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Letter from the publisher

Our glorious planet earth

I love this planet and have been fortunate to have seen a lot of it. When I was a youngster I traveled through books and as soon as I was old enough, I decided to see as much of it for myself as my pocketbook and my time would allow. I continue to, although time, energy and money are precious for the journeys I still want to make.



A lot has changed over these years. Many of the earth's lands have entered the 21st Century with higher gross national products and have become more modernized. However, our air and water have deteriorated, and most recently, our earth has been going through enormous catastrophic upheavals — such as the

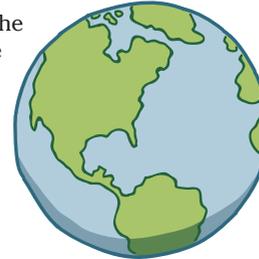
horrendous earthquake and tsunami in Japan, which led to the subsequent nuclear disaster that still, as of this writing, has not been satisfied, and remains an ongoing trauma of the utmost proportions.

Regardless of the magnitude of these disastrous occurrences, we continue to encourage even the smallest conscientious behavior and awareness on the part of both adults and children alike. Without a doubt, we need to continue to raise the awareness of the corporate world, as well as promote individual responsible actions that send the message to everyone that we care what happens here, and that we want to leave a livable place for the future generations.

We need to go beyond the profit motive in all we approach, and we need to have long range goals that will leave our grandchildren and their children a safe and prosperous world to enjoy and thrive in.

Proudly, we present this month a wonderful article about Staten Island's Fresh Kills, which will be an amazing local makeover and will be the world's largest land garbage dump turned into a gorgeous park.

Another article gives good ideas for what you and your family can do all year round to add your family's "bit for the environment." We can't have enough good editorials about things like these, and we will continue to present as many as possible.



In depth articles that promote all kinds of positive actions families and individuals can part take in, in all areas of life, are proudly run here in our magazines, and also are posted on our terrific website. Visit us on www.webfamilyny.com,

join us as friends on our Facebook pages, and please, share your ideas for what we, as neighbors in your communities, can do to help the world we live in. Thanks for reading us, and thanks for reading my columns, too!

Susan Weiss-Voskidis, Publisher

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GREEN

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Doing your
bit for the
environment
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BY DENISE MORRISON YEARIAN

Pledging to turn over a new, green, leaf is a noble cause, but maintaining that eco-friendly endeavor is even more important. Here are 24 tips on how you can go green every month of the year:

January

- Start the New Year off right by signing up for “The Green Guide,” an electronic newspaper. It’s a free publication by National Geographic featuring eco-friendly information on every facet of life (www.thegreenguide.com).

- Save old holiday wrapping paper for later use in your garden. Sprinkle flower seeds into the paper and bury it when spring arrives.

February

- Save recyclable items and think about how they can be used for creative purposes. Before tossing those egg cartons, toilet paper tubes, buttons and ribbon scraps, encourage your child to make something for Valentine’s Day.

- Buy your sweetheart a bottle of wine from a local winery and support the use of land for agricul-



ture. Then, dim the lights and set the mood with a soy or beeswax candle — they burn cleaner and last longer than petroleum-based ones.

March

- Create your own spring cleaning concoctions. There are oodles of websites — search “green cleaning” — that give recipes for natural, eco-friendly cleaning brews that use common household items, such as baking soda and lemon.

- Celebrate the earth, as well as Dr. Seuss’s birthday with, “The Lorax.”

Read this eco-friendly classic to your kids, and then talk about making good environmental choices.



April

- If you’re shopping for a new spring wardrobe, avoid trendy clothes and opt for quality items that will stand the test of time. Or, look for gently-used apparel at resale shops. You could also do a clothes swap with friends.

- Start an eco-friendly endeavor in your neighborhood — participate in a rally or sign a petition calling for more environmentally-sound practices.

May

- When you plant an organic garden, cover the soil with black-and-white newspaper — it will eventually biodegrade — and add a layer of mulch to keep weeds down.

- Get in shape for swimsuit season

— and save on gas and air quality — with a push mower. If you can’t find one, opt for an electric plug-in model.

June

- Before leaving for vacation, unplug appliances you won’t be using, and turn down the thermostat on your air conditioner and water heater.

- Wash your clothes on a short, cold cycle and hang them out to dry. This saves money, energy, and the life of your clothes and appliances.

July

- Conserve water by washing your car on the lawn. Or, set a rain barrel under your downspout and use the rain collected to water your plants. Turn off water when you’re brushing your teeth. And, when you bathe the kids, draw one tub full of wa and let them take tur getting in.

- Get several BPA free water bottles for each family member to reduce landfill space and save money on plastic bottles. Find ones with a twist-off top and hook so kids can put a nametag or keychain on it.

August

- Before school starts, visit a recycling center or landfill, so your children get a first-hand look at where



Resources

Check out these green websites for more ideas:

www.ecofriendlyideas.net
www.ecomall.com

www.envirogadget.com
www.goinggreendirectory.org
www.greencleaningnetwork.org
www.hgtv.com/green-living
www.thegreenguide.com



trash goes. Science centers, natural history museums, and nature centers teach kids to appreciate and protect our natural resources, too.

- Sign up for one of many kid-friendly environmental programs offered in your area. Then, go pick up trash that has accumulated in and around your park.

September

- Start a zero-waste lunch program in your school and encourage families to pack trash-free lunches in the coming year — instead of using mini bags and bottles, we buy items in bulk and place them in reusable containers. You can pack cloth napkins, too.



- Put your child's old artwork to good use: have him select several theme-related ones and create a book. Place the best pieces in frames, cut and laminate them to use as bookmarks, or scan them

onto your computer and create a screensaver.

October

- Look for drafty areas in your home and address it by installing weather stripping or caulk where needed, and using plastic sheets or thermal drapes to cover your windows. Also, keep your thermostat turned down several degrees, and insulate your hot water heater.

- Let your kids rummage through your closet or visit a thrift store to see what kind of Halloween costumes they can create. You can



make your own blood, bruises, or scabs with kitchen items, such as cornstarch, syrup, shortening, cornmeal and food coloring.

November

- Stop by yard sales or thrift stores to find holiday toys and save money and land-fill space. When you do purchase something, look for eco-friendly items. Or, give an alternative gift: sponsor an animal from a local zoo or aquarium or adopt one from www.worldwildlife.org.



- Keep in step with the holiday spirit and out of crowded shopping

malls on Black Friday by donating unused items to the Salvation Army, Goodwill or another non-profit organization.

December

- Find an organic tree farm in your area or go with a local farmer who can tell you what kind of pesticides he used. When purchasing lights, go with an LED option that doesn't produce heat; it'll run on one-tenth the energy of conventional lights and won't present the fire risk of traditional bulbs.



- Save on paper, ribbon and tape by not wrapping all the gifts from Santa.

Denise Morrison Yearian is the former editor of two parenting magazines and the mother of three children.

Family Publications New York once again multiple award winners at recent competition

Parenting Publications of America (PPA) gave out 365 Editorial and Design Competition awards to 72 parenting magazines and websites at a banquet on March 5, 2011, the climax of the three-day PPA Annual Convention in Arlington, Va.

PPA's Editorial and Design Awards Competition recognizes excellence in journalism, photography and design achieved by publishers, editors, writers and designers at member publications. Prof. Daryl Moen of the University of Missouri's School of Journalism coordinated the annual contest. A panel of 25 judges reviewed 915 entries to choose the winners in each category. All judges have had significant professional experience.

