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August already?

Halfway through the summer? It can't be but it is. The weeks fly by in a way they don't when there's snow and ice on the ground. Right? Whether it's vacations away or days in the park or at the beaches, summers in the city are never long enough.



Our issue this month presents our annual Fall School Guide. We hope you will take a good look at the many options around your borough for education opportunities. So many fine professionals throughout our communities are offering wonderful choices from daycare to high school. There's something for everyone.

In addition, this issue has an article I think is very important and is a must-read. Our resident writer

Tammy Scileppi has given us another wonderful insightful piece on the important world of social media and its affect on our adolescents. Through a fascinating interview with Dr. Melissa Robinson-Brown, they discuss the growing cultural phenomenon. Make sure to read "Too Connected."

I am a part of this world too. I text, I email, I have two Facebook accounts and am no stranger to social media. However, when I end my day and am in our office building elevator, I often am the only rider not holding a smartphone and either reading or typing. When I dine out with my 20-something daughter, her phone is always present and beeping with texts coming in and mine is stored

in my purse where it largely stays. Even when I'm at my desk, that's where my phone is stored. It doesn't follow me everywhere and when I get home, I seldom am aware of its presence, which is why I still have a land line, otherwise no one can reach me by phone. But I am not an adolescent and in fact, am strongly categorized as a digital immigrant. These youngsters are natives.

And don't miss reading the piece on "Older Moms" by another of our resident writers, Allison Plitt. As one of those gals myself, I am a true testament to the trend that has been developing, although I do take issue with her contention that 20 years ago it was unheard of for a woman in her 40s to be giving birth. Actually, it was just starting to be a trend and a woman over 35 having a first time pregnancy was no longer referred to as having a "change of life baby." As

women explored life, love and new careers, there was naturally often a delay in not only having children but in entering into committed relationships. Anyway, there are indeed unique issues and this is a good read.

Make sure the summer is not going by with your kids no longer reading, writing and engaging in learning activities of some kind. The loss of continuity is detrimental. Visit the libraries and read as a family. It's such a bonding pleasure.

Enjoy the final month of summer. I know I will. Thanks for reading!

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10 tips to help you set fitness goals for your family

BY SARA DIMMICK

It is a warm summer day in one of our many city parks, and a few families are gathered on the lawn doing a combination of stretching exercises, an obstacle course, and sprints. They are led by an instructor who encouragingly motivates each member of the group to do his best. This scene is becoming commonplace throughout the city, as more parents are making fitness a priority for their families and incor-

porating it into their family time.

This trend could very well be a response to the increase in childhood obesity. According to the Center for Disease Control, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

Children who are obese are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure — not to mention psycho-social issues related to obesity includ-

ing low self-esteem and feeling discriminated against. And, children and adolescents who are obese are likely to be obese as adults and are therefore at higher risk for adult health problems such as heart disease, type-2 diabetes, stroke, and several types of cancer.

Parents and caregivers play a critical role in shaping how their kids think about living healthy. Whether it's setting fitness goals, going regularly to the gym, or making smart food choices, it is impor-

Parents and caregivers play a critical role in shaping how their kids think about living healthy. Whether it is setting fitness goals, going regularly to the gym, or making smart food choices, it is important for children to see adults modeling healthy behaviors and routines.

tant for children to see adults modeling healthy behaviors and routines. With demanding work schedules and extracurricular activities, it can be a challenge to find the time for exercise and healthy meal planning.

Renee Eanes-Belgrave, a mom of six, says that although she and her husband Clyde struggle with finding time to exercise, they are trying to make it a part of their family routine, because it's something healthy that their kids enjoy.

"Family time is so important to us," says Eanes-Belgrave. "With such a range of ages in our family, exercise is a great activity that brings us all together. And, a little healthy competition amongst the kids motivates them to do what they can."

One of the most important ways to teach kids about living healthy is to show them that it is fun! Norman Turkowitz, a dad of two who has run the New York marathon more than 20 times, says he can still recall the special times he spent with his dad playing sports and exercising. Today, he tries to create similar experiences and memories for his kids.

"It's all about setting realistic goals and having fun while trying to reach them."

Dr. Cindy Baskin, internist at Weill Cornell Medical Center, agrees that kids are impressionable and need to be exposed to positive habits in order to adopt them.

"Children are far more likely to develop healthy habits if they see their parents making smart diet choices and living an active lifestyle," says Baskin. "That message is so much stronger than a doctor who tells a child to 'eat your fruits and vegetables and do daily exercise.'"

Want to kick-start a healthy routine for your family? Here are

10 tips to get you started:

1 Make workouts part of your family ritual and schedule the time on your family calendar, so everyone knows what to expect and when.

2 Allow kids to decide what your workout will be (jogging, bike riding, calisthenics, etc.).

3 Reward family members for their participation (movie, a trip to the toy or clothing store, screen time).

4 Use sprints and obstacle courses to create friendly competition. This makes workouts more exciting.

5 Rotate who in the family will lead a group workout.

6 Encourage kids to food shop with you. If they are part of the process of choosing what to stock the fridge with, they will more likely want to eat their selections.

7 For that picky eater in your household, keep introducing healthy food over and over. Remember it takes 10-plus times for a child to take to a food.

8 Leave your fruit bowl in a place where kids can easily grab an apple or a banana.

9 Stock your fridge with veggies and cover all the colors of the rainbow: red peppers, zucchini, broccoli, purple cabbage. Have kids help you prepare meals.

10 Plan active vacations that involve walking, hiking, or other sports-related activities. If a relaxing vacation is planned, try to do one active thing each day.

Sara Dimmick is a new mother and co-founder of Physical Equilibrium, which provides fitness and wellness experiences for New York City families. Her motto is "create balance and have fun!" Ask her your fitness-related questions at sara@physeq.com.



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Rash

judgments

Your basic guide — from itchy and perplexing to kind of creepy

BY CHRISTA MELNYK HINES

Alarmed by that angry red rash splashed across your child's body? Rashes run the spectrum, signaling anything from a mild viral infection to a chronic or even life-threatening illness. Since the list of rashes and their causes is extensive, you may wonder what's what and when to call the doctor.

First, avoid self-diagnosis.

"Viral and allergic rashes both can present as a diffuse, splotchy, blanching, pinkish rash. Because the rashes look similar, it can be impossible sometimes to tell the difference just by appearance," says dermatologist Dr. Reginald B. Henry.

Below are the more common types of childhood rashes and typical treatment methods. Check with your family physician or dermatologist to correctly diagnose and treat a mysterious rash.

Diaper rash

Even the most conscientious diaper-changing parent may see an uncomfortable, red, puffy rash blossom on her baby's bottom. Babies can suffer from diaper rash after a bout of diarrhea, as a side effect from antibiotics, or if they recently started eating solid foods. Change your baby's diaper frequently, and use wipes without alcohol or fragrances to gently pat the area dry. Treat the area with a protective barrier ointment after each diaper change. If the skin appears infected with blis-



ters, oozing discharge, or painful open sores, call your pediatrician.

Eczema

About 10 percent of infants and children suffer from atopic dermatitis, or eczema. The chronic disease is especially common in families with a history of allergies and asthma. According to the National Eczema Association, 65 percent of children are diagnosed in their first year of life and 90 percent by the time they are 5 years old. Eczema is extremely itchy, but is not contagious. It appears as red, scaly dry skin and can vary in severity.

Physicians generally treat eczema first with an over-the-counter cortisone cream to calm the red, inflamed skin. Throughout the year, treat skin with moisturizers.

“Lotions are better in the humid months, ointments in the winter months,” Henry says. “Don’t over-treat your child if the dermatitis isn’t really bothering her.”

Bacterial

Staphylococcal and streptococcal bacteria often cause infections with rashes, including impetigo, scarlet fever (strep throat with a rash), folliculitis and cellulitis. Lyme disease, caused by the bacterium *Borrelia burgdorferi* and transmitted by ticks, can cause a bull’s-eye rash. If you suspect Lyme Disease, seek medical attention immediately.

Bacterial infections are typically treated with antibiotics.

Viral

Viral-related rashes are splotchy, blanching (disappears when pressed), pinkish-colored and usually accompany other symptoms like fever, diarrhea, sore throat, and lethargy. Typical childhood viruses that present with a rash include Fifth Disease; molluscum contagiosum; chicken pox (varicella); roseola; and hand, foot, and mouth disease. Depending on the diagnosis, your physician may prescribe antiviral medications.

Warts are another viral skin condition commonly seen among kids. Although warts generally resolve

on their own, “due to the fact they are contagious, we tend to treat them with a spray or liquid nitrogen every one to two weeks until they are gone,” says dermatologist Dr. Donna Corvette. “We can also treat with various topical acids and sometimes we use blister beetle juice, which is quite effective.”

Parasitic

A pimple-like skin rash that’s extremely itchy and contagious could be caused by scabies, which is a mite that burrows into the skin. Because scabies can spread quickly through skin-to-skin contact, your physician may recommend treating the entire family with a topical medication.

Fungal

The name might make you shudder, but ringworm (tinea corporis), a red circular skin rash, is caused by a fungal infection, not a worm. The rash doesn’t always itch, but can spread from skin-to-skin contact. Treat with an anti-fungal product.

Allergies

Rashes like hives are allergic reactions that are typically splotchy, blanching, pinkish, and intensely itchy. A new food or a new medication could be the culprit. Consult with your doctor for diagnosis and treatment. Seek immediate medical attention if your child has trouble breathing or experiences swelling of the tongue, lips, or face.

Contact dermatitis like poison ivy or exposure to other irritants can also cause itchy allergic reactions. Treat the area with an over-the-counter cortisone cream. For insect bites, try ammonia-containing products like AfterBite Kids. Henry also recommends oatmeal baths, baking soda compresses, and Sarna lotion, or Noxzema cooled in the refrigerator to help relieve itching.

When should you seek emergency care?

“Special care and concern should be given to the child who appears acutely ill with fever and rash,” Corvette says. “Seek prompt care in an emergency room setting for urgent treatment. Do not procrastinate on these types of rashes.”

Writer Christa Melnyk Hines is a mom of two sons, ages 8 and 9, who have sported a variety of questionable rashes over the years. She is the author of “Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.” Visit her at www.christamelnykhines.com.

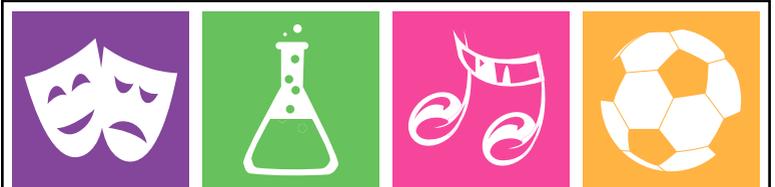
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Fight summer learning loss!

