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Family

August 2010

Letter from the publisher

It's August already. Isn't it amazing how the summer weeks whizz by? July was a hot month and seemed more like August, which makes me wonder what August will be like. The days are getting shorter, although there's still plenty of light at the end of the day to eat outdoors, have dinner on the beach, or barbecue on the grill.



My family has been to the beach quite frequently this summer and I don't mind telling you that my beach of choice — and the one that's most accessible and inviting — has been, and still is, the clean and lovely beach/boardwalk at Long Beach.

Did I mention that we don't live in Long Beach and that every summer we buy a family beach pass? I'm certain there are local people who think we are a hibernating family that lives out there but only appears in the warmer months.

"So nice to see you. How was your winter?" They ask us every year.

I say nothing and just enjoy all the friendliness that I can find in life. I mean, we're talking 30 years of beaching at Long Beach.

We took our family vacation in June but I'm pretty certain that a lot of families are still looking forward to time off together. Maybe the kids have been at camp and you're waiting till the end of summer to do a family drive or a stay-cation? Maybe you have a new college student who is home with you for the last weeks before beginning campus life?

Whatever you do or wherever you go, enjoy the end of summer and the good foods that are coming into season now, like fresh Long Island corn and tomatoes. Visit your local farmer's market or stand and see those wonderful green beans, cucumbers, peaches, blueberries and blackberries that are grown here, and help support your family's good health and our local farmers at the same time. What a great partnership that is!

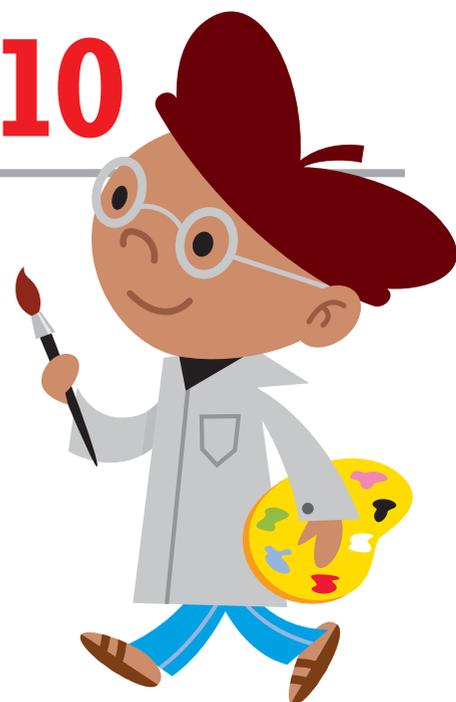
Happy August! Thanks for reading!

Susan Weiss-Voskidis, Publisher



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NEWBIE DAD

BRIAN KANTZ

Super-sized summer

Kids today have the coolest toys for hot days!

Maybe the heat is getting to me. Or, maybe I've watched one too many "60 Minutes" commentaries by that famous curmudgeon, Andy Rooney. Or, maybe it's the fact that some kid at the playground just called me an "old dude." (37 is not old, kid! You may not believe that now, but you'll see! You'll see!) Whatever it is, I have a rock in my shoe this summer.

So, what's wrong? What's my beef? Well, I'm just wondering, who went and super-sized summer for today's kids? Just about

blanket at the beach, on your new white t-shirt, everywhere. Other than taking a swig from the garden hose, Kool-Aid was your only option.

And what flavor was Kool-Aid? It was red. There was only one flavor of Kool-Aid that I knew of: red Kool-Aid. Maybe Kool-Aid did offer its drink mix in other flavors back then, but we were never aware of it.

Do you know how many flavors of juice and juice-like beverages are on the market today? About 150,000. So, when someone at a picnic asks me if I would like a strawberry orange pomegranate or a Pacific mango sun-splash, I usually ask, "Do you have any red?"

Let's move on to the Slip 'n Slide.

It was a true backyard necessity on a hot summer day, especially once the three-foot-round plastic pool just wouldn't comfortably accommodate

my three gangly brothers and I anymore. The original Slip 'n Slide featured some pretty basic engineering: a long plastic sheet with an opening for the garden hose.

Turn the spigot on and away you go, slipping the hot summer day away under the soft drizzle of cold water. You just had to make sure that no large sticks, giant rocks or neighborhood dogs were underneath the plastic,

lest you impale yourself, break a shin or get bitten.

Today's Slip 'n Slides? Whoa-ho-ho. Fancy. You've got gushing waterfalls, cushy inflatable parts, hydro-planers, boogie boarders, triple racers, wave riders, whitewater blasters, the whole nine yards. It's apparently less about slipping' and slidin' and more about looking good.

And speaking of fancy, what is with all of the kids tooling up and down the streets in motorized vehi-

cles? Is it really necessary for 4-year-old Johnny to be hogging the sidewalk in his mini-Hummer? Well, at least his vehicle doesn't guzzle gas, but he should still need a license to drive that thing. I've seen more than a few innocent flowers buried under the wheels of Johnny's wildly navigated bad-boy machine.

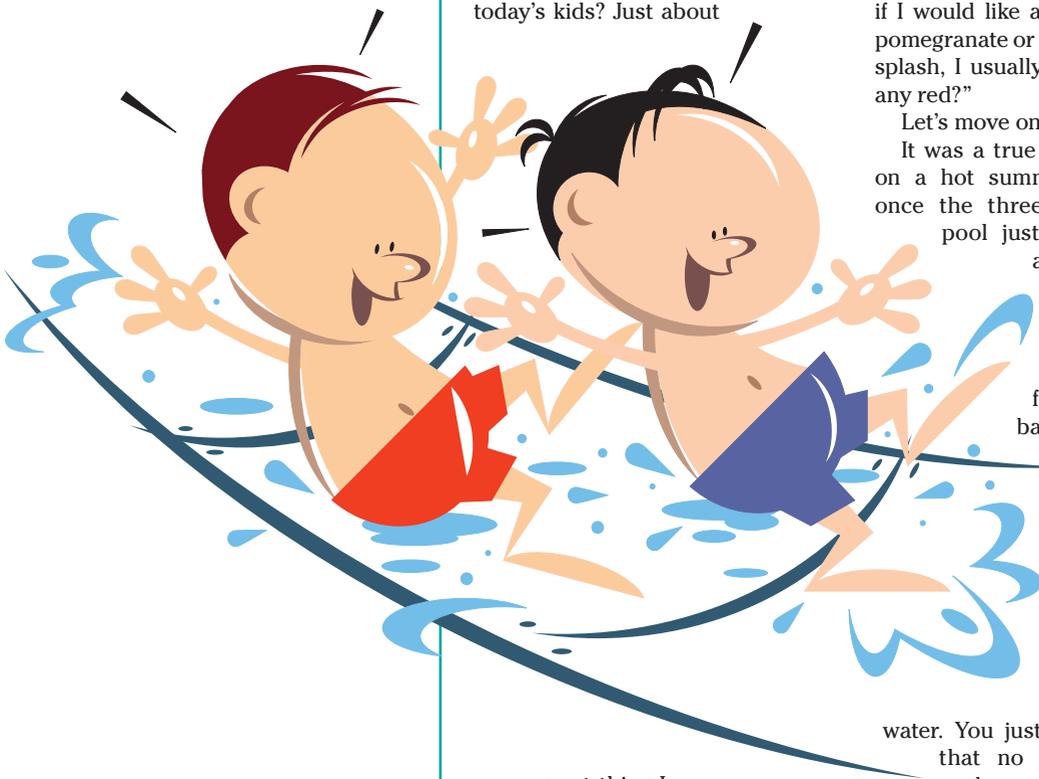
Back when we were kids, we tooted up and down the streets all summer long on our Big Wheels and banana-seat bicycles with sissy bars. Pedal power, baby. If you wanted to visit a friend who lived down the block, you either pedaled or hoofed it on your own two feet. You wouldn't have even imagined taking your battery-powered Lightning McQueen out for a spin.

OK, I'm almost done. Here's one more favorite summer activity: going to the neighborhood playground. This is my two sons' favorite thing to do. They call it going to "swings and slides." Back in my childhood, that's exactly what it was. We went to a playground that had swings and one slide. All of the equipment was fashioned out of industrial-grade steel. You sat on a flat steel seat on the swing and you climbed up steel steps to get to the top of the tall steel slide. That steel was a molten 220-degrees in the hot sun.

Today's playgrounds? Oh... my... gosh. They are unbelievable! Instead of simple swings and slides, these are monstrous "play structures." Spiral slides, rock-climbing walls, ziplines, fireman's poles and on and on! All in cool-to-the-touch molded plastic. It's madness, I tell you! And, I must admit, it's all so much darn fun!

So, go ahead, kids, enjoy your super-sized summer! Have a grand old time. Just know that in another 30 years, your stuff will seem pretty old school, too, and you'll be left to write a nostalgic (and, yes, completely jealous) column for the benefit of your peers.

Brian Kantz nearly broke his collarbone diving on a Slip 'n Slide the other day. Totally worth it. Visit Brian online at www.briankantz.com or drop him a note at thenewbiedad@yahoo.com.



every great thing I remember from the summers of my childhood still exists, but it has all been super-sized, mega-hyped and full-throttled. It's like summer on steroids. I notice this all the time as I play with my kids. Do you?

Let me give you a quick example. The taste of summer from your childhood — quick, what was it? If you said Kool-Aid, you would be correct, my friend. A pitcher of Kool-Aid was everywhere, it seemed. In the fridge at home, in the fridge at your friends' houses, on the picnic table, on the

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Shake off the salt

Many of us have had a long love affair with salt, but that may be about to change. Earlier this year, the Institute of Medicine urged the U.S. government to gradually reduce the maximum amount of sodium that food companies and restaurants can add to foods.

Salt versus sodium

Although both terms are often used interchangeably, there is a difference between salt and sodium.

Salt is made up of sodium chloride: 60 percent is sodium, the rest, chloride. According to the Centers for Disease Control and Prevention, the average American ingests about 3,400 milligrams a day. The latest health organization recommendations range from 1,500 milligrams to 2,400 milligrams. Most nutrition experts estimate that about 75 percent come from processed food.

Salt sensitivity

Not all medical doctors agree that everyone needs to limit salt. But, there is growing evidence that a significant number of people have a condition called salt sensitivity, an abnormal increase in blood pressure in response to increases in dietary sodium. According to research performed by Myron H. Weinberger, MD, certain salt-sensitive people do

Sodium shockers

FOOD	SERVING SIZE	SODIUM (mg)
French bread	1 slice	416
Rice pilaf, mix, prepared	1 cup	780
Lite soy sauce	1 Tbsp	550
Panera Turkey Artichoke Hot Panini	1	2,340
Houlihan's Thai Chile Style Chicken Wing appetizer	1	4,979
Hebrew National quarter-pound franks	1 frank	1,070
Cottage cheese	1 cup	820
Oscar Mayer Lunchable (ham, cheese crackers)	1	1,060
California Pizza Kitchen Kid's Cheeseburger Pizza	1	1,680

not necessarily develop hypertension — but their long-term mortality rate is just as high as those who do.

Driven by convenience

Busy family lives often necessitate taking dietary shortcuts that are high in sodium — frozen meats, entrees and pizzas; rice and soup mixes; canned fish and soup; seasoning mixes and prepared spaghetti sauce. Hurrying in and out of drive-thrus, and especially dining out at restaurants, provide another huge dose. Some restaurant entrees have 2,000 milligrams or more in one order.

