

NOVEMBER 2018

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Kathy Terry Rethinks Gifting



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# Children's Events PHOTOS with SANTA

## Playtime WITH Pere Noël

FRIDAY, NOVEMBER 16, 2018

9:00 a.m. to 10:30 a.m.

JOIN SANTA AND HIS ANIMAL FRIENDS TO HELP WELCOME THE HOLIDAY SEASON. YOUR PRESCHOOL KIDS WILL HAVE A BLAST DECORATING THEIR OWN DONUTS AND GETTING TO PLAY WITH SOME SWEET ANIMALS ALL WHILE LISTENING TO MUSIC FROM A FAVORITE LOCAL ENTERTAINER. BREAKFAST TREATS PROVIDED FOR ALL PARTY ATTENDEES.

## Let Them Eat Pancakes!

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SATURDAY, NOVEMBER 17, 2018

9:00 a.m. to 10:30 a.m.

COME COZY AND CASUAL TO DECORATE A GINGERBREAD HOUSE AND PLAY CHRISTMAS BINGO ALL WHILE LISTENING TO OUR HOLIDAY DJ "SPINNING" YOUR FAVORITE CHRISTMAS CAROLS. ELSA, ANA AND SUPERMAN WILL MAKE SURPRISE APPEARANCES. BREAKFAST BUFFET PROVIDED FOR ALL PARTY ATTENDEES. \*PJS OPTIONAL

## Ballerinas & BASEBALL

SUNDAY NOVEMBER 18, 2018

9:00 a.m. to 10:30 a.m.

11:30 a.m. to 1:30 p.m.

JOIN SANTA AND SOME OF AUSTIN'S PREMIERE BALLERINAS AS WELL AS SOME LOCAL HOMERUN HEROES. ENJOY TACOS, DECORATE GINGERBREAD HOUSES AND PLAY CHRISTMAS BINGO WHILE HEARING OUR CHRISTMAS DJ SPIN YOUR FAVORITE HOLIDAY REMIX. BREAKFAST (OR LUNCH) BUFFET PROVIDED FOR ALL PARTY ATTENDEES.

## PHOTOS with SANTA

SANTA WILL BE AVAILABLE FOR PHOTOGRAPHS DURING CHILDREN'S PARTIES FOR PARTY ATTENDEES DURING THE FOLLOWING HOURS:

FRIDAY, NOVEMBER 16, 2018

11:00 a.m. to 3:00 p.m.

SATURDAY, NOVEMBER 17, 2018

11:00 a.m. to 3:00 p.m.

SUNDAY, NOVEMBER 18, 2018

1:30 p.m. to 3:00 p.m.



November 2018

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



Pick us up at HEB, Whole Foods and Central Market.

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## FILM REVIEW

By Jack Kyser

### "The Grinch"

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



Addison is a Cover Kid winner. For her 5th birthday, she collected items to donate to the less fortunate. Wardrobe by Dragonsnaps and KidOShoe. Photo by Jordan Ashley Photography.

"I am a little pencil in the hand of a writing God who is sending a love letter to the world."

Mother Teresa wrote that line. What a touching love letter she made of her time on this Earth. And what a lovely way to think of ourselves: as serving other people for a higher purpose. But we don't have to devote our entire lives to philanthropy in order to make a difference.

Every little bit counts. Every dollar or hour donated to a cause makes the world a little brighter. And the sad fact is that even in this thriving, bustling corner of the world, there are people in need. There are children seeking forever families. Folks who need food, clothing, transportation, shelter, help finding a job and more. Animals needing homes. Green spaces that depend on humans to keep them clean and protected.



## EDITOR'S NOTE

SHERIDA MOCK

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

That's why I encourage everyone who has the resources to find a way to leave the world a little better off. Write a check. Spend an hour helping. Donate a bag of food or item of clothing. Find a cause you feel passionate about, and start writing another love letter to the world.

Wishing you the very best,

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# Play it product recalls **SAFE**

## Government Recalls Neckerchief Slides, Coveralls and Dolls



Boy Scouts of America is recalling about 110,000 **neckerchief slides** because the colored enamel contains levels of lead that exceed the federal lead content ban. The recall involves brass neckerchief slides sold in four styles: red wolf, green bear, orange lion and blue Webelos. Affected units were sold at

Boy Scouts of America retail stores and authorized distributors nationwide and online at [scoutshop.org](http://scoutshop.org) between February 2018 and August 2018 for about \$6. Consumers should immediately stop using the recalled neckerchief slides, take them away from children and return them to any Boy Scouts of America retail store or distributor for a free replacement.

Weeplay Kids is recalling about 2,500 **children's coveralls** because the bunny applique on the coveralls can detach, posing a choking hazard to young children. The recall involves infant ED by Ellen DeGeneres coveralls with hat. The pink striped, two-piece, long-sleeve coveralls are 100 percent cotton. Affected units were sold at Buy Buy Baby and Marshalls stores nationwide and online at [buybuybaby.com](http://buybuybaby.com) between September 2017 and January 2018 for about \$16. Consumers should immediately stop using the recalled coveralls and return them to the place of purchase for a full refund.



Boy Story is recalling about 8,500 **vinyl dolls** because the joints on the dolls can break, creating broken pieces that pose a choking hazard to young children. The recall involves four styles of Boy Story action dolls: Mason and Billy action dolls and Mason and Billy HeForShe Special Edition action dolls. Affected units were sold online at [biddleandbop.com](http://biddleandbop.com) and small retailers between December 2016 and May 2018 for about \$100. Consumers should immediately take the recalled dolls away from children and contact Boy Story LLC for instructions on how to receive 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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## Science Education



A salamander swims in a tank at the Meadows Center in San Marcos. Photo courtesy of the Meadows Center.

A San Marcos landmark has received grants totaling \$23,785 to provide TEKS-aligned learning opportunities for children in Hays County. The Meadows Center for Water and the Environment at Texas State University received a \$20,000 gift from the Burdine Johnson Foundation and a \$3,785 grant from the City of San Marcos. The funding will be used to educate 7th graders with pre-lessons, field trips and post-lessons designed to improve student and teacher engagement.

“Thanks to generous support, our education program will be able to reduce — and in some cases eliminate — educational field trip costs for more than 2,000 school children,” says

Sonja Mlenar, Education Manager. “This support will help us inspire students to become stewards of our natural resources through STEM learning at The Meadows Center.”



Austin's Trail of Lights returns Dec. 10 – 23. Photo by Casey Chapman Ross.

## Holiday Lights

Austin's annual Trail of Lights will run from Dec. 10 – 23 this year in Zilker Park. Visitors can get a first look at the annual Fun Run on Dec. 1. Since 1965, the Trail of Lights has been a beloved local tradition with its light displays, live music, food vendors and interactive experiences. New this year will be a 13-foot illuminated carriage, a dozen 7-foot lighted guitars commemorating Austin's musical roots and a 25-foot spiral holiday tree.

For more information, visit [austintrailoflights.org](http://austintrailoflights.org).

## Holiday Shopping

As it prepares to host its 43rd annual holiday shopping event, A Christmas Affair, the Junior League of Austin announced its selection of 31 local agencies to receive donations of 25,000 hours of volunteer support and hundreds of thousands of dollars in financial assistance for the 2018-2019 season.

Recipients of support are addressing a range of issues in the Central Texas community, including health and well-being, child welfare, education, the environment, housing, transportation and the arts. The Junior League of Austin, which celebrates its 85th anniversary next spring, is committed to promoting voluntarism, developing the potential of women and improving the community.

A Christmas Affair will run Nov. 15 – 18 at Palmer Events Center. Hours vary by day. Tickets are \$15 per person. For more information, visit [jlaustin.org](http://jlaustin.org).

## Must-Do This

# November

3

**Austin Powwow**  
at Travis County Expo Center

11

**Vetern's Day Parade**  
at Congress Ave.

24

**Chuy's Children Giving to Children Parade**  
at Congress Ave.



Shoppers enjoy the annual centerpiece to the Christmas Affair, a selfie-worthy Christmas tree. Photo courtesy of the Junior League of Austin.



Truman Hamade is a member of the Scholastic News Kids Press Corps. Photo courtesy of Redeemer Lutheran School.



**Kid Reporter**

The Scholastic News Kids Press Corps, an organization that covers “news for kids, by kids” since 2000, has announced its reporters for 2018-19 will include a student from Cedar Park. Truman J. Hamade, a 6th grader at Redeemer Lutheran School, will join 44 other kid reporters to cover breaking news, trending topics, entertainment, sports, local stories and more.

Truman says he has met a lot of journalists and reporters – including legendary newsman Dan Rather – who have given him tips. “I really like learning new things, meeting new people and writing about my experiences,” he says. “I have learned a lot about how hard it is to tell a good story. I have learned to ask the right kind of questions and prepare those ahead of time.”

Kid Reporter coverage can be found at [scholastic.com/kidspress](http://scholastic.com/kidspress) and in select issues of Scholastic Classroom Magazines, which reach more than 25 million students in classrooms nationwide.

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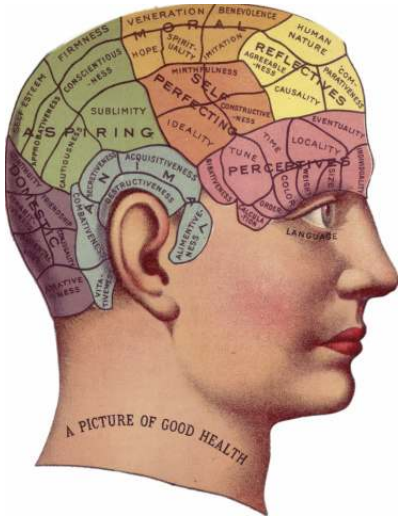
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## Back to School De-stress

A new initiative at 20 Austin ISD schools is giving students the skills to cope with stress and create sustainable happiness. The program, called "Life's Good: Experience Happiness," develops skills in mindfulness, human connection, positive outlook, purpose, generosity and gratitude. LG Electronics USA developed the program with help from the University of California Berkeley.

"We've found that across all grade levels, students most commonly talk about how mindfulness helps them feel balanced, think clearly and prepare for learning," says Pete Price, Austin ISD's Director of Social & Emotional Learning and Multi-Tiered Systems of Support.

The program is being implemented at Gus Garcia Young Men's Leadership Academy,

Bedichek Middle School, Harris Elementary, Mendez Middle School, Wooldridge Elementary, Brooke Elementary, Sadler Means Young Women's Leadership Academy, Lanier High School, Anderson High School, Murchison Middle School, Pillow Elementary, Sunset Valley Elementary, Volma Overton Early College Prep, Oak Hill Elementary, Travis Early College High School, LBJ Early College High School, Widen Elementary, Small Middle School, Becker Elementary and Odom Elementary.

## by the numbers



**\$410 billion**  
Charitable donations  
in 2017

Source: National Philanthropic Trust




**1981**  
Year the Capital Area  
Food Bank was  
founded

Source: Central Texas Food Bank



**1,521,052**  
Number of charitable  
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Source: National Philanthropic Trust



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## Encouraging Reading

A recent survey by Austin's BookSpring offers insights into the reading habits of Central Texan families. The organization surveyed 600 residents with children under age 12 in Bastrop, Burnett, Caldwell, Hays, Travis and Williamson Counties.



Half all parents surveyed by BookSpring read to their children less than once per day.

The results unveiled a lack of access to books, but a love of reading. More than half the families had fewer than 20 books at home. Nearly half the children surveyed spent more time playing on digital devices than reading. Half the parents reported reading to their child less than once per day, even though over 90 percent of parents said their children enjoy reading together.

BookSpring plans to use this data to hone its message encouraging Central Texans to read. "We will continue to promote the importance of reading together twice a day," says the BookSpring blog.

## Shelter for Women and Children

The City of Austin and the Salvation Army recently celebrated the renovated and expanded Austin Shelter for Women and Children in east Austin. The facility provides emergency shelter and a variety of services for women and children experiencing homelessness.



The Salvation Army operates the newly-expanded Shelter for Women and Children. Photo by Thomas McConnell.

"The expanded shelter offers a safe, welcoming place for women and children, comprehensive services designed to link families to housing opportunities and a natural setting that promotes dignity and healing for those in crisis," says Major Andrew Kelly, Salvation Army Austin Area Commander.

The project includes expanded sleeping quarters for up to 34 new residents, a larger reception area and lobby, and additional child care facilities that now support infant care. The Salvation Army's goal is to provide "wrap-around" services to ensure that homelessness is brief, rare and non-reoccurring. Children's services include licensed child care, child/family therapy, a computer learning lab, out-of-school-time care in licensed community Programs and transportation to local schools.



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or call Program Services at 512.236.9622



Austin ISD wrapped up the first year of its Gear Up initiative this September.

## Sights on Success

Students from 11 Austin ISD middle schools attended the first Gear Up Kickoff College Roadshow in September, hosted by Gear Up Austin and The University of Texas Institute for Public School Initiatives. At the event, which told students to "Commit to Not Quit," students committed to graduate, become career ready and help their peers do the same.

The Gaining Early Awareness and Readiness for Undergraduate Programs Grant (Gear Up) is a multi-year federal grant from the US Department of Education promoting academic success, college preparation and college enrollment. The program serves students who meet requirements at the following middle schools: Bedichek, Burnet, Covington, Dobie, Fulmore, Gus Garcia Young Men's Leadership Academy, Martin, Mendez, Paredes, Sadler Means Young Women's Leadership Academy and Webb.

AISD received the seven-year grant at the end of September 2017. This is the first full school year of implementation. For more information, visit [austinisd.org/gearup](http://austinisd.org/gearup).



Members and sponsors of Burnet Middle School's SAVE Promise Club accept an award from Sandy Hook Promise. Photo courtesy of Sandy Hook Promise.