Five things
that NYC
kids should
pick up this
season

BY DR. DEBORAH ANTOINE
AND RHEA WONG

This season, most kids will experience the all-too-common phenomenon known as “summer learning loss.”

The National Summer Learning Association reports that the majority of students lose two months of grade-level equivalency in math over the summer months, with low-income students also falling behind two months in reading. Furthermore, most children gain weight more rapidly during summer break.

To help prevent this seasonal backsliding, we compiled a list of five things that New York City kids should pick up this summer:

A racquet. Everyone knows tennis is great exercise, but it is also proven to uniquely build kids’ cognitive abilities, academic performance, and character. According to a United States Tennis Association study, children who play tennis get better grades, have fewer behavioral problems, and are more likely to aspire to attend college than those who play

other sports. To learn about tennis opportunities for kids throughout New York City, visit www.nyjtl.org.

A book. Summer reading is a tried and true way to combat learning loss. One of the many benefits kids reap from reading is a more robust vocabulary, which is crucial for standardized tests. Visit www.btny.org/resources for recommended books and vocab apps. Additionally, parents should read the same books and engage their kids in conversation about the plot, characters, and themes.

A pen. Writing well is vital for success in school, and it helps kids become more analytical and expressive. The trick is to make it enjoyable. Some kids like keeping a journal, but many do not. Writing and performing spoken word poetry and music lyrics are effective ways to get kids excited about expressing themselves through words.

A MetroCard. On weekends, visit different parts of New York City. Expand your child’s worldview by embarking on outings to new neighborhoods to experience diverse cultures, hear different languages, taste ethnic

foods, and see distinctive architecture. Visit the city’s world-class museums, many of which offer cheap — or even free — admission.

A meditation practice. The positive impact that mindfulness meditation has on adults’ health and well-being is extensively documented. But studies also show that meditation helps kids calm down, focus, and can even boost their test scores. Concentration is a particularly important skill these days, as kids are increasingly bombarded with visual stimulation from TV, videogames, and mobile devices. For meditation resources for children, visit www.teachchildrenmeditation.com.

This summer, our two organizations — New York Junior Tennis & Learning and Breakthrough New York — are embarking on a new partnership. New York Junior Tennis & Learning’s brand-new Cary Leeds Center for Tennis & Learning in the Bronx’s Crotona Park will serve as the third site of Breakthrough New York’s year-round academic enrichment program.

Kids participating in summer programming at the Cary Leeds Center will boost their brains and bodies, so that they’re ready for success in school come September. For those kids who aren’t participating in this kind of enrichment programming, picking up these five things is a great way to turn learning loss into summer gain.

Dr. Deborah Antoine is president and chief executive officer of New York Junior Tennis and Learning. Rhea Wong is executive director of Breakthrough New York.

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Fall 2015 School Guide

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HAC prides itself on diversity. Many HAC staff and faculty members are bilingual and are able to address the needs of the community. HAC is a not-for-profit community based organization that has increasingly strengthened its position as the largest community sponsored early childhood education organization in the Bronx.

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Kinneret Day School

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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.

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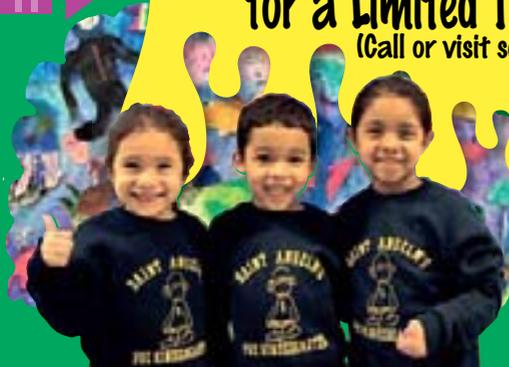
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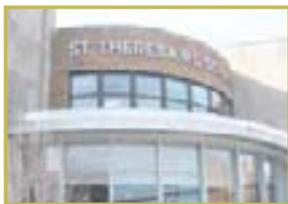
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268 E. 207th St.
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718-653-2292
www.stbrendanschoolbronx.org



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Fall 2015 School Guide

DIRECTORY

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116 East 169th Street
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The Rosalyn Yalow Charter School is a K-8 grade school in District 9 of the Bronx opening September 2015 with K-1 students. It honors Nobel Laureate Rosalyn S. Yalow (1921-2011), a physicist and the second American woman to win the Nobel Prize in Medicine (1977). Dr. Yalow was a lifelong Bronx resident, raising two children there, where at the Bronx VA hospital she crafted her Nobel award-winning research in radioimmunoassay, a method initially used to measure insulin in the blood and expanded to cover many substances of biologic interest. Our hope is that Dr. Yalow's legacy will inspire a new generation of Bronx children to work hard at their education and strive for success.

St. Anselm School

685 Tinton Avenue, Bronx 10455
718 993 9464 or www.stanselmbx.org

Offers a safe, nurturing, values-based learning environment where students 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 rigorous 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. St. Anselm School incorporates several enrichment programs to complement its academic curriculum as well as after school electives. The administration, faculty and staff work in partnership with parents in a spirit of mutual cooperation. St. Anselm School welcomes applications for admission to grades Prekindergarten through Grade 8, in addition to its new state funded Universal Prekindergarten Program. Please contact the school office for

more information or to schedule a visit. Come and see!

St. Brendan School

268 E. 207th St.
718-653-2292 or www.stbrendanschoolbronx.org

For more than 100 years, St. Brendan School has been a neighborhood fixture, providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and requires courtesy. At St. Brendan, you can be assured that your child will receive a strong academic education in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority. As such, St. Brendan offers an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons through a partnership with Education Through Music, physical education and technology classes. To best serve our families, we provide an early drop off, breakfast program and after care services until 6:00pm. Additionally, scholarships are available for qualified families so that an exceptional education at St. Brendan's is possible for all!

St. Simon Stock

2195 Valentine Avenue, Bronx 10457
718-367-0453 or www.stsimonstockschool.org

Is a private co-educational Catholic School for children in Pre K 4 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. Theresa School

2872 St. Theresa Ave., Bronx 10461
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Christ is the unseen but ever present

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St. Simon Stock School

- Quality education • Challenging curriculum
 - Enrichment
- Mrs. Ceparano, Principal

Ongoing registration

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teacher at St. Theresa School. The children who pass through our doors are eager to learn and are challenged by a stimulating academic, social and athletic curriculum infused with Catholic values. The program reflects an integrated learning experience for Pre-Kindergarten three year olds, universal pre-kindergarten four year olds, kindergartners and students in grades one through eighth grade.

Teachers, administrators, aides and other professionals who also pass through our doors impart their knowledge and extensive experience with enthusiasm and a truly caring respect for the children in their charge. A parent could ask for more when the education, safety and future of their child are at stake.

St. Theresa School provides a before and after school programs, breakfast and lunch programs, children choir, art, music, Italian language studies, computer classes, physical education and an accelerated mathematics program. We also offer a wide variety of after school activities.

St. Theresa's offers children a place to grow and blossom with discipline, guidance, and care.

St. Thomas Aquinas School

1909 Daly Ave., Bronx 10460
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 Librado Godinez 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-K4 and Kindergarten, grades 1 to 8. Early drop-off and after-school are also available.

Van Cortlandt Child Development Center

3880 Sedgwick Avenue, Bronx 10463
718-654-0563 or www.mmcc.org

MMCC's Child Development Center nurtures our youngest community members. Universal Pre-Kindergarten is a free 6 hour program open to all 4 year olds. The program provides high quality developmentally appropriate instruction for all children with an important foundation that promotes the acquisition of skills in the four learning domains; social-emotional, physical, creative expression/aesthetic and cognitive development that include language and literacy and mathematical and scientific thinking. MMCC's affordable high quality daycare program (ages 1-4 ½) combine a blend of social and learning activities. The program hours are 8:00 a.m. to 6:00 p.m. and includes breakfast, a hot lunch, and snacks. Additional hours from 7:30 a.m. to 6:30 p.m. are available.



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St. Thomas Aquinas Elementary School

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"Founded in Faith, Growing with Confidence"

St. Thomas Aquinas School is proud to announce the addition of FREE Full Day Universal Pre-Kindergarten for the 2015-2016 school year! Our school is also a proud participant in the new Blended Learning Initiative bringing advanced technology and instructional innovation into the classroom resulting in higher test scores and increased subject comprehension.



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- State of the Art Wireless Access
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- FREE Breakfast & Hot Lunch Programs
- Phys Ed, Art & Music Programs
- After School Piano Lessons
- Daily Prayer and Weekly Masses

To become a part of the rapidly expanding and improving St. Thomas Aquinas School community, do not delay and apply! Registration is open and our admissions are limited! Contact the school directly at 718-893-7600 to arrange a tour.

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Too connected

How sexting, texting, and the social media frenzy are affecting and shaping our adolescents

BY TAMMY SCILEPPI

As millennials pass the torch to a new generation of amazing kids, and the social media frenzy reaches fever pitch, parents are getting even more frustrated with the amount of time their youngsters spend texting, and worry about the sexting epidemic they keep hearing about.

Even though they're all signs of the times, these issues may be creating an emotional fireball that could affect your child's psyche, and trigger negative repercussions down the road.

Kids these days!

Recent TV commercials are great examples of how our culture is evolving. One favorite shows a dad and his two teen daughters relaxing on their living room couch; he's sitting in the middle. The girls are texting away on their cellphones. Curious, dad asks them if they're texting each other. The girls respond yes matter-of-factly. He seems a bit baffled and is probably wondering: why can't they just talk to each other?!

Another popular commercial sends a similar message, but in this one, the parent seems to be taking her kids' texting craze in stride and has probably decided: If you can't beat 'em, join 'em. A family gathers at the breakfast table; they're anxiously waiting for their favorite waffles to pop out of the toaster. The adolescent daughter and her mom are texting back and forth in a funny, heated battle over who will be the waffle winner, as the youngest child snatches one and runs off with it. In real life, most parents probably wouldn't go for a one-on-one texting scenario at meal time. Would you?

Before the words internet, e-mail, instant messaging, chatting, texting, sexting, tweeting, likes, friending, and hashtag were coined, people (younger and older) connected with one another the old-school way: by simply talking face-to-face, or over the phone, and by writing notes and letters. Sure, it was boring and basic, and far less creative than today's plethora of communication options — and it also took a bit more time to

reach out to someone — but it seems back then, folks had more of it.

