

July 2023

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Summer Fun Guide

Mosquito Prevention: What Actually Works?

6 Ways To Learn Through Crafting



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TUNE IN



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

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ALISON BOGLE



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BRENDA SCHOOLFIELD



FAMILY MATTERS
DR. BETTY RICHARDSON



SMART SCREEN
DR. BENJAMIN KRAMER



Ashlyn, 6, is excited about horse camp this summer, and her sister Blakely, 4, is looking forward to swimming all summer.

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."

Eighty-five percent of Americans say they will travel by plane or car for vacation this summer, according to a survey by The Vacationer. With the pandemic officially over, families around the country want to flex their wings and have an adventure. If you're needing some advice for how to plan a vacation on a budget, look no further. Our feature article this month by Kimberly Blaker has some great tips for being cost-conscious about planning a family trip. Check out her article for several ways you can use travel websites to really maximize your vacation while minimizing expenses.

Tired of swatting at mosquitos in your backyard? Our Lifelines writer,

Brenda Schoolfield has some new tips for eliminating mosquitos from your property by interrupting their breeding cycle. Too hot to be outside anyway? Our education writer, Alison Bogle has some fun ideas for helping kids learn through crafting.

Speaking of too hot, check out Tracie Seed's write-up this month on three brand new ice cream shops in Austin. When the temps are up, it's the perfect excuse to let your sweet tooth get the better of you.

Stay hydrated, go slow and have a safe and restful summer, Austin!

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Austin IN ACTION

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July By The Numbers

120°

Temperature of the hottest day in Texas History, in Monahans on June 28, 1994.

Source: www.mrt.com/news

260.7 million

Pounds of fireworks bought in the USA on the 4th of July.

Source: www.usatoday.com

25.6 million

Number of golfers in the US.

Source: www.statista.com/topics/1672/golf/

Bank of America Student Leaders

Bank of America announced that four students from the Austin area have been selected for its Student Leaders program, an eight-week, paid summer internship providing students with first-hand experience in serving their communities. As part of the program, the Austin students will develop leadership and practical workforce skills while working with local nonprofits, including Communities in Schools, all while earning compensation from Bank of America.

The Austin students selected for the program are: Sara Childs, a recent

graduate of Crockett Early College High School. Sujana Ganganamni, an incoming senior at McNeil High School. Srikar Kichili, a recent graduate of Rouse High School and Vedant Sangani, an incoming senior at the Liberal Arts and Science Academy (LASA).

Later this summer, these student leaders and others from across the country will travel to Washington D.C. for a week long, all-expenses-paid, national leadership summit focused on the power of cross-sector collaboration and community advocacy.

BANK OF AMERICA 

Upcycling for Austin Classrooms



Photo credit: Impact Austin, 2023

Austin Creative Reuse (ACR), a local non-profit organization, received an education program grant from Impact Austin at its annual meeting in June. The award will fund the ACR Materials Mobile, a mobile pop-up where busy educators can “shop” for high quality, new and gently used classroom supplies right on their campuses. The first project of its kind in Central Texas, the Materials Mobile will provide the materials educators need, exactly when they need them, at little to no cost, all while keeping tens of thousands of pounds of usable school supplies out of the landfill.

Together, ACR and Impact Austin are disrupting the cycle of under-resourced classrooms and financially overburdened educators and families, ensuring all students have access to the materials they need to be successful. The Materials Mobile will make its first visits prior to the start of the 2023-24 school year this August.

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Doing Good in Austin Neighborhoods

For five years, Girl Scout troop 42435 has been learning, growing and challenging each other. Now they've taken on a new service project that helps Austin's homeless community. In May, the girls worked with Mobile Loaves and Fishes to bring food to homeless individuals in southwest Austin and on the outskirts of the downtown area. The girls prepped the food, loaded it all in the Mobile truck and served it together. The group said it was a meaningful experience that they plan to repeat. For more information on serving with Mobile Loaves and Fishes, go to: www.mlf.org



Girl Scout troop 42435 teams up with Mobile Loaves and Fishes

Round Rock Pop-Up Library

Dive into a good book this summer. The Round Rock ISD Pop-Up Library will visit local parks and other locations throughout the district and distribute books to community members.

At Pop-Up Library locations, all levels of readers have access to a wide variety of books to take home and enjoy. Readers can keep, return or exchange books during any Pop-Up Library location visit.

Since its inception in 2017, the Round Rock ISD Pop-Up Libraries have doubled attendance and put thousands of books directly into the hands of community members. The Summer Pop-Up Library is a Round Rock ISD Library Services program. For more information go to: www.news.roundrockisd.org



Postpartum Care

With high rates of postpartum depression and anxiety in the United States, Austin Infant Care is on a mission to support all families and make it accessible.

They offer daytime, overnight and travel care along with breastfeeding support to parents of newborns.

Austin Infant Care focuses solely on bridging the gap between maternity care and traditional nanny agencies with relationship-building support for postpartum moms and their newborns.

They offer a sliding scale to accommodate marginalized parents and have also donated care certificates to their local community and the Lakeway Education Foundation fundraiser. For more information go to: www.austininfantcare.com



The Serving Center assists 1,200 households every month

Round Rock Area Serving Center

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The Round Rock Area Serving Center, a Texas non-profit corporation, also known as the Serving Center, carries out a community-wide mission of churches, other organizations and individuals serving human needs in the City of Round Rock and surrounding areas.

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QR Scan to see "the funnest thing in the history of funnest things!"



5 Tips For Traveling on a Budget This Summer

KIMBERLY BLAKER

Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books.

Traveling is a great way to enjoy new experiences, learn about the world, bond with your family and take a break from the monotony of long summer days. Since the cost of travel can be prohibitive, many families don't get away as frequently as they'd like or miss out on places they've dreamed of visiting. Fortunately, there are lots of ways to travel and explore the world without breaking the bank.

