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November 2022

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**FILM REVIEW**  
JACK KYSER



Four-year-old Eloise lives in the countryside and loves her five cats, ten chickens and coloring time.

Photo by Jordan-Ashley Photography.

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## EDITOR'S NOTE

JESS ARCHER

*Archer is a writer, a mom of two kids and wife. She is the author of the memoir, Finding Home with the Beatles, Bob Dylan and Billy Graham.*

I'm getting excited about the holidays this year (and not because stores have been carrying holiday décor since late August). No, my excitement for the holidays this November has to do with where we're headed as a city. There are so many new family friendly places to experience and things to do in Austin. As COVID-19 restrictions come to an end, our city is coming back to life and Austin Family is here to celebrate it!

In that spirit, this month's issue has you covered. In our Places to Go & Things to Do column, guest writer, Addie Gross shares her family's new favorite holiday-themed events to check out. Also, our calendar is packed with so many affordable November/December events and celebrations. And in our feature piece, I offer some tips for a topic that has become close to my heart: navigating holiday meals

with dietary restrictions. My hope is that your family feels equipped to host or be hosted at any holiday table. And finally, if you're thinking of adding a new Thanksgiving event to your family calendar, check out guest writer, Dorothy Bennett's review of the ThunderCloud Subs Turkey Trot. She offers us a "then and now" glimpse into a favorite Austin tradition.

Whether you're walking, running, cooking, shopping or gathering with loved-ones, make this November a special one, Austin.

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# Austin IN ACTION

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Amrutha C. as part of the red team at the United Space School program in Houston.

## Rising Stars

Young women from the Ann Richards School for Young Women Leaders are living up to their school's mission. This fall several students have been awarded grants, opportunities and distinctions.

Junior Amrutha C. was one of 50 students selected from 25 countries to participate in the United Space School program this summer in Houston.

Forty current Ann Richards School juniors and seniors were awarded a national-level Advanced Placement Scholar designation, earning almost \$600k in tuition costs.

Junior Lilith L. is one of three high school students in Texas selected to participate in the Spectrum News Challenge, a team-based quiz show based on what is in the news headlines.

## Young Female Entrepreneurs

At just five years old, Savannah Fulton is an entrepreneur and business owner. She lives in Manor, TX where she runs her small business, "Savannah's Snack Shoppe." She is the winner of the Junior Pitch competition, put on by the Governor's Commission for Women.



Savannah's Snack Shoppe.

Becky Xu won the Women's Pitch Competition with her innovative business called, Throw-A-Weigh. The central Texan founded the business by using data collection to minimize food waste. The business helps divert food that is still edible from landfills to donations and sales. Her business serves local grocers in communities around Austin.



Becky Xu, creator of Throw-A-Weigh.

## Thanksgiving by the Numbers

**2**  
Number of turkeys sent to the White House each year

**4**  
U.S. towns named Turkey

**\$46.90**  
Average cost of a 10 person Thanksgiving dinner

**42%**  
Americans will travel this Thanksgiving holiday

Source [WalletHub](http://WalletHub.com) and U.S. Census Bureau

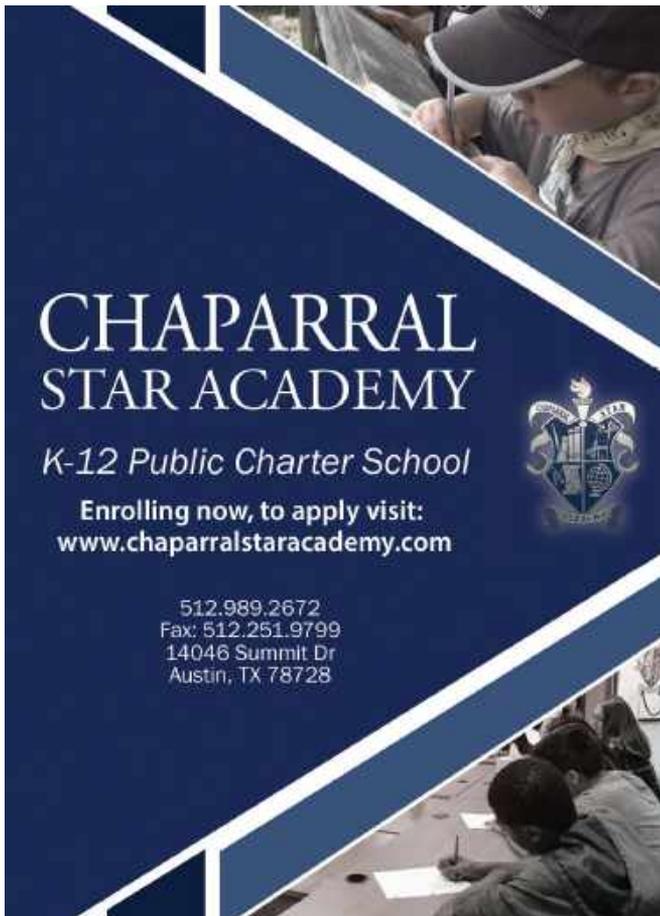
## Bettering Lives in Guatemala

In late September, Austin Smiles took a team of 36 volunteers-- both medical and non-medical on its third medical missions trip to Guatemala since the COVID-19 pandemic began. In just one week, the team was able to triage 57 patients, perform 44 surgeries, host 12 sessions of speech and language therapy and transform hundreds of lives for the better.

Austin Smiles--the Austin Plastic Surgery Foundation is a non-profit organization that aims to provide surgical and post surgical care to children born with a cleft palette. Since 1987 they have served families in central Texas and in Latin America.



Austin Smiles provides surgical care to a child in Guatemala born with a cleft palette. Photo courtesy Austin Smiles.