Everyone enjoyed chatting, gossiping, sharing and commiserating — offline. Friends and relatives would enjoy passing actual photos around and carried several in their wallet or purse. And it worked just fine. Many folks, who remember that era, talk about those days with a sense of longing. Some youngins refer to them as “dinosaurs.” Flirting and courting was done the old-fashioned way, as well, not by texting and sexting, of course. And it was so romantic! How can texts with smiley faces and flowery e-mails replace pillow talk (you and your true love chatting over the phone at bedtime) and hand- or type-written love letters sprayed with perfume?

In fact, until recent times, most of us were quite “innocent,” and didn't even know what sexting meant, until a certain local politician made headlines (several years back) when his salacious cellular escapades were suddenly uncovered.

Our information age

How lucky we are to live in an exciting era marked by constant change and possibilities; overflowing with newfangled technology and state-of-the-art gadgets, created by great minds! It's hard to believe we practically have the entire universe at our fingertips; that we can reach out to others in a variety of exciting ways in just milliseconds, and across cyberspace — without ever uttering a word or speaking to another human being if we so choose. Happily or sadly (depending on your perspective), there's no going back; the genie is forever out of the bottle, granting our collective, ever-increasing wish for speed, progress, and the next coolest thing in a culture that some say is marred by superficiality, ignorance, and self-destructive divisiveness.

We're witnessing so many wonderfully innovative developments, but at what cost to our kids?

One day, when we look back, we'll see that the Zeitgeist — the spirit of our times — was in large part defined by the high-tech revolution, speedy information gathering and

sharing, a growing desire for instant gratification (which we may be passing on to our kids), and an obsessive need to connect and reach out 24 hours a day, seven days a week, yet in limited and perhaps, less meaningful ways. These changes have gradually transformed how we and our kids relate to each other and others in our personal and professional lives.

Some signs are already there: Consider how difficult it is for many tweens and teens to converse with each other or with family members and peers one-on-one. And, why read articles and books when you can get quick info and news from the internet, they ask. We, as parents know that some of what's out there in cyberspace is misleading or inaccurate, but they don't quite get it. Putting pen to paper is becoming a thing of the past, as is cursive writing and learning penmanship. It's quicker and easier to send important messages or express certain emotions (OMG! LOL!), and even say “I love you” via text or email. #what a shame!

Undoubtedly, social media is a powerful, dynamic force in our lives. It's fun, entertaining, and extremely useful, but as we all know, it can also serve as a force for evil. Like the internet, and tweeting, it's a double-edged sword — and can be dangerous.

Friends and likes?

It's a known fact that less Facebook “likes” and cyber-bullying can cause kids to feel unpopular, depressed, and even suicidal. Parents and caregivers: keep reminding those kids that hundreds of social media “friends” aren't as important as having just a few real ones. And that sometimes, BFFs aren't your best friends forever; they can turn around and say mean things about you with a few cunning keystrokes and clicks. But it's our job to remind them that it's definitely not the end of the world! And that they aren't defined by that meaningless nonsense.

Every era and time period, like every person, has its own personality and spirit. We are all a product of our times in some ways — the culture we grew up in. That said,



In this enlightening, informative interview, the mother of two helps parents and caregivers understand a growing cultural phenomena, i.e. social media, texting, and sexting. She talks about how all this stuff affects our children as they transition into real-world relationships.

Tammy Scileppi: Why has sexting become so popular?

Melissa Robinson-Brown: Puberty and adolescence have historically been a time of change and identity development. Moreover, teens experience significant distress over these two key elements. Teens are curious and hormonal. They are trying to fit in, trying to develop relationships, exploring their sexuality, and testing limits — their own and their parents'. Today's generation does a large majority of this exploration via technology and social media.

A significant majority (if not all) of adolescents have a phone or some access to the internet, and they are constantly staying in contact with peers.

Long ago, we used the phone or in-person conversations to have suggestive or flirtatious conversations with our potential or current partners. We might have talked about sex and even suggested that the person might get to "see!" Remember that old line, "You show me yours, I'll show you mine?" Well, that hasn't changed. It's just become more technologically advanced. Teens don't have to wait until they are physically with someone to "show theirs." It can be done with a quick "snap photo" and "send." It has become a part of courting and flirting. It's all done via technology.

Given that brain development is still happening during adolescence and impulsivity is high, often, teens aren't thinking about the possible repercussions of sending pictures of their bodies via text message. It's not something that previous generations had to think about, which means parents may not always be thinking about how these discussions have to happen when they hand their teen a smartphone!

TS: How can sexting trigger emotional or mental instability in adolescents and teens?

MRB: Well, again, brain develop-

Continued on following page

many parents are now witnessing how their tweens and teens are being affected by the culture they live in, and would agree that the sexting craze and social media frenzy a bit scary. They're just not sure how to deal with it, since "everybody's doing it" and there's so much peer pressure. Sound familiar?

But there does seem to be a way to better grasp how this cultural phenomena can be dealt with and reined in.

Protecting them

We know that kids' personalities, values, and ideas are partly molded by their parents, but also by outside forces: cultural and societal influences that dictate how they think and act. Since adolescents and teens are so impressionable and vulnerable, it's up to parents and caregiv-

ers to keep them as safe as possible no matter how old they are, and keep the lines of communication open — despite their protests to leave them alone. And kids should be reminded often that inappropriate texts, sexting, and questionable social media posts can end up in the wrong hands and cause havoc in their young lives. Future employers, friends, and love interests can easily look back and view all that awkward, embarrassing, unfiltered stuff posted on kids' Facebook pages when they were younger, very naïve, and caught up in the moment. And it's going to be there forever.

Since adolescent and teen brains aren't fully developed, youngsters tend to focus only on the present; they don't think much about conse-

quences, or about cause and effect — and that's a big problem!

Dr. Melissa Robinson-Brown is an assistant professor in Pediatrics and Psychiatry, co-director of Psychology Training Program, and licensed clinical psychologist at the Mount Sinai Adolescent Health Center in Manhattan. She provides individual, group, and family therapy, as well as psychological testing. The center provides medical, mental health, dental, and optical services to adolescents and young adults ages 10-24.

She lives in Edgewater, New Jersey with her family — daughters Kyah (5), Kahlia (2), and husband Antoine (a senior director and partner at an advertising agency) — but has always practiced in New York.

Continued from previous page

ment and emotional maturity are still developing during adolescence. So, already, the foundation is a little rocky. Adolescents deal with so many different emotions already. They are constantly trying to figure out who likes them, who are their friends, what group they want to be a part of, will they be a unique individual or someone that follows the crowd? All of these factors affect socialization. When that sext gets sent, it sometimes goes to the intended person and that's where it stays. But other times, it has now become a tool for someone else to use, often to bully and degrade individuals. It's used to start rumors and label individuals a "hoe" or a "thot" (that hoe over there). Once that picture has been spread, there is little that the individual can do to deny that he or she might be portraying a certain image.

At least in previous generations, if a guy claimed to have slept with a girl or guy, it would be a case of he-said-she-said and perhaps, the rumor would eventually die. Now, there is hard evidence that something happened or at least that the said individual was willing to send the sext. Being bullied or portrayed in this way when it was not the intention of the sext instantly creates feelings of anger, sadness, helplessness, and shame. When these feelings interact with an already rocky adolescent period, this is definitely a recipe for emotional instability.

TS: In some ways, has social media become the culprit for these issues?

MRB: Social media is a significant part of today's adolescent population. These public forums set the stage for socialization, popularity contests, and bullying. It's about how many "friends" you can attain and how many "likes" you get on a post. Many times, social media makes it easier to start conversations, meet people, and become bold! Teens (and adults) say things on social media that they wouldn't normally say in person. It gives you permission to take off the filters, and I believe it also interferes with the ability to learn about appropriate social cues and in-person socialization.

Text messages, messaging on Facebook, direct messaging on Instagram, creating stories on Tumblr, sending quick messages on Snapchat, etc., it all gives teens permission to take off the filters and express themselves in a way that they might not otherwise do in person! As such, individuals are more likely to send



Psychologist Dr. Melissa Robinson-Brown (pictured with daughters Kyah and Kahlia) speaks about the dangers of sexting for teens.

the message and, unfortunately, social media can help a picture or sext spread pretty rapidly!

TS: Is mental illness awareness regarding kids improving?

MRB: Mental health awareness definitely needs to improve! This is especially true in teens that often hide symptoms or lack the awareness to know that they are having significant symptoms. A teen doesn't have to express a depressed mood for you to know that he or she is depressed. Instead, parents, caregivers, teachers, counselors, coaches, and other individuals who work with teens need constant psychoeducation on what signs to look for. Adults need to become more aware of their children's habits!

Every time I first meet with a parent of a teen that I am seeing, I praise that parent for recognizing a need to seek out professional help for a problem, no matter how big or small! That means the parents were paying attention and that's where we as parents need to gain mastery! We need to know our kids and watch their movements. Are they eating? Are they sleeping? Have they become more withdrawn? How are they doing in school? Who are they chatting with on the phone or on text message? Are they on their phone until late hours?

Just pay attention! Even when

they don't want you around, parents, caregivers, counselors, teachers, should be paying attention.

A brave, complicated, and scary new world

Growing up in our fascinating, progressive, and brave new world is great; these are exciting times for everyone, but things are changing around us at lightning speed and sometimes, for the worse. And many parents worry that their children are being shaped by what some describe as an anything-goes, no-holds-barred society, which is hyper-focused on sex, hot celebs, looks, reality TV, social media, and legalizing pot. Some are concerned with a disturbing mind-set and trend among some teens, who have a get-rich-quick-without-working-for-it attitude. How all these variables manifest in our kids' lives, remains to be seen. Only time will tell.

And there's evidence that all these distractions—the electronic devices, the endless texting and preoccupation with social media are very addictive. Let's face it, we adults can't live without our cellphones, iPads, and computers either, and feel lost and disconnected without them.

Here's a no-brainer: Now that summer's here, why not spend more quality time outdoors with your family, just having good, old-fashioned fun close to home, or exploring

Gotham and doing stuff that will stimulate your kids' minds? The idea is to get them away from all those devices! And for older teens, plan regular activities that will hone their socialization skills.

As the planet turns, it seems likely that no matter how brilliant, forward-thinking, and tech-savvy our kids become, and how fast our modern culture evolves, socializing, connecting, and sharing will always remain at the core of who we are as human beings, while we search for more ways to reach out and communicate in a complex, global world that's getting smaller.

Ironically, social media was created to bring people together, but over-dosing on social media and texting tends to pull us further apart. It would be nice if our kids truly understood this concept and learned how to better interact with others in person, or over the phone, or by writing a letter and mailing it.

Unplugging and tuning out

Everybody has the ability to tune in to what's happening out there in a flash. Or, choose to unplug and tune out for a while.

