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April 2024

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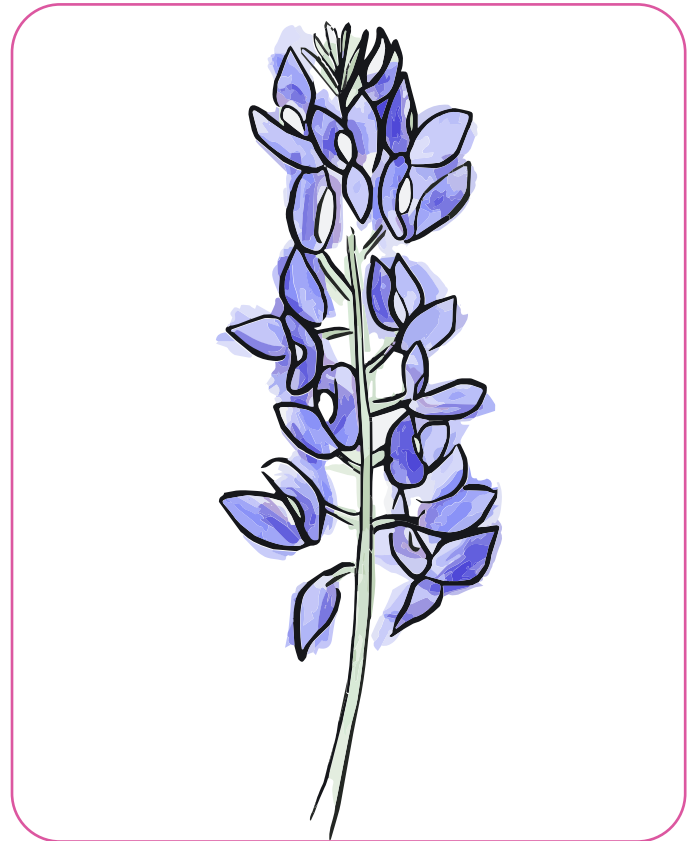
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 Catch Austin Family magazine live on "Good Day Austin" every Thursday morning.



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Austin Family cover kid winner Eliza is really into axolotls, art and Studio Ghibli movies. When at home, Eliza loves to play with her two cats and big sister. Photo taken by Jordan Ashley Photography, Cedar Park.



View the magazine online

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Editor's Note



JESS ARCHER

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

April is a beautiful time of year in Central Texas. The wildflowers and trees are in bloom, and our city is bursting with outdoor fun.

Austin boasts several great events this season, and our magazine celebrates them.

The Statesman Cap10 race will be held on April 7th and in celebration of running, guest writer and semi-professional runner, Margaret Low provides readers with ten ways to get motivated to take up running.

Our feature article this month is all about great places to see bluebonnets and other Central Texas wildflowers. Take out-of-town friends and make a day of fun at the wildflower festivals and celebrations in and around Austin.

April 14th is Austin's annual kite festival, where hundreds of people fly their colorful kites at Zilker Park. This month the YMCA staff provides readers with DIY instructions for building your own beautiful kite.

Be inspired by fellow Austin moms and read our new column, Mom Minute. Every other month we bring you a short interview with an Austin mom who is just like you—ordinary and extraordinary all at the same time.

Remember to read our camp and education guides for great information to help you plan your spring and summer.

Enjoy the beautiful days of April in Central Texas.

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Austin IN ACTION

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April Fun Facts

1698

First recorded April Fool's Day prank

Source: www.newporttoyota.com

5 million

Trees planted worldwide on Earth Day, 2023

Source: www.earthday.org

77° F

The average temperature in Austin on race day for the Statesman Cap 10

Source: www.cap10k.com



Photo courtesy Girl Scouts of Central Texas.

Girl Scouts Help Uplift the Soldiers

Girl Scouts of Central Texas (GSCTX) reaffirms its commitment to supporting the U.S. armed forces through Operation Cookie during this year's Girl Scout Cookie Program. For over a decade, GSCTX has dedicated efforts to uplift military personnel, and in 2023, in collaboration with Soldiers' Angels, distributed 35,000 boxes of customer-purchased Girl Scout cookies to servicemen and women worldwide.

U.S. Air Force veteran and Soldiers' Angels president & CEO, Amy Palmer expressed her gratitude, stating, "Everyone loves Girl Scout cookies – especially our troops! Thank you to Girl Scouts of Central Texas for providing our deployed men and women in uniform a taste of home. Campaigns like Operation Cookie are fun and impactful opportunities to express our gratitude for those who have chosen to sacrifice for our country."

Purchases through Operation Cookie not only support local Girl Scout troops but also provide comfort to military members, veterans and their families. This initiative aligns with GSCTX's mission to empower girls while fostering community connections.



H-E-B
EXCELLENCE
IN EDUCATION
AWARDS

H-E-B Excellence in Education Awards

On March 2 Austin Independent School District announced that two of its educators were chosen as finalists for the H-E-B Excellence in Education award. This prestigious designation marks them as some of the best educators in Texas. The two winners are Gloria Cortez, an AVID teacher at Martin Middle School and Dominique James-Kilgore, a counselor at Lively Middle School.

In the state of Texas, the H-E-B Excellence in Education award is the largest monetary award that a teacher can earn.

As part of the program, teachers were presented with a \$1,000 check for themselves and a \$1,000 check for their schools.

Cortez and James-Kiglore will join their fellow finalists in Houston on Sunday, May 5 to compete on a statewide level for larger cash prizes totaling \$480,000.



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

Know a young person doing something good for the community? Tell us about it! Send your story and photo to: editor2003@austinfamily.com



Grand Opening of Dell Children's expanded heart care unit. Photo credit: Matthew Hooker

Expanding Heart Care at Dell Children's

This spring, Dell Children's Medical Center has doubled the size of its cardiac critical care unit in response to the growing demand for complex pediatric heart care. The unit has increased from 24 beds to 48, illustrating Dell Children's commitment to providing top-notch care for a broader patient population. Six of the new beds will be dedicated to heart transplants, as Dell Children's is the only pediatric heart transplant program in Central Texas.

