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November 2023

CONTENTS



6 10 New Thanksgiving Traditions

COLUMNS

- 10 **Lifelines.** 6 Transformative Wellness Trends
- 16 **Family Matters.** Manners Still Matter
Family Matters can be found in Spanish at www.austinfamily.com.
- 18 **Learning Curve.** How to Increase Your Child's Vocabulary
- 24 **Austin Then and Now.** Ballet Austin

IN EVERY ISSUE

- 4 **Austin In Action.** News and Notes
- 8 **Smart Screen Time.** Giving Thanks for Smart Screens
Smart Screen Time can be found in Spanish at www.austinfamily.com.
- 15 **Places to Go & Things to Do.** THANKSgiving:
3 Austin Non-Profits
- 21 **Calendar.**
Check www.austinfamily.com for daily updates.

EXTRAS

- 1 **Cover Kid Contest**
- 12 **Holiday Fun Guide** – Camps and Activities

TUNE IN



Catch Austin Family magazine live on "Good Day Austin" every Thursday morning.

2 November 2023

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JESS ARCHER



LEARNING CURVE
ALISON BOGLE



LIFELINES
BRENDA SCHOOLFIELD



FAMILY MATTERS
DR. BETTY RICHARDSON



SMART SCREEN
DR. BENJAMIN KRAMER



Jacob is a cover kid winner who likes dinosaurs, Cajun music and cars. He turns four this month. Photo taken by Jordan Ashley Photography, Cedar Park.

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EDITOR'S NOTE

JESS ARCHER

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

Holiday traditions can foster some of the best family memories. When my kids were babies and toddlers, I liked to trace their hands and then together we'd color and cut out their "hand turkeys" to use as place cards at our Thanksgiving table.

But my kids are older now, and they don't want to trace their preteen hands into the shape of a turkey anymore. Time to find a new Thanksgiving tradition! With that in mind, this month our feature article is all about exploring new holiday traditions. We offer ten new ways to refresh your Thanksgiving experience.

In the spirit of Thanksgiving, we also highlight three local nonprofits that could use extra resources this holiday season. All three organizations need hands-on help, so if you

and your family are interested in donating time and other assistance, check them out.

This month Alison Bogle writes about ways to help build up your child's vocabulary, and our medical writer, Brenda Schoolfield, details six wellness trends that you and your family might consider adopting now and in the new year.

Don't forget to read through our calendar for all kinds of fun events popping up around our city this fall. There is so much fun to be had in our great capital city!

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November Did You Know?

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Source: www.juicyjuice.com

400

Calories burned on a one-hour hike.

Source: www.projectuntethered.com

86 lbs.

World record for the heaviest turkey.

Source: www.pentictionwesternnews.com

4th

Austin's rank for most educated city in America.

Source: www.forbes.com

Marshall Middle School Grand Opening

This October, Austin ISD celebrated the grand opening of Dr. General Marshall Middle School, a new campus built as part of the 2017 Bond Program. Marshall Middle School was built to serve up to 800 students in Northeast Austin. The school opened for the inaugural sixth-grade class.

The grand opening included performances from Austin High School's ballet group, Folklorico and the marching bands of LBJ and Northeast Early College High School, as well as tours of the new building. Formal remarks were given by Principal Jordan Benson, Interim Superintendent Matias Segura, members of the Austin ISD Board of Trustees, the Alumni Chapter

of Alpha Phi Alpha and Marian Lavon Marshall, wife of the late Dr. Marshall.

The school is named after Dr. General Garwood Marshall, a prominent member of Austin's Black community and a former professor of mathematics at Huston-Tillotson University.



Opening ceremony for Marshall Middle School. Photo Credit: Adrian Ramos, Austin ISD.

Little Cooks in the Kitchen

Sticky Fingers Cooking, an after-school cooking program available through participating elementary schools, announced a new partnership with the Pflugerville Independent School District to make its classes part of the school curriculum for the fall 2023 semester.

"Teaching kids about nutrition, how to cook, and other culinary skills is my passion," says Alli Doyle, franchise owner of Sticky Fingers Cooking.

Thanks to a grant, all students in the 22 elementary schools in the Pflugerville Independent School District will now get a taste of learning how to cook for themselves.

To learn more about Sticky Fingers Cooking, go to: www.stickyfingerscooking.com



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Fresh Paint for a Fresh Start

Erik Estrada, owner of Fresh Coat Painting Company has an eye out for needs in the Austin community. Fresh Coat has donated its painting services to cancer survivors and their families, wounded veterans and children with disabilities.

Recently, Estrada got connected with the people at Partners in Hope, a ministry committed to eliminating isolation in Central Texas who told him about an elderly woman in the Austin area who needed some help with her house.

Moved by her story and struggles, Estrada and his team went to work, repainting the entire exterior of her home, bringing her immense joy and adding to the greater good in the Austin area.



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10 New Thanksgiving Traditions

JESS ARCHER

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

Holiday traditions can be a source of joy that families look forward to each year—turkey carving, parades, reunions with family, all of these things fill our hearts. But as the calendar rolls around to November, you might find yourself wanting to replace some old, tired traditions with fun new ones. Look no further. At Austin Family, we've done our research and compiled a list of ten Thanksgiving traditions to try. Don't overwhelm yourself—pick one and see how it goes. That's the great

thing about holiday traditions—it's never too late to try out a new one and make it your own.

1. MAKE IT POTLUCK. There's no reason the host has to do all the heavy lifting in the kitchen. Ask your guests to bring a dish. Most people have a holiday side dish or dessert recipe that they're quite proud of. Let your guests bring a good portion of the meal and then rave about their culinary abilities. Everyone will

appreciate some added variety to the meal, and it will take some stress off the host.