Do you need to be concerned about how much sodium your child ingests? Yes. A taste for salt is acquired, and salt-loving children grow up to be adults who eat a salty diet. A 2001 report said that by ages 7-9, 68 percent of children ate too much sodium. And, salty foods are often high in fat and calories. Two years ago, a study published in the journal

“Hypertension” found that the more salty food children ate, the more sugary sodas they drank to wash it down.

It's not easy for food companies to simply drop the salt due to the many roles it plays. For example, bread dough depends on sodium chloride and sodium bicarbonate in order to rise.

Here are some tips to reduce the sodium in your family's diet:

1. Prepare as much from scratch as possible. Eat fresh vegetables, plain meats and grains (such as rice) that you season yourself.

2. Cook without salt, but add just a little at the table. Surprisingly, this can allow you to get by with less because your tongue gets a direct “hit” from the salt crystals.

3. Add plenty of herbs and spices. Also, freshly squeezed lemon or lime juice and red wine or balsamic vinegar add a lot of flavor with negligible sodium.

4. Choose restaurant entrees that come without sauces and gravies. And by eating a half portion, not only will you save calories, you'll save sodium, too.

5. When reading food labels, pay attention to portion size. A can of soup may be two (or two-and-a-half) servings, so multiply milligrams of sodium by that factor.

Christine M. Palumbo, RD, is a Chicago area nutritionist who doesn't mind cutting back on salt, but leave her popcorn alone. Send your questions and column ideas to her at Chris@ChristinePalumbo.com or (630) 369-8495.



Herbed Pork Chops

Makes 4 servings.
Prep Time: 5 minutes
Cook Time: 8 minutes

INGREDIENTS

1 tablespoon McCormick® Perfect Pinch® Salt-Free Savory All Purpose Seasoning
½ teaspoon salt

4 bone-in pork chops, 1/2-inch thick (about 1 1/2 pounds), trimmed
2 tablespoons oil

INSTRUCTIONS: Sprinkle Seasoning evenly over both sides of pork chops. Heat oil in large skillet on medium heat. Add pork chops; cook 4 minutes per side or until desired doneness.

ALTERNATE PREP METHOD: Grill chops, over direct heat, turning once, to medium doneness or until the internal temperature reaches 155 degrees Fahrenheit, about 3 to 4 minutes per side.

NUTRITION FACTS: 253 calories, 17 grams fat, 24 grams protein, 1 gram carbohydrate, 78 milligrams cholesterol, 252 milligrams sodium, 0 gram fiber

Recipe courtesy of McCormick.com.



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Back-to-school

How to get your A in organization this fall

BY CAROL BRZOZOWSKI

When I sent my firstborn off to school 10 years ago, I was ill-prepared for the realities of his new life. I thought I'd just send him off with a tearful goodbye, and that would be that.

Boy, was I wrong.

I completely underestimated how managing my son's (and later, his brother's) school life would consume such a chunk of my time.

Each day, I had to review a list of questions. Is today the day they take in money for lunch from the cafeteria or pack a lunch? What's the deadline for filling out the paperwork and getting the money for the field trip? What time do I have to pick up my son from the after-school activity? Buy what for the science fair?!

But, through the years — and now with both sons in high school — I've learned a lot through my own experience and that of other seasoned parents who taught me the key to surviving the school years: "Work smarter, not harder."

Here are some tips I've gathered that should help you glide through the next four semesters:

- Organized parents are always seen with their organizers. Whether you use electronics or paper, maintain an organizer in which you keep all of your appointments and phone numbers with you at all times. Record dates as soon as you're made aware of them. And make sure to have important phone numbers, like your child's school, the bus company's and those of child's friends' parents, available in a pinch.

- Avoid vacations that run up into the week before school. That's the

week you want to train your children to start waking up early again and getting back into routines. It's harder for the kids to go back to school if they are on a trip right before school starts.

- Avoid the mistake of buying unnecessary school supplies by checking with your child's school to determine what is needed. Consider saving money by buying supplies in bulk and splitting the cost with a friend whose child needs the same supplies. There are usually a few items you'll always need on hand throughout the year — lined paper and pencils — so stock up when they are on sale.

- Cell phones have become a common school supply, though many schools are limiting their use during the school day. They are useful in keeping in touch on important matters — my sons call or text during lunch to let me know they need something for the following day or that a club meeting has been canceled. If you're not keen on buying them their own cell phone, consider a pre-paid phone. Make sure you know the phone carrier's costs — my sons once racked up a few \$100 through unnecessary text messaging and Internet access.

- Organize everything your child needs to take to school the night before (older children can

do this on their own). Pack their lunchbox with non-perishables and add the items that require an ice pack in the morning. Make sure the kids put the ice pack back into the freezer when they get home from school and empty the wrappers and food bits out of the lunchbox to clean it for the next day.

- Buy extra ice packs for lunch boxes. In a pinch, you can pack a plastic storage bag with ice cubes. Ask your child to brainstorm about what healthy food they'd like for lunches.

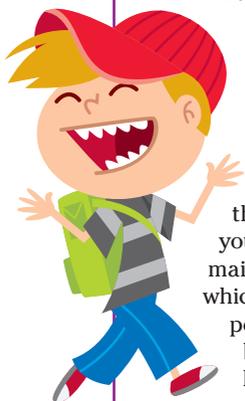
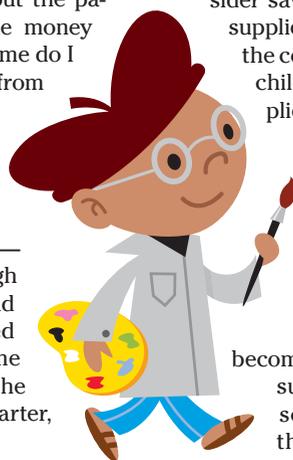
- Keep a day's worth of extra lunch money stashed in the backpack for those times when your child forgets money.

- Make sure your child's vaccinations are up to date. This is often required not only for school, but for participation in sports and scouting. If you are applying for exemptions, get your paperwork organized.

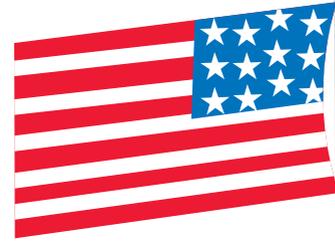
- If your child commutes by car or bus, carry snacks and cold water in the car or pack extra in the backpack for bus trips, if permitted. You may want to freeze bottles of water; they'll thaw out and provide cold refreshment by the end of the day.

- If you're the type of parent who likes to give teachers and bus drivers gifts for holidays or at the end of the year, consider buying items as you see them and can afford them, packing them away in the closet until needed, rather than making a mad rush for gifts at the last minute.

- Most school districts now have Internet sites that allow you to see your child's academic progress in real time. I can set up my district's site to send me e-mails every time



checklist



my sons' grades dip below a certain level. It's been an invaluable tool in keeping abreast of their academic performances.

- Join the PTA or other school groups and prepare to get involved. Nothing will keep you more connected to your child and the school more than volunteering. Get to know your child's teachers. Take advantages of opportunities, such as open houses, to know what materials your child is using for learning.

- If your child is starting at a new school, visit the school with him or her once before the year begins so he or she will feel more comfortable on the first day.

- If your child is going to school for the first time, plan to have your child spend a lot of down time there after classes — perhaps at the playground — to help deal with some of the transition stress he or she may feel.

- Line up emergency contacts on your child's behalf just in case the school has trouble getting in touch with you.

- Organize car pools whenever possible, especially given the escalating fuel costs that have hit every family budget.

- One of the most challenging aspects of the

school year is having nutritious, delicious meals ready by the end of the day. If you don't already have one, invest in a slow cooker. It's a parent's best friend in the kitchen. Consider making oatmeal the night before so your family wakes up to a hot-cooked breakfast in the morning (this is especially helpful if your family is on

different work-school shifts and everyone needs to help themselves). The slow cooker also can be used to prepare dinner and cuts down on the end-of-the-day frustration of what to do for dinner on those rush days.

You can also ensure healthy meals by making large portions of food and freezing it for later use.

- Make sure school personnel are aware of any special needs your child may have.

- Make sure you read at least a half hour each day with your younger child. It's also fun to read the same books your middle or high school child may be reading.

- Talk to your child about drugs, alcohol, bullies, peer pressure, guns, strangers and not picking up needles or allowing another child's blood to get near his or her cuts. Review sex education with older children.

- Try to be sensitive to your child's feelings

around test times — be aware of how you have felt when you were under pressure at work.

- Feed your child well and give him or her plenty of support and opportunities for rest.

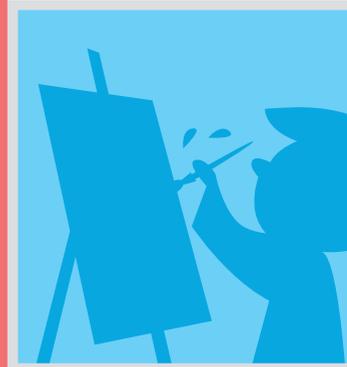
- Get to know your child's friends and their families. Open your home to supervised parties and sleep-overs.

- Review your child's homework with him or her. Ensure that homework comes before play, TV, computers or video games, but allow for some down time.

- Set up a quiet place to study and provide reference materials.

- Augment your child's education with family field trips and home projects. Schools are cutting back on the extras, so you may have to take up the slack with art, music and physical education.

- Celebrate your child's accomplishments.



Happy, minus 15 pounds

After six months of effort, Kathy achieves her diet goal

BY KATHY SENA

My secret goal has been hanging in the back of my closet — and I did it. After six months on my weight-loss plan, I'm wearing my favorite size-10 polka-dot dress again. Woo hoo! POLKA DOTS. Not something I've been wearing all that much for the past few years. But, here I am, 15.8 pounds thinner than I was when I started. And it feels good.

I'm definitely no "skinny Minnie" in this photo, but I just had to share my polka-dot victory! When you're a busy mom, getting into super-skinny jeans isn't always a realistic goal. Just getting to a healthy weight and feeling more energetic feels pretty darned good. I'll take it.

When I started this plan, my size-12 clothes were feeling pretty snug. But, now my size-10 pants are a bit in need of a belt — so color me happy. Here are the things I have found to be most helpful in my quest for a thinner, healthier body:

- I didn't drink my calories. I had a glass of wine now and then, but I gave up margaritas for six months, and I plan to save them for special occasions in the future — so I

don't start packing on fruity-cocktail poundage. I drank mostly water with my meals, in addition to skim milk or low-fat soy milk for breakfast. I gave up the high-calorie orange juice and grape juice that I used to drink almost daily. When I wanted fruit, I ate whole fruit for fewer calories and

a lot more fiber.

- I hit the road — walking the dog, walking with friends, walking to the mailbox down the street — I tried to hoof it whenever I could. I even got busy on our long-neglected treadmill, watching "American Idol" while I walked

to the beat (had to get my Crystal Bowersox fix). And I got creative and added a special desk to my treadmill so that I could work on my laptop while walking. No, I couldn't exactly power walk while doing e-mail. But, slow and steady wins the race, and I got to where I could easily spend an hour on Facebook, e-mail, Twitter, etc. while walking at a steady 1.5 mph. Beats sitting on my behind in front of a desk!

