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June 2019

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By Jack Kyser

## FILM REVIEW

### "All Is True"

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Photo by Jordan Ashley Photography.

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EDITOR'S NOTE

SHERIDA MOCK

*Mock is an award-winning writer and the mother of two daughters.*

Ultimate Summer Fun issue will pave the way a bit, so that your path is smoother and more carefree. And whether you take a road trip this summer or not, I wish you all a wonderful season full of family fun.

Happy summer!

Family road trips were a staple of my summers growing up. I'm pretty sure our trusty blue station wagon wore a groove down I-35 as part of our many trips from Corpus Christi to Georgetown and back. In those ancient times, there were no Buc-ee's for making pit stops, but we made do at our favorite barbecue joint in Karnes City.

The speed limit was 55. Fifty-five! Which meant the journey took longer than it does today. My sister and I passed the time in the back seat as kids often do: alternating unpredictably between stretches of cheerful sibling harmony (The License-Plate Game! I Spy!) and stints of bitter familial discord (I'm Not Touching You! Stay on Your Side!). But my biggest challenge wasn't keeping my little sister in line; it was operating the manual window crank without spilling my root beer out of the flimsy plastic cup holder precariously hooked onto the side door. (This was waaay before built-in cup holders.)

I'm sure your summer adventures will include a challenge or two, as well. But I hope our

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# Play it product recalls **SAFE**

## Government Recalls Rocking Sleepers and Bed Canopies



Fisher-Price is recalling about 4.7 million **rocking sleepers** because infant fatalities have occurred after infants rolled from their back to their stomach or side while unrestrained. The recall involves all Rock 'n Play sleepers. Affected units were sold at major retailers since 2009 for about \$40 to \$149. Consumers should immediately stop using the recalled sleepers and contact Fisher-Price for a refund or voucher.

Tween Brands is recalling about 23,900 **bed canopies** because the canopy lights can overheat, posing fire and burn hazards. The recall involves Justice Light Up bed canopies. The round, mesh canopies have lights along the trim. They were sold in white, blue and pink. Affected units were sold at Justice stores nationwide and online at shopjustice.com between July 2017 and October 2018 for between \$11 and \$40. Consumers should immediately stop using the recalled canopy and return it to any Justice store for a full refund or store credit. Tween brands is notifying all known purchasers directly.



Kids II is recalling about 694,000 **rocking sleepers** because infant fatalities have occurred after infants rolled from their back to their stomach or side while unrestrained. The recall involves various names and model numbers rocking sleepers. Affected units were sold at major retailers nationwide, including Walmart, Target and Toys R Us and online between March 2012 and April 2019 for between \$40 and \$80. Consumers should immediately stop using the product and contact Kids II for a refund or voucher.

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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# AROUND

# Austin

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Austin-based CPRWrap provides a first-aid tool to help administer CPR. Photo courtesy of CPRWrap.

## First Aid

A local woman's harrowing experience prompted her to develop CPRWrap, a first-aid tool that helps anyone perform CPR. Felicia Jackson, founder and CEO, first conceived of CPRWrap after her 2-year old son stopped breathing in the back seat of the family car. Although Jackson was trained to administer CPR, she froze in the moment. Luckily, Jackson's husband jumped into action and saved their son's life, but Jackson realized the need for a device like CPRWrap.

"I did not want another parent to be helpless when someone's life hung in the balance," she says. The disposable, translucent overlay provides instructions for the American Heart Association's recommended steps and includes a one-way valve mouth barrier and hand placement guides for proper compression. CPRWrap launched nationally in May through Walmart's online store and at [cprwrap.com](http://cprwrap.com).

## Must-Do This

# June

1

**Bubblealooza**

*at The Long Center*

1-9

**The Texas Chili Queens**

*at the Carver Museum and Cultural Center*

16

**Father's Day Concert**

*in Zilker Park*



The St. Dymphna Center in Dripping Springs provides education, support and advocacy for mental health issues. Photo courtesy of St. Martin de Porres Catholic Church.

## Mental Health

A priest in Dripping Springs is working to improve access to mental health resources where few exist. Father Charlie Garza of St. Martin de Porres Catholic Church was alarmed at the suicide rate in his community, so he worked with NAMI Central Texas (National Alliance on Mental Illness) to found the St. Dymphna Center. Named after the patron saint of mental health, the center hosts group counseling sessions, offers educational workshops for faith leaders and school staff, and provides one-on-one space for counselors and therapists.

The situation is especially concerning in Hays County, says Amy Roedl, a Wesley nurse with the Methodist Healthcare Ministries at Dripping Springs United Methodist Church. Roedl notes the county leads the nation in measures such as teen suicide rates and adult sick days due to mental illness. Compounding the issue is a lack of access to mental health professionals and a hesitancy to discuss mental health. "We really don't talk about it here," she says.

But getting help quickly is key, says Karen Ranus, Executive Director of NAMI Central Texas. "Left untreated, mental health issues only worsen," she says. "And left untreated, many times people end up in crisis or end up encountering the criminal justice system. Sadly, we also see suicides on the rise."

Father Charlie has personal experience with mental illness; his mother struggled with untreated bipolar disorder. "My mom felt she had to hide that she had that struggle. People who use our resources tell us they're appreciative they don't have to hide. It's something that brings me a lot of joy."

Ranus says she's grateful for Father Charlie's action. "It's elevating the conversation, so that hopefully more people are talking opening and positively about mental health. Father Charlie stands in a place of leadership in that community, which is growing so fast, and the resources aren't keeping up with the need."





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Ten area museums will offer free admission to active-duty military personnel and their families this summer. Photo courtesy of the Bullock Museum.

## Blue Star Museums

Blue Star Museums across the country will open their doors this summer with free admission to active-duty military personnel and up to five family members. Running from May 18 to Sept. 2, 2019, the program also provides a parent toolkit for tips before, during and after a family's museum visit. Participating venues in the Austin area include the Blanton Museum of Art, the Bullock State History Museum, the George Washington Carver Museum, the Contemporary Austin, the Lady Bird Johnson Wildflower Center, the Lyndon Baines Johnson Presidential Library, Mexic-Arte, Neill-Cochran House, the Susanna Dickinson Museum and the Texas Memorial Museum. For more information, visit [bit.ly/2JP59Kh](http://bit.ly/2JP59Kh).



The Better Business Bureau recently announced the winners for its annual student video contest. Photo courtesy of Better Business Bureau.

## Student Videos

Central Texas students received awards from the Better Business Bureau and Austin Film Festival during a showcase ceremony in late April. The first place winner of the 2019 Student Video Contest was Marisela Gonzales of Del Valle High School, with the video "No Rush." Second place went to Jairo Rojas and Aleksy Rodriguez of Del Valle High School, with the video "Who Done It?" Third place went to Michael Gianotta and Kory Estrada of Hays High School, with the video "Believe It," which also won the Viewer's Choice prize.

# by the numbers



**93°**  
Austin's average high temp in June  
Source: [Timeanddate.com](http://Timeanddate.com)



**23 lbs.**  
Annual per capita ice cream consumption  
Source: [International Dairy Foods Association](http://International Dairy Foods Association)



**100 million**  
Americans taking a vacation in 2019  
Source: [AAA](http://AAA)



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Adding rows of 7  
 $21 \left\{ \begin{array}{l} \text{○○○○○○○} \\ \text{○○○○○○○} \\ \text{○○○○○○○} \end{array} \right. \quad \begin{array}{l} 3 \times 7 = 21 \\ 4 \times 7 = 28 \end{array}$   
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## Places for Kids



Families enjoy hammocks at the Camp Moody groundbreaking event. Photo courtesy of YMCA of Greater Austin.

Two Austin-area nonprofits have new facilities coming online to serve local families. The YMCA of Austin broke ground on its Camp Moody project and Hays CISD aquatics complex in April. At a groundbreaking ceremony, visitors enjoyed nature tours, hay rides, a hammock lounge and climbing wall. Located 15 miles south of Austin, the camp will include a dining hall, a bunk cabin village, aquatics & family wellness center, zip lines, climbing wall, archery range, ropes

course, open-air sports space, children's garden and accessible trails. The camp's amenities will utilize universal design to be accessible and welcoming to people of all abilities.

In April, the Boys & Girls Clubs of the Austin Area (BGCAA) celebrated the grand opening of its Home Club in east Austin at 6648 Ed Bluestein Blvd. The new 32,000-square-foot facility features a STEM learning center, library, arts studios, teen center and athletic facilities. Before the opening of the center, Austin was the largest metro area in the country without its own Home Club.



Serenity Kids formulates baby food that matches the macronutrients of breastmilk. Photo courtesy of Serenity Kids.

## Cleaner Eating

A pair of Austin-based companies are making national news with nutritious offerings. Serenity Kids

baby food is now available through retailers across the U.S., including Whole Foods Markets. The high-fat, low-sugar baby food pouches contain ethical meat and organic veggie blends that match the macronutrients of breastmilk, such as protein, zinc, iron, B vitamins and healthy fats, but without added sugars, preservatives or GMOs.

Smart Flour has added a three-meat pizza to its lineup of ancient-grain, gluten-free pizzas. In this latest flavor, Italian sausage, uncured pepperoni and bacon top the brand's crust made of sorghum, amaranth and teff. Smart Flour pizzas are free of preservatives, artificial colors and flavors, gluten, wheat, nuts, tree nuts, soy and eggs.

## Solving World Problems

In May, 60 girls and 30 parents gathered at Oracle's Austin headquarters to attend Latinas' Future Chica conference. Employees from companies such as Applied Materials, Dell and Silicon Labs presented workshops and demos using the latest technology, and participants applied that knowledge to brainstorm solutions for world problems.



Amelia Folkes with Emerson Automation Solutions works with Future Chica participants. Photo courtesy of Latinas.

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## FAMILY MATTERS

BETTY RICHARDSON

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

# How Can I Get My 5-Year-Old to Eat Dinner?

**Q** My 5-year-old son has Asperger's, and I'm working to learn about his needs and how to handle discipline. I have a 9-year-old daughter who didn't behave the way my son does. So, what should I do when, for example, he refuses to come to the dinner table?

**A.** All kids are different when it comes to getting them to do what you want. Asperger's adds another layer of challenges. I'm a fan of behavior modification. When I want a different behavior, I try to discover why the child is behaving the way he is. I ask myself, "Is it reasonable to expect him to change, given his developmental stage?" If yes, I think about what it would take to change the behavior. Young children respond better to positive reinforcement. I suggest you reserve punishment for safety issues. Here are some ideas:

1. Provide some predictability by giving your child the same special plate, cup and utensils and the same place at the table. Kids like sameness, and this is especially true for kids with Asperger's. Make your child's chair special by putting his name on the back, referring to it as a throne or decorating it in some way.
2. If your child is playing away from the table before the meal, give him progressive warnings that activities are about to change. Young children usually don't respond well to sudden activity switches.
3. Seat your child at the table well before dinner and give him something to do, like coloring or playing with wooden beads. Or give him a bunch of grapes and ask him to put five grapes in a cup and then eat one grape.
4. Study your child's eating habits. Does he avoid all green foods (common in young kids), have only five foods he'll eat, or refuse new foods? Some parents report their kids mainly select foods based on texture. This suggests seeing if your son likes, for example, smooth peanut butter versus crunchy. For kids who refuse new foods, put only a small bit on his plate, and do this every night for 15 nights. If he hasn't touched the new food during that time, move on to a different new food. Or try introducing the new food when you know your child is hungry, such as when he gets home from school.
5. If you're concerned about your son not getting enough nutrients, try letting him eat by himself before or after the family meal or put a plate of his favorite foods

out and let him discover it. Observe to see if he eats more or differently when he's alone. Sitting at a table may be less important than meeting your child's nutritional needs.

6. Call no attention to your child eating or not eating. The less said, the better. Meals should be a pleasant time, not a win-lose game. Do consult with a nutritionist for some additional ideas.

I commend you on serving a family meal and working to learn about your son's needs. While your son will behave differently than his sister, he has gifts and talents you'll discover with patience and observation. The more you learn about autism, the better you'll be at helping him function at his optimal level, which could eventually include sitting at the table.

Now, a note about Asperger's: While we use that term here, the American Psychiatric Association and health care professionals mostly stopped using it in 2013 with the advent of the Diagnostic and Statistical Manual of Mental Disorders 5th Edition. This manual folds Asperger's into autism spectrum disorder. Asperger's is now referred to as a mild form of high functioning autism.



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## THE Learning curve

ALISON BOGLE

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

# David's Law Supports Victims of Cyberbullying

**D**avid Molak tried to get away. He even transferred to a different school, but the cyberbullying continued. Then in January 2016, the 16-year-old from San Antonio took his own life. But because the bullying wasn't physical, and there wasn't enough evidence to meet the requirements of the Texas online harassment laws of the time, authorities couldn't bring charges against the perpetrators. So David's parents, with the help of state legislators, addressed those legal gaps to make sure David's experience would never happen to another child.

### Expanding Protection

Senate Bill 179, known as David's Law, went into effect on September 1, 2017, and amended Texas Education Code Section 37.0832, with the goal of preventing all types of school-related bullying. David's Law covers student bullying that takes place on school property or during school-sponsored or related activities, whether on

or off school property. It also applies to bullying that occurs on a school bus or a vehicle used to transport students to or from school or school-sponsored or related activities.

David's Law requires Texas school districts to include cyberbullying in their district policies and to adopt district-wide policies and procedures that prohibit all forms of bullying. It also calls for districts to protect students who report bullying. Further, procedures for notifying parents and guardians are required under the law, as are the actions that students should take to get help in response to bullying. David's Law pushes for rehabilitation of the perpetrator, requiring that school districts make available counseling options not only for victims and witnesses, but also for perpetrators. The law states that students must be able to report bullying anonymously, and that procedures must be in place for investigating and verifying any reported incidents. David's Law also prohibits disciplinary actions against a student victim who uses reasonable self-

defense in response to bullying, and it requires that discipline for bullying a student with disabilities complies with federal law.

### Punishable Offense

With the adoption of David's Law, school officials must now report any incidents of bullying to the parent or guardian within three business days. Notice must also be provided to a parent or guardian of the alleged bully "within a reasonable amount of time after the incident." Cyberbullying victims are now allowed to take their cases to court to seek injunctive relief against the perpetrator or, if that person is younger than 18, against the parent or guardian so that he or she will take action to stop the individual from cyberbullying.

Because of David's Law, cyberbullying is now a punishable offense under the law. This is true even if the cyberbullying occurs off campus, as long as it interferes with a student's educational opportunities or "substantially disrupts" the operation of a classroom, school or school-sponsored or related activity. Cyberbullies now face up



to 180 days in jail and a maximum \$2,000 fine. If the offender has a previous conviction, or if the victim was under 18 and was targeted with the intent to make the victim commit suicide or hurt themselves, the offense is considered a Class A misdemeanor and is punishable by up to a year in jail and a maximum \$4,000 fine. Cyberbullies can also be expelled or sent to an alternative school.

### David's Legacy

The Molak family has created David's Legacy Foundation, a nonprofit organization that hopes to end cyberbullying by educating communities about the harmful effects of cyber abuse, providing support for bullying victims, promoting kindness and supporting legislation that prohibits the cyberbullying of minors.

Since the passage of David's Law, David's Legacy Foundation has given tens of thousands of presentations to teachers, parents and students to spread the message about the dangers of bullying and cyberbullying. The Foundation also established the Don't Bully Me project, which teams members of the legal community with victims of serious bullying to provide pro bono legal services. The Don't Bully Me project has provided support to more than 100 families so far.

In addition, the foundation works to remind students and others of the importance of responsible electronic citizenship. Close to one million people have pledged to "never use a device as a weapon" by placing a David's Legacy sticker on their phone or other electronic device.

### Future Updates

The Molak family is working with state lawmakers to update David's Law. Proposed amendments would allow for measuring bullying and cyberbullying to provide better oversight and identify schools that need extra help. In addition, schools could be required to teach suicide

and substance prevention, along with digital citizenship.

