

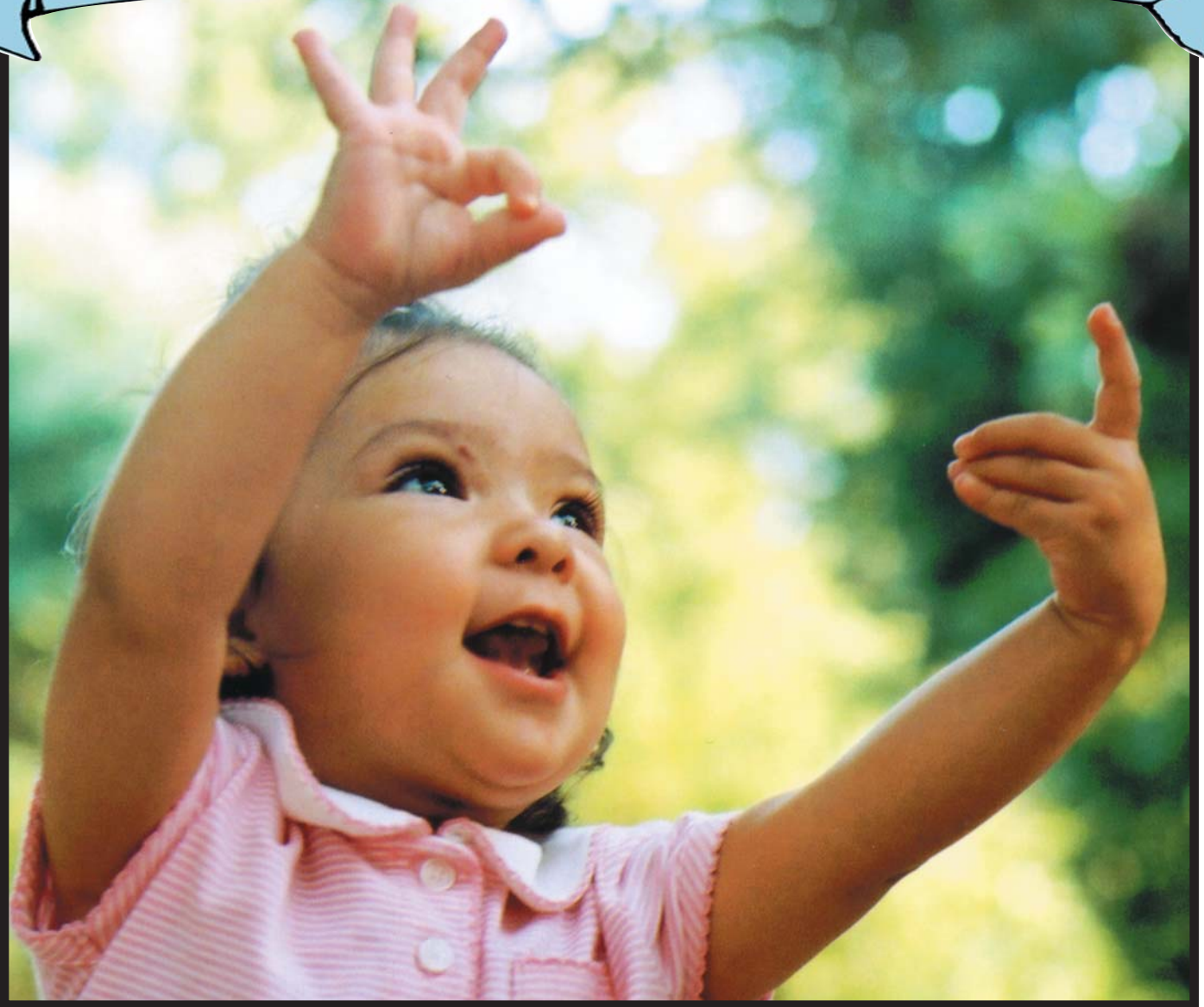
# Parent:Wise

A U S T I N

Vol. II, Issue IV

July 2005

*Winner of two Vivian Castleberry Awards for excellence in Journalism*



## Marked at Birth

Identifying, Understanding & Treating Vascular Birthmarks

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*Parent:Wise Austin* (ISSN 1548-8047) is published monthly by Pleticha Publishing, Inc. POSTMASTER: Send all address changes to Parent:Wise Austin, 5501-A Balcones Dr., Suite 102, Austin, TX 78731. Subscriptions are \$24 per year.

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## From the editor: The Age of Affluence

Do you ever have a Dorothy Moment? One of those "I'm not in Kansas anymore" epiphanies? It seems so obvious, so "well, duh," that you almost hesitate to comment on it.

But of course I will.

The other day while buying a muffin and an iced tea at my local coffee shop, a girl about 9-years-old walked up to the counter, ordered and then slapped down a \$100 bill.

I nearly choked on my tea.

You see, my parents—had they had a spare \$100 bill lying around (which they didn't)—wouldn't have let me throw around that kind of cash at age 9. Or, frankly, at any age. Even now, come to think of it...

Growing up, my friends and I were psyched when our folks gave us any money. Our heads probably would have exploded at the site of ol' Ben Franklin.

But the girl at the coffee shop looked like she did this every day. Who knows? Maybe she does.

And that's when my Dorothy moment hit: the simple little ol' Kansas days of my youth—that is, when kids didn't go around brandishing hundred dollar bills like they were quarters—were gone. And I didn't even grow up in Kansas.

Things have become a lot more affluent since I (and probably you, too) was a kid. Homes are bigger now—in 2000, they averaged 2200 sq ft., whereas in 1970 they averaged just 1400 sq ft—even though family size has shrunk.

Likewise, incomes and, as a result, standards of living have also increased. According to the Bureau of Labor Statistics, the average family of four in 1959 lived on \$12,000 less per year than the same family in 1998; the 1979 family lived on \$4,000 less. Both are adjusted for 1998 dollars (the last year for which these statistics are available).

All of this affluence should be a good thing, right?

But as it turns out, getting richer hasn't made us any happier. In fact, a new study done by an economist right here at UT-Austin shows that, the more money you make, the less time you have and the more stressed out you are. Dr. Dan Hamermesh says folks with cash to burn find ways to burn it—and too many options lead to too much stress trying to figure out how to exercise those options.

This isn't to say that having money is a bad thing. On the contrary, it's a heck of a lot better than worrying about where your next meal will come from or where you'll put your kids to sleep at night—and a lot of people right here in Austin wrestle with those issues daily.

Which brings me back to that \$100 bill.

I worry that with all of our relative affluence we're not teaching our kids the old fashioned value of money: to save it; to share it; to spend it wisely.

Austin may be one of the wealthiest cities in Texas, but *The Chronicle of Philanthropy* ranked us one of the most miserly when it comes to charitable giving. And Texas ranks as one of the top four income-inequality states in the country—meaning, we have one of the largest gaps between the rich and the poor (California, New York and Mississippi round out the top four).

All of us want our children to do better than we did. It's why we work so hard to earn those \$100 bills. But a bunch of Ben Franklins aren't going to do our kids any good if all they know how to do with them is buy some overpriced coffee.

We're not in Kansas anymore, Toto. But maybe we ought to act like we are.

Kim Pleticha  
Publisher & Editor  
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Hemangiomas affect nearly one in ten babies and can be quite serious. Yet many doctors still advise parents to "wait and see" whether the birthmark will go away on its own. Specialists say that advice is outdated, and could hurt a child's chances for treatment

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Check out our cool interactive calendar  
online at [ParentWiseAustin.com!](http://ParentWiseAustin.com!)

### On the Cover:

The beautiful Graceanna Garcia posed for our camera at Northwest Park in Austin.

Photo courtesy Heidi Schlenk. Heidi is an area portrait photographer, for more information, see the ad for Essence Photography on page 7.

### Next Month:

#### Back to School on Burnet

Get some great deals on back-to-school clothes while also shopping local—and supporting local charities.

The *Parent:Wise Austin* gals will take you on a tour of Burnet Road's fabulous charity thrift stores... that's coming up in the August issue of *Parent:Wise Austin*.



# News Notes

## Parent:Wise Austin Wins Two Prestigious Journalism Awards

*Parent:Wise Austin* editor and publisher Kim Pleticha has been named the Vivian Castleberry Woman Journalist of the Year by the Association for Women Journalists—DFW Chapter. This national award recognizes continued excellence in journalism by a print or broadcast journalist.

The judges honored Pleticha for creating *Parent:Wise Austin* as a place for "thinking parents" and for her commitment to solid journalism.

Pleticha also received the Vivian Castleberry award for Best Commentary for publications with circulations of 100,000 or less. The judges awarded her for her "From The Editor" column.

## Deliver Meals on Wheels with *Parent:Wise Austin*

*Parent:Wise Austin* has formed a delivery team for Meals on Wheels and we need your help to staff it. It's really easy!

The total time commitment is one hour one day per month. That's right: just one day a month for one hour to help elderly people get the nourishment they need.

Our delivery location is on the East side of town. All of the residents live in a senior housing complex, so it takes only about 20-minutes to deliver the meals (the "one hour" takes into consideration your drive-time to the location and back home). The residents love seeing little kids, so yes: your children are welcome (and encouraged!) to help deliver the meals with you.

If you would like to join our Meals on Wheels delivery team, please call us at 699-5327 or email [Editor@ParentWiseAustin.com](mailto:Editor@ParentWiseAustin.com). You'll be glad you did!

## Call for Artistic Entries

If you or a family member works for the City of Austin, or is retired from city employment, VSA Arts of Texas wants to see your artistic side.

The organization is putting out the call for art from amateurs, professionals, and everyone in between—including art from kids.

The artwork will be entered into the 3rd Annual National Arts Program art competition, which will be held in August at the Doherty Arts Center. Awards will include cash and prizes in several different categories.

Each artist may submit up to two works—and entry is FREE.

If you'd like to enter, you have to hurry: Registration forms are due by July 1 and artwork must be submitted by July 18.

For more information, call 454-9912 or email April Sullivan at [april@vsatx.org](mailto:april@vsatx.org). You can also download a registration form at [www.nrlartsprog.org](http://www.nrlartsprog.org)

## Host a High School Foreign Exchange Student

Introduce your kids to a different culture by hosting a high school foreign exchange student. Northwest Services, a non-profit high school exchange organization fully accredited by the Department of State and the Council on Standards of International Educational Travel, is looking for families to host English-speaking students ages 15 to 18 for one or two semesters.

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### "Backpack Project" for Abused & Neglected Children

The Center for Child Protection needs backpacks and other school supplies for its annual "Backpack Project."

The "Backpack Project" will assist 70 or more children in Travis County whose lives have been disrupted by abuse or neglect.

For a shopping list of items needed, log on to [www.centerforchildprotection.org](http://www.centerforchildprotection.org). Items may be dropped off at the Center for Child Protection by August 1, or donations can be made online. For more information call 472-1164.

### Moms' Cosmetics Linked to Sons' Genital Anomalies

Scientists have discovered that certain chemicals in make-up and other cosmetics may cause genital anomalies in boy babies. Researchers at the University of Rochester (New York) and the University of Minnesota studied 85 mother-son pairs beginning when the women were pregnant, measuring phthalates in their urine. Phthalates are chemicals commonly used in solvents and to soften plastics, but they're also found in cosmetics like perfume, lotion, shampoo, make-up, nail polish, and hairspray—often without being mentioned on the product's label.

The scientists found that women who had higher levels of four particular kinds of phthalates birthed baby boys with genital development problems, including smaller penises or scrotums and undescended testicles.

What is especially troubling about the study is that the "high" levels of phthalates found to correlate with genital anomalies is actually lower than the levels found in a quarter of the female population of the United States.

The research appears in the online version of the journal *Environmental Health Perspectives*.

### Speaking of Phthalates...

Harvard University researchers have found that babies treated with plastic medical devices in hospital intensive care units have five-times the levels of a certain phthalate than babies not treated with the devices.

Researchers studied 54 babies in the neonatal intensive care units of two Boston hospitals. They found that the babies had, on average, DEHP levels that were at least five times higher—and in some cases 17 times higher—than the general population of American children.

DEHP was not one of the phthalates found in the urine of pregnant women in the *Environmental Health Perspective* study (above). However, in rodent studies, DEHP has been shown to block testosterone and cause testicular damage.

DEHP is used to make vinyl soft and pliable and is found in, among other things, feeding tubes and catheters. In 2002, the FDA advised hospitals to voluntarily limit the use of medical equipment that contains phthalates. It also recommends that hospitals use non-phthalate devices when treating baby boys or women pregnant with male fetuses.

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# Marked at Birth:

## Identifying, Understanding and Treating Vascular Birthmarks

by Kim Pleticha

**W**hen Graceanna Garcia was born, she was perfect in every way. Wide, inquisitive eyes. Lusty cry. And a big smile, even though they say babies can't really smile at birth.

So when she developed a rash around her hairline after a bath on her ninth day of life, her parents didn't pay much attention to it. It was probably a bout of baby acne, nothing more.

But two weeks later, the rash hadn't gone away. In fact, it had become worse, spreading across her entire forehead and eyelids. At her first pediatrician visit the doctor took one look at the rash, coupled with Gracie's funny shaped head, and jumped to serious conclusions.

"He immediately freaked out and said she had [a very dangerous syndrome]," says Becky Garcia, Gracie's mother. "He said she could be going in for brain surgery soon. So here I was with a four-week-old baby crying my eyes out. And at that moment I decided I wasn't going to stay with [that pediatrician]."

Turns out, all that was "wrong" with Gracie was a hemangioma, a vascular birthmark that affects nearly one in ten babies, or 40,000 children. Usually these birthmarks are small and appear within two weeks of birth. They tend to affect females more than males, Caucasians more than African- or Asian-Americans, and premature or low birth weight infants more than those who are full-term. And while hemangiomas aren't hereditary, 10% of babies who are born with or develop one do have a family history of them. Scientists don't know exactly what causes them.

Hemangiomas are so common that they have cute names associated with them: "angel kisses" (little dots on the forehead between the eyes); "stork bites" (a red mark at the nape of the neck); "strawberries" (soft, red, elevated nubs on the skin); and "salmon patches" (red marks on the eyelids). These kinds of hemangiomas tend to be very mild and generally vanish by the time a child is two.

In Gracie's case, though, the hemangioma was large and spread over both of her eyes. Becky Garcia knew, from her past employment on the pediatrics floor at Scott & White Memorial Hospital in Temple, that her daughter had a hemangioma. But its size terrified her.

"I'd seen things like this before," Mrs. Garcia says. "But I had never seen anything as big as this."

### GETTING TREATMENT

Despite her experience working in a large teaching hospital, Mrs. Garcia was frustrated in her attempts to find proper treatment for Gracie. The pediatrician clearly didn't know what was wrong with her, and the first plastic surgeon recommended an incorrect dose of steroids.

Mrs. Garcia's experience is common, although most parents of children with hemangiomas usually are told to "wait and see"—that the hemangioma will likely go away on its own within ten years. It's a recommendation that could cause more harm than good, both medically and psychologically.

"In my opinion, any hemangioma on the face or neck should be referred to someone who treats them as soon as [the hemangioma is] discovered," says Dr. Edward Buckingham of the Buckingham Center for Facial Plastic Surgery here in Austin. "If you get it early, you can prevent it from becoming anything significant. If you miss that window of opportunity, it's gone."

That's because hemangiomas, while benign, are still tumors. They grow rapidly and can cause secondary problems that can be worse than the cosmetic concern of a facial birthmark. For instance, hemangiomas can cause significant facial asymmetry, distortion, and even compromise breathing or swallowing. Hemangiomas can also ulcerate, or break open, causing infections and permanently scarring the skin. In rare cases, they can be large enough to cause heart failure by significantly increasing blood circulation. A hemangioma like Gracie's—on the eyelids—can compromise the vision by putting very subtle pressure on the eye that causes the cornea to change shape and the eye to lose focus; eventually the brain stops "looking" through the eye, which can lead to a permanent form of

blindness. If treated early, most of these problems can be avoided.

Dr. Buckingham began treating Gracie when she was four-months-old. By that time, the steroids Gracie had been taking had weakened her immune system, making her susceptible to infections and viruses. What's worse, Dr. Buckingham determined that Gracie didn't need to be on steroids at all: her hemangioma was superficial enough that it could be treated successfully with a laser—something the first doctor said wasn't possible.

Within five months, Gracie had three laser treatments and the hemangioma virtually vanished, leaving her with only a small spot above her eye that poses no threat to her vision and will disappear on its own.

"I think her results are some of the most amazing because normally [the birthmarks] aren't that big and they don't get taken care of that well," says Mrs. Garcia.

Mrs. Garcia knows her daughter is lucky: she reads stories every day in her online birthmark support group from parents whose children don't get the right treatment—or don't get it quickly enough—and have permanent damage.

"Ninety percent of the babies in my online support group were never given the option of treatment," says Mrs. Garcia. "And now they have these major tumors on their faces. It's just so frustrating to hear those stories!"

### THE SEARCH FOR INFORMATION

Dr. Gregory Levitin, an otolaryngologist—an ear, nose and throat doctor who specializes in the treatment of vascular birthmarks—hears those frustrations daily and he empathizes with parents on a personal level. That's because one of Dr. Levitin's twin daughters was born with a hemangioma on her lip. His fellow physicians all advised him to "watch and wait." But when the hemangioma grew so large that it distorted her lip, Dr. Levitin flew his baby daughter to one of the leading vascular birthmarks experts in the country for surgical treatment. Three years later, that physician moved to New York city and Dr. Levitin began working him. Treating vascular birthmarks has become his personal and professional passion.

"My experience as a parent has certainly influenced my ability to relate to parents going through the diagnosis and treatment process, which is at times both scary and frustrating," Dr. Levitin says. "When parents ask me what I would do if it were my own child, I can honestly tell them exactly what I would do."

