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It's creepy, crawly and so much fun... it's spooky! Your little ghost or goblin will help haunt our new location, the AISD Performing Arts Center, for the Austin Symphony's annual Halloween Children's Concert.

This season's featured piece will have narrated selections from Engelbert Humperdinck's opera *Hansel and Gretel*. Other pieces will be "The Imperial March" from *Star Wars*, Edvard Grieg's "In the Hall of the Mountain King" and many more!

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October 2018

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FILM REVIEW

By Jack Kyser

"The Old Man and the Gun"

Read online at: www.austinfamily.com/films



Reed is a Cover Kid Contest winner and loves to camp with his twin sister and family. Photo by Jordan Ashley Photography.

Domestic abuse is shockingly common. Through manipulation, verbal insults, threats, physical harm and other means, one partner – often but not always a male – uses power to control another – often but not always a female. Undoubtedly, both parties in this traumatic tango are forever changed by their experience. Unfortunately, so are their children.

Because abusive relationships touch so many – one in three women and one in four men will be victims at some point in their lives – and because victims come from all walks of life – varying by age, gender, sexual orientation, race and ethnicity, economic and religious background – the likelihood is high that you know at least one person affected. Perhaps that person is you.

That’s why we’re making space in October, Domestic Violence Awareness Month, to explore this topic and to provide support, encouragement and resources. If you need help, you’re not alone, and help is



EDITOR'S NOTE

SHERIDA MOCK

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

available. Call the National Domestic Violence Hotline at 800-799-7233. All calls are anonymous and confidential. If you know someone who needs help, be a good listener, educate yourself on how to help and have patience as she finds her strength.

Wishing you the very best,

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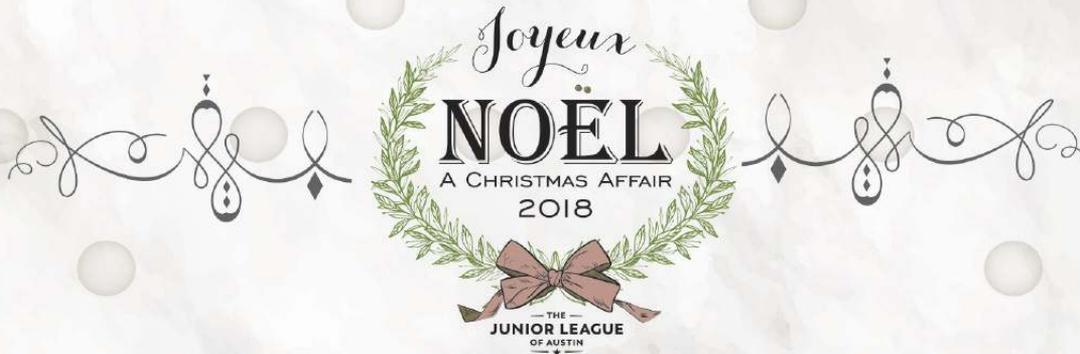
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SATURDAY, NOVEMBER 17, 2018

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

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

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

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Government Recalls Rubber Toys, Toy Planes and Camping Chairs



BSN Sports is recalling about 31,000 **rubber critter toys** because the orange and yellow surface paint on the toys contains levels of lead that exceed the federal lead paint ban. The recall involves rubber critter toys sold in various colors and animal shapes including octopus, alligator, chicken, frog, pig, penguin and cow. Affected units were sold in BSN

Sports and US Games catalogs and online at amazon.com, athleticconnection.com, bsnsports.com, esportsonline.com and usgames.com between February 2017 and June 2018 for about \$10. Consumers should immediately take the recalled rubber critter toys away from children and contact BSN Sports for a merchandise credit. BSN Sports is contacting all known purchasers directly.



Manhattan Toy Company is recalling about 5,100 **toy planes** because the rubber tires can separate from the wheels, posing a choking hazard for young children. The recall involves the Pull-Back Speedy Jet, a wooden toy airplane with a blue painted body, natural wood wings and plastic wheels with black rubber tires. The recall only includes toy planes with lot code 155400 EJ. Affected units were sold at small independent stores between August 2017 and June 2018 for about \$8. Consumers should immediately take the recalled toy away from children and return it to the store where purchased or contact Manhattan Toy for a full refund.



NEMO Equipment is recalling about 7,500 **camping chairs** because the plastic joint supports attached to the legs of the chairs can break, posing a fall hazard. The recall involves Stargaze recliner chairs sold in four colors: green, gray, teal and red. Affected units were sold at REI and specialty outdoor stores nationwide and online at nemoequipment.com and rei.com between

November 2017 and May 2018 for between \$180 and \$220. Consumers should immediately stop using the recalled chairs and contact NEMO Equipment for a free inspection and, if necessary, a free replacement chair.

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

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A R O U N D

Austin

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Little Hammocks

Austin-based Kammok recently announced its new Roo Jr. hammock for campers ages 4 to 10 and under 54 inches in height. Built for both camping and backyard play, the kid-sized hammock uses tear-resistant and water-repellent fabric, has a no-tip design and a load capacity of 400 lbs. Kammok was founded in 2010 and has since become a leading manufacturer of lifestyle and technical hammocks, trail quilts, tents and sleeping bags.

Austin's Kammok now offers a kid-sized hammock. Photo courtesy of Kammok



Alex Mancevski explains a human body 3D puzzle to students. Photo courtesy of the Barron Prize.

Teen Honoree

An Austin teen has been named an honoree in the Gloria Barron Prize for Young Heroes. Each year, the Barron Prize honors 25 outstanding young leaders who have made a significant positive difference to people and our planet.

Alex Mancevski, age 17, founded Health Through Science, a non-profit working to eradicate preventable diseases, especially pediatric Type 2 Diabetes (T2D) and obesity. In the past two years, Mancevski has recruited 150 student volunteers from six local high schools to mentor 1,500 children each month at 20 elementary schools. His volunteers act as science coaches, promoting health awareness and teaching the material needed for kids to participate in science fairs.

The Barron Prize was founded in 2001 by author T.A. Barron and was named for his mother, Gloria. For more information, visit barronprize.org.

Walk for Heart Health

The 2018 Austin Heart and Stroke Walk will take place on Saturday, Oct. 20. Benefiting the American Heart Association, the walk will begin at 8:30 a.m. at the Long Center. This year's event will include a family-friendly three-mile walk, CPR demonstrations and interactive activities. Participation is free and open to the public. Walkers who raise funds are eligible for prizes.

Heart disease is America's number one killer. Aiming to change that, more than 1 million walkers participate annually in nearly 350 Heart Walk events in cities across the country. Proceeds from these events go toward the American Heart Association's research, education and community programs. For more information, visit austinheartwalk.org.



Walkers take part in last year's Heart and Stroke Walk. Photo courtesy of American Heart Association.

Must-Do This

October

5-6

Round Rock Chalk Walk
at Centennial Plaza

6-28

Rosita y Conchita
at Scottish Rite Theater

27-28

Texas Book Festival
at Texas State Capitol

Baylor Scott & White Round Rock is part of the hospital system that ranked tops in Texas. Photo courtesy of Baylor Scott & White.



Hospital Awards

Baylor Scott & White Health leads Texas in the number of accolades earned in U.S. News & World Report's "America's Best Hospitals" 2018-19 list, released in late August. Sixteen Baylor Scott & White hospitals were recognized, with two receiving national rankings.

"We are honored to be recognized once again on this prestigious list for the outstanding care and service our people provide patients each day," says Jim Hinton, CEO of Baylor Scott & White Health.

The annual Best Hospitals ranking, now in its 29th year, is designed to assist patients and their doctors in making informed decisions about where to receive care. For the 2018-19 ranking, U.S. News evaluated more than 4,500 medical centers nationwide.

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Photo: Katie Wnukoski

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Stepping Stone School students celebrate their fundraising efforts. Photo courtesy of Ronald McDonald House Charities of Central Texas.

Student Donations

Stepping Stone School students and the school's founder, Rhonda Paver, M.A., recently donated over \$14,000 to support the Ronald McDonald House Charities of Central Texas (RMHC CTX). Funds for the donation were raised by the school-age students participating in the school's annual Young Entrepreneurs and Philanthropists summer camp and was matched by a grant from the Paver family. Stepping Stone School also provided in-kind materials.

"The generosity of the Stepping Stone School's students, families, faculty and the Paver family has made an indelible impact on our families," says Carolyn Schwarz, chief executive officer of RMHC CTX.

RMHC CTX provides care and resources to children and families being served by Central Texas hospitals. Since 2012, Stepping Stone School students have raised and donated over \$55,000 to support the families who rely on RMHC CTX programs when their children are sick.

by the numbers



12 million
People affected by domestic violence each year

Source: thehotline.org



1994
Year Congress passed the Violence Against Women Act

Source: justice.gov



15x
Increase in likelihood children who witness domestic violence will grow up to experience it themselves

Source: thehotline.org

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Two DogSpot houses are now in use at the Hill Country Galleria. Photo courtesy of DogSpot.

Dog “Parking”

To discourage pets from being tethered on the sidewalk or even left in cars, Hill Country Galleria has announced it is partnering with DogSpot to provide technology-enabled dog houses that offer safe and comfortable “sidewalk sanctuaries.” The air-conditioned houses can accommodate dogs up to 100 lbs. Each house includes a self-sanitizing UVC light that kills bacteria and viruses between sessions. DogSpots are also cleaned by hand each day.

The houses, modeled on the dimensions of a German Shepherd crate, include a web cam so pet parents can keep an eye on their fur babies through the DogSpot app. There are now two DogSpot houses on the property, with plans to install pet waste stations, dog water fountains, and more pet-friendly amenities. Hill Country Galleria is the first location in Texas to offer DogSpots.

Rare Diseases Art Exhibit

A traveling art exhibition that spotlights rare childhood diseases is making its first visit to Texas. Oct. 1 marks the opening of “Beyond the Diagnosis,” hosted by U.R. Our Hope (urourhope.org) and Texas State University at Round Rock.



Case, who has Hunter syndrome, as rendered by artist Charlie Hall, is one of the children featured in “Beyond the Diagnosis.” Art courtesy of Beyond the Diagnosis.

According to beyondthediagnosis.org, there are 7,000 rare diseases, sometimes called “orphan” diseases because there are no cures, and drug companies are seldom interested in pursuing treatments. The “Beyond the Diagnosis” exhibition puts a face to the patients living with these diseases. Artists donated their time and talents to paint portraits of patients, with a goal of eventually creating a work of art for each of the 7,000 rare diseases.

The exhibition will be on display Monday through Friday from 10 a.m. to 4 p.m. until Nov. 9. Admission to the exhibition is free, and campus parking is \$5. An accompanying catalog is available for sale at beyondthediagnosis.org.

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The Benefits of Gratitude

New research from UT Austin proves writing letters of gratitude is a beneficial experience people should commit to more often. The gesture improves well-being for not only letter writers, but recipients as well.

Published in "Psychological Science," researchers Amit Kumar, assistant professor of marketing in the McCombs School of Business at UT, and Nicholas Epley of The University of Chicago asked participants to write a letter of gratitude to someone who had done something nice for them and then anticipate the recipient's reaction. The study found that letter writers overestimated how awkward recipients would feel about the gesture and underestimated how surprised and positive recipients would feel.

"What we saw is that it only takes a couple of minutes to compose letters like these, thoughtful ones and sincere ones," says Kumar. "It comes at little cost, but the benefits are larger than people expect." Kumar says anxiety about what to say or fear of their gesture being misinterpreted causes many people to shy away from expressing genuine gratitude.



Kids' Play Area

Round Rock Premium Outlets has announced a new children's play area will open to the public on Oct. 6. The 3,000 sq. ft. area lets children play, climb and slide on Texas-themed structures such as a cowboy boot and hat, armadillo and longhorn on top of a play surface of soft rubber material.

"The new children's play area is just one way to show that everything is bigger in Texas," says Rachel Imbriale, Director of Marketing and Business Development. Families are invited to celebrate the grand opening on Oct. 6 from 11 a.m. to 4 p.m. with festivities including a DJ, selfie station, ice pops and bites from the Waffle Love food truck.

Round Rock Premium Outlets debuts a new kids' play area on Oct. 6. Photo courtesy of Simon Premium Outlets.

