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September 2019

CONTENTS

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18 25 Year Family Business



20 5 Tips for Stepparents



26 Grandparents' Relationship

COLUMNS

16 / Family Matters. Raising an LGBTQ child

22 / Out & About. Rediscovering a classic park

28 / The Learning Curve. Library Card Month

30 / Lifelines. Flu season is here

48 / Just for Grins. End of summer

calendar

36 / September Events. Museum exhibits, on-stage performances, family events, parenting events and story times

in every issue

7 / Play It Safe. Recalls on consumer products

8 / Around Austin. News and notes

47 / KidZone. Handprint Dishcloths

extras

13 / Young Writers Contest

23 / Cover Kids Contest

24 / Austin Museum Day Sep. 22

34 / After School Activities Guide

en español

32 / Asuntos Familiares. Criar a un niño que es LGBTQ

46 / Piensa Positivo. Mala suerte



FILM REVIEW

By Jack Kyser

“Where’d You Go, Bernadette?”

Read online at:
www.austinfamily.com/films



Tune in:

Catch *Austin Family* live on “Good Day Austin” every Friday morning and “Despierta Austin” the first Thursday morning of each month.



FOLLOW US:



Scarlett is an Austin Family Cover Kid Winner and loves to pose for photos. Photo taken by Jordan Ashley Photography. Michael Malloy of THINKERY photographed background image of THINKERY.

I'm excited and honored to be Austin Family's new editor. As a mother to a 12-year-old boy, I am looking forward to continuing to explore everything that Austin has to offer for families, as well as sharing important information that might help your family grow, learn, and thrive.

In this issue, we're focused on family life. So much of the life of family has to do with how we spend time together. For me, this has evolved during the course of my son's childhood. In the early years, family time meant a constant push to meet basic needs, provide enrichment experiences, and create an environment that was nurturing and fun. We spent endless hours in Austin's beautiful parks, pools, and libraries. We made the rounds to practically every family friendly event we could find. The idea was to create a childhood filled with stimulating experiences. But as children grow, family time changes.

What has been a beautiful surprise is that, while I focused on opening up new worlds to my son, he has expanded my own in ways that I truly appreciate. I'm his "plus one" for incredible science lectures at UT, the



EDITOR'S NOTE

JENNIFER HILL ROBENALT

Robenalt is an editor, content creator, creative writer and mother

paleontology wonders at Texas Memorial Museum, and the fascinating world of Austin's board gaming scene. As a writer, I gather great inspiration from where my son has taken me. This is the joy of family time. We still frequent all of the places we both love in Austin, with practically daily visits to Barton Springs Pool, visits to the theater, and forever on the hunt for the perfect slice of pizza. To me, family time is about exploring the world together and savoring every moment.

Jennifer

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Play it product recalls

SAFE

Government Recalls Pajamas, Bouncer Chairs and Bikes



H&M is recalling about 9,000 **children's pajama sets** because they fail to meet the flammability standard for children's sleepwear, posing a risk of burn injuries to children. The recall involves two styles of children's 100% cotton knit, long-sleeve top and pant pajama sets with product codes 0494860 or 0537645. The pajamas were sold in sizes 2-10.

Affected units were sold at H&M stores nationwide and online at hm.com from July 2018 to May 2019 for between \$15 and \$25. Consumers should immediately stop using the recalled pajama sets and contact H&M for a full refund, plus a \$20 gift card.

Stokke is recalling about 5,400 **bouncer chairs** because the bouncer can detach from the chair, posing a fall hazard to the child in the bouncer. The recall involves Stokke Steps Bouncers. The bouncers are a part of the Stokke Steps all-in-one modular seating system and can be used in combination with the Stokke Steps Chair from birth to age 6 months. Affected units were sold at juvenile product stores nationwide, online at stokke.com and amazon.com between February 2014 and December 2018 for about \$200. Consumers should immediately stop using the bouncer in combination with the chair and contact Stokke for a free repair kit.



Trek is recalling about 11,560 **balance bikes** because the steer tube clamp on the bike can break, posing a fall hazard to children. The recall involves all model year 2013 through 2019 Trek Kickster bikes. The bikes are made for toddlers who are learning how to ride

a two-wheeler. Kicksters do not have pedals, so children can focus on balancing. Affected units were sold at independent bicycle stores nationwide and online at trekbikes.com and other online retailers between August 2012 and April 2019 for about \$170. Consumers should immediately take the recalled bikes away from children and take them to a Trek retailer for a free repair.

The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.

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A R O U N D

Austin

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Patricia Young-Brown, CEO of the Thinkery; Rhonda Paver, Owner & Executive Director of Stepping Stone School; Adrienne Barnett, Director of Learning Experiences at the Thinkery; and Jessica Hernandez, Director of Development and Marketing at the Thinkery.

Stepping Up Philanthropy

Far beyond merely connecting children with their communities, Stepping Stone Schools create 'philanthropreneurs' connected ethically and morally in service to their communities. Each year, the proceeds raised by the school age children are donated to the Ronald McDonald House Charities of Austin and Central Texas, and Scotty's House in College Station. Both of these non-profit organizations directly improve the health and well-being of children and their families. While teaching children the valuable lessons of kindness, caring, gratitude and giving to others, the *Young Entrepreneurs*

and *Philanthropists™* program has successfully increased the amount of funds raised year after year. To date, students have raised and donated over \$55,000.

Stepping Stone's school age summer program, *Young Entrepreneurs and Philanthropists™*, empowers students in developing and using academic skills. Students replicate real business activities found in the adult world, making and selling products and donating their profits to charity. This synergy between curriculum and innovation provides experiential learning, values development, teamwork, social skills building, and community involvement blended into a fun project.

To celebrate their 40th anniversary of providing the highest quality early care and education to the Central Texas area, Stepping Stone School donated \$10,000 to become one of three major sponsors of the Thinkery children's museum newest exhibit called "Earth, Wind and Inspire." The installation features 14 interactive exhibits offering guests of all ages a chance to explore these complex, often misunderstood, phenomena through visual representations and hands-on experiences.

Stepping Stone School has also proudly sponsored the Kid's K at the annual Thunder Cloud Subs Turkey Trot for the last 20 years. Not only does this event promote family wellness, it also benefits Caritas of Austin, a non-profit organization working to alleviate hunger, homelessness and poverty.

Must-Do This September

12

Science Under the Stars
at Brackenridge Field Laboratory

14

Fiesta Austin
at Fiesta Gardens

22

Austin Museum Day
in Austin

Science Fiction Meets Westerns

The original exhibition *Cowboys in Space and Fantastic Worlds* is now on view at Bullock Texas State History Museum until December 1. The exhibition highlights more than 150 years of pop culture and sheds light on the influence of Westerns in science fiction. Visitors of all ages can immerse themselves in their own space western stories by creating comic book covers, listening to space cowboy songs on a custom made jukebox, watching film and television clips, listening to the sounds of ray-guns, blasters and phasers and posing before intergalactic backgrounds.

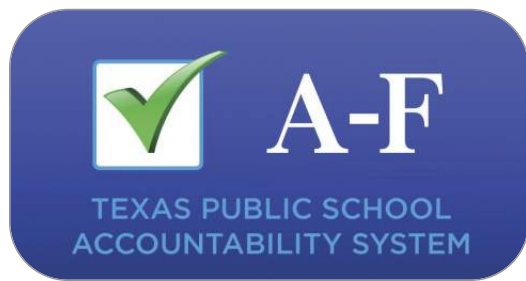


School Ratings

The Texas Education Agency (TEA) released its 2019 state accountability ratings for approximately 1,200 school districts and charter schools. Districts and charters once again received A-F ratings, but new this year are A-F ratings for individual schools. Statewide, hundreds of districts and schools improved their overall rating from 2018.

“Performance continues to improve in Texas schools because of the tireless effort of Texas teachers, administrators and staff. I am particularly proud of the educators at the 296 high-poverty schools that achieved an A rating this year,” said Education Commissioner Mike Morath. “With resources on TXschools.gov, educators and parents are empowered as they never have been before to support even greater improvements in the future.”

For a closer look at the new ratings, TEA encourages parents, educators and community members to visit TXschools.gov to view district and school report cards.



AUSTIN PUBLIC LIBRARY

Free Online tutoring

As the school year gears up, it's good to know about free homework help available to students of all ages. Austin Public Library offers many online resources in the "Virtual Library" section of their homepage. Library card holders have access to free live online tutoring every day from 2 p.m. - 11 p.m. for kids K-College. Provided by Brainfuse, students can get the app on iOS and Android devices, or use through a browser. Students communicate with tutors using an interactive whiteboard to chat, write, draw, copy/paste text or images and graph homework problems. All sessions are saved and can be replayed as well as shared with friends and teachers by email. Registration is not required to get live tutoring help, but it is recommended so that students can track their progress. Registration is required for certain modules like The Writing Lab and SkillSurfer for test preparation and skill-building. Tutoring in Spanish is also available. For more information, visit library.austintexas.gov or call 512-974-7400.

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Trail Projects

The Texas Parks and Wildlife Commission approved \$3.81 million in grants to fund 22 motorized and non-motorized recreational trail-related projects across the state. Travis County was awarded two grants. The Hill Country Conservancy received \$200,000 to help fund the Violet Crown Trail-Phase 3. The project includes a new three-mile multi-use natural surface trail. The Turnback Canyon Trail Conservancy received \$49,300 to go toward the Turnback Canyon Trail-Phase 1A. The project includes two miles of natural surface multi-use trail, trail bridges, benches, pet waste stations and trail markers.



Violet Crown Trail.

Several projects funded in previous years were completed under budget and four were canceled, creating an additional \$700,000 available for re-allocation this year. The Texas Parks and Wildlife Department has been utilizing the re-allocated funds for trail improvement projects in state parks. The result is a total of \$4.67 million dollars in federal funding available to fund eligible trail construction projects.

by the numbers



1/3
Weddings in America form stepfamilies

Source: Pew Research Center



37 minutes
Amount of quality time families spend together on a weekday

Source: StudyFinds.org



40%
Kids who receive an allowance

Source: CreditCards.com



Free Breakfast and Lunch

To help improve healthy food access, Austin ISD will be increasing the number of campuses participating in the Community Eligibility Provision for the 2019-20 school year from 43 to 82 schools. CEP is a federally funded meal program offered through the U.S. Department of Agriculture under the National School Lunch Program and the School Breakfast Program.

"By providing complimentary breakfasts and lunches to all students at eligible schools, we are ensuring that every child has the opportunity to

come to class well-nourished and ready to learn," said AISD Food Services and Warehouse Operations Executive Director Anneliese Tanner. Schools qualifying to participate in the CEP provide breakfast and lunch to all students at no charge. For a full list of participating schools, visit austinisd.org. AISD schools participating in CEP for the 2019-20 school year.

Pre-K and Early Childhood Centers: Uphaus Early Childhood Center.

Elementary Schools: Allison, Andrews, Barrington, Blackshear, Blanton, Blazier, Boone, Brooke, Brown, Campbell, Casey, Cook, Cunningham, Dawson, Galindo, Govalle, Graham, Guerrero-Thompson, Harris, Hart, Houston, Jordan, Joslin, Kocurek, Langford, Linder, McBee, Menchaca, Metz, Norman, Oak Springs, Odom, Ortega, Overton, Padron, Palm, Pecan Springs, Perez, Pickle, Pillow, Pleasant Hill, Reilly, Rodriguez, Sanchez, Sims, St. Elmo, Sunset Valley, Travis Heights, Walnut Creek, Webb Primary, Widen, Williams, Winn, Wooldridge, Wooten and Zavala.

Middle Schools: Bedichek, Burnet, Covington, Dobie, Garcia Young Men's Leadership Academy, Lively, Martin, Means Young Women's Leadership Academy, Mendez, Paredes and Webb.

High Schools: Akins, Crockett, Eastside Memorial, Garza Independence, International, LBJ, Navarro, Graduation Preparatory Academy at Navarro, Northeast, Travis and Graduation Preparatory Academy at Travis.