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# Play it safe product recalls

## Government Recalls Ride-On Toy, Hooded Bathrobe and Fashion Rings



The Huffy Corporation has recalled 28,550 units of its **Blue's Clues Foot to Floor Ride-On toy**. Huffy has received 19 reports of children falling forward while riding on the toy with 18 reports of facial injuries. The toy is light blue in color and is in the shape of the popular dog character from Blue's Clues. The ride-on toy has handlebars tucked behind the

dog's ears. The model number is 55061 and is located under the body of the product near the sound unit and battery door.

The toy was sold exclusively at Walmart stores nationwide and online at walmart.com and sold for about \$40. Consumers should immediately put the toy away and contact Huffy for a free kit with instructions to install a new stop bar on the ride-on toy. Contact Huffy Corporation at 800-872-2453.

Ekouaer has recalled about 9,200 units of its children's **hooded bathrobe**. The bathrobe fails to meet the flammability standards for children's sleepwear, posing a risk of burn injuries to children.



The hooded bathrobes are made of 65% cotton and 35% polyester. The item was sold in short-sleeves and long-sleeves and in a variety of colors. The item was sold in short-sleeves and long-sleeves and in a variety of colors on amazon.com from March 2020 through July 2021 for between \$19 and \$38, depending on the style.

Consumers should immediately take the recalled sleepwear away from children and contact Ekouaer for a full refund. Call Ekouaer at 800-608-1432 for more details.



U.P. Fashion has recalled about 1,800 units of its **children's fashion ring** due to violation of federal lead content.

The ring is gold with a large faux pearl at the center. The ring was sold nationwide at dollar stores and other discount stores from April 2021 through July 2022 for about \$1.

Consumers should immediately take the recalled rings away from children and contact U.P. Fashion for important instructions on how to properly dispose of the rings and receive a full refund.

*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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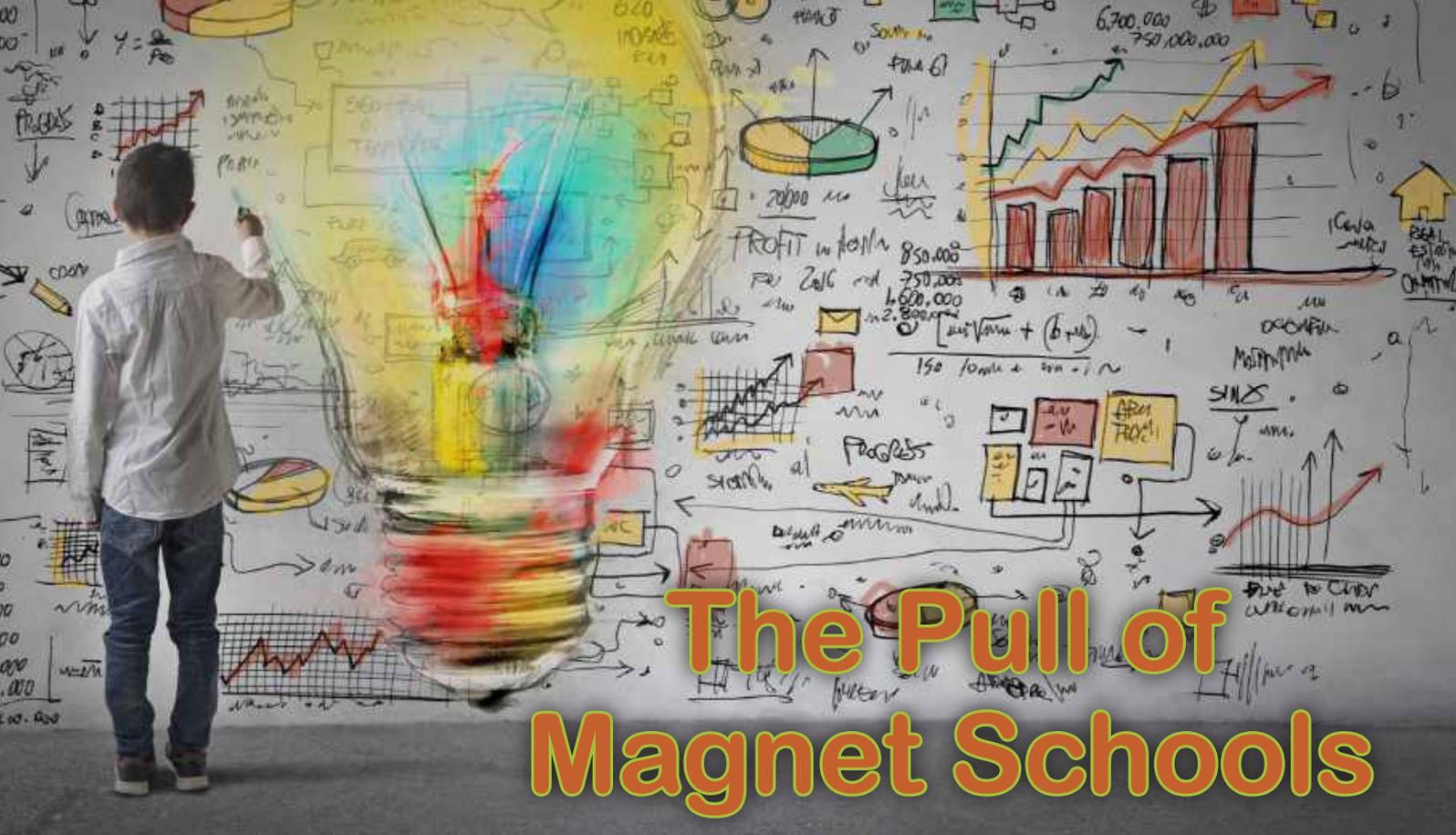
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## THE LEARNING CURVE

