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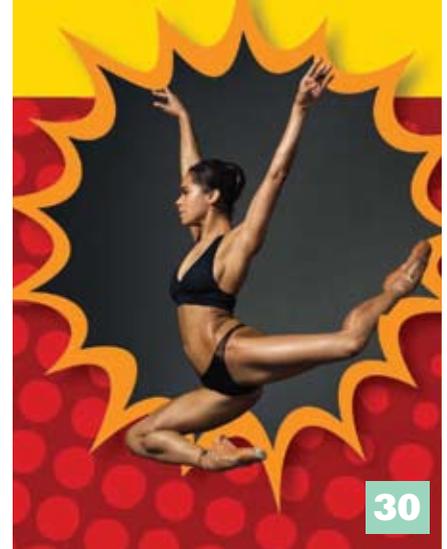
NEW YORK Parenting

Bronx/Riverdale Family
March 2017

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Schools and camps and spring emerging

Could it already be spring? I feel like we just celebrated Thanksgiving. The weeks are flying by and all in all this winter has largely lived up to the idea of climate change. I can easily recall harsh New York City winters in years gone by with large amounts of snow-fall and frigid temperatures for days on end. Certainly not the case these days. I don't really miss it personally, but I know a lot of kids do. It's not easy to find a good snowball fight these days. It disappears faster than they can roll it. Again, I personally am not complaining.



are out there for their children. As a result, we have in this issue a special advertising section showing some of the many Charter School options in the communities. This is the time of year when applications are due and when the lotteries take place. If you are interested, please be sure to contact the schools and navigate through the simple application process.

We also have a special advertising section showing many of the wonderful programs your children can sign on for this summer. Some are more traditional camps and others are various kinds of specialized programs. The options are growing larger it seems with something for everyone. You can do a whole summer, or sessions or even a week here and a week there. As a person who went to traditional summer camp I'm finding the possibilities these days quite fascinating.

I recently heard a rather bright and caring person ask why access to quality education should be limited by zip code? I thought that was a very thought-provoking question. The debate about Charter Schools will go on, but our thinking right now is that as publishers of parent guides, it's important that we let our readers know what options

The month of March is a good time to start planning not only camp for the kids

but also summer plans for the family. Do your research now to get the best deals for family vacations. Check out our website at NYParenting.com to find articles about family travel that will post from time to time through the month of March. There's an interesting piece about travel to Raleigh and also a piece about other family destinations just outside of NYC by our resident writer Shneika L. Johnson.

Not everything gets into the magazine. More can be found online including our Full Calendar for the metro area. We do a lot of ticket give-a-ways too, so sign on for our newsletters for your chance to win. Soon there will other exciting offers too so don't delay. Good luck!

Thanks for reading. Have a great month.

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The perfect fit

Unique child-care arrangements that allow for more flexibility

BY KRISTEN J. DUCA

It is not out of the question to ask a potential child-care candidate if she would be willing to share a full-time schedule with your family and your friend or neighbor's family.

This arrangement can work as long as each family gives the caregiver set days and hours.

More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

However, many caregivers still desire a full-time schedule along with the appropriate compensation to match.

In an attempt to satisfy the caregiver's needs, some parents decide to hire the caregiver on a full-time basis even though they do not necessarily need a caregiver for so many hours.

The parents use the additional hours that the caregiver is in their home looking after their child while they are not at work to run errands, exercise, prepare meals, engage in housekeeping, meet up with friends, shop for household goods, and so on.

Here are a few ways parents are making

child-care schedules work for them and the caregivers:

Caregiver shares

If your budget allows you the luxury of employing a caregiver for additional time to give you a chance to take care of personal errands, relations, or issues — then by all means, do it.

If you do not have the financial means to employ a caregiver for extra hours or if you want to spend the time when you are not at work alone with your child, then consider a caregiver-share arrangement.

If you have a friend or neighbor who desires a similar child care situation, you can jointly evaluate whether both families' hours provide the caregiver with enough hours and income to satisfy her needs. Obviously, you will have a problem if the hours both you and your friend

desire overlap.

If you do not have a friend who also desires a caregiver share, then you may need to do a little bit of researching and networking to find someone you could work with in a caregiver-share situation. Have an idea of what hours and days you need the caregiver to work for your family before you start your search.

Rotating caregiver arrangements

Some families desire "rotating caregiver" arrangements that enable them to employ more than one caregiver for their children.

These families do not like the idea of hiring one caregiver exclusively for the entire week. They do not want the caregiver to get bored or overtired.

As a result, they hire a few caregivers who desire part-time or flexible work schedules with the hopes that each caregiver will show up to work fresh and energized.

Additionally, they believe that their child may learn more by getting various perspectives and experiencing different activities.

It is important to make sure the caregiver candidate is receptive to a rotating-caregiver situation. While some caregiv-

More and more, people with children are working flexible schedules in order to strive for a desirable work-life-family balance. With work schedules that allow for flexible hours, parents may neither need nor want a caregiver on a full-time basis.

ers welcome a flexible work schedule, others prefer a more traditional work-week.

You do not want the caregiver to feel like you do not think she is capable of taking care of your child on a full-time basis. You may need to explain to her your philosophy on rotating-caregiver arrangements.

Moreover, you do not want to get into a situation where the caregiver feels jealousy or resentment toward you, your fam-

ily, the other caregivers, or your child.

Caregiver organization

Additionally, if you employ multiple caregivers, then remember that organization is of the utmost importance. You will want to clearly communicate the exact hours and days each caregiver will work each week.

Whether you create a master calendar or a detailed spreadsheet of hours that you need coverage, make sure the caregivers know exactly when they will take care of your child. This will prevent any mistakes, such as both caregivers showing up for work at the same time.

Also, take into consideration the vacation days and holidays that affect your caregivers as well as your family.

If you work together as a team, the arrangement should be positive and beneficial to all involved.

New York-based working mother Kristen Duca and her husband are the parents of two girls. She has worked in the financial services industry for two decades in addition to serving as a contributing writer for New York area publications. She is the author of "Ultimate Nanny: How to Find, Interview, and Manage the Most Important Person You Will Ever Hire - Your Child's Nanny" available on amazon.com.

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5 great benefits of sleep-away camp

BY DENISE YEARIAN

Day camps are a summer staple for many families, but sleep-away camps provide an iconic outdoor setting with a wealth of ways to help children grow, expand their horizons, and make memories that will last a lifetime. Here are five benefits to sending your child to residential camp this summer:

1. Foster independence.

Residential camp is an ideal place to learn independent living and self-responsibility. Out from under their parents' shadow, campers are expected to get up, go to bed, and attend scheduled events on time, as well as keep their cabin area clean. And for those who have never spent the night away from their parents, it enables them to embrace the experience as their own, without having to filter it

through what Mom and Dad think or feel.

2. Practice kindness.

Sleep-away camp is a good way to put character-building skills learned at home into practice. Here, kids have an opportunity to show empathy toward others in need, such as sharing shampoo or toothpaste with someone who forgot a toiletry item, or extending kindness to a camper who feels left out.

3. Make diverse friendships.

The residential camp community is the perfect platform for children to step outside their normal social circle and forge friendships with kids from other parts of the state, country — even the world. And with the widespread use of electronic communication, it's easier than ever for these friendships to continue to grow long after camp is over.

4. Venture out.

Many sleep-away camps offer atypical activities that may not be available at day camps, such as overnight hiking trips, mountain boarding, wilderness adventures, etc. Activities such as these challenge kids to take risks under trained supervision, using appropriate safety gear.