Other Campuses: Alternative Learning Center and Rosedale School.

For more information, visit www.austinisd.org.

Autism Seminar

An "Introduction to Applied Behavior Analysis (ABA)" seminar will take place on September 21 from 10:30 a.m. to 12 p.m. at Easterseals, located at 8505 Cross Park Drive #120 in Austin. The seminar is designed for families with children with Autism Spectrum Disorder (ASD) or other related disorders who would like to learn more about Applied Behavior Analysis (ABA). The presentation will aim to support families in better understanding ABA, ASD, how behavioral strategies are used to improve behavior and teach communication, social, play, and self-care skills. Topics will also include how to navigate behavioral services. On-site childcare will be provided by Easterseals. Admission is free. To secure a seat, RSVPs are required at www.autismlearningpartners.com/texas-workshops.



Free Day of Yoga

For the 21st year, Austin yoga teachers and studios unite to bring Austin and neighboring communities free yoga classes all day on Labor Day, Sep. 2. Austinites will have the opportunity to try yoga, meet instructors and experience different styles of yoga free of charge at yoga and dance studios, hospitals, parks, churches, and fitness centers throughout the city. Organizers designed the day for those interested in trying yoga for the first time; experiencing a new style of yoga; visiting a new studio or taking a class from a new instructor; or discovering the benefits of yoga.



"The 'Free Day of Yoga' is our way of saying 'thank you' to our community for supporting us in our quest to expand the awareness of this ancient practice," says organizer Mary Esther. "Because we offer such a wide variety of yoga teachers, styles and classes on 'Free Day of Yoga,' there is a class for everyone."

For a complete listing of the Free Day of Yoga schedule, visit www.freedayofyoga.com. Call ahead to inquire about recommended ages for each class.

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Austin Birth Awards

The Hive and Partners in Parenting (PIP) will be hosting this year's *Austin Birth Awards* on Friday, September 13 from 6 p.m. to 9 p.m. The evening is designed to recognize Austin's outstanding birth professionals including obstetricians, midwives, doulas, therapists, yoga instructors, and many more. In addition to the 61 award categories, PIP is proud to announce the new category of best birth professional supporting women of color. Voting is open until Sep. 6. The event is free and open to all Austin area birthing professionals, their families, and colleagues. Registration is available on Eventbrite. For more information about the event and to vote for your favorite birth professionals, visit www.atxbirthawards.com



Austin Kiddie Limits

ACL Fest is fast approaching and will take place at Zilker Park on Oct. 4-6 and Oct. 11-13. Coming to the festival with kids in tow? Austin Kiddie Limits runs parallel

to ACL Festival in its own securely designated area at Zilker Park. Austin Kiddie Limits opens at 11 a.m. and closes at 7 p.m. each day of the festival, and creates an environment for parents and children to enjoy family-friendly music on the Austin Kiddie Limits stage. While you're listening, feel free to make some arts & crafts to remember sharing these memories with your kids.

ACL now has a dedicated Family Friendly Entrance to the right of the Barton Springs East Entrance (closes at 7 p.m. daily). There will also be stroller-friendly lanes at all three main entrances. Concert-goers are also encouraged to take advantage of their free Tag-a-Kid service. Stop by the Tag-a-Kid kiosk at the Family Friendly Entrance or at Guest Services, where parents can register their kids with the festival and receive an RFID wristband. In the event that a child is separated from their parents, this is a reliable and fast way to be reunited. Children 10 years old and younger will be admitted free of charge with a ticket-holding adult. Limit two children per ticketed adult. For more information, visit www.aclfestival.com/kids.

Authors at the Capitol

Texas Book Festival has announced its *Kids on Congress* schedule and the full list of children's and young adult authors who will appear October 26 and 27 at the Texas State Capitol. *Kids on Congress* tents will include the "Read Me a Story" tent which will feature stories read aloud by top authors and illustrators. The "Next Chapter" tent will feature notable middle grade chapter book authors on fun panels. The "Latinx Lit" tent will feature bilingual story time in English and Spanish, along with a special conversation between Tomás Rivera and Mexican American Children's Book Award-winners Yuyi Morales and David Bowles. For more information, visit www.texasbookfestival.org.



Music for Life Lessons

Author Klondike Steadman has released his third book, *Loving Practice, Developing Discipline: A Parent's Guide to Turning Music Lessons Into Life Lessons*. Steadman, an accomplished classical guitarist, music instructor, and father, shares that with the right guidance, achieving musical excellence can be fun and rewarding for everyone. The book explores how children can learn to understand themselves in order to make becoming a musician a joyful journey. *Loving Practice, Developing Discipline* is available on Amazon.

THE DAY I FOUND A MAGIC HAT...

-2019- YOUNG WRITERS CONTEST



Students in fourth and fifth grades are invited to write 75 to 300 word essays on "THE DAY I FOUND A MAGIC HAT!"

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1st Runner up in 4th and 5th Grade Receives:

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- Essay published in December issue of Austin Family Magazine



Austin's Park n' Pizza is Central Texas' largest family entertainment center, encompassing 23 acres of award-winning indoor and outdoor amusement attractions, games and food. It is locally owned and operated, and has served the Austin, Texas market for over 15 years.

Judges:



Carmen Oliver

Carmen's work has been shortlisted for the Rainforest of Reading Award, The Writers' League of Texas Awards and the CLEL Bell Picture Book Awards for Early Literacy. Visit: www.carmenoliver.com



Bethany Hegedus

Bethany is an in-demand speaker and mentor who speaks and teaches across the country about writing, creativity, resilience, and privilege. She is also the Founder and Creative Director of The Writing Barn in Austin, Texas.

Contest Rules:

- Essays must be 75 to 300 words
- Contest date: August 14 to October 14, 2019
- Essays must be received by 5pm on October 14th
- Writers must be in the fourth or fifth grade
- It's FREE to enter! Go to www.austinfamily.com for complete rules

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A Day for Mom Conference takes place Sat., Sep. 28 at First United Methodist Church in Georgetown.

A Day for Moms


The Mommie Support Network welcomes moms across Central Texas to the *A Day for Mom Conference* on September 28 from 9:30 a.m. to 3:30 p.m. at the First United Methodist Church McKinney Christian Ministry Center Building in Georgetown. Moms can connect with other moms, receive helpful tips from inspirational speakers who understand the challenges of being a mom, enjoy delicious food, and visit mom-friendly vendor booths. Registration is open and tickets are \$15, with the option to bring a friend for only \$5 more. Free childcare will be provided by professional childcare providers on a first-come basis. To learn more, visit www.mommiesupportnetwork.org.



Kids Baking Championship contestants (l to r): Brooke, Sophia, Taylor, Trevin, Tarek, Sophie, Dharma, Brady and Tori.

Kids Baking Championship

Austin's own Dharma Sabapathy, age 11, will be one of nine featured contestants during the next season of Kids Baking Championship on Food Network. The show returned with new back-to-back episodes on August 12, with weekly new episodes airing on Mondays at 8 p.m. CT. Valerie Bertinelli and Duff Goldman return to test the skills of kids, ranging in age from 10 to 13, in difficult dessert challenges to see who will measure up in the competition. Throughout the season, the kid contestants show off their skills and creativity as they whisk through new confectionary challenges featuring cakes, pies, doughnuts, and more. Only one will take the cake and the sweet grand prize of \$25,000, a feature in *Food Network Magazine*, and the title of Kids Baking Champion!




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Head Start

Local nonprofit organization Child Inc and Austin ISD (AISD) have been awarded grants to provide Head Start and Early Head Start services to more than 1,600 children and their families in Travis County. The services began Aug. 20.

Head Start and Early Head Start provides comprehensive early childhood education, health, mental health, nutrition, disabilities and parent-involvement services to low-income children and their families. The \$16 million annual grants, totaling more than \$80 million for the next five years, were awarded by the U.S. Department of Health and Human Services, Administration for Children and Families.

The grants will allow Child Inc and AISD to serve more than 1,300 3- and 4-year-olds and their families through Head Start. Services will also include Early Head Start for more than 300 families, including pregnant women, infants and children up to 3 years old.

Anonymous Alerts

The Texas School for the Deaf has partnered with Anonymous Alerts to provide a state-of-the-art school safety app. Through an anonymous two-way communication channel, the app allows students, staff, teachers, and parents in the school community to anonymously submit alerts about suspicious activities, safety threats, alcohol or drug use, depression, harassment, family issues, campus safety concerns, and self-harm issues to school administrators or counselors.

Superintendent Claire Bugen praises the new app as a tool to help curb bullying and address school safety concerns. "School safety is a number one priority for us," Bugen said. "We are thrilled to provide our teachers, parents, and students with this innovative tool to report any school safety concerns, whether it's bullying, alcohol or drug use, depression, self-harm, or the potential of an intruder on campus."

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FAMILY MATTERS

BETTY RICHARDSON

Richardson, PhD, RNC, LPC, LMFT, is an Austin-based psychotherapist.

Raising a Child Who is LGBTQ

Q Recently our 14-year-old son told us he is gay. Just yesterday, our 12-year-old told me he feels like a girl in a boy's body. We are shocked, and my husband is having a hard time. How can we love and support our two boys? I think we may lose friends and family over this.

A. We're discussing a very controversial topic. While 75% of LGBTQ (lesbian, gay, bisexual, transgendered and queer or questioning) students feel accepted by their peers, middle school students experience disproportionately higher levels of bullying and harassment from those peers who don't accept them. I must suggest that it is not up to us to judge others. In my opinion, any such judging happens at a higher level with whatever God exists for you.

I also suggest that these kids are more likely to grow into fine young people and have successful lives if you love, guide and support them. Dr. Caitlin Ryan, director of the Family Acceptance Project at San Francisco State University, has done research that shows how families can learn to support LGBTQ children, even when the parents believe being transgender or gay is wrong. Her research found that under high

levels of family rejection, a child is eight times more likely attempt suicide, six times more likely to report depression and three times more likely to have unprotected sex or to use drugs. Acceptance is important.

The Trevor Project is a suicide prevention and crisis intervention organization for LGBTQ young people (thetrevorproject.org), and there is an Austin chapter. I recommend you connect with them to learn more and perhaps volunteer.

I followed a conversation of several mothers on Facebook. These moms were open to letting their children dress however they wanted, and they shared tips on where to buy girls' clothing for boys and boys' clothing for girls. Some parents are comfortable raising their children in an androgynous way, allowing them to discover who they are for themselves in their own time. This may be accepted in some communities but not accepted in others.

In my volunteer work and my therapy practice, I've encountered many variations on sexual and gender identification. I've known adults who transitioned their gender with hormones and voice lessons and even surgery. Some were happy with their results,

and some were not. For parents with similar situations to yours, I suggest the following:

1. Stay calm and listen to your children, but be slow to act. Adopt a wait-and-see approach while responding with love and support. Ask your child how you can help them feel supported. Avoid trying to convince your children they aren't who they think they are. Encourage dialogue. Listen without interrupting or arguing.
2. Stand up for your children when they are mistreated. Find a supportive place of worship or community. Realize your children and their welfare are more important than what other people think or how they treat you.
3. Join a family support organization such as PFLAG, Strong Family Alliance, Gender Spectrum or Gender Odyssey. Connect with other parents of LGBTQ children.

Thank you for bringing this important and thought-provoking question to our readers. It causes us all to think about not only how tolerant we are to diversity, but also how we react to the LGBTQ children and adults in our lives. What's most important is to love and support your children through what can be a confusing time for them.

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Curtis, Chris Winter, Jim Eggemeyer, Donna Eggemeyer, Lisa (Eggemeyer) Winter, Shannon Eggemeyer

BY SHERIDA MOCK

Meet the Family Behind 25 Years of Household Cleaning

This year, Lemi Shine celebrates a quarter of a century of helping homes sparkle. From its roots in Midland, the brand blossomed to become a household name, known first for its dishwashing detergent booster and now for its full product line that includes everything from wipes and appliance cleaners to laundry detergent and cleaning sprays. In 2007, the Eggemeyer family bought the company from a neighbor and managed it through both a tremendous growth spurt and a move to Austin. CEO Curtis Eggemeyer recently met with us to provide an inside look at this family-owned business.

