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contents

5 **EARTHTALK®**
Is Overfishing Affecting
the Evolution of Marine Life?

6 **MENTAL HEALTH**
Why Our Children Need to
Feel Sadness

10 **COMMUNITY SPOTLIGHT**
A Way to Recycle More
in Lane County

12 **CELEBRATIONS**
What To Do With All That
Halloween Candy

14 **EXPLORE NEARBY
NATURE**
Escape to the Real World

17 **FAMILY HEALTH**
A Trouble-Free Thanksgiving

20 **EDUCATION**
The Role That Mistakes
Play in Learning

22 **MOVIE REVIEWS**
Kids: *The Land of
Sometimes*
Parents: *The Devil
Wears Prada 2*

23 **RESCUE SPOTLIGHT**
Pupper: Terrance
Kitty: Trudy



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DANIEL HIESTAND

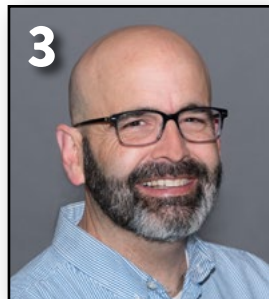
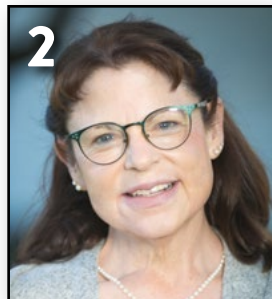


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DEAR EARTHTALK

Is overfishing affecting the evolution of marine life?

-- KATY, Y., FALMOUTH, MA

OVERFISHING

happens when fish are caught faster

than they can be replenished, resulting in an overall depletion of the fish population. This not only poses a threat to ocean health and biodiversity but also to the well-being of the people and communities that rely on fishing. A lesser-known consequence of overfishing is a phenomenon known as Fisheries-Induced Evolution (FIE).

FIE refers to the evolutionary pressure on marine populations resulting from excessively high fishing levels. Despite the deep-rooted assumption that evolution occurs over millions of years, FIE suggests that the gene pool of organisms can change in just a few decades. In fact, a recent study published in *Science* found that the average length of mature Eastern Baltic cod roughly halved from 40 cm in 1996 to 20 cm in 2019, suggesting that genetic changes have occurred over approximately 20 years. “When the largest individuals are consistently removed from the population over many years, smaller, faster-maturing fish gain an evolutionary advantage,” says Professor Thorsten Reusch,

senior author of the research and lead researcher in the marine ecology research division at the Geomar Helmholtz Centre.

and reduced size, skewing the gene pool and thus accelerating genetic evolution.

The legitimacy of FIE is



PHOTO: PEXELS.COM

Overfishing not only poses a threat to ocean health and biodiversity but also to the well-being of the people and communities that rely on fishing.

Marine populations are particularly vulnerable to FIE due to the aggressive nature of exploitative fishing practices. Trophy hunting and trawling often target the largest and fittest specimens, impacting the long-term health of the population. Over time, this shifts the species' traits toward early maturation

being widely contested in the scientific community, as not all scientists assign the same weight to overfishing in these genetic changes. Some researchers claim that it is unclear whether evolution occurs solely from human-driven pressures or an indirect effect due to changes in the environment. A Rutgers

University study found no strong correlation between overfishing and the Atlantic codfish population. The findings suggest that environmental stressors, like climate change, pollution and habitat loss, may exert greater influence on the evolutionary changes of marine organisms than overfishing alone. Yet one fact holds: Fish are removed from oceans beyond sustainable levels. This alone bends the course of evolution—if not alone, then as a co-actor with the climate and pollutants.

Since human activity accelerates these harms, our collective action can also reverse these trends. Governments can enforce regulations like lowering fishing quotas and limiting destructive practices. Citizens can choose sustainably sourced seafood and supporting marine conservation organizations. ♦

CONTACTS: Genomic evidence for fisheries-induced evolution in Eastern Baltic cod, [science.org/doi/10.1126/sciadv.adr9889](https://doi.org/10.1126/sciadv.adr9889); Overfishing of Atlantic Cod Likely Did Not Cause Genetic Changes, rutgers.edu/news/overfishing-atlantic-cod-likely-did-not-cause-genetic-changes.