In February 2019, a San Antonio family filed what may be the first lawsuit under David's Law. The suit alleges a student at a San Antonio school was subjected to online harassment that made him a target for both students and school staff. Because of David's Law, victims now have the legal

backing necessary to put a stop to their harassment, and if warranted, receive restitution for their duress.

**More info:**  
[www.davidslegacy.org](http://www.davidslegacy.org)

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BY JILL SAYRE

PHOTOS BY JILL SAYRE

# Austin-Original Frozen Treats for Summer Days



I had three hungry middle school boys on my hands, but it wasn't mealtime. What to do? I had a flash of brilliance. "Hey, guys. Want to be frozen treat taste-testers?" You can imagine the cheers. We set off to sample some of Austin's warm-weather culinary gems: Amy's Ice Creams, Sweet Ritual vegan ice cream and Sno-Beach snow cones.

**Amy's Ice Creams** has been an Austin favorite since 1984, selling artisan, super-premium ice cream. Today there are 12 Amy's locations in Austin. We visited the original at 3500 Guadalupe, parked right outside the front door, and entered the sweet-smelling space within seconds. As we gazed at the chalked menu board, the server informed us that Mexican Vanilla is the #1 seller. But with flavors from All Thai'd Up to Zilker Mint Chip, it's obvious Amy's has a sense of fun and variety. My tasters rated Amy's very high on creaminess. "It's honestly the creamiest I've had in my life," declared Zac, slurping up the last bite and scrambling into the kiddie photo booth. Langley commented that the coffee ice cream was so flavorful, he was surprised the scooper didn't check his ID! He declared the gummies on top of his scoop to have the perfect degree of chewiness. Amy's occasionally offers free ice cream days. More about the fun at [amysicecreams.com](http://amysicecreams.com). **Hours:** Sun-Thu 11:30 a.m.-12 a.m.; Fri-Sat 11:30 a.m.- 1 a.m. **Prices:** Tiny \$3.25, Small \$4.15, Large \$5.13



Our next stop was **Sweet Ritual**, specializing in gluten-free and vegan scoops at 4631 Airport Blvd. Sweet Ritual's tagline, "Ice cream for everybody," sums up the founders' aim to make ice cream that even those with dietary restrictions can enjoy. Sweet Ritual says they've got "just the scoop" for vegans, those with allergies, and foodies. They make artisanal batches of ice cream from scratch and partner with local suppliers for their ingredients. As we walked into the cool, glass-fronted store Langley commented, "My sister is gluten-free, so she will love this." The server patiently let us sample many flavors on paper tasting sticks. Zac worried that without milk, the product wouldn't taste good, but he was proven wrong. He tried the peanut-butter-chocolate ("our most popular flavor," the server said) and pronounced it to be "dense, frozen, chunky...good." Chilton was head-over-heels in love with the peanut-butter-chocolate. "This is awesome," he said. Everything served to customers at Sweet Ritual is compostable, so we confidently tossed our bowls and spoons into the bin on our way out to our car, parked conveniently right outside. Find out more at [sweeteritual.com](http://sweeteritual.com). **Hours:** Sun-Thu 12-10 p.m.; Fri-Sat 12-11:30 p.m. **Prices:** Kid \$2.95, Small \$3.95, Medium \$4.95, Large \$5.95



**Sno-Beach**, another Austin original, started in 1993 and is owned by one of its earliest employees. Sno-Beach's food truck serves up cool treats at 412 Sterzing St. (with another truck at 3402 Guadalupe). We counted 67 flavors on its menu, including unusual ones like Tiger's Blood, Leche Quemada, Cantaloupe and Sweet Tea, as well as more traditional flavors like Orange, Cherry and Root Beer. While expertly shaving, tamping and rounding ice slivers in cups, the server told us the flavors are handmade locally. She generously flavored the boys' snow cones and added fresh lime squeezes and sour spray (teen boys, remember?). As the boys ate their pucker-y concoctions, we learned that Tiger's Blood and Wedding Cake are customer favorites, while Blackberry with cream is the employee choice. The most surprising flavor to us was Pickle Juice. "Yep. Full-on pickle juice!" the server said, laughing at our shocked faces. The boys sat at the picnic table next to our car, under a shade tree. They sighed in delight at their generously-sized cones. "This is going to take a while," they happily agreed, plunging in their spoons. And I was thankful. How better to spend a perfect Austin day? Find Sno-Beach info at [snoeachatx.com](http://snoeachatx.com). **Hours:** Every day, Mar-Sept, 12-7 p.m. **Prices:** Sm \$3, Med \$4, Lg \$5, XL \$6

*Jill Sayre is an Austin-based freelance writer and mother of four.*



Rowe leads a group of dads in a fatherhood workshop. Photo courtesy of Isaac Rowe.

# Isaac Rowe Offers Fathers a Transformative Conversation

BY SHERIDA MOCK

Fatherhood isn't a one-size-fits-all arrangement. Many men struggle over fears of inadequacy, wrestle with flashes of anger and tug against feelings of being overlooked. Isaac Rowe understands all these moments, and he's here to help men tailor a better perspective. As husband to wife Amber and father to daughters Amali and Anavi, Rowe draws on his own experience to educate, strengthen and support men through The Man in Me, a foundation he created in 2012. Offering presentations, workshops, classes and events, The Man in Me celebrates manhood by providing a safe space for expression. Rowe recently sat down with us to explore the current state of dads.

**AFM: How did you become interested in issues surrounding fatherhood?**

**Rowe:** One day I was talking to a friend, and she said her son was missing his father. And I was thinking, "How come he didn't want to be

there? There's something behind that." It's important that children have their parents involved, co-parenting. Growing up, my journey had ups and downs. My father wasn't present most of the time, and my mother was a drug addict for the majority of my life. I became the "man of the house" at a younger age than most. So, whether your father passed away or was in military service or anything of that nature, I know what it feels like to not have that family unit. That's why I created a nonprofit organization and started doing workshops. I just wanted to help. And I started to discover things about myself. I was able to inspire and move people. I found that gift. It's been seven years.

**AFM: What are some of the challenges fathers face?**

**Rowe:** Where do I start? I could say employment. I could say it's when they're not involved with their kids. But the biggest thing is the battle within. "Can I handle this weight

of responsibility, this duty that I have signed up for? I'm responsible for these human beings. They look up to me." We noticed doing research that, for all income brackets, all demographics, whether you came from a two-parent home or not, there can be this fear of not succeeding. That's the biggest barrier to overcome: "Can I do it?"

**AFM: Do men have a hard time talking about it?**

**Rowe:** It's hard for men to be vulnerable and express themselves fully without being judged or feeling like their masculinity is being challenged. You're supposed to be strong, not show weakness. But I think we find strength in vulnerability. We talk about mothers being nurturing, but fathers are nurturers, too. We are providers. We are protectors. We are loving, we are giving. But as we have safe spaces for men to be able to express themselves fully and freely with no judgment, we're able to find out who we really



are. And we get to know that we're not the only one.

### AFM: When you go to schools and talk to young men, do you find they can envision fatherhood?

**Rowe:** At that age, they haven't come to the realization that life is real. They want to be football stars. They have dreams, which is good. But we talk about TV and video games and pop culture and music. Sometimes they feel like they need to bully people. They feel like life is unfair. From boyhood to manhood, you're always transitioning in your masculinity, and I say that masculinity and manhood is not a destination. It's a journey. They're going to college, getting their education, making things happen. You get your first apartment. You get your first bills. It's a series of moments, milestones, rites of passage. I used to be excited about bills that would come in my name. Now, I wish they'd keep the mail. [laughs] Taxes, HOA. Oh, I didn't put the trash can up in time? But when you get to fatherhood, it's a whole different level. It's a wonderful experience to see yourself in someone else.

### AFM: What lessons did you learn from your father?

**Rowe:** I learned that work ethic is very important, even though my father wasn't there all the time. My mother just didn't want him around. He's a very, very hard worker, and he overcame a lot of things. He was dealing



Isaac Rowe speaks on topics surrounding masculinity and fatherhood. Photo courtesy of Isaac Rowe.

with colon cancer at age 27. He had to go to Houston for treatment, and the doctor asked him, "Do you have any reason for living?" He answered, "My kids." So, that fight, overcoming challenge, speaks volumes to me.

### AFM: What feedback do you get from the men and boys you talk to?

**Rowe:** I recently did an anger management youth class. And at the end, one of them said he realized that he didn't have to pretend anymore. He said, "I can be me. It's OK to be me." I think society tells us we have to be certain things and so we learn to mimic that. As for the men, I met a father who had not seen his son in quite some time. I'm talking months. The kicker is, his son lived literally down the street. There was no barrier to prevent him from seeing his child. And I challenged him one day, "Let's go see your son now." He didn't know how to respond. He

was stopping himself. So we went, and he talked to his son. Later he said, "That was everything for me." He felt like he couldn't be the best father, because of his past. He didn't feel worthy. I told him, "You're valuable. He needs you."

### AFM: What's the biggest barrier most men have in learning to manage their anger?

**Rowe:** They don't feel like they have permission to be angry. It's perfectly natural to feel angry in certain situations. But how can I express that in a healthy way? A lot of us don't have tools or a system in place. If there's no outlet, it will come out in different places. I often say, "I failed anger management, but I passed in forgiveness." Forgive yourself for the past, and have empathy for the person that you might not get an apology from. They're living rent-free in your mind. Evict them. To let them go is to let you go.



Amber and Isaac Rowe at a Man in Me event.

**The Man in Me Cookout**  
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**1 to 5 p.m.**  
**Manor, TX**  
**To register:**  
**[themaninme.org](http://themaninme.org)**



## LIFELINES

BRENDA SCHOOLFIELD

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

# Checklists for a Safe Summer

**K**ids enjoy being outside in the summer – riding bikes, swimming, playing at the park and watching fireworks. Unfortunately, more time outside can provide more opportunities for injury. According to a recent report, activities most frequently associated with summer injuries to kids are biking, swimming and playground activities. Use the following checklists to help you prepare for an injury-free, kid safe summer.

### Safe Biking

Bikes are a leading cause of emergency room visits for children ages 5 to 14 years old. Start with this basic bike safety checklist to help keep your child safe.

- ✓ Make sure your child wears a bike helmet. Correctly wearing a properly-fitted helmet protects against brain and head injury. Check the helmet for a Consumer Product Safety Commission (CPSC) sticker. If it doesn't have one, get another helmet that does. The helmet should fit snugly and not move side to side. It should sit low on the forehead, about

1 to 2 finger-widths above the eyebrow. When fastened, you should not be able to get more than one finger under the chin strap. Get a new helmet if it is dropped or your child takes a spill while wearing it.

- ✓ Check the tire pressure. Check the chain. Clean and oil as needed.
- ✓ Inspect the seat and handlebars; tighten if needed.
- ✓ Test the brakes to make sure they work and don't stick.
- ✓ Put reflectors on the bike and the child's helmet. Also consider adding a flashing device to increase visibility.
- ✓ Add a tall flag to low tricycles or riding toys.
- ✓ Don't let your child wear loose clothing or untied shoe strings that could get caught in the wheels. Don't allow your child to wear headphones while riding.
- ✓ Teach your child the rules of the road and how to use hand signals.

### Safe Around Water

The Centers for Disease Control (CDC) recommends the following steps for keeping children safe when they are around or in the water.

- ✓ Make sure your child learns swimming basics – how to float and how to move through the water.
- ✓ Learn CPR for both adults and children. Keep your skills current.
- ✓ Watch children around or in the water at all times. This includes bathtubs, wading pools, hot tubs and water playgrounds. Adults in charge of watching should avoid distractions. Some distractions are talking with other adults, looking at your phone or reading a book.
- ✓ Protect your child and others from germs that can make swimmers sick. Most germs are killed by pool disinfectants, but certain germs aren't. Don't let your child swim if she has diarrhea. Take your child out of the pool every hour for a bathroom break. Change diapers away from



poolside. Make sure your child knows not to pee or poop in the water or swallow the water. Remember to shower for at least 1 minute before getting in the water to rinse off any germs that might be on the body.

- ✓ Insist that your child wear a life jacket when in and around lakes, oceans and other bodies of water – even if she knows how to swim. Weak swimmers should wear a life jacket in and around pools.
- ✓ Ensure that your child cannot access a pool without your knowledge. All pools should be fenced on all sides, with self-latching and self-closing gates. The fence should separate the pool from the house and play areas.

### Safe on the Playground

Falls are a common cause of injury for children of all ages. Falls can cause traumatic brain injury, fractures and other injuries. On public playgrounds, more children are injured when playing on monkey bars and climbing equipment than on swings and slides. Here are a few safety tips:

- ✓ Choose a playground that has a proper protective surface, like tire crumb or mulch—not dirt or grass.
- ✓ Look around at the equipment to make sure it is safe. Equipment should not be rusty, broken, or have missing pieces or sharp edges.
- ✓ Insist that your child use the equipment as designed. For example, she should use the swing set for swinging in the seat, as opposed to using it as a jungle gym and climbing up to the top bar.
- ✓ Supervise children so that they use equipment designed for their age range. Young children should stay off equipment built for older children.

Don't allow older children to engage in rough play on equipment designed for younger children.

### Safe with Fireworks

The American Academy of Pediatrics recommends enjoying fireworks at community displays run by professionals instead of buying and using fireworks at home. This is

because all types of consumer fireworks have been associated with severe burns and serious injuries. Even sparklers are dangerous, particularly when used by younger children. Sparklers can reach temperatures of over 1000 degrees! The best way to stay safe around fireworks is to leave it to the professionals.



## Schedule Bernadette Nason, narrator

- June 5** Jacob Rivera with string quartet (Central Library)
- June 12** "Peter and the Wolf" with woodwind quintet (Central Library)
- June 19** "Mole Music" with string quartet (Central Library)
- June 21** "Mole Music" with string quartet (Gustavo "Gus" Garcia Recreation Center)
- June 25** "Hansel and Gretel" with woodwind quintet (Old Quarry Branch Library)
- June 26** "Hansel and Gretel" with woodwind quintet (Central Library)
- July 10** "Ada's Violin" with string quartet (Central Library)
- July 17** "Carnival of the Animals" with string quartet (Central Library)
- July 18** "Carnival of the Animals" with string quartet (Milwood Branch Library)
- July 24** Grand finale – Joe McDermott with woodwind quintet (Central Library)

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All artists, programs, and dates subject to change without notice.





# The 5-Part Prescription for Developing Creative Capacity

BY CARRIE AND ALTON BARRON, MDS

Creativity is so important for children's development and a healthy family life. Often, we think of creativity as producing artistic works, such as paintings or songs. But creativity is less about what you make and more about how you *think*. We're all born with creativity, and if it's protected and preserved, we have a greater chance for joy throughout our lives.

A creative mindset can be applied to anything from cooking to exercise to academia to home repairs. Setting up circumstances that allow our children to explore their curiosity,

excitement, wonder and awe is a great way to help them develop their creativity capacity. Encouraging them be open to themselves and aligning their activities with their natural leanings can also protect their well-being. Such endeavors promote autonomy, self-esteem, pride, skill-building and imagination.

Picasso said, "All children are artists. The problem is how to remain an artist when we grow up." Much of creativity is about the freedom to learn, play and follow the inner cues that lead to discovery, loving something and wanting to be good at it for its own sake. In our book *The Creativity Cure*, we outline a way to develop this way of thinking. We call it the Five Part Prescription. Let's take them one at a time.

## 1 Insight

Insight involves self-awareness, authenticity, knowing who you are and what you love and don't love. Exposure to lots of possibilities and a bit of pushing is fine, but letting a child's natural inclinations lead to the design of his days is great for developing creativity capacity. Sometimes because of our own anxiety about schooling, success and judgment or the influences of others, we talk ourselves into or out of things. It's good to reflect and notice our own tendencies, because then we'll naturally move toward life-affirming choices.

