

February 2025

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2025 Austin Family Magazine

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



Siena is 5 years old and a Cover Kids Contest Winner. She loves arts and crafts, soccer and celebrating any holiday.

Photo taken by Jordan Ashley Photography.



View the magazine online

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

Austin Family is published monthly by KKKemper, Inc. Mailing Address:

P.O. Box 7559, Round Rock, Texas 78683-7559  
Phone Number: 512-733-0038  
On the web at: [www.austinfamily.com](http://www.austinfamily.com)

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## Editor's Note



CELESTE DIANNE WADE

*Wade is a writer, public speaker, and a popular health coach in Austin. The eldest of seven children, she loves travel adventures with family.*

Happy Valentine's Day, Austin friends and family! This time of year, Valentine's reminders are everywhere. The grocery store brings back fond memories of searching for the best box of cards for classmates and placing conversation hearts in each envelope. It was so much fun opening each envelope and reading the sweet little messages.

In the spirit of Valentine's Day, the February issue of *Austin Family* is our Valentine's gift to you. The focus of the magazine is to provide articles that will serve as helpful gifts for "Smart Parenting" and "Healthy Homes." As your editor I love to bring you content each month with the hope that the articles we publish will encourage

and empower you on your lifelong love of learning on your parenting adventure.

To get updates throughout the month, follow *Austin Family* on Instagram @ATXFamily, and we can be found @Austin Family Magazine on Facebook.

Catch our media correspondent, Alison Bogle, Thursday mornings, on FOX 7 Austin discussing all the great content you can find inside the pages of *Austin Family* magazine.

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# Austin IN ACTION

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## February Did You Know?

**February 16, 2025**

Ascension Seton Austin Marathon

Source: [www.youraustinmarathon.com](http://www.youraustinmarathon.com)

**February 21, 1996**

Hottest February Day- 99°F

Source: [www.fox7austin.com](http://www.fox7austin.com)

**February 22nd – March 2nd 2025**

ATX Open

Austin's Only Professional Tennis Tournament

Source: [www.atxopen.com](http://www.atxopen.com)



Photo Credit: Harmony Public Schools

## Austin Senior Named Among Nation's Top 300 Teen Scientists

Umar Haneef Mohammed, age 17, from Harmony School of Endeavor (HSE), was named one of the top 300 STEM students in the United States in the Society of Science's Regeneron Science Talent Search (RSTS).

For his project entitled "SOAR: Automatically Differentiable Neural Network Aerodynamic Surrogate Models and Lifting Line Theory for Computationally Efficient Wing-Shape Optimization," Umar won a \$2,000 scholarship for himself and an additional \$2,000 for HSE. As a top 300 finalist, Umar will continue to the next level of the competition. On February 23, 2025, 40 of the 300 scholars will be named RSTS finalists. The finalists will compete for more than \$1.8 million in awards during a week-long Washington, D.C. competition from March 6-12, 2025.

## TCEQ's Take Care of Texas Annual Art Contest

Calling all junior artists! The Texas Commission on Environmental Quality's Take Care of Texas 2025 Art Contest has officially begun!

This year's contest theme is "ways to keep our air clean." Students are asked to illustrate how they, along with their friends and family, help keep our air clean. The contest is open to public, private, or home-schooled students throughout Texas from kindergarten through fifth grade. Prizes for the winning entries in each category (k-1st, 2nd-3rd, and 4th-5th) include laptops or iPads made possible by the contest sponsor, Texas Chemistry Council.

Artwork must depict positive ways Texans can prevent air pollution and keep the air clean. Each entry must contain the slogan "Take Care of Texas." For more information and official rules, visit the Take Care of Texas website or send an email to [educate@tceq.texas.gov](mailto:educate@tceq.texas.gov).

Winners will be announced in April 2025 and celebrated online through the website and social media channels. The grand prize winners, in each category, will be invited to the annual Texas Environmental Excellence Awards banquet in June of 2025.



Photo credit: Nitro Swimming

## Nitro Swimming Makes Waves in Kyle with 40,000 Square Feet of Swimming

Nitro Swimming opened a brand-new, state-of-the-art swim center in Kyle, Texas, with 40,000 square feet dedicated to swimming. The main competition pool provides 23 lanes of swimming in 88-degree water. The new aquatics destination offers indoor swimming and access to high-performance training in Austin and the surrounding areas.

