



RESIDENTIAL & COMMERCIAL SALES, SERVICE, MAINTENANCE OF AIR CONDITIONING, HEATING & ELECTRIC

#### Family Owned & Operated • Licensed, Bonded & Insured

With our unpredictable weather in Texas, don't get left out in the cold this winter! Be sure to call today for your preventative heating check! It's fast, affordable, and easy!

Don't take chances overloading your electrical panel this winter. Make sure you have enough dedicated circuits in your home for your Christmas lights to ensure you don't trip any breakers throughout this holiday season.



















## KEEPING WOMEN HEALTHY



#### MAKE YOUR HEALTH YOUR PRIORITY

Busy women need to stay healthy for themselves, and for the families who depend on them.

The doctors at Houston Methodist Obstetrics & Gynecology Associates at St. John are committed to helping women of all ages live full and healthy lives by providing personalized, compassionate care.

Our experts will see you and your loved ones for preventive and specialty services:

- · Well woman
- · Adolescent gynecology
- Prenatal care and delivery
- · Menstrual bleeding disorders
- · Pelvic pain

- · Polycystic ovary syndrome
- · Premenstrual syndrome
- Infertility
- Endometriosis
- Contraception

- Menopause
- · Incontinence
- · Overactive bladder
- Urogynecology

Same day appointments offered when available.

To schedule an appointment visit

houstonmethodist.org/appointments or call 832.783.2330.



HOUSTON METHODIST OBSTETRICS & GYNECOLOGY ASSOCIATES AT ST. JOHN

2060 Nasa Pkwy., Suite 410 Nassau Bay, TX 77058



Find out why Teachers LOVE OUR PROGRAM as much as Kids do!





## AL GARZA'S PREMIER MARTIAL ARTS

2047 West Main C-9, League City • 3455 Gulf Fwy North, Dickinson 281.332.5425 • www.algarza.com • 832.285.5177

Martial Arts Training for the Family in a Christian Environment

## CARING FOR THE COMPLETE ATHLETE FROM START TO FINISH

### SATURDAY INJURY CLINICS

During Fall Athletic Season Aug. 20-Nov. 5 8-10:30 a.m.

WALK-INS WELCOME!



Learn more at houstonmethodist.org/athlete or call 713.363.9090.











OFFICIAL HEALTH CARE PROVIDER

2020 NASA Pkwy., Suite 230 Nassau Bay, TX 77058







Tomorrow's Advantage

## Exclusive Curriculum **FOCUSED ON BRAIN DEVELOPMENT**

#### Maximize Your Child's Mental Capacity

80% of brain development occurs during the first five years of life. Your child's learning environment has tremendous impact on brain development which will leverage them for a lifetime. At Kids 'R' Kids Learning Academy, we strategically implement our exclusive Brain Waves™ Curriculum with our accredited program, innovative classroom technology, and highly trained teachers to propel your child's educational foundation and success.



## **Now Registering** for Fall Enrollment

Infant • Toddler • Preschool • Private Pre-K Before/After School

1092 W. League City Pkwy 281-338-1177

450 Constellation Blvd. 281-535-8555

170 Bay Area Blvd. 281-332-6611

www.KidsRKidsLeagueCity.com

The First Step to Higher Education™



#### NOTE FROM THE EDITOR

My husband shocked me recently when he announced this revelation, "Did you realize that Cody leaves for college in 100 weeks?" WHAT??? I didn't believe him, so I looked it up and sure enough, he was right. Our oldest son will soon be leaving the nest. When I started this magazine business, he was 3 years old. I know it is very cliché to say "they'll be gone before you know it" or "don't blink, they will be 20 tomorrow," but I'm here to tell you... Don't blink, they will be gone before you know it!

Get out and enjoy every minute you have with your kiddos, especially now during the season of fall festivals and local carnivals. Check out our Fall Festival guide and Fun-Time Calendar for lots of suggestions. If you have a birthday coming up, make sure you take a look at our Birthday Party Guide for fun ideas. We also have tips for avoiding nightmares, ways to boost your child's immune system, fire safety and creative consequences for your little stinkers.

Whether you have 100 weeks left with your kids under the same roof, or you're just starting on that journey, I seriously hope that you will enjoy every minute of it-because time flies when you're having fun.

Wishing you all a fantastic October!

Kim Carlisle, Editor

# FRIGHT NIGHT: 8 NIGHTMARE TRIGGERS AND HOW YOU CAN HELP

NATURAL WAYS TO BOOST YOUR CHILD'S IMMUNE SYSTEM

BIRTHDAY PARTY GUIDE

12

SPOOKTACULAR HALLOWEEN TREATS & CRAFTS

21

FUN-TIME 21 CALENDAR

FALL FESTIVALS
AND HALLOWEEN
CARNIVALS
3

12 CREATIVE CONSEQUENCES FOR KIDS

34

FIRE SAFETY

#### **COVER CUTIE**

This sweet and precious Cover Cutie is 3 year old Kadence. She enjoys going to the beach, riding her bike, and playing at the splash pad. Her favorite food is quesadillas and her favorite movie is "Frozen". She also loves playing with her dog, Gunner.

The family loves football, especially watching the Texas Aggies. When Kadence was learning her manners, she would always tell the players on TV, "No pushing! That is not nice!" She is still learning the game, but it certainly is a funny teaching moment trying to explain football to a three year old.

Parents Brad and Rhiannon are very proud of their Cutie Patootie!





Cy-Fair Parent | Fort Bend Parent | Katy Parent | Pearland Parent | Space City Parent



281-480-3600 | editor@SpaceCityPublishing.com 17045 El Camino Real, Suite 103 | Houston, Texas 77058



FIND YOUR AREA MAGAZINE AT: SPACECITYPUBLISHING.COM



Space City Parent is trademarked. Reader correspondence and editorial submissions are welcome. We reserve the right to edit or reject all submissions. Reproduction in whole or part without express written permission is prohibited. Advertisers assume all liability for content of their advertisement. Publisher assumes no responsibility should false or misleading advertising appear. Space City Parent is distributed free of charge, one copy per reader. Only Space City Parent authorized distributors may deliver or pick up the magazines. Copyright 2016 Space City Parent and its licensors. Space City Parent is a publication of Space City Publishing, LLC.



"the place for kids"

#### **FRIENDSWOOD**

1800 W. NASA Blvd.

2 blocks west of I-45 on 528 at W. NASA Blvd. 281-332-4496

#### LEAGUE CITY

#### 2705 Dickinson Ave.

1 Block East of Hwy. 3 between Hwy 646 & 96 281-967-7261

Now Enrolling for the 2016-2017 School Year!







## GYMNASTICS 🎓 SWIMMING 🏠 CHILDCARE







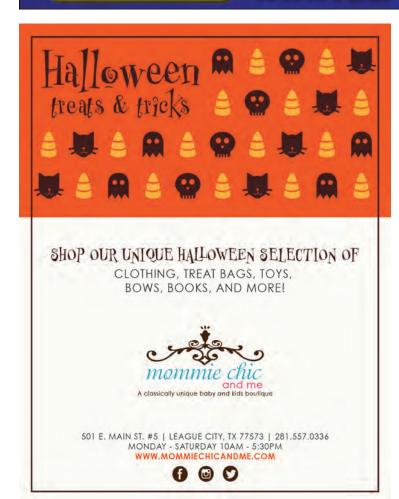
Gymnastics for ages 4 months to 18 years • Swimming Classes for Infants to Teens
Competitive Boys & Girls Teams • USAG Tumbling & Trampoline Development Center
Licensed Childcare for ages 6wks to 12yrs • Before & Afterschool Care
Open Gym • Parent's Night Out • Birthday Parties • Junior Kindergarten
AcroKicks Karate • Sports Skills • Cheer
Our true indoor pools are in REAL BUILDINGS with

a 74 parent observation area with Wi-Fi

www.acrosports.com



Like us on Facebook for special offers!







Bad news for parents of school-age kids: the early school years are a prime time for nightmares. For many children, nightmares peak between ages 5 and 8, thanks to an increasingly active imagination, fantasy play, and newly acquired social awareness.

Nightmares are a near-universal childhood experience, and up to half of young children experience recurring nightmares at some point. That's not necessarily a bad thing, though. According to clinical psychologist Matt Woolley, Ph.D., of the University of Utah Department of Psychiatry, nightmares may serve a developmental role.

"Parents want to rid their child of nightmares entirely," he says. "But that's not necessarily possible or desirable. Occasional nightmares are a normal experience."

While nightmares are normal, some children seem to get more than their share, and their sleep can suffer as a result. Kids who experience excessive nightmares (more than two per week) can become sleep-avoidant, sullen, irritable, and show signs of depression.

Thankfully, experts say that some nightmares can be prevented or minimized. Parents can pave the way for sweeter dreams by learning about the top "nightmare triggers," or events and situations likely to bring on bad dreams. Nightmare triggers run the gamut from social (adjusting to a new school) to physical (having a high fever) to experiential (riding a roller coaster for the first time), and some may surprise you. Here are the top eight.

#### TRICKY TRANSITIONS

Starting a new school or daycare, beginning a new class or sport, or being away from a parent or other caregiver can contribute to a child feeling helpless. These feelings can bring on nightmares, says Woolley. "When children have a lot of nightmares, it's not uncommon that there are a lot of changes going on at home," he says.

**How to help:** Discuss life transitions with your child, preferably in advance. Encourage your child to talk about things that may be bothering him or her.

#### **DREAM DANGER**

Scary or unsettling experiences like car accidents, injuries, or other real-life traumas can be nightmare fodder for children. The death of a relative or pet or a divorce in the family can also cause emotional distress that plays out in the form of bad dreams.

**How to help:** After scary or traumatic experiences, encourage creative expression in the form of journaling or drawing. Art and creative play can help children communicate and process troubling emotions, says Woolley.

#### RATED N FOR 'NIGHTMARE'

Media research firm Nielsen reports that elementary-school age children watch 28 hours of television per week. All of those hours clocked in front of the boob tube can contribute to nightmares, especially if kids watch intense or troubling content. "The central themes of many children's stories—separation from or loss of parents and friends, or evil people hurting innocent ones—are very commonly upsetting," says Jan Drucker, Ph.D., professor of psychology at Sarah Lawrence College.

**How to help:** Don't allow your child to view troubling, intense scenes on television, particularly before bedtime.

#### UNDER PRESSURE

Music or dance recitals, tests at school, and sports games can bring on excitement, worry—and nightmares. Dreams are often an opportunity to relieve pressures of the day. When there are big demands placed on a child, dreams become a time to replay anxiety or stress over the event.