For children, insight may be achieved by play. They may not process "this is who I am" cognitively, but by heeding inner cues, they consolidate identity, develop curiosity and practice self-awareness. Their leanings and interests can change, but the organic (non-linear) trajectory is important for health and happiness.

**In action:** Create space, time and permission for children to explore. The insight and self-awareness that can be a ballast in their lives comes from unscheduled time to play with whatever is around and engaging in activities that don't involve a trophy.

**For you to read:** *Freedom to Learn* by Peter Gray

## 2 Movement

This movement has to allow for the mind to go free. Remember swinging on swing sets? While organized sports do much for the body and mind, they require deep attention to outer direction and rules of competition. But biking, running, skating and walking on even terrain (so you're less likely to trip while lost in thought) are great for creative capacity. Children might notice a stream or a puppy or a bird in a tree that stimulates something inside them.

**In action:** Engage in exercises that allow your child's mind to attend to inner voices. Simple tasks such as family walks can be calming and almost meditational.

**For you to read:** *What I Talk About When I Talk About Running* by Haruki Murakami

## 3 Mind Rest

Mindfulness, meditation and deep breathing are wonderful for realignment and regrouping. They're self-care skills that can be developed with practice, and they involve a methodology. Sometimes though, doing nothing is doing something. Allow the mind to be passive and non-productive – just go where it wants to go. It's a way to sift through an overstimulating day. We need that to replenish and regenerate – so do our kids. And resting in nature is an added plus. Research shows children who play in green space as opposed to asphalt develop greater imagination.

**In action:** Don't worry. Let them have time to just hang out.

**For you to read:** The William Wordsworth poem "Expostulation and Reply" describes this elevated state of not doing.



## 4 Your Own Two Hands

Studies show that when our hands are busy raking, sweeping, sewing or baking, good things also happen in our minds. The combination of a concrete task and a wandering mind can elicit joyful aha! moments, realizations or discoveries. If you feel a resistance to having your children do chores – maybe you think they should be a chapter ahead in math instead – remember that time to process what enters our minds leads to innovation, creativity and well-being. Using our own two hands also stimulates our brains in significant ways and promotes cognitive prowess. Immersion in from-scratch projects, from building blocks to forts to potato soup, enhances creative capacity and engenders the satisfaction of completing a task.

**In action:** Find hand-based activities for your kids. (We've been clearing out clutter around here as a family. It starts with groans and ends with good feeling!) Try home improvements, repair broken household items, make sculptures from driftwood or whittle walking sticks from saplings.

**For you to read:** *Play* by Stuart Brown

## 5 Mind Shift

One of the ways we can decrease stress and facilitate creative thought is by training our minds to be less reactive, less in the grip, more able to go where they need and want to go. Mind rest (#3) can help, but the intentional redirection accomplished by mind shift helps our kids honor their inner lives. Emotional forces can be powerful and hard to ignore. The key here is to shift thoughts through skill and practice, because research suggests that changing thoughts can change mood. For example, think about three good things that happened or three friends for whom we are grateful – repeatedly, routinely, even in a mantra-like fashion. We can teach our children to do the same. When mood is better, minds can go free and innovations can occur.

**In action:** Begin a journal with your child. Each night before bed, let her tell you three

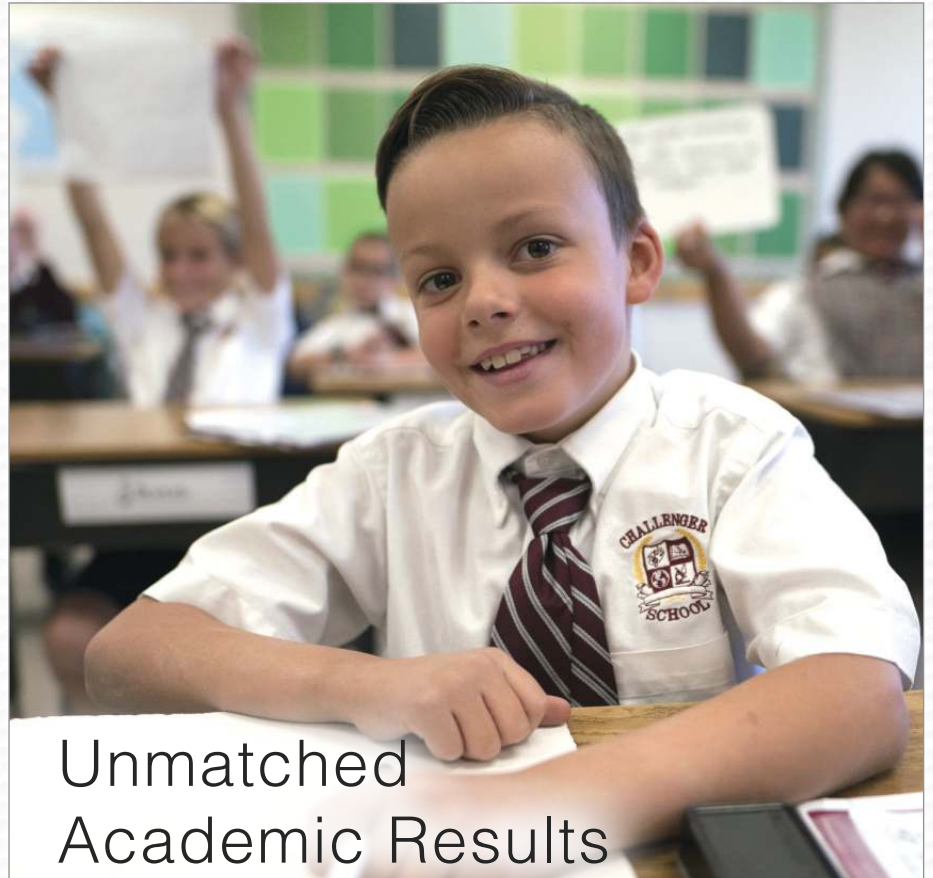
good things that happened that day. Write them down or have her write or draw it.

**For you to read:** *Help, Thanks, Wow* by Anne Lamott

Creativity is great for health and happiness. If we explore, discover, make and innovate, we feel good. We become who we can be. You might worry that if you encourage your children to follow their bliss, that they may

not be able to earn a living. But some experts suggest that success in the future will actually depend on creativity. Austin is all about that, so you have a head start!

*Carrie Barron, MD, is director of the Creativity for Resilience Program at Dell Medical School. Alton Barron, MD, is medical director of Pinnacle Surgery Center. Together, they are the authors of The Creativity Cure.*



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# Ways to Make Summer Memories



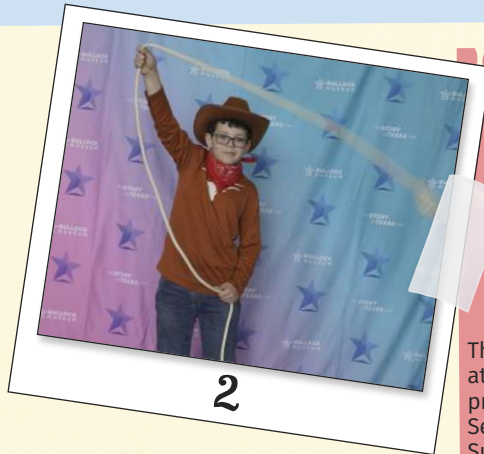
## Austin Symphony Children's Art Park

710 W. Cesar Chavez, Austin  
[www.austinsymphony.org](http://www.austinsymphony.org)  
 512-476-6064

If you're looking for something cool, engaging and FREE to do with little ones this summer, the Austin Symphony Children's Day Art Park has you covered. With all the beloved activities and musical guests as always, but now in an air-conditioned, indoor setting.



1



2

## Bob Bullock State History Museum

1800 N. Congress Ave., Austin  
[www.thestoryoftexas.com](http://www.thestoryoftexas.com)  
 512-936-8746

This June through August, join in for summer at the Bullock. Enjoy weekly drop-in programs, an annual Summer Family Film Series, IMAX documentaries, H-E-B Free First Sundays and more fun for all ages. Learn more at [www.thestoryoftexas.com/summer](http://www.thestoryoftexas.com/summer). Or follow at @bullockmuseum.



3

## Brick Fiesta July 6-7

10am - 4pm  
 Renaissance Austin Hotel  
 9721 Arboretum Blvd., Austin  
 \$35 Family of 4

Brick Fiesta Public Exhibition is a massive display of custom LEGO® creations by LEGO® Enthusiasts. View unique creations, play, learn building tips and tricks, and shop with vendors.

## Gaylord Texan Summer Fest Celebration

Grapevine, TX  
[www.gaylordtexas.com/celebrate](http://www.gaylordtexas.com/celebrate)  
 817-778-1000

From May 11 through Sep. 2, 2019, make it a vacation to remember at Gaylord Texan Resort celebrating SummerFest with the Adventures of Peter Pan. There's plenty of family-friendly entertainment, poolside fun and more.



4





## Lake Travis Zipline Adventures

14529 Pochontas Trail, Volente  
www.ziplaketraavis.com  
512-614-1996

With the longest and fastest zipline in Texas, LTZA provides an active outdoor adventure that's fun for all ages. Your adventure includes all necessary equipment, boat transportation, water and a light trail snack. There's also a private beach perfect for picnics, swimming and relaxing.



5



6

## McKinney Roughs Nature Park

1884 State Hwy 71 W, Cedar Creek  
www.lcra.org/parks/Pages/  
mckinney-roughs-nature-park.aspx  
512-303-5073

This 1,140-acre park, located 13 miles east of the airport, has something for everyone. Whether it's multi-use trails, guided outdoor and water recreation, or rental facilities, you can customize your adventure. There's hiking, horseback riding, picnicking, UTV tours and ziplining.



8

## Lake Travis Waterloo Adventures

Lake Travis  
www.waterloadventures.com  
512-614-1979

Prepare yourself for the ultimate lake adventure. You will begin with a boat ride to "Adventure Island," where you will enjoy a 45-minute, pulse-pounding adventure on a 600-foot state-of-the-art challenge course.



11

## Playland Skate

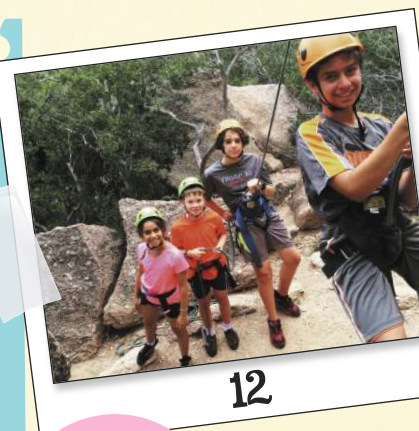
8822 McCann Dr, Austin  
www.playlandskate.com  
512-452-1901

This is Austin's largest skating facility, at 27,500 square feet. Playland provides family-oriented entertainment in an affordable, safe environment. Thursdays are discount night and on Father's Day, bring Dad to skate for free. State-of-the-art sound system playing a variety of music.

## Rock About Climbing Adventures

Marble Falls, TX  
https://rock-about.com/  
512-415-0804

For those wanting a safe vertical adventure, the beginner climb is a great start. Rock About is the longest-running rock climbing outfit based out of Central Texas. Guides provide a safe environment to experience hiking, sightseeing, camping and – best of all – climbing.



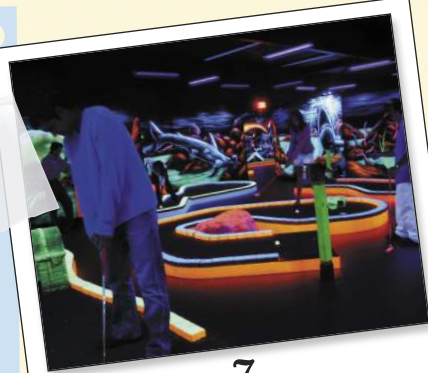
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## Main Event

13301 N. US-183, Austin  
www.mainevent.com  
512-401-0000

Eat. Bowl. Play. Weather is never a problem at this indoor fun spot. And there's something for everyone in the family: bowling, rock climbing, laser tag, arcade games and more. People come for the bowling and games, but they stay for the chef-inspired menu.



7



10

## Mt. Playmore

13609 N I-35 Hwy Bldg 3, Austin  
www.mtplaymore.com  
512-989-8886

The Texas-sized playscape is designed so parents can comfortably play along with their kids. A huge arcade features exciting games where you can challenge your skills on your own or with friends. Satisfy the family's appetites with kid-friendly food or more adult fare.

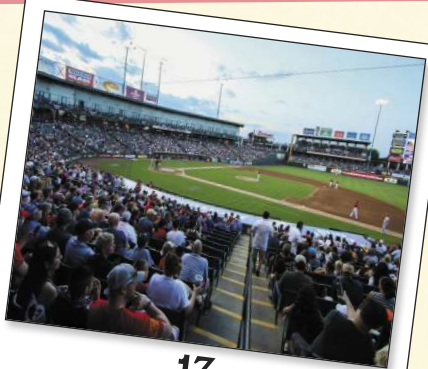


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## Next Level Ride

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www.nextlevelrideaustin.com  
512-915-9056

Wakeboarding for all levels. You don't need equipment or a boat – it's all available on the private lake. There's everything you need to learn or take your wakeboarding to the next level. Bring the family, book a party. Located just eight miles east of Bergstrom on Hwy 71.



13

## Round Rock Express

3400 E. Palm Valley Blvd, Round Rock  
www.milb.com/round-rock  
512-255-BALL

Batter up! Round Rock Express offers theme nights, giveaways and dog-friendly nights. And it's more than just baseball. There are all types of activities, a rock wall and playscape for kids. Friday night fireworks is a crowd favorite. A wide range of food vendors satisfies all ages.

## Schlitterbahn

New Braunfels, South Padre Island,  
Galveston, Corpus Christi  
www.schlitterbahn.com  
830-625-2351

Tube in miles of rivers, get a rush on award-winning uphill water coasters, test your skill on the Boogie Bahn Surfing wave, ride the endless wave rivers or relax all day in shaded picnic areas. Visit one location or tour them all. After 40 years, they're still delivering the best summer ever.



14





## SeaWorld

10500 SeaWorld Dr., San Antonio, TX  
www.seaworld.com  
210-520-4732

Challenge yourself to the 360-degree flips of the Great White or the 15-story plunges of Steel Eel. Enjoy memorable live shows and unique attractions like Penguin Encounter and Pacific Point Preserve. For added adventure, swim with the dolphins or take a killer whale tour.



15



18

## Sherwood Forest Faire: Nottingham Castle

McDade, TX - 940-521-2488  
<http://sherwoodforestfaire.com/sherwood-castle-accommodations>

Want to stay in a castle? Nottingham Castle is available, either for the entire castle or just a room. Each room is uniquely furnished, and it's a unique experience whether the Faire is happening, or if you're just looking for a getaway from the ordinary.



16

## Sugar and Spice Ranch

884 Rikki Dr., Bandera, TX  
www.texashorsecamps.com  
830-460-8487

Located in the Cowboy Capital of the World, this ranch is just a short drive west of San Antonio in Bandera. These folks specialize in creating a positive bonding experience, with a variety of activities that include horseback riding camps, trail ride excursions and weekend getaways.



17



19

## Topgolf

2700 Esperanza Crossing, Austin  
www.topgolf.com  
512-831-5981

This premier entertainment center features dozens of climate-controlled hitting bays for year-round comfort, with HDTVs in every bay. There are games for all skill levels, great music and more. The perfect choice for family fun, group parties, celebrations and more.

## Slide Marble Falls

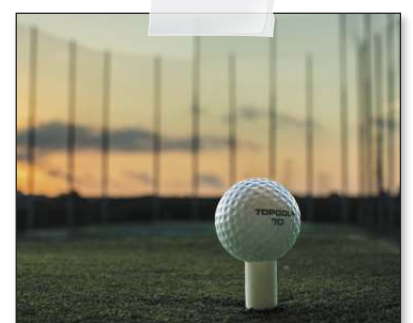
Marble Falls, TX  
Marblefalls.org/slide  
830-693-2815

Jump into summer in downtown Marble Falls on the Hill Country's first-ever urban slide. Coast on tubes down the three-lane, 850-foot water slide. The June 15 water party runs from 10 a.m. to 10 p.m., ending in a laser light show.

