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PARENT MAGAZINE

SEPTEMBER 2017

Enjoy the SEASON!

Hundreds of fun ideas inside
for central Iowa families to
partake in this fall

Pumpkin patches

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Fall bucket list

By Erin Huiatt

I am especially excited about this month's issue, as there are a lot of fun things to get you and your family out this season — pumpkin patches, apples orchards, festivals and more. I have created a fall bucket list for you to tear out and place on your refrigerator to help guide you through it all.

Des Moines Parent also teamed up with Des Moines Outdoors to create a family-friendly geocache challenge. What better way is there to enjoy the cool weather and color changes than to explore some of our favorite central Iowa parks and searching for geocaches?

Happy fall! ■



Erin Huiatt, editor
midwestmomandwife@gmail.com
Twitter - @desmoinesparent
Facebook - @desmoinesparent
Instagram - @midwestmomandwife
Twitter - @midwestmomandwife

Before heading to any event or activity, please double check times and locations. We try hard to keep everything accurate, but things do change without notice.

President & Publisher	Shane Goodman
Editor	Erin Huiatt
Vice President	Jolene Goodman
Advertising Sales Director	Dan Juffer
Advertising Executives	Ashlee Walton
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	Reagan Maher
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Graphic Designers	Celeste Tilton
	Karen Ericson
	Jordan Aust
Advertising Assistant	Kathy Summy
Digital/Distribution	Brent Antisdell
Distribution Manager	Bart Chelesvig
Phone:	515.953.4822
Fax:	515.953.1394
Website:	www.desmoinesparent.com
Address:	5619 N.W. 86th St., Suite 600 Johnston, Iowa 50131

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Apple Orchards in Central Iowa

There is nothing better than caramel apples, apple cider and apple pie in the fall, and you can find several places to get local apples in central Iowa. You can pick your own, or purchase them already picked.

Berry Patch Farm

62785 280th St.
Nevada, Iowa 50201
515-382-5138

Berry Patch Farm is located in Nevada and is not too far from Center Grove Orchard. They are known for letting you pick your own produce. There is no admission to pick. Only pay for the produce you take. To learn more about the farm, visit www.berrypatchfarm.com.



Center Grove Orchard

32835 610th Ave.
Cambridge, Iowa 50046
515-383-4354

Located in Cambridge between Ames and Ankeny. Loaded with fun activities for the whole family including apple picking, a pumpkin patch, farm animals, corn maze, corn pool, jumping pillow, hayrack rides, rubber duck races and much more. The farm store has pre-picked apples, apple cider, apple cider donuts, caramel apples, sauces and more. Ages 3 and older are \$12.95 Saturday and Sunday or \$9.95 Monday-Friday. Season passes are available. To learn more, visit www.centergroveorchard.com.

Deal's Orchard

1102 244th St.
Jefferson, Iowa 50129
515-386-8279

Deal's Orchard offers many apple varieties. They also offer a beautiful Apple Barn that is filled with great gifts, yummy apple treats and more. This year, their fall festival is being held Oct. 14-15. Do not miss it — there will be pony rides, a jumping pillow, a haunted house, a corn maze, wiggle cars, a corn pool, food, live music and lots more. To learn more, visit www.dealsorchard.com.

Happy Apple Celebrations

3408 Clarke St.
Norwalk, Iowa 50211
515-981-1095

Along with a children's play area, Happy Apple has plenty of activities for guests of all ages. In the summer and fall, enjoy hayrack rides through the countryside, fishing in the 7-acre pond and in the fall, pick your own apples from the orchard. To learn more, visit <http://happyapplecelebrations.com>.



Iowa Orchard

9875 Meredith Drive
Urbandale, Iowa 50322
515-276-0852

The Iowa Orchard is located right in the city of Urbandale. Don't be fooled by the name — they have lots of pumpkins and gourds available to pick from. They offer lots of varieties of apples. They also offer pies, apple cider, different sauces and much more.

On Friday, Saturday and Sunday, hayrack rides are running, which also include access to the hay bale slide, corn box, tire obstacle course, face painting and horseshoe toss.

There is an admission for the hayrack rides — \$4 per individual or \$15 for a family of four. No charge for ages 2 and younger. Tour packages are also available. To learn more, visit www.iowaorchard.com.