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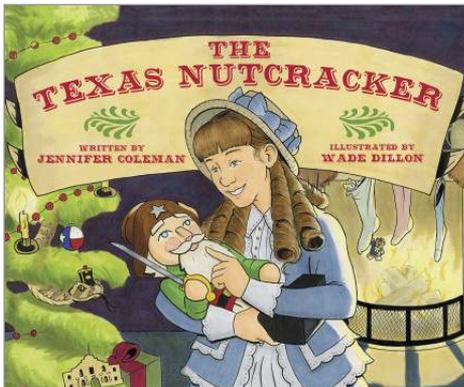
Several Austin-area authors have new books on the shelves this month.

“Forest Therapy” by certified life coach Sarah Ivens debuted

on Sept. 4 and explores the forest bathing trend — also known to the Japanese as shinrin-yoku and to the Scandinavians as friluftsliv. The author offers several simple activities for breaking out of our indoor hibernation and reconnecting with nature.

On sale beginning Oct. 1, Jennifer Coleman’s “Texas Nutcracker” is a retelling of the classic Nutcracker story. In this version set at Fort Davis, it’s December 24, 1883, and Colonel Grierson has arrived bearing a nutcracker who looks just like a Texas soldier. The tale features a Rattlesnake King, a Bluebonnet Fairy and a trip to the Land of the Wildflowers.

Earlier this summer, teen author and illustrator Jane Conquest unveiled her latest work, “See Her,” a novel about boy-meets-girl teenage romance. But in this telling, the love they share is less than dreamy.



Literary Celebrations

Two literary festivals bookend the month of October, with the Texas Teen Book Festival happening Oct. 6 and the Texas Book Festival taking place Oct. 27 and 28. Both festivals are free and open to the public.

The Texas Teen Book Festival will take place at St. Edward’s

University. The author lineup includes Marissa Meyer, Patrick Ness and David Levithan. Attendees can enjoy sessions, panels, book signings and sales. For more information, visit texasteenbookfestival.org.

The Texas Book Festival will take place on the grounds of the Texas State Capitol and along Congress Ave. More than 50,000 attendees are expected to take part in book signings, sales, kids’ activities, food trucks and more over two full days. The lineup includes chefs, photographers, activists and nationally renowned authors such as Susan Orlean, John Scalzi, Phoebe Robinson, Scott Kelly, Julián Castro, Jose Antonio Vargas, Dessa, Ben Fountain, Carol Anderson and Mimi Swartz. For more information, visit texasbookfestival.org.



Attendees at the 2017 Texas Teen Book Festival show off their favorite books. Photo courtesy of Texas Teen Book Festival.



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Put a Spark in Your Family Campfire

BY DEANNE HAINES

Whether you're nestled deep in the woods sitting on logs beside your tent or chilling out on chairs in your backyard, gathering around a campfire is often a highlight of fall and winter nights.

The warmth of a crackling campfire creates the perfect setting for families to gather together, connect and make lasting memories. Want to put an extra spark in your autumn tradition this year? Here are some surefire ways to enhance your campfire experience.

Put a Twist on Traditional Treats

Roasting s'mores over the fire is a family favorite — and with good reason. Who can resist gooey marshmallow mixed with melted chocolate and sandwiched between two graham crackers? This fall, try turning up the heat on traditional campfire fare by switching out some of the ingredients. Instead of graham crackers, for example, smother the goodness between two crackers, chocolate chip cookies or the top and bottom of a chocolate sandwich cookie. A

s'moreo is sure to ignite the taste buds of all ages. And while you're at it, exchange the regular chocolate bar with other variations, such as a snack size peanut butter cup, crunch bar, or for a minty touch, a chocolate mint patty.

A hot dog on a stick is a common meal to cook over a fire, but a variety of foods can be cooked on a stick. Wrap bacon or bread dough around a stick and savor the yumminess that ensues. Or for a healthier option, load up various chunks of vegetables and meat or fish for camping kebabs. You'd be surprised how much faster picky eaters gobble up veggies when they had a hand in roasting them over a fire.

Get Creative with Campfire Activities

A campfire naturally inspires families to sit and enjoy each other's company. But it's also fun to engage in bonding campfire activities. Before dusk settles in, embark on an outdoor scavenger hunt. Be creative with items to search for such as: a stick in the shape of a letter, a heart-shaped rock, something in every color of the rainbow. You could even get help gathering kindling by adding "Find 10 good campfire sticks" to everyone's list.

Once the sun fully sets, it's fun to huddle by the fire and tell stories. Some like scary ghost stories, while others enjoy humorous tales. Memories from your childhood make for an enlightening conversation. Or fire up the group's imagination by having each person around the circle contribute a sentence to an on-going made-up story. It's fun to see how wildly different the story ends from how it started.





Music and campfires seem to go together like Simon and Garfunkel. Ideally, someone in your group has a guitar they can break out and strum during “Bridge Over Troubled Water,” but even without an instrument, singing campfire songs under the stars can be an illuminating experience. From the simple (“Twinkle, Twinkle Little Star”) to the sentimental (“Take Me Home, Country Roads” by John Denver) or the spiritual (“Pass It On” by Kurt Kaiser), campfire songs create camaraderie and connection.

Scope Out the Star-Studded Sky

While enjoying the glow and sparkle of the flames in front of you, don’t forget to look up and take in the glow and sparkle above you. Be mesmerized by the beaming stars and cool constellations. Stargazing helps develop a deep appreciation for the beauty and expansiveness of the sky — and the world.

Use your imagination and connect stars to form a specific scene or object. Find stars that are arranged to look like letters. See if everyone can spot the first letter of his or her name in the sky.

A variety of apps make it easy to locate planets and identify stars. The free Star Chart app, for example, lets you see the stars and planets right on your phone. Just point your device up in the sky and it will tell you what you’re looking at. You can also tap the star or planet and find out more information, such as its distance, size and brightness.

There’s something mystical about gathering around glowing orange flames in the dark of night, watching the smoky aroma rise straight to the stars, and listening to the logs crackle and pop. Campfires mesmerize and captivate, while tasty treats, singing songs and counting constellations enhance the experience for

the whole family. Start a campfire tradition this summer and make memories that will warm your heart for years to come.

Deanne Haines is a freelance writer, mom of three and frequent contributor to parenting publications.

CAMPFIRE SAFETY

Campfires are fun for the whole family, but they can also be dangerous. Follow these tips to stay safe while cozying by the campfire this fall.

- Keep the fire contained in a small pit with a ring of rocks around it or in a portable unit, making sure there are no low branches hanging overhead or bushes or tents too close.
- Never use flammable liquids to start your fire or keep it going.
- Set a safety boundary between the fire and children.
- Never leave the fire unattended. An adult should always be present.
- Keep a water supply nearby in case the fire gets out of control.
- When putting out the fire, drench it with water, making sure all the coals and sticks are wet and the fire is completely extinguished.
- Don’t directly touch remaining ashes, even the next day. Leftover embers cause more campfire burns than actual flames, and fire pits can retain heat for up to 12 hours after being extinguished.
- Teach children to stop, drop and roll if anything on them should catch fire.

EAT LOCAL AND GROW LOCAL WITH HELP FROM THE SUSTAINABLE FOOD CENTER



BY SHERIDA MOCK



Ronda Rutledge is the Executive Director of the Sustainable Food Center. Photo courtesy of Sustainable Food Center.

With roots going back to 1975, when it operated as Austin Community Gardens, the Sustainable Food Center has worked to strengthen our local food system and teach the community how to grow and eat healthy food. If you think of the Sustainable Food Center as a farmers' market, think bigger. Executive Director Ronda Rutledge recently chatted with us about the breadth of SFC programs.

AFM: Why is eating local important?

Rutledge: The longer food is off the vine, it starts losing nutritional value — if it's in transport, if it's sitting somewhere in a warehouse. You're going to get the highest quality nutritional value if you eat food that's grown locally. So, that's one advantage. It's usually less expensive, because you're buying things in season, because you're growing it yourself, you're buying seeds and transplants rather than entire pieces of produce.

One of the biggest advantages is keeping our local dollars in our local economy, which goes to support small to midsize businesses, whether they're farmers or ranchers or food producers of any kind. You're helping bolster the local economy

by eating local. And the environmental footprint, you know, when you're going out into your backyard and pulling peppers and tomatoes off the vine, or even shopping at a local market. The average, I think, is 1,500 to 2,000 miles for what produce travels in today's economy.



SFC farmers' markets let vendors sell what they produce themselves. Photo by Buff Strickland.



A community garden next to the SFC hosts plots for community members to grow their own food. Photo by Sherida Mock.

AFM: What are some of the obstacles to people eating more produce?

Rutledge: There are physical and economic barriers, for sure. But in our Happy Kitchen classes, we teach that if you buy in season, you get a break on the cost. And be choosy about when you can and can't afford organic or sustainably grown food. Of course, the whole point of "Grow Local" is if you can grow some of this yourself, that's going to offset your



A coop at the SFC helps class participants learn the basics of raising chickens. Photo by Sherida Mock.

cost quite a bit. You can grow an amazing amount of food in just a container on your back porch or in your window sill. But getting involved in a community garden or finding a plot to be able to grow some of your own food will help offset those costs.

AFM: Have we lost some of that food-growing knowledge from previous generations?

Rutledge: There's a whole generation where maybe they grew up on their grandparent's farm or they had a victory garden in the yard or some sort of stronger connection to our food system. My family had a small farm with fruit trees, pecan trees, all kinds of vegetables. Then the generation after mine, if I hadn't purposefully built a garden in my backyard, that would have been a lost thing for my kids. That happens within a lot of families. Michael Pollan says, "Don't eat anything that your grandmother wouldn't be able to pronounce." It's not real food. It's food-like substance.

AFM: So, how can we get kids to eat more produce?

Rutledge: When my daughters are out there with me gardening, it makes a big difference. It also makes a difference when I pull them into the kitchen. I'll be honest: during the school year when my kids have three or four hours of homework a night, I don't ask them to

help cook the meal. But in the summertime, we're always together as a family, cooking, because they love that experience of sitting down and actually tasting something they had a hand in. Not to mention, we're building these incredible life skills for our kids.

We've seen that in schools, where there's a school garden and the farmer brings in stuff they're growing. The kids will compare their peppers, let's say, with the peppers of the farmers. They're asking, "Why is yours more yellow?" Or, "What does it mean if they stayed in the ground too long?" It's an amazing thing to watch.

The "happy plate" is so simple. It's not about calories, and it's not even really about portion sizes. Half your plate should be super colorful fruits and vegetables, another quarter lean, clean protein — whatever protein means to you — and another quarter of whole grains. And drink lots of water.

AFM: Any last thoughts?

Rutledge: We've been mistaken for a food bank. Sometimes people think we're growing this produce ourselves. We're just making connections between growers and consumers. Most of our gardening classes, most of our cooking classes and all our community farm stands are run by community members. We've provided training and support. It's about teaching people how to grow, how to share, and how to prepare it.



Community members teach cooking classes through The Happy Kitchen/La Cocina Alegre program. Photo by Buff Strickland.



The current building in East Austin has housed the SFC for five years. Photo by ixi.photography.

Public Programs through the Sustainable Food Center

Farmers' Markets

Year-round markets where farmers sell what they grow

Saturdays 9 a.m. to 1 p.m.

- Downtown at Republic Square
- Sunset Valley at Toney Burger Center

Cooking Classes

Fundamentals of cooking skills, ethnic cuisines and seasonal eating

- \$30 classes for the general public
- FREE classes for participants in communities facing health disparities

Gardening Classes

Fall, winter and spring classes that equip participants to start and sustain organic food gardens

Chicken Coop and Beekeeping Classes

Perfect for new beekeepers and chicken owners or those looking to start a hive or coop

Tours

TEKS-aligned school field trips, volunteer work days, group tours and self-guided visits that demonstrate sustainable food gardening techniques suited to Central Texas's semi-arid climate

Community Kitchen

A rentable, fully-functional kitchen and space for meetings, events, gatherings and celebrations

sustainablefoodcenter.org

9 Ways to Keep Family Hikes Fun

BY SARA BARRY



“Another bridge!” my daughter yells and rushes up to bounce across the boards over the creek. Bridges are a favorite on our family hikes — that and the chocolate in the trail mix.

We hike a lot as a family. Some days, it's tough to get the kids going, but then they take off. Other days, we get off to a great start and then the enthusiasm starts flagging. So with all our miles on the trail, we've learned some tips to help keep it fun for everyone.

