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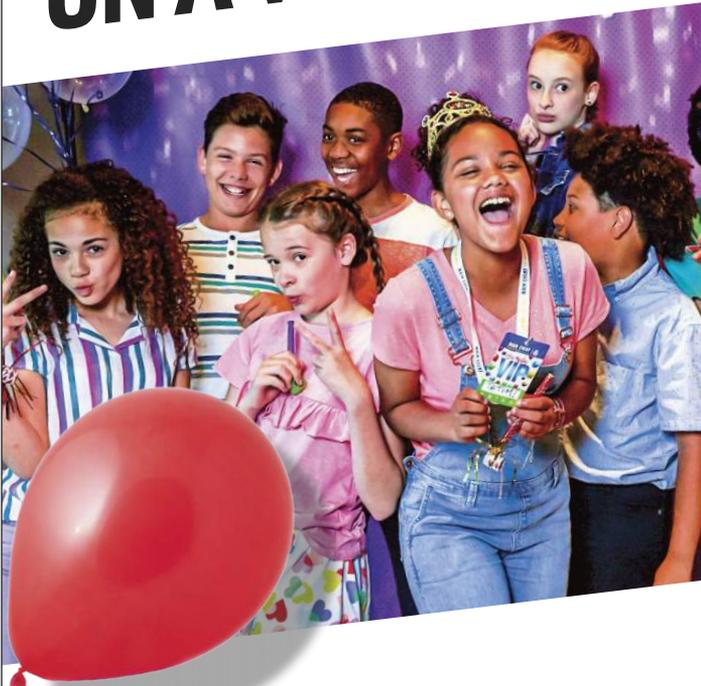
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Austin's Park n' Pizza is Central Texas' largest family entertainment center, encompassing 23 acres of award-winning indoor and outdoor amusement attractions, games and food. It is locally owned and operated, and has served the Austin, Texas market for over 15 years.

Judges:



Carmen Oliver

Carmen's work has been shortlisted for the Rainforest of Reading Award, The Writers' League of Texas Awards and the CLEL Bell Picture Book Awards for Early Literacy. Visit: www.carmenoliver.com



Bethany Hegedus

Bethany is an in-demand speaker and mentor who speaks and teaches across the country about writing, creativity, resilience, and privilege. She is also the Founder and Creative Director of The Writing Barn in Austin, Texas.

Contest Rules:

- Essays must be 75 to 300 words
- Contest date: August 15 to October 15, 2018
- Essays must be received by 5pm on October 14th
- Writers must be in the fourth or fifth grade
- It's FREE to enter! Go to www.austinfamily.com for complete rules

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August 2019

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FILM REVIEW

By Jack Kyser

“The Farewell”

Read online at:
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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Conor is a Cover Kids Contest winner. Photo by Jordan Ashley Photography.

Remember that first-day-of-school feeling? The butterflies over the idea of meeting new people and the hope that you'll make friends? The uncertainty that comes from not knowing where you'll be sitting or exactly how your days will play out? The wondering if all of it would match up with the vision in your head?

I sympathize with all the children in the Central Texas area who are going through this right now. With so many schools starting a new year this month, tens of thousands of little ones will sleep a little less easy, filled with anticipation on the verge of new adventures.

Or should I say I empathize with them? Because right now, I'm going through the very same thing, grownup style. It's a bittersweet message to deliver: I'm stepping down from my role as editor of Austin Family magazine to make a career change. And while I'm sad to say goodbye to all the friends I've made



EDITOR'S NOTE

SHERIDA MOCK

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

during my five years here – readers, writers, coworkers and subjects of articles – I'm excited to start this new journey. It reminds me of a quote by Henry David Thoreau, "Live in each season as it passes; breathe the air, drink the drink, taste the fruit..."

Best wishes to all of you as you live this season!

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Play it product recalls

SAFE

Government Recalls Razors, Boots and Charging Cables



Gillette is recalling about 87,000 **disposable razors** because a problem during manufacturing resulted in the misalignment of the blades in the razors, posing a higher risk of cuts during normal use. The recall involves Venus Simply3 disposable razors with lot numbers 9003A17400, 9007A17400 and 9009A17400. Affected units were sold at food, drug and mass merchandise stores nationwide from January 2019 to May 2019 for between \$6 and \$10. Consumers should immediately stop using the recalled razors and contact Gillette to receive a postage-paid return label to return the razors and receive a voucher for a replacement.

Target is recalling about 29,000 **toddler rain boots** because the unicorn horn on the rain boot can detach, posing a choking hazard to young children. The recall involves Cat & Jack brand "Lilia" unicorn rain boots in sizes 5-12. Affected units were sold at Target stores nationwide, online at target.com and on Google Express between January 2019 and April 2019 for about \$20. Consumers should immediately take the recalled rain boots away from children and return them to any Target store for a full refund.



Target is recalling about 90,000 **USB charging cables** because the metal around the cord can become electrically charged if it contacts the USB wall charger plug prongs while charging, posing shock and fire hazards. The recall involves the "heyday" three-foot lightning USB charging cables. The charging cables are used to charge cellphones and other electronics that use lightning connectors. The model number 080 08 8261 is printed on the side of the product's packaging. Affected units were sold at Target stores nationwide and online at target.com between June 2018 and January 2019 for about \$15. Consumers should immediately stop using the recalled charging cables and return them to any Target store 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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The crystal-clear waters of Spring Lake will soon host guided public snorkeling courses in San Marcos. Photo courtesy of The Meadows Center for Water and the Environment.



Snorkel Tours

Central Texans will soon have the chance to see a spring-fed lake in a whole new way. Texas State University in San Marcos has unveiled its new guided public course called Splash into Science. Participants will learn about the unique history and habitat of Spring Lake at The Meadows Center for Water and the Environment through a 45-minute course.

While gliding over the second largest cluster of natural springs in Texas, participants can see fish, turtles and aquatic plants. Spring Lake, the headwaters of the San Marcos River, remains a constant 72 degrees year-round and is home to seven threatened or endangered species.

All gear is provided by the center, including a wetsuit, goggles, snorkel, fins and a life jacket. The fee is \$45 per person. For more information, visit meadowswater.org.

Must-Do This August

3

Austin ISD Back-to-school Fair
at Palmer Events Center

9-11

Back-to-school Sales Tax Holiday
throughout Texas

24

Back-to-School STEM Saturday
at Girlstart



Sisters show off their matching backpacks during the 2018 Back to School program by Manos de Cristo. Photo courtesy of Manos de Cristo.

School Supply Drive

Manos de Cristo helped prepare over 2,000 Central Texas children for grades pre-K through 5 with its annual Back to School program in late July. Each child who attended the program received two new shirts, two pairs of shorts, socks, underwear and a brand new backpack filled with school supplies.

The program is funded through gifts from individuals, churches and businesses in the community. Nearly 500 volunteers help with the effort, which takes place over five days in July. Manos de Cristo meets the needs of the working poor with low-cost dental care, educational opportunities, and food and clothing. For more information, visit manosdecristo.org.

Coding Graduates

The first cohort of Code Chicas has graduated. The Latinitas program for girls ages 14-18 met for eight weeks of intensive coding training sessions in HTML, Javascript and CSS. Lessons were provided by Latinitas program staff and instructors from Austin Coding School.



“Getting girls into coding isn’t rocket science,” says Sylvia Butanda, Latinitas program director. “It’s got to be on their terms, relevant to them and presented in environments that are comfortable for girls and speak to their identity.” Latinitas provided weekly female guest speakers each week and snacks from local providers.

Latinitas is now registering girls for its fall cohort. For more information, visit latinitasmagazine.org.



Bullying in Youths

The children are listening. Scientists have uncovered new evidence that heated political discussions, such as debates about the rights of LGBT people, can contribute to an increase in bullying in schools. It is the largest study to date to examine the link.

In the study, published in May 2019 in the journal *Pediatrics*, scientists at UT Austin, Columbia University and Texas State University found that in the run-up to a statewide voter referendum to ban gay marriage in California, young people reported significantly more homophobic bullying. In fact, homophobic bullying peaked that school year and declined after the public debate subsided.

“We think that young people don’t hear what adults and lawmakers are talking about, but they do,” says Stephen Russell, senior author of the paper and chair of the Human Development and Family Sciences Department at UT Austin.



Proceeds from the annual Texas Mamma Jamma Ride support local organizations for those battling breast cancer. Photo courtesy of Texas Mamma Jamma.

Biking for a Cause

A family-friendly bike ride returns this fall to raise funds supporting breast cancer fighters and survivors. Now in its 11th year, the Texas Mamma Jamma Ride will be held Sept. 21 in Martindale.

Organizers are currently registering riders and teams, as well as hosting training rides to help prepare riders for the all-skill level course. The training rides offer routes of varied length and difficulty and are led by experienced guides. A bicycle and a helmet are the only requirements, and there is no fee to attend. For details, visit mammajammaride.org/events.

Registration is \$35 for adults and \$50 for children under 18. Teams made up of family, friends and colleagues are encouraged to participate. To register, visit mammajammaride.org/become-a-fundraiser.




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Lactation Consultant

A new service for nursing moms has arrived in Austin. Milk Diva Lactation Services, founded by Naiomi Catron, RN, IBCLC, opened in June and offers education-focused, evidence-based breastfeeding services with in-home or in-office consultations. Milk Diva also offers online prenatal birthing and breastfeeding courses.

“Our main objective is to give nursing moms the confidence to succeed on their own,” says Catron, who is bilingual, certified in obstetrics and a Board Certified Lactation Consultant.

by the numbers



\$28 billion
U.S. spend on back-to-school shopping

Source: Deloitte



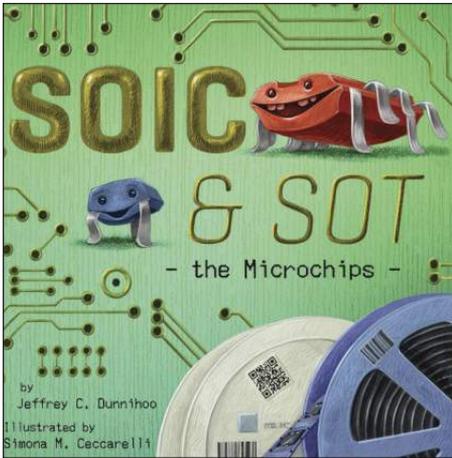
1858
Austin's first public school opens

Source: German Free School



57 million
U.S. students in elementary and secondary schools

Source: National Center for Education Statistics



Children's Books

Ever wonder what's going on inside your electronics? Central Texas electrical engineer Jeffrey C. Dunnihoo has written a book for children featuring two microchips as main characters. *SOIC & SOT - The Microchips* tells the story of two friends separated on the assembly line. Their journey back to each other gives children a peek into the inner workings of high-tech devices such as TVs, tablets and smart phones.