Our Family Publications New York were again honored to hear our titles called in five categories.

In the Design Competitions, a **GOLD** Award in Front Cover Design was awarded to **BRONX/RIVERDALE FAMILY** for the Doubling Up, the February 2010 cover. Publisher and PPA Vice President Susan Weiss and Art Director Leah Mitch shared the honors for their collaboration in this design effort. The judge's comments, "All the elements work on this cover — the right image, the right type choice for the headline and the simple color choices. The printing is excellent and a cover like this would stand out on the rack."

In the Editorial Categories, a **BRONZE** Award, in the category of Column, Family Matters, was given to **BROOKLYN FAMILY** and our contributing writer, Joan Emerson. The judge's comments, "Parents reading these columns found useful information about how to cope with a new baby in a new marriage and how couples can successfully communicate. The writer did a good job of providing information that addresses everyday problems in a



Publisher Susan Weiss, PPA President Joanna Love, and Linda Smith, Family Publications New York



(Left to right) Contributing Writers Joan Emerson, Mary Carroll Winger and Risa Doherty and Staff Writer Tiziana Rinaldi.

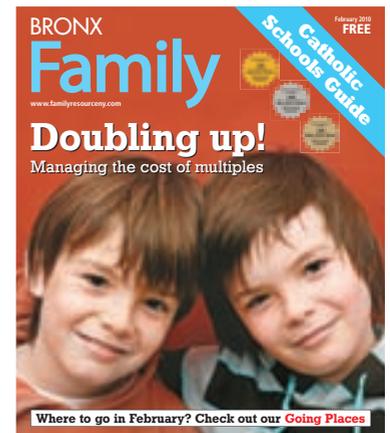
meaningful way."

Another **BRONZE** Award went to **BRONX/RIVERDALE FAMILY** and staff writer Tiziana Rinaldi for Columns, Family Fun. The judge's comments, "Intensely local features that inform readers of events in their own communities.....lots of good detail and evidence of reporting on display, as well as some solid writing."

Also in the Editorial Categories, a **SILVER** Award went to **QUEENS FAMILY** and contributing writer Mary Carroll Winger for an article

"Happy & Gay in Jackson Heights," in the category of Interview. The judge's comments, "This story highlights the unique challenges facing gay families as they search for the right neighborhood to raise their children. The writer does a good job of letting the parents tell their story. The background information about the different neighborhoods adds depth to the story. Good interviewing and writing.

And finally, once again **QUEENS FAMILY** and contributing writer Risa



Our gold-winning cover

Doherty were honored in the prestigious category of Investigative Reporting a **SILVER** Award for "Hidden Danger in the Suburbs, Driveway Backovers." The judge's comments, "This article examines the tragedy of driveway backup deaths of children. Using local cases, the writer goes into depth and explains how government agencies and parent activists are trying to prevent future deaths."

Publisher and PPA Vice-President Susan Weiss and our representative from our latest magazine, and soon to be newcomer to PPA, Staten Island Family, Linda Smith proudly accepted on behalf of our publications at the dinner and ceremony.

"The purpose of the PPA awards competition is to encourage a high level of journalistic performance and service to communities by recognizing editorial excellence and outstanding visual presentation in parenting publications," said PPA Executive Director C. James Dowden.

Headquartered in Los Angeles, PPA is a nonprofit national organization representing more than 116 parenting magazines and newspapers in the United States, Canada and Australia. For more information about PPA visit www.parentingpublications.org.

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FRESH KILLS

The ultimate green makeover

BY MONICA BROWN

When Gaylord Nelson, then a senator from Wisconsin, conceived the green movement back on the first Earth Day in 1970, chances are he never dreamed that the world's largest garbage dump could one day be converted into — of all things — a 2,200 acre park three times the size of Central Park.

But that's just what is happening, as plans have been in the works to convert the Fresh Kills Landfill on Staten Island into a park since shortly after its closure in 2001. It's considered the largest landfill-to-park conversion in the country, according to the New York City Parks Department.

In fact, the re-christened it "Freshkills Park" — now in its planning stages — will be the largest park developed in New York City in more than 100 years.

Talk about restoring balance to nature.

"There's been incredible investment by the city," says Eloise Hirsh, the administrator of the park. "[It's] great engineering on the part of the Department of Sanitation that really allows this place, which was a huge



Families can get their first glimpse of Schmul Park and Playground this fall.

burden to Staten Island, to become a place that Staten Islanders can be proud of, and which people from all over the city and all over the world will want to come see."

Five parks in one

The full project will take another 25 years to complete, but Freshkills Park is being transformed as we speak.

The plan is for its five main areas — The Confluence, the North Park, the South Park, the East Park and the West Park — to focus on programming (sports and recreational activities), wildlife (ecological restoration) and circulation (a massive network of paths, waterways and roads to and from the West Shore Expressway that will connect the entire park).

Hirsh says the park will have an emphasis on environmental sustainability. The Department of Sanitation is already harvesting methane gas from the decomposing refuse and selling it to National Grid. So far, it's enough energy to heat 22,000 homes on Staten Island, and the city makes \$12 million a year from the sale of the gas. That gas recovery and sale

will continue until the amount of gas produced by the landfill is too small to sell, and then it will be burned off at flare stations on the grounds.

Staten Island Borough President James P. Molinaro has also proposed the construction of a wind farm at the site, calling the idea "economically and technologically sustain[able]" at the "only location in New York City" where such a farm could go.

Recreation and family life

The city's plan for Freshkills Park is an ambitious one — it includes horseback riding, mountain biking, kayaking, picnic grounds and skate paths. Visitors will be able to travel through the park by bicycle, canoe, on horseback, on foot, or by car. Waterfront space will be converted into restaurants; a visitor center and a large event lawn will be available for formal gatherings. And if the borough president has his way, winter sports would be a big draw, too: he envisions mini ski slopes, where children could sleigh ride, tube sled, and learn how to ski.

"There are so many opportunities," Molinaro says.

History

The Fresh Kills Landfill was opened by the city in 1948 with the promise that it would be in operation for three years. Fifty-three years later, it finally closed.

By 1996, as Staten Islander's protest movement to close the dump had begun to grow, then-Borough President Guy Molinari filed a federal lawsuit against the city claiming the dump's hills — widely believed to be viewable from space — violated the Clean Air Act because of the methane gas they were emitting.

Islanders rejoiced when a federal judge ruled that the landfill had to be closed by Jan. 1, 2002.

On March 22, 2001, Fresh Kills took in its last load of city waste. After the terrorist attack on Sept. 11, 2001, a portion of the area was used as a sorting ground for rubble left in the attack's wake.



There have been some delays along the way. The area known as the Owl Hollow Soccer Field is reportedly sinking, and the Parks Department says it's working with the contractor to solve the problem, despite ballooning costs.

Hirsh quips that while none of the specific plans are "moving quickly," everything is headed in the right direction.

Come autumn, families can get their first glimpse of Schmul Park and Playground — scheduled to open in the Travis section of the site. It's currently under construction, and when it's finished, it will serve as an entry point to the park.

Is it safe?

Thousands of Staten Islanders have become curious about the plans, says Hirsh, turning out in droves to attend various events at the site.

Still, some may find the park concept difficult to embrace. Many residents can remember the sickening stench of Fresh Kills when it was at its peak — taking in 1,000 tons of garbage an hour — especially in the

summer, when the refuse cooked in the hot sun.

