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TUNE IN



Catch Austin Family magazine live on "Good Day Austin" every Thursday morning.

2 April 2023

FILM REVIEW

By Jack Kyser

Jack's Favorites

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BRENDA SCHOOLFIELD



FAMILY MATTERS
DR. BETTY RICHARDSON



SMART SCREEN
DR. BENJAMIN KRAMER



FILM REVIEW
JACK KYSER



London is a cover kid winner who loves basketball, Roblox and her two dogs named Paco and Daisy.

Photo taken by Jordan Ashley Photography, Cedar Park.

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EDITOR'S NOTE

JESS ARCHER

Archer is a writer, a mom of two kids and a wife. She is the author of the memoir, "Finding Home with the Beatles, Bob Dylan and Billy Graham."

Like it or not, smartphones have become integral to everyday life. That means that as savvy parents, we must make choices about how and when our kids are given the responsibility of having a smartphone of their own. In our feature article this month, writer Catherine Michalk dives into the topic to help parents make smart choices when it comes to technology and kids.

In addition, this month Alison Bogle offers parents some fun advice for helping kids stay literary over the summer break. Her article suggests various ways to get your kids reading without it feeling like a chore or a school assignment.

Speaking of learning while having fun, our June issue also highlights two great science podcasts for kids in our Media Review column, and our Smart Screens article by Dr. Ben Kramer details several PBS KIDS resources to dive into. Why not cue up some great, family-friendly media for your long road trip this summer?

Our June calendar is packed with so many cool events for families happening in Austin and the surrounding areas. With school out for two and half months, it's time to relax, have fun and enjoy our great city.

See you in the dog days of summer, Austin families!

Austin's
New Go-To
for Children's
Cooking
Classes!

3-hour classes for ages:
3-5 | 6-8 | 9-12 | 13-18

Austin IN ACTION

GO TO AUSTINFAMILY.COM FOR WEEKLY UPDATES OF AUSTIN IN ACTION NEWS

June Fun Facts!

Juneteenth 1866

first official celebration in Texas

Source: www.britannica.com

Flag Day 1777

commemorative date when US approved design for first national flag

Source: www.Britannica.com

40%

of fathers want gift cards for Father's Day

Source: www.nrf.com

Phyllophaga spp.

Official name of "June Bugs" that emerge from the soil on or around June 21.

Source: www.mdc.mo.gov



Five minor league teams will offer a variety of experiences for game attendees, including game day perks and a chance to talk to park rangers about nearby state parks and the outdoor experiences there.

The Corpus Christi Hooks, El Paso Chihuahuas, Frisco RoughRiders and Sugarland Space Cowboys will host park staff to highlight the parks within an hour of the stadiums.

A Texas Double Header

Take me out to the park! Texas State Parks and Minor League Baseball teams around the state are teaming up to bring the ultimate day/night doubleheader opportunity for visitors to spend a day at a state park and a night at the ballpark.

For a list of all dates, along with more information, visit www.tpwmagazine.com/doubleheader



We're Looking for a Few Good Kids ... To Brag On!

If you know a young person deserving of recognition or a youth group working to positively impact our community, let us hear about it. They just might end up in next month's "Austin

in Action" section of Austin Family magazine! Send details and a photo to editor2003@austinfamily.com. Know a good kid doing a good deed in Austin? Let us know at editor2003@austinfamily.com



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Updated Fourth Edition of "Exploring Austin with Kids"

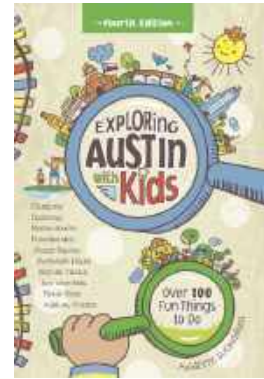
You might think finding a guidebook focusing solely on the best kid-friendly venues in Austin would be easy. But you would be wrong. That's why Annette Lucksinger, former Austin Family Magazine editor wrote her own guidebook, called "Exploring Austin with Kids."

After selling over 10,000 copies since the first edition was published in 2014, an updated fourth edition is now hitting shelves. "Exploring Austin with Kids" was created to give parents –

Austin residents and visitors alike – an insider's perspective on the best places to take the kids. With over 100 places to visit, 25 annual events and dozens of kid-friendly places to eat in this 252-page book, even the most seasoned Austin parents can discover someplace new to explore with their children.

The revised, updated edition – released April 3, 2023 – includes even more places to go, restaurants to visit, and new annual events to attend. QR codes have been added to each entry to make it even easier for readers to access place websites and admission information.

For more information about "Exploring Austin With Kids" and upcoming events, visit the website at www.ExploringAustinWithKids.com.



Read Live School Award



Highland Park Elementary School has been recognized as the first runner up in the national Read Live School competition. Highland Park will receive a \$500 Read Naturally gift certificate for their success.

Read Live is a school-based program that offers engaging stories and clear markers of success that help children gain confidence in their reading ability.

Highland Park Elementary School has been using Read Naturally programs since 2004. The first through fifth graders using the program have made incredible strides, both in school and at home. Some students have improved up to three grade levels.



College Bound Seniors

Breakthrough Central Texas helps students who will become first generation college students. This June, the organization will honor 2023 graduates from Austin and Manor ISD and celebrate with families during two events this weekend at St. Edward's University.

The 2023 graduating class is especially remarkable, not only because they are first-generation students bound for college in the fall, but because

they represent millions of high school students nationwide who endured academic challenges during the pandemic.

Noteworthy Breakthrough statistics:

- 96% of all Breakthrough seniors submitted their FAFSA or TASFA (federal and state financial aid).
- 87% of all Breakthrough seniors completed at least one college application.

- 70% of Breakthrough seniors have been admitted to at least one college, and to date have received 818 unique acceptances.
- On average, 87% of Breakthrough seniors will enroll directly into college.



7 Ways to Get Kids Reading This Summer

THE LEARNING CURVE

ALISON BOGLE

Bogle is a writer living in Austin with her husband and three children. A former fourth grade teacher, she now enjoys writing about children and education. You can also catch her talking about articles from Austin Family magazine each Thursday morning on FOX 7 Austin.

I remember dreaming of summer as a kid – long days with nothing to do, popsicles, dips into cool pools and endless playdates. Never did I picture working math problems, practicing spelling or reading to get ahead! I enjoy hearing my own children wax poetic about the freedom that summer represents, but as a parent and former educator, I am also aware of the dreaded “summer slide,” a term for the loss in knowledge that children experience over the summer due to an extended absence from school.