Dell Children's has become a beacon of hope for families grappling with complex heart conditions, attracting patients not just from across Texas but also from 48 states in the U.S. as well as Europe, South America and Africa. The strategic vision of Dr. Charles D. Fraser, Jr., an internationally recognized pediatric congenital heart surgeon and Executive Director of the

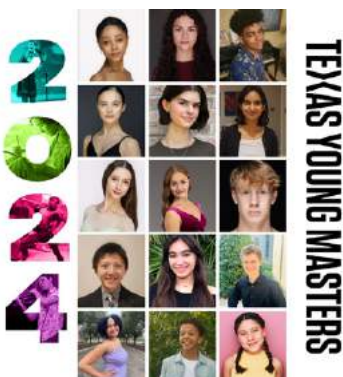
Texas Center for Pediatric and Congenital Heart Disease, has led to the program's rapid expansion, with 30 heart transplants performed, numerous medical milestones achieved and more than 2,000 heart operations at Dell Children's in the last five years.

Young Masters Named

The Texas Commission on the Arts (TCA) and the Texas Cultural Trust (TXCT) are proud to announce the 2024 class of Young Masters. Young Masters is a grant program that provides exemplary art students in grades 8-11 with the financial help they need to pursue advanced study in the areas of visual arts, literary arts, music, theater, dance, musical theater, folk & traditional arts and media arts. This year's promising young students come from 14 cities and together display a variety of artistic talents.

The state's most talented young artists receive the title of "Young Master" and are awarded grants of \$5,000 per year to further their studies in their chosen arts disciplines. Students are eligible to receive the grant for two years, but they must submit a report and an updated application. This gifted group of 15 students represents the twelfth class of Young Masters. Since the program's inception in 2002, the TXCT and TCA have named 199 Young Masters, awarding over \$1.3 million to aspiring artists from across the state.

Lerchen Zhong was named the winning artist from the Austin area. He is a 10th grader at Westwood High School with an artistic focus in music and piano.



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10 Ways for Runners to Stay Motivated

Lifelines

MARGARET LOW

Low is a registered dietitian nutritionist who lives in Austin, TX with her husband and four children. She works with families, parents and athletes on how to fuel well and feel better. Find her at www.mlownutrition.com and www.beyond-miles.com.



Living in one of the fittest cities in the world, Austinites are surrounded by runners, especially during the spring and fall when the weather is ideal for outdoor activities and races are happening almost every weekend. But how does someone who is new to running get started and stick with it?

Follow these ten tips to get motivated, keep moving, get stronger, run faster, and maybe even make running a family affair.

- 1 Schedule it** - Most runners would agree that getting out the door is the hardest part. Make a plan, put it on the calendar, and stick with it. Not feeling it one day? Commit to five minutes and then reassess. You may surprise yourself and enjoy the time outside. If not, try again the next day.
- 2 Set realistic goals** - Running is fun, but maybe not at first,

especially if you start too hard. Start with a run/walk regimen as you build a base and work up to consistent running. Plan for training to take at least a month for shorter races and up to three or four months for longer races such as half or full marathons.

- 3 Speaking of races...sign up for one** - What is more motivating than knowing you HAVE to perform? Registering for a race might sound intimidating, but races are fun, and more often than not, the only person who cares about your time is you. The crowd support and adrenaline rush that come with racing makes running even more satisfying and most participants catch the 'race fever' and will sign up for another race.
- 4 Slow and steady wins the race** - For real! If you want to make it to the finish line uninjured, be conservative with how much

you increase your weekly mileage. Aim for adding just 10% to 15% to your total mileage each week until you reach your peak mileage goal.

- 5 Consistency is KEY when it comes to running** - One day you might feel like Forest Gump and the next you might feel sluggish and ready to quit. Challenge yourself to get out there for a few minutes on the days you plan to run. Consistency is simply showing up.
- 6 Dial in your nutrition** - Nutrition before, during and after running can impact performance and how you feel. Aim to consume 20 to 30 grams of low-fiber carbohydrates shortly before the run. Bananas, graham crackers and apple sauce pouches are all great pre-run fuel options. For runs longer than an hour, take fluid and carbohydrates on the run. To get the best recovery for your

muscles, take in a combination of protein and carbohydrates within thirty minutes of completing your run.

7 Incorporate Variety within Running – Believe it or not, running is more than the simple act of putting one foot in front of the other. Variety in training makes for faster, stronger athletes with fewer injuries. Each week, try to do one run that includes speed, one with hills and one long run. Any additional runs should be done at an easy pace.

“ For the best recovery for your muscles, take in a combination of protein and carbohydrates within thirty minutes of completing your run.”

8 Don't just run – Strength training and cross training are perfect complements to running. This can be in the form of weightlifting, yoga, pilates or other types of endurance cross-training such as swimming or biking. Taking a full rest day every seven to ten days is also good for muscle repair and recovery.

9 Have fun – Even if you start running primarily to get in shape, you will be more likely to stick with it if you are having fun. Change things up to keep it exciting – try some road races, trail races or running with a friend.

10 Gear – Although fancy racing shoes may not be necessary to

start running, it is a good idea to invest in some decent running shoes to help prevent injury as your mileage increases. Visit any local running shoe store and ask for help with picking out the best shoe for you.

Hopefully, these tips help give you perspective and provide guidance to get you out the door and excited about a new endeavor. Remember to give yourself grace. Every run is not going to feel amazing, but it's all worth it for the ones that do.

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Why Fine Arts Matter in Education

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.



When we think of school subjects, most likely the core academic classes of math, language arts, science and social studies come to mind. Often, the fine arts – music, dance, theater and visual arts – are an afterthought. These special subjects, however, can have a profound impact on our children.

Unfortunately, according to the National Assembly of State Arts Agencies, fine arts classes appear to be more of an afterthought in funding as well. Texas ranked 47th in funding for the arts in its 2023 fiscal year budget, which equated to a per capita spending rate of just 34 cents.

Parents need to be educated about the benefits of an arts education so that we can protect current spending levels and, ideally, advocate for increased spending in these areas. We can also be creative about how we support the arts programs in our children's schools, fundraising for materials and other needs and volunteering our time.

Some of the benefits our children receive from fine arts courses include:

Greater school engagement and

performance. According to the Texas Cultural Trust, students enrolled in fine arts courses not only attend school more regularly (the equivalent of an extra week of school each year) but those who complete more fine arts classes have up to 15% higher passing rates on standardized tests than students with fewer fine arts classes.

