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THE QUARTERLY NEWSPAPER FOR SANTA FE FAMILIES

FALL 2019 • SEPTEMBER, OCTOBER, NOVEMBER

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APRICOT (and other) MADNESS

In some circles, the summer of 2019 will go down as the Season of Apricot Madness.

Trees all over Santa Fe produced a bounty like never before. It seemed everyone was looking for ways to eat, bake, process or give away their fruits before they rotted on the ground. My Facebook feed filled with friends' photos of ambitious creations — and one dramatic shot of a branch that broke under the weight of this year's unprecedented crop.

My husband, Charles, had to prop up two branches on our tree that had drooped so low to the ground they blocked the path to the front door. Working together and in alternating shifts, we spent our free evenings and weekends freezing, drying, pureeing, making jam, chutney and cobbler, and we still had trouble keeping up. When I put out a call for people to come and get some, a friend replied she'd love a bag or two — until a mutual friend begged her to take hers first.

The stately old tree just outside our front door was an inheritance from our house's previous owner, the woman known to the neighborhood kids as Grandma Rogers. She planted it long before we moved in 30 years ago. On average we've had a harvest about two years out of five. A late frost often zaps the tiny fruits before they can mature, making a good yield a real summer delight. I remember our son as a toddler reaching up to the low branches to pick his own "apity-tots." This year a few spring snows and frosts

threatened the tree's delicate white blossoms, but they managed to thread the meteorological needle. Summer rains provided the extra boost.



Heart Eyes by Yternity, Santa Fe Lowrance Family YMCA

I've gotten so accustomed to news of adverse weather — record heat waves, epic fires, increasingly extreme storms — that I almost don't quite know what to make of this environmental good fortune. I don't want to overthink the joy of fresh apricots, but I can't pretend that this bounty or the lush rains facilitating it are the norm, either. As our climate in the Southwest grows drier and warmer, these lovely trees, introduced by early Spanish settlers, may become embattled. Until then, we'll reap the bounty.

In the midst of this apricot mania, we were jolted by a darker madness: violence, intolerance and hate. In one horrific weekend, our domestic revelry was shaken by mass shootings with overt racist motivation in El Paso and Dayton. The sense of tranquility we were trying to preserve in jars of jam and trays of cobbler was fractured.

Hate crimes bend all laws of space and time. A mass shooting across the country has a physical and emotional force as if it happened right here, right now.

What a challenge we face, we parents and teachers and friends and mentors, as we try to raise children in the midst of political and environmental turmoil. How do we reassure children about *their* fears, when we struggle to cope with our own? How do we navigate the turbulence, while remembering that children thrive in an atmosphere of safety and stability?

I'll be honest: Parenting for me has often involved acts of faking it. In times of national or familial trauma, I try to project a sense of calm I don't necessarily feel in the moment. Back when my son was in preschool, he asked about the Los Angeles riots that followed the Rodney King beating. (How had he even heard about them?) I first saw TV reports of Columbine while he was in bed with a cold. I had just dropped him off at middle school when I heard on the radio of the 9/11 attacks. Each time, I wondered how to explain the seemingly inexplicable,

Continued on page 6

Tumbleweeds

Volume 25
Number 2

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Tumbleweeds is a quarterly newspaper for all Santa Fe families and people who work with or care about children.

We welcome letters, artwork and articles from our readers on personal and professional experiences with children.

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Tumbleweeds is published quarterly, in the Spring, Summer, Fall and Winter, and is distributed free throughout Santa Fe, Española and Los Alamos. Paid subscriptions are available for \$20 a year.

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ON THE COVER: Finn Sullivan, at age 8 months, with his dad, Mike Sullivan. Finn has grown into a rambunctious 2-year-old who still loves nature more than anything. Finn and his parents, Mike and Annie, spend most fall weekends fishing, hiking and camping across New Mexico. Photo © Ana June 2019.

ARTWORK IN THIS ISSUE is by preschool and school-age children at the Santa Fe Lowrance Family YMCA. Look for more on our website, sftumbleweeds.com.

Be a part of Tumbleweeds!

Winter 2019-2020 Deadlines

- Article Submissions: October 15
- Winter Program Directory and Winter Calendar Listings: November 1
- Ad Reservations: November 1
- Ad Copy: November 8
- Publication Date: November 20



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in ways appropriate to his age and curiosity level. How do I project a sense of stability and safety, when the world feels so unstable and unsafe?

Needless to say, this is never easy — which is why Dr. Chelsea Fleishman’s article “Easing Their Fears” (also translated into Spanish, “Un alivio a sus temores,” by Flor de María Oliva) is so on-the-money. Dr. Chelsea offers coping strategies that teachers have shared with her, as well as her suggestions for when and where to seek help in addressing a child’s deeper, underlying concerns.

Raising children is a challenge under any circumstances, all the more so when we do it in isolation. Yet Jessa Cowdrey, of CHI St. Joseph, notes that children today have an average of only 1.5 meaningful adults in their lives. Home visitation and other support programs decrease insulation and build support networks that reduce abuse and neglect. In her “Child Well-Being is a Community Responsibility,” Cowdrey urges us all to reach out to parents who need support, and report any suspicions of abuse for the sake of children’s health and safety.

Many of our longstanding local institutions provide prime spots for learning and exploring in a safe, enriched environment. You may think you know everything about the Santa Fe Children’s Museum, for example, but Kat Lopez’s article “Open Play” highlights offerings that you will be surprised to discover.

Our Santa Fe Public Library is another constant treasure, beloved for its books, programs and wise librarians. During the school year, a library can build on classroom lessons or take children’s interests in whole new directions — without costing you a dime. See wonderful Walter Cook’s article “Time to Read” for a plethora of titles for all ages.

Natanya Civjan’s “Culture Club” article chronicling a visit with her children to the Museum of Indian Arts and Culture, launches what we hope will be a regular feature, spotlighting Santa Fe museums particularly well-suited for building family memories and cultivating a new generation of museum-lovers.

Gloria Valdez takes us further afield on a day trip to the Moriarty Pumpkin Patch — with a recipe for tasty, colorful Jack-o’-lantern Rice.

If you avoided the Santa Fe Plaza during the crowds and heat of tourist season, Kristen Cox Roby’s article “It’s YOUR Plaza, Too” will inspire you to explore downtown Santa Fe on journeys that will fit any young child’s attention span and appetite, and any parent’s budget.

Communities in Schools of New Mexico, the focus of this issue’s “Noisy Acorns” advocacy column, serves about 50 percent of our public school students

with supplemental food, school supplies and clothing, individual and group support, and case management, to provide extra stability many families need. Sonja Thorpe Bohannon’s “Helping Hands” follows one exemplary site coordinator, Stephanie Walther, through a day at Aspen Community School.

Back to school means back to math class. If that triggers objections in your household, Josh Rappaport’s “Bunnies and Turtles and ... Algebra? Oh My!” offers tips and tricks for helping your child with math homework. James Taylor, director of the Math Circles Collaborative of New Mexico, offers a fascinating way to explore and enjoy the often-neglected “M” in STEM education.

All in all, there is so much in this wonderful issue to reassure us of how Santa Fe is supporting a stable, safe world for children. Our Fall Calendar and After-School Program Directory will point you to an ever-increasing number of classes and drop-in activities specifically for kids, as well as programs especially for parents. These programs help families find the friendship and connection we need in turbulent times. They help us build the courage that puts the “ape” (I couldn’t resist!) in apricot.

What gives *you* courage? What gets you through? Share your stories, questions or doubts. We love hearing from you.

And lastly, as I announced in my “Family Meeting!” column in our Summer 2019 issue, I am looking for a new owner for *Tumbleweeds* after almost 25 years. If you are interested in exploring this possibility, please call J. Erika Munde, at Sam Goldenberg and Associates, (505) 820-0163. She’ll be glad to talk with you.



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NDI LEAPS INTO 25TH ANNIVERSARY

One morning 29 years ago, Leslie Carpenter, then-principal of Acequia Madre Elementary, was sitting in her small office when a parent stuck her head in the door and asked if she could introduce someone. Pat French, a Santa Fe real estate agent and mother of a child at the school, had been driving dancer Jacques d'Amboise around and showing him property when he spotted the little eastside elementary school and asked to stop. That momentous day, French introduced d'Amboise not only to Principal Carpenter, but also to the children of Acequia Madre, Santa Fe and New Mexico.

Before they knew it, d'Amboise had the entire student body dancing, singing, making costumes and painting a huge backdrop mural on the back of the school. All of the students, most of the teachers, and several classes of students and teachers from nearby Alvord Elementary performed an original show called "Fat City." On the blacktop behind the school, rented ancient metal bleachers were set up for children who were bused in to see the first-ever National Dance Institute production in Santa Fe.

D'Amboise, with help from former dancer and philanthropist Val Diker, raised money from donors to bring NDI programs to more schools and communities in New Mexico. Over the next few years, Jacques and his team of visiting instructors, including Catherine Oppenheimer, conducted one- to five-week

residency programs in Silver City, and at Salazar and Larragoite Elementary Schools in Santa Fe. When Oppenheimer decided to move to Santa Fe, d'Amboise and Diker recognized the opportunity to create a new, locally-based NDI organization with Oppenheimer as the artistic director. In 1994, d'Amboise, Diker and Oppenheimer incorporated NDI New Mexico as a nonprofit organization and initiated year-round, in-school programs in Santa Fe.

Today, 25 years and more than 110,000 children later, the program has expanded to urban, rural and Native American communities throughout the state, and the mission of "teaching children excellence" is still going strong. Dancers learn the joy that comes from working as a team to reach a goal. Parents see the commitment and dedication their children develop throughout the year as they prepare for the culminating performances. Supporters appreciate that their funding reaches thousands of children in rural and urban communities statewide. Principals and classroom teachers value the youth development lessons embedded in NDI classes and performances, and the impact they have on students' focus and concentration.

To learn more about NDI New Mexico's fall series of classes at the Dance Barns, look for their listing in the *Tumbleweeds* After-School Program Directory in this issue, visit NDI-NM.org or call (505) 795-7088.

— Gemtria St Clair, NDI New Mexico



NDI New Mexico offers after-school classes in Santa Fe for ages 3 to 18, as well as in-school programs around the state.



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A COMMUNITY RESPONSIBILITY

Improving child well-being requires community compassion, attention and action

By Jessa Cowdrey

In April, Child Abuse Prevention Month,

several prominent cases broke the hearts of communities across New Mexico. Five-year-old Sarah was beaten to death, 8-year-old Diamond was killed by a gunshot and an 11-month-old died because of abuse. All these cases were preventable.

Not long ago, babies grew up in large, extended families; today, it is much different. The average child has one and a half meaningful adult relationships in their life, giving children fewer opportunities to develop the relationships they need to grow and thrive. Often both parents must work. Many households are headed by just one parent. Raising children is hard, and raising children in isolation is even harder. Additionally, many families experience intergenerational trauma caused by systemic racism and oppression.

HOW CAN WE TURN AROUND THIS TREND?

There are actions we can take that prevent or stop child abuse. Everyone has a role to play in strengthening the community fabric, so that all children are supported. We can support them through our day-to-day interactions in our community. We can support them by supporting their parents. We can support them by being alert to signs of abuse and reporting this to appropriate agencies. Finally, we can support children by making child well-being programs the norm, not the exception. Home visitation, parent education and other support programs offered through several local agencies are bringing life-changing success to New Mexico families.

VIGILANCE, KNOWLEDGE AND SUPPORT

Any parent, regardless of age, culture, race or socio-economic status, might find himself or herself in a situation in which abuse occurs. Child abuse is the result of an accumulation and confluence of many factors, and preventing it requires a systemic shift that occurs long before the actual abuse might transpire.

Child abuse prevention centers on finding ways to support parents and families so children can live in nurturing and healthy homes. We must be vigilant, because we all have a role to play in keeping children safe.

- **Know the risk factors.** While abuse and neglect can happen in all sectors of our community, families are at greater risk when substance abuse is involved, when families are isolated or when parents are dealing with extreme stress.
- **Learn the warning signs.** If children have reoccurring bruises or cuts, exhibit anxious behavior as if something bad is going to happen, or seem afraid to go home, don't turn a blind eye. If, in your gut, you feel a child is not getting what they need, contact local authorities and share your concern. Regardless of whether neglect or abuse is happening, a family in distress needs support.
- **Report suspected abuse or neglect.** *If you know or have a reasonable belief that a child is being abused or neglected, you need to contact the local authorities.* Call the New Mexico Children, Youth and Families Department statewide hotline at 1-855-333-SAFE [7233] or #SAFE from a cell phone. Remember that a child is helpless in these situations and is in need of adults to ensure their safety.
- **Reach out to children and parents in your community.** Offer families encouragement and support where you can, and encourage them to take advantage of programs designed to help them.



Courtesy photo

Support programs including parent education and home visitation can improve New Mexico's bottom rankings in child well-being.

THE POWER OF HOME VISITING

New Mexico has a crisis in child well-being. Child Trends, a national independent research organization recently found, based on data from the National Survey of Children's Health, that New Mexico has the highest rate of Adverse Childhood Experiences (ACEs) in the country. We rank last in child well-being in the Annie E. Casey Foundation's 2019 Kids Count Data Book. Systemic change will require a community-wide approach.

One of the best ways to prevent ACEs, child abuse and neglect is a home-visitation program. Home visiting provides mothers, fathers and primary care providers with culturally appropriate tools and support needed to promote normal growth and development of happy, healthy babies. Home visitors focus on a child's health, well-being and development during the most important period of early brain development, from prenatal to age 3.

The home visitor joins the family in their journey, generally meeting with them weekly starting before the baby is born, to deliver a curriculum of health, well-being and school readiness. Parents learn about infant growth and development, breastfeeding and creating stimulating environments. They explore ways to work towards finding solutions to family challenges, nurturing positive relationships, continuing their education, enhancing attachment and much more.

To better understand the impact of home visiting, read Anna's story.

Anna moved to New Mexico to escape domestic violence. She was 13 weeks pregnant. She had no support and was homeless. She was able to stay with her cousin for a few days but needed to find permanent place to live.

Anna had limited access to food, no transportation and no prenatal care. She felt scared and hopeless. She received an invitation to enroll in home visiting, and through the program she was able to gain stability for her and her son.

Fast-forward two years. Anna attended all her prenatal appointments. Her son, Adam, was born with some medical needs requiring a feeding tube, but through enhanced referral and case management Adam was enrolled in early intervention services. Anna was able to schedule and attend all the doctor's appointments for herself and her child.

Through this journey, Anna's confidence grew. She became a fierce advocate for herself and her son. They obtained housing through the Housing Choice Voucher Program (Section 8) and qualified for SNAP (Supplemental Nutrition Assistance Program) and Medicaid. Adam is now learning to eat on his own and is an energetic toddler. Anna has also learned about her son's development and works with her home visitor on finances, priorities, scheduling appointments and more. Anna and Adam are living a more stable and secure life, thanks to home visiting.

We know about Anna and Adam's success today. We do not know what would have happened had Anna not received the support she needed, and we don't know if her experience would have resulted in child abuse. But we do know that when parents don't have the loving and nurturing support they need, they can't in turn give their children life-sustaining love and support.

EVERY FAMILY DESERVES SUPPORT

Home visiting is a relatively new concept in the United States and New Mexico, but most industrialized nations outside the United States have widespread programs. Denmark established a home visiting law in 1937. France provides prenatal care and home visits, and in England every expecting parent is visited at home.

Because of New Mexico's crisis in child well-being, home visiting needs to become the norm and not the exception. We should all be aware of the services and encourage all families with young children to enroll. If you are looking for resources or programs, see the box below or visit NewMexicoKids.org to find resources throughout the state.

In New Mexico we value family, culture, resilience, responsibility and respect. Early childhood programs like home visiting put these values into

action. From this strong foundation, we can be confident that the next generation will be better off.

Jessa Cowdrey is the director of public policy and marketing for CHI St. Joseph's Children, serving families in Bernalillo, Chaves, Cibola, Doña Ana, Luna, Sandoval and Valencia counties.

Names of the mother and son in this article were changed, and the photo is not of the mother or child in this story.

HOME VISITATION AND OTHER SUPPORT

Confident Parent Home Visiting Program:

This program of Las Cumbres Community Services provides home-based information and support through weekly visits and referrals to outside services, for parents of children from prenatal to age 3. Call the Española Early Childhood Center at (505) 753-4123 or visit lascumbres-nm.org.

First Born Home Visiting Program: This program of the United Way of Santa Fe County is open to first-time parents, beginning any time in pregnancy or the child's first two months of life, until age 3. Call (505) 819-0139, email firstborn@uwsfc.org or visit uwsfc.org/our-programs/first-born-program.

Many Mothers: Trained volunteers are matched with parents to support the family through companionship and basic care. Call (505) 983-5984, email info@manymothers.org or visit manymothers.org.

Parent Education / Home Visiting Program: Offered through Presbyterian Medical Services, this program supports parents and caregivers of children through age 5, including adoptive and teen parents, and expectant parents. To learn more or to find a location near you, call 1-800-477-7633 or visit pmsnm.org/assets/uploads/HV-Application.pdf for an application.

NewMexicoKids Resource & Referral, a program of the state Children, Youth and Families Department, PullTogether.org and the University of New Mexico, maintains a database of licensed or registered childcare providers and other family supports. Go to newmexicokids.org/parents-and-families-3/home-visiting to search for programs by county or zip code.



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It's YOUR Plaza, Too!

Spend an afternoon soaking in the atmosphere at the heart of Santa Fe • By Kristen Cox Roby

There's something so uplifting about Santa Fe's beloved and historic city center. The Plaza and its surrounding streets offer unparalleled charm. We all know it.

And so do the tourists.

Santa Fe is a traveler's destination, and for good reason. But the height of summer brings throngs of eager visitors that can make us locals — especially those toting young children — wary of heading downtown. (Let's not even start with the parking.)

But now that market season is behind us, school's in session and the temperatures have eased, it's the perfect time to spend an afternoon or two taking back the Plaza. A lazy stroll coupled with a few bite-sized stops at local shops and restaurants is just the right speed and time commitment for younger kids.

Here are a few free and low-cost ways to while away a perfect fall afternoon around Santa Fe's picturesque Plaza.

Start in the middle

On its best days, the Plaza hums with activity: tourists checking paper maps, workers making hands-free calls on park benches, young dreamers lolling in the grass. There are musicians if you're lucky, and cart vendors selling cold drinks and hot handheld snacks.

For my kids — ages 2 and 5 — all this pales in comparison to the pigeons. They can spend an easy hour simply watching the birds swoop and scatter — and learning to enjoy nature without chasing it!

Once your little ones have burned off some energy, guide them on a respectful walk past the Native American vendors who line the portal outside the Palace of the Governors. My son treasures a beautiful hand-beaded bracelet we purchased there on just such a visit.

An enchanted garden

From there, it's a quick one-block stroll down Palace Avenue to Sena Plaza and two of the most magical spots in downtown Santa Fe. Find the "secret entrance" into this huge, hacienda-style old adobe property and let your kids

marvel at the courtyard, which provides seating for La Casa Sena. With thick vines and towering trees, the space has an undeniable fairy-garden feel. (Bonus: The steps to the second floor here make for an adorable photo op.)

Then head to the back and look for the exquisitely decorated door that leads the way into Todos Santos (125 E. Palace Ave.), a tiny boutique chocolate shop filled floor to ceiling with captivating curiosities that change with the seasons. In addition to the high-end handcrafted sweets are carefully curated goodies from around the world. Look for the tiny chocolate mice, a guaranteed kid favorite (\$4 each, or \$24 for a charmingly decorated box of five).

This block also offers the eminently colorful Rainbow Man shop (107 E. Palace Ave.), devoted to Native American and Hispanic arts, but the narrow, winding interior can be difficult to navigate with a stroller or energetic tot. Better to stop in the adjacent courtyard space to look at the enchanting sculptures and other brightly colored figurines for sale.

Sweet spots

There are nearly as many places to grab a sweet snack near the Plaza as there are places to buy chile. One of our favorite stops is the classic Plaza Cafe (54 Lincoln Ave.), where a basket of sopapillas comes with your meal — but you can order just an batch of three for \$5.99. Topped with honey, they're a consistent kid-pleaser. (Just remember to tip well for taking up valuable dining real estate while you enjoy your snack!)



Pigeons, sculptures, a public library, painted pillars and kiddie-sized gelato are just some of the treasures you'll find around the Plaza on a family-friendly fall afternoon.

Another fun stop is the newer Atalaya Cafe (66 E. San Francisco St.), which offers freshly made crepes and gelato in bright, kid-friendly digs. And even if you don't want to eat there, you can watch from the street as the crepes are being made.

Cross the road back to the Plaza and see if you can spot the brightly colored Sunset Swirl cart across from the shops on Old Santa Fe Trail between Palace and San Francisco. Here, you can help yourself to rich, dairy-free and vegan ice cream.

Head two blocks west from the Plaza and turn in down Burro Alley for a hidden gem: B&B Bakery (38 Burro Alley), where you can find a range of Korean delicacies and small, delicate macarons (meringue-like cakes with a creamy filling, \$2 each) that also happen to be gluten-free. Then, of course, stop and let the little ones pose for photos with the eponymous burro statue at the end of the alley. (You'll also find great sculptures for your little one to pose with outside the nearby Sorrel Sky Gallery, as well as sprinkled around at galleries and museums throughout downtown.)