Luckily, you don’t have to run your own version of school during the summer

to keep your kids from backsliding completely. One of the best and easiest ways to combat summer learning loss is to encourage your child to continue reading during the summer. That might sound a lot like keeping the school experience going, but it doesn’t have to be all work and no play! Rather than requiring your child to read a set number of minutes a day, take a page from many libraries and create your own inspiring summer reading program at home.

1. Choose a theme. Libraries give their summer reading programs a theme for a reason – it’s a great way to build excitement and to get kids interested in reading. Talk to your child about her interests and build your theme around one of those. For example, if your child loves the ocean, a fitting program name would be “Under the Sea.” You can provide a number of books on fish, dolphins and other sea creatures to keep your little oceanographer engaged.

2. Set goals. Let your child and other family members set an individual reading goal – it can be number of pages, number of minutes, number of books or even types of books read. You may have to help your child choose a realistic goal. Having a specific and realistic goal to work towards will increase your child’s likelihood of success. And, even if he falls short, he will likely read more than he would have without a goal.
3. Create a reading log. Make a simple, physical or digital document where each reader can log the minutes, pages or books that he reads. Being able to see the numbers stack up can be very motivating for children. Not feeling creative? You can find lots of free, downloadable reading logs online.
4. Incorporate prizes! Up the fun factor by incorporating prizes for specific points on the path to your child’s overall goal and then one ultimate prize at the end. Prizes can be

things like a trip to the ice cream shop or movie theater or a wished for toy. There is no need to spend money, however. A trip to a new park, a family movie night at home or a sleepover with a friend are all fun rewards that don't come with a price tag.

5. Think outside the book. Many kids who aren't interested in reading find reading on a digital reader, reading app or listening to an audio book to be much more appealing. If you have a reluctant reader, don't scrap a reading plan altogether. Instead, use a digital library to help your child keep reading over the summer.

Austin Public Library offers free library cards for anyone living within Austin city limits or for any student enrolled in any school in Travis County – including private school, charter, and home school students. The library card can be used to access numerous, free virtual library options.

6. Encourage creative reading. How children read at home and during the summer can be so much more flexible than how they need to read at school – typically silently and at their desks. Encourage your child to try out different and unusual reading spots like a tree outside, on a blanket under the kitchen table, or even in the bathtub (without the water – no fines, please!).

Your child might also enjoy reading to a favorite stuffed animal, family pet, younger sibling, grandparent or neighbor. Zoom can allow your child to read to far away family members and bond at the same time. Finally, many children get a kick out of recording themselves reading so they can listen back to the story again later.

7. Involve your child. To build excitement for your summer reading plan, involve your child in

the planning from the beginning. When she contributes her ideas to the plan, she is even more likely to be enthusiastic about participating and you know the prizes she picks will be winners.

The best kind of learning is the kind that doesn't even feel like learning.

When children are excited and engaged, the growth comes naturally. Creating a summer reading program will help your child not only avoid the dreaded summer slide but can help lay the foundation for a love of reading that will carry him into the next school year and beyond.



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When Should You Give Your Child a Smartphone?



CATHERINE MICHALK

Michalk is a native Austinite, writer and mom of three. You can follow her family's adventures at www.catherinemichalk.com

How do smart parents determine the best time to give their child a smartphone? Is the "Wait Until 8th" approach best, or should the decision be based on factors other than age? No matter where you land in the debate, one thing is certain - smartphones are here to stay, and parents need to be informed and intentional about when they give their child a smartphone.

Why Give Your Child A Smartphone

If your child is an eight- to twelve-year-old "tween," your children likely already have friends with smartphones. In a 2021 survey, Common Sense Media reported 43% of tweens and 88% of teens have their own smartphones. These statistics certainly play into the social pressure to give your child a phone, but social pressure does not explain all of it.

When we spoke to parents about why they gave their tweens and teens smartphones, the overwhelming response was to keep track of their location. By middle school, kids are spending more time away from their parents, and Dad

and Mom want to know they are safe. Built-in GPS or apps like Life360 help parents give their kids independence without worrying where they are.

Similarly, parents want their kids to have a way to contact adults in an emergency.

If your 8-year-old bikes to school, what will she do if she gets a flat tire? What if soccer practice is cancelled and your son needs to be picked up early? So much of parenting is giving our kids the tools they need to navigate difficult situations and offering them a safety net when things go awry.

Finally, parents want their kids to learn how to set good boundaries with technology while they are still young. Smartphones are part of everyday life, and kids should learn how to use them wisely, including limiting screentime and setting a budget for in-app purchases. The thinking goes - it is better to teach kids a healthy way to use their phones while parents still have influence and parental controls, rather than set them loose with no restrictions later.

Why Wait To Give Your Child A Smartphone

While there are some clear benefits to giving your child a smartphone, there are also some serious drawbacks. Wait Until 8th is an Austin-based organization that focuses on supporting parents' decision to wait until 8th grade to give kids smartphones. The organization cites cyberbullying, impaired sleep and increased anxiety and depression as just a few of the drawbacks to early cell phone usage in kids. Other effects include addictive brain responses, reduced cognitive capacity and even a premature thinning of the cerebral cortex.

Most of these drawbacks manifest after excessive screentime and social media use. While most smartphone models allow parents to block or limit time on apps and/or shut their phone down at a specific time, tech-savvy kids can find ways around these restrictions.

Many parents also worry that their kids will be exposed to inappropriate or harmful content through their

smartphones. The internet is a big place, and kids can stumble upon pictures, videos or other content they are not mature enough to handle.

The Best Age for A Smartphone

No age can be deemed the “right” age to give kids their first smartphones, but most experts agree that waiting until at least 8th grade, or around 14 years old, is best. The decision should be based on your family’s needs and your child’s maturity. Here are some questions to consider before handing your kids their first smartphone.

- Are they responsible with their things, or do they lose them easily?
- Are they easily distracted by technology?
- Do they struggle with screentime limits?
- Do you often wish you could track their location or be in contact?
- Is there a smartphone alternative, such as a Gabb watch or Light Phone, that would fit your needs?

When you are ready to give your children their first smartphones here are some topics to discuss with them.

- **Parental Controls:** Screentime limits, blocking apps, calls, and texts and reading your children’s text and social media messages are ways you can put safeguards around your children’s smartphone usage. Make sure they know what parental controls you plan to use, and why.
- **Password Sharing:** Your children should share their phone passwords and the passwords to any apps they use.
- **Budget:** If your children play games on their smartphones

discuss a budget for in-app purchases.