## Texas Trail Rides

8601 Bluff Springs Rd., Austin  
<https://www.texasrailrides.com/>  
512-697-9722

How about taking the family on a ranch trailride at Lonestar Ranch in south Austin? You'll be fitted with the necessary safety gear and led along a scenic creek into a beautiful piece of nature within Austin city limits.



20





**2019** **40<sup>th</sup>** Anniversary  
**SEASON PASS**  
 PAYS FOR ITSELF IN 3 VISITS!



**40<sup>th</sup>** Anniversary  
**SCHLITTERBAHN**  
 WATERPARK & RESORT  
 NEW BRAUNFELS, TEXAS

For 21 years, Schlitterbahn Waterpark and Resort has been voted best waterpark in the world – and for good reason. It's home to the most innovative and widest variety of waterpark rides, rivers, and slides. Between Austin and San Antonio along the banks of a spring-fed river, it's a true Texas Icon. When summer ends, relax in our historic resort for a real Hill Country getaway.

BUY YOUR TICKETS TODAY AT **SCHLITTERBAHN.COM**

**FREE PARKING · COOLERS WELCOME**  
 (NO GLASS OR ALCOHOL PLEASE)





# Summer Camp

## Guide

SPONSORED BY:



DAY CAMPS Page 28 • OVERNIGHT CAMPS Page 34 • SPECIAL NEEDS CAMPS Page 35

## Day Camps

### ARMSTRONG COMMUNITY

Music School  
Voted an Austin Family Readers' Poll Favorite Place to Learn Music: A wonderful place to learn all instruments, ukulele to piano, as well as singing.  
404 Camp Craft Rd., Austin  
512-474-2331  
[www.acmsaustin.org](http://www.acmsaustin.org)  
Ages 0 – Adult

### AUSTIN CHILDREN'S THEATER

Our camps explore the many aspects of theater and art, inspired by a weekly theme. Campers embark on creative journeys that spark their imaginations. Camps focus on teaching the creative process through games, movement, storyboarding, art projects, music, film and more.  
Locations throughout Austin  
512- 927-6633  
[www.austinchildrenstheater.org](http://www.austinchildrenstheater.org)  
Ages 5 – 10

### AUSTIN ECO BILINGUAL SCHOOL

Through spring break and summer camps, children learn to appreciate cultures from around the world, become internationally-minded, develop a sense of responsibility and cultivate leadership skills.  
8707 Mountain Crest Dr., Austin  
2700 W. Anderson Ln., Austin  
107 Ranch Rd. 620 S., Lakeway  
512-299-5731, 512-299-5732,  
512-466-2409  
[www.austinbilingualschool.com](http://www.austinbilingualschool.com)  
Ages 2 – 11

### AUSTIN NATURE AND SCIENCE CENTER

Nature enthusiasts ages 4-17 can join the Austin Nature & Science Center to explore the

outdoor world! Established in 1960, the Austin Nature & Science Center's (ANSC) mission is to provide hands-on educational exhibits and recreational activities that increase awareness and appreciation of the natural environment.  
2389 Stratford Drive, Austin  
512-974-3872  
<https://austintexas.gov/department/austin-nature-and-science-center>  
Ages 4 – 17

### BADGERDOG CREATIVE WRITING CAMP

At Badgerdog, campers will grow their confidence as writers and enjoy the freedom to explore the ideas that matter to them most, no matter how wild and unusual. Several locations in Austin  
512-542-0076  
[www.austinlibrary.org](http://www.austinlibrary.org)  
Grades 3 – 12

### BEAR CREEK STABLES

This family-owned stable has been teaching kids to ride for over 20 years. Riders of all ages and levels learn better skills and communication with horses.  
13017 Bob Johnson Ln., Manchaca  
512-282-0250  
[www.bearcreekstables.com](http://www.bearcreekstables.com)  
Ages 7 – 16

### BOYS AND GIRLS CLUB

of the Austin Area  
Great Futures Summer Camps are FUN for the kids and FLEXIBLE for families. We offer AFFORDABLE weekly pricing because cost should not prohibit families from finding quality summer care. FUN & Engaging summer programs are designed to encourage exploration, team building and enrichment. Locations throughout Austin  
512-444-7199

[www.bgcaustin.org/what-we-do/great-futures-camps/](http://www.bgcaustin.org/what-we-do/great-futures-camps/)  
Ages 5 – 12

### CAMP DOUBLECREEK

Operating since 1971, this activity-based day camp encourages, inspires and challenges campers in a safe, caring environment. Free transportation from 12 greater Austin locations.  
800 Doublecreek Dr., Round Rock  
512-255-3661  
[www.campdoublecreek.com](http://www.campdoublecreek.com)  
Ages 4 – 14

### CHILDREN'S AERIAL CREATION CAMP

Aerial silks creative movement workshop for children. Kids learn aerial silks and work together to make an original aerial dance to perform at the end of the week. Each group creates their own unique dance piece, emphasizing communication, collaboration, and safety while learning creative exploration.  
10331 Old Manchaca Rd, Unit B, Austin  
512-280-6688  
[www.bluelapislight.org/summer-camps](http://www.bluelapislight.org/summer-camps)  
Ages 8-14

### CLUB Z

Club Z enhances social, emotional, physical and intellectual growth through a variety of planned activities, games and projects.  
Cedar Park, Round Rock, Austin  
512-219-0700  
[www.zsclubhouse.com](http://www.zsclubhouse.com)  
Ages 4 – 12

### COUNTRY HOME LEARNING CENTER

Each fun and educational week brings a new theme with team games, creative arts, science and cooking projects, plus child-approved special events, field trips and kids' choice



# Kidventure Camp

25 YEARS IN THE MAKING



REGISTER TODAY  
**KIDVENTURE.COM**



## CAMP DOUBLECREEK



**REGISTER NOW!**  
**WWW.CAMPDOUBLECREEK.COM**

special interest clubs.  
6900 Escarpment Blvd., Austin  
512-288-8220  
13120 U.S. Hwy. 183 N., Austin 512-331-1441  
www.countryhomelearningcenter.com  
Ages 5 – 13

**DANCE DISCOVERY**

Dance Discovery's weekly summer camps include Storytime Ballet, Jazz, Tap, Hip Hop along with "Sing-a-Longs", Musical Theater, and Set/Prop Design. Each week is wrapped up with an "End of Week Camp Show!"  
Central Austin, 512-419-7611  
Avery Ranch, 512-658-2996  
www.dancediscovery.com  
www.averyranchdance.com  
Ages 3 – 14

**ELITE UNIVERSITY SUMMER CAMPS**

A premier summer program with the greatest camps ever. The Elite U variety of camp activities appeals to every child. Whether it's the day camp, overnight camp, or the internship program, there's a place for everyone.  
5600 RR 620 N., Austin  
Houston  
713-454-7989  
www.elitesummercamps.com  
Ages 4 – 16

**EXTEND-A-CARE FOR KIDS**

Summer Day Camp  
Weekly sessions consisting of sports, field trips, swimming, cooking, games and puzzles, reading, arts and crafts and more. Weekly themes are based on children's literature.

Locations in AISD, DVISD and HCISD  
512-472-9402  
www.eackids.org  
Ages 4 – 12

**EYE LEVEL LEARNING CENTERS**

Avoid the summer brain drain and complement your child's summer activities with stimulating assignments. Eye Level's Math and English programs will provide your child a critical advantage.  
Austin North, Cedar Park, Pflugerville, Avery Ranch, Round Rock  
512-336-0743 x1, 512-336-0743 x3, 512-632-9162,  
512-336-0743 x4, 512-336-0743 x2  
www.myeyelevel.com  
School-age

**FANTASTIC MAGIC CAMP**

Teaching life skills and confidence through magic, juggling and puppetry. Open 9 a.m. to 4 p.m. with optional "rehearsal time" that extends the day to 6 p.m. for a fee.  
7500 Woodrow Ave, Austin  
512-709-8060  
www.magiccamp.com  
Ages 5 – 12

**GIRLS EMPOWERMENT NETWORK-CAMPGEN**

Interactive workshops during two week-long sessions that are designed to ignite the power in girls and teach them skills to thrive and believe in their ability to be unstoppable. Participate in fun, interactive workshops during weeklong sessions designed to help girls feel more confident as they navigate girlhood. Girls gain new skills, friendships and

a sense of self.  
901 Trinity St., Austin  
512-808-4044  
www.girlsempowermentnetwork.org  
Ages 3 – 8th Grade

**HEARTSONG**

Natural, family-style learning through early childhood music and movement programming. Offering spring and summer Music Together classes for both children and their caregivers.  
2700 W. Anderson Ln., Austin  
512-371-9506  
www.heartsongmusic.net  
Ages up to 9 yrs.

**JUMP! GYMNASTICS**

Jump! Gymnastics goes the extra mile to keep your children safe, taking the time to research the latest and best ways to cater to your little's emotional needs.  
2117 W. Anderson and 2919, Austin  
512-593-6226  
www.jump-austin.com/

**KIDSACTING SUMMER CAMPS**

A safe environment for kids to be creative, expressive and confident while having fun. Regularly voted Austin's best. Each camp ends with a fabulous show for family and friends.  
16 locations in Austin metro  
512-836-5437  
www.kidsactingstudio.com  
Ages 4 – 18



the **Y**  
MCA  
FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**SWIM LESSONS AVAILABLE**  
for all ages and skill levels  
special rates for Y members

**SPEND YOUR SUMMER WITH US**

Still searching for summer plans? The Y is here to help you make the most of the season. Indoor and outdoor pools, all of your favorite group exercise classes, personal training programs and summer enrichment activities for kids are just few reasons to join the Y today! Plus, membership includes access to 8 area facilities so an escape from your normal routine is always within reach.

Learn more at [AustinYMCA.org](http://AustinYMCA.org)



### KIDSPA

Voted Austin's Best Drop-In Center in six annual reader's polls, KidSpa Austin provides flexible childcare that fits your schedule. Visit the website for the summer 2019 schedule. Avery Ranch and Circle C, Austin  
512-828-5772 / 512-301-5772  
www.kidspa.com  
Ages 18 mos. – 12 yrs.

### KIDVENTURE

Celebrating 25 years of camp fun, Kidventure's five greater Austin locations offer summer day camp for kids ages 3-12 and overnight camp for ages 8-18. Registration begins Jan. 25.  
512-263-8992  
www.kidventure.com  
Ages 3 – 12

### LONE STAR RANCH (TEXAS TRAIL RIDES)

Outdoor Ranch FUN for kids, minutes from downtown. Camp education includes horsemanship, mounted riding lessons catered to riders' skill level, while fostering leadership and responsibility. Ranch activities also include archery, fishing, roping and more!  
8601 Bluff Springs Rd., Austin  
512-697-9722  
www.lonestarranchtexas.com  
Ages 5 -17

### MAD SCIENCE & IMAGINE ARTS ACADEMY OF AUSTIN

Mad Science camps are filled with exciting, fun, hands-on science activities. Children become junior scientists for the week and experience a variety of science adventures. Locations in Austin metro  
512-892-1143  
www.austin.madscience.org  
Ages 4 – 12

### MASTER GOHRING TAI CHI AND KUNG FU

Our program runs year round, which provides opportunity for your child to begin at any time. Younger ones develop listening and motor skills to enter society with confidence and enthusiasm. Kids develop the strength, confidence & self-mastery skills to deal effectively with the challenges, choices & complexities of life. They will have fun.  
6611 Airport Blvd, Austin  
512-879-7553  
Ages 4 and up

### MCKINNEY ROUGHS SUMMER CAMP

Explore 1,100 acres of pine forests and box canyons, learn about wilderness skills and native plants and animals. Each week's camp activities revolve around a different outdoor theme.  
1884 Hwy. 71 W., Cedar Creek  
512-303-5073  
www.lcra.org/camps  
Ages 5 – 16

### MOOLAHU

Our kids business camp is the most exciting and hands-on way to get kids "Money Smart". In just one week, they will create a real business, make a real product, and sell it for real money.  
Locations in Austin  
512-443-8851  
www.moolahu.com  
Ages 8 – 16

### NEXT LEVEL RIDE

Wakeboarding, kneeboarding, paddle boarding. June and July session.  
5400 E. Hwy 71, Del Valle  
512-915-9056  
Age 6 – 14

### NITRO SWIM

Lifelong lessons in water safety and swim confidence. Campers receive the highest quality swim instruction, both non-competitive and competitive, in a dedicated, swim-only indoor pool.  
Cedar Park/Round Rock and Bee Cave  
512-259-7999  
www.nitroswim.com  
Ages 6 mos. and up

### RIO VISTA FARM

Austin's originator of English riding camps. Daily lessons taught by pro trainers, lots of horse time/care, arts and crafts, plus swimming for hotter afternoons. Friday shows for parents.  
13013 Fallwell Ln., Del Valle  
512-247-2303  
www.riovistafarm.net  
Ages 7 – 16

### ROCK-ABOUT CLIMBING ADVENTURES

Campers visit natural climbing walls, including Enchanted Rock, Reimer's Ranch and the Barton Creek Greenbelt, with a climb each morning then lunch and a swim in a natural creek or pool.  
3755 S. Capital of TX Hwy., Austin  
512-415-0804  
www.rock-about.com  
Ages 9 – 18

the Y  
YMCA

FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

es  
**GAMING ALL DAY**

At YMCA Camp Cullen, youth and teens enjoy a premier summer overnight camp experience. From water sports and zip lining to equestrian training and arts/dance. All in a safe and supportive environment.  
**Experience More. Achieve More.**

Register today at [YMCACampCullen.org](http://YMCACampCullen.org)

United Way  
YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

the Y  
YMCA

FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BEST SUMMER EVER**

YMCA SUMMER CAMP

- June–August\*
- Half & Full Day Options\*
- Ages 4 thru 14\*
- Outdoor, Excursion, Specialty, Kinder & Overnight Camps
- Financial Assistance Available\*

\*depends on location

**REGISTER TODAY!**  
SECURE SPOT WITH DEPOSIT

YMCA OF GREATER WILLIAMSON COUNTY  
512-246-9622

[ymcagwc.org/programs/youth-camps](http://ymcagwc.org/programs/youth-camps)



# DANCE DISCOVERY

Dance & Music

## Summer Camps 2019

THE GREATEST SHOWMAN  
**MARY POPPINS**  
Aladdin  
Rainbow Unicorn

**Camps Include:**  
Musical Theater, Jazz, Hip Hop, Storytime Ballet, Set Design

2 Locations: Allandale & Avery Ranch  
[www.DanceDiscovery.com](http://www.DanceDiscovery.com)  
512.419.7611 (Allandale)  
512.658.2996 (Avery Ranch)



### ROUND ROCK EXPRESS SUMMER CAMPS

Our Round Rock Express Camps offer big league quality instruction on the fundamentals of the games of baseball and softball. Express Camps range by age and offer opportunities for all skill levels. Dell Diamond, Round Rock 512-238-2221  
[www.expressyouthsports.com/camps/](http://www.expressyouthsports.com/camps/)  
Ages 6 – 18

### SEAWORLD DAY CAMPS

Campers will experience first-hand how we care for the animals in our park and around the world while diving into some SeaWorld fun! Campers experience one of a kind animal shows, visit animal habitats in the park and behind the scenes, and ride some thrilling roller coasters (campers must meet height requirements). San Antonio 210-523-3608  
<https://seaworld.com/sanantonio/educational-programs/day-camp/>  
Ages 2 (with parent) – 13

### SHERWOOD FOREST SUMMER CAMP

Sherwood Forest brings the skills and trades of the Middle Ages back to life. All activities take place in the 23-acre medieval village. McDade near Austin

512-222-8570  
[www.sherwoodforestfaire.com](http://www.sherwoodforestfaire.com)  
Ages 5 – 16

### SPICEWOOD COUNTRY CAMP

Nine shady acres in northwest Austin with animals, music, swimming, crafts, sports and horseback riding. Summer sessions are two weeks long. Extended hours available. 6102 Spicewood Springs Rd., Austin 512-346-2992  
[www.spicewoodcountry.com](http://www.spicewoodcountry.com)  
Ages 3½ – 10½

### STEPPING STONE SCHOOL

The summer camp program empowers students to develop and use academic skills in service to the community. Limited space available. Visit website for full details. 19 locations in Austin metro 512-459-0258  
[www.steppingstoneschool.com](http://www.steppingstoneschool.com)  
Ages 5 – 13

### SYNERGY DANCE

Dance camps include ballet, tap, jazz, hip-hop. Also included are tumbling, theatre, crafts and a performance on Fridays. 2314 Bee Cave Rd., Austin 512-327-4130  
Ages 2 and up



Austin's most FUN way to LEARN  
[www.jump-austin.com](http://www.jump-austin.com)



## SNAPDRAGON PRESCHOOL

A PLAY-BASED LEARNING EXPERIENCE



Now enrolling for Fall 2019!  
6800 Westgate Blvd. Austin, TX 78745  
[www.snapdragonpreschool.com](http://www.snapdragonpreschool.com)

## BE IN A GREAT SHOW WITH GREAT PEOPLE



COME SING, DANCE, ACT, & LAUGH WITH KIDSACTING!