Dunnihoo, who has more than 30 years of experience in semiconductor and system development, collaborated with illustrator Simona Ceccarelli to depict electronic components in a way that's both approachable and accurate. The book is also available in Spanish. The accompanying website soicnsot.pragma.media extends the lesson with videos and more.

Conference for Moms

Moms can connect and learn from each other at the Mommie Support Network's annual conference. With breakout sessions, inspirational speakers and a supportive environment, A Day for Moms Conference provides mothers with time to focus on their mental, physical and emotional well-being.

Hosted at the First United Methodist Church in Georgetown on Sept. 28, the conference will run from 9:30 a.m. to 3:30 p.m. Tickets are \$15 per person, and free childcare is available for children ages 6 months to 10 years with registration. To register, visit mommiesupportnetwork.org.



A Day for Moms Conference happens Sept. 28 in Georgetown. Photo courtesy of Mommie Support Network.



Dr. Graham Reed will give away a smile makeover later this year. Photo courtesy of Waterloo Dental.

Smile Makeover

A local dentist will give away a free smile makeover to someone in the Austin area who wouldn't be able to afford it otherwise. Project Smile is the brainchild of Dr. Graham Reed, who grew up in Austin and practices at Waterloo Dental.

"I really hope that I can inspire other professionals in the Austin area to also lend a hand to our Austin family members in need," says Dr. Reed, who notes that many residents in the Austin area have other needs that can be met by professionals willing to give back to their community.

Austin residents may nominate themselves or a loved one to receive the makeover using the instructions found on Waterloo Dental's Facebook page. Submissions end Aug. 31.



Duncan Park/9th St BMX is one of six recipients of Austin Parks Foundation grant funds. Photo by Sherida Mock.

Park Improvements

Austin Parks Foundation (APF) has announced grantees who will receive a total of \$180,400 in funds to improve Austin parks, trails and green spaces. Projects include trail creation, new amenity installation, fencing and more.

"We're grateful to be part of these community-initiated projects," says Ladye Anne Wofford, chief mission officer at Austin Parks Foundation. "The commitment of dedicated Adopt-a-Park leaders to improve these community assets for future generations is the driving factor of this program."

Recipients include Duncan Park/9th St BMX, Country Club Creek Greenbelt, Highland Neighborhood Park, MLK Station Park, South Austin Neighborhood Park and Umlauf Sculpture Garden & Museum. To learn more, visit austinparks.org.

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Teachers gather at the annual OnRamps program at UT Austin. Photo courtesy of UT Austin.

Teaching the Teachers

More than 850 high school teachers, counselors, administrators and superintendents from school districts across Texas met in Austin this summer to discuss ways to increase access to college and improve the quality of high school education through dual enrollment courses. The meeting was part of UT Austin's OnRamps program, which offers college courses for high schoolers to pursue credits at any Texas public university.

Established by UT in 2011, the OnRamps program started with 166 students with support from the Texas Legislature, the Lumina Foundation and the National Science Foundation. This year, the program will serve about 30,000 students, about half of whom are first-generation college students. For more information, visit onramps.utexas.edu.



UT Austin will be more affordable for many students starting in fall 2020. Photo courtesy of UT Austin.

Free College Tuition

The University of Texas System Board of Regents has announced that students from middle- and low-income families will pay no tuition at UT Austin. The regents voted unanimously to establish a \$160 million endowment from a distribution of the state's Permanent University Fund that will generate money for financial assistance beginning in fall 2020.

"Recognizing both the need for improved access to higher education and the high value of a UT Austin degree, we are dedicating a distribution from the Permanent University Fund to establish an endowment that will directly benefit students and make their degrees more affordable," Chairman Kevin Eltife said after the vote. "This will benefit students of our great state for years to come."

The new endowment will completely cover tuition and fees for students from families that earn up to \$65,000 a year and provide some tuition support to students from families with incomes of up to \$125,000. The median household income in Texas was \$59,206 in 2017, according to the U.S. Census Bureau.



Charles Umlauf's sculpture "Family" and more works are on display at the Umlauf. Photo courtesy of Umlauf Sculpture Garden.

FREE Admission

Umlauf Sculpture Garden has announced that admission will be free for visitors through Aug. 31. Donations secured through the McBee Family Foundation, H-E-B Tournament of Champions and Amplify Austin have made the program possible. The museum is also offering 20% off memberships until Aug. 31.

The museum is dedicated to exhibiting the works of Charles Umlauf and other sculptors in a natural setting. Umlauf lived in Austin and taught at UT Austin for 40 years. For more information, visit umlaufsculpture.org.

Cardiac Care

Dell Children's Medical Center recently hosted a ribbon-cutting ceremony to celebrate the opening of its new pediatric cardiac care unit, a part of the Texas Center for Pediatric and Congenital Heart Disease. The 24-bed inpatient unit includes state-of-the-art technology and will be the first and only dedicated pediatric cardiac care unit in Central Texas.

The Texas Center for Pediatric and Congenital Heart Disease is a focused pediatric and congenital heart program leveraging the power of the partnership between Dell Children's, Dell Medical School at UT Austin and UT Health Austin. The center was established in September 2018.



Dr. Charles Fraser, Chief of Pediatric and Cardiothoracic Surgery, cuts the ribbon on the new pediatric cardiac care unit at Dell Children's. Photo courtesy of Ascension Texas.



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FAMILY MATTERS

BETTY RICHARDSON

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

10 Behaviors to Model for Your Kids

Q You often mention that parents need to be role models for our children. Exactly what behaviors and values do you believe we need to model?

A. Being a good parental role model is important, because children mimic what they see and hear. This is sometimes called observational learning. While children have models all around them, parents are their main source of behaviors to imitate. When I was administrator of the children and adolescent units at a private psychiatric hospital, children were admitted with objectionable behaviors that we could soon identify in their parents. Yelling, cursing, lying, failure to take responsibility for actions and failure to calm down and problem-solve can be seen in children of parents who demonstrate these behaviors.

To answer your question, I'll suggest the following important behaviors:

1. **Honesty.** Admit when you break something or make a mistake. Show that nothing extreme happens when you're honest. Don't cheat others and brag about it. When you get too much change back from a purchase, be honest and help correct the mistake.
2. **Sharing with others.** Point out when someone shares with you, as in, "Thank

you, Daddy, for sharing." Point out that sharing makes you appreciate something more. For example, my mother told me that candy bars taste better when you share them. I think they do.

- 3. **Good manners.** Model the use of words like "please" and "thank you." Instruct children to use these words. Thank-you notes from children to people who have given a gift reinforces good manners. Teach table manners. When children have good manners they can be invited to more places and not embarrass themselves or you.

4. **Ability to face problems calmly.** You can admit to a child that you are upset, but show that you know how to calm down. You can even ask your child to help you take a few deep breaths to calm down.
5. **Identifying feelings.** Children need to learn to identify their feelings, and you can model this. On the web, you can find charts with faces that show different feelings. Younger children often do better with these charts until you help them find the words.

6. **Use of a problem-solving mode.** The schools teach problem-solving methods, but it's good to start early at home and show that problem-solving is a helpful skill.

7. **Use of a calm voice.** When a child does something that you object to or breaks the rules, it doesn't help to yell. Yelling

teaches a child that when you don't like something, you should yell and that yelling anytime and anywhere is alright.

8. **The importance of listening.** Sometimes kids talk a lot and don't realize that listening is important to learning. Even kids who hardly talk may not be listening. Ask kids to repeat back to you something you said and repeat back to them things they have said to see if you each understand what the other is saying.
9. **Taking care of yourself.** Use good hygiene, eat nutritious foods and get enough sleep.
10. **Love of reading and learning.** Children who see parents reading and experience having books read to them will be likely to mimic this behavior. Reading is key to a child's success in school.

I could go on with other behaviors: resilience, empathy, humility, independence and courage.

When I read Mother's Day and Father's Day messages from grown children on social media, I'm amazed at how many mention what their parents taught them. Kids who really tested their parents grew up to be people modeling good behaviors for their own kids.

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BY JILL SAYRE

Save Buck at a Kids-Eat-Free Spot

Sure, eating out is a treat, but it's also easy to spend way too much money. That's where Austin's wide range of generous "kids-eat-free" restaurants can help out. We focused on three Austin/Texas-based spots where you can keep your cool and find free or reduced kid meals when dining with your child. Like Austin itself, these three restaurants are unique and original.



Central Market Café, located inside HEB's Central Market grocery stores, features handmade and artisan foods. At its two Austin locations, the café gives one free kids' meal with every adult entrée on Wednesdays after 5 p.m. (Westgate) and Tuesdays after 5 p.m. (North Lamar). "Kids" are supposed to be under 12, but the manager told us the age limit is flexible. With menu items like apple berry turkey wraps, Asian salmon salad and fish tacos, along with delicious sides like jasmine rice, red quinoa and sweet potato fries, you can have a colorful and nutritious family meal in no time. We ate the chicken tortilla soup and enjoyed every drop. You can also kill two birds with one stone and pick up groceries, and that means less time running-around-in-the-heat. Definitely a plus!

Texadelphia is a Philly cheesesteak joint started by a Philadelphia native turned Texan in 1981. The original location on Guadalupe became popular with UT students, and the restaurant now has several sites around Austin and beyond. Texadelphia aspires to be a place where "everyone is treated like family." We found it to be casual and friendly and welcoming. One mom we met was there with her three toddlers, and she said she never misses the kids-eat-free nights. The food is great, and the scratch-made queso and chips that come with each order are to die for. Kids can choose from cheesesteak, mac and cheese, burger, chicken tenders or mini corn dogs. My guy loved the cheesesteak. He said, "the cheese is nice and melted," as he tipped his individual queso cup up for a heavenly slurp. He also loved to the ice cream, which is complimentary with all meals, every day. Kids 12-and-under eat free Mon-Wed from 4 p.m. to close at 9 p.m.