- Working out — and sharing tips — with friends. Every woman needs a walking buddy like my friend, Ellen. When we start hoofing it, the time speeds by. It doesn't even feel like work, because we're having such a good time chatting. We also call each other to share diet suggestions and talk about our progress. Whether you tackle weight loss as part of a group or with the support of one special friend, I highly recommend the buddy approach.

- For the past six months, the book "Small Changes, Big Results" has been my companion. I can't recommend this book highly enough. Registered Dietitian Ellie Krieger has offered such encouragement and so many practical suggestions. She makes you feel as if you have your very own food guru by your side, encouraging you and sharing great tips.

Some final advice from Krieger: It's important to find the right amount of structure; to find a balance between indulging and keeping track. It's helpful to look at this time not as the end of something but as a time to decide how to hold onto this new way of eating and working out.

Yep, I'll slip up from time to time,



WEIGHING IN

Part 6 of a series

Krieger admits. We're all human. I'll just plan to get back on track. It's important to anticipate the challenges I'll be facing in the next six months or so, she says. Whether it's a summer vacation, back-to-school time or the holidays that

are a particular challenge, "it's important to have a 'Plan B,'" she says. "Stuff happens. You want to make the best of the situation."

On summer vacation, for example, "Have that pina colada, but enjoy hiking, going for long walks and experiencing where you are," she says. On one family vacation, for example, she indulged in a pina colada — and even an order of French fries. But she also enjoyed lots of fresh seafood and took classes at a local yoga studio. "It's all about balance," she says.

So here's my final weight-loss log:

Weigh-in number one: **147.0** (*my starting weight*)

Weigh-in number two: **144.6** (*lost 2.4 pounds total*)

Weigh-in number three: **139.0** (*lost 8 pounds total*)

Weigh-in number four: **135.6** (*lost 11.4 pounds total*)

Weigh-in number five: **134.4** (*lost 12.6 pounds total*)

Weigh-in number six: **131.2** (*lost 15.8 pounds!*)

Yep, it's the end. And the beginning, as I keep swigging the water, making healthier food choices and keeping my girlfriends close by for support (and entertainment!) as we all pull on our walking shoes (or e-mail each other from our treadmills) and head down the road together. Why not grab your friends and join us?

Kathy Sena is a freelance journalist specializing in family health issues. Her writing has appeared in the Los Angeles Times, Newsweek, Woman's Day and many other publications. Visit her parenting blog, Parent Talk Today, at www.ParentTalkToday.com.



Kathy in her polka-dot dress.

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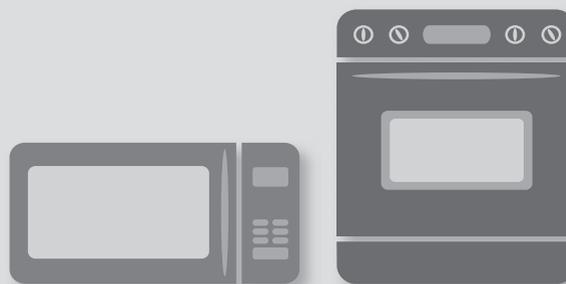
- A. in the summer
- B. in the winter
- C. in both summer and winter



ANSWER: C

Which statement is true?

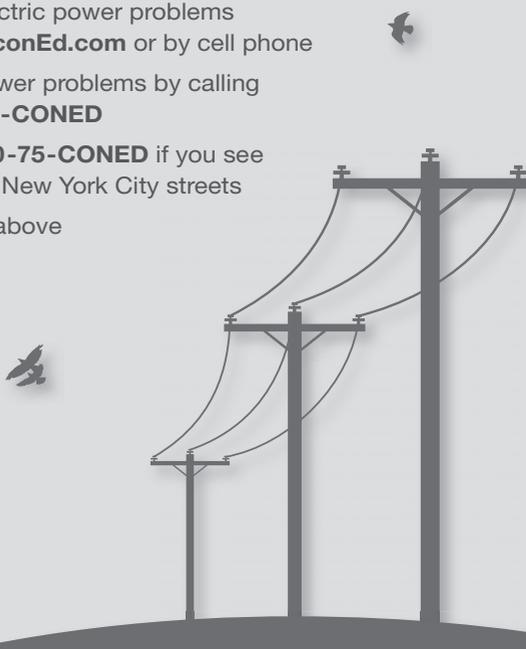
- A. microwaves use less than half the power of traditional ovens
- B. traditional ovens use less than half the power of microwaves



ANSWER: A

What's the correct way to handle the following safety issues?

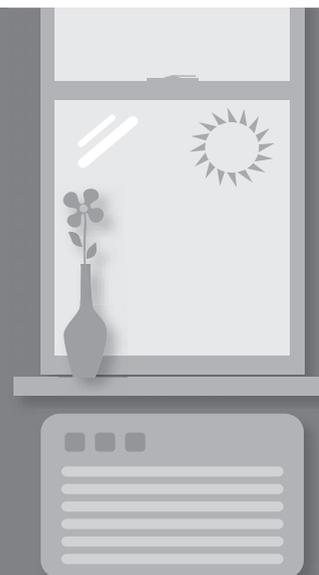
- A. report electric power problems online at conEd.com or by cell phone
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- C. call **1-800-75-CONED** if you see steam on New York City streets
- D. all of the above



ANSWER: D

A good rule of thumb for air conditioner use is to:

- A. open windows and turn off A/C when it's 70° or cooler outside
- B. run your A/C for one hour then close windows to trap the cool air
- C. run your A/C and leave windows closed until cold fall weather returns



ANSWER: A

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FAMILY HEALTH

BY IVAN HAND, MD, FAAP
 Director of Neonatology,
 Queens Hospital Center

The importance of breastfeeding

World Breastfeeding Week is being celebrated from Aug. 1 through Aug. 7. This year's theme is the 10 steps to successful breastfeeding. Although the event is geared toward making breastfeeding a success in the hospital, there is much that you can learn and do to support breastfeeding.

Recommendations from the American Academy of Pediatrics

Breastfeeding is recognized as the best form of nutrition for infants from up to six months of age.

Beyond six months, complementary foods can be added, but breastfeeding should still be continued. Breastfeeding continues to benefit both mother and baby beyond 12 months of age, and in many populations breastfeeding is continued to 3 years and beyond.

The United States has set national goals in hopes that 75 percent of newborns will have been breastfed at the time of hospital discharge and at least 50 percent of all newborns will breastfeed until 6-months of age.

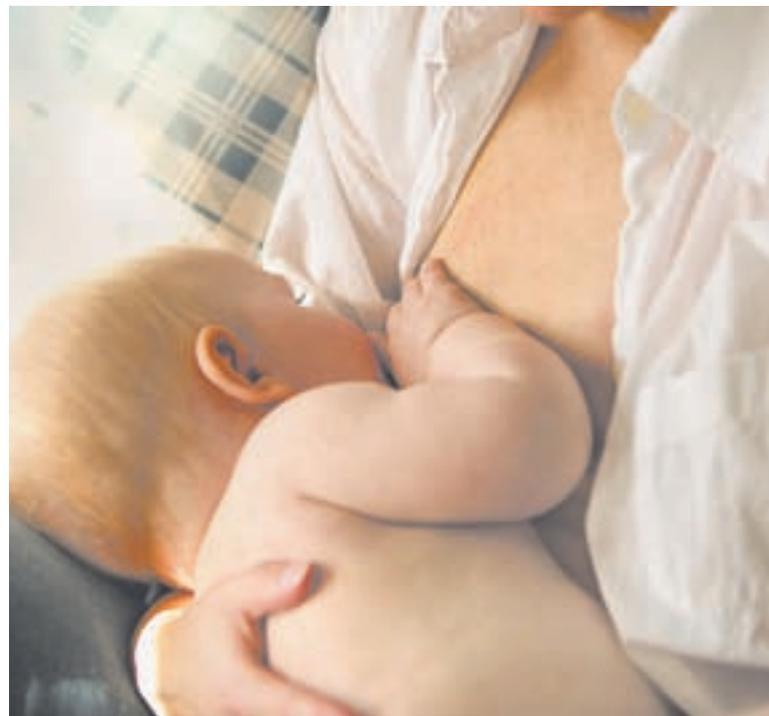
Infant benefits

Breast milk is completely natural and is ideal for nutrition in newborns. It contains products of the mother's immune system, including proteins and special sugars (oligosaccharides), that help with digestion and can prevent common illnesses and infections — such as ear infections.

In newborn intensive care units across the country, breast milk is the preferred nutrition for even the smallest premature infants.

Breastfed infants are less likely to develop allergic reactions, such as eczema and asthma, have lower rates of obesity and diabetes as the infant grows, and be smarter.

Several studies link intelligence with breastfeeding, and certain compounds in breast milk have been



shown to increase brain growth and visual acuity.

Maternal benefits

Apart from the satisfaction of the close bond with your baby, there are many maternal advantages to breastfeeding.

Producing breast milk uses 500 calories a day, and this caloric expenditure can be helpful in shedding any additional weight gained during pregnancy.

There is also evidence that breastfeeding helps prevent diseases such as cancer, arthritis and diabetes. In general, the longer you breastfeed, the more benefits you will obtain.

Breastfeeding support

It is very important for all of us to strongly support breastfeeding in our hospitals and community. If you are a woman of child-bearing age, you should discuss the benefits of breastfeeding with your doctor.

New York has passed a breastfeeding "Bill of Rights" that details the rights of the mother to know her feeding options, have 24-hour access to her baby while in the hospital and breastfeed at any location. We all need to take these steps to support breastfeeding and healthier families.

Celebrate

To celebrate the international week, JAMS Jamaica Avenue Festival will be all day on Saturday, Aug. 7, with health and wellness demonstrations, live music, hundreds of multi-ethnic vendors and rides for kids. The Queens Hospital Center will have its own breastfeeding fair on Tuesday, Aug. 3.

Queens Hospital Center breastfeeding fair [82-68 164th Street in Jamaica, (718) 883-3000] Aug. 3, 10 am–2 pm.

JAMS Jamaica Avenue Festival (Jamaica Avenue from Parsons Boulevard to 169th Street in Jamaica, no phone) Aug. 7, 11 am–6 pm.

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Cruise control

Disney boats are fun for the whole family

BY ALLISON PLITT

This year, my husband and I wanted to take our first family vacation with our 4-year-old daughter, Chase. I was concerned about finding a vacation that would suit all of our desires for eight days — entertainment for our daughter, activities for all of us to enjoy and, most of all, babysitting services.

After some research and feedback from other families, we decided on a week-long Disney Cruise through the Western Caribbean.

When we arrived at Port Canaveral, via a Disney bus from the Orlando Airport, we checked-in while marveling at the size of our cruise liner, the Disney Magic. As we were waiting to board, Minnie Mouse appeared in her sailor's outfit. My daughter was awestruck with the adult-size version of her favorite cartoon character and agreed to stand in line to get her picture taken with her. However, she was too afraid when we finally reached



A terry cloth elephant was one of many "towelgami" creatures left on the bed.

the front of the line and instead, ran away in fear. My husband and I ended up having our picture taken with Minnie as our daughter sulked in the distance.