Some families are experimenting with a great "new" way of interacting, based on an old-school concept—it's called family time. During dinner, or at designated times (during the week, or on weekends), all devices are turned off and put away. Instead of focusing on their phones, kids spend quality time with their family members, talking about their day or week; issues are addressed openly and hopefully resolved. Discussing current events is optional, and joke-telling is especially encouraged, as are board games. You never know, this "radical" idea could eventually become a nation-wide trend!

Another recent commercial seems to sum up the Zeitgeist that defines our crazy culture: A family of four waits in line at the airport; they're looking forward to their island getaway vacation. While their teen daughter and adolescent son are busy on their cellphones, mom and dad happen to mention that there's no wifi where they're going, so they suggest that when they get there, the kids might want to actually talk, for a change. Shocked by this news flash and visibly shaken, the siblings briefly pause, glance at each other and consider the implications. Deciding that talking isn't such a great idea, they shake their heads no, as mom turns to dad and says, "I like it!"



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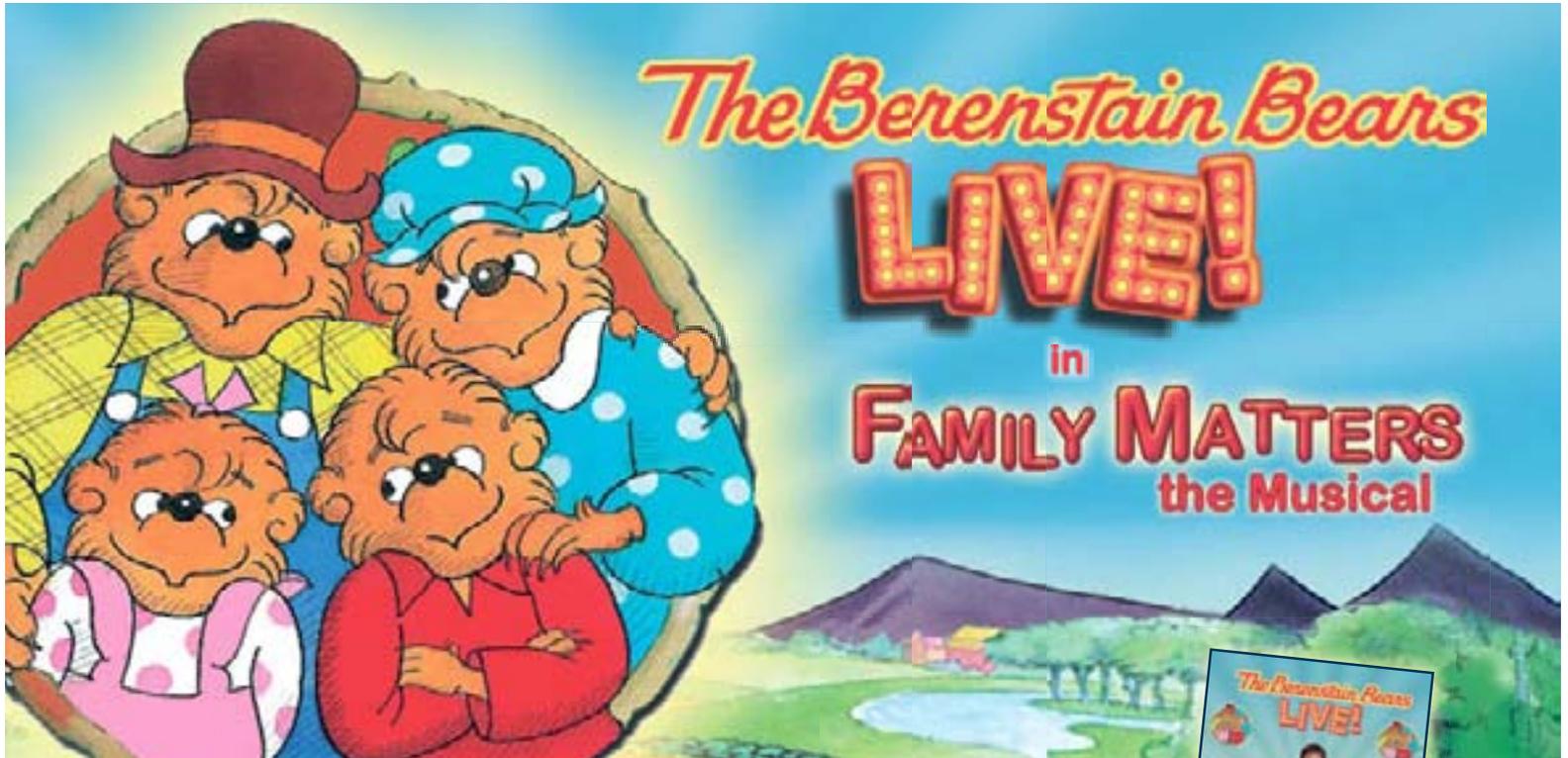
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Issues facing the older mom

As science allows births later in life, mothers face new challenges

BY ALLISON PLITT

The number of women in the United States giving birth to children after the age of 35 is rising, according to a report published in 2014 by the Center for Disease Control and Prevention.

Twenty years ago it would have been unheard of for a woman to give birth in her 40s. Thanks to advances in assisted reproductive technolo-

gies, women have more opportunities available to them to have children after 35.

Just recently the media has focused on several women, such as singer Sophie B. Hawkins, who have decided to have a baby at the age of 50. They have been able to get pregnant through technological developments with in vitro fertilizations, such as using donor eggs or unfreezing eggs or embryos women

created in their 30s, when they were more fertile.

There are many reasons for women postponing childhood. One motive could possibly be that people, in general, are living longer lives. Another factor is that women are finding fulfilling careers during their childbearing years. Some women have not yet found a partner with whom to have a child.

Lois Nachamie, a board-certified psychotherapist, counsels women having children later in life, as well as their families. Fifteen years ago, Nachamie, who was 42 when she had a baby, published a book called "So Glad We Waited: A Hand-Holding Guide for Over-35 Parents," with a forward by actress Debra Winger. Fifteen years later, 35 doesn't seem so old to wait and have a baby now that mothers are becoming pregnant at 50.

"I think by the time a woman is 50, she's made an active decision. You can't rely on your regular cycle. You have to make use of a lot of assisted

“The birth of a child to an older mother is a very treasured and cherished event. Setting limits is sometimes harder than when you have a child at a younger age.”

reproduction by the time you're 50, so these women have made a considered choice,” Nachamie says.

Nachamie also takes into consideration the rising life expectancy in the United States and other economically developed countries.

“Our life expectancy has certainly increased dramatically and the ability to combat disease and maintain a preventive kind of lifestyle means that a woman in her 50s in this day and age, if she's taking care of herself, is pretty healthy. She's not like a woman in her 50s fifty years ago,” she says.

She also says older mothers in good physical health should not be too anxious about the physical challenges of raising a toddler.

“I think people are often worried about the physical challenges, but even if you might have creaky knees when you're 60, if you're in good shape, the physical challenges aren't as horrendous as people fear.”

She advises older mothers to take precautions when parenting, telling them not to indulge to their child's every whim.

“The birth of a child to an older mother is a very treasured and cherished event. It's not a mistake by any stretch of the imagination. Because the child is so wanted in terms of parenting, it becomes a little trickier,” she cautions. “Setting limits is sometimes harder than when you have a child at a younger age because you're so happy to have this kid that you kind of don't want to say ‘no.’”

Nachamie has also seen older mothers struggle in raising toddlers.

“I think the other thing for women over 50 is that the toddler years can be trying and exhausting. Some people find it just fabulous and they think everything their kid does is spectacular. Other women are really bored and they

don't like sitting on the floor and playing games. That depends on the personality of the mother.”

Older mothers, furthermore, can find their teenage children emotionally challenging when they reach adolescence, Nachamie believes, saying “these kids may be embarrassed by their mothers when they reach their teen years. Children start to worry that their parents are going to die, which they often don't talk about, but they certainly are aware of.”

From her work counseling families, she's seen the problem technology poses to older mothers.

“If a woman is over 50, her relationship with technology, no matter how technically savvy she is right now, is still a real, hard disconnect between how much kids use technology and how much time they spend with their family. Common sense tells you that the more a kid is involved with any kind of technology, the less they're involved with another human being,” she says.

Another obstacle Nachamie considers is the possibility of older mothers becoming grandparents.

“An older mother might be a grandparent, but if your own child wants to wait until they're 40 years old to have a baby, then the mother is 90. I don't think that should stop anybody. I just don't think it's something that hits people until they are older and their child is older.”

Despite the challenges mothers 50 and older experience, Nachamie still holds their tenacity and determination in high regard.

“The 50 year old who has decided to have a child, in my opinion, is a very brave woman. I believe from a psychological point of view, when the biological urge was upon her, she had other things going on and so now, psychologically, she is allowing love into her life,” she says.

“Clearly what a child does is bring love into the home,” she adds. “It gives us someone to love unconditionally. So I think the 50 year old who has decided to do that is a very brave human being. I admire them tremendously and they have brought something to this relationship that a younger woman may have not.”

To learn more about Lois Nachamie's books and insights into parenting, visit www.loisnachamie.com.

Allison Plitt is a freelance writer who lives in Queens with her husband and young daughter. She is a frequent contributor to New York Parenting.

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The post-baby BLUES

Understanding
postpartum
mood
disturbances

BY DENISE YEARIAN

Most women experience some form of postpartum mood disturbance following the birth of their child. For many, the symptoms are mild and disappear within two weeks. But a small percentage of mothers go on to develop one or more postpartum mood disorders including depression, anxiety, and psychosis.

The good news is that with intervention, women can recover.

This was the case with Julie

O'Neill. Shortly after her daughter was born, this mother began experiencing troubling symptoms.

"It started in the hospital when I had problems with breastfeeding, and by the time I got home, I was feeling all the pressures of new motherhood," she says. "That first week, I was very teary, but I chalked it up to baby blues and thought I'd be OK soon. By week two, I found myself waking up shaking due to panic attacks. I wasn't able to eat or sleep either. Having been a social worker, I was familiar with the symptoms

of depression and knew I needed help."

"Up to 80 percent of new mothers experience baby blues and have mild feelings of depression, but problems that persist beyond two weeks could be pointing to postpartum depression," says Janet Brown, a perinatal behavioral health specialist. "And its appearance may be delayed for up to a year after giving birth."

Dr. Katharine Weymouth, a private practicing psychiatrist specializing in women's mental health, agrees.

"The symptoms go beyond fatigue,

More on postpartum mood disorders

Women with a personal or family history of mood disorders should talk with their physician prior to conceiving, as they are at a higher risk of developing conditions while pregnant or postpartum. If any of these symptoms of postpartum mood disturbances persist two weeks after delivery, women should get an evaluation by their physician or mental health professional.

