winning transformational coach, speaker, and teacher. She lives with her husband and teenage son in Austin, TX. For more information, visit www.ReneeTrudeau.com.



THE Learning Curve

ALISON BOGLE

Bogle is an Austin-based freelance writer and mom of three.

The Truth About Childhood Mental Disorders

According to the Centers for Disease Control and Prevention (CDC), mental disorders among children are described as “serious changes in the way children typically learn, behave or handle their emotions, causing distress and problems getting through the day.” Media outlets have sounded the alarm that childhood mental disorders are on the rise, but families often still struggle to know what signs to watch for, and how to help a child who might be experiencing a mental health issue.

The term “mental disorder” encompasses a wide range of manifestations, including diagnoses of attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder, anxiety, and depression. The CDC uses surveys, like the National Survey of

Children’s Health, to understand the prevalence of mental disorders among children. According to the CDC, one in six children aged 2-8 years, has a mental, behavioral, or developmental disorder.

ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children; and rates and types of mental disorders tend to vary by age. Behavior problems are more common among children aged 6-11 years, and diagnoses of depression and anxiety increase with children’s age.

Early diagnosis can make a real difference in treatment outcomes. I spoke with researcher and psychiatrist, Jeffrey D. Shahidullah, PhD, to learn what advice he would give to families seeking help. Dr. Shahidullah splits his time between two roles: assistant professor in the Department of Psychiatry at the University of Texas at Austin’s Dell Medical School, where he conducts research on childhood mental health, and pediatric psychologist with the Texas Child Study Center at Dell Children’s Medical Center, where he works with children of all ages.

“Mental health issues like anxiety and depression are becoming more prevalent than ever before,” said Dr. Shahidullah. He believes that there are several factors contributing towards this increase: greater school workloads, overloaded extracurricular calendars, concerns about college, social pressures, and technology, including the use of social media.

Dr. Shahidullah especially sees the effects of technology and social media on today’s adolescents. With social media, there is a “constant upward comparison where you’re comparing yourself to the best of other people’s lives. Companies are also financially invested in getting one more click out of young people,” commented Dr. Shahidullah. “If you have a child with learning, attention, or chronic health issues, then the effects of stress and social media pressures can be heightened.”

What are warning signs that indicate that a child may be struggling and could benefit from intervention? In general, if a child’s behavior or mood persists for a few weeks or longer, causes distress for the child or

family, and affects the daily school, home or social life, it is worth seeking help. If the child is engaging in unsafe behavior, or if he or she talks about self-harm or harming others, then seek help immediately.

A good first step is to consult your child's pediatrician. Be prepared to describe the worrisome behavior. It may also be helpful to talk with your child's teacher in advance, so that you can share the teacher's observations. It can sometimes be hard to tell if challenging behaviors and emotions are part of typical child development, or if they are actually problematic. It is better to err on the side of caution, and your pediatrician should welcome the opportunity to discuss your concerns with you.

If warranted, the pediatrician can make a recommendation for a behavioral health provider, such as a psychologist, who has experience in working with children. Dr. Shahidullah points out that "working with a psychologist can be extremely helpful, as families often need support in relating to their environments in new and different ways." Treatment can include medication, therapy, or a combination of the two.

There are things that parents can do to protect their children from excessive emotional and mental stress:

1. Ensure that children get adequate rest and avoid overscheduling extracurriculars.
2. Set healthy technology limits. Screens and phones should be put away at least an hour before bedtime and should not be kept in children's rooms.
3. Make a practice of having regular, open and honest conversations, allowing your child to discuss issues without fear of punishment.
4. Schedule family fun time. Regularly connecting with parents and siblings in a light-hearted way helps with family bonding and can reduce stress for all family members.

5. Connect over family dinner as often as possible. Make mealtime a time for sharing ideas and easy conversation, not for correction.
6. Reduce achievement pressure. Instead of asking about grades or scores, ask about the process. "What meaning did you get from this? Are you enjoying this activity?"

Parents are their children's best mental health advocates. If you suspect that your child is struggling, seek help. There are resources available to help the entire family, and the sooner your child gets help, the sooner they can begin on a path to health and wellness.

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Palmer Events Center

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Nov. 25 – 28, Dec. 20 – Jan. 6

(closed Christmas Eve and Day)

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www.playlandskatecenter.net



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(Formerly Catch Air)

Nov. 29th

10 a.m. – 12 p.m. at Round Rock

5 p.m. – 7 p.m. at Anderson Mill

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Anderson Mill

13450 N. Hwy 183, Ste. 107

512-697-8800

Round Rock

1401 S. Interstate 35 Hwy #130

737-444-2992

www.playmazing.fun

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winter camps

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Nov. 25 – 26, Dec. 30 – 31, Jan. 2, 3, 6, 7

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Ages 3 - 10

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www.jump-austin.com



CODE GALAXY WINTER CAMPS

Dec. 23, 26, 27, 30, Jan. 2 - 3

Code Galaxy (formerly Launch Code After School) is offering Winter Break Day Camps in Robotics, App Development, Hacking Minecraft, and Junior Coding! Check out camp descriptions online at thecodegalaxy.com/camps/winter-camp.

Ages 5 - 14

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807 Rio Grande St., Austin

512-337-6624

www.thecodegalaxy.com



CORDOVAN ART SCHOOL'S FALL & WINTER ART CAMPS

Nov. 25 – 27, Dec. and Jan. vary depending on location. Check website.

Cordovan is celebrating 10 years of creating artists! Our faculty of skilled artists and educators inspires creativity in painting, drawing, 3D art, watercolor, and other media. Enroll in a camp today!

Ages 5 - 12

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8108 Mesa Dr., #B-102, Austin

816 S. Main St., Georgetown

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512-275-4040 – Round Rock & Georgetown

737-300-1200

www.cordovanartschool.com



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Ages 5 - 13

6900 Escarpment Blvd., Austin

13120 US Hwy 183 N, Austin

512-288-8220, 512-331-1441

www.countryhomelearningcenter.com

FANTASTIC MAGIC CAMP WINTER CAMP

Dec. 30 – Jan. 3

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Ages 5 - 12

Woodrow Ave, Austin

512-988-3045

www.magiccamp.com



KIDSACTING

Nov. 25 - 27

Annie

Dec. 23, 24, 27, 27

Sound of Music

Dec 30 - Jan 3

Wizard of Oz

When School is OUT, we are IN with fun-filled camps! Sing, dance, act, play theatre games, enjoy face painting, and have a blast with crafts and the performing arts!

Ages 5 - 12

Center Theatre Stage, 2826 Real St., Austin

512-836-5437

www.kidsactingstudio.com

RIO VISTA FARM WINTER BREAK CAMP

Session I: Dec. 23, 24, 26, 27

Session II: Dec. 30, 31, Jan. 2, 3, 9

Instruction in English riding lessons and horse care. Campers leave with a respect for the hard work, dedication, and fun involved in working with horses. With van service from Westlake Hills, Rio Vista is located 10 miles from downtown Austin. Camps run from 9 a.m. to 3:30 p.m.

van fee.

Ages 7 - 16

10000 Fallwell Ln., Del Valle

512-247-2303

www.riovistafarm.net





STEPPING STONE SCHOOLS — AT THE MOVIES

Dec. 23 – Jan. 3

This Winter Break we will be investigating the many types of movies as well as the history of cinema. Each day, the children will discover a different type of movie through a variety of cooking, art, science, math, and literacy activities. From animation and westerns, to musicals and silent film, the campers will discover what makes each genre unique as well as the similarities all types of cinema share. Join us this winter break at The Brainery™ as we take this trip into one of the most diverse and exciting forms of entertainment!

Ages 5 - 13

Locations may vary. Families can talk to their campus principal for more information.

512-459-0258

www.stepsstoneschool.com

SWITCH WILLO HOLIDAY CAMP

Dec. 26 to Jan. 1

Teaching all skill levels with daily riding instruction, horse care lessons, proper barn safety and etiquette, horse shows, arts and crafts. The camp culminates with a horse show and ribbon ceremony so parents can see what their children have learned and accomplished. Hours are 9 a.m. to 4 p.m., with an option to extend to 8 a.m. to 5 p.m.

Ages 6 - 13

4829 Switch Willo, Austin

512-920-0554

www.switchwillostable.com

YMCA OF AUSTIN HOLIDAY CAMP — AMAZING RACE: WINTER EDITION

Dec. 23, 26, 27, 1st week

Dec. 30, Jan. 2-3, 2nd week

Join us this winter break from Hays all the way to Round Rock on this AMAZING RACE: WINTER EDITION! From team building to minute to win it, your camper will “race” around the world’s mountain ranges engaging in different challenges facilitated by our amazing staff who will be the tour guides throughout this adventure!