- **Social Media:** What does healthy social media use look like? Which apps are acceptable and at what age?

Consider writing a smartphone contract outlining the rules your family has for smartphone usage, and the consequences for breaking those rules. Remind your child that

having a smartphone is not a right, it is a privilege, and they need to use it responsibly.

Finally, remember you are setting an example with the way you use your smartphone. Don’t expect your child to follow a rule like no phones at the table when you are answering an email in the middle of dinner. When you model good behavior, it is easier for your kids to follow suit.

The advertisement features the 'Kid to Kid' logo at the top in a blue, stylized font. Below it is a banner that says 'SUNNY STYLES' in white text on an orange background. The words 'FOR LESS' are written in large, bold, green letters, with a sun icon integrated into the letter 'O'. Below the text, there is a photograph of two young children, a boy and a girl, standing side-by-side. The boy is on the left, wearing blue shorts, and the girl is on the right, wearing a colorful striped swimsuit. At the bottom of the advertisement, there is a dark orange banner with the text '14010 N US-183 STE 420 IN AUSTIN' in white, bold, uppercase letters. Above the children, the text 'PS. WE ARE NOW HIRING!' is written in a green, handwritten-style font.



Does My Family Need a Will?

FAMILY MATTERS

DR. BETTY RICHARDSON

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

Q We have three children, and of course when we die, they will inherit whatever we have left. We don't have a lot of money, property or things to will to anyone, so why would we need wills? What does a will cost?

A The most precious things you have are your children, so it's important to answer the question: What would happen to our children if my wife and I died? Who would care for them? Sometimes family members and friends fight over who will get the children. Sometimes those awarded the children are the last people you would choose. Here are some questions to consider when making a will.

1. What will happen to the children? The number one reason to have wills is to be able to determine who you want to care for the children in case you and your wife are not there to do so. Which of your friends or family would you like to have as the guardians to raise your children? You might consider such things as their parenting styles, financial situation, ability to enjoy and have fun with children and their religious affiliation. You'll need to check with the people you select to see if they are willing to raise your children. Raising someone else's children is a big commitment.
2. Who will be the executor? An executor administers your will when you die. This person pays all debts and sees that your requests are fulfilled. You'll need to pick someone you trust who can handle these financial duties.
3. Do you want to establish a trust for your children? In a trust, your funds are controlled by someone you designate and are given to the children according to your instructions. You might want the funds to be used for certain things such

as college or other career education. You might want the children to be a certain age before receiving funds. You control when and how the children receive their inheritance.

4. What does a will cost and how do we find a lawyer who has reasonable charges? Charges for completing a will vary among lawyers, with some of the cost differences due to the variations in complexity of your situation. You can proceed cautiously by asking friends for recommendations on lawyers they've used. Through a Google search, you can often find lawyers who do free consultations. One source of this information is www.findlaw.com.

You are to be commended for planning ahead to care for your children in case you and your wife aren't here to do so.

VISITAR
www.austinfamily.com
¿Cómo puedo permanecer
cerca de mis nietos?



Be Proactive to Keep Kids Active



Archery at the YMCA's Camp Moody.

For parents, summer often evokes memories of family vacations, days at the pool and playing outside. But for too many kids, video games and on-demand TV shows renders those active days a thing of the past. The greater Austin YMCA has a few suggestions to make the summertime as active and enriching as the school year.

Play Early: Nix the morning TV/video game ritual and plan outdoor activities in the early hours of the day when the sun and heat are less of a factor.

Break at Noon: Plan your lunch breaks close to noon and keep a regular nutrition and hydration schedule. Summer treats like ice cream and popsicles are okay as an occasional indulgence, but make water, fruit and other nourishing natural foods your go-to choice on a daily basis.

Family Hikes: Load up the backpack with snacks and water and explore the Hill Country, parks and watering holes in the surrounding areas such as Krause Springs, Enchanted Rock or the Barton Creek Greenbelt.

Day Camps: Summer is a perfect time to explore new interests and cultivate existing passions. And for working parents, day camp is often a must in coordinating around busy schedules. Fortunately, hundreds of organizations offer camps in every category imaginable.

Neighborhood Fun: Sometimes the best summer days are those spent running amok with neighborhood friends. Having your child check in with you regularly and putting out signs notifying drivers of children in the area will reduce your stress level and ensure a safe-haven for your kids and their friends to play.

Pool Days: Pack plenty of SPF 30+ sunscreen, water and toys for the days at the pool. Safety is a priority when it comes to water, so don't allow your child to swim unless there is a

lifeguard on duty, and always keep an eye on them even when lifeguards are present. For kids still learning to swim, the Austin Y offers lessons for all ages and all skill levels, and financial assistance is available. Details are available at www.GreaterAustinYMCA.org.

As parents, we have to remember that kids follow our example. So it's up to us to model the behavior we want to see. When we do that, our kids will grow up healthy and happy.

The YMCA offers more than 20 day camp options across Travis and Hays counties, including Kinder, Theme, Sports and Adventure camps. All camps offer swimming, field trips, games, crafts and character development activities. Camps are open to kids ages 4-16. Parents can get more details or register their kids by calling (512) 236-YMCA or visiting www.GreaterAustinYMCA.org.

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Summer Fun Guide

TOP 20 Restaurants with Playscapes



RESTAURANT

1 Bouldin Acres

2 The Hive

3 Garbo's Fresh Maine Lobster

4 Hat Creek

5 Easy Tiger

6 Central Market

7 Phil's Icehouse

8 Waterloo Ice House

9 Kerby Lane

10 Mandola's Italian

11 Salt Lick

12 Mesa Rosa

13 Doc's Backyard Grill

14 Rudy's Country Store & BBQ

15 Home Slice Pizza

16 Torchy's Tacos

17 Ski Shores Café

18 Flores Mexican Food

19 Joe's Crab Shack

20 Santa Catarina

AREA

S. Lamar

Menchaca Rd.