Once on the ship, the first thing Chase wanted to do was swim in the pool. There were three different pools on the deck — the children's pool, shaped like Mickey Mouse's head with a water slide; the family pool, with outdoor movies and entertainment and always very crowded; and the adults-only pool,

the quietest and least crowded, with a bar and jacuzzi (which appeared to be the only place on deck where you actually could relax!).

My daughter immediately jumped into the kids' pool and played in the water, but there were so many other children, she didn't have a lot of space. This didn't seem to bother her since she was used to fighting for space in crowded places, being raised in Queens. As soon as my husband got into the water to play with her, a bunch of kids spotted him and shouted "grown up!" Immediately, the children rushed toward him and climbed on him, like a human jungle gym. My husband played along for about 10 minutes and then escaped to the jacuzzi, where he sat for an hour to recuperate.

The food on the Disney Cruise was very good and the three restaurants on board had different cuisine themes every day. We were seated next to a nice family from Ohio, the Patels, a couple with a daughter a year older than Chase. We were told

that we would be seated at the same table with the Patels every night for dinner — which concerned me because I was afraid it would end in disaster if we didn't like each other.

Luckily, we all hit it off. Both of the Patels' parents were from India and had been to Jackson Heights many times to shop in the Indian stores and supermarkets and eat at the Indian restaurants. We spent a good amount of time exchanging stories of our experiences visiting the neighborhood.

I had always heard that when you go on a cruise, you gain 10 pounds, so I was conscientious about portion control at the meals. My husband, on the other hand, is very active and can lose weight quickly. While the Patels and I were careful not to overindulge, my husband ordered two entrees and two desserts every night. Needless to say, he became pretty well-known with the dining staff.

As the cruise progressed, the Disney characters made their rounds at the dining tables. They also appeared at different areas throughout the ship, and kids could be photographed with them and get their autographs. When my daughter met them, she calmed down and finally posed for the camera. Girls of all ages dressed up at night as the different princesses and the crew and staff usually addressed all the girls, whether or not they were in costume, as princesses.

This was the third Disney Cruise for the Patels and they gave us a lot of good advice about things we could do, like the evening theater shows that were Broadway-quality productions. We joined them some nights, and I thought the shows were wonderful — they left our daughter completely entranced, sitting on the edge of her seat, gazing at the stage and singing along, which made the people sitting next to us chuckle.

Every night when we came back to our cabin, our sheets were turned down with mints, a program of the next day's events and a towel sculpture, or "towelgami." The first night our daughter was afraid to come into the cabin when she saw a big lobster made out of terry cloth sitting on our bed. However, after several nights of being welcomed home by a swan, elephant and turtle, she



would run back to the cabin to see what creature awaited us, but mostly she was looking forward to eating the chocolate mint.

There were plenty of activities to do to work off all the calories we were consuming. My husband ran the jogging path on the ship's deck one morning. At the fitness center there were yoga and exercise classes, but my husband and I opted for the spa, where we worked up a sweat sitting in the sauna for two hours.

Every time the ship landed in a port, we would sign up for an off-shore excursion. Since my husband took a day trip in Cozumel to go scuba diving, I chose to take our daughter to Xcaret, an ecological swim park in Cancun. I had been to Xcaret before and loved the rivers that flowed through lagoons and underground caves.

When we arrived, our Mexican tour group company gave all the Disney guests life preservers, walked us into the river and assured us none of us would drown. As I was pulling my daughter through the river, since she could not swim, she screamed and hollered at the top of her lungs for her father. At the end of our river adventure, we stayed on the beach and had lunch. We were then given a couple of hours to venture off and see all the animals, birds and fish. Unlike the older chil-

dren on the tour, my daughter had no interest in seeing the wildlife. All she wanted to do was swim in the water and see how much sand she could put down her bathing suit.

At the next port in Nassau, I decided to put our daughter in the babysitting service for half the day. The ship had an entire floor devoted to children's activities where there were so many security measures to keep track of all the kids, it would take nearly 10 minutes to just drop off or pick up your child.

At Castaway Cay it was sunny and cool and we got a chance to enjoy the beach and go bike riding. When I asked one of the staff members on the island where I could throw away my trash, she took the sticky garbage from my hands and threw it out herself. If there was one outstanding feature of the entire Disney Cruise, it was the amazing level of customer service.

The last night of the trip was my daughter's fourth birthday and the dining staff came out with a cake and sang "Happy Birthday" to her. Before she blew out the candles, I told her to make a wish. Later that night when I asked her what her wish was, she said she wanted to go on another Disney Cruise.

Since my husband had just paid on board for a Disney Cruise for next year, her wish had, in fact, come true.

Broadway-quality evening shows feature beloved Disney characters. Mickey, Minnie and the gang also appear throughout the ship, ready to pose for photos.

The Bronx is Open!

Lots of family activities at Crotona Park this August

BY TIZIANA RINALDI

The summer has its rituals and the EmblemHealth Bronx Open, the annual tennis competition that brings top-ranked women players to Crotona Park before they square off at the U.S. Open, is one of them.

The event, kicking off Aug. 22 and benefiting the New York Junior Tennis League (NYJTL), is known for the world-class tennis it brings to the borough. But, Crotona

wide and where type two-diabetes has been spreading among the pediatric population, local families can use all the help they can get.

“We highlight the importance of fitness in combating pediatric obesity, and [support] academic accomplishment for overall [health] in youth,” said Bianchini. The league — which partners with EmblemHealth for the tournament and was founded by Arthur Ashe to promote health, education and athletic opportunities among underprivileged kids all over the five boroughs — “greatly fosters [that],” he added.

As part of the EmblemHealth Bronx Open’s focus on health, the organization will offer skin cancer screenings, safety tips for summer fun, obesity and diabetes prevention, and dietary counseling.

Children can also learn how to take pictures through a digital photography workshop with Ed Bobrow, a renowned nature and landscape specialist, and his group of photographers. They will be teaching the league kids how to use the camera, see beyond what’s in the lens and take action shots of the players.

“It’s a great venue because it presents sports action, a chance to see audiences’ reaction and to find beauty in the mundane, all in the Bronx!” said Bobrow, who hopes that children will learn to look at the world in ways they have never experienced before.

“[This] is a community event with so much opportunity for interaction, even if one is not participating in the sport.”

Kids’ Day

On Aug. 26, EmblemHealth will encourage good-eating habits among kids by featuring a double performance this year of the “New Food Guide Pyramid Musical” during the annual Kids’ Day. More than 2,000 children are expected to attend.

Helen Butleroff, the former-Rockette-turned-certified-dietitian who created the musical, which she takes

to the city’s public schools to fend off the scourge of childhood obesity, will be joined by Broadway actors for the special performances (a second one will take place on the tennis courts).

The message she wants all kids to take home is threefold — consume a balanced diet by incorporating foods from all groups: grains, veggies and fruits, meats and dairy.

“People think that if they just eat a lot of fruits and vegetables, that means they’re eating a healthy diet,” Butleroff said. “But it doesn’t mean that!”

Also, making the correct food choices within each group by favoring whole grains, lean meats (turkey versus ribs), and low-fat dairy alternatives (skim or one-percent milk versus whole) for example, is essential. Exercise, her third recommendation, is just as important.

“[Families] need to get up and move,” she said. “Dance with your kids, pretend to do a ‘Star Search’ and then give a prize to the best dancer.” Walking together in the many parks and gardens around the city, exploring a new borough, and taking in free events — like the Bronx Open — where people can pick up a new sport, are precisely the type of activities to look for, added Butleroff.

A cooking workshop with celebrity Chef Max Fleurival on Aug. 23 will focus on helping Bronx parents incorporate wholesome meals into their household, get their children involved in grocery shopping and preparing healthier food.

“[Parents] work, they come home tired. A common solution is to pick up some fast food and feed it to the kids — eliminating pots, pans and even dishes,” said Denise Shearer, special events manger at EmblemHealth.

“Rich and poor families can still offer a variety of foods by taking the time to learn and work together.”

EmblemHealth Bronx Open [Crotona Park, (347) 417-8129], Aug. 22-28. Free, except for the final, Aug. 28, \$10. Rain date Aug. 29. For info, visit www.nyjtl.org.



Mania Bastone

Helen Butleroff with Broadway actor Roumel Reaux (holding a drawing of the new food pyramid) surrounded by some of the students she trains to perform on the “New Food Guide Pyramid Musical,” shown at the 2009 Kids Day, EmblemHealth Bronx Open.

Park also offers free daily tennis lessons from 12 pm to 3 pm, which have introduced more than one child to a love of the sport and even opened a path to college.

“We have a long tradition of supporting the health and wellness of the communities we serve,” said Frank Bianchini, president and chief operating officer of EmblemHealth, which sponsors the event. “Our commitment to the Bronx Open is a key element of that support.”

In a borough that registers some of the highest obesity rates nation-

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Visit the Bronx River

Discover the amazing river next door

BY TIZIANA RINALDI

After decades of mending the maladies of its heavily polluted stream, the Bronx River's dedicated riverine communities can enjoy the summer pleasures of clean water, brisk air, lush banks and winding greenways.

The Bronx River Alliance, a non-profit environmental organization created in 2001 to rescue, protect and open public access to the Bronx River, has a lot to do with it. The agency, which works in cooperation with the New York City Department of Parks and Recreation, operates to promote education, participation and a wide programming of community- and family-oriented activities that take place both on the river and along its shores.

"I have a passion for introducing people to new things," said Michelle Williams, community outreach manager for the Bronx River Alliance. "I feel that as beautiful as the Bronx River is, if you are a family living in the Bronx, then you should be on the river!"

Once known to be an open sewer, the river has been restored to its health, and once again home to "turtles and toddlers, the great blue heron, and fathers and daughters with fishing poles," according to the Alliance, becoming a symbol of Bronxites' commitment and dedication to their borough.

"I am the Bronx River," a short promotional video recently released



of the Society of Friends.

The community paddle, a canoeing trip along the river, also guided and free of charge, is a must-try for families this summer, according to Williams. Canoeing excursions vary each month to maximize the involvement of all the Bronx communities along the river's banks. The next canoeing trip will be held at the end of the month.

"To canoe in your [neighborhood], it's such a value," said Williams, who was introduced to the sport when she joined the Alliance. "It gives people an experience they may otherwise not have and our recreational team is really knowledgeable. They can teach participants a new skill."

The Bronx River Alliance's community paddle is open to all, unlike the Flotilla, the traditional seasonal opening where only experienced paddlers can participate.

Children get firsthand experience with nature and awareness of their role within it. Luis Matta and Chasity Marie Cozzolino, 12- and 6-years-old, respectively, often participate in events run by the Alliance, and have become fond of the river simply by playing with it.

"It's fun," said Chasity, who also participated in the narration of the video. "Kids can help the river by volunteering time to clean it up."

Luis, who enjoys canoeing and fishing, contributes his time to keep the river healthy.

"Bronx children can help remove garbage and other stuff that can harm the fish and turtles," he said.

Bronx River Alliance's Bronx River ramble [Location to be decided, (718) 430-4658], Aug 7 and first Saturday of each month. Community paddle [Location to be decided, (718) 430-4658] Saturday, Aug. 28. For info, visit www.bronxriver.org.

by the organization, functions both as a reminder of how bad things can get, and a testimonial to the power of the human spirit. The determination and joint action of many residents have reclaimed the beauty of a waterway whose soothing comfort is much needed in a borough still afflicted by some of the highest asthma and obesity rates in the country.