## Violence Prevention

Students at Burnet Middle School in Burnet ISD were recently recognized for their outstanding work to integrate and implement a program from Sandy Hook Promise (SHP). The program, called "Start with Hello," helps students to create an inclusive and connected community by reaching out to those who may be isolated, marginalized or rejected.

Burnet Middle School was one of over 1,300 schools and youth organizations that participated in SHP's annual Start with Hello Week, which took place in February. Since its inception, SHP has educated over 3.5 million youths and adults in all 50 states with its "Know the Signs" programs on mental health & wellness, identification of at-risk behaviors, and how to take action and get help before a situation escalates. For more information, visit [sandyhookpromise.org](http://sandyhookpromise.org).

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## Mindfulness at School

Teachers, students and parents at Westlake High School benefitted from a mindfulness program in early October. A mobile PeaceBox was available on campus to help people manage stress through guided breathing exercises and the practice of being present.

Local organizations helped provide the visit from PeaceBox through the “Summer of Giving” program. After booking a mindfulness program for its own employees and staff, an organization can designate a beneficiary for a gift of mindfulness training.

“At a time when students are experiencing more pressure at school than ever, mindfulness practice offers countless benefits to students struggling with stress and anxiety,” says Stacy Thrash, owner and founder of PeaceBox. “We could not be happier to see the community coming together to support this objective.”



Kristi Waidhofer and Stacy Thrash of PeaceBox welcomed teachers, students and parents of Westlake High School in October. Photo courtesy of PeaceBox.

## Racial and Ethnic Bias

Researchers at UT Austin say racial and ethnic discrimination affects development — from mental and physical health to risky behaviors and academic success. The study, published in the journal American Psychologist, looked at 214 previous studies on adolescents and measured 11 indicators of well-being.

Understanding racial and ethnic differences begins early in life, researchers say. Studies have shown that before age 5, children begin grouping themselves by race or ethnic background, and by age 10, many children can recognize discrimination. Experiencing discrimination is linked to poorer mental health, lower academic achievement and more engagement in risky or negative behavior, the latest analysis shows.

“We need to be thinking about what aspects of youths’ daily lives protect them from the negative effects of discrimination versus what aspects of their daily contexts exacerbate these negative effects,” says lead author Aprile D. Benner, a UT Austin human development and family sciences associate professor and faculty research associate in the Population Research Center. “Even more lofty, what can we do to intervene to try to reduce discriminatory treatment?”



Researchers at UT Austin studied the effects of discrimination on child development.

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# CHARITY BEGINS AT HOME: ENCOURAGING A GIVING SPIRIT IN CHILDREN

BY SHANNON DEAN



Experts say the first opportunity for a child to help others is often in his own home, so they recommend assigning household responsibility. “Children need jobs,” says author and pediatrician Dr. William Sears. “Once a child learns a sense of responsibility for the household, a sense of responsibility to society will come naturally in the next stage of development.”

## KIDS HELP OTHERS AND THEMSELVES

Children who reach out to others enjoy an increased sense of well-being, self-worth and optimism. Helping others builds up a child’s defense system against temptation and stress. Kids learn that it feels good to do the right thing, so it’s easier to say “no” to the wrong things. With their personal worth affirmed through kindness to others, they don’t need to search for worth in material possessions or poor choices. Away from video games, social media and

**I**n this age of selfies, societal messages can tell us our worth is tied to the superficial approval and envy we obtain from “friends” who barely know us. In this environment, it’s acceptable to believe we’re the center of our own worlds. Ironically, experts tell us that the acceptance and achievement we crave can actually come from helping others instead of focusing solely on ourselves.

But our children may be better served by cultivating a giving spirit. Michele Borba, author of *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*, says, “The ability to empathize affects our kids’ future health, wealth, authentic happiness, relationship satisfaction and the ability to bounce back from adversity.”

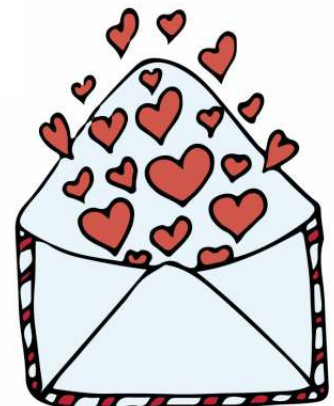
With empathy being so vital, how can we encourage our children to connect with causes larger than themselves? Experts say

the task is not as difficult as we might think, and it can provide the elusive family time we all want.

## CHILDREN ARE BORN TO CARE

The toddler who weeps at the sight of an upset playmate. The preschooler who offers his teddy bear to a sick sibling. The school-aged child who grabs a sponge when mom is washing the car. Children are hard-wired with the spirit of giving. Yet as they grow, children receive society’s message that it’s sometimes unsafe or unwise to care. Fortunately, families can bolster the behaviors that foster empathy.

Research shows that caregivers who openly express warmth and compassion raise more empathic children. This process begins at birth. Routinely giving a patient, timely and consistent response to an infant’s cry or a toddler’s skinned knee gives the child a message that helping others is important. When a child feels secure, it’s easier for him to develop empathy.





television, families come to know and appreciate each other in new and valuable ways.

Mary Thoele, author of *Family Serve: Volunteer Opportunities for Families*, says, "Volunteering is one of the 'loudest' actions you can take to show children what it truly means to be a contributing member of a community. By role-modeling this type of behavior, caregivers are beginning a tradition of compassion that can be passed on from one generation to the next."



## EVEN BUSY FAMILIES CAN GIVE

Jenny Friedman, author of *The Busy Family's Guide to Volunteering*, says finding time to help others is easier than you may think. The key is to take a careful look at your current activities and find ways to incorporate volunteering into those events. For example, families who already enjoy crafts can make get well cards or toys. Supplies for a neighbor in need can be gathered while doing your own errands. Families who are animal lovers may enjoy

## CHARITABLE IDEAS FOR BUSY FAMILIES

**Create for Others.** Many organizations seek families to provide lovingly crafted items, handwritten letters, heartfelt drawings and cards. Most even offer step-by-step instructions. Typically, families complete the items and mail them to the organization, which distributes them where they're needed. Here are a few ideas to get you started.

1. Cards for Hospitalized Kids delivers handmade cards to hospitalized kids. Over 100,000 children have received cards from all over the world. Although families can use their own creativity to make the cards, the site offers many helpful suggestions. [cardsforhospitalizedkids.com](http://cardsforhospitalizedkids.com)
2. Project Linus provides handmade blankets to children who are ill, traumatized or would benefit from a comfort item. The site offers easy, "no sew" patterns for kids. Adults may need to cut the fabric for younger children. [projectlinus.org](http://projectlinus.org)
3. Operation Gratitude encourages families to create cards, drawings and letters that are added to care packages for members of the military, veterans and first responders. Many recipients say the handwritten items are the most cherished part of the package. [operationgratitude.com](http://operationgratitude.com)

**Sponsor a Family, Child or Animal.** Consider sponsoring a less fortunate family, child or animal during the holidays, in an emergency or year-round.

1. The Box Project matches sponsors to families in need living in rural parts of the country. Sponsors regularly mail household and school supplies, clothing or other needed items. [boxproject.org](http://boxproject.org)
2. Children International can match sponsor families with a child in poverty. Sponsor families provide monetary support, school supplies and letters. [children.org](http://children.org)
3. PACT for Animals and Dogs on Deployment match foster families with pets whose owners are deployed or hospitalized. [pactforanimals.org](http://pactforanimals.org) and [dogsondeployment.org](http://dogsondeployment.org)

fostering animals for deployed military personnel.

Experts suggest starting small, with a one-time/no further obligation commitment. If all family members enjoy the small experience and want to repeat the process, consider adding on, but always be conscious of overcommitting. Studies

show that when giving to others becomes too large a commitment or obligation, the potential benefits are lost. It's easier and more comfortable to increase the commitment level if you find the time than to cut back and feel guilty because you've taken on too much.

Teaching children to care and offer their time, talents and aid to others is a win-win situation. Developing that innate giving spirit will arm a child with skills that can defend him against the world's stresses for years to come.



*Shannon Dean is a freelance writer. She taught her sons to knit so they could make blanket squares for Warm Up America.*

# Kids waiting to Be Adopted Don't Need Superheroes

BY REBECCA HASTINGS  
READER-SUBMITTED PHOTOS

The first time my parents decided to adopt was on a beach. A friend was telling them about a little boy she worked with whom no one wanted. Without missing a beat, my mom said, “We’ll take him.” And they did.

Sure, there were things to do: classes to take, visits and paperwork (so much paperwork). But the first step was what mattered most. They were willing. Willing to open their hearts wider and do more of what they do best — love.

My parents have adopted five kids over the last 12 years. And perhaps you should know, not all the adoptions have been easy. There were social work visits and court dates. Waiting for parental right termination and ensuring everything was ready. It took work and time.

Just like parenting.

My mom and dad are great parents. That’s what they do. For seven kids.

The five children they’ve adopted all have special needs. I could give you the list of diagnoses, but that doesn’t really matter. Their needs require more appointments, more accommodations and more sleepless nights. And those things are no different than if they had birthed a baby with special needs.

You show up. You do the work. You parent.

When people see what my parents do on a daily basis, they call them amazing. In many ways, they are. But adoption isn’t what makes them amazing; good parenting and loving completely is what makes them amazing.



This November marks the one-year anniversary of the Houcks adopting their son, Mark, 3. Layla, 4, was adopted earlier this year. Photo by Eric Walley.





The Niño family includes three adopted children. Mom Gabi says, "Adoption Month is a special part of our journey." The couple decided to pursue adoption after watching a TV special during Adoption Month.



Cara Schlegel adopted her daughter, Grace, through the international adoption process. "When we want to get away for a weekend, we visit Grace's grandparents," says Cara. Photo by Melissa and Arturo Photography.

They will be the first to tell you they're not anything special. They are ordinary, just like you and me. They just love big. They treat each of my brothers and sisters alike. They are not superheroes; they are just parents, walking through life, loving big and full on both the easy days and the hard days. It sounds so simple, but we all know parenthood is anything but simple.

It's easy to place the idea of adoption on a pedestal, to think it is reserved for people with special skills. Adoption is special, but it's not unreachable. It takes real, everyday people.

Nationally there are over 400,000 kids in foster care, and over 100,000 of those kids are waiting to be adopted. Every one of these kids needs someone who will say "yes."

November is National Adoption Awareness Month, and the Sunday before Thanksgiving provides a special day to highlight the importance of adoption – National Adoption Day. With approximately one in 50 kids in the US being adopted, and six in 10 people having a personal experience with adoption in their family or social circle, it's clear that adoption is not just for a small group of people with a superhuman skillset.

Adoption is special. It is beautiful and hard and will require more of you than you know, but that's parenting. We can recognize the beauty of adoption without making it seem unattainable for everyday people.

Maybe you don't feel like adopting is part of your parenting journey. But it is part of our world. Sometimes we don't know how to handle things that seem different from what we know, and admiring them from afar seems easier. We can learn how to help

families connected to adoption, we can take away the stigmas of adoption in the way we interact and talk about it, and we can stop distancing ourselves from what seems different and remember that adoption is simply parenting.

Kids waiting to be adopted don't need superheroes. They need people willing to say yes. People willing to open their heart, and their home, to love and parent well.

This month, may we all think about how we can directly help the children waiting for someone to say "yes."

---

*Rebecca Hastings is a mother of three and a former classroom teacher.*



The Nelson family loves spending time outside, especially riding the train at Zilker Park. Photo by Baobab Photography.

# Rethinking the Meaningful Gift

BY SHERIDA MOCK

PHOTOS COURTESY OF KATHY TERRY



**K**athy Terry is one half of the couple behind P. Terry's Burger Stands. Kathy and Patrick Terry founded the business 13 years ago and have recently launched a new concept, Taco Ranch. But the project Kathy led on her own, and the one that best demonstrates her heart and determination for giving, is inLieu, a mobile app that lets people donate to nonprofits in a streamlined way.

The app launched in March, after about a year of prototyping, market research and app development. Bringing the idea to fruition took vision and grit, which Terry acknowledges but is quick to set aside. "I had a goal in mind, and I was very determined. But I'm just the vessel." Charging a flat administrative fee of \$1 per donation to cover costs, inLieu's prime purpose is to make charitable giving as easy as any other everyday activity in the internet age. Terry recently sat down with us to talk about her path to revolutionizing the way we show appreciation.

**AFM: What prompted you to develop inLieu?**

**Terry:** My original frustration started with feeling guilt over obligatory gifting.

You're not going to show up to somebody's house empty-handed. But I know my friends don't need another bottle of wine — and they don't want me picking out their wine, because I'm not any good at it. I'm grateful, but why do I have to show it in a material thing?

I know my friend supports this cause, so wouldn't it be much better for me to give \$25 to cancer research? And I was doing that. If it was a friend's birthday, I would go to the website of the charity I knew she supported. I'd fill out the profile. But then I never knew how would they let my friend know I just sent this gift. Are they going to email her? Send her a letter that she's going to think is junk mail? And what if she never gets a note? Do I ask her if she got

one? I kept thinking, there's got to be a way that I can make a donation and send a message to a friend instantly. I kept looking and looking, and nothing existed.

**AFM: Did you have any experience with software development before this?**

**Terry:** Zero. Well, I shouldn't say zero. With our restaurants, I helped create our POS [point of sale] system and work on the back end. But database and buttons, that's about all I had. I think it was a blessing that I didn't have experience, because I didn't know what it took to build a mobile app and get it to market. There's thousands of mobile apps to choose from. Surely, if all those people can do it, I can do it.



*Kathy Terry promotes a new model of gifting by making donations on behalf of a friend.*

It was just a matter of asking for help, calling friends and saying, “Do you know anybody?” or “Do you know how to do this?” It was literally one phone call led to another phone call, one meeting led to another. I felt like people were just dropping out of the sky – for the right reasons, you know? I was really fortunate. People just kind of showed up. And I never took “no” for an answer.