N. Mopac

8 area locations

S. Lamar

N. Lamar

Burnet Rd. and S. Lamar

Hwy 360 @ 2222 and Southpark Meadows

Round Rock and Westlake

Arbor Trails and Cedar Park

Round Rock

North Austin and Round Rock

Sunset Valley

Hwy 620

Central

Anderson Mill

Lake Austin

N. Hwy 620 and William Cannon

Round Rock

Cedar Park

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www.eatdrinkdocs.com/

www.rudysbbq.com/location/detail/austin-620-tx

www.homeslicepizza.com/

www.torchystacos.com/location/anderson-mill/

www.skishorescafe.com/

www.floresmexican.com/

www.joescrabshack.com/location/joes-crab-shack-round-rock/

www.santacatarinarestaurant.com/

10 Summer Fun Hits



1

Cinemark \$1.50 Summer Movies

6 Area Locations

PG Movies for \$1.50, plus snack discounts. June 19 to August 10. Check website for movies and times.

www.cinemark.com/series-events-info-pages/summer-movie-clubhouse/

2

ASO Tuneful Tales

Austin Central Library

Free. Children and adults can experience the magic. Youngsters can enjoy making percussion instruments; they can visit the Instrument Zoo where they can see, touch and play the instruments and more.

www.austinsymphony.org/education-community/aso-tuneful-tales/

3

Playland Skate Center

North Austin

Create a memory. Skater tots, skating lessons, birthday parties and skating fun.

www.playlandskatecenter.net

4

Dart em Up

Hwy 183 North

Foam dart battle. Enjoy Glow Fridays, Freak Fridays, Group Wednesdays, Twofer Tuesdays, birthday parties, Nerf Intel, rival blasters and arcade.

www.dartemup.com/

5

Rock About Climbing

Various locations

Beginner, advanced classes and group clinics. Classes at Enchanted Rock, Reimers Ranch, Austin Greenbelt and Mineral Wells State Park locations.

www.rock-about.com/

6

Dreamland

Dripping Springs

This family fun venue offers an array of outdoor sports, games, and entertainment, all designed to bring people together, foster connections, and create lasting memories.

www.dreamland.us

7

Austin Bouldering Project

Austin Bouldering Project

Westgate and Springdale

Climbing at its best. Have fun safe climbing, take lessons, attend a summer camp or plan for a group.

www.austinboulderingproject.com/

8

Gaylord Resort

Grapevine

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www.modules.marriott.com/leisure/dalgt-gaylord-texan-resort-and-convention-center

9

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Bandera

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www.texashorsecamps.com/

10

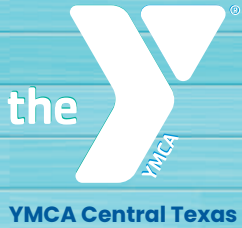
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New Braunfels

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www.schlitterbahn.com/new-braunfels

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CAMP	AGES	WEBSITE	PHONE	LOCATION
DAY CAMPS				
A1 CAMP CREATOR	6-13	www.creatorcamp.org	713-417-9025	N, S
ABP SUMMER CAMPS	5-12	www.austinboulderingproject.com/summer-camp	512-966-4476	E, S
ART CAMPS OF CORDOVAN ART SCHOOL	5-16	www.cordovaartschool.com	512-275-4040	CP, NW SW
AUSTIN CHAMBER MUSIC WORKSHOP	7-Adult	www.austinchambermusic.org/summer/		C
AUSTIN FILM FESTIVAL	9-18	www.austinfilmfestival.com	512-478-4795	C
AUSTIN INTERNATIONAL SCHOOL CAMP	5-12	www.austininternationalschool.org/extracurricular/summer-camp.cfm	512-331-7806	N
AUSTIN YACHT CLUB	5-16	www.austinyachtclub.net	512-266-1336	LT
BADGERDOG CREATIVE WRITING CAMPS	9-18	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
BEE CAVES ART FOUNDATION YOUNG ARTISTS	5-12	www.beecavesartfoundation.org	512-731-5868	BC
BRANDY PERRYMAN SHOOTING CAMP	7-16	www.bperrymanshootingcamp.com	512-799-8591	13 locations
CAMP DOUBLECREEK	4-14	www.campdoublecreek.com	512-255-3661	PF
CAMP ROUND ROCK	4-14	www.ymcactx.org	512-246-9622	RR
CAMP SWITCH WILLO	6-13	www.switchwillo.com	512-920-0554	N
CLUB Z	5-12	www.zsclubhouse.com	512-219-0700	NW, S, SW
CLUB SCIKIDZ	4-15	www.clubscikidz.com	229-444-3231	C
CODE WIZARDSHQ	8-18	www.codewizardshq.com		Virtual
CODING WITH KIDS	5-18	www.codingwithkids.com		S, C, N, CP, RR, L, DP, BC
COUNTRY HOME LEARNING CENTER	5-13	www.countryhomelearningcenter.com	512-288-8220	N, S
DANCE DISCOVERY	3-18	www.dancediscovery.com	512-419-7611	C, RR
FANTASTIC MAGIC CAMP	5-12	www.magiccamp.com	512-988-3045	C
IDEA LAB	5-13	www.austin.idealabkids.com	512-710-9654	C
ILLUME CHOIR	5-18	www.illuminechoirs.org/summer2023/		N
IMAGINE ARTS ACADEMY OF AUSTIN	4-12	www.imagineartsacademy.com	512-892-1143	Multiple
IRON HORSE MOTOCROSS	8-13	www.ironhorsecountry.com	512-917-5733	Bertram, TX
JUMP! GYMNASTICS	3-10	www.jump-austin.com	512-705-9659	S, C
KIDSACTING SUMMER CAMPS	4-18	www.kidsactingstudio.com	512-836-5437	18 Locations
MAD SCIENCE	4-12	www.austin.madscience.org	512-892-1143	Multiple
PARAGON PREP SUMMER CAMP	3yo-8th	www.paragonprep.org	512-459-5040	N
ROCK ABOUT CLIMBING	9-18	www.rock-about.com	512-415-0804	Multiple
SPICEWOOD COUNTRY CAMP	3 ½-10 ½	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11	www.steppingstoneschool.com	512-459-0258	17 locations

LOCATIONS

N, C, S, E, W, NW, SW
for Austin locations
BC = Bee Caves

CP = Cedar Park
G = Georgetown
L = Leander

PF = Pflugerville
RR = Round Rock
WL = Westlake

CAMP	AGES	WEBSITE	PHONE	LOCATION
STEVE AND KATE'S CAMP	4-12	www.steveandkatescamp.com		N, S
SYNERGY DANCE	2 & up	www.synergydance.com	512-327-4130	WL
TEX-ARTS	5-18	www.tex-arts.org		LW
UT RADIO-TELEVISION-FILM MEDIA CAMPS	6-18	www.rtf.utexas.edu/camps	512-471-6617	UT Campus
UTREACH	8-18	www.outreach.utexas.edu/camps	512-471-4992	C
YMCA AUSTIN	4-14	www.austinyymca.org	512-322-9622	Multiple
YMCA CENTRAL TEXAS	4-14	www.ymcactx.org	512-250-9622	RR, CP, G, H