**How to help:** Any time your child is facing a transition, special challenge, or new experience, stick to an earlier bedtime and spend extra time winding down and relaxing before bed.

#### **NEW PLACES, NEW FACES**

A trip on the amusement park ride; a long-awaited airplane trip; a longed-for visit with faraway cousins—new experiences, even enjoyable ones, can trigger nightmares. "The first time a child does something, it's nearly always stressful," says Woolley. "The brain reprocesses that stress at night in the form of a nightmare."

How to help: Limit new-experience stress by following an exciting "first" with a familiar, comforting activity—after a child's first roller-coaster ride, wind down with a leisurely walk, read a book or listen to relaxing tunes.

#### LATE-BEDTIME BOOGEYMAN

When kids stay up too late, nightmares can come calling. Sleep deprivation results in the fitful, poor quality sleep that can trigger bad dreams.

**How to help:** Ensure that your child gets enough sleep—most children aged 5-8 need between 9 and 11 hours per night.

#### PILLS AND CHILLS

Parents are often surprised to learn that medications intended to improve their child's health can have a detrimental effect on sleep. Mood altering medications, including anti-depressants and medications for ADHD, can negatively impact sleep or trigger nightmares, particularly when taken over a long period of time.

**How to help:** Talk to your doctor about any medications your child takes and ask how you can minimize any negative effects on sleep.

#### **DISCOMFORT DRAMA**

When kids toss and turn because of a too-hot bedroom, ill-fitting PJs, or an old, saggy mattress, bad dreams are more likely to happen, says Woolley. Fortunately, the most common discomfort-related nightmare trigger—sleeping too hot—is easily remedied by removing a child's socks, switching to lighter-weight pajamas, or removing a heavy blanket.

How to help: Keep the bedroom quiet, dark, and cool—between 60 and 68 degrees is ideal. During warner months, switch to lighter-weight pajamas and remove heavy blankets.

If your child has more than two nightmares a week for over a month, a visit to a doctor or psychologist is in order. And take heart: like teddy bears and footie pajamas, bad dreams are often a passing childhood phase. In the meantime, healthy sleep habits mean sweeter dreams, fewer nightmares, and happier mornings.









#### **Houston - Bay Area**

304 W. Bay Area Boulevard Suite 400 · Webster, TX 77598 (281)332-7100

nothingbundtcakes.com



# NATURAL WAYS to Boost Your Child's Immune System

With the flu and cold season right around the corner, try simple, natural strategies to help keep your child healthy and strong. These tips can also help the body fight illness more efficiently.

Eat from the rainbow. During cold and flu season, it's especially important to avoid non-nourishing foods which can aggravate symptoms and make it harder for the immune system to respond to illness.

"Good nutrition is essential to a strong immune system and it can offer seasonal protection from illnesses, as well as other health problems like allergies," says registered dietitian Joan Sechrist, PhD, Optima Health & Sentara Healthcare.

Vaccinate. Stay current on your child's immunizations. "Immunizations in younger years can help prevent disease as kids grow into adults," Sechrist says.

The Centers for Disease Control (CDC) recommends that anyone over the age of 6 months get the flu vaccine, which is one of the best ways to protect your child from influenza. According to the CDC, an average of 20,000 children under the age of five are hospitalized each year due to complications from the flu.

Get adequate sleep. Kids need between eight to 12 hours of sleep a night to help keep their bodies strong. Stick to a regular, calming evening routine. Also, power down distracting electronic devices that can interrupt sleep.

Exercise regularly. Active kids are healthier kids. Experts recommend that kids get 60 minutes of physical activity every day. Take family walks or bike rides, shoot hoops, swim at your local community center, go roller or ice skating, play hopscotch or toss a ball in the backyard.

Teach proper hand-washing. Basic handwashing with soap and water prevents the spread of disease. Have your child lather for 20 seconds or say the ABCs twice. Avoid overuse of sanitizers, which destroys both good and bad bacteria on the hands. Take probiotics. "Probiotics are fabulous in and of themselves for gut integrity," says naturopathic physician Shelly Clevidence. "For increasing the immune system, they don't have to be live." Look for probiotics in pill form or in foods. If your child is sick, avoid dairy products, which contribute to inflammation and mucus build-up.

Try castor oil. Extruded from the castor bean plant, castor oil can be rubbed on your child's belly at night when the immune system is most active, says Leah Hollon, a naturopathic physician. Castor oil, she says, is both anti-cancer and an anti-inflammatory.

"Castor oil is pretty amazing. We find it helps bring more white blood cells into the blood stream to help fight infection," Hollon says. "It also helps get that histamine response down for some kids that have allergies, and it helps them have a good bowel movement." Constipation issues can be worse during flu and cold season.

Consider elderberry syrup. Both Clevidence and Hollon say elderberry syrup (also available in a tincture) can help kids fight a cold or flu. "Elderberry syrup is one of my favorites," Hollon says. "My kids love the taste of it. Probiotic, elderberry syrup is antibacterial and antiviral, a general broad spectrum support."

Elderberry has been used for centuries to treat wounds and respiratory illnesses and is thought to reduce swelling in the mucous membranes and sinuses.

\*Consult with your pediatrician before treating your youngster with elderberry.

Power up with Omega-3s. A recent study published in the Journal of Leukocyte Biology suggest that omega-3 fatty acids found in fish oil and plant sources, like flax seeds, chia seeds, Brussels sprouts and cauliflower, could also help boost immune function.

Most of all, role model healthy living and your child is likely to follow suit-naturally.

### Try These!

Integrate these vitamins and nutrients into your family's diet:

Protein boosts the body's defense system (lean meats, beans, nuts, eggs, soy and seeds).

Vitamin A helps keep the skin, respiratory system and tissues in your mouth, stomach and intestines healthy (sweet potatoes, carrots, kale, spinach, and apricots).

**Vitamin C** stimulates the formation of antibodies that fight infection (citrus fruits, red bell pepper, papaya and tomato juice).

**Vitamin E** is an antioxidant that neutralizes free radicals in the body (sunflower seeds, almonds, hazelnuts, peanut butter, sunflower/safflower oils, and spinach).

Zinc is a nutrient that helps wounds heal and keeps the immune system working properly (lean meats, poultry, seafood, milk, whole grain products, beans and nuts).

## Homemade Chicken Broth

Bone broth is an inexpensive, nutrient-rich stimulant for the immune system.

#### Ingredients

- Organic chicken bones
- Organic vegetables (vegetable scraps are fine like carrot peels, tips of celery, etc.)
- Water
- 3 Tablespoons-1/4 cup Apple Cider Vinegar

#### Directions

- 1. Place chicken bones and vegetables in crock pot
- 2. Cover with water and apple cider vinegar. Cook on low for a day or day and a half.
- 3. After cooking, strain vegetables and bones out and discard.
- 4. Use broth for chicken noodle soup or freeze in muffin tins and pop out for use in soups, sauteeing vegetables or as flavoring for other meals.





#### FAMILY RELATIONSHIP CENTER

#### CLEAR LAKE

Individuals • Families • Couples • Children • Seniors

549 N. Egret Bay Blvd. Ste #300 • League City, TX 77573 832-720-4330

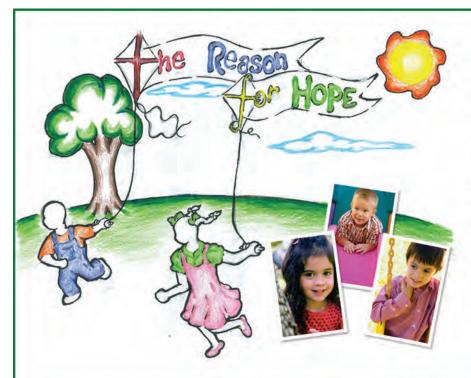
- Family Therapy
- · Parenting\Co-Parenting
- Marriage Counseling
   Grief\Loss
  - Intimacy Issues
- Blended Families
- Divorce
- Child Trauma Work\Life Balance
- · Infidelity

- Behavioral Issues
- · Premarital (Twogether in Texas)

SCHEDULE YOUR COUNSELING APPOINTMENT ONLINE!

www.thefamilyrelationshipcenter.com





## The Reason For HOPE Pediatric Therapy Center

- ABA Early Childhood Therapeutic Services (Group environment) Ages 12 months- 6 years-old
- One-on-One ABA Therapy
- Speech and Language Therapy
- Parent Training Services

Providing ABA and Speech and Language therapy to pediatrics with a wide variety of Autism Spectrum Disorders / Pervasive Developmental Disorders and Behavior Disorders.

1842 W. Main League City 832-632-2177

#### TheReasonForHope.com

All services are by appointment only. 2225 County Road 90 Suite 105 • Pearland 281-741-8669



# BIRTHUAY PARTY

## GUIDE!

#### ABove the Bar

www.abovetehbargym.com 832-932-1466

#### **ACrosPorts Gymnastics**

www.acrosports.com 281-332-4496

#### Al Garza's Premier Martial Arts

www.algarza.com League City 281-332-5425 Dickinson 832-285-5177

#### Amy Blake's Academy of Pance

www.amyblakedance.com 281-482-0600

#### Bricks 4 KiDz

www.bricks4kidz.com/clearlake 281-317-7235

#### ceramic & Pottery center

www.ceramicandpottery.com 281-332-4490

#### Chara Christian Dance Academy

www.charadance.com 832-569-4065

#### Chilbren's Museum of Houston

www.cmhouston.org 713-535-7238

#### **DewBerry Farm**

www.dewberryfarm.com 866-908-Farm

#### Four Friends Tea Room

www.fourfriendstearoom.com 281-485-6484

#### Galveston Railroad Museum

www.galvestonrrmuseum.com 409-765-5700

#### Gatti's Pizza

www.gattispizza.com 281-480-4800

#### Houston Party Playland

www.houstonpartyplayland.com 281-525-4163

#### tt'z Family FOOÞ É Fun

www.itzusa.com 281-998-2424

#### Jump N Jungle

www.jumpnjungle.com 281-557-0700

#### **KiD** creations

www.kidcreations4me.com 832-569-4694

#### League City Performing Arts

www.leaguecityperformingarts.com 720-364-1633

#### LOBO Gymnastics

www.lobogymnastics.com 281-480-5626

#### **Main Event**

www.mainevent.com 281-332-4500

#### **Nothing Bundt Cakes**

www.nothingbundtcakes.com 281-332-7100

#### Painting with A Twist

www.paintingwithatwist.com/Friendswood 281-993-8365

#### Royal Party & Events

www.royalpartyandevents.com 832-315-2105

#### Savannah Cafe & Bakery

www.savannahcafeandbakery.com 281-218-6744

#### **SchlitterBahn**

www.schlitterbahn.com/galveston 409-770-9283

#### soccer tots

www.soccertotshouston.com 713-429-5312

#### The Health Museum

www.thehealthmuseum.org 713-521-1515

#### The Little Gym

www.tlgfriendswoodtx.com 281-482-4242 www.tlgpearlandtx.com 713-340-0042

#### The Purple Box Theater

www.thepurpleboxtheater.com 818-642-4665

#### Thornton's Gymnastics center

www.thorntonsgymnastics.com 832-932-5237





The Little Gym helps children reach their greatest potential. From 4 months through 12 years, classes promote development and build confidence during each stage of childhood.