Compare Cost

With so many airlines, hotels and tours to choose from, planning a trip can be overwhelming. Thankfully, many websites simplify this by allowing you to enter your travel dates and preferences to compare prices and features from different companies. These websites are particularly helpful for comparing costs on a single website and keeping track of your findings. Many travel comparison sites also show ratings, so you don't waste your money on a seemingly good deal that turns

out to be a bad deal. Different travel comparison sites focus on particular aspects of traveling. Some of the most popular include www.booking.com, www.priceline.com, www.expedia.com, www.kayak.com and www.trivago.com

Search Smart

When searching online for travel deals, there are a few tricks to know. Many websites use cookies and can see when you've been searching for specific hotels or flights. There is some evidence, according to William McGee, aviation advisor for Consumer Reports, that pricing may be based in part on your search history. An easy fix is to clear the cookies in your browser before visiting the same travel website again, so the site cannot track you following specific companies, destinations or deals.

There are also many theories about the best time to book your flight, with the most common being on

a Tuesday afternoon, six weeks before your trip. While this exact date is subject to debate, it does seem that airline fare sales tend to start on Tuesdays. Your best bet is to start checking fares early and pay attention to any patterns. Some airlines also have better deals if you book at least two weeks before your trip.

Road trip!

If you're traveling as a family, the cost of airline tickets for everyone adds up quickly. Depending on how far you plan to travel, a road trip might be a good option. Your journey can become part of your vacation. Gas for one car, which can hold everyone, will likely cost much less than airline tickets for multiple people. It can also be better for the planet. If you're feeling extra adventurous, rent an RV to save on both your travel and lodging costs (but do the math for the added fuel costs). You can typically find RV parks along any route for much

lower prices than staying in a hotel. It can also be a fun bonding experience for your family or group to travel this way.

Discounts and Deals

Websites like www.groupon.com and www.livingsocial.com offer significant discounts on specific travel deals. Because they only offer deals to particular places within a range of dates, this is a good option if you want to travel but you're flexible about destination and dates. Depending on your age and interests, some companies host trips and tours with lodging, attractions and travel costs included. Traveling with a tour group can result in deeper discounts than traveling alone. Topdeck and Contiki are popular group tour hosts that cater mainly to young adults and offer specific budget travel options. For all ages, Flash Pack and Austin Adventures are excellent choices.

Companies such as Costco or AAA also offer travel packages at discounted prices. By signing up for a free membership on certain websites, such as www.hotels.com you can earn free nights and get exclusive discounts on hotels.

Another way to reduce your travel cost is to save up money with a travel rewards credit card that caters to your vacation interests. Many airlines offer credit cards on which you can earn miles to redeem for future travel. Some specific travel destinations, like Disney World, also have credit cards you can use to earn rewards toward future vacation costs. Capital One and many other credit card companies also offer similar travel reward credit cards that provide greater travel flexibility.

Travel locally

It's easy to overlook sight-seeing activities and destination hot spots that are close to home. If you have the travel bug but lack the time or money for a big trip, do some research to see what opportunities

and adventures you can find nearby for a weekend or day trip. This can save you a lot of money on travel and lodging expenses. Plus, it's easier to pack food for a short journey, which can also save you money instead of eating out. You might be surprised at what exciting new things you've been missing locally or nearby.

Realize that with a little creativity and effort, traveling doesn't need to be out of reach just because of a small budget. If you plan ahead and travel smart, you can find lots of opportunities to explore the world around you.

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6 Ways to Learn Through Crafting

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.

As we hit the dog days of summer, our family ends up spending a lot more time inside, trying to escape the heat. It's very easy for screen time to creep up when we're home so much, so to counteract the screen sirens, I often set out big bins of crafting supplies for when boredom hits. My kids enjoy crafting – both from kits and from their own imaginations – but what they don't realize is that they're also strengthening important skills and learning at the same time. Learning in the summer is a win-win in any parent's book!

How kids learn through crafting:

1. Fine motor skills. Fine motor skills are the ability to make small movements using the muscles in your hands and wrists. Good fine motor skills are imperative in school as those small muscles allow kids to have legible handwriting, use scissors properly, perform as expected in art and more. They also help our kids with important life skills like tying shoes, brushing teeth, buttoning clothing and using utensils to eat.

Kids need to do lots of activities to strengthen those small muscles in their hands and wrists and crafting provides ample opportunities to improve fine motor skills under the guise of fun. Painting, coloring, cutting, squishing playdough, picking up small objects and squeezing a glue bottle are just some examples of crafting that involve fine motor skills.

- 2. Math.** Art might seem like the opposite of math, but in fact, many math concepts come into play when crafting. Sorting and counting art supplies by color or type, creating patterns in artwork, working with different geometric shapes, and measuring lengths and sizes of materials are just some of the ways math gets used when crafting.
- 3. Creativity.** In today's scheduled world, kids rarely get the chance to let loose and dream. Crafting allows them to bring to life whatever they see in their imaginations. And, just like any other skill, practice makes better. The more your child taps into his or her imagination, the easier it becomes to do so. Fluid, creative thinking is great for problem-solving, which is a skill that translates extremely well to the real world.

4. Soft skills. Soft skills involve things like communication, collaboration, problem-solving and resilience. Crafting is a great small group activity – playdates with friends or siblings count! I love seeing my kids team up to make an art project together or even helping each other with tips and ideas. Working with the same materials requires kids to practice communication, sharing, collaboration and more. Teachers will thank you for helping your child to develop his or her soft skills as they make the classroom run more smoothly.

5. Self-regulation. Self-regulation is the act of understanding and managing your own behavior and reactions. Being able to understand and regulate behavior allows your child to control impulses, sit attentively in class, behave in prosocial ways with friends and others and manage emotions. Crafting and creating art can put the maker into a state of calm, much like meditation, allowing the body and mind to relax. When that happens, through repetition, the brain can create neural pathways allowing for quicker achievement of this state of calm.

Also, taking the time to slow down and disconnect from screens and the fast pace of life allows kids to tune into their inner thoughts and feelings. Crafting and art offer a fabulous way to explore and express those feelings, which is another way to help self-regulate and self-soothe.