It's a short walk from the Plaza up to Marcy Street, which is home to both Ecco Gelato (128 E. Marcy St.) and La Lecheria (101 W. Marcy St.). Get a kiddie-sized cup of gelato in a dizzying array of flavors for \$3.45 at Ecco or a single scoop of inventive or more traditional flavors at La Lecheria for \$3. (Bonus tip: If you've got more than one kid or a particularly adventurous or indecisive one, get the La Lecheria flight, four golf ball-sized scoops for \$8. It'll mean your kids can enjoy, say, chocolate sea salt ice cream or vanilla while you indulge in the signature green chile or a range of creative seasonal flavors. Plus, you can control the banana boat-shaped container, helping to prevent any toddler-related ice cream disasters.)

Books and toys

If you take Washington from the Plaza to Marcy Street, your little ones will make sure you know when you're about to pass Toyopolis (150 Washington Ave.). The lavish, immersive toy store announces itself with an enticing and ever-changing window display and a few toys outside for pint-sized passers-by to try out. Parents, take note: You can often find great deals among the sale selection of the store's higher-end clothing options, and the kids will have plenty of toys to play with while you shop.

Across the street is a must-stop destination for kids: the downtown branch of the Santa Fe Public Library. We always incorporate a stop at the second-floor children's wing into our trips to the Plaza. In addition to dropping off and checking out books, you can read aloud with your little ones, play with a toy or game, or just relax in a welcoming, family-friendly atmosphere. Even a short stop at the library amid other enjoyable activities helps forge that important connection between learning and fun. (It's also the perfect place for a potty break.)

Or head south from the Plaza instead of north, and get your toy fix at Doodlet's (120 Don Gaspar), the funky curiosity shop that holds an impressive selection of kids' gadgets, doo-hickeys and thing-a-ma-bobs. Then stop in at the nearby Collected Works Bookstore (202 Galisteo St.) to check out the sweet selection of children's books.

Wherever you roam downtown, remember that our little ones see things through fresh eyes. The area's unique sculptures, intriguing doorways and bright colors are magic for kids. They'll be amazed by the huge dragon atop the Ellsworth Gallery (215 E. Palace Ave.), the tolling bells of the Cathedral Basilica of St. Francis of Assisi (131 Cathedral Place), and the painted posts of the IAIA Museum of Contemporary Native Arts (108 Cathedral Place). Slow down and give them space to explore — it just might help you remember what you love about the heart of The City Different, too.

Kristen Cox Roby is a freelance writer and Tumbleweeds' assistant editor.



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santafechildrensmuseum.org
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Partially funded by the County of Santa Fe Lodger's Tax

Open Play

The surprising ways Santa Fe Children's Museum offers fun for everyone

By Kathryn Lopez



Science Saturdays, Fine Art Friday and STEM-based camps provide learning opportunities adaptable to all ages.

If you've lived in Santa Fe since

1985 or later, you're probably well aware of the Santa Fe Children's Museum. You can easily spot it on Old Pecos Trail, you've most likely visited at least a time or two, and you know all about what it offers — or at least you think you do!

The Santa Fe Children's Museum is not just a place for young children to go in and color for a few hours. Sure, there are plenty of art supplies in the Make 'N' Take crafting area, but this museum provides an enriching experience for fun-filled days (and sometimes nights) for all ages. Among the Children's Museum's many diverse offerings, you might find some that are new even to long-time visitors, as well as some old favorites. Here are some highlights.

This is no 'little' playland

With more than a football field-sized space to explore (yes, the museum spans nearly 1.5 acres) there's plenty of room for adventure, inside and outside. Indoors, there are exhibits and activities designed to spark kids' creative play in the arts, science and humanities. Children can play dress-up or "cook" in the play kitchen, blow giant bubbles or play with trains, paint their faces or dabble in the water stations. There's a special enclosed space just for smaller children, too.



Outdoors, the museum's "backyard" is a wonder in itself, with gardens full of vegetables, fruit trees, even spinach and peppermint that can be picked and eaten on the spot. New Mexico's flavors are evident in the bed full of green chile peppers, tabasco and other fiesta-friendly foods that definitely have a "kick" to them. There is even a traditional horno for grilling the occasional hot dog and baking our state's official cookie, the *biscochito*. You want a tree-house? Yep, we have that as well!

A place where everyone can play

To provide an environment where all children and families can interact and connect, the museum aims to be accessible, physically and financially. Here are some of the ways we're working to assure that *everyone* can enjoy what the

museum offers:

- **Thursdays Are Yours:** The museum extends its hours every Thursday and offers free admission for children 17 and under from 4 to 6:30 p.m., to encourage families to come visit after work and school.
- **Financial assistance and discounts:** Discounts are available every day for EBT recipients, teachers, military and first responders. Partnerships with several community service organizations help us provide complementary admission and free annual memberships. If you think you might qualify, just ask at the front desk.
- **Hablamos Español:** The museum has staff on-site who are fluent in Spanish.

- **Sensory sensitivities:** For visitors with autism and sensory sensitivities, the museum offers support and accommodations including an alternative entrance and a sensory-friendly toolkit with a visual schedule, hats, noise-reducing headphones or earplugs, sunglasses, rubber gloves and timers. Once a month, Sensory Friendly Sundays offer mornings with low lighting and special activities in a quieter, more relaxed environment.
- **Hearing and visual challenges:** Facilitators provide options for assisted play, as well as scented toys and Braille books.

Special events — ours and yours

Did you know the museum accommodates after-hours birthday parties and even a Night at the Museum? Birthday parties do not have to be within the museum's standard operating hours; with ample notice, the staff will cover your event any time, any day of the week. And yes, you can actually have a slumber party at the museum, where your group can bring sleeping bags and turn the museum into its very own private "campsite"! (Speaking of camp, the museum offers not just a summer camp for children, but spring break and winter break camps as well, with limited scholarships available.

The museum also offers theme nights each month, with special guests and unique exhibits (check the events calendar at santafechildrensmuseum.org, and the *Tumbleweeds* calendar). The monthly Parent's Night Out is a treat for both parents and kids. Drop off your child from 5:30 to 9 p.m. for \$25 and enjoy your own evening out.

Not just for wee ones

Many parents start bringing their children to the

museum as babies or toddlers, but they soon find the museum experience grows as their children do. All museum exhibits and special activities are designed to accommodate all ages. Science Saturdays, for example, weekly from 1 to 3 p.m., provide basic and advanced experiments designed to stimulate kid and adult minds alike. All our regular programs — Seeds & Sprouts, where children dig and plant in the Community Garden; Fine Art Friday, with resident and visiting artists; and the Santa Fe Model Railroad Club's "All Abooooooard" Model Train Program on Saturdays — as well as special events provide hands-on learning and fun adaptable to all ages.

And as for those wee ones, the museum opens an hour early once a week for Wee Wednesdays, 9 a.m. to 11 a.m., for toddler-focused explorations including a craft activity and storytime especially for them. There's also a private snack room, open at all times, that offers a quiet "BYOF" (bring your own food) space for napping, reading, eating and private nursing, if preferred.

New worlds to discover

Every museum visitor can be transported into space on Saturdays and Sundays with bilingual English/Spanish programs in the the Stargazer Portable Planetarium, free with admission. The Stargazer also travels to schools to provide innovative STEM education right in the classroom. These programs are free to all Title I schools, so if your child hasn't experienced them, ask their teacher to call the museum and sign up.

Even the gift shop attempts to offer something for everyone, with everything from little toy animals for less than a dollar to science projects in a box, that let you take a bit of the museum's magic home with you.

You might be surprised to discover that the little museum just up Old Pecos Trail from the Plaza offers so much — but that's just what The Santa Fe Children's Museum is about: surprise and discovery! Whether you're a new visitor or a long-timer, the Children's Museum is a home away from home. From the moment you enter and hear the familiar kids' tunes, with the multi-colored scarves flowing from the wind tunnel, programs and activities to suit children of all ages and abilities, you know this place is ready for you. It might have a few more Legos than you have at home, but with the laughter and freedom of play that the environment produces, it feels like your living room — except that someone else does the tidy-up!

The Santa Fe Children's Museum is located at 1050 Old Pecos Trail. It's open Wednesdays from 9 a.m. to 5 p.m.; Thursdays from 10 a.m. to 6:30 p.m.; Fridays and Saturdays from 10 a.m. to 5 p.m.; and Sundays from noon to 5 p.m. Admission is \$5 for children 1 and older and \$7.50 for adults. Annual memberships range from \$85 to \$175. For more information, visit santafechildrensmuseum.org, call (505) 989-8359 or email santafechildrensmuseum.org.

Kathryn Lopez is a program assistant at the Santa Fe Children's Museum.



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TIME TO READ

Inside and outside the classroom, books open doors to learning and entertainment

By Walter Cook

Autumn! It's the time for hearth, home and

school! Once summer ends, most youth activities are geared toward academics and extracurricular school activities. At this time of year I encourage parents and students to be aware of upcoming books and academic subject areas that teachers may assign, and make sure they have access ahead of time to these materials or their children may not have them when needed.

Books on the "back to school" theme can help ease the transition to the school year. For young children, an old favorite is *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate. There are several Miss Bindergarten books, all great. The illustrations are distinct and easy to understand, and they help children gain a positive insight into a school setting. In this particular story, Miss Bindergarten (a kindergarten teacher *and* dog) gets her classroom set up for the first day of school. Meanwhile, her students — a hippo, alligator, beaver and many more — prepare for school by brushing their teeth, getting dressed, packing their backpacks and doing other activities that children will recognize as they get ready for their own school day.

Teachers count on the support of parents and guardians in order to help students achieve success. A critical stage is helping children learn to read. For those students just beginning to read, **Mo Willems' pig and elephant stories** are well-loved books that children can attempt with a little help.

Piggie and Elephant are friends facing experiences that kids may identify with. They fret over going to parties, sharing, getting hurt and being there for each other. Most of the books are written with dialogue bubble text — a technique that does not usually translate well for beginning readers, but in this case it does. The dialogue is short, to the point and reads clearly.

Evenings and weekends are great times to share reading aloud. Many of the best choices are series books. The world of books for youth is in fact riddled with series. Traditionally, series books are formulaic in style. *Nancy Drew* and *The Hardy Boys* are classic examples of formula series books, and in recent years we have seen many new ones. Beginning readers may struggle with the first few books of a series, but with practice they learn to master entire books independently. I suggest taking turns reading paragraphs aloud. Remember, always be supportive and provide positive reinforcement.

Some good beginning series are *A to Z Mysteries* by Ron Roy, *Owl Diaries* by Rebecca Elliott, *Rainbow Magic* by Daisy Meadows, *Junie B. Jones* by Barbara Park and *Magic Tree House* by Mary Osborne Pope. Finding the right series for the right child can be a challenge but often the best method is to let children decide for themselves.

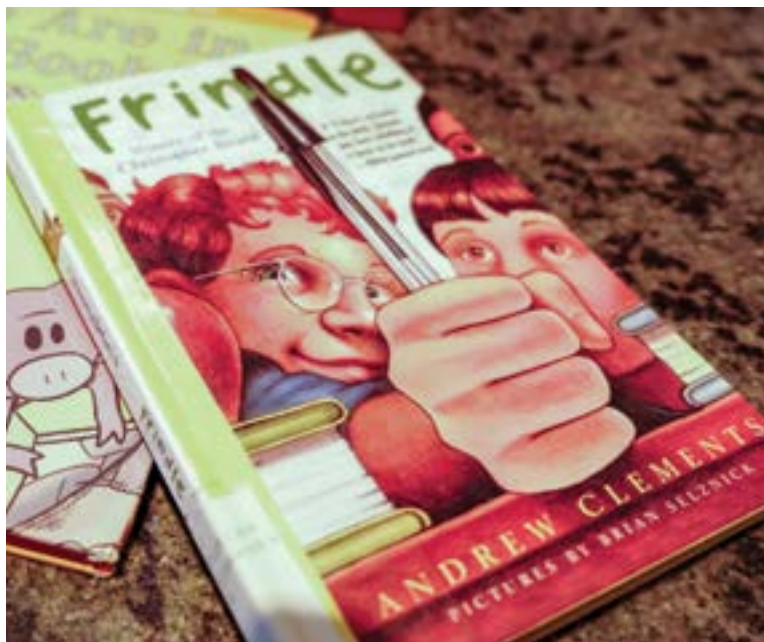
Children, like adults, develop an interest in specific subjects. If Magic Tree House's dinosaur book sparks an interest, then check out more books on dinosaurs. Likewise, Santa Fe events open avenues for exploration. Our annual Fiesta de Santa Fe is an invitation to study Zozobra, New Mexico history, American Girls' Josefina (straight from El Rancho de las Golondrinas) and fiestas throughout the Latin world.

Autumn will not pass without a blaze of colorful glory. Take time to visit the aspen forests when they change colors. Be sure to take a camera and leave early in the morning to beat the crowds. But before you take the family on an outing, look for books on autumn and photography. How do leaves change color? Two good places to find answers are *Autumn Leaves* by Ken Robbins and *Why Do Leaves Change Color?* by Betsy Maestro.

Photography can enliven the imagination. *The Kids Guide to Digital Photography* by Jenni Bidner and *Click Click Click!* by George Sullivan are two good choices to help would-be photographers learn about basic techniques and compositions. Another fun choice is *Cottingley Fairies* by Ana Sender. This is the story of two girls in Victorian England who captured public interest with their photographs of fairies. Or, were they faked? Read the book and you decide!

As the days grow colder, and after the homework is completed, activity books help pass the time. Among the dozens of craft books to choose from, *Step-by-Step Crafts for Winter* by Kathy Ross and *Fairy Crafts* by Heidi Boyd work really well. Science experiment books are also a lot of fun. *Big Science for Little People* by Lynn Brunelle, *Science Experiments that Surprise and Delight* by Sheri Bell-Rehwoldt and *Maker Lab* by Jack Challoner will stretch minds beyond the baking soda and vinegar volcano. These books will also lay the groundwork for thinking about upcoming science fair projects.

For me, the best memories are those shared in the kitchen. There are many chil-



A fifth-grade boy coins a new word — frindle — and changes the world.

dren's cookbooks to help celebrate world cultures, religions, holidays and lifestyles. Pizza is nearly always a favorite, and *Teenage Mutant Ninja Turtles Pizza Cookbook* by Peggy Paul Casella is a sure winner. The Pinkalicious series by Victoria Kann is a nice beginning reader series and the *Pinkalicious Cupcake Cookbook*...need I say more? Families can thumb through *The Jumbo Vegetarian Cookbook* by Judi Gillies and Jennifer Glossop or *Cool World Cooking* by Lisa Wagner, select recipes, find the ingredients in the grocery store and learn about weights, measures, temperatures, cooking times and washing hands. If you don't mind a little bit of a mess, then you won't mind cooking with kids. And, it's a good time for children to learn about (shudder!) clean up.

For strong readers, ready to explore a world beyond their own, *Greenglass House* by Kate Milford is a lovely story. I don't want away to give too much, but it is a mystery set in a secluded old bed-and-breakfast during a school holiday. In the audiobook version, the author tells us she conceived the book while she and her husband were preparing for the arrival of a child they were adopting from Asia. She used this story to tell the child how much love they had, waiting to be given. *Greenglass House* is a great stand-alone with sequels and prequels. But start with *Greenglass House*.

Frindle by Andrew Clements takes place in the reality of a school setting. If you were to singlehandedly set out to redefine social norms practiced by schools and society at large, what obstacles would you likely encounter? This book offers an insight into those actions, without being violent or over-the-top dramatic. Share and talk about this story. Our protagonist explores pushing boundaries but



Mo Willems' Piggie and Elephant stories are like candy for early readers.

in language well-suited for youth and comfortable for their adults. If you like *Frindle*, read more of Andrew Clements' books. Part of learning to read is learning to search. Series books are appealing, but exercising the skill to search for subjects beyond a series is better.

The Girl Who Drank the Moon by Kelly Barnhill ends up on many educators' reading lists. It's worth it. It tells us the story of a young girl, a strong protagonist, who sets out on a quest to make the world a better place. She encounters a world of magic, an ancient forgotten past and a good-hearted boy.

Together and independently, they learn to be all that they can be.

Autumn is a busy time. Academics and extracurricular school activities, jobs and chores dominate each day. For those few precious moments of free time, our public library generously shares enrichment and entertainment choices, to offer enrichment or accent the activities we see around us. Happy reading!

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Walter Cook is a youth services librarian for the Santa Fe Public Library, where all of the books he recommends in this article can be found.

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HELPING HANDS

Communities In Schools' site coordinators work to help students thrive

By Sonja Thorpe Bohannon

It's 7 a.m. on a Thursday morning, and Stephanie

Walther is heading to work at Aspen Community School. Unlike the teachers in her school who arrive with the day's lesson plan, Stephanie is concerned about whether some of the families from her school had a bed to sleep in last night, if she will have enough snack packs for the kids who will pass through her classroom for extra food, and how many students her volunteer tutors will be able to help out today.

Stephanie is a site coordinator for the nonprofit Communities In Schools of New Mexico (CIS) and has led CIS's programs at Aspen, a kindergarten through eighth-grade Santa Fe public school that serves 398 students, for five years. Every day, she helps students experiencing challenges outside of school so they can be more successful in school.

CIS of New Mexico developed from a local grassroots initiative known as The Salazar Partnership, which was started in 1997 by Bill and Georgia Carson and the Rev. Talitha Arnold of the United Church of Santa Fe in response to an appeal by the Salazar Elementary School principal. Nearly 15 years later, the partnership joined the national Communities In Schools network and was renamed CIS of New Mexico, helping to ensure the long-term sustainability of its programs.

CIS's evidence-based model has been developed and refined in communities around the country over the last 40 years. Today, CIS of New Mexico works inside 11 Santa Fe public schools (Aspen Community School, Capital High School, César Chávez Elementary, El Camino Real Academy, Milagro Middle School, Nava Elementary, Nina Otero Community School, Ortiz Middle School, Ramirez Thomas Elementary, Salazar Elementary and Sweeney Elementary) and serves over 6,000 children — about 50 percent of Santa Fe Public Schools students.

"I love my work," Stephanie said. "After five years on this campus, I really see where CIS makes a difference. It is incredibly rewarding to have families back on their feet after a lot of struggle, to see kids become more confident as students and to watch our families at Aspen Community School find friendship and connection."

CIS offers three tiers of support to schools. The first is school-wide, such as distributing bags of food through a partnership with The Food Depot and helping to provide school supplies and clothing closets for community members.

The second tier, called targeted supports, allows coordinators to help groups of students who have common concerns. "I bring those kids together and leverage the incredible resources in our community — like Gerard's House that

Stephanie Walther distributes snack packs to about 150 children at Aspen Community School who need supplemental nutrition to get through the school day.

comes to our school to work with grieving students, and Girls Inc. that brings their programs to Aspen for girls' empowerment coaching," Stephanie said.

The third tier provides individualized case-managed support to students and families. At Aspen, that's about 10 percent of the student population.

To understand the ways Communities In Schools makes a difference in local schools, let's follow Walther through a recent Thursday at Aspen Community School.

FOSTERING A SENSE OF COMMUNITY

The bell rings to start the day, and Stephanie's first meeting is with her monthly Parent Coffee Group. She has the coffee maker and snacks from her food pantry ready. About a dozen people attend, including a grandmother who wants to know more about helping her grandson succeed in school and a mother who would like to volunteer. For many of the other participants, this is a comfortable way to connect to their child's school.

Just as Stephanie finishes putting away the parent group supplies, it's recess time. This is when she distributes snack packs to about 150 kids who will need more food to get through the school day. Student volunteers come to help her push the cart through the halls and pass out the sealed plastic bags containing a nonperishable protein, crackers and fruit cup. As is the case at too many public schools in Santa Fe, 100 percent of the kids at Aspen Community School qualify for the Federal Free and Reduced Lunch Program. No one would guess that in this beautiful, recently constructed school, the students inside struggle to get adequate nutrition.

While there are overlapping challenges among all of the public schools that CIS serves, at the beginning of every year CIS conducts a school-specific needs assessment. This allows the site coordinator to evaluate the unique needs in each school, which results in a School Support Plan for the year. In the case of Aspen School, Stephanie collaborates with volunteers and more than 30 community partners to provide students with the help they need across five main indicators: basic needs (food, shelter, etc.), attendance, parent engagement, academics and social/emotional well-being.

CALLING IN ALL RESOURCES

Between recess and lunch, Stephanie greets three CIS volunteer tutors who have arrived to provide one-on-one academic support for students that she has identified as needing a little extra help.

“Many of our students are not able to get help on homework because their parents are out of the house working multiple jobs,” she said. “Having the time and support from a tutor builds confidence for these kids to help them become better students. Most of the time, it is the companionship of an adult that means the most to them.”

During lunch, while the tutors are working with their students, Stephanie meets with 20 middle school students from The Sky Center’s Natural Helpers program. This program, which is co-facilitated at Aspen by Stephanie and the school counselor, trains student “listeners” to understand and recognize the warning signs and risk factors for suicide among their peers and direct them to resources for help.

“Many kids in our school are under constant stress and experience so much anxiety. And peers are usually the first to know something is wrong,” Stephanie said. “Giving students the tools to know what to watch for, and how to help their friends, makes a big difference for our community.”

