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Cool STEAM Projects for Fall

MAKING HAY

3 Farms That Take Fall to the Next Level

THE FUNERAL QUESTION

Should Kids be Exposed?



Cover Kid
CONTEST 2019

plus

Karen Ranus on Changing the Mental Health Conversation



YOUNG WRITERS CONTEST

ARTICULOS EN ESPAÑOL

INSIDE! CALENDAR | EDUCATION GUIDE

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-2019-
YOUNG WRITERS
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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 14 to October 14, 2019
- 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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October 2019

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FILM REVIEW

By Jack Kyser

“Ad Astra”

Read online at: www.austinfamily.com/films

Tune in:

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



FOLLOW US:



Five-year-old Eliana is a 2019 Austin Family Cover Kid winner. She is a model and loves butterflies. Dress provided by Dragonsnaps, shoes by Kid-O-Shoe and photography by Jordan-Ashley Photography.

As a child, I imagined hanging out with the Peanuts Gang in their beautiful little town. I envied their four distinct seasons, but especially loved the feeling of those striking fall colors. I wanted to sit with Linus and wait for The Great Pumpkin. I wanted to dress up as Princess Leia and collect my treats. And I loved the anticipation of three big holidays straight ahead. October felt exciting to me.

When I became a new parent, fall was a flurry of creating traditions, planning the upcoming holidays, making Halloween costumes, and taking an inordinate number of pictures featuring pumpkins and hay. But after a few years, my family has figured out what fun looks like for each of us. For me, fall feels like the dusk of our seasons. Cool, calm and cozy. Now, it's easier to tuck in for the winter, harness time indoors to be creative, and focus on what brings us joy.

In this issue, we are celebrating Fall Fun! At every phase in life, for children and grownups alike, fall provides incredible opportunities to



EDITOR'S NOTE

JENNIFER HILL ROBENALT

Robenalt is an editor, content creator, creative writer and mother

continue family traditions and come together in completely new ways— fall festivals, heritage celebrations, corn mazes or just swinging in a hammock as the weather begins to cool are all great options. Fall is about (hopefully) saying goodbye to the punishing heat, and welcoming in the mysteries of star-filled nights.

Jennifer

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We are dedicated to serving the Greater Austin area by providing up-to-date information and ideas that promote smart parenting and healthy homes. We promote our clients' businesses by increasing their customer bases and enhancing their public images.

Austin Family is published monthly by KKKemper Inc.

Mailing Address:
P.O. Box 7559, Round Rock, Texas 78683-7559

Phone Number: 512-733-0038

On the web at: www.austinfamily.com

Advertising rates are available upon request.

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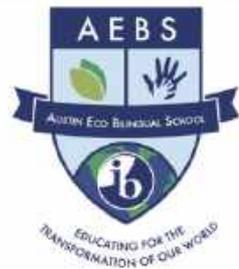
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Play it product recalls

SAFE

Government Recalls Water Bottles, Dolls, and Bath Toys



Contigo is recalling about 5.7 million **Contigo Kids Cleanable Water Bottles** because the bottle's clear silicone spout can detach, posing a choking hazard to children. Contigo has received 149 reports of the spout detaching including 18 spouts found in children's mouths.

Bottles were sold at Costco, Walmart, Target, and other stores nationwide and online on various websites from April 2018 through June 2019. Only black color spout base and spout cover models are included in this recall. Consumers should immediately stop using the recalled water bottles, take them away from children and contact Contigo for inspection instructions and a free replacement lid. Contigo can be contacted by calling toll-free at 888-262-0622 or online at www.gocontigo.com/recall.

The Beaufort Bonnet Company is recalling about 4,500 **handmade knit dolls** because a sewing needle was discovered in the stuffing of one of the dolls, posing a puncture injury hazard. The company received one report of this kind. No injuries have been reported. This recall includes stuffed knit doll toys styled and named according to animal themes. The dolls were sold at specialty stores nationwide and online from September 2016 through August 2019. Consumers should immediately stop using the knit dolls and contact the company to receive a full refund in the form of a gift card. Contact the Beaufort Bonnet Company toll-free at 833-964-1456; by email at info@beaufortbonnetco.com; or online at www.thebeaufortbonnetcompany.com and click on "Product Safety Recall" at the bottom of the page for more information.



Pearhead is recalling about 6,200 **Ubbi Connecting Bath Toys**. The recalled toys can break and create a sharp point, posing laceration, and choking hazards to young children. Pearhead received two reports of broken bath toys. No injuries have been reported. They were sold in a set of six pieces in red, orange, yellow, navy, blue, and green colors.

They were also sold in an Ubbi Bath Toy Gift Set. The bath toys were sold at buy buy BABY, Nordstrom, Bump Box, and other specialty stores nationwide and online at Amazon.com and ubbiworld.com from January 2019 through August 2019. Consumers should immediately take the recalled Ubbi Connecting Bath Toys away from children and return them to Pearhead for a full refund and a free replacement Ubbi Squeeze Bath Toy. Consumers can call Pearhead collect at 718-422-0592; email service@ubbiworld.com or go online at www.ubbiworld.com and click on "Product Recall" for more details.

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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- Sarah F. (6yrs old)

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AROUND

Austin

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Expanding Child Care

The Boards of Directors of Extend-A-Care for Kids (EAC) and the YMCA of Austin have voted to create a strategic alliance that will combine the licensed pre-school, afterschool, and camp operations of both organizations to create the new Extend-A-Care YMCA branch.

The new alliance will offer licensed afterschool child care for more than 5,000 students at more than 100 schools in 10 area districts and charter schools, day camps for more than 3,500 kids at more than 30 area locations, plus preschool, and infant care. In 2018, the Y and EAC collectively provided more than \$3 million in financial assistance to families.

Through this alliance, children and families will have access to a high-quality curriculum, low ratios, healthy snacks, homework assistance, organized activities, and regulatory compliance. Additionally, a broad range of YMCA programs will be available such as swim lessons, youth sports, enrichment, and family programs and opportunities for discounts on childcare and programs through Y membership.

The new Extend-A-Care YMCA will increase the number of children served and the number of families eligible for financial assistance. Also, it will enhance the quality of child care and provide broader programming. The new alliance will also provide more training and career opportunities for employees; advocate more effectively for children and families at local, state and federal levels; and preserve the provision of affordable, high-quality afterschool and daycare programs.

The merger is anticipated to be finalized in January of 2020.



Must-Do This October

18

Hot Science - Cool Talks

at UT Austin

26-27

Texas Book Festival

at Texas State Capitol

27

Austin Symphony's
Halloween Concert

at The Long Center



Kiddie Academy

Kiddie Academy of Bee Cave, located at 16003 TX-71 W. in Bee Cave, will have an open house Oct. 12 from noon to 2:00 p.m. Kiddie Academy of Bee Cave is where community matters and a child's developmental growth takes high priority. They offer healthy meals as well as a nurturing environment to help shape a well-rounded and confident child. For more information, visit <https://kiddieacademy.com/academies/bee-cave/>.



Austin Powwow

The 28th Annual Austin Powwow and American Indian Heritage Festival will take place on Sat., Nov. 2 at the Travis County Exposition Center located at 7311 Decker Ln. Gates for the Native Market and food court open at 9 a.m. There you can find native arts, crafts, and traditional foods. The Heritage Stage opens at 10 a.m. featuring Native Champion Dancers Exhibitions, music, storytelling, and artist panels. Beginning at noon at the Powwow Arena, attendees can see hundreds of dancers from across the country. Festivities end at 9 p.m. Tickets purchased online before Oct. 15 are \$5 for adults. Adult tickets at the gate are \$7. Free admission for kids under 12. For more information, visit www.austinpowwow.net.



Austin Celtic Festival

The 23rd Annual Austin Celtic Festival is happening at Pioneer Farms on Nov. 2 from noon to 7:00 p.m. and on Nov. 3 from noon to 6:00 p.m. Gates open at 11:30 a.m. Experience authentic Irish, Scottish and Welsh traditions including music, dance, Austin Highland Games, combat demonstrations, history lessons, and much more. This family-friendly event is fun for all ages and open to all. Tickets must be purchased online and are not available at the event. The Austin Celtic Festival happens rain or shine. For more information, visit www.ausincelticfestival.com.

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Young Heroes

Austinites Ian McKenna, Kate Williams, and Melissa Khasbagan have been named 2019 honorees by the Gloria Barron Prize for Young Heroes. Each year, the Barron Prize celebrates 25 inspiring, public-spirited young people who have made a significant positive difference to people and the environment. This year's honorees were chosen from nearly four hundred applicants across the U.S. and Canada.



Ian, age 14, created Ian's Giving Garden to provide fresh food to people facing hunger in his community. Since starting his work as an 8-year-old, he has grown and donated more than 18,000 pounds of produce with the help of nearly 1,400 volunteers. Find out more at www.iansgivinggarden.weebly.com.

Kate, age 9, wrote a book titled Let's Go On Safari! to tell her generation that advocacy has no age limit, and that kids can help save animals from extinction. Royalties from her book support the Jane Goodall Institute, The Sheldrick Wildlife Trust, and Global Wildlife Conservation – groups that gladly agreed to partner with Kate. Visit her site at www.kidscansaveanimals.com.

Melissa, age 17, founded 1000 Books For, a non-profit that provides educational and entrepreneurship materials to students and teachers in underdeveloped areas around the world. She has collected more than 15,000 books and distributed them in nine countries, including Mongolia, India, Liberia, and Nigeria. Learn more at www.1000booksfor.org.

Down Syndrome Buddy Walk

The Down Syndrome Association of Central Texas (DSACT) will hold its 20th Anniversary Buddy Walk on Sunday, Oct. 20 at the Reunion Ranch in Georgetown. The walk is the largest annual single-day gathering of individuals with Down syndrome, their families, friends, and supporters in Central Texas. Over the past few years, more than 2,000 people have gathered for this fun, activity-filled get-together that supports DSACT's ongoing programming.

DSACT provides educational and recreational programming for individuals with Down syndrome and their families throughout Central Texas. The Buddy Walk is DSACT's most important annual fundraiser, aiming to raise \$220,000 in its 20th year.

"We're excited to be bringing Buddy Walk back for this milestone," said Jennifer Edwards, DSACT's executive director. "We have members who have been to the first Buddy Walks and continue to come back with their adult children, as well as members who recently welcomed someone with Down syndrome into their family. We've continued to serve people with Down syndrome and their families through programming that serves myriad interests, but it's our aspiration to reach every family in our service area who could benefit from what we offer."

DSACT serves a 17-county Central Texas region that includes Bastrop, Bell, Blanco, Burnet, Caldwell, Comal, Fayette, Gillespie, Gonzales, Guadalupe, Hays, Kendall, Lee, Llano, Milam, Travis, and Williamson counties.

Registration for the event is just \$25 per adult and \$5 per child. Participants can gather pledges individually or form fundraising teams. People unable to participate can make a general donation, or help a team or individual reach a fundraising goal. For more information on DSACT, and to learn about how to become involved with this year's Buddy Walk, visit www.dsact.org.

by the numbers



3000
Number of miles monarch butterflies migrate each fall
Source: National Geographic



1 Billion
Pounds of pumpkins produced each year in the U.S.
Source: FarmFlavor.com



45%
Percentage of people who believe in ghosts or spirits
Source: YouGov



Photo Credit: DSACT

College Tuition

Open enrollment in the Texas Tuition Promise Fund, the state's prepaid college tuition program, began Sep. 1, and runs through Feb. 29, 2020. The Texas Tuition Promise Fund offers parents and loved ones the chance to prepay a child's future higher education at most Texas public colleges and universities at today's prices.

Participants in the plan purchase prepaid "tuition units" that can be used later toward undergraduate resident tuition and schoolwide required fees at most Texas public colleges and universities. Prices are based on 2019-20 academic year costs for the state's public colleges and universities, excluding medical and dental institutions.

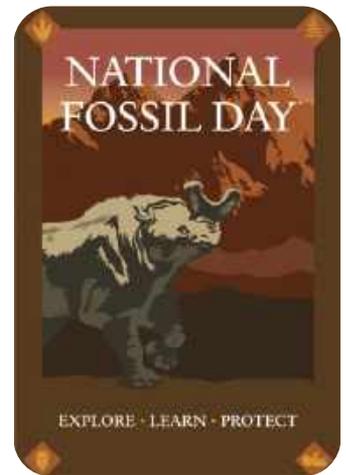
The plan's flexible payment options include lump-sum payments, installment payments that include eight percent interest or a pay-as-you-go option that allows participants to gradually add more units as the family budget allows. Enrollment requires payment of a one-time \$25 application fee and the purchase of at least one tuition unit of any type. Texas residency requirements apply. Future payments can be as low as \$15 if a pay-as-you-go account is established.

For more information about this prepaid college tuition program, including how the plan can be used for Texas medical and dental institutions, Texas private colleges and universities, out-of-state colleges and universities, and career schools, go to TuitionPromise.org or call 800-445-GRAD (4723), Option 5.

Fossil Day

To celebrate National Fossil Day, gather with fellow science lovers at the Texas Memorial Museum (TMM) located at 2400 Trinity St. on Wed., Oct. 16 from 9 a.m. to 5 p.m. Held in mid-October, National Fossil Day is an annual celebration organized by the National Park Service to promote public awareness of fossils and the science of paleontology.

Free activities with paid admission include: fossil identifications, a pop-up prehistoric art studio (all ages), and a fossil dig pit (7 years and under). If attendees need any accommodation to participate, visitors may contact the education department at tmmeducation@austin.utexas.edu at least five days before the event. Kids must be accompanied by parents. For more information, please visit <https://tmm.utexas.edu/>.



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For more info: www.between-the-pages.org/camp

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Viva La Vida

Mexic-Arte Museum's 36th Annual Viva La Vida Festival and Parade is Austin's largest and longest-running Día de los Muertos (Day of the Dead) event. Co-presented by the City of Austin, this year's festival will take place on Saturday, Oct. 26 at 4th St. and Congress Ave. The festivities begin with a Grand Procession at noon. Festival activities run until 6 p.m. Participants can enjoy the Education Pavilion with hands-on art activities and artist demos, traditional foods, local artist and retail booths, a low-rider exhibition, and live performances throughout the day.

Day of the Dead is an important Latin American tradition that takes place on November 1st and 2nd. It is a time when friends and family gather to honor and remember loved ones— not through mourning, but through celebration. In Austin, Mexic-Arte Museum has continued some of these traditions, transformed others and created new expressions to produce today's Viva La Vida Festival. For more information, visit www.mexic-artemuseumevents.org/viva-la-vida-2019.



Fuel Your School

The Fuel Your School program supports education by helping provide teachers with the supplies they need for their classrooms. Teachers begin submitting projects to DonorsChoose.org on September 30, 2019. During October, Chevron contributes \$1 for each fuel purchase of eight or more gallons at participating Chevron and Texaco stations, up to a specified amount in each community, to help fund eligible classroom projects at local public schools. Since 2010, the Fuel Your School program has raised nearly \$50 million, helped fund over 55,000 projects in nearly 6,500 schools, and supported over 34,000 teachers. Visit participating Chevron and Texaco stations during October 2019 to turn your fill-ups into donations. For more information, visit www.FuelYourSchool.com.