2. PHONES AT THE TABLE, PLEASE. After the Thanksgiving meal, when everyone is still gathered at the table, have your guests choose one photograph on their phones that makes them especially grateful. Allow each guest to show his or her photograph and describe what it is about that moment that sparks

gratitude. You'll learn something new about your guests and use technology in a positive way.

3. LIKABLE LEFTOVERS. When all the guests leave, the host is usually left with a mountain of leftover mashed potatoes. Why not share the wealth? Purchase some cute "to go" boxes from your craft store and send guests home with some leftovers from your feast. Thanksgiving leftovers make a great midnight snack or next-day brunch item.

4. STAY CONNECTED WITH TECHNOLOGY. Plane tickets for the Thanksgiving holiday week can be very expensive. If you can't be with your loved ones, make a new tradition of using technology to connect. Set up a smartphone in the dining area and take five or ten minutes to video chat with friends and family. Be sure to ask pointed questions to your virtual guests: what are you all eating for your feast? What do you have planned for the day?

5. TAKE THE PARTY OUTDOORS. When the big Thanksgiving meal starts to digest and everyone feels sleepy, take the party to your backyard to change things up. Let the kids play (Austin weather is typically pleasant at the end of November) and set up chairs for adults around a fire pit if you have one.

6. PARTY FAVORS FOR ALL. Kids aren't the only people who like a nice party favor. If you're hosting a large gathering, use a party favor as the place card

for each guest. A small candle, a Christmas tree decoration, or a special candy or chocolate are items that not only make a decorative table but help your guests feel welcome and special.

7. TAKE A SCAVENGER WALK. After your meal, plan to take a walk with your guests in your neighborhood. If you have kids in your group, make a list of items for them to find on the walk. (The first person to find all the items gets the biggest helping of dessert.) Even better, have your guests each find a pretty leaf, branch or nature item to use in a holiday wreath or table decoration.

8. CHRISTMAS TREE FUN. If you're someone who likes to have your Christmas tree up before Thanksgiving, why not incorporate it into your Thanksgiving festivities? Have guests help decorate it. You might give guests a hanging "gratitude pin." Let each guest write what he or she is thankful for and hang it on your tree to get the holidays off to a lovely start.

9. PLAYLIST REQUESTS. Good background music makes any gathering better. Why not ask your guests ahead of time what artists they love to hear around the holidays? Use a music app like Spotify or YouTube Music

and creating a Thanksgiving, 2023 playlist for your special day. Your friends and family will enjoy hearing their favorite music at your feast and it will spark great conversation.

10. SHOW OFF SOME TALENT. If your kids play an instrument or have a fun and silly talent, let them do a little performance for your guests. It's a wonderful way to help boost confidence in your kids and it makes for a fun and enjoyable evening for your guests. If distant relatives are there for the meal, they will love getting to know your kids better and create a new memory.





SMART SCREEN TIME

DR. BENJAMIN KRAMER

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

Giving Thanks for Smart Screens

In the world of digital media, we use the word “interactivity” to make an important distinction about the ways people use screens. The first generation of screens—televisions! asked viewers to simply view and not respond to the screens in any way. During his TV show, Mr. Rogers was one of the first to address questions directly to children and provide them with time to respond. Shows like “Blue’s Clues,” “SuperWhy,” “Sesame Street,” and “Daniel Tiger’s Neighborhood” all have continued this idea of talking to kids and waiting for

responses; however, there’s not a way for the show creators to tell if the children are actually responding.

This is where interactivity comes in. Perhaps the most obvious form of interactivity is a screen-based game, where the action of the game doesn’t continue unless the game player responds in some way, typically through a manual action like a swipe or a keyboard click. Educational games connect interactivity to learning goals, where the action of the game is driven by what the child knows or what he thinks is the best way to proceed. Interactivity tends to keep the child more engaged in the experience, and it’s possible to see how the child is performing and therefore, what he may be learning in the process. That’s why we, in the world of PBS KIDS, emphasize that when kids love certain shows, they should play the games connected to those shows through the PBS KIDS GAMES app or at www.pbskids.org.

There is a whole other level of interactivity that is even more beneficial, and that’s when multiple humans get involved and communicate with each other in

the course of play. When you see a child actively immersed in a game, there’s a temptation to let that play continue, to not interrupt and to be thankful for some time that you can use for other matters. I encourage you to occasionally resist that temptation and get involved. Ask if you can play together, or if your child can teach you how to play the game. Perhaps there’s a way to engage in some friendly competition. Throughout gameplay, try to continue dialogue, showing your child that it’s possible to play and communicate at the same time. At the end of your session, since it’s the season of giving thanks, a nice hug of gratitude is a great way to conclude the experience.



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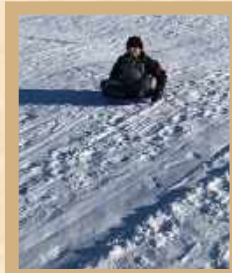
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6 Transformative Wellness Trends



LIFELINES

BRENDA SCHOOLFIELD

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.

The holiday season can be a time of togetherness and celebration, but disrupted routines, overindulgence and a frantic pace can overshadow the joy. Here are six popular wellness practices that can help make the final months of 2023 healthier and more enjoyable for your family.

1. Mindfulness

The whirlwind of holiday preparations can lead to mindless consumption and disconnection from the present. Embracing mindfulness will help you fully experience the joy of the season. Start with food. Savor each bite instead of unconsciously munching on treat after treat. Pay attention to flavors and textures. Take the time to really enjoy one delicious cookie instead of the entire bag.

