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TUNE IN



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



Lochlan is a Cover Kid winner and a kindergartner at Hill Elementary who loves hiking, T-ball, and running with Marathon Kids. He is Mama's special helper and silly kitchen dance partner. Photo taken by Jenny Rhea Photography.



PUBLISHER
Kaye Kemper Lowak

EDITOR
Celeste Dianne Wade
editor2003@austinfamily.com

COPY EDITOR
Barb Matijevich

ADVISING EDITOR
Barb Matijevich

SOCIAL MEDIA MANAGER
Susie Forbes

CONTRIBUTING WRITERS
Alison Bogle, Laura Hudson,
Barb Matijevich, Dr. Betty Richardson,
Tracie Seed

MEDIA RELATIONS
Alison Bogle

GRAPHIC DESIGN
Layout and Ads: Susie Forbes

STAFF PHOTOGRAPHER
Photography by Jenny Rhea

ADVERTISING SALES
Kaye Kemper Lowak
kaye2003@austinfamily.com

BUSINESS MANAGER
Greg Lowak

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Editor's Note



CELESTE DIANNE WADE

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

May brings an abundance of memories tied to Mother's Day, from cherished traditions to the simple joy of being together. Many of us remember dressing in our Sunday best, coordinating outfits, and gathering for photos that still live on in family albums. There were presents opened with Mom, Grandma, and even great-grandmothers, along with handmade gifts created with love for every maternal figure in our lives, whether by blood or marriage.

As children, it felt like those moments would last forever. Yet as time moves forward, our family circles shift. Generations change, loved ones are missed, and roles evolve. We see our mothers navigating their own losses, remembering their moms and stepmoms, and holding space for both joy and grief.

This season, take time to truly invest in the mothers and mother figures around you. Make the effort to come together, even when it is not easy. Honor traditions or create new ones, from baking a favorite cake to hosting a simple tea with treasured dishes. Capture the moments, share the photos, and hold them close.

Be intentional. Make May Mom's month. She deserves not just one day, but a season of appreciation. Happy Mother's Day to you, from all of us at *Austin Family*. We wouldn't be here without you, and we celebrate you today and every day.

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Number of Austinites
under the age of 18
Source: www.census.gov

3-11
Ages of kids who prefer beige-
shaded foods over any other color
Source: www.schoolnutrition.org

1911
The year Mother's Day was first
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Source: www.statesman.com

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Kindergarten Teacher Olivia Joseph Earns National Spotlight

A routine morning assembly at Howard Norman Elementary quickly turned unforgettable when kindergarten teacher Olivia Joseph was surprised with one of the nation's top honors in education, the Milken Educator Award. The recognition, often called the "Oscars of Teaching," includes an unrestricted \$25,000 prize and celebrates outstanding early-to midcareer educators across the country.

Joseph, a Hutto ISD graduate, is the district's first recipient and the only Texas honoree for the 2025-26 school year. Her classroom reflects a careful balance of structure, warmth, and high expectations, where young learners build both academic skills and confidence. Through intentional lesson planning and a strong focus on foundational literacy, Joseph ensures each student receives instruction tailored to their needs. Small-group learning, reading rotations grounded in the science of reading, and ongoing formative assessments help her students make steady gains.

Her approach extends beyond academics. Joseph fosters a classroom culture rooted in respect, responsibility, and encouragement, empowering students to take ownership of their learning. Clear expectations and consistent routines create an environment where kindergarteners feel safe to explore, collaborate, and grow.

Joseph's leadership reaches well beyond her classroom. She serves as a kindergarten team lead, contributes to campus and district committees, and shares her "Gold Star Classroom" strategies with fellow educators. She also mentors aspiring teachers from Texas State University, helping shape the next generation of educators.

A graduate of the University of Houston-Victoria, Joseph remains deeply connected to her community, committed to preparing its youngest learners for long-term success. Now part of a national network of more than 3,000 Milken Educators, she joins a cohort dedicated to strengthening education through leadership, collaboration, and innovation.

For Joseph, the surprise recognition underscores what her students already know: great teaching can change lives from the very first day of school.



Olivia Joseph, kindergarten teacher, Howard Norman Elementary. Photo credit: Milken Educator Awards.



Golf for \$5: A Summer Opportunity for Austin Families

This summer, Austin families have a new reason to head to the course. Bank of America is expanding access to golf through its “Golf with Us” program, offering local kids a chance to play without the high costs that can put the sport out of reach.

In partnership with Youth on Course, the initiative provides free one-year memberships for children ages 6 to 18. The limited-time offer, open through June 15, 2026, allows young players to book tee times at participating courses for \$5 or less per round, including several popular Austin-area courses.

Golf has often been considered cost prohibitive for families, but efforts like “Golf with Us” aim to remove those barriers while introducing kids to both the sport and its broader benefits. Participants gain access to affordable play, as well as opportunities to build confidence, develop discipline, and learn sportsmanship.

The program has already made a strong local impact. Last year, more than 500 Austin-area kids took part, playing 618 rounds. Nationwide, nearly 100,000 young people participated, many experiencing golf for the first time.

Families can also mark their calendars for May 14, when a free “Golf with Us” clinic comes to Austin. The event will offer hands-on instruction, helping young players build skills while enjoying a fun, welcoming introduction to the game.

Westwood Junior Named Among Texas’ Top Young Artists

For Westwood High School junior Josephine Chow, music has long been a guiding force and now is opening doors across the state and beyond. The Austin pianist is one of just 15 students selected for the 2026 Young Masters class, an honor awarded by the Texas Commission on the Arts and the Texas Cultural Trust.



Josephine Chow
Photo credit: Texas Cultural Trust

Recognized for her excellence in piano performance, Chow joins a competitive group of students in grades eight through 11 chosen for their artistic achievement, dedication, and potential. Those selected earn the title of Young Master and receive a \$10,000 grant distributed as two \$5,000 awards over two years, to support advanced study in their discipline.

