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TOMORROW'S MEMORIES

AustinYMCA.org/camp/

March 2024

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Tween Scene: Spring Break Fun!

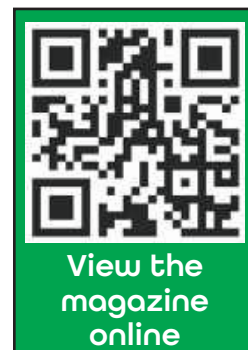
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TUNE IN



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



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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."

There's never a shortage of fun things to do in Austin over spring break, but sometimes it's nice to make your own fun at home. This month's feature article is all about ways to make spring break memorable for your kids who fall in that "tween" range of 10-12 years old. We give you lots of ideas for how to make a fabulous spring break without breaking the bank.

Kids are headed back outside in spring weather, so that means insect bites, bruises and the need for bandages. It's never too early to teach our kids how to handle scenarios that require first-aid. This month guest writer, Sarah Lyons explains exactly what to teach kids about first-aid.

Alison Bogle, our education writer and media correspondent, gives readers some promising news about security updates in the Austin Independent School District, so be sure to read her piece this month in our Learning Curve column.

Don't forget to utilize our summer camp guide as you make summer plans for your family, and check out our social media pages on Facebook and Instagram for parenting inspiration and articles. Enjoy spring in Austin!

2024

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March Fun Facts

March 2, 2024

Texas Independence Day

500 million

Cadbury Crème Eggs
made each year

Source: www.skycottages.co.uk

1 in 10,000

Average chance at finding a
four-leaf clover on the first try

Source: www.sports.yahoo.com



Wind Energy Art Contest
previous winner, Nicole Kelner

Wind Energy Art Contest for Kids

Through its partnership with the U.S. Department of Energy's Wind Energy Technologies Office, the KidWind

Project, an international leader in clean energy education, is opening the call for entries for the 2024 National Wind Energy Art Contest. The theme, "Beautiful Wind Energy," will highlight the importance of wind energy and renewable energy education.

The contest is for K-8th grade students, while a teacher, coach, parent or guardian must fill out the form and provide contact information. Two winners from each grade level will be selected to receive \$200, as well as the chance to show their work at the nation's annual CLEANPOWER 2024 conference in Minneapolis from May 5-8, 2024. Winning artwork may also be curated at the headquarters of the U.S. Department of Energy in Washington D.C., where thousands of energy officials pass by daily. The deadline to enter the contest is March 22, 2024.

For contest rules and submission guidelines go to: www.kidwind.org



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Calling all Thespians



Austin ISD is still holding auditions through March 18th for actors, singers, dancers and stage technicians to join their 2024 Summer Theatre Series camps. Current 5th-12 graders are encouraged to audition. The summer camps are free to families and provide AISD students with professional theater training in a fun camp setting. No experience is needed, and transportation and food are provided by the district. 2024 marks the ninth year for AISD's Summer Theatre Series and attendance grows every year. To sign up your student and to find out more go to: www.austinisd.org

Eclipse Viewing in Austin

On April 8, 2024, tens of millions of Americans across the country will share one of the universe's most spectacular events: a total eclipse of the sun by the moon.

As the moon's shadow crosses the United States from Texas to Maine, the Simons Foundation and its partners will offer opportunities for everyone along that path to engage with the spectacle and science of the eclipse, including Austinites.

The foundation's new In the Path of Totality initiative is providing capacity-building support to dozens of science museums, cultural centers, main street festivals, rural engagement hubs and other organizations along the eclipse's path. While all 50 states will experience a partial eclipse, only the 115-mile-wide path of totality will see the moon completely block the sun.

The initiative is particularly focused on people and communities within that path that have fewer science engagement opportunities. The foundation views the eclipse as a national moment in which to foster lasting relationships with science and the power to connect people, regardless of their geographic location.

To learn more about where you can join a Simons Foundation eclipse viewing party in Austin go to: www.simonsfoundation.org



A girl looks up at the sun while wearing a pair of In the Path of Totality eclipse

glasses that will be handed out for the April 8 solar eclipse. Photo credit: Emily Tan/Simons Foundation



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First- Aid Tips to Teach Your Kids

Lifelines

SARAH LYONS

Lyons is a mom of six kids, including 9-year-old triplets. She enjoys reading, writing and spending time outdoors with her family.