The Salt Lick BBQ is an Austin original and a great Texas tradition for young or old, plus it's a good place to take out-of-town guests. The original Howard family barbecue method and recipes date to the 1800s, and the family has been using them to produce food commercially since 1967. The meat is cooked fresh, not stored, and involves a laborious multi-step process to create its sugary, smoky taste. The Driftwood location's setting is iconic, with towering live oaks and picnic tables giving a casual, family reunion picnic feel. The Round Rock location next to the Dell Diamond has a similar feel, with a stone patio and shady live oaks. Diners are not expected to be still and silent, and there is plenty of room for strollers and kids to run around. The aroma is divine, and anticipation helps families endure the wait, which can be long. Come early to get the quickest seating. Adults eat family style barbecue, sides, bread and drinks for \$26.95. Kids under three eat for free. Kids 10 and under eat for \$9.95 when accompanying adults.

Save some cash and plan to hit a kids-eat-free restaurant with your family. And did I mention the cleanup? Zero. Zip. Nada. That means more time for you to snuggle that cute guy with the cheese on his chin. Enjoy!

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



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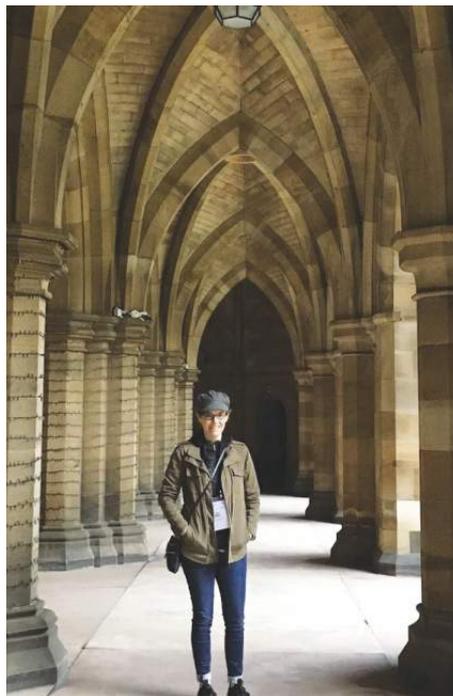
BY SHERIDA MOCK

You might have seen a college campus or two in your travels, but high school counselor Tara Miller has visited a whopping 70 campuses in the past 15 years. The college and career counselor at Austin High School makes a point of visiting as many as she can, leveraging her family vacations as yet another opportunity to gather information for the students she guides through their big decisions.

And she says the college application process should be very different from the conventional wisdom. "So many students ask, 'What do I need to do to get into this school?'" Miller says. "And my advice is, 'Let's find a school that meets who you are.'" With that in mind, we sat down to talk about the ins and outs of college admissions.

AFM: What can you learn on a campus visit that you can't learn from the website?

Miller: You get a feeling when you step on campus, just like when you're shopping for a house or car. You see a lot of similarities. They all have rec centers. A lot of them have



The University of Glasgow in Scotland welcomes over 700 American students every year. Photo courtesy of Tara Miller.

climbing walls. But you also get to see the differences. Is it a small school? Is it in the middle of a city, like UT Austin? Or is it like Southwestern, in the suburbs? I encourage students to try and think outside their comfort zone. Do you want a place that feels like home, or do you want to grow, challenge yourself, expand your horizons? This is your

opportunity to experience something completely new.

AFM: If you can't visit a campus, how can you get a feel for the college?

Miller: It can be overwhelming and cost a lot for families to do campus visits. College Greenlight distributes a list of college fly-in opportunities for students without means to apply to visit many colleges. Students can apply for scholarships to attend the diversity or first-generation fly-ins. Also, colleges that come to the high schools can bridge that gap, too. We have over 125 colleges that come to our school, just to visit with students during the school day. Any interested student can sign up and in 30 or 45 minutes, they can hear about the college, ask questions, see what kinds of majors they have, how much it will cost, ways to earn scholarships and get materials to take home.

AFM: What can middle schoolers be doing now?

Miller: I have a middle school child myself. The biggest is to learn organization, don't procrastinate and to love learning. Those three things are going to help them in high school, in college and for the rest of their lives. The harder you work now, the more prepared you are later. Another thing middle



The University of Georgia is one of the 70 college campuses Miller has visited. Photo courtesy of Tara Miller.

schoolers can do is write more, get their thoughts out on paper. Austin ISD is good about that, and students need to learn to express who they are, whether it's through media, videos, essays, resumes.

AFM: What can high schoolers be doing?

Miller: We interview seniors when they're getting ready to graduate. Over and over I hear, "I wish I would have known how important GPA was." So 9th, 10th and 11th grade: those three years are what you're applying to college with. You can't just kick it in gear senior year. Challenge yourself, yes, but try to maintain a balance. You don't have to be extreme to get into college. A B in an advanced course is much better than all A's in regular courses. It shows that you're pushing yourself.

AFM: What about students who don't know what they want to do?

Miller: There's nothing wrong with taking your time to figure that out. Many students start at community college, and many of them choose other paths, like the military or two-year associate's degrees. Austin Community College is a great resource. There's this pressure – and I think parents can really help diffuse this – to make sure your student is going to a "good school." And that's not necessarily what's best for the student. The student might not even be ready for that. Sending your student away to school can cost 40, 50, 60 thousand dollars a year. That's quite an expensive experiment. There are programs now where you can get an apprenticeship.

You can do a gap year. Travel. Do service in your community. The idea is that you're not done learning.

AFM: So you don't object to a gap year?

Miller: Not at all. In fact, I think it's becoming more popular and more accepted. Some college acceptance letters say, "If you choose to take a gap year, just let us know." They'll hold your place. There are programs where your gap year directly translates into your first year of college. Many schools allow you to take study abroad or gap year programs in the middle of your college education, too. It is not a race.

AFM: Got any "secret" tips for finding the right college?

Miller: Talk to your high school counselor or college counselor. I know people hire private college consultants, not to say that's wrong. But a lot of students and families don't realize they have a free resource with a lot of knowledge in the high school. Now, when you go to a large high school, it's going to take a little bit of persistence, and you have to be the initiator. But if you want, you can get the same service for free. You just have to reach out, make that appointment, walk into their office.

Another tip is to keep your list small. I say to really research six to eight schools, and your life is going to be so much easier. Keep it on a spreadsheet – what you have to turn in for each application. A counselor can help you build that small list. Don't pick the same schools that all your friends are going to. Try to think outside the box. Be OK with that uncertainty.

AFM: What's some bad advice you've heard?

Miller: People say, "Go to the best school you get into." That's not really good advice, because you should go to the school that is the best fit for you. Students think, "This is the better school, so I have to go here." Even if it costs more, and they're going to get in a lot of debt? Or it's not really a good academic fit? And don't talk to too many people. Everyone has an opinion. Choose your two or three people, stick with those people and don't build your list based on what your friends are doing.



Queen's University in Belfast, Northern Ireland, has staff and students from over 80 countries. Photo courtesy of Tara Miller.

AFM: Any last thoughts?

My students come back and talk to me after they've been in college for a year. They say they wish they'd stressed less about the college process. They say, "I'm here and I'm happy. At the end of the day, it didn't matter that I didn't get into XYZ school." I have too many kids and families trying to mold themselves to get into a certain school. Don't do that. Be OK with your choice. Be your best self, and you'll find a school that's the right fit for you. Another tip to try and mitigate the tension during application season that can sometimes happen between parents and their high school seniors is to designate one day per week to talk about college, brainstorm and organize materials. Keep it to that day.

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This Year, Give Your Kids the “Friendship Challenge”

BY KARISSA TUNIS

Growing up, there was a lot my parents did that I hope to improve upon, or even do differently. But the one thing that I appreciate them putting such an emphasis on was people skills. They taught my sisters and I how to get along with anyone, even if they were very different from us.

As I have gotten older, their tips and advice have come in handy on numerous occasions. And now, I want to do my best to teach my kids about what it means to be a good friend, how to look for good friends and overall, how to get along with anyone and everyone.

CHOOSING FRIENDS

I spend a lot of time teaching my kids how to be nice to others. To be respectful, selfless and look for those who need a friend or a helping hand. I want them to be kind to everyone. But who they pick for their closest friends is an important decision that needs to be done thoughtfully.

I truly believe that we can be guilty by association, and that we become most like those we surround ourselves with. So if I believe this, that means I want to surround myself with people that

represent what I want to be or how I want to live my life.

Hopefully, by teaching my children this at a young age, they can save themselves some trouble when they hit the teenage years. (My fingers are firmly crossed.)

Recently, my daughter was with a big group of friends. In general, they were lovely little girls, and each one seemed to be having a lot of fun. But I saw some flickers of attitudes and character displays that were not appealing. To say it directly: had my daughter been the one to say some of those things to someone else, or to act in a disrespectful way, or permanently leave a mark on someone else’s wall, she would be in big, big trouble!

Thankfully none of this came from her, nor was it directed at her. But we both witnessed the behavior, and it offered the perfect opportunity to discuss choosing friends.

We talked about how even though the two girls in question were fun to play with, they did not always make the best choices. My daughter understood that even though the hurtful words did not

come from her own lips, those words left another friend hurt in her presence.

During our conversation, I tried to keep our talk and the lesson to the point, so I said what I needed to say quickly and changed over to more light-hearted topics.

A few weeks later, an interesting thing happened. Now that my daughter’s eyes were open to this behavior, apparently she recognized it again at school. So completely on her own, she decided that she would still play with these two girls at recess from time to time, but wants to now focus on friendships and playdates with some other girls.

I never told her that she had to drop a friendship, because I believe in being nice to everyone. But I did advise her to look for good friends. And now, she chooses to spend her playtime with a few other girls who share her principles.

But back to my point about being friendly with everyone. My daughter is lucky to have so many friends. For her to alter who she spends a little extra time with was not a big deal, and probably even went unnoticed by others. And by

remaining friendly with everyone, she saves some hurt feelings, and recess time can continue on in a fun way for all her classmates.

THE FRIENDSHIP CHALLENGE

So how can your child reach out to others and be nice to everyone? Recently, I came across a fun activity on Pinterest. It was a way to challenge your little ones to make friendly connections every day. When we tried this in my home, I was hoping that this experiment would help my kids make someone else smile, strengthen the relationships my kids already have, and maybe even encourage them to make a new friend.