AFM: Tell us about your family.

Eggemeyer: I have a really neat, amazing family. I'm married to my wife, Shannon. We have three children: Ian, Adalynn and Ava. My older brother is no longer with us. He passed from a very rare blood disease when he was 26. My younger sister Lisa lives in Houston. She and my brother-in-law Chris have two girls.

Mom [Donna] and Dad [Jim] raised us on a farm and ranch, out in the sticks of West Texas. We grew cotton and raised Angora

goats. There's always been this entrepreneurial vein within my family, especially for my father. He grew up in a farming family. He ran a ditch and construction business on the side, to have supplemental income to put all those kids through college.

AFM: Whose idea was it to buy Lemi Shine?

Eggemeyer: Definitely my father's. But before that, I went to work for the business out of college in 2006, doing sales for the previous owner. My parents had just sold the farm and ranch that we grew up on and moved to Midland. Actually, that's how I met the founder. My parents moved into the house across the street from him.



Jim & Donna Eggemeyer Jared, (brother - deceased), Lisa (sister), & Curtis on family farm



Shannon (wife), Curtis
Ian, Ava, Adalynn (children)

So they were sitting on a nest egg of proceeds from the sale of that farm and ranch, and very shortly after, the company was on a capital campaign. Mom and Dad said, “Hey, we’d like to get involved in the company.” And so they took an equity position for their investment. Also during that time, I was getting married, and so we went from family farming and ranching to now having a significant portion in a manufacturing and consumer products company. And Mom and Dad came to work in the business in January of 2007, as well as my wife. The founder had been doing this for 12 years, so six months after that, he said, “I’d like to sell.” We came together as a family and said, “Let’s run it.”

We had this idea of the common good for the common man. There’s two big misconceptions with natural cleaning. One is it doesn’t work as well, and two is it costs more. At the end of the day, what we’re offering consumers is powerful, safe and affordable. And how we’re able to do that is with this “really unique” ingredient called citric acid. It removes hard water, it makes detergents work faster and longer, and it’s a natural disinfectant. Everything is approved by EPA Safer Choice. It’s safe for kids, safe for pets, safe for the environment.

But it was definitely my father who said, “Yeah, let’s do it.”

AFM: Were you already on a business path before you started working for LemiShine?

Eggemeyer: Who would have known? I started as a pre-pharmacy major at Texas Tech. I had a family member who was a pharmacist, and he was a family man, somebody I admired. But Organic Chemistry was not my strong suit, so I went into business. And Tech, at the time, had just started offering a concentration in family business and entrepreneurship. I thought, “Gosh, that’s amazing. I’m going to jump into that.”

AFM: Did your wife know what she was getting into?

Eggemeyer: Me taking a job at Lemi Shine was no indication that we were going to buy this business or that my wife was fixing to come in and be part of a family business. My wife and I have been together a long time. We were high school sweethearts. We went off to college together. She’s just an amazing, gifted person, and she’s a teacher at heart. At Tech, she majored in Human Development and Family Studies. She came into the business in customer service, then went into logistics and then HR.

AFM: What were your parents’ roles?

Eggemeyer: Mom is the family accountant. Growing up, she always worked at a tax/accounting firm. She was our controller, CFO. Dad is very much a hands-on person. He’s the guy that’s going to come and work beside you. He’s not a guy that wants to sit behind a desk. So he led operations.

AFM: How did running the company affect your family?

Eggemeyer: Family business is a unique animal. It is such a challenging thing, but such a beautiful thing. You’re not working for “the man,” you’re working to provide for your family. It gives us a great grounding and perspective as an organization. But family business has its challenges. One thing we’ve done is I’m the only family operator today. We still have a family board. However, in 2009-2010, when my brother passed, my mom exited the business. In 2012, when my

son was born, my wife exited the business. Then, in 2014, my dad exited the business to pursue other ventures. But it’s a big deal when you’re family/leadership, and then they start exiting. At the end of the day, the family has always done a great job of balancing that, being very open. “Let’s talk about business or let’s side-table the business for now, and let’s be a family.”

AFM: Tell us about the move from Midland to Austin.

Eggemeyer: We were growing very quickly, and we were doing all our own manufacturing. We were reinvesting every dollar back into the business to keep up with the growth. We would buy a piece of equipment, then that whole line would be at capacity. And we’d add another one, and it’d be at capacity. So we needed to choose a path. Are we gonna be a manufacturer or are we gonna invest and grow the brand?

There were external things happening in Midland, as well. The oil boom was taking off again, and we began to lose a lot of our manufacturing technicians. They were going into the oil fields, and we had a lot of turnover. I think Midland’s on a track today to be a great city, but during that time, it was quite the challenge.

So we decided to move in 2013. I had contacts in San Antonio, Houston, Dallas, Austin. And the reason we chose Austin was, it’s just such a great community, especially for entrepreneurs. In Austin, it was doors opening.

AFM: How have you found Austin?

Eggemeyer: We love it. It’s such a diverse city. We live down in Lost Creek, an amazing community. We have our church, Austin Ridge Bible Church. We love the greenbelt. The kids love going swimming in the creeks. They love hamburger joints, and we’ve got some of the best hamburger joints around. The kiddos love Hat Creek, P. Terry’s and Phil’s Icehouse. Movies at Alamo Drafthouse. The Thinkery. All the pools and splash pads. This community has so much to offer, it’s unreal.

Monica says, "Let the biological parent be the rule enforcer." Stepparents may find that life flows more smoothly when the biological parent is the disciplinarian because that parent has known the child longer and has the reference point of how the previous household used to discipline. Dave, stepchild, said, "I am glad my stepdad never tried to be a father to me. So, we didn't have to get into any power struggles. He became an adult friend and mentor. He was generous with his time; he listened a lot and gave love freely."

3. Love your step child. Time is how a child measures love.

Be as generous as you can with your time and energy.

- * Listen a lot. Then listen some more.
- * Cook family meals together.
- * Learn about their interests, but not to win them over. Kids will read forced interest as manipulation. Learn about their interests because you genuinely care about them.
- * Be generous, not petty. Ann said, "I wish I had been less selfish when my step daughter was young. I wish I had given to her more freely. At the end of the day, regardless of what the divorce decree says, who really cares if we were the ones buying the shoes or school clothes?"

* Sandee may have summarized it best. "The reality is, you love your spouse by loving his/her children. They don't have to do anything to earn that love. It just is. Isn't that the bedrock of all parenting anyway? Unconditional love!"

4. Take care of your own needs.

You cannot give what you don't have. Taking time for yourself to recharge your batteries in healthy, nurturing ways is critical to giving all you can to your new blended family. Just as parents of young children must guard against burn out, stepparents must do the same. Raul shared that he sometimes runs errands by himself and listens to inspiring music in order to recharge his battery on the run. He comes back with a better attitude ready to listen to his stepchildren. "I also try to maintain my friendships by playing softball or watching a game with friends." Joe says, "My wife and I are careful to make time for each other. We have date nights or even date lunches. We meet during the day for our lunch hour away from our jobs and evening homework chores to talk as adults."

5. Blending a family takes time.

Rome wasn't built in a day. Many experts believe it takes approximately five years to blend a stepfamily. David L. Brasher, BCSW and family therapist states, "If you decide to be a stepparent, be sure to attend to the needs of your own children also." Above all, be patient with yourself, your spouse, and all the children.

There are many helpful resources for stepparents. Sometimes a counselor, pastor or family therapist can lend perspective to the process of blending a family. There are also support groups. Websites that are readily accessible and helpful to step parenting immediately include:

- * www.RemarriageSuccess.com
- * www.stepfamily.org,
- * www.heart2heartparents.org
- * www.helpguide.org/mental/blended_families_stepfamilies.htm
- * www.childcenteredd divorce.com.

For a faith-based perspective, visit <http://stepparentingwithgrace.com>. Sally shared, "I don't know if I am a successful stepparent. I just know my adult stepchildren come home for the holidays and bring their children to visit me and their grandpa. The grandkids even call me "Grandma!"

Laura Lyles Reagan, MS is a family sociologist, parent coach, and author of How to Raise Respectful Parents.





BY JESS ARCHER

Upgraded Fun: Dick Nichols Park

Parents and caregivers have been enjoying the expansive Dick Nichols Park for many years. But one thing the park has lacked in years past is shade over the playscape area. Thankfully, that problem has been solved. Last year, Austin Parks and Recreation installed large triangular tarps over the playground area which have helped in keeping the kids (mostly) cool during hot Austin months.



Additionally, some of the outdated and broken playground equipment has been

replaced and include a smile-inducing tandem swing, and a modern merry-go-round. Another recent upgrade is the fence around the playground area designed to protect kids from cars in the adjacent parking lot.

Still in good working order is the sea lion fountain on the edge of the playscape area that serves as a sprinkler. Kids at the park love to get hot and sweaty on the playscape then run over to the sea lion fountain to cool off. Another positive aspect of the park is the many available parking spaces—that's a big plus in a growing city that struggles with overcrowded parking lots and traffic.

The 152-acre park is comprehensive, offering many recreational features including sand volleyball, basketball and tennis courts. The park is also well-loved for its free swimming pools which include a baby pool and large recreational and lap pools, all supervised by city lifeguards. Dick Nichols Park also features a 1.1 mile paved trail, perfect for strollers and bikes. Park-goers can walk, run or bike the loop. People can also venture down the longer trails that link into the expansive 30-mile Violet Crown Trail system.



With added shade over the playscape, Dick Nichols Park is even more appealing if you want to host an outdoor gathering, like a birthday party or family reunion, in the large pavilion where plenty of seating is available. And for a true Hill Country feeling, you can eat your lunch al fresco at a picnic table under the giant Live Oak tree-- a huge draw for kids who love climbing. You may even feel inspired to reclaim your youth and join them.

Dick Nichols Park is located in Southwest Austin at 8011 Beckett Rd.

Jess Archer is a writer and speaker, and lives in Austin with her folk musician husband and two kids

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(A)

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The bond between children and their grandparents is obvious, heartwarming and universal. "It's the only relationship in which people are crazy about one another simply because they're breathing," says Dr. Arthur Kornhaber, author of *The Grandparent Guide*. He says grandchildren and their grandparents usually "have an adoration and unconditional love and joy in one another's existence."

BENEFITS FOR GRANDCHILDREN

Experts say the physical, spiritual and

emotional benefits of a healthy grandparent-child relationship are significant for all parties. Grandparents help children gain a sense of history and provide a vital connection to the past. Like no one else, grandparents can pass on important family traditions and life stories that a grandchild will not only relish as a youngster but will grow to appreciate even more over time. Children with involved grandparents learn they can love and depend upon someone other than their parents.

Susan Bosak, author of *How To Build The Grandma Connection*, says children who have strong ties with involved, caring grandparents develop higher self-esteem, better emotional stability, stronger social skills (including an ability to withstand peer pressure) and enhanced academic performance. Since grandparents' parenting and intense work commitments have usually passed, they are able to offer the time and undivided attention that can be challenging for tired, busy parents. Bosak often hears children explain that

A GRAND RELATIONSHIP: THE BOND BETWEEN GRANDPARENTS AND GRANDCHILDREN IS A WIN-WIN SITUATION

BY SHANNON DEAN

grandparents are happy to give them the “real scoop” on family stories that their parents would rather they not hear, like the time Dad hit a baseball through the kitchen window.

BENEFITS FOR GRANDPARENTS

Likewise, grandparents reap numerous benefits from a close relationship with their grandchildren. The desire to be present as a child grows has encouraged many grandparents to remain active, to educate themselves on issues important to children and to fiercely protect their own health.