OVERNIGHT CAMPS

CAMP CHAMPIONS	6-17	www.campchampions.com	830-598-2571	Marble Falls, TX
CAMP EAGLE	6-18	www.campeagle.org	830-928-7288	Rocksprings, TX
CAMP HEART O' THE HILLS FOR GIRLS	6-16	www.hohcamp.com	830-238-4650	Hunt, TX
CAMP STEWART FOR BOYS	6-16	www.campstewart.com	830-238-4670	Hunt, TX
NEWK'S OUTBACK ADVENTURE CAMP	8-17	www.newktennis.com	830-625-9105	New Braunfels, TX
SUGAR & SPICE RANCH CAMP	5 & up	www.texashorsecamps.com	830-460-8487	Bandera, TX
YMCA CAMP TWIN LAKES	6-16	www.ymcactx.org	512-250-9622	CP

ARTS

AI CAMP CREATOR	6-13	www.creatorcamp.org	713-417-9025	N, S
ART CAMPS OF CORDOVAN ART SCHOOL	5-16	www.cordovanartschool.com	512-275-4040	CP, NW SW
AUSTIN FILM FESTIVAL	9-18	www.austinfilmfestiival.com	512-478-4795	C
BADGERDOG CREATIVE WRITING CAMPS	9-18	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
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IMAGINE ARTS ACADEMY OF AUSTIN	4-12	www.imagineartsacademy.com	512-892-1143	Multiple
ILLUME CHOIR	5-18	www.illuminechoirs.org/summer2023/		N
KIDSACTING SUMMER CAMPS	4-18	www.kidsactingstudio.com	512-836-5437	18 Locations
SCHOOL OF ROCK MUSIC CAMP	6-18	www.schoolofrock.com	512-246-7625	RR, N, SW
SYNERGY DANCE	2 & up	www.synergydance.com	512-327-4130	WL
TEX-ARTS	5-18	www.tex-arts.org		LW
UT RADIO-TELEVISION-FILM MEDIA CAMPS	6-18	www.rtf.utexas.edu/camps	512-471-6617	UT Campus

SPORTS

ABP SUMMER CAMPS	5-12	www.austinboulderingproject.com/summer-camp	512-966-4476	E, S
AUSTIN YACHT CLUB	5-16	www.austinyachtclub.net	512-266-1336	LT
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CAMP SWITCH WILLO	6-13	www.switchwillo.com	512-920-0554	N
CLUB Z	5-12	www.zsclubhouse.com	512-219-0700	NW, S, SW
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YMCA CENTRAL TEXAS	4-14	www.ymcactx.org	512-250-9622	RR, CP, G, H

ACADEMIC

CLUB SCIKIDZ	4-15	www.clubscikidz.com	229-444-3231	C
COUNTRY HOME LEARNING CENTER	5-13	www.countryhomelearningcenter.com	512-288-8220	N
FANTASTIC MAGIC CAMP	5-12	www.magiccamp.com	512-988-3045	C
IDEA LAB	5-13	www.austin.idealabkids.com	512-710-9654	C
MAD SCIENCE	4-12	www.austin.madscience.org	512-892-1143	Multiple
PARAGON PREP SUMMER CAMP	3yo-8th	www.paragonprep.org	512-459-5040	N
STEPPING STONE SCHOOLS	5-11	www.steppingstoneschool.com	512-459-0258	17 locations
UTREACH	8-18	www.outreach.utexas.edu/camps	512-471-4992	C

TECHNOLOGY

CODE WIZARDSHQ	8-18	www.codewizardshq.com		Virtual
CODING WITH KIDS	5-18	www.codingwithkids.com		S, C, N, CP, RR, L, DP, BC
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SMART SCREEN TIME

DR. BENJAMIN KRAMER

Kramer, PhD, is the director of education for Austin PBS.



Traveling By Air, Land or Sea

One of the most amazing results of the internet age is the ability to deeply investigate people and places around the globe. As you head out this summer, you can involve your children in pre-travel

exploration and planning through kid-friendly travel resources, including some from PBS.

“Let’s Go Luna” is our world culture-themed PBS KIDS show. Luna and her friends (members of a traveling circus) have many episodes of globe-hopping adventures. In each episode, they pick up cultural knowledge of a place, including local customs, language and art. “Let’s Go Luna” can be viewed via www.pbskids.org or the PBS KIDS Video Viewer, and “Luna” games are at www.pbskids.org and on the PBS KIDS Games app.

“Molly of Denali’s” travels tend to focus on the vast terrain of Alaska, and the ongoing activities are rooted in the Athabaskan culture of Molly’s village. By explicitly exploring Athabaskan culture and the Alaskan habitat, the show invites comparisons to the ways that viewers lead their own lives. This can pave the way for an awesome visit to Alaska, but the skills of compare and contrast transfer well to wherever you may go. “Molly” can be found at www.pbskids.org, and the PBS KIDS Video and Games apps.

Finally, though we tend to think of this show for the white-haired among us, consider “Rick Steves’ Europe!” Rick shows us how to pack light, cover ground efficiently and eat great snacks all day long. Your kids may not be ready for extended strolls through museums, but they will probably accept a mid-morning gelato.

This brings me to a final anecdote. Several years ago, an Austin organization was taking a group of elementary-age kids to a San Antonio art museum. The adults were dreading it based upon prior experiences of bored kids and frustrated docents. One group leader introduced the kids to the museum’s website and encouraged small groups of kids to map their own scavenger hunts of the works they most wanted to see. When they arrived on-site, the docents were astounded by the kids’ thorough knowledge of the art and by their ability to navigate the museum. So, if museums are on your itinerary, give your kids some power to choose - both artworks and dessert!

SUMMER OF ADVENTURE

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PBS KIDS

Austin PBS

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Is Your Child Consuming Too Much Sugar?

LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a medical writer and editor who lives in Austin. Sugar, her cocker spaniel, and sometimes a rescue foster dog or two keep her company while she writes.

Many parents don't pay much attention to their child's sugar consumption. Sugary foods and beverages are everywhere in our day-to-day lives. We celebrate academic achievements with a trip to the bakery or reward eating vegetables with a brownie. Birthday celebrations call for cake and ice cream. Yet nutrition experts warn that everyone should limit the amount of sugar in their diet.

Why Should I Care about How Much Sugar My Child Eats?

