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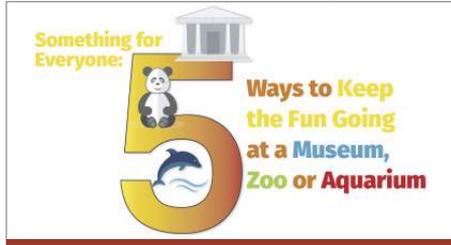
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## FILM REVIEW

By Jack Kyser

### “Toy Story 4”

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



## tune in:

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



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Bella is 5 years old and a Cover Kids Contest winner. She loves to dance. Photo by Jordan Ashley Photography.

**W**hen my girls were very young, we made ample use of our local library. From story times to the summer reading program, that library was practically a second home. But it was the tiny museum next door that thrilled them with each visit. Just a simple reconstruction of the dog-run style houses that typical pioneers inhabited in the 1800s, the rustic furnishings, everyday objects and clothing captured my daughter's imaginations.

In this digital age, our kids spend a great deal of time among virtual objects in virtual worlds. There's nothing inherently wrong with learning through screens, but what's great about museums is the concreteness of it all – those faded artifacts, smooth sculptures and dusty fossils represent real, tangible things in the real, tangible world. Call it IRL over URL.

And experiencing the real world together, as a family, can bring you all a little closer. So this month, we celebrate museums, and in particular Austin-area museums, where families can go for a blessed reprieve from



## EDITOR'S NOTE

SHERIDA MOCK

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

the summer heat and spend a little time digging into history, science and art. Our yearly Awesome Austin feature outlines some of the area's best free museums, and Cheryl Maguire's article "Something for Everyone" offers up ways to get the most out of your next family museum visit.

Have a fabulous July!

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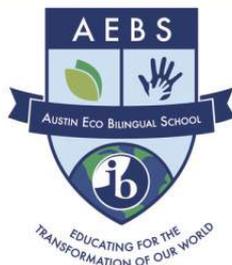
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# Play it safe

product recalls

## Government Recalls Baby Food Cookers, Coolers and Wireless Chargers



Beaba is recalling about 5,000 **baby food cookers** because the glass bowl can break, posing a laceration hazard. The recall involves Babycook Neo baby food steam cookers/blenders, which are A/C powered and steam and blend food. Affected units were sold at beabausa.com, Buy Buy Baby, Williams

Sonoma, Bed Bath & Beyond and other children's stores nationwide and online from July 2018 to February 2019 for about \$200 to \$250. Consumers should immediately stop using the recalled cookers and contact Beaba for a free replacement bowl.

Igloo is recalling about 60,000 **marine coolers** because the cooler's stainless-steel latch can automatically lock when the lid is closed, allowing a person to



become locked inside the air-tight container, posing entrapment and suffocation hazards. The recall involves the Igloo Marine Elite line of coolers, which are white with stainless-steel latches. Affected units were sold at West Marine, Sportsman's Warehouse and other home and recreational stores nationwide and online at amazon.com and igloocoolers.com between January 2015 and March 2019 for between \$10 and \$180. Consumers should immediately put the coolers out of the reach of children. Contact Igloo for instructions on removing and disposing of the old latch and for a free replacement latch.



Imagine Nation is recalling about 64,000 **wireless charging pads** because the chargers can overheat while in use, posing a burn hazard. The recall involves the Pro Charge Power Wireless Charging Pad and Sharper Image Wireless Charging Pad. The chargers are circular and have clear edges and a black plastic center with red trim.

Affected units were sold at nationwide events held at schools, corporate offices and hospitals between March 2018 and February 2019 for between \$10 and \$11. Consumers should immediately stop using the recalled chargers and contact Imagine Nation Books/Collective Goods for a full refund.

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

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## School Bonds in Action



The Boss Street Brass Band leads students from Sims Elementary to the groundbreaking ceremony for modernizing Norman Elementary. Photo by Sherida Mock.

A groundbreaking ceremony at Norman Elementary School celebrated Austin ISD's 2017 Bond funds in creating a single, modernized campus for students currently attending school at nearby Sims Elementary.

Part of the celebration included a walk by students from Sims Elementary to the Norman campus. Students were led by the Boss Street Brass Band. In attendance were descendants of G. W. Norman, the school's namesake. Norman was an educator for three decades and a principal at Blackshear Elementary.

"We begin today with a turn of the dirt that's not just cosmetic," says Wendy Mills, principal of Norman and Sims Elementary. "It will incorporate a new way of looking at how physical spaces elevate the learning environment. This forward thinking is essential to our students' success in today's classrooms."



A three-day conference on child development takes place July 18-20 in Georgetown. Photo courtesy of The Georgetown Project.

## Child Development Conference

Parents, teachers and childcare providers are invited to attend a three-day learning fest in Georgetown. The 17th annual Committed to Kids Conference runs July 18-20 at Christ Lutheran Learning Center. Twenty workshops will provide training and professional development credits, with titles such as "Engaging Storytelling" and "Get Ready to Read." Attendees will also learn fresh ways to engage children in workshops such as "Fall Pumpkins" and "Christmas in July."

"It's important that parents, childcare providers and others have access to high-quality local training so that children are well-prepared for school and their future," says Leslie Janca, CEO of The Georgetown Project, which is partnering with the church to host the event.

The early registration fee is \$10 per class, increasing to \$20 per class on July 11. Space is limited, so early registration is suggested. For a full schedule of workshops and registration information, visit [bit.ly/2Xyn8bl](http://bit.ly/2Xyn8bl).



## Student Athletes

An Austin-based company has announced its online student-athlete development platform will launch on July 5, 2019. Athlete Foundry gives parents and student athletes a comprehensive plan that helps them see, track and build a plan toward playing college sports.

"Eighty percent of parents of pre-college student athletes don't know all of the basic nor advanced steps towards collegiate

athletics," says KC Chhipwadia, CEO and founder of Athlete Foundry. "Not understanding how the full picture comes together results in misinformation, frustration, missed opportunities and not achieving full potential in athletics nor life after sports." Using the platform, parents can track their athlete's data, measure progress toward metrics that collegiate coaches value and share achievements with family, friends and coaches.

## Must-Do This

# July

### 6 - 7

### Brick Fiesta

at Renaissance Austin Hotel

### 7/12 - 8/17

### The Little Mermaid

at Zilker Hillside Theater

### 10, 17 & 24

### Children's Day Art Park

at Austin Central Library



Eighth-grader Ben Hofer presents a \$10,000 LunchCounts! check to Austin ISD Food Services Executive Director Anneliese Tanner (far right), Blazier Principal Leti Pena-Wilk (second from left) and Blazier Café Manager Bill McKenna (far left). Photo by Sherida Mock.

## School Lunch Balances

Local eighth-grader Ben Hofer has pledged to eliminate Austin ISD's school lunch debt. Hofer started the project he calls LunchCounts! as part of a school project, with a goal of raising \$18,000 to pay off all of the school lunch debt in the district.

To that end, Hofer recently presented Austin ISD officials with a check for \$10,000 in a ceremony at Blazier Elementary School. Hofer's campaign page states, "Being stressed or embarrassed about not having enough money for food is disheartening. I'm sure parents have a lot of worries, and lunch for their kids should not be one of them."

"We are very appreciative of the generosity of Ben, and his commitment to helping address hunger issues in Austin," says Anneliese Tanner, Executive Director for Food Services. "In a city with so many food options, it often goes unnoticed that we have a lot of hunger. At Austin ISD, children are provided with a healthy, tasty meal, regardless of their ability to pay. All of these funds support Austin ISD, so that we are able to provide meals."



Central Texas Medical Center awarded 12 local high school seniors with scholarships. Photo courtesy of CTMC.

## Scholarship Awardees

Twelve local students have been awarded scholarships from Central Texas Medical Center (CTMC) in recognition of their academic achievements, community involvement and future career goals. Each high school senior received a \$1,000 scholarship that can be applied to tuition, books or living expenses.

The students are Eugenia Agobe, who is home schooled; Alicia Rios from Jack C. Hays High School; Daniel Kiyuna from Lehman High School; Yamilet Nava Quezada from Lockhart High School; Ejine Uzor from San Marcos Academy; Thomas Bates, Irene Diocares, Cassandra Grouette, Madison Mendez Jones, Kylie Torres and Julian Ybarra from San Marcos High School; and Evan Mayhew from Wimberley High School.

"Helping deserving students pursue their dreams is an honor," says CTMC President/CEO Anthony Stahl. "This event is always a highlight for me personally and for our hospital team. There is nothing better than awarding these scholarships and wishing the students all the best in their bright future."

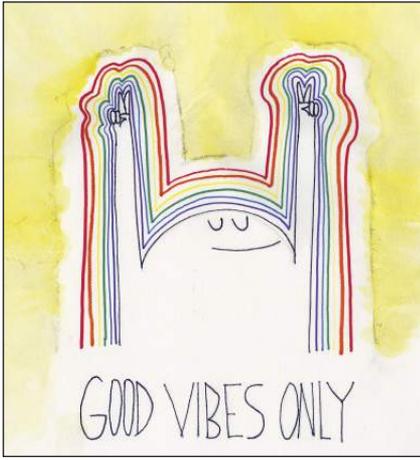
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## Art Contest

Central Texas Medical Center (CTMC) is calling for entries in the art contest for its 2020 Creation Health calendar. Children ages 4 to 18 are encouraged to enter. The calendar celebrates healthy living through choice, rest, environment, activity, trust, interpersonal relationships, outlook and nutrition. Artwork should illustrate one of the eight Creation Health concepts. Entry deadline is Sept. 22, 2019. For more information, visit [CTMC.org](http://CTMC.org) and click on the “Kids Calendar Art Contest” banner on the home page.

CTMC’s art contest publishes winners – like this 2019 grand prize winner – in its annual Creation Health calendar.



Breakthrough Central Texas supports students who are the first in their families to earn a college degree. Photo by Alison Narro.

## College Graduates

Breakthrough Central Texas celebrated its largest graduating college class in early June. The 36 participants are each the first in their families to earn a college degree, marking the realization of a 12-year journey and commitment each of these students made in middle school. The Breakthrough program supports students from 6th grade through college, resulting in a college graduation rate that is nearly seven times higher than the general graduation rate for low-income students

# by the numbers



**\$2 billion**  
U.S. museums spend on educational programs

Source: American Alliance of Museums



**1939**  
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## Family Exercise



Marathon Kids offers a summer program that keeps kids moving while bonding with their parents. The free “Walk and Talk” program encourages families to walk a marathon over the course of the summer, talking about a new topic during each of the 26.2 miles of a marathon. The program provides a mileage log and conversation starters.

Marathon Kids sees the summer months as the perfect opportunity to both encourage exercise and facilitate meaningful discussions. “People think kids are more active in the summer, but we actually see increased screen time and more indoor time,” says Cami Hawkins, CEO of Marathon Kids. “And research shows that when kids are distracted by something like walking or doing crafts, they talk more freely.”

Last year was the first year for the “Walk and Talk” program, which suggests open-ended questions, such as, “What would you like for adults to understand about kids your age?” During the school year, Marathon Kids works with schools to engage students in running while setting goals and working toward them in small increments. To access the free “Walk and Talk” program, visit [marathonkids.org/walkandtalk](http://marathonkids.org/walkandtalk).

# Who will be the 2020 Cover Kid Contest Winners?

(Maybe it will be your child!)

The image shows the cover of the April 2019 issue of Austin Family Magazine. The cover is white with a green silhouette of a child wearing a party hat and holding a balloon. The magazine title 'austin family' is in a large, orange, serif font. Below the title, it says 'smart parenting • healthy homes'. The date 'APRIL 2019' is in the top left corner. The word 'FREE' is in the top right corner. The tagline 'Serving Families Since 1992' is at the bottom right of the title. The cover features several articles: 'PARTY ON! Birthday Themes for Busy Parents', 'RARE GIFTS 15 Standout Ideas for Birthday Boys and Girls', 'SUNBURNS Why They Happen, How to Avoid Them', and '16 Pages Summer Camp Guide'. There is also a red banner for 'AISD SPECIAL NEEDS CAMP GUIDE' and a 'PLUS: Student Leader Talks About Life with Autism' section. At the bottom, a yellow banner says 'INSIDE! CALENDAR | EDUCATION GUIDE | ARTICULOS EN ESPAÑOL'. A small inset image shows two children, with an arrow pointing from the text 'This could be YOUR CHILD!' to it. Below the inset is the text 'Cover Kid CONTEST 2020'.

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APRIL 2019

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## FAMILY MATTERS

BETTY RICHARDSON

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

# Why Do I Feel So Guilty Leaving My Baby?

**Q** My husband and I have a 4-week-old baby who keeps us both worn out. I feel so depleted, but I have to keep myself going. Some friends have offered to watch the baby while I run an errand or go out for a date night with my husband. But I feel so guilty when I leave our baby with someone else. Do other mothers feel this way? Do you have any suggestions for me?

**A.** *The Independent* (a British publication) reported on a study that found new parents sleep an average of four hours and 44 minutes a night, which is far from the eight hours most of us need. This leaves new parents in a sleep-deprived mode. No wonder you both feel worn out. Luckily, you have friends willing to help out.

The guilt you mention presents a challenge. Many mothers have huge amounts of guilt when leaving a baby with friends, family or sitters. Even though the point is to get away for a bit, you're actually stressed instead of relaxed. As one mom said to me, "Mom guilt is the worst." Here are a few suggestions for keeping that mom guilt under control:

1. Try letting someone care for your baby in your home while you take a nap.
2. Enlist someone to care for your baby while you do chores at home, such as wash clothes, load the dishwasher or tidy the kitchen and plan ahead for a meal. Of course, don't turn down any offers of help with the chores.
3. Gradually move into having someone care for your baby while you run a short errand. Over time, lengthen your absences, popping back home in between errands to assure yourself everything is alright.
4. Instead of a long date night, take friends up on the offer to stay with your baby so you and your husband can grab a quick meal out or run an errand together. As you adjust to being away from your baby, you can begin to lengthen the time to create a real date night.
5. Invite a friend to walk with you as you push the stroller. Having social time

with friends is restorative, and the walk will probably put the baby to sleep.