ALISON BOGLE

*Bogle is a writer living in Austin with her husband and three children. A former fourth grade teacher, she now enjoys writing about children and education. You can also catch her talking about articles from Austin Family magazine each Thursday morning on FOX 7 Austin.*

Magnet schools are free public schools that emphasize a specific area of study, such as the arts, languages, or science, technology, engineering and math, otherwise known as STEM. Just like in a traditional public school, a wide range of subjects are taught. However, at a magnet school, those subjects are taught through the lens of the school's particular focus. Students must apply to attend and proof of residency in the school district's attendance zone may be required. The Austin Independent School District, (AISD) offers three magnet schools: Kealing Middle School, which offers comprehensive advanced academics for all language arts, math, science and social studies classes; Lively Middle School, which focuses on

law, humanities and global studies; and LASA high school, which offers rigorous academic classes, as well as "signature courses." Signature courses are collaborative courses in which student groups do research, design, implement and present projects in the sciences and humanities.

Families choose magnet schools for a variety of reasons. Many believe that magnet schools:

- **Allow students to dive deep.** Most public school curriculums do not allow for the opportunity to deviate from the planned course of study or to pause in a class to go deeper into material. Magnet schools are designed to do exactly that – to allow students to dive deeper into the school's areas of focus. For students whose passions align with their magnet school's focus, this can be extremely motivating and engaging.
- **Raise the academic bar.** Magnet schools offer a program of rigorous academics and students must apply and gain acceptance to attend. Because of this, students are highly motivated to achieve, which sets the tone for academic excellence.
- **Expose students to a variety of teaching methods.** Magnet schools aim to weave their focus throughout all content areas, weaving subject areas together. This allows teachers to incorporate more project-based teaching, hands-on activities and other engaging teaching methods.
- **Offer more diversity.** Since magnet schools draw students from all over the district, they can offer more diversity than a student's neighborhood school.
- **Give a public school education with a private school feel.** Magnet schools are public schools, therefore they do not charge tuition; however, most magnet schools have smaller class sizes and typically attract and hire instructors who have additional experience in their subject areas. In addition, magnet schools are often well-funded and may be able to spend more on programming and other "extras."
- **Help students with post-secondary education.** The positive reputation and academic rigor of a magnet school can help graduating students in their

efforts to attend a well-regarded university.

### Potential downsides to magnet schools:

- **Higher level of pressure.** The faster pace and greater expectations at a magnet school can cause students to feel heightened anxiety and an increased level of pressure to achieve.
- **Application process can eliminate good students.** A magnet school's application process and requirements could inadvertently rule out students who have test anxiety or don't perform well under pressure. Those with behavior issues or other struggles might also be eliminated.
- **Focus areas can be too restrictive.** If a child's interests change and his passions no longer match the focus of the magnet school, this could cause a conflict. The child must choose between following his passions and changing schools or staying at the magnet school and dealing with a mismatch.
- **Friendships can be affected.** A magnet school is often not a student's neighborhood school. It can be hard to leave a friend group to attend a different school and some children struggle with making that transition.
- **Logistics can be tricky.** Because students typically need to travel outside of their neighborhood to reach their magnet school, there is the potential for increased commute time. In addition, they may not be able to take advantage of the school bus, so a family member will have to bring them to school if they are not yet able to drive.
- **Some student populations may be underrepresented.** Low-income students or non-native English-speaking students may not be proportionally represented.

Deciding where your child attends school can be a stressful experience for parents. It is important to do your research so that you can feel confident in your choice should you select a school other than your neighborhood feeder school. Take the time to look at the magnet school's website; take advantage of any informational

sessions they might hold; and make an appointment to tour the school with your child so that you and your child can get a feel for the school's environment.

Parents will also want to be aware of application deadlines and it is best to begin your research well in advance of middle or high school.

Most importantly of all, consider your child's personality, academic drive and emotional needs. You know your child best, so trusting your gut may be the most important piece of research that you do.



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# Dietary Restrictions? 5 Tips to Manage Your Holiday Meal

JESS ARCHER

*Archer is a writer, a mom of two kids and wife. She is the author of the memoir, Finding Home with the Beatles, Bob Dylan and Billy Graham.*

gluten, sugar and peanuts are on the rise. And as the holidays approach, families all over the country are searching for ways accommodate dietary restrictions without sacrificing the joy that we feel when we gather around a holiday table

This November, Austin Family offers five tips to help you and your family in that effort.

**1. Speak Up.** If you're hosting a holiday meal and gathering, be sure to ask your guests well in advance if their family has any dietary restrictions. Give yourself and your guests a few weeks before the meal to discuss the menu. Then ask your guest if there's one dish you can make to accommodate his or her needs. Remember to ask for a favorite recipe with the alternative ingredients. Do not feel like you have to cater the whole meal to someone's dietary restrictions; your guests aren't expecting that. Alternately, you can always ask your guests to bring a side dish that suits his or her diet. Communicate ahead of time so that no one is left feeling hungry or unprepared. That way, everyone will feel welcome at the table.

**2. Experiment with New Recipes.** If you're the guest with a dietary restriction, the internet is your best friend for recipes! Professional and amateur chefs alike are posting new and interesting recipes all the time that feature alternative ingredients to suit dietary restrictions. Do your research and find the best-of-the-best and offer to cook it. If you had a favorite holiday food that

The doctor says your son has Celiac Disease. Or you've finally determined that your daughter feels a whole lot better when she doesn't eat dairy. Or maybe you and your family are slated to share a Thanksgiving meal with friends who eat completely grain free. Suddenly traditional stuffing and pumpkin pie are off the menu and you find yourself at a loss for how to navigate our current culture of dietary restrictions.