1 Choose the right trail. A trail that's too hard can turn a hike into a slog, so look for a trail that fits your family's fitness and skill levels. Use trail descriptions in a guide book or get recommendations from friends or rangers. Find out how long the trail is, but also how much elevation change is involved and how challenging the terrain. Is it steep, rocky, flat, muddy? And consider other features. Would you enjoy a waterfall, an old cabin, a canyon view? Does your family do

better with a goal? Are you just out for a pretty walk or some more challenging exercise? These questions can help you pick a trail that's right for the day and your family.

2 Get familiar with the trail. If you find a favorite hike close to home, you can really get to know the trail. Over time you'll notice seasonal changes in plant and animal life. You'll see long-term changes like trees falling or creeks that flow or don't. You may notice changes in your family too — little legs can suddenly finish the hike without being carried or kids suddenly look tall next to the bush that once dwarfed them. And when you're familiar with a trail, you can use landmarks to help keep kids moving forward.



3 Pass the snacks. If you're planning a long trek, having enough food and water is critical. For most short hikes, you can get away with just carrying water and not anything to eat, but trail mix or other fun snacks can help perk up anyone who is lagging on the trail. To get kids engaged even before you set out, let them help pick trail snacks or make trail mix together.

4 The more the merrier. While wrangling more kids on a hike might sound difficult, sometimes having friends along keeps kids motivated and distracted from how far they are going. Try inviting a friend or meeting up with another family for a hike.

5 Give a challenge. Sometimes little legs start to balk. If you're hearing "I can't walk any more" or "I'm tired," try challenging your kids to walk to the next trail marker. Ask them how many steps they think it will take to get to that cypress tree up ahead or race them to the large boulder in the distance.

Build Your Own Trail Mix

1. Start with nuts, such as peanuts, almonds, pecans or walnuts
2. Add seeds, such as pumpkin seeds, sunflower seeds or sesame seeds
3. Choose grains, such as pretzels, crackers or cereals
4. Sprinkle in treasures, such as chocolate chips, raisins or other dried fruit

6 Keep your eyes peeled. You never know what you'll see on a hike: purple beautyberries in the fall, rain lilies in the undergrowth after a rainy spell, raccoon tracks in the dirt. You can hike quickly toward a destination or take your time and really notice the shapes and textures of the trees, the different forms of fungi, the scurrying insects, and the emerald green mosses ... all the sights and sounds going on around you.

7 Play games. Doing a hiking scavenger hunt or playing trail bingo can engage kids on the trail. Vary the items you include based on your natural knowledge, your location or the season. Remember to leave natural items where they are, especially rare things. Have kids point out their found objects or take pictures. Here's a handy phrase: take only pictures, leave only footprints.

8 Tell stories. Examining the outside world is fun, but there are other ways to occupy time on the trail too. Take turns telling stories — made up or about you when you were a kid. As you get more hikes under your belt, tell stories of past hikes. (Remember when you were too little to cross the stream alone? Remember the time I slipped down the hill in the mud?) A new hike can help connect you to family memories.

9 Let kids lead the way. If your kids are old enough, let them lead everyone. They can use a map, GPS or simply be in charge of watching for trail markers and signs. After talking about the options, let them make decisions when you come to trail junctions or turning points.

So, hit the trail with your family. With these tips under your belt, you can keep it fun for everyone.

Sara Barry is a freelance writer specializing in seasonal family fun and outdoor activities. She's used all these tips at one time or another.



If you find a favorite hike close to home, you can really get to know the trail. Over time you'll notice seasonal changes in plant and animal life.





LIFELINES

BRENDA SCHOOLFIELD

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

Protect Yourself and Your Loved Ones from Domestic Violence

Domestic violence can happen to anyone in an intimate relationship — regardless of gender, sexual orientation, age or race. Also called “intimate partner violence,” domestic violence can happen in all types of intimate relationships, whether married, living together or dating. Stop Abuse for Everyone (SAFE) reminds us to not overlook teen dating violence, violence against people with disabilities and violence within gay, lesbian, bisexual and transgender relationships. Do you know the behaviors of domestic violence? Do you know what to do if it happens to you or someone you know?

Note that we’re using the pronouns “she” and “her” in some places, but these abusive behaviors can happen to anyone.

WHAT IS DOMESTIC VIOLENCE?

Many people think domestic violence is limited to physical or sexual abuse. But it also includes a pattern of abusive behaviors involving power and control. Many of these behaviors are present early in the relationship, before physical abuse begins. The National Domestic Violence Hotline website highlights the many behaviors of domestic abuse.

- **Emotional abuse:** Putting a partner down; making her feel bad about herself; name calling; making her feel guilty; humiliating her; playing mind games; making her feel crazy
- **Intimidation:** Doing things that make a partner afraid; threatening to hurt her; threatening her pets; threatening to destroy her possessions
- **Economic abuse:** Keeping a partner in the dark about family finances; taking her money; giving her an allowance; making her ask for money; preventing her from getting or keeping a job
- **Isolation:** Limiting a partner’s outside contacts — controlling who she sees or talks to, where she goes, what she does
- **Denying and blaming:** Denying the abuse happened; blaming the partner for causing the abuse; not taking her concerns of abuse seriously
- **Privilege:** Treating a partner like a servant; making all the big decisions; acting like an authoritarian ruler of the household
- **Using the children:** Threatening to take the children away; using the children to relay messages; making a partner feel guilty about the children

WHAT TO DO IF YOU’RE A VICTIM OF DOMESTIC ABUSE

Seek help as soon as possible. Many organizations offer free, confidential advice. Trained counselors can help you evaluate the situation, make a safety plan, locate local resources and take action in a crisis. Some programs offer emergency shelter or transitional housing. Others provide legal advocacy.

The SAFE Alliance of Austin offers face-to-face support, shelter and housing, education, and advocacy programs. Interpretation services are available for those who speak other languages. You can call, text or chat with a SAFeline advocate free of charge. The amount of information you discuss is up to you; you can even call anonymously.

Keep sensitive communications private. Victims of domestic abuse are sometimes hesitant to seek help because they’re afraid of what their abusers might do. Here are some ways you can keep your sensitive communications private while you’re deciding what to do.

- Use a safe computer for sensitive communications. An abuser may monitor your computer or smart device to exert control. Even if you delete your browsing history, the abuser may be able to see the

websites you have visited or access your email. If you're concerned, find a public computer in a safe location, such as a library, women's shelter or technology center in a school or college. Set up a separate, free email account for personal use that you keep private and unconnected to your regular email account. Access this email account only from a safe computer.

- Be careful with your cell phone. An abuser may be able to see what calls you make or read your text messages. Consider buying an inexpensive cell phone with a pay-as-you-go plan. Keep it in a safe place.
- Be aware of location tracking. Some abusers track their partner's location through GPS monitoring via the partner's cell phone or a separate GPS locator device slipped in a purse or placed in a car. Photos and social media posts also may display GPS locations. Wearable fitness trackers or fitness apps can be used to track location.

Advocacy and Training
SAFE www.safeaustin.org
Texas Council on Family Violence www.tcfv.org
National Center of Domestic and Sexual Violence www.ncdsv.org

WHAT TO DO IF YOU'RE A FRIEND OR FAMILY MEMBER

Don't try to "fix" the situation. Be supportive and listen. Assure the victim that it's not her fault. Encourage her to get help. Don't share information about her on social media or tag her in photos. This could put her in danger. Visit the National Domestic Violence Hotline website for additional guidance.

Resources for Victims of Domestic Violence
SAFE (Stop Abuse for Everyone) 512-267-SAFE www.safeaustin.org
National Domestic Violence Hotline 800-799-SAFE www.thehotline.org
Hope Alliance Crisis Center 800-460-7233 www.hopealliancetxt.org
National Teen Dating Abuse Helpline 866-331-9474 www.loveisrespect.org
Texas Advocacy Project 800-374-HOPE www.texasadvocacyproject.org
Asian Family Support Services of Austin 512-651-3743 www.afssaustin.org
StrongHearts Native Helpline 844-7NATIVE www.strongheartshelpline.org



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FAMILY matters

BETTY RICHARDSON

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

Even Young Kids Can Be Affected by Domestic Abuse

Q I'm in a bad situation. My husband yells at me in front of our children (2 and 7 years old). He says I'm fat and lazy. He says he hates me. Once in a while, he hits me, but not where anyone could see. I'm staying with him for now because I have nowhere to go and no money of my own. My plan is to wait until my youngest starts school and then somehow leave. Since both kids are young, I think it won't hurt them if I wait. What do you think?

A. You think the emotional and physical abuse you experience will have little effect on your kids because they're young. You may be quite mistaken. There has been a lot written about the effect of family violence on kids of all ages, including pre-school-aged kids. I've also seen the effects in my therapy practice.

Children react in different ways to family violence, including blaming themselves.

Young children can experience feelings such as helplessness, fear, sadness, dread, shame, worry and anger. As children get older, they can experience anxiety and depression. Some children may withdraw and show no emotion, or they may become angry and

disobedient. Children can become hyper-vigilant or hyper-active. They often have low self-esteem and may have medical complaints. Teens may run away from home or engage in risky behaviors. They may marry young to escape the environment. They may marry an abusive partner because it feels familiar.

Remember that you and your husband are the role models for your children. Over time, you may see some of your husband's abusive behaviors and your submissive behaviors showing up in your children.

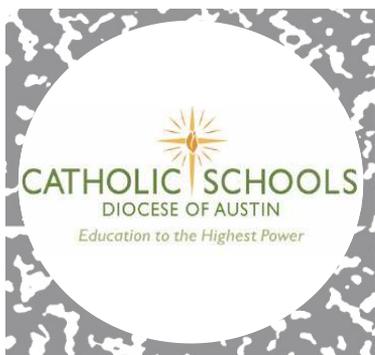
Your husband calling you lazy and fat is psychological abuse. The intent can be to make you think you're lucky to have him, because no one else would want you. The physical hitting could get much worse. Perhaps you feel self-blame and want to excuse your husband. If you do, I suggest you stop that line of thought. Anyone who has a toddler and spends the day keeping them safe will feel exhausted.

You mention a plan to leave your husband in about three years. I suggest you need professional help in the meantime and a solid plan to leave as soon as you can. So, what can you do? Here are some suggestions:

1. Don't share the plan with your kids. Leave no evidence of any action toward leaving (such as on your phone or computer).
2. Talk with a domestic violence support person who can help you identify your options. The SAFE Alliance here in Austin could be very helpful to you. They have phone, text and chat options. There is help for all people seeking assistance, with or without children.
3. Until you leave, find a way to make or keep some money of your own and save it secretly.
4. Keep some things packed for yourself and the children, should you need to move out in a hurry. Have the telephone number for quick transportation and an idea of where you would go to be safe.
5. Take an inventory of the people in your life who might help you: relatives, friends, the church and any other source of help. Only talk with people who can keep confidentiality.

Your leaving may lead to your husband accepting and getting help. You may or may not decide you want to work to save your marriage. You can work on this with a professional, when and where you are safe. Don't tolerate abuse because you think you have to. There are options.