5. Take a tech break.

More often than not, children are instructed to leave their tech devices at home before coming to camp. This can turn into a big bonus, as it gives campers the opportunity to work on other communication skills, such as letter writing, and real “face time” with other campers, as well as ample time to enjoy planned camp activities.

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

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Trust your gut

Your thyroid health really depends on the health of your stomach

Out of the 27 million Americans who suffer from thyroid dysfunction, more than half are due to an autoimmune disorder called Hashimoto's disease, in which the immune system attacks and destroys thyroid gland tissue.

"Thyroid replacement hormones are a first line of defense for many doctors, prescribed with the promise of wiping out a number of symptoms in one fell swoop. But taking that approach is turning a blind eye to what caused the thyroid to become depressed in the first place," writes Dr. Datis Kharrazian in "Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism." The underlying causes can range from irregular immune function and poor blood sugar metabolism to gut infections, adrenal problems, and hormonal imbalances.

It is a necessity for patients with

Hashimoto's disease to get their guts in good working order before they see improvement and actually feel better. We asked Dr. Raphael Kellman, founder of the Kellman Center for Functional & Integrative Medicine in Midtown, to explain the crucial relationship between gut health and thyroid health.

Danielle Sullivan: What is the connection between microbiome health and autoimmune disease, and Hashimoto's disease in particular?

Dr. Kellman: From my experience, the microbiome is the key to healing and reversing autoimmune conditions including Hashimoto's Thyroiditis. The gut microbiome is comprised of trillions of bacteria living within the intestine along with the vast majority of the immune system. It's no accident that they are in such close proximity. The bacteria are highly involved with immunity, educating, and regulating the immune system, helping it to recognize



HEALTHY LIVING

DANIELLE SULLIVAN

the difference between friend, our own healthy tissue, and foe. These microorganisms maintain the integrity of the gut wall, fortifying it, protecting the body.

A healthy microbiome lowers inflammation; produces beneficial compounds like vitamins, neurotransmitters, natural antibiotics; and short chain fatty acids that are very important to the health of the intestine and brain. If the ecology becomes unbalanced and unhealthy, we lose these protections. Yeast, parasites, and less beneficial bacteria overtake the system, intestinal permeability begins, inflammation grows out of control, and very often the immune system begins to attack the body's own healthy tissue. In the case of Hashimoto's, the victim is the thyroid. Once this process is switched on, however, other areas of the body may come under attack as well.

DS: How important is it to heal the gut in order to have optimal thyroid health? Will thyroid health ever really be functional if the gut is not?

DK: The thyroid and microbiome are intricately intertwined. To start, a portion of thyroid hormone gets activated or converted in the intestine. If that isn't possible because the intestine is damaged or microbiome unbalanced, the body experiences a low thyroid state. An unhealthy gut leads to widespread inflammation and autoimmunity perpetuating antibody production that may attack healthy thyroid tissue.

Additionally, GI issues may lead to nutrient deficiencies that can affect many systems, including the thyroid. On the other hand, the gut is very sensitive to changes in thyroid hormone and requires an adequate amount to contract properly, sort and digest food, and expel waste.

Without it, intestinal conditions are more likely. The intestine and thyroid need each other, so it's imperative to work on both to improve the whole.

DS: How does gluten affect the gut balance? Does it affect everyone with thyroid disease or only those who have celiac or a wheat allergy?

DK: For many, gluten can produce problems in the body triggering intestinal permeability, inflammation, and immune responses. It's a fallacy that only those diagnosed with celiac disease need to avoid it. Anyone with an autoimmune condition should steer clear of it. Most chronic diseases today stem from inflammatory conditions, which can often be traced back to inflammation in the gut. By eliminating gluten and eating a diet low in inflammatory foods, we can start to reverse damage that has been done.

DS: What symptoms present with an imbalanced gut?

DK: Symptoms can manifest in many systems since the microbiome is connected to everything in the body. Frequently, patients have intestinal complaints like constipation, diarrhea, bloating, heartburn, gas, and abdominal pain.

For some, they may suffer mood changes, depression, anxiety, difficulty concentrating, brain fog, and even memory problems.

Skin conditions are also very prevalent as well as sugar cravings, insulin imbalances, craving unhealthy foods, fatigue, weight gain, and joint pain. Whenever we see inflammatory markers go way up on testing, it's a sure sign of microbiome imbalances.

DS: What is the best probiotic for those with Hashimoto's disease?

DK: *Saccharomyces boulardii* is very useful in autoimmune conditions, helping to rebalance the immune system and clear out pathogens. We often see antibody levels drop as a result of administering this strain. *B. infantis* 35624 targets inflammation in the intestine, especially levels of TNF-alpha, helping to resolve it. I also recommend a good, broad-range probiotic rich with different strains of both *Lactobacillus* and *Bifidobacterium*. There are many great products out there now like Ther-Biotic by Klaire Labs.

DS: What is the best food plan for someone with an autoimmune disease, and Hashimoto's disease in particular?

DK: It's important to gear eating towards improving the health of the microbiome while limiting or omitting inflammatory foods like gluten or dairy for some people. Prepackaged, processed, fast, high-sugar, and chemical-laden foods should be avoided. Prebiotic fibers are those found in certain plants that feed healthy gut

bacteria helping them to thrive and reproduce. Onion, garlic, Jerusalem artichoke, jicama, and asparagus are all examples of foods that are good for the microbiome.

The diet then should include mainly plants with clean, grass-fed, and wild proteins as side dishes. Fermented foods like kimchi, sauerkraut, yogurt, and kefir help to infuse the intestine with mega doses of beneficial bacteria.

It's a grave mistake to overlook or underestimate the role of gut bacteria in autoimmune conditions. Frequently, doctors focus on viruses and toxins, which are known triggers, however, these things are filtered through the microbiome. Healthy bacteria have the ability to protect the body from these attacks, washing them away. There is no pill that can match the power these super organisms have in their ability to correct the immune system, lower inflammation, detox, and protect the body. These benefits come from deep inside a healthy gut, so we must do our part to make sure our greatest health ally thrives.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.

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Band-aids don't work

Suggestions for parenting the adopted adolescent

BY JUDY M. MILLER

Are you an adoptive parent or considering adoption? Has your child reached adolescence or is he coming close to it? Here are some insights about parenting adopted tweens and teens:

Loss is always part of adoption

Regardless of circumstance or age — be it minutes or years old, the child who joins his family through adoption has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, culture or origin, and birth history.

Loss is the "hub" of inherent issues in adoption. It must be considered, understood, and honored by parents, so that they can support their child as he navigates from childhood into adulthood. Loss accumulates, one layer stacking upon another. The hub can be quite deep.

Varying degrees of grief, guilt, shame, rejection, identity, intimacy, and control

are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many adopted people, as well as the majority of birth parents and adoptive parents. For this article though, I only address the issues as they pertain to an adopted person.

Inherent issues ebb and flow life-long

Feelings tied to being adopted typically begin to make themselves known with the onset of adolescence, as early as the age of 6, just when the hormones begin to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has and will forever impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the adopted teen requires

even more preparation: knowing the child's history (and historical framework if adopted internationally) and how that can affect him, understanding the core issues and how to use them as tools in parenting, and having a level of genuine empathy for the child.

There might be more going on than the core issues

Depending on circumstances, the child may also have suffered neglect, exposure to drugs or alcohol, and experienced or witnessed sexual, emotional, or physical abuse. These truths are difficult for parents to share, but necessary to discuss with their child. This information is part of the child's story, and it is important for parents to share and review all of his birth history and related facts with him prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult to share. Parents have invested lots of emotion in their adoption journeys. They love their children deeply and do not want to inflict pain. Parents find that sharing why their child could be adopted or not having the answers to his questions challenging. But, to not share the difficult truths leave children unprepared and open to injury by others as well as wondering why their parents, who love them and have their best interests at heart, did not provide them with the truth.