#### Discover your kid's happy place with our Introductory Experience

## The Little Gym of Friendswood www.tlgfriendswoodtx.com

www.tlgfriendswoodtx.com 281-482-4242

#### The Little Gym of Pearland

www.tlgpearlandtx.com 713-340-0042

## **Now Enrolling**

Parent / Child Classes · Pre-K & Grade School Gymnastics Dance · Karate Sports Skills Awesome Birthday Bashes Parents' Survival Night · Camps





- CAMPS
- **PARENTS' NIGHT OUT**

832-932-5237 THORNTONSGYMNASTICS.COM

1001 S Egret Bay Blvd, Suite 202

League City, TX 77573

Facebook.com/ThorntonsGymnastics







Percentage at or above Proficient

Grade è

Grade E







36% of 4th grade and 34% of 8th grade students perform at or above the Proficient level in \*NAEP reading.

(National Assessment of Educational Progress 2015)

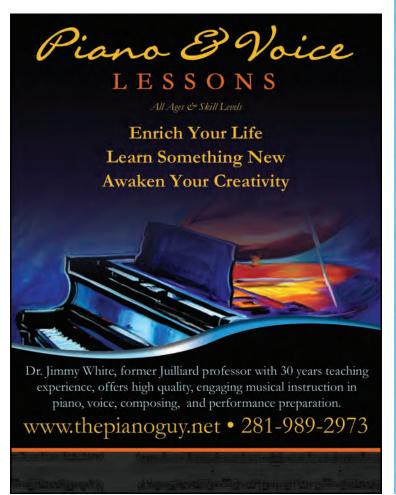
This means that 64% of 4th graders and 66% of 8th graders are less than proficient in reading!

If your child is performing below expectations...

## THE READING LAB

Can help turn frustration into success!!!

(281) 461-READ www.TheReadingLab.net





## **GYMNASTICS • CHEER • TUMBLE • DANCE**

Boys and Girls • Ages: Walking to 18 years





Ask about USAG **Xcel Recreational Competitive Team!** 

# FREE TRIAL MONTH

Choose your class day & time today!



Saturday, October 29th 6:00pm -10:00 pm

Register Online @ lobogymnastics.com Click on event Calendar.

0

**Since 1991** 

Birthday Parties: Gymnastics • Sports • Cheer/Dance

Home School P. E. & Gymnastics

2500 Falcon Pass • Clear Lake • 281-480-5626 • www.lobogymnastics.com





## SLIME

This is not edible, but loads of fun for play. Please supervise young children.

#### Mixture One:

- 1/4 cup white Elmer's glue
- 1/4 cup water
- Food coloring

#### Mixture Two:

- One-eighth cup water
- One-half teaspoon Borax

Mix mixture One in one bowl, and mixture Two in another. Make sure both are well mixed. Add mixture One into mixture Two. Reach in and pull out your slime. Knead it for 1-2 minutes until formed. Store in a plastic zip lock bag.



### HANDY BAT

Make use of your child's hands as wings to make this fun Halloween bat. Trace each hand onto black poster board, heavy construction paper or fun foam. Then cut out a head with pointed ears. Assemble the pieces with glue or tape.

Decorate with googly eyes (or paper ones), a pompom nose, and a freaky mouth cut from white paper. Add a yarn or ribbon loop at the top to hang this bat decoration around the house.



Get ready, Halloween is coming! A perfect time for parents and children to spend time together carving pumpkins, designing costumes and planning 'trick-or-treat' activities. Kids can lose themselves in fun without having to worry about normal, proper, or appropriate behavior. They can act out their fantasies, dreams and imagination—it's OK—it's Halloween!

Spend this month of October making homemade decorations to set the scene for your Halloween happenings. "Together Time" moments today are worth a million memories tomorrow!



## CREEPY CREATURE

Remind the kids Frankenstein was created with all kinds of odd parts. Grab the recycle bin and invite your child to glue together all kinds of materials to create their unique creature. A low temperature glue gun is best (Adult supervision at all times) or tacky glue. Start with a box or two and then glue on other household leftovers you can find. Continue building upward until you are satisfied with your creepy creation.



## TIC-TAC-BOO!

Take the traditional tic-tac-toe game and give it Halloween flair. Cut a large pumpkin from a sheet of orange poster board. Draw the game grid with a black marker. Cut markers (in Halloween shapes) from construction paper. Another good tip is to use your computer and find clip art that would serve as markers—you need at least five markers of two different shapes. Preserve your game board and pieces covering them with clear plastic adhesive paper if you wish. Enjoy playing this game with your children—think about how you can make this game for other holidays too!

## RECYCLED GHOST

You will need:

- One white plastic kitchen-size trash bag
- One white round balloon
- Rubber band or twist tie
- Black construction paper
- Tape or glue
- Heavy string

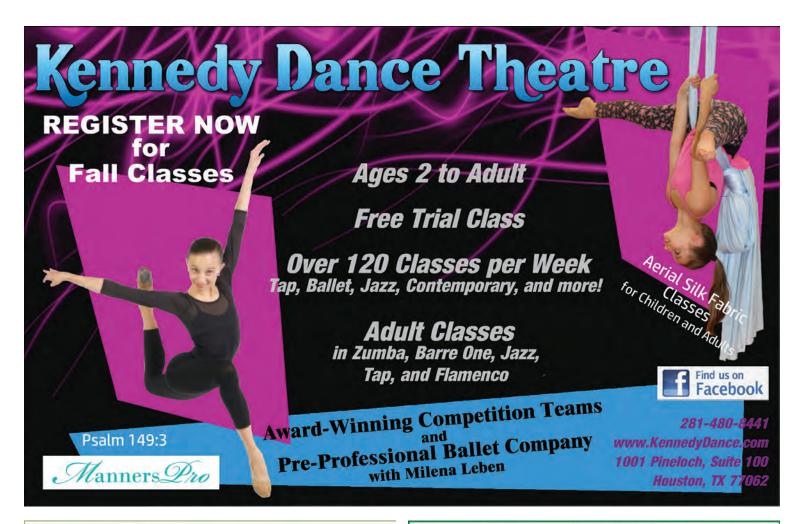
Blow up the balloon until it's as big as you would like the head of your ghost. Put the balloon in a plastic bag and situate it so that a corner of the bottom of the bag is at the top of the balloon. Tie the bag just below the bottom of the balloon. The rest of the bag will drape like the ghosts' body. Cut out facial features from black construction paper. Either glue or tape these in place. Make a hole in the top of the bag (make sure you don't pop the balloon) just large enough to insert some heavy string. Tie the string tightly and hang your ghost in the house or from a tree branch.

## SPOOKY CHOCOLATE SPIDERS

You will need:

- One 12-ounce package chocolate chips
- One medium can of dry chow mein noodles
- One package of M & M's
- Waxed paper

Place the chocolate chips in a medium size bowl. Melt the chocolate in the microwave. Invite your child to stir in the noodles, saving some extra noodles to use as spider legs after the bodies are made. Let cool slightly. Drop by spoonfuls onto the wax paper. Your child can now add eight spider legs to the main body. Make spider faces with colorful M & M candies. Store these Halloween treats in the refrigerator until ready to serve.











Affordable
No Court Interference
Keeps You in Control
Confidential

Choose a Mediated Divorce



Mediation Solutions of Coastal Texas mediationsolutionscoastaltexas.com



## THE PLACE FOR HER FIRST DANCE CLASS

AGE 2
Tippy Toes

**AGES 3-4** 



Tutus for tots

50% OFF

Registration fee with this ad!

AGE 5
PhimahyBALLET

PrimaryTAP

AGES 5-6 Phimahy JAZZ

HippityHop

AGE 6

**BeginningBALLET** 

BeginningTAP



VISIT CHARADANCE.COM FOR MORE INFORMATION



Mone Than Just Great Dancing!"

832-569-4065 | CharaDance.com

101 Hunters Lane | Friendswood, TX 77546

Register today!

Mention this ad for a \$49 discount!



THIS YEAR,
BE GREATER THAN

My fear of decimals!

Lola S., 3rd Grade

Now Enrolling for Fall!

Clear Lake

13914 Galveston Rd. Ste. 250 Webster TX 77598

mathnasium.com/clearlake

281-488-6284

South Shore

2800 Marina Bay Dr. Ste. O League City, TX 77573 mathnasium.com/southshore

281-532-6135





## Dance

- Ballet
- Tap
- Jazz/Contemporary
- Modern
- Hip Hop

## Musical Theatre

- · Acting
- Character-Style Dance
- Improvisation
- · Singing

# Fraining • Voice

- VISIT EVILLENE'S HAUNTED CASTLE
- PianoGuitar
- Musical Composition

FRIDAY OCT 28
7-9 PM

#### \$10 PER PERSON DONATION AT THE DOOR

Monies raised will help our students travel to the Junior Theatrical Festival in February 2017.

www.baactx.com

# Sound Training in the Fine Arts

BAY AREA ARTS



**CONSERVATORY** 

400 Hobbs Rd, Suite 203 281.938.1444



Childcare • Preschool | Before & After School Infants - 5 years Kinder - 14 yrs

28,000 Sq. Ft. of FUN!

- Sports Skills
- · Kid Fit
- Creative Arts & Cooking
- Group Games & Much More!

## 00 OFF TUITIO 1/2 OFF REGISTRATION!

Infants to 14 Years

Limited Introductory Offer for New Families Certain Restrictions Apply Register online @ lobogymnastics.com

> **Proudly serving the Bay Area** over 35 years!

2424 & 2500 Falcon Pass • Clear Lake 281-480-5626 • www.lobogymnastics.com

## The Fun-Time Calendar

October 2016

Find even

more family



Parents: Some programs require tickets and/or reservations, always contact event locations to confirm times and requirements.