2018-19 EDUCATION GUIDE



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Grades pre-K3 – 8

HOLY FAMILY CATHOLIC SCHOOL

www.holyfamilycs.org
Avery Ranch, 512-246-4455
Grades pre-K4 – 8

SAN JUAN DIEGO CATHOLIC SCHOOL

www.sjdchs.org
South Austin, 512-804-1935
Grades 9 – 12

SANTA CRUZ CATHOLIC HIGH

www.sccstx.org
Buda, 512-312-2137
Grades pre-K4 – 8

ST. AUSTIN CATHOLIC SCHOOL

www.staustinschool.org
Downtown Austin, 512-477-3751
Grades pre-K3 – 8

ST. DOMINIC SAVIO CATHOLIC HIGH SCHOOL

www.saviochs.org
Avery Ranch, 512-388-884
Grades 9 – 12

ST. GABRIEL'S CATHOLIC SCHOOL

www.sgs-austin.org
West Austin, 512-327-7755
Grades jr-K – 8

ST. HELEN CATHOLIC SCHOOL

www.shcsliions.org
Georgetown, 512-869-3244
Grades pre-K4 – 8

ST. IGNATIUS, MARTYR CATHOLIC SCHOOL

school.st-ignatius.org
South Austin, 512-442-8547
Grades pre-K – 8

ST. LOUIS CATHOLIC SCHOOL

www.slcsaustin.org
North Austin, 512-614-6622
Grades K – 8

ST. MARY'S CATHOLIC SCHOOL

www.stmarystaylor.org
Taylor, 512-352-2313
Grades pre-K3 – 8

ST. MICHAEL'S CATHOLIC ACADEMY

www.smca.com
West Austin, 512-328-2323
Grades 1 – 5

ST. THERESA'S CATHOLIC SCHOOL

www.st-theresa.org
North Austin, 512-451-7105
Grades pre-K – 8

AUSTIN ECO BILINGUAL

www.austinbilingualschool.com
This Spanish immersion international school provides different learning avenues for all students. NAEYC accredited.
West Austin, 512-432-5317
North Austin, 512-299-5732
Lakeway, 512-466-2409
Ages 3 mos. – grade 1

REDEEMER LUTHERAN SCHOOL

www.redeemerschool.net
This Christ-centered school develops life-long learners with leadership in service and care for others. New Kinder Bridge program for 4- and 5-year-olds.
North Austin, 512-451-6478
Ages 15 mos. – grade 8

ST. STEPHEN'S EPISCOPAL SCHOOL

www.ststeveschool.org
Established in 1989, the school mission is to empower each student to live authentically, think expansively and serve selflessly.
Wimberly, 512-847-9857
Grades pre-K3 – 6



UPBRING SCHOOL OF ARTS AND SCIENCES

www.upbring.org/usasca
A Christian education with individualized learning, focused on family engagement in the learning process. Adding elementary grades in coming years.
Austin, 512-472-3313
Ages 6 weeks to 5 years

CHALLENGER SCHOOL

www.challengerschool.com
Challenger School offers fun and academic classes that lead students to think for themselves and value independence. Prospective families are welcome with no appointment.
Avery Ranch, 512-341-8000
Round Rock, 512-255-8844
Northwest Austin, 512-258-1299
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MARINE MILITARY ACADEMY

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Boys in grades 7 – 12

Charter Schools

BASIS.ED

www.btxschools.org
Basis schools celebrate and pass on a love of learning to all students and value critical thinking, responsibility and motivation. Coming soon to Austin.
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Grades K – 12



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NYOS CHARTER SCHOOL

www.nyos.org

Educating the whole student, NYOS fosters a collegial program that challenges learners with rigorous academics, innovative strategies and civic engagement. N. Lamar Blvd., 512-583-6967
Kramer Ln., 512-275-1593

Grades pre-K – 12

COUNTRY HOME LEARNING CENTER

www.countryhomelearningcenter.com

Students experience a variety of hands-on activities that encourage them to explore, discover solutions and engage in countless projects that excite young minds.

North, 512-331-1442

South, 512-288-8220

Ages infant – afterschool

EXTEND-A-CARE FOR KIDS

www.eackids.org

EAC's after-school program complements the school day by reinforcing curriculum concepts and objectives. Summer programs keep children physically active and engaged in learning.

77 area campuses

512-472-9402

Ages 3 years – grade 8

KIDDIE ACADEMY

www.kiddieacademy.com/pflugerville

www.kiddieacademy.com/roundrock

Kiddie Academy feeds a child's curiosity and instinct to learn with age-appropriate activities. Afterschool and summer camp programs for school-age kids.

Pflugerville, 512-270-9988

Round Rock, 512-270-9988

Ages infant – grade 8

PETRA PRESCHOOL

www.petrapreschool.org

The Petra learning model enables kindergarten readiness and provides opportunities to teach children how the gospel applies to their lives.

North Austin, 512-777-1746

Ages 6 weeks – 4 years

SPICEWOOD COUNTRY SCHOOL

www.spicewoodcountry.com

Established in 1980, this school offers a farm-like atmosphere, with horses on the grounds and room to explore Bull Creek. Summer camp available.

Northwest Austin, 512-346-2992

Ages 2 years – afterschool

STEPPING STONE SCHOOL

www.steppingstoneschool.com

Founded in 1979, Stepping Stone School nurtures cognitive, physical and social-emotional development. Afterschool and summer camp programs for school-age children.

17 locations throughout Austin

512-459-0258

Ages infant – afterschool

XPLOR

www.xplortoday.com/austin

XPlor's learning curriculum prepares children for kindergarten and beyond by developing important academic, social and emotional skills.

Austin, Georgetown, Leander, Round Rock, 877-322-2891

Ages 6 months – pre-K2

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Pick up college credits or career skills while still in high school.

There are great options for both college-bound and career-bound students.

Locations around Austin

High school-age

Resources

AUSTIN LEARNING CENTER

www.austinlearningcenter.com
Austin Learning Center matches each student with a tutor who will inspire and empower them. Tutoring, test prep, college prep, homeschool support.

West Lake Hills, 512-330-9007

School-age

CENTER FOR CHILD PROTECTION

#putourkidsfirst

If you suspect child abuse, report it. One in 10 Austin kids is abused. Learn the signs.

800-252-5400

KIDSPA AUSTIN

www.kidspaaustin.com

KidSpa offers drop-in childcare that is flexible and on-demand, with enriching learning experiences in a clean, safe and fun environment.

South, 512-301-5772

North, 512-828-5772

Ages 18 months – 12 years

MOSIACS WEIGHTED BLANKETS

www.mosaicweightedblankets.com

Weighted blankets are a non-drug therapy for children, teens and adults who struggle with ADHD, ASD, SPD, anxiety or insomnia.

Cedar Park, 512-514-5529



Public Schools

AUSTIN INDEPENDENT SCHOOL DISTRICT

www.aisd.org

AISD provides dual language education from elementary through high school, associate degrees at six early college high schools, and all free.

Locations throughout Austin

512-414-1700

Grades pre-K3 – 12

Montessori / Preschools

BRIGHT HORIZONS

www.brighthorizons.com

Choosing the right program is a big decision. World-class curriculum and knowledgeable child development professionals for every age and stage.

West Lake Hills, 512-640-1879

Round Rock, 512-341-0733

North Austin, 512-833-7090

Ages infant – afterschool

2018-19 AFTERSCHOOL ACTIVITIES



Afterschool Activities

ARMSTRONG COMMUNITY MUSIC SCHOOL

www.acmsaustin.org
Students of all ages and skill levels – from early childhood to adult – can learn the joys of music through exciting learning opportunities.
West Lake Hills, Travis Heights
512-474-2331

AUSTIN GIRLS CHOIR

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

BULLOCK STATE HISTORY MUSEUM

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

CAFÉ MONET

www.cafemonet.org
People of all ages can explore their creativity at this paint-your-own pottery and art studio with a unique, inspirational environment.
South, 512-892-3200
Central, 512-906-2200

CHAPARRAL ICE CENTER

www.chaparralice.com
Skaters of all levels learn in a fun, safe and service-oriented atmosphere through the Learn to Skate USA curriculum used worldwide.
North Austin, 512-252-8500

CREATIVE BRICK BUILDERS

www.creativebrickbuilders.com
Learners can engage in LEGO and STEM-themed workshops at the Round Rock studio or through pre-arranged visits to area classrooms.
Round Rock, 512-388-9003

DANCE DISCOVERY

www.dancediscovery.com
A 6-time Austin Family reader favorite, this dance school engages students of all levels in



exciting performing arts education.
Allendale, 512-419-7611
Avery Ranch, 512-658-2996

DAVE AND BUSTER'S

www.daveandbusters.com
Bring the family to eat and play. A great place to play games, have dinner, host a birthday party or celebrate an accomplishment.
Northwest Austin, 512-346-8015

FUN 2 LEARN CODE

www.fun2learncode.com
Students explore technologies that interest them, at a pace they enjoy. Options include Scratch, Java, game/app/web development, Minecraft, Unity, animation and more.
Round Rock, Austin
512-900-8380

GIRLSTART

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

HEARTSONG MUSIC

www.heartsongmusic.net
While your child is making music, he's also supporting important developmental domains: cognitive, language, socio-emotional, physical and approaches toward learning.
North Austin, 512-371-9506

KIDSACTING

www.kidsactingstudio.com
This performing arts studio provides a supportive, fun environment where young people can be inspired, creative and expressive through a varied curriculum.
16 locations throughout Austin
512-836-5437



KIDSPA AUSTIN

www.kidspaaustin.com
Your modern family lifestyle gets support through an innovative approach and commitment to excellence, with customized schedules and quality care.
Avery Ranch, 512-828-5772
Circle C Ranch, 512-301-5772

KLRU

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

MAD SCIENCE

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

AUSTIN FAMILY

smart parenting • healthy homes



MAIN EVENT

www.maineventaustin.com
With state-of-the-art bowling, multi-level laser tag, over 100 games topped with handcrafted food under one roof, Main Event is the destination for fun. North Austin, 512-401-0000

PLAYLAND SKATE CENTER

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

TUMBLEPRO

www.tumblepro.net
Get first class free! In addition to Protumbling, we offer Procheerleading, ProKour, and birthday parties. We have two locations with spring track, tumble track and more. A top of the line training facility. North and Northwest, 512-317-7070

Volunteer

KEEP AUSTIN BEAUTIFUL

www.KeepAustinBeautiful.org
Year-round volunteer engagement opportunities and help in organizing your own community cleanup with free resources including tools, soil, mulch, and compost. Austin, 512-391-0617

SUGAR AND SPICE RANCH

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

WE ROCK THE SPECTRUM

www.werockthespectrumbaustin.com
Children get a fun, motivational environment to help them with strength, movement, sensory processing, communication, positive behavior modification, social interactions and self-care skills. Southwest, 512-687-4433

ROUND ROCK SERVING CENTER

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



MASTER GOHRING TAI CHI AND KUNG FU

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

SUNRISE YOUTH PROGRAM

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

YMCA AUSTIN

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



NITRO SWIM

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



SYNERGY DANCE

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

YMCA WILLIAMSON CO.

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

SPECIAL OLYMPICS

www.sotx.org
Volunteers are the backbone of this organization which helps athletes with intellectual disabilities achieve their dreams. You must be at least 15 years of age, unless accompanied by an adult. Austin, 512-835-9873



“If kids ruled the world...”



-2018- YOUNG WRITERS CONTEST

Students in fourth and fifth grades are invited to write 75 to 300 word essays on “If kids ruled the world...”



1st place winner receives:

A party for 10 at Dave and Buster's where they can eat, play games and celebrate!
Plus a winner's plaque presented at their school!

1st runner up receives:

First runner up will receive plaque presented at their school!

BOTH Winners and Runners-up will have their essay published in the December, 2018 issue of *Austin Family Magazine!*

Contest Rules:

- Essays must be 75 to 300 words
- Contest date: August 15 to October 15, 2018
- Essays must be received by 5pm on October 15th
- Writers must be in the fourth or fifth grade
- It's FREE to enter! Go to www.austinfamily.com for complete rules

Judge:



Carmen Oliver

Member of the Society of
Children's Book Writers and Illustrators



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smart parenting • healthy homes



THE Learning Curve

ALISON BOGLE

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

Why Technology in the Classroom Deserves a Closer Look

I'm revealing my age by saying that I can remember getting our first black and white home computer, which took pride of place in the dining room for the whole family to use. My first cell phone didn't come until college, when social media was non-existent.

Our children are growing up in a completely different world as it relates to technology. This can be exciting! There is so much they can learn about, and opportunities for collaboration become even wider-reaching. At the same time, it

can be scary. What are they being exposed to? Are they becoming dependent on devices? Are they safe online at school?

I spoke with representatives from three of the Austin area's largest school districts about the most common technology-related parental concerns. Let's peel back the layers of this issue and examine it a bit more.

Classroom technology usage varies by district and by grade level. In some Austin schools, you'll find entire classes of kindergarteners with individual iPads, while in other schools, devices are stored in mobile carts and moved between classrooms. In most cases, high schoolers are issued their own device to use at school and at home.

Computers were first introduced in schools on the premise that technology would be part of the future, and students should be prepared to succeed. It was the rare person, however, who envisioned

how quickly we would become a truly digital world. As one district employee says, "There has been a shift from students needing to learn how to use technology to technology being the air that they breathe."

Until relatively recently, school districts focused primarily on network infrastructure, device procurement and content acquisition. Today, the technology is there, and students know how to use it — many enter into formal education already carrying that knowledge. Districts are now turning their focus from building out technology to addressing usage issues.

A common parental complaint is that technology is regularly used in a non-academic way at school, a result of districts primarily focusing on technology acquisition. Staff are now being educated about using technology with best practices. Simply put, best practices are to use technology only when it makes teaching more effective, when students

employ it as creators versus consumers and when learning can be personalized for the student.