You can model what to do in an emergency situation by remaining calm and talking your child through minor injuries. For other emergencies like fire safety and broken bones, you can use role-playing to help kids understand what to do. Set a date on your calendar at least once a year to review first aid, fire safety and what to do in an emergency. This will help your child remember what she learned and remain calm if she is faced with one of these situations.

For bumps and bruises

For a typical bruise, explain that when you bump into something it causes bleeding under the skin. Apply an ice pack to the bruise to prevent swelling and reduce pain. Show your child where you store ice packs and how to wrap one in a paper towel so the ice isn't directly on the skin.

Call 911 for help if... your child has a head injury and is acting strangely or if she is experiencing nausea, vomiting, confusion or vision changes.

For cuts

If your child has a cut, teach her to use a clean cloth to put pressure on it to slow bleeding. When the bleeding has stopped, clean the wound and apply antibiotic ointment and a bandage.

Call 911 for help if... the cut is deep, will not stop bleeding, has something stuck in it or you can see ligaments or bone.

For sprains and broken bones

Any time there is a suspected broken bone, your child should ask for help from an adult. Teach her not to touch the injured area and apply ice while waiting for help.

Call 911 for help if... the bone is bent or sticking out or

if she cannot move or put weight on the injured area.

For burns

If your child has a mild burn, run it under cool tap water for 15 minutes and repeat as needed. Do not apply ice directly to the wound. If the burn blisters, ask your child to leave it alone as much as possible as this will help with the healing process.

Call 911 for help if... the injury is making it unable to move or if the injury is waxy looking or bigger than the palm of your hand.

For bug bites and stings

If your child has a bug bite, wash the area and apply ice for swelling and pain. You can also apply calamine lotion to help with itching.

Call 911 for help if... your child has an allergic reaction to an insect sting or bite.

For choking

If someone is choking, remain calm and ask the person questions. If she can answer, then she is still able to breathe. If she is coughing, wait and see if she can clear the airway on her own. An older child can be taught how to do stomach thrusts (formerly known as the Heimlich maneuver) to help dislodge the item that is choking her. An older child can also be taught how to perform stomach thrusts on others.

Call 911 for help if...

someone is struggling to breathe and is not able to cough or speak.

“

Set a date on your calendar at least once a year to review first aid, fire safety and what to do in an emergency.”

When to Call 911

Once your child can read numbers, teach her how to use a phone to dial 911 for emergencies. Create a list of people to call in an emergency including 911 and family and friends who would be willing to help if needed. Write your home address on the paper as well so kids can refer to it if needed. Try role-playing with your child so she knows what to expect. Here are some quick Do's and Don'ts to help you know when to call 911:

DO call 911

- If there is a fire
- If someone is struggling to breathe
- If someone is unconscious
- If someone is choking (cannot talk and is not coughing)
- If there is a car accident
- If there is a crime

DON'T call 911

- If there is not an emergency
- If your pet is sick
- For a prank
- For minor injuries



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Tween Scene: Spring Break Fun!

If you have a pre-teen in your house, you know that they like to be silly, hang out with friends and still need parents to help them plan just about all their activities. So, without breaking the bank or putting extra stress on your schedule, how can parents provide a fun spring break week for their tweens at home?

Here are seven, low-cost ways to help foster good memories over spring break.

All of these ideas are budget-friendly and don't require smartphones or endless amounts of time in the car.



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."

Game Day: Out of sight, out of mind, so the saying goes. With a week off from school, help your tweens dust off the family board games that haven't seen the light of day in quite a while. Simply bringing games out of the cupboards and putting them in plain sight can spark some interest. Let your tween plan a day of board games with family or friends. You can even supply inexpensive prizes for the winners. Don't be surprised if Yahtzee becomes a new, (old) family favorite.