Stephanie’s afternoon is just as busy as the morning. She quickly grabs water bottles and the lesson plan for her after-school program, Girls on the Run, her last

program of the day. Between now and the end of school, Stephanie will also meet with some of her case-managed students. Some students at Aspen are identified as having unique needs that cannot be fully addressed in special group settings, so Stephanie “case manages” about 40 of these students individually to ensure their needs are met. Today, she is meeting with Eden, a fifth-grader. After two years of working together, they have developed a special bond.

“Eden has learned to redirect her emotions and has become a very outgoing young girl,” Stephanie said. “She has blossomed and shows great leadership skills. She wants to be a junior coach” for Girls on the Run.

The bell rings to announce the end of the school day. It takes about 15 minutes for the Girls on the Run group to trickle into the classroom, laughing and talking. They grab a snack and then jump into a discussion about healthy lifestyles.

“Most of the girls sign up for this after-school program for social reasons,” Stephanie said. “I love that at the end of the year we all run a 5K, and so many girls discover athletic talents they didn’t know they had.”

CIS measures outcomes, too. Although New Mexico has the lowest graduation rate in the country, CIS just celebrated the graduation at Capital High School of 85 percent of its case-managed seniors, where the school-wide average is 70 percent. CIS

serves Capital as well as all of its feeder schools.

“It is rewarding to see our work making measureable improvements in Santa Fe,” Stephanie said.

To learn how you can get involved with or support Communities In Schools of New Mexico, check the box below or call me at (505) 954-1880.

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Sonja Thorpe Bohannon is the development director for Communities In Schools of New Mexico.

HOW CAN YOU HELP?

Communities In Schools of New Mexico (CIS) invites you to get involved to help support underserved youth in our Santa Fe Public Schools. How?

Donate new packages of boys’ and girls’ socks and underwear, school supplies or hygiene items (shampoo, toothbrushes and deodorant) for pre-K through high school students.

Learn about seasonal drives that happen throughout the year, including our Coat Drive in the fall and our Giv-

ing Tree in November, by following us on Facebook.

Cash is king! Visit our website, cismn.org, to make a financial contribution.

And most rewarding of all, give the gift of time and become a volunteer. CIS has 75 volunteers that work with students of all ages in various subjects — and we need more tutors for the new school year.

Call us for details, (505) 954-1880, or visit our website, cismn.org. Thank you!

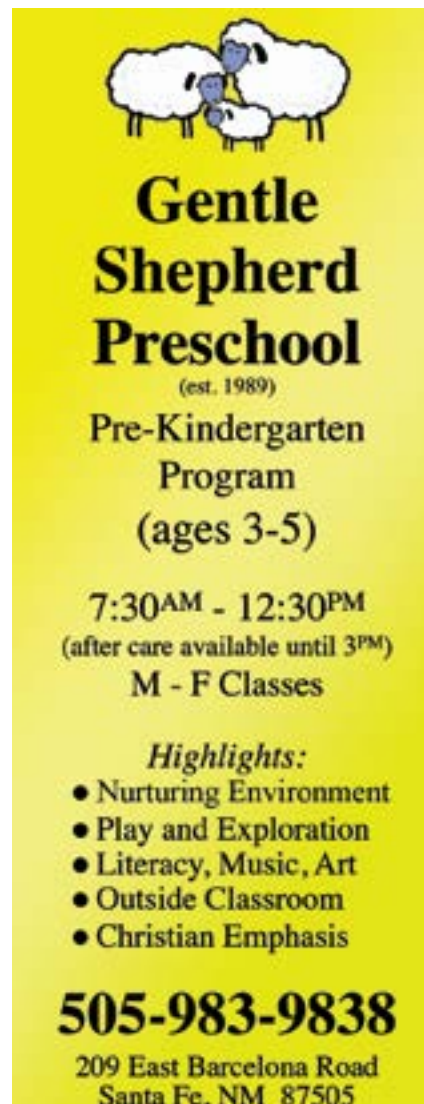


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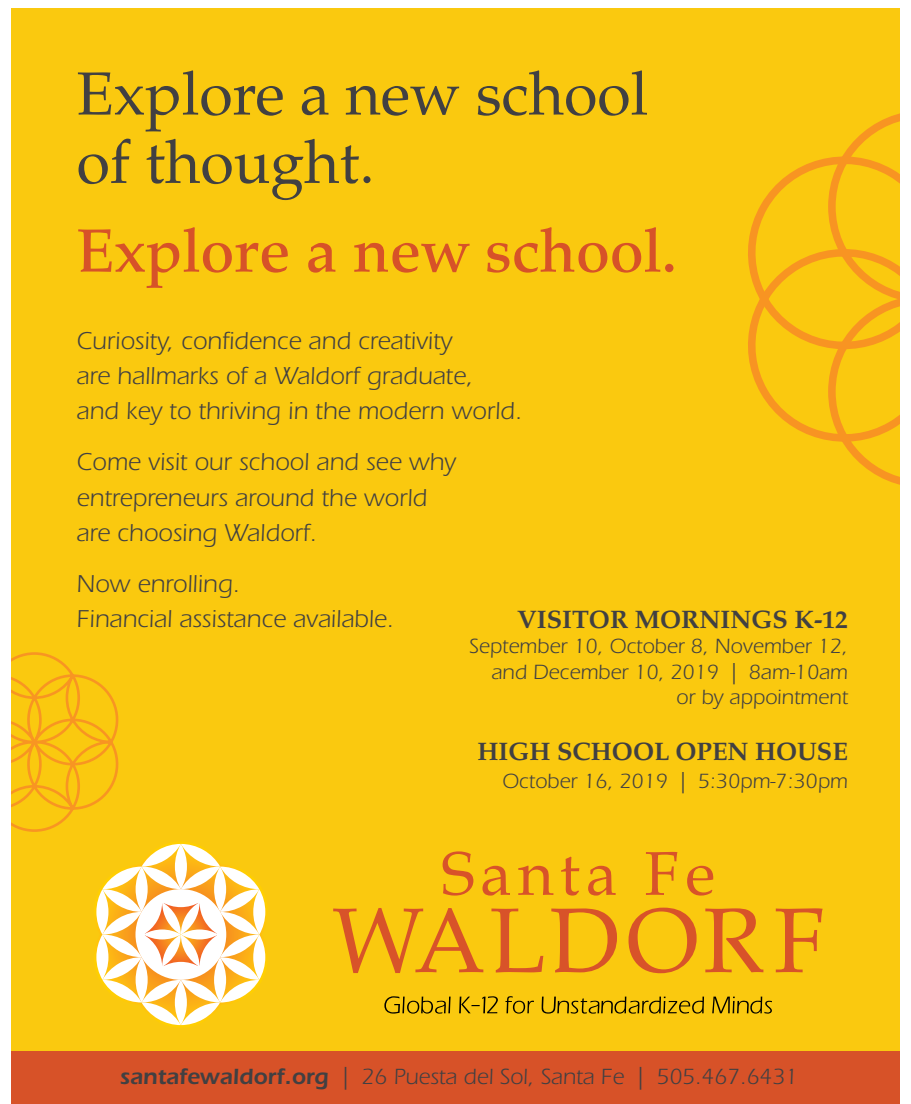
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Bunnies and Turtles and.. Algebra? Oh My!

These tips and tricks can help your child learn to like math

By Josh Rappaport

It's fall again — and time for school again.

Are you starting to hear comments like these?

“Why do I have to do math this year, too?”

“Do they give us math just to torture us?!”

What's a parent to do?

I've been tutoring children in math for many years, and I'd like to share a few of my favorite techniques for turning children's math blues into math yays!

No. 1: Save the bunnies!

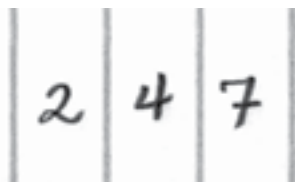
Most children love bunny rabbits, right? So most children would shudder at the idea of — OK, pardon me for even *mentioning* it, but this is the power of the notion — of bunny rabbits getting tiny electric shocks, or “zings,” as I call them.

Technique No. 1 uses this somewhat unpleasant idea for a good reason: to encourage children to write their math problems neatly. Here's how it works.

When solving arithmetic problems, students need to keep the digits in the individual place values lined up. For example, in an addition problem with six-digit numbers, students need to keep the ones-digits all lined up, the 10s-digits lined up and so on, all the way up to the 100,000s-digits.

As we know, though, sometimes those digits wander on the page, from one place-value to another, so students start adding (or subtracting or multiplying) the wrong digits. For example, a digit in the 10s place might accidentally get added to a digit in the 100s place. Egad!

Solution: Ask each child to rotate her sheet of paper a quarter turn, so the ruled lines that used to run horizontally now run vertically. These vertical lines can now be used to separate the place values. And students would write each digit between the vertical lines. So for example, the number 247 would be written like this:



Here's where the bunnies comes in. I tell students that each digit they write down is a “bunny,” and the new vertical-ruled lines on the page are “electric fences.” If any number-bunny, as it's being written down, comes in contact with the electric fences, it gets a little “zing,” and we wouldn't want *that* to happen, right?

And if it does happen, we (the tutor, parent or teacher) of course must make a little sad sound. You can actually Google the sound of a bunny in a tiny bit of pain, if you want. I did this myself, for realism, and the student I was working with found it humorous, as you might imagine.

After just a couple of sad sounds, this technique works wonders in helping students keep their digits in

the right place values. The result: Arithmetic problems look neat and yield the right answer. (See examples below.)

No. 2: Leave breadcrumbs

Have you ever noticed that some students prefer to do most or all of their math steps in their head, never writing down any steps? When students are “allergic to writing,” they're usually trying to do the problem more quickly. Sometimes they get the answer right, but my tutoring experience shows that they're much more likely to get the answer wrong.

Students get visual feedback from writing down their steps that they just can't get when doing the steps mentally. Writing steps down lets students see their ideas on paper. This helps them be more accurate, and it also triggers new ideas on how to proceed. Students become more precise in their work, and they also develop more creative approaches.

When I work with a student who has the “allergy” to writing, I bring up the story of Hansel and Gretel, focusing on how they left breadcrumbs to find their way back home from the evil witch's house in the dark woods. Writing down steps to a math problem is like leaving a trail of “thought breadcrumbs.” By looking back at the math steps, the child can follow his trail of thinking from the first step to the final step, the answer. That way, if an answer ends up being incorrect, he can track where in his thought trail he took a “wrong turn.” Sometimes a child makes a mistake only in the last or next-to-last step. Then all he'd need to do is fix that last step and carry it through to the answer. But if a child leaves no trail of math steps, he can't begin to tell where he went wrong; he'd need to start all over again.

With this explanation and encouragement, I've helped many students get into the habit of writing down their steps, or at least many more steps than none!

No. 3: Treasure your mistakes

It's far too easy for children to beat up on themselves for their academic mistakes, and this is especially true about math mistakes. For this very reason, we can give children a self-confidence boost by flipping their attitude, teaching them to appreciate these mistakes.

How? By showing that every math mistake opens the door to a valuable lesson.

Example: A student loses points on a quiz by getting an answer of 5/16 for

| Without the “Save the Bunnies” Technique |
|--|
| $\begin{array}{r} 656 \\ \times 896 \\ \hline 3936 \\ 59040 \\ \hline 524800 \\ \hline 5,303,776 \end{array}$ |

| Using the “Save the Bunnies” Technique |
|--|
| $\begin{array}{r} 656 \\ \times 896 \\ \hline 3936 \\ 59040 \\ \hline 524800 \\ \hline 587,776 \end{array}$ |

the addition problem of $\frac{3}{8} + \frac{2}{8}$. Here the student incorrectly thought she was supposed to add the denominators ($8 + 8 = 16$) just as she correctly added the numerators ($3 + 2 = 5$). By tracing this mistake back to its root, this student learns a valuable lesson. When fractions with the same denominators are added, only the numerators get added; the denominators remain the same because they represent the same size pieces.

The point is that students' math mistakes, when explored, almost always reveal underlying misunderstandings that need to get cleared up. Parents can use such mistakes to teach students the underlying concepts or enlist the help of a teacher or tutor to reinforce those fundamental concepts. Each mistake, therefore, should be valued as a learning opportunity!

I have created a "Mistake Journal" form at my website that you can download for free. With this form, students can document any math mistake, identify how it was made, show the correct way to

work the problem, then jot down a tip for avoiding that mistake in the future! Find it here: singingturtle.com/shop/the-mistake-journal-3/.

No. 4: Feed your turtle

Math is not a game for the swift. Despite those "Mad Math" One-Minute Worksheets, the whole idea of children doing math quickly is generally counterproductive.

Sure, it's helpful for students to have quick recall of their times table, division table, and addition and subtraction facts, as long as they also have an understanding of *why* those facts are true. However, the rest of math should always be done slowly and carefully. Math reasoning involves creativity, experimentation and play, and all of those processes require time.

To instill the benefit of working slowly and carefully, I ask children to visualize a friendly turtle or tortoise. My saying is: Feed Your Turtle. The idea is to feed the part of yourself that knows how to work with great care and thought, like the plodding but careful tortoise.

"Here," I'll say to a student who appears to be rushing, "have some (pretend) lettuce! It's nice and fresh." The child usually smiles, then sighs and slows down.

After hearing the Feed Your Turtle mantra for several weeks, most students realize it's okay to work slowly and carefully. Once they internalize this lesson, children start to enjoy math more.

As they do, math grades tend to take care of themselves. Of course, you do still need to keep an eye and not let the math skills and studying slip, but this gets a lot easier when children's anxiety around math lets up. And these techniques are designed to ease students' anxiety and at the same time boost their confidence and ability.

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Josh Rappaport, author of The Algebra Survival Guide and Algebra Survival Workbook, and his partner, Kathy, tutor K-12 math and college placement exams (SAT and ACT) in Santa Fe and online, at Singing Turtle Tutoring. Email him at josh@singingturtle.com.

There's an M in STEM!

Math circles turn education into group exploration

By James Taylor

I'd like to introduce you to math circles, and the sometimes neglected "M" of STEM (Science, Technology, Engineering and Math) education. While there are many extracurricular programs in the S, T and E components, there are far fewer for the M.

Math circles have been around for over a century, originating in the former Soviet Union and Eastern Bloc as a way for college mathematicians to bring their passion for and depth of knowledge of the subject to K-12 students. Rather than simply memorizing the mechanics of mathematics, participants in a math circle work together on a game or problem that encourages them to find the patterns and generalities that underpin even the simplest of elementary school mathematics. Ideal problems are "low-threshold, high-ceiling" — they offer a variety of entry points and can be approached with minimal background but can lead to deeper understanding of underlying concepts and be connected to advanced mathematics. There are now hundreds of math

circles worldwide, including several here in New Mexico. Our newest one will start at El Camino Real Academy in the fall.

A math circle might begin with distributing several pieces of candy among five players around a circle. The group then shares the candy in some regular pattern, one of several different ways. For example, when the group's leader says "Share!" each player having two or more candies hands one to each of the adjacent players. The group repeats this process and observes the number of candies each player has over several iterations. Each experiment with a new starting distribution of candies helps the players discover something about the significance of the number of candies and candy-sharers around the table.

Or perhaps each table will be given strips of paper with numbers on them, then be told something as vague as "organize them." The circle leader must do his or her best not to be too helpful! The math circle process is about discovery and inven-

tion — constructing mathematics from our innate (and teachable) ability to perceive patterns.

A math teacher's circle allows educators to directly experience what students experience in a math circle, and are valuable because almost none of us learned math this way.

Santa Fe's MathAmigos is a community initiative that incorporates math circles in its curriculum. These practices are now finding their way into our Santa Fe school district's classrooms and teacher professional development.

If you'd like more information on math circles, contact me at jtaylor@mathcirclesnm.org. The MathAmigos' family resources page also has some great books for kids and families: mathamigos.org/resources-for-parents.

.....
James Taylor is the director of Math Circles Collaborative of New Mexico and a founding member of MathAmigos.

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Culture Club

How to make the most of a museum visit with kids • By Natanya Civjan

Museums are a big part of who

I am. Growing up in a military family, I had a somewhat nomadic childhood. No matter where we lived, traveling the surrounding area and sightseeing were big priorities. Whether we went to the Smithsonian, the Louvre or a small museum off the beaten path, my parents always made the experience exciting and interesting, highlighting important, funny or shocking facts within the exhibits. For sure, my brothers and I carried this sense of adventure and continual curiosity into adulthood.

That's why, shortly after we moved into our New Mexico home, my brother thought to send the perfect housewarming gift: a one-year membership to the Museum of New Mexico Foundation (MNMF). This allowed our family free entrance into museums around New Mexico, including the Museum of Indian Arts and Culture, the Museum of International Folk Art, the New Mexico History Museum at the Palace of the Governors and the New Mexico Museum of Art here in Santa Fe; seven New Mexico Historic Sites; and other institutions across the state.

Once we were settled, with boxes unpacked and free time on our hands, we set off exploring. I couldn't wait to see what the museums in the area had to offer. Our first stop was Museum Hill. For our first visit, I thought we would just quickly poke our head into the Museum of Indian Arts and Culture (MIAC) to learn about the Native cultures in the area where we now lived. But to our surprise, we discovered this museum is a hidden gem for families, and we spent a few hours there.

My kids — ages 18 months and 3 and a half years at the time — were very curious and active. We spent time wandering through the “Here, Now and Always” exhibit, fascinated by the hunting arrows, darts, Native dress and replicas of a wickiup and Pueblo kitchen. We learned about the diversity of the histories, cultures and languages in the region. We visited the Buchsbaum Pottery Gallery to see the pottery designs and colors used by tribes around New Mexico. We watched a film about Maria Martinez to learn about the process of making pottery. We learned she used horse manure after the firing process to make a red pot turn black! When I turned to my kids to make a wrinkled face in response to the surprising fact we had just learned, my older child returned a surprised look and my younger child rubbed his tired eyes. This was my cue to take a break. It was time to eat a quick snack and rest. We decided to go outside to the Museum Hill Café, where we sat on the patio while the kids munched on snacks we brought from home and I enjoyed a coffee and

taquitos. The pleasant, quiet atmosphere and food were enough to recharge us for another round of exploring.

We headed back into MIAC, admiring the outdoor statues along the way. This time, we made our way to

the Roland Discovery Center, a wonderfully bright room with bins full of musical instruments, pottery-themed puzzles, New Mexico-themed worksheets and activity pages, a station for making rubbings of petroglyphs, a weaving loom and an entire library of Native American-themed books. I settled into a comfortable chair and watched the kids play.

Before I had kids, the last part of our day may have driven me bonkers — who wants to sit down when there are more exhibits to see? I had always been an on-the-go, skip lunch kind of person when it came to sightseeing. I've had to make a few adjustments in order to really enjoy my museum experiences with young children, but the tradeoffs have been worth it.

The biggest cognitive leap that I've had to make — as simple as this may sound — is that my kids' attention spans are shorter than mine. Once I relinquished any dreams of reading every word on every sign to absorb every piece of information in every museum, my experience was transformed. Now, I like to focus my kids on a few highlights from each room and snap photos of lengthier signs (or those not so interesting to my kids) for me to read later.

The MNMF membership also made me realize that, at least when it came to the local museums, we could always come back. Transitioning to this mode of thinking has allowed me to be attuned to my kids' behavior or signs of waning interest and recognize when to head home rather than attempt to see one more exhibit. This switch, I'm certain, has saved us from countless meltdowns (both by me and my kids!) and has allowed us to leave the museum with a positive experience.

In the end, days like our day at MIAC are about learning, having fun and making memories. Since then, we used our membership to explore many more museums from the MNMF list. And after our membership expired, we took advantage of the first Sunday of each month, when many museums are free for residents of New Mexico. I recently discovered that our library now lends MNMF passes for a week at a time, which is good news because my children regularly ask to revisit their favorite New Mexico museums!

Natanya Civjan is a writer-editor based in Los Alamos. She enjoys exploring the beautiful Southwest with her husband and two kids.

For more information on the public libraries' museum pass program, see “STEP into State Museums and Historic Sites” in the Summer 2019 Tumbleweeds and online at stumbleweeds.com/blog.



What makes MIAC a “hidden gem for families”? Pottery-themed puzzles and Native drums in the Discovery Room, a picturesque plaza for burning off energy, and more.

Courtesy photos

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Day Trip

Pick of the Season

Celebrate fall's splendor with a trip to McCall's Pumpkin Patch

By Gloria Valdez

Every year, I fall in love with fall. I love the excitement of a bountiful harvest, the smell of roasting chiles, the vibrant orange, red and yellow leaves on the trees, the chill in the mornings, cozy sweaters and beautiful hot-air balloons in our blue sky. Fall provides us with memories and traditions.

Every year, my family travels to McCall's Pumpkin Patch, in Moriarty, on a mission to find the perfect pumpkins. As we drive out to the country, you can feel the anticipation coming from 13-year-old Anneliese, 5-year-old Andrew, Lori (the kids' mom), Grandma (that's me) and even Papa, who is 80. It's a great way to celebrate the harvest season, the hard work of farmers and gardeners, and the blessings of rain and rich soil.

As we pull into the parking lot, we've already mapped out in our heads where we want to go first. Ever since she was a very little girl, Anneliese's favorite thing to do has always been to go down the giant slide. (By the way, she identified with the Scottish princess Merida in the Disney movie "Brave.")