6. Notice when someone's comment produces guilt feelings. One mother shared feeling guilty when someone said, "I can't believe you made it out while your baby is still so young." How do you respond to a comment like this? Perhaps something like, "It's a miracle, thanks to good, caring friends who are helping me become stronger so I can best care for my baby."
7. Recognize that each time you get away, it will probably become easier. Most of us live with some sort of guilt, but when it gets too stressful – causing loss of sleep or appetite or thinking about it too much – then seeing a mental health therapist would be a good idea.

I hope all our readers will recognize the importance of helping new mothers. Offering just an hour of childcare is so helpful. If the new mom turns you down, take a meal or ask if you can do chores like shopping or laundry. Anything you do adds to the village it takes to raise a child.



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## THE Learning Curve

ALISON BOGLE

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

# Summer Reading for Every Level

**T**eachers often warn of the dreaded summer slide – the decline in reading ability and other academic skills that can occur over the summer months, when school is not in session. Just 20 minutes of reading a day will help your child retain his or her reading skills, and these new books released this year are just the thing to capture young imaginations.

If you have a younger child who is able to read independently, try stirring in a dose of summer fun by having him or her read aloud to a pet, younger sibling or favorite stuffed animal. Create a special summertime cozy reading nook for any age reader to encourage spending time with a good book. And don't forget to model reading yourself. When your child sees you enjoying a good book, you're demonstrating that taking time out to read is a pleasure!

Tip: To create a positive reading experience and to keep motivation high, choose books that are at your child's reading level.

### Young Readers – Picture Books

1. *Dragons Are Real!* by Holly Hatam. This delightful board book gives babies and toddlers a glimpse into the magical world of dragons. The bright, colorful images and whimsical text will keep the youngest of readers engaged.
2. *Hair Love* by Matthew A. Cherry. *Hair Love* is the story of a little girl whose hair has a mind of its own. When Daddy tries to style it for a special occasion, he realizes he has a lot to learn! This book celebrates all daddies and daughters with a story about loving your natural hair.
3. *A Piglet Named Mercy* by Kate DiCamillo. Two-time Newbery Medal winner Kate DiCamillo tells the story of an irrepressible pig and how she came to be a part of the Watson family. This cute and humorous prequel will leave you wanting to read more of the Mercy Watson series.
4. *Harold & Hog Pretend for Real!* by Dan Santat and Mo Willems. Fans of Willems'

popular *Elephant and Piggie* books will enjoy this tale of Harold and Hog, two best friends pretending to be Elephant and Piggie. Only there's a twist: their personalities are the opposite of Elephant and Piggie's.

5. *There are No Bears in this Bakery* by Julia Sarcone-Roach. This entertaining story about a hungry bear cub and a tough detective cat named Muffin follows their nighttime raid on a bakery case to dispel the bear's tummy rumbles. All ends well for them, but not for the surprised bakery owner!

### Readers Aged 8 and Older

1. *Katt vs. Dogg* by James Patterson and Chris Grabenstein. Natural enemies, Molly the Katt and Oscar the Dogg must learn to rely on each other when they get lost in the woods. Subtle messages about prejudices, and the harm they can cause, make this read both funny and profound.
2. *Max and the Midnights* by Lincoln Peirce. Set in the Middle Ages, this

book is a funny, quick read with many lessons about kindness and bravery.

3. *New Kid* by Jerry Craft. This graphic novel follows the adjustment of an African American boy who moves from his local public school to a private, mostly white middle school. *New Kid* is a funny read, but kids will also gain empathy or validation.
4. *The Strangers: Greystone Secrets, Book 1* by Margaret Peterson Haddix. In this clever sci-fi book, the Greystone siblings discover a mysterious passageway beneath their house and work together to find their missing mom.
5. *The Lost Girl* by Anne Ursu. Identical, inseparable 11-year-old twin sisters learn they will be separated for the first time when they start fifth grade. And when an unusual antique store opens nearby, strange things begin to occur. Magic, friendship, teamwork and family play strong roles.

### Middle School Readers

1. *Other Words for Home* by Jasmine Warga. A beautifully written novel about Jude, a young girl who must leave Syria to move to the U.S. with her mother, leaving her older brother and father behind.
2. *Shouting at the Rain* by Lynda Mullaly Hunt. Delsie, who has always lived with her Grammy, navigates feelings of being abandoned – first by her mother when she was a baby, and now by her best friend.
3. *Just Jaime* by Terri Libenson. Seventh grade best friends, Jaime and Maya, are navigating the bumps of being part of the popular group – a group which seems to be leaving Jaime behind.
4. *A Good Kind of Trouble* by Lisa Moore Ramée. Twelve-year-old Shayla always

follows the rules, but when a police officer is acquitted for shooting a black man, Shayla decides that some things are worth getting in trouble for in this story about friendship and standing up for one's beliefs.

5. *Way of the Warrior Kid 3: Where There's a Will...* by Jocko Willink. Marc faces the

same challenges that every kid faces: bullies, tough times at school, insecurities and more. Lucky for Marc, his Navy SEAL Uncle Jake visits each summer and teaches Marc – and readers – how to turn problems into opportunities.

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Cedar Park, Texas 78613

• **Kiddie Academy of Bee Cave**  
(512) 379-7929  
(Opening July 2019)  
16003 W Hwy 71  
Bee Cave, Texas 78738

### NAEYC Accredited Academies:

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

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

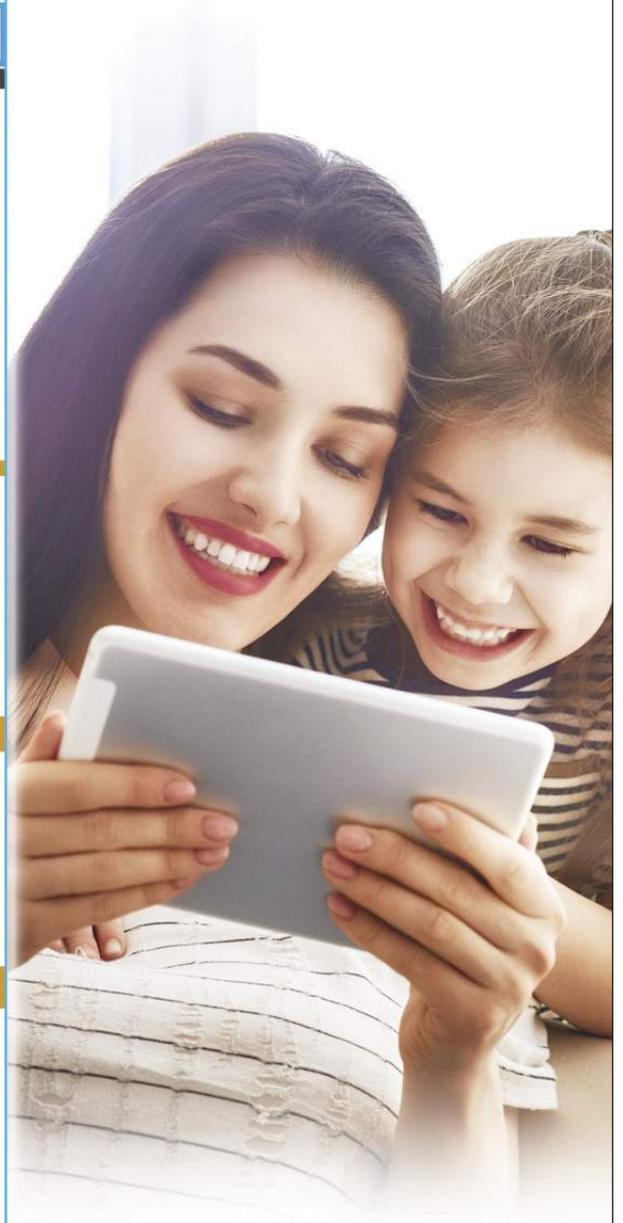


[kiddieacademy.com/austin](http://kiddieacademy.com/austin)

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BY SHACHI KAUSHIK

# Splash Pads Bring the Summer Fun

**W**ith Austin's sweltering summers, a perfect way to beat the heat is to drench it. And one of the best spots for cooling off is your local splash pad. No matter what part of town you live in, there's a splash pad close by. Here are a few we visited recently.

## Round Rock

Located in charming downtown Round Rock, the Prete Plaza Fountain is a shaded splash pad composed of ground-level jets under a set of overhead shade sails. The area provides a few tables and chairs, along with grass seating. After the sun goes down, the plaza takes on a different mood, with outdoor speakers playing soft music. The plaza is conveniently located across the street from the Round Rock Public Library and within walking distance of several restaurants. For a sweet treat, Kawaii's Shaved Ice is just around the corner. There's a public restroom inside the adjacent City Hall. Parking is free and plentiful, with three surface lots, a public parking garage and street parking nearby.

**Address:** 221 E Main St., Round Rock **Hours:** Daily 7:30 a.m. to 10 p.m., Wed 12:30 p.m. to 3 p.m., Sat 10 a.m. to 11 p.m.



Photos by Shachi Kaushik

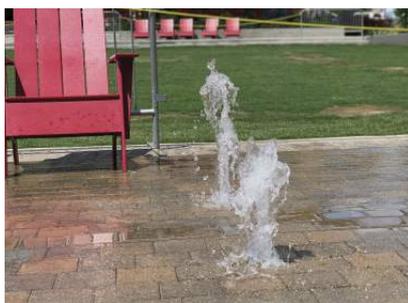


Photo by Sherida Mock

## Bee Cave

Situated in the center of the Hill Country Galleria, this splash pad consists solely of ground-level jets. While the play area is not covered, there are tables with umbrellas set up right next to the splash pad. There's also a shaded area and a grassy amphitheater where you can sit and enjoy complimentary Wi-Fi. The splash pad is close to the Bee Cave Library and Amy's Ice Creams. One of the perks for this splash pad is that your family can combine cooling off with a little shopping or catch a movie at the Cinemark Theater. Public restrooms are available in Bldg. G, next door to Cafe Blue. The area offers complimentary parking in surface lots, three parking garages and along the streets. With maps all over the Galleria, it's easy to navigate the area.

**Address:** 12700 Hill Country Blvd., Bee Cave **Hours:** Daily 9 a.m. to 9 p.m.

## West Austin

This splash pad graces the southern end of Pease Park, in the heart of west Austin. Unlike the other splash pads, this one is surrounded by natural beauty. The unshaded splash pad uses both ground-level jets and shower poles to deliver splashy fun. While there's no shade over the splash pad itself, there are trees alongside the walking path and tons of shaded picnic tables for taking a snack break. Hang out longer at Pease Park and enjoy other activities, such as the nearby playscape, Shoal Creek and a hiking trail that leads north to Yippee Ki Yay, a stickwork installation worthy of exploration. Restrooms are very convenient to the splash pad. Free parking is available on the street.

**Address:** 1600 Parkway, Austin **Hours:** Daily 9 a.m. to 8 p.m.



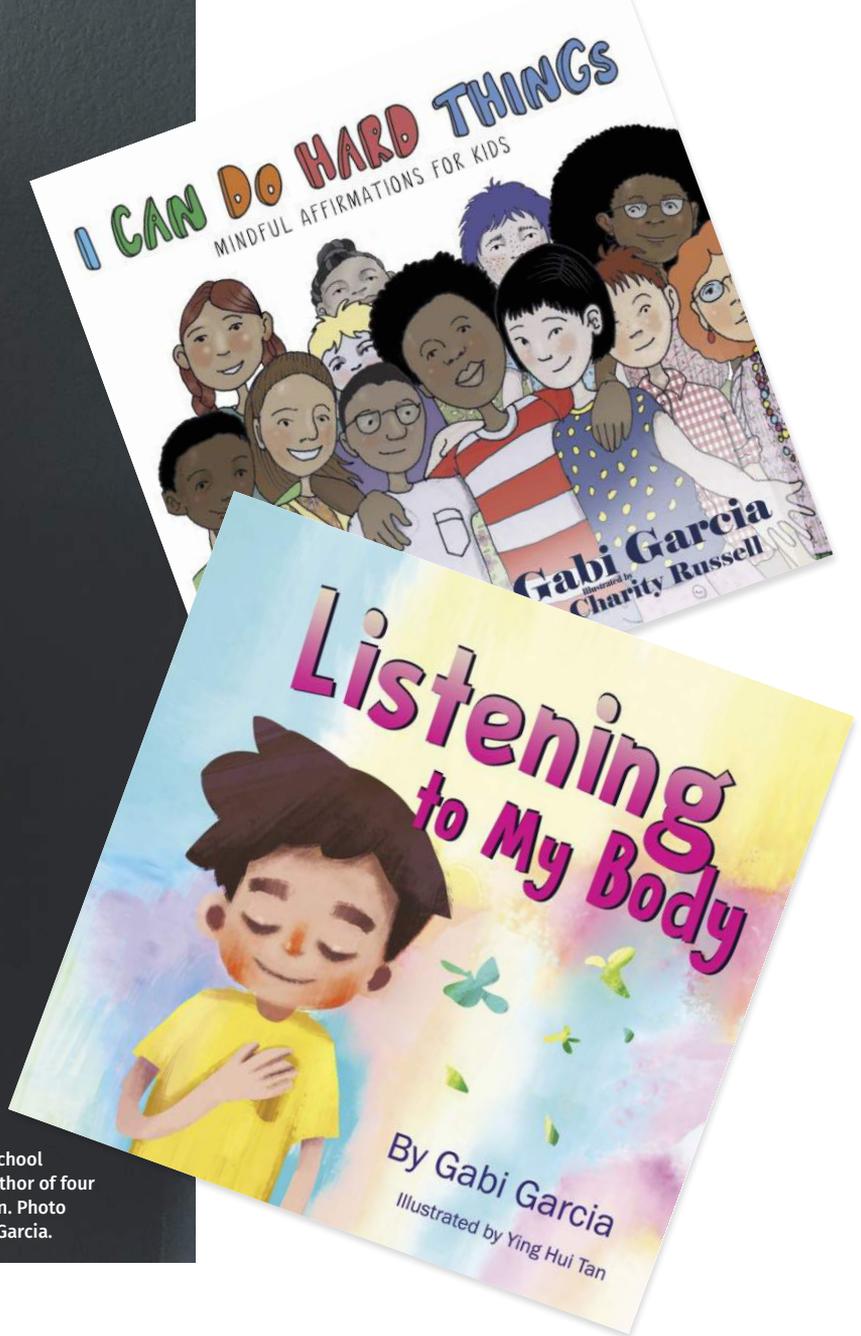
Photo by Shachi Kaushi

Before you head out to soak in all the fun, be sure to take along sunscreen, water shoes, sun hats and towels. You might also want to have handy some drinking water, a picnic blanket, snacks, a change of clothes and water toys. Note that splash pads might close during some holidays and for special events. Also, the water is turned off on occasion for maintenance or in the event of poor weather.