You are not alone. Allergies and sensitivities to soy, dairy, grain,

is now off-limits because of a dietary restriction, look up alternative ways to make it. In addition, if your child has a dietary restriction, have him help make a new recipe and taste-test it. Your child will enjoy having a culinary hand in making his own food and will be less likely to feel left out at the gathering. Be sure to bring enough so that others can try your dish as well. Your host will be grateful and your fellow dinner guests might enjoy trying a traditional dish with a new spin.

**3. Don't forget the Dessert.** Everyone at a holiday meal looks forward to dessert and finding a store-bought or homemade dessert to suit a dietary restriction can make the heart happy. Just about every grocery store in Austin provides some kind of cake, pie or ice cream with alternative ingredients to suit dietary restrictions, especially Whole Foods, Sprouts or Central Market. If your child has a restricted diet, go to the store together well ahead of the holiday rush and let him pick out a special dessert. Save it for that holiday gathering and everyone will feel satiated.

**4. Eat before you arrive.** If your child has a restricted diet, be sure that he or she eats a hearty snack before you arrive at a holiday gathering. Often, the meal isn't served immediately when you arrive and appetizers won't necessarily cater to his needs, so you risk the onset of the "hangry" version of your son or daughter. Nobody wants that at a holiday gathering. Be in your child's corner and make sure he or she isn't famished when you arrive at your holiday meal.

**5. Teach your Child the Power of "No, thank-you."** Having a restricted diet can feel a little awkward for a child at first, but it can become a powerful opportunity

to teach a social skill that many adults don't possess: the ability to say a simple, polite "No, thank you." If need be, role-play with your child to get him comfortable saying no thank you when offered a food he knows he cannot eat. By doing so, you are teaching your child body awareness

and autonomy. Your child will have ample opportunities to explain the "why" of his dietary restrictions, but it's perfectly good and acceptable to teach him to speak up for himself and simply say "No, thank-you" when offered an off-limits food.

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event/56th-zilker-holiday-  
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# Minimizing Sibling Rivalry

## FAMILY MATTERS

DR. BETTY RICHARDSON

*Richardson, PhD, RN, CS, LPC, LMFT, is an Austin-based psychotherapist.*



**Q** My wife and I each have a child from previous marriages living with us (ages 14 and 12). We also have two children from our marriage (ages 4 and 9 months). The kids all compete for attention from us. They fight with each other over such things as TV time, as well as computer time or who gets to sit in the front seat of the car. A favorite cry is “it’s not fair.” Could you help us understand sibling rivalry? Is it normal? Are there things we as parents can do to minimize the rivalry and help the kids build strong bonds with each other?

**A** Sibling rivalry is normal. It’s common for brothers and sisters to fight for attention—who gets control over the TV or computer, who gets the best grades and many other issues too. Younger kids often want equal privileges with older siblings. Some kids envy a sibling’s talents or skills. Sibling rivalry includes name calling, tattling and constant competition for the attention of parents.

Researchers do mention some negatives about sibling rivalry such as: too much rivalry can lower self esteem and contribute to unwanted behaviors such as drug abuse as adults. Other sources suggest that troubled sibling relationships in children can lead to damaged adult relationships with each other. At some point when the rivalry is more than healthy competition, you’ll want to minimize it and help your kids build strong bonds. I have the following suggestions:

### Ways to Minimize Sibling Rivalry:

1. My favorite way to build bonds between kids is to put them on the same team. As they work hard to win at a game, they are bonding. You can also say things like “You two are a good team.” Give them praise as they work together on a household chore or a fun activity such as building a Lego item. Praise could be something like “You two are an amazing Lego building team.”
2. Stay calm when kids are fighting. Help them find ways to solve the conflict themselves. Praise the children when they find a solution together.
3. Avoid frequently praising one child while criticizing another.
4. Avoid paying too much attention to one child versus another.
5. Set a good example in interactions with your spouse or other childcare givers. Model the behavior you want to see from your children.
6. When you hear “it isn’t fair,” don’t give a long explanation. For example, when one child gets new shoes and the others don’t, you can simply explain that, “This time brother or sister needed shoes but you did not. Later you will get something when you need it.” Leave it at that.
7. When kids won’t share, use my mother’s tactic: If I wouldn’t share candy, my mother said, it tastes better when you share.
8. Develop a schedule for who gets to choose the TV show, who gets to sit up front when only one parent is in the car and for other activities that are part of the squabbling.

Hopefully some of these suggestions will help you minimize sibling rivalry and help your kids to have stronger bonds with each other.

VISIT [austinfamily.com](http://austinfamily.com)  
¿Cómo puedo permanecer cerca de mis nietos?



# SLEEP HYGIENE AND DAYLIGHT SAVING

## LIFELINES

BRENDA SCHOOLFIELD

*Brenda Schoolfield is a medical writer and editor who lives in Austin. Sugar, her cocker spaniel and sometimes a rescue foster dog or two keep her company while she writes.*

### Reevaluate Your Child's Sleep Needs When You Reset Your Clock

Daylight savings time ends on Sunday, November 6 and we must set our clocks back one hour. Although we don't actually lose an hour of our day, it may feel like it for parents who have trouble getting their child to sleep. This year, use the time change as a reminder to reevaluate your child's sleep needs and take steps to improve sleep hygiene.

### How Time Change Affects Sleep

When we set our clocks back one hour, we disrupt our natural sleep-wake cycle. This cycle, called the circadian rhythm, helps us feel sleepy

at night when it gets dark and helps us wake up in the morning when it gets light. Meal timing and physical activity also influence this cycle. When a child's bedtime shifts rapidly, the body may not feel like going to sleep.

### Children Need More Sleep Than Adults

Children need more sleep than adults because they are growing both physically and mentally. Yet about 3 out of 4 teens and 1 out of 3 children don't get enough sleep on school nights.