6. Focus and concentration. Completing a craft project from start to finish requires focus and concentration. Kids have to tune out distractions so they can pay attention to cutting, selecting beads or whatever action is necessary for their task. Being able to focus is a skill that takes

practice, and crafting provides a fun opportunity to work on that skill. If your child selects a craft with specific instructions, he or she will need to pay attention and work methodically to complete the craft correctly. Being able to focus and concentrate are skills that will pay off for your child in

the classroom, in extracurriculars and in life in general.

This summer when the kids are turning into screen zombies and you all need a little Zen break, give crafting a try. Your kids will have fun and (sneakily) strengthen a number of important skills.



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PROGRAM LOCATIONS

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Georgetown ISD	Liberty Hill ISD	La Vega ISD
Hutto ISD	Burnet ISD	Waco ISD

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ymcactx.org

FAMILY MATTERS

DR. BETTY RICHARDSON

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



Is it Bad to Swear in Front of Kids?

Q My husband swears in front of our children. He doesn't swear at our kids directly, but I'm still concerned. We have two boys, age, nine and eleven, and they've both gotten in trouble at school for using bad language during recess.

A Some sources say hearing swear words is not harmful and helps children learn the nuances of society; however, as you've experienced, children who hear swear words are likely to repeat them in inappropriate places. This can have many consequences at school and in social groups. For instance, most parents don't want their children to play with kids who use swear words.

Your husband needs to make an effort to stop swearing around your children.

Here are some ideas to help:

1. Have a swear jar. When a family member says a swear word, he must put a certain amount of money in the jar. Let your children be the ones who remind you and your husband about expectations. Save up the money for a fun family outing.
2. Find other words to replace swearing. Look for words that might be on standardized tests. Enrich your family's vocabulary instead of limiting it. Make a list of funny, alternative phrases for your family to use when you're feeling frustrated and want to swear.
3. Get your husband to agree and post a sign in your home that says, "No swearing allowed."
4. Challenge your husband to see how many days he can refrain from swearing.
5. Model new ways to deal with frustrations and stress. As a family, practice various techniques for pausing, breathing and restarting a sentence with better word choices.
6. Praise kids for managing their emotions and using appropriate language.

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



Best FREE Fun Options in July

Summer Fun Guide

ASO Tuneful Tales

Various library locations

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

Children and adults can experience the magic of the performing arts. Kids can see, touch and play the instruments and talk to musicians.

Austin Public Library

21 area locations

www.library.austintexas.gov/events

Movies, crafts, festivals, board games and more are offered at various times and locations. The library is a way to escape the summer heat.

Bats in Round Rock

IH 35@ McNeil Rd.

www.batsinroundrock.com/

Bats take to the air at dusk for their nightly feeding and aerial show. Nearly half a million bats in Round Rock eat 20-30 thousand lbs. of insects every night. Watch the bats from the NAPA store parking lot.

Bats Under the Bridge

Downtown

www.tpwa.texas.gov/huntwild/wild/species/bats/bat-watching-sites/congress-avenue-bridge.phtml

Congress Avenue Bridge hosts the largest colony of bats in the world. The hillside below the bridge is a little more kid-friendly observation point. Take a picnic, a hat and enjoy.

Champions Park

Brushy Creek Rd.

Cedar Park

www.wilco.org/Departments/Parks/County-Parks-Trails/Champion-Park

Along Brushy Creek, there are trails, picnic tables, children's play area with castings of dinosaur bones to discover, a playscape, swings and specially designed boulders for climbing.

Splash Into the Edwards Aquifer Exhibit

Barton Springs

www.austintexas.gov/page/beverly-s-sheffield-education-center-exhibits

The family can enjoy the simulated cave and experience the mysteries of Barton Springs and the Edwards Aquifer.

Texas Military Forces Museum

35th St. @ MoPac

www.texasmilitaryforcesmuseum.org/

"Hands on History" in July. Want to sit in a tank or a jet fighter? Hold a bazooka, musket or machine gun? Kids can enjoy it, plus there is a nature trail and pond where you can fish for a small fee.

Texas State Capitol Tour

Downtown

www.tspb.texas.gov/prop/tc/tc/capitol.html

Explore the history, architecture, hidden spaces and more at one of the most distinguished state capitols.

Veloway

Circle C

www.austintexas.gov/department/veloway

This 3.2 mile paved recreational bicycle and inline skate trail meanders through the park and is safe for all levels.

Zilker Hillside Theatre

Zilker Park

www.austintexas.gov/department/zilker-hillside-theater

Matilda, the Musical Fridays 8 p.m. The story of an extraordinary girl who dares to take a stand and change her own destiny. Bring your blanket and enjoy the show.

FAMILY



- Birthday Party – **Urban Air**
- Children’s Hospital – **Dell Children’s Medical Center**
- Birthing Center – **Austin Area Birthing Center**
- Drop In Child Care – **Ashley’s Playhouse**
- Family and Child Classes – **Mi Casa Es Tu Casa**
- Indoor Play – **Indigo Play**
- Ice Cream – **Amy’s**
- Children’s Theater – **Zach Theatre**
- Festival – **Austin Kiddie Limits**
- Kids Consignment – **Kid to Kid Lakeline**
- Kids Barber/Stylist – **Pigtails & Crewcuts – Cedar Park**
- Kids Entertainer – **K8 and the Krushers**
- Kid-Friendly Restaurant – **Mandola’s**
- Kid Store – **Terra Toys**
- Library – **Austin Public Library Central Location**
- Makerspace – **Tinkering School**
- Place to Listen to Live Music – **Central Market – N. Lamar**
- Skating Rink – **Playland Skate Center**
- Water Park – **Typhoon Texas**

CAMPS



- Adventure – **Earth Native Mission Wild**
- Day Camp – **Camp Doublecreek**
- Sports Camp – **YMCA Central Texas**
- Spring Break – **Creative Action**
- Winter Break – **YMCA – Austin**
- Education – **Berkley2 Academy**
- Overall Fun – **Jump Gymnastics!**
- Overnight – **Camp Champions**
- STEM – **The Thinkery**
- Music – **Orpheus Music Academy**