**NOW ENROLLING FOR SUMMER!**  
Single-Week Summer Camps (Various Age Groups 4-15)  
The Greatest Showman Show Choir  
Triple Threat • Adventures in Acting • Creative Kids

FULL-SCALE PLAY AND MUSICAL EVERY SEMESTER



[www.KIDSACTINGSTUDIO.com](http://www.KIDSACTINGSTUDIO.com)



**TOM'S DIVE AND SWIM SUMMER CAMP**

Offering group and private swim lessons for all, year-round in an indoor, heated pool, seven days a week. Professional, experienced swim instructors work with children at all ages and abilities. 5909 Burnet Rd., Austin 512-451-3425 www.tomsscuba.com Ages 6 mos. and up

**TOPGOLF**

Our Summer Academies are a week-long half-day programs that are filled with non-stop entertainment and learning that kids will love. Enjoy a stress-free week and know we have you covered in every area from lunch to lessons and all of the components that make up the great game of golf. 2700 Esperanza Crossing, Austin 512-831-5981 www.topgolf.com Ages 6 - 12

**TWIN LAKES YMCA SUMMER CAMP**

YMCA Twin Lakes is located minutes north of Austin. The Y provides an environment for campers to explore, play and make lifelong friends – all in the great outdoors.

204 E. Little Elm Tr., Cedar Park 512-250-9622 option 6 www.ymcagwc.org Ages 5 - 14

**TUMBLEPRO**

Professional instruction in tumbling, fitness, all-star cheer, parkour and more, with a low athlete-to-coach ratio and a positive, fun and engaging environment. 8516 Anderson Mill Rd., Austin 11701 Hero Way, Leander 512-317-7070 www.tumblepro.net Ages preschool and up

**UT CULINARY AND FITNESS CAMP**

Susie's Kitchen, merging science and nutrition. Looking to have your child gain confidence and independence in the kitchen? Wouldn't it be great if they were able to prepare healthy meals on their own? Fitness Institute of Texas, DKR Texas Memorial Stadium 512-471-5360 https://he.utexas.edu/ntr/community/susie-s-kitchen Ages 11 - 17

**MAD SCIENCE SUMMER CAMPS**  
 9 Different Camps to Choose From!  
 Rockets, Robots, Chemistry, Spies, Secret Agents, Invention and More!  
 austin.madscience.org

**Fun and Hands-on Camps!**  
**Locations All Over Town**  
**Half-day & Full day Camps**  
**For Ages 4-12**

*Sparkling Imaginative Learning*

**MAD SCIENCE OFFERS EXCITING: 512-892-1143**  
 AFTER-SCHOOL PROGRAMS • ASSEMBLIES • BIRTHDAY PARTIES • WORKSHOPS  
 SPECIAL EVENTS • SPRING BREAK & SUMMER CAMPS • PRESCHOOL PROGRAMS

**LCRA PARKS MCKINNEY ROUGHS NATURE PARK**

**Summer Camps**

**Ages 5-12 & 13-15**

**Wilderness survival  
 Rock wall climbing  
 River rafting + more!**

**lcra.org/camps • 512-303-5073**

**BOYS & GIRLS CLUBS OF THE AUSTIN AREA**

**GREAT FUTURES SUMMER CAMPS 2019**  
 June 3 - August 16  
 7AM - 6PM • Lunch Included

**Your kids deserve a stellar summer!**

- Flexible. Affordable. Convenient.
- 11 week-long day camp and specialty camp sessions
- Battle boredom with rotating weekly themes and focuses

**Register: www.BGCAUSTIN.org**  
**Location:** 6648 Ed Bluestein Blvd. Austin, TX 78723 512.444.7199

**Day Camps • Sport Camps • STEM Camps**

@BGCAustin

CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP



**YMCA OF AUSTIN SUMMER DAY CAMP**

Safe and enriching summer day camps. Enjoy field trips, swimming, games and more in a character-rich environment with the YMCA of Austin. 22 locations in Travis, Hays and Bastrop counties  
512-236-9622  
www.austinyymca.org  
Ages 4 – 14

**YMCA OF GREATER WILLIAMSON COUNTY**

Whether it's through swimming, arts and crafts, field trips or sports, or through various outdoor/indoor adventure activities, Y Summer Camp allows kids to be kids and make lasting memories.  
Branch and school locations across Williamson County

512-246-9622  
www.ymcagwc.org  
Ages 4 – 14

**OVERNIGHT CAMPS**

**KIDVENTURE**

Celebrating 25 years of camp fun, Kidventure's five greater Austin locations offer summer day camp for kids ages 3-12 and overnight camp for ages 8-18. Registration begins Jan. 25.  
www.kidventure.com  
Safari: Ages 8 – 12 in Hunt, TX  
Echo: Ages 13 – 16 in Rocksprings, TX  
Apex: Ages 17 – 18 on the Pecos River  
512-263-8992  
www.kidventure.com

Ages 8 – 18

**SEAWORLD RESIDENT CAMPS**

An all-inclusive experience allowing students exclusive insight to the amazing animals that call SeaWorld San Antonio home! Campers will have the opportunity to interact with animals, go behind the scenes of our immersive animal habitats, and have access to our world-class attractions.  
San Antonio, TX  
https://seaworld.com/san-antonio/educational-programs/resident-camp/  
Ages entering 5th – 12th Grade

**SHERWOOD FOREST SUMMER CAMP**

Campers are transported back in time to a world of knights, ladies and a simpler way of life, working with their hands. All activities

**SPICEWOOD Country Camp**  
"A 39-year tradition for children ages 3 1/2 to 10 1/2 in Northwest Austin"  
Safe, shaded day camp with an emphasis on swimming, horseback riding, sports & outdoor activities and art.  
(2 Week Sessions)  
Session 1: June 3      Session 4: July 15  
Session 2: June 17    Session 5: July 29  
Session 3: July 1      Session 6: Aug 12  
Prices: \$695 for 9:00 AM – 3:00 PM  
          \$840 for 7:30 AM – 5:30 PM  
6102 Spicewood Springs Rd. • 512-346-2992 • www.spicewoodcountry.com

**Sherwood Forest Summer Camp**  
Bringing the skills and trades of the Middle Ages back to life!  
Blacksmithing • Candlemaking • Chainmaille • Falconry  
Herbalism • Leatherwork • Magic • Music • Poi • Pottery  
Swordplay • Theatre • Woodworking  
www.sherwoodforestsummercamp.com  
Tel: 512-222-8570 • Near Austin!

**A SPECIALTY SUMMER PROGRAM FOR GIFTED CHILDREN, AGES 5-12**  
Designed to foster critical and creative thinking, to be fun, multidisciplinary, STEAM emphasized, hands-on, and paced for high-level learners.

**INQUIRING MINDS**

Session I: June 17-28, Session II: July 15-26  
At Highland Park Baptist Church, 5206 Balcones Dr, Austin, TX 78731 • 512-203-4540  
Karen Sims Langdon, M.Ed., Executive Director  
Director of Award-Winning Summer Camp in two Austin Publications, 7 Times  
www.InquiringMinds-Austin.org

(512) 697-9722  
**LONE STAR RANCH**  
Austin, Texas  
Ranch Fun in the Heart of Austin!

★ SUMMER CAMPS  
★ RIDING LESSONS  
★ RANCH ADVENTURES

Western & English  
Ages 5+ ★ All Experience Levels  
www.LoneStarRanchTexas.com

**Extend-A-Care for Kids**

**SUMMER CAMP 2019**

- Activities: Swim Trips | Field Trips | Sports | Enrichment Activities | Arts & Crafts | Clubs | Reading & SO Much More
- Locations: Elementary schools in Austin ISD | Hays CISD | Del Valle ISD | Charter Schools
- Sessions: Weekly sessions with weekly themes
- Hours: 7:15\* a.m. - 6:30 p.m. (\*7:00 a.m. for Hays)
- Fees: Affordable Prices | Reduced Fees Available
- Ages: Providing Licensed Child Care for Ages 5-12
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Voted Top 3 Summer Camp for 2018

Register at [www.eackids.org](http://www.eackids.org)  
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Fun 2 Learn Code  
Computer Programming Classes and Camps  
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512-900-8380



take place in the 23-acre medieval village. McDade, TX near Austin  
512-222-8570  
www.sherwoodforestfaire.com  
Ages 5 – 16

**SUGAR & SPICE RANCH CAMP**

Bonding mothers and daughters through horses. Campers “own” horses and do everything together as a team. All-inclusive sessions, a great way to reconnect. Bandera, TX  
830-460-8487  
www.texasHORSECAMPS.com  
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**YMCA CAMP CULLEN**

Experience more, achieve more. Nestled among the tall pines on 530 acres along the shores of Lake Livingston. Camp activities are

led by trained and experienced leaders. 4600 Cullen Loop, Trinity, TX  
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www.ymcahooouston.org  
Ages 7 – 17

**YMCA TWIN LAKES OVERNIGHT CAMP**

YMCA Camp Twin Lakes is minutes north of Austin. The Y provides an environment for campers to explore, play and make lifelong friends – all in the great outdoors. 204 E. Little Elm Tr., Cedar Park  
512-250-9622 option 6  
www.ymcagwc.org/twinlakes  
Ages 5 – 16

**SPECIAL NEEDS CAMPS**

**INQUIRING MINDS**

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www.inquiringminds-austin.org  
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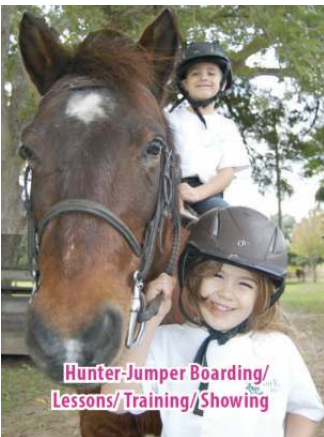


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**Summer Day Camp**  
for Empowering Girls!  
\$330 per camp

**CampGEN – Part 1**  
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“Own My Power”

This camp is focused on building confidence and self-love. Girls will explore stress management, identity, self-compassion, and body positivity.

**CampGEN – Part 2**  
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901 Trinity St. Austin, TX 78701  
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**MOOLAH**  
AGES 8-16  
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Lunch Included  
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TOPGOLF KIDZONE



# 2019 Recreation & Camp Guide

for Students and Adults with Special Needs

Central Texas and the Surrounding Areas Complete Guide with Details Can Be **Downloaded at [www.austinfamily.com](http://www.austinfamily.com)** in English and Spanish  
For more information, contact [Kathy.Palomo@austinisd.org](mailto:Kathy.Palomo@austinisd.org)

## DAY PROGRAMS & ACTIVITIES

### ADVENTURERS ACADEMY OF LIFELONG LEARNING

737-203-5494 or Cell: 512-784-2479  
[www.austinadventurers.org](http://www.austinadventurers.org)

### ARMSTRONG COMMUNITY MUSIC SCHOOL

512-474-2331  
[www.acmsaustin.org](http://www.acmsaustin.org)

### ASPIRE

512-962-5543  
[www.aspireaustin.com](http://www.aspireaustin.com)

### AUSTIN ISD SPECIAL OLYMPICS

512-841-8336  
[www.austinisd.org/athletics/special-olympics](http://www.austinisd.org/athletics/special-olympics)

### AUSTIN JEWISH COMMUNITY CENTER

512-735-8050  
[shalomaustin.org/jcamps](http://shalomaustin.org/jcamps)

### AUSTIN NATURE & SCIENCE CENTER

512-974-3888  
[austintexas.gov/department/austin-nature-and-science-center](http://austintexas.gov/department/austin-nature-and-science-center)

### AUSTIN PARKS AND RECREATION DEPARTMENT

512-974-6700 or 512-974-3914  
[austintexas.gov/department/summer-camps-0](http://austintexas.gov/department/summer-camps-0)

### AUSTIN/TRAVIS COUNTY WORK-BASED LEARNING

512-854-4590  
[www.traviscountytexas.gov/health-human-services/children-and-youth/employment-program](http://www.traviscountytexas.gov/health-human-services/children-and-youth/employment-program)

### AUTISM SOCIETY OF TEXAS

512-479-4199 Ext 1  
[www.texasautismsociety.org](http://www.texasautismsociety.org)

### BIG SKY PEDIATRIC THERAPY

512-306-8007  
[www.bigskyfriends.com](http://www.bigskyfriends.com)

### BILINGUISTICS

512-480-9573  
[bilinguistics.com](http://bilinguistics.com)

### CAMP AILHPOMEH

[info@camp-ailhpomeh.org](mailto:info@camp-ailhpomeh.org)  
[www.camp-ailhpomeh.org](http://www.camp-ailhpomeh.org)

### CAMP CELL-A-BRATION

512-458-9767  
[www.sicklecetx.org/camp](http://www.sicklecetx.org/camp)

### CAMP GRACE AT AUSTIN OAKS CHURCH (RESPITE DAY CAMP PROGRAM)

512-891-1609  
[www.austinoakschurch.org/special-needs](http://www.austinoakschurch.org/special-needs)

### CAMP IN MOTION ADAPTIVE SPORTS CAMP

512-324-0000 X86399  
[www.dellchildrens.net/camp-in-motion](http://www.dellchildrens.net/camp-in-motion)

### CAMP SUCCESS

254-710-4745  
[www.baylor.edu/csd/index.php?id=50610](http://www.baylor.edu/csd/index.php?id=50610)

### CAPITOL SCHOOL OF AUSTIN

512-467-7006 (Heidi)  
[www.capitolschool.com](http://www.capitolschool.com)

### CHILDREN'S DIABETES CAMP OF CENTRAL TEXAS

[camp.bluebonnet@gmail.com](mailto:camp.bluebonnet@gmail.com)  
<https://bluebonnet.camp/app/home>

### CREATIVE ACTION SUMMER CAMPS

512-442-8773 x107  
<https://creativeaction.org/>

### CRENSHAW'S ATHLETIC CLUB

512-453-5551  
[www.crenshaws.com](http://www.crenshaws.com)

### CTX (CENTRAL TEXAS) ABILITY SPORTS

[www.huttochallenger.webs.com](http://www.huttochallenger.webs.com)

### DOUGHERTY ARTS CENTER

512-974-4040  
[www.austintexas.gov/dougherty](http://www.austintexas.gov/dougherty)

### DOWN HOME RANCH - RANCH CAMP

512-856-0128  
[www.downhomeranch.org](http://www.downhomeranch.org)

### DREAM A DREAM (DAD) THERAPEUTIC HORSEMANSHIP CAMP

512-260-5957  
[www.dadth.org](http://www.dadth.org)