Andrew will be itching to get to the track as quickly as possible to race a pedal kart. Lori loves animals, so she'll want to spend time at Bunnyville and the goat bridges. Papa will have a vision in his mind of a small, white box filled with his favorite chocolate fudge.

My plan? While they're picking out pumpkins, I'll be in the Country Store, undisturbed and unhurried. I love getting ideas for country decorating for my home, and in addition to looking, I love shopping! There are lots of Halloween decorations to consider, too.

There is so much to do, eat and see for the young and young at heart. Over the years the kids have played in the corn box, found their way through the 16-acre corn maze, ridden the cow train, explored a fort or a princess castle, fed the farm animals, launched a pumpkin, mined for gemstones and watched the pig races or the singing chicken show, just for starters.

When we need a break, there are picnic tables and concessions that sell drinks, hamburgers, hot dogs and lots of other family favorite foods. Visitors are also welcome to bring a picnic.



Courtesy photos



Anneliese and Andrew pick the perfect pumpkins, feed farm animals and find more to do, eat and see at McCall's Pumpkin Patch.

Of course, with all these other activities we don't want to forget why we came here: to get our pumpkins! The kids and Papa will take a hayride out to the pumpkin patch and pick their pumpkins from the field.

Once we've done everything we set out to do — had fun, laughed, spent time outside together in the crisp fall air and gotten everyone a pumpkin or two (plus an extra one; see recipe) we'll load up the car with our pumpkins and head on our way home. Lori, Anneliese and Andrew will be anxious to carve their pumpkins with the scariest faces ever, as they do every year. I'll look forward to our traditional fall dinner of pork chops, homemade applesauce and Jack-o'-lantern Rice. I have been making this rice since Lori was little. She makes me so proud because she has been carrying on the tradition of making this rice since Anneliese was little. I'll host the dinner, make the pork chops and applesauce, and Lori will bring the rice.

So how do you get to this wonderful place? The address is: McCall's Pumpkin Patch, 34 McCall Lane, Moriarty, New Mexico. From Santa Fe, it's about an hour away, and 53 miles. Go south on Route 41 off US 285, turn right on Abrahams Road, and follow signs to the farm.

While McCall's is a private farm, it opens to the public from 10 a.m. to 6 p.m. on weekends from Sept. 21 through Oct. 27 as well as Columbus Day. The farm also hosts schools, Scout groups and other scheduled visitors from 9:30 a.m. to 2 p.m. during the week.

Admission is \$11.95 per person in September, \$14.95 from Oct. 5-20 and \$12.95 on the final weekend. Children 2 and under go in free.

For more information, visit mccallpumpkinpatch.com.

Gloria Valdez lives in Albuquerque with her husband, daughter and two grandchildren.

JACK-O'-LANTERN RICE

- 1 medium pumpkin (large enough to hold 6 cups mixture)
- 1 pound bulk pork sausage (green chile pork sausage is excellent in this)
- 3 cups cooked rice
- 1 tart red cooking apple, cored and chopped
- ½ cup each chopped onions and celery
- ½ cup raisins
- 1 tablespoon firmly packed brown sugar
- ½ teaspoon salt
- ¼ teaspoon each ground allspice and cinnamon
- 1/8 teaspoon ground black pepper

Cut off top of pumpkin; remove seeds and fibers. For a jack-o'-lantern effect, paint a face on pumpkin with a permanent marker or acrylic paint. Set aside.

Cook sausage in skillet, stirring to crumble. Drain well. Combine sausage with remaining ingredients; spoon into pumpkin shell.

Place pumpkin shell on baking sheet. Bake at 350 degrees, 1 ¼ to 1 ½ hours or until the pulp inside pumpkin is tender. Serve the rice and sausage mixture directly from the pumpkin shell. It makes a beautiful presentation! Makes about 10 servings.

A photograph of a woman with glasses and a dark jacket, smiling and holding a large pumpkin. The background is a dark, textured green.

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EASING THEIR FEARS

Increases in anxiety require new ways to help children cope

By Dr. Chelsea Fleischman

As a vitalistic chiropractor, I look at health — mental, physical and emotional — through the lens of the nerve system. Much of my work outside of the office involves community outreach and education, providing individuals and families in our community with an alternative approach to understanding what it means to express full health.

Each time I have an opportunity to sit down with teachers or parents in and around Santa Fe, no matter how different the groups, I hear similar concerns, patterns and questions. In just the last few months I've noticed an increasingly common theme: anxiety.

Why is it that more and more kids here are struggling with anxiety? Why does one child experience it but not another? Where do we draw the line between a natural response to the stresses of growing up and a real problem?

From teachers, I hear the frustration of trying to support anxious kids in the best way they can without always having the time, resources, information or freedom to try something new. Some are getting creative by incorporating sensory experiences that can help a child calm down, such as keeping a can of Play-Doh on the desk, attaching Velcro strips to the bottom of the kids' chairs, and teaching mindfulness exercises that take a kid out of their head and into their body in a moment of panic. Others are simply trying to ensure that kids are allowed water bottles throughout the school day.

Some share that although they feel equipped to support these kids with coping strategies and a loving nudge outside of their comfort zone, they worry about how these children will manage with another teacher, in another school or in the face of more stress. Regardless of where they are teaching, many seem hungry for more information and understanding of what's going on beneath the surface and how they can better serve these struggling kids.

In listening to parents, I've heard nervous conversations about school lottery results, private-versus-public school options and concerns about children's safety. I know the financial polarization that exists in this city and how that affects educational opportunities, relationships and a complex web of family decisions and interactions. On some level, our kids are feeling this uncertainty and frustration, too. I'll never forget the heaviness I heard in an elementary student's voice as she explained to me that her friend's uncle had recently been deported.

These observations aren't so different from what's reflected in the country as a whole. The National Survey of Children's Health most recent report estimated that as many as 7.1 percent of American kids ages 3 to 17 has been diagnosed with anxiety, according to an article in *The Journal of Pediatrics*. That's more than 4 million children.

But this concern is bigger than a statistic or a diagnosis. We're realizing that this is about a child's capacity to learn, grow, connect and explore, not only with their peers, their families and their environment, but also themselves.



Mr. Walema, lead teacher for 3-year-olds at Temple Beth Shalom Preschool, knows that comforting sad or anxious children is a part of any teacher's job.

Photo by Sarah Harrison

Fear can be a natural, episodic response to the unknown. When we change our environment, family dynamics, circumstances or social circles, we can anticipate some behavioral or emotional reaction from our kids. But when that response persists, interrupts daily living or frequently affects how that child interacts with others, it may be a cry for additional support.

Often I'll hear an adult ask, "How do I know when this is a real problem?"

I always encourage the parents I work with to honor their gut feeling. If you're repeatedly asking yourself or others if something has become a problem, *listen to that*. Though we're often quick to turn to others for counsel or compare ourselves to the status quo, I'd argue that this approach isn't always the most effective. When something has become statistically significant or increasingly common, we can naturally expect to hear that others are having (or know someone who is having) a similar experience. But just because an experience is common does not mean it is OK, or that you and your family must accept it.

Hear me on this: *If your child is struggling and you want to help, you have a choice.*

Our bodies are innately designed to adapt to stress. But when we accumulate excessive physical, chemical or emotional stress and injury, our nerve system reaches a point of overload. At that level, the body's overall response is no longer about adapting or growing but surviving. The more layers of stress and injury that go unaddressed and are allowed to accumulate, the more "disconnection" and compromise occurs in the nerve system.

This is important because the nerve system controls every cell, tissue, organ and function in the body. If our nerve system is in a state of disconnection, compromise or overload, we will experience not only a loss of health or an increase in pain, symptoms and dysfunction, but also a loss in the quality of decisions and perceptions we make about ourselves and the world around us.

WHERE TO TURN?

These clinics provide behavioral health services for children and families in northern New Mexico, most with bilingual counselors and sliding-scale payment options.

- **La Familia Medical Center:** Counseling for children, adults and families and group therapy is available at the Alto Street Clinic, 1035 Alto Street, Santa Fe, (505) 982 4425; and Southside Clinic, 2145 Caja Del Oro Grant Road, Santa Fe, (505) 438 3195.
- **Las Cumbres Community Services:** Family and child counseling for children under age 7 at the Santa Fe office, 1911 Fifth Street, Santa Fe, (505) 955-0410; and in Española, 404 Hunter Street, Española, (505) 753-4123.
- **PMS Santa Fe Family Wellness Center:** Individual, group and family counseling and wrap-around support services for children up to age 21, provided at the child's school or the Wellness Center, 2504 Camino Entrada, Santa Fe, (505) 471-5006.
- **PMS Teen Health Centers:** Behavioral health care is available on campus, Monday through Friday, 8 a.m. to 4 p.m. during the school year, at Capital High School, 4851 Paseo del Sol, Santa Fe, (505) 467-1081 and Santa Fe High School, 2100 Yucca Street, Santa Fe, (505) 467-2439.
- **Tierra Nueva Counseling Center of Southwestern College:** Holistic health care including art- and play-based therapy for families and children over age 3, provided by students at Southwestern College and licensed therapists. 3952 San Felipe Road, Santa Fe, (505) 471-8575.
- **UNM Children's Psychiatric Center:** Individual, group and family therapy for children from age 4 to 18 (if the child is still in school), provided by pediatric professionals and interns at UNM Hospital. Inpatient services also available. 1001 Yale Boulevard, Albuquerque, (505) 272-2890.

Kids generally don't complain of pain or being overwhelmed in the ways that adults do but instead tend to exhibit more subtle signs of nerve system distress. This can appear as changes in personality or behavior, allergies to food, digestive issues, frequent illness, sensory integration issues, developmental delays, difficulty focusing or learning, and yes, anxiety. Anxiety in kids can appear as insomnia, avoidance, tantrums, crying and even recurring body pains such as stomachaches.

If you are a parent who recognizes that your child is struggling but don't know where to turn, start by asking the professionals who know your child best. A trusted teacher may be able to provide helpful feedback after consistently observing and connecting with your child. A school counselor might be able to suggest support services available at the school or recommend an outside counseling service. Your child's pediatrician may also be able to consider your child's behavior and determine if additional care is needed.

In addition, you might consider approaching a chiropractor with a special interest in children's health. Though most people think that chiropractic care is simply about cracking or aligning bones, it's really about what's *inside* the spine and cranium: the nerve system. Chiropractic adjustments help to release these layers of accumulated injury and stress. As that happens, children naturally begin to experience a positive shift in all areas of health and expression.

It's important to recognize that we cannot expect teachers to resolve our children's anxiety, and that there are no sustainable quick-fix solutions to complex problems. It's not that these children are "too much" or that they're "oversensitive." Often they have incredible gifts and perspectives, and they just need a little more internal support and a consistent person in their life who sees and nurtures their potential. While they might find relief in incorporating coping strategies and cultivating mindfulness, there is no shame in seeking out the help of a health practitioner, counselor or therapist to address deeper underlying causes.

I generally recommend that parents look for someone who focuses on children's health from a whole mind-body approach. Find someone who prioritizes relationships and cultivating your child's trust. Though feel-good moments matter, so do results. Make sure the person you choose to work with has a way of monitoring progress and provides check-ins for both you and your child. Addressing anxiety in childhood means rewiring the future for these kids.

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Dr. Chelsea Fleischman serves families at Cafe of Life Chiropractic in Santa Fe and can be reached at (724) 816-1469.

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UN ALIVIO A SUS TEMORES

Más ansiedad pide nuevas formas para ayudar a los niños a superarla

Por la Dra. Chelsea Fleischman
Traducción por Flor de María Oliva

Como quiropráctica vitalista, veo la salud — mental, física y emocional — con los ojos del sistema nervioso. Mucho de mi trabajo fuera de la clínica tiene que ver con trabajo y educación para ofrecer a individuos y familias en nuestra comunidad una alternativa para entender lo que significa la expresión de una buena salud.

Cuando tengo la oportunidad de sentarme con maestros o padres de familia en Santa Fe o sus alrededores, sin importar lo diverso de los grupos, escucho preocupaciones, patrones y preguntas similares. En los últimos meses he notado un tema cada vez más común: la ansiedad.

¿Por qué es que más y más niños luchan con la ansiedad? ¿Por qué es que un niño sufre de ansiedad y otro no? ¿Dónde está el límite entre una respuesta natural a las tensiones propias del crecimiento y un problema real?

Oigo la frustración de los maestros que tratan de apoyar a los niños con ansiedad lo mejor que les es posible sin tener siempre el tiempo, los recursos, la información o libertad de probar algo nuevo. Algunos son creativos al incorporar las experiencias sensoriales que pueden ayudar al niño a calmarse, como por ejemplo mantener plastilina en el escritorio o ponerle una tira de “velcro” a las patas de las sillas de los niños o enseñar ejercicios de atención o consciencia para que el niño aprenda a dejar de pensar y a ponerle atención a lo que le dice su cuerpo en un momento de pánico. Otros simplemente tratan de asegurar que a los niños se les permite tener con ellos sus botellas de agua durante el día escolar.

Algunos dicen que aunque se sienten equipados para apoyar a los niños con estrategias especiales y un estímulo amoroso fuera de su elemento, les preocupa cómo les irá a estos niños cuando tengan otra maestra, estén en otra escuela o se enfrenten a situaciones de más tensión. Sin importar dónde enseñan, muchos parecen deseosos de obtener más información y

entendimiento sobre lo que sucede más a fondo así como formas de servir mejor a estos niños.

Al escuchar a los padres de familia, he oído conversaciones nerviosas sobre los resultados de la lotería de la escuela, las opciones de escuelas públicas versus privadas y preocupaciones sobre la seguridad de los niños. Sé de la polarización económica que existe en esta ciudad y cómo eso afecta las oportunidades educativas, relaciones y una compleja red de decisiones e interac-

ciones de familia. A cierto nivel, también nuestros niños sienten esta incertidumbre y frustración. Nunca olvidaré la pesadumbre que oí en la voz de una estudiante de primaria cuando me explicaba que el tío de su amiga había sido deportado recientemente.

Estas observaciones no son tan diferentes de lo que se refleja en el país entero. El informe más reciente del sondeo de salud infantil nacional estimaba que como un 7,1 por ciento de niños estadounidenses de 3 a 17 años de edad ha sido diagnosticado con ansiedad, según un artículo en el *Journal of Pediatrics*. Esos son más de cuatro millones de niños.

Sin embargo, esta preocupación es mayor que un dato estadístico o un diagnóstico. Estamos entendiendo que se trata de la capacidad de los niños para aprender, crecer, hacer conexiones y explorar no sólo con sus compañeros, sus familias y sus entornos sino también sobre ellos mismos.

El miedo puede ser una respuesta natural o episódica a lo desconocido. Cuando cambiamos nuestro entorno, dinámica familiar, circunstancias o círculos sociales, podemos anticipar alguna reacción de comportamiento o emocional de parte de nuestros hijos. Pero cuando esa respuesta persiste, interrumpe la vida diaria o frecuentemente afecta la manera en que el niño interactúa con los demás, puede ser un grito pidiendo auxilio adicional. No es raro que yo escuche a un adulto preguntar: “¿Cómo puedo saber cuando se trata de un verdadero problema?”

Siempre animo a los padres con quienes trabajo a honrar sus presentimientos. Si uno repetidamente se pregunta a sí mismo o a los demás si algo se ha convertido en problema, hay que ponerle atención a eso. A pesar de que con frecuencia pedimos consejos o nos comparamos con el status quo, yo diría que esto no es siempre lo más efectivo. Cuando algo se ha convertido en una estadística significativa o es cada vez más común, es natural que espere enterarnos que otros tienen (o conocen a alguien que tiene) una experiencia similar. Sin embargo, el hecho de que una experiencia sea común no significa que esté bien o que usted y su familia deben aceptarla.



La Srta. Ariana, maestra de Temple Beth Shalom Preschool, consuela a una niña nostálgica.

Foto por Sarah Harrison

¿ADÓNDE ACUDIR?

Estas clínicas ofrecen servicios de salud del comportamiento para niños y familias en el norte de Nuevo México. La mayoría tiene consejeros o terapeutas bilingües y ofrece opciones de pago según ingresos.

- **Centro médico La Familia:** Hay consejería para niños, adultos y familias y terapia de grupo en la clínica de Alto Street, 1035 Alto Street, Santa Fe, (505) 982-4425; y en la clínica del sur, 2145 Caja Del Oro Grant Road, Santa Fe, (505) 438-3195.
- **Las Cumbres Community Services:** Ofrece consejería para familias y niños menores de 7 años en su clínica en 1911 Fifth Street, Santa Fe, (505) 955-0410; y también en la de Hunter Street, Española, (505) 753-4123.
- **Santa Fe Family Wellness Center de PMS:** Tiene consejería para individuos, grupos y familias, así como servicios de apoyo para niños hasta los 21 años de edad, los cuales se ofrecen en la escuela del niño o en el Wellness Center, 2504 Camino Entrada, Santa Fe, (505) 471-5006.

- **Centros de salud para adolescentes de PMS:** Ofrecen atención de salud del comportamiento en las escuelas de lunes a viernes, de 8 a.m. a 4 p.m. durante el año escolar, en Capital High School, 4851 Paseo del Sol, Santa Fe, (505) 467-1081, y en Santa Fe High School, 2100 Yucca Street, Santa Fe, (505) 467-2439.
- **Centro de consejería Tierra Nueva del Southwestern College:** Ofrece atención médica holística que incluye terapia de juego y de arte para familias y niños mayores de 3 años. Los servicios se proveen en 3952 San Felipe Road, Santa Fe, (505) 471-8575, por los estudiantes de Southwestern College y terapeutas titulados.
- **Centro siquiátrico de niños de UNM:** Ofrece terapia individual, de grupo y de familias para niños de 4 a 18 años (si el niño todavía asiste a la escuela). Los servicios los proveen profesionales de pediatría y los practicantes en el hospital de la universidad. También hay servicios como paciente interno. 1001 Yale Boulevard, Albuquerque, (505) 272-2890.

Si su niño tiene problemas y quiere ayudarlo, usted tiene una opción.

Nuestros cuerpos innatamente están diseñados para adaptarse a la tensión. Pero cuando acumulamos un exceso de tensión o lesiones físicas, químicas o emocionales, nuestro sistema nervioso llega a un punto de sobrecarga. A ese nivel, la respuesta general del cuerpo ya no es de adaptarse o superarlo sino de sobrevivir. Entre más capas de tensión y lesiones se dejan sin atender y acumular, más desconexión y riesgo ocurren en el sistema nervioso.

Esto es importante porque el sistema nervioso controla toda célula, tejido, órgano y función en el cuerpo. Si nuestro sistema nervioso está en un estado de desconexión, riesgo o sobrecarga, experimentaremos no sólo una pérdida en la salud o un aumento en el dolor, síntomas y deficiencia sino también una pérdida en la calidad de decisiones que tomamos y percepciones que tenemos sobre nosotros mismos y el mundo a nuestro alrededor.

Los niños generalmente no se quejan de dolor o se sienten agobiados en la misma forma que los adultos, pero tienden a mostrar señas más sutiles de dificultades del sistema nervioso. Estas pueden presentarse como cambios en personalidad o comportamiento, alergias a alimentos, problemas digestivos, enfermedades frecuentes, problemas de integración sensorial, atrasos de desarrollo, dificultad para concentrarse o aprender y, efectivamente, ansiedad. La ansiedad en los niños puede manifestarse como insomnio, evasión, berrinches, llanto y hasta dolores corporales recurrentes, tales como dolor de estómago.

Si Ud. es padre de familia que reconoce que su hijo tiene problemas pero no sabe a quién acudir, empiece por preguntar a los profesionales que conocen mejor a su hijo. Un maestro de confianza puede darle información útil después de observar constantemente a su hijo y formar una conexión con él. Un consejero escolar podría sugerir servicios de apoyo disponibles en la escuela o recomendar un servicio de consejería fuera de la escuela. El pediatra también podría considerar el comportamiento de su hija y determinar si se necesita atención extra.


Además, también puede considerar acercarse a un quiropráctico con un interés especial en la salud infantil. Aunque la mayoría de personas piensan que la atención quiropráctica es simplemente de hacer crujir los huesos o alinearlos, realmente es sobre lo que hay dentro de la columna vertebral y el cráneo: el sistema nervioso. Los ajustes quiroprácticos ayudan a despejar estas capas de lesiones y tensión acumuladas. Cuando esto sucede, los niños naturalmente empiezan a experimentar un cambio positivo en todas las áreas de la salud y expresión.

Es importante reconocer que no podemos esperar que los maestros resuelvan la ansiedad de nuestros hijos y que no hay soluciones rápidas y duraderas para problemas complejos. No es que estos niños sean difíciles o hipersensibles. Frecuentemente tienen dones y perspectivas increíbles y sólo necesitan un poquito más de apoyo interno y una persona constante en sus vidas que pueda reconocer y alimentar su potencial. Mientras los niños encuentran alivio al incorporar estrategias de respuesta y cultivar consciencia, no es ninguna vergüenza buscar ayuda de un proveedor de servicios de salud, consejero o terapeuta para tratar causas subyacentes más profundas.