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics can be examined and discussed during adoption preparation education with "wait-

Best ways to help

Here are a few more tips for parents looking to help their adopted teens:

Education promotes understanding. Understanding encourages empathy, which in turn grows patience. These tools are necessary to effectively parent the adopted child.

If seeking therapy for your child,

address your own first. Think of airplane cabin decompression: put your oxygen mask on before your child's. If you do not, you cannot possibly help your child.

Work with a therapist well-versed in adoption and adoption issues. Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.



ing” parents.

Adoption preparation education was not available when my husband and I adopted. We were unprepared. Our major concern over our daughter’s apparent distress mingled with profound joy when she joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating our daughter from the rich ancient culture she was born into — became crystal clear in that instant. Although humans are resilient, she grieved for some time while she adjusted to parents, family, and a society that did not look, sound, feel, or smell like that with which she was familiar. She did attach, but sadness and grief lingered. Her psychosocial development stalled. We committed to educating ourselves when seeking therapy for our daughter.

Our love was not enough. It served as a huge bandage that kept her wound from becoming infected further. This bandage did not and could not address the underlying cause of the wound and why it was not healing. Part of the education we received was about loss, and how it affects the adopted child — feelings of grief, guilt, shame, rejection, identity, intimacy, and control.

By understanding what she was facing, we were able to better support her needs and help her resolve and eventually talk about what she felt.

Judy M. Miller savors time with her kids, three of whom are adopted. She is a certified Gottman Educator and the author of “What To Expect From Your Adopted Tween, Writing to Heal Adoption Grief: Making Connections & Moving Forward,” and “For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey.”



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Continued on page 16

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2017 Camp Choices

DIRECTORY

Continued from page 14

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Hobbling our children

The danger in perpetuating gender stereotypes from birth

BY CAROLYN WATERBURY-TIEMAN

Having been the middle of three daughters, upon becoming pregnant for the first time, I took for granted I would have a girl. Sure, we picked out names for both a boy and a girl and selected neutral colors for the nursery, but I just knew it would be a girl.

When the doctor announced, "It's a boy!" I was stunned. In that momentary state of panic, self-doubt overwhelmed me. What did I know about boys? What was I supposed to do with a boy? What would a boy need? But when the nurse placed that vernix-covered, matted-haired, velvety-skinned, utterly vulnerable body on my chest, gender became irrelevant.

This was a baby, my baby. In that instant, the bond we had been forging for nine months was sealed for life. I would do whatever it took to be the parent he needed me to be to allow him to become the person he was capable of becoming. How quickly social stumbling blocks appeared to thwart my efforts. During those first days, while still in the midst of a postpartum fog, whenever I ventured out in public with my newborn, the immediate question was, "What is it?" What fun to smile politely and say, "It's a baby," and watch them struggle to know what to say next. If they persisted by asking, "But what kind of a baby?" I replied, "A human baby."

This line of questioning had nothing to do with my baby. He didn't care what kind of baby he was as long as his needs for

food, warmth, comfort, cuddling, and love were being met. These questions are how we adults gather the cues we need to begin creating the reality with which we feel most comfortable. If it's a boy, I say this. If it's a girl, I say that. And so the socialization process to perpetuate gender stereotypes begins.

It begins the moment that announcement is made, "It's a ___!", whether it's while in utero or at birth. If it's a girl, we give her a doll. If it's a boy, we give him a ball. She's supposed to care for. He's supposed to do with. She's supposed to be sensitive. He's supposed to be active. She should have self control. He should be carefree. She should look out for others. He should look out for himself. And the list goes on.

Well, no thank you. Not for my son! These are not mutually exclusive qualities determined by the presence or absence of a chromosome. These are human qualities. Qualities that human babies are born possessing the capacity to learn.

Over the past few months, with the current threat to human rights and equality we have witnessed, the word



“hobble” keeps coming to mind. “Hobble” means to intentionally place under a handicap, to hamper, or impede one’s progress. Horses are hobbled by fastening two of their legs together to prevent them from straying.

And then it came to me, the reason the word “hobble” kept cropping up. That is what we do to our children. We hobble them to prevent them from straying too far from our expectations. The expectations which allow us to feel comfortable, even when that comfort is at the expense of their potential.

Hobbling is typical of our deeply entrenched, patriarchal system, a system that has at its foundation a belief in male superiority. Throughout history, this system has hobbled women, by:

- Denying them access to education.
- Placing them in restrictive clothing.
- Prohibiting their participation in activities.
- Inhibiting their sexuality on the one hand while commercializing it on the other.
- Making the normal biological processes of menstruation, pregnancy, childbirth, and menopause shameful.
- Devaluing characteristics or skills

We hobble our children to prevent them from straying too far from our expectations. The expectations which allow us to feel comfortable, even when that comfort is at the expense of their potential.

associated with women, including childrearing.

• Resorting to mutilation and physical violence, if necessary, in order to maintain this false superiority. For if one is truly superior, there is no need to hobble others to prove it.

Granted, we have made tremendous progress in preventing widespread hobbling, but clearly that progress is neither complete, nor secure. Prior to the Jan. 21 women’s march, I attended a meeting where an older woman announced she had marched for equal rights in the ’70s. Lamenting the renewed threat to those

rights, she asked, “Why are we having to do this again?”

Respectfully I replied, “Because after we marched in the ’70s, we changed the way we raised our daughters, but we didn’t change the way we raised our sons. Until we do that, there is not likely to be lasting change.”

Benjamin Franklin wrote, “Justice will not be served until those who are unaffected are as outraged as those who are.” How empowering to see millions of females and males, of every description, take to the streets worldwide to demand protection of equality and human rights. How satisfying to have my husband and 16-year-old son accompany me in the local march. How fulfilling to know my older son was marching alongside his wife in New York City, because he doesn’t need her to be less of a person so he can feel more like a man.

Carolyn Waterbury-Tieman is a resident of Lexington, Ky. She has been married for 29 years and has two sons. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.

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Charter Schools

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Continued on page 22

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Charter Schools

DIRECTORY

Continued from page 20

The school's mission is to eliminate the learning achievement gap for poor urban children—including special needs students and English language learners—by using an engaging and demanding curriculum to graduate students at or above grade level in literacy and math. We believe all children will learn and thrive in an environment that provides a wide array of learning supports to both children and their families. Recognizing the connection between social-

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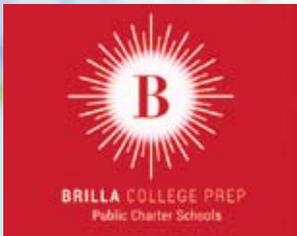


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Understanding real estate titles

My spouse and I bought an apartment together before we were married. The deed states that we own it as “joint tenants with rights of survivorship.” We got married after we bought it. Is our apartment protected from creditors? What happens to our ownership interests if one of us dies or we get divorced?

There are three general methods to categorize ownership in real property in New York: Tenancy in common, joint tenancy with rights of survivorship, and tenants-by-the-entirety. The law makes ownership in co-operative apartments treated the same as real property, even though it is technically ownership in a corporation.

A tenancy in common means that each owner has a divisible interest in the real property. There can be more than one owner, and it can be in 50-50 division or any other allocation (i.e. 60-40, 20-10, etc.). Sometimes you can see more complex structures where a portion of the property is held as joint tenancy with rights of survi-

vorship between two parties and another portion is held by a tenancy in common owner. This means that any tenancy in common may transfer or encumber his interest in his share of the real property. He can also devise the tenancy in common interest at death in a Last Will and Testament or have it pass under the laws of intestacy when he dies without a will.