Even the Borough President calls the transformation nothing short of incredible.

"This was a tragedy and a half," he says, referring to the length of time the landfill remained open. "There was no permit at the time. There was no liner back then. This was a toxic waste dump ... it's almost a miracle. We're taking the world's largest landfill and turning it into the largest play land in the city. That's amazing. If someone blindfolded you, and said we want you to guess where you are, you'd never guess. In some sections up there, you'll see deer, all kinds of birds, rabbits. It's incredible."

While Hirsh agrees that the ecological landscape is undergoing a miraculous transformation (and she did confirm that deer have been spotted), she says nothing in the landfill was actually toxic, and that there were protective systems in place to deal with leakage back then. Now, there are more stringent regulations in place that the city must adhere to, before the public can have access to the site.

Currently, there are several layers

of fill on top of the garbage that's left. On top of those fill layers, sits an impermeable liner — a very thick cover that's anchored over the fill.

"And then on top of that liner, there's another two and a half feet of residential grade clean soil. That's what the public will be walking on," explains Hirsh.

But talk is cheap. For Staten Islanders to truly embrace this concept, she says, they need to see the beginning stages of the re-building for themselves.

Hirsh says that now, 10 years after the official closure of Fresh Kills, a tour could be eye-opening.

"The wildlife has come back," she says. "It's really a very eloquent statement about the power of nature."

Bus tours of the site are available on select Saturdays at 10 am and 1 pm from April through November. For more information, visit www.nyc.gov/parks. To visit the Freshkills Park blog, visit freshkillspark.wordpress.com.

Monica Brown is a cable television anchor who lives on Staten Island with her husband and her two children. She can be reached at monicaldbrown@gmail.com

The planned modification of the Staten Island Fresh Kills Landfill into a park is considered the largest landfill-to-park conversion in the country.



LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

Boost self-esteem

A pimple used to put a wrench in my entire day when I was a teenager. That one little red spot would cause all kinds of insecurities, and I would head out to school feeling ugly, even if, just hours earlier, I was feeling like a movie star.

Insecurity regarding physical appearance is not the only esteem downer for teens. There are other issues that can cause your teen to feel less than valuable, and some may have long-term effects. Being cut from the team, a break-up with a significant other, or rejection from the college she's hoped to attend since the second grade can be catalysts to self-loathing.

Your teen's mood is all over the place to begin with, so what's a parent to do when her teen's esteem seemingly plunges into a black hole?

Reflection in the mirror

Many teens believe that "fitting in" is synonymous with "looking like." Some adolescents try to conform to a desired crowd by physically dressing and acting like those in the group, while others might try to emulate fashion models or movie

stars. Both of these scenarios can be destructive if taken too far.

"Wanting to fit in and look like other kids is part of adolescence. However, this desire can lead to stress and to unhealthy behaviors," warns Wendy Grolnick, PhD, author of "Pressured Parents, Stressed-Out Kids" (Prometheus Books, 2007) and director of the Frances L. Hiatt School of Psychology and Education at Clark University. Parents need to help their teens put appearance in perspective.

"Parents can help their teens by stressing and modeling the importance of a healthy lifestyle — healthy eating and exercise," advises Grolnick.

Mothers who complain about their looks or their weight are setting bad examples for their young daughters. Parents with positive self-images help their teens learn by example, which is more effective than merely telling your teen to feel good about herself.

Building up

Parental expectations and criticism can be damaging to a teen who is already insecure. Parents should

remember to focus on their teen's accomplishments, not their failures.

"Given our very competitive environment, teens are under immense pressure to live up to their own and others' standards," says Grolnick. "This pressure can lead teens to ultimately question themselves and their adequacy."

Parents shouldn't add to the pressure their teen is under by pushing too hard. Instead, Grolnick suggests the following for encouraging a positive self-image:

- Help your teen formulate realistic goals and expectations
- Focus on the process of your teen's endeavors, rather than the outcome
- Teach your teen multiple ways to be successful

• Limit activities if overload is causing stress

Facing failures

It's inevitable that your teen will experience failure. It is how she learns to handle it that's important. Teach her how to put failure in perspective, and that learning from disappointment is a path to becoming a better person.

Constructive criticism is effective if you focus on the action, not the person. You might say, "I know you could have done better on that exam if you had studied more," instead of, "You have no work ethic."

Parents should also communicate that there is no such thing as perfection, and that putting in your best effort is a goal worth attaining.

Grolnick says that decreased engagement in pleasurable activities, increased time alone, frequent stomachaches or headaches, and persistent negative self-statements could be signs that your teen's negative self-image has spiraled out of control. Parents who believe this to be the case should seek professional help.

Tips and tales

"I tell my girls to always give their best. This way, they won't have regrets later. I also tell them that I may get disappointed at times, but that will never change the fact that I will always love them."

Julie Miller, Hopewell Junction, NY

"It's important to be involved in a group that is doing something positive, such as sports teams, musical groups, church, or the school newspaper."

Tricia Ramos, Hyde Park, NY

Share your ideas

Upcoming topic: Summertime equals "freedom" for teens. Any special rules for your teen during summer months, when things are more lax?

Please send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer and columnist specializing in parenting issues and child and adolescent development. She is the mother of two teenagers.



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5 reasons camp is so important

Nothing says summer quite like camp. A rite of passage for most kids, it offers them the opportunity to have fun and make new friends. Here are five more things going to camp does for a child:

Changes kids for the better

Research from the American Camp Association has confirmed that children who go to camp have experiences that will help them as adults. The research found that 96 percent of campers questioned said that going to camp helped them make new friends, and 93 percent said that they got to know kids who were different from them. Ninety-two percent said going to camp increased their self-esteem, and 74 percent said they gained the courage to try things they were at first afraid to do.

Gets them moving

Going to camp provides children with the opportunity to try new things and participate in human-powered activities. An estimated 22 million of the world's children under

the age of 5 are considered obese. According to the Association's research, 63 percent of children who learn new activities at camp tend to continue engaging in those activities after returning home.

Keeps their minds sharp

All camps understand the critical role they play in helping young people learn and grow. Many offer programs that help reduce summer learning loss, bolster academic enrichment and socialization, provide opportunities for leadership development, and ensure that campers achieve their full potential.

Gets them to unplug

According to a study by two Cornell University environmental psychologists, being close to nature — and away from technology — can help boost a child's attention span. Additionally, a study conducted by England's University of Essex concluded that nature can help people recover from pre-existing stresses or problems, has an immunizing effect that can protect from future stresses, and helps people concen-

trate and think more clearly. In some instances, camp may be the only time a child is in contact with the natural world.

Encourages play

At camp, children are encouraged to be kids by playing in a safe and nurturing environment. Play is a powerful form of learning that contributes mightily to the child's healthy physical, emotional, social, and intellectual development. According to an American Academy of Pediatrics report, creative free play protects a child's emotional development and reduces the risk of stress, anxiety, and depression.

There is a summer camp program for every child that will build skills, friendships and memories that will last a lifetime.

To find the right camp for your child, visit www.campuizard.org, or call (800) 777-CAMP for free, one-on-one advice in finding a summer camp. American Camp Association-accreditation is a parent's best evidence of a camp's commitment to health and safety, and ensures that children are provided with a diversity of educational and developmentally-challenging learning opportunities.