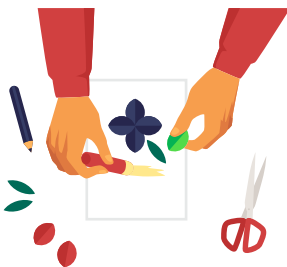


Baker's Delight: Everyone loves dessert. Why not let your tween have the run of the kitchen for a day? Help your child plan and shop for baking supplies. If your tween is new at baking, use video tutorials on Pinterest or YouTube to supply the inspiration and know-how. Have your son or daughter present his or her dessert to the family and let the family choose their favorites.





Pajama Day/Movie Marathon: Nothing says 'lazy vacation day' like staying in your pajamas all day. Loosen up on the rules during a day of spring break and let your tween stay in his or her pajamas all day. Plan to do a movie marathon together. Bonding time doesn't have to require a whole lot of conversation. All you need is your favorite streaming network and some yummy snacks.



Get Crafty: Kids ages 10-12 tend to be very creative. Why not have a craft day during spring break? At your local hobby store, you can find kits to make bath bombs, headbands,



scrunchies, friendship bracelets, origami and so much more. Include a



few friends and your tween will be happy and occupied all day.

Spa Day: There's nothing more relaxing than a day at the spa. With just a little bit of planning, you and your tween can create a spa day right in your own living room. For less than \$20 you can purchase a variety of face masks and nail polish from your local pharmacy or grocery store. Have a back or neck massager lying around? Set up spa "stations" in your living room set to some relaxing music. Take a few hours to rotate stations with your tween for a relaxing, memorable time together.



Themed Sleepover: Tweens love their friends, and a great sleepover can make a lasting, fun spring break memory. Choose an easy theme and plan the night around it.

Ice-cream sundaes, beach theme, movie theme, or how about Taylor Swift music with karaoke? There are so many themes to choose



from. Stores like 5 Below or Oriental Trading Company can provide fun party favors. You can even use inflatable pool rafts for sleeping pads.

Camp Out in your backyard:

In March, the weather in Austin can be fantastic with few bugs and easy, mid-70's temperatures. Why not set up your camping tent in the backyard for a sleepover? Your son or daughter will love it. You can make s-mores or a campfire and grill hot dogs. A little bit of freedom and adventure will go a long way in making a great spring break memory for your tween.



Picnic in a Park:

Austin boasts some beautiful picnic locations such as Laguna Gloria, Mueller Lake Park, Mayfield Park, and of course,



Zilker Park. Why not let your tween plan and pack a great picnic lunch to share with friends, alfresco? Tweens need a little sense of freedom, so plan to drop off your kids for a time at one of the parks. They are sure to create some fun, lasting spring break memories with friends.

How AISD is Making our Schools Safer

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.



In November 2022, Austin voters approved \$2.44 billion in bond funds for improvements across the Austin Independent School District.

With those funds, many of AISD's older campuses will be modernized, and all of its campuses will receive safety and security assessments and upgrades, totaling approximately \$147 million. To determine the current status of the safety and security upgrades, I spoke with AISD executive director of construction management, Michael Mann.

"AISD is putting safety and security at the front of its bond projects and is working to get those improvements done as quickly as possible," said Mann. "The goal is to have all safety and security updates complete by the end of the calendar year 2025."

Campus assessments and upgrades will include security fencing, secure entry vestibules, lock and key upgrades and renovations to open-space campuses.

Security fencing

The 2022 bond program provides \$5 million for fencing upgrades. Every campus that does not already have

secure perimeter fencing will receive fencing or will be provided with secure fencing upgrades. (Schools that received full modernization projects through the 2017 bond program already have security fencing in place.)

According to Mann, "As of February 2024, new perimeter fencing has either been installed or is in the process of being installed at 18 schools. The district is in the planning phase for installing perimeter fencing at 12 schools and around 30 more campuses are expected to have their fencing projects completed or in process by the end of the 2024 calendar year."

Secure entry vestibules

Entry vestibules provide a secure, locked area where all campus visitors must be granted access through multiple checkpoints. The 2022 bond program includes \$41.5 million to construct a secure entry vestibule at every school that does not already have one.

Construction will begin on the first vestibule projects this summer when students are not on campus. All secure vestibule projects that are not part of a larger school modernization project will be complete by the end of the calendar year 2025.