Bring mindfulness to your holiday shopping. Instead of a frantic buying

spree, intentionally choose targeted gifts that are meaningful to the recipient. One carefully chosen present will have a much greater impact than several mindless selections. This thoughtful approach will enhance the spirit of giving and connection.

Mindful conversation creates a safe space for communication. Put your smartphone away. Truly listen to what others have to say. Focus on their words and emotions. Allow the other person to share her thoughts, ideas, and worries, uninterrupted. Practicing mindfulness in conversation shows respect and value for others.

2. Balance eating

Sometimes following the latest diet trend can take the joy out of eating. Maybe it's time to bring balance back to your eating pattern. Instead of depriving yourself of specific foods,

strive for balance and moderation. Include fruits, vegetables, grains, protein foods and dairy (or dairy alternatives) in your daily food choices. By embracing a more flexible approach to eating, you can enjoy the culinary delights of the season while improving your nutrition. Be mindful of your consumption of sugar, salt and foods high in unhealthy fats. Stay mindful that the holidays are about more than just food; they're about connecting and making memories with family and friends.

3. Exercise snacks

Maintaining a regular exercise routine can be challenging during the holiday season. To keep active, work exercise "snacks" into your day. Exercise snacks are short bursts of physical activity that can be done in just a few minutes. Take a quick walk around the block after a big meal to aid digestion. Get

your heart rate up by dancing with the kids to holiday music. Set a timer and do three minutes of bodyweight exercises like squats, planks or lunges. Exercise snacks can help you stay energized, even when your schedule is packed with holiday commitments.

4. Healthy sleep habits

Quality sleep is essential for overall wellness but maintaining healthy sleep hygiene during this busy time of the year can be difficult. Entertaining, social commitments, travel and unstructured schedules can wreak havoc on sleep patterns. As much as possible, establish regular bedtime and wake-up times for the entire family, even on weekends and holidays. Keep devices out of the bedroom to reduce exposure to blue light, which can interfere with the sleep cycle. Avoid heavy meals and caffeine close to bedtime. Create soothing bedtime routines for everyone in the family to facilitate a good night's sleep.

5. Think sustainability

In recent years, there has been a growing emphasis on sustainability, and this trend extends to the holidays. Consider adopting one of the following sustainable practices this holiday season:

- Opt for locally sourced and organic foods.
- Reduce waste by using reusable dishes and utensils.
- Avoid items that will be used once and then thrown away.
- Choose eco-friendly gift-wrapping materials.
- Select gifts that minimize negative impact on the environment. Reuse and recycle by shopping at second-hand stores for items that will make good gifts.

By considering sustainability, you not only contribute to a healthier planet but also align with the spirit of giving and gratitude that defines the holiday season.

6. Use your breath

Combat stress with breathwork, a

practice that can be done anywhere, anytime. Deep, intentional breathing can restore balance and calm your nerves. When you find yourself overwhelmed by relatives or holiday obligations, take a few minutes to focus on your breath. Inhale deeply through your nose, counting to four; hold for four; then exhale slowly through your mouth to the count of four.

Try breathwork at night to distress and release tension. A few minutes of mindful breathing can prepare your body for restorative sleep so that you wake up refreshed and ready for another day of festivities.

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Written by Austin Family staff

THANKSgiving: 3 Austin Non-Profits

If you and your family would like to get out there and donate your time and resources this holiday season, here are three locally operated nonprofit organizations in Austin to consider. Each organization has a mission to serve families in a unique way and could use your generosity.



Bring Some Holiday Cheer

Mission Accomplished is a full-service organization in Austin that helps people who are experiencing homelessness. They provide resources and assistance to individuals and families that need a helping hand. During the Thanksgiving season their mission is to “bring some cheer” to individuals and families. On Friday November 17th Mission Accomplished volunteers will spend time assembling Thanksgiving baskets for Austin residents. If you and your family would like to help with the assembly, you can sign up on the Mission Accomplished website at: www.mission-accomplished.org.

Home-Cooked Love

Founders of Red Beans & Ricely Yours, Maris Clegg and Chris Cubas understand the healing power of a home-cooked meal. That’s why every Sunday they are committed to delivering home-cooked, Southern- inspired meals to Austin residents in need. In operation since 2020, their volunteers have delivered over 9,000 meals. Red Beans and Ricely Yours is purely donation driven. They are always in need of cooks, drivers and monetary donations. If you and your family want to give your time and culinary talents this holiday season, support Red Beans and Ricely Yours. Find them at: www.redbeansaustin.com



Red Beans and Ricely Yours.
Photo courtesy @anindoorlady

Family Resources and Fun Day

It’s not easy to be the parent of a child with a disability, and if steady income or common language is a challenge, it can be overwhelming. Since starting in 2011, Vela’s mission has been to empower Austin parents with the knowledge and resources they need to be their child’s best advocate at doctor’s appointments, therapies and special education meetings at school. Vela offers a wide range of classes that parents can take on a variety of topics related to disabilities, regardless of income, language or culture.

Vela holds its annual Family Fun Day on December 16th and could use volunteers to help. If you want to support a local non-profit with a mission to help families, check out the service and donation opportunities at: www.velafamilies.org



Vela provides parent resource classes.

ARMSTRONG COMMUNITY Music School

- Music classes for all ages in Westlake
- Early childhood music classes coming to Hyde Park in Fall 2023

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MANNERS 101

Manners Still Matter

FAMILY MATTERS

DR. BETTY RICHARDSON

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

My sister's ten-year-old son, Travis seems to have no manners at all. "Please" and "thank you" are not part of his vocabulary, and he has great fun belching as a means of communication. My sister is being deployed by the Red Cross for three weeks, so Travis is coming to stay with me and my husband. What manners would you suggest we to teach him? How can we get him to take on some new and improved behaviors?