Ages 5 - 12

Locations in Hays, South Austin, East Austin, North Austin and Manor

512-236-9622

www.austinyymca.org/programs/holiday-camps

summer camp only

CAMP HALF-BLOOD SUMMER 2020

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Ages 9 - 18

5214 Burleson Rd Suite 204, Austin

www.between-the-pages.org/camp



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Separate locations for boys and girls with the same dates and rates. Located on the Guadalupe River near Kerrville. Family-style dining, great food. Character building, worldwide enrollment, friendly! Instruction-oriented, 40+ fun activities. Family owned, operated. We grow kids better!

Ages 6 - 16

2430 Highway 39, Hunt, TX - girls

612 FM 1340, Hunt, TX - boys

830-238-4650 - girls

830-238-4670 - boys

www.hohcamp.com

www.campstewart.com

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BETTY RICHARDSON

Richardson, PhD, RNC, LPC, LMFT, is an Austin-based psychotherapist.

How to Foster Gratitude in Children

Q Our two kids are ages seven and 12, and they want so many things. They see something a friend or classmate has, and they want it. They see something on TV, and they want it. My husband gives them everything they ask for, and even some expensive items they don't ask for. They don't thank him or care for their belongings. I'm worried our kids will go through life wanting us to continue to provide everything for them, with nothing in return. How can we get our children to be grateful and loving kids?

A. Most of the time when you want your children (or anyone else) to change it means you must change first. You and your husband are your children's role models. You need to model gratitude and to guide your children to do activities that support an attitude of gratefulness. Our kids haven't had to walk a mile to get water, like people in other parts of the world. They have ready access to food, water, shelter, and education. And there is no end of stuff to get. Let me assure you that in a life of plenty, kids can learn to be grateful. Here are some suggestions:

1. Keep the talk going about things you are grateful for. At meals or at bedtime have everyone name a few things they are grateful for. Keep a family notebook where everyone can write down something for which they are grateful every day. Some children like having their own gratitude journal. You could also ask your children to e-mail you daily about

what they are grateful for. If they're stuck, offer suggestions like clean air to breathe; good friends to spend time with; or a warm home.

2. Encourage thank you notes for gifts. This reminds the child that gifts come from people who care and don't just magically appear. What if a child doesn't like a gift? Encourage them to say "thank you" anyway. I've stopped giving gifts to people who don't acknowledge my gifts in some way such as a phone call, letter, e-mail, or text. I do make a few exceptions for people dealing with grief or serious illness.

3. Tell your kids "thank you" and tell them why you are grateful to have them as your children. Saying "thank you" and "good job" is not necessary for every small thing a child does because it soon loses its impact. Instead of saying "Good job! You picked up a paper clip," you could say "Thank you for picking up. I like when you help." You can also tell your kids you're grateful for their smiles, their enthusiasm, their sticking to a task, or other important good behavior.

4. Have your children earn some of the money for something they want. Earning money helps children realize what others do for them. For example, I had to earn part of the money for a bicycle I got for Christmas in about 3rd grade. I knew my Dad had to work hard, like I did, to get the money. I bought a combination lock, and to this day I can tell you what the combination was. That bicycle was a prized, well-cared for, and well-loved possession.

5. Encourage your children to do good deeds.

Take the children with you to volunteer helping others. Some families build their holidays around volunteering and gift giving for families in need. Volunteering builds empathy and gratefulness. When volunteering, people are able to witness the gratitude of those in need, which is powerful.

6. Be on alert for teachable moments. If your child notices someone who doesn't have money for lunch or only has two changes of clothes, take time to talk about what is important. Encourage kids to make friends based on common interests, not just based on similar income brackets. Talk about how some children and families will always have more, and some will have much less.

7. Have a talk with your husband about not giving the children everything they ask for. A study by Dr. Robert A. Emmons at the University of California, Davis found that experiencing gratitude can increase happiness levels by around twenty-five percent. He found that people who practice gratitude have better self-esteem, empathy, and optimism. It's also been found in studies that kids who practice gratitude have more positive attitudes around school and family. Help your husband realize the negative impact of indulging children's wishes for new things.

I hope I've convinced you to start some gratitude work in your family immediately. The holiday season is a perfect time to begin.



LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer who splits her time between Austin and Seattle.

Don't Make Grandma Sick: Food Safety for Thanksgiving

You may have already started planning your holiday season cooking for friends and family. But have you thought about ways to minimize harmful germs that can get into food? Poor knowledge of safe food preparation, serving, and storage can result in food borne illness. Each year about 48 million people get sick from food contaminated by germs and 3,000 people die. Young children, older adults, and those with health issues are particularly at risk.

Safe Thawing

To thaw food safely, you need to plan ahead. Don't leave your frozen turkey on the counter overnight or try to thaw it in a sink of hot water. "Perishable foods should never be thawed on the counter or in hot water and must not be left at room temperature for more than two hours," cautions the USDA. Bacteria begins to grow when food temperature rises above about 40° F. The danger zone of rapid bacteria growth is between 40° F to 140° F. The USDA recommends thawing food in the refrigerator, in cold water, or in the microwave.

- **Refrigerator thawing.** Smaller quantities of frozen foods, such as a pound of hamburger meat, take at least a day to thaw in the refrigerator. A general guide is to allow 24 hours of thawing time in the refrigerator for every 5 pounds of weight. So, if you have a 15-pound turkey, you need to allow 3 days for it to thaw in the refrigerator. Once thawed, the meat will remain safe in the refrigerator for a day or two before cooking.
- **Cold water thawing.** This method is faster but requires more attention. The food to be thawed must be in a leak-proof container to avoid transfer of bacteria. Submerge the bag in cold (not hot or lukewarm) water. Change the water every 30 minutes. Estimate 30 minutes per pound for a whole turkey. As soon as the meat is thawed, you must cook it right away.
- **Microwave thawing.** You may also thaw food using the microwave's defrost setting. Be aware that the food will not thaw evenly, and some parts of it may

begin to cook. Food thawed in the microwave must be cooked immediately because portions of the food will be in the danger zone.

If you don't have time for any of these 3 thawing methods, you may safely cook frozen food. It will take about 50% longer than normal recommended times.

Safe Food Preparation

Avoid contaminating the food you are preparing with germs. Here are a few basics of safe food preparation:

- Don't cook when you are sick. Keep sick people away from food preparation areas.
- Wash your hands thoroughly before beginning to cook or if you do anything that reintroduces germs on your hands (such as going out to the garage to get the roasting pan, turning the thawing turkey over in a sink of water, or petting the dog).
- Sanitize your cooking surfaces before starting food preparation and after

preparing meat. Wipe with a simple disinfecting solution, such as 1 teaspoon of bleach to 1 quart of water.

- Use clean dish cloths or sponges and replace frequently.
- Use a separate cutting board for vegetables and meats. For example, don't cut up raw chicken on a wooden cutting board, wipe it off, then chop vegetables for the salad.
- Be careful to avoid cross contamination. For example, don't dry your hands on a dish towel and use the same towel to dry the dishes. If you wipe up chicken juices off the counter with a dish cloth, don't use that dish cloth to wipe or wash anything else. Use paper towels to help avoid cross contamination when cleaning up meat juices.
- Store meats in the refrigerator on the bottom shelf and other food on the shelves above. You don't want chicken juices dripping into the lettuce that you'll use in the salad.
- Use a food thermometer to make sure meat is cooked to a safe internal temperature. It is hard to tell by just looking. Turkey and chicken should be cooked to 165° F. Go to www.foodsafety.gov/food-safety-charts for safe minimum cooking temperature charts.

Safe Food Serving

Once food is cooked, you want to keep the food temperature out of the danger zone—below 40° F or above 140° F. The FDA encourages us to remember the Two-Hour Rule: Discard any perishable food that is left out at room temperature for more than 2 hours, unless you're keeping it hot (above 140° F) or cold (below 40° F). If the temperature where you are serving is above 90° F, then discard food in the danger zone after 1 hour.

Safe Food Storage

Refrigerated leftovers don't keep forever. Cooked chicken and turkey are only safe to eat for 3 to 4 days. Go to www.foodsafety.gov/food-safety-charts/cold-food-storage-charts for cold food storage charts.

Pro Tips

#1 Thawing

Don't thaw frozen food in your garage, basement, car, dishwasher, on your porch or patio, or in a plastic garbage bag. The USDA cautions that food thawed in these ways is unsafe to eat.

#2 The Two-Hour Rule

Discard perishable food that is left out at room temperature for more than two hours that hasn't been kept hot (above 140° F) or cold (below 40° F).