*Shachi Kaushik grew up in India and hosts a monthly Hindi-English story time at the Round Rock Public Library.*



Gabi Garcia is a school counselor and author of four books for children. Photo courtesy of Gabi Garcia.



# Author Gabi Garcia Finds Her “Wow” Through Self-Publishing

BY SHERIDA MOCK

**I**magine you're a school-aged kid again, going about your school-aged life. There are friend groups to navigate. There are bullies to manage or avoid. There's home life to worry over. Maybe your dad is sick or your mom just lost her job. Anxiety creeps in. Maybe you start to act up in class, or maybe your grades slip.

Enter the school counselor. She's friendly and eager and caring. And she's working hard to help you feel better. Now imagine you're a Spanish speaker. Are there resources for you and your caring counselor? Turns out, there aren't many.

This is the world Gabi Garcia wants to change. She's been that school counselor, and as a Latinx author, she has seen how hard it is to follow the traditional publishing path. So over

the past four years, she's published four books to help teachers, counselors and parents support those school-aged kids – books with editions in both English and Spanish. A yoga practitioner and mindfulness enthusiast, Garcia is also mother to 6-year-old Liliana. She sat down with us recently to talk about her work.

## **AFM: What drew you to counseling?**

**Garcia:** I was a bilingual teacher in Houston, and I saw a huge need for services for Spanish-speaking students that was not being met – and probably continues not to be met, because there are not enough bilingual counselors. I did my first counseling job here in Austin at Oak Springs Elementary. I was a school counselor there for four years. And after that, I got a job with AISD as a special education counselor.



Daughter Liliana holds Garcia's second title, "Listening With My Heart." Photo courtesy of Gabi Garcia



### AFM: What prompted you to write?

**Garcia:** Trying to find resources in Spanish is so hard. So about 10 years ago, I created a mockup. I just illustrated it myself with stick figures. And I started using that with the students. But I put it away. I had my daughter. Life got in the way.

And then a few years ago, I thought, "I really want to put this book out into the world." So I got all my ducks in a row and figured out how to do that. That was the book called *Listening to My Body*. It helps kids understand the connection between what they're feeling and what their bodies' reactions are – their heart rate and muscles and temperature. I wanted kids to have a vocabulary for that in the same way they have a vocabulary for their emotions. That's what got me started.

I really enjoy the writing process. My second book came fairly quickly. It's called *Listening With My Heart*. I saw in the schools that we spend a lot of time talking to kids about how to be friends to other people, but not about how to be kind to themselves. I was working with kids who were fairly young and had really negative self-talk. It happens early.

### AFM: What has been your experience with self-publishing?

**Garcia:** It's definitely a learning curve. I've had to learn things that took me out of my comfort zone. I realized early on when I was looking into doing traditionally-published submissions, just what a process it is. It's a full-time job, trying to get somebody to say your book is worthy. But self-publishing has allowed me to do something I wouldn't be able to do traditionally. One of the things I wanted to do is have characters and faces that kids are going to see themselves in. I'm mindful of trying to represent kids who are not always represented. Something I do for all my books is a free reader activity guide. This is the educator in me, that wants the teacher or the counselor to have ready-made lessons that go with the book. I put a lot of time and energy into those. I create posters and a good packet of material that I think will be useful, because I know how hard that is.

It is hard for my brain to switch from all those roles, because I write it, so there's that creative piece. Then I work with an editor. I find the illustrator, because every book I envision differently. Once that's complete, it's the

marketing. I'm connecting with other people, mostly online. I have an Instagram page. I have a Facebook page. I have a newsletter. I advertise.

I do see it as an extension of my counseling work, and I want to provide something that's of value, that's of service, that's going to be helpful to people. That's a really big motivator for me.

### AFM: Tell us about your latest book, "Mateo Finds His Wow."

**Garcia:** It's about a little boy at home on a Saturday morning, and it's raining. So, he's bored and grumpy, and he can't find anything to do, so he makes a list of things he can't do. And I'm thinking, how many of those Mateo moments have I had? It's just so easy to get stuck focusing on what's not going right or what we don't have. So as he sits and sulks, his window fogs up, and he goes to clean it off and starts doodling. And that's able to shift him a little bit, shift his perspective. At the end, the last thing he writes in his notebook is, "Thank you, rain." He's able to appreciate it.

### AFM: Do you ever hear from readers about your books?

**Garcia:** I was working in the schools when my first two books came out, so I got to use them. And my colleagues used them as well. I heard from a lot of educators and parents that they found them to be useful. Facebook has connected me with people from all over the world. I've gotten messages from China, from Israel, from Brazil. In the last 10 years, the world of mindfulness here in the States has really exploded. Now the same thing is happening everywhere else. It has been incredibly gratifying to hear from people who found any of my books useful. That's the reason I write.

### AFM: Do you have any advice for other people who think, "Hey, I might write a book?"

**Garcia:** I think everybody has a book in them. So, my words of advice would be to do it. Just get it out, get it on paper. It probably won't be very good initially, but it's just so helpful to get that first draft out, and then you have something to work with. Even now, when I'm working on a new manuscript, the hard part is putting it down on paper. I think everybody who wants to write a book should.

# Something for Everyone:



# Ways to Keep the Fun Going at a Museum, Zoo or Aquarium

BY CHERYL MAGUIRE

“Who wants to go to a museum?” If your family is like mine, you might get a mixed reaction to this question. One child may jump up and down shouting, “ME! ME!” while another child says, “Okay,” and yet another child says, “No thanks.”

Visiting a museum is a fun and educational way to entertain kids. It can be challenging, though, if those kids are of different ages and interests. One way to engage children with different personalities and developmental levels is to play a game. Here are a few games I’ve found helpful in museums, zoos and aquariums.

**1 Scavenger Hunts:** I first saw this used when I volunteered to chaperone my child’s school field trip. The teacher gave a scavenger hunt list to all the students. The kids loved it, and I even learned new things. It was a way to learn and have fun at the same time.

To design your own scavenger hunt, before you visit the museum, zoo or aquarium, visit the website. Many websites have information you can use to create an appropriate scavenger hunt based on your children’s ages and interests. Write a list of items to find while visiting the destination. For example, the Texas Memorial Museum website provides a scavenger hunt in English and Spanish. One

item on the list: “Find a meteorite. Where did it land on Earth?”

**2 PASSPORT STAMPS:** Everyone loves to get their passport stamped, right? I’ve seen this idea used at Disney World. My kids feel a sense of accomplishment when their book is filled with stamps at the end, and they have a nice souvenir to remember the visit.

Similar to creating the scavenger hunt, visit the destination’s website and create a passport book by stapling together some sheets of paper.



Bob Bullock Texas State History Museum

On each page, write a goal such as, “Find an animal larger than a cat” or a challenge or question such as, “Pick an artifact in the museum and sketch it. Who might have used it?” When your child has completed the task on the page, give them a stamp. (Remember to bring one with you.)



Austin Chapel at the Blanton Museum of Art

**3 BINGO:** My kids love playing Bingo, and they’ve played it almost everywhere. This game is easy enough for young children and still entertaining for older children. By using the game at an educational location, you’re helping your children to interact with their surroundings.

Before you go, create Bingo game cards for each person in the family. Squares can contain either a picture or a written word of something you’ll see during your visit. For example, if you’re going to the aquarium, you could have pictures of a shark, octopus and sea turtle. When someone spots the shark, they mark off that square. The winner is whoever is first to get five squares in a row, column or diagonal line.



Austin Aquarium

**4 ABC GAME:** In the ABC game, players write down all the things they see that start with each letter of the alphabet. For example, if you see a fossil, you can write the word “fossil” under the letter F. At the end of the visit, everyone compares lists. If two people have the same word, that word gets crossed out. Whoever has the most words wins. It’s a fun, easy game you can play anywhere; you only need some pens and paper.

You can play a variation of this game in the car on the way to the place you’re visiting. Just set a one-minute timer for each letter. Or you modify the game at the destination by declaring that whoever sees something that starts with the letter A first wins a point, and then continuing to B, etc.

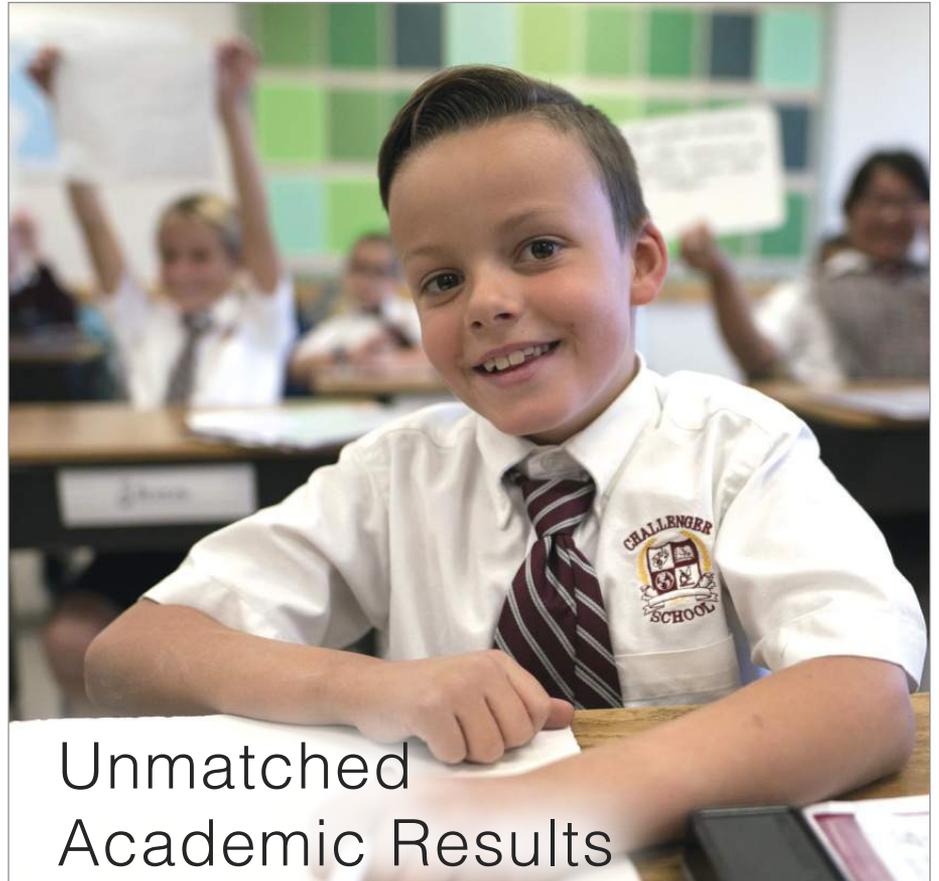


Austin Zoo

**5 I SPY:** Even though my twins are 12 years old, they still like to play I Spy. And the great thing about this game is young children are able to play it too. It’s a fun game to have in your back pocket if you encounter long lines. You can also play I Spy while you’re at the museum, zoo

or aquarium. This game will increase your child’s observation skills while still having fun.