Dr. Levitin's number one advice to parents who suspect their baby has a hemangioma is to find a specialist to diagnose the birthmark early and, if needed, recommend treatment.

Finding a qualified physician can be difficult, though, given that pediatricians and family physicians often are not familiar with vascular birthmark specialists. Luckily, parents can find some solid information on the Internet by perusing several sites dedicated to vascular birthmarks.

One such site is Birthmarks.com, which operates right here in Austin.

Mike Steffano founded Birthmarks.com in November 1995. Mr. Steffano was born with a port wine stain—another, permanent kind of vascular birthmark—and he wanted to connect with others like him while also offering information and education to parents of children with vascular birthmarks. In addition to providing realistic advice to those who have been significantly affected by birthmarks, Birthmarks.com also offers information from a top-notch medical board, the



Newborn Graceanna (left) and when the birthmark first appeared.

### BIRTHMARK WEBSITES:

[Birthmarks.com](http://Birthmarks.com)  
[Hemangiomatreatment.org](http://Hemangiomatreatment.org)

[Birthmark.org](http://Birthmark.org)  
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## Marked at Birth (continued from page 6)...

largest private birthmark newsgroup and a bi-monthly newsletter.

Mr. Steffano says the website's sense of community is important to those with birthmarks and their families because many people—including doctors—don't have a clue about them.

"There are psychological issues associated with being visually 'different' in our society," Mr. Steffano says. "A parent with a newborn [who has a birthmark] is frantic to learn about options and find support. We offer that."

Much of the support comes in the form of recommending treatments and the doctors to perform them. The site offers information on laser and intense pulse light therapy, while the newsgroups discuss other treatments, such as steroids, surgery and cryotherapy (freezing). Doctors who perform the various treatments also are listed.

Another important aspect of the site is helping people petition their insurance companies to cover treatment. Although many insurance companies do pay for vascular birthmark treatment, some—including Medicaid—consider treatment to be "cosmetic" and therefore unnecessary. Birthmarks.com and other sites provide sample letters that parents can use to request coverage for their child's birthmark treatment.

But perhaps the best thing about Mr. Steffano's site, and others like it, is that it allows people with birthmarks, or their parents, to discuss the embarrassing or hurtful things people say or do to them because of the birthmark. Mr. Steffano's favorite anecdote happened to him when he injured his foot in San Antonio and ended-up at an urgent care facility. When the doctor walked in, he didn't appear to notice Mr. Steffano's foot soaking in a large tub of antiseptic, or the blood all over the floor of the examining room. Instead, he took one look at Mr. Steffano's face, which is where his birthmark is, and exclaimed, "What happened?"

"I joked afterwards that if I had been quicker on the draw I would have said, 'I don't know, I just woke up and there it was!'" Mr. Steffano laughs.

### EDUCATING THE PUBLIC

But for many people, laughing it off is difficult if not impossible—especially when the person with the birthmark is their much beloved baby.

"We got lots of negative comments before Gracie had her laser [treatment], because people weren't sure what it was—we were accused of dropping or hurting her," says Mrs. Garcia.

The accusation is not uncommon, especially when the birthmark is on the face, as many hemangiomas and port wine stains are. While most heman-

giomas will eventually disappear within a decade, port wine stains remain with a person for life and require many series of treatments over the years to keep them under control. Given that, parents of children with vascular birthmarks need to be educated and prepared for the ignorant or accusatory comments—including those from physicians.

Mrs. Garcia says she would have welcomed questions from people about her daughter's birthmark. It would have given her an opportunity to discuss vascular birthmarks, she says, while also allowing her to draw attention to her daughter's beauty beneath the red marks. While not all parents feel comfortable discussing their children's birthmark, Mrs. Garcia says all of them do want people to see beyond it.

"We never got the statement 'What a beautiful baby,'" remembers Mrs. Garcia. "I would have been so happy had someone said that, had they noticed her sweet little button nose and her beauti-

ful smile. But no-one did."

It seems impossible to imagine. Gracie's smile lights up her little face, the flash of it almost blinding in its exuberance. It is heartbreaking to realize that nobody outside of her family noticed it for the first year of her life—they only noticed the birthmark. The experience is a cautionary tale of why treatment for vascular birthmarks is so necessary—and education so imperative.

"I would just sit and cry and I would think 'why am I crying because this is just a birthmark,'" Mrs. Garcia remembers. She worried that she was being vain, that she was simply upset because her baby wasn't "perfect." In the end, though, the thought of having Gracie endure cruel comments throughout her childhood—not to mention possibly losing her eyesight—did scare Mrs. Garcia. Education helped her lose that fear. Now she is determined to spread the word.

"I want to help any parent out there who is not getting the right information," Mrs. Garcia says. "When it's your baby, and they have a tumor growing on them, you deserve to know what treatments are available."

And parents are their children's best advocates, says Dr. Levitin. He urges parents who are concerned about their baby's birthmark to speak up and demand proper diagnosis and treatment.

"Parents should always trust their instincts," says Dr. Levitin. "They usually have a good sense about whether something is right or not."

*Kim Pleticha is the Editor and Publisher of this magazine, and was recently honored with two Virginia Castleberry awards for Excellence in Journalism, including "Woman Journalist of the Year."*  
*Photos courtesy Becky Garcia*



After first laser treatment (left), and at her 1st birthday.

### Vascular vs. Pigmented Birthmarks

Vascular birthmarks usually are red or pink in color and are caused by an abnormal explosion of tiny blood vessels in the skin. Pathologically speaking, all are considered "hemangiomas," or "concentrations of small blood vessels." Port wine stains, however, differ from other hemangiomas in that they do not disappear and can be indicators of more serious syndromes. Hemangiomas can be quite large or very deep, but they are rarely malignant.

Pigmented birthmarks are brown or tan and are caused by abnormal clusters of pigmented cells. Moles fall into this category. These types of birthmarks are permanent and usually found on the torso. More than six large pigmented moles on children younger than five could indicate neurofibromatosis, a rare genetic disease that causes abnormal development of the nervous tissues. As well, large pigmented birthmarks on the scalp should be checked by a physician to rule out abnormal clusters of melanin in the brain.

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# Health & Fitness

## Run (or Walk, Swim, Lift Weights) from Depression

by Lynn Adams

Nearly everyone knows someone who is suffering (or has suffered) from depression. We don't talk about depression much in our culture, but it is a significant and growing problem.

Depression is the leading cause of disability worldwide—about 12% of disability is depression-related. The cost of depression is staggering when you consider the amount of pain and suffering the person with depression carries. Add to that the sense of worry and blame experienced by those who care about the depressed person and, well, I could go on and on but my point is not to leave you depressed because there is actually some promising news.

At least three 2005 studies show that aerobic routines, as well as weight lifting, are effective in combating depression. In addition to the famous "runner's high"—or endorphin surge—that some lucky souls experience when exercising, there is evidence of around-the-clock relief setting in several weeks after the establishment of a regular exercise routine.

A recent study in the *Journal of Preventive Medicine* suggests that a half-hour a day of exercise six days a week—which just happens to be the same amount the federal government recommends—might be ideal. Comparing two groups of depressed patients, researchers found the group that performed only 80 minutes of exercise a week received little to no mental-health benefit but the three-hour-a-week group had a substantial reduction in symptoms. The study concludes:

**Symptoms of Depression (NIH)** — Depression is a serious medical illness; it's not something that you "made up" in your head. It's more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time.

### Signs & Symptoms:

- |   |  |
|---|--|
| Persistent sad, anxious, or "empty" mood  | Restlessness, irritability                         |
| Feelings of guilt, worthlessness, helplessness  | Feelings of hopelessness, pessimism                |
| Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex                            | Decreased energy, fatigue, being "slowed down"     |
| Difficulty concentrating, remembering, making decisions   | Insomnia, early-morning awakening, or oversleeping |
| Appetite and/or weight loss or overeating and weight gain   | Thoughts of death or suicide; suicide attempts     |
| Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain |  |

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"the response and remission rates in the [three-hours-per-week] group are comparable to other depression treatments, such as medication or cognitive behavioral therapy." Some studies are showing the long term remission rates are even greater for those who exercise.

The reasons for these results are unclear. Possible explanations include brain biochemistry and improved self-esteem from the accomplishment. Whatever. I think it's just another good excuse to incorporate routine fitness into your lifestyle.

Before I go any further, let me be absolutely clear: If you are currently receiving therapy or medication for depression, do not stop! But do consider adding some daily exercise, such as walking, and slowly working-up to the recommended 30-minutes a day. Work with your health care provider if you are currently being treated for depression to find ways to incorporate more exercise.

BTW: If you are a new mom experiencing mild depression, check out

the local resources at Healthy Moms ([www.nextstepfitness.com](http://www.nextstepfitness.com)) or talk with your health care provider!

Lynn Adams, M.Ed., is certified as a personal trainer by the American Council on Exercise. She is also a life coach and a former pediatric intensive care nurse. You can contact her at: [Lynn.Adams@ParentWiseAustin.com](mailto:Lynn.Adams@ParentWiseAustin.com).

**Remember:** The ideas presented in this column are in no way intended as a substitute for medical counseling. See your health care provider for that!



A licensed acupuncturist & chinese herbalist, Dana also has a MA in clinical psychology with emphasis in Marriage, Family & Child.

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# Ask the Doc

## What's New with Eczema?

by Ajay Gupta, MD

"I saw an advertisement on TV for a new cream for eczema. Can you tell me more about this cream? It sounds like a revolutionary treatment."

The cream you're referring to for the treatment of eczema (atopic dermatitis) is called Elidel. I have had several parents ask me about this medication.

Atopic dermatitis is a common problem affecting up to 10% of all children. The mainstays of therapy have been oral antihistamines, topical emollients, topical doxepin, and topical corticosteroids. The side effects associated with higher potency topical corticosteroids have limited their use in children and facial areas.

In 2002, the U.S. Food and Drug Administration (FDA) granted marketing approval for pimecrolimus (Elidel) cream 1%. Pimecrolimus was the first non-steroid prescription cream for the treatment of mild to moderate eczema in patients ages two years and older. The cream was intended for short-term and intermittent long-term treatment of patients who have a poor response to, or side effects from, conventional treatments. The manufacturer reported Elidel did not cause contact sensitization, phototoxicity, or photoallergy, and did not elicit skin atrophy, which can occur with use of topical corticosteroids.

Eczema can be a very frustrating disease for both the parent and the child. I even used Elidel on our son when he started to show signs of eczema. However, some adverse reports started to come out about this drug and earlier this year the FDA announced that it will require warning labels for Elidel. It turns out that further studies on animals and limited case studies on humans found an increased cancer risk associated with the medication. Although more studies are needed, the FDA now recommends that physicians prescribe this medication only as a second-line, short-term therapy for patients unresponsive to other treatments. The FDA also advises physicians to avoid prescribing it to children younger than two years and to persons with weakened immune systems.

When I first started here in Austin, fresh out of residency in 1997, I would poke fun at my partner, Dr. Eliot Trestor. I felt the need to educate Eliot about these new and wonderful drugs that had just come onto the market. You see, Dr. Trestor had this thing about using the older drugs and I remember him just giving me these looks and explanations of how the older drugs seemed to work just fine. Over the years I have come to realize how right he was: I have noticed a significant increase in the number of FDA warnings on existing drugs; drugs that sometimes appeared on TV as the greatest thing since sliced bread are now off the market.

I usually try to adhere to a policy of waiting to try most new drugs. The real clinical trial is when the drug is released to the general public and you have millions in the "study."

Talk to your doctor about any drug that is prescribed for you or your family. Ask questions and discuss any concerns with them. Most doctors should be open to this.

*Dr. Ajay Gupta is a board certified family physician with Jefferson Street Family Practice here in Austin. He is a proud parent, lucky husband & welcomes your questions. Email him at AskDoc@ParentWise Austin.com*

**Remember: The ideas presented in this column are not intended as a substitute for medical counseling. See your health care provider for that!**

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# Book Review

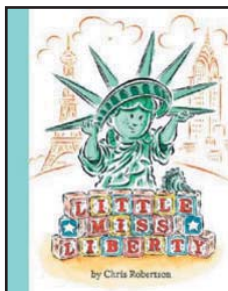
## Reading to Celebrate the U.S.A.

by Jeanette Larson

### Little Miss Liberty

by Chris Robertson

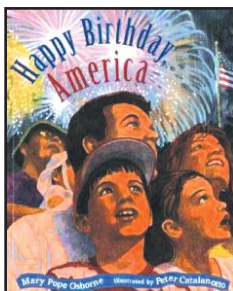
A baby born in Paris, France is an odd but very special child. Her green tone and rapid growth obviously set her apart from other children. During a shopping trip, the child selects an unusual hat and she is so large she wears a bed sheet for her clothes. Finally, she grows so big that she can't stay in the city she loves. Asserting her independence, Miss Liberty packs up and heads off in search of the place where she knows she belongs. Finding the perfect pedestal, Miss Liberty finally stands proud in New York harbor. A perfect introduction to the story of the Statue of Liberty, young readers ages six through nine will especially enjoy Chris Robertson's simple drawings, which are evocative of Ludwig Bemelman's art in the Madeline books.



### Happy Birthday, America

By Mary Pope Osborne

A special celebration is made up of many small things and the whole family, from grandpa to Baby Jess and dog, Bud, have a jam-packed day. From a pet parade, balloon sword fights, and pitching pennies to singing "Yankee Doodle" or ringing a bell thirteen times in honor of the original colonies, this nostalgic 4th of July celebration culminates with bursts of lights in sky. With illustrations by Peter Catalanotto, Osborne, author of the *Magic Tree House* series, brings home the warmth and joy of this uniquely American holiday. Perfect for reading aloud, especially for children ages 6-9.

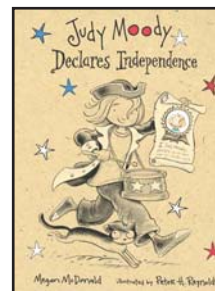


### Judy Moody Declares Independence

By Megan McDonald

Like many kids her age, third-grader Judy Moody is a very independent young lady. However, a family trip to Boston puts her in the mood for liberty, freedom, and the pursuit of happiness—especially if that means freedom from parental rules and from being bothered by her little brother, Stink. When she learns that a British girl she

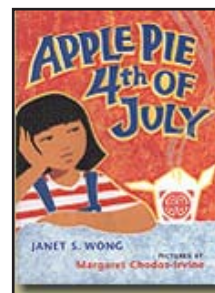
met in Boston has her own phone, private bathroom and a large allowance, Judy decides those things would ensure her happiness. When she doesn't get her way, Judy stages her own revolution with comical effect. Black-and-white illustrations and short chapters make this a perfect choice for youngsters just beginning to try out their own independent reading.



### Apple Pie 4th of July

By Janet S. Wong

A young Chinese-American girl doesn't understand why her parents, born in China, don't get it—Americans don't eat chow mein on the 4th of July! While her parents are cooking sweet-and-sour pork in their food store, the girl smells apple pie baking in a neighbor's oven. As the parade passes by, people come into the store to buy drinks, ice cream, and chips but nobody wants Chinese food. That is, until the end of the day when everyone stops to buy take-out to eat while watching fireworks from the rooftops. Wong, an award-winning author of picture books and poetry, teams up with Caldecott Honor award winner, Margaret Chodos-Irvine to create a lovely story about fitting in that is a perfect read-aloud for young children from any culture.



Books Editor Jeanette Larson is the Youth Services Manager for the Austin Public Library System. You can reach her at [Jeanette.Larson@ParentWiseAustin.com](mailto:Jeanette.Larson@ParentWiseAustin.com)

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Visit our website: [parentwiseaustin.com](http://parentwiseaustin.com)





# CD Review

## Austin's Laura Freeman

### Go for a Spin on Laura Freeman's *Color Wheel Cartwheel*

Kids' entertainer Laura Freeman is back in action with a new CD that's not only good—it's also educational.

*Color Wheel Cartwheel* is all about colors, so it's a mini-lesson as well fun music. The CD starts out with a list of the colors of the rainbow in English and Spanish and then delves into songs about each color. Between each consecutive song, kids learn how to say the word "rainbow" and its colors in different languages. It's cool, smart, and frankly interesting.

As for the music...well, what's not to like about Laura Freeman? The woman's talent knows no bounds and this CD showcases it nicely. The songs run the gamut from country to blues to jazz to bluegrass to rock 'n roll. Freeman, who began her career as a sassy adult singer, is in her element in all (for her adult music, check out Laura Freeman's Greatest Hits From Her 20's and 30's). Kids—and, let's face it, parents too—will enjoy the range of musical styles as well as the educational (and funny) bent to the lyrics. Really, the song "Green" is as good as anything you'll hear on country radio, and "We'll Make a Rainbow in This Room" is like something straight out of KUT's Folkways.

Who needs to know *Color Wheel Cartwheel* is a kids' CD when you're cruising down the road with the radio blasting? Your children will appreciate your abandon and passersby will enjoy the music.

—Parent:Wise staff




## Brain Food

Parent:Wise Austin's Bookclub  
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Our JULY Selection is:  
**Middlesex**  
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Middlesex tells the story of Calliope Stephanides and her Greek-American family. Calliope is not like other girls. Readers discover her family secret, and astonishing genetic history that turns Callie into Cal.

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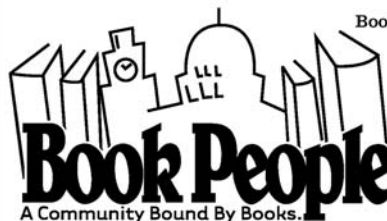
# Harry Potter

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# Enrichment

## It's a Great Time for Messy Art!

by Nisa Sharma

Jackson Pollock. There, I said it, so now you know where I'm coming from.

