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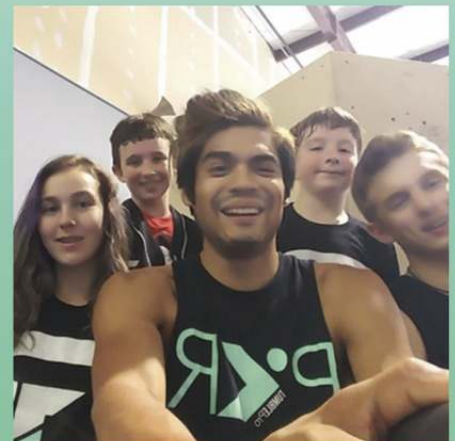
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## FILM REVIEW

By Jack Kyser

### “The Lego Movie 2”

Read online at: [www.austinfamily.com/films](http://www.austinfamily.com/films)

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## Tune in:

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



MJ is 4 and a Cover Kids Contest winner. He loves to pick up a palette and brush, just like his dad. Photo by Jordan Ashley Photography. Wardrobe by Dragonsnaps and Kid-O-Shoe

Camp season is upon us here at *Austin Family* magazine, and we are working hard every day to connect you with reputable camp providers for both spring break and summer camps. Are you looking for a day camp? An overnight camp? A camp with a focus, such as sports, the arts or STEM? A camp that accommodates special needs? We want you to find the perfect fit for your child, and with so many varied options out there, our Camp Fair and Camp Guide are the perfect resources.

*Austin Family's* annual Camp Fair in late January kicks off the season, bringing nearly 100 camp vendors together in one spot for a day of one-stop shopping for families. But that's just the beginning. Whether you attend the Camp Fair or miss it, keep turning to our monthly Camp Guide pages, filled with age guidelines, contact information and camp descriptions listing all the fun and learning these camps have to offer.



## EDITOR'S NOTE

SHERIDA MOCK

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

And when you don't have your print copy of *Austin Family* magazine handy, not to worry! Our website at [austinfamily.com](http://austinfamily.com) gives you access to the latest Camp Guide information, right on your phone or computer screen.

Best of luck finding the perfect match!

*Sherida*

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# Play it product recalls **SAFE**

## Government Recalls High Chairs, Robes and Books



Skip Hop is recalling about 32,300 **convertible high chairs** because the legs on the high chair can detach from the seat, posing fall and injury hazards to children. The recall involves the Tuo brand convertible high chair with fabric in charcoal gray or silver/white with clouds.

Affected units were sold at Babies R Us, Buy Buy Baby, Target, Kohls, Dillard's and other children's specialty stores nationwide and online at Amazon.com and SkipHop.com between June 2017 and December 2018 for about \$160. Consumers should immediately stop using the recalled high chairs and contact Skip Hop for a full refund or an e-giftcard of equal value.

The Company Store is recalling about 13,000 **children's robes** because the robes fail to meet the federal flammability standard for children's sleepwear, posing a risk of burn injuries to children. The recall involves The Company Store's children's 100 percent cotton terry robes sold in sizes XS to XL in blue, green, gray, orange, pink, purple, red or white. Affected units were sold online at Thecompanystore.com between March 2015 and October 2018 for about \$60. Consumers should immediately take the recalled robes away from children, stop using them and contact The Company Store for a full refund of the purchase price. The firm is contacting all known purchasers directly.



Manhattan Toy is recalling about 1,180 **children's books** because a metal grommet used to attach a fabric flap to a page in the book can detach, posing a choking hazard to young children. The recall involves "Find the Bear" soft fabric books with a variety of fabric flaps sewn or attached to the pages. Lot code 208150 AJ is printed on a sewn-in label. Affected units were sold at independent specialty retailers nationwide and online at Amazon.com, Buybuybaby.com, Manhattantoy.com and other websites between March 2017 and July 2018 for about \$18. Consumers should immediately take the recalled books away from children, stop using them and return them to the place of purchase or contact Manhattan toy for a full refund.

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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## Ringin' Up Love

Austin-based company RetailMeNot says their research found that 64 percent of Americans who are married or in a relationship plan to purchase a gift for their significant others in celebration of Valentine's Day. Top choices include dinner in a restaurant, chocolates and flowers. Rounding out the list are jewelry and experiences such as trips, concert tickets or a massage.

Seems the longer the relationship lasts, the more bucks a person is willing to shell out. Those who had been dating for two or more years said they planned to spend an average of \$106 on the holiday, while those married 10 or more years are prepared to spend \$350.



A new aquaponics exhibit opens Feb. 16 at the Science Mill in Johnson City. Photo courtesy of the Science Mill.

## Museum Anniversary

The Science Mill in Johnson City will celebrate four years of operation with a new exhibit this month. Aquaponics Greenhouse, a working system that lets visitors discover how fish, plants and microbes work together to create healthy food, opens Feb. 16. Visitors to the 1,000-square-foot exhibit will see vertical growing tubes, living walls of ferns and tanks containing fish, prawns and snapping turtles.

The museum, about a one-and-a-half-hour drive from Austin, opened in 2015 inside a revamped 1880s grist mill and cotton gin. More than 50 playful installations blend art, kinetic technology, augmented reality and computer gaming to expand its visitors' understanding and appreciation of science. For more information, visit [sciencemill.org](http://sciencemill.org).



## Personality and Performance

Children's personalities may influence how they perform in math and reading, according to a study by psychology researchers at UT Austin. In a study published in the *Journal of Personality and Social Psychology*, researchers found that characteristics related to openness, such as intellectual curiosity and confidence, made children more able to take on math and reading than characteristics related to conscientiousness, such as diligence and perseverance.

"Our findings provide additional knowledge on the complex set of skills that interact and give rise to differences in academic achievement between children," says the study's lead author, Margherita Malanchini, a postdoctoral fellow in the Department of Psychology and the Population Research Center at UT Austin.

Data was collected from more than 1,000 twins, ages 8-14. Studies on twins allow researchers to isolate and observe the impact of genetic and environmental factors. Even after accounting for intelligence, researchers found a strong link between executive functioning — the ability to plan, organize and complete tasks — and proficiency in reading and math.

## Must-Do This February

15

**Daddy Daughter Dance**

at Cedar Park Rec Center

16

**Liberty, Equality, and Fireworks**

at the LBJ Library Auditorium

23

**Austin Cave Festival**

at the Johnson Wildflower Center





The Parent Prom on Feb. 9 benefits Maplewood Elementary. Photo courtesy of Maplewood PTA.

## A Dance for the Grownups

Why should kids have all the fun? Maplewood Elementary will host its 4th annual Parent Prom on Saturday, Feb. 9, from 7 to 11 p.m. at the Getaway Motor Club. Open to all adults – even those without a connection to the school – Parent Prom

is an evening for parents to let loose and relive their younger years of school dances, with proceeds benefitting Maplewood Elementary.

"We have fun, and we raise money for our school," says Elizabeth McQueen, Maplewood PTA Chair and local musician. "This year, the money we raise will go towards literacy tutoring, library support and our maker space."

The prom, themed "The Awkward Years," encourages party-goers to send in personal photos from their own awkward years, which will be assembled into a slide show for all to enjoy on a giant screen on the night of the event. Prom participants can look forward to dancing to live music, letting loose in a photo booth, bidding on silent auction items and enjoying food provided by G&M Catering. The event is free and open to the public, with a suggested donation of \$25. For more information, visit Maplewood Elementary's Facebook page.

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Victoria B.'s entry "The Last Balloon" was a first-place winner in the middle school category of 2018's contest.

### Creativity for a Cause

Texans of all ages are invited to enter this year's Mental Health Awareness Creative Arts Contest. Submissions can be original artwork, writing or photography and should address the theme, "Why Does Mental Health Matter to You?" Sponsored by UT Austin, the Texas System of Care and the Texas Health and Human Services Commission, the contest deadline is March 11.

Prizes will be awarded in four age groups: elementary, middle school, high school and adult. The winning submissions will be recognized at the Texas State Capitol in May. For more information, visit [gallery.txsystemofcare.org](http://gallery.txsystemofcare.org).

### Doodling for Scholarships

Google recently announced its 2019 Doodle 4 Google contest, in which students have the chance to win a \$30,000 college scholarship and a \$50,000 technology grant for their school, as well as having their artwork featured on Google. This year's contest theme, "When I Grow Up, I Hope..." invites students in grades K-12 to use their wildest (or most practical) imaginations and enter their artwork. The submissions deadline is March 18. For more information, visit [doodle4google.com](http://doodle4google.com).



First grader Sarah Gomez-Laneby won 2018's Doodle 4 Google contest. Artwork courtesy of Google.

## by the numbers



**7.5 hours**

Average daily time kids spend on screens  
Source: Centers for Disease Control and Prevention



**96%**

Campers say camp helped them make new friends  
Source: American Camp Association



**6 yards**

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## FAMILY MATTERS

BETTY RICHARDSON

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

# Am I a “Lawnmower” Parent?

**Q** When my middle school daughter cried because she wasn't put in the same English class as her best friend, I called the principal to request she be moved. I told my sister about it, and she called me a “lawnmower” parent. She said I make excuses for my daughter and pointed out that I sometimes do my daughter's homework for her. Is that necessarily a bad thing?

**A.** Lawnmower parents do things to keep their children from having to face challenges or problems. They ensure their child doesn't fail at anything. Most of what is written about lawnmower parenting points out the negative results of this type of parenting. For example, when kids don't have to figure things out on their own, they start to feel like they're not capable of accomplishing anything.

I often volunteer to help with children's craft projects at a local museum. Some kids approach the craft table confidently and start their projects. Others need encouragement. Interestingly, some parents take over the child's project to make it “perfect,” and the child doesn't experience craft-making at all. I remember one girl who was about 5 years old. She had started her project by herself. I heard her mother say,

“Let me help you make it better.” The little girl said (in a loud voice), “No, I want to do this myself.” Letting children do projects themselves and seeing the results of their own work can be a great confidence builder. Likewise, letting children experience failure can be a positive thing. One belief is that failure is a learning experience that helps kids work out how to do better or differently to achieve success.

A big concern of educators is that lawnmower parents produce college students and job applicants who lack motivation, have difficulty making decisions, have poor communication skills and aren't ready to figure out what it takes to pass a course or do the job.