The Dietary Guidelines for Americans emphasizes the importance of eating

nutrient-dense foods instead of foods with empty calories that don't build health. Here are some reasons:

- **Foods with high amounts of added sugar can crowd out the nutrient-dense food that your growing child needs to build health.** If your child snacks on candy and soda after school, they may not be hungry enough to eat the baked chicken, brown rice and steamed broccoli on their plate at dinner.
- **Foods with added sugars are higher in calories.** It's hard for children to stay within their recommended calorie allowance and eat enough nutrient-dense foods if they often consume sugar-sweetened drinks, candy, cookies and other sweets on a regular basis.
- **Excess calories can lead to obesity.** In the United States about 41% of children and teens are either overweight or obese. Obesity

increases health risks and can lead to the development of type 2 diabetes, high blood pressure and heart disease.

How Much Added Sugar Is Too Much?

Added sugars are those that are added during the manufacturing process or at the table. Don't confuse added sugars with natural sugars. Natural sugars found in unprocessed food, such as lactose in milk or fructose in whole fruit, aren't the problem. Unprocessed foods are nutrient-dense—they contain vitamins, minerals, fiber and other nutrients.

Dietary Guidelines recommend limiting added sugar to no more than 10 percent of the calorie allowance. For a 10-year-old child with a calorie allowance of 1600 calories per day, that's 16 grams or about 4 teaspoons of added sugar per day.

Nutritional Facts Labels show how much added sugar is in the processed food

that you buy. The amount is listed in grams. Divide the number of grams by 4 to estimate how many teaspoons of sugar are in a serving.

How Do I Reduce the Amount of Added Sugar That My Child Consumes?

Don't leave the amount of sugar that your child consumes to chance. Here are some steps to take:

- Know the recommended amount of sugar for your child. Go to www.myplate.gov/myplate-plan to calculate your child's daily calorie allowance. The recommended amount of sugar (in grams) is 10% of that number.
- Limit the amount of soda, sports drinks, fruit drinks and other drinks with added sugar that your child consumes. Sugar-sweetened drinks are the top source of added sugar consumption in the United States.
- Choose whole fruit instead of fruit juice or fruit drinks. Many fruit drinks contain high amounts of added sugars, are high in calories and don't offer the benefit of fiber contained in the whole fruit.
- Limit processed foods, such as packaged snacks and sweetened breakfast cereals, as much as possible.
- Make sure your child gets food from all five food groups: fruits, vegetables, grains, protein foods and dairy. See www.myplate.gov for advice on how to optimize your family's nutrition.
- Involve children in checking labels for added sugars. This will teach them how to make wise food choices.

How Many Teaspoons of Sugar Are in Common Drinks and Snacks?

	Grams of Added Sugars per Serving	Teaspoons of Sugar (approximate)
Coca-Cola (1 can)	39	10
Borden Chocolate Milk (8 ounces)	26	7
Juicy Juice Fruit Punch (8 ounces)	26	7
Oatmeal Creme Pie	12	3
Granola bar (Oats & Honey)	11	3
Corn Pops (1 1/3 cups)	15	4
Nutella spread (2 tablespoons)	21	5
Yoplait Strawberry Go Gurt	18	5

Information taken directly from food packaging.

To figure out how about much sugar a food contains, divide the total grams of sugar listed on the package by 4. 4 grams of sugar = about 1 teaspoon

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June 2023 calendar

Go to www.austinfamily.com for expanded listings.

Check our calendar online which is updated daily. Any family-friendly events can be posted at www.austinfamily.com and will be made live once approved. Certain restrictions apply.

Thu 1

Lunchtime Series. 11:30 a.m. – 1 p.m. Time for our Spring 2023 season of free live lunchtime concerts with jazz, blues, rock n roll, soul, folk and more. Downtown Round Rock, 221 E. Main St. www.roundrocktexas.gov.

Paleontology Lesson with BK Bones:

Meat-Eating Dinosaurs. 3pm. When you hear "meat-eating dinosaurs," you might think of T. rex and Spinosaurus. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

The Little Mermaid. 4:45 p.m. The Little Mermaid comes out of the sea to a screen the size of Texas. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

Round Rock Express vs Sugar Land. 7:05 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. www.milb.com.

Fri 2

KUTX Rock the Park. 6:45 p.m. Mueller, KUTX, and Dell Children's Medical Center are excited to rock the amphitheater Mueller Lake Park, 4550 Mueller Blvd. FREE. www.kutx.org.

CONTINUED: Round Rock Express vs Sugar Land, see Thu 1.

Sat 3

National Trails Day ATV Rides & Scavenger Hunt. 8 – 11 a.m. Join us for a sensory scavenger hunt and ATV trail tours. www.cityofkyle.com.

Round Rock Express vs Sugar Land. 7:05 p.m. Dell Diamond, 3400 E Palm Valley Blvd. www.milb.com.

Sun 4

Juneteenth: Faith and Freedom Screening. 1 p.m. Travel through Texas to discover the true story of Juneteenth. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

Community Hours. 3 – 5 p.m. We open our doors for children and families to explore our exhibits. Admission by donation. Thinkery, 1830 Simond Ave. www.thinkeryaustin.org.

CONTINUED: Round Rock Express vs Sugar Land, see Thu 1.

Mon 5

Joe McDermott concert (all ages). 10 – 10:45 a.m. Kick off the library's summer reading program with a free concert in the library's second-floor Discovery Garden. Round Rock Round Rock Public Library, 216 E Main St. www.roundrocktexas.gov.

Adventure Club. 4 – 5 p.m. Join us for after school activities and exploration with ATLAS Club. Each week you can learn a new skill or explore STEAM activities. Ages 8-12. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Family Craft Time: Plastic Canvas Projects. 6 – 6:45 p.m. Bring your family to a free craft night to work on a plastic canvas project. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Tue 6

Teen Animanga Club. 2 – 3:30 p.m. Watch and read anime and manga with other fans, learn about Japanese culture, and enjoy Japanese snacks. Central Library, 710 W. César Chávez St. Teen Center. FREE. www.library.austintexas.gov.

Kids Club: Summer Picture. 3 – 3:30 p.m. Kids ages 5-8. Join us for an engaging crafting, reading, buildin', or exploring afternoon. Kids Club programs are different each week. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Family Games. 6 – 7:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Wed 7

Austin Symphony Presents Tuneful Tales. 10 a.m. – 12 p.m. Join the Austin Symphony for music and stories. Central Library, 710 W. César Chávez St. Children's Area. FREE. www.library.austintexas.gov.