Teen Book Fest

The 11th Annual Texas Teen Book Festival (TTBF) will take place on Saturday, Oct. 12 at Southwestern University in Georgetown. The free event is open to readers of all ages. Some award-winning authors who will be on hand include Mary H.K. Choi, David Yoon, Gabby Rivera, Abdi Nazemian, Christopher Myers, Lauren Shippen, and others.

"I am so excited about our phenomenal lineup this year," TTBF Program Director Meghan Goel said. "Featuring a dynamic slate of books that range from terrifying thrillers to star-crossed romances to epic fantasies, this list truly offers something for every reader."

Throughout the one-day festival, attendees will be able to enjoy author sessions and panels, book signings, workshops, and vendor displays perfect for young adult readers of all ages.

TTBF authors will join keynote speakers Erika L. Sánchez, a bestselling and award-winning author who will present *I Am Not Your Perfect Mexican Daughter*, and YouTube sensation and author Akilah Hughes who will present her memoir, *Obviously: Stories from My Timeline*.

The Texas Teen Book Festival is a collaboration between Texas Book Festival, BookPeople, a dedicated team of librarians, and venue sponsor Southwestern University.

For more information, please visit www.texasteenbookfestival.org.

Who will be the 2020 Cover Kid Contest Winners?

(Maybe it will be your child!)

The image shows a mock-up of the April 2019 issue of Austin Family Magazine. The cover features a large green silhouette of a child with one arm raised. A brown arrow points from the 'Cover Kid' text to the silhouette. The magazine cover includes the following text: 'APRIL 2019', 'austin family', 'FREE', 'Smart parenting • healthy homes', 'PARTY ON! Birthday Themes for Busy Parents', 'RARE GIFTS 15 Standout Ideas for Birthday Boys and Girls', 'SUNBURNS Why They Happen, How to Avoid Them', '16 Pages Summer Camp Guide', 'AIDS SPECIAL NEEDS CAMP GUIDE', 'PLUS: Student Leader Talks About Life with Autism', 'INSIDE! CALENDAR | EDUCATION GUIDE | ARTICULOS EN ESPAÑOL', and 'Cover Kid CONTEST 2020' with a small photo of two children.

Enter Austin Family Magazine's Cover Kids Contest!

Your kid could be the next cover model for an upcoming 2020 issue! It's a chance to see your child on the cover of our publication, on our AFM website, and on our FOX "Good Day Austin" Friday morning segment!

Contest open to kids ages 3-18

Enter between July 15th and October 15th to be eligible.

Visit www.austinfamily.com for more details and enter your child.



LIFELINES

BRENDA SCHOOLFIELD

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

Is Your Child at Risk for Hearing Loss?

Is your child at risk for hearing loss? We reached out to Dr. Corrie Roehm, FAAP, FACS, a pediatric ear, nose, and throat (ENT) specialist at Dell Children's Medical Center and clinical assistant professor at Dell Medical School, to learn more about hearing loss in children.

Why is Normal Hearing Important?

"A child needs normal hearing for the development of speech and language skills," Dr. Roehm said. "If hearing loss isn't diagnosed, a child may have speech and developmental delays that severely limit social and learning progress. Not being able to communicate and connect can make a child feel isolated. This can cause a child to feel very frustrated."

How Do I Know if My Child Has a Hearing Problem?

"In Central Texas, hospitals and some birthing centers screen newborn babies for hearing problems," Dr. Roehm said. "The Early Hearing Detection and Intervention program encourages the first hearing screening as soon as

possible—at least before a baby is one month old. If the baby fails the screening test, then another test should be done before the baby is three months old. If the baby has hearing loss, then early intervention services should begin before the baby is six months old. After newborn screening, the next hearing screen is usually done in elementary school. If hearing loss takes place after birth, a child may not be diagnosed for years."

What Causes Hearing Loss in Children?

About half of children with hearing loss have a genetic cause. Hearing loss also can be caused by infections, such as congenital cytomegalovirus (CMV). CMV is the most common infectious cause of birth defects in the United States. This virus is spread by contact with saliva and urine. Pregnant women often get CMV by changing diapers and caring for toddlers. Dr. Roehm says that "increasing public awareness and learning how to reduce the risk of contracting CMV during pregnancy can protect babies from this cause of hearing loss. Babies who fail

their newborn hearing screening should be tested quickly for CMV." Other causes of hearing loss are chronic middle ear infections, middle ear tumors, and medications that cause damage to the ear.

What Are Signs of Hearing Problems in Children?

Dr. Roehm advises parents to talk to their child's pediatrician about hearing testing if their child:

- Doesn't react normally to loud noises
- Doesn't respond when you call her name
- Doesn't follow directions
- Says "huh?" frequently
- Turns up the TV or device volume to a high level

"Hearing loss can be a subtle finding," cautions Dr. Roehm. "Many families are surprised by the diagnosis of

hearing loss. That is why hearing screening is so important.”

Are Children at Risk for Noise Induced Hearing Loss?

Noise induced hearing loss (NIHL) is permanent damage to the delicate hair cells in the inner ear that catch sound. Loud sounds produce such strong vibrations that they can cause damage to these cells. The extent of damage depends upon how loud the sound is, how close you are to the source of the sound, and the length of time you are exposed to the sound.

People who have hearing damage caused by noise may not know it for years. A recent study found that almost 1 out of every 4 adults have NIHL. NIHL also has been found in teenagers. Dr. Roehm notes that “increasing exposure to headphones and earbud music/media has increased the risk of permanent hearing loss for today’s children.”

How Do I Protect My Child’s Hearing?

Here are some important steps you can take to protect your child’s hearing:

- Teach your child when hearing protectors are needed and why it’s important to wear them. Download a sound meter app for your iPhone at <https://www.noisyplanet.nidcd.nih.gov/have-you-heard/cdc-niosh-app> to see which noises are in the danger zone.
- Insist your children use hearing protectors when exposed to loud noise, such as when attending loud entertainment events and music concerts of all types, riding an ATV or farm tractor or participating in shooting sports.
- Help your child choose hearing protectors that she won’t mind wearing. Some kids would rather wear earplugs that are hidden under

their hair; others may choose colorful, comfortable earmuffs. There are models designed specifically for musicians and shooting sports.

- Choose headphones for your child that have volume limit controls. Use an app to monitor sound exposure and set noise limits.

Teach your kids about noise by going to <https://www.noisyplanet.nidcd.nih.gov/kids-preteens>. Activities include choosing a sound to see how loud it registers on a decibel meter. You can also print out a bookmark of decibel levels at <https://www.noisyplanet.nidcd.nih.gov/publications/how-loud-too-loud-bookmark-english>.



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(L to R) Megan, Karen, Mark, Kristen and Sara Ranus.

Karen Ranus: Changing the Mental Health Conversation

BY JENNIFER HILL ROBENALT

AF: Your work as a mental health advocate started in a very personal way. How did your journey begin?

KR: About eight and a half years ago, I almost lost my then 18-year-old daughter to suicide as a college freshman. The depression and anxiety had been there in high school, but we just didn't recognize it as such and then she got to a place of crisis. I want to be clear while I was not ashamed of her, there was a great deal of shame—shame for myself as a parent. I really felt like I had failed in some way as a mother. If my daughter had been hospitalized in a diabetic coma, I would not have thought that way. But there is a lot of shame around mental health, and a lot of not understanding that it's a health issue.

AF: How did you cope with it?

KR: Being the mom that I was, I was doing a lot of research and trying to find answers because we were so anxious. I stumbled across NAMI (National Alliance on Mental Illness) and they had this 12-week course for families impacted by mental illness. I took the class and—I don't want to sound like I'm exaggerating— but it was transformative. I

sat in this room full of people who looked just like me. They were all good people in similar situations. I wasn't alone anymore. And then, because it was educational, I quickly came to understand that it was a health issue. I learned there were things that I had missed, but NAMI helped me understand that you can't know what no one has ever told you!

AF: What happened after that?

KR: I finished the class and never thought I was going to be doing this work. Later, I stumbled across some information when they were looking for their first professional position. I had already been working in non-profit, and I contacted the Board president who had taught my class to congratulate her on this big step for the organization. She asked if I knew anyone who might be a good candidate. One thing led to another and here I am.

AF: What have you learned about helping families who are struggling with mental health issues?

KR: We're focused a lot on empowering and educating teachers on what social and

emotional learning is, which is fantastic. But we're not taking the time to also include parents in that; for example, helping parents understand that feelings are not bad things, and the power of naming those feelings. We need to let them know that they have the capacity to transform how their kids navigate the world, and their mental health, by what we do at home. As a parent, I know that so often what I'm guilty of is "putting on my cape" when my kids come to me with something. I'm ready to fix it. We don't know how to just listen and engage our kids in the solutions. I came to the realization that we really needed to be equipping parents with how to talk about this, how to create a safe space and how to be better active listeners.



NAMI Central Texas executive director, Karen Ranus.

AF: So, how can parents do that?

KR: I was on a panel with KXAN, and one of the other panelists said something that struck me. She had done a teen group and had asked them, “What are some of the things that adults can do around this issue of mental health?” And this bright young man said, “They can take care of their own mental health.” I just thought that was brilliant because I do firmly believe that one of the ways that we can parent well is to model what that looks like. As parents, so often, we don’t take care of our own mental health and we don’t take care of ourselves. We live in a culture that says, “Go, go, go.” We don’t stop.

Self-care looks no different for teens and kids as it does for adults. It’s about getting enough sleep, eating right, taking time to rest, taking time to play. We’re not a culture of playing. Do a little survey with the adults in your life and find out how many of them have taken a two-week vacation in the last five years. Many adults are not modeling self-care to kids. Self-care does not just impact you; it impacts everybody around you—the people you work with, the people you live with. When we are anxious, overwhelmed, and stressed, it ripples through our families, our workplaces, and everywhere.

AF: What sort of services does NAMI Central Texas offer?

KR: Fundamentally NAMI provides free classes and support groups for families and individuals living with a mental health issue. We equip people with great learning and support. But if they still go to work and school and church and other places, and people (in the community) don’t understand mental health issues, we haven’t completely accomplished our mission and our work. So, a lot of the work in the last three years has really been about changing the mental health conversation in the larger community.

AF: What can parents expect when they call NAMI Central Texas?

KR: Parents can call us and just explain what’s going on. We are constantly collecting information about organizations and programs designed to help families. We can send them a resource guide and links to information about other resources in the community. Then, of course, we talk to them about our own free programs, including classes and support groups. We’re not a single point of entry because we don’t offer direct services like counseling. But we’re a place you can call where there’s a warm, friendly, welcoming voice who will reassure you and provide you with resources that can help.



NAMI Central Texas executive director, Karen Ranus, sharing her story at Dell Medical School: Psychiatry Grand Rounds.

AF: What programs do you offer designed for kids and parents?

KR: We’ve been doing these fabulous programs in schools for teachers, parents, and teens called “Ending the Silence.” We visit middle schools and high schools, and do a very short presentation that provides students with information on how common some mental health issues are, and how important it is to find the adult in your life who you can go to if you’re concerned about yourself or someone else. And then we bring in a young person who shares their story. There are always these powerful stories of hope that say “You know what? Yes, this is a health issue and you’ve got to learn how to navigate it, but it doesn’t have to be the thing that defines you, nor does it have to be the thing that keeps you from achieving your goals.”

We also launched a program called “Let’s Talk.” I still remember sitting and talking with my daughters who asked me, “What are you working on?” I said, “Well, I’m developing this new program that’s to help parents talk about mental illness with kids.” And one of my daughters looked at me and said, “So, it’s like the ‘sex talk’ except about mental illness?” And I said, “Yes! Exactly.” Parents are as uncomfortable and fearful about talking about mental health as they are about sex. We’re equipping families with the language and understanding that they don’t need to be ashamed and that mental health issues are really common. We help them discover what it really looks like when you have proactive conversations.



NAMIWalks Central Texas participants.

Cool STEAM Projects for Fall

BY SARA BARRY

ILLUSTRATIONS BY FRITZ ROBENALT

Fall is back to school time—and a great time to explore STEAM (science, technology, engineering, arts, and math). Learning knows no season, but each season brings its own ways to interact with STEAM activities.



MONARCH MIGRATION

Some types of butterflies, including Cloudless Sulphurs, Mourning Cloaks, and Question Marks, migrate in the fall. Perhaps the most famous migrators are Monarch butterflies. Monarchs migrate to Mexico and Southern California, usually in October. Watch for butterflies locally. For additional butterfly observation, you can visit a butterfly garden or sanctuary.

Butterfly gardens can support butterflies in all parts of their lifecycle from egg to

butterfly. Monarchs and milkweed go together, but that's not all you need—especially if you want to attract a variety of butterflies. You'll want a garden that provides shelter, water, shade, and sun. Think about plants that provide nectar and food for caterpillars as well. And watch out for plants treated with neonicotinoid. If it's too late in the season to plant, use the fall to plan your butterfly garden for spring.

Reading Suggestions

For suggestions on plants for your butterfly garden, or to learn more about butterflies, check out the North American Butterfly Association or these books:

- ***Waiting for Wings*** by Lois Ehlert brings the life cycle of different butterflies into focus. This book also has suggestions for planting a butterfly garden.
- ***Fairy Flight*** by Tracy Kane features the monarch migration in California in a story about fairy and butterfly loving cousins.
- ***Ghost Wings*** by Barbara M. Joose puts monarch migration into the context of Dia de Los Muertos (Day of the Dead) in Mexico.
- ***Gotta Go! Gotta Go!*** by Sam Swope takes readers through caterpillar to

butterfly in this story of Monarch migration to Mexico.



FUN WITH FUNGI

The cool, wet days of autumn can lead to an explosion of mushrooms and other fungi. To explore fascinating fungi, start by taking a nature walk to look for mushrooms and other fungi on the trail or growing on trees or stumps.

If you don't see many mushrooms or want to get a closer view of the growth process, try growing mushrooms from a kit. Kits are fairly inexpensive and easy to use. It's amazing to see how quickly mushrooms expand.

Whether on a nature walk or looking at homegrown mushroom, young naturalists can sketch different shapes and colors.

Use mushrooms to make spore prints. Remove the stem and place the mushroom cap bottom side down on a sheet of paper. Let sit for up to 24 hours. Then remove the cap to see the spore pattern. Use these prints to make greeting cards or as the start of a drawing.

Reading Suggestions

You can get more information about fungi from the North American Mycological Association (NAMA), or check out these books:

- **Children of the Forest** by Elsa Beskow is a fiction picture book featuring children who live under an old tree and shelter under toadstools when it rains. They wear red dotted hats and look much like mushrooms themselves.
- **The Mushroom Fan Club** by Elise Gravel takes readers on a mushroom treasure hunt that shares mushroom facts with fun felt-tip images.
- **We Are Fungi** by Christine Nishiyama blends fact and fiction weaving science into a story with pictures telling more of the story.



GET PUMPED ABOUT PUMPKINS

Pumpkins are part of the fall harvest and are of course associated with Halloween making them a fall favorite. You don't need

a large or perfect pumpkin for any of these projects.