### DREAM OF HOPES RANCH

512-791-0160  
[www.dreamofhopesranch.org](http://www.dreamofhopesranch.org)

### EXCEPTIONAL GEORGETOWN ALLIANCE

512-930-3595  
[www.exceptionalgeorgetown.org](http://www.exceptionalgeorgetown.org)

### EXTEND-A-CARE FOR KIDS

512-472-9402  
[www.eackids.org](http://www.eackids.org)

### FANTASTIC MAGIC CAMP

512-850-4677  
<https://magiccamp.com/>

### HEALING WITH HORSES RANCH

512-964-0360  
[www.healingwithhorsesranch.org](http://www.healingwithhorsesranch.org)

### HEARTS THERAPEUTIC RIDING PROGRAM

760-580-9948  
[www.horseserct.org](http://www.horseserct.org)

### HIDEOUT THEATRE

512-443-3688  
[www.specialneedsimprov.com](http://www.specialneedsimprov.com)

### JOHNSON CENTER

512-732-8400  
[www.johnson-center.org](http://www.johnson-center.org)

### JOSHUA'S STAGE-THE CREATIVE OUTLET METHOD™

512-825-2744  
<https://joshuasstage.org/>

### KIDSACTING STUDIO

512-836-5437  
<https://www.kidsactingstudio.com/>

### LEARNING FUN 101

512-740-3024  
[www.learningfun101.com](http://www.learningfun101.com)

### MCBETH RECREATION CENTER

512-974-9011  
[www.austintexas.gov/McBeth](http://www.austintexas.gov/McBeth)

### NATIONAL ELITE GYMNASTICS (NEG)

512-288-9722  
[www.neg-usa.com](http://www.neg-usa.com)

### ODYSSEY SCHOOL-CAMP ODYSSEY

512-472-2262  
[odysseyschool.com](http://odysseyschool.com)

### RED ARENA-EQUINE ASSISTED THERAPY

512-807-6505  
[www.redarena.org](http://www.redarena.org)

### ROUND ROCK PARKS AND RECREATION - ADAPTIVE CAMP-YOUTH & TEEN

512-218-3220  
<https://www.roundrocktexas.gov/departments/parks-and-recreation/recreation/air/>

### SAMMY'S HOUSE

512-453-5258  
[www.sammyshouse.org](http://www.sammyshouse.org)

### SNAPOLOGY AUSTIN

512-368-9090  
<https://austin.snapology.com/camps/>

### SPARK LEARNING

512-900-1425  
[www.spark-learning.com](http://www.spark-learning.com)

### TEXAS SCHOOL FOR THE DEAF-SUMMER CAMPS & PROGRAMS FOR THE DEAF AND HARD OF HEARING

512-462-5329 or 512-410-1174 (VP)  
[www.texasdeafed.org/sp](http://www.texasdeafed.org/sp)

### TEXAS SCHOOL FOR THE DEAF-FAMILY WEEKEND RETREAT (FWR)

512-462-5738 or 512-982-1646 (VP)  
[www.texasdeafed.org/fwr](http://www.texasdeafed.org/fwr)

### TEXAS STATE UNIVERSITY: AUTISM CAMP

512-245-8259  
<https://www.hhp.txstate.edu/Collaboration---Outreach/Camps/Autism-Camp.html>

### THE ARC OF THE CAPITAL AREA COURSES

512-476-7044  
<https://www.arcaustin.org/>

### THE DOG ALLIANCE

512-335-7100  
<https://www.thedogalliance.org/>

### THINKERY

512-469-6201  
<https://thinkeryaustin.org/camp/>

### WE ROCK THE SPECTRUM KIDS

512-687-4443  
[www.werockthespectrumaustin.com](http://www.werockthespectrumaustin.com)

### WESTLAKE YOUTH SOCCER ASSOCIATION-TOPSOCCER PROGRAM

[westlaketopsoccer@gmail.com](mailto:westlaketopsoccer@gmail.com)  
[www.westlakesoccer.com/tops](http://www.westlakesoccer.com/tops)

Austin Independent School District assumes no responsibility for the use made of any information published in this manual. The volunteers and staff who have compiled this resource guide have made every effort to ensure that this list is accurate and recognize that some of this information may change.





# Road Trippin' with Kids

## 7 Hacks for Fun, Stress-Free Road Travel

BY KIMBERLY BLAKER

The vacation your family has been anxiously anticipating is almost here. The question is: are you prepared for the sibling squabbles, food and drink spills, umpteen rest stops and being asked a hundred times or more, "Are we there yet?" With a little pre-planning, you can drastically reduce the hassles and turn your time on the road into a fun, family experience for all.

### 1. Take mandatory restroom breaks.

Immediately before heading out, have everyone go to the bathroom, whether they need to or not. Just before and while on the road, limit beverages, particularly caffeinated ones, to reduce the frequency of restroom stops. When you do have to stop for something, have everyone use the restroom again, and don't accept anyone's claim of, "I don't need to go."

2. **Reduce stops.** Strategize where you choose to stop so you can cover all the bases at once. Fuel up, grab food and beverages, use the restroom and go for a walk or play a game of tag so everyone can stretch and exercise.

3. **Drive through the night.** Kids typically sleep through the night on the road, so it's a great way for kids to feel they've reached your destination in the blink-of-an-eye and to reduce your overall stress. Parents can switch off driving while the other one sleeps.

4. **Bring snacks and drinks.** Bring along a cooler and a variety of drinks and snacks to reduce pit stops. Breaking up the time with small snacks will also help keep kids pacified. When packing snacks, include some nutritious ones, like carrot

sticks and apples. Also, keep in mind the messiness of particular types of snacks. To reduce messes, avoid foods that melt, smear and squish such as chocolate, cupcakes and yogurt.

5. **Plan fun or scenic stops.** Do some advance research to find a fun stop along the way, and build it into your vacation. Look for a state or national park, national monument, beach, kiddie fun-land, river walk or water park.
6. **Plan for car entertainment.** Before your trip, download movies, books and music or visit your library to pick out books, audio books and music CDs. But don't let the kids have the items until you're on the road, so they'll have fresh entertainment. Also, take along some car games and print a list of games that don't require pieces to play.

Some ideas to get you started include the license plate game. Have everyone write down the states of the license plates as they spot them. The person with the most states wins.

Also, try the "Would you rather?" game. Take turns asking everyone what would be their choice between two gross or unpleasant situations. For example, would you rather be trapped in a closet crawling with hundreds of centipedes or eat a worm?

### 7. Loosen screen time restrictions.

While limiting kids' daily screen time is a best practice, consider making an exception for your road trip. Depending on the length of your drive, it can be a challenge to keep kids amused for the duration, despite all the other entertainment you bring along. Break up screen time on the road by allowing kids 30-minute cycles of screen time broken up by other activities.

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*Kimberly Blaker is a freelance parenting and lifestyle writer.*



## asuntos Familiares

BETTY RICHARDSON

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

hijo tiene hambre, como cuando llega a casa de la escuela.

# ¿Cómo puedo hacer que mi hijo de 5 años se coma la cena?

**P** Mi hijo de 5 años tiene Asperger, y estoy trabajando para aprender sobre sus necesidades y cómo manejar la disciplina. Tengo una hija de 9 años que no se comportó como lo hace mi hijo. Entonces, ¿qué debo hacer cuando, por ejemplo, se niega a venir a la mesa para cenar?

**R.** Todos los niños son diferentes cuando se trata de conseguir que hagan lo que usted quiere. Asperger añade otra capa de desafíos. Soy una admiradora de la modificación de comportamiento. Cuando quiero un comportamiento diferente, trato de descubrir por qué el niño se está comportando de la manera en que lo está haciendo. Me pregunto: “¿Es razonable esperar que cambie, considerando su etapa de desarrollo?” Si es así, pienso en lo que se necesitaría para cambiar el comportamiento. Los niños pequeños responden mejor al refuerzo positivo. Le sugiero que reserve el castigo por cuestiones de seguridad. Aquí están algunas ideas:

1. Proporcione cierta previsibilidad al darle a su hijo el mismo plato especial, taza y utensilios y el mismo lugar en la mesa. A los niños les gusta la monotonía, y esto es especialmente cierto para los niños con Asperger. Haga especial la silla de su hijo colocando su nombre en la parte de atrás,

refiriéndose a él como un trono o decorándolo de alguna manera.

2. Si su hijo está jugando lejos de la mesa antes de la comida, déjele saber en repetidas ocasiones que las actividades están a punto de cambiar. Los niños pequeños generalmente no responden bien a los cambios de actividades repentinos.
3. Siente a su hijo en la mesa mucho antes de la cena y dele algo que hacer, como colorear o jugar con cuentas de madera. O dele un racimo de uvas y pídale que ponga cinco uvas en una taza y luego se coma una uva.
4. Estudie los hábitos alimenticios de su hijo. ¿Evita todos los alimentos verdes (comunes en niños pequeños), sólo tiene cinco alimentos que le gusta comer o rechaza nuevos alimentos? Algunos padres informan que sus hijos seleccionan principalmente alimentos basados en la textura. Esto sugiere ver si a su hijo le gusta, por ejemplo, mantequilla de maní suave en lugar de crujiente. Para los niños que rechazan los nuevos alimentos, ponga sólo un poquito en su plato, y haga esto cada noche durante 15 noches. Si no ha tocado la nueva comida durante ese tiempo, cámbiela por una nueva comida diferente. O intente darle el nuevo alimento cuando usted sabe que su

5. Si le preocupa que su hijo no esté recibiendo suficientes nutrientes, intente dejarlo comer sólo antes o después de la comida familiar o ponga un plato con sus alimentos favoritos y deje que lo descubra. Observe para ver si come más o de manera diferente cuando está solo. Sentarse en una mesa puede ser menos importante que satisfacer las necesidades nutricionales de su hijo.
6. No llame la atención de su hijo por estar comiendo o no. Cuanto menos se diga, mejor. Las comidas deben ser un momento agradable, no un juego de ganar o perder. Consulte con un nutricionista para obtener algunas ideas adicionales.

Le felicito por servir una comida familiar y trabajar para aprender las necesidades de su hijo. Aunque su hijo se comporta de manera diferente a su hermana, él tiene dotes y talentos que descubrirá con paciencia y observación. Cuanto más aprenda sobre el autismo, mejor estará ayudándolo a funcionar a su nivel óptimo, que eventualmente podría incluir sentarse en la mesa.

Ahora, una nota sobre Asperger: mientras usamos ese término aquí, la Asociación Americana de Psiquiatría y los profesionales de la salud en su mayoría dejaron de usarlo en el 2013 con la llegada del Manual de Diagnóstico y Estadística de los Trastornos Mentales, 5a edición. Este manual dobla el Asperger en el trastorno del espectro autista. Asperger se conoce ahora como una forma leve de autismo de alto funcionamiento.



# NOTICIAS AL INSTANTE. EN SU IDIOMA.



## EN LAS PALMAS DE SUS MANOS.



### DESCARGALO HOY



# June



Parenting Events Page 44 • Story Time Page 44

## On Stage

**Mary Poppins Jr.** June 1. Theater arts students perform a stage classic that's supercalifragilisticexpialidocious. KidsActing Studio, 2826 Real St. \$18. kidsactingstudio.com.

**The Texas Chili Queens.** Through June 9. A 4th-grade descendant of an original chili queen competes in a school-wide chili competition. Carver Cultural Center, 1165 Angelina St. \$8-9.50. pollytheatre.org.

**Henry V.** Through June 23. Penfold Theatre presents an action-packed war story. Thursday, Friday, Saturday at 8 p.m. Centennial Plaza, 301 W. Bagdad, Round Rock. FREE. roundrocktexas.gov.

**Too Many Stories.** Wednesdays in June. A smart little girl outwits and exhausts the bad guys through story, music and improvisation. Scottish Rite Theater, 207 W. 18th St. \$8. scottishritetheater.org.

**Once Upon a Whaaa?!** Weekends in June. A group of expert improvisers takes on a classic story, myth or fairy tale. Scottish Rite Theater, 207 W. 18th St. \$8-12. scottishritetheater.org.

**Wake Up, Brother Bear.** Through Aug. 25. For ages 6 and younger. ZACH Theatre, Whisenhunt Studio, 1512 Toomey Rd. \$12. zachtheatre.org.

## Museum Exhibits

**Texas from Above.** Through June 16. View the 3,822 miles of Texas border lands and water from an aerial perspective. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

**The Rise of Everyday Design.** Through July 14. View the books, drawings, furniture, objects and other materials of the Arts and Crafts movement. Harry Ransom Center, 300 W. 21st St. hrc.utexas.edu or 512-471-8944.

**War Work: WWI in America.** Through Aug. 11. Explore how WWI was experienced and how it shaped our modern world. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

**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. lbjlibrary.org or 512-721-0200.

## Family Events

### Sat 1

**Westcave Star Party.** 9 p.m. Gaze at the stars through a high-quality telescope. Westcave Preserve, 24814 Hamilton Pool Rd. \$5-15. westcave.org.

**Bubblepalooza.** 9 a.m. to 1 p.m. Kick off the summer with music, games and tons of bubbles. The Long Center, 701 W. Riverside Dr. FREE. thelongcenter.org or 512-474-5664.

**Summer Chores.** 10 a.m. to 3 p.m. Learn about chores of the 1870s. A come-and-go event. The Williamson Museum, 8 Chisholm Tr., Round Rock. williamsonmuseum.org.

**The Lego Movie 2: The Second Part (PG).** 2 p.m. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov or 512-974-9840.

**Maker Pfest.** 2 to 5 p.m. Kick off the summer reading program. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Round Rock Express vs Iowa.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Asteroid B-612.** 8 p.m. A dance performance based on "The Little Prince" by Antoine de Saint-Exupery. Mexican-American Cultural Center, 600 River St. \$10-20. chamacosdance.com.

### Sun 2

**H-E-B Free First Sunday: Texans Who Serve.** 12 to 5 p.m. Honor the Texans who serve and protect our country. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

**Heritage House.** 1 to 4 p.m. Visit the museum and learn about local history. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Round Rock Express vs Iowa.** 1 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Asteroid B-612.** 4 p.m. See Sat 1 for details.

**Concerts in the Park.** 7:30 p.m. The Austin Symphony plays ensemble music on the lawn. The Long Center, 701 Riverside Dr. FREE. thelongcenter.org.

### Mon 3

**Touch a Truck.** 9 to 11 a.m. Explore city vehicles. Cedar Park Library, 550 Discovery Blvd. FREE. cedarparktexas.gov.

**All-Day Free Play & Art Exploration.** 12 to 7 p.m. Laura's Library, 9411 Bee Cave Rd. FREE. westbanklibrary.com.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov or 512-974-3800.

### Tue 4

**StoryWalk Summer Kick Off.** 4 to 4:30 p.m. Read books and sing songs at Heritage House then take a story walk. Pflugerville Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

### Wed 5

**Children's Day Art Park.** 10 a.m. Exciting activities and a musical guest. Austin Central Library, 710 W. Cesar Chavez St. FREE. austinsymphony.org or 512-476-6064.

**Sprouts.** 10 to 11 a.m. A trained guide will lead exciting expeditions of discovery through activities, stories, nature walks and play. For ages 3-5. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org or 512-232-0100

**Joe McDermott Outdoor Concert.** 10 to 11 a.m. Kick off the summer reading program. Prete Plaza, 221 E. Main St. FREE. roundrocktexas.gov or 512-218-3275.

**The Magik Theatre.** 11 a.m. to 12 p.m. A program about Texas history for all ages. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

**LEGO Fun Day.** 2 to 4 p.m. Free play with LEGOs for ages 4+. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

**STEAM Studio.** 6 to 7 p.m. Science, tech, engineering, art and math activities with a creative twist for ages 4+. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

### Thu 6

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Black Panther (PG-13).** 1 to 3 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov or 512-974-3625.