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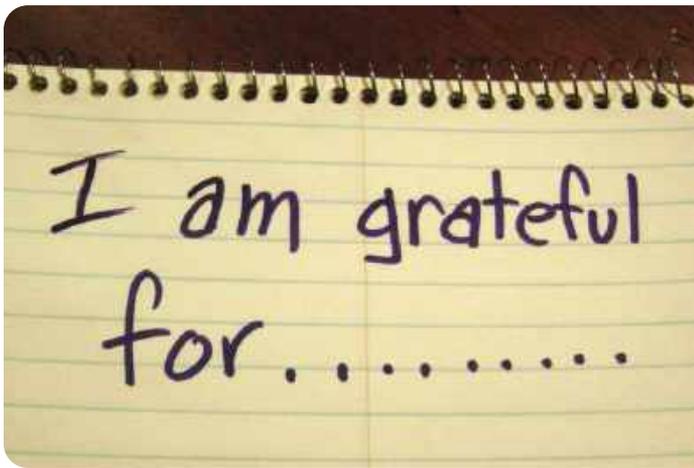
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MAKE THIS THANKSGIVING MEANINGFUL

BY SARAH LYONS

When we think of Thanksgiving Day, delicious food, football, and getting together with family and friends come to mind. The original purpose of Thanksgiving was to show gratitude and give thanks for a bountiful harvest. Now, as we celebrate Thanksgiving, it is easy to get caught up in distractions like football games, Black Friday shopping, and the quest for the perfect meal and table settings. We tend to forget all about stopping to give thanks for all of our blessings. Make this Thanksgiving meaningful by starting some family traditions that help everyone in the family stop and count their blessings.

Make a list

One way to remember your blessings is to acknowledge them. Go around the dinner table and have each person name something they are thankful for. This could be done each night at dinner during the month of November or for the week leading up to it. On Thanksgiving Day, have all your guests do the same. It is heartwarming to give thanks for the blessings we have. Looking for a more concrete idea? Have everyone write down or draw a picture of what they are thankful for. After everyone shares their paper, place them all in a three ring binder. Each year add to the binder and

reflect on all the blessings of the past.

“We do a Thankful Tree throughout November,” says Stephanie Loux, mom of three. “I draw a tree to tape on our pantry door and the kids cut out leaves from construction paper. Each night we all write one thing we are thankful for on a leaf and tape it to the tree. Kids can be grateful for a variety of things from butterflies to Elsa. We look forward to this tradition every year.”

Donate to charity

Christmas is right around the corner and many kids will receive new items as gifts. In anticipation, have the kids help clean



their closets and toy boxes and set aside items they no longer need. Donate gently used toys and clothing to a local charity or family in need. This process will not only reduce clutter around the house, but it will teach the kids to be generous to those that are less fortunate than they are. In the same spirit, talk with your kids about how some people may not have coats, hats, and gloves to keep them warm during the cold winter months. As a family, collect hats, coats, scarves, gloves, and blankets to donate to a homeless shelter. Gather items you may have in your home that you are no longer using and ask friends and family to do the same. Go to the store and have the kids pick out items they would like to give to another child their age.

Take a break

Have each family member take a break from a luxury they enjoy. Ideas may include dessert, manicures, coffee, soda, or a favorite video game or TV show. This exercise reminds us to be grateful for the luxuries that are otherwise taken for granted.

Family service project

Set aside time to do a service project as a family. Ideas may include cleaning up trash in a local park, raking a neighbor's leaves, working at a food pantry, purchasing items for a Thanksgiving meal and delivering them to a family in need, organizing a book drive for a local children's hospital, or adopting a family for the holidays. When you volunteer as a family, kids see you helping others and are more likely to continue serving as an adult. Serving in an area that your children are already interested in helps create excitement for the project. If your child loves singing, go caroling at a senior center. If your child loves to play at the park, plant flowers or pick up litter to help maintain its beauty. If they love crafts, make blankets for a homeless shelter. There are many possibilities for children of any age and skill level.



Bella was one of AFM Cover Kid 2019 winners.

Gather together

Encourage the kids to think of friends and neighbors who may not have anywhere to go on Thanksgiving and invite them to come over for dinner. Discuss the importance of hospitality and welcoming others into your home. If you are not hosting Thanksgiving, consider hosting a brunch the following day and opening your home to friends and family.

Little helpers

Thanksgiving dinner preparation is a lot of work. Having the kids help prepare dinner and clean up for company will teach them how much work really goes into preparing a large meal like Thanksgiving dinner. This

will teach them appreciation for the work that goes into a holiday meal and also encourages a good work ethic at a young age.

This Thanksgiving take time to remember what Thanksgiving really means. It's not about Black Friday deals or endless football. It's about giving thanks for what we have, sharing with and serving others, and celebrating with those we love.

Sarah Lyons is a mom of six, including 5-year-old triplets. Thanksgiving is her favorite holiday because it's a great time to reflect on blessings and enjoy family and friends.



Cómo fomentar la gratitud en los niños

P Nuestros dos hijos tienen entre siete y 12 años de edad y quieren muchas cosas. Ven algo que tiene un amigo o compañero de clase y lo quieren. Ven algo en la televisión y lo quieren. Mi esposo les da todo lo que piden, e incluso algunos artículos caros que no piden. No le agradecen ni se preocupan por sus pertenencias. Me preocupa que nuestros hijos pasen la vida queriendo que sigamos proporcionándoles todo, sin nada a cambio. ¿Cómo podemos lograr que nuestros hijos sean niños agradecidos y amorosos?

R. La mayoría de las veces, cuando usted quiere que sus hijos (o cualquier otra persona) cambien, significa que usted debe cambiar primero. Usted y su esposo son modelos a seguir de sus hijos. Necesita modelar la gratitud y guiar a sus hijos para que hagan actividades que apoyen una actitud de agradecimiento. Nuestros hijos no han tenido que caminar una milla para obtener agua, como las personas en otras partes del mundo. Tienen fácil acceso a alimentos, agua, vivienda y educación. Y hay un sin fin de cosas para conseguir. Permítame asegurarles que, en una vida de abundancia, los niños pueden aprender a ser agradecidos. Estas son algunas sugerencias:

1. Continúe hablando sobre las cosas por las que usted está agradecida. En las comidas o a la hora de acostarse, pídale a todos que mencionen algunas cosas por las que están agradecidos. Mantenga un cuaderno familiar donde todos puedan escribir algo por lo que

están agradecidos todos los días. A algunos niños les gusta tener su propio diario de gratitud. También podría pedirles a sus hijos que le envíe un correo electrónico todos los días indicándole por lo que están agradecidos. Si están atorados, ofrezca sugerencias como aire limpio para respirar; buenos amigos con quienes pasar el tiempo; o un hogar cálido.

2. Fomentar notas de agradecimiento por los regalos. Esto le recuerda al niño que los regalos provienen de personas que se preocupan y no solo aparecen mágicamente. ¿Qué pasa si a un niño no le gusta un regalo? Anímelos a decir “gracias” de todos modos. Yo he dejado de dar regalos a personas que no reconocen mis regalos de alguna manera, como una llamada telefónica, una carta, un correo electrónico o un mensaje de texto. Hago algunas excepciones para las personas que están lidiando con una pena o una enfermedad grave.

3. Dígalos a sus hijos “gracias” y dígalos por qué está agradecida de tenerlos como sus hijos. Decir “gracias” y “buen trabajo” no es necesario para cada pequeña cosa que hace un niño porque pronto pierde su impacto. En lugar de decir “¡Buen trabajo! Recogiste un clip de papel”, podría decir “Gracias por recogerlo. Me gusta cuando ayudas”. También puede decirles a sus hijos que está agradecida por sus sonrisas, su entusiasmo, su apego a una tarea u otro buen comportamiento importante.

4. Pídale a sus hijos que ganen parte del dinero por algo que quieren. Ganar dinero ayuda a los niños a darse cuenta de lo que



asuntos familiares

BETTY RICHARDSON

Richardson, PhD, RNC, LPC, LMFT, es una psicoterapeuta situada en Austin.

otros hacen por ellos. Por ejemplo, yo tuve que ganar parte del dinero por una bicicleta que recibí para Navidad en aproximadamente 3er grado. Sabía que mi papá tenía que trabajar duro, como yo, para juntar el dinero. Compré una cadena y candado de combinación, y hasta el día de hoy puedo decirles cuál era la combinación. Esa bicicleta era una posesión preciada, bien cuidada y muy querida.

5. Anime a sus hijos a hacer buenas obras. Lleve a los niños con usted a ser voluntarios para ayudar a los demás. Algunas familias construyen sus días festivos en torno al voluntariado y la entrega de regalos para las familias necesitadas. El voluntariado genera empatía y gratitud. Al ser voluntarios, las personas pueden presenciar la gratitud de los necesitados, lo cual es poderoso.