Cindy Giallombardo was struggling with multiple myeloma (plasma cell cancer) when her first grandchild was born. This devastating diagnosis paled in comparison to the fear that she wouldn't have enough time with him. So when he wrapped his tiny fingers around hers, she vowed not to give up on treatment. Because she wanted to see her grandson reach major milestones, she explored every treatment option available, a road she may not have taken without the motivation of a grandchild.

Her grandson, now 7, has no idea he's been such a huge motivation for his grandmother. He only knows “she loves me more than anything,” and he takes great pleasure in riding on her scooter and swinging on her tire swing. He also loves hearing about the time his mom ran a golf cart into a ditch, taking the family's mailbox with it.

STAYING IN TOUCH

Not all grandparents are able to be as hands-on as they might like. But even those who live far away can still have a huge impact on a child's life. With a little effort and some help from modern technology, the relationship can not only grow and flourish. Allan Zullo, a grandfather who co-wrote *A Boomer's Guide to Grandparenting*, says, “Being a

grandparent is not an honorary position. We have a strong role to play even if we're not living in the same town. We can still have a great impact on someone's life and we want to share the good things we have learned to make someone's life better.”

He encourages long-distance grandparents to share any hobbies that interest their grandchildren and to then schedule the time to work on mutual projects. That could mean you both complete quilt squares while apart and then get together to complete the quilt or work on separate cars for one model train that you'll connect during spring break.

Some other ideas to keep ties strong: consider allowing children to spend part of school breaks or summers with their grandparents. Use the internet or cell phones to play games and chat. Send texts, emails and photos. (If grandparents aren't logged on, children also love to receive snail mail.) Ask grandparents to video or audio record themselves reading a favorite book or sharing stories and memories. Finally, encourage grandchildren to ask plenty of questions. Grandparents love to share stories and children love to hear them.

BENEFITS FOR PARENTS

Experts say smart parents make every effort to forge strong bonds between their children and a grandparent (or even a grandparent figure.) Who else truly understands, loves and values your child in the same way you do? Even better, grandparents are usually more than happy to give parents a break from child-rearing every now and then.

By showing your children that you greatly value their grandparents, you're teaching them the importance of maintaining close family ties — a skill that you'll certainly want them to master by the time they have their own children — your grandchildren. Zullo says encouraging a loving

relationship with grandparents is a special advantage that parents can easily provide. “What a gift,” he says, “a family history, a sense of family and their roots.”

Shannon Dean is a freelance writer and mother of two.

20 Questions

Spark an intimate conversation between grandparents and grandchildren with one of these open-ended questions.

- 1 What was the best birthday you ever had? Why?**
- 2 Did you get an allowance? How much?**
- 3 Tell me about your parents. Were they strict?**
- 4 What did your house look like? Was your favorite memory in it?**
- 5 How did you do in school? What were your favorite subjects? Why?**
- 6 What time was your curfew when you were a teenager? Where did everyone hang out?**
- 7 What was your first car?**
- 8 What was your first job?**
- 9 What makes you proud of my mom or dad?**
- 10 Did you have any pets growing up?**
- 11 What attribute do you think is most important in life? Why?**
- 12 Is there anything that I can teach you?**
- 13 What is your greatest wish for me?**
- 14 What advice would you most want me to remember?**
- 15 What is the worst thing my mom/dad ever did?**
- 16 What is the best meal you ever had?**
- 17 What was your favorite vacation?**
- 18 Do you have any talents? Can you teach me?**
- 19 What is your favorite book or movie? Why is it meaningful to you?**
- 20 What is your proudest accomplishment?**



THE Learning curve

ALISON BOGLE

Bogle is an Austin-based freelance writer and mom of three.

Celebrating 30 Years of Library Card Sign-Up Month

This September marks the 30th anniversary of Library Card Sign-Up Month. Started in 1987 by the American Library Association, the national observance was created with the goal of ensuring that every child might obtain and use a library card. During the month, libraries nationwide unite to promote the value of a library card.

To a child, there is something magical about having your very own library card. It gives a heady sense of power to know that you can select – and check-out – your very own library books. For parents, this is one authority we're happy to share as studies show that children who are read to at home, and who use the library, perform better in school. Children who grow up using the library are also more likely to continue to use the library as a life-long source of learning.

Libraries are also important equalizers. Once summer hits, lower-income students are at greater risk of falling behind in math

and reading. Libraries help narrow the achievement gap by offering access to materials and summer learning opportunities, as well as to summer programming to keep children engaged.

Today's libraries also offer much more than books to their patrons. Almost all public libraries provide Wi-Fi and offer free access to computers. Many libraries also provide services such as technology training, job search assistance, homework assistance, test preparation, and more. Also, 9 out of 10 libraries now offer access to e-books, so that library members without access to transportation are still able check-out materials. Many readers, especially younger readers, now prefer their library materials in digital form for its ease of access and portability.

Notably, Austin public libraries offers students K-College free online tutoring from 2 p.m. to 11 a.m. every day. Students with library cards may log in and request a live expert to help with homework, projects, and general subject mastery.

The opening of Austin's Central Library downtown has led to a spike in the number of Austin library card holders. There have been approximately 68,000 new cardholders since the opening in October of 2017, bringing the total number of cardholders to around 685,000. The number of visitors to Austin libraries has also jumped, from approximately 262,000 visitors per month in 2017, to about 300,000 per month in 2019.

A new initiative that has also contributed to the increase in cardholder numbers is a library partnership with Austin ISD. Students are automatically signed-up for a library card when they enroll, although parents have the option to opt-out of the program. During the last school year, approximately 25,000 students received cards through this partnership and greater numbers are expected for the 2019-2020 school year.

So, how does one get an Austin Public Library card? It's actually relatively simple. There are two versions available: full

access and eCard. The full access card allows a member to check out books and library materials at any of Austin Public Library's 21 locations and also grants access to the library's "Virtual Library." The Virtual Library allows users to read, listen to, or watch digital content on a computer or mobile device and can be accessed 24/7. An eCard allows access only to the Virtual Library content.

To obtain a full access card, you will need to apply in person at any Austin Public Library branch. You can fill out an online application in advance or a paper application at the library. Potential cardholders will need to bring a photo ID and show proof of residence. Digital proof of an address will be accepted.

Should you prefer the eCard, you can simply apply online. ECards are available to Austin residents who are 18 or older, and who don't have a full access library card. The eCard account will be valid for one year. To apply for the eCard, submit an online eCard application, which can be found in the eCard section of the Austin Public Library "library card" website page. You will upload an image of your photo ID and proof of current address. The turnaround time is quick – applications are processed within two to three days and, once approved, you will be sent an email with your eCard account number.

Library cards are free to all Austin residents. If your address is considered to be outside of Austin city limits, you can still apply for a non-resident library card, granting you full access to library materials, including those of the Virtual Library, for \$120 annually or \$35 quarterly. Or, non-residents can apply for a non-resident eCard for an annual fee of \$22. The non-resident eCard grants access to the Virtual Library only.

Youth cards are available for applicants under 18 years old. Because most children

under 18 do not have a form of identification, an adult co-signer must be present at the time of application.

To wrap-up, here are a few fun facts in honor of Library Card Sign-Up Month. Did you know that there are more public libraries in the U.S. than Starbucks? Also, the Library of Congress is the largest library

in the world, with more than 167 million items on approximately 838 miles of bookshelves! Want another way to honor Library Card Sign-Up Month? If you're not already a cardholder, what are you waiting for? Get to your local library, or visit the Austin Public Library website and become a proud card-carrying member today!

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16003 W Hwy 71
Bee Cave, Texas 78738

NAEYC Accredited Academies:

- **Kiddie Academy of Pflugerville**
(512) 989-7777
2617 Kelly Lane
Pflugerville, Texas 78660

- **Kiddie Academy of Round Rock**
(512) 270-9988
5080 North AW Grimes Blvd
Round Rock, Texas 78665



kiddieacademy.com/austin





LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer who splits her time between Austin and Seattle.

What You Need to Know This Flu Season

Flu season is right around the corner! Last year, about half of all adults in the United States didn't get a flu shot. Almost 4 out of 10 parents and caregivers of children under 18 years old said that they didn't vaccinate their children. Why does this matter?

People who don't get a flu shot put themselves and everyone around them at risk. If you are exposed to the flu, you may be contagious before you notice any flu symptoms. It may take up to four days before symptoms begin. It is important to know that you are contagious from the day before the symptoms start until five to seven days after you get sick.

People who are contagious with the flu can easily spread it to others even when as far as six feet away! Flu viruses are spread through the air by droplets from coughing, sneezing, or talking. In some cases, you can get the flu by touching an object or surface that has flu virus on it and then touching your own mouth or nose.

Who should get a flu shot?

The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months old get a flu shot. This protection is especially important for those at increased risk of complications from the flu—young children, adults 65 years and older, pregnant women, and people with chronic health problems. All parents, caregivers, teachers, and others who come in contact with people at greater risk should get a flu shot. Getting a flu shot not only protects you, it protects the people around you.

When should I get a flu shot?

It takes your body about two weeks after getting a flu shot to make enough flu antibodies to protect you. The CDC recommends getting the vaccine before the end of October. Flu season in the United States peaks between December and February but can last as late as May. If you can't get a flu shot before flu season starts, get one as soon as possible.

What are the different types of flu vaccines? Which one should I get?

Several types of flu vaccines are available. Certain vaccines have been developed for different age groups and for people with certain medical conditions. You should get a vaccine that is appropriate for your age and any other special considerations. Talk to your healthcare provider or pharmacist about which one is right for you. Go to vaccinefinder.org to find where to get the flu vaccine in your area. If you want to get a specific type of vaccine, call ahead to find out if it is available.

The trivalent vaccine has been available for many years. This vaccine protects against three different flu viruses—an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one influenza B virus. Although two different B viruses circulate during most seasons, experts choose only one B virus for this vaccine.

The quadrivalent vaccine protects against four different flu viruses—an influenza A (H1N1) virus, an influenza A (H3N2) virus, and two influenza B viruses. The quadrivalent nasal spray vaccine is approved for people two years old through 49 years old but shouldn't be used if you are pregnant or have certain medical conditions. The quadrivalent flu vaccine may cost more than trivalent vaccine. Contact your insurance provider or pharmacist to find out how much you will pay.

Two flu vaccines are especially designed for adults 65 years and older. The high-dose flu vaccine contains four times the amount of antigen as a regular flu shot. The adjuvanted vaccine contains an additive that creates a stronger immune response.

Other vaccines have been developed using methods that don't involve chicken eggs during the manufacturing process.

What are symptoms of the flu?

Symptoms of the flu appear suddenly. They may include chills, headaches, muscle or body aches, dry cough, sore throat, runny or stuffy nose, and extreme fatigue. Some, but not all, people with the flu have a fever.

Can I get the flu from the flu shot?

No, flu vaccines are made from inactivated virus.

What are complications from the flu?

Complications from the flu can result from another infection that happens at the same time, such as a sinus or ear infection or pneumonia. Flu can make chronic health conditions, such as asthma or heart disease, worse. Other possible serious complications are caused by inflammation. Problems from inflammation can affect the heart, brain, and muscles or cause organ failure.

Flu shots are available at Shots for Tots/Big Shots clinics for children who are uninsured or who are Medicaid recipients. Shots are available for uninsured adults. No one will be denied services if they are unable to pay. Call the

Austin Public Health immunization line 512-972-5520 to make an appointment.

Go to Texasflu.org or CDC.gov/flu for more information.



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asuntos Familiares

BETTY RICHARDSON

Richardson, PhD, RNC, LPC, LMFT, es una psicoterapeuta situada en Austin.

10 comportamientos para modelar a sus hijos

Pcientemente, nuestro hijo de 14 años nos dijo que es gay. Ayer mismo, nuestro hijo de 12 años me dijo que se siente como una niña en el cuerpo de un niño. Estamos consternados, y mi esposo lo está pasando mal. ¿Cómo podemos amar y apoyar a nuestros dos hijos? Creo que podemos perder amigos y familiares por esto.

