



Nicole Villalpando  
Raising Austin

# Giving 'the talk' to aging parents

Remember when your mother or father sat you down and had "the talk" when you were about to hit the teen years? Or maybe they skipped it, handed you a box of Kotex or Trojans and left it at that.

Often, adult children or even grandchildren find themselves in the reverse position. Now they need to talk to Mom or Dad or Grandma or Grandpa about relationships, dating and even sexually transmitted diseases. Maybe Dad has died and Mom is enter-

ing the dating field again. Or Dad is moving into a nursing home but still wants to entertain his lady friend. It could even be that your divorced parents have decided to look for love again.



Dr. Pepper Schwartz

We asked AARP's sex and relationship expert Dr. Pepper Schwartz, who also writes for their Life Reimagined website, and Austin licensed social worker Shelley Imholte, who specializes in human sexuality, about how to have these conversations.

First, recognize that the roles are not completely reversed — they are still your parents. "The important thing is not to talk as a parent," Schwartz says. "Do not to confuse your parent with your child, even though your parent might be just as inexperienced as your child."

Imholte agrees. "You want to honor that they have been in relationships," she says, even if it's been some time.

But like our kids, it's not just one talk; it's a series of talks that ends in making sure that parents have good information. A good way to approach the subject is to ask if Mom is considering dating again.

Then, it's your turn to sit back and watch the body language. If Mom seems extremely uncomfortable, she is letting you know she is not ready to talk to you or that you might not be the person that she wants to talk to about this.

If she really doesn't want to talk to you, you can share

Villalpando continued on E4

## ART



The Contemporary Austin's Teen Artists + Mentors program puts teen artists with a professional artist to create an exhibit together at the Pump Project. Allie Novess (left) and Calder Kamin's film will address coyote and deer displacement in the Austin area. LAURA SKELDING/AMERICAN-STATESMAN

# Teens, artists collaborate in Contemporary Austin

### Program's learning tool for kids is also an inspiration for mentors.

By Nicole Villalpando  
nvillalpando@statesman.com

Allie Novess and Calder Kamin are on top of the Contemporary Austin roof downtown. Kamin howls at the cranes and buildings. Novess blinks wide-eyed, turning her head from side to side, cautiously on guard. They rummage through a cooler. They try to work an elevator. They cautiously climb up staircases.

They are creating a performance piece video for the Teen Artists + Mentors program at the museum.

Novess, who just graduated from St. Andrew's Episcopal School and will be going to University of Texas-San Antonio in fall, plays the part of Deer, and Kamin, Coyote. They are decked out in full costume with makeup and hard hats with ears sticking out of them.

Their video, "Displace," is about what happens when cities displace animals. In their video, the animals begin to adapt in unnatural ways. They go from sitting in a field with bluebonnets to sitting at a cafe and using a cellphone.

Their work also includes wood silhouettes of different animals with glowing eyes and a house in which the inside contains nature and the outside is industrial. The animals and house can move around the gallery space at Pump Project, where the exhibit "Special Blend," a culmination of the mentorship program, opened last week.

Novess and Kamin are one of 10 pairs of teens and artists that began collaborating in January for the sixth year of the program. The high school artists apply in fall after

Teens continued on E3



Teen artist Eric Moe works on a screen print during the opening party for an exhibit titled, "Special Blend." CONTRIBUTED PHOTOS BY BRIAN FITZSIMMONS

## HOME MATTERS

# Austin's Compost Pedallers takes out your food by bike

New business collects coffee grinds, rinds, then delivers to 'hosts.'

By Carolyn Lindell  
Special to the American-Statesman

Dana Singh and her husband, Nathan Singh, tried composting in their Central Austin backyard. The couple have three kids, so "we have lots of banana peels," says Nathan Singh, 38. But it did not work out for the busy family.

"It got really disgusting," he says.

So when Dana Singh heard through the neighborhood list-serv that a local business that collects compostable materials had expanded into the Rosedale area, she got in touch with Compost Pedallers.

Now the Singhs keep a five-gallon collection bin under their sink and toss in compostable items, such as coffee grinds, fruit rinds and vegetable scraps. Once a week, they set the bin outside to be emptied and cleaned out by a bicyclist from Compost

Pedallers. "It's very simple," Nathan Singh says.

The company, initially called East Side Compost Pedallers, started in late 2012 in the Cherrywood neighborhood and has since grown into about a dozen neighborhoods such as Windsor Park and downtown.