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WHY OUR CHILDREN NEED TO FEEL

Sadness

IN ORDER TO

Experience Joy

BY SANDI SCHWARTZ

I can

clearly remember listening to Melissa Manchester's song "Don't Cry Out Loud" as a child back in the 80's. Those lyrics have been etched in my brain all these years: "Don't cry out loud. Just keep it inside, learn how to hide your feelings." Well, that is actually terrible advice, according to science.

Things may have been different 30-40 years ago, but now we know it is okay to be sad and to cry once in a while. In fact, sadness is beneficial to our mental health and part of what makes us a fully functioning human. According to psychologist Jonathan M. Adler in a *Scientific American* article, "Acknowledging the complexity of life [including sadness] may be an especially fruitful path to psychological well-being." As parents, it is our job to let our children know that it is okay to express their emotions, even if they are uncomfortable.

WHAT EXACTLY IS SADNESS?

Sadness is one of the key four human emotions that we experience, with the others being happiness, fear, and anger. Sadness is an emotional pain associated with a natural reaction to a difficult situation. It can encompass feelings of disadvantage, loss, despair, grief, helplessness, disappointment, and sorrow. It may feel as if a temporary shadow is being cast over our lives and our feelings.

Of course, we must draw a distinction between healthy occasional sadness—like when someone hurts our feelings or when we watch a sad movie—and more serious long-term depression, which is a mood disorder that can be debilitating and needs to be treated with therapy and/or medication. In addition, experts are not recommending that we induce sadness; instead, it is about accepting the natural sadness that we feel during the ups and downs of daily life.

BENEFITS OF SADNESS

Over time, scientists have found many benefits to sadness. According to the video *A Brief History of Melancholy*, sadness helps us gain wisdom and allows us to more deeply understand profound emotions like awe and joy. *Psychology Today* explains that sadness is useful because it alerts us to how we should treat ourselves and how we want to be treated by others.

It is also important to understand and accept that sadness is an inevitable and essential part of life. Many people spend their lives striving to be happy as much as possible instead of accepting and embracing other, less enjoyable emotions. Unfortunately, like the song mentioned above demonstrates, many cultures do not encourage or embrace sadness. We are told that we should work hard to smile and be as happy as possible. Because of these cultural forces, many people are uneasy watching others be sad and are not sure how to react. Furthermore, sadness is often masked by anger and irritation when it is not accepted.

This message of truly understanding why we need sadness was profoundly communicated in my all-time favorite children's movie *Inside Out*. This extraordinary movie creatively explained how our emotions work, and the importance of our key emotions like joy, sadness, fear, and anger. The most touching moment of the movie is when we learn the lesson that we need sadness in our life to appreciate the positives, and to feel joy.

Here are some of the ways that sadness is beneficial to us...



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HELPS US APPRECIATE THE GOOD

We need to feel sadness in order to fully appreciate the positive, joyful moments that we experience. If we are always happy, then that becomes the norm, and our emotions plateau. In a sense, we would become numb if we only felt happiness. In effect, sadness serves as a contrast to happiness, and makes the happy moments even more special. Feeling sad is certainly not fun, but if we look at it as simply a brief moment in time, then we understand how it plays such a critical role in our overall well-being.

Sadness also allows us to take a step back and be grateful for what we have most of the time. It provides a way for us to switch our train of thought to appreciate all the good in our lives. It ultimately helps us see what

really matters in life, such as kindness, love, compassion, family, and friends.

In *Inside Out*, this lesson was presented when Riley finally allowed herself to feel all her emotions about what it was like to move to a new city. She was intent on running away, but when she took the time to connect to her feelings of sadness and fear, she realized that her life was not as bad as she once thought. Being sad and scared when she was away from her parents made her realize that her parents loved her so much, and that she was so lucky to have a safe home and wonderful family to take care of her. We see at the very end of the movie how the sad rock-bottom moment ended up bringing the family closer together because they were able to communicate and express their emotions.



DAISY/DAISY/SHUTTERSTOCK



MOTORTION FILMS/SHUTTERSTOCK



received A's, then what would motivate them? It is healthy for them to be sad when they do not perform perfectly, and it is necessary for them to experience those emotions in order to motivate them to try harder next time.