In my youth, discovering the works of Jackson Pollock was a firestorm for my art hobby. Suddenly, I was doing extra chores to earn extra allowance to support my painting habit. And in my experience as an art teacher, I have found that Jackson Pollock (once named "Greatest Living Artist" by Time magazine) is the best and easiest way to introduce children to "Surrealist Art." The interesting thing is: they get it. Ask a child how a specific Pollock painting makes them feel, and they can pinpoint an emotion rather easily; ask any adult the same question, and the results are less honest.

OK, so children innately go to this surreal place when creating art, and that's why in these months, when we're outside and have easy access to a garden hose for easy clean up, my house becomes the "Messy Art Spot," which is great for my kids because it's the only time they can be absolutely free when doing art. (I have a hang up about messes in the dining room...)

Here are just a few messy projects for your Pollocks to enjoy this summer—these are great with lots of kids (at, say, a family gathering or birthday party):

(You will want a plastic tablecloth old shower curtain or tarp)

### RESOURCES:

Check out this book: ***The Big Messy Art Book \*But Easy to Clean Up***, by MaryAnn F. Kohl

Check out Jackson Pollock's life and paintings:  
<http://www.ibiblio.org/wm/paint/auth/pollock/>



**Paint Balloon Splatter**—Use one, or tape together two squares of poster board. Tape your paper to your tarp then hang the tarp on the fence. Prepare the water balloons with a grown-up by squirting liquid watercolors or thinned tempera paint into the balloon (have any medicinal dosing syringes? They work great here) and fill the rest of the balloon with water. The balloon should be tight and ready to break once it is tied off. Then let the balloons fly. One tip: expect the art to be on the watercolor side, as the paper will be soaked!



### Sidewalk Paint

Did you know you can smash that sidewalk chalk to

bits in a sealed plastic bag then mix it with water to make sidewalk paint? It's true! Also, painting with just water on a shaded area of sidewalk works well too, and in this case, the paintings disappear in time for the artist to begin again—we use this one for numbers and letters all the time.

**The Jackson Pollock**—Secure your tarp to the fence and your paper to the tarp. Using tempera paint and big paint brushes, the artist gets a generous amount of paint on the brush and flings the paint onto the paper. Try one color at a time, adding colors in "layers." Try many artists and many colors at once.

There are many more projects — your kids can probably come up with more: paint with leftover spaghetti; use the fly swatter; and there is my kids' favorite: using those feet and hands. Just have fun. (My kids always enjoy things more when I'm getting messy too.) And remember, when you're done, you can just hose everything—and everyone—off!

*Nisa Sharma is a professional mom, graphic designer, and occasional preschool art teacher. She lives in Cedar Park with her husband and two junior Jackson Pollacks. Photos courtesy Nisa Sharma.*

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# Parent:Wise A U S T I N

## July Calendar

### 1 FRIDAY

**Stroller Strides:** 8:30 a.m. *Parent:Wise* readers can try this class for two weeks for **FREE!** Email to attend. 600 Lee St., Round Rock [austin@strollerstrides.com](mailto:austin@strollerstrides.com) [www.strollerstrides.net/Austin](http://www.strollerstrides.net/Austin) and Sun Tree Park, in the River Place subdivision at Sun Tree Cove & River Place Blvd. [austin@strollerstrides.com](mailto:austin@strollerstrides.com) [www.strollerstrides.net/austin](http://www.strollerstrides.net/austin)

**Little House Tour:** 9 a.m.-5:30 p.m. Tour this little house for stories, children's activities, family celebrations, & more. Call to see what's happening! \$5 adults, \$4 seniors, \$2 children. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. [www.wildflower.org](http://www.wildflower.org) 292-4100

**It's Art Time:** 9:30 a.m.-10:15 a.m. Kids 2-1/2 to 5 will explore dinosaurs! \$8 Northwest Recreation Center, 2913 Northland Dr. 458-4107

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. A great way to meet other parents of young children. The morning session is mainly very young children, while the afternoon session has slightly older kids. \$6 Jewish Community Association of Austin, Dell Jewish Community Center, Community Hall Room 150-C [michele.chandler@jcaonline.org](mailto:michele.chandler@jcaonline.org) 250-1043

**Attachment Parenting International General Meeting (North Chapter):** 10 a.m. Support group for attachment parenting. Call for more information/to register. **FREE!** Yarborough Branch Library, 2200 Hancock Dr. 458-6873 [darien@casawilson.com](mailto:darien@casawilson.com) [www.main.org/apiatx/index.html](http://www.main.org/apiatx/index.html)

**MOMS Club of Leander General Meeting:** 10 a.m. **FREE!** Good Shepherd Lutheran Church, 700 West Whitestone Blvd. (group is not church affiliated) [momsclubleander@yahoo.com](mailto:momsclubleander@yahoo.com) 759-2748

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. Kids ages 1-3 explore their world through play. \$7 Northwest Recreation Center, 2913 Northland Dr. 458-4107

**Tot Shabbat:** 10:45 a.m.-11:15 a.m. Shabbat service for little kids. \$6 Jewish Community Association of Austin, Dell Jewish Community Center, 7300 Hart Ln. 250-1043

**Lunch Munch Bunch:** 11:45 a.m.-12:30 p.m. Kids ages 3-1/2 to 5 will bake. \$9 Northwest Recreation Center, 2913 Northland Dr. 458-4107

**Rattle & Reel:** Noon. On Friday afternoons, the Dobie Theatre welcomes parents & young kids! \$6 adults (kids **FREE!**) Dobie Theatre, 2021 Guadalupe St. 472-3240

**Lunchtime Storytime:** 12:15 p.m. Listen to a story with your kids during lunch break. Juice boxes provided. **FREE!** Faulk Central Library, 800 Guadalupe 974-7400

**Art Pad Open Studio:** 2 p.m.-4 p.m. This neat art studio is open to the entire family. \$5 per child, adults **FREE!** The Art Pad, 1403 West 47th St. 323-0802

**Prenatal Yoga:** 3 p.m.-4:15 p.m. A peaceful place to be with yourself and your growing pregnancy. First class **FREE!** Materna Yoga Center, 1710 W. 35th, 2nd floor of Ironsmith Fitness [www.maternayoga.com](http://www.maternayoga.com) 385-9642

**Deep Play:** 4:30 p.m. Playful adventure into full body improvisation. **FREE!** for kids; adults free for first visit Body Vida Studio, 1115 S. Congress Ave. [www.bodyvida.com](http://www.bodyvida.com) 447-9900

**Yoga for All Levels:** 6 p.m.-7:30 p.m. Registration required. Suitable for mature children & parents. \$10 Austin Meditation Center, 2307 Rio Grande [www.austinmeditation.org](http://www.austinmeditation.org) 472-YOGA (9642)

**Music Under the Star:** 6 p.m.-9 p.m. Concert for the entire family plus admission to the Museum's Texas Movie's Exhibit. Take a blanket or chairs but no food. **FREE!** Bob Bullock Texas State History Museum, 1800 N. Congress Ave. [www.thestoryoftexas.com](http://www.thestoryoftexas.com) 936-4649

**Live Music At Central Market:** 6:30 p.m. The perfect night out for families! The kids play on the playscape, you listen to live music. Arrive early. **FREE!** Central Market, 4001 N. Lamar 206-1000 or 1-800-360-2552

**Family Fun Night:** 6:30 p.m. Live music & crafts for kids. **FREE!** Kaleidoscope Toys, 1401 S IH-35, #140, Round Rock [kstoy@austin.rr.com](mailto:kstoy@austin.rr.com) [www.kstoy.biz](http://www.kstoy.biz) 388-5048

**Movies in the Meadow:** 7:30 p.m. Watch a movie in a 100-acre meadow surrounded by bison and llamas! (How cool is that?) Drive-in or take a blanket or chair & a picnic dinner. \$6 adults, \$5 kids 5-12, **FREE** for kids under 4 or \$15 per car Movies in the Meadow, at the intersection of 290 West and South View road [www.moviesinthemeadow.com](http://www.moviesinthemeadow.com) 636-0015

### 2 SATURDAY

**Kyle-O-Meter 5K Run Walk:** 7 a.m. Raising money to assist injured police and fire fighters. \$25/person Wallace Middle School, 1500 Center St., Kyle 268-4220

**Flintknapping:** 9 a.m.-11 a.m. Kids 13+ will make an arrowhead. All materials provided. \$5 Wild Basin Wilderness Preserve, 805 N. Capital of Texas Hwy. [hike@wildbasin.org](mailto:hike@wildbasin.org) [www.wildbasin.org](http://www.wildbasin.org) 327-7622

**Austin Farmers' Market:** 9 a.m.-1 p.m. Live music, fresh food, and fun for the entire family! **FREE!** Republic Square Park, 422 Guadalupe. 236-0074 [suzanne@sustainablefoodcenter.org](mailto:suzanne@sustainablefoodcenter.org) [www.austinfarmersmarket.org](http://www.austinfarmersmarket.org)

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**FREE Parenting Class:** 9:15 a.m.-10:30 a.m. Learn about self esteem, behavior problems, & stress. Childcare provided. La misma clase se ofrece en español a las 3. **FREE!** Any Baby Can, 1121 E. 7th Street [brandon@abcaus.org](mailto:brandon@abcaus.org) [www.abcaus.org](http://www.abcaus.org) 454-3743

**Tot Shabbat:** 9:15 a.m.-10 a.m. Clergy-led Reform Shabbat program, for children birth to age 5 (all ages welcome). Snack and topic-related craft follow. **FREE!** Congregation Beth Israel, 3901 Shoal Creek Blvd [www.bethisrael.org](http://www.bethisrael.org) 454-6806

**Becker Vineyards 10th Anniversary Celebration:** 10 a.m.-6 p.m. **FREE** refreshments and live music all day. Becker Vineyard, 10 miles east of Fredericksburg on Hwy 290. [www.beckervineyards.com](http://www.beckervineyards.com)

**Book Bonanza:** 10 a.m.-Noon The Austin Public Library offers free books to the public every Saturday morning. **FREE!** Faulk Central Library, 800 Guadalupe 974-7400

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. \$5 adults, \$2 children, \$15 per family. Westcave Preserve 24814, Hamilton Pool Road, Round Mountain (about 50 minutes from downtown Austin). [www.westcave.org](http://www.westcave.org) 830-825-3442

**Child and Family Yoga:** 10 a.m. Kids and parents will learn basic yoga during this fun class. Parents must accompany children. **FREE!** Ruta Maya Coffee, 3601 S. Congress [www.rutamaya.net](http://www.rutamaya.net) 707-9637

**Westlake Farmers' Market:** 10 a.m.-1 p.m. Fresh produce, baked goods, live music & more. Rain or shine. **FREE!** 3200 Jones Rd. (between Hwy 290 & Westgate) [www.westlakefarmersmarket.com](http://www.westlakefarmersmarket.com) 280-1976

**Tot Shabbat:** 11 a.m. Simple, child oriented service. Kiddush to follow. No reservation needed. **FREE!** Congregation Agudas Achim, 7300 Hart Lane [www.CAA-Austin.org](http://www.CAA-Austin.org) 735-8400

**FREE ice-skating lesson:** 11:30 a.m. (Northcross) or 1 p.m. (IH-35) Learn to ice skate at Chaparral Ice. Skate rental is also free. **FREE!** Chaparral Ice Northcross Mall, 2525 W. Anderson Lane or 14200 IH-35, [www.chaparralice.com](http://www.chaparralice.com) 252-8500

**Giant chess:** 12:30 p.m.-3:30 p.m. Teach the kids to play chess with this knee-high chess set. **FREE!** Wooldridge Square, 9th & Guadalupe (downtown) [chris@rusklaw.com](mailto:chris@rusklaw.com) [www.downtownaustin.org](http://www.downtownaustin.org) 447-4595

**Sculptor to Be:** 1:30 p.m.-3 p.m. Kids ages 7-11 create their own sculpture. \$7 Umlauf Sculpture Garden, 605 Robert E. Lee Rd. [www.umlaufsculpture.org](http://www.umlaufsculpture.org) 445-5582

**Wild Cave Tour:** 3:15 p.m.-5 p.m. Parents and kids 12+ explore parts of Longhorn Cavern not shown on the regular tour. RSVP required. \$35 (equipment rental \$15) Longhorn Cavern State Park, Burnet (about 1.5 hours from Austin but worth the trip!) [www.longhorn-caverns.com](http://www.longhorn-caverns.com) 877-441-2283 or 756-4680

**Carefest:** 4 p.m.-9 p.m. Live music, food, games, & family fun. **FREE!** Mesa Village Park, Georgetown St., Round Rock [john@missionroundrock.org](mailto:john@missionroundrock.org) [www.spanishinspirations.com/](http://www.spanishinspirations.com/)

**Live Music At Central Market:** 6:30 p.m. See July 1

**Movies in the Meadow:** 7:30 p.m. See July 1

**Ballroom dancing:** 8 p.m.-11 p.m. Practice ballroom dancing with the Austin Ballroom Dancers. Family-friendly DJ dance is a no-smoking, no-alcohol environment. Kids welcome. \$5 students, \$8 visitors. Austin Recreation Center, 1301 Shoal Creek Blvd. [www.austinballroomdancers.org](http://www.austinballroomdancers.org) 989-3939

### 3 SUNDAY

**Ruta Maya Kids Show:** 10 a.m. Live entertainment, dancing & fun for kids. **FREE!** Ruta Maya Coffee, 3601 S. Congress [www.rutamaya.net](http://www.rutamaya.net) 707-9637

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Kinderhaus Cooperative Preschool Project Family Meeting:** 3 p.m. Join in creating an ideal preschool in North Central Austin. Organic refreshments & activities provided. **FREE!** Kinderhaus Cooperative Preschool Project, 5608 Joe Sayers Ave. 467-7967

**Sunday on the Farm: Heritage Artisans:** 1 p.m.-5 p.m. Tour three historic farmsteads. \$8 adults, \$6 children (group rates available) Jourdan Bachman Pioneer Farms, 11418 Sprinkle Cut-Off Rd. [www.pioneerfarms.org](http://www.pioneerfarms.org) 837-1215

**Yoga for All Levels:** 2 p.m.-3:30 p.m. See July 1.  
*Calendar continues on page 19...*

**PLEASE NOTE!** We try hard to ensure the information in the calendar is correct. Sometimes we goof & sometimes event info changes after we go to press. **PLEASE CALL OR EMAIL BEFORE ATTENDING AN EVENT.** Have a great July!

Work-at-Home Shop .....page xx

Childrens' Theater/Storytimes .....pages xx - xx

Check out our interactive calendar, Kids' Activities & Classes, and Parenting Support & Involvement on: **ParentWiseAustin.com**



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# Soak up the Sun!

## Ecotourism

by **Nayana S. Shahane**

It's the heart of summer. Which means you're probably gearing-up for the annual family trip to SeaWorld, Six Flags or Schlitterbahn in search of fun, excitement and a place to cool off. My family and I have already done one major theme park this year—it was totally fun but totally exhausting. That led to me look off the beaten path for calm, quiet places to beat the summer heat. One great way to do that is by exploring "ecotourism."

Ecotourism is unofficially defined by The International Ecotourism Society as "responsible travel to natural areas that conserves the environment and improves the well-being of local people." All of the following locations fit that bill—and you can visit most of them for much less than a day at the amusement or water park while also contributing to the wellbeing of Austin's environment!

**Bright Leaf State Natural Area** — This 217-acre wilderness off of 2222 was donated to the state in 1995 by Georgia Lucas, whose will stipulated that the land must remain in a "minimally developed state." While not open to the public on a daily basis, Bright Leaf does host guided walks the second weekend every month, as well as docent-led hikes by appointment. The hikes aren't stroller friendly, but children as young as 2 can enjoy the creek-side loop hike (which is only available as a docent-led, group hike—this is a great hike for mothers' groups). All hikes are free. For more information, call Friends of Bright Leaf at 323-0544.

**Cypress Valley Canopy Tours** — Fly through the trees to experience the flora and fauna of the Texas Hill Country. Amy and David Beilharz wanted to share the beauty of this land without disturbing the habitat. So they chose a "canopy tour" after experiencing one on a trip to Costa Rica. Their mission is to encourage people to spend more time in nature and increase environmental awareness. To that end, they donate 10% of their profits to conservation organizations. Individual and group tours are available by reservation; individual tours are \$60 and children ride for free with a parent. The tour is recommended for children ages 10 and up. They're holding a Family Fun Day on July 19 and 26: the tour is \$40 for one parent and accompanying child. Younger children can play and swim at the private lake with one parent while another parent takes an older child through the tour. Discounts are available to conservation organizations. Cypress Valley Canopy Tours is located just 30 miles west of downtown Austin in Spicewood, Texas. Call 512-264-888 or log on to [www.cypressvalleycanopytours.com](http://www.cypressvalleycanopytours.com) for more information or to book a tour.

### Lady Bird Johnson Wildflower Center

This 279-acre botanical garden was founded in 1982 by former First Lady, Lady Bird Johnson and actress Helen Hayes. The Center is dedicated to the preservation and restoration of wildflowers, native plants and their biological communities. The Center has 16 garden exhibits, nature trails and outdoor classrooms. All walkways and paths throughout the Center and its display gardens are stroller friendly, while the John Barr Trail and Research Restoration Trail are wheelchair-accessible. (Other trails are not wheelchair accessible and would be more difficult for a stroller.) Join them every Thursday night in July for Night from 5:30-9 p.m. for a family friendly learning experience. It's free for members and only \$1 per person for non-members; registration is not required. They're located in southwest Austin at 4801



photo courtesy Ronald Sprouse

LaCrosse Avenue off of MOPAC, south of Slaughter Lane. In general, the grounds are open to visitors Tuesday through Saturday 9am to 5:30 p.m. and Sunday noon to 5:30 p.m. The Center is closed on Mondays and major holidays. Admission rates are \$6 for adults, \$5 for seniors or students (13 and older), \$2.50 for ages 5-12 and free for members and children 4 and younger. Reservations are required for guided tours and groups. Call 292-4100 or see [www.wildflower.org](http://www.wildflower.org) for more information.