In a joint tenancy structure, a joint owner’s interest can be sold or encumbered during her lifetime with the consent of the other joint tenant(s), however, her share cannot be devised in a Will or pass by intestacy. Instead, it passes to the surviving joint tenant(s) — hence the “right of survivorship.” Put another way, the last man standing takes full ownership to the property.

Since the passage of the Marriage Equality Act in New York State in 2011, tenants-by-the-entirety is available to all spouses, whether opposite sex or same sex. A tenants-by-the-entirety affords not only survivorship rights, but also certain creditor protection rights.

A tenancy-by-the-entirety affords



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ALISON ARDEN BESUNDER, ESQ.

greater creditor protection to the surviving tenant. A tenancy-by-the-entirety is only available to persons who are married at the time they take title. If you take title before you are married as joint tenancy with rights of survivorship and later marry, the tenants-by-the-entirety does not automatically spring into effect or convert the joint tenancy; rather, you would need to execute a new deed reflecting the change in ownership status.

Even if you closed on the apartment the day before your wedding and the deed says “as husband and wife,” if you were not legally married when you received the title, and the title would likely be deemed by a court of law or title company as a joint tenancy with rights of survivorship, since the intention to confer survivorship rights is usually (although not always) interpreted in the case law by the statement of “as husband and wife.”

Now that same-sex marriage is legal throughout the United States, a trend toward the use of the phrase “as spouses” rather than “as husband and wife” will likely become more common to appropriately reflect the legal changes to the definition and scope of marriage.

These rules only apply to transactions that occurred after 1975. If the real property at issue was purchased before 1975, and the deed states that the parties were married when in fact the parties were not married or the validity of the marriage is later challenged, the ownership will be

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deemed a tenancy in common, which does not provide for survivorship interest.

If the property at issue is a cooperative apartment, the rules described above only apply since 1996. Prior to 1996, shares in cooperative apartments were not deemed to be the equivalent of real property and could not be held as tenants-by-entirety.

As noted above, tenants-by-the-entirety are afforded extra creditor protection on their home that is not available to joint tenancy with rights of survivorship tenants. For example, if your husband has judgment creditors, that creditor cannot satisfy the judgment against the apartment while you continue to own it with your husband as a tenant-by-the-entirety. If you hold the property as joint-tenants, the creditor may enforce the judgment against your husband's interest in the apartment. Although it is limited to your husband's indivisible one-half interest in that case, it could force a sale of the apartment.

There are many more elements to consider when assessing ownership to real property, and every situation is different. It is always a good idea to review titling to your assets upon the occurrence of any life change — whether marriage, death, divorce, or the birth of a child or grandchild, and to update your documents to ensure they continue to meet your goals and objec-

tives. You should always consult with your attorney before undertaking any changes.

What happens to my house after I die? How does title get transferred?

The answer depends on how the property is titled (see above). For example, if you are married and the house is owned by you and your spouse (and your spouse is still alive), then you most likely hold title as tenants by the entirety. If this is the case, then, upon the death of the first spouse, the surviving spouse automatically takes sole title to the house as the surviving tenant by the entirety. In that scenario, since your spouse would be the sole owner after your death, he would have the option of selling the house upon your death or to continue living there.

If you own the property individually or jointly with another person without rights of survivorship, then your Will (if you have one) dictates what happens to your property when you die. Your Will can state that you leave the property to one or more individuals, or you can direct that it be sold when you die. Either way, an executor or administrator needs to be appointed by the court before title can be transferred or the property can be sold in either a pro-

bate or administration proceeding.

A probate proceeding is the process by which a Will is offered for probate, meaning that it is presented to the court to be recognized as a valid Will and to have an executor appointed to represent the decedent's interests and administrate the estate (meaning to pay the decedent's debts and distribute his remaining assets as dictated by the Will).

If there is no Will, the process is similar except that the court appoints an administrator and the assets are distributed under the laws of intestacy to the decedent's next-of-kin, which is dictated by statute and not in accordance with any wishes the decedent may have expressed verbally but never reduced to a valid Last Will and Testament. Once the executor is appointed, he or she can sign a real estate broker's agreement, and a contract of sale and deed on behalf of the estate.

As always, you should consult with an experienced estate attorney to discuss how these and other rules or laws could affect the distribution of your property when you die.

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. You can find Besunder on www.besunderlaw.com.

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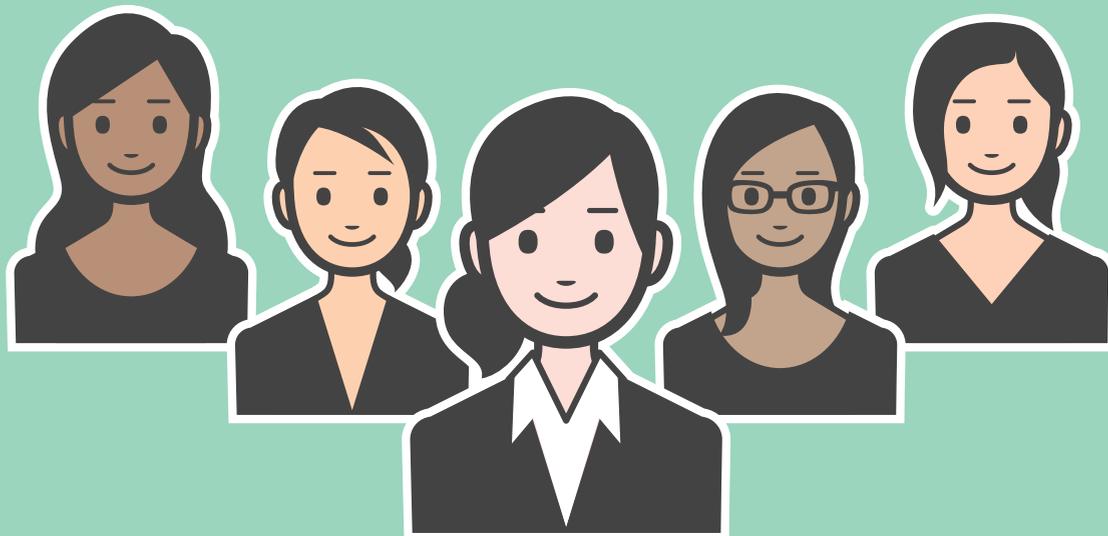
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Support, info, & hope

What every woman needs to know about divorce

BY TAMMY SCILEPPI

Antonia Di Leo is a successful career woman, with three beautiful children. Like millions of New York women, she went through a difficult divorce and had no one to turn to — and didn't know who to trust. It was a scary and overwhelming time, but she got through it.

After reading about a workshop called Second Saturday — which has been running throughout the country for 28-plus years — she felt that every woman going through such a tough and challenging time should have the important knowledge offered in this program before she begins an often perilous journey.

“The objective of this valuable workshop,” says Di Leo, “is to empower women going through a divorce.”

After her divorce, Di Leo was able to turn her life around with help from family and a lot of friends. She points out that during this time, it's so important to be around positive people that support you and love you through thick and thin.

“I also started speaking with a family friend who is now my fiancé. We have known each other since we were 14, and both our families used to vacation together when we were younger. He supported me emotionally and showed me the true meaning of love, commitment, and support. My children adore him and we have a beautiful life together with a cottage in Pennsylvania, to show them what growing up in the outdoors is like.”

Di Leo obtained her license as a marriage and family therapist, and was certified in divorce mediation. She's now work-

ing as a mental health therapist for two online companies, so she can work from home and be with her kids.

She's also now running her own Second Saturday workshops.

“I am also creating these workshops in Manhattan and Long Island, and in the process of developing a conference on how to manage divorce, so women are prepared and have sound professional advice before entering into this frightening time.”