**Elementary-age Show: Jason Vaughn.** 1:30 and 2:45 p.m. Balloon shows. Cedar Park Library, 550 Discovery Blvd. cedarparktexas.gov.

### SUBMIT YOUR EVENT

Visit [austinfamily.com](http://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](mailto:kaye2003@austinfamily.com) for approval.



**Nature Nights: Arachnids & Insects.** 6 to 9 p.m. Family-friendly exploration. Wildflower Center, 4801 La Crosse Ave. FREE. wildflower.org.

**Movies in the Park – Zootopia (PG).** 8 p.m. Elgin Memorial Park, 1127 N. Main St. elgintx.com.

### Fri 7

**Bricks 'n Blocks Bonanza.** 6 to 9 p.m. A fun evening of creating with blocks. Thinkery, 1830 Simond Ave. \$13-15. thinkeryaustin.org.

**Dive-In Movies.** 8:30 to 11 p.m. Lakeway Swim Center, 3103 Lakeway Blvd.

### Sat 8

**Teddy Bear Surgery.** 10 to 11 a.m. Part of the Austin Humane Society's Summer Kid Series. Austin Humane Society, 124 W. Anderson Ln. FREE. austinhumanesociety.org.

**Lago Legos and More.** 10:30 a.m. to 12 p.m. Play with Legos, marble runs, magnetic building tiles and stacking cups. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

**123 Andrés Concert.** 11 a.m. to 12 p.m. A bilingual concert as a special story time. Round Rock Library, 216 E. Main St. roundrocktexas.gov or 512-218-7001.

**Austin Bold FC vs Portland Timbers 2.** 7:30 p.m. Bold Stadium, 9201 Circuit of the Americas Blvd. \$15.

### Sun 9

**Family Day.** 12 to 4 p.m. Fun activities for the whole family. Umlauf Gardens, 605 Azie Morton Rd. FREE. umlaufsculpture.org.

**Tabletop Games with Mathnasium.** 2:30 to 4:30 p.m. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

**Inclusive Board Game Group.** 4 to 5:30 p.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

### Tue 11

**Wildlife Rescue.** 10 to 11 a.m. Part of Austin Humane Society's Summer Kid Series. Austin Humane Society, 124 W. Anderson Ln. FREE. austinhumanesociety.org.

**Mary Poppins Returns (PG).** 2:30 p.m. Cedar Park Library, 550 Discovery Blvd. FREE. cedarparktexas.gov.

**Heritage House Open.** 3 to 7 p.m. Visit the Heritage House Museum during the Pfarmers Market. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

### Wed 12

**Children's Day Art Park.** 10 a.m. See Wed 5 for details.

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Jennifer B.** 11 a.m. to 12 p.m. Local musician entertains. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

**Fairy Tea Party.** 1, 1:45, 2:30 p.m. Terra Toys, 2438 W Anderson Ln., \$3 terratoys.com

**Jack and the Beanstalk.** 6 p.m. A not-so-traditional puppet show. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

**STEAM Studio.** 6 to 7 p.m. See Wed 5 for details.

**Round Rock Express vs Reno.** 7 p.m. Dell Diamond, 3400 E Palm Valley Blvd. rrexpress.com.

### Thu 13

**Sense-sational Thursdays: Flight School.**

10 a.m. to 12 p.m. Find out what it takes to be a pilot. Bullock Museum, 1800 N. Congress Ave. FREE with admission. thestoryoftexas.com.

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Fairy Tea Party.** 1, 1:45, 2:30 p.m. Terra Toys, 2438 W Anderson Ln., \$3 terratoys.com

**Elementary-age Show: Ian Varella.** 1:30 and 2:45 p.m. Ventriloquist shows. Cedar Park Library, 550 Discovery Blvd. cedarparktexas.gov.

**Nature Nights: Geology, Fossils & Caves.** 6 to 9 p.m. Family-friendly exploration. Wildflower Center, 4801 La Crosse Ave. FREE. wildflower.org.

**Round Rock Express vs Reno.** 7 p.m. Dell Diamond, 3400 E Palm Valley Blvd. rrexpress.com.

**Movies in the Park – Minions (PG).** 8 to 10 p.m. Elgin Memorial Park, 1127 N. Main St. elgintx.com.

### Fri 14 Flag Day

**Gone to Texas.** 2 to 3:30 p.m. A walking tour of Texas history with a costumed guide. Pioneer Farms, 10621 Pioneer Farms Dr. FREE with admission. pioneerfarms.org.

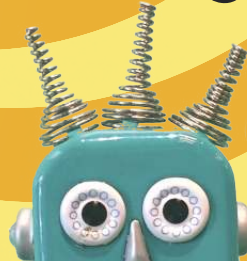
**Round Rock Express vs Reno.** 7 p.m. Dell Diamond, 3400 E Palm Valley Blvd. rrexpress.com.

**Juneteenth Street Dance.** 8 p.m. to 12 a.m. Veterans' Memorial Park, Downtown Elgin. elgintx.com. FREE.

**Movies In the Park: Ralph Breaks The Internet (PG).** 8:45 to 10:45 p.m. Lakeway City Park, 502 Hurst Creek Rd. FREE.

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## Sat 15

**Luau at The Hive.** 9 a.m. to 2 p.m. Staci Gray, crafts and fun for kids. The Hive, 10415 Old Manchaca Rd. FREE. [hiveaustin.com](http://hiveaustin.com).

**June Bugs.** 9:30 to 11:30 a.m. Learn insect facts and build an insect hotel. Wildflower Center, 4801 La Crosse Ave. FREE with admission. [wildflower.org](http://wildflower.org).

**Juneteenth Parade.** 10 a.m. to 12 p.m. Parade begins at MLK and Comal. Festival at Rosewood Park, 2300 Rosewood Ave. [juneteenthcentraltexas.com](http://juneteenthcentraltexas.com).

**Round Rock Express vs Tacoma.** 6 p.m. Dell Diamond, 3400 E Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

**Austin Bold FC vs Seattle Sounders 2.** 7:30 p.m. Bold Stadium, 9201 Circuit of the Americas Blvd. \$15.

## Sun 16 Father's Day

**Clueless Mysteries Book Club.** 3 to 4 p.m. Solve the mystery. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**Round Rock Express vs Tacoma.** 6 p.m. Dell Diamond, 3400 E Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

**Father's Day in the Park.** 7:30 to 9 p.m. Bring Dad and enjoy the music. Zilker Hillside Theatre, 2206 Barton Dr. FREE. [austinsymphonicband.org](http://austinsymphonicband.org).

## Mon 17

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9840.

**Magician Oscar Muñoz.** 4 p.m. and 6:45 p.m. A magic show with tricks, comedy and music. Round Rock Library, 216 E. Main St. FREE. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-3275.

**Round Rock Express vs Tacoma.** 7 p.m. Dell Diamond, 3400 E Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

## Tue 18

**Tail Talks.** 1 to 2 p.m. Part of Austin Humane Society's Summer Kid Series. Austin Humane Society, 124 W. Anderson Ln. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Cepeda Branch Library, 651 N. Pleasant Valley Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7372.

**Hotel Transylvania 3 (PG).** 2:30 p.m. Cedar Park Library, 550 Discovery Blvd. FREE. [cedarparktexas.gov](http://cedarparktexas.gov).

**Heritage House Open.** 3 to 7 p.m. See Tue 11 for details.

**Teen Night: Stamped Tote Bags.** 6 to 7:30 p.m. Learn how to carve a stamp, then decorate a tote. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Teen Book Club: A Broken Truce.** 6:30 to 7:30 p.m. Meet the author and discuss her new book. For ages 12-18. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Round Rock Express vs Tacoma.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

## Wed 19 Emancipation Day

**Children's Day Art Park.** 10 a.m. See Wed 5 for details.

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Wild Things Zoofari.** 11 a.m. to 12 p.m. Animal show for the whole family. Lago Vista Library, 5803 Thunderbird. [lagovista.lib.tx.us](http://lagovista.lib.tx.us).

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Wille Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9920.

**STEAM Studio.** 6 to 7 p.m. See Wed 5 for details.

**Sound and Cinema.** 6 p.m. Live music and classic movies. The Long Center, 700 W. Riverside Dr.. FREE. [thelongcenter.org](http://thelongcenter.org).

**Juneteenth Presentation.** 6 to 7:30 p.m. By the Austin History Center. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Thu 20

**Sense-sational Thursdays: Musical.** 10 a.m. to 12 p.m. Join the musical fun with ukuleles. Bullock Museum, 1800 N. Congress Ave. FREE with admission. [thestoryoftexas.com](http://thestoryoftexas.com).

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Elementary-age Show: Mark Shelton.** 1:30 and 2:45 p.m. Drum shows. Cedar Park Library, 550 Discovery Blvd. [cedarparktexas.gov](http://cedarparktexas.gov).

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Ruiz Branch Library, 1600 Grove Blvd. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7500.

**Nature Nights: Life on the Prairie.** 6 to 9 p.m. Free, family-friendly exploration. Wildflower Center, 4801 La Crosse Ave. FREE. [wildflower.org](http://wildflower.org).

**Rhythm on Stage.** 7 to 8:30 p.m. West African Dance. The Long Center, 701 W. Riverside Dr. FREE. [balletaustin.org](http://balletaustin.org) or 512-474-5664.

**Outdoor Movie Night.** 7:30 to 10 p.m. Bring a picnic and enjoy a family-friendly movie. Austin Humane Society, 124 W. Anderson Ln. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

**Movies in the Park: Angels in the Outfield (PG).** 8:45 p.m. Parque Zaragoza Neighborhood Park, 2608 Gonzales St. FREE. [austinparks.org](http://austinparks.org).

## Fri 21 Summer Solstice

**Children's Day Art Park.** 10 a.m. Exciting activities and a musical guest. Gus Garcia Recreation Center, 1201 E. Rundberg Ln. FREE. [austinsymphony.org](http://austinsymphony.org) or 512-476-6064.

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**Space Celebration.** 11 a.m. to 12 p.m. For ages 2-4. Storyteller and musician Kim Lehman. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**TGIF Movie with Popcorn.** 1 to 3:30 p.m. Family-friendly classic movie with popcorn. Bring a drink. Elgin Library, 404 N. Main St. elgintx.com.

**Friday Movie Matinee: Ant Man and the Wasp (PG-13).** 3:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

**Concert in the Park.** 7 to 9:30 p.m. Bring lawn chairs & blankets for an evening of fun and music. Milburn Park, 1901 Sun Chase Blvd. FREE. cedarparktexas.gov.

**Dive-In Movies.** 8:30 to 11 p.m. Lakeway Swim Center, 3103 Lakeway Blvd.

**Sat 22**

**Austin African-American Book Festival.** 9:30 a.m. to 5 p.m. Carver Museum, 1165 Angelina St. 512-974-4926.

**Donuts with Dads.** 10 to 11 a.m. Donuts, books and crafts. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Midsummer Celebration.** 10 a.m. to 3 p.m. The Williamson Museum, 8 Chisholm Tr. williamsonmuseum.org.

**Western Days.** 10 a.m. to 6 p.m. Elgin. downtown.elgintx.com.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

**Summer Family Film Series: The Iron Giant (PG).** 2 p.m. Bullock Museum, 1800 Congress Ave. \$5 - \$8. thestoryoftexas.com or 512-936-8746.

**Sun 23**

**Tabletop Games with Mathnasium.** 2:30 to 4:30 p.m. Sun Tue 9 for details.

**Inclusive Board Game Group.** 4 to 5:30 p.m. See Sun 9 for details.

**Mon 24**

**Jack and the Beanstalk.** 6:30 p.m. A not-so-traditional puppet show. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov or 512-974-7400.

**Tue 25**

**Children's Day Art Park.** 10 a.m. Exciting activities and a musical guest. Old Quarry Branch Library, 7051 Village Center Dr. FREE. austinsymphony.org or 512-476-6064.



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**Art Workshop.** 10 to 11 a.m. Part of Austin Humane Society's Summer Kid Series. Austin Humane Society, 124 W. Anderson Ln.. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

**Jack and the Beanstalk.** 11 a.m. A not-so-traditional puppet show. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

**Spiderman: Into the Spider-Verse (PG).** 2:30 p.m. Cedar Park Library, 550 Discovery Blvd. FREE. [cedarparktexas.gov](http://cedarparktexas.gov).

**Heritage House Open.** 3 to 7 p.m. See Tue 11 for details.

## Wed 26

**Children's Day Art Park.** 10 a.m. See Wed 5 for details.

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Elementary-age Show: Wildlife on the Move.** 1:30 and 2:45 p.m. Animal shows. Cedar Park Library, 550 Discovery Blvd. [cedarparktexas.gov](http://cedarparktexas.gov).

**STEAM Studio.** 6 to 7 p.m. See Wed 5 for details.

**Tween Summer Book Club: Nathan Hale's Hazardous Tales.** 6:30 to 7:30 p.m. Discuss the books and make a craft. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Thu 27

**Sense-sational Thursdays: Pretty Poppies.** 10 a.m. to 12 p.m. Learn about these flowers and their connection to WW I. Bullock Museum, 1800 N. Congress Ave. FREE with admission. [thestyroftexas.com](http://thestyroftexas.com).

**Sprouts.** 10 to 11 a.m. See Wed 5 for details.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Milwood Branch Library, 12500 Amherst Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9880.

**Library Top Chef.** 3 to 5 p.m. For ages 8-12. Contestants must preregister. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Beat Saber Tournament.** 6 to 7:45 p.m. Try the library's new Vive. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Nature Nights: Birds of Prey & Reptiles.** 6 to 9 p.m. Family-friendly exploration. Wildflower Center, 4801 La Crosse Ave. FREE. [wildflower.org](http://wildflower.org).

## Sat 29

**4th of July, 1876.** 10 a.m. to 3 p.m. Celebrate like they did in the 1800s. The Williamson Museum, 8 Chisholm Tr. [roundrocktexas.gov](http://roundrocktexas.gov).

**Round Rock Express vs Omaha.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

**Austin Bold FC vs Colorado Springs Switchbacks.** 7:30 p.m. Bold Stadium, 9201 Circuit of the Americas Blvd. \$15.

## Sun 30

**Round Rock Express vs Omaha.** 6 p.m. Dell Diamond, 3400 E Palm Valley Blvd. [rrexpress.com](http://rrexpress.com).

## Parenting Events

**Bridges to Growth** holds early childhood parenting classes throughout the month. [georgetownproject.org](http://georgetownproject.org).

**The City of Austin** offers free car seat checks and Safe Baby Academy classes at various locations. Appointments required. Email [emspubed@austintexas.gov](mailto:emspubed@austintexas.gov).

**La Leche** League of Central Texas hosts meetings, play dates and gatherings. All breastfeeding moms, babies and moms-to-be are welcome. [texasll.org](http://texasll.org).

**The Literacy Council** of Williamson County offers free ESL classes for beginners through advanced. [literacycouncilwilco.org](http://literacycouncilwilco.org).

**United Way** of Williamson County offers free financial literacy workshops in Cedar Park, Georgetown and Round Rock. Registration required. [info@unitedway-wc.org](mailto:info@unitedway-wc.org) or 255-6799

**YMCA** hosts a free Childhood Obesity Intervention Program at various locations. [austinyymca.org](http://austinyymca.org).

## Sat 8

**Chicken Keeping Class.** 10 to 11 a.m. Callahan's General Store, 501 S. Hwy 183. FREE.

**Gardening Seminar: Native and Adapted Perennials for Central Texas.** 10 a.m. to 12 p.m. Zilker Botanical Garden, 2220 Barton Springs Rd. FREE. [tcmastergardeners.org](http://tcmastergardeners.org) or 512-477-8672.

**Composting Class.** 11:30 a.m. to 12:30 p.m. Callahan's General Store, 501 S. Hwy 183. FREE.

## Tue 18

**BookSpring Volunteer Orientation.** 11 a.m. or 6 p.m. Do you love books and value reading? Share that love with the community. BookSpring, 2006 Greenbrook Pkwy. FREE. [bookspring.org](http://bookspring.org) or 512-472-1791.