Improved mental and emotional well-being. The arts provide an outlet for students to express their emotions and present an opportunity to shift into mindfulness in what can otherwise be a stressful day. It is a time in the day when students can relax and have fun, without worrying so much about a grade or getting the final product "right." Participating in the arts can reduce anxiety and improve mood, allowing students to return to their academic classes more centered and ready to learn.

Social and emotional learning opportunities. Classes that focus on collaboration, such as music and theater, provide a natural way to

work on communication with peers. According to a study conducted by the John F. Kennedy Center's Changing Education Through the Arts Program, teachers who provided their students with consistent access to the arts reported a "more positive and cohesive" learning environment, owing to improved peer collaboration and better social skills in the classroom.

Heightened creativity. Academic subjects often require students to deal primarily with facts. The arts certainly do include facts, such as how to measure time in music or the dates of various periods in art history, but they are also rich with opportunities for creative expression that can be lacking in academic subjects, particularly in upper-grade levels. These classes can be a welcome reprieve for students, especially those who love flexing their creative muscles.

Improved focus and attention. Whether it is working on memorizing lines for a play or carefully mixing paint colors to achieve the desired result,

the arts require students to focus and attend to what they are learning in a way that traditional academic classes may not. Because students are taking an active role in the learning process, they are less able to “zone out” and, as a result, they strengthen their abilities to attend and focus on the work at hand. These skills can often translate into other classes and to home life.

Inherent differentiation. There is one answer to a math problem and only one date that the Constitution was signed. There are, however, seemingly endless ways to draw a still life, perform a theater piece or use your voice in song. For those students who are not traditional learners, the arts offer a place to participate in the way that works best for them and best expresses their ideas.

Improved self-confidence. True self-confidence comes from accepting new challenges and developing new skills that one can reflect on with pride. The arts offer myriad opportunities for students to push themselves and take pleasure in their new abilities and accomplishments.

Cultural exposure and awareness. The arts often highlight different cultural traditions. Learning about various cultures helps students to better understand and appreciate others’ cultures and, by extension, fosters a sense of empathy and respect for differences.

Career preparation. Fine arts education teaches skills that will be valuable to students when they are ready to join the workforce. Collaboration, communication, problem-solving, perseverance, focus, creativity and innovation are all skills that are desired by hiring managers in a wide range of fields. It was only when I started learning

more about the profound impact that the arts have on our children that I began to truly appreciate just how important, and necessary, these classes truly are. They are more than just a break from learning, they provide incredible learning opportunities themselves. We must challenge

ourselves to stay aware of and engaged in how the arts are funded in our children’s schools. All children deserve the richness of a fine arts education.



The poster features a green and white color scheme with a large green arch at the top containing the text "NICU GRADUATE REUNION" and a graduation cap icon. Below this is a green box with the text "Hand to Hold™" and "NICU BABIES · PARENT SUPPORT". The presenting sponsor is "St. David's HEALTHCARE". The event date and time are "SUNDAY, APRIL 21 11:00 AM - 3:00 PM" and the location is "Q2 STADIUM". Two polaroid-style photos show graduates in caps and gowns. A QR code is located in the bottom left. The bottom of the poster has a green and white wave graphic with the text "Register at handtohold.org/nicugrad".

NICU GRADUATE REUNION

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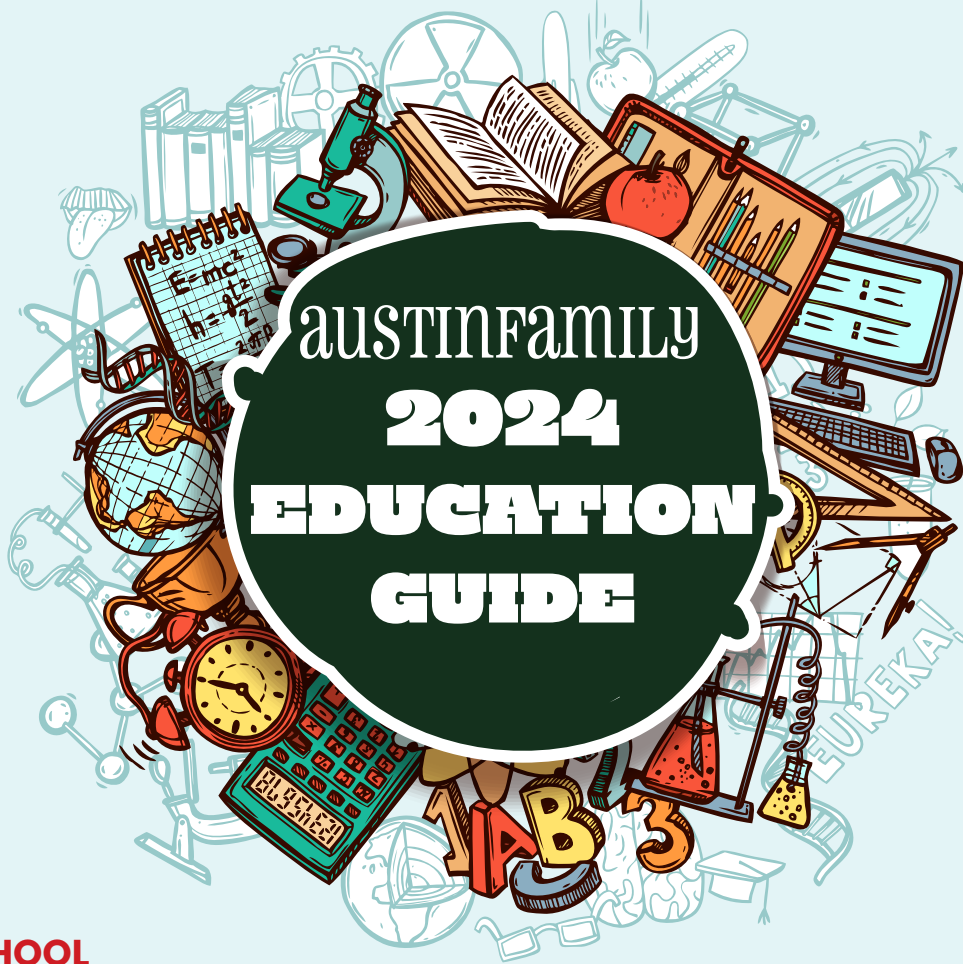
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CATHEDRAL SCHOOL OF ST. MARY'S	PreK3-8	DT Austin	512-476-1480	www.smcschoolaustin.org
CHALLENGER SCHOOL	PreK-8	Avery Ranch	512-341-8000	www.challengerschool.com
CHALLENGER SCHOOL	PreSch-K	Pond Springs	512-258-1299	www.challengerschool.com
CHALLENGER SCHOOL	PreSch-K	Round Rock	512-255-8844	www.challengerschool.com
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KIRBY HALL SCHOOL	PreK4-8	Central Austin	512-474-1770	www.kirbyhallschool.org
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ST. GABRIEL'S CATHOLIC SCHOOL + ST. MICHAEL'S CATHOLIC ACADEMY	PreK-8	West Austin	512-327-7755	www.sgs-austin.org
ST. HELEN CATHOLIC SCHOOL	PreK4-8	Georgetown	512-869-3244	www.shcslions.org
ST. IGNATIUS MARTYR CATHOLIC SCHOOL	PreK3-8	South Austin	512-442-8547	www.school.st-ignatius.org
ST. LOUIS CATHOLIC SCHOOL	K-8	North Austin	512-614-6622	www.slcsaustin.org
ST. MARY'S CATHOLIC SCHOOL	PreK3-12	Taylor	512-352-2313	www.stmarystaylor.org
ST. THERESA'S CATHOLIC SCHOOL	PreK-8	North Austin	512-451-7105	www.st-theresa.org