Parents are also alarmed by the amount of screen time students are exposed to at school. The American Academy of Pediatrics recommends screen time viewing of less than two hours per day. Oftentimes, children are exposed to this amount of screen time in the school day alone. Device usage has been, in many cases, up to the discretion of the individual teacher. The shift toward best practices aims to rein in student screen time amounts. When technology is used as a tool, not a toy, screen time exposure drops dramatically.

The most common parental concern is exposure to inappropriate content. All three Austin school districts I spoke with have established safeguards to protect students. Computer Wi-Fi networks and school-issued devices restrict access to content. AISD has the most restrictive policy — all websites are blocked until proven safe. When access to a specific site is requested, it must first be reviewed, then approved. In the case of popular site YouTube, each individual video must be approved before viewing.

Districts are also employing tools that allow teachers to better monitor student usage and exposure to inappropriate content. One district used the summer to roll out Apple Classroom, which enables a teacher to quickly glance at a student's screen to see if he or she is on task.

Ultimately, though, schools can't completely protect our children in this new digital world. Network filters are not fail-safe, and students can use personal cell phones to circumvent school Wi-Fi safeguards. Even if your child doesn't have a smart phone, he or she will still have access to a friend's phone.

This is where we must have important conversations with our children — from a young age. What should you do if you see something inappropriate online? What is cyberbullying? Why is it important to be aware of screen time and how it makes you feel?

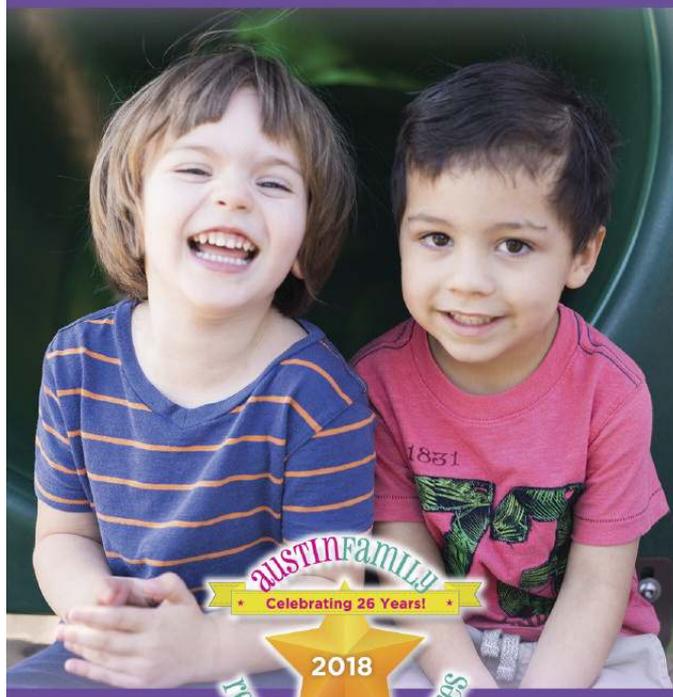
And we can be mindful of how much media our children have already consumed by the time they get home from school. As hard as it can be, we can institute screen-free afternoons, cell-free dinner times and no technology-in-the-bedroom policies. And we can educate ourselves about the new world in which our children are growing up.

In my case, it's been tempting to try to keep my children safe by holding them back from technology, but that's no longer a realistic approach. Instead, my job is to model appropriate consumption, to provide safeguards, to educate them as to responsible usage and to help them learn to self-monitor. Parents, it's a big task, but we can do it!

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

kidspa AUSTIN

Preschool & Drop-In Childcare | Ages 18mos - 12yrs



Childcare that fits YOUR schedule

Once registered, drop off anytime
and stay as long as you need!
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FAMILY CONNECTIONS

RICHARD SINGLETON

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

Awareness and Action on Domestic Violence Paves the Way to Healing

Over the years, the focus of this column has been on technology, with healthy family engagement at the center of that orbit. We turn from technology this month, and place our focus squarely on family — specifically, those survivors who find themselves in the throes of domestic violence.

October is Domestic Violence Awareness Month. Just to say those words is a somber admission that our society, as advanced as we may be, shoulders a heavy burden. It is so incredibly heartbreaking that this vile behavior lurks so stealthily and ominously around us. But it does. And we must not be silent as those we care about are victimized.

While we grimace that there's such a need for awareness, we also have to be thankful that awareness and responsiveness are growing. Too many times in the so-called "good ole days," many blindly, stubbornly or callously looked the other way. No longer. The

hidden villainy of the past must never be allowed to slink around, wreaking havoc while eyes are averted in the shadows of aloof disregard.

We all likely know someone who has suffered the ravages of domestic

violence. According to best-selling author and respected TED Talk presenter Leslie Morgan Steiner, 1 in 3 women are survivors. What a shocking statistic. At some point then, we all will come face-to-face with the devastating stare of secrecy, shame and quiet suffering.

Are there warning signs that might help alert us or our loved ones to the onset of abuse? According to The National Domestic Violence Hotline — thehotline.org — these are among the many behaviors that signal danger ahead: extreme jealousy; isolation from others; insults and demeaning/shaming behavior; control of money, friends, time and decisions; and intimidation with weapons.

These experiences are happening near us all. Steiner's personal story told in her book "Crazy Love" demonstrates that domestic violence doesn't discriminate. The least expected person in your family, neighborhood or workplace might just



The least expected person in your family, neighborhood or workplace might just be the person suffering in the shadows, right before your eyes.

be the person suffering in the shadows, right before your eyes.

We all instinctively ask the “why” question. Steiner understands and addresses the age-old ache. Why do people stay in such acrid, corrosive, deadly relationships? From Steiner’s own reservoir of experience with abuse, she notes that survivors don’t think of themselves as being abused. She doesn’t mean that those suffering abuse are dense, duplicitous or in denial. Rather, their experience is stultifyingly surreal. It’s terrifying to be abused. And Steiner reminds us that 70 percent of domestic violence murders happen when the victim ends the relationship.

Consequently, one should never assume to know fully why someone would stay in an abusive situation, and we must be careful to not shame and blame them. Rather, we need to knowingly empathize. In the context of abuse, the Reticular Activating System (RAS) is toggled on. “Fight, flight, or freeze” is almost the only software running. And freeze is not an uncommon response. Obviously, it’s sometimes the most common response. Survivors should never feel that they’ve done anything to deserve or prolong abuse. It is never the survivor’s fault that a predator has abused them. And it’s never right to beleaguer someone with questions about why they stayed.

Empathy is a must, but awareness doesn’t stop there. Awareness empowers help. And help is available. Increasingly, our communities are grasping at least the basics of how to help those who’ve experienced abuse. And increasingly, expertise is arriving. As noted above, a fantastic resource is the National Domestic Abuse Hotline and website. Wisely, thehotline.org has built in strategies that allow those experiencing abuse to quickly exit the website in the event that the abuser enters the room.

Closer to home, the Texas Council on Family Violence has an array of member agencies that address family violence with substantive and helpful resources. Its website (tcfv.org) is a great place to find help and explore avenues for volunteering to stand against the scourge of violence.

How can you personally help family and friends who are experiencing abuse?

Since abuse is about power and control, redeeming relationships are ones that empower others and imbue fellow human beings with freedom. Engage with those you love in ways that demonstrate their value and empower their voice. In this way, you can be a refuge for those looking for a glimmer of trust and a spark of hope.

Money and Marriage:

5 Tips on How to Communicate with Your Spouse About Money

As a family lawyer, I have learned that financial infidelity and lack of effective communication about finances can contribute to the breakdown of a marriage. In some marriages, one spouse may have little to no knowledge about the health of the couple’s finances, the amount of spending by either spouse, or how income is being saved or invested. Below are tips to improve communication about finances.

Be Informed. On a regular basis, sit down with your spouse to review each others financial statements including retirement, checking, savings, brokerage, stocks, credit cards, lines of credit, mortgages, and car leases. Transparency works both ways and is key to building trust around financial issues. If you see a big expenditure, ask your spouse for more information.

Create Snapshots of Your Estate. Once a quarter, list all of you and your spouse’s assets and debts with current values. This will allow you to: a) determine whether you are saving; b) measure whether you are meeting short-term or long-term financial goals; and c) discuss the mix of your assets and debts and whether that mix is appropriate for your situation.

Create a Budget. Put together a monthly and yearly budget with your spouse. Examine spending versus earnings, discuss financial priorities and goals, and provide a mechanism for accountability to each other regarding your finances.

Identify Short-Term Financial Goals. With your spouse, identify short-term financial goals such as saving for a vacation, putting money aside for an emergency fund, saving for a remodeling project, etc. Discuss the trade-offs for such a goal. If both of you know and agree on the short-term savings goals, there is a greater chance you will achieve that goal.

Identify Long-Term Financial Goals. Together discuss your long-term financial goals such as paying for children’s college expenses, retirement, or providing for an aging parent or disabled child.

Communication, transparency and trust around financial issues are essential for a successful marriage or civil partnership. As a family lawyer, I recognize the importance of communication and managing the financial and emotional costs of family law matters. If you have questions about prenuptial or cohabitation agreements, or other family law matters, please contact me at 512.454.8791.



P. Lindley Bain

Lindley Bain is a partner in the GoransonBain Ausley Austin office. She offers a constructive and financially-minded approach to complex divorces, high-conflict custody matters, and property. Lindley counsels clients to strive for healthy, attainable goals while minimizing the conflict. Lindley has a M.B.A in Finance and is board certified in Family Law. She practices both collaborative and traditional litigation with creativity and compassion, while customizing the exceptional family law service to each client’s needs.

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asuntos familiares

BETTY RICHARDSON

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

Incluso los niños pequeños pueden verse afectados por el abuso doméstico

P. Estoy en una mala situación. Mi marido me grita delante de nuestros hijos (2 y 7 años de edad). Él dice que soy gorda y floja. Dice que me odia. De vez en cuando, me golpea, pero no donde alguien podría ver. Me estoy quedando con él por ahora porque no tengo adónde ir y no tengo dinero. Mi plan es esperar hasta que mi hijo menor empiece la escuela y entonces de alguna manera salimos. Como ambos niños son pequeños, creo que no los lastimaré si me espero. ¿Qué piensa usted?

R. Usted piensa que el abuso emocional y físico que experimenta tendrá poco efecto en sus hijos porque son jóvenes. Puede estar muy equivocada. Se ha escrito mucho sobre el efecto de la violencia familiar en niños de todas las edades, incluyendo los niños en edad preescolar. También he visto los efectos en mi práctica terapéutica.

Los niños reaccionan de diferentes maneras ante la violencia familiar, incluso culpándose a sí mismos. Los niños pequeños pueden experimentar sentimientos como impotencia, miedo, tristeza, temor, vergüenza, preocupación e ira. A medida que los niños

crecen, pueden experimentar ansiedad y depresión. Algunos niños pueden apartarse y no mostrar emoción, o pueden enojarse y desobedecer. Los niños pueden llegar a ser hipervigilantes o hiperactivos. A menudo tienen baja autoestima y pueden tener problemas médicos. Los adolescentes pueden fugarse de su casa o participar en conductas de riesgo. También pueden casarse jóvenes para escapar del medio ambiente. Incluso pueden casarse con una pareja abusiva porque les resulta familiar.

Recuerde que usted y su marido son los modelos a seguir para sus hijos. Con el tiempo, es posible que vea algunos de los comportamientos abusivos de su marido y su conducta sumisa en sus hijos.

Su marido llamándola floja y gorda es abuso psicológico. La intención puede ser hacerla pensar que tiene suerte de tenerlo, porque nadie más la querría. Los golpes físicos podrían empeorar. Quizás sienta auto-culpa y desea disculpar a su marido. Si lo hace, le sugiero que pare esa manera de pensar. Cualquiera que tenga un niño pequeño y pase el día manteniéndolo a salvo se sentirá agotada.