Generalmente, recomiendo que los padres de familia busquen a alguien que se enfoque en la salud de los niños desde un punto de vista que incluya el cuerpo

y la mente; alguien que le dé prioridad a las relaciones y a cultivar la confianza de su hijo. Es cierto que sentirse bien a ratos es importante, pero también lo es obtener resultados. Asegúrese de que la persona con quien escoge trabajar tiene maneras de supervisar el progreso y provee verificación para usted y su hijo. Tratar el problema de la ansiedad en los niños quiere decir reconfigurar el futuro para ellos.

.....
La Dra. Chelsea Fleischman ofrece servicios a familias en Cafe of Life Chiropractic en Santa Fe; puede comunicarse con ella en el (724) 816-1469.



Mountain Kids!
Nature Adventures for Kids & Adults



Now Enrolling for Fall Programs
Wildschool Mon-Thu, 9-2, Ages 5-12
Wilderness Skills Monthly Saturdays, Ages 5-12
Mountain Girls After School, Ages 10-13
Mountain Mamas & Nature Study (Adults!)
WWW.SFMOUNTAINKIDS.COM



Courtesy photos

Lindsay Hand, at age 15 one of the winners of last year's Railyard Park Photo Contest, with his photo, prize package and proud family.

RAILYARD PARK PHOTO CONTEST RETURNS

Calling all shutterbugs! The Railyard Park

Conservancy's annual Railyard Park Photo Contest, open to anyone age 8 and up, is accepting submissions from Sept. 1 through Oct. 31.

As today's increased use of screens decreases children's interest in the natural world, introducing them to modes of creative expression, especially outside in the fresh air, is becoming more and more important. The Railyard Park's annual photo contest is the perfect opportunity to nurture your family's creativity and love for the world outdoors.

Need some ideas to inspire and motivate your family? Come up with a game or activity to play with your kids to get them to use their powers of observations to look at the world differently.

Find and take a picture of five things that start with the letter A (or B or C...).

Take one picture of each color of the rainbow.

Create a scavenger hunt of items likely to be found in the park and award a point for each one they photograph.

There are always new things to notice and observe, even if you've been to the Railyard hundreds of times. Snap pictures at one of the many free events in the park and plaza, or identify new plants in any of the park's 28 gardens. Maybe you have an idea for a family portrait, or you just want to explore and see what inspires you. Whatever it is, just get out there and show us what you see!

For a full list of categories and rules, and to submit your photos, visit railyardpark.org.

— *Rebecca D'Agostine, director of marketing and communications for the Railyard Park Conservancy*

VIOLET CROWN LAUNCHES "BABY'S DAY OUT"

A trip to the movies just got easier for parents

with young children, thanks to Violet Crown's new Baby's Day Out series that it launched in July.

Every Tuesday at 2 p.m., the theater screens a current-run movie in a welcoming atmosphere for parents with babies and young children. Lights are turned up, the sound is lowered and an acceptable level of children's noise and movement is allowed.

Violet Crown even provides baby-changing stations inside the auditoriums, along with complimentary wipes and diapers, so parents can keep up with their film while tending to their little ones.

"Parenting is a full-time job, and it can be difficult to find time for even the

simplest things that also bring us joy," said Peter Grendle, general manager of Violet Crown and father of two kids, ages 8 and 5.

Titles are announced one week in advance, and tickets can be purchased at www.violetcrown.com or at the theater.

As at all screenings at Violet Crown, Baby's Day Out ticket holders receive four hours of free parking in the Railyard parking garage on Camino de la Familia.

Best of all, parents can relax and enjoy a current movie without fear of being booted out because their child cries or asks to go potty.

"We shush the shushers!" Grendle said.

— *Claudette Sutton, Tumbleweeds' editor*



Hot meals after school and during summer vacation are some of the many ways Food 4 Kids feeds youth in northern New Mexico.

REVAMPED “FOOD 4 KIDS” REACHES MORE CHILDREN

Hunger is a constant reality for many New

Mexican children, and there’s no single solution. Research shows that the effects on a child of not getting the nourishment they need can last much longer than a missed meal.

The Food Depot recently revamped its Food 4 Kids program in an effort to provide nutritious food to more children more often. The Food Depot is a nonprofit organization that serves nine counties in northern New Mexico, providing food to more than 145 nonprofit agencies including emergency food pantries, hot meal programs, homeless shelters, youth programs, senior centers, homes for the mentally disabled and shelters for battered persons. It strives to alleviate hunger for *all* northern New Mexicans, but especially those in vulnerable populations, including children.

Food 4 Kids has traditionally been known as the “backpack program” or the “snack pack program.” A close evaluation of the effectiveness of the snack pack approach of Food 4 Kids revealed that the effort placed a significant burden on school staff, was expensive to implement and didn’t maximize impact across ages.

Food 4 Kids will now incorporate several approaches to address specific food gaps:

- **After-School Meals** (formerly Square Meals)
- **Summer Meals** (formerly Lunch Box Express)
- **School-based Food Pantries**
- **School Area Mobile Food Pantries** (SAMFP)
- **Nurse Boxes** (small packs of nutritious, child-friendly food distributed by school nurses to children they identify as food-insecure)
- **Food Bags** (supplemental bags of food provided to children receiving prepared meals from Summer Meals or After-School Meals).

Investing in Food 4 Kids is a choice to nourish growing children with vital nutritional building blocks. Here’s how you can help:

- **Invest your time.** With the revamping of the Food 4 Kids program, new volunteer opportunities are now available to those who would like to serve children directly. Call (505) 471-1633 x115 to learn more about volunteering.
- **Be an advocate.** Share this article with a friend. Write a letter to the editor about your experiences with hunger.
- **Give a gift of monetary support.** The Food Depot uses donated food when possible but frequently needs to purchase child-appropriate foods.

With your support of The Food Depot’s Food 4 Kids program, we can feed more youth in our communities. To learn more, go to thefooddepot.org/program-food-4-kids.

— Jennifer West, community engagement coordinator for The Food Depot



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321 West Zia Road

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505.988.1968

**Teachers: Call us to schedule
Wildlife Education programs!***

*Aligned with State Standards



**New Mexico
Wildlife Center**
Open Year-round
for Families,
Scout Groups, &
All Visitors!

(505) 753-9505
19 Wheat St, Española
newmexicowildlifecenter.org
Hours: Mon - Sat 9:00 - 4:00

After-School Program Directory



Starry Sky by Ameerah

AFTER-SCHOOL TENNIS

After-school tennis programs are underway at the Santa Fe Tennis and Swim Club. Program offers two and three-day a week group lessons for ages 8 and up, beginners through advanced. Scholarships available. Located at our beautiful facility in the Museum Hill neighborhood, at 1755 Camino Corrales. Call (505) 988-4100, email club@santafetennis.net, or visit www.santafetennis.net for more information.

BELISAMA IRISH DANCE

Belisama Irish Dance offers classes for the whole family to enjoy. Performance opportunities in the community, local competition and fun choreography classes. Ages 5 and up. Santa Fe and Los Alamos locations. Call Adrienne Bellis, director, (505) 670-2152, or go to www.belisamadance.com.

CAPOEIRA KINDER TRAINING

Fun Brazilian movement and martial arts featuring music, games, kicks and defenses. Saturdays 9 to 9:45 a.m. for families. Wednesdays from 5 to 6 p.m. for kindergarten through sixth grade. \$20 per month. Railyard Performance Center, 1611 Paseo De Peralta, Santa Fe. Call (505) 474-3060 or visit www.capoeirasantafe.com.

DRAGONFLY ART STUDIO

Our fine art classes, for ages 5 to 16, stimulate kids' imagination and creativity while they have fun experimenting with a range of art mediums. After-school art classes meet once a week from 3:30 to 5:30 p.m. on Tuesdays or Wednesdays and end with a student art show. We also offer School Closure Art Days, Art Birthday Parties and holiday workshops where kids can create unique, handmade gifts. For details, please visit www.dragonflyartsf.com or call Oceanna at (505) 670-5019.

ENTREFLAMENCO YOUTH OUTREACH FLAMENCO AND SPANISH DANCE

Fall semester from Sept. 9 to Dec. 15 with a recital on the last day. Ages 7 to 16 learn to dance and gain performance opportunities. Space is limited. Entreflamenco Santa Fe School of Flamenco is located at 135 West Palace Avenue on the second floor. Call (505) 209-1302 for more information.

JEFF SPEAKMAN'S KENPO 5.0

Now enrolling for 2019-2020 Martial Arts After-school program. Space is limited. Currently servicing Turquoise Trail, Amy Biehl, Nina Otero, Piñon, Nava, Wood Gormley, E.J. Martinez,

Chaparral, Kearney, Atalaya, Santo Niño and César Chávez. Contact us to see if we're able to pick up at your location. Kids will learn martial arts, arts and crafts, games, movies and more! Your child will gain self-confidence, respect, nonviolent conflict resolution skills and self-discipline in an active, fun environment. Call (505) 412-2428, email kenpo5.0santafe@gmail.com or go to www.jeffspeakmankenponm.com.

KAREN PARSONS PIANO STUDIO

Piano lessons for ages 6 and up. Experienced teacher with BS in piano performance and MA in piano pedagogy. Students are encouraged to play in four informal recitals per year and participate in piano festivals. Music theory is presented along the way. Alfred method books are used along with supplemental music, which often helps motivate students to practice and perform for friends and family. Classical repertoire is learned asap. Oshara neighborhood, close to SFCC. We teach adults, too! Contact Karen Parsons, (505) 428-0997, or lteachpno@aol.com.

MARTIAL ARTS TRAINING CENTER AFTER-SCHOOL PROGRAMS

After-school van pick-up and classes: We will pick your child up from Carlos Gilbert or Gonzales. Kids attend classes, work on homework and are ready to go home between 5:30 and 6 p.m.! We offer regular classes as well, right after school for tots, kids, teens and adults. Kids learn traditional Japanese karate, empower themselves, improve grades and boost self-confidence. No experience required. Call (505) 982-7083 or visit www.martialartstrainingcenter.biz.

MAY CENTER FOR LEARNING

May Center for Learning provides after-school tutoring in reading, writing and math and coaching in executive functioning skills. In addition, we offer academic language therapy for students with dyslexia and related learning differences. May Center also provides educational evaluations that diagnose learning differences. May Center is located at 1200 Old Pecos Trail, Santa Fe. Please call (505) 983-7407 for May School or (505) 780-5439 for May Center Tutoring and Evaluation, or visit www.maycenter.org for more information.

MOUNTAIN KIDS!

Year-round nature and adventure education programs for children and adults. Our school-year programs include Wildschool, nature education and immersion for home-school children, ages 5-12, Monday-Thursday, 9 a.m. to 2 p.m.; Wilderness Skills, ages 5-12, monthly Saturdays 10 a.m. to 3 p.m.; Mountain Girls!, ages 10-13, weekly after school;

Mountain Mamas, weekly hikes, forest bathing, and personal growth for women; and Nature Study Group, weekly nature and herbal medicine study for adults. For details visit: www.sfmountainkids.com or call Katie (505) 982-6855.

NDI-NEW MEXICO AT THE DANCE BARN

Over 70 classes per week to choose from including Ballet, Jazz, Tap, Modern, Theater, Fusion Jazz, Pointe, Hip-Hop and Voice. Returning student registration Aug. 13 to 14. New student registration Aug. 15 to 16, 10 a.m. to 6 p.m. Creative Movement (33 weeks) for ages 3 to 4. Pre-Ballet and Jazz/Tap (28-weeks) for ages 5 to 6. Junior Division (28 weeks) for ages 7 to 12. Senior Division (33 weeks) for ages 12 to 18. Teen and adult classes available. Visit www.ndi-nm.org/thedancebarnsreg or call (505) 983-7646.

NEW MEXICO FENCING

New Mexico Fencing Foundation is Santa Fe's only full-time facility dedicated to fencing. The club offers a relaxed, supportive environment that builds the skills that make a successful youth fencer — whether training to be a recreational athlete or an international competitor. Classes and private coaching are available for youth and teen fencers. Equipment is provided for beginning classes. 1306 Clark Road, Santa Fe. Contact nmfencing@gmail.com, or register at www.nmfencing.org.

PANDEMONIUM PRODUCTIONS' MUSICAL THEATRE PROGRAM

Musical theater after-school program for students ages 6 to 16, Aug. 21 to Nov. 24 for the Santa Fe premier of Disney's "Frozen," the enchanting modern classic ready for your Broadway stars! Students study acting, singing and dancing. Rehearsals at El Museo de Cultural, Monday, Wednesday and Friday from 3:45 to 5:45 p.m. Space is limited; scholarships available. Tuition is \$795 if paid in advance, \$810 with a payment plan. \$100 registration deposit. Call (505) 920-0704 or visit www.pandemoniumprod.org for more information.

SANTA FE CLIMBING CENTER

After-school classes emphasize fun and games while introducing your child to climbing with a qualified instructor. Fall Sessions: Aug. 12 to Oct. 12 and Oct. 14 to Dec. 14. Tuesday, ages nine to 12; Wednesday, ages 5 to 10; Thursday, ages seven to 10, 3:30 to 5 p.m. Saturday 10 to 11:30 a.m., ages 5 to 12. Climb for Life Skills: Monday 3:30 to 5 p.m., ages 5 to 12. Climbing Team: Tuesday, Wednesday, Thursday and/or Friday 4:30 to 6:30 p.m. 3008 Cielo Court, Santa Fe. Call (505) 986-8944 or visit www.climbsantafe.com.

After-School Program Directory

SANTA FE LOWRANCE FAMILY YMCA

The Lowrance Family YMCA After-School Programs and Out-of-School Time Day Camps provide a fun, safe place to go during out-of-school time. Each week we include learning experiences in which children can build on literacy, math, science, art, health and wellness and social skills. Homework assistance is provided. Out-of-School Winter Camps are offered Dec. 16 through 20 and Dec. 30 to Jan. 3, \$130/week. Please contact the Y at (505) 595-1515 ext. 4.

SANTA FE SCHOOL FOR THE ARTS AND SCIENCES

Delve into a new experience at Santa Fe School for the Arts and Sciences! Enrichment programs for students third through eighth grade including Dungeons and Dragons, Tang Soo Do (Korean martial arts), Rhythm Drum Club, Soccer, Math Club, Beginning Group Guitar and Art Studio, in a supportive, hands-on expeditionary learning environment. Bright minds. Kind hearts. Whole child. Students from other schools welcome but must provide their own transportation. Contact office@santafeschool.org, call (505) 438-8585 or visit www.santafeschool.org.

SANTA FE YOUTH SYMPHONY ASSOCIATION

Music instruction and performance opportunities for youth in orchestra, mariachi and jazz. The Elementary Strings program offers after-school viola, violin and cello instruction at various schools throughout the city. Auditions for Orchestra, Mariachi and Jazz in January, May and August. For details call (505) 672-5565 x 202, email diego@sfysa.org or visit www.sfysa.org.

SHIVA JAMBA MUSIC

Come join the fun, play and make music together! We sing and dance, play a variety of musical instruments, play games and have a great time. Children are exposed to diverse genres of music including world, rock, folk, jazz, musicals, reggae and a collection of children's songs from around

the world. Classes for 3 to 5 year olds. Classes for parents/ caregivers, and birth to 5-year-olds. Classes are for 45 minutes at various days, times and locations. Ten-week session for \$165. Discounts for siblings. Contact Devorah at www.shivajambaentertainment.com.

SKATEBOARD SCHOOL

Indoor ramps for year-round fun! After-school and home school programs are now underway. Sessions and lessons for all abilities, ages 3 and up. Skateboards and gear provided to get started, with a complete shop specializing in safety gear. Curriculum includes skateboard homework and exploring the history of skateboarding using our museum and video library. Birthdays, parents' nights out and monthly events. 825 Early Street #H. For more information, call (505) 474-0074 or visit www.skateboardsafety.com.

THE SCHOOL OF ASPEN SANTA FE BALLET

Learn in a supportive environment that fosters confidence, technique and artistry. Classes for children ages three and up in creative dance, ballet, jazz, folklórico, modern and more. Performance opportunities. Call (505) 983-5591. Enroll online at www.aspensantafeballet.com.

WISE FOOL FALL AFTER-SCHOOL PROGRAMS

Kids in first through 12th grade can run away with the circus! Students in our popular circus classes are physically active, practice teamwork and have a ton of fun. They learn stilt-walking, unicycling, aerial fabric, trapeze, juggling, puppet-making, clowning and more in a safe, noncompetitive environment. Fall session runs Sept. 3 through Dec. 13. Classes fill up quickly. Scholarships and payment plans available. Cost varies based on age and class type. Register at www.wisefoolnewmexico.org or call (505) 992-2588. Wise Fool Studios, 1131-B Siler Road, Santa Fe.



Portrait of Jude, Santa Fe YMCA teacher, by Jairo

SANTA FE FAMILY YMCA and LOWRANCE FAMILY YMCA

Stimulating learning experiences for kids and peace of mind for parents!

FULL-TIME EARLY LEARNING

(ages 2 to 5)

Two Locations

Santa Fe Family YMCA, 6600 Valentine Way, Ext. 5
Lowrance Family YMCA, 6537 Airport Road, Ext. 4



AFTER SCHOOL CHILD CARE PROGRAM A SAFE PLACE TO GO DURING OUT-OF-SCHOOL TIME

(Elementary School Age)

Lowrance Family YMCA, 6537 Airport Road, Ext. 4

OUT-OF-SCHOOL-TIME DAY CAMPS

(Kindergarten through 6th grade)

Lowrance Family YMCA, 6537 Airport Road, Ext. 4

FACILITY RENTAL

Adult & Senior Programs; Birthday Parties & Receptions

Weekdays 8:30am to 2:30pm

Evenings after 6:30pm, Saturdays & Sundays

Lowrance Family YMCA, 6537 Airport Road, Ext. 4



(505) 595-1515
www.ymcacnm.org

WINTER FUN

A DIRECTORY OF
AFTER-SCHOOL PROGRAMS IN DECEMBER,
JANUARY AND FEBRUARY, AND WINTER
SCHOOL-BREAK CAMPS AND ACTIVITIES
IS COMING!

Look for it in the
Winter 2019-20 Tumbleweeds,
publishing November 20,
and on our website, and be sure
to include your great program!

Send us your 85-word listing by November 1,
to calendar@sftumbleweeds.com,
or use the form on our website,
www.sftumbleweeds.com/directory-submissions.

It's free for display advertisers, \$60 for others.

Fall 2019 Calendar – September



Stegosaurus by Damian

Events are free, or included in the price of museum admission, unless otherwise noted.

SEPTEMBER

1 SUNDAY, 9 A.M.-5 P.M.

Free Entry at the Museum of Natural History

On the first Sunday of every month, admission is free to all New Mexico residents. Bring an ID or proof of residence. New Mexico Museum of Natural History and Science, 1801 Mountain Road NW, Albuquerque, (505) 841-2800.

1 SUNDAY, 9 A.M.-5 P.M.

Fiesta de Santa Fe

A New Mexico tradition since 1712 honoring the city's unique history and culture, featuring an art market of treasures by local artists, food booths and musical performances on the bandstand. Santa Fe Plaza, (505) 470-6325.

1 SUNDAY, 10 A.M.-4 P.M.

Fiesta de Los Niños

Enjoy talented dance groups, magic shows and the animals of this historic ranch; make crafts including masks, rope and walking sticks; play historic games and more. Adults \$8, seniors (62+) and teens (ages 13 to 17) \$6, children 12 and under free. El Rancho de Las Golondrinas, 334 Los Pinos Rd, Santa Fe, (505) 471-2261.

1 SUNDAY, 10 A.M.-5 P.M.

Free First Sundays

Admission is free on the first Sunday of every month to New Mexico residents with ID to the Museum of Indian Arts and Culture, 710 Camino Lejo, Santa Fe; Museum of International Folk Art, 706 Camino Lejo, Santa Fe; New Mexico History Museum, 113 Lincoln Avenue, Santa Fe; and the New Mexico Museum of Art, 107 W. Palace Avenue, Santa Fe.

1 SUNDAY, 11-11:30 A.M.

Safe Medication Practices for Life

A family-friendly presentation on the use and misuse of prescription medications, aimed toward middle school students, given by students from the UNM College of Pharmacy. New Mexico Museum of Natural History

and Science, 1801 Mountain Road NW, Albuquerque, (505) 841-2800.

1 SUNDAY, 1-1:30 P.M.

Safe Medication Practices for Life

New Mexico Museum of Natural History and Science. See 11 a.m. Sept. 1 listing.

1 SUNDAY, 3-4 P.M.

Snake Sunday

Come say hello to beloved corn snake Cornelius and watch him eat his weekly dinner. Please note: Cornelius will not be able to come out when he is shedding or not feeling well. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

2 MONDAY, 9 A.M.-5 P.M.

Fiesta de Santa Fe

Santa Fe Plaza. See Sept. 1 listing.

2 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Stories, songs and lots of fun. All ages welcome. Bee Hive Books, 328 Montezuma Avenue, Santa Fe, (505) 780-8051.

2 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

A gentle yoga class to help women gain flexibility and build strength in preparation for, or recovery from, childbirth. Limited to 12 participants. United Way Early Learning Center at Agua Fria, 3164 Agua Fria Road, Santa Fe, (505) 819-0137.

2 MONDAY, ALL DAY

Santa Fe Public Schools Closure

All Santa Fe Public Schools are closed for Labor Day.

3 TUESDAY, 10:30-11 A.M.

Books & Babies

Books, songs and finger games for ages 6 months to 2 years. Main Library, 145 Washington Avenue, Santa Fe, (505) 955-6837.