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SNAPDRAGON PRESCHOOL (Must be potty-trained)	3-5 yrs	North Austin	512-593-6226	www.snapdragonpreschool.com
STEPPING STONE SCHOOLS	Infant-12 yrs	17 locations throughout Austin area	512-459-0258	www.stepsstoneschool.com
YMCA CENTRAL TEXAS	Infant-12 yrs	6 locations	512-615-5511	www.ymcactx.org

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BASIS PFLUGERVILLE	K-8 expanding to 12	Pflugerville	737-263-5890	www.basisedtx.com/pflugerville
BASIS CEDAR PARK	K-8 expanding to 12	Cedar Park	737-263-5890	www.enrollbasistx.com/cedarpark
HARMONY SCIENCE ACADEMY	PK-8	North Austin	512-835-7900	www.hsaaustin.harmonytx.org
HARMONY SCHOOL OF INNOVATION	PK-5	Southeast Austin	512-300-0895	www.hsiaustin.harmonytx.org
HARMONY SCHOOL OF EXCELLENCE	6-12	Southeast Austin	512-693-0000	www.hseaustin.harmonytx.org
HARMONY SCIENCE ACADEMY	PK-5	Cedar Park	512-494-5151	www.hsacp.harmonytx.org
HARMONY SCHOOL OF ENDEAVOR	PK-12	North Austin	512-284-9880	www.hspaustin.harmonytx.org
HARMONY SCHOOL OF SCIENCE	PK-5	North Austin	512-821-1700	www.hssaustin.harmonytx.org
HARMONY SCIENCE ACADEMY	6-12	Pflugerville	512-251-5000	www.hsapflugerville.harmonytx.org

ONLINE

SORA SCHOOLS	Middle-High School	see QR Code in ad		www.soraschools.com/texas
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RESOURCES

AUSTIN LEARNING CENTER	Westlake & Online	512-330-9007	www.austinlearningcenter.com
HAND TO HOLD	Zoom, Podcast	855-424-6428	www.handtohold.org
PARTNERS IN PARENTING	North, South, Zoom		www.pipaustin.org

See above Private School Listings for these Child Care and Montessori Schools:

- Holy Family Catholic School
- Kirby Hall School
- Redeemer Lutheran School
- Santa Cruz Catholic School
- St. Austin Catholic School
- St. Gabriel's Catholic School
- St. Helen Catholic School
- St. Ignatius Martyr Catholic School
- St. Louis Catholic School
- St. Mary's Catholic School
- St. Theresa's Catholic School



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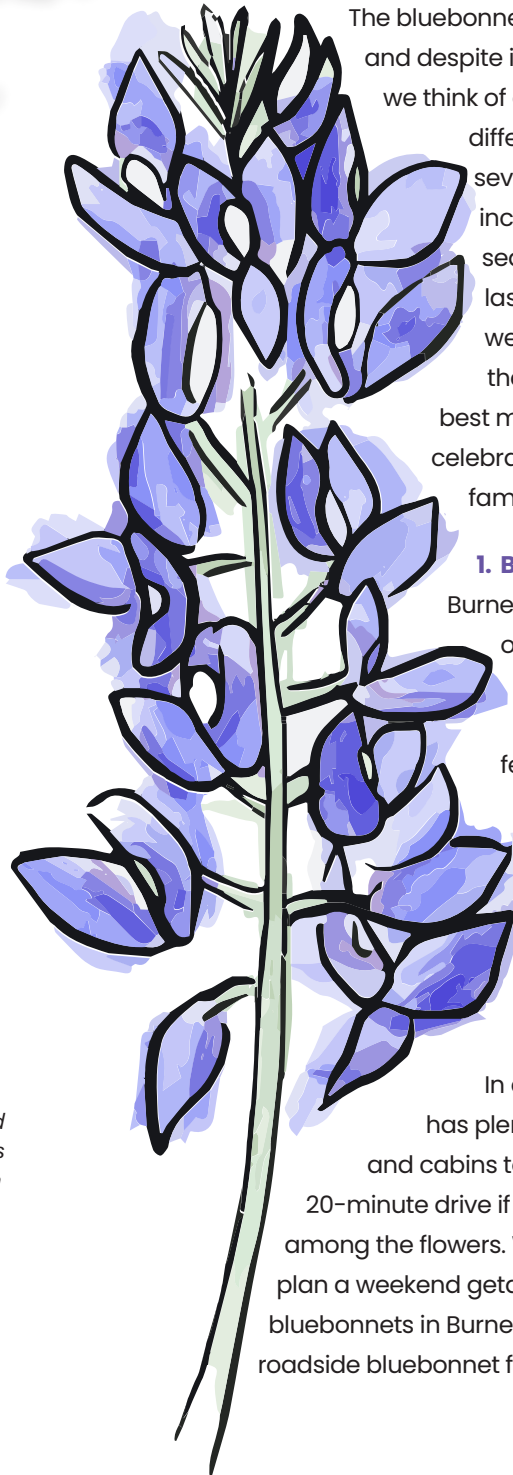
We are now enrolling in grades K4 through 12 for the 2024-25 school year. Come see why so many families say YES to BCS,