"We Care Fund" for Medical Innovation • kemahboardwalk.com • 281-334-9880 Annual Dine out to Donate-67 & Research. The Pre-Event t-shirt pick up will be Saturday Oct. 15th from 9am. Oct 1 & 15 • Family Story Time donate a portion of their Run/Walk will be on Sun., Oct. 16th Library • hcpl.net • 281-488-1906 with registration at 10am and the race Oct 1 • Free Hands On Workshop t-shirt & wristband) if received by Oct. 2nd. \$40 walk-up day of event. Email krfstrong@gmail.com for more info • NASA Area Little League Fields

• 281-412-5350

Oct 1 - 31 • Monster Go Family Oct 1 • LEGO Star Wars Rogue the pictures to a staff member in the Baybrook • barnesandnoble.com FunHouse Café© to receive a free bag 281-554-8224 of candy for guests ages 4-12. Families can participate in the free Monster Go Oct 1 • Movie Night on The puttputtfunhouse.com • 281-333-0579 • galveston.com • 409-621-2253

Oct 1 - 16 • Register for the 2ND Oct 1 - 2 • Scouting Weekend at Oct 3 • CCEF Dine out to Oct 3 • Maker Monday: Straws Annual 5K First Walk • In memory Kemah Boardwalk • Discounts for Donate • 10:00am-10:00pm • Clear and Connectors • 4:30pm • For of Dr. Ken First. Proceeds to benefit the scouts in uniform. • Kemah Boardwalk Creek Education Foundation's 3rd

noon at the Clear Lake Rec Center. The • 11:00am • Free • Freeman Branch Oct. 3rd revenue to

starting at 11am. \$30 entry fee (includes • 9:00am • Toy Fire Truck with real wheels • Free • At Your Local Home Depot • homedepot.com

Oct 1 • Music Nite on the Ages • 67 Participating Restaurants Oct 1 - 31 • The Emperor's Strand: The Michael Hix Band • New Clothes • Kids' Backporch 3:00pm-5:00pm • Pop, Rock & Soul • dine-out-to-donate • 281-284-0031 Productions • kidsbackporchproductions.org Saengerfest Park, 23rd & Strand, Galveston Oct 3 • Bilingual Chinese Story • galveston.com • 409-621-2253

Phone Adventure • Search for five One Build Event • 4:00pm • Kids hidden monsters around the winding, ages 8 and up are invited to join us mazelike facility and take photos of for our LEGO Build. • Free • Barnes & them on their phones. Once they have Noble, Pasadena • barnesandnoble.com pictures of each monster, they will show • 281-991-8011 • Barnes & Noble,

event any time during business hours in **Strand: "Labyrinth"** • 7:00pm • October. • Free • Putt-Putt Funhouse • Saengerfest Park, 23rd & Strand, Galveston Evelyn Meador Branch Library • hcpl.net Neighborhoods around Nassau Bay •

Participating Restaurants will CCEF to benefit the students of Clear Creek **SpaceCityParent.com** Independent School District. For a complete list of participating restaurants please visit our website! • All

clearcreekeducationfoundation.org/

**Time** • 10:15am • Recommended for children age 2 - 4. Free tickets required and available at the Kid's Information in order to attend this one. Buy tickets Desk at 10 AM. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

 $\bullet$  4:30pm  $\bullet$  Join us in making everyone's  $\:\bullet$  women and girls 13 and up  $\bullet$  \$10.00 favorite thing to make: cookies! Be sure per person • Water's Edge Event Venue to sign up because we'll have limited • womensdefensivesolutions.com/events • equipment. We'll mix and make our 713-498-3262 cookies, and then enjoy them after baking on Tuesday (10/4). • Free • • 281-474-9142

children ages 5 and up. Free tickets

required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman friendly events at Branch Library • hcpl.net • 281-488-1906

> Oct 3 • W.A.C. (Women **Against Crime): Real Case Studies** • 6:00pm-7:00pm •

We'll also go over some of the selfdefense techniques they used or could have used. How would YOU get away from a similar attack? This is the 3rd class in a 3-part series. You do NOT need to be present for the other two at the door or reserve your seat online at eventbrite.com/e/wac-women-against-Oct 3 • Maker Monday: Cookies! crimereal-case-studies-tickets-27295772390

> Oct 4 • National Night Out • nassaubay.com

## The Fun-Time Calendar Cont'd

• 713-533-6500

Oct 4 • National Night Out • 6:00pm-9:00pm • National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Neighborhoods across the nation host block parties, festivals, parades, cookouts and other community events with safety demos, seminars, youth events, visits from emergency personnel and exhibits. • Neighborhoods around League City Oct 6 • Home School Day • 9:00am • leaguecity.com

Oct 4 • Pajama Story Time • 6:30pm • Free tickets are required and are distributed 15 minutes Hall Library • leaguecitylibrary.org • 281-554-1111

Oct 5 • Mommy Mingle Wednesday 10:00am • Bring your little ones to Tot\*Spot (our exclusive exhibit for children 35 months and under), Oct 6 • Family Frolic: Lego Build • 4:30pm • Houston • cmhouston.org • 713-522-1138

through a magic adventure meeting Pegasus, Unicorn, and more with Arts Alive. Free tickets are required Freeman Branch Library • hcpl.net • 281-488-1906 leaguecitylibrary.org • 281-554-1111

Catapults! • Free • Evelyn Meador Branch Library • 281-474-9142 hcpl.net • 281-474-9142

Oct 6 - 8 • The Closet Exchange - A you need related to kids, all under one roof! Items for infants, youth, juniors, plus a few adult items as well. • Baybrook Gateway • tcehouston.com

Experience space science through innovative, exclusive activities and special guest speakers at Home School Day 2016 at Space Center Houston. This incredible event provides the opportunity for home-schooled before the event. Seating is limited. • Free • Helen families to learn about space exploration and engage entertainment. • Space Center Houston • spacecenter.org • 281-244-2100

and mingle with other mommies during Mommy Mingle Try your skills with the library's Lego materials. Free V • 1:30pm • Come celebrate with games and Wednesdays. Daddies, nannies and caretakers are tickets are required and are distributed 15 minutes activities. Free tickets are required and are distributed welcome, too! Plus, enjoy free coffee and breakfast before the event. Seating is limited. • Free • Helen 15 minutes before the event. Seating is limited. • on us (while supplies last). • Children's Museum of Hall Library • leaguecitylibrary.org • 281-554-1111 Free • Helen Hall Library • leaguecitylibrary.org •

Oct 6 • Hispanic Heritage Celebration! • Oct 5 • Preschoolers at Play: Horse Happening 4:30pm • Children of all ages welcome. Free tickets Oct 8 • Parent's Night Out • 5:00pm-30 minutes before the program begins. • Free • clearlakemethodist.org • 281-488-5110

• 281-488-1906

Oct 4 • Free Afternoon at Houston Zoo • Oct 5 • STEAM Craft: Marshmallow Catapults Oct 7 • Friday Flicks! • 4:30pm • Join us 12:00pm • Free • Houston Zoo • houstonzoo.org • 4:30pm • STEAM crafts and programs for all ages. in the Teen Isle for a movie and tasty snacks. • A different craft for each event. Today: Marshmallow Free • Evelyn Meador Branch Library • hcpl.net •

> Oct 7 • Parent's Survival Night • 6:30pm • \$30 Members, \$35 Non-members • The Little Gym of Seasonal Consignment Event • Find everything Friendswood • tlgfriendswoodtx.com • 281-482-4242

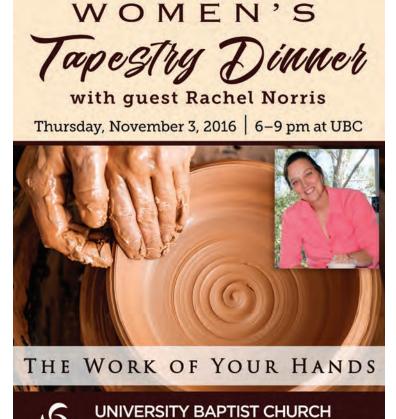
> > Oct 8 • Community Wide Fall Garage Sale 8:00am • Clear Lake Rec Center • clcca.org • 281-488-0360

Oct 8 • Ocean Star Museum Family Day • 10:00am-3:00pm • Sources of Energy: In addition to petroleum, learn about nine other energy sources and how each one is important to your everyday life. See if you can put together our energy puzzle, and in an unforgettable day of education and inspiring discover how renewable and non-renewable energy affects your life. • Ocean Star Offshore Drilling Rig & Museum • oceanstaroec.com • 409-766-7827

> Oct 8 • Family Frolic: Star Wars Reads Day 281-554-1111

• 10:15am • Children will gallop and horse around required and available at the Kid's Information Desk 8:00pm • Clear Lake United Methodist Church •

Oct 8 • Music Nite on the Strand: Ton Mickey and are distributed 15 minutes before the event. Oct 6 • Gamers Unite! Tabletop Edition • and the Zydeco Hot Steppers • 6:00pm • Seating is limited. • Free • Helen Hall Library • 4:30pm • Free • Freeman Branch Library • hcpl.net Blues & Country • Saengerfest Park, 23rd & Strand, Galveston • galveston.com • 409-621-2253

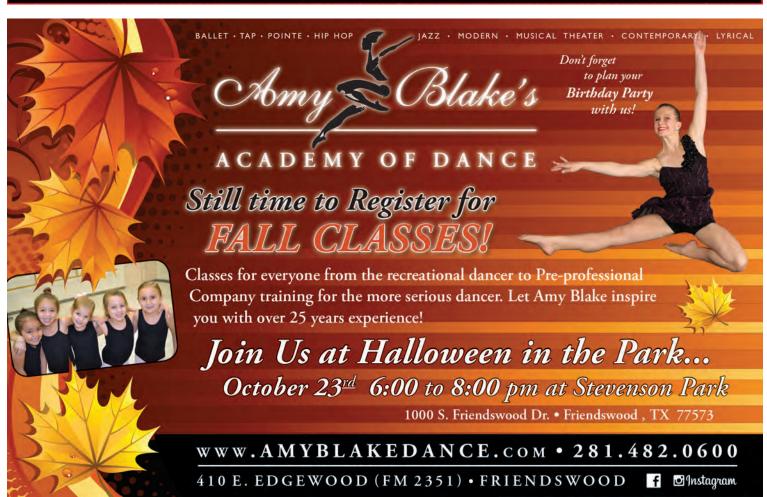


16106 Middlebrook, Houston TX 77059

281.488.8517 | visit us at ubc.org







Oct 8 • Concert on the Lawn - Robert Oct 11 & 25 • Freeman Needlecrafters • find all the books gets a great prize! • Free • Evelyn