I called this the “Friendship Challenge.” First, my kids got an old baby wipes container and decorated it. Next, we talked about ways to be a good friend and ways to make other people smile.

Here were a few of the ideas they came up with:

1. Say “hi” to someone
2. Hold the door for someone
3. Let someone else pick first

4. Sit with someone new at lunch time or circle time
5. Play with someone lonely at recess
6. Give someone who is not a close friend a compliment
7. Share with someone
8. Smile at everyone
9. Make a card for someone who is sick or hurt
10. Help a friend in need

We wrote down all the ideas on slips of paper. (You could also use popsicle sticks.) Then for the next week, each morning my kids pulled out a slip of paper and got their “Friendship Challenge” for the day. It’s been so fun to have them report back. They’ve even come up with new ideas to add to our container.

Other ways kids can practice being friendly:

1. Learn a joke
2. Join a club
3. Engage in conversations at home
4. Rehearse ice-breaker questions like, “Do you have a pet?”
5. Play “what if” with parents to figure out tricky social situations

Somewhere along the way, between the conversations I’ve had with my children and the fun, creative activities we’ve developed, I realized that we parents have an amazing ability to help our children establish positive friendships in their own lives. And this skill will last them a lifetime.

Karissa Tunis is an author and the co-owner of parenting website adorethem.com.



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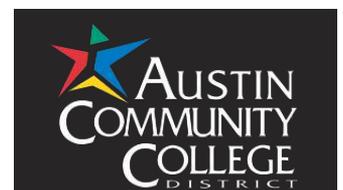
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www.capgym.com
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Round Rock, 512-244-4999
Cedar Park, 512-259-9995

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www.catchairparty.com
A clean, healthy environment for families with kids up to 12 years of age. Experience the latest and greatest in games and technology.
North Austin, 512-697-8800
Round Rock, 737-444-2992

DANCE DISCOVERY

www.dancediscovery.com
A 6-time Austin Family reader favorite, this dance school engages students of all levels in exciting performing arts education.
Allendale, 512-419-7611
Avery Ranch, 512-658-2996

GIRLSTART

www.girlstart.org
Girlstart designs and implements innovative, high-quality informal STEM education programs that inspire girls to transform our world.
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www.heartsongmusic.net
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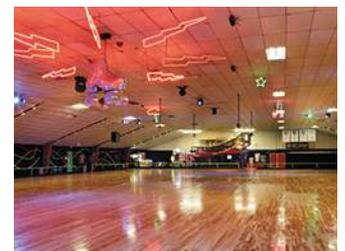


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www.sunriseaustin.org
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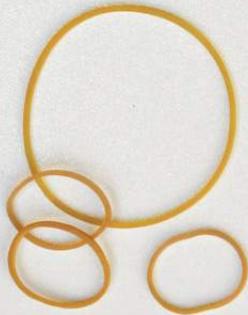


austin family® After School Activities





How to Organize Your Kids' School Papers



BY SARAH LYONS

If you have school-age children, you'll most likely deal with an ever-growing stack of school papers and artwork this coming school year. Some of the papers may go straight to the recycle bin, but what do you do with the important papers and special artwork you'd like to keep?

Start by sorting

Before you can start organizing your child's paperwork and art projects, you need to decide what to discard and what to keep. "I keep things that reveal his personality,"

says Kara Thomas, mom to a 10-year-old son. Set aside papers that show your child's writing skills and artwork you feel is unique to your child's personality. Discard worksheets or daily papers.

Make another stack of papers that have information you need to keep handy, such as calendars, directories and spelling lists. Try to sort items at least once a week, so the stack of papers doesn't get out of control. "Parents may want to feature their child's artwork by hanging it in frames





on the wall. This gives them the opportunity to enjoy it, then change the pictures over time,” says Stephanie Davis, a Certified Professional Organizer.

Get a keepsake box

A keepsake box is a space for you to save items that mean something to you or your child. Davis suggests using a file box. “A keepsake box causes you to constantly purge and evaluate what you really want to keep,” she says. Some parents may choose to establish a file folder for each grade level, but Davis suggests sorting items by type, such as artwork, invitations, pictures, projects and adventures. This will give the box a more defined purpose, and it will be easier for the parent to maintain.

“Keepsake boxes should be stored where they’re easy to get to,” Davis says. “If they are stored on a closet shelf, they’re less likely to be used than if they are stored somewhere that is easily accessed.”

Create a family binder

As a mom of six, I have a family with its fair share of paperwork. Creating a family binder for important information has helped me stay

organized.

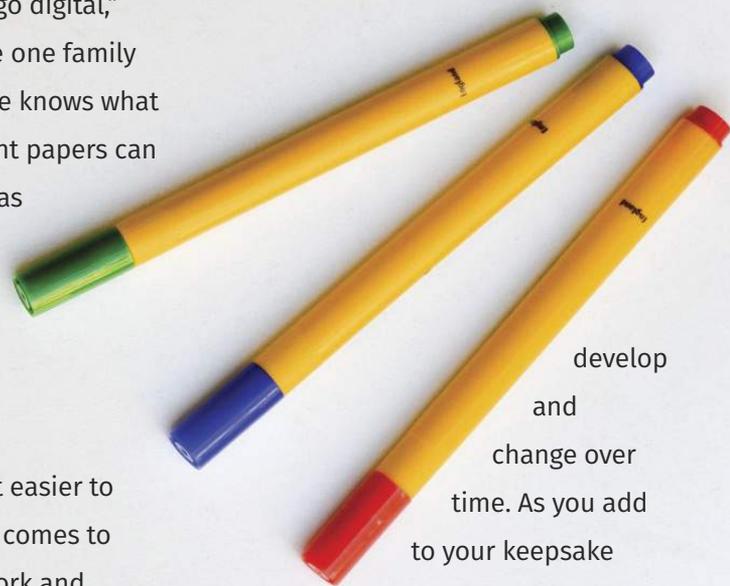
Each family member has a tab, and their sports calendars, school directories and medical information are stored there. When I need something in a hurry, I know right where to look.

“I encourage families to go digital,” says Davis. “They can use one family calendar app so everyone knows what is going on, and important papers can be scanned and shared, as well. I try to be flexible and figure out what works for each family.”

Go mobile

Some parents may find it easier to use mobile apps when it comes to storing their child’s artwork and school papers. Joanna Cline, mother of three, says, “I use the Artkive app to store my kids’ art. At the end of the year, I’ll make a photobook of their artwork.” Other apps that help save artwork are DearMuse and Keepy. Many of these apps have family sharing available.

The main thing to remember is the list of items we want to keep will



develop and change over time. As you add to your keepsake box, you may find that some items don’t seem as important a few years later, and it’s okay to discard them to make room for the things that you value now. Parents should never feel guilty about not keeping every single paper, painting and essay. Realistically, it’s only important to keep the items that mean the most.

Sarah Lyons is a freelance writer and stay-at-home mom to six children in three schools.



THE Learning Curve

ALISON BOGLE

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

Do Dress Codes Target Girls?

When I write, most of my research begins with a Facebook post and informal chats with friends. I like hearing people's thoughts on a topic before I start writing, to ensure a broader perspective. Twenty minutes after my post on dress codes went up, it was readily apparent that my thoughts on dress codes had been pretty cursory. A sampling: "Dress codes are about girls." Hmm. "Dress codes punish girls who are heavier or curvier." Wait, what? "Dress codes often punish students of color." Seriously, if so, that's really wrong. "Dress codes cost valuable instruction time." Clearly, I needed to read more.

Curious, I went down the Google rabbit hole. The more I read, the more I became convinced that my friends were right. In many ways, dress codes are about girls. Typical codes mention hemline lengths and how shoulders should be covered. What male youths have you recently noticed

wearing shorts with hemlines "no shorter than the fingertips when the arms are down by the sides"? It is also the rare male article of clothing that is off-the-shoulder or kept on by spaghetti straps. The language of most typical dress codes conveys that females are responsible for ensuring males can focus in the classroom, while demeaning males with the assertion that they lack the self-control to manage themselves.

And what of the comment that dress codes penalize those who are curvier or overweight? My friends were right again. Clothes hang differently on a fuller frame. The hemline of the same skirt or shorts worn by a curvier person will naturally sit higher. Is it fair to penalize a fuller-figured student for that which isn't entirely in her control? The same goes for extra-tall students. A tall girl's shorts might not pass the finger-length test, even though they may be relatively long in style.

Which brought me to the assertion that students of color, especially black students, are unfairly penalized by dress codes. Google hit after hit spoke to the validity of this statement. For example, a 2018 study conducted by the National Women's Law Center found that black girls were 20 times more likely than white girls to be suspended for dress code violations in Washington, D.C., public schools. This is such a deeply emotional topic and warrants greater discussion than is possible here, but you might consider how cultural assumptions play a role in what is allowed or deemed appropriate for minority groups. I know my eyes have been opened.

When a student is accused of a dress code infraction, there is typically a hallway conversation about the out-of-regulation garment. If the student doesn't have alternative clothing, he or she may be sent to the office to pick through extra clothes

or may have to call an adult to bring clothing. If an adult can't bring clothing, the student may be sent home or may have to sit out of class for the remainder of the day. In every possible scenario, valuable learning time is missed.

Many schools are working to update their dress codes to make them gender neutral, creating inclusivity for all gender identifications. They are also seeking to remove minority bias and to eliminate blaming female students for "distracting" males. For example, Austin ISD has recently revamped its dress code, stating that its new code "supports equitable educational access and is written in a manner that does not reinforce stereotypes." The district goes further to mandate that "school staff shall enforce the dress code consistently and in a manner that does not reinforce or increase marginalization or oppression of any group on the basis of race, color, religion, sex, gender, gender identity, gender expression, sexual orientation, national origin, disability, age, immigration status or any other basis prohibited by law, that adversely affects the student."

At its simplest, the dress code says that students "shall be dressed and groomed in a manner that is clean and neat and that will not be a health or safety hazard to themselves or others." AISD states that certain body parts must be covered for all students at all times, and it spells out those body parts. The policy, which takes effect at the start of the 2019-20 school year, goes on to outline what students may wear, as long as it doesn't violate the basic principles of the code and what cannot be worn.