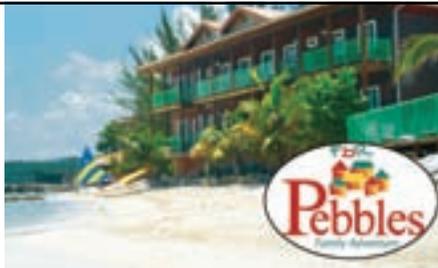
"The Bronx River runs through the heart of the Bronx," said Williams. "Local families will have opportunities for fun, fitness, education and to stay in touch with nature that most urban families won't have."

Two summer activities she recommends are the Bronx River ramble and the community paddle. The ramble falls on the first Saturday of the month and consists of a two-hour guided nature walk that takes participants on an ecological and historical exploration of a different river community each time. Led by either volunteer historians or trained staff, the walk is approximately two miles long and free of charge, like many of the Alliance's activities.

"We thought of creating the ramble because we have established so many greenways along the river," said Williams, who attributes the program to motivating people to exercise in nature, and helping residents learn about the history of their neighborhood.

A recent ramble in Hunts Point included walking in the footsteps of Sarah Titus (tender of the Westchester Bridge over the Bronx River), Revolutionary War hero General Marquis de Lafayette and George Fox, founder

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College road trip

Why you should hit the road *before* your senior applies

BY RISA C. DOHERTY

By the time your child is entering her junior year in high school, you should consider visiting colleges. Back in the last century, my folks never took me to visit any colleges until I was accepted, but it is a different world today.

One mother was incredulous when I told her that visiting a school might increase a student's chances of being admitted.

"They don't really look at minutiae like that, do they?" she asked.

Yes, they do — sometimes. Most colleges will not admit it. These days, the college-admissions process is very competitive, and many even ask on the application if the student has visited the school or spoken to a representative. The schools want to know how effective their outreach is, but they may also use this data when they are having trouble deciding if they should admit a particular applicant.

Colleges want you to visit so that they can show you their facilities and encourage your child to apply and if accepted, to attend. Their goal is to have as many students apply as possible, accept a limited number and raise their yield by convincing the accepted students to attend. They are focused on filling their incoming class with the most qualified freshmen. Students should have their own reasons to visit: to see if they like the school, to ask questions, and, if possible, to interview.

"You can get a feel for where you will call home, learn about the academics, the surrounding area, [your preference for an] urban or rural [environment], and be able to narrow down the number of applications [you will submit]," says Tom Mariano, Assistant Dean of Admissions at Franklin & Marshall College.

Ask if the college encourages interviews and uses them in its decision-making process. Some offer interviews for informational purposes only; that is, for your information. Your child can avoid the extra stress

and ask questions by e-mail, on the phone or at an information session.

If your child is interviewing, have her prepare by going on the school's Web site and on collegeboard.com — this way she does not ask basic questions that show she did not spend any time researching the school. She should have some questions prepared for the interviewer — this is her chance to sell herself and charm the interviewer with her personality. Have her do her first interview at her safety school, as a practice run.

Before hitting the road, create a list. The initial selection of potential schools should be made taking into account cost, location, social

Visiting a campus will help your student think of questions and issues important to her, which she can't even think of asking until she's there.

life, and perhaps religious life on campus. Do research online to find out basic information like available majors and minors, male-female ratio, ethnic diversity, sports available, and geographic breakdown of the student body. Often, high school guidance counselors make useful suggestions. Once you have a list, you can plan your trip(s).

Many schools require students and their families to sign up in advance for tours and information sessions. Interviews require appointments. You will need to figure out how long each portion of your visit will last and schedule in a lunch break, if you are visiting more than one school. We always leave early to get in a tour, information session, interview and time to walk to parts of the campus not included on the tour — checking out the bookstore, the sorority houses, the surrounding

neighborhood and the Hillel House.

Athletes can arrange for a meeting with a coach, and all prospective students should try to make an appointment in advance to speak with a professor or teaching assistant in the student's chosen department, unless she is undecided. This way she can get a good idea of the available coursework in her area. Ask at the Admissions Office for a course catalogue from the previous year, which can usually be found online, as well, and see if there are limited offerings in the area of interest. I know of a student who transferred out of a school because he ran out of courses in his chosen department. In most schools, all majors are required to take some courses outside their area, so the prospective student should think about how much math and science or humanities she can stomach.

Some people prefer to visit the cold-weather schools (the "snow-belt" ones) in the winter to be sure their child will be happy there. Apart from my personal fear of driving during white-out conditions, one friend told her son he could not attend a particular cold-weather school because the door to her car froze shut during their winter visit. Many prefer to visit when school is in session, if possible, during high-school vacation time. Some visit while high school is in session and miss classes. Most schools will excuse the absence if the student provides proof of the visit.

Visiting a campus will help your student think of questions and issues important to her, which she cannot even think of asking until she is on campus. Tell your student to look at collegeconfidential.com, collegeproowler.com, and unigo.com to get the students' point of view, although, what other students post is not the gospel. Nothing replaces her being there and looking around herself.

About half of the schools I have had the pleasure of visiting (nine and counting) will show you a fake dorm



room, usually completely decorated by our friends at Bed Bath & Beyond. Some schools have the student guides share their own small abode with you. This will give you a better idea of how an actual college student lives and the opportunity to ask an actual resident specific questions about what it is like to live there, the cleanliness of the bathrooms, the reliability of the air conditioning (if you are lucky), etc.

Talk to students you see on campus, most of the time they will be very friendly and happy to help. Talk to other people taking your tour. I usually stalk other potential students with my daughter's major and ask where else they are applying, just so we leave no stone unturned. It's an opportunity to give and receive valuable information, and people are generally quite receptive.

When visiting a school be sure to ask about the commuter population. I have known students who have been excited about their first year

away, only to be left in a dorm, empty on weekends because all the locals go home.

Being able to eliminate a school or move one to the top of the list can be very important. Not only can your student save money by not applying to a school, but deciding if and where to apply early decision, which is binding, can help her to prioritize her selected schools. Students who apply early usually have an advantage. Also, most colleges ask the applicant to submit an essay describing why they have decided to apply to the school. These essays are much easier to write, having seen the school and learned more about it during a visit.

Know your student. Many teens are not ready to make an educated, adult decision like the selection of a college. Some do all the research and evaluate schools in a rational manner. Others judge schools by their proximity to the best shopping venues or how one student is

dressed. Most high schoolers can use guidance and input when weighing all the important factors.

Deciding where to apply and if one should apply early, while trying to calculate one's chances of being accepted, is a daunting and bewildering task. If your student is able to travel to most of the schools on her list, she has an advantage. Your student cannot control the school's decision-making process, but to some extent, visiting and marketing herself to the schools she determines may best match her needs can put her in the driver's seat.

Of course, showing interest in and visiting a school is a plus, but it will never get a student admitted with unsatisfactory grades, standardized test scores or lack of extra-curricular activities — so, as always, it's important kids hit the books!

Risa C. Doherty is an attorney, freelance writer and mother raising a high-school senior.

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Harry H. Gordon School

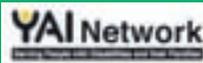
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Annex
1180 East 214th St.
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Education

DIRECTORY

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2465 Bathgate Avenue
718 367-5917

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718-652-1838 or www.holyrosaryschoolbronx.org

We offer a faith based educational program from Pre-Kindergarten – Eighth grade.

Along with superior academics, a structured and nurturing environment ensures that your child will enjoy learning in this peaceful and happy place. Programs include computer, music, art, physical education, library and foreign language in all grades. Their band and music lessons are in collaboration with the Bronx Conservatory of Music. They have early drop off and after-school programs available. As well as hot breakfast and lunch programs.

Call for more information about their Tuesday Tours.

Hudson Country Montessori School
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Montessori for the millennium. Today's children are entering the most complex living situation and they must be able to cope with and adapt to this experience awaiting them. Montessori introduces children to the joy of learning, providing a framework in which intellectual and social disciplines go hand in hand. Children learn to observe, think, judge and pursue their own interests at their own pace. Our students are exposed to physical and mental order, working with materials with a purposeful design. The calm and happy atmosphere fosters concentration, creativity and self-respect enabling children to work individually while acquiring a solid academic foundation. Programs are available for children from 15 months through 8th grade with extended hours available (7:30 a.m. – 6:30 p.m.) for working parents. Call to join one of our tours or visit our website.

Kinneret Day School
2600 Netherland Avenue
718-548-0900 or www.kinneretdayschool.org

Kinneret Day School was founded in 1947 by a group of visionary communal leaders. Presently located in Riverdale, NY, the school is dedicated to providing an integrated secular and Judaic instructional program. It strives to develop competent, independent and resourceful students, who possess a strong sense of self, and a lifelong commitment to learning and to Judaism. The school prepares students to successfully function on the present, while helping them develop the necessary skills for dealing with the future. With students in nursery through eighth grade, it is an inclusive Jewish community day school, serving children from liberal to traditional families.

On average, more than half of Kinneret's graduating eighth graders are accepted into specialized high schools, with many choosing to enter elite private and Jewish day schools. Based on state tests, the school continues to be ranked among the top scoring schools in New York State.

Little Angels Head Start Program
Main Office: 402 East 152nd Street
Bronx New York 10455
(718) 402-0081 ext.248

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Continued on page 22

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Norwood	3044 Hull Avenue
Mott Haven	452 College Avenue
Marble Hill	5480 Broadway
Parkchester	1750 Mansion Street
Belmont	695 East 182nd Street

MANHATTAN LOCATIONS

Inwood	71-91 Arden Street
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for Pre-K (ages 3 and 4) through Grade 8



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- After school Tutoring Program
- After School Choir, ART and Band Program
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- Guidance & Counseling Services

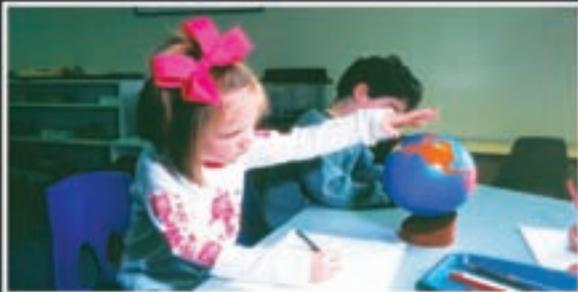
SCHOLARSHIPS AVAILABLE

For more information or to schedule a visit, please call the school office.

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www.stanselmbx.org

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Learning how to learn will get your child through life!*



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www.stsphilipandjames.com

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Northeast Bronx
and
Lower Westchester*



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718-652-1838 www.HolyRosarySchoolBronx.org

Education

DIRECTORY

Continued from page 20

are always welcome at Little Angels Head Start. Family We support families in improving their quality of life. We offer a sense of belonging, support services, and a chance to be involved in activities to help the entire family. Free services include: Job readiness, health, nutrition, Literacy, ESL, Parenting, Fatherhood Group, and various referrals.

Our families also have a voice in our program's shared decision-making and we encourage community involvement.

All services are free of charge. For more information and center locations give us a call.