• 5:30pm • Jones Hall Lobby • spahouston.org • 713-227-4772

Oct 10 • Sensory Friendly Day at the Children's Museum of Houston • 10:00am. Oct 11 • Poetry Blocks • 4:00pm • Use differences to have a fun, enjoyable and interactive learning experience in a comfortable and accepting Oct 11 • Pajama Story Time • 6:30pm • Free Oct 13 • Fall Crafts • 4:30pm • For children environment! • \$5 (free for members) • Children's Museum of Houston • cmhouston.org • 713-522-1138

Oct 10 • Hot Peas 'N Butter • 11:00am • Miller Outdoor Theatre • milleroutdoortheatre.com

• Meet the Pediatrician, Dr. Angelina Farella. If you Blankets and chairs are permitted. • Baybrook Mall For children of all ages and their caregivers. Pajama have not selected your baby's doctor, this is a great time to meet with the doctors to discuss your questions and concerns. • A Brighter Tomorrow Pediatrics • abt4kids.com • 281-332-0500

Oct 10 • Teen Movie Monday! • 4:30pm • tart your week off right by kicking back and enjoying event. Seating is limited. • Free • Helen Hall Library Oct 14 - 30 • Mindgame • Pasadena Little a great movie with snacks. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Oct 10 • Maker Monday: Magnetic Mosaics • 4:30pm • For ages 5 and up. Free tickets required and available at the Kid's Information Desk 30 minutes Oct 12 • iPad - Book Scavenger Hunt • Library • hcpl.net • 281-488-1906

permitted. • Baybrook Mall • clearlaketoday.com • of needlecraft please join us in the Conference Space on the 2nd floor for the Freeman Needlecrafters. Oct 9 • Daniel Tiger's Neighborhood - Live! While attendees are happy to help others through the difficult parts of a project, this club is not intended as a class for instruction. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

2:00pm • Exclusive event for children with Autism interlocking blocks with words added to them to build Oct 13 • Family Free Night at the Galveston Spectrum Disorders (ASD) and sensory processing poems. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Oct 11 • Family Movie Night on The Oct 10 & 24 • New Mom Mondays • 2:30pm Lawn - Hotel Transylvania 2 • 7:00pm • Oct 13 • Pajama Story Time • 6:00pm • clearlaketoday.com

> Oct 12 • Preschoolers at Play: Yoga Story Time • 10:15am • Children will act out a story with Ms. Stella using yoga poses. Free tickets are required and are distributed 15 minutes before the leaguecitylibrary.org • 281-554-1111

Oct 12 • Monthly Craft • 4:30pm • Free • Evelyn Oct 14 - 22 • August Osage County • Meador Branch Library • hcpl.net • 281-474-9142 The Purple Box Theater • thepurpleboxtheater.com •

before the program begins. • Free • Freeman Branch 5:00pm • Join us in scouring the shelves for hidden Oct 14 - 16 • The Sounds of Simon and books using our online catalog and iPads. The first to **Garfunkel** • Houston Symphony • houstonsymphony.org

Greaney • 7:00pm • Blankets and chairs are 10:00am • If you knit, crochet or do any other form Meador Branch Library • hcpl.net • 281-474-9142

Oct 13 - 15 • Just Between Friends Children's and Maternity Consignment Sale Event • Shop. Sell. Save. Smart! • Knights of Columbus, 2320 Hatfield Rd. Pearland • jbfsale.com

Oct 13 • My BFF, The Dragon • 11:00am • Miller Outdoor Theatre • milleroutdoortheatre.com

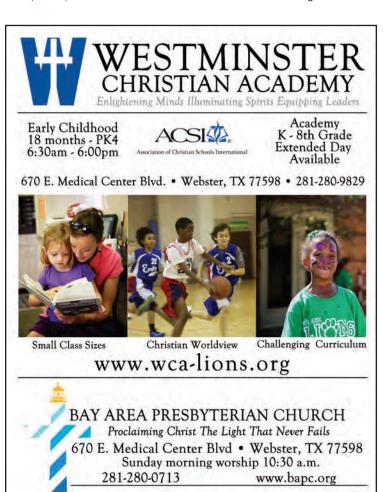
Children's Museum • 4:30pm • Galveston Children's Museum • galvestoncm.org • 409-572-2544

tickets are required and are distributed 15 minutes ages 3 and up. Free tickets required and available before the event. Seating is limited. • Free • Helen at the Kid's Information Desk 30 minutes before the Hall Library • leaguecitylibrary.org • 281-554-1111 program begins. • Free • Freeman Branch Library hcpl.net • 281-488-1906

> Story Time features bedtime stories, songs and rhymes. Children are encouraged to wear their Pajamas. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free Freeman Branch Library
>  hcpl.net
>  281-488-1906

> Theatre • pasadenalittletheatre.org • 713-941-1758

818-642-4665











## The Fun-Time Calendar Cont'd

Oct 14 & 28 • Parent's Night Out • 6:30pm Ins will be taken on a space available basis for • Free • Helen Hall Library • leaguecitylibrary.org • Price includes: Jump time, pizza, drinks, fun activities \$35 plus tax for first child, \$25 plus tax for each • 281-554-1111 & childcare! Pre-register by 8pm, Thursday before sibling. • AcroSports League City • acrosports.com Oct 19 • Swing, Jive and Pop! Into PNO \$20.00 for first child/ \$18.00 per sibling. Walk • 281-967-7261 In's for PNO -\$25.00 for child/\$23.00 per sibling (Please arrive by 6:45 pm to be included in pizza Oct 17 • Maker Monday: Lego Free Play • milleroutdoortheatre.com order) • JumpNJungle Webster • jumpnjungle.com 4:30pm • For children age 5 and up. Bring your Oct 20 • Family Frolic: Webkinz Club: • 281-557-0700

required and available at the Kid's Information Desk • hcpl.net • 281-488-1906 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906 Oct 17 • Creatorspace • 7:00pm • Join us for

Oct 14 • The Book of Life • 4:15pm • We are screening the animated film, The Book of Life, for Hispanic Heritage Month. Please join us. Free • Evelyn Meador Branch Library • hcpl.net • Oct 18 • Math Mania: The Allowance Game 281-474-9142

Oct 14 • Kids Night at the Rec • 6:00pm • Date night plans, holiday shopping or anything else, Library • hcpl.net • 281-474-9142 we can help. Our amazing staff is dedicated to the care and safety of your child and are experts in creating fun. Food and drinks are provided. Resident's registration fee \$15, non-resident registration fee presents her favorite stories using puppets. Free tickets

Oct 15 • A Magic Carpet Ride with Music from **Aladdin** • Houston Symphony • houstonsymphony.org

a presentation from local maker group Creatorspace (creatorspace.org). • Free • Freeman Branch Library • hcpl.net • 281-488-1906

• 4:00pm • Practice your money handling skills with this fun board game. • Free • Evelyn Meador Branch

Oct 18 • Family Frolic: Favorite Stories • 6:30pm • Jean Kuecher from Marionette Playhouse \$22.50. • Hometown Heroes Park • leaguecity.com are required and are distributed 15 minutes before the event. Seating is limited. • Free • Helen Hall Library • leaguecitylibrary.org • 281-554-1111

Enjoy great fun, pizza, and a movie at a price Cart • 10:00am • Mask Mania - Decorate your setting! Ages 5 and under. (FREE) • 5 and under • just right for parents. Pre-registration: \$25 plus tax own animal mask. Free tickets are required and are Free • Lord of Life Preschool • friendswoodschool.com for first child, \$20 plus tax for each sibling. Drop distributed 1.5 minutes before the event. Seating is limited. • 281-482-0481

Dance • 11:00am • Miller Outdoor Theatre •

friends and build with our Legos! Build on your own Costume Craze • 4:30pm • Bring your favorite Oct 14 • Make a Mask • 2:00pm • For tweens or work as a team! Free tickets required and available Webkinz or stuffed animal for fun and crafts. Free ages 8-12. Tweens will create their own Columbian at the Kid's Information Desk 30 minutes before the tickets are required and are distributed 15 minutes mask using a variety of craft materials. Free tickets program begins. • Free • Freeman Branch Library before the event. Seating is limited. • Free • Helen Hall Library • leaguecitylibrary.org • 281-554-1111

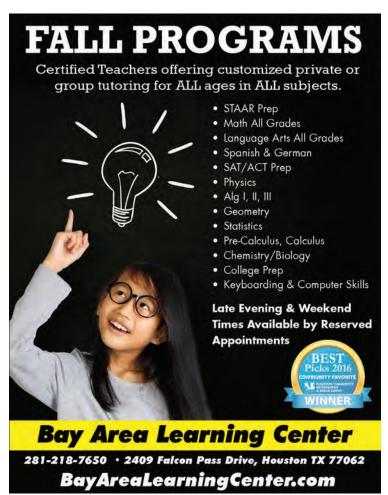
> Oct 20 • Gamers Unite! Tabletop Edition • 4:30pm • Free • Freeman Branch Library • hcpl.net 281-488-1906

> Oct 21 - Nov 6 • Eurydice • Pearl Theater • pearl-theater.com • 713-340-2540

> Oct 21 - 23 • Lego KidsFest • Official LEGO Extravaganza! "Swim in a Big Brick Pile, meet LEGO Master Builders, Giant models, fun activities, and much more. Visit website for tickets and more information. • NRG Center • legokidsfest.com

> Oct 21 • Classics Concert • Gloria Dei Lutheran Church • clearlakesymphony.org

Oct 21 • Mommy & Me Playtime • 9:30am Come and enjoy some time to chat with other moms and let your child play with all the preschool Oct 15 • Parent's Night Out • 6:00pm • Oct 19 • Preschoolers at Play: Art on a toys. Also, enjoy playing with your child in a new











FOUTH AND FAMI

www.ccisd.net/alliance "Be the Reason" and Post Your Photos!