Baby Blues occur in up to 80 percent of new mothers due in part to hormonal changes postpartum. Symptoms, which include extreme tearfulness, irritability, anxiety, mood swings, feelings of inadequacy, insomnia and fatigue, can appear right after delivery, peak at five days, and usually disappear by 12 days postpartum. A small percentage of women with baby blues go on to develop postpartum depression. Baby blues are the only one of these conditions considered a disturbance, not a disorder.

Postpartum depression occurs in up to 13 to 15 percent of women and is said to be the most common complication of childbearing. Symptoms parallel clinical depres-

sion and can include sadness, lack of interest in things (particularly bonding with the baby), feelings of guilt or inadequacy, worthlessness, irritability, impatience, sense of hopelessness, insomnia, change in appetite or concentration, difficulty enjoying things, and recurring harmful or suicidal thoughts. Symptoms can occur soon after delivery or up to a year postpartum.

Postpartum anxiety disorders, which include anxiety, panic, obsessive-compulsive, and post-traumatic stress disorders, occur in up to 10 percent of women suffering with postpartum depression. Symptoms vary according to disorder and may come and go, but one common characteristic they share is excessive worry that interferes with one's ability to function. Following is a breakdown:

- Postpartum anxiety disorder symptoms could include feeling keyed up, tiring easily, irritability, fidgety, insomnia, and difficulty focusing.

- Postpartum panic disorder is characterized by sweating, trembling, nausea, dizziness, difficulty

breathing, tight chest, and numbness in hands and feet.

- Postpartum obsessive-compulsive disorder symptoms include repetitive behaviors or thoughts which cause anxiety, worry or panic. It may also be accompanied by protective behaviors and constant, obtrusive thoughts related to the baby's safety. Note this is not postpartum psychosis. Women with obsessive-compulsive have no intent of harming their child. These thoughts are very disturbing to them, and because they don't understand it, the condition is accompanied by fear, shame, and emotional turmoil. This is, in fact, the one disorder people know the least about and most women are afraid to talk about for fear others will think they are crazy.

- Postpartum traumatic stress disorder occurs in women who experienced trauma during pregnancy, labor, or delivery. Symptoms, which can occur up to two months after delivery, can include flashbacks about what happened, nightmares, and hyper vigilance.

Postpartum psychosis is a rare

disorder that occurs in only one to two percent of women who deliver. Symptoms usually develop within 48 to 72 hours postpartum and can include delusions, hallucinations, disorganized speech, and inappropriate behavior. Symptoms may also be preceded by a period of restlessness or agitation. Women with a history of bipolar disorder are at a higher risk for developing postpartum psychosis, and in-patient psychiatric treatment and medication may be required immediately.

Resources

- Postpartum Support International is an organization dedicated to providing information, resources, and support on postpartum issues. For more information, visit www.postpartum.net, or call (800) 944-4773.

- www.MedEdPPD.org was developed by the National Institute for Mental Health to provide information about postpartum depression.

- www.womensmentalhealth.org is an online resource created by Massachusetts General Hospital as a way to provide up-to-date information and resources on women's mental health issues.



irritability, and difficulty concentrating. That's considered normal when caring for an infant," she says. "Postpartum depression can include sadness, irritability, insomnia, fatigue, feelings of guilt or worthlessness, change in appetite or concentration, difficulty enjoying things, and recurring thoughts of harming one's self."

In addition to postpartum depression, mothers may experience one or more of the four postpartum anxiety disorders or postpartum psychosis, a rare condition characterized by disorganized thinking, hallucinations, and delusions. With any of these conditions, early detection

and intervention is key.

"What many people don't realize is women are at risk for these conditions while pregnant as well. So I suggest they talk with their doctor before they conceive to avoid potential problems, particularly if they have a history of depression or anxiety," says Weymouth.

By week's end, O'Neill had contacted her physician. But the doctor on call phoned in a prescription her insurance wouldn't cover.

"That Monday, I took myself to the hospital, and they referred me to their Perinatal Behavioral Health Department," she says. "There I was

diagnosed with postpartum depression and anxiety. They put me on medication with continued monitoring and recommended I join the support group offered through the hospital. Six weeks later, I was feeling better."

For Crystal Lohr, intervention wasn't immediate, and she suffered severely as a result. A week after giving birth to her daughter, this single mother started having nightmares that left her trembling in sweaty sobs.

"A-year-and-a-half later, I began having painful anxiety attacks that felt like someone was squeezing my

rib cage and stabbing me in the heart. I didn't want to interact with my daughter, either. I would sit and watch her play, but instead of joining in, I'd curl up in a ball and cry," she says of her now 3-year-old. "I knew I needed help, but I thought I could take care of it myself. On top of that, I was embarrassed and didn't want anyone to know."

Then two-and-a-half years later, while taking her daughter for a checkup, Lohr broached the subject.

"I told the doctor I knew I suffered from postpartum depression, and now it had gotten worse. So she asked me, 'On a scale from one to 10, how happy are you right now — 10 being the happiest?' I told her 'three,' then burst into tears," she says.

Lohr was diagnosed with anxiety and severe depression that stemmed from postpartum.

"The doctor explained that it's like a disease and needs to be treated. I started on Citalopram [an antidepressant], and a week later, I was feeling better," she says.

Treatment options vary depending on the disorder and severity of symptoms.

"Some women do fine with support groups. But others may need one-on-one therapy with a mental health professional to help develop new coping strategies," says Brown. "Medication may also be administered where symptoms are significant."

One thing O'Neill found particularly helpful were the support group meetings.

"It was good to be with other moms who were feeling the same way. We connected through our struggles and drew strength from one another," she says.

O'Neill, in fact, continued to attend meetings even after she had recovered, to encourage other moms, and has since started a second support group that meets at a different location. More recently, she joined the team of Postpartum Support International to work as an advocate for new mothers and their families.

Today, she's on a mission: "I want to tell mothers that postpartum depression is treatable, and you're not alone. With the help of support groups, counseling, and medication, it will get better," she says. "Now that I'm expecting again, I have the tools to get through this, should it happen again."

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



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

How citizenship can affect an estate plan

I am a United States citizen, but my spouse is not. Are there special requirements we need to incorporate in our estate plan or last will and testaments?

Most definitely yes. Part of a married couple's estate plan may include utilizing what is called marital deduction in the estate of the first spouse to die — in order to avoid paying any estate taxes until after both spouses are deceased. This is particularly true if each or either spouse has a gross estate more than the estate tax threshold, currently at \$5.43 million for federal taxes and \$3,125,000 in New York (for 2015). This exemption is only permitted when the surviving spouse is a U.S. citizen.

When a surviving spouse is not a U.S. citizen, the estate tax for assets exceeding the estate tax exemption would ordinarily be due. Perhaps recognizing the inherent problem in depriving the surviving spouse from the use of assets to support herself during her lifetime, the IRS allows non-citizen spouses to choose to put assets in excess of the exemption into a special type of trust, called a Qualified Domestic Trust. This allows the surviving spouse to enjoy the benefit of the marital deduction, while giving comfort to the IRS that the government will receive the taxes due on the death of the second spouse (rather than have the surviving spouse “abscond” to the home country and deprive the U.S. government of the tax on the remaining assets).

In light of the increase in the allowable exemption, fewer non-U.S. citizen couples find themselves in a situation that would require a Qualified Domestic Trust to preserve assets after the death of the first spouse.

In addition if your estate does not quite reach the federal limit,



but does exceed the New York State limit, there is no need to set up a Qualified Domestic Trust in order to take advantage of the marital deduction provisions.

Another key point to be mindful of is that U.S. domiciliaries (even if they are non-U.S. citizens), remain subject to U.S. gift and estate tax on their worldwide assets. Non-domiciliaries are only subject to the U.S. transfer tax system only to the extent of their U.S. property. Many international clients think they are “safe” if they don't declare the assets. This is a mistake, as the IRS could charge interest and penalties and also lien the assets located in the U.S.

Although “domicile” is a very fact-intensive inquiry and analysis, that very much depends on the circumstances, a foreign national is considered “domiciled” in the U.S. if he

is currently residing in the U.S. with no intention of leaving. Or, stated another way, if the evidence indicates that the U.S. is the place to which the person intends to return when they are away.

The prudent ex-pat will enlist the services of an accountant and attorney to ensure that they are positioned in the most efficient manner both for income and estate taxes. A U.S. will, with or without a Qualified Domestic Trust, can be a crucial part of ensuring efficient disposition of assets in the most tax-efficient manner possible.

Guardianship

In addition, there are important considerations for ex-pats who have children during their residence in the U.S. There are two circumstances to consider: what would happen to

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the care and raising of minor children if both parents were to die, but also if both parents become disabled while the child(ren) are minors? Frequently, the choice of guardian by a non-U.S. citizen in his Will is a family member who lives in the home country and is not a U.S. citizen. In that case, a designation of stand-by guardian is crucial to help bridge the gap between the time that the parent(s) are incapacitated or have died, up until a court has made a determination of a permanent guardian. The U.S. will also help determine the guardianship of your children upon death of both spouses, rather than leaving it up to the full discretion of the U.S. court.

The procedure to name a guardian for minor children is to nominate an individual or individuals in your will to take legal custody of your child. This can but does not need to be the same individual(s) as the "minor's trustee," who will oversee the management of any finances left to the minor child.

A guardian nomination is just that: a suggestion to the court that, in most cases, will be upheld if the individual qualifies as a fiduciary, meaning a person in a position of trust. In New York a person is not eligible to be a fiduciary if he is a "non-domiciliary alien [...] except [...] one who shall serve with one or more co-fiduciaries, at least one of whom is resident in this state." That said, the court may still appoint a non-domiciliary alien or a New York resident as a fiduciary in his or her discretion. An individual who is mentally incompetent, a felon, or who otherwise "does not possess the qualifications required of a fiduciary by reason of substance abuse, dishonesty, improvidence, want of understanding, or who is otherwise unfit for the execution of the office" is also unfit to serve as a fiduciary, as is anyone else who is ineligible in the court's discretion. The court may also declare as ineligible to act as a fiduciary "a person unable to read and write the English language."

What does this mean? For international clients, it means that while they should nominate the guardian of their choice based on substance (i.e., their true qualifications in substance to provide the best care for their children), the choice is a mere nomination and is subject to the judge's approval and order of who will raise a child

and have legal custody. Second, for the many ex-patriates living in New York City, it means that extra care must be taken to communicate to the court why the appointment of a non-domiciliary individual as guardian is in the best interest of your minor children. These specifics can be spelled out in the will itself or in a separate writing that should be properly executed.