R. Estamos hablando de un tema muy controvertido. Mientras que el 75% de los estudiantes LGTBQ (lesbianas, gays, bisexuales, transgénero y queer o cuestionados) se sienten aceptados por sus compañeros, los estudiantes de secundaria experimentan niveles desproporcionadamente más altos de acoso y hostigamiento por parte de aquellos compañeros que no los aceptan. Debo sugerir que no depende de nosotros juzgar a los demás. En mi opinión, tal juzgamiento sucede a un nivel superior sin importar el Dios que exista para usted.

Opino también que estos niños tienen más probabilidades de llegar a ser buenos jóvenes y de tener éxito en la vida si los aman, guían y apoyan. La Dra. Caitlin Ryan, directora del Proyecto de Aceptación Familiar en la Universidad Estatal de San Francisco, realizó una investigación que muestra cómo las familias pueden aprender a apoyar a los niños LGBTQ, incluso cuando los padres creen

que ser transgénero o gay es incorrecto. Su investigación encontró que, bajo altos niveles de rechazo familiar, un niño tiene ocho veces más posibilidades de intento de suicidio, seis veces más probabilidades de reportar depresión y tres veces más probabilidades de tener relaciones sexuales sin protección o usar drogas. La aceptación es importante.

El Proyecto Trevor es una organización de prevención de suicidios e intervención en crisis para jóvenes LGBTQ (thetrevorproject.org), y hay un capítulo de Austin. Le recomiendo conectarse con ellos para aprender más y quizás ser voluntario.

Seguí una conversación de varias madres en Facebook. Estas madres estaban dispuestas a dejar que sus hijos se vistieran como ellos quisieran, y compartían consejos sobre dónde comprar ropa de niñas para niños y de niños para niñas. Algunos padres se sienten cómodos criar a sus hijos de una manera andrógina, permitiéndoles así descubrir quiénes son por sí mismos con el tiempo. Esto puede ser aceptado en algunas comunidades, pero no aceptado en otras.

En mi trabajo voluntario y mi práctica de terapia, he encontrado muchas variaciones en la identificación sexual y de género. He conocido adultos que cambiaron su género con hormonas y lecciones de voz e incluso cirugía. Algunos estaban contentos con sus resultados, y otros no. Para padres con

situaciones similares a la suya, sugiero lo siguiente:

1. Mantenga la calma y escuche a sus hijos, pero sea lento para actuar. Adopte un enfoque de esperar y ver mientras responde con amor y apoyo. Pregúntele a sus hijos cómo puede ayudarlos a sentirse apoyados. Evite tratar de convencer a sus hijos de que no son quienes creen que son. Fomente el diálogo. Escuche sin interrumpir ni discutir.
2. Defienda a sus hijos cuando son maltratados. Busque apoyo en un lugar de culto o en la comunidad. Dese cuenta de que sus hijos y su bienestar son más importantes que lo que otras personas piensan o como la tratan a usted.
3. Únase a una organización de apoyo familiar como PFLAG, Strong Family Alliance, Gender Spectrum, o Gender Odyssey. Puede conectarse con otros padres de niños LGBTQ.

Gracias por traer esta pregunta importante y estimulante a nuestros lectores. Nos hace pensar no solo en lo tolerantes que somos con la diversidad, sino también en cómo reaccionamos ante los niños y adultos LGBTQ en nuestras vidas. Lo más importante es amar y apoyar a sus hijos a través de lo que pudiera ser un momento confuso para ellos.

AUSTIN

UNIVISION 62

LA QUE NOS UNE

Antena 62.1 / 31.2

Spectrum 13

DirecTV 62

Dish 62

Suddenlink 21

AT&T U-Verse 13



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www.girlschoir.com
Students receive training in music theory, vocal technique and sight reading, with a challenging repertoire and frequent performance opportunities.
Central Austin, 512-453-0884

BULLOCK STATE HISTORY MUSEUM

www.thestoryoftexas.com
View significant Texas artifacts spanning 4,000 years of history. Regularly-scheduled special programs help families make memories so everyone can tell their own stories.
Central Austin, 512-936-8746

CAPITAL GYMNASTICS

www.capgym.com
Capital's program shows love and respect, teaches positive lifelong habits and helps children become healthy, successful and happy adults.
Pflugerville, 512-251-2439
Round Rock, 512-244-4999
Cedar Park, 512-259-9995

CATCH AIR

www.catchairparty.com
A clean, healthy environment for families with kids up to 12 years of age. Experience the latest and greatest in games and technology.
North Austin, 512-697-8800
Round Rock, 737-444-2992

DANCE DISCOVERY

www.dancediscovery.com
A 6-time Austin Family reader favorite, this dance school engages students of all levels in exciting performing arts education.
Allendale, 512-419-7611
Avery Ranch, 512-658-2996

GIRLSTART

www.girlstart.org
Girlstart designs and implements innovative, high-quality informal STEM education programs that inspire girls to transform our world.
North Austin, 512-916-4775

HEARTSONG MUSIC

www.heartsongmusic.net
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North Austin, 512-371-9506

JUMP! GYMNASTICS

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www.kidspaaustin.com
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KLRU

www.klr.org/kids
KLRU hosts more than 100 community events that give us safe space to reflect, discuss and join the conversation about important topics. Central Austin



LAUNCH CODE AFTER SCHOOL

www.launchafterschool.com
Teaching kids the fundamentals of computer science and programming so they can have a leg up on the future. Learning a coding language is now as vital and arguably more important than any other skill your child will learn. Westlake, Cedar Park, Round Rock 512-337-6624

MAD SCIENCE

austin.madscience.org
Sparking imaginative learning, Mad Science provides science enrichment for children in pre-K through grade 5 through unique, hands-on science experiences. Locations throughout Austin 512-892-1143



MAIN EVENT

www.maineventaustin.com
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MASTER GOHRING TAI CHI AND KUNG FU

www.mastergohring.com
You and your children can develop the strength, confidence and self-mastery skills to deal effectively with the challenges, choices and complexities of life. Central Austin, 512-879-7553

NITRO SWIM

www.nitroswim.com
Having served thousands of area families, Nitro Swim provides lessons and competitive swim team at two indoor, climate-controlled swim centers. Cedar Park, Bee Cave 512-259-7999



ORPHEUS ACADEMY

www.orpheusacademy.com
Helping students develop life skills such as goal setting, perseverance, and creative problem-solving. Piano, guitar, voice and strings. Northwest Austin Cedar Park 512-456-7543

PLAYLAND SKATE CENTER

www.playlandskatecenter.com
At 27,500 square feet, Playland is Austin's largest skating facility, offering an impressive light show, fog machine and the latest sound system. Northwest Austin, 512-452-1901



SUGAR AND SPICE RANCH

www.texashorsecamps.com
Sugar and Spice creates a positive bonding experience with activities that include horseback riding camps, trail ride excursions and weekend getaways. Bandera, 830-460-8487

SUNRISE YOUTH PROGRAM

www.sunriseaustin.org
Sunrise provides after-school care for all sorts of families, including those desperately in need, to ensure that all children receive quality care. South Austin, 512-444-3326



SYNERGY DANCE

www.synergydancestudio.com
Synergy offers solid technical training that fosters a love of dance and a passion for learning with caring, supportive instructors. West Lake Hills, 512-327-4130

TOM'S DIVE AND SWIM

www.austinswim.com
Kids learn swimming in small group classes or through private lessons. Enjoy the 90-degree indoor pool. North Austin, 512-451-3425



YMCA AUSTIN

www.austinyymca.org
The Y teaches organized games and sports, leads arts and crafts activities, and assists with homework and tutoring. Serving people of all abilities. Locations throughout Austin 512-730-9622

YMCA WILLIAMSON CO.

www.ymcagwc.org
Take a class, train with friends or work out at a fitness center. Have fun while increasing strength, endurance and gaining confidence. Locations throughout Williamson County, 512-615-5563

Volunteer

ROUND ROCK SERVING CENTER

www.rrasc.org
Volunteers are needed for help with the pantry, sorting merchandise, restocking shelves, teaching computer classes, refurbishing computers, data entry and more. Round Rock, 512-244-2431



September

2019 calendar

Parenting Events Page 42

Story Time Page 43

On Stage

Jungalbook. Sep. 7 through Dec. 14. Adventure awaits in a jungle where danger lurks in every tree and only the brave dare enter! ZACH Theatre, 202 S. Lamar Blvd. From \$19. tickets.zachtheatre.org or 512-476-0541.

Cyrano de Bergerac. Thurs.-Sun. throughout Sep. Paris in the 17th century is a city of self-indulgence, elegant banter, lust and love. Austin Scottish Rite Theater, 207 W 18th St. From \$15. scottishritetheater.org or 512-471-5436.

Museum Exhibits

Motown: The Sound of Young America. Through Jan. 2020. Explore the music, culture and politics of 1960s soul and how it still influences us today. LBJ Presidential Library, 2313 Red River St. Adult \$10. Youth (13-18) is \$3. Child (12 and under) is FREE. lbjlibrary.org or 512-721-0200.

Cowboys in Space. Through Dec. 1. A journey through the history of Westerns in science fiction. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.org.

Modernist Networks. Through Jan. 5, 2020. A rare opportunity to see letters, books, and manuscripts by Modernist writers such as T. S. Eliot, Stéphane Mallarmé, Virginia Woolf, Ernest Hemingway, James Joyce, Antoine de Saint-Exupéry, Joseph Conrad, and others from a private collection. FREE. Harry Ransom Center, 300 West 21st St. hrc.utexas.edu. or 512-471-8944.

Family Events

Sun 1

H-E-B Free First Sunday. 12 to 5 p.m. Enjoy FREE exhibition admission all day held the first Sunday of every month. Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

Kids Chess Open Play. 1:30 to 3 p.m. Learn the basics of chess, or just meet up to play a few games. Cedar Park Public Library, 550 Discovery Blvd. FREE. cedarparktexas.gov. 512-401-5600.

Heritage House Open-First Sunday. 1 to 4 p.m. Visit the Heritage House Museum and learn about local history. Pflugerville Public Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

Splash Jam. 6 to 9 p.m. Cedar Park presents Splash Jam. Milburn Park, 1901 Sun Chase Blvd. FREE. cedarparkfun.com

Mon 2

Free Day of Yoga. 8 a.m. Try yoga for the first time, experience a new style of yoga, visit a new studio or take a class. Participating yoga studios throughout Austin. FREE. freedayofyoga.com.

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

Tue 3

Armstrong Community Music School. 10:30 to 11:00 a.m. Ages 0-5. An interactive music class presented by Armstrong Community Music. FREE. Westbank Community Library, 1309 Westbank Dr. FREE. westbanklibrary.com.

Spanish Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Learn basic Spanish concepts and vocabulary through songs and play, followed by social time. Wells Branch Community Library, 15001 Wells Port Drive. FREE. wblibrary.org.

Bookmobile at Dick Nichols Park. 10 a.m. to 12:00 p.m. All ages. Check out a curated selection of books and learn about library services. 8011 Beckett Rd. FREE. library.austintexas.gov.

Teen Social Hour. 3 to 5 p.m. Tweens and teens ages 10-17 are invited to hang out with their friends, play games and other fun

activities! Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Board with Books. 6 to 8:45 p.m. A wide range of modern and traditional board games that are available to play or bring a personal favorite and teach someone else how to play! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Sew Easy. 6 to 8 p.m. Introduction to Quilting on the first Tuesday of the month. Learn the basics to starting your own quilt! Manchaca Road Branch, 5500 Manchaca Rd. FREE. 512-974-8700. library.austintexas.gov.

Wed 4

Sprouts. 10 to 11 a.m. Bring your little wildflowers ages 3-5 on Wednesdays and Thursdays. FREE with regular admission. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Learn through song and play. Wells Branch Community Library, 15001 Wells Port Drive. FREE. wblibrary.org.

Crafternoon. 3:30 p.m. All ages. Fun for the whole family. We provide the supplies; you provide the creativity. FREE. Ruiz Branch, 1600 Grove Blvd. 512-974-7500. library.austintexas.gov.