6. Esté alerta para los momentos de enseñanza. Si su hijo ve a alguien que no tiene dinero para almorzar o solo tiene dos cambios de ropa, tómese el tiempo para hablar sobre lo que es importante. Anime a los niños a hacer amigos basados en intereses comunes, no solo en base a niveles de ingresos similares. Hable acerca de cómo algunos niños y familias siempre tendrán más y algunos otros tendrán mucho menos.

7. Hable con su esposo sobre no darle a los niños todo lo que piden. Un estudio realizado por el Dr. Robert A. Emmons de la Universidad de California, Davis, descubrió que experimentar gratitud puede aumentar los niveles de felicidad en alrededor del veinticinco por ciento. Descubrió que las personas que practican la gratitud tienen una mejor autoestima, empatía y optimismo. También se ha encontrado en estudios que los niños que practican la gratitud tienen actitudes más positivas en la escuela y la familia. Ayude a su esposo a darse cuenta del impacto negativo de satisfacer los deseos de los niños de cosas nuevas.

Espero haberle convencido de comenzar la tarea de gratitud en su familia de inmediato. La temporada de festividades es un momento perfecto para comenzar.

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November

2019
calendar

On Stage

Rosita Y Conchita: a Día de los Muertos Play in English and Spanish. Oct. 12 to Nov. 2. Two sisters try to reunite on the Day of the Dead. Along the way, Rosita keeps getting lost, but she miraculously finds her way to Conchita through familiar sounds, sights, and smells. Kids of all ages will love the rhyming bilingual dialogue and touching images. Based on the award-winning children's book *Rosita y Conchita* by Erich Haeger and Eric González. Scottish Rite Theater. 207 W. 18th St. \$10 for kids and \$15 for adults. Children under 2 free. For performance times, visit scottishritetheater.org.

Jungalbook. Through Dec. 14. Adventure awaits in a jungle where danger lurks in every tree and only the brave dare to enter! This energetic and creative reimagining of the timeless tale propels the audience through a world ruled by the wild. ZACH Theatre, 202 S. Lamar Blvd. From \$19. tickets.zachtheatre.org or 512-476-0541.

Museum Exhibits

Medieval Monsters: Terrors, Aliens, Wonders. Through Jan. 12, 2020. From griffins and giants to demons and dragons, monsters have enthralled people throughout time. In medieval art and literature, these fanciful creatures give form to fears, curiosities, and fantasies of the unfamiliar and the unknown. Blanton Museum of Art, 200 E. Martin Luther King Jr. Blvd. blantonmuseum.org. Free with regular museum admission.

Cowboys in Space. Through Dec. 1. A journey through the history of Westerns in science fiction. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.org. Free with regular museum admission.

Motown: The Sound of Young America.

Through Jan. 2020. Explore the music, culture, and politics of 1960s soul and how it still influences us today. LBJ Presidential Library, 2313 Red River St. Adult admission is \$10. Youth admission (13-18) is \$3. Child admission (12 and under) is free. lbjlibrary.org or 512-721-0200.

Modernist Networks. Through Jan. 5, 2020. A rare opportunity to see letters, books, and manuscripts by Modernist writers such as T. S. Eliot, Stéphane Mallarmé, Virginia Woolf, Ernest Hemingway, James Joyce, Antoine de Saint-Exupéry, Joseph Conrad, and others from a private collection. Free. Harry Ransom Center, 300 West 21st St. hrc.utexas.edu or 512-471-8944.

Family Events

Fri 1

Living History Days. 10 a.m. to 1:30 p.m. You never know who you'll meet around the next corner! Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

Movies In The Morning. 10 a.m. to 12 p.m. Join us for light refreshments and a screening of *A Dog's Journey*. Cedar Park Public Library, 550 Discovery Blvd. FREE. cedarparktexas.gov. 512-401-5600.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, and dance. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. A local veterans arts festival, AVA Fest, will be running until Nov. 16 in AISD

Performing Arts Center, 1500 Barbara Jordan Blvd. FREE. avafest.org.

Musicale. 3 to 5 p.m. The Music Department is pleased to present student solo and ensemble performances. Southwestern University, 1001 E. University Ave. visit.georgetown.org.

First Friday at The Williamson Museum. 6 to 8 p.m. Come out to First Friday as the museum stays open late from 6 to 8 p.m. Williamson Museum, 716 S. Austin Ave. visit.georgetown.org.

Sat 2

Bulldog Dash. 7:30 a.m. This event is part of the The Schoolhouse Rocks Fall Series. Buda Elementary, 300 N. San Marcos St. runsignup.com/race/tx/buda/budaelementaryraces.

It's My Park Day - Fall 2019. 8 a.m. to 12 p.m. The biggest city-wide volunteer event for Austin parks. Austin Parks Foundation, 1023 Springdale Rd #4B. austinparks.org/impd.

2019 Austin Powwow and American Indian Heritage Festival. 9 a.m. to 9 p.m. Travis County Exposition Center, 7311 Decker Lane. austinpowwow.net.

Fossil Fest. 9 a.m. to 5 p.m. The Paleontological Society of Austin presents the 29th Annual Fossil Fest at Old Settlers Association Headquarters, 3300 E Palm Valley Blvd. \$2 - \$3. austinpaleo.org

Round Rock Area Pokemon Club. 9 to 10:30 a.m. Pokemon players, make new friends and share your love of Pokemon on Saturday mornings at Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

SUBMIT YOUR EVENT

Visit austinfamily.com and click "Submit your event." The deadline is the 5th of the month preceding the month of the event. If your event charges more than \$15, send details to kaye2003@austinfamily.com for approval.

Tea Rex Party. 10 a.m. to 12 p.m. Join us for a Tea Rex party to celebrate Dinovember. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Dia de los Muertos Art Smart 2019. 10:30 a.m. A family celebration to enjoy the Mexican tradition of Dia de los Muertos at Central Library, 710 W. César Chávez St. FREE.

Texas Arbor Day Celebration. 11 a.m. to 3 p.m. Join us in the park for educational sessions, tree plantings, lunch, and more! Elgin Memorial Park, 1127 N. Main Street. elgintx.com.

Community Block Party. 11 a.m. to 2 p.m. Free fun, food truck, face painter, balloon artist, music, and more. Pflugerville Dermatology, 302 N. Heatherwilde Blvd. FREE.

CATuesday at the Library. 11 a.m. to 2 p.m. Adopt your very own Pete the Cat! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

The Travis Heights Art Trail. 11 a.m. to 5 p.m. In its 17th year, this is an opportunity for the public to stroll through Travis Heights. 1403 Kenwood Ave. FREE. travisheightsartrail.org.

Board With Books. 1 to 4 p.m. All ages welcome. Do you love playing board games? Then come play! Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Discovery! @ Westbank. 1 to 3 p.m. The Discovery program offers hands-on exploring for young learners in many different topics. Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Saturday Movie Matinee. 2 p.m. PG, all ages welcome. Austin Public Library Windsor Park Branch, 5833 Westminister Dr. FREE. library.austintexas.gov.

Saturday Teens Art Club. 3 to 6 p.m. Ages 12-18. Downtowner Gallery, 231 East Main, Suite 160. roundrocktexas.gov. \$20 per class.

Dia de los Muertos Festival. 4 to 10 p.m. Round Rock Ballet Folklorico. 301 West Bagdad, Centennial Plaza. roundrocktexas.gov.

Inks Lake Star Party! Join Austin Astronomical Society and get up close and personal with our solar system! tpwd.state.tx.us.

Sun 3

Fossil Fest. 9 a.m. to 5 p.m. See Sat. 2 for details.

The Travis Heights Art Trail. 11 a.m. to 5 p.m. See Sat. 2 for details.

H-E-B Free First Sunday. 12 to 5 p.m. Enjoy FREE exhibition admission all day during Free First Sundays, held the first Sunday of every month at Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

Heritage House Open - First Sunday. 1 to 4 p.m. Visit the Heritage House Museum and learn about local history! Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Kids Chess Open Play. 1:30 to 3 p.m. See Sun. 3 for more details.

The Fantastic Kent Cummins - Celebrating 70 Years of Magic. 2 to 4 p.m. The Fantastic Kent Cummins 2 Amazing Shows Celebrating 70 Years of Magic! Austin Scottish Rite Theater, 207 W 18th St. \$8.58 - \$62.87. brownpapertickets.com.