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

# Sick Kid? To School or Not to School

## Lifelines

SARAH LYONS

*Lyons is a freelance writer and mom of six children, including triplets. She enjoys reading, writing, and spending time outdoors with her family.*



Your child wakes up with a sore throat, you begin an internal debate about whether to keep your child home or send him to school. You feel caught in a dilemma. On one side, you do not want your child to struggle through the school day because he doesn't feel well, but on the other side, having your child catch up on school work and taking a day off of work yourself can be difficult if your child feels fine after getting his day started. How can a parent know when it's best to keep a child home to rest and reduce the risk of spreading illness to other children? Let's look at common symptoms and consider when to send a child to school and when to keep him home.

### SYMPTOM - FEVER

If your child wakes up with a fever over 101 degrees, he should stay home from school. Giving ibuprofen or acetaminophen will help bring your child's fever down. The temperature should be taken before medicine is given to

determine if your child should go to school that day or not. A child with a fever is most likely contagious, so he should stay home.

### SYMPTOM - SORE THROAT

If your child has a mild sore throat due to allergies, she is well enough to attend school. If the sore throat is severe, it could be strep throat and you should take your child to a doctor. If your child tests positive for strep throat, she should be on antibiotics for 24 hours before returning to school to avoid spreading illness.

### SYMPTOM - PINK EYE (CONJUNCTIVITIS)

Pink eye is contagious. If your child has yellow/green discharge coming out of his eye or the white of the eye is a pink color, then your child should stay home until he sees a doctor. Most schools will require a note from a physician stating the child is well enough to return to school or that the child must take antibiotic eye drops for 24 hours before attending school.

### SYMPTOM - HEADACHE

If your child wakes with a headache but does not have a fever, it is safe to send her to school. However, if your child is fatigued or has symptoms besides a mild headache, she may be sick and need to stay home and rest.

### SYMPTOM - RASH

If your child has an unknown rash, keep him home until you are able to see a doctor to determine the cause. Rashes can be caused by many things; some are contagious. If you know the cause of the rash, such as ringworm or impetigo, use the appropriate measures to ensure classmates are safe.

### SYMPTOM - EARACHE

If your child has ear pain and no other symptoms, she is not contagious and can technically go to school. If the ear pain is causing discomfort, loss of sleep, or a fever, staying home to recuperate may be the best choice.

**SYMPTOM - TUMMY TROUBLES**

If your child has diarrhea or is vomiting, keep him home from school. Not only is he contagious, but he is not up for his usual routine anyway.

**SYMPTOM - COLD SYMPTOMS**

If your child has mild cold symptoms such as a clear runny nose or a mild sore throat, then she is allowed to attend school. While cold symptoms rarely affect the ability to participate in normal activities, a child may be contagious. Take care to practice frequent hand washing, cover that cough, and get dirty tissues in the trash can.

**How is a parent to know when it's best to keep your child home to rest and reduce the risk of spreading illness to other kids?**

**SYMPTOM - COUGH**

You cannot keep your kids home from school and activities every time they cough, but children with a severe cough should stay home from school. Likewise, children experiencing shortness of breath or wheezing should stay home and see the family doctor.

Use common sense when deciding whether or not to send your child to school. For example, if you saw another child with the same symptoms at school, would you want them to be around your healthy child? If your child has extreme fatigue or generally feels unwell, he may be sick, and it would be best for the child to rest at home. As parents, it is better to be safe than sorry. When in doubt, keep your children home until they return to their active, typical selves.

Source:  
[www.cdc.gov/flu/school/guidance](http://www.cdc.gov/flu/school/guidance)

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Follow these tips from the CDC to help keep sickness out of your home.

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[www.cdc.gov/flu/protect/habits](http://www.cdc.gov/flu/protect/habits)



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# The Power of Self-Love

This Valentine's season don't forget that romantic love isn't the only type of love to celebrate. There are many types of love to talk to your kids about, such as the love for their parents, grandparents, siblings, friends, and especially themselves. February is a great time to help your kids understand the relationship between self-care and loving others.

Self-care is a term that has been thrown around a lot in the past few years. There are countless books and podcasts dedicated to self-care and self-love. Self-care kits include lotions, bubble baths, coffee mugs, and fuzzy socks. Contrary to what self-care kits would have you believe, self-care isn't planning a spa night (although you can incorporate that!). It is about taking the time to get your mind and body healthy and having the right perspective on your worth.

As parents, we often neglect our own needs to prioritize our children's needs. A lot of the time, sacrificing for your children is the right thing to do! After all, they need us to cook for them, drive them around, and teach them about life. But when we find ourselves overwhelmed, anxious, and depressed, we can take it out on those closest to us. No one wins in this scenario. So how do we avoid it, and how do we teach our kids to do the same? Our kids watch everything we do, soaking it up to repeat it later.