Kawaii Club. 4:30 to 5:15 p.m. Club for kids who enjoy manga and anime. Pflugerville Public Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

Dungeons and Dragons Game Master Mentoring. 5 p.m. Ages 13 and up. Kyle Public Library, 550 Scott St. FREE. cityofkyle.com/library.

DIY Wednesday: Calligraphy. 6 to 8 p.m. Wells Branch Community Library, 15001 Wells Port Drive. FREE. wblibrary.org.

High Noon Talk: Hector Garcia. Discover the story of a giant in Texas history. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.com. 512-936-8746.

SUBMIT YOUR EVENT

Visit austinfamily.com and click "Submit your event." The deadline is the 5th of the month preceding the month of the event. If your event charges more than \$15, send details to kaye2003@austinfamily.com for approval.

Thu 5

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Let's All Play-Board Game Day. 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Chess Club. 4 to 5 p.m. Come join the St. John's Chess Club. Learn to play, or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Unplugged At The Grove. 8 p.m. Ruthie Foster performs. The best live music, food, and fun you'll experience under the clear, warm skies of Austin. Shady Grove, 1624 Barton Springs Rd. FREE. acl-radio.com.

Fri 6

Austin Reptile Show. 10:30 a.m. Join Austin Reptile Service to learn about and visit with a variety of reptiles! Younger kids. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing and dance. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Friday Matinee: Spider-man: Into the Spider-verse (PG). 3 p.m. Teens 13-18 only. Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Black Fret Summer Sessions. 5 p.m. Celebrate local music in the heart of Austin. The Long Center HEB Terrace, 701 W. Riverside Dr. FREE. thelongcenter.org. 512-477-5664.

Music In The Park. 7:30 to 9:30 p.m. Bring lawn chairs, pets, blankets and picnic baskets. Pflugger City Park, 515 City Park Rd. FREE. parks.pflugervilletx.gov.

Movies in the East: Venom (PG-13). 8 to 10 p.m. Bring your friends and family to Bryant Park the first Friday of every month. Bryant Park, Cardinal Bloom Loop. FREE.

Sat 7

Code Chica Certification Program for High School Girls. 10 a.m. to 2 p.m. Code Chica is Latinitas' 8-week program for girls ages 14 -18 to gain knowledge about HTML. Latinitas HQ, 1023 Springdale Road, Building 9E. FREE. latinitasmagazine.org. 512-900-0304.

K-9 Kerplunk. 10 a.m. to 12 p.m. Join us for a pool paw-ty! Georgetown Recreation Center, 1003 N Austin Ave. parks.georgetown.org.

Pfurry Splash Party. 10 a.m. to 2 p.m. Join us for the third annual summer splash party for your furry friends! Scott B. Mentzer Pool, 901 Old Austin Hutto Rd. \$5. parks.pflugervilletx.gov.

Bat Fest. 12 to 2 p.m. Learn about area bats, along with live music, bat races, train rides, bat crafts and food vendors. Community Park, 16318 Great Oaks Dr., Round Rock. FREE. www.bcmud.org.

Let's Make Zines. 1:30 to 3 p.m. Make your own tiny book. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

2 O'Clock Tunes Concert Series. 2 to 3 p.m. North Austin Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Movie Matinee: Avengers: Endgame (PG-13). 2 to 5 p.m. Pflugerville Public Library, 1008 W. Pflugger St. FREE. library.pflugervilletx.gov.

Movie Matinee: Shazam (PG-13). 2 p.m. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Sun 8

Kids Chess Open Play. 1:30 to 3 p.m. See Sun 1 for details.

Chess Club. 4 to 5:30 p.m. Beginning of 15-week series. Learn to play chess! New and experienced players are welcome. Under age 10 must be accompanied by an adult. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Inclusive Board Game Group. 4 to 5:30 p.m. Bring your favorite board, card, or strategy game to share and find new games to love. Wells Branch Community Library, 15001 Wells Port Drive. FREE. wblibrary.org.

Shakespeare Out Loud. 4 p.m. Monthly meeting at Laura's Library to explore the legendary bard. Laura Bush Community Library, 9411 Bee Cave Rd. FREE. westbanklibrary.com.

kid oshoe



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by Terra
Toys

In celebration of the 60th anniversary of Motown Records, *Motown: The Sound of Young America*, is the first major museum exhibition to embrace all facets—music, culture, and politics—of the 1960s biggest sounds in soul. Curated by the GRAMMY Museum®, this must-see exhibition is only at the LBJ Presidential Library.

LBJ PRESIDENTIAL LIBRARY
MOTOWN.LBJLIBRARY.ORG

Mon 9

Mr. Tamarin's Trees. 3:45 p.m. 5 and up. A Literature Live production. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

LEGO Lab. 4 to 5 p.m. 5 and up. WeDo 2.0 Robotics activity. Sign up for a Robot Kit starting at 3:30pm. Wells Branch Community Library, 15001 Wells Port Drive. FREE. wblibrary.org.

Tue 10

Homeschool Happenings. 11 a.m. to 12 p.m. Enrichment activities and social time for homeschoolers of all ages. Georgetown Public Library, 402 W 8th St. visit.georgetown.org.

Inspiring Stories. 1 to 2 p.m. Inspiring Stories Practice English conversation and learn to live a happier life. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Homeschool Tweens: 8-12. 2 to 3 p.m. Informal enrichment activities that explore reading, science and art. Pflugerville Public Library, 1008 W. Pflugger St. FREE. library.pflugervilletx.gov.

Jr. Chef Skills. 4:30 p.m. Kids ages 8 to 12 are invited to learn practical cooking skills in this hands-on class. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Family Board Game Night. 5:30 to 8 p.m. Do you love playing board games? Central Library, 710 W. Cesar Chavez. FREE. library.austintexas.gov. 512-974-7400.

Ben Franklin Circle. 6:30 to 8:30 p.m. Civic Dialogue and Personal Growth. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Teen Writing Group (ages 12-18). 6:30 to 8 p.m. Are you aged 12-18 and have a passion for the writing? FREE. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Wed 11

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Circle Time. 10:30 to 11:30 a.m. Wed 4 for details.

STEM Builder Lab. 3:30 p.m. STEM Builder Lab Get on your problem-solving hat as you engineer unique structures. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

NBTween Graphic Novel Book Club. 4:30 p.m. NBTween Graphic Novel Book Club Crush Recommended for ages 9-12 Crazy about comics? St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Thu 12

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pflugger St. library.pflugervilletx.gov.

Music & Movement. 11 a.m. Ages 3-5. Bring your favorite little one to stretch, sing, dance & explore music with rhythm instruments! Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Early Literacy Playgroup. 11 a.m. Early Literacy Playgroup Recommended for ages 3-5 Playing is learning! Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Let's All Play-Board Game Day. 3 to 5 p.m. See Thur 5 for details.

Science Under the Stars. 7 to 9 p.m. Bees Go Grocery Shopping: How to Think, Dance, and Grocery Shop Like a Bee! This is a public outreach lecture series held outdoors. Brackenridge Field Laboratory, 2907 Lake Austin Blvd. FREE. scienceunderthestars.org.

Fri 13

GroovaRoo. 10:30 to 11:30 a.m. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Two of a Kind Crazy Critter Concert for Kids. 10:30 a.m. Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov. 512-974-7400.

Early Literacy Playgroup. 11 a.m. Early Literacy Playgroup Recommended for ages 3-5 Playing is learning! North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Perler Bead Palooza. 3 p.m. Make amazing pixelated creations using fusible beads. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Movie Matinee: Fantastic Beasts: Crimes of Grindelwald (PG-13). 3:30 p.m. Old Quarry Branch, FREE. library.austintexas.gov.

Wings Over Wimberley. 5 p.m. A city-wide cultural event with music, art, food, and fun, celebrating the Quarter Shops, 14015 Ranch Road 12. FREE. wimberleyarts.org/wings-over-wimberley.

Music In The Park. 7:30 to 9:30 p.m. There's no admission charge, so bring lawn chairs, pfurry friends, blankets, picnic baskets, Pfluger City Park, 515 City Park Rd. FREE. parks.pflugervilletx.gov.

Sat 14

Heart Screening at Dell Children's Medical Center of Central TX. 8 a.m. to 12 p.m. This heart screening will occur in the Marnie Paul Specialty Care Center. FREE. Dell Children's Medical Center of Central Texas, 4900 Mueller Blvd. dellchildrens.net

Code Chica Certification Program for High School Girls. 10 a.m. to 2 p.m. See Saturday 7th.

Stronger Austin Day. 10 a.m. Virginia L. Brown Recreation Center, FREE. austinstronger.org.

Tinkering Take Homes - 3D Letters. 10 a.m. Ages 4 and up. Build an eye-catching initial that shows off your personality. Thinkery, 1830 Simond Ave. \$5 - \$6. thinkeryaustin.org.

Fiesta Austin. 10 a.m. Diez y Seis de Septiembre Austin 2019 is an annual celebration held in Austin, Texas in Sep. Fiesta Gardens, 2101 Jessie E. Segovia. FREE. fiestaaustin.org.

Free Gardening Seminar - Selection, Planting and Care of Your Trees. 10 a.m. to 12 p.m. Get ready for tree planting season! Zilker Botanical Garden, 2220 Barton Springs Road. FREE. tcmastergardeners.org.

The Hidden Code. 2 p.m. Author talk and book signing with PJ Hoover. Recommend for readers 12 and up. After Hannah's parents are presumed dead, she's shocked when a letter from her mom arrives right after her 16th birthday. BookPeople, 603 N Lamar Blvd, Austin, TX. FREE. bookpeople.com.

Perler Bead Palooza. 2 to 3:30 p.m. Make amazing pixelated creations using fusible beads. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Kyle Region Pokemon Trainers. 2 p.m. All ages. Come join your fellow Pokemon Trainers! FREE. cityofkyle.com.

Wings Over Wimberley. 5 p.m. See 13th for details.

Sun 15

Tinkering Take Homes. 10 a.m. 10 a.m. see 14 for details

Kids Chess Open Play. 1:30 p.m. to 3 p.m. See Sun 1 for details.

Chess Club. 4 to 5:30 p.m. See Sun 8 for details.

Annual Fiesta de El Grito de Independencia. 5 to 9:30 p.m. In collaboration with the Consulate General of Mexico, the Austin-Salttillo Sister City Committee, the City of Austin, Univision, the State Preservation Board, and the Mexican American Legislative Caucus, this annual event is a musical celebration and historical re-enactment of Mexico's call for independence from Spain. Texas State Capitol, Congress Ave. FREE. univision.com.

Mon 16

Dual Language Music and Movement (Musica y Movimiento en Dos Idiomas). 11 a.m. Ages 3-5. Bring your favorite little one to stretch, sing, dance & explore music with rhythm instruments! St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

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Tue 17

Homeschool Tweens: 8-12. 2 to 3 p.m. See Tues. 10 for details.

Early Literacy Playgroup. 11 a.m. Ages 3-5. Playing is learning! Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Music & Movement. 11 a.m. Ages 3-5. Bring your little one to stretch, sing, dance & explore music with rhythm instruments! Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Inspiring Stories. 1 to 2 p.m. See Tuesday the 10th.

Book Circle. 3:30 p.m. Ages 5-9 Settle in for a story or two and some hands-on activities. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

ABCs of Cooking. 4 p.m. Ages 5-10. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Miniatures Guild. 6 to 8:45 p.m. If you like fantasy, art, or are just looking to pick up a new hobby, join us. Terrazas Branch, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Wed 18

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Circle Time. 10:30 to 11:30 a.m. Wed 4 for details.

STEAM Studio. 6 to 7 p.m. Ages 4 and up. Science, Technology, Engineering, Art, and Math activities with a creative twist. Wells Branch Community Library, 15001 Wells Port Dr. wblibrary.org.

Thu 19

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years old with caregiver. Free play. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Music & Movement. 11 a.m. See Thurs. 12 for details.

Let's All Play-Board Game Day. 3 to 5 p.m. See Thur 5 for details.