What are some ways to avoid parenting like a lawnmower? Here are some suggestions:

1. When kids face a problem, don't leap into problem-solving “fix-it” mode. Ask your child, “What ideas do you have for solving this or making it better?”
2. When your child is upset about something like not being in the same class as a friend, encourage her to look at the positive side. This could be an opportunity to make new friends and focus more on learning.

3. Let your child experience failure when she doesn't do the work. Ask her to think about what she can do better or differently to succeed next time.
4. Stop doing your child's work for her, or else you'll find yourself writing college papers for your nearly-grown child at 3 a.m.
5. If your child seems to have trouble with organization or study skills, consider getting her a tutor or enrolling her in an afterschool program that helps kids succeed in school.
6. When problems arise for your child, talk with other parents to learn how they've handled similar situations in a way that helped their child learn to deal with problems.

I want to point out that in some situations, parents do need to get heavily involved at school. When a child is having mental health issues, is being bullied or has a learning difference, parents need to get more involved with the school and other aspects of their child's life in addition to using any of the above suggestions. We can't always assume that a parent is being a lawnmower parent when we don't know their child's situation.

# Children's Music Helps Miss Ariel Soar

BY SHERIDA MOCK

Photos courtesy of Ariel Czerwinski

The work kept her going. Through chemo and recovery from cancer surgery, Ariel Czerwinski, who performs for children as Miss Ariel, kept thinking about that CD she wanted to finish.

"I was still in the hospital, recovering from the surgery, thinking, 'If I do anything else in this lifetime, I've got to release this CD,'" she says.

"It was just so important for me to get that art out into the world."

Now the CD, titled "Good Times," has been released, and Miss Ariel is in remission and doing well. She sat down with us recently to talk about her journey these past few years.

## AFM: Tell us about your family.

**Miss Ariel:** My husband Rich and I have two children: my son is 17, and my daughter is 14. We just marked 12 years of being back in Austin. I'm originally from California, but I've lived in Texas most of my adult life. This is my true home.

## AFM: How did you get into children's music?

**Miss Ariel:** I've always been musical. When my son was born, I wrote a couple of fun little songs. When he went to kindergarten, I wanted to find a part time job. So, I applied to MOPS [Mothers of Pre-Schoolers] at Grace Covenant. They found I had some musical talent, so they

asked if I would be their music teacher. I was given a room and some instruments. I didn't have a song list or CDs, so I just developed my own curriculum. I got better, I released my CD, and I started my own business.

## AFM: How would you characterize your style?

**Miss Ariel:** I like doing all the preschool standards. I just love doing "The Itsy Bitsy Spider" because I love seeing the kids. They know the song. I love connecting with kids on that level. And I do a lot of my own songs, and we'll do activities with props, drums, shakers, scarves, puppets and seasonal songs and songs of counting.

## AFM: Tell us about your latest CD.

**Miss Ariel:** My new CD came out in October. It's more of my original songs, along with a couple of songs that are in the public domain. I like weaving the new with the old. A version of "If You're Happy



Ariel Czerwinski's latest CD for children came out in October 2018.



Children's musician Ariel Czerwinski underwent cancer treatment in the middle of her latest CD project.



Connecting with kids and getting them to sing along is Miss Ariel's "favorite thing."

and You Know It" is on there. I made it into a song about feelings. In the liner notes, there's things to think about, teachable moments for each song. My producer, Ross Carnes, owns We Love Music. He really helped me go to the next level. He has such a great vision. He played a bunch of instruments on the CD like drums, percussion, bass guitar.



Miss Ariel teaches music classes for young children.

### AFM: How long was the CD put on hold?

**Miss Ariel:** I started recording in April 2016, and almost a year later, I was diagnosed with cancer. We had almost everything recorded, and I had to put the brakes on it for chemo and recovering from surgery. And that was the right choice.

I know a lot of people work while they're having chemo. I don't know how they do it, because it's so, so hard on the body. I knew I couldn't release the CD until I was better. That was one of my big goals. It was such a big project, and it wasn't just labor-intensive. There's a lot of time in there, and a lot of money.

### AFM: How did you discover you had cancer?

**Miss Ariel:** I knew something was wrong, but I didn't know what was wrong. I was having bloating in my stomach. I didn't have any pain. And then I was working on a party for my friend's 50th birthday, and I was just not myself. I was exhausted, and I had back pain, and my stomach really started swelling.

My family doctor thought it could be a cyst on my ovary. I was sent to a gynecologist and then an oncologist. She told me the only way to diagnose ovarian cancer was through surgery. It could be a cyst or I could have cancer. That's a hard position to go into surgery and wake up from. Nothing really prepares you for that. I had my surgery in June 2017, and I was diagnosed with ovarian cancer, stage III C. I did chemo until the end of 2017.

### AFM: You've said Wonders & Worries helped your family.

**Miss Ariel:** My son was older, but my daughter really benefitted from their programs. I think just having someone to talk with relieved her fears. Both kids were afraid to show me how afraid they were, because they saw how much I was going through. I got some literature in the hospital, on how to tell your children about cancer. That was very helpful, because I didn't know what to say.

Wonders & Worries has a lot of different things available to meet people where they are and give them the type of help they need. So, during the month of October, for

every CD I sold, a dollar went to Wonders & Worries. I also performed at their event this fall. I was glad to do that. I just can't say enough good things about how they're helping families.

### AFM: Do you have any advice for people during Cancer Prevention Month?

**Miss Ariel:** I had a gut feeling that something wasn't right. We know our own bodies. We either listen to those cues or we don't. Take care of yourself. If I can't take care of myself well, I can't take care of my family well. I'm really grateful to God for his healing in my life. That's part of my story, too. I relied heavily on my faith to get through that time. Our church, Hope Chapel, really did help us feel cared for.



Movement is part of the music class Miss Ariel teaches.

### AFM: Any last thoughts?

**Miss Ariel:** I just love living in Austin and doing music here. My favorite thing is when people are singing with me and the kids are doing "Itsy Bitsy Spider" and they're connecting. That's my favorite thing.

**February is Cancer Prevention Month. For more information, visit cancer.org**

# VISITING GREAT WOLF LODGE: ENDLESS FAMILY FUN

BY CARRIE TAYLOR

Photos courtesy of Great Wolf Lodge

Once stepping inside of Great Wolf Lodge, Grapevine's indoor water park and resort, it's easy to lose all sense of time and space. Every inch of the kid Mecca is filled with something to do or some interactive feature that will keep every kid entertained until bedtime. Well, good luck with bedtime!

The appeal of visiting an indoor waterpark is obvious: no sunscreen, no weather restrictions – just fun. The temperature-controlled park has everything from your favorite waterparks packed into one facility, from a lazy river to a wave pool to several tube slides. And it isn't the biggest draw of the resort, with smaller activities like character story times and evening yoga that underline the lodge's comprehensive, family-focused approach.

My family of four visited the park for the first time this year, and per the requests (demands, rather) of our 4-year-old, it definitely won't be the last time. Just minutes from the DFW International Airport and a little more than three hours' drive away from Austin, it's the perfect getaway for any Texas family.

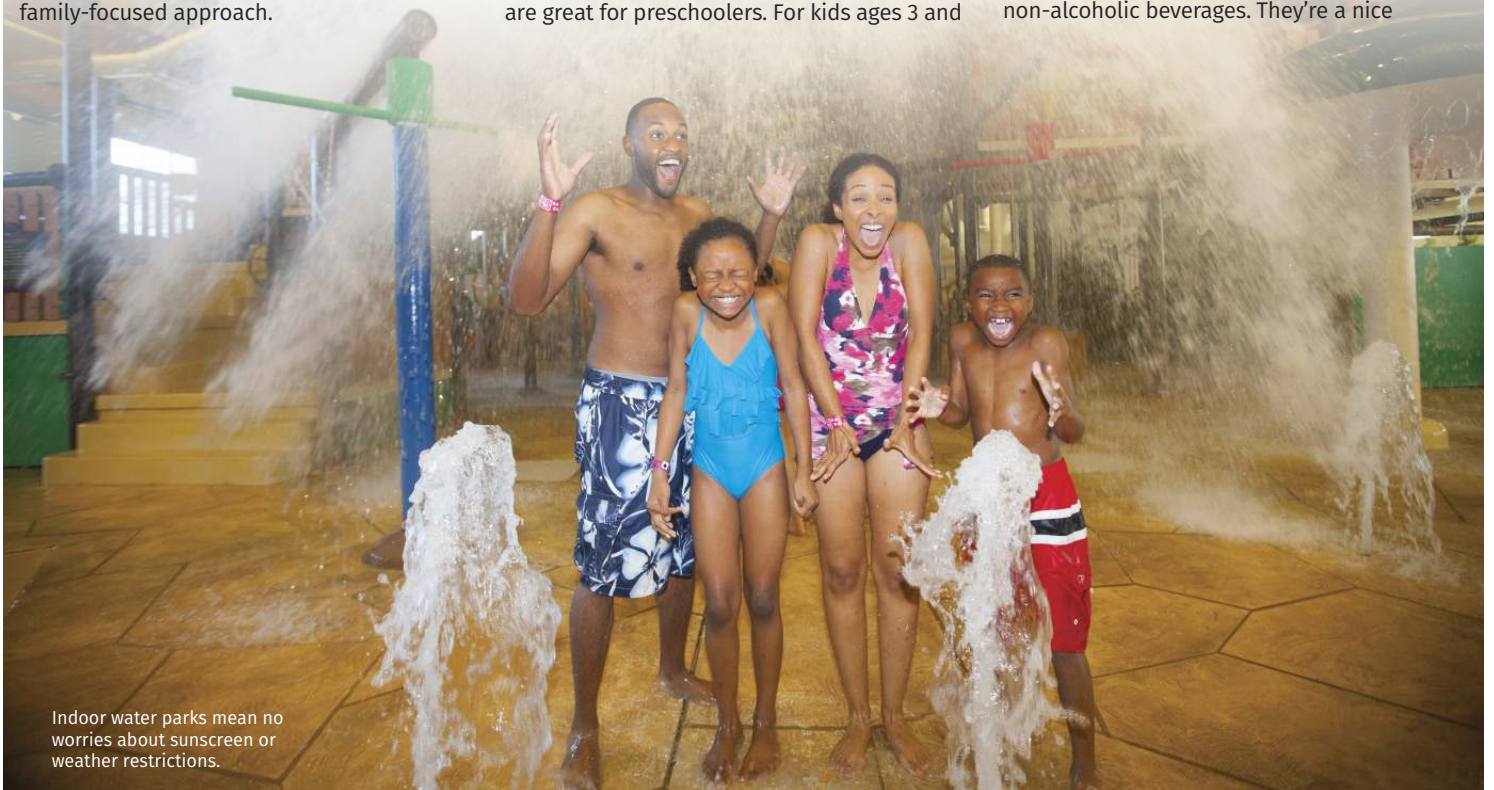
## The Waterpark

Great Wolf Lodge features both an indoor and outdoor waterpark with its indoor component as the star. When you walk through the sliding doors into the park for the first time, you can almost hear angels singing: there are play areas and attractions for kids of all ages – really! The highlight for my toddlers was Fort Mackenzie, a massive tree house with water pouring down and squirting out from every crevice. There are a few slides at the top that are great for preschoolers. For kids ages 3 and

under, Whooping Hollow has three gentle water slides and a shallow play area with a miniature fort and lots of water features.