Estimate how many seeds are in your pumpkin. Will a bigger pumpkin have more seeds? Does the number of ribs in the pumpkin matter? The only way to see is to dig in and see. Cut open the top of the pumpkin and scoop out all the seeds into a bowl or jar. Count a rough fraction of the seeds and then multiply to get an estimate. Then count all the seeds to see how close you were.

“Pumpkins are part of the fall harvest and are, of course, associated with Halloween making them a fall favorite. You don't need a large or perfect pumpkin for any of these projects.”

To make a tasty snack, roast your seeds. Rinse them, pat dry and toss with oil. Spread them on a rimmed baking sheet. Put in a 350° F oven for about 20–30 minutes. You can add salt, seasoned salt, or your favorite spice blend.

Can you create a pumpkin seed catapult? A catapult uses the release of stored or potential energy to launch an object. To create a mini catapult, gather about 12 craft sticks, 4–5 rubber bands, and a plastic spoon.

1. Stack 6 craft sticks together and connect both ends with rubber bands.
2. Stack 2 craft sticks and connect at one end with a rubber band.
3. Slide one of the two sticks between the bottom two sticks in the taller stack, so that the two sticks are

perpendicular to the larger stack. Use rubber bands to make an X to hold the sticks in place.

4. Use another rubber band to attach the plastic spoon to the stick rising above the stack.
5. Place your pumpkin seed (or other small object) in the bowl of the spoon. Press the spoon down and release.

You can experiment with how many sticks are in your stack, how far you push the flinging stick into the stack, how much you depress the spoon, and how heavy your object is to see how these variables affect flight length.

The obvious pumpkin art project is carving a jack-o-lantern—either the traditional faces or intricate designs, but you can also paint your pumpkin with or without carving it.

Reading Suggestions

- **How Many Seeds in a Pumpkin** by Margaret McNamara and G. Brian Karas introduces skip counting and estimating—and shows that you can't always judge from the outside.
- **Stomp Rockets, Catapults and Kaleidoscopes** by Curt Gabrielson shows how to make a catapult and lots of other fun science projects with many recycled materials. The book provides background information along with step-by-step projects and questions to get kids thinking.
- **The Pumpkin Book** by Gail Gibbons takes readers through the pumpkin life cycle and gives ideas for projects using pumpkins.

Sara Barry is a writer who focuses on outdoor family fun, local food, and nature. She loves exploring the changes in her environment throughout the seasons.



THE Learning Curve

ALISON BOGLE

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

Online Learning Comes of Age

A dear friend called me to talk about her first-grade daughter, who was complaining of boredom in school. As a former educator, she wanted my advice. The family didn't want to change schools or teachers, but they did want to ensure their daughter stayed engaged and continued to love learning. My friend's timing was great, because I had learned of a number of online resources that would be perfect for her situation. Once considered the domain of homeschoolers, online learning resources have evolved to offer robust, engaging learning opportunities to not only homeschoolers, but also to preschoolers, public and private school students, and adults alike.

There are many reasons families turn to online learning. Just as a child has academic areas of strength, the typical child will also have areas where he or she is weak. Online curriculum can help reinforce skills that students are learning, and can help close knowledge gaps. Conversely, students can

take advantage of learning online to preview concepts, potentially boosting their confidence when the information is presented in class.

As in the case of my friend's daughter, a child may need to be challenged academically. Families can help their children work on more advanced skills than those that are that are being covered in the classroom. Online learning can also be used to fill the gap when a school lacks the resources to provide classes such as art, music, and social studies.

Online learning tools are also great for the inquisitive child who just has to know everything about space, dinosaurs or the ocean. It is hard for a classroom teacher to dive deep into topics, as there is just not enough time to meet each individual child's need to know more!

Learning online also allows a lot of flexibility for busy families. Instead of being tied to a weekly tutoring appointment, families can fit learning sessions around their schedules. When a win on the field means that one game turns into two, the lesson can be shifted to later.

Online learning isn't only for children! Parents can model lifelong learning by working through their own content, or by choosing a topic to learn with their children. And, learning together can be a very connecting experience. The whole family could watch a video together, and then discuss it during dinner. Or, traveling parents could participate in the same lesson remotely, and then chat with their child about what they each learned during a bedtime call home.

Finally, some parents appreciate the ability to take control of their child's education by selecting topics important to them. By observing their child's learning at home, they can assess the child's individual needs and can receive real-time progress updates, adjusting as needed.

There are so many online learning programs out there that it can be overwhelming! Some online learning companies charge fees, while others offer content for free. Some follow Texas state standards, ensuring that a child is learning state-approved, grade-level content, while others are not tied to standards at all. It is important to first

determine your aim in utilizing online learning, and whether you need a program that is standards-based.

Here is a short list of programs to explore. Check them out with your child. You may find something that gets both of you excited!

www.outschool.com

Outschool offers a range of online classes with different formats and varying fees to K-12 learners. Most classes are live, online classes that meet over group video chat, but Outschool also supports “flexible schedule” classes.

www.ixl.com

IXL's learning modules are aligned to the state learning standards (TEKS), and the program provides progress reports. Membership includes monthly and annual options, as well as single and multi-class options.

www.time4learning.com

Time4Learning can be used as a homeschool curriculum, afterschool alternative to tutoring, or for summer study. Classes are pre-K through high school, and pricing depends on the grade level. Students' work is automatically graded, tracked, and recorded.

www.brainpop.com

BrainPOP offers three options: BrainPOP Jr. for kinder through third grade, BrainPOP for upper elementary and middle school and BrainPOP ELL, a proficiency-based English language learning program for all ages. Course offerings include: STEM, social studies, English, health, art, and music.

www.bighistoryproject.com

Big History Project is a free, online social studies course that is aimed mainly at middle and high school students, but is also interesting for upper elementary students and adults. Its aim is to deliver a big-picture look at the world, and to help students develop a framework to organize what they're learning, both in and out of school.

www.thegreatcourses.com

The Great Courses offers more than 14,000 lectures in areas such as fine arts, math, history, literature and language, religion, science, economics and finance, and more. Classes are typically best for adult learners, but Great Courses also offers a high school section of classes. Fees are charged per course.

www.khanacademy.org

Khan Academy's mission is “to provide a free, world-class education to anyone, anywhere.” Courses include math, science and engineering, computing, arts and humanities, economic and finance, test prep, and more. Khan Academy has partnered with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content.

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FAMILY MATTERS

BETTY RICHARDSON

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

Should Children Attend Funerals?

Q My father has been in hospice care in our home and we've been told he will die soon. Should my wife and I take our children to their grandfather's funeral? Our children are two, seven, and ten years old. Our seven-year-old is an anxious child who is afraid of everything. And the 10-year-old knows no fear.

A. In checking the literature about taking children to funerals, experts recommend giving older children a choice as to whether or not they want to go. If the child has never been to a funeral, he may be lacking information to make that decision. I wouldn't force a child to go if they are refusing. But simply saying, "I'd like you to go and you can sit next to Dad and me," could quiet the concern. If that doesn't work, then hiring a favorite babysitter may be a more comfortable option.

If you decide to offer a child the choice, help her to look at the pros and cons of attending. For younger children, like your 2-year-old, it may be difficult to sit still. In this case, you may want to leave the child at home during the funeral service where people are expected to sit quietly in their seats. It may be easier for a 2-year-old to handle other parts of the day, like visitation or graveside rites, as these experiences typically don't require sitting still.

Here are some additional suggestions for you:

1. Look at your father's death as a teaching opportunity. Explain death in an age appropriate way, as well as what to expect at their grandfather's funeral, including visitation, the formality of the funeral, graveside services or other rituals and ceremonies. By age seven, children can understand the permanence of death.
2. Reassure your children that, although everyone dies, you are healthy and don't intend to die for a long time— if that's the truth of your situation.
3. Explain what behavior is expected if there is an open casket. Can they touch the body? Can they leave something in the casket like a stuffed animal or a toy?
4. Encourage your children to ask questions about death and funeral customs. There are many age appropriate children's books available that cover this topic.
5. Enlist the help of a friend who would be willing to take one or more children from the service to a quiet place if they become bored, restless, overwhelmed, or just want to leave. This adult friend is referred to as a "Good Shepherd" by Kenneth Doka in his article about children and funerals in *Psychology Today* (May 2018).
6. Encourage your children to take a comforting item, like a stuffed animal, to the visitation or to the funeral.
7. With an anxious child like your seven-year-old, go slowly in explaining how the funeral activities will unfold. Be patient with any feelings that arise.
8. Answer your child's questions clearly and calmly. Children may simply ask, "What are funerals for?" You might say that funerals help us say goodbye to our loved ones; share memories with others; remember the person and celebrate his life; or allow us to cry, or perhaps to laugh at funny memories.
9. Allow children to help with the service when appropriate. At some funerals I've attended, children and grandchildren have recited poetry or short verses which may also be printed in the program. More mature children with immediate ties to the deceased may help choose flowers, music, or other personal elements that make the service special and memorable.

The important thing about children attending funerals is to provide a comforting experience. I do want to point out that in therapy, and in other settings, I hear adults talk about regretting not being able to attend funerals as a child. I never hear people say they attended a funeral service and wish they hadn't.




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Education Guide



PRIVATE SCHOOLS	AGES	DESCRIPTION
AUSTIN ECO BILINGUAL www.austinbilingualschool.com West Austin, 512-432-5317 North Austin, 512-299-5732 Lakeway, 512-466-2409	Ages 3 mos. – Grade 1	This Spanish immersion international school provides different learning avenues for all its students. NAEYC accredited.
BRENTWOOD CHRISTIAN SCHOOLS www.brentwoodchristian.org North Austin, 512-835-5983	Grades 1 - 12	BCS is a passionate leader in fine arts, a fiery competitor in athletics, and a nationally recognized accredited leader in education. But we are so much more; we are a community.
CATHEDRAL SCHOOL OF SAINT MARY www.smcschoolaustin.org Downtown Austin, 512-476-1480	Grades Pre-K3 – 8	Cathedral School of Saint Mary enriches students and their families spiritually, academically and socially by fostering a diverse community through, with and in the teachings of Jesus Christ.
CHALLENGER SCHOOL Avery Ranch, 512-341-8000 Pond Springs, 512-258-1299 Round Rock, 512-255-8844	PreSch – 8 PreSch – K PreSch – K	By beginning with the end in mind, this school builds from the very earliest 3-year-old preschool class toward the knowledge and skills expected of its eighth-graders.
HOLY FAMILY CATHOLIC SCHOOL www.holyfamilycs.org Avery Ranch, 512-246-4455	Grades Pre-K4 – 8	Holy Family Catholic School is a regional school that works with parents to nurture the growth of the whole child - spiritually, intellectually, socially, emotionally and physically.
MARINE MILITARY ACADEMY www.mma-tx.org 320 Iwo Jima Blvd., Harlingen, TX 956-421-9225	Grades 7 – 12	Marine Military Academy is globally recognized as a premier college-preparatory school for adolescent men on course to achieve their post-secondary education and career goals. MMA boasts the highest ethical and moral standards.
REDEEMER LUTHERAN SCHOOL www.redeemerschool.net North Austin, 512-451-6478	Ages 15 mos. – Grade 8	This Christ-centered school develops life-long learners with leadership in service and care for others. New Kinder Bridge program for 4- and 5-year-olds.
SAN JUAN DIEGO CATHOLIC HIGH SCHOOL www.sjdchs.org South Austin, 512-804-1935	Grades 9 – 12	San Juan Diego Catholic High School provides highly motivated students the opportunity to earn a Catholic, college preparatory education enriched by participation in a corporate internship program.
SANTA CRUZ CATHOLIC www.sccstx.org Buda, 512-312-2137	Grades Pre-K3 – 8	Santa Cruz Catholic School mission is to educate students to be lifelong learners and the next generation of Catholic leaders, following Christ's message of Service, Compassion, Courage, and Spirit.
ST. AUSTIN CATHOLIC SCHOOL www.staustinschool.org Downtown Austin, 512-477-3751	Grades Pre-K3 – 8	St. Austin Catholic School prepares students to be Christ-centered, academically strong, moral community leaders.

ST. DOMINIC SAVIO CATHOLIC HIGH SCHOOL www.saviochs.org Avery Ranch, 512-388-884	Grades 9 – 12	St. Dominic Savio Catholic High School expresses the Church's educational mission through faith formation, social development and awareness, and a strong academic program.
ST. GABRIEL'S CATHOLIC SCHOOL www.sgs-austin.org West Austin, 512-327-7755	Grades Pre-K4 – 8	St. Gabriel's is a place where effort, problem solving and service are valued, and students are empowered to make thoughtful decisions and care for others.
ST. HELEN CATHOLIC SCHOOL www.shclsions.org Georgetown, 512-869-3244	Grades Pre-K4 – 8	We believe that parents and guardians are the primary educators of their children and that it is the responsibility of the Catholic Community of Saint Helen to assist in this endeavor.
ST. IGNATIUS MARTYR CATHOLIC SCHOOL www.school.st-ignatius.org South Austin, 512-442-8547	Grades Pre-K3 – 8	St. Ignatius educates the mind and forms the hearts of children. Catholic school education seeks to guide students to answers in an atmosphere that is wholly unique.
ST. LOUIS CATHOLIC SCHOOL www.slcsaustin.org North Austin, 512-614-6622	Grades K-8 + Montessori	We view education as a unified enterprise, the goal of which is not to communicate knowledge of isolated "subjects," but to train the mind in wisdom. We seek to form students who have the wisdom to be able to see the good, the holiness to love it, and the eloquence and skill to be able to share it with others.
ST. MARY'S CATHOLIC SCHOOL www.stmarystaylor.org Taylor, 512-352-2313	Grades Pre-K3 – 8	There are 3 stages to classical education: grammar, logic, and rhetoric. Each of these stages incorporates our Catholic faith and teaches the students the ultimate truth of the Incarnation and Salvation History.
ST. MICHAEL'S CATHOLIC ACADEMY www.smca.com West Austin, 512-328-2323	Grades 9 - 12	To promote excellence in the classroom, and fully utilize the strengths of our teaching faculty, course instruction is offered on different levels to make sure that students are sufficiently challenged.
ST. THERESA'S CATHOLIC SCHOOL www.st-theresa.org North Austin, 512-451-7105	Grades Pre-K4 – 8	St. Theresa's Catholic School goal is to develop all students to their full potential by educating them in a Catholic and academically excellent environment, preparing them to share God's love through a life of faith and service.
STERLING CLASSICAL SCHOOL www.sterlingclassicalschool.com 12800 Angel Side Dr., Leander 512-259-2722	Grades PreK3-12th	Sterling Classical School is changing the face of education through their innovative, hands-on curriculum. We follow a classical, Christian, Charlotte Mason, college-preparatory model which prepares our students for wherever God leads them. Families appreciate the flexible campus days, allowing for more family time.