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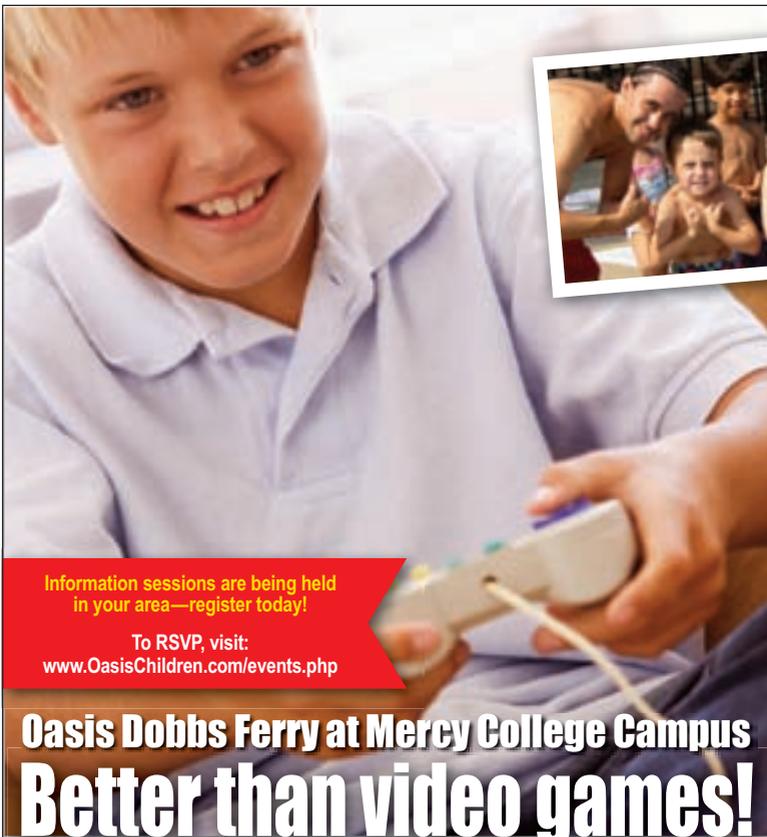
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Camp & Activities

DIRECTORY

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This new program is for kids who love to sing, dance, or perform! Included are 4 hours a day of instruction in singing, dancing and acting, and classes in theater games and improv. Instructors are trained professionals who are also accomplished educators. Two three-week sessions culminate in musical theater productions for family and friends. Also included is a trip to a Broadway or off-Broadway production and swim in the indoor pool. The program is open to any child with an interest in the performing arts who is entering 3rd to 8th grade in September 2011. All skill levels are welcome, no previous experience is necessary, however a passion for the arts is required. Parents must provide daily lunch.

Children's Bible Fellowship Camp Joy

250 Nimham Rd., Carmel
845 225-2005 x212 or www.cbfny.org

Camp Joy provides a safe, fun and spirit filled camp experience for children and youth. We are located in beautiful Carmel NY, just 50 miles North of the Bronx. At \$65 per session, you will not be sorry and your children will thank you for all the fun and memories that they receive. Register online or call for openings. Transportation from Manhattan provided.

Children's Bible Fellowship Teen Camp

845-225-2005 EXT 207 or www.cbfny.org

Camp Joy has been working with children and teens for over 60 years. We offer a great camping experience for the inner-city youth. Challenging truth, engaging fun and a life time of memories! Register online or call for openings. Transportation from Manhattan provided.

College of Mount Saint Vincent Boys & Girls Camps

6301 Riverdale Ave
Director: Brian Nigro
718-405-3415 or e-mail Brian.Nigro@mountsaintvincent.edu

The College of Mount Saint Vincent will be holding three weeks of Sports Camps; July 11-15th, July 18th-22nd, July 25th-29th.

A week of Basketball Camp is offered August 1st-5th, and a week of Volleyball Camp is offered August 11th-15th this summer.

Campers will enjoy a brand new indoor facility, while under the direction of college coaches and staff.

The Sports Camp and Basketball Camps are open to boys and girls ages 7-15. Headed by Men's Basketball Coach Brian Nigro, campers will learn the basics of the game while improving skills and most importantly having fun.

The Volleyball Camp, under the direction of Head Coach Jason Torres, is open to boys and girls entering 8th through 12th grade looking for enhancing their volleyball skills.

Mount Saint Vincent campus is conveniently accessible to public transportation from Westchester, the Bronx and Manhattan locations.

For more information, or questions please feel free to contact Brian Nigro.

Horace Mann Summer Camp

231 West 246th Street
718-432-3823 or www.horacemann.org

The Horace Mann Day Camp, is currently celebrating it's 41st Anniversary! During the years the camp has provided children with summers full of fun, adventure and lasting memories. The camp is located on 18 hilltop acres in the Riverdale section of the Bronx. The campus offers excellent facilities, such as various playing fields, a brand new playground, indoor gymnasiums and swimming pool as well as 7 tennis courts. Campers enjoy a spectacular array of activities in athletics, arts and crafts, swimming, gymnastics and performing arts! Weekly trips and special events are included. The program offers two sessions: Six weeks from June 27st thru August 5th. The day begins at 9:00 a.m. and ends at 4:00 p.m. Transportation is available. Camp Director Bob Annunziata is proud of his dedicated professional staff most of whom have been with the camp for numerous years. They include faculty from the Horace Mann community, college students and past campers.

If you need additional information, one of their staff will be happy to help you.

Camp & Activities

DIRECTORY

Mosholu Montefiore Community Center Day Camp

3450 Dekalb Avenue
718-882-4000 or www.mmcc.org

Mosholu provides children with a traditional camping experience. Children participate in hundreds of activities throughout the summer and leave with memories that last a lifetime.

Our campers are picked up in the Bronx and Southern Westchester and are driven to our campgrounds in Pearl River, New York. Campgrounds are located on a beautiful 125 acre facility with 4 pools, a boating lake, gorgeous streams, hiking trails and ball fields. At camp, children participate in activities from Archery to nature, art, drama, all kinds of sports, swimming twice a day including instruction and trip program.

Campers entering Kindergarten-6th grade visit our camp grounds, while 7th - 10th graders travel each day in our Teen Trailways Camp on Wheels.

OASIS IN DOBBS FERRY AT MERCY COLLEGE

555 Broadway, Dobbs Ferry, NY 10533
718-596-4900 or email: info@oasischildren.com or www.oasischildren.com

Oasis at Dobbs Ferry is a great opportunity to get children active this summer! Located on the Mercy College Campus, Oasis provides a traditional camp experience with a variety of activities that allow kids to learn new ways to express their individuality, leadership and creativity. Mercy College provides access to phenomenal athletic facilities including playing fields, tennis courts, basketball courts, an outdoor swimming pool, nature trails and much more- all against the picturesque backdrop of the Hudson River. Oasis at Dobbs Ferry is the perfect opportunity for children to have an active and safe summer while making lifelong friends along the way!

Teen Travel program gives emerging teens the opportunity to take a unique trip every day. Oasis Teen Travel is offered exclusively for 12-14 year olds. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans, we offer flexible schedules.

