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EASING CHILDHOOD FEARS

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**NOTE FROM THE EDITOR**

Oh happy fall... my favorite time of the year. The weather isn't quite as pleasant as it was a week ago, but we definitely have the promise of more cool weather ahead and less crazy HOT days! This month, we have a long list of local festivals and carnivals that are sure to get you in the mood for the cooler weather ahead! Don't want to join the crowds at the festivals, check out our list of fun fall activities for smaller groups or even just your family.

Ghosts and Goblins not your kids' thing? Check out our article "Say Goodbye to Ghosts & Other Childhood Fears" for suggestions on how to help your child with those anxieties. If your family enjoys trick-or-treating, I'm sure you're wondering what to do with ALL THAT CANDY!! Many local dentists and orthodontists will actually pay you money per pound of candy you bring them. If your kids (or you- wink, wink) aren't willing to give it all away, we have some fun ideas on how to turn it into new treats that you can share with others. Check out our Fun-Time Calendar online for even more family fun!

Have a great month and Happy Halloween!

*Kim*

Kim Carlisle, Editor

**COVER CUTIE**

**McKenna**



McKenna is a first grader who loves to swim, play outside with her friends, do arts and crafts, and cheer on the Texans and Astros. She loves all animals, big and small, and when she grows up she wants to be a veterinarian.

For Halloween this year she wants to be Winifred, the witch from her favorite Halloween movie, 'Hocus Pocus.'

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**Sign Up!**



Sign up for our weekly eBlasts with a direct link to our current issue! Each week in our eblasts, we have links to crafts, recipes, activities and resources for family fun as well as events and offers from local businesses. We also send out special eblasts to our subscribers with **CONTEST** information periodically and dedicated eblasts from local businesses! Don't miss out!

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# Breast Cancer AWARENESS MONTH

## What you need to do to protect your health.

According to statistics, each year in the United States, over 200,000 women are diagnosed with breast cancer. Of these women, approximately 40,000 ultimately lose their battle with the disease. Thanks to the men and women dedicated to the fight against breast cancer through research and treatment, survival rates are increasing.

October is Breast Cancer Awareness Month. The Rose\*, the leading nonprofit breast cancer organization in southeast Texas, believes there is no substitute for self-awareness. "Knowing her own body is one of the most important steps a woman can take toward early detection of breast cancer."

Early detection of breast cancer greatly improves the treatment options, chances for successful treatment and, most importantly, survival. "By examining your breasts regularly, you become familiar with how your breasts normally look and feel and you can more readily find any changes," said Dr. Dixie Melillo, Co-founder and Medical Director of The Rose. "Women should not be afraid of finding breast cancer, but they should be very afraid of finding it too late."

Breast self-exam is only one-third of a three-part formula for total breast health. Women also need to get their annual clinical breast exam beginning at age 20 and mammogram beginning at age 40. It is important to see your doctor if you notice any changes in your breasts. However, it is also important to remember that finding a change does not mean that you have cancer.

## Keys to Breast Self Awareness

After your menstrual cycle, check for any change in the normal look or feel of your breasts. Report changes to your doctor.

### LOOK

In front of a mirror, look for changes in the shape, size or appearance of your breasts. Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal.

### FEEL

While lying down, feel for a hard lump, thickening or any changes in your breast tissue.

Use the pads of the three middle fingers on your left hand to examine your right breast.

### Inspect your breasts in 4 steps:

1. Hold arms at your sides
2. Hold arms over your head
3. Press your hands on your hips to tighten chest muscles
4. Bend forward with your hands on your hips

Press using light, medium and firm pressure in a circular motion. Follow an up and down pattern.

Feel for changes in your breast, above and below your collarbone and in your armpit area.

Repeat on your other side

Repeat while bathing or showering using soapy hands

This article provided by The Rose, the leading nonprofit breast cancer organization in southeast Texas. The mission of The Rose is to reduce deaths from breast cancer by providing screening, diagnostics and access to treatment for all women regardless of their ability to pay. You can find out more about The Rose by visiting [www.therose.org](http://www.therose.org) or calling 281-484-4708.

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# SAY GOODBYE TO

# GHOSTS



## & Other Childhood Fears

By Heidi Smith Luedtke, PhD



In addition to being a short-order cook, housekeeper, and 24/7 chauffeur, I'm also my kids' #1 fear-fighter. I check under their beds for bad guys and stick my own arm in the toy bin "to make sure the crab isn't real." Almost every day my kids ask for help with scary situations.

My daughter believes zombies live in our attic and my son swears he's seen a green ghost in my bedroom. I tell them, "Monsters are just pretend," but neither child believes me. They're convinced that danger lurks in the darkness.