Before I educated myself on all of the problems with typical dress codes, I was all

for covering as much of any child as possible. However, my opinion has completely reversed. I don't want my daughters to get the message that how they choose to express themselves with their dress should determine how they are treated. I want my son to be respectful to

all people, no matter what they are wearing. And I don't want to support the penalization of any minority group. Ever. I appreciate the steps AISD has taken towards inclusivity, and I hope this represents a positive change that will be seen in other Austin-area school districts.

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LIFELINES

BRENDA SCHOOLFIELD

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

Make a Family Emergency Plan

Does your family have an emergency plan? If you don't, you're not alone. Almost half the adults in the U.S. are unprepared for an emergency. Not having a plan or adequate resources could put you, your family and your pets at risk. Advanced planning can seem complicated and overwhelming, but it doesn't have to be. Here are some things that you can do right now to get started.

Take Steps to Stay Informed

You want as much advance warning of a disaster situation as possible. Many people rely on cell phones or computers for warnings and alerts. But there may be situations when the power is out, the internet is down or your cell phone isn't charged. Here are some ways to stay informed.

Get an emergency radio powered by batteries, a hand crank or solar energy. Tune in to your NOAA Weather Radio (NWR) station. Not only do the broadcasts cover natural events, such as weather and earthquakes, they include environmental hazards and public safety alerts.

Stock extra cell phone chargers and keep them charged. A solar charger is also a good option. Download mobile apps that send out local alerts. The FEMA mobile app will send real-time alerts from the National Weather Service. The app includes emergency safety tips for over 20 types of disasters and will help you locate emergency shelters. Other helpful apps are available from the American Red Cross and the Weather Channel.

Build Emergency Kits

The CDC recommends you have an emergency kit with enough supplies to last 3 days for each person. Each person needs a gallon of water per day and a 3-day supply of nonperishable food. Your emergency kit should also include a first aid kit in case someone is injured. For what to put in a basic kit, go to austintexas.gov/HSEM. Go to ready.gov/car to learn about a kit for your car.

Know Where to Go to Evacuate

Plan alternate routes for evacuation. You may need to evacuate on foot or use public

transportation. Identify somewhere to stay if you need to evacuate. You may stay with family or friends, at a hotel or other lodging, or in a shelter run by a disaster relief group. Be aware that some places may not allow pets. Search for open shelters by texting SHELTER and a ZIP code to 43362 (for example, SHELTER 78701). Go to disasterassistance.gov to learn more.

Plan Ahead to Protect Your Pets

Talk to your vet about a microchip and how to enroll your pet in a recovery database. A microchip is a tiny computer chip that is implanted under the animal's skin. Each chip has a registration number. Owners must contact the registry service vendor to add their name and contact info. Then if a pet is lost, shelters and vets can scan the pet with a chip reader and locate the owner.

Gather copies of important pet documents, such as adoption papers and shot records. Keep them with your pet emergency kit. Take a picture of you and your pet together to help you prove ownership or help others locate your pet. Make sure your pet's collar

or harness has an ID tag and rabies tag. Locate emergency lodging options for your pet in case of evacuation. Some shelters and hotels won't allow pets. Have a leash and pet carrier or crate available. Have at least a 3-day supply of food and water for each pet. Store the food in a waterproof container. Don't forget your pet's medicines. For more information, see the "Prepare for Emergencies Now: Information for Pet Owners" brochure, available at ready.gov.

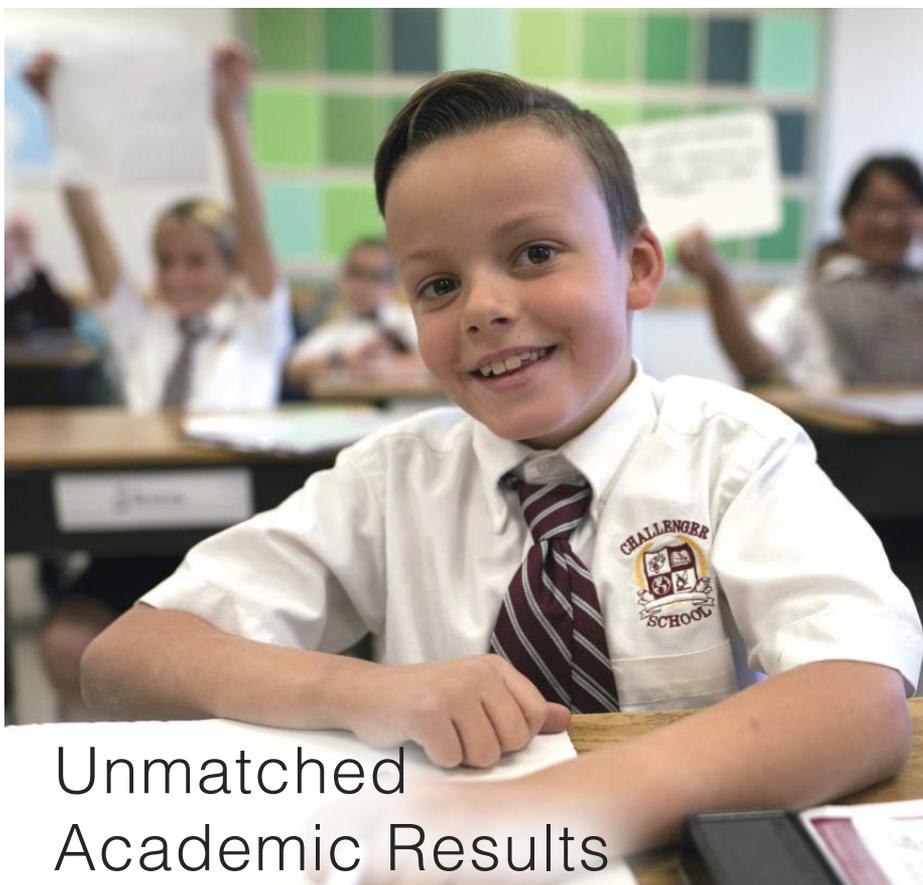
Develop a Family Emergency Communication Plan

Your family may be in different places during a disaster. Plan how to communicate with each other and where to meet up. Go to ready.gov/make-a-plan for complete details. FEMA recommends the following:

1. Collect contact information your family will need. Post a copy in an easy-to-view location, such as a bulletin board. Print a wallet-sized version and put it in your child's backpack. Carry one in your wallet or purse.
2. Identify someone outside your community who will act as a central point of contact. In a disaster, local phone lines can be jammed. Direct family members to send texts if calls don't go through.
3. Decide on emergency meeting places for different situations — indoors, in your neighborhood and outside your neighborhood. A safe indoor location might be a closet or bathroom. A meeting place in your neighborhood could be the corner store, a park or a neighbor's house. If you can't get back to your neighborhood, choose a place such as a library, church or friend's home.
4. Practice the plan. Have your child practice texting or calling. Talk about what the text should say, such as "I'm at Grandma's house and I'm OK." Practice gathering at emergency meeting places. Teach children when to call 911.

Know the Odds

According to Disaster Ready Austin, the top five disaster threats for the Austin area are flash floods; wildfire; severe weather that disrupts vital services; pandemic (flu); and release of hazardous materials.



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ASUNTOS FAMILIARES

BETTY RICHARDSON

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

10 comportamientos para modelar a sus hijos

P A menudo menciona que los padres necesitamos ser modelos a seguir para nuestros hijos. ¿Exactamente qué comportamientos y valores cree que necesitamos modelar?

R. Ser un buen ejemplo a seguir como padre es importante, porque los niños imitan lo que ven y oyen. Esto a veces se llama aprendizaje por observación. Aunque los niños tienen modelos a su alrededor, los padres son su principal fuente de comportamiento para imitar. Cuando fui administradora de las unidades de niños y adolescentes en un hospital psiquiátrico privado, admitían a niños con comportamientos desagradables que en seguida podríamos identificar en sus padres. El gritar, maldecir, no asumir responsabilidad de sus acciones y no calmarse para resolver problemas, se puede ver en los niños de padres que demuestran estos comportamientos.

Para responder a su pregunta, sugeriré los siguientes comportamientos importantes:

- 1. Honestidad.** Admita cuando rompe algo o comete un error. Demuestre que no pasa nada extremo cuando es honesto. No engañe a los demás y presuma de ello. Cuando usted recibe demasiado cambio de una compra, sea honesto y ayude a corregir el error.
- 2. Compartir con los demás.** Indique cuando alguien comparte con usted, como "gracias

papá, por compartir". Indique que el compartir le hace apreciar algo más. Por ejemplo, mi madre me decía que un chocolate tiene mejor sabor cuando lo compartía. Y yo creo que sí.

- 3. Buenos modales.** Modele el uso de palabras como "por favor" y "gracias". Pídale a los niños que usen estas palabras. Las notas o tarjetas de agradecimiento por parte de los niños a las personas que le han hecho un regalo, refuerzan los buenos modales. Enseñe modales en la mesa. Cuando los niños tienen buenos modales, pueden ser invitados a más lugares y no avergonzarse a sí mismos ni a usted.
- 4. Habilidad para enfrentar problemas con calma.** Usted puede admitirle a un niño que está molesto, pero demuestre que sabe cómo calmarse. Incluso puede pedirle a su hijo que lo ayude participando con usted a tomar algunas respiraciones profundas para calmarse.
- 5. Identificar sentimientos.** Los niños necesitan aprender a identificar sus sentimientos, y usted puede modelar esto. En la web, puede encontrar gráficos con caras que muestran diferentes sentimientos. A los niños más pequeños a menudo les va mejor con estos gráficos, hasta que usted les ayude a encontrar las palabras.
- 6. Usar métodos para resolver problemas.** Las escuelas enseñan métodos para resolver

problemas, pero es bueno comenzar temprano en casa y demostrar que la resolución de problemas es una habilidad útil.

- 7. Usar una voz tranquila.** Cuando un niño hace algo a lo que usted se opone o rompe las reglas, no ayuda gritar. Los gritos enseñan a un niño que cuando no le gusta algo, debe gritar y que los gritos en cualquier momento y en cualquier lugar está bien.
- 8. La importancia de escuchar.** A veces los niños hablan mucho y no se dan cuenta de que escuchar es importante para aprender. Incluso los niños que apenas hablan pueden no estar escuchando. Pídale a los niños que le repitan algo que usted dijo y usted repita lo que dijeron para ver si entendieron lo que cada uno está diciendo.
- 9. Cuidar de sí mismo.** Usar una buena higiene, comer alimentos nutritivos y dormir lo suficiente.
- 10. Amor a la lectura y el aprendizaje.** Los niños que ven a sus padres leer y tienen la experiencia de que se les lea libros a ellos, probablemente imitarán este comportamiento. La lectura es clave para el éxito de un niño en la escuela.