Riding eye-catching cargo bikes, company employees

Compost continued on E4

ALSO INSIDE  
» More Home Matters, E3



Paul Wilson rides a bike to pick up compostable items for Compost Pedallers. CONTRIBUTED BY CAROLYN LINDELL

# It's Gus\* Modern's Annual 20% OFF Summer Sale



Atwood Sofa  
Reg \$1999  
Walnut natural wood base and plush Urban Tweed Ink upholstery. 82" w 34" d  
**SALE \$1559**  
GUS\* MODERN FURNITURE MADE SIMPLE

Gus\* Modern is recognized as one of the most exciting furniture lines in North America — and we are now their exclusive Design Studio in Central Texas. During their limited-time, Factory-Authorized Sale, get savings of 20% OFF sofas, sectionals, accent chairs, beds and ottomans in this stunning collection. Hurry in — see store for details!

COLLECTIC home  
2785 Bee Cave Rd • one blk W of Mo-Pac • 347.1616 • CollecticHome.com

# Teens

continued from E1

they already have taken a three-month, once-a-week Young Artist program at the museum. Once chosen, they are paired with a local artist. The pair meet once a week for at least three hours to learn about art and make some together, eventually creating a work for the program's exhibit in July. Sometimes they work in the artist's studio space; sometimes they go to different places around Austin to research their project. There also are some weeks when all the teen/artist pairs come together to present their progress. Each pair is given an \$800 budget by the museum for their project.

Students learn about managing budgets, making deadline and being efficient. "I learned so much about the professional world and how to be a professional in the art world," Novess says. While the artist is sharing his or her time and expertise, they also are learning from the teen as well. Kamin was very comfortable in science and educational art but did not have a lot of background in performance. Novess did theater at school and knew how to do stage makeup. Together they also learned how to design the 3-D work of the house, so its pieces could be cut in wood by an art fabricator and later installed on site by Novess and Kamin.

Their work is very collaborative. They each came up with crazy ideas in the moment to try in front of the camera and whatever we don't see in the finished video was edited out because of laughter.

"She brought the joy back to making art for me," Kamin says. "She taught me how to be spontaneous, to be fearless."

"I learned how much I need art in my life," Novess says.

Novess and Kamin collaborated around their similar concern about overbuilding and the environment. Other teens examined big issues as well in their art.

Oddalys Sanchez, who just graduated from Del Valle High School and is going to LaSalle University in Orlando, Fla., and her mentor, Lisette Chavez, looked at gentrification and the stereotypes facing Latinas in "#thestruggleisreal." The spark was the destruction of Jumpolin piñata shop on East Cesar Chavez Street. Sanchez and Chavez created self-portraits in piñatas and then broke them open. They filled them with Mexican candy as well as toy money and coins. Plastic cockroaches crawl around the loot.

Sanchez and Chavez had never made piñatas before, so they did research on YouTube.

"I have so much respect for the people who make piñatas," Chavez says. "These things should be \$200. It took us weeks. ... It's so much work."

For Chavez, who finished her master's of fine arts at the University of Arizona last year, working with a teen re-inspired her to do art. "Art just came out of me," she says. "When you're an academic, everything is so planned out. With this, I could see art in a different way."

One of the things that Sanchez said that particularly inspired Chavez to change her thinking was "all of my art is a giant mistake; I'm just trying to fix."

"I was driving and I wanted to pull over," Chavez says. "It made a lot of sense. I appreciate art work even more."

Brenna Dwyer, who graduated from McCallum and is going to take classes at Austin Community College in fall, and her mentor, Heather Parrish, figured out on the first day that they both have a secret love of bees, a concern about their diminish-



Jesus Trejo (left) works with James Huizar on a mural titled "Stuck in The TIME WarP of Life." They corresponded with each other from different cities, using letters filled with artwork. They turned those art letters into a zine as part of their collaboration. See more photos online at [austin360.com/raisingaustin](http://austin360.com/raisingaustin). LAURA SKELDING PHOTOS / AMERICAN-STATESMAN



Self-portrait pinatas from Oddalys Sanchez and Lisette Chavez's "#thestruggleisreal" speak about gentrification and Latina identity.

ing numbers and a desire to be a beekeeper.

As part of the program, they took a class about beekeeping that inspired them to create a stop-motion animation video using the printmaking techniques they both shared. The video, "Hive-Mind," plays in a beehive box.

"There's always something you can have in common with someone," Dwyer says. She also learned a lot about how to communicate with other people and to get to know them.