CATHERINE MICHALK

*Michalk is a native Austinite, writer, and mom of three. You can follow her family's adventures at [www.catherinemichalk.com](http://www.catherinemichalk.com)*

For adults and kids alike, self-care and self-love can look different from person to person. Overwhelmed parents may need a night out with friends to recharge and reconnect with other adults. Or, they may need a quiet dinner alone where they don't have to answer questions, eat cold chicken nuggets, and clean spaghetti off the floor when the meal is over. You need to find out what works best for you to re-center, recharge, and remind yourself of who you are and who you want to be in the future.

Kids will have a harder time figuring out what works for them. Their needs change as they pass through different stages of development. The best things you can do to encourage self-care and self-love in your kids are to remind them of who they are and give them space to regulate their bodies. That means no screens and no distractions, just peace and calm.

What does this look like for different ages? Toddlers can get easily over-stimulated and have a hard time knowing what to do with their emotions. Excitement, fear, anger, and sadness can all result in your kid hitting, biting, or breaking toys. Self-care for this age can be putting them in a calming lavender bath while you sit beside the tub and calmly talk about their emotions and remind them that you love them.

Preschool-age children act out in similar ways when they feel overwhelmed or over-stimulated. At this age, however, they have a better grasp of what they are feeling and why. As parents, it's our job to help them identify when to pause and listen to their bodies.

Elementary school and above is when many children start activities like sports and music lessons, and they only get busier as they mature.

They aren't taking naps and they have longer days where they are required to be attentive and learn. This can be a lot for your kids, and lead to emotional outbursts. They may still have difficulty pinpointing what makes them feel overwhelmed, so parents need to be attentive to their kids' moods and what is going on in their lives. At this age, kids know better what their bodies need, but they need reminders and suggestions to implement these things. It could be a pajama day, a trip to the bookstore, or being allowed to sleep in and skip a morning activity.

There are two traps to be aware of when it comes to self-care. First, beware that you don't teach your kids to use self-care as an excuse to run away from their problems or be selfish. It is important to remember at every stage your kids need to learn about their emotions, what is triggering them, and how to manage emotions appropriately. The point of self-care is not to focus on ourselves 100% of the time, it is to help them feel their best so they can love others well. If your child is having a hard time getting along with their siblings they may need to take a break, have a snack, or take a nap. No matter how they choose to take care of their bodies and manage their emotions, they still need to figure out why they're having problems getting along and work on communicating with their siblings.

The second trap is mistaking basic needs for self-care. Teach your kids that there are basic hygiene and health tasks that are non-negotiable. They need to eat healthy, brush their teeth, and take a shower every day. Self-care comes in when they feel overwhelmed and need something extra to get them centered.

Finally, as parents it is so important

that we remember our kids are watching and listening to everything we do so we must model self-care and self-love for them. They will pick up our mannerisms, sayings, and outlook on life. It is good for your kids to see how you deal with different emotions. For instance, if you have a frustrating situation at work you can talk to your kids about the experience. Tell them what caused you to feel frustrated and how you could have responded if you couldn't control your emotions. Then explain how taking a step back to give yourself space and think through the situation helped you. Talk to your kids about how your feelings are valid, just like theirs, but acting out in anger is not the solution. Be open about your need to re-center to be the best version of yourself. Ensure your kids love their bodies by modeling positive words and phrases. Speak positively about yourself and your kids by repeating affirmations such as "I am enough," "I am strong," and "I love my body." Talk about how amazing our bodies are and how beautiful it is that everyone is unique. Moms can show off their stretch marks and talk positively about how their stomachs stretched to hold growing babies. Focus on how beautiful your body is and remind your children of how beautiful they are inside and out.

Teaching your children self-care and self-love from an early age will help them establish good habits and outlooks as they grow older. When they have a positive view of themselves it will be easier for them to encourage and love their friends, family, and everyone else they encounter. As parents, we must help our kids see the good in themselves, and remind them that if they are worthy of love, so is everyone else they know.