Usted menciona un plan para dejar a su marido en aproximadamente tres años. Sugiero que necesita ayuda profesional mientras tanto y un plan sólido para irse tan

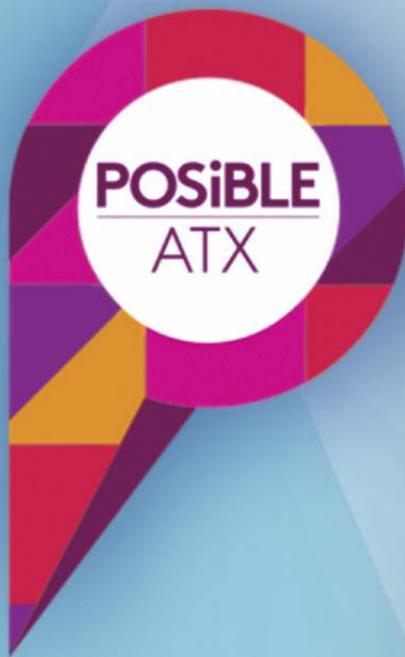
pronto como pueda. ¿Entonces qué puede hacer? Aquí hay algunas sugerencias:

1. No comparta el plan con sus hijos. No deje evidencia de ninguna acción de irse (como en su teléfono o computadora).
2. Hable con una persona de apoyo con la violencia doméstica que le pueda ayudar a identificar sus opciones. La Alianza SAFE aquí en Austin podría sele de gran ayuda. Tienen opciones de teléfono, texto y chat. Hay ayuda para todas las personas que buscan asistencia, con o sin hijos.
3. Hasta que se vaya, encuentre la manera de ganar o juntar su propio dinero y guárdelo en un lugar secreto.
4. Mantenga algunas cosas para usted y los niños en una maleta, por si acaso tuviera que salirse de prisa. Tenga el número de teléfono para un transporte rápido y una idea de dónde irse para estar segura.
5. Haga una lista de las personas en su vida que podrían ayudarla: familiares, amigos, la iglesia y cualquier otra fuente de ayuda. Sólo hable con personas que pueden mantener su situación confidencial.

Su partida puede hacer que su marido acepte y obtenga ayuda. Usted puede o no decidir si desea trabajar para salvar su matrimonio. Puede trabajar en esto con un profesional, cuando y donde esté segura. No tolere el abuso porque cree que debe hacerlo. Hay opciones.

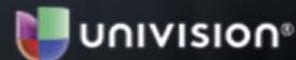
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Museum Exhibits

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 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 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 or 512-936-8746.

Family Events

Mon 1

The Mystery of the Green Teeth Ghost. A play about a brave young detective for grades K – 2. Performances at 9:30 and 11:30 a.m. Rollins Studio Theatre at the Long Center, 701 W. Riverside Drive. \$6.75. pollytheatre.org or 512-743-7966.

Literature Live! Tales from Graves. Three not-so-scary tales of monsters, mischief and mayhem. 3:30 p.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov or 512-974-3800.

Tue 2

Science Fun. 3:30 to 4:30 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

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

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.

National Night Out. Meet your neighbors and commit to helping law enforcement reduce crime in your community.

Wed 3

Northside Kids. Guided activities and crafts. 10 a.m. to 12 p.m. The Domain Northside Lawn, 11700 Domain Blvd. FREE. domainnorthside.com.

Sprouts. 10 to 11 a.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org or 512-232-0100.

Literature Live! Tales from Graves. See Mon 1 for description. 1 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

Fall Music on Main. 6 to 8 p.m. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.

Thu 4

The Mystery of the Green Teeth Ghost. 9:30 and 11:30 a.m. See Mon 1 for details.

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 groups with pre-registration. thestoryoftexas.com or 512-936-8746.

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 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 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. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

Fri 5

The Mystery of the Green Teeth Ghost. 9:30 and 11:30 a.m. See Mon 1 for details.

Sprouts. 10 a.m. See Wed 3 for details.

Austin Kiddie Limits. Family-friendly music, creative activities, diaper changing stations and an escape from the crowds. 11 a.m. to 7 p.m. Zilker Park, 2100 Barton Springs Rd. FREE for kids under 10 accompanied with a ticketed parent. aclfestival.com.

Market for Missions. Holiday shopping to benefit ministries. 12 to 5 p.m. The Lakeway Church, 2203 Lakeway Blvd., Lakeway. FREE.

Lego Batman Movie (PG). 3:30 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

Literature Live! Tales from Graves. See Mon 1 for description. 3:30 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

Chalk Walk. Live music plays as hundreds of artists create sidewalk murals. 5 to 9:30 p.m. Centennial Plaza, 301 W. Bagdad Ave., Round Rock. FREE. roundrockarts.org.

Hill Country Heritage Expo. Visit pockets of time throughout Texas history with performances, demonstrations and booths. 6 to 9 p.m. Inks Lake State Park, 3630 Park Road 4 West, Burnet. FREE. tpwd.texas.gov.

SUBMIT YOUR EVENT

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

Boo at the Zoo. Wear your Halloween finest (no adult masks, please) and explore the zoo at night. 6:30 to 9 p.m. Austin Zoo, 10808 Rawhide Tr. \$17.50. austinzoo.org or 512-288-1490.

Concert in the Park. Featuring live music by Dysfunkshun Junkshun. 7 to 9:30 p.m. Elizabeth Milburn Park, 1901 Sun Chase Blvd., Cedar Park. FREE. cedarparktexas.gov or 512-401-5500.

Sat 6

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

Chalk Walk. 9 a.m. to 9:30 p.m. See Fri 5 for details.

Market for Missions. 9 a.m. to 1 p.m. See Fri 5 for details.

ASMS Capitol Classic. Show and contest by the Austin Scale Modelers Society. Free models for children 12 and under to assemble at the show. 9 a.m. to 5 p.m. Travis County Expo Center, 7311 Decker Lane. \$5 adults; kids 12 and under FREE. austinsms.org.

Harvest Fest. 10 a.m. to 3 p.m. Redeemer Lutheran School and Church, 1500 W. Anderson Ln. \$20 wristband or 50-cent individual tickets. redeemerschool.net or 512-451-6478.



Hill Country Heritage Expo. 10 a.m. to 5 p.m. See Fri 5 for details.

Little Red Riding Hood. A play for children. 10 a.m. EmilyAnn Theatre, 1101 FM 235, Wimberly. \$8 child; \$10 adult. emilyann.org or 512-847-6969.

Month of Mourning. Explore the private and social aspects of mourning in Victorian-era America. Learn about a different topic each week. 10 a.m. to 3 p.m. The Williamson Museum, 8 Chisolm Trail, Round Rock. FREE. williamsonmuseum.org or 512-943-1670.

Pumpkin Hunt. Take a wagon ride into the Christmas tree fields to hunt for mini pumpkins. 10 a.m. to 5 p.m. Evergreen Farms, 242 Monkey Rd., Elgin. FREE admission; some activities have fee. evergreen-farms.com or 512-281-4388.

Texas Teen Book Fair. Meet authors, attend panels and take part in activities. 10 a.m. St. Edward's University, 3001 S. Congress Ave. FREE. texasteenbookfestival.org.

Pumpkin Festival. Mazes, hay rides, face painting and more. 10:30 a.m. to 5:30 p.m. Elgin Christmas Tree Farm, 120 Nature's Way, Elgin. \$8 child; \$10 adult. elginchristmastreefarm.com or 512-281-5016.



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Austin Kiddie Limits. 11 a.m. to 7 p.m. See Fri 5 for details.

Día de los Muertos (Day of the Dead). See Thu 4 for description. 11 a.m. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov or 512-974-9980.

Rosita y Conchita. A play in English and Spanish about two sisters trying to reunite on the Day of the Dead. 11 a.m. and 1 p.m. Scottish Rite Theater, 207 W. 18th St. \$11.34 child; \$16.52 adult. scottishritetheater.org or 512-472-5436.

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.

Artly World. Recommended for ages 5 to 10, join in an exploration of the music and culture of Brazil. 1 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

Saturday Matinee: Avengers Infinity War (PG-13). 1 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

Saturday Matinee: Show Dogs (PG). 1 p.m. St. John's Branch, Austin Public Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

The Mystery of the Green Teeth Ghost. 2 p.m. See Mon 1 for details.

Over There 1918. WWI battle reenactment with artillery, uniforms and weapons of the period. 3 p.m. Texas Military Force Museum at Camp Mabry, 2200 W. 35th St. FREE. texasmilitaryforcesmuseum.org.



Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Cody Hopkins Invitational. A bull riding and freestyle bullfight event to support the search for a vaccine for West Nile virus. 7:30 p.m. Mayfest Park and American Legion, 3003 Loop 150 E, Bastrop. \$5 child; \$10 adult; FREE for 5 and under.

Sun 7

Austin Kiddie Limits. 11 a.m. to 7 p.m. See Fri 5 for details.

Rosita y Conchita. 11 and 1 p.m. See Sat 6 for details.

Free First Sunday. 12 to 5 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. thestoryoftexas.com or 512-963-8746.

Pumpkin Festival. 12 to 5:30 p.m. See Sat 6 for details.

Harvest Fest at the Heritage House. 1 to 4 p.m. Heritage House Museum, 901 Old Austin-Hutto Rd., Pflugerville. FREE. pflugervilletx.gov.

Pumpkin Hunt. 1 to 5 p.m. See Sat 6 for details.

The Mystery of the Green Teeth Ghost. 2 p.m. See Mon 1 for details.

Mon 8

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

Literature Live! Tales from Graves. See Mon 1 for description. 6:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

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WATCH OUT! Screen zombies are real.

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Tue 9

Día de los Muertos (Day of the Dead). See Thu 4 for description. 3:30 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. library.austintexas.gov or 512-974-9880.

Family Board Game Night. 5:30 p.m. See Tue 2 for details.

Family Game Night. 6 to 8 p.m. Round Rock Library, 216 E. Main St., Round Rock. FREE. roundrocktexas.gov.

Wed 10

Sprouts. 10 to 11 a.m. See Wed 3 for details.

Literature Live! Tales from Graves. See Mon 1 for description. 10:30 p.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. library.austintexas.gov or 512-974-9920.

Fall Music on Main. 6 to 8 p.m. See Wed 3 for details.

Thu 11

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. thetoryoftexas.com or 512-936-8746.

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

Fri 12

Pumpkin Patch. 10 a.m. to 7 p.m. Bethany Lutheran Church, 3701 W. Slaughter Ln. FREE. bethanyaustin.com or 512-292-8778.

Piano and Guitar Sing-Along. 10 a.m. Briarcliff Community Center, 22801 Briarcliff Dr., Briarcliff. FREE. laketravislibrary.org.

Sprouts. 10 a.m. See Wed 3 for details.

Austin Kiddie Limits. 11 a.m. to 7 p.m. See Fri 5 for details.

20th Anniversary and Hispanic Heritage Month Celebration. 5 to 7:30 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Ghosts of the Georgetown Square. Costumed docents lead tours and tell stories. 7:30, 8 and 8:30 p.m. Downtown Georgetown. From \$15. williamsonmuseum.org or 512-943-1670.

Williamson County Symphony Orchestra. 7:30 p.m. Hill Country Bible Church, 12124 Ranch Rd. 620 N. FREE. wilcosymphony.org.

Sat 13

Fort Croghan Day. Reenactors bring to life the period of pioneers and early settlers. 9 a.m. to 4 p.m. Fort Croghan, 703 Buchanan Dr., Burnet. FREE. fortcroghan.org or 512-756-8281.

Sculpture Festival 2018. Tours, demonstrations and activities. 9 a.m. to 2 p.m. Sculpture Park, Downtown Liberty Hill. FREE. lhsculpturefestival.org.



Hands on History. Learn about the history of jug bands and make a musical craft. 10 a.m. to 2 p.m. Williamson Museum, 716 S. Austin Ave., Georgetown. FREE. williamsonmuseum.org or 512-943-1670.

Second Saturdays are for Families. Make your own botanical work of art, then learn about our tree population from the educators at TreeFolks. 10 a.m. to 3 p.m. Laguna Gloria, 3809 W. 35th St. FREE. contemporaryaustin.org or 512-458-8191.



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Little Red Riding Hood. 10 a.m. See Sat 6 for details.

Month of Mourning. 10 a.m. to 3 p.m. See Sat 6 for details.

Pumpkin Hunt. 10 a.m. to 5 p.m. See Sat 6 for details.

Pumpkin Festival. 10:30 a.m. to 5:30 p.m. See Sat 6 for details.

Fall Fiesta. A bit of bluegrass music and a whole lot of fun. 11 a.m. to 2 p.m. Kyle Public Library, 550 Scott Ave., Kyle. FREE. cityofkyle.com or 512-268-7411.

Oktoberfest. An Austin version of the Munich Oktoberfest. 11 a.m. to 7 p.m. German Free School, 507 E. 10th St. germantexans.org.

Pfloating Pumpkin Patch. Take a dip in the pool, pick your pumpkin, decorate it and stay for games. 11 a.m. to 3 p.m. Gilleland Creek Pool, 700 North Railroad Ave., Pflugerville. From \$3. parks.pflugervilletx.gov.