YMCA of Greater New York Day Camps

Catalpa Center YMCA 69-02 64th Street, Ridgewood; 718-821-6271

or www.ymcanyc.org/catalpa
Cross Island YMCA 238-10 Hillside Avenue, Bellerose; 718-479-0505 or www.ymcanyc.org/cross

Flushing YMCA 138-46 Northern Boulevard., Flushing; 718-961-6880 or www.ymcanyc.org/flushing

Jamaica YMCA 89-25 Parsons Boulevard, Jamaica; 718-739-6600 or www.ymcanyc.org/jamaica

Long Island City YMCA 32-23 Queens Boulevard., LIC; 718-392-7932 or www.ymcanyc.org/lic
214-13 35th Avenue in Bayside
718-229-5972, Beacon Center at JHS 189

154-60 17th Avenue, Whitestone
718-961-6014; Beacon Center at JHS 194

144-80 Barclay Avenue, Flushing
718-747-1364; Beacon Center @ MS210

93-11 101st Avenue, Ozone Park
718-659-7710

YMCA of Greater New York Day Camps provide youth with supervised activities that teach core values, conflict resolution and leadership skills.

Kids have fun while making new friends, building self-confidence, appreciating teamwork and growing in self-reliance.

Their program includes playing games, arts & crafts, exploring science and technology, swimming, field trips, appreciating nature and values of many cultures.

All camps are accredited by the American Camping Association. Registration for Summer 2011 will be beginning soon.

Please contact your nearest YMCA of Greater New York Day Camp for more information.

Young People's Day Camp

914-792-6555 or 800-DAYCAMP;
www.yfdc.com

Young People's Day Camp has been "creating childhood memories" for boys and girls ages 5-14, since 1973. Accredited by the American Camping Association, YPDC offers free transportation, swimming instruction, sports, activities, arts & crafts, miniature golf, music, drama, dance and weekly field trips.

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Session Dates
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Session 2 July 5th to 11th
Session 3 July 12th to 18th
Session 4 July 19th to 25th
Session 5 July 26th to Aug 1st

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Make some music

Bronx recording studio now open to all

Do you have dreams of your musically inclined clan being the next Partridge Family, Jackson 5 — or even Rebecca Black? Whether you're making a home movie and need to score it, or want to record a CD with the kids for Mother's Day, there is now a recording studio open to you for whatever project you're working on.

The Bronx House School for Performing Arts's recording studio features state-of-the-art equipment and a highly professional staff you won't get elsewhere.

The studio offers professional sound and music production services, including 24-track digital production, music arranging, scoring, midi sequencing, audio for film and video, and voice-over production.

The facility is equipped to handle



Bronx House for the Performing Arts instructor Jorge Tovar supervises the new facility.

almost any project: from a personal single to voice-overs and jingles, and even sound effects and TV scores.

If you don't have any experience

mixing, don't worry. The studio will take care of everything, and will even get your tracks onto a CD or ready for digital distribution.

During a session, you can even have musicians from the Bronx House's professional music faculty — who have performance and composition expertise in strings, brass, percussion and vocals — accompany you. So whether you need one specialized performer to fill out your own band, or an entire group to perform and record music for commercial use, the studio has you covered. Sessions can be tailored according to your needs and budget.

Music school instructor Jorge Tovar, who has worked as a music programmer, arranger, composer, and engineer at studios for more

than 10 years, is the facility's supervisor.

Bronx House for the Performing Arts also offers year-round dance and music classes — including piano, guitar, voice, violin, drums, and more — for all ages.

The school offers scholarships to students who qualify for financial assistance, and has instruments available for loan, free of charge. Programs are supported, in part, by public funds from the New York City Department of Cultural Affairs, the New York State Council on the Arts, and UJA Federation. The school is a member of the National Guild for Community Arts Education.

Bronx House School for Performing Arts Recording Studio [990 Pelham Pkwy. South in Bronxdale, (718) 792-1800 ext. 235]. Appointments available Sundays, from 10 am to 5 pm, and weekdays, from 5 to 9 pm. Fee for Bronx House members is \$50 per hour (three hour minimum). For non-members, \$65 per hour (three hour minimum). Additional fees for composition and studio musicians at negotiable rates. For more information, visit www.bronxhouse.org.



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Get more for less

Tips on how to save on entertainment and more

BY CANDI SPARKS

In this bad economy, it's no secret that families are struggling financially. Some have realized that they can do without the extras, but others are finding creative ways to save on entertainment, summer camp, vacations, and much more.

Here are some tips to stave off feeling deprived of the things you love, and how to get more for less without losing your sanity.

Low-cost entertainment

Susan, a mother of two in Manhattan, loves reading bestsellers and discussing them with her book club. But, she admits, in the current economy, it's hard to keep up.

"I can no longer afford to pay retail for the latest books," says Susan. So, rather than do without, she has found a way to keep reading recently published material at an affordable price. She recommends shopping for bestsellers at BOM2.com's book-of-the-month club, which she uses to get hers for \$9.99.

"They might not have the most up-to-date stuff, but it is cheaper than retail, and they have enough current material to satisfy my craving," she says.

"Start a book club, and buy one or two copies of the books and circulate them, giving everyone a week to read it and pass it along," suggests Susan. "When everyone in the club is done, you can discuss it."

She says that sharing expenses and the reading material helps connect the book club members on many levels: they are keeping the cost of being in the book club low, finishing books on time, and the discussions that follow are lively.

Carla, a former actress and mother of a special needs child in the Bronx, has figured out a way to enjoy theatre at an affordable price.

"It's tough to live in New York and not go to the theatre," she says, so she finds discounted tickets at up to 50 percent off the retail price on theatremania.com. Carla also rec-



ommends that budget-conscious theatre-goers get a subscription to audienceextras.com

"For an \$80 annual subscription, I can get tickets to a Broadway show for \$5," she says. "Sometimes I have to wait for the show I want, but it is the only way I can afford to go to the theatre. The bonus is that I can take my son to dinner and a show. We couldn't do this at full price."

And Deborah, a Queens mother of five, saves money by watching movies at home.

"Netflix has movies on demand that you can watch on your home computer, which is cheaper than going to [the movie theater]," she explains.

Using Netflix allows Deborah to watch an unlimited number of movies, as many times as she wants to, for \$8.99 a month.

"If your computer is hooked up to your TV screen, it is even better. You can watch the movies from the comfort of your own couch," she adds. Deborah also recommends taking advantage of pay-tv companies' offers for "free weekends."

Saving on summer camp

One of the biggest challenges a family can face is finding affordable summer camps.

Stephanie, a single mom in Brook-

lyn, wanted to send her son Emile to a private school summer camp, but couldn't afford it. By the time she saved the money, she was told it was already at capacity.

She felt as if "someone had shut the door on my face. So I decided to try to find something in my own backyard, closer to home."

Stephanie found that some parents of her son's classmates were in similar situations, so she and the other parents started their own camp for the kids aged 9-11 in their backyards. The parents agreed to take turns hosting and supervising the kids. They not only gave the kids time to play together, but also came up with an array of activities, supervised trips, and reading materials. This parent-organized camp alternative, which is now in its fourth year, is not only a money saver, but a way for the families to know each other better.

Save on savings accounts

"Saving is the new spending, and we are becoming a more frugal society," says Martin, a dad in the Bronx. Some people are buying bargains and saving the extra cash for emergencies and other unexpected expenses.

But if they are putting their money in a traditional bank savings account, they should beware. These savings accounts can actually cost money in fees and penalties. They're not money makers, either. With current interest rates so low, a modest \$50 bonus is the equivalent of 10 years' worth of returns on a \$1,000 savings account with a .5 interest rate.

As an alternative, online banks offer higher interest rates, and many offer a cash bonus for opening a savings account. Several online banks also offer financial incentives like free checking and do not require a minimum balance for qualified customers.