The Milestone School

70 West Broad Street Mount Vernon;
914-667-3478 or www.themilestoneschool.com

"Good Beginnings Never End" is the premise upon which The Milestone School was founded in 1979. Centrally located in the lovely Fleetwood section of Mount Vernon, the school offers a unique and highly enriched curriculum for the nursery through 4th grade child. Realizing how important it is for a child to get off to a good start, our "early phonics reading program" is one of which we are most proud and upon which our reputation throughout Lower Westchester has been built. Our strong academic curriculum along with our inclusive enrichment programs which include Spanish, art, drama (Shakespeare) music, chess and yoga are the fundamental tools that allow our graduates entry into the most prestigious schools in New York City and Westchester and Fairfield counties. Let over 30 years of excellence take your child through this first and most important "milestone" in his/her education.

St. Anselm School

685 Tinton Avenue
718 993 9464 or www.stanselmbx.org

Offers a safe, nurturing, values-based learning environment for students in Pre-K (ages 3 and 4 years) through Grade 8 where they can achieve academic success, learn integrity and values in the Catholic tradition, and belong to a community that fosters self-confidence and school spirit. The school provides a high quality educational program designed to prepare students to succeed and compete in the 21st century. Students are taught to not only develop a mastery of academic skills, but also enthusiastic and wholesome attitudes towards learning. The administration, faculty and staff work in partnership with parents in

a spirit of mutual cooperation. St. Anselm School welcomes applications for admission. Please contact the school office for more information.

St. Helena School
2050 Benedict Ave, Bronx
718-892-3234

Is a culturally diverse Catholic school that educates children from full day Pre-K – 3 years to 8th grade in the Park Chester/ Castle Hill section of the Bronx. Their motto is "It's Fun to be Good!" Students in grades 1-8 have a schedule from 8:00 to 2:35 daily. They are accredited by Middle States along with fine NYS ELA and Math test scores. Students enjoy 2 periods of gym, computers and library each week in state-of-the-art facilities. Extracurricular activities include boys as well as girls' basketball, track, bowling, volleyball, cub scouts and summer camp. Their graduates have earned over \$200,000 in high school scholarships.

St. Luke School

608 East 139th St.
718-585-0380 or www.stluke138.org

It is a safe haven in the South Bronx where children are motivated to grow spiritually, academically, emotionally and socially. Their students are encouraged to become life long leaders who will one day make a difference in the world. They are accepting applications for Pre-k thru Grade 8. Full day preschool and an after-school program are available. Please call for more information.

Sts. Philip & James School

1160 East 213th St. Bronx
718-882-4576 or www.stsphilipandjames.com

It is a Parochial School that fosters a distinctively catholic-Christian based education. In undertaking this mission special emphasis is given to the personal, intellectual and spiritual development of each student. Through its spiritual and academic programs, Saints Philip and James School undertakes a holistic approach to education. Registration is ongoing for fall 2010 for Pre-k thru 8th Grade. Early drop-off and after-school programs are available to working parents. Call for more information about the Cardinal Scholarship Program.

St. Simon Stock
2195 Valentine Avenue

Continued on page 24



St. Thomas Aquinas School

1909 Daly Avenue • Bronx, NY 10460 718-893-7600
Mrs. Teresa Segot Principal

**Registration is Ongoing. Call for Tours
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- Physical Education
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- Daily Prayer and Weekly Masses
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St. Helena School

A Total School Program at St. Helena School

Enrollment for September 2010

- Full Day Early Childhood Program for 3 Year Olds
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- Schedule: 8:00am to 2:35pm
Grades 2 to 8 Double Periods of Math and Reading
- Breakfast Program Available (beginning at 7:00am)
- After School Programs to 6:30pm (3 yrs. old to 7th grade)
- Academics - According to New York State Board of Regents Requirements
- Accredited by Middle States Association
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- Fundamentals of Art Expression
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As seen in the Daily News on
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Catholic school keeps faiths

"All God's children" welcome
"There is a wonderful family atmosphere here. In the Parkchester area, you have all these faiths. It doesn't matter if your neighbor is Muslim or Catholic. They're still your neighbor."

- Richard Meller, Principal

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Universal Pre-K Class For Sept. 2010 to June 2011



Education

DIRECTORY

Continued from page 22

718-367-0453 or www.stsimonstockschool.org

Is a private co-educational Catholic School for children in kindergarten through 8th grade. We provide a quality education along with a challenging curriculum. We are departmentalized in our 6th, 7th and 8th grades. St. Simon Stock is an "oasis in the desert" as the late John Cardinal O'Connor was known to say in talks to educators everywhere. We are a stabilizing influence in the community and a beacon of hope for the inner city neighborhood. All of us at St. Simon Stock believe in what we do, like what we do and are proud of what we do. This is evident in the fact that the majority of our teaching staff has been part of the St. Simon Stock community since the 1980's. Our students are involved in curriculum based class trips, where they can visualize what they have read about in their textbooks. Ask about our Cardinal Scholarships for the new school year for new students from public schools.

St. Thomas Aquinas School
1909 Daly Ave.
718-893-7600

Was founded by Mother Butler and the Religious of the Sacred Heart of Mary in 1907. Over these years the school has been a mainstay in the neighborhood. It continues to provide a Roman Catholic curriculum and a quality education addressing the changing needs of the student population. Catholic values are infused in every aspect of their students' educational experience. Their faculty and staff are dedicated to providing a safe and nurturing environment for all. Their pastor, Father Jose Giunta and the priests of the Institute of the Incarnate Word administer to the spiritual aspects of the school community. St. Thomas Aquinas school is committed to their mission of Catholic education. Registration is ongoing. Inquire about scholarships. The school has full day Pre-K3, Pre-K4 and Kindergarten, grades 1 to 8. Early drop-off and after-school are also available.

UCP/NYC Bronx Children's Program
1770 Stillwell Ave.

718-652-9790 ext 210 or www.ucpny.org

Is a place where children of varying abilities learn together in a safe, resource-enriched, therapeutic learning environment. Their 12-month programs include Early Intervention (birth-3 years) and Preschool (3-5 years). Therapeutic services include family support, health/nursing, vision, counsel-

ing, occupational, physical and speech therapies; feeding therapy; music therapy, computer lab, therapeutic pool, accessible outdoor playground, SHARE lending library, adapted toys and an equipment/orthotic clinic. Located on a 13-acre campus, this school provides a family-friendly atmosphere with barrier-free classrooms and a bilingual staff.

The United Educare Pre-School
3950 Bronxwood Avenue, corner of
224th St in the Bronx.
718-882-4706

We accept children ages 2.6 through Kindergarten. We use the A BEKA Curriculum. We guarantee the Parents that if their children start with us at age 2.6 through Graduation in our Kindergarten Program they will be able to read. For more information, you may contact the Director, Nana Nantwi.

Universal Pre-Kindergarten and Toddler Center at Bronx House
990 Pelham Parkway South, Bronx
Contact Person: Amber Cartwright
Contact Phone: 718-792-1800 Ext. 249
Contact Email: Amber@bronxhouse.org

Bronx House in conjunction with the New York City Department of Education is now accepting applications for its Universal Pre-Kindergarten program for children born in 2006. Universal Pre-K is an excellent first step on the road to education, offering children stimulating activities and the opportunity to socialize. Classes are available Monday-Friday offering morning (9:00 am-11:30 am) or afternoon (12:30 p.m.-3 p.m.) sessions are free. Extended Day classes (9am-3pm or 9am-6pm) are also available for a fee, extended hours can include early drop off 8:00 a.m.-9:00 a.m. Classes begin in September. Our Toddler Center is an excellent first step on the road to education, offering children stimulating activities and the opportunity to socialize. Children learn through music, arts and crafts, story time and have an opportunity to play in our well equipped playroom. Each activity is designed to help children work and learn together. In our Toddler and You Class (designed for 1 year olds), parents bond and attend with their children while having a great time. For our Tot Spot (age 3) parents drop off their children who are then taught by Early Childhood Educators. Classes meet once or twice a week for 10 sessions. Classes are available Monday-Saturday. Saturday classes offer an opportunity to swim after class. Registration is ongoing.

St. Simon Stock School

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(Financial Aid Available) Mrs. Ceparano, Principal



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Departmentalized 6th, 7th, 8th grade
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Ranked as a top ten school based on N.Y. State tests

Early Childhood Elementary • Jr. High School

We incorporate the best of American & Jewish Education in an inclusive environment. On average more than 1/2 of our students are accepted into the specialized High Schools.

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www.kinneretdayschool.org



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Tracey Coleman, Principal

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For more information on a school in your community, please contact Project CONNECT at 877 UCP CONNECT (877-827-2666) or projectconnect@ucpnyc.org

UCP/ NYC's Preschool and School-Age Special Education Programs are funded by the NYS Education Dept. and the NYC Dept. of Education. All services provided at no cost to family.



Going Places

LONG-RUNNING

Training Group: The Animal Medical Center, 510 East 62nd St. (854)-230-6406; rsilverman@guidingeyes.org; www.volunteer.guidingeyes.org; Free.

Guiding Eyes for the Blind seeks volunteers to foster future guide dog puppies. All training, support and veterinary expenses are provided free of charge. Pre-placement classes are held at the Dog Spa in Chelsea at 32 West 25th Street. Required weekly raiser classes are held on Sunday evenings at the Center. Call for specific location & time.

Support Group: Single Parents Connection, PO Box 1203; (718) 796-1227.

Single Parents Connection is a non-profit organization that offers single parents an opportunity to meet for dinners, brunches, and local trips. Meets in the Riverdale and Yonkers area. For information, dates, times and location write to Single Parents Connection; PO Box 1203; Riverdale, NY; 10471; or call David.

Lizards and Snakes - Alive: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org. \$24 adults; (\$14 children; \$18 for seniors/ students).

See a diversity of legged and legless lizards representing more than 20 species from all over the world.

Race to the End of the Earth: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5100; www.amnh.org; Daily, 10 am–5:45 pm; Donations suggested.

The exhibit recounts the most stirring tales of Antarctic exploration: the contest to reach the South Pole in 1911-1912. Highlights include photographs, paintings, and rare historical artifacts as well as actual items of clothing and tools; life-sized models of portions of Amundsen's and Scott's base camps; and a diorama featuring the largest of all penguin species alive today, the emperor penguin. There are also interactive and hands-on activities for all ages.



The Bronx Lagoon

Tough times forcing you to plan a “staycation” this summer?

Then plan it around Pelham Beach Park, where, on Aug. 8 and 22, you can enjoy music, games and canoeing, without breaking the bank! The Ranger-led program — called “Canoeing the Lagoon” — will provide canoes, lifejackets and instructions to children 8 and older accompanied by parent or

guardian who want to explore the lagoon of Pelham Bay.

Best of all — it's free!

So maybe you can put it towards that vacation after all.

“Canoeing the Lagoon” at the Orchard Beach Lagoon [meet at the northeast corner of Orchard Beach parking lot, (718) 885-3466], Aug. 8 and 22 at 11 am. Free. For info, go to www.nyc.gov/parks/rangers/register.

Family Art Project: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; Saturdays and Sundays, 10 am–1 pm, Now – Sun, Oct. 31; Free (admission to the grounds to noon is free).

Art workshops.

“Captain Marbles and his Acting Squad”: Theatres at 45 Bleeker - Green Room Theater, 45 Bleeker Street; (212) 260-8250; www.iseats.net; Sundays, 11 am, Now – Sun, Aug. 29; \$20.