For optimal health the American Academy of Sleep Medicine (AASM) says that: for optimal health the American Academy of Sleep Medicine (AASM) says that children in elementary (ages 6 to 12 years old) need 9 to 12 hours of sleep and teenagers who are in middle and high school need 8 to 10 hours of sleep.

To easily calculate what time your child should go to bed, use the AASM's bedtime calculator at [www.sleepeducation.org/bedtime](http://www.sleepeducation.org/bedtime). Enter the child's age and wake time. For example, bedtime for a 13-year-old boy who needs to get up at 6:15 a.m. should be between 8:15 p.m. and 10:15 p.m.. Notice that the recommended amount of sleep is given as a range. To decide the best amount within the range, monitor how easy it is to get the child out of bed in the morning. If he or she is exhausted and doesn't want to get up, then more sleep is needed. Move the bedtime back in 15-minute increments until the child can get up when the alarm rings.

### Not Enough Sleep Causes Problems

When children don't get enough sleep, their health and behavior suffer. Some problems are.

- **More colds and illnesses**—When a child is sleep deprived, the body

is not as well equipped to fight off illnesses when exposed to them.

- **Behavioral problems**—Children who do not get enough sleep tend to act out more, be more oppositional and throw more temper tantrums when they're tired.
- **Daytime wetting**—Younger children can have more daytime wetting accidents when sleep deprived.
- **Problems in school**—Sleep deprivation in school-aged children often presents with problems in school. Some are problems focusing and paying attention, sloppy work and forgetting to turn in homework and assignments. Children may even fall asleep in class.

#### How to Help Your Child Adjust to the Time Change

Make a plan to help your child adjust to the time change. Starting on November 2, put your child to bed 15 minutes earlier. Continue moving the bedtime back 15 minutes for the next 3 nights leading up to the time change. This will allow the child's body to slowly get used to going to bed at the new time. It is also important to wake the child up the next morning at the normal awake time. Don't let your child sleep in. Consistency is important for establishing a healthy sleep-wake cycle.

#### What to Do if Bedtime is a Problem

If bedtime is a problem, work on establishing good sleep hygiene, no matter the age of the child.

- **No electronics or TV within 1 to 2 hours of bedtime.** The light waves from the TV or electronic devices are the same frequency that the body uses to reset the internal clock. This light tells the child that it is daytime and time to wake up.
- **Same routine every night.** Children should have the same routine every night. This may include having dinner, doing homework, taking a bath or shower, reading a book and going to bed. Whatever

the routine is, it primes the subconscious for bedtime and sleep.

- **Same bedtime every night.** It's also important to go to bed at the same time 7 nights a week. When children stay up until late hours on the weekend, especially teenagers, they develop symptoms much like jet lag by Sunday night. It takes 3 or 4 nights to readjust and by that time it is the weekend and the cycle starts all over again.

#### When to Talk to Your Pediatrician

If a child is having trouble falling asleep (length awake more than an hour) for more than a week, monitor their sleep hygiene. This includes no electronics or TV within 1 to 2 hours of bedtime, the same routine every night and the same bedtime every night. If your child has good sleep hygiene and is still having problems, talk to your pediatrician.

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# Co-Viewing



## SMART SCREEN TIME

BENJAMIN KRAMER

*Kramer, PhD, is the director of education for Austin PBS.*



With the proliferation of digital devices and the program options available on them, it has become easy for everyone to retreat to their own corner with their own media. This became absolutely necessary during the pandemic, when parents had to rely on kids being occupied while they did their jobs. These changes in viewing practices have been helpful in ways large and small, but I wonder if we have lost moments of connection.

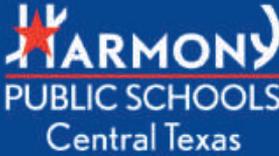
When my son was a toddler, we watched an episode of Super Why called "George and the Dragon." In this episode, through spelling and word identification, George and the Dragon go from enemies to friends. And while George thought he was saving the Princess, she was not scared; the Dragon was simply blocking her door.

Immediately after, my son related the entire thing to me - the plot, the key letters and most important words in the episode. I thought, "I know! I

was at your side!" but I just listened. Later, I realized that through his talk, he was solidifying his understanding of what he had seen and was sharing what he knew with me, his dad.

I know firsthand how hard it can be to pull away from work and it can be

tempting to see a child contentedly occupied with a device and think, "She's okay." But if you get a chance, plop down with your kid and share a moment of viewing smart stuff together. You may be surprised at what comes from it.



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Harmony School of Innovation - Austin	PK-5	<a href="http://hsiaustin.harmonytx.org">hsiaustin.harmonytx.org</a>	(512) 300-0895
Harmony School of Excellence - Austin	6-12	<a href="http://hseastin.harmonytx.org">hseastin.harmonytx.org</a>	(512) 693-0000
Harmony Science Academy - Pflugerville	6-12	<a href="http://hsapflugerville.harmonytx.org">hsapflugerville.harmonytx.org</a>	(512) 251-5000
Harmony School of Science - Austin	K-5	<a href="http://hssaustin.harmonytx.org">hssaustin.harmonytx.org</a>	(512) 821-1700
Harmony School of Endeavor - Austin	PK-12	<a href="http://hsapaustin.harmonytx.org">hsapaustin.harmonytx.org</a>	(512) 284-9880
Harmony Science Academy - Cedar Park	PK-5	<a href="http://hsacp.harmonytx.org">hsacp.harmonytx.org</a>	(512) 494-5151

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# November 2022

## calendar

Go to [austinfamily.com](http://austinfamily.com) for expanded listings.

Check our calendar online which is updated daily. Any family-friendly events can be posted at [austinfamily.com](http://austinfamily.com) and will be made live once approved. Certain restrictions apply.