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ART CAMPS OF CORDOVAN ART SCHOOL	5-16 yrs	www.cordovanartschool.com	512-275-4040	CP/NW/SW/RR/GT
BADGERDOG CREATIVE WRITING CAMPS	9-18 yrs	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
CAMP CHAMPIONS	6-17 yrs	www.campchampions.com	830-598-2571	Marble Falls, TX
CAMP DOUBLECREEK	4-14 yrs	www.campdoublecreek.com	512-255-3661	PF
CAMP HEART O' THE HILLS FOR GIRLS	6-16 yrs	www.hohcamp.com	830-238-4650	Hunt, TX
CAMP STEWART FOR BOYS	6-16 yrs	www.campstewart.com	830-238-4670	Hunt, TX
CAMP SWITCH WILLO	6-13 yrs	www.switchwillo.com	512-920-0554	N
CLUB SCIKIDZ	4-15 yrs	www.austin.clubscikidz.com	512-401-9369	C/S
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IDEA LAB	5-13 yrs	www.austin.idealabkids.com	512-710-9654	C/N
JUMP! GYMNASTICS	3-10 yrs	www.jumpgymnastics.com	512-593-6226	S/C
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SYNERGY DANCE	3-18 yrs	www.synergydancestudio.com	512-327-4130	W
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SUGAR & SPICE RANCH CAMP	5 & up	www.texasHORSECAMPS.com	830-460-8487	Bandera, TX
SKYDOME PINHOLE PHOTOGRAPHY CAMP	Family Camp	www.skydome-education.org		BR
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FANTASTIC MAGIC CAMP	5-12 yrs	www.magiccamp.com	512-988-3045	C
IDEA LAB	5-13 yrs	www.austin.idealabkids.com	512-710-9654	C/N
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STEPPING STONE SCHOOLS	5-11 yrs	www.steppingstoneschool.com	512-459-0258	17 locations
TEXAS SCIENCE & NATURAL HISTORY MUSEUM	ALL	www.sciencemuseum.utexas.edu		C
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CAMP STEWART FOR BOYS	6-16 yrs	www.campstewart.com	830-238-4670	Hunt, TX

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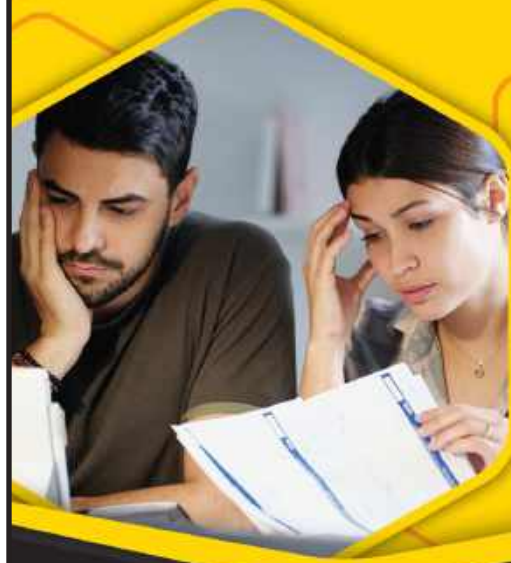
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## Family Matters



DR. BETTY RICHARDSON

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



# 7 Ways To Help Your Kids Identify and Express Emotions

**Q** I overheard our daughter Lisa, age 12, and her friend Patty talking about how they hate two boys in their class. Hate is such a strong emotion. Why would they hate these boys? Lisa also claims to be in love with a boy in her class.

**A** I have suggestions to help the girls identify and learn about their emotions.

1. Set up a time and place for a serious discussion.
2. Ask Lisa and Patty how they feel around the hated boys. Ask them what they dislike about these boys. Perhaps the boys are too loud, tease, or bully the girls. It's better to identify the disliked behavior than label their feelings as hate. At some point, your daughter may be able to tell the boys what she dislikes.
3. Share with the girls that liking, loving, and disliking are on a continuum. We all have special

people, pets, and places we like, love, or dislike. The amount or depth of that like, love, or dislike can change up or down from time to time.

4. Ask the girls and others in your family to identify their feelings and describe their emotions at meals and other times of the day.
5. Buy a locking diary for your daughter. Encourage her to write in the diary each day. Encourage her to talk about who she likes, loves, and why.
6. Borrow library books about emotions to read and discuss with the girls. Examples: *I Am Stronger Than Anger* by Elizabeth Cole (especially for younger children) or *All About Feelings* by Felicity Brooks. *Kindness is My Superpower* by Alicia Ortego.
7. A new toy called: "Hand2Mind Feelings Mirror" helps children learn to express desired emotions. The child sees a photo of a child with a particular emotion and tries to

match it in a mirror.

Most little girls like to pretend they are real princesses. You could share that Princess Charlotte of England must treat all other children equally. Similarly, there should never be outward signs of hating or liking others. Ask the girls to think and talk about how they can treat people equally. For example, include every child in their class when giving Valentine's Day cards or treats. Outwardly, the girls can try to show the same behaviors to others while having different feelings internally to work through. Managing feelings helps make our lives easier and better. You are a good parent for wanting to help your child and her friend learn to identify and express their emotions.