CHARTER SCHOOLS	AGES	DESCRIPTION
CHAPARRAL STAR ACADEMY www.chaparralstaracademy.com 512-989-2672	Grades K - 12	Ours is an open-enrollment public charter school serving approximately 400 students. We offer a rigorous, college preparatory curriculum in a compacted four-hour daily schedule and are proud to be one of the only 25.1% of Texas public schools to have earned an "A" on TEA's Accountability rating.
JUBILEE WELLS BRANCH www.jubileeademies.org 3711 Shoreline Drive, Austin 512-872-8400	Grades PreK - 6th	Jubilee Academies is committed to the goal of excellence in education for all children. To achieve our goal, we will meet the needs of our students through the development of a strong academic program consisting of basic skills in reading, writing, and math with the opportunity for challenge beyond the basics.
JUBILEE WELLS BRANCH www.jubileeademies.org 15201 Burnet Road Austin 512-872-8440	Grades 7th – 10th	Jubilee Academies will concurrently foster the positive character traits of self-esteem and self-discipline which will promote pride and responsibility in the students for their community and their country. We achieve to be the premier choice in education.
NYOS CHARTER SCHOOL www.nyos.org N. Lamar Blvd., 512-583-6967 Kramer Ln., 512-275-1593	Grades Pre-K – 12	Educating the whole student, NYOS fosters a collegial program that challenges learners with rigorous academics, innovative strategies and civic engagement.

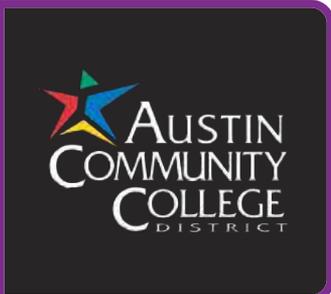
MONTESSORI / PRESCHOOLS	AGES	DESCRIPTION
AUSTIN CHILDREN'S ACADEMY www.austinchildrensacademy.org 12310 Ranch Rd 620 N, Austin 512-643-5712	Ages 3 mos – 6 yrs Certified Montessori teachers	Certified Montessori teachers work beside them in the role of guides and observers on this engaging journey of educating minds and bodies.
COUNTRY HOME LEARNING CENTER www.countryhomelearningcenter.com North, 512-331-1442 South, 512-288-8220	Ages Infant – Afterschool	Students experience a variety of hands-on activities that encourage them to explore, discover solutions and engage in countless projects that excite young minds.
EXTEND-A-CARE FOR KIDS www.eackids.org 77 area campuses 512-472-9402	Ages 3 yrs – Grade 8	EAC's after-school program complements the school day by reinforcing curriculum concepts and objectives. Summer programs keep children physically active and engaged in learning.
GUIDE POST MONTESSORI www.guidepostmontessori.com/cypress-creek 512-250-3000 www.guidepostmontessori.com/brushy-creek 512-259-3333	Ages 18 mos - Elementary Cedar Park Cypress Creek Ages 18 mos - K Cedar Park Brushy Creek	Guidepost's mission is to implement a platform that enables any school to pursue a path to become a quality Montessori school, with high standards for excellence.
KIDDIE ACADEMY www.kiddieacademy.com/austin Bee Cave, 512-379-7929 Cedar Park, 512-688-5454 Pflugerville, 512-989-7777 Round Rock, 512-270-9988	Ages Infant – Grade 8	Kiddie Academy feeds a child's curiosity and instinct to learn with age-appropriate activities. Afterschool and summer camp programs for school-age kids.
SNAPDRAGON PRESCHOOL Opening January 2020 www.spicewoodcountry.com Northwest Austin, 512-346-2992 South Austin, 512-967-1338	Ages 2-5 yrs – Afterschool	With a small community of students and a student-to-teacher ratio of 6:1, this school makes sure all its students have a close connection with their teachers. Childhood is a gift we only experience once.
SPICEWOOD COUNTRY SCHOOL www.spicewoodcountry.com Northwest Austin, 512-346-2992	Ages 2 yrs – Afterschool	Established in 1980, this school offers a farm-like atmosphere, with horses on the grounds and room to explore Bull Creek. Summer camp available.
STEPPING STONE SCHOOLS www.steppingstoneschool.com 17 locations throughout Austin 512-459-0258	Ages Infant – Afterschool	Founded in 1979, Stepping Stone Schools nurtures cognitive, physical and social-emotional development. After school and summer camp programs for school-age children.
UPBRING SCHOOL OF ARTS AND SCIENCES www.upbring.org 3407 Red River St, Austin 512-472-3313	Grades 6 wks – 5 yrs	Christian education for children with elementary grades being added in the coming years. We offer individualized learning plans emphasizing technology integration, focus on family engagement in the learning process, and curriculum that promotes Upbring's five markers of every child's well-being: health, safety, education, vocation, and life skills.
YMCA WM. CO CHILD CARE CENTER www.ymcagwc.org Round Rock 512-246-9622	Ages 8 wks – 5 yrs	YMCA's well balanced system creates values, respect for one another, and responsibility. Positive and stimulating activities help grow your child.

Education Guide





RECOURSES	AGES	DESCRIPTION
AUSTIN LEARNING CENTER www.austinlearningcenter.com West Lake Hills, 512-330-9007	School-age	Austin Learning Center matches each student with a tutor who will inspire and empower them. Tutoring, test prep, college prep, homeschool support.
CENTER FOR CHILD PROTECTION #putourkidsfirst 800-252-5400	All ages	If you suspect child abuse, report it. One in 10 Austin kids is abused. Learn the signs.
CENTRIA AUTISM www.centriaautism.com 855-77AUTISM	From 18-months	This team of clinical professionals can create a personalized treatment plan, empowering each child to achieve his or her maximum potential.
EYE LEVEL LEARNING CENTER www.myeyelevel.com Avery Ranch, 512-336-0743x4 Austin North, 512-336-0743x1 Cedar Park, 512-336-0743x3 Pflugerville, 512-632-9162 Round Rock, 512-336-0743x2	School-age	The Math and English programs are individualized to develop critical thinkers and confident, self-directed learners.
KIDSPA AUSTIN www.kidspaaustin.com South, 512-301-5772 North, 512-828-5772	Ages 18 mos – 12 yrs	KidSpa offers drop-in childcare that is flexible and on-demand, with enriching learning experiences in a clean, safe, and fun environment.
COLLEGE CREDIT	AGES	DESCRIPTION
AUSTIN COMMUNITY COLLEGE www.austincc.edu/startnow Locations around Austin	High school-age	Pick up college credits or career skills while still in high school. There are great options for both college-bound and career-bound students.





CREATING THE ULTIMATE FALL FAMILY FUN LIST

BY SONYA FEHÉR

When you think about fall family fun in Austin, you might be expecting a list of events like corn mazes, ghostly outings, and festivals. While those are wonderful options for many families, what I discovered repeatedly when my son was younger is that we needed to look beyond events with crowds, lines, and a lot of noise. We learned that just because something is fun for others does not mean that it's fun for us, and vice versa. And not everyone in your family may put the same things on their fun list. With that

in mind, I've got some tips to help you make your own family fun in Austin list for this fall.

Create a "50 Fun Things for Fall" List

You can brainstorm as a family, or each individual could make their own list and then you can look for crossovers. This Venn diagram of fun lets you see the sweet spot in the middle which helps you figure out how you'd like to spend your time together as a family.

To prompt your 50 Fun Things list, consider different categories of fun. What's fun if you've got 15 minutes to an hour, half a day or a full day? What's fun to do inside, outside, for free or that costs money? What do you like to create or make? What do you like to play? What's fun that you get to dress up for or that you wear your old clothes to do? With friends, with a crowd, just as a family, or with a particular family member?

Making the list might be plenty to prompt your fun. You can take it a step further by





Austin Steam Train

creating a family fun board with people to see, places to go, and things to do out in the world or at home.

• **People to See:** Consider who you want to see this fall: family, school friends, other friends, or connections. Do you want to schedule a monthly potluck with friends, plan to attend festivals together, make travel plans for fall holidays, or host a board game or movie night?

• **Things to Do:** I highly recommend *101 Things You Gotta Do Before You're 12* by Joanne O'Sullivan. The book includes things that are fun at any age like sleeping under the stars. There's plenty of camping around Austin where you can do just that: McKinney Falls, Krause Springs, Pedernales State Park, Pace Bend, or Inks Lake. Beyond star gazing, Natural Gardener and multiple churches around town have labyrinths open to the public. Another idea? You can catch a train like the Austin MetroRail or the Austin Steam Train with its Hill Country Flyer. You could also plan a special fall excursion and ride the Austin Steam Train's Pumpkin Express on Oct. 27.

• **Places to Go:** A search for going to a junk museum will turn up the Cathedral of Junk in South Austin. Want to go to a really big thing? The State Capitol building downtown is fifteen feet taller than the U.S. Capitol. You could double down on a thing to do and a place to go by going to a rally at the capitol. Visit an unusual animal farm by going to the Hill Country Elephant Preserve in Stonewall or Animal World & Snake Farm Zoo in New Braunfels.

• **Fun at Home:** You don't have to go out in the world for fall family fun. Think about what the cooler weather might offer at home. Try lying in the hammock in the backyard, having brunch outside on the weekend, throwing a frisbee, or raking leaves and jumping in the piles. You could also plant a fall family garden full of things different people in the family like to eat.

The board will give you some things to check off, inspiration as the days get shorter and calendars to remember all that you want to do. Print out calendars for the fall months and add specific events. Add the things you want to make sure you put

on your schedule, like an afternoon of doing the science kit that looks fun but keeps sitting on the shelf. To make the board look fun, you can buy a foam board in fall colors, use scrapbook paper for backgrounds, use different color ink for your lists, and format the board in a fun font.

Dr. Stuart Brown, founder of the National Institute for Play, defines play as "...intensely pleasurable. It energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities." Whether you're looking at your 50 Fun Things list or creating a Fall Family Fun Board, keep reminding yourself that what you're doing is for fun. Fun comes in many forms, and finding your version of family fun will make your fall one to remember.

Sonya Fehér is a home organizer in Austin specializing in organizing for families, women and creatives. You can find her at spacewisingorganizing.com.



BY JENNIFER HILL ROBENALT

Making Hay: Fall Fun at the Farm



Sweet Berry Farm

Located about 50 miles northwest of Austin in Marble Falls, Sweet Berry Farm is considered one of the most beautiful fall destinations in Central Texas. This year, visit their "Harvest of Fall Fun" throughout the entire month of October, until Nov. 10. The farm offers 13 fall activities for families including scarecrow stuffing, a "pick your own flowers" field and a spooky hayride through the forest featuring small town scenes with ghostly inhabitants. While there, feed their very friendly herd of goats, pick out pumpkins and gourds of many shapes and colors and get lost in one of their two exciting mazes. Kids will also love the large bounce pillows, one for younger kids and another for older ones. Spread throughout the farm are several wacky painted scenes, old classic trucks spilling over with pumpkins, giant corn stalks and stunning views perfect for photos. On weekends, visitors can ride horses or enjoy The Pumpkin Grill serving grilled corn, hot dogs and more. While admission is free, experiences on the farm are individually priced. Sweet Berry Farm is located at 1801 FM 1980 in Marble Falls. Some say that GPS is not reliable for this location, so check the website or call ahead if this is your first time. For more details on hours, pricing and activities, please visit www.sweetberryfarm.com.

Elgin Christmas Tree Farm

Although "Christmas" is in their name, this treasured farm located 27 miles east of Austin is also known for its "Fall Fun" celebration. From Oct. 5-31, visitors can get the full autumn experience with favorites like hayrides, corn mazes and pumpkin painting. They also have a playscape for kids, train rides, tetherball, and picnic areas. The farm is home to a wide variety of animal friends including goats, pigs, alpacas, donkeys, rabbits and more. Weekend "Pumpkin Festivals" will take place during the second and third weekend of October with plenty of famous Elgin sausage and a massive bake sale available to hungry guests. Everyone is encouraged to take pictures throughout the farm at some of their charmingly staged fall scenes overflowing with pumpkins, hay bales and scarecrows. And because it all takes place on a Christmas tree farm, visitors can get a jump start on Christmas cards and take holiday photos with the magnificent trees on Oct. 26-27. Elgin Christmas Tree Farm is located at 120 Natures Way in Elgin. Admission is \$8-10 per person, depending on the time of your visit. Free admission for children under two. Visit www.elginchristmastreefarm.com for more information.



Barton Hill Farms

Located about 29 miles northeast of Austin in Bastrop, Barton Hill Farms is a truly scenic venue featuring a Fall Festival and Pumpkin Patch. The farm is open throughout October, until Nov. 3. Visit their 5-acre corn maze on the banks of the Colorado River, where guests can also pick pumpkins and enjoy live music. Other family-friendly activities include backyard games, slides, human foosball, a trike track, barrel trains, a ball zone, farm animals, and much more. If you're looking for delicious food and cold drinks, their concession stand caters to kids and adults alike. On the menu is 100% all beef hot dogs, 100% angus beef burgers, frozen lemonade, pulled pork sandwiches, and kettle corn. They also offer Lavell's Lemonade, cold beer, frozen sangria, and other refreshing beverages. Admission is \$15.95 per person. Barton Hill Farms is located at 1115 Farm to Market 969 in Bastrop. For more information regarding hours of operation, tickets, live music schedule or activities, visit www.bartonhillfarms.com.

A Christmas Affair

NOVEMBER 20 - 24, 2019 AT PALMER EVENTS CENTER

MARKET DAYS

DAILY, NOVEMBER 21 - 24

CHILDREN'S EVENTS

THERE'S SNOW PLACE LIKE HOME - BREAKFAST WITH SANTA, NOV. 23

'T WAS THE NIGHT BEFORE CHRISTMAS - DINNER WITH SANTA, NOV. 23

FLANNELS & FLAPJACKS - BREAKFAST WITH SANTA, NOV. 24

A SEASON OF GIVING - LUNCH WITH SANTA, NOV. 24

PARTIES

ROCKIN' AROUND THE CHRISTMAS TREE - OPENING NIGHT, NOV. 20

CHRISTMAS CHEERS - BITES & BUBBLES, NOV. 21

MAKING SPIRITS BRIGHT - GIRLS' NIGHT OUT, NOV. 21

MAD FOR PLAID - CHRISTMAS COCKTAIL, NOV. 22

JINGLE & MINGLE - SUNRISE SIP & SHOP, NOV. 23

For tickets & information visit www.ACHRISTMASAFFAIR.COM





asuntos Familiares

BETTY RICHARDSON

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

¿Deberían los niños asistir a los funerales?

P Mi padre ha estado en cuidado de hospicio en nuestra casa y nos han dicho que morirá pronto. Mi esposa y yo queremos algunos consejos sobre si llevar o no a nuestros hijos al funeral de su abuelo. Nuestros hijos tienen dos, siete y diez años de edad. Nuestro hijo de siete años es un niño ansioso que tiene miedo de todo. Y el niño de 10 años no conoce el miedo.

R. Al revisar lo escrito sobre llevar a los niños a los funerales, encuentro que los expertos recomiendan darles a los niños mayores la opción de decidir si quieren o no ir. Si el niño nunca ha ido a un funeral, es posible que le falte información para tomar esa decisión. Sin embargo, no obligaría a un niño a ir si se niega. Pero simplemente decir: "Me gustaría que fueras y puedes sentarte junto a mamá y a mí", podría calmar la preocupación. Si eso no funciona, entonces contratando a su niñera favorita pudiera ser una opción más cómoda.