Chow plans to use the funding to attend the Juilliard Summer School Piano Intensive at Lincoln Center this July, an immersive conservatory experience for high school musicians. She also intends to pursue piano performance at the college level, continuing a journey that began at age 5 inspired by her mother, a piano teacher.

This year’s Young Masters class represents 12 cities across Texas and reflects a diverse range of artistic disciplines. Since its founding in 2002, the program has awarded more than \$1.3 million in grants to support young artists statewide.

Chow and her fellow honorees were recognized April 13 at ZACH Theater. For this Austin student, the distinction affirms years of dedication and signals a future filled with possibility, as she continues to refine her craft and share her passion for music.



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.



Falling for These 5 End-of-Year School Myths?

May is often referred to as the month of “May-hem” by both parents and teachers. As the school year winds down, the finish line feels both exciting and overwhelming. Parents are tasked with navigating final assignments, end-of-year parties and events, along with the logistics of summer planning. At the same time, teachers are wrapping up the curriculum, grading final projects, overseeing testing, preparing report cards, and trying to keep students motivated when summer is just around the corner.

While it may be tempting to counteract the busyness by allowing kids to ease up, the last stretch of the school year matters just as much as the first. The habits, decisions, and effort students demonstrate during these final weeks can significantly affect their grades and how confidently they begin the next school year.

Myth No. 1: The end of the school year is mostly a time for winding down.

Many parents and students assume that once state testing ends or major subject units are completed, school shifts into a more relaxed mode. While there may be lighter moments due to end-of-year

events and celebrations, the reality is that these weeks are often packed with final projects, presentations, exams, make-up work deadlines, and group assignments.

Teachers continue assessing learning so they can communicate students’ needs to the next year’s teachers. A strong or weak finish can noticeably affect final grades.

What teachers wish parents knew:

Staying engaged during the last few weeks of school can make a meaningful difference in report card results, learning gaps, confidence levels, and even scholarship opportunities.

Myth No. 2: Attendance doesn’t really matter.

This is one of the most persistent misconceptions. School funding is often tied to attendance, which means each absence can have a broader impact. While it may seem like one missed day will not matter, when many families make the same choice, the effect adds up.

Absences also create additional work for teachers and students. Missed days

require catching up on instruction, tracking late assignments, and finding time for reteaching. Important content is still being covered, and many end-of-year assignments are completed in class.

What teachers wish parents knew:

It is much harder to make up end-of-year work, and group projects suffer when one student is absent. Families should prioritize attendance through the last day of school and communicate early if absences are unavoidable.

Myth No. 3: It’s OK for my child to be demotivated. That’s expected.

By the end of the year, students are tired, and so are parents and teachers. The excitement of a new school year has faded, and the anticipation of summer can be distracting. While it is normal for motivation to dip, it is not helpful to let it stay there.

Finishing the year in a strong academic position helps students enter the next school year with confidence. Parental expectations send a powerful message about the importance of effort and perseverance.

What teachers wish parents knew:

Help rebuild motivation by focusing on effort, not just outcomes. Celebrate small wins, such as completing a project or improving a grade. Talking about goals for the next school year reinforces that what students are doing now still matters.

Myth No. 4: There's no point in reaching out to my child's teacher now.

Parent-teacher communication often drops off toward the end of the year, but this is not the time to go silent. If a child is struggling academically, socially, or emotionally, teachers still want to help. Even with limited time remaining, support can make a meaningful difference.

What teachers wish parents knew:

The end of the year is busy, but teachers remain committed to their students' success. Parents should reach out with questions or concerns as soon as possible. Encourage children to advocate for themselves, but step in quickly if that communication is not happening.

Myth No. 5: Missing work won't have a big impact.

As motivation declines the number of missing assignments often increases. Students may underestimate how much work is incomplete, and the consequences may not be clear until final grades are posted.

What teachers wish parents knew:

Missing and late work create additional pressure for teachers who are finalizing grades. Parents should regularly check grade portals with their children and help create a plan to complete outstanding assignments. At this stage of the year, it is unrealistic to expect teachers to track every missing task or meet individually with each student to develop a plan.

As the school year comes to a close, it is easy to feel stretched thin and ready to coast to the finish line. However, these final weeks present an important opportunity. By staying engaged and encouraging children to finish strong, families can help them end the year on a positive and confident note and set the stage for success in the next school year.

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Signs Your Child Is Slipping Into 'End-of-Year Mode'

- Increased missing assignments
- Lack of interest in schoolwork
- Frequent complaints about boredom
 - Avoidance of responsibilities
 - Drop in grades or effort

5 Ways to Boost Motivation Fast

- Set short-term goals
- Break tasks into smaller steps
- Offer positive reinforcement
- Create a homework schedule
- Talk about next year's goals



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Lifelines

LAURA HUDSON

Hudson, an Austin native, is a USPTA-certified pro, former WTA Tour player, NCAA Division I athlete, and nationally ranked junior. 2024 CATA Pro of the Year for excellence in coaching and player development.



Consistency Shapes Happy, Healthy Athletes

Consistency Counts: The Secret to Raising Strong, Confident Kids

In a world full of distractions, packed schedules, and instant gratification, one timeless principle stands out in raising healthy, successful children: consistency. Whether children are learning to tie their shoes, practicing piano, or training for a sport, consistent effort builds the foundation for long-term mental and physical well-being.

Consistency is not about perfection. It is about showing up again and again with intention. For children, this repeated effort shapes habits, strengthens discipline, and builds confidence that carries into adulthood.

From early childhood to teenage years, consistency helps regulate emotions improve focus and support physical health. Daily routines, such as regular sleep schedules, balanced meals, and active play, give children a sense of stability. Over time, these small, repeated actions create lasting patterns that influence how children respond to challenges and opportunities.

The Role of Consistency in Athletic Development

When it comes to sports, consistency is often the difference between participation and progress. Whether a child plays recreationally, aims for a college scholarship, or dreams of competing

professionally, steady practice and commitment are essential.