**Pioneer Farms** — Travel back to a simpler time in Texas at this 80+ acre, living history museum in northeast Austin. The three farmsteads—Commercial Cotton Farm, Homestead Farm, and Tenant Farm—depict lifestyles in the 1880s using costumed interpreters, period-appropriate crops and animals. It makes history real, in a hands-on family (and stroller) friendly environment. Join them on Sunday July 3, from 1-5 p.m. for an Independence Celebration, complete with a scavenger hunt and craft projects for kids, games like watermelon seed spitting, the Biscuit Brothers, food, blue grass and a capella music and much more! Admission is \$8 for adults and \$6 for children. (This is their regular admission price.) Military personnel and their families are free with military I.D. on the first Sunday of the month. Check out 19th century crafts at their Heritage Artisans program every Sunday from 1-5. There are no weekday programs scheduled for the month of July, but they will resume in September and will be designed for 2nd through 5th graders. Pioneer Farms is located at 1400 Pioneer Farms Drive, about a mile east of I-35. Call 512-837-1215 or go to [www.pioneerfarms.org](http://www.pioneerfarms.org) for more information.



photo courtesy Pioneer Farms

**Vanishing Texas River Cruise** — Enjoy a peaceful and relaxing tour of the wildlife, cliffs and waterfalls along the banks of Lake Buchanan. Vanishing Texas River Cruise has a regularly scheduled cruise available year round and there are other cruises (Waterfall Winery Cruise or Ultimate Eagle Cruise) available depending on the season. Right now their special cruise is the Sunset Dinner cruise, available May through October. They're located about 65 miles northwest of Austin on the east shore of Lake Buchanan. Tours last about 2 hours and reservations are highly recommended as tours fill quickly. Call 1-800-4-RIVER-4 for rates and reservations or see [www.vtrc.com](http://www.vtrc.com) for more information.

**Wild Basin Wilderness Preserve** — This 227 acre preserve was founded in 1974 by seven women who were members of an environmental group called "Now or Never." The preserve hosts walks, classes, camps and concerts as well as teacher workshops (earn TEACC credit) and school groups (K-6th grade). A portion of the trails are stroller friendly. The entrance is located on the east side of Loop 360 (805 N. Capital of Texas Highway) and about 1 mile north of Bee Caves Road or about 3 miles south of the Loop 360 bridge. Most programs are \$3 for adults, \$1 for ages 5-12 and free under age 5. Programs are weather dependent, appropriate for all ages, and usually require a reservation. Call 512-327-7622. See [www.wildbasin.org](http://www.wildbasin.org) for detailed calendar of events.

**Zilker Botanical Gardens** — Visit 22 acres of botanical gardens set in the heart of Austin. The eight unique gardens have an assortment of native, hybrid and exotic plants. Explore them on a self-guided tour or make a reservation for a tour led by trained docents. (Docent tours available for adults or students.) Garden paths are stroller-friendly. ZBG is located in Zilker Park, just south of Town Lake and east of MOPAC. Admission to the gardens is free, however weekend parking is \$3 per car. The grounds are normally open every day 7 a.m. to 7 p.m., but there are a few exceptions. Call 477-8672 or go to [www.zilkerbotanical.org](http://www.zilkerbotanical.org) to check the calendar to be sure.

*Nayana Shahane is just beginning to introduce her son to the wonders of natural beauty. (He watches his father enjoy the gardening around their home.) They live in Austin.*

Parent:Wise Austin thanks the following advertisers for sponsoring Soak Up the Sun. Please check out their ads:

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## Soak Up The Sun Health Tips

—provided by the doctors at Northwest Pediatrics and the American Academy of Pediatrics ([www.aap.org](http://www.aap.org))

Accidents and overexposure are the most common reason kids need to see the doctor in the summer months. To minimize the number of trips you make to the pediatrician (or urgent care) this season, follow these simple steps:

- Apply sunscreen of SPF 15 or greater to your child 30-minutes before going outside. Covering-up in addition to sunscreen is an even better way to avoid sun burns—use one layer of absorbent clothing and change your child's clothes when they are saturated.
- Give your kids water every 20-minutes while playing (including swimming) outside. This will help lessen the possibility of heat stress.
- Never leave your child alone in or near the pool, not even for a moment. If you have a pool, install a fence around it—one that doesn't have any gaps kids can crawl through. Keep rescue equipment—a life preserver, a shepherd's hook and a phone—near the pool. And whenever infants and toddlers are in or around the water, an adult should be within arms' length to provide supervision.
- Burn citronella candles when the kids are playing outdoors. Better yet, apply a bug repellent containing DEET. DEET is controversial, but the American Academy of Pediatrics says it's safe to use in concentrations up to 10%. If you don't want to use DEET, use insect repellents containing citronella or eucalyptus.
- Keep kids younger than 6 inside when mowing the lawn, and don't let kids younger than 12 mow the lawn themselves (that's with a walk-behind mower; kids should be at least 16 to use a ride-on mower). Believe it or not, nearly 9,400 children are injured by lawn mowers every year.



# Calendar Spotlight:

## 4th of July Celebrations and Events

### JULY 1

**Seguin Freedom Fiesta:** This two-day celebration (it continues on July 2) is worth the drive. Events include live entertainment, a carnival and family entertainment both days. **FREE!** Historic Central Park, Seguin. 830-379-6382

### JULY 2

**Bastrop Patriotic Festival:** 10 a.m.-10 p.m. Festival includes live entertainment, a picnic, games, and other fun and ends with a concert by the Austin Symphonic Band as the fireworks boom overhead. **FREE!** Fisherman's Park, Bastrop. 345-7420 or 512-321-3957

**Kyle Celebration:** 7 a.m.-10 p.m. A run/walk for the entire family, a chili cook-off, children's trike and bike parade, talent contest, horseshoe pitching contest, pie eating contest, live music and fireworks. **FREE!** (must pre-register and pay for some contests). Gregg-Clarke Park, 1300 W. Center, Kyle. [www.cityofkyle.com/parks](http://www.cityofkyle.com/parks) or 512-268-5341

### JULY 3

**Live Oak Labyrinth Independence Day Walk:** 9 p.m. Spend a few quiet moments this holiday taking a walk through a labyrinth. Guided walk is suitable for parents and children and is **FREE!** Live Oak Unitarian Universalist Church, 3315 El Salido Pkwy. 733-0561

**Pioneer Farms Independence Celebration:** 1-5 p.m. 1880s games & crafts, a watermelon eating and seed spitting contest, a scavenger hunt with prizes and much more. \$8 Adults, \$6 children ages 2-12. Jordan Bachman Pioneer Farms, 11418 Sprinkle Cut Off Rd. [www.pioneerfarms.org](http://www.pioneerfarms.org) or 837-1215

### JULY 4

**Bandera 4th of July Pet Parade and Picnic:** 10 a.m. It may be far, but this town knows how to throw a party. Horses, turtles, dogs, birds, cats—they're all here plus free pet treats. After the parade, enjoy a picnic and then fireworks at dusk. **FREE!** Bandera City Park, Hwy 173 S in Bandera. 800-364-3833

**City of Austin July 4th Concert & Fireworks Show:** 8:30 p.m. This is the Mac Daddy of fireworks shows! The Austin Symphony Orchestra plays the 1812 Overture (complete with cannons courtesy of Texas National Guard Salute Battery!) while the fireworks blast overhead.

Arrive early—some 100,000 people show up for this event! Park in State Parking Garage A or B at San Jacinto and 15th Street and take the free Capital Metro shuttle. Event takes place at the NorthEast Triangle of Zilker Park and is **FREE!** 476-6064

**4th of July Celebration at Lucila's:** Sunset. Watch fireworks from the privacy of Lucila's great outdoors. Take a picnic & a sittin' blanket. (Refreshments available for a fee.) 1700 S. Lamar. **FREE!** 416-8800 or [luciladp@aol.com](mailto:luciladp@aol.com)



**Fredericksburg Holiday Celebration:** 8 a.m. until 10 p.m. Tons of events, including parades and fireworks at dark. Parades happen on Main Street and the fireworks take place at Lady Bird Johnson Park (3 miles south of Main Street on highway 16). **FREE!** 830-997-6523

**Lakeway Celebration:** 8:30 a.m.-9 p.m. This day-long extravaganza features a parade, a pageant, a picnic, games, live entertainment and fireworks at night. **FREE!** Lakeway City Park (shuttles will take you from the parking area to the park). [www.lakeway.org/calendar.htm](http://www.lakeway.org/calendar.htm), 261-1711 or 261-5276

**Leander Liberty Fest:** 4-11 p.m. Live music, dance troupes, children's activities (including a moonwalk), food and fireworks at dark. **FREE!** Crystal Falls Golf Club, 3400 Crystal Falls Pkwy. (Park at Leander Middle School and take the free shuttle.). 528-2700

**Round Rock July 4th & Frontier Days:** 10 a.m.-1 a.m. Round Rock transforms itself to the early 1900s. The festivities begin with a parade down Main Street, then continue at Old Settler's Park with a Wild West re-enactment, including a shootout. At dusk, eat free watermelon, listen to the Austin Symphonic Band & watch the fireworks. **FREE!** (Food & certain events cost money.) Old Settler's Park, 3300 E. Palm Valley Blvd., Round Rock, [www.roundrockfrontierdays.com](http://www.roundrockfrontierdays.com), 341-3361 or 218-5400.

**San Marcos SummerFest Celebration:** 11 a.m.-11 p.m. A children's parade and costume contest, moonwalks, a "Jiggle Bug Express", a patriotic program, a river float parade, live music, and, of course, fireworks at dusk. **FREE!** Sewell Park, Texas State University at San Marcos (river events will be on the banks of the San Marcos River). 512-655-0881, 512-392-1184 or 888-200-5620.

**Seguin Parade & Fireworks Celebration:** Kid's parade at 10 a.m.; mayor's luncheon at 11 a.m. (public invited: tickets are \$5). Fireworks at 9:30 p.m. at Starkey Park (downtown off of Hwy. 123.) **FREE!** 830-379-6382

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## 3 SUNDAY (continued from page 15...)

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prepared Childbirth:** 3:30 p.m.-6 p.m. Prepare for childbirth in this series of classes. Classes are held every Sunday, but you MUST REGISTER first. \$100 for 5-week series St. David's Hospital, 919 E. 32nd. 397-4226

**Yoga for Children:** 3:45 p.m.-4:30 p.m. Class for children ages 4-10. Registration required. First class **FREE!** \$5 thereafter. Austin Meditation Center, 2307 Rio Grande www.austinmeditation.org 472-YOGA (9642)

**Yoga for Teens:** 4:45 p.m.-5:45 p.m. Class for kids ages 11-16. Registration required. First class **FREE!** \$5 thereafter. Austin Meditation Center, 2307 Rio Grande www.austinmeditation.org 472-YOGA (9642)

**Concert in the Park:** 7:30 p.m. Enjoy live classical music by the Austin Symphony Orchestra during this family concert. **FREE!** Wooldridge Park, 9th & Guadalupe www.austinsymphony.org 476-6064

**Independence Day Labyrinth Walk:** 9 p.m. Take a peaceful walk through a labyrinth to celebrate the full moon & our armed forces. **FREE!** Live Oak Unitarian Universalist Church, 3315 El Salido Parkway, Cedar Park 733-0561

## 4 MONDAY

# HAPPY 4TH OF JULY!

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 6. **FREE!** Chittamani Buddhist Center, 2919 Manchaca Rd #102A www.meditationinaustin.org 916-4444

## 5 TUESDAY

**Baby Day at Alamo Drafthouse:** First matinee show of the day. The theatre is filled with parents just like you, so a cry here or a scuffle there won't phase anyone. \$5.50 Alamo Drafthouse Lake Creek, 13729 Research Blvd. and Alamo Drafthouse Village, 2700 W Anderson Ln. 219-5408 or 452-7521

**Stroller Strides:** 8:30 a.m. *Parent:Wise* readers can try this class for two weeks for **FREE!** Email to attend. Brushy Creek Lake Park, 3300 Brushy Creek Rd. (email for other locations) austin@strollerstrides.com www.strollerstrides.net/austin

**Austin Herb Society General Meeting:** 9:30 a.m. This month's meeting: Growing & propagating herbs. **FREE!** Zilker Botanical Garden Center, 2200 Barton Springs Rd. bmdtubbs@hotmail.com www.austinherbsociety.org/ 936-1190

**Dollar Day at the Museum:** 10 a.m.-6 p.m. Today the entrance fee to the Austin Museum of Art Downtown is just a buck! \$1 Austin Museum of Art Downtown, 823 Congress www.austinmuseums.org/aus\_moa\_downtown.html 495-9224

**Leah's Music Class:** 10 a.m. Summer classes begin today! Kids ages birth to 5 will enjoy this hands-on, shoes off musical experience! Call for cost. Manchaca United Methodist Church, 1011 FM 1626 www.leahsmusicclass.com 494-9594

**Sewing Camp:** 10 a.m.-12:30 a.m. & 1:30 p.m.-4 p.m. Kids 8-16 will make pillows, bags, clothes and PJs during this 3-DAY camp. New sewing experience necessary. Singer Northwest Sewing Center, 5448 Burnet Rd. 459-3961

**Preschool Gymnastics:** 10:30 a.m.-11:30 a.m. Kids ages 3-5 will learn to tumble, do acrobatics, and jump like mad on the trampoline. \$38/mo (sibling discount) Pickfair Community Center, 10904 Pickfair Drive 401-8119 or 323-6013

**Bicycle Safety:** 10:30 a.m. Kids ages 5+ will learn to be safe during this special reading program. **FREE!** Twin Oaks Branch Library, 2301 S. Congress, #7 442-4664

**Spanish for Preschoolers:** 11:30 a.m.-12:15 p.m. Kids learn Spanish through fun songs, finger plays, creative movement, arts & crafts & other activities. Sponsored by Spanish Inspirations. Call for cost. Kaleidoscope Toys, 1401 S IH-35, Suite 140, Round Rock www.spanishinspirations.com/ 680-4707

**Make a Book:** 1 p.m. Kids 8+ will create their own book. **FREE!** Southeast Austin Community Branch WFY Center, 5803 Nuckols Crossing Rd. 462-1452

**African Safari:** 1 p.m. Kids 5+ will enjoy this mini-safari that encourages them to read. **FREE!** St. John Branch Library, 7500 Blessing Ave. 974-7570

**Puppet Show:** 2 p.m. The Hand to Mouth Puppet Theatre presents this show for kids ages 5+. **FREE!** North Village Branch Library, 2139 W. Anderson Ln. 458-2239

**Earth Culture Dancer:** 2 p.m. Echo program for children ages 5+. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 926-4453

**I Love to Read Magic Show:** 2 p.m. Fisher Magic presents this show for children ages 5+. **FREE!** Pleasant Hill Branch Library, 211 E. William Cannon Dr. 974-3940

**Crowe's Nest Farm Animal Life Center:** 2 p.m. Kids ages 5+ will learn about animals during this interactive program. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333

**San Marcos Farmers Market:** 3 p.m.-6 p.m. Locally-grown or made baked goods, fruits, vegetables, plants, arts & crafts. **FREE!** Corner of C.M. Allen Parkway and San Antonio in San Marcos www.sanmarcoscharms.com 888-200-5620

**Austin Police Department S.W.A.T. Team:** 3 p.m. Kids ages 8+ will learn about the S.W.A.T. team. **FREE!** Carver Branch Library WFY Center, 1161 Angelina 974-1014

**B-Boy City:** 3 p.m. A Wired for Youth program for kids ages 8+. **FREE!** Cepeda Branch Library WFY Center, 651 N. Pleasant Valley Rd. 974-7372

**Henna Art:** 3 p.m. Kids ages 8+ will learn this ancient artform during this interactive program. **FREE!** University Hills Branch Library WFY Center, 4721 Loyola Ln. 926-4684

**Postnatal Yoga:** 3 p.m.-4:15 p.m. Bring your baby and begin to bring your body back to a full, gentle, and safe recovery. First class **FREE!** Materna Yoga Center, 1710 W. 35th, 2nd floor of Ironsmith Fitness www.maternayoga.com 385-9642

**Make Me a Story:** 3:30 p.m. Hear a story and make a craft. \$10 The Work\*Shop, 1211 W. 6th St. www.theworkshopaustin.com or 473-ARTS (2787)

**Neighborhood Teen Program:** 5:30 p.m.-8:30 p.m. Teens 12-18 focus on building various skills to develop into contributing citizens in our society. **FREE!** Rosewood Recreation Center, 1182 North Pleasant Valley Rd. 472-683

**Chanted Prayers:** 5:30 p.m.-6:30 p.m.

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Kids' Night at the Nutty Brown Café:** 6 p.m. Smarty Pants performs for kids while parents enjoy good food. Kids' meals 99-cents. **FREE!** (but food costs extra) Nutty Brown Café, 12225 Highway 290 West www.nuttybrown.com 301-4648

## 6 WEDNESDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Spanish for Preschoolers:** 9 a.m.-9:45 a.m. See July 5. Call for cost. Clay Madsen Recreation Center, 1600 Gattis School Rd www.spanishinspirations.com/ 680-4707

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**Eager to Learn Bilingual Storytime:** 9:15 a.m. Listen to stories in English and Spanish. **FREE!** St. John Branch Library, 7500 Blessing Ave. 974-7570

**MOPS Club General Meeting:** 9:30 a.m.-11:30 a.m. Mothers of preschool children are invited to this informal get together with other mothers. Childcare is provided—call to reserve a spot. First meeting **FREE!** St. Louis Catholic Church, 7601 Burnet Rd. sahale93@juno.com 250-3113

**Children's Day Art Park:** 9:30 a.m.-11:30 a.m. Live music, tons of art projects, and lemonade for just 10¢. This event is a blast! 50¢ per child, adults **FREE!** Austin Symphony Orchestra, 1101 Red River St. www.austinsymphony.org 476-6064

**Prenatal Yoga:** 10 a.m. See July 1. Note time difference.

*Calendar continues on next page...*

**AUSTIN SYMPHONY**  
**Children's Day**  
Brought to you in part by  
**Parent:Wise**  
**Art Park**

**Wednesday Mornings in June & July**  
9:30 a.m. – 11:30 a.m. at Symphony Square

June 1	Roy Lozano's Ballet Folklorico
June 8	Joe McDermott & the Smart Little Creatures
June 15	Beto y los Fairlanes
	"Congo Dog" cd release party
June 22	Laura Freeman
June 29	Bill Oliver
July 6	No Children's Day (Hope you had a happy July 4th)
July 13	Cowgirl Sue's Teddy Bear Picnic (Bring your Bear!)
July 20	Jon Emery
July 27	Lucas Miller

**THE AUSTIN SYMPHONY**

**50¢**  
per child. Adults free  
when accompanied by a child

476.6064 or 1.888.4MAESTRO  
**www.austinsymphony.org**



**6 WEDNESDAY** (continued)

**Kinderhaus Cooperative Preschool Project Parent/Child Activity:** 10 a.m.-11:30 a.m. Enjoy a different activity each week. All materials provided. **FREE!** Kinderhaus Cooperative Preschool Project, 5608 Joe Sayers Ave. 467-7967

**Leah's Music Class:** 10 a.m. & 12:15 p.m. See July 5. Brushy Creek Community Center, Round Rock.

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 1.