Some of the best ways to get a child to display new behaviors or to stop old behaviors include:

1. Model the behaviors you want to see in a child. Open doors for others, spark polite conversation and express gratitude. Show a child how to be polite by being so yourself.

2. Use a reward system such as giving stickers, points or even small amounts of money. Use a chart to help track the child's progress toward those rewards.
3. Praise the child when you see good behavior. In addition, praise the child in front of his peers and other adults.

You ask what manners are important to teach your nephew. Here are some suggestions:

1. No belching around family, friends and strangers. Belching is for contests with pals.
2. Acknowledge an introduction with something like, "Pleased to meet you."
3. Make eye contact when someone is speaking to you.
4. Use "Please" and "Thank you."
5. Cover your mouth when you cough.
6. Use good table manners: no elbows on the table, ask politely for food to be passed, chew with your mouth closed and use a napkin.

Don't forget to ask to be excused from the table.

7. Take turns with others.
8. Be respectful and kind. No name-calling.
9. If you bump into someone, say, "Excuse me."
10. Show sympathy when someone is hurt.

There are some great resources out there to teach kids better etiquette with books, games and flashcards. "Dude That's Rude" by Pamela Espeland and Elizabeth Verdick addresses 365 manners that kids should know and use. Check your bookstore for other helpful guides. Instilling manners in a child is challenging but it's worth your effort. Teaching a child good manners helps a child to behave well in society.

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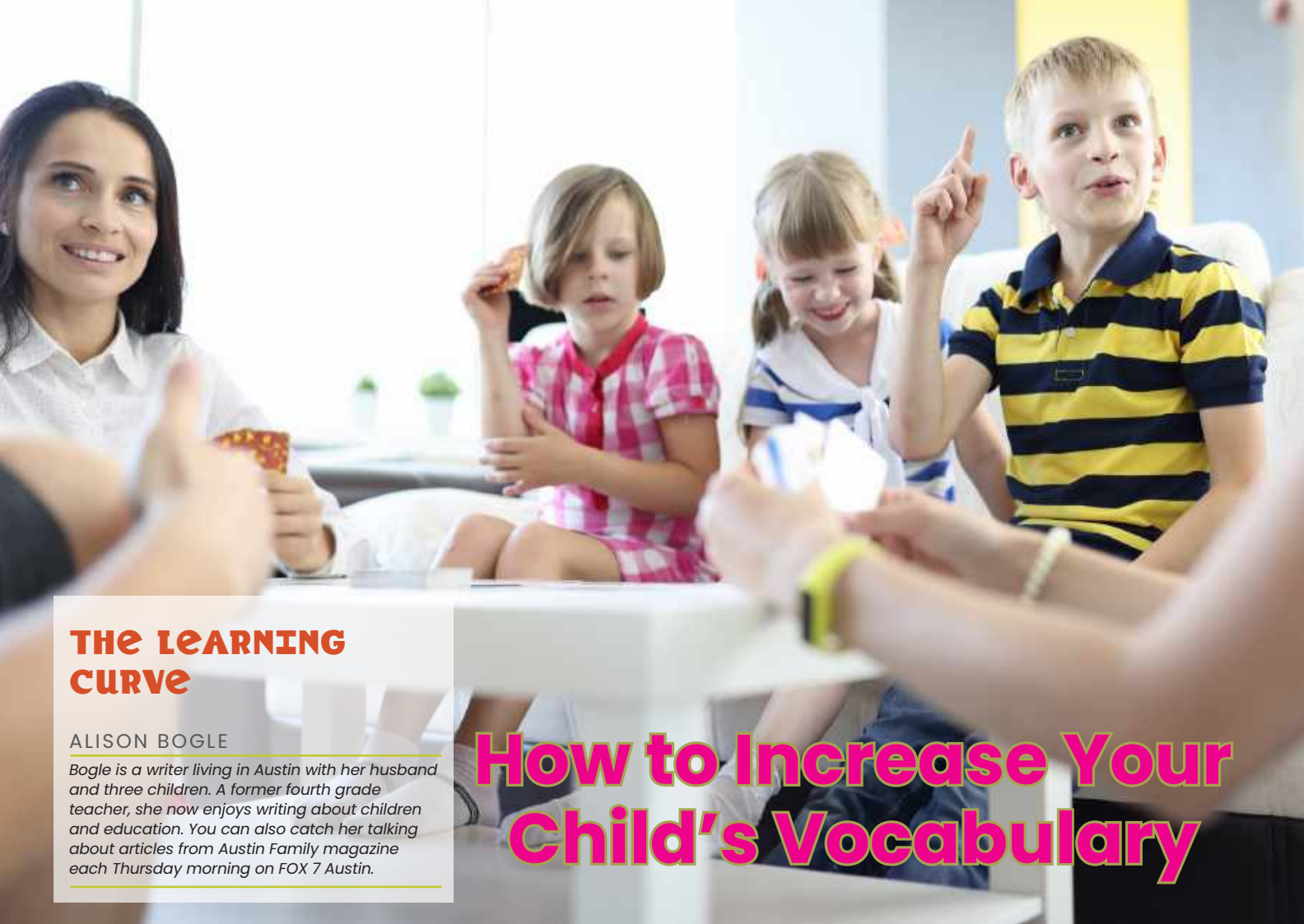
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ALISON BOGLE

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.

How to Increase Your Child's Vocabulary

At its basic level, literacy is the ability to read and write, and having a strong vocabulary is a key component of that. Without a robust databank of words, a child can struggle to make meaning of the text he encounters when reading, which makes it harder for him to learn about new concepts.