The other thing to consider is that many non-U.S. citizen parents reside in the U.S. with no real intention to leave, but are insistent that their children be raised in their home country. The thing they fail to consider is that a child who is raised in the U.S. his entire life may not want to leave the U.S. when he is 10, 14, 15, and his entire life is based here. It is a very different situation when the child is an infant or toddler and could easily adjust. If a parent wants the child to be repatriated to the home country, the child's citizenship may be a factor bearing on the judge's decision. If the parent applied for or obtained dual-citizenship from her home country for the child, this may be deemed evidence by the judge of the parents' intent for their child to keep a connection to the parents' country of origin. It has the added impact of providing a basis for which the guardian in the home country can request assistance from her own state department or diplomatic agency to repatriate the child. In the absence of dual citizenship, the home country's state department lacks standing to assist. This, together with basic border-control issues, poses an obstruction to relocating a child to another country either temporarily pending the proceeding or permanently.

Because estate tax laws constantly change, it is important to revisit your estate plan as set up in your last will and testament over time. If either or both of you are not U.S. citizens, it is important to discuss with your estate planning attorney the possibility of including a Qualified Domestic Trust in your wills.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrustplan and on her website at www.besunderlaw.com.

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Calendar

AUGUST



Hear the crickets

Now is the season for crickets, katydids and cicadas at Family Art Project at Wave Hill on Aug. 15 and 16.

Get out your bottles and nets for green bug gathering, then, use cardboard tubes, fasteners, wooden clothes pins and green tempera paint to construct bodies and movable parts, like wings and legs.

Learn how to make cicada castanets and other buggy sounds and click, chirp or sing in an insect parade.

Family Art Project, Green Bugs Gathering, Aug. 15 and 16, from 10 am to 1 pm; free with admission to the grounds.

Wave Hill [W. 249th Street and Independence Avenue in Riverdale; (718) 549-3200; www.wavehill.org]

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Calendar

Submit a listing

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

Send your listing request to bronxriverdalecalendar@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!

SAT, AUG. 1

IN THE BRONX

Summer sports: Williamsbridge Oval Recreation Center, E. 208th St. and Bainbridge Avenue; (718) 543-8672; www.cityparksfoundation.org/2015-summer-; 8 am – 4 pm; Free.

Pitch, shoot and score with programs used to develop skills and sportsmanship. Registration required. For children 6 to 13 years old.

Family Art project: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Marvelous mushrooms — go on a hunt and be inspired to create your own garden with fluorescent paints.

Family Day: Tracey Towers, 40 West Mosholu Parkway South; (718) 828-2880; Noon to 5 pm; Free.

Enjoy kids activities and games such as bounce houses, face painting, live entertainment, food and more.

Sports program: St. James Park, Jerome Ave. and E. 193rd Street; (718) 367-3657; www.cityparksfoundation.org/2015-summer-; 1 pm to 2:30 pm; Free.

Children play soccer and other sports. Registration required.

Astronomy: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 8 pm to 10 pm; Free.

Rangers take you on a tour of the stars and a discussion of the history and folklore surrounding our solar system.

FURTHER AFIELD

Slide the City: Vita Coco Beach at Foley Square Rest Stop, Duane and Centre streets, Manhattan; www.nyc.gov/summerstreets-; 7 am – 1 pm; Free.

Cool off while you slush and speed down a 270-foot water slide. Yippee!



Photo by Jennifer Potthaiser

Game, set, match!

The 29th annual Arthur Ashe Kids Day swings into the Billie Jean King National Tennis Center on Aug. 29.

Presented by Hess, the event includes live performances from Rolling Stone “Artist You Need to Know” Bea Miller, “hip-pop” duo Kalin and Myles, Flo Rida protégé Natalie La Rose, MTV’s “Artist to Watch” Jacob Whitesides, and chart-topping pop-rock act American Authors.

Families can enjoy an exciting

schedule of tennis games geared toward kids, see an exhibition match and skills competitions with Novak Djokovic and Marin Cilic, and meet with the tennis greats after.

Arthur Ashe Kids Day on Aug. 29 from 9:30 am to 4 pm. Tickets are \$10 for general admission and \$25 for loge seating.

Billie Jean King National Tennis Center, Arthur Ashe Stadium (Flushing Meadows Corona Park, www.arthurashekidsday.com).

This once-in-a-lifetime opportunity to slide through the streets is presented by Vita Coco Coconut Water. Participants must register online in advance.

Cartoon Shabbat: Chabad of East Hampton, 13 Woods Lane, Long Island; (631) 329-5800; www.jewish-hamptons.com; 11 am; Free.

Children’s service featuring their favorite cartoon characters, songs, activities and crafts.

SUN, AUG. 2

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Aug. 1.

Concerts in the park: Rockwood Drive circle at Van Cortlandt Park, Henry Hudson Parkway and W. 254th Street; (718) 601-7399; www.nycgovparks.org; 2 pm to 3 pm; Free.

Join with the Bronx Arts Ensemble for a chamber music program.

TUES, AUG. 4

IN THE BRONX

Garden crew: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10 am to 1 pm; Free.

Help care for the vegetable beds. Bring water and sunscreen. Registration required.

Painting for kids: Woodlawn Playground, Van Cortlandt Park East and E. 239th Street; (718) 430-1890; www.nycgovparks.org; 2 pm to 3:30 pm; Free.

Have fun painting nature. Supplies provided.

WED, AUG. 5

IN THE BRONX

“Brier Rabbit”: Pelham Bay Park, Playground, City Island Rd. and Park Dr.; (718) 430-1891; [\[foundation.org/2015-summer-\]\(http://foundation.org/2015-summer-\); 10:30 am; Free.](http://www.cityparks-</p></div><div data-bbox=)

Presented by the City Park’s Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble.

Stories in the Garden: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 2 pm; Free with admission to the grounds.

Children listen to classic stories, interact with songs and puppetry. Program in doors during inclement weather.

First Wednesdays: Longwood Art Gallery at Hostos, 450 Grand Concourse at 149th Street; (718) 931-9500; bronxarts1.org; 5:30 pm, 6:30 pm and 7:30 pm; call for tickets.

Take a ride on the Bronx Trolley and enjoy readings, exhibits, and gallery tours.

THURS, AUG. 6

IN THE BRONX

Ebony Hillbillies: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 10:30 am – noon; Free.

Enjoy a day of jazz and rockabilly fun.

Stories in the Shade: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 11 am – 11:30 am; Free.

Grab a book and enjoy the outdoors with a book. This is part of the Summer Reading program.

Salsa fest: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 6:30 pm to 8 pm; Free.

Enjoy the Latin beat and Nelida Tirado.

FRI, AUG. 7

IN THE BRONX

First Friday Trolley: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpell-mansionmuseum.org; 5:30 pm to 8 pm; \$10 (\$8 seniors and students).

The folk group Hawthorne featuring Nat Osborn, Aimee Bayles, Karna Ray and Stu Mahan perform. Explore the museum, stroll the gardens. Registration requested. The trolley makes an hourly loop starting at 5:25 pm from the 6 train Pelham Bay Park subway station to Bartow-Pell Mansion Museum to City Island.

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Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

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SAT, AUG. 8

IN THE BRONX

Summer sports: 8 am – 4 pm. Williamsbridge Oval Recreation Center. See Saturday, Aug. 1.

Family Art project: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Sounds of nature — make a simple drum and learn about rhythms and sound.

Stories and crafts: Sachkerah Woods Playground, W. Gun Hill road and E. 212th Street; (718) 430-1890; www.nycgovparks.org; noon–2 pm; Free.

Read-alouds with Claudette Richards and crafts with artist Corinne Innis.

Sports program: 1 pm to 2:30 pm. St. James Park. See Saturday, Aug. 1.

Camping: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; www.nyc.gov/parks/rangers; 6 pm to 7 am; Free.

Enjoy a sleep out under the stars with the rangers. Families chosen by lottery.

"Big Hero 6": St. James-3657 Park, E. 193rd St. and Jerome Avenue; (718) 367; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Grab a blanket and popcorn to watch this blockbuster animated film. Everybody needs a hero.

FURTHER AFIELD

Slide the City: 7 am – 1 pm. Vita Coco Beach at Foley Square Rest Stop. See Saturday, Aug. 1.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

SUN, AUG. 9

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Aug. 8.

Uni project reading rooms: Lyons Square Playground, Aldus Street and Bryant Avenue; www.nycgovparks.org; 10 am – 2 pm; Free.

The rooms feature a collection of browsable books and activities and are staffed by volunteers who engage children and families in reading and learning.

Concerts in the park: 2 pm to 3 pm. Rockwood Drive circle in Van Cortlandt Park. See Sunday, Aug. 2.

Rocking in the park

Grab a blanket, bring a chair, and get ready to rock out with the New York Skyscrapers and Friends on Aug. 11 at the Williamsbridge Oval ballfield.

The concert, consisting of the six-piece American contemporary band, is presented by the Bronx Council on the Arts and Assemblyman Jeffrey Dinowitz.

It's jazz, funk, rock and roll, and soul under the stars as part of the summer concert series.

New York Skyscrapers and Friends, Aug. 11 from 7 to 9 pm; free.

Williamsbridge Oval Ballfield [3225 Reservoir Oval East at 208th St in Norwood, (718) 931-9500, www.bronxarts.org]

Dinner with Mario: New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817-8700; www.nybg.org; 5 pm to 7:30 pm; \$85 (\$35 children 2 to 12; Under 2 free).

Cooking demonstrations and dinners celebrating the Edible Academy, and all prepared by Mario Batali's chefs, including Frank Langello of Babbo, Dan Drohan at Otto, Mario La Posta from Babbo Boston, John Katz at Tarry Market, Andy Nusser of Tarry Lodge, and Anthony Sasso of Casa Mono. Reservations and pre-purchase tickets suggested.

MON, AUG. 10

IN THE BRONX

"Maleficent": Ridge Hill Mall, 1 Ridge Hill Blvd.; (914) 207-2900; www.ridgehill.com; 7 pm; Free.

Angelina Jolie is super-evil fun in this movie. Don't forget the popcorn to watch this movie under the stars.

TUES, AUG. 11

IN THE BRONX

Garden crew: 10 am to 1 pm. Van Cortlandt Nature Center. See Tuesday, Aug. 4.

Painting for kids: 2 pm to 3:30 pm. Woodlawn Playground. See Tuesday, Aug. 4.

New York Skyscrapers and Friends: Williamsbridge Oval ballfield, 3225 Reservoir Oval East at 208th St.; (718) 931-9500; www.bronxarts.org; 7 pm to 9 pm; Free.