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Bring on the Bluebonnets! 4 Wildflower Festivals

Spring in Central Texas is arguably the most beautiful time of year thanks to an abundance of our state flower, the beautiful bluebonnet. If you've ever wondered why you see so many wildflowers along the highways every spring, you can thank the Texas Department of Transportation's wildflower program which sows 30,000 pounds of wildflower seeds each year. While the wildflowers are beautiful, they also serve an environmental purpose as well. Planting native flowers and grasses gives pollinators and wildlife a natural habitat to enjoy that controls erosion and saves water.



The bluebonnet is the official state flower of Texas, and despite its name, it is not always blue. What we think of as the bluebonnet is made up of a few different species of *Lupinus* and comes in several colors in addition to the classic blue, including white, maroon and pink. Wildflower season typically starts in late March and can last as late as May. Wet, dry, hot and cold weather can all affect when we start to see the beautiful buds, but April is typically the best month for bluebonnets. If you're looking to celebrate our state flower, check out these four family-friendly spots in and around Austin.

1. Burnet Bluebonnet Festival: April 12-14

Burnet, a small town about an hour northwest of Austin, hosts one of the biggest bluebonnet festivals in the state during the second week of April. This year's festival is full of fun events for all ages.

Participate in a 5K or 10K race, watch the parade or the wiener dog race, eat at the food court and even listen to live music. Burnet is close enough for a day excursion, but if you want to make a getaway weekend out of it, Burnet has several nice options for lodging.

In addition to hotels and motels, Burnet has plenty of charming bed-and-breakfasts and cabins to rent. Inks Lake State Park is a short 20-minute drive if you and your family want to camp among the flowers. Whether you choose to visit for the day or plan a weekend getaway it is well worth the drive to celebrate bluebonnets in Burnet. Make sure to stop at one of the many roadside bluebonnet fields for family pictures on the way.

CATHERINE MICHALK

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



Photo credit: Ladybird Johnson Wildflower Center

2. Fredericksburg Bluebonnet Festival: April 20th

Another festival located a short drive from Austin is the Fredericksburg Bluebonnet Festival hosted at Grapetown Vineyard and Farm. This one-day festival takes place on Saturday, April 20th, and includes lots of fun activities for adults and kids. This year you can find wine tasting, a vendor's market and baby goats! Grapetown Vineyard and Farm is not only a working farm but also an animal sanctuary. You can purchase additional tickets for a safari tour where you'll see exotic animals like camels, zebras and kangaroos. After your safari tour, kick back and enjoy live music while your kids play in the recreational area. You can learn more about the festival at www.thebestoftexas.org and purchase tickets in advance through Eventbrite. Tickets are \$15 for adults, \$10 for children.



Photo credit: Ladybird Johnson Wildflower Center

3. Wildseed Farms Wildflower Celebration: March-April

Wild seed Farms is a Fredericksburg wildflower farm, store, deli and vineyard grown out of a love and appreciation for wildflowers. Owners John and Marilyn Thomas are lifelong farmers and entrepreneurs who set up an oasis for nature lovers on their 217-acre property. Visit any time during

March or April to experience their Wildflower Celebration where you can stroll through the butterfly garden or visit the half mile of walking trails. After you see the landscape, pick up a bluebonnet-themed souvenir in the gift shop or visit the seed shop and lantana nursery to peruse the selection of seed mixes, in-season plants and garden decor. Your family will find everything you need to start your own backyard wildflower garden. Finally, visit the Bluebonnet Biergarten to grab a snack and take home a jar of jam. Don't forget to try the famous peach soft serve ice cream.

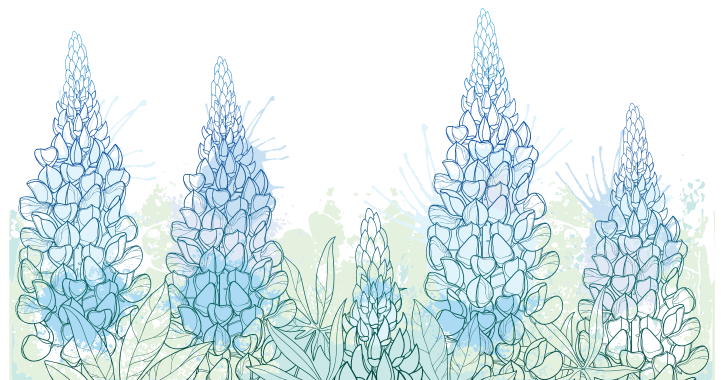


Photo credit: Ladybird Johnson Wildflower Center

4. Wildflower Center Bi-Monthly Sprouts Program: April 10th and 24th

The Lady Bird Johnson Wildflower Center is one of the best places in Austin to be immersed in the native landscape. The Wildflower Center hosts a bi-monthly program called Sprouts especially for three-to five-year-olds. Trained guides lead their groups on a nature walk with sensory activities and stories. The theme of the program

changes each season so your kids can always learn and experience something new. The program's April dates will be the perfect time to spot bluebonnets and learn about them and other native plants. While the official start time is 10 am, the Wildflower Center recommends arriving early to get a spot as there is limited capacity. General admission is required for adults and children over four, but there is no additional ticket required for Sprouts.