Before entering school, a child's vocabulary naturally grows by leaps and bounds, mainly by listening to those around him. By the time he enters school, however, most of the words that are spoken are words that he already knows. At this point, the learning of new words shifts primarily to reading, which unfortunately doesn't provide the same rich level of context clues as our intonation and body language do.

If a child's vocabulary is lacking, he is going to have a harder time

understanding what he reads. A missing word here or there is to be expected and probably won't stop him, but encountering too many unknown words affects comprehension and causes many children to give up in frustration. And, once students are reading to learn rather than simply reading for pleasure, the ideas become more complex which compounds the reading difficulty.

If a child reads during school time, it might seem like that would be enough, but it is vitally important that reading takes place at home as well. In fact, a study by the Texas Reading Initiative found that students who read or are read to outside of school read almost 2 million words per year. Contrast that with a student who reads less than a minute per day outside of school – he only reads an additional 8,000 – 21,000 words per

year, depending on his fluency, or reading speed.

It is the rare child who will turn down being read to at bedtime – even older children enjoy the ritual. In addition, if you make a routine of having a range of interesting books available to your child, he is more likely to pick them up and read on his own. Some families even encourage reading at home by setting aside twenty minutes most nights of the week for everyone to relax together on the couch and read – parents too! But what if you have a child who is resistant to being read to or to reading on his own?

Here are some ways to help your child increase his vocabulary, whether he's a booklover or not. Mixing in an element of fun gets every child excited and learning.

- 1. Break out a board game.** There are several wonderful games that teach words as a part of play, such as Scrabble, Scrabble Jr., Boggle, Boggle Jr., Quiddler, Bananagrams and Oddly Obvious. Play with your child so you can help him learn the definition of the words that he encounters.
- 2. Listen to audiobooks or podcasts.** Make the most of your drive time by playing a story for the whole family to listen to. Listen for words your child might not know and provide a brief definition – you don't have to do this for every word or the story will bog down. Encourage your child to ask about any words he doesn't know and praise him when he does.
- 3. Play I Spy.** "I spy with my little eye, something that is _____." Instead of filling in the blank with a color, supply a definition for the word you can see and are trying to teach. Be sure to mix in several easy words so that play doesn't become frustrating.
- 4. Sing.** Music is catchy and a great way to teach and remember information. Sing songs with unknown words and then talk about their meaning or have fun making up songs together about the words you want your child to learn.
- 5. Word of the Day.** Introduce a word and definition at the breakfast table and challenge each family member to use it in conversation at least once during family time that day.
- 6. Play pretend.** Imaginary play is a great way to introduce new words as it can often provide rich, contextual clues that help with understanding, and it only feels like fun!

7. Go digital. There are a plethora of vocabulary apps and games for kids to explore at home or on the go.

Students with a greater, richer vocabulary are more likely to do better on reading achievement tests,

as well as on college entrance exams and vocational placement tests. All of these are fabulous reasons to introduce vocabulary games to your family and let the fun (and learning) begin!



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An advertisement for Alleycat Roofing & Windows. The top half shows a house with a white silhouette of a cat on the roof. Below the house, the text reads "ALLEYCAT ROOFING & WINDOWS". The middle section says "WE'RE THE ROOFING EXPERTS YOU CAN COUNT ON IN THE AUSTIN METROPLEX AREA". The bottom section lists services: "Residential Roofing • Commercial Roofing • Gutters • Windows" and provides the phone number "Austin- Metroplex: (512) 774-2663".



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November 2023 calendar

Go to www.austinfamily.com for expanded listings.

Check our calendar online which is updated daily. Any family-friendly events can be posted at www.austinfamily.com and will be made live once approved. Certain restrictions apply.

For Storytimes please go to

www.library.austintexas.gov

www.wblibrary.org

www.westbanklibrary.com

www.laketravislibrary.org

www.leandertx.gov/library

www.cityofkyle.com/library

www.budalibrary.org

www.library.georgetown.org/events-calendar

Wed 1

Green Garden Volunteer Day. 9:30 to 11:30 a.m. Join the Grow Green team at Zilker Botanical Garden to maintain the Green Garden. Zilker Botanical Garden, 2220 Barton Springs Rd. www.austintexas.gov.

Make and Watch: "Coco." 3 to 5 p.m. Join us as we celebrate Día de los Muertos by watching "Coco" and decorating skull masks. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Teens Create. 5:30 to 7:30 p.m. Teens 13-18 are invited to come create with us every Wednesday. Collaborative art projects and new mediums introduced throughout the year. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Music on Main Fall 2023. 7 to 9 p.m. We're excited to share more music memories with you this fall 2023 at our Music on Main series. Prete Main Street Plaza, 221 East Main St. www.roundrocktexas.gov.

Thu 2

Finger Painting at Toybrary. 10:30 a.m. to 12 p.m. Bring your 1 to 5-year-old children in for all the finger painting they want. Toybrary, 2001 Justin Ln. Members FREE. \$7 non-members. www.toybraryaustin.com.

Lunchtime Series - Fall 2023 Season. 11:30 a.m. to 1 p.m. Free concerts in downtown Round Rock, 221 E. Main St. www.roundrocktexas.gov.

Digital Nature Walk. 4 to 6 p.m. Join us for a digital nature walk. We combine nature and AI software to identify plants and animals found around the Central Library. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Family Board Game Night: A Board with Books Program. 4:30 to 7:30 p.m. The St. John Branch invites families to play board games to celebrate international games month. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Movie Night: "The Nightmare Before Christmas." 5:30 to 7:30 p.m. Learn about leadership through movies with 78744 Community Youth Development and Austin Southeast Branch Library. Southeast

Branch, 5803 Nuckols Crossing Rd. FREE. www.library.austintexas.gov.