WAYS TO HELP OUR KIDS TO EXPRESS SADNESS IN A HEALTHY WAY

For thousands of years, people have found that the best way to deal with sadness is to express it. When our children feel sad, our job is not necessary to fix it and make it all better. We should first take a step back to allow our kids to express what is bothering them and what caused those feelings. When people are sad, they really just want to be heard and understood. Besides talking through their emotions, we can help our children to express their sadness in the following creative ways:

- Read some examples of poetry and then ask them to write their own poem about how they are feeling.
- Give them a journal or diary and encourage them to jot down their concerns.
- Play some “sad songs”, which can ironically provide some comfort. Maybe they want to write their own song, too.
- Provide all kinds of art supplies and encourage them to create and show how they feel. It would be really neat to compare their art on days when they feel different emotions.
- Use colors to help them express their mood.
- Put on a puppet show to role play how they are feeling. ♦

INCREASES MOTIVATION

Finally, sadness serves as a way of motivating us to address a challenge we are facing. When we are happy and satisfied, we can just keep plugging along without feeling motivated and wanting to move forward to achieve new things. Ironically, sadness can trigger us to make changes that will allow us to achieve our goals more effectively.

One study tested this theory by showing participants either happy or sad films, and then asking them to do a demanding cognitive task. Researchers found that participants who were happy spent less time, attempted fewer items, and scored fewer correct answers than those in a negative mood who made more effort and achieved better results. Therefore, a sad mood may increase people's determination as they see greater potential benefits of making an effort.

This means that it is okay for our kids to be upset sometimes because they did not receive a perfect grade. If they always



DEEPENS OUR CONNECTION TO OTHERS

Without crying and sadness, Riley and her family would never have bonded. Throughout history, crying and other expressions of sadness have been used as a way for people to express their suffering so that they can ultimately build social bonds with others in their family and community.

Sadness gives us the capacity to open up to others so that they can help us. It gives others a chance to offer comfort and care, which is a human need. It also helps us to recognize when other people seem sad, so we can offer our support to them in their time of need.



A New Way to Recycle More in Lane County

BY DANIEL HIESTAND

LANE COUNTY WASTE REDUCTION
OUTREACH COORDINATOR

RECYCLING RULES ARE NOT always easy to understand, especially when they always seem to be changing.

A big moment came in 2018, when recycling markets across the United States were disrupted after China, previously the world's largest importer of recycled paper and plastics—implemented restrictions on many imported recyclables.

For many years after, accepted recyclables were limited until 2025, when the state enacted the Recycling Modernization Act

(RMA). The law created a new system that shares responsibility of recycling costs among local governments, waste and recycling companies, and producers of packaging paper, and food serviceware.

At its core, the RMA is designed to make recycling more accessible, consistent, and transparent – helping create a system that is easier to use, more effective, and more trustworthy, regardless of where someone lives in Oregon.

A significant and innovative part of RMA is the new rollout of what's known as RecycleOn Centers throughout the county.

RECYCLING MATERIALS THAT CAN'T GO IN YOUR HOME RECYCLING CART

For those who know their recycling rules, what do the following materials have in common?

- Plastic bags and stretchy plastic film
- Plastic lids, caps, and beverage handles
- Shredded paper

If you said they don't belong in your home recycling cart, you're correct. But now, thanks to Oregon's new recycling system, these are the types of materials that can now be dropped off at RecycleOn Center collection points.

RecycleOn Centers have recently opened at BRING in Eugene and at Lane County Waste Management's Florence, Veneta, and Glenwood Transfer Stations.

The centers provide residents with a free and convenient place to recycle materials that aren't accepted in regular home recycling carts. For households looking to recycle more, RecycleOn Centers offer another way to keep valuable materials out of the landfill.

Most importantly, the centers provide a clear answer to a common recycling question: "If it doesn't belong in my recycling cart, is there somewhere else I can take it?"

For a growing list of materials, the answer is now "yes."

Residents can visit RecycleOn.org/OregonCenters to find their nearest center, download the full guide, check hours, and learn how to recycle with confidence. ♦



DANIEL HIESTAND



DANIEL HIESTAND

RECYCLING TIP: LOSE THE BAGS!

Keep recyclables loose—never bagged. Bagged recyclables can't be properly sorted at recycling facilities and may end up being treated as garbage.

- Place recyclables loose, clean and empty in your mixed recycling bin
- Redeem deposit beverage containers through Oregon's Bottdrop program. Sign up for a Green Bag account at Bottledrop.com.
- Want to give back? Donate your container deposits to participating nonprofits through BottleDrop Give.