VISITAR [www.austinfamily.com](http://www.austinfamily.com)  
7 maneras de identificar y expresar emociones

# How to Develop a Lifelong Love for Learning

## 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.*



Children are born with an innate curiosity about the world and a natural love for learning. This can be seen in how a baby tracks a parent's face, studying his environment. It's obvious in the glee of a toddler chasing bubbles for the first time and the studiousness of a preschooler mixing finger paints to make new colors. Somewhere along the way, though, that innate love for learning can get a little dull. Looking back, my passion for learning took a sharp nosedive in middle school when the work became less about discovery and more about practice and memorization. This has been the case for all three of my children, as well. Their work ethic is still there, but their excitement for learning takes a little more effort.

Given the commonness of my family's experience with learning, the idea of a lifelong love of learning may seem a little far-fetched. However, it's an achievable goal and can be one of the most powerful and rewarding gifts we can give to ourselves and our children

as it can provide joy and fulfillment for a lifetime. The good news is that there are plenty of approaches to igniting – or reigniting – a passion for learning that parents and kids can try out together.

### 1. Conduct an Interest Inventory

Everyone has something they're interested in, but in today's fast-paced world, we might not always stoke those interests, or even realize that they exist! Talk together as a family about what each person is interested in, whether it's history, animals, space, cooking, or something else. Use each person's interest as a launching point for a deep dive into the topics that excite him or her. Find documentaries, podcasts, books, and museum exhibits on these topics to learn more. Learning about something that interests you makes the learning feel less like an obligation and more fun!

### 2. Make it Interactive

When we interact with a subject, our senses are more engaged, and

learning can really come alive. Interactive experiences are a much more interesting and exciting way to learn, especially for kids. Use hands-on activities like arts and crafts, science experiments, or building projects to engage with your family's areas of interest. Seek out games that get everyone thinking, like puzzles, trivia, or educational apps.

### 3. Take a Field Trip

Visiting places like zoos, science centers, and local landmarks can help make abstract concepts tangible. Even adults can benefit from field trips! There is something about being present with your subject matter that can help spark questions and deepen understanding. Oftentimes, a docent or guide can share information that may not be readily found in books.

### 4. Lighten Up

Somewhere along the way, many of us are taught that learning needs to be serious, studious work. Not so! One key to keeping the love of learning alive is

to make it fun. Be mindful to approach learning as the playful, enjoyable activity it is meant to be. Your children will find your positive attitude infectious and you'll be modeling an approach that will serve them well for a lifetime.

### 5. Focus on the Journey

A major hurdle to developing a love of learning, especially for children, is the pressure to succeed and to get everything "right." After all, most of the education in school is given a grade or critiqued. The joy of learning should come from the process itself - the trial and error, the questions, and the unexpected discoveries. It should be about enjoying the journey, not just the destination or outcome, so make a point to recognize and celebrate the learning process, even if it doesn't result in perfection.

**Developing a lifelong love of learning is actually an achievable goal.'**

### 6. Create a Learning Environment

It is important to create an environment that encourages learning. This doesn't mean you need a dedicated classroom at home, but you can set aside a space where learning materials such as art supplies and science kits are easily accessible. Having comfortable seating and a surface to work on can encourage your child to dig in and learn something.

### 7. Encourage Curiosity

Foster your child's curiosity by asking questions that will inspire further thinking. It can be faster and easier to provide answers, but by asking questions in return, you'll encourage him to come to discover his conclusions. Curiosity drives exploration and your child will begin to develop a lifelong habit of contemplation and inquiry skills that will serve him well.

Developing a lifelong love of learning is a gift. When we approach learning as an enjoyable, continuous process, rather than a goal-oriented task, it becomes something we naturally want to do rather than a chore. If you take the learning journey with your child, you'll create an incredible opportunity to bond together over the things

that you both discover. You'll also be modeling an attitude that will set your child up to more fully engage with, and find joy in, the world around him. Now, that's a journey worth taking!



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# February 2025 calendar

Go to [www.austinfamily.com](http://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](http://www.austinfamily.com) and will be made live once approved. Certain restrictions apply.

## Sat 1

**Texas Wildlife Day.** 10 a.m. to 3 p.m. Celebrate everything feathered, furred, smooth, and scaled at Texas Science & Natural History Museum. Texas Science & Natural History Museum, 2400 Trinity St. \$0 - \$10. [www.sciencemuseum.utexas.edu](http://www.sciencemuseum.utexas.edu).

**February Art in the Park.** 10 a.m. Join us for the Art in the Park, the City of Kyle Parks, and the Recreation Department's all-ages Art Program. Krug Activity Center, 100 S. Bureson St. [www.facebook.com](http://www.facebook.com).

**Read to a Therapy Dog.** 11:30 a.m. to 12:30 p.m. Read to Princess Buttercup Dump Truck or Bently, our reading therapy dogs from Divine Canines. Wells Branch Community Library, 15001 Wells Port Dr. [www.wblibrary.org](http://www.wblibrary.org).