*Cheryl Maguire holds a Master of Counseling Psychology degree. She is the mother of three.*



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# Ways to Make Summer Memories

## Austin Symphony Children's Art Park

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

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



1

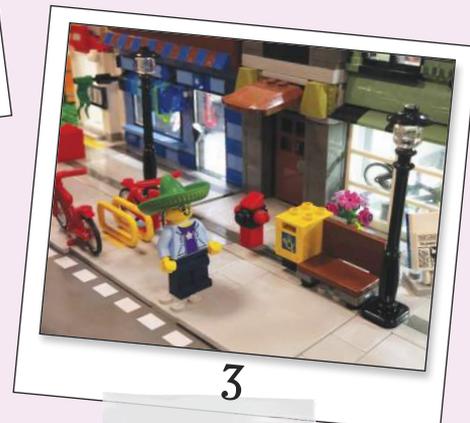


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## Bob Bullock State History Museum

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

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



3

## Brick Fiesta July 6-7

10am - 4pm  
 Renaissance Austin Hotel  
 9721 Arboretum Blvd., Austin  
[www.brickfiesta.com](http://www.brickfiesta.com)  
 \$35 Family of 4

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

## Catch Air

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 512-697-8800

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4



## Gaylord Texan Summer Fest Celebration

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

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



5



6

## Main Event

13301 N. US-183, Austin  
[www.mainevent.com](http://www.mainevent.com)  
512-401-0000

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



8

## Lake Travis Zipline Adventures

14529 Pochontas Trail, Volente  
[www.ziplaketexas.com](http://www.ziplaketexas.com)  
512-614-1996

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



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## Next Level Ride

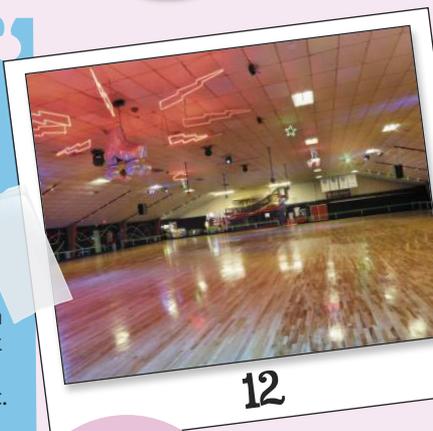
5400 E Hwy 71, Del Valle  
[www.nextlevelrideaustin.com](http://www.nextlevelrideaustin.com)  
512-915-9056

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

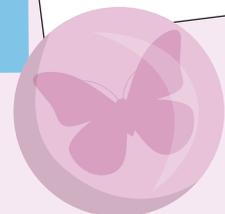
## Playland Skate

8822 McCann Dr, Austin  
[www.playlandskatecenter.net](http://www.playlandskatecenter.net)  
512-452-1901

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



12



## Lake Travis Waterloo Adventures

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

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



7



## McKinney Roughs Nature Park

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

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



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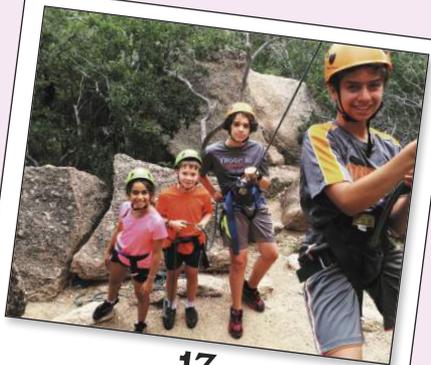


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## Mt. Playmore

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

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



13

## Rock About Climbing Adventures

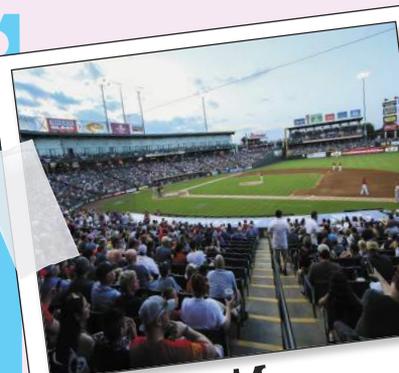
Marble Falls, TX  
https://rock-about.com/  
512-415-0804

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

## Round Rock Express

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

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



14



## Schlitterbahn

New Braunfels, South Padre Island,  
Galveston, Corpus Christi  
[www.schlitterbahn.com](http://www.schlitterbahn.com)  
830-625-2351

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15



18

## SeaWorld

10500 SeaWorld Dr., San Antonio, TX  
[www.seaworld.com](http://www.seaworld.com)  
210-520-4732

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

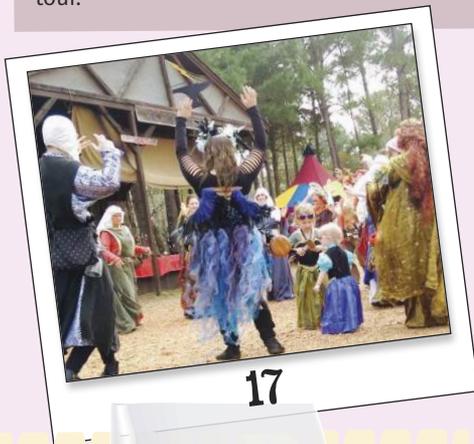


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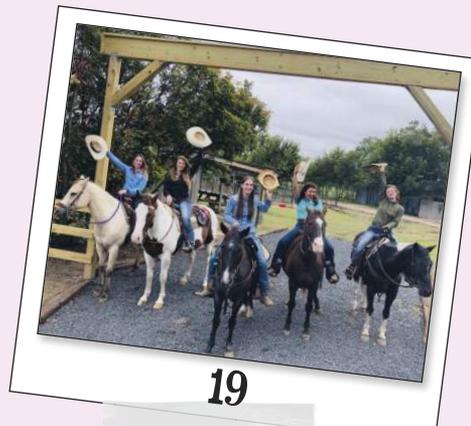
## Sugar and Spice Ranch

884 Rikki Dr., Bandera, TX  
[www.texas-horse-camps.com](http://www.texas-horse-camps.com)  
830-460-8487

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17



19

## Sherwood Forest Faire: Nottingham Castle

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

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

## Texas Trail Rides

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

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

## Topgolf

2700 Esperanza Crossing, Austin  
[www.topgolf.com](http://www.topgolf.com)  
512-831-5981

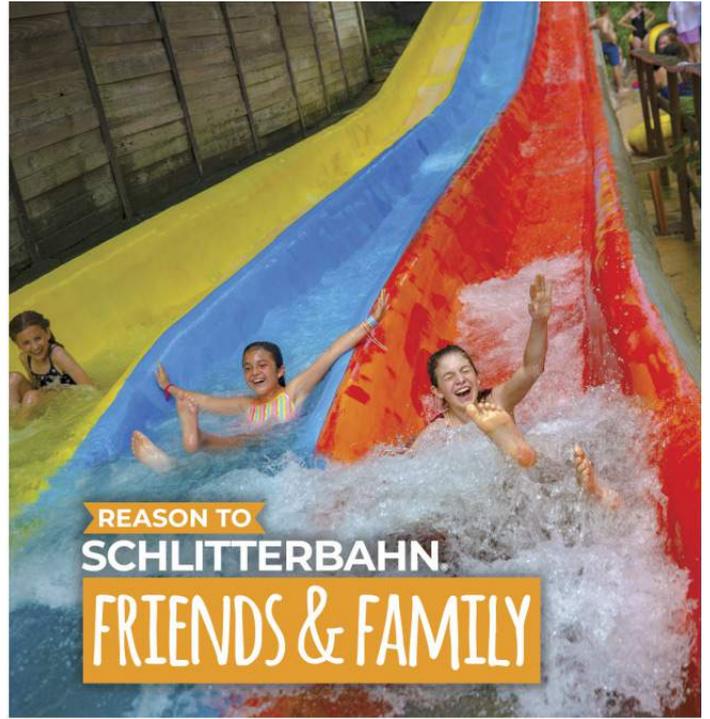
This premier entertainment center features dozens of climate-controlled hitting bays for year-round comfort, with HDTVs in every bay. There are games for all skill levels, great music and more. The perfect choice for family fun, group parties, celebrations and more.



20



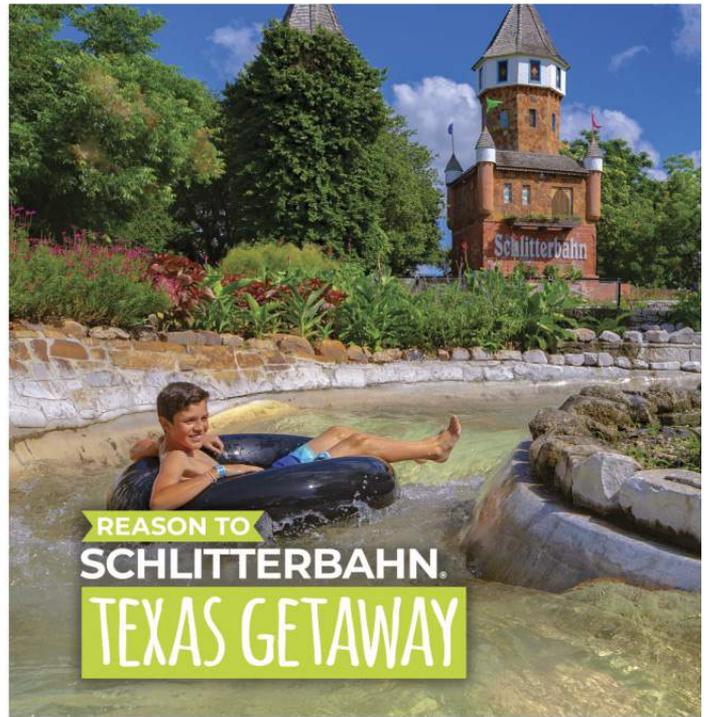
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# Awesome Austin: 7 Free Museums to Explore With Kids

BY SHERIDA MOCK

**M**aybe you have out-of-town guests to entertain. Or maybe you're just looking for a new adventure in your hometown.

These free museums offer air-conditioned explorations for the whole family, with free admission to boot!

## SCIENCE

### Sheffield Education Center



A delightful complement to the Zilker playscape and Barton Springs Pool, the Sheffield Education Center is an air-conditioned oasis of learning for the whole family. Kids will enjoy the cave-like atmosphere and interactive exhibits, such as the water bug identification station. Adults can linger over watershed exhibits and grab a seat in the theater, which shows short videos about the history, science and culture of Barton Springs. Plan to spend 30 to 45 minutes here, depending on attention spans and pacing.

**Web:** [austintexas.gov/splash](http://austintexas.gov/splash)

**Location:** 2201 William Barton Dr.

**Parking:** Parking is available throughout Zilker Park.

**Hours:** Tue-Sat 10 to 5; Sun 12 to 5.

Closed Mon

**Good to Know:** Whether parking is paid or free and how much parking space is available depends on the time of day and season. My visit on a weekday morning included free parking.

## HISTORY

### Brush Square Museums



The Susanna Dickinson Museum and the O. Henry Museum sit side-by-side on one city block. Each tells the story of its famous occupant: Dickinson was a survivor of the Alamo, and writer O. Henry lived in Austin as William Sydney Porter. The museums are small (you'll probably spend about 30 minutes total), but friendly docents will give you an interesting historical orientation. Pair the visit with a ride on the Metro Rail. The Downtown Station is just around the corner at Trinity and 4th streets.

**Web:** [brushsquaremuseums.org](http://brushsquaremuseums.org)

**Location:** 409 E. 5th St.

**Parking:** Metered street parking is available but limited. Paid parking is also available in the Austin Convention Center garage.

**Hours:** Wed-Sun 12 to 5

**Good to Know:** The park's shaded patio and grassy play area would make a nice location for a snack or lunch break.

### Capitol Visitor's Center



The oldest state office building – even older than the State Capitol Building – houses this visitor's center and museum. Originally the General Land Office, you can still see the safe where early Texas kept its most valuable documents. If you've ever wondered how the Capitol dome was constructed or what life was like during the Texas Revolution, you'll find answers here. The museum has plenty of engaging exhibits for kids. Expect to spend about an hour here. It's a great place to check out before or after a visit to the State Capitol Building.

**Web:** [tspb.texas.gov](http://tspb.texas.gov)

**Location:** 112 E. 11th St.

**Parking:** Up to two hours of free weekday parking is available in the Capitol Visitors Garage.

**Hours:** Mon-Sat 9 to 5; Sun 12 to 5

**Good to Know:** Visit the website to download teacher guides and scavenger hunt sheets.

### Texas Military Forces Museum



Texans have been serving in military positions since the early 1800s, and this vast museum has collected over 10,000 artifacts, displaying everything from aircraft and flags to pins and toy soldiers. Housed in a repurposed mess hall built in 1918, the exhibits bring to life the stories of Texas troops, but there aren't any hands-on activities for kids. Before or after you peruse the exhibits, take a walk outside to see a bevy of tanks and aircraft from by-gone times. Expect to spend about an hour here.

**Web:** [texasmilitaryforcesmuseum.org](http://texasmilitaryforcesmuseum.org)

**Location:** Enter Camp Mabry at 2200 W. 35th St. If you're using GPS, you'll find the museum at 3038 W. 35th St. Note that a photo ID is required for all adults entering Camp Mabry.

**Parking:** Free and plentiful.

**Hours:** Tue-Sun 10 to 4; closed Mon

**Good to Know:** As of this writing, the main museum entrance is under construction, so visitors are welcomed through a rather nondescript side door.

## CULTURE

### George Washington Carver Museum



Visit this museum to learn about Juneteenth, a celebration of the date in 1865 when enslaved people in Texas were told about the Emancipation Proclamation. Stick around to learn about African Americans in Austin, including the histories of several key families from the city's early days, an exhibit of memorabilia from Anderson High School and rotating art exhibits. There are a few opportunities for kids to interact with hands-on activities. Expect to spend about 30 minutes here. Pair it with a trip to the Carver Branch Library next door for a fun and satisfying outing.

**Web:** [austintexas.gov/carvermuseum](http://austintexas.gov/carvermuseum)

**Location:** 1165 Angelina St.

**Parking:** Free parking is plentiful at the library lot next door.

**Hours:** Mon-Wed 10 to 6; Thu 10 to 9; Fri 10 to 6; Sat 10 to 4. Closed Sun

**Good to Know:** Two art exhibits – Constant Escape, which explores culture and identity, and Re-Membering is the Responsibility of the Living, which explores Black Lives Matter – are on display until July 27, 2019.

### Harry Ransom Center



Taking pride of place on a busy corner of the UT Austin campus, this research library and museum houses a vast collection of photos, art, films, letters and artifacts. A rare Gutenberg Bible is on permanent display, as well as the First Photograph. Rotating exhibits showcase various aspects of the center's archives. A visit to this space makes a great pairing with visits to some of the nearby museums that charge admission, such as the Blanton Museum of Art, the Bullock Texas History Museum or the Texas Memorial Museum. Expect to spend about 30 minutes here.

**Web:** [hrc.utexas.edu](http://hrc.utexas.edu)

**Location:** 300 W. 21st St.

**Parking:** Limited street parking at \$1 per hour is available. Campus garage parking is available at Rowling Hall Garage or Conference Center Garage.

**Hours:** Mon-Wed 10 to 5; Thu 10 to 7; Fri 10 to 5; Sat and Sun 12 to 5

**Good to Know:** Guided tours happen daily at noon. Additional guided tours happen at 6 p.m. on Thursdays and at 2 p.m. on Saturdays and Sundays.