Grab a blanket and enjoy the show. The six-piece American Contemporary band plays pop, funk, jazz, soul and good old rock 'n' roll. Presented by the Bronx Council on the Arts and Assemblyman Jeffrey Dinowitz.

"Despicable Me": Hunts Point Riverside Side, Edgewater Rd. and Lafayette Avenue; (718) 430-4665; www.nycgovparks.org; 8 pm to 9:30 pm; Free.

It's a night of the minions under the stars. Bring a chair, blanket — and don't forget the popcorn.

WED, AUG. 12

IN THE BRONX

Stories in the Garden: 2 pm. Wave Hill. See Wednesday, Aug. 5.

THURS, AUG. 13

IN THE BRONX

Hybrid Movement Company: Van Cortlandt Park Playground, Van Cortlandt Park South and Broadway; www.cityparksfoundation.org; 10:30 am; Free.

Dance, acrobatic, and a visual arts troupe.

Stories in the Shade: 11 am – 11:30 am. Pelham Bay Ranger Station. See Thursday, Aug. 6.

FRI, AUG. 14

IN THE BRONX

"Brier Rabbit": Poe Park Visitors Center, 2640 Grand Concourse; (718) 365-5516; www.cityparksfoundation.org/2015-summer-; 10:30 am; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit, who is always getting into trouble.

SAT, AUG. 15

IN THE BRONX

Summer sports: 8 am – 4 pm. Williamsbridge Oval Recreation Center. See Saturday, Aug. 1.

Game Day with Princess for Lifetime: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; nycgovparks.org; 10 am–noon; Free.

Participants enjoy crafts, games, and other activities using sand art and paper.

Community Paddle: Concrete Plant Park, Whitlock Ave. and Westchester Avenue; (718) 430-4665; www.nycgovparks.org; 10 am – noon; Free.

Calling all novice paddlers. Come explore the tidal section of the Bronx River and experience the beauty of estuary! Waterproof gear and footwear recommended.

Family Art project: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am–1 pm; Free with admission to the grounds.

Get out those bottles and nets for a green bug gathering. Study the different species including cicadas, katydids and crickets, then use found items to create other buggy varieties.

Canoeing: Crotona Nature Center, Charlotte St. and Crotona Park East; (718) 378-2061; www.nyc.gov/parks/rangers; 11 am – 2 pm; Free.

Rangers teach the basics and lead children 8 and older on an adventure.

Hike and draw: Sachkerah Woods Playground, W. Gun Hill road and E. 212th Street; (718) 430-1890; www.nycgovparks.org; noon–2 pm; Free.

Join with naturalist and take a walk and then sketch the scenery.

Stories and crafts: noon–2 pm. Sachkerah Woods Playground. See Saturday, Aug. 8.

Sports program: 1 pm to 2:30 pm. St. James Park. See Saturday, Aug. 1.

FURTHER AFIELD

Slide the City: 7 am – 1 pm. Vita Coco Beach at Foley Square Rest Stop. See Saturday, Aug. 1.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

SUN, AUG. 16

IN THE BRONX

Family Art project: 10 am–1 pm. Wave Hill. See Saturday, Aug. 15.

Uni project - reading rooms: 10 am – 2 pm. Lyons Square Playground. See Sunday, Aug. 9.

Freshwater fishing: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am – 1 pm; Free.

Rangers teach children catch-and-release method. Must attend water safety class.

Our online calendar is updated daily at www.NYParenting.com/calendar

TUES, AUG. 18

IN THE BRONX

Garden crew: 10 am to 1 pm. Van Cortlandt Nature Center. See Tuesday, Aug. 4.

WED, AUG. 19

IN THE BRONX

Stories in the Garden: 2 pm. Wave Hill. See Wednesday, Aug. 5.

Pop-Up Arte and storytelling: Willis Playground, E. 141st Street and Willis Avenue; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Join with staff of El Museo del Barrio for a fun craft workshop and story time.

THURS, AUG. 20

IN THE BRONX

Stories in the Shade: 11 am – 11:30 am. Pelham Bay Ranger Station. See Thursday, Aug. 6.

FRI, AUG. 21

IN THE BRONX

"Maleficent": St. Mary's Park, St. Mary's Ave. and E. 149th Street; (718) 402-5155; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Angelina Jolie is super-evil fun in this movie. Don't forget the popcorn while watching this movie under the stars.

SAT, AUG. 22

IN THE BRONX

Summer sports: 8 am – 4 pm. Williamsbridge Oval Recreation Center. See Saturday, Aug. 1.

Family Art project: Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free with admission to the grounds.

Discover the beautiful dragon fly and then make a creation using metallic and transparent materials to take a dragon fly home.

Sports program: 1 pm to 2:30 pm. St. James Park. See Saturday, Aug. 1.

FURTHER AFIELD

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

SUN, AUG. 23

IN THE BRONX

Family Art project: 10 am-1 pm.



A ride under the sea

Take a ride beneath the sea in the SeaGlass Carousel opening on Aug. 20 at The Battery.

The new one-of-a-kind ride features a huge nautilus shell with 30 luminescent fish to give you the ride of your life. Unlike traditional carousels, this one has you sitting inside the fish instead of on top — letting you glide through the sights and sounds of a 360-degree aquatic adventure.

Visitors walk through the

beautiful Tiffany and Company Foundation Woodland Gardens before reaching the brand-new attraction.

SeaGlass Carousel is open daily beginning Aug. 20, from 10 am to 10 pm and costs \$5 per ride. Access to the Battery and gardens is free.

SeaGlass Carousel (The Battery at the Battery Park Underpass in Lower Manhattan; www.thebattery.org)

Wave Hill. See Saturday, Aug. 22.

Uni project reading rooms: 10 am – 2 pm. Lyons Square Playground. See Sunday, Aug. 9.

Canoeing: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; 11 am; Free.

Rangers teach the basics and lead children 8 and older on an adventure.

TUES, AUG. 25

IN THE BRONX

Garden crew: 10 am to 1 pm. Van Cortlandt Nature Center. See Tuesday, Aug. 4.

WED, AUG. 26

IN THE BRONX

Stories in the Garden: 2 pm. Wave Hill. See Wednesday, Aug. 5.

Pop-Up Art and storytelling: Flynn Playground, Brook Avenue and East 157th Street; (212) 408-0243; www.nycgovparks.org; 3 pm to 4:30 pm; Free.

Join with staff of El Museo del Barrio for a fun craft workshop and story time.

THURS, AUG. 27

IN THE BRONX

Stories in the Shade: 11 am – 11:30 am. Pelham Bay Ranger Station. See Thursday, Aug. 6.

SAT, AUG. 29

IN THE BRONX

Summer sports: 8 am – 4 pm. Williamsbridge Oval Recreation Center. See Saturday, Aug. 1.

Community Paddle: Concrete Plant Park, Whitlock Ave. and Westchester Avenue; (718) 430-4665; www.nycgovparks.org; 10 am – noon; Free.

Calling all novice paddlers. Come explore the tidal section of the Bronx River and experience the beauty of estuary! Waterproof gear and footwear recommended.

Family Art project: Wave Hill, W.

249th Street and Independence Ave.; (718) 549-3200; www.wavehill.org; 10 am-1 pm; Free with admission to the grounds.

Are you ready for some fishy fun? Focus on the finned friends and goldfish swimming in the aquatic garden, then turn colorful paper bags into fantastic 3-D fish that can swim through the air.

Solar observation: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; 11 am – 1:30 pm; Free.

Join with the Amateur Astronomers Association and view the heavens. For older teens.

Sports program: 1 pm to 2:30 pm. St. James Park. See Saturday, Aug. 1.

"Alexander and the Terrible, Horrible, No Good, Very Bad Day": Williamsbridge Oval Recreation Center, Reservoir Oval East and Bainbridge Avenue; (718) 543-8672; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Family-friendly comedy with Steve Carrell.

FURTHER AFIELD

Arthur Ashe Kids Day: USTA Billie Jean King National Tennis Center, Flushing Meadows Corona Park, Queens; (866) 673-6749 (OPEN-TIX); www.usopen.org; 9:30 am to 4 pm; \$10 general admission (\$25 loge tickets).

Presented by Hess, the 29th annual event includes live performances from Rolling Stone "Artist You Need to Know" Bea Miller, "hip-pop" duo Kalin and Myles, Flo Rida protégé Natalie La Rose, MTV's "Artist to Watch" Jacob Whitesides and chart-topping pop-rock act American Authors. Children will enjoy a host of activities and meet with tennis champs Novak Djokovic, Marin Cilic, and others for a day of tennis, music. The annual event kicks-off the 2015 US Open, which runs from Aug. 31 to Sept. 13.

Cartoon Shabbat: 11 am. Chabad of East Hampton. See Saturday, Aug. 1.

SUN, AUG. 30

IN THE BRONX

Family Art project: 10 am-1 pm. Wave Hill. See Saturday, Aug. 29.

Uni project reading rooms: 10 am – 2 pm. Lyons Square Playground. See Sunday, Aug. 9.

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Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

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LONG-RUNNING

IN THE BRONX

Children's Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220-5103; www.bronxzoo.com; Daily, 10 am – 5 pm; Now – Fri, Oct. 30; \$5 with Zoo Admission.

The newly renovated area is open and features new species, new exhibits, and a domestic petting zoo. Children of all ages enjoy learning about the giant anteaters, sloths and mini goats.

Paper Arts & Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Saturdays, 2-3:30 pm.; Free.

Children have fun creating collages using decoupage, origami, kirigami and more.

Tennis program: Van Cortlandt Park, Stadium, W. 242nd Street and Broadway; www.cityparksfoundation.org/2015-summer-; Mondays and Thursdays, 9 am to noon, Tuesdays and Wednesdays, 9 am – noon, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Tennis program: Williamsbridge Oval Recreation Center, E. 208th St. and Bainbridge Avenue; www.cityparksfoundation.org/2015-summer-; Mondays, 9 am to noon, Wednesdays, 9 am – noon, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Playstreets: Parque De Los Ninos, Morrison Ave. and Watson Avenue; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Street, Faile St. between Gilbert Place and Lafayette Street; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Morris Houses, Park Avenue and Washington Avenue; www.palnyc.org; Weekdays, 9 am –

5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Monroe Hoes, 1780 Story Avenue; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Forest Hoes, 735 ER. 165th St.; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Theresa Haven, 175 Creston Avenue; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Theresa Haven, 175 Creston Avenue; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: University Family Shelter, 1041 University Ave. at 167th Street; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Playstreets: Eastchester Heights, 3480 Seymour Ave. and Boston Road; www.palnyc.org; Weekdays, 9 am – 5 pm, Now – Fri, Aug. 21; Free.