Follow Us @bayareaalliance

report parents are the leading influence in their decision **not** to drink alcohol'

\* The Foundation for Advancing Alcohol Responsibility, February 2012









#bethereason



## The Fun-Time Calendar Cont'd

Oct 21 • Baby Playtime • 10:00am • For Oct 24 • Speed Stacks • 4:00pm • Compete Oct 31 • Family Frolic: Trick or Treat • the library! We'll provide the toys, music, bubbles hcpl.net • 281-474-9142 and the space. You and baby show up to enjoy the Oct 24 • Maker Monday: Tin Can Owl Costume Contest • 4:30pm • Halloween is the fun! No tickets required for this fun time! • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Oct 21 • Spooktacular Parents Night Out • 7:00pm • Costume Contest, Pizza, Open Gym, Games, Goody Bags. Contact us to reserve your spot. • 4 yrs & up • \$25 per child • Thornton's Gymnastics Center • thorntonsgymnastics.com • 832-932-5237

Oct 22 - 23 • Wings Over Houston Air **Show** • Ellington Airport • wingsoverhouston.com

Oct 22 • Bay Area Medication Take Back Day • 10:00am-2:00pm • On the day of the event, you can participate by driving through a drop-off site where law enforcement will take your medications for proper disposal. All unused or expired prescription or over-the-counter medications are accepted. NO SHARPS. List of locations...visit ccisd.net/alliance • Various Locations • ccisd.net/alliance • 281-284-0370

Oct 22 • Drug Take-Back Event • 10:00am-2:00pm • Safely disposing of your unwanted medications is easy. Drive up, drop off and drive however we can't take needles. • League City Police Department • leaguecity.com • 281-338-8201

• Miller Outdoor Theatre • milleroutdoortheatre.com 281-474-9142

children from birth to 18 months old and their parent to stack cups in complicated patterns with the most 10:00am-9:00pm • While supplies last. • Free • Helen or caregiver. Come join us for a baby playdate at speed. • Free • Evelyn Meador Branch Library • Hall Library • leaguecitylibrary.org • 281-554-1111

> **Craft** • 4:30pm • For ages 5 and up. Children will make a decoupage styled owl using paper, paint hear a scary story or two and compete for best and glue. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Oct 24 • Teen Movie Monday! • 4:30pm • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Oct 25 • Mad Libs • 4:00pm • Come armed with the parts of speech for the goofy fun of Mad Libs. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Oct 25 • Pajama Story Time • 6:30pm • Free tickets are required and are distributed 15 minutes before the event. Seating is limited. • Free • Helen Hall Library • leaguecitylibrary.org • 281-554-1111

Oct 26 • Preschoolers at Play: Build It • 10:00am • Build with Lego, Krinkles, and more. Free • Helen Hall Library • leaguecitylibrary.org 281-554-1111

Oct 26 • Craft It! • 4:30pm • Free • Evelyn on. No questions asked. We accept medications; Meador Branch Library • hcpl.net • 281-474-9142

Oct 28 • Friday Flicks! • 4:30pm • Join us in the Teen Isle for a movie and tasty snacks. •

Oct 31 • All Hallows Read Party and perfect time for scary stories and dress-up fun! Come costume. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Oct 31 • Maker Monday: Puzzles • 4:30pm For children ages 5 and up. Free tickets required and available at the Kid's Information Desk 30 minutes before the program begins. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

## Ongoing

Luby's Kid's Night • Free kid's meal with purchase of adult entree Wednesdays after 4pm and all day Saturdays. • Luby's Cafeteria Webster & NASA Pkwy • lubys.com

#### **MONDAY**

Toddler Story Time • 10:15am & 11:00am • Free tickets are required and are distributed 15 minutes before the event. Seating is limited. • Free • Helen Hall Library • leaguecitylibrary.org • 281-554-1111

Oct 24 • Trouble on the Double • 11:00am Free • Evelyn Meador Branch Library • hcpl.net • Toddler Time • 11:00am • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142





## SHAPE UP FOR THE HOLIDAYS!

10% Discount on all SmartLipo Procedures

Our patients love that all our doctors and staff are women. But that's just one reason to see us for all your healthcare needs...

## Better health for all women:

Annual Exams • Pre- and Postnatal Care • Labor and Delivery Contraception • Menopause and Hormone Replacement Therapy (HRT) Treatment of Menstrual Irregularities • Endometrial Ablation for Excessive Menstrual Bleeding Incontinence and Pelvic-Floor Disorders • Pelvic Pain • Laproscopic Gynecological Surgery Tubal Ligation • On-Site Lab • On-Site Ultrasound and Sonographer



WOMEN, M.D.

Women's health care from women who understand

Patricia Choy, MD •

Peggy Taylor, MD

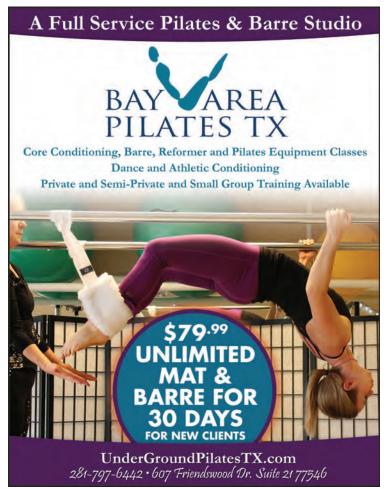
Shree Visaria, MD

Lynell Perez, MD

Call (281) 338-0085 or visit www.Women-MD.com to request an appointment.



450 Medical Center Boulevard, #400, Webster • Most insurance accepted • Convenient payment plans





**Toddler Time** • 11:15am • Free tickets are required **WEDNESDAY** and available at the Kids Information Desk. • Free • Freeman Branch Library • hcpl.net • 281-488-1906

Fuddruckers Kid's Night Mondays • 4:00pm Join us every Monday night where kids eat for only 99 cents with the purchase of an adult entree from 4pm-close. • Fuddruckers Webster & Nasa Pkwy fuddruckers.com

#### **TUESDAY**

Open Gym • 10:00am • Ages 16 months to 12 yrs. \$10 for first child, \$5 for additional siblings. • Above the Bar Gymnastics Academy • abovethebargym.com • 832-932-1466

Preschool Story Time • 10:15am &11:00am • Toddler Time • 11:00am • Evelyn Meador Library Free tickets are required and are distributed 15 minutes before the event. Seating is limited. • Free • Helen Hall Library • leaguecitylibrary.org • 281-554-1111

Desk. • Free • Freeman Branch Library • hcpl.net • 281-488-1906 • 281-488-1906

**Toddler Tuesdays** • 10:30am • Discover a morning of fun with story time, activities, crafts and special character appearances. • Discovery Green in Downtown Houston • discoverygreen.com • 713-400-7336

Preschool Story Time • 10:30am • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Preschool Story Time • 1:30pm • Free • 3-5 yrs • Free required tickets passed out 30 minutes Art Cart • 4:00pm • Express yourself. Draw. Color. Galveston Railroad Museum • 2602 Santa Fe Place

Preschool Story Time • 10:00am • Free • Dickinson Public Library • dickinsonpubliclibrary.org 281-534-3812

Book Babies • 10:15am & 11:15am • Free tickets are required and available at the Kids Information Family Night • 5:00pm-8:00pm • JumpNJungle Desk beginning 30 minutes prior to event. Due to space limitations, only one adult is permitted per child. • 0-18 months • Free • Freeman Branch Library • hcpl.net • 281-488-1906

281-474-9142

• 2400 North Meyer Road • Seabrook • hcpl.net 281-474-9142

Preschool Story Time • 1:30pm • Free tickets Toddler Time • 10:15am & 11:15am • Free tickets are required and available at the Kids Information are required and available at the Kids Information Desk. • Free • Freeman Branch Library • hcpl.net

#### THURSDAY

Preschool Open Gym • 11:00am • This is a great time to let your child experience our gym environment with no obligation & to have an unstructured playtime in the gym. \$6 plus tax for currently enrolled AcroSports students and \$10 plus Train Rides • 11:00am-2:00pm • Every Saturday City • acrosports.com • 281-967-7261

prior • Freeman Library • hcpl.net • 281-488-1906 Create. Have fun decorating paper the way you • galvestonrrmuseum.com • 409-765-5700

want to. • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Evelyn Meador Gaming Club! • 4:30pm • Free • Evelyn Meador Branch Library • hcpl.net • 281-474-9142

Webster • jumpnjungle.com • 281-557-0700

#### **SATURDAY**

Caring for the Complete Athlete Saturday Baby Time • 10:15am • Evelyn Meador Library Injury Clinics • 8:00am • Walkins Welcome! • 2400 North Meyer Road • Seabrook • hcpl.net Houston Methodist Orthopedics & Sport Medicine • houstonmethodist.org/athlete • 713-363-9090

> **Kid's Club** • 10:00am-12:00pm • 30 minutes sessions...you can register and pay online or in the store. • \$2/child • Michaels on Bay Area Blvd • michaels.com

> Free Craft for Kids • 11:00am-3:00pm • Free Lakeshore Learning
>  lakeshorelearning.com

> Story Time • 11:00am • Free • Barnes & Noble, Baybrook • barnesandnoble.com • 281-554-8224 • Barnes & Noble, Pasadena • barnesandnoble.com • 281-991-8011

tax for kids not currently enrolled. • AcroSports League head down to the island, ride the train and take a tour of the museum and learn all about the trains •

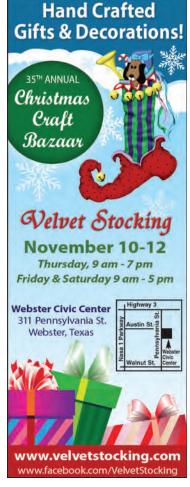
Log on to www.spacecityparent.com to submit your event or club information. Print Deadline 10th of month prior.















# Fall Festivals and Halloween Carnivals

- Oct 1 Nov 4 4th Annual Froberg's Farm Corn Maze & Fall Festival • Corn Maze, Hay Rides, Pumpkin Patch, Pony Hops, Plastic Duck Races, Bean Bag Toss and much more! Weekends only. • Froberg's Farm • frobergsfarm.com • 281-585-3531
- Oct 1 2 22nd Annual Oak Tree Festival & Texas Gathering Arts and crafts, live music, children's entertainment, Longhorn Museum butlerlonghornmuseum.com 281-332-1393
- Oct 1 2 HopeFest Crafts, Tea room, Silent auction, BBQ and FREE kids games and more.
   Hope Lutheran Church hope-lutheran.org 281-482-7943
- Oct 1 Family Fun Fest & 5K Fun Run (and K9!) 6:30am Fun Run. 9am- Festival, live entertainment, kid's games, bake sale, BBQ and more. St. Thomas the Apostle Episcopal Church straec.org 281-333-2384
- Oct 1 Annual KidFest 4:00pm-7:00pm Games, hay rides, moonwalk, face painting, food and more. Free New Hope Baptist Church newhopebaptist-tx.org 281.337-7265
- Oct 2 31 Fun in the Patch Pumpkin Patch, Daily 9:30am-7:30pm, Oct 7-Movie Night in the Patch, 7pm. Oct 15-Fall Festival 10am-2pm. Oct 31-Trunk or Treat 6pm. Clear Lake United Methodist Church clearlakemethodist.org 281-488-5110
- Oct 7 31 BOO on the Boardwalk Dungeon of Doom Haunted House or the kids can enjoy our Little Boo Haunted Fun House. Plus, pumpkin decorating, trick or treating and much more. Oct 22 & 29-Halloween Costume Contest. Oct 22-Zombie Night Party, dress up, walk and dance like a zombie. Kemah Boardwalk dungeonofdoomkemah.com 281-334-9880
- Oct 8 Nov 27 2016 Texas Renaissance Festival Texas Renaissance Festival texrenfest.com 800-458-3435
- Oct 8 ABE Fall Festival 11:00am-4:00pm Enjoy bounce houses, laser tag, games, food, and treats! • Armand Bayou Elementary School
- Oct 8 Cline Fest Games, live and silent auctions, yummy food, and much more. C.W. Cline Elementary clinefest.org 832-654-8890
- Oct 8 Macaroni Kid Halloween Bash 11:00am-2:00pm Trick or treating, bouncy houses, petting zoo, and more. Free League Park leaguecity.macaronikid.com
- Oct 9 31 First United Methodist Pasadena Pumpkin Patch & Fall Festival • 11:00am-6:00pm • Carnival, Games, Music, Foodand More!! Oct 22-Fall Festival • First United Methodist Church Pasadena • firstpasadena.org • 281-487-8787
- Oct 9 St. Mary's Bazaar 10:00am-7:00pm Fellowship, fun and fundraising for our Parish! Live & silent auction, arts and crafts, cakes and pies, plants and more. St. Mary Catholic Church saintmcc.org 281-332-3031
- Oct 11 31 Monsters' Museum of Houston Trick-or-treating, dress in a menacing monster costume, paint a pumpkin and more. Oct 22, Ghostbusters Day, capture the pesky ghouls and help save the museum. Oct 31, Halloween Monster Mash Bash, Party with a DJ with dancing, and more. Children's Museum of Houston cmhouston.org 713-522-1138
- Oct 14 31 Zoo Boo Come dressed in your spookiest or prettiest Halloween costume! All Zoo Boo activities are included with your paid Zoo admission. Zoo Boo is FREE for Zoo Members! Fri 9am-1pm, Sat & Sun 9am-4pm Houston Zoo houstonzoo.org 713-533-6500