Anna'Elise Estrada, who graduated from Cedar Ridge High School in Round Rock, and mentor Betelhem Makonnen found that they both walk a lot and created "Wa(l) king," a video of their meanderings with a voice-over of entries from Estrada's dream journal. They approached the program broadly and eventually narrowed down what they were going to do, Makonnen says of their process. Like people, their art grew and evolved.

"A lot happens in seven months," Estrada says. "You really do grow as a person."

A love of the universe and Carl Sagan inspired Noelle Kendziora, now a senior at McNeil High School, and her mentor Chantelle Rodriguez, to create a 3-D body laying on the ground above a sky of flowers. They built the body using their own bodies to create the molds. This was Kendziora's first time working outside of 2-D art. Kendziora says the program will help her introduce more of her own ideas and thoughts into art class when she returns to high school in August.

Julia Fabela, a Del Valle High School graduate who will be going to Texas State University, and her mentor, Lindsay Hutchens, created art around Fabela's love of virtual reality video games including "The Sims." On

their first meeting, Fabela told Hutchens that she had created good and bad characters in the game.

Pulling on Hutchens' experience in photography, they created photography of themselves as one good character from history or pop culture paired with another bad character from history or pop culture. Princess Diana is matched with Maleficent from the Sleeping Beauty story. Harry Potter counteracts Hitler. A portrait of Katniss Everdeen from "The Hunger Games" sits beside one of Mao Tse-tung.

While Fabela says she was introduced to the Austin art world through Hutchens, Hutchens was reminded what it was like to be a teenager again. "They have a lot of things on their plate," she says. Seeing what Fabela was juggling while finishing high school reminded Hutchens not to be so hard on herself when she doesn't have a productive day at making art. "It ebbs and flows," she says, just like it had to while working with Fabela.

Eric Moe, a Bowie High School graduate who is going to University of Texas, created the ultimate collaboration with Jonas Criscoe. They blended their last names and created an icon and a brand called "Criscmoe." Criscoe taught Moe how to screen print. They created T-shirts, flags and wallpaper that is on one section of wall in the gallery. What is the brand Criscmoe? "The question is what Criscmoe isn't," Criscoe says. "It's everything and anything.... It's whatever you want it to be."

Jesus Trejo, a junior at Lehman High School in Kyle, and James Huizar both moved away from Austin during the program - Trejo to Kyle and Huizar to San Antonio. They worked by sending work to each other and meeting at least once a month. Together they

created a zine of images and a mural, "Stuck in The TIME WarP of Life," that they painted the week before the exhibit opened. For Trejo, this was the first time he had worked on something that was not the size of a piece of paper.

While Trejo was learning to go big, Huizar picked up on Trejo's use of pattern and applied it to his own work. Trejo is also much more carefree and loose in the detail, which Huizar has also picked up. From Huizar, Trejo learned about scheduling and allowing himself time to work on art.

Naomi Angeles, who graduated from Harmony Science Academy and is going to University of Texas-San Antonio in fall, and mentor Lauren Moya Ford created a work that is about the process of creating art. "The Search" uses objects Angeles found in her backyard and around her neighborhood. They painted and stacked bricks. They split golf balls in half to reveal the colorful cores. Angeles also wanted to work more with clay; so they made clay pieces together. They also each created a video.

When they came into the space with all the objects, they created the final work. "We had all the stuff, but we didn't have the plan." So, they played and tried out different ideas until they found something they liked.

Ford says creating art with Angeles was very different than working alone, which is often an artist's plight. "It feels like it's not a job. It was a complete privilege."

Artist Frank Wick taught Supreme Hinton, who graduated from Lehman High School in Kyle and is going to the University of Chicago, how to work with plaster. They created some plaster work together, including a bust of William Shatner, that they broke with a sledge hammer and then turned the head around on its neck.

Wick says he let Hinton make the decision to break the bust. He says that might have been something he would have thought of "but I would have stopped myself," Wick says. "I would have talked myself out of it."

With Hinton, he could take a chance, even though he knew if it had not worked out it would have meant hours of creating another bust.

The program was more than just about creating art for the pair.

"I would not have gotten to know someone who is 17," Wick says. "It's refreshing."

Yet, he says he treated their relationship more like peer-to-peer than teacher-student.

They don't expect the relationship to go away now that the project is over. Wick and his wife plan on visiting Hinton at school in Chicago.

"He's the first person to give me confidence to do art," Hinton says. "He's like a second father figure to me."

Contact Nicole Villalpando at 512-912-5900.