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SWEET TREATS

HOW TO MANAGE THE
ONSLAUGHT OF SUGAR
THIS HALLOWEEN

BY SHANNON DEAN



TATEVOSIAN YANA/SHUTTERSTOCK

IT'S NO WONDER THAT HALLOWEEN IS AMONG THE most eagerly anticipated family holidays. What kid doesn't love dressing up and visiting vibrantly decorated places where happy people hand out candy? Who can resist a parade of adorable trick-or-treaters? Still, even the most fun-loving parent may cringe when the kids dump all of their candy onto the living room floor. Although numerous scientific studies have claimed that behavior is unaffected by

excess sugar, anyone who has witnessed a roomful of kids energized by sweets might disagree.

No one can argue that candy is nutritionally void and contributes to obesity and tooth decay. According to the U.S.D.A. Agricultural Research Service, some kids already consume an average of 21 teaspoons of sugar per day. Fortunately, there are steps that parents can take to ensure that Halloween is still fun without allowing harmful amounts of sugar to overshadow holiday enjoyment.

FOCUS ON FUN AND HEALTHY ALTERNATIVES

Susan Nitzke, Ph.D., a professor of nutritional sciences, suggests that families create alternative Halloween traditions that focus on the activity, not on the treats: "Children caught up in the excitement of other Halloween activities are less likely to be focused on the candy," she says.

Try activities like hosting your own Halloween costume or craft party, coordinating a scavenger hunt (with toys, not candy, for prizes), attending candy-free carnivals offered by many communities, or spinning spooky tunes in the front yard to entertain passing trick-or-treaters.

Since a recent Halloween study found that children offered either toys or candy were equally likely to choose either option, don't sweat offering non-edible items like pencils, stickers, or temporary tattoos. Popular healthy food options are individual packages of graham crackers, mini boxes of raisins, or sugar-free gum.

LIMIT THE DAMAGE

No matter how careful you are, your child will inevitably be exposed to candy. To compromise, formulate a plan to dispose of any excess. Some parents allow a few small pieces per day until most of the candy (or the interest) is gone. You can also trade most of the candy for a bigger, more desirable prize, like a coveted game or toy.



KLAVIN/SHUTTERSTOCK



KABACHIKI/PHOTO/SHUTTERSTOCK

Even offering \$10 for all but a few handfuls of candy is cheaper than filling a cavity and less painful than a toothache. Dentists suggest consuming candy after meals when the body produces more saliva to help neutralize the acids that attach to tiny teeth. The worst time to eat candy is right before bed. Kids should rinse out their mouths and brush thoroughly after a candy feast, no matter what time of day.

Dentists say that the worst candies for teeth are anything that lingers, such as dots, gummy bears, suckers, and hard candies. The best choice for prompt “oral clearance” is chocolate because it melts quickly.

If fat and calories are a concern, some popular candies are better choices than others. Licorice only contains 30 calories per serving, and Hershey’s Kisses only have 25. Some chocolate candies like Peppermint Patties, Junior Mints, and Three Musketeers are significantly lower in fat than other choices. Snack-sized portions are also an option.

PURGE THE EXCESS

Once you’ve convinced your child to give up any extra candy, get it out of reach so that it’s no longer a temptation. Freeze some chocolate bars to melt for s’mores, brownies, or fondue. Consider cutting up the rest to use as chocolate chips for baked goods intended for military personnel, teachers, or anyone special to your heart. Packaging up homemade goodies for others will place the focus on service instead of on consumption.

USE HALLOWEEN TO STRESS SMART CHOICES, BUT DON’T DWELL

Halloween is a great time to talk to children about making good nutritional choices, but you may not want to portray that message as one of overwhelming sacrifice.

Once you’ve come up with a game plan that allows a little indulgence, explain the limits, but don’t dwell: “If you get too restrictive, they tend to hide food or snack secretly. Most of the Halloween feeding frenzy is in the first few days, and then it will settle down,” reassures Linda Davenport, a dietician.

Dental director A. Riley Cutler says, “Gathering and eating Halloween candy can be a lot of fun for kids and caregivers alike. You can’t raise a child and take away everything that is fun. The key is moderation.”