Wills Family Orchard

33130 Panther Creek Road
Adel, Iowa 50003
515-321-1847

This is a definite must this fall season. Located just west of Adel, they offer organic apples for picking, a pumpkin patch, farm animals and even a little store to shop at and paint your own gourd. There is no admission, but you do pay for whatever pumpkins and apples you pick. They host an Apple and Pumpkin Fest several weekends during the season. Check out their website for more details: www.willsfamilyorchard.com. ■



Link to original
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[http://
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Halloween Events in Central Iowa 2017

Celebrate the spooky season with one of these fun Halloween events happening in central Iowa.

PUMPKIN STORY TIME + DECORATING

Thursday, Oct. 5

6:15-7 p.m.

Clive Parks & Recreation

Enjoy an evening of pumpkin inspired stories, music and decorating. Every child will get his or her own miniature pumpkin to decorate and take home. Registration required at 515-453-2221. Learn more at www.cityofclive.com/government/parks-and-recreation.

HOLIDAY ART IN THE PARK

Monday, Oct. 16

5:30-6:30 p.m.

Urbandale Parks & Recreation

Join your friends as you make a Halloween themed craft. Located at Lions Park. Fee is \$8 for ages 5 to 11. Register with Urbandale parks and recreation. To learn more, visit www.urbandale.org/217/Recreation-Classes-Registration.

PUMPKIN CARVING AT IOWA ARBORETUM

Thursday, Oct. 19

5-8 p.m.

Test your carving skills and enjoy a hot bowl of chili, a warm piece of cornbread and a cool dessert. The pumpkins will be displayed during the Arboretum's Halloween events. RSVP at info@iowaarboretum.org.

AR"BOO"WEEN HALLOWEEN EVENT AT IOWA ARBORETUM

Saturday, Oct. 21

1-3 p.m.

Put on your favorite superhero, princess or creative costume and join the parade of activities and treats at the Arboretum. Scarecrows and pumpkins will be decorated for the holiday. Enjoy hayrides, the hay maze and games at this fun family Halloween event. To learn more, visit <http://iowaarboretum.org/plan-your-visit>.

AR "BOO" SCARE AT IOWA ARBORETUM

Saturday, Oct. 21

6-8:30 p.m.

As the sun sets over the Iowa Arboretum, the Halloween Ar "Boo" Scare event begins. Darkness, sounds of time past and hidden surprises set the stage for Halloween night. Walk the No Return Hidden Trail, and ride the Hayride to the Valley of Darkness. Bring a flashlight, wear a costume and enjoy the cool night air. Look for carved pumpkins, scarecrows and lots of treats and treasures at this event. To learn more visit <http://iowaarboretum.org/plan-your-visit/>.



PICK YOUR PUMPKIN

Saturday, Oct. 21

3:30-4 p.m.

Urbandale Public Swimming Pool

Pick your pumpkin night. There will be 50 pumpkins placed into the pool. Swim around and find the pumpkin that you want to take home to decorate. Located at the Urbandale swimming pool. For more details, visit www.urbandale.org/217/Recreation-Classes-Registration.

NIGHT EYES AT BLANK PARK ZOO

Oct. 19-22 and 26-29

Thursdays and Fridays: 5:30-8 p.m.

Saturdays and Sundays: 1-8 p.m.

Night Eyes at Blank Park Zoo has become the sweetest Halloween fun in central Iowa and this year's 25th annual event will continue the tradition. Be sure to attend and see all the magical characters, take a ride on the train and gather as many sweet treats as you can. To learn more, visit www.blankparkzoo.com/events/night-eyes. Non-member \$6. Member \$5.

FAMILY HALLOWEEN AT LIVING HISTORY FARMS

Oct. 19-22 and Oct. 26-29

Horse-drawn wagon rides, storytellers, pumpkin bowling and scarecrow and jack-o-lantern displays delight all during this non-scary family event. Children aged 12 and younger can trick or treat through town and they will have free pop and popcorn for all. Children 2 and younger are free. Adults \$7, Children \$6.50. To learn more, visit www.lhf.org/event/family-halloween.

HOORAY FOR HALLOWEEN

Tuesday, Oct. 24

6-7 p.m.

Urbandale Parks & Recreation

It will be a spooktacular night. Children should dress in their favorite costumes and bring a sack for trick or treat candy. They will make Halloween crafts, decorate Halloween cookies and play Halloween games. Registration deadline is Oct. 17. For ages 2-12 years, \$8 fee. Register with Urbandale Parks and Recreation. Located at Giovannetti Shelter. For more details, visit www.urbandale.org/217/Recreation-Classes-Registration.

THE GREAT PUMPKIN PARTY AT VALLEY CHURCH

Oct. 16, 6-8 p.m. — Special Needs Night

Oct. 17 and 18, 6-8 p.m.