Podría seguir con otras conductas como: resiliencia, empatía, humildad, independencia y valor.

Cuando leo mensajes del día de la madre y del día del padre escritos por jóvenes adultos en las redes sociales, me asombro de cuántos mencionan lo que sus padres les enseñaron. Los hijos que realmente sometieron a prueba a sus padres crecieron para ser personas que modelan buenos comportamientos a sus propios hijos.

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SANDY MARIN



August

2019 calendar

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Story Time Page 44

On Stage

Frozen Jr. Through 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.

The Little Mermaid. Through 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.

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.

Ann. Through Sept. 8. An intimate, no-holds-barred portrait of Ann Richards, the legendary late governor of Texas. ZACH Theatre, 202 S. Lamar Blvd. From \$25. tickets.zachtheatre.org or 512-476-0541.

Museum Exhibits

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

Thu 1

Sprouts. 10 a.m. Preschool program tailored for ages 3 - 5. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Sense-sational Thursdays: Summertime in Texas. 10 a.m. to 12 p.m. Enjoy a cool, summer-themed activity. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

Literature Live Puppet Lab. 2:30 p.m. Learn how to bring everyday objects to life using puppetry and imagination. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov.

If You Could Only Cook (NR). 7 p.m. A screwball comedy from 1935. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org or 512-322-0145.

Fri 2

Iris Saves the Land of Black and White. 9:30 a.m. The Hey Lolly Puppet Theater visits the library. Round Rock Library, 216 E. Main St. FREE. roundrocktexas.gov.

Movies in the Morning: Instant Family (PG-13). 10 a.m. Cedar Park Library, 550 Discovery Blvd. FREE. cedarparktexas.gov.

Lego Lab. 12 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov.

Family Film Friday: Spider-Man, Into the Spider-Verse (PG). 1:30 p.m. Round Rock Library, 216 E. Main. FREE. roundrocktexas.gov or 512-218-3275.

Literature Live Puppet Lab. 2 p.m. Learn how to bring everyday objects to life using puppetry and imagination. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Summer Family Playgroups. 2 to 4 p.m. Play, learn and explore. East Communities YMCA, 5315 Ed Bluestein Blvd. \$3-5. austinymca.org or 512-236-9622.

Summer Celebration. 5 to 7 p.m. Celebrate your summer of discovery with your neighbors. Laura's Library, 9411 Bee Cave Rd. westbanklibrary.com.

Family Free Swim. 6 to 8 p.m. Morris Memorial Pool, Elgin. elgintx.com.

First Friday: Hula Dancers. 6:30 to 7:30 p.m. Traditional hula dance performance. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

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

Sat 3

Artists in Bloom. 9 to 11 a.m. Kids excel at observing colors and textures, and nature excels at providing them. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Back to School. 10 a.m. to 4 p.m. DJ Bling Foundation provides free school supplies and educational resources to kids of low-income. George Washington Carver Museum, 1165 Angelina St. FREE. 512-974-4926.

Modern Times (NR). 1 p.m. Paramount Summer Classic Film Series presents this film from 1936. The Paramount Theatre, 713 Congress Ave. \$10. tickets.austintheatre.org.

Literature Live Puppet Lab. 2 p.m. Learn how to bring everyday objects to life using puppetry and imagination. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov.

Captain Marvel Celebration. 2 to 5 p.m. Crafts and a screening of Captain Marvel (PG-13). For ages 8 and up. Cosplay is encouraged. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Saturday Movie Matinee: Captain Marvel (PG-13). 2 p.m. All ages welcome. Windsor Park Branch Library, 5833 Westminster Dr. FREE. library.austintexas.gov.

Teen Summer Finale Party. 2 to 4 p.m. Celebrate the end of the Teen Summer Reading Program. Cedar Park Library, 550 Discovery Blvd. FREE. cedarparktexas.gov.

SUBMIT YOUR EVENT

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

Rockers (G). 9:30 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org. 512-322-0145.

Sun 4

Splash Bash. 11 a.m. to 1 p.m. Bring family and friends for fun day in sun. Dell Jewish Center, 7300 Hart Ln. FREE. shalomaustin.org.

H-E-B Free First Sunday. 12 to 5 p.m. Enjoy FREE exhibition admission all day. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

Heritage House Open. 1 to 4 p.m. Learn about local history. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Concerts in the Park. 7:30 p.m. Hartman Concert Park, 900 Barton Springs Rd. FREE. austinsymphony.org.

Happy Mail Art Program. 3 p.m. For ages 8 years to adult. North Village Branch Library, 2505 Steck Ave. FREE. library.austintexas.gov.

Shiraz: A Romance of India (NR). 7:15 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org or 512-322-0145.

Mon 5

Splash Mob Fountain Fun. 11 a.m. to 12 p.m. Celebrate the end of the summer reading program with some silly fun. Prete Main St. Plaza, 221 E. Main St. roundrocktexas.gov.

Game On. 1 to 3 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

American Mah Jong. 1 p.m. All levels are welcome to play. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

#yasstween Video Game Free Play. 1 p.m. For ages 9 – 12. Central Library, 710 W. César Chávez St. library.austintexas.gov or 512-974-7400.

Perler Bead Palooza. 2 p.m. Make amazing pixelated creations using fusible beads. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov.

The Namesake (PG-13). 7:30 p.m. Paramount Summer Classic Film Series film from 2006. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.

Tue 6

Storytime. 10 to 11 a.m. Austin Humane Society, 124 W. Anderson Ln. FREE. austinhumanesociety.org.

Make it Tuesdays: Create. 10 a.m. Create, invent and make things happen. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

Tail Talks. 2 to 3 p.m. Why is our cat doing that? How do we get our dog to sit? Austin Humane Society, 124 W. Anderson Ln. FREE. austinhumanesociety.org.

Heritage House Open. 3 to 7 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

National Night Out Party. 6 to 9 p.m. Get out and get to know your community. FREE. cedarparktexas.gov.

Wed 7

End of Summer Awards. 10 a.m. to 12 p.m. Ends the summer reading program. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

Sprouts. 10 a.m. See Thu 1 for details.

High Noon Talk: History Through Comics. 12 p.m. Comic books are more than just entertainment. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

Family Culture Celebration. 1 p.m. For ages 3 and up. Central Library, 710 W. César Chávez St. library.austintexas.org or 512-974-7400.

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Lego Lab. 3 p.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Blues on the Green. 7 to 9 p.m. Live music. Zilker Park, 2100 Barton Springs Rd. austintexas.gov.

Thu 8

Sprouts. 10 a.m. See Thu 1 for details.

Sense-sational Thursdays: Cowboys in Space. 10 a.m. See Thu 1 for details.

Early Literacy Playgroup. 11 a.m. Develop and reinforce early literacy skills. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Movies in the Wild: The Sandlot (PG). 6:30 to 10:30 p.m. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Mr Deeds Goes to Town (NR). 7 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org or 512-322-0145.

Fri 9

Library GroovaRoo Dance. 10:30 a.m. Dance, fitness and fun for parents and babies. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov.

Early Literacy Playgroup. 11 a.m. Develop and reinforce early literacy skills. North Village Branch Library, 2505 Steck Ave. FREE. library.austintexas.gov.

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

Lego Lab. 3:30 p.m. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

Parents' Night Out. 5:30 to 10 p.m. Thinkery, 1830 Simond Ave. thinkeryaustin.org.

Family Free Swim. 6 to 8 p.m. Morris Memorial Pool, Elgin. elgintx.com.

Cool Summer Nights. 6 to 9 p.m. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

That's My Face: American Revolutionary. 6:30 to 8:30 p.m. George Washington Carver Museum, 1165 Angelina St. 512-974-4926.

Movies in the Park. 8:45 to 10:45 p.m. Lakeway City Park, 502 Hurst Creek Rd.

Sat 10

Back to School Splash. 9 a.m. to 12 p.m. Holy Word Church, 10601 Bluff Bend Dr. FREE.

Backpack and School Supply Giveaway. 9 a.m. to 12 p.m. Backpacks, school supplies, haircuts and hair braiding. Abundant Life Apostolic Assembly, 100 W. Pflugerville Pkwy. FREE. 512-251-6957.

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

Sing The Seasons. 10 a.m. to 12 p.m. Saint Ignatius Martyr Catholic Church, 2309 Euclid Ave.

Summer Family Playgroups. 10 a.m. to 12 p.m. Play, learn and explore. North Austin Y, 1000 W. Rundberg Ln. \$3-5. austinyymca.org or 512-236-9622.

Summer Family Playgroups. 10 a.m. Northwest Family Y, 5807 McNeil Dr. \$3-5. austinyymca.org.

Second Saturdays are for Families. 11 a.m. Hands-on art making activities. Laguna Gloria, 3809 W. 35th St. FREE. thecontemporaryaustin.org or 512-453-5312.

Austin Pride: Boogie Wonderland. 11 a.m. to 7 p.m. Fiesta Gardens, 2101 Jessie E. Segovia St. austinpride.org.

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Let's Hike Turkey Creek Trail. 11 a.m. to 1 p.m. Turkey Creek Trailhead at Emma Long Park, 1401-1711 City Park Rd. FREE. geekadventures.org.

Sensory-Friendly Back to School Fair. 12 to 2 p.m. Mobile Library. FREE. library.austintexas.gov.

Come and Go Crafts. 1 to 3 p.m. Drop in to make a fun hands-on craft. Lake Travis Library, 1938 Lohmans Crossing. FREE. laketravislibrary.org or 512-263-2885.

Summer Family Film Series: WALL-E (G). 2 p.m. Bullock Museum, 1800 Congress Ave. \$5 - 8. thestoryoftexas.com or 512-936-8746.

Sun 11

Summer Family Playgroups. 2 to 4 p.m. Play, learn and explore. Townlake YMCA, 1100 W. Cesar Chavez St. \$3 - 5. austinyymca.org or 512-236-9622.

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

Concerts in the Park. 7:30 p.m. Hartman Concert Park, 900 Barton Springs Rd. FREE. austinsymphony.org.