So offer your little Spider-Man or princess plenty of alternatives, but when they savor their hauls, know that treats in moderation are part of the thrill. Then help them learn to make good choices and figure out a useful way to share or purge the excess. ♦



ALYA RO/SHUTTERSTOCK

SUGARLESS ALTERNATIVES FOR TRICK-OR-TREATERS:

1. Tiny bottles of bubbles that are sold by the case at the dollar store.
2. Kid-sized Water Bottles: Trick-or-treaters get thirsty, and the water will help to keep sugar from sticking to their teeth.
3. Tailgating-type Treats: My neighbor’s front yard is the most popular trick-or-treating destination in our neighborhood, but she doesn’t serve candy. Instead, she hands out grilled, bulk hot dogs.
4. Glow-in-the-Dark Bracelets: These are popular with kids and ensure that they are easily seen.

ALTERNATIVES FOR LEFTOVER CANDY:

1. Immediately Recycle It: Have kids quickly pick out their favorite handfuls of candy. Send items still tightly packaged and sealed right back out the door to the next batch of trick-or-treaters.
2. Package up candy (along with other packaged food items) and create a care package for soldiers who weren’t able to celebrate a traditional Halloween this year.
3. Save a wide variety of candy for a Thanksgiving Day piñata.
4. Save hard candy for Christmas gingerbread houses, wreaths, and ornaments.
5. Save a few handfuls of candy for a scavenger hunt on a school holiday.



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ESCAPE TO THE Real World of Nature

ARTICLE AND PHOTOS
BY BETH STEIN

WHEN TIMES GET TOUGH, parents and kids alike often long for an escape from the real world – the news of the day, the stress of school, the busyness of work. In truth, however, the “real world” is not these things, but instead the wonders of nature alive and thriving all around you every day! In the fall, you can smell this truly *real* world in the scent of long-awaited rain, see it in the color of changing leaves, and taste it in the last goodies from the garden. You can feel it in the crisp evening air and hear it as the crickets sing their final songs before winter’s cold arrives.



So next time you feel stressed or the kids are spinning around the room like tops, head outside. Time spent outdoors can significantly reduce anxiety, give energetic kids a constructive way to let off steam, and facilitate positive family interactions. You don’t need to go far; simply aim for a nearby park or just take a walk around the block. The trees in town will soon be turning beautiful colors and if it rains, there will be puddles to jump in! Wear appropriate outdoor clothes/shoes to make sure everyone stays warm and dry, but don’t worry about “bad” weather. It’s only uncomfortable if you’re unprepared.

To keep everyone moving forward and happy, below are a few tips for nature wandering with children.

- Kids of all ages enjoy **forward motion hide and seek**. Invite older kids to walk a short distance ahead by themselves, hide behind a big tree or somewhere else safe, and challenge them to stay still enough to fool you into walking past. Younger kids can zoom ahead to hide with another adult as you count to twenty (and enjoy a few moments to yourself).
- For kids who like puzzles, **add a natural scavenger hunt** to your adventures. You

can make up your own or try one of Nature Nature's at nearbynature.org/explore-activity-pages. The Super Stars, Rainbow, and Harvest Hunt themes are great for fall. And the Alphabet, Numbers in Nature, and Shapes scavenger hunts will help reinforce things kids are learning in school. You don't need to collect anything, just check the items off your lists.

- For the lover of “things that go” in your family, **play train**. Have your young one take the lead, find a sturdy stick, and connect to you to form a train. A rhythmic chant of “*Chuga-chuga choo-choo, whistle blowing woo-woo*” will help move your engine on down the line. Vary the pace by pretending to “stop at the station” now and then if you see something interesting along the walk.
- **Let your child lead the way** as the “nature guide.” Encourage kids to show you fascinating finds along the trail — colorful leaves, helicopter seeds, creepy-crawlies. Be prepared to stop often. Keep things moving by asking: “What’s around that next corner, nature guide?”
- **Set up an “unnatural hike”** to encourage forward motion by hiding a few human-made objects just a little way ahead of where you’re walking — a rubber band, a pencil, a penny, a plastic fork, and the like. Camouflage the items, but don’t completely hide them, and see if your kids can find them. Then let them hide replaceable (in case they get too well hidden) things for you! Bring a trash bag and some plastic gloves for picking up actual litter to add a community caretaking element to your adventure.
- Finally, for some extra nature fun that you don’t need to plan, **attend a fall outdoor event** in the community. Some cool family-friendly ones coming up include Nearby Nature’s Haunted Hike on October 16th (pre-registration required) and the Mount Pisgah Mushroom Festival on October 25th (children under 12 free, tickets required for adults). Check the Oregon Family Magazine online calendar for other fun outdoor events in town as well! ♦



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EIGHT TIPS FOR A *Trouble-Free Thanksgiving*

BY SHANNON DEAN

According to several polls, Thanksgiving is the country's second-favorite holiday, right behind Christmas. Many of us love the holiday so much that we romanticize it and then set the bar very high.