### TUE 1

**HARVEST OF FALL FUN.** 8:30 a.m. Join us for hayrides, pumpkins, mazes, scarecrow stuffing, face painting and more. Sweet Berry Farm, 1801 Farm-to-Market 1980. [sweetberryfarm.com](http://sweetberryfarm.com).

**FORTLANDIA.** 9 a.m. to 5 p.m. Fortlandia, our annual exhibition of secret hideouts, kicks off this fall in a new location — the Luci and Ian Family Garden. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. \$8 - \$15. [wildflower.org](http://wildflower.org).

**SKATE NIGHT AT ELGIN.** 6 - 8 p.m. ALL WHEELS ARE WELCOME. Come skate, bike, roller blade and scooter safely at the Elgin Recreation Center. This event is fun for all ages. City of Elgin Parks and Recreation, 361 N Hwy 95. [elgintexas.gov](http://elgintexas.gov).

**DÍA DE LOS MUERTOS.** 6 - 9 p.m. Día de los Muertos, or Day of the Dead, traditionally celebrated in Mexico, is a holiday now celebrated globally. Moody Amphitheater, 1401 Trinity St. [waterloogreenway.org](http://waterloogreenway.org).

### WED 2

**LITTLE SPROUTS.** 10 - 11 a.m. Bring your little ones to the gardens for our weekly Little Sprouts preschool program tailored for children ages three to five years. Wildflower Center, 4801 La Crosse Ave. [wildflower.org](http://wildflower.org).

**DÍA DE LOS MUERTOS.** 6 - 9p.m. Día de los Muertos, or Day of the Dead, traditionally celebrated in Mexico, is a holiday now celebrated globally. Moody Amphitheater, 1401 Trinity St. [waterloogreenway.org](http://waterloogreenway.org).

**CONTINUED:** Dia De Los Muertos see Tue 1; Fortlandia see Tue 1.

### THU 3

**HARVEST OF FALL FUN.** 8:30 a.m. Join us for hayrides, pumpkins, mazes, scarecrow stuffing, face painting and more. Sweet Berry Farm, 1801 Farm-to-Market 1980. [sweetberryfarm.com](http://sweetberryfarm.com).

**COME-AND-GO PROGRAM: ART EXPLORATION.** Drop by the library anytime between 3:30-5:00pm on Thursdays for fun clubs for children. Geared for children ages 7+. Buda Library, [budalibrary.org](http://budalibrary.org).

**STORYTIME & CRAFT.** 5 - 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Drive. [wblibrary.org](http://wblibrary.org).

**GIRLSTART STARRY NIGHT.** 5:30 - 7 p.m. Girlstart's STEM Studio and Mini-Planetarium is a unique space for families to explore astronomy. FREE. Girlstart STEM Center, 1400 W. Anderson Ln. [girlstart.org](http://girlstart.org).

**FAMILY STORYTIME.** 6 - 6:45 p.m. Offers children opportunities to interact with the story through songs, rhymes and movement. Buda Library, [budalibrary.org](http://budalibrary.org).

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1.

### FRI 4

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1.

### SAT 5

**POKÉMON CLUB.** 9 - 10:30 a.m. Pokémon players, come make new friends and share your love of Pokémon. Round Rock Public Library, 216 E Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**DROP-IN & DISCOVER.** 10 - 12 p.m. Join us in the gardens on select Saturdays to play, learn and discover. Enjoy different themed family-friendly activities designed for all ages. Wildflower Center, 4801 La Crosse Ave. [wildflower.org](http://wildflower.org).

**STORYTIME & CRAFT.** 10:30 - 11 a.m. Wells Branch Community Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**FAMILY STORYTIME.** 11 - 11:30 a.m. Enjoy books, songs and rhymes alongside your toddlers and preschoolers. Round Rock Public Library, 216 E Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**READ TO A THERAPY DOG.** 11:30 a.m. to 12:30 p.m. Read to Princess Buttercup Dump Truck or Bently, our reading therapy dogs from Divine Canines. Wells Branch Community Library, 15001 Wells Port Drive. [wblibrary.org](http://wblibrary.org).

**DÍA DE LOS MUERTOS PROCESSION AND FESTIVAL.** 12 - 8 p.m. Join Round Rock Ballet Folklorico, along with Williamson County Hispanic Heritage Committee, City of Round Rock, Round Rock Arts and Univision for Centennial Plaza, 301 West Bagdad Ave. [roundrocktexas.gov](http://roundrocktexas.gov).

**FAMILY NIGHT CAMPOUT.** 2 p.m. to 10 a.m. Take a weekend away from technology and join us at YMCA Camp Moody for a Saturday night campout among the stars and fall weather. YMCA Camp Moody, Buda. [austinyymca.org](http://austinyymca.org).

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1.

### SUN 6

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1.

**ROCKIN' KIDS CLUB: CLOTHESPIN ANIMALS ART (AGES 5-8).** 4:30 - 5:15 p.m. Spend the afternoon creating art at Round Rock Public Library with guest artist and librarian, Sarah Foreman. Round Rock Public Library, 216 E Main Street. [roundrocktexas.gov](http://roundrocktexas.gov).

**FAMILY STORYTIME.** 6:30 - 7 p.m. Families with toddlers, preschoolers and other young children are invited. Round Rock Public Library, 216 E Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**CONTINUED:** Fortlandia see Tue 1.

### TUE 8

**CONTINUED:** Fortlandia see Tue 1; Skate Night at Elgin see Tue 1.

### WED 9

**CONTINUED:** Fortlandia see Tue 1; Little Sprouts see Wed 2.

### THU 10

**COME-AND-GO PROGRAM: MAKERS' LAB.** 3:30 - 5 p.m. Drop by the library anytime between 3:30-5:00pm on Thursdays for fun clubs for children. Geared for children ages 7+. Buda Library, [budalibrary.org](http://budalibrary.org).