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Chess Club. 4 to 5:30 p.m. Ages 5-18 Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

The Fantastic Kent Cummins - Celebrating 70 Years of Magic. 2 to 4 p.m. and 7 to 9 p.m. The Fantastic Kent Cummins 2 Amazing Shows Celebrating 70 Years of Magic! Austin Scottish Rite Theater, 207 W 18th St. \$8.58 - \$62.87. brownpapertickets.com.

Mon 4

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

American Mah Jongg. 1 p.m. All levels are welcome to play. Bring cards if you have them! Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

STEM Club. 3:30 to 4 p.m. STEM at the library offers opportunities for kids 5 to 8 to creatively explore science, technology, engineering, and math. Pflugerville Public Library, 1008 W. Pfluger Street. FREE. library.pflugervilletx.gov.

LEGO Lab (ages 5+). 4 to 5 p.m. LEGO free-play and WeDo 2.0 Robotics for ages 5+. Sign up for a Robot Kit starting at 3:30pm. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Free Play @ Laura's. 4 to 7 p.m. Make Mondays fun days! Meet up with your friends at the world's best play date. Laura Bush Community Library, 9411 Bee Cave Rd. FREE. westbanklibrary.com.

Rockin' Kids Club: LEGO(R) free-build (ages 5+). 4:30 to 5:30 p.m. It's LEGO® week at the Round Rock Public Library. Elementary students can come build and share. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Tue 5

Music & Movement @ Westbank. 10:30 to 11:30 a.m. Bring your little ones to stretch, sing, wiggle, and dance! Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Homeschool Happenings. 11 a.m. to 12 p.m. Enrichment activities and social time for homeschoolers of all ages. Georgetown Public Library, 402 W 8th St. visit.georgetown.org.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Homeschool Tweens: (ages 8-12). 2 to 3 p.m. Informal enrichment activities that explore reading, science and art. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Homeschool Teens. 2 to 3 p.m. The Homeschool Teen group meets once a week to socialize, play games, make crafts, and learn. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Teen Social Hour. 3 to 5 p.m. Tweens and teens ages 10-17 are invited to hang.

Coding with Scratch @ Laura's. 5 to 6 p.m. Join us as we collaborate and explore the possibilities of Scratch and Scratch Jr. Laura Bush Community Library, 9411 Bee Cave Rd. FREE. westbanklibrary.com.

Family Board Game Night. 5:30 p.m. Play our collection of modern and traditional family board games. Great fun for family and friends. Central Library, 710 W. Cesar Chavez. FREE.

library.austintexas.gov.

Board With Books. 6 to 8:45 p.m. Do you love playing board games? Then come play! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Wed 6

Sprouts. 10 to 11 a.m. Bring your little wildflowers to the Lady Bird Johnson Wildflower Center for our weekly preschool program (ages 3-5). 4801 La Crosse Ave. wildflower.org.

Homeschool Social. 11:30 a.m. Recommended for ages 5 and up. The Carver Branch invites all families who homeschool to the Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Lego Lab. 3 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Crafternoon. 3 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wlibrary.org.

Thu 7

Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance, and play. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Let's All Play - Board Game Day! 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Teen Social Hour. 3 to 5 p.m. See Tues. 5 for details.

Kids Crafternoon. 3:30 to 4 p.m. Fun activities that encompass a variety of art forms. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Explorers Club (Crafty Kids). 3:30 to 4 p.m. Each Thursday, kids in grades K-3 will meet at 3:30 p.m. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600

Chess Club. 4 to 5 p.m. Come join the St. John's Chess Club! Learn to play or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Starry Nights. 5:30 to 7 p.m. Featuring Native American Mythology Star Shows. Girlstart, 1400 W. Anderson Ln. FREE. girlstart.org. 512-916-4776.

S'mores in the Park. 6 to 8 p.m. The award-winning S'mores in the Park is back for another year. Elgin Memorial Park, 1127 N Main Street. elgintx.com.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. Austin's signature fall event is back! Waller Creek, 700 E 9th St. FREE. waterlogreenway.org/creek-show-2019.

Practiquemos Español. 7 p.m. Fine-tune your Spanish conversation. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Movie Under The Stars. 7 p.m. Navigator, PG, a 1978 Disney adventure for entire family. Hill Country Galleria, 12700 Hill Country Blvd. FREE. hillcountrygalleria.com.



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Fri 8

Play Group for All Abilities. 9:30 to 11 a.m.
Ages 0-3. Easterseals, 8505 Cross Park Dr.
eventbrite.com.

Early Literacy Playgroup. 11 a.m.
Recommended for ages 3-5. Playing is
learning! North Village Branch, 2505 Steck
Ave. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to
5 p.m. See Fri. 1 for details.

Perler Beads. 3 p.m. Perler Bead Palooza.
Make amazing pixelated creations using
fusible beads. St. John Branch, 7500 Blessing
Ave. FREE. library.austintexas.gov.

Lego Lab. 3:30 p.m. Recommended for ages
5 and up. With Legos, you can build anything
you can imagine. Manchaca Road Branch,
5500 Manchaca Rd. 512-974-8700. FREE.
library.austintexas.gov.

Waterloo Greenway's Creek Show 2019.
6 to 10 p.m. See Thur. 7 for details.

Teen Showcase. 7:30 p.m. Our fabulous
teens take the stage to create amazingly
awesome scenes out of nothing. Hideout

Theatre, 617 Congress Ave. \$10.
hideouttheatre.com. 512-443-3688.

Sat 9

Pie Run. 8 a.m. This event is part of The
Schoolhouse Rocks Fall Series. Laura B.
Wallace Middle School, 1500 W. Center St.,
Kyle. haysisd.net

Round Rock Area Pokemon Club. 9 to
10:30 a.m. See Sat. 2 for details.

PopUP Art Show and Art Walk. 10 a.m. to
3 p.m. Prete Main Street Plaza, 221 East Main
Street. roundrocktexas.gov.

Cedar Park Veteran's Ceremony 2019.
10 a.m. to 12:30 p.m. The Cedar Park
Veteran's Ceremony 2019 is a chance to
honor our veterans. Veterans Memorial Park,
2525 W. New Hope Dr. cedarparkfun.com.

Kidz Korner. 10 a.m. to 2 p.m. Looking for a
fun activity for the entire family? Williamson
Museum, 716 S. Austin Ave.
visit.georgetown.org.

Music & Movement. 10 a.m. Dance, sing,
and play with your family. Creative Action,
1023 Springdale Road. FREE.
creativeaction.org.

Chess Club at the Library (ages 10-18).

10:30 a.m. to 12 p.m. King, Pawn, Rook,
Castling, Checkmate, Stalemate! Do you
know what these words mean? Round Rock
Public Library, 216 E. Main St.
roundrocktexas.gov.

Stories From Japan. 10:30 a.m. Experienced
educator Nancy Simpson will share Japanese
tales told in English with puppets, toys, and
more. Lake Travis Community Library, 1938
Lohman's Crossing. laketravislibrary.org.
512-263-2885.

Second Saturdays Are for Families:

Opposites Attract. 11 a.m. to 3 p.m. See the
world through the eyes of artworks by artist
Carol Bove on the grounds of Laguna Gloria!
The Contemporary Austin, 3809 West 35th
Street. thecontemporary.org. 512-453-5312.

Close Assault 1944. 11 a.m. Features
members of the Texas Military Forces Living
History Detachment. Camp Mabry, 2200 W.
35th. FREE. texasmilitaryforcesmuseum.org.

Winter Wishes. 12 to 4 p.m. Create custom
gifts for the winter holidays. Austin Public
Library Twin Oaks Branch, 1800 S. 5th. FREE.
library.austintexas.gov. 512-974-9980.

Austin Veterans Arts Festival 2019. 1 to
5 p.m. See Fri. 1 for details.

Discovery! @ Westbank. 1 to 3 p.m. See Sat.
2 for details.

Waterloo Greenway's Creek Show 2019.
6 to 10 p.m. See Thur. 7 for details.

Southwestern University Opera Theatre.
7:30 to 9 p.m. The Music Department is
proud to present a delightful weekend of
opera theatre directed by Dr. Alma
Thomas. Fine Arts Center, 1001 E.
University Ave. visit.georgetown.org.

Sun 10

Close Assault 1944. 11 a.m. See Sat. 9 for
details.

Family Day at Umlauf. 12 to 4 p.m. Bring
your whole family and enjoy a full day of fun
activities. Umlauf Sculpture Garden, 605 Azie
Morton Road. FREE. umlaufsculpture.org.

Austin Veterans Arts Festival 2019. 1 to
5 p.m. See Fri. 1 for details.

Kids Chess Open Play. 1:30 to 3 p.m. See
Sun. 3 for more details.