Dancing, singing, acting and audience participation. For children three and up. (no show July 4).

Sunday Brunch: Wave Hill, West

249th St. and Independence Ave. (718) 549-3200 X395; wavehillcafe@greatperformances.com; www.wavehill.org; Sundays, 11:30 am–1pm, Now – Sun, Aug. 29; \$22 pp, not including admission to grounds (Children under 3 free, 3-8 years old \$6.50 and 8-12 years old \$13).

Catered by Great Performances. Reservations required by 4 pm on the Friday before. *no brunch on July 18.

Children's Club: Fort Independence Houses' Community Center, Bailey Avenue and West 234th Street; (646) 358-6096; Daily, 6:30 – 9 pm; Free.

Boys & Girls Club of Mosholu Montefiore Community Center offers after-

Submit a listing

Going Places is dedicated to bringing our readers the most comprehensive events calendar in your area. But to do so, we need your help!

All you have to do is send your listing request to calendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

school activities for children ages 12 and one-half to 16. Activities include basketball, indoor soccer, boys to men group, girl talk, keystone club, crafts, computer, theater group, help with homework, school projects, cooking and more. There is also a lounge and a game room. Potential participants do not have to live in the Fort Independence houses to join, but must live in the surrounding community. To register, students should bring school ID and proof of age. Monday through Friday at 6:30 p.m. or call Israel Rosario.

Pickle Me: New York Botanical Gardens, Bronx River Parkway at Fordham Road; (718) 817-8700; www.nybg.org; Weekdays, 12–5:30 pm, Tues, Aug. 3 – Fri, Sep. 3; Free with garden admission.

Dig, Plant, Grow, Parade throughout the Family Garden to learn about plants, familiar and unfamiliar, that can be pickled. Create a passport of those you find, and learn what it takes to pickle a plant. Make your very own batch of pickles to savor back at home.

Bird Watching: Van Cortlandt Park, Enter the park at W. 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Free.

The Van Cortlandt Bird Club invites you to watch and count with them each week through August. You never know what will fly. Beginners and experts welcome. Bring lunch, water, comfortable

Going Places

shoes and of course binoculars if you have them.

SUN, AUG. 1

T's of Summer: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to grounds.

Explore and sketch the gardens and woods.

Colonial games: Van Cortlandt Park, West 246th Street and Broadway; 311; www.gov/parks/rangers; 11 am; Free.

Find out what the children played.

Sunday Brunch: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 11:30 am–1 pm; \$22 pp, not including admission to grounds (\$6.50 children 3-8; \$13 children 8-12).

Enjoy brunch catered by Great Performances. Reservations required by 4 pm preceding Friday.

Canoeing: Crotona Park, Charlotte Street and Crotona Park East; 311; www.gov/parks/rangers; noon; Free.

Basics of canoeing. For ages 8 and up.

MON, AUG. 2

Garden workshop: Bartow Pell Mansion Museum, 895 Shore Road; (718) 885-1461; www.bpmm.org; 8:30 am–4 pm; \$225 pp.

18 year olds learn the art of stone masonry.

Stories in the Garden: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 11 am; Free.

Mystery reader shares a story with children 3 and up. (meet at Perkins Visitor Center).

Reading aloud: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 11 am; Free.

Librarian shares favorite picture books. For ages 3 to 8.

TUES, AUG. 3

Garden workshop: 8:30 am–4 pm. Bartow Pell Mansion Museum. See Monday, Aug. 2.

Summer Reading: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 4 pm; Free.



Fun under the sea!

If “The Little Mermaid” or “Finding Nemo” leaves you aching for more underwater adventures, then the off-Broadway production of “ImaginOcean” is for you.

This magical, live black-light puppet show is full of characters to fall in love with, as three fish friends, Tank, Bubbles and Dorsel, set off on a journey that finds them singing, dancing, making new friends, and finding their courage.

In addition to the bright, vibrant sea creatures, the show fea-

tures musical styles ranging from swing to R&B to big band.

To really feel in the middle of it all, get as close to the stage as possible, as the puppets come out into the audience for a truly engaging underwater experience.

“ImaginOcean” at *New World Stages* [340 W. 50th St. between Eighth and Ninth avenues in Manhattan (646) 871-1730], now through Nov. 14 with shows Wednesday at 11 am and 2 pm, Saturday at 11 am, 2 pm and 4:30 pm, and Sunday at noon and 3 pm. Tickets \$39-\$65. For info, visit www.ImaginOceanTheMusical.com.

Conscious Cravers - Ages 12 to 18. Make a cultural dish. All ingredients will be provided. For ages 12 - 18.

WED, AUG. 4

Garden workshop: 8:30 am–4 pm. Bartow Pell Mansion Museum. See Monday, Aug. 2.

Films for children: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 2 pm; Free.

Feature movie titles, varying in length from 90 minutes to 2 hours. For ages 5 to 12 years old.

THURS, AUG. 5

Garden workshop: 8:30 am–4 pm. Bartow Pell Mansion Museum. See Monday, Aug. 2.

FRI, AUG. 6

Family Yoga: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200;

www.wavehill.org; 10–11 am; \$15 (\$20 non-members, one parent/one child)(\$5 each additional child).

All ages - all levels of fitness.

First Fridays: #6 Pelham Bay Park subway station, Bruckner Blvd and Westchester Avenue; tel: 718-885-1461; 5:30–8:30 pm; \$8,(\$5 seniors & children 6–17, members free).

Hop on the Bronx Seaside trolley for a free ride to Bartow Pell Mansion Museum, tour the mansion, listen to live music, and enjoy light refreshments. Then hop back on the trolley to ride to City Island for a bite to eat or just to explore. The trolley makes a continuous loop from the #6 Pelham Bay Park subway station to BPMM to City Island. Registration requested.

First Friday: Bartow Pell Mansion Museum, 895 Shore Road; (718) 885-1461; www.bpmm.org; 5:30–8:30 pm; \$8 (\$5 children and seniors; members free).

Bronx Beat features West African music, refreshments and a 21 string kora.

SAT, AUG. 7

Spray a garden: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10am–1 pm; Free until noon.

Paint the colors of summer. (Ecology building).

Toddler Storytime: Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; barnesandnoble.com; 11 am; Free.

Classic fairy tales. For children 1 to 4 years of age.

Fishing: Barretto Point Park, Barretto Street and Tiffany Avenue; 311; www.gov/parks/rangers; 11 am; Free.

Equipment supplied. For children 8 and up.

“Pinocchio”: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 2 pm; Free.

Presented by the Traveling Lantern Theatre Company. Recommended for children ages 4 and older.

SUN, AUG. 8

Spray a garden: Wave Hill. See Saturday, Aug. 7.

Nature hike: Van Cortlandt Park, Mosholu Avenue and Broadway; 311; www.nyc.gov/parks/rangers; 11 am; Free.

The Cass Gallagher Hike takes you through the North Woods to search for seasonal wildflowers.

Canoeing: Canoe and Kayak Launch, Corner of Orchard Beach Park Lot; 311; www.gov/parks/rangers; 11 am; Free.

The lagoon at Pelham Bay, for children 8 and up.

Sunday Brunch: 11:30 am–1 pm. Wave Hill. See Sunday, Aug. 1.

MON, AUG. 9

Summer camp: Bartow Pell Mansion Museum, 895 Shore Road; (718) 885-1461; www.bpmm.org; 9 am–2 pm; \$125 pp.

Children in grades 1 through 4 do crafts, play games.

Reading aloud: 11 am. Bronx Library Center. See Monday, Aug. 2.

Continued on page 28



Going Places

Continued from page 27

TUES, AUG. 10

Summer camp: 9 am–2 pm. Bartow Pell Mansion Museum. See Monday, Aug. 9.

Stories in the Garden: 11 am. Wave Hill. See Monday, Aug. 2.

Get your game on: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 3 pm; Free.

Play Wii, PS3, and Xbox games at the Library. For ages 8 to 12 years old. Limited to 35 children.

Summer Reading: 4 pm. Bronx Library Center. See Tuesday, Aug. 3.

WED, AUG. 11

Summer camp: 9 am–2 pm. Bartow Pell Mansion Museum. See Monday, Aug. 9.

Films for children: 2 pm. Bronx Library Center. See Wednesday, Aug. 4.

THURS, AUG. 12

Summer camp: 9 am–2 pm. Bartow Pell Mansion Museum. See Monday, Aug. 9.

Arts and crafts: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 3 pm; Free.

Hands-on projects using a variety of skills. For ages 7 to 12 years old. (Limited to 30 children only.)

FRI, AUG. 13

Summer camp: 9 am–2 pm. Bartow Pell Mansion Museum. See Monday, Aug. 9.

Family Yoga: 10–11 am. Wave Hill. See Friday, Aug. 6.

Camping: Van Cortlandt Park, West 246th Street and Broadway; 311; www.gov/parks/rangers; 6 pm; Free.

Families BBQ, pitch a tent and enjoy nature on a night hike.

SAT, AUG. 14

Flutter with Butterflies: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free, until noon.

Sketch them, flying and zipping through the flowers. (Ecology Building).

Storytime Beach Party: Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; barnesandnoble.com; 11 am; Free.

Come dressed in your favorite beach gear for some fun in the sun.

SUN, AUG. 15

Flutter with Butterflies: 10 am–1 pm. Wave Hill. See Saturday, Aug. 14.

Sunday Brunch: 11:30 am–1 pm. Wave Hill. See Sunday, Aug. 1.

MON, AUG. 16

Reading aloud: 11 am. Bronx Library Center. See Monday, Aug. 2.

TUES, AUG. 17

Stories in the Garden: 11 am. Wave Hill. See Monday, Aug. 2.

WED, AUG. 18

Films for children: 2 pm. Bronx Library Center. See Wednesday, Aug. 4.

Owls: Bartow Pell Mansion Museum, 895 Shore Road; (718) 885-1461; www.bartowpellmansionmuseum.org/events/calendar.php; 7 pm; \$10 (\$8 members).

Join Dr. Robert DeCandido, Ph.D., and learn about owls, their habitats, and how to find them. Registration requested.

Owls: Bartow Pell Mansion Museum, 895 Shore Road; (718) 885-1461; www.bpmm.org; 7:30 pm; \$10 (\$8 members).

Learn about the night bird.

THURS, AUG. 19

Arts and crafts: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 3 pm; Free.

City Door Hanger Making - for ages 7 to 12 years old. (Limited to 30 children only.)

FRI, AUG. 20

Family Yoga: 10–11 am. Wave Hill. See Friday, Aug. 6.

“Madagascar”: Willis Avenue Community Garden, 401 East 143rd Street / 378-382 Willis Avenue; www.nyrp.org; 7:30 pm; Free.

New York Restoration Project presents Family Movie Nights.

SAT, AUG. 21

Fishy Fun: Wave Hill, West 249th St.

and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free until Noon.

Paint the gold fish in the aquatic garden and turn papers bags into 3D fish.

Get ready for School: Barnes & Noble Bay Plaza, 290 Baychester Ave; (718) 862-3945; barnesandnoble.com; 11 am; Free.

Your little one is off to school, stop by the learning stations where you'll find helpful hints and the latest educational tools all designed to help your child succeed in school. For grades pre-K-5.

Nature talk: Van Cortlandt Park, West 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 1 pm; free.