**STORYTIME & CRAFT.** 5 - 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**FAMILY STORYTIME.** 6 – 6:45 p.m. Family story time offers children opportunities to interact with the story through songs, rhymes and movement. Buda Library, budalibrary.org.

**CONTINUED:** Fortlandia see Tue 1.

**FRI 11**

**VETERANS DAY CEREMONY.** 10 a.m. Please join us in honoring all current and former United States military service members at Veterans Park, 1011 S. Bagdad Ave. leandertx.gov.

**VETERANS DAY CEREMONY.** 11 a.m. to 12 p.m. Lakeway Activity Center, 105 Cross Creek, Lakeway. lakeway-tx.gov.

**CONTINUED:** Fortlandia see Tue 1.

**SAT 12**

**HOLIDAY BAZAAR ARTS AND CRAFTS SHOW.** 9 a.m. to 4 p.m. The City of Round Rock's Clay Madsen Recreation Center invites you to the 18th annual Rockin' Around the Holidays Bazaar. Clay Madsen Recreation Center, 1600 Gattis School Rd. roundrocktxas.gov.

**AUSTIN POWWOW.** 9 a.m. to 9 p.m. This event brings a fascinating look into Native American People with dancing demonstrations, market and food court. Travis County Expo Center, 7311 Decker Ln. \$7 – \$10. austinpowwow.net.

**2022 VETERANS DAY PARADE.**

9 a.m. Parade at 9am. Afterward, participants and citizens are invited to attend the festivities. The day will include live music, market vendors and family friendly activities. Mary Kyle Hartson Park, Kyle. cityofkyle.com/recreation.

**FESTIVAL OF GOOD 2022.** 10 a.m. to 2 p.m. Join the Goodnight Ranch community in celebrating its 5th annual Festival of Good on Saturday, Nov. 12 from 10 a.m.-2 p.m. Goodnight Ranch Amenity Center Lawn, 5601 Baythorne Dr. FREE. liveatgoodnight.com.

**STORYTIME & CRAFT.** 10:30 – 11 a.m. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

**SECOND SATURDAYS.** 11 a.m. to 3 p.m. There is a new craft each month and materials are provided. Bring the family. Laguna Gloria, 3809 West 35th Street. FREE. thecontemporaryaustin.org.

**CLOSE ASSAULT 1944.** 11 a.m. to 3:30 p.m. Remember the true meaning of Veterans Day with this stirring look back at World War II. Texas Military Forces Museum, 2200 West 35th St. texasmilitaryforcesmuseum.org.

**CONTINUED:** Fortlandia see Tue 1.

**SUN 13**

**CLOSE ASSAULT 1944 SUNDAY SHOW.** 1 – 3 p.m. Remember the true meaning of Veterans Day with this stirring look back at World War II. Texas Military Forces Museum, 2200 West 35th St. texasmilitaryforcesmuseum.org.

**CONTINUED:** Fortlandia see Tue 1.

**MON 14**

**PAJAMA STORYTIME.** 6:30 p.m. Wind down your day with all ages story time fun at the Hampton Branch at Oak Hill. Austin Public Library Hampton Branch, 5125 Convict Hill Rd. library.austintexas.gov.

**CONTINUED:** Fortlandia see Tue 1.

**TUE 15**

**CONTINUED:** Fortlandia see Tue 1.

Wed 16

**CONTINUED:** Fortlandia see Tue 1.

**THU 17**

**THE JUNIOR LEAGUE CHRISTMAS AFFAIR – THE NUTCRACKER.** 12 p.m. – 8 p.m. An Austin tradition to kick off the season. Kid events and Santa photos. Check website for kid event availability. Palmer Events Center, 900 Barton Springs Rd. \$25 – \$38. jlaustin.org.

**COME-AND-GO PROGRAM: LEGO CLUB.** 3:30 – 5 p.m. Drop by the library anytime between 3:30–5:00pm on Thursdays for fun clubs for children. Geared for children ages 7+. Buda Library, budalibrary.org.

**STORYTIME & CRAFT.** 5 – 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

**FAMILY STORYTIME.** 6 – 6:45 p.m. Family story time offers children opportunities to interact with the story through songs, rhymes and movement. Buda Library, budalibrary.org.



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**CONTINUED:** Fortlandia see Tue 1.

**FRI 18**

**CONTINUED:** Fortlandia see Tue 1; JL Christmas Affair – The Nutcracker see Thu 17.

**SAT 19**

**LEANDER HARVEST FESTIVAL.** 8 a.m. to 4 p.m. Come out to Lakewood Park for a fun-filled day of fall activities. Leander Public Library, 1011 S. Bagdad. leandertx.gov.

**SONGS & STORIES WITH KIM LEHMAN.** 10:30 – 11:30 a.m. Join storyteller and musician, Kim Lehman for a fabulously fun story time. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

**STORYTIME & CRAFT.** 10:30 to 11 a.m. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1; Read to a Therapy Dog see Sat 5.

**SUN 20**

**RUDOLPH THE RED-NOSED REINDEER.** 6 p.m. The beloved TV classic Rudolph the Red-Nosed Reindeer soars off-screen & onto the stage. Bass Concert Hall, 2350 Robert Dedman Dr. \$15. texasperformingarts.org. 512-471-2787

**CONTINUED:** Fortlandia see Tue 1; Harvest of Fall Fun see Tue 1.

**MON 21**

**CONTINUED:** Fortlandia see Tue 1.

**TUE 22**

**CONTINUED:** Fortlandia see Tue 1.

**WED 23**

**CONTINUED:** Fortlandia see Tue 1.

**THU 24**

**THUNDERCLOUD SUBS TURKEY TROT.** 9:30 a.m. Everyone can join in the race. The Long Center, 701 W. Riverside Dr. \$12 – \$30. thundercloud.com.