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SUMMER CAMP GUIDE

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ARMSTRONG COMMUNITY MUSIC SCHOOL	3-10	www.acmsaustin.org	512-474-2331	W
ART CAMPS OF CORDOVAN ART SCHOOL	5-16	www.cordovanartschool.com	512-275-4040	CP/NW/SW/RR/GT
AUSTIN BAT CAVE	8-17	www.austinbatcave.org		Austin Public Libraries
AUSTIN YACHT CLUB	4-18	www.austinyachtclub.net	512-266-1336	LT
BADGERDOG CREATIVE WRITING CAMPS	9-18	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
BRANDY PERRYMAN SHOOTING CAMP	7-16	www.bperrymanshootingcamp.com		W/S/C/N/ RR/CP/G/B
CAMP CHAMPIONS	6-17	www.campchampions.com	830-598-2571	Marble Falls, TX
CAMP DOUBLECREEK	4-14	www.campdoublecreek.com	512-255-3661	PF
CAMP EAGLE	6-17	www.campeagle.org	830-683-3219	Rocksprings, TX
CAMP HEART O' THE HILLS FOR GIRLS	6-16	www.hohcamp.com	830-238-4650	Hunt, TX
CAMP STEWART FOR BOYS	6-16	www.campstewart.com	830-238-4670	Hunt, TX
CAMP SWITCH WILLO	6-13	www.switchwillo.com	512-920-0554	N
CLUB SCIKIDZ	4-15	www.austin.clubscikidz.com	512-401-9369	C/S
CLUB Z	4-12	www.zsclubhouse.com	512-219-0700	NW/s/ SW
COUNTRY HOME LEARNING CENTER	5-13	www.countryhomelearningcenter.com	512-288-8220	N/S
D&D WITH DEE CAMPS	9-18	www.DnDwithDee.com	512-695-3435	C/V
DANCE DISCOVERY	3-18	www.dancediscovery.com	512-419-7611	C/RR
FANTASTIC MAGIC CAMP	5-12	www.magiccamp.com	512-988-3045	C
GIRLSTART	4th-8th	www.girlstart.org	512-916-4775	N
GREATER AUSTIN YMCA	4-14	www.austinyymca.org	512-322-9622	SW/C/N/ B/DS/NW
IDEA LAB	5-13	www.austin.idealabkids.com	512-710-9654	C/N
JUMP! GYMNASTICS	3-10	www.jumpgymnastics.com	512-593-6226	S/C
KIDSACTING SUMMER CAMPS	4-18	www.kidsactingstudio.com	512-836-5437	16 Locations
MAD SCIENCE SUMMER CAMPS	4-12	www.madscience.org	512-892-1143	Multiple
MASTER GOHRING TAI CHI AND KUNG FU	4-Adult	www.mastergohring.com	512-879-7553	C
NEWK'S OUTBACK ADVENTURE CAMP	8-17	www.newktennis.com	830-625-9105	New Braunfels, TX
NITRO SWIM	Inf-Adult	www.nitrowim.com	512-259-7999	NW/LT
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PARAGON PREP SUMMER CAMP	3yr-8th	www.paragonprep.org	512-459-5040	N
REDEEMER SUMMER CAMPS	4-8	www.redeemerschool.net	512-451-6478	N
ROCK ABOUT CLIMBING	9-18	www.rock-about.com	512-415-0804	Multiple
SPICEWOOD COUNTRY CAMP	3 ½-10 ½	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11	www.steppingstoneschool.com	512-459-0258	18 locations
STICKY FINGERS COOKING SCHOOL	5-12	www.stickyfingerscooking.com	512-955-7550	Multiple
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TEX-ARTS	5-18	www.tex-arts.org	512-852-9079	LT
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YMCA CENTRAL TEXAS	4-14	www.ymcactx.org	512-250-9622	RR/CP/GT/H
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CAMP	AGES	WEBSITE	PHONE	LOCATION
DAY CAMPS				
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ARMSTRONG COMMUNITY MUSIC SCHOOL	3-10	www.acmsaustin.org	512-474-2331	W
ART CAMPS OF CORDOVAN ART SCHOOL	5-16	www.cordovanartschool.com	512-275-4040	CP/NW/SW/RR/GT
AUSTIN BAT CAVE	8-17	www.austinbatcave.org		Austin Public Libraries
AUSTIN YACHT CLUB	4-18	www.austinyachtclub.net	512-266-1336	LT
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BRANDY PERRYMAN SHOOTING CAMP	7-16	www.bperrymanshootingcamp.com		W/S/C/N/ RR/CP/G/B
CAMP DOUBLECREEK	4-14	www.campdoublecreek.com	512-255-3661	PF
CAMP SWITCH WILLO	6-13	www.switchwillo.com	512-920-0554	N
CLUB SCIKIDZ	4-15	www.austin.clubscikidz.com	512-401-9369	C/S
CLUB Z	4-12	www.zsclubhouse.com	512-219-0700	NW/S/SW
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GIRLSTART	4th-8th	www.girlstart.org	512-916-4775	N
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KIDSACTING SUMMER CAMPS	4-18	www.kidsactingstudio.com	512-836-5437	16 Locations
MAD SCIENCE SUMMER CAMPS	4-12	www.madscience.org	512-892-1143	Multiple
MASTER GOHRING TAI CHI AND KUNG FU	4-18	www.mastergohring.com	512-879-7553	C
NITRO SWIM		www.nitroswim.com	512-259-7999	NW/LT
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PARAGON PREP SUMMER CAMP	3yr-8th	www.paragonprep.org	512-459-5040	N
REDEEMER SUMMER CAMPS	4-8	www.redeemerschool.net	512-451-6478	N
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LOCATIONS

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S = South Austin
E = East Austin

C=Central Austin
W=West Austin
SW=South West
NW=Northwest Austin

RR=Round Rock
CP=Cedar Park
GT=Georgetown
H=Hutto

LT=Lake Travis
B=Buda
DS=Dripping Springs
PF=Pflugerville

V=Virtual

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THINKERY	1st-5th	www.thinkeryaustin.org	512-469-6201	C

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CAMP CHAMPIONS	6-17	www.campchampions.com	830-598-2571	Marble Falls, TX
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CAMP HEART O' THE HILLS FOR GIRLS	6-16	www.hohcamp.com	830-238-4650	Hunt, TX
CAMP STEWART FOR BOYS	6-16	www.campstewart.com	830-238-4670	Hunt, TX
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YMCA CENTRAL TEXAS	4-14	www.ymcactx.org	512-250-9622	RR/CP/GT/H
YMCA CAMP TWIN LAKES	6-16	www.ymcactx.org	512-250-9622	CP

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RR = Round Rock
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KIDZONE



Soar to New Heights with a Home-Made Kite

In a time when digital entertainment is ever-present, the idea of flying a kite can seem quaint. But the concept of flight is magical at any age. Follow these steps to create your very own kite and then head to your nearest park, field or even parking lot to put your new aircraft to the test.