Southwestern University Opera Theatre.
3 to 5 p.m. The Music Department is proud to
present a delightful weekend of opera

theatre directed by Dr. Alma Thomas. Fine Arts Center, 1001 E University Ave. georgetown.org.

Inclusive Board Game Group. 4 to 5:30 p.m. Join us for Wells Branch Community Library's inclusive Board Game Group. 15001 Wells Port Drive. wblibrary.org.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Mon 11

VETERANS DAY

Austin Veterans Day Parade. 9:30 a.m. Viewing is available all along Congress Avenue to the State Capitol. FREE. austinveteransparadefoundation.org.

Music & Movement (Spanish and English). 11 a.m. Recommended for ages 3-5. Bring your favorite little one to St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Close Assault 1944. 11 a.m. See Sat. 9 for details.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

American Mah Jongg. 1 p.m. See Mon. 4 for details.

Crafternoon. 3:30 p.m. See Mon. 4 for details.

STEM Club. 3:30 to 4 p.m. See Mon. 4 for details.

LEGO Lab (ages 5+). 4 to 5 p.m. See Mon. 4 for details.

Free Play @ Laura's. 4 to 7 p.m. See Mon. 4 for details.

Veterans Day Ceremony - Tentative. 6 to 7:30 p.m. Veterans Day Ceremony held by Standing Military Committee in cooperation with the Lake Travis Independent School District. Lake Travis Performing Arts Center, 3324 Ranch Road 620 South.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Tue 12

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Homeschool Tweens: (ages 8-12) See Tues. 5 for details

Homeschool Teens. 2 to 3 p.m. See Tues. 5

for details.

LEGO Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

Jr. Chef Skills. 4:30 p.m. Kids ages 8 to 12 are invited to learn practical cooking skills in this hands-on class, Lake Travis Community Library, 1938 Lohman's Crossing. laketravislibrary.org. 512-263-2885

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Tween Hangout Night. 6:30 to 7:30 p.m. Each month tweens can drop in for a different activity. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Practiquemos Español. 7 to 8:30 p.m. Practiquemos Español is not a Spanish class, but rather a place to fine-tune your Spanish. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

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Wed 13

Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Lego Lab. 4 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Howson Branch. 2500 Exposition Blvd. FREE. library.austintexas.gov.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Thu 14

Homeschool Day. 9 a.m. to 5 p.m. Enjoy a FREE day full of discovery and learning at the Bullock Museum reserved specifically for homeschoolers. Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746

Sprouts. Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pflugger Street. library.pflugervilletx.gov.

Early Literacy Playgroup. 11 a.m. Recommended for ages 3-5. Playing is learning! Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, and dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Let's All Play A Board Game. 3 p.m. See Thur. 7 for details.

Kids Crafternoon. 3:30 to 4 p.m. See Thur. 7 for details.

Chess Club. 4 to 5 p.m. See Thur. 7 for details.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Board With Books. 6 p.m. A wide range of modern and traditional board games are available to play. Windsor Park Branch, 5833 Westminister. FREE. library.austintexas.gov.

Fri 15

Children's Theatre by Cedar Ridge. 10 a.m. to 12 p.m. Cedar Ridge High School Auditorium, 2801 Gattis School Road. roundrocktexas.gov.

Early Literacy Playgroup. 10:15 a.m. Recommended for ages 3-5. Playing is learning! Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

TGIF Movie With Popcorn. 1 to 3:30 p.m. family-friendly classic movie with popcorn. Bring a drink! Elgin Public Library, 404 N Main St. elgintx.com.

Movie Matinee. 3:30 p.m. Aladdin, rated PG. Watch and discover family friendly films at the Austin Public Library Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

Friday Movie Matinee. 3:30 to 5:30 p.m. Hotel Transylvania, rated PG. Austin Public Library Old Quarry Branch, 7051 Village Central Dr. FREE. library.austintexas.gov.

Lego Club. 4 p.m. Do you love Legos? Join us for a free play session. Lake Travis Community Library, 1938 Lohmans Crossing. FREE. laketravislibrary.org. 512-263-2885

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Rock The Park. 6 to 8 p.m. Family-friendly concert series in the park at the lake. Mueller Lake Park, 4550 Mueller Blvd. FREE. kutx.org.

Guy's and Dolls. 7 p.m. Please join us for Redeemer Middle School's production of "Guy's and Dolls." Redeemer Lutheran School, 1200 W. Anderson Ln. FREE. facebook.com/redeemerschoolaustin. 512-451-6478.

Sat 16

We Are Girls Austin Conference 2019. 9 a.m. to 3 p.m. The We Are Girls Conference, produced by Girls Empowerment Network (GEN) will be held in Austin, Anderson High School, 8403 Mesa Dr. girlsempowermentnetwork.com.

Go Fish - Learn to Fish Event! 9 a.m. Join us at McKinney Falls State Park where youth and adults can learn the basics of fishing. McKinney Falls State Park, 5808 McKinney Falls Parkway. \$6. tpwd.texas.gov. 512-243-1643.

Round Rock Area Pokemon Club. 9 to 10:30 a.m. See Sat. 2 for details.

Austin Angers French Market. 9 a.m. to 3 p.m. Fun family event



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Blair Woods Family Nature Day:

Celebrate Urban Birds. 10 a.m. to 12 p.m. Join Travis Audubon for a morning of educational activities at Blair Woods Sanctuary. travisaudubon.org.

Lego Lab. 10 a.m. to 6 p.m. Lego Fun in the 3rd Floor Atrium. With Legos, you can build anything you can imagine. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Lago LEGOs...and more! 10:30 a.m. to 12 p.m. Come play with LEGOs, marble runs, magnetic building tiles, and more! Lago Vista Public Library, 5803 Thunderbird, Ste. 40. lagovista.lib.tx.us.

Guys and Dolls. 1 p.m. Please join us for Redeemer Middle School's production of "Guys and Dolls." 1200 W. Anderson Ln. FREE. facebook.com/redeemerschoolaustin. 512-451-6478.

Austin Veterans Arts Festival 2019. 1 to 5 p.m. See Fri. 1 for details.

Discovery! @ Westbank. 1 to 3 p.m. See Sat.

2 for details.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Guys and Dolls. 7 p.m. See Sat. 15 for details.

Sun 17

Lego Lab. 12 to 6 p.m. See Sat. 16 for details.

Kids Chess Open Play. 1:30 to 3 p.m. See Sun. 3 for more details.

Community Art Sunday. 2 p.m. Join us as we kick off the 2019-20 school year with our environment in mind! Creative Action, 1023 Springdale Road. creativeaction.org.

Chess Club. 4 to 5:30 p.m. Ages 5-18. Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Waterloo Greenway's Creek Show 2019. 6 to 10 p.m. See Thur. 7 for details.

Mon 18

Dual Language Music and Movement.

11 a.m. Recommended for ages 3-5. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Homeschool Fall Holidays. 12:30 to 2 p.m. Come join us as we learn about three different fall holidays. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Homeschool Show & Tell. 12:45 p.m. Share your hobby or superpower! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

American Mah Jongg. 1 p.m. See Mon. 4 for details.

Crafternoon. 3:30 p.m. See Mon. 4 for details.

Lego Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

STEM Club. 3:30 to 4 p.m. See Mon. 4 for details.

LEGO Lab (ages 5+). 4 to 5 p.m. See Mon. 4 for details.

Free Play @ Laura's. 4 to 7 p.m. See Mon. 4 for details.

Tue 19

Children's Theatre by Westwood HS VPA. 10 a.m. to 12 p.m. Raymond E. Hartfield Performing Arts Center, 5800 McNeil Drive. roundrocktexas.gov.

Early Literacy Playgroup. 10:30 a.m. Recommended for ages 3-5. Playing is learning! Terrazas Branch, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Spanish Circle Time. 10:30 to 11:30 a.m. Ages 0-3, learn basic concepts and Spanish vocabulary through songs and play. Wells Branch Community Library, 15001 Wells Port Drive. wlibrary.org.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance, and play. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Homeschool Happenings. 11 a.m. to 12 p.m. See Tues. 5 for details.

Homeschool Tweens: (ages 8-12) 2 to 3 p.m. Informal enrichment activities that explore reading, science, and art. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Homeschool Teens. 2 to 3 p.m. See Tues. 5 for details.

Teen Social Hour. 3 to 5 p.m. See Tues. 5 for details.

Lego Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Pleasant Hill Branch, 211 E. William Cannon Dr. FREE. library.austintexas.gov.

Crafternoon. 4 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

ABCs of Cooking. 4 p.m. This program is aimed at 5 to 10 year-olds. Lake Travis Community Library, 1938 Lohmans Crossing. FREE. laketravislibrary.org. 512-263-2885

Family Board Game Night. 5:30 p.m. See Tues. 5 for details.