Don't spend when you can swap

Why spend money at all when you can swap your unwanted items for something that you actually want?

Swapping is sweeping the country, as major websites like Amazon.com, Craigslist.com, PaperBackSwap.com, and others help people barter with each other. It's easy: an owner lists an item on the website, and when an interested person signs up for the item, the

owner ships it to them and in turn receives a "credit" toward an item that he wants. You can swap CDs, DVDs, electronics, furniture, fish tanks, and anything else that can be shipped.

Fabulous freebies

Manhattanite Lynn has found an easy way to find what she likes without having to pay for any of it.

"Free can put some fun back into your life," she says.

So Lynn shops online at websites that have freebies on a regular basis, like FantasticFreebies.com,groupon.com, and goldstar.com. She says you can also find what you want by typing "yogurt" and "freebies" into your search engine. By searching online she's gotten free fabric softener, coffee and make-up. She's also been able to take free classes, which she says is a great way to socialize and network.

Save on insurance premiums

There are a few ways you can save money on your insurance and credit cards.

"If you want to save money on car insurance, and avoid paying high interest rates for credit cards and loans, then work on improving your credit score," advises Henson, a single dad from Staten Island who works in the financial services industry. "By paying bills on time and keeping your credit card balance at 50 percent of the maximum or less, you can improve your credit score, which puts you in a better position to negotiate with lenders."

He also suggests using automatic bill payments to avoid late fees and taking a driver safety course to further reduce the cost of car insurance.

"[You] have to drive safely," Henson added. "That is the best way to get a good rate with all of the auto insurers."



While the economy may not be improving any time soon, it's a relief to know that you have the power to help your family continue to enjoy the things they love by finding some creative ways to save.

Candi Sparks, is the author of the "Can I Have Some Money?" children's money book series, and a mom of two in Brooklyn. She is available on Facebook and Twitter (Candi Sparks, writer) and on You Tube (Canihavesomemoney).

Looking for fun with the kids?

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Going Places

LONG-RUNNING

The orchid show: New York Botanical Garden, Southern Boulevard between Bronx River Parkway and East Fordham Road; (718) 817-8700; Tuesdays – Sundays, 10 am–6 pm, Fri, April 1 – Mon, April 25; \$20 (\$18 seniors/students; \$8 children 2 through 12).

Enjoy the dazzling display of iconic elements from legendary theaters created out of orchids.

“Dora and Diego’s 4-D Adventure”: Bronx Zoo, Bronx River Parkway at Exit 6; (718) 220-5103; www.bronx-zoo.com; Daily, 10:30 am–4:30 pm, \$5 with zoo admission.

Dora and Diego need your help to protect the animals in the rain forest. Children of all ages enjoy this 8 to 10-minute long, 4-D, multi-sensory journey.

Read-aloud: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; Wed, March 30, 3:30 pm; Fri, April 1, 3:30 pm; Mon, April 4, 3:30 pm; Wed, April 6, 3:30 pm; Mon, April 11, 3:30 pm; Wed, April 13, 3:30 pm; Mon, April 18, 3:30 pm; Wed, April 20, 3:30 pm; Mon, April 25, 3:30 pm; Wed, April 27, 3:30 pm; Free.

Children of all ages read classic picture books.

Game day: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; www.nypl.org; Tues, March 29, 4 pm; Fri, April 1, 3:45 pm; Fri, April 8, 3:45 pm; Fri, April 15, 3:45 pm; Fri, April 22, 3:45 pm; Fri, April 29, 3:45 pm; Free.

Children 12 and older show off their skills and challenge their friends.

Film day: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; www.nypl.org; Wed, March 30, 4 pm; Wed, April 6, 4 pm; Wed, April 13, 4 pm; Wed, April 20, 4 pm; Wed, April 27, 4 pm; Free.

Children view a feature title each week.

FRI, APRIL 1

First Friday: Bartow Pell Mansion, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 5:30–8:30 pm; \$8 (\$5 seniors and students).

The Trolley returns!



World-class dance

One of the best troupes in modern dance is coming to the Bronx.

On April 10, the Paul Taylor Dance Company performs three classic pieces — “Polaris,” “Dust,” and “Promethean Fire” — at the Lehman Center for the Performing Arts. Taylor is one of history’s most prolific choreographers,

and his company is acclaimed the world over, so don’t miss this opportunity to see them live.

Paul Taylor Dance Company at the Lehman Center for the Performing Arts [250 Bedford Park Blvd. West near Paul Avenue in Norwood, (718) 960-8833], April 10 at 6 pm. Tickets \$10-\$25. For info, visit www.lehmancenter.org.

SAT, APRIL 2

Bird walk: Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 8 am; Free.

Spring is back and so are our fine feathered friends.

Family art project, Green Heaven: Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200 X 395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Paint a collage using the colors of spring.

Pysanky workshop: Bartow Pell Mansion, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 11 am–3:30 pm; \$15 (\$10 members).

Learn the time honored art of Ukrai-

nian Easter egg decoration.

“Rocknoceros”: Thalia Theatre, 2537 Broadway at West 96th Street in Manhattan; (212) 864-5400; www.symphonyspace.org; 11 am; \$10.

Featuring the talents of Coach Cotton, Williebob and Boogie Woogie Bennie. It’s a rocking good time for everyone.

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

Celebrate National Poetry Month with works of Jack Prelutsky and Shel Silverstein. Young poets can practice their writing, too.

“Mi bebe es un heroe”: Repertorio Espanol, 138 E. 27th St. in Manhattan; (212) 225-9920; www.repertorio.org; Noon; \$12.

Bilingual puppet show that teaches the importance of love and family values. For children 2 and up.

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!

Wilderness workshop: Crotona Nature Center, Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Learn the basic skills essential for surviving out in the wild.

SUN, APRIL 3

Family art project, Green Heaven: 10 am–1 pm. Wave Hill. See Saturday, April 2.

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

Enjoy the warm weather and budding plants.

MON, APRIL 4

Crafternoons: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; www.nypl.org; 3:30 pm; Free.

Teens 13 to 18 use clay, markers and paper to create projects. Materials provided.

Nature workshop: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (888) 469-5999; www.nypl.org; 4 pm; Free.

Children 12 to 18 learn about the wonders of peat and make their own miniature bog.

Game day: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 4 pm; Free.

Children 8 to 12 play Wii, PS3, Xbox games. Pre-registration requested.

Going Places

TUES, APRIL 5

Read aloud: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; www.nypl.org; 4 pm; Free.

For children ages 3 to 8.

WED, APRIL 6

The Little Explorers Club: Rubin Museum of Art, 150 West 17th St., between 6th and 7th avenues, in Manhattan; (212) 620-5000 X 344; www.rmanyc.org; 11 am–2 pm; \$10 (child and adult pair; \$5 members).

Children, ages 3 to 5, explore a new terrain each meeting, create crafts from around the globe, and look at artwork. Pre-registration required.

Story tours: Rubin Museum of Art, 150 West 17th St., between 6th and 7th avenues, in Manhattan; (212) 620-5000 X 344; www.rmanyc.org; 3:30–4:15 pm; Free with museum admission.

Children 5 and up, accompanied by an adult, learn about the works in the museum.

THURS, APRIL 7

The Yak Packers: Rubin Museum of Art, 150 West 17th St., between 6th and 7th avenues, in Manhattan; (212) 620-5000 X 344; www.rmanyc.org; 10:30–11:30 am; \$10 child and parent (\$5 members).