## WHERE FEARS COME FROM

Kids' fears are as unique as their personalities. Many young kids are afraid of animals and insects (dogs, snakes, spiders), characters in costumes (beware Santa Claus and the Easter Bunny), and things that go bump in the night. Others fear loud noises or believe they'll be sucked down the toilet when it flushes. Even kids who don't believe in the boogeyman may fret about schoolyard bullies.

"Some kids are more fearful than others because they are born with a predisposition to worry," says San Diego, Calif., clinical psychologist Joanne Wendt, PhD. Other fears grow in response to trauma. For example, a child may start to fear bees after being stung himself or seeing a classmate get stung on the playground. A little information can be dangerous: Kids who learn about killer bees may believe backyard bumblebees are mini-mercenaries.

Adult role models can also fuel kids' fears. A mom who is deathly afraid of escalators may pass along her anxieties by telling kids moving stairs are slippery and insisting the whole family take the elevator. "Kids look to parents for cues about whether a situation is safe," says Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety*. "Parents need to be mindful of the signals they send so they don't send fearful messages about objects or situations that are basically safe, or can be managed," she says.

## FIGHT FEARS TOGETHER

Dismissing kids' concerns isn't the answer. "Parents can unintentionally feed kids' fears by reassuring them they have nothing to worry about," Wendt warns. The best approach is problem-solving. Here are some ways to do it.

**IDENTIFY THE ISSUE.** When your child comes to you for help with a fear, engage in some critical thinking. Questions like "Why are you afraid of this spider?" and "Have you been hurt by a spider in the past?" encourage your child to define her fear more clearly. Once she's defined her fear, she can start to question its legitimacy.

**TEACH KIDS TO THINK TWICE.** First, ask your child what worry is telling him about the situation, using a funny voice or puppet to represent worry. "Then, using his 'smarter

mind,' ask your child what he really thinks will happen," Chansky says. A worry might be saying, "The 6th-grade bully will toss me in the trash can," but your child's smarter side knows, "The trash can has a locked cover."

**FIGHT SCARY WITH SILLY.** Have your child draw a picture of the thing that scares her. Then, do a goofy makeover. The hairy monster in your daughter's closet will look a lot less frightening wearing a ballet tutu and hair curlers. Coach your child to imagine the monster slipping on a banana peel or falling off a cliff. "This allows her to take charge of her fear and her imagination," Chansky says.

**PRACTICE SELF-SOOTHING.** Kids can learn breathing and muscle relaxation techniques to calm themselves. The easiest strategy is to breathe slowly while counting to four and

breathe out while counting to seven. This focuses your child's attention and puts him back in control. "Repeating a special word, phrase or affirmation, such as 'I can handle this,' also eases anxiety," Wendt says. Practice these calming behaviors every day so they become automatic.

**STEP IT UP.** Use a technique called systematic desensitization to approach the feared situation gradually. "Make a simple drawing of a stairway from the side view and put your child's goal at the top," Chansky says. Then start at the bottom and write in steps from the least to most threatening. For example, a child whose goal is to pet a dog might start by looking at pictures of dogs, visiting a pet store or animal shelter and letting a dog sniff her hand. Remind your child to take deep breaths as anxieties escalate.

**BE PATIENT.** Forcing kids to confront their fears when they aren't ready will only increase their anxiety. Talk about your own insecurities and model a courageous approach to the unknown. When your child feels overwhelmed, allow him to step back and observe the scary situation from a distance. Before long, he'll probably be ready to reengage.

## IF GHOSTS WON'T GO

All kids have occasional worries, but some suffer from intense and persistent fears. "Anxiety disorders are the most common psychiatric disorders, affecting between 10 and 17 percent of children and teens," Chansky says. "They are also the most treatable." Using cognitive-behavioral therapy, kids can learn to turn down their over-reactive emotion systems and teach their brains new tricks.

If your child's fears keep her from enjoying everyday activities at home and at school, reach out to your pediatrician or school psychologist. A professional fear-buster can help your child say "Boo!" to ghosts and other childhood anxieties.

**FACT:**

Sensory play helps fuel a child's curiosity about the world.