**Solar Saturday: Black History Month Kick-Off Block Party.** 2 to 6 p.m. George Washington Carver Museum, 1165 Angelina St. [www.austintexas.gov](http://www.austintexas.gov).

**Lunar New Year with Chinese Learning Playground @ Westbank.** 2:30 to 4:30 p.m. In lieu of regular learning sessions at our Chinese Learning Playground program, we will celebrate Lunar New Year with traditional crafts, riddles, and trivia games. University of Texas at Austin, 110 Inner Campus Dr. [www.westbanklibrary.com](http://www.westbanklibrary.com).

## Sun 2

**H-E-B Free First Sunday: Black History and Education.** 10 a.m. to 5 p.m. Learn about education throughout history with interactive crafts and activities. Bullock Texas State History Museum, 1800 Congress Ave. FREE. [www.thestoryoftexas.com](http://www.thestoryoftexas.com).

**Campfire.** 11 a.m. to 11:30 p.m. Come gather around our indoor campfire and experience interactive songs and dances in a new work for ages 0-5 and their caregivers. ZACH Theatre, 202 S. Lamar. \$12. [www.zachtheatre.org](http://www.zachtheatre.org).

**4th Annual Lunar New Year Festival.** 11 a.m. to 5 p.m. Join us for the fourth annual Lunar New Year Festival in East Austin. We will be celebrating the Year of the Snake. The Paper + Craft Pantry, 1023 Springdale Road, 6A. FREE. [www.lunarnewyearfestaustin.com](http://www.lunarnewyearfestaustin.com)

## Mon 3

**Music and Movement.** 2 p.m. A 30-minute dance party perfect for your little ones to get their sillies and wiggles out. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).



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**Free Play.** 4 to 6:30 p.m. Meet up with your friends at the world's best play date. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**Tue 4**

**Kinder Connect Tours.** 9 to 10 a.m. If you or a friend have a child who will be five by September 1, 2025, we invite you to experience a typical day in Kindergarten at Redeemer. Redeemer Lutheran School, 1500 W. Anderson Ln. FREE. [www.redeemerschool.net](http://www.redeemerschool.net).

**Baby Lapsit.** 2 p.m. Stories, finger plays, songs, and bounce rhymes. Come prepared to sit with your baby in your lap. Westbank Community Library, 1309 Westbank Dr. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**Kids Krafternoon.** 5 to 6 p.m. Ages 5 and up. Arts, crafts and other activities. No registration. Wells Branch Community Library, 15001 Wells Port Dr. [www.wblibrary.org](http://www.wblibrary.org).

**Wed 5**

**Preschool Play.** 10 a.m. to 1 p.m. At Laura's, we'll have self-directed playtime activities set up that are geared toward preschool-age kids. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**Thu 6**

**Moms Connect.** 9:30 to 11 a.m. If you're pregnant or a new mom, this meetup is perfect for you. You will receive an email with confirmation and location details after signing up. FREE. [www.apricot.socialsolutions.com](http://www.apricot.socialsolutions.com).

**Art for Teens.** 4 to 5:30 p.m. Teens and tweens, come get crafty after school at Westbank. Each month, we will have a new project, and all materials will be provided. Westbank Community Library, 1309 Westbank Dr. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**Paw Print Storytime & Craft.** 5 to 5:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. [www.wblibrary.org](http://www.wblibrary.org).

**Ballet Folklórico de México de Amalia Hernández.** 7:30 p.m. Founded in 1952, Ballet Folklórico de México de Amalia Hernández brings music and dance together. The Long Center, 701 W. Riverside Dr. \$24 - \$79. [www.thelongcenter.org](http://www.thelongcenter.org).

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Museum, 1800 Congress Ave. [www.thestoryoftexas.com](http://www.thestoryoftexas.com).

**Sat 8**

**Austin Water Lantern Festival.** 3:30 to 7:30 p.m. The Austin, TX Water Lantern Festival is bringing people together for a celebration of light and community. Lake Pflugerville, 18216 Weiss Ln. \$28.99 - \$35.99. [www.waterlanternfestival.com](http://www.waterlanternfestival.com).

**Chinese Learning Playground.** 2:30 to 4:30 p.m. Chinese Learning Playground

is a Mandarin Chinese study group for school-age children. Westbank Community Library, 1309 Westbank Dr. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**Sun 9**

**Family Day - Lunar New Year.** 11 a.m. to 4 p.m. Celebrate Lunar New Year at our Family Day. UMLAUF Sculpture Garden & Museum, 605 Azie Morton Rd. [www.umlaufsculpture.app.neoncrm.com](http://www.umlaufsculpture.app.neoncrm.com).