Gather Materials:

- Large sheets of lightweight, strong paper or fabric (ideas include gift-wrapping paper, tissue paper, newspaper, nylon, plastic sheets, cellophane or even kite paper)
- Wooden dowels or lightweight rods for the frame. Repurposing wire coat hangers can also work.
- String or kite line
- Scissors
- Glue or tape
- Ruler
- Pencil
- Optional: markers, paints or other decorative materials.

Design Your Kite:

- Decide on the size and shape of your kite. Traditional diamond shapes are popular, but feel free to get creative.
- Use the ruler and pencil to outline your design on the paper. Make sure to leave extra space around the edges for folding and attaching the frame.

Construct the Frame:

- Cut the wooden dowels or rods to the appropriate lengths for your kite design.
- Lay out the frame on top of the paper outline and trim the paper to fit, leaving a border of about 1 inch around the edges.
- Use glue or tape to attach the frame to the paper, folding the edges over the dowels and securing them in place.

Attach the Bridle and Tail:

- Cut a length of string slightly longer than the width of your kite.
- Tie one end of the string to the two top corners of the kite frame to create the bridle.
- Attach a longer piece of string to the bottom corner of the kite to serve as the tail. This will help stabilize the kite in flight.

The Extend-A-Care YMCA provides safe, enriching and educational programs for children at seven area preschools and more than 60 area elementary schools. For more information about Extend-A-Care YMCA programs visit www.eacymca.org.

April 2024 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.

Mon 1

APRIL FOOLS DAY

Eclipse Science Stations for Kids. 4:30 to 7:30 p.m. Kids, come learn about the total eclipse. We'll have a variety of stations for you to explore at your own pace. Round Rock Public Library, 200 E. Liberty Ave. www.roundrocktexas.gov.

Sat 6

Texas VegFest. 11 a.m. to 6 p.m. Bringing the benefits of vegan food to Texans. Fiesta Gardens, 2101 Jesse E. Segovia St. FREE. www.texasvegfest.com.

Books and Bees Festival. 11 a.m. As a hub of literacy for children and adults, our Bee Cave Public Library hosts programs year-round that serve hundreds of families in the area and beyond. 4000 Galleria Pkwy., Bee Caves. FREE. www.booksandbeesfestival.com.

Texas Eclipse 2024. 2 to 8 p.m. Texas Eclipse is a once-in-a-lifetime event just outside Austin at Reveille Peak Ranch coinciding with the April 2024 total solar eclipse. Reveille Peak Ranch, 105 Co Rd 114. FREE. www.seetexaseclipse.com.

Sun 7

Statesman Capitol 10K. 8 a.m. to 12 p.m. See event website for street closures. Auditorium Shores, 900 West Riverside Dr. www.austintexas.gov.

Cedar Park Kite Festival. 3 to 7 p.m. Fly your kite at the 7th Annual Cedar Park Kite Festival at the new Lakeline Park. 1510 Alexis Dr. FREE. fb.me.

CONTINUED: Texas Eclipse 2024, see Sat 6.

Mon 8

LunaPalooza: A Total Eclipse Experience.

9 a.m. to 6 p.m. Join us at Iron Wolf for a once in a lifetime event as the 2024 total solar eclipse of totality passes over us in the beautiful Texas Hill Iron Wolf Ranch & Distillery, 101 County Rd. 409. FREE. www.ironwolf ranch.com.

2024 Total Eclipse and Totality Movie

Showing. 10 a.m. to 2:30 p.m. Come join the party and watch the movie to learn how the eclipse happens and how to view. Lady Bird Johnson Wildflower Center, 4801 La Crosse Dr. Free with admission. www.wildflower.org

Eclipse Party at the Fieldhouse at the

Crossover. 10 a.m. Join us at the Fieldhouse at the Crossover in Leander, away from the hustle and bustle of Austin, to see the 2024 total eclipse with free eclipse glasses The Fieldhouse at the Crossover, 1717 Scottsdale Dr. Suite 160, Leander. \$8. www.crossovertx.com.

CONTINUED: Texas Eclipse 2024, see Sat 6.

Thu 11

41st Bluebonnet Festival. 10 a.m. Enjoy this four-day festival, featuring kids activities, carnival, arts and crafts, food court, dog contest and races, music and more. Various locations Burnet, Main St. www.bluebonnetfestival.org.

Fri 12

CONTINUED: 41st Bluebonnet Festival, see Thu 11.

Sat 13

Mason Heritage Day. 10 a.m. to 4 p.m. Take a step back in time at Leander's Mason Homestead. Enjoy food and fun while learning about the fascinating history of the region. Mason Homestead, 1101 S. Bagdad Rd. FREE. www.leandertx.gov.

CelebrASIA Austin 2024. 11 a.m. to 3 p.m. The City of Austin's Asian American Resource Center (AARC) is hosting its 10th annual CelebrASIA Austin Asian American Resource Center, 8401 Cameron Rd. FREE. www.austintexas.gov/department/asian-american-resource-center

Ukulele Happy Hour. 5:30 to 7 p.m. Join us for a ukulele happy hour. No prior skill or experience needed to participate. We will provide drinks, snacks and ukuleles. Armstrong Community Music School, 404 Camp Craft Rd. FREE. www.acms.org.

CONTINUED: 41st Bluebonnet Festival, see Thu 11.

Sun 14

ABC Zilker Kite Festival. 10 a.m. to 5 p.m. This event does not charge a fee for public participation. Zilker Park Great Lawn, 2100 Barton Springs Rd. www.abckitefest.org

CONTINUED: 41st Bluebonnet Festival, see Sat 13.

Sat 20

35th Annual Burton Cotton Gin Festival.

10 a.m. to 6 p.m. In almost every corner of Texas, cotton has influenced our history. Texas Cotton Gin Museum, 307 N. Main St., Burton. FREE. www.texascottonginmuseum.org.

Earth Day ATX 2024. 12 to 5 p.m. Stage events, kid zone, discovery zone and more. Huston-Tillotson College, between 7th and 11th Streets of IH 35. FREE www.earthdayaustin.com

Sun 21

Hand to Hold NICU Graduation. 11 a.m. We invite NICU graduates of all ages to walk the graduation stage during our signature NICU Graduation Walk event. This family-friendly event is open to all with fun kid-friendly activities, food and beverage. Q2 Stadium FREE www.handtohold.org.