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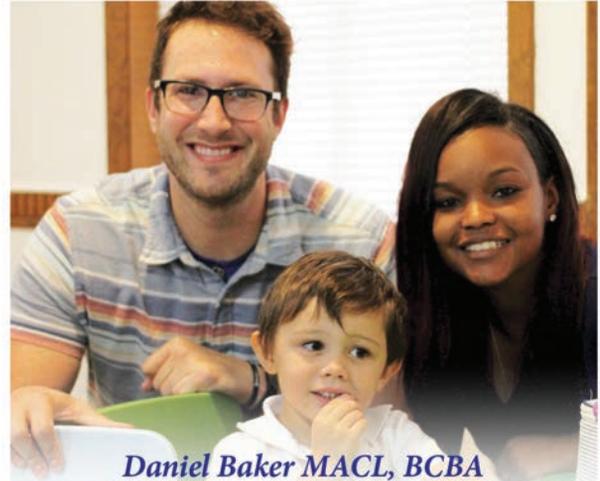
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[www.ironcrossgymnastics.com/services/birthday-parties](http://www.ironcrossgymnastics.com/services/birthday-parties)  
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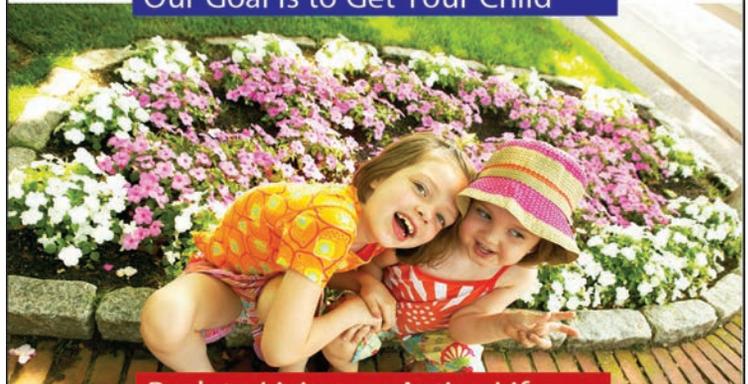
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# October



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[www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

### Friday Night Fun

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## October 2

### Kemah Boardwalk Craft Fall Beer Festival

The Kemah Boardwalk is hosting its annual Craft Beer Festival where visitors can sip and sample over 72 craft beers from 24 unique breweries. Beer Fest attendees can also dance the night away with live music and enjoy Bratwurst samples and giveaways, while supplies last. Beer will be flowing in the Main Event Plaza and Bradford Plaza, where guests can also enjoy performances by Horizon from 2 – 6 pm and Midnight Release from 7 – 11 pm.  
[www.KemahBeerFest.com](http://www.KemahBeerFest.com)

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Free daytime admission to the Houston Zoo is provided once a month, on the first Tuesday of each month, from open until closing. Online reservations are required for all guests and members during this time. Tickets will not be available at the gate. 9am-5pm  
[www.houstonzoo.org](http://www.houstonzoo.org)

## October 7

### Parent's Day Out

Olympia Gymnastics and Tumbling  
9 am-1pm  
Ages 4 & Up  
\$18 Pre-registration, \$20 Day of Event.  
[www.olympiatx.com/parents-night-out/#ParentsDayOut](http://www.olympiatx.com/parents-night-out/#ParentsDayOut)

## October 8

### Tumble Clinic at Republic Gymnastics

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month from 7-9pm. Ages 5 and up Pre

-Register \$18 or at the door \$25  
[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### Westwood Gymnastics Play Date

Pre Register Online - \$16.00 (closes 24 hr prior to start of event) Register at the Door - \$20 (cash or check only)  
[www.westwoodgym.com/events](http://www.westwoodgym.com/events)

### Westwood Gymnastics Flip Flop Clinic

A two hour tumbling clinic that will include a warm up, basic tumbling, cross tumbling, standing back handsprings and backtucks, round off back handsprings, layouts, fulls and more. We will separate tumblers by their ability level, beginners through elite tumblers are welcome. Come Flip till you Flop. Ages 6 & Up 7-9 pm  
Pre-Register-\$20 or \$25 at the door  
[www.westwoodgym.com/flip-flop-clinic](http://www.westwoodgym.com/flip-flop-clinic)

### Tumbling Clinic at Olympia Gymnastics and Tumbling

Tumbling clinic for students and non-students; improve and learn new tumbling skills.  
Boys and Girls Ages 6 & Up  
6-8 pm  
\$18 Pre-registration, \$20 day of Event  
[www.olympiatx.com/tumbling-clinics](http://www.olympiatx.com/tumbling-clinics)

### Parent's Day Out at Olympia Gymnastics and Tumbling

9 am-1pm  
Ages 4 & Up  
\$18 Pre-registration, \$20 Day of Event.  
[www.olympiatx.com/parents-night-out/#ParentsDayOut](http://www.olympiatx.com/parents-night-out/#ParentsDayOut)

## October 8 - 10

### Katy Rice Festival

Octoberfest: Friday, October 8th from 6pm-10pm - Our free public event featuring live music, beer, and food trucks. Katy Rice Festival: Saturday, October 9th 10am-10pm & Sunday, October 10th 12pm-6pm - Featuring arts & crafts vendors, an expanded kids/teen zone, live international music entertainment, food trucks, beer garden, contests, and much more.  
[www.katyricefestival.com](http://www.katyricefestival.com)

## October 9



### Michaels Take and Make Halloween Bag

Come in to your local Michaels to pick up a free craft! This week's craft is Halloween treat bags. Take & Makes are available at the register. Ask a Cashier or Team Member if you need help! [www.locations.michaels.com](http://www.locations.michaels.com)