## Story Times

### Editors's Picks

Programs are subject to change; please contact the venue before attending. Visit [austinfamily.com](http://austinfamily.com) for more story times.

## Tue 4

**Austin Humane Society's Summer Kid Series Storytime.** 10 to 11 a.m. Learn about animals through story, then visit the shelter residents. For kids 8 and younger. Austin Humane Society, 124 W. Anderson Ln. [austinhumanesociety.org](http://austinhumanesociety.org) or 512-646-7387.

## Sat 15

**Family Storytime with Special Guest Bonzo Crunch.** 11 a.m. to 12 p.m. Magic, juggling, comedy and festive family fun. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

## Fri 28

**Austin Mobile Planetarium.** 2 to 4 p.m. Space is limited. Arrive at 2 p.m. to get a wristband. Bee Cave Library, 4000 Galleria Pkwy., Bee Cave. [beecavetexas.gov](http://beecavetexas.gov) or 512-767-6620.

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# Healthy and local food at your fingertips

## By Sustainable Food Center



### HOW TO GET YOUR DOUBLE DOLLARS AT A PARTICIPATING MARKET

1. Stop by the Double Dollars information desk at your neighborhood farmers' market.
2. Exchange your Lone Star (SNAP) benefits for Double Dollars vouchers.
3. Receive up to AN ADDITIONAL \$30 in SFC Double Dollars instantly to buy fruits and vegetables.

### WE HAVE EXTENDED OUR DOUBLE DOLLARS PROGRAM TO INCLUDE OTHER MARKETS!

Now you can receive double the value of your Lone Star food stamps (SNAP) in the nearest market! Find one at [www.doubledollars.org](http://www.doubledollars.org)

### CÓMO OBTENER SUS DOUBLE DOLLARS EN EL MERCADO

1. Visite el puesto de información Double Dollars en el Mercado Agrícola.
2. Intercambie sus beneficios Lone Star (SNAP) por vales Double Dollars.
3. Obtenga al instante hasta \$30 MÁS en Double Dollars de SFC para comprar frutas y verduras.

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Consulte el enlace: [www.dobledolar.org](http://www.dobledolar.org)



SUSTAINABLE FOOD CENTER

For more information visit [www.sustainablefoodcenter.org](http://www.sustainablefoodcenter.org)

A balanced and healthy diet, comprised of large amounts of vegetables, fruits, whole grains, and low-fat proteins, are essential in order to stay healthy. According to numerous studies that have been used as the basis of the dietary guidelines established by the United States Department of Agriculture, they may be key in controlling obesity and other degenerative illnesses. However, being able to access or pay for these foods can be difficult for certain communities in Travis County.

Recent studies published by the non-profit organization Feeding Texas indicate that one in four people in Austin do not know where their next meal will come from. In Travis County alone, 181,000 people, do not have consistent access to food.

In order to increase access to fresh and healthy food produced by local farmers, Sustainable Food Center created Double Dollars. This project gives people the opportunity to double the amount of money they have on their Lone Star/ SNAP card (previously known as food stamps), so they get double the amount to spend on produce at farmers' markets in Austin.

"If they have \$15, with the Double Dollars program they can buy \$30 worth of fruits and vegetables," explained Hilda Gutiérrez, Food Access Director at Sustainable Food Center, a non-profit organization created in 1993 with the mission to strengthen the local food system in Central Texas. By consuming local produce "we are also supporting our local economy, and when produce is grown close to home, it conserves its nutritional value", Gutiérrez explained.

### Alimentos sanos y locales a su alcance

#### Por Sustainable Food Center

Una dieta balanceada y saludable, con una gran cantidad de verduras, frutas, cereales integrales y proteínas bajas en grasa, es esencial para mantener la buena salud, y puede ser clave en el control de la obesidad, y/u otras enfermedades degenerativas, según numerosos estudios que han sido usados como la base de las pautas alimentarias establecidas por el Departamento de Agricultura de los Estados Unidos. Pero el acceso a estos alimentos puede ser difícil para ciertas comunidades en el condado de Travis.

Estudios recientes publicados por la organización sin fines de lucro Feeding Texas indican que una de cada cuatro personas, en Austin TX, no tiene la seguridad de tener alimentos para su próxima comida. Además, 181,000 personas, solo en el condado de Travis, no tienen acceso constante a alimentos.

Con el fin de ayudar a que más personas tengan acceso a alimentos sanos y frescos, producidos por agricultores locales, se creó la iniciativa Double Dollars, o Doble Dólar, la cual, da la oportunidad a las personas de que dupliquen la cantidad de dinero que tienen en sus vales de Lone Star, SNAP para poder adquirir el doble de alimentos en los mercados agrícolas de la ciudad de Austin.

Por ejemplo, "al gastar \$15, con Double Dollars pueden comprar \$30 en frutas y verduras", explicó Hilda Gutiérrez, Directora del Programa de Acceso a Alimentos de Sustainable Food Center (Centro de Alimentos Sostenibles-SFC- por sus siglas en inglés), organización sin fines de lucro fundada en 1993 con el objetivo de fortalecer los sistemas alimentarios en el centro de Texas.

Al consumir productos locales, "también estamos apoyando nuestra economía local", y cuando el producto se cultiva cerca de casa, conserva más sus nutrientes, explicó Gutiérrez.





# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## EL PODER DEL ENFOQUE

Una de las áreas que he aprendido muy bien a controlar, gracias al tiempo que he estado trabajando en los medios de comunicación, es mis emociones. Ya que no importa como me sienta emocionalmente en el día, mi manera de presentar las noticias o entrevistar a mis invitados no puede ser influenciada por el estado de ánimo que tenga en ese momento. Así que lo que hago para realmente sentir la emoción deseada y no fingir es remplazado mi emoción negativa, enfocando mi mente en una sola frase, "la gente no tiene la culpa." Esta frase me ayuda grandemente a enfocar mi mente y emociones, recordandome el propósito de mi trabajo. Si tienes la falsa idea de no poder controlar tus emociones, reenfoca tu mente en alguna imagen o sonido que te ayude en esos momentos de estrés. Verás que una vez tengas tu formula mental, estarás más en control de tus acciones. Piensa Positivo!

## THE POWER OF BEING FOCUSED

One of the areas I've learned to control very well, especially working in the media, is my emotions. No matter how I feel emotionally any day, presenting the news or interviewing my guests can't be influenced by the mood I have at that particular moment. What I do to really feel the desired emotion and not a fake one is to replace my negative emotion, focusing my mind on a single phrase, "People are not to blame." This helps me refocus, reminding me of the purpose of my work. If you hold the false notion of not being able to control your emotions, refocus on an image or sound that will help you in those moments of stress. You'll see that once you have your mental formula, you'll be more in control of your actions. Think positive!

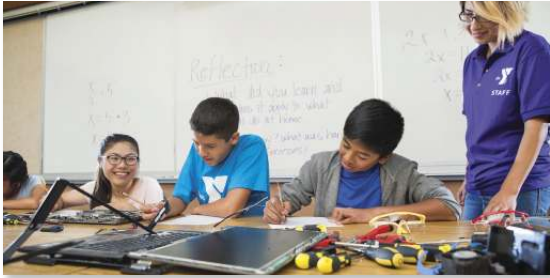
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# KIDZONE



School may be out for the summer, but the learning doesn't have to stop! You'll find STEM (science, technology, engineering and mathematics) activities in many out-of-school time programs because there's clear evidence that hands-on STEM activities give youth

knowledge and skills, a higher likelihood of graduation and better attitudes about STEM fields and careers. Combat summer learning loss and gain a lifelong appreciation of STEM with these four easy, educational and fun activities you can do as a family.

**(SCIENCE) Oil Spill Activity:** This activity not only allows kids to actively problem-solve, it also connects back to a real, environmental issue. For this activity, mix oil and water in a large container. From here, try to remove the oil without removing too much of the water – using sponges, spoons, paper towels, etc. How does this reflect our current environmental status in our world's oceans?

**(ENGINEERING) Jellybean Building:** Try your hand at being an architect with this engaging and delicious activity. You'll need jellybeans and toothpicks. By connecting toothpicks with jellybeans, you can see which shapes are most structurally sound. Which structures collapse? Which stay standing? This activity helps you understand the thought and technology behind structural engineering.

Letter	Binary	Letter	Binary
A	01000001	N	01101101
B	00100000	O	01101111
C	00000100	P	01100000
D	00000101	Q	01000000
E	00000000	R	01100001
F	00000001	S	01100010
G	00000010	T	01100011
H	00000011	U	01100100
I	00000100	V	01100101
J	00000101	W	01100110
K	00000110	X	01100111
L	00000111	Y	01101000
M	00001000	Z	01101001

symbol	A	B	C	D	E	F	G	H	I	J	K
code	1	2	3	4	5	6	7	8	9	10	11

symbol	L	M	N	O	P	Q	R	S	T	U	V
code	12	13	14	15	16	17	18	19	20	21	22

symbol	W	X	Y	Z	0	1	2	3	4	5	6
code	23	24	25	26	27	28	29	30	31	32	33

symbol	7	8	9	.	!	;	'	*	-	^	~
code	34	35	36	37	38	39	40	41	42	43	44

**(TECH) Learn to Write Names in Binary Code:** Did you know computers speak in their own language? It's called Binary! Computers assign a string of 0s and 1s to letters, symbols and instructions to communicate to its users and other computers

worldwide. For this activity, you'll need beads in two colors and a string. Choose one color for the 0s and another for the 1s. Using the ASCII chart, spell a word or your name with the colored beads. For example, "CAT" is spelled 01000011 (C) 01000001 (A) 01010100 (T). String the beads on a necklace or bracelet, and show off your very own computer code jewelry.

**(MATH) License Plate Math:** Headed on a road trip this summer? Take a fun math game with you! In this game, use this basic alphanumeric cipher to substitute the letters on plates for numbers. A cipher is a secret code that carries along a hidden message. You can pretend to be a spy by "breaking the code" on the license plates. For more advanced learning, play as a family and calculate to see which license plate has the highest numerical value.



The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. The YMCA afterschool program is the ideal out-of-school time opportunity for your child to grow academically, emotionally, and physically. Learn about Y Afterschool and register for the 2019-20 school season.



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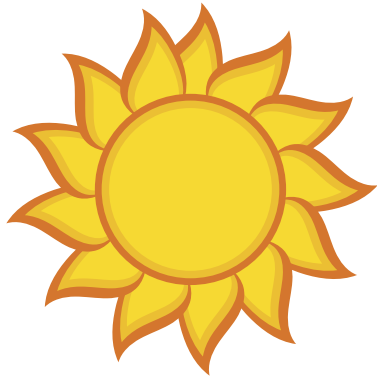
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## JUST FOR GRINS

CARRIE TAYLOR

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



# Truths of a Texas Summer

Living in Texas during the summer means teaching your kids the importance of shade and how it relates to maintaining the layer of skin on the bottom of your feet. Popsicles, ice cream and just plain ice – basically anything frozen – becomes a major food group.

Everyone goes from complaining about the rain and cold to complaining about the heat. I mean, if you don't complain about the weather, are you even a Texan?

Summer means hauling out everyone's favorite seasonal décor: citronella candles. No, Aunt Carol from Jersey, it's not that we are particularly partial to the scent of slightly putrified fruit. It's just that these candles absolutely make or break a nice evening outside and determine whether it's crashed by the West Nile virus.

All outdoor activity is best completed by 9 a.m. By 9:05 a.m., it's already 100 degrees, so you might as well kiss that mid-morning

stroller jog goodbye, Janet – unless you're slathered in SPF 50 and equipped with several liters of water. Long gone are the days of mid-morning jogs and afternoon park outings.

This is the season of planning well-intentioned trips to the zoo and then being filled with immediate, searing regret. Parents of children with extremely light complexions know an extra layer of pain here. My little boy's cheeks start flushing if he stands too close to his night light. So, summertime? We have to travel with an arsenal of battery-operated fans and a cooler filled with just ice packs and nothing else. Swimming means outfitting him in a full-on scuba suit with a coating of sunscreen both underneath and on top.

But we wouldn't trade these Texas summers for the world. Because there's no way we are living anywhere with a winter climate that dips below 50 degrees. Ain't nobody got the time for that.

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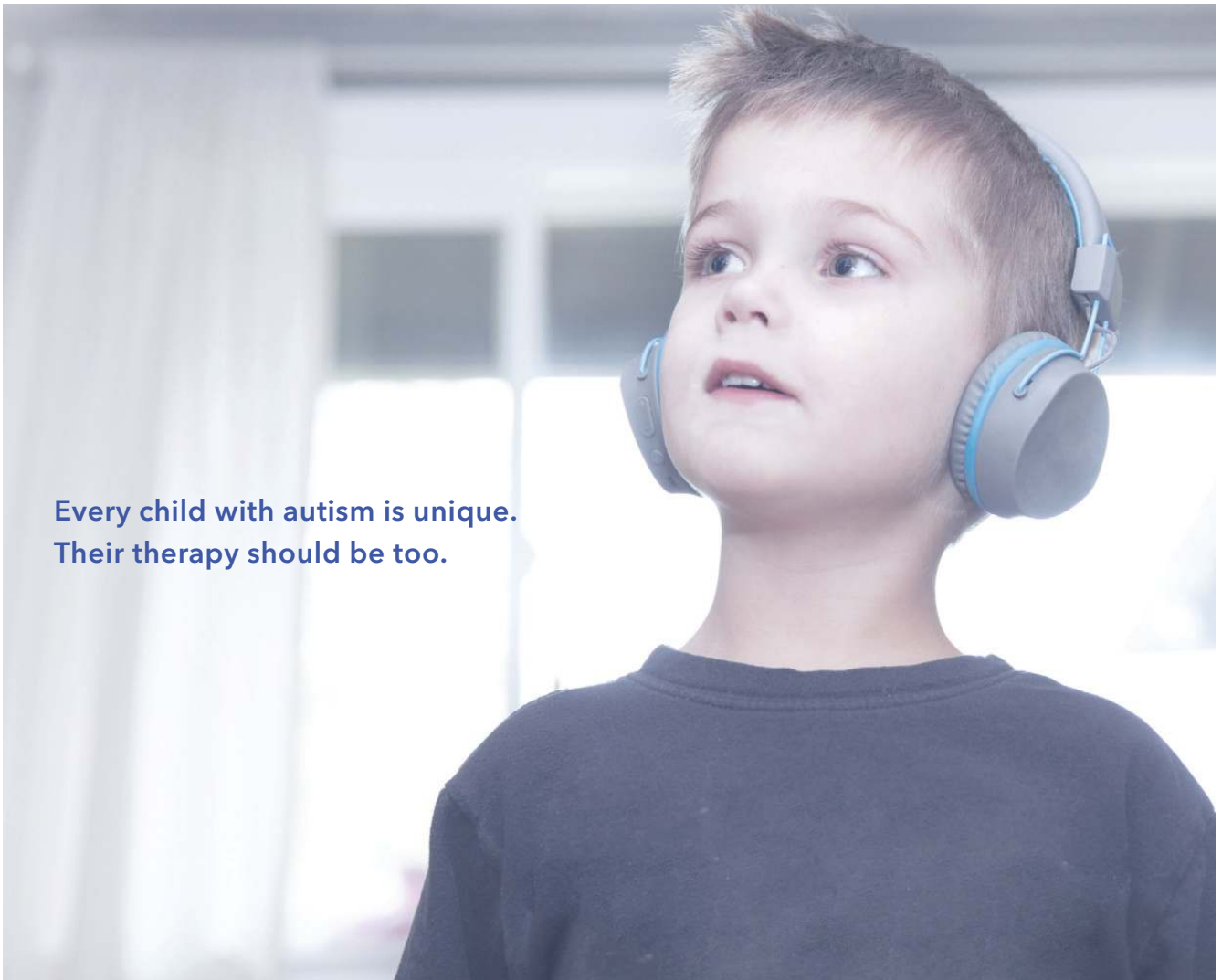
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