And the tube slides, reaching four stories high, are an absolute blast. The lines move fairly quickly, and even when they don't, there's the benefit of not standing outside in the scorching heat.

Another benefit of swimming indoors comes when parents of families with kids of varying ages inevitably have to divide and conquer; it's so much easier to find one another and maintain a "family base" at nearby chairs or cabanas. Regarding the latter, Cool Cabana rentals, which are available inside and outside, include a covered cabana with chairs, a TV and mini fridge stocked with non-alcoholic beverages. They're a nice



Indoor water parks mean no worries about sunscreen or weather restrictions.



Great Wolf Lodge includes both indoor and outdoor tube slides.

splurge when the crowds are intense, and they take away the stress of finding chairs at the beginning of the day.

The outdoor pool, Raccoon Lagoon, is open Memorial Day through Labor Day and has a gradual-entry swimming area with water features and sprays perfect for younger children. For the daring, there are the two tube slides, Lightening Falls and Thunder Run. If you're visiting during warmer weather, it's a nice escape from the indoor noise and a great chance to soak up some sun.

### Resort Life

Great Wolf Lodge houses 605 guest suites, all of which received a makeover during a massive facility-wide renovation scheduled to be completed this spring. Room options include themed family suites, which I can't recommend enough. They're a fun twist on a traditional room, with a themed bunk area for kids that includes their own TV.

And walking around the resort is where Great Wolf shines. A game called MagiQuest will keep your crew entertained for a long time. Granted, it does require the purchase of a customizable magic wand for \$22.99 (add an optional \$19.99 for a fun wand topper) and game pass for \$14.99. If the costs are in your budget, it's worth it.

While the game itself is geared toward older kids (not because of how scary or intense it is, but it will just be over younger children's heads), my toddlers thought they held the power of the universe in their hands every

time they waved their wands to see a light fixture flicker and change colors or to see a recycling bin reveal its hidden face. It's a fun distraction that will keep kids busy when they're airing out after hours in the pool.

And down in the main lobby, you can catch the Great Clock Tower Show featuring some of the lodge's characters, catch a story time, work on a craft or participate in one of the many activities hosted there. You get an itinerary upon checking in so you won't miss out on the fun.

In terms of restaurants, the buffet serves breakfast, lunch and dinner, as well as entertainment on the hour. Characters parade in and give high fives and hugs. There's a small cafe and pizza shop below the lobby and a more upscale, sit-down restaurant above the lobby.



The MagiQuest game geared for older kids provides dry adventure time after hours in the pool.

### Main Street and More Fun

Just outside the indoor water park is Howlers Peak Ropes Course, a fun challenge for guests 48 inches and taller. One floor beneath the lobby is what one can only describe as Las Vegas for kids. Walking down "Main Street," you'll find the Northern Lights Arcade (we spent many hours here), the Howly Wood XD Theater, Lazer Frenzy laser tag, Creation Station (similar to Build-A-Bear) and the Cub Club, where kids can work on crafts, color and play with toys.

It's a fun area, but can quickly become overwhelming. My advice: Go in with a plan. Know where you plan to spend your time (and money) before walking down. For example, bring snacks or go between meals if you don't plan to buy food. Set a time limit in the arcade and set expectations for Cub Club, where basic crafts are free but painting a specific item costs extra.

### Tips and General Information

Great Wolf Lodge will leave your kids talking about the trip for weeks. Most likely months. And they won't stop talking about it until you book your next round. There's no shortage of engaging activities for everyone. The only thing Mom and Dad will need is another vacation ... to recover.

Great Wolf Lodge Grapevine  
Grapevine, TX 76051  
800-693-9653  
[www.greatwolf.com/grapevine](http://www.greatwolf.com/grapevine)

*Carrie Taylor is a freelance writer, editor and mother of two boys, with a daughter on the way.*



## LIFELINES

BRENDA SCHOOLFIELD

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

# What to Know About Food Allergies in Children

**M**ore people have food allergies than ever before. The number of people with food allergies has increased by 50 percent over the past decade or so. According to FARE, a food allergy research and education advocacy group, one out of every 13 children has a food allergy — about 6 million children.

Dr. Scott Oberhoff, an Austin physician who is board certified in allergy, pediatrics and internal medicine, reports that the number of children in Austin with food allergy problems increases every year. “I see children with these problems on a daily basis in my allergy practice,” he says. “It is often incredibly disruptive for the child and the family. These types of allergies change almost every aspect of their lives.”

### What is a Food Allergy?

An allergy is caused by a substance (allergen) that triggers the body’s immune

system to react. Reactions caused by food allergies can range from mild to serious. Mild symptoms are itchy skin, a rash or hives. More serious symptoms are swelling in the mouth or throat, wheezing and trouble breathing. About 40 percent of children with food allergies have had a severe or life-threatening reaction. Anaphylaxis, a life-threatening reaction, affects the organs and can stop breathing and blood flow.

Some types of food allergies cause symptoms related to the digestive tract, such as a stomachache, vomiting or diarrhea. Although these types of food allergies don’t usually result in anaphylaxis, they can cause serious health problems, such as dehydration, if not treated.

### What Are the Most Common Food Allergens?

In the U.S., foods that are most likely to cause an allergic reaction are peanuts,

tree nuts, milk, eggs, wheat, soy, fish and shellfish. Sometimes a child who is allergic to one food can be allergic to a similar food. For example, a child who is allergic to cow’s milk might be allergic to goat’s milk too.

### How Do You Know If Your Child Has a Food Allergy?

Talk to your child’s pediatrician if you suspect a food allergy. Be prepared to discuss the symptoms that may be related to eating a specific food. People who have a food allergy typically have a reaction after each exposure. It may be helpful to keep a food and symptom journal if you’re not sure what foods are causing the problem. A detailed one is available at [tinyurl.com/y9zybm7t](http://tinyurl.com/y9zybm7t).

Your child may be referred to an allergist for follow-up. Allergists have several tests they use to identify food allergens. With an allergy skin test, the skin is lightly pricked, then a drop of food extract is placed on



the area. If a red bump appears after 15 to 20 minutes, the child is probably allergic to that food. Blood tests also are used to identify food allergies. Sometimes people test positive for a food allergy but don't have a reaction when eating that food. To confirm test results, the allergist may recommend a food challenge test. During this test, the child consumes small, increasing amounts of the suspected food to see if there is a reaction. This test is done under close medical supervision.

### What is the Treatment for Food Allergies?

Unfortunately, there's no cure for food allergies. Currently, the most effective treatment is to completely avoid the food allergen and any products that may contain that food as an ingredient. People with food allergies should have immediate access to an epinephrine auto-injector (often called an EpiPen). This device can stop the reaction and allow enough time for the child to get emergency care.

Scientific research efforts are accelerating to address this growing health problem. New treatments to prevent food allergy reactions are being developed. As of May 2018, there were more than 50 food allergy clinical trials taking place in the U.S.

One treatment under investigation is oral immunotherapy. The goal of this treatment is to desensitize the patient's allergic response to the food allergen. A powdered form of the food allergen is mixed with a harmless food, then the patient is given small doses by mouth. The dosage is increased over time until the patient no longer has a reaction. Proven effectiveness varies widely. Success rates in published trials range from 30 percent to 90 percent. Some patients can't tolerate the reactions to the treatment and drop out.

Other types of immunotherapy are sublingual (placing the allergen dose under the tongue) or a patch that is

applied to the skin. Patches target peanut, milk and egg allergies. More information about current research efforts and clinical trials is available on the FARE website at [www.foodallergy.org](http://www.foodallergy.org).

### Food Allergy vs Food Intolerance

Not all children who have reactions to a food have a food allergy. With an allergic reaction, the body's immune system reacts. With food intolerance, the body has trouble with digestion. Lactose intolerance, the inability to digest lactose (milk sugar), is one example. Gluten intolerance, the inability to digest gluten (found in wheat or some other grains) is another example



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2019-2020.**





Photo Courtesy of Consumer Electronics Show



## FAMILY CONNECTIONS

RICHARD SINGLETON

*Singleton, MACE, MAMFC, LPC, is the president of STARRY in Round Rock.*

# Upcoming Technology for Cutting-Edge Families

Just as 2019 hits full stride, the technology giants are plying their newest wares. Last month's Consumer Electronics Show (CES), as in every year, was an extravaganza of tech finery, providing a barometer for things to come. Not everything that happens in Vegas stays in Vegas, after all.

Just as with the latest Pantone color of the year — which is Living Coral, by the way — the tech at CES is an annual opportunity for the world's super nerds to ballyhoo upcoming tech. The promise of culture-shifting gadgets and mind-bending services is an exciting escape. And, like every year, that's what much of this is: escapism. Even so, some of the stranger-than-fiction forays into the future will become the best realities, so let's explore!

As we sink our teeth into 2019's morsels, let's sweep away 2018's crumbs. Last year began with Bitcoin poised to become a currency king, foldable phones promising to be as ubiquitous as folding chairs and the vision of all teens everywhere taking a break from their screens and cleaning their rooms. Okay, that last one wasn't real ... for obvious reasons.