### Touch-A-Truck at Westlake Prep

A free, community event, Touch-A-Truck allows kids of all ages an opportunity to experience trucks and equipment vehicles up close. Touch the trucks, visit with the personnel who operate them and grab a selfie or two before you head to experience the next truck. 10 am -2 pm [www.westlakeprep.org](http://www.westlakeprep.org)

### Dogepalooza Festival at Constellation Field

Specially designed as an innovative fun way to bring the Doge Community together to share their passion and love for Dogecoin. We will be giving back to the community by supporting and donating to both local & national charities. [www.dogepalooza.com](http://www.dogepalooza.com)

## October 9 & 10

### Wings Over Houston Airshow 2021

One of the top air shows in the United States, this premier Houston event at Ellington Airport is dedicated to showcasing vintage World War II aircraft, along with the thrills of modern aviation, and has supported a variety of local and national charities during its 37-year history. [www.wingsoverhouston.com](http://www.wingsoverhouston.com)

## October 11

### Westwood Gymnastics

Parents Day Out  
Kiddos run jump and play through 4 hours of FUN!  
9 am-1 pm (Extended care available)

Ages 3 and up  
\$16 pre-register or \$20 at the door  
[www.westwoodgym.com/parent-s-day-out](http://www.westwoodgym.com/parent-s-day-out)

### Parent's Day Out at Olympia Gymnastics and Tumbling

9 am-1pm  
Ages 4 & Up  
\$18 Pre-registration, \$20 Day of Event.  
[www.olympiatx.com/parents-night-out#ParentsDayOut](http://www.olympiatx.com/parents-night-out#ParentsDayOut)

## October 15

### Westwood Gymnastics Open Gym

FREE TIME for Students & Non-Students, Kiddos run jump and play through 4 hours of FUN! Pizza & Snacks will be available for purchase throughout Open Gym. Ages 3 & Up 7-11 pm \$16 pre-register, \$20 at door [www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

### Parent's Night Out at Republic Gymnastics

Do you need a night out without the kiddos; are you looking for an exciting and safe environment for the kids to have fun, run, jump & play? Parent's Night Out is on select Friday nights from 7-11pm. Ages 3 and up Pre-Register \$18 or at the door \$25 [www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### Preschool Playdate Olympia Gymnastics and Tumbling

Our play dates are customized to the selected themes chosen by our directors. This will be a day filled with arts and crafts, time at our indoor playground-Mount Olympia, and different events on the floor and equipment. Ages 3-5 (Potty Trained) 10 am-1 pm \$18 Preregistered or \$20 Day of Event [www.olympiatx.com/preschool-play-dates](http://www.olympiatx.com/preschool-play-dates)

### Parents Night Out Olympia Gymnastics and Tumbling

Children will run, jump, and play at Olympia for 4 hours of FUN!

Ages 4 and up  
7-11 pm  
\$18 Pre-registration, \$20 day of event  
[www.olympiatx.com/parents-night-out](http://www.olympiatx.com/parents-night-out)

## October 16

### Little Gym of Sugar Land Parents Survival Night

The Little Gym offers drop-in programs and special events filled with super fun games, activities, and loads of laughter. Designed with your family's needs in mind, drop-in programs and events are scheduled at various times throughout the month. 6:30-10:30 pm \$32 members \$37 non-members [www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events](http://www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events)

### Code Ninjas Parents Night Out

You deserve a night on the town. Meanwhile, your kids want to play and have fun! That's why we offer Parent's Night Out-a win-win evening for families. Drop off your kids at Code Ninjas, where they'll play games, assemble puzzles, build robotics, and more! Once you've had a chance to unwind, swing by to pick them up (please) and hear about all the fun they've had! 6-9 pm \$45 per child [www.codeninjas.com/tx-sugarland-riverstone/parents-night-out?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=google-maps](http://www.codeninjas.com/tx-sugarland-riverstone/parents-night-out?utm_source=google&utm_medium=organic&utm_campaign=google-maps) [www.codeninjas.com/tx-sugar-land/parents-night-out](http://www.codeninjas.com/tx-sugar-land/parents-night-out)

### Pick- a- Dilly Craft Fair

St. Peter's United Methodist Church  
Our 30th annual craft fair will be just in time for Halloween, Thanksgiving, and Christmas! Proceeds from Pick-a-dilly Craft Fair and Silent Auction will benefit St. Peter's United Methodist Church Missions. 9 am- 4 pm [www.stpkaty.org/events](http://www.stpkaty.org/events)