Each year Valley Church puts on an extravagant and fun party to celebrate fall and Halloween. The entire community is invited out to wear their non-scary costumes and enjoy lots of activities including giant inflatables, pony rides, petting zoo, Jesse Joyner Juggling and Illusions, carnival games, free popcorn and much more. The Iowa

League of Heroes will be there along with some of your favorite princesses. All of the fun is split between two locations — Valley Church and the Valley Community Center. If you are not familiar with the location, they are right across the street from each other. To learn more, visit www.valley-church.com/greatpumpkinparty.

HALLOWEEN HOOPLA AT RACCOON RIVER LODGE

Friday, Oct. 20

5:30-7:30 p.m.

Raccoon River Nature Lodge

Halloween is lurking just around the corner, and this haunted holiday would not be complete without a fun, family friendly event at Raccoon River Park. Come on out and join the freaky festivities. Decorate pumpkins and enjoy a ride on the witch's wagon around the lake. You will be treated to Count Dracula's blood while making your own skeleton s'mores. Please note that all children must be supervised by a paying adult to participate in the evening festivities and to ride the hayrack. Ages 12 and older are \$6, ages 2-11 are \$4, younger than 2 years are free. To learn more, visit www.wdm.iowa.gov/home/showdocument?id=17749.



BLESSING OF THE ANIMALS

October 4 at 6:15 p.m.

CHILDREN'S SABBATH

October 22 at 10:15 a.m.



3829 Grand Avenue
Des Moines, Iowa 50312
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3001-99TH STREET, URBANDALE ∞ 515-276-4191

Halloween Events continued...

SPIRITS IN THE GARDEN

Saturday, Oct. 21 and Sunday, Oct. 22
4-9 p.m.

Reiman Gardens

All are welcome to join in the spooky fun by attending in costume. As part of a new, astounding display, see 650 carved pumpkins lit against the evening sky. Trick or treat at Reiman Gardens and do activities. Enjoy storytelling by Jerri Heid from the Ames Public Library and more. Come dressed in costume and bring a bag to collect candy. No registration required. Admission is \$8. To learn more, visit www.reimangardens.com.

Schedule:

4-7 p.m. Trick or treat

4-7 p.m. Crafts in the Garden Room

6:30-9 p.m. Jack-O'-Lantern Walk

PUMPKIN WALK IN VALLEY JUNCTION

Sunday, Oct. 29

2-5 p.m.

Join the Halloween fun as children show off their costumes and travel through Historic Valley Junction. This is a free event. There will be children's activities at select shops, hayrack rides and free pumpkins. To learn more, visit www.valleyjunction.com/event/pumpkin-walk-chillin-junction.

HALLOWEEN HIKE AT ANNETT NATURE CENTER

Monday, Oct. 23

6:30-7:30 p.m.

Join Warren County Conservation for their annual Halloween Hike. Trek down the jack-o'-lantern lit trail and meet dressed up nature characters along the way. Afterwards, enjoy a craft and a snack in the nature center. The event is \$2 for children and \$3 for adults. Pre-register by calling 515-961-6169 and signing up for a time slot. Hikes leave at 6:30, 6:40, 6:50, 7:00, 7:10 and 7:20 p.m.

TRICK OR TREAT NIGHT AT HOMEMAKERS

Thursday, Oct. 26

5-7 p.m.

This is a great event that's enjoyable for parents and kids. Dress up the kids and head to Homemakers for free, family fun. Kids can trick or treat around the store, and parents will love the indoor, low-key environment. It's a great option should the weather be rainy or cold. Plus, you can secretly shop while your kids are collecting candy. To learn more, visit www.homemakers.com/events.

HALLOWEEN HOP AT CLIVE PUBLIC LIBRARY

Thursday, Oct. 26 6:15-7 p.m.

Friday, Oct. 27; 10-10:45 a.m.

Celebrate Halloween at the library with a costume dance party. They will pull out some of their favorite Halloween tunes along with treats and not so spooky fun. Registration required at 515-453-2221. To learn more, visit <http://www.cityofclive.com/government/parks-and-recreation>

MYSTERIES OF THE CASTLE AT SALISBURY HOUSE

Saturday, Oct. 28

10 a.m. to 3 p.m.

The spooktacular family friendly Halloween party encourages children to come in costume and enjoy interactive and craft activities, science experiments with Mad Science of Iowa, museum scavenger hunt, face painting, storytelling, balloon art, University of Iowa Mobile Museum, live children's entertainment, trick-or-treating and much more. This is a fun, festive and safe activity for the whole family to enjoy. Find more details at <http://salisburyhouse.org>.