Predictions are increasingly challenging for the tech world, because tech is changing at such a staggering pace. Families are destined to be behind the curve, trying to catch up to what the world is doing around them. Even so, there's value in looking ahead.

### WIRELESS PROMISES

More than seeing Living Coral, this year you'll hear the term 5G more than ever before. While there won't be widespread adoption of this new standard in mobile service out of the gates, the marketing of this technology is going to be a mega wave

of promises. Those companies who fail to sail the high seas of 5G forecasts will fear getting washed away by the competition, so they'll fill your ears to prevent emptying their accounts.

Gimmicks and grandstanding aside, the prospect of 5G will revolutionize our world. When our phones were given the LTE ability to work as fast as our home networks, we didn't ooh and aah. We kind of expected it. We assumed our phones should stream Netflix with the smooth, pacifying somnolence of our high-speed homes. We've taken 4G for granted, but the next "G" might as well stand for game changer.

The wired, wired west is about to give way to a wirelessly connected world. And, the possibilities are endless. We'll save that column for another day, but it is coming, and you're about to hear more about that than you ever wanted. You heard it here first. See? Told ya it would be annoying.

## SCREENS, SMOKE AND MIRRORS

Also, this year the 8K drumbeat will build. The 8K screen resolution gods don't want your sacrifices just yet, but they do want to pique your interest, laying the groundwork to convince you to part ways with 4K and bow before the great 8K screen. Don't fall for the smoke and mirrors just yet, though. When 4K became the sexy new sell, pixel gurus around the globe tried to convince the masses that the practicality of 4K was tenuous at best and indistinguishable by most. If that was true for 4K, it's



**Predictions are challenging because tech is changing at such a staggering pace.**

exponentially truer for 8K. Do start saving your tech toy money (see how I didn't say Bitcoin?), but use it for a sky-high payment for the rocket sled industry of EVs that's silently making more noise than ever.

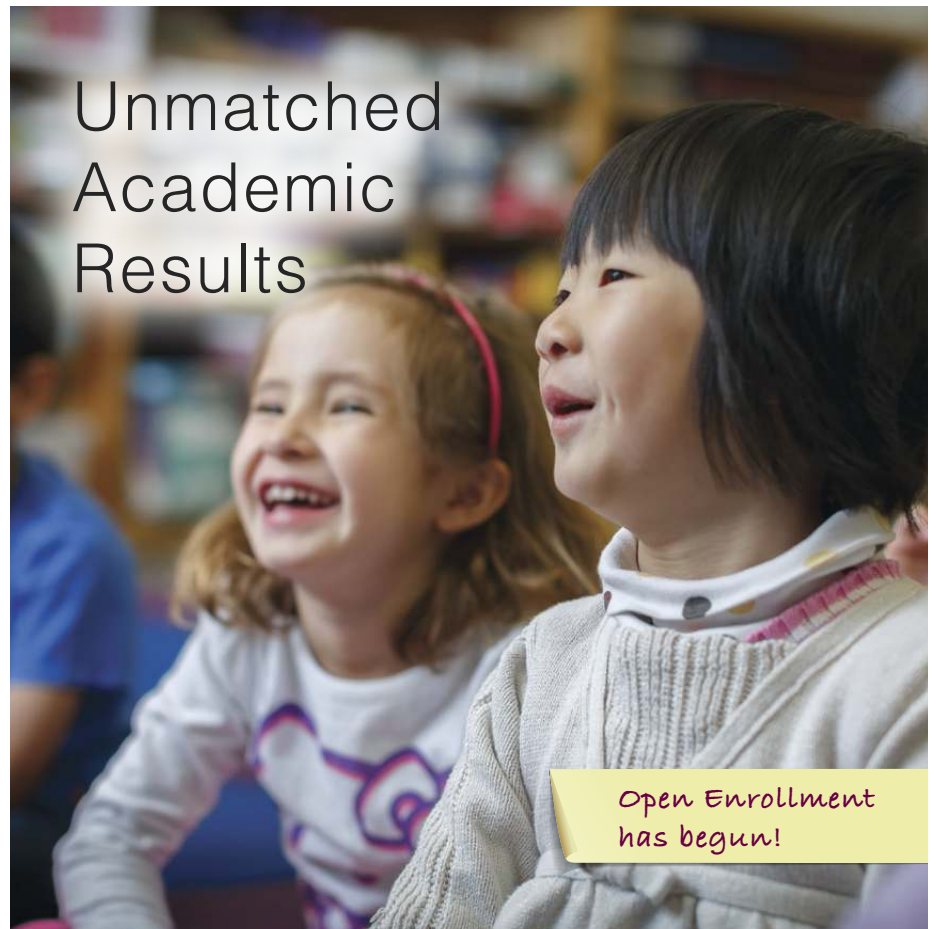
## ELECTRIC DREAMS

Tesla is the company that folks loved and loved to hate in 2018. With near-religious vigor on the one hand and gnarly, seething viciousness on the other, 2018 saw the car industry finally give a little less side-eye, seemingly waking up to the reality that the fuel future is subatomic, not molecular. As 2019 launches, so are all the new EVs. And, the list is a cornucopia of conspicuous consumption of piled-up dollars and pulsating electricity. Your choices to save the planet and ride the electricity wave are about to explode like an internal combustion engine full of gas.

Full disclosure: I'm on team Tesla, and my Model 3 has my heart ... pounding like a

carnival ride, that is. It's an otherworldly experience, and hundreds of thousands more are going to have that experience in 2019 as the world's biggest carmakers begin to add horses to their stables powered by lightning, not liquid. Yes. Yes. I know that the vast amount of electricity comes from fossil fuel, but renewables are on the rise!

As our year unfolds, there will be surprises aplenty, and next year we'll be back here scratching our heads about all that didn't pan out. No matter the case, the likelihood is that the world will be a better place because of the technology that your family has access to this year, and that's a great way to look ahead – hoping for what can be!



# Unmatched Academic Results

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**Round Rock** 1521 Joyce Lane, Round Rock (512) 255-8844

**Spicewood Springs** 13015 Pond Springs Road, Austin (512) 258-1299



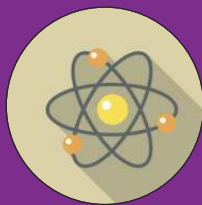
**CHALLENGER**  
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© 2019, Challenger Schools Challenger School admits students of any race, color, and national or ethnic origin.

# Choose a Camp Your Child Will Love

BY CHERYL MAGUIRE



My  
poor mom.

When I was a kid,  
she only had one  
choice of where to send  
me for summer camp: THE town  
camp. It was a traditional, 6-hour  
day camp with a heavy emphasis  
on sports, which was great for a  
vast swath of children. But not so  
great for me. I was more of a  
bookworm than an athlete.

I remember coming home every day and whining to my mom, "It was so hot and all we did was play (fill in a sport). Do I have to go to camp tomorrow?" By the end of the summer, I'm sure my mom wished there was even one other summer camp option for me.

Fast forward to 2019, and there are so many camp choices it can be overwhelming to sort through them all. Luckily for you, the following descriptions break it down, so you can match one or more camp types to your child's unique needs and interests. And this summer, you'll hear your child say, "Camp was so much fun today, I can't wait to go back!"



## 1 TRADITIONAL DAY CAMP

A traditional day camp is usually 6 hours long (half day options may be available) and offers a stimulating mix of activities such as sports, swimming, art and music. These camps are located at recreation centers, public schools or private settings.

### Is this a good fit for your child?

Most of the activities at a traditional day camp happen outside, so if your child loves the outdoors, playing sports and participating in team building activities, then this would be a good type of camp for him. The assortment of programming

offered also means this would be a good fit for a child that likes to try lots of different things.



## 2 SPORTS

Specialty athletic camps usually focus on one sport that the child pursues for 3 to 6 hours each day. Central Texas is home to sports camps that offer practice in martial arts, tennis, golf, water sports, gymnastics, ice skating, rock climbing, horseback riding, sailing and more. This type of camp is typically owned by a private organization. Some areas offer city-operated sports camps through the parks and recreation department.

### Is this a good fit for your child?

If your child loves a specific sport and would like to improve her skills, this would be a great option. It could even be a way for your child to undertake a sport — such as wakeboarding — that she might not otherwise have a chance to try.



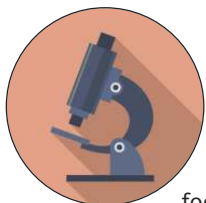
## 3 THE ARTS

Specialty arts camps concentrate solely on an artistic discipline, such as music, visual arts, dramatic arts, magic, dance or creative writing. Dramatic arts, music and

dance camps often culminate in a showcase production. These camps are often located in public schools or private organizations.

### Is this a good fit for your child?

If your child is imaginative, expressive and prefers the indoors, an artistic camp can be just the place for him to settle into a creative endeavor. In addition, because most arts camps last just one week, they are a good way to introduce a variety of arts to your child.

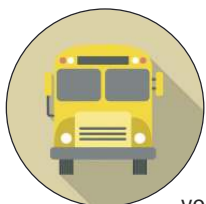


## 4 EDUCATIONAL

An educational camp focuses on learning a new skill or subject matter. Since it is camp and not school, these types of camps tend to be hands-on with an emphasis on fun. Your child might learn about wildlife, brush up on her Spanish, hone her coding skills or conduct science experiments.

### Is this a good fit for your child?

If your child is curious and always asking questions about how/why things work, this may be a good match for her. These camps are also great for children who are interested in learning a new skill.



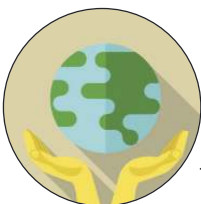
## 5 SLEEPAWAY

Overnight camp is when your child lives at the camp for a week or longer. There are Boy Scout, Girl Scout and private residential camps. These camps tend to offer outdoor options such as sailing, boating, archery,

horseback riding and other activities that may not be available close to your home. Some camps offer a boys-only or girls-only environment.

### Is this a good fit for your child?

Older children who have successfully spent the night away from home can get a lot out of overnight camp. An overnight camp gives your child the chance to meet other kids from different states and countries, unplug from screens and develop independence. Overnight camps can provide more time to do activities too.