Mann explained the vestibule protocol that will eventually be in place on every campus. "The main door will always be locked and there will be a way to see the visitor, either through line of sight or a camera. The visitor will ring a bell and state his business over an intercom; the intercom systems are also receiving upgrades. Once the office staff unlocks the front door remotely, the visitor enters a secure vestibule where the staff can provide another visual check. From there, the visitor will be buzzed into the office where his identification will be scanned, initiating a small background check. Finally, he will be buzzed in or escorted into campus."

Locks and keys

The 2022 bond program allows \$5 million for new locks and keys to improve security on AISD campuses. This category includes replacing hardware that is old or broken, as well as providing upgrades or replacements to the doors themselves. Some campuses have a large number of keys to secure multiple doors. The bond program will allow for the number of keys to be streamlined, allowing staff to quickly secure the building if necessary.

Renovations to open-concept campuses

Open-concept schools currently lack doors and walls in some of their classrooms. The 2022 bond program includes \$58.9 million to reconfigure classroom layouts and improve safety at Cook, Oak Hill, Odom and Williams elementary schools by adding solid doors and walls to classrooms and other learning spaces.

“The first open concept project, Odom Elementary, began construction in December 2023,” said Mann. “Renovations to the remaining three open-concept campuses will begin this spring.

AISD is also working long-term to establish “community rooms” at the front of its schools to serve as multi-purpose rooms for events. These rooms would be separated from the main campus to further limit the number of people entering the campus.

“Generally, the community rooms would be right by the front office,” said Mann. “Some campuses have these now, but ultimately the plan is for all campuses to have them. These community rooms are part of campus modernization efforts, not part of the 2022 bond program, but they would increase security.”

The district has established safety and security policies but does allow for some campus-level flexibility. Each campus will have its own operation standards as to what it will and will not allow in terms of visitors on campus and in the classroom. While security and safety are of

primary importance, Mann reassures, “We are working to keep students and staff safe, but we still want to allow for a warm and welcoming environment.”

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MASTER GOHRING TAI CHI AND KUNG FU	4-18	www.mastergohring.com	512-879-7553	C
NITRO SWIM		www.nitroswim.com		NW/LT
REDEEMER SUMMER CAMPS	4-8	www.redeemerschool.net	512-451-6478	N
PARAGON PREP SUMMER CAMP	3yr-8th	www.paragonprep.org	512-459-5040	N
ROCK ABOUT CLIMBING	9-18	www.rock-about.com	512-415-0804	Multiple
SPICEWOOD COUNTRY CAMP	3 ½-10 ½	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11	www.steppingstoneschool.com	512-459-0258	18 locations
STICKY FINGERS COOKING SCHOOL		www.stickyfingerscooking.com		Multiple
SYNERGY DANCE	3-18	www.synergycancetstudio.com	512-327-4130	W
TEX-ARTS	5-18	www.tex-arts.org	512-852-9079	LT
THINKERY		www.thinkeryaustin.org	512-469-6201	C
UT RADIO TV FILM	6-18	www.rtf.utexas.edu	512-471-6617	C
YMCA CENTRAL TEXAS	4-14	www.ymcactx.org	512-250-9622	RR/CP/GT/H

OVERNIGHT CAMPS

CAMP CHAMPIONS	6-17	www.campchampions.com	830-598-2571	Marble Falls, TX
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
SUGAR & SPICE RANCH CAMP	5 & up	www.texashorsecamps.com	830-460-8487	Bandera, TX
YMCA CAMP TWIN LAKES	6-16	www.ymcactx.org	512-250-9622	CP

ARTS

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
BADGERDOG CREATIVE WRITING CAMPS	9-18	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
DANCE DISCOVERY	3-18	www.dancediscovery.com	512-419-7611	C, RR
FANTASTIC MAGIC CAMP	5-12	www.magiccamp.com	512-988-3045	C
KIDSACTING SUMMER CAMPS	4-18	www.kidsactingstudio.com	512-836-5437	16 Locations
STICKY FINGERS COOKING SCHOOL		www.stickyfingerscooking.com		Multiple
SYNERGY DANCE	3-18	www.synergycancetstudio.com	512-327-4130	W
TEX-ARTS	5-18	www.tex-arts.org	512-852-9079	LT
UT RADIO TV FILM	6-18	www.rtf.utexas.edu	512-471-6617	