**Spanish for Preschoolers:** 10:30 a.m. See July 5. Northwest Recreation Center, 2913 Northland Dr.

**Teetertots:** 10:30 a.m.-11:30 a.m. Kids 3+ explore their world through book-based activities. \$16 Austin Children's Museum, 201 Colorado St. [www.austinkids.org](http://www.austinkids.org) 472-2499, ext. 201

**In The Jungle:** 10:30 a.m. Children's entertainer Freddy Carnes will perform for ages 5+. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372

**CASA Open House:** 11 a.m.-7 p.m. Learn to be a volunteer court advocate for children who have been abused or neglected. Stop by anytime. **FREE!** CASA of Travis County, 6330 Hwy. 290 E. Ste. 350 459-2272 ext. 18

**Spanish for Preschoolers:** 11:30 a.m. See July 5. Northwest Recreation Center, 2913 Northland Dr.

**Canine Companions for Independence:** 2 p.m.-3 p.m. A special reading program for kids ages 5+. **FREE!** Hampton Branch Library, 5125 Convict Hill Rd. 892-6680

**Movement & Myth of Indian Dance:** 1 p.m. A special reading program for kids ages 5+. **FREE!** Yarborough Branch Library, 2200 Hancock Dr. 454-7208

**Lucas Miller Concert:** 2 p.m. The zany singing zoologist sings for kids! **FREE!** Howson Branch Library, 2500 Exposition 800-755-4415

**Go Wild...READ! with Bees:** 2 p.m.-3 p.m. A special reading program for kids ages 5+. **FREE!** Milwood Branch Library, 12500 Amherst Dr. 339-2355

**Bicycle Safety:** 2 p.m. See July 5. **FREE!** University Hills Branch Library, 4721 Loyola Ln. 929-0551

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Henna Art:** 3 p.m. See July 5. **FREE!** Manchaca Rd. Branch WFY Center, 5500 Manchaca Rd. 447-6652

**Jungle Tales/Cuentos de la Selva:** 3 p.m. Bilingual reading program for kids ages 5+. **FREE!** Old Quarry Branch Library, 7051 Village Center Dr. 345-4435

**Movies@Wired for Youth:** 3 p.m. A special reading program for kids ages 8+. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 927-2188

**B-Boy City:** 3 p.m. See July 5. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7518

**Fun Funky Found Object Sculpture:** 3 p.m. A special reading program for kids ages 8+. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333

**Austin Farmers' Market:** 4 p.m.-7 p.m. Fresh foods & fun for the entire family! **FREE!** Plaza Saltillo, 5th and Comal [suzanne@sustainablefoodcenter.org](mailto:suzanne@sustainablefoodcenter.org) [www.austinfarmersmarket.org](http://www.austinfarmersmarket.org) 236-0074

**Chanted Prayers:** 4:40 p.m.-5:30 p.m. Heart Jewel puja with Lamrim meditation for adults & mature children.

**Community Night:** 5 p.m.-8 p.m. The Austin Children's Museum stays open late & reduces its prices each Wednesday. \$1 Austin Children's Museum, 201 Colorado St. [www.austinkids.org](http://www.austinkids.org) 472-2499, ext. 201

**Gymnastic Combination:** 6 p.m.-7 p.m. Tumbling & more. \$38/mo (sibling discount) Pickfair Community Center, 10904 Pickfair Drive 401-8119 or 323-6013

**Totally Cool Totally Art:** 5:30 p.m. See July 11

**Single Parent Disussion Group:** 6:30 p.m.-8 p.m. Single parents meet for comraderie & discussion. **FREE!** (\$4 for child care) Jewish Community Association of Austin, Dell Jewish Community Center, Community Hall Room 150-C [michele.chandler@caonline.org](mailto:michele.chandler@caonline.org) 250-1043

**Teen Bereavement Support Group:** 7 p.m.-9 p.m. Support group for kids 13-17 who have lost a loved one. **FREE!** Christi Center, 2306 Hancock Dr. [www.forlovechristi.org/kidswokare.html](http://www.forlovechristi.org/kidswokare.html) 467-2600

**Mantra Meditation:** 7:30 p.m. Suitable for mature teens & parents. **FREE!** Austin Meditation Center, 2307 Rio Grande [www.austinmeditation.org](http://www.austinmeditation.org) 472-YOGA(9642)

**Blues on the Green:** 7:30 p.m. Live blues music for the entire family. **FREE!** Zilker Park 2201 Barton Springs Rd. [www.kgsr.com](http://www.kgsr.com)

**7 THURSDAY**

**Community Fitness Fair:** All Day: personal trainer & dietician, sample yoga, Pilates & other fitness classes. **FREE!** Body Business, 2700 W. Anderson Ln. #802 or Westlake Drive and Hwy 360. 459-9424 or 306-0557

**Stroller Strides:** 8:30 a.m. See July 1

**Babytime:** 9:30 a.m. A story & rhyme program for adult caregiver & children 0-14 months old. One baby per adult, please! REGISTRATION REQUIRED! **FREE!** Round Rock Public Library, 216 E. Main, Round Rock [www.ci.round-rock.tx.us/library/library.html](http://www.ci.round-rock.tx.us/library/library.html) 218-7005

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11

**Leah's Music Class:** 10 a.m. See July 5. Central Austin, call for location. 494-9594

**Sewing Camp:** 10 a.m. See July 5

**Greyhound Pets of America:** 10:30 a.m. A Summer Reading Program Special Event for ages 5+.

**FREE!** Southeast Austin Community Branch Library, 5803 Nuckols Crossing Rd. 462-1452

**Noonday Concert:** 12:05 p.m. Family-friendly chamber music concert. **FREE!** Central Presbyterian Church, 200 E 8th St. [info@austinchambermusic.org](mailto:info@austinchambermusic.org) 454-0026

**Telephone Company Concert:** 2 p.m. This fun kids' entertainment group performs for children ages 2+. **FREE!** Little Walnut Creek Branch Library, 835 W. Rundberg Ln. [TelephoneCompanyMusic.com](http://TelephoneCompanyMusic.com)

**Bicycle Safety:** 2 p.m. See July 5. **FREE!** Carver Branch Library, 1161 Angelina 974-1010

**In the Jungle:** 2 p.m. See July 6. **FREE!** Manchaca Road Branch Library, 5500 Manchaca Rd. 447-6651

**Reptiles of the Tropics:** 2 p.m. The Austin Reptile Service presents this program for kids ages 5+. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7500

**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 5.

**Make Me a Story:** 3 p.m. See July 5

**Evening of Wellness:** 4:30 p.m.-7:30 p.m. Enjoy free hand & chair massages, refreshments, & much more. Not for kids, but moms will certainly enjoy this! **FREE!** The Crossings, 13500 FM 2769 [www.thecrossingsaustin.com](http://www.thecrossingsaustin.com) 258-7243

**Round Rock Main Street Stroll:** 5 p.m.-8 p.m. Live music & Smarty Pants performs. **FREE!** Downtown Main Street, Round Rock [www.mainstreetstroll.com](http://www.mainstreetstroll.com)

**Neighborhood Teen Program:** 5:30 p.m. See July 5

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**Prenatal Yoga:** 6:30 p.m.-7:30 p.m. Taught by a certified professional midwife. **FREE!** The Tara House, 610 Highland Ave. [info@thetarahouse.org](mailto:info@thetarahouse.org) 478-7489

**Encouraging Speech & Language Development:** 6:30 p.m.-8 p.m. Speech Kids will be teach you how to use baby signs. **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3

**Nature Nights:** 7 p.m. How to attract hummingbirds to your yard. \$1 Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. [www.wildflower.org](http://www.wildflower.org) 292-4200

**Summer in the Park Concert:** 7:30 p.m. Family-friendly—take a picnic & chairs. **FREE!** Eramendi Plaza & San Marcos Plaza, San Marcos (call for location each week) [www.sanmarcoscharms.com](http://www.sanmarcoscharms.com) 888-200-5620

**Pregnancy Group:** 7:30 p.m. Pregnant women meet for fun and support. **FREE!** The Tara House, 610 Highland Ave. [info@thetarahouse.org](mailto:info@thetarahouse.org) 478-7489

**Inner Peace of Meditation:** 7:30 p.m. \$10 suggested donation Chittamani Buddhist Center, 2919 Manchaca Rd #102A [www.meditationinaustin.org](http://www.meditationinaustin.org) 916-4444

**8 FRIDAY**

**Hill Country ISI Ice Skating Competition:** Call for time. Watch kids compete in this exciting competition. **FREE!** Chaparral Ice Northcross Mall, 2525 W. Anderson Lane 451-5102

**Stroller Strides:** 8:30 a.m. See July 1

**MOPS General Meeting:** 9 a.m.-11:30 a.m. This support group is for mothers of preschool children. First meeting is **FREE!** First Evangelical Free Church, 4220 Monterey Oaks Blvd [aberti@austin.rr.com](mailto:aberti@austin.rr.com) [www.fefc.org/mops](http://www.fefc.org/mops) 891-1600

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**It's Art Time:** 9:30 a.m.-10:15 a.m. See July 1

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 1

**Tot Shabbat:** 10:45 a.m.-11:15 a.m. See July 1

**Lunch Munch Bunch:** 11:45 a.m. See July 1

**Lunchtime Storytime:** 12:15 p.m. See July 1

**Rattle & Reel:** Noon See July 1

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prenatal Yoga:** 3 p.m.-4:15 p.m. See July 1

**Deep Play:** 4:30 p.m. See July 1

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Music Under the Star:** 6 p.m.-9 p.m. See July 1

**Kid Friendly Friday Night Shabbat Service:**

6:15 p.m. A short, simple service for families with young children. Family dinner immediately to follow. Reservations required two days in advance. Service **FREE!** \$15 per family for dinner Congregation Agudas Achim, 7300 Hart Lane [www.CAA-Austin.org](http://www.CAA-Austin.org) 735-8400

**Live Music At Central Market:** See July 1

**Family Fun Night:** 6:30 p.m. See July 1

**Unity Community Coffeehouse Concert:** 7:30 p.m.-10 p.m. A fun, family-friendly concert featuring local musicians. \$10 (food available for a donation) Unity Church of Austin, 2806 Del Curto Rd. [pam-moreno@compuserve.com](mailto:pam-moreno@compuserve.com) 280-9164

**Movies in the Meadow:** 7:30 p.m. See July 1

**Swimmin' Cinema:** 8:30 p.m. Watch *Sponge Bob Square Pants* while relaxing in the pool. \$6 adults, \$4 kids Lake Creek Municipal Pool, 800 Deerfoot Dr. [www.ci.round-rock.tx.us](http://www.ci.round-rock.tx.us) 218-5540

**9 SATURDAY**

**57th Annual McDade Watermelon Festival:** All Day. Parade, watermelon seed spitting contest, arts & crafts, BBQ, antique car show, prize melon auction & a melon feast. **FREE!** Downtown McDade, about 35 miles east of Austin on Hwy. 290 273-0018

**Hill Country ISI Ice Skating Competition:** See July 8.

**FREE Rabies Vaccinations & Pet Registration Clinic:** 8 a.m.-Noon. **FREE** pet vaccines. Dogs on a leash, cats in a carrier. **FREE!** Bartholomew Park 5201 Berkman [animal.services@ci.austin.tx.us](mailto:animal.services@ci.austin.tx.us)

**Family Nature Hike:** 8:30 a.m.-10:30 a.m. A 4-mile walk through one of Austin's most beautiful nature preserves. Wear sturdy shoes, take water. **FREE!** Bright Leaf State Natural Area, Old Bull Creek Rd, just off of 2222 (west of MOPAC). 323-0544 or 243-1623

**Austin Farmers' Market:** 9 a.m.-1 p.m. See July 2

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**FREE Parenting Class:** 9:15 a.m. See July 2

**Book Bonanza:** 10 a.m.-Noon See July 2

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Child and Family Yoga:** 10 a.m. See July 2

**Westlake Farmers' Market:** See July 2

**Tot Shabbat:** 11 a.m. See July 2

**Family Day at AMOA:** 10 a.m.-6 p.m. Experiment with paper punch and collage techniques inspired by the paintings of Charles Mary Kubricht. \$7 per family Austin Museum of Art Downtown, 823 Congress www.amoa.org 495-9224

**Spirit Echoes Fine Art Festival:** 10 a.m.-7 p.m. See (& buy) beautiful artworks by local artisans. Proceeds support VSA Arts, a charitable art program for those with disabilities. \$5 adults & teens, \$2.50 kids 8-12, kids under 7 free. Palmer Events Center, 900 Barton Springs Rd. www.spiritechoes.com 345-0706

**Hatching Party:** 10:30 a.m.-12:30 p.m. Test out some new crafting kits at this fun event. **FREE!** Kaleidoscope Toys, 1401 S IH-35, Suite 140, Round Rock kstoys@austin.rr.com www.kstoys.biz 388-5048

**Giant chess:** 12:30 p.m.-3:30 p.m. See July 2

**Movie at the Wildflower Center:** 1 p.m. *Fly Away Home*. **FREE!** with admission (\$6 adults, \$2.50 kids 5-12, free for kids under 4) Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4100

**Lucas Miller Concert:** 2 p.m. **FREE!** Faulk Central Library, 800 Guadalupe 800-755-4415

**Austin Rainbow Parents BBQ:** 3 p.m. Food & fun during this family friendly BBQ. **FREE!** (admission fee if you want to swim) Barton Springs Pool, 2201 Barton Springs Rd austinrainbowparents@yahoo.com www.centextrainbowfamilies.org

**Wild Cave Tour:** 3:15 p.m.-5 p.m. See July 2

**Parents' Night Out:** 6 p.m.-10 p.m. Go out while the kids enjoy crafts, pizza & movies during this supervised event. \$20 for the first child, \$10 2nd child. Jewish Community Association of Austin, Dell Jewish Community Center, 7300 Hart Ln. 735-8050

**Live Music At Central Market:** 6:30 p.m. See July 1

**Storytelling on the Porch:** 7:30 p.m.-8:30 p.m. Lucinda Wise spins tales. Donations only. Wild Basin Wilderness Preserve, 805 N. Capital of Texas Hwy. hike@wildbasin.org www.wildbasin.org 327-7622

**Movies in the Meadow:** 7:30 p.m. See July 1

**Ballroom dancing:** 8 p.m.-11 p.m. See July 2

**Cowboys of Color Rodeo Tour:** 8 p.m. Promotes the historical contributions of African Americans, Hispanic Americans & Native Americans to the development of the western United States. Call for cost. 7311 Decker Lane www.cowboysofcolor.org 1-877-Rodeo4U

**Stargazing:** 8:30 p.m.-10 p.m. Learn about the planets & stars during this interactive program for families. \$3 adults, \$1 kids 5-12, free for kids under 5. Wild Basin Wilderness Preserve, 805 N. Capital of Texas Hwy. hike@wildbasin.org www.wildbasin.org 327-7622

## 10 SUNDAY

**Hill Country ISI Ice Skating Competition:** See July 8

**Wild Basin Guided Family Nature Hike:** 8:30 a.m.-10:30 a.m. 2-hour hike suitable for active kids & parents. \$3 adults, \$1 kids 5-12, free for kids under 5. Wild Basin Wilderness Preserve, 805 N. Capital of Texas Hwy. hike@wildbasin.org www.wildbasin.org 327-7622

**Family Nature Hike:** 8:30 a.m.-10:30 a.m. See July 9

**Ruta Maya Kids Show:** 10 a.m. See July 3

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Spirit Echoes Fine Art Festival:** 11 a.m.-5 p.m. See July 9.