# PUMPKIN PATCHES!

### The Pumpkin Patch at FCC Katy

Make plans to join us this fall! The Patch this year will be the biggest we have ever had with even more photo-ops, games, shopping, events and more! Don't miss out. Plan your visit today. Admission is always free. [www.fcckaty.com/pumpkin-patch](http://www.fcckaty.com/pumpkin-patch)

### 7 Acre wood

Pumpkins all October!  
Come Celebrate the Fall with us and our barnyard friends!  
Monday thru Saturday 9 am- 5 pm  
Sundays 12 noon- 5 pm  
[www.7acrewood.org/](http://www.7acrewood.org/)



# ONGOING FALL FESTIVALS

## Froberg Farms Fall Festival

Fall Festival and Corn Maze attractions include: Plastic Duck Races, Face Painting, Glitter Tattoos, Emoji Cannon, Friendly Fire, Sunflower Trail, Pumpkin Patch, Paintball Train, Jumping Pillow and Bee Coaster.  
[www.frobergsfarm.com/fall-festival](http://www.frobergsfarm.com/fall-festival)

## Blessington Farms

open thru Nov. 21st  
Saturdays and Sundays 9 am – 4 pm  
Open Saturday and Sundays 9am-4 pm  
New Fall Farmers Market, Animal Encounter, Barrel Train, Slide Mountain and much more!  
[www.blessingtonfarms.com](http://www.blessingtonfarms.com)

## Kemah Boo on the Boardwalk 20th Anniversary

Our FREE spooktacular event includes creepy crafts, trick or treating, costume contests, special performances and more ghoulish fun on Freaky Fridays, Spooky Saturdays & Scary Sundays. Don't miss our Little Boo Haunted Fun House and Dungeon of Doom Haunted House. Full schedule online  
[www.kemahboardwalk.com/events.asp#8](http://www.kemahboardwalk.com/events.asp#8)

## Dewberry Farms Fall Festival

Open through November 14th  
8 acres of cornfield maze, heaps of pumpkins, and Spooky Hollow in the Woods.  
Tickets start at \$19.95  
[www.dewberryfarm.com](http://www.dewberryfarm.com)

## 47th Annual Texas Renaissance Festival

Opens October 9th thru November 28th  
Since 1974, there has been a magical kingdom about an hour north of the Houston area, where guests can step through the gates and enter an enchanted world filled with kings and queens, knights and nobles, fairies and elves, pirates and peasants, and other fanciful delights.  
[www.texrenfest.com](http://www.texrenfest.com)



image courtesy of [www.vecteezy.com](http://www.vecteezy.com)

## October 22-24

### Hollydays Market of Rosenberg

Fort Bend County Fairgrounds  
Fort Bend County Fairgrounds- Rosenberg, Tx.  
Three full days of fun, holiday shopping is underway! Three indoor buildings to ship with more than a 100 merchants, you're sure to find lots of new, unique and one-of-a-kind gifts all in one place to have you ready for all of your festive events! Grab your girlfriends, mom, or daughter, and come enjoy the fun, while shipping and supporting some of the cutest shops at Hollydays Market of Rosenberg!  
[www.homefortheholidaysgiftmarket.com](http://www.homefortheholidaysgiftmarket.com)

## October 22

### Westwood Gymnastics Toddler Time

[www.westwoodgym.com/events](http://www.westwoodgym.com/events)

### Skills Clinic at Republic Gymnastics

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month from 7-9pm.  
Ages 5 and up  
7:00pm - 9:00pm  
[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### Little Gym of Katy Parents Survival Night

The Little Gym offers drop-in programs and special events filled with super fun games, activities, and loads of laughter. Designed with your family's needs in mind, drop-in programs and events are scheduled at various times throughout the month.  
6-9 pm  
Ages 4 months to 12 years  
\$27 members \$32 non members  
[www.thelittlegym.com/KatyTX/events-more-fun/drop-ins-events](http://www.thelittlegym.com/KatyTX/events-more-fun/drop-ins-events)

### Michaels Take and Make Halloween Pony Bead Bracelet

Come into your local Michaels and grab a free craft! Take and Make kits are found at the register. Today's craft is a fun Halloween pony bead bracelet. Ask a Cashier or Team Member if you need any help.  
[www.locations.michaels.com](http://www.locations.michaels.com)

### Stars Gymnastics Katy Halloween Parent's Night Out

Music, Games, Gymnastics, Ninja, Pizza, Prizes and more! 5:30-10:30 pm \$35 pre-registered \$40 at the door  
[www.starsgymtx.com](http://www.starsgymtx.com)

## October 23

### Texian Market Days festival

The Fort Bend History Association is proud to present the 37th annual Texian Market Days festival, held at the George Ranch Historical Park. Bring the whole family to discover more than 150 years of Texas history! Enjoy hands-on activities, battle re-enactments, live entertainment, first-person costumed interpreters, historic home tours, games, cowboys, vintage vehicles, food, craft vendors and more. Texian Market Days is our biggest living history event of the year — you don't want to miss it!  
[www.georgeranch.org/programs-events/texian-market-days/](http://www.georgeranch.org/programs-events/texian-market-days/)

### Fall Festival & Trunk or Treat at Cane Island

Trunk or Treat will take place in the pool parking lot  
Fall Festival activities will take place at the amenity village  
Pumpkin painting, caramel apple making,

local boutiques, pie eating contests, corn maze, petting zoo & MORE!