Hand Turkey Decorating. 6 to 8 p.m. We invite young and old to join the Elgin Parks Department in creating hand turkeys and other crafts. Fleming Community Center, 802 N. Ave C. elgintx.com.

Board With Books. 6 to 8:45 p.m. Do you love playing board games? Then come play! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Wed 20

Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Lego Lab. 2 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Crafternoon. 3 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

Tween Scene. 4:30 to 5:15 p.m. Monthly activity for tweens ages 8-12. Materials will be provided while supplies last. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Tweens Hooked on Books. 4:30 to 5:30 p.m. Do you ever get caught reading under your covers with a flashlight, way past your bedtime? Cedar Park Public Library, 550

Discovery Blvd. cedarparktexas.gov. 512-401-5600.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4 and up. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Transfiguring Adoption Elf Squad. 7:30 to 8:30 p.m. Transfiguring Adoption Elf Squad (TAEF) is a group of Harry Potter fans who use their fandom to connect. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Thu 21

McCallum HS Fine Arts Academy Campus Tours Fall 2019. 9 to 11 a.m. Eighth and ninth grade students and parents who reside within the AISD boundary, are you interested in McCallum High School? Visit 5600 Sunshine Dr. mccallumhs.com.

Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance, and play. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

A Christmas Affair Market Days. 12 to 8 p.m. Annual holiday event raising money for nonprofits in the community. All types of vendors. Palmer Events Center, 900 Barton Springs Rd. \$15. christmasaffair.com.

Let's All Play A Board Game. 3 p.m. See

Thur. 7 for details.

Teen Social Hour. 3 to 5 p.m. See Tues. 5 for details.

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Kids Crafternoon. 3:30 to 4 p.m. See Thur. 7 for details.

Chess Club. 4 to 5 p.m. See Thur. 7 for



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details.

Perler Bead Palooza. 6 to 8 p.m. Perler Bead Palooza. Recommended for ages 5+ Make amazing pixelated creations using fusible beads. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Stargazing at Garey Park. 7 to 9 p.m. Come enjoy the stars at Garey Park located at 6450 RM 2243. parks.georgetown.org/gareypark.

Fri 22

McCallum HS Fine Arts Academy Campus Tours Fall 2019. 9 to 11 a.m. See Thur. 21 for details. A Christmas Affair Market Days. 12 to 8 p.m. See Thur. 21 for details.

Tween and Teen Anime Club. 3:30 to 5:30 p.m. Do you like reading manga or watching anime? Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Lights On! 6 to 8 p.m. The Lights On! event marks the beginning of the holiday season in Lakeway with the first lighting of the Trail of Lights behind City Hall. Parking Lot at 1102 Lohmans Crossing. lakeway-tx.gov/1427/Lights-On.

Movie in The Park Series. 7:30 p.m. Little Giants. Popcorn and lemonade will be provided. Dottie Jordan Recreation Center, 2803 Loyola Lane. FREE. austintexas.gov.

Sat 23

Round Rock Area Pokemon Club. 9 to 10:30 a.m. See Sat. 2 for details.

A Christmas Affair Market Days. 12 to 8 p.m. See Thur. 21 for details.

Ice Skating on the Plaza. 10 a.m. to 9 p.m. A must-do for locals and visitors alike, Ice Skating on the Plaza at our Flagship store (located in Whole Foods Market Lamar, 525 N Lamar Blvd.) \$10. wholefoodsmarket.com.

9th Annual Children in Nature's Workshop. 12 to 4 p.m. The workshop will be hosted at George Washington Carver Museum, 1165 Angelina Street. FREE. cinworkshop.com. 956-489-5003.

A Christmas Affair - 'Twas the Night Before Christmas Dinner With Santa. 5 to 7 p.m. Decorate a hot cocoa mug and learn to dance to the beloved The Nutcracker,

taught by ballerinas at the Palmer Events Center, 900 Barton Springs Rd. \$35. achristmasaffair.com.

Sun 24

A Christmas Affair - Flannels and Flapjacks. 9 to 11 a.m. Join Santa and his friends for a holiday pancake breakfast in our very own Gingerbread Loft! Palmer Events Center, 900 Barton Springs Rd. \$35. achristmasaffair.com.

A Christmas Affair Market Days. 12 to 8 p.m. See Thur. 21 for details.

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

A Christmas Affair - A Season of Giving Lunch. 1 to 3 p.m. Celebrate the holidays' charitable spirit at our lunch with Santa! Palmer Events Center, 900 Barton Springs Rd. \$35. achristmasaffair.com.

Kids Chess Open Play. 1:30 to 3 p.m. See Sun. 3 for more details.

Chess Club. 4 to 5:30 p.m. Chess Club for kids age 5-18 Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Inclusive Board Game Group. 4 to 5:30 p.m. Join us for Wells Branch Community Library's inclusive Board Game Group. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Mon 25

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

American Mah Jongg. 1 p.m. See Mon. 4 for details.

STEM Club. 3:30 to 4 p.m. See Mon. 4 for details.

LEGO Lab (ages 5+). 4 to 5 p.m. See Mon. 4 for details.

Tue 26

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

Family Movie: Secret Life of Pets 2. 2:30 to 4:30 p.m. Rated PG. Continuing the story of Max and his pet friends. Cedar Park Public Library, 550 Discovery Blvd. FREE. 512-401-5600

Teen Social Hour. 3 to 5 p.m. See Tues. 5 for



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Crafternoon. 3:30 p.m. Recommended for ages 5 and up. Drop by the library and make a craft while you search for books. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Family Board Game Night. 5:30 p.m. See Tues. 5 for details.

Reading Unleashed. 6:30 to 7:30 p.m. Recommended for ages 5 and up. Practice your reading skills with a furry friend! Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Family Board Game Night. 6:30 p.m. Play our collection of modern and traditional family board games. Great fun for family and friends. Willie Mae Branch, 3101 Oak Springs Dr. FREE. library.austintexas.gov.

Wed 27

Sprouts. 10 to 11 a.m. See Wed. 6 for details.

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Thu 28

THANKSGIVING

2019 Hill Country Turkey Trot. 7:30 to 10:30 a.m. Start a new Thanksgiving morning family tradition running in the 3rd Annual Hill Country Turkey Trot. Hills Country Club, 26 Country Club Estates. \$0 - \$30. lteducationfoundation.org. 512-533-6010.

Thundercloud Subs Turkey Trot. 8:30 a.m. The largest five-mile run in Texas and one of the largest Turkey Trots in the nation. The Long Center, 701 W. Riverside Drive. FREE to watch. Register to participate. thundercloud.com.

2019 Buda Turkey Trot presented by Hat Creek Burger Co. 9 a.m. to 12 p.m. We are excited to announce the third annual Buda Turkey Trot presented by the Hat Creek Burger Co. Cabelas Dr., Buda, TX.

budaturkeytrot.com

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

Fri 29

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.

Sat 30

Ice Skating on the Plaza. 10 a.m. to 9 p.m. See Sat. 23 for details.



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PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

LA RELACIÓN QUE NO PUEDES DESCUIDAR

La relación más importante que no debes de descuidar es la relación contigo mismo. Una manera de saber que tan conectado o desconectado estás de tu esencia, es reflexionando en el tipo de emociones que experimentas durante tu día. Somos seres emocionales y nuestro comportamiento se basa en la manera en como nos sentimos. Si experimentas mayormente emociones negativas durante tu día, es una indicación de que la conexión con tu esencia está necesitada de atención. Si sientes diariamente emociones negativas como el miedo, resentimiento, inseguridad, ansiedad, preocupación, etc. es un indicador de que hay que alimentar una o más de las siguientes áreas: 1) el área física, 2) el área emocional y/o 3) el área mental. El padre de la logoterapia, Viktor Frankl, decía: "El ser humano es mente, cuerpo y espíritu", las tres en uno. Si descuidas alguna de estas tres áreas entonces la desconexión contigo mismo ocurre. Dedica tiempo al día para alimentar estas tres áreas, simplemente dedicar de 5 a 15 minutos de calidad para satisfacer cada una de estas áreas puede ser un buen inicio. ¡Piensa Positivo!

THE RELATIONSHIP YOU CAN'T NEGLECT

The most important relationship that you can't neglect is the relationship with yourself. One way to know how connected or disconnected you are with yourself is by reflecting on the emotions you experience throughout your day. We are emotional beings and most of our behavior is influenced by the way we feel. If throughout the day you experience mostly negative emotions, it is an indicator that the connection with your true essence is in need of attention. If you frequently feel fearful, sad, resentful, uncertain, anxious, or worried, it is a signal that you need to give your attention to one or more of the following areas: 1) The physical area, 2) The emotional area, and/or 3) The mental area. The father of logotherapy Viktor Frankl used to say, "The human being is mind, body, and spirit." The three in one. If you neglect to fulfill one of these three areas, then disconnection with your true self occurs. Dedicate five to 15 minutes of quality time to nurse these areas throughout your day. It will be a good start. Think Positive!