Young athletes who train consistently develop muscle memory, coordination, and endurance more effectively than those who rely on occasional bursts of effort. Coaches often emphasize that improvement is not built in a single practice, but through weeks, months, and years of repetition.

Consistency also teaches resilience. Not every game will be a win, and not every practice will feel successful. Children who learn to stay committed despite setbacks build mental toughness, a trait valued both on and off the field.

Why Coaches and Trainers Value Consistency

Coaches and trainers rank reliability as one of the most important traits in young athletes. A child who shows up prepared, listens, and puts in effort every session is often seen as more coachable than one with natural talent but inconsistent attendance or focus.

In the gym, consistency translates into gradual strength gains, improved mobility, and reduced risk of injury. Trainers design programs that rely on progressive overload, meaning small, repeated increases in effort over time. Without consistency, this progression breaks down, limiting results and increasing the risks of setbacks.

Consistency also builds trust. Coaches rely on athletes who can execute skills under pressure because they have practiced them repeatedly. This reliability becomes especially important in team sports, where each player's role contributes to the group's success.

Consistency Across All Types of Sports

Every sport, from traditional athletics to e-sports, requires a combination of practice, commitment, and consistency.

In individual sports, consistency builds self-reliance. Athletes learn to track their own progress and stay motivated without external pressure. In team sports, consistency strengthens communication, timing, and teamwork. Players depend on one another to perform consistently to execute plays effectively.

Even in e-sports, where physical exertion may differ, consistency is critical. Players must refine reaction times, strategic thinking, and coordination through repeated practice. Just like physical sports, success comes from disciplined routines and steady improvement.

How Consistency Shows Up in Performance

Consistency becomes most visible during competition. Athletes who train regularly are more likely to perform at a steady level, even under pressure. This reliability is what coaches seek when making decisions about playing time and leadership roles.

Consistent athletes also adapt better. Because they have practiced a wide range of scenarios, they can adjust their performance when conditions change. This adaptability often leads to better outcomes, whether in a close game, a race, or a high-stakes match.

What Consistency Looks Like in Training

Consistency in physical training does not mean doing the same workout every day. Instead, it includes the following:

- Attending practices regularly
- Following a structured training plan
- Maintaining proper nutrition and hydration
- Getting adequate rest and recovery
- Focusing on skill development and technique

It also involves effort. Showing up is important, but fully engaging in each session is what drives progress.

Sport-Specific Examples of Consistency

Tennis

Consistency appears in repetitive drills, such as serving, volleying, and footwork. Players who practice daily develop precision and control, allowing them to sustain rallies and minimize errors during matches.

Football

In football, consistency is critical in executing plays. Repeated practice of formations, timing routes, and conditioning ensures players can perform under physical and mental pressure.

E-sports

Gamers build consistency through daily practice sessions, reviewing gameplay, and refining strategies. Reaction time, communication, and decision-making improve with repetition.

Track and Field

Athletes rely on consistent training cycles to improve speed, strength, and technique. Whether sprinting or distance running, steady workouts lead to measurable gains.

Swimming

Swimmers benefit from consistent laps, stroke refinement, and breathing techniques. Regular pool time enhances endurance and efficiency in the water.

Team and Individual Sports

Across all sports, consistency builds

confidence. Athletes who know they have prepared thoroughly are more likely to trust their abilities in competition.

Building Consistency at Home

Parents play a vital role in helping children develop consistent habits. Encouraging regular schedules, supporting attendance at practices, and modeling commitment in daily life all contribute to a child's growth.

It is also important to balance structure with flexibility. Children should feel supported, not pressured. The goal is to help them understand that effort and persistence lead to progress.

The Long-Term Impact

Consistency does more than improve athletic performance. It shapes character. Children who learn to commit to routines and follow through on goals are better equipped to handle challenges in school, relationships, and future careers.

Over time, these habits contribute to healthier, happier adults who understand the value of perseverance.

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Most parents don't expect parenting to be easy. They do, however, expect that the good parts will feel a little more obvious than they sometimes do.

Instead, what many people experience is this: The days are full, the house is in a constant state of disarray, someone always needs something, and the moments that are supposed to feel meaningful get buried under logistics.

From there, a familiar thought shows up; "Why am I not enjoying this more?"

It's an unfair question, mostly because it assumes that joy is something you access once things calm down; once the house is cleaner, the schedule settles, or you're less tired.

That version of parenting rarely arrives.

There's a concept that has held up well over time: You don't need perfect conditions to be a good parent. You need to be present enough, often enough, for the relationship to hold. The same logic applies to joy. It doesn't require a calm, curated life. It shows up in the middle of one that isn't.

This is good news, because that's the one you have. Recognizing this sets the stage for adjusting where you focus your attention as a parent.

Also, for perspective, you may not be the parent who turns every moment into a meaningful memory with soft lighting and a life lesson at the end, but you are also not the mother in *Home Alone*, who left her child home alone more than once. If that's the baseline, you've already cleared an important bar.

What tends to get in the way of joy isn't a lack of love. It's where your attention goes when the day gets busy. Research on how the mind handles stress shows how quickly we home in on what didn't go well. Add in the brain's built-in negativity bias—the tendency to notice problems more than neutral or pleasant moments—and you get a system that is very good at tracking what needs fixing and is not especially good at registering what's going right.

So, finding joy isn't about becoming a different kind of parent. It's about working with the brain you already have. The following approaches can make this practical, without increasing your workload.

1. Stop Waiting for Calm

It's easy to fall into the idea that joy will be easier to access once things settle down. But parenting tends to replace one form of chaos with another. Waiting for calm can turn into a long-term plan that never quite pays off. A more workable shift is this: look for moments that coexist with the chaos. They're usually small.

- A quick laugh.
- A comment that catches you off guard.
- A moment where your kid leans into you without thinking about it.

They don't cancel out the mess. They sit alongside it.

2. Narrow Your Focus

When your brain zooms out, it tends to do it in the least helpful way. "This day is a disaster. I am not handling this well."