**STORYTIME & CRAFT.** 5 – 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. wblibrary.org.

**FRI 25**

**LIGHTING OF THE SQUARE.** 4 – 8 p.m. Join the Williamson Museum and celebrate the Georgetown Square being lit for the holiday season. Williamson Museum, 716 S. Austin Ave. FREE. williamsonmuseum.org.

**CONTINUED:** Fortlandia see Tue 1.

**SAT 26**

**WILD LIGHTS.** 'Twas a night before Christmas and all through the park not a

creature was stirring as the evening grew dark. Cameron Park, Emmons Cliff Dr., Waco cameronparkzoo.com.

**CONTINUED:** Fortlandia see Tue 1.

**SUN 27**

**CONTINUED:** Fortlandia see Tue 1; Wild Lights see Sat 26.

**MON 28**

**CONTINUED:** Fortlandia see Tue 1; Wild Lights see Sat 26.

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**CONTINUED:** Fortlandia see Tue 1; Wild Lights see Sat 26.

**WED 30**

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# The Magic of the Season

Each month, topics in this column alternate between cool, new places to go and a family-friendly thing to do at home. This month, we feature three Austin events to get your family in the holiday spirit.

## ADDIE GROSS

Gross loves living in Austin and is a mom to three boys (ages 13, 10, 4).

There are so many family-friendly things to do in Austin all year round, but I think November and December are my favorite time of year. It's usually warm enough outside that you can enjoy spending time outdoors to experience the magic of the season. Here are three events coming up in and around our capital city this November and December that you and your family won't want to miss.

got a kick out of playing in the giant grassy area at night. It's like a whole new twilight world that they normally wouldn't get to see. You can also have a blast dancing to the live music on the big stage. Make sure you bring a blanket and stay for the show.



Mozart's Coffee Roasters. November through January at 3825 Lake Austin Blvd.



Sweet Eats Adventure Park. 14400 E. State Highway 29 Georgetown.

## Sweet Eats Adventure Farm

Kick-start your holiday spirit by seeing Santa and his reindeer at Sweet Eats Adventure Farm. His reindeer are there daily after Thanksgiving. You can take photos with Santa just by having a General Admission ticket (\$20-25) which also grants you access to over 30 activities.

You can walk through a giant gingerbread house, take pictures with Santa and meet his live reindeer. But this farm is filled with fun activities beyond Santa, which makes it worth the drive (and the cost). We love the apple slingshots, the pig races, the petting zoo and so much more. We spend hours up at the farm and have even bought their season passes over the years because my kids always have the best time. It's fun for all ages.

## Mozart's Coffee Roasters

If you've never been, you've got to check out the lights display at Mozart's Coffee Roasters. As an on-looker, you can see it for free or pay to reserve a table (\$20-30). The lights dance to the music and put on a show. Then there's live piano entertainment between light shows, where the kids are invited up on stage to sing. There's nothing better than watching the lights, listening to the music and sitting out over the water. It's like a little slice of Austin heaven for the holidays. They have tightened up reservations and time slots but the show is still worth it to see at least once. Don't forget to try one of their pretzels and of course get a hot chocolate.



Creek Show at Waterloo Park. 500 E 12th St. Austin.

## Creek Show at Waterloo Park

Creek Show 2022 is back at Waterloo Park November 11-20. This display of illuminated art is accompanied by live music and is free for the whole family. Local artists have created the different light exhibits and they are truly impressive. What's more, they seem to captivate kids' attention for long periods of time. Since this event is hosted at Waterloo Park, your family can also stop off and play at the playground during the show. My kids

All photos credited to Addie Gross

# Austin Then *and* Now

## ThunderCloud Subs Turkey Trot

DOROTHY BENNETT

*Bennett is a writer and artist in Austin, TX where she runs a creative agency with her husband.*

Whether or not you typically run marathons over the holidays, the ThunderCloud Subs Turkey Trot is a beloved Austin tradition. Since 1991, Austinites have gathered the morning of Thanksgiving to spend quality time together and to work up a healthy appetite getting in their steps. Looking back at previous races, the similarities to today are striking.

### Then

Wearing an 80's outfit that would look perfectly fashionable on any UT student today, Elinor Mire is pictured here participating in an early Turkey Trot, which began with just 600 participants. Mire was the first ThunderCloud Subs Turkey Trot director and an avid marathoner. Alongside her athleticism, she was a huge proponent of children's fitness. Mire inspired a tradition that has now raised nearly \$4.2 million for Caritas of Austin.

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Just last year, Caritas served more than 6,700 individuals through its housing programs, education, employment, kitchen pantry and refugee services. They recently broke ground on their first residential center, which will have 171 studio apartments and supportive services.



*Elinor Mire, First director of the ThunderCloud Subs Turkey Trot.*

### Now

Mire's legacy of children's fitness is still apparent at the annual Turkey Trot. Among the marathoners, young families can be seen running together and cheering one another on. For some participants, the Turkey Trot has been part of their lives for decades, with generations of Trot fans collecting the run T-shirts and debuting creative costumes. The 2021 Turkey Trot, pictured here, shows a marathon that managed to withstand the pandemic. ThunderCloud Subs Turkey Trot also added virtual viewing to the race that will still be available moving forward. For this year's 32nd annual Turkey Trot, ThunderCloud Subs is fully back in person. Get your sneakers on and let's run, Austin!

*2021 Turkey Trot. Now more than 20,000 people of all ages participate in the race each Thanksgiving Day.*



Photos courtesy ThunderCloud Subs.

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