LOCATIONS

N = North Austin
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
★ Spring Break Camps

CAMP	AGES	WEBSITE	PHONE	LOCATION
SPORTS				
AUSTIN YACHT CLUB	4-18	www.austinyachtclub.net	512-266-1336	LT
BRANDY PERRYMAN SHOOTING CAMP	7-16	www.bperrymanshootingcamp.com		W/S/C/N/ RR/CP/G/B
CAMP SWITCH WILLO	6-13	www.switchwillo.com	512-920-0554	N
JUMP! GYMNASTICS	3-10	www.jump-austin.com	512-705-9659	S/C
MASTER GOHRING TAI CHI AND KUNG FU	4-18	www.mastergohring.com	512-879-7553	C
NEWK'S OUTBACK ADVENTURE CAMP	8-17	www.newkennis.com	830-625-9105	New Braunfels, TX
NITRO SWIM		www.nitroswim.com		NW/LT
ROCK ABOUT CLIMBING	9-18	www.rock-about.com	512-415-0804	Multiple
SUGAR & SPICE RANCH CAMP	5 & up	www.texashorsecamps.com	830-460-8487	Bandera, TX

ACADEMIC

A-1 CREATOR CAMP	6-13	www.creatorcamp.org		CP/E/N/NW/S/W
CLUB SCIKIDZ	4-15	www.austin.clubscikidz.com	512-401-9369	C/S
COUNTRY HOME LEARNING CENTER	5-13	www.countryhomelearningcenter.com	512-288-8220	N/S
D&D WITH DEE CAMPAIGN CAMPS	9-18	www.DnDwithDee.com	512-695-3435	C/V
FANTASTIC MAGIC CAMP	5-12	www.magiccamp.com	512-988-3045	C
IDEA LAB	5-13	www.austin.idealabkids.com	512-710-9654	C/N
MAD SCIENCE SUMMER CAMPS	4-12	www.madscience.org	512-892-1143	Multiple
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
SPICEWOOD COUNTRY CAMP	3 ½-10 ½	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11	www.steppingstoneschool.com	512-459-0258	17 locations
THINKERY		www.thinkeryaustin.org	512-469-6201	C

TRADITIONAL

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
CLUB Z	4-12	www.zsclubhouse.com	512-219-0700	NW/S/SW
GREATER AUSTIN YMCA	4-14	www.austinyanca.org	512-322-9622	SW/C/N/B/DS/E/NW
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

LOCATIONS

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www.CampStewart.com www.HOHCamp.com



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\$100 deposit per week/per child
 10% sibling discount

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JUNE 10-14	Cirque Du Jump!
JUNE 17-21	Medieval Madness
JUNE 24-28	Renaissance Revival
JULY 1-5	Olympic Stars*
JULY 8-12	Rainforest Funfari
JULY 15-19	Pirates!
JULY 22-26	Shipwreck
JULY 29 - 2	Aquanauts Go!
AUG 5-9	Discovering Atlantis
AUG 12-16	Magical Creatures

* Closed May 27 & July 4

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- Camps for girls (ages 5+) & their moms
- Women-only weekends
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Showcasing Individuality Through Self-Portraits

Create a vibrant and expressive self-portrait collage that showcases your individuality and the things that make you uniquely wonderful. Use colors, shapes and images that reflect your personality and interests, and have fun bringing your self-portrait to life!

Materials you'll need:

- Scissors
- Glue
- Yarn
- Construction paper stickers (optional)
- Mirror

Step one: Observe yourself

Use the mirror to observe yourself. Notice the shape of your features and the color of your eyes. Keep this in mind when working on your self-portrait.

Step two: Cut

Cut as many pieces of yarn and paper as you'd like to create your masterpiece. Let your imagination soar and be expressive in this representation of you. Will you be guided by external features or internal emotions? Don't be afraid to use color!

Step three: Glue

Glue down your pieces of construction paper and slowly start creating a visual representation of yourself. The yarn can also be glued down to add an extra layer of texture and movement to your work of art.