[www.caneisland.com/events](http://www.caneisland.com/events)

### Michaels Take and Make Halloween Pony Bead Bracelet

Come into your local Michaels and grab a free craft! Take and Make kits are found at the register. Today's craft is a fun Halloween pony bead bracelet. Ask a Cashier or Team Member if you need any help.  
[www.locations.michaels.com](http://www.locations.michaels.com)

### Creeping Crawl Halloween Ball Parent's Night Out at Alpha Omega Gymnastics

Parent's Night Out is a great way for mom and dad to go out and have a night on the town while the kids have fun at the gym. It is once a month on a Saturday evening and we will even feed the kids dinner. The children will get to do gymnastics, play games, make arts and crafts, participate in science experiments and watch a movie.  
5:30-9:30 pm (Extended care until 10:30 pm available)  
3 and up  
Members \$25 per Child, \$20 per Sibling, Non-Members \$35 per Child, \$30 per Sibling, Extended Care \$10 per child  
[www.missouricity.alphaomegagymnastics.com/parents-night-out](http://www.missouricity.alphaomegagymnastics.com/parents-night-out)

### Movie Under the Moon Sponsored by First Colony Church of Christ

Bring your family, friends and lawn chairs to the Plaza to enjoy a free Movie Under the Moon! This month's showing is the 1971 original favorite, Willy Wonka & The Chocolate Factory.  
7:15-9:30 pm  
[www.sugarlandtownsquare.com/event/1096](http://www.sugarlandtownsquare.com/event/1096)

## October 28

### Children's Music Class in the Park with Vivaldi

Vivaldi Music Academy welcomes families with children ages 1-5 years old to join them in the Plaza for a free, fun morning full of singing, dancing and learning.  
10-10:45 am  
[www.sugarlandtownsquare.com/event/childrens-music-class-in-the-park-with-vivaldi-2/](http://www.sugarlandtownsquare.com/event/childrens-music-class-in-the-park-with-vivaldi-2/)

## October 29

### Republic Gymnastics Trunk or Treat

6-9 pm  
[www.republicgymnastics.com](http://www.republicgymnastics.com)

### Little Gym of Sugar Land Parents Survival Night

The Little Gym offers drop-in programs and special events filled with super fun games, activities, and loads of laughter. Designed with your family's needs in mind, drop-in programs and events are scheduled at various times throughout the month.  
6:30-10:30 pm  
\$32 members \$37 non-members  
[www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events](http://www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events)

### Crescent Circus at Sugar Land Town Square

Jump start your Halloween weekend with big laughs and huge gasps with a world-champion magician and circus artist featuring magic, juggling, hand balancing, wirewalking and acrobatics! Hailing

from New Orleans, The Crescent City, they have entertained corporate, and collegiate audiences across the country and overseas.

7:30-9 pm

[www.sugarlandtownsquare.com/event/crescent-circus/](http://www.sugarlandtownsquare.com/event/crescent-circus/)

## October 30



### 7 Acre Wood Thrill at the Mill!

10 am- 3 pm

Free Admission! Tickets sold for Hayride, Barrel Train Ride, Face Painting, paintball, pumpkins and food.

[www.7acrewood.org](http://www.7acrewood.org)



### Halloween Town at Constellation Field

Join us for a day of fun here at Constellation Field including candy, vendors, a costume contest, and so much more!

3 pm- 9 pm

[www.milb.com/sugar-land/events/halloweentown](http://www.milb.com/sugar-land/events/halloweentown)



### Westwood Gymnastics Halloween Extravaganza

[www.westwoodgym.com/events](http://www.westwoodgym.com/events)



### Fright Fest at Olympia Gymnastics

We have a haunted house, costume contest, games and more.

7pm-midnight

Ages 4+ (fully potty trained). Students and non-students welcome

[www.olympiatrix.com](http://www.olympiatrix.com)



### Cane Island Halloween Parade

Let's have a parade!

Decorate your car, truck, wagon, bicycle, golf cart or whatever transportation you choose and celebrate Halloween! Meeting at The Oaks, Saturday October 30 at 6:30 we'll drive through the neighborhood tossing candy to Cane Island kids. Prizes for best decorated transportation!

6-8 pm

[www.caneisland.com/events](http://www.caneisland.com/events)

### The Wonderland Market

Cinco Ranch High School

Wonderland Market at Cinco Ranch High School.