## ART

### Elisabet Ney Museum



For the contemplative set, here's a museum with lots to take in. This former studio of Elisabet Ney, a German-born Austin sculptor, houses loads of life-size busts and figures, along with period furnishings, in a tiny castle tucked in the quiet heart of Hyde

Park. Here you can learn about Ney's life in Texas in the 1800s and view the expansive grounds, which have been restored to the natural prairie landscape of the time. Expect to spend 30 to 45 minutes at the museum.

**Web:** [austintexas.gov/elisabetney](http://austintexas.gov/elisabetney)

**Location:** 304 E. 44th St.

**Parking:** Limited free street parking is available

**Hours:** Wed-Sun 12 to 5; closed Mon and Tue

**Good to Know:** Pair your visit to the museum with an outing to shady Shipe Park right next door. The park is equipped with a playground, and the newly-renovated pool is expected to open in mid-July.

## Ways to Score Free Admission

There are many ways to gain free access to museums that usually charge admission.

**Blue Star Museums:** Museums across the country – including several in the Austin area – open their doors each summer with free admission for active-duty military personnel and up to five family members. For more information, visit [bluestarfam.org](http://bluestarfam.org).

**Museums for All:** Those receiving food assistance (SNAP benefits) can gain free admission to member museums across the country, including Austin's Thinkery and the LBJ Library and Museum. For more information, visit [museums4all.org](http://museums4all.org).

**Austin Museum Day:** More than 35 museums throughout the Austin area will open their doors with free admission and special activities on Sunday, Sept. 22, 2019. For more information, visit [austinmuseums.org](http://austinmuseums.org).

## More Free Museums

**DPS Museum,** Austin

**Heritage House,** Pflugerville

**Texas Music Museum,** Austin

**The Williamson Museum,** Georgetown

**The Williamson Museum**  
on the Chisholm Trail, Round Rock

# 2019 READERS POLL FAVORITE WINNERS



Our readers stepped up again this year with a list of top-notch choices for everything from birthday parties to camps and bounce houses to tutors. Thanks to everyone who voted, and congratulations to the winners!

## EDUCATION

**CHARTER SCHOOL:** *NYOS*. With pre-K through 12th grade programs, this school on two campuses challenges learners through rigorous academics and innovative strategies. [nyos.org](http://nyos.org)

**CHILD CARE:** *Stepping Stone Schools*. Now in its 40th year, this locally-grown school has educated over 100,000 children. Locations throughout greater Austin. [steppingstoneschool.com](http://steppingstoneschool.com)

**MONTESSORI:** *Austin Children's Academy*. Educating children from 3 months to elementary-age, this Cedar Park school guides the development of the whole child. [austinchildrensacademy.org](http://austinchildrensacademy.org)

**PRIVATE SCHOOL:** *Brentwood Christian School*. Offering a Christ-centered academic environment, this school emphasizes community, leadership and service. [brentwoodchristian.org](http://brentwoodchristian.org)

**PUBLIC SCHOOL:** *Rutledge Elementary*. Showing consistent excellence, this K to 5th grade school in Leander ISD helps children flourish academically, socially and emotionally. [leanderisd.org](http://leanderisd.org)

**SPECIAL NEEDS:** *The Rise School*. Serving ages 12 months to 5 years, this nonprofit preschool provides individualized early childhood education in an inclusive setting. [riseschoolaustin.org](http://riseschoolaustin.org)

**TUTORING:** *Austin Learning Center*. Specializing in one-on-one tutoring, ALC offers a range of services at locations in Westlake and on the UT Austin campus. [austinlearningcenter.com](http://austinlearningcenter.com)

## FAMILY FAVORITES

**BIRTHDAY PARTY:** *Urban Air*. More than a trampoline park, this party spot hosts indoor gatherings for boys, girls, kids and teens with classic parties or glow parties. [urbanairtrampolinepark.com](http://urbanairtrampolinepark.com)

**BOUNCE HOUSE:** *Hop 'n Happy*. A family-owned local business, this indoor play place in northwest Austin packs 9,000 square feet with safe, inflatable fun for all ages. [hopnhappy.com](http://hopnhappy.com)

**DROP-IN CHILD CARE:** *Kid Spa Austin*. This flexible childcare provider is a lifesaver when running errands or treating yourself to a date night. Locations north and south. [kidspaaustin.com](http://kidspaaustin.com)

**INDOOR PLAY:** *Catch Air*. Kids can bounce, climb and slide to their hearts' content in indoor comfort on sturdy inflatables. Locations in Round Rock and northwest Austin. [catchairparty.com](http://catchairparty.com)

**FESTIVAL:** *Austin City Limits Festival*. From the family-friendly entrance to the Austin Kiddie Limits stage and free admission for kids 10 and under, this festival serves up fun. [aclfestival.com](http://aclfestival.com)

**KIDS' CONSIGNMENT STORE: *Kid to Kid.***

Gently used toys, children's clothing and gear get a second life when you cash in or shop for bargains. Locations north and south.

[kidtokid.com](http://kidtokid.com)

**KIDS ENTERTAINER: *Miss Ariel.***

With fun, original music and movement for preschoolers, Ariel Czerwinski brings the fun to programs throughout the Austin area.

[musicwithmissariel.net](http://musicwithmissariel.net)

**KIDS' STORE: *Terra Toys.***

Since 1978, this family-owned business in north Austin has been making toy-buying fun with demonstrations, special events and a coffee bar.

[terratoy.com](http://terratoy.com)

**KIDS' FAMILY PHOTOGRAPHER: *Jordan Ashley Photography.***

Since 2006, this studio in Cedar Park has been capturing the ages and stages of Central Texas families.

[jordanashleyphotography.com](http://jordanashleyphotography.com)

**PEDIATRIC DENTIST: *Groovy Molar Pediatric Dental Care.***

This father of two goes the extra mile to provide a calm, reassuring environment to children in northwest Austin.

[groovymolar.com](http://groovymolar.com)

**PEDIATRIC CLINIC: *Children's Medical Group.***

In the heart of central Austin, this practice is committed to providing quality medical care based on up-to-date research.

[cmgaustin.com](http://cmgaustin.com)

**SITTING SERVICE: *College Nannies and Tutors.***

Finding the right fit for your child care and tutoring needs is the top priority for this service throughout greater Austin.

[collegenanniesandtutors.com](http://collegenanniesandtutors.com)

**WATERPARK: *Schlitterbahn.*** The hottest, coolest time in Texas is a family favorite for day trips and full-blown vacations alike. Free parking and picnics welcome.

[schlitterbahn.com](http://schlitterbahn.com)

## CAMPS

**ADVENTURE CAMP: *Wet and Wild Adventure Camp.***

For kids ages 6 to 15, this unique field-trip camp serves up a different activity every day. Multiple pickup/dropoff locations.

[wetwildcamp.com](http://wetwildcamp.com)

**DAY CAMP: *Camp Doublecreek.***

This camp in Round Rock provides a wide range of mostly outdoor activities for kids ages 4 to 14. Transportation from 14 area locations.

[campdoublecreek.com](http://campdoublecreek.com)

**SPRING BREAK CAMP: *YMCA Twin Lakes.***

On 55 acres in Cedar Park, this camp offers a variety of amazing activities for kids in a safe, inclusive and nurturing environment.

[ymcagwc.org](http://ymcagwc.org)

**WINTER CAMP: *Fantastic Magic Camp.***

Serving kids ages 4 to 12, this camp in central Austin teaches life skills and confidence through magic, juggling, puppetry and showmanship.

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

**EDUCATION CAMP: *Neuron Garage.*** Rising K to 6th graders discover their potential through open-ended, hands-on building challenges at five locations throughout Austin.

[neurongarage.com](http://neurongarage.com)

**FINE ARTS CAMP: *Laguna Gloria.*** Young artists from age 4 to teen explore a variety of media, like ceramics, paint, metal and digital photography.

[thecontemporaryaustin.org](http://thecontemporaryaustin.org)

**OVERALL FUN CAMP: *Kidventure.*** With low counselor-to-camper ratios, this camp builds self-esteem and self-worth for ages 3 to 12. Four locations throughout greater Austin.

[kidventure.com](http://kidventure.com)

**OVERNIGHT CAMP: *Camp Champions.***

Located on Lake LBJ in Marble Falls, this camp emphasizes fun and values for boys and girls ages 5 to 18.

[campchampions.com](http://campchampions.com)

**SPECIALTY CAMP: *Austin Film Festival.***

Professional instructors lead kids through the filmmaking process to produce individual expressions at this downtown Austin camp.

[austinfilmfestival.com](http://austinfilmfestival.com)

**SPECIAL NEEDS CAMP: *Camp CAMP.*** Located in San Antonio, this camp with both summer and school-year programs serves individuals with mild to severe disabilities and their siblings.

[campcamp.org](http://campcamp.org)

**NATURE CAMP: *Austin Nature and Science Center.***

This program through Austin Parks and Recreation serves up hands-on discovery and nature study for ages 4 to 14.

[austintexas.gov](http://austintexas.gov)

## PLACES TO LEARN

**ACTING: *KidsActing.*** In business for over 35 years, this school serves kids ages 4 to 18 at multiple greater Austin locations through summer camps and afterschool classes.

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

**ART: *Cordovan Art School.*** Fostering creativity and self-confidence, this camp provides a positive environment to explore the arts. Six locations in greater Austin.

[cordovanartschool.com](http://cordovanartschool.com)

**BASEBALL: *Cedar Park Youth League.*** This volunteer-run facility for baseball and softball lets kids play, learn and grow through affordable, organized sport.

[cpyl.org](http://cpyl.org)

**BASKETBALL: *YMCA Austin.*** Youth sports at the Y are the starting point for many kids to learn about becoming and staying active and developing healthy habits.

[austinyymca.org](http://austinyymca.org)

**CERAMICS: *Café Monet.*** Kids love the special kids' night out events that let them create their own works of art with help from trained artists. Locations central and south.

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

**CHEERLEADING: *Cheer Station.*** From age 3 and up, kids learn the newest techniques in a safe and encouraging environment in northwest Austin.

[cheerstation.com](http://cheerstation.com)

**CREATIVE WRITING: *Badgerdog.*** Following the workshop model, writers of all ages and skill levels examine literary techniques and experiment with language.

[austinlibrary.org](http://austinlibrary.org)

**DANCE: *Dance Discovery.*** This dance studio serves kids ages 2 to 18 with a wide variety of recreational dance classes, classical study and pre-professional programs.

[austin-dance.org](http://austin-dance.org)

**EQUESTRIAN: *Switch Willo.*** Just 15 minutes north of downtown Austin, this family-operated horse stable offers daily instruction in riding, horse care and more.

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

**FITNESS: *YMCA Austin.*** Supporting you through every stage of life, the Y offers equipment, programs and instruction along with excellent child care at multiple locations.

[austinyymca.org](http://austinyymca.org)

**FOREIGN LANGUAGE: *Mariposas.*** Since 1999, this homegrown Austin school has been teaching Spanish to kids ages 2 to 10 in schools, community centers and private homes.

[mariposasspanish.com](http://mariposasspanish.com)

**GOLF : *TopGolf.*** Through classes, group lessons and individual lessons, this golf destination customizes teaching methods for students' personality, skill and goals.

[topgolf.com](http://topgolf.com)

**GYMNASTICS: *Jump Gymnastics.*** Using a unique combination of skill building and playfulness, this school embraces fun and discipline. Locations north and south.

[jump-austin.com](http://jump-austin.com)

**MARTIAL ARTS: *Master Gohring Tai Chi and Kung Fu.*** Located in central Austin, this martial arts studio teaches focus, discipline and self-confidence.

[mastergohring.com](http://mastergohring.com)

**MATH AND SCIENCE: *Mad Science.*** Serving grades pre-K-5, these programs offer hands-on learning through camps, workshops, parties and special events.

[austin.madscience.org](http://austin.madscience.org)

**MUSIC : *Heartsong.*** Founded in 2004, this locally-owned music center brings a Montessori sensibility to music instruction, delivering joy with learning.

[heartsongmusic.net](http://heartsongmusic.net)

**STEM: *Girlstart.*** This girl-centered organization rewards risk and encourages creativity through a suite of comprehensive STEM programs for grades K to 12.

[girlstart.org](http://girlstart.org)

**SWIMMING: *Nitro.*** Students learn water safety and confidence in an indoor, Olympic-sized pool. Locations in Bee Cave and Cedar Park.

[nitroswim.com](http://nitroswim.com)

**VOLLEYBALL: *Spike Frog.*** Creating a culture of play, this organization offers year-round programs, leagues, camps and clinics for kids of all skill levels.

[spikefrog.org](http://spikefrog.org)



## LIFELINES

BRENDA SCHOOLFIELD

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

# Wart Treatment Advice from a Pediatric Dermatologist

**Yikes!** You just noticed your child has a wart. What should you do? We reached out to Dr. Moise Levy, pediatric dermatologist at Dell Children's Medical Center and professor at Dell Medical School, for guidance.

## To Treat or Not to Treat

"Parents may choose not to treat the wart," says Dr. Levy. "About 60% of warts go away without treatment within two years or so. The decision of whether to treat or not often depends upon the location of the wart and the child's age." Warts can occur in any location and may be seen on the hands, feet, face or around the knees. Some warts can be painful, such as those on the soles of the feet. Warts in other places may get bumped frequently and bleed. Older children and adolescents are more likely to be embarrassed by a wart and want treatment.

Dr. Levy recommends getting medical advice if warts are painful, bleeding or

rapidly increasing in size or number. Also talk to your provider if warts are located on the child's face or genitals or if your child has a weak immune system. Treating warts early – when they're small – increases the chance of a successful treatment.

## Home Treatments for Warts

"There are no defined treatments with a clear success rate," cautions Dr. Levy. "Parents may want to try daily home treatments for several weeks before considering medical help." An over-the-counter (OTC) treatment that contains salicylic acid may work. See the sidebar for instructions.