- Oct 15 31 2016 Siege of the Skeletons!
   Community based art exhibit will be on display.
  Viewing the skeletons is included with the purchase of a general admission ticket. The Health Museum thehealthmuseum.org 713-521-1515
- Oct 15 16 Art in the Park Festival Local art, live music and art demonstrations. Stevenson Park aitpfestival.com 281-996-7700
- Oct 15 Bayou Fest 2016 8:30am-10:00pm Live music, BBQ cook-off, arts and crafts, children's fishing, pumpkin patch/carving, kid's activities, fireworks and more. Highland Bayou Park texascitychamber.com 409-935-1408
- Oct 15 31st Annual Countryfest Bazaar 9:00am BBQ, vendors, Country Store, Bake Shop, Pumpkin Patch, and much more. Aldersgate United Methodist Church facebook.com/aldersgatemethodist 409-925-2552
- Oct 15 Fire Fest 10:00am-5:00pm Lots of kid-friendly activities, live fire demonstrations, a parade and more. Van Jahnke Training Facility houstonfirefest.com
- Oct 15 Harvest Festival 10:00am-2:00pm Enjoy our craft show, fun activities for kids, music, hay rides, and more. League Park leaguecity.com
- Oct 16 Fall Festival 9:00am-6:00pm Games, inflatables, food, crafts, cakes and much more. Shrine of the True Cross Dickinson truecrosschurch.org 281-337-4112
- Oct 20, 21, 22, 28, 29 & 31 Dickinson VFD Haunted House 7:00pm Fun, frights, tricks and treats. \$13 adults, \$8 children, \$3 off with a canned good donation or with advanced purchase 4210 Dockrell Street, Dickinson
- Oct 21 22 35th Annual Island Oktoberfest Live music, authentic German foods and pastries, shopping, an auction, and games. Fri 5pm-11pm and Sat 11am-11pm First Lutheran Church galvestonoktoberfest.com 409-762-8477
- Oct 21 Spooktacular Parent's Night Out 7:00pm • Costume contest, pizza, open gym, games and goody bags. Contact us to reserve your spot. • 4 yrs & up • \$25 per child • Thornton's Gymnastics Center • thorntonsgymnastics.com • 832-932-5237
- Oct 22 23 St. Paul's Out of this World Festival Events • 7:00am • Family Fun Run, Scavenger Hunt, Taco & Salsa Fiesta. Games, inflatables, Cake Walk, and more! • Saint Paul Catholic Church • stpaulcatholic.org • 281-333-3891
- Oct 22 Harvest Fest Games, music, bounce house, pumpkin patch, pony rides, activities for kids, and more.
   Good Shepherd Episcopal Church gshepherd.net 281-428-7630
- Oct 22 Gilmore Elementary Fall Carnival
   Games, inflatables, prizes, crafts, food and more!
   Gilmore Elementary, League City ccisd.net 281-284-6400
- Oct 22 Fall Festival 11:00am-3:00pm Star Wars themed festival. Goforth Elementary ccisd.net
- Oct 23 Trunk or Treat 4:00pm-6:00pm • Hope Lutheran Church • hope-lutheran.org • 281-482-7943
- Oct 23 17th Annual Halloween in the Park 6:00 pm-8:00 pm Trickor Treating with the local Friendswood businesses.
   Free Stevenson Park friendswoodchamber.com 281-482-3329
- Oct 26 Fall Festival & Trunk or Treat 6:00 pm-8:00 pm Games, food, prizes, moonwalk, sno-cones, and popcorn. Hope Church hopehouston.org 281-488-0900
- Oct 28 Evillene's Haunted Castle 7:00pm-9:00pm • \$10 per person donation at the door • Bay Area Arts Conservatory • baactx.com • 281-938-1444

- Oct 28 Trunk or Treat Friday 7:00pm-9:00pm Costume contest, Jack-o-Lantern contest, hula hoop contest, and children's activities. Primrose School of Clear Lake primroseclearlake.com 281-218-8282
- Oct 29 Pumpkins, Paint & Pets 10:00am-12:00pm • Pumpkins to paint on a first come, first serve. Paint and brushes will be provided • Pet Costume Contest at 11am • Meador Park Seabrook
- Oct 29 Bay Harbour Trunk or Treat Free Bay Harbour United Methodist Church • bayharbourumc.org • 281-334-1100
- Oct 29 Slimer's Halloween Party 10:00am-2:00pm Costumed characters, crafts, make slime, costume contest, and much more. Ages 1-10 yrs \$13 Presale tickets, \$15 Door tickets Houston Party Playland houstonpartyplayland.com
- Oct 29 Saengerfest Park MiniMonster Bash 1:00pm-4:00pm Costume contest, games with prizes, trick or treating at various Downtown businesses and much more. Saengerfest Park, Galveston galveston.com 888-939-8680
- Oct 29 Harvest Festival 3:00pm-6:00pm • Games, food and candy in a friendly and safe environment. • Clear Lake Church of Christ • clearlakechurch.com • 281-486-9350
- Oct 29 Fall Festival 3:00pm First United Methodist Church Dickinson • dickinsonfirst.org • 281-534-3511
- Oct 29 Fall Festival 4:00pm-8:00pm Free fun for the whole family! Bay Area Presbyterian Church bapc.org 281-280-0713
- Oct 29 Halloween in the Park 6:00pm-9:00pm Lake Nassau Park nassaubay.com 281-333-4211
- Oct 29 League City Haunted House 6:30pm-10:00pm • Ages 12 & up are invited to attend. Ages 12 & under are at parents discretion. • Free • Fire Station #4, 175 Bay Area Blvd. • leaguecity.com
- Oct 29 Friendswood UMC Fall Festival 3:00pm-5:00pm Come out for free family fun! We will have food, games, candy, and prizes! Costumes welcome! Friendswood United Methodist Church www. friendswoodumc.com 281-482-7535
- Oct 30 Ghostly Gardens 2:00pm-4:00pm • Trick-or-treating, Creepy Crafts, face-painting and a costume contest . Families with a member in a Halloween costume will receive a special discount to Moody Gardens attractions. • Moody Gardens Galveston • moodygardens.com • 800-582-4673
- Oct 30 Halloween Fall Festival 3:00pm-5:00pm Trunk-n-Treat, games, fun, food, fellowship.
   Taylor Lake Christian Church tlcconline.org 281-474-2709
- Oct 30 Fear Not Festival 5:00pm-8:00pm Fun Family Games, Obstacle Courses, Trunk or Treat, Pumpkin Carving, Festive Food, Free Painting. Wear your costume!
   Free Clear Lake Presbyterian Church clpc.org 281-488-6731
- Oct 31 Halloween Event Halloween photos, Scavenger Hunt, Trick-or-Treating, Costume Parade, Crafts. • Free • Bass Pro Shop Pearland • basspro.com • 713-770-5100
- Oct 31 Fall Festival Games, Food, Rides and more. • Calvary Houston • calvaryh.org • 281-648-5800
- Oct 31 Annual Fall Festival Free family fun! Join us for fun inflatables, food, and trunk-r-treat! Heritage Park Baptist Church heritagepark.org 281-482-4729
- Oct 31 Trick or Treat in the Library 10:00am-9:00pm While supplies last. All Ages Free Helen Hall Library leaguecitylibrary.org 281-554-1111
- Oct 31 First Fest 2016 5:00pm Rides, games, inflatables, rockwall, food, costume contest, sensory station (special needs friendly) Free Houston's First Baptist Church The Loop Campus houstonsfirst.org 713-681-8000
- Oct 31 Fall Festival for Families 5:30 pm-8:30 pm Food & Games, Inflatables, and more! Help Clear Lake Food Pantry by bringing non-perishable food items Free University Baptist Church ubc.org 281-488-8517





## Ludi Casas, D.D.S.

"Specializing in Children Because Children are Special" Board Certified by the American Board of Pediatric Dentistry

Diplomate of the American Academy of Pediatric Dentistry

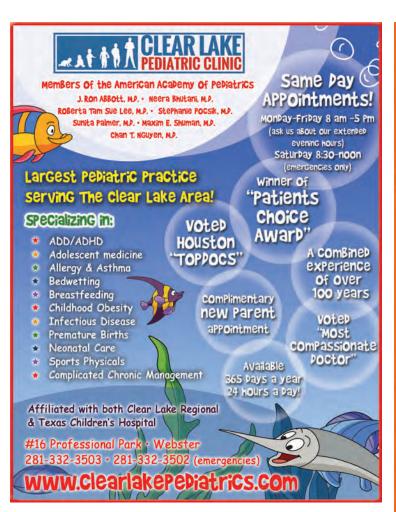


- Specialist in Infant, Children, and Teen Dentistry
- Playroom with video games and flat screen Televisions
- IV Sedation/ Nitrous Oxide
- · Sterilization Monitoring
- Low Dose X-Rays
- · Most Insurance Accepted
- Emergency and After Hour Calls



281.461.7470

17150 El Camino Real • Houston, TX 77058







Before becoming a parent, the idea of disciplining children seemed fairly straightforward. It follows logic that if you set limits, use consistency, and respond firmly, but lovingly, children will learn to correct their behavior. As I became a more experienced mother, I quickly learned that traditional methods of discipline, such as time out, do not work with every child, every time. Thinking outside of the traditional methods of discipline and trying new and creative consequences may improve behavior. Here are some ideas:

BUY IT BACK. Toys left on the floor after the designated pickup time will be confiscated by a parent. Children will be allowed to buy back each item for \$1. (www.notconsumed.com) If the children are not earning an allowance, they may do something extra around the house to earn the item back.