Introduction to All Together Now. 11 a.m. – 12 p.m. Come get the scoop on this year's summer reading program. Find out about the programs we have lined up and how to track your child's reading time. Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Cowboy Ken. 1 – 2 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Discovery! Watch & Build with LEGO Bricks. 3 – 5 p.m. It's an immersive LEGO-building experience. Come watch a movie while building your own LEGO creations. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Music on Main 7 – 9 p.m. Music on Main returns for the Spring 2023 season, when we'll present a roster of diverse genres of music – rock n roll, Tejano, country, boogie Prete Main St. Plaza, 221 East Main Street. www.roundrocktexas.gov.

Thu 8

Family Event: Fuse Beads. 2 – 2:45 p.m. Come join us for a come-and-go family craft time where participants may choose a fuse bead craft to do. All children must be accompanied by an adult. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Science Thursday. 2 – 3 p.m. Come for an hour of themed STEAM stations or science design challenges the whole family will enjoy. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

Board Game Night (All Ages). 5:30 – 8 p.m. Join us for a fun night of playing board games. Pflugerville Recreation Center, 400 Immanuel Rd. www.parks.pflugervilletx.gov.

Fri 9

Little Messy Art. 10:30 – 11 a.m. Bring your little one to get messy and create art. Each week we will explore new ways to be creative together. Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. www.library.austintexas.gov.

All Together Now: Collective Noun Animal Art. 2 – 3 p.m. A murmuration of starlings...a lounge of lizards...a kaleidoscope of butterflies... Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Showtime in the Park. 5 – 9 p.m. Pease Park will be transformed into a musical wonderland for all ages. Pease Park, 1100 Kingsbury St. FREE. www.peasepark.org.

Sat 10

Sábados en Familia. 10 a.m. – 12 p.m. Sábados en Familia provides free cultural art activities created by the Mexican American Cultural Center. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Craft Together: Father's Day Cards and Mugs. 10:30 a.m. to 1:30 p.m. DIY Father's Day cards and coffee mugs are the best way to ensure his day is totally personalized. Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Program: Texas Juneteenth. 10:30 a.m. – 12:30 p.m. A special discovery program about Juneteenth, including a reading of the Emancipation order that freed Texas slaves and special presentations. Jourdan-Bachman Pioneer Farms, 10621 Pioneer Farms Dr. www.pioneerfarms.org.

Second Saturdays are for Families: Recycled Robots. 11 a.m. to 3 p.m. BEEP! BOOP! MEEEEEEEE! Our beloved robot making workshop is back and better than ever! Laguna Gloria, 3809 West 35th St. FREE. www.thecontemporaryaustin.org.

Japanese Anime Film: Jujutsu Kaisen 0 (PG-13). 2 – 4 p.m. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

Sun 11

Mon 12

Family Craft Time: Wooden Picture Frames. 6 – 6:45 p.m. Bring your family to a free craft night to work on wooden picture frames. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Adventure Club, see Mon 5.

Tue 13

Kids Club: Wish Boxes. 3 – 3:30 p.m. Kids Ages 5-8 Join us for an engaging crafting, reading, building or exploring afternoon. Kids Club programs are different each week. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Family Games. 6 – 7:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Round Rock Express vs El Paso. 7:05 p.m. Dell Diamond, 3400 E Palm Valley Blvd. www.milb.com.

Wed 14

Discovery! Mad Science – Marvels of Motion. 4:30 – 5:30 p.m. In this high energy event, children see Newton's three laws of motion in action. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Music on Main. 7 – 9 p.m. We will present a roster of diverse genres of music, rock n roll, Tejano, country, boogie and more. Prete Main St. Plaza, 221 East Main St. www.roundrocktexas.gov.

CONTINUED: Round Rock Express vs El Paso, see Tue 13; Austin Symphony Presents Tuneful Tales, see Wed 7.

Thu 15

Silly Sparkles Magic Puppet Show. 10:30 a.m. Silly Sparkles and her puppets, Suds the monster and Henri the chicken, are coming to Westbank. The show includes magic, puppets and funny stuff. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Kids Create. 2 – 3 p.m. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

Family Event: Science Guy. 2 – 2:45 p.m. Special guest Daniel G. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Board with Books. 5 – 8 p.m. Explore the Central Library's board game collection at this monthly board game meetup. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

CONTINUED: Round Rock Express vs El Paso, see Tue 13.

Fri 16

CONTINUED: Round Rock Express vs El Paso, see Tue 13.

Sat 17

2023 Juneteenth Celebration. 9:30 a.m. – 9 p.m. Parade at 9:30 a.m. – 12 p.m., Park Festival 12 – 9 p.m. includes live entertainment. Rosewood and Boggy Creek Park, 2300 Rosewood Ave. www.juneteenthcentraltexas.com.

Bastrop Juneteenth Celebration. 10 a.m. – 9 p.m. The Bastrop Juneteenth Celebration committee has been observing the emancipation of African Americans, the contributions and accomplishments. Downtown Bastrop, Main St. FREE. www.bastropjuneteenthcelebration.com.

Tabletop Role Playing for Kids – No Thank You, Evil. 11 a.m. – 12:30 p.m. Use your imagination to create an adventuring character and join others to stop evil. It's like Dungeons and Dragons, but for younger folks. Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Animanga Fest. 12 – 3 p.m. Enjoy a day of celebrating all things anime and manga at this family friendly event. Enjoy Japanese snacks, anime and manga and crafts. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

Juneteenth Festival Round Rock. 4 – 11:30 p.m. There will be food and entertainment for the entire family. Old Settlers Park, 3300 E. Palm Valley Rd. FREE. www.roundrocktexas.gov.

Juneteenth Jubilee. 5 – 9 p.m. In collaboration with the Leander Public Art and Culture Commission, the City of Leander commemorates Juneteenth with a block party at Robin Bledsoe Leander Public Library, 1011 S. Bagdad. www.leandertx.gov.

CONTINUED: Round Rock Express vs El Paso, see Tue 13.

Sun 18

Crafty Café – Beach Zen garden. 2 – 3:30 p.m. Be Crafty for ages 12+. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Round Rock Express vs El Paso, see Tue 13.

Mon 19

CONTINUED: Adventure Club, see Mon 5.

Tue 20

Kids Create. 2 – 3 p.m. Enjoy a story and create a work of art based on the book. Recommended for ages five and up. Yarbrough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Literature Live! Presents Jack and the Beanstalk. 2 – 3 p.m. Willie Mae Kirk Branch, 3101 Oak Springs Dr. FREE. www.library.austintexas.gov.

Crafty Kids. 4 p.m. Library-led crafting fun. Ages 5–10 Kyle Library, 550 Scott St. www.cityofkyle.com.