Si decide ofrecerle al niño la opción de ir o no a un funeral, ayúdelo a ver los pros y los contras de asistir. Para los niños más pequeños, como su hijo de 2 años, puede ser difícil quedarse quieto. En este caso, es posible que desee dejar al niño en casa durante el servicio funerario donde se espera que las personas permanezcan sentadas en silencio. Puede ser más fácil para un niño de 2 años asistir a otras funciones de ese día,

como visitas o ritos junto a la tumba, ya que estas experiencias generalmente no requieren que se quede sentado sin moverse y en silencio.

Aquí están algunas sugerencias adicionales para usted:

1. Vea la muerte de su padre como una oportunidad de enseñanza. Explicar la muerte de una manera apropiada para su edad, así como, qué esperar en el funeral de su abuelo, incluyendo las visitas, la formalidad del funeral, los servicios junto a la tumba u otros rituales y ceremonias. A los siete años, los niños pueden entender que la muerte es permanente.
2. Asegúrele a sus hijos que, aunque todos se mueren, usted está sano y no tiene la intención de morir por mucho tiempo, si esa es la verdad de su situación.
3. Explique qué comportamiento se espera si hay un ataúd abierto. ¿Pueden tocar el cuerpo? ¿Pueden dejar algo en el ataúd como un animal de peluche o un juguete?
4. Anime a sus hijos a hacer preguntas sobre la muerte y las costumbres funerarias. Hay muchos libros infantiles apropiados para su edad que cubren este tema.
5. Solicite la ayuda de un amigo que esté dispuesto a llevar a uno o más niños del

servicio a un lugar tranquilo si se aburren, están inquietos, abrumados o simplemente quieren irse. Kenneth Doka se refiere a este amigo adulto como un "Buen Pastor" en su artículo sobre niños y funerales en *Psychology Today* (mayo 2018).

6. Anime a sus hijos a llevar un objeto reconfortante, como un animal de peluche, a la visita y/o al funeral.
7. Con un niño ansioso como su hijo de 7 años, explíquele lentamente como se desarrollarán las actividades funerarias. Sea paciente con cualquier sentimiento que surja.
8. Responda las preguntas de su hijo con claridad y calma. Los niños pudieran simplemente preguntar: "¿Para qué son los funerales?". Podría decir que los funerales nos ayudan a despedirnos de nuestros seres queridos; compartir recuerdos con otros; recordar a la persona y celebrar su vida, o permitirnos llorar, o quizás reírnos de recuerdos divertidos.
9. Permita que los niños ayuden con el servicio cuando sea apropiado. En algunos funerales a los que he asistido, niños y nietos han recitado poesías o versos cortos que también pueden imprimirse en el programa.

Lo importante, para los niños que asisten a un funeral, es proporcionar una experiencia reconfortante. Quiero señalar, que en las terapias y en otros entornos, escucho a los adultos hablar de lamentar no haber podido asistir a los funerales cuando era niño. Nunca he escuchado a una persona decir que asistieron a un funeral y desearían no haberlo hecho.

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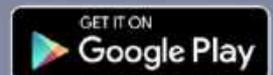
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October

2019
calendar

Halloween Events are in Orange

On Stage

Dinosaur Roar! Oct. 3-5 and Oct. 9-12 with performances at 9:30 a.m. and 11 a.m. Ted Rex and Pterri Dactyl are best friends. They spend their days side by side learning and exploring, but sometimes Ted gets too loud! Join Ted and Pterri as they work through their differences and see that some things are best enjoyed loud and others quietly. Get ready to roar and stomp and play as we try things the dinosaur way! George Washington Carver Museum - Dance Studio, 1165 Angelina St. Tickets are \$7.25. pollyannatheatrecompany.org/Pollyanna.

Rosita Y Conchita: a Día de los Muertos Play in English and Spanish. Oct. 12 to Nov. 2. Two sisters try to reunite on the Day of the Dead. Along the way Rosita keeps getting lost, but she miraculously finds her way to Conchita through familiar sounds, sights and smells. Kids of all ages will love the rhyming bilingual dialogue and touching images. Based on the award-winning children's book *Rosita y Conchita* by Erich Haeger and Eric González. Scottish Rite Theater. 207 W. 18th St. \$10 for kids and \$15 for adults. Children under 2 free. scottishritetheater.org.

Jungalbook. Sep. 7 through Dec. 14. Adventure awaits in a jungle where danger lurks in every tree and only the brave dare enter! This energetic and creative reimagining of the timeless tale propels the audience through a world ruled by the wild. ZACH Theatre, 202 S. Lamar Blvd. From \$19. tickets.zachtheatre.org or 512-476-0541.

Museum Exhibits

Cowboys in Space. Through Dec. 1. A journey through the history of Westerns in science fiction. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.org.

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. Adult admission is \$10. Youth admission (13-18) is \$3. Child admission (12 and under) is FREE. lbjlibrary.org or 512-721-0200.

Family Events

Tue 1

Spanish Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Learn basic concepts and Spanish vocabulary through songs and play. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Music & Movement @ Westbank. 10:30 to 11:30 a.m. Bring your little ones to stretch, sing, wiggle, and dance! Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Heritage House Open - First Sunday. 3 to 7 p.m. Come visit the Heritage House Museum during the Pfarmers Market at Heritage Park. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

National Night Out. 6 to 8 p.m. This is a great opportunity for the Elgin community to join forces and strengthen the police-community partnership. elgintx.com.

Board with Books. 6 to 8:45 p.m. Do you love playing board games? Then come to Board with Books! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Big Wonderful Thing: A History of Texas. 6 to 7 p.m. Bullock Texas State History Museum, 1800 Congress Ave. thestoryoftexas.com. 512-936-8746.

Wed 2

2nd Annual Kindness Rally. 8 to 9 a.m. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Wednesdays at 10:30am. Learn through song and play in a first classroom experience. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Lego Lab. 3 p.m. Lego Lab With Play-Well TEKnologies. Recommended for ages 5 and up. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Crafternoon. 3 p.m. All ages welcome. Drop by the library and make a craft. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

Mr. Tamarin's Trees. 3:30 p.m. A Literature Live! Production. Recommended for ages 5 and up. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

Discovery! Writing - Whodunnit? @ Laura's. 4:30 to 5:30 p.m. The Discovery program offers hands-on exploring for young learners in many different topics. Laura Bush Community Library, 9411 Bee Cave Rd. westbanklibrary.com.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Kids Music With Amber, Johnny and Sharon. 6 to 7:30 p.m. A wild array of streamers, bubbles, flying scarves. Central Market Westgate, 4477 S. Lamar. FREE.

Thu 3

Mr. Tamarin's Trees. 10:30 a.m. A Literature Live! Production. Recommended for ages 5 and up. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Little Yoga. 10:30 a.m. Youngsters can experience mindfulness and movement in a calming environment. Lake Travis Community Library, 1938 Lohman's Crossing. laketravislibrary.org. 512-263-2885.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Let's All Play - Board Game Day! 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Colorful Paper Crafts. 3:30 to 5:30 p.m. Create giant paper flowers and papel picado. Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. library.austintexas.gov.

Explorers Club (Crafty Kids). 3:30 to 4 p.m. Each Thursday, kids in grades K-3 will meet at 3:30 p.m. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600.

Chess Club. 4 to 5 p.m. Chess Club Come join the St. John's Chess Club! Learn to play, or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.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.

Tween Gaming: Build your own board game. 4:30 to 5:30 p.m. Ages 8-12. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Pumpkin Carving Festival. 6 to 8 p.m. We will have pumpkins, carving tools, paint, and light refreshments for a family-friendly evening. Elgin Recreational Center, 361 North Hwy 95. elgintx.com.

Starry Nights at Girlstart. 5:30 to 7 p.m. Hands-on activities featuring Solar System and Galaxy Star shows in the planetarium. Chaperones are required. Girlstart, 1400 W. Anderson Ln. girlstart.org.

Fri 4

1, 2, 3 Play with Me (registration required). 9:15 to 10:15 a.m. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Living History Days. 10 a.m. to 1:30 p.m. You never know who you'll meet around the next corner! Bullock Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

Art in Cahoots! 10 a.m. Dougherty Arts Center, 1110 Barton Springs Road Austin. FREE. austintexas.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your little one to stretch, sing, dance. Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Friday Matinee - Little. 3 p.m. Ages 13-18 only. Jordan is a take-no-prisoners mogul who faces an unexpected threat to her personal life and career when she magically transforms into her 13 year-old self. Austin Public Library Carver

Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Yappy Hour. 6 to 9 p.m. Bring out your dogs for our pfirst Yappy Hour. Stone Hill Dog Park, 1124 Town Center Dr. parks.pflugervilletx.gov.

Leander Blue Grass Festival. 6 p.m. Live Music, concessions, children's activities, and local vendors. Manson Homestead, 1101 S. Bagdad. FREE. leandertx.gov.

Sat 5

Family Program: Fall Harvest. 10 a.m. to 1 p.m. Join the CHS for a fun-filled day of popular fall activities! chs.org.

Rumpelstiltskin. 10 a.m. Ages 2 to 102. Part of Children's Theatre series featuring well-loved tales. \$11 adults, \$9 children, Emily Anne Theatre, 1101 FM 2325, Wimberly. emilyann.org.

Pumpkin Fun. 10 a.m. Every day from Oct. 5-31 except Festival Days. \$8 Admission. Elgin Christmas Tree Farm, 120 Natures Way, Elgin. elginchristmastreefarm.com.

Blair Woods Family Nature Day. 10 a.m. Join Travis Audubon for a morning of educational activities at Blair Woods Sanctuary. The Travis Audubon Blair Woods Preserve. FREE. travisaudubon.org.

Leander Blue Grass Festival. 10 a.m. to 10 p.m. Live Music, concessions, children's activities, and local vendors. Manson Homestead, 1101 S. Bagdad. FREE. leandertx.gov.

Flight of the Butterflies. 12 p.m. Join millions of real butterflies on an amazing journey along with one scientist's 40-year search. Bullock

Texas State History Museum, 1800 Congress Ave. FREE. thestoryoftexas.com. 512-936-8746.

Board with Books. 1 to 4 p.m. All ages welcome. Do you love playing board games? Come join us! Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Saturday Matinee - McFarland. 1:30 p.m. All Ages. Inspired by the 1987 true story, the movie follows novice runners from McFarland. Austin Public Library Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. library.austintexas.gov.

Indian Food Street Festival. 2 to 8 p.m. Live DJ, lots of food vendors, photo booths, door prizes, and much more. 2525 W New Hope Dr., Veterans Memorial Park, Cedar Park. \$5. eventbrite.com

2 O'Clock Tunes: Frederico7. 2 to 3 p.m. Catch a live performance at the Little Walnut Creek Branch, Austin Public Library, 835 West Rundberg Ln. library.austintexas.gov.

Pokemon Detective Pikachu Screening. 2 p.m. All Ages. Austin Public Library Windsor Park Branch, 5833 Westminister Dr. FREE. library.austintexas.gov.

Real Supernatural. 6 p.m. Our documentary team will fearlessly explore the supernatural creatures inhabiting our world. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com. 512-443-3688.

Hill Country Galleria Concert Series. 7 to 10 p.m. This 5x music series is hosted by Austin City Limits Radio and features local favorites. Hill Country Galleria, 12700 Hill Country Blvd. FREE. hillcountrygalleria.com.

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Sun 6

Sensory Sundays @ Laura's. 11 a.m. Sensory Storytime is now Sensory Sundays. Laura Bush Community Library, 9411 Bee Cave Rd. westbanklibrary.com.

H-E-B FREE FIRST SUNDAY. 12 to 5 p.m. Enjoy FREE exhibition admission all day during Free First Sundays, held the first Sunday of every month. Bullock Texas State History Museum, 1800 Congress Ave. FREE. thistoryoftexas.com. 512-936-8746.

Sensory Playtime. 1 to 1:45 p.m. The Round Rock Public Library is hosting a play group series on Sundays. roundrocktexas.gov.

Heritage House Open - First Sunday. 1 to 4 p.m. Visit the Heritage House Museum and learn about local history! Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Kids Chess Open Play. 1:30 to 3 p.m. Learn the basics of how to play chess, or just meet up with other chess fans to play a few games. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600.

Rumpelstiltskin. 2 p.m. Ages 2 to 102. Part of Children's Theatre series featuring well-loved tales. \$11 adults, \$9 children, Emily Anne Theatre, 1101 FM 2325, Wimberly emilyann.org

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

Chess Club. 4 to 5:30 p.m. Kids age 5-18. Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Mon 7

Early Literacy Playgroup. 11 a.m. Recommended for ages 3-5. Playing is learning! Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

American Mah Jongg. 1 p.m. All levels are welcome to play. Bring cards if you have them! Lake Travis Community Library, 1938 Lohman's Crossing. laketravislibrary.org. 512-263-2885.

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

LEGO Lab (ages 5+). 4 to 5 p.m. LEGO free-play and WeDo 2.0 Robotics for ages 5+. Sign up for a Robot Kit starting at 3:30pm. Wells

Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Monday Movies - Westside Story. 5 p.m. All Ages. Austin Public Library Willie Mae Kirk Branch, 3101 Oak Springs. FREE. library.austintexas.gov.

Monday Movies - The Book of Life. 5 p.m. All Ages. Austin Public Library Willie Mae Kirk Branch, 3101 Oak Springs. FREE. library.austintexas.gov.

Monday Night Jammie Jam - October Haunted House Party. 8 to 10 p.m. The Monday Night Jammie Jam happens the first Monday of every month at Kick Butt Coffee, 5775 Airport Blvd. \$10 - \$60. brownpapertickets.com.

Tue 8

Homeschool Class: Ecosystems. 10 a.m. Experience Lockhart State Park as an outdoor classroom in this program for school-age kids! tpwd.state.tx.us.

Spring Lake Outdoor Academy: Indigenous Cultures. 10 a.m. to 12 p.m. Join us for this program to celebrate and learn about Indigenous Cultures of North America! Homeschool students are encouraged to register. Tickets are \$8/person; children 2 and under are free. meadowscenter.txstate.edu/ReserveSpecialEvents/Calendar.html.

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Learn through song and play in a first classroom experience. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Inspiring Stories. 1 to 2 p.m. Practice English conversation. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Heritage House Open - First Sunday. 3 to 7 p.m. Come visit the Heritage House Museum during the Pfarmers Market at Heritage Park. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Jr. Chef Skills. 4:30 p.m. Kids ages 8 to 12 are invited to learn practical cooking skills in this hands-on class. Lake Travis Community Library, 1938 Lohman's Crossing. laketravislibrary.org. 512-263-2885

A History of Austin Libraries. 6 to 8 p.m. A fun, funky presentation on the history of the Faulk Library. 800 Guadalupe. FREE. library.austintexas.gov.

Wed 9

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Wednesdays at 10:30am. Learn through song and play in a first classroom experience. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Homeschool Class: Ecosystems. 2 p.m. Experience Lockhart State Park as an outdoor classroom in this program for school-age kids! tpwd.state.tx.us.