GRIMES COMMUNITY CENTER HALLOWEEN FEST

Saturday, Oct. 28

4-7 p.m.

The gym will be packed with inflatables, activities around the facility and candy for all at the booths set up. Admission is \$1 per person or \$5 max per family. Ages 2 and younger are free. To learn more, visit www.grimesiowa.gov/parksandrecreation.

COSTUME WEEKEND AT CENTER GROVE ORCHARD

Saturday and Sunday, Oct. 28 and 29

Put on your costumes and come to the farmyard. The staff will be dressed in their festive costumes, handing out candy at many different trick or treat locations. For more details, visit <https://centergroveorchard.com/events>. ■



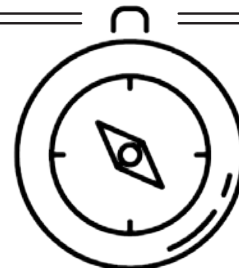
Link to original story: <http://desmoinesparent.com/halloween-events-in-central-iowa-2017>



Family Friendly Geocache Challenge #1

Find all 5 geocaches and check out some new places to play and explore on the metro's west side. All caches are less than a half mile from the parking lot, and hidden in an easily accessible spot with lots of kid treasures inside.

Visit <http://bit.ly/dsmofgeo1> for more details or geocaching guidance.



Cache 1 | Colby Park

69th St. and School St., Windsor Heights, IA 50324

What to expect: Park in the main/only lot. There are two playgrounds here, a Little Free Library, and it connects to the paved Clive Greenbelt Trail.

Coordinates:

N 41° 35.668 W 093° 42.791

Geocaching.com Code:

GC7AJMC



Cache 2 | Greenbelt Park off 100th St.

10490 Maddox Pkwy., Clive, IA 50325

What to expect: To be closest to the cache, drive to the back and park by the playground. There is one playground and it connects to the paved Clive Greenbelt Trail. There is creek splashing access and several bridges.

Coordinates:

N 41° 36.599 W 093° 45.676

Geocaching.com Code:

GC7AJMK



Cache 3 | Southwoods Park

350 S. 35th St., West Des Moines, IA 50265

What to expect: Park in the main/only lot. This is a hiking/nature park ONLY, with a disc golf course. There is a paved path that connects to a dirt nature trail that goes down to creek splashing access.

Coordinates:

N 41° 33.957 W 093° 45.099

Geocaching.com Code:

GC7AJMR



Cache 4 | Walker Johnston Park

9000 Douglas Ave., Urbandale, IA 50322

What to expect: To be closest to the cache, park in the lot closest to the tennis courts (drive past the skateboard park). There are several playgrounds here, a skateboard park, a fishing pond, and it is connected to paved trails.

Coordinates:

N 41° 37.644 W 093° 44.725

Geocaching.com Code:

GC7AJNA



Cache 5 | Wildwood Park

12385 Woodlands Pkwy., Clive, IA 50325

What to expect: Park in the main lot. There are two playgrounds and paved trails.

Coordinates:

N 41° 36.535 W 093° 49.904

Geocaching.com Code:

GC7AJYT

The Great Pumpkin Party 2017

By Erin Huiatt

A fall tradition for our family has been to attend the The Great Pumpkin Party at Valley Church.

Each year Valley Church puts on an extravagant and fun party to celebrate fall and Halloween. The entire community is invited out to wear their non-scary costumes and enjoy lots of activities including giant inflatables, pony rides, petting zoo, Jesse Joyner Juggling and Illusions, carnival games, free popcorn and much more. The Iowa League of Heroes will be there along with some of your favorite princesses.

All of the fun is split between two locations, Valley Church and the Valley Community Center. If you are not familiar with the location, they are right across the street from each other.

Nearly 6,000 guests attended last year. Because of its popularity they offer it on two nights. This year the Great Pumpkin Party will be held on Tuesday, Oct. 17 and Wednesday, Oct. 18 from 6 to 8 p.m. If you have a child with special needs, they offer a special evening on Monday, Oct. 16 from 6 to 8 p.m.

This event is absolutely free and is made great by all of its wonderful volunteers. ■



Link to original post:
<http://desmoinesparent.com/the-great-pumpkin-party-2017>



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MOM'S MUSINGS: Dining Out with Youngsters

By Page Eastin

As any parent of a toddler can tell you, dining out with your child can be a nightmare. My son's lack of patience for sitting still in a restaurant, the mess he makes while eating and the high noise levels at which he operates often leave me sweaty, red-faced and stressed. I often wonder why I pay money to put myself through the headache.