3 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Stories, rhymes, songs and crafts for ages 2 to 5. Oliver La Farge Branch Library, 1730 Llano Street, Santa Fe, (505) 955-4863.

3 TUESDAY, 11-11:30 A.M.

Story Time

Toddlers and preschoolers are invited to the library for stories, songs and crafts just for them. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

3 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Books, songs and finger games in Spanish and English for ages 6 months to 2 years. Oliver La Farge Branch Library, 1730 Llano Street, Santa Fe, (505) 955-4863.

4 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Museum opens an hour early with toddler-focused exploration, activities and story time. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

4 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Books, songs and finger games in Spanish and English for ages 6 months to 2 years. Main Library, 145 Washington Avenue, Santa Fe, (505) 955-6837.

4 WEDNESDAY, 10:30-11 A.M.

Books & Babies

Books, songs and finger games for ages 6 months to 2 years. Oliver La Farge Branch Library, 1730 Llano Street, Santa Fe, (505) 955-4863.

4 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Stories, rhymes, songs and crafts for ages 2 to 5. Southside Branch Library, 6599 Jaguar Drive, Santa Fe, (505) 955-2828.

4 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

4 WEDNESDAY, 2-4 P.M.

Concierto de Mariachi Matinees

Performances by well-known mariachi groups, dancers and alumni of the Santa Fe Fiesta Council's Youth Mariachi Workshop, followed by refreshments and biscochitos. Lensic Performing Arts Center, 211 W. San Francisco Street, (505) 988-1234.

4 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Books, songs and finger games in Spanish and English for ages 6 months to 2 years. Southside Branch Library, 6599 Jaguar Drive, Santa Fe, (505) 955-2828.

4 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Learn the art of chess and play chess with other kids. Main Library, 145 Washington Avenue, Santa Fe, (505) 955-6837.

5 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Hands-on gardening and nature craft projects in the Earthworks Garden (weather-permitting). Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

5 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Books, songs and finger games for ages 6 months to 2 years. Southside Branch Library, 6599 Jaguar Drive, Santa Fe, (505) 955-2828.

5 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Stories, rhymes, songs and crafts for ages 2 to 5. Main Library, 145 Washington Avenue, Santa Fe, (505) 955-6837.

5 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Extended hours and free admission for ages 16 and under. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

5 THURSDAY, 5:30 P.M.-SUNSET

Sunset in the Garden Concert Series

Bring a picnic and portable chair and enjoy live music. Santa Fe Botanical Garden, 715 Camino Lejo, Santa Fe, (505) 471-9103.

6 FRIDAY, 6-7 A.M.

Pregón de la Fiesta

The official kick-off to the 2019 Fiesta de Santa Fe, an over-300 year celebration honoring Santa Fe's history and culture. Rosario Chapel, 540 Rosario Boulevard.

6 FRIDAY, 9 A.M.-5 P.M.

Santa Fe Fiesta

Santa Fe Plaza. See Sept. 1 listing.

6 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Hands-on program for 3- to 5-year-olds and caregivers. Listen to a book and participate in interactive nature and garden related activities. Santa Fe Botanical Garden, 715 Camino Lejo, Santa Fe, (505) 471-9103.

6 FRIDAY, 2-4 P.M.

Fine Art Friday

Weekly explorations into the arts with special guests and hands-on activities. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

6 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Pet a snake or ask a member of the critter team questions about animal exhibits. Los Alamos Nature Center, 2600 Canyon Road, Los Alamos, (505) 662-0460.

6 FRIDAY, 3-5 P.M.

All Ages Chess Club

All ages (including adults) and skill levels welcome. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

6 FRIDAY, 5-7 P.M.

First Friday Art Activity

Create drawings while exploring the use of color in modern artwork. All ages welcome. Georgia O'Keeffe Museum, 217 Johnson Street, Santa Fe, (505) 946-1000

6 FRIDAY, 5-7 P.M.

First Friday Evening

Free entry for New Mexico residents with ID. New Mexico Museum of Art, 107 West Palace Avenue, Santa Fe, (505) 955-2828

6 FRIDAY, 6 AND 7 P.M.

First Friday Fractals

Award-winning full-dome planetarium show takes viewers on a tour of the fractals in nature. Featuring original music, the show is educational and entertaining for ages 3 and up. Two showings, with separate admission: Adults \$10, seniors \$7, children (ages 3 to 12) \$5. New Mexico Museum of Natural History and Science, 1801 Mountain Road NW, Albuquerque, (505) 841-2800.

Fall 2019 Calendar – September

6 FRIDAY, 8 AND 9 P.M.

Fractals Rock!

Zoom into the infinite world of fractals in this dramatic and beautiful live fractal show. Accompanied by original music in surround sound, this is similar to the Friday Fractals show but with "less talk more rock." Two showings, with separate admission: Adults \$10, seniors \$7, children (ages 3 to 12) \$5. New Mexico Museum of Natural History and Science, 1801 Mountain Road NW, Albuquerque, (505) 841-2800.

7 SATURDAY, 9-10:45 A.M.

Desfile de Los Niños (Children's Pet Parade)

Children and their pets of all sorts parade through downtown, with thousands of supporters cheering them on. An event of the annual Fiesta de Santa Fe. Line-up takes place at New Mexico School for the Arts, 227 East Alameda Street.

7 SATURDAY, 9 A.M.-5 P.M.

Fiesta de Santa Fe

Santa Fe Plaza. See Sept. 1 listing.

7 SATURDAY, 1-3 P.M.

Science Saturdays

Science experiments and exploration for all ages with guest scientists and STEM instructors. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

8 SUNDAY, 9 A.M.-5 P.M.

Fiesta de Santa Fe

Santa Fe Plaza. See Sept. 1 listing.

8 SUNDAY, 1-3 P.M.

Desfile de la Gente (Historical/Hysterical Parade)

This parade through downtown features local marching bands, mariachi, sports teams, queens and floats, from Paseo de Peralta to the Plaza. An event of the annual Fiesta de Santa Fe celebration, (505) 577-6888. Santa Fe Plaza.

8 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

9 MONDAY, 10-11 A.M.

Nature Playtimes

Join local families for hands-on activities, hikes, games and stories in nature. Los Alamos Nature Center, 2600 Canyon Road, Los Alamos, (505) 662-0460.

9 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

9 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

9 MONDAY, 4-5:30 P.M.

Young Playwright's Project

Ages 8-14 will learn improvisation and acting skills, create character monologues and write short plays, leading up to performances at the Santa Fe Playhouse. Southside Branch Library, 6599 Jaguar Drive, Santa Fe, (505) 955-2828.

9 MONDAY, 5:30-7:30 P.M.

Grandparents Raising Grandchildren

Connect with others who are navigating the challenges of raising a grandchild and learn about resources that can help. Although

this group is geared to grandparents, any family that finds themselves in the world of kinship care is welcome. Dinner and childcare provided. Los Alamos Family Strengths Network, 3540 Orange Street, Los Alamos, (505) 662-4515

9 MONDAY, 6-7 P.M.

Hospital Tour for Expecting Couples

Follow the path of getting admitted to the hospital when you are in labor, including where to go for registration and what will happen during your assessments. RSVP with the Birthing Tree, info@thebirthingtree.com. Christus St. Vincent's Regional Medical Center, 455 St. Michaels Drive, Santa Fe.

10 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

10 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

10 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

10 TUESDAY, 3-4:30 P.M.

After School Reading Club

Designed to encourage reading for pleasure in elementary students, from kindergarten to third grade. Reading, games and crafts. Free. Registration required. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

10 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

10 TUESDAY, 6-7 P.M.

Family Night

Songs, games and crafts for the whole family. Los Alamos Nature Center, 2600 Canyon Road, Los Alamos, (505) 662-0460.

10 TUESDAY, 6-7 P.M.

La Familia's Take a Walk on the Southside

Walks last about an hour, led by interesting Santa Feans. Meet at 6599 Jaguar Drive and go from the Southside Library to Arroyo Chamiso Trail.

11 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

11 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

11 WEDNESDAY, 10:30-11 A.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

11 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

11 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

11 WEDNESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

11 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

11 WEDNESDAY, 4-5:30 P.M.

Young Playwright's Project

Age 8-14 will learn improvisation and acting skills, create character monologues and write short plays, leading up to performances at the Santa Fe Playhouse. Oliver La Farge Branch Library, 1730 Llano Street, Santa Fe, (505) 955-4863.

11 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

12 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

12 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

12 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

12 THURSDAY, 1-2 P.M.

La Leche League

Support and information for all mothers and mothers-to-be who are interested in breastfeeding. Children are always welcome. Indigo Baby, 185 Paseo de Peralta, (505) 466-2738.

12 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

13 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

13 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

13 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

13 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

13 FRIDAY, 7-9 P.M.

Family Movie Night

Free showing of a family film on the library's big screen. Popcorn and juice included. Call for titles and ratings. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

14 SATURDAY, 10 A.M.-NOON

Train Club

Members of the Santa Fe Model Railroad Club host activities and do demonstrations with the train sets at the museum. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

14 SATURDAY, 10 A.M.-5 P.M.

Renaissance Fair

Travel back in time, go on a knight's quest and ride in a Spanish galleon! Learn about Renaissance arts and sciences and enjoy performances, music, food and arts and crafts vendors. Adults \$12, seniors/teens \$10, kids 12 and under free. El Rancho de las Golondrinas, 334 Los Pinos Road, (505) 471-2261. El Rancho de Las Golondrinas, 334 Los Pinos Rd, Santa Fe.

14 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

15 SUNDAY, 10 A.M.-5 P.M.

Renaissance Fair

El Rancho de Las Golondrinas. See Sept. 14 listing.

15 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

16 MONDAY, 10-11 A.M.

Nature Playtimes

Los Alamos Nature Center. See Sept. 9 listing.

16 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

Fall 2019 Calendar – September

16 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

16 MONDAY, 4-5:30 P.M.

Young Playwright's Project

Southside Branch Library. See Sept. 9 listing.

17 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

17 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

17 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

17 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

17 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

17 TUESDAY, 6:30-7:30 P.M.

Through the Lens: A Kid's Guide to Nature Photography

Join 10-year-old Aditya Viswanathan to hear about how he became interested in nature photography and how other kids can get into this exciting hobby. Los Alamos Nature Center, 2600 Canyon Road, Los Alamos, (505) 662-0460.

18 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

18 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

18 WEDNESDAY, 10:30-11 A.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

18 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

18 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

18 WEDNESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

18 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

18 WEDNESDAY, 4-5:30 P.M.

Young Playwright's Project

Oliver La Farge Branch Library. See Sept. 11 listing.

18 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.



Painting by Mariah

19 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

19 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

19 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

19 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

20 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

20 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

20 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

20 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

20 FRIDAY, 5:30-9 P.M.

Parent's Night Out

Let the kiddos enjoy an evening of facilitated fun while you have an evening out. Ages 6 to 12. \$25 per child. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

20 FRIDAY, 6:30 P.M. TO 21 SATURDAY, 8 A.M.

Aquarium Overnight

Pack your pajamas and pillow for the ultimate sleepover. Explore the aquarium at night, meet marine animals up close at the touchpools, play a game, get crafty and take in a marine movie. ABQ BioPark Aquarium, 2601 Central Avenue, Albuquerque, (505) 946-1012.

21 SATURDAY, 9:30-11:30 A.M.

Family Program: Paper Marbling

Create your own marbled paper patterns. Led by Tom Leech, book artist and curator, for ages 4 to 12 and their grownups. Free for the entire family. Georgia O'Keeffe Museum, 217 Johnson Street, (505) 946-1012

21 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

22 SUNDAY, 9 A.M.-5 P.M.

Annual Museum Hill Day

Family-friendly activities at the Santa Fe Botanical Garden, a Matanza 'Pig Roast'

at Spanish Colonial Arts, art activities at the Wheelwright Museum, Native Treasures Collectors Sale at the Museum of Indian Arts & Culture, Marimba music on the plaza and more! Museum Hill, Camino Lejo, Santa Fe, (505) 471-9103.

22 SUNDAY, 10 A.M.-NOON

Sensory Friendly Morning

A special morning featuring low lighting and a relaxed environment. Members \$3; nonmembers \$5. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

22 SUNDAY, 10 A.M.-2 P.M.

Fenton Lake Fishing

Learn fishing skills and aquatic ecosystem dynamics at Fenton Lake State Park. \$10/family or \$8/PEEC member family. \$5 entry free per vehicle into Fenton Lake State Park. Fenton Lake State Park, 455 Fenton Lake Rd, Jemez Springs.

22 SUNDAY, 1-3 P.M.

Fall Equinox Community Labyrinth Walk

Hosted by Circle of Open Hearts with the Santa Fe Labyrinth Resource Group. Museum of International Folk Art, 706 Camino Lejo, (505) 474-0002.

22 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

23 MONDAY, 10-11 A.M.

Nature Playtimes

Los Alamos Nature Center. See Sept. 9 listing.

23 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

23 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

23 MONDAY, 4-5:30 P.M.

Young Playwright's Project

Southside Branch Library. See Sept. 9 listing.

24 TUESDAY, 10-11 A.M.

Nature Playtimes

Los Alamos Nature Center. See Sept. 9 listing.

24 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

24 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

24 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

24 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

24 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

25 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

Fall 2019 Calendar – September/October

25 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies
Main Library. See Sept. 4 listing.

25 WEDNESDAY, 10:30-11 A.M.

Books & Babies
Oliver La Farge Branch Library. See Sept. 4 listing.

25 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time
Southside Branch Library. See Sept. 4 listing.

25 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

25 WEDNESDAY, 3-4:30 P.M.

After School Reading Club
Vista Grande Public Library. See Sept. 10 listing.

25 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Southside Branch Library. See Sept. 4 listing.

25 WEDNESDAY, 4-5:30 P.M.

Young Playwright's Project
Oliver La Farge Branch Library. See Sept. 11 listing.

25 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club
Main Library. See Sept. 4 listing.

26 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts
Santa Fe Children's Museum. See Sept. 5 listing.

26 THURSDAY, 10:45-11:15 A.M.

Books & Babies
Southside Branch Library. See Sept. 5 listing.

26 THURSDAY, 11-11:45 A.M.

Preschool Story Time
Main Library. See Sept. 5 listing.

26 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!
Santa Fe Children's Museum. See Sept. 5 listing.

27 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity
Santa Fe Botanical Garden. See Sept. 6 listing.

27 FRIDAY, 2-4 P.M.

Fine Art Friday
Santa Fe Children's Museum. See Sept. 6 listing.

27 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles
Los Alamos Nature Center. See Sept. 6 listing.

27 FRIDAY, 3-5 P.M.

All Ages Chess Club
Vista Grande Public Library. See Sept. 6 listing.

28 SATURDAY, 10-11 A.M.

Vamonos Hikes: Scavenger Hunt
Easy hike on a dirt trail. Meet at Old Agua Fria Road East and scavenge Arroyo Hondo Open Space.

28 SATURDAY, 10 A.M.-NOON

Train Club
Santa Fe Children's Museum. See Sept. 14 listing.

28 SATURDAY, 10 A.M.-3 P.M.

Gallinas Riverfest
A community event with food, art, live music, fishing, river activities and fun for all ages. On the southeast side of the bridge on Bridge Street, Las Vegas, NM, (505) 803-6099.

28 SATURDAY, 1-3 P.M.

Science Saturdays
Santa Fe Children's Museum. See Sept. 7 listing.

29 SUNDAY, 3-4 P.M.

Snake Sunday
Santa Fe Children's Museum. See Sept. 1 listing.

30 MONDAY, 10:30-11:30 A.M.

Monday Storytimes
Bee Hive Books. See Sept. 2 listing.

30 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

30 MONDAY, 4-5:30 P.M.

Young Playwright's Project
Southside Branch Library. See Sept. 9 listing.

OCTOBER

1 TUESDAY, 10:30-11 A.M.

Books & Babies
Main Library. See Sept. 3 listing.

1 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time
Oliver La Farge Branch Library. See Sept. 3 listing.

1 TUESDAY, 11-11:30 A.M.

Story Time
Vista Grande Public Library. See Sept. 3 listing.

1 TUESDAY, 3-4:30 P.M.

After School Reading Club
Vista Grande Public Library. See Sept. 10 listing.

1 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Oliver La Farge Branch Library. See Sept. 3 listing.

2 WEDNESDAY, 9-11 A.M.

Wee Wednesday
Santa Fe Children's Museum. See Sept. 4 listing.

2 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies
Main Library. See Sept. 4 listing.

2 WEDNESDAY, 10:30-11 A.M.

Books & Babies
Oliver La Farge Branch Library. See Sept. 4 listing.

2 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time
Southside Branch Library. See Sept. 4 listing.

2 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

2 WEDNESDAY, 3-4:30 P.M.

After School Reading Club
Vista Grande Public Library. See Sept. 10 listing.

2 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Southside Branch Library. See Sept. 4 listing.

2 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club
Main Library. See Sept. 4 listing.

3 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts
Santa Fe Children's Museum. See Sept. 5 listing.

3 THURSDAY, 10:45-11:15 A.M.

Books & Babies
Southside Branch Library. See Sept. 5 listing.

3 THURSDAY, 11-11:45 A.M.

Preschool Story Time
Main Library. See Sept. 5 listing.

3 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!
Santa Fe Children's Museum. See Sept. 5 listing.

4 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity
Santa Fe Botanical Garden. See Sept. 6 listing.

4 FRIDAY, 2-4 P.M.

Fine Art Friday
Santa Fe Children's Museum. See Sept. 6 listing.

4 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles
Los Alamos Nature Center. See Sept. 6 listing.

4 FRIDAY, 3-5 P.M.

All Ages Chess Club
Vista Grande Public Library. See Sept. 6 listing.

4 FRIDAY, 5-7 P.M.

First Friday Art Activity
Georgia O'Keeffe Museum. See Sept. 6 listing.

4 FRIDAY, 5-7 P.M.

First Friday Evening
New Mexico Museum of Art. See Sept. 6 listing.

4 FRIDAY, 6-7 P.M.

First Friday Fractals
New Mexico Museum of Natural History and Science. See Sept. 6 listing.

4 FRIDAY, 8-9 P.M.

Fractals Rock!
New Mexico Museum of Natural History and Science. See Sept. 6 listing.

5 SATURDAY, 6 A.M.-9 P.M.

Albuquerque International Balloon Fiesta
Special events include mass ascensions, balloon rodeos, balloon races, morning glows, night glows and more. Visit balloonfiesta.com for a complete schedule. Balloon Fiesta Park, 5000 Balloon Fiesta Parkway NE, Albuquerque, (505) 821-1000.

5 SATURDAY, 10 A.M.-4 P.M.

Harvest Festival
Taste syrup from a burro driven sorghum mill, make cider by cranking a traditional apple press and pick a pumpkin from a scarecrow-guarded patch. Adults \$8, seniors/teens \$6, kids (12 and under free). El Rancho de las Golondrinas, 334 Los Pinos Road, (505) 471-2261.



Recycle Santa Fe Art Festival
November 15–17, 2019
Santa Fe Community Convention Center
201 W. Marcy St.

Join the fun—be a part of the all ages Trash Fashion and Costume Contest!

- Art Market • Student Juried Art Exhibit
- Trash Fashion Show • Make & Take Art Activities

www.recyclesantafe.org



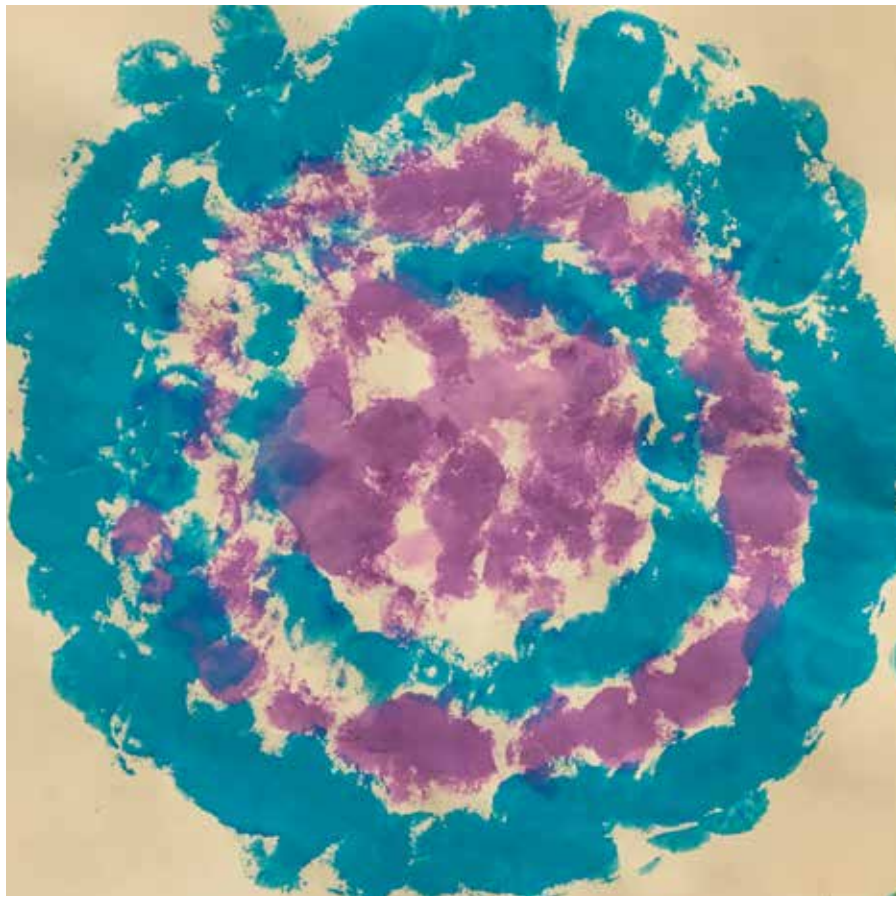
CAPOEIRA Kinder Training
Fun Brazilian Movement & Martial Art - Music - Games - Kicks - Defenses



Railyard Performance Center - \$20 per month for Kids
Wednesdays 5-6pm (kids - K to 6th) - Saturdays 9-9:45am (families)

capoeirasantafe.com
(505) 474 3060

Fall 2019 Calendar – October



Sundial by Yternity

5 SATURDAY, 10:30 A.M.-NOON
¡Vamos al Museo!

Docent and artist-led family program includes a 30-minute museum tour focused on an art form, source inspiration, artist or type of material. Following the tour, families can create their own artwork in the Pete V. Domenici Education Building Messy Classroom. National Hispanic Cultural Center, 1701 4th Street SW, Albuquerque, (505) 246-2261.