Learn about snapping, slider and painted turtles that live in the lake.

Stories from around the world: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 2 pm; Free.

Presented by Getchie Argetsinger for children of all ages.

SUN, AUG. 22

Fishy Fun: 10 am–1 pm. Wave Hill. See Saturday, Aug. 21.

Canoeing: 11 am. Canoe and Kayak Launch. See Sunday, Aug. 8.

Sunday Brunch: 11:30 am–1 pm. Wave Hill. See Sunday, Aug. 1.

MON, AUG. 23

Reading aloud: 11 am. Bronx Library Center. See Monday, Aug. 2.

TUES, AUG. 24

Stories in the Garden: 11 am. Wave Hill. See Monday, Aug. 2.

Get your game on: 3 pm. Bronx Library Center. See Tuesday, Aug. 10.

WED, AUG. 25

Films for children: 2 pm. Bronx Library Center. See Wednesday, Aug. 4.

THURS, AUG. 26

Arts and crafts: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 3 pm; Free.

Hands-on projects using a variety of

skills. For ages 7 to 12 years old. (Limited to 30 children only.)

FRI, AUG. 27

Family Yoga: 10–11 am. Wave Hill. See Friday, Aug. 6.

SAT, AUG. 28

Be a bee: Wave Hill, West 249th St. and Independence Ave. (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free until Noon.

Examine the bee from antennae to wings.

Trail Hike: Van Cortlandt Park, West 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am; free.

Enjoy the beauty of Van Cortlandt Park and learn about New York City's first water supply.

“Treasure Island: Bronx Library Center, 310 East Kingsbridge Road; (718) 579-4244; www.nypl.org; 2 pm; Free.

Robert Louis Stevenson's classic. Meet Long John Silver and his band of marauding pirates, while on an exciting journey across the seven seas. Presented by the Hampstead Stage Company. For ages 5 and older.

SUN, AUG. 29

Be a bee: 10 am–1 pm. Wave Hill. See Saturday, Aug. 28.

Bike tour: Orchard Beach Nature Center, Orchard Beach; (718) 885-3466; www.nyc.gov/parks/rangers; 11 am; Free.

Take a ride from the Orchard Beach Nature Center to Van Cortlandt Park. Bring helmet, sunblock, water and your bike.

TUES, AUG. 31

Stories in the Garden: 11 am. Wave Hill. See Monday, Aug. 2.

SAT, SEP. 4

Nature hike: Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 1 pm; Free.

Search for migrating monarchs before they depart for the southern journey to Mexico.

It figures

BY CYNTHIA WASHAM



SCHOOL SNIPPETS

58 Percent of South Korean school children who get tutoring outside of school.



90,000 Number of students who took classes through the Florida Virtual School, a service providing high-school courses online.

25 Percent of American children.

71 Percent of schools in the U.S. that reduced time spent teaching subjects such as music, art and geography after the No Child Left Behind Act of 2001 tied federal funding to schools' progress in English and math.



1½ to 1¾ Average hours per night children ages 8 — 13 spend on homework.

3 Average hours per week parents spend helping with homework.

50 Percent of elementary-school students who eat fruit with their school lunch.

25 Percent of high-school students.

70 Percent of students who eat fruit when a cafeteria worker suggests it.



15 Minimal minutes of recess time per day teachers say is needed to improve children's classroom behavior.

22 Percent of school districts nationwide that cut recess time in the wake of No Child Left Behind.



15 Percent of students who use cursive on the written portion of the SAT college entrance exam.

200 Number of British schoolchildren, some as young as 13, who were reported by their teachers to police as terrorism suspects.

Sources: Natural Awakenings, Education Week, The Center for Public Education, Current Events, Education Week, Nutrition Week, Newsweek, Boingboing.net



GROWING UP ONLINE

CAROLYN JABS



Parents can find free parental controls — that's right, FREE — if they know where to look.

Using online filters

It's a rare parent who hasn't thought about installing filtering or monitoring software on the family computer. It's an even rarer parent who doesn't feel confused by the many choices and resentful about the cost. "Youth Safety on a Living Internet," a recent report from the government's Online Safety and Technology Group, acknowledges that parents face a bewildering variety of product choices.

Many commercial products, such as Net Nanny, CyberPatrol and Safe Eyes, have established reputations for effectiveness. Now, parents can

find free parental controls if they know where to look. The kind of tool you need depends both on your child's age and temperament. Filtering limits a child's access to the various aspects of the Internet, minimizing the risk that kids will encounter people or places they are too young to handle. Parents can point children toward specific Web sites that they know to be family-friendly, or they can depend on software that screens out sites that are decidedly not for kids.

Older children need to learn how to make responsible decisions online. While they are in training, parents may want to use accountability software that provides detailed information about what a child does online. Used surreptitiously as "spyware," this kind of software can disrupt trust between parent and child. Instead, parents should explain what kind of monitoring they plan to do, and why. Just like curfews, the level of monitoring should be adjusted as the child demonstrates maturity.

Parental control software that you purchase may have a wider range of

features, but for parents who know what they need, the following programs offer a reliable service at the unbeatable price of free. Just keep in mind that a child with an Internet-enabled cellphone can circumvent any controls installed on the home computer:

- **Toddler Keys** is a little program written by a dad to protect his computer from little hands. It allows you to lock up the keyboard as well as power buttons, CD drives and the mouse. If a curious toddler presses a key, she gets sounds and pictures, but no access to files or programs. Toddler Keys can be downloaded with confidence from download.cnet.com. Just search for the name of the program.

- **KidSurf** (www.kid-surf.com) costs \$5.99, but that modest price may be worth it to parents of kids under 8. It creates a very simple but appealing interface for the Internet. You choose the sites your child can visit, and the program blocks everything else, including pop-ups and links. There's also a timer so you can decide when online time is over.

- **Parental Control Bar** (www.parentalcontrolbar.org) will filter Web sites to be sure they are kid-friendly. You can easily modify the list to block — or approve — different sites. A button makes it easy for the person who knows the password to flip from child to parent mode.

- **K9 Web Protection**, provided free by Bluecoat, a company that specializes in corporate Internet security, offers a checklist so parents can block content in 60 categories and gives you access to a "cloud" where the database is constantly being updated. One drawback — there is no child mode — once a site is blocked, no one in the family can visit it.

- **Kidlogger** (www.rohos.com/kidlogger/s) is a very simple program that records keystrokes so you can see what Web sites your child has visited, who he chatted with, what documents he opened and what pictures he viewed. It can create different logs for different users and includes a screen capture feature. Simply telling your child you've installed the software is an inexpensive way

to infuse conscience into computing and spares you the \$100 price tag for more sophisticated spyware.

- **Windows Live Family Safety** (<http://explore.live.com/windows-live-family-safety>) is ideal for families that use Messenger, Hotmail and other Windows features. In addition to three pre-set levels of filtering, parents can block or allow specific Web sites. Parents can also restrict conversations so kids can only communicate with people on an approved buddy list.

- **Imsafer** (www.imsafer.com) uses a language analysis program that understands English as well as the acronyms typical of chat and instant messaging. It keeps track of both sides of online conversations and sends you an alert if your child strays into territory that is sexual or threatening.

- **Norton Online Family** (<https://onlinefamily.norton.com>) is, by far, the most sophisticated of the free programs. Norton, of course, sells cutting-edge technology for Internet security. Its free family software makes it very easy to monitor Web sites your child visits and blocks any that are unacceptable. Just as useful, the program lets you monitor chats and searches and gives you a limited window into your child's social networking habits. Perhaps most important, the Web site offers valuable advice about how to talk to your child about online activities, as well as up-to-the-minute insight into what kids are actually doing online and a community where parents can share their experiences.

Norton's take-away message is that, in the end, the only way to really know about your child's online experience is to talk to your child. Still, it's comforting to know that parents now have access to free tools that will allow them to, in the words of a former president, "trust and verify."

Carolyn Jabs, MA, has been writing about families and the Internet for over 15 years. She is the mother of three computer-savvy kids. Other Growing Up Online columns appear on her Web site www.growing-up-online.com.

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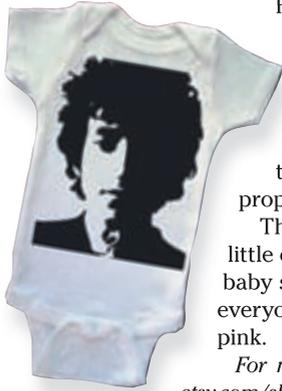
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New & Noteworthy

Lay, baby, lay

Finally, Bob Zimmerman's face can be plastered on your baby!

With onesies and T-shirts from Truly Sanctuary, the likeness of the mans more commonly know as Bob Dylan, along with those of Elvis Presley and Michael Jackson, are recreated in bold black and white graphics for the world to see.



For more colorful flare, there's a band onesie for Wilco, as well as a smiling ice cream cone that's the most child-appropriate.

They're great for your little one, or for your next baby shower. Because not everyone's into blue and pink.

For more info, visit www.etsy.com/shop/trulysanctuary.

Bathtime gets sweeter

You don't wash you child's face and hair with just any soap or shampoo. That's where products like Baby Oh Baby come in.

These organic, herbal shampoos, body wash, and lotions for babies are made with natural ingredients that will gently clean your newborn — and avoid tears in the process.

Though nothing can beat



that newborn smell, the products also have a soft natural scent derived from an oil blend of lavender, chamomile and orange.

For when your little one gets older, she can move on to Rainbow's kids line, which include shampoo, soap, hand sanitizer and, just for fun, bubble bath.

For more information, visit www.rainbowresearch.com.

For budding green thumbs

Need some "help" in the garden? Have your little one get an lesson in ecology thanks to this handy gardening tool set for children from Wrapables.

With these kid-sized shovels and picks, your child can easily dig up dirt, plant seeds, water the soil, and watch the plants come to life.

The tools can be stored and carried in a colorful nylon case, so you won't misplace a thing.

For more information on the Sagaform Kids Gardening Tool Set, visit www.Wrapables.com.



Money in the bank

Feed the pig!

It's never too early to start saving, and, with these personalized piggy banks, it's never been cuter.

With these — of course — pig-shaped banks, the pennies can start adding up.

Your child can make it her own too, by personalizing it with her name choosing from among 16 col-

ors for the name and polka dots, from apple green to sunshine yellow, as well as adding a bow or bow tie as she see's fit.

Just avoid the classic move of breaking the bank once it's all full; these little piggies are too precious to destroy.

For more info, visit www.etsy.com/CherryBlossomPaperCo.

Just in time

You might be a ways away from teaching your child how to tell the difference between the minute hand and the hour hand, but it's never too early to start. Besides, these clocks are too cute to pass up.

The designs perfectly evoke childhood, from the zoo animals of one, to the whimsy of a girl blowing a dandelion in another. Other graphics on these Kona Interiors-designed timepieces, include vibrant, multi-colored stripes, fairy tale-like castles, trucks, cute forest scenes, and flowers, perfect for many personalities.

The frames and hand colors can also easily be changed to match



your existing little one's theme. It'll be a piece you can treasure throughout childhood.

For info, visit www.etsy.com/shop/KonaInteriors.

www.webfamilyny.com

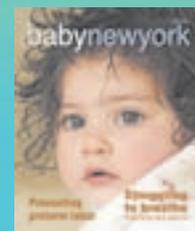


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