There was a grace period after he was born during which time dining out was pleasant, and he would sleep peacefully in his infant carrier while I enjoyed a meal, and smiled back at the other patrons crooning over my precious, silent newborn. As time went on, the crooning ceased and I became sweatieer.

Most of the time, it's easier and more enjoyable for everyone if we simply eat at home. As life gets busier, sometimes the convenience of dining out appeals to me, particularly on nights where I don't feel like cooking and cleaning up afterwards. I also picture Ariel, the little mermaid combing her hair with a fork and tell myself that it's important that my son knows how to conduct himself in a restaurant.

I have summarized some tips that have proven to be effective for me as well as some local restaurants that seem to be kid-friendly.

Tips for dining out with kids

I bring a bag of toys that we only play with at restaurants. The novelty of the toys keeps my son's attention longer than the toys he regularly plays with at home. They aren't noisy or messy either, which helps reduce my stress level and I'm guessing — from my days waiting tables — the servers appreciate it too.

I order my son's meal when I place my drink order. Since whatever I order for him usually comes out at 1,000 degrees it allows it extra time to cool off. He's also a slow eater, so that gives him a little longer to finish eating. In the meantime, rather than spending money on an appetizer, I usually give him a smoothie pouch to hold him over and keep him occupied.

We practice using good manners and rehearse placing our orders. This is fun for him and he gets a kick out of the role playing. He usually gets shy again when the server comes, but he can generally squeak out a please and thank you which always makes my mama heart happy.



Family-friendly restaurants

The choice of restaurant is crucial. I don't want to set myself up for disaster and I don't want to ruin the dining experience of any other patrons. I choose places that are lively and a little noisy to drown out the animal sounds coming from our table. I also request a booth so I can pen my little guy in.

My top picks when I'm dining with my 3-year-old are:

1. Viva Mexican Restaurant

The margaritas are perfect for me. The kids' meals come with ice cream. The patio is lovely.

2. Gusto

We love pizza, especially the stuff from Gusto. The atmosphere is laid-back, and it's quick, which always helps.

3. Sakari Sushi Lounge

This place is almost always lively, the music is fun, and the service is top notch. The staff seem to enjoy helping to entertain my toddler which is an added bonus.

The most important tip to remember when dining out with wee ones is to cut yourself and your kid some slack. Try to enjoy the meal — and adult beverage — you're paying for and if all else fails, bust out your smart phone and turn on Peppa the Pig — no judgement allowed. ■

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Pumpkin Patches in Central Iowa

Going to the pumpkin patch is much more than just picking out a pumpkin, it is an experience. Central Iowa offers pumpkins, apples, activities, mazes and more. Check out the list below.

Center Grove Orchard

32835 610th Ave.
Cambridge, Iowa 50046
515-383-4354

Located in Cambridge between Ames and Ankeny. This orchard is loaded with fun activities for the whole family including apple picking, a pumpkin patch, farm animals, corn maze, corn pool, jumping pillow, hayrack rides, rubber duck races and much more. They have a store with already picked apples, apple cider, apple cider donuts, caramel apples, sauces and more. Ages 3 and older are \$12.95 Saturday and Sunday or \$9.95 Monday through Friday. Season passes are available for the farmyard. To learn more about events going on, visit www.centergroveorchard.com.

Deals Orchard

1102 244th St.
Jefferson, Iowa 50129
515-386-8279

Deal's Orchard offers a lot of apple varieties. There is also a beautiful apple barn that hosts great gifts, yummy apple treats and more. This year their fall festival will be held Oct. 14 and 15. There will be pony rides, a jumping pillow, a haunted house, a corn maze, wiggle cars, corn pool, food, live music and more. To learn more, visit www.dealsorchard.com.

Geisler Farms

5251 N.E. 94th Ave.
Bondurant, Iowa 50035
515-964-2640

Geisler Farms is so much more than a pumpkin patch. Open weekends Sept. 2 through Oct. 29. They offer a corn maze, hayride, kids fun zone and more. Check out the prices for pumpkins and gourds on their website <http://www.growingfamilyfun.com/>. Maze and hayride — \$8. Fun zone and hayride — \$5. Ages 2 and younger are free. The pumpkin patch is free.

Howell's Pumpkin Patch

3145 Howell Court
Cumming, Iowa 50061
515-981-0863

Open through Oct. 31, 10 a.m. to 6 p.m.