Second Saturday has three components: a financial, legal, and emotional piece. These are also the main issues that women struggle with during the divorce process.

Each workshop will have a professional from each field present on his or her topic; the professional will also stay until the workshop is over and answer any questions people need help with. The workshops will run at the MetLife Building in Manhattan every Thursday from 6 to 8 pm, and the first will be on March 30.

The presenter for the legal portion is divorce attorney Lisa M. Gardner from Wisselman and Associates, financial presenter Wendy Brown is an advisor from Merrill Lynch, and Di Leo and marriage and family therapist Lauren Brugger will present on the emotional aspect of divorce.

The fee for the two-hour workshop is \$45, and you can call to reserve a spot, but at this point, says Di Leo, the workshop does not require a definite RSVP, since women going through this may need to keep the workshop confidential, or could be going through a difficult time emotionally, and the group does not want to burden them with feeling obligated to RSVP.

Di Leo says the reason she became

interested in starting these workshops is two-fold.

“Going through a difficult divorce, and being a mother of three and going through such a difficult time with children, I wanted to be an example to other women that they can do it, and there are people that truly care and want to help.”

The busy mom has a 10-year-old son Giancarlo, and twin girls, Gianna and Olivia, who are 8.

“They are my heart and soul and I cherish the time we have together,” she says.

The family currently lives in Nassau County, Long Island, and Di Leo says she has the space at the MetLife Building, and also conducts video sessions for people who have a tough schedule.

Second Saturday divorce workshop at MetLife Building [200 Park Ave., 13th floor, between E. 43rd and E. 45th streets in Midtown, www.secondsaturday.com]. March 30, 6–8 pm. Meets every Thursday. \$45 per person.

Learn from the professionals: Antonia Di Leo, marriage and family therapist and divorce mediator, (516) 382-5440 and marriage and family therapist Lauren Brugger, (516) 667-0707. Lisa M Gardner, matrimonial and family law attorney at Wisselman and Associates, (516) 773-8300. Wendy Brown, certified divorce financial planner at Merrill Lynch, Fenner and Smith, (212) 338-6093.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.

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Bringing mediation to close

A Divorce Mediation Case – Part 5: Agreements Reached & Review of the Costs

Bill and Angela have come a long way in handling their own divorce. We have been with them through their consultation with a mediator and their first four mediation sessions. Today we will be with Angela and Bill as the mediator helps them deal with remaining issues, and we'll conclude this series by taking a look at the money the couple spent on mediation.

Dealing with remaining issues

March 14 – Session #5

After getting a value for the house, the spouses talked about other matters regarding the home. Now that the question of how much the house was worth had been answered, a serious disagreement remained about how much of that value belonged to Bill and to Angela respectively; Angela was arguing for a 50-50 split, while Bill believed that he was entitled to a higher percentage due to work he had done on the house, and the increased value that resulted from that work.

Angela said that Bill was just making things difficult; that he knew she could buy him out at a 50 percent split, but couldn't at any more than that. Bill denied this.

The mediator asked for additional information. The information was shared, but no agreement on the house was reached.

The mediator brought up other matters, including: filing taxes, whether or how to share in the case of a tax refund

or an audit; how to handle costs for writing the agreement, review attorneys, and the court filing fee. Angela and Bill reached agreements on these issues relatively easily, although both were still upset, and Angela especially was concerned about dealing with the house.

March 21 – Session #6

In their last session, Bill and Angela reached an agreement on the house, and tied up the remaining loose ends. Bill acknowledged the importance of the house not only to Angela, but to the children as well. He said that since Angela would probably be keeping the house for many years, during which time some expensive repairs were likely, he could come down on the percentage of the value of the home that he was asking for. Angela expressed appreciation for the work Bill had done on their home, and for his willingness now to accept a lower percentage (than he had demanded earlier).

Angela proposed that either:

- Bill walk away with more of the assets than they had already agreed upon.
- Bill take a small percentage of the house upon its eventual sale, which would likely be after their younger child graduated from high school.

The spouses reviewed their assets and talked further, ultimately deciding that Bill would take a greater share of the assets.

And so, the mediation ended.

[As previously mentioned, a separation agreement will need to be written. Bill and Angela have been advised by the mediator to each meet with a lawyer to review the separation agreement



DIVORCE & SEPARATION

LEE CHABIN, ESQ.

with them before signing it, which they have agreed to do. Shortly after that, the separation agreement can be filed with the court.]

Costs of divorce mediation

So what did it all cost?

Mediation fees:

\$50 consultation

\$3,300 for 11 hours at \$300 per hour

TOTAL: \$3,350

Other expenses:

\$1,500 for separation agreement (needed whether people mediate or not)

The fee charged by an attorney to review the separation agreement should be relatively low, as this review is the only job that the lawyer will be doing for the client. There are no court motions, no depositions, no trial, etc.

Court filing fee (needed whether people mediate or not)

In mediation (as in litigation), there can be other expenses, such as when spouses decide to hire an expert, such as a financial planner. But when you contrast a mediated divorce with a litigated one, the difference in cost is often quite dramatic.

New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com, (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at www.facebook.com/lchabin.

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.



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A heroic duo

Who does your child look up to?

Is it a teacher who really inspires her? Maybe he admires his mom or his dad, who have guided him through his life so far; or a sibling or grandparent who makes him proud. Whoever it is that your child looks up to, she knows that that person makes her want to be her best, and in “The Book of Heroines” by Stephanie Warren Drimmer and “The Book of Heroes” by Crispin Boyer, you’ll find even more inspiration.

What does your child think of when he hears the words “hero” or “heroine”?

He might think of someone in a cape and tights, able to walk on the side of buildings or beat up bad guys. Those are great comic-book examples, but real heroes and heroines are humans (and animals!) who do brave, smart, strong, or compassionate things.

Let’s say, for example, that your young reader is in need of a leader to follow. She might like Eleanor Roosevelt, who “changed the role of the first lady forever”



through thoughtful deeds and actions, or Mayor Cory Booker of Newark, N.J., who saved lives and fought crime in his city, and beyond.

If sports are more his thing, he’ll find many inspirational stories. Jesse Owens and Jackie Robinson both fought against racism in their respective sports (track and baseball). Surya Bonaly broke figure skating records with her feats on the ice, and “she did it on her own terms.”

Or maybe she’d like an exciting role model. Open a book and find Mavis Batey, who was a secret code-buster during World War II. Robert Gould Shaw led a charge of black Union soldiers during the Civil War.



THE BOOK WORM

TERRI SCHLICHENMEYER

Annie Oakley and Calamity Jane were both gun-totin’ women of the West. Witold Pilecki was captured on purpose during World War II, so he could spy inside Nazi prisons.

A nice bonus, these books cross-reference one another, and are actually relatively gender-balanced, so give “The Book of Heroes” and “The Book of Heroines” to your 8- to 14-year-old. These are surely books to look up to.

“*The Book of Heroes*” by Crispin Boyer [175 pages, 2016, \$14.99].

“*The Book of Heroines*” by Stephanie Warren Drimmer [175 pages, 2016, \$14.99].



The perfect bedtime story

Is it true that your child can never have enough cookies? For that matter, can he ever have enough toys, TV, playtime, or visits to grandma’s? In the new book “I’ll Hug You More” by Laura Duksta, illustrated by Melissa Iwai, there’s always a chance for more extra-special things.

When morning comes, it’s time to get up! Children open their eyes, jump out of bed, and start their day with a huge hug. Can you think of anything better?

There’s a hug as “thank you” for a yummy breakfast. A hug for their best stuffed animal. A hug for a snack, and for just because.