**CONTINUED:** Campfire, see Sun 2.

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### Mon 10

**Crafts for Teens.** 4:30 p.m. Hang out after school and relax with a simple craft. Westbank Community Library, 1309 Westbank Dr. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Music And Movement, see Mon 3; Free Play, see Mon 3.

### Tue 11

**CONTINUED:** Kinder Connect Tours, see Tue 4; Baby Lapsit, see Tue 4; Kids Krafternoon, see Tue 4.

### Wed 12

**CONTINUED:** Preschool Play, see Wed 5.

### Thu 13

**Austin RV Expo.** 12 to 8 p.m. The Austin RV Expo returns February 13-16 at the Austin Convention Center, bringing

dreams of the open road to life. Austin Convention Center, 500 E. Cesar Chavez St. \$6 - \$15. [www.austinvexpo.com](http://www.austinvexpo.com).

**CONTINUED:** Moms Connect, see Thu 6; Paw Print Storytime & Craft, see Thu 6.

### Fri 14

**Valentine Work & Play.** 10:30 a.m. to 3 p.m. Families are invited to hang out at Laura's, where we'll make Valentine crafts in the morning, watch Gnomeo & Juliet, and play with toys. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Austin RV Expo, see Thu 13.

### Sat 15

**Tangle of Tigers.** 11 a.m. and 1 p.m. What would you do if you saw a bunch of tigers get their stripes tangled together? Try to help? Point and laugh? Head for the hills? Austin Scottish Rite Theater, 207 W. 18th St. \$17 - \$24. [www.scottishtheater.org](http://www.scottishtheater.org).

**CONTINUED:** Read to a Therapy Dog, see Sat 1; Chinese Learning Playground, see Sat 8; Austin RV Expo, see Thu 13.

### Sun 16

**Tiny Tails to You.** 1 p.m. It'll be cuteness overload at this Tiny Tails Petting Zoo. Meet adorable animals, ask questions, and learn all about these cool critters. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Campfire, see Sun 2; Austin RV Expo, see Thu 13; Tangle of Tigers, see Sat 15.

### Mon 17

#### Morning Story Hour

10 a.m. Join us for a delightful morning of books, donuts, and fun at Winston's. Lake Travis Community Library, 1938 Lohman's Crossing. [www.laketravislibrary.com](http://www.laketravislibrary.com).

**Robot Work & Play.** 10:30 a.m. to 3 p.m. Families are invited to hang out at Laura's, where we'll watch robot movies and play with toys. Make a day of it and bring your friends. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Music and Movement, see Mon 3; Free Play, see Mon 3.

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## Tue 18

**CONTINUED:** Kinder Connect Tours, see Tue 4; Baby Lapsit, see Tue 4; Kids Krafternoon, see Tue 4.

## Wed 19

**CONTINUED:** Preschool Play, see Wed 5.

## Thu 20

**Arcade.** 4 to 6 p.m. Meet up with friends at the library to play Mario Kart and Super Smash Bros. Feel free to bring your own gaming device as well. All ages welcome. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Moms Connect, see Thu 6; Paw Print Storytime & Craft, see Thu 6.

## Sat 22

**Black History Month Kid's Day at the Carver.** 11 a.m. to 3 p.m. George Washington Carver Museum, 1165 Angelina St. [www.austintexas.gov](http://www.austintexas.gov).

**Austin Allies Kids' Book Club.** 1 to 2 p.m. Calling all 3rd-8th graders. Join us for a free, book club discussion designed for middle grade readers. BookPeople, 603 N. Lamar Blvd. FREE. [www.austinallies.org](http://www.austinallies.org).

**Mad Science.** 1 p.m. Come enjoy an interactive science show that will spark your children's imagination, make them laugh, and get them excited about learning. Laura Bush Community Library, 9411 Bee Cave Rd. [www.westbanklibrary.com](http://www.westbanklibrary.com).

**CONTINUED:** Chinese Learning Playground, see Sat 8; Tangle of Tigers, see Sat 15.

## Sun 23

**Admissions Open House.** 2 to 4 p.m. You are cordially invited to tour the campus, visit with faculty, students, administration, and learn more about the Early Learning 3 & Brentwood Christian School, 11908 N. Lamar Blvd. FREE. [www.brentwoodchristian.org](http://www.brentwoodchristian.org).

**Hands-on Teen Craft.** 2 to 3 p.m. Register at [www.wblibrary.eventbrite.com](http://www.wblibrary.eventbrite.com) Wells Branch Community Library, 15001 Wells Port Dr. [www.wblibrary.com](http://www.wblibrary.com).