General admission is \$10. There are lots of pumpkins, mums, Indian corn, corn stalks, gourds, antique farm machinery and more. There is a corn maze, wiggle cars, pedal tractors, hay stacks for climbing, a giant slide, a corn box to play in and more. Don't forget the friendly barnyard with sheep, goats, pigs and chickens. To learn more, visit www.howellspumpkins.com.



Iowa Orchard

9875 Meredith Drive
Urbandale, Iowa 50322
515-276-0852

The Iowa Orchard is located right in the city of Urbandale. Don't be fooled by the name — they also have lots of pumpkins and gourds available to pick from. The Iowa Orchard offers lots and lots of varieties of apples. They also offer pies, apple cider, different sauces and much more. Beginning Sept. 23 through Nov. 5, weekends only — Friday, Saturday and Sunday — they offer hayrack rides, which also include access to the hay bale slide, corn box, tire obstacle course, face painting and horseshoe toss. There is an admission for the hayrack rides — \$4 per individual or \$15 for a family of four. No charge for ages 2 and younger. Visit their website for more details: www.iowaorchard.com.

The Pumpkin Ranch

2425 Hiatt Apple Trail
Winterset, Iowa 50273
515-490-9281

The Pumpkin Ranch will be open Fridays, Saturdays and Sundays. On Fridays, discounted admission is offered for \$7 per person. Ages 2 and younger are free. They are known for their mega corn maze, but they also have a jump pillow, zip lines, hayrack rides, horseback riding, toddler town and much more. Saturday and Sunday admission is \$9 per person. Pumpkins are 49 cents per pound and gourds are \$1-3 each, depending on size. They offer several events. Visit their website for more details: www.thepumpkinranch.com.



Pumpkinville and Cornmaze

618 Center Ave. S.

Mitchellville, Iowa 50169

515-710-2843

Pumpkinville is fun for all ages. It includes straw train, straw jump, will's worm, sack races, tug-a-pumpkin and granary. There is a big maze and mini maze. Large maze admission is \$7 per person; small maze admission is \$1 per person. Open daily 10 a.m. to 8 p.m. To learn more, visit www.pumpkinvillecornmaze.com.

Wills Family Orchard

33130 Panther Creek Road

Adel, Iowa 50003

515-321-1847

This is a definite must this fall season. Located just west of Adel, they offer organic apples for picking, a pumpkin patch, farm animals and a cute little store to shop at and paint your own gourd. There is no admission, but you do pay for whatever pumpkins and apples you pick. They host an Apple and Pumpkin Fest several weekends during the season. Check out their website for details: www.willsfamilyorchard.com. ■



Link to original post: <http://desmoinesparent.com/pumpkin-patches-central-iowa/>



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Can't-miss events around Des Moines



Friday Funday

Friday, Sept. 29, 9:30 a.m. to 1:30 p.m.

**Des Moines Playhouse, 831 42nd St.,
Des Moines**

Are your children interested in acting and theatre? Sign them up for Friday Funday at the Des Moines Playhouse. This month's performance is "The Reluctant Dragon." This program is great for preschools, child care centers, kindergarten classes and families. There are three different time slots. www.dmplayhouse.com

Parent's Night Out

Saturday, Sept. 30, 6-9 p.m.

Pump It Up, 4069 121st St., Urbandale

Make it a date night and drop the kids off at Pump it Up in Urbandale for Parent's Night Out. Cost of \$20 per child includes two slices of pizza, a drink, craft, jumping, sliding and playing. www.pumpitupparty.com/urbandale-ia



Fishing with a Firefighter

Saturday, Oct. 7, 9 a.m. to noon

Join the Johnston-Grimes Metropolitan Fire Department for Fishing with a Firefighter. Registration will begin at 9 a.m. This event will take place at Terra Park in Johnston. Fish from 9 to 11 a.m. Lunch will be served from 11 a.m. to noon. Free-will donations will be accepted. To learn more, visit the City of Johnston Facebook page.



Pumpkin Ranch

Saturday, Sept. 30, 10 a.m. to 1 p.m.

Visit the Pumpkin Ranch in Winterset. Not only will you be able to pick out a pumpkin and enjoy their activities, the Winterset Art Center will be there hosting free kid's art and crafts. www.thepumpkinranch.com



Pumpkin Express

Saturday, Oct. 7, 14 and 21, 10 a.m.