Austin Kiddie Limits. 11 a.m. to 7 p.m. See Fri 5 for details.

Mr Will Music Show. Sing, clap, march and dance along with this energetic children's performer. 12 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. FREE. pflugervilletx.gov.

Taino Heritage in Texas. A native celebration of the fall harvest. 12 to 5 p.m. McKinney Falls State Park, 5808 McKinney Falls Pkwy. FREE; donations appreciated. prfdance.org.



Saturday Matinee: Coco (PG). 2 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

Cedar Bark Festival. Bring your canine companion for costume and dog/owner look-alike contests. 2:30 p.m. Veterans Memorial Park, 2525 W. New Hope Dr., Cedar Park. FREE. cedarparktexas.gov or 512-401-5528.

Columbus Day Celebration. 5 to 7 p.m. Hill Country Bible Church, 12124 Ranch Rd. 620 N. FREE. eventbrite.com.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Williamson County Symphony Orchestra. 7:30 p.m. Sweet Home Baptist Church, 3200 Sunrise, Round Rock. FREE. wilcosymphony.org.

Ghosts of the Georgetown Square. 7:30, 8 and 8:30 p.m. See Fri 12 for details.

Sun 14

Austin Kiddie Limits. 11 a.m. to 7 p.m. See Fri 5 for details.

Rosita y Conchita. 11 and 1 p.m. See Sat 6 for details.

Pumpkin Festival. 12 to 5:30 p.m. See Sat 6 for details.

Pumpkin Hunt. 1 to 5 p.m. See Sat 6 for details.

Mon 15

Día de los Muertos (Day of the Dead). See Thu 4 for description. 3:30 p.m. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov or 512-974-8800.

Literature Live! Tales from Graves. See Mon 1 for description. 6:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

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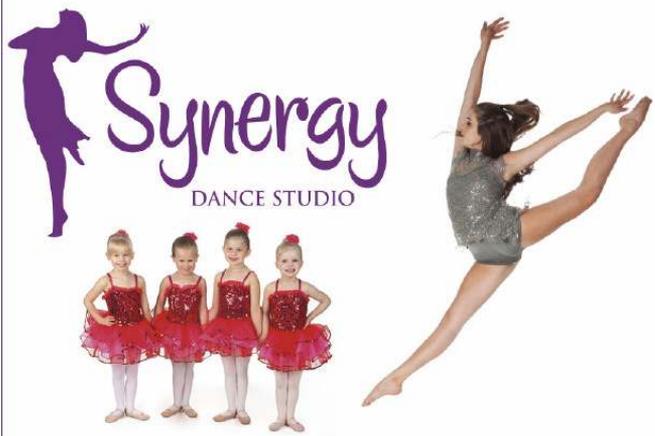


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Tue 16

Día de los Muertos (Day of the Dead). See Thu 4 for description. 10:15 a.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.



Family Board Game Night. 5:30 p.m. See Tue 2 for details.

Wed 17

Sprouts. 10 to 11 a.m. See Wed 3 for details.

Literature Live! Tales from Graves. See Mon 1 for description. 3 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

Fall Music on Main. 6 to 8 p.m. See Wed 3 for details.

Thu 18

Dog's Job. This new play for children ages 2 to 4 introduces careers and community helpers. Performances at 9:30 and 11 a.m. AT&T Education Rooms - The Long Center, 701 W. Riverside Dr. \$7.98. pollytheatre.org or 512-743-7966.

Stacy Gray Concert. Performances at 9:30 and 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. FREE. roundrocktexas.gov or 512-218-3275.

Literature Live! Tales from Graves. See Mon 1 for description. 3:30 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

Día de los Muertos (Day of the Dead). See Thu 4 for description. 4 p.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

Fri 19

Gem Capers 2018. Gem and mineral show. 9 a.m. to 6 p.m. Palmer Events Center, 900 Barton Springs Rd. \$2 youth; \$8 adult. Ages 12 and under FREE. agms-tx.org or 512-458-9546.

Dog's Job. 9:30 and 11 a.m. See Thu 18 for details.

Sprouts. 10 a.m. See Wed 3 for details.

Rock the Park Fall Series. Music by Ants Ants Ants and Jackie Venson. 6:30 p.m. Mueller Lake Park Amphitheater. FREE. kut.org.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Sat 20

Fall Celebration Hike. 9 a.m. Bright Leaf Preserve, 2222 and Creek Mountain Rd. Donations appreciated. brightleaf.org or friendsofbrightleaf@gmail.com.

Dog's Job. 9:30 and 11 a.m. See Thu 18 for details.

Pet Fest. Celebrate the human-animal bond. 10 a.m. to 5 p.m. San Marcos Pavilion Park, 401 E. Hopkins, San Marcos. Donations appreciated. preventalitter.com/pet-fest.



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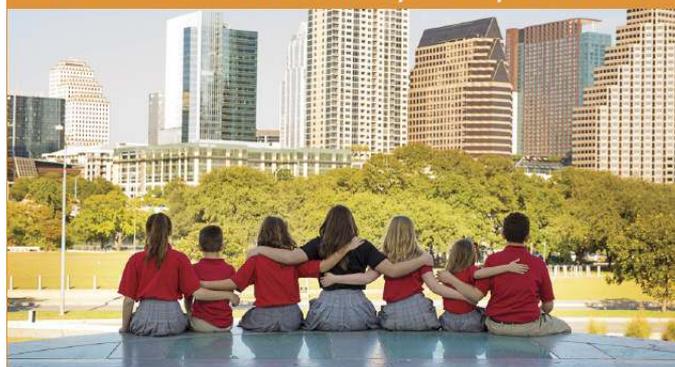


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Arts and Crafts Festival. Holiday shopping at booths. 10 a.m. to 4 p.m. Cedar Park Rec Center, 1435 Main St., Cedar Park. FREE. cedarparktexas.gov or 512-401-5528.

Little Red Riding Hood. 10 a.m. See Sat 6 for details.

Month of Mourning. 10 a.m. to 3 p.m. See Sat 6 for details.

Pumpkin Hunt. 10 a.m. to 5 p.m. See Sat 6 for details.

Pumpkin Festival. 10:30 a.m. to 5:30 p.m. See Sat 6 for details.

Brushy Creek Hairy Man Spooky Fest. Family-friendly community event that raises money for local charities. 11 a.m. to 6 p.m. Cat Hollow Park, 2600 O'Connor Dr. 2 canned food items or \$2. bcmud.org.

Rosita y Conchita. 11 a.m. and 1 p.m. See Sat 6 for details.

Barktoberfest. Family festival and dog walk to raise funds for the Central Texas SPCA. 12 to 4 p.m. Dog House Drinkery and Dog Park, 3800 County Road 175, Leander. FREE to attend, \$35 to enter. barktoberfestaustin.com or 512-636-7004.



Family Day. Make art, play games and explore. 12 to 3 p.m. Visual Arts Center, 2300 Trinity St. FREE. utvac.org.

Pfall Chili Pfest. A chili cookoff, tastings, live music, a car show and more. 12 to 5 p.m. Downtown Pflugerville, 100 E. Main St., Pflugerville. Chili tasting \$5; kids' area FREE. pfallchilipfest.com.

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

Halloween at the YMCA. Trick-or-treating, games, cupcake decorating, giveaways and more. 3 to 7 p.m. YMCA Camp Twin Lakes, 204 E. Little Elm Tr., Cedar Park. FREE. ymcagwc.org.



Mobile Loaves and Fishes 20th Birthday Party. Explore the village, enjoy live music and watch a movie at dusk. 4 p.m. Community First! Village, 9301 Hog Eye Rd. FREE. give.mlf.org.

Trunk or Treat for Special Needs Kids. Encouraging active participation for children with disabilities or limitations. 5:30 to 7:30 p.m. Seton Medical Center Williamson, 201 Seton Pkwy., Round Rock. FREE. roundrocktexas.gov.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Sun 21

LIVESTRONG Challenge. A fun run, bike rides from 20 to 100 miles long and a post event party. 7:30 a.m. to 4 p.m. Palmer Events Center, 900 Barton Springs Rd. From \$10. livestrongchallenge.org or 512-279-8435.

Rosita y Conchita. 11 and 1 p.m. See Sat 6 for details.

Family Day with KUNIKLO. The art collective guides visitors of all ages through the creation of decorative masks and caterpillars. 12 to 5 p.m. Mexic-Arte Museum, 419 Congress Ave. FREE. mexic-artemuseumevents.org or 512-480-9373.

Pumpkin Festival. 12 to 5:30 p.m. See Sat 6 for details.

Pumpkin Hunt. 1 to 5 p.m. See Sat 6 for details.

Tortoise and Hare. 2 p.m. See Sat 20 for details.

Mon 22

Literature Live! Tales from Graves. See Mon 1 for description. 6:30 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

Tue 23

Family Flicks: Hotel Transylvania (PG). 4 p.m. Lake Travis Library, 1938 Lohman's Crossing, Lake Travis. FREE. laketravislibrary.org.

Family Board Game Night. 5:30 p.m. See Tue 2 for details.

Family Craft Night. 6 p.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. library.austintexas.gov or 512-974-9920.

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Family Night: Pajama Story Time. 6 p.m. Westbank Library, 1309 Westbank Dr. FREE. westbanklibrary.com or 512-327-3045.

Wed 24

Sprouts. 10 to 11 a.m. See Wed 3 for details.

Día de los Muertos (Day of the Dead). See Thu 4 for description. 3:30 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

Fall Music on Main. 6 to 8 p.m. See Wed 3 for details.

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

Thu 25

Dog's Job. 9:30 and 11 a.m. See Thu 18 for details.

Halloween Party. For ages 18 months to 6 years. Costumes are welcome. Please preregister. 10 to 11 a.m. Round Rock Library, 216 E. Main St., Round Rock. FREE. roundrocktexas.gov.

Día de los Muertos (Day of the Dead). See Thu 4 for description. 10:15 a.m. Cepeda Branch Library, 651 N. Pleasant Valley Rd. FREE. library.austintexas.gov or 512-974-7372.

Literature Live! Tales from Graves. See Mon 1 for description. 3:30 p.m. North Village Branch Library, 2505 Steck Ave. FREE. library.austintexas.gov or 512-974-9960.

Movies in the Park: Practical Magic (PG-13). 7:15 p.m. Palm Park, 601 E. 3rd St. FREE. www.austinparks.org

Fri 26

Dog's Job. 9:30 and 11 a.m. See Thu 18 for details.

Sprouts. 10 a.m. See Wed 3 for details.

Día de los Muertos (Day of the Dead). See Thu 4 for description. 10:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

Literature Live! Tales from Graves. See Mon 1 for description. 10:30 a.m. Yarborough Branch Library, 2200 Hancock Dr. FREE. library.austintexas.gov or 512-974-8820.

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

Fall Fest. Games, pumpkin patch and fun. 5:30 to 7 p.m. IDEA Bluff Springs, 1700 E. Slaughter Ln. ideapublicschools.org or 512-822-4200.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Ghosts of the Georgetown Square. 7:30, 8 and 8:30 p.m. See Fri 12 for details.

Sat 27

Boo-da Halloween. Fun and safe trick-or-treating at downtown businesses. All day. Downtown Buda. FREE. budatxtourism.com.

Roots and Wings Festival. Celebrating trees and pollinators with face painting and fun. Come in costume or create one at the event. 9 a.m. to 2 p.m. Zilker Botanical Garden, 2220 Barton Springs Rd. \$1 child; \$3 adult. austintexas.gov or 512-477-8672 ext. 13.

Startup Chica Conference. Girls ages 9 to 18 learn business skills. 9 a.m. to 4 p.m. University of Texas, 300 W. MLK Blvd. From \$20. eventbrite.com.

Zombie Charge and 5K Festival. Obstacle race and after party. 9 a.m. to 2 p.m. Pioneer Farms, 10621 Pioneer Farms Dr. FREE for nonrunners. rush49.com.

Dog's Job. 9:30 and 11 a.m. See Thu 18 for details.

Texas Book Festival. Author appearances, book sales, food trucks and family activities. 10 a.m. to 5 p.m. Grounds of the State Capitol. FREE. texasbookfestival.org.

Hogeye Festival. Pig puns and fun activities for the whole family. 10 a.m. to 6 p.m. Downtown Elgin. FREE. elgintx.com.

Fall Festival. Games, train rides, a petting zoo and more. 10 a.m. to 12 p.m. KidSpa Austin, 10526 W Parmer Lane. FREE. kidspa.com or 512-828-5772.