Step four (optional): Place stickers

Have a pack of fun stickers laying around? Don't be afraid to add a little extra something by placing some of your favorite stickers on or around your portrait.

Tip: You have creative freedom, so make this self-portrait your own, and don't be afraid to switch up the steps for what makes the most sense to you.

Thinkery is a nonprofit children's museum that brings joy to learning through play-based, STEAM exploration for all children. Learn more at www.thinkeryaustin.org.

March 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.

MARCH HIGHLIGHTS

Rodeo. March 8-23 Hey ya'll, it's Rodeo Austin time. Check the website for latest on events. 9100 Decker Lake Rd., www.rodeoaustin.com.

SXSW. March 8-16 We look forward to seeing you for 2024 SXSW Conference & Festivals. www.sxsw.com.

Fri 1

Cowboy Breakfast. 6 to 8 a.m. Bring the family out for free country breakfast to kick off the Rodeo. Long Center, 701 W Riverside Dr. FREE. www.rodeoaustin.com.

Wonka (2023) Community Cinema. 6:30 to 9:30 p.m. Grab chairs and a blanket, bring family and friends and enjoy this special screening. Community Cinema, 9301 Hog Eye Rd. FREE. www.mlf.org/community-cinema/

Sara Hickman's 3rd Annual B-Day Bash. 7 to 10:30 p.m. Sara creates music for adults, families and children. The 04 Center, 2701 South Lamar Blvd. \$25. www.04center.com

Sat 2

TEXAS INDEPENDENCE DAY

The Little Mermaid. 11 a.m. This original retelling of Hans Christian Andersen's classic combines modern technologies and the ancient art of storytelling. The Whisenhunt at ZACH Theatre, 202 S. Lamar. \$16 - \$25. www.zachtheatre.org.

UTNT (UT New Theatre) Taste Buds: The Adventures of Cake and Broccoli. 11 a.m. A reading of the book and interactive play for ages 5 to 9. Each participant receives a "menu" to fill with drawings of their favorite dishes. Oscar G. Brockett Theatre, 23rd and Robert Dedman. \$5 - \$10. www.theatredance.utexas.edu.

Barney Carey Gets His Wings. 11 a.m. to 12 p.m. Rooting through an old trunk, Barney and his dad make unexpected discoveries, including a beautiful bright set of Fairy Wings. Austin Scottish Rite Theater, 207 W 18th St. \$15 - \$22. www.scottishritetheater.org.

A Year with Frog and Toad. 2 to 3 p.m. Based on Arnold Lobel's beloved book, the Tony-nominated musical A Year with Frog and Toad celebrates enduring friendship and life's lessons as Frog ZACH Theatre, 202 South Lamar Blvd. \$22. <https://tickets.zachtheatre.org>

CONTINUED: Sports Capital of Texas Motorcycle Rodeo, see Fri 1.

Sun 3

CONTINUED: Barney Carey Gets His Wings, see Sat 2; The Little Mermaid, see Sat 2.

Tue 5

Get Crafty. 6:15 to 7:45 p.m. Grab your family and bring your friends for Get Crafty, where local artist Rita Wang will teach us a new, cute craft every month. Howson Branch,

2500 Exposition Blvd. FREE. www.library.austintexas.gov.

Thu 7

History of Eclipses with Dr. Clark Wernecke. 6:30 to 7:30 p.m. Come hear Dr. Clark Wernecke the night before the total solar eclipse. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Fri 8

Glorious Italy Concert with Wilco Symphony. 7:30 a.m. Williamson County Symphony Orchestra presents a free concert for the public, "Glorious Italy." Round Rock First United Methodist Church, 1004 N. Mays St. www.roundrocktexas.gov.

Frost Bank Chuck Wagon Lunch. 11:30 a.m. to 1:30 p.m. Hey, y'all! It's Rodeo Austin time, which means we're cooking something up. Swing on by our Stassney Financial Center for a Chuck Wagon Lunch. Frost Bank Stassney Financial Center, 5510 IH 35. FREE.