Mon 12

Game On. 1 to 3 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

American Mah Jong. 1 p.m. All levels are welcome. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Perler Bead Palooza. 2 p.m. Make amazing pixelated creations using fusible beads. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Tue 13

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

Music & Movement. 11 a.m. Stretch, sing, dance and explore music with rhythm instruments. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Heritage House Open. 3 to 7 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Jr Chef Skills. 4:30 p.m. Kids ages 8 - 12 learn practical cooking skills in this hands-on class. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Reading Unleashed. 6:30 to 7:30 p.m. Share the joy of knowledge and reading. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

The Man Who Knew Too Much (PG). 7 to 8:30 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12.

Summer Sunset Series. 7:30 to 8:30 p.m. Republic Square, 422 Guadalupe St.

Easy Living (NR). 7 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org. 512-322-0145.

To Catch a Thief (PG). 9:15 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.

Wed 14

Sprouts. 10 a.m. See Thu 1 for details.

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Animanga Club. 3:30 p.m. Share the joy of knowledge and reading. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov.

STEM Builder Lab. 3:30 p.m. Engineer unique structures. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

Lego Lab. 4 p.m. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Sound & Cinema - 10 Things I Hate About You (PG-13). 6 to 11 p.m. The Long Center, 701 W. Riverside Dr. 512-474-5664.

To Catch a Thief (PG). 7 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.

The Man Who Knew Too Much (PG). 9:05 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12.

Thu 15

Sprouts. 10 a.m. See Thu 1 for details.

Crafternoon. 3:30 p.m. All ages welcome. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Chess Club. 4 to 5 p.m. Learn to play or improve your game. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

Romancing the West (NR). 4 to 9 p.m. Critically-acclaimed musical documentary celebrates the history of the American West. Pioneer Farms, 10621 Pioneer Farms Dr. pioneerfarms.org.

Movies in the Wild: The 'Burbs (PG). 6:30 to 10:30 p.m. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Fri 16

Anime Austin. 12 to 5 p.m. Crowne Plaza Austin, 6121 North IH 35. animeaustin.com.

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

Lego Lab. 2 p.m. For ages 5 and up. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

Summer Family Playgroups. 2 to 4 p.m. Play, learn and explore. East Communities YMCA, 5315 Ed Bluestein Blvd. \$3 - 5. austinymca.org or 512-236-9622.

Friday Movie Matinee: Bumblebee (PG-13). 3:30 to 5:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

Lego Club. 4 p.m. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Sat 17

Lego Lab. 10 a.m. to 5:30 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Lago LEGOs and more. 10:30 a.m. to 12 p.m. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

Anime Austin. 12 to 5 p.m. Crowne Plaza Austin, 6121 North IH 35. animeaustin.com.

Unicorn University. 12 to 5 p.m. Making and crafting. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov.

Sun 18

Lego Lab. 10 a.m. to 5:30 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Anime Austin. 12 to 5 p.m. Crowne Plaza Austin, 6121 North IH 35. animeaustin.com.

Lego Lab. 12 to 6 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

The Neverending Story (PG). 1 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$10. tickets.austintheatre.org.

Concerts in the Park. 7:30 p.m. Hartman Concert Park, 900 Barton Springs Rd. FREE. austinsymphony.org.

Mon 19

Early Literacy Playgroup. 11 a.m. Develop and reinforce early literacy skills. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Game On. 1 to 3 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

American Mah Jong. 1 p.m. All levels are welcome. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Tue 20

Heritage House Open. 3 to 7 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

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

ABCs of Cooking. 4 p.m. For ages 5 - 10. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Wed 21

Sprouts. 10 a.m. See Thu 1 for details.

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

Crafternoon. 3:30 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov.

Let's Hike the 360 Overlook and Nearby Trails. 6 to 7:30 p.m. Pennybacker Bridge, 5300 N. Capital of Texas Hwy. FREE.

Thu 22

Sprouts. 10 a.m. See Thu 1 for details.

Free Health Screening. 11 a.m. to 1 p.m. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Chess Club. 4 to 5 p.m. Learn to play, or improve your game. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

Movies in the Wild: Clueless (PG-13). 6:30 to 10:30 p.m. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

Only Angels Have Wings (NR). 7 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org or 512-322-0145.

Fri 23

Friday Night Flix: Annie (PG). Lone Star Court, 10901 Domain Dr. FREE. lonestarcourt.com or 512-814-2625.

Sat 24

Back to School STEM Saturday. 9:30 a.m. to 12 p.m. Girlstart, 1400 W. Anderson Ln. FREE. girlstart.org or 512-916-4775.

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

Unicorn University. 12 to 5 p.m. Join us for making and crafting. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov.

St Edward's University Men's Soccer vs UT Rio Grande Valley. 3 to 5 p.m. St. Edward's University, 3001 S Congress Ave. athletics.stedwards.edu or 855-468-6738.

Bat Fest. 4 p.m. Come see 1.5 million Mexican free tail bats emerging at dusk, along with music, arts and crafts. Congress Avenue Bridge, 100 S. Congress Ave. \$15.

Westcave Star Party. 8:30 to 10:30 p.m. Tour the night skies at Westcave Preserve. Westcave Preserve, 24814 Hamilton Pool Rd. \$15. 830-825-442.

Sun 25

Paddle for Puppies. 6:45 to 9:45 a.m. Annual fundraiser event benefiting Austin Pets Alive. The Rowing Dock, 2418 Stratford Dr. paddleforpuppies.com.

Cleopatra (G). 2 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.

Inclusive Board Game Group. 4 to 5:30 p.m. Join us for Wells Branch Library's inclusive Board Game Group. Wells Branch Community Library, 15001 Wells Port Dr. wblibrary.org.

Concerts in the Park. 7:30 p.m. Hartman Concert Park, 900 Barton Springs Rd. FREE. austinsymphony.org.

Mon 26

American Mah Jong. 1 p.m. All levels are welcome. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Board with Books. 5:30 to 8:30 p.m. All ages welcome. Twin Oaks Branch Library, 1800 S. 5th St. FREE. library.austintexas.gov.

Tue 27

Crafternoon. 3:30 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. library.austintexas.gov.

Family Flicks. 4 p.m. Lake Travis Library, 1938 Lohmans Crossing. FREE. laketravislibrary.org or 512-263-2885.

Reading Unleashed. 6:30 to 7:30 p.m. Share the joy of knowledge and reading. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. library.austintexas.gov or 512-974-8700.

Summer Sunset Series. 7:30 to 8:30 p.m. Republic Square, 422 Guadalupe St.

Selena (PG). 7:30 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.

Wed 28

Sprouts. 10 a.m. See Thu 1 for details.

Thu 29

Sprouts. 10 a.m. See Thu 1 for details.

Chess Club. 4 to 5 p.m. Learn to play or improve your game. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov.

The More the Merrier (NR). 7 p.m. Austin Film Society Cinema, 6406 N IH-35 Suite 3100. austinfilm.org or 512-322-0145.

Fri 30

Library GroovaRoo Dance. 10:30 a.m. Dance, fitness and fun for parents and babies. Twin Oaks Branch Library, 1800 S. 5th. FREE. library.austintexas.gov.

Perler Bead Palooza. 4 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov.

Pie in the Sky Hot Air Balloon Festival. 5 to 10 p.m. Lake Kyle, 700 Lehman Ln. pieinthesky.com.

Giant (G). 7 p.m. Paramount Summer Classic Film Series. The Paramount Theatre, 713 Congress Ave. \$12. tickets.austintheatre.org.



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Sat 31

Pie in the Sky Hot Air Balloon Festival. 6:30 a.m. to 12 p.m. and 5 to 10 p.m. Lake Kyle, 700 Lehman Ln. pieinthesky.com.

Cheer Children's Clinic. 9 a.m. to 12 p.m. Akins High School, 10701 S. 1st St.

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. texasll.org.

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

YMCA hosts a free Childhood Obesity Intervention Program at various locations. austinyymca.org.

Thu 1

College Planning 101. 11:30 a.m. to 12:30 p.m. Access College America presents a workshop for all families of high school students. Howson Branch Library, 2500 Exposition Blvd.

Community Crafting with Jane. 2 to 4 p.m. Ongoing Thursdays beginning 2:00 to 4:00 p.m. Austin Center for Grief and Loss, 2413 Greenlawn Pkwy. eventbrite.com.

Open House. 6 to 7 p.m. Learn how Premier High School prepares students for success. Premier High School - Austin South, 1701 W. Ben White Blvd.

Mon 5

Safe Space Support Group. 1 to 2 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Thu 8

Community Crafting with Jane. See Thu 1 for details.

Mon 12

Safe Space Support Group. 1 to 2 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Tues 13

Open House. 6 to 7 p.m. Learn how Premier High School prepares students for success. Premier High School - Austin South, 1701 W. Ben White Blvd.

Mon 19

Safe Space Support Group. 1 to 2 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Thu 22

Community Crafting with Jane. See Thu 1 for details.

Mon 26

Safe Space Support Group. 1 to 2 p.m. Terrazas Branch Library, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Thu 29

Community Crafting with Jane. See Thu 1 for details.



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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 for more story times.

Thur 1

Babytime. 9:30 to 10 a.m. For ages birth - 12 months. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Fri 2

Story Time. 10 a.m. Lake Travis Library hosts story time. Briarcliff Community Center, 22801 Briarcliff Dr. laketravislibrary.org or 512-263-2885.

Sat 3

Bow Wow. 10:30 to 11:30 a.m. New readers to practice their skills with canine friends. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Family Storytime. 10:30 a.m. Story time and an interactive activity for all ages. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Mon 5

Summer ASL Storytelling. 10 to 10:45 a.m. For children ages 5 and under. Twin Oaks Branch Library, 1800 S. 5th St. library.austintexas.gov.

Preschool Story Time. 10:30 a.m. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Tues 6

Toddler Story Time. 10:30 a.m. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Wed 7

Baby Story Time. 10:30 a.m. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Thurs 8

Bow Wow Reading with Aussie. 2 p.m. For ages 5 and up. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov.

Fri 9

Story Time. 10 a.m. Lake Travis Library hosts story time. Briarcliff Community Center, 22801 Briarcliff Dr. laketravislibrary.org or 512-263-2885.

Bow Wow Reading with Wrangler. 4 to 5 p.m. Trained therapy dogs. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov.