That's not information you can use. It's just a verdict. Try narrowing the frame instead. "What is one thing in the last hour that didn't go terribly?"

It's a low bar on purpose. You're not trying to create a highlight reel. You're giving your brain a wider field of data, so it's not only tracking what went wrong.

3. Lower the Bar on the Wrong Things

A lot of the stress in parenting comes from trying to maintain standards that don't actually matter as much as we think they do. Research on cognitive load shows that the more decisions and expectations you carry, the more quickly your system gets overwhelmed. That's when patience disappears. So instead of trying to do everything well, pick a few things to do simply.

- Repeat meals.
- Let the house be lived in.
- Say no to things that don't need to be yes.

You're not lowering the quality of your parenting. You're making room for it.

4. Use Repair as a Reset Button

There's a common belief that if you lose your patience, you've somehow damaged the day. In reality, what matters more is what happens after. We know from decades of child development research that parent-child interactions include constant small misattunements. The strength of the relationship comes from repair—coming back and reconnecting.

"I got frustrated. Let me try that again."

"I'm sorry. That wasn't how I wanted to handle it."

These moments don't erase what happened, but they shift what the moment means. They bring the interaction back into connection, which is where most parents actually feel the good parts.

5. Take Micro-Pauses (Because That's What You Have Time For)

No one with kids needs advice that depends on uninterrupted time. What works better are small, repeatable pauses that interrupt the stress cycle.

- One slower breath.
- A minute outside.
- Sitting down instead of hovering while you talk.

These are not dramatic interventions, but they change your internal state just enough that you're more available to what's happening instead of just managing it. That's where moments of connection tend to show up.

6. Clean Up the Way You Talk to Yourself

After a hard moment, most parents are not especially kind to themselves. There's strong evidence that people who respond to themselves with some degree of compassion are more likely to regulate and adjust their behavior effectively. Which makes sense: if you're

trying to reset and re-engage with your kid, turning yourself into the problem doesn't help much.

A more useful approach is straightforward: "That didn't go how I wanted. What's my next move?"

7. Let Small Moments Count

Joy in parenting is rarely a constant feeling. It's usually a series of small, specific moments that are easy to miss because something else is already demanding your attention.

- A joke that lands.
- A quick hug.
- A look that says more than words.

If you pause for even a few seconds and notice it, your brain is more likely to register it. You don't need more of these moments to exist. You need a better chance of catching them when they do.

A Different Way to Measure It

If you're trying to figure out whether you're doing this right, the answer probably isn't in how calm your house feels or how often you feel on top of things. A more accurate measure is what happens over time.

- You show up.
- You come back when things get off track.
- You stay present with your child, even on the days that feel messy.

Joy isn't waiting at the end of chaos. It's what you notice amid the interruptions, clutter, and noise. It's already part of your day.

You just have to notice it.

Finding Joy in the Middle of the Chaos of Motherhood



Feature

BARB MATIJEVICH

Matijevich is an Austin-based licensed therapist specializing in trauma and relationships. She is the mom of two grown children and writes about mental health, stress, and the idea that most of us are doing better than we think we are.

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COUNTRY HOME LEARNING CENTER	5-13 yrs	www.countryhomelearningcenter.com	512-288-8220	N/S
IDEA LAB	5-13 yrs	www.austin.idealabkids.com	512-710-9654	C/N/NW
MAD SCIENCE SUMMER CAMPS	4-12 yrs	www.madscience.org	512-892-1143	Multiple
PARAGON PREP SUMMER CAMP	3-8th	www.paragonprep.org	512-459-5040	N
PENFOLD THEATRE	1-12th	www.penfoldtheatre.org/summer-camps	512-850-4849	RR
SPARTAN CAMP @ ST. STEPHEN'S	6-18 yrs	www.sstx.org	512-327-1213	SW
SPICEWOOD COUNTRY CAMP	3.5-10.5 yrs	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11 yrs	www.steppingstoneschool.com	512-459-0258	15 locations
THINKERY	K-3rd	www.thinkeryaustin.org/camp/summer	512-469-6200	C

ARTS CAMP

ARMSTRONG COMMUNITY MUSIC SCHOOL	3-10 yrs	www.acmsaustin.org	512-474-2331	W
ART CAMPS OF CORDOVAN ART SCHOOL	5-16 yrs	www.cordovanartschool.com	512-275-4040	CP/NW/SW/RR/GT
BAT CAVE WRITING CAMP	7-18 yrs	www.austinbatcave.org		C
DANCE DISCOVERY	3-18 yrs	www.dancediscovery.com	512-419-7611	C/RR
ENDEAVOR MONTESSORI SUMMER CAMP	5-10 yrs	www.endeavormontessori.com	512-572-0400	PF
FANTASTIC MAGIC CAMP	5-15 yrs	www.magiccamp.com	512-988-3045	N/C
KIDSACTING SUMMER CAMPS	4-18 yrs	www.kidsactingstudio.com	512-836-5437	16 locations
SPARTAN CAMP @ ST. STEPHEN'S	6-18 yrs	www.sstx.org	512-327-1213	SW
STICKY FINGERS COOKING	5-13 yrs	www.stickyfingerscooking.com	512-955-7550	14 locations
ZACH SUMMER CAMPS	4-10 yrs	www.zachtheater.org/zach-youth/camps	512-476-0541	C/CP

SPORTS CAMP

BRANDY PERRYMAN SHOOTING CAMP	7-16 yrs	www.bperrymanshootingcamp.com		N/S/W/SW/CP/RR/GT
CAMP SWITCH WILLO	6-13 yrs	www.switchwillo.com	512-920-0554	N
CAMP WARRIOR ST. MICHAEL'S PREP	4-18 yrs	www.smcprep.org/student-life/summer-camps	512-327-7755	SW
JUMP! GYMNASTICS	3-10 yrs	www.jumpgymnastics.com/campjump	512-593-6226	B/C/S
MASTER GOHRING TAI CHI AND KUNG FU	4-18 yrs	www.mastergohring.com	512-879-7553	C
NITRO SWIM	Inf-Adult	www.nitroswim.com	512-259-7999	NW/LT
SPARTAN CAMP @ ST. STEPHEN'S	6-18 yrs	www.sstx.org	512-327-1213	SW
SPICEWOOD COUNTRY CAMP	3.5-10.5 yrs	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11 yrs	www.steppingstoneschool.com	512-459-0258	15 locations
SUGAR & SPICE RANCH CAMP	5 & up	www.texashorsecamps.com	830-460-8487	Bandera, TX