Sat 9

Pet Pfest. 2 to 4 p.m. Pet Pfest is our annual celebration of our animal companions. Join us at the library for crafts, activities and more. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Barney Carey Gets His Wings, see Sat 2

Sun 10

CONTINUED: Barney Carey Gets His Wings, see Sat 2

Mon 11

SPRING BREAK BEGINS

Touch A Truck. 5 to 7 p.m. Safely see, touch and explore working trucks and machinery from Elgin and the surrounding area. Elgin Memorial Park, 361 N. HWY 95. FREE. www.elgintexas.gov.

Big Band Bash. 7 to 9 p.m. Put on your dancing shoes and bring your own beverages and snacks to the Lakeway Activity Center, 105 Cross Creek Rd. Activity Center, 105 Cross Creek. www.lakeway-tx.gov.

Tue 12

MakerGirl for Everyone, Not Just Girls! (Virtual). 6 to 7:30 p.m. MakerGirl is a free program for everyone, not just girls. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Fri 15

Picnic in the Park - Spring Break. 11 a.m. to 1 p.m. Join in the fun at the playground for kite flying, cloud watching, I-Spy and more. Elgin Memorial Park, 1127 N. Main St. FREE. www.elgintexas.gov.

Sat 16

Austin Kid's Directory Spring Fair. 10 a.m. to 2 p.m. Come join the fun and visit with

various vendors representing family-targeted businesses. Austin Sports Center Cedar Park, 1420 Toro Grande Blvd. FREE.

Mason Heritage Days. 10 a.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. 1101 Bagdad, Leander. www.leandertx.gov.

Flores Market SXSW: Jewish-Latin Market Celebration. 11 a.m. to 4 p.m. Join Flores Market for a SXSW Jewish-Latin market and celebration. Cork & Screw, 2907 E 12th St. FREE. www.floresmarketatx.com.

CONTINUED: Barney Carey Gets His Wings, see Sat 2.

Sun 17

ST. PATRICK'S DAY

CONTINUED: Barney Carey Gets His Wings, see Sat 2; A Year with Frog and Toad, see Sat 2.

Wed 20

Circus Genoa is Coming! 4:30 to 7:30 p.m. Join us on a circus adventure. Kingsland Community Center, 3451 Rosehill Dr. \$0 - \$20. www.circusgenoa.com.

Sat 23

Egg-Stravaganza. 9 to 11 a.m. Bring your basket and have fun. Buda Sportsplex, 310 Buda Sportsplex Dr. FREE. www.budatx.gov.

Magical Masterpieces: Bunnies and Baskets (ages 5-10). 10 a.m. to 12 p.m. Magical Masterpieces is a monthly arts and crafts class for youth ages 5-10. Pflugerville Recreation Center, 400 Immanuel Rd. www.parks.pflugervilletx.gov.

Play For All Special Needs Easter Egg Hunt. 10 to 11 a.m. This is a family-centered event, focusing on active participation for children with various disabilities or limitations. Play for All Park, 151 North A.W. Grimes Blvd. FREE. www.roundrocktexas.gov.

Community Easter Egg Hunt.

10 a.m. to 1 p.m. Hunt Easter Eggs, play games and get to know your community. Elgin

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Memorial Park, 1127 N. Main St. FREE.
www.elgintexas.gov.

CONTINUED: Barney Carey Gets His Wings, see Sat 2; A Year with Frog and Toad, see Sat 2.

Sun 24

Mini Maker Market. 2 to 5 p.m. This Mini Maker Market is perfect for your tiny entrepreneurs and future businesspeople. The Hive, 10542 Menchaca Rd.
www.hiveaustin.com.

CONTINUED: Barney Carey Gets His Wings, see Sat 2; A Year with Frog and Toad, see Sat 2.

Mon 25

Hands-On Crafting (age 10+). 5 to 7 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

Tue 26

MakerGirl for everyone, not just girls! (Virtual). 6 to 7:30 p.m. MakerGirl is a free program for everyone, not just girls. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

CONTINUED: Family Games, see Tue 5.

Wed 27

Candlelight: From Bach to The Beatles. 3:45 to 4:45 p.m. Candlelight concerts bring the

magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before in Austin. AFS Cinema, 6259 Middle Fiskville Rd. \$37.89.
www.eventvesta.com.