Children (ages 2 to 4), accompanied by an adult, touch, explore and create projects inspired by Himalayan art.

Poetry workshop: Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; www.nypl.org; 3:30 pm; Free.

Children 12 to 18 share their works.

SAT, APRIL 9

Bird walk: 8 am. Van Cortlandt Nature Center. See Saturday, April 2.

Clean up day: Bartow Pell Mansion, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 10 am–1 pm; Free.

Spruce up the gardens after the long winter. Registration required.

Family art project, Landscape views: Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200 X 395; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Cut and paste prints into a collage.

Open mic: Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; Noon; Free.

Children 12 to 18 share their works.

"Rainforest connections": Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.



Suspended disbelief

Get this — it's an aerial show that goes underground!

In "Subterranea" at the Connelly Theater, Suspended Cirque, an eye-popping aerial troupe, presents an urban tale that finds our hero going down Manhattan's rabbit hole into a concrete and steel labyrinth where he meets new creatures.

The whole story's told in the air — a kind of "Fuerza Bruta" meets "Avatar."

There's original music, fights,

romance, comedy, and, of course, acrobats.

It's sure to be a great spectacle for the whole family.

"Subterranea" at the Connelly Theater [220 E. Fourth St. between Avenues A and B in Manhattan, (212) 465-3446], April 28-30 at 8 pm, May 4-7 at 8 pm, May 1 and May 8 at 6 pm, and April 30 and May 7 at 2 pm. Tickets \$20-\$30, discounts available for students, children and seniors by contacting us@suspendedcirque.com. For info, visit www.suspendedcirque.com.

nypl.org; 2 pm; Free.

Puppet show for children ages 4 to 8.

"Temptations Review": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 8 pm; \$50, \$45, \$40, \$35.

Starring the Marvalettes.

SUN, APRIL 10

Family art project, Landscape views: 10 am–1 pm. Wave Hill. See Saturday, April 9.

Paul Taylor Dance Company: Lehman Center for the Performing Arts,

250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 6 pm; \$25, \$20 \$15, (\$10 children 12 and younger).

Modern dance performance.

MON, APRIL 11

Crafternoons: 3:30 pm. Parkchester Library. See Monday, April 4.

Game day: 4 pm. Bronx Library Center. See Monday, April 4.

TUES, APRIL 12

Read aloud: 4 pm. Bronx Library Center. See Tuesday, April 5.

WED, APRIL 13

The Little Explorers Club: 11 am–2 pm. Rubin Museum of Art. See Wednesday, April 6.

THURS, APRIL 14

The Yak Packers: 10:30–11:30 am. Rubin Museum of Art. See Thursday, April 7.

Poetry workshop: 3:30 pm. Parkchester Library. See Thursday, April 7.

FRI, APRIL 15

"Snowy Day": Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; www.nypl.org; 3:30 pm; Free.

Children read the Ezra Jack Keat's book along with his other stories and then make a craft. Materials supplied. For children 4 to 9 years old.

SAT, APRIL 16

Bird walk: 8 am. Van Cortlandt Nature Center. See Saturday, April 2.

Nature hike: Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/frangers; 10 am; Free.

Traverse the John Muir Trail.

Art workshop: Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to grounds.

Visiting artist Meghan Gordon gives helpful hints.

Easter egg hunt: Bartow Pell Mansion, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 10:30 am–1 pm; \$12 (\$10 members).

Children, ages 2 to 12, hunt for eggs in the formal garden and then have a photo with the Easter Bunny. Bring your own basket. Light refreshments offered. Registration requested. (Rain date 4/17).

Thunderbird Dancers: Thalia Theatre, 2537 Broadway at West 96th Street in Manhattan; (212) 864-5400; www.symphonyspace.org; 11 am; \$11-\$20.

With elaborate period costumes, amazing story-telling skills, and a host of tribal dancers, this renowned group creates an exciting entertainment feast.

Wave Hill walk: Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 11 am; Free with admission to the grounds.

Join historian Deirdre LaPorte and walk through the grounds.

Spring storytime: Barnes & Noble
Continued on page 24

Going Places

Continued from page 23

Bay Plaza, 290 Baychester Ave.; (718) 862-3945; barnesandnoble.com; 11 am; Free.

The best of new children's books.

Spider Man and Green Goblin:

Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11:30 am, 1:30 and 3:30 pm; Free with zoo admission.

Live performance.

"O'Sullivan's Stew": Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 2 pm; Free.

This classic Irish children's book comes alive. For children, ages 5 to 12.

SUN, APRIL 17

Art workshop: 10 am–1 pm. Wave Hill. See Saturday, April 16.

Animal Tale Players: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11:30 am, 1:30 and 3:30 pm; Free with zoo admission.

Live performance.

Vivaldi's "Four Seasons": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 3 pm; \$25, \$20 \$15, (\$10 children 12 and younger).

Performed by the Venice Baroque Orchestra.

MON, APRIL 18

Kids Week: Crotona Nature Center, Crotona Park, enter at Charlotte Street and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 1 pm; Free.

Spend mid-winter break with the Urban Park Rangers. For children 12 and under.

Crafternoons: 3:30 pm. Parkchester Library. See Monday, April 4.

Game day: 4 pm. Bronx Library Center. See Monday, April 4.

TUES, APRIL 19

Kids Week: Van Cortlandt Nature Center, Van Cortlandt Park, enter at West 246th Street and Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 1 pm; Free.

Spend mid-winter break with the Urban Park Rangers. For children 12 and under.

"Sherlock Homes Takes the Case": Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; www.nypl.org; 3:30 pm; Free.

The Traveling Lantern Theatre Com-



Go see a musical!

Get ready to sing along and learn about dance with Angelina Ballerina, the small mouse with big dance dreams!

The Bronx Zoo brings the popular PBS cartoon to life on stage with "Angelina Ballerina," a live show from April 30 to May 1.

Join Angelina and her friends Alice, Gracie, AZ, Viki and dance teacher Ms. Mimi, as they anticipate the arrival of a famous dancer to their dance school,

Camembert Academy.

Always the one to show off her dance skills, will Angelina impress the visitor? Bring your tiny dancer to find out as the cast performs hip-hop, modern dance, the Irish jig and, of course, ballet!

"Angelina Ballerina" at the Bronx Zoo [2300 Southern Blvd. at Boston Road; (718) 220-5103], April 30-May 1 at 11:30 am, 1:30 pm and 3:30 pm. Free. For info, visit www.bronxzoo.com.

pany presents the super sleuth and his sidekick Dr. Watson.

Read aloud: 4 pm. Bronx Library Center. See Tuesday, April 5.

WED, APRIL 20

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

Help promote the wonders of reading. All ages.

The Little Explorers Club: 11 am–2 pm. Rubin Museum of Art. See Wednesday, April 6.

Kids Week: 1 pm. Crotona Nature Center. See Monday, April 18.

THURS, APRIL 21

The Yak Packers: 10:30–11:30 am. Rubin Museum of Art. See Thursday, April 7.

Poetry workshop: 3:30 pm. Parkchester Library. See Thursday, April 7.

FRI, APRIL 22

Kids Week: 1 pm. Van Cortlandt Nature Center. See Tuesday, April 19.

SUN, APRIL 24

Animal Tale Players: 11:30 am, 1:30 and 3:30 pm. Bronx Zoo. See Sunday, April 17.