Understandably, we want our kids to experience warm holiday traditions that they will pass on to their own families. So we envision a sumptuous meal, a beautiful table, and loving conversation. Unfortunately, reality may fall short of these expectations. Kids may melt down. Your covered dish may be a disaster. Disappointment may creep into the day...





SEVENTYFOUR/SHUTTERSTOCK



ALTHOUGH IT SOMETIMES

seems impossible to have a perfect Thanksgiving Day with children, perfection is not required for a happy, memorable holiday.

Below are tips to avoid the most common pitfalls that can thwart a tranquil Thanksgiving...

1 USE POLITENESS TO DOWNPLAY PICKY EATING. Thanksgiving often centers on a formal meal that requires a significant amount of work. Many parents worry about offending the chef when a kid rejects a world-famous dish.

Politeness is key. If your children are young, try to introduce Thanksgiving staples before November. And remind them: no complaining about the food, mind their manners, and make an effort at conversation.

Most of the time, guests won't notice that your picky eater only has a roll and macaroni and cheese on his plate as long as he's pleasant. Don't be shy about providing dishes you know your children enjoy.

2 KEEP KIDS BUSY. Many experts suggest involving kids in Thanksgiving preparation or giving them age-appropriate activities to keep them busy. Let them make placemats, set the table, or complete



PHBODROVA/SHUTTERSTOCK

a Thanksgiving Day craft. It's unrealistic to expect them to remain seated and in good spirits for extended periods without an outlet.

Try to find time to take a walk, throw a ball, or play a game to blow off steam. Invite others to join you so that you can talk and bond while the kids are playing.

3 LOWER EXPECTATIONS. We often inform our kids about what to expect, but we don't set our own intentions. Daisy Sutherland, author of *21 Ways to Enjoy A Stress-Free Holiday Season*, says it's very important "to remember that a great deal of the stress we feel at the holidays is of our creation."

In truth, very few of us have a Thanksgiving like those portrayed on commercials or in magazines. But by

embracing imperfection, we can still have a wonderful holiday. Focus on what you value the most and let the rest go. Roll with the unexpected and watch your enjoyment increase and your stress decrease.

4 DISARM DYSFUNCTION. Your kids may be on their best behavior, but other guests may have forgotten their manners. Do your best to shake off any drama. You have no control over the behavior of others, but you can control your own reaction.

Try to remember that your goal is to connect with family, so respond with kindness and deflection. Your kids are learning how to diffuse tension by watching you, so teach them to look at the big picture rather than overreacting to small annoyances. Losing your cool on a holiday that focuses on gratitude isn't worth it.

5 BE PROUD OF YOUR PARENTING. A survey out of the University of Michigan found that nearly two-thirds of mothers felt criticized for their parenting, with the most concerns coming from extended family.

On a day that brings many generations together, you may receive unsolicited parenting advice. Try to remember that the concerned family member is probably trying to gain involvement in your child's life, however awkwardly. Because you may see this person only on special occasions, be careful that your response doesn't divide a family already separated by physical distance.



OTATE22/SHUTTERSTOCK

Alissa Marquess, author of *Bounce Back Parenting: A Field Guide for Creating Connection, Not Perfection*, suggests a quick, light response like, “Thanks, I’ll keep that in mind.” This restraint honors your love for the other person but makes it clear that you don’t intend to debate your choices. Know you are doing a great job, and change the subject to something more pleasant.

6 FOCUS ON FAMILY. No matter what the day brings, being with those we love can be a rare blessing. It’s not every day that everyone is together at the same table, so pause and take it in.

Sure, parts of the day may bring challenges. But take a step back from all of the work and juggling to see the day for what it is – an opportunity to see the people we value the most, some of whom may not live close by. Now is the time to share, catch up, and enjoy one another, warts and all.

7 GIVE BACK. Whether you deliver a pie to a neighbor, invite another family to dinner, rake leaves at a community center, or volunteer at a local shelter, do something nice for someone else as a family. The act of giving during the holiday season is likely to increase your own family’s genuine joy.