**AFM: Were there any big surprises?**

**Terry:** The first one out of the gate, my very first meeting, was with one of the developers of Ride Austin. They're a nonprofit as well, so I thought I could get feedback on the nonprofit side, collecting and distributing funds to nonprofits. And he said, “Don't do it.” It's difficult because of the developing guidelines around mobile apps collecting donations. Especially with Apple. They're really, really specific on what you can do and can't do.

My whole idea was, I wanted people to be able to donate to any nonprofit in the US they wanted to. I didn't want any friction. For me to do that, I had to create my own nonprofit, because if I didn't, I would have to have a user agreement with every single

one of these other nonprofits. I don't want to put more work on the nonprofits. I want the nonprofit to get a check, and that's it. They don't have to send a receipt or anything. It's just money they normally aren't going to be capturing. Then for the donor, I wanted them to be able to give to whoever they want, in the moment. It was having to think all those little things through and finding the right people that believe in what you're going to do.

**AFM: What's been the response from the community since you launched?**

**Terry:** It's been great, especially here in Austin. We've raised over \$80,000 in six months for over 400 nonprofits. What's been so great about the app is, it has a lot of features. You can donate directly. You can ask people to donate to your cause. But the biggest feature, and the one that is what it's mostly about, is making a donation on behalf of somebody else.

These donations are replacing the bottles of wine, replacing the candles, replacing



*Kathy Terry launched the charitable giving app inLieu in March.*



*Patrick and Kathy Terry with their daughters Cora (left) and Kate (right).*

the flowers. Eighty percent of our donations are somebody giving a gift for someone else. I think people feel better that the money they're spending is going to make an impact. It's money they would have already spent. It's just being redirected to a better cause.

**AFM: Any last thoughts?**

**Terry:** Being a mom, I think it's really important to model giving back and being kind. I tell people, my kids are always watching me. So, I feel like this app is a good learning tool. This is the way we show our appreciation, show our love, gratitude to others, and a way for them to see we can have an impact on the world. It doesn't take big, huge donations. If we all participate, we all can make a difference.

That's always been the mission. I knew we had to change the way we think about giving. It's a behavioral thing. I had already made that mind shift, I just needed the tool. So now it's about making people stop and rethink. How do you want to send a meaningful gift? How do you want to show your appreciation, your gratitude and maybe do it in a different way? Hopefully, more people are ready.



## LIFELINES

BRENDA SCHOOLFIELD

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

# Are You Using Essential Oils Safely?

**E**ssential oils are booming in popularity. Parents are looking for natural remedies without the side effects of prescription drugs. People’s Pharmacy in Austin reports a dramatic increase in essential oil sales over the past few years. Worldwide essential oil sales are expected to reach \$13 billion within the next five years.

And essential oils aren’t just a new trend — they’ve been used for centuries for medicinal purposes. When used properly, essential oils can be helpful. However, because there is limited scientific data on the risks and benefits associated with each type of oil, it’s important to pay attention to application instructions. Even though essential oils are natural and made from plants, they can be dangerous if used incorrectly.

### What Are Essential Oils?

Essential oils are made from the leaves, stems, flowers or other parts of plants. Some commonly used essential oils are lavender, eucalyptus, peppermint, wintergreen, cinnamon and tea tree oil. They are used as ingredients in cosmetics, fragrances, lotions,

soaps, pesticides and household cleaning products. Essential oils may be applied to skin, inhaled, diffused or swallowed.

The oils are extremely concentrated. For example, it takes 220 pounds of lavender leaves to make one pound of lavender oil.

Because they’re so concentrated, most essential oils must be diluted in a carrier oil, such as almond or coconut oil, before they’re applied to skin.

Each essential oil is unique in chemical composition, the effect it has on the body

Essential Oil	Common Uses	Precautions
Lavender	Anxiety, depression, pain, sleep problems	Often applied diluted to skin or used in diffusers. Poisonous if swallowed; undiluted application on skin may cause irritation or rash.
Eucalyptus	Cold symptoms	Often applied diluted to skin or used in diffusers. In rare cases, can cause seizures in young children if inhaled.
Peppermint	Digestive problems	Often applied diluted to skin, used in diffusers or swallowed in very small amounts. Excessive doses may be toxic. Some types of peppermint, such as pennyroyal oil, are very poisonous.
Wintergreen	Pain relief; found in over-the-counter skin creams	Often applied diluted to skin. Very dangerous if swallowed, even in tiny amounts.
Tea tree	Fungal infections	Often applied diluted to skin or used in diffusers. Can cause serious problems if swallowed and can cause skin irritation.
Camphor	Skin preparations; moth repellent	Often applied diluted to skin. Can cause poisonings when skin preparations containing camphor are used on children in more than the recommended dosage or if rubbed on the skin and covered by clothing; small amounts can cause poisoning if swallowed.

*Information from the Poison Control website and the National Institutes of Health.*

and how much is absorbed. Some essential oils are safe to apply to the skin, but poisonous if swallowed or dangerous if inhaled. To protect yourself and your family, make sure you're informed about the potential side effects of an essential oil before using it.

### Are Essential Oils Considered Drugs?

In a word, no. The FDA regulates any product that is intended to treat or prevent disease or to affect the structure or function of the body as a drug. For example, claims to relieve colic, treat depression, prevent infection or shrink tumors are drug claims. Under the law, prescription and over-the-counter drugs must meet FDA requirements for safety and effectiveness before they go on the market. No essential oils have been approved by the FDA.

### What Precautions Should I Take?

Here are some important precautions to keep in mind:

- Read package labeling carefully. Essential oils differ in whether they should be applied to the skin, inhaled, diffused or swallowed. Each has a unique side effect profile.
- Dilute most oils in a carrier oil, such as almond or coconut oil, before applying to skin. Dilution ratios for adults typically vary from 1 to 5 percent.
- Don't put undiluted essential oils directly on damaged, diseased or inflamed skin.
- Know which oils increase skin photosensitivity. Avoid the sun and tanning booths for 24 hours after application.
- Don't get essential oils in the eyes.
- Be aware that many essential oils are very poisonous if swallowed. Even a drop can be toxic to a small child. Store in a secure place, away from children and pets. In case of poisoning, contact the Poison Control hotline at 800-222-1222 right away.
- Seek professional guidance before using essential oils on babies and young children. Certain oils can be toxic in little ones, even when applied to the skin or breathed in.
- Don't use essential oils if you are pregnant or nursing without doing thorough research on reputable websites and consulting a professional. See the National Association for Holistic Aromatherapy website (naha.org) for safety recommendations.
- If you or your child has a medical problem, contact your doctor before you attempt to treat it with essential oils. Not only are some essential oils associated with serious side effects, but delaying medical treatment can increase health risks.

### Where to Find Accurate Information

The National Institutes of Health publishes fact sheets for specific herbs and botanicals. Visit [nccih.nih.gov/health/herbsataglance.htm](http://nccih.nih.gov/health/herbsataglance.htm)

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## THE Learning Curve

ALISON BOGLE

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

# The Many Advantages of Dual Language Programs

This year for the first time, our school district offered a dual language program, and my husband and I strongly considered enrolling our twins. We ultimately decided against it for several reasons, including that it required a change of campus and our children being separated from neighborhood friends. We also worried about how well they would learn if they were trying to pick up a new language at the same time. Would they even be able to understand their lessons?

School has started, and I think we made the right choice for our family and our particular kids. What I have come to realize, however, was that my fears were not warranted. In fact, there are many benefits to dual language learning.

Researchers say dual language learners, on the whole, experience greater academic achievement on standardized tests, across multiple content areas. Take math, for example. Numerous studies have found a link between learning a second language and higher math achievement scores. In high school, this positive correlation even includes the SAT and ACT. That means you can consider those language lessons one more weapon in the college test prep arsenal!

The benefits of bilingualism continue into college, as research has found a relationship between the high school study of Latin, French, German or Spanish and greater academic performance by college students. I was tempted to write these findings off, assuming high school students who had enrolled in a second language were perhaps more likely to challenge themselves, but the study compared students of equal academic ability.

Also surprising to me was the news that a child's English awareness can likewise

benefit from learning another language. There went my theory that trying to learn the constructs of two languages at the same time could cause confusion! Findings have supported the idea that Spanish immersion offers such English-language benefits as increased receptive English vocabulary, grammatical judgment and word recognition. Similar results have been found with the study of other languages, particularly Latin.

The benefits keep coming. A study of 6th-grade schoolchildren examined differences in scores along three categories of reading achievement: vocabulary, comprehension and total reading skills. Results of the study indicated a significant difference between the reading achievement scores of students who were taking another language versus those with no second language instruction.

As if greater academic achievement on standardized tests, higher math scores, greater college-level academic

performance, increased English awareness and greater reading achievement were not enough, dual language study also has a positive effect on science problem-solving abilities. It seems that children who have studied a second language consistently outperform others in both the quality and the syntactic complexity of the scientific hypotheses they generate. In other words, their scientific ideas and the ways in which they communicate them are more advanced than their monolingual peers.

Moving away from academics, did you know that learning a second language early in life can actually provide your child with an enhanced memory? Bilingual study subjects were better able to recall objects, tasks and word lists when compared to their monolingual peers. Studying a second language can also help your child to better focus her attention when problem solving, perhaps because the process of learning the language itself requires the learner to practice focusing her attention.

Exposing your child to a second language can also help him to become a more empathetic person. Research suggests that language learners develop a more positive attitude toward their second language and the native speakers of that language.

Finally, learning another language can protect your child much later in life. Studies have found that bilingualism helps to offset age-related losses in certain thinking processes. Researchers found that those who spoke a second language delayed certain types of dementia by an average of 4.5 years. The good news is that you don't have to be proficient in the second language to reap the benefits. The effort of trying to learn is what counts.

If this all sounds convincing, you might be wondering how to begin. In the elementary years, the easiest option can be enrollment in a language immersion school. If your local public school doesn't offer that option, there are often Spanish

lunch bunches or after-school language classes. And, don't overlook your public library. Many offer bilingual story times, as well as books, CDs and DVDs in non-English languages. You can tune your radio to Spanish music stations or catch a Spanish show on TV. In addition, you can take advantage of private or community education language classes.

Once your child moves into middle and high school, it can become easier to expose him to a second language, because most schools offer several language options. The same is true for college-aged students. And remember, the benefits of learning a language extend into old age, so don't overlook yourself. The goal for anyone in your family doesn't have to be perfection. Benefits come from the practice alone. Just take it one word at a time.

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Purchasers should carefully consider the risks, administrative fees, service and other charges and expenses associated with the contracts, including Plan termination and decreased transfer or refund value. The Plan Description and Master Agreement contains this and other information about the Plan and may be obtained by visiting the website or calling the 800 number above. Purchasers should read these documents carefully before purchasing a contract. Only the purchaser may direct rollovers, contract changes, withdrawals and changes in the designated beneficiary. Participation in the Texas Tuition Promise Fund does not guarantee admission to or graduation from any college or university. Comments or complaints may be forwarded to the Prepaid Higher Education Tuition Program, Office of the Comptroller of Public Accounts, P.O. Box 13407, Austin, Texas 78711-3407, or by calling 512-936-2064.



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# holiday bucket list

## events and destinations

### A CHRISTMAS CAROL

**Nov. 21 to Dec. 30**

Austin's most rockin' holiday tradition returns to make merry with new music and surprises to get the party started. ZACH's inspired adaptation of the Dickens classic is a musical sleigh ride through rhythm and time, infusing the traditional Victorian story with a score that spans all genres and eras. Topfer stage at ZACH Theatre  
202 S. Lamar, Austin  
512-476-0541

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



### BULLOCK TEXAS STATE HISTORY MUSEUM

**Dec. 1 and 13**

On Dec. 1, the Texas Spirit Theater hosts two special holiday screenings (1:30 and 4 p.m.) of the Charles Dickens classic "The Muppet Christmas Carol," featuring Jim Henson's beloved Muppet characters and enhanced effects. On Dec. 13 at 10 a.m., "Mi Casa Es Tu Casa" offers a music class that introduces and reinforces Spanish for you and your child. Also, visit the IMAX theater for screenings of "Pandas" and "Jerusalem," and don't miss the museum store for holiday shopping.

1800 N. Congress Ave., Austin

512-936-8746

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

### CHAPARRAL ICE

In addition to classic, unstructured skating, Chaparral Ice offers broomball, dodgeball, curling, birthday parties and private skating hours. Chaparral Ice has become Austin's premier ice facility, serving 44,000 people per year during public skating hours alone. Bring the family for holiday fun.

2525 W. Anderson Ln., Austin

512-252-8500

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



### ERTH'S PREHISTORIC AQUARIUM ADVENTURE

**Nov. 25, 3 p.m.**

The creators of Erth's Dinosaur Zoo Live take the audience on an all-new adventure — this time in an immersive trip to the bottom of the ocean. Jump in and explore ocean depths where prehistoric marine reptiles lived eons ago — and may still be alive today. Erth shows use actors, technology, puppets, science and imagination to connect young audiences with the science of paleontology.

The Long Center

701 W. Riverside Dr., Austin

512-474-5664

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



### GAYLORD TEXAN RESORT

**Nov. 9 – Jan. 1**

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## HOME FOR THE HOLIDAYS IN ELGIN

**Dec. 1:** Hot Cocoa Stroll & Lighted Parade

**Dec. 13:** Sip Shop

**Dec. 15:** Art of Giving

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Downtown Elgin

512-281-5724

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

## JOYEUX NOEL: A CHRISTMAS AFFAIR

**Nov. 15 – 18**

This annual fundraiser of the Junior League of Austin supports projects and programs in Central Texas. "Market Days" run **Nov. 15** (noon to 9 p.m.), **Nov. 16** (10 a.m. to 8 p.m.)