## 6 TRAVEL

There are two types of travel camps. One type takes children on day trips, and the other type (sometimes referred to as “teen tours”) takes groups of older children away from home for an extended period (usually a few weeks or a month). This type of camp is often offered by religious or private organizations.

### Is this a good fit for your child?

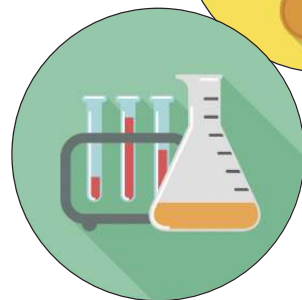
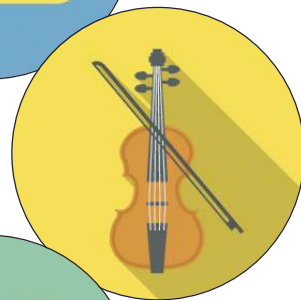
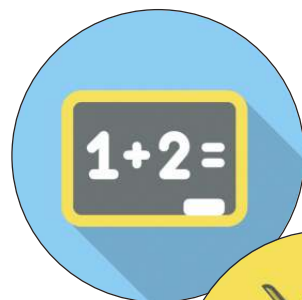
Some of these camps travel to places by a plane, so it would give your child the chance to travel to a place you might not have visited as a family. If your child enjoys experiencing new destinations, this would be a great fit for him.



## HOW CAN I FIND THESE CAMPS?

A good place to start is *Austin Family Magazine's Camp Guide*, either in print or online. Camps are sorted into day camps, overnight camps and special needs camps. Each month brings new camp providers to the listings. You can also ask friends and neighbors for recommendations. Check with your local recreation center or school to see what they'll be offering this summer. Private camps sometimes offer an open house or visitors' day to allow your child to see the camp before signing up.

*Cheryl Maguire holds a Master's Degree in Counseling Psychology. She is the mother of three.*



# Summer Camp

## Guide

SPONSORED BY:



**DAY CAMPS** Page 20 • **OVERNIGHT CAMPS** Page 28 • **SPECIAL NEEDS CAMPS** Page 30

## DAY CAMPS

### AUSTIN CHILDREN'S ACADEMY

Austin Children's Academy Spanish dual-language immersion program provides a wonderful opportunity for your children to learn a second language in a natural environment before the "developmental window of opportunity" for language acquisition closes.

12310 Ranch Road 620, Austin  
512-960-1514

[www.austinchildrensacademy.org](http://www.austinchildrensacademy.org)

Ages 3 mos to K

### 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 FILM FESTIVAL

Austin Film Festival's Summer Film Camp returns for its 17th year of affordable and fun filmmaking and animation classes. Classes are offered weekly from June 3 to July 26.

901 Trinity St., Austin  
512-478-4795

[www.austinfilmfestival.com/yfp/summercamp](http://www.austinfilmfestival.com/yfp/summercamp)

Ages 9 – 18

### AUSTIN GIRLS CHOIR

One-week camps for both choristers and non-choristers include instruction on vocal skills, note reading, basic harmony and fun songs, with simple choreography.

Austin  
512-453-0884

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

Ages 8 – 16

### AUSTIN ZOO

This summer program's philosophy is designed to get your child excited about nature and science, using the Austin Zoo as an outdoor living classroom.

10808 Rawhide Tr., Austin  
512-288-1490

[www.austinzoo.org](http://www.austinzoo.org)

Ages 5 – 13

### 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

### 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

### CAMP EINSTEIN

Providing fascinating experiences that spark curiosity in science and engineering fields. Offering weekly half-day and full-day camps around Austin running June 4 through Aug. 3.

Austin, Round Rock, Lakeway  
972-333-7371

[www.campeinstein.org](http://www.campeinstein.org)

Grades PreK – 5

### CAMP REDBIRD

A bereavement summer day camp for children who have experienced the death of a parent, sibling or primary caregiver. It's a safe place to laugh, cry, play, create and remember.

2413 Greenlawn Pkwy., Austin  
512-472-7878

[www.austingrief.org/campredbird](http://www.austingrief.org/campredbird)

Ages 6 – 12







camps (Mods, Redstone and Game Design).  
Round Rock, Austin  
512-900-8380  
[www.fun2learncode.com](http://www.fun2learncode.com)  
Ages 7 and up

### 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](http://www.heartsongmusic.net)  
Ages up to 9 yrs.

### HILL COUNTRY INDOOR

Fitness and fun in a state-of-the-art, multi-purpose indoor facility. Choose from the signature Wipeout Camp or various sport camps. Wipeout Camp includes structured activities and ample play time.  
13875 Bee Cave Parkway, Bee Cave  
512-263-4144  
[www.hillcountryindoor.com/summer-camps](http://www.hillcountryindoor.com/summer-camps)  
Ages 5 – 12

### IDEA LAB KIDS

A full-service STEM enrichment summer program featuring a unique, hands-on

curriculum. Campers will have a great time questioning, learning and inventing through STEM education.  
8626 Burnet Rd., Austin  
512-710-5694  
[www.austin.idealabkids.com](http://www.austin.idealabkids.com)  
Ages 5 – 12

### IRON HORSE COUNTRY RANCH MOTORCYCLE CAMP

This camp combines off-road motorcycle riding in the great outdoors with traditional activities such as swimming and games. Overnight weeks include campfires, s'mores and fireworks.  
9100 E. FM 243, Bertram TX  
512 917-5733  
[www.ironhorsecountry.com](http://www.ironhorsecountry.com)  
Ages 8 – 15

### 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/](http://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](http://www.kidsactingstudio.com)  
Ages 4 – 18

### 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](http://www.kidspa.com)  
Ages 18 mos. – 12 yrs.

### KIDS WITH PENS CREATIVE WRITING CAMP

Specialized camps for writing a novel, crafting poetry, graphic novels and creative writing. Every camper is published in an end-of-summer book and on the Kids with Pens blog.  
1211 Maple Ave., Austin



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WHERE KIDS BECOME A COMMUNITY

Camp, like many Y programs, is about learning skills, developing character, and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social, and educational activities. Y counselors are dedicated to making sure camp is an amazing experience for every camper.



Spring Break & Summer Camp  
Registration Opens February



For ages 5-12 years old (spring) & 4-14 (summer)

Learn more and register online  
at [AustinYMCA.org/camp](http://AustinYMCA.org/camp)  
or call Program Services at 512.236.9622







**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.stepsingstoneschool.com](http://www.stepsingstoneschool.com)

Ages 5 – 13

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AGES 7-18

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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.

## DAY PROGRAMS & ACTIVITIES

### ADVENTURERS ACADEMY OF LIFELONG LEARNING

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[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)

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- ☐ Sessions: Weekly sessions with weekly themes
- ☐ Hours: 7:15\* a.m. - 6:30 p.m. (\*7:00 a.m. for Hays)
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[www.dellchildrens.net/camp-in-motion](http://www.dellchildrens.net/camp-in-motion)

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[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  
<https://bluebonnet.camp/app/home>

**CREATIVE ACTION SUMMER CAMPS**

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

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

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**LEARNING FUN 101**

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

**MCBETH RECREATION CENTER**

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

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[www.sammyshouse.org](http://www.sammyshouse.org)

**SNAPOLOGY AUSTIN**

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<https://austin.snapology.com/camps/>

**SPARK LEARNING**

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

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**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**

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<https://www.thedogalliance.org/>

**THINKERY**

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<https://thinkeryaustin.org/camp/>

**WE ROCK THE SPECTRUM KIDS**

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

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[www.westlakesoccer.com/tops](http://www.westlakesoccer.com/tops)

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## ASUNTOS FAMILIARES

BETTY RICHARDSON

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

# ¿Soy un padre “cortacésped”?

**P** Cuando mi hija de la escuela secundaria lloró porque no la pusieron en la misma clase de inglés que su mejor amiga, yo le llamé a la directora para pedirle que la cambiara de salón. Se lo conté a mi hermana y ella me llamó madre “cortacésped.” Ella me dijo que hago excusas para mi hija y hasta me señaló que a veces le hago la tarea a mi hija. ¿Es eso necesariamente algo malo?

**R.** Los padres “cortacésped” hacen cosas para evitar que sus hijos tengan que enfrentar desafíos o problemas. Se aseguran que su hijo no falle en nada. La mayor parte de lo que se escribe sobre los padres “cortacésped” señala los resultados negativos que surgen de este tipo de crianza. Por ejemplo, cuando los niños no tienen que resolver las cosas por sí mismos, comienzan a sentir que no son capaces de lograr nada.

A menudo me ofrezco como voluntaria para ayudar con proyectos artesanales para niños en un museo local. Algunos niños se acercan a la mesa de manualidades con confianza y comienzan sus proyectos. Otros necesitan que los animen. Curiosamente, algunos padres se hacen cargo del proyecto del niño para que sea “perfecto”, y el niño no experimenta el hacer la artesanía en absoluto. Recuerdo a una niña que tenía unos 5 años de edad. Ella había comenzado su proyecto por sí misma. Escuché a su madre decir: “Déjame ayudarte a mejorarlo”. La niña dijo (en voz alta): “No,

quiero hacerlo yo misma”. Permitir que los niños hagan proyectos por sí mismos y ver los resultados de su propio trabajo puede ser un gran constructor de confianza. Del mismo modo, dejar que los niños experimenten el fracaso puede ser algo positivo. Una creencia es que el fracaso es una experiencia de aprendizaje que ayuda a los niños a descubrir cómo hacerlo mejor o de manera diferente para lograr el éxito.

Una gran preocupación de los educadores es que los padres “cortacésped” producen estudiantes universitarios y solicitantes de empleo que carecen de motivación, tienen dificultades para tomar decisiones, tienen habilidades limitadas de comunicación y no están listos para averiguar lo que se necesita para aprobar un curso o hacer el trabajo.

¿Cuáles son algunas maneras de evitar ser un padre cortacésped? Aquí están algunas sugerencias:

1. Cuando los niños enfrentan un problema, no salte inmediatamente en un plan de “arreglarlo” de resolución de problemas. Pregúntele a su hijo: “¿Qué ideas tienes para resolver esto o mejorarlo?”
2. Cuando su hijo esté molesto por algo como no estar en la misma clase que un amigo, animelo a ver el lado positivo. Esta podría ser una oportunidad para hacer nuevos amigos y concentrarse más en el aprendizaje.