**Buddha Buddies:** 11:30 a.m.-12:15 p.m. Learn Kadampa Buddhism—music, prayers, a simple teaching & a brief meditation. \$5 suggested donation Chittamani Buddhist Center, 2919 Manchaca Rd #102A http://www.meditationinaustin.org 916-4444

**Sunday on the Farm: Heritage Artisans:** 1 p.m.-5 p.m. See July 3

**Single Parent Resource Network Meeting:** 1 p.m. Cynthia Brown from Planned Parenthood will speak at this meeting for single parents. **FREE!** Ruta Maya, 3601 S. Congress www.sprncentral.org 694-5272

**Peace Sunday:** 1 p.m.-3 p.m. The Center hosts a monthly quiet meditation, where all beliefs and religious traditions are honored. Potluck lunch follows. **FREE!** The Human Potential Center, 2007 Bert Ave. www.HumanPotentialCenter.org 441-8988

**Yoga for All Levels:** 2 p.m.-3:30 p.m. See July 3

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prepared Childbirth:** 3:30 p.m.-6 p.m. See July 3

**Yoga for Children:** 3:45 p.m.-4:30 p.m. See July 3

**Family Nature Hike:** 4 p.m.-6 p.m. See July 9. Note time difference.

**Yoga for Teens:** 4:45 p.m.-5:45 p.m. See July 3

**Concert in the Park:** 7:30 p.m. See July 3

## 11 MONDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Baby Bloomers:** 9 a.m.-Noon For kids under 4 (museum closed to older children at this time). Storytimes and sing-a-longs at 10:30, 11:30 & 12:30. \$3 per person. Austin Children's Museum, 201 Colorado St. www.austinkids.org 472-2499, ext. 201

**Gardening, Cooking and Arts & Crafts:** 9 a.m.-2 p.m. Kids ages 3-6 harvest vegetables, create tasty snacks, & make crafts. Day one of a 3-DAY camp. Call for cost. Tierra Vista Montessori School, 919 Pace Bend Rd. www.tierravista.org 264-0234

Calendar continues on next page...



WE'RE AUSTIN'S  
MUSEUM OF ART

## AUSTIN MUSEUM OF ART

### SECOND SATURDAYS ARE FOR FAMILIES

**SATURDAY, JULY 9, 10 AM - 6 PM** Drop in and create! Families are invited to drop in on the second Saturday of every month to make art! Families \$7, Member families \$5.



Kids love to learn at AMOA!

### THIS MONTH: KUBRICHT COLLAGE!

Discover gigantic abstract landscapes in Charles Mary Kubricht: Scanning the Grand Canyon and create your own collage landscape to take home! Families can experiment with paper punch and collage techniques with experienced art educators to design and complete their very own collage inspired by the paintings of Charles Mary Kubricht.

### AMOA-DOWNTOWN

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Parent:Wise Austin - July 2005

For which trail? Bright  
Leaf or Wild Basin?



**11 MONDAY** (continued)

**Pinhole Photography:** 9 a.m.-2 p.m. Kids ages 6-12 will build a pinhole camera, experiment with photography, & learn to process photos. Day one of a 3-day camp. Call for cost. Tierra Vista Montessori School, 919 Pace Bend Rd. [www.tierravista.org](http://www.tierravista.org) 264-0234

**Prenatal Yoga:** 10 a.m. See July 1. Note time.

**Austin Preschool Mothers Club:** 9:30 a.m. Enjoy this fun & informational meeting. Childcare provided—call first. **FREE!** Grace Church of the Nazarene, 1006 W. Koenig Lane (group not church affiliated.) [information@austin-mothers.org](mailto:information@austin-mothers.org) [www.austinmothers.org](http://www.austinmothers.org) 302-3121

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. Non-profit Christian parent support group. Childcare provided. First two meetings **FREE!** The United Methodist Church of Round Rock. 1004 N. Mays. 922-5999

**Nurturing Mama Mondays:** 9:30 a.m.-1 p.m. New mothers are invited to meet other new moms and connect with resources. **FREE!** The Tara House, 610 Highland Ave. [info@thetarahouse.org](mailto:info@thetarahouse.org) 478-7489

**Tiny Tigers:** 10 a.m.-10:30 a.m. Introductory martial arts class for kids 2-4. Reservations required. **FREE!** Austin Martial Arts Academy at The Hills Fitness Center, 4615 Bee Caves Rd. 327-2900 ex 4

**African Safari:** 2 p.m.-3 p.m. See July 5. **FREE!** Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. 258-9070

**Gymbo's Playtime & Parachute Time:** 2 p.m.-5 p.m. Kids ages birth to 5 will enjoy this fun class. \$5 Gymboree, 8015 Shoal Creek #115 671-PLAY

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Drop-In Playtime:** 2:30 p.m.-4:30 p.m. See July 1. Note time difference.

**Smarty Pants Show:** 4 p.m. Crazy kids' entertainer. Call for cost. RadiJazz, 6406 N IH 35 Suite 2200 [www.radijazz.com](http://www.radijazz.com) 302-JAZZ

**Totally Cool Totally Art:** 5:30 p.m.-8:30 p.m. Teens 12-18 learn about various art mediums. **FREE!** Rosewood Recreation Center, 1182 North Pleasant Valley Rd. 472-6838

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**12 TUESDAY**

**Baby Day at Alamo Drafthouse:** First matinee show of the day. See July 5

**Stroller Strides:** 8:30 a.m. See July 1

**South Austin Mothers Club General Meeting:** 9:30 a.m.-Noon. Support group for moms to gain new friendships and enjoy social time. Topic: Smoothing the Way. First meeting **FREE!** Western Hills Church of Christ, 6211 Parkwood Dr. (group not church affiliated) 470-0609 [president@southaustinmothersclub.org](mailto:president@southaustinmothersclub.org) [www.southaustinmothersclub.org](http://www.southaustinmothersclub.org)

**Mothers' Milk Bank Volunteer Orientation:** 9:30 a.m. A few hours a week can help. **FREE!** Mothers' Milk Bank at Austin, 900 E. 30th St, Ste 214 494-0800 [julie@mmbaustin.org](mailto:julie@mmbaustin.org) [www.mmbaustin.org](http://www.mmbaustin.org)

**Dollar Day at the Museum:** See July 5

**Tiny Tigers:** 10 a.m.-10:30 a.m. See July 11

**Sewing Camp:** 10 a.m. See July 5

**Preschool Gymnastics:** 10:30 a.m. See July 5

**Reptiles of the Tropics:** 10:30 a.m. See July 7. Twin Oaks Branch Library, 2301 S. Congress, #7 442-4664

**Spanish for Preschoolers:** 11:30 a.m. See July 5

**Telephone Company Concert:** 1 p.m. See July 7. **FREE!** St. John Branch Library, 7500 Blessing Ave. [TelephoneCompanyMusic.com](http://TelephoneCompanyMusic.com)

**The Sciences of Sleuthing:** 1 p.m. A Wired for Youth program for kids ages 8+. **FREE!** Southeast Austin Community Branch WFY Center, 5803 Nuckols Crossing Rd. 462-1452

**Biscuit Brothers Concert:** 2 p.m. Stars of their own PBS show perform for kids ages 5+. **FREE!** North Village Branch Library, 2139 W. Anderson Ln. 458-2239

**Mystery Detective & Magician:** 2 p.m. A special reading program for kids ages 5+. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 926-4453

**Movement and Myth of Indian Dance:** 2 p.m. A reading program for kids ages 5+. **FREE!** Pleasant Hill Branch Library, 211 E. William Cannon Dr. 974-3940

**Magic Show:** 2 p.m. Gusto the Great performs for kids ages 5+. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333

**Gymbo's Playtime & Parachute Time:** 2 p.m.-5 p.m. Kids ages birth to 5 will enjoy this fun class. \$5 Gymboree, 2000 S. IH-35 #A4, Round Rock 671-PLAY

**San Marcos Farmers Market:** See July 5

**Make Me a Story:** 3 p.m. See July 5

**Caricatures:** 3 p.m. A special reading program for kids ages 8+. **FREE!** Carver Branch Library, 1161 Angelina 974-1014

**Make a Book:** 3 p.m. See July 5. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372

**Canine Companions for Independence:** 3 p.m. See July 6. **FREE!** University Hills Branch Library WFY Center, 4721 Loyola Ln. 926-4684

**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 5

**Eatsa Pizza Pool Night:** 5 p.m.-8 p.m. Swim & enjoy two slices of pizza at the city pools. \$3.50 adults, \$2.50 kids. Lake Creek Municipal Pool, 800 Deerfoot Dr. and Micki Krebsbach Pool, 301 Deepwood Dr. [www.ci.round-rock.tx.us](http://www.ci.round-rock.tx.us) 218-5540

**Neighborhood Teen Program:** See July 5

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Kids' Night at the Nutty Brown Cafe:** 6 p.m. See July 5

**13 WEDNESDAY**

**Stroller Strides:** 8:30 a.m. See July 1

**Spanish for Preschoolers:** 9 a.m. See July 6

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**Eager to Learn Bilingual Storytime:** 9:15 a.m. See July 6

**MOPS Club General Meeting:** 9:30 a.m. See July 6

**Children's Day Art Park:** 9:30 a.m. See July 6

**Prenatal Yoga:** 10 a.m. See July 1. Note time.

**Nine In Nine Out (NINO) Support Group Meeting:** 10 a.m.-Noon Join this group for fun discussions about babywearing and its benefits. **FREE!** FamilyConnections, 825 E. 53-1/2 Street, Bldg. E-101 [mom4violet@yahoo.com](mailto:mom4violet@yahoo.com) or [meyere@austin.rr.com](mailto:meyere@austin.rr.com) [www.nineinnineout.org](http://www.nineinnineout.org) 912-9430

**Kinderhaus Cooperative Preschool Project Parent/Child Activity:** 10 a.m. See July 6

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**Telephone Company Concert:** 10 a.m. See July 7. **FREE!** San Marcos Public Library, 625 E Hopkins St., San Marcos TelephoneCompanyMusic.com 512-393-8200

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 6

**Spanish for Preschoolers:** 10:30 a.m.-11:15 a.m. See July 6

**Teetertots:** 10:30 a.m.-11:30 a.m. See July 6

**Greyhound Pets of America:** 10:30 a.m. See July 7. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372

**Spanish for Preschoolers:** 11:30 a.m.-12:15 p.m. See July 6

**Friends of CASA Volunteer Orientation:** Noon-1 p.m. Learn to help abused and neglected children by becoming a court advocate. **FREE!** CASA of Travis County, 6330 Hwy. 290 E. Ste. 350 459-2272 ext. 18

**Martial Arts Open House for Adults:** Evening, call for time. If you've ever wanted to learn about martial arts, this is your chance! **FREE!** Austin Martial Arts Academy at The Hills Fitness Center, 4615 Bee Caves Rd. 327-2900 ex 4

**How Foods Affect Your Health and Emotions:** 7 p.m.-9 p.m. Adult nutrition class. **FREE!** Call for location. www.naturalepicurean.com 476-2276

**Telephone Company Concert:** 1 p.m. See July 7. **FREE!** Leander City Hall Municipal Bldg, 600 W Willis St., Leander TelephoneCompanyMusic.com 259-1178

**Puppet Show:** 1 p.m. See July 5. **FREE!** Yarbrough Branch Library, 2200 Hancock Dr. 454-7208

**Movement and Myth of Indian Dance:** 2 p.m. See July 6. **FREE!** Howson Branch Library, 2500 Exposition 472-3584

**Hearts and Hooves:** 2 p.m.-3 p.m. A special reading program for kids ages 5+. **FREE!** Milwood Branch Library, 12500 Amherst Dr. 339-2355

**Bicycle Safety:** 2 p.m.-3 p.m. See July 5. **FREE!** Hampton Branch Library, 5125 Convict Hill Rd. 892-6680

**African Safari:** 2 p.m. See July 5. **FREE!** University Hills Branch Library, 4721 Loyola Ln. 929-0551

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Idea-making Art from Everyday Objects:** 3 p.m. A reading program for kids 8+. **FREE!** Manchaca Road Branch Library WFY Center, 5500 Manchaca Rd. 447-6652

**In The Jungle:** 3 p.m. See July 6. **FREE!** Old Quarry Branch Library, 7051 Village Center Dr. 345-4435

**Movies@Wired for Youth:** 3 p.m. See July 6. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 927-2188

**Henna Art:** 3 p.m. See July 5. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7518

**Canine Companions for Independence:** 3 p.m. See July 6. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333

**Gymbo's Playtime & Parachute Time:** 3:30 p.m.-5 p.m. Kids ages birth to 5 will enjoy this fun class. \$5 12126 FM 620 N. #310 671-PLAY

**Austin Farmers' Market:** 4 p.m.-7 p.m. See July 6

**Chanted Prayers:** 4:40 p.m.-5:30 p.m. See July 6

**Community Night:** 5 p.m.-8 p.m. See July 6

**Totally Cool Totally Art:** 5:30 p.m. See July 11

**Gymnastic Combination:** 6 p.m.-7 p.m. See July 6

**FREE Cooking Demonstration:** 6:15 p.m.-6:45 p.m. Cook all natural food during this fun class. **FREE!** Call for location. www.naturalepicurean.com 476-2276

**Kids Who Kare:** 6:30 p.m.-8 p.m. Kids-only support group for ages 5-12 who have lost a loved one. Parent group also meets. **FREE!** Christi Center, 2306 Hancock Dr. 467-2600 www.forlovechristi.org/kidshokare.html

**Mantra Meditation:** 7:30 p.m.-9 p.m. See July 6

**FREE Chamber Music Concert:** 7:30 p.m. Duo Turgeon performs a family concert. **FREE!** Seabrook Chapel, Huston-Tillotson University, 901 Chicon info@austinchambermusic.org 454-0026

## 14 THURSDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Babytime:** 9:30 a.m. See July 7

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11

Calendar continues on the next page...

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July 14 - 20

# Calendar

Parent:Wise  
A U S T I N

## 14 THURSDAY (continued)

**CASA Volunteer Training:** 9:30 a.m.-Noon, and 6 p.m.-8:30 p.m. Be a volunteer court advocate for abused or neglected children. **FREE!** CASA of Travis County, 6330 Hwy. 290 E. Ste. 350 459-2272 ext. 18

**APMC Summer Playdate:** 10 a.m. Swimming & mommy socializing. Bring snacks or a picnic lunch. \$3 adult, \$1 kids Deep Eddy Pool, 401 Deep Eddy Dr. thedohertys4@sbcglobal.net www.austinmothers.org

**Mystery Detective & Magician:** See July 12. **FREE!** 10:30 a.m. at Southeast Austin Community Branch Library, 5803 Nuckols Crossing Rd. 462-1452 and 2 p.m. at Carver Branch Library, 1161 Angelina 974-1010

**Noonday Concert:** 12:05 p.m. See July 7

**Movement and Myth of Indian Dance:** 2 p.m. See July 6. **FREE!** Little Walnut Creek Branch Library, 835 W. Rundberg Ln. 836-8975

**Fool at Large Clown Show:** 2 p.m. Bonzo Crunch the Clown performs for kids ages 5+. **FREE!** Manchaca Road Branch Library, 5500 Manchaca Rd. 447-6651

**Bicycle Safety:** 2 p.m. See July 5. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7500

**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 7

**Make Me a Story:** 3 p.m. See July 5

**Neighborhood Teen Program:** See July 5

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**Martial Arts Open House for Adults:** Evening, call for time. See July 13

**Nature Nights:** 7 p.m. This family-friendly program will introduce you to the snakes of Texas. \$1 Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4200

**Prenatal Yoga:** 6:30 p.m.-7:30 p.m. See July 7

**Pregnancy Group:** 7:30 p.m.-8:30 p.m. See July 7

**Inner Peace of Meditation:** 7:30 p.m. See July 7

**Summer in the Park Concert:** 7:30 p.m. See July 7

## 15 FRIDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**It's Art Time:** 9:30 a.m.-10:15 a.m. See July 1

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 1

**Tot Shabbat:** 10:45 a.m.-11:15 a.m. See July 1

**Street Scenes on Congress Ave.:** 11:30 a.m.-1 p.m. Enjoy live music, dancing & culture during lunchtime. Kids welcome. **FREE!** Congress Avenue, downtown Austin. www.downtownaustin.com 866-GO-AUSTIN

**Lunch Munch Bunch:** 11:45 a.m. See July 1

**Rattle & Reel:** Noon See July 1

**Lunchtime Storytime:** 12:15 p.m. See July 1

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Movie at the Wildflower Center:** 1 p.m. *Jungle Book* 2 will screen. Free with admission (\$6 adults, \$2.50 kids 5-12, free for kids under 5) Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4100

**FREE Chamber Music Concert:** 1 p.m. Take a picnic lunch! **FREE!** St. Stephen's Episcopal School, 2900 Bunny Run info@austinchambermusic.org 454-0026

**Prenatal Yoga:** 3 p.m.-4:15 p.m. See July 1

**Deep Play:** 4:30 p.m. See July 1

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Music Under the Star:** 6 p.m.-9 p.m. See July 1

**Live Music At Central Market:** See July 1

**Family Fun Night:** 6:30 p.m. See July 1

**Movies in the Meadow:** 7:30 p.m. See July 1

## 16 SATURDAY

**Family Nature Hike:** 8:30 a.m. See July 10

**Austin Farmers' Market:** 9 a.m.-1 p.m. See July 2

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**FREE Parenting Class:** 9:15 a.m. See July 2

**Tot Shabbat:** 9:15 a.m.-10 a.m. See July 2

**Book Bonanza:** 10 a.m.-Noon See July 2

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Child and Family Yoga:** 10 a.m. See July 2