Pavi Sharma's Guide to Going Home. 6:30 p.m. Author talk and book signing with Bridget Farr. A tween novel about a foster kid, Pavi Sharma, who tries to save a fellow foster kid from the home that still haunts her nightmares. BookPeople, 603 N Lamar Blvd, Austin, TX. FREE. bookpeople.com

Fri 20

Early Literacy Playgroup. 10:15 a.m. Ages 3-5. Playing is learning! Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Lego Club. 4 p.m. Do you love Legos? Join us for a free play session. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Hot Science-Cool Talks. 5:30 to 8 p.m. UT Environmental Science Institute's monthly lecture series presents "Detecting Cancer by Touch" with Dr. Livia Elberman. Hands on activities and information hotsciencecooltalks.org.

4th Annual Mermaid Splash Fest 2019. 7 p.m. An annual city-wide, multi-event festival, celebrating the arts and culture of San Marcos. FREE. mermaidsocietysmtx.com.

Sat 21

Code Chica Certification Program for High School Girls. 10 a.m. to 2 p.m. See Saturday 7th.

4th Annual Mermaid Aqua Faire. 10 a.m. to 6 p.m. The fun kicks into full gear following the Downtown Mermaid Promenade. The San Marcos River serves as the beautiful backdrop to this fun-filled festival that has something for Mer-folk of all ages. San Marcos Park Plaza, 501 E. Hopkins, San Marcos. FREE. eventbrite.com.

BYOD Austin Bark. 10 a.m. to 12 p.m. This park is free and open to the public! All pups welcome including non-BYOD members! FREE. Zilker Park, 2100 Barton Springs Rd. byodcities.com.

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Stories de la Sierra and the City. 2 to 3 p.m. Come listen to Luis Guerra tell stories. FREE. St. John Branch, 7500 Blessing Ave. library.austintexas.gov.

Austin Film Society Screening: Fast Color (PG). 2:30 p.m. This completely unique superhero movie is not only about a young woman's hidden superpowers, but even greater powers of love, forgiveness and redemption. AFS Cinema, 6406 N. I-35, Suite 100. \$9. austinfilm.org.

Sun 22

Austin Museum Day. Free museum admissions throughout Austin. austinmuseum.org/museumday.

Lego Lab. 12 to 6 p.m. Lego fun in the 3rd floor Atrium. With Legos, you can build anything you can imagine. Come to hear, see, make, and create different stories, all while building with Legos provided by the Library! FREE. Central Library, 710 W. César Chávez St. library.austintexas.gov.

Kids Chess Open Play. 1:30 p.m. to 3 p.m. See Sun. 1 for details.

Identification Day. 1 to 5 p.m. University scientists and experts from Central Texas will be on hand to identify natural objects such as fossils, bones, rocks and prehistoric archeological materials. Texas Memorial Museum, 2400 Trinity St. FREE. tmm.utexas.edu or 512-471-1604.

Chess Club. 4 to 5:30 p.m. See Sun 8 for details.

Inclusive Board Game Group. 4 to 5:30 p.m. See Sun 8 for details.

Mon 23

LEGO Lab. 4 to 5 p.m. See Mon. 9 for details.

Tue 24

Early Literacy Playgroup. 10:30 a.m. Ages 3-5. Playing is learning! Terrazas Branch, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Inspiring Stories. 1 to 2 p.m. See Tuesday 10th.

Homeschool Tweens: 8-12. 2 to 3 p.m. See Tues. 10 for details.

Book Circle. 3:30 p.m. Ages 5-9. Settle in for a story or two and some hands-on activities. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

B Movies and Bad History: Cowboys in Space. 6 to 7 p.m. See the best (and worst) examples of sci-fi westerns shown on screen and explore the meaning behind them. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.com. 512-936-8746.

Wed 25

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Circle Time. 10:30 to 11:30 a.m. Wed 4 for details.

Techie Tweens. 4:30 to 5:15 p.m. Ages 8-12. Kids are invited to learn, build, and explore at the library's tech club for tweens. Pflugerville Public Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

Aural Literature. 7:30 to 8:45 p.m. Local poetry and prose presented by Chicon Street Poets. Terrazas Branch, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Thu 26

Sprouts. 10 to 11 a.m. See Wed 4 for details.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Music & Movement. 11 a.m. See Thurs. 12 for details.

Let's All Play-Board Game Day. 3 to 5 p.m. See Thur 5 for details.

Fri 27

American Indian Heritage Day. 9 a.m. Recognize the cultural, historic, and social contributions of American Indians in Texas. Experience the power of Native American dance and storytelling. Bob Bullock State History Museum, 1800 Congress Ave. \$9-\$13. thestoryoftexas.org.

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Science Friday. 3 p.m. Come for an hour of seasonally-themed science and STEAM stations the whole family will enjoy. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov. 512-974-7570.

ATX Asian Night Market. 5-11 p.m. Inspired by the famous open-air nighttime bazaars of Asia featuring food trucks, games, music and more. Austin American-Statesman, 305 South Congress Avenue. \$5-10. Children under 12 FREE. facebook.com/atxnighmarket/

Sat 28

Touch-A-Truck. 9 to 3 p.m. All ages. A family friendly event that hosts a wide variety of vehicles for kids to experience up close. Camp Mabry, 2200 W 35th St. \$5 - \$25. safeaustin.org.

Build Screech Owl Houses. 9 a.m. to 12 p.m. Bring family and friends to this Junior Ranger educational presentation. Rabb House, 151 N A.W. Grimes Blvd, Round Rock. FREE. roundrocktexas.gov/ranger. 512-801-4910.

Community Fall Fair. 10 a.m. to 3 p.m. The community is invited to enjoy live music, a classic car show, and games for all ages. Palm Valley Lutheran Church, 2500 East Palm Valley Blvd. FREE. pvlc.org. 512-255-3322.

Saturday Craft. 11 a.m. to 1 p.m. Make and craft at the library while exploring the diverse collection. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

LifeKids Fall Festival. 2 to 7 p.m. A wide selection of food trucks, carnival rides, bounce houses, college football on the big screen, and so much more. LifeAustin Amphitheater, 8901 Highway 71 West. FREE. life.family/fall-fest.

ATX Asian Night Market. 5-11 p.m. See Fri 27 for details.

Sun 29

Kids Chess Open Play. 1:30 p.m. to 3 p.m. See Sun 1 for details.

Mon 30

American Mah Jongg. 1 p.m. All levels are welcome to play American Mah Jongg. Bring cards if you have them! Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Parenting Events

Sun 1

Library Card Sign Up Month Begins Today. September 2019 is Library Card Sign Up Month! Visit your local library to gain access to free library resources including community programs, virtual library services, homework help, events, and more.

Wed 4

Hazardous Household Waste Drop Off Event. 9 a.m. to 12 p.m. This event is open to all utility customers of Bee Cave, Lakeway, Hurst Creek MUD, Lakeway MUD and Lake Travis Regional Reuse and Recycle Center, 3207 Neidhardt Dr. lakeway-tx.gov.

Thu 5

Crafting and Community with Jane. 2 to 4 p.m. Join Jane as she "holds space" for those in our community who are grieving a loss. Bring a craft, a book, knitting, coloring or just yourself. Supplies available, but no crafting required. The Austin Center for Grief and Loss, 2413 Greenlawn Parkway. austingrief.org. FREE. 512-472-7878.

Austin Expecting Twins Class. 2:30 p.m. This class will help connect you with other expecting twin parents in your local area whilst educating you on all the key areas in preparing for twins. Central Library, 710 W Cesar Chavez St. library.austintexas.gov.

Sun 8

Teen Tech Solutions: A Workshop for Parents. 3 to 4:30 p.m. Screens and tech can easily strike frustration and fear into the hearts of parents of teens and pre-teens. This workshop provides parents with practical solutions to the most troubling tech problems. Collegewise Austin, 5900 Balcones Drive. FREE. eventbrite.com



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Mon 9

Safe Space Support Group. 1 to 2 p.m. Ongoing Mondays. Gather for coffee, snacks and an opportunity to discuss what's important to you in a safe setting. Group is led by a licensed clinical social worker. Topics include: how to build self-esteem; anger management; how to resolve conflict; grief and loss; health and mental health; and more. Austin Terrazas Branch, 1105 E. César Chávez St. FREE.

Thu 12

Crafting and Community with Jane. 2 to 4 p.m. See Thu 5 for details.

Mon 16

Safe Space Support Group. 1 to 2 p.m. See Mon 9 for details.

Thu 19

Crafting and Community with Jane. 2 to 4 p.m. See Thu 5 for details.

Mon 23

Safe Space Support Group. 1 to 2 p.m. See Mon 9 for details.

Thu 26

Free Health Screening. 11 a.m. to 1 p.m. Visit with a nurse from Austin Public Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Crafting and Community with Jane. 2 to 4 p.m. See Thu 5 for details.

Sat 28

NAMI Walks. 7:30 to 11:30 a.m. Help change the conversation around mental health. Join the nation's largest mental health awareness event. Walk from the Long Center to the Texas State Capitol and back to support those with mental health challenges. Registration is now open. The Long Center, 701 W. Riverside. FREE. namiwalks.org.

Alzheimer's Texas Williamson Co. Walk. 8:30 a.m. to 12 p.m. Interested in supporting families touched by Alzheimer's or dementia? Walk to support the mission of Alzheimer's Texas! Raise \$50 to get a 2019 Walk Shirt! San Gabriel Park, 445 E. Morrow St., Georgetown. FREE. cedarparkchamber.org.

Mon 30

Safe Space Support Group. 1 to 2 p.m. See Mon 9 for details.

Story Times

Public library story time events listed here are FREE unless otherwise noted. Programs are subject to change; please contact the venue before attending. Area story times are too numerous to list here. Visit austinfamily.com for more story times.

Tue 3

Books and Babies. 2 p.m. Books and Babies A lapsit storytime program especially for non-walking babies 0-18 months. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

Wed 4

Bow Wow Reading with Quintana Roo. 4:30 to 5:30 p.m. Bow Wow Reading with Quintana Roo Recommended for ages 5 and up. Certified Austin Dog Alliance Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Mon 9

Books and Babies. 2 p.m. A lapsit story time program especially for non-walking babies 0-18 months and Twin Oaks Branch, 1800 S. 5th St. library.austintexas.gov.

Pajama Storytime. 6:30 p.m. Pajama Storytime. 5 and under. Feel free to wear pajamas to this family event. Central Library, 710 W. César Chávez St. library.austintexas.gov.

Tue 10

Storytime: French - English. 11 a.m. Ages 5 and under. Twin Oaks Branch, 1800 S. 5th St. library.austintexas.gov.

Trilingual Storytime. 11 a.m. Trilingual Storytime Cuentos en Tres Idiomas Recommended for ages 0-5 and their caregivers. North Village Branch, 2505 Steck Ave. library.austintexas.gov.

Wed 11

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under Storytime for children aged 5 and under and Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Books and Babies. 10:15 a.m. A lapsit storytime program especially for non-walking babies 0-18 months and Carver Branch, 1161 Angelina St. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Recommended for ages 0-5 and their caregivers. Southeast Branch, 5803 Nuckols Crossing Rd. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.



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Preschool Storytime. 11 a.m. Recommended for ages 3-5. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Books and Babies. 11 a.m. A lapsit storytime program especially for non-walking babies 0-18 months. Spicewood Springs Branch, 8637 Spicewood Springs Rd. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Twin Oaks Branch, 1800 S. 5th St. library.austintexas.gov.

All Ages Storytime. 11 a.m. Recommended for ages 5 and under. University Hills Branch, 4721 Loyola Ln. library.austintexas.gov.

Dual Language Storytime: French - English. 2 p.m. Recommended for ages 5 and under. Central Library, 710 W. César Chávez St. library.austintexas.gov.

Bow Wow Reading with Quintana Roo. 4:30 to 5:30 p.m. Recommended for ages 5 and up. Certified Austin Dog Alliance. Little Walnut Creek Branch, 835 W. Rundberg Ln. library.austintexas.gov.