MON, APRIL 25

Crafternoons: 3:30 pm. Parkchester Library. See Monday, April 4.

Game day: 4 pm. Bronx Library Center. See Monday, April 4.

TUES, APRIL 26

Read aloud: 4 pm. Bronx Library Center. See Tuesday, April 5.

WED, APRIL 27

The Little Explorers Club: 11 am–2 pm. Rubin Museum of Art. See Wednesday, April 6.

THURS, APRIL 28

The Yak Packers: 10:30–11:30 am. Rubin Museum of Art. See Thursday, April 7.

SAT, APRIL 30

Bird walk: 8 am. Van Cortlandt Nature Center. See Saturday, April 2.

Run for the Wild 2011: The Bronx Zoo, Bronx River Parkway at Exit 6; www.wcs.runforthewild.org; 8:30 and 8:45 am; \$30 registration fee.

Third annual 5K race. This year's race is dedicated to helping save the penguins.

Craft workshop: Wave Hill, West 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 10 am; \$15 (\$23 non-member).

Make an Alpine Trough. For children 12 and up. Registration required.

10K fun/run walk: Shoelace Park, Bronx Boulevard at East 228th Street; (718) 430-4665; www.nycgovparks.org; 10 am–2 pm; Free.

Registration required.

"Angelina Ballerina": Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; 11:30 am, 1:30 and 3:30 pm; Free with zoo admission.

Live performance.

"Sherlock Homes Takes the Case": Kingsbridge Library Center, 310 E. Kingsbridge Rd. at Briggs Avenue; (718) 579-4244; www.nypl.org; 2 pm; Free.

The Traveling Lantern Theatre Company presents the super sleuth and his sidekick Dr. Watson.

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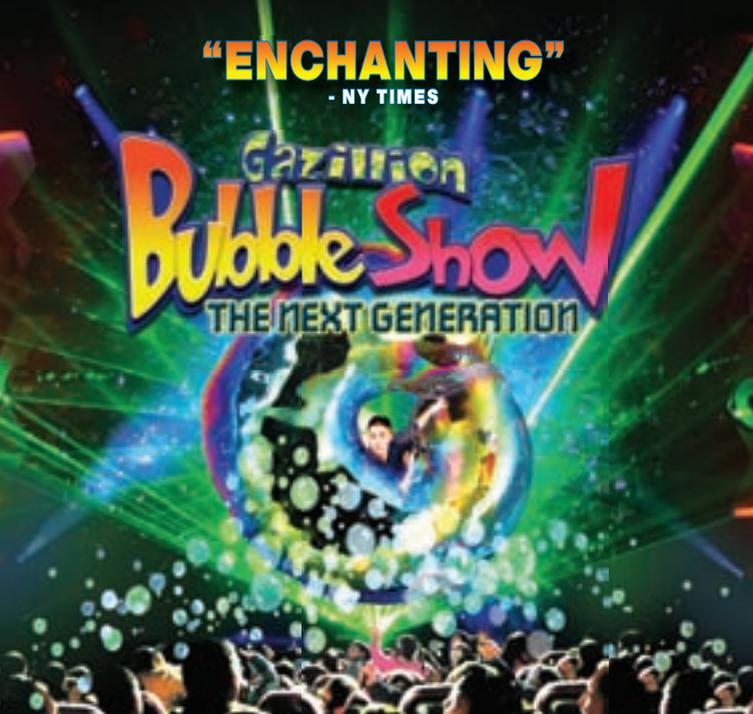
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Meet Captain Calamari...and the other plush toy characters from Lamaze. They're sure to be some of your child's favorite toys.

The Captain is a colorful, playful piece full of features that capture your baby's imagination and stimulate her senses. His crinkle hat rewards the baby with sound, as do the clacking rings on his arms. The Captain also has a rattle and a surprise mirror.

Other toys from Lamaze include Dee Dee the Dragon, Eddie the Elephant and Freddie the Firefly, so you can create a plush menagerie.

Captain Calamari Play and Grow Plush (\$19.99). For kids from birth to 24 months. For info, visit www.learningcurve.com/lamaze.



What a pear!

This company's commitment to good nutrition is really bearing fruit.

With Plum Organics, your little one can enjoy nutrient-rich baby and toddler food — from fruit purees to cereals to “training meals” — that are full of flavor, organic ingredients and served in resealable, bisphenol A (BPA)-free packaging. The “Just Line” of fruit purees for babies 4 to 6 months and older, features apples, mangos, bananas, peaches, pears or prunes

— minus added juices, colors or flavors — in convenient portable pouches.

Want it for your own pantry? You can find the line at Whole Foods Market, Babies ‘R’ Us, Fairway, and more.

For info, visit www.plumorganics.com.



Spit happens

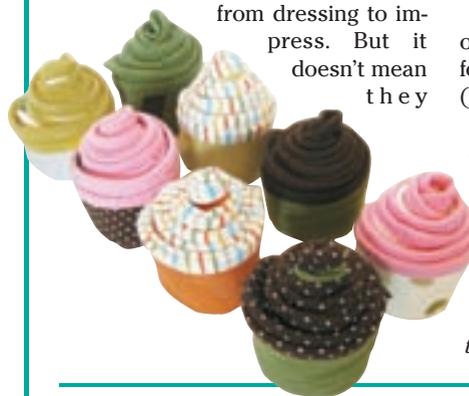
Because of the spitting up, leaking diapers and other surprises babies have up their adorable, tiny sleeves, it's a fact that new moms have to take a break from dressing to impress. But it doesn't mean they

wouldn't love to receive some stylin' burp cloths. You can never have too many, and the Burp Cloth Cupcakes by Twosies Baby Boutique are almost too cute to unwrap.

Perfect for a shower gift, each set of four is available in bright colors for a baby boy, girl or gender neutral (yellow and green).

Since the cupcake-evoking sets also come in a bakery box, with a bow and tag, they're ready for gift giving! Or better yet, buy 'em as a sweet, calorie-free treat for yourself.

Burp cloth set (\$15.95). For info, visit www.etsy.com/people/twosieskidboutique.



Sling out!

There's seemingly countless ways to carry your baby, but for a fashionable alternative, check out BabyEtte.

Their cotton slings come in a variety of colors, including green, red, black, brown, orange, gray, yellow, turquoise, purple and blue. The BabyBasics Superwide Cotton Ring Sling features a safety-tested aluminum ring, and it's 44-inches across, so you'll have enough fabric to support any size baby in any position.

The slings are also reversible, so you can wear them on either shoulder without unsightly seams showing.

And don't let their construction intimidate you — instruction sheets are included.

BabyBasics Superwide Cotton Ring Sling (\$46). For info, visit babyette.net.



For kids who want to rock

David Weinstone is giving the kids his “all.”

The multi-faceted children's musician, whose “Move to the Music” videos are seen daily on the Nick Jr. channel, has a new album out with his band, Music for Armadillos and Other Mammals, called “All I Want.”

The classically trained ex-punk rocker has found new acclaim writing songs that aren't just about eensy weensy spiders, but about taxis, subways, bagels and playdates, reflect-



ing and celebrating the lives of children growing up in urban environments, while addressing themes universal to kids everywhere, and there's no exception in his latest CD.

You may even find yourself listening to it even when the kids aren't around.

“All I Want” CD by David Weinstone presents Music for Armadillos and Other Mammals [\$15]. For info, visit musicforarmadillos.com.



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