**Westlake Farmers' Market:** See July 2

**Bilingual Storytime:** 11 a.m. Stories, songs and activities. **FREE!** Highland Mall, 6001 Airport Blvd., JC Penney Wing, First Floor. 451-2920

**Tot Shabbat:** 11 a.m. See July 2

**FREE ice-skating lesson:** See July 2

**Giant chess:** 12:30 p.m.-3:30 p.m. See July 2

**Vegetarian Nutrition Seminar:** 2 p.m.-7 p.m. Learn nutrition facts, recipes, & much more. Lecture, handouts, video, dinner. \$20 Austin Meditation Center, 2307 Rio Grande www.austinmeditation.org 472-YOGA(9642)

**Telephone Company Concert:** 2 p.m. See July 7.

**FREE!** Faulk Central Library, 800 Guadalupe TelephoneCompanyMusic.com

**FREE Chamber Music Concert:** 2:30 p.m. The Arundel String Quintet will perform in this child-friendly concert. **FREE** with admission to museum Austin Children's Museum, 201 Colorado St. info@austinchambermusic.org 454-0026

**Hogwart's Extravaganza:** 3 p.m. A celebration of Harry Potter books plus screening movies! **FREE!** Wells Branch Community Library, 15001 Wells Port Dr. kids@wblibrary.org www.wblibrary.org 989-3188

**Wild Cave Tour:** 3:15 p.m.-5 p.m. See July 2

**Live Music At Central Market:** See July 1

**Movies in the Meadow:** 7:30 p.m. See July 1

**Ballroom dancing:** 8 p.m.-11 p.m. See July 2

## 17 SUNDAY

**Concert at La Frontera:** Call for time. Take a blanket (or chairs), a picnic and listen to live music on the green. La Frontera Central Green, 301 Sundance Pkwy., Round Rock www.ci.round-rock.tx.us 218-5540

**Double Dip Sunday:** All day. Take a dip in the pool and get a free ice cream cone. \$2 adults, \$1 kids Lake Creek Municipal Pool, 800 Deerfoot Dr. www.ci.round-rock.tx.us 218-5540

**Family Nature Hike:** 9 a.m.-11 a.m. See July 10.

**Ruta Maya Kids Show:** 10 a.m. See July 3

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Sunday on the Farm: Heritage Artisans:** 1 p.m.-5 p.m. See July 3

**Yoga for All Levels:** 2 p.m.-3:30 p.m. See July 3

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prepared Childbirth:** 3:30 p.m.-6 p.m. See July 3

**Yoga for Children:** 3:45 p.m.-4:30 p.m. See July 3

**Yoga for Teens:** 4:45 p.m.-5:45 p.m. See July 3

**Concert in the Park:** 7:30 p.m. See July 3

## 18 MONDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Baby Bloomers:** 9 a.m.-Noon See July 11

**Nurturing Mama Mondays:** 9:30 a.m. See July 11

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11

**Prenatal Yoga:** 10 a.m. See July 1. Note time.

**Austin Diaper-Free Baby Support Group General Meeting:** 1 p.m. A natural way to reduce and/or eliminate the use of diapers from an early age. **FREE!** Call or email for address. lizv@diaperfreebaby.org www.DiaperFreeBaby.org 206-0235

**Austin Scottish Country Dance Performance:** 2 p.m.-3 p.m. This performance is for kids ages 5+.

**FREE!** Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. 258-9070

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Drop-In Playtime:** 2:30 p.m.-4:30 p.m. See July 11

**Smarty Pants Show:** 4 p.m. See July 11

**Totally Cool Totally Art:** 5:30 p.m. See July 11

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**FREE Chamber Music Concert:** 7:30 p.m. Jupiter Quartet will perform in a family friendly concert. **FREE!** St. James' Episcopal Church, 3701 E. MLK Blvd. info@austinchambermusic.org 454-0026

## 19 TUESDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Baby Day at Alamo Drafthouse:** First matinee show of the day. See July 5

**Dollar Day at the Museum:** See July 5

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**Sewing Camp:** 10 a.m. See July 5

**Preschool Gymnastics:** 10:30 a.m.-11:30 a.m. See July 5

**Storytelling with Esther Malone:** 10:30 a.m. Kids 5+ will enjoy this interactive storytelling event. **FREE!** Twin Oaks Branch Library, 2301 S. Congress, #7 442-4664

**Tell Me a Story:** 10:30 a.m.-11:30 a.m. Listen to master storytellers spin tales for the entire family. \$3 suggested donation Wild Wood Art Cafe, 3663 Bee Caves Road# 4A www.storytellersnetwork.com

**Spanish for Preschoolers:** 11:30 a.m.-12:15 p.m. See July 5

**FREE Chamber Music Concert:** 1 p.m. See July 15

**Caricatures:** 1 p.m. See July 12. **FREE!** Southeast Austin Community Branch Library, 5803 Nuckols Crossing Rd. 462-1452

**Storytelling with Esther Malone:** 1 p.m. See earlier listing today. **FREE!** St. John Branch Library, 7500 Blessing Ave. 974-7570

**Lucas Miller Concert:** 2 p.m. See July 6. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 800-755-4415

**Magic Show:** 2 p.m. See July 12. **FREE!** North Village Branch Library, 2139 W. Anderson Ln. 458-2239

**In The Jungle:** 2 p.m. See July 6. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 926-4453

**African Safari:** 2 p.m. See July 5. **FREE!** Pleasant Hill Branch Library, 211 E. William Cannon Dr. 974-3940

**Make Me a Story:** 3 p.m. See July 5

**San Marcos Farmers Market:** 3 p.m.-6 p.m. See July 5

**Canine Companions for Independence:** 3 p.m. See July 6. **FREE!** Carver Branch Library WFY Center, 1161 Angelina 974-1014

**Henna Art:** 3 p.m. See July 5. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372

**Idea-making Art from Everyday Objects:** 3 p.m. See July 13. **FREE!** University Hills Branch Library WFY Center, 4721 Loyola Ln. 926-4684

**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 5

**Neighborhood Teen Program:** 5:30 p.m.-8:30 p.m. See July 5

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Kids' Night at the Nutty Brown Cafe:** 6 p.m. See July 5

**Brushy Creek Women's Forum General Meeting:** 7:30 p.m. Group provides women in the Brushy Creek area neighborhoods an opportunity for personal and family enrichment through community service, knowledge, and friendship. **FREE!** Merrill Gardens, 8005 Cornerwood Dr. bcwf@austin.rr.com 733-1771

## 20 WEDNESDAY

**Stroller Strides:** 8:30 a.m. See July 1

**Spanish for Preschoolers:** 9 a.m.-9:45 a.m. See July 6

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**Eager to Learn Bilingual Storytime:** 9:15 a.m. See July 6

**MOPS Club General Meeting:** 9:30 a.m.-11:30 a.m. See July 6

**Children's Day Art Park:** 9:30 a.m.-11:30 a.m. See July 6

**Prenatal Yoga:** 10 a.m. See July 1. Note time.

**Kinderhaus Cooperative Preschool Project Parent/Child Activity:** 10 a.m.-11:30 a.m. See July 6

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 6

**Spanish for Preschoolers:** 10:30 a.m.-11:15 a.m. See July 6

**Teetertots:** 10:30 a.m.-11:30 a.m. See July 6

**Drums Around the World:** 10:30 a.m. A summer reading program for kids ages 5 and older. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372

**Spanish for Preschoolers:** 11:30 a.m.-12:15 p.m. See July 6

**Lucas Miller Concert:** 1 p.m. See July 6. **FREE!** Yarborough Branch Library, 2200 Hancock Dr. 800-755-4415

**FREE Chamber Music Concert:** 1 p.m. See July 15

**Telephone Company Concert:** 2 p.m. See July 7. **FREE!** Howson Branch Library, 2500 Exposition TelephoneCompanyMusic.com

**Drums Around the World:** 2 p.m.-3 p.m. See earlier listing today. **FREE!** Milwood Branch Library, 12500 Amherst Dr. 339-2355

**Go Wild...Read! with Bees:** 2 p.m.-3 p.m. See July 3. **FREE!** Hampton Branch Library, 5125 Convict Hill Rd. 892-6680

**Greyhound Pets of America:** 2 p.m. See July 7. **FREE!** University Hills Branch Library, 4721 Loyola Ln. 929-0551

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

*Calendar continues on the next page...*

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- 25 -

Parent:Wise Austin - July 2005



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**20 WEDNESDAY** (continued)

**Art Car Essentials:** 3 p.m. Blue Genie presents this program for kids ages 8+. **FREE!** Manchaca Rd. Branch Library WFY Center, 5500 Manchaca Rd. 447-6652

**Mystery Detective & Magician:** 3 p.m. See July 12. **FREE!** Old Quarry Branch Library, 7051 Village Center Dr. 345-4435

**Idea-making Art from Everyday Objects:** 3 p.m. See July 13. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 927-2188

**Caricatures:** 3 p.m. See July 12. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7518

**Movies@Wired for Youth:** 3 p.m. See July 6. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333

**Austin Farmers' Market:** 4 p.m.-7 p.m. See July 6

**Chanted Prayers:** 4:40 p.m.-5:30 p.m. See July 6

**Community Night:** 5 p.m.-8 p.m. See July 6

**Totally Cool Totally Art:** 5:30 p.m. See July 11

**Gymnastic Combination:** 6 p.m.-7 p.m. See July 6

**Single Parent Disussion Group:** 6:30 p.m. See July 6

**Mothers & More General Meeting:** 7 p.m. Meet moms who altered their careers to spend more time with their kids. **FREE!** Dell Jewish Community Center, 7300 Hart Ln (group not religiously affiliated) mother-sandmore@ureach.com www.mothersandmore.org 877-818-1954

**Blues on the Green:** 7:30 p.m. See July 6

**21 THURSDAY**

**Stroller Strides:** 8:30 a.m. See July 1 and 5

**Babytime:** 9:30 a.m. See July 7

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11

**Movement and Myth of Indian Dance:** 10:30 a.m. See July 6. **FREE!** Southeast Austin Community Branch Library, 5803 Nuckols Crossing Rd. 462-1452

**Noonday Concert:** 12:05 p.m. See July 7

**Lucas Miller Concert:** 2 p.m. See July 6. **FREE!** Little Walnut Creek Branch Library, 835 W. Rundberg Ln. 800-755-4415

**African Safari:** 2 p.m. See July 5. **FREE!** Carver Branch Library, 1161 Angelina 974-1010

**Crowe's Nest Farm Animal Life Center:** 2 p.m. See July 5. **FREE!** Manchaca Road Branch Library, 5500 Manchaca Rd. 447-6651

**Drums Around the World:** 2 p.m. See July 20. **FREE!** Ruiz Branch Library, 1600 Grove Blvd. 974-7500

**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 7

**Make Me a Story:** 3:30 p.m. See July 5

**Neighborhood Teen Program:** See July 5

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4

**Introduction to Newborn Care:** 6:30 p.m.-8 p.m. Pediatrician Natalie Tarrant. **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3

**Prenatal Yoga:** 6:30 p.m.-7:30 p.m. See July 7

**Nature Nights:** 7 p.m. Family-friendly program: frogs in your backyard. \$1 Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4200

**Creative Memories Workshop:** 7 p.m.-9 p.m. Learn how to preserve your photos and mementos. Snacks and materials provided. \$10. 7727 Kiva Dr. joydowning@austin.rr.com 892-2272

**Pregnancy Group:** 7:30 p.m.-8:30 p.m. See July 7

**Inner Peace of Meditation:** 7:30 p.m. See July 7

**Summer in the Park Concert:** 7:30 p.m. See July 7

**22 FRIDAY**

**Rattle & Reel:** Noon See July 1

**Stroller Strides:** 8:30 a.m. See July 1

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**It's Art Time:** 9:30 a.m.-10:15 a.m. See July 1

**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1

**Austin Rainbow Parents One Year Anniversary Bash:** 9:30 a.m. Celebrate! \$31.99 adults, \$26.50 kids 3-11. Schlitterbahn. 305 W Austin St, New Braunfels austinrainbowparents@yahoo.com www.centextrainbowfamilies.org

**Infant & Toddler Sign Language:** 10 a.m.-11:30 a.m. Tot Signs will teach parents how to sign with their kids. **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3

**Attachment Parenting International (South Chapter):** 10:15 a.m. Support group for attachment parenting. This month is potluck so bring food to share! **FREE!** Little Stacy Park, 1400 Alameda Dr melissa@southaustiniapi.com www.southaustiniapi.com

**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 1

**Tot Shabbat:** 10:45 a.m.-11:15 a.m. See July 1

**Lunch Munch Bunch:** 11:45 a.m. See July 1

**Lunchtime Storytime:** 12:15 p.m. See July 1

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prenatal Yoga:** 3 p.m.-4:15 p.m. See July 1

**Make Me a Story:** 3:30 p.m. See July 5

**Deep Play:** 4:30 p.m. See July 1

**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1

**Music Under the Star:** 6 p.m.-9 p.m. See July 1

**Live Music At Central Market:** See July 1

**Family Fun Night:** 6:30 p.m. See July 1

**Movies in the Meadow:** 7:30 p.m. See July 1

**23 SATURDAY**

**Jaws Day at the Pool:** All day. Kids receive a free inflatable toy shark! \$2 adults, \$1 kids Lake Creek Municipal Pool, 800 Deerfoot Dr. & Micki Krebsbach Pool, 301 Deepwood Dr. www.ci.round-rock.tx.us 218-5540

**Summer Skate Fest:** All day. Watch skateboarders compete for prizes, listen to live music and eat tons of food. **FREE!** Austin Recreation Center, 1301 Shoal Creek www.thestoryoftexas.com 472-7343

**Family Nature Hike:** 9 a.m.-11 a.m. See July 17

**Austin Farmers' Market:** 9 a.m.-1 p.m. See July 2

**Little House Tour:** 9 a.m.-5:30 p.m. See July 1

**FREE Parenting Class:** 9:15 a.m. See July 2

**Book Bonanza:** 10 a.m.-Noon See July 2

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Child and Family Yoga:** 10 a.m. See July 2

**Westlake Farmers' Market:** 10 a.m. See July 2

**Tot Shabbat:** 11 a.m. See July 2

**FREE ice-skating lesson:** 11:30 a.m. and 1 p.m. See July 2

**Giant chess:** 12:30 p.m.-3:30 p.m. See July 2

**Movie at the Wildflower Center:** 1 p.m. *The Muppet Movie* will screen. **FREE** with admission (\$6 adults, \$2.50 kids 5-12, free for kids under 5) Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4100

**Storytelling with Esther Malone:** 2 p.m. See July 19. **FREE!** Faulk Central Library, 800 Guadalupe 974-7400

**Grrl Action 2005:** 2 p.m. Performance is written & performed by teenage girls. **FREE!** (donations welcome) The Off Center, 2211 A Hidalgo grrlaction@rudemechs.com www.rudemechs.com 476-RUDE (7833)

**Wild Cave Tour:** 3:15 p.m.-5 p.m. See July 2

**Funniest Family Flicks:** 4 p.m.-6 p.m. Movies that will delight the entire family. \$10 adults, \$3 kids 3-12 Bob Bullock Texas State History Museum, 1800 N. Congress Ave. http://www.thestoryoftexas.com 936-4649

**Live Music At Central Market:** See July 1

**Moonlight & Music:** 6:30 p.m. Family friendly concert in the beauty of Wild Basin. \$12 Wild Basin Wilderness Preserve, 805 N. Capital of Texas Hwy. hike@wildbasin.org www.wildbasin.org 327-7622

**Movies in the Meadow:** 7:30 p.m. See July 1

**Ballroom dancing:** 8 p.m.-11 p.m. See July 2

**Full Moon Gathering:** 8 p.m. Live music for the entire family. Take something on which to sit and an instrument (if you play!). Snacks provided. **FREE!** Lucila Dance, 1700 S. Lamar www.luciladance.com

**24 SUNDAY**

**Single Parent Resource Network Potluck:** Call for time. This event serves as a playgroup & a stuff swap. Meet near the playscapes. **FREE!** Pease Park, 1100 Kingsbury. www.sprncentral.org 694-5272

**Family Nature Hike:** 9 a.m.-11 a.m. See July 17

**Ruta Maya Kids Show:** 10 a.m. See July 3

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Buddha Buddies:** 11:30 a.m.-12:15 p.m. See July 10

**Sunday on the Farm: Heritage Artisans:** 1 p.m.-5 p.m. See July 3

**Yoga for All Levels:** 2 p.m.-3:30 p.m. See July 3

**Grrl Action 2005:** 2 p.m. See July 23

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Acupuncture Open House:** 2 p.m.-5 p.m. Interested in acupuncture? Refreshments served. **FREE!** The Academy of Oriental Medicine at Austin, 2700 W. Anderson Lane 454-1188

**Prepared Childbirth:** 3:30 p.m.-6 p.m. See July 3

**Mother/Daughter Creative Movement & Nia Playday:** 3:30 p.m.-5 p.m. For moms and daughters ages 7+. Pre-registration required. \$15/mom & daughter pair Body Vida Studio, 1115 South Congress Ave. info@bodyvida.com www.bodyvida.com 447-9900

**Yoga for Children:** 3:45 p.m.-4:30 p.m. See July 3

**Yoga for Teens:** 4:45 p.m.-5:45 p.m. See July 3

**Concert in the Park:** 7:30 p.m. See July 3

**25 MONDAY**

**Saturday Morning Kids' Club:** Noon. Join the folks at the Downtown Alamo Drafthouse for a classic kids' movie served up with popcorn and games for all. **FREE!** Alamo Drafthouse Downtown, 409 Colorado St. www.originalalamo.com 407-9531

**Stroller Strides:** 8:30 a.m. See July 1

**Baby Bloomers:** 9 a.m.-Noon See July 11

**Nurturing Mama Mondays:** 9:30 a.m. See July 11

**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11

**Prenatal Yoga:** 10 a.m. See July 1. Note time.

**Infant Massage:** 10 a.m.-11:30 a.m. Learn how to give your baby a massage. **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3

**Tiny Tigers:** 10 a.m.-10:30 a.m. See July 11

**Bicycle Safety:** 2 p.m.-3 p.m. See July 5. **FREE!** Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. 258-9070

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Drop-In Playtime:** 2:30 p.m.-4:30 p.m. See July 11

**Smarty Pants Show:** 4 p.m. See July 11

**Totally Cool Totally Art:** 5:30 p.m. See July 11

**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 11

**La Leche League General Meeting (San Marcos):** 7 p.m. **FREE!** 1650 Lime Kiln Road 847-8905

**26 TUESDAY**

**Baby Day at Alamo Drafthouse:** First matinee show of the day. See July 5

**Family Fun Day:** All Day See July 19

**Stroller Strides:** 8:30 a.m. See July 1

**Central Austin La Leche League General Meeting:** 10 a.m.-11:30 a.m. Topic: Family & the Breastfed Baby. **FREE!** FamilyConnections, 825 E. 53-1/2 Street, Bldg. E-101 bensonbarnes@ev1.net www.llusa.org/web/AustinTX.html

**Dollar Day at the Museum:** See July 5

**Tiny Tigers:** 10 a.m.-10:30 a.m. See July 11



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Come join us for fun family activities, it's FREE!