Win



anners

PLACE TO LEARN



Acting – **KidsActing**

Art – **Cordova Art**

Baseball – **South Austin Baseball**

Basketball – **Brandy Perryman Basketball**

Boating/Sailing – **Austin Yacht Club**

Ceramics – **Café Monet**

Cheerleading – **Tumble Tech**

Computers – **iCode**

Cooking – **Sticky Fingers**

Dance – **Dance Discovery**

Equestrian – **Switch Willo**

Foreign Language – **Mariposa Spanish School for Kids**

Golf – **First Tee**

Gymnastics – **Capital Gymnastics**

Martial Arts – **Master Gohring Kung Fu and Tai Chi**

Music/ Instrument – **Songbird Rising Suzuki School**

Music/Vocal – **Armstrong Community Music School**

Nature – **Natureversity**

Climbing – **Austin Bouldering Project**

Soccer – **SoccerShots**

Swim – **Nitro Swim**

EDUCATION



Charter School – **NYOS**

Child Care – **Stepping Stone Schools**

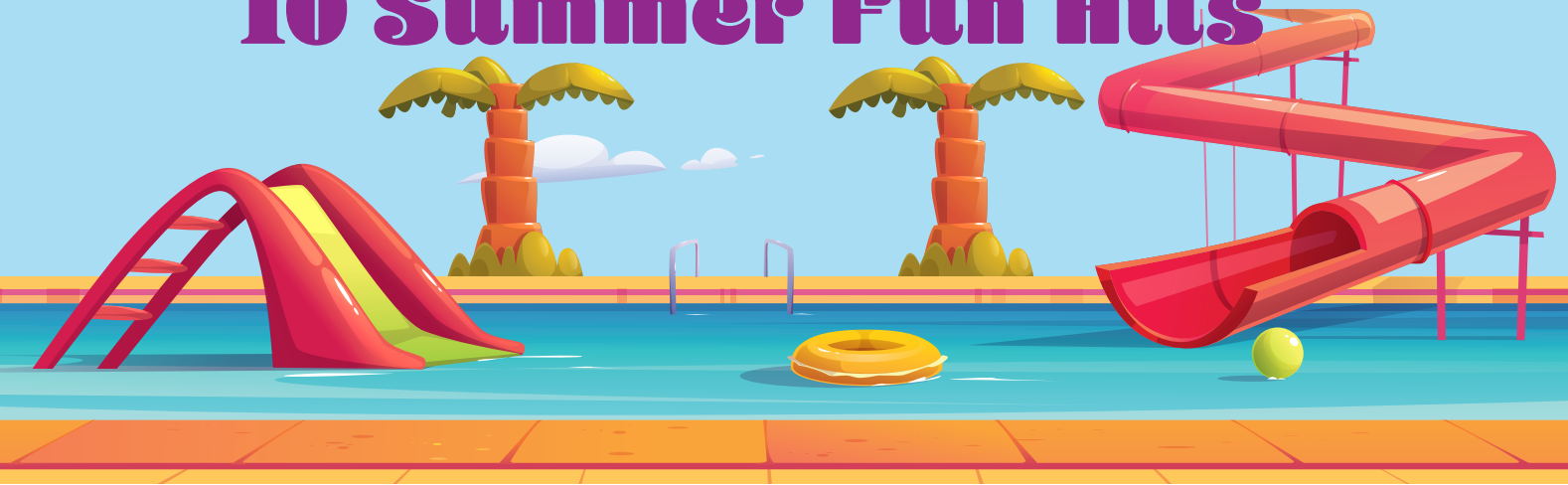
Montessori – **Austin Children's Academy**

Private – **Brentwood Christian School**

Public – **Brentwood Elementary**

Tutor – **Austin Learning Center**

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

Jellystone Park™ Guadalupe River

Kerrville

Enjoy water sports, scavenger hunts, mini golf, arts and crafts, sports, pedal cards, “hey hey” rides, jumping pillows and more.

www.jellystoneguadalupe.com

7

Austin Bouldering Project

Westgate, Springdale

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

Sugar and Spice Ranch

Bandera

This Texas Hill Country guest ranch is a great way to learn about horseback riding and how to care for a horse, whether visitors are here for our summer camps, getaway weekends or a customized retreat.

www.texas-horse-camps.com/

9

Gaylord Resort

Grapevine

From the ten-acre Paradise Springs Water Park, to an exciting lineup of family-friendly activities and entertainment, there's something for the entire family to enjoy. Guests can explore the four-and-a-half acres of airy, indoor garden atriums and four award-winning restaurants.

<https://modules.marriott.com/leisure/dalgt-gaylord-texan-resort-and-convention-center>

10

Jellystone Park™ Hill Country

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www.jellystonehillcountry.com



Dairy-Free Delights! 3 New Ice Cream Shops in Austin

When July's temperatures soar, one thing Austin families scream for is a cool dip of ice cream. Here are three new ice cream parlors in Austin that cater to a non-dairy palette.

Luv Fats

Luv Fats Ice Cream, Walk-up window only

7135 N. Lamar Blvd Austin, TX 78752
512-968-377
www.luvfatsicecream.com

This small batch of avocado, coconut cream and coconut milk-based ice cream is preservative-free and made with organic cane sugar, Colombian chocolate, Kenyan coffee, fresh herbs and produce. Bonus: Luv Fats has convenient parking. Pints are also available if you fall in "luv" with your scoop. Luv's flavors include Ube Black Sesame, Sourdough Toast and Peach Jam, Chocolate Chai and Caramel Rosemary. Some kid-friendly offerings are Yellow Watermelon Sorbet, Banana Pudding and Birthday Cake. Top your treat with basics like chocolate chips and Oreos® or consider glowing-up with caramelized pecan dust, Biscoff® crumbs, or the extremely popular decadent house-made fluff that is torched to perfection. This hint of fireside nostalgia creates the ultimate ice cream dream.