8 CAP IT OFF WITH GRATITUDE. After most of the activities have died down, talk to your child about gratitude, and remind her that the purpose of Thanksgiving is to count one’s blessings with those we love. Ask her to list a few things she is most grateful for and share some of your own to stress the true meaning of Thanksgiving.

We may not remember every table setting or dish from our childhood Thanksgiving, but we remember the love and the warmth. So will our kids. ♦





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Want Your Kids to Teach Them It's Okay to Make Mistakes

BY JAN PIERCE, M.ED.

“Anyone who has
never made a mistake
has never tried anything
new.”

— Albert Einstein

ASHOK3813/SHUTTERSTOCK

It's **NORMAL FOR PARENTS TO WANT TO** protect their children from failure. It's also normal to want them to achieve and win and do their best. But here's the awful truth. *We don't learn anything new without making mistakes.*

I'll say it again. Making mistakes is a crucial step in learning. If we're fearful of making mistakes, learning comes to a screeching halt.

Remember when your child was learning to walk? There were certainly a few bumps and boo boos involved with that learning process. But babies have a fierce willingness to risk a fall or two for the great reward of mastering balance and motion.

Unfortunately as we grow older, we begin to measure our successes and failures in different ways. We receive feedback from others or compare ourselves to them. It's a bit harder to risk looking foolish and a paper marked in a lot of red can tempt us to quit trying. But mistakes offer an opportunity to learn. What did we understand? What do we still need to learn?

For some children this willingness to be wrong is more difficult than for others. Parents can encourage strong learning skills with ongoing reminders that it's part of learning to make mistakes. Once a mistake is made, however, the analysis of what went wrong is a crucial part of learning how to do it right.



ROMAN DZIUBALO/SHUTTERSTOCK



SOME FAMOUS MISTAKES

Did you know some of our most important and interesting inventions were made by mistake? It's true. In 1928 Alexander Fleming discovered penicillin when he left some unwashed petri dishes in his laboratory while going on vacation. When he returned, he noticed portions of the staph bacteria on the cultures had died and discovered the fungus growing there to be of the genus penicillium. He reported, "One sometimes finds what one is not looking for."

Swiss engineer Georges de Mestral created Velcro after studying the tiny hooks at the end of burrs stuck to his dog's fur. Silly Putty was created during WWII when engineer James Wright was trying to invent an inexpensive alternative to synthetic rubber. And, best of all, chocolate chip cookies were made by mistake when the chef at the Toll House Inn ran out of baking chocolate and used chopped up semi-sweet chocolate thinking it would permeate the dough. What a delicious mistake!



SOME BENEFITS OF MAKING MISTAKES

The best way to benefit from mistakes is to analyze what was done right and what wasn't. Asking questions is a good way to get that information. "Why do you think so?" or "You're right about that part, but let's look at..." This sort of exchange brings the learner into a dialogue in which all participants are on a journey to understanding.

- Be sure to share your own mistakes: how they happened, what you learned and your attitude toward them.
- Making mistakes gives us concrete evidence about what we know and don't know
- It's beneficial to see where our understanding broke down. We may have gotten part of a problem right, but failed to understand one bit of information to achieve total success. We see what we need to learn.
- We know we aren't perfect. And, if we look around, we see that other learners aren't perfect, either. Learning is a cycle of trying and failing until we succeed.
- We learn to persevere. Most skills worth learning take time, effort and perseverance. Seeing mistakes as part of the journey is invaluable in developing a strong work ethic.
- We learn to let the stress go. Once we accept that mistakes are not horrible blots on our record, we relax and are free to make the decision to keep working until we achieve.

Parents, you can help your kids accept the truth that mistakes are a natural part of the learning process in every facet of life. Your children will be happier and more resilient as they understand the role mistakes make in pointing them in the right direction as they learn. ♦



The Best Wish

BY BONNIE L. HARRIS

ALTHOUGH THIS magical animated adventure begins on Christmas eve, it's not really a holiday movie, but more of a tale about how making a wish can cause very unexpected results. Bright, colorful, and often surprisingly funny, *The Land of Sometimes* will entertain younger viewers with its quirky creatures and easy to follow narrative.