**Nov. 17** (10 a.m. to 8 p.m.), and **Nov. 18** (10 a.m. to 4 p.m.).

"PJs and Pancakes" takes place **Nov. 17** from 9 to 10:30 a.m. "Ballerinas and Baseball" takes place **Nov. 18** from 9 to 10:30 a.m. and 11:30 a.m. to 1:30 p.m. "Photos with Santa" happens **Nov. 16 and 17** (11 a.m. to 3 p.m.) and **Nov. 18** (1:30 to 3 p.m.). "Cirque de Demain" is a Coats for Kids fundraiser happening **Nov. 17** from 2 to 4 p.m.

Palmer Events Center

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



## MAIN EVENT

Eat. Bowl. Play. Get your game on with family and friends. Main Event features state-of-the-art bowling, multi-level laser tag, over 100 games plus handcrafted food and a full bar under one roof, Main Event is the destination for FUN.

13301 Hwy. 183 N, Austin

512-401-0000

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



## NOCHE NAVIDEÑA

**Dec. 8, 4 p.m.**

Univision and ESB-MACC present a Christmas event with posadas, ornament making and musical performances featuring Latin American music traditions, folkloric ballet and mariachis. This event will be videotaped, and portions will be aired on Christmas Eve on Univision TV.

Emma S. Barrientos Mexican American Cultural Center

600 River St., Austin

[facebook.com/events/1024857107573585/](https://facebook.com/events/1024857107573585/)

[www.univision.net](http://www.univision.net)



## PLAYLAND SKATE CENTER

**Nov. 19 – 23, Dec. 21 – 31**

With extended hours during the holidays, this venue offers the finest in skating entertainment with an impressive light show, fog machine and state-of-the-art sound system playing a wide variety of music. Austin's largest skating facility is a whopping 27,500 sq. ft.

8822 McCann Dr.

512-452-1901

[www.playlandskatecenter.net](http://www.playlandskatecenter.net)



## TURKEY DRIVE

**Nov. 15, 4:30 p.m.**

Univision gives back to the Austin community by providing 400 free turkeys to over 150 families. During the event, there will be children's activities, free entertainment and vendors to visit. Univision's Blanca Gaytan will broadcast live from the event. Free and open to the public.

Poco Loco Supermarket at Ben White and 1st St.

[www.univision.net](http://www.univision.net)





## *camps*

### CAFE MONET THANKSGIVING KID'S CAMP

**Nov. 21 and 23**

10 a.m. to 1 p.m. and 2 to 5 p.m.

\$75 per person

At Westgate and the Triangle, kids will get to make three projects. This is a great time to drop off the kids for a bit of fun while you run last minute errands or do Thanksgiving Day prep.

Westgate Shopping Center, Austin

512-892-3200

Triangle Shopping Center, Austin

512-906-2200

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



### COUNTRY HOME LEARNING CENTERS WINTER PROGRAM

Open during public school holidays except Thanksgiving and Christmas Day. Throughout the holiday season, Country Home provides planned field trips for its school-age students.

Ages 5 - 13

6900 Escarpment Blvd., Austin

13120 US Hwy 183 N, Austin

512-288-8220, 512-331-1441

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



### FANTASTIC MAGIC CAMP

**Dec. 26 to Jan. 4**

Teaching life skills and confidence through magic, juggling and puppets to kids ages 5 - 12. Register now for an amazing, fun and unusual day camp filled with fun, laughter and lots of surprises. 9:00 a.m. to 3:00 p.m. Rehearsal time available from 3 to 6 p.m. for an additional fee.

Ages 5 - 12

7500 Woodrow Ave., Austin

512-850-4677

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



### FUN 2 LEARN CODE

**Dec. 20, 21**

Offering day camps for children and teens. Hours are 9 a.m. to 4 p.m. Coding with Scratch Day Camp for beginner to intermediate level coders ages 7 - 12. Coding Day Camp for beginner to intermediate level coders ages 8-16.

Ages 7 - 16

420 Chisholm Valley Dr., Round Rock

512-900-8380

[www.fun2learncode.com](http://www.fun2learncode.com)



### KIDSACTING

**THANKSGIVING BREAK: Nov. 19, 20, 21**

**WINTER BREAK 1: Dec. 26, 27, 28**

**WINTER BREAK 2: Jan. 2, 3, 4**

When school is OUT, KidsActing is IN with fun-filled camps to satisfy any kid. Campers will sing, dance, act, play theatre games, paint faces and have a blast with crafts and the performing arts. Over Thanksgiving break, Center Stage Theatre offers, "Trolls" for ages 5 - 12 and "Star Wars: The Force Awakens" for ages 6 - 13. Over Winter break 1, Center Stage Theatre offers "Moana" for ages 5 - 13 and Cedar Park offers "Tangled" for ages 5 - 13. Over Winter break 2, Center Stage Theatre offers "Sound of Music" for ages 5 - 13, and Cedar Park offers "Peter Pan" for ages 5 - 13.

Ages 5 - 13

Locations throughout Austin area

512-836-5437

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



### RIO VISTA FARM WINTER BREAK CAMP

**Session I: Dec. 26, 27, 28**

**Session II: Jan. 2, 3, 4**

Instruction in English riding lessons and horse care. Campers leave with a respect for the hard work, dedication and fun involved in working with horses. With van service from Westlake Hills, Rio Vista is located 10 miles from downtown Austin. Camps run from 9 a.m. to 3:30 p.m. Cost is \$250 plus van fee.

Ages 7 - 16

10000 Fallwell Ln., Del Valle

512-247-2303

[www.riovistafarm.net](http://www.riovistafarm.net)



### STEPPING STONE SCHOOLS

At the Brain Games winter camp, students will participate in a series of challenging and engaging brain building activities, field journeys and so much more. Open until noon Dec. 24 and closed Christmas and New Year's Day.

20 locations in Central Texas

Ages 5 - 11

512-459-0258

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



### SUGAR & SPICE GIRLS' CAMP

**Dec. 26 - Jan 1**

Is your daughter interested in spending part of her Christmas break at a girls-only horseback riding camp? This Christmas camp session is all-inclusive (lodging, all meals, tack, horses, lessons, etc.) and charges \$1,149 for the week.

Ages 8 - 16

884 Rikki Dr., Bandera

830-460-8487

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



### SWITCH WILLO HOLIDAY CAMP

**Dec. 26 to Jan 1**

Teaching all skill levels with daily riding instruction, horse care lessons, proper barn safety and etiquette, horse shows, arts and crafts. The camp culminates with a horse show and ribbon ceremony so parents can see what their children have learned and accomplished. Hours are 9 a.m. to 4 p.m., with an option to extend to 8 a.m. to 5 p.m.

Ages 6 - 13

4829 Switch Willo, Austin

512-920-0554

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



### YMCA WINTER HOLIDAY CAMP AUSTIN

**Dec. 26, 27, 28 & Jan. 2, 3, 4**

7:30 a.m. to 6 p.m.

Taking a cue from the Arctic, this camp's theme is "Polar Expeditions." Campers will enjoy making igloos and snowstorms, and creating friendships with some furry friends.

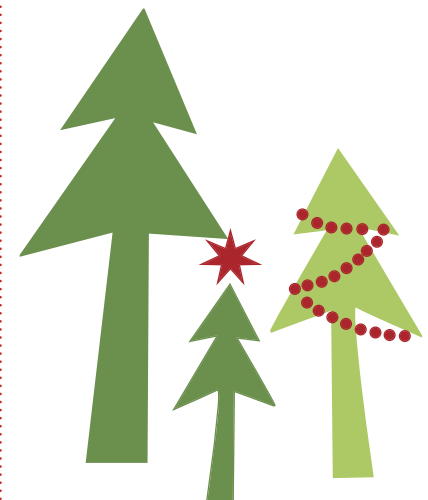
They'll also be taking a polar plunge for indoor swim days and embarking on field trips to the north and south poles of Austin.

Ages 5 - 12

5 locations across Travis & Hays counties, including Buda and Manor

512-236-9622

[www.austinyymca.org/programs/holiday-camps](http://www.austinyymca.org/programs/holiday-camps)





## FAMILY MATTERS

BETTY RICHARDSON

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

# What If I Don't Want Another Baby?

**Q** Our son is 3 years old and an only child. Lately, my husband has been talking a lot about having another baby. I know he gets pressure from his parents, because our son is their only grandchild. My mother-in-law has made it clear she'd love to buy cute little girl clothes for a granddaughter. But my last pregnancy was difficult. I had to stay in bed the last few weeks. My son was born premature and spent a month in the newborn intensive care unit. Also, I don't know how we can afford another child. I have a job now, but if this pregnancy is difficult too, I may have to stop working. How can I best deal with my husband and his family?

**A.** You make a strong case for not wanting another child now and perhaps not in the future either — although that could change, given time. One of the most important things you can do now is preserve the good marital relationship you have by getting your husband to talk about why he wants more children and then presenting your thoughts on why you don't want to have more children. It's important to hear each other out without interrupting. You may not agree with him, but don't interrupt.

Maybe he believes kids are happier or better adjusted when they have siblings. If this is the case, you can make a note to seek out and read articles about only children or find parents of only children to get their opinion. You'll find that researchers and parents of singletons make a compelling case that only children do just fine. After your husband talks about why he wants another child, you can present your reasons why you don't. Think in terms of having more than one discussion to resolve this issue over a bit of time. It's not about him winning or you winning, but coming to an agreement as a couple by listening to each other and showing compassion and respect.

Given your reasons for not wanting another child, here are some ideas for you:

1. Prepare a folder that makes it clear how much bringing your son into the world has cost you in prenatal care, delivery, NICU and pediatrician costs.
2. Outline how much your current insurance will cover of the expense of having another baby.
3. Explain any debt you still have from delivering your first baby.
4. Present information on how quitting your job will affect your budget.

5. Share how difficult it was for you during your pregnancy.
6. Consider proposing that you both go a year without making a decision. This will give you a break from the pressures the family is putting on you.

Given time, you may or may not decide to have a second child. Your husband may come up with a solution to the cost of having another baby. Perhaps he'll get a job with better insurance. Perhaps you'll talk with friends or read about each pregnancy being different, with subsequent pregnancies usually being easier. Or maybe you and your husband will decide together to stop at one child. This is your decision as a couple and has nothing to do with what parents or others may suggest.

My parents decided to stop with one child. That's right: I'm an only child. Occasionally, I'll see some of my friends having a good time with their siblings and wonder if I'm missing out on the fun. But most of the time, I'm fine being an only child.

More important than whether you have another child or not is how you handle the question.



## FAMILY CONNECTIONS

RICHARD SINGLETON

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

# What Will My DNA Test Reveal?

In 1962, James Watson, Francis Crick and Maurice Wilkins received the Nobel Prize for the discovery of the double helix structure of DNA.

Just 28 years later, in 1990, the Human Genome Project launched. Its daunting goal: to map the human genome.

Fast forward another 28 years, and my wife and I are standing in our bathroom giggling about trying to get our 23andMe test completed accurately.

As per, I'm not one for following directions. I just intuit. Well, joke's on me. Her test worked. Mine has to be redone. Who'd imagine that you needed to follow directions with a DNA test?! Probably Watson and Crick! Yes, dear.

So, just like that, in half a century, we've gone from discovering the structure of DNA to being able to giggle about a cheap home genome kit. Astounding!

We used 23andMe. Am I endorsing that one? Not necessarily. In fact, we just randomly picked that one, but if you do your homework (and read the directions!) you can likely do better than us.



**There are unexpected and unintended consequences that can come from sending your saliva out into the great unknown.**

There are far more testing options than you might realize. There's even a website named TopTenBestDNAtesting.com. You literally can't make this stuff up.

According to the folks at Top Ten, the top five tests are MyHeritage, Ancestry, LivingDNA, GPS Origins, and Vitagenes. Futura Genetics and 23andMe round out the list at 6th and 7th. Should we be concerned that a website called Top Ten only had seven tests listed? But, I digress.

So, which one is the best for you? That depends. What are you curious about?

Some tests are better suited for helping assuage arguments about your family tree. Others are postured to predict health and disease risks. Still others best ferret out how much Neanderthal you've inherited. Seriously. I'd be lying if I said this last one isn't tops on my list. But, I might not tell my wife. I mean, come on, do I really want to scientifically lose all

my bargaining power when my wife asks if I was raised in a cave?

Curiosity. They don't say it killed the cat for no good reason. Joking aside, there are unexpected and unintended consequences that can come from sending your saliva out into the great unknown.

Ariel Bogle, writing for Future Tense, notes, "There are plenty of incidents in history where tests that revealed things about ethnicity and genetics were used in nefarious ways." That's a sobering thought. It might seem like science fiction, but caution and care should be given to keeping it from being future fact.

Bogle reminds us that our newfound gleeful exploration and sharing of our genetic information is happening right on the front steps of the internet ... and nothing bad ever happens there, right? So, if getting your bank card hacked is a massive headache, what might a dystopian future look like where you get your medical proneness to headaches hacked? Wait, isn't that an episode of Black Mirror already?