STEM Builder Lab. 3:30 p.m. Get on your problem-solving hat as you engineer unique structures. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

Lego Lab. 4 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Discovery! Fairy Gardens @ Laura's. 4:30 to 5:30 p.m. The Discovery program offers hands-on exploring for young learners in many different topics. Laura Bush Community Library, 9411 Bee Cave Rd. westbanklibrary.com.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Thu 10

Little Texans: Big, Bigger, Biggest. 10 to 11 a.m. Drop in with your Little Texans (ages 2 to 5) for an engaging and interactive program. Bullock Texas State History Museum, 1800 Congress Ave. FREE. thistoryoftexas.com. 512-936-8746.

Homeschool Class: Ecosystems. 10 a.m. Experience Lockhart State Park as an outdoor classroom in this program for school-age kids! tpwd.state.tx.us.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pflugger St. library.pflugervilletx.gov.

Bilingual Boogie. 10:30 a.m. Join Sra. Garrett to learn basic Spanish vocabulary through singing, dancing, games, and more. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Early Literacy Playgroup. 11 a.m. Recommended for ages 3-5. Playing is learning! Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Let's All Play - Board Game Day! 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Chess Club. 4 to 5 p.m. Chess Club. Come join the St. John's Chess Club! Learn to play, or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

English as a Second Language Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Thinkery21: It Came From The Future! 7 to 10 p.m. A.I. assistants. Communicator watches. Video calling. Self-driving cars. Thinkery, 1830 Simond Avenue. Thinkeryaustin.org.

Fri 11

1, 2, 3 Play with Me (registration required). 9:15 to 10:15 a.m. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Musical. 3 to 5 p.m. The Music Department is pleased to present a Musicales consisting of student solo and ensemble performances. Southwestern University, 1001 E University Ave. visit.georgetown.org.

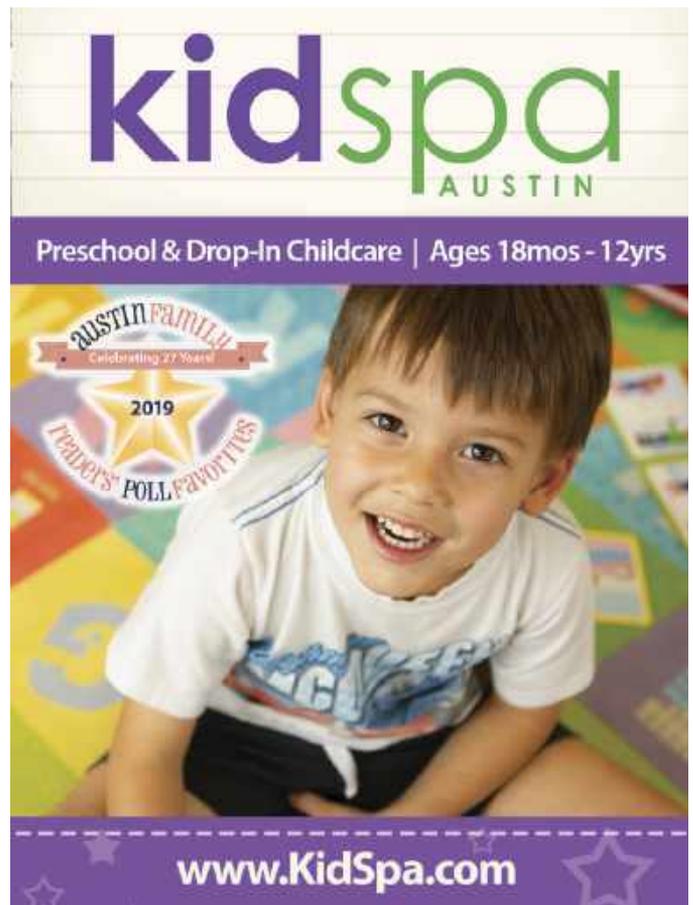
Perler Beads Palooza. 3 p.m. Make amazing pixelated creations using fusible beads. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Lego Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Dark Harvest Halloween. 7 to 11 p.m. Creepy scarecrows, ghost stories, haunted trails, pumpkin carving, and more will be showcased in Jourdan-Bachman Pioneer Farms, 10621 Pioneer Farms Drive. pioneerfarms.org.

Teen Showcase. 7:30 p.m. Our fabulous teens take the stage to create amazingly awesome scenes out of nothing. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com. 512-443-3688.

Ghost Tours on the Square. 7:30 to 9 p.m. Ghost Tours on the Square are hosted by the Williamson Museum. Williamson Museum, 716 S. Austin Ave. \$15 - \$20. williamsonmuseum.org.



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Sat 12

Barktoberfest. 8:30 a.m. begins fun run. Food, vendors, crafts, games and more. Brushy Creek Park, 2310 Brushy Creek Rd., Cedar Park. centraltexaspcpa.org/barktoberfest

Texas Teen Book Festival 2019. 9 a.m. to 5 p.m. A day packed with young adult books, author appearances, panels and more. FREE. Southwestern University in Georgetown. texasteenbookfestival.org.

Kidz Korner. 10 a.m. to 2 p.m. Looking for a fun activity for the entire family? Williamson Museum, 716 S. Austin Ave. visit.georgetown.org.

PopUP Art Show and Art Walk. 10 a.m. to 3 p.m. Prete Main St. Plaza, 221 East Main St. roundrocktexas.gov.

Family Pumpkin Carving Day. 10 a.m. to 2 p.m. Bring the family and enjoy the fun. Dottie Jordan Recreation Center, 2803 Loyola Lane. FREE. austintexas.gov.

Pumpkin Festival. 10 a.m. \$8 children 2-12, \$10. Elgin Christmas Tree Farm. elginchristmastreefarm.com.

Rumpelstiltskin. 10 a.m. See Sat. 5.

Snake City's Simon & Siouxsie US Tour. 10 a.m. Meet Nat Geo Wild's Simon & Siouxsie of Snake City in person at the Austin Zoo! Austin Zoo & Animal Sanctuary, austinzoo.org.

Chess Club at the Library (ages 10-18). 10:30 a.m. to 12 p.m. King, Pawn, Rook, Castling, Checkmate, Stalemate! Do you know what these words mean? Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Lago LEGOs...and more! 10:30 a.m. to 12 p.m. Come play with LEGOs, marble runs, magnetic building tiles and more! Lago Vista Public Library, 5803 Thunderbird, Ste. 40. lagovista.lib.tx.us.

Dia de los Muertos. 10:30 a.m. Art Smart 2019: A family celebration to enjoy the Mexican tradition of Dia de los Muertos. Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Second Saturdays Are for Families: Make Like a Tree and Weave. 11 a.m. to 3 p.m. Embark on a Tree ID walk and learn about local trees with the experts at The Contemporary Austin, 3809 West 35th St. 512-453-5312. contemporaryaustin.org

Pfloating Pumpkin Patch. 11 a.m. to 3 p.m. Don't miss the coolest pumpkin patch in Pflugerville! Gilleland Creek Pool, 700 N. Railroad Ave. parks.pflugervilletx.gov.

Austin Babywearing Community Fair. 11 a.m. to 4 p.m. Austin Babywearing is hosting a Community Fair celebrating International Babywearing Week on St. Richard's Episcopal Church's Parish Hall, 1420 E Palm Valley Blvd. FREE. austinbabywearing.org.

Cedar Bark Festival. 12 to 2:30 p.m. Come with your 4-legged friend. Cedar Bark Park, 2525 W. New Hope Blvd. cedarparkfun.com.

11th Anniversary Gathering - Taino Heritage in Texas. 12 to 5 p.m. The Puerto Rican Cultural Center in partnership with the Texas State Parks & Wildlife. McKinney Falls State Park, 5808 McKinney Falls Parkway. FREE. prfdance.org. 512-243-1643

Hay Day. 1 to 4 p.m. Celebrate fall our inaugural Hay Day with family-friendly activities, a hayride, pumpkin patch and more. Garey Park, 6450 RM 2243, Georgetown. hellogeorgetown.com/hay-day-at-garey-park/

Dia de los Muertos. 3:30 p.m. Art Smart: 2019 A family celebration to enjoy the Mexican tradition of Day of the Dead. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. library.austintexas.gov.

Real Supernatural. 6 p.m. Our documentary team will fearlessly explore the supernatural creatures inhabiting our world. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com. 512-443-3688

MasterChef Junior Live! 7 to 9 p.m. Tobin Entertainment & Long Center present MasterChef Junior Live! Dell Long Center, 701 W Riverside Dr. thelongcenter.org 512-474-5664

Hill Country Galleria Concert Series. 7 to 10 p.m. This 5x music series is hosted by Austin City Limits Radio and features local favorites. Hill Country Galleria, 12700 Hill Country Blvd. FREE. hillcountrygalleria.com.

Ghost Tours on the Square. 7:30 to 9 p.m. See Fri. 11 for details.

Fall Movie in the Park: Shrek! 7:40 p.m. Join friends, family and your neighbors for this fun movie in the park. Harper Park, Lake Creek Parkway. FREE. amld.org/movies-in-the-park.

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Sun 13

11th Anniversary Gathering - Taino Heritage in Texas. 12 to 5 p.m. The Puerto Rican Cultural Center in partnership with the Texas State Parks & Wildlife. McKinney Falls State Park, 5808 McKinney Falls Parkway. FREE. prfdance.org. 512-243-1643

Sensory Playtime. 1 to 1:45 p.m. A play group series on Sundays from 1:00 p.m. to 1:45 p.m. for roundrocktexas.gov.

Kids Chess Open Play. 1:30 to 3 p.m. Learn the basics of how to play chess, or just meet up with other chess fans to play a few games. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600

Rumpelstiltskin. 2 p.m. See Sun. 5 for details.

French Film Club @ Westbank. 2 p.m. Join up with Linda Hardy and the rest of Westbank's aficionados of France to watch a French film. Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Chess Club. 4 to 5:30 p.m. Kids age 5-18 Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Shakespeare Out Loud @ Laura's. 4 p.m. A group of people who meet monthly at Laura's Library to explore the genius of Shakespeare. Laura Bush Community Library, 9411 Bee Cave Rd. westbanklibrary.com.

Clay Panaderia Making with Rita Wang. 4 to 6 p.m. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Mon 14

Eanes History Group @ Westbank. 11:30 a.m. to 1 p.m. Join fellow history buffs in learning about history. Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Columbus Day Skate. 12 to 6 p.m. Playland Skate Center, 8822 McCann Drive. Only \$9.00 per person and includes roller skates! Playlandskatecenter.net. 512-452-1901.

American Mah Jongg. 1 p.m. All levels are welcome to play. Bring cards if you have them! Lake Travis Community Library, 1938 Lohman's Crossing. laketravislibrary.org. 512-263-2885.

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

LEGO Lab (ages 5+). 4 to 5 p.m. LEGO free-play and WeDo 2.0 Robotics for ages 5+. Sign up for a Robot Kit starting at 3:30pm. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Tue 15

Spanish Circle Time. 10:30 to 11:30 a.m. Ages 0-3 learn basic concepts and Spanish vocabulary through songs and play. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Early Literacy Playgroup. 11 a.m. Recommended for ages 3-5. Playing is learning! Old Quarry Branch, 7051 Village Center Dr. FREE. library.austintexas.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5 Bring your favorite little one to stretch, sing, dance. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Family Movie: Goosebumps 2 (PG). 1 to 3 p.m. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Inspiring Stories. 1 to 2 p.m. Practice English conversation. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov.

Heritage House Open - First Sunday. 3 to 7 p.m. Come visit the Heritage House Museum during the Pfarmers Market at Heritage Park. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Mr. Tamarin's Trees. 3:30 p.m. A Literature Live! Production. Recommended for ages 5 and up. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Lego Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you can imagine. Pleasant Hill Branch, 211 E. William Cannon Dr. FREE. library.austintexas.gov.

ABCs of Cooking. 4 p.m. Ages 5 to 10. Lake Travis Community Library, 1938 Lohmans Crossing. laketravislibrary.org. 512-263-2885.

Crafternoon. 4 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.



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Wed 16

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Learn through song and play in a first classroom experience. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Crafternoon. 3 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

Tween Scene. 4:30 to 5:15 p.m. Monthly activity for tweens ages 8-12. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

You are a Poet, Eres Poeta. 5 to 6:30 p.m. Join poet Suzan Niz for the first of a two-part series. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

THE ONE. 7 to 10 p.m. A Black World War II Veteran relives his life as he explains why he has chosen to live in a box. Boyd Vance Theater, George Washington Carver Museum, 1165 Angelina St. austintexas.gov/carvermuseum.

Thu 17

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

WHS Presents: Deciphering Girls' Friendships @ Westbank. 12 to 1 p.m. Westlake High School hosts a year-long speaker series for parents focused on popular topics. Westbank Community Library, 1309 Westbank Dr. westbanklibrary.com.

Let's All Play - Board Game Day! 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

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

Tween Maker Club: Light Up Halloween Art. 4:30 to 5:30 p.m. Ages 8-12. The Round Rock Public Library will host a Tween Maker Club. Pre-registration required. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Perler Bead Palooza. 6 to 8 p.m. Recommended for ages 5 and up. Make amazing pixelated creations using fusible beads. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Holders of Hope. 6:30 to 10 p.m. The Austin Center for Grief and Loss, 2413 Greenlawn Parkway. facebook.com.

Board with Books. 6:30 to 8:30 p.m. All ages welcome. Do you love playing board games? Then come to Board with Books! Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

Fri 18

1, 2, 3 Play with Me (registration required). 9:15 to 10:15 a.m. Wells Branch Community Library, 15001 Wells Port Dr. wblibrary.org.

Art in Cahoots! 10 a.m. Dougherty Arts Center, 1110 Barton Springs Road Austin. FREE. austintexas.gov.

Early Literacy Playgroup. 10:15 a.m. Recommended for ages 3-5. Playing is learning! Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

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

Mr. Tamarin's Trees. 3:30 p.m. A Literature Live! Production. Recommended for ages 5 and up. North Village Branch, 2505 Steck Ave. FREE. library.austintexas.gov.

Movie Matinee - Shazam (PG13). 3:30 p.m. Everybody has a superhero inside of them; it just takes a bit of magic to bring it out. Austin Public Library Ruiz Branch, 1600 Grove. FREE. library.austintexas.gov.

Honoring Our Fallen Latino Comrades Altar Exhibition. 6 to 8 p.m. The ESB-MACC will host an opening reception for their exhibition of altars. The Emma S. Barrientos Mexican American Cultural Center, 600 River St. austintexas.gov.

Hot Science-Cool Talks. 7 to 8:30 p.m. FREE monthly series. This month: Sustainability of Outer Space. How many pieces of junked satellites are in outer space? What is their fate? UT Environmental Science Institute, 2275 Speedway, C9000. hotsciencecooltalks.org.

Nightmare on Jail Hill Haunted House. 7 to 11 p.m. Nightmare on Jail Hill Haunted House takes place at the Historic Williamson County

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Jail. Old Williamson County Jail, 312 Main St. \$15 - \$20. wilco.org.

Symphony Scare. 7 p.m. A spooky new all-oween tradition on Waller Creek that is sure to make visitors shudder with horror. Symphony Square, 1111 Red River St. aso.org.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.