3. Deje que su hijo experimente el fracaso cuando no haga el trabajo. Pídale que piense en lo que puede hacer mejor o diferente para tener éxito la próxima vez.
4. Deje de hacer la tarea o el trabajo de su hijo, o de lo contrario se encontrará escribiendo ensayos universitarios a las 3 a.m. para su hijo casi adulto.
5. Si su hijo parece tener problemas con la organización o las habilidades de estudio, considere conseguirle un tutor o inscribirlo en un programa después de clases que ayude a los niños a tener éxito en la escuela.
6. Cuando surjan problemas para su hijo, hable con otros padres para aprender cómo han manejado situaciones similares de una manera que ayudó a su hijo a aprender a lidiar con los problemas.

Quiero señalar que en algunas situaciones; los padres necesitan involucrarse mucho en la escuela. Cuando un niño está teniendo problemas de salud mental, está siendo intimidado o tiene una diferencia de aprendizaje, los padres necesitan involucrarse más en la escuela y en otros aspectos de la vida de sus hijos, además de usar cualquiera de las sugerencias anteriores. No siempre podemos asumir que un padre está siendo un padre “cortacésped” cuando no conocemos la situación de su hijo.



# 62

# NOTICIAS AUSTIN 5 Y 10PM

# MANTENTE INFORMADO



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## THE Learning Curve

ALISON BOGLE

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

# Ask for Accommodations If Your Child Needs Help with STAAR Testing

**W**e are coming up on STAAR test season once again. The State of Texas Assessments of Academic Readiness, or STAAR, tests are administered to all Texas public school students in grades 3-12 in the spring of each year. State-developed curriculum standards guide educators as they teach, and the purpose of STAAR testing is to measure student learning against those standards. The tests also determine whether students are ready for the next grade. State-level tests are given for the subject areas of reading, writing, math, science and social studies.

The number of tests your child takes each year depends on which grade he is in, but most students will have two to four testing days during the school year. There are also several end-of-course assessments, which are required for high school graduation, including algebra I, biology, English I, English II and U.S. history.

For most students, STAAR tests are given in the regular classroom. The teacher prepares the room for testing, removing or covering any learning materials and arranging desks to reduce distractions and allow for privacy.

But what if your child needs a bit more than separate desks and hidden materials? Some students have special needs and might require unique accommodations to test successfully. Allowances can be made for these students, so they can achieve their best possible outcome during testing. An admission, review and dismissal (ARD) committee at your child's school makes accommodation decisions for each student based on the particular disability or need.

The Texas Education Agency (TEA) is the state agency that oversees public education in Texas. The TEA's accessibility policies designate three levels of accommodations for students in need: accessibility features, designated supports and designated supports requiring the TEA's approval.

### Accessibility Features

These are procedures and materials that are allowed for any student who regularly uses them in the classroom. Accommodations are available; however, students are not required to use them during testing, and their use does not need to be indicated on the STAAR answer document. In some cases, a student using these accommodations will need to test in a separate setting to minimize distraction.

Examples include:

- Test directions can be signed for hearing-impaired students.
- Test directions can be translated for English learners.
- Students may use a bilingual dictionary on math, science and social studies assessments.
- Students may read the test aloud to help comprehension.
- Writing prompts may be read aloud or signed upon student request.
- Third grade math test questions or answer choices may be signed or read aloud upon student request.
- Fourth grade student response to the writing prompt may be typed into the online test for any 4th grader who can't type proficiently.
- The following tools can be used: scratch paper or dry erase boards; colored overlays or color settings for online tests; blank place markers or a guideline tool for online tests; magnifying devices or the zoom feature for online tests; highlighters, colored pencils or any other tools that can be used to focus attention on text; amplification devices,



such as speakers; projection devices, such as LCD projectors.

- Students can use tools to minimize distractions or help focus, such as stress balls or noise-reducing headphones.
- Students can test individually or in small groups.
- Reminders to stay on task can be given.
- Non-secure test materials can be copied or enlarged.

### Designated Supports

These are locally-approved supports for students who meet eligibility criteria. They include:

- Basic transcribing
- Braille
- Calculation aids
- Content and language supports
- Extra time
- Individualized, structured reminders
- Large print
- Manipulation of test materials
- Mathematics manipulatives
- Oral/signed administration
- Spelling assistance
- Supplemental aids

### Designated Supports Requiring the TEA's Approval

These supports require approval, which is obtained through an accommodation request process. They include:

- Complex transcribing. The test administrator may record responses to the writing prompts when a student with a disability cannot accomplish this task independently.
- Extra day.
- Math scribe. The test administrator may record a student's scratch work and computations when a disability prevents the student from doing so.
- Other. This includes any supports not provided in the TEA's list of potential accommodations.

For accommodations requiring the TEA's approval, a team of people at your child's school will determine whether your child

meets all the eligibility criteria set forth by the TEA. If the determination is favorable, the team will submit an Accommodation Request Form to the TEA.

In the case of English Language Learners (ELLs), a Language Proficiency Assessment Committee (LPAC) will decide which types of accommodations will be best. For example, the STAAR Spanish version of the test might

be best for students in bilingual programs who do most of their learning in Spanish. STAAR testing can be nerve-wracking for both students and parents. The good news is that the goal of the local and state education system is for your child to do as well as possible during testing. Your child's teacher and school can work with you to figure out how best to help your individual child — you are not in this alone!



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- Perform better on standardized tests
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visit [www.austinchildrensacademy.org](http://www.austinchildrensacademy.org)  
or call (512) 960-1514 to arrange for a tour!

# February

COMPILED BY BETTY KEMPER

2019  
calendar

Museum Events Page 40 • Family Events Page 40 • Parenting Events Page 44 • Story Times Page 44

## Museum Exhibits

**Fortlandia.** Through Feb. 24. Explore unique forts designed and built by local architects, designers, artists and students. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. wildflower.org or 512-232-0100.

**Texas from Above.** Through June 16. The diversity of 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.** Feb. 9 through July 14. View the books, drawings, furniture, decorative arts objects and other materials of the Arts and Crafts movement in Britain and the U.S. Harry Ransom Center, 300 W. 21st St. hrc.utexas.edu or 512-471-8944.

## Family Events

### Fri 1

**Music and Movement.** 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

**Friday Matinee — 42: The Jackie Robinson Story (PG-13).** 3:30 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

**First Friday Film.** 4 p.m. Hutto Library, 205 West Street, Hutto. FREE. huttotx.org or 512-759-4008.

**Valentine's Day Card Making.** 6 to 8 p.m. Elgin Public Library, 404 N. Main St., Elgin. FREE. bit.ly/elginparksevents.

**Jane Eyre, The Musical.** Charlotte Bronte's love story comes to life with music to lift your heart. 7:30 p.m. Burdine Johnson Studio, 1101 FM 235, Wimberley. From \$10. emilyann.org or 512-847-6969.

### Sat 2

**123 Andrés.** A bilingual concert for kids. 10 a.m. Austin Scottish Rite Theater, 207 W. 18th St. From \$10. scottishritetheater.org.

**What's the Story, Steve?** Improvised, interactive comedy theater for families. 10 a.m. ColdTowne Theater, 4803 Airport Blvd. \$3 to \$5 donation suggested. coldtownetheater.com.

**Improv Kids: Wonderland.** Step into a world inspired by audience suggestions. 11 a.m. Hideout Theatre, 617 Congress Ave. \$5. hideouttheatre.com or 512-HIDEOUT.

**Gone to Texas.** A walking tour through Texas history with a costumed guide. 2 to 3 p.m. Pioneer Farms, 10621 Pioneer Farms Dr. \$6 kids; \$8 adults. pioneerfarms.org or 512-837-1215.

**Saturday Family Movie: The House with a Clock in its Walls (PG).** 2 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. library.austintexas.gov or 512-974-9840.

**Daddy Daughter Dance.** 5 to 10 p.m. Clay Madsen Rec Center, 1600 Gattis School Rd., Round Rock. From \$10. roundrocktexas.gov or 512-218-3220.

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### Sun 3

**Free First Sunday.** Explore the connections between history and science, technology, engineering and math (STEM) through interactive demos and hands-on activities for kids of all ages. 12 to 5 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

**Jane Eyre, the Musical.** 2 p.m. See Fri 1 for details.

### Tue 5

**Wake Up, Brother Bear.** Theater for the very young uses music, art and hands-on sensory experiences to connect children to literature. 10 a.m. to 1 p.m. ZACH North, 12129

N RR 620. \$12. zachtheatre.org or 512-476-0541.

**Literature Live! Presents Tiger Woman.** A Bunraku-style puppet show based on a traditional Chinese story for ages 5 and up. 3:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

**Science Fun.** Stories and hands-on activities about astronomy for ages 5 and up. 3:30 to 4:30 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

**Family Board Game Night.** 5:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

### Wed 6

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 3:30 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. library.austintexas.gov or 512-974-9880.

**Community Night.** 4 to 8 p.m. The Thinkery, 1830 Simond Ave. By donation, \$1 recommended. thinkeryaustin.org or 512-469-6200.

**Metz Valentine's Dance.** 5:30 p.m. Metz Rec Center, 2407 Canterbury Street. FREE. austintexas.gov or 512-978-2399.

### Thu 7

**Living History Days.** Interact with living history characters as they stroll through the museum. 10 a.m. to 1:30 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 5 for details.

**Starry Night at Girlstart.** Activities and presentations around the theme of Chinese legends. 5:30 to 7 p.m. Girlstart, 1400 W. Anderson Ln. FREE with reservation. girlstart.org.

**Family Craft Night.** 7 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

### Fri 8

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### 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.

## Sat 9

**Vintage Valentines.** 10 a.m. to 3 p.m. The Williamson Museum on the Chisholm Trail, 8 Chisolm Tr., Round Rock. FREE. williamsonmuseum.org.

**What's the Story, Steve?** 10 a.m. See Sat 2 for details.

**Improv Kids: Wonderland.** 11 a.m. See Sat 2 for details.

**Rap Unzel.** A story for all ages about self-care and hair, featuring original music by SaulPaul. 11 a.m. Scottish Rite Theater, 207 W. 18th St. \$10 child; \$15 adults. scottishritetheater.org or 512-472-5436.