- July 7th Come visit with Clifford - Sponsored by KLRU
- July 14th Auntie Anne's - pretzel making. The history of the Pretzel
- July 21st Character Meet & Greet - Barbie, Hello Kitty, Twisty the Pretzel
- July 28th Mini Child Safety Fair - AISD Police Dept., Austin Fire Dept. with Sparky, LCRA boat safety & more

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July 26 - 31

# Calendar

Parent:Wise  
A U S T I N



Planning your month? There is so much more to do in Austin NOT listed in these pages! There are storytimes around town and theater and movie options for kids, plus so much more! We've got a cool, interactive calendar with more daily offerings online. It includes up-to-the-minute events and search options! It is a great way to schedule your family's fun!

Just point your web browser to: [ParentWiseAustin.com](http://ParentWiseAustin.com)

## 26 TUESDAY (continued)

**Sewing Camp:** 10 a.m. See July 5  
**Preschool Gymnastics:** 10:30 a.m. See July 5  
**Mystery Detective & Magician:** 10:30 a.m. See July 12. Twin Oaks Branch Lib., 2301 S. Congress, #7 442-4664  
**Fool at Large Clown Show:** 11 a.m. See July 14. **FREE!** Howson Branch Lib., 2500 Exposition 472-3584  
**Spanish for Preschoolers:** 11:30 a.m. See July 5  
**Computer Deconstruction:** 1 p.m. Mr. Electronix program for ages 8+. **FREE!** SE Austin Community Branch WFY Center, 5803 Nuckols Crossing Rd. 462-1452  
**Mystery Detective & Magician:** 1 p.m. See July 12. St. John Branch Lib., 7500 Blessing Ave. 974-7570  
**Lucas Miller Concert:** 2 p.m. See July 6. North Village Branch Lib., 2139 W. Anderson Ln. 800-755-4415  
**Crowe's Nest Farm Animal Life Center:** 2 p.m. See July 5. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 926-4453  
**Biscuit Brothers Concert:** 2 p.m. See July 12. Pleasant Hill Branch, 211 E. Wm. Cannon Dr. 974-3940  
**Storytelling w/Esther Malone:** 2 p.m. See July 19. Windsor Park Branch, 5833 Westminster Dr. 928-0333  
**San Marcos Farmers Market:** See July 5  
**Henna Art:** 3 p.m. See July 5. **FREE!** Carver Branch Library WFY Center, 1161 Angelina 974-1014  
**Caricatures:** 3 p.m. See July 12. Cepeda Branch Library WFY Center, 651 N. Pleasant Valley Rd. 974-7372  
**B-Boy City:** 3 p.m. See July 5. **FREE!** University Hills Branch Library, 4721 Loyola Ln. 926-4684  
**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 5  
**Make Me a Story:** 3:30 p.m. See July 5  
**Eatsa Pizza Pool Night:** 5 p.m.-8 p.m. See July 12  
**Neighborhood Teen Program:** See July 5  
**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4  
**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1  
**Kids' Night at the Nutty Brown Cafe:** See July 5  
**Texas Outdoor Women's Network:** 6:30 p.m. Like outdoor sports? This group is for you! Take brown bag dinner and settle down for a speaker and socializing. **FREE!** Town Lake YMCA, 1100 West Cesar Chavez [www.townaustin.org](http://www.townaustin.org) 257-3460

## 27 WEDNESDAY

**Stroller Strides:** 8:30 a.m. See July 1  
**Spanish for Preschoolers:** 9 a.m. See July 6  
**Little House Tour:** 9 a.m.-5:30 p.m. See July 1  
**Eager to Learn Bilingual Storytime:** See July 6  
**Children's Day Art Park:** 9:30 a.m. See July 6  
**Prenatal Yoga:** 10 a.m. See July 1. Note time.  
**Kinderhaus Cooperative Preschool Project Parent/Child Activity:** 10 a.m. See July 6  
**Toddler Playtime:** 10:30 a.m. See July 6  
**Spanish for Preschoolers:** 10:30 a.m. See July 6

**APMC Summer Playdate:** 10 a.m. Swimming & mommy socializing. Bring snacks or lunch for your swimmers. **FREE!** Reed Neighborhood Pool, 2600 Pecos St. [thedohertys4@sbcglobal.net](mailto:thedohertys4@sbcglobal.net) [www.austinmothers.org](http://www.austinmothers.org)  
**Teeter tots:** 10:30 a.m.-11:30 a.m. See July 6  
**Texas Tails:** 10:30 a.m. Critterman entertains kids ages 5+. **FREE!** Cepeda Branch Library, 651 N. Pleasant Valley Rd. 974-7372  
**Spanish for Preschoolers:** 11:30 a.m. See July 6  
**Magic Show:** 1 p.m. See July 12. **FREE!** Yarbrough Branch Library, 2200 Hancock Dr. 454-7208  
**Texas Tails:** 2 p.m. See earlier listing today. **FREE!** Manchaca Rd. Branch, 5500 Manchaca Rd. 339-2355  
**Hearts and Hooves:** 2 p.m. See July 13. **FREE!** Hampton Branch, 5125 Convict Hill Rd. 892-6680  
**I Love to Read Magic Show:** 2 p.m. See July 5. University Hills Branch Lib., 4721 Loyola Ln. 929-0551  
**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1  
**Movies@Wired for Youth:** 3 p.m. See July 5. Manchaca Rd. Branch WFY Center, 5500 Manchaca Rd. 447-6652  
**Reptiles of the Tropics:** 3 p.m. See July 7. Old Quarry Branch, 7051 Village Center Dr. 345-4435  
**Technology Slam:** 3 p.m. A WFY Summer Reading Program for ages 8+. **FREE!** Oak Springs Branch Library, 3101 Oak Springs Dr. 927-2188  
**Canine Companions for Independence:** 3 p.m. See July 6. Ruiz Branch, 1600 Grove Blvd. 974-7518  
**Caricatures:** 3 p.m. See July 12. **FREE!** Windsor Park Branch Library, 5833 Westminster Dr. 928-0333  
**Austin Farmers' Market:** 4 p.m.-7 p.m. See July 6  
**Chanted Prayers:** 4:40 p.m.-5:30 p.m. See July 6  
**Community Night:** 5 p.m.-8 p.m. See July 6  
**Totally Cool Totally Art:** 5:30 p.m. See July 11  
**Martial Arts Open House for Adults:** Evening, call for time. See July 13  
**Gymnastic Combination:** 6 p.m. See July 6  
**Kids Who Kare:** 6:30 p.m.-8 p.m. See July 13  
**BrainFood Book Club:** 7:30 p.m. Join the Parent:Wise Book Club as we discuss *Middlesex* by Jeffrey Eugenides. **FREE!** BookPeople, 603 N Lamar Blvd. 699-5327

## 28 THURSDAY

**Stroller Strides:** 8:30 a.m. See July 1 and 5  
**Babytime:** 9:30 a.m. See July 7  
**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1  
**Parents N.O.W.:** 9:30 a.m.-11:30 a.m. See July 11  
**Texas Tails:** 10:30 a.m. See July 27. Southeast Austin Community Branch, 5803 Nuckols Crossing Rd. 462-1452  
**Texas Tails:** 2 p.m. See July 27. Carver Branch Library, 1161 Angelina 974-1010  
**Pinocchio:** 2 p.m. Harms Marionettes performs this show for ages 5+. **FREE!** Little Walnut Creek Branch Library, 835 W. Rundberg Ln. 836-8975  
**Postnatal Yoga:** 3 p.m.-4:15 p.m. See July 7

**Movies@Wired for Youth:** 2 p.m. See July 6. Manchaca Rd. Branch, 5500 Manchaca Rd. 447-6651  
**Movement & Myth of Indian Dance:** 2 p.m. See July 6. Ruiz Branch Lib., 1600 Grove Blvd. 974-7500  
**Make Me a Story:** 3:30 p.m. See July 5  
**Neighborhood Teen Program:** See July 5  
**Chanted Prayers:** 5:30 p.m.-6:30 p.m. See July 4  
**Prenatal Yoga:** 6:30 p.m.-7:30 p.m. See July 7  
**Infant Care 101:** 6:30 p.m.-8 p.m. **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3  
**Nature Nights:** 7 p.m. This family-friendly program will focus on creepy crawl insects that come out at night. \$1 Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. [www.wildflower.org](http://www.wildflower.org) 292-4200  
**Pregnancy Group:** 7:30 p.m.-8:30 p.m. See July 7  
**Inner Peace of Meditation:** 7:30 p.m. See July 7  
**Summer in the Park Concert:** See July 7

## 29 FRIDAY

**Rattle & Reel:** Noon See July 1  
**Stroller Strides:** 8:30 a.m. See July 1  
**Little House Tour:** 9 a.m.-5:30 p.m. See July 1  
**It's Art Time:** 9:30 a.m.-10:15 a.m. See July 1  
**Drop-In Playtime:** 9:30 a.m.-11:30 a.m. See July 1  
**Postnatal Yoga:** 10 a.m.-11:30 a.m. Wear comfortable clothing, take a blanket (and your baby). **FREE!** Babies R Us, 9333 Research Blvd. 342-0805 ext. 3  
**Toddler Playtime:** 10:30 a.m.-11:30 a.m. See July 1  
**Tot Shabbat:** 10:45 a.m.-11:15 a.m. See July 1  
**Lunch Munch Bunch:** 11:45 a.m. See July 1  
**Lunchtime Storytime:** 12:15 p.m. See July 1  
**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1  
**Prenatal Yoga:** 3 p.m.-4:15 p.m. See July 1  
**Deep Play:** 4:30 p.m. See July 1  
**Martial Arts Open House for Adults:** Evening, call for time. See July 13  
**Yoga for All Levels:** 6 p.m.-7:30 p.m. See July 1  
**Music Under the Star:** 6 p.m.-9 p.m. See July 1  
**Live Music At Central Market:** See July 1  
**Family Fun Night:** 6:30 p.m. See July 1  
**Movies in the Meadow:** 7:30 p.m. See July 1

## 30 SATURDAY

**Family Nature Hike:** 8 a.m.-10 a.m. See July 10.  
**Austin Farmers' Market:** 9 a.m.-1 p.m. See July 2  
**Little House Tour:** 9 a.m.-5:30 p.m. See July 1  
**FREE Parenting Class:** 9:15 a.m. See July 2  
**Book Bonanza:** 10 a.m.-Noon See July 2  
**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2  
**Child and Family Yoga:** 10 a.m. See July 2  
**Westlake Farmers' Market:** See July 2  
**Tot Shabbat:** 11 a.m. See July 2  
**FREE ice-skating lesson:** See July 2



**Movie at the Wildflower Center:** 1 p.m. Antz will screen. **FREE** with admission (\$6 adults, \$2.50 kids 5-12, free for kids under 5) Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. www.wildflower.org 292-4100

**Yoga Yoga Teacher Training Open House:** 1:30 p.m.-3:30 p.m. **FREE!** Yoga Yoga, 1700 S. Lamar www.yogayoga.com/training 326-2273

**Star Saturday:** 2 p.m. Dinosaur World performs for kids ages 5+. **FREE!** Faulk Central Library, 800 Guadalupe 974-7400

**Wild Cave Tour:** 3:15 p.m.-5 p.m. See July 2

**Martial Arts Open House:** 3:45 p.m.-4:45 p.m. Martial arts classes for kids ages 4-6 (3:45-4:15) and 7-10 (4:15-4:45). Reservations required. **FREE!** Austin Martial Arts Academy at The Hills Fitness Center, 4615 Bee Caves Rd. 327-2900 ex 4

**Meditation for Children & Teens:** 4:30 p.m.-5:30 p.m. Meditation workshop for children ages 5-16. Reservations required by Noon. **FREE!** Austin Meditation Center, 2307 Rio Grande www.austinmeditation.org 472-YOGA (9642)

**Live Music At Central Market:** 6:30 p.m. See July 1

**Open Meditation Session:** 6:30 p.m.-8 p.m. Guided mantra meditation to clear the mind of tension and anxiety. Reservations required by 3 p.m. **FREE!** Austin Meditation Center, 2307 Rio Grande www.austinmeditation.org 472-YOGA (9642)

**Movies in the Meadow:** 7:30 p.m. See July 1

**Ballroom dancing:** 8 p.m.-11 p.m. See July 2

**Giant chess:** 12:30 p.m.-3:30 p.m. See July 2

## 31 SUNDAY

**Family Nature Hike:** 9:30 a.m.-11:30 a.m. See July 9.

**Ruta Maya Kids Show:** 10 a.m. See July 3

**Westcave Preserve Guided Family Nature Hike:** 10 a.m.-4 p.m. See July 2

**Sunday on the Farm: Heritage Artisans:** 1 p.m.-5 p.m. See July 3

**Yoga for All Levels:** 2 p.m.-3:30 p.m. See July 3

**Art Pad Open Studio:** 2 p.m.-4 p.m. See July 1

**Prepared Childbirth:** 3:30 p.m.-6 p.m. See July 3

**Yoga for Children:** 3:45 p.m.-4:30 p.m. See July 3

**Yoga for Teens:** 4:45 p.m.-5:45 p.m. See July 3

**Concert in the Park:** 7:30 p.m. See July 3

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**Nature "The Real Macaw"**  
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KLRU-TV is broadcast channel 18, cable channel 9

# My Life as a Parent

## Livin' Loud

by Barbara Frische

I am the mother of a 4-month-old boy. While it's probably peculiar to all new parents, I am keenly aware of precisely how old my boy is at any given point in time. Age is typically the first piece of information that people require when greeting new infants: How old is your boy? So, I am always prepared.

However, public readiness is not the primary reason that I'm on top of the age thing. I obsessively study the age/behavioral milestones for infants in an effort to give myself hope. Sure, sure, I've heard it a million times: he'll be grown before you know it! Well, I don't know it and I just want to be sure.

My boy's latest development is one that is hard to research. He is loud. Now, I'm not talking about crying. We've been through the crying stage—the loud, lusty, crying stage. Now he's branched out into vocal experimentation.

He visited the endearing cooing/babbling stage for precisely five minutes and moved on. Where other children discover their toes, my child delights in lung capacity. He's like a 300 lb gorilla with a squeezebox. He knits his brow with concentration: if I just exert myself a little more, I can be even louder!

My baby is a prize child in public. Normally placid adults are amazed by his behavior. "What a good baby! What a happy baby!" are the common refrains. Yet my honest-to-a-fault husband now responds to the praise with an apologetic, "he's usually not like this."

I'll be honest: it's hard raising what is widely perceived to be the perfect baby because I know when we're home alone he'll be rattling the windows. My child prefers a quiet room when he begins to exercise the airwaves. He prefers not to be distracted. He prefers others to be silent. If you find his performance comical, he will look upon you with studied detachment and pity. If visitors are otherwise engaged, he will instantaneously kill all conversation. In the sudden lull, you can hear people thinking, "can a baby really be that loud?"

The other day I did what every other self-respecting mom would do: I called home.

"Mom, were any of us loud growing up?" I queried.

"Loud?" she asks. Then says accusingly: "You cried for three months straight."

"Mother," I sigh. "I'm not talking about crying. I'm talking about, well, being loud."

She is instantly suspicious: "I don't hear him now."

"That's because I'm on the phone."

After a series of questions, she concludes that loudness is an irregularity that cannot be attributed to our side of the family.

No call home is complete without the dispensation of advice.

"It's too quiet there, put on some music," she scolds.

"I've had music on," I respond. "I've done everything!"

"Country music," she qualifies.

In fact, my son is only quieted by one song. She knows this. The song's refrain is "put your happy face on." My son has been speechless since he first heard the woman during his second week of life. I think what preoccupies him so is the singer's blithe naiveté. Early on, we spent entire evenings dancing and singing to this positivist mantra. Were I not so thankful for the song's effect on my son, I would hate it immensely.

"He's just a baby," my mother stresses.

Oh, I know that. Ah, la, ahhh, eh, AHHHHH!

The literature states that babbling will progress for the next three months.

The literature does not state how the parent will be affected.

*At the risk of jinxing herself, Barbara says her son (who is now 15-months old) has apparently grown out of the "livin' loud" stage. Well, until he's a teenager. Or two. Or someone reads him this story.... Barbara and her family live in Austin.*



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