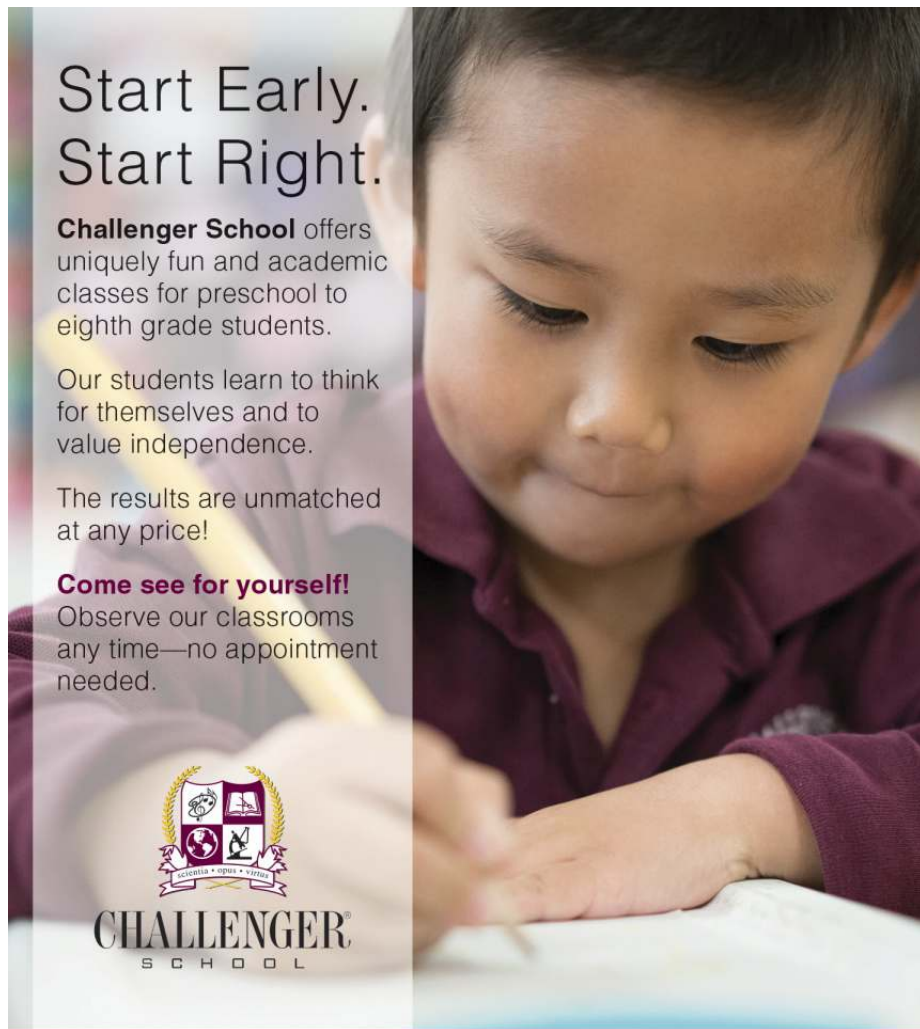
Closer to home – and, perhaps reality – DNA testing is creating contemporary challenges. Likely you know several in your circle of acquaintances who did a DNA test for fun, only to find out that they aren't an only child, that their long-lost grandfather isn't so lost or so far away, or that their homogeneous family story is just that: a story. Family secrets, it turns out, crumble under the weight of hard science.

So, if you want to play it safe, DNA tests might not be your thing. It's that simple. And, there's no shame in that at all. Might be smart. But, if you're willing to scroll past the fine print and click "Agree," there's a lot of cool stuff you can find out about yourself and your world.

Maybe one of the most compelling and rewarding outcomes of all the DNA testing is just how emphatically it demonstrates how intertwined we all are. We humans are prone to wall ourselves off from those who don't look like us, but the data is in, and it tells a story that is undeniable. We're one big family. Consequently, WikiTree is working on creating a "collaborative ... single family

tree ... a tree for the entire human family." Amazing.

Who could have imagined that in just a generation or two, we'd go from barely understanding the basic structure of DNA to having the technology to map our own DNA through the mail! Well, assuming I follow the directions this time ...




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Start Right.**

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

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© 2018, Challenger Schools Challenger School admits students of any race, color, and national or ethnic origin.



## ASUNTOS FAMILIARES

BETTY RICHARDSON

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

# ¿Qué pasa si no quiero otro bebé?

**P.** Nuestro hijo tiene 3 años de edad y es hijo único. Últimamente, mi esposo ha estado hablando mucho sobre tener otro bebé. Sé que sus padres lo presionan a él, porque nuestro hijo es el único nieto. Mi suegra ha dejado claro que le encantaría comprar ropa linda de niña para una nieta. Pero mi último embarazo fue difícil. Tuve que quedarme en cama las últimas semanas. Mi hijo nació prematuro y pasó un mes en la unidad de cuidados intensivos para recién nacidos. Además, no sé cómo podemos costear otro niño. Tengo trabajo ahora, pero si este embarazo también es difícil, es posible que tenga que dejar de trabajar. ¿Cómo puedo lidiar mejor con mi esposo y su familia? ¿piensa usted?

**R.** Usted tiene motivos fuertes para no querer otro niño ahora y quizás tampoco en el futuro, aunque eso podría cambiar, con el tiempo. Una de las cosas más importantes que puede hacer ahora es conservar la buena relación matrimonial que tienen, consiguiendo que su esposo hable sobre por qué quiere tener más hijos y luego usted exponer sus pensamientos sobre por qué no quiere tener más hijos. Es importante que se escuchen el uno al otro sin interrumpir. Puede que usted no esté de acuerdo con él, pero no lo interrumpa.

Tal vez él cree que los hijos son más felices o están mejor adaptados cuando tienen hermanos. Si este es el caso, usted puede hacer el propósito de buscar y leer artículos sobre hijos únicos o buscar padres de hijos únicos para obtener sus opiniones. Usted encontrará que los investigadores y los padres que tienen sólo un hijo, tienen testimonios convincentes de que los hijos únicos también pueden terminar estando bien. Después de que su esposo hable acerca de por qué quiere otro hijo, puede presentar sus motivos por los cuales usted no quiere. Piense en tener más de un argumento de que hablar para resolver este problema en tan poco tiempo. No se trata de que él gane o usted gane, sino de llegar a un acuerdo como pareja. Escuchándose mutuamente y mostrando compasión y respeto.

Considerando sus razones para no querer otro niño, aquí están algunas ideas para usted:

1. Prepare una carpeta que deje en claro cuánto les ha costado traer a su hijo al mundo en atención prenatal, parto, cuidados intensivos y pediatría.
2. Describa cuánto el seguro actual cubrirá el costo de tener otro bebé.
3. Explique cualquier deuda que aún tienen del parto de su primer bebé.

4. Presente información sobre cómo dejar su trabajo afectará su presupuesto.
5. Comparta lo difícil que fue para usted durante su embarazo.
6. Considere proponer que ambos pasen un año sin tomar una decisión. Esto le dará un descanso de las presiones que la familia le está imponiendo.

Con el tiempo, usted puede o no decidir tener un segundo hijo. Su esposo puede encontrar una solución al costo de tener otro bebé. Quizás consiga un trabajo con un mejor seguro. Tal vez usted hablará con amigas o leerá que cada embarazo es diferente, y los embarazos posteriores suelen ser más fáciles. O tal vez usted y su esposo decidan juntos dejar que su hijo sea hijo único. Esta es su decisión como pareja y no tiene nada que ver con lo que los padres u otras personas puedan sugerir.

Mis padres decidieron tener sólo una hija. Así es, soy hija única. De vez en cuando, vero a algunos de mis amigos pasándola bien con sus hermanos y me pregunto si me estoy perdiendo de algo divertido. Pero la mayoría de las veces, estoy bien siendo hija única.

Más importante que si tiene otro hijo o no, es cómo maneja la pregunta.





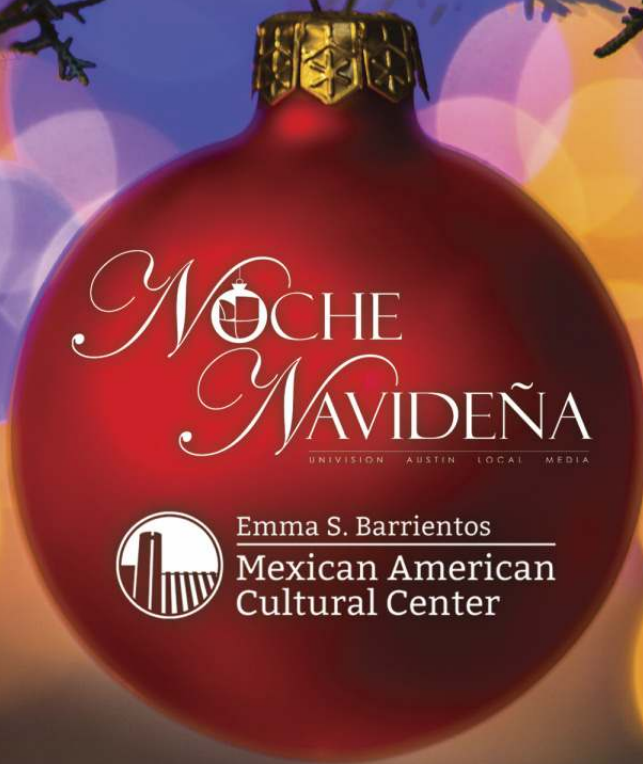
**UNIVISION**  
**AUSTIN**

*Sábado, 8 de  
diciembre*

*Entrada Gratis  
5pm - 9pm*

*600 River Street  
Austin, TX*

*¡Trae un donativo de comida enlatada para participar en  
nuestros regalos de premios y juguetes!*



Emma S. Barrientos  
Mexican American  
Cultural Center

# November

COMPILED BY BETTY KEMPER

2018  
calendar

Museum Exhibits Page 32 • Family Events Page 32 • Parenting Events Page 40 • Story Times Page 40

## Museum Exhibits

### Ed Ruscha: Archaeology and Romance.

Through Jan. 6. View the books, photos, sketches and other materials of the artist's engagement with pop culture. Harry Ransom Center, 300 W. 21st St. [hrc.utexas.edu](http://hrc.utexas.edu) or 512-471-8944.

**Get in the Game: The Fight for Equality in American Sports.** Through Jan. 13. Celebrate the athletes who have broken barriers and spoken out for equality, both on and off the playing field. LBJ Presidential Library, 2313 Red River St. [lbjlibrary.org](http://lbjlibrary.org) or 512-721-0200.

**Rodeo! The Exhibition.** Through Jan. 27. Explore the origins of Texas rodeos and stock shows. Bullock Museum, 1800 Congress Ave. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**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](http://wildflower.org) or 512-232-0100.

## Family Events

### Thu 1

**Living History Days.** Meet costumed volunteers interpreting a character from Texas history. 10 a.m. to 1:30 p.m. Bullock Museum, 1800 N. Congress Ave. FREE for pre-registered groups. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Wild Ones Preschool Rangers.** Explore nature with a park ranger. 10 to 11 a.m. Zilker Ranger Station, 2105 Andrew Zilker Rd. FREE. [austintexas.gov](http://austintexas.gov).

**Wake Up, Brother Bear.** Theater for the very young uses music, art and hands-on sensory experiences to connect children to literature. Performances at 10 a.m. and 12 p.m. Zach Theatre, Topfer Stage, 202 S. Lamar. \$12. [zachttheatre.org](http://zachttheatre.org) or 512-476-0541.

**Literature Live! Tales from Graves.** Three not-so-scary tales of monsters, mischief and mayhem. 10:30 a.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9840.

**Farm Street Opry.** Family-friendly musical entertainment featuring local Texas musicians and special guests. 5:30 p.m. Bastrop Convention and Exhibit Center, 1408 Chestnut St., Bastrop. \$7.50, kids under 10 FREE. [bastropconventioncenter.com](http://bastropconventioncenter.com) or 512-332-8984.

**Starry Night.** Families with kids of all ages explore astronomy and hands-on activities. 5:30 to 7:30 p.m. Girlstart, 1400 W. Anderson Ln. FREE. [girlstart.org](http://girlstart.org) or 512-916-4775.

**Día de los Muertos (Day of the Dead).** Learn about this traditional holiday with this fun, engaging cultural stories, music, shadow puppetry, and arts and crafts. 6:30 p.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9920.

### Fri 2

**Settlement Home Garage and Estate Sale.** A fundraiser to help children in foster care. 10 a.m. to 5 p.m. Palmer Events Center, 900 Barton Springs Rd. FREE-\$10. [settlementhome.org](http://settlementhome.org) or 512-836-2150.

**Sprouts.** A preschool program tailored to ages 3 to 5. 10 to 11 a.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE with admission. [wildflower.org](http://wildflower.org) or 512-232-0100.

**Matthew Salesses: The Hundred Year Flood.** The author shares his experience as an Asian adoptee living in America. 2 to 4 p.m. Asian American Resource Center, 8401 Cameron Rd. FREE. [aarcatx.eventbrite.com](http://aarcatx.eventbrite.com) or 512-974-1700.

**Wurstfest New Braunfels.** A unique annual event filled with German culture and Texas fun. 4 to 11 p.m. Landa Park, 120 Landa St., New Braunfels. \$15 gate, \$12 advance. [wurstfest.com](http://wurstfest.com) or 830-625-9167.

**Rosita y Conchita.** A play in English and Spanish about two sisters trying to reunite on the Day of the Dead. 6:30 p.m. Scottish Rite Theater, 207 W. 18th St. \$12 child, \$17 adult. [scottishritetheater.org](http://scottishritetheater.org) or 512-472-5436.

### Sat 3

**It's My Park Day.** All day. At Austin parks all over the city. FREE. [austinparks.org](http://austinparks.org).

**Madrone Canyon Hike.** A guided hike through the five-acre natural area next to the library. 8:30 to 9:30 a.m. Laura's Library, 9411 Bee Cave Rd. FREE. [westbanklibrary.com](http://westbanklibrary.com) or 512-327-3045.

**Fishing for Shade.** A family-friendly day of fishing on the banks of Camp Mabry's two large ponds. 9 a.m. to 3 p.m. Camp Mabry, 2200 W. 35th St. \$10, FREE for kids 5 and under. [theshadeproject.org](http://theshadeproject.org) or 512-266-0500.

**Fossil Fest.** Explore the geologic history of Texas. 9 a.m. to 5 p.m. Old Settlers Park, 3300 E. Palm Valley Blvd., Round Rock. \$3 adults \$2 students, under 5 FREE. [austinpaleo.org](http://austinpaleo.org).