**Second Saturdays are for Families: Let's Rock.** Make a stone-tastic work of art, then boogie to a performance by the School of Rock. For ages 2-11. 11 a.m. to 3 p.m. Laguna Gloria, 3809 W. 35th St. FREE with reservation. thecontemporaryaustin.org or 512-458-8191.

**Friend Fest.** A family-friendly celebration of friendship with live music, a friendship parade, cookie decorating and crafts. 1 to 3 p.m. Central Market, 4001 N. Lamar Blvd. FREE. creativeaction.org.

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 2 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

**Make Your Own Valentine.** Craft your own Valentine card and enjoy puppet shows on the hour and half-hour. 2 to 4 p.m. Terra Toys, 2438 W. Anderson Ln. FREE. terratoys.com.

**Austin Moonflower Chinese New Year Celebration.** Modern and traditional Chinese music, dance, gongfu and more. 5:30 to 9 p.m. Asian American Resource Center, 8401 Cameron Rd. \$10. austinmoonflower.com or 512-974-1700.

**The Black Composers Concert: The African Diaspora.** 6 p.m. George Washington Carver Museum and Cultural Center, 1165 Angelina St. FREE. austinchambermusic.org.

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

## Sun 10

**Rap Unzel.** 11 a.m. See Sat 9 for details.

**Chinese New Year Festival.** 12 p.m. Fo Guang Shan Xiang Yun Temple, 6720 N. Capital of Texas Hwy. FREE. ibps-austin.org.

**Family Day.** 12 to 4 p.m. Umlauf Sculpture Garden and Museum, 605 Azie Morton Rd. FREE. umlaufsculpture.org.

**The Music of Willie Nelson for Kids.** 1 to 4 p.m. The Mohawk, 912 Red River. From \$12. mohawkaustin.com.

**BRAVE Fest.** A community celebration of love, diversity, inclusion and multi-culturalism. 2 to 8 p.m. The Belmont, 305 W. 6th St. FREE for kids 6 and under; \$10 students; \$25 adults. bravecommunities.org.

**Jane Eyre, the Musical.** 2 p.m. See Sun 3 for details.

**Let's Go to the Movies.** A concert featuring music from movies such as "Saving Private Ryan" to "The Incredibles" and more. 4 to 5:30 p.m. Connally High School, 13212 N. Lamar Blvd. FREE. austinsymphonicband.org or 512-956-7420.

## Tue 12

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 3:30 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

**Family Craft Night.** 4:30 p.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. library.austintexas.gov or 512-974-9920.

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

## Wed 13

**Liberty, Equality and Fireworks.** A play about civil rights, recommended for students in

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grades 3-7 and their families. 11:45 a.m. LBJ Library Auditorium, 2313 Red River St. \$7. pollytheatre.org or 512-743-7966.

**Homeschool Social.** 11:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

### Thu 14

#### Valentine's Day

#### Liberty, Equality and Fireworks!

Performances at 9:45 and 11:45 a.m. See Wed 13 for details.

**Little Texans.** Celebrate the dreams and accomplishments of African-Americans in Texas. Best for ages 2-5. 10 a.m. Bullock Museum, 1800 Congress Avenue. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 5 for details.

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. Performances at 3:30 and 6 p.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov or 512-974-3800.

**Fright Night Movie: Blacula (PG).** 6:30 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

**Family Craft Night.** 7 p.m. See Thu 7 for details.

### Fri 15

#### Liberty, Equality and Fireworks!

Performances at 9:45 and 11:45 a.m. See Wed 13 for details.

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 10:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

**TGIF Movie with Popcorn.** 1 to 3:30 p.m. Elgin Public Library, 404 N. Main St., Elgin. FREE. elgintx.com or 512-281-5678.

**Friday Movie: Enchanted (PG).** 3:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

**Movie Night: Tomb Raider (PG-13).** 3:30 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

**Daddy Daughter Dance.** 6 to 9:30 p.m. Cedar Park Rec Center, 1435 Main St., Cedar Park. \$25 per couple. cedarparktexas.gov or 512-401-5000.

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### Sat 16

#### Central Texas Teens and Kids Comic Con.

Interact with comic creators, participate in workshops and showcase your creativity. 10 a.m. to 3 p.m. Round Rock High School, 201 Deepwood Dr., Round Rock. FREE. bit.ly/ctxcc.

**What's the Story, Steve? 10 a.m.** See Sat 2 for details.

**Improv Kids: Wonderland.** 11 a.m. See Sat 2 for details.

**Rap Unzel.** 11 a.m. See Sat 9 for details.

**Gone to Texas.** 2 to 3 p.m. See Sat 2 for details.

**Liberty, Equality and Fireworks!** A play about civil rights, recommended for students in grades 3-7 and their families. 2 p.m. LBJ Library Auditorium, 2313 Red River St. FREE. pollytheatre.org or 512-743-7966.

**Wild Texas.** 2 to 4 p.m. Pioneer Farms, 10621 Pioneer Farms Dr. \$6 kids; \$8 adults. pioneerfarms.org or 512-837-1215.

**Father Daughter Dance.** 6 to 8 p.m. Parque Zaragoza Rec Center, 2608 Gonzales St. \$20 per couple. tinyurl.com/yab33tcc

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**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### Sun 17

**Rap Unzel.** 11 a.m. See Sat 9 for details.

**Jane Eyre, the Musical.** 2 p.m. See Sun 3 for details.

**Sunday Matinee: Jumanji, Welcome to the Jungle (PG-13).** 2 p.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

### Mon 18

#### President's Day

**President's Day Skate.** 12 to 6 p.m. Playland Skate Center, 8822 McCann Dr. \$9. playlandskatecenter.com or 512-452-1901.

### Tue 19

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 5 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

### Wed 20

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

### Thu 21

**Science Thursday.** Hands-on activities with STEM experts from Central Texas Discover Engineering. 10 a.m. to 1:30 p.m. Bullock Museum, 1100 Congress Ave. FREE with admission. thestoryoftexas.com.

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Austin RV Expo.** 12 to 8 p.m. Austin Convention Center, 500 E. Cesar Chavez St. \$10 adults; \$6 kids; FREE for children under 7. austinrvexpo.com or 512-366-7135.

### Fri 22

**Austin RV Expo.** 10 a.m. to 8 p.m. See Thu 21 for details.

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 3 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### Sat 23

**Austin Cave Festival.** 10 a.m. to 3 p.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE. wildflower.org or 512-232-0100.

**Jugglefest.** A showcase of performers demonstrating their skills in the circus arts. 10 a.m. to 7 p.m. Lanier High School, 1201 Payton Gin Rd. \$15. juggleging.place.org/jugglefest.

**That Takes the Cake.** Competitions, instruction and vendors in the sugar arts. 10 a.m. to 6 p.m. Round Rock Sports Center, 2400 Chisholm Tr., Round Rock. FREE. rrsportscenter.com or 512-371-3401.

**Austin RV Expo.** 10 a.m. to 8 p.m. See Thu 21 for details.

**What's the Story, Steve?** 10 a.m. See Sat 2 for details.

**Improv Kids: Wonderland.** 11 a.m. See Sat 2 for details.

**Rap Unzel.** 11 a.m. and 1 p.m. See Sat 9 for details.

**Discovery.** 1 to 3 p.m. See Sat 9 for details.

**Jane Eyre, The Musical.** 7:30 p.m. See Fri 1 for details.

### Sun 24

**Austin RV Expo.** 10 a.m. to 5 p.m. See Thu 21 for details.

**Rap Unzel.** 11 a.m. See Sat 9 for details.

**Jane Eyre, the Musical.** 2 p.m. See Sun 3 for details.

**Me...Jane: The Dreams & Adventures of Young Jane Goodall.** A show about the early life of the famous chimpanzee researcher.



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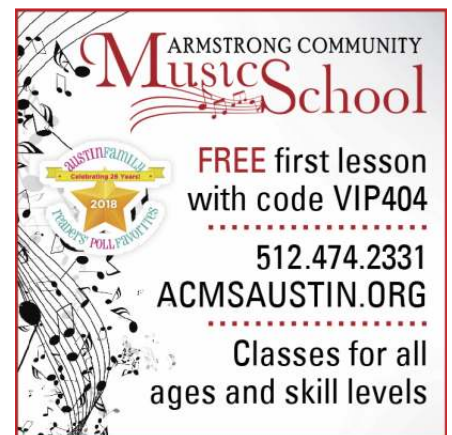
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## Tue 26

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

## Wed 27

**Literature Live! Presents Tiger Woman.** See Tue 5 for description. 10:30 a.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9920.

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

## Thu 28

**Science Thursday.** 10 a.m. to 1:30 p.m. See Thu 7 for details.

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 5 for details.

**Music and Movement.** 10:15 a.m. See Thu 7 for details.

## Parenting Events

**Any Baby Can** offers free parenting classes in English and Spanish. Postpartum support group meets on Thursdays. 6207 Sheridan Ave. FREE. [anybabycan.org](http://anybabycan.org) or 512-454-3743.

**Bridges to Growth** offers early childhood parenting classes throughout the month. 805 W. University Ave., Georgetown. [georgetownproject.org](http://georgetownproject.org) or 512-864-3008.

**The City of Austin** offers free car seat checks and Safe Baby Academy classes throughout the year at a variety of locations in the Central Texas area. Appointments and reservations are required. For dates and locations, email [empubed@austintexas.gov](mailto:empubed@austintexas.gov) or call 512-972-SAFE (7233).

**La Leche League** of Central Texas hosts nine regular meetings in addition to play dates and gatherings in Austin, Round Rock, Killeen/Temple, Bryan-College Station and Waco. All breastfeeding mothers, babies and mothers-to-be are welcome to attend. [texaslll.org](http://texaslll.org).

**YMCA** offers a free Childhood Obesity Intervention Program at various locations throughout the month. [austinyymca.org](http://austinyymca.org) or 512-236-9622.

## Sun 3

**Open House.** 11:30 a.m. to 1 p.m. Cathedral School of Saint Mary, 910 San Jacinto Blvd. FREE. [smcschoolaustin.org](http://smcschoolaustin.org) or 512-476-1480.