Handel's "Cookie Monster" ice cream dish.

Handel's Homemade Ice Cream

11521 N FM 620, #1500 Austin, TX 78726
512-777-4090
www.handelsicecream.com

Opening in 2023, Handel's Homemade Ice Cream is a traditional shop boasting more than 45 flavors ranging from classics to tastebud-tempting twists crafted daily on-site. The most eye-catching flavor is a twist on cookies-n-creme called Blue Monster, a beloved Cookie Monster blue-hued vanilla ice cream with

Oreo® cookies and Nestle® Chocolate Chip Cookies. There are a handful of vegan, sherbet and sorbet flavors like Coconut Milk, Mango and Pomegranate. Try their 4 Scoop Sampler, a large shareable size of four flavors that perfectly exemplifies one of their taglines: "We Never Skimp." The best part? In addition to a few indoor seats, a couple of outdoor picnic tables and lots of parking, there is a tot-sized playground out front, a perfect spot for little ones to enjoy summer's ultimate comfort food.

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.



Jeni's Splendid Ice Creams

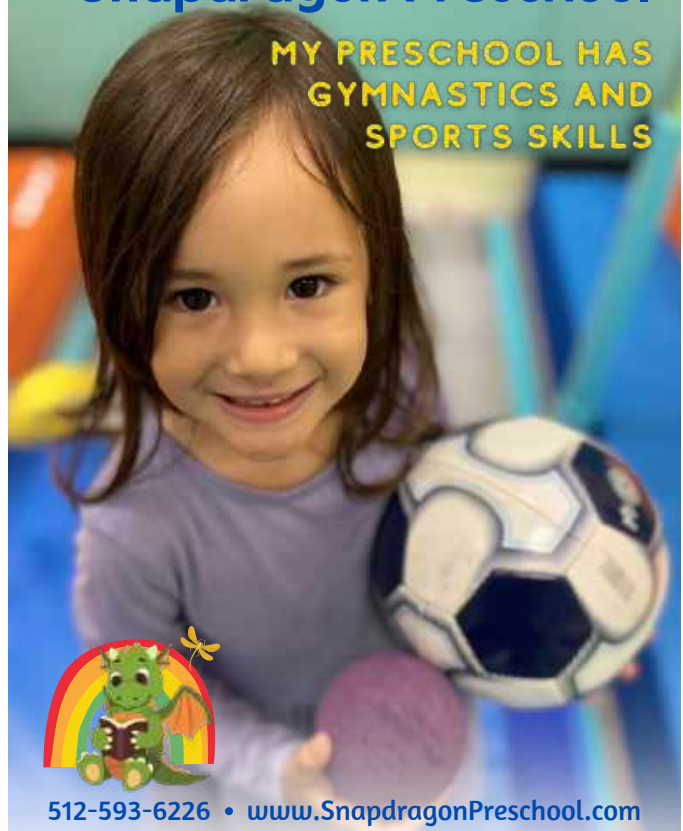
4616 Triangle Ave., Suite 200 Austin, TX 78751
512-823-0229
www.jenis.com

In December 2021, Jeni's Splendid Ice Creams opened its third shop, with easy access to parking garages and plenty of two-hour parking spots. This is an excellent location for families wanting to experiment with creative flavors. Jeni's Honey Vanilla Bean,

made with fair-trade ingredients, grass-fed milk and a touch of honey, is a step up from its classic cousin. The ice cream's texture is likened to buttercream – thick, luscious and smooth. Jeni's includes non-dairy and vegan options, with delectable flavors such as Maple Soaked Pancakes, Wildberry Lavender, Texas Sheet Cake and Cognac with Gingerbread. Even after testing several of these heat-numbing treats, your family might be stuck making one of the most challenging decisions of the summer – what flavor to scoop. If you are in this chilly predicament, don't hesitate to order a generously shareable 10-scoop flight. Just be sure to grab enough spoons!

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SMART SCREEN TIME

DR. BENJAMIN KRAMER

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



Same Story 3 Different Ways

I've recently been corrected about a long-time impression that I've held. Between you and me, I don't always receive correction gracefully, but in this instance, it opened up

possibilities for thinking about how media and literature can come together for the good of kids.

I've never been a big fan of books that replicate what happens in a television show or movie. To me, these books seem both uncreative and unnecessary - why have a book tell the same story that a show did perfectly well?

That's where Dr. Sebastian Wren, Senior Program Coordinator at Literacy First of UT Austin, stepped in with some guidance for me. He trains AmeriCorps members to provide early literacy instruction to young readers, and he knows both the research on literacy and the minds of kids. "Actually," he said, "knowing the show may help a young reader figure out the words in the book, which can be very exciting."

Here's the tricky part for us non-literacy experts. If the reader is young and hasn't yet started to crack the code of reading, telling a story by flipping through a book can be a perfectly wonderful activity. In telling a child's version, she is relying on memory, imagination and the sense of how a book works, all of which are very important pre-literacy skills. That said, if a young reader is working on the actual task

of reading strings of words and making meaning from them, we want to ensure she focuses on the words in front of her and not making substitutions based upon guesses or memory. Success comes when words are both read correctly and make sense to the reader. And when they match the story, the child already knows, it's time to celebrate! Conversely, if the child is clearly frustrated or substitutes words for what's on the page, she may not be ready for that level of difficulty yet.

Technology has brought yet another means to experience stories and contribute to learning. Several children's shows now have accompanying podcasts, where the stories from television episodes are recast as audio adventures. If a child already knows the episode, she can identify how the audio version differs. If the stories are new, the podcasts create opportunities for a child to hear rich vocabulary and visualize episodes in her mind. PBS KIDS now has four podcast series - "Pinkalicious & Peterrific," "Odd Squad," "Molly of Denali" and "Arthur" - with more on the way.

May your July be filled with great shows, exciting audio and lots of good books.