PRACTICE MAKES PERFECT. When chores aren't done to the parent's standards, have kids "practice" doing it over and over again until they become an expert. (www.imom.com)

SILLY FACES. "If siblings were fighting, they had to make five faces at each other. They would end up laughing and forget what they were fighting about to begin with." says Marianne Lincoln, mother of five.

TEAM SPIRIT. Siblings who fight can also be assigned projects or chores to work on as a team. By the end of the day, they will have learned to work

OPEN DOOR POLICY. If your teen slams the bedroom door when angry, take away the privilege of privacy and remove the door for a week.

DONATIONS. If your kids consistently leave clothing on the floor, collect it for donation to a local charity. If they decide they aren't ready to donate it yet, have them pay you what it would cost them to buy it from a thrift store. (www.parenting.com)

SAFETY FIRST. It is not safe to drive when people are shouting and making a commotion in the car. If the kids are too rowdy, pull the car over and wait silently until they are quiet.

TAKE TIME. If you child is dawdling and makes everyone late, have them sit out of the fun when you arrive for the same amount of time they wasted

EARLY TO BED. If the child has a bad attitude and you suspect it's because they are not getting enough sleep, move up bedtime by 5 minutes each time you need to remind them to improve their behavior.

KID'S CHOICE. When children misbehave, try allowing them to choose their own consequence. This method gives them control over their fate, teaches them to think about their actions in the future, and makes imposing the consequence easier.

STAND ALONE. If the child will not stop tipping his chair at dinner, simply take the chair away and have him stand while he eats. (www.notconsumed.

TEACH RESPECT. "I have a friend that has her children wash the other's feet if they are being disrespectful to each other." says Shannon, mom

With some patience, a sense of humor, and some creativity, parents can use the art of creative consequences to teach their children in a fresh and memorable way that will have lasting results.



Well-woman exams and Pap smears Birth control options • Fertility counseling Menopause management Hormone replacement therapy Physician assisted weight loss



www.cfwgynecology.com

832-619-1373 • 359 East Parkwood Ave. • Friendswood, TX 77546





**Physician Assisted** 

Weight Loss Jan Knight Bateman, M.D. & Ana Morales, M.D.

We don't want you to just LOSE WEIGHT, we want you to **GAIN HEALTH!** 

**Initial Consultation Includes:** 

- · Medical History
- Physical Exam
- · EKG
- · Lab Work
- Body Composition Analysis

**ZERONA LASER SPECIAL!** Reduce inches with ZERO pain, ZERO surgery and ZERO recovery time.

www.CenterForHealthyWeight.com 359 East Parkwood Ave. • Friendswood, TX • 832-619-1373

## ARE YOU HAPPY WITH YOUR CHILD'S GRADES?

Kindgergarten, 1st & 2nd Readiness Programs



**TUTORING** CENTER

Empowering Children to Reach their Potential

- Phonics
- Reading
- Math
- Writing

Highly Interactive, **FUN Environment!** 

Month-to-Month

**No Contract** 

#### Friendswood, TX

101 W. El Dorado Blvd. Suite A-1 Friendswood, TX 77546

Nizar Haji-Center Director 281-488-0101



- Reading Writing Math
- Algebra I & II AP Math Geometry
- Individualized Programs
- Study Skills Seminars
- We work with: Learning Disabilities, ADD/ADHD & Gifted/Talented



#### League City, TX

3010 Gulf Frwy S, Ste M-1 League City, TX 77573 De City Towne Center next to Wing Stop

Juliane Cauthron-Center Director

281-337-2800



🗶 TWO LOCATIONS! 🚜

# BAY AREA ENT

Ear, Nose & Throat Specialists



Shauna McLaughlin, PA-C Dr. Chester Strunk Dr. Deborah Miller Lori Jones, PA-C

- General ENT care for all ages
   Minimally invasive corrective
- Minimally invasive corrective snoring techniques
- In-house CT scanner
- -We accept most insurances
- Facial cosmetic services
- -Minimally invasive balloon sinuplasty
- -Over 40 years of exceptional ear, nose and throat care

## NEW LOCATION

333 N. Texas Ave, Suite 3100 Webster, TX 77598

281-338-7135 fax 281-525-4183





Meghan Greger, AuD

Allison Campbell, AuD

Kristin Bray, AuD

-We offer the latest -FREE consultations & in hearing technology demonstrations

www.bayareaentspecialists.com



While the death rate dropped 20% in a ten year period, the United States Fire Administration (USFA) reports that over 3,000 Americans still die annually in fires. Don't let your family be a statistic. Your kids practice fire drills at school, but do they know what to do in case of a fire at home? It is crucial that your family has an escape plan, and equally important that you hold your own "fire drill" at home on a regular basis.

## What your family should know:

- Designate two ways out of each room.
- Keep the escape route clear of obstacles.
- Set a meeting place outside the home.
- Always keep door and/or window keys in the same place and tell everyone where that is.
- Make sure windows are not stuck and screens can be removed quickly.
- Place escape ladders near second floor windows. Practice using them from a first floor window.
- Assign one adult to assist each child, as most children will sleep through a smoke alarm.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Crawl low under the smoke with your head 1-2 feet above the floor. Do not crawl on your belly, as some poisons produced by smoke are heavier than air and settle to the floor.
- Teach your children how to shield their mouths and noses with their clothing or a moist towel.
- Check doors to see if they are hot by touching the door, if so, find another exit.
- Never take an elevator during a fire.
- If your clothes catch fire, Stop, Drop and Roll.
- Don't stop to collect valuables or to call 911. Call 911 from a neighbor's house.
- Once you are out, never go back in to the home. If someone is missing, inform the fire fighters.
- Practice your escape plan at least twice a year with the whole family, including a "fire drill" during the night.

Preparation is the best way to protect your family from a fire. Know the rules of fire prevention, stock your home with fire-safety items and make sure your family knows what to do in case of a fire. A little planning may save your life or the life of someone you love.





"Where the Wonder of Learning Builds a Future of Success."

#### 30 YEARS OF ACADEMIC EXCELLENCE

For Children Ages 6 Months - 6th Grade

- Elementary School/Preschool
- Low Student/Teacher Ratio
- Art Projects every day
- · Outside play, water play, sensorial experiences

**Now Enrolling!** Infants through Elementary

- Loving, caring staff trained in CPR and First Aid
- Training in early childhood brain development
- Sign Language, Spanish, Tumblebus
- Language rich environment to stimulate young minds

201 South Shore Blvd League City

281-334-7345

suzihowe@earthlink.net



**SUZI HOWE** Past GCAEYC Administrator of the Year!



**Entire Family!** 

DENTISTRY

FOR CHILDREN

- Daniel Grilli, DDS

Pediatric Specialist Special Care for Infants to Teens!

Somer Dentists

#### Larry Brunson, DDS

General Dentistru Cosmetic / Implants Restorative

Super Dentists

- Computer Enhanced X-rays
- Cosmetic Dentistry
- Sedation Available
- Insurance Assignment
- Intraoral Photos
  - Tooth Colored Fillings
- State of the Art Laser Dentistry
- Child Friendly Environment
- Parents Welcome Back with Children in Treatment Areas
- Early and Preventitive Orthodontic Treatment
- ▶ Video Games
- ► Wi-Fi

17100 Glenmount Park Drive Suite A • Webster, Texas 77598





www.dcadentist.com



soccertotshouston.com • soccertouchhouston.com

713.429.5312 • south@soccertotshouston.com





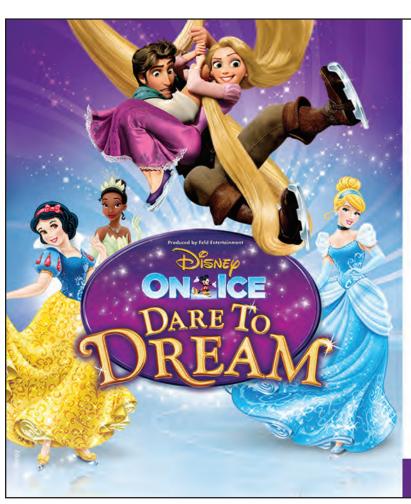
- Nautilus expressway circuit
- Extensive selection of free weights and plate loaded equipment
- ✓ State of the Art Precor treadmills, elipticals and bikes all with their own personal viewing machines



FREE REGISTRATION

with this coupon for a limited time

1908 Hialeah, Ste. D Seabrook, TX 77586 281-474-1141 • pelicanhealthandfitness.com



**Get Your Tickets Today!** 

NOV. 9-13

nrg : stadium

**Buy Tickets:** 

Ticketmaster.com 800-745-3000 NRG Stadium Box Office

DisneyOnIce.com





Join our pack! We are here to help you reach your fitness goals. We offer a wide variety of classes to keep fitness fun. We offer small group training, boot camp, Barre, Pilates reformer, yoga, cycle MMA and even cooking classes. Let us help you reach your fitness goals!



WWW.IDITARODFITNESS.COM 2590 Falcon Pass (832)240-4033





New Equipment!
Large Free Weight area
Over 50 classes a week
including Yoga, Zumba,
Pilates, Cardio Step,
& Body Toning
Free towel & locker service
Saunas
Indoor track
Basketball court
Personal Training

WWW.STONESFITNESS.COM 16223 MOONROCK

(281)480-2255



avoid the hassle and expense of an emergency room

September 1st new hours of operation:

sept - may monday - friday: 3 p.m. - 11 p.m. (new hours) weekends: 11 a.m. - 9 p.m. holidays:

12 p.m. - 7 p.m.

june - august monday - friday: 3 p.m. - 11 p.m. (new hours) weekends & holidays: 12 p.m. - 7 p.m.



pediatric urgent care

nightlightpediatrics.com f9999

we treat kids like kids. and we are open late to do it.

sugar land 281.325.1010 cy-fair 713.957.2020 pearland 281.990.3030 humble 832.602.4040

webster 832.992.5050