TRADITIONAL CAMP

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




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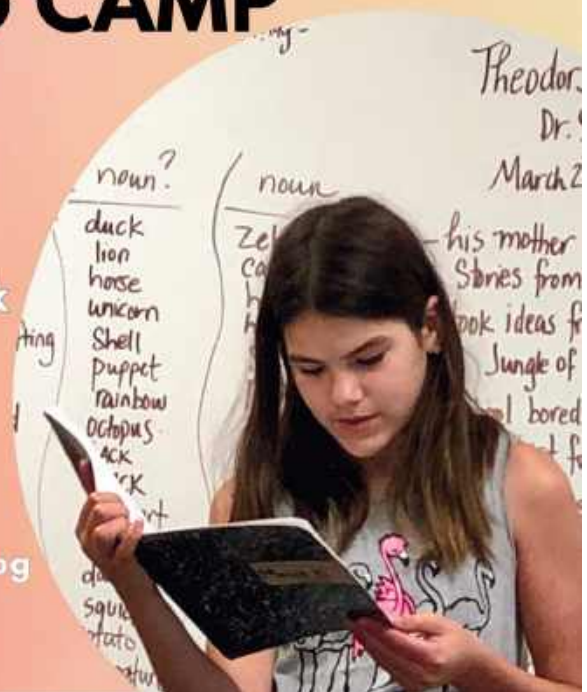
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- Donations Mon - Sat 8 am to 4 pm

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Austin Then *and* Now

Lake Austin Spa Resort

TRACIE SEED

Seed is an Austin-based writer who is passionate about all things relating to family. She's a maker and storyteller who shares whimsical art, sewing, and upcycling tutorials on her YouTube and TikTok channels, Freckled Fairy Upcycled. She enjoys spending time with loved ones and her fur babies, Roxy and Hazel.

Then

Long before it became a world-class wellness destination, Lake Austin Spa Resort welcomed a far more eclectic crowd, including rodeo clowns and followers of the latest diet fads.

The property began in 1947 as Lake Austin Lodges, a modest fishing camp catering to middle-class travelers. Set on 12 waterfront acres at the first bend of the Colorado River, just five miles below Mansfield Dam, the lodge centered around a 3,600-square-foot cabin with only 10 guest rooms. Visitors came for a quiet, back-to-nature retreat filled with fishing, boating, swimming, hiking, picnicking, and dancing under star-filled skies.

In the early 1970s, the property briefly adopted a more unconventional camp identity. The concept, proved impractical during the cooler Hill Country winters, and the venture was short-lived.

By the mid-1970s, the site shifted again when Steiner Rodeo Ranch, a working cattle operation, used the property to house cowboys and rodeo clowns from across the country who trained what was then called Steiner Ranch Rodeo Camp.

Another reinvention followed in November 1978, when the property reopened as the Bermuda Inn Reducing Resort, a highly restrictive weight-loss retreat and sister location to a California-based resort. By 1981, amid growing criticism of quick-fix diets from nutrition experts, the property rebranded as Lake Austin Resort, pivoting toward a more balanced approach that emphasized overall health and sustainable lifestyle habits.

The modern transformation of Lake Austin Spa Resort began on Jan. 1, 1997, when longtime friends Michael McAdams and William Ruck purchased the aging lakeside property. While the setting retained its natural charm, the facilities required significant updates to match the quality of its cuisine, spa services, and programming.

With a shared vision, McAdams and Ruck launched an extensive renovation, elevating the physical space to reflect the experience the resort aimed to deliver. They redesigned the grounds and gardens and renovated key areas, including the front desk, Garden Library, Lake Room, living room, training room, lounge spaces, dining room, boutique, and all guest accommodations. The upgrades also included the addition of the Lady Bird Suite.

Their efforts culminated in spring 2004 with the debut of the 25,000-square-foot LakeHouse Spa. The expanded facility featured an outdoor pool with cabanas and a hot tub, an indoor junior Olympic-length lap pool, 30 treatment rooms, and the Bamboo Room, an outdoor suite with an in-ground hot tub. Additional amenities included the Iris Salon, the Aster Café, and two acres of terraced gardens overlooking the lake.

Since then, the resort has continued to evolve with periodic guest room updates, enhanced shared spaces, expanded fitness offerings, and curated programming featuring visiting chefs, authors, and wellness experts.

Today, the property stands as a serene escape rooted in its rich and varied past, offering a refined experience that reflects decades of reinvention along the shores of Lake Austin.



May 2026 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.

Fri 1

Blue Genie Art Bazaar's Annual May Market. 10 a.m. to 8 p.m. The market provides an opportunity to discover and browse the work of local artists. Blue Genie Art Bazaar, 6100 Airport Blvd. FREE. www.bluegenieartbazaar.com.

Family Night Out. 6 to 8 p.m. Join the Kyle Parks and Recreation Department for a special Family Night Out focused on CPR and first aid instruction. EVO Entertainment, 3200 Kyle Crossing. \$15. www.events.cityofkyle.gov.

Dr. Seuss's The Cat in the Hat - Live on Stage. 7 p.m. Are the kids are bored, again? Something to do with your Thing One and Thing Two. Bass Concert Hall, 2350 Robert Dedman Dr. \$41 - \$65. www.texasperformingarts.org.

Sat 2

Naturalists at the Ney - Tree Walk. 9 to 11 a.m. Walk the grounds with a tree expert from Austin's Tree Folk and learn how to identify tree species. Elisabet Ney Museum, 304 E. 44th St. FREE. www.austintexas.gov.