## Medical Treatments for Warts

Dr. Levy explains that the best medical treatment depends on the location and size of the wart, as well as the child's age. Personal preferences are also important factors. "When discussing treatment options with parents, I always involve the child, if practical. Many 'in-office' treatments are available, but none are

guaranteed to be effective. In fact, your child may need several different types of treatments before the warts go away. It is important to consider the child's needs and welfare above all else," says Dr. Levy.

Warts are caused by a virus and are treated by destroying the wart or by immunotherapy. Dr. Levy outlines some of the most common medical treatments:

- Liquid nitrogen. Freezing a wart with liquid nitrogen is the "gold standard" for wart removal. This method can be painful and is not well tolerated by many children. Aggressive freezing near the nail beds may damage nail growth, so dermatologists are careful when treating warts in that area. Freezing may be combined with application of trichloroacetic acid and cantharidin. These chemicals cause irritation and usually aren't used on a young child's face.
- Immune boosting injections or topicals. The dermatologist may inject the wart with a substance to try to enhance a

## How to Treat Warts at Home

Select a wart removal product that contains salicylic acid. Liquid, tape or pads are available without a prescription. Don't treat warts on the face or genital area without talking to the child's pediatrician first. In addition to the product, you'll need a small amount of household duct tape or white medical tape and scissors. Follow the steps below before bedtime so the treatment can stay on the wart overnight.

1. Soak the wart in warm water for at least five minutes.
2. Gently file away any callus on the wart using an emery board or pumice stone.
3. Apply the salicylic acid product to the wart. Be careful not to get it on surrounding normal skin. If using a liquid product, let it dry before continuing to step 4.
4. Cover the wart with a small piece of duct tape cut to size.
5. Leave the treatment on the wart overnight. If possible, leave the tape in place for 24 hours.
6. Repeat steps 1-5 every night. Treatment may take several weeks, up to four months.

Adapted from "Warts (verruca vulgaris) and what to do about them," available from The Society of Pediatric Dermatology website at [bit.ly/2HW37pv](http://bit.ly/2HW37pv).

- When considering
- whether or not to treat a
- child's wart, parents
- should understand that
- no treatment exists that
- will definitely make the
- wart go away.

local immune response so that the body recognizes the virus and attacks it. Applying a topical "immune-based" source of irritation is another option.

- Cimetidine (Tagamet). Taking cimetidine by mouth is an older treatment option considered when there are multiple warts and the family is motivated. Cimetidine has interactions with many other medicines, including some you can buy without a prescription. So parents must be thorough when listing medicines the child takes or might take. The child will need to take cimetidine every day for a few months for the treatment to be effective.
- Other options. Other options include laser removal or surgery. Surgery carries risk of scarring. "We can often guarantee a scar but can't guarantee success of permanent wart removal," says Dr. Levy. Topical options sometimes used are retinoids, 5-fluorouracil or imiquimod.



## Schedule Bernadette Nason, narrator

- July 10** "Ada's Violin" with string quartet (Central Library)
- July 17** "Carnival of the Animals" with string quartet (Central Library)
- July 18** "Carnival of the Animals" with string quartet (Milwood Branch Library)
- July 24** Grand finale - Joe McDermott with woodwind quintet (Central Library)

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**More info:**  
**(512) 476-6064 or**  
**[austinsymphony.org](http://austinsymphony.org)**

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





## ASUNTOS FAMILIARES

BETTY RICHARDSON

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

# ¿Por qué me siento tan culpable por dejar a mi bebé

**P** Mi esposo y yo tenemos un bebé de 4 semanas de edad que nos mantiene a ambos agotados. Me siento tan cansada, pero tengo que seguir adelante. Algunos amigos se han ofrecido a cuidar al bebé mientras hago un mandado o salgo a una cita con mi esposo. Pero me siento tan culpable cuando dejo a nuestro bebé con otra persona. ¿Hay otras madres que se sienten de esta manera? ¿Tiene alguna sugerencia para mí?

**R.** Una publicación británica llamada "The Independent" informó sobre un estudio que encontró que los padres primerizos duermen un promedio de cuatro horas y 44 minutos por noche, lo cual está lejos de las ocho horas que la mayoría de nosotros necesitamos. Esto deja a los padres primerizos privados de sueño. No es de extrañar que ambos se sientan agotados. Por suerte, tiene amigos dispuestos a ayudar.

La culpa que menciona presenta un desafío. Muchas madres sienten una enorme culpa cuando dejan a un bebé con amigos, familiares o cuidadores. Aunque el punto es alejarse un poco, en realidad se estresa en lugar de relajarse. Como me dijo una mamá, "La culpabilidad de una mamá es lo peor". Aquí hay algunas sugerencias para mantener la culpabilidad de la mamá bajo control:

1. Intente dejar que alguien cuide a su bebé en su casa mientras toma una siesta. Todavía estaría disponible, pero descansando un poco. Una madre descansada está en mejor condición para cuidar a su hijo más tarde. Una buena siesta puede permitirle sentirse lo suficientemente fuerte como para que pueda cuidar más al bebé durante la noche, para que su pareja pueda descansar un poco.
2. Consiga a alguien para cuidar a su bebé mientras usted realiza las tareas de la casa, como lavar la ropa, llenar el lavaplatos, arreglar la cocina y planear con anticipación la comida. Por supuesto, sin rechazar cualquier ofrecimiento de ayuda con los quehaceres.
3. Gradualmente llegar a tener a alguien que cuide a su bebé mientras va a hacer pequeños mandados. Con el tiempo, alargar sus ausencias, apareciendo en casa entre mandados para asegurarse de que todo está bien.
4. En lugar de una larga noche de cita, acepte el ofrecimiento de sus amigos de quedarse con su bebé para que usted y su esposo puedan ir rápido a comer o hacer un mandado juntos. A medida que se adapte a estar lejos de su bebé, puede comenzar a alargar el tiempo para crear una noche de cita real.
5. Invite a una amiga a caminar con usted mientras empuja la carriola. Pasar tiempo social con amigos es restaurador, y el paseo probablemente pondrá al bebé a dormir.
6. Dese cuenta cuando el comentario de alguien le produce sentimientos de culpa. Una madre compartió sentirse culpable cuando alguien dijo, "No puedo creer que lo hayas hecho mientras tu bebé aún es muy pequeño". ¿Cómo respondes a un comentario como ese? Tal vez algo como: "Es un milagro, gracias a buenos y atentos amigos que me están ayudando a ser más fuerte para que pueda cuidar mejor de mi bebé".
7. Reconocer que cada vez que se aleje; probablemente se hará más fácil. La mayoría de nosotros vivimos con algún tipo de culpabilidad, pero cuando se vuelve demasiado estresante (causando la pérdida de sueño, apetito o pensar en ello demasiado), entonces ir a ver a un terapeuta de salud mental sería una buena idea.

Espero que todos nuestros lectores reconozcan la importancia de ayudar a las madres primerizas. Ofrecer solo una hora de cuidado de niños es muy útil. Si la mamá primeriza no quiere, llévale una comida o pregunta si puedes hacer algo por ella como ir de compras o lavar algo de ropa. Cualquier cosa que haga se suma al gran dicho americano, "se necesita una aldea para criar a un niño."

# NOTICIAS AL INSTANTE. EN SU IDIOMA.



## EN LAS PALMAS DE SUS MANOS.



### DESCARGALO HOY



# July



Parenting Events Page 44

Story Time Page 45

## On Stage

**The Little Mermaid.** July 12 – Aug. 17. Since 1959, the Zilker Summer Musical has been a staple of family entertainment, and this year a Disney classic takes the stage. Zilker Hillside Theater, 2206 William Barton Dr. FREE. zilker.org.

**Frozen Jr.** July 19 – Aug. 4. With favorite characters like Elsa and Anna, this show features all the beloved songs from the hit movie, plus a few original creations. Sam Bass Theatre, 600 N. Lee St., Round Rock. From \$15. sambasstheatre.org.

**Wake Up, Brother Bear.** Through Aug. 25. Theater for the very young uses music, art and hands-on experiences to connect children to literature. For ages 6 and younger. ZACH Theatre, Whisenhunt Studio, 1512 Toomey Rd. \$12. zachtheatre.org.

## Museum Exhibits

**Crafts movement.** Harry Ransom Center, 300 W. 21st St. hrc.utexas.edu or 512-471-8944.

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

**Motown: The Sound of Young America.** Through Jan. 2020. Explore the music, culture and politics of 1960s soul and how it still influences us today. LBJ Presidential Library, 2313 Red River St. lbjlibrary.org or 512-721-0200.

## Family Events

### Mon 1

**The Neverending Story (PG).** 10 a.m. Alamo Drafthouse Lakeline, 14028 N. U.S. 183. , From \$1. drafthouse.com.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show for ages 4 and up. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

**Space Camp.** 2 p.m. Create rockets and flying saucers, and toss a comet. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

**Elizabeth Kahura.** 2 p.m. African storytelling. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

**Summer Cinema: Space Jam (PG).** 3 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

**Kids Tech Playground.** 3:30 to 4:30 p.m. Hands-on exploration of technology. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Summer Family Craft Night.** 6 to 6:45 p.m. Spend the evening indoors working on a different project every week. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Austin Reptile Show.** 6 p.m. Get an unforgettable up-close experience with a variety of reptiles in this educational and entertaining program. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

**Round Rock Express vs Omaha.** 7 p.m. \$1 hot dogs and sodas. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

### Tue 2

**Captain Underpants: The First Epic Movie (PG).** 9 a.m. Tickets are available first come, first served at 9 a.m., and all movies start at 10 a.m. Moviehouse & Eatery, 8300 N. FM 620. themoviehouse.com.

**Make it Tuesdays.** 10 to 12 p.m. Create, invent and make things happen at these guided experiences. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Kids Camp: The Neverending Story (PG).** 10 a.m. Alamo Drafthouse Lakeline, 14028 N. U.S. 183. , From \$1. drafthouse.com.

**Dog's Job.** 2 p.m. Pollyanna Theatre presents a touring version of their summer show for ages 5 and under. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov.

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

**Space Camp.** 3 p.m. Create rockets and flying saucers, and toss a comet. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

**Shadow Puppet Show.** 6 to 7 p.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Round Rock Express vs Omaha.** 7 p.m. Enjoy \$2 Taco Tuesday. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

### Wed 3

**Kids Camp: The Neverending Story (PG).** 10 a.m. Alamo Drafthouse Lakeline, 14028 N. U.S. 183. , From \$1. drafthouse.com.

**Crafternoon.** 1 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov.

**Dog's Job.** 2 p.m. Pollyanna Theatre presents a touring version of their summer show for ages 5 and under. Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. library.austintexas.gov.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

**Lego Lab.** 3 p.m. For ages 5 and up. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

**Water Art.** 3:30 p.m. Explore a variety of water-based art supplies for ages 5 to 9. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

**Wild Things Zoofari.** 4:30 to 5:30 p.m. Animal show for the whole family. Laura's Library, 9411 Bee Cave Rd. FREE. westbanklibrary.com.

**Chalk it Up.** 5:30 to 9 p.m. Art contest. Veteran's Memorial Park, Elgin. elgintx.com.

**Pop Art with Michael Albert.** 6:30 p.m. Hands-on collage workshop. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov.

**Round Rock Express vs Omaha.** 7 p.m. Fireworks. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

### SUBMIT YOUR EVENT

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



#### Thu 4

**Pancake Breakfast.** 7 a.m. to 12 p.m. All-you-can-eat pancake breakfast hosted by Boy Scouts. Sam Bass Fire Station #2, 16248 Great Oaks Dr. From \$6. troop165.org.

**July 4th Celebration.** 8:30 a.m. to 10 p.m. Lakeway. lakeway-tx.gov.

**4th of July Parade.** 8:30 a.m. Costume contest, live music and free food. City of Westlake, 101 Westlake Dr. westlakechamber.com.

**Sertoma July 4th Parade and Frontier Days.** 9 a.m. to 11:30 p.m. Parade, fireworks, carnival rides, pepper eating contest. Old Settler's Park, Round Rock. roundrocktexas.gov.

**Red, White 'n' Buda.** 9 a.m. to 12 p.m. Parade, live music, food and activities. Downtown Buda. budatxtourism.com or 512-295-7170.

**Independence Day Festival.** 9 a.m.. Fireworks at dark. Downtown Taylor. ci.taylor.tx.us.

**Push Pedal Pull People's Patriotic Parade.** 10 a.m. to 12 p.m. Downtown Elgin. elgintx.com.

**4th of July Celebration.** 11 a.m. Georgetown. gtxsertoma.org.

**Independence Day Festival.** 4 p.m. Local art vendors, live music, barbecue, festival food, rides, games and fireworks. Hill Country Galleria, 12700 Hill Country Blvd. hillcountrygalleria.com

**4th of July Parade and Celebration.** 5 to 10:30 p.m. Milburn Park, 1901 Chase Blvd., Cedar Park. cedarparktexas.gov.

**Pfirecracker Pfestival.** 5 to 9:30 p.m. Live music and fireworks. The Pfield, 1440 W. Pecan St., Pflugerville. pfirecrackerpfestival.com

**4th of July Celebration.** 5 to 10 p.m. Hutto Park at Brushy Creek, 1001 County Rd. 137, Hutto. huttotx.gov.

**Liberty Fest.** 5:30 p.m. Live music, food, children's activities and fireworks. East of the ACC San Gabriel campus in Leander. leandertx.gov/liberty.

**H-E-B Austin Symphony Concert & Fireworks.** 8:30 p.m. Vic Mathias Shores on Ladybird Lake. austinsymphony.org.

**Independence Day Fireworks.** 9:30 p.m. Plum Creek Golf Course, Kyle. cityofkyle.com.

#### Fri 5

**Lego Lab.** 12 p.m. With Legos, you can build anything you can imagine and tell any story you can dream up. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

#### Sat 6

**Outlaw Tales.** 10 a.m. to 3 p.m. The Williamson Museum on the Chisholm Trail, 8 Chisholm Tr., Round Rock. roundrocktexas.gov.