Thu 12

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under. Windsor Park Branch, 5833 Westminster Dr. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Recommended for ages 0-5. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. library.austintexas.gov.

All Ages Storytime. 10:30 a.m. Recommended for ages 5 and under. Little Walnut Creek Branch, 835 W. Rundberg Ln. library.austintexas.gov.

Yoga Storytime. 10:30 a.m. Recommended for ages 5 and under. Practice your mindfulness, hear a story, and learn about yoga. St. John Branch, 7500 Blessing Ave. library.austintexas.gov.

Fri 13

Books and Babies. 2 p.m. A lap/sit story time program especially for non-walking babies 0-18 months. Old Quarry Branch, 7051 Village Center Dr. library.austintexas.gov.

Bow Wow Reading with Wrangler the Dog. 4 to 5 p.m. Certified Austin Dog Alliance volunteers team with trained therapy dogs. Milwood Branch, 12500 Amherst Dr. library.austintexas.gov.

Mon 16

Dual Language Music and Movement. 11 a.m. Recommended for ages 3-5. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Books and Babies. 2 p.m. A lapsit storytime program especially for non-walking babies 0-18 months and their siblings, with an adult. Twin Oaks Branch, 1800 S. 5th St. library.austintexas.gov.

Pajama Storytime. 6:30 p.m. Recommended for ages 5 and under. Feel free to wear pajamas to this family event. Central Library, 710 W. César Chávez St. library.austintexas.gov.

Tue 17

Trilingual Storytime. 11 a.m. Recommended for ages 0-5 and their caregivers. North Village Branch, 2505 Steck Ave. library.austintexas.gov.

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under. Howson Branch, 2500 Exposition Blvd. library.austintexas.gov.

Books and Babies. 10:15 a.m. A lapsit story time program especially for non-walking babies 0-18 months. Carver Branch, 1161 Angelina St. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Trilingual Storytime. Recommended for ages 0-5 and their caregivers. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Breschool Storytime. 11 a.m. Recommended for ages 3-5. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Books and Babies. 11 a.m. A lapsit storytime program especially for non-walking babies 0-18 months. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

All Ages Storytime. 11 a.m. Recommended for ages 5 and under Storytime for children aged 5 and under. University Hills Branch, 4721 Loyola Ln. FREE. library.austintexas.gov.

Bow Wow Reading with Quintana Roo. 4:30 to 5:30 p.m. Recommended for ages 5 and up. Certified Austin Dog Alliance. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Thu 19

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Recommended for ages 0-5 and their caregivers. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

All Ages Storytime. 10:30 a.m. Recommended for ages 5 and under. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Fri 20

Books and Babies. 2 p.m. A lapsit storytime program especially for non-walking babies 0-18 months. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Sat 21

Bow Wow. 10:30 to 11:30 a.m. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Fur-Ever Friends R.E.A.D Dogs. 12 to 2 p.m. Georgetown Public Library, 402 W 8th St. visit.georgetown.org.

Reading Dog. 12 to 1 p.m. One-on-one reading practice time with a therapy dog. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Paws & Read. 4:30 to 5:30 p.m. Recommended for Grades K - 2. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Mon 23

Preschool Story Time. 10:30 a.m. Preschoolers are invited to enjoy stories, fingerplays, poems, songs and crafts on Mondays at Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Books and Babies. 2 p.m. A lapsit story time program especially for non-walking babies 0-18 months. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Tue 24

Hindi Bilingual Storytime. 10:30 to 11 a.m. The Round Rock Public Library presents Hindi Bilingual Storytime the fourth Tuesday of each month, Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Dual Language Storytime: Japanese - English. 11 a.m. Dual Language Storytime: Japanese - English Join us for stories, songs and crafts in Japanese and Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Trilingual Storytime. 11 a.m. Trilingual Storytime Cuentos en Tres Idiomas Recommended for ages 0-5 and their caregivers - North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Reading Unleashed. 6:30 to 7:30 p.m. Share the joy of knowledge and reading! Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Wed 25

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Books and Babies. 10:15 a.m. A lapsit story time program especially for non-walking babies 0-18 months. Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Recommended for ages 0-5 and their caregivers. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Baby Story Time. 10:30 a.m. Bounce, sing, and clap with your child in their first library experience. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Preschool Storytime. 11 a.m. Recommended for ages 3-5. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for preschoolers ages 3-5 and their caregiver. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for preschoolers ages 3-5 and their caregiver. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Books and Babies. 11 a.m. A lapsit story time program especially for non-walking babies 0-18 months. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

Preschool Storytime. 11 a.m. Recommended for preschoolers ages 3-5 and their caregiver. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

All Ages Storytime. 11 a.m. Recommended for ages 5 and under. University Hills Branch, 4721 Loyola Ln. FREE. library.austintexas.gov.

Dual Language Storytime: Japanese - English. 2 p.m. Join us for stories, songs and crafts in Japanese. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Bow Wow Reading with Quintana Roo. 4:30 to 5:30 p.m. Recommended for ages 5 and up. Certified Austin Dog Alliance. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Thu 26

Babytime (birth - 12 months). 9:30 to 10 a.m. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Storytime: Over the Moon. 10 a.m. Fly high with us as read and learn all about our moon. Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

All Ages Storytime. 10:15 a.m. Recommended for ages 5 and under. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Trilingual Storytime. 10:15 a.m. Recommended for ages 0-5 and their caregivers. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

All Ages Storytime. 10:30 a.m. Recommended for ages 5 and under. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Pajama Storytime. 6 p.m. Recommended for ages 5 and under. Feel free to wear pajamas. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Fri 27

Books and Babies. 2 p.m. Books and Babies A lap/sit story time program especially for non-walking babies 0-18 months and Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Mon 30

Baby Time for babies 3 - 12 months old. 10 to 10:30 a.m. This program is for babies 3 to 12 months old, and their siblings, with an adult. Pflugerville Public Library, 1008 W. Pfluger Street. library.pflugervilletx.gov.

Preschool Story Time. 10:30 a.m. Preschoolers are invited to enjoy stories, fingerplays, poems, songs and crafts on Mondays at Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Books and Babies. 2 p.m. A lapsit story time program especially for non-walking babies 0-18 months. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Pajama Storytime. 6:30 p.m. Recommended for ages 5 and under. Feel free to wear pajamas. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.



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PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

MALA SUERTE

No hay tal cosa como la mala suerte o que naciste con mala estrella. Las creencias limitantes son hechizos mentales que ya sea que los hayas creado en tu mente por experiencias vividas o peor aún, porque alguien más te implantó esas ideas. En una ocasión me encontré con una amiga que ya tenía tiempo de no ver y me empezó a platicar de sus malas experiencias en el amor. Ya casi para terminar la conversación me dijo “pues como ves, mi mala suerte me persigue hasta en el amor” sabiendo el poder que tiene nuestra mente, le pregunte porque pensaba que tenía mala suerte y con una sonrisa irónica me contestó, “pues que no escuchaste todas mis tragedias con mis relaciones anteriores” y después cerró la conversación diciendo, “bien me dijo mi tía desde niña, que había nacido con mala estrella” Si una cosa he comprobado es que en el amor no existe buena o mala suerte. Si sabes lo que quieres o lo que no quieres en una relación es más fácil hacer decisiones que eviten el arrepentimiento. La suerte se basa en las decisiones conscientes que hagas hoy y si te equivocaste en el pasado solo aprende de ello y no lo repitas. ¡Piensa Positivo!

BAD LUCK

There is no such thing as bad luck. Limiting beliefs are mental spells that you either created from past experiences or, even worse, they exist because someone else implanted those ideas. On one occasion, I met a friend who I had not seen in a while. During the conversation, she started to tell me about all her bad experiences in her romantic relationships in the past. At the end of the conversation she said, “My bad luck also hurts my romantic life.” Knowing that our minds are so powerful, I asked her why she would think she had bad luck. With an ironic smile she said, “Did you not listen to all my discouraging stories about love?” And she closed the conversation by saying, “My aunt was right. I was born with bad luck.” If there’s one thing I have learned, it is that, in love, there is no bad or good luck. It is easier to make better decisions and avoid regret when the person is assertive about what he or she wants or does not want. Luck is based on the conscious decisions that you make every day. And if you are wrong, learn from them and avoid repeating those mistakes. Think Positive!



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KIDZONE

Handprint Dishcloth

Looking for a great “hands on” gift project to celebrate Grandparents Day on September 8? This handprint dishcloth captures the memory of little hands that can be cherished forever.



Supplies:

- A solid color dishcloth — yellow, green blue ... your choice. (you can buy sets of them at larger department stores for very little money).
- Fabric paint (this is important because you want a paint that will last through washing machine trips).
- Trays for holding paint.
- Paintbrushes or sponges.
- A covered work area.
- Hands (or even feet)

Directions:

1. Children paint their hands using a sponge or a paintbrush and make a handprint on the washcloth.
2. If you have a dark colored dishcloth, then use a light-colored paint and visa versa.
3. Use a paintbrush to write the date on the corner of the dishcloth. (The child’s name can go there too).
4. You can get really creative and try this on oven mitts, an apron (visualize a “bouquet” of hand and footprints all over mom’s apron.) The sky’s the limit.
5. *Make sure you follow the directions for setting the fabric paint (the direction will be on the paint container). That way the washing machine will deliver mom back the same wonderful handprints wash after wash.

Idea courtesy of kinderart.com



SMART SCREEN TIME

PBS KIDS has just launched *Molly of Denali*, a new animated series on PBS stations and PBS KIDS digital platforms. It is the first national children’s series in the U.S. to feature an indigenous lead character. Molly helps her parents run the Denali Trading Post, a general store, bunkhouse, and transport hub in the fictional village of Qyah. Each episode follows Molly, her dog Suki and her friends Tooley and Trini on their daily adventures, from fishing to building snow forts to delivering a camera to friends on a volcano via dog sled.

The show’s primary learning focus is on using informational text to navigate the world. Molly and her cohort use websites, non-fiction books, maps, apps, and other guides to solve problems and make new discoveries. By highlighting Alaska Native culture and the unique setting of Alaska itself, the show offers great opportunities to compare Molly’s world to ours. Adults can help young viewers by asking kids to identify foods, activities, roles of elders, and interactions with the natural world within the show, then think about the same in their own lives. *Mahsi’choo!* (Let’s go!)

Molly of Denali airs at 3pm M-F on 18.1 and at 6pm on 18.4.

Benjamin Kramer, PhD, is the director of education for KLRU-TV, Austin PBS.

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Carrie Taylor is a freelance writer, editor and mother of three.



Healing from Summer Vacation

September is a time of transition for most. For parents, it's a time not only for recuperation, but also emotional and spiritual healing from the wounds of summer family vacations. Some say this period of healing lasts until the beginning of the next summer. This is because the vision you summon when booking your next great summer vacation is pretty much a pipe dream, especially if you have young children.

This summer, my extended family planned a long weekend retreat at a beautiful Air BNB in the Hill Country. It had it all, including a huge patio and river access. We dreamt of scenes in which the kids would gather on the dock, laughing gleefully with one another while kicking their feet in the blue-green waters.

But what I didn't dream of was a stomach bug, the reality of sharing one bathroom with five small boys, and my children's reaction to river water.

If you're sitting on the edge of the Guadalupe River just south of Canyon Lake,

you can still hear the echoes of my children's blood curdling screams. Four veins popped out of my 5-year-old's neck. Both forgot how to move or talk and just shrieked a sound that would terrify Ridley Scott's "Alien." It was so cold it also paralyzed their brain functions. Just half an hour after their first river submersion, my 2-year-old said, "I want to go swimming!"

And nothing says "family vacation" like trying to shush a toddler who is screaming bloody murder in the middle of the night because his "booty butt" hurts and he can't poop right. He didn't agree with my assessment that maybe he shouldn't have eaten five pieces of pizza for dinner.

But we survived and came home with a weekend full of memories— and a few less pairs of 2T underwear. Now, we head into September a little weary. But we're also super pumped because we already picked our next year's beach house.



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