But morning isn’t the only time they give hugs.

Kids give them before school and when they come home. They give hugs just before bedtime and after they’re sleepy beneath the blankets. They know that tomorrow there’ll be another wake-up call and

lots of hugs to give and get.

Tomorrow, they’ll hug more. And again.

Start “I’ll Hug You More,” and you’re treated to a sweet little poem between mother and child. It’s filled with expressions of love and reminders to show affection in all kinds of ways, beginning in the morning and ending at night with more endearments. That makes this a sleep-on-it kind of book perfect for bedtime.

Then again, this is a book that never ends — by design.

Duksta builds in a twist, literally, so that when the hugger has done her job, you’re compelled to twist and flip the physical book to get the story from the huggie’s point of view, complete with different illustrations by Iwai.

That makes this a really cute tale from

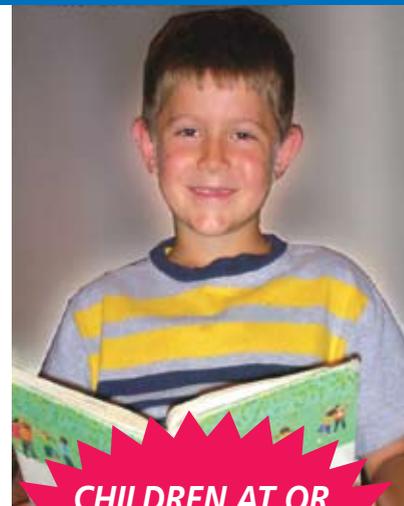
both sides, and the novelty of it is something kids will like. Give “I’ll Hug You More” to your 4- to 8-year-old, and she, literally, won’t be able to get enough of it.

“*I’ll Hug You More*” by Laura Duksta, illustrated by Melissa Iwai [32 pages, 2017, \$16.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book.

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Calendar

MARCH



Arthur De Gaeta

Costumed fun and games for Purim

It's the whole Megillah and more at the Riverdale Temple's celebration of Purim on March 12.

Families can dress in costume for this fun day that includes bouncy inflatables, carnival games, balloon artistry, cotton candy machines, face painting, arts and crafts, popcorn,

and, of course, a reading of the story of Esther, along with delicious hamantaschen.

Purim Carnival on March 12, noon to 4 pm. \$40 per family (free parking available).

Riverdale Temple [4545 Independence Ave. in Riverdale, (718) 548-3800].

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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!

WED, MARCH 1

IN THE BRONX

Tigue: Pregones Theater, 575 Walton Ave. at 149th Street; (718) 585-1202; carnegiehall.org/Education; 7 pm to 8:30 pm; Free.

Neighborhood Concerts by Carnegie Hall presents the Brooklyn-based musical trio performing contemporary classical music with art-rock energy. With its new album, *Peaks*, the group pushes the creative envelope to the edge. Appropriate for older teens.

FURTHER AFIELD

Coqui Club – Taino Tales: El Museo de barrio, 1230 Fifth Ave. and E. 103rd St., Manhattan; 9:30 am; Free.

Learn, play, explore, and grow at El Museo's bilingual program for the tiniest visitors. Embark on an adventure to discover new ways of interacting with art and each other. With time for play, storytelling, museum walks, and art making, Coqui Club provides a fun and active way to explore El Museo and enjoy creative themes together. For children 1 to 4 years old.

THURS, MARCH 2

IN THE BRONX

First Wednesdays Bronx Culture

Trolley: Bronx Council of the Arts, 450 Grand Concourse; www.bronxarts.org; 5 pm to 8:30 pm; Free.

Hop on the trolley and enjoy attractions at some of the hottest cultural spots along the lower Grand Concourse. Visit BCA's website to find out more about this month's trolley attractions as well as other programs and events. Trolley riders meet at Hostos Community College on the first Wednesday of each month. For trolley reservations and information, call (718) 931-9500 X 33 or e-mail trolley@bronxarts.org. The First Wednesdays Bronx Culture Trolley is a free activity of the Bronx Council on the Arts.



Looking up to the stars

Come gaze at the stars and learn about the universe in The Night Sky on March 4 at the Pelham Bay Ranger Station.

Urban Park Rangers will be your guides to the solar system, leading you on a fantastic journey through the stars while discussing the science, history, and folklore of the universe. Night Sky programs highlight

the myths and truths of the solar system, while using the naked eye to locate stars and planets. Suitable for older children.

The Night Sky on March 4, from 6 pm to 7:30 pm. Free.

Pelham Bay Ranger Station [Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue in Pelham Bay, (718) 319-7258; www.nyc.gov/parks/rangers].

FRI, MARCH 3

IN THE BRONX

Jazz workshop: Bronx Community College, Gould Auditorium, 2155 University Ave. at W. 180th Street; bronxartsensemble.org; 10 am; Free.

Bronx Arts Ensemble presents a workshop for young musicians with Jay Hoggard, followed by an 11:30 am concert with The Jay Hoggard Quartet performing ballads, bop, and blues, and music that blends jazz and gospel roots with African Marimba.

"Seussical Jr.": Bronx House Auditorium, 990 Pelham Parkway South; (718) 792-1800; www.bronxhouse.org; 7 pm; \$10.

In collaboration with the Riverdale Chil-

dren's Theater, Bronx House presents this fun musical where Dr. Seuss's fantasies come to life on stage. Selections include "Horton Hears a Who." Recommended for families with children 3 years and older.

SAT, MARCH 4

IN THE BRONX

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

While we are still tucked indoors for winter, let's remember plants that provide fresh air indoors. Using the shapes, colors and names of these familiar, green friends, make paper collages incorporating many verdant hues, then participate in a group

Calendar

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

installation project — a green wall!

"Seussical Jr.": 2 pm and 7 pm. Bronx House Auditorium. See Friday, March 3.

The Night Sky: Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 319-7258; www.nyc.gov/parks/rangers; 6 pm to 7:30 pm; Free.

The Urban Park Rangers will be your guides to the solar system, discussing the science, history, and folklore of the universe. Night Sky programs highlight the history and folklore of the solar system, using the naked eye to locate stars and planets.

FURTHER AFIELD

Reading & book signing: Sugar Hill Children's Museum of Art, 898 St. Nicholas Ave., Manhattan; (212) 335-0004; www.sugarhillmuseum.org; 2 pm to 4 pm; Free.

Bestselling novelist and children's author Julia Alvarez will share her new picture book that gently addresses the emotional side of death.

SUN, MARCH 5

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, March 4.

"Seussical Jr.": 2 pm. Bronx House Auditorium. See Friday, March 3.

"Salute to Ireland": Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; 4 pm; \$25-\$75 (\$10 children under 12 any seat).

The Five Irish Tenors present a sensational program of the most famously beloved Irish songs, fusing Irish wit and boisterous charm with lyricism, dramatic flair, and operatic style, in combinations of tenor solos, duets, trios, quartets, quintets and tutti.

WED, MARCH 8

IN THE BRONX

Reading Workshop: Pelham Bay Library, 3060 Middletown Road; (718) 792-6744; www.nypl.org/events; 1 pm; Free.

Does your child have a problem reading? Find out how to test for the visual skills and take the steps needed to resolve the problems. For parents and caregivers.

THURS, MARCH 9

FURTHER AFIELD

Autism workshop: Address in Manhattan provided upon RSVP. Email Alicia at abarry@ramapoforchildren.org, (212) 754-7003; 10 am-noon; Free.



Justina Wong

Puppets and princesses

The tales of Hans Christian Andersen come to life on the stage of the Swedish Cottage Marionette Theater in Central Park in production of "The Princess, The Emperor, and The Duck," running now through September.