Cinco de Mayo Festival. 9 a.m. to 2 p.m. The heart of this celebration lies in the interactive booths and art activities dedicated to teaching the historical significance of Cinco de Mayo. Mexic-Arte Museum, 419 Congress Ave. FREE. www.mexic-artemuseum.org.

20th Annual Pioneer Day. 10 a.m. to 3 p.m. Visitors will be able to dip candles, churn butter, make corn husk dolls and rag balls, and wander through reenactment camps and chuck wagon areas. There will be live music, pioneer games, historic house tours, and a fully stocked general store. Old Settlers Association of Williamson County, 3300 Palm Valley Blvd. www.roundrocktexas.gov.

Storytime Safari with Austin Zoo. 10:30 a.m. Join us for a short storytime followed by a meet and greet with an Austin Zoo animal ambassador. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

BookSpring Fest: A Read Aloud Celebration. 12 to 5 p.m. Come experience a family-friendly outdoor festival celebrating the joy of reading together. BookSpring, 1807 W. Slaughter Ln., Bldg. #1. FREE. www.bookspring.org.

中文游乐园-Chinese Learning Playground. 2:30 to 4:30 p.m. A Mandarin Chinese study group for school-age children. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Campfire - Zach North. 4 p.m. Come gather around our indoor campfire and experience interactive songs and dances in a new work for infants to five-year-olds and their caregivers. Zach North, 13010 Hwy 183. \$13. www.zachtheater.org.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Sun 3

GOLDEN: A K-Pop Kids Party. 10:30 a.m. to 12 p.m. Prepare yourselves for a family-friendly dance party featuring remixes inspired by familiar soundtracks, K-Pop songs, remixes, and iconic pop anthems from the movies. Mohawk Austin, 606 E. 7th St. \$20. www.mohawkaustin.com.

Charlotte's Web. 2:30 to 3:30 p.m. After Fern saves Wilbur, the runt of the litter, it's up to Charlotte the spider to spin a web of miracles. Zach Theater, 202 South Lamar. \$31 - \$44. www.zachtheater.org.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Tue 5

Hometown Parklet Show. 11:30 a.m. to 1 p.m. Tasty tunes for every appetite this spring. Downtown Round Rock, 221 E. Main St. www.roundrocktexas.gov.

Stuffed Animal Sleepover & PJ Story Time. 6 to 6:30 p.m. Wear your pajamas and snuggle in for an all-ages evening story time with Youth Services Librarian Ms. Nicholle. Lakeway Library, 1938 Lohmans Crossing. www.laketravislibrary.com.

Wed 6

Music on Main: Spring-Summer 2026. 7 to 9 p.m. Don't miss out on the fun. We're excited to share weekly Wednesday nights with you and live music spanning across all genres. Prete Plaza, 221 E. Main St. FREE. www.roundrocktexas.gov.

Thu 7

Art for Teens: Clay Exploration. 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.

CONTINUED: **Hometown Parklet Show**, see Tue 5.

Fri 8

Mother's Day Market. 4 to 8 p.m. Celebrate with us at our Mother's Day market. Enjoy a fun-filled day of shopping, delicious food trucks, and activities. Light & Waterworks District, 809 Martin Luther King Jr. St. www.austintexas.gov.

Star Wars: The Force Awakens (2015) - Community Cinema. 7:30 to 10:30 p.m. Grab chairs and a blanket, bring family and friends, and experience community cinema. Community First Village, 9301 Hog Eye Rd. FREE. www.mlf.com.

May Movie in the Park: Lilo and Stitch. 8:30 to 10:30 p.m. Schools almost out, the days are getting longer, and summer is calling. Kick off the season with a laid-back night under the stars. Laverde Park, 100 W. Center St. www.events.cityofkyle.gov.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Sat 9

Donut Dash 5K. 7 to 11 a.m. Accept the ultimate donut challenge, bring the family, and join us for the 8th Annual Round Rock Donut Dash 5K. Downtown Round Rock, 221 E. Main St. www.roundrocktexas.gov.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Campfire**, see Sat 2; **Chinese Learning Playground**, see Sat 2.

Sun 10 Mother's Day

Mother's Day Concert. 7 to 8 p.m. Join the Austin Symphonic Band for a heartwarming evening of live music on the South Steps of the Texas State Capitol. State Capitol, 1100 Congress Ave. FREE. www.austinsymphonicband.org.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Charlotte's Web**, see Sun 3.

Mon 11

Art for Teens: DIY Brooch. 4:30 p.m. Hang out after school and relax with a simple craft. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Tue 12

Cavs Who Code. 5 to 6:30 p.m. Learn the basics of Python and coding concepts with Lake Travis High School's Cavs Who Code squad. This class is limited to 15 parent/child pairs. Lakeway Library, 1938 Lohmans Crossing. www.laketravislibrary.com.

CONTINUED: **Hometown Parklet Show**, see Tue 5; **Stuffed Animal Sleepover & PJ Story Time**, see Tue 5.

Wed 13

Sprouts. 10 to 11 a.m. Tailored for children ages 3 to 5, Sprouts is a celebration of nature play. The experience is led by trained guides. Wildflower Center, 4801 La Crosse Ave. www.wildflower.org.

Art After School: Clay Exploration.

4:30 p.m. Elementary-aged kids, come get crafty after school. All materials will be provided. Laura Bush Community Library, 9411 Bee Cave Rd. www.westbanklibrary.com.

CONTINUED: **Music on Main**, see Wed 6.

Thu 14

CONTINUED: **Hometown Parklet Show**, see Tue 5.

Fri 15

Affordable Art Fair. 12 to 8 p.m. The biggest art event in the city returns to the Palmer Events Center from May 15-17th. Palmer Events Center, 900 Barton Springs Rd. \$9 - \$58.61. www.affordableartfair.com.

Kyle Fair 2026. 4 to 5 p.m. We're looking forward to another grand old time in Central Texas at the Kyle Fair annual event. Lake Kyle Park, 700 Lehman Rd. www.events.cityofkyle.gov.