Fri 29

GOOD FRIDAY

Sat 30

Huston-Tillotson Community Easter Egg Hunt. 10 a.m. Easter egg hunt features a \$500 scholarship prize egg, prize eggs for school supplies, gift certificates and eggs with candy and coins. Huston-Tillotson College, 900 Chicon St. FREE.
www.easteregg huntsandeanter events.org.

Kyle Easter Egg Stravaganza. 10 a.m. Enjoy fun activities and an Easter egg hunt. Gregg Clark Park, 1100 W. Center St. FREE.
www.cityofkyle.com.

CONTINUED: Barney Carey Gets His Wings, see Sat 2; A Year with Frog and Toad, see Sat 2.

Sun 31

EASTER

CONTINUED: Barney Carey Gets His Wings, see Sat 2.

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DR. BETTY RICHARDSON

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



school counselor or friends who have done therapy. She can also call several therapists to discuss availability and costs.

A family therapist will no doubt talk/work with Amber alone and with the family together. The therapist will look at the interactions and the communication patterns among family members. The family can expect the therapist to work to change negative patterns of communication and interaction. Family rules will be explored as well as the need for new rules. In addition, consequences for not following rules will be discussed. I believe the therapist will help Amber define her goals and how her behavior has to change to meet those goals.

In an environment that feels compassionate and safe, the therapist will solicit and offer ideas on handling Amber's identified issues.

In general, family therapy will improve communication skills within a family, as well as skills for dealing with challenging situations. Family therapy can offer new insights into problem areas and help people develop strategies for dealing with conflict.

Family therapists deal with many different issues such as alcohol and drug use, gender identity, anxiety, anger, abuse, neglect, sexual abuse, trauma and a wide variety of other issues. Therapists are aware of resources the family can utilize in addition to therapy.

Q My best friend and her husband are struggling with how to help their daughter, Amber, age 14. Amber is slipping out of the house at night, skipping school, not following rules and possibly doing drugs. I wonder if doing family therapy would help them. What could this family expect from family therapy/counseling? How can they find a good family therapist?

A The Austin area has an abundance of family therapists. If your friend has insurance that covers mental health counseling, she can get a list of approved therapists from her insurance company. Otherwise, she can get recommendations from the

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Austin Then *and* Now

BRITTANY WILLIAMS
Williams is a writer and Realtor® in Austin where she loves exploring the city's green spaces with her husband, son and daughter.

Then



The first Stepping Stone School location and the Paver home. Crestview/Allendale neighborhood.

You've seen their locations all over town, but I bet you didn't know Stepping Stone School was Austin homegrown! Back in the late 1970s, when the Paver family moved to Austin, they searched for affordable, quality early childcare and education for their children. Rhonda Paver believed

the children of Austin deserved something better than what she found, so she established the first Stepping Stone School on Richcreek in the Crestview neighborhood in 1979. Her family lived on one side of the house and the childcare center was on the other side. Paver's goal was to focus on educating the whole child.

By 1982, demand was high and the wait list long, so Stepping Stone acquired another child development center off Burnet Road. Later they purchased an acre off McNeil, where they designed and built their very first school from the ground up. The school rounded out the 1980s by embracing total quality management principles and has been expanding and thriving ever since.

Stepping Stone School

Now



The beautiful Stepping Stone School at Plumcreek.

The 1990s saw explosive Stepping Stone growth, with campuses expanding to Pflugerville, off Anderson Mill, North Central Austin, Austin Metro, Round Rock, Shoal Creek, Leander and even College Station. Paver, who in the meantime earned her master's degree in child development from The University of Texas, went on to lend her expertise in the design and construction of the first on-campus childcare center for the

UT. She was also named Small Business Person of the Year by The Statesman in 1994.



Rhonda Paver, founder of Stepping Stone School.

Growth for Stepping Stone continues to reach from Parmer Lane to Brodie Lane and Round Rock to Kyle, plus another campus addition in College Station. Last year, the City of Austin named March 23, 2023, Rhonda Paver Day, honoring her commitment to improving access to high-quality early care and education for families in Austin.

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