Día De Los Muertos. 6 to 10 p.m. Enjoy live music and dance, community altars, calavera face painting, live art, themed cocktails, local Latinx artisan vendors, and more! www.waterloogreenway.org.

Teen Cartoons & Cereal Party. 6 to 7:30 p.m. Hang out and take a break with some nostalgic cartoons and cereal snacks. PJs optional. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Fri 3

Imagination Station. 10:30 to 11:30 a.m. Designed for young learners, Imagination Station encourages learning through play. Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

Sat 4

Round Rock Market Days. 9 a.m. to 4 p.m. Arts and craft vendors, live music, food and fun. Downtown Round Rock, 221 E. Main St. Event and parking are FREE. www.mainstreetproductionsrr.com.

McKinney Falls State Park Austin Area (Registration Open). 9:30 to 11 a.m. Join us for a fun-filled weekend and discover the joys of camping in your Texas State Parks. McKinney Falls State Park. www.tpwd.texas.gov.

Mushrooms, Worms and Birds: A Roots and Wings Event. 10 a.m. to 2 p.m. Join us for a day celebrating mushrooms, worms and birds. Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. www.library.austintexas.gov.

Bastrop Field and Fun Fest. 10 a.m. to 2 p.m. Join us in celebrating 100 Years of Texas State Parks. Bastrop State Park. FREE. www.tpwd.texas.gov.

Dinovember Party. 10 to 11 a.m. Join us for a story time celebration of all things dinosaur related. Yarbrough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Native American Heritage Month Celebration at Central. 10:15 a.m. to 4:30 p.m. Join us for a day of storytelling, music and more to honor Native American Heritage Month. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Austin Celtic Festival. 12 p.m. Austin's best festival of everything Celtic livens up our Sprinkle Corner village with international highland games. Jourdan-Bachman Pioneer Farms, 10621 Pioneer Farms Dr. www.pioneerfarms.org.

Fall Festival. 1 to 3 p.m. Join us on Hope's walking trail and field for some family fun. We will have Tiny Tails Petting Zoo, a train ride, bounce house, food and fun. Hope

Lutheran Church, 6414 N. Hampton Dr. FREE. www.hopelutheranaustin.org.

Old Bakery & Emporium Celebrates Women Veterans: AVAFest. 1 to 4 p.m. The Old Bakery & Emporium has partnered with the Austin Veteran Artist Festival for an art exhibition. The Old Bakery and Emporium, FREE. www.austintexas.gov.

Star Weaving with One Million Stars Texas. 2 to 4 p.m. In this workshop we will share information about the One Million Stars Texas project and participants will learn how to weave stars. Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

Eat the World: Native American Heritage Month Edition. 2 to 3:15 p.m. In honor of Native American Heritage Month, Common Threads' instructors will show us how to make Three Sisters Stew. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Fall Fest. 6 to 9 p.m. an evening celebrating fall and Animals after Dark. Austin Nature & Science Center, 2389 Stratford Dr. www.austintexas.gov.

Sun 5

Mexic-Arte Museum Free Sundays. 12 to 6 p.m. Sundays are free for everyone! Mexic-Arte Museum, 419 Congress Ave. www.mexic-artemuseum.org.

"The Rainbow Fish". 2 p.m. Ages 3+ "The Rainbow Fish" will enchant even the youngest child with his silver scales and heart of gold in this award-winning book. The Paramount Theatre, 713 Congress Ave. \$13. www.austintheatre.org.

Community Hours. 3 to 5 p.m. Thinkery opens its doors for children and families to explore the exhibits. Admission by donation. Thinkery, 1830 Simond Ave. www.thinkeryaustin.org.

Austin Symphonic Band: "Grand Structures." 4 to 5:30 p.m. Are you ready for an exhilarating musical journey through some of the most magnificent structures in the world? Luis "Chico" Portillo Performing Arts Center, Connally High School, 13212 North Lamar Blvd. \$12. www.austinsymphonicband.org.

CONTINUED: McKinney Falls State Park Austin Area, see Sat 4; Austin Celtic Festival, see Sat 4.

Mon 6

Rockin' Kids Club: LEGO Free Build (ages 5+). 3:30 to 5:30 p.m. Build something amazing at the Round Rock Public Library. Round Rock Public Library, 216 E Main St. www.roundrocktexas.gov.

Adventure Club. 4 to 5 p.m. Join us for after-school activities and exploration with ATLAS Club. Each week you can learn a new skill or explore STEAM activities. Ages

8-12. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Teen Central Presents: Movie Mondays. 5:30 to 7:30 p.m. This event is for teens 13-18 only. Join us for a movie screening on select Mondays of each month. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Tue 7

Redeemer School Invites you to Kinder Connect. 9 to 10 a.m. Come experience Kindergarten at Redeemer School. Meet our teachers, see our classrooms and visit the campus. Redeemer Lutheran School, 1500 W. Anderson Ln. FREE. www.redeemerschool.net.

Community Hours. 3 to 7 p.m. Thinkery opens its doors for children and families to explore our exhibits. Admission by donation. Thinkery, 1830 Simond Ave. www.thinkeryaustin.org.

Get Crafty: Leaf Painting. 3 to 5 p.m. Join us for creating art using leaves and paint. Let's celebrate fall. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Kids Club. 3:30 to 4 p.m. Join us for a crafting, reading, building and exploring afternoon. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Board with Books. 6 to 8 p.m. Bored with books? Then come to our board game night. A wide range of modern and traditional board games will be available to play. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

CONTINUED: Lunchtime Series – Fall 2023 Season, see Thu 2.

Wed 8

CONTINUED: Teens Create, see Wed 1.

Thu 9

STEAM Lab. Discover how science, technology, engineering, mathematics and the arts have powered Texas history. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

CONTINUED: Finger Painting at Toybrary, see Thu 2.