Driftwood Heritage Festival at Vista

Brewing. 12 to 6 p.m. Free event. All ages. Dog and family friendly. Vista Brewing, 13551 FM 150 W. FREE. www.vistabrewing.com.

Taylor Swift Album Release Party. 6 to 9 p.m. Fun night for Taylor Swift fans, album release and skate. Playland Skate, 8822 McCann. \$16. www.playlandskatecenter.com.



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Mon 22

EARTH DAY

Being Kind to the Earth: An Earth Day Storytime and Celebration. 4:30 to 5:30 p.m. Reach for the Stars ATX, in collaboration with Lake Travis Community Library, is excited to announce the continuation of their free quarterly events. Lake Travis Community Library, 1938 Lohman's Crossing. FREE. www.reachforthestarsATX.com.

Fri 26

Red Poppy Festival 2024. 6 p.m. Fri, 10 a.m. Sat, 11 a.m. Sun. Music and vendors Friday, parade and car show Saturday. Downtown Georgetown. FREE. www.poppy.georgetown.org

Founders Day Festival. 4 p.m. Fri, 10 a.m. Sat, 11 a.m. Sun. Three-day celebration kicks off with the Grand Parade and includes: free music and entertainment, the Mighty Thomas Carnival, food, street dances, cook-off competitions, over 150 arts and crafts booths and Downtown Dripping Springs. FREE www.cityofdrippingsprings.com/founders-day.

Sat 27

16th Annual Sunset Valley ARTFEST 2024. 10 a.m. to 5 p.m. Over 100 artisans, food, music and activities for the kids. Toney Burger Center, 3200 Jones Rd. FREE. www.sunsetvalley.org.

CONTINUED: Red Poppy Festival 2024, see Fri 26; Founders Day Festival, see Fri 26.

Sun 28

CONTINUED: Red Poppy Festival 2024, see Fri 26; Founders Day Festival, see Fri 26.



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Family Matters



DR. BETTY RICHARDSON

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



Q I'm a single mother. My daughter Vivian is a freshman in high school. She doesn't want to go to school any more. She uses a lot of negative self-talk such as, "I'm stupid. I'm dumb. I just can't do the school work." She procrastinates doing schoolwork or doesn't complete the work at all. I'm afraid she won't pass this year's classes.

As Vivian's mother, I have to admit that I am a negative role model. I'm somewhat of a negative thinker myself. Recently, I heard about the power of positive thinking and wondered if that could help us. What can you suggest for my daughter and myself?

A The mind is very powerful. Positive thinking can affect your physical and mental health in many beneficial ways. Without going into a lot of theory, here's what I suggest for you and your daughter:

1. Start practicing positive affirmations so both you and your daughter can build confidence in yourselves. You can find positive affirmation podcasts and recordings on Spotify and YouTube or you can make them up yourselves. I suggest your daughter make a list of positive statements about herself. She can tape the list to her mirror so she will see it several times a day and begin to say these things to herself. You need to do the same thing. Examples of positive affirmations include: "I am smart enough to do the work I need to do." Or, "I can ask for help when I need it." She could change a thought of never doing anything right to "I will do my best."
Your affirmations as a woman and a mother might include: "I'm a good mother. I love and accept myself today and everyday."
2. Surround yourselves with other positive people. Don't hang out with negative people.
3. Practice being happy for other people's success. Their successes need to help you feel motivated, not jealous.
4. Practice gratitude. Every day you and your daughter can each write down one thing or more that you are grateful for. Gratitude enhances our positive thinking.
With your daughter in danger of failing her classes this year, I suggest you make an appointment with her teachers to develop a plan so she will pass the school year. Regardless of her grades in school, creating new patterns of positive thinking with your daughter will no doubt have a beneficial impact on both of you.

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MOM Minute

Article written by Austin Family staff



Michelle and her three kids

Austin is bursting with people doing exciting work, and that includes moms who work hard to raise their kids. Every other month Austin Family features a short interview with an Austin mom doing the extraordinary work of parenting.

Austin, meet Michelle Kuhn.

AF: Tell our Austin Family readers a little bit about yourself.

Michelle: My husband and I are both from the Midwest. We moved to Austin right after we were married so that I could complete my PhD at The University of Texas. Like so many people do when they come to Austin, we just never left. Now we've lived here for 11 years and have three kids ages three, five and eight. I am co-founder of an autism care organization called, Galliant. I am also an adjunct professor at St. Edward's University.

AF: What is some of the best parenting advice you've received?

Michelle: My older brother and his wife are empty-nesters and while visiting us here in Austin about a year ago, he saw how frustrated I was with the 25-minute process of getting my three small children into the car to go somewhere. He laughed and said, "Believe it or not, you will forget about this frustration." I remind myself of that perspective now when things feel hard with our kids. These hard stages will pass.

AF: Who has been a role model for you as a mom?

Michelle: My mom always keeps family at the center of everything, and I think she's done a good job of fostering that while navigating many different stages of life.

AF: The best thing about your kids at this stage?

Michelle: I love watching them develop relationships with each other. As they grow, they play and talk with each other in new ways. It's fun to watch them grow up together. I also love to see when my kids master something academically. It's so great to watch them feel proud of themselves for overcoming challenges.

AF: What's one of the biggest challenges of parenting you didn't expect?

Michelle: We don't have extended family here in Austin, and I am the only driver in our family as my husband is visually impaired. I have had to learn how to ask for help from friends and neighbors. I am learning how to trust that people who say they want to help actually want to help.

AF: What are a few good things about raising kids in Austin?

Michelle: Compared to Chicago where I was raised? The weather in Austin! We can hike or bike or go to restaurants with playgrounds. The outdoor quality of life in Austin is the best.

AF: If you had known then what you know now, what would you have worried about less as you entered parenting?

Michelle: By my third child I realized that kids are more resilient than we give them credit for. The world is scary, but kids can be taught that they are resilient.

AF: What do you love these days about being a mom?

Michelle: This will sound cheesy, but I love it all. I love the daily stuff. My favorite times are on the weekends when they wake up sleepy and we all cuddle on the couch and watch TV together.

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