Sat 19

Liberty Hill Sculpture & Hot Air Balloon Festival. 7 a.m. The Liberty Hill community is a proud supporter of the arts, and on Oct. Lions Foundation Park, FREE. libertyhillsculpturefestival.com/

Fun Fest / 3-ON-3 Basketball Tournament. 7:30 a.m. to 8 p.m. An all-day family fun event! 3-ON-3 Basketball Tournament will start at 7:30 A.M. Saint Louis King of France Catholic Church & School, 7601 Burnet Rd. \$1 - \$100. slcsaustin.org. 512-614-6622.

Liberty Hill Sculpture Fest 5K Fun Run. 7:45 a.m. Join your community for the Liberty Hill Sculpture Fest Fun Run on October 19th at sunrise! Lions Foundation Park, \$15 - \$25. libertyhillsculpturefestival.com/.

Pet Fest. 9 a.m. to 5 p.m. Mark your calendars! Pet Fest is right around the corner. San Marcos Plaza, 202 N. CM Allen Pkwy. facebook.com. 512-393-8400.

Harvest Festival. 9 a.m. to 3 p.m. Unique vendors, bounce house, petting zoo, and more. Cross Tracks Methodist Church, 101 Church St. FREE. crosstrackschurchmc.org.

9th Annual Sacred Springs Powwow. 10 a.m. to 5 p.m. Join us this year at the annual Sacred Springs Powwow. Meadows Center, 201 San Marcos Springs Dr. sspowwow.com.

Lego Lab. 10 a.m. to 6 p.m. Lego Fun in the 3rd Floor Atrium with Legos. You can build anything you can imagine. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Super Curious Saturday with Curious George! 10 to 11 a.m. Houghton Mifflin Harcourt is bringing Curious George and his friend The Man in the Yellow Hat to our Main St. Plaza. Round Rock, 221 East Main St. downtownroundrocktexas.com.

Pumpkin Festival. 10 a.m. \$8 children 2-12, \$10 Elgin Christmas Tree Farm, 120 Natures Way, Elgin. elginchristmastreefarm.com.

Kyles Founders Day Parade. 10 a.m. Downtown Kyle, Center St. at State Hwy 150. FREE. cityofkyle.com.

Hutto Olde Time Days. 10 a.m. to 11 p.m. Entertainment, Pageant, 5K, Pie Eating Contest, Vendor Booths & Kids activities. Downtown Hutto, Downtown Hutto. FREE. huttotx.gov. 512-759-4000.

Pfall Chili Fest. 12 to 5 p.m. Chili cook-off and tasting. Live music, and kids' activities. Downtown Pflugerville, 100 E. Main St. FREE. pfallchilipfest.com.

Kyle Public Library's Spooky Movie Double Feature. 12:30 to 3:30 p.m. We're showing family friendly flicks: Goosebumps 2: Haunted Halloween followed by Hocus Pocus. Kyle Library, 550 Scott St. cityofkyle.com/library. 512-268-7411.

District Cultural Arts Fest 2019. 3 to 10:30 p.m. Presented by Six Square, Austin's Black Cultural District, the District Cultural Arts Fest. Huston-Tillotson University, 900 Chicon St. blacktexasmag.com/.

Real Supernatural. 6 p.m. Our documentary team will fearlessly explore the supernatural creatures inhabiting our world. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com. 512-443-3688.

Nightmare on Jail Hill Haunted House. 7 to 11 p.m. Nightmare on Jail Hill Haunted House takes place at the Historic Williamson County Jail. Old Williamson County Jail, 312 Main St. \$15 - \$20. wilco.org.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.

Movies Under The Stars: Ghostbusters. 7 p.m. Fun, family-friendly cinema series. Bring a chair, blanket, and arrive early to claim your spot. Hill Country Galleria, 12700 Hill Country Blvd. FREE.

Sun 20

9th Annual Sacred Springs Powwow. 10 a.m. to 5 p.m. See Sat. 19 for details.

Lego Lab. 12 to 6 p.m. Lego Fun in the 3rd Floor Atrium. With Legos, you can build anything you can imagine. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

DSACT Buddy Walk 2019. 12 to 4 p.m. Since 1999, DSACT has gathered the Central Texas community for a full day of celebration. Reunion Ranch, 850 CR 255. \$5 - \$25. dsact.org. 512-323-0808.



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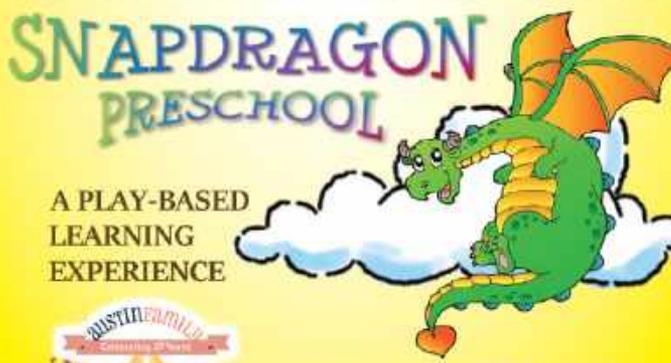
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Kids Chess Open Play. 1:30 to 3 p.m. Learn the basics of how to play chess, or just meet up with other chess fans to play a few games. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600.

Rumpelstiltskin. 2 p.m. See Sun. 5 for details.

Chess Club. 4 to 5:30 p.m. Kids age 5-18. Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Mon 21

Dual Language Music and Movement. 11 a.m. Dual Language Music and Movement: Musica y Movimiento en Dos Idiomas. Recommended for ages 3-5. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Music & Movement. 11 a.m. Spanish – English. Recommended for ages 3-5. Bring your favorite little one. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Homeschool Activity. 12:30 to 2 p.m. Spend some time with local homeschool families at this recurring library event. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Homeschool Show & Tell. 12:45 p.m. Homeschool Show & Tell. Share your hobby or superpower! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Crafternoon. 3:30 p.m. All ages welcome Drop by the library and make a craft while you search for books. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Lego Lab. 3:30 p.m. Recommended for ages 5 and up. With Legos, you can build anything you

can imagine. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. library.austintexas.gov.

LEGO Lab. 4 to 5 p.m. LEGO free-play and WeDo 2.0 Robotics for ages 5+. Sign up for a Robot Kit starting at 3:30pm. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Mr. Tamarin's Trees. 6:30 p.m. A Literature Live! Production Recommended for ages 5 and up.. Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Tue 22

Mr. Tamarin's Trees. 10:15 a.m. A Literature Live! Production. Recommended for ages 5 and up. Carver Branch, 1161 Angelina St. FREE. library.austintexas.gov.

Spanish Circle Time. 10:30 to 11:30 a.m. Ages 0-3 learn basic concepts and Spanish vocabulary through songs and play. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

Early Literacy Playgroup. 10:30 a.m. Recommended for ages 3-5. Playing is learning! Terrazas Branch, 1105 E. César Chávez St. FREE. library.austintexas.gov.

Sixth First Annual Polkapocalypse! With Brave Combo & Friends! 12 to 5:30 p.m. Four awesome Polka bands will rock the boots off your lederhosen with a crazy mix of Tejano, Czech and more. Elisabeth Ney Museum, 304 E. 44th St. FREE. austintexas.gov.

Celebrating Hispanic Heritage Month. 2 to 3:30 p.m. Celebrating Hispanic Heritage Month. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

History of the Poncho. 2 to 3:30 p.m. Teens 13-18 only. Learn about the multicultural Latin history of the poncho. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

Heritage House Open - First Sunday. 3 to 7 p.m. Come visit the Heritage House Museum during the Pfarmers Market at Heritage Park. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Book Circle. 3:30 p.m. Recommended for ages 5-9. Settle in for a story or two and some hands-on activities. Twin Oaks Branch, 1800 S. 5th St. FREE. library.austintexas.gov.

Crafternoon. 3:30 p.m. Recommended for ages 5 and up. Windsor Park Branch, 5833 Westminster Dr. FREE. library.austintexas.gov.

Teen Night: Halloweentown Movie Screening. 6 to 7:30 p.m. Enjoy milk and cookies while you watch this Halloween classic. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Computación para Padres. 7:30 to 8:30 p.m. ¿Quiere ayudar a su hijo con sus tareas en la computadora? Manchaca Road Branch, 5500 Manchaca Rd. 512-974-8700. FREE. library.austintexas.gov.

Wed 23

Circle Time. 10:30 to 11:30 a.m. Ages 0-3. Wednesdays at 10:30am. Learn through song and play in a first classroom experience. Wells Branch Community Library, 15001 Wells Port Drive. wblibrary.org.

STEAM Studio. 6 to 7 p.m. Science, Technology, Engineering, Art, and Math activities with a creative twist. Ages 4+. Wells Branch



Tom's Dive & Swim 

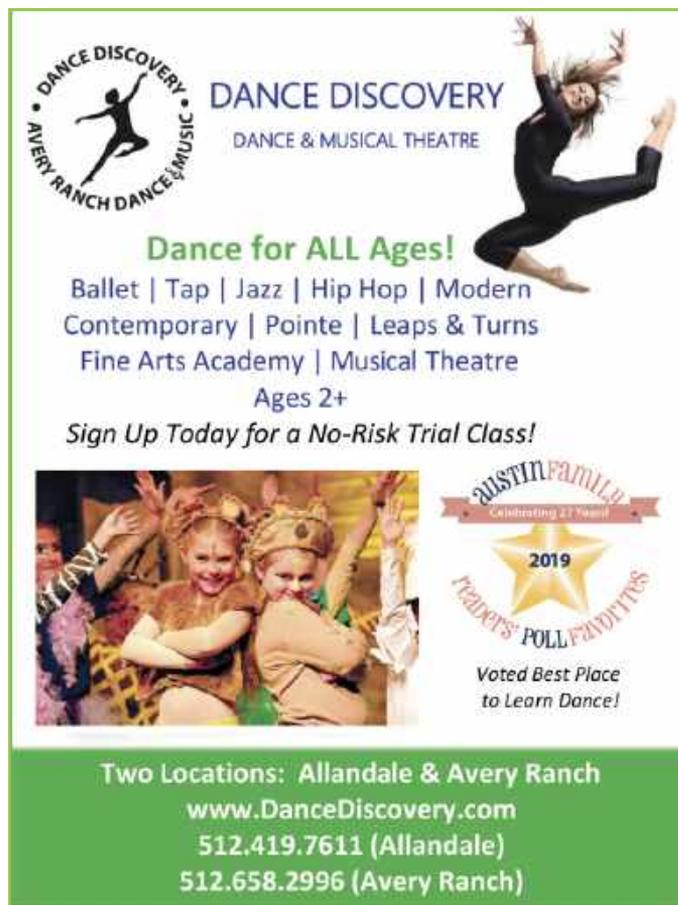
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Community Library, 15001 Wells Port Drive.
wblibrary.org.

Thu 24

Mr. Tamarin's Trees. 10:15 a.m. A Literature Live! Production. Recommended for ages 5 and up. Cepeda Branch, 651 N. Pleasant Valley Rd. FREE. library.austintexas.gov.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Homeschool Show & Tell. 12:45 p.m. Share your hobby or superpower! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Board Game Day! 3 to 5 p.m. Bring your friends and bring the fun! St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Chess Club. 4 to 5 p.m. Come join the St. John's Chess Club! Learn to play, or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Halloween Festival. 5 to 7:30 p.m. The City of Georgetown Parks and Recreation Department invites you to the 25th Annual Halloween Festival. Georgetown Community Center, 445 E. Morrow St. parks.georgetown.org/Halloween-festival.

Horrific Halloween Movie. 6:30 p.m. Do you love bad movies? Join us for The She-Creature (1956). Stateside at the Paramount, 719 Congress Avenue. FREE. library.austintexas.gov.



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Book Character Pumpkin Decorating Contest at the Library. Begins on Oct. 24 and lasts through noon on Wed. Oct. 31. Decorate a pumpkin (or gourd) as a book character or with a literary theme. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Fri 25

Babytime Halloween party. 9:30 to 10:30 a.m. Get your cameras ready for the Round Rock Public Library's cutest event. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Toddler Playtime in the Gallery. 10 to 11 a.m. Join us for a low-key Toddler playtime in the Gallery, 10 - 11 a.m. Friday, Oct. 26. Round Rock Public Library, 216 E. Main St. roundrocktexas.gov.

Spooktacular 2019. 5 to 8 p.m. Calling all aliens, Martians, and astronauts! Bullock Texas State History Museum, 1800 Congress Ave. FREE. Thestoryoftexas.org 512-936-8746.

October Parent's Night Out. 6:30 p.m. Arts, crafts, swim lessons, dinner, family movie. Tom's Dive and Swim, 5909 Burnet Rd. tomsscuba.com. 512-451-3425.

Nightmare on Jail Hill Haunted House. 7 to 11 p.m. Nightmare on Jail Hill Haunted House takes place at the Historic Williamson County Jail. Old Williamson County Jail, 312 Main St. \$15 - \$20. wilco.org.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.

Movies Under The Stars - Casper. 7 to 10 p.m. Bring your blanket and chair. Snack and drinks at show. Metz Recreation Center, 2407

Canterbury St. FREE. austintexas.gov. 512-978-2399.

Haunted Pioneer Town. 7:30 to 10:30 p.m. Enjoy an evening of frightful family fun in a Hill Country Pioneer setting. 7A Ranch Pioneer Town, 333 Wayside Dr. \$5 - \$10. wimberleyplayers.org. 512-618-8234.

Ghost Tours on the Square. 7:30 to 9 p.m. Ghost Tours on the Square are hosted by the Williamson Museum. Williamson Museum, 716 S. Austin Ave. \$15 - \$20. williamsonmuseum.org.

Hogeye Free Street Dance. 8 p.m. Featuring Kenny Orts and No Chance at Veteran's Memorial Park. FREE. hogeyefestival.com.

Movie In The Park Series. 8 p.m. Hocus Pocus. Popcorn and lemonade will be provided. Dottie Jordan Recreation Center, 2803 Loyola Lane. FREE. austintexas.gov.

Boo at the Zoo. 6-10 p.m. Join us for this Spooktacular event! Kids 2-11 in costume get in free. Capital of Texas Zoo, 376 A. Jenkins Rd. FREE. capitaloftexaszoo.org.

Sat 26

Free Junior Ranger Session - Install Screech Owl Houses! 9 a.m. to 12 p.m. FREE Junior Ranger program! Rabb House, roundrocktexas.gov.

Go Fish - Learn to Fish Event! 9 a.m. Join us at McKinney Falls State Park where youth and adults can learn the basics of fishing. McKinney Falls State Park, 5808 McKinney Falls Parkway. \$6. tpwd.texas.gov/state-parks/mckinney-falls/park_events.

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2019 Texas Book Festival. 10 a.m. to 5:00 p.m. Texas State Capitol, Congress Ave. texasbookfestival.org.

National Prescription Drug Take Back Day. 10 a.m. to 2 p.m. Round Rock Police Department and the Drug Enforcement Administration (DEA). Round Rock Police Department, 2701 N. Mays Street. roundrocktexas.gov.

Round Rock Police Department and the Drug Enforcement Administration (DEA). Round Rock Police Department, 2701 N. Mays St. roundrocktexas.gov.

PopUP Art Show and Art Walk. 10 a.m. to 3 p.m. Prete Main St. Plaza, 221 East Main St. roundrocktexas.gov.