KUTX 98.9's Spring 2026 Rock the Park Concert Series. 6:45 to 8:30 p.m. The annual experience returns for its 16th season with family-friendly outdoor concerts. Mueller Lake Park Amphitheater, 4550 Mueller Blvd. FREE. www.kutx.org.

Elio (2025) – Community Cinema.

7:30 to 10:30 p.m. Grab chairs and a blanket, bring family and friends, and experience community cinema. Community First Village, 9301 Hog Eye Rd. FREE. www.mlf.com.

Moonlight Movie Nights. 7:30 to 10 p.m. Experience the magic of watching movies in the park. Join us on select Fridays from May through August at Yonders Point. Old Settlers Park, 3103 Aten Loop. www.roundtherocktx.com.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Sat 16

Hutto Market Days. 9 a.m. to 2 p.m. Spend your Saturday shopping, strolling, and

discovering local artisans. The Gin at Hutto Coop, 420 U.S. 79. www.connect.huttotx.gov.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Chinese Learning Playground**, see Sat 2; **Affordable Art Fair**, see Fri 14; **Kyle Fair**, see Fri 14.

Sun 17

5th Annual Driftwood Heritage Festival at Vista Brewing. 11 a.m. to 7 p.m. Join the Driftwood community for a family-friendly festival in the Texas Hill Country. Vista Brewing, 13551 FM 150 W. FREE. www.vistabrewing.com.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Charlotte's Web**, see Sun 3; **Affordable Art Fair**, see Fri 14; **Kyle Fair**, see Fri 14.

Mon 18

A Night for Our Nation: An Evening Honoring Lt. General Marshall "Brad" Webb and Patriotic Service. 6 p.m. An elegant fundraising dinner honoring American heroism. Texas Federation of Women's Clubs, 2312 Neill-Cochran House Museum, 2310 San Gabriel St. www.nchmuseum.org.

Tue 19

Baby and Toddler Free Play. 10:30 to 11:30 a.m. Babies and toddlers, with along



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with their parents and caregivers, are invited to enjoy stations for free play with maracas and magna-tiles. Lakeway Library, 1938 Lohmans Crossing. www.laketravislibrary.com.

CONTINUED: **Hometown Parklet Show**, see Tue 5; **Stuffed Animal Sleepover & PJ Story Time**, see Tue 5.

Wed 20

Homeschool Day: Citizen Science.

10 to 11:30 a.m. Is your homeschool learner ready to become an ecologist? Come find out. Wildflower Center, 4801 La Crosse Ave. www.wildflower.org.

ASL Storytime at Westbank. 10:30 a.m.

This program develops early literacy skills through story sharing and songs. All ages are welcome. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Homeschool Program. 1 to 2 p.m. Join Youth Services Librarian Nicholle Halprin for a unique homeschool program. Lakeway Library, 1938 Lohmans Crossing. www.laketravislibrary.com.

CONTINUED: **Music on Main**, see Wed 6.

Thu 21

CONTINUED: **Hometown Parklet Show**, see Tue 5.

Fri 22

Baby Stories and Free Play. 10:30 to 11:30 a.m. Youth Services Specialist Sunny Reed will host a short story time with

songs, stories, and fingerplays. Lake Travis Community Library West, 21209 State Hwy 71 W. www.laketravislibrary.com.

Austin Greek Festival. 11 a.m. to 10 p.m. Come celebrate the spirit of Greece. Transfiguration Greek Orthodox Church, 414 St. Stephens School Rd. S. \$5. www.austingreekfestival.com.

The Bees Knees Lemonade. 1 to 2 p.m. Join us at the library for a free, refreshing beverage from The Bees Knees Lemonade. Lake Travis Community Library West, 21209 State Hwy 71 W. www.laketravislibrary.com.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Sat 23

CONTINUED: **Austin Greek Festival**, see Fri 22.

Sun 24

H-E-B Free Fourth Sunday. 1 to 5 p.m. Come enjoy free museum admission day. Texas Science & Natural History Museum, 2400 Trinity St. FREE. www.sciencemuseum.utexas.edu.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Austin Greek Festival**, see Fri 22.

Mon 25 Memorial Day

Memorial Day: Remember and Honor Event. 10 a.m. to 12 p.m. The Round Rock Veteran's Coalition and the City of Round

Rock invite the community to honor and remember those who sacrificed all for our country. Old Settlers Park, 3300 E. Palm Valley Rd. www.roundrocktexas.gov.

City of Lakeway Memorial Day Remembrance Ceremony. 11 a.m. to 12 p.m. Let's come together to honor and remember the brave men and women who paid the ultimate price for our freedom. Let's remember that freedom isn't free by acknowledging their families who carry the daily reality of Memorial Day every day. Emmaus Catholic Parish, 1718 Lohmans Crossing Rd. www.lakeway-tx.gov.

Tue 26

Musician Amber Blue. 1 to 2 p.m. Join us for an interactive sing-along story time. Lake Travis Community Library West, 21209 State Hwy 71 W. www.laketravislibrary.com. assabetinteractive.com.

STEAM Lab. 4:30 to 5:30 p.m. Children ages 4 and up are invited to explore unique, hands-on STEAM stations in the meeting room. Lakeway Library, 1938 Lohmans Crossing. www.laketravislibrary.com.

CONTINUED: **Hometown Parklet Show**, see Tue 5; **Stuffed Animal Sleepover & PJ Story Time**, see Tue 5.

Wed 27

Sprouts. 10 to 11 a.m. Tailored for children ages 3 to 5, Sprouts is a celebration of nature play, led by trained guides. Wildflower Center, 4801 La Crosse Ave. www.wildflower.org.

CONTINUED: **Music on Main**, see Wed 6; **Musician Amber Blue**, see Tue 26.

Thu 28

CONTINUED: **Hometown Parklet Show**, see Tue 5.