**Austin Powwow and American Indian Heritage Festival.** See hundreds of Native American dancers and singers from across the country. 9 a.m. to 9 p.m. Travis County Expo Center, 7311 Decker Ln. Adults \$7, kids under 12 FREE, parking FREE. [austinpowwow.net](http://austinpowwow.net) or 512-371-0628.

**We Are Girls Conference.** Designed especially for 3rd – 8th grade girls and the adults who care about them. 9 a.m. to 3 p.m. Anderson High School, 8403 Mesa Dr.

### 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.

**Fall Festival.** Pumpkin patch, corn maze, train rides, farm animals and more. 10 a.m. to 7 p.m. Barton Hill Farms, 1115 FM 969, Bastrop. \$16. bartonhillfarms.com or 855-969-1115.

**5th Annual East Austin Community Festival.** 11 a.m. to 5 p.m., George Washington Carver Museum & Culture Center, 1165 Angelina St., FREE austin.carpe-diem.events/calendar

**Honoring Our Veterans.** Children's activities on a come-and-go basis. 10 a.m. to 3 p.m. The Williamson Museum on the Chisholm Trail, 8 Chisolm Tr., Round Rock. FREE. williamsonmuseum.org or 512-943-1670.

**Settlement Home for Children Garage and Estate Sale.** 10 a.m. to 5 p.m. See Friday 2 for details.

**East Austin Community Festival.** Supporting the Central Texas Food Bank and making an effort to stop hunger. 11 a.m. to 5 p.m. Carver Museum and Cultural Center, 1165 Angelina St. FREE with canned good donation.

**Dia de los Muertos Celebration.** See Thu 1 for description. 11 a.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov or 512-974-9940.

**Tortoise and Hare.** A re-imagining of the ancient fable as a play with modern music. Performances at 11 a.m. and 2 p.m. Zach Theatre, Kleberg Stage, 1421 W. Riverside Dr. \$18-24. zachtheatre.org or 512-476-0541.

**Travis Heights Art Trail.** A neighborhood art show by and for the artists of Travis Heights. 11 a.m. to 5 p.m. Travis Heights, Riverside and Travis Heights. FREE. travisheightstrail.org.

**Wurstfest New Braunfels.** 11 to 12 a.m. See Fri 2 for details.

**First Saturday at the Carver.** A family-friendly, diverse event with activities, music, discussions and more. 12 p.m. George Washington Carver Museum and Cultural Center, 1165 Angelina Street. FREE. austintexas.gov or 512-974-4926.



**Passport to the World.** Explore Austin's rich international community through live performances, interactive games and

crafts, international snacks, speakers and more. 12 to 4 p.m. ACC Eastview Campus, 3401 Webberville Rd. FREE. austinsistercities.com.

**SAAM Diwali Festival of Lights.** Celebrating the Indian festival of lights. 12:30 to 7 p.m. Amy Donovan Plaza @The Domain, 11410 Century Oaks Terrace. FREE. southasianaustinmoms.com.

**Artly World.** A fun, kid-friendly exploration of music and culture from India. 1 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

**Saturday Matinee: Paddington (PG).** 1 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

**Dia de los Muertos Procession and Festival.** Activities for kids and art, craft and food vendors. 2 to 10 p.m. Centennial Plaza, 301 W. Bagdad St., Round Rock. FREE. roundrocktexas.gov or 512-218-7014.

**中文游乐园-Chinese Learning Playground.** 3 to 4 p.m. Westbank Library, 1309 Westbank Dr. FREE. westbanklibrary.com.

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## Sun 4

### ATX Think Bilingual Preschool Expo.

10 a.m. to 1 p.m. Asian American Resource Center, 8401 Cameron Rd. FREE. thinkbilingual.org.

**Fall Festival.** 10 a.m. to 6 p.m. See Sat 3 for details.

**Settlement Home for Children Garage and Estate Sale.** 10 a.m. to 5 p.m. See Friday 2 for details.

**Wurstfest New Braunfels.** 11 a.m. to 10 p.m. See Fri 2 for details.

**Film: The Last Unicorn (G).** 12 p.m. AFS Cinema, 6406 N I-35 Suite 3100. \$5 for kids under 18. austinfilm.org.

**Sunday Funday - Seeing in Black, White and Gray: Inventing the Camera.** Go back in time and see where the camera came from. 12 to 4 p.m. Neill-Cochran House Museum, 2310 San Gabriel St. FREE. nchmuseum.org.



**Heritage House Open House.** Learn about local history. 1 to 4 p.m. Heritage House Museum, 901 Old Austin-Hutto Rd., Pflugerville. FREE. pflugervilletx.gov.

**Wake Up, Brother Bear!** 2 p.m. See Thu 1 for details.

**Tortoise and Hare.** 2 p.m. See Sat 3 for details.

**Film: Won't You Be My Neighbor? (PG-13)** 4 p.m. LiveOak Church, 1195 Sonny Drive, Leander. FREE. liveoak-church.org or 512-775-5714.

**Northside Next: GR8 SK8.** Northside turns into a skating rink with music, prizes and swag, a photobooth and refreshments. 4:45 to 9 p.m. Domain Northside, 11700 Domain Blvd. FREE. domainnorthside.com.

## Mon 5

**Wurstfest.** 5 to 10 p.m. See Fri 2 for details.

**Evening Storytime & Craft.** 6:30 to 7 p.m. Wells Branch Library, 15001 Wells Port Dr. FREE. wblibrary.org or 512-989-3188.

**Literature Live! The Nutcracker.** Enhanced by Tchaikovsky's much-loved score, the tale comes to life with puppets. 6:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

## Tue 6

**Science Fun.** 3:30 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

**Arts and Crafts for Children.** 4:30 to 5:30 p.m. Elgin Public Library, 404 N. Main St., Elgin. FREE. elgintx.com.

**Wurstfest.** 5 to 10 p.m. See Fri 2 for details.

**Family Board Game Night.** 5:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-9400.

**Family Night: Fun and Games.** 6 to 7 p.m. Westbank Library, 1309 Westbank Dr. FREE. westbanklibrary.com.

**Tween Hangout Night.** 6:30 to 7:30 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. FREE. pflugervilletx.gov or 512-990-6101.

## Wed 7

**Homeschool Action: Early Arrivals of Asian Americans.** 10 a.m. to 12 p.m. Asian American Resource Center, 8401 Cameron Rd. \$3. 512-974-1700.


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**Northside Kids.** Guided activities and crafts. 10 a.m. The Domain Northside Lawn, 11700 Domain Blvd. FREE. domainnorthside.com.

**Sprouts.** 10 a.m. See Fri 2 for details.

**Literature Live! The Nutcracker Literature Live.** 10:30 a.m. See Mon 5 for description. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. library.austintexas.gov or 512-974-9920.

**Walking on Sunshine.** Early literacy sing-along. 10:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

**Wurstfest.** 5 to 10 p.m. See Fri 2 for details.

### Thu 8

**Little Texans.** Monthly hands-on program with movement, play and tactile learning for ages 2 to 5. 10 to 11 a.m. Bullock Museum, 1800 N. Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Wild Ones Preschool Rangers.** 10 a.m. See Thu 1 for details.

**Literature Live! The Nutcracker Literature Live.** 4 p.m. See Mon 5 for description. Howson Branch Library, 2500 Exposition

Blvd. FREE. library.austintexas.gov or 512-974-8800.

**Wurstfest.** 5 to 11 p.m. See Fri 2 for details.

**Movies in the Park: Selena (PG).** 6 p.m. Republic Square Park, 422 Guadalupe St. FREE. austinparks.org.

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

### Fri 9

**Sprouts.** 10 a.m. See Fri 2 for details.

**Veterans' Day Car Show.** 4 to 10 p.m. Downtown Bastrop. FREE. visitbastrop.com or 512-956-8507.

**Wurstfest.** 5 to 11 p.m. See Fri 2 for details.

**Creek Show 2018.** Nine nights of free, light-based and site-specific art installations along Waller Creek. 6 to 10 p.m. Waller Creek, Between 9th and 11th streets. FREE. creekshow.com.

**Rock the Park Fall Series.** 6:30 p.m. Mueller Park Amphitheater. FREE. kut.org.

### Sat 10

**Arts and Crafts Show.** Holiday shopping. 9 a.m. to 4 p.m. Clay Madsen Rec Center,

1600 Gattis School Rd., Round Rock. FREE. Please bring a canned food item or box of colorful Band-aids. roundrocktexas.gov or 512-218-3220.

**Bethany Marketplace.** Holiday shopping. 9 a.m. to 4 p.m. Bethany Lutheran Church, 3701 W. Slaughter Ln. FREE. bethanyaustin.com.

**Guided Hike at Bright Leaf.** 9 a.m. Bright Leaf Preserve, 2222 and Creek Mountain Rd. FREE. brightleaf.org.

**Veterans Parade and Ceremony.** 9:30 a.m. Veterans Memorial Park, 2525 W. New Hope Dr, Cedar Park. FREE. cedarparktexas.gov or 512-401-5500.



**Hands on History.** Celebrate our veterans with a patriotic craft. 10 a.m. to 2 p.m. Williamson Museum, 716 S. Austin Ave., Georgetown. FREE. williamsonmuseum.org or 512-943-1670.

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**Library Escape Room.** 10 a.m. to 5 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE with registration. library.austintexas.gov or 512-974-9940.

**Art Walk.** 10 a.m. to 3 p.m. Prete Main St. Plaza, Round Rock. FREE. roundrocktexas.gov or 512-218-7099.

**Artisans' Market.** Holiday shopping. 10 a.m. to 4 p.m. Laura's Library, 9411 Bee Cave Rd. FREE. lauraslibraryartisansmarket.com.

**Second Saturdays are for Families.** Hands-on art-making workshops. 11 a.m. to 3 p.m. Laguna Gloria, 3809 W. 35th St. FREE with registration. contemporaryaustin.org or 512-458-8191.

**Close Assault 1944.** WWII battle reenactment with artillery, uniforms and weapons of the period. 11 a.m. Camp Mabry, 2200 W. 35th St. FREE. texasmilitaryforcesmuseum.org.

**Kooky Spooky Chemistry Day.** 11 a.m. to 2 p.m. Science Mill, 101 S. Lady Bird Lane, Johnson City. Under 3 FREE.

**Tortoise and Hare.** 11 a.m. and 2 p.m. See Sat 3 for details.

**Wurstfest.** 11 a.m. to midnight. See Fri 2 for details.

**Children in Nature Workshop.** 12 to 4 p.m. Carver Museum and Cultural Center, 1165 Angelina St. FREE. austintexas.gov or 512-974-4926.

**8th Annual Children and Family Nature's Workshop.** 12 to 4 p.m. George Washington Carver Museum & Cultural Center, 1165 Angelina St., FREE

**中文游乐园-Chinese Learning Playground.** 3 to 4 p.m. See Sat 3 for details.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

## Sun 11

### Veterans' Day

**Guided Hike at Bright Leaf.** 9 a.m. See Sat 10 for details.

**Veterans Day Parade.** 9:30 a.m. Downtown Austin, 100 Congress Ave. FREE. austinveteransparadefoundation.org.

**Wurstfest.** 11 a.m. to 10 p.m. See Fri 2 for details.

**Family Day at Umlauf.** 12 to 4 p.m. Make art, play games and explore the theme of intergenerational art. Umlauf Sculpture Garden, 605 Robert E. Lee Rd. FREE. umlaufsculpture.org or 512-445-5582.

**Tortoise and Hare.** 2 p.m. See Sat 3 for details.

**Wake Up, Brother Bea.** 2 p.m.. See Thu 1 for details.

**Veteran's Day Ceremony.** 3:30 p.m. Lake Travis High School Performing Arts Center, 3324 RR 620 S, Lake Travis. FREE. lakeway-tx.gov or 512-608-9533.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

## Mon 12

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

**Evening Storytime & Craft.** 6:30. See Mon 5 for details.

## Tue 13

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



**Arts and Crafts for Children.** 4:30 p.m. See Tue 6 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 6 for details.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

**Family Night: Fun and Games.** 6 p.m. See Tue 6 for details.

## Wed 14

**Sprouts.** 10 a.m. See Fri 2 for details.

**Walking on Sunshine.** 10:30 a.m. See Wed 7 for details.

**Mesoamerican Celebration.** Have fun through stories, shadow show puppetry and arts and crafts. 10:15 a.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

**Literature Live! The Nutcracker.** 1 p.m. See Mon 5 for description. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

## Thu 15

**A Christmas Affair Market.** Holiday shopping. 10 a.m. to 8 p.m. Palmer Events Center, 900 Barton Springs Rd. \$15. jlaustin.org or 512-467-8982.



**Wild Ones Preschool Rangers.** 10 a.m. See Thu 1 for details.

**Mesoamerican Celebration.** 10:15 a.m. See Wed 14 for description. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

**Literature Live! The Nutcracker.** 6:30 p.m. See Mon 5 for description. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

**Harry Potter Theme Night.** 7 to 10 p.m. Playland Skate Center, 8822 McCann Dr. \$9. playlandskatecenter.com or 512-452-1901.

**Neighborhood Science.** 7:15 p.m. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov or 512-974-9980.

## Fri 16

**A Christmas Affair: Breakfast with Santa.** 9 to 10:30 a.m. Palmer Events Center, 900 Barton Springs Rd. \$30-35. jlaustin.org or 512-454-7518.

**Sprouts.** 10 a.m. See Fri 2 for details.

**A Christmas Affair Market.** 10 a.m. to 8 p.m. See Thu 15 for details.

**A Christmas Affair: Photos with Santa.** 11 a.m. to 3 p.m. Palmer Events Center. Pre-purchase online. jlaustin.org.

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

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

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

### Sat 17

**Holiday Bazaar.** 9 a.m. McNeil High School, 5720 McNeil Dr.

**A Christmas Affair: PJs and Pancakes.** 9 to 10:30 a.m. Palmer Events Center, 900 Barton Springs Rd. \$35. [jlaustin.org](http://jlaustin.org).