## Sat 9

**Heart Screening for Young Athletes.** 8 a.m. to 12 p.m. Heart Hospital of Austin, 3801 N. Lamar Blvd. FREE. [stdavids.com/youngheart](http://stdavids.com/youngheart) or 512-478-3627.

**Developing Skills for Employment.** 9 to 10:30 a.m. AGE of Central Texas, 3710 Cedar St. FREE with registration. [dsact.org](http://dsact.org) or 512-323-0808.

## Wed 13

**Welcome Wednesday.** 8:30 to 10 a.m. Hill Country Christian School, 12124 RR 620 N. FREE. [hillcountrychristianschool.org](http://hillcountrychristianschool.org) or 512-331-7036.

## Sat 16

**Birthday Celebration.** 10 a.m. to 12 p.m., Bright Horizons at Westlake, 4613 Bee Caves Rd. FREE. [tinyurl.com/yatw9nga](http://tinyurl.com/yatw9nga)

## Thu 21

**Lunch and Learn: What's New from Inclusion Works?** 11:30 a.m. to 12:30 p.m. AGE of Central Texas, 3710 Cedar St. FREE with registration. [dsact.org](http://dsact.org) or 512-323-0808.

## Sun 24

**Open House.** 2 to 4 p.m. Brentwood Christian School, 11908 N. Lamar Blvd. FREE. [brentwoodchristian.org](http://brentwoodchristian.org) or 512-835-5983.

## Wed 27

**Welcome Wednesday.** 8:30 to 10 a.m. See Wed 13 for details.

## Story times

Public library story time events listed here are free unless otherwise noted. Programs subject to change. Please contact before attending.

Austin Public Library story times are too numerous for our calendar, but include story times for infants, toddlers, preschoolers and all ages. In addition, there are dual language and Spanish language story times. Visit the Austin Public Library website for dates, locations, age groups and times. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## MONDAYS

**Libraries closed Feb. 18**

**All Ages Musical Storytime.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. [leandertx.org](http://leandertx.org) or 512-259-5259.

**Evening Storytime.** 6:30 p.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7012.

**Pajama Storytime.** 6:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Preschool Storytime.** 6:30 p.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7012.

## TUESDAYS

**All Ages Storytime.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-1010.

**Toddler Storytime.** 10:15 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3800.

**Bilingual Storytime.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-3275.

**Spanish - English Storytime.** 10:30 a.m. Terrazas Branch Library, 1105 E. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3625.

**Preschool Storytime.** 11 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3800.

**Preschool Storytime.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7500.

**Spanish Storytime.** 11 a.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Spanish Storytime.** 11 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9960.

**Infant Storytime.** 2 p.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## WEDNESDAYS

**Toddler time.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7011.

**All Ages Storytime.** 10:15 a.m. Howson Branch Library, 2500 Exposition Blvd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8800.

**All Ages Storytime.** 10:15 a.m. University Hills Branch Library, 4721 Loyola Ln. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9940.

**Spanish Storytime.** 10:15 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8700.

**Spanish Storytime.** 10:15 a.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8840.

**Toddler Storytime.** 10:15 a.m. Old Quarry Branch Library, 7051 Village Center Dr. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8860.

**Toddler Storytime.** 10:15 a.m. Twin Oaks Branch Library, 1800 S. 5th St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

**Toddler Storytimes.** 10:15 a.m. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov or 512-974-9960.

**Preschool Storytime.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. library.austintexas.gov or 512-218-7012.

**All Ages Storytime.** 11 a.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. library.austintexas.gov or 512-974-9920.

**Preschool Storytime.** 11 a.m. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov or 512-974-9960.

**Preschool Storytime.** 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. library.austintexas.gov or 512-974-8860.

**Preschool Storytime.** 11 a.m. Twin Oaks Branch Library, 1800 S. 5th St. library.austintexas.gov or 512-974-9980.

**Tween Storytime.** 3:30 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. pflugervilletx.gov or 512-990-6375.

**Pajama Storytime.** 5:30 p.m. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov or 512-974-7570.

**All Ages Storytime.** 8 p.m. Windsor Park Branch Library, 5833 Westminster Dr. library.austintexas.gov or 512-974-9840.

## THURSDAYS

**Evening Storytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7012.

**Move-N-Groove.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org or 512-259-5259.

**Preschool Storytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7012.

**All Ages Storytime.** 10:15 a.m. Windsor Park Branch Library, 5833 Westminster Dr. library.austintexas.gov or 512-974-9840.

**Spanish Storytime.** 10:15 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. library.austintexas.gov or 512-974-3940.

**Toddler Storytime.** 10:15 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. library.austintexas.gov or 512-974-8700.

**Toddler Storytime.** 10:15 a.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov or 512-974-9880.

**Toddler Storytime.** 10:15 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov or 512-974-8820.

**All Ages Storytime.** 10:30 a.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. library.austintexas.gov or 512-974-9860.

**Pajama Storytime.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. library.austintexas.gov or 512-974-7500.

**Preschool Storytime.** 11 a.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov or 512-974-9880.

**Preschool Storytime.** 11 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov or 512-974-8820.

## FRIDAYS

**Baby and Me.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org or 512-259-5259.

**Babytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-3279.

**Sensory Storytime.** 10:15 a.m. Howson Branch Library, 2500 Exposition Blvd. library.austintexas.gov or 512-974-8800.

**All Ages Storytime.** 10:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. library.austintexas.gov or 512-974-7400.

**Toddler Storytime.** 10:30 a.m. Windsor Park Branch Library, 5833 Westminster Dr. library.austintexas.gov or 512-974-9840.

**Toddler time.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7011.

## SATURDAYS

**Family Storytime.** 11 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-3275.

**Saturday Storytime.** 1 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. pflugervilletx.gov or 512-990-6375.



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# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## CAMBIO

Una de las necesidades del ser humano es la búsqueda de nuevas experiencias y emociones. Así que el cambio en nuestra vida es necesario. La manera de saber si necesitas un cambio es calificando tu calidad de emociones. Cuestionate ¿Cual es o son las emociones que experimento más en mi día? Son emociones destructivas como el enojo, indiferencia, o son emociones constructivas como la paciencia, tranquilidad etc. Muchas veces, la misma vida nos obliga al cambio pero en otras ocasiones, el cambio es una decisión personal. Cuando la vida te obligue a cambiar, recuerda que una buena actitud te ayudará a sacar la mejor estrategia para enfrentar el cambio. ¡Piensa Positivo!

## CHANGE

One of our basic human needs is the search for new experiences and emotions. Therefore, change is needed in life. One way to realize if you need a change is by examining your emotions. Ask yourself, what are the emotions that I experience most often in my day? Are they destructive, such as anger or indifference, or are they constructive, such as patience, calmness, etc.? Sometimes, life can demand change without warning and other times, it is a personal decision. When life demands change, remember that a positive attitude will help you come up with a good strategy to face it. Think positive!

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# KID ZONE

## Three Healthy Treats



Celebrate Valentine's Day with a trio of healthy treats. These recipes are packed with nutrition, flavor and more importantly, love. They're not only delicious, they're also whimsical and fun to eat as a lunch box treat or party snack.

### FROZEN YOGURT BITES

This fun-fruity snack is perfect for after school or breakfast on the go.

- ½ cup frozen fruit
- 1 cup Greek yogurt
- 2 tablespoons honey
- Heart-shaped molds or ice cube trays

1. Chop frozen fruit into bite-size pieces.
2. Mix frozen fruit, Greek yogurt and honey together.
3. Add mixture to heart-shaped molds or ice cube tray and freeze at least 2 hours or until set.

### CUPID KEBABS

Kids will have fun assembling these tasty "bow and arrow" kebabs.

- Grape tomatoes
  - White cheddar cheese
  - Toothpicks
1. Cut two grape tomatoes diagonally, then put the cut edges together to create a heart.
  2. Skewer each tomato heart and slide it to the middle of the toothpick.
  3. Trim one piece of cheese into a small triangle for the front of the arrow and another piece into a "v" for the back of the arrow.
  4. Add the cheese pieces to each side of the toothpick.

### MINI SANDWICH LOLLIPOPS

These mini sandwich lollipops are perfect for a lunchbox or a class party.

- Whole wheat bread
  - Nut butter
  - Jelly
  - Pretzel sticks
  - Mini heart-shaped cookie cutter
1. Using the bread, nut butter and jelly, make a sandwich.
  2. Cut the sandwich into heart shapes using the cookie cutter.
  3. Stick a pretzel stick in the bottom of each heart to create a lollipop.



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.



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- Computers for Kids
- Community Gardens
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## JUST FOR GRINS

CARRIE TAYLOR

Taylor is a freelance writer, editor and mother of two boys.



## Goodbye, Resolutions

You may have noticed a recent trend on social media was to post a photo collage of your family at their best, along with a word to define the coming year. You probably saw words like "Restore," "Cultivate" and "Whole 30."

I prefer a more grounded route, with words like "Cope" and "Lower Expectations," but for 2019 I wanted to try something new. The old me was boring and needed to shower more. The 2019 me would cook more and dry my hair more.

Then the day of reckoning happened.

I woke up late to my 4-year-old using my phone to take pictures and videos of me – turns out, he'd disabled the alarm in the process. My babysitter was also late, because she "forgot." When I arrived home after work, the children acted as if they hadn't seen me in weeks. I hadn't heard that much screaming since my husband watched "The Haunting of Hill House."

But I knew I could still turn the day around. I opened my Joanna Gaines

"Magnolia" cookbook, with its sleek white pages of deception. The 15-minute prep time only took 30 minutes, thanks to toddler tears and a dog tracking poop inside. Then, just five minutes after shoving the dish into the oven, smoke appeared. So much smoke, in fact, that my children covered in fear, rubbing their eyes.

I'd overfilled my bakeware. Clouds of thick, noxious gas billowed through the kitchen and into the living room. (Upon reflection, I'm realizing we need new smoke detectors.) When all hope was lost and I was about to take the kids to Chick-fil-A, I remembered a trick a friend once told me: douse the smoky spots in your oven with baking soda.

One hour later, with a two-inch blanket of baking soda shielding the bottom of my oven, dinner was served.

I get it, universe. I'm fabulous as I am; I don't need to try something new in 2019. I just need a personal chef.



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