Fri 29


Baby Stories and Free Play. 10:30 to 11:30 a.m. Youth Services Specialist Sunny Reed will host a short story time with songs, stories, and fingerplays. Lake Travis Community Library West, 21209 State Hwy 71 W. www.laketravislibrary.com.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1.

Sat 30


Summer Reading Kick-Off Carnival. 10 a.m. to 12 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

CONTINUED: **Blue Genie Art Bazaar's Annual May Market**, see Fri 1; **Chinese Learning Playground**, see Sat 2.




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KIDZONE

Marble Magic Gift for Mom

YOU NEED:

- Crayola® scissors
- White watercolor paper or white card-stock paper
- Disposable container
- Milk or almond milk
- Crayola® acrylic paints
- Crayola® paint brush
- Paper towel
- Yarn (optional)
- Hole puncher (optional)

What You Need:

- Watercolor paper
- Milk
- Acrylic paint in three or four colors
- Paintbrush
- Shallow container
- Paper towels
- Hole punch and yarn, optional

What You Do:

Step 1: Cut watercolor paper into strips about 1.5 by 6 inches.

Step 2: Pour a thin layer of milk into a shallow container, just enough to cover the bottom.

Step 3: Drip three or four colors of acrylic paint onto the surface of the milk.

Step 4: Use the end of a paintbrush to gently swirl the paint, creating a marbled pattern.

Step 5: Slowly press a strip of paper into the milk, making sure it touches the bottom. Lift it out, then repeat once for fuller coverage.

Step 6: Stand the bookmark upright on a paper towel to dry. This allows air to circulate and prevents sticking. Let it dry completely, about two to three hours.

Step 7: Once dry, punch a hole at the top and tie on a piece of yarn to create a tassel, if desired.

Get Creative:

Try cutting the paper into fun shapes like leaves, hearts, or butterflies before dipping. After drying, add a name or a favorite quote to personalize each bookmark.

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



8 Tips to Navigate the Mom-Ache of Kids Growing Up

Q I have three children, and my youngest just turned 5. His birthday was really difficult for me. Is it normal to feel sadness and grief over my children growing up?

A It is normal for mothers to feel sadness as their children grow. Kids become less cuddly, more independent, and sometimes less reliant on their parents. This shift can trigger grief over a stage ending, a sense of loss as your child changes, or uncertainty about the future. Early childhood is full of rapid changes, and these emotions are common.

There are several ways to cope with the bittersweet experience of children growing up:

1. Document the moments. Keep journal entries and picture scrapbooks of milestones. Sharing these memories with your children as they grow can be a meaningful way to connect.

2. Write a letter to your child. Capture who they are now and what you love about this stage in their lives.

3. Write a letter to your future self. On a challenging day, when you feel exhausted or stretched thin, note your thoughts and feelings to reflect on later.

4. Enjoy the present. Focus on your children's current age and developmental stage. Each phase has unique joys worth savoring.

5. Rediscover yourself. Reconnect with hobbies, career goals, or personal interests that may have taken a backseat during early parenthood.

6. Lean on supportive peers. Stay connected with friends and family who understand the ups and downs of parenting.

7. Practice mindfulness and resiliency. Mindfulness is fully engaging in the present moment. Resiliency is recognizing your strength and

ability to adapt. Both can help you navigate transitions with greater peace.

8. Seek professional guidance if needed. If your sadness persists or interferes with daily life, speak with your doctor to rule out medical causes and receive support.

Growing up is a beautiful, complex journey for both children and parents. Feeling grief alongside joy is part of the experience. By acknowledging your emotions, celebrating milestones, and nurturing yourself, you can embrace the bittersweet moments of parenthood with grace.

VISITAR www.austinfamily.com
8 consejos para sobrellevar la "nostalgia de mamá" ante el crecimiento de los hijos

Memorial Day: A Meaningful Guide for Families



Photo credit: American Legion Post 911

Memorial Day is more than a long weekend or a Monday off from school. It is a day to honor and remember the men and women who gave their lives in service to our country.

For families in Central Texas, a meaningful place to reflect is Cedar Park Veterans Memorial Park, home to the Central Texas Gold Star Family Memorial Monument. This powerful tribute features four black granite panels engraved with the words Homeland, Family, Patriot, and Sacrifice. A soldier's silhouette, cut into the stone, symbolizes the profound loss felt by families whose loved ones made the ultimate sacrifice.

This monument, the first of its kind in Texas, exists to honor Gold Star Families, preserve the memory of the fallen, and remind us that freedom is not free.

What Is a Gold Star Family?

A Gold Star Family is the immediate family of a U.S. service member who died while serving in the armed forces, particularly during combat or active duty. This includes parents, spouses, children, and siblings.

The designation represents both deep loss and enduring pride. Families may wear a Gold Star lapel pin and receive support in recognition of their sacrifice.

As one Gold Star mother shared:

"Being a Gold Star mother is really a catch-22. You are very sad to lose your child, but you are proud of them because they gave their life for something bigger, for our country."

For these families, every day is Memorial Day.

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Memorial Day vs. Veterans Day: A Simple Guide for Kids

- Memorial Day: Honors those who died while serving
- Veterans Day: Honors all who have served in the military

Both are important, but Memorial Day specifically remembers those who never came home.

Teaching Kids the Meaning of Memorial Day

Here are a few simple ways families can help children understand:

- Visit a memorial site like Cedar Park Veterans Memorial Park
- Explain the significance in age-appropriate language
- Share stories of service and sacrifice
- Observe the National Moment of Remembrance at 3 p.m.

Even a quiet minute of reflection can help children understand the importance of gratitude and remembrance.

A Gentle Reminder

While many celebrate the long weekend with barbecues and travel, taking a moment to pause can make a meaningful difference.

On Memorial Day, Gold Star Families encourage all of us to remember the true purpose of the holiday: honoring those who gave everything for our freedom.

This Memorial Day, the *Austin Family Team* extends our deepest gratitude and heartfelt appreciation to Gold Star Families for their lifelong sacrifice and service. We honor you, we remember with you, and we want you to know you are never alone.



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