Month of Mourning. 10 a.m. to 3 p.m. See Sat 6 for details.

Pumpkin Hunt. 10 a.m. to 5 p.m. See Sat 6 for details.

Pumpkin Festival. 10:30 a.m. to 5:30 p.m. See Sat 6 for details.

Fable Fest. Carnival games, activities, a petting zoo and more. 11 a.m. to 4 p.m. Elizabeth Milburn Park, 1901 Sun Chase Blvd., Cedar Park. FREE; food, drink and games extra. cedarparkbooks.org.

Rosita y Conchita. 11 and 1 p.m. See Sat 6 for details.

Viva La Vida Festival and Parade. Austin's largest and longest-running Día de los Muertos festival. 12 to 6 p.m. Mexic-Arte Museum, 419 Congress Ave. FREE. mexic-artmuseum.org or 512-480-9373.



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Fall Family Fun Fest Intergenerational Day. Bring youth and seniors together with art projects, a photo booth, stories and more. 1 to 5 p.m. Pavillion at Great Hills, 11819 Pavilion Rd. FREE. intergenerationalday.org.



Día de los Muertos Celebration. 2 to 4 p.m. Pflugerville Library, 1008 W. Pflugler St., Pflugerville. FREE. pflugervilletx.gov.

Tortoise and Hare. 2 p.m. See Sat 20 for details.

Round Rock Diwali Festival. Celebrating the Indian festival of lights. 3 to 10 p.m. Centennial Park, 301 W. Bagdad Ave., Round Rock. FREE. rrdiwalifest.com or 512-903-2623.

Boo at the Zoo. 6:30 to 9 p.m. See Fri 5 for details.

Ghosts of the Georgetown Square. 7:30, 8 and 8:30 p.m. See Fri 12 for details.

Sun 28

Straw Fest. Fall family fun with hands-on activities and games. 11 a.m. to 5 p.m. Umlauf Sculpture Garden, 605 Robert E. Lee Rd. FREE. umlaufsculpture.org or 512-445-5582.

Rosita y Conchita. 11 and 1 p.m. See Sat 6 for details.

Texas Book Festival. 11 a.m. to 5 p.m. See Sat 27 for details.

Austin Symphony's Halloween Children's Concert. A frightfully fun, family-friendly concert designed for ages 2 to 10. Costumes welcome. 1 p.m. and 4 p.m. AISD Performing Arts Center, 1500 Barbara Jordan Blvd. From \$10. austinsymphony.org or 512-476-6064.

Tortoise and Hare. 2 p.m. See Sat 20 for details.

Steiner Ranch Trunk or Treat. 3 to 6 p.m. Steiner Ranch Town Square, 12550 Country Trails Ln. FREE. eventbrite.com.

Mon 29

Día de los Muertos (Day of the Dead). See Thu 4 for description. 11 a.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov or 512-974-9940.

Tue 30

Frankenstein Film Festival. Screening four movies: Frankenweenie (PG), I Frankenstein (PG-13), The Monster Squad (PG-13) and Young Frankenstein (PG). Costumes welcome. 2 to 8 p.m. Kyle Public Library, 550 Scott Ave., Kyle. FREE. cityofkyle.com or 512-268-7411.

Literature Live! Tales from Graves. See Mon 1 for description. 4 p.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

Family Board Game Night. 5:30 p.m. See Tue 2 for details.

Harry Potter Halloween Party. For ages 8 to 18. 7 to 8 p.m. Round Rock Library, 216 E. Main St., Round Rock. FREE. roundrocktexas.gov.

Wed 31

Fall Fun Fest. A superhero-themed festival for preschoolers. 9 a.m. Old Settlers Park, 3300 E. Palm Valley Blvd., Round Rock. FREE. roundrocktexas.gov or 512-218-3220.

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Sprouts. 10 a.m. See Wed 3 for details.

Pumpkin Parade with Stacy Gray. 10:30 a.m. Lake Travis Library, 1938 Lohman's Crossing, Lake Travis. FREE. laketravislibrary.org.

Literature Live! Tales from Graves. See Mon 1 for description. 11 a.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov or 512-974-9940.

Hometown Halloween. Trick-or-treating at downtown businesses, live music and a story walk down Main St. 4 to 6 p.m. Downtown Round Rock, 221 E. Main St., Round Rock. FREE. downtownroundrocktexas.com or 512-218-5447.

Movies in the Wild: Coco (PG). 6 to 9:30 p.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. \$8 members; \$12 nonmembers; FREE under 4. wildflower.org or 512-232-0100.

Treats on East St. Safe trick-or-treating at businesses, plus games and activities. 6:30 to 8 p.m. Downtown Hutto, 100 East St., Hutto. FREE. huttotx.gov.

Halloween Party Literary Costume Bash. 7:30 to 8:30 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. library.austintexas.gov or 512-974-9880.

Parenting Events

Wed 3

Household Hazardous Waste Collection.

Dispose of residential paint and other household chemicals. 3 to 6 p.m. Recycling Center, 310 Deepwood Dr., Round Rock. FREE for City of Round Rock water utility customers. roundrocktexas.gov or 512-218-5559.

Is It Really ADD? A workshop for parents and professionals who interact with children whose behavior and learning problems suggest the possibility of Attention Deficit Disorder. 6 to 7 p.m. Aspire Vision, 7700 Cat Hollow Dr., Round Rock. FREE. eventbrite.com or 512-501-2100.

Saturday 20

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.

Saturday 27

Drug Take Back. Get rid of expired, unused or unwanted medications for people or pets. 10 a.m. to 2 p.m. Leander Police Department, 705 Leander Dr., Leander. FREE. leandertx.gov.

Mon 29

World Stroke Day Health Fair. Free health screenings, guest speakers, entertainment and door prizes. 4 to 6 p.m. Austin Speech Labs, 7800 Shoal Creek, Suite 136-S. FREE. austinspeechlabs.org or 512-992-0575.

Story Times

Reading is vital to childhood development, and Austin Family magazine encourages reading for all ages. Library story times can spark a love of reading with special events, themes and readings geared to specific age groups.

Austin area libraries offer story times for infants, toddlers, preschoolers and families. There are story times in Spanish, Mandarin, Hindi, American Sign Language and other languages. Contact your local library for more information about times and appropriate ages.

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PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

Crítica Constructiva

La mayoría de las veces, el dar una crítica puede ser incómodo y hasta mal recibido. Incluso, el recibir una crítica para muchos puede ser motivo para reaccionar a la defensiva. Con el paso del tiempo, he comprobado tres aspectos importantes para dar una crítica constructiva sin dañar la relación. Primero, dejale saber a la persona la intención de tu crítica. Al saber que tu intención es genuina y positiva ayudará a que la persona no solo escuche tus palabras pero tambien tu corazon. Segundo, muestra compasión en tus palabras. Y tercero, elige el lugar adecuado para dar la crítica y que de preferencia sea a solas. Es incomodo y de mal gusto corregir a alguien en público. Ponlo a prueba, y veras como tu critica sera bien recibida. ¡Piensa Positivo!

Constructive Criticism

Most of the time, giving criticism can be uncomfortable and even poorly received. Getting criticism can make many people react defensively. Over time, I've noticed three ways to give constructive criticism without damaging the relationship. First, convey the intent of your criticism. Knowing that your intention is genuine and positive will help the person listen to not only your words but also your heart. Second, show compassion in your words. And third, choose the right place to give criticism, preferably in private. It's uncomfortable and in bad taste to correct someone in public. Put it to the test, and you'll see your criticism will be well received. Think positive!

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KID ZONE

Make a Bat Decoration



Happy October, everyone! We're getting into the spooky spirit with a fun craft for all ages. Austin is known for its large migrating bat population, and we think it's high time we celebrate these amazing, airborne animals! Learn how to make your very own paper bat and keep this Halloween cool and classically Austin.

What You Need

- black construction paper
- bowls in two sizes for tracing
- pencil
- scissors
- googly eyes (can be found at any craft store or in the craft section of your local grocery store)
- white crayon/chalk
- glue

What You Do

1. Use the bowls to help you trace two circles on the construction paper. The smaller circle will be your bat's face, and the larger circle will be the bat's wings.
2. Cut out the two circles.
3. For ears, cut out two triangles of the same size from the remaining construction paper.
4. Fold the larger circle accordion style. This will work on your motor skills! Once completely folded, use scissors to cut the circle in half. This creates the bat's two wings.
5. Using glue, attach the bat wings to the sides of the bat's face and attach the bat ears at the top.
6. Now it's time to create your bat's face! Glue on the googly eyes and use a white crayon or chalk to give your bat a spooky or silly smile.
7. Give your bat a name and viola!

Adapted craft and photo courtesy of iheartcraftythings.com.



The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility



SMART SCREEN TIME

Once upon a time, there was TV, and there were books, and it was easy to tell the difference between the two. Ah, those were simpler times.

With the advent of mobile devices, we are now in a Gutenberg-like transformation of the printed word. We have access within seconds to a remarkable number and variety of texts, much of it free of charge. (Major shout-out to the Austin Public Library for their Overdrive and Libby apps for free checkout of e-books.) In the world of early learners, not only do we have access to full-color picture e-books, we also have very effective early literacy games that help teach reading. All of this raises questions, however, about the role of devices — and e-books in particular — in young kids' literacy lives.

Here's what the research tells us so far. First, great books appear to do great work, whether they appear in paper or electronic form. Stories captivate, illustrations and photos delight, and the experience of shared reading is critically important to developing reading habits. Second, "Easter eggs" (those fun touch- or click-on animations in e-books) can distract from the narrative flow of stories. With that in mind, the recommendation is to read a story from start to finish, then go back and play. Most critically, if you switch your nighttime reading to a tablet, dim down the light on that tablet! The last thing you want at bedtime is to have a bright light projecting directly into kids' eyes and sending a wakeup signal to the brain.

In addition to wonderful books about fall, Halloween and Día de los Muertos, PBS KIDS offers a fun lineup of fall-themed programs. Check out the Wild Kratts' new shows about Creepy Creatures. Available on TV, klrukids.org and the free PBS KIDS Video app.

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.



My Clever New Magic Trick

That really old black-and-white horror film “The Invisible Man” has been on my mind lately. You see, my family and I recently embarked on a quick weekend trip. You know, to “get away from it all” and “relax.” And like most endeavors that involve taking toddlers out of their normal surroundings and routines, it was mostly stressful with a small amount of reprieve coming at night when the kids fell asleep. In all other hours of the day, sounds of whining and, “No, I want MOMMEEEEeeee” filled the air and made my ears bleed.

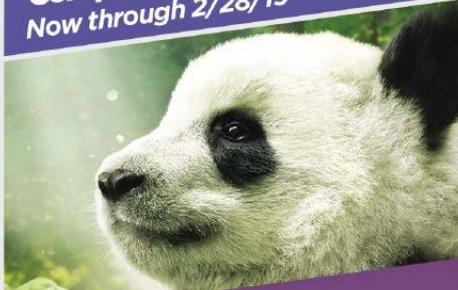
I’m realizing it would be beneficial for me to learn how to disappear, or at the very least become invisible — and not just on trips, but also at home. Here are some tactics I am going to start employing, and I encourage you to try them out to and see which ones stick. After all, it takes a village, mamas.

1. Change your name. And don’t tell anyone what it is, except for the cashier at KFC.

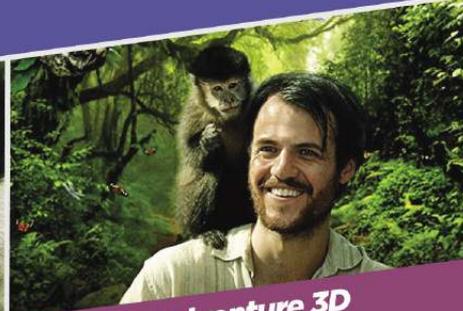
2. Stop showering. No one wants to cling to a grease ball who smells like spilled milk. If you’re anything like me, you’ve already reduced your weekly showers to two, but with a trusty dry shampoo and a handful of wet wipes, I believe we can make it work with one.
3. Maintain a constant prickle on your legs. My oldest will occasionally complain my legs are “stabbing his heart.”
4. Husbands have somehow already mastered the art of invisibility. Let’s try masking ourselves in their scent.
5. If No. 4 doesn’t work because they can still see you, try wearing your partner’s clothing. The more layers the better.
6. Hide. Create a hiding place somewhere dark and cool, and include a stash of your favorite things, like snacks and ear plugs.



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