Show Hours, Saturday, October 30th from 10 am -5 pm. Come experience the best one-day show in Katy!

We have over 75 vendors for you to shop with for all of your Fall and Christmas Gifts and Décor needs!

Admission is free, parking is free. Holiday shopping starts here! Get a head start on all of your Fall and Christmas shipping and décor needs with tons of unique, handcrafted items you won't find anywhere else. Support small Business this holiday season at the Wonderland Market!

[www.homefortheholidaygiftmarket.com](http://www.homefortheholidaygiftmarket.com)



### Halloween Town at Constellation Field

Join us for a day of fun here at Constellation Field including candy, vendors, a costume contest, and so much more!

3 pm- 9 pm

[www.milb.com/sugar-land/events/halloweentown](http://www.milb.com/sugar-land/events/halloweentown)



### Fright Fest at Olympia Gymnastics

We have a haunted house, costume contest, games and more.

7pm-midnight

Ages 4+ (fully potty trained). Students and non-students welcome

[www.olympiatrix.com](http://www.olympiatrix.com)

# ONGOING WEEKLY EVENTS

## Sundays

### Sugar Land Town Square Sundays in the Square Yes Yoga

YESyoga is hosting Sundays on the Square each Sunday! These FREE yoga classes will be led by Erin Cummings, owner of YESyoga, and will be a 60 minute vinyasa based class open to all levels of yogis. Please bring your own mat and water, no mats will be provided. We ask you to honor all guidelines with setting up your mat for social distancing and wearing a mask if you are within 6 feet of others.

[www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all/](http://www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all/)

## Mondays

### Playtime in the Plaza with Jolly Trolley

The tremendous, tumbling, tossing, traveling trolley is coming to Town Square every Monday! Welcome aboard a trolley to enjoy a magical moment of play for up to two hours. Drop the kids off and enjoy some afternoon me-time while they watch your children.

12-2 pm

Ages 18 months to 5 years

Fee \$15 for 30 minutes, \$20 for 1 hour.

[www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/](http://www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/)

## Thursdays

### Laughter Yoga at Central Geen

FREE 9-10 am

[www.katy.com/events/](http://www.katy.com/events/)

### FREE Thursdays at Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company  
5-9pm

[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)

The Health Museum

2-7pm

<http://houmuse.org/visit/the-health-museum>

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5pm

<http://houmuse.org/visit/houston-museum-of-natural-science/>

Children's Museum Houston

5-8pm

[www.cmhouston.org](http://www.cmhouston.org)

## Fridays

### Sugar Land Town Square Free fitness in the Plaza every Friday

Boot Camp with Cida Fitness 9-10:00 am,  
Mommy & Me with Inspired Fitness 9:30 - 10:30 am, Zumba with Cida Fitness 10 - 11:00 am

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

### Fun and Fitness Gymnastics - Friday Night Fun!

7:30-10:30 pm

Bring the kids in for some Friday night fun!

Ages 5+, Members: \$15 Non-members: \$20  
Team: \$10

[www.funfitgym.com](http://www.funfitgym.com)

### FREE Yoga on the Green

[www.katy.com/events](http://www.katy.com/events)

## Saturdays

### Saturday Farmers' Market Katy, TX

Free Farmers Market On Grand Parkway  
Come meet the hands that feed you. We offer you local sustainably grown produce, locally raised meats, farm fresh eggs, local raw honey, freshly baked bread & baked goods, jams & jellies, spices, snacks, multi-cultural foods, Artisan crafts & gifts, handmade soaps & spa products, Texas-raised herbs, flowers, plants and much more!  
We Grow It, Bake It and Make It! We are your friendly neighborhood Farmers' Market!  
Leashed pets welcome.

[www.fb.me/e/1WaiEPSrh](http://www.fb.me/e/1WaiEPSrh)

### Saturday Farmers' Market Fulshear, TX

The Fulshear Farmers' Market offers a vast array of produce and food products that were grown or produced within a 200 mile radius of Fulshear. The lineup includes seasonal vegetables and fruit, fresh seafood, Artisan breads, pastured Red Wattle pork, Dorper lamb, Certified Grassfed Wagyu beef, farm eggs, free range chicken, pies, cookies, pastas, granolas, dried fruit and nuts, Houston Chili Pepper Festival award-winning salsas, soaps, toiletries, Cold-pressed juices, local honey, fresh quail and quail eggs, pecans, local wines, kombucha, BBQ sauces, pickles and canned goods, Indian food, heat and eat meals, locally roasted and blended coffees, plants, and more. You will always find a delicious food truck or two, as well.