PBS KIDS Austin PBS

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pbs.org/parents/podcasts

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Mosquito Prevention in Your Backyard: What Actually Works?

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.

Itchy mosquito bites can spoil the fun of being outdoors in the summer. Mosquitos aren't just annoying, they can spread diseases like Zika, West Nile virus and Dengue. Here are some strategies for combating these unwelcome pesks.

UNDERSTAND THE BREEDING CYCLE

To effectively control the mosquito population in your backyard, it is important to understand how mosquitos multiply. Females lay their eggs on the inner, wet walls of containers filled with stagnant water. A single female typically lays about 100

eggs at a time. Once the eggs are covered with water, the larvae hatch and feed on microorganisms in the water. Then the larvae go through the pupae stage and develop into adult mosquitoes. This cycle repeats over and over. A key strategy for mosquito control is to interrupt this cycle.

GET RID OF STANDING WATER

The most effective way to rid your yard of mosquitos is to eliminate all sources of standing water. Water can accumulate in plant containers, bird baths, trash cans, toys, plastic pools—anything that holds water. Mosquitos even lay eggs in containers as small as a bottle cap.

Find ways to mosquito proof large containers of standing water that can't be easily emptied. If you have a rain barrel, cover the opening with a fine screen. If you have a pond, stock it with mosquito-eating fish.

PAY ATTENTION TO LANDSCAPING

Don't let your grass and landscaping become overgrown. Mosquitos hide from the heat in overgrown flower beds and tall grass. Some plants in Texas that repel mosquitos are citronella, catnip, lavender, marigolds and basil. Include a few of these plants in pots or beds close to seating areas and near doors.

MAKE A DIY MOSQUITO LARVAE TRAP

Try a homemade mosquito larvae trap as an alternative to spraying your yard. This homemade trap will attract mosquitos and kill larvae after the eggs hatch. It won't harm other insects or animals.

Here's how to make an effective mosquito larvae trap:

- **Gather supplies.** You will need a large bucket, Mosquito Dunk® and a handful of grass or hay.
- **Fill the bucket half full of water.** Mosquitos lay eggs on wet walls of the container so leave some room. The eggs hatch into larvae when covered with water.
- **Add a handful of grass or hay.** This ferments and creates carbon dioxide to attract female mosquitoes.
- **Add a Mosquito Dunk®,** an inexpensive, small, hard, beige donut-shaped cake that releases a bacterium toxic to mosquito larvae. Each dunk covers up to 100 square feet of water so you can break it into pieces if you like. It lasts for 30 days or more.
- **Sink the Mosquito Dunk® (optional).** Some people like to sink the mosquito dunk to the bottom to keep it from being taken by a pet or squirrel. Put the dunk in a net bag (like onions come in) and add a rock. Close with string or a twist tie. This will keep the dunk on the bottom of the bucket.
- **Cover the bucket (optional).** If you have pets who may want to drink out of the bucket, cover it with chicken wire. Don't use a fine screen that might prevent mosquitos from getting in.

Every 30 days or so, add water if needed to keep the bucket half full. You may need to pour out some water after a hard rain. Another option is to drill holes around the top edge of the bucket so it doesn't overflow.

USE INSECT REPELLENT

Even if you dramatically reduce the mosquito population in your backyard, these pesky insects may breed in your neighbor's yard and come over. To prevent mosquito bites, wear clothing that covers the arms and legs. Spray exposed skin with an EPA-registered insect repellent. See sidebar.

Choose an Insect Repellent that Protects Against Diseases Spread by Mosquitos

The Environmental Protection Agency recommends using registered insect repellents to protect against diseases spread by mosquitos. The following ingredients are proven to be safe and effective, even for pregnant and breastfeeding women:

- Deet
- Picaridin
- IR3535
- 2-undecanone

Oil of lemon eucalyptus (OLE) and para-menthane-diol (PMD) are also registered but shouldn't be used on children younger than three years old. Go to www.epa.gov/insect-repellents to learn more.



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July 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.

Sat 1

Bastrop's First Annual Big Bang Celebration. 8 a.m. - 9 p.m. The inaugural Big Bang Celebration begins with the Bastrop Stampede 5K and Kids Mile at 8 a.m. Fisherman's Park, 1200 Willow St. FREE. www.visitbastrop.com.

Sun 2

Hartman Foundation Concerts in the Park. 7:30-9:30 p.m. Austinites know summer has begun once the Austin Symphony Orchestra's Hartman Foundation Concerts in the Park have begun. Hartman Concert Lawn, 701 W Riverside Dr. FREE. www.my.austinsymphony.org.

Mon 3

Liberty Fest 2023. Celebrate Independence Day with Liberty Fest at Devine Lake Park. Leander Public Library, 1011 S. Bagdad. www.leandertx.gov.

Bike Decorating. 6 - 7:30 p.m. It's almost time for the Red, White and Buda Parade. Join us at Buda Public Library to decorate your bike for the parade. Bring your bike, wagon or scooter and we'll provide the decorations. Buda Library, 405 E. Loop St. Buda <https://budalibrary.libcal.com/event>

Tue 4

July 4th Parade. 8:30 a.m. Parade Route, Drive from the Live Oak Driving Range to the Lakeway Activity Center. www.lakeway-tx.gov.

July 4th Parade and Frontier Days. 8:30 a.m. - 11:30 p.m. Celebrate with a full day of patriotic festivities. www.roundrocktexas.gov.

July 4th Hot Dog Reception. 9:30 - 11:30 a.m. Activity Center, 105 Cross Creek. www.lakeway-tx.gov.

Blanton Free Tuesdays. 10 a.m. - 5 p.m. Visitors get free admission every Tuesday. Check-in required. Blanton Museum of Art, 200 E Martin Luther King Jr Blvd.

4th of July in San Gabriel Park. 11 a.m. Arts and crafts vendors, food vendors, a petting zoo, classic and antique cars, games and rides for children and adults. The event concludes with a fireworks show at 9:30 p.m. www.visit.georgetown.org

HEB Austin Symphony Fourth of July Concert and Fireworks. 4 p.m. Free. Vic Mathias Shores, 900 W. Riverside Dr., Austin. www.austintexas.gov.