Murder, Mayhem & Misadventure Walking Tour. 10 a.m. to 4 p.m. Join us for the 13th annual Murder, Mayhem & Misadventure Walking Tour. Historic Oakwood Cemetery, 1601 Navasota St. FREE. sachome.org.

Rumpelstiltskin. 10 a.m. See Sat. 5 for details.

Boo-da Halloween. 10 a.m. Bring your little ghost or goblin for some candy, treats, and entertainment. Downtown Buda, Downtown Buda. FREE. budatxtourism.com.

Saturday Craft. 11 a.m. to 1 p.m. Join us for making and crafting. Milwood Branch, 12500 Amherst Dr. FREE. library.austintexas.gov.

Fall Carnival. 11 a.m. to 2 p.m. Costume contest, carnival, hayride, Keenz Wagon Raffle, face painting, food trucks and more. Wonderwell School, 7717 Southwest Parkway. FREE. wonderwell.com. 512-808-5512.

Fable Fest 2019. 11 a.m. Fable Fest is a unique event that features costumes, storytelling and live demonstrations. Elizabeth Milburn Park, 1901 Sun Chase Blvd. cedarparktexas.gov. 512-401-5600.

Día de los Muertos. 11 a.m. Art Smart 2019: A family celebration to enjoy the Mexican tradition of Día de los Muertos. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. library.austintexas.gov.

Community Fall Festival. 11 a.m. to 2 p.m. Pumpkin painting, moonwalk, train rides, food and more. Trinity Abundant Life Church, 412 Cumberland Rd. FREE. trinityalc.com.

Vida la Vida: 36th Annual Festival and Parade Celebrating Day of the Dead. Noon to 6 p.m. Downtown Austin. FREE. Presented by Mexic-Arte Museum and the City of Austin. mexic-artemuseumevents.org.

Spooktacular Family Fun at Natural Grocers. 12 to 3 p.m. Join Us for a good for you, non-GMO Halloween. Natural Grocers, 4615 N. Lamar Blvd. FREE. naturalgrocers.com.

Center Street Trick or Treat. 1 to 4 p.m. Local businesses and organizations will set up tents and tables at City "Scare" Park. Mary Kyle Hartson City Square Park, 101 S. Bureson Rd. FREE. cityofkyle.com.

Halloweenfest. 1 p.m. Halloween-themed crafts for your enjoyment, along with a "spooky" storytime! All participants are encouraged to wear a costume. Costume contest at 2pm with prizes for the winners! Lockhart State Park, 2012 State Park Road. tpwd.texas.gov.

Día de los Muertos Celebration. 2 to 3:30 p.m. Celebrate Día de los Muertos with storytelling and an activity. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Trick or Treat Hill Country Galleria. 2:30 p.m. Children and pets are encouraged to wear their costumes and enjoy live music, free face painting and more. Hill Country Galleria, 12700 Hill Country Blvd. FREE. hillcountrygalleria.com.

Let's Talk! English Practice. 3 to 4 p.m. Let's talk! is an easy way to practice your English conversation skills! Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov.

2019 Trunk or Treat. 5 to 8 p.m. Trunk or Treat will feature a haunted house, carnival games, crafts, music and more. Round Rock Public Safety Training Center, 2801 N. Mays St. roundrocktexas.gov.

Real Supernatural. 6 p.m. Our documentary team will fearlessly explore the supernatural creatures inhabiting our world. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com. 512-443-3688.

Family Night - Halloween Hootenanny. 6 to 9 p.m. Celebrate Halloween, Thinkery-style. Thinkery, 1830 Simond Avenue. facebook.com.

Nightmare on Jail Hill Haunted House. 7 to 11 p.m. Nightmare on Jail Hill Haunted House takes place at the Historic Williamson County Jail. Old Williamson County Jail, 312 Main St. \$15 - \$20. wilco.org.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.



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Creatures of the Night Hike. 7 p.m. discover what goes bump in the night during this special Halloween-themed night hike! tpwd.state.tx.us.

Haunted Pioneer Town. 7:30 to 10:30 p.m. Enjoy an evening of frightful family fun in a Hill Country Pioneer setting. Pioneer life was hard. 7A Ranch Pioneer Town, 333 Wayside Dr. \$5 - \$10. wimberleyplayers.org. 512-618-8234.

Ghost Tours on the Square. 7:30 to 9 p.m. Ghost Tours on the Square are hosted by the Williamson Museum. Williamson Museum, 716 S. Austin Ave. \$15 - \$20. williamsonmuseum.org.

Boo at the Zoo. 6-10 p.m. See Fri. 25 for details.

Sun 27

Sensory Friendly Hours. 8 to 10 a.m. Thinkery is committed to providing an accessible and interactive experience for all. Thinkery, 1830 Simond Avenue. facebook.com.

Fifth Annual Straw Fest. 11 a.m. to 5 p.m. Stop by to enjoy pumpkin carving, a petting zoo, a fall fashion show, and plenty of other activities. Umlauf Sculpture Garden, 605 Azie Morton Road. FREE. umlaufsculpture.org.

Kids Chess Open Play. 1:30 to 3 p.m. Learn the basics of how to play chess, or just meet up with other chess fans to play a few games. Cedar Park Public Library, 550 Discovery Blvd. cedarparktexas.gov. 512-401-5600.

Rumpelstiltskin. 2 p.m. See Sunday 5th.

Austin Symphony's Halloween Children's Concert. 3 p.m. It's creepy, crawly, and so much fun... it's spooky! Wear your costume. \$10 per child, \$15 per adult, \$40 family pack of four. 512-476-6064 austinsymphony.org.

Chess Club. 4 to 5:30 p.m. Kids age 5-18 Learn to play chess! Central Library, 710 W. César Chávez St. FREE. library.austintexas.gov.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.

Haunted Pioneer Town. 7:30 to 9:30 p.m. Enjoy an evening of frightful family fun in a Hill Country Pioneer setting. Pioneer life was hard. 7A Ranch Pioneer Town, 333 Wayside Dr. \$5 - \$10. wimberleyplayers.org. 512-618-8234.

Boo at the Zoo. 6-10 p.m. See Fri. 25 for details.

Mon 28

Crafternoon. 3:30 p.m. All ages welcome. Drop by the library and make a craft while you search for books. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Mr. Tamarin's Trees. 3:30 p.m. A Literature Live! Production Recommended for ages 5 and up. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Tue 29

Teen Night: Murder Mystery at the Heritage House Museum. 7 to 9 p.m. Teens ages 12-18 are invited to solve a totally '80s murder mystery at the Heritage House Museum. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Wed 30

Mr. Tamarin's Trees. 11 a.m. A Literature Live! Production Recommended for ages 5 and up. University Hills Branch, 4721 Loyola Ln. FREE. library.austintexas.gov.

Dia de los Muertos. 11 a.m. Art Smart 2019: A family celebration to enjoy the Mexican tradition of Dia de los Muertos. University Hills Branch, 4721 Loyola Ln. FREE. library.austintexas.gov.

Crafternoon. 3 p.m. All ages welcome. Drop by the library and make a craft while you search for books. Ruiz Branch, 1600 Grove Blvd. FREE. library.austintexas.gov.

Thu 31

Fall Fun Festival. 9 to 11:30 a.m. Settlers Park, 3300 Palm Valley Blvd. roundrocktexas.gov.

Play Time. 10:30 to 11:30 a.m. Children up to 5 years of age with an adult are welcome to attend. Free play. Pflugerville Public Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Music & Movement. 11 a.m. Recommended for ages 3-5. Bring your favorite little one to stretch, sing, dance. Howson Branch, 2500 Exposition Blvd. FREE. library.austintexas.gov.

Let's All Play - Board Game Day! 3 to 5 p.m. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Safe Trick or Treat. 4 to 6 p.m. Let's eat some candy! Veterans' Memorial Park, 109 Depot St. elgintx.com.

Chess Club. 4 to 5 p.m. Chess Club Come join the St. John's Chess Club! Learn to play or improve your game. St. John Branch, 7500 Blessing Ave. FREE. library.austintexas.gov.

Treats On Park Street. 5 to 9 p.m. Fun and safe trick-or-treating experience for children ages 12 & under. Fritz Park, 100 Park St. FREE. huttotx.gov. 512-759-4000.

Dark Harvest Halloween. 7 to 11 p.m. See Fri. 11 for details.

Halloween Bash 2019. 6 p.m. All ages. There will be popcorn, cotton candy, bouncy houses, hayride and more. Dress up. Mayfest Park in Bastrop, Free. austinyca.org/news/Halloween-bash-2019.



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PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

PENSAMIENTOS

Lo que hace poderoso a un pensamiento es la manera en cómo lo piensas. Haz de cuenta que tus pensamientos son una película y los efectos especiales que le dan color a tu película son tu voz, el tamaño, los colores, la textura y todo lo que enriquezca la imagen de tu pensamiento. Haz el siguiente ejercicio. Vas a cerrar los ojos e imaginar la mitad de un limón pequeño a la distancia, hay muy poca luz en el lugar y haces un gran esfuerzo por verlo y olerlo. Una vez tengas tu mente enfocada, identifica las emociones que esta imagen produce en ti. ¿Quizás algo de confusión, frustración o dificultad porque no lograste ver bien el limón? Ahora nuevamente cierra los ojos e imagina de nuevo la mitad del limón, pero esta vez lo tienes justo frente a ti, es un limón verde fresco, GRANDE y jugoso. Exprímelo y siente cómo el jugo salpica en tu cara y mano. Te aseguro que la experiencia entre la primera y segunda imagen serán completamente distintas ya que todos los efectos especiales (el tamaño del limón, la distancia y la dinámica) fueron diferentes. Entre más nítidas y reales sean las imágenes y sonidos de tu pensamiento, más impacto habrá en la manera en cómo te sientes y posteriormente en cómo te comportas. Tenemos el poder de controlar los efectos especiales de cada pensamiento ya sea que los exageres para sentirte bien o todo lo contrario, para provocarte ansiedad, angustia o cualquier otro sentimiento negativo. Recuerda que cada uno de tus pensamientos son la raíz de cómo te sientes y comportas día a día. ¡Piensa Positivo!

THOUGHTS

What makes a thought powerful is the way you think it. Realize that your thoughts are a movie and the special effects that give color to your movie are your voice, size, colors, texture, and everything that enriches the image of your thought. Do the following exercise. You will close your eyes and imagine half a small lemon in the distance, there is very little light around and you make a great effort to see and smell it. Once you have your mind focused, identify the emotions that this image produces in you. Maybe some confusion, frustration, or difficulty because you couldn't see the lemon well? Now close your eyes again and imagine half of the lemon again, but this time you have it right in front of you. It is a fresh, BIG and juicy green lemon. Squeeze it and feel how the juice splashes on your face and hand. I assure you that the experience between the first and second image will be completely different since all the special effects (lemon size, distance, and dynamics) were different. The sharper and more real the images and sounds of your thinking, the more impact there will be on the way you feel and later, on how you behave. We have the power to control the special effects of each thought whether you exaggerate it to feel good or, quite the opposite, to cause you anxiety, anguish or any other negative feeling. Remember that each of your thoughts is the root of how you feel and behave day-by-day. Think positive!

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KID ZONE

Perfect Paper Pumpkins

It's finally fall, and we're counting down the days to Halloween with some crafty inspiration. Help decorate the home in preparation for trick-or-treat fun with an easy and artsy project that everyone can enjoy. We're sharing simple steps for making your own 3D paper pumpkin and help to sharpen your child's scissor skills while you create!

Materials

- Orange cardstock paper
- Green cardstock paper
- 1 ruler
- 1 black marker
- 1 sharpened pencil
- Child safety scissors
- Box of split pins



Instructions

1. Using the ruler, a black marker, and a piece of orange cardstock paper, mark out eight (8) strips with a dashed straight line.
2. Next, using parental supervision, allow your child to practice cutting along the lines using the scissors to cut out each of the 8 strips. This helps sharpen motor skills!
3. Once your strips have been cut, place them in a circular arrangement, with one end of each strip layered on top of each other and secure them together with a split pin. This will serve as the base of your 3D pumpkin.
4. Using a sharp pencil, gently and carefully poke a hole into the end of each strip that is on the outer perimeter of the circular arrangement.
5. Cut a small rectangle of green cardstock paper out and poke a hole on one end with your pencil. This will be your pumpkin stalk.
6. Gather the outer ends and your pumpkin stalk and line the poked holes up so they can be secured with a second split pin. This is the top of your 3D pumpkin!
7. Using the black marker or other coloring materials, decorate your pumpkin with a silly or spooky face.
8. Show off your artistic work by placing your 3D pumpkin somewhere special!

Photos and craft courtesy of www.nurturestore.co.uk



The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. The YMCA afterschool program is the ideal out-of-school time opportunity for your child to grow academically, emotionally, and physically. Learn about Y Afterschool and register for the 2019-20 school season



SMART SCREEN TIME

Among several recent high-profile guides to screen use for kids, one point of consensus was the adage “moderation in all things.” As a generality, screen time should be folded into a variety of activities including hands-on play, conversations, exploration of the natural world and participation in family life. However, the call for moderation does not adequately account for two sides of the same coin in screen use, or what we at KLRU call “smart screen time” versus “silly screen time.”

Silly screen time includes moments that may be fun, but not especially enriching. Think social media, a favorite sitcom or cat videos. We tend to use these times as rewards for ourselves and our kids. But here's the catch: silly screen time can easily get out of hand since media is now designed to grab our attention and hold it. Two chief examples: streaming services cue up a next episode without asking, and social media encourages “streaks” which are daily messages to others. We need to be extra vigilant with silly screen time, knowing that we're being toyed with by clever designers. Consider not only pre-set limits on silly screen time, but explicit modeling of your own. You may say something like, “Kids, I'm giving myself five minutes on Facebook but NO MORE. When the timer goes off, we're all doing something else.” Next month: smart screen time.

Check out great new and returning Halloween episodes on KLRU and on the PBS KIDS Video apps!

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

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CARRIE TAYLOR

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



Night Terrors of Parenting

Kids are terrifying. They just are. Or rather, being a parent is terrifying because you never know what your kid will accidentally eat next, and whether you should call poison control.

But there is a special kind of terror that comes with nighttime parenting. I've never been a particularly light sleeper. Something changed, however, five-and-a-half years ago when I became a mother. Particularly when our son was evicted to his own bedroom and I slept next to a baby monitor instead. First-time motherhood taught me to wake to every static pop and crackle, so six years later here we are. Since then I've experienced middle of the night wakings. Here they are ranked from least- to most-gut-wrenching.

The Hacker

A coughing child waking for water or medicine scares you awake with their violent, uninhibited coughing spurts that may make you pee a little when jolted

awake, but usually you can hear them coming from a mile away and can prepare yourself.

The Swamp Thing

This one usually comes with a warning cry, but there's the terror of walking to the culprit's room to access the damage and find the landing spot of said bodily fluids. All hope is lost if that spot includes a beloved blanket or stuffed animal typically required for sleep.

The Zombie

One night when pregnant with our third child, I woke up in the middle of the night and went to the kitchen for a glass of water. Standing in the kitchen, I saw slight movement from the corner of my eye. Without my glasses I couldn't make out much else besides the pile of blankets in the basket next to our couch. And how the basket had two hands laying on top of it. And how it began to move.



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