[www.fulshearfarmersmarket.com](http://www.fulshearfarmersmarket.com)

# Fall SPORTS

Football, Baseball, Soccer... Didn't join a team? That's ok. Get a game going with the neighborhood kids or the family. Getting outside to enjoy the cooler weather while getting a little exercise is great for everyone. Can't gather enough kids? You only need two to play catch or kick the ball back and forth. No one available? Pile up the leaves and play by yourself, or with the dog!

Hunting and Fishing... While hunting isn't for everyone, enjoying family time at a hunting lease can be fun for all. If hunting isn't your families thing, fishing is a favorite activity for many children. Most communities have plenty of fishing spots, and kids under 17 aren't required to have a fishing license in Texas. Grab a pole, some bait, and catch some fun.

Do some local park-hopping... Fall is the perfect time to check out all the area public parks. Playing on the same equipment and swings can get boring. Surprise the kids by organizing a play date at a new-to-them park. Try a different one each week with different friends, and the kids will look forward to this fun free event like they are going to Disneyworld!

Cheer on the local football teams! Whether you're a cheerleader or you cheer from the bleachers, supporting the local football teams can be lots of fun. Most youth organizations have teams playing every Saturday morning, Jr High teams play mid week in the evening, and of course the high schools play on Friday nights. Cheering on the local high school at "Friday Night Lights" is a great fall family activity! Wear the team colors, and make some spirit shakers, and your family will fit right in.



## MAKE SOME NOISE!

### DIY SPIRIT SHAKER!

#### MATERIALS:

Empty Clear Bottle (Gatorade are nice and thick), Pony Beads, Glitter, Confetti or Sequins and Ribbon in your team colors and Stickers to decorate your bottle! (Jingle bells are fun to add on or you can use food coloring to dye dry rice and beans instead of beads.)

#### DIRECTIONS:

1. Make sure your bottle is clean and dry on the inside. Next, fill the bottle with beads and glitter about a fourth of the way full. Put the lid on when finished.
2. Decorate your bottle using stickers or make a label on your computer.
3. Tie ribbons around the neck of the bottle and you're done! Ready to Shake and Make Some NOISE!





*and Outdoor Fun!*



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# Scared of Missing Out?

We are here for you with resources to keep your family connected to current offerings from local businesses and to plan fun family activities.

Click here to sign up for our eblasts for weekly activities this month!

*pearland*  
**parent**

*space city*  
**parent**

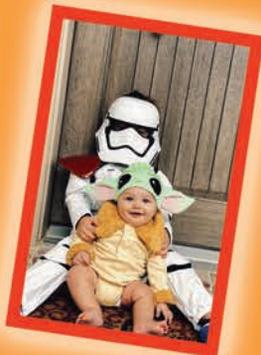
*fort bend*  
**parent**

*katy*  
**parent**



# Spooktacular HALLOWEEN costumes!





# 5 WAYS TO TURN HALLOWEEN CANDY



BY RACHAEL MOSHMAN

My daughter gets tons of candy when she goes trick-or-treating. Some families like to dole it out a piece a day so it last for months. That's too much temptation for me to have around. I want it all gone quickly! Here's how we use it up in a flash.



## Breakfast treat

The morning after Halloween is a special breakfast feast. I make up a batch of waffle batter and we all add our choice of candies to the batter. We then top the waffles with more whipped cream and more candy. No, it isn't healthy, but it's a treat that only occurs once a year. Bragging rights go to the most outrageous waffle. My husband's "nerd" filled waffle is the current champion.



## Brownies, cookies and cupcakes

Chop candy and add to batter for brownies, cookies and cupcakes. Use the candy in place of traditional chocolate chips. I place chocolate bars on top of cupcakes as soon as they come out of the oven. The warm cupcakes melt the chocolate. I then spread it with a knife as the icing.



## Candy Sushi

Roll rice crispy treats thin with a rolling pin. Put candy inside and roll up. Wrap the rolls in green fruit rollups and then slice. My daughter likes to put Swedish fish inside the rolls for an "authentic" looking sushi roll.



## Fudge

We make this leftover candy fudge for my father-in-law. He looks forward to it all year. Throw about a pound of chocolate candy bars in a microwave safe bowl. Melt it in twenty second increments, stirring in between. Stir in a can of sweetened condensed milk when chocolate is melted. Spread it out in a large rectangular pan and chill in the refrigerator until hardened. Hershey, Reese cups, Snickers, York and Milky Way are a few of the candies we've turned into fudge. We always have an assortment of types of candy in the batch.



## Ice cream social

I let my daughter have a slumber party a week or two after Halloween. I put out all of the leftover candy and all of the other treats we've made. I give the girls each a bowl with a scoop of vanilla ice cream in it and let them go wild with the toppings. Yes, it's a crazy night full of giggles, but the sweets are almost always gone by the end of it!

Feasting on candy right after Halloween and then being done with it keeps it special. My daughter enjoys these traditions more than the actual trick-or-treating.

katy



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