THE LAND OF SOMETIMES

Kaleidoscope Films, Rated: G
Streaming on Amazon

The soundtrack is pleasant and later picks up energy as the adventure unfolds. When their father leaves for his job aboard ship, twins Alfie & Elise do their best to pass the time, but missing him takes a toll on the whole family. Their father also leaves behind a mysterious watch that when activated summons The Wish Collector who gives them 3 wishes each. He then transports them to a strange island where they must use their wishes and leave the island before winter ends. The catch is, all four seasons happen in one day, which sets another



Elise finds a true friend.

PROMOTIONAL IMAGE

clock ticking as soon as they begin wishing. Of course we have some nasty villains in the creepy Guardian and the slimy Mrs. Blip who want the wishes for themselves. Unfortunately, Alfie & Elise discover that wishes can backfire, especially if you're angry and you wish that your annoying sister would just GO AWAY! With the help of some new friends and The Wish Collector, Alfie & Elise

are reunited and race to leave the island before it disappears. Along the way, they selflessly give away their last wish to help a stranded child and then bring him along for the return journey. Waking up on Christmas morning brings the adventure full circle and not only guarantees a happy ending, but also reveals a cute narrative twist. Be sure to watch the credits for some added fun. ♦

FOR the PARENTS

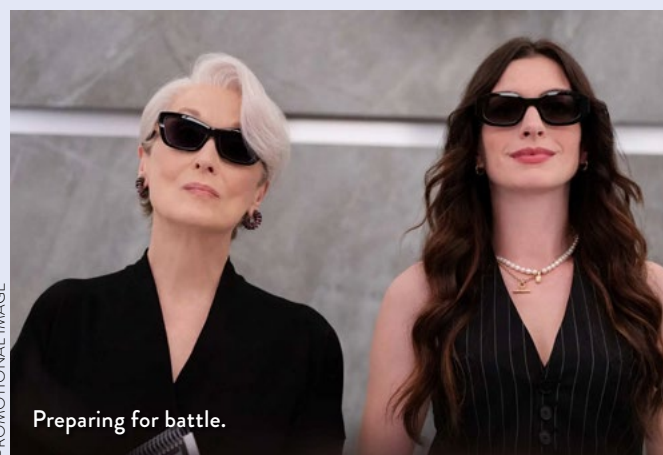
A Devil in Dior

DEVIL WEARS PRADA 2

20th Century Studios, Rated: PG-13

Streaming on Amazon

AS FAR AS sequels go, *The Devil Wears Prada 2* hits the mark for a cute, not too complicated, return to the high fashion world of Miranda Priestly and her long-suffering assistant Andy Sachs. Now more worldly and navigating social media, both are determined to keep their jobs and outmaneuver the new owner of Runway magazine. Our other favorite characters, Nigel and Emily, round out the haute-couture quartet and are joined by several new, very memorable, supporting characters who give the film that little zip it needs in humor and wit. Cue the print media crisis and the lament that no one actually reads anything except hashtag links and sensational Internet headlines. But never fear, Andy's writing skill and Miranda's business acumen eventually overcome the seemingly impossible setbacks and Runway is miraculously saved by an unexpected benefactor. Yes, it was fun to see the clothes. Do people



Preparing for battle.

PROMOTIONAL IMAGE

actually wear that stuff? And the sunglasses. Do they actually wear a different pair every day? And the shoes; don't forget the shoes! In the end, everyone is befriended, appreciated, and employed. And Miranda returns to running her empire, now on a global scale, but with a little more heart.

Rescue Spotlight

Meet **TERRANCE!** He's a mixed breed pup who is about a year old and weighs 52 pounds. Terrance is shy at first, but he warms up fast. Once he feels safe with you, he's cuddly, playful, and loves being close to his favorite people. He's still learning about the world and is eager to explore and have new experiences.

Terrance would thrive with a family ready to help him build his confidence. He can be forward when meeting other dogs, so he would prefer a meet-and-greet with any pups in his future home. It's unknown how he'll do with cats and kids, so we'd recommend slow introductions with feline friends and bringing children to meet him prior to adoption.

His adoption fee includes his spay/neuter, vaccinations, microchip, a certificate for a free vet exam, post adoption

support, and more. Come meet Terrance today!



GREENHILL HUMANE SOCIETY

Greenhill Humane Society is open seven days a week, 11am to 6pm at 88530 Green Hill Rd in Eugene. Call (541) 689-1503 or visit www.green-hill.org.

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