Ride the Pumpkin Express at the Boone & Scenic Valley Railroad. Departure time is 10 a.m. for all three dates. Enjoy a 90-minute train ride and a chance to select a pumpkin. Your children will receive an activity booklet and treat. www.bsvrr.com

Sensory Friendly Sunday

Sunday, Oct. 15, 1-3 p.m.

Walnut Creek YMCA, 948 73rd St., Windsor Heights

This will be an inclusive environment for families and children with special needs. There will be a designated sensory room, therapy dogs, light and sound reduction, bouncy houses and more. This event is free and open to the community. www.facebook.com/WalnutCreekYMCA



Great Iowa Pet Expo

Saturday, Oct. 2, 10 a.m. - 6 p.m.

and Sunday, Oct 22., 10 a.m. - 4 p.m.

Iowa State Fairgrounds

East University Avenue and East

30th Street, Des Moines

This is perfect for anyone who loves animals and pets. There is family entertainment, contests and more. <http://greatiowapetexpo.com>



Superhero 5K and Fun Run

Saturday, Oct. 21

Gray's Lake Park

2101 Fleur Drive, Des Moines

Join the Des Moines Parks and Recreation for this fun, family-friendly event. There will be great music, the Iowa League of Heroes and more. <https://apm.activecommunities.com/desmoinesparks>



Trick or Treat in Uptown Ankeny

Thursday, Oct. 26, 5-7 p.m.

Trick or treat your way through the town and stop at businesses with a lighted pumpkin. www.uptownankeny.org



Children and Families of Iowa Princess Party

Saturday, Oct. 21, 7:30-10 a.m.

Jordan Creek Town Center

101 Jordan Creek Parkway,

West Des Moines

The food court area will be transformed into a faraway land filled with princesses, crafts and Panera. Take pictures with the characters. www.cfiowa.ejoinme.org/2017PrincessParty



For more events around Des Moines, go to www.desmoinesparent.com/event-calendar



What do i do with all these apples?

You have visited all of central Iowa's apple orchards and pumpkin patches and now you have tons of apples but no idea what to do with them. Sure, an apple a day keeps the doctor away, but can you really eat one a day? There is nothing better than homemade applesauce cooking in a crockpot on a fall day. With these helpful tips, making it can be fun and easy.

Supplies

- Apples - lots of them — buy local.
- Sugar - about a cup
- Cinnamon - 2 tablespoons — more or less depending on preference.
- Water
- Crockpot
- Water bath - can be purchased on Amazon.
- Canning kit - can be purchased on Amazon or at Walmart.
- Pint mason jars - about 8 — can be purchased at a local grocery store.

Applesauce recipe

When making applesauce, it is really hard to do something wrong. There really is no wrong or right away of doing it. The amount of specific ingredients really matters to each individual, so don't hesitate to add something else such as nutmeg, vanilla or lemon — or omit something such as sugar or water.

1. Chop, core and peel about 10 to 12 apples
2. Put apples in the crockpot
3. Add about 1 cup of water
4. Add 1 tablespoon of cinnamon
5. Add 1/2 cup sugar
6. Let sit for three to four hours or until soft enough to mash.

Canning directions

1. Fill your water bath. You want to make sure there is 1-2 inches of water above your mason jars.
2. Wash your mason jars. I placed mine in the dishwasher and pulled them out when they were nice and hot.
3. Boil your lids and rings.
4. Pull out your hot mason jars and fill them with applesauce.



What Do I Do With All These Apples?! Applesauce & Canning Tutorial

#DesMoinesParent

5. Use your magnetic lid lifter from your canning kit to place the lid on top of the jar.
6. Use the jar wrench to tighten the ring on.
7. Place into water bath, making sure they are all covered with 1-2 inches of water.
8. Begin to boil the water (you can start boiling your water while you are filling your jars and placing the lids).
9. For applesauce you want to boil for 15 minutes.
10. Once finished remove from hot bath and place on towel.
11. Let sit for at least 12 hours.
12. You may hear popping — that means your lids are sealing. After the 12 hours — probably before — you can test the lids by pressing the center and they should not flex up and down. ■



Link to original post: <http://desmoinesparent.com/what-do-i-do-with-all-these-apples/>