City Parks Foundation presents three classic tales from Hans Christian Andersen. Set in Africa, China, and Central Park, the tales include "The Princess and the Pea," "The Emperor's New Clothes" and "The Ugly Duckling." The hand-painted marionettes and scenery

brings to life the tales narrated by Owl. Children learn the valuable lessons each fable teaches. For children 3 to 9 years old.

"The Princess, The Emperor and The Duck," now through September, Tuesdays through Sundays, 10:30 am and 2 pm. Tickets are \$12 and \$8 for children under 12.

Swedish Cottage Marionette Theater [W. 79th and West Drive in Central Park, (212) 988-9093; www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/].

A four-part series for parents and caregivers of children under the age of 4 who have recently been diagnosed with autism spectrum disorder, or are in the process of evaluation. Learn to maintain a strong connection with your child, set reasonable limits, address sensory needs, and respond to conflicts. Limited space, RSVP required.

SAT, MARCH 11

IN THE BRONX

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

Inspired by Wave Hill's illustrious former resident Bashford Dean and his passion for armor, we'll make our own protective gear that shimmers. Using up-cycled materials and colored aluminum foil, emboss and

bedazzle a pair of shiny cuffs, a modern helmet, or a fancy shield.

She's On Point: West Bronx Recreation Center, 1527 Jessup Ave. and W. 172nd Street; 11 am to 3 pm; Free.

Join NYC Parks for a celebration of girls and women in sports. Includes sports demonstrations and clinics for girls and women to participate in. All ages welcome.

FURTHER AFIELD

"En Familia Matinee": The United Palace of Cultural Arts, 4140 Broadway at W. 175th Street, Manhattan; unitedpalace.org/events; 2 pm; \$15-\$25 (free for children 12 and under).

Washington Heights' United Palace of Cultural Arts presents Ballet Hispánico en Familia in a show specially curated for children and families. The performance is 90 minutes and takes the audience on fun-filled journey through Latin American

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

dance and culture.

SUN, MARCH 12

IN THE BRONX

Russian National Ballet: Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West; (718) 960-8833; www.LehmanCenter.org; \$25-\$75.

Two ballets are featured, "Romeo & Juliet," and "Carmen." Founded in the 1980s as the Soviet National Ballet, this impressive company of more than 50 dance professionals lead by Elena Radchenko has enchanted global audiences with swirling pirouettes, colorful costumes, and elegant storytelling.

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, March 11.

Pysanky Workshop: Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; www.bartowpellmansionmuseum.org; 11:30 am to 3:30 pm; \$15 (\$20 non members) includes admission to museum and materials fee.

Learn the time-honored art of creating intricately patterned Ukrainian Easter eggs, and make your own using a wax-resist technique at this hands-on workshop. Instructor Alesia Kozicky has been making pysanky all her life and has taught for more than 25 years. Hot wax and permanent dyes are used, so please dress accordingly. Ages 12 and older. Please bring a bag lunch. Registration required.

Purim carnival: Riverdale Temple, 4545 Independence Ave.; (718) 548-3800; Noon to 4 pm; \$40 per family (free parking).

It's the whole Megillah and more, including bouncy inflatables, carnival games, balloon artistry, cotton candy machines, face painting, arts and crafts, and popcorn.

Nature walk: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 12:30 pm to 3:30 pm; Free with admission to the grounds.

Join naturalist and educator Gabriel Wilow on a family-friendly walk through the gardens or woodlands. Ages 6 and older welcome with an adult. Severe weather cancels.

THURS, MARCH 16

FURTHER AFIELD

Autism workshop: 10 am-noon. Manhattan. See Thursday, March 9.

FRI, MARCH 17

FURTHER AFIELD

St. Patrick's Day Parade: Step off at 44th Street and Fifth Avenue, Manhattan;



Samuel Trevisi

Fun in Español

The bilingual sensation Andres Salguero comes to Symphony Space on March 18.

Salguero, better known as 123 Andrés (Uno, Dos, Tres Andrés), is one of the most exciting new voices on the family music scene in the US and Latin America, and a rock star for bi-lingual tots. A native of Bogotá, Colombia, this 2016 Latin Grammy winner brings audiences joyful sounds, a passion for bilingualism, and a high-energy love of music that gets kids singing and dancing in Spanish and English. He'll be dancing along with the kids to his hit "Salta Salta" and tunes from his latest award-winning album.

123 Andrés, March 18 at 11 am. Tickets \$17, \$14 for members.

Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; www.symphonyspace.org].

11 am to 5 pm; Free.

Slainte! It's time to celebrate the wearing of the green at the annual iconic parade. Marchers high-step in all their Irish glory up Fifth Avenue, from 44th Street to 79th Street, and end at the American Irish Historical Society at E. 80th Street. The route passes St. Patrick's Cathedral and Central Park.

SAT, MARCH 18

IN THE BRONX

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

Returning migrators and winter birds could use a little help with nests and food right now. Use the boxy shape of an ordinary milk carton to your advantage, and camouflage it with natural materials like pine boughs and leaves, and add an inviting stick perch. Add seeds and welcome home our feathery friends.

FURTHER AFIELD

Family Day: Morris-Jumel Mansion, 65

Jumel Terrace, Manhattan; (212) 923-8008; www.nycgovparks.org; 11 am to 1 pm; Free with museum admission.

In honor of Women's History Month, come learn about women scientists' accomplishment during the 19th century! We will do activities inspired by these women's experiment and exploration. Advanced registration is recommended.

SUN, MARCH 19

IN THE BRONX

Family art project: 10 am to 1 pm. Wave Hill. See Saturday, March 18.

THURS, MARCH 23

FURTHER AFIELD

Autism workshop: 10 am-noon. Manhattan. See Thursday, March 9.

SAT, MARCH 25

IN THE BRONX

Green Thumb Grow together conference: Hostos Community College,

Calendar

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

500 Grand Concourse; (212) 602-5300; greenthumbinfo@parks.nyc.gov; 9 am to 4 pm; \$7 (free for children under 12 years old).

Come celebrate the official kickoff of the community gardening season in New York City! The day will be packed with 30-plus workshops on garden-related topics including: food systems education, kids' activities, vegetable-growing techniques, and designing your community garden for the present and future.

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

With spring fast approaching, think about the budding occasion ahead. Have you spotted any tree buds yet? Observe the unusual shapes of tree and flower beginnings. Then, working with large pieces of construction paper, simple templates and contrasting backgrounds, we'll make simple, bold and brushy large-scaled monoprints!

Nature talk – wildlife: Wave Hill, W. 249th Street and Independence Avenue; (718) 549-3200; www.wavehill.org; 2 pm; Free with admission to the grounds.

More than a century of human settlement and development have brought many changes to the Hudson Valley, as well as to the wildlife in the region. Environmental educator Megan Hoffman from the Hudson Highlands Nature Museum highlights five native animals whose natural histories have been significantly impacted by human activity. Ages 10 and older welcome with an adult.

SUN, MARCH 26

IN THE BRONX

Family Art project: 10 am to 1 pm. Wave Hill. See Saturday, March 25.

THURS, MARCH 30

FURTHER AFIELD

Autism workshop: 10 am–noon. Manhattan. See Thursday, March 9.

LONG-RUNNING

IN THE BRONX

Recycle to art: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Wednesdays, 9 am to 5 pm, Now – Wed, March 29; Free.

Have fun creating cute items out of recycled materials. Suitable for all ages.

The Orchid Show – Thailand: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am to 6 pm, Now – Sun, April 9; \$20 (\$8

Not your ordinary circus



It's juggling and balancing cubed in "Tesseract with Nacho Flores" as he entertains at the NYU Skirball Center for the Performing Arts on March 5.