**Pfall Pfest Craft Show.** 9 a.m. to 4 p.m. Pflugerville Rec Center, 400 Immanuel Rd., Pflugerville. FREE. [parks.pflugervilletx.gov](http://parks.pflugervilletx.gov) or 512-990-6350.

**A Christmas Affair Market.** 10 a.m. to 4 p.m. Palmer Events Center, 900 Barton Springs Rd. \$15. [jlaustin.org](http://jlaustin.org).

**Sacred Springs Powwow.** Celebrate indigenous cultures. 10 a.m. to 9 p.m. Meadows Center, 951 Aquarena Springs Dr., San Marcos. From \$7. [sspowwow.com](http://sspowwow.com) or 512-393-3310.



**Harvest Hike.** 10 a.m. Inks Lake State Park, 3630 Park Road 4 W, Burnet. FREE with park pass or \$5 for 13 and up, \$3 for 12 and under. [tpwd.texas.gov](http://tpwd.texas.gov) or 512-793-4689.

**Library Escape Room.** 10 a.m. to 5 p.m. See Sat 10 for details.

**Staci Gray at The Hive.** 10:30 a.m. The Hive, 10415 Old Manchaca Rd., FREE.

**Mesoamerican Celebration.** 11 a.m. See Wed 14 for description. Yarborough Branch Library, 2200 Hancock Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Tortoise and Hare.** 11 a.m. and 2 p.m. See Sat 3 for details.

**Artly World.** 1 p.m. See Sat 3 for description. St. John Branch Library, 7500 Blessing Ave. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7570.

**Cirque de Demain.** A Coats for Kids fundraiser. 2 to 4 p.m. Palmer Events Center, 900 Barton Springs Rd. \$25. [jlaustin.org](http://jlaustin.org).

**中文游乐园-Chinese Learning Playground.** 3 to 4 p.m. See Sat 3 for details.

**Creek Show 2018.** 6 to 10 p.m. See Fri 9 for details.

**Neighborhood Science.** 7 p.m. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

### Sun 18

**A Christmas Affair: Ballerinas and Baseball.** 9 a.m. Palmer Events Center, 900 Barton Springs Rd. \$35. [jlaustin.org](http://jlaustin.org).

**A Christmas Affair Market.** 10 a.m. to 4 p.m. See Tue 17 for details.



**Thanksgiving Skate.** 12 to 6 p.m. Playland Skate Center, 8822 McCann Dr. \$9. [playlandskatecenter.com](http://playlandskatecenter.com) or 512-452-1901.

**A Christmas Affair: Photos with Santa.** 1:30 to 3 p.m. See Fri 16 for details.

**Platform Nine and Teen Quarters.** Teen Harry Potter meetup. 2 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Tortoise and Hare.** 2 p.m. See Sat 3 for details.

**Wake Up, Brother Bear!** 2 p.m. See Thu 1 for details.

### Mon 19

**Friendsgiving.** Teen celebration of giving. 1 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Literature Live! The Nutcracker.** 3:30 p.m. See Mon 5 for description. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3800.

**Mesoamerican Celebration.** 6:30 p.m. See Wed 14 for description. Carver Branch Library, 1161 Angelina St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-1010.

**Evening Storytime & Craft.** 6:30. See Mon 5 for details.

### Tue 20

**Watch Out! Fantastic Beasts and Where to Find Them.** For teens. 1 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Mesoamerican Celebration.** 3:30 p.m. See Wed 14 for description. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

**Arts and Crafts for Children.** 4:30 p.m. See Tue 6 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 6 for details.

**Family Night: Fun and Games.** 6 p.m. See Tue 6 for details.

### Wed 21

**Sprouts.** 10 a.m. See Fri 2 for details.

**Thanksgiving Songs and Stories with Ms. Kat.** 10:30 to 11 a.m. Wells Branch Library, 15001 Wells Port Dr. FREE. [wblibrary.org](http://wblibrary.org) or 512-989-3188.

### Thu 22

**Thanksgiving Day**

**Thundercloud Subs Turkey Trot.** 9:30 to 11 a.m. Long Center, 701 W. Riverside Dr. \$8-35. [thundercloud.com](http://thundercloud.com) or 512-479-8805.

### Fri 23

**Sprouts.** 10 a.m. See Fri 2 for details.

**Blue Genie Art Bazaar.** Holiday shopping. 10 a.m. to 10 p.m. 6100 Airport Blvd. FREE. [bluegenieartbazaar.com](http://bluegenieartbazaar.com) or 512-222-7303.

**Tree Lighting and Santa's Arrival.** 10 a.m. Hill Country Galleria, 12700 Hill Country Blvd., Bee Cave. FREE. [hillcountrygalleria.com](http://hillcountrygalleria.com).



**Tortoise and Hare.** 2 p.m. See Sat 3 for details.



**Lighting of the Square.** 5:30 p.m. Downtown Georgetown. FREE. [hellogeorgetown.com](http://hellogeorgetown.com).



**Sat 24**

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. Whole Foods Market, 525 N. Lamar Blvd. \$10 includes skates. [wholefoodsmarket.com](http://wholefoodsmarket.com).

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Library Escape Room.** 10 a.m. to 5 p.m. See Sat 10 for details.

**Tortoise and Hare.** 11 a.m. and 2 p.m. See Sat 3 for details.

**中文游乐园-Chinese Learning Playground.** 3 to 4 p.m. See Sat 3 for details.

**Sun 25**

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Tortoise and Hare.** 2 p.m. See Sat 3 for details.

**Erth's Prehistoric Aquarium Adventure.** Take your family on an adventure to the bottom of the ocean. 3 p.m. The Long Center, 701 W. Riverside Dr. From \$29. [thelongcenter.org](http://thelongcenter.org) or 512-474-LONG.

**Zilker Holiday Tree Lighting.** Ceremony, live music, food vendors. 5:30 to 10 p.m. Zilker Park, 2100 Barton Springs Rd. FREE. [austintrailoflights.org](http://austintrailoflights.org).



**Craft at the Museum.** 6 to 8 p.m. The Williamson Museum, 716 S. Austin Ave, Georgetown. FREE. [williamsonmuseum.org](http://williamsonmuseum.org).

**Mon 26**

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Evening Storytime & Craft.** 6:30. See Mon 5 for details.

**Tue 27**

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Literature Live! The Nutcracker.** 3:30 p.m. See Mon 5 for description. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

**Family Flicks.** 4 p.m. Lake Travis Community Library, 1938 Lohmans Crossing, Lake Travis. FREE. [laketravislibrary.org](http://laketravislibrary.org) or 512-263-2885.

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**Arts and Crafts for Children.** 4:30 p.m. See Tue 6 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 6 for details.

**Family Night: Fun and Games.** 6 p.m. See Tue 6 for details.

### Wed 28

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Mesoamerican Celebration.** 11 a.m. See Wed 14 for description. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov or 512-974-9940.

**Santa on the Square.** 4:30 to 9 p.m. City Square Park, 101 S. Bureson St., Kyle. FREE. cityofkyle.com.



**Read-Watch-Talk Tulip Fever.** 6:30 p.m. Yarborough Branch Library, 2200 Hancock Dr. FREE. library.austintexas.gov or 512-974-8820.

**Literature Live! The Nutcracker.** 6:30 p.m. See Mon 5 for description. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

### Thu 29

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Literature Live! The Nutcracker.** 4 p.m. See Mon 5 for description. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

**Mesoamerican Celebration.** 6:30 p.m. See Wed 14 for description. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov or 512-974-8800.

**A Christmas Carol Classic Radiocast.** 8 p.m. Old Settlers Park Pavilion, 3300 E. Palm Valley Blvd., Round Rock. \$15-25. penfoldtheatre.org.

### Fri 30

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Sat 24 for details.

**Blue Genie Art Bazaar.** 10 a.m. to 10 p.m. See Fri 23 for details.

**Lights On!** 6 to 8 p.m. Lakeway City Hall Parking Lot, 1102 Lohmans Crossing, Lakeway. FREE. tx-lakeway3.civicplus.com.

**A Christmas Carol Classic Radiocast.** 8 p.m. See Thu 29 for details.

## Parenting Events

### Thu 1

**Kinder Round Up (Open House).** 8:30 a.m. Redeemer Lutheran School and Church, 1500 W. Anderson Ln. redeemerschool.net or 512-451-6478.

### Tue 6

**Pre-K Preview Day.** 8:30 to 10 a.m. St. Theresa's Catholic School, 4311 Small Dr. st-theresa.org or 512-451-7105 Ext. 1025.

**Kinder Round Up (Open House).** 12 p.m. Redeemer Lutheran School and Church, 1500 W. Anderson Ln. redeemerschool.net or 512-451-6478.

### Wed 7

**Welcome Wednesday.** 8:30 to 10 a.m. Hill Country Christian School, 12124 RR 620 N. hillcountrychristianschool.org or 512-331-7036.

### Thu 8

**Kinder Round Up (Open House).** 8:30 a.m. See Thu 1 for details.

### Sat 17

**Breastfeeding Support Group.** 11 a.m. to 12 p.m. Baylor Scott & White Pediatric Clinic, 425 University Blvd., Round Rock. FREE. tinyurl.com/yc2dg3z7 or 512-509-6455.

## 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 or 512-974-7400.

### MONDAYS

**Some libraries closed Nov. 12**

**Spanish Storytime.** 10:15 to 11:15 a.m. Leander Library, 1011 S. Bagdad, Leander. leandertx.gov.

**Baby Time for 3 - 12 mos.** 10 a.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. library.pflugervilletx.gov.

**Infant Story Time.** 10:30 a.m. Westbank Library, 1309 Westbank Dr. westbanklibrary.com.

**Baby Story Time.** 10:30 a.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Lapsit and Storytime.** 10:30 to 11:30 a.m. Elgin Library, 404 N. Main St., Elgin. elgintx.com.

**Toddler Storytime.** 10:30 a.m. Lake Travis Library, 1938 Lohman's Crossing, Lake Travis. laketravislibrary.org.

**Baby Time for 12 - 18 mos.** 11 a.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. library.pflugervilletx.gov.

An advertisement for 'Extend-A-Care for Kids' featuring three smiling children. Text includes 'CLUBS', 'SOCIAL EMOTIONAL LEARNING', 'ART & STEM PROJECTS', and 'CUSTOM CURRICULUM'. A yellow box at the bottom contains registration information for Fall at www.eackids.org, phone (512) 472-9402, and business office address: 55 N. IH-35, Austin, TX.

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**Childcare Honors**  
 Kiddie Academy of Pflugerville recently received the Life Essentials Character Education award at the national Kiddie Academy annual conference. The Pflugerville location was selected from more than 200 franchises considered for the award, which recognizes an...

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**2018 YOUNG WRITERS CONTEST**  
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**Summer Fun Guide!**

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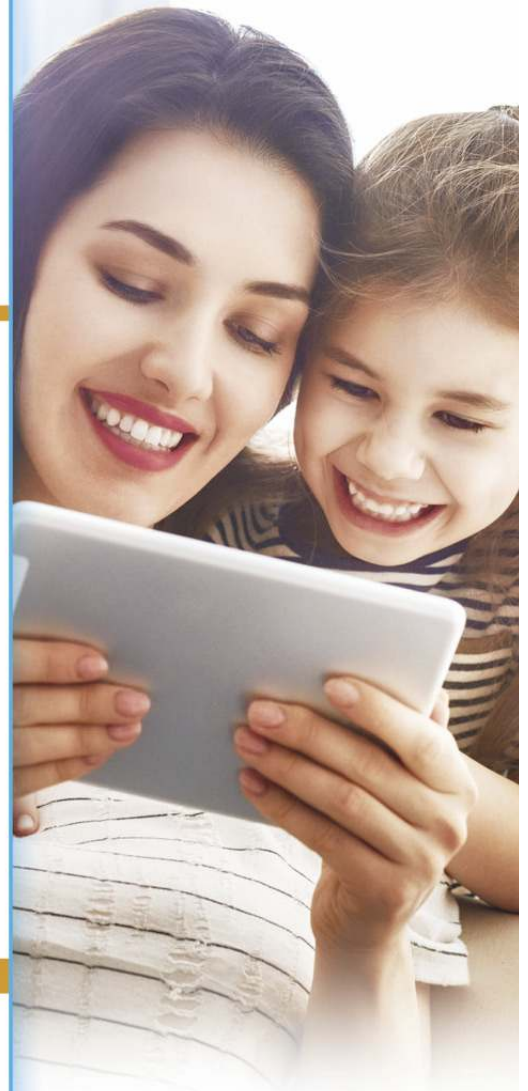
**What's Happening in Austin**

Comanche Motion: The Art of Eric Tippecanic - 04/14/2018 - 12/31/2018  
 Sunday School: Popeye - 08/12/2018 - 08/14/2018  
 AFS Sunday School Series - Popeye - 08/13/2018

Aug 2018						
S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Submit Your Event

**Calendario**  
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**Toddler Story Time.** 11:15 a.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**Books and Babies.** 2 p.m. Twin Oaks Branch Library, 1800 S. 5th St. [library.austintexas.gov](http://library.austintexas.gov).

**Books and Babies.** 2 p.m. Yarborough Branch Library, 2200 Hancock Dr. [library.austintexas.gov](http://library.austintexas.gov).

**Pajama Story Time.** 6 p.m. University Hills Branch Library, 4721 Loyola Ln. [library.austintexas.gov](http://library.austintexas.gov).

**Pajama Story Time.** 6:30 p.m. Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov).

**Evening Story Time.** 6:30 p.m. Round Rock Library, 221 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov).

## TUESDAYS

**Baby and Me Lapsit.** 9:15 to 10 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. [leandertx.org](http://leandertx.org).

**Lapsit Story Time.** 9:45 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. [cedarparktexas.gov](http://cedarparktexas.gov).