**Brick Fiesta.** 10 a.m. to 4 p.m. Massive display of custom LEGO creations. Renaissance Austin Hotel, 9721 Arboretum Blvd. From \$15. brickfiesta.com.

**How to Train Your Dragon: The Hidden World (PG).** 11 a.m. Little Walnut Creek Branch Library, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

**How to Train Your Dragon: The Hidden World (PG).** 2 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. library.austintexas.gov.

**Movie Matinee: Captain Marvel (PG-13).** 2 to 4 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

#### Sun 7

**Brick Fiesta.** See Sat 6 for details.

**Paramount Summer Classic Film Series: The Goonies (PG).** 1 p.m. Paramount and Stateside Theatres, 713 Congress Ave. From \$6. austintheatre.org.

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

**Paramount Summer Classic Film Series: Raiders of the Lost Ark (PG).** 3:25 p.m. Paramount Theatre, 713 Congress Ave. \$12. austintheatre.org.

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## Mon 8

**Guardians of the Galaxy (PG-13).** 1 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Dog's Job.** 2 p.m. Pollyanna Theatre presents a touring version of their summer show for ages 5 and under. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Kids Tech Playground.** 3:30 to 4:30 p.m. Hands-on exploration of technology. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Jack and the Beanstalk.** 6 p.m. A not-so-traditional puppet show. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Summer Family Craft Night.** 6 p.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Tue 9

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

**Make it Tuesdays.** 10 to 12 p.m. Create, invent and make things happen at these guided experiences. Bullock Museum, 1800 Congress Ave. FREE with admission. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Austin Reptile Show.** 11 a.m. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Feltastic and Filmazing: Guardians of the Galaxy (PG-13).** 2 p.m. Ages 9 to 12. Windsor Park Branch, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Lego Lab.** 2 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Summer Kid Series Tail Talks.** 2 to 3 p.m. Austin Humane Society, 124 W. Anderson Ln. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Old Quarry Branch, 7051 Village Center Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Heritage House Open.** 3 to 7 p.m. See Tue 2 for details.

**Perler Bead Palooza.** 3 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Lego Lab.** 3:30 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Fortnite Party.** 4 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Percy Jackson Party.** 6 p.m. Little Walnut Creek Branch Library, 835 W. Rundberg Ln. FREE. [library.austintexas.gov](http://library.austintexas.gov).

## Wed 10

**Firefighters Visit the Library.** 9 to 11 a.m. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Young Rembrandts.** 10 to 11 a.m. A step-by-step method to teach drawing. Lago Vista Library, 5803 Thunderbird, Lago Vista. [lagovista.lib.tx.us](http://lagovista.lib.tx.us).

**Austin Symphony Art Park.** 10 a.m. to 12 p.m. Exciting activities and a musical guest. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**STEM Builder Lab.** 3:30 p.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Lego Lab.** 4 p.m. Howson Branch Library, 2500 Exposition Blvd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Dog's Job.** 6 p.m. Pollyanna Theatre presents a touring version of their summer show for ages 5 and under. Carver Branch Library, 1161 Angelina St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

## Thu 11

**Play Zone and Teddy Bear Clinic.** 9:30 to 11 a.m. Imaginative come-and-go play. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Spider-man: Homecoming (PG-13).** 1 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Austin Reptile Show.** 2 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Just for Teens: Writer's Masterclass.** 2 to 4 p.m. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).



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**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov.

**Watch and Read: How to Train Your Dragon (PG).** 2 p.m. Laura's Library, 9411 Bee Cave Rd. westbanklibrary.com.

**Feltastic and Filmazing: Guardians of the Galaxy (PG-13).** 2:30 p.m. Ages 9 to 12. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov.

**Lego Lab.** 3 p.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. FREE. library.austintexas.gov.

**Chew and Chat with Author Mari Mancusi.** 4:30 to 5:30 p.m. A tween/teen event for ages 8 to 18. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

**Feltastic and Filmazing: ET (PG).** 6:30 p.m. Ages 9 to 12. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

**Round Rock Express vs Iowa.** 7 p.m. Thirsty Thursday. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$8. milb.com/round-rock.

## Fri 12

**Lego Lab.** 2 p.m. Little Walnut Creek Branch Library, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov.



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**Lego Lab.** 3:30 p.m. With Legos, you can build anything you can imagine and tell any story you can dream up. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

**Round Rock Express vs Iowa.** 7 p.m. Space Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$8. milb.com/round-rock.

**Movies in the Park: Sgt.** Stubby, An American Hero (PG). 8:45 to 10:45 p.m. City Park, 502 Hurst Creek Rd., Lakeway. lakeway-tx.gov.

## Sat 13

**Creek Critters & Pond Pals.** 9:30 to 11:30 a.m. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

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

**Summer Family Playgroups.** 10 a.m. to 12 p.m. Beat the Texas heat while you play, learn and explore. North Austin YMCA, 1000 W. Rundberg Ln. \$3-5. austinyymca.org or 512-236-9622.

**Austin Reptile Show.** 1 to 2 p.m. Laura's Library, 9411 Bee Cave Rd. westbanklibrary.com.

**Dog's Job.** 2 p.m. Pollyanna Theatre presents a touring version of their summer show for ages 5 and under. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

**Round Rock Express vs Iowa.** 7 p.m. 1990s Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$8. milb.com/round-rock.

**Dive-in Movie: Mary Poppins Returns (PG).** 7:30 p.m. Open for swim, movie begins at dusk. \$2. Robin Bledsoe Park Pool, 601 S. Bagdad Rd., Leander. leandertx.gov.

## Sun 14

**Summer Family Playgroups.** 2 to 4 p.m. Beat the Texas heat while you play, learn and explore. East Communities YMCA, 5315 Ed Bluestein Blvd. \$3-5. austinyymca.org or 512-236-9622.

**Summer Family Playgroups.** 2 to 4 p.m. Beat the Texas heat while you play, learn and explore. Townlake YMCA, 1100 W. Cesar Chavez St.. \$3-5. austinyymca.org or 512-236-9622.

**Round Rock Express vs Iowa.** 7 p.m. For five games a season, the Round Rock Express transform into the Round Rock Chupacabras. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$8. milb.com/round-rock.

## Mon 15

**Maker Zone.** 2 to 4 p.m. Little Walnut Creek Branch Library, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

**Summer Cinema: Thor, Ragnarok (PG-13).** 3 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

**Kids Tech Playground.** 3:30 to 4:30 p.m. Hands-on exploration of technology. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Terrence Taps.** 4 to 4:45 p.m. A tap-dancing show for all ages. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

**There's Something Fishy.** 6 p.m. Learn about marine and coastal habitats with Sea Grant Texas. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

**Summer Family Craft Night.** 6 to 6:45 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Round Rock Express vs Memphis.** 7 p.m. \$1 hot dogs and sodas. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

## Tue 16

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

**Make it Tuesdays.** 10 to 12 p.m. Create, invent and make things happen at these guided experiences. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Space Camp.** 11 a.m. Create rockets and flying saucers, and toss a comet. ASL interpreter present. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

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**Austin Reptile Show.** 2 p.m. Cepeda Branch Library, 651 N. Pleasant Valley Rd. FREE. library.austintexas.gov.

**Feltastic and Filming: Solo, A Star Wars Story (PG-13).** 2 p.m. Ages 9 to 12. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

**There's Something Fishy.** 2 p.m. Learn about marine and coastal habitats with Sea Grant Texas. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov.

**Family Movie Matinee: How to Train Your Dragon: The Hidden World (PG).** 2 to 3:50 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Heritage House Open.** 3 to 7 p.m. See Tue 2 for details.

**Lego Lab.** 3:30 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov.

**Teen Night: DIY Sunglasses Case.** 6:30 to 7:30 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Round Rock Express vs Memphis.** 7 p.m. \$2 Taco Tuesday. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

**Gremlins (PG).** 7 p.m. Paramount Theatre, 713 Congress Ave. \$12. austintheatre.org.

### Wed 17

**Austin Symphony Art Park.** 10 a.m. to 12 p.m. Exciting activities and a musical guest. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

**Teddy Bear Clinic.** 11 a.m. to 12 p.m. Bring your favorite stuffed animal or doll for a special check-up. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

**Lego Lab.** 2 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

**Matt Tardy Juggling Show.** 2 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.



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$21 \left\{ \begin{array}{l} \text{○○○○○○○} \\ \text{○○○○○○○} \\ \text{○○○○○○○} \end{array} \right. \begin{array}{l} 3 \times 7 = 21 \\ 4 \times 7 = 28 \end{array}$

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**Blues on the Green.** 7 to 9 p.m. Ben Kweller with Como Las Movies. Zilker Park, 2100 Barton Springs Rd. [acl-radio.com](http://acl-radio.com).

**Round Rock Express vs Memphis.** 7 p.m. Hot Dogpalooza. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. [milb.com/round-rock](http://milb.com/round-rock).

## Thu 18

**There's Something Fishy.** 2 p.m. Learn about marine and coastal habitats with Sea Grant Texas. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Feltastic and Filmazing: Solo, A Star Wars Story (PG-13).** 2:30 p.m. Ages 9 to 12. Howson Branch, 2500 Exposition Blvd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Feltastic and Filmazing: Guardians of the Galaxy (PG-13).** 3 p.m. Ages 9 to 12. St. John Branch Library, 7500 Blessing Ave. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Round Rock Express vs Memphis.** 7 p.m. First Responders Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. [milb.com/round-rock](http://milb.com/round-rock).

**Summer Kid Series Outdoor Movie Night.** 7:30 to 10 p.m. Austin Humane Society, 124 W. Anderson Ln. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

## Fri 19

**TGIF Movie with Popcorn.** 1 to 3:30 p.m. Family friendly classic movie with popcorn. Bring a drink! Elgin Library, 404 N. Main St. [elgintx.com](http://elgintx.com).

**Halloween in Summer.** 2 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Friday Movie Matinee: The Lego Movie 2 (PG).** 3:30 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Cool Summer Nights.** 6 p.m. Bullock Museum, 1800 Congress Ave. FREE. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Cosmic Crafts & Cuddles.** 7 to 9 p.m. Twin Oaks Branch Library, 1800 S. 5th St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

## Sat 20

**Lego Lab.** 10 a.m. to 6 p.m. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Myanmar Ethnic Cultural Show.** 11 a.m. to 3 p.m. Asian American Resource Center, 8401 Cameron Rd. FREE. 512-974-1700.

**Summer Family Film Series: Lilo & Stitch (PG).** 2 p.m. Bullock Museum, 1800 Congress Ave. From \$5. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Space Camp.** 2 p.m. Create rockets and flying saucers, and toss a comet. Manchaca Road Branch Library, 5500 Manchaca Rd. 512-974-8700. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Hands on History.** 5 to 9 p.m. Come see and handle weapons from military history. Texas Military Force Museum at Camp Mabry, 2200 W. 35th St. [texasmilitaryforcesmuseum.org](http://texasmilitaryforcesmuseum.org).

## Sun 21

**Lego Lab.** 12 to 6 p.m. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Paramount Summer Classic Film Series: The Dark Crystal (PG).** 1 p.m. Paramount Theatre, 713 Congress Ave. From \$6. [austintheatre.org](http://austintheatre.org).

**Platform Nine & Teen Quarters.** 2 to 3:30 p.m. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Tabletop Games with Mathnasium.** 2:30 to 4:30 p.m. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

## Mon 22

**Game On.** 1:30 to 3:30 p.m. Board games. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Kids Tech Playground.** 3:30 to 4:30 p.m. Hands-on exploration of technology. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Fairy Houses.** 6 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Summer Family Craft Night.** 6 to 6:45 p.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Tue 23

**Humane Hero Hour.** 10 to 11 a.m. Austin Humane Society, 124 W. Anderson Ln.. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

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**Make it Tuesdays.** 10 to 12 p.m. Create, invent and make things happen at these guided experiences. Bullock Museum, 1800 Congress Ave. FREE with admission. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Austin Reptile Show.** 2 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Summer Kid Series Tail Talks.** 2 to 3 p.m. Austin Humane Society, 124 W. Anderson Ln.. FREE. [austinhumanesociety.org](http://austinhumanesociety.org).

**Heritage House Open.** 3 to 7 p.m. See Tue 2 for details.

**Jack and the Beanstalk.** 3 p.m. A not-so-traditional puppet show. St. John Branch Library, 7500 Blessing Ave. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Crafternoon.** 3:30 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Teen Night: Murder Mystery at the Heritage House Museum.** 7 to 9 p.m. Teens ages 12-18 are invited to solve the mystery at the Ravenwood Masquerade. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Round Rock Express vs Omaha.** 7 p.m. Autism Awareness Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. [milb.com/round-rock](http://milb.com/round-rock).

### Wed 24

**Austin Symphony Art Park.** 10 a.m. to 12 p.m. Exciting activities and a musical guest. Central Library, 710 W. César Chávez St. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Jack and the Beanstalk.** 3:30 p.m. A not-so-traditional puppet show. North Village Branch Library, 2505 Steck Ave. FREE. [library.austintexas.gov](http://library.austintexas.gov).

**Round Rock Express vs Omaha.** 7 p.m. Winning Wednesday Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. [milb.com/round-rock](http://milb.com/round-rock).

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## Thu 25

**Austin Reptile Show.** 2 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. library.austintexas.gov.

**Halloween in Summer.** 2 p.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov.

**Jack and the Beanstalk.** 2 p.m. A not-so-traditional puppet show. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

**Watch and Read: How to Train Your Dragon.** 2 p.m. Laura's Library, 9411 Bee Cave Rd. westbanklibrary.com.

**Round Rock Express vs Omaha.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

## Fri 26

**Lego Lab.** 11:30 a.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov.

**Silent Rave in Spaaaaace.** 7 to 9 p.m. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

**Movies in the Park: The Lego Movie 2 (PG).** 8:45 to 10:45 p.m. City Park, 502 Hurst Creek Rd., Lakeway. lakeway-tx.gov.