Tesseract with Franco-Spanish aerialist Nacho Flores is a whole new kind of circus. Children of all ages watch with bated breath as he climbs impossible stacks of teetering cubes that rise like mountains. Follow him on an adventure of shape-shifting landscape as he defies gravity.

This is part of the second TILT Kids Festival is hosted by the Cultural Services of the French Embassy and the French Institute Alliance Française, and offers a wide range of new works for families by celebrated French and international artists.

"Tesseract with Nacho Flores," March 5 at 2 pm; tickets range from \$20 to \$45.

The NYU Skirball Center for the Performing Arts (566 LaGuardia Pl. between Thompson Street and LaGuardia Place in the East Village; www.nyuskirball.org).

children).

The show features thousands of orchids in a classic Thai garden setting. The grand centerpiece of the design will be the façade of a sala, a traditional pavilion used for shade and relaxation, with a signature sweeping gabled roofline festooned with exquisite orchids.

Creative 3D Arts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Thursdays, 2:30 to 4:30 pm, Now – Thurs, March 30; Free.

Have fun creating 3D arts using various mediums. Create the illusion of a 3D hand on paper. This program is best for ages 6 to 12.

Seasonal arts and crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Fridays, 2:30 pm to 4 pm, Now – Fri, March 31; Free.

Create adorable arts and crafts items to take home. Each month will focus on a different project related to a special time of the season. This program is suitable for kids and their caregivers.

Paper arts and crafts: Poe Park Visitor Center, 2640 Grand Concourse; (718) 365-5516; www.nycgovparks.org; Saturdays, 2-3:30 pm, Now – Sat, March 25; Free.

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

FURTHER AFIELD

"The Princess, The Emperor, and The Duck": Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm.; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen. Set in Africa, China and Central Park the tales include "The Princess and The Pea," "The Emperor's New Clothes" and "The Ugly Duckling." The hand-painted marionettes and scenery brings to life the tales that is narrated by Owl. Children learn the valuable lessons each fable tells. For children 3 to 9 years old.



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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Clean your diet

Everybody “knows” what clean eating is not: Artificially flavored, artificially colored, sugary (or artificially sweetened), highly preserved or processed foods. But what IS clean eating and who defines what it is?

For some people, clean eating means a short ingredient list. For others, it can mean only pronounceable ingredients. And to some, it may be “clean” only if the food is labeled natural or organic.

In fact, like other terms such as “natural,” “fresh,” “farm fresh,” “wholesome” and “guilt-free,” clean eating is not formally defined by the Food and Drug Administration, and it can mean whatever you want. This contrasts with the term “organic” which is highly regulated.

But most of us think we know what clean eating is. Food that is whole, unprocessed, or in a less-processed state. Eating food that looks like real food. More fruits, vegetables, whole grains, and lean meats with fewer sugary, high-calorie beverages, and saturated-fat foods.

Some clean eating plans even eliminate dairy, gluten, and soy, but this may be going overboard. Most people are able to digest gluten and dairy, while soy can be part of a healthful diet.

Clean label programs

Restaurants and food manufacturers are responding to what they believe their

consumers want. Risky food additives like synthetic dyes are disappearing from many available items.

For example, earlier this year, Panera announced that all of its products and in-store menu items are now free of food additives such as sodium benzoate, nitrates, sodium phosphate, potassium sorbate, and FD&C colors.

But there is still much to do to remove some of the worst food additives and develop a clear definition for the term “clean eating,” according to the Center for Science in the Public Interest, a watchdog group.

The Center would like to see the actual banning of artificial colors like Blue 1 and Yellow 5, both linked to behavioral problems in children, certain artificial flavors that are thought to be carcinogens, and preservatives like BHA and propyl gallate.

A dark side?

But is our preoccupation with cleaning up foods diverting attention from more substantive nutritional issues, such as reducing the common ingredients salt and added sugars? These are known to boost the risk of developing a heart attack or stroke.

Interestingly, some hard-to-pronounce ingredients are actually harmless. An additive with a chemical-sounding name like calcium propionate is actually considered to be safe. Other additives deemed safe by the Center are modified food starch,

calcium stearoyl lactylate, and sodium acid pyrophosphate (the latter is used in French fries and reduces acrylamide, a carcinogen).

And could the message of clean eating be damaging? Could the rhetoric and mentality surrounding the clean-eating movement cause unintended harm? There is a fine line between “eating clean” and “detoxing” or “cleansing,” where food becomes a moralistic choice and could actually lead to disordered eating.

Top three tips for cleaning up

Make clean eating part of your diet with these tips:

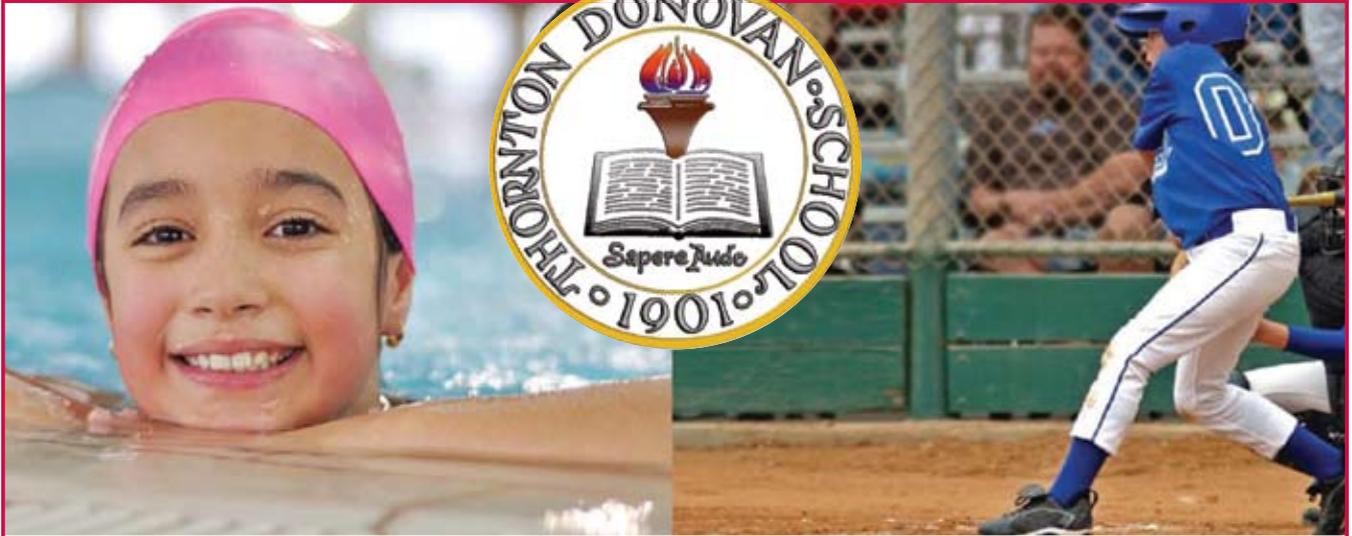
Eat more whole, less processed food. For example, whole chicken breasts or thighs instead of commercially made chicken nuggets. Smoothies you make with whole fruit rather than fruit juice. Can't eliminate all processed foods 100 percent of the time? No worries! Just aim for a diet that's 80 percent clean.

Limit added sugars. Sugars often have the suffix *-ose*. For example, sucrose and glucose. Other added sugars are malted corn syrup, barley syrup, corn syrup, and high fructose corn syrup. Even fruit juice concentrate is a form of added sugar.

Cook more at home. This way you know what goes into the food you and your family eats. Minimize buying fast food and vending machine items.

Christine Palumbo is a Naperville-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics who eats clean most of the time. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

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