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Central Iowa


FALL BUCKET LIST

- Visit your favorite Pumpkin Patch (Center Grove, Howell's, Pumpkin Ranch)
- Make a scarecrow.
- Make s'mores over an open fire.
- Take a family hike and take in all the Fall colors. Jester Park is a great place!
- Bake a fun pumpkin treat.
- Rake up leaves into a pile and jump in it.
- Carve and paint pumpkins.
- Drink apple cider.
- Roast pumpkin seeds.
- Go to Night Eyes at the Blank Park Zoo.
- Pick apples at your favorite apple orchard.
- Visit a haunted house.
- Attend the Beaverdale Fall Festival.
- Get lost in a corn maze.
- Go trick or treating.
- Make and eat caramel apples.
- Cheer on your favorite football team.
- Make chili.
- Parents: Make sure you get your Pumpkin Spice Latte.
- Watch your favorite Halloween movie. Hocus Pocus? Casper?
- Gather leaves and create leaf art.
- Make a "Thankful for" list.
- Visit Living History Farms for their Family Halloween Party.
- Do some fun Turkey crafts for Thanksgiving.
- Go on a hay ride.

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LEARNING STRUGGLES: ONE MOM'S STORY



**“WE JUST COULDN'T GO
THROUGH ANOTHER
SCHOOL YEAR LIKE
THE LAST ONE!”**

According to Karen, mother of two school-aged boys, homework was ruining their lives.

“Every night I would come home from work and spend hours helping my kids with their homework,” she remembers. “By the time we got done, it was time for bed.”

Karen's oldest son, Jacob, was in 5th grade. His teachers didn't see a problem because he was an A and B student. “But they weren't the ones at home watching him struggle,” Karen says. “He understood the material in class – the issue was that it took him forever to do the work.”

At the end of 5th grade, one of Jacob's teachers told Karen, “Your son is a pleasure to have in class, I just wish he would talk more!”

That was another red flag. At home, Jacob had plenty to say. Why wasn't he participating in the classroom? When Karen thought about that – and the many hours of homework – she knew something needed to change.

“With all the hours I had spent on homework, I felt that I had been through 5th grade myself! Looking forward, I did

NOT want to go to sixth grade in the fall, or to high school in a few years! I began looking for a solution.”

That summer, Karen enrolled Jacob in a LearningRx brain training program. She discovered that LearningRx doesn't teach (or reteach) information and ideas like tutoring does. Instead, brain training programs consist of intense (but fun) mental exercises that strengthen skills (like attention, memory, and logic) that the brain uses to think, remember and learn.

“Going through the program was life-changing for us,” Karen says.

Several weeks into 6th grade, Karen asked Jacob about his day at school. “It went good!” He grinned. “I volunteered to do some math problems on the boards.”

Karen couldn't believe her ears! The boy who labored for hours over homework and felt too insecure to talk in class was not only volunteering in class, he was also getting his homework done in record time – without any help from her at all!

“To have our lives totally change because of this program is just amazing,” says this happy mom.

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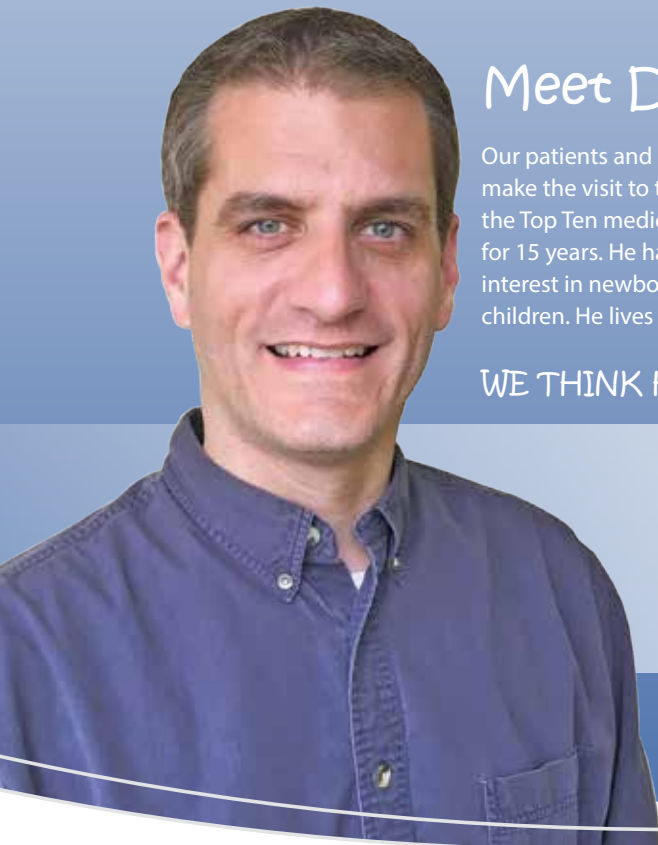
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