## Sat 27

**Summer Family Playgroups.** 10 a.m. to 12 p.m. Beat the Texas heat while you play, learn and explore. North Austin YMCA, 1000 W. Rundberg Ln. \$3-5. austinyymca.org or 512-236-9622.

**Saturday Craft.** 11 a.m. to 1 p.m. Milwood Branch Library, 12500 Amherst Dr. FREE. library.austintexas.gov.

**Paramount Summer Classic Film Series: Gulliver's Travels.** 1 p.m. Paramount Theatre, 713 Congress Ave. From \$6. austintheatre.org.

## Sun 28

**Summer Family Playgroups.** 2 to 4 p.m. Beat the Texas heat while you play, learn and explore. East Communities YMCA, 5315 Ed Bluestein Blvd. \$3-5. austinyymca.org or 512-236-9622.

**Summer Family Playgroups.** 2 to 4 p.m. Beat the Texas heat while you play, learn and explore. Townlake YMCA, 1100 W. Cesar Chavez St. \$3-5. austinyymca.org or 512-236-9622.

## Mon 29

**Summer Cinema: WALL-E (G).** 3 p.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

## Tue 30

**Summer Kid Series Art Workshop.** 10 to 11 a.m. Austin Humane Society, 124 W. Anderson Ln. FREE. austinhumanesociety.org.

**Make it Tuesdays.** 10 to 12 p.m. Create, invent and make things happen at these guided experiences. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Heritage House Open.** 3 to 7 p.m. See Tue 2 for details.

**Round Rock Express vs Fresno.** 7 p.m. \$2 Taco Tuesday Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

## Wed 31

**Halloween in Summer.** 6 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov.

**Round Rock Express vs Fresno.** 7 p.m. WIZARDING Night. Dell Diamond, 3400 E. Palm Valley Blvd., Round Rock. From \$7. milb.com/round-rock.

## Parenting Events

**Bridges to Growth** holds early childhood parenting classes throughout the month. georgetownproject.org.

**The City of Austin** offers free car seat checks and Safe Baby Academy classes at a variety of locations. Appointments and reservations required. Email emspubed@austintexas.gov.

**La Leche** League of Central Texas hosts regular meetings, play dates and gatherings. All breastfeeding mothers, babies and mothers-to-be are welcome. texaslll.org.

**The Literacy Council of Williamson County** offers free ESL classes for beginners through advanced. literacycouncilwilco.org.

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

### 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](http://roundrocktexas.gov) or 512-218-5559.

### Sat 6

**Chicken Keeping Class.** 12 p.m. Part of the City of Austin's Home Composting Rebate Program. Recycled Reads Bookstore, 5335 Burnet Rd. FREE. [austintexas.gov](http://austintexas.gov).

### Wed 10

**KidSight.** 11 a.m. to 12 p.m. Vision screening for toddlers through 2nd grade. Lago Vista Library, 5803 Thunderbird, Lago Vista. [lagovista.lib.tx.us](http://lagovista.lib.tx.us).

### Thu 11

#### Green Thumbs Up Gardening: Tree Problems.

The A&M Agrilife Extension Office will present on tree problems. Cedar Park Library, 550 Discovery Blvd. FREE. [cedarparktexas.gov](http://cedarparktexas.gov).

**Summer Savings Community Event.** 4 to 7 p.m. Get tips to lower your summer utility bill. Discover energy and water efficiency rebates. Monitor your usage from a phone or table. Millennium Youth Entertainment Complex, 1156 Hargrave St. FREE. [austintexas.gov](http://austintexas.gov).

### Wed 17

**Summer Savings Community Event.** 4 to 7 p.m. See Thu 11 for description. St. Matthews Episcopal Church, 8134 Mesa Dr. FREE. [austintexas.gov](http://austintexas.gov).

### Sat 20

**Composting Class.** 10 a.m. Composting is nature's way of recycling. Part of the City of Austin's Home Composting Rebate Program. The Natural Gardener, 8648 Old Bee Cave Rd. FREE. [austintexas.gov](http://austintexas.gov).

### Thu 25

**Summer Savings Community Event.** 4 to 7 p.m. See Thu 11 for description. Shepherd of the Hills Presbyterian Church, 5226 W. William Cannon Dr. FREE. [austintexas.gov](http://austintexas.gov).

## Story Times

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

### Tue 2

**Lucas Miller, the Singing Zoologist.** 2 p.m. and 3:30 p.m. Build your scientific confidence and curiosity with this STEM-tastic, multimedia presentation featuring dazzling visuals, smart songwriting and laugh-out-loud comedy. Pflugerville Library, 1008 W. Pfluger St. [library.pflugerville.gov](http://library.pflugerville.gov).

### Thu 11

**The Little Bird Children's Hour.** 10:30 a.m. A high energy, interactive show featuring songs by Woody Guthrie featuring local artist Russ Glenn. Laura's Library, 9411 Bee Cave Rd. [westbanklibrary.com](http://westbanklibrary.com).

**Circus Chickendog.** 2 p.m. Circus dogs, juggling, tricks and more. Lake Travis Library, 1938 Lohmans Crossing. [laketravislibrary.org](http://laketravislibrary.org).

### Sat 13

**Magik Theatre presents The Ugly Duckling.** 11 a.m. A fun and lively performance for children of all ages. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

### Tue 23

**Buffalo Soldiers.** 11 a.m. Texas Buffalo Soldiers bring history to life with stories, costumes and tools. ASL interpreter at this event. Recommended for ages 5 to 9. Twin Oaks Branch Library, 1800 S. 5th St. [library.austintexas.gov](http://library.austintexas.gov).

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# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## TU ENTORNO Y EMOCIONES

Todo lo que ves, escuchas y sientes tiene un impacto emocional en tu vida, puede ser positivo o negativo. ¿Te ha pasado que después de platicar con alguien al final de la conversación tu estado de ánimo cambio? Ya sea o que te quedaste con energía o todo lo contrario. O que tal, cuando escuchas una canción que te gusta y de repente te sentiste mejor o cuando hueles algo específico que te trae recuerdos. Todos los días, estás expuesto a estos factores que tienen un impacto en ti. Así que si logras detectarlos te aseguro que estarás más en control de cómo te sientes todos los días. Al hacerlo diariamente, desarrollarás la capacidad de identificar lo que te afecta y al identificarlo tendrás la opción de aceptar o rechazar lo que influye en ti. Tomate un momento y detecta las personas o situaciones que te afectan positiva o negativamente, así será más fácil elegir tu estado de ánimo. ¡Piensa Positivo!

## YOUR ENVIRONMENT AND EMOTIONS

Everything you see, hear and feel has either a positive or negative emotional impact on you. Have you ever experienced feeling either energized or drained after talking to somebody? What about suddenly feeling great after listening to a song or remembering something after smelling a specific fragrance? Every day, you are exposed to things that have an emotional impact on you. If you're able to detect them, I can assure you that you'll be more aware of your feelings. Once you get used to identifying the triggers, you'll develop the ability to accept or avoid them. Take a moment to detect the people or situations that affect you in a positive or negative way. It will be easier to choose your emotional state.

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# KIDZONE

## Fizzing Snow Sherbet

Want to have a little fun and make a kitchen science experiment? You'll need just a few ingredients and a mouth for tasting!

### What You Need

- 1 tsp baking soda (sodium bicarbonate)
- 1 tsp citric acid (found in the baking section of supermarkets)
- 3 Tbsp icing sugar (also called powdered sugar)
- 2 Tbsp flavored gelatin crystals (optional, but it adds flavor + color)



### What You Do

- **Step 1:** Place the icing sugar, baking soda, citric acid and gelatin crystals on a plate.
- **Step 2:** Mix together very well and taste.
- **Step 3:** Adjust the flavor based on your preference (add more sugar for sweetness, citric acid for sourness and fizzy sensation or gelatin crystals for flavor and color)
- **Step 4:** Observe how this "edible snow" makes your tongue feel. You can also try adding the sherbet to a little cup of water to watch the reaction.

### What's Going On

The fizzing on your tongue is caused by the water in your saliva, which allows the citric acid (acid) and bicarbonate soda (base) to dissolve. As the citric acid and bicarbonate soda dissolve, they form a chemical reaction that produces water, salt and carbon dioxide gas.

citric acid + bicarbonate of soda → sodium citrate + water + carbon dioxide

**Note: This experiment IS safe to taste!**



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## JUST FOR GRINS

CARRIE TAYLOR

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



# The Danger of Swimming with Toddlers

If you're a live-on-the-edge risk taker, then being in charge of small children at a water-related activity is perfect for you. Odds are you will definitely encounter waves of tears, you will probably run out of snacks and you might have to deal with what I affectionately call "sludge butt."

Swimming equals sun exposure, which means you need to apply sunscreen, a process many toddlers believe is a torture tactic. Woe to the parent who forgets to apply SPF at home, because now you'll have to slather your screaming, slippery angel in front of an audience. You'll make it through on bribery and threats, and you will be elbowed in the face.

After your little one has spent 30 seconds in the water, he or she will request a snack. And then immediately drop said snack and need another. I recommend packing approximately 10 snacks per child to ensure a peaceful trip.

And finally, there is the granddaddy of all pool-related misfortunes: sludge butt, when a child produces poo inside the swim diaper. I'm still recovering from my latest incident.

During a visit to a family member's pool, I noticed my 2-year-old standing stoically still at the edge of the pool. His eyes focused eerily on the water. It wasn't an I'm-pooing stance. No ... this was something more. It was an I-pooed-a-long-time-ago-and-am-now-realizing-it stance. My heart stopped as I approached and saw the ... substance ... oozing out the back of his trunks and down his legs.

We hauled everyone out of the water to let the pool's chemicals do their thing, and after a lengthy cleanup session and wardrobe change, we were back to enjoying our day. I'm not saying I have PTSD. But I'm now forming a support group for other parents who've also known this darkest hour.

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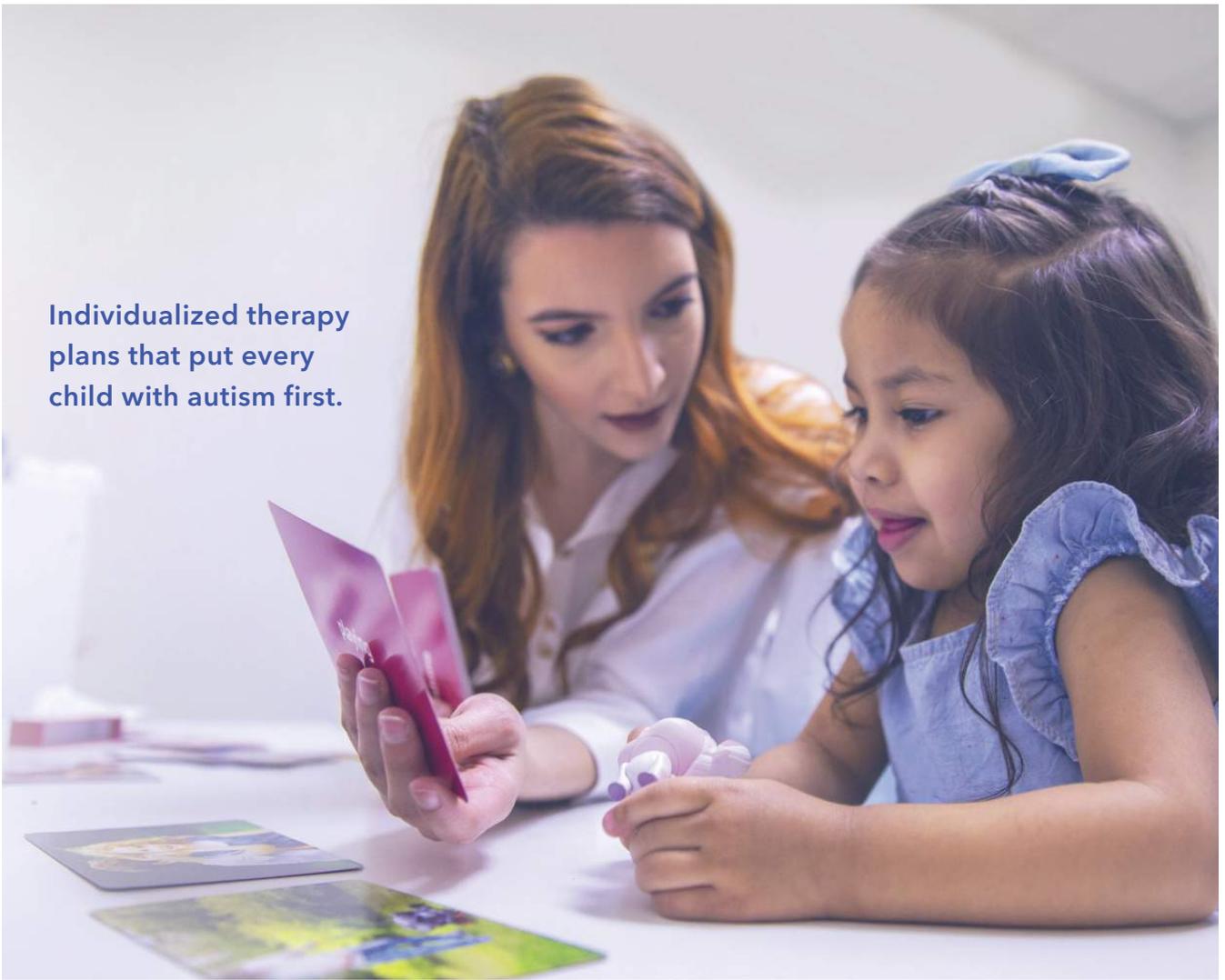
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