4th of July Hutto. 5:00 - 9:15 p.m. This family-friendly celebration of our nation will feature live music, local vendors and food trucks, kids' activities, a fireworks show and more. Brushy Creek Amphitheatre, 1001 CR 137, Hutto www.huttotx.gov/Calendar.

Suede 4th of July FREE Performance at Milburn Park. 7:30 - 9:30 p.m. Family-friendly, pet-friendly concert and celebration. Elizabeth Milburn Park, 1901 Sun Chase Blvd, Cedar Park.

Kyle's Independence Day Fireworks Show. 9 p.m. Fireworks can be viewed from Hays County Performing Arts Center. www.cityofkyle.com.

Wed 5

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

Professor Suds Rockin' Bubble Show. 11 a.m. - 12 p.m. Whimsical music, magical lighting, and wondrous bubble creations will make even the most serious viewer relive the magic of bubbles. Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Family Game Night at Frontyard Brewing. 4 - 9 p.m. Enjoy quality time with the family every Wednesday at Frontyard Brewing, 4514 Bob Wire Road.

Thu 6

Family Event: Shrinky Dinks™ at the library. 2 - 3 p.m. Join us for a come-and-go family craft time to work on Shrinky Dinks™. This event is recommended for families with children ages 5-12. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

The Drop-In Outdoor Concert Series. 7 p.m. This year we have added more music for a good time. The Long Center, 701 W. Riverside Dr. www.thelongcenter.org.

Fri 7

July Movie in the Park. 8 p.m. The community is invited to join the City of Kyle Parks and Recreation Department for the 21st year of Movies in the Park in Kyle, TX. www.cityofkyle.com.

Zilker Theatre Productions presents: Matilda the Musical. 8 - 10:30 p.m. The story of an extraordinary girl who dares to take a stand and change her own destiny. Zilker Hillside Theater, 2206 William. Barton Dr. FREE. www.zilker.org.

Sat 8

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.

Elisabet Ney: Family Day. 10 a.m. - 12 p.m. Get creative with Family Days at the Ney all summer long. Elisabet Ney Museum, 304 E 44th St. FREE. www.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sun 9

Bob Bullock Birthday Bash. 10 a.m. - 2 p.m. Join us for a birthday party to celebrate the Museum's namesake, Bob Bullock, with crafts and games. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

CONTINUED: Hartman Foundation Concerts in the Park, see Sun 2; Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Mon 10

Family Craft Time: Salt Paintings. 6 p.m. Bring your family to a free craft night to work on a salt painting project. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Tue 11

Blanton Free Tuesdays. 10 a.m. - 5 p.m. Visitors get free admission every Tuesday. Check-in required. Blanton Museum of Art, 200 E Martin Luther King Jr Blvd.

BK Bones Presents: Dinosaurs or Not. 2 p.m. Learn what makes a dinosaur a dinosaur through movement and fossil replicas, presented by BK Bones! Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Kids Club: Necktie Snakes. 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.

Wed 12

Wild Wednesdays: Exploring Your Wild Backyard. 9 - 11 a.m. Welcome Explorers. In this first class, we will develop the skills you will need to go out and explore your world. Meredith Heritage Tree Deck, 1301 Trinity St. www.waterloogreenway.org.



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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.

The Astonishing Mr. Pitts.

11 a.m. – 12 p.m. David Pitts is an experienced, full-time professional, family and children’s entertainer, educator, comedian, cartoonist, puppeteer and ventriloquist. Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Discovery! Mad Science – Sounds Like Science @Westbank.

4:30 – 5:30 p.m. Enjoy an interactive science show that will spark your children’s imagination, make them laugh and get them excited about science. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Wild Wednesdays.

Enjoy a variety of science, nature, and STEM programs designed to connect kids (ages 5-14+) to the outside world around them. Meredith Heritage Tree Deck, 1301 Trinity St. www.waterloogreenway.org.

CONTINUED: Cinemark Summer Movie Classics, see Wed 5; Family Game Night at Frontyard Brewing, see Wed 5.

Thu 13

Firetruck Story Time. 10:30 – 11:30 a.m. Join the Leander Fire Department for a special Firetruck themed story time. Leander Public Library, 1011 S. Bagdad.

All Together Now: Songs and Stories from Around the World with Kim Lehman.

10:30 a.m. Celebrate cultural diversity with stories and songs from around the world, Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Austin Symphony Presents: Tuneful Tales.

1 p.m. Enjoy a performance by the Austin Symphony ensemble, followed by an

interactive activity. Carver Branch, 1161 Angelina St. FREE. www.library.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7; The Drop-In Outdoor Concert Series. See Thu 6.

Fri 14

Little Messy Art. 10:30 – 11 a.m. Bring your little one ready 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.

Percussion Things @ Westbank.

10:30 a.m. Percussion Things with Len Barnett and Cathy Whiteman. Percussion Things uses stories, drumming and family-focused sketch comedy in a high-energy environment. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Friday Flicks: Best in Show.

6 – 10 p.m. Join us for a “pawty” in the park and enjoy a free outdoor screening of “Best in Show.” Moody Amphitheater, 1401 Trinity St. www.waterloogreenway.org.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sat 15

Big Time Bubbles Foam Party. 10 a.m. – 12 p.m. Grab your swimsuits and prepare to get wet. Be sure to bring a towel to dry off after you get foamy. Pflugerville Public Library, 1008 W. Pflugger St. www.library.pflugervilletx.gov.

Old Quarry Ice Cream Social. 12 – 3 p.m. What’s better on a hot day than ice cream? Explore the different types of ice cream and meet your neighbors at our afternoon ice cream social. Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Magician John O’Bryant @ Westbank. 1 p.m. Learn Magic with Magician John O’Bryant. John will teach the secrets to popular magic tricks using items you can find around your house.

Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

BK Bones Presents: Dinosaurs or Not.