**Bilingual Story Time.** 10 a.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Books and Babies.** 10 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov).

**All Ages Story Time.** 10:15 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. [library.austintexas.gov](http://library.austintexas.gov).

**All Ages Story Time.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. [library.austintexas.gov](http://library.austintexas.gov).

**Toddler Story Time.** 10:15 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov).

**Baby Storytime.** 10:30 a.m. Lake Travis Library, 1938 Lohman's Crossing, Lake Travis. [laketravislibrary.org](http://laketravislibrary.org).

**Music and Movement.** 10:30 to 11:30 a.m. Westbank Library, 1309 Westbank Dr. [westbanklibrary.com](http://westbanklibrary.com).

**Spanish Circle Time.** 10:30 a.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**Toddler Story Time.** 10:30 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. [cedarparktexas.gov](http://cedarparktexas.gov).

**Bilingual Story Time.** 10:30 a.m. Round Rock Library, 221 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Spanish Dual Language Story Time.** 10:30 a.m. Terrazas Branch Library, 1105 E. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov).

**Storytime.** 10:30 a.m. Westbank Library, 1309 Westbank Dr. [westbanklibrary.com](http://westbanklibrary.com).

**Music & Movement.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. [library.austintexas.gov](http://library.austintexas.gov).

**Bilingual Story Time.** 11 a.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Spanish Dual Language Story Time.** 11 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov).

**Preschool Story Time.** 11 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov).

**Preschool Story Time.** 11 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. [cedarparktexas.gov](http://cedarparktexas.gov).

**Books and Babies.** 2 p.m. Howson Branch Library, 2500 Exposition Blvd. [library.austintexas.gov](http://library.austintexas.gov).

**Pajama Storytime.** 6 p.m. Old Quarry Branch Library, 7051 Village Center Dr. [library.austintexas.gov](http://library.austintexas.gov).

**Pajama Storytime.** 6 p.m. Yarborough Branch Library, 2200 Hancock Dr. [library.austintexas.gov](http://library.austintexas.gov).

**Story Time and Craft.** 6:30 p.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

## WEDNESDAYS

**Babytime.** 9:30 a.m. Round Rock Library, 221 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Toddler Time.** 9:30 a.m. Round Rock Library, 221 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Lapsit Story Time.** 9:45 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. [cedarparktexas.gov](http://cedarparktexas.gov).

**Story Time.** 10 a.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**All Ages Story Time.** 10:15 a.m. Howson Branch Library, 2500 Exposition Blvd. [library.austintexas.gov](http://library.austintexas.gov).

**Books and Babies.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. [library.austintexas.gov](http://library.austintexas.gov).

**Spanish Dual Language Story Time.** 10:15 a.m. St. John Branch Library, 7500 Blessing Ave. [library.austintexas.gov](http://library.austintexas.gov).

**Toddler Story Time.** 10:15 a.m. Twin Oaks Branch Library, 1800 S. 5th St. [library.austintexas.gov](http://library.austintexas.gov).

**Toddler Story Time.** 10:15 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov).

**Toddler Story Time.** 10:15 a.m. Old Quarry Branch Library, 7051 Village Center Dr. [library.austintexas.gov](http://library.austintexas.gov).

**Circle Time.** 10:30 a.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**Preschool Story Time.** 10:30 a.m. Round Rock Library, 221 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).



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**Story Time.** 10:30 a.m. Westbank Library, 1309 Westbank Dr. westbanklibrary.com.

**Toddler Time.** 10:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Toddler Story Time.** 10:30 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Story Time.** 11 a.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**All Ages Story Time.** 11 a.m. University Hills Branch Library, 4721 Loyola Ln. library.austintexas.gov.

**All Ages Story Time.** 11 a.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. library.austintexas.gov.

**Books and Babies.** 11 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. library.austintexas.gov.

**Books and Babies.** 11 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. Twin Oaks Branch Library, 1800 S. 5th St. library.austintexas.gov.

**Spanish Language Story Time.** 11 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. library.austintexas.gov.

**Sensory Story Time.** 11:15 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Bow Wow Reading.** 4:30 p.m. Little Walnut Creek Branch Library, 853 W. Rundberg Ln. library.austintexas.gov.

**Pajama Story Time.** 6:30 p.m. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov.

## THURSDAYS

**Libraries closed Nov. 22**

**Preschool Story Time.** 9:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Babytime.** 9:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Terrific Toddlers.** 9:30 to 10 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org.

**Lapsit Story Time.** 9:45 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Story Time.** 10 a.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Music & Movement.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. library.austintexas.gov.

**Spanish Story Time.** 10:15 a.m. Pleasant Hill Branch, 211 E. William Cannon Dr. library.austintexas.gov.

**Toddler Story Time.** 10:15 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov.

**Toddler Story Time.** 10:15 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. library.austintexas.gov.

**Toddler Story Time.** 10:15 a.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov.

**All Ages Story Time.** 10:30 a.m. Little Walnut Creek Branch Library, 853 W. Rundberg Ln. library.austintexas.gov.



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**All Ages Story Time.** 10:30 a.m. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov.

**Spanish Story Time.** 10:30 a.m. Westbank Library, 1309 Westbank Dr. westbanklibrary.com.

**Preschool Story Time.** 10:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Toddler Time.** 10:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Toddler Story Time.** 10:30 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Story Time.** 10:30 a.m. Laura's Library, 9411 Bee Cave Rd. westbanklibrary.com.

**Story Time.** 11 a.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Preschool Story Time.** 11 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Early Literacy Playgroup.** 11 a.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. library.austintexas.gov.

**Music & Movement.** 11 a.m. Howson Branch Library, 2500 Exposition Blvd. library.austintexas.gov.

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**Preschool Story Time.** 11 a.m. Manchaca Road Branch, 5500 Manchaca Rd. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. Milwood Branch, 12500 Amherst Dr. library.austintexas.gov.

**Preschool Story Time.** 11 a.m. Yarborough Branch, 2200 Hancock Dr. library.austintexas.gov.

**Spanish Story Time.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. library.austintexas.gov.

**Sign Language Story Time.** 11:15 a.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Cuddle Up and Read.** 2 p.m. Manchaca Road Branch, 5500 Manchaca Rd. library.austintexas.gov.

**Pajama Storytime.** 6 p.m. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov.

**Pajama Story Time.** 6:30 p.m. Manchaca Road Branch, 5500 Manchaca Rd. library.austintexas.gov.

## FRIDAYS

**Libraries closed Nov. 23**

**Babytime.** 9:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Baby and Me Lapsit.** 10 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org.

**Storytime.** 10 a.m. Briarcliff Community Center, 22801 Briarcliff Dr., Briarcliff. laketravislibrary.org.

**All Ages Story Time.** 10:30 a.m. Central Library, 710 W. Cesar Chavez St. library.austintexas.gov.

**Toddler time.** 10:30 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Toddler Story Time.** 10:30 a.m. Wells Branch Library, 15001 Wells Port Dr, Austin. wblibrary.org.

**Preschool Story Time.** 11:15 a.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Books and Babies.** 2 p.m. Old Quarry Branch Library, 7051 Village Center Dr. library.austintexas.gov.

## SATURDAYS

**Family Story Time.** 10 a.m. Cedar Park Library, 550 Discovery Blvd., Cedar Park. cedarparktexas.gov.

**Baby Time.** 10:30 a.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Family Storytime.** 10:30 a.m. Lake Travis Library, 1938 Lohman's Crossing, Lake Travis. laketravislibrary.org.

**Family Story Time.** 11 a.m. Round Rock Library, 221 E. Main St. roundrocktexas.gov.

**Story Time and Craft.** 11 a.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Family Story Time.** 12:30 p.m. Westbank Library, 1309 Westbank Dr. westbanklibrary.com.

**Saturday Story Time.** 1 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

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# Summer Camp



## Austin Family Magazine's 21st Annual Summer Camp Fair!

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# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## HABITOS

Para crear un hábito, primero necesitas saber que por lo general hay dos fuerzas emocionales que nos impulsan a actuar, estas son el miedo y el placer. Cada una de estas fuerzas puede ser usada para motivarnos a actuar dependiendo de la situación. Por ejemplo, supongamos que quieres bajar de peso y la fuerza que te motiva a mantener el hábito de comer saludable es el miedo a engordar. Pues entonces, en el momento de la tentación, visualiza cómo es que te verás en el futuro si no te detienes ante la tentación. Lo que se te venga a la mente en el momento será poderoso para actuar al menos con conciencia. Busca tu fuerza emocional para crear los hábitos que quieras; tu tienes tu propia estrategia. ¡Piensa positivo!

## HABITS

To create a habit, you first need to know there are two emotional forces that drive us to act: fear and pleasure. Each of these forces can be used depending on the situation. For example, suppose you want to lose weight and the force that motivates you to maintain the habit of eating healthy is the fear of becoming overweight. Then at the moment of temptation, visualize how you will see yourself in the future if you don't stop before temptation. Whatever comes to mind will be powerful to act at least with conscience. Find your emotional strength to create the habits you want; you have your own strategy. Think positive!

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# KID ZONE

## “Stained-Glass” Autumn Leaves



This sensory-related art experience results in beautiful “stained-glass” leaves to brighten any window on a fall day. It’s a perfect activity for toddlers through early elementary school-age kids using simple household materials. An adult’s help will be needed for parts of the project.

### What You Need

- red, yellow and orange tissue paper
- contact paper
- scissors
- painter’s tape
- glue stick
- clear tape

### What You Do

1. Cut the tissue paper into square-ish shapes that measure about 1.5 inches.
2. Cut the contact paper into two square-ish shapes that measure about 6 inches.
3. Remove the backing from one square of contact paper and mount it sticky-side-up on a hard surface using painter’s tape to hold down the edges.
4. This is where toddlers will have a blast: place random squares of tissue paper on the sticky contact paper to create a collage of fall color.
5. Remove the backing from the second square of contact paper and lay the second square over the first, so that the tissue paper is sealed between the two pieces of contact paper.
6. Cut the contact paper into a leaf shape. If needed, glue the edges of the leaf shape together using a glue stick.
7. Using clear tape, hang the leaf in a sunny window to enjoy the fall color.



Stepping Stone School is the largest privately-owned childcare provider in Central Texas. Locally owned and operated since 1979, the Paver family has grown the company to 20 locations. Stepping Stone School has been named Best in Childcare by the readers of Austin Family magazine for 20 years.



## SMART SCREEN TIME

This month, PBS KIDS is premiering *Let’s Go Luna*, an animated show that follows the adventures of three friends – Leo, a wombat from Australia; Carmen, a butterfly from Mexico; and Andy, a frog from the US – as

they traverse the globe with their parents’ traveling performance troupe, “Circo Fabuloso.” At each of the Circo’s stops, Luna the Moon, voiced by Judy Greer, guides the trio as they get to know the local region and its people. The gang’s adventures take them through cities around the globe – from London to Cairo to Beijing – where they explore the food, music, art, architecture and other features that make each place distinctive. Episodes end with the kids back at the Circo Fabuloso and Luna back in the sky, with a reminder that there’s always more to see, learn and experience in every place they visit.

While this show will no doubt draw in adult viewers as well, it will hopefully serve as a launch pad for further family investigations of places around the globe and in our own backyard. Whether you watch Rick Steves, *The Daytripper* or anything from the amazing catalog of PBS travel, culture and history shows, we encourage families to watch and talk together about all the connections that can be made to kids’ worlds. Though it may go against the age-old rule of “no talking when the TV’s on,” we know that this kind of in-the-moment dialogue actually helps solidify learning and makes for a more fun viewing experience.

*Let’s Go Luna* premieres Wednesday, Nov. 21. Go to [pbs.org](http://pbs.org) to search the back catalog of travel shows online, get the free PBS app for mobile and OTT devices, or search by places you wish to (virtually) visit at [pbslearningmedia.org](http://pbslearningmedia.org)

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

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## JUST FOR GRINS

CARRIE TAYLOR

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



# Entering Survival Mode: Third Pregnancy

“Do you feel different this time?”

That’s the question I get most often from well-meaning strangers, as they steal a less-than-subtle glance at my baby bump, which is definitely NOT a baby bump. It’s just the result of gas and too many chips.

What a loaded question. The biggest difference I’ve been able to surmise so far in my 10th week of pregnancy is that I’m no longer a contributing member of society. I routinely forget everything, from brushing my teeth before I leave in the morning to packing my kids’ lunches. I recently signed a check to my babysitter, “Nicole Thornton,” which isn’t remotely her name. I don’t know anybody named Nicole Thornton. But Nicole is my middle name, and Thornton is my maiden name. So now I’m just making stuff up.

I have noticed that this third time around, my body has no fight left. As soon as those pregnancy hormones were unleashed like a horde of dirty gladiators, all systems

decided it was time to throw in the towel. Hence, my traitorous abs dropped their guard without hesitation, my bellybutton immediately disappeared, and the bags under my eyes promptly gained 10 pounds.

And then there is the debilitating exhaustion. I made the tiny mistake of sitting down on the floor to play with the kids for five minutes, and I passed out on the Mickey Mouse couch, only to be awakened by the distant sounds of a vacuum cleaner. Turns out my ambitious smaller small child had finally realized his dream of shredding all the cotton balls on my bathroom counter, and my sympathetic larger small child thought he would be useful and tidy up the place.

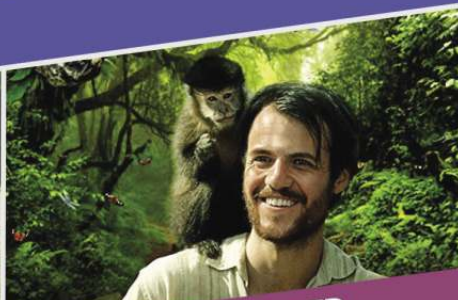
And you know what? I may or may not have just gone back to sleep. Because ... survival mode.



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