Fri 10

Kids Move & Groove. 10 to 10:45 a.m. With adult supervision, children up to age five are welcome. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Distant Worlds: music from "Final Fantasy". 8 p.m. Music from "Final Fantasy" features the music of the beloved video game series by legendary composer Nobuo Uematsu. Bass Concert Hall, 2350 Robert Dedman Dr. \$15. www.texasperformingarts.org.

Movies in the Park: "Moana". Rated PG, bring your blanket or lawn chairs for a fun and relaxing evening under the beautiful Austin night sky. Mabel Davis District Park, www.austinparks.org/events/movies-in-the-park-moana/

Sat 11

2023 Veterans Day Parade. 9 a.m. to 2 p.m. Join the City of Kyle in honoring our

nation's veterans at the Veterans Day Parade and festivities. www.cityofkyle.com.

Austin Veterans Day Parade and Ceremony. 9 to 11:30 a.m. All details are subject to change. Check website. www.austintexas.gov.

Close Assault 1944. 10 a.m. to 4 p.m. Our annual WWII living history event. Texas Military Forces Museum, 2200 West 35th St. www.texasmilitaryforcesmuseum.org.

Veterans Day Ceremony. 10 a.m. Please join us in honoring all current and former United States military service members at Leander Activity Center. www.leandertx.gov.

One of the Kids Fall Festival. 10 a.m. to 2 p.m. Join us for a bouncy house, face painting, petting zoo, balloon animals and more. 8534 S. Congress Ave. FREE. www.ootks.com.

Texas Book Festival. 5 p.m. to 10 a.m. Check website, all are subject to change. www.austintexas.gov.

LIVE MUSIC: Kyle Park. 8:30 to 11:30 p.m. Come enjoy some country music by Kyle Park. Buck's Backyard, 1750 Farm to Market 1626. www.visitbudatx.com

Sun 12

Mexic-Arte Museum Free Sundays. 12 to 6 p.m. Sundays are free for everyone. Mexic-Arte Museum, 419 Congress Ave. www.mexic-artemuseum.org.

Craft Social Hour. 6 to 7:30 p.m. BYOC (craft) and socialize with other makers. Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

Dungeons & Dragons Club. 6 to 8 p.m. Join us and play Dungeons & Dragons with like-minded enthusiasts. No prior experience needed to participate in this club program. Pflugerville Recreation Center, 400 Immanuel Rd. www.parks.pflugervilletx.gov.

CONTINUED: Adventure Club, see Mon 6; Close Assault 1944, see Sat 11.

Tue 14

Redeemer School Invites you to Kinder Connect. 9 to 10 a.m. Come experience Kindergarten at Redeemer School. Meet our teachers, see our classrooms and visit the campus. Redeemer Lutheran School, 1500 W. Anderson Ln. FREE. www.redeemerschool.net.

Open Play Board Games. 3 to 4:30 p.m. Join us for this come-and-go board game program. Play an old favorite or learn a new one. Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

One Night Ultimate Werewolf Showdown: A Board with Books Program. 3:30 to 4:30 p.m. Join us for an epic showdown of One Night Ultimate Werewolf. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Teen Animanga Club. 6 to 7:30 p.m. Watch and read anime and manga with other fans, learn about Japanese culture and enjoy Japanese snacks. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

CONTINUED: Community Hours, see Tue 7; Kids Club, see Tue 7.

Wed 15

Música y Movimiento. 11 a.m. to 12 p.m. Bring your favorite little one to stretch, sing in English and Spanish, dance & explore music with rhythm instruments. Recommended for ages 3-5. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Zine Night. 5:30 to 7 p.m. Learn how to make and craft a zine with the Austin Public Library. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Movie Night: "Smoke Signals". 6 to 7:45 p.m. Join us for a screening of "Smoke Signals" (1998) in honor of Native American Heritage. Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

CONTINUED: Teens Create, see Wed 1.

Thu 16

Family Board Game Night: A Board with Books Program. 4:30 to 7:30 p.m. The St. John Branch invites families to play board games to celebrate International Games Month. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Board with Books. 5 to 8 p.m. Explore the Central Library's board game collection at this monthly board game meetup. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

CONTINUED: Finger Painting at Toybrary, see Thu 2.

Fri 17

Blue Genie Art Bazar. 10 a.m. to 8 p.m. Austin's beloved holiday shopping experience returns for its 23rd year featuring the work of more than 200 regional artists. Blue Genie Art Bazar, 6100 Airport Blvd. FREE. www.bluegenieartbazaar.com.

Seed Gathering. 3 to 4:30 p.m. Join us to learn about the Austin Public Library seed collection, gardening and sustainable living while we process seed donations for the Seed Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Dinovember. 3:30 to 5 p.m. Visit the library for a day of hands-on science centers, Cretaceous crafts, a pop-up museum, special guest and so much more. Pleasant Hill Branch, 211 E. William Cannon Dr. FREE. www.library.austintexas.gov.

Sat 18

Austin Pow Wow 30th Year. 9 a.m. to 9 p.m. American Indian Heritage Festival brings you a fascinating look into the culture and heritage of Native American people. Travis County Expo Center, 7311 Decker Ln. \$7 - \$10. www.austinpovwow.net.

Garden Storytime-Trees. 9:30 to 10:30 a.m. Enjoy stories, songs and crafts in the garden for this outdoor story time. North Austin Community Garden, FREE. www.library.austintexas.gov.

Art in the Park. 10 a.m. to 12 p.m. The City of Kyle Parks & Recreation will host at the Gazebo of Krug Activity Center. www.cityofkyle.com.