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KIDZONE

Gratitude Turkeys

Although Thanksgiving may be a time of feasts, football, and family gatherings, it's also a season of gratitude that allows for all of us to reflect on our gifts and be thankful for what we have, who we have, and why we have it. Share in the spirit of thanks with your kiddo and get creative by crafting up a Thanksgiving Gratitude Turkey using only a few easy-to-find and affordable materials!

Supplies

- Toilet paper rolls
- Colored construction paper
- Googly eyes
- Markers
- Child-safe scissors
- White glue



Directions

1. On a piece of colored construction paper, free-hand draw a feather shape that is as big as the toilet paper roll itself and then cut it out.
2. Using the cut out feather as a stencil, trace and cut out four more feathers using any combination of colored paper you want. You will need five feathers total.
3. Once your five feathers have been cut out, set them to the side and reflect with your child on things they are thankful and grateful for. Brainstorming questions include: Who or what are you thankful for having in your life? What do you have or love that others may not? Is there anything in your life today that you would miss if it disappeared tomorrow?
4. After reflecting and brainstorming, write each thought down onto the feathers using your markers, leaving space at the bottom to glue them to your toilet paper roll.
5. Glue your five gratitude feathers onto the back of the toilet paper roll slightly overlapping one another so they are fanned out but still easy to read. Allow the glue to dry for a few minutes.
6. Using the glue and googly eyes, give your turkey a face on the front of the toilet paper roll. Add a beak and more features using scrap pieces of your construction paper or markers.
7. Allow your turkey to dry completely.
8. Voila! Enjoy your new gratitude turkey and put it on display somewhere special in your room or home!

Craft and photo courtesy of honeyandlime.com.

 The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. The YMCA afterschool program is the ideal out-of-school time opportunity for your child to grow academically, emotionally, and physically. Learn about Y Afterschool and register for the 2019-20 school season



SMART SCREEN TIME

A child with a daily allocation of 40 minutes of screen time should get extra time if:

- a) She is designing her own video game from scratch
- b) She is reading an e-book
- c) She is comparing the movie version of a story to the book which she has just finished
- d) She is watching an episode of Nature with her parents
- e) All of the above

The answer: It depends! (Apologies to all black-and-white thinkers.) What all the answers have in common is that they point to smart uses of screens, or at least the conditions for smart uses. Talk about screen use typically focuses on quantity but we need to be talking about quality as well, especially as literature and creative acts migrate to screens. All situations above indicate moments when screens are being used to challenge or expand a child's cognitive world, and for that, screens are amazing.

Nevertheless, if any uses interfere with normal bed time, I'd push those off to another day. And if the activities are just before bedtime, I'd ensure that the screen intensity is dimmed, especially on phones or tablets, so that strong light doesn't wind the user up when they should be winding down.

New this month on Austin PBS KIDS: *Xavier Riddle and the Secret Museum*, an animated show where a cast of kids go back in time to visit famous people in their youth. *Think Peanuts meets Quantum Leap*.

Benjamin Kramer, PhD, is the director of education for KLRU-TV, Austin PBS.

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CARRIE TAYLOR

Carrie Taylor is a freelance writer, editor, and mother of three.



Grateful, Thankful, Blessed: Benefits of Modern Parenting

It's a trip being a parent in 2019. Not only do we have the most resources of any previous parenting generation at our fingertips, but we also have the NoseFrida. We are, as the youth say, hashtag blessed. As a modern parent, I am certainly thankful for:

- 1. Netflix.** Thank you, "Kid" Netflix profile, for providing my child with a library of vaguely similar content to keep small ones entertained as I Marie Kondo the garage. I'm looking at you, 500 different series of Power Rangers.
- 2. Maternity clothes.** Yes, I'm aware all generations have had some form of maternity clothes, but 2019 maternity outfits don't look like they belong on Clifford the Big Red Dog. They are stylish! Which means wearability goes far past pregnancy and post-partum. That means getting fashion and figure compliments, when really your distressed jeans are topped with spandex keeping your blown-out belly button in place.

3. Organic snacks. Nothing gives me more satisfaction than packing my child's lunch full of organic goodness. Sure, organic cereal may still have a little arsenic and the organic crackers taste like cardboard. But feeding your kids snacks has never been easier or more guilt-free.

4. Cute child leashes. It's no longer acceptable to let your children roam free, which means child leashes in recent years have gained acceptability points in public opinion. They also come attached to adorable backpacks, really crushing the dog analogy. Two thumbs up from this mom of fast runners.

5. Facebook. Thank goodness for social media. Where else can you get a heavy dose of shame and spend hours reading conflicting advice on the best ways to potty train your children while inflicting only a small amount of trauma?

It's a great time to be alive.



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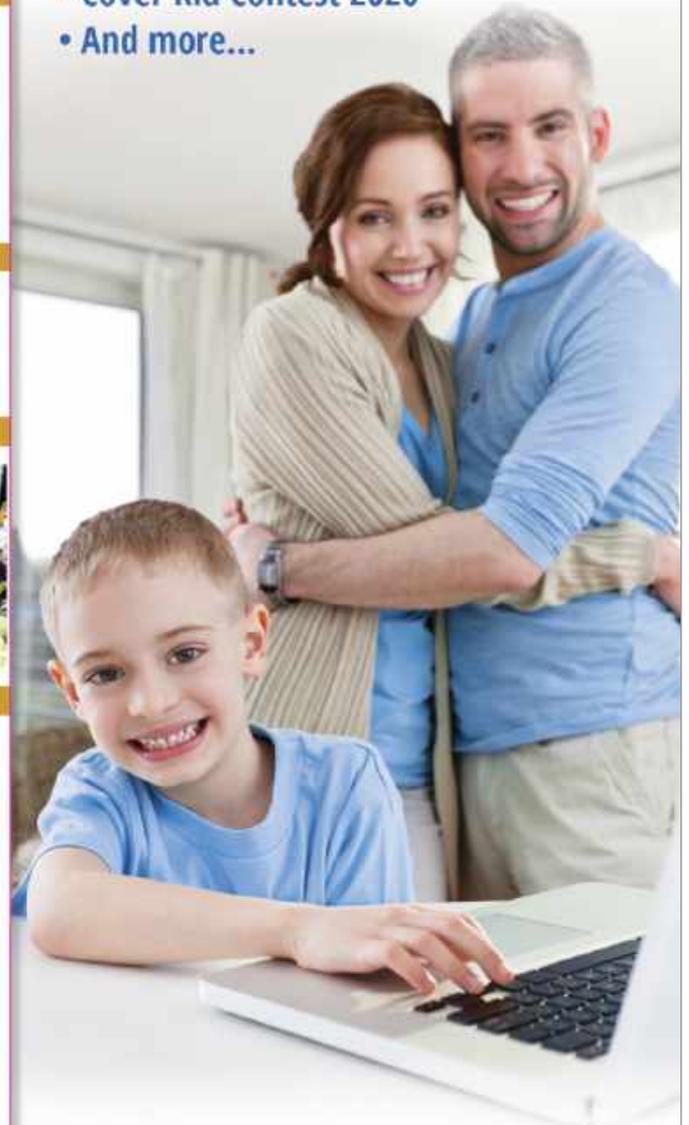
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Check out www.austinfamily.com for...

The screenshot shows the Austin Family website interface. At the top, there's a navigation bar with the Austin Family logo and a 'Smart Parenting • Healthy Homes' tagline. Below the header, there are several featured sections: 'Extend-A-Care Kids' with a 'Read with Me!' button, 'bookspring' with a 'Read More' button, and a 'Free Stuff' banner. A 'Cover Kid' section features a 'Click to Enter Your Child Here!' button. The 'Dance Discovery' section lists various dance classes. The 'Austin Family Calendar of Events' shows a grid of events for the month of October. Below the calendar, there are several article teasers with images and titles, such as 'Creating the Ultimate Fall...', 'Cool STEM Projects for Fall', and 'What Causes Hearing Loss in Children?'. The bottom of the page features a 'Family Matters' section with a pumpkin illustration and a 'Sutton Physical Therapy' logo.

- New calendar events added daily
- Around Austin news updated weekly
- Free Stuff updated weekly
- Free Newsletter subscription
- Resource Guides for quick reference
- Articles in Espanol
- Young Writers Contest
- Cover Kid Contest 2020
- And more...



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