5 SATURDAY, 11 A.M.-3 P.M.
New Mexico Wildlife Center Open House

Live demonstrations with animals, tours of hospital unit, food and kid-friendly activities. Free with a \$5 suggested donation. New Mexico Wildlife Center, 19 Wheat Street, Española, (505) 753-9505.

5 SATURDAY, 1-3 P.M.
Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

6 SUNDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

6 SUNDAY, 9 A.M.-5 P.M.
Free Entry at the Museum of Natural History

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

6 SUNDAY, 10 A.M.-3 P.M.
Pop-Up Playground

Celebration of child-directed play, where kids of all ages are encouraged to build the ultimate fort city using recycled materials such as logs, pallets, boxes, rope and fabric. Railyard Park, 740 Cerrillos Rd, Santa Fe.

6 SUNDAY, 10 A.M.-4 P.M.
Harvest Festival

El Rancho de Las Golondrinas. See Oct. 5 listing.

6 SUNDAY, 10 A.M.-5 P.M.
Free First Sundays

Museum of Indian Arts and Culture, 710 Camino Lejo; Museum of International Folk Art, 706 Camino Lejo; New Mexico History Museum, 113 Lincoln Avenue; and the New Mexico Museum of Art, 107 West Palace Avenue. See Sept. 1 listing.

6 SUNDAY, 11-11:30 A.M.
Safe Medication Practices for Life

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

6 SUNDAY, 11 A.M.-3 P.M.
New Mexico Wildlife Center Open House

New Mexico Wildlife Center. See Oct. 5 listing. New Mexico Wildlife Center, 19 Wheat Street, Española, (505) 753-9505.

6 SUNDAY, 1-1:30 P.M.
Safe Medication Practices for Life

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

6 SUNDAY, 1-4 P.M.
Música Buena

Exhibit opening of Música Buena featuring a Matachine dance and music performances by Lone Piñon and Cipriano Vigil, art making activities and refreshments. Museum of International Folk Art, 706 Camino Lejo, (505) 474-0002.

6 SUNDAY, 3-4 P.M.
Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

7 MONDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

7 MONDAY, 10:30-11:30 A.M.
Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

7 MONDAY, 4-5 P.M.
Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

7 MONDAY, 6-7 P.M.
Hospital Tour for Expecting Couples

Christus St. Vincent's Regional Medical Center. See Sept. 9 listing.

8 TUESDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

8 TUESDAY, 10:30-11 A.M.
Books & Babies

Main Library. See Sept. 3 listing.

8 TUESDAY, 10:30-11:15 A.M.
Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

8 TUESDAY, 11-11:30 A.M.
Story Time

Vista Grande Public Library. See Sept. 3 listing.

8 TUESDAY, 3-4:30 P.M.
After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

8 TUESDAY, 4-4:30 P.M.
Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

8 TUESDAY, 6-7 P.M.
La Familia's Take a Walk on the Southside

Meet at 6599 Jaguar Drive. See Sept. 10 listing.

9 WEDNESDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

9 WEDNESDAY, 9-11 A.M.
Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

9 WEDNESDAY, 10:30-11 A.M.
Bilingual Books & Babies

Main Library. See Sept. 4 listing.

9 WEDNESDAY, 10:45-11:30 A.M.
Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

9 WEDNESDAY, 11 A.M.-NOON
Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

9 WEDNESDAY, 3-4:30 P.M.
After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

9 WEDNESDAY, 4-4:30 P.M.
Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

9 WEDNESDAY, 5:45-7:45 P.M.
Children's Chess Club

Main Library. See Sept. 4 listing.

9 WEDNESDAY, 10:30-11 P.M.
Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

10 THURSDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

10 THURSDAY, 10:30 A.M.-12:30 P.M.
Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

10 THURSDAY, 10:45-11:15 A.M.
Books & Babies

Southside Branch Library. See Sept. 5 listing.

10 THURSDAY, 1-2 P.M.
La Leche League

Indigo Baby. See Sept. 12 listing.

10 THURSDAY, 11-11:45 A.M.
Preschool Story Time

Main Library. See Sept. 5 listing.

10 THURSDAY, 4-6:30 P.M.
Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

10 THURSDAY, 6-8 P.M.
Seventh Grade Options Night

Meet students and administrators from many of Santa Fe's secondary schools to explore your best options. Free and open to the public. Rio Grande School, 715 Camino Cabra, (505) 983-1621.

11 FRIDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

11 FRIDAY, 10-11 A.M.
Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

11 FRIDAY, 2-4 P.M.
Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

11 FRIDAY, 3-4 P.M.
Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

11 FRIDAY, 3-5 P.M.
All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

11 FRIDAY, 7-9 P.M.
Family Movie Night

Vista Grande Public Library. See Sept. 13 listing.

12 SATURDAY, 6 A.M.-9 P.M.
Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

12 SATURDAY, 10-11 A.M.
Vamonos Hikes: Bird Watching with Audubon

Easy hike on a dirt trail. Meet at Hyde Park Road (Nun's Curve, one mile past Ten Thousand

Fall 2019 Calendar – October

Waves), to walk and bird-watch in the Little Tesuque Open Space.

12 SATURDAY, 10 A.M.-NOON

Train Club

Santa Fe Children's Museum. See Sept. 14 listing.

12 SATURDAY, 10 A.M.-3 P.M.

Harvest Festival

See, smell and taste the bounty of the ABQ Botanic Garden's Heritage Farm. Crafts, wagon rides, cooking and fiber arts demonstrations, quilting, farm animals, cider press demonstrations and chile roasting. ABQ BioPark Botanic Garden, 2601 Central NW, Albuquerque, (505) 848-7180.

12 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

13 SUNDAY, 6 A.M.-9 P.M.

Albuquerque International Balloon Fiesta

Balloon Fiesta Park. See Oct. 5 listing.

13 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

14 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

14 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

14 MONDAY, 5:30-7:30 P.M.

Grandparents Raising Grandchildren

Los Alamos Family Strengths Network. See Sept. 9 listing.

14 MONDAY, ALL DAY

Santa Fe Public Schools Closure

All Santa Fe Public Schools are closed for Fall Break.

15 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

15 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

15 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

15 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

15 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

16 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

16 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

16 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

16 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

16 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

16 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

16 WEDNESDAY, 10:30-11 P.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

17 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

17 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

17 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

17 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

18 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

18 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

18 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

18 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

18 FRIDAY, 5:30-9 P.M.

Parent's Night Out

Santa Fe Children's Museum. See Sept. 20 listing.

18 FRIDAY, 6:30 TO 19 SATURDAY, 8 A.M.

Aquarium Overnight

ABQ BioPark Aquarium. See Sept. 20 listing.

19 SATURDAY, 9 A.M.-4:30 P.M.

Half-Price Weekends at the ABQ BioPark

Single-admission tickets to the Albuquerque BioPark Zoo or Aquarium & Botanic Garden are half price for one weekend each quarter when purchased at the gate. Children under 3 are always free. Combo tickets are available at regular price. ABQ BioPark, 903 Tenth SW, Albuquerque.

19 SATURDAY, 10:30 A.M.-NOON

Meet the Doulas

Families can learn about how doulas make a difference in pregnancy, birth and the postpartum period. Partners are encouraged to come along. RSVP: info@thebirthingtree.com. The Birthing Tree, 1315 St. Francis Drive, Santa Fe, (505) 552-2454.

19 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

20 SUNDAY, 9 A.M.-4:30 P.M.

Half-Price Weekends at the ABQ BioPark

ABQ BioPark. See Oct. 19 listing.

20 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

21 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

21 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

22 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

22 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

22 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

22 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

22 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

23 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

23 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

23 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

23 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

23 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

23 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

Youth Outreach Classes in Flamenco & Spanish Dance for Ages 7-16

Entreflamenco

Santa Fe School of Flamenco
135 W. Palace Ave 2nd floor
(505) 209-1302



2017 Mayors Arts Award Recipients

Funded by: Sheila Fortune Foundation
Children & Youth Commission
& Verizon Foundation

Fall Semester

September 9 - December 15

Recital December 15th

Performance Opportunities
Space is limited



SANTA FE CLIMBING CENTER

AFTER SCHOOL CLIMBING PROGRAMS

A fun way to get your child moving after school!

FALL SESSIONS

August 12 - October 12
October 14 - December 14

AVAILABLE CLASSES

Mon, Tue, Wed, Thur: 3:30-5:00pm
Fridays: 2:00-3:00pm
Saturdays: 10:00-11:30am

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Fall 2019 Calendar – October/November

23 WEDNESDAY, 10:30-11 P.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

24 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

24 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

24 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

24 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

25 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

25 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

25 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

25 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

26 SATURDAY, 9 A.M.-5 P.M.

Zoo Boo

Trick-or-treat, participate in costume contests, visit haunted habitats and play Halloween themed games at the ABQ Zoo. ABQ BioPark Zoo, 903 10th Street SW, Albuquerque.

26 SATURDAY, 10 A.M.-NOON

Train Club

Santa Fe Children's Museum. See Sept. 14 listing.

26 SATURDAY, NOON-5 P.M.

Halloween Carnival

Haunted house, games, bounce houses, basket raffle, live entertainment, face painting, costume contest, food and music. \$1 per ticket, \$20 wristband (advance purchase), \$25 wristband at door. For more information, visit carlosgilbertptk.com/carnival. Carlos Gilbert Elementary School, 300 Griffin Street, (505) 467-4700.

26 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

26 SATURDAY, 4-7 P.M.

Haunted Library Halloween Celebration

Costume contest, food, crafts and fun activities for families. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

26 SATURDAY, 5-9 P.M.

Spirits of New Mexico's Past

Meet the ghosts of history who lived and died in the land of enchantment. Drink mulled cider, visit with a curandera, listen to stories from Dr. Nasario Garcia and enjoy music by Lone Piñon. Adults \$8, seniors/teens \$6, kids under 12, free. El Rancho de Las Golondrinas, 334 Los Pinos Rd, Santa Fe.



Fish by Janeth

27 SUNDAY, 10 A.M.-NOON

Sensory Friendly Morning

Santa Fe Children's Museum. See Sept. 22 listing.

27 SUNDAY, 1-4 P.M.

Annual Día de los Muertos/Day of the Dead Celebration

Traditional altars, seasonal refreshments, music, sugar skull decorating and hands-on art projects for all ages. Free. Museum of International Folk Art, 706 Camino Lejo, Santa Fe, (505) 476-1200.

27 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

28 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

28 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

29 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

29 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

29 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

29 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

29 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

29 TUESDAY, 5-7 P.M.

Weird Science

Dress up in costume and experience hands-on science activities with local guest scientists. Santa Fe Children's Museum, 1050 Old Pecos Trail, Santa Fe, (505) 989-8359.

30 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

30 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

30 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

30 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

30 WEDNESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

30 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

30 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

30 WEDNESDAY, 10:30-11 P.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

31 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

31 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

31 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

31 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

NOVEMBER

1 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

1 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

1 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

1 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

1 FRIDAY, 5-7 P.M.

First Friday Art Activity

Georgia O'Keeffe Museum. See Sept. 6 listing.

1 FRIDAY, 5-7 P.M.

First Friday Evening

New Mexico Museum of Art. See Sept. 6 listing.

1 FRIDAY, 6 AND 7 P.M.

First Friday Fractals

New Mexico Museum of Natural History and Science. See Sept. 6 listing.

1 FRIDAY, 8 AND 9 P.M.

Fractals Rock!

New Mexico Museum of Natural History and Science. See Sept. 6 listing.

2 SATURDAY, 10:30 A.M.-NOON

¡Vamos al Museo!

National Hispanic Cultural Center. See Oct. 5 listing.

2 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

3 SUNDAY, 9 A.M.-5 P.M.

Free Entry at the Museum of Natural History

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

Fall 2019 Calendar – November

3 SUNDAY, 10 A.M.-5 P.M.

Free First Sundays

Museum of Indian Arts and Culture, 710 Camino Lejo; Museum of International Folk Art, 706 Camino Lejo; New Mexico History Museum, 113 Lincoln Avenue; and the New Mexico Museum of Art, 107 West Palace Avenue. See Sept. 1 listing.

3 SUNDAY, 11 A.M.-NOON

Family Mornings at Folk Art

An all-ages program featuring story time, hands-on art activities and explorations in the galleries, free for New Mexico residents. Museum of International Folk Art, 706 Camino Lejo, (505) 474-0002.

3 SUNDAY, 11 A.M.-11:30 P.M.

Safe Medication Practices for Life

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

3 SUNDAY, 1-1:30 P.M.

Safe Medication Practices for Life

New Mexico Museum of Natural History and Science. See Sept. 1 listing.

3 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

4 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

4 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

4 MONDAY, 6-7 P.M.

Hospital Tour for Expecting Couples

Christus St. Vincent's Regional Medical Center. See Sept. 9 listing.

5 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

5 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

5 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

5 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

5 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

6 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

6 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

6 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time

Southside Branch Library. See Sept. 4 listing.

6 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

6 WEDNESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.



Sun and Flower by Ayden

6 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

6 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

6 WEDNESDAY, 10:30-11 P.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

7 THURSDAY, 10 A.M.-6 P.M.

Book Sale

Purchase used books, DVDs, music CDs and more to support the Vista Grande Public Library. Vista Grande Public Library, 14 Avenida Torreon, Santa Fe, (505) 466-7323.

7 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts

Santa Fe Children's Museum. See Sept. 5 listing.

7 THURSDAY, 10:45-11:15 A.M.

Books & Babies

Southside Branch Library. See Sept. 5 listing.

7 THURSDAY, 11-11:45 A.M.

Preschool Story Time

Main Library. See Sept. 5 listing.

7 THURSDAY, 1-2 P.M.

La Leche League

Indigo Baby. See Sept. 12 listing.

7 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!

Santa Fe Children's Museum. See Sept. 5 listing.

8 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

8 FRIDAY, 10 A.M.-6 P.M.

Book Sale

Vista Grande Public Library. See Nov. 7 listing.

8 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

9 SATURDAY, 10 A.M.-4 P.M.

Book Sale

Vista Grande Public Library. See Nov. 7 listing.

9 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

10 SUNDAY, 10 A.M.-4 P.M.

Book Sale

Vista Grande Public Library. See Nov. 7 listing.

10 SUNDAY, 3-4 P.M.

Snake Sunday

Santa Fe Children's Museum. See Sept. 1 listing.

11 MONDAY, 10:30-11:30 A.M.

Monday Storytimes

Bee Hive Books. See Sept. 2 listing.

11 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

11 MONDAY, 5:30-7:30 P.M.

Grandparents Raising Grandchildren

Los Alamos Family Strengths Network. See Sept. 9 listing.

12 TUESDAY, 10:30-11 A.M.

Books & Babies

Main Library. See Sept. 3 listing.

12 TUESDAY, 10:30-11:15 A.M.

Preschool Story Time

Oliver La Farge Branch Library. See Sept. 3 listing.

12 TUESDAY, 11-11:30 A.M.

Story Time

Vista Grande Public Library. See Sept. 3 listing.

12 TUESDAY, 3-4:30 P.M.

After School Reading Club

Vista Grande Public Library. See Sept. 10 listing.

12 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Oliver La Farge Branch Library. See Sept. 3 listing.

13 WEDNESDAY, 9-11 A.M.

Wee Wednesday

Santa Fe Children's Museum. See Sept. 4 listing.

Kenpo 5.0

After School Program

Currently servicing Turquoise Trail,
Amy Biehl, Nina Otero, Pinon,
Nava, Wood Gormley, EJ Martinez,
Chaparral, Kearney, Atalaya, Santo
Nino, and Cesar Chavez

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Make
yourself
amazing!

Kids Martial
Arts Program

Tiny Tigers
(ages 3-4)
Little Dragons
(ages 5-6)
Kids
(ages 6-12)
Teens
(ages 13 & up)




Fall 2019 Calendar – November

13 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies
Main Library. See Sept. 4 listing.

13 WEDNESDAY, 10:45-11:30 A.M.

Preschool Story Time
Southside Branch Library. See Sept. 4 listing.

13 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

13 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Southside Branch Library. See Sept. 4 listing.

13 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club
Main Library. See Sept. 4 listing.

13 WEDNESDAY, 10:30-11 P.M.

Books & Babies
Oliver La Farge Branch Library. See Sept. 4 listing.

14 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts
Santa Fe Children's Museum. See Sept. 5 listing.

14 THURSDAY, 10:45-11:15 A.M.

Books & Babies
Southside Branch Library. See Sept. 5 listing.

14 THURSDAY, 11-11:45 A.M.

Preschool Story Time
Main Library. See Sept. 5 listing.

14 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!
Santa Fe Children's Museum. See Sept. 5 listing.

15 FRIDAY, 8:30-10:30 A.M.

Open House at Rio Grande School
Meet the educators and staff members, see the students in action, take a campus tour and learn about tuition assistance programs. Rio Grande School, 715 Camino Cabra, (505) 983-1621.

15 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity
Santa Fe Botanical Garden. See Sept. 6 listing.

15 FRIDAY, 2-4 P.M.

Fine Art Friday
Santa Fe Children's Museum. See Sept. 6 listing.

15 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles
Los Alamos Nature Center. See Sept. 6 listing.

15 FRIDAY, 3-5 P.M.

All Ages Chess Club
Vista Grande Public Library. See Sept. 6 listing.

15 FRIDAY, 5-9 P.M.

21st Annual Recycle Santa Fe Art Festival
A weekend of family-friendly activities,

recycled art market, student recycled art exhibits, make-and-take recycled art projects, and the famous Trash Fashion and Costume contest for children and adults, Friday at 7 p.m. General admission \$5 on Friday, free Saturday (9 a.m.-5 p.m.) and Sunday (10 a.m.-5 p.m.). Santa Fe Convention Center, 201 West Marcy Street, www.recyclesantafe.org.

15 FRIDAY, 6:30 TO 16 SATURDAY, 8 A.M.

Aquarium Overnight
ABQ BioPark Aquarium. See Sept. 20 listing.

15 FRIDAY, 7-9 P.M.

Family Movie Night
Vista Grande Public Library. See Sept. 13 listing.

16 SATURDAY, 9 A.M.-5 P.M.

21st Annual Recycle Santa Fe Art Festival
Santa Fe Convention Center. See Nov. 15 listing.

16 SATURDAY, 1-3 P.M.

Science Saturdays
Santa Fe Children's Museum. See Sept. 7 listing.

17 SUNDAY, 10 A.M.-5 P.M.

21st Annual Recycle Santa Fe Art Festival
Santa Fe Convention Center. See Nov. 15 listing.

17 SUNDAY, 3-4 P.M.

Snake Sunday
Santa Fe Children's Museum. See Sept. 1 listing.

18 MONDAY, 10:30-11:30 A.M.

Monday Storytimes
Bee Hive Books. See Sept. 2 listing.

18 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

19 TUESDAY, 10:30-11 A.M.

Books & Babies
Main Library. See Sept. 3 listing.

19 TUESDAY, 11-11:30 A.M.

Story Time
Vista Grande Public Library. See Sept. 3 listing.

19 TUESDAY, 3-4:30 P.M.

After School Reading Club
Vista Grande Public Library. See Sept. 10 listing.

19 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Oliver La Farge Branch Library. See Sept. 3 listing.

20 WEDNESDAY, 9-11 A.M.

Wee Wednesday
Santa Fe Children's Museum. See Sept. 4 listing.

20 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies
Main Library. See Sept. 4 listing.

20 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

20 WEDNESDAY, 3-4:30 P.M.

After School Reading Club
Vista Grande Public Library. See Sept. 10 listing.

20 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Southside Branch Library. See Sept. 4 listing.

20 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club
Main Library. See Sept. 4 listing.

20 WEDNESDAY, 10:30-11 P.M.

Books & Babies
Oliver La Farge Branch Library. See Sept. 4 listing.

21 THURSDAY, 10:30 A.M.-12:30 P.M.

Seeds and Sprouts
Santa Fe Children's Museum. See Sept. 5 listing.

21 THURSDAY, 10:45-11:15 A.M.

Books & Babies
Southside Branch Library. See Sept. 5 listing.