Star Weaving with One Million Stars

Texas. 2 to 4 p.m. In this workshop we will share information about the One Million Stars Texas project and participants will learn how to weave stars. University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

November Inks Lake Star Party. 5:30 to 8 p.m. Join the Austin Astronomical Society and use their equipment for some amazing stargazing. Inks Lake, www.tpwd.texas.gov.

CONTINUED: Blue Genie Art Bazar, see Fri 17.

Sun 19

CONTINUED: Community Hours, see Sun 5; Blue Genie Art Bazar, see Fri 17.

Mon 20

CONTINUED: Blue Genie Art Bazar, see Fri 17; Adventure Club, see Mon 6.

Tue 21

Family Movie Matinee. 2 to 4 p.m. Details to be announced closer to the day of the event. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Tween Kawaii Club: Whale Watercolor Painting with Rita Wang. 2 to 3 p.m. Join us for an exciting afternoon of creativity and fun at the Tween Kawaii Club's whale watercolor painting event. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Get Crafty: Dinovember Perler Beads.

3:30 to 5:30 p.m. RAWR! Celebrate Dinovember by creating cute dinosaur-themed perler bead keychains and magnets. Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

CONTINUED: Community Hours, see Tue 7; Blue Genie Art Bazar, see Fri 17.

Wed 22

CONTINUED: Blue Genie Art Bazar, see Fri 17.

Thu 23

Hill Country Turkey Trot. 8 to 9:30 a.m. The Hill Country Turkey Trot is hosted on the beautiful Hills Country Club Signature Golf Course. The Hills Country Club Signature Golf Course, 26 Club Estates Parkway. \$35. www.lteducationfoundation.org.

CONTINUED: Blue Genie Art Bazar, see Fri 17; Finger Painting at Toybrary, see Thu 2.

Fri 24

Happy 91st Birthday, Longhorn Cavern.

9 a.m. to 6 p.m. Join us to celebrate Longhorn Cavern State Park's 91st birthday. 6211 Park Road 4S, Burnet. www.tpwd.texas.gov.

CONTINUED: Blue Genie Art Bazar, see Fri 17.

Sat 25

CONTINUED: Blue Genie Art Bazar, see Fri 17.

Sun 26

Family Movie Matinee. 2 to 4:30 p.m. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. www.library.austintexas.gov.

57th Zilker Holiday Tree Lighting. 6 to 7 p.m. Parking: free parking first-come, please support our advertisers.

Zilker Metropolitan Park - Moontower. www.austintexas.gov.

CONTINUED: Community Hours, see Sun 5; Blue Genie Art Bazar, see Fri 17.

Mon 27

Homeschool Community Brainstorm.

1 to 2 p.m. Homeschool families are invited to come help the youth central librarians brainstorm ways to support families in the coming year. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

STEM Builder Lab. 3:30 to 4:30 p.m. Come to STEM builder lab to hear, see, make and create different stories, all while building with creative materials provided by the Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

CONTINUED: Dungeons & Dragons Club, see Mon 13; Blue Genie Art Bazar, see Fri 17; Adventure Club, see Mon 6.

Tue 28

Get Crafty: Perler Beads. 3:30 to 5:30 p.m. Create fun perler bead charms, magnets and keychains using available patterns or completely from your imagination. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Tabletop Gaming Night NAHM Edition: A

Board with Books Program. 6 to 7:30 p.m. Celebrate International Games month and Native American Heritage month with two TTRPGs designed by Native artist Mercedes "Cibby" Acosta. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

CONTINUED: Community Hours, see Tue 7; Kids Club, see Tue 7; Teen Animanga Club, see Tue 14; Blue Genie Art Bazar, see Fri 17.

Wed 29

CONTINUED: Blue Genie Art Bazar, see Fri 17.

Thu 30

Get Crafty: Perler Beads. 3:30 to 5 p.m. Create pixel art from plastic beads that fuse together when melted with an iron. Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

CONTINUED: Blue Genie Art Bazar, see Fri 17; Finger Painting at Toybrary, see Thu 2.

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Austin Then *and* Now

Ballet Austin



Ballet Austin's original dance studios at The Firehouse on Guadalupe Street. Photo courtesy Ballet Austin

Then

Barbara Carson is the powerhouse "en pointe" solely responsible for creating what eventually became Ballet Austin. Once a soloist in the NYC Ballet, Carson established Ballet Austin's studios at the 100-year-old firehouse on Guadalupe Street. For 27 years BA made The Firehouse their dancing home and even had the space designated as a historic landmark. In 1962, Ballet Austin became the first ballet company in Texas to produce "The Nutcracker", with performances at Bass Concert Hall. Carson was

committed to excellence, even dancing in the show herself one year when one of her NYC dancers quit last minute.

Now

Gone are the days of dancing in the old Firehouse.

Ballet Austin's permanent home is now a gorgeous facility on West 3rd street in the heart of downtown Austin. Offering dance classes as well as performances throughout the year, BA is among the 15 largest classical ballet companies in the country. Ballet Austin also offers other highly sought after pilates and fitness classes at their Butler Center for Dance and Fitness. Stephen Mills, the current artistic director said, "When Barbara Carson came to Austin, the artistic landscape was bare." Fast forward 60+ years and The Washington Post reviewed them as "one of the nation's best-kept ballet secrets." Carson would be proud to see how her vision flourished far beyond what she initially set out to accomplish. Austin eagerly awaits the return of "The Nutcracker" this December as a true hallmark of the Austin holiday experience.



Photo courtesy Ballet Austin

BRITTANY WILLIAMS

Williams is a writer and Realtor® in Austin where she loves exploring the city's green spaces with her husband, son and daughter.

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[ChristmasAtGaylordTexan.com](https://www.ChristmasAtGaylordTexan.com)

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