1 p.m. Learn what makes a dinosaur a dinosaur through movement and fossil replicas, presented by BK Bones! Carver Branch, 1161 Angelina St. FREE. www.library.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sun 16

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Mon 17

Family Craft Time: Painted Pots. 6 p.m. Bring your family to a free craft night to work on a painted pot. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pflugger St. www.library.pflugervilletx.gov.

Tue 18

Tween Art Smart: Drawing Portraits. 2 p.m. Learn basic portrait guidelines, draw your portrait at Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Wed 19

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.

Hip Hop Dance class for kids.

10:15 a.m. Jarrell Howard Rochelle teaches an explosive dynamic Hip-Hop Xpression class that will have kids on their feet moving to the beat. Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Frog and Toad 16mm Film Festival. 3:30 – 4 p.m. We’re going old school. Watch Frog and Toad in 16mm film. North Village Branch, 2505 Steck Ave. FREE. www.library.austintexas.gov.

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Discovery! Ramblin' Rita's Seaside Stories @ Westbank. 4:30 p.m. Come to Westbank Library to enjoy Ramblin' Rita's Seaside Stories, an interactive storytelling production geared toward elementary school age. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

CONTINUED: Cinemark Summer Movie Classics, see Wed 5; Family Game Night at Frontyard Brewing, see Wed 5; Wild Wednesdays, see Wed 12.

Thu 20

Family Movie Matinee: Frozen - Disney Pictures, Rated PG. 2 - 4 p.m. Families are welcome to attend an afternoon movie sing along featuring Frozen. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Austin Symphony Presents: Tuneful Tales. 6 p.m. Enjoy a performance by the Austin Symphony ensemble, followed by an interactive activity. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. www.library.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7; The Drop-In Outdoor Concert Series. See Thu 6.

Fri 21

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sat 22

Elisabet Ney: Family Day. 10 a.m. - 12 p.m. Get creative with family days at the Ney all summer long. Elisabet Ney Museum, 304 E 44th St. FREE. www.austintexas.gov.

Mini Maker Market. 10:02 a.m. Children between the ages of 5 and 17 can come and sell DIY crafts, food and a variety of products. The Hive, 10542 Menchaca Rd. www.hiveaustin.com.

The Saber Guild Presents Star Wars Event. 11 a.m. - 1 p.m. Summer Reading Program. All Ages www.cityofkyle.com.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7; Elisabet Ney: Family Day, see Sat 8.

Sun 23

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Mon 24

BK Bones Presents: Dinosaurs or Not. 2 p.m. Learn what makes a dinosaur a dinosaur through movement and fossil replicas, presented by BK Bones. Pleasant Hill Branch, 211 E. William. Cannon Dr. FREE. www.library.austintexas.gov.

Family Craft Time: Monkey String. Art. 6 p.m. Bring your family to a free craft night to create monkey string art. Everybody 5+ gets a project. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Tue 25

Wed 26

The Little Bird Children's Hour with Russ Glenn. 10:30 a.m. The Little Bird Children's Hour with Russ Glenn, Austin-based singer/songwriter. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Hot Toast Music. 11 a.m. - 12 p.m. Symon Hajjar is a Tulsa-based dad, educator, and musician who writes irresistible kids' music, all with purpose. Lago Vista Public Library, 5803 Thunderbird, Ste. 40. www.lagovista.lib.tx.us.

Teens Create: Escape Room Scavenger Hunt. 12 - 1 p.m. Teens 13-18 are invited for a different maker activity each week. Join us as we discover, learn and create with different mediums. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Austin Symphony Presents: Tuneful Tales. 3:30 p.m. Enjoy a performance by the Austin Symphony ensemble, followed by an interactive activity. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

CONTINUED: Wild Wednesdays, see Wed 12.

Thu 27

Family Event: Hot Toast Music. 2 - 2:45 p.m. Hot Toast is music that celebrates childhood and encourages everyone to join in the magic of learning. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7; The Drop-In Outdoor Concert Series. See Thu 6.

Fri 28

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sat 29

Summer Discovery Series: Animal Detectives. 10 - 11 a.m. Discover all about our local wildlife. Transform into a detective and investigate the scene. www.tpwd.texas.gov.

Superhero Saturday. 10:30 a.m. - 4 p.m. A day full of superhero fun, including a special story time, crafts, games and special guests. Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Fri 7.

Sun 30

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Sat 8.

Mon 31



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Austin Then and Now

The Settlement Home for Children

Then



The Austin Settlement Home for Children, original founders and location

The Settlement Home for Children is often associated with their massive annual garage sale, benefiting the children they serve. But long before this well-loved charity event came about, the Settlement Home was a small organization formed by a group of twelve women back in 1916. Initially a day nursery for impoverished working families, it grew to serve 30 children. By 1930 The Settlement Home had become one of the first children's homes in Texas to be

licensed by the Department of Public Welfare. The work that went into those first 25 years was instrumental in creating what evolved into Child and Family services.

Now



The Settlement Home for Children, current Williamson campus on Payton Gin Road

The Settlement Home for Children aims to promote healing and growth in children, young adults and families by providing a continuum of care, support and resources. They have been bolstered by many local organizations who have helped them achieve their goals over the years. For their 50th anniversary, the Junior League of Austin and

the Hogg Foundation provided funds to purchase over ten acres on Payton Gin Road. While off-campus group homes have since been added, the Payton Gin Road property still serves as their current campus, though it has undergone a major renovation.

2016 marked The Settlement Home's 100th anniversary. Today, The Settlement Home for Children continues with their purpose and vision of ending the cycle of child abuse. Programs are administered on their ten-acre campus, where they have a Residential Treatment Center, Group Home, Foster & Adoption program and a UT Charter School. In addition to financial giving, a great way to contribute to their mission is by donating furniture to the Garage & Estate Sale. Also, shop the sale. The 48th Annual Garage & Estate Sale is November 1-3, 2023, at the Palmer Events Center. Mark your calendars to make a difference.



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