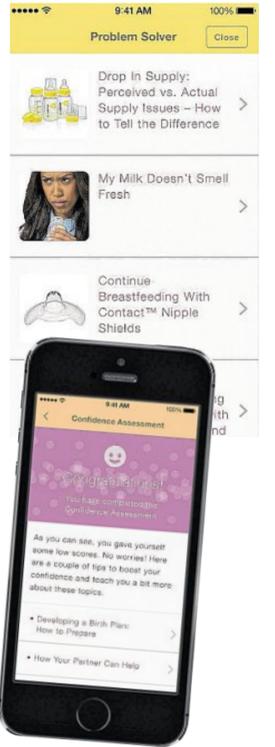
# HOME MATTERS

## FAMILY

### New for moms: a breast-feeding app, machine for mixing formula

For moms who want help tracking and managing nursing, breast pump maker Medela has a new free app for the iPhone called My Medela. The app has tools to answer common nursing problems, watch informational videos, track baby's growth, log time nursing or pumping, as well as provide reminders and alerts. Find it at MyMedelaApp.com and in the iTunes store.

For moms who are using formula, now you have a Keurig-like machine for making bottles. Baby Brezza's Formula Pro mixes pre-stored water with powdered formula and heats to a temperature of 98 degrees. You can adjust to different bottle sizes. They sell at Babies "R" Us in Austin or online at [babybrezza.com](http://babybrezza.com) for \$159.99.



The MyMedela app helps you keep track of breast-feeding and pumping plus it also offers tips.

## JEWELRY

### A wedding band collection with same-sex grooms in mind

Austin's Benold's jewelers is now stocking wedding rings and male engagement rings that might appeal to same-sex couples. Though they are not designed specifically for gay men only, "many rings in the collection feature unusual metal color combinations like white gold and rose gold and a few bands have single diamond center stones that could be worn as a male engagement ring," says Benold's owner Milton Doolittle. Benold's now carries 14 styles from the Simon G Collection, which range in price from about \$1,200 to \$3,000. Benold's, 2900 W. Anderson Lane. [benolds.com](http://benolds.com)



The Simon G. Collection, which ranges in price from about \$1,200 to \$3,000, is at Benold's and would be great for same-sex couples getting married. CONTRIBUTED

## HAIR

### Add sparkle to hair with Charmsies

Getting ready for a special occasion? Now you can add sequins, hearts, diamonds and more to your hair with iron-in Charmsies. You can use a flat iron or curling iron to adhere them to your hair. They will brush out or you can apply conditioner and brush them out. They sell for \$10 a package and are available in Austin at Breed & Co. and Vinca. [haircharmsies.com](http://haircharmsies.com)



Charmsies hair sequins iron in and sell for \$10 a package. CONTRIBUTED PHOTOS

# PUZZLE SOLUTIONS

■ Puzzle is on E9

B	U	R	G	F	L	A	S	H	P	E	R	P	S	P	U	R
O	H	I	O	R	A	B	I	E	S	E	V	I	L	I	L	S
C	U	C	K	O	O	D	E	T	A	T	R	A	G	E	M	E
A	H	E	A	D	T	U	T	U	O	F	D	I	A	M	O	N
R	E	A	R	S	P	R	I	E	D	A	L	I				
S	P	A	T	U	L	A	S	K	I	E	D	I	G	E	T	I
E	L	M	M	I	M	I	A	N	D	M	Y	B	I	G	M	O
S	A	V	E	C	A	P	R	I				I	S	L	A	N
A	Y	E	A	Y	E	D	O	C	T	O	R	L	O	O	E	M
M	O	T	T	O	A	D	A	P	H	I	L	O	O	F		
E	N	S	U	R	E	S	T	R	O	M	S	C	R	E	A	M
P	E	T			E	M	M	A			M	I	C	H	E	L
S	T	P			H	U	D	C	H	O	O	C	H	O	O	T
I	R	O	N	M	I	N	E				G	R	E	E	R	S
C	O	C	O	A	C	O	N	S	P	I	R	A	T	O	R	S
S	T	A	T	A	C	O	N	S	P	A	N	E	L	P	I	N
T	A	R			S	P	O	I	L		A	S	N	E	R	
B	Y	E	B	Y	E	P	R	O	D	U	C	T	S	R	E	A
L	U	L	L			B	O	O	K		C	H	I	C	H	I
O	G	L	E			B	O	N	E		K	O	K	O	M	O
B	O	O	S			S	L	E	D		P	I	T	O	N	S