**CONTINUED:** Campfire, see Sun 2; Tangle of Tigers, see Sat 15.

## Mon 24

**CONTINUED:** Music and Movement, see Mon 3; Free Play, see Mon 3.

## Tue 25

**CONTINUED:** Baby Lapsit, see Tue 4; Kids Krafternoon, see Tue 4.

## Wed 26

**CONTINUED:** Preschool Play, see Wed 5.

## Thu 27

**Little Texans.** Learn about Texas rodeos through hands-on crafts and activities for ages 2-5. Bullock Texas State History Museum, 1800 Congress Ave. [www.thestoryoftexas.com](http://www.thestoryoftexas.com).

**CONTINUED:** Moms Connect, see Thu 6; Paw Print Storytime & Craft, see Thu 6.



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# KIDZONE

## Make Your Own Valentine Garland

Everybody loves Valentine's Day, right? Aside from cards and candies, it's a great opportunity for parents and kids to reinforce a loving bond by participating in creative activities together. Better still, once complete, each creation brightens up your home and becomes a cherished scrapbook keepsake. Here's a step-by-step guide for a Valentine's Day garland that you can hang in your home as a visual symbol of your love, and it's suitable for preschool and elementary ages. So, let's get started making V-Day memories!

### Materials Needed:

- Colored Construction Paper (red, pink, white)
- Scissors (safety scissors for younger children)
- Glue Sticks
- Markers, Crayons, or Colored Pencils
- Stickers, Glitter, or other Decorative Items
- Ribbon or String
- Hole Puncher



### STEP ONE: Prepare the Hearts

- For younger children (ages 3-6), pre-cut heart shapes from the construction paper. Older children (ages 7-12) can cut their hearts using a heart template.
- Encourage children to use different colors and sizes for variety.



### STEP THREE: Assemble the Garland

- Punch a hole at the top of each heart.
- Thread a piece of ribbon or string through the holes, spacing the hearts evenly along the length of the ribbon.
- Tie knots or use a dab of glue to keep the hearts in place.



### STEP TWO: Decorate the Hearts

- Provide markers, crayons, and stickers for children to decorate their hearts. They can draw patterns, write messages, or add glitter for extra sparkle.
- For older children, suggest more intricate designs or write a short Valentine's Day messages on each heart.



### STEP FOUR: Display the Garland

- Find a suitable place to hang the garland, such as a mantel, window, or doorway. This will add a festive touch to your home.

Creating a Valentine's Day heart garland is a simple yet impactful project that kids of all ages can enjoy. Plus, it's a wonderful way to celebrate the holiday and spread love throughout your home. Happy crafting!

*The Greater Austin YMCA offers themed summer day camps for kids 4 and up to help them explore their artistic interests and discover new talents. Registration opens in February. Learn more at [www.AustinYMCA.org](http://www.AustinYMCA.org). Photo credit: The Greater Austin YMCA*

# Austin Then *and* Now

## Darrell K Royal – Texas Memorial Stadium at Campbell – Williams Field

ERIC FRANS

*Frans is a native Texan who has traveled around the world spreading the gospel of Texas across 5 continents.*



### Then

The University of Texas (UT) was founded in 1883, and it took 10 years to start a football team; in 1924, the first football stadium was built. Students and alumni raised over \$250,000 to fund the project. It was originally christened War Memorial Stadium to honor the 198,520 Texans who fought and 5,280 who died in World War I. With a 27,000-seating capacity, it was heralded as "the largest facility of its kind in the Southwest." The official dedication happened on Thanksgiving of that year as the Longhorns beat A&M 7-0. The game required extra seating because it was watched by 35,000 people, leading to the first of many expansions to the stadium. Being state-of-the-art in 1924 meant there was a wooden scoreboard where numbers were changed manually to keep spectators up to date.

### Now

As of November 2024, the stadium known as Darrell K Royal – Texas Memorial Stadium at Campbell – Williams Field is celebrating 100 years as the home of Texas football. During that time, it has undergone dozens of upgrades and expansions and now can seat over 100,000 fans. It is the 8th largest college football stadium in the country. If you want to experience all the stadium has to offer on game day, go early and walk up San Jacinto Boulevard that runs by the stadium – it gets closed off to vehicle traffic and is rechristened "Bevo Boulevard" for pregame activities that include live music, food carts, and games. There's no such thing as a bad seat. The "Godzillatron" (one of the largest LED video screens in college football) makes it easy to see everything on the field. When the Longhorns play, fireworks and an instant-start, multi-color LED system excite your senses.

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