21 THURSDAY, 4-6:30 P.M.

Thursdays are Yours!
Santa Fe Children's Museum. See Sept. 5 listing.

22 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity
Santa Fe Botanical Garden. See Sept. 6 listing.

22 FRIDAY, 2-4 P.M.

Fine Art Friday
Santa Fe Children's Museum. See Sept. 6 listing.

22 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles
Los Alamos Nature Center. See Sept. 6 listing.

22 FRIDAY, 3-5 P.M.

All Ages Chess Club
Vista Grande Public Library. See Sept. 6 listing.

23 SATURDAY, 10 A.M.-NOON

Train Club
Santa Fe Children's Museum. See Sept. 14 listing.

23 SATURDAY, 1-3 P.M.

Science Saturdays
Santa Fe Children's Museum. See Sept. 7 listing.

24 SUNDAY, 10 A.M.-NOON

Sensory Friendly Morning
Santa Fe Children's Museum. See Sept. 22 listing.

24 SUNDAY, 3-4 P.M.

Snake Sunday
Santa Fe Children's Museum. See Sept. 1 listing.

25 MONDAY, 10:30-11:30 A.M.

Monday Storytimes
Bee Hive Books. See Sept. 2 listing.

25 MONDAY, 4-5 P.M.

Yoga for Pregnant Women and New Moms
United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

26 TUESDAY, 10:30-11 A.M.

Books & Babies
Main Library. See Sept. 3 listing.

26 TUESDAY, 4-4:30 P.M.

Bilingual Books & Babies
Oliver La Farge Branch Library. See Sept. 3 listing.

27 WEDNESDAY, 9-11 A.M.

Wee Wednesday
Santa Fe Children's Museum. See Sept. 4 listing.



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Sept. 22, Oct. 20 Nov. 3
1:00—3:00

HIGH SCHOOL: 10, 11, 12
1607 Paseo de Peralta,

OPEN HOUSE DAYS:
Sept. 19, Nov. 14
5:00-7:00 p.m.

caminodepaz.net 505-231-2819 high school@caminodepaz.net

Fall 2019 Calendar – November/Ongoing Events

27 WEDNESDAY, 10:30-11 A.M.

Bilingual Books & Babies

Main Library. See Sept. 4 listing.

27 WEDNESDAY, 11 A.M.-NOON

Yoga for Pregnant Women and New Moms

United Way Early Learning Center at Agua Fria. See Sept. 2 listing.

27 WEDNESDAY, 4-4:30 P.M.

Bilingual Books & Babies

Southside Branch Library. See Sept. 4 listing.

27 WEDNESDAY, 5:45-7:45 P.M.

Children's Chess Club

Main Library. See Sept. 4 listing.

27 WEDNESDAY, 10:30-11 P.M.

Books & Babies

Oliver La Farge Branch Library. See Sept. 4 listing.

27 WEDNESDAY – 29 FRIDAY

Santa Fe Public Schools Closure

All Santa Fe Public Schools are closed for Thanksgiving Break.

29 FRIDAY, 10-11 A.M.

Garden Sprouts Pre-K Activity

Santa Fe Botanical Garden. See Sept. 6 listing.

29 FRIDAY, 2-4 P.M.

Fine Art Friday

Santa Fe Children's Museum. See Sept. 6 listing.

29 FRIDAY, 3-4 P.M.

Nature Up Close: Reptiles

Los Alamos Nature Center. See Sept. 6 listing.

29 FRIDAY, 3-5 P.M.

All Ages Chess Club

Vista Grande Public Library. See Sept. 6 listing.

29 FRIDAY, 7-9 P.M.

Circus Luminous

Wise Fool presents Circus Luminous, local acrobats, aerialists, dancers and musicians in daring feats of wonder. Ticket prices vary. The Lencis Theater, 211 West San Francisco Street, (505) 988-1234.

30 SATURDAY, 1-3 P.M.

Science Saturdays

Santa Fe Children's Museum. See Sept. 7 listing.

30 SATURDAY, 2-4 P.M.

Circus Luminous

The Lencis Theater. See Nov. 29 listing.

30 SATURDAY, 7-9 P.M.

Circus Luminous

The Lencis Theater. See November 29 listing.

ONGOING EVENTS

Museums, cultural centers and other nonprofit organizations within an easy drive of Santa Fe offering exhibits, programming and activities for families.

ABQ BIOPARK: ZOO, AQUARIUM AND BOTANIC GARDEN

Open daily 9 a.m. to 5 p.m. Admission options: Buy a ticket to Zoo only, Aquarium/Botanic Garden

or "BioPark Combo" for all three. Call for prices. Closed on Thanksgiving. Zoo, 903 Tenth Street, Albuquerque; Botanic Garden and Aquarium, 2601 Central Avenue NW, Albuquerque. (505) 768-2000, www.cabq.gov/biopark.

ABQ BIOPARK: TINGLEY BEACH

Fish, hike, relax or sail a model boat. Open daily year-round from sunrise to sunset. Free. 1800 Tingley Drive SW, Albuquerque. (505) 768-2000, www.cabq.gov/biopark.

BATAAN MEMORIAL MUSEUM

Artifacts from the Bataan Death March, Medal of Honor ribbons and biographies. Private tours available; call to arrange. Open Tuesday through Saturday, 10 a.m. to 4 p.m. 1050 Old Pecos Trail, Santa Fe. (505) 474-1670, www.bataanmuseum.com.

BRADBURY SCIENCE MUSEUM

Displays, videos and interactive exhibits on the history of the atomic bomb and contemporary research conducted at Los Alamos National Laboratory. Open Tuesday through Saturday 10 a.m. to 5 p.m.; Sunday and Monday 1 to 5 p.m. Closed on Thanksgiving. 1350 Central Avenue, Los Alamos. (505) 667-4444, www.lanl.gov/museum.

EL MUSEO CULTURAL DE SANTA FE

Nonprofit organization that preserves, protects and promotes the Hispano art, culture and traditions of northern New Mexico. Popular venue for classes and community events. Open Tuesday through Saturday 1 to 5 p.m. Call or visit website to view calendar for upcoming events. 555 Camino de la Familia, in the Santa Fe Railyard. (505) 992-0591, www.elmuseocultural.org.

EL RANCHO DE LAS GOLONDRINAS

Living history museum located on 200 acres just south of Santa Fe, dedicated to the history, heritage and culture of 18th and 19th century New Mexico. Open Wednesday through Sunday through October 6, 10 a.m. to 4 p.m. Limited admission after 3 p.m. A free daily-guided tour is available with admission at 10:30 a.m., except for festivals and theme weekends. Adults \$6; seniors and ages 13 to 17 \$4; under 12 free; prices for special events vary. 334 Los Pinos Road, Santa Fe. (505) 471-2261, www.golondrinas.org.

EXPLORA

Family-oriented science center creating opportunities for discovery through interactive experiences in science, technology and art for all ages. Children and toddlers must be accompanied by a paying adult. Open Monday through Saturday 10 a.m. to 6 p.m.; Sunday noon to 6 p.m. Ages 12 and up \$10; seniors, students and military with ID \$7; ages 1 to 11 \$6; under age 1 free. Closed the week after Labor Day (Sept. 3-9) and on Thanksgiving. 1701 Mountain Road NW, Albuquerque. (505) 224-8300, www.explora.us.

GEORGIA O'KEEFFE MUSEUM

Dedicated to the Georgia O'Keeffe's life, art and role in the history of American Modernism. Revolving exhibitions, education programs, family and youth programs. Open daily 10 a.m. to 5 p.m.; Friday 10 a.m. to 7 p.m. General admission \$13; New Mexico residents with ID free on the first Friday of the month; seniors and students over 18 with ID \$11; ages 17 and under free. Closed on Thanksgiving. 217 Johnson Street, Santa Fe. (505) 946-1000, www.okeeffemuseum.org.

HARWOOD MUSEUM OF ART

University of New Mexico-affiliated collection of historic and contemporary art and culture of northern New Mexico. Many family activities and events. Open Tuesday through Friday 10 a.m. to 5 p.m.; Saturday and Sunday noon to 5 p.m. Adults \$10; seniors, students and AAA members \$8; ages 18 and under free; free to UNM faculty and students, military and their families, and Taos County residents on Sundays with proof of residence. Closed on Thanksgiving. 238 Ledoux Street, Taos. (575) 758-9826, www.harwoodmuseum.org.

LEONORA CURTIN WETLAND PRESERVE

Adjacent to El Rancho de Las Golondrinas south of Santa Fe, this 35-acre nature preserve of the Santa Fe Botanical Garden hosts a diversity of plants and wildlife, trails with numbered interpretive markers, a pond and docents to answer questions. Open May through October, Saturday and Sunday, 9 a.m. to 3 p.m. Early opening at 7:30 a.m. on every third Saturday with \$5 early entrance fee. Donation. (505) 471-9103, www.santafebotanicalgarden.org/visit-us/leonora-curtin-wetland-preserve.

MUSEUM OF CONTEMPORARY NATIVE ARTS

The country's premier museum of contemporary Native arts, with 7,500 artworks across media created in 1962 or later. Open Monday and Wednesday through Saturday, 10 a.m. to 5 p.m.; Sunday noon to 5 p.m. Adults \$10; seniors, students and New Mexico residents with ID \$5; Native

people, veterans and their families, and under age 17 free; New Mexico residents free on Sunday. Closed on Thanksgiving. 108 Cathedral Place, Santa Fe. (505) 983-8900, www.iaia.edu/museum.

MEOW WOLF

Meow Wolf's House of Eternal Return is a unique immersive art experience based on non-linear storytelling and exploration through strange, but familiar, realms. Sunday to Thursday 10 a.m. to 8 p.m.; Friday and Saturday 10 a.m. to 10 p.m.; closed Tuesday. Summer hours, open every day at 9 a.m. (except Tuesdays). Adults \$29; children \$21; seniors \$25; free to children under 3. New Mexico residents: Adults \$24; Children \$17; senior/military, \$22. Must purchase tickets online, after 6 p.m. tickets sold at front desk. 1352 Rufina Circle, Santa Fe. (505) 780-4458, www.meowwolf.com

MUSEUM OF INDIAN ARTS AND CULTURE

Stories of peoples indigenous to the Southwest, including displays from prehistory through contemporary art. November to May open Tuesday through Sunday, 10 a.m. to 5 p.m. May to October open daily 10 a.m. to 5 p.m. General admission \$12; New Mexico residents \$7 daily and free on the first Sunday of every month; New Mexico seniors with ID \$7, free on Wednesdays; New Mexico students with an ID, \$7; ages 16 and under free. Closed on Thanksgiving. Museum Hill, 710 Camino Lejo, Santa Fe. (505) 476-1250, www.indianartsandculture.org.



Make a difference in her life – and yours.



September is National Hunger Action Month

Visit thefooddepot.org for daily challenges to help end hunger in Northern New Mexico. Follow on social media #TFDHAM2019.



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505-471-1633**

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Fall 2019 Calendar – Ongoing Events

MUSEUM OF INTERNATIONAL FOLK ART

Wide range of folk art displays, including long and short-term exhibitions, from around the world. May to October open daily, 10 a.m. to 5 p.m. November to April open Tuesday through Sunday, 10 a.m. to 5 p.m. Adults and seniors, \$12; New Mexico residents: adults and seniors, \$7; students, \$6 daily and free on the first Sunday of every month; New Mexico seniors with ID free on Wednesdays; ages 16 and under free. Museum Hill, 706 Camino Lejo, Santa Fe. (505) 476-1204, www.internationalfolkart.org.

MUSEUM OF SPANISH COLONIAL ART

The only museum in the country dedicated to the art of the Spanish colonial era. Special activities for families and children include a Costume Corner and Youth Art and Activity Center. Summer schedule (to Sept. 3), open seven days a week, 10 a.m. to 5 p.m. Winter schedule, open Tuesday through Sunday, 10 a.m. to 5 p.m. General admission \$10; free to New Mexico residents on Sundays; ages 16 and under free. Museum Hill, 750 Camino Lejo, Santa Fe. (505) 982-2226, www.spanishcolonial.org/museum.

NEW MEXICO HISTORY MUSEUM AND PALACE OF THE GOVERNORS

Explore New Mexico history from the pre-Columbian era through the Atomic Age, including the clash and melding of the regions' cultures. Features the Discovery Center for hands-on, self-paced family activities. Open Monday through Sunday, 10 a.m. to 5 p.m.; Closed Mondays November through April. Open for free to New Mexico residents on Fridays 5 p.m. to 7 p.m. May to October, and the first Friday of the month November to April. General admission \$12; New Mexico residents \$7 daily, free on the first Sunday of every month; under age 16 free; New Mexico seniors with ID free on Wednesdays. Closed on Thanksgiving. 113 Lincoln Avenue, Santa Fe. (505) 476-5200, www.nmhistory.org.

NEW MEXICO MUSEUM OF ART

Guided tours free with museum admission. Drop in and draw during regular museum hours (front desk provides sketchbooks and pencils). May to October, open Saturday through Thursday 10 a.m. to 5 p.m.; Friday 10 a.m. to 7 p.m. Will close at 5 p.m. 8/30 and 9/6. November to April, open Tuesday through Sunday 10 a.m. to 5 p.m.; Friday 10 a.m. to 7 p.m. on the first Friday of the month. General admission \$12; New Mexico residents \$7 daily and free on the first Sunday of every month; under age 16 free; New Mexico seniors with ID free on Wednesdays; free Friday evenings 5 p.m. to 7 p.m. Closed on Thanksgiving. 107 West Palace Avenue, Santa Fe. (505) 476-5041, www.nmartmuseum.org.

NEW MEXICO MUSEUM OF NATURAL HISTORY AND SCIENCE

Exhibits on the history of Earth, Planetarium and movies at the giant-screen Lockheed-Martin Dyna Theater. Open seven days a week, 9 a.m. to 5 p.m. Open 5:30 p.m. to 9 p.m. on the first Friday of the month. Closed on Thanksgiving. Museum admission: Adults \$8; seniors \$7 and free Wednesdays; ages 3 to 12 years \$5; free to New Mexico residents with ID on the first Sunday of every month. Separate admission fees for Dyna Theater and Planetarium. 1801 Mountain Road NW, Albuquerque. (505) 841-2800, www.nmnaturalhistory.org.



Sunflower and Hearts by Jazmyn

PAJARITO ENVIRONMENTAL EDUCATION CENTER

Nature center and outdoor education programs provide opportunities for people of all ages to explore the rich natural and cultural heritage of the Pajarito Plateau. Preschool and homeschool discovery programs, nature clubs, middle school and high school environmental clubs and many other activities. Registration required for most activities. Open Monday, Wednesday and Friday to Sunday from 10 a.m. to 4 p.m.; Tuesday 10 a.m. to 8 p.m.; closed Thursdays. Free. 2600 Canyon Road, Los Alamos. (505) 662-0460, www.pecnature.org.

RAILYARD ARTISAN MARKET

Local artists and craftspeople, farmers, ranchers and food artisans, musicians, refreshments and entertainment, in the heart of the Santa Fe Railyard. Open Sunday 10 a.m. to 4 p.m. Santa Fe Farmers Market, 1607 Paseo de Peralta, Santa Fe. (505) 983-4098, www.artmarketsantafe.com.

RALPH T. COE CENTER FOR THE ARTS

A collection of nearly 2000 objects from Africa, Oceania, Asia and North America. Get a personal, behind-the-scenes tour, converse with the curators and handle one-of-a-kind objects. Open every first Friday of the month, from 1 to 4 p.m. and for private tours upon request. Admission is free. 1590 B Pacheco

Street, Santa Fe. (505) 983-6372. www.coeartscenter.org/index.html.

RANDALL DAVEY AUDUBON CENTER AND SANCTUARY

Over 135 acres of striking landscapes and wildlife, bounded by the Santa Fe National Forest and Santa Fe River Watershed land. Activities include guided bird walks and hikes, and tours of the Randall Davey home. Trails and gardens open Monday through Saturday from 8 a.m. to 4 p.m. 1800 Upper Canyon Road, Santa Fe. (505) 983-4609, www.nm.audubon.org/randall-davey-audubon-center-sanctuary.

RIO GRANDE NATURE CENTER STATE PARK

270 acres of woods, meadows and farmland flourishing with native grasses, wildflowers, willows and cottonwoods, just outside of Albuquerque. Gates open 8 a.m. to 5 p.m. daily; visitor center open 10 a.m. to 5 p.m. Closed on Thanksgiving. Admission \$3 per vehicle. 2901 Candelaria NW, Albuquerque. (505) 344-7240, www.rgnc.org.

SANTA FE BOTANICAL GARDEN AT MUSEUM HILL

Eleven acres of gardens that celebrate, cultivate and conserve the botanical heritage and biodiversity of our region. November through March, open Wednesday through Sunday, from 10 a.m. to 4 p.m. Closed on Thanksgiving. Adults \$7; seniors and military \$6;

students and youth \$5; children 12 and under free. April through October, open daily 9 a.m. to 5 p.m., Adults \$10; New Mexico residents, \$9; seniors and military \$8; students and youth \$7; children under 12 free. Members always free. Museum Hill, 715 Camino Lejo, Santa Fe. (505) 471-9103, www.santafebotanicalgarden.org.

SANTA FE CHILDREN'S MUSEUM

A learning laboratory with exhibits and programs designed to cultivate habits of inquiry. Wednesday 9 a.m. to 5 p.m.; Thursday 10 a.m. to 6:30 p.m.; Friday and Saturday 10 a.m. to 5 p.m.; Sunday noon to 5 p.m. General admission \$7.50; children ages 16 and under \$5; free for children under age 1. Children under 16 free Thursdays after 4 p.m. Family memberships available. 1050 Old Pecos Trail, Santa Fe. (505) 989-8359, www.santafechildrensmuseum.org.

SANTA FE FARMERS MARKET

Over 150 active vendors selling hundreds of agricultural products, with locations in the Railyard and on the Southside. Railyard Farmers Market open Saturday and Tuesday, 7 a.m. to 1 p.m. June to September and from 8 a.m. to 1 p.m. October through May. 1607 Paseo de Peralta, Santa Fe. Southside Farmers Market open Tuesday 3 p.m. to 6 p.m. from July through September, outside the Presbyterian Medical Center, 4801 Beckner Road, Santa Fe. (505) 983-4098, www.santafefarmersmarket.com.

SANTA FE MOMMY MEETUP GROUP

For all moms (and dads!) who delight in having fun with their children, primarily ages 0 to 5 years old. Mommy Meetup offers play dates, parents' events, charity and educational events, and an online discussion board. \$16 annual dues. www.meetup.com/santafemoms.

SANTA FE PUBLIC LIBRARY

Main Library, 145 Washington Avenue, open Monday through Thursday, 10 a.m. to 8 p.m.; Friday and Saturday, 10 a.m. to 6 p.m.; Sunday 1 to 5 p.m.; 955-6781. Oliver La Farge Branch, 1730 Llano Street, open Monday through Wednesday, 10 a.m. to 8 p.m.; Thursday to Saturday, 10 a.m. to 6 p.m.; Sunday 1 p.m. to 5 p.m.; 955-4862. Southside Branch, 6599 Jaguar Drive, open Monday through Thursday, 10:30 a.m. to 8 p.m.; Friday and Saturday, 10:30 a.m. to 6 p.m.; Sunday 1 to 5 p.m. (505) 955-2820. www.santafelibrary.org.

VISTA GRANDE PUBLIC LIBRARY

Story times, family movie nights, reading programs and special events. Open Tuesday through Friday 10 a.m. to 6 p.m., Saturday, 10 a.m. to 4 p.m. 14 Avenida Torreon, Eldorado. (505) 466-7323, www.vglibrary.org.

WHEELWRIGHT MUSEUM OF THE AMERICAN INDIAN

Contemporary and historic Native American art with an emphasis on the Southwest. Talks, seminars, meet-the-artist receptions and many other events. General admission, \$8. Open daily 10 a.m. to 5 p.m. Closed on Thanksgiving. 704 Camino Lejo, Santa Fe. (505) 982-4636, www.wheelwright.org.

Please send us information about family events happening in December, January and February for our Winter 2019-2020 family events calendar. Email to calendar@sftumbleweeds.com. Deadline: Nov 1.

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CHRISTUS ST. VINCENT PRIMARY CARE

“Back to School” is Around the Corner



Make sure your family stays healthy by keeping up-to-date with your health care appointments. We are your convenient resource for routine check-ups, immunizations, scheduling sports physicals or caring for you when you are sick or hurt.

Well-child visits, sports physicals and immunizations should be scheduled in advance.

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Laboratory: **(505) 913-4160**
Urgent Care: **(505) 913-4180**

DeVargas Health Center

510 N. Guadalupe St., Suite C
Santa Fe, NM 87501
Provider Offices: **(505) 913-4660**

Arroyo Chamiso Pediatrics

465 St. Michael's Dr., Suite 200
Santa Fe, NM 87505
(505) 913-4901

Family Medicine Center

2025 S. Galisteo St., Suite A
Santa Fe, NM 87505
(505) 913-3450

Pojoaque Primary Care

5 Petroglyph Circle, Suite A
Pojoaque, NM 87506
(505) 455-1962

Rodeo Family Medicine

4001 Rodeo Rd.
Santa Fe, NM 87507
(505) 471-8994

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