City streets and other public areas, including playgrounds and schools

create a safe environment where youngsters play traditional sidewalk games, including double Dutch jump rope, hopscotch, Nok Hockey, and basketball.

Track and Field: Pelham Bay Park, Bruckner Blvd. and Middleton Road; www.cityparksfoundation.org/2015-summer-; Mondays and Wednesdays, 9:30 am – 10:30 am and 10:30 am to noon, Now – Wed, Aug. 12; Free.

Children 5 to 16 learn the basics of the sport, from hurdles and relay races, to long jump, shot put and javelin throw. All participating youngsters have the opportunity to display the basic skills learned at the end of the season at an organized track meet held at Icahn Stadium Randall's Island on Aug. 12. Registration online required; Two sessions — 5 to 7 years old and 8 to 16 years old.

Summer Sports Experience:

P/G Mini Pool & Courts, Reservoir Oval East and Bainbridge Avenue; (718) 543-8672; nycgovparks.org; Weekdays, 10 am-6 pm, Now – Fri, Sept. 4; Free.

Shoot, pitch, score and learn to hone your sportsmanship skills. Register online.

Eco crafts: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Mondays, 11 am – 1 pm, Now – Mon, Aug. 24; Free.

Recycle and reuse natural materials to create unique projects.

Tennis program: Haffen Park, Hammersley Ave. and Gunther Avenue; www.cityparksfoundation.org/2015-summer-; Mondays, 1 pm to 4 pm, Wednesdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Tennis program: Mill Pond Park, Gateway Center and E. 150th Street; www.cityparksfoundation.org/2015-summer-; Mondays, 1 pm to 4 pm, Wednesdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Tennis program: St. Mary's Park, E. 145th St. and St. Ann's Avenue; www.cityparksfoundation.org/2015-summer-; Mondays, 1 pm to 4 pm, Wednesdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Sports fun: St. James Recreation Center, 2530 Jerome Ave. and Creston Avenue; (718) 367-3657; www.nycgovparks.org/events/bronx; Mondays, Wednesdays and Fridays, 1 pm to 2:30 pm, Now – Fri, Sept. 4; Free.

Join in for games of flag football, softball, soccer and more.

Sports fun: Hunts Point Recreation Center, 765 Manida St.; (718) 860-5544; www.nycgovparks.org/events/bronx; Mondays, Wednesdays and Fridays, 1 pm to 2:30 pm, Now – Fri, Sept. 4; Free.

Join in for games of flag football, softball, soccer and more.

Table tennis/Billiards: St. James Recreation Center, 2530 Jerome Ave at Morris Avenue; (718) 367-3657; www.nycgovparks.org; Mondays, Wednesdays and Fridays, 6 pm to 7:30 pm, Sat, Aug. 1 – Fri, Sept. 4; Free.

Teens 13 to 17 years old are invited to learn how to play the games.

Track and Field: Macombs Dam Park, East 161st St. and Jerome Avenue; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 9:30 am – 10:30 am and 10:30 am to noon, Now – Wed, Aug. 12; Free.

Children 5 to 16 learn the basics of the sport, from hurdles and relay races, to long jump, shot put and javelin throw. All participating youngsters have the opportunity to display the basic skills learned at the end of the season at an organized track meet held at Icahn Stadium Randall's Island on Aug. 12. Registration online required; Two sessions — 5 to 7 years old and 8 to 16 years old.

Garden workshop: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers; Tuesdays, 10 am – 1 pm, Now – Tues, Aug. 25; Free.

How does your garden grow? Rangers teach children how to tend to the vegetable beds and compost bins.

Story, arts and crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Tuesdays, 10 am-10:45 am.; Free.

Children 6 months to 4 years old enjoy a story followed by a craft and activity related to the reading.

Tennis program: Pelham Bay Park, Bruckner Blvd. and Middleton Road; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Calendar

Our online calendar is updated daily at www.NYParenting.com/calendar

Tennis program: St. James Park, Jerome Ave. and E. 193rd Street; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Tennis program: St. James Park, Jerome Ave. and E. 193rd Street; www.cityparksfoundation.org/2015-summer-; Tuesdays and Thursdays, 1 pm to 4 pm, Now – Fri, Aug. 14; Free.

City Parks Foundation is again hosting tennis lessons for children as part of its Summer Sports program. Registration is required online.

Hatha yoga: Poe Park Visitor Center, 2640 Grand Concourse and E. Kingsbridge Road; (718) 365-5516; www.nycgovparks.org; Tuesdays, 1:30 pm to 2:15 pm; Free.

Children of all ages are encouraged to participate in the yoga and meditation program.

Wiffle ball and Frisbee: Hunts Point Recreation Center, 765 Manida St. and Spofford Avenue; (718) 860-5544; www.nycgovparks.org; Tuesdays – Thursdays, 2 pm to 3:30 pm,

Now – Fri, Sept. 4; Free.

Tweens and teens learn the basics of Wiffle ball and ultimate frisbee, including lots of game play. Drop in anytime.

Instructional Basketball clinic:

Julio Carballo Field, 765 Manida St. and Spofford Avenue; (718) 860-5544; Tuesdays – Thursdays, 6 pm to 7:30 pm, Now – Thurs, Sept. 3; Free.

Teens 13 to 17 years old learn the basics.

Youth Run Farm Stands: Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; www.nyc.gov/parks/rangers.

Locally grown produce from the very own Friends' Compost and Garden Site, tended to by the Garden Crew and the Kids Garden Crew.

Paper Arts & Crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays, 1-3 pm.; Free.

Children have fun creating collages using decoupage, origami, kirigami and more.

Recycle to art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org.

org; Wednesdays, 2-3:30 pm, Now – Wed, Sept. 30; Free.

Have fun turning junk to treasure. Children under 10 must be accompanied by an adult. Wear appropriate clothing.

Learn to draw: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 2-3:30 pm.; Free.

Children 10 years and older learn the basics of still life pencil drawing, including volume, tone, value, and sketching.

Story, arts and crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 10 am-10:45 am.; Free.

Children listen to an interactive story with songs, and poems followed by a craft and activity related to the reading. For toddlers and preschoolers.

Seasonal crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 2-3:30 pm; Free.

Make holiday arts and crafts.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$5plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more, weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

SeaGlass Carousel: SeaGlass Carousel, The Battery, Battery Park Underpass, Manhattan; www.thebattery.org; Daily, 10 am to 10 pm; beginning Thurs, Aug. 20; \$5 per ride.

A beautiful, huge crystal nautilus shell with 30 grand luminescent fish, takes riders on an aquatic journey.

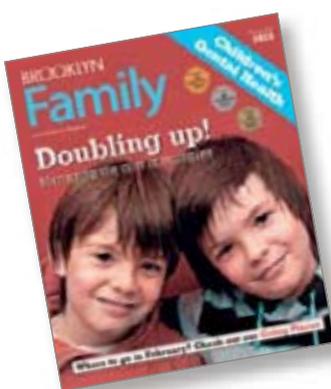
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Shopping at a farmers' market not only offers some of the freshest fruits, veggies, and other foods, but it also offers the opportunity to buy locally, support small business, and connect with your community.

But as you explore farmers' markets in your area, pay attention to the vendors' food safety. Vendors often sell products outdoors where they are exposed to dirt, bugs, and pollutants. In addition, they usually have little access to water for product washing.

Most markets have their own food safety rules as well as related government regulations. But there are basic guidelines you should follow, too:

- Check the stands' overall cleanliness, including gloves and clean utensils, covered garbage cans, coolers for perishables, and clean bags.

- Be sure to use separate reusable grocery totes for raw meat and poultry and ready-to-eat foods. It's important to wash your reusable totes often. Unwashed grocery bags are breeding grounds for bacteria.

- Harmful food-borne pathogens like *E. coli*, salmonella, listeria, and norovirus may contaminate fruits



and vegetables. To reduce your risk: Go early for the best selections, wash fruits and vegetables thoroughly, and dry them with a clean cloth or paper towel. Avoid produce with mold, bruises, or cuts.

- Wash produce even if you plan to peel it. Bacteria on the outside of melons and bananas can be transferred

inside when you cut or peel them.

- Refrigerate cut or peeled fruits and vegetables within two hours.

- Only buy pasteurized milk products. Pregnant women, young children, and people with weakened immune systems are at higher risk for illness caused by listeria. Soft cheeses made from unpasteurized milk are one common source.

- Eggs should be properly chilled at 45-degrees Fahrenheit. Make sure eggs are clean and the shells are not cracked.

- Meat should be kept in closed coolers with ice. Perishables must be refrigerated within two hours (one hour if it's more than 90-degrees Fahrenheit), so bring an insulated bag for the way home. Separate meat from other ready-to-eat foods, so the juices from raw meat do not come in contact with other foods.

- Only buy juice or cider that has been pasteurized.

- To locate a farmers' market near you, go to www.localharvest.org.

Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Raspberry-blackberry Greek yogurt ice pops

Makes 6 to 8 (depending on the size of the mold)

INGREDIENTS:

2 cups fresh (or frozen and thawed) blackberries or raspberries

1/4 cup powdered sugar

16 ounces honey-flavored Greek-style yogurt

DIRECTIONS: Combine berries with powdered sugar in a blender or food processor, pulse until smooth to make purée. Spoon half the yogurt into a bowl and stir in 2 tbsp. of purée so it is stained pink. Spoon into ice pop molds, add the rest of the purée, then the rest of the yogurt. Push in ice pop sticks and freeze until solid.

NUTRITION FACTS: 90 calories, 16 g carbohydrate (14 g sugar), 6 g protein, 0 g fat, 25 mg sodium, 136 mg potassium, 2 g fiber

Adapted from the Oregon Raspberry and Blackberry Commission.



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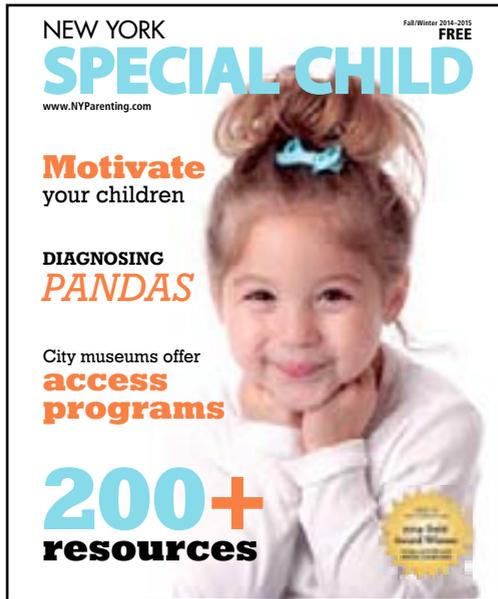
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