Mon 12

Preschool Story Time. 10:30 a.m. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Toddler Storytime. 11:15 to 11:45 a.m. For babies and toddlers not quite ready for a traditional story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Tues 13

Toddler Story Time. 10:30 a.m. Books, finger plays and flannel board stories. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Wed 14

Baby & Me Storytime. 10 to 11 a.m. Lago Vista Library, 5803 Thunderbird. lagovista.lib.tx.us.

Baby Story Time. 10:30 a.m. Bounce, sing and clap with your child in their first library experience. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Thur 15

Yoga Storytime. 10:30 a.m. For ages 5 and under. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov.

Fri 16

Story Time. 10 a.m. Lake Travis Library hosts story time. Briarcliff Community Center, 22801 Briarcliff Dr. laketravislibrary.org or 512-263-2885.

Toddler Storytime. 10:30 to 11 a.m. For babies and toddlers not quite ready for traditional story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Sat 17

Family Storytime. 10 to 10:30 a.m. Books and silly songs for all ages. Cedar Park Library, 550 Discovery Blvd. cedarparktexas.gov.

Mon 19

Preschool Story Time. 10:30 a.m. Stories, fingerplays, poems, songs and crafts. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Toddler Storytime. 11:15 to 11:45 a.m. For babies and toddlers not quite ready for traditional story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Tues 20

Dual Language Storytime: Chinese Mandarin - English. 3:30 p.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov.

PJ Story Time. 6:15 p.m. Wear your pajamas, have some milk and cookies, and snuggle in for a bedtime story. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

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Signing Storytime. 10:30 to 11 a.m. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Toddler Story Time. 10:30 a.m. Books, finger plays and flannel board stories. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Wed 21

Baby Story Time. 10:30 a.m. Bounce, sing, and clap with your child in their first library experience. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Thu 22

Babytime. 9:30 to 10 a.m. For ages birth - 12 months. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Storytime. 10 a.m. Blast Off! Go out of this world exploring space travel. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

Bow Wow Reading with Aussie. 2 p.m. For ages 5 and up. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov.

Pajama Storytime. 6 p.m. Feel free to wear pajamas to this family story time. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. library.austintexas.gov.

Pajama Storytime. 6 p.m. Feel free to wear pajamas to this family story time. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov.

Fri 23

Story Time. 10 a.m. Lake Travis Library hosts story time. Briarcliff Community Center, 22801 Briarcliff Dr. laketravislibrary.org or 512-263-2885.

Toddler Storytime. 10:30 to 11 a.m. For babies and toddlers not quite ready for traditional story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Sat 24

Family Storytime. 10 to 10:30 a.m. Fun books and silly songs for all ages. Cedar Park Library, 550 Discovery Blvd. cedarparktexas.gov.

Storytime. 11 a.m. For ages 5 and under. Southeast Branch Library, 5803 Nuckols Crossing Rd. library.austintexas.gov.

Mon 26

Preschool Story Time. 10:30 a.m. Stories, fingerplays, poems, songs and crafts. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Toddler Storytime. 11:15 to 11:45 a.m. For babies and toddlers not quite ready for traditional story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Tues 27

Hindi Bilingual Storytime. 10:30 to 11 a.m. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Toddler Story Time. 10:30 a.m. Books, finger plays and flannel board stories. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Wed 28

American Sign Language Storytime. 10:30 to 11:30 a.m. Westbank Library, 1309 Westbank Dr. westbanklibrary.com.

Baby Story Time. 10:30 a.m. Bounce, sing, and clap with your child in their first library experience. Lake Travis Library, 1938 Lohmans Crossing. laketravislibrary.org or 512-263-2885.

Thur 29

Babytime. 9:30 to 10 a.m. For ages birth - 12 months. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

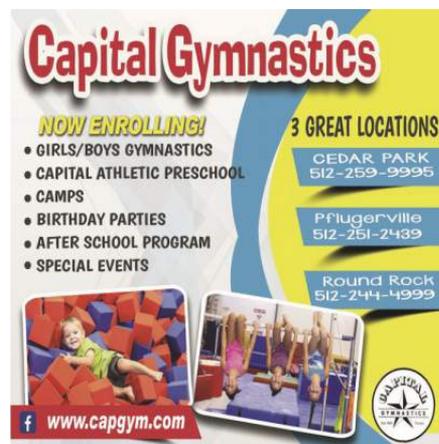
Fri 30

Story Time. 10 a.m. Lake Travis Library hosts story time. Briarcliff Community Center, 22801 Briarcliff Dr. laketravislibrary.org or 512-263-2885.

Sat 31

Family Storytime Puppet Show. 10 to 10:30 a.m. For all ages. Cedar Park Library, 550 Discovery Blvd. cedarparktexas.gov.

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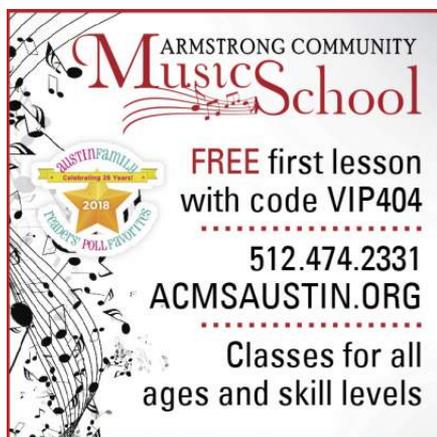
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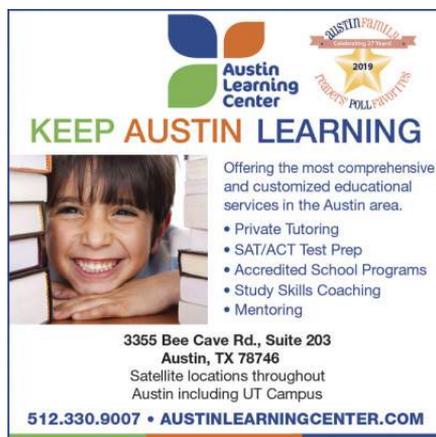


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PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

PROGRESO = FELICIDAD

Una de las necesidades humanas es el progreso personal, tanto en el área física, intelectual y emocional. Tengo mas de diez años trabajando para mi casa Univision. Cuando cumpli los cinco años, recuerdo haberme sentido en un estado de indiferencia laboral. A pesar de que siempre me ha encantado los medios de comunicación, no le encontraba un sentido a mi profesión. Mis ganas de seguir trabajando no eran las mismas. Después me di cuenta que lo que en verdad necesitaba era crecer en mi carrera y empaparme de proyectos nuevos. Lo interesante de esta experiencia es que entendí lo que me pasaba y necesitaba hacer hasta que me tome el tiempo necesario para analizar la situación. Estuve a punto hasta cambiar de carrera. Es muy común hacer decisiones arrebatadas porque no se le da el tiempo necesario para analizar la situación. Si te sientes aburrido, cansado, sin entusiasmo haciendo algo que antes te gustaba hacer, quizás es tiempo de expandir tu conocimiento y crear nuevos retos que te lleven a progresar. ¡Piensa Positivo

PROGRESS = HAPPINESS

Personal growth is a human need that can be fulfilled in three areas: physical, intellectual and emotional. I've worked for Univision for more than 10 years, but at the end of my fifth year, I found myself feeling indifferent toward my work. Even though I love communications, my enthusiasm and passion about my job had diminished. After pondering for a while, I realized that I'd stopped growing professionally. Interestingly, it wasn't until I took the time to analyze my situation that I came up with the real reason behind my negative attitude. I almost changed my profession thinking that my time in the media was over. It's very common to make impulsive decisions when you don't take the time to reflect. If you feel bored, tired or lack enthusiasm doing something that inspired you before, maybe it's time to set new goals and challenges. Think positive!

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KID ZONE

Superhero Cuffs

Summer is coming to a close, and a brand new school year is on the horizon. While checking items off your school supplies list may be an important way to prep for all the learning ahead, it doesn't hurt to start the new school year with an extra boost of confidence, courtesy of your favorite superhero. Make your very own superhero cuffs at home and take on the new academic year fearlessly!



Supplies

- Toilet paper roll
- Gold and red acrylic paints
- Paintbrush
- PVA glue
- Sparkly cardstock, foam or felt
- Scissors
- Gold glitter (optional)

Directions

1. Paint the toilet paper roll using the gold paint.
2. Optional: To add extra sparkle, paint the toilet paper roll with an even coat of PVA glue, then cover with glitter. Let dry completely.
3. Using the scissors, make one long (hotdog style) cut up the center of the toilet paper roll. Then cut the tube in half lengthwise (hamburger style) to create two cuffs.
4. Using the scissors, round off the corners of each cuff.
5. Using the sparkly cardstock, foam or felt, trace and cut out two superhero shapes, like stars or lightning bolts.
6. Glue the shapes onto your sparkly cuffs using PVA glue. Let dry completely.
7. Zap! Pow! Bam! You're ready to take on the new school year in style!

Image and craft courtesy of masandpas.com.



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JUST FOR GRINS CARRIE TAYLOR

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



Can We Be Friends?

When we first met, there was an instant connection. It was something I hadn't felt in years. I was seen and known by an equal: a fellow survivor of public, postpartum, sneeze-induced bathroom breaks.

But I was hesitant. Was I ready for this? Did I actually know how to connect with another human being for whom kindergarten was a distant memory? I felt like I needed some literature on the topic.

As I emerged friendless from those first few months with a new baby, I was taken back to my own childhood years on the playground, spent with my nose in a book and terrified of attempting to make connections that were bound to misfire.

The first time we arranged to get coffee together, I was up in the wee hours of the morning trying to pick the perfect outfit. Arrive too put-together and I would look like

I tried too hard to pretend motherhood is a breeze. But arrive too messy and I would look like my standards were dismally low. (Of course, this is true, but it's not a first date sort of revelation.) I wrestled with what details of my life to share. What do adults even talk about in public, I wondered? Hopefully, conversations about baby bowel movements and our favorite season of FRIENDS would be enough.

And I guess it was. Five years later, this mama remains one of my closest friends, a sister and comrade in the daily battles we wage against our tiny, tyrannical roommates.

Making friends as an adult is somehow immensely more difficult than it ever was as an awkward child. But at least now, I'm not afraid to air my dirty laundry. Mostly because our house doesn't have an actual laundry room. But my friends don't judge me for that, either.

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