Family Games. 6 – 7:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Round Rock Express vs Sacramento. 7:05 p.m. Dell Diamond, 3400 E Palm Valley Blvd. www.milb.com.

Wed 21


Cinemark Summer Movie Classics. 9:30 a.m. Bring the kids and enjoy exciting big-screen entertainment. Cinemark Austin, Cedar Park, Bee Cave, Pflugerville and Round Rock, Various locations and times, check website. \$1.50 each. www.cinemark.com.

Visit with a Beekeeper. 11 a.m. – 12 p.m. Learn about the world of bees, how they're important, what it takes to raise them and how we can all help care for them. Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Daniel G. Benes Science Shows. 11 a.m. – 12 p.m. Inspirational and Educational! Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Discovery! "A Day in Africa" with Elizabeth Kahura. 4:30 p.m. Come see storyteller, performer, singer, and educator Elizabeth Kahura, founder of the African Safari program, as she presents an educational

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and informative program that brings out the feeling of Africa. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

CONTINUED: Round Rock Express vs Sacramento, see Tue 20; Austin Symphony Presents Tuneful Tales, see Wed 7; Music on Main (Spring 2023) see Wed 14.

Thu 22

Family Event: Summer Scavenger Hunt.

2 - 2:45 p.m. Join us for a come-and-go family quest inside the library. Can you find all the summer items on our list? If so, you might earn some library swag. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Elgin Western Days. 6 - 10 p.m. Complete with carnival, concert, parade, vendors, and more family fun. Downtown Elgin, Main St. www.elgintxchamber.com.

CONTINUED: Round Rock Express vs Sacramento, see Tue 20; Science Thursday, see Thur 8.

Fri 23

CONTINUED: Round Rock Express vs Sacramento, see Tue 20; Elgin Western Days, see Thu 22.

Sat 24

Joe McDermott. 10:30 - 11:30 a.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

Musician Will Parker. 10:30 a.m. Join us in Westbank Library's backyard for a whimsical and interactive musical performance by Will Parker. For ages 1-100. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Board Game Fun. 1 - 4 p.m. Try one from our board game collection or bring your own. Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Old Bakery & Emporium - MidSummer Festival. 1 - 4 p.m. Honoring the Old Bakery & Emporium's Swedish American heritage. Old Bakery and Emporium, FREE. www.austintexas.gov.

The American Cowboy. 2 - 3 p.m. All Ages: Cowboy Ken brings to life the American cowboy era from 1865-1890. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Round Rock Express vs Sacramento, see Tue 20; Elgin Western Days, see Thu 22

Sun 25

CONTINUED: Round Rock Express vs Sacramento, see Tues 20.

Mon 26

Board Game Night. 5 - 8 p.m. Come enjoy some board games at the library. We have an assortment of games to play or you can bring your own. Cepeda Branch, 651 N Pleasant Valley Rd. FREE. www.library.austintexas.gov.

Family Craft Time: Paper Bag Puppets.

6 - 6:45 p.m. Bring your family to a free craft night and make paper bag puppets. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Adventure Club, see Mon 5.

Tue 27

Family Games. 6 - 7:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

Wed 28

2023 Summer Health, Safety & Lifestyle Expo.

8 a.m. - 1 p.m. This event is designed to be interactive, fun and educational. Palmer Events Center, 900 Barton Springs Rd. FREE. www.austintexas.gov.

Austin Reptile Shows. 11 a.m. - 12 p.m. Our educational shows are based on TEKS aligned content so you can be sure that your kids are learning valuable lessons. Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Mad Science. 4:30 - 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

CONTINUED: Cinemark Summer Movie Classics, see Wed 21; Austin Symphony Presents Tuneful Tales, see Wed 7; Music on Main see Wed 14.

Thu 29

Musician Staci Gray. 10:30 a.m. Musician Staci Gray Join us for a "Big Bubble Be Bop" concert with local musician Staci Gray. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Bonzo Crunch Vaudeville Style Show. 2 - 2:45 p.m. Special guest Bonzo Crunch will bring us his Vaudeville style comic, music, magic and juggling show. This event requires registration. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Movies in the Park. 7 p.m. Residents and visitors, bring your blanket or lawn chairs for a fun and relaxing evening under the beautiful Austin night sky. Govalle Neighborhood Park, 5200 Bolm Rd. FREE. www.austinparks.org.

Fri 30

Music in the Park. 7:30 - 9:30 p.m. Every summer, spend your Friday nights with us in Pfluger Park. Pfluger Park, 515 City Park Road. www.parks.pflugervilletx.gov

MediaReview

TRACIE SEED

Seed is a native Texan whose favorite things are the color red, Snoopy and peanut butter (in no particular order). When she isn't spending time with her family or snuggling with one of her three fur-babies, you can find her painting, drawing or writing to her heart's content.

Curiouser and Curiouser- Two Science Podcasts for Kids

Kids are innately curious. Have you ever counted how often your child asks, "Why?" Try it if you dare. Research shows that children ask approximately 100-200 questions daily. Explore these kids' science-focused podcasts to keep your head from spinning and find some answers. Your child will love them and so will you.



"WOW in the World" is a quirky comedy skit and story time with fun-loving hosts Mindy Thomas and Guy Raz. While there is no age limit on curiosity, the silly antics, wacky characters and goofy delivery create an energized experience for kids ages three

to nine. The cast of characters, including a pigeon named Reggie, sneak in learning between theatrical banter, silly sound effects and engaging music. This kooky podcast has a weekly segment called the WOW of the Week to encourage young listeners to stretch their curious minds. The hosts share voice recordings from young listeners explaining their own fantastical scientific facts. To learn about the genetic makeup of jellyfish, what happened to dinosaurs and why bees barf, this is a must-have on your playlist.



A podcast for kids & curious adults

For a laugh, smile and hearty side of science, check out "Brains On!," a podcast for listeners ages five to twelve. Weekly, a kid co-host joins Molly Bloom to explore listeners' curious questions. Its quick-pace, quick-witted delivery is portioned in short, digestible segments keeping kids on their toes and engaged. Using humor, funny voices, sketches

and silly sounds, "Brains On!" encompasses kids' favorite way to learn — by having a laugh. Each episode features The Mystery Sound when fans submit a noise for kids to guess, but the answer isn't revealed until the episode's end. This is just one feature that encourages kids to participate by using their creativity, curiosity and reasoning skills. Do you want to learn why a dog wags its tail or why we don't retain memories from infancy? Why do songs get stuck in your head or how far can a cloud travel? Push play on this podcast and turn, well, your kids' brains on.



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